



GRAND RAPIDS TRIATHLON

TRI HARD

JUNE 9, 2019

 **Huntington**



SPRINT OLYMPIC HALF IRON
AQUABIKE RELAYS SWIM-ONLY
WWW.GRANDRAPIDSTRI.COM
#GRTRI   BLOG





JUNE 14
2020

BE PART OF THE 10TH ANNUAL GRTRI
REGISTRATION OPENS JUNE 10, 2019
GRANDRAPIDSTRI.COM

GRAND RAPIDS TRIATHLON

#TRIHARDECADE



JOIN THE FIGHT AGAINST CHILDHOOD MALNUTRITION

Together we can help more malnourished children survive Thrive and Grow.
Learn more at nutrilitepowerof5.com



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RACE INFORMATION

RACE DAY SCHEDULE

Sunday, June 9, 2019

4:00 am — Road closes
5:15 am — Transition area opens
6:45 am — Half transition closes
6:45 am — Course meeting
7:00 am — Half distance race starts
7:30 am — Transition area closes

Race Starts

7:00 am — Half
7:45 am — Sprint
8:15 am — Olympic

Half Distance Cut-off Times

9:15 am — Swim
12:15 pm — Bike
3:15 pm — Run

All athletes must be removed from the course at 3:15 pm due to roads re-opening. By choosing to participate in this event, you agree to be removed from the course at the designated times if necessary.

SWIM WAVE/CAP COLOR ASSIGNMENTS

Half

Wave 1 – 7:00 – Red – Men age 39 & under, Clydesdales 39 & under, **ALL** Half Swim Only, **ALL** Aquabikes, **ALL** Relays
Wave 2 – 7:05 – Gold – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 3 – 7:10 – Purple – All Women/Athenas (NO Aquabikes/Relays)

Sprint

Wave 4 – 7:30 – Fluorescent Green – Chariots
Wave 5 – 7:45 – White – Men age 39 & under, Clydesdales 39 & under, HS Championship, **ALL** Sprint Swim Only, **ALL** Aquabikes, **ALL** Relays
Wave 6 – 7:50 – Silver – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 7 – 7:55 – Light Pink – All Women/Athenas (NO Aquabikes/Relays)
Wave 8 – 8:00 – Fluorescent Orange – Newbie wave (men & women)

Olympic

Wave 9 – 8:15 – Light Blue – Men age 39 & under, Clydesdales 39 & under, **ALL** MECTC, **ALL** Sprint Swim Only, **ALL** Aquabike, **ALL** Relays
Wave 10 – 8:20 – Orange – Men age 40 & over, Clydesdales 40 & over (NO Aquabikes/Relays)
Wave 11 – 8:25 – Fluorescent Yellow – All Women/Athenas (NO Aquabikes/Relays)

**Waves subject to change based on late registrations*

BIB/BIKE STICKER ASSIGNMENTS

Half

Triathlon – Red
Aquabike – Green with red band
Relay – Red with yellow band

Olympic

Triathlon – Light blue
Aquabike – Green with light blue band
Relay – Light blue with yellow band

Sprint

Triathlon – White
Aquabike – Green with white band
Relay – White with yellow band

**Aquabike and Swim Only athletes will receive a keepsake bib in their race packet. You are not required to wear them at any point during your event, however wearing it across the finish line will help identify your finish line photo.*

ATHLETE TRACKING/RESULTS

Spectators can track their athletes in real time during the event by using the Sportstats Tracker app available in the app store. This app will allow spectators to see approximately where on the course the athlete is and get alerts as they cross from any given discipline into the transition area.



After the race, athletes can find results on scrolling TVs located near finish line food and the awards tents. Printed copies of results will also be posted in the area. Visit sportstats.us to find your results online. All results are subject to penalties from USAT officials. For questions regarding your results go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page. **Return timing chips not left at the finish line to SportStatsUSA 4005 West River Dr. NE Suite B4, Comstock Park, MI 49321**

AWARDS

OVERALL EVENT WINNERS, EACH DISTANCE

Cash prizes are awarded only to overall triathlon winners along with the following:

- Free entry to the following year's event (1ST place overall for each event)
- Overall Masters 40+ (1ST, 2ND, 3RD) will also receive an award (no cash prize)

AGE GROUP TRIATHLON WINNERS, EACH DISTANCE - Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of each age group as follows: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+, Clydesdales 39 & Under, Clydesdales 40 & Over, Athenas 39 & Under, Athenas 40 & Over

ALL EVENT FINISHERS - All finishers will receive a finisher medal. All Half Distance finishers will also receive a finisher hat.

AGE GROUP STATE CHAMPIONSHIP - As the USAT State Championship, any athlete finishing in the top 25% of each age group (or top 5 finishers, whichever is greater) for the Olympic Distance Triathlon will qualify for the 2019 USAT Age Group Nationals. To be crowned the State Champion you must be a Michigan resident.

MICHIGAN HIGH SCHOOL STATE CHAMPIONSHIP - USAT plaques will be given to the top three finishers male/female for high school students participating in the Sprint Championship Wave. USAT High School Triathlon Program socks will be given to the top 5 male/female finishers in the State Championship. First place finisher male/female from a Michigan high school will hold the title of USAT MI State Champion.

NORTH CENTRAL MULTISPORT FESTIVAL - The top three male/female finishers residing in USAT's North Central Region participating in the Sprint Aquabike, Olympic Aquabike, Half Aquabike, and Half Distance Triathlon will be crowned that regions champions for those events.

AQUABIKE, SWIM ONLY, & RELAY WINNERS, EACH DISTANCE - Awards will be given to top three finishers in each distance male/female for aquabike and top three teams for relays regardless of the gender make-up of the team.

Awards will be available for pickup immediately after official results are posted. Results will be shown on screens near the awards tent and printed and posted near the same location. Results are not official until timers have had the chance to determine any penalties from the USAT Officials. There will be an awards ceremony following each race. Winners need not wait for the ceremony to pick up their awards. If awards are not claimed on race day, it will be the responsibility of the athlete to pay for shipping and handling, the cost of which is \$8. Questions about awards? Contact Jim Vidro at javidro@gmail.com or 616.334.6041

PRIZES

	FIRST	SECOND	THIRD
HALF	\$500	\$300	\$200
OLYMPIC	\$300	\$200	\$100
SPRINT	\$300	\$200	\$100

Cash prizes listed will be awarded to the 1st-, 2nd-, and 3rd-place triathlon finishers overall (male/female).

TROPHIES

The awards presented by the Grand Rapids Tri to overall event winners and top three finishers in age group for the triathlon events were made by inmates housed at Bellamy Creek Correctional Facility. Men there can participate in a program called the National Center for Construction Education and Research. This program helps them learn skills and a trade. They can become certified after going through the program that teaches them the use of power and hand tools. Oak hardwood was provided to the men to cut out a design using a machine program. Then they work to create a finish sanded, lacquered product. Those who complete the program also finish being OSHA certified. Their time and work are donated.

The top three males/females finishing the Olympic Triathlon as part of the Age Group State Championship and the top three male/female students participating in the HS State Championship will also receive plaques from USAT. The top three finishers in the events for the North Central Multisport Festival will receive additional medals provided by USAT.

Awards Presentations **approximately*

10:00 am — Sprint

12:00 pm — Olympic

2:00 pm — Half

WETSUIT STRIPPING

We offer volunteers to assist you in removing your wetsuit on race day. Just step aside in the designated area as you exit the swim. The volunteers will help unzip and remove your wetsuit. Since we offer this to all athletes, it is legal in USAT sanctioned events.



SPECIAL EVENT INFORMATION

AQUABIKE ATHLETES

The Aquabike course will be the same as the triathlon course for the same distance race. The official race time will end when Aquabike participants dismount their bike and cross the timing mat entering into transition. If you are participating in an Aquabike event, you do not have to cross the actual finish line for the timing of your race to end. Once your bike is racked and you're ready, we suggest that you make your way to the finish line with some enthusiasm so that our event photographers can officially capture your finish and you can get your finisher medal. To access the finish line, head towards the "run out" area of transition and make your way down the run course until you can access a gap in the crowd that opens to the finish line chute. Cut into the chute being mindful of triathletes finishing their event. **Please turn in your timing chip at the finish line.** You will receive a keepsake bib in your race packet. You are not required to wear them at any point during your event, however, wearing it across the finish line will help identify your finish line photo.



RELAY TEAMS

Grab your friends or family and get them involved in the sport you enjoy! The Grand Rapids Triathlon offers relays in every distance (excluding Aquabike). In a relay, each person completes one leg of the event. Once they complete their portion of the event, they hand off the chip to the next team member.

FREQUENTLY ASKED QUESTIONS

Do all three people have to be present at packet pickup? Yes. Because you are all part of the team and share the same chip, you must all come at some point during Packet Pickup and show proper ID. Each athlete will receive a packet with the items needed for their leg(s). The last athlete on the team to show up will receive the timing chip.

How does the chip exchange work? We have a relay chip-exchange corral located at the end of the transition area. The receiving team member waits here for the chip hand-off.

Can the other team members be in transition? No. All relay team members must wait in the exchange corral.

Is there a separate location for the chip exchange for the swim/bike exchange and the bike/run exchange? No. All chip exchanges take place in the same chip-exchange corral.

Can one person do more than one leg of the relay? Yes, two or three people can be a team in a relay and one person could do two of the disciplines.

Can you mix male/female teams? Yes, our relay teams are mixed and can consist of male/female team members if you choose.

Can you mix age groups for teams? Yes, our relay teams are not separated by age group.

How are the awards determined? Awards are given for 1st, 2nd, and 3rd place overall for relays. We do not divide out age or gender.

Do all team members receive a swag bag, t-shirt, and medal? Yes, each team member is treated like any other athlete except that they share one chip.

Why are there three bibs in our race packet? Relay bibs are printed in sets of three, only the runner needs to wear it during the event.

If I'm part of a relay team, am I still eligible for the Double Down Challenge in conjunction with the MI Titanium? Yes.



SWIM ONLY ATHLETES

Swim only participants, you will have space in transition to store your gear while swimming. You will start in your assigned wave. Once you've completed your swim and exit the water, you will cross a mat near the swim exit. This will record the official finish time of your race. You do not need to cross the actual finish line for the timing of your race to end. Please proceed to the finish line at your leisure to accept your finisher medal and photo opportunity!



MacAllister



THE
Rental
STORE



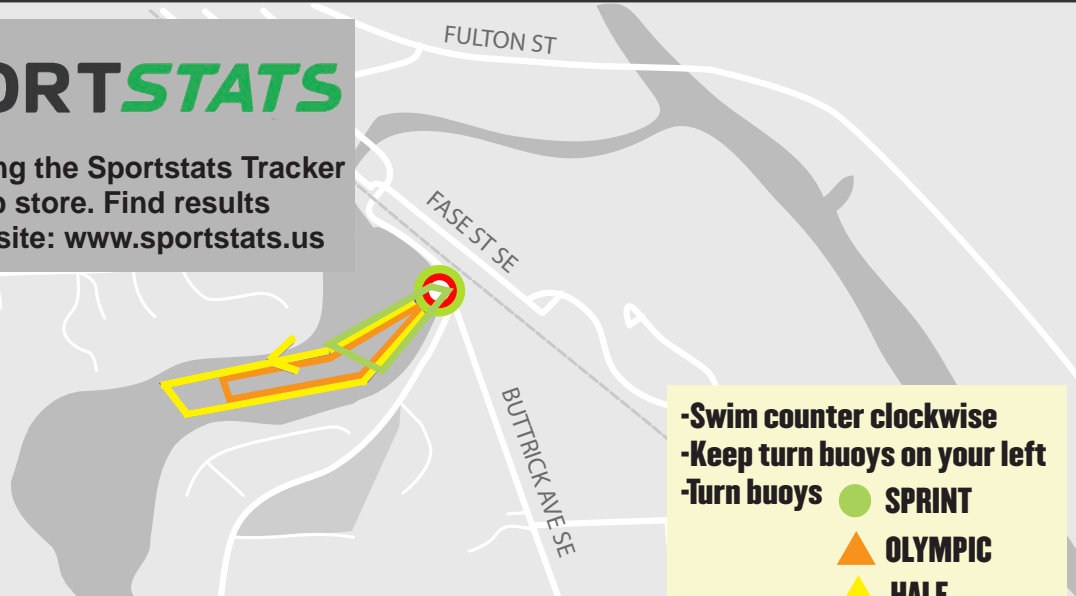
SWIM COURSE

● START SWIM

● FINISH SWIM



Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: www.sportstats.us



- Swim counter clockwise
- Keep turn buoys on your left
- Turn buoys
- SPRINT
- ▲ OLYMPIC
- ▲ HALF

— SPRINT (600M)

— OLYMPIC SWIM (1500M)

— HALF SWIM (1.2 MI)



FOOD

VOLUNTEERS: Lunch will be available at 11:30 AM in the finish line food tent in the swim area. Snacks available in volunteer tent. Coffee provided by Jam n Bean, just show your volunteer shirt.

RUN COURSE VOLUNTEERS: Your lunch, provided by Chick-fil-A will be delivered to you on the course.

ATHLETES ON COURSE: The aid stations will have a variety of snacks including Gatorade, Hammer Gel, The Pickle Juice Co., Pepsi products, and Gluten Free Bars.

ATHLETES: Food will be provided in the swim area; including pizza from Papa K's, Gluten Free Bars, cookies from Chick-fil-A, banana's from Ken's Farm Market (Ionia) and milk provided by Dean's Country Fresh.

meijer

**PaPa K's
Pizza**

Chick-fil-A

**Dean's
Country
Fresh**

**MTN
DEW**

ENDURANCE

**PICKLE
JUICE**

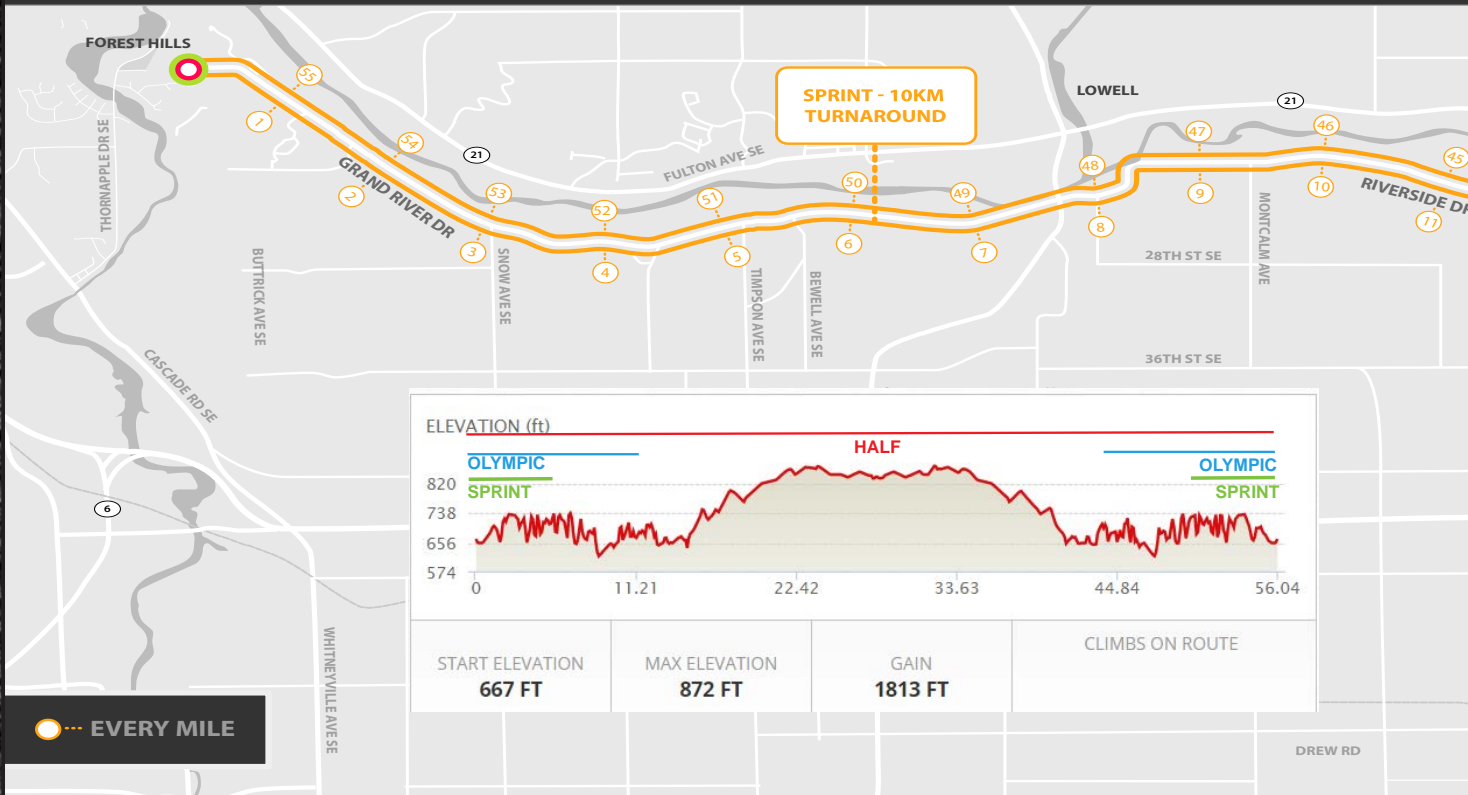
Gluten Free Bar.
the GFB
believe in a better bar





BIKE

BIKE COURSE



GRAND
RAPIDS
Bicycle
CO.

Your local, full-service bike shop.



Bike Repair

Fulton - (616) 458-2200
1311 Fulton St E
Grand Rapids, MI 49503

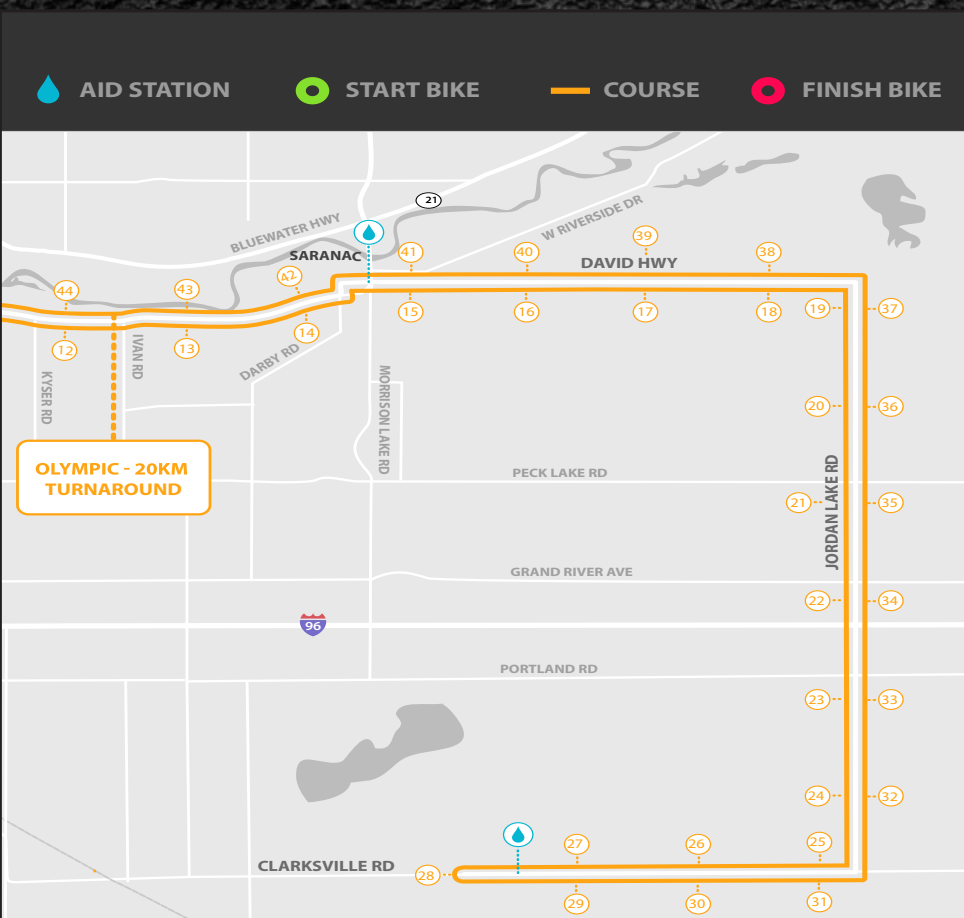
Ada - (616) 682-2453
597 Ada Dr SE
Ada, MI 49301



Bike Fit

East Paris - (616) 855-7467
1200 East Paris SE
Grand Rapids, MI 49546

www.grandrapidsbicycles.com



BE AWARE

THIS IS AN OPEN BIKE COURSE

This means there
will be automobiles
on the course.

CAUTION:

BIKERS MUST SLOW TO 5 MPH OR BOTTLE EXCHANGE WILL NOT OCCUR

- It is the bikers' responsibility to stay to the right and ride single-file on or as close to the shoulder as possible.
- When turning, please be aware of your surroundings and look behind you before entering the turn. Sheriffs will be positioned at all left turns and major intersections.
- Obey all traffic laws unless instructed to proceed by a sheriff.

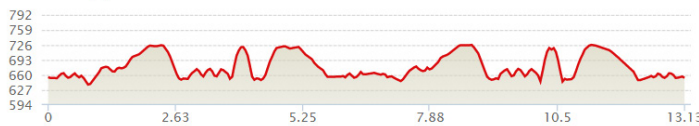


Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: www.sportstats.us



HALF RUN COURSE (13.1 mi)

ELEVATION (ft)



START ELEVATION
655 FT

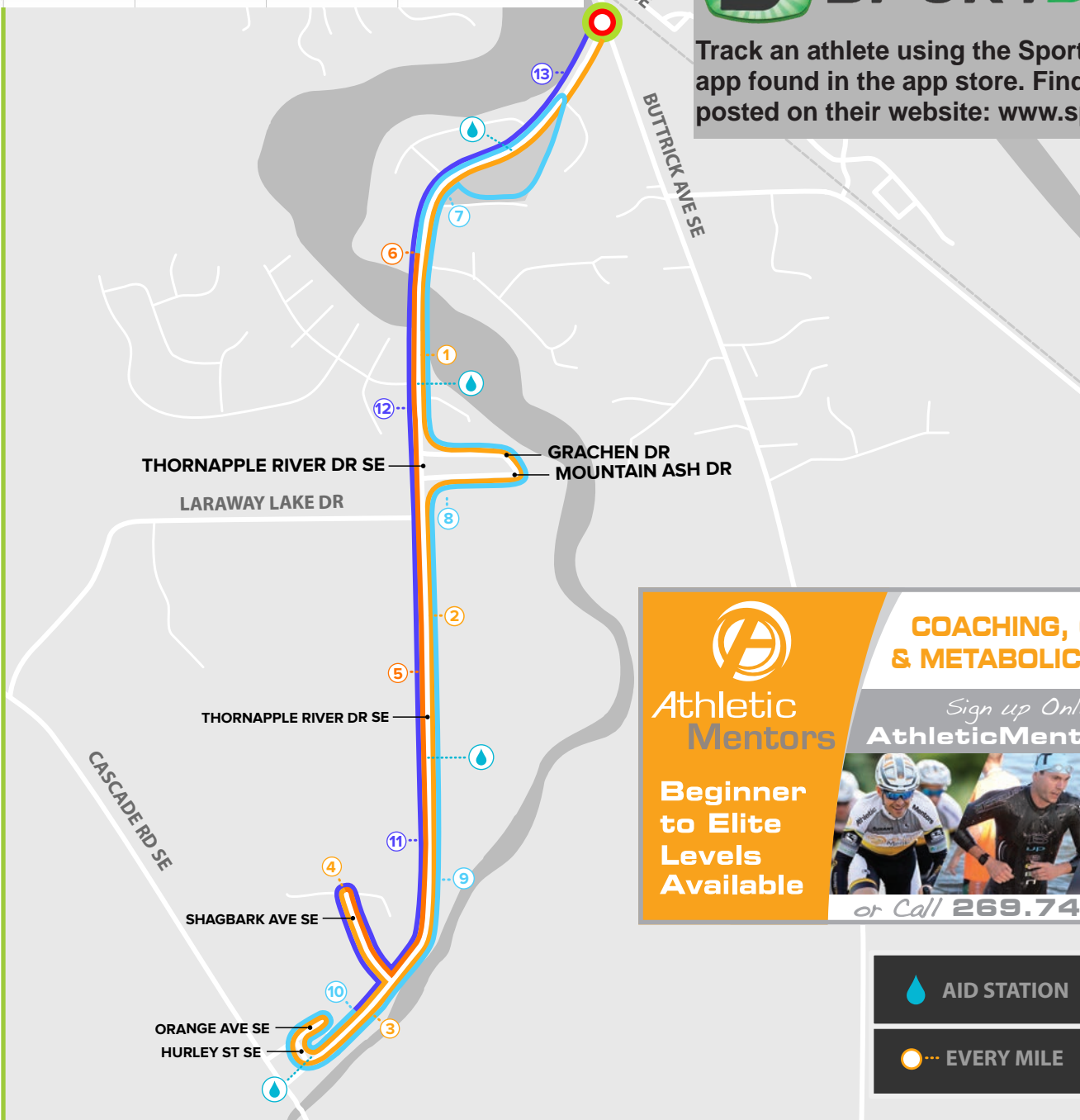
MAX ELEVATION
726 FT

GAIN
517 FT

CLIMBS ON ROUTE



Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: www.sportstats.us

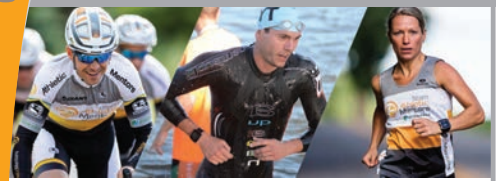


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 **AID STATION**

 **EVERY MILE**

 **START RUN**  **MILES 1-4**  **MILES 5-6**  **MILES 7-10**  **MILES 10-13.1**  **FINISH RUN**

OLYMPIC RUN COURSE (10K)

ELEVATION (ft)



START ELEVATION
654 FT

MAX ELEVATION
726 FT

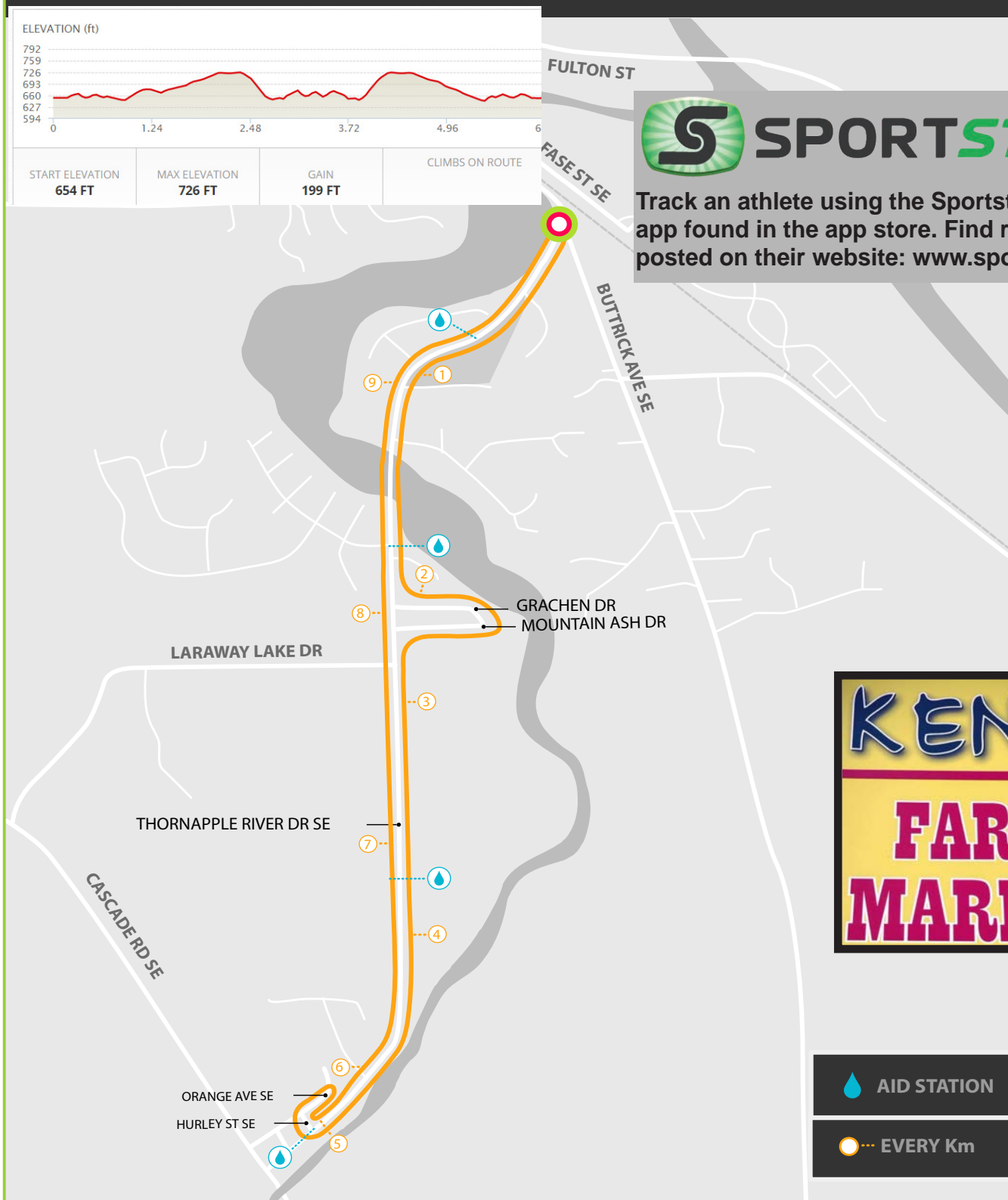
GAIN
199 FT

CLIMBS ON ROUTE



SPORTSTATS

Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: www.sportstats.us



AID STATION



EVERY Km



START RUN



COURSE



FINISH RUN

SPRINT RUN COURSE (5K)

ELEVATION (ft)



START ELEVATION
654 FT

MAX ELEVATION
699 FT

GAIN
47 FT

CLIMBS ON ROUTE



Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: www.sportstats.us

FULTON ST

BUTTRICK AVENUE

LARAWAY LAKE DR

GRACHEN DR
MOUNTAIN ASH DR



 AID STATION

 EVERY Km

 START RUN

 COURSE

 FINISH RUN

USAT MOST COMMONLY VIOLATED RULES & PENALTIES



1. HELMETS

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT-sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification

2. CHIN STRAPS

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; time penalty in transition area only.

3. OUTSIDE ASSISTANCE

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Time penalty

4. TRANSITION AREA

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Time penalty or disqualification

5. DRAFTING

Drafting — Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position — Keep to the right-hand side of the lane of travel unless passing. Illegal pass — Cyclists must pass on the left, not on the right. Blocking — Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass. Overtaken — Once passed, you must immediately exit the draft zone from the rear before attempting to pass again. Penalty: Time penalty

6. COURSE

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee's discretion, time penalty, or disqualification

7. UNSPORTSMANLIKE CONDUCT

Foul, harsh, argumentative, or abusive language or other unsportsmanlike

conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

8. HEADPHONES

Headphones, headsets, Walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Time penalty

9. RACE NUMBERS

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete who is not competing. Penalty: Time penalty for missing or altered number, disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.

10. WETSUITS

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion; however, participants who wear a wetsuit within such a temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. ABANDONMENT

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minutes	4 minutes	Disqualification
Intermediate	2:00 minutes	4 minutes	Disqualification
Long	4:00 minutes	8 minutes	Disqualification
Ultra	6:00 minutes	12 minutes	Disqualification

FOR A COMPLETE LIST OF RULES

Please refer to the most up-to-date USA Triathlon Competitive Rules at: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>



Building an exceptional community with neighbors who are connected and care!

www.cascadecommunityfoundation.com

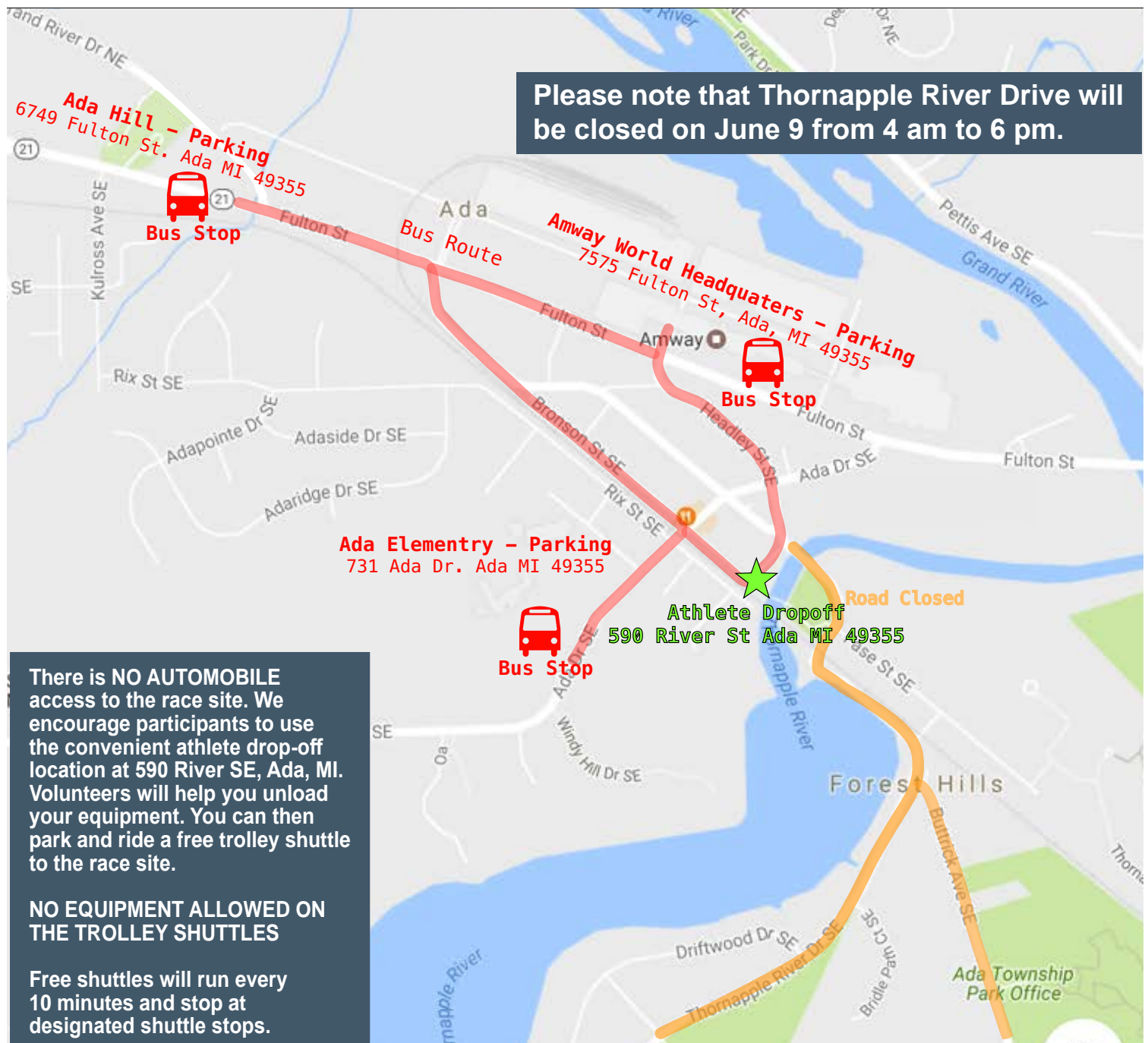
Welcome to CASCADE CHARTER TOWNSHIP

Cascade Charter Township is a thriving community that offers excellent schools, pristine natural features and an extensive trail system connecting commercial areas to residential neighborhoods, parks and open spaces. One of the most defining features of Cascade Township is the Thornapple River, which bisects the Township and provides for views and vistas as well as rolling topography. The Grand River is located along the northern boundary of the Township. The Township is also home to Gerald R. Ford International Airport, which is the second-busiest airport in the state of Michigan. The quality of the natural features, community services and the diverse residential neighborhoods, commercial establishments and industrial areas makes Cascade a desirable community in which to live, work, and visit.

www.cascadetwp.com



PARKING & SHUTTLE MAP



Sprint
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**Visit any one of our
22 West Michigan
locations and
SAVE 25% OFF an in stock
cell phone accessory!**

UniversalWireless.net

Mention Code: COUPON000105
Offer Expires 8/31/19



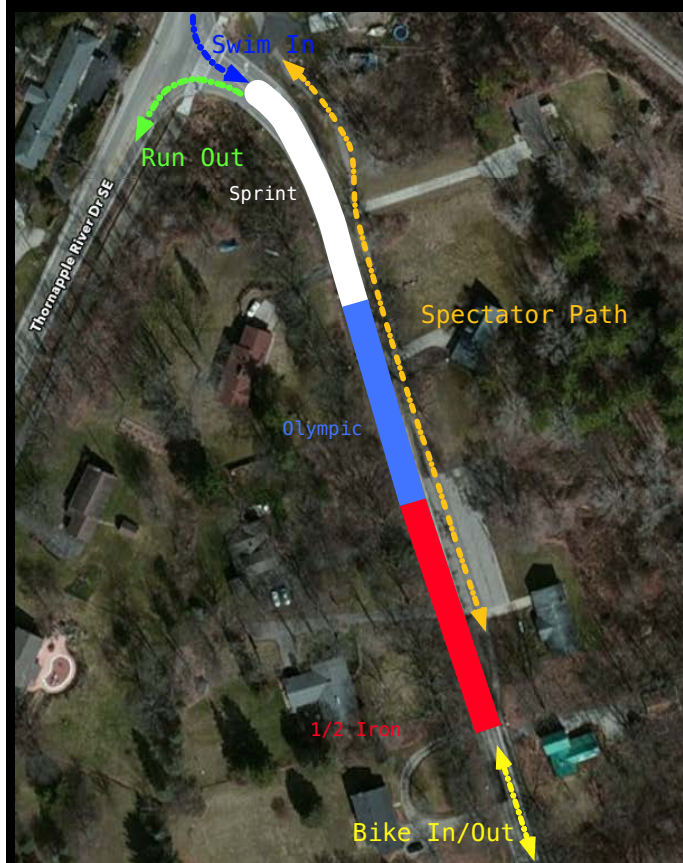
THORNAPPLE
BREWING CO.

FINISH LINE AREA



ATTENTION: The Grand Rapids Tri is a family-friendly finish. We encourage you to invite your family, friends, and even your dog to cross the finish line with you!

TRANSITION AREA



CLOSING/TEAR-DOWN TIMES

Transition opens for Athletes at 5:15 am

Half Transition: Closes at 6:45 am

Sprint Transition: Closes at 7:30 am

Olympic Transition: Closes at 7:30 am

Sprint Transition: Tear-down begins at 12:00 pm

Olympic Transition: Tear-down begins at 1:00 pm

Half Transition: Tear-down begins at 2:00 pm

Equipment left in Transition for an extended period of time after completion of your event will be considered abandoned and will be removed. Please remove your items from Transition within a reasonable time after you have finished your own race.

If you're still racing while transition tear-down begins, your items will remain with your bike on the rack.

**FOR SAFETY & SECURITY OF ATHLETES,
SPECTATORS ARE NOT ALLOWED
IN TRANSITION!**



GRAND RAPIDS TRIATHLON

RACE DAY CHECKLIST

GENERAL

- ☐ USAT Membership Card
- ☐ Photo ID
- ☐ Registration Confirmation
- ☐ Directions to Venue
- ☐ Course Map
- ☐ Money
- ☐ Race Uniform
- ☐ Race Numbers & Timing Chip
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Anti-Chafing Product
- ☐ Extra Clothes
- ☐ Watch
- ☐ Sunscreen

Transition Gear

- ☐ Towel(s)
- ☐ Water Bottle(s)
- ☐ Gels/Energy Bars
- ☐ Drinks/Salt Tablets

SWIM GEAR

- ☐ Wetsuit
- ☐ Swim Cap
- ☐ Goggles

BIKE GEAR

- ☐ Bike
- ☐ Helmet
- ☐ Bike Shoes
- ☐ Bike Gloves
- ☐ Tire Pump
- ☐ Spare Tube(s)
- ☐ CO2 Cartridges
- ☐ Tools
- ☐ Bar-end Plugs

RUN GEAR

- ☐ Running Shoes
- ☐ Hat/Visor
- ☐ Race Number Belt
- ☐ Socks

SET-UP EXAMPLE

You **MUST** rack your bike and set-up on the rack designated by your bib number. However, you may rack anywhere on the rack that matches your bib number. Take only your share of space: remember, 8 athletes must rack to one rack. Bikes must alternate which direction they face on the rack. You are **NOT** allowed to mark your transition area in any way with chalk, balloons, flags, or other markings. These will be removed and you could be penalized.





Tri **OR** just trying?



ENDURANCE



ENDURANCE FUELS
& SUPPLEMENTS



You were made to move.

Athletes aren't the only ones who need to move and feel better. At Metro Health - University of Michigan Health, our teams can help you overcome an injury, joint pain, or whatever it is that's holding you back. If you're ready to move like yourself again, we're here to help.

Official Medical Provider for the Michigan Titanium
616.252.7778 | metrohealth.net/sports-medicine



METRO HEALTH
UNIVERSITY OF MICHIGAN HEALTH

Sports Medicine



- Lost and found will be located at the Volunteer Tent on race day.
- If you've lost something, check the volunteer tent on race day. After race day contact gvidro@hotmail.com or 616.334.6107.
- There is a \$15 shipping fee for anything you need shipped after race day or you can arrange to pick it up in Grand Rapids.
- If you do not pick up your item by June 30, it will be donated.





A round of applause to all the athletes of the 2019 Grand Rapids Triathlon.

Huntington is proud to support the 2019 Grand Rapids Triathlon. No matter when you finish it's a joy to cheer you on.

Congratulations from all your fans at Huntington.



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