

The Backofthepacker Podcast – Episode 4: Lets Get Up TO Date.....

December Races of Note:

- 12/1/18: Death Valley Marathon
12/2/18: **California International Marathon**
Mens – 2:12:39
Womens – 2:28:19
Top 61 times were SUB 2:20:00 (a 5:21 avg pace)
IRONMAN South American Championship
Mens – Michael Weiss in 7:30:23
Womens – Sarah Crowley in 8:20:17
IRONMAN Western Australia
Mens – Terenzo Bozzone in 7:56:01
Women – Caroline Steffen in 8:49:46
IRONMAN 70.3 Western Australia
IRONMAN 70.3 Cartagena
12/8/18: IRONMAN 70.3 Taupo
IRONMAN 70.3 Middle East Championship
12/9/18: IRONMAN 70.3 Indian Wells
Dallas Marathon
Hoover Dam Marathon
Honolulu Marathon

January Races of Note:

- 1/12/19: WDW Half Marathon
1/13/19: WDW Marathon
IRONMAN 70.3 Pucon
1/20/19: Rock n Roll Arizona
Carlsbad Marathon
Houston Marathon
Maui Marathon
1/25/19: Dubai Marathon
1/27/19: IRONMAN 70.3 South Africa
Miami Marathon
Celebration Marathon

February Races of Note:

- 2/1/19: IRONMAN 70.3 Dubai
2/2/19: Death Valley Borax Marathon
Sedona Marathon
2/3/19: Surf City Marathon
2/9/19: Cycle for Survival – SF
Phoenix Marathon
2/10/19: Rock n Roll New Orleans
26.2 With Donna
Florida Marathon
2/16/19: San Miguel Buzz Marathon
2/17/19: IRONMAN 70.3 Geelong

A1A Marathon
Kyoto Marathon
2/24/19: IRONMAN 70.3 Colombo
IRONMAN 70.3 Bangsaen
Hyannis Marathon

March Races of Note:

3/1/19: IRONMAN 70.3 Oman
3/2/19: **IRONMAN New Zealand**
Mens – Terenzo Bozzone (NZL) – 7:59:57
Womens – Laura Siddal (GBR) – 9:00:05 (came in 18th overall)
IRONMAN 70.3 New Zealand
Griffith Park Trail Marathon
3/3/19: Napa Marathon
Kilimanjaro Marathon
Tokyo Marathon
Mens – Birhanu Legese (ETH) – 2:08:44
Womens – Ruti Aga (ETI) – 2:20:40
3/9/19: Rock n Roll Washington DC
Catalina Marathon
3/10/19: IRONMAN 70.3 Bariloche
3/16/19: Enviro-Sports Napa Valley Trail Marathon
3/17/19: IRONMAN 70.3 Puerto Rico
IRONMAN 70.3 Campeche
SuperSeal Olympic Triathlon
Bataan Death March
Big Island International Marathon
Antarctica Marathon
3/24/19: **LA Marathon**
Mens – Elisha Barno (KEN) – 2:11:45
Womens – Askale Merachi (ETH) – 2:24:11 (course record)
IRONMAN 70.3 Taiwan
IRONMAN 70.3 Davao Philippines

Early April Races of Note:

4/6/19: IRONMAN 70.3 Oceanside
New Jersey Ultra Festival
4/7/19: **IRONMAN African Championship**
Mens – Ben Hoffman (USA) – 7:34:19
Womens – Lucy Charles-Barkley (GBR) – 8:35:31 (23rd overall)
IRONMAN 70.3 Texas
IRONMAN 70.3 Punta del Este
Rock n Roll Nashville
St. Louis Marathon
Marathon des Sables
Rome Marathon
Milan Marathon
Rotterdam Marathon

4/14/19: IRONMAN 70.3 Liuzhou
 IRONMAN 70.3 Peru
 IRONMAN 70.3 Florida
 IRONMAN 70.3 Greece
 Paris Marathon

Next week, we'll chat about BOSTON!