

SPECIAL POINTS OF INTEREST:

- Bike to work
- Surprising news about Pistachios
- Strength in a bracelet?
- Employee Health & Fitness Month
- Farmers Market Season
- Are you at risk for Stroke?

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Alaskans Love to Commute by Bicycle!

Are you one of Alaska's 3,000+ bike commuters? Have you ever thought of biking to work? This one act provides so many benefits – you save money, you get exercise, you spend more time outside, and you're not messing with traffic every day! The financial aspect is particularly appealing as Alaska's average gas prices are at \$4.21 and rising. And what better time to get into a habit of getting outside than during the lovely, tantalizing spring sunshine!?

Alaska ranks 6th nationwide in the proportion of adults who bike to work. According to the US Census Bureau's 2005-2009 American Community Survey, nearly 3,000 people, or 0.9% of Alaskan workers over 16 commute to work by bicycle, almost twice the national average of 0.5%. Half of the state's bike commuters can be found in Anchorage where 1.06% of commuters do so by bicycle, but every community in the sur-

vey was well over the national average. The Alaskan town with the greatest proportion of bicycle commuters is Seldovia at 9.76%, followed by Gustavus at 9.14%, and Nondalton at 9.09%. Compare those rates to Portland, Oregon's rate of 6.4%, considered to be one of the most bike-friendly cities in the nation.



Higher gas prices are expected to drive more people to pedal to work. And that could put more pressure on employers to provide shower facilities, changing rooms and safe parking places for bike commuters.

If you want to encourage bicycling to work, consider these ideas from the Washington Area Bicyclist Association:

- Convert a couple of car parking spaces in your garage or lot to bike parking, or lobby your landlord to create more secure bicycle parking.
- Bring in a bicycle shop to offer free or discounted tuneups.

- Offer a free bikers breakfast once a month to build camaraderie.

Sources: Washington Post, AK bike websites

National Bike to Work Week is May 16-20
Bike to Work DAY is Friday, May 20th

Bike to Work rates in selected Alaskan towns:

Seldovia	9.76%
Gustavus	9.14%
Nondalton	9.09%
Sitka	2.87%
Petersburg	2.78%
Kodiak	1.56%
Juneau	1.45%
Cordova	1.33%
Soldotna	1.13%
Anchorage	1.06%
North Pole	1.00%
Fairbanks	0.92%
Barrow	0.88%
Valdez	0.81%
Homer	0.74%
Ketchikan	0.63%

Online Alaska Bike Resources:

Bicycle Commuters of Anchorage
<http://bicycleanchorage.org/wordpress/>

Alaska Bicycle and Pedestrian Alliance -
<http://akpedbikealliance.wordpress.com/>

Alaska Bike Hub (discussions, trail reports, and postings) - <http://alaskabikehub.com/forum/>

Arctic Bicycle Club (recreational & racing divisions—both mountain & road) - www.arcticbike.org

Fairbanks Cycle Club -
www.fairbankscycleclub.org

Juneau Freewheelers Club -
www.juneaufreewheelers.com



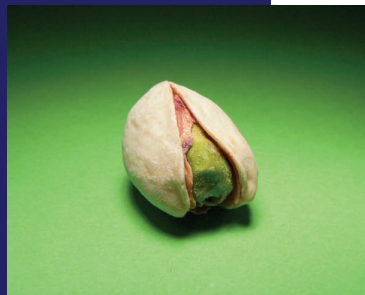
BIKE TO WORK
FAIRBANKS



Plan out your route or log your ride on handy websites like:

- www.mapmyride.com
- www.dailymile.com
- www.bikely.com
- www.gmap-pedometer.com

Pistachio - A Perfect Nut?



Researchers with the US Department of Agriculture's Agricultural Research Service (ARS) recently released findings that suggest Pistachios may have about 5.9% fewer calories than previously thought.

Caloric value of a food is actually a measure of the energy content of that food. Energy value of foods is most often allocated by using the Atwater general factor system, in which the main food components (protein, fat, and carbohydrates) have a single energy factor, regardless of the food in which they are found. Carbohydrates and proteins are considered to contain four calories per

gram, fat nine calories per gram. But the actual energy value is dependent on how well the food is absorbed in the gastrointestinal tract.

Studies done in the past have suggested that in general, fat from nuts is poorly absorbed through the intestinal tract, indicating that nuts' calorie levels may be lower than is generally accepted. This latest study confirmed that the fat from pistachio nuts specifically, is not completely digested or absorbed, resulting in a lower energy value. The actual energy content of pistachios was found to be about 5.41kcal per gram versus 5.67kcal per gram.

To translate that to food label calorie counts, a typical (30g) serving of pistachios may contain 160 calories versus 170.

On top of being one of the lowest calorie nuts, pistachios are cholesterol free and another recent study showed that the plant sterols in these nuts can help reduce the absorption of cholesterol, making this a perfect, heart-healthy snack! Another bonus, a loz serving of pistachios equals about 49 nuts, more nuts per serving than any other snack nut!

Sources:

www.unsaltedpistachios.com,

US Dept of Agriculture

F-A-S-T

FACE: Ask them to smile - does their face look even?

ARMS: Ask them to raise both arms - does one drift down?

SPEECH: Ask them to repeat words - is their speech clear?

TIME: Call for help fast!

911

Stroke is the 3rd leading cause of death in the U.S.

It is the **LEADING** cause of serious, long term disability

What's Your STROKE Risk?

Check all that apply to you. If you check two or more, please see a health care professional and determine what you can do to lower your risk. May is Stroke awareness month - share this with a loved one and you may save a life! For more information, contact your primary care physician and visit www.providence.org/alaska. Source: Providence Alaska Medical Center



AGE

- You are a man over 45 or a woman over 55 years old.

FAMILY HISTORY

- Your father or brother had a heart attack before age 55 or your mother or sister had one before age 65.

MEDICAL HISTORY

- You have coronary artery disease, or you have had a heart attack.
- You have had a stroke.
- You have an abnormal heart-beat.

TOBACCO SMOKE

- You smoke or live or work with people who smoke every day

EXCESS BODY WEIGHT

- You are 20 lbs or more overweight.

PHYSICAL INACTIVITY

- You don't accumulate at least 30 minutes of physical activity on most days of the week.

CHOLESTEROL

- Your total cholesterol level is 240 mg/dL or higher.

- Your HDL ("good") cholesterol level is less than 40 mg/DL if you're a man or less than 50 mg/dL if you're a woman.

BLOOD PRESSURE

- Your blood pressure is 140/90 mmHg or higher, or you've been told that your blood pressure is too high.
- You don't know what your blood pressure is.

Alaska's Farmers Markets Opening!

Tis the season for FRESH Alaskan produce and goods. May is the opening month for most of the farmers markets located throughout Alaska's communities. Visit the Alaska Farmers Market Association website at www.alaskafarmersmarkets.org. Click on "Market Directory" for a directory of markets throughout the state, including links to their websites, times and dates of operation, and contact information. Farmers markets are family friendly, community-building events that bring neighbors together, attract retail activity to surrounding businesses, create forums for civic education and involvement, and provide direct access to Alaska's agricultural bounty! Plus, local veggies simply taste better than the stuff that's flown in from outside.



Market Photos: Alison Arian



Power Bracelets - The Truth Behind the Hype

On a recent plane ride, I sat next to a gentleman who was wearing what he called a power bracelet and he proceeded to explain to me how it had special properties that made him more balanced and stronger. I skeptically listened as he said he too had his doubts but that the guy who sold it to him demonstrated how it worked and he was sold: The salesman told him to steady himself and stand strong, then proceeded to push him, knocking him off balance. Then he put the bracelet on him and repeated the test and sure enough, he was able to resist being knocked off balance. I was still skeptical. The airplane guy said he didn't actually know what the bracelet was supposed to do before trying it out and so there was no chance of the power of suggestion affecting his performance. My curiosity was peaked, although I still wasn't ready to spend \$30 on this bracelet. Initially, all I could find on the topic were people



selling the bracelets and stories much like the one I heard on the airplane. Then I came across some actual research on these bracelets, specifically the Power Balance® bracelet, performed at the University of Wisconsin and published in the Journal of Sports Science and Medicine. Supposedly, the bracelet "responds to the natural energy field of the body" to improve performance. Forty-two NCAA athletes underwent tests for trunk flexibility, balance, strength, and lower body power (vertical jump) – each under two conditions, one with the Power Balance® bracelet and one with a placebo bracelet. In both conditions, the tests were done in the same order, but some were tested with the power bracelet first and some with the placebo first – neither subject nor tester knew which was which. Subjects were not allowed to warm up first since that could im-

prove performance and impact results. The results: there was no significant difference in performance in tests with the placebo versus those with the Power Balance® bracelet. In fact, the only consistent finding was that the second set of test scores for each person was consistently better than the first, regardless of the bracelet worn. This suggests that subjects did better either because they were warmed up or they were more familiar with the tests and knew what to expect the second time around. Either way, it's consistent with the tactics used to sell the bracelets. Interestingly, Power Balance® is now involved in a class action suit alleging they mislead the public and used false advertising to market their products. The best way to improve your strength, power, flexibility, and balance is to practice doing those things – do strength exercises, get active, stretch regularly, try yoga or tai chi - simply get moving! There's no shortcut that is as good as the real thing!
 Source: The Cooper Institute Blog (<http://blog.standupandeat.org>)

Editor's Note: Switch to Quarterly Issues

Greetings and happy spring! First, my apologies for the delay on this latest issue of the Wellness Matters Newsletter.

Second, an explanation. Interest in worksite health promotion is growing among our clients and thus, my plate is a bit fuller than it used to be. In order to continue to provide a useful, quality, locally written newsletter for your enjoyment,

I have converted Wellness Matters to a quarterly publication (as opposed to monthly). As you will notice, this means it will be lengthier to accommodate more information and a larger event calendar. The benefit to this will be that you can plan ahead even farther to participate in these active events...so go ahead, peruse the list and pick a few to put on your calendar, maybe I'll see you out there! Summer is an amazing time in Alaska full of a multitude of opportunities to get out and get moving, whether it is your first time or you are a seasoned athlete,

there truly is something for everyone. If you're not into organized activities, grab a co-worker, friend, or family member and enjoy one of the hundreds of trails, get out in a boat, go fishing, or just go play in the park. In an era of rapidly rising health care and long term care costs, one of the best forms of insurance you can have is taking care of your own health by staying active and feeding your body with healthy fuels.

Stay safe, be well, and get movin'!

-Cara Fox Fairbanks, SPHR, CWPM



Did you know?

May is Employee Health & Fitness Month!

Check out www.healthandfitnessmonth.com for some great ideas!


EMPLOYEE HEALTH & FITNESS MONTH
MAY 2011



Spring Seafood Stew

Don't let the long ingredient list intimidate you! This is an excellent spring and summer stew recipe - tasty and filling, yet lighter than a traditional stew. Plus, it's quick and easy to make. Serve with fresh whole grain bread or your favorite crackers. Enjoy!

1 tsp olive oil
Cooking spray
1 cup thinly sliced leek (about 1 large)
3 garlic cloves, minced
1 cup dry white wine
1 (14.5 oz) can fat-free, less sodium chicken broth
3/4 lb medium shrimp, peeled & deveined
3/4 lb large sea scallops, cut in half horizontally

2 Tbsp chilled butter, cut into small pieces
1 1/2 cups chopped plum (roma) tomato
1 Tbsp minced fresh tarragon
1 tsp grated lemon rind
1/2 tsp salt
1/2 tsp black pepper
1/4 tsp ground red pepper

Heat oil in a large Dutch oven coated with cooking spray over medium heat. Add leek and garlic; cook about 4 minutes or until tender, stirring occasionally. Add wine and broth; bring to a simmer. Stir in shrimp and scallops; bring to a boil. Reduce heat; simmer 3 minutes or until shrimp and scallops are done. Remove shrimp and scallops from pan with a slotted spoon; keep warm. Bring broth mixture to a boil and cook for 4 minutes. Reduce heat to low. Add butter, stirring constantly with a whisk. Stir in chopped tomato and remaining ingredients. Divide shrimp and scallops evenly among 4 soup bowls and spoon an equal amount of the broth mixture into each bowl. *Yield: 4 servings*

Calories 287; Fat 9.3g (sat 4.1g); Protein 34g; Carb 10.8g; Dietary Fiber 1.3g; Chol 173mg; Iron 3.3mg; Sodium 817mg; Calc 93mg. Source: Cooking Light Magazine (2002)



Calendar of Upcoming Active Events



ANCHORAGE/EAGLE RIVER IN MAY/JUNE

Wednesdays - Run or walk with friends! Meet at Westchester Lagoon to walk or run for 1 hour on the coastal trail. 6 PM
(www.anchoragerunningclub.org)

Tuesdays - Mountain bike race series at Kincaid Park, starts June 7th, all levels welcome! www.alaskamtb.blogspot.com

Tues, Thurs, Sat, Sun - Non-competitive bike rides with Arctic Bicycle Club's touring division. Call 566-0177 for updated ride info or go to www.arcticbike.org. Also racing and mountain biking information.

May 7 Alaska Zoo Kids 1K Fun Run 9 AM AK Zoo, gravel trails, hill, animals; \$10 www.alaskazoo.org

May 7 Anch Trailwatch Ambassador Training 9AM-1PM, APD Training facility 3760 W Dimond, parks@muni.org

May 7 Salmon Run, 9:30 AM @ Inlet view Elementary, 2, 5, & 10K, \$15. All ages www.anchoragesouthrotary.org

May 7 Walk & Roll for Hope 8:30 AM Park Strip, 5K walk or 16K walk/run/bike. www.hopealaska.org

May 7 Amblin' for Alzheimers Walk, 9:30 AM Kincaid Park Chalet, 4 miles, registration fee/fundraiser. More at www.alzalaska.org

May 7 Wake up, Break up, & Move 2K meet Noon-2PM, Clark Middle School Track, FREE, other activities too, www.alaskamuseum.org (sponsor)

May 7 Eagle River Challenge 9AM Eagle River Nature Ctr, 10K trail run, Echo Bend Loop, \$30 entry, benefits the nature ctr. Eric Fjelstad 263-6973 or info@ernc.org

May 10 Beginning Orienteering Training 7-9PM BP Energy Center, Map reading & basic orienteering skills, \$1 donation to cover map costs, www.oalaska.org

May 10 Bike to Work day Clinic 6PM, REI, FREE, Get tips for biking to work. www.rei.com/stores/events/16

May 11 GPS 101—Getting Started, 6PM, REI, FREE

May 12 Do Run-Run, 5:30 PM, 4 miles Ship Creek Trail, check web for race route. www.anchoragerunningclub.org

May 12 Bike Maintenance Basics, 6PM, REI, FREE

May 14 Faster than a Falcon Run/Walk meet 8AM Clark Middle School, 5K flat, \$15 fee, benefits Mt.View Boys & Girls Club, www.fasterthanafalcon.info

May 14 Blue Donkey Run meet 9:30AM Westchester Lagoon, 5K on Coastal trail, entry fee, alaskademocrats.org

May 14 Bear Valley 5K Challenge meet 8:30 AM, 5K, family event; more at www.bearvalleycommunityassoc.org

May 15 Gold Nugget Triathlon
Race is full, but come out and cheer or volunteer! Starts 8AM at Bartlett HS

May 17 Chugach State Park: A Year in the Mtns, get inspired with photographer Carl Battreall; 6PM, REI, FREE

May 18 Intro to Sea Kayaking 6PM, REI, FREE

May 19 Basic Bike Maintenance for Women 6PM, REI, FREE

May 20 Bike To Work Day, for more info go to: www.muni.org/departments/health/planning/pages/biketoworkday.aspx

May 20 Shoot for the Cure Shotgun Shooting sport event for Cystic Fibrosis Foundation, Birchwood Rec Shooting Park, www.shootforthecureak.org

May 20 Bonny Sosa Kidz Mile, 3:30-7PM Wendler Middle School, 1 mile timed track event. \$5. 18 & Under event. www.healthyfuturesak.org

May 21 March of Dimes March for Babies meet 9AM Westchester Lagoon 15th & U st, 3mi on bike trails, Donations, www.marchforbabies.com

May 21 Eklutna Lake Challenge 9 AM Eklutna Lake visitors cabin; 3 mile run, 15 mile bike on lakeside trail. \$25/\$30 entry. www.lifetimeadventures.net

May 22 Kal's Knoya Ridge Hill Climb meet 8:30AM Klutina St. Chugach foothills, 2.5K, 5.6K & 8.5K races, www.alaskamountainrunners.org

May 24 Turnagain Arm Trail Run meet 5:30PM McHugh Creek (4mi) or Potter Trailhead (8mi), both races finish at Rainbow Valley trailhead, \$20 fee, Trond Flagstad 786-1285

May 24 Cold Water Immersion Experience 6PM, REI, FREE, time to get chilly & experience cold water immersion

May 25 Women's Mountain Bike Clinic, 4-6 weeks Wed nights, In the dirt at Kincaid Chalet, 7-9PM, Beginner to advanced, riders will be split into riding skill levels, hands-on maintenance and riding skills, \$25, Arctic Bicycle Club, arcticbikeclub.org (recreational division)

May 25 GPS 201-Beyond the Basics 6PM, REI, FREE

May 26 Bicycle Based Photo Scavenger Hunt, FREE, 6:30PM Goose Lake, Paddleboat café, bring a digital camera!

May 28 Trent/Waldron Glacier 1/2 Marathon meet 8AM Westchester Lagoon, flat 13.1 miles, Anc Running Club

June 1 Map & Compass 101, 6PM, REI, FREE

June 2 All Comers Track/Field Meet 6PM The Dome, distances vary, www.usatf.org/assoc/ak



Calendar Cont'd...

- June 2 Kayaking & Camping in Prince William Sound** 6PM, REI, FREE, learn how to prep for a trip
- June 3 Skinny Mini Twilight 6 & 12K** meet 6PM Skinny Raven Sports, downtown loop, road, bike trail; \$15/\$20 fee, www.skinnyraven.com
- June 4 Blood Bank at REI**, give blood, save a life! 10AM to 3PM, FREE
- June 4 Arctic Valley Run (Ft. Rich)** meet 7:30-8:45AM Moose Run golf course; 12.6 & 5 mi, race time 9am, fee, contact Ellis Alston 384-1304
- June 4 Gov't Peak Climb (Hatcher Pass)** Register 9-10:30AM, Mountain Streams B&B, uphill mtn race, Mark Strabel 746-7547
- June 5 Eagle River Triathlon** Chugiak HS, 500yd swim, 12mi bike, 5K run, 8AM, www.eaglerivertri.com
- June 5 Great Strides Cystic Fibrosis Walk** 11AM Delaney Park Strip, 3mi on coastal trail, donations, www.cff.org/great_strides/
- June 5 Tour De Cure**, Bike ride fundraiser for American Diabetes Association; 25K, 50K, or 100K routes; start in Eagle River, out & back routes. http://main.diabetes.org/site/TR?fr_id=7609&pg=entry
- June 7 Mugwumps 10K** meet 5:30PM location TBD, Anchorage running club (see website)
- June 9 GPS 101 Getting Started** 6PM, REI, FREE
- June 10 3 Barons Renaissance Run** 6PM Tozier Track, Tudor Rd, 5K easy, \$15 fee, www.3barons.org
- June 11 AK Sea Kayak Symposium** 8AM-6PM, Eklutna Lake, high quality, low cost, safety focused sea kayaking instruction. 1 day, 2 night event; Activities for the whole family; great for those new to sea kayaking or checking it out; \$80 or \$40 for kids under 16. Call 746-4644 to register.
- June 11 Alaska Run for Women** 8AM Anch football stadium, 1 mi & 5K, benefit to fight breast cancer, Register www.akrffw.org
- June 14 Cold Water Immersion for Kids Open House** Water safety event, activities, FREE for all! 4:30-7:30PM, REI, geared toward ages 5-13.
- June 15 Intro to Canoeing** 6PM, REI, FREE
- June 16 Bear Awareness for Cyclists & Runners** 6PM, REI, FREE
- June 18 Mayors Midnight Sun Runs** Marathon, Relay, 1/2 marathon, 5-miler, Youth 1.6mi.

www.mayorsmarathon.com

- June 21 Gourmet Ultralight Cooking** 6PM, REI, FREE
- June 22 Basic Bike Maintenance for Women** 6PM, REI, FREE
- June 25 Bucs Race to Home** 9AM Mulcahy Stadium, 6K paved trails, \$15-25 fee. www.anchoragebucs.com
- June 25 Kilted Mile (Eagle River)** 11AM Eagle River Lions Park, 1mi track, \$15, AK Scottish Highland Games, must wear a kilt, www.alaskascottish.org
- July 9 Women Rock! Adventure Challenge** 9AM Kincaid park, 4 hrs of biking, navigating, & trekking; designed to intro new racers to the sport and challenge veterans www.alaskaadventureracing.com
- July 9 Bear Paw 5K Classic (Eagle River)** 8:30AM New China Restaurant, \$25, Bear Paw Hotline 274-6960

MAT-SU VALLEY IN MAY/JUNE

- May 7 MS Walk Mat-Su Valley (WASILLA)** 9AM Wasilla HS, 4mi relatively flat, pledge based entry, Heidi Schneider 562-7317 or www.nationalmssociety.org/aka
- May 7 Curtis C Menard II Memorial Run (WASILLA)** 9AM, Colony HS, 5K loop, \$20 fee, benefits Wasilla Rotary HS Scholarship Fund, www.menardrun.com
- May 8 AGA Mother's Day Fun Run (PALMER)** 8:30AM 2238 S Inner Springer Loop, 1.6 & 5K flat, \$20/\$10, mothers run free with kids, Peggy Payne 631-2741
- May 14 Clean Air Challenge**, 1 or 2 day; 60 or 120 mi bike trip Houston to Talkeetna & back; Pledge based, American Lung Association; www.cleanairchallengeak.org
- May 14 AK Job Corps Walk/Run (PALMER)** meet 8AM AK Job Corps Ctr, 5K & 10K road, Roger Gossett 861-8877
- May 15 Great Strides Cystic Fibrosis Walk (WASILLA)** 2PM, Larson Elementary, Alcantra Fields, 3mi www.cff.org/great_strides/



June 4-5 Willow Creek Festival (WILLOW) River festival, kayak, canoe, & packraft races (whitewater), slalom, downriver, team races, etc. Camping & Sat night BBQ. www.susitnasledandkayak.com

- June 4 Red Shirt Lake Trail Run (WILLOW)** meet 9AM Nancy Lake State Rec Area S. Rolly Overlook, mile 6 Nancy Lake Pkwy, 6mi hilly, \$20 fee, andreahambach722@yahoo.com
- June 12 Colony Days Bill Mitchell Run (PALMER)** 9:30AM MatSu Borough Bldg, 5K (1K for kids), family event, www.palmerchamber.org

- June 25 MTA Race for Technology (PALMER)** 8:30AM
Palmer library, 5K flat, \$27 to benefit Mat-su library automation network. 745-4690 for info
- July 2 Miles for Meals Family Fun Run (WASILLA)**
8:30AM Wasilla Sr. Center, 5K run/walk/roll, \$25
www.alaskaseniors.com
- July 4 Freedom 4 Miler (WILLOW)** 9AM Willow Comm. Center, flat gravel/paved, 1K kids event, Andreahambach722@yahoo.com

FAIRBANKS/INTERIOR IN MAY/JUNE

Multiple Recurring Days - Fairbanks Cycle Club organizes lots of rides. Road rides, women's only rides, co-ed rides, you name it. More info at www.fairbanksclub.org

Tuesdays - Track & interval training, all levels, FREE, West Valley HS track, Women meet at 6PM, Men meet at 6:30PM, throughout the summer, more at www.runningclubnorth.org

Wednesdays - 6:15 PM (Starting May 18th through summer), Float local rivers with the Fairbanks Paddlers, locations vary, www.fairbankspaddlers.org for schedule and info

- May 7 Bike Expo & swap**, Pioneer Park, 8:30AM-3PM, FREE, bike & gear swap, bike safety rodeo (10-2), Bike repair clinics (1pm), more info at www.fairbanksclub.org
- May 7 Chena River Run**, 10AM, Woodriver Elementary, 5K, \$20/25 fee, Brian Newton 452-1151
- May 14 Fairbanks Heart Walk** 9AM, Veterans Memorial Park; 1 & 3 mile routes, \$25 www.fairbanksheartwalk.org
- May 14 Breast Cancer Detection Center Run/Walk**, UAF ski hut 10AM, 6K, \$20/\$10 fee, www.bcdcofakaska.org
- May 14-15 Chena River Spring Float & Potluck**, upper Chena, more info www.fairbankspaddlers.org
- May 17 Murphy Dome Roam** 9 AM, 11 hilly miles; meet at gravel pit mile 8 Murphy Dome Rd. Potluck after. Running Club North.
- May 21 MS Walk**, 10 AM Pioneer Park, 4mi, out & back along river, pledge based, Heidi Schneider 562-7317, www.nationalmssociety.org/aka
- May 22 Presbyterian Hosp House Fun Run**, 10AM, UAF Patty Ctr, 5K flat, \$15 fee, call Ty Tigner 378-9918
- May 28 Annihilator (Nenana)**, 11AM, gravel pit 1.5mi N of Nenana, run 8mi hilly loop, Drew Harrington 451-6604
- June 4 AK Statehood Run/Walk**, 10AM Pioneer Park, 5.2K, t-shirts to 1st 52 entrants, Benefit leukemia/lymphoma society, call Mary 699-1496
- June 4-5 Nenana River Overnight**, Reindeer Hills Section, contact Alan Batten 488-3205 or



alanbatten@acsalaska.net (Fbks Paddlers)

- June 7 Masochism on Moose Mtn**, 6:30PM, Moose Mtn, 4mi steep trail run, \$5 fee, www.runningclubnorth.org
- June 9 All-Comers Track Meet**, 6:30PM, West Valley HS Track, 100 to 5,000 meters, Running Club North
- June 9-12 Tour of Fairbanks (bike)**, annual five stage road race, details at www.fairbanksclub.org
- June 11 Tour de Cure**, fundraiser for American Diabetes Assoc, 10K, 25K, 50K or 100K routes. Contact Sara Lucey 457-1557, ext 7130 or slucey@diabetes.org
- June 11 Mosquito Meander**, 10AM Pioneer Park, 5K flat looped course, Fee varies, Fairbanks Counseling & Adoption, www.fcaalaska.org
- June 18 Midnight Sun 10K Run**, 10PM, UAF Patty Center, Run/walk, Karen Lundquist 452-7211 x 22, sponsored by Fbks Daily News Miner
- June 23 All-Comers Track Meet**, 6:30PM, West Valley HS Track, 100 to 5,000 meters, Running Club North
- June 25 Spruce Tree Classic** 7.2 miles, 10 AM, UAF Patty Center. FREE. Trail run. www.runningclubnorth.com
- June 26 Granite Tors Trail Run** 11 AM Mile 39 Chena Hot Springs Road, 15 miles. \$5 parking fee www.runningclubnorth.com
- June 30 Flint Hills Mile**, 6:30 PM, WVHS Track, \$5 fee, all welcome, www.runningclubnorth.com
- July 2 Independence Day 5K**, 10 AM, Ice Alaska Lot. Flat course. \$20 fee, contact Kevin Brinegar 451-0498
- July 9 Sourdough Triathlon** 10AM Mile 41 Steese Hwy, 1.2mi swim, 56mi bike, 13.1mi run—mostly flat. Indiv or team www.runningclubnorth.com



AROUND ALASKA IN MAY/ JUNE:

- Fridays (HOMER) - Friday Night Fives** 5K race, 5:30 Two Sisters Bakery, Town loop, FREE, Rachel Lord 235-3250
- May 7 March of Dimes March for Babies (KENAI/ SOLDOTNA)** 9 AM Soldotna sports ctr, 3mi flat, www.marchforbabies.com
- May 7 Polar Bear Pink Cheeks Triathlon (SEWARD)** 10AM, Seward HS, 5Krun, 10K bike, 900yrd swim. www.cityofseward.us
- May 8 Annual Migration Run (JUNEAU)** 9AM Fishing Lagoon, 5K flat, Rachel Lord 235-3250
- May 14 MS Walk/Run (COPPER VALLEY)** 9AM Hub of AK, 4mi, Heidi Schneider 562-7317

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Northrim Benefits Group, an affiliate of Northrim Bank, is a dynamic employee benefits agency. We specialize in developing customized benefits solutions for small to mid-size businesses. We act in an advisory role for the purchase of your benefit services and the ongoing maintenance of your benefit plans.

Our staff is responsive to the special needs of Alaska businesses. We are technology-driven and service-oriented. We pride ourselves on thinking outside the box to find the right package of benefits for your business. We are not an insurance company; instead we act as your business advisor.

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Calendar of Events Cont'd...

www.nationalmssociety.org/aka

- May 14 MS Walk/Run (JUNEAU)** 10AM Brotherhood Bridge Trail, 4mi, Heidi Schneider 562-7317
www.nationalmssociety.org/aka
- May 15 Mariner Challenge (HOMER)** 11AM, Homer HS Track, 5K, \$10 benefits Homer HS Track & Field, Lance Williamson 399-4169
- May 21 Girls on the Run Spring 5K (JUNEAU)** 9:30AM Twin Lakes, entry fee benefits program for girls;
www.awareak.org
- May 21 Terry Pollard Memorial Exit Glacier Run (SEWARD)** 8AM Resurrection Roadhouse, Exit Glacier Rd, 5 & 10K paved, Maggie Wilkins 224-4054
- May 21 MS Walk (SOLDOTNA)** 9AM, 4 miles, Heidi Schneider 562-7317 www.nationalmssociety.org/aka
- May 21 AK Law Enforcement Torch Run (STATEWIDE)** 5K various cities, www.specialolympicsalaska.org
- May 29 Crab Festival Marathon (KODIAK)** 9AM Kalsin Bay 26.2mi, Ian Fulp ifulp@city.kodiak.ak.us
- June 10 Bear's Den B&B Bear Bell Run (SEWARD)** 10:30 AM, waterfront park, 1mi flat, www.cityofseward.us
- June 11 Run for the River (SOLDOTNA)** 8AM Soldotna Creek Park, 5K & 10K, \$20 entry fee,
www.kenaiwatershed.org/runfortheriver.html
- June 12 Tri the Kenai (SOLDOTNA)** 8AM Skyview HS, 500 yrd swim, 10mi bike, 5K run, www.trithekenai.com
- June 18 Tsalteshi Solstice Duathlon (SOLDOTNA)** 10AM Skyview HS, 5K run, 10K bike, www.tsalteshi.org
- June 19 March of Dimes March for Babies (WHITTIER)** 12:45PM Portage Visitors Ctr parking lot, walk 1PM thru tunnel, www.marchforbabies.com
- June 25 Homer News Spit Run (HOMER)** 8:30AM Homer HS, 10K flat, FREE, www.homernews.com

May is Stroke Awareness Month - Know Your Numbers - Know Your Risk!

The Alaska Health Fair is a non-profit organization dedicated to a mission of promoting statewide health education and medical screenings. They provide opportunities for Alaskans to participate in health fairs, both at worksites and in the community. These health fairs offer high quality, affordable medical screenings. All fairs are staffed by trained volunteers. They offer comprehensive blood tests for \$45 (**fast for 12 hours prior**), Thyroid blood test for \$30, Prostate blood test for \$25, A1C blood test for \$25, and a Vitamin D blood test for \$50. **Upcoming community fairs are listed below - please go to the website at www.alaskahealthfair.org for the latest dates, times and locations. Or you can call AK Health Fair at (907)278-0234.**

May 7 - Eagle River Community Covenant Church Health Fair, 16123 Artillery Road, 8 AM-1PM

May 14 - Seldovia Health Fair, including free health education, sponsored by Seldovia Village Tribe, 8 AM-Noon

May 14 - Tok Health Fair, Senior Center, volunteers still needed (contact Phyllis in Fairbanks 374-6853), 7AM-11:30AM

May 21 - Copper River Regional Health Fair, **Glennallen**, at the Glennallen School, 9AM-2PM

Health Fair Season is Almost Over!
(continues again in the fall)

STROKE KNOW THE SIGNS



Sudden numbness or weakness of the face, arm or leg, especially on one side of the body



Sudden confusion, trouble speaking, or understanding



Sudden trouble seeing in one or both eyes



Sudden trouble walking, dizziness, loss of balance or coordination



Sudden, severe headache with no known cause



Call 911