

# 2009 MULTISPORT CALENDAR

## UPPER MIDWEST TRIATHLONS, DUATHLONS AND ADVENTURE RACES

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

For more complete listings for May, June and July events, refer to the calendar at the back of the magazine. (Each issue of the magazine includes three months worth of listings. Full listings for events scheduled in August and beyond can be found on our website, [www.silentssports.net](http://www.silentssports.net).)

Triathlons typically follow a swim/bike/run format. Duathlons are run/bike/run events and biathlons are swim/run or bike/run events (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 to event distances 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
- DU ..... Duathlon
- AR ..... Adventure Race
- PA ..... Triathlon with paddling, often in place of swimming
- O ..... Orienteering
- MTB ..... Mountain biking (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

**2** **Saturday**  
**FALLS DUATHLON** (Cannon Falls, MN, DU), **CHAIN OF LAKES** (Alexandria, MN, SDT, POOL), **WILLOW DUATHLON** (New Boston, MI, DU), **STOUXPERMAN** (Sioux Center, IA, SDT), **MULE ADVENTURE'S SPRING HAZE** (Madison, WI, AR, O, PA), **CINCO DE MAYO** (Stillwater, MN, DU), **MINNETONKA YOUTH** (Excelsior, MN, KT), **PAPER DISCOVERY** (Neeenah, WI, DU K)

**3** **Sunday**  
**PAPER DISCOVERY** (Neeenah, WI, DU), **ATHLETICARE** (Springfield, IL, SST), **FOX VALLEY TRI-CITY CHALLENGE** (Yorkville, IL, SDT, PA), **MSU CAMPUS REC** (Mankato, MN, SDT), **LIFETIME FITNESS INDOOR** (Chanhassen, MN, SDT, POOL)

Turn to the calendar at the back of each issue of *Silent Sports* for complete listings for these multi-sport events, including website addresses and contact information.

**9** **Saturday**  
**TRIPLE R** (Holcombe, WI, SDT, PA), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **MAYHEM** (Lake Mattoon, IL, SDT, DU), **OKDALE SPRING CLASSIC** (Lake Elmo, MN, DU)

**10** **Sunday**  
**JCC INDOOR** (Milwaukee, WI, SDT, POOL)

**16** **Saturday**  
**GALENA** (Galena, IL, SDT, DU), **LAKES TO PINES** (Park Rapids, MN, SDT, KT, POOL), **HUGO'S KIDS** (Thief River Falls, MN, KT), **TRF MERITCARE** (Thief River Falls, MN, SDT), **ROOT RIVER** (Houston, MN, PA), **MARSHALL AREA YMCA** (Marshall, MN, SDT)

**17** **Sunday**  
**TRI FOR FUN WOMEN'S** (Charlevoix, MI, NON), **TOWER** (Niles, IL, SDT), **LAND BETWEEN THE LAKES** (Albert Lea, MN, SDT), **GEAR WEST** (Orono, MN, SDT)

**22** **Friday**  
**APPLE KID** (Sartell, MN, DU, K)

**23** **Saturday**  
**APPLE DU** (Sartell, MN, DU), **REUBEN'S** (Albany, WI, DU), **HIGHLAND** (Highland, IL, B run/bike), **HONOR DAY CHALLENGE** (Walworth, WI, DU)

**28** **Thursday**  
**AQUATHON NO. 1** (Madison, WI, B)

**30** **Saturday**  
**XTRI STONY CREEK** (Shelby Twshp., MI, SDT, MTB, DU), **PADDLE PEDAL RUN** (Cambridge, MN, SST, PA), **ROCHESTER KIDS** (Rochester, MN, KT)

**31** **Sunday**  
**SEAHORSE CHALLENGE** (Climax, MI, STDT, SDT, DU)

### JUNE

**6** **Saturday**  
**DELAVAN LAKE** (Delavan, WI, STDT, SDT, SST, PA), **URBAN AR** (Minneapolis, MN, AR), **IRON COP 5** (Cedar Rapids, IA, shooting range, B), **GREAT EVANSVILLE** (Evansville, WI, DU), **BRAVADO CHALLENGE** (Waukesha, WI, XC, PA), **GREEN BAY KIDS** (Green Bay, WI, KT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **DELAVAN LAKE** (Delavan, WI, STDT, SDT, SST, AR, KT), **NEW BRIGHTON** (New Brighton, MN, SDT), **FNMS ULTRA MINI** (Marathon, WI, SDT, SST), **LAKE MILLS** (Lake Mills, WI, SDT)

**7** **Sunday**  
**ROCKMAN** (Loves Park, IL, HALF IRDT), **GREEN BAY** (Green Bay, WI, SDT, SST), **BUFFALO** (Buffalo, MN, STDT, SDT, AQUATHON), **LAKE MILLS** (Lake Mills, WI, SDT)

**13** **Saturday**  
**NORSKI DU** (De Forest, WI, DU), **LAKE EAU CLAIRE CLEAR WATER** (Augusta, WI, PA), **CHIPPEWA** (Cass Lake, MN, PA, MTB), **LIBERTY** (Independence, MN, HALF IRDT, STDT), **LOON LAKE** (Lake Crystal, MN, SDT)

**14** **Sunday**  
**U.S. WOMEN'S** (Naperville, IL, SDT), **MANITOU** (Bear Lake, MN, SDT), **FAIRMONT** (Fairmont, MN, STDT, SDT, SST), **COPPER CREEK** (Des Moines, IA, SDT), **SOUTH SHORE** (Cudahy, WI, DU), **TRINONA** (Minnetonka, MN, STDT, SDT), **PAYNESVILLE** (Paynesville, MN, SDT), **CAPITOL VIEW** (Waukauee, WI, SDT, K)

**18** **Thursday**  
**AQUATHON NO. 2** (Madison, WI, B)

**20** **Saturday**  
**LEAMINGTON** (Leamington, ON), **HIGH CLIFF** (Sherwood, WI, HALF IRDT, SDT), **LUTFISKMAN** (Osseo, WI, PA), **LAKE MINNETONKA** (Excelsior, MN, SDT), **QUAD CITIES** (Davenport, IA, SDT), **MODES OF TRANSPORT** (Beaver Dam, WI, SST)

**21** **Sunday**  
**LEAMINGTON** (Leamington, ON), **WISCONSIN TRITERIUM** (Verona, WI, STDT, SDT)

### JUNE

**27** **Saturday**  
**JORDAN VALLEY** (East Jordan, MI, SDT), **TIMBER CITY** (Canton, IA, PA), **HY-VEE** (West Des Moines, IA, KT), **CROIXATHLON** (Hudson, WI, SDT), **AVERAGE JO** (Perham, MN, SDT), **MIGHTY WOLF** (Winneconne, WI, SDT, SST, KT), **WOOD COUNTY** (Wisconsin Rapids, WI, SDT), **TRI LOPPET** (Minneapolis, MN, XC, MTB, PA)

**28** **Sunday**  
**HY-VEE** (West Des Moines, IA, STDT), **NORTH MANKATO** (North Mankato, MN, SDT), **METLIFE RACE AROUND THE WORLD** (Tinley Park, IL, DU), **BLOCK 58** (Muskegon, MI, STDT, SDT, DU), **TWIN LAKES** (Palatine, IL, SDT), **BIGFOOT** (Lake Geneva, WI, STDT, SDT), **GC ENDURO** (Verona, WI, SST repeats), **LAKE WACONIA** (Waconia, MN, SDT), **ROCHESTERFEST** (Rochester, MN, STDT, SDT)

### JULY

**4** **Saturday**  
**MINNEMAN** (Oak Grove, MN, SDT), **LEOPOLIS** (Leopolis, WI, SST, KT)

**5** **Sunday**  
**HOWELL INDEPENDENCE** (Howell, MI, AQUATHLON)

**11** **Saturday**  
**LACTIC ACID** (Stevens Point, WI, SDT), **LAKE GEODE** (Danville, IA, STDT), **LAKE MICHIGAN** (Kenosha, WI, STDT, SDT, DU), **FAT OTTER** (Black River Falls, WI, AR), **TIMBERMAN TRI** (Grand Rapids, MI, STDT, SDT), **PEWAUKEE** (Pewaukee, WI, KT), **PARDEVILLE** (Pardeeville, WI, SDT), **LIFE TIME FITNESS** (Minneapolis, MN, STDT, SDT), **ELYSIAN ROOKIE** (Elysian, MN, SDT), **FALLEN OAK** (Elk River, MN, SDT, XC, MTB)

**12****Sunday**

**PEWAUKEE** (Pewaukee, WI, SDT), **SCHAUMBURG** (Schaumburg, IL, KT, DU), **WATERS EDGE** (Algona, IA, SDT), **GRAND HAVEN** (Grand Haven, MI, STDT, SDT, DU), **TREK WOMEN'S** (Pleasant Prairie, WI, SDT), **GRANTEMAN** (Rockville, MN, SDT)

**16****Thursday**

**AQUATHON NO. 3** (Madison, WI, B)

**17****Friday**

**LIFE TIME FITNESS** (Minneapolis, MN, KT)

**18****Saturday**

**VIROQUA** (Viroqua, WI, SDT), **EVERGREEN LAKE** (Hudson, IL, STDT, SDT), **TROUTMAN** (Kewaunee, WI, DU), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **UNIVERSITY OF OKOBOJI** (Okoboji, IA), **DOOR COUNTY** (Sturgeon Bay, WI, KT), **SPIRIT OF RACINE** (Racine, WI, SDT, women's race), **NEENAH-MENASHA** (Freemont, WI, SST)

**18****Saturday**

**VIROQUA** (Viroqua, WI, SDT), **EVERGREEN LAKE** (Hudson, IL, STDT, SDT), **TROUTMAN** (Kewaunee, WI, DU), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **UNIVERSITY OF OKOBOJI** (Okoboji, IA), **DOOR COUNTY** (Sturgeon Bay, WI, KT), **SPIRIT OF RACINE** (Racine, WI, SDT, women's race), **NEENAH-MENASHA** (Freemont, WI, SST)

**19****Sunday**

**DOOR COUNTY** (Sturgeon Bay, WI, HALF IRDT, SDT), **SPIRIT OF RACINE** (Racine, WI, SDT, HALF IRDT)

**19****Sunday**

**CHISAGO** (Chisago City, MN, KT), **JUST TRI YOUTH** (Monroe, WI, KT), **CASTLE ROCK** (Friendship, WI, SDT), **TRI-ING FOR CHILDREN'S** (Eagle, WI, KT), **PAUL BUNYAN** (Bemidji, MN, SDT)

**26****Sunday**

**TRI-ING FOR CHILDREN'S** (Eagle, WI, STDT, SDT, SST), **GLENVIEW PARK** (Glenview, IL, SDT), **CROSSTOWN** (Howell, MI, KT), **WAUCONDA** (Wauconda, IL, SDT, KT), **CHISAGO** (Chisago Lakes, MN, HALF IRDT, SDT), **HOOT LAKE** (Fergus Falls, MN, SDT)

**28-31****Thursday**

**BORDER TO BORDER** (Luverne, MN)

## AUGUST

**1****Saturday**

**ASPIRUS KEWEENAW COPPERMAN** (Copper Harbor, MI, STDT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA NON), **TWIN LAKES** (Manson, IA, HALF STDT), **WOODSON** (Wausau, WI, STDT, SDT), **FORT ATKINSON YOUTH** (Fort Atkinson, WI, KT), **LAKEFRONT** (Prior Lake, MN, SDT), **LAKE MINNEWASKA** (Glenwood, MN, SDT)

**2****Sunday**

**NEW GLARUS ALPHORNMAN** (New Glarus, WI, SDT), **RIPON MEDICAL CENTER** (Green Lake, WI, STDT, SDT), **BRADFORD BEACH** (Milwaukee, WI, STDT, SDT), **BREWHOUSE** (Duluth, MN, STDT, SDT), **I TRIED A TRI** (Oswego, SDT, KT), **WASECA** (Waseca, MN, HALF IRDT, SDT)

**6****Thursday**

**AQUATHON NO. 4** (Madison, WI, B)

**8****Saturday**

**OREGON** (Oregon, WI, KT), **OSHKOSH** (Winneconne, WI, KT), **TURTLEMAN** (Shoreview, MN, STDT), **NORTHWOODS** (Nevis, MN, SDT)

**9****Sunday**

**WHITCOMB MASON** (Hartland, WI, SDT), **SPEED TO READ** (Shoreview, MN, KT), **WINGMAN** (Red Wing, MN, SDT)

**14****Friday**

**WAUPACA AREA KIDS** (Waupaca, WI, KT)

**15****Saturday**

**MIRACLE** (Chaska, MN, KT), **BACKWARDS CHUB** (Carlton, MN, SDT), **PLEASANT PRAIRIE JR.** (Pleasant Prairie, WI, KT), **PIGMAN** (Palo, IA, HALF IRDT), **WAUPACA AREA** (Waupaca, WI, SDT, SST), **TRI TOSA FOR KIDS** (Wauwatosa, WI, KT), **YOUNG LIFE** (Detroit Lakes, MN, STDT, SDT)

**16****Sunday**

**YWCA OF MINNEAPOLIS WOMEN'S** (Minneapolis, MN, SDT), **DU STATE DU** (Illinois City, IL, DU), **PLEASANT PRAIRIE** (Pleasant Prairie, WI, STDT, SDT, DU), **ISLAND LAKE OF NOVI** (Novi, MI, SDT), **LAKE MARION** (Lakeville, MN, SDT)

**20****Thursday**

**AQUATHON NO. 5** (Madison, WI, B)

**21****Friday**

**SILVER LAKE AQUATHLON** (Portage, WI, K)

**22****Saturday**

**SILVER LAKE** (Portage, WI, SDT), **DOG DAYS** (Belmond, IA, SST, POOL, KT), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON),

**23****Sunday**

**LAKES COUNTRY** (Baxter, MN, SDT), **ST. PAUL** (St. Paul, MN, STDT, SDT)

**29****Saturday**

**COLDWATER MINI** (Coldwater, MI, SST), **UNDER THE INFLUENCE** (West Bend, WI, SDT), **PHILIPPO DIRTY** (Cannon Falls, MN, SDT, XC, MTB)

**30****Sunday**

**BREAKWATER** (Petoskey, MI, HALF IRDT), **TEAM ORTHO** (Minneapolis, MN, DU), **MINNEAPOLIS** (Minneapolis, MN, DU)

## SEPTEMBER

**5****Saturday**

**ST. CROIX VALLEY** (Hudson, WI, STDT), **GRAND MARAIS** (Grand Marais, MN, KT), **TREADMAN** (Rochester, MN, DU); **LABOR DAY WKND** (Fish Creek, WI, DU)

**6****Sunday**

**ST. CROIX VALLEY** (Hudson, WI, SDT), **GRAND MARAIS** (Grand Marais, MN, SDT)

**7****Monday**

**ST. CROIX VALLEY** (Hudson, WI, STDT), **CADILLAC FESTIVAL OF RACES** (Cadillac, MI, PA)

**12****Saturday**

**LAKE GENEVA** (Lake Geneva, WI, HALF IRDT, STDT, SDT, SST), **HAMLIN BLAST** (Ludington, MI, AR, MTB, PA, O), **BURRITO UNION** (Duluth, MN, SDT for 5 or 10 hrs), **SQUARE LAKE** (Stillwater, MN, HALF IRDT, SDT)

**13****Sunday**

**SPOTSCARE WOMEN'S** (Springfield, IL, B bike/run), **WISCONSIN IRONMAN** (Madison, WI, IRDT)

**19****Saturday**

**PARK TOOL** (Lake Elmo, MN, DU), **FEVER RIVER ADVENTURE** (Galena, IL, PA), **ROCK THE RACE** (Rockford, IL, AR, PA, O, R)

**20****Saturday**

**TRI-QUEST** (La Crosse, WI, GOLF), **MILLSTADT PARKS** (Millstadt, IL, B run/bike), **LIFE TIME FITNESS KIDS** (Warrenville, IL, KT), **TRIHAWKS** (Coralville, IA, SDT), **DOUSMAN** (Dousman, WI, DU), **DEVILS CHALLENGE** (Baraboo, WI, SDT)

**26****Saturday**

**THREE RIVERS** (Rockford, MN, XC, PA, MTB), **CHARLESTON CHALLENGE** (Charleston, IL, DU, K), **CANNON WELLS** (Faribault, MN, DU), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON), **IRON GIRL** (Bloomington, MN, DU)

**26****Saturday**

**HAVE FUN? YOU WON!** (Oswego, IL, KT), **PEREGRINE CHARITIES** (Waterloo, IA, STDT), **DANSKIN** (Pleasant Prairie, WI, SDT)

## OCTOBER

**3****Saturday**

**KICKAPOO RESERVE** (La Farge, WI, SDT), **KICKIN' LEAVES** (Grand Rapids, MN, DU), **MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON)

**4****Sunday**

**GREEN BAY DU** (Green Bay, WI, DU)

**10****Saturday**

**SOUTHERN KETTLE MORAINNE ADVENTURE** (North Prairie, WI, AR, XC, MTB, O), **OSCEOLA** (Osceola, WI, DU, KT)

**11****Sunday**

**OSCEOLA** (Osceola, WI, DU)

**17****Saturday**

**MISSISSIPPI ADVENTURE DAY** (Galena, IL, PA, NON)

## NOVEMBER

**14****Saturday**

**FAT OTTER** (Palos Heights, IL, AR, XC, MTB, PA, O)

## DECEMBER

**5****Saturday**

**INFITERRA SPORTS** (southeast MI, AR, XC, MTB, PA,