

Chris Lundgren bio

Chris Lundgren is the author of three books: *Accidental Adventures: Alaska—True Tales of Ordinary People Facing Danger in the Wilderness*; *the Runner’s World Guide to Running and Pregnancy*; and *Legendary Locals of Chugiak-Eagle River*. Her favorite type of writing these days is nonfiction adventure. A 25-year resident of Alaska, Chris enjoys hiking, running, cold-water swimming, skiing, and hanging out with family and friends.