

TRISPOKES RACE PLANS FOR 2019 (MAY-AUGUST)

MAY	JUNE	JULY	AUGUST
<p>5 RENEGADE OFF-ROAD TRIATHLON Bonelli Park, San Dimas Abby Epton</p> <p>RENO HALF MARATHON Donna Winkley</p> <p>11 IRONMAN SANTA ROSA Lori Soriano David Plyler Dane Oleson</p> <p>L.A. TRI SERIES #3, San Dimas Sylvia Blodorn Henry Blodorn</p> <p>18 VI TRI, Visalia Sylvia Blodorn Henry Blodorn (or Breath of Life) Sid Hessler</p> <p>SPARTAN BEAST Big Bear Lake Elliot Feng</p> <p>19 BREATH OF LIFE TRIATHLON, Ventura Sylvia Blodorn Henry Blodorn (or ViTri) Brent Fulce (Olympic) Jon Cunningham (sprint)</p> <p>19 BAY TO BREAKERS Louis Bravos</p>	<p>1 BASS LAKE TRIATHLON, near Oakhurst Elliot Feng (Olympic) Danny Edwards (Olympic) Brooke Ambrose (Olympic) Lori Soriano (sprint) Tracey Crawford (sprint) Brent Fulce Abby Epton (sprint)</p> <p>CHALLENGE THE BEAR BIKE RIDES, Tehachapi Christina Branson (mama bear)</p> <p>5-9 CTS TRI CAMP Abby Epton</p> <p>9 IRONMAN WISCONSIN 70.3 Elliot Feng (or the one below)</p> <p>EAGLEMAN 70.3 Maryland Elliot Feng</p> <p>15 CHINA PEAK TRIATHLON, Huntington Lake Sylvia Blodorn Henry Blodorn</p> <p>21-28 RAINIER EXPEDITION Lori Soriano</p> <p>23 WILD ROSE SPRINT Calgary, Canada Cheryl Vianzon</p>	<p>13 JUNE LAKE, east Sierra area Abby Epton</p> <p>14 GOLETA BEACH TRIATHLON, Goleta Sylvia Blodorn Henry Blodorn</p> <p>20 ROCK TO PIER RUN Morro Bay, Calif. Sid Hessler</p> <p>27 JACK & JILL MARATHON, North Bend, Washington Pam Plyler Lori Soriano</p> <p>28 SAN LUIS OBISPO TRIATHLON Isaac Nelson (swim/bike legs of relay)</p> <p>28 IRONMAN SANTA ROSA 70.3 Brent Fulce</p>	<p>17 LAKE TAHOE XTERRA Abby Epton</p> <p>25 LAKE TAHOE TRIATHLON Cheryl Vianzon (Olympic)</p> <p>IRONMAN TRAVERSE CITY 70.3 Michigan Lauren Zwang</p>

TRISPOKES RACE PLANS FOR 2019 (SEPTEMBER-DECEMBER)

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>8 IRONMAN SANTA CRUZ 70.3 Brent Fulce</p> <p>PIRU TIME TRIAL, Fillmore Lori Soriano</p> <p>10 PANCREATIC 5K Sid Hessler</p> <p>14 TEHACHAPI GRAN FONDO Christina Branson Lori Soriano Abby Epton</p> <p>22 OCEANSIDE TIKI SWIM Cheryl Vianzon</p> <p>28 IRONMAN MARYLAND Brent Fulce</p> <p>29 MISSION BAY TRIATHLON San Diego Abby Epton</p>	<p>13 BAKERSFIELD TRIATHLON Lori Soriano Danny Edwards Donna Winkley</p> <p>ROCK 'N' ROLL HALF- MARATHON San Jose, California Cheryl Vianzon</p> <p>13 CHICAGO MARATHON Lori Soriano</p> <p>20 IRONMAN ARIZONA 70.3 Tempe, Arizona Cheryl Vianzon Abby Epton</p> <p>26 HITS TRIATHLON SERIES, La Quinta Danny Edwards (half)</p>	<p>1-2 6-12-24 HOUR WORLD TIME TRIAL CHAMPIONSHIPS Lori Soriano</p> <p>3 NYC MARATHON Donna Winkley</p> <p>9 FIG FONDO, Santa Ynez Abby Epton</p> <p>24 IRONMAN ARIZONA Franck Pichard Joe Raymond</p>	<p>8 IRONMAN 70.3 INDIAN WELLS La Quinta, California Cheryl Vianzon</p>