

## 2022 TriEMAC Race and Event Schedule

### April 16: [Mini Mighty Man](#), East Meadow, Long Island

- Indoor pool swim
- Appropriate for all ages (Parents included!) – Categories for anyone:
  - Two distances of youth race
    - 100m – 2mi – .25 mi or
    - 200m – 2mi – .5 mi
  - Super sprint for older athletes and adults
    - 400m – 6mi – 2mi
- Super fun way to kick off the season (with a forgiving pool swim), get our heartrates up, gauge our fitness. We consider this a training race, but great test for our May race.
- Hotel suggestion (not mandatory): [Spring Hill Suites Carl Place Garden City](#)

### May 14: A Wee Day Out, Gravel Grinder from Frenchtown to Lamberville

Please fill out this form whether or not you plan to go: [HERE](#)

- TriEMAC private event/practice
- Super flat, crushed gravel
- Approximately 15 miles each way – 30 miles total
- We will stop for food in Lambertville/New Hope, rest, walk around, and explore, and then ride back.
- This will be in lieu of practice that day
- All levels welcome, but the distance may be long for some of our newest athletes.
- Newer riders: consider picking your athlete up at the halfway mark (after food and exploration of course). This will allow them to attend and be included without overdoing it.

### May 21-22: [Mighty Moraine Man](#), Portersville, Pennsylvania

- Youth Race is Saturday, appropriate for ages 9-15
- Open water
- 200 m – 6mi – 1.2mi
- Adult and High School/Older Athlete Race Sunday
- PA State Championships for Sprint, Super Sprint, and High School
- Distances:
  - Regulation Sprint PA State Championship race for High School and Age Group
    - 750m – 12.4mi – 3.1mi
    - Adults/Parents, etc. Welcome/Encouraged!
  - Super Sprint is PA State Championship race for Super Sprint Distance
    - 375m – 6.2mi – 1.5mi

- Bring the whole family
- Located at Moraine State Park
- Hotel suggestion: [Residence Inn, Freedom Road, Cranberry Township](#)
  - There are multiple hotels in the Cranberry Township vicinity
  - There may also be cabins or camping available at the State Park, feel free to explore that option!

**June 7: French Creek Racing Open Water Swim, Norristown, PA**

- 800-meter river swim
- Perfect for first timers, low key, grass roots
- Trying to gauge interest before allocating coaching staff. If your athlete would like to go, please indicate [HERE](#)

**June 8: Wednesday Wonders Triathlon, Hewitt, New Jersey**

- Appropriate for all ages (Parents included!) – Categories for anyone:
- Youth race
  - 100m – 4mi – 1 mi
- Super sprint for older athletes and adults
  - 400m – 8.3mi – 2.25mi
- Open Water, Grass Roots, Low-key
- Just a fun way to get a race in.

**June 11-12: Middle Atlantic Open Water Clinic and Champs, Marmora, New Jersey**

- 5k and 2.5k options
- Brian Elko, Head of Middle Atlantic Open Water and Head Coach of the EHT Seahawks, has offered to host an open water clinic for our team the day prior.
- Want to uplevel your open water swimming, learn from the best, and have fun? Come to this event.
- We are looking to reserve cabins at the Avalon Campground for the night between the races. We need to put a deposit down for the number of cabins we want, so we ask you to commit to that camping now, [HERE](#)

**June 21: Open Water Training and Course Preview at Evergreen Lake, Bath, Pennsylvania**

- In lieu of practice, we will go to Evergreen Lake to work on open water techniques, as well as preview the bike and run course.
- Entry Cost to Evergreen Lake is \$6.50 per person. Your account will be billed.
- Let us know you plan to come, so we can have the appropriate number of water safety personnel available: [HERE](#)

## **June 25-26: Team Campout and [Evergreen Lake Youth Triathlon](#), Bath, Pennsylvania**

- Our Team race! Do this one for sure!
- Two distances:
- 10 and under: 200m – 3.3mi – .5 mi
- 11 and over: 400m – 6.6mi – 1.2mi
- Discount Code for our team only, save \$5 until June 1 on registration: TriEMAC22
- Open water, flat bike, dirt and grass run.
- This campout last year was one of the absolute highlights of the season. Please reserve your space now [HERE](#) – Your account will be billed. (We need a minimum number to block the entire area, which is why we ask you to commit now). Cost is \$38.00 per site.
- We also host a team dinner the night before the race. Whether you camp or not, you are welcome to come to dinner. RSVP in the same document, [HERE](#).
- Interested in sponsoring, or know a business that would be? Please see our sponsorship opportunities [HERE](#)!
- Please spread the word about this race to friends, family, neighbors, facebook groups, schools, etc. with potentially interested athletes!
- We also hope you will not mind volunteering on this day. #ittakesavillage

## **July 9: [Vincentown Sprint](#) and [Avalon Bay Swim](#), Vincentown and Avalon, New Jersey**

- The date of our original July race option was changed, taking it off our calendar. Instead we have two options on one day for a banger of a Saturday!
- Vincentown (Middies or Perf Only): .25m – 15mi – 3mi, @ 8:00 am
- Avalon Bay Swim (with the current, protected, great for newbs): 1.2mi, \*5:30 pm start
- Pick one or race both, we will hang out at the beach/picnic/nap between the two!

## **July 30-31: [USA Triathlon Youth and Junior Nationals](#), West Chester, Ohio**

- This is a non-qualifying national championship. This race is huge, fast, and fun. A great experience for everyone.
- 13 and olders race Saturday: 300m – 6.2mi – 1.5mi
- 12 and unders race Sunday: 200m – 6.2 – 1.2 (11-12); 100m – 3.1mi - .62mi (9-10).
- Open Water
- We had a fantastic time last year, and hope we have as big (or bigger!) a contingent this year!
- Suggested Hotel: [Residence Inn Cincinnati North/West Chester](#)

#### **August 4: Vincentown Super Sprint: Vincentown, NJ**

- I don't know why we like this venue so much, the water is muuur-keeee, but we just do.
- Appropriate for all ages, including parents. Race together with your kids. Make it your goal.
- One distance for everyone: 200m – 5.75mi – 1.3mi
- Thursday evening, it's fun, there's pizza.

#### **August 17: Wednesday Wonders, Hewitt, New Jersey**

- We are going to go to this race as a team only if we have a minimum number of athletes committed to go. With vacations, cross country, football, etc., starting, it is normally a quiet week. You might want to wait to register until we know for sure it will be a team event.
- Appropriate for all ages (Parents included!) – Categories for anyone:
- Youth race
  - 100m – 4mi – 1 mi
- Super sprint for older athletes and adults
  - 400m – 8.3mi – 2.25mi
- Open Water, Grass Roots, Low-key
- Just a fun way to get a race in.

#### **August 21, Steelman Open Water Classic, Quakertown, PA**

- 1, 2, or 3 mile, OR get some family members or some friends/teammates and do a relay!
- Local, easy logistically.
- Calm Lake Nockamixon

#### **August 25: Nox/OWow Cow Day!, Nox Trails, Quakertown, PA**

- Mountain bike and trail run
- Fun for everyone
- Final and celebratory event of our season
- Who doesn't love ice cream

#### **August 27: Awards Banquet, Location TBD.**