

2010 Calendar



Set your goal!

January

2
3 **TTP Starts**
9
10
16
17 Richmond Run
23
24 Hypothermic Half
30
31

February

6 Winterlude Tri
7
13
14 Ski Marathon
20 Gatineau Loppet
21 **Winterman Relays**
27
28

March

6
7
13
14 St. Patrick's Run
20
21 **OTC Swim Meet**
27
28 Perth Run

April

3
4
10
11 **OTC Curling**
17
18 Physio Run
24
25 Run for Reach

May

1 Diefenbooker Run
2 Orleans Run
8 **OTC Bike Clinic**
9 Kingston Tri
15
16
22 Early Bird Tri
23
29 Race Weekend
30 **OTC Marathon Table**

June

5 **OTC Open Water Cl.**
6 Perth Tri
12 Riverkeeper Tri
13 Ottawa South Run
19 **OTC Placid Camp**
19 Emilie's Run
20 SF Tri + Dad Run
26
27 Barry's Bay Tri

July

1 Bushtukah Run
3 **Meech Lake Tri**
4 Sydenham Tri
10 Gatineau Tri
11 Carleton Place Tri
17
18 Hintonburg Run
24
25 Lake Placid IM
31 National Capital Tri

August

1 Dp River + Kingston
7
8 **OTC Aquathon**
14
15 Brockville Tri
17 Xerox Run
21
22 Cornwall Tri
28
29 **OTC Track Meet**

September

4 The Canadian Tri
5
11 Montreal Tri
12 Terry Fox Run
18
19 Nepean Tri/Army Run
25
26 **OTC Almonte Run 5k**

October

2
3 Run for a Cure
9 Fall Colours Run
10
16
17 Jim Howe CC Run
23 **OTC Anniversary**
24 Rattle Bones Run
30
31

November

6 Cookie Run
7
13
14
20
21 **ORC Run**
27
28

December

4 Santa Shuffle
5
11
12
18 **OTC Hawaii Party**
19
25
26
31 Resolution Run