

SET UP EVENTS

2010 Event Schedule

Date	Day	Event	City	State	Race Type	IOSTS	SCTS	VTS	TSTDS	Other	Running
1/1	Fri	Running of the Lights 5K and Fun Run	Clemmons	NC	5K / Fun Run						X
1/23	Sat	Greenville News Downtown 5K	Greenville	SC	5K						X
2/13	Sat	Black Mountain Valentines 5k	Black mountain	NC	5K						X
2/20	Sat	Winter Challenge Off Road Triathlon	Springfield	SC	Off Road					X	
2/21	Sat	Frostbite 5k	Fletcher	NC	5K						X
3/5	Fri	Carolina First Reedy River Kids Run	Greenville	SC	Kids Run						X
3/6	Sat	Carolina First Reedy River Run	Greenville	SC	10K / 5K						X
3/13	Sat	St. Patrick's Day Shamrock Run	Asheville	NC	10K / 5K / 1K Fun						X
3/13	Sat	Zebras Do Exist 5K	Moore	SC	5K						X
3/13	Sat	Azalea Triathlon I	Wilmington	NC	Sprint (pool)	X					
3/14	Sun	Azalea Triathlon II	Wilmington	NC	Sprint (pool)	X					
3/20	Sat	Parris Island Triathlon	Parris Island	SC	Sprint (pool)			X			
3/20	Sat	Run The Creek 5K	Charlotte	NC	5K						X
3/21	Sun	Quintiles Marathon at Wrightsville Beach presented by Landfall	Wrightsville Beach	NC	Marathon / Half Marathon						X
3/27	Sat	Downtown Columbia Triathlon	Columbia	SC	Sprint (pool)			X			
3/27	Sat	Smithfield Sprint	Smithfield	VA	Sprint (pool)				X		
3/28	Sun	Cool Breeze Triathlon	Huntersville	NC	Sprint (pool)	X					
4/3	Sat	Egg Stravaganza 5K	Greensboro	NC	5K						X
4/3	Sat	Greenway Challenge	Black Mountain	NC	5k10k						X
4/10	Sat	Birkdale Animal Hospital Kids Triathlon Race #1	Huntersville	NC	Kids Tri					X	
4/11	Sun	Wilmington Athletic Club Triathlon	Wilmington	NC	Sprint (pool)				X		
4/17	Sat	Paris Mountain Triathlon	Greenville	SC	Sprint			X			
4/17	Sat	Belews Lake Triathlon	Greensboro	NC	Sprint	X					
4/17	Sat	Valdese Triathlon	Valdese	NC	Sprint (pool)				X		
4/17	Sat	Rumpus In Bumpass International	Bumpass	VA	International			X			
4/18	Sun	Rumpus in Bumpass Sprint	Bumpass	VA	Sprint			X			
4/24	Sat	Langley Pond Triathlon	Aiken	SC	Sprint/Int'l			X			
4/24	Sat	Riverwood Triathlon	Clayton	NC	Sprint (pool)				X		

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4/24	Sat	Blue Ridge Marathon	Roanoke	VA	Marathon/Half Marathon						X
4/25	Sun	Huntersville Triathlon	Huntersville	NC	Sprint (pool)	X					
4/25	Sun	Angels Race	Lynchburg	VA	Sprint (pool)				X		
5/1	Sat	White Lake Half I	White Lake	NC	Half	X					
5/1	Sat	TryCharleston	Charleston	SC	Half / Sprint				X		
5/1	Sat	Smith Mountain Lake	Huddleston	VA	Sprint					X	
5/2	Sun	White Lake Sprint I	White Lake	NC	Sprint	X					
5/8	Sat	White Lake Half II	White Lake	NC	Half	X					
5/8	Sat	Gallop 4 the Greenways	Roanoke	VA	5k / Kids Fun Run						X
5/8	Sat	Kinetic Half	Lake Anna	VA	Half				X		
5/8	Sat	Jetton Triathlon	Cornelius	NC	Sprint						X
5/9	Sun	White Lake Sprint II	White Lake	NC	Sprint	X					
5/9	Sun	Lake Murray Triathlon	Lexington	SC	Sprint				X		
5/9	Sun	Kinetic Sprint	Lake Anna	VA	Sprint					X	
5/15	Sat	Clemson Triathlon	Clemson	SC	Sprint				X		
5/15	Sat	Statesville Rotary Triathlon	Statesville	NC	Sprint (pool)						X
5/22	Sat	Over The Mountain Triathlon	Kings Mountain	NC	International	X					
5/22	Sat	New Bern YMCA Triathlon	New Bern	NC	Sprint (pool)						X
5/22	Sat	Haymed Tri	Clyde	NC	Sprint (pool)						X
5/22	Sat	Night of the Ninja 5k	Asheville	NC	5K						X
5/23	Sun	Ramblin' Rose - Raleigh Women's Only Triathlon	Raleigh	NC	Sprint (pool)						X
6/5	Sat	Coliseum's Rock N Roll Man	Macon	GA	Half/ Sprint/ Du						X
6/5	Sat	Birkdale Animal Hospital Kids Triathlon Race #3	Huntersville	NC	Kids Tri						X
6/5	Sat	Shenandoah Valley Triathlon	Luray	VA	Sprint				X		
6/6	Sun	Kerr Lake	Henderson	NC	International						X
6/12	Sat	Tri Latta (Sat)	Charlotte	NC	Sprint	X					
6/12	Sat	Enka Triathlon at Biltmore Lake	Asheville	NC	Sprint						X
6/12	Sat	Tidewater Triathlon	Hampton	VA	Sprint/International				X		
6/13	Sun	Tri Latta (Sun)	Charlotte	NC	Sprint	X					
6/13	Sun	Festival of Flowers Triathlon	Greenwood	SC	International				X		
6/19	Sat	Caine Halter YMCA Triathlon	Greenville	SC	Sprint (pool)				X		

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6/19	Sat	Historic Badin Triathlon	Badin	NC	Sprint				X
6/19	Sat	Bath County	Warm Springs	VA	Sprint			X	
6/20	Sat	Gold Rush Triathlon	Charlotte	NC	Sprint (pool)				X
6/26	Sat	Tri the Midlands	Columbia	SC	Sprint			X	
6/27	Sun	Kure Beach Double Sprint Triathlon	Kure Beach	NC	Sprint	X			
6/27	Sun	Charlottesville Sprint	Charlottesville	VA	Sprint				X

7/3	Sat	Firecracker 5K	Weaverville	NC	5K					X
7/10	Sat	Triangle Triathlon (Sat)	Raleigh	NC	Sprint	X				
7/10	Sat	Ballantyne Triathlon	Charlotte	NC	Sprint (pool)				X	
7/11	Sun	Triangle Triathlon (Sun)	Raleigh	NC	Sprint	X				
7/11	Sun	Ramblin' Rose - Rock Hill Women's Only Triathlon	Rock Hill	SC	Sprint (pool)					X
7/11	Sun	New River Valley Triathlon	Radford	VA	Sprint (pool)			X		
7/17	Sat	Birkdale Animal Hospital Kids Triathlon Race #4	Huntersville	NC	Kids Tri					X
7/18	Sun	You Go Girl Women's Only Triathlon	Greenville	SC	Sprint (pool)					X
7/18	Sun	Asheville Triathlon	Asheville	NC	Sprint (pool)				X	
7/18	Sun	3Sports Triathlon	Richmond	VA	Sprint (pool)			X		
7/24	Sat	Lake Wylie YMCA Triathlon	Lake Wylie	SC	Sprint	X				
7/24	Sat	Mission Man Triathlon	Burlington	NC	Sprint				X	
7/24	Sat	Bele Chere 5K	Asheville	NC	5K					X
7/25	Sun	Charlottesville International	Charlottesville	VA	International					X
7/31	Sat	She TRIs Wilmington - Women's Only Triathlon	Wilmington	NC	Sprint (pool)					X
7/31	Sat	Tri to Cure Youth Triathlon	Greenville	SC	Youth (pool)					X

8/1	Sun	UNC Wellness Triathlon	Chapel Hill	NC	Sprint (pool)				X	
8/1	Sun	Greenville Triathlon	Greenville	SC	Sprint (pool)			X		
8/1	Sun	Culpeper Sprint	Culpeper	VA	Sprint			X		
8/7	Sat	Stumpy Creek Olympic Triathlon	Charlotte	NC	International	X				
8/7	Sat	Lake Logan International Triathlon	Canton	NC	International				X	
8/8	Sun	Lake Logan Sprint Triathlon	Canton	NC	Sprint				X	
8/8	Sun	Amica 19.7 Sprint Triathlon at Stumpy Creek	Charlotte	NC	Sprint	X				
8/14	Sat	Glade Springs Triathlon	Daniels	WV	Sprint					X

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8/14	Sat	Fuquay-Varina Rotary Triathlon	Fuquay-Varina	NC	Sprint (pool)				X
8/14	Sat	Luray International Triathlon	Luray	VA	International			X	
8/14	Sat	Blue Ridge Brutal Bike Rides	West Jefferson	NC	Century / Metric				X
8/15	Sun	Luray Sprint Triathlon	Luray	VA	Sprint			X	
8/21	Sat	Lake Norman YMCA Triathlon (Sat)	Charlotte	NC	Sprint	X			
8/21	Sat	Sportsplex Super Sprint Triathlon	Hillsborough	NC	Sprint (pool)			X	
8/21	Sat	Springmaid Splash Trail Run	Spruce Pine	NC	10K / 5K				X
8/22	Sun	Lake Norman YMCA Triathlon (Sun)	Charlotte	NC	Sprint	X			
8/22	Sun	Ramblin Rose - Winston-Salem Women's Only Triathlon	Winston-Salem	NC	Sprint (pool)				X
8/28	Sat	Lake Lure Triathlon	Lake Lure	NC	Sprint			X	
8/28	Sat	Stonewall Jackson Triathlon	Weston	WV	International				X
8/29	Sun	South Carolina Half	Greenwood	SC	Half			X	

9/4	Sat	Lenoir Triathlon	Lenoir	NC	Sprint (pool)				X
9/6	Mon	Sugar Creek Kid's Triathlon	Greer	SC	Sprint (pool)				X
9/11	Sat	North Myrtle Beach Triathlon	North Myrtle Beach	SC	Sprint			X	
9/11	Sat	Inside Out White Lake International Triathlon	White Lake	NC	International	X			
9/11	Sat	Patriots Half	Williamsburg	VA	Half			X	
9/12	Sun	Inside Out Dash For Divas Triathlon	White Lake	NC	Sprint				X
9/12	Sun	Patriots Sprint	Williamsburg	VA	Sprint			X	
9/12	Sun	JBL Memorial 5K	Asheville	NC	5K				X
9/18	Sat	Cane Creek Triathlon	Charlotte	NC	Sprint			X	
9/19	Sun	Angels Race	Winston-Salem	NC	Sprint				X
9/24	Fri	BMW 2 Miler	Spartanburg	SC	2 mile				X
9/25	Sat	Wilmington YMCA Triathlon	Wilmington	NC	Sprint	X			
9/25	Sat	Big Lick	Huddleston	VA	International			X	
9/26	Sun	Ramblin Rose - Charlotte Women's Only Triathlon	Huntersville	NC	Sprint (pool)				X

10/2	Sat	Jordan Lake Men's ONLY Triathlon	Raleigh	NC	Sprint	X			
10/2	Sat	Giant Acorn International	Bumpass	VA	International			X	
10/3	Sun	Jordan Lake Women's ONLY Triathlon	Raleigh	NC	Sprint	X			
10/3	Sun	Giant Acorn Sprint	Bumpass	VA	Sprint			X	

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Ramblin Rose - Chapel Hill Women's						
10/9	Sat	Only Triathlon	Chapel Hill	NC	Sprint (pool)	X
10/10	Sun	Take Flight Triathlon	Huntersville	NC	Sprint	X
10/16	Sat	Hickory Knob Triathlon	McCormick	SC	Sprint/International	X
10/16	Sat	Pinehurst Triathlon	Pinehurst	NC	International	X
10/23	Sat	Zest Quest Runs	Travelers Rest	SC	10K / 5K	X

11/6	Sat	Super Heroes 5K	Asheville	NC	5K	X
11/13	Sat	Beach2Battleship	Wilmington	NC	Full/ Half	X
11/25	Thur	Jus Running Turkey Trot	Asheville	NC	5K	X
11/25	Thur	Turkey Strut 5K & 1 Mile Fun Run	Winston-Salem	NC	5K / Fun Run	X

12/4	Sat	Jingle Bell Run 5K	Brevard	NC	5K	X
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