

MAY 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Pink Cheeks Triathlon: Seward (5k R, 10k B, 900 yard S)
6 The Break-up Tri: Fairbanks (500 yard S, 13.1 mile B, 3.1 mile R)	7	8	9	10	11	12 Totem to Totem 1/2 Marathon: Ketchikan Earth Day Triathlon: Kodiak (1k S, 5k R, 20k B)
13 Murphy Dome Roam: Fairbanks (11 miles on hilly back roads)	14	15	16	17	18	19 Eklutna Lake Challenge: Eklutna Duathlon (3 mile R, 15 mtn. bike) 10k Exit Glacier Race: Seward
20 Golden Nugget Triathlon: Anchorage WOMEN ONLY (500 yard S, 10 mile B, 5k R)	21	22	23	24 Kal's Knoya Ridge Hill Climb: Anchorage 2.5k + 1200' 5.6k + 2900' 8.5k + 4300'	25	26 Trent/Waldron Glacier 1/2 Marathon: Anchorage Annihilator 10K "Toughest 10K in the Interior Northwest"
27 Valdez Summit to Sound Adventure Race (40 miles: Ski, Bike, Kayak, Run) Solo or 4-person teams	28	29	30	31		