

EVENT SCHEDULE 2009

- January 1, 2009 **Mnt. Bike:** LBL Poker Run, Wood n' Wave, Grand Rivers, KY <http://www.woodnwave.com/>
- January 3, 2009 **Run:** Snowman Shuffle 5k, John A. Logan, Carterville, IL <http://rrr.olm.net>
- January 10 - 11, 2009 **Run:** Walt Disney World Marathon & Half Marathon, Orlando, FL <http://disneyworldsports.disney.go.com/>
- January 17, 2009 **Run:** McDonalds 5k, Taylor Field, Harrisburg, IL <http://rrr.olm.net>
- January 18, 2009 **Run:** Rock n' Roll ½ Marathon, Phoenix, AZ <http://www.rnrz.com/home.html>
- January 21, 2009 Season Premier of LOST.....finally!
- January 24-25, 2009: **Run:** Chilly Hilly Stage Races, Bloomington, IN <http://www.hoosier200.com/chilihilly.html>
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- February 1, 2009 Super Bowl Sunday
- February 1, 2009 **Tri:** Max Performance Triathlon Series #1, Shelbyville, KY <http://www.headfirstperformance.com/Max>
- February 14, 2009 **Run:** Fly with the Eagles Half Marathon, Crab Orchard Nat'l Wildlife Refuge near Herrin, Illinois. <http://rrr.olm.net>
- February 14-22, 2009: **Pro Cycling:** Tour of California <http://www.amgentourofcalifornia.com/>
- February 14, 2009: Versus Tour of California coverage. 4:00 p.m. CST <http://www.versus.com>
- February 15, 2009: Versus Tour of California coverage. 5:00 p.m. CST <http://www.versus.com>
- February 16, 2009: Versus Tour of California LIVE coverage. 11:30 a.m. CST <http://www.versus.com>
- February 17, 2009: Versus Tour of California LIVE coverage. 4:00 p.m. CST <http://www.versus.com>
- February 18-20, 2009: Versus Tour of California LIVE coverage. 3:00 p.m. CST <http://www.versus.com>
- February 21-22, 2009: Versus Tour of California LIVE coverage. 4:00 p.m. CST <http://www.versus.com>
- February 28, 2009: **Tri:** Rec Your Body Indoor Triathlon, SIU-C Rec Center, Carbondale, IL <http://intranet.siu.edu/~triclub/events.html>
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- March 1, 2009 **Tri:** Max Performance Triathlon Series #2, Shelbyville, KY <http://www.headfirstperformance.com/Max>
- March 6-8, 2009 **Run:** Disney's Princess Half Marathon Weekend, Disney World, Orlando. <http://disneyworldsports.disney.go.com>
- March 7, 2009 **Run:** Springout 5k, Crab Orchard Nat'l Wildlife Refuge, Herrin, IL <http://rrr.olm.net>
- March 7, 2009 **Endurance Run:** Mississippi Trail Runs, 50m., 50k, 20k, DeSoto Nat'l Forest, Laurel, MS <http://www.ms50.com/>
- March 8, 2009: Paris Nice Pro Race. Versus coverage 4:00 p.m. CST <http://www.versus.com>
- March 14, 2009 **Endurance Run:** Land Between the Lakes Trail Run, Grand Rivers, KY <http://66.49.143.155/phpnuke/index.php>
- March 14, 2009 **Run:** Tom King Half Marathon & 5k, Nashville, TN <http://www.tomkingclassic.com/>
- March 14, 2009 **Run:** St. Patrick's Day 5K, Celtic Celebration, Murphysboro, IL <http://rrr.olm.net>
- March 15, 2009 Paris Nice Pro Cycling. Versus coverage 4:00 p.m. CST <http://www.versus.com>
- March 21, 2009 Adventure Race: Natchez Trace Adventure Race, Natchez Trace State Resort Park, TN <http://www.ascentoutdoorsadventure.racesonline.com/>
- March 22, 2009 **Tri-Du:** Natchez Trace Triathlon & Duathlon, Natchez Trace State Resort Park, TN <http://www.s2fevents.com/>
- March 29, 2009 **Run:** ING Georgia Marathon/ Half, Atlanta, GA <http://inggeorgiamarathon.com/site3.aspx#>

March 29, 2009 *Du:* Wolfman Duathlon, Shelby Farms, Memphis, TN <http://www.terrapinracing.com/wolfmandu.htm>

March 29, 2009 International Criterium (France) Pro Cycling. Versus coverage 4:00 p.m. CST <http://www.versus.com>

April 4, 2009 *Run:* So.Ill. 10k run & 5k walk, Crab Orchard Nat'l Wildlife Refuge, Herrin, IL <http://rrr.olm.net>

April 4, 2009 *Run:* Lincoln Memorial Half Marathon, Springfield, IL <http://runabe.com/>

April 5, 2009 *Tri:* Max Performance Triathlon Series #3, Shelbyville, KY <http://www.headfirstperformance.com/Max>

April 5, 2009 Tour of Flanders Versus Coverage 4:00 p.m. CST <http://www.versus.com>

April 10-12, 2009 *Ultra Run:* McNaughton Park Trail Runs, Pekin, IL <http://www.mcnaughtonparktrailruns.com/index2.htm>

April 11, 2009 *Du:* Maxtrax Duathlon, Columbia, MO <http://www.ultramaxtri.com/>

April 12, 2009 *Run:* Run for Children ½ Marathon & 5k, Bowling Green, KY
<http://www.familyenrichmentcenter.com/runWalkForChildren.htm>

April 12, 2009 Paris Roubaix Versus Coverage 3:00 p.m. CST <http://www.versus.com>

April 18, 2009 *Run:* River to River Relay, Southern Illinois. <http://rrr.olm.net/>

April 18, 2009 *Tri:* Xterra Memphis (1m./18m.mnt.bike/10k trail run), Shelby Farms, Memphis. <http://xterramemphis.racesonline.com/>

April 19, 2009 *Run:* GO St. Louis Marathon, St. Louis, MO. <http://www.gostlouis.org/>

April 20, 2009 *Run:* Boston Marathon, Boston, MA <http://www.bostonmarathon.org/>

April 25, 2009 *Tri:* Doc Spackman Memorial Triathlon, Carbondale, IL <http://www.sportoften.com/events/eventDetails.cfm?pEventId=3456>

April 25, 2009 *Run:* Country Music Marathon & Half Marathon, Nashville, TN. <http://www.cmmarathon.com/home.html>

April 25, 2009 *Run:* Kentucky Derby Marathon & ½ Marathon, Louisville, KY <http://www.derbyfestivalmarathon.com/>

April 26, 2009 *Tri:* Steamboat Classic Triathlon, Cape Girardeau, Patrick Watson - 573-335-4040

April 26, 2009 Liege Bastogne Pro Cycling Versus & Fleche Wallone Pro Cycling coverage 2:00 p.m. CST <http://www.versus.com>

May 2-3, 2009 **Ride:** Harmonie Hundred Bike Ride, New Harmony, IN <http://www.harmoniehundred.net/>

May 3, 2009 *Tri:* Max Performance Triathlon Series #4, Shelbyville, KY <http://www.headfirstperformance.com/Max>

May 3, 2009: *Tri:* Lost Loon Triathlon, (mnt. bike, canoe, trail run), Long Hunter State Park, Hermitage, TN (outside Nashville),
<http://www.lostloons.com/>

May 3, 2009: Tour de Romandie Pro Cycling Versus coverage, 3:00 p.m. CST <http://www.versus.com>

May 9- 31, 2009 **Pro Racing:** Giro d' Italia

May 9, 2009 *Run:* Bridge the Gap to Health 5k, 10k, ½ Marathon, Quincy, IL <http://www.bridgethegapstohealth.com/>

May 16, 2009 **Mnt. Bike:** White Lightning Time Trial, LBL, <http://www.woodnwave.com/Whitelightning.html>

May 16, 2009 *Run:* So. Ill. Miners 5k Home Run Challenge, Rent One Park, Marion, IL <http://rrr.olm.net>

May 16, 2009 *Tri:* Headfirst Performance Triathlon and Aquabike (Half distance), Taylorsville, KY.
<http://www.headfirstperformance.com/Half/Halfannouncement.htm>

May 16, 2009 *Tri:* Memphis in May Mountain Bike Triathlon, Millington, TN <http://www.mimmbtri.racesonline.com/>

May 17, 2009 **Mnt. Bike:** White Lightning XC, LBL, <http://www.woodnwave.com/Whitelightning.html>

May 17, 2009 *Tri:* Memphis in May Triathlon, Millington, TN <http://www.mimtri.racesonline.com/>

May 23, 2009 *Tri:* Trifesta Triathlon, John A. Logan College, Carterville, IL <http://www.herrifesta.com/event/trifesta>

May 23, 2009 *Tri/Du:* Buffalo Trails Duathlon, Triathlon, and 5K, Maysville, KY <http://www.buffalotrailsraces.com/>

May 23-24,2009 **Ride:** Horsey Hundred, Lexington, KY <http://www.bgcycling.net>

May 25, 2009 *Tri:* GJCC Memorial Triathlon, Nashville, TN <http://www.team-magic.com/>

May 30-31, 2009 **Run:** Run Under the Stars, Carson Park, Paducah <http://66.49.143.155/phpnuke>

May 30, 2009 *Tri:* Rock n' Rollman Half Triathlon, Macon, GA <http://www.gamultisports.com/rocknroll.html>

May 30, 2009 *Tri:* Get Fit Kentucky Triathlon, Morganfield, KY <http://www.getfitky.com/>

May 30, 2009 *Tri:* Terre Haute Triathlon, Terre Haute, IN <http://www.thtriathlon.com/>

June 6, 2009 *Tri:* Ultramax Triathlons, Innsbrook, MO <http://www.ultramaxtri.com/>

June 6, 2009 *Tri:* Tri Shark Triathlon, LeRoy, IL <http://www.tri-shark.org/>

June 6, 2009 Urban Adventure Race: Urban Dare Chicago, Chicago, IL <http://www.urbandare.com/>

June 6, 2009 *Tri:* The Toad Suck Tri Fest, Iron Mountain Half Tri & Aqua Bike, Conway, AR (Sprint tri on 6/7/09).
http://www.dltnmultisport.com/Toad_Suck_Tri_Fest/index.htm

June 7, 2009 *Tri:* Rock Man ½ Distance Triathlon, Rock Cut State Park, Loves Park, IL <http://www.rockmantri.com/>

June 7, 9, 14 & 15, 2009: Dauphine Libere Pro Cycling Versus coverage, 4:00 p.m. CST <http://www.versus.com>

June 11-14, 2009 Superman Celebration, Metropolis, IL <http://www.supermancelebration.net/>

June 11, 2009 **Run:** Superman Race (4 mile), Metropolis, IL 62960

June 13, 2009 **Ride:** Supertrek, Metropolis, IL 62960

June 13, 2009 *Tri:* Dragon Fly Triathlon, Memphis, TN <http://www.dragonfly.racesonline.com/>

June 13, 2009 *Tri:* Tri-Jesus Triathlon, Quincy, IL <http://www.trijesus.com/>

June 13, 2009 *Tri:* Lakewood Valley Triathlon, Owensboro, KY <http://www.owensboroymca.org/triathlon/>

June 14-15 & 21, 2009. Tour de Suisse Versus coverage, 5:00 p.m. CST (4:00 p.m. on 6/21) <http://www.versus.com>,

June 20, 2009 **Ride:** Horribly Hilly Hundreds (200k & 100k), Wisconsin (must register early) <http://horriblyhilly.com/home.html>

June 21, 2009 *Tri:* Cutting Edge Half Classic, Effingham, IL <http://www.cuttingedgeevents.net/>

June 27, 2009 **Ride:** Tour de Corn, East Prairie, MO <http://www.tourdecorn.com/>

June 27, 2009 **Ride:** Harpeth River Ride, Franklin, TN <http://www.harpethbikeclub.com/>

June 27, 2009 *Tri:* Old Hickory Triathlon, Hendersonville, TN <http://www.team-magic.com/>

July 4-26, 2009 **Pro Racing:** Tour de France, <http://www.letour.fr/indexus.html>

July 11, 2009 **Run:** Joker's Wild Run, Maryland Heights, MO <http://www.ultramaxtri.com/>

July 12, 2009 *Tri:* Chattanooga Waterfront Triathlon, Chattanooga, TN <http://www.team-magic.com/>

July 12, 2009 **Run:** Jokers Wild Half Marathon & 10k, St. Louis, MO http://www.ultramaxtri.com/index_new.php

July 18, 2009 *Tri:* Evergreen Lake Triathlons, Hudson, IL <http://www.tri-shark.org/web/EvergreenTri2/Index.aspx>

July 18, 2009 *Tri:* Cardinal Harbor Triathlon (Half distance), Prospect, KY <http://www.headfirstperformance.com/>

July 26, 2009 *Tri:* Mike Caudill Memorial Triathlon, Richmond, KY <http://www.trifind.com/ky.html>

August 2, 2009 *Tri-Du:* MattoonMan Olympic Triathlon/Duathlon, Lake Mattoon, Mattoon, IL <http://www.mattoonmultisport.com/>

August 8, 2009 *Tri:* Lame Duck Try-Athlon , Mallard Point, Georgetown, KY <http://www.lameduck.freesevers.com/>

August 9, 2009 *Tri:* Lake County Triathlon (Olympic/Sprint), Paulus Park, Lake Zurich, IL <http://www.thelakezurichtriathlon.com/>

August 16, 2009 *Tri:* Fall Creek Falls Tri, Fall Creek Falls State Park, Pikeville, Tn <http://racedayevents.rd20.com/?>

August 16, 2009 *Tri:* Mid August Meltdown Triathlon (Olympic/Spring), Lake Sara Beach, Effingham, IL
<http://www.cuttingedgeevents.net/TRIATHLONS.HTML>

August 30, 2009 *Tri:* Chicago Triathlon, Chicago, IL <http://www.chicagotriathlon.com/>

September 6, 2009 Run: Rock n' Roll ½ Marathon, Virginia Beach, VA <http://www.rnrvb.com/home.html>

September 7-13, 2009 **Pro Racing:** Tour of Missouri, <http://www.tourofmissouri.com/>

September 12, 2009 **Mnt. Bike,** Twelve Hours of the Canal Loop, LBL, <http://www.woodnwave.com/12.html>

September 12-13, 2009 **Ride:** Tour de Vine, Columbia-Hermann-St.Louis <http://www.ultramaxtri.com/>

September 19, 2009 *Du:* Bad to the Bone Duathlon, Big Bone Lick State Park, Union, KY <http://www.badtothebonerace.com/>

September 26, 2009 Run: Fisher Hills & Hollows 5k & ½ Marathon, Valmeyer, IL <http://www.hillsandhollows.org/>

September 27, 2009 *Tri:* Ironman 70.3 Augusta, Augusta, GA <http://www.ironmanaugusta.com/>

September 27, 2009 *Tri:* Lake Carroll Triathlon, Lake Carroll, IL <http://www.lakecarrolltriathlon.com/>

September 27, 2009 *Tri:* Atomic Man Triathlon (½ distance), Lenoir City, TN <http://racedayevents.rd20.com/?>

October 4, 2009 Run: Rock n/ Roll ½ Marathon, San Jose, CA <http://www.rnrsl.com/home.html>

October 11, 2009 Run: Murfreesboro Half Marathon, Murfreesboro, TN <http://www.themiddlehalf.com/>

October 11, 2009 Vuelta A Espana Versus & Paris Tours coverage, 4:00 p.m. CST <http://www.versus.com>

October 18, 2009 **Mnt. Bike,** Race to the Canal, LBL, <http://www.woodnwave.com/>

October 23-25, 2009 **Ride:** Hilly Hundred, Indiana. <http://www.hillyhundred.org/HillyHome.html>

November 7, 2009 Run: Tunnel Hill 10 Mile Trail Run, Vienna, IL <http://rrr.olm.net>

November 8, 2009 Tour de Faso Pro Cycling Versus coverage, 5:00 p.m. CST <http://www.versus.com>

December 5, 2009 Run: St. Jude Memphis Marathon & ½ Marathon, Memphis, TN <http://www.stjudemarathon.org/>

December 12, 2009 Run: Pere Marquette Trail Run, Pere Marquette State Park 20 m. north of Alton, IL. <http://www.teamgodzilla.org>

DISCLAIMER: This list is not a referral nor a recommendation to participate in these events. I have not participated in most of these events so I cannot vouch for them. Please do your research before you participate to make sure this event meets your abilities and requirements.

If you have an area or regional event that you would like added to the calendar email Gina at dunning@hcis.net.

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