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## **2012 - A Year in Review**

### 2012 Running Statistics:

Total running miles: 1,508.9 miles (average: 4.12 miles per day)

Days running: 232 (average: 4.44 days per week)

Monthly maximum: 160.1 miles (December)

Monthly minimum: 100.0 miles (February)

Weekly maximum: 46.5 miles

Weekly minimum: 17.4 miles

### 2012 Race Statistics:

Marathons (26.2 miles): 1

25K (15.5 miles): 1

Half Marathons (13.1 miles): 20 (14 different states)

10 Nautical Miles (11.5 miles): 1

10K (6.2 miles): 1 Mike, 0 Kristin

5 mile: 1

5K (3.1 miles): 2

Half Ironman Triathlons (1.2 mile swim, 56.0 mile bike, 13.1 mile run): 1

Olympic Triathlons (0.9 mile swim, 24.8 mile bike, 6.2 mile run): 2 Mike, 3 Kristin

2012 was a very good year, and with our 50 state journey scheduled to conclude this coming October in Maine, 2013 looks to be a memorable year as well.

Happy Running,

Mike & Kristin

