

2010 MULTISPORT CALENDAR

Upper Midwest triathlons, duathlons & adventure races

This two-page multisport calendar includes triathlons, duathlons and adventure races set to take place in the upper Midwest in May through the end of the year.

For more complete listings for May, June and July events, please refer to the calendar at the back of this issue. (Each issue of Silent Sports includes three months worth of listings. Full listings for events in August and beyond can be found on our website, www.silentsports.net.)

Triathlons typically follow a swim/bike/run format. Duathlons are run/bike/run events and biathlons are swim/run or bike/run events (and not to be confused here with cross-country skiing/target shooting, also known as biathlon).

Some triathlons include other disciplines, such as paddling. And many adventure races include all the above plus ropes (rapelling and/or ascending zip lines) and orienteering (reading topography maps with a compass).

The length of each segment of a given event varies greatly. The events in this calendar are identified according to the standard distances they most closely approximate. Refer to the following key and categories.

- SST**..... Super Sprint Tri: 400m/10K/2.5K
- SDT**..... Sprint Distance Tri: 750m/20K/5K
- STDT**..... Standard Distance Tri: (aka Olympic or International): 1.5K/40K/10K
- IRDT**..... Ironman Distance Tri: 3.8K/180K/42K
- KT**..... Kids' Tri: age-appropriate distances, often held day before an adult event
- KDU**..... Kids' Duathlon
- DU**..... Duathlon
- AR**..... Adventure Race
- PA**..... Triathlon with paddling, often in place of swimming
- O**..... Orienteering
- MTB**..... Mountain Biking (on trails, not roads)
- POOL**..... Swim held in a pool, not open water
- R**..... Ropes
- B**..... Biathlon: swim/run
- NON**..... Noncompetitive Event
- XC**..... Cross Country (off road)

MAY

1 Saturday

PAPER DISCOVERY (Neenah, WI, KDU), **WOODSON YMCA** (Weston, WI, KT), **MASH & MINI MASH** (Madison, WI, AR, O, PA), **PEANUT BUTTER** (Rockford, IL, DU), **FALLS DU** (Cannon Falls, MN, DU), **MINNETONKA YOUTH** (Minnetonka, MN, KT), **CHAIN OF LAKES** (Alexandria, MN, SDT), **WILLOW DU** (New Boston, MI, DU), **SIouxPERMAN** (Sioux Center, IA, SDT), **DOC SPACKMAN MEMORIAL** (Carbondale, IL, SST)

2 Sunday

PAPER DISCOVERY (Neenah, WI, DU), **WOODSON YMCA** (Weston, WI, DU), **ATHLETICARE** (Springfield, IL, SST), **FOX VALLEY FAMILY YMCA TRI-CITY CHALLENGE** (Yorkville, IL, SDT, PA), **MSU CAMPUS REC** (Mankato, MN, SDT)

8 Saturday

CINCO DE MAYO (Stillwater, MN, DU), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **TRIPLE R** (Holcombe, WI, PA), **GUSTAVUS** (St. Peter, MN, SDT), **WILD SPRING THAW** (Blaine, MN, AR)

9 Sunday

LIFETIME FITNESS INDOOR (Lakeville, MN, POOL), **JCC INDOOR** (Milwaukee, WI, POOL)

10 Monday

AUNT AMY DU (Waubun, MN, DU)

13 Thursday

ADVENTURE BIKE (Windsor, WI, O)

15 Saturday

STARKERMANN (Gaylord, MI, KT), **MARSHALL AREA YMCA** (Marshall, MN, SDT), **LAKES TO PINES** (Park Rapids, MN, SDT), **WELLNESS** (Beloit, WI, DU), **ROOT RIVER** (Houston, MN, PA), **OAKDALE DUATHLON** (Lake Elmo, MN, DU)

16 Sunday

STARKERMANN (Gaylord, MI, KT), **TOWER** (Niles, IL, POOL, SDT), **FOX VALLEY NAVIGATION CHALLENGE** (Greenbush, WI, O, PA), **MID MINNESOTA EARLY BIRD** (Sauk Rapids, MN, SST), **LIFE TIME FITNESS INDOOR** (St. Louis Park, MN, POOL)

20 Thursday

AQUATHON NO. 1 (Madison, WI, B), **FAT OTTER RAID** (Black River Falls, WI, AR)

22 Saturday

LOUIS' BLUFF (Wisconsin River, PA, NON), **GALENA** (Galena, IL, SDT, DU), **SUNCHASER CHALLENGE** (Lake Geneva, WI, AR), **FARIBAUT FAMILY FUN** (Faribault, MN, SST), **HUGO'S KIDS** (Thief River Falls, MN, SST, KT), **MERITCARE** (Thief River Falls, MN, SDT), **GREEN LAKE** (Spicer, MN, DU)

23 Sunday

LAND BETWEEN THE LAKES (Albert Lea, MN, STDT), **GEAR WEST** (Orono, MN, DU), **FALLEN OAK OFF-ROAD** (Elk River, MN, DU, MTB), **REUBEN'S** (Albany, WI, DU)

28 Friday

APPLE KID (Sartell, MN, DU, KT)

29 Saturday

APPLE (Sartell, MN, DU), **XTRI STONY CREEK** (Shelby Twpsh., MI, SST, MTB, DU), **SPLASH & DASH** (Brown Deer, WI, POOL, B)

30 Sunday

SEAHORSE CHALLENGE (Climax, MI, STDT, SDT, DU)

31 Monday

HIGHLAND MEMORIAL DAY (Highland, IL, DU)

JUNE

5 Saturday

NEW BRI (New Brighton, MN, SDT), **URBAN** (Minneapolis, MN, AR), **GREAT EVANSVILLE** (Evansville, WI, DU), **GREEN BAY** (Green Bay, WI, KT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON)

6 Sunday

GREEN BAY (Green Bay, WI, SDT), **BRAVADO CHALLENGE** (Waukesha, WI, XC, PA), **LAKE MILLS** (Lake Mills, WI, SDT), **PIGMAN SHORT COURSE** (Palo, IA, SDT), **BUFFALO** (Buffalo, MN, SDT), **COPPER CREEK** (Pleasant Hill, IA, SDT)

12 Saturday

NORSKI (De Forest, WI, DU), **FNMS ULTRA MINI** (Marathon, WI, SDT, SST), **CAPITOL VIEW** (Madison, WI, SDT, STDT), **LAKE EAU CLAIRE CLEAR WATER** (Augusta, WI, PA), **PRAIRIE** (Rockton, IL, SDT), **LIBERTY TRI** (Independence, MN, HALF IRDT, STDT), **LOON LAKE** (Lake Crystal, MN, SST), **CHIPPEWA** (Cass Lake, MN, PA), **MATTOON** (Neoga, IL, SDT, SDT), **HY-VEE** (West Des Moines, IA, KT)

13 Sunday

HY-VEE (West Des Moines, IA, STDT), **MANITOU** (White Bear Lake, MN, SDT), **TRINONA** (Winona, MN, SDT, STDT), **SOUTH SHORE** (Cudahy, WI, DU), **U.S. WOMEN'S SERIES** (Naperville, IL, SDT), **CAPITOL VIEW** (Madison, WI, SDT, STDT, KB)

17 Sunday

AQUATHON NO. 2 (Madison, WI, B)

19 Saturday

HIGH CLIFF (De Pere, WI, HALF IRDT, SDT), **QUAD CITIES** (Davenport, IA, SDT), **LAKE MINNETONKA** (Excelsior, MN, SDT), **HY-VEE** (Rochester, MN, STDT, SDT)

20 Sunday

FAIRMONT (Fairmont, MN, STDT, SDT), **WISCONSIN TRITERIUM** (Verona, WI, STDT, SDT),

23 Wednesday

TRICERATOPS TRI (Brighton, MI, SDT)

26 Saturday

TIMBER CITY (Canton, IA, AR, PA), **JORDAN VALLEY** (East Jordan, MI, SDT), **CLEAR LAKE** (Manistique, MI, KT, PA, MTB, XC), **STEVENTON'S KIDS** (Bettendorf, IA, KT), **PLEASANT PRAIRIE JR** (Pleasant Prairie, WI, KT), **SOUTH WOOD COUNTY YMCA** (Wisconsin Rapids, WI, SDT), **DU @ THE DAM** (Coon Rapids, MN, DU), **TRI-LOPPEP** (Minneapolis, MN, PA, MTB, XC), **MIGHTY WOLF** (Winneconne, WI, SDT, SST, KT), **AVERAGE JO** (Perham, MN, SDT)

27 Sunday

CLEAR LAKE (Manistique, MI, PA, MTB, XC), **METLIFE** (Tinley Park, IL, DU), **LAKE WACONIA** (Waconia, MN, SDT), **NORTH MANKATO** (North Mankato, MN, SDT), **BIGFOOT** (Lake Geneva, WI, STDT, SDT, DU)

JULY

3 Saturday

MINNEMAN (Oak Grove, MN, SDT)

4**Sunday****HOWELL INDEPENDENCE AQUATHLON** (Howell, MI, B), **LEOPOLIS** (Leopolis, WI, SDT, SST),**10****Saturday****PEDAL PADDLE PLOD & PLUNGE** (La Pointe, WI, PA), **PHILLIPS CHAIN OF LAKES** (Phillips, WI, SDT, DU), **LACTIC EDGE** (Stevens Point, WI, SDT, KT), **PARDEEVILLE** (Pardeeville, WI, SDT), **GRAND HAVEN** (Grand Haven, MI, KT), **PEWAUKEE** (Pewaukee, WI, KT, DU), **LIFE TIME FITNESS** (Minneapolis, MN, SDT, SDT), **GRANITE KIDS** (Clearwater, MN, SST), **TIMBERMAN** (Grand Rapids, MN, SDT, SDT), **ELYSIAN ROOKIE'S** (Elysian, MN, SDT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA NON),**11****Sunday****GRAND HAVEN** (Grand Haven, MI, SDT, SDT), **PEWAUKEE** (Pewaukee, WI, SDT), **SCHAUMBURG PARK DISTRICT** (Schaumburg, IL, SST), **GRANITEMAN** (Clearwater, MN, SDT), **TREK WOMEN'S SERIES** (Pleasant Prairie, WI, SDT), **WATERS EDGE** (Algona, IA, SDT), **FAT OTTER ROAMING ROGAINE** (Black River Falls, WI, AR)**15****Thursday****AQUATHON NO. 3** (Madison, WI, B)**17****Saturday****STUBBORN MULE** (Wausau, WI, AR, PA, MTB, O), **PADDLE & PORTAGE** (Madison, WI, PA), **KEWAUNEE TROUTMAN** (Kewaunee, WI, DU), **DOOR COUNTY** (Sturgeon Bay, WI, KT), **VIROQUA** (Viroqua, WI, POOL, SDT), **NEENAH-MENASHA YMCA/FREMONT** (Fremont, WI, SST), **OKOBOJI** (Okoboji, IA, SDT), **YMCA TEAL LAKE** (Marquette, MI), **LAKE GEODE CHALLENGE** (Danville, IA, SDT), **MIRACLE KIDS** (Minneapolis, MN, KT), **EVERGREEN LAKE** (Hudson, IL, SDT, SDT)**18****Sunday****DOOR COUNTY** (Sturgeon Bay, WI, HALF IRDT), **RACINE** (Racine, WI, HALF IRDT), **TREK WOMEN'S SERIES** (Monroe, MI, SDT), **CHEQUAMEGON BAY** (Ashland, WI, SDT)**21****Wednesday****PTERODACTYL** (Brighton, MI, SDT)**24****Saturday****SMAC ADVENTURE** (Milford, MI, PA, MTB, O, R), **TRIING FOR CHILDREN** (Eagle, WI, KT), **CASTLE ROCK** (Friendship, WI, SDT), **JUST TRI YOUTH** (Monroe, WI, KT), **WAUCONDA KIDS** (Wauconda, IL, SST, KT), **CHISAGO LAKE** (Chicago City, MN, KT)**25****Sunday****CHISAGO** (Chicago City, MN, HALF IRDT, SDT), **WAUCONDA** (Wauconda, IL, SST, SDT), **TRIING FOR CHILDREN'S ADULT** (Eagle, WI, SDT, SDT, SST), **CROSSTOWN KIDS** (Howell, MI, KT)**27****Tuesday****MINNESOTA BORDER TO BORDER** (Crane Lake, MN, PA)**31****Saturday****ROOT BEER KIDS** (Duluth, MN, KT), **PAUL BUNYAN** (Bemidji, MN, SDT, SDT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA NON), **FORT ATKINSON YOUTH** (Fort Atkinson, WI, KT)**SILENTSPORTS.NET****AUGUST****1****Sunday****ALPHORNMAN** (New Glarus, WI, POOL, SDT), **RIPON MEDICAL CENTER** (Ripon, WI, SDT, SDT, KB), **ROCKFORD OLYMPIC** (Loves Park, IL, SDT), **BREWHOUSE** (Duluth, MN, SDT, SDT), **WASECA** (Waseca, MN, 1/3 IRDT, SDT)**5****Thursday****AQUATHON NO. 4** (Madison, WI, B)**7****Saturday****OSHKOSH** (Winneconne, WI, KT), **WAUSAU** (Wausau, WI, SDT, SDT), **KEWEENAW COPPERMAN** (Copper Harbor, MI, SDT), **TWIN LAKES** (Manson, IA, SDT), **LAKE MINNEWASKA** (Glenwood, MN, SDT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON)**8****Sunday****OSHKOSH** (Winneconne, WI, SDT, SDT), **PAYNESVILLE** (Paynesville, MN, SDT), **WHITCOMB MASON** (Hartland, WI, SDT)**14****Saturday****SWEATY OTTER** (Kettle Moraine-North, WI, AR, PA, MTB, O, R), **TURTMAN** (Shoreview, MN, SDT), **NORTHWOODS** (Nevis, MN, SDT)**15****Sunday****ISLAND LAKE OF NOVI** (Novi, MI, SDT), **SPEED TO READ KIDS** (Shoreview, MN, KT), **LAKE MARION** (Lakeville, MN, SDT), **YWCA OF MINNEAPOLIS WOMEN'S** (Minneapolis, MN, SDT), **DU STATE DU** (Illinois City, IL, DU), **WINGMAN** (Red Wing, MN, POOL, SDT), **15 KUPARISAARI** (Lac La Belle, MI, HALF IRDT)**18****Wednesday****T REX** (Brighton, MI, SDT)**19****Thursday****AQUATHON NO. 5** (Madison, WI, B)**20****Friday****SILVER LAKE** (Portage, WI, KB), **WAUPACA** (Waupaca, WI, KT)**21****Saturday****SILVER LAKE** (Portage, WI, SDT), **WAUPACA** (Waupaca, WI, KT, SDT, SST), **UNDER THE INFLUENCE OF ADRENALINE** (West Bend, WI, SDT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **YOUNG LIFE** (Detroit Lakes, MN, SDT, SDT), **MIRACLE KIDS** (Chanhassen, MN, KT)**22****Sunday****PIGMAN LONG COURSE** (Palo, IA, HALF IRDT), **ST. PAUL** (St. Paul, MN, SDT), **DANSKIN** (Pleasant Prairie, WI, SDT)**29****Sunday****BREAKWATER** (Petoskey, MI, HALF IRDT, SDT, DU), **TEAM ORTHO** (Minneapolis, MN, DU), **LAKES COUNTRY** (Baxter, MN, SDT)**SEPTEMBER****4****Saturday****GRAND MARAIS** (Grand Marais, MI, KT), **ST. CROIX VALLEY** (Hudson, WI, SDT), **BLACKHAWK LAKE** (Highland, WI, SDT, SST), **DOOR COUNTY** (Fish Creek, WI, DU)**5****Sunday****GRAND MARAIS** (Grand Marais, MI, SDT), **ST. CROIX VALLEY** (Hudson, WI, SDT)**6****Monday****CADILLAC FESTIVAL** (Cadillac, MI, PA)**11****Saturday****SQUARE LAKE** (Stillwater, MN, SDT), **PATHWAYS THROUGH CHIPPEWA** (Chippewa Falls, WI, DU), **LAKE GENEVA SERIES** (Lake Geneva, WI, HALH IRDT, SDT, SST), **WOLFFMAN** (White Lake, WI, PA, MTB, XC), **BURRITO UNION** (Superior, WI, AR, XC)**12****Sunday****SPORTSCARE WOMEN'S** (Springfield, IL, DU), **IRONMAN WISCONSIN** (Madison, WI, IRDT), **NAMI** (Waterford, WI, DU), **TREADMAN** (Rochester, MN, DU)**17****Friday****WILD ADVENTURE** (Duluth, MN, AR)**18****Saturday****ROCK THE RACE** (Rockford, IL, AR), **PARK TOOL FALL** (Lake Elmo, MN, DU), **FEVER RIVER** (Galena, IL, PA, SDT), **TAMING OF THE SLOUGH** (Moline, IL, PA, MTB)**19****Sunday****LIFE TIME FITNESS KIDS** (Warrenville, IL, KT), **LAKE CARROLL** (Lake Carroll, IL, SDT, SDT), **VALLEY LO** (Glenview, IL), **TRI-QUEST** (Holmen, WI, GOLF), **DOUSMAN** (Dousman, WI, DU), **DEVIL'S CHALLENGE** (Baraboo, WI, SDT), **TRIHAWKS** (Coralville, IA, SDT)**25****Saturday****CHARLESTON CHALLENGE** (Charleston, IL, DU), **HILL COUNTRY TRAIL & RIVER CHALLENGE** (Eroy, WI, PA), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **HAMLIN BLAST** (Ludington, MI, AR, MTB, O)**26****Sunday****PEREGRINE CHARITIES** (Waterloo, IA, SDT, SDT), **IRON GIRL WOMENS** (Bloomington, Mn, DU)**OCTOBER****2****Saturday****MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **KICKAPOO RESERVE DAM CHALLENGE** (La Farge, WI, PA, XC), **GREEN BAY** (Green Bay, WI, DU)**9****Saturday****SOUTHERN KETTLE MORAINNE CHALLENGE** (Dousman, WI, AR, MTB, PA)**16****Saturday****MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON)**NOVEMBER****6****Saturday****MAFF** (Delafield, WI, AR, PA O)**DECEMBER****4****Saturday****INFITERRA SPORTS DECEMBER CHILL** (Milford, MI, AR, MTB, PA O)