

# 2023 Race Schedule

***Unless stated otherwise, registration fee for each race is \$10, or \$1 for those 18 years old and under. "NAOC" means the race earns points toward the Nugget Alaskan Outfitter Cup. "JTRR" means the event is hosted by Juneau Trail and Road Runners***

## **\*\*\*POSTPONED\*\*\* – RACE DIRECTOR CLINIC**

**START TIME:** 6:00PM – 7:00PM

**LOCATION:** Valley Library

**COST:** Free!

**CONTACT:** Dan Robinson, 907-957-5589, [robidanc@gmail.com](mailto:robidanc@gmail.com)

*This is a mandatory clinic for anyone directing a JTRR event OR anyone using JTRR equipment for a fundraising event. All are welcome to join or share their knowledge regarding race organizing and directing.*

## **FEBRUARY 11 SATURDAY – SWEETHEARTS RELAY - NAOC/JTRR**

**START TIME:** 10:00AM

**LOCATION:** Savikko Park

**DISTANCE:** 2 legs of 1 mile each

**CONTACT:** Dan Robinson, 907-957-5589, [robidanc@gmail.com](mailto:robidanc@gmail.com)

## **MARCH 18 SATURDAY – FLANAGAN’S RUN - NAOC/JTRR**

**START TIME:** 10:00AM

**LOCATION:** Savikko Park

**DISTANCE:** 5 miles or 1 mile

**REGISTRATION:** Race day only, beginning at 9:30. Printable form available [here](#).

**CONTACT:** Randy Peterson, (907) 500-2313, [randyjp@gmail.com](mailto:randyjp@gmail.com)

## **MARCH 25 SATURDAY – GLACIER 10K & 1 MILE - NAOC/JTRR**

**START TIME:** 10:00AM for 1 Mile/ 10:30AM for 10K

**LOCATION:** Mendenhall Glacier Parking Lot

**DISTANCE:** 1 Mile or 10K

**FEE:** 19& older (18 & under) - \$15 (\$5) pre-register, \$20 (\$6) race day.

**REGISTRATION:** <https://www.raceentry.com/races/2023-glacier-10k-and-1-mile/2023/register>

**CONTACT:** Dwayne Duskin, 907-796-9440, [tmhstrack@gmail.com](mailto:tmhstrack@gmail.com)

*Proceeds benefit the TMHS track team*

## **APRIL 22 SATURDAY – PAVITT’S HEALTH & FITNESS 7K - NAOC/JTRR**

**START TIME:** 10:00AM

**LOCATION:** Brotherhood bridge parking area

**DISTANCE:** 7K

**CONTACT:** Joe Parrish, 907-723-6172, [joe@gopavitt.com](mailto:joe@gopavitt.com)

## **MAY 6 SATURDAY - MAGNIFICENT MENDENHALL MUDDPUDDLE MEET - NAOC/JTRR**

**START TIME:** 9:00AM

**LOCATION:** Auke Lake boat launch parking area

**DISTANCE:** 8 miles or 1 mile

**CONTACT:** Heather Parker (317)696-7803, [heather.c.parker@gmail.com](mailto:heather.c.parker@gmail.com) or

Quinn Tracy (907)322-5305, [qgracy@hotmail.com](mailto:qgracy@hotmail.com)

**MAY 20 SUNDAY – SPRING TIDE SCRAMBLE - NAOC/JTRR**

**START TIME:** 8:00AM \*\*NOTE LOW TIDE START TIME\*\*

**LOCATION:** Fish Creek Bridge (North Douglas Hwy) - there is a minus 3 tide at 8:22 a.m.

**DISTANCE:** 3 miles or 7 miles, *under 13 years old must have an adult partner*

**CONTACT:** Holly Handler, 907-321-9433, [hollishandler@gmail.com](mailto:hollishandler@gmail.com)

**MAY 27 SATURDAY – CAMERON CLARK MEMORIAL RUN - NAOC/JTRR**

**START TIME:** 9:00AM

**LOCATION:** Lena Beach Picnic Area

**DISTANCE:** 5k and 1k fun run

**CONTACT:** Dan Robinson, 907-957-5589, [robidanc@gmail.com](mailto:robidanc@gmail.com)

**JUNE 3 SATURDAY – SEACOAST RELAY-NAOC/JTRR**

**START TIMES:** 9:00AM and 9:30AM

**LOCATION:** Start at UAS, finish at Eagle Beach

**DISTANCE:** Five leg relay (2.5 – 6 mile legs)

**COST:** \$12/runner

**CONTACT:** **RACE DIRECTOR NEEDED**

**JUNE 17 SATURDAY – BEN BLACKGOAT MEMORIAL RACE - NAOC/JTRR**

**START TIME:** 9:00AM

**LOCATION:** End of Basin Road At Perseverance Trail

**DISTANCE:** 2, 4, or 7 miles

**CONTACT:** Paul DeSloover, 586-6709, [pdesloover@yahoo.com](mailto:pdesloover@yahoo.com)

**JULY 4 TUESDAY – GLENN FRICK MEMORIAL MILE**

**START TIME:** 1/2 hour before the parade

**LOCATION:** Egan Drive near Foodland

**DISTANCES:** 1 mile

**CONTACT:** Tristan Knutson-Lombardo, 723-1772, [tkl1289@gmail.com](mailto:tkl1289@gmail.com)

**FEE:** Contribution of your choosing

*Proceeds to benefit the Juneau High School Cross Country Teams*

**JULY 8 SATURDAY – GOLDBELT TRAM MOUNT ROBERTS TRAIL RUN - NAOC/JTRR**

**START TIME:** 9:00AM

**LOCATION:** Mount Roberts lower tram parking lot

**DISTANCE:** approx. 3.5 miles (ascends 1,800 feet – finishes at the Cross)

**CONTACT:** Linda Kruger; 907-957-0335, [lindalaska2003@gmail.com](mailto:lindalaska2003@gmail.com)

**JULY 15 SATURDAY – GOVERNOR'S CUP 5K & KIDS 1 MILE - NAOC/JTRR**

**START TIME:** 5K @ 9:00AM/ 1 Mile @ 10:00AM

**LOCATION:** 5K Dimond Courthouse, 4th and Main Street

1 Mile next to Juneau Bone & Joint Center

**DISTANCE:** 5K and 1 Mile Race:

**CONTACT:** Justin Dorn, [juneauphysicaltherapy@juneaupt.com](mailto:juneauphysicaltherapy@juneaupt.com)

**JULY 19 WEDNESDAY – MIDSUMMER NIGHT RUN - NAOC/JTRR**

**START TIME:** 6:00PM

**LOCATION:** False Outer Point Recreational Area

**DISTANCE:** 10K or 1 mile

**CONTACT:** Randy Peterson, (907) 500-2313, [randyjp@gmail.com](mailto:randyjp@gmail.com)

**JULY 22 SATURDAY – JUSTIN FANTASIA MEMORIAL RUN 4 THE ROCK - NAOC**

**START TIME:** 10:00AM

**LOCATION:** Pioneer Road

**DISTANCE:** 5K or 10K

**COST:** \$15 adults, \$5 18 years and younger

**CONTACT:** Sue York, 907-255-3662, [slyak3@yahoo.com](mailto:slyak3@yahoo.com)

*Proceeds benefit Eldred Rock Lighthouse Preservation Association*

**JULY 29 SATURDAY – JUNEAU MARATHON/ DOUGLAS ISLAND HALF MARATHON - NAOC/JTRR**

**START TIMES:** Marathon 7:00 a.m. (6:00 a.m. early start available)

Half Marathon 9:00 a.m.

**LOCATION:** Savikko Park, Douglas

**DISTANCE:** Marathon 26.2 miles; Half 13.1 miles (certified courses)

**COST:** Marathon \$85, Half \$55

**CONTACT:** David Epstein, (907) 209-7995, [dave1013@gmail.com](mailto:dave1013@gmail.com)

**AUGUST 6 SATURDAY – AUKEMAN TRIATHLON**

**REGISTRATION AND INFORMATION:** <https://aukemantri.com>

**CONTACT:** Liz Smith, 907-957-6914, [aukemantri@gmail.com](mailto:aukemantri@gmail.com)

**AUGUST 12 SATURDAY – NIFTY FIFTY - NAOC/JTRR**

**START TIMES:** 7:00 AM for the 50K, 9:00 AM for the 25K and 10K

**LOCATION:** End of Basin Road at the Perseverance Trailhead

**DISTANCES:** 50k, 25k, or 10k

**CONTACT:** Keith Levy, 586-1427, [keithblevy@gmail.com](mailto:keithblevy@gmail.com)

**COST:** \$35 for 50k and 25k; \$10 for 10k

**REGISTRATION:** <https://ultrasignup.com/register.aspx?eid=3663>

**FACEBOOK PAGE:**

[https://www.facebook.com/NiftyFiftyTrailRace/?view\\_public\\_for=942131269303712](https://www.facebook.com/NiftyFiftyTrailRace/?view_public_for=942131269303712)

**AUGUST 19 SATURDAY – BEAT THE ODDS - NAOC**

**START TIME:** 9:00AM

**LOCATION:** Riverbend School Covered Area

**DISTANCE:** 5K

**CONTACT:** Kym Mauseth, (907) 321-5966, [kmauseth@acsalaska.net](mailto:kmauseth@acsalaska.net)

*Proceeds benefit Cancer Connection*

**AUGUST 24 THURSDAY – EAST GLACIER TRAIL TANGLE - NAOC/JTRR**

**START TIME:** 6:00PM

**LOCATION:** Trailhead at east end of Valley Blvd (Under Thunder Trail)

**DISTANCE:** 1 Mile and 6.7 Miles

**CONTACT:** Karlynn Welling, 907-723-0951, [rkwell@gci.net](mailto:rkwell@gci.net)

**SEPTEMBER 2 SATURDAY – EAGLECREST ROAD RACE - NAOC/JTRR**

**START TIME:** 9:00AM

**LOCATION:** 0.9 miles up Eaglecrest Road

**DISTANCES:** 10, 5 and 1 mile road/trail options

**CONTACT:** Lacey Sanders, 907-209-8722, [lacymae12@hotmail.com](mailto:lacymae12@hotmail.com)

*Proceeds to benefit Juneau Ski Club*

**SEPTEMBER 9/8 – 9/9 – KLONDIKE ROAD RELAY - [Road Relay Race](http://RoadRelayRace.com) | [Klondikeroadrelay.com](http://Klondikeroadrelay.com)**

**SEPTEMBER 23 SATURDAY – FRIENDS OF THE POOR 5K - NAOC**

**START TIME:** 9:00AM

**LOCATION:** 9151 Glacier Hwy. (Thrift Store)

**DISTANCE:** 5K

**CONTACT:** Dave Ringle, (907) 321-7026, [dave@svdpjuneau.org](mailto:dave@svdpjuneau.org)

*Proceeds benefit St. Vincent DePaul*

**OCTOBER 30 SATURDAY – HALLOWEEN HALF - NAOC/JTRR**

**START TIME:** 10:00AM

**LOCATION:** North end of Douglas Hwy.

**DISTANCE:** 13.1 miles

**CONTACT:** Holly Handler, 907-321-9433, [hollishandler@gmail.com](mailto:hollishandler@gmail.com)

**NOVEMBER 11 SATURDAY – VETERANS DAY RUN - NAOC/JTRR**

**START TIME:** 10:00AM

**LOCATION:** Brotherhood Bridge parking lot

**DISTANCE:** 8K and 1 mile

**CONTACT:** Kirk Thorsteinson, 907-321-3026, [kirkthorsteinson@hotmail.com](mailto:kirkthorsteinson@hotmail.com)

*Proceeds to benefit VFW Taku Post 5559*

**NOVEMBER 23 THURSDAY – TURKEY TROT**

**START TIME:** 10:00AM

**LOCATION:** Airport Dike Trail

**DISTANCE:** 5k or 1 mile

**CONTACT:** Tyra MacKinnon, (907) 723-9252, [tyramsmith@aim.com](mailto:tyramsmith@aim.com)

*Proceeds benefit TMHS cross country and Glacier Swim Club*