

## **RACE INFORMATION**

The 2021 Running Free 4 Miler will be held June 24, 7 p.m. to July 4, 11:59 p.m. This is our 7<sup>th</sup> annual race and we appreciate your support as we continue as a virtual race this year because of facility restrictions. Although you will miss the customary cheering of our runners at Hiland Correctional, we know that the events of this past 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 24th @ 7 pm - July 4th @ midnight to run your race and upload your results.

### **Awards**

- 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!
- 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**

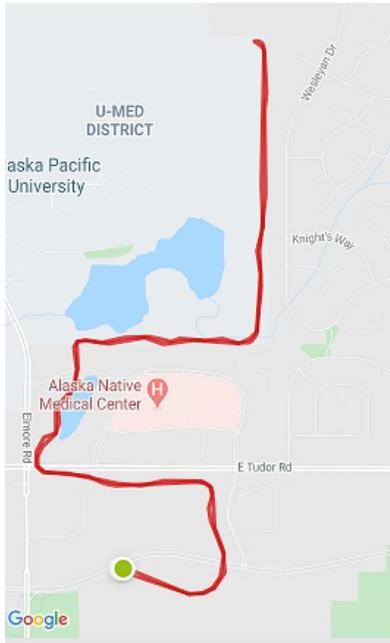
T-shirt pickup will be Saturday, July 24, 10 a.m. – 1 p.m., at Chugach Chocolates, located at 700 W 59th Ave, STE A, Anchorage. We will put our t-shirt order in after registration is complete so that we do not run short or have any wasted t-shirts. If you would rather have your t-shirt sent to you, you will be able to add a delivery option at registration for an additional \$5.

### **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.

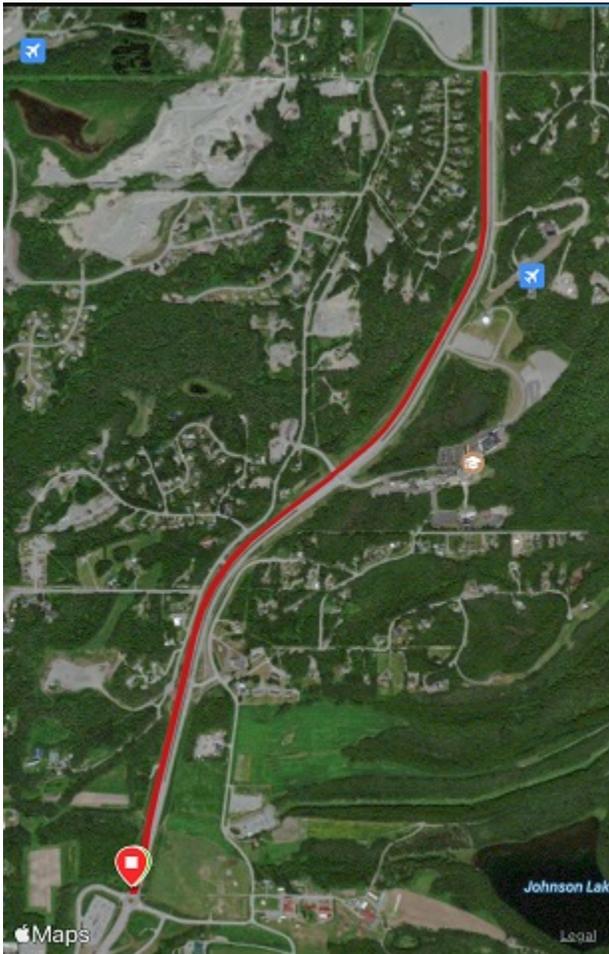


Turn around



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.



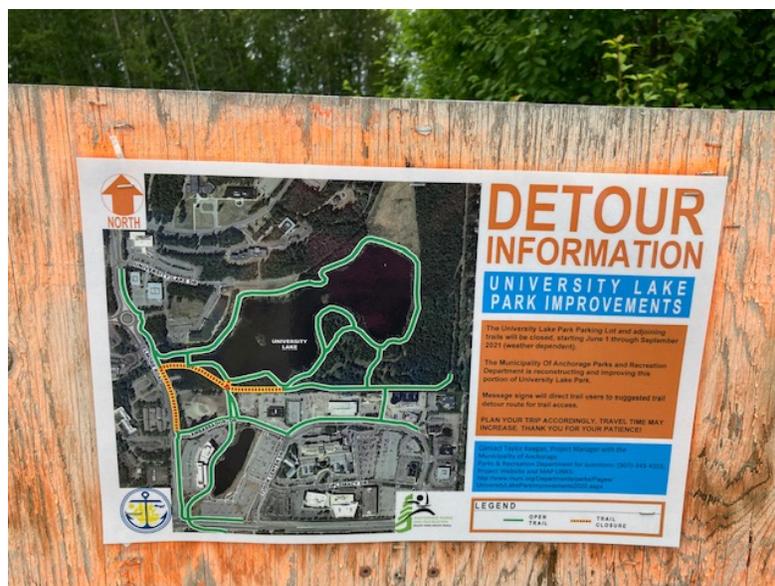
Turn around and head back to where you started.

# Anchorage Route Detour 2021

There is a slight detour on the Anchorage course. Reminder that you are not required to use this course unless you are competing for the Run Like Gina and/or Run Like Sarah awards.

The detour makes no difference with the Run Like Gina award as you can pick any one-mile segment of the race to submit.

For the Run Like Sarah award, continue to use the original turnaround as the official course to log your laps. The mileage with the course change has been measured by two people; one runner measured 4 miles and the other runner measured 4.3 miles. This award is simply the number of laps made on the course, regardless of your time, so to remain consistent this year we will use the original course with the detour even though it might be slightly longer. However, if there is a serious challenge on laps from the Valley course, we will make an accurate measurement to determine the winner.



Thanks to Michelle Mitchell for a picture of the detour map!