

## **RACE INFORMATION**

The 2020 Running Free 4 Miler will be held June 25, 7 p.m. to July 5, 11:59 p.m. This is our 6<sup>th</sup> annual race and we appreciate your support as we move to a virtual race this year. Although you will miss the customary cheering of our runners at Hiland Correctional, we know that the events of this year have given us a mild experience of what it is like to be isolated from our community. Our runners inside Hiland are always hunkered down and yet just like us they continue to run and celebrate the simple power of running.

### **Race Locations – POSTED BELOW!**

Anywhere you want or one of two pre-set course in Anchorage and in the Valley. The two pre-set course maps and instructions are at the bottom of this document. We chose courses that had parking near the start and finish; however, you can start the course anywhere on the route as long as you finish in the same place. You can also choose to run 4 miles anywhere and submit results based on honor OR if you want to be considered for certain awards you must run one of the pre-set courses. Instructions for submitting results are posted on the registration site. You will have from June 25th @ 7 pm - July 5th @ midnight to run your race and upload your results.

### **Awards**

Races prizes are a selection of Chugach Chocolates products and cone cards from Wild Scoops!

- The Don't Run so Close to Me Award will be given to the runner who completes the 4 Miler the farthest away from Anchorage. We're virtual; you can run anywhere! Sorry, we're assuming you don't live in Anchorage, so no cone cards for you but we will mail you chocolate!
- The R Naught Award will be given to the runner who "infects" the most new runners to sign up. Introduce as many people as you can to the Running Free 4 Miler!
- The Run Like Gina Award will be given to the woman and the man who run the fastest one mile split on one of the two pre-set courses. Gina is our speediest runner who has run a 5K pace of 6:32/mile. Can you beat her?
- The Run Like Sarah Award will be given to the woman and the man who run the most repeats of one or both of the two pre-set courses. Sarah is our big mileage runner who puts in the time on the 337 meter yard track at Hiland. Can you run as much as her?

### **T-shirts and chocolate**

A shipping fee will be added to the cost of registration if you would like a shirt. We will be mailing shirts out to everyone who selects a size. You'll also get chocolate from Chugach Chocolates!

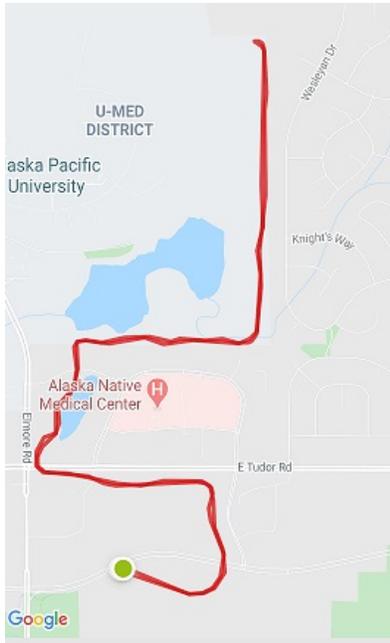
If you donate \$25 above the race registration your shipping charge is waived.

### **Questions**

Race Contact: [info@runningfreealaska.com](mailto:info@runningfreealaska.com)

## Anchorage Running Free 4 Miler Course Instructions

Park at the Chuck Albrecht Ballfields on the corner of Elmore and Martin Luther King Blvd. At the bike trail that runs along Martin Luther King Blvd, take a right.



The start and finish is at the 6.5 mile marker of the Campbell Creek Bike Trail.



Stay to the right hand side of the trail as you proceed. This course is measured on the tangent (the shortest route through corners and turns) to the middle of the trail. Do not cross the middle line of the trail. Initially head east on the Campbell Creek bike trail from the start marker. You will cross APD's driveway at Tudor and stay on the bike trail. Cross over Tudor Road and follow the trail past the ANTHC building. After crossing through a tunnel after ANTHC, the Campbell Creek bike trail intersects the Chester Creek bike trail. Take a right onto the Chester Creek bike trail. Follow the trail and after a long

straight away the trail curves to the left. There is a solid yellow line that follows the curve. At the end of the yellow line, turn around and head back on the same path to the finish.

This is the left hand turn before the turnaround. At the end of the yellow line is the 2 mile mark where you turn around.

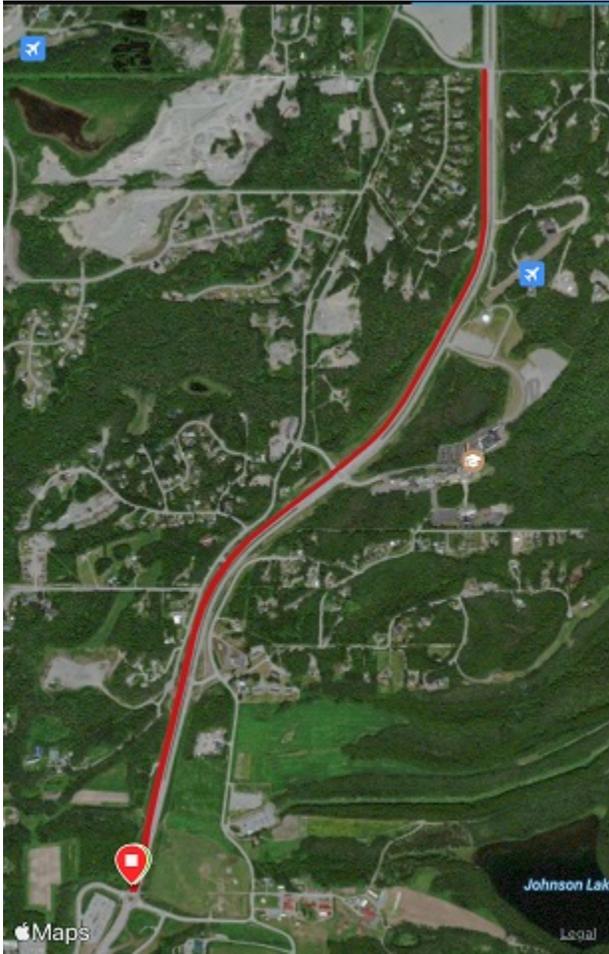


Turn around



Head back and finish at the 6.5 mile marker where you started.

Valley Running Free 4 Miler course



Park at the Trunk Road Park and Ride





Cross the roundabout to the arrow

The start and finish is on the bike trail at the edge of the cement at the crosswalk. The Valley course heads north, straight on the bike trail along Trunk Road with no turn offs or deviations and is measured from the right side of the trail. There are old race course markings on the trail that are not from the Running Free 4 Miler.



The turnaround is at the “No Motor Vehicles” sign right before the turn for the Old Trunk Road.



Turn around and head back to where you started.