

GRAND RAPIDS VIRTUAL TRIATHLON 9.5



JUNE 1-30, 2020

SPRINT OLYMPIC HALF
DUATHLON AQUABIKE
RELAYS SWIM-ONLY

#GRVTRININEPOINTFIVE #TRITOSTOPUS #IAMGRTRI

GO VIRTUAL AT [GRANDRAPIDSTRI.COM](https://www.grandrapidstri.com)



A round of applause to all the virtual athletes of the 2020 Grand Rapids Virtual Triathlon 9.5.

Huntington is proud to support the 2020 Grand Rapids Virtual Triathlon 9.5. No matter when you finish it's a joy to cheer you on.

Congratulations from all your fans at Huntington.



Member FDIC. , Huntington® and  Huntington. Welcome.® are federally registered service marks of Huntington Bancshares Incorporated. ©2020 Huntington Bancshares Incorporated.

WELCOME TO GRAND RAPIDS VIRTUAL TRIATHLON 9.5

FROM THE RACE DIRECTORS

Welcome to the month-long virtual edition of Grand Rapids Triathlon. What a year it has been for us as first-time directors. While the 10th anniversary race won't be celebrated until 2021, we want to thank each and every participant who has gone virtual with us during this unprecedented time in history.

This race season has not been what any of you had planned for. You may have had job changes, been separated from friends and loved ones, had to become stay-at-home teachers, your health or a loved-one's health may have been directly affected, or any combination of these situations. But like true triathletes, you have kept moving forward and are enduring despite challenges in many aspects of your life.

While this year's Grand Rapids Triathlon is different from previous ones, many of the race-day elements like timing, finish photos, announcing and more are still a part of your virtual race-day. Most importantly, the triathlete spirit is still alive and well and that wonderful sense of community can not be diminished.

John Mosey & Jon Conkling
Co-Directors



FROM OUR TITLE SPONSOR

Welcome to the Grand Rapids Virtual Triathlon 9.5! Although not what our fabulous Race Directors had in mind for June; they and all of the GR Tri community will make the best of it. Just as we do during tough training sessions and on race days! Huntington has been a proud sponsor since year one, and we look forward to supporting this event and all of you in the future.

Be well and all the best.
John Irwin

President, Huntington Bank, West Michigan Region



TABLE OF CONTENTS

Page 3	Welcome from the Race Directors & Title Sponsor
Page 4	Timing with SportStats
Page 5	Events/Distances
Page 6-7	The Swim
Page 8-11	The Bike
Page 12-15	The Run/Transitions
Page 16	Finisher Photos from FinisherPix

Page 16	Announcing with Larry Crabbe
Page 18-19	Make-A-Wish Interview
Page 20	Shirts & Medals
Page 21	Age Group Awards
Page 22	Important Notes
Page 24-25	Training During COVID-19
Page 26-29	Race Crew
Page 31-32	GR Virtual Tri 9.5 Athletes

Athletes registered for the Grand Rapids Virtual Triathlon 9.5 will automatically be registered for the event on the virtual platform at <https://vr.sportstats.one/>. Beginning Monday, June 1st you will be emailed a registration code to validate your registration and help Sportstats verify you are you.

All athletes need to have a profile created on Sportstats to participate. This can be done any time between now and the event submission window by following the steps below. Sportstats wants to make sure that you are not a robot and that there is a real person participating. We will not sell or distribute the list and you will have the option to opt-out of monthly newsletters.

HOW TO CREATE YOUR SPORTSTATS PROFILE

1. Go to www.sportstats.us
2. Click the "Login/Register" button in the top right corner
3. Click "Sign Up". If you already have an account, use this time to login and ensure that you have your credentials and profile details correct.
4. A "Create Sportstats Account" popup will appear. Fill out details and select create.
5. You now have a profile on Sportstats. Not only will this give you the ability to participate in the virtual events hosted by Sportstats, but you also have the ability to claim your previous results on the platform and compare your own races or those of your friends and family.

HOW TO UPLOAD YOUR DATA FILES

1. You will receive a claim code via email for the event
2. Go to the event website and log into your Sportstats account. If you don't have one, create one using the steps above.
3. You will then enter the claim code when prompted.
4. On the next screen, choose your event – Triathlon, Duathlon, Aquabike, Relay or Swim-only.
5. You will then be given the option to upload your results.
6. Upload and press submit.

AGE GROUP PLACEMENT/AWARDS

For athletes looking to compete, you must submit GPX files to verify your times. You must also do each individual discipline within an hour of each other. Transitions times will NOT be counted this year.

JUST LOOKING TO FINISH

For athletes not competing in their age group, you do NOT need to submit GPX files. Just mark your event distance and that you completed it in the Sportstats system to be listed with "finishers".

WHERE CAN I DO MY EVENT?

Grand Rapids Virtual Triathlon 9.5 can be done anywhere. Want to swim at a friend's cottage, ride on your trainer but run outside? No problem. There are endless combinations of how you can complete your event. Trails, road, indoor on trainers and/or treadmills, pools, lakes – whatever it takes.

EVENTS/DISTANCES

Grand Rapids VIRTUAL Triathlon 9.5 offers multiple distances for triathlon, aquabike, duathlon, relay and swim-only events.

TRIATHLON

SPRINT – 600 (meter) Swim, 12.4 (mile) Bike, 3.1 (mile) Run

OLYMPIC – 1500 (meter) Swim, 24.8 (mile) Bike, 6.2 (mile) Run

HALF – 1.2 (mile) Swim, 56 (mile) Bike, 13.1 (mile) Run

DUATHLON

SPRINT – 3.1 (mile) Run, 12.4 (mile) Bike, 1.5 (mile) Run

OLYMPIC – 6.2 (mile) Run, 24.8 (mile) Bike, 3.1 (mile) Run

HALF – 6.2 (mile) Run, 37.3 (mile) Bike, 6.2 (mile) Run

AQUABIKE

SPRINT – 600 (meter) Swim, 12.4 (mile) Bike

OLYMPIC – 1500 (meter) Swim, 24.8 (mile) Bike

HALF – 1.2 (mile) Swim, 56 (mile) Bike

SWIM ONLY

SPRINT – 600 (meter) Swim

OLYMPIC – 1500 (meter) Swim

HALF – 1.2 (mile) Swim

RELAY

Relays can be done with any of the events and distances above. For timing and awards consideration, 3 different GPX files must be submitted via the SportStats timing website.



THE SWIM

HOW TO COMPLETE THE SWIM

This may be the most challenging part due to limited access. Gym pools have been shutdown for months and open water swimming (OWS) has been too cold until very recently depending on where you live. The good news is OWS is more possible with each passing day.

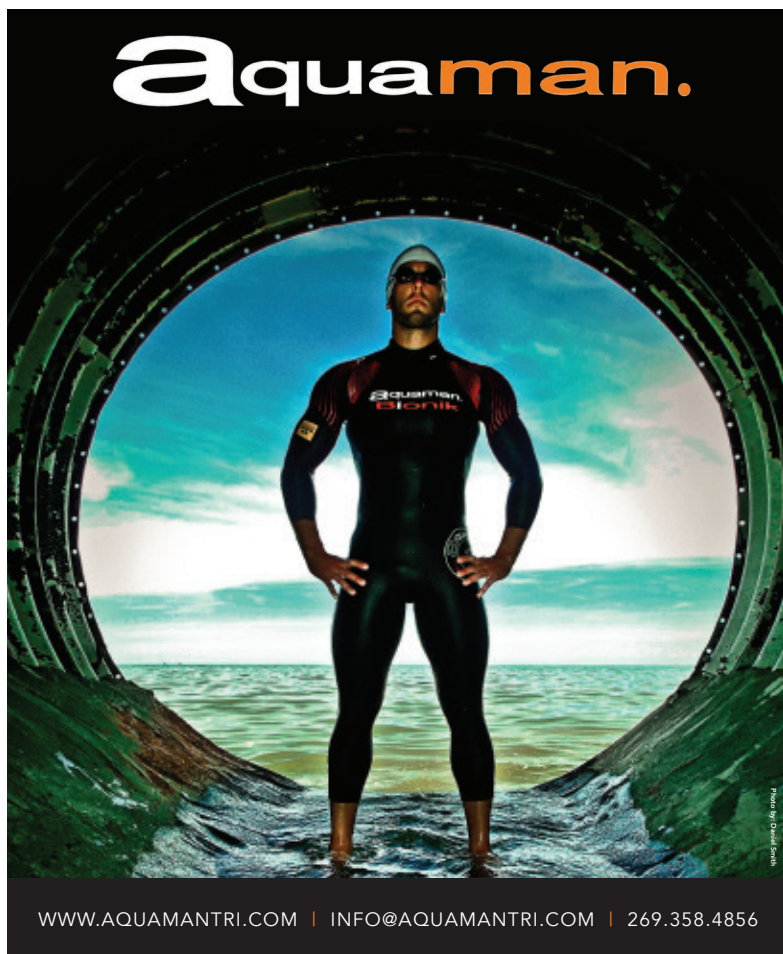
POOLS

Assuming pools are open sometime in June, you can complete your swim in any standard distance (meter or yard) pool. Use any Garmin or GPS device at your disposal to track your swim. If you don't have a GPS device to track your swim, note the pool length and do the required number of laps for your distance.

*To be considered for awards and age-group placement, a GPS device with the ability to access and upload GPX files is required.

OPEN WATER SWIM

Open water access is limited and local swimming rules should be followed. The best way to record your distance for the swim is to use a GPS enabled watch. Set it to beep at regular intervals so that you'll know when you are at the turnaround and when you have completed the distance of your individual event.



DON'T HAVE A GPS WATCH?

Before you head out, use something like Google Earth to measure the distance. This will ensure you don't get to the turnaround and realize you are going to end up swimming way too far! Try to locate key landmarks that will be visible from the water for the turnaround.

OPEN WATER SWIMMING SAFETY

SWIM WITH A BUDDY OR SMALL GROUP

If possible, swim with another person or people during your open water swim. Having a partner or group not only provides a helping hand should something go wrong, but it also creates a better visual deterrent for boaters or jet-skiers. There are power in numbers, and it is hard to miss a group of 6 or 10 swimming through the water. If you don't have other triathletes or swimmers to buddy with, then at least consider having a friend kayak or paddle next to you while you get your swim workout in. Please also follow social distancing guidelines within your community.

USE SAFETY EQUIPMENT

In addition to providing comfort and speed, a good triathlon wetsuit provides buoyancy if you encounter a problem. In addition to a wetsuit, other items can also help provide some added safety. A pull buoy can create something to hold on to if you have an emergency in the water. And don't forget about being visible to boaters in the water with a neon swim cap.

FIND OFF-PEAK LOCATIONS AND TIMES

Swimming on weekdays and early in the morning provides much quieter lakes, especially if you are swimming in urban areas. Boaters and jet skiers are often moving across the lake at high speeds, and their eyes are trained to look for other boats, not swimmers. Going for your swims when traffic is lowest reduces the chances of a run-in with a vessel. In many cases, morning swims are going to be quieter with less boat traffic. Just make sure the sun is up — you do not need to add more risk factors to your swim by swimming in the dark.

BE AWARE OF HAZARDS

Not only are boats hazards — the hazards can actually be beneath you in the water. Staying away from weeds and rocks is important for your safety, as getting tangled in them can be a great inconvenience and safety issue. Stay in water that is at least 10 feet deep — more in some lakes — to avoid weeds or rocks in the lake. While this is counterintuitive for many who think that swimming in shallow water is safest, most people who swim in lakes or rivers routinely will tell you that they prefer slightly deeper water. When you don't know the lake or river well, a great thing to do first is to look at a detailed lake map (often made for fishermen) to tell you what depths and obstacles might be in the body of water.

USE A WETSUIT

Don't forget about the value of a wetsuit. A good wetsuit will not only keep you warmer in the water, but it will make you a bit more buoyant — enough to feel a difference and be a little more secure. The extra flotation can also come in handy in the event you have a problem in the water. If you don't have a wetsuit and aren't sure where to look, visit <https://aquamantri.com> for great deals on great wetsuits.

THE BIKE

HOW TO COMPLETE THE BIKE

This leg can be completed outdoors or indoors on a trainer. If biking outdoors, observe all road rules of road-riding. You can also ride on trails that allow bikes. In West Michigan, Indian Mounds Trail and White Pine Trail are often used for safely riding off-road on paved surfaces. Gravel riding can also be done for this virtual event if you want to use our extensive system of gravel in Michigan.

INDOORS

Smart Trainers: If you have a smart trainer, this is the best way we've found to ride a real outdoor route indoors. It will adjust the resistance of your smart trainer to match the elevation changes on the course and it will also give you real world HD video of the course. They offer a 14 day free trial so there's no risk to you if you'd like to give it a shot. **To ride GR Tri courses, search for "GR Tri" in Rouvy. ALL event distances will be available by June 1st!**



Traditional Trainers: Cycling programs like Rouvy & Zwift are perfect for completing your bike on a traditional trainer. A Garmin smart watch and basic speed/cadence sensors can easily track distance and time as well.

OUTDOORS

GRTri Course Routes: Our official Grand Rapids Triathlon bike routes, including all distances, are available on Strava and can be imported to your Garmin or other GPS enabled device.



Maps available at: GrandRapidsTri.com/courses-maps

NOTE: Ride the actual course if weather and social distancing rules allow, and observe all road rules.





ZERO SUGAR. DONE RIGHT.

THAT'S WHAT I LIKE®

PEPSI, the Pepsi Globe, THAT'S WHAT I LIKE and ZERO SUGAR, DONE RIGHT, are trademarks of PepsiCo, Inc. 25449000

**Ridiculously
tasty.
Protein
packed.™**

THE GFB®
GLUTEN FREE BAR



34 44th St. SE
Kentwood, MI 49548
Email or call us for a FREE quote
catering@yochefscatering.com
616-608-3003
Check out our full menu at:
YoChefsCatering.com

YoChef's Catering Company will take care of all the details from preparation to clean up.
Our experience and reliability ensure that your event will be a hit!

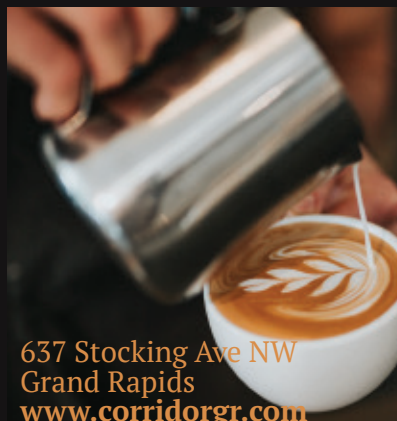
• Corporate Breakfast Meetings • Express Business Lunches • Graduations • Weddings
THE GRAND RAPIDS TRIATHLON TRUSTED CATERING PARTNER SINCE 2011!

Home of the Flavored Crust
(616) 682-2233
We Deliver! Dine in Available



**PaPa K's
Pizza**

497 Pettis Ave. SE, Ada MI

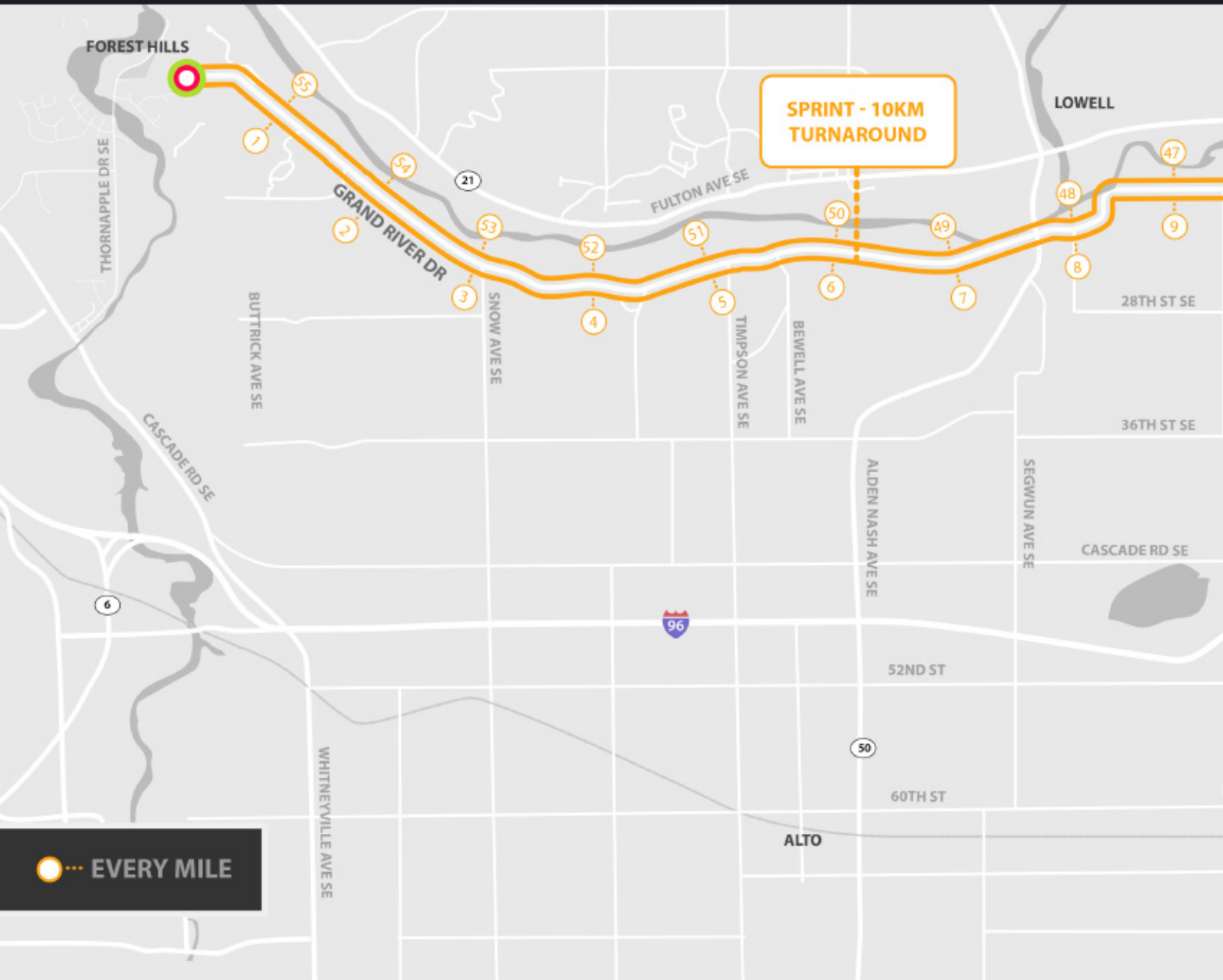



CORRIDOR
Coffee
**Espresso - Latte
Tea - Cold Brew
Bottled Drinks
Baked Goods**

637 Stocking Ave NW
Grand Rapids
www.corridorgr.com

Small space available
to rent for
meetings & events

OFFICIAL GRAND RAPIDS TRIATHLON BIKE COURSE



USE CAUTION

Please obey all rules of the road if using the bike course or an alternate route. While a normal Grand Rapids Triathlon is fully supported with aid station, SAG and police support, your personal virtual triathlon is not. Be safe out there!



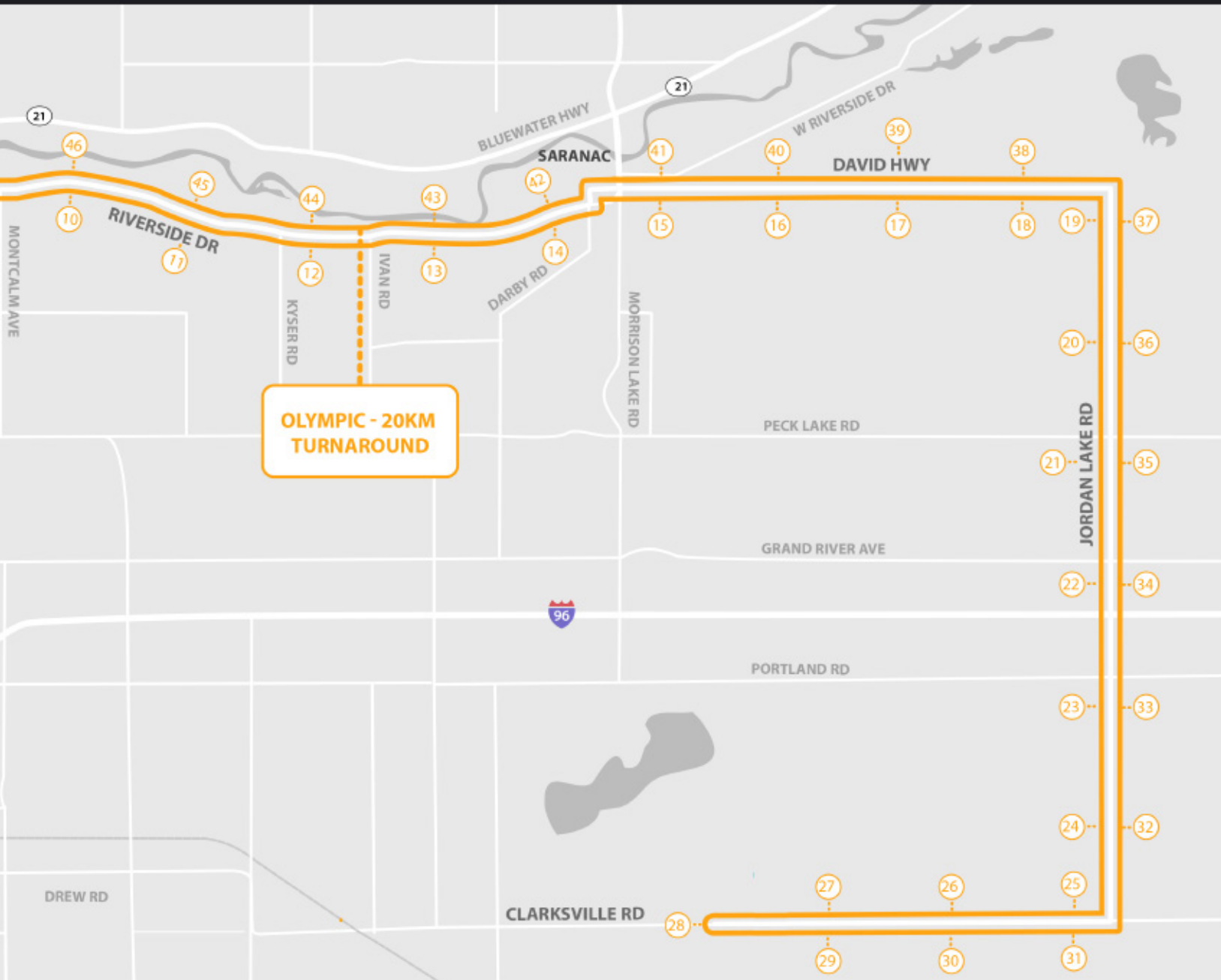
BIKE START



COURSE



BIKE FINISH



AMERICA'S
**BEST BIKE
 SHOPS**
 2019
 RATED BY **NBA**
National Bicycle Association

VILLAGEBIKESHOP.COM

RUNNING

This part is easy! Visit our website for Strava run-routes of the actual GRTri course. You can also do your distance on a treadmill, your neighborhood, wherever you can.



Maps available at: GrandRapidsTri.com/courses-maps





www.picklepower.com

- Scientifically proven to Stop Muscle Cramps!™
- USDA Organic purpose Built beverage.
- 10x electrolytes of other sports drinks.
- No Sugar, caffeine or artificial ingredients.



Striders
FIND YOUR STRIDE
www.stridersrun.com
4045 Chicago Dr SW Grandville 616-261-9706



Athletic Mentors

Beginner to Elite Levels Available

COACHING, CLINICS & METABOLIC TESTING

Sign up Online @
AthleticMentors.com



or Call **269.743.2277**

TRANSITIONS

WHAT ABOUT TRANSITIONS?

For the virtual event, transitions will NOT be tracked. Due to the flexible nature of a virtual event, there is no way to track this part of triathlon. For those of you that want to replicate race-day conditions and can stage your event all together, then we highly encourage this. But again, it is NOT required.

***FOR AGE-GROUP CONSIDERATION, YOU MUST DO EACH DISCIPLINE WITHIN ONE HOUR OF COMPLETING THE PREVIOUS LEG.**

OFFICIAL GRAND RAPIDS TRIATHLON RUN COURSE



HALF RUN COURSE (13.1 MI)

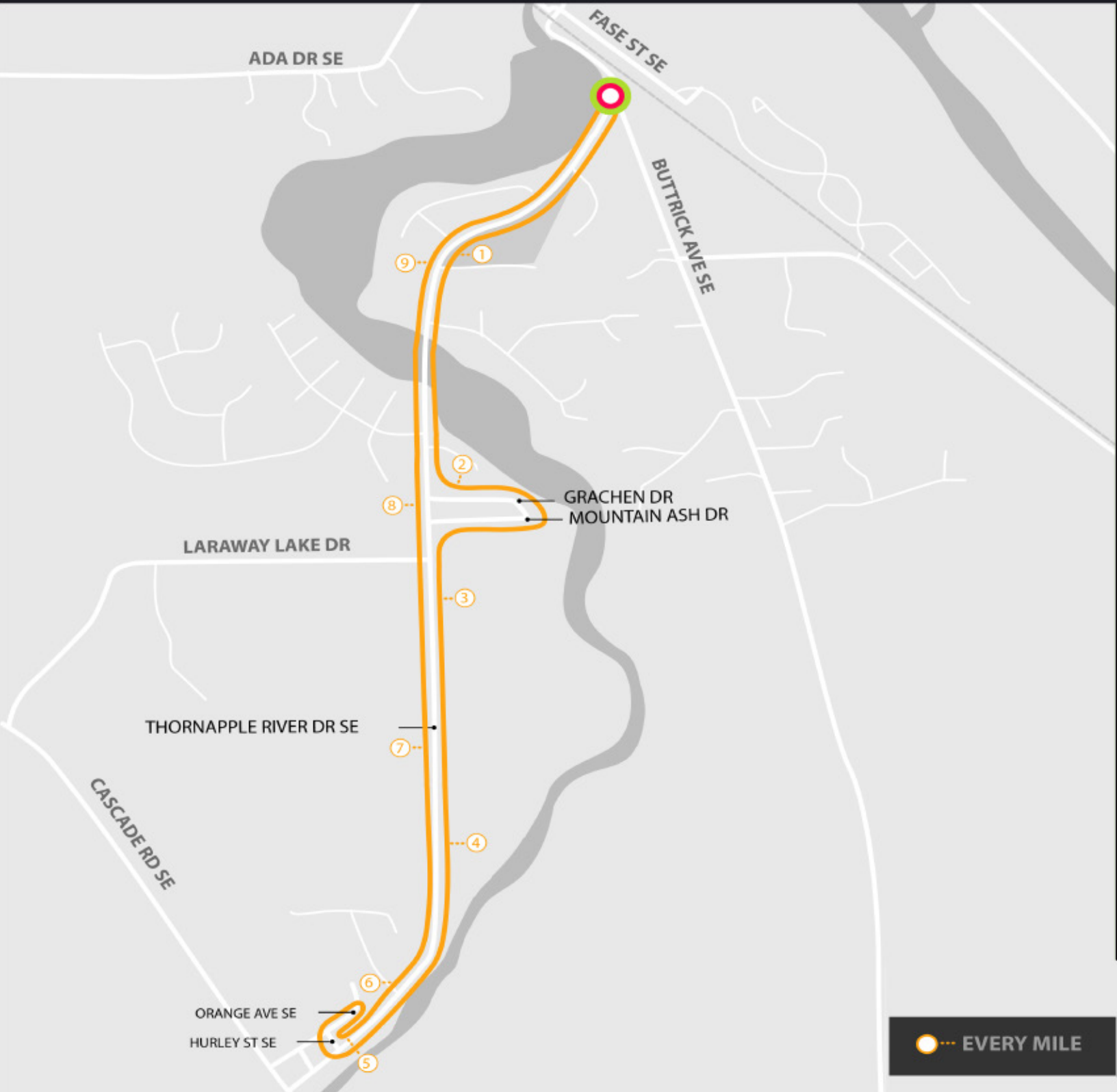
 RUN START  MILES 1-4  MILES 5-6  MILES 7-10  MILES 10-13.1  RUN FINISH



OFFICIAL GRAND RAPIDS TRIATHLON RUN COURSE




OLYMPIC RUN COURSE (10K)

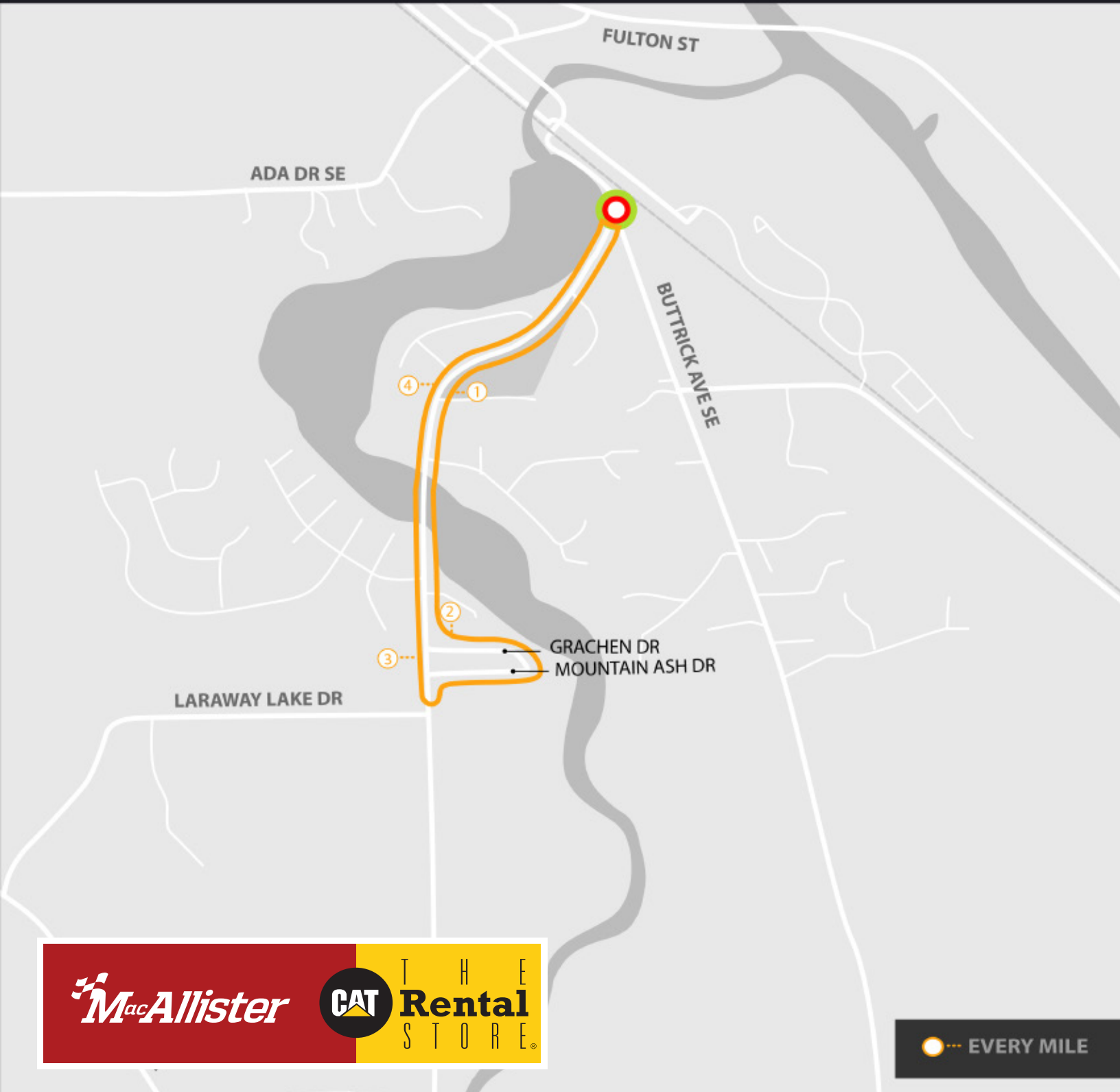
 RUN START  COURSE  RUN FINISH



OFFICIAL GRAND RAPIDS TRIATHLON RUN COURSE

SPRINT RUN COURSE (5K)

 RUN START  COURSE  RUN FINISH



FINISHER PHOTOS FROM FINISHERPIX

HOW DOES THIS WORK?

Virtual Race Photos by FinisherPix works with event organizers and event participants to transform your photos into Virtual Race memories complete with event artwork, timing information and recognition badges.



By uploading your photo or taking a selfie from your phone, tablet or computer, the Virtual Race Photo system will automatically merge your photo with Grand Rapids VIRTUAL Triathlon 9.5 artwork and allow you to enter your individual discipline times. Within seconds of uploading your photo, you will get the chance to email the photo to yourself, share it socially, or both!

Go to <https://virtualracephotos.com/grvtri2020> and enter the code "GRVTRI-PIX"
It costs you nothing as we are providing it FREE to all of our participants.

VIRTUAL ANNOUNCING

THE VOICE OF GR TRI

Just because we have had to go virtual due to the COVID-19 crisis, that doesn't mean you won't get one of the most important parts of race day – hearing your name announced as you finish the race! Longtime GR Tri announcer, Larry Crabbe, will still call out your name after you cross your virtual finish line during this year's unique event.

HOW IS THIS GOING TO WORK?

After we are alerted by the Sportstats timing system that you completed your event, Larry will record a special personalized message just for you. We will then send you the message via email or through social media for you to keep and share with others.

We will do these announcements in batches throughout the month of June during the virtual event.



Photo By: Ryan Velting



NEVER FORGET **YOUR VIRTUAL RACE**



www.virtualracephotos.com

[@finisherpix](https://www.facebook.com/finisherpix) #finisherpix



**NEW GR TRI
SPONSOR!**

NEWHOLLANDBREW.COM



Join us for
'An Evening
with
Jack Nicklaus'

*Purchase Your Ticket
Today:*

www.westmisports.com



TOWNSHIP

**Welcome GR Tri Athletes.
Wishing you all a Personal Best!**
www.adatownshipmi.com



**Cascade
Community
Foundation**

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



MAKE-A-WISH-MICHIGAN'S DREAM TEAM

The mission of Dream Team is to raise awareness and funds for the amazing organization of Make-a-Wish West Michigan. At the same time, Dream Team hopes to support local kids facing critical illnesses and help them to focus on a brighter future and distract them from the daily trials they face. We hope that they not just survive, but they thrive while dreaming up a wish that could actually come true.

Dream Team teammates participate in endurance events while fundraising with a purpose. Our inaugural race was the Grand Rapids Triathlon in 2017 with 22 team members and we have raced the event every year since. This year won't be any different. This year the Dream Team is going virtual!

We love the fact that Grand Rapids Triathlon did not give up. There have been so many people looking forward to racing and still promoting Make A Wish, and the fact that we get to do it still is amazing. The Dream Team is really looking forward to Virtual Triathlon 9.5 race day! Especially because now more than ever it is critical to support Dream Team as due to COVID-19, Make-A-Wish® Michigan has postponed domestic and international wish travel. As a result, more than 200 Michigan children have had their wishes postponed. So, there is too many kids still waiting for a wish to be granted. Critical illnesses do it take a break during pandemics. These kids are fighting for their lives and their families face this reality daily. This is why Dream Team will be participating in the virtual triathlon, it is a way that we can still race and know that we are representing kids who are continuing to fight and to stay strong amidst these unprecedented times.

Our son Trevor is a Wish kid. He is a leukemia survivor. Diagnosed at just 2 1/2 years old, he spent over three years fighting. During his fight, Make-a-Wish granted him a wish to go to Disney World. This trip gave our family a welcome distraction from the daily chemotherapy, doctor's visits, aches and pains and stresses of living in survival mode. The trip allowed our family to focus on fun and excitement and gave us a gift of happy memories. Trevor is now a healthy 15-year-old boy who will be participating in the Virtual Tri 9.5. Our family is passionate about giving back to Make-a-Wish and helping other families experience this gift and we love the fact that we get to do it through a sport that we love.

If it wasn't for COVID-19, we typically would be arranging a team gathering for training sessions and then getting together for race day. However, due to the circumstances everyone has to have been training on their own. Our family with three participants, have been running together and biking together. We've also incorporated some cross-training. The Dream Team is still planning to all race on the actual race day, June 14. We are going to still find ways to stay connected and race together by setting a Facebook Live event where we can all check in on each other, post pictures and comment about our races.

While this year looks a little different, the mission of Dream Team is always the same, helping children with critical illnesses receive a wish. There are over 800 children in Michigan who are waiting for a wish through Make-A-Wish, so we are so grateful to help.

We will see you at the Grand Rapids Virtual Triathlon 9.5 starting line!
Susie and Dan VanSkiver



SHIRTS AND MEDALS

Our Grand Rapids Virtual Triathlon 9.5 participant shirts, medals and bibs will ship out during the month of July.

Our participant shirts for this unique event are made of a poly-cotton blend for extreme comfort and durability.

Our medals are made from recycled steel and made right here in the USA.



Poverty is complex. Feeding a child is not.

All children have a right to healthy, nourishing food. Good food with the power to positively shape lives and change the future. Together, it is our responsibility to help all kids have access to nutritious meals!

Our community works together on our promise to nourish kids to reach their full potential, grow sustainable food, learn from hands-on experiences and engage as a diverse community to solve childhood hunger. As a charitably-funded organization, we need you to make that promise a daily reality.

Grand Rapids
1300 Plymouth Ave. NE
Grand Rapids, MI 49505

Muskegon
1011 2nd St.
Muskegon, MI 49440

Holland
389 James St.
Holland, MI 49424

KIDSFOODBASKET.ORG

AGE GROUP AWARDS

WHO IS ELIGIBLE

Anyone submitting approved timing files through the SportStats Timing website, will be eligible for Age Group Awards.

AWARD SPECIFIC INFO

Like a lot of triathlon costs, awards are ordered 6 months prior to the race. At the time of the 10th Anniversary postponement & GR Virtual Tri 9.5 creation, the awards were almost completed. We are taking these 10th Anniversary awards and modifying them in the spirit of the 9.5 virtual event. More info to come soon on social media!

TOP FINISHER PRIZES

There will be no monetary prizes given this year or the top overall finishers.



Cascade Pediatrics

Reaching all your child's health needs

cascadepediatrics.com
(616)-940-3168



5150 Cascade Road SE, Ste B Grand Rapids, MI 49546



community strong



Proud partner of the
Grand Rapids Triathlon.

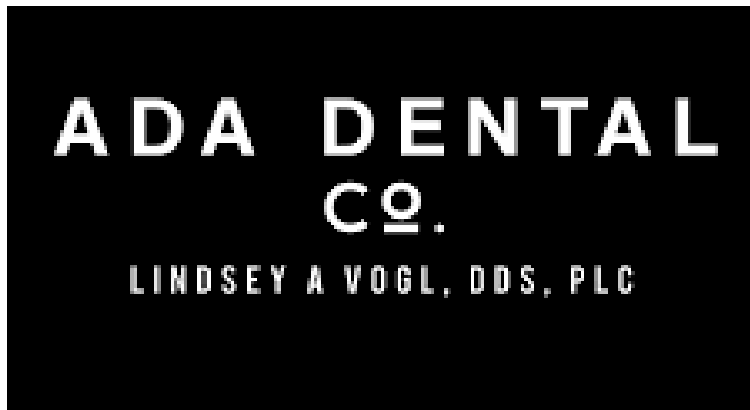
IMPORTANT NOTES

KEEP THIS FUN!

We are living in unprecedented times and producing a large-scale virtual event is a novel situation. While this is not the triathlon any of you (or us) anticipated, know that we are blazing a trail for this virtual event to give you the best race experience possible under these conditions. No one in the country has put together a virtual race with so many race-day elements. **We want you all to succeed in your goals and stay safe while doing it.**

CONTACT US

If you have questions, please reach out to us! Email info@tris4health.com or call 616-292-0728

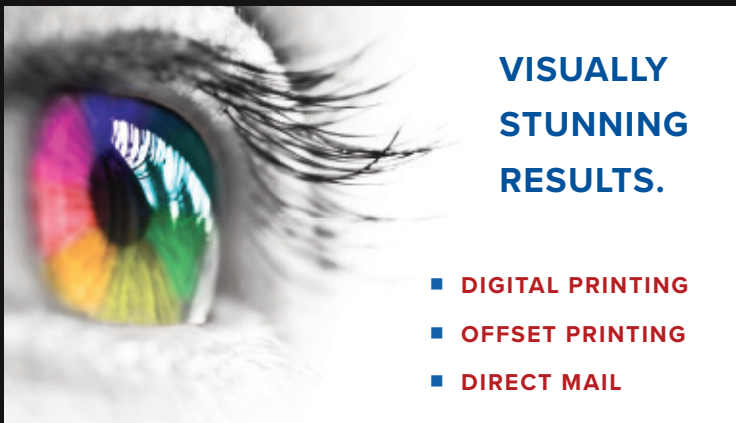




Charlesbrook
Protection Services, LLC

(616) 920-0668 www.charlesbrookprotection.com

- SECURITY GUARDS
- RETAIL LOSS PREVENTION
- EXECUTIVE PROTECTION
- EVENT GUARD SERVICES
- MORE



**VISUALLY
STUNNING
RESULTS.**

- DIGITAL PRINTING
- OFFSET PRINTING
- DIRECT MAIL

Founded in 1957, HLPS has developed into a leading provider of superior print products and marketing materials.

 **Holland Litho**
PRINTING SERVICE

800.652.6567
www.hollandlitho.com



MOBILE STORAGE

Moving & Storage Solutions

www.mywaystorage.com (616) 361-6992

Champions—
in and out of the gym

Our online fitness and
wellness community



LEARN MORE

TRAINING DURING THE COVID-19 PANDEMIC—A TOP 10 LIST



Ed Kornoelje DO

Metro Health—University of Michigan Health Sports Medicine

The Grand Rapids Triathlon is finally here—virtually. As a lot of races have had to do, the GR Tri will be a virtual event—still a lot of fun (and work) but different than the full field event we are used to. Many of you have continued to train in anticipation of the virtual event, others not as much. Some of you may want to re-start training in anticipation of late summer or fall events (virtual or live as conditions merit). In any case, there have been a lot of questions about training during this time—is it

safe, what changes (if any) do I need to make, and the biggie (at least in social media land) is do I need a mask? Here are some medical facts and probabilities (we are learning more every day) to help you make your decision. Whether or not you should train is up to you. Personally, from the mental and physical health side of things I am for it—I hope you are as well.

In this COVID-19 time I get many questions about the effect of staying active on fighting the virus—will exercise help or harm and is it safe? Here is a brief update on exercise, the immune system and COVID-19.

1. In general exercise improves immune function in the body—there is a slight dip in immunity after hard bouts of exercise, but over-all immunity goes up in regular exercisers.
2. Exercise can help control weight, decreasing the likelihood of chronic diseases such as diabetes and hypertension, further decreasing susceptibility to viral illnesses such as COVID-19.
3. Exercise helps us sleep more soundly, allowing the immune system to recharge each night so it is ready to work again in the morning (actually it works all night too, but you get the point).
4. New research out of the University of Virginia suggests that regular exercisers have higher levels of the antioxidant enzyme extracellular superoxide dismutase (EcSOD) which hunts free radicals protecting our tissues and helping to prevent disease. Production of EcSOD is enhanced with cardiovascular exercise, and may help protect against acute respiratory distress syndrome, which can be a complication of COVID-19.

From a safety standpoint it appears training is OK with the virus around.

So what about masks? To wear a mask or not appears to have both medical and social/solidarity aspects. First the social: according to one article I read we should all wear masks when running. The writer makes the point that wearing a mask is a sign of solidarity and that “in the grand scheme of the pandemic, it seems like a small sacrifice that’s very worth it.” The article cites a New York Times article on a couple of occasions, but the NYT article is mainly an opinion piece which, while not a problem in its own right, does not have many facts to support. “Whether running with a mask helps stop the spread of the coronavirus is questionable at best,” notes another article, moving towards the medical side of things. She quotes an infectious disease specialist, and airborne-infection specialist and an epidemiologist among others. Now just because they are medical specialists does not mean they are always correct, but in general this seems like the type of folks who may help us make informed decisions. “Even in a health care setting, contact is defined by being near someone for a certain amount of time. I would not worry about these fleeting [running near someone] encounters” opines the ID specialist—10 minutes within 6 feet of each other is one estimation. The article also cites evidence that being outdoors lowers the likelihood of transmission: “The transmission...from the infected to the susceptible is an indoor phenomenon.” There is a lot of space for the virus to go when outdoors, and a lot of air movement to disperse the virus—the most recent information I saw suggested a person is 19x LESS likely to get the virus outdoors versus inside.

“Should you wear a mask” asks another article? Trying to take a more moderate approach this article uses the CDC guidelines, several medical journal articles, and some common sense (I'm a big fan of that)! They end with a list of five tips for running during a pandemic:

1. Know your route before you go and be strategic with your time.
2. Keep your distance and put others first.
3. Embrace the solo [or small group?] run.
4. Keep your immune health top of mind (see above).
5. Above all, stay home if you're not feeling well.

The final sentence in the article is a pretty good summary: “Keep in mind, wearing a face mask is no substitute for social distancing and washing your hands...”. We'll put this all together at the end.

For triathletes there is the swim piece as well. Pools (unless you own one) have been hard to come by at this time—some of you I know have braved the cold temps and gotten in a lake or river—good for you! What we do know about the virus is that is not transmitted in water so pools and lakes are fine to swim in. Gear, pool decks and equipment, and the post workout meet up are the possible places the virus could be spread—no different than any other type of workout.

So what is our Training During COVID-19 Top 10 (or 11) List:

1. The best way to slow the spread is stay six feet away from others and wash hands—physically distance.
2. In general runners/exercisers have a higher level of immunity than those who do not (there is a short-lived dip right after a hard workout) which may help protect against many viruses—hopefully including COVID-19.
3. Don't exercise if ill.
4. Keep exercise mild to moderate intensity when ramping back up.
5. It is OK to up the intensity 1-2 times a week if you have already been doing that or if you increase gradually—if not wait until COVID-19 is less prevalent.
6. Masks protect OTHERS from you, and when unable to physically distance in any situation is a good idea to wear, but in general is not necessary when exercising outdoors. There may also be a small amount of protection conferred on the wearer.
7. Being outdoors appears to significantly reduce the ability of the virus to spread from person to person (so get outside).
8. Transmission typically occurs when people spend a little time (minutes) in close proximity—speeding past, or even jogging more slowly, is not likely to create enough of an exposure to cause a problem.
9. Be smart about the time and location of your run—try to pick a time and route that will help you avoid people, and run solo or with whoever you are sheltering with (this may relax a bit in the near future).
10. Whether or not you feel wearing a mask is a sign of solidarity and support is up to YOU and no one else.
11. Did I say wash hands ☐

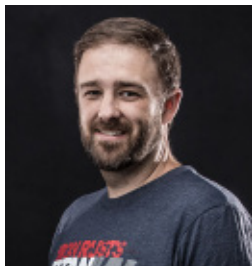
We know that while staying active does not mean you cannot catch the virus, it certainly lowers your risk of a bad outcome. This is a great time to stay active if you have been, get active if you have not, and be a cheerleader—help others be active as well. We won't be seeing you in (or speeding past) our medical tent at the GR Tri, but we are available—both in the office and by video. **If you need us call 252-7778 or go to www.metrohealth.net for more information or to make an appointment.**

Be active!

RACE CREW

THE TEAM BEHIND THE EVENT

While 2020 is not a normal race year, the directors, staff and champions work tirelessly to make sure that your race day is a success!



John Mosey

LEVEL I USAT CERTIFIED RACE DIRECTOR & CERTIFIED COACH

In 2011 John signed up for the Riverbank Run to raise money honoring a friend from high school. At the time he was 100 pounds overweight and unable to run for 30 seconds. Fast forward a year and he was down 70 pounds, had successfully completed the Riverbank Run, and raised a few dollars for a worthwhile charity. Like many triathletes he transitioned to multisport as an injured runner and has since completed all distances, from a sprint up to the full. His favorite discipline is cycling, and he can often be found trying to talk his friends into doing questionable things with him, such as signing up for Michigan Coast 2 Coast, a 210-mile one day gravel race across the State. He and his wife Dawn live in Rockford with their two kids and two dogs.



Jon Conkling

LEVEL I USAT CERTIFIED RACE DIRECTOR

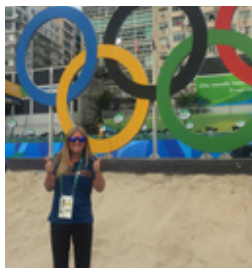
Jon's two passions are design and triathlon. By combining these together, he is excited to be transitioning from triathlete to race director. As an active member of the West Michigan triathlon community for a number of years, Jon is focused on ensuring that all participants and spectators have a great race experience, be it their first or tenth. Jon's first race was The Grand Rapids Triathlon in 2012 and he has done every distance from sprint to full distance triathlons, in addition to numerable running races and marathons. Jon has supported the Michigan race community through his endurance apparel company, Drivn Threads, with race designs and promotional work. In his spare time, you can find Jon volunteering on the soccer field. He has coached his 4 sons for 18 seasons in AYSO, where he was also board-member for a number of years. He and his wife Amanda, also a Full-distance triathlete, reside in Ada with their 5 kids, 2 dogs & 2 cats.



Lori Ott

Administrative Assistant

This is my seventh year being involved in the Tris4Health events. I truly love being part of the two best triathlons in Michigan and am excited about the addition of The Dirty Mitten to the mix. While I'm happy to have the opportunity to be able to earn a GR Tri medal this year, I will truly miss seeing all of our athletes this year.



Chelsea Montes

Social Media & Marketing

I am new to the Grand Rapids area after moving here in July. Originally a Traverse City native, I have lived in many places such as Minnesota, Colorado and even Ecuador, but I am very excited to finally be back in my home state. While I have not officially competed in a triathlon myself, I have a love for the triathlon world and community after working and traveling as a Media Delegate and Social Media Manager for the International Triathlon Union for over four years. One of my most memorable triathlon moments of my career was witnessing Gwen Jorgensen win the very first Gold Medal for the USA at the 2016 Rio de Janeiro Olympic Games. I am excited to join the MiTi and GR Tri team



Courtney Babcock

Aid Station Run

I started participating in organized races in 2012 but have been enthusiastically active my entire life. I found my joy for running in elementary school, joined the track team in high school and focused on speed training in college. I have enjoyed the adrenaline of racing and the motivation to set new personal records. I became involved with triathlons through my husband, who has competed in a variety of distances in races around West Michigan.



Jason Miller

Aid Station Bike

Back in 2006, I saw a race where people were swimming, biking and running. I thought those people are nuts, but I always like new adventures and I said to myself, "I can do that." Since then I have spent a lot of money on special shoes, watches, bikes and tight clothes. I have completed many races from sprint distance to full Ironman. I enjoy seeing people accomplish their goals and finish races that I once thought was nuts. I am thankful to have the support of my wife Sara and our two girls Marysa and Samantha. Without their support, I wouldn't be able to be involved in this great sport.



Brian McLane

Aid Station Supply

I have played soccer and other sports since I was in middle school and have made physical activity an important part of my life. I began practicing yoga about seven years ago, which has helped a lot with strength, endurance, and peace of mind. I never enjoyed running, and throughout my life, I have worked on cardio by participating in team sports. I work at Priority Health in product development on consumer-engaged health plans and fundamentally believe that staying in good shape and eating well are the keys to maintaining a good quality of life in the long run (pardon the pun).



Todd Bradford

Bike/MotoPatrol

I am an avid cyclist with a passion for all things two-wheeled. Between weekend rides and commuting to work on either my bike or motorcycle, I often forget what it's like to drive a car during the summer months. This is my eighth year working as part of the GR Tri staff



Jill Martinek

Bike Course Signage

I have been involved in sports almost my whole life. My dad bought me my first set of golf clubs when I was eight years old and my first road bike when I was 13. I really got into running in college and started competing in races soon after starting a teaching career. After my children were born I took time away from my career to stay home. My "go get 'em" attitude, however, didn't change and I discovered I could train for half marathons and triathlons while pushing and pulling along my babies. I did my first tri in 2008 and my first half marathon in 2010.



Chris Gates

Expo

As a boy I remember watching my dad compete in tris, I had no idea that someday we'd be doing them together. Years ago he challenged me to 3 months of sobriety. I challenged him with 3 months of a healthier lifestyle and a fitness program, we agreed to compete in the Reeds Lake Triathlon together after our 90 days was up. The next year we did the GR Tri together. We have competed in the MiTi Half & Full together. It's been such an experience to be able to compete in these events with my father, pushing the limits of our bodies and improving our mental and physical health every step, pedal, and stroke of the way. I'm a Network Engineer during the day and dabble in semi-professional photography.



Lonna Blair

Finish Line

In 2005, I became inspired watching a local triathlon in GR. My first triathlon was in Sept 2006 and thus began the addiction. I've completed every distances from Sprint to Full. I've also participated in several bike tours/races ranging from 50 to 100 milers, hills to flats and running races of all distances including marathons. I've learned how important it is to give back. I'm happy to do this as a Champion.



Tim Guikema

Jack-of-all-Trades

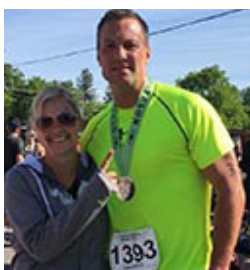
I have been involved in Triathlons since 2010. Starting off with a neighborhood Tri, Lech Lecha, I crossed the finish line and fell in love with this type of racing. I've been with the GR Tri for 7 years and would not miss the opportunity to race/help out and be involved in this race.



Don Goetcheus

Kids' Triathlon

In 2007 I was swimming laps a couple days a week and mountain biking to stay in shape. But these sports, on my own, weren't getting the workouts that I needed. So I started running for the first time in my life. Within a year I had finished my first full marathon. In 2008 a friend asked me to join him at a Master swim practice. He mentioned a group that was getting together to transport disabled individuals around at tris and he wanted me to be a part of it. That was the beginning of My Team Tri-umph. My experience with that proved life-changing, as I had been bitten by the triathlon bug. I have worked my way up to multiple Half distance tris, multiple marathons, and a few bike races each year.



Eric Mentalewicz

Packet Pickup

Due to a health issue in 2015, I decided to change my lifestyle and lose some weight. I lost over 70 pounds and found myself in the best shape of my life. I got the idea to compete in a triathlon and began training for the GR Tri. That was my first triathlon and it was one of the greatest experiences of my life. I instantly became hooked and plan to participate in many more. I have made it my passion to lead a healthy lifestyle and to help everyone I can do the same for themselves. My wife Stephanie and I have 5 children and I want to continue to show them you can do anything you set your mind to.



Rocky Babcock

Road Closure

I have always been an active person but have never really been much of a run/bike/swimmer until 2012 when I started biking. I originally started out as only a biker but transitioned over the years while looking for new ways to stay active. My wife and I have been running since we've been together and continually do races together and are always there to support each other. Since 2012 I have participated in up to 7 Triathlons each year and have enjoyed every one. I have always enjoyed being part of the races and am now happy to be a part of the team that makes these races so great.



Jennifer Baker

Run Course Signage

For too long, I was an on-again/off-again exerciser. As I saw the years going by, I knew I needed to establish a habit of regular exercise not only to help me feel better and stay healthy but also to set a good example for my kids. I wanted them to see how important it is to incorporate fitness into your life. The solution: I challenged myself to do 3 triathlons in my 39th year. My first was the GR Tri Sprint in 2012. Now I love being on race staff almost as much as training and racing myself.



Victoria Brown
Run Coordinator

Sports and physical fitness have always been an important part of my life. While on vacation a few years ago, I was discussing with my sister how it has always been a goal of mine to complete a triathlon, even though I had anxiety about open water swimming. A few months later, I connected with athletes in the endurance community, found a swim coach, learned how to swim and within a few months started training for my first triathlon. I've been hooked ever since! Over the past couple of years I have gone on to complete several tris, River Bank Run, many ½ marathons, MSU Grand Fondo, The Marine Corp Marathon, IMOhio- ½ iron man, and have competed in USAT Age Group Nationals. When not competing, I love to give back to the community that has embraced me, by volunteering for My Team Triumph in addition to assisting aspiring athletes. I am a firm believer in anything is possible if you set your mind to it.



Amy Larson
Set-Up/Tear-Down

2013, my sister and friend told me I should try a triathlon with them – I did, and I was hooked. I joined TriToFinish, and competed in over 20 triathlons from super sprints up to a full aquabike. I was lucky to win a spot via lottery and competed in the bucket list 'Escape from Alcatraz' Triathlon out in California and discovered a massive love for open water swimming. I have swam across the Straits of Mackinac, an ultra-marathon swim (9.2 miles) in Chattanooga, TN and about 10-15 10k swims. Last year I took on the challenge of my longest swim ever, 25mi due to weather things didn't work out but proudly completed a 12 mi swim in Lake Huron!



Adam Baker
Set-Up/Tear-Down

I got into endurance racing approx. 6 years ago and have done everything from simple 5k's to full Ironman distance with some ultras in there for good measure. So, I've seen a lot of examples of what works and what doesn't work in regards to race set-up and execution. The most unique set-up from a triathlon race I did several years ago, was a dual transition set up where they had 2 separate transition areas. While it seemed to flow well for the athlete, and just required more time in the morning for prepping two transition bags, I can imagine how difficult it was for the race staff to set up and manage; or the ultra distance race that did not have any aid stations and was entirely athlete crew supported. Having a well thought out and planned race set-up is critical to its success not only for the athletes, but also for the many volunteers and staff who put in their time and energy to set up the race site.



Adam Veltema
Swim Coordinator

Triathlon has been part of my family for over 12 years now. I've spent most of my life in the water, but didn't "learn" to swim till about 12 years ago. From there I went on to race many local sprint triathlons, 5k's and marathons, and worked up to Ironman races. As I love racing, I also feel volunteering is an important part of triathlon. I have volunteered for almost every position you can for a triathlon as a benefit is great spectating! My wife and I, have been coordinating portions of races for almost as long as we have been racing and that understanding helps some of the best races around! I am also a Certified Lifeguard and am currently trying to grow West Michigan's awareness on how important lifeguards are when we race. I am honored to be part of the GR Tri.



Bill Ott
Technical Support

When not hanging out with the "loud redhead" on staff you can find me running a bunch of miles, fixing almost anything, frying shirtless bacon, or doing things like shaving my head bald during a live Zoom meeting. This is my seventh year helping with the GR Tri and my twenty seventh year helping out that sassy redhead.



Jane Garrett

Transition/Security

I have been doing triathlons since 2009 and running events from the early 2000's. My favorite distance is the Olympic Distance but race 70.3's as well. I have raced Grand Rapids Tri since the first race and then became a champion in 2018. I have coached Cross Country and worked with Girls On The Run. Getting the youth involved is such a great experience. I look forward to race day and to see you all there.



Heather Gluszewski

VIP

I began supporting family members participating in triathlons since 2008. I quickly learned what a fun, healthy, and community based sport it is. I love being a spectator, the excitement of the crowd, cheering on the participants, and I still get goose bumps watching people cross the finish line. My focus has been on giving back to the community with my time, efforts, and skills. I live in Hudsonville, with my dog Hank who is a frequent spectator at the races as well.



Kari Olmsted

Volunteer Coordinator

I started running my senior year in high school after a volleyball injury. Fifteen plus years later, it has become my passion. I have completed multiple 5k's, 10k's and a half marathon. My ultimate goal would be to complete a full marathon. I love being a part of the Priority Health Team of Champions and love being involved with the Grand Rapids Triathlon!



A HEALTHIER COMMUNITY

TOGETHER WE CAN DO MORE.

Join Today



GRAND RAPIDS VIRTUAL TRIATHLON 9.5 ATHLETES

BEN AARDEMA
JOE AARDEMA
ALEX ADAMS
KURT ADAMS
NANCY AGRILLO
KRIS ALDERMAN
MOLLY ALGER
THOMAS ALLRED
ERIKA ANDERSEN
MARK ANDERSON
WILLIAM ANGUS
CARLY ANTOR
RANDY ARELLANO
LAUREN ARNOS
BRUCE BABCOCK
ROCKY BABCOCK
JACOB BABIAK
LUANN BABIAK
PETER BABIAK
BENJAMIN BAILEY
CHRISTOPHER BAILEY
CHRIS BAKER
BRIAN BANDUCCI
LAUREN BARBER
JULIE BARNES MAURER
MARC BARRINGER
LAVANGE BARTH
KELLY BARTLETT
JESSICA BASTIEN
GAYL BEALS
CHRIS BEARDSLEE
ADAM BECKETT
DAVID BECKWITH
MADDIE BEELER
NICOLE BENZONI
JENNIFER BERNATH
DENNIS BERRY
JOHN BIRNEY
JULIE BISHOP
JEFF BODE
JON BOMBERGER
GRANT BORING
HEATHER BOSWELL
JADE BOUVRETTE
AMANDA BOWMAN
BRYAN BOYCE
HAYDEN BOYCE
JEN HOPE BOYD
CHRIS BOYLAN
JONATHAN
BRADSHAW
KATHY BRAGINTON
JACKIE BRECHTING
RONDA BRINKS
DEREK BROKA
JASON BROWER

MELISSA BRYAN
SCOTT BRYAN
TAYLOR BUCKTHORPE
DAVID BURD
NIKKI BURD
JOE BURNS
MEGHAN BUTLER
JOE BUTTERWICK
MIKE BYAM
ERIN BYRGE
CONNOR BYRNE
WARREN CALCATERRA
LAURA CAPRARA
AMANDA CAREY
COLIN CAROPEPE
BRODY CARTER
FELIPE CASTRO
STEVEN CATALA
ANNE CAUDILL
PAT CAVANAUGH
JOE CERVEN
HEATHER CHAPPELL
TALIA CHEN
JUSTIN CLARK
LIZZIE CLARK
KEVIN CLEARY
CRAIG CLINE
EMILY CLINE
KATHARINE CLINE
JENNIFER CLOUSE
AMANDA COLLINS
JOSH COLLINS
HOLLY COLLISON
ASHLEY CORREIA
AMY COURTNEY
AMBER COWLES
LUCAS COX
STEPHANIE CROSBY
STEPHEN CRUISE
MARY CUNNINGHAM
KEVIN CURLEY
KAYDENCES CURTIS
GRETCHEN DABBS
MICHAEL DADDARIO
JIM DALTON
JESSICA DECKER
NATHAN DECKER
TIMOTHY DEHAAN
NIKOLE DEJOHN
NICK DEKOSTER
PATRICK DELEON
KURT DEMAAGD
PAUL DEMYANOVICH
ERIC DEVRIES
LAURIE DEYOUNG
CYNTHIA DIMMITT

EMILY DIXON
CARYN DOERR
JOHN DUCHON
PATRICK DUFFY
SUSAN DUFFY
RYAN DUNCOMBE
TYLER DUNDORE
KARI DYKHOUSE
DIANE EBAUGH
KIRSTEN EBey
JACQUELINE ED.D.
DAVID EHRHARDT
SCOTT ELLIOTT
CYNTHIA ERICKSON
AMANDA ESPINOZA
MARTIN ESTALA
ROBERT ESTES
TED ETHERIDGE
KATHERINE EVEN
GREGORY FALLON
BRIAN FARBER
SAVANAH
FELDPUSCH
TONI FELDPUSCH
BARBARA FIGURSKI
RICH FIRTH
KELLY FISHER
MATT FLECK
JACOB FLOREY
WILLIAM FOLLIOTT
EVAN FONGER
JUAN FRAZIER
CARRIE FREEMAN
JOSHUA FREEMAN
WYATT FREEMAN
JESSICA FRICKE
PAUL FRITZELL
JOSEPH FROST
CHRIS FURNER
DANIEL GAEDE
HOLLY GAFFNEY
MAUREEN GALLAGHER
LESLIE GARDNER
TROY GARLAND
JANE GARRETT
THOMAS GARRETT
TERRY GATES
BRAD GEORGE
MARK GIBSON
JEFF GILBERT
NATHAN GILBERTSON
PATRICK GILL
CHRISTIAN GLUPKER
CONNOR GRANT
SARAH GRANT
MICHAEL GROENDYK

DAFNA GROENEVELD
RACHEL GUGGEMOS
TIM GUIKEMA
MALIN GUNNEBERG
SUSAN HAAG
NICK HACKER
MICHELLE HALL
SHAWN HALLORAN
JOSHUA HANENBURG
GEORGE HARRIS
ALEX HARRY
EMILY HARVEY
SUSAN HARVEY
STEVE HEITHOFF
DAVE HICKS
JULIE HICKS
HANNAH HILBERT
ADAM HILLARY
JUSTIN HILLER
MICHELLE HILLERT
STEVE HILLMAN
DAWN HINZ
MATTHEW HOLKA
MICHAEL HOLKA
FREDRICKA HOLLOWAY
STEVEN HOLMES JR.
LONNIE HOLMQUIST
TODD HOLQUIST
LYNN HOOGERWERF
MADISON HOOLEY
RYNE HOOVER
BRANDON HOPKINS
JOHN HOPKINS
MICHELLE HOPKINS
ADAM HOSKINS
REBECCA HOUGABOOM
CRICKET HOWARD
JESSICA HOWARD
JOHN HOWLAND
BARRY HUFFMAN
PATRICK HUOT
LEVI HUSEBY
TRAVIS HUSEBY
JOHN IRWIN
SHELLEY IRWIN
CAMILLE FAITH ISENGA
CHRIS JACKMAN
SARAH JACKMAN
JETON JACOT
KEVIN JACOT
KEVIN JAWAHIR
LIA JENSEN-ABBOTT
ALYSSA JEWETT
CHRISTOPHER
JOHNSON
ERIK JOHNSON

TIFFANY JOHNSON
DOUGLAS JOHNSTON
CARRIE JONES
CARRIE JONES
MARTY JONES
MARY JONES
DAVID KAISER
ANDREW KAMIN
KENTON KAMP
JUSTIN KAMPS
ALISON KANE
MATTHEW
KAVANAUGH
ELIZABETH KAYFISH
DONALD KERN
MICHAEL KERRIGAN
TOM KING
COURTNEY KISTLER
KATE KLEIN
MICHAEL KLING
RON KNOLL
BRIANNA KOENIGSKNECHT
OLIVIA KOENIGSKNECHT
KRISTIN KOL
ALAINA KORRECK
LAUREN KORSON
MITCH KORSON
MATT KORTE
ZACHARY KOSLOWSKI
JOSEPH KOTWICK
GRAINNE KRASOVIC
ARMIN KRUSPEL
ERYN KUBINSKI
RACHELA LACK
JASON LADUKE
JESSE LAMBERT
JILLIAN LAMBERT
MADDIE LAMBERT
JOE LANHAM
AMY LARSON
PAMELA LAUROFF
LAURA LAVOIE
RODNE LECOUTEUR
BRAD LEEDY
DAVE LEHMANN
ERIC LENTZ
BRUCE LEONARD
PATRICK LEVITRE
PATRICK LEVITRE
STEVE LIEBERMAN
JACOB LIETAERT
RANDY LOGAN
SANDY LOGAN
WILLIAM LOGAN
CHERYL LOHMAN
KARRI LONG

MIA LOPEZ
KEITH LOVE
DIANE LUKE
KEVIN LUNDQUIST
DAVID LYON
GARETH MAGUIRE
TANYA MARKS
JOE MARTIN
KATE MARTISIUS
LINDA MARX
MARIANNE MAXIM
KAREN MAXWELL
NORA MCANDREW
GENE MCCLAIN
JULIE MCCLAIN
LISA MCDANIEL
KATHY MCGILTON
JAMES MCGLOTHLIN
JAY MCKELLAR
KELLIE MCKELLAR
STEVEN MCKELLAR
KATIE MCKILLIP
MOLLY MCKINNEY
LUKE MCMUNIGAL
FIONA MCPHERSON GRANT
SUSAN MCWAYNE
SUSAN MCWAYNE
DAVID MEHNEY
MARY KAY MEIER
GABRIEL MILLAN VELEZ
NICHOLAS MILLER
ELIZABETH MITCHELL
BRANDON MITCHEM
HOWARD MIZUKI
KARA MOCKLER
KIRSTAN MOHAN
BABAK MOINI
CHELSEA MONTES
TRISHA MOORE
TIMOTHY MORALES
CHRISTOPHER MORGAN
DAVID MORRIS
WILLIAM MORROW
MASON MOSES
TAREN MOSES
COURTNEY MULDER
TIMOTHY MURPHY
TIM MURRAY
JAMIE MYERS
ALLISON NAVARRA
DAMIAN NAYLOR

MARK NELSON
MELISSA NELSON
REBECCA NELSON
KEVIN NEUMANN
DAVE NEWTON
HEATHER NICHOLS
BENJAMIN NICOLETTE
KEVIN NOBLE
DIANA NORDLUND
ROBERT NORRIS
TOM NUGENT
ANGIE O'BRIEN
MADOLYNNE OAKS
BRIAN OCONNELL
PATTI OLEWINSKI
MARJORIE OPEL
SHARLENE ORGAN
KAROL OSTROWSKI
BILL OTT
LORI OTT
SUSAN OTT
ERICH PAGEL
KATE PANGORI
JESAL PATEL
LINDSEY PATRICK
JACK PATTON
SCOTT PATTON
KIM PAWLAK
DI PAYNE
MARK PEARSON
JARED PENA
MICHELLE PEON
EMILY PERTON
JASON PERTON
JORDAN PETERSEN KAMP
AUSTIN PETRUCCI
HRISTINA PETRUCCI
MARC PETRUCCI
SOPHIE PETRUCCI
RICHARD PETRUCCELLI
CLINT PHARES
SARA PHARES
AMY PHELPS
JIMMY PHILLIPS
MARIA PHILLIPS
KRISTI PIZIKS
CHRISTOPHER PIZZO
ERIK POPPE
MIKE POWERS
SCOTT PRICE
MONIQUE PRIEUR

FELIPE PULIDO
JACOB RABER
JAMES RAINS
MERADI RAMIREZ
PIERSON RAMIREZ
NAGESH RAO
DAVID RATLIFF
MICHAEL REESE
AARON REILEY
JARRETT REYES
BEN REYFF
COLIN RICHTER
KELLY RIEGEL-GREEN
CASSANDRA RIGGS
CARRIE RIVETTE
SCOTT RIVETTE
AUSTIN ROHR
VICTORIA ROMBACH
RYAN ROSE
JULIE ROSENFELD
KYLE ROSTECK
JOLENE ROTH
JAMES ROWLAND
PAUL ROWLEY
TAYLOR ROWLEY
JAN RUBSAM
KATHRON RUBUSH
NICOLAS SALDEN
DOYLE SALSBERY
ASHLEY SANDBORN
ASHLEY SANREGRET
CURTIS SARLES
JADE SARVER
SHOMAY SARVER
ANGIE SCARLATO
RICH SCHAU
ADDISON SCHEIERN
JEREMY SCHERER
RYAN SCHMIDT
BOB SCHULTZ
DENNIS SCHULTZ
JOHN SERINI
PATRICK SEXTON
MARY JANE SHAFER
KERRY SHAFFER
AMY SHEARS
KURT SHERWOOD
MAGGIE SIEBEN
BENJAMIN SIEMS
KAWIKA SINGSON
BRIAN SINKE

REBECCA SITTERLY
DAN SKINNER
CATHY SLOCUM
JEFF SLOCUM
TOM SLOCUM
RON SMERIGAN
AMY SMITH
COREY SMITH
ELLIOT SMITH
JANET SMITH
JEFF SMITH
LORA SOKOL
KIM SOLVIK
PIPER SPAEDT
ADDIE SPOLYAR
JEFF STEEBY
MARTIN STEIN
ROB STEINHAUS
LAURA STEVENSON
DAVID STEWART
TINA STEWART
NICHOLAS STOCKERO
BENJAMIN STONE
KATY STONE
RUTH STONE
MICAH STOUTJESDYK
JEFF STRAUSS
KEVIN STUMPF
DANA SUTHERLAND
KEVIN SWAHN
BRAD SWEDA
STEVEN TALLY
DOMINIC TAVALLIERI
BRENT TAYLOR
ANDREW TEAGUE
BRIAN TERPSTRA
MATTHEW THAXTON
ADRIONA THOMAS
BART THOMPSON
MARLENE THOMPSON
MARIA TOOKER
PAULA TURK
GARY VAN DYKEN
SANDY VAN DYKEN
MICHAEL VANACORA
JEFF VANDER KAMP
LORI VANDERKELEN
DEANNA VANDERKOLK
GEOFF VANDERMOLLEN
RYAN VANHOLSBEKE
TERRY VANHUIZEN

DAN VANSKIVER
SUSIE VANSKIVER
TREVOR VANSKIVER
KAYLA VARICE
ADAM VELTEMA
REBECCA VENTICINQUE
JOSHUA VERHAGE
MOLLY VIRKSTIS
CARLA VISCOMI
JOHN WAACK
RYAN WAALKES
DEB WALDO
ANNASTASIA WALKER
MANDY WALLICK
PETE WALTERS
JOHN WANER
WILL WARREN
CARLY WEIDEN
DANIEL WELCH
TYLER WHITE
NICK WHITFORD
DAVID WILEY
SAMUEL WILKINSON
JIM WILLIAMS
CORY WILLSON
DANIEL WILSON
ELIZABETH WILSON
JEFF WILSON
LANCE WILSON
BETHANY WILTJER
MIRANDA WINOWIECKI
BRIAN WISDOM
KATHY WOJTALEWICZ
AMANDA WOLTERINK
ANDREA WOOD
BRIAN WOOD
MIKE WORDELMAN
AMY WORGES
SCOTT WORKMAN
CHRISTINE WULFF
RHONDA WURTZ
SAMUEL YEAGER
MICHAEL YOUNG
ERIN YOUNG
ARMANDO ZAVALA
JULIE ZAWACKI
BRAD ZIELASKOWSKI
KRISTIN ZOLLER
DAVID ZUCHOWSKI
WILLIAM ZWIERS



ENDURANCE



ENDURANCE FUELS
& SUPPLEMENTS





JUNE 13
2021

BE PART OF THE 10TH ANNUAL GRTRI
REGISTER NOW @ [GRANDRAPIDSTRI.COM](https://www.grandrapidstri.com)

#TRIHARDECADE

GRAND RAPIDS TRIATHLON



GRAND RAPIDS 10TH ANNIVERSARY RACE: THE REDO

Registration Opens July 1st 2020

2021 is going to be a BIG year for Grand Rapids Triathlon as we celebrate the 10th anniversary race like we had planned for this year. We would like to thank everyone who went virtual with us this year and we look forward to brighter days ahead for the rest of 2020 and beyond.

Full race details for 2021 coming soon.

John Mosey & Jon Conkling
Co-Directors