

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

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Special June Events In Skagway

by Wendy Anderson

Photos by Andrew Cremata

Ahh June... with the long days of sunlight, energy runs high. It's time to get out and go, meet new people, and challenge ourselves in healthy ways. June brings a couple fun events to help you do just that!

Fran DeLisle Cancer Awareness Walkathon Saturday, June 2, 2018

Did you know you can help your fellow Skagway residents prevent and fight cancer simply by taking a walk?

For 23 years, Skagway's Cancer Awareness Fund has provided free cancer screenings for Skagway residents, including our summer folks! It also provides financial assistance for Skagway residents diagnosed with Cancer. The walkathon is their main fundraiser.

This beautiful course follows the Dyea road along the scenic Taiya Inlet, through spruce forest to historic downtown Skagway. Volunteer staffed stations provide aid and treats along the way. There is also a half walk, starting in Long Bay. For those who like to get an early start on their day, do the reverse walk! Start from the Elks at 8 am, walk to Dyea, then ride the bus back to town at 10 am!



Registration for the walk begins 8 am Saturday morning at the Elks Club on 6th & State. The \$20 entry fee includes transportation to or from Dyea or Long Bay, a walkathon shirt with a design by Skagway Artist Courtenay Birdsall Clifford and lunch at the Elks from 11:30-1 pm. Entry forms with donation sponsorship signups are available around town or on the Skagway Walkathon Facebook page.

Duff's Skagway Marathon Sunday, June 10, 2018

Duff's Skagway Marathon, Half Marathon and Walking Half Marathon is an amazing race



that takes place between downtown Skagway and in the wilderness of Dyea, Alaska. This 26-mile run climbs multiple hills as it traces its way through pristine Southeast Alaskan fjord coastline, through a glacially-carved valley, an enchanting Sitka Spruce wood, over the Taiya River trestle bridge, past numerous trickling streams, up West Creek Valley, before finally reaching a forest opening with a spectacular view of West Creek Glacier and breathtaking mountain peaks and alpine scenery.

For those setting future goals, Duff's Skagway Marathon is an eligible Boston Marathon qualifying race. More information and registration are available online at www.skagwaymarathon.org.

SRC Trail Program

Presented by the Skagway Recreation Center



Skagway Recreation Center is happy to announce the return of our Trail Education Program! Join us as we go on various hikes throughout the summer months in Skagway and Dyea.

- Complete some of the hikes necessary for the SRC Trail Challenge!
- Explore the nature of our town and meet new friends in the process!
- All ages are welcome to join, children 14 and under must be accompanied by an adult.
- Bring sturdy hiking shoes, a daypack, water, snacks and extra layers!

DATES-LOCATION-TIME

Saturday June 2

Yakutania Point & Smugglers Cove

9am: Meet at Yakutania Foot Bridge by Airport

Saturday June 30

Lower Dewey (option to continue to Sturgills)

9am: Meet at Lower Lake Trailhead

Saturday August 4

Lost Lake

9am: Meet at Rec Center for group ride to Dyea

Saturday August 25

Denver Glacier (Space is limited– sign up begins August 1)

7:40am: Meet at Spring Street Platform

Registration passport and fee are required. \$25pp– All proceeds support SRC Program Fund

Saturday September 22

Upper Dewey Lake (optional overnight)

8:30am: Meet at Rec Center if overnighing

9:00am: Meet at Lower Lake Trailhead if just hiking

**For more information contact KayLynn Howard:
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Gluten Free Healthy Rhubarb Crisp

Prep time: 25 mins Cook time: 45 mins Total time: 1 hour 10 mins

A sweet Gluten Free, Healthy Rhubarb Crisp made with absolutely zero refined flour! This Rhubarb Crisp makes the perfect spring and summer dessert, has a delicious thick crumble layer on top and tastes perfect with a dollop of whipped cream on top.

Ingredients

Rhubarb Layer

6½ heaping cups chopped rhubarb
¾ cup organic cane or light brown sugar

1 tsp lemon zest
1 tbsp lemon juice
4 tbsp oat flour

Crisp Topping

¾ cups oat flour
1 cup whole oats
½ tsp sea salt
1 tsp cinnamon
½ cup dark brown cane sugar
6 - 7 tbsp coconut oil, room temperature



Directions

Pre-heat oven to 350F and grease a 2 quart baking dish with coconut oil.

Rhubarb Layer: Place chopped rhubarb, cane sugar, lemon zest, lemon juice and oat flour in the baking dish. Mix around, level it out in the dish and leave to sit for 10 -15 minutes while you prepare the crisp topping layer.

Crisp Topping: Add oat flour, oats, sea salt, cinnamon and brown sugar to a medium size mixing bowl. Mix together. Add 6 tbsp of coconut oil to the crisp mixture. Mash it in with a fork until a crumbly mixture forms. Add an extra tbsp of coconut oil if necessary and crumble the crisp topping evenly over the rhubarb. Bake for 35 - 45 minutes until the rhubarb bottom is very soft.

The Skagway Recreation Center

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