

racing around the region

2010 SEASON MULTISPORT CALENDAR



january

1/9 Her Tri Clinic
Manassas, VA
www.triitnow.com

february

2/7 Tri It Now Clinic
Manassas, VA
www.triitnow.com

2/14 Tri To Help Indoor Tri (Sprint)
Lancaster, PA
www.tritohelp.org

march

3/6 Tri To Help Indoor Tri (Sprint)
Baltimore, MD
www.tritohelp.org

3/7 Tri It Now Clinic
Manassas, VA
www.triitnow.com

3/7 Spring Backyard Burn #1
Wakefield Park, Fairfax Co., VA
www.ex2adventures.com

3/14 Spring Backyard Burn #2
Hemlock Overlook Park, VA
www.ex2adventures.com

3/27 VTS Smithfield Sprint
Smithfield, VA
www.setupevents.com

3/28 Tune Up Tri (Mini)
Manassas, VA
www.triitnow.com

3/28 Virginia Duathlon
Surry, VA
www.kalerunning.com

3/28 Spring Backyard Burn #3
Fountainhead Park, VA
www.ex2adventures.com

3/28 Brandywine Valley Duathlon
Hibernia County Park, PA
www.piranha-sports.com

april

4/9 She Does Tri Camp (3 days)
Baltimore, MD
www.shedoestri.com

4/11 Spring Backyard Burn #4
Prince William Forest Park, VA
www.ex2adventures.com

4/17 Rumpass in Bumpass (Internat.)
Bumpass, VA
www.setupevents.com

4/17 Hagerstown Duathlon #1
Hagerstown, MD
www.racinemultisports.com

4/18 Rumpass in Bumpass (Sprint)
Bumpass, VA
www.setupevents.com

4/18 Tri It Now Clinic
Manassas, VA
www.triitnow.com

4/18 Autism Speaks Triathlon (Sprint)
Bethesda, MD
www.autismspeaks.org

4/24 National Duathlon Festival
Richmond, VA
www.duathlonnationals.com

4/24 Greenhorn Adventure Race
Rocky Gap State Park, MD
www.ex2adventures.com

4/25 VTS Angels Race (Sprint)
Lynchburg, VA
www.setupevents.com

4/25 World Gate Super Sprint Tri
Herndon, VA
www.infinite.com/register

4/30 She Does Tri Camp (3 days)
Baltimore, MD
www.shedoestri.com

may

5/1 VTS Smith Mntn. Lake (Sprint)
Huddleston, VA
www.setupevents.com

5/2 Nanticoke River Swim and Tri
Bivalve, MD
nanticokeriverswimandtri.com

5/8 VTS Kinetic Half
Lake Anna St. Park, VA
www.setupevents.com

5/8 New Jersey Devilman Tri
Cumberland County, NJ
www.piranha-sports.com

5/9 VTS Kinetic Sprint
Lake Anna St. Park, VA
www.setupevents.com

5/14 Mid-Atlantic IronMan Camp
Sherando Lake, VA
www.enduranceworks.net

5/16 Y Tri (Sprint)
Bethesda, MD
www.triitnow.com

5/16 Cascade Lake Tri/Du
Cascade Lake Park, MD
www.piranha-sports.com

5/16 Virginia Run Sprint Triathlon
Centreville, VA
www.finswheelsfeet.com

5/22 Alleghany Highlands Triathlon
Clifton Forge, VA
www.magicinthemountains.com

5/22 Power Kids Tri
Richmond, VA
www.richmondmultisports.com

5/22 Black Bear Sprint Triathlon
Beltzville State Park, PA
www.cgiracing.com

5/23 Black Bear Olympic Triathlon
Beltzville State Park, PA
www.cgiracing.com

5/23 Power Sprint Triathlon
Glen Allen, VA
www.richmondmultisports.com

5/23 Columbia Triathlon (Internat.)
Columbia, MD
www.tricolumbia.org

5/29 Frederick Kids Triathlon
Frederick, MD
www.melanomaresource.org

5/29 Luray Triathlon Race Prep Clinic
Luray, VA
www.enduranceworks.net

june

6/5 VTS Shenandoah Valley Tri
Luray, VA
www.setupevents.com

6/6 Reston Sprint Triathlon
Reston, VA
www.restonsprinttri.org/

6/6 Kids Tri Too
Manassas, VA
www.triitnow.com

6/6 Infinite Sprint Tri at Broadlands
Broadlands, VA
www.infinite.com/register

6/6 Breezy Point Triathlon
Norfolk, VA
www.breezypointtri.com

6/6 Diamond Girl Delaware
Bear, DE
www.piranha-sports.com

6/12 VTS Tidewater Tri (Sprint/Int)
Hampton, VA
www.setupevents.com

6/12 Tri-It Triathlon (Mini)
Bear, DE
www.piranha-sports.com

6/13 Manassas Mini Tri
Manassas, VA
www.triitnow.com

6/13 Kids Can Du (Youth)
Manassas, VA
www.triitnow.com

6/13 Eagleman Ironman 70.3
Cambridge, MD
www.tricolumbia.org

6/19 VTS Bath County Tri (Sprint)
Warm Springs, VA
www.setupevents.com

6/20 South Carroll Sprint Triathlon
Westminster, MD
www.melanomaresource.org

6/20 Assateague Assault Sprint Tri
Assateague Island, MD
www.octirunning.com

6/26 "WIN-THE-FIGHT" Gran Fondo
Garrett County, MD
www.winthefight.org

6/26 Philly Tri Sprint and Kids Du
Philadelphia, PA
www.phillytri.com

6/27 Philadelphia Triathlon (Olympic)
Philadelphia, PA
www.phillytri.com

6/27 Charlottesville Sprint Triathlon
Walnut Creek Park, VA
www.cvilletriathlete.com

6/27 Celebration Sprint Triathlon
Columbia, MD
www.tricolumbia.org

6/27 I Love the Tavern Sprint Tri
Midlothian, VA
www.richmondmultisports.com

The TRI-DC Event Calendar
is sponsored by
List Innovative Solutions



Serving The Mid-Atlantic Multisport Community



july

- 7/10 Diamond in the Rough® Tri
Perryville, MD
www.piranha-sports.com
- 7/11 The 14.06 Tri
Manassas, VA
www.triitnow.com
- 7/11 XTERRA EX2 Tri and Du
Rocky Gap Park, Flintstone, MD
www.ex2adventures.com
- 7/11 VTS New River Valley Tri
Radford, VA
www.setupevents.com
- 7/11 Philadelphia Women's Tri/Du
Philadelphia, PA
www.cgiracing.com
- 7/17 Allen Stone Memorial Duathlon
Virginia Beach, VA
www.allenstonememorial.com
- 7/18 VTS 3Sports Triathlon (Sprint)
Richmond, VA
www.setupevents.com
- 7/24 Hagerstown Youth Triathlon
Hagerstown, MD
www.racinemultisports.com
- 7/25 Hagerstown Sprint Triathlon
Hagerstown, MD
www.racinemultisports.com
- 7/25 Patriot's Triathlon
Bath, PA
www.piranha-sports.com
- 7/25 Charlottesville Triathlon
Walnut Creek Park, VA
www.setupevents.com
- 7/25 Rockets Landing Tri (Internat.)
Richmond, VA
www.richmondmultisports.com
- 7/24 New Jersey State Sprint
Mercer County Park, NJ
www.cgiracing.com
- 7/25 New Jersey State Olympic
Mercer County Park, NJ
www.cgiracing.com
- 7/25 Kidz Triathlon
Columbia, MD
www.tricolumbia.org

august

- 8/1 Dog Days of Summer Sprint
Broadlands, VA
www.infinite.com/register
- 8/1 SheRox Philadelphia
Philadelphia, PA
www.sheroxtri.com
- 8/1 VTS Culpeper Sprint
Culpeper, VA
www.setupevents.com
- 8/7 Luray Triathlon Race Prep Clinic
Luray, VA
www.enduranceworks.net
- 8/8 Summer Super Sprint
Manassas, VA
www.triitnow.com
- 8/8 Kids Can Du (Youth Duathlon)
Manassas, VA
www.triitnow.com
- 8/14 VTS Luray Triathlon (Internat.)
Luray, VA
www.setupevents.com
- 8/15 Kids Tri Too II (Youth Triathlon)
Manassas, VA
www.triitnow.com
- 8/15 VTS Luray Triathlon (Sprint)
Luray, VA
www.setupevents.com
- 8/15 Lums Pond Triathlon & Duathlon
Bear, DE
www.piranha-sports.com
- 8/15 The North East Tri (Sprint/Oly)
North East, MD
www.cgiracing.com
- 8/22 Irongirl Columbia Triathlon
Columbia, MD
www.tricolumbia.org
- 8/22 Pink Power Sprint Triathlon
Midlothian, VA
www.richmondmultisports.com
- 8/22 XTERRA Charlottesville
Charlottesville, VA
www.cvilletriathlete.com
- 8/22 Cannonman™ Triathlon
Schellsburg, PA
www.piranha-sports.com
- 8/29 Spring Ridge Tri (Tentative)
Frederick, MD
www.triitnow.com

september

- 9/11 VTS Patriots Half
Williamsburg, VA
www.setupevents.com
- 9/12 VTS Patriots Sprint
Williamsburg, VA
www.setupevents.com
- 9/12 The Nation's Triathlon (Internat.)
Washington, DC
www.thenationstriathlon.com
- 9/13 Reston Triathlon (International)
Reston, VA
www.restontriathlon.org
- 9/12 Delaware Diamondman® Tri
Bear, DE
www.piranha-sports.com
- 9/18 Savageman Half
Deep Creek Lake St. Park, MD
www.savagemantri.org
- 9/19 Savageman International
Deep Creek Lake St. Park, MD
www.savagemantri.org
- 9/19 Taylor Love Triathlon
Herndon, VA
www.infinite.com/register
- 9/19 Bushwhacker Adventure Race
Hemlock Overlook Park, VA
www.ex2adventures.com
- TBA Make-A-Wish Tri (Internat.)
Bethany Beach, DE
www.tricolumbia.org
- 9/19 Marshman™ Triathlon
Downingtown, PA
www.piranha-sports.com
- 9/19 Bushwhacker Adventure Race
Fountainhead Park, VA
www.ex2adventures.com
- 9/19 Health Unlimited Sprint Triathlon
Mt. Airy, MD
www.racinemultisports.com
- 9/25 VTS Big Lick Triathlon (Internat.)
Huddleston, VA
www.setupevents.com
- 9/25 Chesapeakeman Ultra Triathlon
Cambridge, MD
www.tricolumbia.org
- 9/26 Naylor's Beach Tri (International)
Warsaw, VA
www.richmondmultisports.com

october

- 10/2 Rocky Gap Adventure Race
Rocky Gap Park Flintstone, MD
www.ex2adventures.com
- 10/2 VTS Giant Acorn International
Bumpass, VA
www.setupevents.com
- 10/3 VTS Giant Acorn Sprint
Bumpass, VA
www.setupevents.com
- 10/3 Brierman™ Triathlon
Boonsboro, MD
www.piranha-sports.com
- 10/3 Half Full Triathlon
Ellicott City, MD
www.halffulltri.org
- 10/10 Richmond Sprint Triathlon
Midlothian, VA
www.richmondmultisports.com
- 10/10 Cape Henlopen Triathlon & Du
Lewes, DE
www.piranha-sports.com
- 10/17 Fall Backyard Burn #1
Prince William Forest Park, VA
www.ex2adventures.com
- 10/16 Hagerstown Duathlon #2
Hagerstown, MD
www.racinemultisports.com
- 10/31 Fall Backyard Burn #2
Fountainhead Park, VA
www.ex2adventures.com

november

- 11/14 Du It Duathlon (Tentative)
Manassas, VA
www.triitnow.com
- 11/14 Fall Backyard Burn #3
Wakefield Park, VA
www.ex2adventures.com
- TBA Cape Henry Duathlon
Fort Story, VA
www.kalerrunning.com

december

- 12/5 Fall Backyard Burn #4
Hemlock Overlook Park, VA
www.ex2adventures.com