

**SPECIAL
POINTS OF
INTEREST:**

- Fight cancer with herbal tea
- Nutrient rich mushrooms
- New sunscreen labels
- Cut your food to cut your calories
- Get Immunized!

**INSIDE THIS
ISSUE:**

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There seem to be an endless supply of myths about fat and muscle, and the differences between the two when it comes to issues surrounding body weight, working out, and metabolism. Here are a few common myths and the truth behind them.

MYTH: Muscle weighs more than fat. Muscle is denser than fat, but one pound of muscle is the same weight as one pound of fat – 1 pound is 1 pound. Another way to think about it is that one pound of muscle takes up less room than one pound of fat. To be exact, muscle takes up about 4/5 as much space as fat. To apply this to the human body, consider two people who are the same height and weight, let's say 150 pounds. One of them, Sally, has a body fat percentage of 22% - meaning that 22% of her body mass is made up of fat. The other person, Mary, has a body fat percentage of 36%. Despite the fact that they weigh the same, their bodies will likely appear very different because the fat takes up a greater amount of space than muscle, resulting in a larger clothing size. Another way to apply this is in one person at two points in time. Let's say Mary starts working out, doing a mixture of running and weight lifting. After several weeks, she notices that her clothes are looser and she feels great. Thinking she must have lost tons of weight, she steps on the scale to find that there is only a

Fat vs. Muscle

pound or two of difference. While she may be discouraged, this is not surprising. As Mary works out, she is doing two things – building muscle and burning fat (to put it very simply). So she may have lost several pounds of fat, but gained several pounds of muscle – while this isn't apparent on the scale, the result is that her body is smaller because of the differ-



ence in density between muscle and fat.

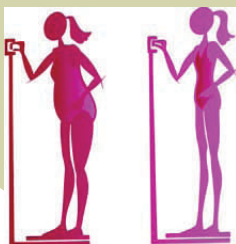
MYTH: One pound of muscle burns 30-50 calories daily compared to fat which burns no calories. The truth is that muscle tissue will burn 7 to 10 calories daily per pound. Fat, on the other hand, burns 2-3 calories daily per pound. While that is significant, it's not as dramatic as some people may say. On the upside, replacing a pound of fat with a pound of muscle helps you burn four to six more calories each day. These numbers reflect your basal metabolic rate, or the number of calories your body uses when you are at rest, which typically accounts for 60-75% of the total calories you burn in a day. The best way to make a difference and benefit from the



higher calorie burn your muscles provide is to use them more. That means less sitting and more activity.

MYTH: If I do tons of crunches every day, I'll get "six-pack" abs. The way to achieve a "six-pack" is through a combination of good nutrition, regular cardiovascular exercise, a mixture of abdominal exercises, and in most cases, good genetics. Any one of those alone will not achieve this goal...and for most people, it is not a realistic or necessary goal. A strong core is important but the six-pack look is mostly for show. Age and gender also come into play – the older a person is, the harder it is to get a six-pack because as we age, we get more subcutaneous body fat. Women also have a harder time getting rippled abs because their bodies store more fat for the purpose of child-bearing. Despite all this, strong abdominal muscles are important for improving posture, decreasing low back pain, and reducing the risk of injury in everything you do. In fact, abdominal training will improve almost every other area of fitness. So keep doing the abdominal workouts, but keep your goals realistic.

Sources: Livestrong.com Blog, WebMD





Check it out!
www.your-cup-of-tea.com



STORAGE TIP

The best way to store loose button mushrooms is to keep them in the refrigerator in a loosely closed paper bag wrapped in a damp cloth or laid out in a glass dish covered with a moist cloth. The less surface contact they have with one another, the fresher they will stay.

The Power of Herbal Teas

Herbal tea, also called “tisane”, is an herbal mixture made out of dried flowers, leaves, seeds, or roots. Unlike black tea, for instance, it is not made out of tea leaves. For centuries, herbal teas have been touted as offering health benefits ranging from the calming effects of chamomile to the stomach-settling and anti-congestion effects of ginger tea. Many herbal teas are also thought to have anti-cancer properties and help with chronic conditions like high blood pressure. Researchers with the US Department of Agriculture looked into the science-based evidence of

health benefits from drinking three of the most popular herbals in America – chamomile, peppermint,



and hibiscus teas. They found evidence that chamomile tea helps destroy or inhibit the growth of disease-causing microbes and can significantly help prevent the formation of blood clots. Peppermint tea was

also found to have strong antimicrobial properties, as well as being a great antiviral, antioxidant, and antitumor agent. It showed some antiallergenic potential but more research is likely needed in that area. A human clinical trial showed that drinking hibiscus tea lowered blood pressure in a group of prehypertensive and mildly hypertensive adults. This is just the tip of the herbal iceberg, but compelling evidence that many herbal teas can be key ingredients to good health.

Source: *USDA Agricultural Research Service Website*

Mushrooms for Immunity



Mushrooms are one of many foods that play an important role in keeping the immune system healthy. Research on white button mushrooms done at Tufts University showed that they promote immune function by increasing production of antiviral and other proteins that are released by cells while seeking to protect and repair tissue. More specifically, these mushrooms enhance the maturity of immune system cells that are responsible for creating T-cells, white blood cells

that recognize and deactivate or destroy invading disease-causing pathogens. This is great news since white button mushrooms represent 90% of the total mushrooms consumed in the United States. While the white buttons are nutritious, don't count out the many other mushrooms in the market. White button, crimini, and Portobello all refer to the same scientific category of mushroom and simply vary in growing conditions and cultivation time, as well as flavor. These mush-



rooms all offer more than just immune system support. One cup of crimini mushrooms, for example, provides 18 different vitamins, minerals, and antioxidant phytonutrients such as selenium, vitamin B2, B3, & B5, tryptophan, and potassium to name a few. More reason to eat your mushrooms!

Source: *USDA Agricultural Research Service Website and www.whfoods.com*

July is UV Safety Month

Sunburn is primarily caused by UVB (Ultraviolet B radiation).

Both UVB and UVA can cause sunburn, skin cancer, and premature skin aging.

Under new FDA regulations that go into effect next year, sunscreens that protect against both UVB and UVA will be labeled “Broad Spectrum” and “SPF 15” (or higher) on the front.

No sunscreen is truly waterproof - manufacturers will no longer be able to make these claims.

More at www.fda.gov!

Cut it Up to Cut Down!

A couple years ago (February 2009), we featured an article about plate size and how having a smaller plate resulted in people eating less food. New research gives us another tactic for reducing portion sizes – eat smaller pieces of food.

The Journal of the American Dietetic Association published a study recently that explored the idea that people estimate their consumption in numbers (i.e. pieces of food) rather than quantities (i.e. cups, ounces, handfuls) and that larger pieces of food lead to greater overall food intake because people are “satisfied” with a certain number of foods, regardless of size. In the study, 33 college



students were offered unlimited consumption of candies while participating in an unrelated experiment. For half of the students, the candies were cut into two pieces to make them smaller. The total amount of candies available was the same for both groups, just offered in different sizes. The results were that the students in both groups ate about the same number of pieces, regardless of the size of the candy, resulting in about 60 fewer calories for the students with the small sized candy.

Try this trick with your own snacks and even mealtime foods to see if you are satisfied with less!

Source: *The Cooper Institute* (www.standupandeat.org)

In the Aisles...



Funny, ironic, misguided, or interesting things seen and heard in the aisles of our local grocery stores. If you have a submission for “In the Aisles...” please email it to cfairbanks@northrimbenefits.com.

From a woman inspecting packages of corn tortillas with her friend...“I think this one looks good because it has fewer ingredients...but the only thing is, the first one is corn, so I’m not sure we should get this one.”



I see a family shopping together (Mom, Dad, and son), clearly trying to make good, healthy choices. In fact, they are using a book to help them pick the right foods (a title like *Guilt Free Recipes*). Then while standing at the deli counter, I happen to notice the woman (Mom) ordering a piece of fried chicken and this is what I hear her say: “No, not that one, I want a really crispy one...yeah, that one” (in reference to a piece that is breaded and so deeply fried, I’m not sure there’s any meat there).



Drug Facts	
Active Ingredients Avobenzone 3% Homosalate 10% Octyl methoxycinnamate 7.5%	Purpose Sunscreens
Uses • Helps prevent sunburn • If used as directed with other sun protection measures (see Directions), decreases the risk of skin cancer and early skin aging caused by the sun	
Warnings For external use only Do not use on damaged or broken skin When using this product keep out of eyes. Rinse with water to remove. Stop use and ask a doctor if rash occurs. Keep out of reach of children. If product is swallowed, get medical help or contact a Poison Control Center right away.	
Directions • Apply liberally 15 minutes before sun exposure • Reapply: • After 40 minutes of swimming or sweating • Immediately after towel drying • At least every 2 hours • Sun Protection Measures. Spending time in the sun increases your risk of skin cancer and early skin aging. To decrease this risk, regularly use a sunscreen with a broad spectrum (SPF of 15 or higher and other sun protection measures including: • limit time in the sun, especially from 10 a.m. – 2 p.m. • wear long-sleeve shirts, pants, hats, and sunglasses • tanning under 6 months. Ask a doctor.	
Inactive ingredients aloe extract, butyl acetate, butyl alcohol, carbomer, dimethicone, disodium EDTA, dioctyl sebacate, methylparaben, octyldecane-9-ol, octyltrimethylsilane, polypropylene glycol distearate, phenethyl alcohol, propylparaben, sorbitol, stearyl alcohol, stearyl alcohol, stearyl alcohol (vitamin E), triethanolamine, water	
Other information • protect the product from excessive heat and direct sun	
Questions or comments? Call toll free 1-800-KOOL-KOOL	

September: Fruit & Veggies-More Matters Month!



Eating more fruits and vegetables can help prevent and reverse heart disease, bone loss, type 2 diabetes, high blood pressure, obesity, and some cancers. Here are some easy ways to add more to your daily diet:

Add fruit to your breakfast. Some fruits that go great with a variety of breakfast foods include bananas, berries (blueberries, strawberries, raspberries, etc), peaches, mangoes, grapefruit, oranges, melon and pineapple. Some additional fruits that go particularly well in oatmeal are apples, pears, and raisins.

Cut up some veggies ahead of time for easy-to-grab and easy-to-take snacks. Add a healthy dip like

hummus or tzatziki yogurt dip and you've got a delicious, fulfilling, healthy treat. Some veggies that work well for this include cucumbers, carrots, zucchini, bell peppers, broccoli, cauliflower, celery, and snap peas.

Have a fruity snack – apples, bananas, grapes, and oranges are the most typical, but try cutting up some melon (watermelon, cantaloupe, honeydew), mango, papaya or pineapple. Or try some of the other quick-grab varieties like nectarines, pears, apricots, plums, kiwis, and peaches.

At regular meals, at least half your plate should be fruits and vegetables – use this basic visual test to see how you're doing.

Replace high calorie spreads and

dips with some easy fruit and veggie solutions. Avocados make a great sandwich spread – add a little lemon or lime juice and garlic to spice it up. Puree berries for a colorful tasty alternative to syrup on pancakes or even frosting on cakes.

Challenge yourself at the grocery store or your local farmers market **to buy at least one type of fresh produce that you have never tried.** Then take some time to learn how to prepare it, look up some recipes, or do a tasting session with your family. If you travel, this is particularly fun to do in different regions of the world. You may discover some new favorites!

Make your dessert a fruit or vegetable based one – there are endless possibilities from simple to complex!

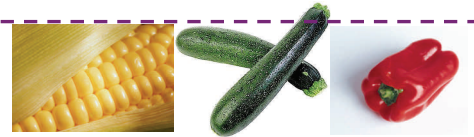


Can you identify the unique veggie & fruit pictured here?

Answer: Kohlrabi & Dragonfruit



Zucchini Rice Casserole



This excellent dish comes from one of my favorite cookbooks *Eating Well In Season*, which categorizes recipes by what foods are in season at local farmers markets. This is a great way to use your fresh zucchini, squash, corn and bell peppers. Great for potlucks or gatherings and kids will love it too! You can make this less spicy (i.e. for kids) by using different kinds of cheese (i.e. cheddar) in place of pepper jack.

- | | |
|--|---|
| 1 1/2 cups long grain brown rice | 2 cups shredded pepper jack cheese, divided |
| 3 cups reduced-sodium chicken broth | 1 cup fresh corn kernels (or frozen, thawed) |
| 4 cups diced zucchini and/or summer squash | 1 tsp extra-virgin olive oil |
| 2 red or green bell peppers, chopped | 8 oz turkey sausage, casings removed (I used the Italian flavored ones) |
| 1 large onion, diced | 4 oz reduced fat cream cheese |
| 3/4 tsp salt | 1/4 cup chopped pickled jalapeno peppers OR |
| 1 1/2 cups low fat milk | 1 sm can chopped green chilies |
| 3 Tbsp all-purpose flour | |

Preheat oven to 375°F. Pour rice into a 9X13 baking dish. Bring broth to a simmer in a small saucepan. Stir hot broth, zucchini/squash, bell peppers, onion, and salt into the rice. Cover with foil. Bake for 45 minutes. Remove foil and continue baking until the rice is tender and most of the liquid is absorbed, 35-45 minutes more.

Meanwhile, whisk milk & flour in a small saucepan. Cook over medium heat until bubbling and thickened, 3-4 minutes. Reduce heat to low. Add 1 1/2 cups cheese & corn and cook, stirring, until the cheese is melted. Set aside. Heat oil in a large skillet over medium heat and add sausage. Cook, stirring and breaking the sausage into small pieces with a spoon, until lightly browned & no longer pink, about 4 minutes. When the rice is done, stir in the sausage & cheese sauce (and green chilies if using). Sprinkle the remaining 1/2 cup cheese on top and dollop cream cheese by the teaspoonful over the casserole. Top with jalapenos. Return the casserole to the oven and bake until the cheese is melted, about 10 minutes. Let stand for 10 minutes. Enjoy!

12 Servings, about 1 cup each: Calories 249; Fat 10g (sat 5g); Protein 13g; Carb 29g; Dietary Fiber 3g; Chol 34mg; Sodium 493mg; Potassium 254 mg; Vitamin A 30% dv; Vitamin C 56% dv; Calc 16% dv. **Source: Eating Well In Season**

Calendar of Upcoming Active Events



ANCHORAGE/EAGLE RIVER IN JULY/AUG/SEPT

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)

Wednesdays - Thru Aug 3rd - Fitness in the Park, 12:15-1:15, workout with trainers from the Alaska Club at Lunchtime on the Delaney Park Strip.

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.

July 14 All Comers Track & Field 6PM, The Dome, track and field events www.usatf.org/assoc/ak

July 16 AK Men's Walk/Run 8:30AM, Anch Football Stadium, 2 mi & 5 mi, Benefit for cancer research
www.alaskamensrun.com

July 16 XTERRA Hammerman Duathlon & Triathlon 8AM Little Campbell Lake/Kincaid Park, trail run + mtn bike or lake swim + mtn bike + trail run
www.hammermantriathlon.com

July 20 Basic Bike Maintenance for Women 6PM, REI, FREE

July 21 Master's 5K & 10K (aged 40+ only), 5:30PM Campbell Tract trails, 5K & 10K, www.anchoragerunningclub.org

July 21 Bike Your Hunt 6PM, REI, FREE, learn how to pack, gear up, and use a bike for hunting or recreation

July 23 Dog Jog 8:30AM East HS, 1mi & 5K, trails, family fair 9am-1pm, benefits Friends of Pets, www.friendsofpets.org

July 23 Ride for Life Alaska 2 day ride Anch to Seward (121mi), raise \$\$ for colorectal cancer, www.rideforlifealaska.org

July 23 Crow Pass Crossing (Girdwood) 6AM Crow Pass Trail, 24mi Girdwood to E.River, www.goseawolves.com

July 23 Flattop Service Project 8:30AM-12:30PM, sponsored by REI, build steps, erosion controls, haul railroad ties, general cleanup, www.rei.com/stores/16

July 24 Run for Good 5K...Do good, run hard, be green, 5K, 9AM race time downtown, www.rfg5k.com

July 26 Map & Compass, 6PM, REI, FREE, info session on using maps and a compass

July 27 GPS 201-Beyond the Basics, 6PM, REI, FREE

July 28 Bike Maintenance 201- Drivetrain, 6PM, REI, FREE

July 30 Alaska Spirit Run, 9AM Westchester Lagoon, 5K coastal

trail, Volunteers of America, www.voak.org

July 30 Run for Relief 9AM Faith Christian Community, 5K flat, benefit relief efforts in Burma, www.faihtak.com

July 30 Girdwood to Turnagain scenic road ride with Arctic Bike Club, www.arcticbike.org or hotline 566-0177

Aug 1 Fire Starting, 6PM, REI, FREE, learn how to start a fire quickly with one match or none at all

Aug 2 Bear Aware, 6PM, REI, FREE, learn what to do when you encounter a bear.

Aug 3 Pilates Class, 6PM, REI, FREE intro mat class, register online at www.rei.com/stores/16

Aug 4 Basic Bike Maintenance 6PM, REI, FREE

Aug 6 AK 5K & 10K Classic 9:30AM, benefit Special Olympics AK, www.10kclassic.com

Aug 6 Blood Bank of AK—Save a Life! 10AM-3PM, REI

Aug 6 AK Wildlife Alliance Fun Run/Walk 9AM, 5K flat, Westchester Lagoon, Andy 349-2711

Aug 9 Gourmet Ultralight Cooking, 6PM, REI, FREE

Aug 9 Fossil 5K & Tyrannosaurus 10K, 6PM Kincaid, benefit for AK Museum of Natural History, www.alaskamuseum.org

Aug 11 GPS 101-Getting Started, 6PM, REI, FREE

Aug 13 Alyeska Classic Mtn Run (GIRDWOOD) 10AM Alyeska tram, 2K uphill only, www.alyeskaresort.com

Aug 17 Fitness with a Heart Rate Monitor, 6PM, REI, FREE

Aug 18 Basic Bike Maintenance for Women, 6PM, REI, FREE

Aug 21 Big Wild Life Runs, kids 2K, 5K, 1/2 & full marathon, relay events, starts downtown, www.bigwildliferuns.org

Aug 23 Intro to Wheel Truing 6PM, REI, FREE, keep your bike wheels true and straight

Aug 24 Map & Compass 6PM, REI, FREE class on maps/compass

Aug 28 Fun Guy Fun Gal Fun Run (GIRDWOOD) 8AM based of Alyeska Tramway, 5K & 1mi, forested hilly trail, www.fungusfair.com

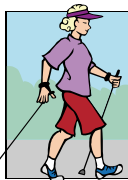
Aug 30 Intro to Cyclocross Racing 6PM, REI, FREE, basic skills & techniques from local expert Bruce Ross

Aug 31 GPS 201-Beyond the Basics, 6PM, REI, FREE

Sept 1 Basic Bike Maintenance 6PM, REI, FREE

Sept 3 Trek the Trails with the Arc, 1mi fun run & 5K, 9 or 11AM Arc of Anch, www.active.com Dave F. 345-4243

Calendar Cont'd...



Sept 3 Huffman Community Family Fun Run 9:30AM, Huffman Elem, 3K rolling, www.healthyfuturesak.org

Sept 6 Tuesday Night Race Series—distances up to 10K, hills, spills & thrills, 3 races for all ages—Munchkin, Farm, & Lightning leagues, 6PM **Tuesday nights through November**, locations vary. Call Muni 343-4217.

Sept 6 GPS 101-Getting Started, 6PM, REI, FREE

Sept 8 Basic Bike Maintenance for Women 6PM, REI

Sept 10, 17, 21, 24, Oct 1 Arctic Cross Series Race #1 10AM, location TBA, combines mtn biking & running over obstacles, www.arcticcross.org

Sept 10 Peddle, Paddle & Skedaddle Triathlon 8:15AM Westchester Lagoon, 10mi bike, 4mi walk/run, 500yd swim (pool), www.mytrainerbrandy.com

Sept 10 Alyeska Climbathon (GIRDWOOD) 8AM base of tramway, 2.2+ North Face Hiking Trail, most laps wins, www.alyeskaresort.com

Sept 13 Map & Compass, 6PM, REI, FREE

Sept 14 Intro to Wheel Truing, 6PM, REI, FREE

Sept 17 Light the Night Walk 5:30 PM Delaney Park Strip, 2.5 mi on pavement, www.lightthenight.or/ak

Sept 17 Heart Walk 9AM, Delaney Park Strip, 3mi paved, www.anchorageheartwalk.org

Sept 18 Run Rover Run 11:30AM Little Campbell Lake Kincaid, Run with your dog, 2.5mi, www.skijoring.org

Sept 18 Tram to Tram Run (GIRDWOOD), 2PM, base of Alyeska Tramway, 5mi Trail, Brian 754-2536

Sept 21 GPS 201-Beyond the Basics, 6PM, REI, FREE

Sept 24 Octoberfest 7:30AM Snowgoose Restaurant, 5K & 10K on coastal trail, 1/4 mi kids fun run, Benefit for Bean's Café & Brother Frances Shelter, www.anchoragerunningclub.org

Oct 2 Trond's Fall Orienteering 10AM-Noon, Bicentennial Park, www.oalaska.org

Oct 5 Klondike Advertising/Fast Times 5K 4:30PM, Anch Christian Schools, jhofacker@acsedu.org

Oct 8 The Home Run 8AM UAA Central Pkg Garage, 2K, 5K, 10K, loop courses, benefit Habitat for Humanity, www.AEclubUAA.com



Oct 8 Making Strides Against Breast Cancer 8AM Delaney Park Strip, 3mi, www.anchoragestrides.org

MAT-SU VALLEY IN JULY/AUG/SEPT

July 23 Smart Energy Works, Tri the Trails (PALMER) 7:30AM, Matanuska Lake State Park, 800M lake swim, 20K bike, 5K run, www.smartenergyalaska.com

July 30 Matanuska Peak Challenge (PALMER) 8AM Lazy Mtn pkg lot, 14mi, steep, www.alaskamountainrunners.org

Aug 6 Why Not Tri—Triathlon (WASILLA) 9AM Wasilla HS, 400M pool swim, 9mi bike, 5K run, www.whynottrivasilla.net

Aug 7 AK State Championship Duathlon/Triathlon (KNIK) 8AM Knik Lake, run/bike/run or swim/bike/run, open to all, www.akstatetriathlon.com

Aug 7 Running with the Bulls (PALMER) 9:30AM Musk Ox Farm, 1, 5 & 10K, trail run thru pastures, www.muskoxfarm.org

Sept 10 6th Titan Trail Run (WASILLA) 8AM Teeland Middle School, 100 yds (under 4), 1.2mi (K-6th), 2.4 & 5mi, www.tms.matsuk12.us/

FAIRBANKS/INTERIOR IN JULY/AUG/SEPT

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.fairbankscycleclub.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

July 14 Steve's Equinox Training #1 6PM Patty Center, 8+mi www.runningclubnorth.org

July 16 Run of the Valkyries 10AM Pioneer Park, 8K flat, spons by Fbks Opera, www.runningclubnorth.org

July 17 Northern Area Aquatics Triathlon 10AM Chena Lake 500yd swim, 10mi bike, 3.1mi run www.northernarea.org

July 20 Bun on the Run 6PM, 5k flat, www.runningclubnorth.org

July 21 Steve's Equinox Training #2 6PM Ann's Greenhouse pullout, 8mi, www.runningclubnorth.org

July 22 Kids' Cross Country Races 5:30PM, WVHS, .75 & 1.5 miles, www.runningclubnorth.org

July 23 Alyeska Golden Mile, 10AM Aurora Energy Power Plant, 1mi, runners get a book, www.runningclubnorth.org

July 24 46th Gold Discovery Run 8AM Fox Roadhouse, 16.5mi, www.runningclubnorth.org

- July 28 Steve's Equinox Training #3** 6PM, Ann's Greenhouse, 8mi, www.runningclubnorth.org
- July 29 Pipeline Run in the Late Night Sun (DELTA)** 8PM Delta Junction Fairgrounds, 5K walk/run, flat, www.deltanafair.com
- July 30 18th CHS Run & Soak**, Chena Hot Springs, 11AM Angel Rocks trailhead, 8.5mi, free swim & BBQ, www.runningclubnorth.org
- July 31 Run for the Refuge** 1PM UAF Ski Hut, 5 & 10K trail run, family event, Pam 452-5021
- Aug 6 18th Santa Claus 1/2 Marathon (N.POLE)** 7-8 AM Flint Hills Refinery, 13.1mi flat, BBQ, Joe 488-9888

Aug 12-21 AK International Senior Games variety of events for ages 50+, archery, ballroom dancing, b-ball, cycling, bowling, golf, horseshoes, walking, running, swimming, table tennis, track & field, shooting, triathlon and MORE! All ability levels welcome!
www.alaskaisg.org

- Aug 13 Run for Relief 5K** 10AM Pioneer Park, Partners Relief Aid & Development, Kathy 388-6830
- Aug 20 Wickersham Dome Trail Run** 11AM, 7.75mi hilly trail run, Drew 451-6604
- Aug 21 Run Lu Lu Run** 10AM, Lu Lu's Bread & Bagels, 5K flat, 10K hilly, Julie Schwab 374-3804
- Aug 27 Golden Heart Trail Run** 9:30AM, Birch Hill Rec Area, kids 1K, 2.5K, or 5K; www.nscfairbanks.org
- Sept 1 Musk Ox Run** 6:30PM, UAF Musk Ox Farm, 11mi hilly, www.runningclubnorth.org
- Sept 5 Labor Day Run** 12:30PM SE corner Pioneer Park, 5K flat, www.lathroprunning.com
- Sept 10 Alaska Nanooks Ester Dome 5K** 11AM, St Pat's & Ester Dome Rd, 5K uphill, Scott Jerome 474-6802
- Sept 11 Golden Leaf 8K** 11AM UAF timing hut, hilly, Roger Sayre 374-8105
- Sept 17 Equinox Marathon, Relay, Ultramarathon** 8AM UAF Patty Center, 26.2mi & 50K, hilly, 3-person relays, www.runningclubnorth.org
- Sept 17 Kid's Equinox** 9AM UAF Patty Ctr, final 1.2mi of a 5 wk X 5mi/wk effort, www.runningclubnorth.org
- Sept 28 Birch Hill 10K** 5:30PM, Birch Hill Rec Area, challenging course, Roger Sayre 374-8105
- Oct 1 It Ain't Easy Hill Run** 10AM, Dog Musher's Hall, 5mi flat, 11.3mi hilly, www.runningclubnorth.org
- Oct 9 Hay Bale & Heath 6K** Noon, Dog Musher's Hall, Euro style circuit, Roger Sayre 374-8105



AROUND ALASKA IN JULY/AUG/SEPT:

- Fridays (HOMER) - Friday Night Fives** 5K race, 5:30 Two Sisters Bakery, Town loop, FREE, Rachel Lord 235-3250
- July 16 Rotary Unity Run (SOLDOTNA)** 7:45AM, Soldotna HS, 5K & 10K, www.soldotnarotary.org
- July 22 Everything but the Red Run (SOLDOTNA)** 5PM behind Skyview HS, 5K, rolling hills, www.tsalteshi.org
- July 23 Subway TRI-Harder-Thon (SEWARD)** 5mi kayak, 6.3mi trail run, 18.6mi road bike, limited to 60 ppl, Sign up by 7/22, Melanie 224-4054 mhauze@cityofseward.net
- July 28 Great Alaskan Marathon Cruise (KETCHIKAN)** 8AM Ward Lake, 6mi, one leg of a cruise ship run, passengers running a marathon while docking in several SE AK ports, locals encouraged to participate, FREE.
- July 29 Resurrection Pass 100-Miler (HOPE)** 2PM Hope School, 24mi gravel rd + 76mi trail, aid stations, www.respassultras.org
- July 30 Resurrection Pass 50-miler (COOPER LANDING)** 5AM at trailhead, 38mi trail + 12mi gravel rd, www.respassultras.org
- July 30 AK Salmon Runs (CORDOVA)** 10K, 5K, 1 mi, 1/2 & full marathon, Copper River Hwy, flat, scenic, festival after! www.copperriverwild.org/run/htm
- July 30 Frank Maler Marathon & Douglas Island Half (DOUGLAS)** Savikko Park, 7or 9AM, BBQ after, www.southeastroadrunners.org
- July 31 AK Bearfest Marathon (WRANGELL)** 7AM Nolan Center, 26.1mi, paved & dirt, www.alaskabearfest.org
- Aug 4 16th Anvil 59 Min 37 Sec Challenge (NOME)** 6:45PM, base of Anvil Mtn, 2.75mi, steep, finish under 59:37, Leo Rasmussen 443-2798
- Aug 6 Bushwack This! (COOPER LANDING)** pack rafting or canoeing, orienteering, trekking, mtn biking, mystery events; team adventure racing, www.usaranationals.com
- Aug 6 Aukeman Triathlon (JUNEAU)** swim 750m, bike 11.9mi, run 3.1mi, UA Southeast, jbursell@gmail.com
- Aug 6 Blueberry Fun Run/Walk (KETCHIKAN)** 8AM Police Dept, 1mi kids race, 5K, 10K, Blueberry festival www.ketchikanrunningclub.org
- Aug 6 Wildlife Rescue Run/Walk (SEWARD)** 9:30AM AK SeaLife Center, 5K flat & scenic, www.alaskasealife.org
- Aug 9 Yukon River Trail Marathon (WHITEHORSE)** 1/2 & full marathon, relay events, www.yukonmarathon.com
- Aug 13 Kenai Peninsula Run for Women (KENAI)** 9AM Kenai City Park, 5 & 10K on streets, www.leeshore.org



Northrim BENEFITS Group

An affiliate of Northrim Bank

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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.

Please note: This newsletter and all its contents are for informational purposes only and is not intended as medical advice or professional tax advice. Products offered by Northrim Benefits Group are NOT FDIC INSURED, NOT A DEPOSIT OF OR GUARANTEED BY NORTHTRIM BANK, NOT INSURED BY ANY FEDERAL GOVERNMENT AGENCY, MAY LOSE VALUE.

Calendar of Events Cont'd...

- Aug 13 4th Mount Healy Challenge (HEALY)** 12noon, Bison Gulch, 2mi uphill only, Denali Outdoor Fest, Teri 683-7755
- Aug 13-14 Denali Adventure Festival**, multiple events and festivities, Denali Park & Healy
- Aug 14 Breast Cancer Run (HOMER)** 11AM Bishop's Beach Pavilion, 1 & 5mi, www.kbfpc.org
- Aug 27 Lost Lake Breath of Life Run (SEWARD)** 6AM Bear Creek Fire Station, transport to start provided, 16mi mtn trail, www.lostlakerun.org
- Sept 3 Delta Junction 5K (DELTA)** 2:30PM, 5K flat trails, Roger Sayre 374-8105
- Sept 3 Homer High Triathlon (HOMER)** 7AM Homer HS, 1,000yd swim, 15mi bike, 5mi run; Individual or team, Teresa oleschtro@gmail.com
- Sept 3 McCarthy Kennicott 1/2 Marathon (McCARTHY)** Noon Glacier view campground, 13.1mi gravel road/trails, 5mi course too, Am. Diabetes Assoc. www.diabetes.org
- Sept 5 34th Great Bathtub Race (NOME)** Noon, City Hall, 250yds, 5 team members (1 in tub), Leo 443-2798
- Sept 17 Amlin' for Alzheimers Run/Walk (HOMER)** 9AM Lighthouse Village, 10K timed run, 2mi walk, www.alzalaska.org
- Sept 17 Tustemena Fun Run (KASILOF)** 10:30AM, Tustemena Elem Sch, 5K scenic, Carolyn Roush 262-1894
- Sept 17 Parks & Rec 5K (KETCHIKAN)** 9:30AM Rec Ctr, Susan Wall 225-6657
- Sept 25 Kenai River Marathon (KENAI)** 8AM visitor's ctr, 26.2mi flat, paved, scenic, Half & Relay also, www.kenairivermarathon.org
- Oct 1 Run to the Alter Half Marathon (HOMER)** 10AM Homer HS, 13.1mi, hilly trails, megancorazza@hotmail.com
- Oct 8 Run the Rock (KODIAK)** 11:30AM Bear Valley Club House, 5K, half & full marathon, www.kmxt.org/run_the_rock/

August is Immunization Awareness Month!

Immunizations (or vaccinations) aren't just for babies and kids. They help protect us from serious diseases and illness. Check the CDC Vaccines & Immunizations Resource page at <http://www.cdc.gov/vaccines/pubs/default.htm> for information about the different vaccines available, guidelines about who should get what and when, and frequently asked questions.



For Alaska-specific information, check out the AK Immunization Program at <http://www.epi.alaska.gov/id/immune.stm>. This includes information about school requirements surrounding immunizations and many other resources.

Some hospitals or public health centers offer free vaccine clinics. Alaska Regional Hospital offers one on the 3rd Saturday of every month from 9AM-1PM for children up to 18.

Most health plans cover the cost of immunizations in full. If you have questions, please see your plan booklet or talk to Human Resources.