

2019 TRIATHLON RACES

03/17	IRONMAN SuperSeal	Oceanside, CA
03/31	IRONGIRL Clearwater	Tampa, FL
04/06	IRONMAN 70.3 California	Oceanside, CA
04/07	IRONMAN Texas	Galveston, TX
04/14	IRONMAN 70.3 Florida	Haines City, FL
04/14	LIFETIME Triathlon - South Beach	Miami Beach, FL
04/27	IRONMAN North American Championships	The Woodlands, TX
04/28	IRONMAN 70.3 St. George	St. George, UT
04/28	St. Anthony's Triathlon	St. Petersburg, FL
04/28	Rev3 Westfields Triathlon	Chantilly, VA
05/05	IRONMAN Virginia	Williamsburg, VA
05/05	Wildflower Triathlon	Bradley, CA
05/11	IRONMAN Santa Rosa	Santa Rosa, CA
05/11	IRONMAN 70.3 Gulf Coast	Panama City Beach, FL
05/19	IRONMAN 70.3 Chattanooga	Chattanooga, TN
05/25	Rev3 Salute Triathlon	Vint Hill, VA
05/27	LIFETIME Triathlon - CapTex	Austin, TX
06/01	IRONMAN 70.3 Hawaii	Kohala Coast, HI
06/02	IRONMAN Connecticut	Middlebury, CT
06/09	IRONMAN 70.3 Eagleman	Cambridge, MD
06/09	IRONMAN Boulder	Boulder, CO
06/09	IRONMAN 70.3 Wisconsin	Madison, WI
06/23	Rev 3 Montclair Triathlon	Montclair, VA
06/23	White Mountains Triathlon	Franconia, NH
06/30	IRONMAN 70.3 Coeur d'Alene	Coeur d'Alene, ID
06/30	IRONMAN 70.3 Buffalo Springs Lake	Lubbock, TX
06/30	IRONMAN 70.3 Steelhead	Benton Harbor, MI
07/13	IRONMAN 70.3 Muncie	Muncie, IN
07/13	LIFETIME Triathlon - Minneapolis	Minneapolis, MN
07/13	Door County Triathlon	Door County, WI
07/21	LIFETIME Triathlon - New York City	New York City, NY
07/27	IRONMAN 70.3 Santa Rosa	Santa Rosa, CA
07/28	IRONMAN 70.3 Ohio	Delaware, OH

07/28	IRONMAN Lake Placid	Lake Placid, NY
07/28	Boston Triathlon	Boston, MA
08/03	IRONMAN 70.3 Boulder	Boulder, CO
08/10	USAT Age Group National Championship	Cleveland, OH
08/25	IRONMAN 70.3 Maine	Old Orchard Beach, ME
08/25	IRONMAN 70.3 Traverse City	Traverse City, MI
08/25	LIFETIME Triathlon - Chicago	Chicago, IL
09/08	IRONMAN Wisconsin	Madison, WI
09/08	IRONMAN 70.3 Lake Placid	Lake Placid, NY
09/08	IRONMAN 70.3 Santa Cruz	Santa Cruz, CA
09/15	IRONMAN 70.3 Atlantic City	Atlantic City, NJ
09/15	IRONMAN 70.3 SuperFrog	Imperial Beach, CA
09/15	LIFETIME Triathlon - Tempe	Tempe, AZ
09/16	Rev3 Stafford Triathlon	Stafford, VA
09/22	LIFETIME Triathlon - Escape to Miami	Miami, FL
09/22	Rev3 Westchester Tri	Rye, NY
09/28	IRONMAN Maryland	Cambridge, MD
09/28	Kerrville Triathlon	Kerrville, TX
09/29	IRONMAN Chattanooga	Chattanooga, TN
09/29	IRONMAN 70.3 Augusta	Augusta, GA
10/12	IRONMAN World Championship	Kona, HI
10/13	IRONMAN Louisville	Jeffersonville, IN
10/19	IRONMAN 70.3 North Carolina	Wilmington, NC
10/20	IRONMAN 70.3 Arizona	Tempe, AZ
10/27	IRONMAN 70.3 Waco	Waco, TX
11/02	IRONMAN Florida	Panama City Beach, FL
11/24	IRONMAN Arizona	Tempe, AZ
TBD	IRONMAN 70.3 New Orleans	New Orleans, LA
TBD	IRONMAN 70.3 Indian Wells-La Quinta	Indian Wells, CA
TBD	Rev3 Sizzling Triathlon	Vint Hill, VA
TBD	Rev3 Massachusetts Triathlon	Webster, MA
TBD	Rev3 Capital Trail 100 Mile Relay	Richmond, VA

2019 RUNNING RACES

01/19	Rock 'n' Roll Arizona	Phoenix, AZ
01/20	Chevron Houston Marathon	Houston, TX
01/20	Pasadena Half Marathon	Pasadena, CA
01/20	3M Half Marathon	Austin, TX
01/20	St. Pete's Half Marathon	St. Petersburg, FL
01/20	Frostbite 15K	North Chesterfield, VA
01/20	NYRR Fred Lebow Manhattan Half	New York City, NY
01/26	Frosty's Frozen Five and Ten	Littleton, CO
01/26	Al Comeaux LA10	Youngsville, LA
01/27	Miami Marathon	Miami, FL
02/02	Mid-Winter 10 Mile Classic	Brunswick, ME
02/03	USA FIT Marathon	Sugar Land, TX
02/09	Hilton Head Island Marathon	Hilton Head Island, SC
02/09	Rock 'n' Roll New Orleans	New Orleans, LA
02/09	Phoenix Marathon	Phoenix, AZ
02/16	Mid-Maryland Ultra 50k	Columbia, MD
02/16	Frozen Heart 50K	Leonardtown, MD
02/17	Austin Marathon	Austin, TX
02/23	Gasparilla Distance Classic	Tampa, FL
02/24	Post Oak Run	Tulsa, OK
02/24	Portage Winter Blast Half Marathon	Kalamazoo, MI
03/02	The Woodlands Marathon	The Woodlands, TX
03/03	Little Rock Marathon	Little Rock, AK
03/03	305 Half Marathon	Miami, FL
03/03	Napa Valley Marathon	Napa, CA
03/03	Santa Cruz Half Marathon	Santa Cruz, CA
03/09	Rock 'n' Roll Washington DC	Washington DC
03/09	Surgoinville 10 Miler	Rogersville, TN
03/09	Panera Beacon Run	Oklahoma City, OK
03/16	Canyonlands Half Marathon and 5 Mile Run	Moab, UT
03/17	United Airlines NYC Half	New York City, NY
03/17	Florida Beach Shamrock Half Marathon	St. Petersburg, FL
03/17	Shamrock Marathon & Half Marathon	Virginia Beach, VA

03/23	Citizens Bank Shamrock Half Marathon	Manchester, NH
03/24	Skechers Los Angeles Marathon	Los Angeles, CA
03/24	Bank of America Shamrock Shuffle	Chicago, IL
03/24	Oakland Running Festival	Oakland, CA
04/07	Rock 'n' Roll San Francisco	San Francisco, CA
04/07	Go! St. Louis Marathon	St. Louis, MO
04/07	Credit Union Cherry Blossom 10 Mile Run	Washington DC
04/13	Charlotte Race Fest	Charlotte, NC
04/14	SHAPE Women's Half Marathon	New York City, NY
04/15	Boston Marathon	Boston, MA
04/27	Rock 'n' Roll Nashville	Nashville, TN
04/27	Capital City Half Marathon	Columbus, OH
04/28	Big Sur International Marathon	Big Sur, CA
04/28	St. Luke's Lehigh Valley Half	Emmaus, PA
05/04	500 Festival Mini Marathon	Indianapolis, IN
05/05	Blue Cross Broad Street Run	Cincinnati, OH
05/05	Flying Pig Marathon	Philadelphia, PA
05/05	OC Marathon	Newport Beach, CA
05/18	Kaiser Permanente Colorado Colfax Marathon	Denver, CO
05/18	La Sportiva Boneyard Boogie	Eagle, CO
05/18	Poplar Brooklyn Half Marathon	Brooklyn, NY
05/19	Marine Corps Historic Half	Arlington, VA
05/19	Chicago Spring 13.1	Chicago, IL
05/19	Cellcom Green Bay Marathon	Green Bay, WI
06/01	Rock 'n' Roll San Diego	San Diego, CA
06/01	Baltimore 10 Miler	Baltimore, MD
06/01	Thelma and Louise Moab Half Marathon	Canyonlands, UT
06/02	Hospital Hill Run	Kansas City, KS
06/08	Rock 'n' Roll Seattle	Seattle, WA
06/22	La Sportiva Summer Solstice	Beaver Creek, CO
06/23	B.A.A. 10K	Boston, MA
07/08	La Sportiva Vail HillClimb	Vail, CO
07/20	Rock 'n' Roll Chicago	Chicago, IL

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07/20	La Sportiva Half Marathon	Vail, CO
08/03	La Sportiva Berry Picker 5K	Vail, CO
08/18	Falmouth Road Race	Falmouth, MA
08/21	TCS New York City Marathon Training Series 15M	New York City, NY
08/24	Pike's Peak Marathon	Manitou Springs, CO
08/24	Seattle Marathon 10K	Seattle, WA
08/24	Craft New Hampshire 10 Miler	Manchester, NH
08/24	Santa Rosa Marathon	Santa Rosa, CA
08/24	La Sportiva 10K@10,000	Vail, CO
08/31	Rock' n' Roll Virginia Beach	Virginia Beach, VA
09/14	Rock' n' Roll Philadelphia	Philadelphia, PA
09/14	La Sportiva MeadowGold	Minturn, CO
09/16	TCS New York City Marathon Training Series 18M	New York City, NY
09/21	The Great Cow Harbor - 10K	Long Island, NY
09/22	Fox Cities Marathon	Appleton, WI
09/22	Orangetheory Fitness 20 Miler	Chicago, IL
09/29	Chicago Half & 5K	Chicago, IL
09/29	New Balance Bronx 10 Mile	Bronx, NY
10/05	NYRR Grete's Great Gallop	New York City, NY
10/05	Rock' n' Roll San Jose	San Jose, CA
10/05	St. George Marathon	St. George, UT
10/06	MO Cowbell Marathon	St. Charles, MO
10/06	New England Half Marathon	Concord, NH
10/13	B.A.A. Half Marathon	Boston, MA
10/13	Chicago Marathon	Chicago, IL
10/13	Canyonlands The Other Half - Moab	Moab, UT
10/13	NYRR Staten Island Half	Staten Island, NY
10/19	Rock' n' Roll Denver	Denver, CO
10/19	Detroit Marathon	Detroit, MI
10/19	Baltimore Running Festival	Baltimore, MD
10/20	IMT Des Moines Marathon	Des Moines, IA
10/20	Nationwide Children's Hospital Columbus Marathon	Columbus, OH
10/20	Sarasota Half Marathon	Sarasota, FL

10/27	Florida Halloween Half Marathon	St. Petersburg, FL
10/27	Marine Corps Marathon	Arlington, VA
11/02	Rock' n' Roll Savannah	Savannah, GA
11/03	New York City Marathon	New York City, NY
11/09	Rock' n' Roll Las Vegas	Las Vegas, NV
11/10	Manchester City Marathon	Manchester, NH
11/10	Monterey Bay Half Marathon	Big Sur, CA
11/17	AARC Philadelphia Marathon	Philadelphia, PA
11/24	Amica Insurance Seattle Marathon and Half Marathon	Seattle, WA
12/07	Holualoa Tuscon Marathon	Tucson, AZ
12/07	Winter Sun 10K	Moab, UT
12/08	Rock' n' Roll San Antonio	San Antonio, TX
12/15	BMW Dallas Marathon	Dallas, TX
TBD	Fort De Soto 15K	St. Petersburg, FL
TBD	Florida Holiday Half Marathon	Maderia Beach, FL