If I'm part of a relay team, am I still eligible for the Double Down Challenge in conjunction with the MI Titanium? Yes.

Do all team members receive a swag bag, t-shirt, and medal? Yes, each team member is treated as any other athlete except that they share one chip.

How are the awards determined? Awards are given for 1st, 2nd, and 3rd place overall for relays. We do not divide out age or gender.

Can you mix male/female teams? Yes, our relay teams are mixed and can consist of male/female team members if you choose.

Can one person do more than one leg of the relay? Yes, two or three people can be a team in a relay and one person could do two of the disciplines.

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 location.

Can the other team members wait in transition? No. All relay team members must wait in the relay chip-exchange corral.

How does the chip exchange work? We have a relay chip-exchange corral located at the end of the transition area. The receiving team member waits here with some enthusiasm so that our event photographers can officially capture your finish and you can get your finisher medal.

Please turn in your timing chip at the finish line.

The Aquabike course will be the same as the triathlon course for the same distance race. The official race time will end when Aquabike participants dismount their bike and cross the timing mat entering into transition. If you are participating in an Aquabike event, you do not have to cross the actual finish line for the timing of your race to end. Once your bike is racked and you’re ready, we suggest that you make your way to the finish line with some enthusiasm so that our event photographers can officially capture your finish and you can get your finisher medal. Please turn in your timing chip at the finish line.
Dear Athletes,

On behalf of USA Triathlon, I’d like to welcome you to the Grand Rapids Triathlon, host of the 2018 USA Triathlon Clydesdale & Athena National Championships and Michigan High School Triathlon State Championships. The Grand Rapids Triathlon and the local community have celebrated the performances of our nation’s top Clydesdale and Athena athletes since 2015, in addition to hosting the USA Triathlon Long Course National Championships in 2014. This year, we are thrilled to showcase Michigan’s top high school triathletes by adding the state championship event into the mix. We are sure to see some fantastic racing this weekend, especially from those competing in our championship events.

USA Triathlon is grateful for the commitment and enthusiasm of Race Directors Ann and Andy Vidro, their team, and all volunteers as they continue to make the Grand Rapids Triathlon a marquee event in the state of Michigan. Thank you for all that you’ve done to ensure another successful and memorable race weekend!

Sincerely,
Rocky Harris
CEO, USA Triathlon

AWARDS/PRIZES

OVERALL EVENT WINNERS, EACH DISTANCE
Cash prizes are awarded only to overall triathlon winners along with the following:
- Free entry to the following year’s event (1ST place overall for each event)
- Overall Masters 40+ (1ST, 2ND, 3RD) will also receive an award (no cash prize)

AGE GROUP TRIATHLON WINNERS, EACH DISTANCE
Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of each age group as follows:

ALL EVENT FINISHERS
All finishers will receive a finisher medal. All Half Distance finishers will also receive a finisher hat.

AQUABIKE & RELAY WINNERS, EACH DISTANCE
Awards will be given to top three finishers in each distance male/female for aquabike and top three teams for relays regardless of gender make-up of the team.

MICHIGAN HIGH SCHOOL STATE CHAMPIONSHIP
Awards will be given to the top three finishers male/female for high school students participating in the Sprint Championship Wave. First place finisher male/female will hold the title of USAT MI State Champion.

CLYDESDALE/ATHENA NATIONAL CHAMPIONSHIP WINNERS, EACH DISTANCE
Awards will be given to the 1ST, 2ND, and 3RD place finishers in each distance for all Clydesdale and Athena categories: 39 and under (Clydesdale/Athena); Masters 40-59 (Clydesdale), 40-54 (Athena); Grand Masters 60+ (Clydesdale), 55+ (Athena)

First place Clydesdale and Athena winners in each distance will also receive a USAT jersey. The top three Clydesdale and top three Athenas in all three distance triathlons across all three categories will also win a USAT National Championship medal. First place Clydesdale & Athena in the Half Distance Tri will receive a paddleboard from XTERRA BOARDS.

Awards will be available for pickup immediately after official results are posted. There will be an awards ceremony following each race. Winners need not wait for the ceremony to pick up their awards. If awards are not claimed on race day, it will be the responsibility of the athlete to pay for shipping and handling, the cost of which is $5. Questions about awards? Contact Jim Vidro at jevidro@gmail.com or 616.334.6041

Program Cover, Athlete Poster & Race Shirt designed by:
Jon Conkling - DRIVN THREADS
drivnthreads@gmail.com
www.drivnthreads.com

Program Layout and Articles:
Lori Ott
lori@tris4health.com

Return timing chips not left at the finish line to:
SportStatsUSA
4005 West River Dr. NE Suite B4
Comstock Park, MI 49321
WETSUIT STRIPPING

LET OUR STRIPPERS ASSIST YOU!
We offer volunteers to assist you in removing your wetsuit on race day. Just step aside in the designated area—they’ll take care of the rest! Since we offer this to everyone, it’s legal in a USAT-sanctioned event.
SWIM COURSE

**Sprint (600M)**  **Olympic Swim (1500M)**  **Half Swim (1.2 MI)**

### SWIM WAVES

#### Half Iron

- Wave 1 – 7:00 – Maroon – ALL Clydesdales & Athenas
- Wave 2 – 7:05 – Red – Men age 39 & under, ALL Aquabikes, ALL Relays
- Wave 3 – 7:10 – Gold – Men age 40 & over (NO Clydesdales/Aquabikes/Relays)
- Wave 4 – 7:15 – Purple – Women all ages (NO Athenas/Aquabikes/Relays)

**Subject to change**

#### Sprint

- Wave 5 – 7:30 – Fluorescent Orange – Chariots
- Wave 6 – 7:45 – White – ALL Clydesdales & Athenas, All HS State Championship Athletes
- Wave 7 – 7:50 – Silver – Men age 34 & under, ALL Aquabikes, ALL Relays
- Wave 8 – 7:55 – Green – Men age 35 & over (NO Clydesdales/Aquabikes/Relays)
- Wave 9 – 8:00 – Light Pink – All women (NO Athenas/Aquabikes/Relays)
- Wave 10 – 8:05 – Fluorescent Orange – Newbie wave (men & women)

#### Olympic

- Wave 11 – 8:15 – Light Blue – ALL Clydesdales & Athenas
- Wave 12 – 8:20 – Orange – Men age 39 & under, ALL Aquabike, ALL Relays, ALL MECTC
- Wave 13 – 8:25 – Fluorescent Yellow – Men age 40 & over (NO Clydesdales/Aquabikes/Relays)
- Wave 14 – 8:30 – Blue – Women all ages (NO Athenas/Aquabikes/Relays)

### BIB ASSIGNMENTS

**Half Iron**

- Triathlon – Red
- Clydesdale/Athena – Red with blue band
- Aquabike – Green with red band
- Relay – Red with yellow band

**Olympic**

- Triathlon – Light blue
- Clydesdale/Athena – Light blue with blue band
- Aquabike – Green with light blue band
- Relay – Light blue with yellow band

**Sprint**

- Triathlon – White
- Clydesdale/Athena – White with blue band
- Aquabike – Green with white band
- Relay – White with yellow band

---

The GR Tri has been chosen by the USAT as the only triathlon in Michigan to screen for young Olympians. If you are between the ages of 15 and 19 and participate in the Sprint event, you could be chosen to be groomed for the next U.S. Olympic Team!
BE AWARE

THIS IS AN OPEN BIKE COURSE

This means there will be automobiles on the course.

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

CAUTION:

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

SPECTATOR INFORMATION

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

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/drinks or plan to visit the Whoo Doggy hot dog cart. Come prepared for the weather. Bring sunscreen, lawn chairs, and a head cover.

Know Their Times, Know the Course - To track your athlete, know his or her mile times and know the course. Decide which areas you want to be in to cheer on your athlete, then plan ahead to be there at the appropriate time. Download the rtrt.me app to track your athlete.

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.

FOR SAFETY & SECURITY OF ATHLETES, SPECTATORS ARE NOT ALLOWED IN TRANSITION!
HALF RUN COURSE (13.1 mi)

START ELEVATION: 655 FT
MAX ELEVATION: 726 FT
GAIN: 517 FT

FINISH RUN

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

EVERY MILE

AID STATION

HALF RUN COURSE (13.1 mi)
1. HELMETS
Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT-sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification

2. CHIN STRAPS
Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; time penalty in transition area only.

3. OUTSIDE ASSISTANCE
No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Time penalty

4. TRANSITION AREA
All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Time penalty or disqualification

5. DRAFTING
Drafting — Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position — Keep to the right-hand side of the lane of travel unless passing. Illegal pass — Cyclists must pass on the left, not on the right. Blocking — Riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass. Overtaken — Once passed, you must immediately exit the draft zone from the rear before attempting to pass again. Penalty: Time penalty

6. COURSE
All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee’s discretion, time penalty, or disqualification

7. UNSPORTSMANLIKE CONDUCT
Foul, harsh, argumentative, or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

8. HEADPHONES
Headphones, headsets, Walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Time penalty

9. 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. DO NOT transfer your number to any other athlete or take a number from an athlete who is not competing. Penalty: Time penalty for missing or altered number, disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.

10. WETSUITS
Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion; however, participants who wear a wetsuit within such a temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. ABANDONMENT
All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Time penalty

### Variable Time Penalties

<table>
<thead>
<tr>
<th>Distance Category</th>
<th>1st Offense</th>
<th>2nd Offense</th>
<th>3rd Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint</td>
<td>2:00 minutes</td>
<td>4 minutes</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Intermediate</td>
<td>2:00 minutes</td>
<td>4 minutes</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Long</td>
<td>4:00 minutes</td>
<td>8 minutes</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Ultra</td>
<td>6:00 minutes</td>
<td>12 minutes</td>
<td>Disqualification</td>
</tr>
</tbody>
</table>

FOR A COMPLETE LIST OF RULES

Please refer to the most up-to-date USA Triathlon Competitive Rules at: http://www.usatriathlon.org/about-multisport/rulebook.aspx
SPRINT RUN COURSE (5K)

START ELEVATION 654 FT
MAX ELEVATION 699 FT
GAIN 47 FT
CLIMBS ON ROUTE

1. LARAWAY LAKE DR
2. CASCADE RD SE
3. BUTTRICK AVE SE
4. LARAWAY LAKE DR
5. MOUNTAIN ASH DR
6. GRACHEN DR

AID STATION
EVERY Km

START RUN
COURSE
FINISH RUN

WWW.GRANDRAPIDSTRI.COM
**Detour Map**

- Map Key:
  - Green: Detour Route
  - Red: Road Closure

- Detour Directions:
  1. Go west on Cascade Rd. SE toward 28th St. (3.0 mi)
  2. Turn right onto Spaulding Ave. SE (0.5 mi)
  3. Take the second right onto Ada Dr. SE (2.7 mi)

---

**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.

**MARK YOUR CALENDARS FOR THE NEXT TWO YEARS!**

- June 9, 2019
- June 14, 2020

---

**Presenting the all-new 3-row 2019 Subaru Ascent.**

The 2019 Subaru Ascent is family-sized with flexible seating for up to eight passengers, standard Symmetrical All-Wheel Drive and up to 5,000 pounds of towing capacity.
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 your equipment. You can then park and ride a free trolley shuttle to the race site.

NO EQUIPMENT ALLOWED ON THE TROLLEY SHUTTLES

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

Please note that Thornapple River Drive will be closed on June 10 from 4 am to 6 pm.
I’m not here to be average, I’m here to be awesome.

Proud sponsor
ATTENTION: The Grand Rapids Triathlon is a family-friendly finish. We encourage you to invite your family, friends, and even your dog to cross the finish line with you!
TRANSITION AREA

CLOSING/TEAR-DOWN TIMES
Transition opens at 5:15am for Athletes to set up.
Half Iron Transition: Closes at 6:45 am
Sprint Transition: Closes at 7:30 am
Olympic Transition: Closes at 7:30 am
Sprint Transition: Tear-down begins at 12:00 pm
Olympic Transition: Tear-down begins at 1:00 pm
Half Iron Transition: Tear-down begins at 2:00 pm
Equipment left in Transition for an extended period of time after completion of your event will be considered abandoned and will be removed. Please remove your items from Transition within a reasonable time after you have finished your own race.
If you’re still racing while transition tear-down begins, your items will remain with your bike on the rack.

TRANSITION AREA SET-UP: 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, 8 athletes must rack on one rack. Bikes must alternate which direction they face on the rack. You are NOT allowed to mark your transition area in anyway with chalk, balloons, flags, or other markings. These will be removed and you could be penalized by USAT.

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

SET-UP EXAMPLE

VISUALLY STUNNING RESULTS.
- DIGITAL PRINTING
- OFFSET PRINTING
- DIRECT MAIL

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

Creative Studio Promotions
WHERE THE 2022 GRAND RAPIDS TRIATHLON GETS ALL ITS GREAT BRANDED MERCHANDISE
- Screen Printing
- Embroidery
- Promotional Products
- Warehouse
- Fulfillment
- Awards/Recognition Programs
- E-Commerce/Corporate Stores

www.creativestudiopromotions.com

800.652.6567 www.hollandlitho.com

Grand Rapids Triathlon