



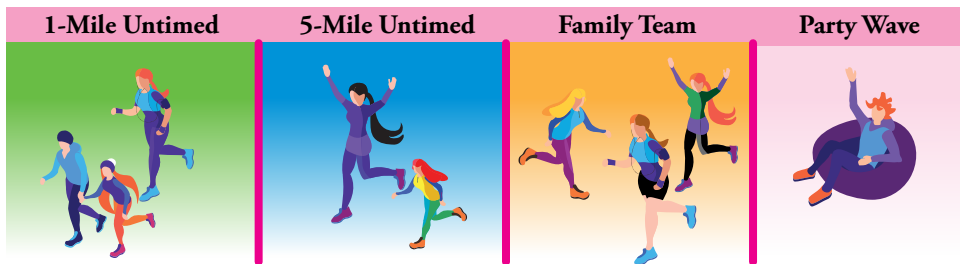
Support the businesses that
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Interactive Links throughout the booklet



www.akrffw.org

Alaska Virtual Run for Women Start



1-Mile Untimed

5-mile Untimed

Family Team

Party Wave

Start Time

Whenever

Now!

In a minute

Sometime this week

An Elite participant is anyone who competes this year in the Alaska Run for Women. You all have elite status no matter when and where you compete. It's a crazy year so go and have some fun, wear your costumes, rally your friends and get active! Run your tail off... It's all good!

Send us a "Wave" on Messenger when you start.

Staging will begin any time you want it to during race week June 20-27. See start area map for correlating starting positions. It is the participant's responsibility to be in their identified start location whenever they please. Participant bib should be downloaded and printed to show our community that the fight continues. Look for fellow supporters during the event week in your neighborhood. Post your finisher certificate (link found on our Facebook page or newsletter) in the front window of your home or a car window!

Strollers & Baby Joggers

Strollers or baby joggers are only allowed if you have kids. No hiding party supplies in there unless you invite the race committee.

For insurance purposes, please no running with strollers or baby joggers.

We have drones monitoring all your locations.

The Finish Line

- Your couch
- The front door
- Your car
- When you return to the trail entrance
- The mountain top
- When you find a restroom
- End of workout video
- The evening soak
- When you stop the timer on your smart phone or watch.
- When you ring your friend to confirm she is done too.
- **Once you've posted your photos**

Alaska Run For Women



June 2020

Dear Survivor, Runner, Walker, Volunteer and Donor,

Welcome and thank you for your support of the 28th Annual Alaska Run for Women – or this year, the Virtual Alaska Run for Women. This event is a powerful movement uniting thousands of women in one of the largest all-women runs in the country! The difference this year is that we will be coming together, while standing apart, but our numbers will still be strong. You can still do your race, proudly showing your bib and backtags, knowing you are part of this powerful movement fighting the fight against breast cancer.

Every dollar raised makes a difference in this fight. We know that early detection and education save lives. Your participation and generosity helps to fund breast cancer awareness programs, mammograms, support groups and research that directly impacts women in Alaska battling a disease that knows no boundaries. Since 1993, the Run has awarded more than \$4.9 million to statewide organizations associated with fighting breast cancer.

It is your spirit, enthusiasm, stories and generosity that make this event inspiring. Even in a virtual event, that does not change. These are difficult and scary times, but we have many things to be grateful for. We are grateful for you – for your commitment to the fight against breast cancer. And we are grateful for your loyalty in supporting this year's Virtual Alaska Run for Women.

It is an honor to be on this journey with you in these interesting times.

Rachel Huckfeldt
Race Director

Suzanne Niemi
Board President



The Alaska Run for Women is an annual women's run/walk event, which raises money for organizations concerned with breast cancer research and outreach. And even in these difficult times, the RFW will continue our mission to fight breast cancer. This event is sponsored by our nonprofit organization, run by a diverse, volunteer board of directors. In addition to managing the organization, the board distributes funds through a grant process. A volunteer race committee organizes the Run.

How will this still be like the Alaska Run for Women of past years?

While we cannot experience all of the fun of race day together in one place, we are bringing much of the event to participants and the community virtually. Look for the schedule of virtual events and challenges throughout the weeks leading up to and during race week on Facebook and our website. **These will include:**

- Alaska Run for Women virtual start line event on June 20, 2020
- **Physical event:** pre-race yoga, race kick-off by our 2020 honorary starter, music and fun from radio 98.9's Mark and April, warm-up with Kikkan Randall, post-race Zumba and more.
- Merchandise sales.
- Downloadable bibs and back tags to show your support of those you are running in honor or memory of.
- Music from those great bands you hear on the course each year.
- This race booklet with virtual event details, coupons and recognition our supportive donors.

Stay up to date and follow us on akrfw.org, Facebook, Instagram and Twitter!

Board of Directors

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Rachel Huckfeldt	Liz Larson
<i>Race Director</i>	Barb Locklair
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Radio Club	Tiffany Quam
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Josh Howes	Latha Subramanian
Mark Iverson	Charlotte Tharp
Jean Johnston	Chris Waythomas
Lisa Keller	Karlyn Wilkie
Karla Kolash	Kathy Wisthoff
Nance Larsen	Sarah Wottlin

What is a virtual run/walk?

A virtual race is a race that can be run or walked from any location you choose at any time during the event dates from June 20-27, 2020. Run or walk on the trail, the treadmill, on a track or wherever you choose (following local and state mandates and distancing guidelines). Your choice, your pace, your race. Run in Alaska or have friends and family from anywhere across the US register and join the fun.

Where can I run/walk?

Run or walk on the trail, the treadmill, on a track or wherever you choose. You must follow local and state mandates and distancing guidelines in place at the time of your event and follow all rules of the roads, trails or venues you run/walk in.

Do I have to complete the distance all at one time?

This is your event. *Set your own goal and go out and accomplish it!* That can be completing the distance in one segment or breaking it up into multiple segments.

Will the event be timed?

This year is an untimed 5 mile or 1 mile run/walk. All levels of walkers, runners and joggers are welcome.

Can I do something other than running or walking?

Our event insurance requires participation be either running or walking.

Rules/Safety:

- Participants must follow local and state mandates in place at the time of the run (*i.e. shelter in place orders, social distancing, face covering requirements, etc*).
- Participants will only participate if medically able and properly trained.
- Participants must follow all pedestrian safety ordinances including running on a sidewalk, multi-use trail, or running track where available and not on the road. Additionally, participants must follow the rules of the road if no sidewalk, multi-use trail, or running track is available. Run against oncoming traffic and not with traffic.
- Participants must agree to abide by any decision of race officials relative to any aspect of her participation in this virtual event.
- Participants agree to not use our usual AKRFW race day route as this is not pedestrian safe without our usual road closures and police escorts.

Potty Decorations!

No potty sponsorship in 2020, but consider decorating your bathroom door and posting a photo! Potties are judged on June 26th, winners are announced on our final race day, June 27th. **Please email your photos to run@akr fw.org by June 25th at 5pm to enter.**

Honorary Starter for 2020

It is an honor to have one of Alaska's premier athletes as our honorary starter. Born and raised in Anchorage, Lori is a proud alumni of Scenic Park Elementary, Wendler Middle School, East High School (1989), and the University of Alaska, Anchorage (Elementary Education). She discovered her love of team sports at an early age, playing competitive soccer from dawn til dusk. It wasn't until her early 30s, after years of playing on soccer and hockey teams, she learned to swim, embraced track workouts with her friend, Kristi Waythomas, and bought a road bike. She was on her way!

In 2003, she surprised herself and everybody around her when she won her first triathlon. She beat Kikkan Randall by two seconds in the Gold Nugget Triathlon! Her love for triathlons continued to grow as she competed locally and at out-of-state races. She said 2007 was one of her strongest years. She won the Gold Nugget Triathlon; was named Alaska's Triathlete of the Year; represented Alaska in the Best of the U.S. Triathlon; placed in the top 5 at USAT Nationals in Oregon; and was ranked first in her age group in the Nation for U.S.A. standings. In 2008 she once again won the Gold Nugget, and in 2009 set the Bike for Women course record with a time of 22:42.

Lori and her husband, Garnet, live in Anchorage and have two sons, Ryder, 15, and Colby, 10. When she had Ryder in 2005, she said she wasn't an Olympian, but she could juggle work, training, and nursing a child at rapid speed.



Lori Ambroz Deschamps

2020 HONORARY RACE STARTER

The natural trajectory of an aging athlete includes slowing down and Lori said she is no exception. She continues to participate in races all over the country, "not to win, but to live." She does not keep stats or data of her races, but there is one date she won't forget - September 9, 2019. She was officially diagnosed with breast cancer on that day. She said it was also the day she would meet her new teammates, the Breast Cancer Sisterhood - a group of warriors she never strived to be part of, but has embraced the bond they share.

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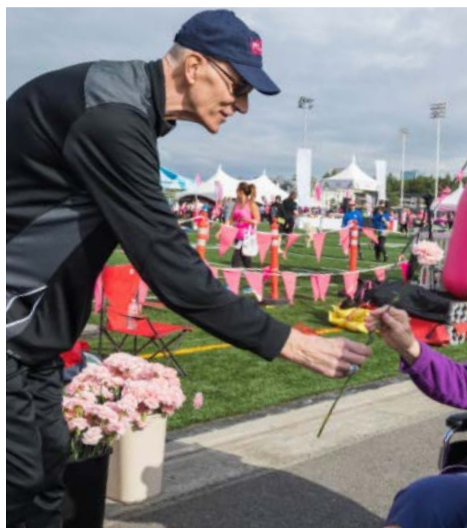
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Pat Flanigin - Cheering for us always!



Pat Flanigin

Feb. 14, 1954 - Dec. 25, 2019

Several years ago it was an honor when Lisa Keller asked Pat if he would like to hand out pink carnations to survivors at the run. He enjoyed doing this so much his last years.

Pat and I met in 1994 and he would tell me he was my number 1 cheerleader. As a breast cancer survivor I was always happy to receive a pink carnation too at the end of the run from him.

The last 5 and a half years of his life Pat had kidney cancer. Through this adversity with his own health he cherished giving extra encouragement to others.

So grateful always to Pat and everyone involved with the Alaska Run for Women.

Mary Flanigin



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Merchandise

Each year, we sell a variety of commemorative merchandise featuring a unique artistic design. Instead of selling merchandise in person at registration and bib pick-up events, in 2020,

merchandise will be sold exclusively here.

All proceeds are added to the Alaska Run for Women grant program benefiting breast cancer programs throughout the state.

Due to the uncertainty of hosting a virtual event, a smaller inventory was ordered this year. We apologize if your size or preferred item isn't available. We will announce a location for prepaid orders to be picked up in Anchorage sometime in June.

For out-of-Anchorage orders, a shipping charge will be added to your order.



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Overall Winners By Year

1993	Laura Downey	36:52 (10k)
1994	Suzanne Ray	28:27
1995	Heidi Gerken	28:23
1996	Chris Clark	28:26
1997	Kristi Waythomas	29:06
1998	Kristi Waythomas	28:27
1999	Chris Clark	27:53
2000	Chris Clark	28:00
2001	Chris Clark	28:23
2002	Chris Clark	27:36
2003	Liz Wilson	28:17
2004	Najeeby Quinn	28:24
2005	Esther Jurasek	30:04
2006	Najeeby Quinn	28:46
2007	Kikkan Randall	29:54
2008	Kristi Waythomas	29:38
2009	Kristi Waythomas	29:56

2010	Kelsey Jones	28:19
2011	Najeeby Quinn	29:39
2012	Kikkan Randall	28:18
2013	Susan Bick	29:11
2014	Hallidie Wilt	28:49
2015	Anna Dalton	28:59
2016	Denali Strabel	29:40
2017	Kikkan Randall	28:41
2018	Rosie Brennan	27:31
2019	Anna Dalton	27:46



Alaska Run for Women 2020 Grant Deadline

Our event may be virtual this year, but there is nothing virtual about breast cancer. Grant guidelines and applications can be found at www.akr fw.org/grants. Applications must be postmarked by August 15, 2020. Thanks to our runners and walkers, and our donors, the AKRFW will still award grants in 2020.

Questions, Problems, Constructive Feedback, Volunteer?

Email: run@akr fw.org

Friends of the Run

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Breast Cancer Survivors



Post your photos:

Show us how you participated in the year of the virtual run by tagging your photos #akrfw1in8

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Pink Hats

You will receive a pink hat after the event. It will be mailed to you or a pick-up location will be announced.

Pink Carnations

Print out your pink carnation Finisher Certificate to hang in a window and post to your Facebook page tagged #akrfwlin8.

Special Drawing

All survivors will be entered in a drawing for a small handmade quilt donated by **Seams Like Home**. *The winner will be announced during the awards ceremony.*

Male Survivors

Male breast cancer survivors may register online to enter the survivor division.

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about the environment and your health, Green Alaska Solutions is donating biodegradable and compostable cups made from plant-based materials for the Alaska Run for Women race event.



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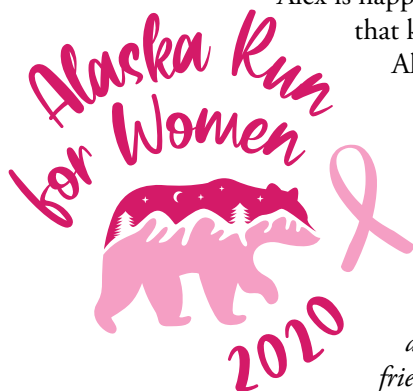
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2020 Race Design by Alexandra Steinke

Entitled “Mama Bear” the 2020 Alaska Run for Women design was created by Alexandra Steinke. Born in Anchorage and daughter of a long-time Run volunteer,

Alex is happy to donate her time and talent to an event that keeps proceeds in the local community. This is Alex’s second time as the Run’s volunteer artist, and she says this one hits close to home as a close friend is dealing with cancer. She said, *“Between weekly appointments and long drives to specialists, my friend’s commitment to her family hasn’t changed. Bundled in gowns, masks and latex gloves, she’s not missing out on family milestones, she’s not missing out on life. She is a good human to her girls, her husband and her friends. As a nurse and caregiver, she struggles to be taken care of. Mama Bear is for my friend. I love her and cancer sucks.”*



If you are a local artist interested in donating a design for consideration in 2021, find submission details at www.akrfw.org/about-us/annual-designs.



ONE STEP CLOSER.

We dream of a cancer-free world, too. Thank you for joining the race and funding the fight.

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Alaska Run for Women History

Past Race Results Top 3 Overall and Survivors

1993 – 10K

1. Laura Downey
2. Kathleen Dunbar
3. Wendy Reeves
4. Lisa Keller
5. Patti Donley

1994 – 8K

1. Suzanne Ray
2. Kristi Klinnert
3. Laura Downey

Survivors:

1. Mary Reiman
2. Jodi Martinez
3. Lavonne Rhyneer

1995 – 8K

1. Heidi Gerken
2. Nicola Ratcliffe
3. Suzanne Ray

Survivors:

1. Mary Flanigin
2. Mary Marsolais
3. Coretta Clark

1996 – 8K

1. Chris Clark
2. Laura Downey
3. Lisa Keller

Survivors:

1. Mary Flanigin
2. Coretta Clark
3. Mary Marsolais

1997 – 5-miles

1. Kristi Waythomas
2. Chris Clark
3. Darcy Dugan

Survivors:

1. Mary Flanigin
2. Coretta Clark
3. Mary Marsolais

1998 – 5-miles

1. Kristi Waythomas
2. Chris Clark
3. Darcy Dugan

Survivors:

1. Coretta Clark
2. Mary Marsolais
3. Deeta Lonergan

1999 – 5-miles

1. Chris Clark
2. Kristi Waythomas
3. Lisa Keller

Survivors:

1. Mary Flanigin
2. Kathy Bingman
3. Coretta Clark

2000 – 5-miles

1. Chris Clark
2. Cindy L. Jones
3. Suzanne Ray

Survivors:

1. Coretta Clark
2. Mary Flanigin
3. Kathy Bingman

2001 – 5-miles

1. Chris Clark
2. Christy Virgin
3. Kikkan Randall

Survivors:

1. Mary Flanigin
2. Dyanne Brown
3. Mary Marsolais

2002 – 5-miles

1. Chris Clark
2. Susan Faulkner
3. Kristi Waythomas

Survivors:

1. Mary Flanigin
2. Susan Windle Beam
3. Kathy Bingman

2003 – 5-miles

1. Liz Wilson
2. Susan Faulkner
3. Chris Clark

Survivors:

1. Lisa Keller
2. Mary Flanigin
3. Susan Windle Beam

2004 – 5-miles

1. Najeeby Quinn
2. Kristi Waythomas
3. Jen Michel

Survivors:

1. Susan Windle Beam
2. Mary Flanigin
3. Lesley Yamauchi

2005 – 5-miles

1. Esther Jurasek
2. Monica Tibbetts
3. Kendra Kennedy

Survivors:

1. Lisa Keller
2. Susan Windle Beam
3. Mary Barrett

2006 – 5-miles

1. Najeeby Quinn
2. Kristi Waythomas
3. Esther Jurasek

Survivors:

1. Lisa Keller
2. Mary Barrett
3. Janet Tune

2007 – 5-miles

1. Kikkan Randall
2. Tazlina Mannix
3. Esther Jurasek

Survivors:

1. Lisa Keller
2. Mary Barrett
3. Janet Tune

2008 – 5-miles

1. Kristi Waythomas
2. Monica Tibbetts
3. Larrell Lockard

Survivors - Age Graded

1. Mary Barrett
2. Lesley Yamauchi
3. Arlene Gerety

2009 – 5-miles

1. Kristi Waythomas
2. Holly Brooks
3. Najeeby Quinn

Survivors - Age Graded

1. Mary Barrett
2. Arlene Gerety
3. Lesley Yamauchi

2010 – 5-miles

1. Kelsey Jones
2. Shoshana Keegan
3. Hallidie Wilt

Survivors - Age Graded

1. Mary Barrett
2. Lesley Yamauchi
3. Mary Marsolais

2011 – 5-miles

1. Najeeby Quinn
2. Leslie Varys
3. Kristi Waythomas

Survivors - Age Graded

1. Mary Barrett
2. Mary Marsolais
3. Elaine Tibbetts

2012 – 5-miles

1. Kikkan Randall
2. Holly Brooks
3. Hallidie Wilt

Survivors - Age Graded

1. Mary Barrett
2. Mary Marsolais
3. Lesley Yamauchi

2013 – 5-miles

1. Susan Bick
2. Hallidie Wilt
3. Monica Ross

Survivors - Age Graded

1. Lesley Yamauchi
2. Lisa Keller
3. Elaine Tibbetts

2014 – 5-miles

1. Hallidie Wilt
2. Susan Bick
3. Denali Foldager

Survivors - Age Graded

1. Lesley Yamauchi
2. Mary Marsolais
3. Lisa Keller

2015 – 5-miles

1. Anna Dalton
2. Hallidie Wilt
3. Lia Slemmons

Survivors - Age Graded

1. Lesley Yamauchi
2. Mary Marsolais
3. Elaine Tibbetts

2016 – 5-miles

1. Denali Strabel
2. Hallidie Wilt
3. Lia Slemmons

Survivors - Age Graded

1. Lisa Keller
2. Lesley Yamauchi
3. Mary Marsolais

2017 – 5-miles

1. Kikkan Randall
2. Briahna Gerlach
3. Mandy Vincent-Lang

Survivors - Age Graded

1. Cynthia Decker
2. Mary Ann Renkert
3. Teresa Hull

2018 – 5-miles

1. Rosie Brennan
2. Anna Dalton
3. Caroline Pennacchio

Survivors - Age Graded

1. Lesley Yamauchi
2. Lisa Keller
3. Cynthia Decker

2019 – 5 miles

1. Anna Dalton
2. Rosie Brennan
3. Kikkan Randall

Survivors - Age Graded

1. Kikkan Randall
2. Lesley Yamauchi
3. Cynthia Decker



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Course Record Overall: Rosie Brennan, 2018, 27:31

(Chris Clark's 2002 finish of 27:36 stood for 16 years)

Course Record Breast Cancer Survivor: Kikkan Randall, 2019, 29:29

(Mary Reiman's 1994 finish of 33:19 stood for 25 years)

Most Top 3 Overall Finishes: 1. Kristi Waythomas - 10 (overall winner 4 times) 2. Chris Clark - 8 (overall winner 5 times)

Most Consecutive Wins: Chris Clark: 1999 - 2002

Age Group Course Records:

10 & Under: Delia Luch 32:08 (2002)

11-14: Marcelyn Luch 32:14 (2007)

15-18: Darcy Dugan 29:01 (1998)

19-24: Najeeby Quinn 28:24 (2004)

25-29: Rosie Brennan, 27:31 (2018)

30-34: Liz Wilson 28:17 (2003)

35-39: Chris Clark 27:36 (2002)

40-44: Suzanne Ray 28:27 (1994)

45-49: Monica Ross 29:42 (2013)

50-54: Debbie Cropper 32:28 (2013)

55-59: Rosalyn Singleton 34:15 (2013)

60-64: Rosalyn Singleton, 36:27 (2019)

65-69: Lesley Yamauchi 40:54 (2018)

70-74: Irene Taylor 44:14 (2018)

75-79: Mary Marsolais 48:21 (2012)

80-84: Mildred Spezialy, 57:31 (2019)

85 & Better: Sally Brownsberger, 1:20:37 (2019)

(If you think there's an error in results history, let us know at run@akrfw.org)



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Prizes, Prizes, Prizes!!!

Fandana

The first 350 women to register and donate a minimum of \$25 will receive a pink **fandana** (like a buff) with an imprint of the darling 2020 bear logo.



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Everybody who registers and donates a minimum of \$25 will be entered in a drawing to win either a **white spruce** or a **paper birch tree**, all good in Alaska. *Trees are 2-3 ft in height and ready to plant.*

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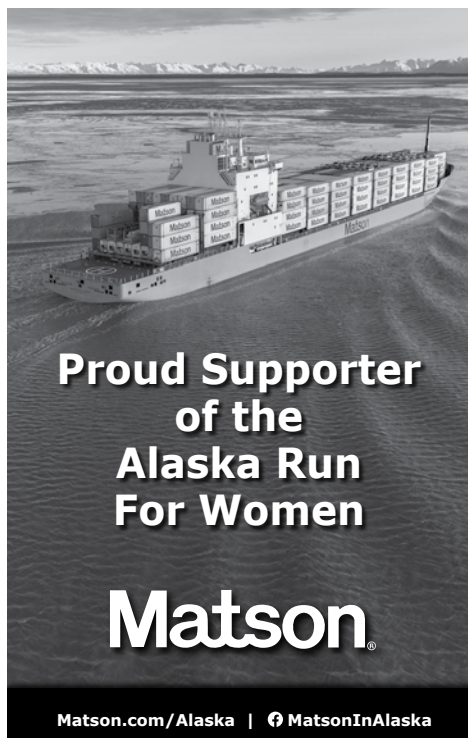
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by Scott Adams

*Coming together to proudly support the
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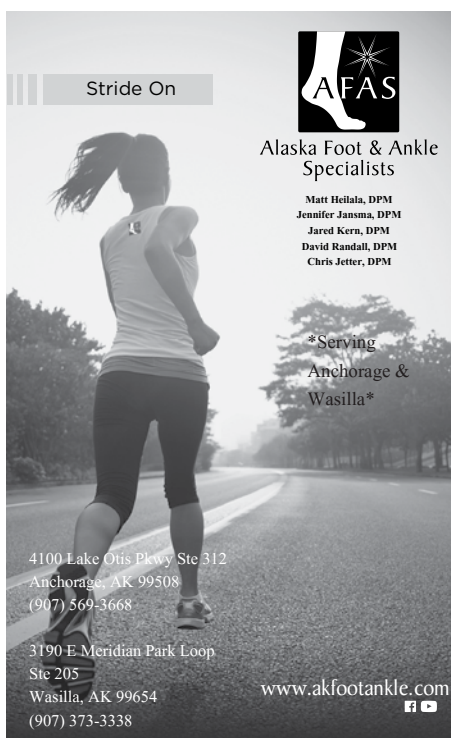
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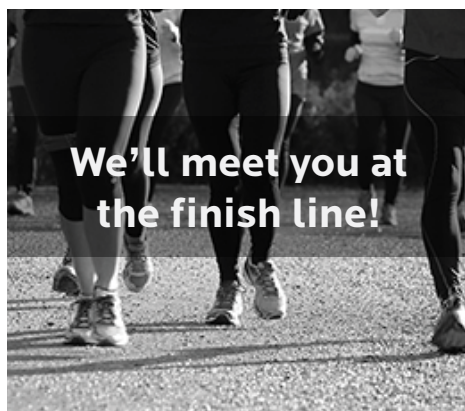
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www.akfootankle.com  

Did You Know...

- The Alaska Run for Women was started in 1993 as an alternative event to the 16th annual Alaska Women's Run, and was organized in less than a month by race director Terri Pauls with assistance from Dan Ellsworth and many supporters. It had 758 participants.
- Since 1993, the Alaska Run for Women grants program has distributed \$4.9 million in cash and donated mammograms.
- A woman's chance of developing breast cancer increases with age. Approximately 95% of all breast cancers occur in women over 40.
- The 5-year survival rate for localized breast cancer has increased to 98% today. If the cancer has spread beyond breast tissue, the 5-year survival is 81%. **Early detection is important!**
- Get regular screening tests for breast cancer such as an annual mammogram and breast exam. Mammograms can often detect abnormalities before they can be felt.
- In the U.S. a woman has a 1 in 8 (12%) risk of developing breast cancer in her lifetime.



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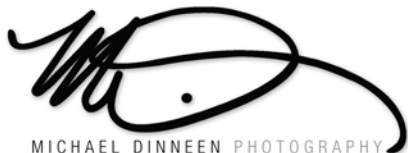
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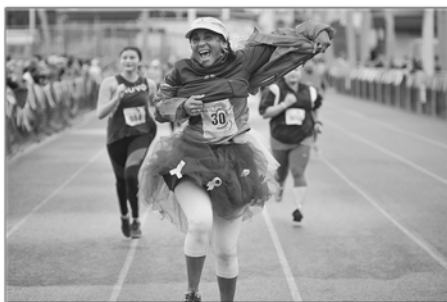
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MICHAEL DINNEEN PHOTOGRAPHY



*"I love the energy
at the Run For Women!"*

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Training Run/Hydration

- **Feeling good?** You're most likely hydrated.
- **Feeling sluggish?** Try more water- (*not right before your run*) or sip during your run

Exercise Duration/Hydration

- One hour or less - Water works
- Longer than one hour - Add electrolytes

Race Preparation/ Hydration

- Hydrate well the few days before the run
- Bring something with you as needed
- Resupply fluids lost during the event

We will certainly miss cheering you on at our water stops - however - know we are with you in spirit and energy towards the cause.



**Michelle
Randolph,
M.D., P.C.**

**Board Certified
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