

MULTISPORT CALENDAR (MAY-JUNE 2019)

May Saturday	May Sunday	June Saturday	June Sunday
	5 SPRING SPRINT TRIATHLON & DUATHLON San Diego, Calif. Sprint, Du, Aquabike sdtriseriess.com	1 BASS LAKE TRIATHLON Bass Lake, Calif. Sprint, Oly, 5k basslaketri.com	2 OC TRIATHLON & DUATHLON Mission Viejo Oly, Du octriseriess.com HERBALIFE 24 TRIATHLON Los Angeles Sprint, international, aqua, 5k herbalife24tri.la.com
11 L.A. TRI SERIES #3 San Dimas, California Oly, short sprint trievents.com IRONMAN SANTA ROSA Santa Rose, Calif. Full ironman ironman.com FOLSOM LAKE INTERNATIONAL TRIATHLON totalbodyfitness.com	19 BREATH OF LIFE VENTURA TRIATHLON Ventura, Calif. Oly, sprint, 5k/10k renegaderaceseries.com MORGAN HILL TRIATHLON Morgan Hill, Calif. Long sprint usapevents.com	15 HUNTINGTON LAKE TRIATHLON Lakeshore, California Sprint, Oly, aquabike, duathlon sierracascades.com	9 CARLSBAD TRIATHLON Carlsbad, Calif. Sprint, Du sdtriseriess.com TRI FOR REAL #1 Heald, Calif. Oly, aquabike totalbodyfitness.com
18 BAKERSFIELD TIME TRIAL SERIES #3 Lake Ming 10-mile cycling TT course Facebook/All Action Racing Company BREATH OF LIFE TRIATHLON Ventura, Calif. Oly, sprint renegaderaceseries.com		23 (Sunday) HERMOSA BEACH TRIATHLON Hermosa Beach Sprint hermosabeachtri.com 29 TAHOE CITY OFF-ROAD TRI Tahoe City, Calif. Sprint, aqua, du bigblueadventure.com	23 CALIFORNIA TRIATHLONS Pleasanton, Calif. Sprint, Oly usapevents.com BIG BEAR TRIATHLON Lake Arrowhead Oly, sprint, du bbtriathlon.com INTERNATIONAL TRIATHLON San Diego, Calif. Oly, sprint, aqua sdtriseriess.com

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>CARSLBAD 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 sdtriseriess.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 sdtriseriess.com</p>				

MULTISPORT CALENDAR 2019 (OCTOBER-DECEMBER)

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