



# AUGUST 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Matanuska Peak Challenge: Palmer 14 miles + 9100' gain <b>Santa Claus 1/2 marathon:</b> <b>North Pole</b>
5 Yukon River Trail Full & 1/2 Marathon: Whitehorse, Yukon <b>AK State Tri Championship:</b> <b>Palmer 1.5 mile S,</b>	6	7	8	9	10	11 Kenai Peninsula "Run for Women" 5 & 10k Kenai
12 Mineral Creek 1/2 Marathon: Valdez	13	14	15	16	17	18 Alyeska classic mountain run: Girdwood 2 miles + 2000' gain
19 Anchorage "Big, Wild, Life" Marathon, 1/2 marathon and 5k	20	21	22	23	24	25 Lost Lake "Breath of Life" 16 mile run Seward
26 Equinox Training Run 11 & 16 miles Fairbanks	27	28	29	30 Musk Ox Run 11 miles Fairbanks	31	