



## 1 MIAMI INTERNATIONAL TRIATHLON

MIAMI, FLORIDA (MARCH 16)

**DISTANCE:** 1.5km S/40km B/10km R

**THE DIRT:** What better place to dust off the race rig than beautiful, sun-shrouded Miami? A brand-new addition to the early-season tri calendar, the event has already received commitment from Ironman champions Chris Legh, Heather Gollnick, Nina Kraft and Oscar Galindez, all looking to sharpen their skills with a quality short-course contest. Miami's almost-impeccable springtime weather, along with a clear-water swim and vista-filled bike and run, makes this race especially attractive—even for those just looking to bust late-winter blues or whip the body back into bikini shape. After a 1.5km swim in protected Virginia Key Bay, athletes bike along the city's major thoroughfares, crossing just two bridges and making only a few sharp turns throughout the picturesque 40km cruise, so expect speedy splits. The run offers a real treat as well, with a flat two-lap route that rings the glimmering turquoise bay. And the fun doesn't end at the finish line—the folks behind the curtain have planned an awesome post-race party, complete with live music and plenty of food and fun for the entire family.

**WEATHER:** Sunshine and not-yet-blistering temps make March the perfect time to visit and race in south Florida.

**POST-RACE:** The triathlon has teamed with Travelers to whip up some exciting and

economical tours of beautiful Miami. The \$62 City Tour gives you a taste of Little Havana, Calle Ocho and several other notable districts, then does it up crocodile-style with an airboat tour through the Everglades.

**INFO:** [mitriathlon.com](http://mitriathlon.com) —MELAINA JUNTTI

## 2 FLY BY NIGHT DUATHLON

WATKINS GLEN, NEW YORK (MAY 31)

**DISTANCE:** 1.75mi R/10.2mi B/1.75mi R/10.2 mi B/1.75mi R

**THE DIRT:** From time to time, multisport athletes get the opportunity to be inspired by some of auto racing's storied tracks and conduct their own human-powered contests over the same streets and courses on which drivers like Michael Schumacher and Mario Andretti have dueled at 200 mph. Since 2005, innovative race director Jeff Henderson has presented the Fly By Night Duathlon on the Watkins Glen International racecourse in upstate New York. Lacking a suitable nearby pond, Henderson offers a Formula 1 duathlon format of three 1.75-mile runs interspersed with two 10.2-mile bike segments comprised of three 3.4-mile loops. Despite being a former auto-racing course, Watkins Glen offers some considerable hill climbing each lap that rewards cycling strength. While the race starts in the late afternoon, late-spring twilight offers plenty of time to finish before dark—a good thing since the Watkins Glen racecourse has no night lighting.

**WEATHER:** Late spring, late afternoon in the Finger Lakes region is almost always delightful.

**POST-RACE:** Try the Finger Lakes wine trails or guided hiking and fishing in Watkins Glen State Park. Visit cooling waterfalls and the Motor Racing Research Center.

**INFO:** flybynightdu.com —TIMOTHY CARLSON

### 3 MEDEXPRESS MOUNTAINEER TRIATHLON MORGANTOWN, WEST VIRGINIA (JUNE 29)

**DISTANCE:** 1.2mi S/56mi B/13.1mi R

**THE DIRT:** Bustling but tranquil, progressive yet quaint, Morgantown, West Virginia, has become a virtual mecca for disenchanting Easterners looking for an attractive, salt-of-the-earth spot to call home. Proximity to Pittsburgh and a vivacious university vibe haven't hurt the mid-sized city's cause, either. The multisport community has definitely heeded Morgantown's call in recent years, as evinced by the four-year-old MedExpress Mountaineer Triathlon's stacked start lists and undeniable air of enthusiasm. In the half-iron-distance affair, swimmers attack a narrow, rectangular course in the mighty Monongahela River—the city shuts off the Mon River Lock and Dam to eliminate all current on race day. Racers then grab their wheels from a lively transition area and pedal out into the West Virginia countryside on a challenging, hilly two-lap course that's lined with screaming supporters. The 13.1-mile run finale loops twice through the city on a paved bike trail, touring the university campus and downtown Morgantown before shooting athletes into a rocking finishing area.

**WEATHER:** Should be hot and sticky; humidity typically runs higher in the mornings.

**POST-RACE:** Get lost in the 91 acres of lush old-growth forests and vivid wildflowers along the Monongahela's banks at West Virginia University's Core Arboretum. Visit the fascinating Cook-Hayman Pharmacy Museum, a replica of a turn-of-the-century drug shop.

**INFO:** mountaineertri.com —M.J.

### 4 MUSSELMAN HALF-IRON TRIATHLON GENEVA, NEW YORK (JULY 13)

**DISTANCE:** 1.2mi S/56mi B/13.1mi R

**THE DIRT:** Since this first-rate event can only accommodate 600 eager tri stars, the reasons we love the Musselman Half-Iron Triathlon exceed the number of athletes actually allowed to participate in this now-classic long-course competition in the scenic Finger Lakes region. In addition to the aforementioned assets—small field, beautiful locale—the other attributes that make the Musselman attractive include a well-organized course, a community-wide effort, a far-reaching charity component and perhaps the quirkiest, most enthusiast race director this side of the Mississippi, tri legend Jeff Henderson. Musselman's 1.2-mile swim takes place in Seneca Lake for a two-loop triangle-shaped tour before competitors buckle up and bike out on a 56-mile ride to remember. The one-loop route jogs along Seneca's shoreline before it crosses over rolling roads to hug Cayuga Lake, upending again at the swim exit near Seneca. The run takes off on the pathways that skirt the lake, circling through the gardens of Houghton House and the quaint burrows of Geneva before turning north into vineyards and crossing the campus of Hobart William and Smith Colleges to the finish.

**WEATHER:** Whether wetsuits are allowed in the deepest lake of the Finger region is a race-day decision, but you can expect the air outside Seneca to be warm, with average highs cresting near the 80-degree mark in July. High-level humidity and rain may pose problems.

**POST-RACE:** With 11 lakes and countless wineries in the area, you'll be eager to satisfy your water-sport and wine-tasting tendencies after the race. If neither option appeals, there's always agritourism or the town's many craft studios and art galleries to tempt your traveling mind.

**INFO:** musselmantri.com —SARAH TOLAND

### 5 EPPIE'S GREAT RACE SACRAMENTO, CALIFORNIA (JULY 19)

**DISTANCE:** 5.8mi R/12.5mi B/6.3mi Paddle

**THE DIRT:** With 35 years under its big belt, Eppie's Great Race in inland California bills itself as the oldest triathlon in the world, having launched two years before the first widely recognized multisport event on Fiesta Island, San Diego. While not exactly a triathlon—there's

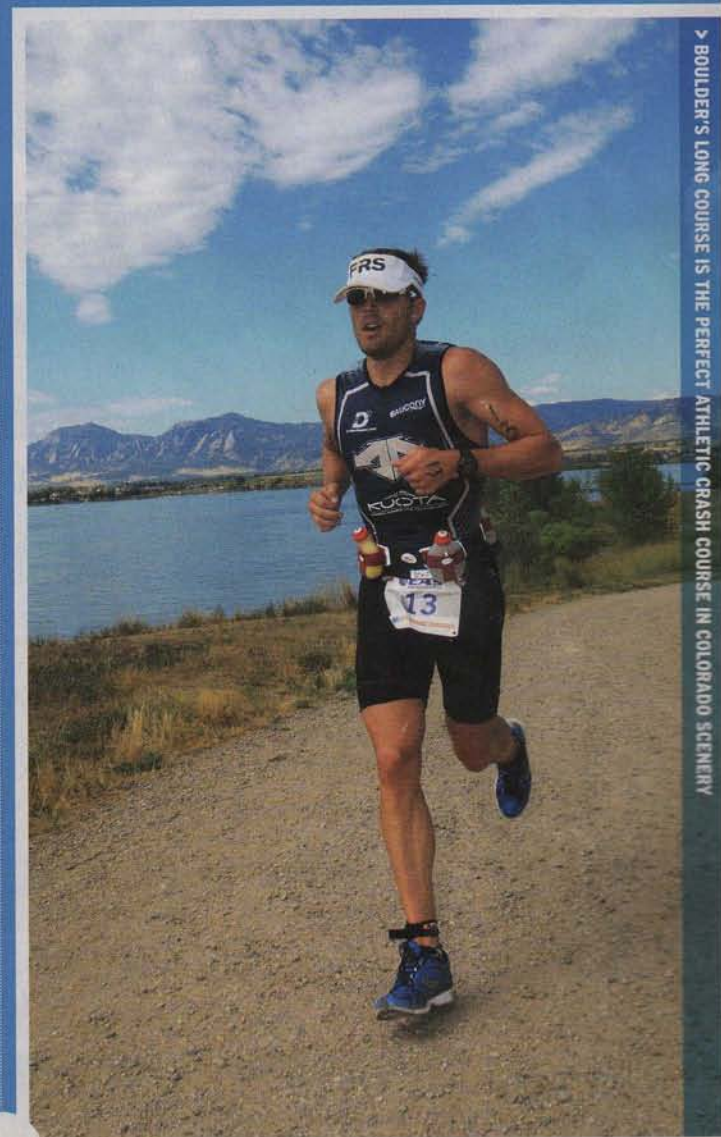
no swim, but there is a topsy-turvy downriver paddle in a watercraft of your creation—Eppie's has been a savory staple in the multisport diet of Sacramento since 1973. Whether you complete this race as an individual or part of a relay team, your Eppie's experience commences with a 5.8-mile run from William Pond Recreation Area in Rancho Cordova along the renowned American River to the start of the bike at Guy West Bridge. From the bridge, you or a teammate will cycle upriver past the swim start, over Arden Bar Bridge, through Goethe Park and to the Sunrise Avenue footbridge for a total 12.5 miles of cycling-filled fun. A short run and a stealthy handoff to a final team member start the 6.3-mile paddle downriver in any boat that floats for a fan-packed finish at Goethe Park. Traveling and unable to bring your own personal surf ski? Don't worry, there're plenty of places in the area from which to rent a canoe, kayak or other above-water boat.

**WEATHER:** It's darn hot in Sacramento in July—think highs in the mid-90s. We're guessing you'll look forward to a roll in the river, unless of course that tip comes unintentionally.

**POST-RACE:** Be sure to hang around Goethe Park after the finish—not only is there standard free food and beer, there's also the amusement of overhearing Eppie's veterans argue over the inevitable sprint to the finish. If you're lucky, you might chance upon Eppie Johnson himself, the restaurateur who started it all as a promotion for his chain of 27 eateries.

**INFO:** thegreatrace.org —S.T.

### 6 CRESTED BUTTE BANK XTERRA CRESTED BUTTE CRESTED BUTTE, COLORADO (JULY 27)



> BOULDER'S LONG COURSE IS THE PERFECT ATHLETIC CRASH COURSE IN COLORADO SCENERY

# THE SUSAN G KOMEN BREAST CANCER FOUNDATION

This is the part we're working to remove.

Before we can remove breast cancer in your community, we must remove the obstacles to promising new research and provide education, screening and treatment to those who need it most. To do so requires your support. Yes, we can remove breast cancer in your community. How soon is up to you.

To learn more, visit  
[komen.org](http://komen.org) or call  
1.800 I'M AWARE®.



The Susan  
G. Komen  
Breast Cancer  
Foundation

This space provided as a public service.

©2006, The Susan G. Komen Breast Cancer Foundation

**DISTANCE:** 1.2mi S/56mi B/13.1mi R

**THE DIRT:** With only 500 square miles of land space to work with, Rhode Island may have to push some of its 1 million residents to the state's nether regions in order to squeeze in such a mega-multisport event. However the Ocean State pulls off this brand-new 70.3, it'll surely do so with style and precision. Held in the area between picturesque Narragansett and downtown Providence, the race showcases some of the state's most beautiful offerings. Following a protected swim off of Roger Wheeler State Beach, the bike wheels through historic Wickford before turning north onto scenic State Road 102 and ending in the capital city's business district. The two-loop run then takes racers down Blackstone Boulevard, through the Brown University campus and right up to Providence Place Mall.

**WEATHER:** Expect humidity as you swim, bike and run near the mighty Atlantic. Temps shouldn't soar too high—mid-70s are a safe bet.

**POST-RACE:** Bebop around Providence's Wickendon Street and College Hill areas and check out historic bayside hamlets of Newport, Bristol and Warwick.

**INFO:** [ironmanrhodeisland.com](http://ironmanrhodeisland.com) —M.J.

## 12 OREGON TROUT CITY OF PORTLAND TRIATHLON PORTLAND, OREGON (AUGUST 31)

**DISTANCE:** 1.5km S/40km B/10km R

**THE DIRT:** Leave it to the ever-progressive, eco-minded city of Portland, Oregon, to pull off a wildly successful—and completely green—urban multisport event. With bamboo-and-salvaged-steel bike racks and finishers' medals fashioned from recycled bike cogs, the inaugural Oregon Trout City of Portland Triathlon offered a world-class Olympic-distance race that didn't wreak havoc on the environment. Organizers have tweaked the bike course a bit for Year 2, but the Willamette River swim and downtown-touring run will remain the same. And speaking of green stuff, the 2008 race adds a nifty \$100 cash prize purse to its cadre of attributes.

**WEATHER:** Labor Day weekend just beats the drear and drizzle the Pacific Northwest is known for. Expect hints of sunshine and perfect-for-racing temps in the 60s and low 70s.

**POST-RACE:** Hip, happenin' Portland is a foot tourist's dream, as funky vintage clothing shops and cozy brewpubs flank nearly every neighborhood corner. Plan on spending half a day getting lost in Powell's, the nation's largest independent bookshop.

**INFO:** [portlandtri.com](http://portlandtri.com) —M.J.

## 13 ANNAPOLIS TRIATHLON ANNAPOLIS, MARYLAND (SEPTEMBER 7)

**DISTANCE:** 1.5km S/38km B/10km R

**THE DIRT:** Last year, the inaugural Annapolis Triathlon beautifully combined a swim in the picturesque but brackish waters of the Severn River, also known as the Sailing Capital of the World, with a challenging bike that tours 1600s settlements, Maryland's state capital, the U.S. Naval Academy and the rolling farmlands of Anne Arundel County. An early bike loop includes a steep downhill and a sharp uphill that demands the average age grouper grind away in his or her smallest gear. Happily, the second half of the bike is mostly downhill and competitors can fly as they make up time for a respectable average speed. The 10km run is pretty flat for the first three miles along the Severn River, topped by a steep climb up a steep-arching bridge that pays off aching legs and burning lungs with a great view. The run takes racers on historic cobblestone streets past the Naval Academy dome and back to a big party at the City Dock.

**WEATHER:** While not the swampy miasma of August, Annapolis in September is still closer to summer heat (say 88 degrees in the early morning) and palpable humidity. Luckily, Chesapeake Bay waters are in the mid-70s and breezes can cool.

**POST-RACE:** Take a tour of the U.S. Naval Academy and try the crab cakes in one of the harbor's fine restaurants. Jaunts to Baltimore's docks or Washington, D.C.'s monuments and museums are an equidistant one hour away.

**INFO:** [tricolombia.org](http://tricolombia.org) —T.C.

## 14 IRONMAN 70.3 MUSKOKA HUNTSVILLE, ONTARIO, CANADA (SEPTEMBER 14)

**DISTANCE:** 1.2mi S/56mi B/13.1mi R