



GRAND RAPIDS TRIATHLON 2025

JUNE 7-8

PRESENTED BY



Huntington Bank

2025

EVENT GUIDE

TRISALHEALTHTM

Athletes first.TM

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 independent triathlon, 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



Welcome from Huntington

Huntington is proud to once again welcome all athletes, spectators, and volunteers to the Grand Rapids Triathlon! As presenting sponsor since the event's inception, we're honored to continue supporting a race that reflects the best of West Michigan—resilience, inclusivity, and community spirit.

This weekend brings together thousands of people to celebrate movement, motivation, and each other. Whether you're here to compete, cheer, or volunteer, you're part of something truly special.

On Sunday, keep an eye out for Huntington's high-energy aid stations, hosted by our Business Resource Groups. Each one brings its own spirited theme and encouragement—be sure to vote for the station that brought the most energy to your race experience!

To every athlete taking on the challenge—good luck! We're proud to be in your corner.

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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FIND CONTACT INFORMATION, SHOWROOM LOCATIONS & RENTAL CATALOG AT [ALPINEEVENTS.COM](https://alpineevents.com)

THE OFFICIAL GRTRI 2025 FINISH LINE FESTIVAL SPONSOR

RACE INFORMATION

RACE DAY SCHEDULE: SATURDAY

4:00 am – Roads Closed
5:15 – Transition Area Opens
6:00–6:30 am – Pre-Race Swim
6:30 am – Sprint Transition Closes
6:45 am – Sprint Course Meeting at Swim Start
7:00 am – Sprint Race Start
7:30 am – Super Sprint Transition Closes
7:40 am – Super Sprint Course Meeting at Swim Start
7:50 am – Super Sprint Race Start
8:15 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

RACE DAY SCHEDULE: SUNDAY

4:00 am – Roads Closed
5:15 am – Transition Area Opens
6:00–6:30 am – Pre-Race Swim
6:30 am – Half Transition Closes
6:45 am – Half Course Meeting at Swim Start
7:00 am – Half Race Start
7:30 am – Olympic Transition Closes
7:45 am – Olympic Course Meeting at Swim Start
8:00 am – Olympic Race Start
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



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*

- 9:45 am – Super Sprint Awards
- 9:15 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 and top-three Clydesdale/Athena and Para. The first-place finisher, male and female, will each receive a free entry to the 2026 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, 75-79, 80+. Your age is race age (as of 12/31) not your age today. Overall double dips and is not pulled from age-group awards.

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

Athletes can check their official results on results.tris4health.com immediately following the race. There will be QR codes posted on signs in ground zero to scan and access the webpage.

Visit results.tris4health.com for official results. All results are subject to penalties from USAT officials.

Return timing chips not left at the finish line to: SportStats USA, 112 54th St. SW, Grand Rapids, MI 49548.



GET FULL RESULTS AT: [RESULTS.TRIS4HEALTH.COM](https://results.tris4health.com)



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GRAND RAPIDS TRIATHLON RACE CREW

THE FACES BEHIND YOUR RACE:



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 Tris4Health President & USAT Certified Race Director

I am committed to providing an exceptional experience for all participants and spectators. My racing journey began with the 2012 Grand Rapids Triathlon, and since then, I've completed all triathlon distances and both full and half marathons. As a small business owner in Ada, I serve on the Board of Directors for the Ada Business Association and the Advisory Board for the Mary Free Bed YMCA. I have been a volunteer youth soccer coach for the past 15 years and currently coach at both the club and high school levels. I have been married to my wife, Amanda, a full-distance triathlete, for over 25 years. We live in Ada with our five children, two dogs, and a cat.



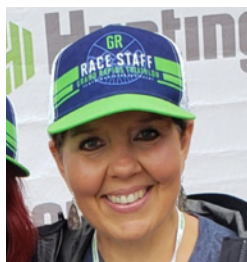
Chelsea Montes Communications Director

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.



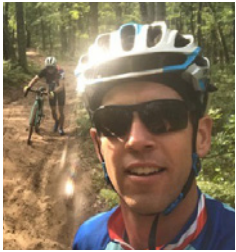
Jill Beckwith Volunteer Coordinator

This is my fourth year working for Tris4health and I couldn't be more excited. I have volunteered and been a champion for 6+ 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

I was 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. Currently, this is my second year with Tris4health, and I can't imagine a better team to be a part of. It's so much fun being involved with these races and getting to know the amazing community of athletes all over Michigan. And who knows, maybe one day I'll do one myself!



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 fourth 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.



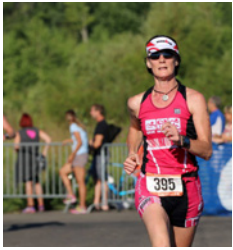
Victoria Brown Run Course Marshal

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.



Tim Guikema Run Support

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 over a decade and would not miss the opportunity to race/help out and be involved in this race.



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!"



Daniel Madden Transition

Dan is new this year to Grand Rapids Triathlon, but brings over 30 years of experience in events management and facilities operations to Tris4health. Fitness has always been a core part of life and what is exciting about this is getting to help ensure athletes have the best experience possible while they go after their personal goal. A good experience is what makes the good memories.



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.



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.



PACKET PICKUP INFO

New for 2025: Our packet pickup location has been relocated to the race venue inside Ada Park (1116 Buttrick Ave SE). Packet pickup and expo will be held under the pavilion near the playground. Parking will be available in the Ada Park lots at the entrance off of Grand River Dr.

As this is a USAT-sanctioned event, you must show a copy or picture of your ID in order to pick up your packet.

Friday, June 6

3:00 PM – 6:00 PM

Super Sprint & Sprint distances only

Saturday, June 7

3:00 PM – 6:00 PM

Olympic & Half distances

To help reduce line buildup on Friday, if you are racing on Sunday, please plan to pick up your packet on Saturday only. If you are racing and can not attend either of these packet pickup dates, you are allowed to have someone else pick up your packet for you. You must, however, provide that designated person with a copy or photo of your ID.

RACE MORNING PACKET PICKUP

Packet pickup will be available on race morning only for individuals who cannot make the day-before expo times. If you do need to pickup on race morning, you will be charged a \$30 fee that will be used as a direct donation toward our charity partner, Make-A-Wish Michigan and the Dream Team. Race morning packet pickup will be from 5:00 AM – 6:30 AM. You must coordinate this with our team before hand in order to secure your spot and make the donation. Please contact info@tris4health.com to make these arrangements.

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

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.

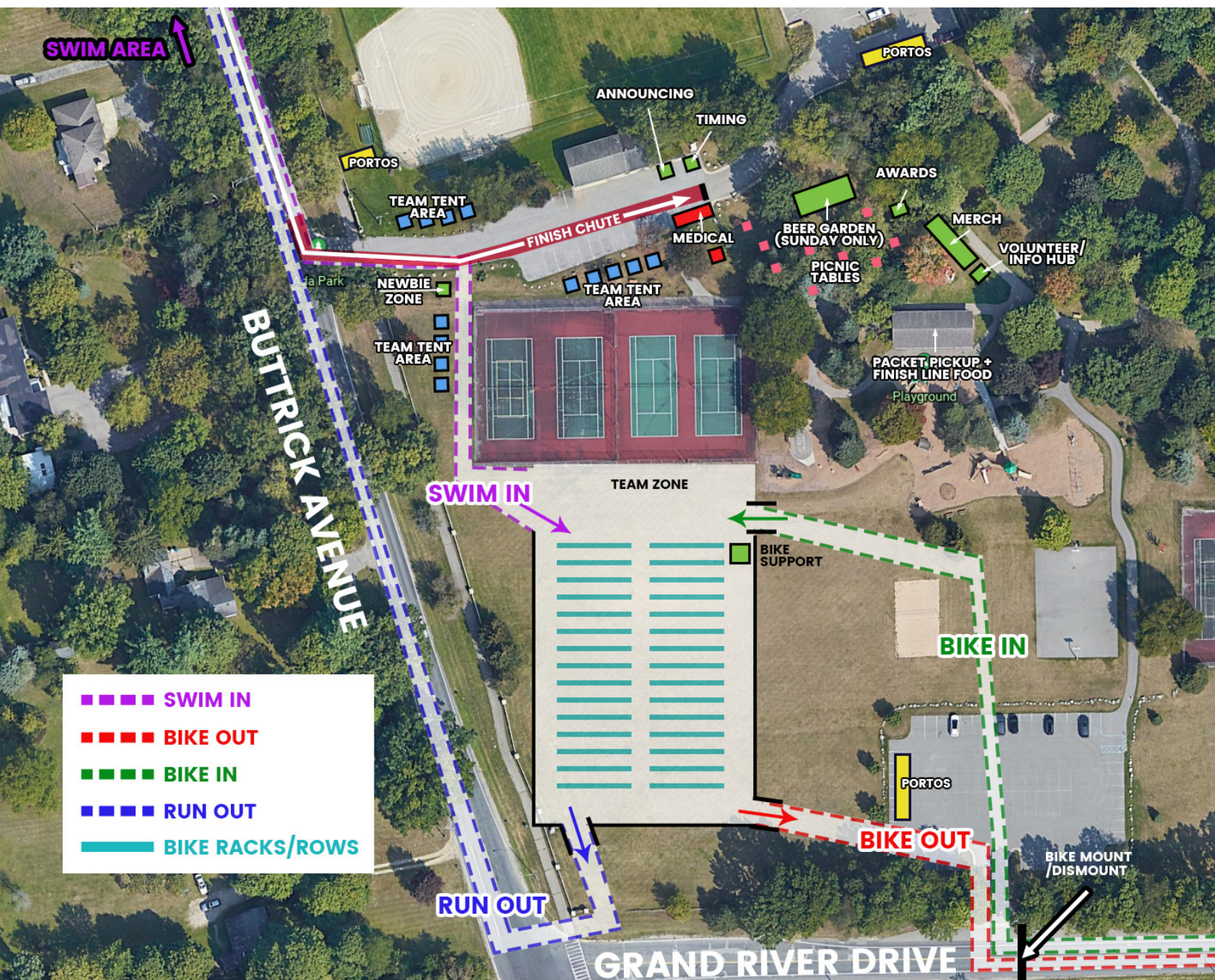
Saturday

- 6:30 am – Transition Closes for Sprint Athletes
- 7:30 am – Transition Closes for Super Sprint
- 8:15 am – Transition Re-Opens for Gear Removal

Sunday

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

PLEASE NOTE THE CHANGES TO THE FINISH LINE THIS YEAR. IT IS NOW LOCATED INSIDE THE PARK AND NO LONGER ON BUTTRICK AVE.



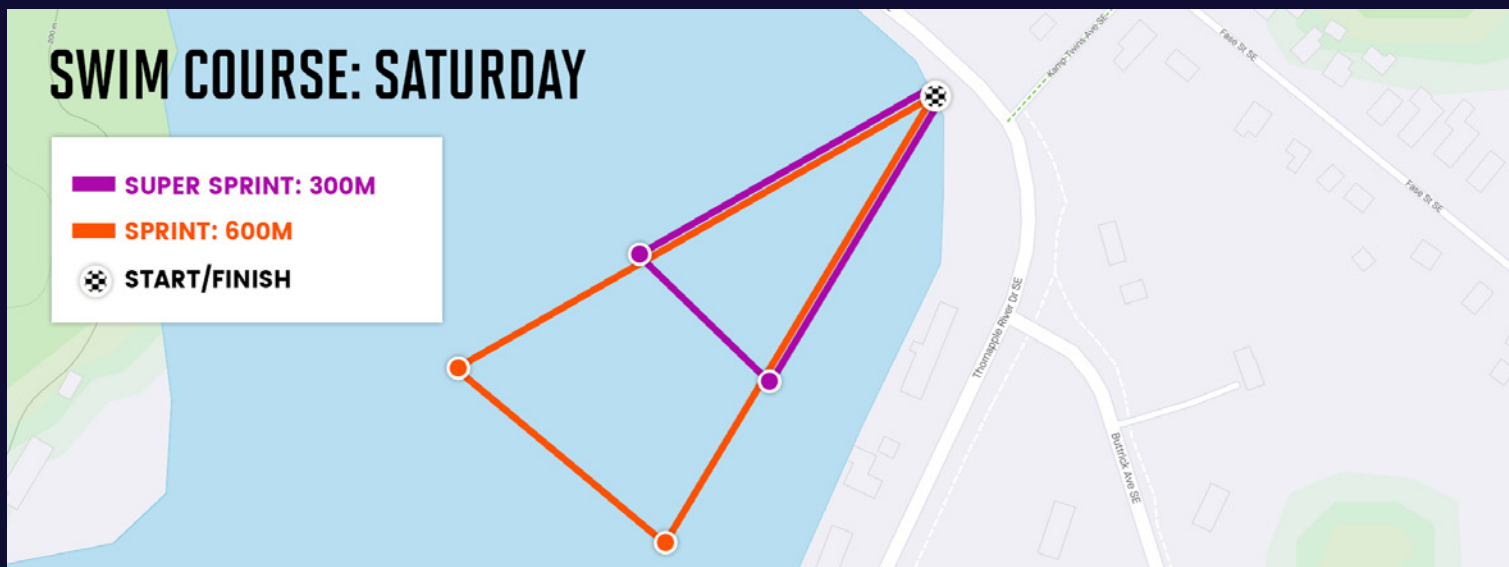
THE SWIM

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

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



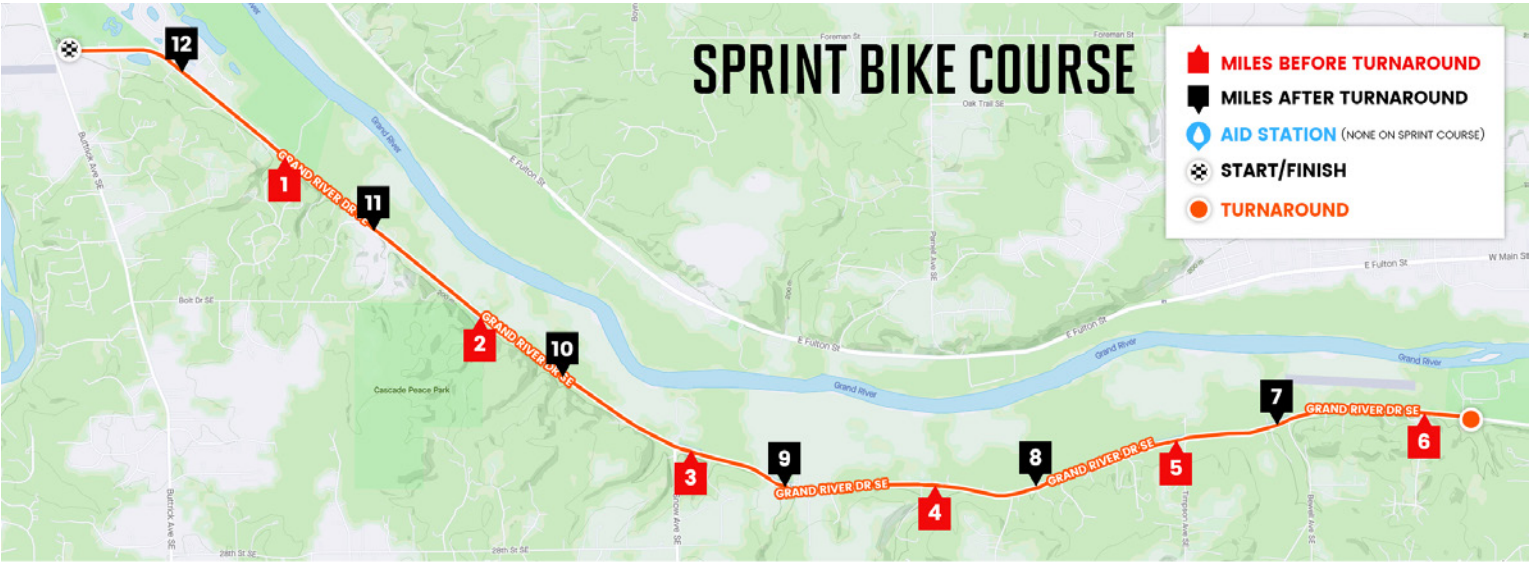
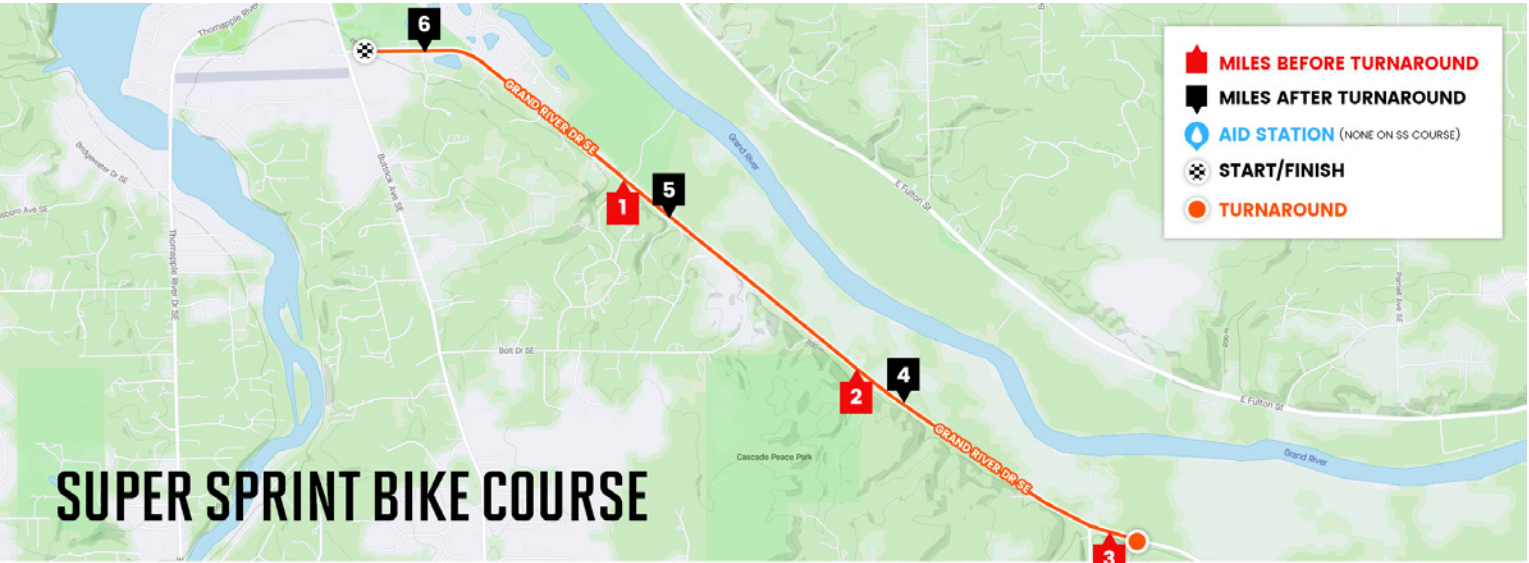
SUNDAY SWIM START TIME/CAP COLOR

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

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



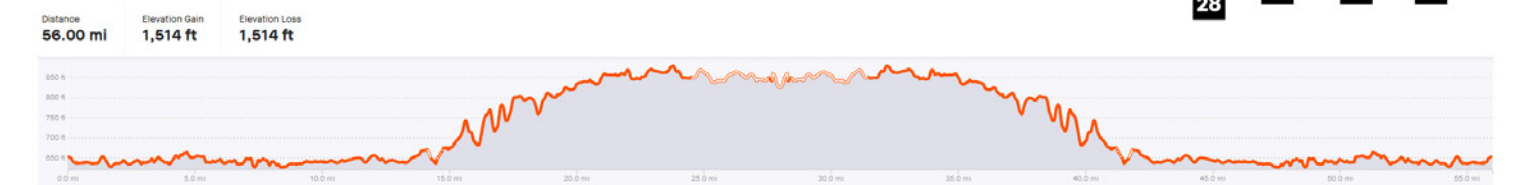
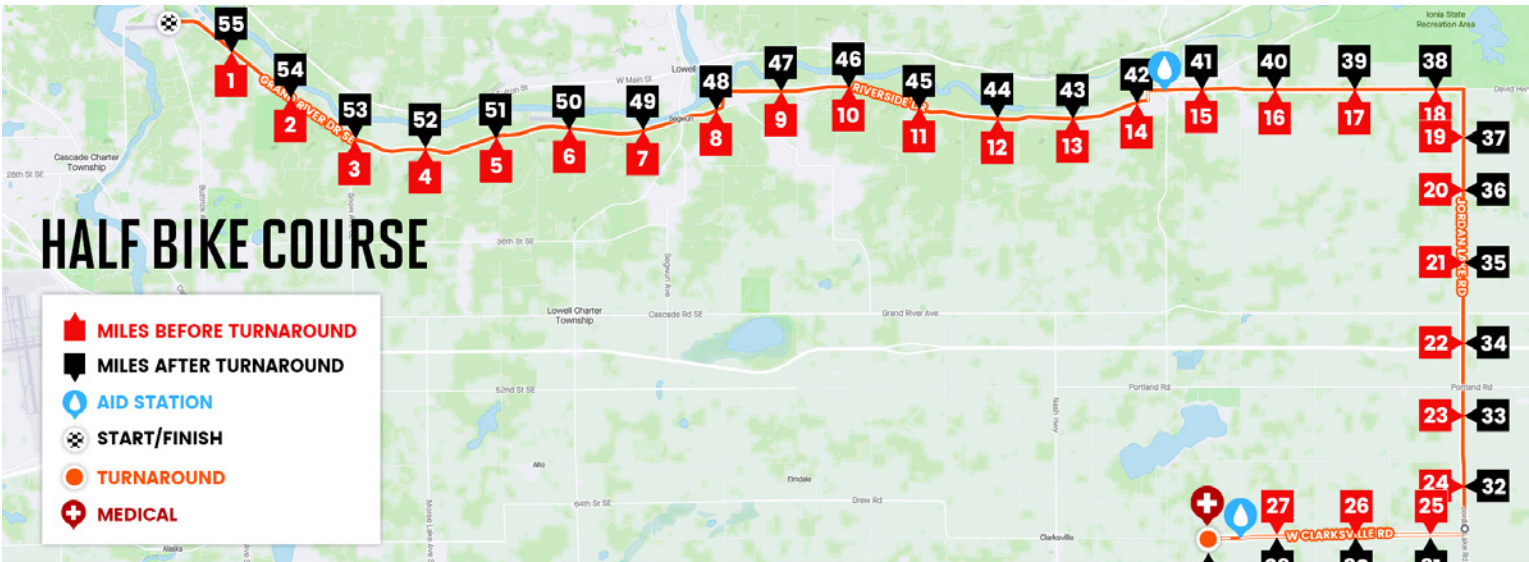
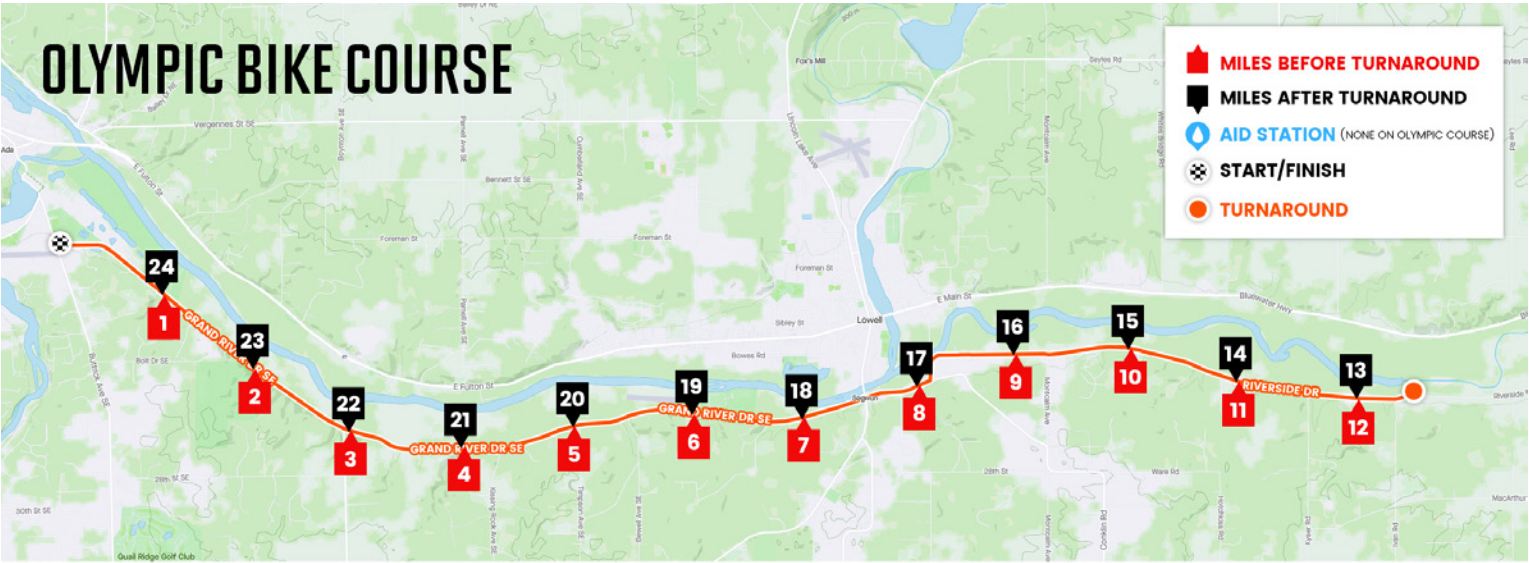
THE BIKE: SATURDAY



BE AWARE: THIS IS AN OPEN BIKE

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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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!



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THE RUN

SATURDAY RUN COURSE

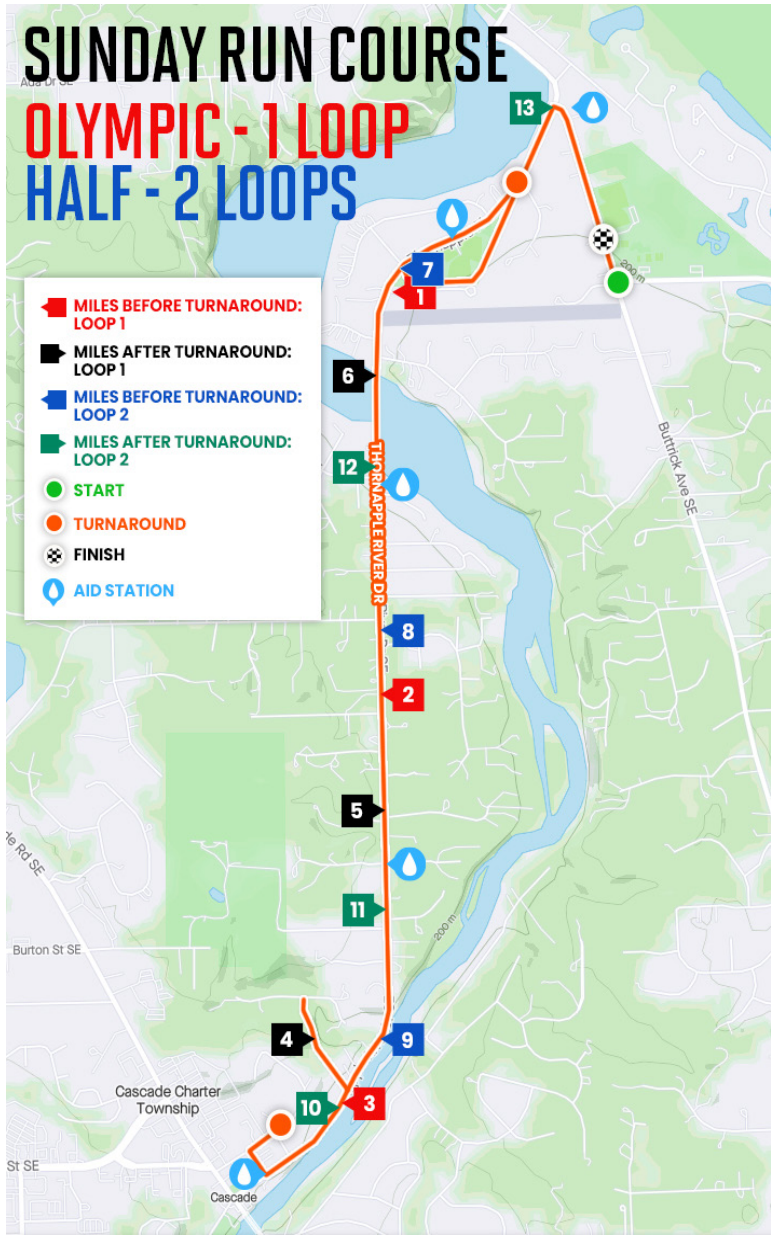
- 1 MILES BEFORE TURNAROUND
- 2 MILES AFTER TURNAROUND
- 3 START
- 4 SUPER SPRINT TURNAROUND
- 5 SPRINT TURNAROUND
- 6 FINISH
- 7 AID STATION



SUNDAY RUN COURSE

OLYMPIC - 1 LOOP
HALF - 2 LOOPS

- 1 MILES BEFORE TURNAROUND: LOOP 1
- 2 MILES AFTER TURNAROUND: LOOP 1
- 3 MILES BEFORE TURNAROUND: LOOP 2
- 4 MILES AFTER TURNAROUND: LOOP 2
- 5 START
- 6 TURNAROUND
- 7 FINISH
- 8 AID STATION



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**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.



RACING BOTH DAYS WITH US? earn your extra medal!

If you race Saturday AND Sunday at GRTri, you will earn our **GRTri 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
616-940-3168

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

**Cascade
Pediatrics**

SATURDAY, JUNE 7, 1-2 PM, ADA PARK

Register today at **GRYouthDuathlon.com**

TRANSITION SET-UP

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: LUKE LAIDLAW

Age: 30 **Hometown:** Grand Rapids, MI
Occupation: Data Solutions Engineer

What is your multisport background?

5x sprint finisher, 8x 70.3 finisher, 1x full finisher – anything from local hometown races (Go Tri Greenville!), Rev3, Tris4Health, IM events.

How did you get involved in the sport?

Competed in my first triathlon in 2014 – was a unique distance, more than a sprint, but not quite an olympic – Playmakers Classic back when that was a race. Raced it with my hybrid bike at the time, had been running and biking in college as a way to get back in shape after being a 3 sport athlete in high school – figured why not throw swimming in there. Was hooked after that first race and here I am!

What do you love about triathlon?

Love the physical and mental endurance aspects of triathlon. Tri's are a testament to how much you can achieve when you practice consistency and set your mind to it. Your body is capable of a lot more than your mind thinks it is!

What is your best discipline and why?

Probably the bike, I usually make up time there. Good conditioning and leg strength help me out – I pride myself on putting up respectable bike times without the most expensive bike out there. My runs have been improving as of late, have mostly been focusing on running the last few years with 3 little ones at home – this will be my first 70.3 since 2022!

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

While this is not my first triathlon, this is my first time racing the GRTri. Is a local race for me and I've heard great things about it!

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

I have looked on and off for the past 4 or 5 years for fundraising options to make racing about more than just myself and my family, but hadn't found the right opportunity. When I found that GRTri was partnered with the Make-A-Wish Dream Team, it was the perfect fit for me. A local race with a great and well-known cause was just what I had been looking for! If you'd like to follow along with my training and fundraising journey, check out my "Wish With Luke" Facebook page!

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

Fundraising itself was facing a fear of mine head on. Asking people for help has never been easy for me, so I was more worried about fundraising at first than finishing the race! We've done pop can drives, won a weight loss challenge at my gym, partnered with my gym to donate a portion of monthly sales (shoutout Orange Theory Fitness – Knapp's), discovered and qualified for a charity matching program at my work (shoutout Magna International), and leaned on friends, family, coworkers and generous individuals that got behind the mission! We're quickly approaching \$6000 raised in 2025 and I'm hoping to get there by race day!

What does the mission of MAW mean to you?

As a dad of 3 healthy kids, this has been a way for me to reflect and be grateful for all that's in front of me – getting my kids involved in fundraising and training has been awesome. Seeing what Make-A-Wish is able to do for kids and their families is amazing! This isn't just another race for me – it's a chance to make a real difference in the lives of local kids through Make-A-Wish Michigan.

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

Our team captain and founder, Dan, has done an incredible job of setting up Dream Team athletes for success. All of the things I had concerns about before joining or throughout the process, Dan had an answer for. When you look at how low of a fundraising commitment it is, especially for 70.3 racers (your registration fee is reimbursed after raising \$500) – you only have to raise \$200 or so if you donate your registration fee back to your own fundraiser. If you're considering raising money for a great cause through your racing, take the leap of faith – I did at the beginning of this year and it has been an incredibly rewarding experience!





LOVE YOUR WATER EVERYDAY!



GOOD LUCK TRIATHLETES

Proud Medical Provider



A MESSAGE FROM DR. K: WHAT HAPPENS WHEN SOMETHING GOES WRONG?

Ed Kornoelje DO
Sports Medicine | University of Michigan Health–West

As race season ramps up racer (and spectator) safety is a top priority. The incongruity of the situation is how can something healthy lead to emergencies along the course? Physical activity in general is good for our health, but the act of exercising itself does lead to a transient increased risk of a health emergency. You may see this article in several locations this month—this is important information for all of us who attend or participate in community events.

Over the last few months there have been several instances where someone has gone down on a racecourse and needed emergent care. Several of the incidents had favorable outcomes (last fall at the UMHWest GR Marathon and LMCU Bridge Run, and very recently at the Dirty 30), and some did not. Why? Multiple factors of course—even with the best preparation good outcomes are not guaranteed—let's look at a few.

- 1. Time is life.** Every minute CPR is delayed the chances of survival drop by about 10%. In all the positive outcomes noted above, CPR was started very quickly by non-medical personnel. Runners and spectators with a knowledge of CPR jumped in right away followed closely by first responders and others with medical experience.
- 2. There is a plan.** It is often said that the “best” place to have an emergency is on a racecourse. (It is, of course, best to never have an emergency medical issue, but that's beyond our control). Every race/community event has an Emergency Action Plan (EAP) that involves medical personnel, first responders, event staff and others who are all connected and respond when an emergency occurs. When an athlete (or spectator) goes down communication goes out immediately to all these people who then work together to get to the athlete ASAP (see #1 above).
- 3. If you are the first person responding to an emergency situation, make sure you (or someone with you if you start CPR—see below) notify a race official/volunteer (who will connect with the medical personnel) OR call 911.** If there is any question that the message will NOT get to the medical team call 911. In most situations the dispatcher will know/be able to connect with the medical team on the course to make sure they are aware and able to respond or send someone out. It is better to have too many medical people show up as opposed to not enough.
- 4. Know CPR—homework for you!** As noted above the best chance for a good outcome starts with a prompt response. While medical personnel are spread across the entire course, the odds of an emergency happening right in front of an aid station is low (although we look at trends to help determine where to place medical stations). The odds of it happening in front of a racer or spectator—close to 100%. What would you do if someone went down in front of you? That's where training comes into play.

After the events of last fall (in GR and around the country) plans are in place to train more of us in CPR. While we continue to iron out the details, there are several resources you can use if you want to get started. For certification, Life EMS has classes you can take—one is mainly on-line with testing in person after. Or there is a 3.5-hour class you can take in person. There is also very good evidence that watching short videos on CPR may be all that it takes to get someone up to speed—visit the American Heart Association website for access to videos as well as handouts that can be used in training. Certification is great (and I highly recommend the courses noted above) but at the end of the day the person you are aiding will not care if you are certified or not. If you know what to do—jump in.

You will be hearing/reading more on this subject over the summer and fall—sorry, not sorry. This is important, life-saving stuff that we cannot review too much. Keep moving—and keep an eye out for someone who may need help. And feel free to reach out with thoughts or stories—homework is easier if we work together!





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 two-way 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.

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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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.

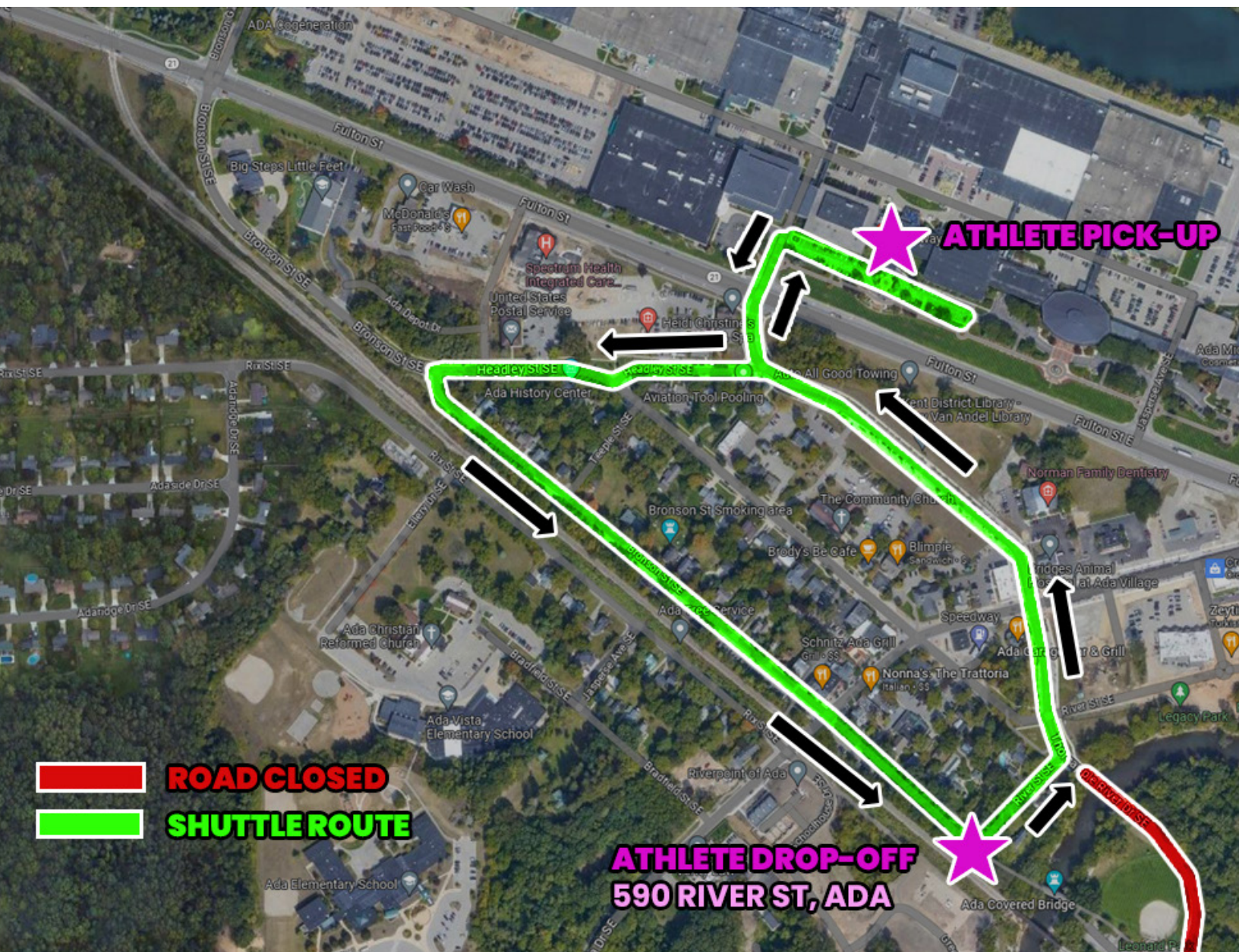
NO BIKES ALLOWED ON THE SHUTTLE BUSES

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



ADVANTAGE
COMMERCIAL REAL ESTATE



ROAD CLOSED

SHUTTLE ROUTE

ATHLETE DROP-OFF
590 RIVER ST, ADA

ATHLETE PICK-UP

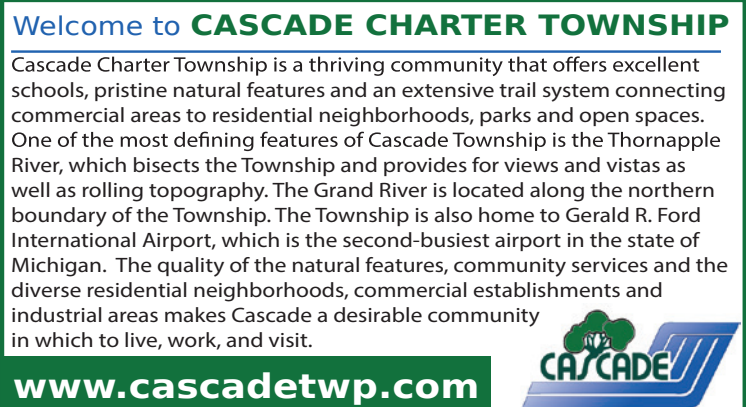
FINISH LINE FOOD

Saturday

We will be offering a variety of pastries (muffins, croissants, danishes, bagels) plus fruit, chocolate milk and ice cream from Country Fresh, Pepsi products and more!

Sunday

We will have food from Papa K's plus fruit, chocolate milk and ice cream from Country Fresh, Pepsi products and more! Our beer tent benefitting myTeam Triumph featuring beer selections from Blackrocks Brewery and Garage Beer will also be available.



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 7/15/25



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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



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.

Scan the results QR code – To get the most up-to-date results, you can scan the results.tris4health.com webpage that will be available on posters at ground zero.

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.



2025 GRAND RAPIDS TRIATHLETES

SUPER SPRINT TRIATHLON

PHILIP TRAPP
CAROLINE FOURA
ABIGAIL RIX
KEITH WHITE
ANDREW INTARTAGLIO
ERIK DIAZ
NICOLAS REUBEN
ANDREW BRUISCHAT
LAURIE SMIGIELSKI
BRANDON HOPKINS
OWEN CHITTENDEN
LAUREN BEATTIE
DAVID DEKORNE
EZRA BERLIN
HANNAH BERLIN
ANDREW BERLIN
REESE STANISZEWSKI
NICK GALANIS
LAUMA ALLISON
BRADLEY PETERS
TODD BUCKINGHAM
FINLEY KOWALSKI
KINLEY POLNASEK
HEATHER WALLACE
LIAM WALLACE
BELLA GENSER
JOHN HUNT
KENDALL GALLIANI
KIETH GALLIANI
EMILEE BISONET
JAN SEAGER
KENNEDI MAYTON
JULIANA MAS
DAVID SCHOENLEBER
ANGELA
VANDERMOLLEN
MARY WILLIAMS
TYLER STINTON
NICOLAS HEADY
COLLEEN GUIKEMA
AMANDA VANFOSSEN
CORA MEHNEY
BEN MUELLER
JANELLE MCQUEEN
HAMILTON
ETHAN MONTGOMERY
LINDSAY DELORME
CHRIS PABST
JOSEPH BAUER
AMY HUBBARD
ELIZABETH BROWN
STEPHANIE SULLIVAN
KATHERINE LEY
KAITLYN SPALDING
LUKE BOS
YENIME ROFICK
KELLY PEREIRA
BRIAN MEACHAM

CAROLINE JUBENVILLE
COURTNEY
GELDERLOOS
JANE SNIDER
KATHY MCGILTON
ARIEL ARACENA-SANCHEZ
BRETT VERKAIK
BRIAN INNIS
JESSICA INNIS
DEREK DEBOER
ELLEN MOORE
ANDY SCHMIDT
ASHLEY BINGER
KELSEY DREWYOR
KATIE DEKOSTER
REDFORD DEKOSTER
EMILY RETTIG
DEREK SCHOCH
PEYTON KOBEL
WENDY VANZILE
QUINN VANZILE
GLEN SIMON
THOMAS COFFEY
MADIE MARTIN
AMANDA SPERRY
ANTHONY SIMON
MATTHEW SIMON
ALISON MURPHY
KIMMY DOWDY
THERESA TAN
KIMBERLY KORHORN
KAREN KORHORN
MICHAEL STEPHENSON
AMY STEPHENSON
BRYAN HUNTLEY
TRAVIS MIX
REBEKAH PLATTNER
ASHLEY VANCE
ANNIE WYSOPAL
ROBERT DEHOEK
PAMELA COBOS
SILICEO
ERIN BUSHOUSE
BENNETT TEITSMA
LAUREN WESOLOWSKI
GABE GAGNON
SILAS WITTE
NATALIE CLUTTEN
NOAH CLUTTEN
PIERSON RAMIREZ
RACHEL RAMIREZ
LILY PHILLIPS
TERESA BANKES
BRUCE BABCOCK
ALISSA MCCOLGAN
CYNTHIA ERICKSON
KATE WOODS
SUE WILLIAMS
DAVE SNIDER

JIM WILLIAMS
**SUPER SPRINT
AQUABIKE**
GERARDO VACA
GUZMAN

**SUPER SPRINT
DUATHLON**
PAMELA QUINTERO
JAMES GOLDEN
KAREN WALKER
BEN LEECE
ALISON COLVIN

**SUPER SPRINT
SWIM ONLY**
KATIE LOPEZ

SPRINT TRIATHLON
STEPHANIE CODY
ELLEN ADAMS
TERRY VENHUIZEN
MICHAEL GILLEN
ROB NORRIS
KAILIN STEINKAMP
JACK MUELLER
BECKI MUELLER
JORDAN SCHIMKE
ANNE PETRUZZI
AUTUMN MELS
ESTHER HYNE
MATT SHERMAN
MILES RANKE
PAUL HOLLAND
TITUS PLATTNER
MARK ROTH
KATELYN GILLEN
NATHAN WORLEY
BILL KOOL
CAROL REISS
ISLA BARRETT
LAUREN LEBLANC
ALEXANDRA DENHOF
ROBERT KOENEN
KEVIN MILLER
DAKOTA TOMAC
JANICE RUMPH
JARED SMITH
R BABCOCK
MICHAEL REESE
KRISTIN VISSER
NANCY GEERLINGS
DAVID HEGER
COLIN VUGTEVEEN
MIKE SACHAU
LISA PATEL
JEFF WETTIG
GREGORY VANDEUSEN
TONY PAYNE

DIANE PAYNE
DALLAS VANDEUSEN
HAYLI RUGER
BRIN DEVRIES
BEN EVANS
ASHER YARNOLD
REBECCA LEMLEY
ADELINE MORRIS
STEVEN MCKELLAR
KATHY ADAMS
MATTHEW STOUT
VALERIE STOUT
ANDREW PLAISIER
MARIANNE FIDISHIN
DARRIN PARKER
ETHAN PATRICK
STEPHEN SCHNEIDER
JUSTIN KONING
SETH VANDERWEY
OLIVIA BAUGH
JAKE BAUGH
JULIE COHEN
MIKE CARRIERE
AUSTIN WALTZ
EMMA WALTZ
ZACHARY CHESLEK
AARON DORNER
SARAH FLOYD
MAXWELL GRAHAM
MIKE DALE
JAMES RIDDELL
RYAN JUBENVILLE
BLAKE HILDENBRAND
J REISER
OWEN MUNK
PETER COPEYON
STEVE HEITHOFF
CYNDI PLATT
ANDREW KROMMINGA
HOLLY TWIEST
JASON MASHNI
CHRISTOPHER
NIQUETTE
GARRETT RUSSELL
JOSHUA HANENBURG
ALEX KUEFFNER
DENGHAO FU
KRISTI BLANKENSHIP
SALENA FUOSS
MITCHELL MCCARTY
JULIE VIS
DOUG HUGHES
MARY CRESWELL
ELIO GONZALEZ
DARYL MURPHY
MATT RICHARDS
LORI SMITH
DAN VANDERMOLLEN
KAYLEE DYKEMA
VIRGINIA NORTON

JEANETTE
SCHUITEMAN
CATHERINE COLLINS
ASHTON FINK
ZACHARY CRONIN
KATHLEEN CRONIN
ABBEY ISLER
LUCAS HIRT
LUIS HIRT
AMMON MEHNEY
DAVID MEHNEY
KEITH SIKKEMA
JENNIFER BRINKS
MATT PINTO
SETH HOPP
ANGIE SCARLATO
ANDREA KUNKEL
EVAN BLINDER
MICHAEL CALLAHAN
CIERRA LARSON
JENNA BROMLEY
EMILY ROBINSON
KATIE FROELICH
DONOVAN SHARROW
ABIGAIL ELLIS
BECCA JAKOB
MARY BOKSA
ISAIAH HAVERDINK
RYAN LUCAS
CHARLIE LUCAS
ELISABETH MULDER
CHARLIE MULDER
JEFF PHILLIPS
CALVIN PHILLIPS
JACK PHILLIPS
STEPHANIE TRAPP
NATALIE LEGG
ERICK RAMIREZ
JULIE TUCKER
MADELEINE PETRUZZI
CHAD BURGER
GARY LIBRETTI
ELAINA
SWARTZLANDER
JORDAN BOIVIN
MASON MORRELL
SCOT MORRELL
ANDREA LOBERG
KATIE LIKOV
ELENA CARTER
KATIE REYGAERT
MACKENZIE COLEMAN
COBE HUIZENGA
KALEB KERBY
MEGAN MALZ
ISABELLA PAGOGNA
PAIGE VANDERWEY
STEVEN VANDERWEY
SAMANTHA SHAVER
BENJAMIN

VANDENBOSS
ROSIE SIMMER
RUTH PERKINS
TARAH OKARSKI
LINDSAY SCHROEN
BETSY HUNT
KARI WIERSEMA
JACOB OKARSKI
TROY SNYDER
SHELLEY SULLIVAN
ASHLEY KOSTKA
MAGGIE DEBOER
NICKI JAGER
CATHERINE GRAY
LAUREL GRAY
GERALD BAROFSKY
BILLY BLAIR
ERIC OLSEN
WILLIAM MORROW
MATTHEW FALK
JONATHAN FALK
TYLER MADDEN
NATHANIEL LAIPPLY
DANIEL MAINS
JENNIFER MAINS
KATE HAUCH
KATHLEEN
ROSZKOWSKI
JOSHUA LEIGHTY
SCOTT TUCKER
MADALYN SPOHLER
BELINDA VINTON
KELSEY JOHNSON
KRISTEN ZHANG
NICK EDDY
MARGO TOPP
KEVIN BUCHANAN
AARON MCCLOY
SCHUYLER PRUIS
MADISON PRUIS
EMILY TENNISWOOD
AUBREY RUTGERS
ALI DREWES
GRACE SAMRA
KEVIN NOBLE
BEN LEX
JAMIE BEASLEY
MICAH MANION
LINCOLN DEKOSTER
ZANE VANZILE
DAVE VANZILE
JENNIFER COOPER
DAVID HUISMAN
MATTHEW CEDERQUIST
CARMEN SKORNIA
MARK BOMAN
NATHAN JOHNSTON
SUSANNA JOHNSTON
CHAD KLUMPSTRA
JEFFREY FRAHM
PAULA PATRICK
JOHN KEAN
ANDREW HAGMAN

ALLISON TREVINO
JASON BUXBAUM
CHRIS GRAMER
CARLYNN SMALLEGAN
KEVIN WOLFF
JOE MICHELOTTI
LISA BRADY
DANA BURLAND
STEVEN TALLY
ROB KNECHT
JOSH GARVELINK
KELSEY KLUMPSTRA
EMMA NISSEN
KRISTINA SCHNETTLER
MITCHEL JANKOWSKI
ALLISON SHOKAIR-
SULLIVAN
ANDREW BESSELS
JOSEPH WILLIAMS
SARA TRIGG
EMILY CLINE
AEVA CROSBY
EVA LINDSTROM
ISAIAH LINDSTROM
JACOB MEYER
ERIC RIEVES
ERIN GRAY
TREVOR VANSKIVER
CINDY PAUL
TONIA BUTTERWORTH
BEN NICOLETTE
MIKE LEVAND
ANIKA BOUWMAN
KIM MILLER
MARIAH SMITH
KEITH RICHARDSON
CYNTHIA DEGNAN
JAKE MENNEGA
WILL FERRIS
AUBREY BOEREMA
CHLOE BARTLETT
DEANRI ROTH
SHANE PETERSON
PRICE MCALLISTER
LIZ MCKEE
PETER SCORNAIENCKI
MATTHEW WAGER
WILLIAM JANKOWSKI
APRIL SZYMANSKI
RICK RADER
BRIAN POYNTER
BRAYDEN RACHES
LILLY MENDELS
KATIE MAURER
BETSY HARDWICK
BETHANY DOLES
LARRY HOSKINS
KURT JOLLY
ASAF HARRIS
JULIANA SUAREZ
BRAD LEEDY
DEVON HUISMAN
ERICH PAGEL

SEAN SIEMS
KELLEN SIEMS
BRIE SIEMS
BARBARA BERKO
KIMBERLY BARNES
RON KIETZMAN
ZACHARY HOPP
AMANDA NARVAES
TAMARA STEIL
MELISSA BARTON
CLAY JENSEN-
REIMANN
KAITLYN JENSEN-
REIMANN
JESSICA BEARD
RAMON LEDEZMA
MEGAN ALWARDT
NATHAN JENKINS
MEGAN RAISCH-
JENKINS
JOSEPH KLUMPSTRA
DEVON STEIN
LARA SMETANA
JENNIFER WLODAREK
DONNA BUSSE
JESSICA KEARNS
EMILY MARTINDALE
BRIDGETTE DUNCAN
WILLIAM DUNCAN
KRISTEN ALLINGHAM
BRYAN ALLINGHAM
JILLAINIE PIERCE
TODD
VANWELSENAERS
LAUREN LANG
IVY DEWITT
EDWARD TAYLOR
JACKIE WOLFF
ROBERT BILBROUGH
JORDAN GOODWIN
ROBERT WILBUR
KEVIN SMITH
DANIEL REDFORD
ERIN TUN
IAN CLUTTEN
DAVID BREMER
SHEA ROSS
JARED GUTIERREZ
GARRETT MCGOVERN
LAURA MCMULLEN
MAGGIE DIEMER
VERONIKA GALYAVINA
ANNE EMENHISER
JOHN SZOT
SUSAN TSAGRIS
SARAH BRUISCHAT
SARAT KHANDAVALLI
DRUE ORWIG
PHILIP GILBERT
HANNAH VAN
VALKENBURG
ALEXANDRA JONES
WALTER REGGANS

ZACH EDDY
CONNOR STJOHN
GWYNNETH STJOHN
ALYSSA VANSTRIEN
DEREK SCHAAF
BRENT COUSINO
EMILY COUSINO
KIM SMALLHORN
JACOB BROWER
HEATHER BOERSMA
JUSTIN FUCHS
BRUCE BOERSMA
JACQUELINE MAEROFF
KENT REDFORD
SHAMBHAVI SINGH
DAN VANSKIVER
JACOB RANDALL
KARL COOPER
ANN LINSON
JEREMY STOKES
ROBERT RICH
CAELAN KEENAN
MARNEY KEENAN
KIELY RICH
BOB EGGLESTON II
JOSE ANTONIO
CLEMENTE
EVAN WILDEY
MIKAYLA ZWYGHUIZEN
RYAN STOVER
ELIAS DEJONG
ANNI RAO
ROCCO CARNEVALE
MICHAEL CARNEVALE
DEBORAH ANDREWS
ERIKA CHAPMAN
ANNETTA HALL
TAMMY DICKMAN
JON DICKMAN
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- ✓ **At the Mary Free Bed YMCA.**
- ✓ **Ages 6 - 15.**
- ✓ **Timed event.**
- ✓ **Closed courses.**
- ✓ **FREE USA Triathlon youth membership.**
- ✓ **Tri-blend T-shirt.**
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