



JULY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Run off the Mine 10k Healy	2	3	4	5	6	7 Ketchikan Ultra Marathon: 50 miles Hatcher's Pass Marathon/Relay: Uphill 25 miles Sourdough 1/2 Ironman: Fairbanks
8 Ester Dome Ass Kicker Fairbanks 6.75 mile steep mtn run Hatcher's Pass Hill Climb (bicycle)	9	10	11	12	13 13th-14th Fireweed 400 400,200,100, or 50 mile road bike race from Sheep mtn Lodge to Valdez (solo, 2 per. or 4 per.)	14 Xterra Hammerman: Anchorage .5 mile lake swim, 13 mile mtn bike, 4 mile trail run Women Rock! Adventure Race
15	16	17	18	19	20	21 Crow Pass Passing: Girdwood to Eagle River 24 mile trail run
22 Gold Discovery Run: Fairbanks; 16.5 miles	23	24	25 Big Lake Triathlon 900 meter lake swim, 20k bike, 5k run	26 26th - 29th Tour D' Anchorage Road Bike Race	27 Hope 100 Miler 24 miles gravel road, 76 miles on trails	28 Run N' Soak 8.5 miles Chena Hot Springs McCarthy Marathon Subway Tri Harder: Seward; 5 mile Kayak, 6.3 trail run, 18.6 mile
29 Alaska Bearfest Marathon/5k: Wrangell	30	31				