

## TRISPOKES RACE PLANS FOR 2019 (MARCH-JUNE)

MARCH	APRIL	MAY	JUNE
<p><b>16</b> ROCKY HILL TRIATHLON, Exeter Elliot Feng (Olympic) Danny Edwards (Olympic) Brooke Ambrose (Olympic) Jon Cunningham (Olympic) Franck Pichard (Olympic) Christina Branson (sprint) Russ Abercrombie (sprint) Lori Soriano (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>30</b> BAKERSFIELD CYCLING TIME TRIAL #1 Lake Ming, Bakersfield Jon Cunningham Danny Edwards</p>	<p><b>6</b> OCEANSIDE 70.3 Jon Cunningham</p> <p>CASA SUPERHERO RUN, Bakersfield Donna Winkley (10k)</p> <p><b>8</b> CARLSBAD 5000 Lori Soriano</p> <p><b>13</b> TRISPOKES CLUB SPRINT TRIATHLON, Delano Danny Edwards Brooke Ambrose Elliot Feng Jon Cunningham Tracey Crawford</p> <p>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>ICAN TRI SPRINT Clovis, Calif. Erik Wilson</p> <p><b>27</b> KERN RIVER TRAIL RUN Sid Hessler</p> <p><b>28</b> MILLERTON LAKE TRIATHLON, Friant Danny Edwards (Olympic) Isaac Nelson (aquabike)</p> <p><b>28</b> SURF CITY ESCAPE TRIATHLON Huntington Beach Elliot Feng</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>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) Sid Hessler</p> <p>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 (Olympic) Jon Cunningham (sprint)</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) Lori Soriano (sprint) Tracey Crawford (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>EAGLEMAN 70.3 Maryland Elliot Feng</p> <p><b>15</b> CHINA PEAK TRIATHLON, Huntington Lake Sylvia Blodorn Henry Blodorn</p> <p><b>21-28</b> Rainier Expedition Lori Soriano</p>

## TRISPOKES RACE PLANS FOR 2019 (JULY-OCTOBER)

JULY	AUGUST	SEPTEMBER	OCTOBER
<p><b>14</b> GOLETA BEACH TRIATHLON, Goleta Sylvia Blodorn Henry Blodorn</p> <p><b>20</b> ROCK TO PIER RUN Morro Bay, Calif. Sid Hessler</p> <p><b>27</b> JACK &amp; JILL MARATHON, North Bend, Washington Pam Plyler Lori Soriano</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>	<p><b>8</b> IRONMAN SANTA CRUZ 70.3 Brent Fulce</p> <p>PIRU TIME TRIAL, Fillmore Lori Soriano</p> <p><b>10</b> PANCREATIC 5K Sid Hessler</p> <p><b>14</b> TEHACHAPI GRAN FONDO Christina Branson Lori Soriano</p> <p><b>28</b> IRONMAN MARYLAND Brent Fulce</p>	<p><b>6</b> BAKERSFIELD TRIATHLON Lori Soriano Danny Edwards Donna Winkley</p> <p><b>13</b> CHICAGO MARATHON Lori Soriano</p> <p><b>26</b> HITS TRIATHLON SERIES, La Quinta Danny Edwards (half)</p>

## TRISPOKES RACE PLANS FOR 2019 (NOVEMBER-DECEMBER)

NOVEMBER	DECEMBER
<p><b>1-2</b> 6-12-24 HOUR WORLD TIME TRIAL CHAMPIONSHIPS Lori Soriano</p> <p><b>3</b> NYC MARATHON Donna Winkley</p> <p><b>24</b> IRONMAN ARIZONA Franck Pichard Joe Raymond</p>	

