

## Heart of America & Midwest Multisport Series update

The summer racing season is now underway -- we had another successful Pigman® Sprint, and thousands of athletes are looking forward to taking part in the [Heart of America Triathlon Series](#) and the [Midwest Multisport Series](#). Both Series have been around for many years, and all the races are put on by experienced race directors. The Pigman Sprint and Pigman® Long Course are a part of both series.

The Heart of America and Midwest Multisport award points to top male and female athletes. The Heart of America series gives awards to the overall winners, top masters and top age group finishers. In addition, they qualify to race at the Series Championship (TriHawks on September 21), where they then race for free entries into next year's races. The Midwest Multisport Series offers awards for the Series winners. Plus, each event offers \$5,000 in giveaways (bikes, wheels, wetsuits and more).

Races fill up in both of these series. In fact, several are already full. The [Pigman Long Course](#) is almost full. The [Turtleman](#), new to the Heart of America series and held August 9th in Shoreview, Minnesota, fills up every year. So if you were thinking about taking part in either of these series, don't wait any longer.

Be sure to check out current [results](#) for both series. It's not too late to take part in the series, but you'll need to register for races soon.

A note about Hickory Grove and Cy-Man (two races in the Heart of America series): The Cy-Man was originally founded at Hickory Grove four years ago as a fundraiser for the Iowa State University Triathlon Club and charitable organizations in the Ames area. The ISU Triathlon Club, like the sport itself, has grown over the last few years. The club now has ample experience to organize its own race and has decided to take the Cy-Man name to Big Creek State Park for its first sprint triathlon. The club had to change the date due to academic schedules, and will host their new race in September. The Hickory Grove race will continue with the same distances and with the same organizers as previous years. The Hickory Grove organizers will continue to help the ISU Triathlon Club, but will now be raising money for new charities and organizations.

Here are the races on the Heart of America series. All are USA Triathlon Sanctioned events.

- Pigman Sprint, June 1, Palo, [www.pigmantri.com](http://www.pigmantri.com)
- Quad City Triathlon, June 14, Davenport, Race is full. [www.qctriathlon.com](http://www.qctriathlon.com).
- Cornman, July 6, Gladbrook, [www.cornmantri.com](http://www.cornmantri.com).
- Lake Geode Challenge, July 12, Danville, [www.lakegeodechallenge.com](http://www.lakegeodechallenge.com)
- Whaletown, August 2, Anita, [www.whaletowntriathlon.com](http://www.whaletowntriathlon.com)
- Turtleman, August 9, Shoreview, Minnesota, [www.turtleman.org](http://www.turtleman.org)
- Pigman Long Course, August 17, Palo, [www.pigmantri.com](http://www.pigmantri.com)
- Hickory Grove, August 24, Colo, [www.hickorygrovetriathlon.com](http://www.hickorygrovetriathlon.com)
- Cy-Man, September 7, Polk City, [www.competitive.com](http://www.competitive.com)
- Trihawks, September 21, Coralville, This is the Heart of America Triathlon Series Championship. <http://t3.trihawks.com>

Be sure to check out all the races in the [Midwest Multisport Series](#) as well. These races are held primarily in Minnesota, except for the Pigman races.

With all the races available in both these series, you are guaranteed to have a fantastic summer!

Sincerely,

John Snitko  
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Pigman® Race Director  
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