

GRAND RAPIDS TRIATHLON 2023

JUNE 10 - 11

 **Huntington** #DISCOVERADA

SUPER SPRINT SPRINT OLYMPIC HALF
DUATHLON AQUABIKE RELAY SWIM ONLY VIRTUAL
GET THE LATEST RACE INFO AT GRANDRAPIDSTRI.COM



A **TRIS HEALTH** PREMIER EVENT





The best people bring out the best in people.

When an event like the Grand Rapids Triathlon brings the community together, we take notice. Thank you to everyone for your hard work and dedication, from all of us at Huntington. Your efforts are inspirational.



WELCOME TO THE 2023 GRAND RAPIDS TRIATHLON

FROM THE RACE DIRECTORS

We would like to welcome you once again to this year's Grand Rapids Triathlon! As one of Michigan's largest triathlons and five-time host of USAT National Championships, we are excited to see so many of you joining us for a full weekend of racing!

Now more than ever, putting on an event of this scale is not possible without strong sponsor and community support. We are thrilled to welcome back our co-title sponsors, Huntington National Bank and Discover Ada. We would also like to thank our returning and new sponsors for their commitment to community events.

Let's not forget the 300+ volunteers and our top-notch event staff who are here to make sure you have the best race weekend possible. Lastly, but certainly not least, we would like to thank YOU, our athletes, and can't wait to see you at the finish.

Keep moving forward!

John & Dawn Mosey / Jon & Amanda Conkling
Race Directors (and their bosses), Grand Rapids Triathlon



Huntington would like to once again welcome all athletes, spectators, and volunteers to the Grand Rapids Triathlon! Along with the other sponsors, we are excited to bring this amazing experience back this year. This is always a special weekend for the community with thousands of people coming in town to see what truly makes West Michigan special. We know how much this race means to you and we know that this is among the most friendly and welcoming races in the country. If you're participating in the race, we wish you the best of luck!

About Huntington

Huntington Bancshares Incorporated is a \$174 billion asset regional bank holding company headquartered in Columbus, Ohio. Founded in 1866, The Huntington National Bank and its affiliates provide consumers, small and middle-market businesses, corporations, municipalities, and other organizations with a comprehensive suite of banking, payments, wealth management, and risk management products and services. Huntington operates more than 1,100 branches in 12 states, with certain businesses operating in extended geographies.

#DISCOVERADA

Discover Ada is very excited to welcome you to the 2023 Grand Rapids Triathlon! As a title sponsor of the race, we are so thrilled to be a part of this experience that allows the community to come together as one. We look forward to supporting the racers and triathlon community throughout this event. We will be cheering for you every step, pedal, and stroke along the way.

About Discover Ada

In 2020, Discover Ada was founded to enhance the lives of people and businesses that call Ada Village home and promote all that Ada Village is. Since then, participating as a sponsor in the Grand Rapids Triathlon has proven to be an exciting way to show that support. The platform of Discover Ada continues to grow every day, and with that Discover Ada has found new ways to serve the community making the experience the best it can be!

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The background of the entire image is a complex, abstract pattern of black and white squares and rectangles. The pattern is composed of various sized blocks and lines that interlock to form a larger, irregular grid-like structure. The central text is contained within a white rectangular area that is slightly offset from the center of the image.

#DISCOVERADA

www.adavillage.com

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
7:50 am – Super Sprint – Green Swim Cap, all events

BIB & BIKE STICKER ASSIGNMENTS

Sprint Triathlon – White bib & bike sticker
Sprint Duathlon – White/Dark Blue bib & bike sticker
Sprint Aquabike – White/Purple bike sticker, no bib
Sprint Relay – White/Yellow bib & bike sticker
Super Sprint Triathlon – Green bib & bike sticker
Super Sprint Duathlon – Green/Dark Blue bib & bike sticker
Super Sprint Aquabike – Green/Purple bike sticker, no bib
Super Sprint Relay – Green/Yellow 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 Triathlon – Red bib & bike sticker
Half Duathlon – Red/Dark Blue bib & bike sticker
Half Aquabike – Red/Purple bike sticker, no bib
Half Relay – Red/Yellow bib & bike sticker
Olympic Triathlon – Blue bib & bike sticker
Olympic Duathlon – Blue/Dark Blue bib & bike sticker
Olympic Aquabike – Blue/Purple 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: SportStats USA, 112 54th St. SW, Grand Rapids, MI 49548.



SPORTSTATS

AWARDS

AWARDS CEREMONY

We will hold separate award ceremonies each day of the event. Anyone not able to be at the ceremonies can arrange to pick up or have their awards mailed (covering postage) after the event.

Saturday*

- 9:15 am – Super Sprint Awards
- 9:45 am – Sprint Awards

Sunday*

- 11:00 am – Olympic Awards
- 12:30 pm – Half Awards

*Tentative times subject to change

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 2024 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.

AQUABIKE, DUATHLON, RELAY & SWIM ONLY WINNERS, EACH DISTANCE

Awards will be given to the top-three finishers in each distance male/female for aquabike, duathlon and swim only and the top-three teams for relays regardless of the gender make-up of the team.



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GRAND RAPIDS TRIATHLON RACE CREW



John Mosey Level I USAT Certified Race Director

In 2011, I signed up for the Riverbank Run to raise money honoring a friend from high school. At the time I was 100 pounds overweight and unable to run for 30 seconds. Fast forward a year and I was down 70 pounds, had successfully completed the Riverbank Run, and raised a few dollars for a worthwhile charity. Like many triathletes, I transitioned to multisport as an injured runner and has since completed all distances, from a sprint up to the full. My wife, Dawn, and I live in Rockford with our two kids and two dogs.



Jon Conkling Level I USAT Certified Race Director

My focus is ensuring that all participants and spectators have a top-notch race experience. My first race was the 2012 Grand Rapids Triathlon and I have done every triathlon distance from sprint to full, in addition to full and half marathons. As a small business owner and Ada resident, I am currently on Board of Directors for the Ada Business Association as well as the Mary Free Bed YMCA Advisory Board. In my spare time, you can find me volunteering on the soccer field. I am going into my 23th season coaching my sons in AYSO, where I am also a past board-member. My wife of 25 years, Amanda, also a Full-distance triathlete, and I reside in Ada with our 5 kids, 1 dog & 2 cats.



Lori Ott Assistant to the Race Directors

The 2023 triathlon season will mark my tenth year working as the assistant to the race directors for Tris4Health. However, I have been involved with the Grand Rapids Tri since it's second year where I volunteered in transition and fell in love with the sport of triathlon. I swore the following year when I turned 40 I'd become a triathlete myself. I've been a part of Michigan Titanium since the beginning, volunteering the first two years of the event before joining the staff in the Fall of 2013. When I'm not wrapped up in triathlon/gravel world, I'm spending time with my husband of 28 years and my sons. I'm always happy to be of assistance to our athletes and help keep things running smoothly behind the scenes.



Chelsea Montes Marketing Director

I joined the Tris4Health team in 2019 and it has been a crazy ride ever since with the Jo(h)ns and team! I have worked in the triathlon and multisport world since 2015, working in communications, marketing and social media at the Olympic, national and local levels. I have been fortunate enough to travel the world working for some pretty epic triathlon races, including witnessing Gwen Jorgensen win the very first Gold Medal for USA at the 2016 Rio de Janeiro Olympic Games. After years of only writing about the sport, I finally gave into the triathlon peer pressure and learned how to swim last year and did my first-ever sprint triathlon last summer. Fun fact: I completed the triathlon while pregnant, so I can say that my new baby boy was born a triathlete!



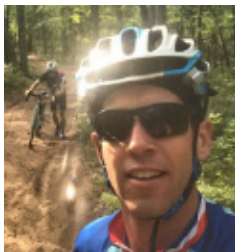
Elizabeth Fanco Admin Assistant

As a lifelong non-athlete, my world turned upside down when I started walking (and eventually running) for clean water with Team World Vision in 2018. Over the past few years I've gone from having never run a mile to racing dozens of half marathons, running the NYC marathon, and even becoming a triathlete. I'm a busy mom of 8 who left behind 2 decades in the legal field to work doing what I'm passionate about: helping put on the best race experience for seasoned athletes and first timers alike. My absolute FAVORITE thing about working on races here in Michigan is when someone experiences the change that happens when they go from "I could never do that" to crossing the finish line and realizing that they just accomplished what they once thought was impossible.



Jill Beckwith Volunteer Coordinator

This is my second year working for Tris4health and I couldn't be more excited. I have volunteered and been a champion for 5+ years with the GR TRI & Michigan Titanium Triathlon. I also asked to be part of the team at the Dirty Mitten because they are some of the most amazing people I know and a fun time is always guaranteed. I still retain my title as "Sno Cone Jill" despite being Volunteer Coordinator and focusing on getting the awesome volunteers needed to support athletes at the races.



Jason Perry Site Manager & Swim Course Marshal

I have always been someone to strive and try something new and have become encompassed in the endurance world and being outdoors. I started running in 2006 with my first race being Fifth Third and then into Ultra Running and then moving onto triathlons with Grand Rapids Triathlon in 2011 and always find myself returning for this race whenever I can. I was able to meet the John and Jon at my first Ironman and build a relationship from there and continuing into completing in several other Triathlons. I look forward to working with the team and making sure our swim course is set properly.



Dawn Hinz Swim Safety Coordinator

I place high value on safeguarding others. As a lifeguard on Lake Michigan, I was taught diligence and focus for life safety. Tris4Health emphasizes safety across their events and the swim portion is no exception. With the support of Athletic Mentors, I'm eager to partner with Tris4Health as their Swim Safety Coordinator. We've already implemented improved training for Guards prior to race day, and we will continue to build additional improvements. Working together with local Sheriff's, Firefighter's, and Diver's, we'll provide a rock solid safe swim experience.



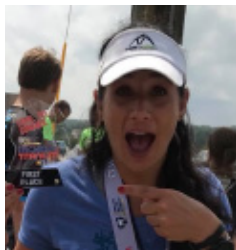
Eric Mentalewicz Bike Course Marshal

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.



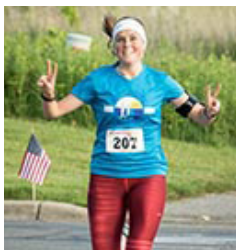
Tony Horvath Site Support

This is my third year on staff for Tris4Health working behind the scenes at most of their events. As an athlete, I enjoy cycling as well as doing mud and gravel races. I'm also very proud father of a Western Michigan University graduate.



Victoria Brown Run Course Marshal

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! 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.



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.



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.



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!"



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.



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.



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 GRTri Sprint in 2012. Now I love being on race staff almost as much as training and racing myself.



Don Goetcheus Youth Duathlon

In 2007 I was swimming laps a couple of days a week and mountain biking to stay in shape. But I wasn'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.



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.



Lisa Robinson VIP

In 2012, I joined my church running club after my last child had graduated from high school. I needed to get out socially and why not get in shape too. Little did I know that this crazy bunch of instigators, runners, cyclists and triathletes would change the direction of my life in the best way possible. 2013 was the year of why not! I accomplished every running race distance from a 5K to a 50K and Sprint, Olympic and Half Iron distance triathlons. I was so in awe of our running and triathlon communities, I was hooked for life. Having participated in so many events, I understand how important it is in giving back. Need a volunteer for your race, I'm in! I've been on several race staff through out the years as well. This is my second year on staff of one of my favorite race, Grand Rapids Triathlon. I can't wait to help make race day as exciting for this years participants as it was for me at my first GR TRI.



Alison Kraai McKee Finish Line Food

I've been a lifelong athlete, including running and swimming, yet was generally a bit hesitant to ride a road bike. After having a premature baby, I was looking for a way to feel mentally and physically stronger, so I trained for and finished my first triathlon in 2012. I also discovered that I do love to ride bikes as well. In the past ten years, I've completed every distance of triathlon, including a full 140.6 last year (2021). The gift of training, of competing, and being in this sport has given me so much! I look forward to giving back and supporting others again this year as finish line food 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 GRTRI for 10 years and would not miss the opportunity to race/help out and be involved in this race.

SPECIAL EVENT INFORMATION

AQUABIKE

The Aquabike course will be the same as the tri 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 make your way around to the far end of the finisher chute so our announcer 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.

DUATHLON (Run - Bike - Run)

The Duathlon course will be the same as the triathlon course for each distance. Duathletes will begin their first run on at a special starting line located Thornapple River Drive by the swim area. They will go off at the same time as the corresponding swim distance. They will conclude their first run in the transition area and begin their bike leg, followed by their final run leg.

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.

SWIM ONLY

Swim-only participants will go off with the corresponding triathlon distances. When finished with your swim, cross the finish line to receive your medal. **Your official time is when you cross the mat exiting the swim and not when crossing the finish line.**

DETOUR MAPS

SATURDAY CLOSURES: 4AM-11:30AM

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

SUNDAY DETOURS

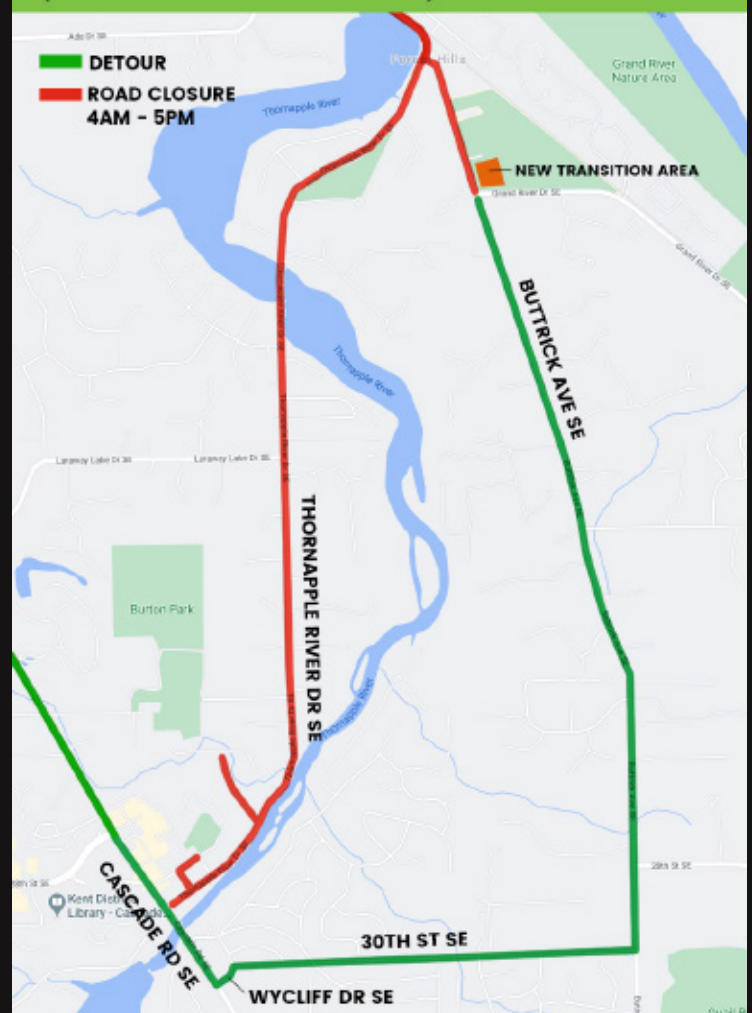
FROM THE SOUTH

- 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)



TRANSITION AND FINISH LINE AREA: ADA PARK

IMPORTANT: FOR THE SAFETY & SECURITY OF ATHLETES, SPECTATORS ARE NOT ALLOWED IN TRANSITION!

Transition Details

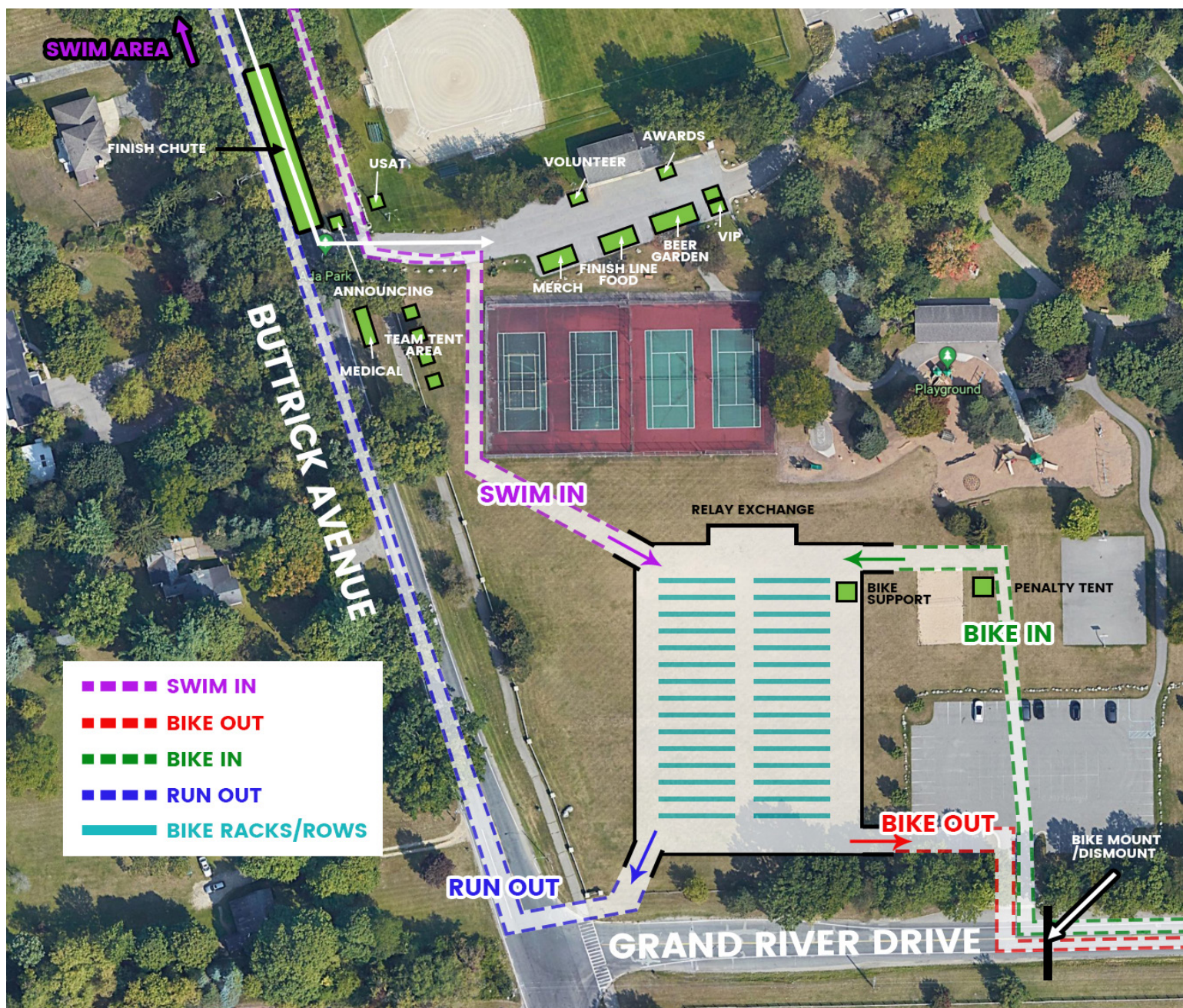
Transition opens for both days for athletes at 5:15 am.

Saturday

- 6:45 am – Transition Closes for Sprint Athletes
- 7:15 am – Transition Closes for Super Sprint
- 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



THE SWIM

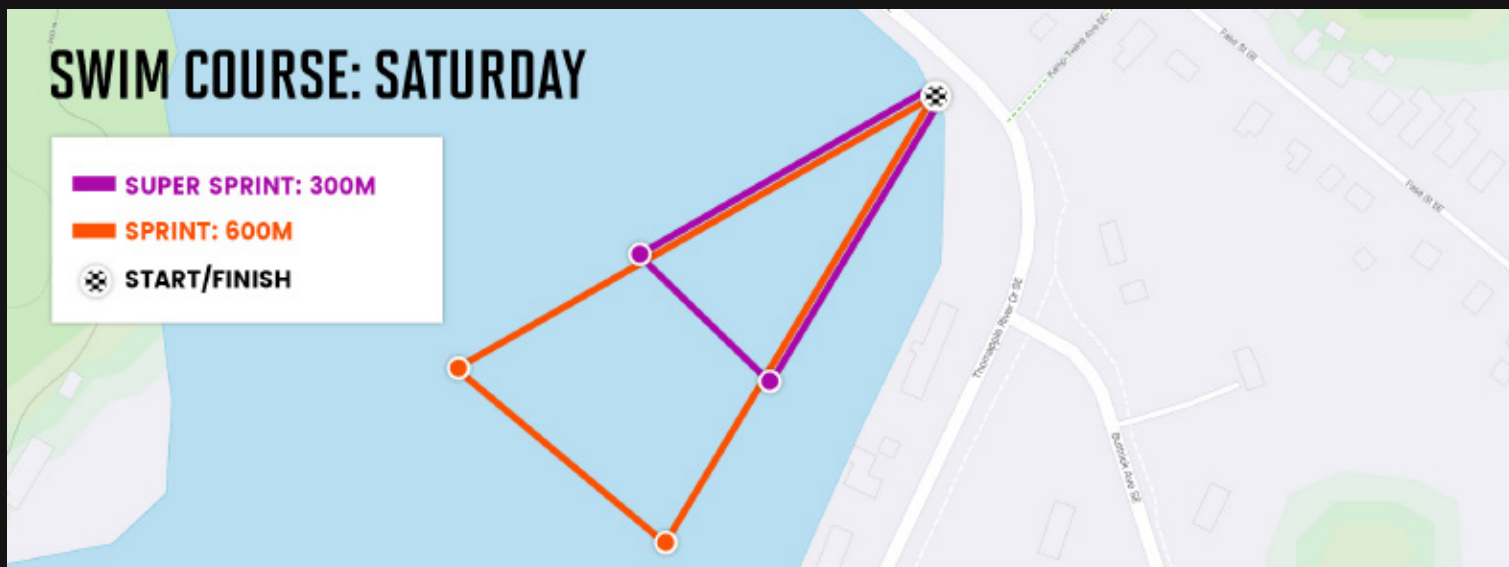
Each distance will have a different cap color and you're required to wear our swim cap. Participants will start the swim in a "time-trial start", going into the water in intervals of 5 seconds. We ask that athletes "self-seed" themselves based on their estimated swim time (distance/100m or total swim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

SATURDAY SWIM START TIME/CAP COLOR

7:00 am - Sprint - White Swim Cap, all events

7:45 am - MI HS Championship - Green Swim Cap

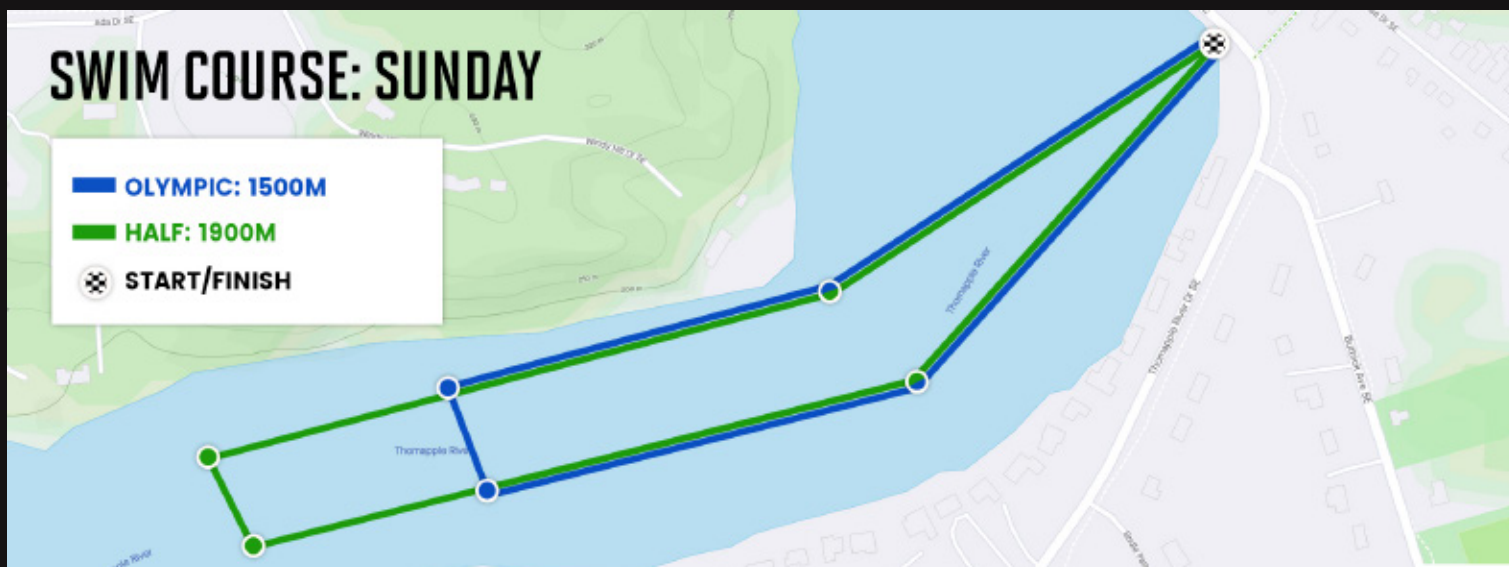
7:50 am - Super Sprint - Green Swim Cap, all events



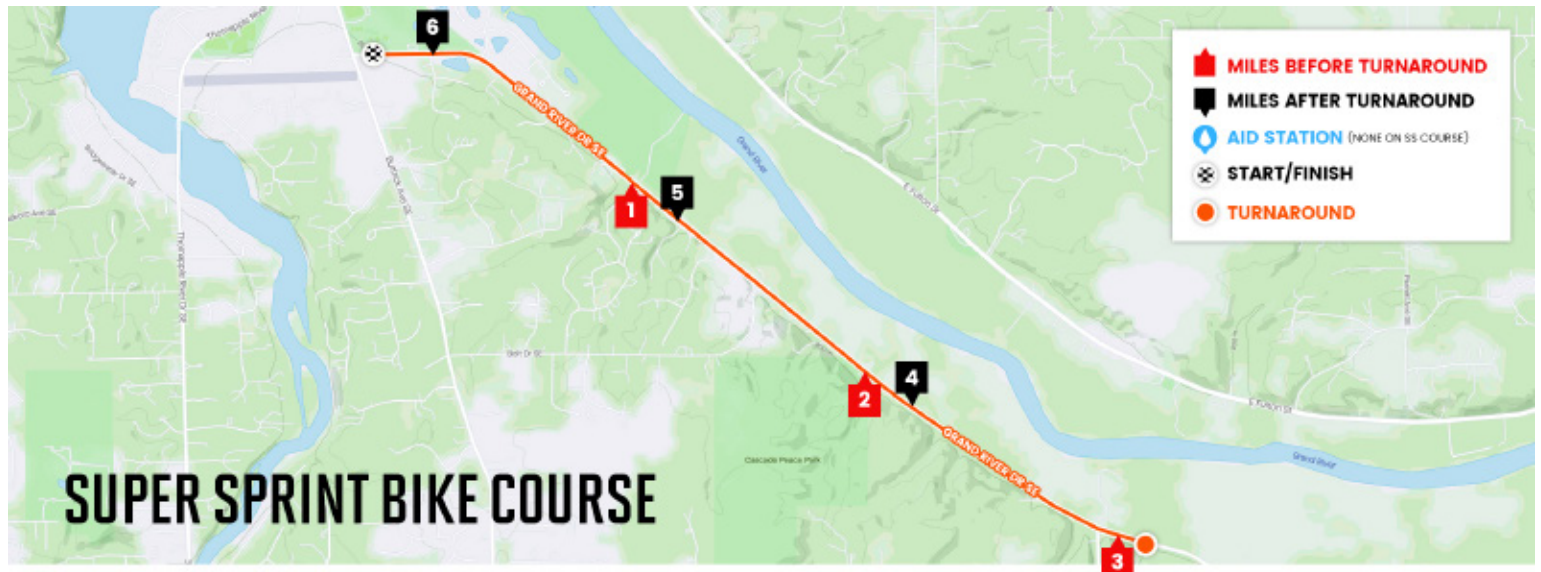
SUNDAY SWIM START TIME/CAP COLOR

7:00 am - Half - Red Swim Cap, all events

8:00 am - Olympic - Light Blue Swim Cap, all events



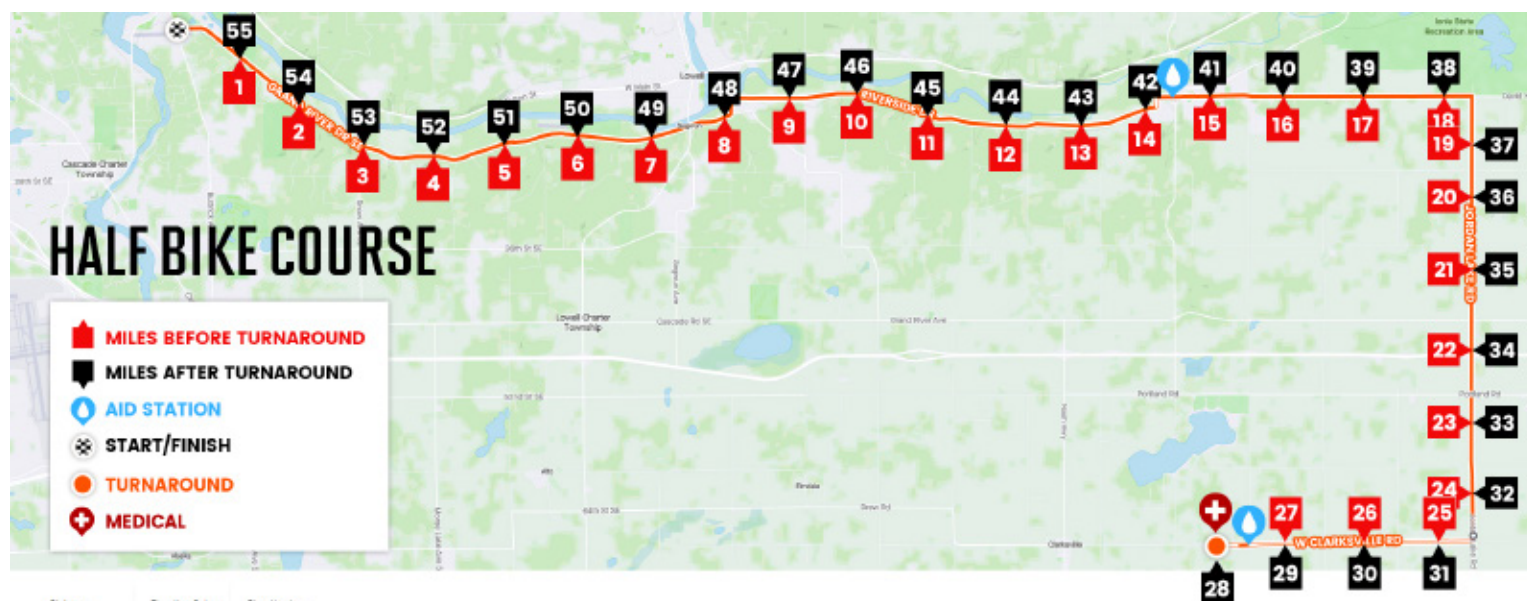
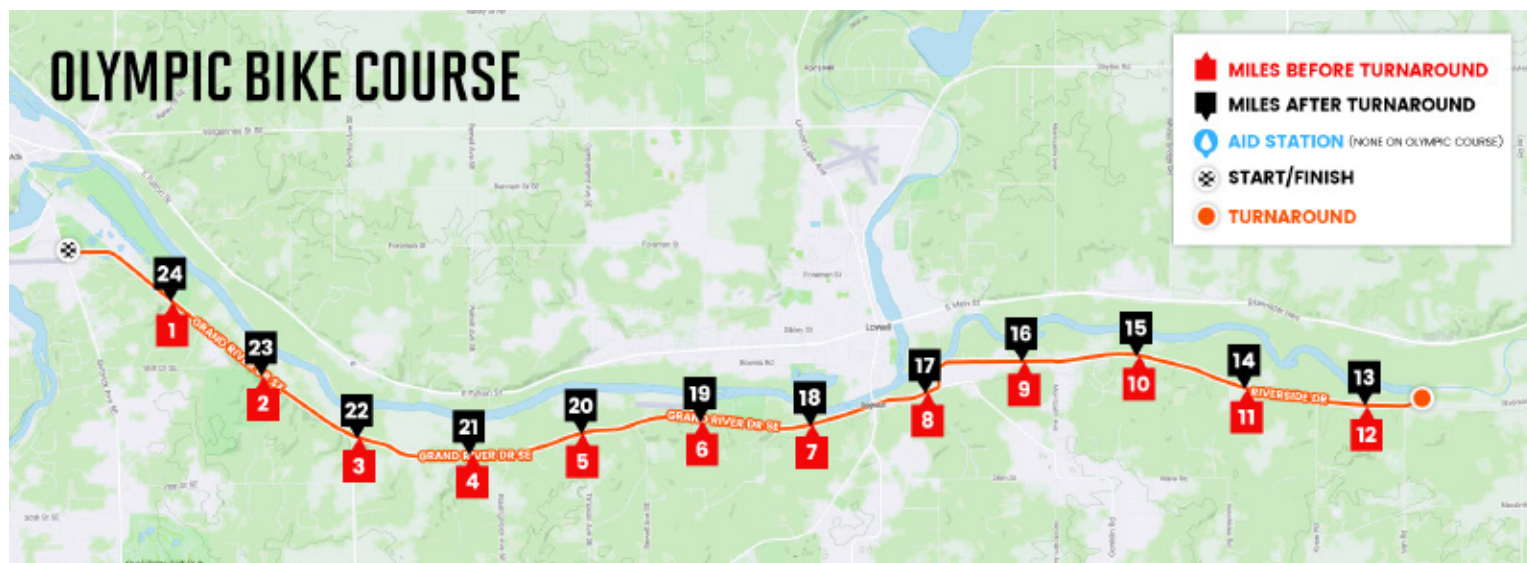
THE BIKE: SATURDAY



BE AWARE: THIS IS AN OPEN BIKE COURSE!

THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE BOTH DAYS!

THE BIKE: SUNDAY



THERE ARE TWO AID STATIONS ON THE SUNDAY HALF COURSE

***THERE ARE NO BIKE AID STATIONS SATURDAY DUE TO THE SHORT COURSES.**



Athletic
Mentors

Beginner
to Elite
Levels
Available

COACHING, CLINICS
& METABOLIC TESTING

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AthleticMentors.com



Or CALL 269.743.2277

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.**

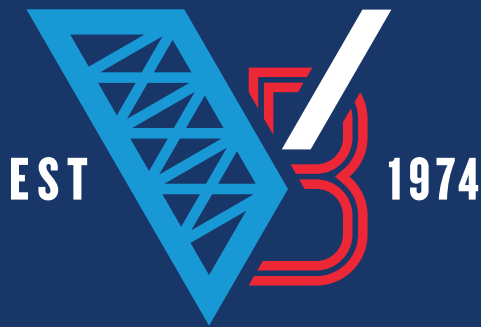
MOTOPATROL

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.



Welcome back GRTri athletes!



VILLAGE

BIKE & FITNESS

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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.



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PICKLE JUICE®



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- 10x the electrolytes as other sports drinks
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INNOVATION

The official 2023 print partner of Tris4Health events.

Striders

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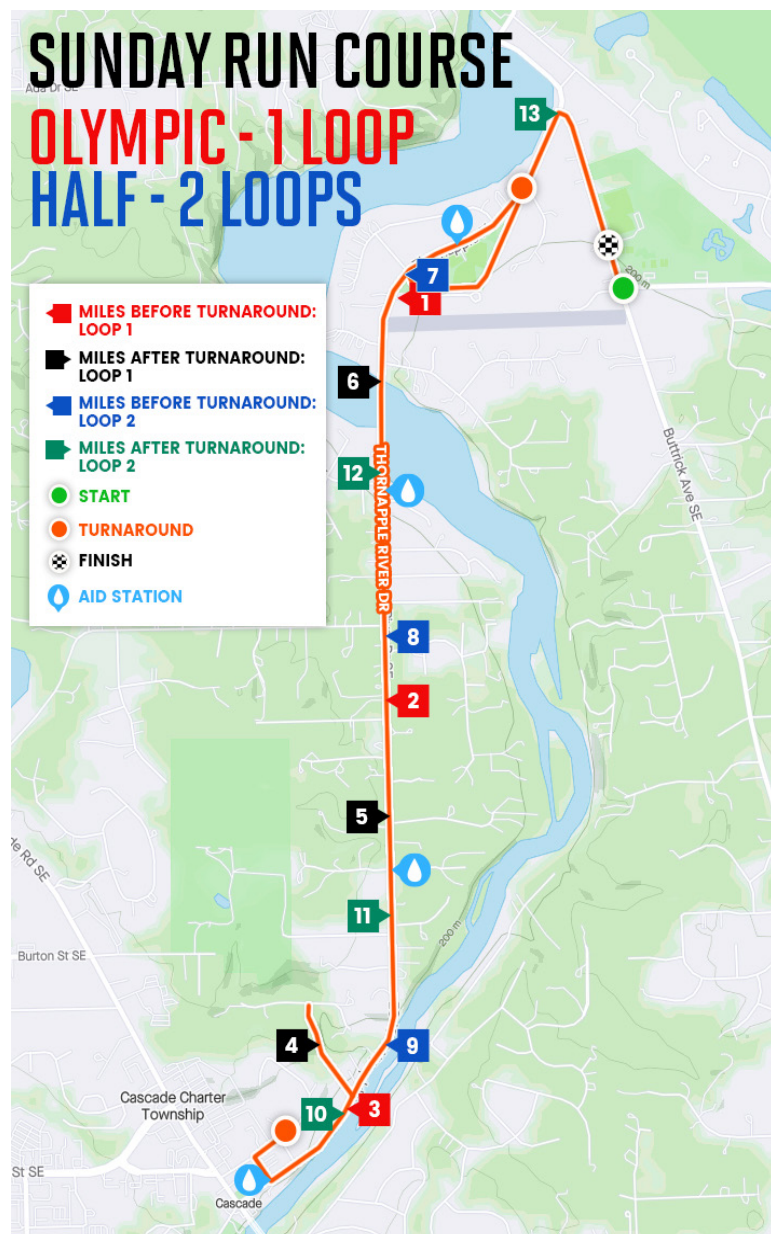
THE RUN

SATURDAY RUN COURSE



SUNDAY RUN COURSE

OLYMPIC - 1 LOOP HALF - 2 LOOPS



MUDPENNY

NOW OPEN FOR DINNER!

Thurs/Fri/Sat 5p-10p
Make your reservations today!



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SUPPORT GRTRI FIRST-TIMERS

DID YOU KNOW THAT OVER 25% OF OUR PARTICIPANTS ARE FIRST-TIME TRIATHLETES? **NOW YOU CAN IDENTIFY THEM ON COURSE!**

If you see someone on course Saturday or Sunday wearing a **GREEN GRAND RAPIDS TRIATHLON BRACELET**, make sure to cheer them on! Every first-time Grand Rapids Triathlon participant will receive a bracelet at packet pick up.



THE DOUBLE DOWN

RACING BOTH DAYS WITH US? **EARN YOUR EXTRA MEDAL!**

If you race Saturday AND Sunday at GRTri, you will earn our **Gravel Bottom Craft Brewery Double Down medal!** When you cross the finish line on Sunday, head over to the Volunteer Tent to collect your extra bling.

BONUS: The Double Down medal doubles as a bottle opener!



FRONT



BACK

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Pediatrics**

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5150 Cascade Rd SE, Suite B, Grand Rapids, MI 49546

GRAND RAPIDS
Youth Duathlon

A TRISA HEALTH EVENT

Presented By

**Cascade
Pediatrics**

SATURDAY, JUNE 10, 1-2:30PM, ADA PARK

Register today at **GRYouthDuathlon.com**



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LOCAL CHARITY PARTNER: BRODY'S BE CAFE

Grand Rapids Triathlon is honored to welcome back our local charity sponsor, 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 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.

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**



Supplying all of the GRTri RTVs on the course.
Visit wolfkubota.com



Supplying all of the electric bikes on the course.
Visit pedegoelectricbikes.com

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 rack.

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 rack. Body markings will need to match bike stickers in order to remove items.



Make-A-Wish
MICHIGAN

DREAM TEAM

swim • bike • run

You can still join the Make-A-Wish® Michigan Dream Team to make transformational wishes come true for Michigan children with critical illnesses.

SWIM  BIKE  RUN 

Learn more!
www.dreamteammaw.org

Or email our team captain: DanVanskiver@dreamteammaw.org



GR **GRAND RAPIDS TRIATHLON 2023**
JUNE 10 - 11
Huntington #DISCOVERADA

OFFICIAL CHARITY PARTNER: MAKE-A-WISH DREAM TEAM

The Dream Team benefiting Make-A-Wish Michigan strives to connect endurance athletes looking to challenge themselves on the race course, 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 10-11 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!

GOOD LUCK TRIATHLETES

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 | UofMHealthWest.org

Official sports medicine provider for the Grand Rapids Triathlon.



A MESSAGE FROM DR. K: “RACE WEEK!”

Ed Kornoelje DO

Sports Medicine | University of Michigan Health-West

It's race week! Good news—it's a little cooler than last week. You have done the training—now time to for a race! For some of you this will be the big race of the year—for others it's a measuring stick for future events. Whatever the case is for you here are a few last-minute reminders:

1. Listen to your body! Hopefully you are feeling good this week, but if you have a little niggle get extra rest this week—more training won't help at this point!
2. Don't do anything new this week or on race day! No new food or gear or last-second training tweaks. Familiarity is your friend!
3. Look for us (even if you don't need us). We will be in maize (sorry Spartans—but I am one of you!) and located at the swim exit, SAG vehicles, on the run course, and at the finish line. We hope to see you—swimming and cycling and running right past us!

One more—have fun! Whether this is a PR chase or family fun, you are all winners by getting out there and doing it. If you need us after the event, go to www.uofmhealthwest.org or call 616-252-7778.



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RACE PROMOTION



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EIGHT COMMONLY VIOLATED USAT RULES

1. Helmets and Chinstraps: Helmets must be worn and securely 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.

2. Unauthorized Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

3. Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

a.) For all events with a cycling distance up to and including the standard distance, the bicycle draft zone is 10 meters long extending backwards from the leading edge of the front wheel (5 bike lengths of clear space between bikes). Athletes have 20 seconds to pass through this zone.

b.) For all events with a cycling distance greater than a standard distance, the bicycle draft zone is a distance of 12 meters long extending backwards from the leading edge of the front wheel (6 bike lengths of clear space between bikes). Athletes have 25 seconds to pass through this zone.

4. Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

5. Headphones and Communication devices: Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A “distractive 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 twoway radio communication. Using any communication device in this manner during the competition may result in disqualification.

6. Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

7. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

EIGHT COMMONLY VIOLATED USAT RULES (CONTINUED)

8. Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

For more information and a complete set of USA Triathlon Rules, please visit:
www.teamusa.org/usa-triathlon





**Toasting all of the
GRTri athletes!**
Good luck race
weekend!

**THE OFFICIAL
GRAND RAPIDS TRIATHLON
BEER SPONSOR**

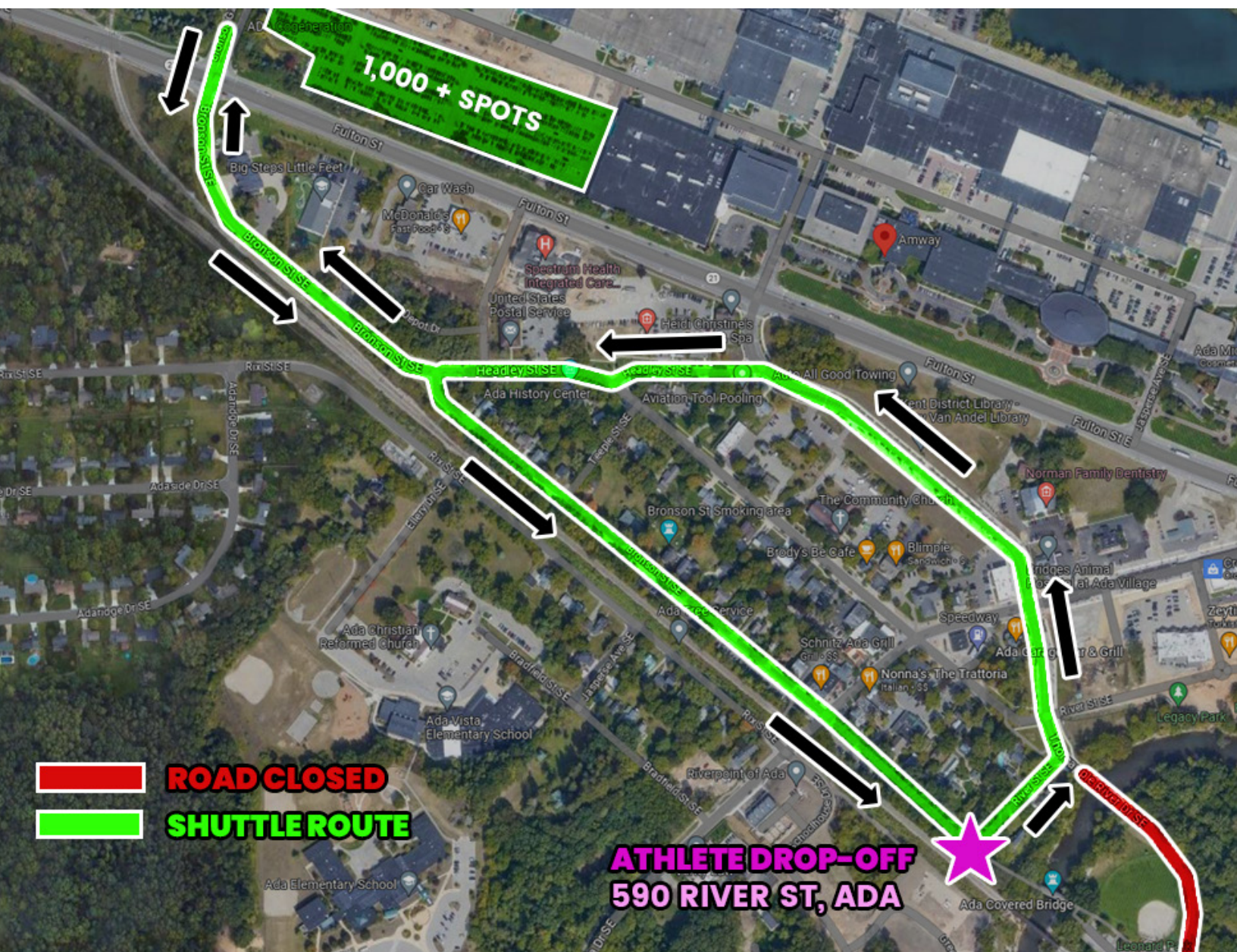
PARKING & SHUTTLE MAP

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 10 from 4am to 11:30am and Sunday, June 11 from 4am to 5pm.



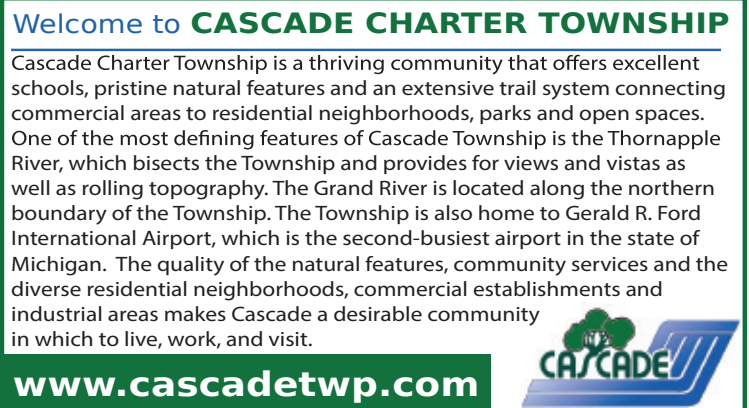
FINISH LINE FOOD

Saturday

We will be offering a variety of pastries (muffins, croissants, danishes, bagels) plus fruit from Harvest Health Foods, Chocolate Milk from Country Fresh, Pepsi products and more!

Sunday

We will have food from the Ada Garage Bar & Grill and pizza from Papa K's plus fruit from Harvest Health Foods, Chocolate Milk from Country Fresh, Pepsi products and more! Our beer tent benefitting myTeam Triumph featuring beer selections from Gravel Bottom Craft Brewery will also be available.





The official 2023 transport sponsor of Tris4Health events.

OFFICIAL SECURITY OF THE GRAND RAPIDS TRI SINCE 2015



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- EXECUTIVE PROTECTION
- EVENT GUARD SERVICES
- MORE

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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



Physical Therapy ● Personal Training ● Performance Testing

TREATING YOU LIKE A PRO.

ZERO WASTE EVENT

We are thrilled to be partnering with Happy Planet Running to make Grand Rapids Triathlon a zero waste event! Help us do our part by making sure to keep the course clean.

Happy Planet Running provides training, materials, planning, and race-day sustainability services for running and other events.

To learn more, visit happyplanetrunning.com



SPECTATOR INFO

Spectators are 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.

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 sun-screen, 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.

LOST AND FOUND!

- **Lost and found will be located at the Volunteer Tent.**
- If you've lost something, check that tent on race weekend. Contact info@tris4health.com 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.
- Unclaimed items will be donated by 7/15/23

2023 GRAND RAPIDS TRI ATHLETES

SUPER SPRINT TRIATHLON

LUCY ABANDO
TYLER ADAMS
DALE ALBRIGHT
JANE ALBRIGHT
CHELSEY APPELDOORN
LAUREN ARNOS
BRUCE BABCOCK
MELISSA BAKER-BOOSAMRA
JOSHUA BALAN
KYLE BALDWIN
NOAH BALDWIN
TERESA BANKES
PAUL BREUER
WILLIAM BRIGGS
JOSHUA BROWN
CONNOR BRUECK
ELIZA BUEHLER
SARAH BUTTSON
JENNY CALCATERRA
BILLY CAMPBELL
HILLARY CAMPBELL
ANDREA CARBINE
GENEVIEVE CATABIAN
MISHA CEE
THOMAS CHRISTIAN
JACKIE CLAUS
SARA COFFEY
THOMAS COFFEY
DEBORAH DECKERT
ADAM DEE
LINCOLN DEKOSTER
MATTHEW DOLLIVER
ALLISON DYKSTRA
CYNTHIA ERICKSON
BRENNAN FARRELL
CHRIS FARRELL
MIKE FARRELL
ELIZABETH FIDELER
ARIANNA FIKSE
DIANNE FIKSE
SIMON FIKSE
MICHELLE FRICKE
BELLA GENSER
ALEX GIBSON
TABOR GLEASON
HEIDI GLEW
COLLEEN GLYNN
HANNAH GLYNN
MEGHAN GLYNN
MICHELE GRIFFUS
JULIE GRONEK
MEGAN GRONEK
ANNETTA HALL
LAURA HALL
SHELBY HAMILTON
ELLIE HILE CORBIN
JOHN HUNT
SHANE JORDAN
SHARON KIMURA
KRISTI KONING
KAREN KORHORN
BRONTE KOWALSKI
MEGHANN KRELLE
DANIEL KRUSE
VICTORIA LEHMAN

IAN LOCK
KATIE LOPEZ
MIA LOPEZ
RHIAN MACHIELA
SUE MAIN
ASHLEY MARTIN
DR ANISSA MARTIN
BRIGETTE MAST
LAURA MATTSON
JULIE MCCLAIN
EASTON MCCLOY
WESLEY MEYER
JEFFREY MILES
HANNAH MILLS
HUMZA MOHIUDDIN
BEN MUELLER
VICTORIA MUELLER
ANTHONY MUNOZ
JALEN MUNOZ
PAULA NOLTE
INGRID NOVA
JACQUELYNE OLSON
BROOKE OOSTERMAN
DANIEL OZINGA
MARK PARKER
SARAH PARKER-HORMUTH
MARK PEARSON
NICHOLAS PERAINO
STEPHANIE PERAINO
OLIVIA PERRINE
ANDY PONSTEIN
SUSAN PONSTEIN
CHASTITY PRATT
TAYLOR PUNG
CHRISTINE QUEEN
DEREK SCHAAF
JOSHUA SCHMID
KIANN SCHMOTTLACH
WESLEY SCHOLTEN-HOLCOMB
NANCY SHUPE
TESSA SIMMONS
JAMES STAPERT
MARIA STAPERT
TIM STAPERT
TYLER STINTON
HARRY KEITH
SUTHERLAND
JENNIFER SUTHERLAND
MEGAN TAYLOR
ROSE THAYER
GRACE TUMMEL
ASHLEY VANCE
TERESA VANDELIER
TODD VANDENBRAND
AMANDA VANHAITSMA
WENDY VANZILE
ZANE VANZILE
JULIE VIS
BRIDGET WALKER
MANDY WALLICK
KATE WOODS

SUPER SPRINT AQUABIKE

JESSICA HERRINGTON

SUPER SPRINT DUATHLON

STEVE DAY
SUSANNA FRANKS
MARGARET KENNEDY
RYAN PENLAND
LISA PLETCHER
DIANA ROSS
ALEXANDRIA SCHMIT
GARRET VETTER
MARY WALLACE

SUPER SPRINT RELAY

AILEEN HOFFMAN
GRACE HOFFMAN
ROBERT HOFFMAN
JESSICA WALKER
JOHN WALKER
KAREN WALKER

SUPER SPRINT SWIM ONLY

NICK DEKOSTER

SPRINT TRIATHLON

ALEXANDER ADAMS
ELLEN ADAMS
JAMES ADAMS
KATHY ADAMS
EV AGIN
JORDAN AGUSTIN
MATT ALBIN
DAN ALDERINK
RICK ALLISON
STEPHANIE ANGEL
BRANDON ARNOLD
ALEJANDRO ARPIO DE ALBA
MICHAEL ARRIETA
JARED ARVIDSON
ELIZABETH AVALOS
ROCKY BABCOCK
GRAEME BAINBRIDGE
ALLISON BANNICK
ANGELA BARKHOLZ
KIMBERLY BARNES
GERALD BAROFSKY
DEREK BARRETT
PAUL BASTON
JOSEPH BAUER
MATT BEACH
MELISSA BEACH
JOHN BECKER
KELSEY BECKER
JORDAN BEIMERS
MEREDITH BELL
JENNIFER BERNATH
ANDREW BESSELSSEN
ETHAN BJORK
HAYDN BJORK
MATTHEW BJORK
ETHAN BLACKPORT
EVAN BLINDER
BRUCE BOERSMA
HEATHER BOERSMA
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WARREN CALCATERRA
ANDERS CARLSON
GUSTAVO CASTILLO
MELISSA CHAPMAN
REAGAN CHESNUT
EDWIN CHOI
JUSTIN CHRISTENSEN
MADDIE CHRISTIANS
EMILY CLARK
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ADAM CONE
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KELLY CONWAY
KARL COOPER
JOEY COSTELLO
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DOUG DAWE
ZETH DEAN
CASEY DEKLEIN
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ALEXANDRA DENHOF
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IAN DEVRIES
JEREMIAH DEWEERD
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HANNAH FATHMAN
AIDAN FAYHEE
ALANA FEIGENBAUM
JEREMY FELICE
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MIKE HOLKA
PAUL HOLLAND
LYNN HOOGERWERF
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LARRY HOSKINS
BECKI HOWARD
DARYL HOWARD
ELIJAH HUANG
BRENNAN HUISMAN
CHRISTIAN HUISMAN
DAVID HUISMAN

DEVON HUISMAN
BETSY HUNT
JACE HUNT
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TERRY HUTCHINS
AMY HUYSER
KEN HYDE
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BRYAN KAMPS
HA RAM KANG
SAM KATZER
LAURA KAVLIE
PATRICK KAZEN
JESSICA KEARNS
NATALIE KEIGHER
GINA KEIZER
MITCHEL KEIZER
THOMAS KEIZER
RYAN KELLY
SAMANTHA KELLY
GREG KEYS
MATT KILROY
JOEL KING
SUSAN KING
KELSEY KIRKBRIDE
SHERRY KIRKBRIDE
KRISTA KLEINHEKSEL
ROB KNECHT
DAVID KOSTER
KEELY KOWALSKI
KRISTIE KOWALSKI
TIMOTHY KREFT
AMANDA KRONEMEYER
EMMETT KRUPCZAK
DANIEL KRUSE
REID KRUSZEWSKI
PETER KUIPERS
PETER KUPERUS
RYAN LANCOUR
LINDSEY LEBLANC
RAMON LEDEZMA
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JOSEF LENERT
DOMINIC LIGOCKI
JASON LILLY
ANNA LINDSTROM
ISAIAH LINDSTROM
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ANDREA LOBERG
BOBBIE LOGAN
WILL LOGAN
TYLER LOREE
PAMELA LOVELL
CHARLIE LUCAS
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NIKLAS LUEHMANN
JAMIE LYBERG

MATTHEW MAIN
STEPHANIE MAJERCIK
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ANDREW MATTSON
CHRISTOPHER MATTSON
ALLYSON MAURER
JAI MAW
AARON MCCLOY
MICHELLE MCCLUNG
YOLONDA MCCLURKEN
DAVID MCGAFFEY
KATHY MCGILTON
JAMES MCGLOTHLIN
CAMELIN MCKAY
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MYKAYLA MCNEES
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MARTIN MINTEER
LAURIE MOONEY
LINDSEY MOORE
MARGARET MOORE
ZACH MOORE
ANNE MORGAN
COURTNEY MORTON
JOE MOSIER
MATT MUELLER
THOMAS MULL
JACOB MULLIN
CAMERON NELSON
HANNAH NELSON
NAOMI NELSON
KEVIN NOBLE
CARSON NOORDYKE
CHRIS NOORDYKE
MARY KATE NORMAN
ROB NORRIS
TOM NUGENT
ARIANA NYMAN
JAMES OGILVIE
ERIC OLSEN
RON OLSON
AUTUMN OOSTINDIE
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