

your favorite sprint triathlons around...



Lilybike 38 posts since

Jun 19, 2007

Hi all -

While your race season memories are fresh in your mind, I'd love your thoughts as I find myself thinking ahead to doing a first triathlon next year. I did my first long ride, a metric century, this fall, and I love to run (max 10K) and swim for cross-training

Could be in DC, indoor or partially indoor this winter/spring or outdoor next summer or fall. Cape Cod next summer would be good too -- we tend to go there for summer vacation...

Looking for sprint or super-sprint length, friendly to beginners, and if possible, not too big (I'm a happier camper in smaller crowds).

Any recommendations?



melonella 333 posts since

Dec 14, 2007 1. **Re: your favorite sprint triathlons around Washington DC or Cape Cod?** Sep 20, 2007 10:44 PM

For early season short/beginner stuff around DC, look at [www.triitnow.com\[/URL" target="_blank"\]](#) For the distance they offer, they're pretty good.

[Virginia Run Sprint\[/URL" target="_blank"\]](#) is an early season sprint, but it's an outdoor pool swim which isn't the warmest thing in May. Reston has an early season sprint here [here\[/URL" target="_blank"\]](#) too.

If you're looking for later season sprints, Luray is a bit of a drive but is a nice scenic course and General Smallwood Sprint (this weekend) is another nice course that isn't too far away either. Info on both of those is found at [setupevents.com](#).



ForcedD 482 posts since

Dec 14, 2007 2. **Re: your favorite sprint triathlons around Washington DC or Cape Cod?** Sep 21, 2007 9:38 AM

For the Cape area: This link has a short list of triathlons (and a road race) on the Cape. Although it's for 2007, you can check the [www.timeoutproductions.com\[/URL" target="_blank"\] 2008 calendar in the spring for specific dates of '08s races.](#)

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I did the Falmouth tri in July (distances listed are a bit shorter than the actual course). It was a nice race however. The run and bike courses follow much of the famed Falmouth Road Race <http://www.timeoutproductions.com/2007Calendar.htm> [URL" target="_blank"> . There's also the Buzzard's Bay Triathlon in Dartmouth (just off the Cape) in late September (30th this year). You can get more info on that at <http://www.maxperformanceonline.com/events.html> [URL" target="_blank"> . Race website says this is a flat, fast course. But, I just looked at the elevations and there is a good size hill uphill portion from about 9.75 miles to 12 miles.

Dan