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President's message

Watch USATF World Championships as America's best compete in Doha

SUMMER IS BEGINNING TO close and we will be moving into fall in Alaska shortly. Team USA is getting ready to head to the World Championships in Doha — among them Alaska's own Allie Ostrander! Check out the results from USATF Nationals to see who else will be representing us at the World Championships — <https://results.usatf.org>.

USATF Alaska had an exciting summer and is looking forward to adding some winter events for which everyone can get involved. Keep an eye out here and on our Facebook page for more details on those events.

Thanks to everyone who participated in and/or volunteered at our Summer Track & Field series.

If you are interested in getting involved in USATF, please contact us and we will get you plugged in. There are many opportunities to help grow the organization!

Go, Team USA!



*Jason Hofacker,
USATF Alaska
president*

USATF Alaska a proud supporter of these upcoming races

ACROSS ALASKA, RACES AND SPECIAL EVENTS ARE HELD JUST ABOUT EVERY WEEKEND. What most people don't know, though, is that USATF Alaska is behind the scenes playing a supporting role. Organizers, coaches and athletes who become USATF members automatically reap benefits such as insurance coverage for events, discounted or free entries into races and the knowledge that your money is supporting a national program that promotes the sport locally, regionally, nationally and even internationally.

Here are just a few of the coming races to mark on your calendars. Also, USATF-Alaska is on Facebook — check out details at www.facebook.com/groups/USATFAlaska/.

Aug. 10: Eagle River Challenge

This event features a 1K trail race for kids, and a 5K or 10K options for others. The fee is \$30 and funds support Friends of Eagle River Nature Center. The race starts at 10 a.m. from the Eagle River Nature Center and will take place on the Dew Mound Trail. No dogs or strollers, please. This is a trail race with narrow track and bumpy terrain. Registration details can be found at ernc.org.



Aug. 25: The Milk Run

This race supports nursing mothers and has support from Providence Alaska's lactation Clinic in Anchorage. Since September 2011, the race, in honor of young Owen who dies unexpectedly at age 14 months, has raised money to provide Anchorage nursing mothers with the supplies they need and the support to continue nursing. The run starts at 10 a.m. on the north side of Russian Jack Springs Park, starting from the soccer fields off Pine Street. A 2K option is also available. Register at owensmilkmoney.org.



Sept. 7: Dream Big 5K

Hosted by Big Brothers Big Sisters of Alaska, this event supports the program throughout the state. It starts at the Downtown Pavilion in Palmer. Questions? Contact 907-376-4617 or amy.lalor@bbbsak.org. Signup is at www.runsignup.com.