

## TRISPOKES RACE PLANS FOR 2019 (JANUARY-APRIL)

JANUARY	FEBRUARY	MARCH	APRIL
<p><b>26</b> RIVERBED RUNS THROUGH IT Bakersfield Donna Winkley (5k)</p>	<p><b>3</b> CSU LONG BEACH REVERSE Sylvia Blodorn Henry Blodorn</p> <p><b>9</b> ROCK COBBLER GRAVEL/DIRT/ROAD BIKE RACE, Bakersfield Abby Epton</p> <p><b>9</b> CSUB VALENTINE'S DAY RUN Bakersfield Danny Edwards (5k)</p> <p><b>23</b> UCLA IRON BRUIN TRIATHLON Sylvia Blodorn Henry Blodorn</p> <p><b>23</b> RACE ON THE BASE REVERSE TRIATHLON Los Alamitos Brooke Ambrose</p> <p><b>23</b> END OF TRAIL MARATHON, Visalia Donna Winkley (tentative)</p>	<p><b>3</b> L.A. TRI SERIES #1, San Dimas Sylvia Blodorn Henry Blodorn</p> <p><b>16</b> ROCKY HILL TRIATHLON, Exeter Elliot Feng (Olympic) Danny Edwards (Olympic) Brooke Ambrose (Olympic) Franck Pichard (Olympic) Christina Branson (sprint) Russ Abercrombie (sprint)</p> <p><b>17</b> HEAVENLY HALF MARATHON, Auberry Floyd Reading Michele Packebush</p> <p><b>23</b> NAPA HALF MARATHON Donna Winkley</p> <p><b>24</b> MARCH TRIATHLON SERIES, Arroyo Grande Manny Colmenares (Olympic) Sylvia Blodorn (sprint) Henry Blodorn (sprint)</p> <p><b>24</b> L.A. MARATHON David Plyler</p>	<p><b>6</b> CASA SUPERHERO RUN, Bakersfield Donna Winkley (10k)</p> <p><b>13</b> TRISPOKES CLUB SPRINT TRIATHLON, Delano Danny Edwards Brooke Ambrose Elliot Feng</p> <p><b>13</b> MOUNT DIABLO TRAILS CHALLENGE, East Bay Area Donna Winkley (half marathon)</p> <p><b>14</b> L.A. TRI SERIES #2, San Dimas Sylvia Blodorn Henry Blodorn</p> <p><b>28</b> MILLERTON LAKE TRIATHLON, Friant Isaac Nelson (aquabike)</p> <p><b>28</b> SURF CITY ESCAPE TRIATHLON Huntington Beach Elliot Feng</p>

## TRISPOKES RACE PLANS FOR 2019 (MAY-AUGUST)

MAY	JUNE	JULY	AUGUST
<p><b>4-5</b> WILD FLOWER EXPERIENCE, near Paso Robles Franck Pichard (half) Danny Edwards (Olympic)</p> <p><b>5</b> RENO HALF MARATHON Donna Winkley</p> <p><b>11</b> IRONMAN SANTA ROSA Lori Soriano David Plyler Dane Oleson</p> <p><b>11</b> L.A. TRI SERIES #3, San Dimas Sylvia Blodorn Henry Blodorn</p> <p><b>18</b> VI TRI, Visalia Sylvia Blodorn Henry Blodorn (or Breath of Life)</p> <p><b>18</b> SPARTAN BEAST Big Bear Lake Elliot Feng</p> <p><b>19</b> BREATH OF LIFE TRIATHLON, Ventura Sylvia Blodorn Henry Blodorn (or ViTri) Brent Fulce</p> <p><b>19</b> BAY TO BREAKERS Louis Bravos</p>	<p><b>1</b> BASS LAKE TRIATHLON, near Oakhurst Elliot Feng (Olympic) Danny Edwards (Olympic) Brooke Ambrose (Olympic) Donna Winkley (sprint) Brent Fulce</p> <p><b>1</b> CHALLENGE THE BEAR BIKE RIDES, Tehachapi Christina Branson (mama bear)</p> <p><b>9</b> IRONMAN WISCONSIN 70.3 Elliot Feng (or the one below)</p> <p><b>9</b> EAGLEMAN 70.3 Maryland Elliot Feng</p> <p><b>15</b> CHINA PEAK TRIATHLON, Huntington Lake Sylvia Blodorn Henry Blodorn</p>	<p><b>14</b> GOLETA BEACH TRIATHLON, Goleta Sylvia Blodorn Henry Blodorn</p> <p><b>27</b> JACK &amp; JILL MARATHON, North Bend, Washington Pam Plyler</p> <p><b>28</b> SAN LUIS OBISPO TRIATHLON Isaac Nelson (swim/bike legs of relay)</p> <p><b>28</b> IRONMAN SANTA ROSA 70.3 Brent Fulce</p>	<p><b>25</b> IRONMAN TRAVERSE CITY 70.3 Michigan Lauren Zwang</p>

## TRISPOKES RACE PLANS FOR 2019 (SEPT.-DECEMBER)

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p><b>8</b> IRONMAN SANTA CRUZ 70.3 Brent Fulce</p> <p><b>14</b> TEHACHAPI GRAN FONDO Christina Branson</p> <p><b>28</b> IRONMAN MARYLAND Brent Fulce</p>	<p><b>26</b> HITS TRIATHLON SERIES, La Quinta Danny Edwards (half)</p>	<p><b>24</b> IRONMAN ARIZONA Franck Pichard Joe Raymond</p>	