



# ATHLETE GUIDE



# SHOES SHAPED LIKE FEET.

**KING MT 1.5**

SHOES SHAPED LIKE FEET, WHAT A CRAZY IDEA, RIGHT? A SHOE THAT LETS YOUR TOES MOVE FREELY SO YOU CAN ENJOY YOUR RUN. 7 YEARS AGO WE STARTED BY DOING THINGS DIFFERENTLY AND OUR GROWTH AND FANS HAVE MADE US REALIZE MAYBE WE WEREN'T SO CRAZY AFTER ALL. TAKE US FOR A TEST RUN, AND FEEL THE DIFFERENCE.

*GOOD LUCK ON THE MOUNTAIN!*



**ZERO DROP FIT 4 HER**



ALTRARUNNING.COM

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# Welcome Racers,

***The Seward Chamber of Commerce, the Mount Marathon Race committee, and the people of Seward welcome you to the 91st running of the Mount Marathon Race! This event holds a special place in the hearts of many runners, supportive family members, spectators, Seward community members, fellow Alaskans, and visitors from around the world.***

Even before Seward was founded in 1903, locals would run up Lowell Mountain to spot incoming steamships. When a ship was spotted, the climbers would race down the mountain to be the first to alert the community. This tradition prompted a bet that a runner could make it up and down the mountain in under an hour. The first attempt took Al Taylor one hour and 20 minutes. Word of the one-hour challenge spread across Alaska.

The first organized race was held in 1915. James Walters won with a time of one hour and two minutes. It would be several years before “Seward’s mountain marathon” turned Lowell Mountain into Marathon Mountain.

Today, the community of Seward continues to warmly welcome athletes and visitors to our town to celebrate Independence Day. Through the years, this event has grown to mean many things to many people, but the heart of the event remains the same. We welcome you to celebrate the beauty of another Alaskan summer, experience the joy of athletic achievement, revel in the cheers of a dynamic crowd, and savor the afterglow of one helluva party.

The Mount Marathon Race is made possible by a small army of volunteers, partners, and dedicated community members. As you prepare for your start on race day, take a moment to reflect upon the thousands of volunteer hours committed year round to prepare for this race. Please take the time to thank a race volunteer—you’ll find them all over downtown and along

the course wearing red t-shirts.

So many people love this event and together we can continue to improve it for everyone. The race committee welcomes your feedback at [mmr@seward.com](mailto:mmr@seward.com). We carefully consider all ideas to help strengthen this event for racers, spectators, and community members.

Welcome, and best of luck on race day!

*The Mount Marathon Race Committee*



# Schedule of Events

## JULY 3

### PRE RACE EVENTS - SEWARD HIGH SCHOOL (2100 SWETMANN AVE)

5:00 - 8:00 p.m.	Bib Pick-Up For Returning Runners (ID Required)
5:00 - 7:00 p.m.	Pasta Feed - Proceeds benefit Seward Middle School Cross Country Team
5:00 - 6:45 p.m.	Race Raffle Sign Up
7:00 p.m.	Race Auction & Raffle Drawing
7:45 p.m.	Mandatory Safety Video & Bib Pick-Up For First Time Runners (ID Required)

## JULY 4

### FOURTH OF JULY FIREWORKS DISPLAY PRESENTED BY SUBWAY

12:01 a.m.	Fireworks will launch near the Mariners Memorial. Popular viewing spots include the Waterfront Park, Seward Boat Harbor, or from a boat in the bay.
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### RACE DAY

8:00am	Bib Pick-Up for Returning Runners at Race Headquarters (UAF Rae Building at 3rd & Railway)  Bib pick-up closes 1 hour prior to the race start for men's and women's races and 1/2 hour prior to the start time for the junior's race.
9:00 a.m.	<b>Juniors' Race Start</b> (4th & Adams)  Boys and Girls start and race together. Begin lining up 10-15 minutes prior to race start.
11:00 a.m.	<b>Men's Race Start</b> (4th & Adams)  Begin lining up 10-15 minutes prior to race start. Waves start 5 minutes apart.  First Wave: Bibs 1-199. Second Wave: Bibs 400 and up.
1:00 p.m.	Parade
2:00 p.m.	<b>Women's Race Start</b> (4th & Adams)  Begin lining up 10-15 minutes prior to race start. Waves start 5 minutes apart.  First Wave: Bibs 1-199. Second Wave: Bibs 400 and up.
6:00 p.m.	Awards Ceremony at the AVTEC Gymnasium (519 4th Ave).
11:00am - 6:00 p.m.	Showers are available at AVTEC's 4th Avenue gymnasium  (access restricted to runners with bibs)

# Pro Tips Presented by

## **BRAUN KOPSACK** Longevity Award (40 finishes)

- Don't go in blind.
- Know the course and know the weather.
- The conditions can change so much based on weather that you've got to get up on the mountain as much as possible prior to race day so you know what to expect.



## **PATTI FOLDAGER** 36 Finishes, 2 wins '85 and '93

*Patti, husband, 2 daughters & 1 son running this year*

- The key to this race is finding a balance.
- If you go out too fast on the road you'll wear yourself out for the mountain, if you go out too slow on the road, you'll be stuck in traffic at the mountain.
- Break up the road into sections in your head and focus
- When you come down off the mountain let the crowd give you a second wind!

## **LISA & ED HARTMAN** Lisa 16 finishes, Ed 20 finishes

- Race day should never be your first day on the mountain.
- A strong road run will help establish your position on the mountain-once in a crowd it is difficult to get around people.
- The race is both physically and mentally grueling. You must practice positive self talk to power through the pain or the mountain will crush you.

## **CHRISTY MARVIN** 5 Finishes, 2 wins, all in top 3

- Have fun and enjoy the atmosphere!
- Don't be nervous of the descent! All you have to do is tuck n' roll!
- To run this race safely, remember one thing; practice, practice, practice.
- Don't underestimate the value of a good pair of gloves.



# Race Map & Description

- All first-time racers must complete the **entire race course** prior to race day and attend the safety meeting.
- The race course includes areas of extreme difficulty, with steep inclines and slippery loose rock and shale.
- There is no guarantee any aid stations will be available on the mountain. Water and aid materials may be delivered to summit by helicopter if weather permits, do not anticipate or rely on water or aid at summit.

## RACERS MUST:

- Have previous mountain running experience.
- Be physically fit enough to easily pass by the **Cut-off Checkpoint** before the time expires.

• Be prepared to get themselves down the mountain, even if injured. Assistance is not guaranteed once you leave the race start.

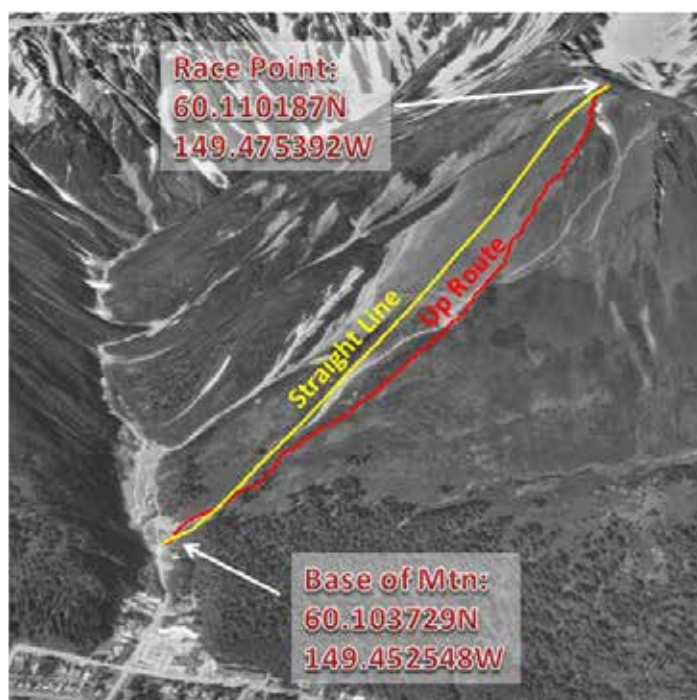
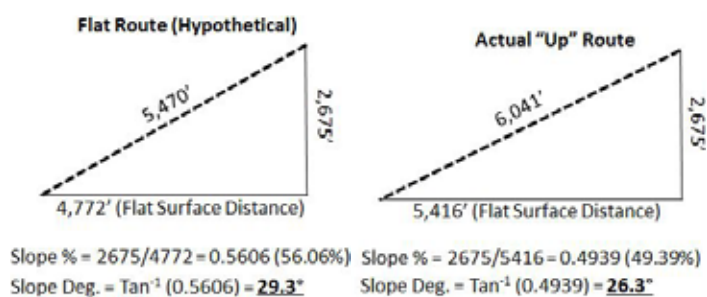
• Runners may limit their risk of bodily injury to some degree by running the entire race course several times before race day and wearing protective gear such as helmets, gloves, goggles, knee and elbow pads are recommended. Wear gloves at a minimum.

- Carry your own water if you will need it during the race.
- Water and medical services will be provided at the Finish Line.

## SLOPE STEEPNESS AVERAGES 34 DEGREES

Mount Marathon is not quite as steep as has been previously reported. The true steepness — from the base of the mountain to the lip of the mountain just before the turnaround rock — averages 34 degrees.

That figure was calculated using GPS data from several racers. Excluding the road approach, the vertical gain is about 2,675 feet in 0.9 miles.



## ADULT DIVISION RACE COURSE

- The starting line is at 4th & Adams in downtown Seward.
- Runners will leave the starting line and follow the road to the base of the mountain.
- Runners will run to the top of the course, stepping on the timing mat while passing around the summit rock, and descend down the mountain to the finish line.
- The finish line is one block south of the starting line at 4th and Washington Street.
- Approximate race distance is 3.1 miles, with an elevation gain of 3,022 feet.

## JUNIOR DIVISION RACE COURSE

- The Junior Division Race follows the same trail to the finish as the adult race, but only goes half-way up the mountain.
- Junior runners must round the marker at the halfway point and return down the mountain to the finish line.

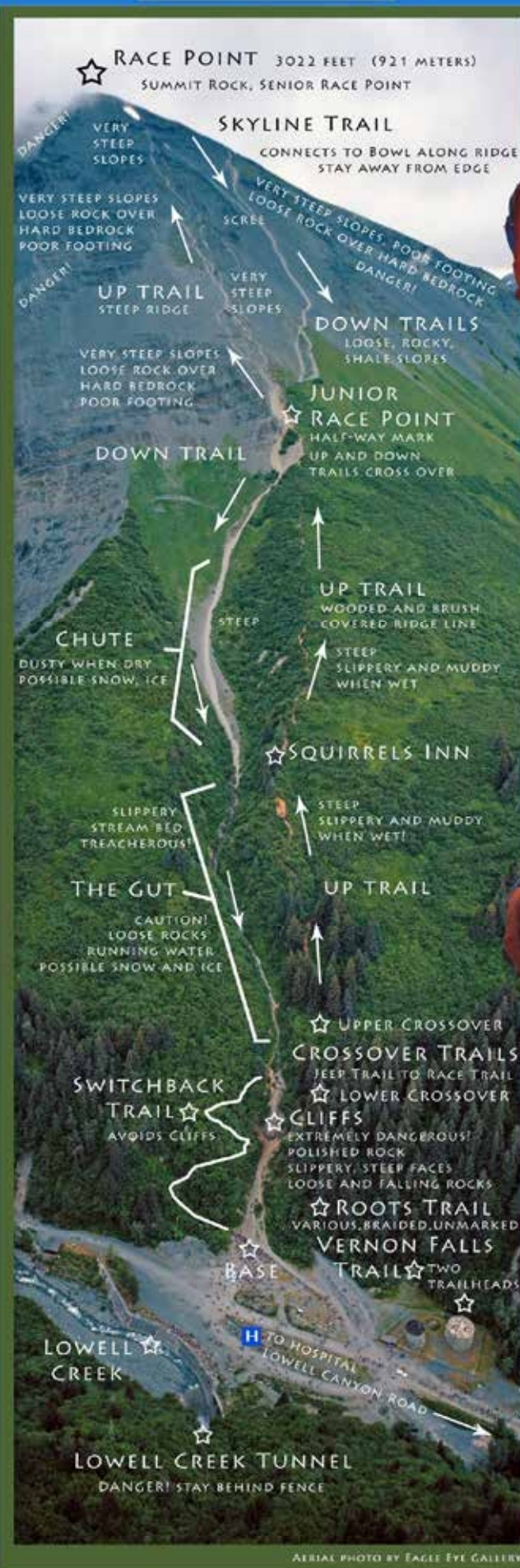
## GOLDEN RACER OPTION

The optional Golden Racer opportunity is available to racers 70 years and older who have completed 10 or more adult races. The committee is offering this option to encourage older competitors to continue participating in the Mount Marathon race. The race community and spectators are inspired by older athletes and their participation is part of what makes Mount Marathon such a unique and special community event.

- Racers who select the Golden Racer option will start in their appropriate race division (men's or women's race) but race a shorter course.
- They will round the marker at the Junior Race Point (1/2 way up the mountain) and return down the mountain to the finish line. .
- Golden Racers must reach the **Cut-Off time Checkpoint** at the Junior Race Point (1/2 way up the mountain) within one hour (60 minutes) of their start time and complete the race within 2.5 hours to receive an official Golden Racer finish time.







GOING DOWN IS EVEN MORE DANGEROUS THAN GOING UP  
WEAR GLOVES  
GO SLOWLY

USE HANDS AND FEET TO "CRAB-WALK" FACING FORWARD

KEEP YOUR CENTER OF GRAVITY LOW

MAKE SURE OF YOUR NEXT STEP

CROUCH OR SIT DOWN QUICKLY IF YOU FEEL YOURSELF FALLING

BRACE AGAINST THE SLOPE

# Race Conduct & Rules

## RACE CONDUCT

- No climbing aids.
- No shoes with metal cleats.
- No identifying markers on the trail to guide runners.
- No assistance on the trail except for first aid and dispensing of water.
- No unfair or unsafe acts.
- No headphones or listening devices.
- Every runner must give way to a runner shouting "trail" in the act of passing.
- Any runner still on the trail from an earlier race shall give way to runners in the current race.
- Applicants may not falsify any information on the application form.
- Participants in the adult races must show a valid photo I.D. when picking up their bib or face disqualification.
- Participants may not trade bibs or provide their bibs and race identification to other individuals.
- Runners must have their race bib with embedded timing chip when crossing the finish line.

## RULES VIOLATIONS

Violation of any rule or blatant disregard for the safety of others may subject a participant to disqualification from the current year's race and possible disqualification from future races.

## RACERS MUST START IN ASSIGNED WAVE

Racers are required to start in the wave they are assigned to ensure accurate race timing, safety, and balanced wave sizes. There is a mechanism to request a wave (bib) change prior to May 10. Any blatant disregard of this rule may subject the participant to disqualification from the current year's race and possible disqualification from future races. Wave changes will not be granted day of race. Wave change requests on July 3 are rarely granted and only for special circumstances.

## CUT-OFF CHECKPOINT

- All racers must reach the **Cut-Off time Checkpoint** on the mountain before the cut-off times listed below **AND** complete the race before the cut-off times listed below, or they will be disqualified from the race.
- Any racer who continues on the race course after the cut-off times on the mountain will be disqualified from entering future Mount Marathon races.
- Adult racers must cross past the **Junior Race Point** (1/2 way up the mountain) within one hour (60 minutes) of their start time. Adults that do not complete the race within 2.5 hours will not receive an official time.
- Junior racers must cross by **Squirrels' Inn** within 30-minutes of their start time, and complete the race in 1.5 hours or less to remain eligible for Priority Status.



- First-time racers must complete race course prior to race day and attend July 3rd Safety Briefing.

Before first-time racers will be allowed to pick up their bib, racers (or their parent or guardian if under 18) must sign a statement declaring they have completed the entire race course prior to race day.

## RACE COURSE CLOSURES

Routes on the race course can be closed by emergency responders and by race officials. Racers who continue along a close section of the race course after being informed of the closure may be disqualified from the current race and banned from participating in future races.

The most commonly closed section of trail is the waterfall due to the location of an injured runner and responding emergency personnel. Race officials will station volunteers at intersections to inform racers of closures.

## ADULT RACE FINISHES

Adults that finish the Mt. Marathon Race in 2.5 hours or less will receive an official time and their finish will be counted towards 10-year status (a racer who has completed 10 or more non-consecutive adult races) for priority registration status.

**Racers who picked up a bib that do not start or finish the race must notify a race official at the finishline as soon as possible.**

## BANDITS

Bandits are individuals who join the field of Mount Marathon Race competitors under fraudulent circumstances – obtaining a legal bib using false identification, using another runner's bib, or breaking into the field of runners at any point without a bib or using a falsified bib.

A bandit creates safety and liability issues for both other participants and race officials. Bandits also create errors in race timing if they cross the finish line. Bandits steal resources meant for registered runners who pay for them such as emergency personnel, permit fees, insurance costs, etc.

Bandits violate the spirit of sportsmanship endorsed by the Mount Marathon Race and more importantly, impair the safety of all participants.

As a result, identified bandits may face a lifetime ban from participating in the Mount Marathon Race, ban from other Alaska running events, and possible legal action.

# Racer FAQs

## JULY 3RD SAFETY MEETING

The safety meeting is held on **July 3rd at 7:45 pm at the Seward High School, 2100 Swetmann Ave**, during bib pick-up. **Attendance is mandatory for ALL first time racers, even if they have completed the entire race course prior to race day.**

Before first-time racers will be allowed to pick up their bib, racers (or their parent or guardian if under 18) must sign a statement stating they have completed the entire race course prior to race day. Juniors must be accompanied by a parent or legal guardian for the entire event, including the video and bib pick-up.

Any first timer racers who fail to attend this meeting will be disqualified and will need to re-apply through the lottery process to participate in a future race.

Because the Mount Marathon Race is a challenging mountain run and terrain changes could occur from year to year, **all participants are encouraged to attend the safety meeting.**

The terrain on Mount Marathon changes every year and there are inherent risks associated with mountain trail running and races. Every racer should practice

the entire race course and be adequately conditioned before participating in the race. Participating without preparation endangers other racers, spectators, medical personnel, and jeopardizes the sustainability of the race. If you do not feel adequately prepared, DO NOT participate in the race.

## HOW LONG DO I HAVE TO COMPLETE THE RACE?

**All racers** must reach the **Cut-Off Time Checkpoint** on the mountain before the cut-off time or be disqualified from the race.

**Adult racers** must cross past the **Junior Race Point** on the mountain within one hour (60 minutes) of their start time.

**Junior racers** must cross by **Squirrels' Inn** within 30 minutes of their start time. Official time will be kept for 1.5 hours for juniors and a maximum of 2.5 hours for each adult race.

## CAN I GIVE MY RACE SPOT TO SOMEONE ELSE?

Absolutely not. If you are selected to run through the application and lottery process, the bib number assigned to you belongs to you and only you.



## WHAT DO THE WINNERS GET?

The winners get a trophy and bragging rights. As an added benefit, Men's and Women's race winners do not need to pay to participate in future Mount Marathon Races. There is no cash or merchandise prize associated with the Mount Marathon Race. Trophies are awarded to:

- Top five men, women, boys, and girls in each of their respective races
- Top five places for each age group: 7-11, 12-14, 15-17, 18-29, and ten-year increments thereafter
- Top three boy teams
- Top three girl teams
- Top finishers from Seward.
- Longevity: Individuals that have finished 20 races and 10-year increments thereafter.

## IS THE RACE EVER CANCELLED?

The race has never been cancelled due to weather. Runners should be prepared for a wide variety of weather conditions. Precipitation is frequent, making the shale slippery, and there can be ice patches on areas of the mountain. The summit can be windy and visibility reduced to next to nothing. It is very important for runners to travel the course several times prior to the race to help maintain their bearings should it be difficult to see the trail.

In the case of unhealthy air quality, extreme heat, or unexpected occurrence the Chamber of Commerce, in consultation with emergency management professionals, would issue an Emergency Alert to racers and the public. Racers choosing not to race due to the information in any such alert would maintain their Priority Racer Status the following year after notifying the Seward Chamber of Commerce in writing that they opted to not race in response to the Emergency Alert.



## HOW IS THE RACE TIMED?

Mount Marathon Race results are obtained through electronic chip timing embedded in the race bib. Runners are responsible for ensuring their assigned timing chip is attached securely to their bib and that they cross over all timing mats at start, top of mountain and finish line to receive a valid race time. .

Runners must have the correct bib and embedded timing chip when crossing the finish line. Failure to display the bib appropriately and cross the finish line will disqualify the entrant. Timing chips will be attached to bibs. Finish order is determined by chip time. In the instance of a lost chip, finish line officials record finish time and place by hand using the runner's bib number. The Race Official can also make the call and override the chip if debated.

For safety reasons, the timing crew will continue to track the bib numbers of those runners who complete the

course after the timing window has closed. All runners who do not complete the race or finish after electronic chip timing has concluded for their division are asked to notify a volunteer at Race Headquarters (UAF Rae Building at 3rd & Railway) that they are safely off the mountain.

## WHAT TIME DO I NEED TO ARRIVE?

Once you have your bib, you just need to be at the starting line 10-15 minutes before your race begins. However, if you don't live in Seward, keep in mind that July 4th is a very busy time here, with street-based activities scheduled throughout the downtown area. If you do not have lodging downtown, traffic and parking can pose a challenge. 4th Avenue and some cross streets downtown are closed and blocked off beginning at 5 am. Traffic into Seward is also very busy, particularly after 10 am. If you are able to arrive in time for the Junior race start at 9:00 am, you will have the fewest problems.





## **SHOULD I PLAN TO SPEND THE NIGHT IN SEWARD?**

Many runners do plan to spend the night before and the night after in Seward. Traffic into Seward on race day is very thick and frequently backs up on the Seward Highway. The award ceremony begins at 6 pm after the race, but runners planning to depart Seward prior to the ceremony may face long traffic delays just trying to get out of town.

Runners who spend the night in Seward before the race enjoy Seward's fireworks. Those who stay a day longer can wind down with live music and good food throughout town, tackling the Seward Highway on a quieter day.

Just a caution, if you do plan to stay, lodging facilities, including local campgrounds, fill up very early! We recommend that you make your reservations when you apply for the race, even if you are not sure that you will make it in the lottery. Check out the "Where to Stay" section of [Seward.com](http://Seward.com) for ideas.

## **WHAT IF I GET INJURED DURING THE RACE?**

All racers are ultimately responsible for their own safety and rescue. Serious injury has occurred in past Mount Marathon Race events but is rare. Runners who receive minor injuries generally finish the race. Local volunteers, including EMT personnel, are stationed along the mountain portion for all races and may be able to provide basic first aid on site.

For serious injuries, the route volunteers attempt to maintain radio contact with one another, as well as contact with the Seward Volunteer Fire Department and Volunteer Ambulance Corps on the ground, who will coordinate any medical support and evacuation efforts. It is strongly recommended to wear gloves, tape feet and ankles, or wear running gaiters.

## **WHAT ELSE IS GOING ON IN SEWARD?**

The 4th of July celebration in Seward kicks off with fireworks at 12:01 am. Once dawn breaks, street vendors begin selling food, gifts, and other Alaska items up and down 4th Ave. Family activities are scheduled throughout the day – especially geared towards kids and the holiday parade is always a favorite, in between the women's and men's races. For specifics, be sure to check out [Seward.com](http://Seward.com).

## **CAN I BRING MY DOG TO WATCH THE RACE?**

The Mount Marathon Race Committee and City of Seward have established a "no pets" policy for July 4th. No dogs, leashed or unleashed, are allowed on 4th Ave between Railway and Jefferson or along the race course, including all race trails on the mountain. This will increase safety for runners and spectators, and reduce problems with sanitation and clean-up. Please leave your pets at home. Your pets are allowed in Seward just keep them off the race course or crowded downtown area.

# Race Bibs

## BIB & TIMING CHIP PLACEMENT

- Any individual providing their bib and/or timing chip to another runner will result in the disqualification of both individuals.

- Timing chips will be attached to bibs – check it out! Here are some tips on the best way to wear your bib to ensure the most accurate time possible.

- Your timing chip is attached to your race bib.
- Do not fold or crumple your chip.

- Do not remove the chip from the back of your bib.
- The best place to wear your bib is on the front of your torso, pinned securely on all four corners.
- If you are not wearing a shirt, place it so that the number is still reading as it should (horizontal).
- Place it on the right leg.
- Pin all four corners securely.
- If your bib comes off during the race the best thing you can do is carry it with you and show it as you cross the finish line.





# Mount Marathon Race Trivia

## THE MOUNT MARATHON RACE

Race day is always July 4. The foot race is a climb and descent on Mount Marathon – a mile and a half up and a mile and a half down, complete with cliffs, scree fields, waterfalls, and a spectacular view.

## HOW THE RACE STARTED

According to folklore, the tradition of the Mount Marathon Race began when two sourdoughs argued about the possibility of climbing and descending the mountain in less than an hour. “Impossible” one said. To settle the argument, and the resulting wager, a race was held, with the loser to furnish drinks for the crowd.

At the same time, enterprising merchants put up a suit of clothes and other attractions for the winner and proposed the race take place on a holiday – why

not the 4th of July? The optimistic sourdough lost his bet. The winning racer took one hour and two minutes.

Official records disclose that the Mount Marathon Race actually began as an organized run in 1915 and has since become a regular part of the Independence Day celebration in Seward.

Over the years, this home town historic event has drawn increased participation and resulted in new milestones. 54 women finished the first-ever women’s race in 1985, juniors began logging their age-group records in 1994, and 2005 heralded the beginning of the “staggered start” for the adult races.

The popular Mini Marathon race starts them out young – toddling just a few feet to victory!





## **ELEVATION GAIN**

3,022 feet

## **RACE DISTANCE**

3.1 – 3.5 miles, depending on route

## **FIRST WINNER**

James Walters, 1915 | 1:02:02

## **YOUNGEST WINNER**

Ephraim Kalmakoff, 1928 | Age 16 | 52:35

## **OLDEST WINNER**

Todd Boonstra, 2003 | Age 41 | 47:32

## **MOST WINS BY LOCAL RESIDENTS**

Cedar Bourgeois, 7 wins | 2004 – 2010

Ralph Hatch, 6 wins | 1946 – 50, 1953

## **MOST RACE WINS**

Nina Kemppel, 9 wins | 1994, 1996 – 2003

## **MOST JUNIOR RACE WINS**

Allison Ostrander, 6 wins | 2009 – 2014

## **MOST CONSECUTIVE RACE FINISHES**

Fred Moore, 47 finishes | 1970 – Current

Ellyn Brown, 28 finishes | 1989 – Current

## **OLDEST FINISHERS**

Corky Corthell, age 82 | 2011 | 1:56:45

Millie Spezialy, age 77 | 2015 | 2:18:37

## **LONGEST RECORD HOLDERS**

Bill Spencer, 43 years | Set junior record 1973 – Current

Bill Spencer, 39 years | Set men's record 1974, Broke his own record in 1981, which held until 2013

Nancy Pease, 25 years | set women's record 1990 – 2014





## 10 golden rules for injury prevention from junior athletes to elite level athletes.

By Zuzana Rogers, PT, ScD, SCS, COMT - Advanced Physical Therapy

Being able to train and race on top of your abilities without injuries takes very focused approach. Here are 10 rules to keep in mind as you progress in your running career or in your recreational running endeavors:

1. Surround yourself with the right people. Proper medical and coaching supervision for all runners, whether high performance athletes or recreational runners, must be done by qualified, competent and understanding professionals. Look for a medical professional that understands and/or participates in your sport.
2. Keep it simple. Be careful not to complicate or 'over-diagnose' your condition. Avoid repeated treatment without progress. Avoid surgery as much as possible. Do not choose plantar orthoses/arch supports as a first option to see if they work - have your biomechanics and movement patterns checked first.
3. Your body WILL adapt! The human body was made to heal if given a chance and it will adapt - as long as the applied load is not greater than the body's capacity to adapt. Overuse injuries are caused by an overload of the body's anatomical structures (bones, tendons, muscles). Every new stimulus must be integrated gradually (hills, speeds, intervals, weights).
4. Rhythm is the key! To minimize ground reaction force, energy loss and injuries during running training, the advice is to keep your stride rate over 170 strides/min.
5. The surface. Flat surfaces are very regular and make every stride identical to the others, repeating all biomechanical flaws. It is better to use irregular surfaces or vary speed to allow for wide variety of movement adaptations and distribute the forces properly on the lower body.
6. Warm-up: a well-kept secret. Increase your body temperature by proper warm up (jog, spin) for 15-20 minutes followed by progressive functional ballistic stretching. Static stretching is a thing of the past.
7. Stretching: yes and no! Pre-workout static stretching should be done ONLY if your movement biomechanics are altered by shortened muscle groups. Static stretching has been shown to decrease performance. Use progressive ballistic stretching more often.
8. Naturally strong. Keep your feet strong during the running season - walk barefoot as much as you can. Do not forget to work on your core and hips strength and your balance during the season.
9. Cross-training. When injured, complete rest is rarely the best treatment. A cross-training activity is recommended as soon as possible. Any cardiovascular activity that is not painful at that time will decrease recovery time.
10. We are what we eat/ body and mind. Literally! Quality, variety and balance are the most important words when talking about an athlete's diet. You cannot outrun a bad diet!

Check out excellent resources for recreational and elite runners at [www.therunningclinic.com](http://www.therunningclinic.com)

5 locations statewide

ANCHORAGE 279.4266 WASILLA 376.8590 FAIRBANKS 374.0992 SOLDOTNA 420.0640 SEWARD 224.7848

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