

Multisport		T = triathlon	B = bike ride	D = duathlon	R = run	Tomas	
<u>Date</u>	<u>Wkd</u>	<u>Name</u>	<u>Place</u>	<u>Distance</u>	<u>Start</u>	<u>Fee</u>	
1-Feb	Sat	Cedars Frostbite	Lebanon	Half Marathon	11:00 AM	\$10	R
8-Feb	Sat	Cupid's Chase	Nashville	5K	8:00 AM	\$35	R
8-Feb	Sat	Zoo Run Run	Nashville	5K	3:00 PM	\$42	R
9-Feb	Sun	NOLA RocknRoll	New Orleans	Half Marathon	7:00 AM	\$50	R
22-Feb	Sat	Cummins Falls	Cookeville	26.2/13.1/6.2/3	8:00 AM	\$85	R
29-Feb	Sat	Race on the Trace	Wildersville	5 Miles	11:00 AM	\$10	R
29-Feb	Sat	Tom King Classic	Nashville	Half Marathon	8:00 AM	\$90	R
29-Feb	Sat	Dream Center	Nashville	5K	10:30 AM	\$35	R
7-Mar	Sat	Special Kids	Murfreesboro	15K/10K/5K	7:00 AM	\$60	R
14-Mar	Sat	St Pat's Music City	Nashville	Half Marathon	8:00 AM	\$80	R
4-Apr	Sat	Hammer Down	Nashville	1K/5K/10K	7:30 AM	\$30	R
4-Apr	Sat	Race Judicata	Nashville	5K/10K	8:30 AM	\$30	R
4-Apr	Sat	Big Blue Tiger Run	Nashville	5K	8:00 AM	\$30	R
4-Apr	Sat	Oak Barrel Half	Lynchburg	Half Marathon	8:00 AM	sold	R
11-Apr	Sat	Purity Dash	Nashville	15K/10K/5K	8:00 AM	\$50	R
11-Apr	Sat	Richland Creek	Nashville	5 Miles	8:00 AM	\$40	R
18-Apr	Sat	BNA 5K Runway	Nashville	5K	8:00 AM	\$45	R
18-Apr	Sat	Shady Tree Trot	Nashville	5K	9:00 AM	\$35	R
18-Apr	Sat	Westhaven Mem.	Franklin	5K	8:00 AM	\$30	R
18-Apr	Sat	Telloco Solstice	Lenoir City	800/16 Mi/5K	7:30 AM	\$40	T
19-Apr	Sun	MT Sprint	Murfreesboro	300/10/5K	7:30 AM	\$45	T
26-Apr	Sat	R n R Nashville	Nashville	26 Mi/13 Mi	7:00 AM	\$99	R
2-May	Sat	Wonder Woman	Nashville	5K/10K	7:00 AM	\$45	R
2-May	Sat	Strolling Jim	Wartrace	10K	7:00 AM	\$45	R
9-May	Sat	Tour de Nash	Nashville	30 Mi/60 Mi	7:30 AM	\$45	B
9-May	Sat	Iron Nugget	Dickson	800/17Mi/5K	8:00 AM	\$65	T
9-May	Sat	Paul Haase Mem.	Waverly	5K+25K	8:00 AM	\$25	D
9-May	Sat	Viola Valley Half	McMinnville	13 Mi	7:00 AM	\$50	R
16-May	Sat	Memphis in May	Millington	sprint	8:00 AM	\$70	T
17-May	Sun	Memphis in May	Millington	olympic	7:00 AM	\$105	T
24-May	Sat	Renaissance City	Florence AL	sprint/olympic	7:00 AM	\$70	T
25-May	Mon	Cemetery Dash	Nashville	5K	7:00 AM	\$35	R
31-May	Sun	Harpeth River Ride	Franklin	55 Mi	7:00 AM	\$55	B
6-Jun	Sat	Barrel Fest	Coopertown	5 Miles	7:00 AM	\$35	R
6-Jun	Sat	Mach Tenn Tri	Tullahoma	960/15Mi/4Mi	8:00 AM	\$40	T
7-Jun	Sun	Ten Nautical Miles	Millington	11 Mi	6:00 AM	\$60	R
13-Jun	Sat	Big Hill Challenge	Watertown	55 Mi	7:00 AM	\$35	B
20-Jun	Sat	RC Moon Pie	Bell Buckle	10 Miles	7:00 AM	\$40	R
20-Jun	Sat	Secret City	Oak Ridge	500/15Mi/5K	7:30 AM	\$45	T
28-Jun	Sun	Waterfront Tri	Chattanooga	1.5K/42K/10K	7:30 AM	\$130	T
4-Jul	Sat	Music City 5K/10K	Nashville	5K/10K	7:00 AM	\$40	R
4-Jul	Sat	Firecracker 5000	Brentwood	5K/10K	7:00 AM	\$45	R
4-Jul	Sat	Fiddlers Jamboree	Smithville	5K	7:00 AM	\$25	R

11-Jul	Sat	Mountain Lake	Guntersville AL	600/16Mi/3Mi	7:30 AM	\$110	T
18-Jul	Sat	Sweetwater	Sweetwater	150/10/5K	7:30 AM		T
25-Jul	Sat	Music City Tri	Nashville	olympic/sprint	6:45 AM	\$130	T
31-Jul	Sat	Paris Landing	Buchanon	500/14Mi/3Mi	7:00 AM	\$55	T
8-Aug	Sun	Riverbluff Tri	Ashland City	olympic/sprint	7:30 AM	\$95	T
8-Aug	Sat	Nat'l Championship	Milwaukee WI	1500/24Mi/10	7:30 AM	\$115	T
15-Aug	Sat	Tri Fall Creek	Spencer	olympic/sprint	7:30 AM	\$80	T
22-Aug	Sun	Old Hickory Lake	Hendersonville	sprint	7:00 AM	\$65	T
22-Aug	Sat	Back in the Day	Hermitage	5K/15K	7:00 AM	\$48	R
23-Aug	Sun	ITU World Champ	Edmonton CAN	1500/24Mi/10	7:30 AM	\$160	T
29-Aug	Sat	Storm the Fort	Kingston	600/20K/4Mi	8:00 AM	\$55	T
30-Aug	Sun	Tri Nashville	Nashville	200/10Mi/2 Mi	8:00 AM	\$60	T
7-Sep	Mon	Franklin Classic	Franklin	5K/10K	7:00 AM		R
12-Sep	Sat	Alabama Coastal	Gulf Shores AL	olympic/sprint	7:30 AM	\$120	T
12-Sep	Sat	Dixie Triathlon	Huntingdon	olympic/sprint	7:30 AM	\$70	T
3-Oct	Sat	Atomic Sprint	Lenoir City	500/30K/5K	8:00 AM	\$65	T
4-Oct	Sun	Greenway Marath.	Nashville	13.1 mi/26.2Mi	7:30 AM	\$40	R
	Sat	Shelby Bott Bogg	Nashville	5K/15K	7:30 AM		R
	Sat	Oktoberfest Run	Nashville	5K	8:00 AM	\$35	R
	Sat	3-Legged Goat	Lewisburg	200/15Mi/3Mi		\$50	T