

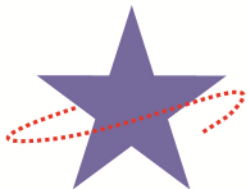


ALASKA WINTER STARS

2009-2010 Activities Calendar

W	C	DATES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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W	C	DATES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1	3/30-4/5							
2	2	4/6-4/12							
3	3	4/13-4/19							
4	4	4/20-4/26							
5	1	4/27-5/3							
6	2	5/4-5/10							
7	3	5/11-5/17							
8	4	5/19-5/24			<i>Fitness test</i>		<i>Lactate test</i>	<i>Lactate tests</i>	
9	1	5/25-5/31		<i>TT 3/5km</i>			<i>1km-TT</i>		
10	2	6/1-6/7					<i>Twilight 12km</i>	Gasline -TT	
11	3	6/8-6/14					<i>Cuddy park- Rollerski-race 10AM</i>		
12	4	6/15-6/21							
13	1	6/22-6/28					TT-Rollerski - classic/ Potter Valley	<i>Eklutna camp</i>	<i>Eklutna Camp</i>
14	2	6/29-7/5						<i>4th. Of July</i>	
15	3	7/6-7/12						<i>Fireweed400 Bike race/ Sheep Mt Lodge- Valdez</i>	
16	4	7/13-7/19		<i>CCAK-USAA camp</i>	<i>CCAK-USAA camp</i>	<i>CCAK-USAA camp</i>	<i>CCAK-USAA camp</i>	<i>CCAK-USAA camp-TT- Classic Roll-Hatcher Pass</i>	<i>Roll-race / Cuddy Park Classic Team sprint Start 12AM</i>
17	1	7/20-7/26							
18	2	7/27-8/2			Fitness Test		Roll-classic TT/Potter Valley		

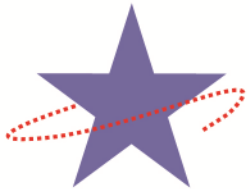




ALASKA WINTER STARS

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W	C	DATES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19	3	8/3-8/9	<i>TT-3/5km Track</i>						
20	4	8/10-8/16							
21	1	8/17-8/23							
22	2	8/24-8/30							
23	3	8/31-9/6							
24	4	9/7-9/13						<i>Lactate tests</i>	<i>Lactate tests</i>
25	1	9/14-9/20							
26	2	9/21-9/27							
27	3	9/28-10/4							
28	4	10/5-10/11							
29	1	10/12-10/18							
30	2	10/19-10/25							
31	3	10/26-11/1							
32	4	11/2-11/8							
32	1	11/9-11/15							
34	2	11/16-11/22							
35	3	11/23-11/29							
36	4	11/30-12/6							Anchorage Cup Sprint relay / Kincaid Christmas Party- Kincaid Chalet 5-7PM
37	1	12/7-12/13					<i>HS race Lynxloppet-Classic</i>	<i>HS race LynxLoppet_free</i>	<i>Anchorage Cup-Chugiak Free</i>
38	2	12/14-12/20						<i>Besh Cup#1 Sprint-free</i>	<i>Besh Cup # 2 Classic</i>
39	3	12/21-12/27						<i>US Nationals Sprint cl</i>	





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40	R	12/28-1/3/10							
41	R	1/4-1/10	<i>US Nationals 5/10km Freestyle</i>	<i>US National 10/15km Classic</i>		<i>US Nationals sprint free</i>			
42	R	1/11-1/17	<i>HS race Chugiak Free</i>					<i>HS race Skiathlon- Kincaid</i>	<i>Anchorage Cup-Hickok- Kincaid</i>
43	R	1/18-1/24			<i>Race-Middle school</i>			<i>Besh Cup #3 Homer /CI -Sprint</i>	<i>Besh Cup #4 intervals Freestyle</i>
44	R	1/25-1/31			<i>Middle school race-Mirror lake</i>			<i>HS race Bartlett Relay free</i>	<i>Anchorage cup- Pia's Classic</i>
45	R	2/1-2/7			<i>Middle School race-Bartlett</i>			<i>Besh Cup #5 Classic Fairbanks</i>	<i>Besh Cup # 6 Freestyle Mass</i>
46	R	2/8-2/14			<i>Middle school race-Chugiak</i>			<i>HS race east cl. Relay</i>	
47	R	2/15-2/21		<i>Middle school- Championship Kincaid</i>		<i>Middle school Championship- Kincaid</i>	<i>Region IV</i>	<i>Region IV</i>	<i>Anchorage Cup- Sven Johansson Free</i>
48	R	2/22-2/28				<i>HS State Championship / Fairbanks</i>	<i>HS State Championship / Fairbanks</i>	<i>HS State Championship / Fairbanks</i>	
49	R	3/1-3/7							
50	R	3/8-3/14	<i>JO/ Presque, Maine</i>		<i>JO's</i>		<i>JO's</i>		
51	R	3/15-3/21							
52	4	3/22-3/28							

