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2012 RACE SCHEDULE – INFO – RESULTS – PHOTOS

Kelowna Kamloops Penticton Revelstoke Summerland Oliver Salmon Arm

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
27	May	Walk/Run for Charity, 1.5k, 5k & 10k Salmon Arm
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

2012/02/08 [Change](#) (Corrections to ppollham@pmp-software.com)