

JANUARY

1st Monday

Beginning of Trispokes team challenge

Details about this at the December meeting and Christmas party! Remember to report your mileage to your captain by Sunday of each week! Let's see if a team can finally beat Danny's team this year (sorry, just had to throw that in there)!

3rd Wednesday

General meeting, 6 p.m., Rusty's, Ming & Ashe

Guest speaker and board elections!

6th Saturday

29th annual Fog Run, 8 a.m., Lake Ming

This Kern County favorite offers a 5k and 10k, and it will serve as our main group workout this month. The idea is to inundate the race with Trispokes, and then we can pontificate about how great we were afterward!

Website: bakersfieldtrackclub.org

13th Saturday

Rio Bravo Rumble, east Bakersfield

A crazy day of racing at Rio Bravo Ranch, located at the mouth of the canyon off 178. You have running (5k, 10k, half-marathon), mountain biking, and a mountain bike/run duathlon or relay all on the same morning on dirt trails. Oh, did I mention that there are a lot of big hills?

Website: <http://www.ggphysicaltherapy.com/rio-bravo-rumble/>

27 Saturday

Riverbed Runs Through It Half-Marathon & 5k

A major favorite among area distance runners. The race starts at River Walk Park in Bakersfield and takes place on mostly dirt trails.

Website: bakersfieldtrackclub.org

FEBRUARY

3rd Saturday

Bakersfield Time Trial Championship

This is the first in this year's series of cycling time trials in Bakersfield, put on by All Action Racing and Kern Wheelmen. Racing begins at 10 a.m. just outside of Lake Ming on Harrell Highway.

The 10.2-mile course turns around at Goodmanville.

Facebook: All Action Racing Company

7th Wednesday

General meeting, 6 p.m., Rusty's Pizza

Guest speaker Dr. Thomas Armstrong will talk about the importance of incorporating sleep into your training regimen. Also, updates on the club challenge and the incredible raffle!

10th Saturday

CSUB PEAK Club Valentine's Run

Popular 5k/10k on the CSUB campus with club member Jeff Moffit as the organizer. Age-group awards, raffle, and activities for kids 6-10 while you run or walk!

Website: www.valentinesrun.com

11th Sunday

Club workout with professional triathlon coach

Join in with Paul from Carmichael Training System for a free bike/run brick lecture/workout that focuses on how to improve your run after coming off of the bike! Start time 10 a.m. at Lake Ming.

See you there!

24th Saturday

Race on the Base reverse triathlon

This early season triathlon in Los Alamitos (just south of L.A.) involves a bit of travel for us but draws huge crowds. It starts with a 5k run, then a 20k bike ride and a 200-meter pool swim.

Website: www.raceonthebase.com/