

# TRISPOKES RACE PLANS FOR 2019 (AUGUST-DECEMBER)

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
<p><b>10</b> CASTAIC LAKE SPRINT Elliot Feng</p> <p><b>11</b> CHULA VISTA CHALLENGE San Diego Brooke Ambrose</p> <p><b>17</b> LAKE TAHOE XTERRA Abby Epton</p> <p><b>24</b> SANTA BARBARA TRIATHLON Danny Edwards (long course)</p> <p><b>25</b> LAKE TAHOE TRIATHLON Cheryl Vianzon (Olympic)</p> <p>IRONMAN TRAVERSE CITY 70.3 Michigan Lauren Zwang</p> <p><b>31</b> ITU DRAFT LEGAL WORLD CHAMPIONSHIPS Lausanne, Switzerland Elliot Feng</p>	<p><b>2</b> OTILLO SWIM-RUN WORLD CHAMPIONSHIPS Sandham, Sweden Charles Brown</p> <p><b>7</b> XTERRA OFF-ROAD TRIATHLON Ogden, Utah Kenny Lawrence</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> MALIBU TRIATHLON Malibu, California Shawn Caldwell (Olympic)</p> <p>TEHACHAPI GRAN FONDO Christina Branson Lori Soriano Abby Epton Danny Edwards</p> <p>WASCALLY WABBIT HALF MAWATHOM Fresno Donna Winkley</p> <p><b>21</b> RUN SHE IS BEAUTIFUL 10-MILER Ventura Donna Winkley</p> <p><b>28</b> IRONMAN MARYLAND Brent Fulce</p> <p><b>29</b> MISSION BAY TRIATHLON San Diego Abby Epton</p>	<p><b>4-6</b> SAN JOSE ROCK N ROLL MARTHON Cheryl Vianzon (5k and half)</p> <p><b>5</b> LAS VEGAS TRIATHLON Lake Mead, Nevada Victor Peel (sprint)</p> <p><b>13</b> BAKERSFIELD TRIATHLON Danny Edwards (Oly) Kenny Lawrence (Oly) Elliot Feng Mike Toland Elizabeth Rehkopf Charles Brown (sprint) Jon Cunningham (aquabike) Terri Wheeler (sprint) Frank Martin (Olympic) Richard Meyer (aquabike)</p> <p>JUDGMENT DAY HALF-MARATHON Bakersfield Donna Winkley</p> <p>CHICAGO MARATHON Lori Soriano</p> <p><b>20</b> IRONMAN ARIZONA 70.3 Tempe, Arizona Cheryl Vianzon Abby Epton</p> <p><b>26</b> HITS TRIATHLON SERIES La Quinta, California Danny Edwards (half)</p> <p>HOFFMAN HOSPICE 10K Bakersfield Donna Winkley</p> <p><b>27</b> SOCAL Spartan Sprint Tejon Ranch Elliot Feng</p>	<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>9</b> FIG FONDO, Santa Ynez Abby Epton</p> <p><b>16-17</b> DRAFT LEGAL NATIONAL CHAMPIONSHIPS Tempe, Arizona Elliot Feng</p> <p><b>17</b> BAKERSFIELD MARATHON/HALF Brian Cain (full) Kenny Lawrence (full) Danny Edwards (half) Elliot Feng (half, if not Tempe)</p> <p><b>24</b> IRONMAN ARIZONA Franck Pichard Joe Raymond</p> <p><b>DECEMBER</b></p> <p><b>7</b> CALIFORNIA INTERNATIONAL MARATHON Sacramento Charles Brown</p> <p><b>8</b> IRONMAN 70.3 INDIAN WELLS La Quinta, California Cheryl Vianzon Elliot Feng</p> <p><b>14</b> CENTRAL CA SPARTAN SUPER Los Olivos, California Elliot Feng</p>

