

Upper Peninsula Series of Triathlon/Adventure Races (UPSTAR) Kicks off June 20th, with first triathlon.

What is UPSTAR? A series of triathlon races all across the Upper Peninsula. To date UPSTAR consists of a circuit of 7 races with a possible 8th and 9th race coming on board next year which would be every triathlon held in the U P. Taking an athlete's, or a team's, best four races, points will be compiled to give recognition to the regions outstanding triathletes and UPSTAR standings will be found on the Upper Peninsula Road Runners Club's website, www.UPRRC.org. To join UPSTAR simply go to the UPRRC's website, become a member of the UPRRC and then click on "join UPSTAR" button. It is that simple!

"UPSTAR is really about promoting the U. P and what it has to offer," said Greg Roll, one of UPSTAR's race directors. "If you look at what the UPSTAR schedule has to offer you realize that there is no where else in the Midwest that comes close in scenic race courses. From Copper Harbor to the Hiawatha Forest where you will find the Clear Lake Education Camp built in the 1930's by the CCC work project, to the shores of Teal Lake over to Rudyard whose hospitality will blow you away, on to the Curtis Lakes Triathlon back up to the shores of Superior for the ever-popular Grand Marais Tri then finishing off in the western U P known for its hills, the races are challenging, beautiful, and fun to participate in."

Not only will UPSTAR keep track of overall point leaders, but they will also follow young male and female athletes in the Youth bracket, ages 7 to 14 years of age, the Junior bracket, 15 to 17 years of age. In the Adult bracket, ages 18 and over age

group leaders will also be tracked. For those who wish to join in the camaraderie and see where they fit in with other athletes, go to www.uprrc.org now and join us!

UPSTAR schedule:

June 20th "10-S Triathlon" Houghton. Race Director: Mike Axford ph# 906- 487-2991
mhaxford@mtu.edu for more info: www.michigantechhuskies.com

June 26th "Clear Lake Adventure Weekend" Clear Lake Education Center (20 miles north of Manistique). Youth Race. Adult Race June 27th. Race Director: Greg Roll ph# 798.624.8330
groll313@aol.com for more info: www.clearlakeinfo.org

July 19th "Teal Lake Triathlon" Negaunee. Race Director: Jenna Zdunek ph# 906-227-9622
jzdunek@ymcamqt.org for more info: www.ymcamqt.org

July 25th "Rudyard Summerfest Triathlon and 5k Run" Rudyard. Race Director Gary Davis ph#906.478.5244 garydavis@centurytel.net for more info: www.active.com or to register call 906.478.3205

Aug 14th "Curtis Lakes Triathlon" Curtis Lakes. Race Director Sundae Garrod ph# 906.293.8540 home or 906.293.9182 sgarrod@hnjh.org for more info:www.hnjh.org

Sept 5th "Grand Marais Triathlon" Grand Marais. Race Director Ed Bowen ph# 906.494.2700
ebowen@jamadots.com for more info: www.grandmaraismichigan.com

Sept 11th "Ironwood Triathlon" Ironwood. Race Director: Diane Oliver ph# 906.932.1848
die_tax@sbcglobal.net for more info: www.gogebic.edu ;