

## BI-TRIATHLONS

| DATE                              | EVENT/DISTANCE  | CONTACT                              | LOCATION  | MISC.  |
|-----------------------------------|---|--------------------------------------|---|--|
| TBA                               | MAD DOG TRIATHLON CLUB<br>FLORIDA'S LARGEST<br>TRIATHLON CLUB | 813-582-1910                         | PASS-A-GRILLE<br>ST. PETE BEACH FL              | LARGEST TRI-CLUB I<br>THE STATE OF FLORI                             |
| SUNDAY<br>FEBRUARY 14<br>8:00 AM  | CHILLY WILLY DUATHLON 2010                                    | FRPM PROMOTION<br>813-874-7223       | NORTH BEACH<br>FORT DESOTO PARK<br>ST. PETE FL. | RUN 5K<br>BIKE 10 MILES<br>RUN 5K                                    |
| SUNDAY<br>MARCH 7<br>10:00 AM     | FLORIDA GREAT ESCAPE TRIATHLON                                | THOMAS ZIEBART<br>352-241-7144 X4209 | LAKE LOUISA STATE PARK<br>CLERMONT FL.          | 1 MILE SWIM<br>BIKE 18 MILES<br>RUN 5 MILES                          |
| SUNDAY<br>MARCH 21<br>TBA         | GATOR SPRINT TRIATHLON<br>SPRINT / HALF                       | THIERRY ROUILLARD<br>941-539-3756    | SARASOTA FL.                                    | SWIM 1/4 MI./ 1.2 MI<br>BIKE 12 MI. / 56 MI.<br>RUN 3 MI. / 13.1 MI. |
| SATURDAY<br>MARCH 27<br>8:00 AM   | ECO QUEST<br>MINI.ORIGINAL.ULTIMATE                           | www.echofl.org                       | ALAFIA RIVER STATE PARK<br>LITHIA FL.           | BIKE.RUN.CANOE<br>AND CHALLENGE EV                                   |
| SATURDAY<br>APRIL 10<br>7:30 AM   | ESCAPE FROM FORT DESOTO<br>TRIATHLON XXIV                     | FRPM PROMOTION<br>813-874-7223       | NORTH BEACH<br>FORT DESOTO PARK<br>ST. PETE FL. | SWIM 1/2 MILE<br>BIKE 10 MILES<br>RUN 4 MILES                        |
| SATURDAY<br>APRIL 24<br>TBA       | MEEK AND MIGHTY TRIATHLON<br>AGES 7-10 / 11+                  | INFORMATION<br>727-820-7791          | ST. PETE FL.                                    | SWIM 100/200 YARD<br>BIKE 3.6/ 5.4 MILES<br>RUN .5 / 1 MILE          |
| SUNDAY<br>APRIL 25<br>TBA         | ST. ANTHONY'S TRIATHLON                                       | INFORMATION<br>727-820-7791          | ST. PETE FL.                                    | SWIM 1.5K<br>BIKE 40 MILES<br>RUN 10K                                |
| SUNDAY<br>MAY 23<br>TBA           | MADERIA BEACH TRIATHLON                                       | PHILLIPE LAHAYE<br>727-825-1271      | MADERIA BEACH FL.                               | SWIM 1/2 MILE<br>BIKE 15 MILES<br>RUN 3.1 MILES                      |
| SATURDAY<br>JULY 31<br>7:00 AM    | TOPGUN TRIATHLON  | FRPM PROMOTION<br>813-874-7223       | FORT DESOTO PARK<br>ST. PETE FL.                | SWIM 1/4 MILE<br>BIKE 10 MILES<br>RUN 3.1 MILES                      |
| SATURDAY<br>OCTOBER 23<br>7:00 AM | SUNCOAST TRIATHLON  | FRPM PROMOTION<br>813-874-7223       | FORT DESOTO PARK<br>ST. PETE FL.                | SWIM 1/3 MILE<br>BIKE 10 MILES<br>RUN 3.1 MILES                      |