

Fort Bend TriPsychlones 09 Tri & More Race Calendar

Date	Day	Race Name	Location	Event Type	Swim	Bike	Run	Notes
March								
03/01/09	Sun	Take a Hike Ike! Sprint Triathlon	Lake Houston, TX	Sprint	500m (open)	10.8mi	3.2mi	SOLD OUT
03/01/09	Sun	Heart Of Texas Duathlon	San Antonio, TX	Duathlon	2mi RUN	10mi	2mi	
03/01/09	Sun	ARA - Moe's Better Half Marathon	San Marcos, TX	road race			13.1mi	
03/07/09	Sat	Sienna Family Fit Fun Run	Missouri City, TX	road race			5K, 1mi, 1/4mi & tot trot	
03/07/09	Sat	Stride4Stroke 5K Run & Walk	Houston, TX	road race			5K	
03/07/09	Sat	21st Annual Race Against Violence	Houston, TX	road race			5k run & family walk, kids K	
03/07/09	Sat	Spring Fever 5K	The Woodlands, TX	road race			5K	
03/07/09	Sat	Prickly Pear 50K & 10 mile Trail Run	San Antonio, TX	trail run			50K, 10mi	
03/7-8/09	Sat-Sun	Texas Independence Relay	Gonzales to Houston, TX	Ultra Relay			200mi	teams of 8-12
03/08/09	Sun	Blue Norther Du	Seguin, TX	Duathlon	3.1mi RUN	14mi	3.1mi	
03/08/09	Sun	Continental Airlines Cycling Classic	Montgomery, TX	supported ride		25, 47, 68mi		MS150 Recommended Ride
03/14/09	Sat	St. Patrick's Day Sprint Triathlon	Keller, TX	Sprint	300m (pool)	12mi	5K	
03/14/09	Sat	Bayou City Classic 10K	Houston, TX	road race			10K, 5K	
03/14/09	Sat	Seabrook Lucky Trail Half Marathon	Seabrook, TX	trail run			13.1mi	
03/15/09	Sun	Tough Cookie Women's Duathlon	Copperas Cove, TX	Duathlon	2K RUN	10mi	2K	women-only
03/15/09	Sun	Tough Cookie Kids' Fun Run	Copperas Cove, TX	Kids			1K	
03/15/09	Sun	Sugar Land Indoor Triathlon	Sugar Land, TX	time trial	10min (pool)	30min	20min	at Lifetime Fitness
03/15/09	Sun	Seabrook Lucky Trail Marathon, Half Marathon & Marathon Relay	Seabrook, TX	trail run			26.2, 13.1, 6.55mi	
03/21/09	Sat	STARRS Wet 'n Wild Triathlon	Corpus Christi, TX	Sprint	300yd (pool)	14mi	3mi	beginner-friendly
03/21/09	Sat	TriPsy Season Kickoff Party!	Sugar Land, TX	SOCIAL				evite forthcoming & check the forum
03/22/09	Sun	Guaranty Bank Tour de Houston	Houston, TX	supported ride		20, 40, 70mi		MS150 Recommended Ride
03/28/09	Sat	Galveston Beach Patrol First Timers Open Water Swim Clinic	Galveston, TX	open water swim				9-11a, \$25: registration required (max 60)
03/28/09	Sat	Fort Bend Education Expedition Bike Ride	Sugar Land, TX	supported ride		36-75mi		MS150 Recommended Ride
03/29/09	Sun	Enchanted Rock Extreme Duathlon	Fredericksburg, TX	Duathlon	4mi trail RUN	16mi road bike	2mi trail run	not a beginner-friendly course
03/29/09	Sun	Run for the Rose	Houston, TX	road race			5K, 1K	
03/29/09	Sun	Angie's Half Crazy! Half Marathon	Houston, TX	road race			13.1mi	
03/29/09	Sun	Statesman Capitol 10,000	Austin, TX	road race			10K	largest 10K in TX, 5th largest in the nation
April								
04/03/09	Fri	Galveston Beach Patrol First Timers Open Water Swim Clinic	Galveston, TX	open water swim				9-11a, \$25: registration required (max 60)
04/03/09	Fri	Galveston Beach Patrol Open Water Swim	Galveston, TX	open water swim				3-5p
04/03/09	Fri	American Cancer Society Relay For Life	Sugar Land, TX	run/walk relay event				
04/04/09	Sat	Lone Star Triathlon Festival Sprint Triathlon	Galveston, TX	Sprint	0.3mi (open)	12.5mi	3mi	wetsuit legal, first timers wave
04/05/09	Sun	Lone Star Triathlon Festival Quarter Iron	Galveston, TX	Quarter Iron	0.6mi (open)	28mi	6.5mi	wetsuit legal
04/05/09	Sun	Lone Star Triathlon Festival Half Iron	Galveston, TX	Half Iron	1.2mi (open)	56mi	13.1mi	wetsuit legal
04/05/09	Sun	Lone Star Triathlon Festival Aquabike	Galveston, TX	Aquabike	1.2mi (open)	56mi		wetsuit legal
04/05/09	Sun	Ochsner Ironman 70.3 New Orleans	New Orleans, LA	Half Iron	1.2mi (open)	56mi	13.1mi	Joe H, Jannelle, Michelle R, Bruno
04/05/09	Sun	Spec-Savers Ironman South Africa	Port Elizabeth, S. Africa	Ironman	2.4mi (open)	112mi	26.2mi	Leo
4/10-12/09	Fri-Sun	36th Annual Easter Hill Country Bike Tour	Kerrville, TX	supported ride		19 to 102mi		3 days of org. rides, varying distances
04/11/09	Sat	TriSoler Racing Heat Wave Duathlon	Helotes, TX	Duathlon	3mi RUN	25mi	3mi	
04/11/09	Sat	Spring Fling Aquathlon	McKinney, TX	Aquathlon	500m (open)		3.1mi	wetsuit legal

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April cont...								
04/11/09	Sat	Spring Fling Open Water Swim	McKinney, TX	open water swim	500m (open)			wetsuit legal
04/11/09	Sat	Crescent City Classic 10K	New Orleans, LA	road race			10K	
04/18/09	Sat	Rocky Hill Ranch	Smithville, TX	trail run			50mi, 50K, 25K	
04/18-19/09	Sat-Sun	BP MS150	Houston to Austin, TX	supported ride		approx 160mi		
04/19/09	Sun	Striders Sprint Duathlon	San Angelo, TX	Duathlon	5K RUN	30K	5K	
04/19/09	Sun	JRP Striders Duathlon	San Angelo, TX	Duathlon	8K RUN	74K	8K	
04/19/09	Sun	Thoroughbred Half Marathon & Spring Filly 5K	Houston, TX	road race			13.1mi, 5K	
04/20/09	Mon	Boston Marathon	Boston, MA	road race			26.2mi	by qualification only
04/25/09	Sat	The Imperial Oaks Triathlon Ages 7-10	Spring, TX	Kids	150yd (pool)	1.0mi	0.5mi	
04/25/09	Sat	The Imperial Oaks Triathlon Ages 11-14	Spring, TX	Kids	200yd (pool)	2.8mi	1.0mi	
04/25/09	Sat	First-Timers Tri Clinic	Sugar Land, TX	clinic				\$15, limit 50
04/25/09	Sat	Dulles Dash 5K & Family 1K	Sugar Land, TX	road race			5K, 1K	
04/25/09	Sat	6th Annual Texas Round-Up 10K, 5K, and Family Mile	Austin, TX	road race			10K, 5K, 1mi	
04/26/09	Sun	Corpus Christi Triathlon	Corpus Christi, TX	Long Sprint	1K (open)	30K	5K	bay swim, du begins simultaneously
04/26/09	Sun	Corpus Christi Duathlon	Corpus Christi, TX	Duathlon	5K RUN	30K	5K	SMW Regional Championship Race
04/26/09	Sun	Texas State Sprint Triathlon	San Marcos, TX	Sprint	500m (open)	14mi	3mi	
04/26/09	Sun	CaveMan Triathlon	Flower Mound, TX	Sprint	275yd (pool)	11mi	5K	
04/26/08	Sun	Rice Aquatics/Twin Lakes Open Water Swimming Carnival	Manvel, TX	open water swim	800m, 1mi, 2mi			must be registered w/ USA Swimming or USMS
04/26/09	Sun	Big Sur International Marathon	Big Sur to Carmel, CA	road race			26.2mi	
May								
05/02/09	Sat	CB&I TRI-The Woodlands Triathlon	The Woodlands, TX	Sprint	500m (open)	15mi	5K	
05/03/09	Sun	JCC Kids' Triathlon Ages 9-12	Houston, TX	Kids	200m (pool)	5K	2K	
05/03/09	Sun	JCC Kids' Triathlon Ages 13-16	Houston, TX	Kids	300m (pool)	10K	4K	
05/03/09	Sun	Sugar Land Crit Road Race	Sugar Land, TX	bike race				
05/03/09	Sun	The Money Box Cap 2K	Austin, TX	open water swim	2000m (open)			race & pledge swim in Town Lake
05/03/09	Sun	The Avenue of the Giants Marathon, Half Marathon, and 10K	Eureka, CA	road race			26.2mi, 13.1mi, 10K	
05/3-8/09	Sat-Thurs	Tour du Rouge	Houston to New Orleans	bike tour		521 miles total, average of 87 miles per day		
05/09/09	Sat	Gulf Coast Triathlon	Panama City Beach, FL	Half Iron	1.2mi (open)	56mi	13.1mi	
05/09/09	Sat	Armadillo Hill Country Classic	Liberty Hill, TX	supported ride		35, 52, 68, 94mi		
05/10/09	Sun	TriGirl SUPER Sprint Triathlon	Houston, TX	Super Sprint	200yd (open)	8mi	2mi	women only, formerly Ironbabe
05/10/09	Sun	The Rookie Triathlon	New Braunfels, TX	Sprint	300m (open)	11mi	2mi	beginner-friendly
05/16/09	Sat	First-Timers Tri Clinic	Sugar Land, TX	clinic				\$15, limit 50
05/16/09	Sat	Beach to Bay Relay Marathon	Corpus Christi, TX	Relay			various	teams of 6
05/16/09	Sat	Hog's Hunt	Huntsville, TX	trail run			50, 25K	
05/17/09	Sun	Silverlake Sprint Triathlon	Pearland, TX	Sprint	400m (open)	10mi	3mi	
05/17/09	Sun	Four States Triathlon	Texarkana, TX	Sprint	650yd (open)	13mi	3mi	
05/17/09	Sun	TREK Womens Triathlon	Austin, TX	Sprint	0.5mi	12mi	3.1mi	women only
05/17/09	Sun	Texas Man Sprint Triathlon	Valley View, TX	Sprint	500yd (open)	17.6mi	5K	
05/17/09	Sun	Texas Man Olympic Triathlon	Valley View, TX	Olympic	1500yd (open)	23mi	10K	
05/17/09	Sun	Florida 70.3 Triathlon	Orlando, FL	Half Iron	1.2mi (open)	56mi	13.1mi	

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May cont...								
05/17/09	Sun	Austin Muddy Buddy	Johnson City, TX	team off-road adventure				mountain bike, run + special tests
05/17/09	Sun	Austin Mini Muddy Buddy	Johnson City, TX	Kids				short obstacle course + mud pit run
05/23/09	Sat	Combat Sprint Triathlon	Texas City, TX	Sprint	300yd (pool)	15mi	3mi	beginner-friendly
05/24/09	Sun	Awesome Aquathlon & Relay - Short Course	McKinney, TX	Aquathlon	1.5mi RUN	400m SWIM	1.5mi	
05/24/09	Sun	Awesome Aquathlon & Relay - Long Course	McKinney, TX	Aquathlon	5K RUN	800m SWIM	5K	
05/24/09	Sun	Awesome Open Water Swim	McKinney, TX	open water swim	400, 800m (open)			
05/25/09	Mon	Capital of Texas FirsTri Triathlon	Austin, TX	Super Sprint	400m (open)	10K	5K	
05/25/09	Mon	Capital of Texas Sprint Triathlon	Austin, TX	Sprint	750m (open)	20K	5K	
05/25/09	Mon	Capital of Texas Olympic Triathlon	Austin, TX	Olympic	1.5K (open)	40K	10K	
05/25/09	Mon	Capital of Texas Tri Kids K	Austin, TX	Kids			1K	
05/30/09	Sat	Astros Race for the Pennant 5K	Houston, TX	road race			5K run, 5K walk, Kids run	
05/31/09	Sun	USAT Long Course Du Nat'l Championship - Auburn Duathlon	Auburn, CA	Duathlon	3K RUN	56mi	13.1mi	
June								
06/07/09	Sun	Tejas Triathlon	Sugar Land, TX	Sprint	600yd (open)	11mi	3mi	
06/07/09	Sun	Danskin Women's Triathlon	Austin, TX	Sprint	750m (open)	12.4mi	3.1mi	women only
06/13/09	Sat	Metroplex Sprint Triathlon Day #1	Grand Prairie, TX	Sprint	400m (open)	11mi	2mi	pick your day or race 2x in a row!
06/14/09	Sun	Sylvan Beach Triathlon	LaPorte, TX	Long Sprint	1K	30K	8K	formerly Battle of San Jac Tri, just shorter
06/14/09	Sun	Sylvan Beach Duathlon	LaPorte, TX	Duathlon	2mi RUN	30K	8K	formerly Battle of San Jac Du
06/14/09	Sun	Metroplex Sprint Triathlon Day #2	Grand Prairie, TX	Sprint	400m (open)	11mi	2mi	pick your day or race 2x in a row!
06/14/09	Sun	Indian Creek Triathlon	Woodworth, LA	Sprint	0.5mi (open)	30K	5K	
06/14/09	Sun	Ironman 70.3 Kansas	Lawrence, KS	Half Iron	1.2mi (open)	56mi	13.1mi	Brett
06/14/09	Sun	Accenture Escape from Alcatraz Triathlon	San Francisco, CA	Olympic	1.5mi (open)	18mi	8mi	entry by lottery
06/20/09	Sat	Mayor's Marathon	Anchorage, AK	road race			26.2mi	
06/21/09	Sun	Ironman Coeur d'Alene	Coeur d'Alene, ID	Ironman	2.4mi (open)	112mi	26.2mi	Hugh, Jeff H, Jenny H, Michelle R, Greg
06/28/09	Sun	Memorial Hermann Sugar Land Tri	Sugar Land, TX	Sprint	300m (pool)	10mi	3mi	beginner-friendly
06/28/09	Sun	Y Freedom Sprint Triathlon	Pearland, TX	Sprint	300m (pool)	12mi	3mi	beginner-friendly
06/28/09	Sun	Buffalo Springs Lake Tri-Raider Sprint Triathlon	Lubbock, TX	Sprint	500m (open)	17.6mi	3.1mi	
06/28/09	Sun	Ironman 70.3 Buffalo Springs Lake	Lubbock, TX	Half Iron	1.2mi (open)	56mi	13.1mi	
06/28/09	Sun	Ironman France	Nice, France	Ironman	2.4mi (open)	112mi	26.2mi	
July								
07/04/09	Sat	Freedom 5K	Sugar Land, TX	road race			5K	
07/04/09	Sat	Playtri Festival Kids Triathlon Ages 7-10	Irving, TX	Kids	100m (open)	2.5mi	0.5mi	
07/04/09	Sat	Playtri Festival Kids Triathlon Ages 11-14	Irving, TX	Kids	200m (open)	5.0mi	1.0mi	
07/04/09	Sat	Playtri Festival Kiefer Swim Races	Irving, TX	open water swim	300, 750, 1500m (open)			
07/05/09	Sun	OnUrLeft Sprint Duathlon	Katy, TX	Duathlon	2mi RUN	10mi	2mi	
07/05/09	Sun	Playtri Festival My First Triathlon	Irving, TX	Super Sprint	300m (open)	12mi	2mi	
07/05/09	Sun	Playtri Festival Sprint Triathlon	Irving, TX	Sprint	500m (open)	12mi	5K	SMW Regional Championship Race
07/05/09	Sun	Playtri Festival RBM International Distance Triathlon	Irving, TX	International	1500m (open)	24mi	10K	

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July cont...								
07/11/09	Sat	Kiwanis Kids Triathlon Ages 7-9	Katy, TX	Kids	50m (pool)	1mi	0.25mi	
07/11/09	Sat	Kiwanis Kids Triathlon Ages 10-12	Katy, TX	Kids	100m (pool)	2mi	0.5mi	kids turning 13 in 09 are permitted to race
07/12/09	Sun	Jeff & Brede's Intergalactic Triathlon	Katy, TX	Sprint	300m (pool)	12mi	3mi	beginner-friendly
07/12/09	Sun	Couples Triathlon	Austin, TX	Sprint	800m (open)	11.2mi	3.1mi	individual race, 2 person teams
07/12/09	Sat	Alcatraz Challenge Aquathlon	San Francisco, CA	Aquathlon	1.5mi (open)		7mi	relay option
07/12/09	Sat	Alcatraz Challenge Swim	San Francisco, CA	open water swim	1.5mi (open)			
07/19/09	Sun	Marble Falls Triathlon	Marble Falls, TX	Long Sprint	1000m (open)	23mi	4.4mi	
07/19/09	Sun	Disco Sprint Triathlon	Valley View, TX	Sprint	500yd (open)	17.6mi	5K	
07/19/09	Sun	Disco Olympic Triathlon	Valley View, TX	Olympic	1500yd (open)	23mi	10K	
07/19/09	Sun	Vineman Ironman 70.3	Sonoma County, CA	Half Iron	1.2mi (open)	56mi	13.1mi	Margie
07/19/09	Sat	Katy Flatland Century	Katy, TX	supported ride		100, 57, 44, 33mi		
07/25/09	Sat	Mosquito Chase "Run"	Clute, TX	road race			5K	entry fee covers Sat. admission to festival
07/26/09	Sun	Small Texan Triathlon	Boerne, TX	Short Swim International	800m (open)	45K	10K	hilly, good prep for Longhorn
07/26/09	Sun	Nautica NYC Triathlon	Manhattan, NY	Olympic	1500m (open)	40m	10K	SOLD OUT, partner charity entrance only
07/26/09	Sun	Ford Ironman USA Lake Placid	Lake Placid, NY	Ironman	2.4mi (open)	112mi	26.2mi	
August								
08/01/09	Sat	IronFish Kids Triathlon Ages 7-10	Shreveport, LA	Kids	100yd (open)	5K	1K	Registration opens JUNE 1
08/01/09	Sat	IronFish Kids Triathlon Ages 11-14	Shreveport, LA	Kids	200yd (open)	10K	2K	Registration opens JUNE 1
08/02/09	Sun	Sportspectrum RiverCities Triathlon	Shreveport, LA	Sprint	0.5mi (open)	18.2mi	5K	Registration opens JUNE 1
08/02/09	Sun	Jack's Generic Triathlon	New Branunfels, TX	Sprint	500m (open)	14.8mi	3mi	
08/02/09	Sun	USAT Aquathlon National Championship - Lake Logan Aquathlon	Canton, NC	Aquathlon	1500m (open)	--	5K	
08/02/09	Sun	Ironman 70.3 Calgary	Calgary, Alberta, Canada	Half Iron	1.2mi (open)	56mi	13.1mi	
08/08/09	Sat	USAT Youth National Championship Ages 7-10	Colorado Springs, CO	Kids	100m (open)	5K	1K	
08/08/09	Sat	USAT Youth National Championship Ages 11-15	Colorado Springs, CO	Kids	200m (open)	10K	2K	
08/09/09	Sun	Memorial Hermann Bridgeland Triathlon	Cypress, TX	Sprint	482m (open)	14mi	3.28mi	NEW! 1/8 Iron Distance
08/09/09	Sun	22nd Annual IRP Wool Capital Triathlon	San Angelo, TX	Olympic	1500m (open)	24.9mi	6.2mi	SMW Regional Championship Race
08/09/09	Sun	Texas Woman's University Pioneer Power Sprint Triathlon	Denton, TX	Sprint	300m (pool)	20K	3.3mi	
08/15/09	Sat	Dam '09 Triathlon	San Antonio, TX	Sprint	400m (pool)	10mi	4K	beginner-friendly
08/16/09	Sun	Darn'd'st Du in Texas	San Marcos, TX	Duathlon	5K RUN	30K	5K	SMW Region Texas State Duathlon
08/16/09	Sun	TriGirl Sprint Triathlon	Houston, TX	Sprint	300yd (open)	11mi	3mi	women only, formerly Ironbabe
08/16/09	Sun	Sweet & Twisted Triathlon	Spicewood, TX	Sprint	500m (open)	15mi	5K	women only
10/16/09	Sun	Horsetooth Open Water Swims	Fort Collins, CO	open water swim	10K, 2.4mi, 1mi, 1000yd, 250yd			
08/22/09	Sat	Clear Lake International Triathlon	Clear Lake, TX	International	1K (open)	30K	10K	
08/22/09	Sat	USAT Age Group National Championship	Tuscaloosa, AL	Olympic	1.5K (open)	40K	10K	by qualification only
08/22/09	Sat	First-timers Tri Clinic	Sugar Land, TX	clinic				\$15, limit 50
08/22/09	Sat	7th Annual Deep Eddy Mile	Austin, TX	spring-fed pool swim	1mi (pool)			expected water temperature 68-74°F
08/26/09	Sun	USAT Sprint National Championship - Pacific Coast Triathlon	Laguna Beach, CA	Sprint	0.5mi (open)	13mi	3mi	
08/29/09	Sat	Fleet Feet Sports Supersprint	Chicago, IL	Super Sprint	375m (open)	10K	2.5K	check out details on the triple challenge
08/29/09	Sat	McDonald's Kids Triathlon Ages 7-10	Chicago, IL	Kids	100m (open)	4K	1K	shallow water swim in Lake Michigan
08/29/09	Sat	McDonald's Kids Triathlon Ages 11-14	Chicago, IL	Kids	200m (open)	8K	2K	shallow water swim in Lake Michigan

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August cont...								
08/29/09	Sat	Hotter'N Hell 2008	Wichita Falls, TX	supported ride		10K, 25mi, 50mi, 100K, 100mi		chip timing available
08/30/08	Sun	Chicago Sprint Triathlon	Chicago, IL	Sprint	0.75K (open)	22K	5K	check out details on the triple challenge
08/30/08	Sun	Chicago International Triathlon	Chicago, IL	International	1.5K (open)	40K	10K	check out details on the triple challenge
08/30/09	Sun	Ford Ironman Louisville	Louisville, KY	Ironman	2.4mi (open)	112mi	26.2mi	
08/30/09	Sun	Subaru Ironman Canada	Penticton, B.C. Canada	Ironman	2.4mi (open)	112mi	26.2mi	Deb H, Sandy, Michelle R, Tessy
September								
09/05/09	Sat	Beneezy Purple Monkey Fun Run	Alvin, TX	road race			10, 5, 1K	
09/06/09	Sun	Summertime Blues Sprint Triathlon	Freeport, TX	Sprint	500yd (open)	15mi	3mi	
09/06/09	Sun	Splash Dash Aquathlon - Short Course	McKinney, TX	Aquathlon	2mi RUN	750m SWIM	2mi	
09/06/09	Sun	Splash Dash Aquathlon - Long Course	McKinney, TX	Aquathlon	5K RUN	1500m SWIM	5K	
09/06/09	Sun	Splash Dash Open Water Swim	McKinney, TX	open water swim	750, 1500m (open)			
09/07/09	Mon	The Austin Triathlon	Austin, TX	Olympic	1.5K (open)	40K	10K	
09/13/09	Sun	Eastside Triathlon	Baytown, TX	Sprint	300m (open)	14mi	3mi	rescheduled date;
09/13/09	Sun	Eastside Triathlon	Baytown, TX	Long Sprint	600m (open)	22mi	6mi	some of the cleanest open water you'll find
09/13/09	Sun	Old College TRI Sprint Triathlon	Denton, TX	Sprint	300m (pool)	16mi	5K	
09/13/09	Sun	PrairieMan Sprint Triathlon	Grand Prairie, TX	Sprint	500m (open)	27K	5K	new this year
09/13/09	Sun	PrairieMan Half Iron Triathlon	Grand Prairie, TX	Half Iron	1.2mi (open)	56mi	13.1mi	
09/13/09	Sun	PrairieMan Aquabike	Grand Prairie, TX	Aquabike	1.2mi (open)	56mi		
09/13/09	Sun	Sweet & Twisted Duathlon - Beginner/Novice Course	Comfort, TX	Off-road Duathlon	2.25mi RUN	8mi	2.25mi	Trail Run/MTN Bike/Trail Run format
09/13/09	Sun	Sweet & Twisted Duathlon - Syk Bastard Course	Comfort, TX	Off-road Duathlon	4mi RUN	12mi	4mi	Trail Run/MTN Bike/Trail Run format
09/13/09	Sun	Ford Ironman Wisconsin	Madison, WI	Ironman	2.4mi (open)	112mi	26.2mi	
09/19/09	Sat	USAT / Halfmax National Championship	Oklahoma City, OK	Half Iron	1.2mi (open)	56mi	13.1mi	by qualification only
09/19/09	Sat	Redman Iron Distance Triathlon	Oklahoma City, OK	Ironman	2.4mi (open)	112mi	26.2mi	
09/19/09	Sat	Redman Full Aquabike	Oklahoma City, OK	Aquabike	2.4mi (open)	112mi		
09/19/09	Sat	Redman Half Aquabike	Oklahoma City, OK	Aquabike	1.2mi (open)	56mi		
09/19/09	Sat	First-timers Tri Clinic	Sugar Land, TX	clinic				\$15, limit 50
09/20/09	Sun	USAT Club National Championship - Redman Sprint Triathlon	Oklahoma City, OK	Sprint	750m (open)	20K	5K	
09/20/09	Sun	USAT Club National Championship - Redman Olympic Triathlon	Oklahoma City, OK	Olympic	1.5K (open)	40K	10K	
09/20/09	Sun	Cancun Ironman 70.3	Cancun, Q.R., México	Half Iron	1.2mi (open)	56mi	13.1mi	
09/20/09	Sun	Tri and Roadie 40k TT Showdown	Pattison, TX	time trial bike race		40K		
09/26/09	Sat	Sugar Tri Kidz Triathlon Ages 5-7	Sugar Land, TX	Kids	25yd (pool)	1mi	0.25mi	
09/26/09	Sat	Sugar Tri Kidz Triathlon Ages 8-10	Sugar Land, TX	Kids	50yd (pool)	2mi	0.5mi	
09/26/09	Sat	Sugar Tri Kidz Triathlon Ages 11-12	Sugar Land, TX	Kids	100yd (pool)	3mi	1mi	
09/27/09	Sun	Stonebridge Ranch Sprint Triathlon	McKinney, TX	Sprint	750m (open)	12mi	5K	SMW Region Texas State Triathlon
09/27/09	Sun	Stonebridge Ranch Olympic Triathlon	McKinney, TX	Olympic	1500m (open)	24mi	10K	
09/27/09	Sun	Silicon Labs Austin Marathon Relay	Austin, TX	road race			various	



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October								
10/03/09	Sun	Texas Triathlon	Canyon Lake, TX	Olympic	1500m (open)	26mi	5.9mi	
10/03/09	Sat	Komen Houston Race for the Cure	Houston, TX	road race			5K	
10/03/09	Sat	SkirtChaser 5k	Austin, TX	road race			5K	
10/10/09	Sat	Ford Ironman World Championship	Kona, HI	Ironman	2.4mi (open)	112mi	26.2mi	
10/10/09	Sat	10 For Texas	The Woodlands, TX	road race			10mi	
10/11/09	Sun	Du The Bear Duathlon	Houston, TX	Duathlon	2mi RUN	12mi	2mi	
10/11/09	Sun	Toyota US Open Sprint Triathlon	Dallas, TX	Sprint	800m (open)	40K	5K	
10/11/09	Sun	Toyota US Open International Triathlon	Dallas, TX	International	1500m (open)	40K	10K	
10/11/09	Sun	United Space Alliance Ten Miller	Clear Lake, TX	road race			10mi	
10/11/09	Sun	Austin Run America Run Half Marathon, 5K, 10K Series	Austin, TX	road race			13.1mi, 10K, 5K	
10/11/09	Sun	Bank of America Chicago Marathon	Chicago, IL	road race			26.2mi	
10/17/09	Sat	Palo Duro Trail Run	Canyon, TX	trail run			50mi, 50, 20K	
10/18/09	Sun	Try Andy's Tri	Sugar Land, TX	Sprint	300m (open)	10mi	3mi	beginner-friendly
10/21-25/09	Wed-Sun	2nd Annual Highland Lakes Challenge	Highland Lakes, TX	open water swim	5-day & weekend warrior Monster & Mini Challenges and individual stage races			
10/25/09	Sun	The Firethorne Triathlon	Katy, TX	Sprint	400m (open)	15mi	3mi	formerly Cinco Ranch (new venue)
10/25/09	Sun	Monster Sprint Triathlon	Keller, TX	Sprint	300m (pool)	12mi	5K	
10/25/09	Sun	Longhorn 70.3 Triathlon	Austin, TX	Half Iron	1.2mi (open)	56mi	13.1mi	
10/25/09	Sun	Koala/Luke's Half Marathon & Relay	Houston, TX	road race			13.1, 6.55mi	
10/25/09	Sun	Marine Corps Marathon	Arlington, VA	road race			26.2mi	
10/31/09	Sat	Bizarro Duathlon	Smithville, TX	Duathlon	10mi BIKE	3mi RUN	10mi BIKE	REVERSE du: Bike-Run-Bike format
10/31/09	Sat	The Monster Mash 5K/10K	Richmond, TX	road race			5, 10K	
10/31/09	Sat	Tour de Gruene	Gruene, TX	supported ride		32, 35.8 mi		hilly! non-timed / recreational
November								
11/01/09	Sun	Tour de Gruene	Gruene, TX	team time trial bike race		27.3 mi		hilly! timed
11/01/09	Sun	ING New York City Marathon	New York, NY	road race			26.2mi	by lottery or qualification only
11/07/09	Sat	Ford Ironman Florida	Panama City Beach, FL	Ironman	2.4mi (open)	112mi	26.2mi	Trevor, Brian, Chad, Augie, Cory, Sandy, Rene, Shannon, Michelle N, Michelle R, Carla, John S, Paul, Coach Bob, Darwin, Robin
11/07/09	Sat	Rocky Raccoon 25/50K	Huntsville, TX	trail run			25, 50K	
11/07/09	Sat	The Dam 5K	Lake Travis, TX	open water swim	5K (open)			out & back at Mansfield Dam Park
11/08/09	Sun	Iron Star Triathlon	Montgomery, TX	Half Iron	1.2mi (open)	56mi	13.1mi	
11/08/09	Sun	HMSA Classical 25K & Relay	Houston, TX	road race			25, 8.333K	
11/14/09	Sat	Foster Grant Ironman World Championship 70.3	Clearwater, FL	Half Iron	1.2mi (open)	56mi	13.1mi	by qualification only
11/15/09	Sun	2nd Annual Brondas Run/Bike Duathlon	Ft. Worth, TX	Duathlon	2mi RUN	15mi	2mi	
11/15/09	Sun	Rock 'N' Roll San Antonio Marathon/Half Marathon	San Antonio, TX	road race			26.2mi	
11/22/09	Sun	Ford Ironman Arizona	Tempe, AZ	Ironman	2.4mi (open)	112mi	26.2mi	Anngela, James, Karen N, Prahlad
11/22/09	Sun	The Dirty Du	Smithville, TX	Off-road Duathlon	3.1mi RUN	12mi	3.1mi	Trail Run/MTN Bike/Trail Run format

Fort Bend TriPsychlones 09 Tri & More Race Calendar

Date	Day	Race Name	Location	Event Type	Swim	Bike	Run	Notes
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Legend:

	Official Team Race, team tent will be set up
	SMW Regional Championship race
Bold	Recommended race &/or volunteer opportunity
Black	Multi-sport race
Purple	Women-only race
Green	Kids-only race
Blue	Cross training &/or team training opportunity
Gray	Tentative race, date not yet set

Other helpful Websites:

www.active.com
www.eztoregister.com
www.runnertriathletenews.com
www.signmeupsports.com
www.smwtriathlon.org
www.trifind.net
www.usatriathlon.org

TriPsychlone team point system, defined:

Overall Win	10 Points
AG 1st Place	6 Points
AG 2nd Place	5 Points
AG 3rd Place	4 Points
AG 4th Place	3 Points
AG 5th Place	2 Points
Finished Race	1 Participation Point

(double 'scoring' points for championship races)