



GRAND RAPIDS TRIATHLON 2024

JUNE 8-9

PRESENTED BY  **Huntington**

**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 ATHLETES

FROM THE RACE DIRECTORS

We would like to welcome you once again to this year's Grand Rapids Triathlon! As Michigan's largest triathlon, and this year's Michigan State Championship, 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 presenting sponsor, Huntington National Bank. 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 Mosey / Jon Conkling
Race Directors, 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 \$194 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 approximately 970 branches in 11 states, with certain businesses operating in extended geographies.

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

BIB & BIKE STICKER ASSIGNMENTS

Sprint Triathlon – Green bib & bike sticker
Sprint Duathlon – Green/Dark Blue bib & bike sticker
Sprint Aquabike – Green/Purple bike sticker, no bib
Sprint Relay – Green/Yellow bib & bike sticker
Super Sprint Triathlon – Orange bib & bike sticker
Super Sprint Duathlon – Orange/Dark Blue bib & bike sticker
Super Sprint Aquabike – Orange/Purple bike sticker, no bib
Super Sprint Relay – Orange/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 – White 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 – White bib & bike sticker
Olympic Duathlon – White/Dark Blue bib & bike sticker
Olympic Aquabike – White/Purple bike sticker, no bib
Olympic Relay – White/Yellow bib & bike sticker



SUPER SPRINT



SPRINT



OLYMPIC



HALF

DUATHLON

AQUABIKE

RELAY

AWARDS

AWARDS CEREMONY

We will hold separate overall 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. There will be no formal age group awards ceremony either day. Age Group awards can be picked up at the awards tent.

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.



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.**



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GRAND RAPIDS TRIATHLON RACE CREW



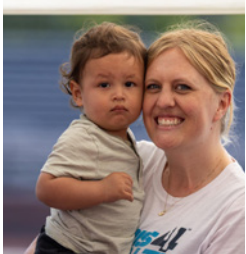
John Mosey Level I USAT Certified Race Director

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 25th 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, 2 dogs & 1 cat.



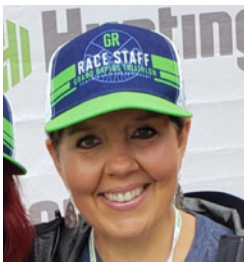
Chelsea Montes Marketing Director

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 and did my first-ever sprint triathlon in 2022. Fun fact: I completed the triathlon while pregnant, so I can say that my baby boy was born a triathlete!



Michelle McClung Director of Operations

I signed up for my first sprint triathlon in 2019. Prior to that I was a runner and had never swam in open water and had to buy a bike. A friend convinced me it was a good idea. I struggled through the swim but did well enough on the bike and run that I ended up first place in my age group. I decided then this was something I enjoyed enough to keep doing. I signed up for a masters swim class and really started to work on my swimming. Once I got through the swimming fears I truly fell in love with the sport and the atmosphere of race day. Since I have added the Olympic distance and the half distance. My future plans will be to do a full distance one day. Needless to say working for Tris4Health allows me to work in an industry I love and be surrounded by amazing and inspiring people.



Jill Beckwith Volunteer Coordinator

This is my third 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 will still be retaining my title as "Sno Cone Jill" but will be shifting my focus to getting the awesome volunteers needed to support athletes at the races.



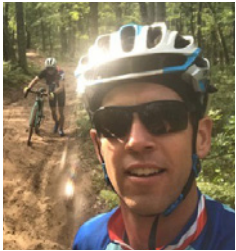
Sam Conkling Admin Assistant

This is my very first year as a part of the Tris4Health team, and I'm so excited to take a more active role in all the incredible races that are happening! I was first introduced to the triathlon community in 2012, when my dad competed in the Grand Rapids Triathlon for the first time. I've been to countless races since then, both cheering people on from the sidelines and helping out behind the scenes, and while I've never completed one myself, who knows what the future holds?



Keith Love Site Manager

I signed up for my first sprint triathlon in 2016. Prior to that I had never swam a lap, touched a road bike, or ran more than a 5k, so the thought of all three at once was terrifying! A friend talked me into signing up and I wasn't sure I was going to live through the swim. After A LOT of training and helpful advice from friends, I survived and only crashed once! Needless to say, I fell in love with the magic of race day which is why I joined the Tris4Health team. I want everyone to love triathlons as much as I do so I joined the amazing team that makes that possible!



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 Sherriff'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.



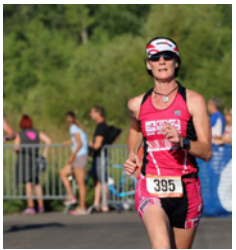
Tony Horvath Site Support

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.



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!"



Kevin VanderGraaf Aid Station Set up, Break down and Supply

Kevin is an established race director having started the Jenison and Allendale Triathlons. He is well known and respected as a race director in our community and has a colorful athletic background. He started running with his dad about 30 years ago, but started running more consistently when he joined the Army in 1997 – you had to run in order to eat breakfast! He started racing in triathlons in 2008 and currently races with Team Stellafly. He has raced in over 100 races including 5 marathons and 50 triathlons from Sprint to Olympic and Ironman 70.3 to Ironman 140.6 distances. He has also run as an official pacer for the Riverbank 25K 6 times. When not competing with Team Stellafly, myTeam Triumph – West Michigan Chapter, or volunteering in local community, Kevin enjoys hockey, shooting firearms, and family vacations. He is blessed with his wife Amber of 23 years, and his son Jacob, daughter Alexis and his grandson.



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.



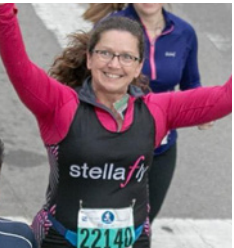
Jennifer Baker Run Course Signage

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.



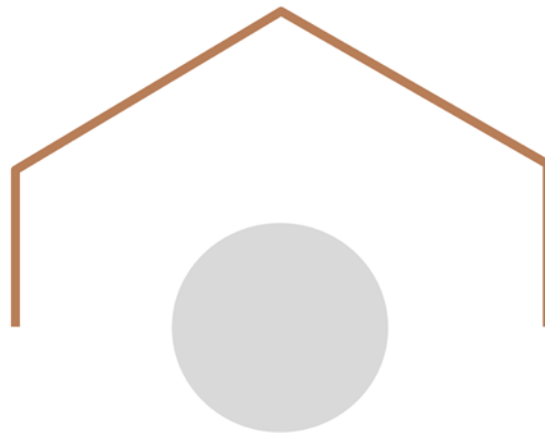
Lisa Robinson VIP

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. This is my third 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 year's participants as it was for me at my first GR TRI.



Chelsea Kaminski Packet Pickup/Finish Line Food

Chelsea is a native to West Michigan. She first got involved with Triathlons over 20 years ago, through her dad, Ron Knoll. Chelsea, her husband John and their 3 kids live on a farm in Nunica, which is what she calls "her happy place". When she isn't busy with her kids sports schedules, she loves to play volleyball, basketball, garden and spend time with her horses.



Becky Vandebroek

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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

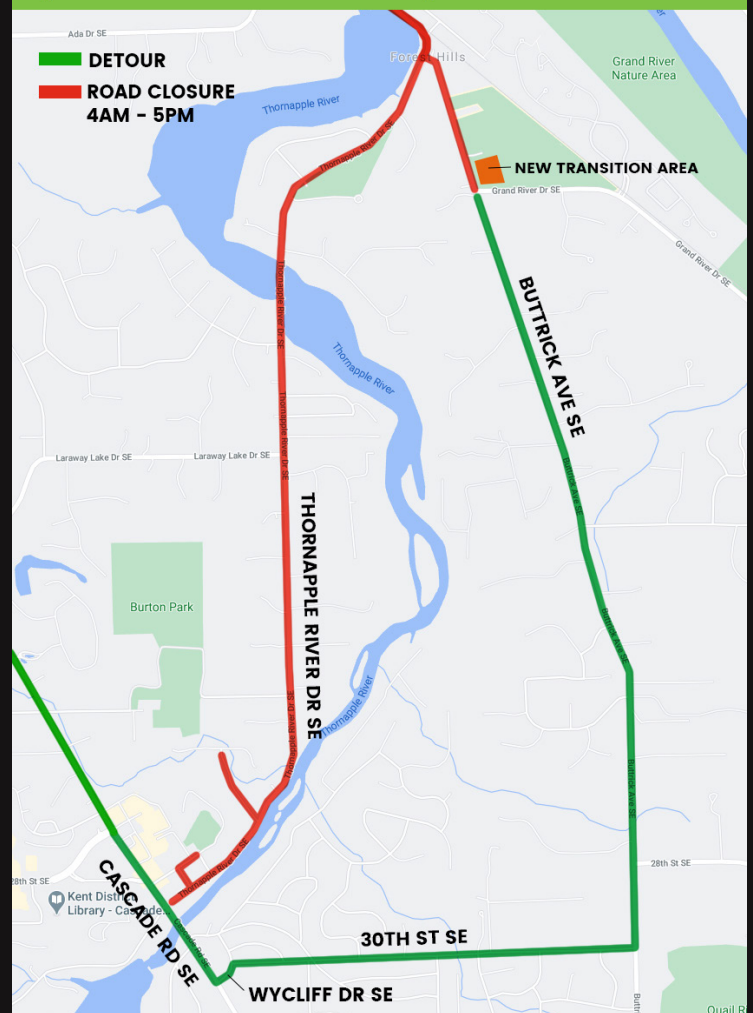
FROM THE SOUTH

- 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

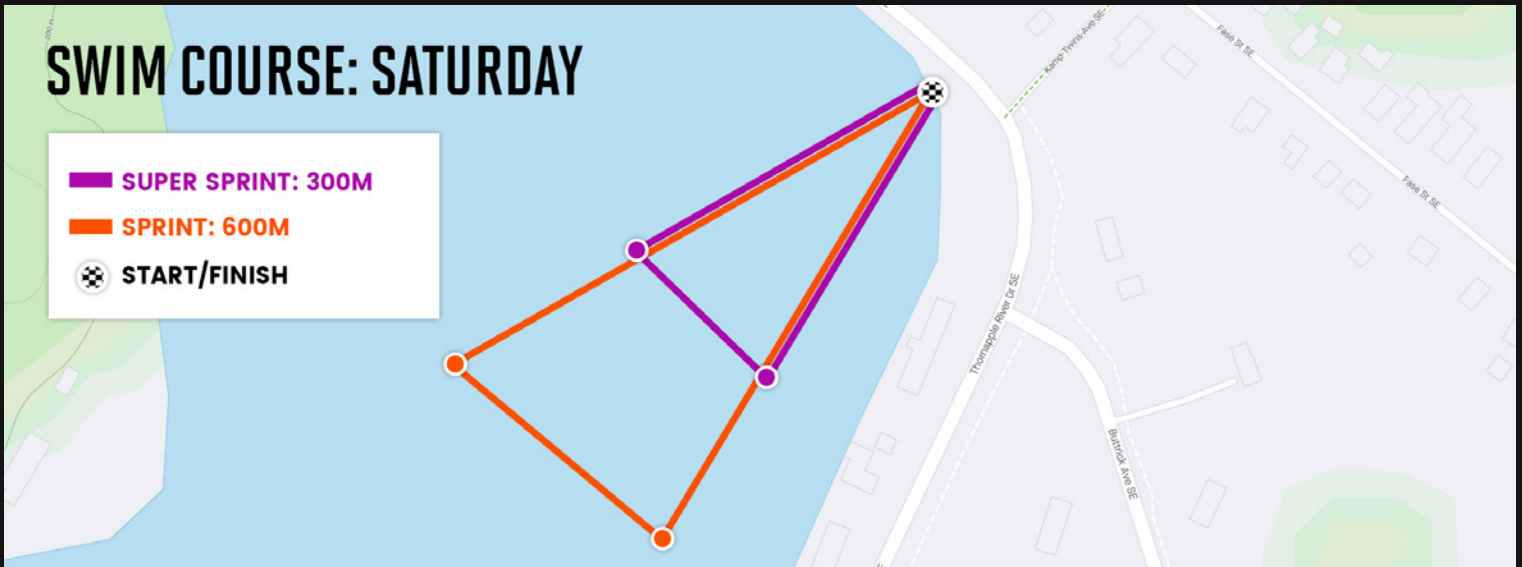


THE SWIM

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.

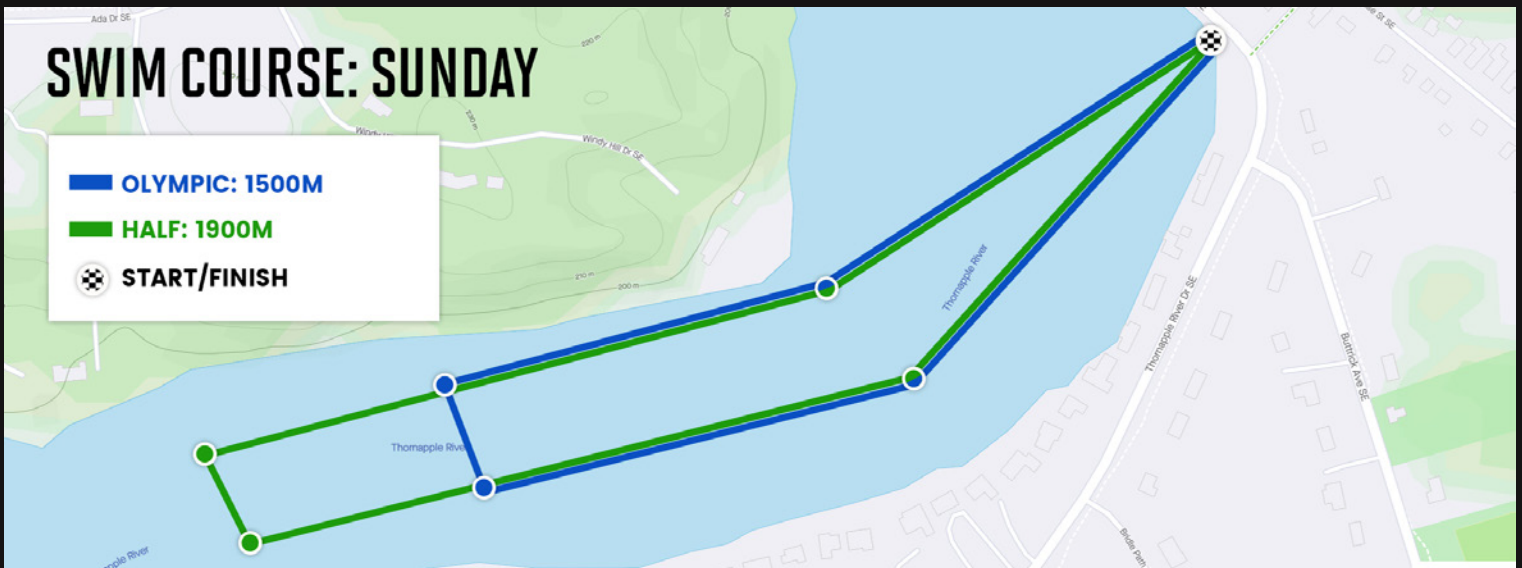
SATURDAY SWIM START TIME/CAP COLOR

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

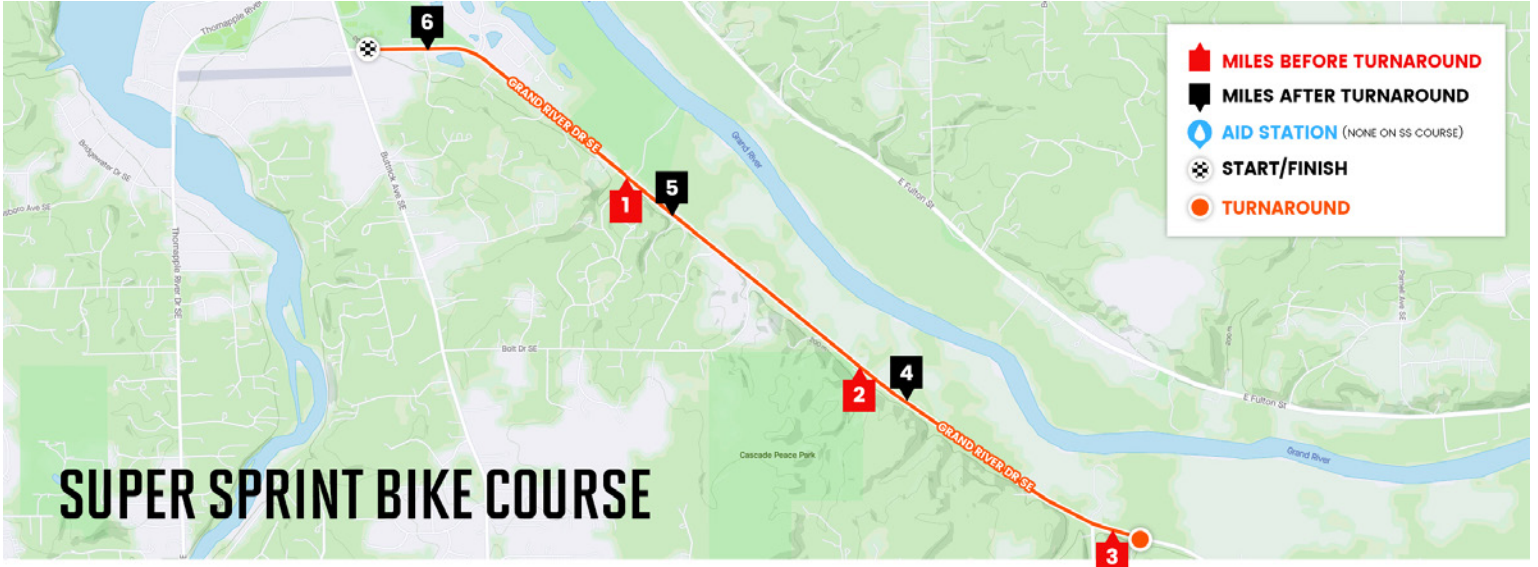


SUNDAY SWIM START TIME/CAP COLOR

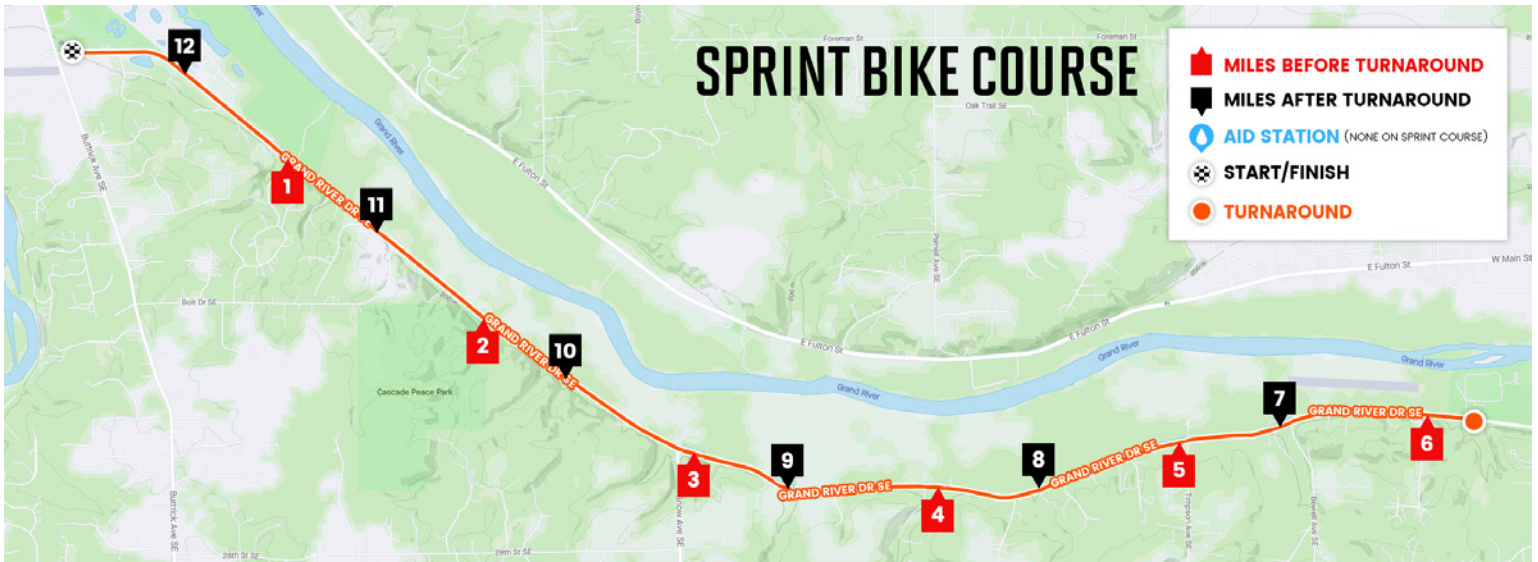
- 7:00 am - Half - Red Swim Cap, all events
- 8:00 am - Olympic - White Swim Cap, all events



THE BIKE: SATURDAY



Distance **6.20 mi** Elevation Gain **110 ft** Elevation Loss **110 ft**



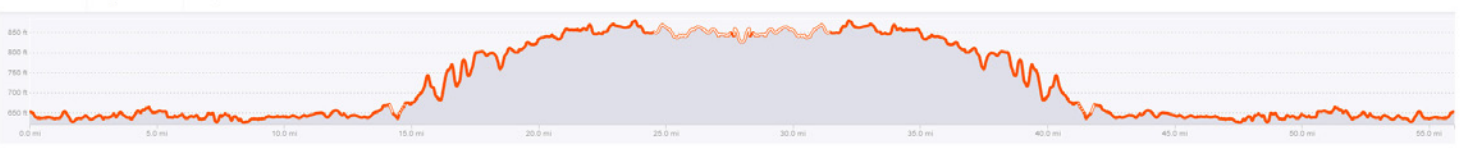
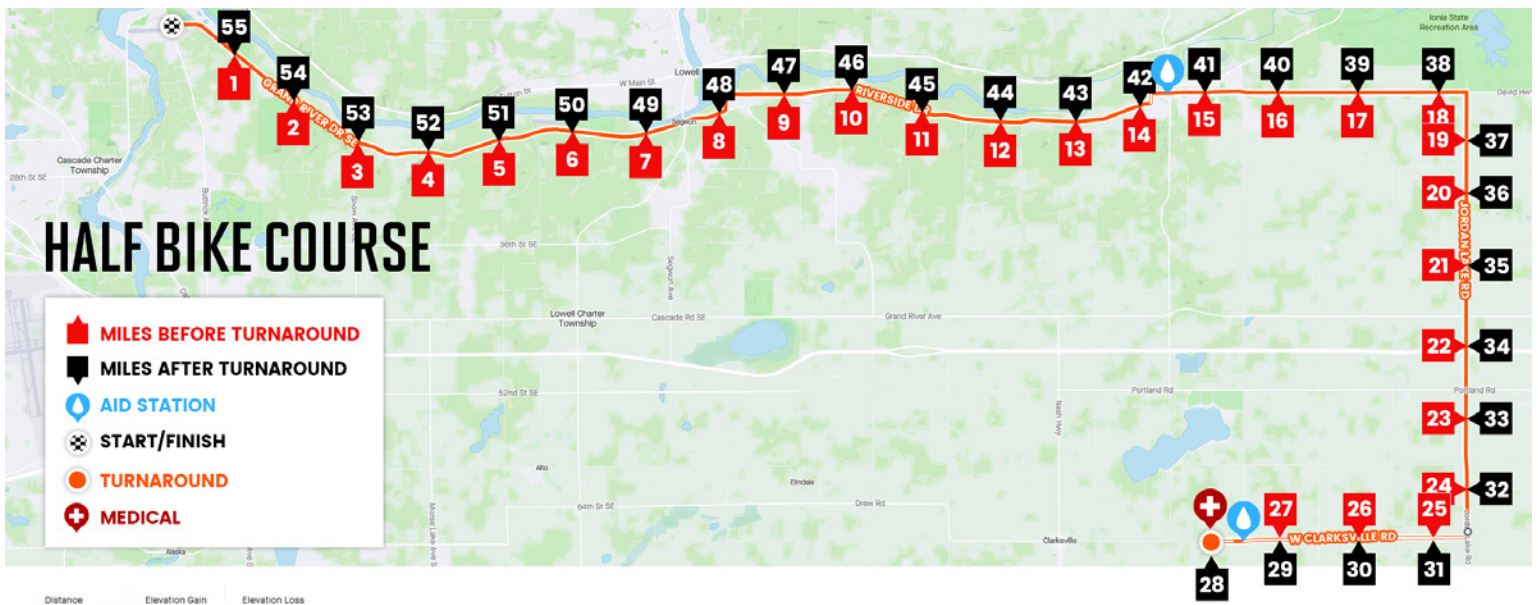
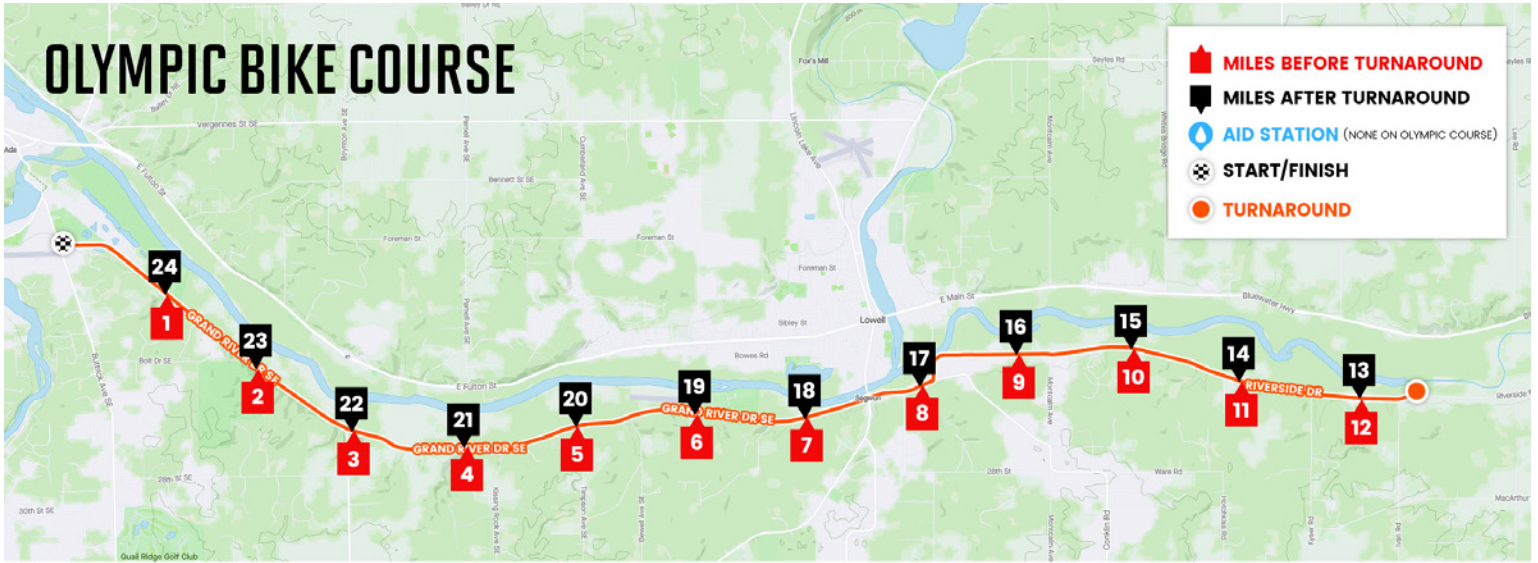
Distance **12.40 mi** Elevation Gain **237 ft** Elevation Loss **237 ft**



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.**



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to Elite
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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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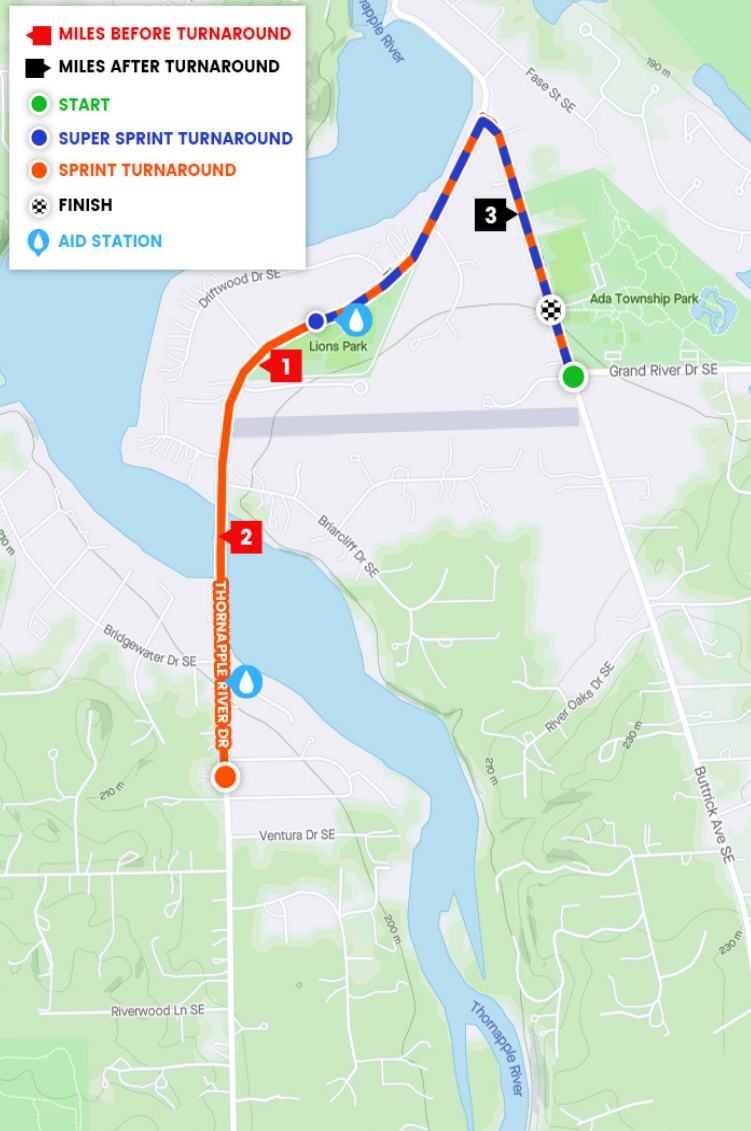
STRIDERSRUN.COM

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GRANDVILLE, MI
616-261-9706

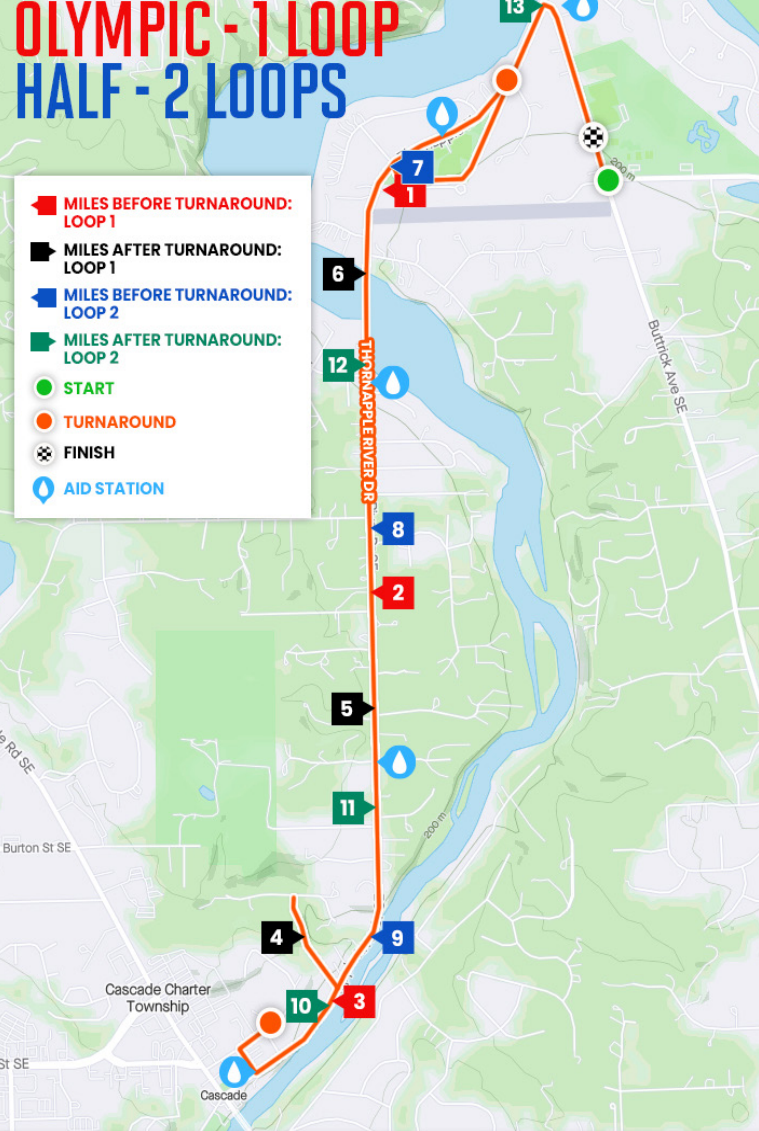


THE RUN

SATURDAY RUN COURSE



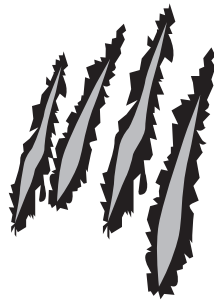
SUNDAY RUN COURSE



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



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SUPPORT GRTRI FIRST-TIMERS

DID YOU KNOW THAT OVER 27% 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

Cascade Pediatrics

CascadePediatrics.com
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Reaching all your child's health needs

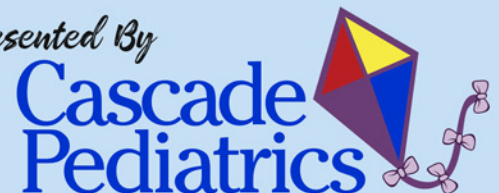


5150 Cascade Rd SE, Suite B, Grand Rapids, MI 49546

GRAND RAPIDS Youth Duathlon

A TRISA HEALTH EVENT

Presented By



SATURDAY, JUNE 8, 1-2 PM, ADA PARK

Register today at **GRYouthDuathlon.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.



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MAKE-A-WISH DREAM TEAM ATHLETE SPOTLIGHT: JEREMY LOCKHART

Age: 37

Hometown: Bloomfield Hills, Michigan

Occupation: I am a commercial litigation attorney.

What is your multisport background? Have you done a triathlon before?

I was a collegiate rower and I got hooked on ultra-marathon running after college. So, while I have endurance sports coursing through my veins, Grand Rapids Triathlon will be my first multisport adventure!

How did you get involved in the sport?

I've always been drawn to pushing my physical limits through sport, so the idea of triathlon felt like a natural extension of that. After reading Rich Roll's book, "Finding Ultra", I was sold.

What do you love about triathlon?

I have only had one proper training cycle leading up to this race, but the daily variety in training has been refreshing.

What is your best discipline and why?

Running, and it's not even close. I am frankly just hoping to hang on during the rest of the race; all words of encouragement on race day will be most welcome!

Why did you decide to race GRTri as your first triathlon?

I was drawn to GRTri after doing some research to find a welcoming first race for a novice multisport athlete. Everything I have heard about GRTri has been tremendously reassuring, and once I learned of the race's connection to Make-A-Wish and the Dream Team, it was a done deal for me.

How did you get involved with the Make-A-Wish Dream Team?

I have raised funds for charity in connection with past racing pursuits, and I found Dan and Trevor Vanskiver's story to be super moving and inspirational. Helping advance MAW's and the Dream Team's cause was a no brainer.

What have you done for fundraising? How much have you raised?

I have raised \$1,226 so far. I am blessed with amazing family, friends and colleagues, all of whom were incredibly generous and patient with my fundraising efforts. Thank you all for your donations!

What does the mission of MAW mean to you?

My wife's career has been dedicated to a non-profit organization that provides behavioral health and educational services for children, youth and their families, many of whom are experiencing hardship of some form. Her passion for the children and families she serves is a daily inspiration for me, and I have seen first-hand the difference her organization has made on the children's lives. MAW's mission is therefore near and dear to our hearts, and I'm thrilled to contribute in any way I can.

Why would you recommend that someone join the Dream Team next year?

Dan and his team have made the process super easy and fun, especially for a new multisport athlete. Plus, I can't think of any better motivation to make it through the long winter training months than raising funds for such a great cause!





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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



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Official sports medicine provider for the Grand Rapids Triathlon.

A MESSAGE FROM DR. K: “WHY TRI?”

Ed Kornoelje DO

Sports Medicine | University of Michigan Health–West

Sorry for the title—I couldn’t resist! But seriously—why do we swim, bike, and run during the event, and in the weeks and months leading up? And what does all of that training do to our bodies and minds (both good and bad)? For the next few months while the training ramps up for the GR Tri, we’ll take a look at just that—what’s going on in our insides when we are pushing our outsides.

I’ve been a sports doc for 25 years. I enjoy running and biking and swimming in that order (sorta phobic of the swim I must admit), and have taken care of runners and cyclists and swimmers as well. The one obvious benefit that duathletes and triathletes have is the built-in cross training. If a runner has an injury that keeps them from running we often turn to swimming or biking as an alternate training method—for triathletes an injury in one area just leads to improvement in others. But what else is good for your body when you are a triathlete? Here are a few (courtesy of Jon Fecik and USA Triathlon):

1. Tri training promotes cardiovascular health. All of the training helps keep our arteries pliable and clear of atherosclerosis (clogging) or at least reduces it substantially. It also increases our good cholesterol (HDL) to help clear away the bad (LDL).
2. Tri training promotes brain health. Multiple studies have shown that endurance training increases blood flow to the brain improving the hippocampal area (associated with improved memory and higher-level thinking), improving white matter (responsible for the speed, coordination and connections between parts of the brain and the body), and maintaining cognitive skills as we age (the more fit we are at a younger age, the better our brains perform when we get older).
3. Tri training promotes bone health. Bone remodels (breaks down and builds up), and weight bearing exercises (running and strength training—this really is the fourth triathlon discipline—help create denser bones). As noted above the weight bearing exercises are balanced by non-weight bearing exercises (swimming and biking) which often allows less interruption of the weight bearing part.

These are a few of the good things that can happen while training for triathlons. Next time we will look at some triathlon pitfalls. Thankfully there are not many, but they are important nonetheless!

Be active!

If you hit a bump in the road along the way, come and see the team that covers the tri’s! In the office or on the course we will be there to help you get to the finish line. Call 616-252-7778 or go to www.uofmhealthwest.org for more information or to make an appointment.





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 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 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



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**Toasting all of the
GRTri athletes!**

Good luck race
weekend!

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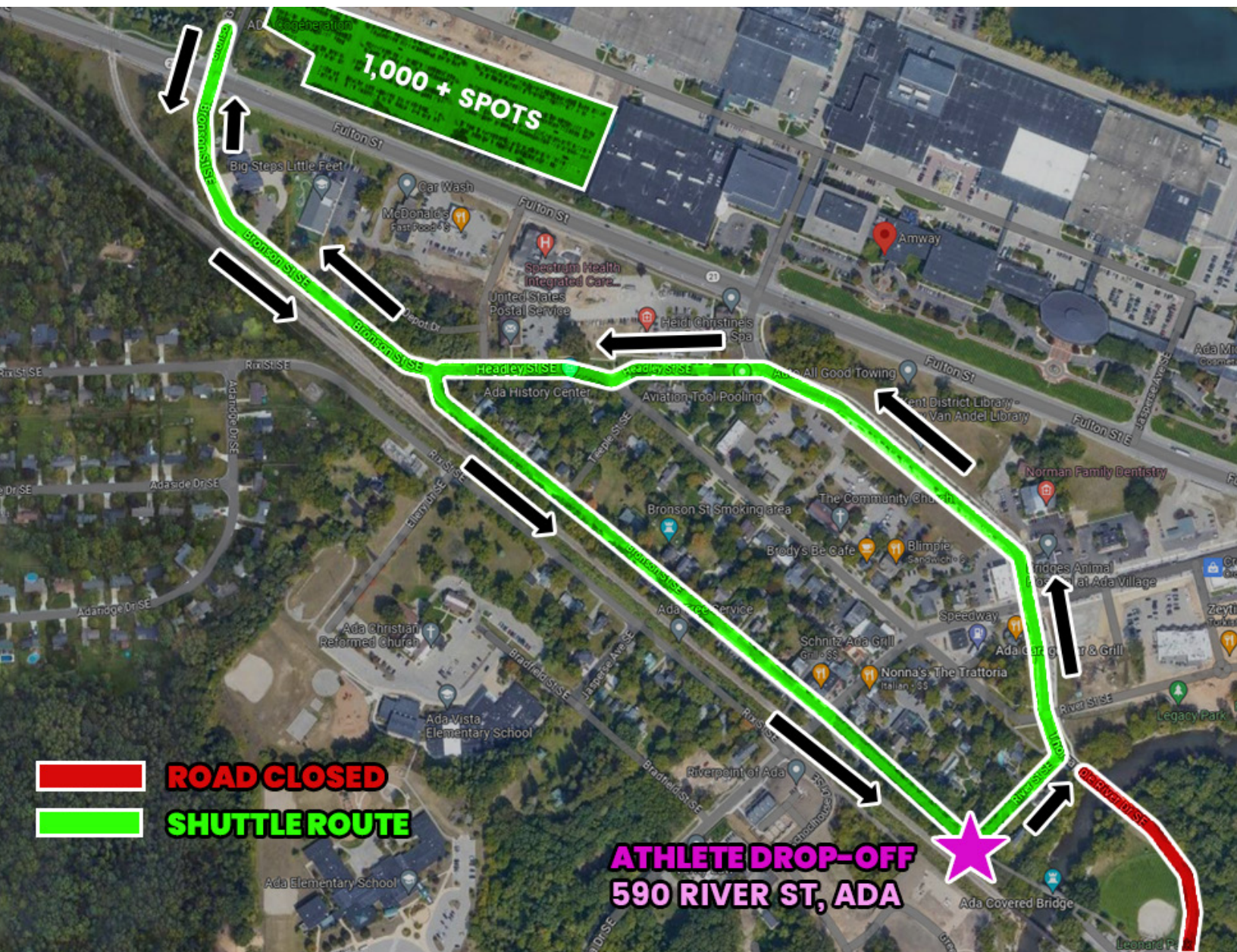
PARKING & SHUTTLE MAP

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 8 from 4am to 11:30am and Sunday, June 9 from 4am to 5pm.



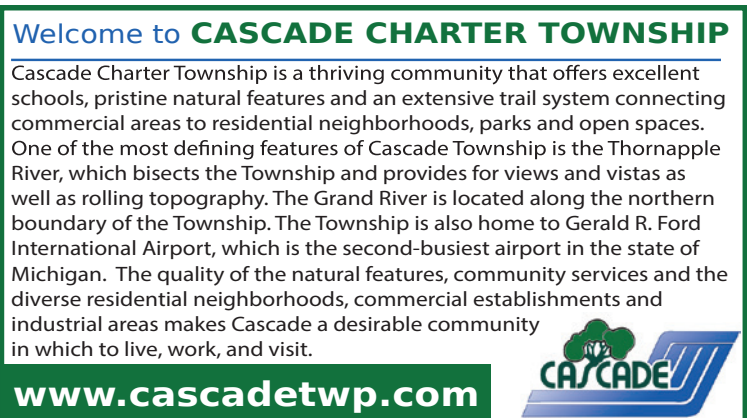
FINISH LINE FOOD

Saturday

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

Sunday

We will have food 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 2024 transport sponsor of Tris4Health events.

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 7/15/24

The poster for the Make-A-Wish Michigan Dream Team is set against a blue background with white stars. At the top, it says "Make-A-Wish MICHIGAN" in white. Below that, "DREAM TEAM" is written in large, white, bold letters. Underneath, there are icons for a swimmer, a cyclist, and a runner, with the text "swim • bike • run" below them. A paragraph of text reads: "You can still join the Make-A-Wish® Michigan Dream Team to make transformational wishes come true for Michigan children with critical illnesses." Below this, the words "SWIM", "BIKE", and "RUN" are stacked vertically in white, each accompanied by a colorful icon of the respective activity. At the bottom, it says "Learn more!" in red, followed by the website "www.dreamteammaw.org" in blue. At the very bottom, it says "Or email our team captain: DanVanskiver@dreamteammaw.org" in blue.



Physical Therapy ● Personal Training ● Performance Testing

TREATING YOU LIKE A PRO.

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 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.



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2024 GRAND RAPIDS TRIATHLETES

SUPER SPRINT TRIATHLON

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IAN LOCK
WESLEY SCHOLTEN-
HOLCOMB
BRUCE BABCOCK
JASON LILLY
ADDISON FORBES
ANGELA VANDERMOLEN
ANGELA RHODE
LESLIE HULST
LIAM WALLACE
HEATHER WALLACE
BELLA GENSER
JOHN HUNT
JULIE GRONEK
THOMAS MORRISON
KATHRYN GRONEK
MEGAN GRONEK
ZOE HOEPPNER
BENNETT TEITSMA
REBECCA AMBLE
CHLOE PRUSIEWICZ
JORGE DE GYVES SR
SCOTT GALLIVAN
CARMEN SKORNIA
KRISSE ENTSMINGER
STEVEN HOWELL
KALEB BORG
BEN MUELLER
JONWAINE COLLINS
EMILY RETTIG
ABIGAIL SCHMIDT
KELLY DAHL
KYLE HALL
LORI HALL
IMRE GANIC
JESSICA GANIC
CLOË VAN OSS
KIMBERLY KORHORN
KAREN KORHORN
ASHLEY HANKAMP
KELLEN SIEMS
BRIE SIEMS
SEAN SIEMS
BRANDON HOPKINS
MATTHEW SIMON
LILY PHILLIPS
JOSEPH PHILLIPS
DELILAH WHITE
COURTNEY KEEN
JOSEPHINE LYNCH
ESME LOWRY
JACKIE COWAN
BRANDON BROEKHUIZEN
ISABELLA DEVEAU
CARLOS VALDES
LUKE DEJAGER
BRETT DEJAGER
VALERIE HALL
DEBRA HARDING-
VANAMAN DEBRA
HARDING-VANAMAN
MELISSA MAUSOLF
SHALON DAILEY

PAYTON DAILEY
TODD DE JONG
REBEKAH PLATTNER
TITUS PLATTNER
EMILEE BISONET
JESSICA AVINK
NATHANIEL MUMAU
ADRIANNA MUMAU
CHELSEY APPELDOORN
ELI VANSKIVER
STEPHANIE MACK
EVA LINDSTROM
MEGAN HERREMA
ANNETTA HALL
LAURA HALL
MICHAEL KUHN
WESLEY MEYER
ABIGAIL KUBECK
JOSH WILSON
PEYTON SCHEURER
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TRAVIS VANHAITSMA
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OLIVIA PERRINE
LINDSEY GILDER
SUE MAIN
ASHLEY MARTIN
SARAH BUTTSON
NIKLAS LUEHMANN
DIANE KUHN
MATTHEW CEDERQUIST
MANDY WALLICK
SCOTT TEUNIS
ASHLEY VANCE
ANNE MORGAN
JORDAN LEAMAN
CAYTE LEAMAN
DEIRDRE OLSZEWSKI
KELSEY DREWYOR
ASHLEY BINGER
TAMMY HELLEM
ANNA GLEW
HEIDI GLEW
HARRISON KREBILL
BRITTANY KREBILL
HOLLIE MCCAFFREY
ERIN BUSHOUSE
SARAH PARKER-
HORMUTH
COLLEEN GLYNN
DONNIE HARPER
JULIE MCCLAIN
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LYNNE ANKLAM
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SHANNON THEIS
KATE WOODS
NATALIE CLUTTEN
NOAH CLUTTEN
AMANDA VANHAITSMA
TERESA BANKES

JULIE VIS
SHELBY HAMILTON

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JESSICA HERRINGTON
PAMELA HARPER

SUPER SPRINT DUATHLON

RUTH SUTTON
ALISON COLVIN
PATRICK REPECK
LISA PLETCHER-VETTER
GARRET VETTER
SAMANTHA KIETZMAN
LAURA SILIC
JESSICA WALKER
KAREN WALKER
CARMEN BROWER

SUPER SPRINT SWIM ONLY

KATIE LOPEZ

SPRINT TRIATHLON

ROJENIA JONES
NIKKI CARTER
MADDIE TOTH
GAVIN FERLIC
REBECCA LEMLEY
JOLENE TANG
KATHY BRAGINTON
NATALIE KEIGHER
KYLE KEUNING
KELLY ROULIER
KELSEY KIRKBRIDE
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