



The Journey: Fall 2011 to Summer 2013

Races, Events and Volunteer Commitments

IRON Dames are committed to participate in and volunteer for numerous events including:

| DATE | EVENT |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| November 26, 2011 | Newworld Spin Mega Day, Burlington |
| December 10, 2011 | IRON Dames Race in Santa 5K Run 2011, Burlington |
| December 27, 2011 | IRON Dames Mega Day |
| January 14, 2012 | IRON Dames Mega Day |
| February 11, 2012 | Newworld Spin Mega Day |
| March 4, 2012 | IRON Dames Race in Chilly Half Marathon & Frosty 5K, Burlington |
| March 10, 2012 | Newworld Spin Mega Day |
| March 25, 2012 | IRON Dames Race and on course Water Stop at Around the Bay 30K Road Race, Hamilton |
| April 4, 2012 | IRON Dames Cancer Exercise Seminar; guest speaker Jodie Steele, Newworld Cycle & Runners Spin Studio, 7:00 - 8:30 p.m. |
| April 15, 2012 | IRON Dames Race in the Boston Marathon, Boston Massachusetts |
| May 6, 2012 | IRON Dames Race in the Mississauga Half and Marathon |
| May 13, 2012 | IRON Dames' Lace Up for LOVE Mother's Day 1 & 5K Walk / Run |
| May 27, 2012 | IRON Dames Race in the Spin the Lakes Cycling Tour, Huntsville |
| June 3, 2012 | IRON Dames Race and volunteer at the Moon in June Road Race, Burlington |
| June 9-10, 2012 | IRON Dames Ride in the Rideau Lakes Cycle Tour, Ottawa to Kingston and back |
| June 24, 2012 | IRON Dames Race in Ironman 70.3 Mont-Tremblant, Quebec |
| July 8, 2012 | IRON Dames Race in the Peterborough Half Ironman Triathlon |
| July 14, 2012 | IRON Dames Race in the Gravenhurst Olympic Triathlon |
| July 15, 2012 | IRON Dames Race in Centurion Horseshoe Valley, Ontario - C50 & C100 Events |
| July 22, 2012 | IRON Dames Race in Ironman Lake Placid, NY, USA IRON Dames Race in the Muskoka 51.50, Huntsville ON |
| August 5, 2012 | IRON Dames Race in the Muskoka Grind Off-Road Triathlon in Limberlost, Huntsville |
| August 12, 2012 | IRON Dames Race in the Bracebridge Olympic Triathlon |
| August 19, 2012 | IRON Dames Race in Ironman Mont-Tremblant, Quebec and Centurion Ellicottville, New York - C50 & C100 Events |
| September 2 - 9, 2012 | IRON Dames Ride the Great Canadian Mountain Traverse, Lake Louise, Alberta to Whistler, British Columbia |
| September 9, 2012 | IRON Dames Race in Ironman Wisconsin, Madison, USA IRON Dames Race in Marines Ironman World Championship 70.3, Lake Las Vegas, Nevada, USA |
| September 15 - 16, 2012 | IRON Dames Race in Centurion The Blue Mountain's, Canada - C50 & C100 Events |
| October 13, 2012 | IRON Dames Helene Desrosiers Races in 2012 Ironman World Championships, Kailua-Kona, Hawaii |
| May 12, 2013 | IRON Dames' Lace up for LOVE Mother's Day 1 & 5K Walk / Run |