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2012 RACE SCHEDULE – INFO – RESULTS – PHOTOS

Kelowna Kamloops Penticton Revelstoke Summerland Oliver Salmon Arm

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| 1 | Jan | Resolution Run 5K – Kelowna, Kamloops |
| 1 | Jan | Polar Bear Run 2k & 5K, Polar Bear Swim, Peachland |
| 9 | Jan | Prairie Inn Pioneer 8k , Saanichton, BC Champ 8K |
| 29 | Jan | Alzheimer Walk/Run 5k, Kelowna & other locations |
| 12 | Feb | IRA #1 – THE STARTING BLOCK 10K – Lavington / Vernon |
| 12 | Feb | Freeze Up 5K, Peachland |
| 04 | Mar | IRA #2 – TIMEX #6 LAKESIDE 5K - Penticton |
| 18 | Mar | IRA #3 – TIMEX #8 SPRING RUN OFF 10K – Kamloops |
| 25 | Mar | Dirty Feet Trail #1 - 5k, 10k and 21k, Kamloops |
| 01 | Apr | OKANAGAN COLLEGE ½ Marathon and 10K , Kelowna |
| 15 | Apr | IRA #4 – WINE CAPITAL 10 K – Oliver |
| 15 | Apr | Sun Run 10K – Vancouver, BC Champ 10K |
| 22 | Apr | Spring 10K & Half Marathon – Peachland |
| 06 | May | Vancouver Marathon |
| 06 | May | Boogie the Bridge 5K/12K & 1/2 marathon - Kamloops |
| 13 | May | IRA #5 – BLOSSOM 10 MILER - Penticton |
| 20 | May | Peach City Half Marathon & 10K - Penticton |
| 27 | May | IRA #6 – BLACKWELL DAIRY 15K - Kamloops |
| 03 | Jun | Giants Head Run 5.4k, 10k, Summerland |
| 03 | Jun | Dirty Feet Trail #2 - 5k, 10k and 21k, Kelowna |
| 10 | Jun | Annual Fresh Air Women's Run, 5k or 10k, Kelowna |
| 17 | Jun | Bare As You Dare, 8K Kamloops |
| 17 | Jun | Mr. T's KOS & Sprint Tri, Vernon |
| 17 | Jun | Do it for Dad Run/Walk. Vernon, Kamloops |
| 24 | Jun | Kal Rats Sprint Triathlon, Vernon |
| 24 | Jun | Scorched Sole 25K / 50 K / 50 MILE Kelowna |
| 01 | Jul | Canada Day Beach Run 5 & 10 K - Peachland |
| 14 | Jul | GranFondo Bike, Across the Lake Swim |
| 15 | Jul | IRA #7 – TIMEX #15 MIDSUMMER 8K - Kelowna |
| 15 | Jul | Dirty Feet Trail #3 – 5k, 10k, 21k Vernon |
| 22 | Jul | Peachland Sprint Triathlon -750m swim, 20k bike, 5k run |
| 11 | Aug | Rattle Snake Island Swim – 3.1k & 7K, Peachland |
| 19 | Aug | Kelowna – Apple Triathlon |
| 26 | Aug | Penticton – Subaru Ironman |
| 01 | Sep | Kokanee 8k/16K, Kelowna |
| 02 | Sep | Walk in the Park 18k/36k/54k - Kamloops |
| 03 | Sep | Summerland Sprint Triathlon |
| 09 | Sep | IRA #8 – PEAK TO BEAK 18K – Kelowna |
| 16 | Sep | Terry Fox Runs, various locations |
| 23 | Sep | Dirty Feet Trail #4 – 5k, 10k & 21k Kamloops |
| 30 | Sep | IRA #1 XC – KENNA QUARTER Trail Run 10K - Kamloops |
| 07 | Oct | Okanagan International Marathon - Kelowna |
| 14 | Oct | IRA #2 XC RUN – CAMPBELL MTN 9.1K - Penticton |
| 21 | Oct | IRA #3 XC RUN – LARRY NICHOLAS 9K - Kelowna |
| 28 | Oct | IRA #4 XC RUN – KAL PARK 9.5K - Vernon |
| 03 | Nov | first Whistler Relay & Ultra (was H2H) |
| 04 | Nov | IRA #5 XC RUN - SUMMERLAND |
| 17 | Nov | IRA ANNUAL BANQUET - Kamloops |
| 01 | Dec | Santa Shuffle 1K/5K – Kelowna, Kamloops |

2012/01/03 [Change](#) (Corrections to ppollham@pmp-software.com)