

2018 Triathlon Manitoba Race Calendar

www.triathlon.mb.ca

Date	Event	Place	Distance	Contact
April 8th Sunday	Patrick Riddell April Run Series Race #1	Assiniboine Park Conservatory	5K Run 2K School Super Run	Janette Rodewald janetterodewald@hotmail.com
April 15th Sunday	Patrick Riddell April Run Series Race #2	Assiniboine Park Conservatory	10K Run 5K Run 2K School Super Run	Janette Rodewald janetterodewald@hotmail.com
April 22nd Sunday	Patrick Riddell April Run Series Race #3	Assiniboine Park Conservatory	15K Run 5K Run 2K School Super Run	Janette Rodewald janetterodewald@hotmail.com
May 8th Tuesday	Birds Hill Duathlon Series Race #1	Birds Hill Park East Beach	200m Run, 2K Bike, 400m 400m Run, 13K Bike, 2K Run 2K Run, 13K Bike, 2K Run 4K Run, 24K Bike, 4K Run	Winnipeg Triathlon Club John Gray www.birdshillduathlon.com
May 15th Tuesday	Birds Hill Duathlon Series Race #2	Birds Hill Park East Beach	200m Run, 2K Bike, 400m 400m Run, 13K Bike, 2K Run 2K Run, 13K Bike, 2K Run 4K Run, 24K Bike, 4K Run	Winnipeg Triathlon Club John Gray www.birdshillduathlon.com
May 22nd Tuesday	Birds Hill Duathlon Series Race #3	Birds Hill Park East Beach	200m Run, 2K Bike, 400m 400m Run, 13K Bike, 2K Run 2K Run, 13K Bike, 2K Run 4K Run, 24K Bike, 4K Run	Winnipeg Triathlon Club John Gray www.birdshillduathlon.com
May 29th Tuesday	Birds Hill Duathlon Series Race #4	Birds Hill Park East Beach	200m Run, 2K Bike, 400m 400m Run, 13K Bike, 2K Run 2K Run, 13K Bike, 2K Run 4K Run, 24K Bike, 4K Run	Winnipeg Triathlon Club John Gray www.birdshillduathlon.com
June 3rd Sunday	Grand Valley Duathlon	Brandon R&D Centre Grand Valley Road Brandon Manitoba	3K Run, 18K Bike, 3K Run	Eliis Crowston rmtri@mts.net
June 9th Saturday	Triple Threat Triathlon Kids of Steel	Birds Hill Park East Beach	50m Swim, 1.5K Bike, 500m Run 100m Swim, 5K Bike, 1K Run 200m Swim, 5K Bike, 2K Run 300m Swim, 10K Bike, 3K Run 500m Swim, 10K Bike, 4K Run	Triple Threat Triathlon Club triplethreatracedirector@gmail.com
June 10th Sunday	Triple Threat Triathlon	Birds Hill Park East Beach	1500m Swim, 40K Bike, 10K Run 750m Swim, 26.6K Bike, 5K Run 300m Swim, 13K Bike, 3K Run 3K Run, 26.6K Bike, 5K Run 500m Swim, 10K Bike, 5K Run Aquabike Sprint. 750m swim, 26.6K bike Aquabike Std. 1500m Swim, 40K Bike	Triple Threat Triathlon Club triplethreatracedirector@gmail.com
June 23rd Saturday	St. Malo Triathlon	St. Malo Provincial Park St. Malo, MB	1500m Swim, 40K Bike, 10K Run 750m Swim, 20 K Bike, 5K Run 300m Swim, 13K Bike, 3K Run 2.5 K Run, 20 K Bike, 5K Run 300m Swim, 10K Bike, 2.5K Run 1 K Run, 10K Bike, 2.5K Run Aquabike Std. 1500m Swim, 40K Bike Aquabike Short 750m Swim, 20K Bike	Tribalistic Triathlon Club www.stmalotri.ca Pure Lifestyle info@purewinnipeg.com
June 24th Sunday	St. Malo Kids of Steel	St. Malo Provincial Park St. Malo, MB	Tykes & Trikes 50m Swim, 1.5K Bike, 500m Run 100m Swim, 5K Bike, 1K Run 200m Swim, 5K Bike, 2K Run 300m Swim, 10K Bike, 3K Run 500m Swim, 10K Bike, 4K Run	Tribalistic Triathlon Club www.stmalotri.ca Cherrie Fournier fournier@mts.net

July 15th Sunday	Kenora Borealis Multi-Sport	Rabbit Lake Kenora, ON	1500m Swim, 40K Bike, 10K Run 750m Swim, 20K Bike, 5K Run 300m Swim, 10K Bike, 2.5K Run 5K Run, 40K Bike, 10K Run 2.5K Run, 20K Bike, 5K Run 300m Swim, 10K Bike, 2.5K Run Aquabike Std. 1500m Swim, 40K Bike Aquabike Short 750m Swim, 20K Bike	Crystal Stokes kenoraborealis@gmail.com
July 21st Saturday	Hecla Half Iron Plus other distances	Gull Harbour Beach Hecla, MB	1900m Swim, 90K Bike, 21.1K Run Aquabike Long 1900m Swim, 90K Bike 1500m Swim, 40K Bike, 10K Run Aquabike Std 1500m Swim, 40K Bike 750m Swim, 20K Bike, 5K Run Aquabike Short 750m, 20K Bike	Paula Anderson Sulong Triathlon Club www.heclatri.com
August 12th Sunday	Lac Du Bonnet Triathlon	Lac Du Bonnet Town Dock Lac Du Bonnet, MB	1500m Swim, 40K Bike, 10K Run 750m Swim, 20K Bike, 5K Run 300m Swim, 10K Bike, 2.5K Run Aquabike Std. 1500m Swim, 40K Bike Aquabike Short 750m Swim, 20K Bike 5K Run, 40K Bike, 10K Run 2.5K Run, 20K Bike, 5K Run	Quinn Dykstra dykstraquinn@yahoo.ca
August 18th Saturday	Riding Mountain Triathlon	Riding Mountain National Park	1500m Swim, 40K Bike, 10K Run 750m Swim, 20K Bike, 5K Run 2.5K Run, 20K Bike, 5K Run	Dave Lipchen Windburn Multi-Sport Program www.rmtri.com
August 19th Sunday	Riding Mountain Kids of Steel	Riding Mountain National Park	Tykes & Trikes 50m Swim, 1.5K Bike, 500m Run 100m Swim, 5K Bike, 1K Run 200m Swim, 5K Bike, 2K Run 300m Swim, 10K Bike, 3K Run 500m Swim, 10K Bike, 5K Run	Dave Lipchen Windburn Multi-Sport Program
August 25th Saturday	Pinawa Kids of Steel	Pinawa Town Beach Pinawa, Manitoba	Tykes & Trikes 50m Swim, 1.5K Bike, 500m Run 100m Swim, 5K Bike, 1K Run 200m Swim, 5K Bike, 2K Run 300m Swim, 10K Bike, 3K Run Adult Try-a-Tri - 300m Swim, 10K Bike, 3K Run 500m Swim, 10K Bike, 4K Run Super Sprint - 500m Swim, 10K Bike, 4K Run	Wanda Mathers wandamathers@hotmail.com
August 25th Saturday	Pinawa Challenge Cross Triathlon	Pinawa Sailing Beach Pinawa, Manitoba	3000m Swim, 15K Mountain Bike, 5K Trail Run 1500m Swim, 10K Mountain Bike, 4K Trail Run 750m Swim, 6K Mountain Bike, 3K Trail Run 400m Swim, 6K Mountain Bike, 2K Trail Run Can-Aqua Open Water Swim 3000m/1500m/750m/400m (also Flipper Division)	Wanda Mathers wandamathers@hotmail.com
August 26th Sunday	Pinawa Triathlon	Pinawa Sailing Beach Pinawa, Manitoba	1500m Swim, 40K Bike, 10K Run 750m Swim, 20K Bike, 5K Run 200m Swim, 10K Bike, 2.5K Run Aquabike Std - 1500m Swim, 40K Bike Aquabike Short - 750m Swim, 20K Bike 5K Run, 40K Bike, 10K Run 2.5K Run, 20K Bike, 5K Run	Wanda Mathers wandamathers@hotmail.com