



YOUR THREE-SPORT YEAR
 THESE 21 EVENTS WILL ALL LEAVE YOU WANTING TO TRI, TRI AGAIN.

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SCORING A SPOT IN A POPULAR TRIATHLON CAN BE AS DIFFICULT as getting back on the bike after a midride bakery binge: This July's New York City tri sold out in two hours—last December 1. But some of the best races don't require you to camp out by your computer at midnight. BICYCLING consulted industry insiders, club leaders and triathletes from beginners to pros to create this 2008 multisport calendar. While most of these races haven't sold out quickly in the past, register now to beat the rush.

NORTHEAST

- 1. July 13: Musselman Triathlon, Geneva, NY** [Sprint, Half-Ironman] Mussel isn't misspelled—zebra mussels inhabit Seneca Lake, the swim site. musselmantri.com
- 2. Aug. 3: Wilkes-Barre Tri, Wilkes-Barre, PA** [Olympic] Lance Armstrong raced here in 1988. www.wilkesbarretriathlon.com
- 3. Aug. 17: Lums Pond Triathlon, Bear, DE** [Sprint] Weak swimmers can try the duathlon, which replaces the swim with a 2-mile run. piranhaevents.com
- 4. Sept. 6-7: Pumpkinman Triathlon Festival, South Berwick, ME** [Sprint, Half-Ironman] The classic course follows the Eastern Trail. pumpkinmantriathlon.com

SOUTH

- 5. May 18: Memphis in May Triathlons, Millington, TN** [Olympic, Mountain Bike] Tri age-groupers begin one at

- a time, a plus if you dread the mass start. The mountain bike race is a 1/3-mile swim, 10-mile ride and 3-mile trail run. mimtri.racesonline.com
- 6. June 7: Heatwave Classic Triathlon, Ridgeland, MS** [Olympic] It doesn't get any better: Swim in the Ross Barnett Reservoir, bike on the Natchez Trace and run on a shaded trail. heatwavetri.org
- 7. June 17: RYKA Iron Girl Atlanta Women's Triathlon, Atlanta** [Sprint] This all-women race is ideal for beginners. irongirl.com
- 8. July 14: Tri the Pee Dee Triathlon, Florence, SC** [Sprint] Show off your handling skills on the bike leg's dirt road start and finish. setupevents.com

MIDWEST

- 9. June 1: Iowa's Pigman Triathlon, Marion, IA** [Sprint] In one of the most competitive sprint tris in the region, cyclists have an

- advantage: The ride includes killer hills. pigmantri.com
- 10. June 7: Delavan Lake Triathlon, Delavan, WI** [Supersprint, Sprint, Olympic, Adventure] The Supersprint is a quarter-mile swim, 12-mile bike and 1-mile run; "adventure" means a 12-mile kayak and 3.1-mile run. lakegenevasports.com
- 11. July 12: Life Time Fitness Triathlon, Minneapolis** [Sprint, Olympic] Relish a supportive atmosphere where you're just as likely to be cheered on by your best friend as you are by an Olympian who just won the race. lfttriathlon.com
- 12. Aug. 24: Accenture Chicago Triathlon** [Sprint, Olympic, Mountain Bike] Races tend to fill in June, so register now for this weekend-long party, one of the largest triathlon events in the country. chicagoetriathlon.com

WEST

- 13. May 18: Tempe International Triathlon, Tempe, AZ** [Sprint, Olympic] The course "is mostly flat, with a few hills to keep you honest," organizers say. tucsonracing.com
- 14. June 29: San Diego International Triathlon** [Sprint, Olympic] The hilly bike route travels to Cabrillo National Monument and back. kozenterprises.com
- 15. Aug. 30: Lake Las Vegas Triathlon, Las Vegas** [Sprint, Olympic] Race alone or as a husband/wife or parent/child team. sunsetracing.com
- 16. Oct. 24-25: Hi-Fi Triathlon, Galveston, TX** [Sprint, Olympic] The salt water of the Gulf will help you stay afloat, and the bike follows the dead-flat coastline. hifitri.com
- 17. July 19: Scofield Triathlon, Scofield, UT** [Sprint, Olympic] At 7,800 feet, the race takes place at

- a higher elevation than any other U.S. tri, race organizers boast. scofieldtriathlon.com
- 18. July 19-20: Chelanman Multisport Weekend, Chelan, WA** [Sprint, Olympic, Half-Ironman] Rolling hills surround a glacier-fed lake. There's also a Try-a-Tri, for first-timers only. chelanman.com
- 19. Aug. 2: Barb's Race, Guerneville, CA** [Half-Ironman] This women's race is an idyllic introduction to long-course tris. vineman.com
- 20. Aug. 24: XTERRA Wild Ride Triathlon, McCall, ID** [Mountain Bike] Swim 3/4 of a mile, mountain bike 19.5 miles and run 6 miles without pavement in sight. wildrockies.com
- 21. Aug. 31: City of Portland Triathlon, Portland, OR** [Olympic] Swim in the Willamette, then bike and run through downtown Portland. portlandtri.com

WIN



CHARLIE LAYTON