

10

YEARS OF TRI

GRAND RAPIDS TRIATHLON

TENTH ANNIVERSARY TWO-DAY EVENT



JUNE 19-20, 2021

**SUPER SPRINT SPRINT OLYMPIC HALF
AQUABIKE RELAY VIRTUAL**

GET THE LATEST RACE INFO AT GRANDRAPIDSTRI.COM





A round of applause to all the athletes of the 2021 Grand Rapids Triathlon.

Huntington is proud to support the 2021 Grand Rapids Triathlon. 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. ©2021 Huntington Bancshares Incorporated.

WELCOME TO THE 10TH ANNIVERSARY GRAND RAPIDS TRIATHLON

FROM THE RACE DIRECTORS

We are beyond thrilled to welcome you all back to Grand Rapids Triathlon! With our 10th Anniversary celebration, what a special year it is to return to racing! We hope that you are excited about the new two-day format as well as the new finish line and transition area. We believe that these changes will not only enhance your GRTri experience but allow for a safe event this year.

As a five-time host of USAT National Championships, we are excited to have the USAT North Central Youth Championship and North Central Multisport Festival, as well as the USAT Michigan State Championships for Age Group and High School this year.

We would like to sincerely thank each and every one of our sponsors, who make this event possible, many of whom have been with GRTri since the beginning. We are also grateful to our community and the scores of volunteers and staff who lend their time and passion to support our participants. But most of all, we want to thank YOU, our athletes, who chose to add our race to your 2021 race schedules. We know the past year has been challenging and we are honored that you are here after months of training through uncertainty. Keep moving forward!

John Mosey & Jon Conkling
Race Directors, Grand Rapids Triathlon



FROM OUR TITLE SPONSOR

On behalf of Huntington, I want to welcome you to the Grand Rapids Triathlon! Along with the other sponsors, we are excited to bring this amazing experience back this year. If you have participated in the past, or if this is your first time, it will be a special week-end that you will always remember. Every year the Race Directors and their team gather feedback from participants, always looking for ways to improve the athlete's experience. I know you will be as excited as I am when you see the enhancements that have been made for 2021.

My first triathlon was 40 years ago, and I still have the same sense of excitement each time I get in the Thornapple River for the start of this event. I have heard from many of you that this is the friendliest and most welcoming race in the country. Please join me in making certain that reputation endures by encouraging your fellow athletes on the course this year! This is my 10th and final Welcome letter to GR Tri athletes as I will be retiring this year. I am not retiring from being a Triathlete!! Krista Flynn will be taking over as President in West Michigan. Please welcome her to the great Triathlon Community!

See you on Race Day!
John Irwin
Regional President, Huntington Bank



TABLE OF CONTENTS

Page 3	Welcome from Race Directors/Title Sponsor	Page 16, 27, 33	Athlete Interviews	Page 29	Detour Maps
Page 4	Race Info/Timing	Page 18-19	The Run	Page 31	Kids Duathlon
Page 5	Awards	Page 20-21	Transition	Page 32	Spectator Info
Page 6-10	Race Staff	Page 20	Finish Line	Page 34	Brody's Be Cafe
Page 11	Special Events Info	Page 23	Covid Procedures	Page 35	Ada Businesses
Page 12-13	The Swim	Page 24-25	USAT Welcome/Rules	Page 37	Ten Year Athlete List
Page 14-16	The Bike	Page 26-27	Make-A-Wish	Page 40-43	2021 GRTri Athlete List
		Page 28	Parking/Shuttle Maps		

RACE INFORMATION

RACE DAY SCHEDULE: SATURDAY

4:00 am – Roads Closed
5:15-6:45 am – Transition Area Opens
6:00-6:30 am – Pre-race Swim
6:45 am – Transition Closes
6:45 am – Course Meeting at Swim Start
7:00 am – Race Start
7:45 am – Transition Re-Opens for Athletes to Remove Gear
10:30 am – Race Ends
11:30 am – Roads Re-Open

COURSE TRANSITION CUT OFF TIME

8:30 am – Swim
9:30 am – Bike
10:30 am – Run
11:30 am – Roads Open

Transition Equipment Removal By:

10:00 am – Super Sprint
10:30 am – Sprint

SWIM START TIME/CAP COLOR

7:00 am – Sprint – White Swim Cap, all events
7:45 am – MI HS Championship – Green Swim Cap
7:50 am – Super Sprint – Green Swim Cap, all events

BIB & BIKE STICKER ASSIGNMENTS

Sprint Tri – White bib/bike sticker
Sprint Aquabike – White/Green bike sticker, no bib
Sprint Relay – White/yellow bib/bike sticker
Super Sprint Tri – Green bib/bike sticker
Michigan HS State Championship – Gray bib/bike sticker

RACE DAY SCHEDULE: SUNDAY

4:00 am – Roads Closed
5:15-6:45 am – Transition Area Opens
6:00-6:30 am – Pre-race Swim
6:45 am – Half Transition Closes
6:45 am – Course Meeting at Swim Start
7:00 am – Race Start
7:30 am – Olympic Transition Closes
10:00 am – Transition Opens for Athletes to Remove Gear
3:30 pm – Race Ends
5:00 pm – Roads Re-Open

COURSE TRANSITION CUT OFF TIME

9:30 am – Swim
12:15 pm – Bike
3:30 pm – Run
5:00 pm – Roads Open

Transition Equipment Removal By:

1:00 pm – Olympic
3:30 pm – Half

SWIM START TIME/CAP COLOR

7:00 am – Half – Red Swim Cap, all events
8:00 am – Olympic – Light Blue Swim Cap, all events

BIB & BIKE STICKER ASSIGNMENTS

Half Tri – Red bib/bike sticker
Half Aquabike – Red/Green bike sticker, no bib
Half Relay – Red/Yellow bib/bike sticker
Olympic Tri – Blue bib/bike sticker
Olympic Aquabike – Blue/Green bike sticker, no bib
Olympic Relay – Blue/Yellow bib/bike sticker

TIMING WITH SPORTSTATS



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.

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 88 54th St SW Suite 106 Grand Rapids, MI 49548.

AWARDS

AWARDS PLAN

This year there will be no formal awards ceremony. Some awards may be available for immediate pick-up on race day. All other awards will be mailed to winners after the event.

OVERALL TRIATHLON WINNERS, EACH DISTANCE

Each triathlon distance will have Overall Awards for the top three finishers, male and female. The first-place finisher, male and female, will each receive a free entry to the 2022 GRTri for the same distance event.

AGE GROUP TRIATHLON WINNERS, EACH DISTANCE

Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of each age group: 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+, Clydesdales/Athena 39 & Under, Clydesdales/Athena 40+. Your age is race age (as of 12/31) not your age today.

MICHIGAN HIGH SCHOOL STATE CHAMPIONSHIP

USAT plaques and GRTri Overall awards will be given to the top three finishers male/female for high school students. First-place finisher male/female from a Michigan high school will hold the title of USAT MI State Champion.

AQUABIKE & RELAY WINNERS, EACH DISTANCE

Awards will be given to the 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.

COMMERCIAL VIDEO PRODUCTION

WITH YOUR VISION IN MIND

Visionaery Productions is a video production company based in Grand Rapids, MI.

Video storytelling is one of the most powerful marketing tools at your disposal.

TELL YOUR STORY



VISIONAERY productions

VISIONAERYPRO.COM
INFO@VISIONAERYPRO.COM
616-307-8110

COMMERCIAL - PROMOTIONAL - TESTIMONIAL
PRODUCT - EVENT - AERIAL

GRAND RAPIDS TRIATHLON RACE STAFF

THE TEAM BEHIND THE EVENT



John Mosey
LEVEL I USAT CERTIFIED RACE DIRECTOR

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

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 top-notch race experience, be it their first event or hundredth. Jon's first race was The Grand Rapids Triathlon in 2012 and he has done every triathlon distance from sprint to full, 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. As a small business owner and Ada resident, Jon is on the Board of Directors for the Ada Business Association. In his spare time, you can find Jon volunteering on the soccer field. He is going into his 19th season coaching his sons in AYSO, where he was also a 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 eighth year working on the Tris4Health events as the assistant to the race directors, in the years before that I was a volunteer turned GRTri athlete. I truly love being part of the two best triathlons in Michigan and am excited that this year we'll be able to add The Dirty Mitten to the mix. It was nice to have a little free time last year to enjoy the summer with my husband and three teenage sons, but I'm so glad to be back to in-person racing this year. It will be nice to get back to the thing I love most about working on these events, interacting with the athletes. Always happy to be of assistance. . . but really I have no idea what the water temperature is!



Chelsea Montes
Social Media & Marketing

I joined the GR Tri team in August 2019 and was looking forward to my first race season in 2020, thanks a lot pandemic! 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 (now World Triathlon) for over four years. One of the 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 finally be back in person this year and see all the GRTri athletes in action!



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 were 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

As an avid cyclist and enthusiast of all things two-wheeled in general, I love triathlon. Ten years ago, I was asked to help with the GRTri, by heading up the MotoPatrol. That was an amazing and inspiring experience and I vowed to learn everything I could about the sport and create a top-notch MotoPatrol. Since then, I have used my experience as an MSF motorcycle training coach and organizational leader to assemble a highly skilled team that share my commitment to the sport. We work with officials and the race crew to ensure athlete safety and fair competition on the bike course. We look forward to seeing you out there and you might even hear us shout, "keep going – you've got this!"



Jill Martinek
Bike Course Signage

I live in Alaska, MI with my two labradoodles, a pet rabbit, and two teenage children. I've been a runner forever! Decided to try a triathlon about 13 years ago. I think you have to love it if you are going to keep putting yourself through all the pain every year! I didn't get really serious about it though until about ten years ago. Since then I've worked my way up to a half iron man and sit on the race committee of two other races. I also have been an ambassador for Hincapie Sportswear for the last four years. Triathlon feeds my need for adventure and gives me the satisfaction of accomplishment.



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.



Dawn Mosey
Finish Line Food

I'm the food service director for Coopersville Area Public Schools. I love planning menus and providing nutritious meals to kids. I'm married to race director John Mosey and we have 2 teenage children. In my spare time, I like to golf, read, and I'm working on renewing my love of running.



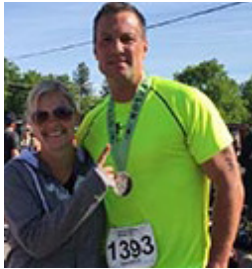
Tim Guikema
Jack-of-all-Trades

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 8 years and would not miss the opportunity to race/help out and be involved in this race.



Don Goetcheus
Kids' Duathlon

In 2007 I was swimming laps a couple of 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's 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 Triumph. 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.



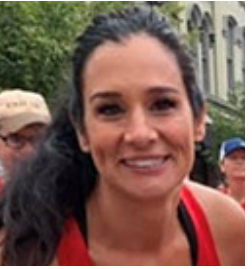
Rocky Babcock
Road Closure

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.



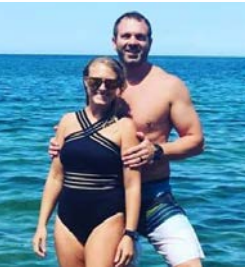
Jennifer Baker
Run Course Signage

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 1/2 marathons, MSU Grand Fondo, The Marine Corp Marathon, IMOhio - Half Ironman, 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.



Jay Fournier
Set-Up/Tear-Down

I did my first triathlon (sprint) in 2018 and I, like so many others, was hooked. Now the distances are getting longer and the frequency of competing just keeps increasing. After participating in IMTC 70.3 in 2019 on a relay team, I had to do it individually. IMTC was of course canceled in 2020 but I am signed up for the real thing this year in Frankfort and I am pumped. You will find me at many other West Michigan endurance races this summer as I am getting ready! After a long hiatus in 2020 from organized endurance sports (or anything for that matter), I am so ready for this triathlon season. I genuinely look forward to being a small part of helping other people accomplish their goals! Come say "Hi"!



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 of 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 eighth year helping with the GR Tri and my twenty-eighth year helping out that sassy redhead.



Jane Garrett
Transition/Security

I have been doing triathlons since 2009 and have competed in the GR Tri every year since it originated. I love the GR Tri, it has always been a favorite of mine. After completing numerous 70.3's I have decided to do a full 140.6 this year, it will be my first! I love the triathlon family, it is such a wonderful group of people. The athletes and staff keep me coming back each year to be part of the team.



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 goosebumps 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 5ks, 10ks, 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!



Shop BOCO!
15% OFF
with code
GRTRI15
Exp June 26

Official Headwear of
Grand Rapids
Triathlon



BOCOGEAR.COM

CUSTOM TRI APPAREL
Handcrafted in Wisconsin 



BORAH TEAMWEAR
BORAHTEAMWEAR.COM

SPECIAL EVENT INFORMATION

AQUABIKE ATHLETES

The Aquabike course will be the same as the triathlon course for each distance. Aquabike athletes' race will end once they cross the timing mat near the dismount line to head back into transition. Rerack your bike and then make your way around to the far end of the finisher chute so Larry Crabbe, the voice of Grand Rapids Triathlon, can call your name as you cross the finish line. Be mindful of any athletes coming up the chute from the run course and please be sure to turn in your timing chip after you have crossed the finish line.

RELAY TEAMS

- **How does the chip exchange work?** We have a relay chip exchange corral located inside the transition area. The receiving team member waits here for the chip hand-off.
- **Can the other team members be in transition?** Yes. 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 you mix male/female teams?** Yes, our relay teams are mixed and can consist of male/female team members.
- **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 based on 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.

Champions— in and out of the gym

Our online fitness and wellness community

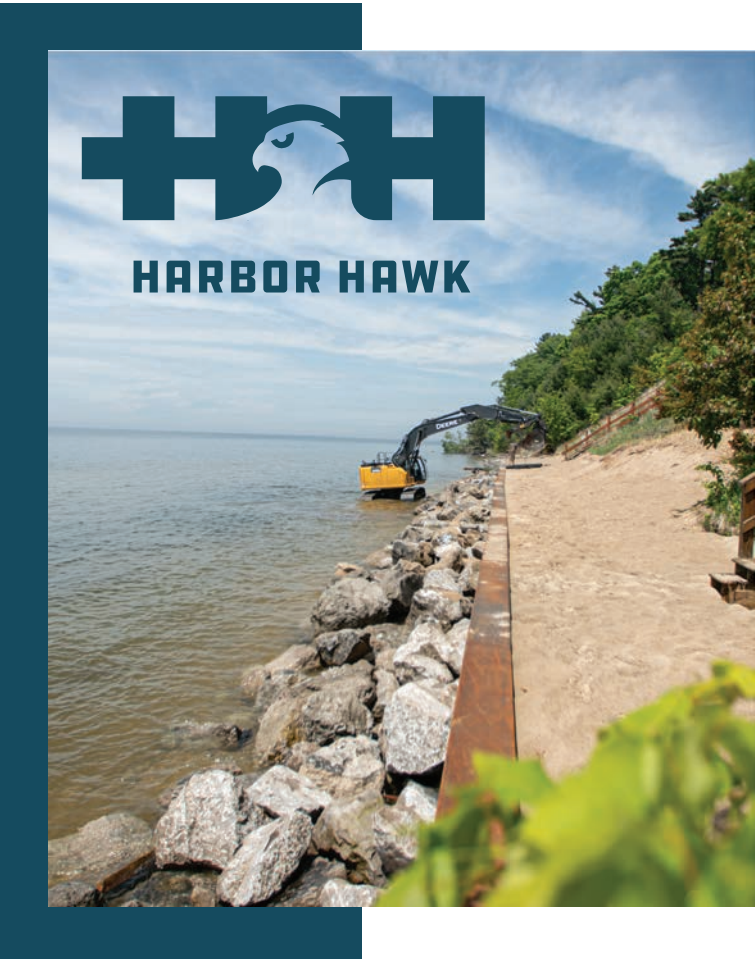
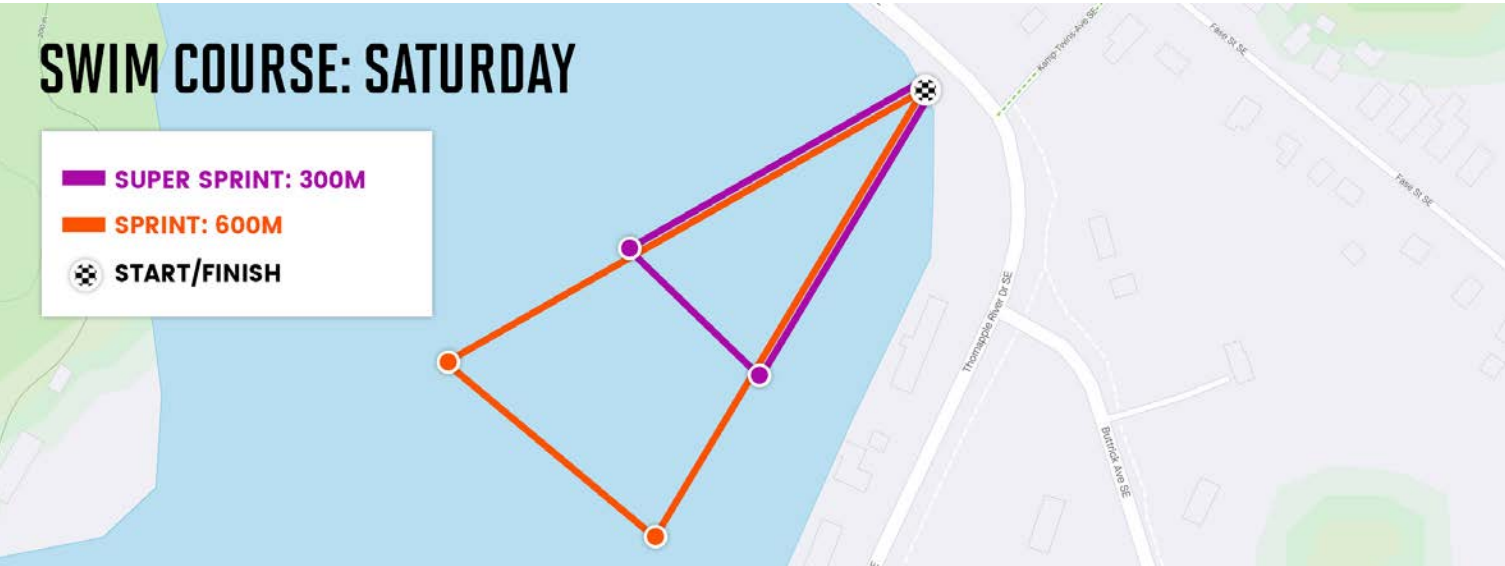


LEARN MORE

THE SWIM: SATURDAY

SWIM START

Each distance will have a different cap color and you're required to wear our swim cap. Participants will start the swim in a "time-trial start", going into the water in intervals of 5 seconds. We ask that athletes "self-seed" themselves based on their estimated swim time (distance/100m or total swim time for their event). Swim groups will be based on distance.



LAKE LIVING MADE EASY

seawalls • docks and lifts
stairways • boat fuel delivery



contact@harborhawk.com • 616-889-1776

THE SWIM: SUNDAY

SWIM START

Each distance will have a different cap color and you're required to wear our swim cap. Participants will start the swim in a "time-trial start", going into the water in intervals of 5 seconds. We ask that athletes "self-seed" themselves based on their estimated swim time (distance/100m or total swim time for their event). Swim groups will be based on distance.



Our experienced providers take a team approach to caring for athletes of all ages and skill levels.

Services

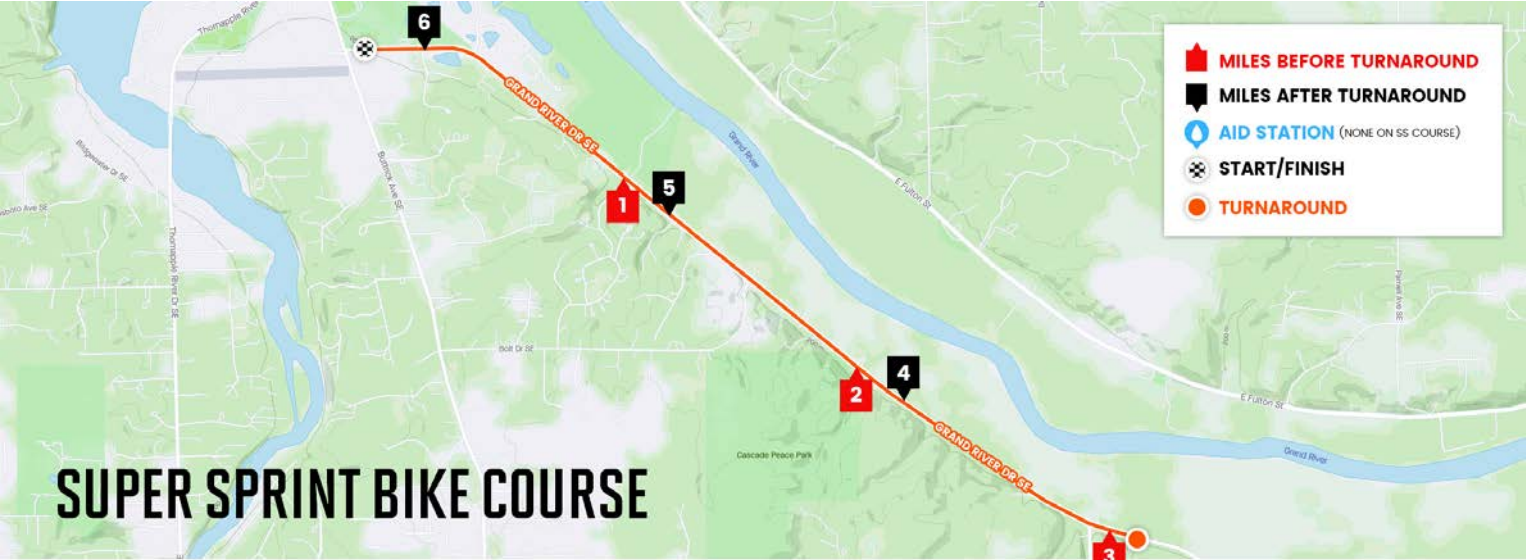
- Evaluation and treatment of sports injuries including knee, Achilles tendon, ankle, broken bones, elbows, shoulders, general joint pain and any other condition or injury that may limit your ability to participate.
- Sports Physicals
- Concussion evaluations
- Diagnostic ultrasound and imaging
- Nutrition counseling
- Expedited access to surgical consultations
- Gait analysis
- Tenex Health TX for chronic tendon pain

616.252.7778 | metrohealth.net

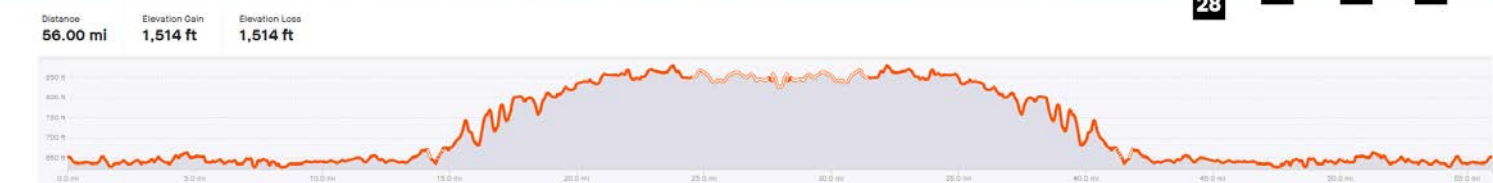
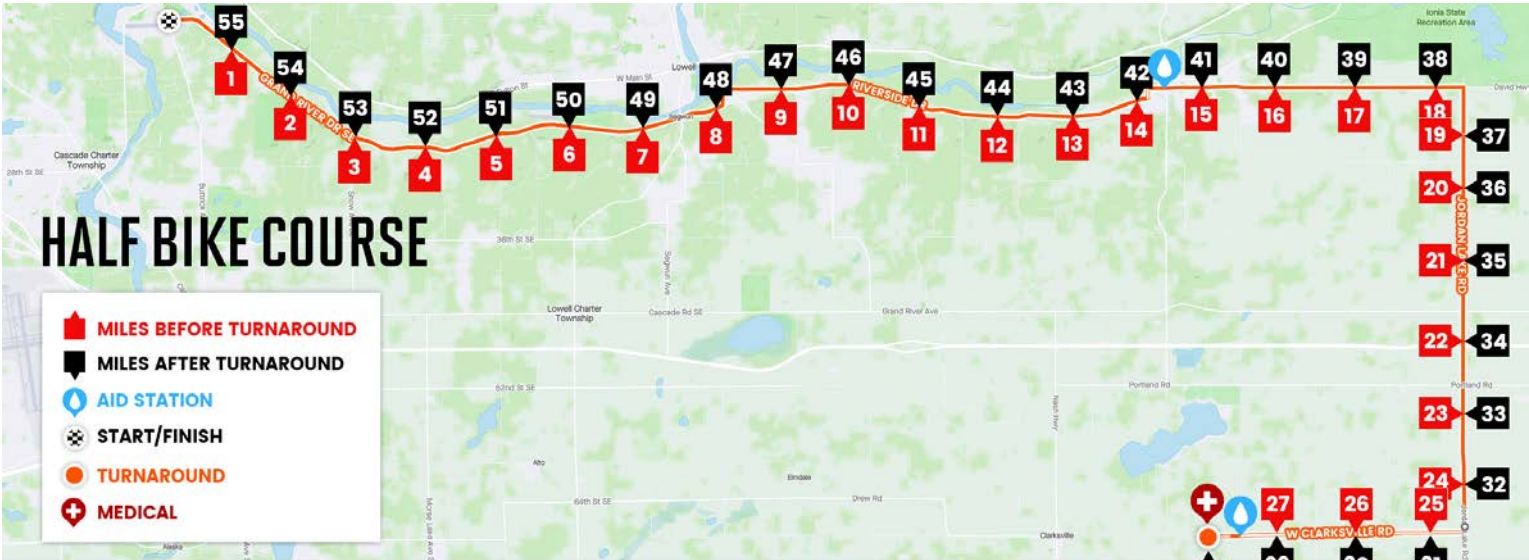
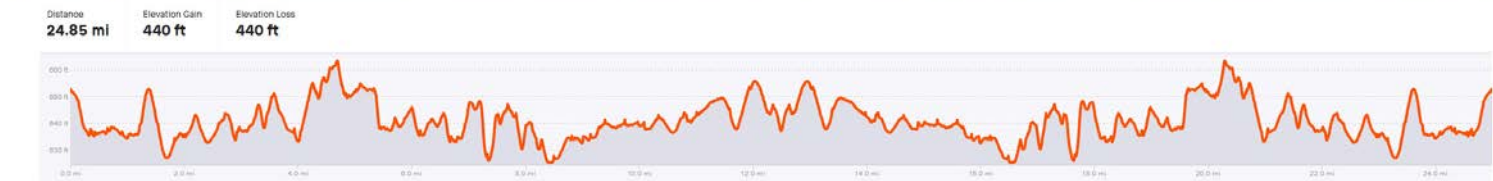
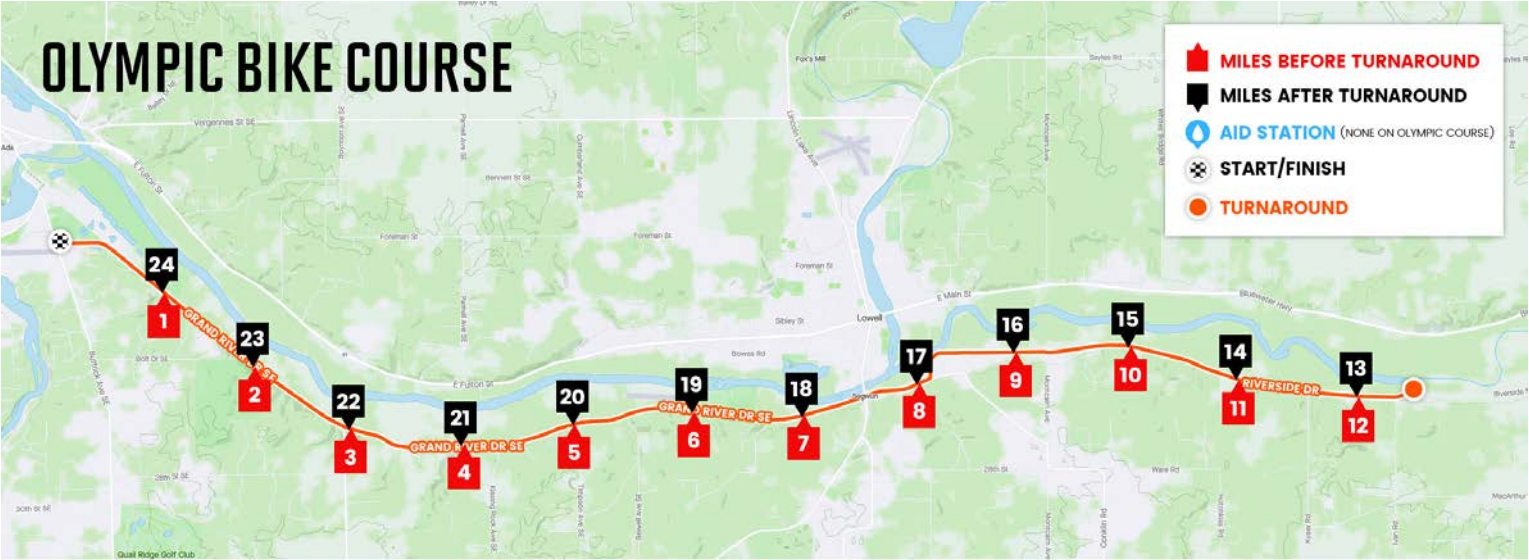
Official sports medicine provider for the Grand Rapids Triathlon.



THE BIKE: SATURDAY



THE BIKE: SUNDAY



BE AWARE: THIS IS AN OPEN BIKE COURSE!
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE BOTH DAYS!

THERE ARE TWO AID STATIONS ON THE SUNDAY HALF COURSE
***THERE ARE NO BIKE AID STATIONS SATURDAY DUE TO THE SHORT COURSES.**

THE BIKE: BOTTLE EXCHANGE ON THE HALF COURSE

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

1. It is the bikers' responsibility to stay to the right and ride single-file on or as close to the shoulder as possible.
2. 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.
3. Obey all traffic laws unless instructed to proceed by a sheriff.



Athletic Mentors

**COACHING, CLINICS
& METABOLIC TESTING**

Sign up Online @
AthleticMentors.com

Beginner to Elite Levels Available

or Call **269.743.2277**





the water bottle project

Personal Bottles.
Global Difference.

thewaterbottleproject.com



**WELCOME BACK GR-TRI ATHLETES!
SO STOKED TO BE LIVE!!**

**VILLAGE
BIKE & FITNESS**

www.villagebikeshop.com

HUNTINGTON BANK ATHLETE SPOTLIGHT

LAURA COURSON

Age: 52 | **Hometown:** Indianapolis | **Huntington Position:** Commercial Relationship Specialist II
Race Distance Competing: Olympic Distance Triathlon

How did you first get involved with triathlon?

I did a half marathon training group through our local YMCA 15 years ago. They were also doing an eight-week triathlon training group that same summer geared toward a sprint triathlon. I had done some swimming and biking when I was younger and since I already had running fitness I thought it sounded interesting to do a triathlon. Two friends and I joined this training program to complete a local sprint triathlon that summer and then I was hooked! In the past 15 years, I have participated in three Half distance triathlons, several Olympic distances, and many Sprints.

What do you love most about the sport?

I love the community of the sport. I have made some of my best friends through this community and also met my husband through the sport. This is a lifestyle for us. We swim, bike, and run with our Indianapolis Community. We have also started a local Facebook Meetup Group this year to connect with our triathlon training friends for workouts. I train and participate in triathlons for fitness. I do a workout geared toward triathlon almost every day of the week.

What is your favorite or strongest discipline?

My favorite and strongest discipline is the bike. I enjoy biking the most out of the three disciplines. I did a challenge in May 2021 and completed 500 miles in biking!

Tell me about a great GRTri race experience you have had?

In 2018, I competed at the Grand Rapids Triathlon doing the Half distance tri. This was my last time doing a half ironman distance. My husband was not competing in the event in 2018 and he was there to support me every step of the way. I also had several friends from Indianapolis participate in the GRTri that year and it was fun to have our small community of triathletes from Indianapolis cheering each other on!

Why are you proud to be a Huntington athlete racing in GRTri?

I am proud to represent Huntington Bank racing in the GRTri because I feel I am representing fitness for our organization and what it means to have triathlon as part of a lifestyle. I hope this encourages other people around me to be active and stay fit. I am proud of myself to be able to still participate after all of the years I have been involved in the sport of triathlon. I am not a competitive athlete, just an athlete that is proud of my abilities.

Why do you like racing GRTri?

I enjoy the GRTri event because it has a community feel to it. The race directors, organizers, and volunteers have done a wonderful job with this event to make everyone feel welcome. The event is for all levels and ages and I don't feel intimidated competing in this event.

As a Huntington employee, why do you think the longstanding partnership with Huntington and GRTri has been a good match for the community?

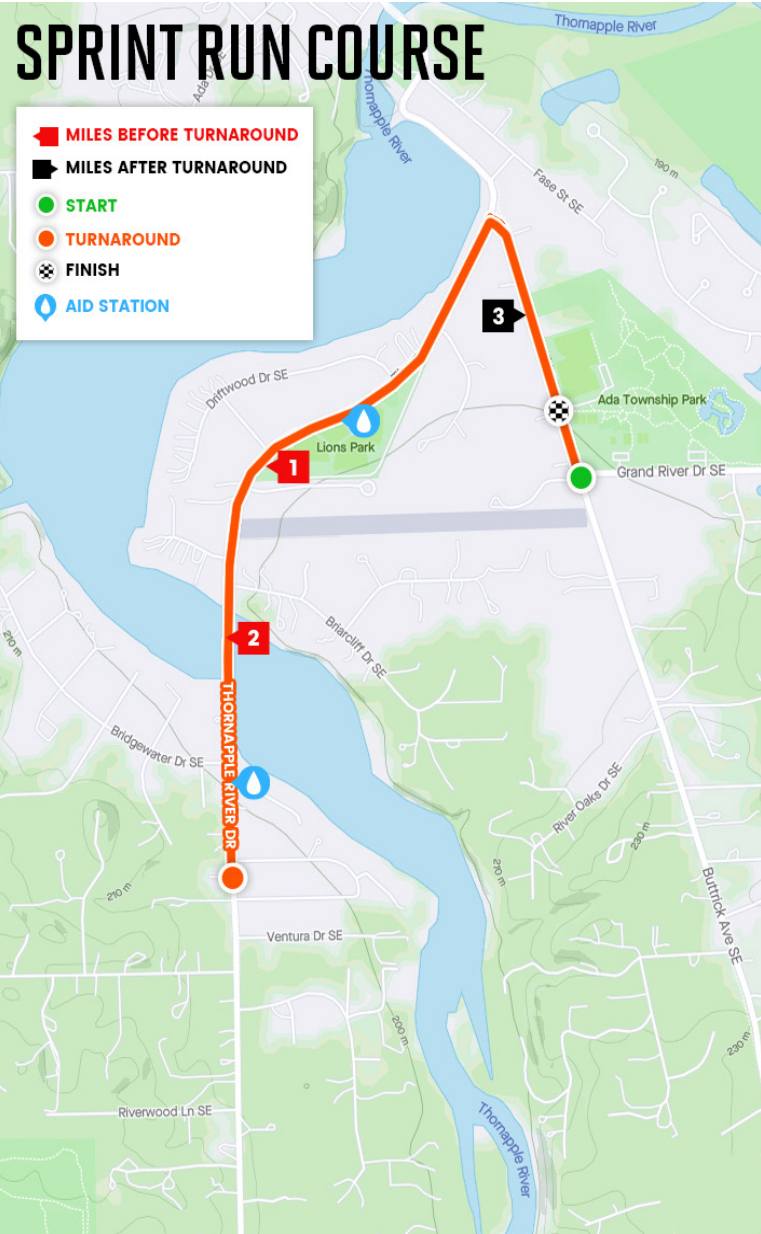
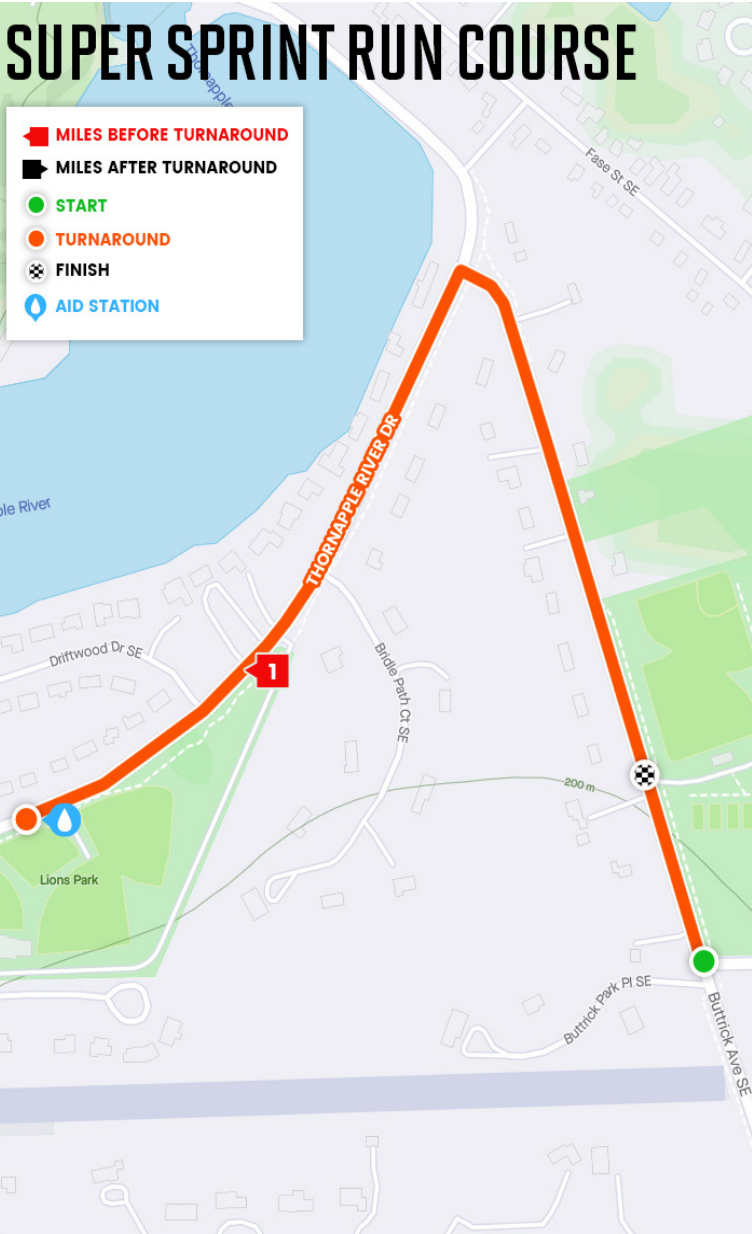
I feel the values of Huntington and the values of the community of Grand Rapids align nicely. Huntington Bank puts people first and this includes our customers, colleagues, and communities. The community of Grand Rapids is perfect for this type of event due to their hospitality. I feel the community of Grand Rapids has always been so welcoming to me and my triathlon friends each time I have participated in the GRTri.

Why is health/physical fitness important to Huntington?

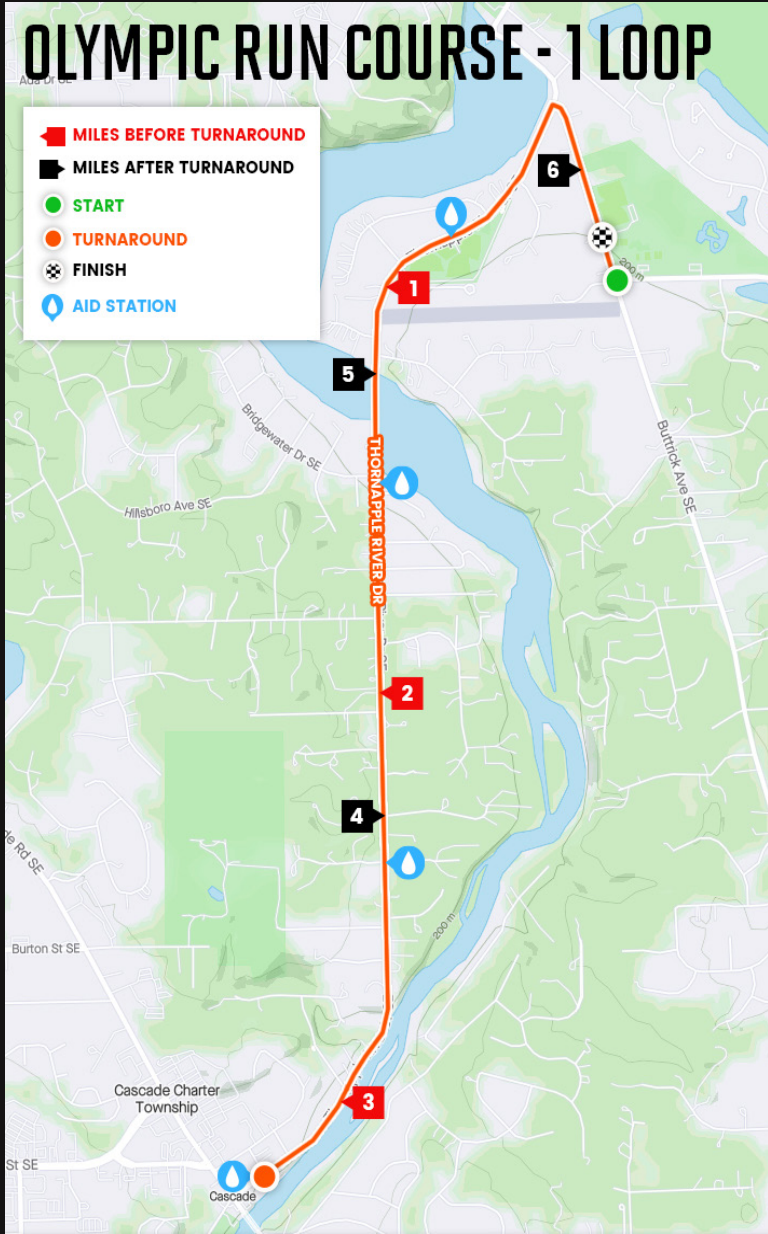
I feel health and physical fitness should be important to every organization and its employees. Having events that represent Huntington such as the Grand Rapids Triathlon, shows organizations how important keeping active and staying fit is and that anyone can participate in this type of event. I hope to set a fitness example for other employees of Huntington Bank and inspire them in some way!



THE RUN: SATURDAY



THE RUN: SUNDAY



TRANSITION AND FINISH LINE AREA

NEW for 2021: Transition and Finish Line at Ada Park

OUT with the old transition on Buttrick Avenue, IN with the new transition in Ada Park. Lots of room, no bottlenecks, four separate in and out points. Our finish line and ground zero have moved, too! **IMPORTANT: FOR THE SAFETY & SECURITY OF ATHLETES, SPECTATORS ARE NOT ALLOWED IN TRANSITION!**

Transition Details

Transition opens for both days for athletes at 5:15 am.

Saturday

- 6:45 am – Transition Closes for Sprint Athletes
- 7:15 am – Transition Closes for Super Sprint/HS Athletes
- 7:45 am – Transition Re-Opens for Gear Removal

Sunday

- 6:45 am – Transition Closes for Half Athletes
- 7:30 am – Transition Closes for Olympic Athletes
- 10:00 am – Transition Re-Opens for Gear Removal



TRANSITION SET-UP EXAMPLE

RACKING BIKE

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 multiple athletes must setup on one rack. Bikes must alternate which direction they face on the race.


NO MARKING TRANSITION AREA

You are NOT allowed to mark your transition area in any way with chalk, balloons, flags, or other markings. This is a violation of USAT rules. These items will be removed and you could be subject to a penalty.

EQUIPMENT REMOVAL FROM TRANSITION

Equipment left in Transition for an extended period after completion of your event will be considered abandoned and will be removed. Please remove your items within a reasonable time after you have finished your own race. If you are still racing while transition tear-down begins your items will remain with your bike on the race. Body markings will need to match bike stickers in order to remove items.





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



aquaman.

WWW.AQUAMANTRI.COM | INFO@AQUAMANTRI.COM | 269.358.4856



ZERO SUGAR. DONE RIGHT.

pepsi

THAT'S WHAT I LIKE®

ZERO SUGAR

PEPSI, the Pepsi Globe, THAT'S WHAT I LIKE and ZERO SUGAR, DONE RIGHT, are trademarks of PepsiCo, Inc. 2544'9000

2021 COVID PROCEDURES AND GUIDELINES

* THE FOLLOWING GUIDELINES ARE FROM 5/28/21. PLEASE VISIT GRANDRAPIDSTRI.COM FOR THE MOST RECENT UPDATES.

MASKING

Each race participant will receive a cloth BOCO Gear Performance X mask in their race swag. The X mask is made for performance and high output activities. Consisting of two layers of durable knit performance fabric, the internal layer features a slit that can hold a filter for additional protection. The soft elastic is sewn to both the top and bottom of the mask for a secure fit over the ears. These masks cover the mouth and nose comfortably. In addition, we are providing every participant, volunteer, and race staff member with disposable masks.

As per the revised CDC mask guidelines released on 5/13/21 and adopted by Michigan on 5/14/21, "Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance." ***For Grand Rapids Triathlon, this means that IF you are full vaccinated and post-two weeks from your second dose, you may choose to NOT wear a mask during the event. We have made this decision in close consultation with our medical provider and based on the most up-to-date scientific data.***

If you are NOT fully vaccinated, we ask that you wear the race-supplied masks (or equivalent) when at the race site and not actively racing. When you arrive, please wear a mask. When you are going down to the swim area, wear your disposable mask and discard it in the trash receptacles at the swim start. When actively racing your event, whether you wear a mask is up to you. However, after you cross the finish line, we will have disposable masks available along with your race medal.

HAND SANITIZING

Hand sanitizing stations are located at every aid station and throughout our finish line and transition areas. We will also be sanitizing aid stations and finish line areas frequently accessed by athletes.

MINIMIZED VOLUNTEER-ATHLETE TOUCHPOINTS

We have altered several areas of volunteer-athlete contact. One such area is at the run aid stations. Volunteers will be setting out nutrition and hydration on tables for athletes to self-serve and will not be passing cups of water/endurance drinks/soda to athletes directly. Volunteers will keep these tables stocked for each athlete to access.

NO JUDGEMENT ZONE

Guidelines have been changing rapidly and we will not be asking participants to show proof of vaccination. We ask each participant to be on the honor system.

BE GOOD STEWARDS OF THE EVENT AND COMMUNITY

More so than any year before, we have all worked extremely hard to get here, jumping through more hoops than we can count in order to get you to the start line. If you are unvaccinated, please follow our masking guidelines and wear a mask. If you are fully vaccinated, it is up to what you are comfortable with in terms of masking or not. BUT the bottom line, please do the right thing for our event, staff, and volunteers that support you, and the communities that allow us to hold this event. We want in-person racing to continue!

GRAB LIFE BY THE HANDFUL.

Better pack another bag. With energy that's this gentle on your stomach, the gluten-free life is too tasty to keep to yourself.



Certified GF Gluten-Free VEGAN NON-GMO VERIFIED SOY-FREE Certified B



Moving & Storage Solutions

www.mywaystorage.com (616) 361-6992



Swim, Bike, Run

Clean, Safe water for them all!

***25 Gallons FREE**

With new bottled water service

GordonWater.com




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.



WELCOME FROM USA TRIATHLON CEO, ROCKY HARRIS



Welcome to the Grand Rapids Triathlon, host of the USA Triathlon Michigan High School State Championships, Michigan Age Group State Championships, and North Central Region Youth Championships. It is going to be an unforgettable weekend, no matter what race or distance you're planning to do!

Grand Rapids has been a fantastic host of USA Triathlon championships events for several years, including Clydesdale and Athena Nationals from 2014-18. This race has the local, grassroots feel that's so special in our sport – and this year that carries even greater importance as our community races are the foundation of helping get our sport back and thriving – while at the same time offering the professionalism and athlete support you've come to expect year after year. That's a unique combination that makes this a championship-worthy event!

On behalf of USA Triathlon, I want to thank you for your participation and commitment to the multisport lifestyle. If I have come away with one lesson from this past year, it is that together we can rise above anything thrown our way. Our sport will be stronger tomorrow than it is today, and our brightest years are ahead of us.

I'd like to extend my thanks to Race Directors Jon Conkling and John Mosey, their team at Tris4Health, and all the volunteers for their commitment to hosting an excellent race. Our sport is reliant on people like Jon and John and all of those who dedicate their time and energy to keeping our communities active, engaged, and healthy.

Good luck to all racers, be safe and savor every moment of being back on the course and competing in the sport we all love.

Sincerely,
Rocky Harris
Chief Executive Officer, USA Triathlon



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 securely fastened at all times while in possession of your bike. This means before, during, and after the event. Penalty: Disqualification
- 2. Chin Straps:** Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg. Penalty: Disqualification on the course; Variable time penalty in transition area only.
- 3. Outside Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Time Penalty
Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes, and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course. Penalty: Disqualification of both participants



USAT MOST COMMONLY VIOLATED RULES & PENALTIES CONT.

- 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. Penalty: Time penalty
No person shall interfere with another participant's equipment or impede the progress of another participant. Penalty: Time penalty or disqualification
- 5. Transition (cont.):** All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Disqualification
- 6. Bike Position Rules:**
 - 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 complete your 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 make rearward progress out of the draft zone of the passing cyclist and move completely out of the draft zone within 15 seconds. Penalty: Time penalty
- 7. Course:** All competitors are required to follow the prescribed course, complete the course in its entirety, 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: Officials discretion (judgment call), time penalty or disqualification
- 8. Unsportsmanlike-Like Conduct:** Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators. Penalty: Disqualification
- 9. Headphones:** Headphones, headset, radio, or a personal audio device may not be carried or worn during competition. Penalty: Time penalty
Participants may carry a phone (such as mounted on bike handlebars or in an armband), but may not use communication devices of any type, including but not limited to cell phones, smartwatches, and two-way radios, in any distracting manner during the competition. A "distracting manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.
- 10. 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 a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that 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.
- 11. Wetsuits:** Each age group participant shall be permitted to wear a wet suit in any event sanctioned by USA Triathlon, governed by the following:
 - Below 60.8° F – Wetsuits Mandatory (Wetsuit must cover at least the torso and back)
 - 60.9°F–78.0°F – Wetsuits Permitted
 - 78.1°F–83.9°F – Wetsuits Permitted (Participatory only ineligible for awards/rankings)
 - 84°F or Above – Wetsuits Forbidden
- 12. Abandonment:** No participant shall dispose of trash or discard any equipment or personal gear on or around the race-course, except at clearly identified disposal points, such as aid stations. Penalty: Time penalty

MAKE-A-WISH DREAM TEAM

The Dream Team benefiting Make-A-Wish Michigan strives to connect endurance athletes looking to challenge themselves on the racecourse, with an additional challenge of racing for something that is bigger than themselves, helping kids.

The Dream Team was started by Dan and Susie VanSkiver, a Dad and Mom who were impacted by Make-A-Wish through a trip to Disney World with their family. Their son Trevor, who battled cancer when he was a kid was granted the Disney trip as part of the wish program. That trip was so impactful for the VanSkiver family, that they knew they wanted to help other kids and families have the opportunity to experience their own wishes.

Every day, children are fighting to overcome critical illnesses. The Dream Team brings people together to conquer a physical challenge while raising money to build hope for those inspiring kids. The Dream Team once again is toeing the start line at Grand Rapids Triathlon on June 19-20 and will swim, bike, and run to help kids fighting a critical illness, as each member will raise a set goal that will go towards helping grant wishes in Michigan.

When you see the blue jersey out on the course, make sure to cheer extra loud!



MOTOPATROL

Several members of our MotoPatrol are certified Motorcycle Safety Foundation coaches who dedicate their weekends to teaching new riders and coaching experienced riders.

We want to acknowledge them and offer our thanks for their dedication, not only to the sport of motorcycling but also to the safety of our triathletes.



MAKE-A-WISH DREAM TEAM ATHLETE SPOTLIGHT

JASON BROWER – OLYMPIC ATHLETE

Age: 33 | **Hometown:** Currently Byron Center, MI | **Joined:** 2018
Amount Raised First Year: \$500 | **Goal Amount This Year:** \$750

How did you get involved with the Dream Team? I saw a Facebook post from Dan VanSkiver about the Dream Team prior to the 2018 GRTri and knew it would be a great way to stay motivated during training and also a great way to support an organization like Make-A-Wish.

What is your triathlon background? I had done the sprint at the GRTri two times before joining the Dream Team in 2018 and now I have done eight sprint races, virtual Olympic in 2020, and training for my first half at the Michigan Titanium in 2021. I was diagnosed with Type 2 diabetes in the fall of 2017 and triathlon has really been the driving force to help me manage that and feel healthier than ever.

How was your GRTri race experience? I have enjoyed every time I have raced GRTri. It is very well organized and there is lots of support from family and friends. It is also really cool when wearing the Dream Team jersey you get a few extra cheers - that is really helpful coming down the stretch on the run!

How did you stay active throughout the pandemic? We spent some time early on in the pandemic organizing our home gym set up in our unfinished basement. We already had a treadmill and were able to get a bike trainer to do virtual rides on. When the 2020 race went virtual I knew I still wanted to do it to support Make-A-Wish and actually turned out to be a really fun experience as I completed the race at our cottage in Newaygo. Had my dad on the paddleboat next to me during the swim, did the virtual GRTri Olympic route on the trainer, and then 12 laps around a 0.5 mile loop for the run.

What is your method to fundraise the money? Social posts are my main method of fundraising. Will post about a training session I had then ask people to support my efforts and donate to Make-A-Wish.

Why do you think the mission of the Dream Team is important? The Dream Team is not your traditional triathlon club, which makes it so great. We can use our training and racing as a way to raise money for an incredible organization, Make-A-Wish. It is very collaborative and everyone is very supportive and it is great to see all the Dream Team jerseys on race day.

What does it mean to you to be a Wish Granter for MAW? It is such a rewarding feeling to be a Wish Granter. Kids' health is a passion for our family. My wife is a pediatric nurse and through some of my work experiences and volunteering, I have been able to meet kids that could be Wish kids. It is an honor to know that my small part of fundraising will go to grant these kids a positive and exciting experience.

Why should someone join the Dream Team? The Dream Team is a rewarding experience as we fundraise for a great cause and is also a great motivator during training for whatever event you are participating in. Dan VanSkiver and Ashley Sanregret have done a great job building the team and really making it inclusive for all experience levels whether you are an experienced triathlete or running your first 5K.



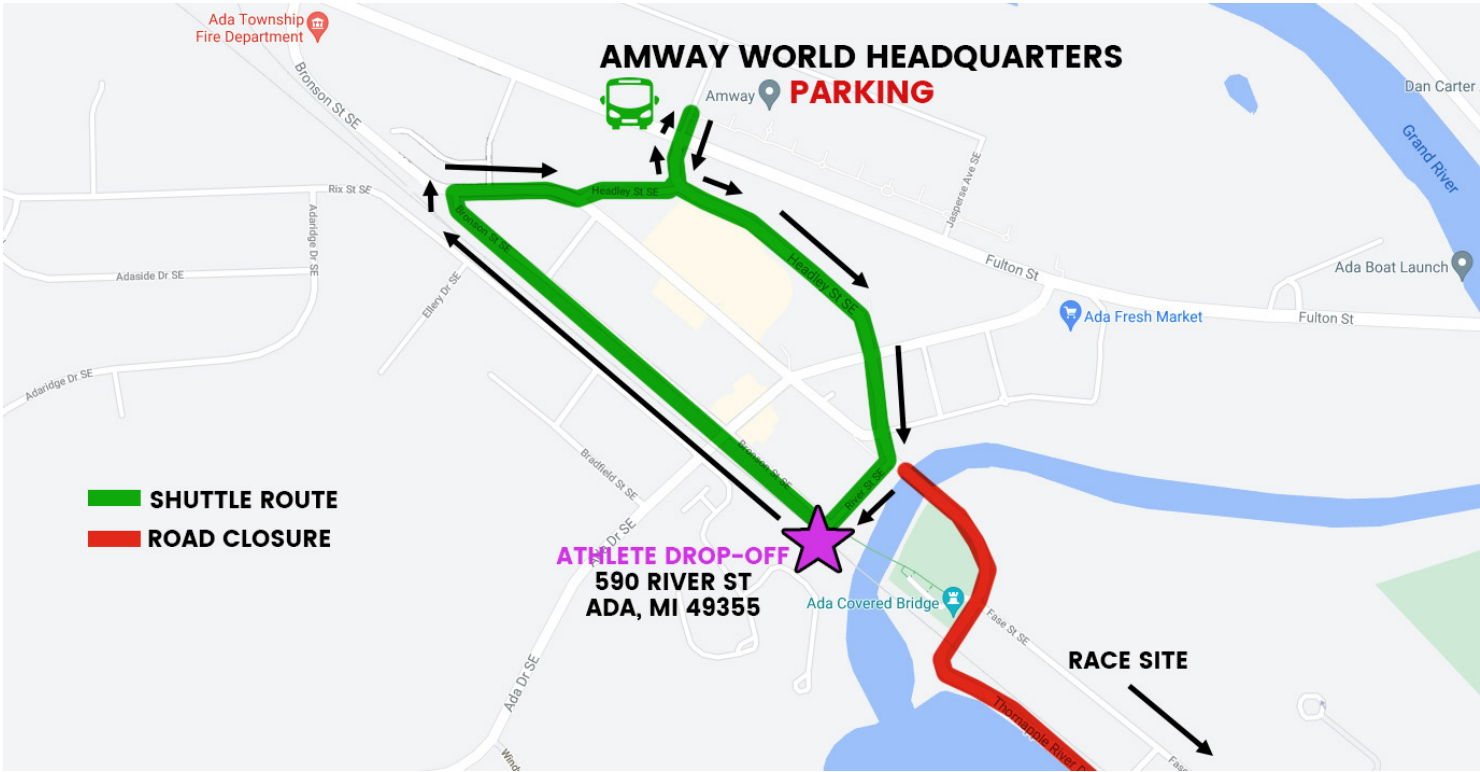
PARKING & SHUTTLE MAP

There is **NO AUTOMOBILE** access to the race site. We encourage participants to use the convenient athlete drop-off location at 590 River SE, Ada, MI. Volunteers will help you unload and keep your equipment secure. You can then park in the designated athlete parking and ride a free shuttle back to the athlete drop-off location.

NO BIKES ALLOWED ON THE SHUTTLE BUSES

Free shuttle will run every 10 minutes and stop at the designated shuttle stop.

Please note that Thornapple River Drive will be closed on Saturday, June 19 from 4 am to 11:30 am and Sunday, June 20 from 4 am to 5 pm.





ADA VILLAGE
GENERAL STORE
THE SCHOOLHOUSE EST. 1959

COFFEE - HOT DOGS - ICE CREAM - RETAIL - DONUTS & MORE
www.theavgs.com

#DISCOVERADA

www.adavillage.com

DETOUR MAPS

SATURDAY CLOSURES: 4AM-11:30AM

- Buttrick Avenue between Grand River Drive
Thornapple River Drive
- Thornapple River Drive from River Street to
Laraway Lake Drive

SATURDAY DETOURS

FROM THE SOUTH

- Depending on your starting position, go south on
Buttrick Ave SE, Thornapple River Dr SE or West on
Laraway Lake Dr SE
- Turn onto Cascade Road and go west towards the
East Beltline
- Turn right onto Spaulding Ave SE
- Take second right onto Ada Dr SE towards Ada

SUNDAY CLOSURES: 4AM-5PM

- Buttrick Avenue between Grand River Drive
Thornapple River Drive
- Thornapple River Drive from River Street to
Cascade Road

SUNDAY DETOURS

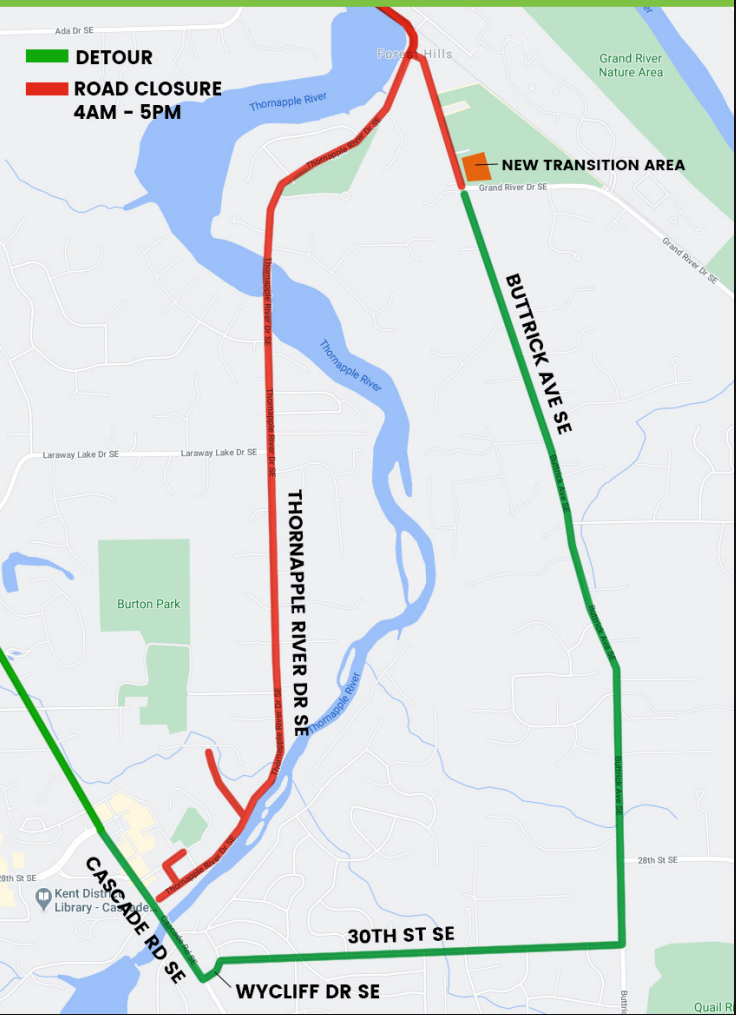
FROM THE SOUTH

- Depending on your starting position, go south on
Buttrick Ave SE or Thornapple River Dr SE
- Turn onto Cascade Road and go west towards the
East Beltline
- Turn right onto Spaulding Ave SE
- Take second right onto Ada Dr SE towards Ada

SATURDAY ROAD CLOSURES AND DETOUR MAP (COMING FROM THE SOUTH)



SUNDAY ROAD CLOSURES AND DETOUR MAP (COMING FROM THE SOUTH)



NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
[#finisherpix](https://twitter.com/finisherpix)

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

Cascade Pediatrics

Reaching all your child's health needs

cascadepediatrics.com
 (616)-940-3168

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

USA Masters Games Grand Rapids, MI
 June 25-27, 2021

Athletes 21+ years old invited to compete in:
 Archery 3D, Basketball Skills, Bocce Ball, Cornhole, Disc Golf, Diving, FootGolf, Golf, Shooting Sports, Swimming, Taekwondo and Track & Field

Registration closes June 24, 2021
www.usamastersgames.com/sports

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

GRAND RAPIDS Kids DUATHLON

Presented By **Cascade Pediatrics**

Register today at grkidsduathlon.com



1ST ANNUAL GRAND RAPIDS KIDS DUATHLON
JUNE 19, 2021
1 - 2:30PM
ADA PARK
BIKE - RUN - FUN

If you are in between the ages of 6-11, you can take part in this fun and exciting event! Our new kids duathlon event will be held at Ada Park located in Ada Township. This beautiful new location allows for a full-contained event!

ADA BUSINESS ASSOCIATION

ADA DENTAL Co.

LINDSEY A VOGL, DDS, PLC

616.676.1800
WWW.ADADENTALCO.COM



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

SPECTATOR INFO

Spectators provide great encouragement for athletes throughout the course. It's important that you be a good spectator on race day. Here are some helpful tips to ensure that you are ready to cheer on your athlete.

WE ASK FOR A LIMIT OF TWO SPECTATORS PER PARTICIPANT this year.



Download the Sportstats Tracking App – To follow your athlete in real time during their race download the Sportstats Tracker app from your app store.

Respect the Course – For your safety and that of the athletes, do not stand or walk on any part of the course.

Be Prepared – Food and water stops are for race participants only; make sure you bring your own snacks and drinks. Come prepared for the weather. Bring sunscreen, lawn chairs, and a head cover.

Know Their Times, Know the Course – To spot your athlete during their race, know his or her mile times and know the course. Decide where you want to be to cheer on your athlete, then plan ahead to be there at the appropriate time.

Make Signs – Signs help motivate athletes and break up the monotony of the race for them. Spotting Your Athlete – Know exactly what your athlete is wearing on race day. It will make him or her easier to find in the crowds of people.

Have a Finish Line Plan – Create a plan with your athlete for where to meet after the race.

JUNK KING
1-888-888-JUNK
www.Junk-King.com

powered by Biedasal

No Job is too Big or too Small

- Furniture Removal
- Television Disposal & Recycling
- Yard Waste Removal
- Foreclosure Clean Outs
- Appliance Removal
- Hot Tub Disposal
- E-Waste Disposal
- Trash Removal
- Mattress Disposal
- Refrigerator Disposal & Recycling
- Construction Waste Removal
- Garbage Removal

MI HIGH SCHOOL STATE CHAMPIONSHIP ATHLETE SPOTLIGHT

Grand Rapids Triathlon has hosted the Michigan State High School Championships since 2017. With a break in competition in 2020 due to the pandemic, young triathletes are eager to toe the line and get back to racing this year. Two triathletes signed up and ready to take over Ada Park are 17-year olds Kyle and Mara Sweeney, a brother and sister pair who are also two parts of a set of triplets.

Kyle and Mara started in the sport at the age of three. Their Dad Kevin, who is also a triathlete and has completed two Ironmans, hosts the Rockford Area Kids' Triathlon at the local school, which influenced his children at a very young age. Growing up, Mara and Kyle became very avid runners. In school, they are on the track and cross country team, which ultimately strengthens their transition into competing in triathlons.

"I love triathlon because I like the feel of the sport, how you go from discipline to discipline. It is three sports in one and each one keeps building," said Kyle. By finding time to train before school by heading to the pool for an early morning swim or after track practice with a light bike ride, for the busy high schoolers, the summer months means school is out and triathlon season is in session.

This year will be the second time competing in the State High School Championships. In 2019, they raced for the first time as Freshmen. In the 2019 event, Mara and Kyle can remember the huge crowds of cheering fans and how competitive the field was. Training and competing with each other makes the competitiveness part easier to prepare for.

"Getting to race alongside my brother, adds a fun aspect to it," said Mara. "When we are competing, I try to get as much distance as possible in the swim and bike so Kyle can't catch me in the run – we want bragging rights over the other. Triathlon is even more enjoyable when you have someone close in age or a sibling you can race against." While Mara held the bragging rights when they were children, Kyle has caught up and holds the title for now. Come race day this year, it is all up for grabs on which Sweeney sibling will come out on top.

The State High School Championship is a great event to showcase the future of the sport. Triathlon is one of the fastest-growing sports within the NCAA. There currently are nine Division I collegiate varsity programs in the nation for women. Opportunities for triathlon for young athletes are only increasing, meaning it is the perfect sport for teenagers to get involved in, especially for those already involved in track or the swim team at their high school.

"Teenagers should try triathlon because it offers three different sports, it is as if you get three different races all at the same time. You get a variety and it is very eventful because it doesn't matter if you excel or are hindered at one of the disciplines, when it is back to back, it is fun to see how you come out after all three events," Mara said.

Kyle added, "The sport is so rewarding, the more you put into it the more you get out."

While Kyle and Mara graduate in 2022, they both hope to continue competing in triathlons in the future. Mara has collegiate hopes of joining a triathlon team and one day wants to compete in an Ironman, like her Dad. Kyle plans to race in triathlons his whole life. While also dedicating his time to becoming a stronger distance runner – hoping to race in a marathon and ultra-marathon in the future.



LOST AND FOUND!

- **Lost and found will be located at the Volunteer Tent on race weekend.**
- If you've lost something, check that tent on race weekend. Contact info@tris4health.com directly after race weekend..
- There is a \$15 shipping fee for found items after race weekend or you can arrange to pick it up in Grand Rapids.
- If you do not pick up your item by 7/15/21, it will be donated.

Charlesbrook
Protection Services, LLC
(616) 920-0668 www.charlesbrookprotection.com

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

Home of the Flavored Crust
(616) 682-2233
We Deliver! Dine in Available
PaPa K's
Pizza
497 Pettis Ave. SE, Ada MI

LOCAL CHARITY PARTNER: BRODY'S BE CAFE

Through these challenging times over the last year, the need for community support is more important than ever.

Grand Rapids Triathlon is honored to welcome a new local charity sponsor for 2021, Brody's be Cafe, who encourages the community to support them by drinking coffee -- coffee with a purpose.

Located in Ada, Brody's be Cafe is a nonprofit that shares a mission of "providing meaningful employment to individuals with intellectual and developmental disabilities." The coffee shop was founded by Jenny Cole, an Ada resident, Middle School English teacher, and mom of three. Her dream was to create a place that served amazing coffee and have meaningful employment opportunities for individuals with disabilities like her son Brody, who is a middle school student in Forest Hills who has Down Syndrome.

Jenn's dream is now a reality as Brody's be Cafe currently has on staff ten BEristas (Baristas with disabilities) who work in the cafe and earn a thriving wage. The name BErista being coined from their vision of "BElieving everyone BELongs and can work BESide one another." Each BErista works alongside regularly-abled Baristas and together they interact with customers, make drinks, clean and restock the cafe.

The Cafe serves brewed coffee, hot and cold espresso drinks, hot chocolate and steamers, nitro and cold brew coffee, a selection of fine teas and smoothies, as well as locally-made baked goods. Coffee is provided by Uncommon Coffee Roasters of Saugatuck. Chick-fil-A lunches are delivered fresh to the cafe for purchase on Wednesdays and Fridays. Every Friday there is also a special of buy one get one free on drinks, so bringing the whole family is a must.

"Our Brody's Be BEristas are so excited to serve our world-class coffee to the Triathlon athletes and cheer them on. Both organizations are bringing out the best in people," said Rachel Stadt, Executive Director of Brody's Be Café.

As a community-funded organization, Brody's be Cafe exists on the generosity of the community. **For more information on how to support Brody's be Cafe please visit their website: www.brodysbecafe.com**



ADA BUSINESSES

DOWNTOWN ADA HAS LOTS TO OFFER! CHECK OUT THE BUSINESSES BELOW DURING RACE WEEKEND.

Mudpenny	The James Boutique	Clarity Family Office
Sprinkles	Pursuit	Protravel International
Gravel Bottom	Peacock Alley	Zhang Financial
Ada Village General Store	Cascade Optical	Edward Jones
Zeytin	Gina's Boutique	Five Star
Fruition (coming soon)	Laurel and Jack	Lake Michigan Credit Union (coming soon)
Luna (coming soon)	Michigan Software Labs	Pilates In Ada
Beyond	Acme Marine	Skin CoLab
To and Fro	ITS	The James Salon and Spa

RETURN TO RACING IN 2021!

"High tide raises all ships". For our West Michigan racing community, that can only be done in partnership and cooperation with other great area events. Consider racing local at any of these fine summer races .

GRAND HAVEN TRIATHLON & DUATHLON

Presented by: **MERCY HEALTH** July 11, 2021

www.grandhaventri.com

SPRINT TRIATHLON & DUATHLON
OLYMPIC TRIATHLON & DUATHLON
RELAYS: MALE, FEMALE, CO-ED

tommy's TRI MILLENNIUM

8-7-21

PRESENTED BY FIRST UNITED CREDIT UNION

myTEAM TRIUMPH - Michigan Chapter

swim bike run TRIDELSOL

Presented by: **SHARPE**

July 18, 2021 | www.tridelsol.com

Rhoades McKee Reeds Lake TRIATHLON • DUATHLON

September 11, 2021 // Reeds Lake // East Grand Rapids, Michigan



MEMORIES FROM THE FIRST GRTRI IN 2011



TEN YEAR ATHLETE LIST

THE ATHLETES LISTED BELOW HAVE PARTICIPATED IN ALL TEN GRAND RAPIDS TRIATHLON EVENTS FROM 2011-2021

CHRISTIAN GLUPKER
RICHARD BOMAN
KARL COOPER
GABRIELE GOTTLIEB
JOSHUA HANENBURG
KRAIG HINKEN
LYNN HOOGERWERF
JOHN IRWIN
SHELLEY IRWIN
BRAD LEEDY

STEVE LIEBERMAN
STEVE LURRTSEMA
KEVIN NEUMANN
TOM NUGENT
ANGIE O'BRIEN
TONY PAYNE
CARRIE RIVETTE
SCOTT RIVETTE
LORRI ROMESBERG
JULIA ROSENFELD

ANGIE SCARLATO
KRAIG SCHMOTTLACH
TERRI SOBOLEWSKI
LYDIA STUBBS
STEVEN TALLY
MIKE TYSKA
MARK WEIRICH
MIKE WORDELMAN
MICHAEL YOUN
KRISTIN ZOLLER

**I AM A
FATHER
HUSBAND
POLICEMAN
TRIATHLETE
TITAN.
ARE YOU?**



**MICHIGAN'S ONLY FULL DISTANCE TRIATHLON
AUG 22, 2021 ★ GRAND RAPIDS, MI**

FULL ★ HALF ★ OLYMPIC ★ RELAY ★ AQUABIKE ★ DUATHLON

START YOUR TITAN JOURNEY AT MITITANIUM.COM

**GRAVEL + TRIATHLON
SWIM → GRAVEL BIKE → TRAIL RUN
SEPT 26, 2021
SPRINT, OLYMPIC, DUATHLON, AQUABIKE, RELAY
VISIT THEDIRTYMITTEN.COM**

GRAND RAPIDS TRIATHLETES: SATURDAY, JUNE 19

MICHIGAN
HIGH SCHOOL
STATE CHAMPIONSHIP

KARSTEN HUISMAN
ALANA ROSE
CONNER ROSE
JACK SCHAFER
MARIE SCHAFER
NICOLE SCHAFER
KIANN SCHMOTTLACH
SAMANTHA SHAVER
KYLE SWEENEY
MARA SWEENEY
CARSON
VANDERSCHAAF
COLIN VANDERSCHAAF

SUPER SPRINT
TRIATHLON

KATIE ALLEN
LAUREN ARNOS
BRUCE BABCOCK
CAROLYNN BALLEW
KRISTINE BROWN
JESSICA BUHAY
KIMBERLY BUTLER
JACKIE COWAN
JEAN DANGLER
ANNE EMENHISER
DEVIN FRERICHs
MICHELLE FRICKE
BELLA GENSER
MEGHAN GLYNN
JENNA GOINS
JENNIFER GRACHECK
JULIE GRONEK
KATIE GRONEK
MARK GRONEK
MEGAN GRONEK
COLLEEN GUIKEMA
JENNY HALL
KAYLEE HARRIS
LAURA HENDERSON
RYAN HOFF
JOHN HUNT
DAYNA JOHANSEN
NATHAN JOHNSTON
COURTNEY KEEN
ANGELA KING
LORI LINCOLNHOL

HANNAH LIVERMORE
PAMELA LOVELL
SHANE MALCOLM
KIM MARSH
BRIGETTE MAST
COCO MEHNEY
CHAD MILES
THOMAS MORRISON
VICTORIA MUELLER
DANIEL OZINGA
SARAH PARKER-
HORMUTH
DIANE PAYNE
SARAH PINCOMBE
ERIK POHL
JIM POHL
KAILY ROSEMA
TIMOTHY SCHAAF
HANNAH SHERMAN
GABRIELLA SIEMS
KELLEN SIEMS
SEAN SIEMS
LILAH SMITH
BILL SNYDER
TYLER STRONG
JIM VANDYKE
KATIE WAITE
HEATHER WALLACE
LIAM WALLACE
JAMEY WEISS
KELSEY WILTERINK
AMANDA WONG
KATE WOODS
MONIKA ZADLO

SPRINT TRIATHLON

MARTIN ACKLEY
ELLEN ADAMS
MICHAEL ALLEN
HUSSAIN ALZAID
DUANE AMATO
ERIKA ANDERSEN
KATIE ANSEL
ROSS ARENDSSEN
JON ARENS
BECCA ARLT
TROY AVERY
KELLY BABCOCK
GRAEME BAINBRIDGE
CHAD BAKER
MELISSA BAKER-

BOOSAMRA
SUZANNE BALL
ALLISON BANNICK
MARIA BARGARDI
KIMBERLY BARNES
GERALD BAROFSKY
TJ BATES
JOHN BECKER
KATELYN BECKER
MICHAEL BECKER
JORDAN BEIMERS
HANNA BENDEL
TANIA BERMEJO
ISABELL BINKLEY
BILLY BLAIR
KAT BLAIR
OWEN BLANK
RANDY BLAYLOCK
JOSH BLOM
ALAN BOLTER
JOSEPH BONAR
TAMARA BOSWELL
JOSEPH BOUGHTON
JENNA BOWKER
ED BRADEN
BILL BRADLEY
JACKIE BRECHTING
MICHELLE BREUKER
LISA BRINK
TANYA BROWER
DAVE BURD
NIKKI BURD
JASON BURKS
TIM BURNS
LUCAS BUSCH
TERRI BUSH
JOSEPH BUTTERWICK
KATHY CALABRETTA
JENNY CALCATERRA
RUDY CALLEN
BETH CAPIZZI
NIKKI CARTER
JERRY CASWELL
DANA CHAMPION
TALIA CHEN
CATHY CHERON
EDWIN CHOI
JUSTIN CHRISTENSEN
MATTHEW CLAPP
JANE CLAWSON-PALFI
JEREMY COBB

THOMAS COFFEY
NATHAN CONDIE
ROBERT CONWAY
CHRISTOPHER COOLEY
SARAH COOPER
ALLISON COTTEN
JOANN CRANSON
GRACIELA CRUZ
JAMES DAHER
CHRISTY DARGO
JESSE DAVID
JOSH DAVID
VALERIE DAVIS
JESSICA DECKER
NATHAN DECKER
ZOE DEKIEVIT
CASEY DEKLEIN
NICK DEKOSTER
CALVIN DEKUIPER
JUSTIN DEVRIES
MIKE DEWEERD
MICHAEL DEYOUNG
DIANA DIEMER
MAGGIE DIEMER
WANDA DOBSON
KARA DOUGHERTY
MICHAEL DOUGHERTY
JEREMY DUNCAN
WILLIAM DUNCAN
JOEL DYKSTRA
DIANE EBAUGH
ROBERT EDGCOMB
DAVID EHRHARDT
JOHN ELENBAAS
KELLY FALLOT
BRIAN FARBER
KATHY FARROW
TIM FARROW
AMY FATHMAN
HANNAH FATHMAN
TOM FICK III
DAN FOGEL
CODY FONTAINE
ANDREA FORSYTH
MARGARET FREDRICK
TOM FRITZ
DAVID FUGATE
OZY GARCES
GARY GARLOCK
EMILY GAUDIANI
NANCY GEERLINGS

CAROL GEPHART
EDWARD GILDE
CHRISTIAN GLUPKER
MELISSA GOKEY
PHILIP GORT
GABRIELE GOTTLIEB
WILLIAM BRADFORD
GRAMLIN
BRIAN GREEN
CHRISTOPHER
GREGORY
MICHELLE GREGORY
VAHE GRIGORYAN
JEREME GRINSLADE
MICHAEL GROVE
JENNIFER GUDITH
LARRY GUNDERSON
TERRY GUNTHER
GABRIELA GUTIERREZ
REBEKAH HACKENBERG
OMAR HALL
JOSHUA HANENBURG
CRAIG HARRISON
BEN HASAN
THOMAS HAUTAMAKI
JOHN HAWKINS
BRAD HAZARD
JOHN HEISER
ADAM HEISS
TRACY HELMUS
JEFF HERSCHLEB
MATT HICKSON
MATTHEW HOLKA
MIKE HOLKA
DEBORAH HOLLAND
TARA HOLLIS
RYNE HOOVER
LARRY HOSKINS
CLINTON HOUGH
JASON HOYT
TY HUFFMAN
ADAM HUGHES
BRENNAN HUISMAN
DAVID HUISMAN
DEVON HUISMAN
AMBER HUNT
TERRY HUTCHINS
STEPHANIE HUYSER
CARRIE HYBELS
KEN HYDE
STEVEN ILKO

SHELLEY IRWIN
CAMILLE ISENGA
DEBRA JAGER
DOUGLAS JAGER
HANS JAGER
NICOLE JAGER
MEGAN JAMES
ROBERT JOHNSON
SUSANNA JOHNSTON
CARA JONES
CARRIE JONES
MICHAEL JONES
ROJENIA JONES
ROBERT KABAKOFF
BRYAN KAMPS
JANET KARASIEWICZ
JOHANNA
KARASIEWICZ
JOANN KARPOWICZ
MICHAEL KEAST
SAMANTHA KENNEDY
BRANDON KERKSTRA
BRIAN KERNOHAN
JESSICA KERNOHAN
CALEB KIEBERT
MATTHEW KILROY
GRETCHEN KIRCHMER
GARY KLUMP
ROB KNECHT
CAITLYN KOLHOFF
JONATHAN KOOP
MATT KORTE
JESSICA KORZIN
CASSANDRA
KOTLARCZYK
KARL KOWALSKE
JUSTIN LALONDE
BRANDON LANE
XUE LAO
AMBER LARSON
PAMELA LAUROFF
BRAD LEEDY
REBECCA LEMLEY
SARAH LIBERATO
STEVE LIEBERMAN
WILLIAM LOGAN
CHERYL LOHMAN
DIANE LOMBARDO
LAUREN LUBBERS
RYAN LUCAS
PATRICIA LULICH
PETER LUNDEEN
ANNA LUURTSEMA

JAMIE LYBERG
JEFFREY LYIJNEN
MARY MANFREDO
RENAE MARRETT
CRAIG MARSH
MORGAN MARSH
JENNA MASTELLONE
LUKAS MATEJU
MICHAEL MATHESON
JACOB MATUZ
SARAH MCCALLEY
JENNIFER MCCAULEY
JULIE MCCLAIN
KATHY MCGILTON
JAMES MCGLOTHLIN
DEVIN MCNEIL
MICKEY MEHNEY
DAVID MELLEMA
JOY MERLINO
GARETH MILLS
MICHELLE MINGAY
GARY MITCHELL
ELIZABETH MITTEN
HOWARD MIZUKI
KARA MOCKLER
CHRISTINA MORALES
DAVID MORRIS
WILLIAM MORROW
MARK MULDER
MICHAEL MULL
ZACK MUNCE
ETHAN NASH
ALLISON NAVARRA
TODD NECKERS
CHRIS NELSON
ALEXIS NESBITT
MICHAEL NEWLIN
HEATHER NICHOLS
CHRISTOPHER
NOORDYKE
ROB NORRIS
THOMAS NUGENT
RYAN O'CONNOR
LAUREN OGLE
ERIC OLSEN
SHARLENE ORGAN
DAVID ORNEE
SUSAN OTT
GINA OTTERBEIN
MELISSA OWENS
ERICH PAGEL
DAVID PEARL
CARI PERCIVAL

BRAD PERSCHBACHER
EMMA PETERSON
MARIA PHILLIPS
JOHN PIASECKI
RANDALL PLEKKER
JUSTIN POSTMA
LANCE POSTMA
TIMOTHY POWER
CHERYL POZEK
SARA RAINBOLT
MERADI RAMIREZ
PIERSON RAMIREZ
MARSHALL RANDALL
MILES RANKE
BLAKE RICHARDS
DENISE RICHARDS
JESSICA RICHARDS
TIFFANY RICHMOND
ROBERT RODRIGUEZ
EVAN ROELOFS
CHRIS ROGGEN
JIMMY ROLLINS
LORRI ROMESBERG
ALEXANDRA ROSE
JULIAN ROSE
DANIEL ROSS
SAMANTHA ROUSE
JAMES ROWLAND
ANDY RUEMENAPP
ANTHONY SALLAH
JACQUELINE SANDER
MICHELLE
SCHIMELFENING
THOM SCHMIDT
MATT SCHMIEDER
VICKI SCHMUCKER
LISA SCHROER
JOHN SERINI
KURT SHERWOOD
GAIL SHURLOW
JENNIFER SILVA
SCOTT SINOTTE
REBECCA SITTERLY
LAURIE SMIGIELSKI
MICHELLE SMIGIELSKI
ERIC SMITH
JANE SNIDER
TERRI SOBOLEWSKI
JACOB SOLTYSIAK
JEFFREY SONNEMA
JEAN STARRING
JEFFREY STOLL
MATTHEW STOUT

VALERIE STOUT
RACHAEL STRANZ
LYDIA STUBBS
CAITLIN STUMPF
KEVIN STUMPF
KYLE STUMPF
REED SWANSON
AMBER SWIFT
STEVE TANYKO
BRIAN TASS
JEREMY TAYLOR
JORDAN TAYLOR
LINDSAY TAYLOR
MEGAN TAYLOR
NICHOLAS TERECK
CHAD TERPSTRA
DAN THUMM
JESSE TIEN
KEVIN TIMMER
MALLORY TIMYAN
JACQUELYN TINDALL
HEIDI TOBIN
JORY TRIPP
MICHAEL TRUPKE
CATHY TYSKA
MICHAEL TYSKA
DANIELLE
VANDERHAGEN
LORI VANDERKELEN
DAN VANDERMOLEN
TYLER VANHUYSE
BILL VANSTENSEL
CHRISTINE VELASCO
TERRI VELDMAN
BELINDA VINTON
MOLLY VIRKSTIS
DEREK VLIETSTRA
TAMI VOLKERS
MARY VOLLBRECHT
BRIDGET WALKER
JEAN WALKER
MANDY WALLICK
CAMERON WALSH
MICHELE WEAVER
MARK WEIRICH
JESSICA WELTON
DYONIZY WENCEL
DAVE WEST
LONNIE WHITAKER
PETER WHITE
HEATHER WIERSMA
ROBERT WILBUR
JEANNIE WILCOX

JAMES WILLIAMS
JAMES WILLIAMS
AARON WILSON
BRIAN WILTERINK
LAURA WINGATE
ANGEL YEAGER
SAMUEL YEAGER
MICHAEL YOUN
BRAD ZIELASKOWSKI
BECKY ZINZ
DON ZINZ
KRISTIN ZOLLER
ANDREA ZUFELT
LAURA ZWIERS

SPRINT AQUABIKE

RICH BOMAN
EMILY DOEHRING
LISA KELSAY
DIANE LUKE
CRAIG STUMPF
JAMES TIMYAN
CARLOS WEISS

SPRINT RELAY

JONATHAN
BARTOSIEWICZ
TAYLOR BARTOSIEWICZ
RONDA BRINKS
MATT COZIK
JEFF HAUCH
BRIAN HEFFERNAN
MIKE KEHL
MELISSA NELSON
MARK PEARSON
CARISSA STOCKTON
EMILY STOCKTON
KIM STOCKTON
TONY STOCKTON
MIKE VANDER PLOEG
KAYLA VARICE
SARA VIAR
KATELYN ZAJAC
KELSEE ZAJAC

GRAND RAPIDS TRI ATHLETES: SUNDAY, JUNE 20

HALF TRIATHLON

ERIC ABBOTT
NANCY AGRILLO
JENNIFER ALLOCCO
BRAD ANDERSON
MICHELE BAGROWSKI
ADAM BAKER
MICHAEL BALL
MATT BARCUS
DAVID BECKWITH
ERIC BERGER
DREW BLAIR
LAURA BLAIR
MARC BLAUWKAMP
BRENT BOERS
ADAM BOES
DONNA BORGMAN
EMILY BRUNO
JAMIE BRYNOLF
JEANETTE BUCHER
RALPH BUCKINGHAM
ROBERT BUNTING
MARK BURDGICK
KEITH BURK
JASON BUXBAUM
WARREN CALCATERRA
AARON CAPPS
DANIEL CARBALLO
JAIME CARSON
JERRY CASWELL
ANNE CAUDILL
MATTHEW CEDERQUIST
LYNDA CHAROW
ALISHA CHRISTENSEN
ZACH CLAYTON
JENNIFER COBB
TYLER COLE
PATRICK COURTNEY
ROBERT COY
LUCAS CRANDLE
JIM CREMERING
ANDREW DABSON
SHANNA DABSON
JOHN PAUL DAMVELD
MARK DAMVELD
ERIC DEVRIES
NADIR DIOMEDI
LOU ANN DIXON
JOSEPH DWYER
NANCY EMERICK
JONATHAN EPPERLY
STEVEN ERICKSON

AMANDA ESPITIA
ROBERT ESTES
KELLY EWING
MARK EWING
MICHELLE FLICK
MATTHEW FRANTZ
LAURA GALLAGHER
LESLIE GARDNER
TROY GARLAND
TERRY GATES
NATHAN GILBERTSON
THAD GILSDORF
GEORGE GOAD
RICK GREEN
ROBERT GROENLEER
ADAM GROULX
CHRISTOPHER
HAGLAND
SHAWN HALLORAN
BEN HAMMER
DANIEL HANNEMANN
RYAN HANSON
NATHAN HAWLEY
BROOKE HENDERSON
BREANNA HERRING
NATHAN HILLIS
KRAIG HINKEN
MUNENORI HINO
CASEY HOGAN
NICHOLAS HOLTMAN
CRAIG HOMANN
RYNE HOOVER
JASON HOYT
JEFF HUENEKE
LEVI HUSEBY
TRAVIS HUSEBY
JACK IVERSON
KELLY IVERSON
RENEE JACKSON
CHRISTIAN JACOBSEN
AL JOHNSON
DOUGLAS JOHNSTON
MARTY JONES
MARY JONES
SCOTT JONES
CHAD KAMPHUIS
HEIDI KIRCHEN
WILLIAM KIRCHER
DAVID KLAWON
JOSHUA KLING
ZACH KLIPSCH
JAMIE KLOOSTERMAN

KRISTINA KLUSEK
MICHAEL KOTAJARVI
TRAVIS KOWALSKI
STEPHEN KRAUTHEIM
MALVINA KROL
MICHELLE KRUIHOF
ERIKA KUHNLE
RACHELA LACK
RACHEL LANDSTRA
GARY LELITO
PAUL LEONARD
COSMO LEONE
RYAN LINDEN
KRISTINA LISHAWA
JON LUURTSEMA
DANIEL LYNCH
KYLE MADAJ
GARETH MAGUIRE
CRAIG MALMSTROM
DAVID MANN
JONATHAN MAY
CRAIG MAYER
LARRY MCDONOUGH
KATHLEEN MCINNIS
ALISON MCKEE
KATIE MCKILLIP
JOHN MCNAMARA
MATT MCPHILLIPS
JAY MILLER
JEFFREY MILLER
MATT MILLER
LINDA MINICK
MICHAEL MITCHELL
IAN MORAN
JODIE MORGAN
SAM MOSKAL
MATT MUELLER
DEEPAK NAGENDRA
MARC NARDULLI
STUART NAYLOR
KRISTI NEELD
KEVIN NEUMANN
BEN NICOLETTE
BRIAN OCONNELL
HEATHER OTT
ROUEL PADOGDOG
DENNIS PECK
ADAM PELLIZZARO
MICHELLE PERNA
JASON PERRY
BEN PETERSON
BRAD PRUIM

OSCAR PUIG
GAIL RANVILLE
ERIK RASMUSSEN
ADAM RAY
JASON REAM
SARA REEVES
JARRETT REYES
CONNOR REYNOLDS
PETER RILEY
ANTHONY ROACH
AMY ROBERTS
DAN RODENBACH
TYLER ROSE
JULIE ROSENFELD
ROBERT ROSSBACH
DAVE ROZMAN
ZACH RUBLE
TOM RUDDY
JANICE RUMPH
ADAM RUSSO
MEGHAN RUSSO
MICHAEL SALM
MIGUEL SARACHAGA
HANNAH SAWYER
DANIEL SCHULTZ
NADINE SEFERIAN
CALLIE SEIDL
RYAN SHANKLAND
HEATHER SHARPE
MATT SHAW
MATT SHEPARD
ERIC SIELAFF
BENJAMIN SIEMS
JEREMY SIKKEMA
MATTHEW SKAVNAK
DAN SKINNER
MATTHEW
SMIAROWSKI
JEFF SMIGIELSKI
KATRINA SMITH
MATT SMITH
SCOTT SMITH
CHAD SODINI
PAUL SPICA
JENN SPLINTER
D MARK SQUIRES
GREG STARK
KEN STATLY
TINA STEWART
BENJAMIN STONE
MARK STRASSER
LUKE SULLIVAN

DAVID SUND
FRANCIS SZOSTAK
KYLE TABOR
EDWARD THOMAS
JIM TOBIASON
SEBASTIAN
TOCHOWICZ
MARGO TOPP
KATHERINE TOVAR
MICHELLE TRACHSEL
LISA VAN GORP
MICHAEL VANACORA
ROSS VANDE WEGE
J.R. VANDERWALL
LORI VANDERWEELE
CRAIG VANESS
TERRY VENHUIZEN
STEVEN VERNUM
MICHAEL VOLLBRECHT
RYAN WAALKES
KATHARINE WAGER
DAMIAN WALCH
MATTHEW WALKER
SEAN WALSH
PETE WALTERS
BRENT WEBER
HOLGER WENDT
AVERY WESTFALL
EDWARD WHITE
ELIZABETH WILSON
JOEL WILSON
BRIAN WISDOM
MICHAEL WOMERSLEY
JOSIAH WOODS
MIKE WORDELMAN
SCOTT WORKMAN
TAMMIE WRIGHT
MACIEJ ZADLO
PAUL ZELLNER
KEVIN ZEPP
HONGLI ZHU
DAVID ZUCHOWSKI

HALF AQUABIKE

SCOTT AUDETTE
CHRISTINE BRENNAN
AMANDA BUTLER
ERIN CAVANAGH
MATTHEW CLARIN
KEVIN CLEARY
PAMELA HART
ROB KNECHT

ANGIE O'BRIEN
STACY SAEF
JEFFREY SONNEMA
RONALD SZOSTEK
JACKI VAN EERDEN

HALF RELAY

KATHY BRAGINTON
JOANN CRANSON
DAWN FLOREY
DAWN HINZ
CRICKET HOWARD
CHELSEY JONES
MOSTYN LUMBARD
JEFF NORDQUIST
TAMARA SHULER

OLYMPIC TRIATHLON

CARLY ANTOR
MICHAEL ARRIETA
BENJAMIN BAILEY
BRIAN BANDUCCI
TYLER BARTIS
ROBERTO BASILE
JESSICA BASTIEN
JILL BASYDLO
JENNIFER BERNATH
PALM BESS
BILLY BLAIR
LORI BOLT
HEATHER BOSWELL
BRENDA BRADLEY
KIMBERLY BRADLEY
THRESA BRADY
DAN BRENNAN
JENNIFER BRENNAN
KYRA BRIDGEFORTH
BECKY BROCKMAN
KARI BROUWER
JASON BROWER
SARAH BUJOLD
JENNIFER BURDGICK
MEREDITH BUSMAN
MEGHAN BUTLER
NICHOLAS BUYS
MINGHAO CAI
JAY CAMPBELL
MODESTO CASTILLO
STEVEN CATALA
IAN CLUTTEN
STEFANIE CLUTTEN
COLIN COOK
KARL COOPER
LAURIE COREY
LAURA COURSON

MATTHEW COWAN
NEIL COWAN
MARY CUNNINGHAM
ANDREW DEBRABER
PATRICK DELEON
KURTIS DEMAAGD
BRANDON DEUR
ANDRE DOMPIERRE
ANDREW DONALDSON
PAT DONOHUE
BRIAN EGAN
PATRICIA EILERS
ANDREW FATHMAN
COURTNEY FECTEAU
JOHN FEIGNER
FRANK FERUS
ROBERT FIELD
MIKE FITCH
NICOLETTE FRANCK
ANDREW FRITZ
CHRIS FURNER
ANN GARLOCK
JENNIFER GARRISON
CHRIS GATES
JOHN GAWEL
JACK GESMUNDO
PATRICK GILL
GABRIELE GOTTLIEB
CHRIS GRAY
AMY GREENHOE
CAROL GRIFFIN
JEREME GRINSLADE
BRIAN GUINEY
DAN GUSEL
HOLLY GUSTAFSON
MARY GUYETTE
NICK HACKER
ARMIN HAGENLOCH
TANNER HAMILTON
VERONICA HAMILTON
AMY HAMLIN
BENJAMIN HANES
ASHLEY HANKAMP
NEAL HAYENGA
SANDRA HOLBEN
CAROL HOMANN
LYNN HOOGERWERF
BRANDON HOPKINS
BRADLEY HUFFMAN
ALLISON HUG
JENNIFER HUNT
JOHN IRWIN
JAMIE JANICKI
KEVIN JAWAHIR
DEBRA JOHNSON

TAYLOR JONES
ANDREW KAMIN
JUSTIN KAMPS
MICHAEL KLING
RON KNOLL
BLAINE KNOX
CHRISTINE KONICKI
MITCH KORSON
BRANDEL KREMER
RYAN KREMER
PETER KUIPERS
MOLLIE KURASIK
LAUREN L'HUILLIER
MOLLY LACY
KERRI LANGDON
MATTHEW LATCHAW
EMILY LAU
DAVE LEHMANN
BRUCE LEONARD
DAVE LEVEQUE
KURT LINDBERG
MICHAEL LINDLEY
IAN LOCK
CODY LOFLAND
BOBBIE LOGAN
KEITH LOVE
ARIELLE LOYSON
JAMIE M HAAG
PAUL MAREK
DREW MARTIN
ELYSE MATHOS
MOLLY MCKINNEY
DAVID MEHNEY
DAVID MICHALSKY
TOM MILLER
ELIZABETH MITCHELL
DAN MITTS
KEN MOHNEY
MEAGHAN MOYNAHAN
ASHLEY MURRAY
TIM MURRAY
PAUL NEGIN
BETH OAKLEY
KELLY OBRIEN
PATRICK ODONNELL
LAURIE OLEKSA
ERIC PARROTT
PAULA PATRICK
DI PAYNE
TONY PAYNE
AARON PEARCE
TROY PEARCE
EMILY PEAY
JULIAN PEAY
GREG PELL

JOE PELLERITO
HENRY PENA
LIZ PERRI
AMY PHELPS
CHRISTOPHER PORT
PAUL POST
JAN PRZYSTAS
JOE REEVES
ROSI REEVES
RACHEL REEVES-OLIS
KATELYN REIMINK
BRIAN REYNOLDS
JEFFREY ROBERTS
LISA ROBINSON
AUSTIN ROHR
ANTHONY ROLLINS
BRUCE ROSS
ERIN ROSS
MIKE ROTTMAN
CHARLES SAMFILIPPO
COLIN SANDERS-
ESTRADA
ANGIE SCARLATO
MONICA SCHAFER
JERRY SCHIMELFENING
HOLLY SCHMITT
KRAIG SCHMOTTLACH
SKIP SCHOTT
BOB SCHULTZ
KEITH SCOTT
TIM SENOVIC
MARK SIDDALL
TRISHA SLATER
JASON SLENK
RON SMERIGAN
ERIC SMITH
MICHAEL SMITH
JILL SPANGLER
KATIE SPOELMAN-
VANACKER
SNEHA SRIVASTAVA
TIM STAPERT
KENNETH STOEPKER
MARY STUNER
TODD SUTTOR
ROD SWANSON
STEPHEN SZUBER
STEVEN TALLY
MICHELLE TINDALL
DAVID TOPEL
KRISTEN TUCKER
STACE TUCKER
ANDREW TURNBULL
DANIEL VAN NORMAN
JASON VANDERWEST

RILEY VANDYKE
JUSTIN VILLA
HOLLY VISSER
ASHLEIGH VOGEL
MICHAEL VOLLBRECHT
PAUL VOORHEES
JOHN WAACK
MATT WAIT
KAREN WALKER
ASHLEY WALLER
KARISSA WALTERS
PETER WALTERS
ZACK WALTERS
NICHOLAS RYAN
WATERLOO
WENDY WEBSTER-
FISCHER
JOLENE WEESJES
THOMAS WIDEMAN
CJ WIERENGA
DAVE WILLIAMS
MADDY WILLIAMS
JODY WOLAK
RICK WOMACK
LINDA WOOD
WARREN WOOD
AMY WORGES
ANNETTE YEITER
KARIS YOUNGBLOOD
RONNA ZELUFF
XIANDA ZHAO
WILLIAM ZWIERS

OLYMPIC AQUABIKE

AARON BALES
JORDYN BLOODE
CARLEY DUBBERT
JENNIFER MARSCHALL
MARIE PEASLEY
JOHN SANFORD

OLYMPIC RELAY

AMY DAVID
PAUL DAVID
JOHN HOLQUIST
TODD E HOLQUIST
TODD J HOLQUIST
AARON PIKE



GRAND RAPIDS TRIATHLON



2022

REGISTRATION WILL OPEN SOON

GRANDRAPIDSTRI.COM