

MULTISPORT CALENDAR FOR 2019 (JAN. – MARCH)

JANUARY SATURDAY	FEBRUARY SATURDAY	FEBRUARY SUNDAY	MARCH SATURDAY	MARCH SUNDAY
<p>5 FOG RUN Lake Ming, Bakersfield 5k/10k bakersfieldtrackclub.org</p>	<p>9 CSUB KINEISIOLOGY CLUB VALENTINE'S DAY RUN CSUB campus, Bakersfield 10k, 5k valentinesrun.com</p>	<p>10 VALENTINE'S DAY RUN Fresno, California 5k, 2-mile runs sierracascades.com</p>	<p>9 PASADENA TRIATHLON Pasadena, Calif. Reverse sprint triathlon pasadenatriathlon.com</p> <p>BAYSHORE TRIATHLON Long Beach, Calif. Half-ironman runsignup.com</p> <p>FIELD 'n DALE RUN Bakersfield 6k, 12k runs http://ultrasignup.com/register.aspx?did=63190</p> <p>16 ST. PATRICK'S DAY 5K Bakersfield stpatricks5krun.com</p>	<p>3 SPRING FLING DUATHLON Fresno, California sierracascades.com</p> <p>L.A. TRI SERIES #1 San Dimas, Calif. Long sprint, short sprint trievents.com</p> <p>DESERT TRIATHLON La Quinta, Calif. Sprint, Oly deserttriathlon.com</p> <p>STANFORD TREEATHLON Redwood City, Calif. Draft-legal sprint www.treeathlon.co</p>
<p>19 RIO BRAVO RUMBLE Rio Bravo Ranch, Bakersfield 10k/5k runs http://www.ggphysicaltherapy.com/rio-bravo-rumble/</p> <p>CELTIC WINTER CLASSIC Highland High, Bakersfield 50k, 50mile, 24-hour relays Individual 5k https://ultrasignup.com/register.aspx?did=57265</p>	<p>23 FAST TRACK LAMONT Lake Ming, Bakersfield 2-mile, 4-mile runs bakersfieldtrackclub.org</p> <p>RACE ON THE BASE Los Alamitos, Calif. Reverse sprint triathlon raceonthebase.com</p>		<p>16 ROCKY HILL TRIATHLON Exeter, Calif. Oly, sprint rockyhilltriathlon.com</p> <p>SADDLEBACK SPRING CLASSIC GRAN FONDO Irvine, Calif. 100, 50, 35, 15 rides; kids' rides renegaderaceseries.com</p>	<p>17 SUPERSEAL OLYMPIC/SEAL SPRINT Coronado, California ironman.com</p>
<p>26 RIVERBED RUNS THROUGH IT Half-marathon/5k The Park at Riverwalk, Bakersfield bakersfieldtrackclub.org</p> <p>TOAD DOWNHILL MOUNTAIN BIKE RACE Hart Park, Bakersfield Facebook/All Action Racing Company</p>			<p>23 BAKERSFIELD TIME TRIAL SERIES #1 Lake Ming, Bakersfield 10-mile cycling TT course Facebook/All Action Racing Company</p> <p>REAL/SPRINT MTB TRIATHLON Folsom Lake, Calif. Sprint, Oly, off-road tri's totalbodyfitness.com</p>	<p>23 (Sat.) BUILDING BRIDGES SUPER '70s 5k/10k Bakersfield bakersfieldtrackclub.org</p>

MULTISPORT CALENDAR FOR 2019 (APRIL-JUNE)

April Saturday	April Sunday	May Saturday	May Sunday	June Saturday	June Sunday
<p>6 CALIFORNIA CLASSIC WEEKEND Fresno, Calif. 35, 60, 100 bike rides californiaclassicweekend.com</p> <p>IRONMAN 70.3 OCEANSIDE Oceanside, Calif. Half-ironman ironman.com</p>	<p>7 CALIFORNIA CLASSIC WEEKEND Fresno, Calif. Half-marathon, 10k, 5k runs californiaclassicweekend.com</p> <p>CAMPAGNOLO GRAN FONDO San Diego, Calif. 100, 60, 35, 20 sdgranfondo.com</p>	<p>4 WILDFLOWER EXPERIENCE Lake San Antonio, California Long course, off-road sprint wildflowerexperience.com</p> <p>OLE 5-QUE run Bakersfield, Calif. sierracascades.com</p>	<p>5 WILDFLOWER EXPERIENCE Lake San Antonio, California Olympic, on-road sprint wildflowerexperience.com</p> <p>SPRING SPRINT TRIATHLON & DUATHLON San Diego, Calif. Sprint, Du, Aquabike sdtriseriess.com</p>	<p>1 BASS LAKE TRIATHLON Bass Lake, Calif. Sprint, Oly, 5k basslaketri.com</p>	<p>2 OC TRIATHLON & DUATHLON Mission Viejo Oly, Du octriseriess.com</p> <p>HERBALIFE 24 TRIATHLON Los Angeles Sprint, international, aqua, 5k herbalife24tri.la.com</p>
<p>13 TRISPOKES CLUB SPRINT TRIATHLON Lake Woollomes, Delano</p> <p>HITS NAPA VALLEY Lake Berryessa, Calif. Sprints, Oly hitstriathlon.com</p> <p>20 BAKERSFIELD TIME TRIAL SERIES #2 Lake Ming, Bakersfield 10-mile cycling TT Facebook/All Action Racing Company</p>	<p>14 L.A. TRI SERIES 2 San Dimas Long sprint, short sprint trievents.com</p> <p>HITS NAPA VALLEY Lake Berryessa, Calif. Half, full hitstriathlon.com</p> <p>HALF MOON BAY TRIATHLON Half Moon Bay, Calif. Sprint, Oly usapevents.com</p>	<p>11 L.A. TRI SERIES #3 San Dimas, California Oly, short sprint trievents.com</p> <p>IRONMAN SANTA ROSA Santa Rose, Calif. Full ironman ironman.com</p> <p>FOLSOM LAKE INTERNATIONAL TRIATHLON totalbodyfitness.com</p>	<p>19 BREATH OF LIFE VENTURA TRIATHLON Ventura, Calif. Oly, sprint, 5k/10k renegaderaceseries.com</p> <p>MORGAN HILL TRIATHLON Morgan Hill, Calif. Long sprint usapevents.com</p>	<p>15 HUNTINGTON LAKE TRIATHLON Lakeshore, California Sprint, Oly, aquabike, duathlon sierracascades.com</p>	<p>9 CARLSBAD TRIATHLON Carlsbad, Calif. Sprint, Du sdtriseriess.com</p> <p>TRI FOR REAL #1 Heald, Calif. Oly, aquabike totalbodyfitness.com</p>
<p>27 BIG ROCK TRIATHLON Perris, Calif. Sprints, Oly sawsportsproductions.com</p> <p>KERN RIVER TRAIL RUNS Bakersfield 5k, 10k, 10-mile runsignup.com/Race/CA/Bakersfield/KernRiverTrailRuns</p>	<p>28 MILLERTON LAKE TRIATHLON Friant, California Oly, sprint sierracascades.com</p> <p>SURF ESCAPE TRIATHLON Huntington Beach, Calif. Sprint, Oly, Aquabike escapeseriess.com</p>	<p>18 BAKERSFIELD TIME TRIAL SERIES #3 Lake Ming 10-mile cycling TT course Facebook/All Action Racing Company</p> <p>BREATH OF LIFE TRIATHLON Ventura, Calif. Oly, sprint renegaderaceseries.com</p>		<p>23 (Sunday) HERMOSA BEACH TRIATHLON Hermosa Beach Sprint hermosabeachtri.com</p> <p>29 TAHOE CITY OFF-ROAD TRI Tahoe City, Calif. Sprint, aqua, du bigblueadventure.com</p>	<p>23 CALIFORNIA TRIATHLONS Pleasanton, Calif. Sprint, Oly usapevents.com</p> <p>BIG BEAR TRIATHLON Lake Arrowhead Oly, sprint, du bbtriathlon.com</p> <p>INTERNATIONAL TRIATHLON San Diego, Calif. Oly, sprint, aqua sdtriseriess.com</p>

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MULTISPORT CALENDAR 2019 (JULY-SEPTEMBER)

July Saturday	July Sunday	August Saturday	August Sunday	September Saturday	September Sunday
<p>20 DONNER LAKE TRIATHLON Truckee, Calif. Sprint bigblueadventure.com</p>	<p>14 GOLETA BEACH TRIATHLON Goleta, California Sprint, Oly, du, aquabike goletabeachtriathlon.com</p> <p>CARLSBAD TRIATHLON Long sprint, sprint, aquabike, du renegaderaceseries.com</p> <p>TRI FOR REAL #2 Heald, Calif. Oly, aquabike totalbodyfitness.com</p>	<p>17 HELL OF A HALF MARATHON Exeter, Calif. runsignup.com/Race/CA/Exeter/ HellofaHalfMarathon</p> <p>LAKE TAHOE XTERRA OFF-ROAD TRIATHLON Incline Village, NV Sprint, aqua, du bigblueadventure.com</p>	<p>11 CHULA VISTA CHALLENGE Chula Vista, Calif. Half, Oly, sprint, du, aquabike sdtriseries.com</p> <p>TRI SANTA CRUZ Santa Cruz, Calif. Sprint, Oly, aquabike, du, aquathlon finishlineproduction.com</p> <p>TRI FOR REAL #3 Heald, Calif. Oly, aquabike totalbodyfitness.com</p>	<p>7 WOMEN'S TRIATHLON FESTIVAL Folsom Lake, Calif. Sprint, du, super sprint, aquabike totalbodyfitness.com</p>	<p>8 IRONMAN 70.3 SANTA CRUZ Santa Cruz, Calif. ironman.com</p> <p>15 IRONMAN 70.3 SUPERFROG Imperial Beach, Calif. ironman.com</p>
	<p>21 DONNER LAKE TRIATHLON Truckee, Calif. Oly, half bigblueadventure.com</p>	<p>24 SANTA BARBARA TRIATHLON Santa Barbara, California Long course santabarbaratriathlon.com</p> <p>GRANITE BAY TRIATHLON Folsom Lake, Calif. Sprint, du totalbodyfitness.com</p> <p>LAKE TAHOE TRIATHLON Tahoma, Calif. Sprint laketahoetri.com</p>	<p>25 SANTA BARBARA TRIATHLON Santa Barbara, California Co-ed, women only, kids' sprints; du santabarbaratriathlon.com</p> <p>LAKE TAHOE TRIATHLON Tahoma, Calif. Half, Oly, aquabike, du laketahoetri.com</p>	<p>28 APPLE VALLEY REVERSE TRIATHLON Apple Valley, Calif. Sprint reverse tri trifind.com</p>	<p>29 SHAVER LAKE TRIATHLON Shaver, Calif. Oly, sprint, du, 5k/10k sierracascades.com</p> <p>GOLDEN STATE TRIATHLON Sacramento, Calif. Sprint, super sprint totalbodyfitness.com</p> <p>MISSION BAY TRIATHLON San Diego, Calif. International, sprint, du, aquabike kozevents.com</p>
<p>27 IRONMAN 70.3 SANTA ROSA Santa Rosa, Calif. ironman.com</p>	<p>28 SOLANA BEACH TRIATHLON Solana Beach, Calif. Sprint, Du, Aquabike sdtriseries.com</p>				

MULTISPORT CALENDAR 2019 (OCTOBER-DECEMBER)

October Saturday	October Sunday	November Saturday	November Sunday	Dec Sat	December Sunday
	<p>13 JUDGMENT DAY HALF MARATHON Bakersfield runsignup.com/ Race/CA/Bakersfield/ JudgmentDayHalfMarathon</p> <p>LEGENDS TRIATHLON Bonelli Park, San Dimas, California Sprint, Oly, aquabike trievents.com</p>	<p>2 CATALINA TRIATHLON Avalon, Calif. Sprint, du renegaderaceseries.com</p>	<p>24 TURKEY TRIATHLON Bonelli Park, San Dimas, Calif. Sprint, Oly renegaderaceseries.com</p>		<p>8 TINSEL TRIATHLON Hemet, Calif. Reverse sprint/5k tinseltriathlon.com</p>
<p>19 SPOOKTACULAR BIKE RIDES Bakersfield Kernwheelmen.org</p> <p>MARIN COUNTY TRIATHLON/DUATHLON San Rafael, Calif. Sprint, Oly, du marintriathlon.com</p>					
<p>26 HITS TRIATHLON SERIES Palm Springs, Calif. Full, half, Oly, sprint, short sprint hitstriathlonseries.com</p> <p>TRICK OR TRI Irwindale, Calif. Sprint, Oly, half trickortri.com</p>					