



2012 Triathlon Race Calendar

Produced by Triathlon Racers of Iowa
<http://triracers.com/>

State	Location	Wknd Day	Date Month	Date 2012	Name	Length	USAT Sanctioned?	Race Company	Link - http://www.trifind.com
IA	Ogden	Sun	May	20	Bluff Creek	Olympic & Sprint	yes		http://www.bluffcreektri.com/
IA	Marion	Sun	June	3	Pigman Sprint	Swim 500 meters, Bike 25k, Run 5k			http://www.pigmantri.com/
IA	Brooklyn	Sun	June	12	Holiday Lake	Swim 500 m, Bike 15.5 miles, Run 3.1 miles	yes		http://www.holidaylakebrooklynia.com/
IA	Des Moines	Sun	June	24	Copper Creek	Swim 750 meters, Bike 20k, Run 5k	yes	Flatland Series	http://www.coppercreektri.com/
IA	Quad Cities	Sat	June	16	Quad Cities	Swim 600 yards, Bike 15 miles, Run 3.1 miles	yes		http://www.qctriathlon.com/main.html
IA	Gladbrook	Sun	July	?	Corn Man	Swim 500 meters, Bike 14 miles, Run 3.1 miles	yes		http://www.cornmantri.com/ ??
IA	Des Moines	Sun	July	8	Iowa Games Triathlon	Swim .25 mile, Bike 13 miles, Run 3.1 miles		DCM Tri	http://www.iowagames.org/SummerGames/Triathlon.aspx
IA	Danville	Sat	July	14	Lake Geode Challenge	Swim 1500 Meters, Bike 24.9 Miles, Run 6.2 miles	yes		http://www.lakegeodechallenge.org
IA	Okiboji	Sat	July	21	Univ of Okiboji	Swim .6 mile, Bike 18 miles, Run 5.5 miles			http://www.threesons.com/
IA	Manson	Sat	August	4	Twin Lakes Triathlon	Swim 750 meters, Bike 20k, Run 5k	not sure		http://www.newulmtel.net/~chcarr/
IA	Polk City	Sun	August		Big Creek Triathlon	Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles		Flatland Series	http://www.bigcreektri.com/
IA	Marion	Sun	August	19	Pigman Half	Swim 1.2 miles, Bike 56 miles, Run 13.1 miles			http://www.pigmantri.com/
IA	Waterloo	Sun	Aug	19	Peregrine Charities	Olympic & Sprint	yes	Peregrine	http://www.peregrinecharities.org/tri
IA	Colo	Sun	August	26	Hickory Grove	Swim 500 yards, Bike 15.5 miles, Run 3.1 miles	yes		http://www.hickorygrovetriathlon.com
IA	Polk City	Sun	Sept	9	CyMan	Swim 500 yards, Bike 14.3 miles, Run 3.1 miles	yes	ISU Tri club	http://www.triathlon.stuorg.iastate.edu/home/
IA	Des Moines	Sun	Sept	2	HyVee	Swim 1500meters, Bike 24.9 miles, Run 6.2 miles			http://www.hy-veetriathlon.com/
IA	Iowa city	Sun	Sept	16	Tri Hawks	Swim 500 yards, Bike 15 miles, Run 3.1 miles	yes	UofI Tri club	http://t3.trihawks.com/
IL	Effingham	Sun	May	13	May Madness Sprint	.25 mile swim, 13 mile bike, 3.1 mile run			http://www.cuttingedgeevents.net/maymadness10.html
IL	Galena	Sat	May	19	Galena Tri and Du	660yd swim, 16.8 mile bike, 4.3 mile run 2 mile run, 16.8 mile bike, 4.3 mile run			www.galena.org/triathlon



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IL		Sun	May	20	Gateway Tri and Du	1500 m swim, 24.9 mile bike, 6.2 mile run 500 m swim, 12.4 mile bike, 3.1 mile run 3.1 mile run, 12.4 mile bike, 3.1 mile run			www.1863events.com
IL	Normal	Sat	June	2	Tri-Shark Tri	600yd swim, 13 mile bike, 3.1 mile run			http://tri-shark.org/web/TriSharkOrg2/Index.aspx
IL	Salem	Sun	June	3	Salem Summer Sprint	1/4 mile swim, 13 mile bike, 3.1 mile run			http://salem.swim-team.us/
IL	Naperville	Sun	June	10	SheRox Naperville Tri	75K (.5 mile) swim, 22.8K (14.2 mile) bike, 5K (3.1 mile) run		ladies race	http://www.sheroxtri.com/naperville-il.html
IL	Effingham	Sun	June	17	Cutting Edge Half Classic	1.2 mile swim, 56 mile bike, 13.1 mile run			http://www.cuttingedgeevents.net/half10.html
IL	Rockford	Sat	June	16	Rockford Oly Tri	Swim 1500 M, Bike 24.9 Miles, Run 6.2 Miles			http://www.rockfordtriathlon.com/
IL	Palatine	Sun	June	24	Twin Lakes Triathlon	700 Meter Swim~14 Mile Bike~4.5 Mile Run			http://saltcreek.multiposportsystems.com/page/show/170573-twin-lakes-triathlon-
IL	Greenville	Sat	June	30?	TriGreenville	.25 mile swim, 13 mile bike, 3.1 mile run .9 mile swim, 24.8 mile bike, 6.2 mile run			http://www.racemaker.org/triathlons.htm
IL	Decatur	Sun	July	8	Lakeside Tri	.75 mile swim / 19 mile bike / 4.5 mile run 400 yard swim / 19 mile bike / 3.1 mile run			http://www.decaturtriathlon.com/
IL	Lake Zurich	Sun	July	8	Lake Zurich Area Tri	Swim 1500 M, Bike 24.9 Miles, Run 6.2 Miles			http://www.321goevents.com/event4.asp
IL	Hudson	Sat	July	14	Evergreen lake Stoneman Sprint	500m swim, 42k? bike, 5k run 1.5k swim, 42k bike, 10k run	yes		http://tri-shark.org/web/EvergreenTri2/RaceInfo.asp
IL	Lake Springfield	Sat	July	28	IronAbe Oly	500yd swim, 12 mile bike, 3.1 mile run .9mile swim, 24.8 mile bike, 6.2 mile run			http://triharderpromotions.com/
IL	Effingham	Sun	August	12	Mid August Meltdown	400m swim, 13 mile bike, 3.1 mile run .9 mile swim, 24 mile bike, 6.2 mile run			http://www.cuttingedgeevents.net/mam10.html
IL	Wauconda	Sun	August	12	Bangs Lake Multisport	Tri: S 1500 M, Bike 24.9 Miles, Run 6.2 Miles Du: R 3.1 Miles, Bike 12.4 Miles, Run 3.1 Miles Aquabike : Swim 1500 Meters, Bike 24.9 Miles			http://www.bangslakemultisportfestival.com/



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IL	Wildlife Prairie State Park	Sat	August	18	xterra Offroad Tri	800 meter swim, 10.2 mile bike, 4 mile run			http://www.wildlifeprairiestatepark.org/XTE RRA-Illinois-Wilds.html
IL	Keyesport	Sat	August	18	TriGreen	.25 Mile Swim, 13 Mile Bike, 3.1 Mile Run .9 Mile Swim, 24.8 Mile Bike, 6.2 Mile Run			http://www.racemaker.org/triathlons.htm
IL	Chicago	Sun	August	26	Life Time Chicago Tri	Swim 1500 M, Bike 24.9 Mi, Run 6.2 Mi Swim 750 m, Bike 13.6 miles, Run 3.1 miles			http://chicagotriathlon.com/
IL	Litchfield	Sat	Sept	15	Litchfield TriathLou	.25 mile swim, 13 mile bike, 3.1 mile run .9 mile swim, 24.8 mile bike, 6.2 mile run			http://www.racemaker.org/triathlons.htm
KS	Topeka	Sat	June		Topeka Tinman	1100 yd swim, 19.5 mile bike, 7 mile run Swim 300yds, Bike 9 miles run 3 miles		klm	http://www.topekatriathletes.com/races/top-eka-tinman-triathlon-duathlon/
KS	El Dorado	Sun	June	24	Eldorado Lake	Olympic & Sprint			http://www.ozendurance.net/El_Dorado_Lake_Triathlon.html
KS	Shawnee Mission	Sun	July	8	Mission Triathlon	Swim .62 mile, Bike 18 miles, Run 4.5 miles .31 mile, Bike 9 miles, Run 2.4 miles.	yes		http://jcprd.com/special_events/smp_triathlon.cfm
KS	Wichita	Sun	July	8	Mudwater Triathlon	Swim 750 yards, Bike 25k, Run 5k & Swim 1500 yards, Bike 39K, Run 10k			http://ksrvtc.com/mudwater/
KS	Lawrence	Sun	July	15	Midwest Mayhem	Swim 500 meters, Bike 11.4 miles, Run 3.1 miles & Swim 1.5k , Bike 40k, Run 5.96 miles	yes	klm	http://www.midwestmayhemtriathlon.com/
KS	Goodland	Sun	July		Goodland Community Triathlon	Swim 750 meters, Bike 12.4 miles, Run 3.1 miles			http://www.goodlandgac.com/activities/?activity=31
KS	Paola	Sun	August	26	Midwest Meltdown (Paola)	Swim ¼ Mile, Bike 10 Miles, Run 3.1 Miles & Swim 1500 Meters, Bike 24.9 Miles, Run 6.2 Miles	yes	klm	http://www.midwestmeltdowntriathlon.com/
KS	Lee's Summit	Sun	August	19	Jackson County Tri	Swim .3 miles , Bike 11.75 miles, Run 3 miles & Swim .6 miles, Bike 25.53 miles, Run 5 miles	yes		http://www.jacksoncountytriathlon.com/
MN	St Peter	Sat	April	28	Take The Hill Triathlon	Swim 500 Yards, Bike 12.5 Miles, Run 3.3 Miles			http://www.takethehilltri.org/



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MN	Alexandria	Sat	May		Chain of Lakes Triathlon	Swim 600 Yards, Bike 13 Miles, Run 2.8 Miles		Tri Minnesota Series	http://www.pickleevents.com/events/colt/
MN	Blaine	Sat	May	19	Blaine Triathlon	swim .3m, bike 16.5miles, run 3.5 miles			http://www.blainetriathlon.com/
MN	Thief River Falls	Sat	May	19	TRF Sanford Health Triathlon	Swim 500 yards, Bike 12 Miles, Run 3 Miles	yes		http://www.trftriathlon.com/
MN	Albert Lea	Sun	May		Land Between The Lakes Triathlon	Swim ¼ mile, Bike 20.5 miles, Run 3.5 miles		Tri Minnesota Series	http://www.albertleatri.com/
MN	New Brighton	Sat	June	2	New Brighton Triathlon	Swim ½ mile, Bike 14 miles, Run 3 miles			http://www.vacationsports.com/newbritri.html
MN	Buffalo	Sun	June	3	Buffalo Triathlon	Swim ¼ mile, Bike 13 miles, Run 3.1 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles		Olympic is part Tri Minnesota Series	http://www.tribuff.com/
MN	Independance	Sat	June	9	Liberty Triathlon	Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles & Swim 1.2 miles, Bike 56 miles, Run 13.1 miles	yes	Tri Minnesota Series	http://www.finalstretch.com/triathlon-events/liberty-triathlon/info/
MN	Winona	Sun	June	10	Trinona Triathlon	Swim ¼ mile, Bike 11 miles, Run 3.1 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles	yes		http://www.trinona.com/
MN	White Bear Lake	Sun	June	10	Manitou Sprint Triathlon	Swim ½ mile, Bike 13.4 miles, Run 3.1 miles	yes		http://www.optumhealthperformance.com/manitou.php
MN	Lake Minnetonka	Sat	June	16	Lake Minnetonka Triathlon	Swim ½ mile, Bike 15 miles, Run 3 miles		Tri Minnesota Series	http://63.255.227.21/
MN	Mankato	Sun	June		North Mankato Sprint Triathlon	Swim ¼ mile, Bike 12 miles, Run 3.6 miles		Tri Minnesota Series	http://www.northmankatetri.com/



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MN	Clearwater	Sat	July	14	Graniteman Triathlon-Clearwater	Swim .46 mile, Bike 15 miles, Run 3.1 miles		an Endurance Series	http://www.granitemantri.com/
MN	Grand Rapids	Sat	July	7	Timberman Triathlon	Swim .33 mile, Bike 11 miles, Run 3 miles & Swim 1 mile, Bike 25 miles, Run 6.2 miles	yes		http://www.timberman.org/
MN	Minneapolis	Sat	July	14?	Life Time Minneapolis Triathlon	Swim .4 Mile, Bike 15 Miles, Run 3.1 Miles & Swim 1500 Meters, Bike 24.9 Miles, Run 6.2 Miles	yes		http://mplstri.com/index.php
MN	Chaska	Sat	July		Chaska River City Days Triathlon	Swim 0.3 miles, Bike 16 miles, Run 3 miles			http://www.chaskatri.com/
MN	Crosby	Sat	July	14	Tri For A Cause	Swim 600 Yards, Bike 16.4 Miles, Run 4 Miles			http://www.triforacause.com/
MN	Bemidji	Sat	July	21	Paul Bunyan Triathlon	Swim ½ mile, Bike 12 miles, Run 3 miles & Swim 1 mile, Bike 20 miles, Run 5 miles			http://www.frontrunnerusa.com/event/paul-bunyan-triathlon
MN	Chisago County	Sun	July	22	Chisago Lakes Triathlon	Swim ¼ mile, Bike 22 miles, Run 3.1 miles & Swim 1.2 Miles, Bike 56 Miles, Run 13.1 Miles	yes		http://midwestsportsevents.com/chisagotri.html
MN	Walker	Sat	July	28	Chase the Police Triathlon	Swim ¼ Mile, Bike 17 Miles, Run 2.8 Miles			http://www.walkertriathlon.com/
MN	Big Lake	Sat	August	4	Graniteman Triathlon-Big Lake	Swim .33 Mile, Bike 15 Miles, Run 3.1 Miles		an Endurance Series	http://www.granitemanbiglake.com/
MN	Duluth	Sun	August	5	Brewhouse Triathlon	Swim 1/3 Mile, Bike 10.3 Miles, Run 2.5 Miles & Swim .8 Mile, Bike 20.6 Miles, Run 5 Miles			http://brewhousetriathlon.com/
MN	Nevis	Sat	August	11	Northwoods Triathlon	Swim ¼ mile, Bike 14 miles, Run 3.1 miles		Tri Minnesota Series	http://www.nevis.k12.mn.us/nevis/triathlon/
MN	Detroit Lakes	Sat	August	19	Young Life Triathlon	Swim .33 mile, Bike 12.4 miles, Run 3 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles		Tri Minnesota Series	http://www.pickleevents.com/events/younglifetri/



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MN	Lakeville	Sun	August	19	Lake Marion Triathlon	Swim ¼ Mile, Bike 17.3 Miles, Run 3.1 Miles & Swim .93 Miles, Bike 24.8 Miles, Run 6.2 Miles			http://www.teamunify.com/TabGeneric.jsp?tabid_=22501&team=mssms
MN	Maple Grove	Sat	August	25	Maple Grove Triathlon	Swim .3 Miles, Bike 14 Miles, Run 3 Miles & Swim 1500 Meters, Bike 26 Miles, Run 6.2 Miles	yes		http://www.maplegrovetriathlon.com/
MN	Baxter	Sun	August	26	Lakes Country Triathlon	Swim ½ mile, Bike 17 miles, Run 3.9 miles		Tri Minnesota Series	http://www.pickleevents.com/events/lctri/
MN	White Bear Lake	Sun	Sept	16	One Last Tri	Swim 600 yards, Bike 13 Miles, Run 3.1 Miles			http://www.trifitnesswbl.com/as_one-last-tri
MO	Cape Girardeau	Sun	May	?	Steamboat Classic Triathlon	Swim 450 meters, Bike 15.5 miles, Run 5 miles			http://www.cityofcapegirardeau.org/Parks/Special-Events.aspx
MO	Columbia	Sun	May	?	TriZou	Swim ¼ mile, Bike 14 miles, Run 3 miles 1 Mile Run - 7 Mile Bike - 1 Mile Run	yes		http://races.ultramaxtri.com/2011/trizou-triathlon/
MO	Kansas City	Sun	May	20	The Kansas City Triathlon	Swim 750 meters, Bike 12.4 miles, Run 3.1 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles	yes	5150	http://kansascitytriathlon.com/
MO	Innsbrook	Sat	June	23	Fresh Ideas Quartermax	Swim 1000 yards ,Bike 28 miles , Run 6 miles 500 Yard Swim - 18 Mile Bike - 3 Mile Run	yes	Ultramax	http://races.ultramaxtri.com/2011/quartermax/
MO	Columbia	Sun	July	24	Show-Me State Games Triathlon	Swim ½ Mile, Bike 19 Miles, Run 3.1 Miles			http://smsg.org/sports_display.php?entryto_display=40
MO	Joplin	Sun	June	24	Summer Roundup Triathlon	Swim 500 meters, Bike 15.6 miles, Run 3.1 miles	yes		http://www.rufusracing.com/summer-roundup.html
MO	St. Charles	Sun	July	8	Big Shark New Town Triathlon	Swim 1000m, Bike 20 mi, Run 4mi	yes		http://bigshark.com/articles/2011-big-shark-new-town-triathlon-pg704.htm
MO	Springfield	Sat	July	29	Concreteman Triathlon	Swim 500 meters, Bike 12.5 miles, Run 2 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles	yes		http://www.ridgerunnersports.com/multisport.html



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MO	Republic	Sat	August	11	Republic Tiger Triathlon	Swim 300 Yards, Bike 12 Miles, Run 3.1 Miles	yes	Ultramax	http://republictigertri.com/
MO	Lake Saint Louis	Sat	August	19	Lake Saint Louis Triathlon	Swim ¼ mile, Bike 12 miles, Run 2.5 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles	yes		http://lakesaintlouis.com/index.asp?Type=B_BASIC&SEC={B4728EAF-2BAE-46FC-9C37-13E29D7907B3}
MO	cancelled??	Sun	August	??	Dive Stop, Drop and Roll Triathlon	Swim 400 Yards, Bike 16 Miles, Run 3.1 Miles			http://www.sbrstl.com/event.aspx?event=469
MO	Branson	Sun	Sept	23	Ironman 70.3 Branson	Swim 1.2 Miles, Bike 56 Miles, Run 13.1 Miles	yes		http://ironmanbranson.com/
NE	Omaha	Sun	june	3	Omaha Womens Tri	750M swim, 20K bike, 5K run		Ladies Only	http://www.omahawomenstri.com/
NE	Papillion		July	15	Papillion Mayors Triathlon	Swim 500 meters, Bike 13.5 miles, Run 3 miles			http://www.papillion.org/recreation_mayors_triathlon.cfm
NE	Kearny	Sun	July	8	johnson Lake Tri	Swim 1500 Meters, Bike 24.9 Miles, Run 6.2 Miles			http://www.kearney-cycling-fitness.com/jltriathlon.html
NE	lincoln	Sat	July	22	Corn Husker State Games	Swim 750 meters, Bike 20k, Run 5k			http://www.cornhuskerstategames.com/games/sports/triathlon
NE	Omaha	Sat-Sun	July		Omaha Triathlon	Olympic & Sprint	yes		http://www.omahatriathlon.com
NE	Raymond	Sat	August	11	xterra Bolt	1000 m Swim, 21k Mountain Bike, 8k Trail Run			http://www.xterrabort.com/info.html
SD	Sioux Falls	Sat	June	16	Dakota Man	Swim 600 yards, Bike 16 miles, Run 3.2 miles			http://www.allsportcentral.com/EventInfo.cfm?EventID=29631
SD	Eureka	Sat	June	30	Eureka Lions Tri	Swim ¼ Mile, Bike 12 Miles, Run 3 Miles Swim ½ Mile, Bike 24 Miles, Run 6 Miles			http://www.travelsd.com/Events/Details?id=55995
SD	Aberdeen	Sun	July	29	xterra Forest Offroad Tri	1000M Swim, 14 Mile Mtn Bike, 4.2 Mile Trail Run	yes		http://xterraforestdrive.com/index.htm
SD	Spearfish	Sat	August	18	Quarq xterra Offroad Tri	1000M Swim, 13.7 Miles Mtn Bike, 5 Mile Trail Run	yes		http://www.qxict.com/



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SD	Hot springs	Sat	Sept		Southern Hills Sprint, Oly and Du	Swim 0.9 miles, Bike 24 miles, Run 6.2 miles Swim ½ Mile, Bike 12 Miles, Run 3.1 Miles Run 3.1 Miles, Bike 12 Miles, Run 3.1 Miles			http://hotspringslibraryfriends.org/3.html
WI	Whitewater	Sun	May		J-Hawk Earlybird Triathlon	Swim 500 yards, Bike 13.7 miles, Run 3.1 miles			http://www.j-hawks.org/Tri/Tri.aspx
WI	Green Bay	Sun	June	3	Green Bay Triathlon	Swim ¼ Mile, Bike 15 Miles, Run 3.1 Miles & Swim 1500 M, Bike 24.9 Miles, Run 6.2 Miles			http://www.midwestsportsevents.com/greenbaytri.html
WI	Elkhart Lake	Sat	June	9	Elkhart Lake Triathlon	Swim ¼ mile, Bike 12.4 miles, Run 3.1 miles & Swim 1500 meters, Bike 28 miles, Run 6.2 miles	yes		http://www.elkhartlakemultisports.com/
WI	Madison	Sun	June	10	Capitol View Triathlon	Swim ¼ mile, Bike 12 miles, Run 3.1 miles & Swim 1500 M, Bike 24.9 Miles, Run 6.2 Miles	yes		http://www.capitolviewtriathlon.com/
WI	Eau Claire	Sun	June	10	Eau Claire Triathlon	500m Swim, 17mi Bike, 3.1mi Run			http://www.eauclairetriathlon.com/
WI	Sherwood	Sat	June	16	High Cliff Triathlon	Swim ¼ mile, Bike 22 miles, Run 3.1 miles & Swim 1.2 Miles, Bike 56 Miles, Run 13.1 Miles	yes		http://midwestsportsevents.com/highclifftri.html
WI	Prairie Springs Park	Sun	June	24	Pleasant Prairie Triathlon	Swim 750 meters, Bike 12.4 miles, Run 3.1 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles	yes		http://www.replexonline.com/triathlons-special-events/pleasant-prairie-triathlon
WI	Lake Geneva	Sun	June		Bigfoot Triathlon	& Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles			http://www.bigfoottriathlon.com/
WI	Phillips	Sat	July	7	Phillips Chain of Lakes Triathlon	Swim ¼ mile, Bike 18 miles, Run 3.1 miles			http://www.phillipschainoflakestri.org/
WI	Pewaukee	Sun	July	8	Pewaukee Triathlon	Swim ¼ Mile, Bike 16 Miles, Run 3.1 Miles	yes?		http://midwestsportsevents.com/pewaukeetri.html
WI	Door County	Sat	July	21	Door County Sprint Triathlon	Swim ¼ mile, Bike 18 miles, Run 3.1 miles			http://www.doorcountytiathlon.com/
WI	Door County	Sun	July	22	Door County Half Ironman	Swim 1.2 miles, Bike 56 miles, Run 13.1 miles			http://www.doorcountytiathlon.com/



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WI	Racine	Sun	July	15	Half Ironman Racine	Swim 1.2 Miles, Bike 56 Miles, Run 13.1 Miles	yes		http://ironmanracine.com/
WI	Green Lake	Sun	July	29	RMC Triathlon	Swim 500 meters, Bike 15 miles, Run 3.1 miles & Swim 1500 meters, Bike 24.9 miles, Run 6.2 miles			http://www.rmctriathlon.com/triathlon/Welcome.html
WI	Woodruff	Sat	August	11	Minocqua Triathlon	Swim ¼ Mile, Bike 10 Miles, Run 3.1 Miles & Swim 1500 M, Bike 24.9 Miles, Run 6.2 Miles			http://www.minocquatriathlon.com/
WI	Wisconsin Dells	Sun	August	12	Rev 3 Wisconsin Dells	Swim 1500 meters, Bike 25 miles, Run 6.2 miles Swim 1.2 miles, Bike 56 miles, Run 13.1 miles			http://rev3tri.com/wisconsin/news/
WI	Waupaca	Sat	August	18	Waupaca Area Triathlon	Swim ¼ mile, Bike 12 miles, Run 2 miles & Swim ½ mile, Bike 20 miles, Run 3.1 miles			http://www.waupacaareatriathlon.com/
WI	Washington County	Sun	August	26	Adrenaline Triathlon	Swim ¼ Mile, Bike 15 Miles, Run 5K			http://www.adrenalineraces.org/triathlon/
WI	Highland	Sat	Sept	1	Blackhawk Lake Triathlon	Swim 675 Meters, Bike 25.2 Miles, Run 6 Miles			http://www.active.com/triathlon/highland-wi/blackhawk-lake-triathlon-2011
WI	Lake Geneva	Sat	Sept	8	Lake Geneva Triathlon	Swim .2 mile, Bike 15 Miles, Run 1 Miles , Swim .3 Mile, Bike 15 Miles, Run 3.1 Miles			http://www.lakegenevasports.com/LG_Tri/LGTri.htm
WI	Madison	Sun	Sept	9	Ford IronMan Wisconsin	Swim 2.4 miles, Bike 112 miles, Run 26.2	yes		http://www.ironmanwisconsin.com/

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