

2009 Race Schedule

Date	Race	Location	Distance	Link
1/18	People's Forest 8.5/17 Miler	Pleasant Valley, CT	8.5/17 miles	www.hartfordtrackclub.org
1/18	Boston Build-up Series	Ridgefield, CT	15k	www.clubct.org/Buildup/BBSked.html
2/8	Boston Build-up Series	Southport, CT	20k	www.clubct.org/Buildup/BBSked.html
2/28	Colchester 1/2 Marathon	Colchester, CT	1/2 Marathon	www.hartfordtrackclub.org
3/1	Boston Build-up Series	Norwalk, CT	25k	www.clubct.org/Buildup/BBSked.html
3/7	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
3/7	Ironman New Zealand	Taupo, New Zealand	IM	http://ironman.com/events/ironman/newzealand
3/8	Collinsville 5.5/11 Miler	Collinsville, CT	5.5/11 miles	www.hartfordtrackclub.org
3/14	O'Niantic 5k	Niantic, CT	5k	www.hartfordmarathon.com
3/14	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
3/15	Max's O'Hartford	Hartford, CT	5k	www.hartfordmarathon.com
3/21	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
3/22	Shoreline Sharks 1/2 Marathon	West Haven, CT	1/2 Marathon	www.athlinks.com/CalendarItem.aspx?centryid=79249
3/22	Asta Memorial Challenge	Rocky Hill, CT	19.6 miles	www.hartfordtrackclub.org
3/28	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
4/4	HTC 1/4 Marathon	Farmington, CT	14/ Marathon	www.hartfordtrackclub.org
4/4	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
4/5	Ten Penny 10 Miler	East Hartford, CT	10 miles	www.hartfordmarathon.com
4/5	Oleksak Lumber 1/2 Marathon	Westfield, MA	1/2 and 5k	www.active.com/page/Event_Details.htm?event_id=1658409&assetId=aa439de3-3cb6-4214-ab9c-7453283c00a3
4/9	Brians Beachside Boogie	Madison, CT	Duathlon	www.plattsys.com/waspeview.asp?eventid=495
4/11	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
4/18	Plainville Crit Series	Planville, CT	varies	www.plainvillespringseries.com/index.html
4/19	Wrentham Duathlon	Wrentham, MA	Duathlon	www.firm-racing.com/events.asp
4/26	Glastonbury River Run	Glastonbury, CT	5k	www.hartfordmarathon.com
4/26	Nutmeg State 1/2 Marathon & 10k	Southbury, CT	1/2 Marathon	www.endureitmultisports.com/
4/26	Rockbuster Offroad Duathlon	Ashland, MA	Duathlon	www.firm-racing.com/events.asp
5/9	Anniversary Run	TBD	5k	www.hartfordmarathon.com
5/9	Race in the Park	New Britain, CT	5k	www.hartfordmarathon.com
5/10	Sudbury Sprint Sprint	Sudbury, MA	Sprint	www.firm-racing.com/events.asp
5/17	Shamrock Duathlon	Glastonbury, CT	Duathlon	www.hartfordmarathon.com
5/17	Lions Spring Sprint Tri	Marlboro, MA	Sprint	www.firm-racing.com/events.asp
5/23	Sheriff's Sprint Pool Tri	Ludlow, MA	Sprint	www.firm-racing.com/events.asp
5/23	Coast Guard Duathlon	Bourne, MA	Duathlon	www.firm-racing.com/events.asp
5/31	Iron Horse 1/2 Marathon & 10k	Simsbury, CT	1/2 Mar/10k	www.hartfordmarathon.com
5/31	Ludlow Boys & Girls Club Tri	Ludlow, MA	Sprint	www.firm-racing.com/events.asp
5/31	Tri Ridgefield	Ridgefield, CT	Sprint	www.triridgefield.com/blog/2008/09/27/2009-ridgefield-triathlon/
6/6	Mooseman Tri Festival	Bristol, NH	Olympic	www.timbermantri.com/moosemaninternational.html
6/7	Mooseman Tri Festival	Bristol, NH	1/2 IM	www.timbermantri.com/moosemanhalfiron.html
6/6	Pawling Tri	Pawling, NY	Sprint	www.active.com/page/Event_Details.htm?event_id=1666647&assetId=7e058299-2d83-402a-ac0a-c353cd8471f6

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6/7	Mystic River Valley Tri	Mystic, CT	Sprint	www.plattsys.com/waspeview.asp?eventid=506
6/7	Revolution3- 1/2 IM	Middlebury, CT	1/2 IM	www.rev3tri.com/
6/7	Firmman	Lancaster, MA	1/2 IM	www.firm-racing.com/events.asp
6/11	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
6/13	Health Net Tri	Shelton, CT	Olympic	www.trifitness.net/
6/14	Celebrate WH Road Race	West Hartford, CT	5k	http://www.celebratewesthartford.com/5_k_road_race.html
6/14	Ashland Lions Metro West Tri	Ashland, MA	Olympic	www.firm-racing.com/events.asp
6/16	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
6/18	X-Treme Scramble #1	Hartford, CT	5k	www.hartfordmarathon.com
6/19	Lake Waramaug Sprint Tri & Relay	New Preston, CT	Sprint	www.endureitmultisports.com/
6/20	Madison Mile Open Water Swim	Madison, CT	Swim	http://www.active.com/page/Event_Details.htm?event_id=1721231&assetId=a3e4f035-ca49-4b28-a213-49e145f5bee1
6/20	Pat Griskus Olympic Tri	Middlebury, CT	Olympic	www.patgriskus.com/
6/20	Tolland Summer Solstice Sprint Tri	Tolland, CT	Sprint	www.tolland.org/government/departments/parks-recreation/upcoming-events/
6/20	Patriot Triathlon	East Freetown, MA	1/2 IM	www.sunmultisportevents.com
6/21	Webster Lake Tri	Webster, MA	Sprint	www.firm-racing.com/events.asp
6/23	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
6/25	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
6/28	Stamford KIT IT Tri	Stamford, CT	Olympic	www.kidsincrisis.org/content/publish/default.shtml
6/28	Holliston Lions Tri	Holliston, MA	Sprint	www.firm-racing.com/events.asp
6/28	Vermont Sun Tri	Salisbury, VT	Sprint	www.rushtonsports.com
6/30	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
7/7	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
7/8	Pat Griskus Sprint Tri	Middlebury, CT	Sprint	www.patgriskus.com/
7/9	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
7/11	Red Dress Run	Hartford, CT	5k	www.hartfordmarathon.com
7/11	Black Fly - Lord of the Flies	Waterville Valley, NH	Olympic	www.timbermantri.com/blackfly/blackfly-lord.html
7/12	Black Fly - Lord of the Flies	Waterville Valley, NH	Sprint	www.timbermantri.com/blackfly/blackfly-lord.html
7/12	Old Colony YMCA Tri	Middleboro, MA	Olympic	www.firm-racing.com/events.asp
7/12	Ironman 70.3 Rhode Island	Providence, RI	1/2 IM	www.ironman.com/rhodeisland70.3
7/12	Vermont Sun Tri	Salisbury, VT	Sprint	www.rushtonsports.com
7/14	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
7/18	Greenwich 1 mile swim	Greenwich, CT	Swim	www.gscevents.org
7/18	Westport Pt-Pt 1 mile swim	Westport, CT	Swim	http://www.westporty.org/index.php/special_events/
7/18	Musselman Tri	Geneva, NY	Sprint	www.musselmantri.com
7/19	Musselman Tri	Geneva, NY	1/2 IM	www.musselmantri.com
7/19	Mossman Tri	Norwalk, CT	Sprint	www.teammossmann.com/
7/19	Littleton AppleMan Tri	Littleton, MA	Sprint	www.firm-racing.com/events.asp
7/21	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
7/23	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
7/26	Women's Tri	Webster, MA	Sprint	www.firm-racing.com/events.asp

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7/26	Ironman Lake Placid	Lake Placid, NY	IM	www.ironmanusa.com
7/28	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
7/30	X-Treme Scramble #2	Hartford, CT	5k	www.hartfordmarathon.com
7/31	Sandy Beach Tri	Morris, CT	Sprint	www.active.com/page/Event_Details.htm?event_id=1614427&assetId=306A12A6-B20E-427B-ADBB-C41AB407A311
8/2	Witch City Tri	Salem, MA	Sprint	www.firm-racing.com/events.asp
8/4	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
8/6	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
8/8	Greenwich 2 mile swim	Greenwich, CT	Swim	www.gscevents.org
8/8	Lake Dunmore Tri	Salisbury, VT	Olympic	www.rushtonsports.com
8/9	Amica Niantic Bay Tri	Niantic, CT	Sprint	www.hartfordmarathon.com
8/9	Lowell YMCA Tri	Lowell, MA	Olympic	www.firm-racing.com/events.asp
8/11	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
8/13	Pfizer Corp Sprint Tri	Groton, CT	Sprint	www.plattsys.com/waspeview.asp?eventid=479
8/15	Bayside YMCA Tri	Barrington, RI	Sprint	www.firm-racing.com/events.asp
8/16	Park City Mossman Tri	Bridgeport, CT	Olympic	www.teammossmann.com/
8/16	Wild Dog Tri	Bristol, RI	Sprint	www.firm-racing.com/events.asp
8/18	Winding Trails Tri Series	Farmington, CT	Sprint	www.windingtrails.com
8/20	Lake Terramugus Tri Series	Marlborough, CT	Sprint	http://www.cyclingconcepts.com/Tri_Series_2009/index.htm
8/22	Timberman Tri Festival	Gilford, NH	Sprint	www.timbermantri.com/timbershort.html
8/23	Timberman Tri Festival	Gilford, NH	1/2 IM	www.timbermantri.com/timbershort.html
8/23	Litchfield Hills Tri	New Hartford, CT	Olympic	www.hartfordmarathon.com
8/27	X-Treme Scramble #3	Hartford, CT	5k	www.hartfordmarathon.com
8/29	Cranberry Tri Fest	Lakeville, MA	Sprint	www.sunmultisportevents.com
8/30	Half Journey Tri	Salisbury, VT	1/2 IM	www.rushtonsports.com
8/30	Cranberry Tri Fest	Lakeville, MA	Olympic	www.sunmultisportevents.com
8/30	Old Wethersfield	Wethersfield, CT	5k	www.hartformarathon.com
8/30	Journey for Sight Tri	Chicopee, MA	Sprint	www.firm-racing.com/events.asp
8/30	Ironman Louisville	Louisville, KY	IM	www.ironman.com/events/ironman/louisville
9/5	Open Water Swim Festival	Middlebury, CT	Swim	www.qsailingcenter.org/openwaterswimming.html
9/12	Dave Parcels Madison Tri	Madison, CT	Sprint	http://www.active.com/page/Event_Details.htm?event_id=1688597&assetId=ecf3380f-24a2-4b50-8974-7c91fb83fef0
9/13	Westport Kiwanis Minuteman Tri	Westport, CT	Sprint	www.active.com/page/Event_Details.htm?event_id=1637908&assetId=68D060AD-8AE6-4220-A1E9-767DA199AE56
9/13	Firmman - Rhode Island	Narragansett, RI	1/2 IM	www.firm-racing.com/events.asp
9/13	Westchester Toughman	Croton-on-Hudson, NY	1/2 IM	www.westchestertoughman.com
9/13	Women's Tri	Farmington, CT	Sprint	www.hartfordmarathon.com
9/19	TDD Tri	Douglas State Forest, MA	Sprint	www.firm-racing.com/events.asp
9/20	Trifitness Fairfield Tri	Fairfield, CT		www.trifitness.net/Fairfield.htm
9/20	Nutmegman 1/2 IM		1/2 IM	www.endureitmultisports.com/
9/20	Hammerfest Tri	Branford, CT	Sprint	www.plattsys.com/waspeview.asp?eventid=492
9/26	ITPman Tri	Darien, CT	Sprint	www.itpfoundation.org/new-itpman_triathlon.htm

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10/4	Mud, Sweat N'Gears Du	Ashland, MA	Duathlon	www.firm-racing.com/events.asp
10/9	ING Run for Something Better Day	Hartford, CT	5k	www.hartfordmarathon.com
10/10	Hartford Marathon	Hartford, CT	Marathon, 1/2	www.hartfordmarathon.com/
10/11	Westport Mossman Tri	Westport, CT	Sprint	www.active.com/page/Event_Details.htm?event_id=1666647&assetId=7e058299-2d83-402a-ac0a-c353cd8471f6
10/25	Halloween Wrentham Du	Wrentham, MA	Duathlon	www.firm-racing.com/events.asp
10/25	Pumpkin Run	Haddam, CT	5k	www.hartfordmarathon.com
11/14	Freedom Run	Hartford, CT	5k	www.hartfordmarathon.com
12/12	Christmas Run	TBD	TBD	www.hartfordmarathon.com