



# MT 2019

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Sports Medicine

I AM  
**TITANIUM**  
AUG 18, 2019

# COMPETITOR GUIDE

**MICHIGAN TITANIUM**  
FULL ★ HALF ★ OLYMPIC ★ RELAY ★ AQUABIKE ★ DUATHLON  
**MICHIGAN'S ONLY FULL DISTANCE TRIATHLON**







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Sports Medicine



# IMPORTANT ATHLETE INFORMATION

## EVENT START TIME, SWIM CAP COLOR, BIB COLOR/NUMBER BREAKDOWN

EVENT	START TIME	SWIM CAP	BIB #'S	BIB/BIKE STICKER
ULTRA-DISTANCE TRI	7:00 AM	RED	8000+	RED
FULL TRI RELAYS	7:00 AM	RED	8500+	RED W/ YELLOW STRIPE
FULL AQUABIKE	7:00 AM	RED	8600+	GREEN W/ RED STRIPE
FULL DUATHLON	8:20 AM	N/A	8700+	RED W/ BLACK STRIPE
HALF TRI MEN	8:00 AM	WHITE	5000+	WHITE
HALF TRI WOMEN	8:05 AM	PURPLE	5000+	WHITE
HALF TRI RELAYS	8:05 AM	PURPLE	5500+	WHITE W/ YELLOW STRIPE
HALF AQUABIKE	8:05 AM	PURPLE	5600+	GREEN W/ WHITE STRIPE
HALF DUATHLON	8:20 AM	N/A	5700+	WHITE W/ BLACK STRIPE
OLYMPIC TRI MEN	8:30 AM	LIGHT BLUE	3000+	BLUE
OLYMPIC TRI WOMEN	8:35 AM	NEON GREEN	3000+	BLUE
OLYMPIC TRI RELAYS	8:35 AM	NEON GREEN	3500+	BLUE W/ YELLOW STRIPE
OLYMPIC AQUABIKE	8:35 AM	NEON GREEN	3600+	GREEN W/ BLUE STRIPE
OLYMPIC DUATHLON	8:45 AM	N/A	3700+	BLUE W/ BLACK STRIPE

## FULL DISTANCE SPECIAL NEEDS BAGS

BAG LOCATION	BAG LOGO COLOR
DRY CLOTHES BAG	PURPLE
T1 (SWIM TO BIKE TRANSITION)	BLUE
BIKE SPECIAL NEEDS	GREEN
T2 (BIKE TO RUN TRANSITION)	BLACK
RUN SPECIAL NEEDS	RED

\*The bike Special Needs bags will be returned to transition by 6:30 pm.

\*The run Special Needs bags can be picked up at Run Aid Station #1 until midnight.

All other Special Needs bags can be claimed in Transition.

\*\*Please note that any Special Needs bags not claimed by midnight of race day will be discarded.

## ATTENTION AQUABIKE ATHLETES!

The Aquabike course will be the same as the triathlon course for the same-distance race. When you complete the bike portion of your event, **DISMOUNT** at the dismount line. A timing mat at the dismount line will record the finish time of your event. There will be a special entrance to the finish line chute. **DO NOT ride your bike across the finish line.** Riding your bike into the finish line chute and across the finish line will result in disqualification. **Please** give right of way to the runners who are heading out, as the timing of your event has already stopped.





# RACE WEEKEND SCHEDULE

## SATURDAY, AUGUST 17, 2019

9:00 am:	Kids Triathlon (Versluis Park)
10:00 am – 11:00 am:	Swim Practice (Versluis Park)
11:30 am:	First Mandatory Race Meeting – Ultra-Distance Only
12:00 pm – 4:00 pm:	Expo (Wolverine YMCA)
12:00 pm – 4:00 pm:	Athlete Check-In (Wolverine YMCA)
12:30 pm:	Mandatory Race Meeting – Ultra, Half, and Olympic
1:30 pm:	Mandatory Race Meeting – Ultra, Half, and Olympic
2:30 pm:	Mandatory Race Meeting – Ultra, Half, and Olympic
3:30 pm:	Mandatory Race Meeting – Ultra, Half, and Olympic
1:00 pm – 5:00 pm:	Transition Open / Bike Drop-Off (Versluis Park)
5:00 pm:	Venue Closes

**NOTE:** ALL ULTRA/HALF ATHLETES **MUST** ATTEND ONE OF THE FIVE MANDATORY RACE MEETINGS. OLYMPIC DISTANCE ATHLETES ARE ENCOURAGED TO ATTEND ONE OF THESE MEETINGS.

## SUNDAY, AUGUST 18, 2019

4:30 am:	Shuttles Between Parking Lots Start
5:00 am:	Transition Opens
6:45 am:	Pre-Race Meeting: Ultra-Distance
7:00 am:	Ultra-Distance Swim Start
7:45 am:	Transition Closes
7:45 am:	Pre-Race Meeting: Half and Olympic
8:00 am:	Half Distance Swim Waves Start
8:20 am:	Half and Full Duathlon Start
8:30 am:	Olympic Distance Swim Waves Start
8:45 am:	Olympic Duathlon Start
9:45 am:	Swim Course Closes
1:30 pm:	Bike Midway Cut-Off
5:30 pm:	Bike Course Closes
9:00 pm:	Shuttles Stop
10:30 pm:	Run Midway Cut-Off
Midnight:	Ultra Distance Course Closes

**PLEASE NOTE:** This schedule is tentative and subject to change prior to race.

**COURSE CUT-OFF TIMES:** We will strictly adhere to all cut-off times due to the reopening of roads and availability of medical support. If you do not arrive at the designated cut-off within the time allowed, you will be removed from the course. Thank you for your cooperation.



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# MI TITANIUM PRIZES

All finishers will receive a 2019 MI Titanium Finisher's Medal. Awards will go to the top three finishers in each age group as well as in Clydesdale/Athena (39 & under, 40+), and Paratriathlete categories in each triathlon distance. The top three triathlon relay teams in each distance will receive awards, regardless of gender make-up. The top three male and female overall in each distance in the duathlon and Aquabike events will receive awards. Cash prizes as listed below will be awarded to triathlon overall winners only (male/female).

**Ultra-Distance Championship** athletes finishing 1st, 2nd, and 3rd in each age group male/female will receive an award from the MI Titanium. They will also receive a medal from USAT. In addition, first place in each age group will receive a long sleeve t-shirt from USAT. Overall top 3 finishers (male/female) will receive overall winner awards from the MI Titanium. These top overall finishers in the Ultra-Distance Championship **WILL NOT** be taken out of age group placing. Each athlete finishing in the top of their age group (male and female) will automatically qualify to be part of Team USA and compete in the 2020 ITU World Long-Distance Championship. The second-place athlete in each age group will also qualify provided their finish time is within 30% of the top finishing athlete

Awards will be available for immediate pick-up. There will be an awards ceremony following each race. Winners do not need to wait for the ceremony to pick up their awards. If awards are not claimed on race day, athletes must pay shipping and handling. If you have any questions about awards, contact Jim Vidro at jevidro@gmail.com or 616.334.6041.

## OVERALL TRIATHLON WINNER PRIZES

	FIRST	SECOND	THIRD
ULTRA-DISTANCE	\$1,000	\$500	\$300
HALF TRI	\$500	\$250	\$150
OLYMPIC TRI	\$300	\$200	\$100

## AWARD TIMES

12:00 pm: Olympic Triathlon, Aquabike, Duathlon Awards  
 1:00 pm: Half Aquabike Awards  
 2:00 pm: Half Triathlon & Half Duathlon Awards  
 5:00 pm: Full Aquabike Awards  
 6:00 pm: Ultra Triathlon & Full Duathlon Awards

## ATHLETE TRACKING/RESULTS

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 timing mats into the transition area.

After the race, athletes can find results on scrolling TVs located near the awards tents. Printed copies of results will also be posted in the area. Visit [sportstats.us](http://sportstats.us) to find your results online (app results are not final or official). All results are subject to penalties from USAT officials. **Return timing chips not left at the finish line to:** SportStatsUSA 4005 River Dr. NE Suite B4, Comstock Park, MI 49321

## DOUBLE DOWN

If you are participating in both the 2019 Grand Rapids Triathlon and MI Titanium, you have qualified for the Double Down. You will receive a special gift at packet pick-up (see the Double Down table) and a second finisher's award on race day. One Double Down challenger will win a Kinetic Rock n Roll Smart Control Trainer (a \$750 value), provided by:





# FOOD AND REFRESHMENTS

## VOLUNTEER FOOD

Volunteers stationed near the Finish Line, please stop by the volunteer tent located in the back of the Chase Bank parking lot for snacks and to be directed to your meal options. Qdoba will be providing meals to on-site volunteers. Volunteers on the bike and run courses will have snacks available packed in the MyWay aid station boxes. Jimmy Johns will be providing sandwiches which will be delivered to the aid stations. If you are marshaling on the course and not stationed at an aid station, your food will be relayed to you.

-Volunteer Lunch from Noon to 2 PM

-Volunteer Dinner from 6 PM to 7 PM

## BIKE AID STATIONS WILL OFFER:

Gatorade	Hammer gel	ice
water	bananas	

## RUN AID STATIONS WILL OFFER:

Gatorade	Hammer gel	Pickle Juice
water	bananas	cookies
Pepsi	oranges	cool sponges
ice	pretzels	

## FINISH LINE FOOD

Food will be available near the finish line for all athletes. In addition to standard recovery food, pizza will be baked fresh on-site by Papa Murphy's.

## SPECTATOR FOOD

A variety of the sponsors listed on this page will be offering samples of food or food to purchase on the race site. Want to head inside and relax a while? Check out their nearby locations.

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Find them located near the  
beer tent.**

ALTERNATIVES IN  
**MOTION**

has been selected as the charity organization that will benefit from the **MICHIGAN TITANIUM** beer tent. Donation proceeds will go towards enhancing the lives of persons with disabilities in West Michigan.

Visit the beer tent and enjoy  
a beverage supplied by:



# SWIM COURSE ULTRA/HALF

**ULTRA 2.4 – DOUBLE LOOP**  
**HALF 1.2 – SINGLE LOOP**

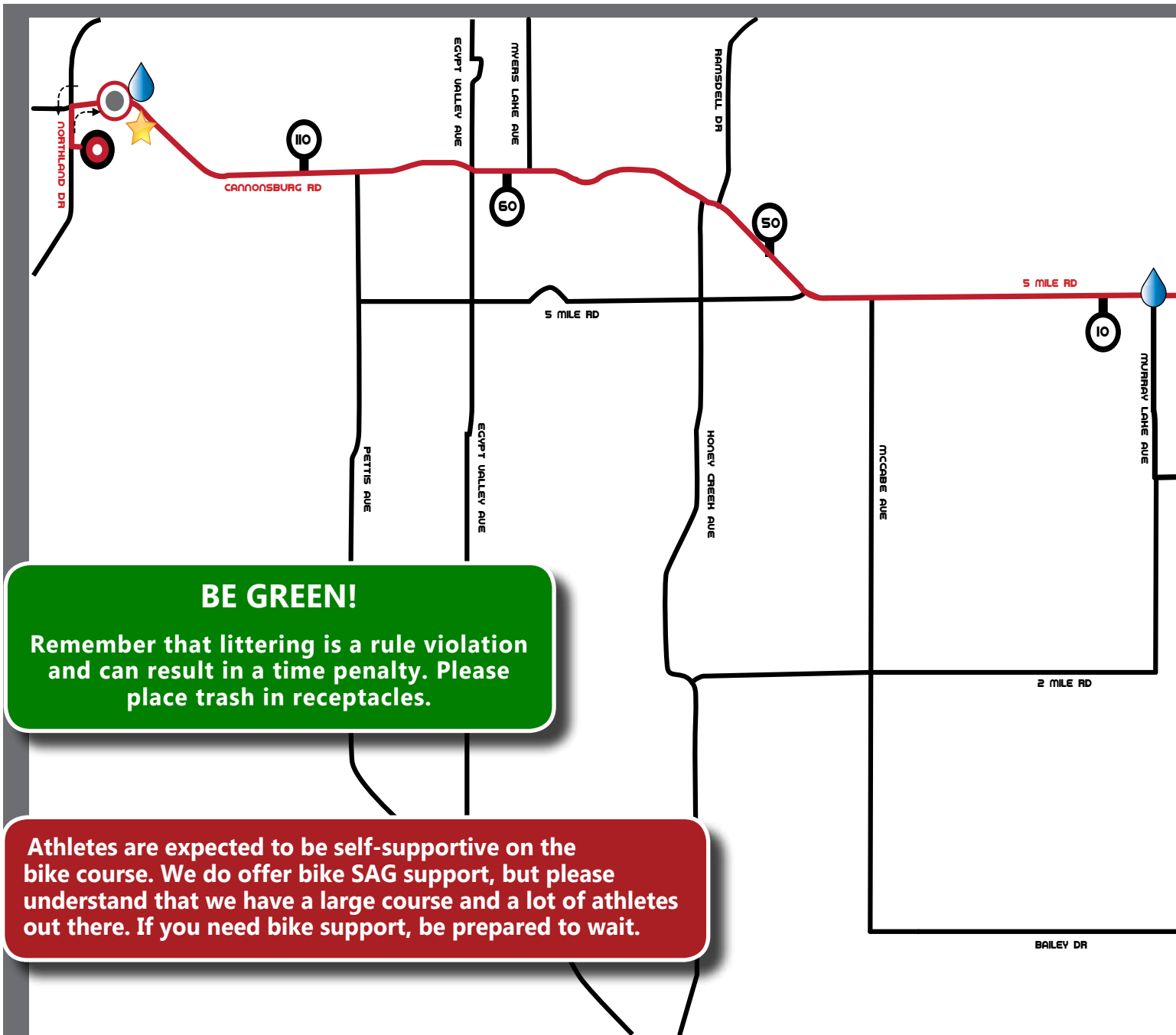


## **WETSUIT STRIPPING - LET OUR STRIPPERS ASSIST YOU!**

We offer volunteers to help you remove your wetsuit on race day. Just step into the designated area—they'll take care of the rest! Since we offer this to everyone, it's perfectly legal in a USAT-sanctioned event.



# BIKE COURSE ULTRA/HALF



## BE GREEN!

Remember that littering is a rule violation and can result in a time penalty. Please place trash in receptacles.

Athletes are expected to be self-supportive on the bike course. We do offer bike SAG support, but please understand that we have a large course and a lot of athletes out there. If you need bike support, be prepared to wait.

## LEGEND

- TRANSITION AREA
- AID STATION
- MILE MARKERS
- SPECIAL NEED BAGS
- FULL TURNAROUND

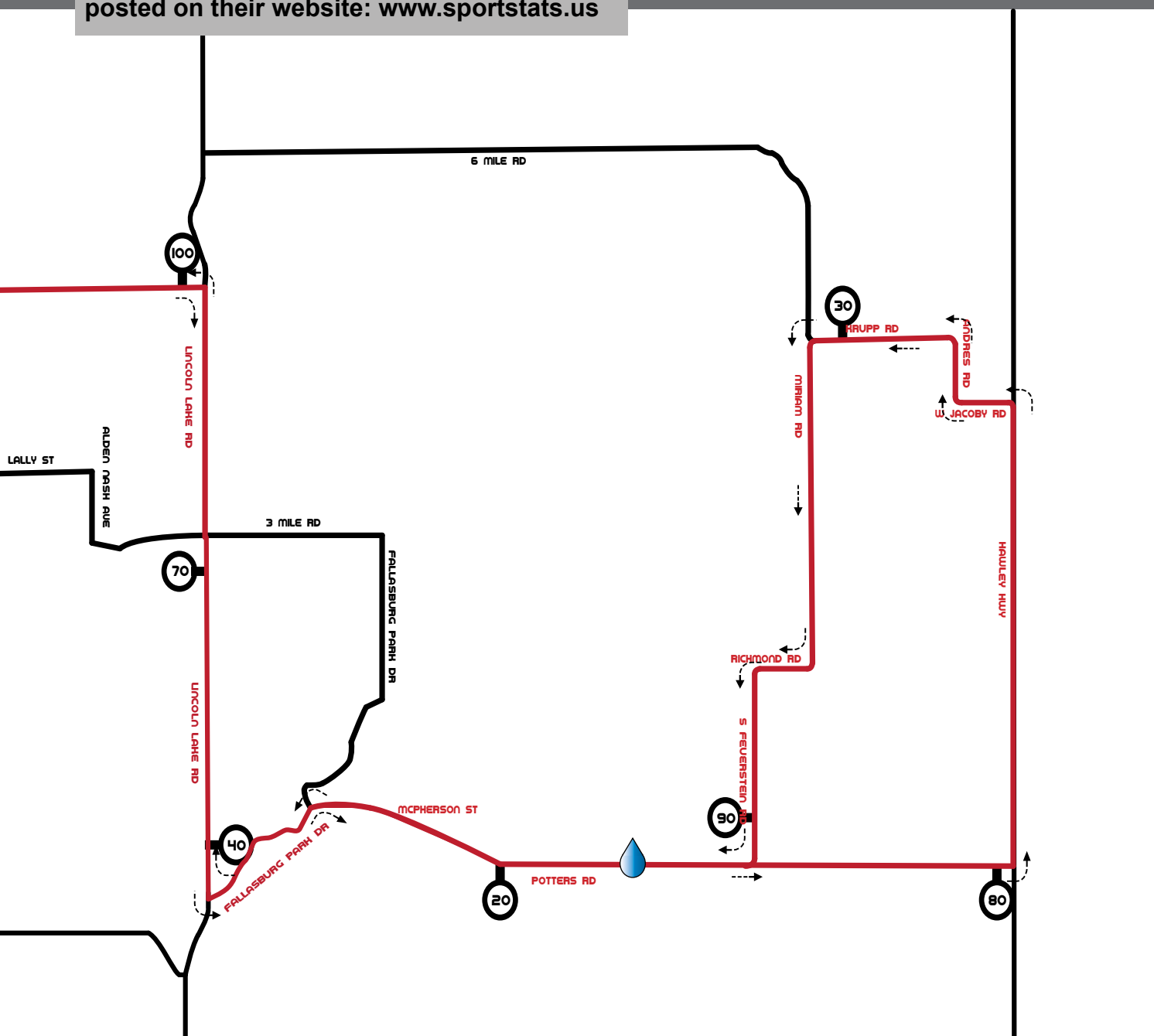
**VERY IMPORTANT: ATHLETES MUST SLOW TO 5 MPH OR BOTTLE EXCHANGE WILL NOT BE ATTEMPTED BY VOLUNTEERS.**





Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: [www.sportstats.us](http://www.sportstats.us)

## ULTRA 112 – DOUBLE LOOP HALF 56 – SINGLE LOOP



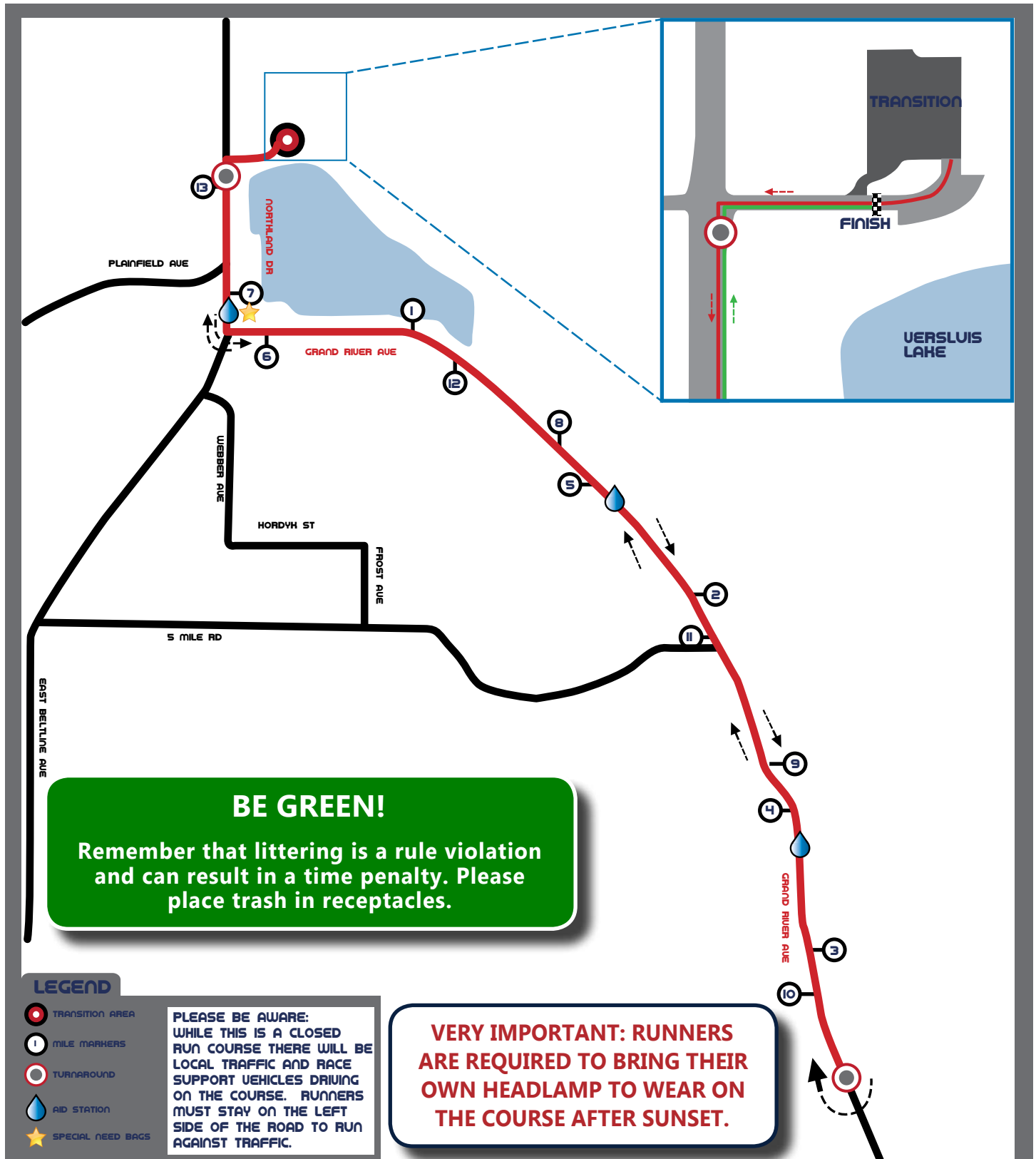
### PLEASE BE AWARE THIS IS AN OPEN BIKE COURSE

THIS MEANS THERE WILL BE AUTOMOBILES ON THIS 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 THE SHERIFF.



# RUN COURSE ULTRA/HALF

ULTRA 26.2 – 4 LAPS  
HALF 13.1 – 2 LAPS





## MOST COMMONLY VIOLATED RULES AND PENALTIES

### 1. HELMETS

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT-sanctioned events. Helmets must be worn 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

Distance Category	1st Offense	2nd Offense	3rd Offense
Intermediate/Olympic	2:00 minutes	4 minutes	Disqualification
Long/Half	4:00 minutes	8 minutes	Disqualification
Ultra/Full	6:00 minutes	12 minutes	Disqualification

#### FOR A COMPLETE LIST OF RULES

Please refer to the most up-to-date USA Triathlon Competitive Rules: <http://www.usatriathlon.org/about-multisport/rulebook.aspx>

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2020

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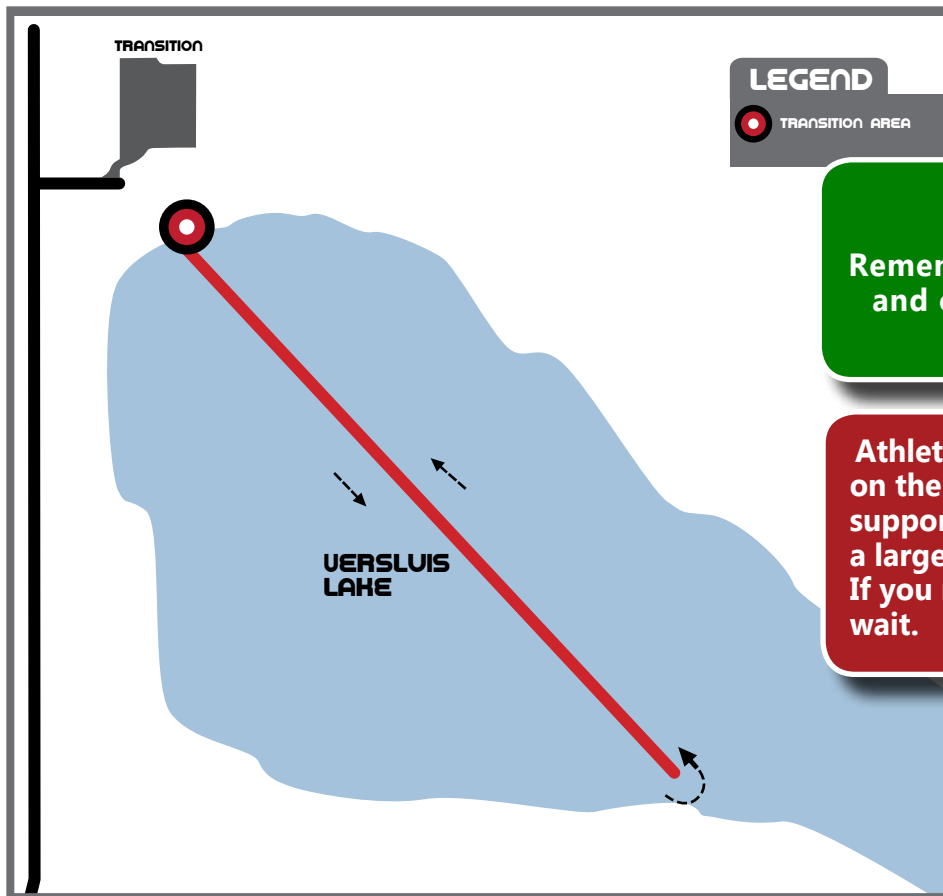
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# OLYMPIC DISTANCE COURSE MAPS



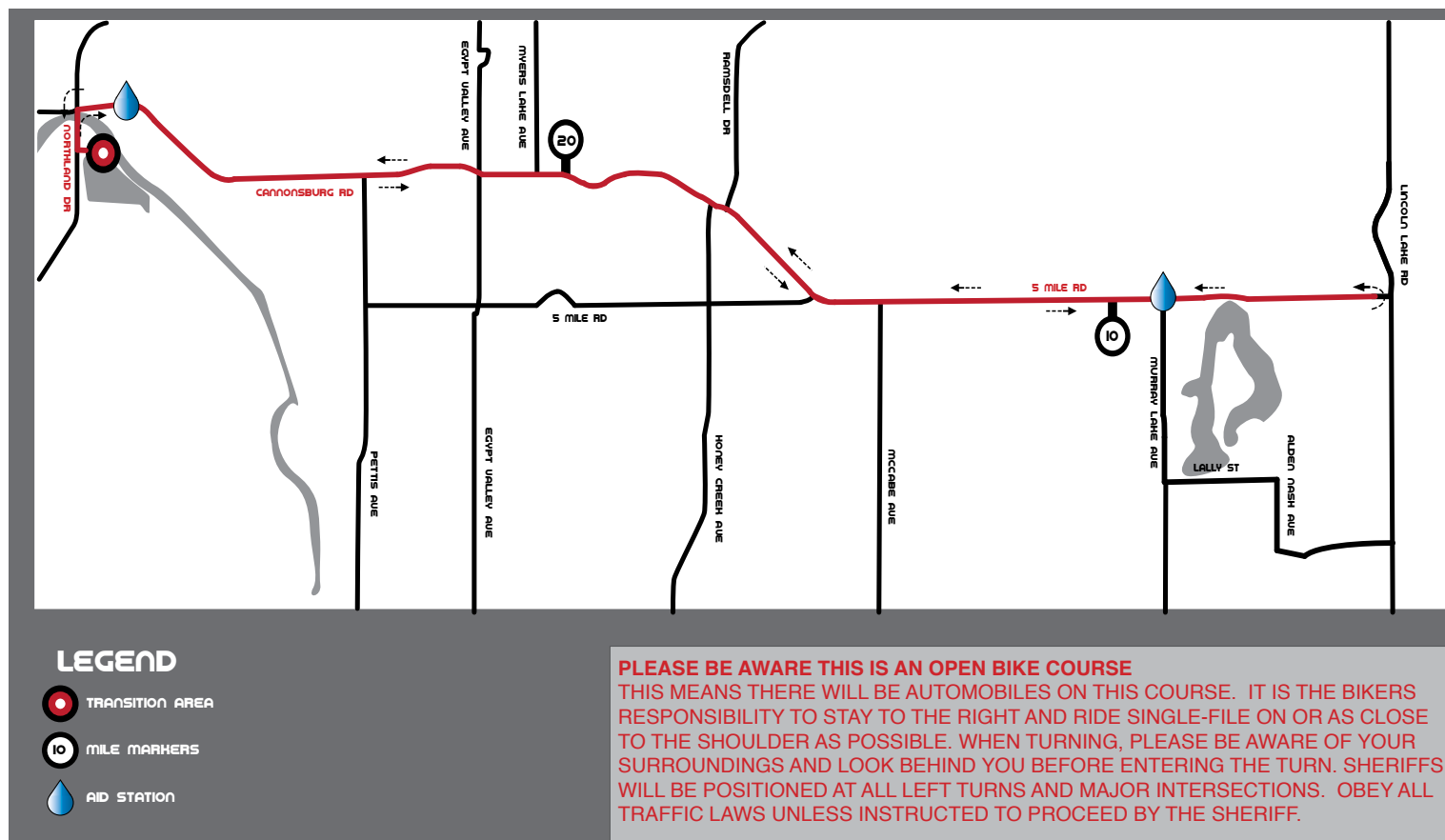
**SWIM = .93 MILES**

## BE GREEN!

Remember that littering is a rule violation and can result in a time penalty. Please place trash in receptacles.

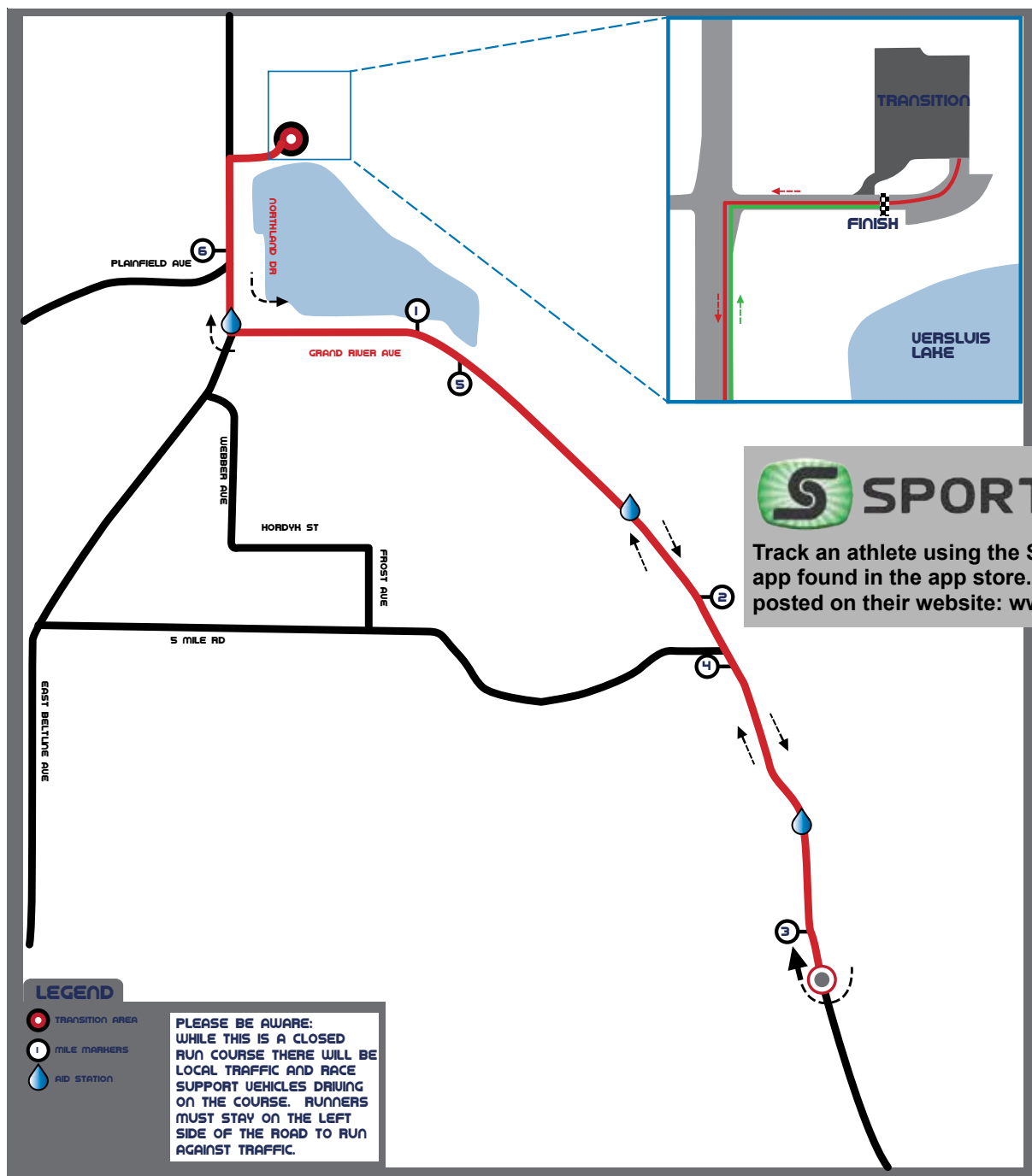
Athletes are expected to be self-supportive on the bike course. We do offer bike SAG support, but please understand that we have a large course and a lot of athletes out there. If you need bike support, be prepared to wait.

**BIKE = 24.8 MILES**





**RUN = 6.2 MILES**



Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: [www.sportstats.us](http://www.sportstats.us)

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# SPECTATOR EXPERIENCE

On Sunday, August 18, 2019, dedicated spouses, children, and friends will be engaged in an epic challenge: cheering on an athlete competing in a multi-sport event lasting up to 17 hours! We are thrilled that the Wolverine Worldwide YMCA has opened its doors to the MiTi! In addition to hosting pick-up location and the race expo, the YMCA will be open for use by athletes and spectators on both Saturday and Sunday. Take a class, drop off the kids in the FREE KidZone daycare (two hours maximum), or cool off in the pool. YMCA hours are 7 am to 6 pm on Saturday and 8 am to 6 pm on Sunday. Visit [www.grymca.org/wolverine-worldwide/](http://www.grymca.org/wolverine-worldwide/) for class schedules and facility information.

Below are a few race-day tips:

- Track your athlete on the **SportStats Tracker app** so you can figure out good opportunities to see him or her along the course.
- Due to township park regulations, pets will not be permitted in Versluis Park and no one other than athletes will be permitted to swim in the lake.
- Spectators are not allowed in the transition area. Ultra-distance athletes, however, will be given a coupon that they can give to someone who can use it to enter transition to recover their bike.
- The bike course is open to traffic but shoulders are small, so be careful if driving on the bike course and avoid parking on the bike course. The run course is closed to traffic.
- **Make sure you are there for the finish at Versluis Park!**

Go to [www.mititanium.com/about/spectator-experience/](http://www.mititanium.com/about/spectator-experience/) for more spectator experience tips and information. For more information on Grand Rapids generally, including maps, restaurants, attractions, and more, visit [www.experienceGR.com](http://www.experienceGR.com).

## ATHLETE TRACKING

This year Sport Stats USA ([www.sportstats.us](http://www.sportstats.us)) will be timing our event. Spectators will be able to follow their athletes by downloading the **SportStats Tracker app** to their phones. There will be multiple timing mats on the bike and run courses which will allow athletes to be tracked on a course map using this app. Download the **SportStats Tracker app** from your app store and search for Michigan Titanium to follow an athlete's progress.

## A FAMILY-FRIENDLY FINISH LINE!

We not only allow but encourage athletes to celebrate this amazing accomplishment with their families by crossing the finish line together. The MiTi will provide a special finisher's award to all junior athletes who cross the finish line with a parent. **Spectator point of entry to run in with your athlete is the corner of Versluis Dr. & Northland Dr. Running with your athlete elsewhere on the course will lead to a time penalty for that athlete. Please wait until the finish chute to join them.**

Kids of all ages can enjoy snow cones near the finish line. There will also be entertainment provided for kids in the Chase parking lot south of the finish line between the hours of 10 am and 2 pm.



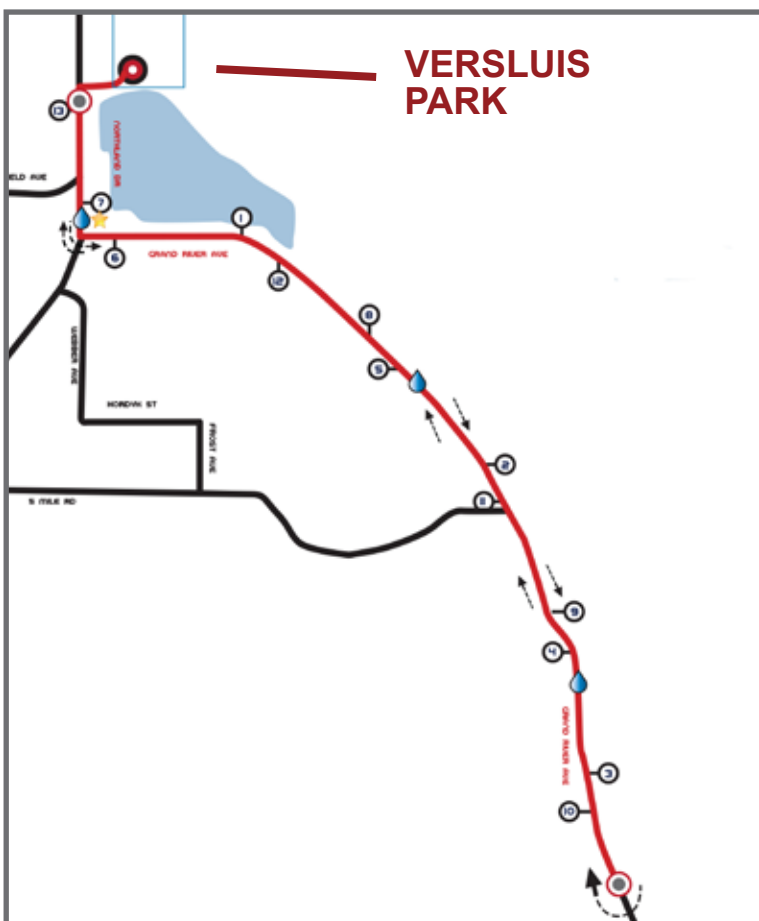
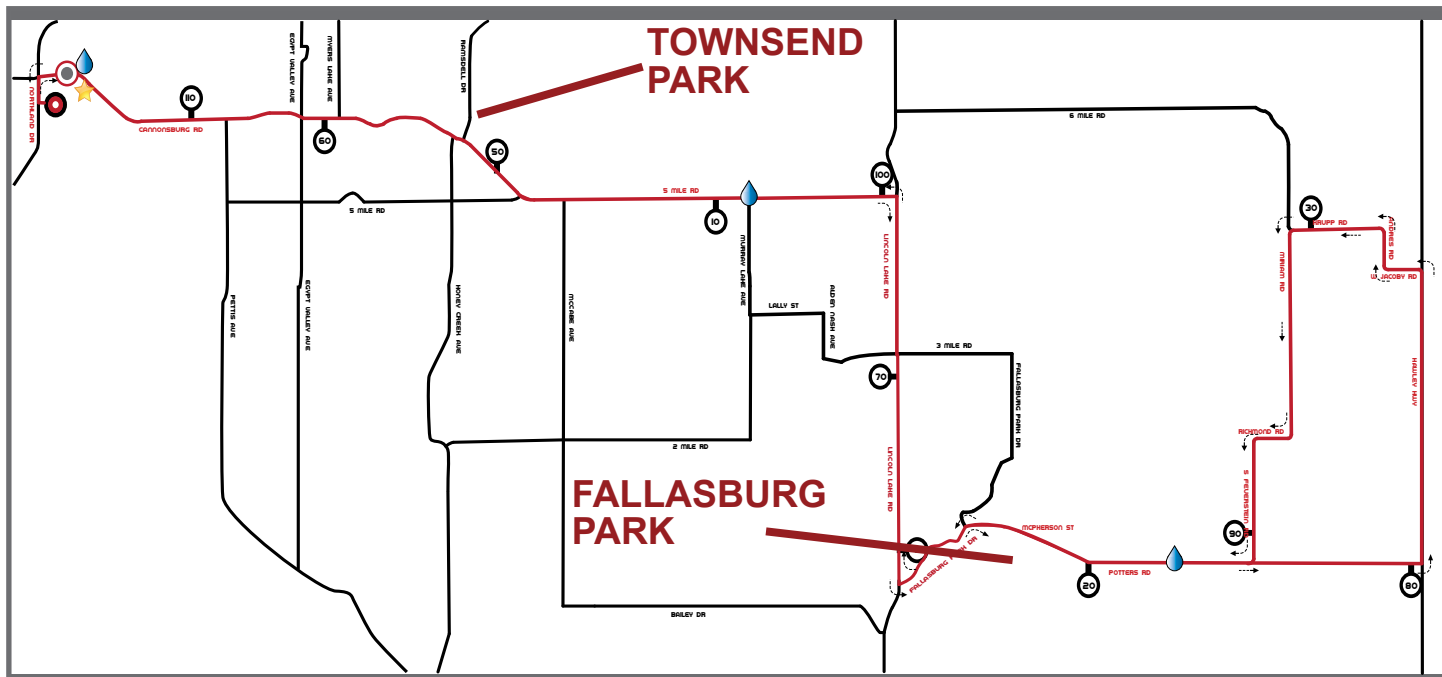
## FOUND SOMETHING? LOST SOMETHING?



- Lost and Found will be located at the Volunteer Tent.
- After race day, contact Gail Vidro ([gvidro@hotmail.com](mailto:gvidro@hotmail.com) or 616.334.6107).
- There is a \$15 shipping fee for anything you need shipped back to you.
- Unclaimed items will be donated after September 15.



# SPECTATOR MAPS



## KEY SPOTS MARKED ON THE BIKE & RUN COURSE MAPS

### BIKE

Townsend Park (Olympic, Half, Ultra)  
Fallasburg Park (Half, Ultra)

### RUN

From Versluis Park to Grand River Dr. along Northland Dr. (Miles 0, 6, 13, 18, 26)



Track an athlete using the Sportstats Tracker app found in the app store. Find results posted on their website: [www.sportstats.us](http://www.sportstats.us)

## SUPPORT YOUR LOVED ONE!

There will be a free poster-making station at PACKET PICK-UP! Show your support: make your athlete a poster!





# PARKING MAP

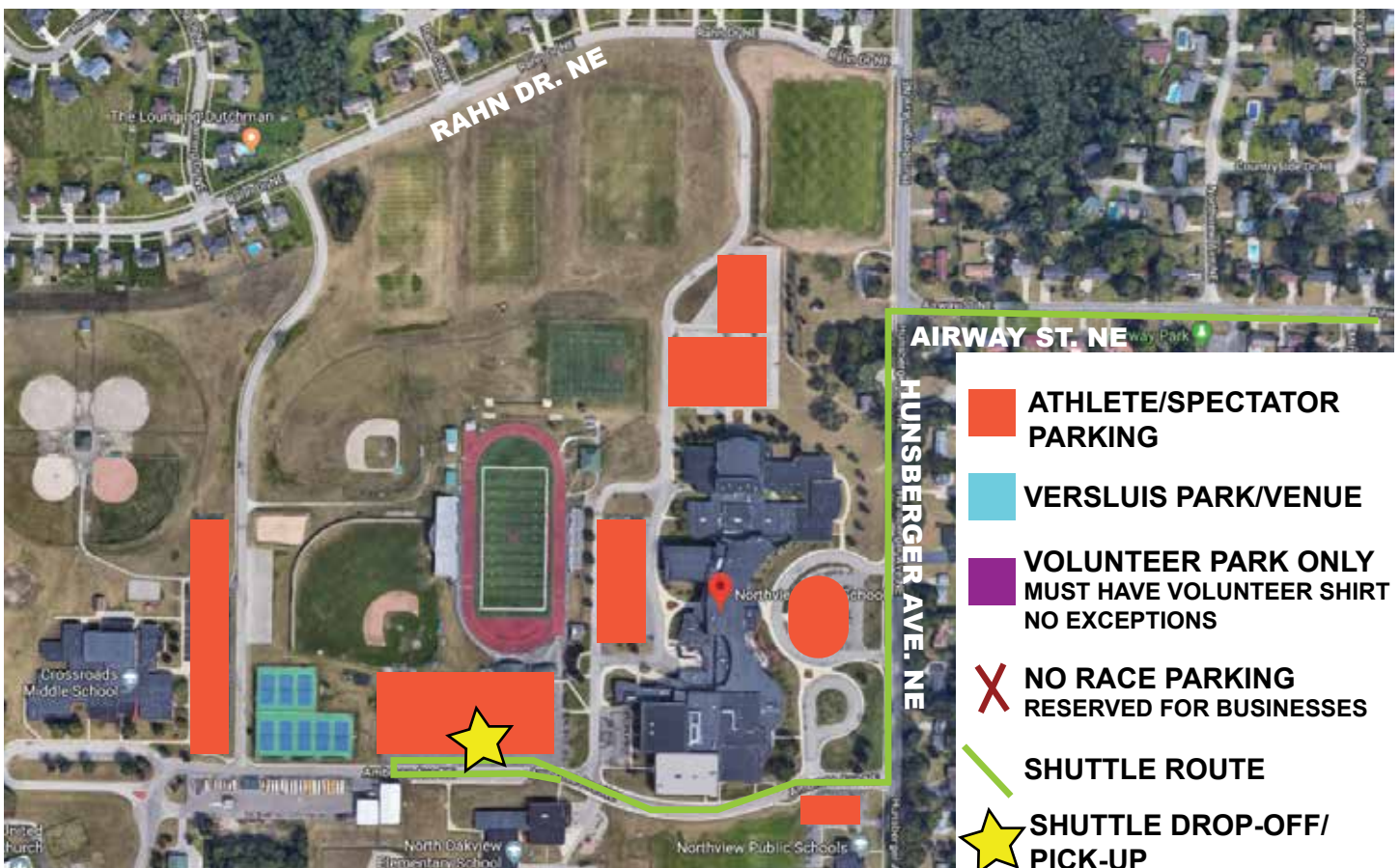
## Athlete & Spectator Parking NORTHVIEW HIGH SCHOOL 4451 Hunsberger Ave NE, Grand Rapids, MI 49525

There is **NO** parking at or near the race venue. These businesses will be open race day and their parking is reserved for their customers. Be courteous of this.

The shuttles will run every 15 minutes from 4:30am until 9pm. **NO** bikes will be allowed on shuttles. Late finishers can have friends or family move their vehicle closer to the venue after 8pm.

**IMPORTANT:** Priority seating is given to athletes in the morning during transport to the race site. Spectators may need to wait for seats on the bus during peak transport times. Please be respectful of athletes needing to get set in transition for their race start time.

Those with disabilities or other special needs requiring assistance getting from the shuttle drop off to the race site may contact 616-292-0728 or 616-723-4306.







JUNE 14  
2020

BE PART OF THE 10<sup>TH</sup> ANNUAL GRTRI  
REGISTRATION OPENS JUNE 10, 2019  
[GRANDRAPIDSTRI.COM](http://GRANDRAPIDSTRI.COM)

GRAND RAPIDS TRIATHLON

#TRIHARDECADE



# BE A MITITANIUM

BE PART OF THE 9<sup>TH</sup> ANNUAL MITI  
AUG 16, 2020

REGISTRATION OPENS AUG 19, 2019  
[MITITANIUM.COM](http://MITITANIUM.COM)



#IWILLBEATITAN



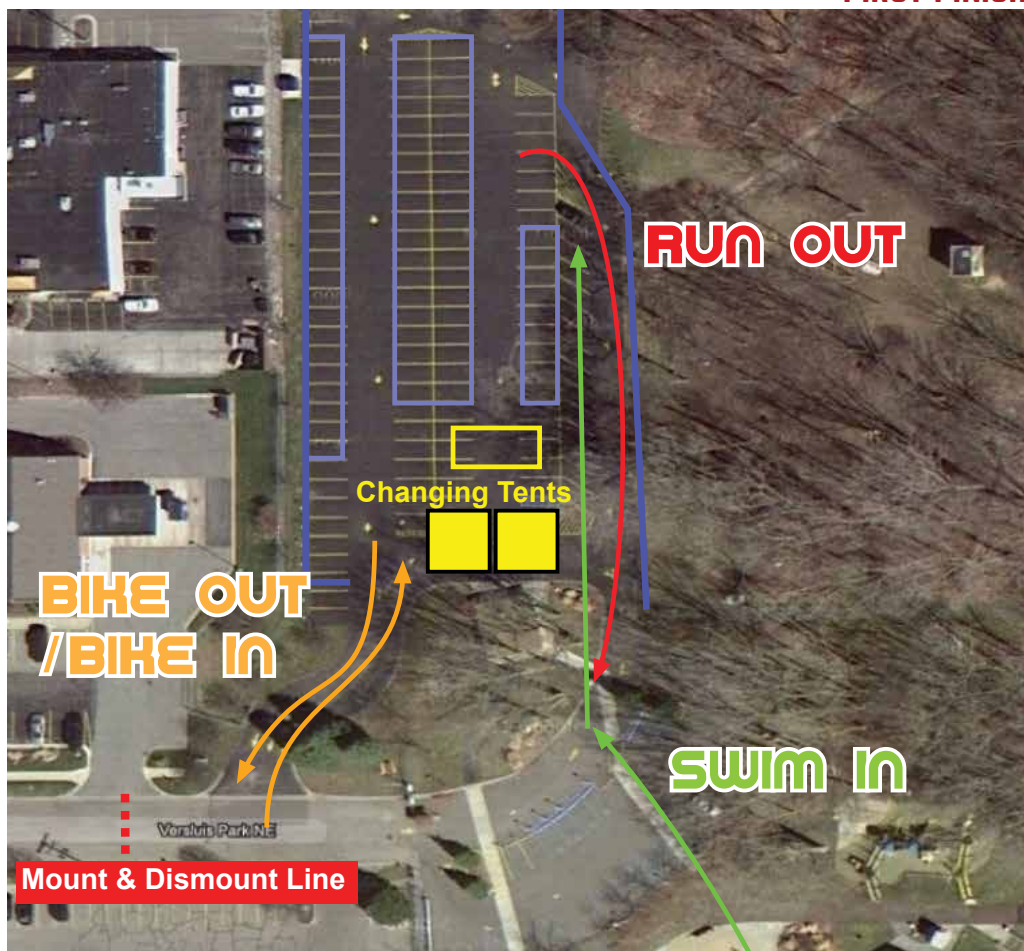
**MICHIGAN'S ONLY FULL DISTANCE TRIATHLON**  
FULL HALF OLYMPIC RELAY AQUABIKE DUATHLON SWIM-ONLY





# TRANSITION AREA

- TRANSITION AREA CLOSES AT 7:45 AM
- TRANSITION WILL OPEN AGAIN AFTER THE FIRST FINISHER CROSSES THE FINISH LINE



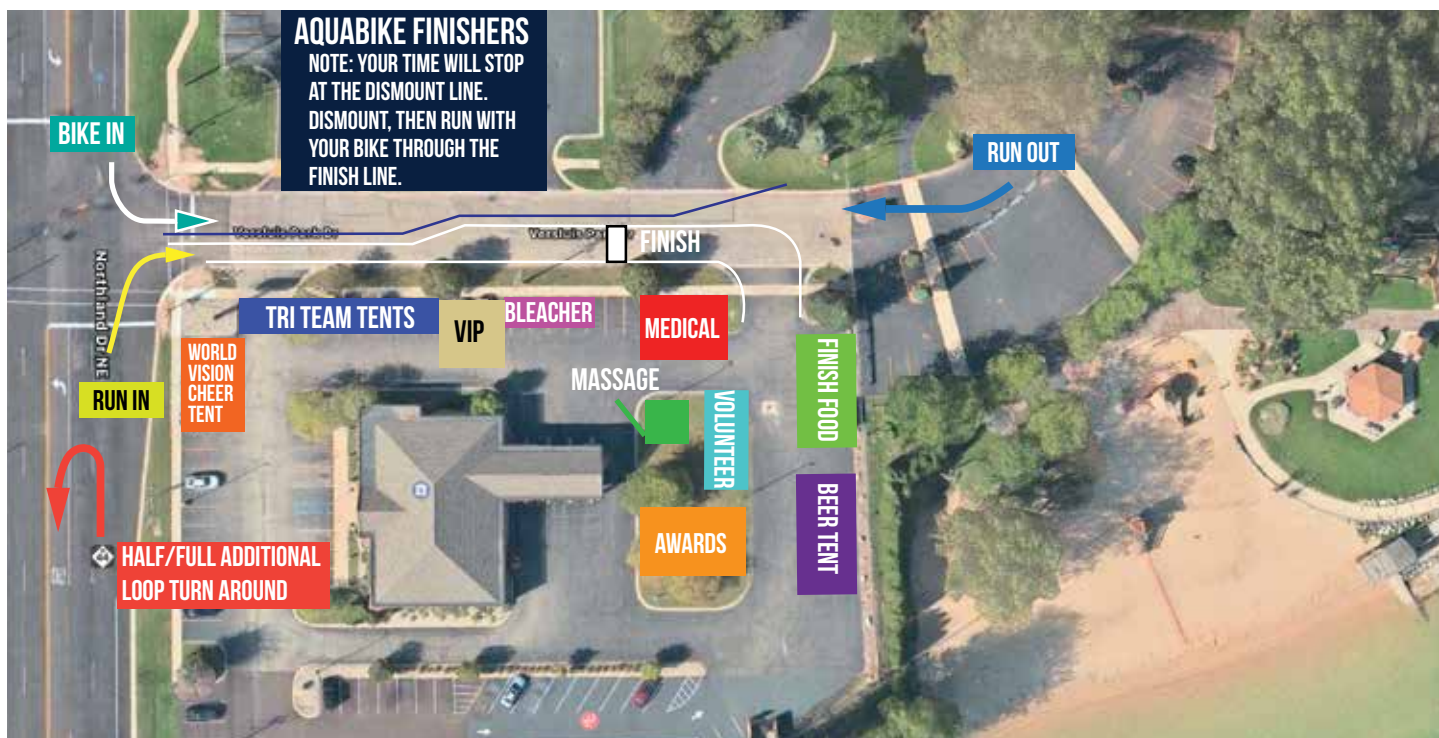
ENDURANCE FUELS  
& SUPPLEMENTS



**ENDURANCE**



# FINISH LINE AREA





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- ✓ Become fitter and stronger



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