

-- 2011 --

- LOCAL EVENTS (NY) -  
(prices are approximate)

**MAR: Tipp Hill Shamrock Run** – 4 mile

March 5th

Syracuse

Cost: \$30

<http://www.tipphillrun.com/>

**APR: Skunk Cabbage** – 10K/Half Marathon

April 10th

Ithaca

Cost: \$20

<http://www.fingerlakesrunners.org/races/forms/Skunk.pdf>

**MAY: Mountain Goat** – 10 mile

May 1st

Syracuse

Cost: \$

<http://www.mountangoatrun.com/>

**DU the Lakes Duathlon** – Run 3, Bike 20, Run 3

May 7th

Green Lakes

Cost: \$55

<http://www.duthelakes.com>

**BU Sprint Tri** – short sprint

May 8th

Binghamton

Cost: \$45

<http://www2.binghamton.edu/campus-recreation/triathlon.html>

**HARRYMAN TRIATHLON** - olympic/half

May 21st

Harriman State Park

Cost: \$110/\$220

<http://www.genesisadventures.com/v4/main.php?left=triathlons&center=harrymantri>

**Cooperstown Triathlon** – sprint

May 29th

Cooperstown – ~80 miles east of Cortland

Cost: \$60

<http://www.cooperstowntri.com/>

**JUNE: HARRIMAN** - sprint

June 11?

Harriman State Park

Cost: \$

<http://www.sbrshop.com/triathlons>

**KEUKA LAKE TRI** - sprint/olympic

June 5th

Keuka Lake

Cost: \$65

<http://www.keukalaketri.com/>

**TINMAN** - sprint/half/relay

June 25th

Tupper Lake

Cost: \$150

<http://tupper-lake.com/2942/06252011-2011-tupper-lake-tinman-triathlon>

**NORTH COUNTRY TRI** - sprint/olympic/relay

June 25th

Lake George

Cost: \$80/\$90/\$140

<http://www.northcountrytri.com/>

**JULY: MUSSELMAN** - sprint/half/double

July 5-7

Geneva

Cost: \$70/\$175/\$215

<http://www.musselmantri.com/>

**BOILERMAKER** - 5K/15K

July 10th

Utica

Cost: \$20/\$35

<http://www.boilermaker.com/>

**HENDERSON** - sprint

July 9

Henderson Harbor Boat Launch (on Lake Ontario)

Cost: \$40?

<http://www.nnychildrenshome.com/>

**LAKE PLACID IM**

July 24th

Lake Placid, New York

<http://www.ironmanlakeplacid.com/>

**LYME** - sprint

July 31st?

Chaumont

Cost: \$35

<http://www.chaumontny.org/triathlon.htm>

**Delta Lake Triathlon** – sprint/intermediate

July 31st

Rome/Utica

Cost: \$70

[http://www.atcutica.com/atcendurance/Delta\\_Lake\\_Triathlon.html](http://www.atcutica.com/atcendurance/Delta_Lake_Triathlon.html)

**AUG: CAYUGA LAKE TRI** - sprint/intermediate

August 7

Taughannock Falls State Park (8 miles north of Ithaca)

Cost: \$65/\$80

<http://www.ithacatriathlonclub.org/race/2011/default.html>

**FRONHOFER TOOL TRI** - sprint/olympic/double

August 6th

Cambridge

Cost: \$50/65/\$115

<http://fronhofertooltriathlon.com/>

**CAZENOVIA** - sprint/intermediate

August 14th

Cazenovia

Cost: \$60/\$65

<http://www.cazenoviatriathlon.org/>

**SEPT: FINGER LAKES** - sprint/

September 11

Canandaigua, Kershaw Park

Cost: \$ ??

<http://fingerlakestriathlon.com/>

**LAKE GEORGE TRI** - olympic

September 17th

Lake George

<http://www.lakegeorgetri.com/>

**SYRACUSE 70.3** - Half

September 18

Syracuse

<http://www.ironmansyracuse.com/>

**DERUYTER** - sprint

September 24?

DeRuyter

Cost: \$ cheap \$20-25?

<http://www.deruyterlake.com/triathlon.htm>

**OCT: Cazenovia Hillbender Fall Classic** – 39 mile Bike

October 1st

Cazenovia

Cost: \$

<http://cazhillbender.com/home>