

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 2
	3	4	5 TRISPOKES GENERAL MEETING 6 p.m., Rusty's Speakers: Club participants in USAT Nationals!	6 SOLE2SOUL weekly fun run 9000 Ming Suite K-1 7 p.m.	7	8 9 TRISPOKES TRANSITION TRAINING Lake Ming With Aaron Hebeler!
10 IRONMAN 70.3 SANTA CRUZ ironman.com PACIFIC COAST TRIATHLON octriseries.com	11	12		13 SOLE2SOUL weekly fun run 9000 Ming Suite K-1 7 p.m.	14	15 16 BAKERSFIELD TRIATHLON Super Sprint, Sprint, Oly, Kids bakersfieldtri.com NAUTICA MALIBU TRIATHLON nauticamalibutri. com
17 LONG BEACH TRIATHLON thelongbeach triathlon.com ROCK THE BAY SAN DIEGO TRIATHLON rockthebaytri.com	18	19		20 SOLE2SOUL weekly fun run 9000 Ming Suite K-1 7 p.m.	21	22 23 TRI TULARE Sprint tritulare.org APPLE VALLEY REVERSE TRIATHLON avrevtri.org
24 CARPINTERIA TRIATHLON carpinteria triathlon.com IRONMAN 70.3 SUPERFROG ironman.com SANTA CRUZ TRIATHLON Oly, sprint santacruztriathlon.org	25	26		27 SOLE2SOUL weekly fun run 9000 Ming Suite K-1 7 p.m.	28	29 30 HIGH DESERT TRIATHLON Edwards.AFB Sprint, Oly highdesert triathlon.com TRI4CHANGE SPRINT TRIATHLON Lake Arrowhead tri4change. squarespace.com