

ALASKA RUN *for* WOMEN

5 Mile Run/Walk or
1 Mile Run/Walk

Celebrating



Race Week
In-Person or Virtual

June 11th
UAA Campus

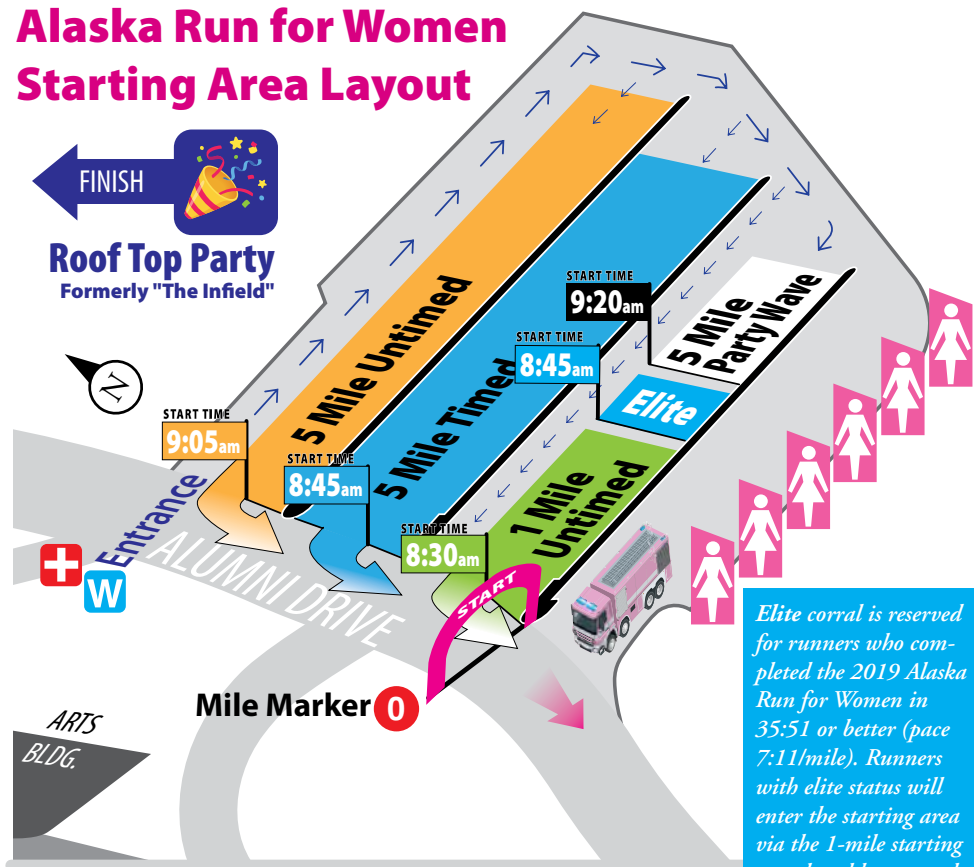
June 4th-11th



*Support the businesses
that support all of us!*

www.akrfw.org

Alaska Run for Women Starting Area Layout



Wave starts for each event category.

Staging will begin at 8 a.m. for all events. See start area map for correlating start corrals based on event. It is the participant's responsibility to be in their identified start corral 30+ minutes prior to start time. Participant bib colors will match the start corral colors above. Look for colored flags on event day for your start area. Volunteers will direct participants to the correct start area and to the start line.

	Start Time	In start corral by		Start Time	In start corral by
1-Mile Untimed	8:30am	8:00am	5-mile Untimed	9:05am	8:35am
5-mile Timed	8:45am	8:15am	5-mile Party Wave	9:20am	8:50am

Strollers & Baby Joggers

Strollers or baby joggers are only allowed in the 1-mile event and 5-mile Party Wave.

Strollers and baby joggers must line-up at the back of all runners/walkers –

NO EXCEPTIONS.

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

See pages 20-21 for all the information on holding your **Virtual Race**.

Alaska Run for Women



Dear Survivor, Runner, Walker and Donor,

Welcome and thank you for your support of the 30th Alaska Run for Women.

We are thrilled to be back with an in-person event and experience again a sea of pink coming together to fight breast cancer. And for anyone not ready to be part of an in-person event or for those who are not in Alaska, we've got you covered! There will be a virtual Run for Women race week in which you can do your own run or walk whenever or wherever you choose.

We learned in 2021 that we have a loyal and supportive community who believe in our mission to ultimately see the end of breast cancer. The 2021 Run was epic in pulling women across the country together to participate. We had nearly 4,000 participants and successfully raised more than \$220,000 -- all going toward our grants program.

Another vital aspect of our event were our donors, and they were awesome. Almost every one of our donors stayed with us, reinforcing our belief in the meaningfulness of the Run for Women. Because of all the support, we tipped over the \$5 million mark of funds raised to support non-profits whose programs are directed towards fighting breast cancer. More than ever before, these groups needed support and you were all part of this powerful movement making a difference in the lives of many women and their families.

So, with love in our hearts and a spring in our steps, we are looking forward to another year of coming together – whether in-person or from afar – to remember those we've lost, support those who have survived and celebrate our many elite women athletes.

Together we are making a difference one step at a time.

Sarah Wottlin
AKRFW Race Director
run@akrfw.org

Karla Kolash
Kathy Wisthoff
Co-Presidents, AKRFW Board



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. 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.

Board of Directors

Karla Kolash, *Co-President*
Kathy Wisthoff, *Co-President*
Janet Warner, *Vice President*
Kristin Folmar, *Secretary*
Charlotte Tharp, *Treasurer*
Carole Holley
Jean Johnston
Nance Larsen
Mary Logomasini
Lester Lukin
Laura McDonough
Babette McIlroy
Betty Predeger
Latha Subramanian
Heather Tauschek
Sharyl Toscano

Race Committee

Sarah Wottlin <i>Race Director</i>	Jay Lockett
Joe Alston	Barb Locklair
John Boren	Lupe Marroquin
Desiree Chambers - Alaska Professional Volunteers	Audra McCann
Sheri Cole	Tito Munoz
Kristin Folmar	Jean Sauget
Emily Hoffman	Crystal Scott
Adie Horn	Alex Stone
Alysa Horn	Charlotte Tharp
Mark Iverson	Nicole Thibodeau
Jean Johnston	Edward Wickhan
Lisa Keller	Rhonda Wilson
Karla Kolash	Kathy Wisthoff
Nance Larsen	Walter Yankauskas - Anchorage Amateur Radio Club

2022 Race Design by Alexandra Steinke

Four-time Alaska Run for Women artist, Alex Steinke, created a design to commemorate 30 years. We admired how she incorporated the number 30, our diverse participant population, the shared running track, and Alaska.

When asked for her design inspiration, she said: *"3 decades together. 30 years of commitment, friendship, and supporting a community. AKRFW should be proud of the work it has done. The people who have been saved with preventative care*

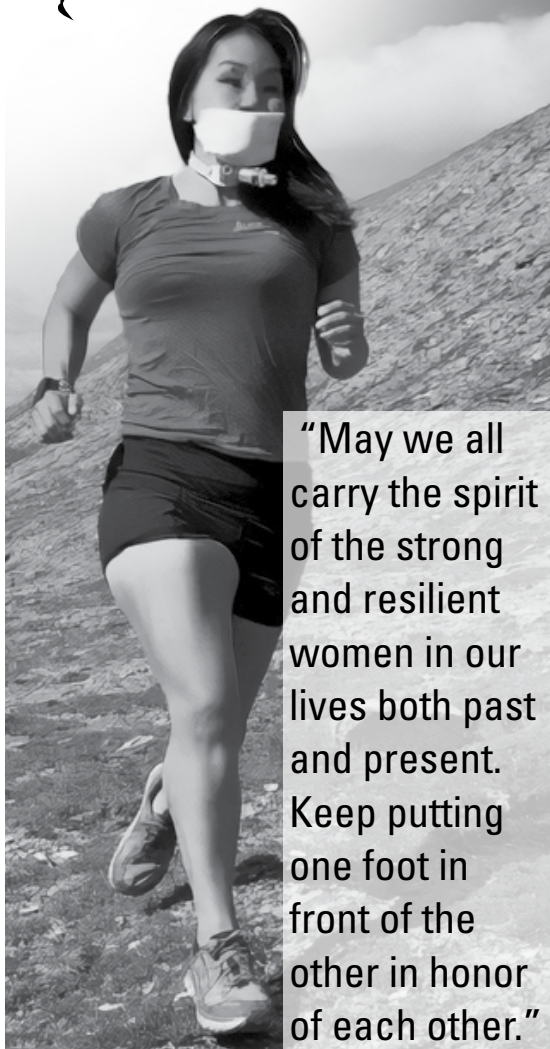
and the inspiration given to those struggling is immeasurable. I'm proud to be part of a community of women supporting women. Let's continue to fight for a cure and get through whatever obstacles there may be... together. Happy Running 2022."





Carol Seppilu

2022 HONORARY VIRTUAL RACE STARTER



**“May we all
carry the spirit
of the strong
and resilient
women in our
lives both past
and present.
Keep putting
one foot in
front of the
other in honor
of each other.”**

Help us welcome ultra, mountain, and trail runner **Carol Seppilu** as our honorary starter for both the virtual and in-person events. Carol is a life-long Alaskan living in Nome who works as the IñŮUA Outreach Coordinator for Norton Sound Health Corporation, focusing on suicide prevention and wellness in the Bering Strait Region.

Carol started running with a 2-mile goal in 2014, and says that as she reached each mile goal she found herself wanting to go farther and farther. Her favorite race is the Resurrection Pass Ultra. She completed her first ultra 50-miler there in 2017 and her first 100-miler in 2020.

She has been recognized and awarded for her many achievements including being named *Most Inspirational* in the Crazy Lazy Mountain Race in 2021, *Alaskan of the Week* from Senator Sullivan in 2018, and the *Hannah Paul Solomon Woman of Courage Award* from the

Alaska Federation of Natives in 2020.

In addition to running, hiking, climbing mountains and generally spending time outdoors Carol loves to write and make fry bread. Last year she participated virtually in the Alaska Run for Women and we look forward to her in-person participation this year.

She offers this encouragement to our participants, *“May we all carry the spirit of the strong and resilient women in our lives both past and present. Keep putting one foot in front of the other in honor of each other.”*



Beth Bragg

2022 HONORARY RACE STARTER



We are pleased to introduce our second honorary starter, long-time ADN sports editor Beth Bragg. Beth recently retired after 35 years as a sports writer and sports editor at the Anchorage Daily News.

She attended four Winter Olympics and wrote about a wide range of sports over the years, often shining a bright light on women and girls.

She has collected journalism awards at the

“It’s a celebration of health and hope that makes it one of Alaska’s most special events.”

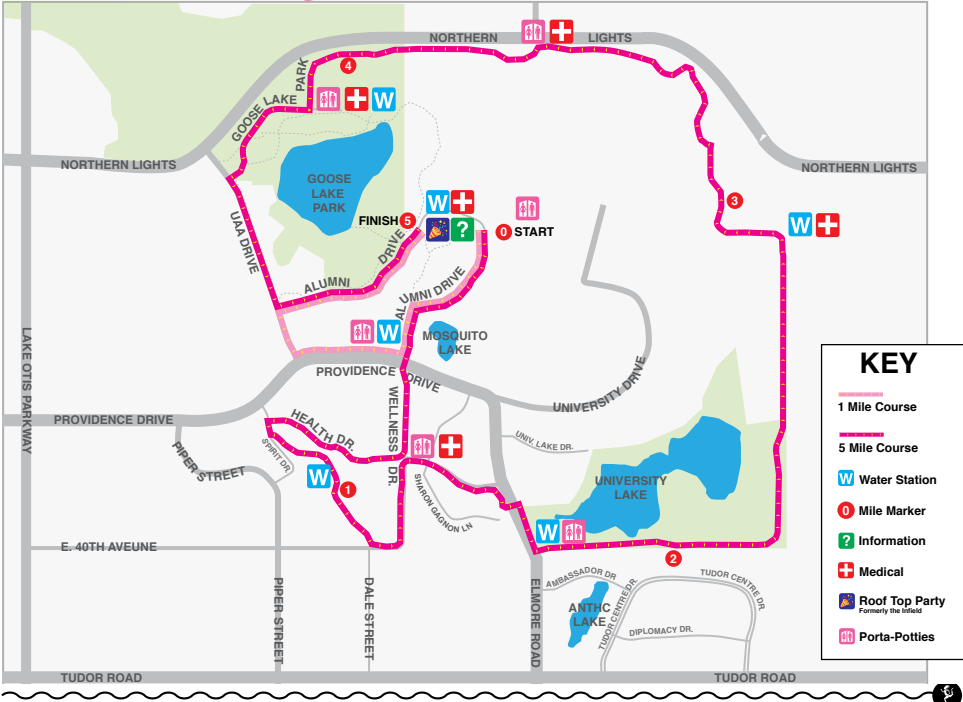
statewide, regional and national level and recently received the Alaska Sports Hall of Fame’s 2022 Joe Floyd Award for significant and lasting contribution to Alaska through sports.

The Alaska Run for Women was the source of endless material for her, from pre-race stories about breast cancer survivors to post-race stories about champion athletes.

She has written about the race’s great champions — Chris Clark, Kristi Waythomas, Kikkan Randall, Anna Dalton — as well as many of its cherished survivors, including Mary Marsolais, Lisa Keller, Mary Flanigin and DeeDee Jonrowe.

For decades Beth and her notebook were a familiar sight around Anchorage sidelines and finish lines. She witnessed some of Alaska’s greatest sports moments, and the Run for Women was always one of her favorite assignments. *“It’s a blast of pink that never fails to inspire,”* she said. *“It’s a celebration of health and hope that makes it one of Alaska’s most special events.”*

Race Course



BECAUSE WE CARE

Green Alaska Solutions is a long time proud supporter of the Run for Women. We will continue to partner with the Run for Women in support of women's health by providing runners compostable cups for every race.



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- Wellness Center



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KODIAK AREA NATIVE ASSOCIATION

Day of Run Activities – June 11, 2022

PRE RACE

Bib Pick-Up/Registration (RACE DAY REGISTRATION FOR UNTIMED EVENTS ONLY);

Merchandise Sales 6:45 – 8:15 a.m.

Yoga warm-up - Anne Marie Moylan 7:30 a.m.

Survivor group photo under finish arch 7:55 a.m.

8:00 a.m. Staging All Events

National Anthem – Vivienne Grenier. 8:20 a.m.

1-mile run/walk Start 8:30 a.m.

5-mile timed run/walk Start 8:45 a.m.

5-mile untimed run/walk Start 9:05 a.m.

5-mile untimed PARTY WAVE Start 9:20 a.m.

POST RACE CELEBRATION

Zumba – Suzy Spackman, The Alaska Club 10:15 a.m.

Awards Ceremony Approximately 11:00 a.m.

Door Prize Drawing Approximately 12:00 p.m.

Raffle Drawing Approximately 12:15 p.m.

Door Prize Drawing!

Special door prizes will be given to lucky Run participants! Enter the drawing to win a free trip for two to anywhere Alaska Airlines flies or a 90-Day Gold Family Membership from The Alaska Club!

Door Prize Rules

MUST BE PRESENT TO WIN. • DRAWING HELD AFTER AWARDS.
NON TRANSFERABLE, ONLY REGISTERED BIB OWNER IS ELIGIBLE TO WIN.

Door Prize Entry

Your bib has a tear away section with your bib number on it. Write in your name and drop the tear-away section in the colorful entry box near the Sound Stage.

Alaska Run for Women Raffle in Memory of Jay Wisthoff

The annual Alaska Run for Women raffle prize drawings immediately following the door prize drawing.

Race Course

The 5-mile and 1-mile events will take place near the UAA Campus. The event starts at the UAA Arts Building and finishes at the East Parking Garage.

1-Mile Event

1-mile runners/walkers will NOT be timed.

Strollers/baby joggers MUST WALK and MUST line up at the end of the 1-mile event. Strollers/baby joggers may only participate in the 1-mile event or 5-mile Party Wave events.

NO EXCEPTIONS! For insurance purposes, **ABSOLUTELY NO RUNNING** with strollers/baby joggers.

5-Mile Event

Timed, Untimed & Party Wave

Please line up according to your ability and in your identified start wave section as noted by corresponding color on your race bib. Signs noting “race pace” times will be visible in the start area, please respect faster runners and line up accordingly. Strollers or baby joggers may only participate in the 1-mile or 5-mile Party Wave events and must line up behind all runners/walkers in either event. **NO EXCEPTIONS!** For insurance purposes, **ABSOLUTELY NO RUNNING** with strollers/baby joggers.



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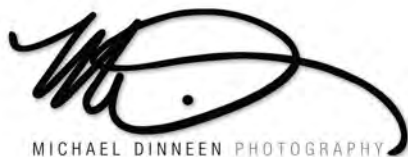
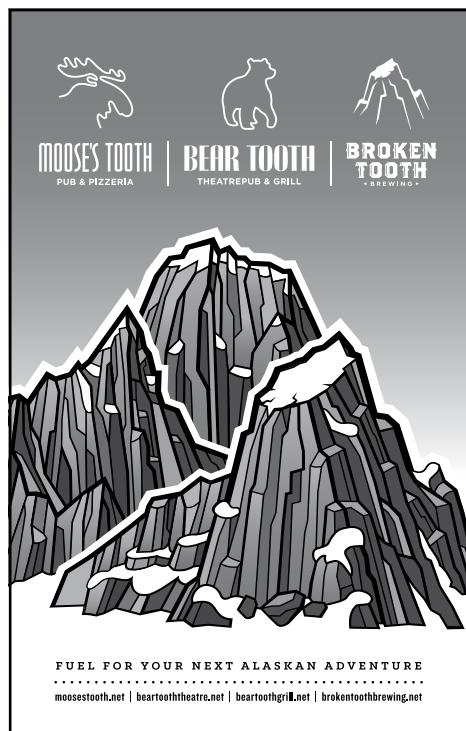


Rules of the Road for All Participants

1. Course marshals have the authority to remove any participant who violates the rules of the Alaska Run for Women.
2. Race bibs must be worn on the front and be clearly visible at all times on the course.
3. All participants must cross the finish line at the arch in front of the East Parking Garage on the UAA Campus.
4. All participants will follow the measured, designated course.
5. Do not cut through parking lots, alleys or grass areas along the bike trail or you will be disqualified.
6. No roller blades, skates, scooters, wagons or animals are permitted on the course.
7. NO RUNNING WITH STROLLERS/BABY JOGGERS

Awards Ceremony (Begins approximately at 11 am)

- Top 15 finishers
- Top Master's finisher (age 40 & over)
- Top 5 age-graded breast cancer survivors/finishers
- Top Master's breast cancer survivor/finisher (age 40-54)
- Top Senior breast cancer survivor/finisher (age 55 & over)
- All breast cancer survivors/finishers will be entered in a random drawing to win a beautiful quilt donated by *MH3 Designs*
- A lucky breast cancer survivor will win an Invisalign treatment from Murray Orthodontics, announced here.



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

MICHAEL DINNEEN
PHOTOGRAPHY
907.350.2729
michael@dinneenphoto.com
www.dinneenphoto.com

Age-Group Awards

Top 3 in following age groups: 10 & under, 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84; 85-90; 90 & better will be available in the Results & Awards tent immediately upon finishing. No waiting for Top 3 age-group results.

Please stay after the Run to honor breast cancer survivors and top athletes, as well as for the port-a-potty and top teams' awards, and to see if you are a lucky raffle winner!

ChronoTrack Electronic Timing

ChronoTrack Timing System is used for the 5-mile timed event. Timed runners will sport blue bibs. The timing chip is affixed to the back side of the race bib and is disposable. Results for timed runners will be available at www.akrfw.org

Clothes Drop

Booth will be located on the East Parking Garage at the Rooftop Party Area. Race volunteers are not responsible for any lost or stolen clothing items.

First Aid Stations/Water Stations

Available on the 5-mile course at each mile marker and at the finish line. One water station located on the 1-mile course.

Water Stations supported by

- Anchorage & Valley Radiation Therapy Centers
- AOA/AROC
- Alaska Airlines
- Providence Imaging Center
- Chevron
- St. Elias Speciality Hospital
– 1-Mile course



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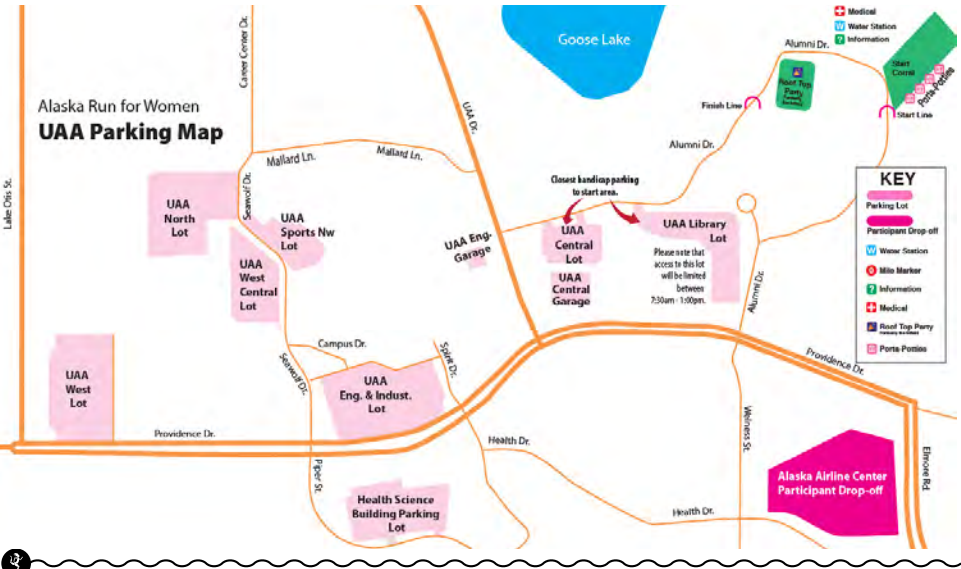
MAT-SU 365-7384
Wasilla • Palmer

FAIRBANKS 458-1790
South • West

JUNEAU 364-4398
Valley • Downtown

Parking & Transportation

There are many parking lots available on the UAA Campus, but *carpooling is encouraged!* If someone is dropping you off at the race venue, please follow the signs for Runner Drop Off. This will be located at the Alaska Airlines Center. Volunteers will direct all traffic on campus and in the drop off area.



Overall Winners By Year

1993	Laura Downey	36:52 (10k)	2008	Kristi Waythomas	29:38
1994	Suzanne Ray	28:27	2009	Kristi Waythomas	29:56
1995	Heidi Gerken	28:23	2010	Kelsey Jones	28:19
1996	Chris Clark	28:26	2011	Najeby Quinn	29:39
1997	Kristi Waythomas	29:06	2012	Kikkan Randall	28:18
1998	Kristi Waythomas	28:27	2013	Susan Bick	29:11
1999	Chris Clark	27:53	2014	Hallidie Wilt	28:49
2000	Chris Clark	28:00	2015	Anna Dalton	28:59
2001	Chris Clark	28:23	2016	Denali Strabel	29:40
2002	Chris Clark	27:36	2017	Kikkan Randall	28:41
2003	Liz Wilson	28:17	2018	Rosie Brennan	27:31
2004	Najeby Quinn	28:24	2019	Anna Dalton	27:46
2005	Esther Jurasek	30:04	2020	Virtual Race	Untimed
2006	Najeby Quinn	28:46	2021	Virtual Race	Untimed
2007	Kikkan Randall	29:54			

Merchandise

Featuring this year's design, stunning merchandise will be available for sale during registration and bib pick-up, and on race day. All proceeds from merchandise sales go toward breast cancer research, education and detection.

Free Bike Corral

Located in the 2nd floor level of the East Parking Garage, directly underneath the Rooftop Party Zone. *Bike Valet available from 7a.m. - 2p.m.*

Registration on Race Day

Race day registration is available for untimed events only from 6:45 – 8:15 a.m. Contributions will still be gratefully accepted.

Results

Top finishers will be published in the Anchorage Daily News Sunday morning. Complete results will be available at akrfw.org.

Special Recognition

Walking or running in honor or memory of someone? Look for special back tags at bib pick-up and registration to fill out and wear pinned to your shirt on race day.

Course Entertainment By

- Melissa Fischer – Jazz Mom
- Folk Music & Jugglers – Jim & Denise Kerr, Carole Ann & Jim Wolfe
- Rick Zelinsky & Mark Manners Jazz Combo
- Anchorage Scottish Pipes & Drums
- Tomodachi Daiko Drummers
- Knock on Wood, Marimba Ensemble
- Linda Sahara Belly Dancers

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Male Participation in the Alaska Run for Women

The Alaska Run for Women has a dual mission to raise money for and awareness of breast cancer, and to provide a competition venue for Alaska's women athletes. There are several ways for all family members and friends to support the event and the breast cancer cause.

Men who are walking or running with someone officially entered in the run are asked not to register or cross the finish line. Males cannot participate as competitive entrants, but are encouraged to support the run and its mission in other ways. This policy is not intended to exclude anyone, but to ensure a meaningful experience and accurate results for women competitors who challenge themselves from the front, middle and back of the pack. Thank you for supporting the Alaska Run for Women and its efforts in the fight against breast cancer.

Become a Donor

Monies raised go directly toward research and breast cancer awareness programs throughout Alaska. Donate at www.akrffw.org!

Volunteer

Volunteer today by contacting volunteer@akrffw.org or sign up online at www.akrffw.org!

Lost and Found

Turn in/claim at the Information & Volunteer tent, located on the rooftop. Unclaimed items will be donated.

Alaska Run for Women 2022 Grant Deadline

Applications must be postmarked by August 15, 2022. Grant guidelines and application can be found at www.akrffw.org.

Questions, Problems, Constructive Feedback, Volunteer?

Email run@akrffw.org

Friends of the Run

Alaska Career College	Edward Martin	Koniag	Rocky Plotnick
Alaska Rock Gym	Glacier Brewhouse/	Major Marine Tours	Sal's New York Grill
Alaska Serigraphics	ORSO	Marilyn Bentz	& Catering
Alaska Trail Guides	Guardian Security	Millie Johnson	Sarah Wottlin
Alyeska Aesthetics	Systems, Inc.	Minda Thon	Sherri Reddick
Amanda Dial	Guido's Pizza	Multisport Training	The North West
ArXotica	Gwen Welch	of Alaska	Company
Barbara	Home Instead	Odom Corporation	Tundra Technologies
DeLongchamp	Ingrid Klinkhart	Pat Luzier	Victoria Stuart
Cammy Taylor	Joseph Beaty	Pattie Webb	
Cindy Holderith	Kirby Kauffman	Red Apple Market	

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Breast Cancer Survivors



GROUP PHOTO:

Please meet at 7:55 a.m. on race day by the start corrals under the *big pink arch*.

Pink Hats

Wear your new pink hat which will be given to you at bib pick-up.

Pink Carnations

Thanks to **Uptown Blossoms** all survivors will receive a pink carnation as they cross the finish line.

Special Drawing

All survivors will be entered in a drawing for a quilt donated by **MH3 Designs**. *The winner will be announced during the awards ceremony.*

Male Survivors

Male breast cancer survivors may enter the survivor division as *Untimed Participants* by registering online.

Survivor Bib Pick-Up Event

At bib pick-up events and on race day a special line will be available for Breast Cancer Survivors. *No long lines!*

Breast Cancer Survivor Tent

A special Breast Cancer Survivor Tent will be available on the rooftop on race day for survivors and their support group to rest. *Survivors, please stop by and pick up your complimentary gift bag!*





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2022 Virtual Run for Women June 4th-11th

The Alaska Run for Women is 30 this year and we are delighted to be back with an in-person event, but we know that not everyone is ready for an in-person Run or may not be in Alaska on June 11th, so we will have a virtual race week again.

What is the Virtual Alaska Run for Women?

A 5-mile or 1-mile race that you can run or walk from any location you choose at any time during the event week of June 4th through 11th.

Your run/walk is untimed.

After you register you will receive a link to download the 2022 bib and back tags to wear in honor or memory of a loved one.

Follow us on Facebook and Instagram and watch for email updates before and during the event.

Share your race experience on social media by tagging your photos #akrfw2022.

Join the social media challenges on Facebook for a chance to win a prize.

Rules and Safety

Follow local and state mandates in place at the time of the Run and participate only if medically able and properly trained.

Follow all pedestrian safety ordinances including running on a sidewalk, multi-use trail or running track where available and not in the road. Follow the rules of the road if no sidewalk, trail or running track is available and run against oncoming traffic – not with the traffic.

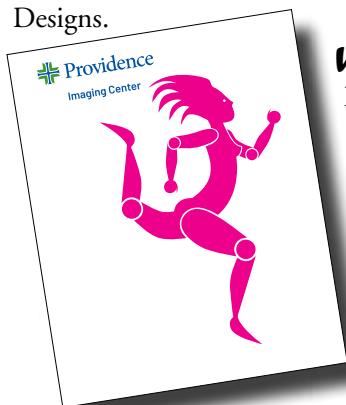
Will there be Run for Women merchandise?

Official 2022 Alaska Run for Women merchandise is available for purchase in-person at bib pick-up events and on race day (June 11). Virtual participants will be able to order merchandise online. Check website for details.

Breast Cancer Survivors

A special pink hat will be mailed to you after the event.

All registered survivors will be entered in a drawing to win a quilt donated by MH3 Designs.



Where in the world is PeaRL?

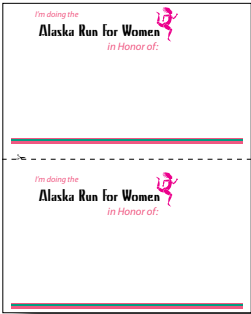
Download and print out PeaRL, our Pink Running Lady mascot! Take her on your runs/walks and post images with hashtag #akrfw2022 to let us know where the journey takes you. Play along to win prizes! Many thanks to Pink Diamond donor Providence Imaging Center for sponsoring the game.

Scan To
download PeaRL



Print out Back Tags

The 2022 Alaska Run for Women back tags have a place for you to add a name or message in a text field. You can also print them out blank and hand write in the name(s) in honor or in memory of a loved one, or any message you want. Be creative and decorate them as you'd like.



Print out your Finisher Certificate

When you have completed your run or walk, download and print out your Finisher Certificate. Take a selfie of yourself with the certificate and post it with the hashtag #akrfw2022. Well done!!



Scan To
download certificates
and backtags



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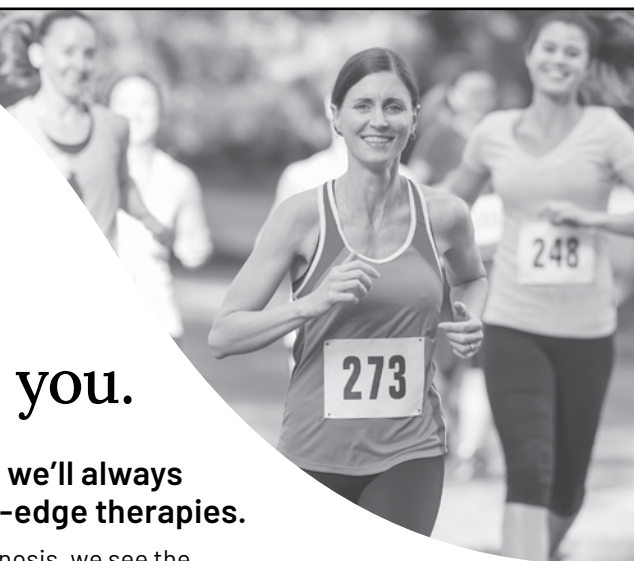


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STRONGER TOGETHER



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 Bingham
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 Bingham

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 Bingham

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. Najeby 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. Najeby 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. Najeby 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. Najeby 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

2020 - 5 miles

1. Virtual Untimed

Survivors - Age Graded

1. Virtual Untimed

2021 - 5 miles

1. Virtual Untimed

Survivors - Age Graded

1. Virtual Untimed

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: Mary Reiman 33:19 (1994)

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: Najeby 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: Ellyn Brown 36:56 (2015)

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

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

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

80 & Better: Teresa Hull 58:06 (2017)

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

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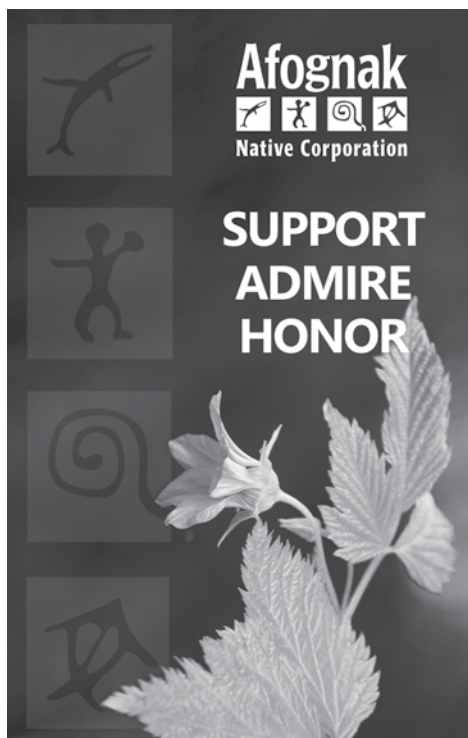


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