



**COMPLETE
HEALTH
DENTISTRY**
OF WEST MICHIGAN



MICHIGAN TITANIUM TENTH ANNIVERSARY

PRESENTED BY



UNIVERSITY OF MICHIGAN HEALTH-WEST
MICHIGAN MEDICINE

ULTRA HALF OLYMPIC TRIATHLON DUATHLON AQUABIKE RELAY SWIM-ONLY

**BE A TITAN
& NATIONAL CHAMPION
2.4 MILE SWIM
112 MILE BIKE
26.2 MILE RUN
AUGUST 14, 2022**

USA TRIATHLON
NATIONAL CHAMPIONSHIPS
2022 ULTRA-DISTANCE

Grand Rapids ★ Michigan ★ Aug. 14



Airway

Sleep

Performance

HEALTH & WELLNESS



COMPLETE
HEALTH
DENTISTRY

OF WEST MICHIGAN

A World Where Health > Disease

Creating a **H**ealthier **D**ifference

WELCOME TO MITI 2022

FROM THE RACE DIRECTORS

We're thrilled to welcome you to the 10th anniversary edition of Michigan Titanium! What a great year to race with us. Not only is it a huge milestone for MiTi, but we also have the honor of hosting USA Triathlon's 2022 Ultra-Distance National Championships.

Racing independent is vital to sport, especially at these longer, more challenging and difficult distances. Outside of branded events, you do not have many choices left to go the ultra-distance. That's why we pledge to stick around, keep improving your experience at Michigan Titanium and to give you an affordable option to complete 140.6 miles.

In addition, for those of you competing in our Half and Olympic distances, as well as duathlon, aquabike, relay and swim-only events, thank you for racing with us! Regardless of your event or distance, we pride ourselves in giving you the best race experience possible. Let's not forget our volunteers. We are fortunate to have hundreds of them come out in force to help and encourage you throughout your race day.

We would like to thank our long-time title sponsor, Complete Health Dentistry, for their support. We also couldn't do this without our presenting sponsor, University of Michigan, Health West, who has provided medical support since our beginning in 2012. Finally, we'd like to thank each and every one of our sponsors, who make this event possible.

Keep moving forward!

Jon Conkling & John Mosey

Race Directors, Michigan Titanium



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IMPORTANT RACE INFORMATION

EVENT & ATHLETE BREAKDOWN

EVENT	START TIME	SWIM CAP	BIB #'S	BIB/BIKE STICKER
ULTRA TRI	7:00 AM	RED	8000+	RED
ULTRA AQUABIKE	7:00 AM	RED	8500+	RED W/ PURPLE STRIPE
ULTRA SWIM	7:00 AM	RED	80+	
ULTRA TRI RELAY	7:00 AM	RED	8800+	RED W/ YELLOW STRIPE
ULTRA DUATHLON	8:20 AM	N/A	8700+	RED W/ NAVY STRIPE
HALF TRI	8:00 AM	WHITE	5000+	WHITE
HALF AQUABIKE	8:00 AM	WHITE	5500+	WHITE W/ PURPLE STRIPE
HALF SWIM	8:00 AM	WHITE	50+	
HALF TRI RELAYS	8:00 AM	WHITE	5800+	WHITE W/ YELLOW STRIPE
HALF DUATHLON	8:20 AM	N/A	5700+	WHITE W/ NAVY STRIPE
OLYMPIC TRI	8:30 AM	LIGHT BLUE	3000+	BLUE
OLYMPIC AQUABIKE	8:30AM	LIGHT BLUE	3500+	BLUE W/ PURPLE STRIPE
OLYMPIC TRI RELAYS	8:30 AM	LIGHT BLUE	3800+	BLUE W/ YELLOW STRIPE
OLYMPIC DUATHLON	8:45 AM	N/A	3700+	BLUE W/ NAVY 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.

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. Athletes will be financially responsible for any unreturned chips.

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

RACE DAY SCHEDULE

SUNDAY, AUGUST 14, 2022

4:30 am: Shuttles Between Parking Lots Start
5:00 am: Transition Opens
6:45 am: Pre-Race Meeting: Full 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 Ultra 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
11:00 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. Cut-off times apply to all distances.



LOVE YOUR WATER EVERYDAY!



Gordon
WATER SYSTEMS

MITI 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. In my spare time, you can find me volunteering on the soccer field. I am going into my 20th season coaching my sons in AYSO, where I am also a past board-member. My wife of 24 years, Amanda, also a Full-distance triathlete, and I reside in Ada with our 5 kids, 2 dogs & 2 cats.



Lori Ott Assistant to the Race Directors

The 2022 triathlon season will mark my ninth year working as the assistant to the race directors for Tris4Health. However, I have been involved with the Grand Rapids Tri since it's second year where I volunteered in transition and fell in love with the sport of triathlon. I swore the following year when I turned 40 I'd become a triathlete myself. I've been a part of Michigan Titanium since the beginning, volunteering the first two years of the event before joining the staff in the Fall of 2013. When I'm not wrapped up in triathlon/gravel world, I'm spending time with my husband of 27 years and my three teenage sons. I'm always happy to be of assistance to our athletes and help keep things running smoothly behind the scenes.



Chelsea Montes Social Media & Marketing

I joined the Tris4Health team in 2019 and it has been a crazy ride ever since! While I have never officially competed in a triathlon myself, I have been around the sport for years working behind the scenes in communications and social media and traveling around the world to see some pretty epic triathlon races! One of the most memorable triathlon moments of my career was witnessing Gwen Jorgensen win the very first Gold Medal for USA at the 2016 Rio de Janeiro Olympic Games. After finally getting to experience my first Grand Rapids racing scene in 2021 and seeing how amazing the community is here, my goal is to once and for all step up to my own triathlon start line in 2022!



Elizabeth Fanco Administrative

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



Jill Beckwith Volunteer Coordinator

This is my first 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.



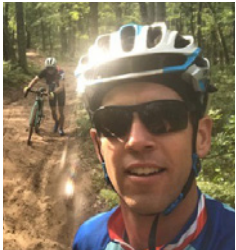
Keith Love Site Manager

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!



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.



Jason Perry 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.



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.



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.



Tony & Di Payne Aid Station Supply

We both did our first triathlon at the inaugural GR Tri in 2011 and have been involved racing and volunteering ever since with that race and with MiTi. Many vacations tend to be "racecations" or training sessions but it's become a passion and the people we've met in the race community are the best.



Tony Horvath Bike Course

This is my fourth year on staff for the Michigan Titanium. As an athlete, I enjoy cycling and doing mud races. I'm in the process of making a career change in my workplace. I'm also very proud father of a Western Michigan University graduate.



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.



Emma Baraowski Run Course

I have been a part of the MiTi Team since 2012 and it has changed my world! I attended my first Tri as a spectator and was "hooked" from that moment on. I joined the race committee and even started running! It was shortly after that I started to plan my year of firsts: my first bike race, my first marathon, and my first Triathlon! It was an awesome experience and I am looking forward to competing in more races in the future. As you can see, this sport has been a life-changing experience for me. I am grateful to give back by serving on this committee.



Brian Jirous Transition/Security

This is my ninth year being on staff for this race. I love being part of these events and being in the "eye of the storm" doing transition and seeing the athletes at all stages of the race. I have done several Half Distance triathlons and I have completed Ironman Chattanooga, TN. When not training or competing I run a youth basketball program for girls and coach a school team and an AAU team.



Todd Bradford 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 MiTi, 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 shares 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!"



Don Goetcheus Kids' Triathlon

In 2007 I was swimming laps and mountain biking to stay in shape. But these sports, on my own, weren't getting the workouts that I needed, so started running. 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.



Kym Matthews Awards

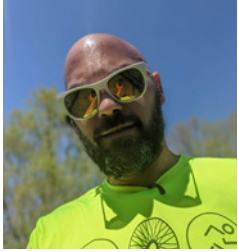
My two favorite things are connecting with people/connecting people to each other and all things fitness. So doing cycling and running events fills me with so much joy. I started running in my early 30's and did my first bike/run event at Reeds Lake in 2014 at the age of 49. I have taught fitness classes for over 30 year and currently fill my days training clients in my private studio. I don't swim! Though someday I may learn. I love half marathons and duathlons; competing in several each year. I run and bike year round, and like a lot of athletes, I have a garage full of bikes for every season and terrain.

My family is very supportive of my passion, always out on the course cheering me on. I love this community and have found support through the various challenges of life. I am grateful to be surrounded by so many positive people and I love encouraging others while I am out on the course.



Rocky Babcock Road Closure

I have always been an active person but have never really been much of a run/bike/swimmer until 2012 when I started biking. I originally started out as only a biker but transitioned over the years while looking for new ways to stay active. My wife and I have been running since we've been together and continually do races together and are always there to support each other. Since 2012 I have participated in up to 7 Triathlons each year and have enjoyed every one. I have always enjoyed being part of the races and am now happy to be a part of the team that makes these races so great.



Bill Ott Technical Support

When not hanging out with the "loud redhead" on staff you can find me running a bunch of miles, fixing almost anything, frying shirtless bacon, or doing things like shaving my head bald during a live Zoom meeting. This is my eighth year helping with the MiTi and my twenty-eighth year helping out that sassy redhead.



Graydon Ott The Assistant to the Assistant of the Race Directors

To say that I was raised in triathlon is no exaggeration. My mom started working for Tris4Health when I entered school full time at age 5. Even at that age I'd sit in on meetings with her, help with packet stuffing, count things for her, and any race prep a little 5 year old could manage. I've attended at least part of most of the Tris4Health races that have been held since 2014. I've grown even more than the Tris4Health brand has in the last 9 years (and that's saying something!). Now that I'm older, stronger, faster, and I don't have a bedtime any more I love being more hands on when it comes to race weekend. You can find me doing anything from race course set up/tear down, signing the site, making deliveries in a gator, manning an aid station or directing people on course. When I'm not helping my parents out with races you can usually find me running around (literally), tearing up the x-country course, or playing basketball or soccer. This fall I will be a freshman at West MI Aviation Academy with future hopes of going into the Air Force. Until then you can find me continuing to help during races, when I'm not racing myself.



Alison Kraai McKee Finish Line Food

I've been a lifelong athlete, including running and swimming, yet was generally a bit hesitant to ride a road bike. After having a premature baby, I was looking for a way to feel mentally and physically stronger, so I trained for and finished my first triathlon in 2012. I also discovered that I do love to ride bikes as well. In the past ten years, I've completed every distance of triathlon, including a full 140.6 last year (2021). The gift of training, of competing, and being in this sport has given me so much, that this year I look forward to giving back and supporting others.



Tim Guikema Jack-of-all-Trades

I have been involved in Triathlons since 2010. Starting off with a neighborhood Tri, Lech Lecha, I crossed the finish line and fell in love with this type of racing. I've been with the MiTi Staff for 9 years and would not miss the opportunity to race/help out and be involved in this race.

AWARDS

AWARDS PLAN

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

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: Ultra Aquabike Awards

6:00 pm: Ultra Triathlon & Ultra Duathlon 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 2022 MITI 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 WINNERS, EACH DISTANCE

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

RESULTS

Results will be available on the Sportstats.us website after the race. Please keep in mind results on the SportStats Tracker App (available in the app store) are not final or official. All results are subject to penalties from the USAT officials on site.

ULTRA-DISTANCE CHAMPIONSHIP

Placing in the USAT National Championship (top 2 athletes per AG rolling down to 5th place) qualifies you to compete in the Long Course World Championships in Ibiza, Spain 2023.



SPECIAL EVENT INFORMATION

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 the right of way to the runners who are heading out, as the timing of your event has already stopped.

DUATHLON ATHLETES

Duathlon events are in a bike/run format. Duathletes will go off in a time trial start. Be prepared to be on the start line in front of the Chase Bank 10 minutes prior to your distance's start time (see the schedule, page 5) with everything you need for the bike portion of your race. Cyclists should self-seed according to bike speed, faster cyclists towards the front, slower towards the back. Your bike time will start when you've crossed over the start line and end when you dismount. Keep in mind that transition will close at 7:45 AM to allow for Full athletes to be uninhibited when coming out of the swim.

SWIM ONLY ATHLETES

Your event start time is the same as the athletes swimming the same distance as you for their triathlon, aquabike, or relay events. You will line up with all those athletes for a time trial start. We ask that you self-seed based on your predicted finish time and/or pace per 100m time. Your event time will end once you cross the timing mat outside the swim. You will have a separate area in transition away from the bike racks for your gear. When entering transition please be mindful of athletes who are continuing the race and always yield the right of way to them.

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.



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THE SWIM: ALL COURSES

SWIM START

Each distance will have a different cap color. You're required to wear a Michigan Titanium provided 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.





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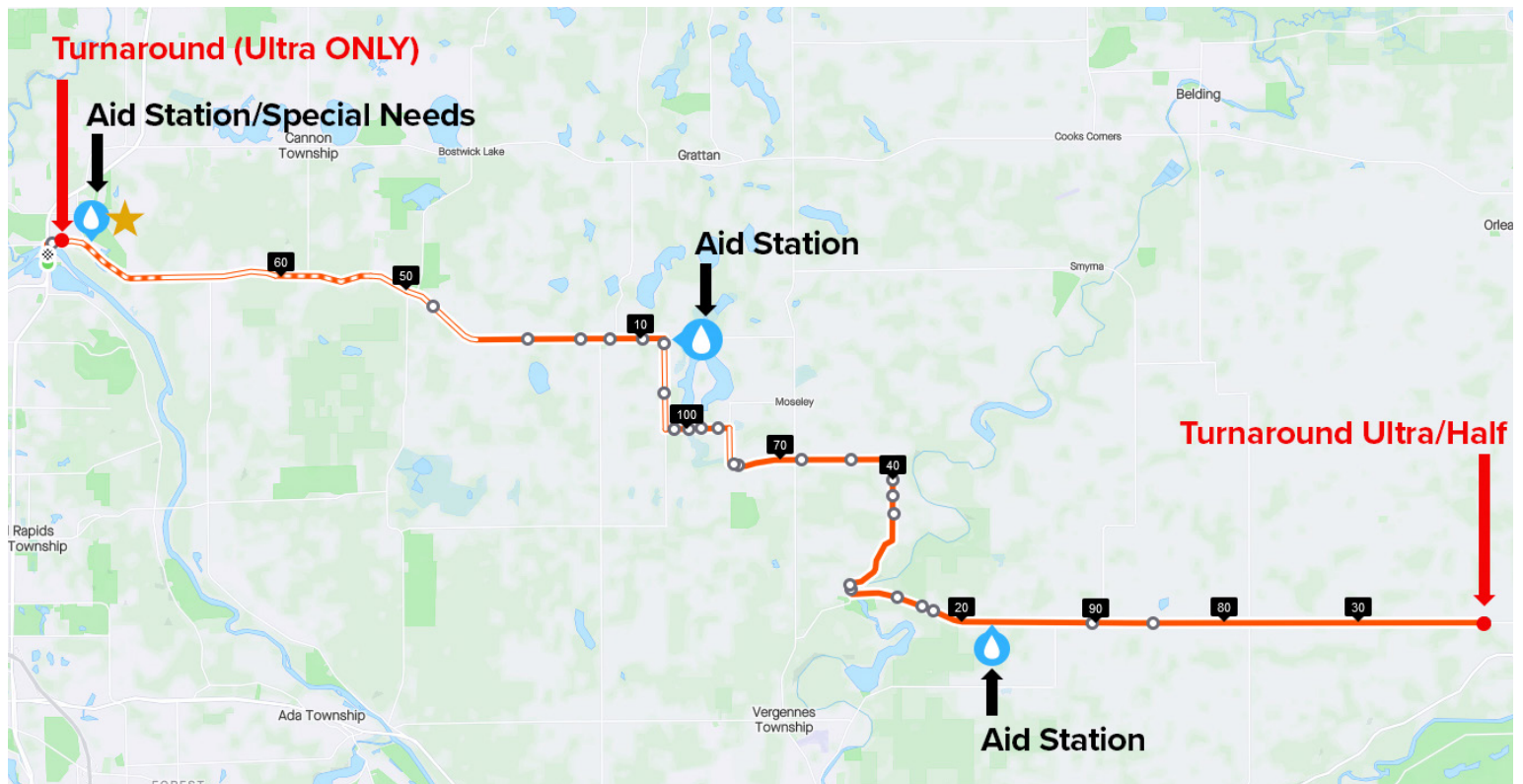
Or CALL **269.743.2277**

WELCOME BACK MITI ATHLETES!

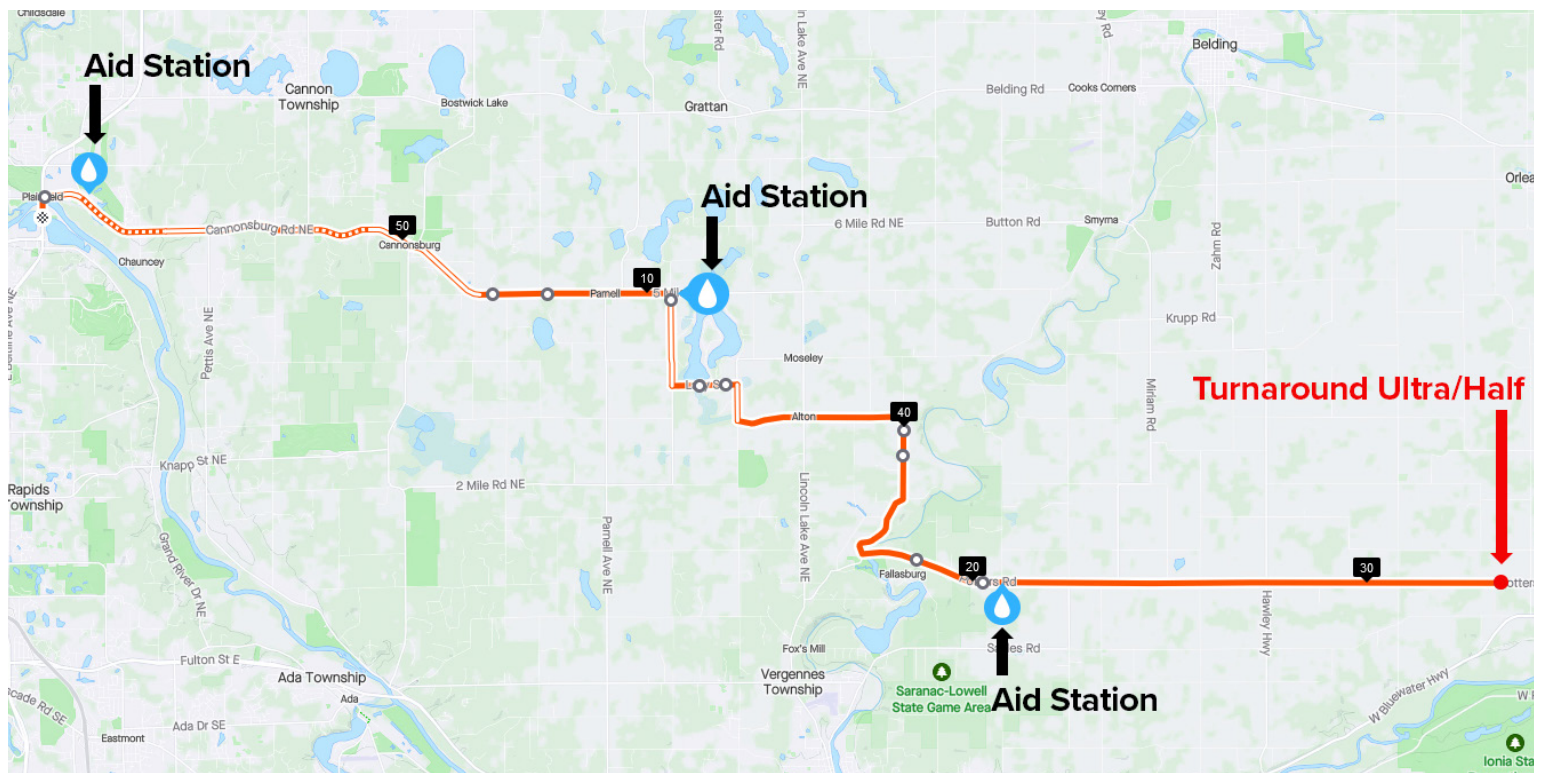
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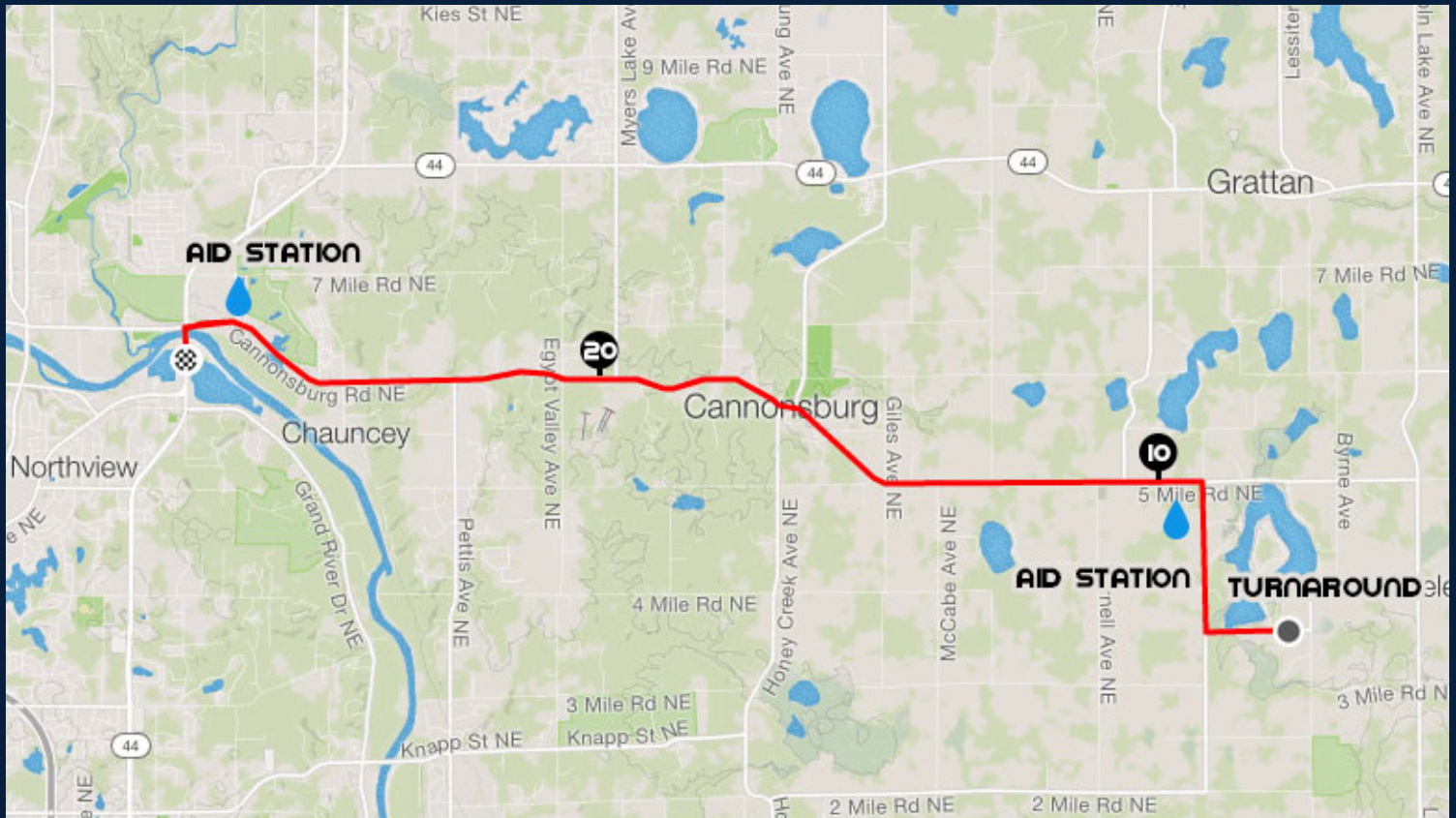
THE BIKE: ULTRA COURSE (2 LOOPS)



THE BIKE: HALF COURSE (1 LOOP)



THE BIKE: OLYMPIC COURSE



IMPORTANT BIKE COURSE INFORMATION

CAUTION: BIKERS MUST SLOW DOWN TO 5MPH OR BOTTLE EXCHANGE WILL NOT OCCUR!

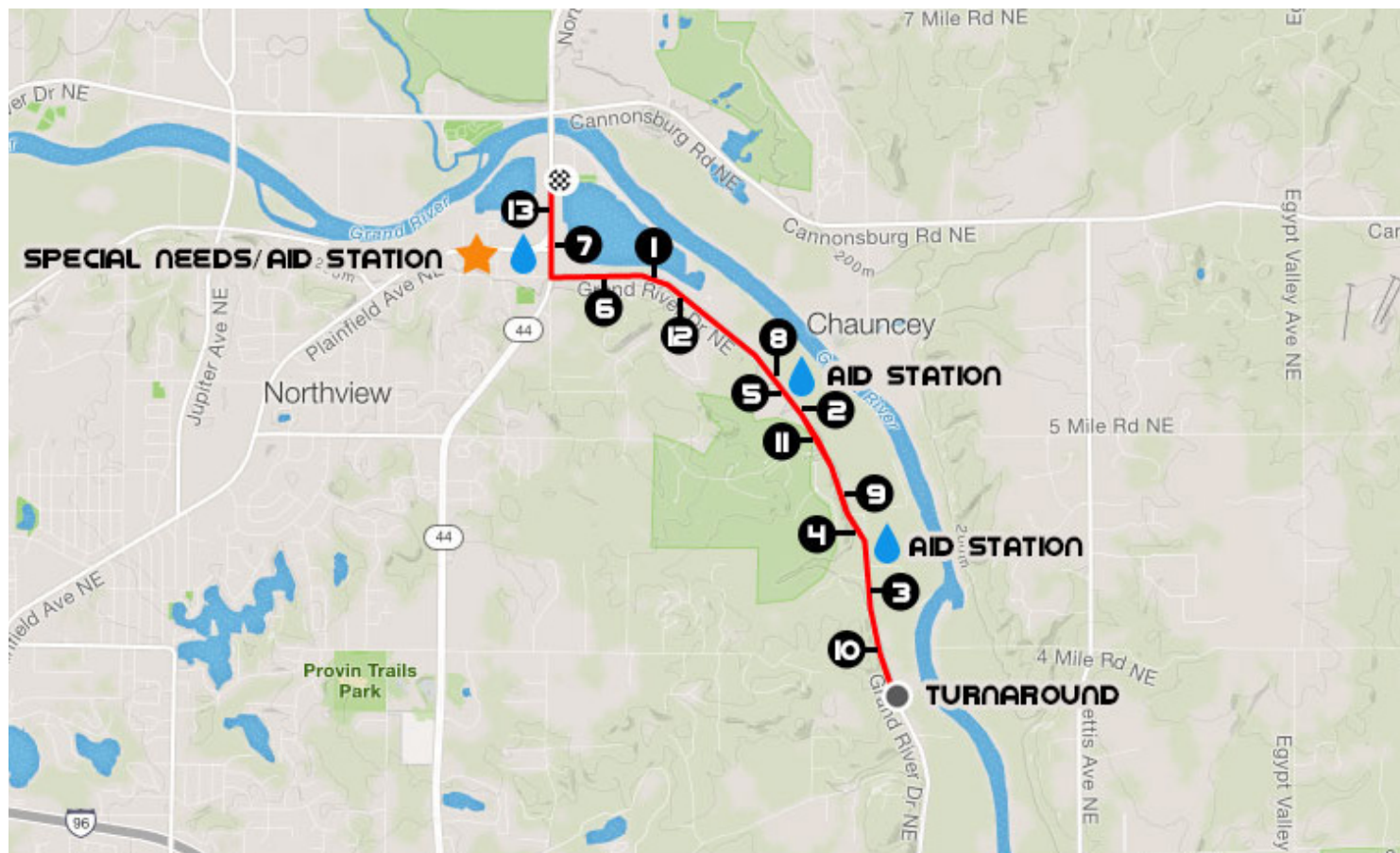
- It is the bikers' responsibility to stay to the right and ride single-file on or as close to the shoulder as possible.
- When turning, please be aware of your surroundings and look behind you before entering the turn. Sheriffs will be positioned at all left turns and major intersections.
- Obey all traffic laws unless instructed to proceed by a sheriff.
- 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. if you need bike support be prepared to wait.
- Be Green! Remember that littering is a rule violation and can result in a time penalty. Please keep trash on your bike or drop it in the appropriate drop zones.

THE RUN: ULTRA AND HALF COURSES

ULTRA-DISTANCE ATHLETES WILL COMPLETE 4 LOOPS OF THE RUN COURSE

HALF DISTANCE ATHLETES WILL COMPLETE 2 LOOPS OF THE RUN COURSE

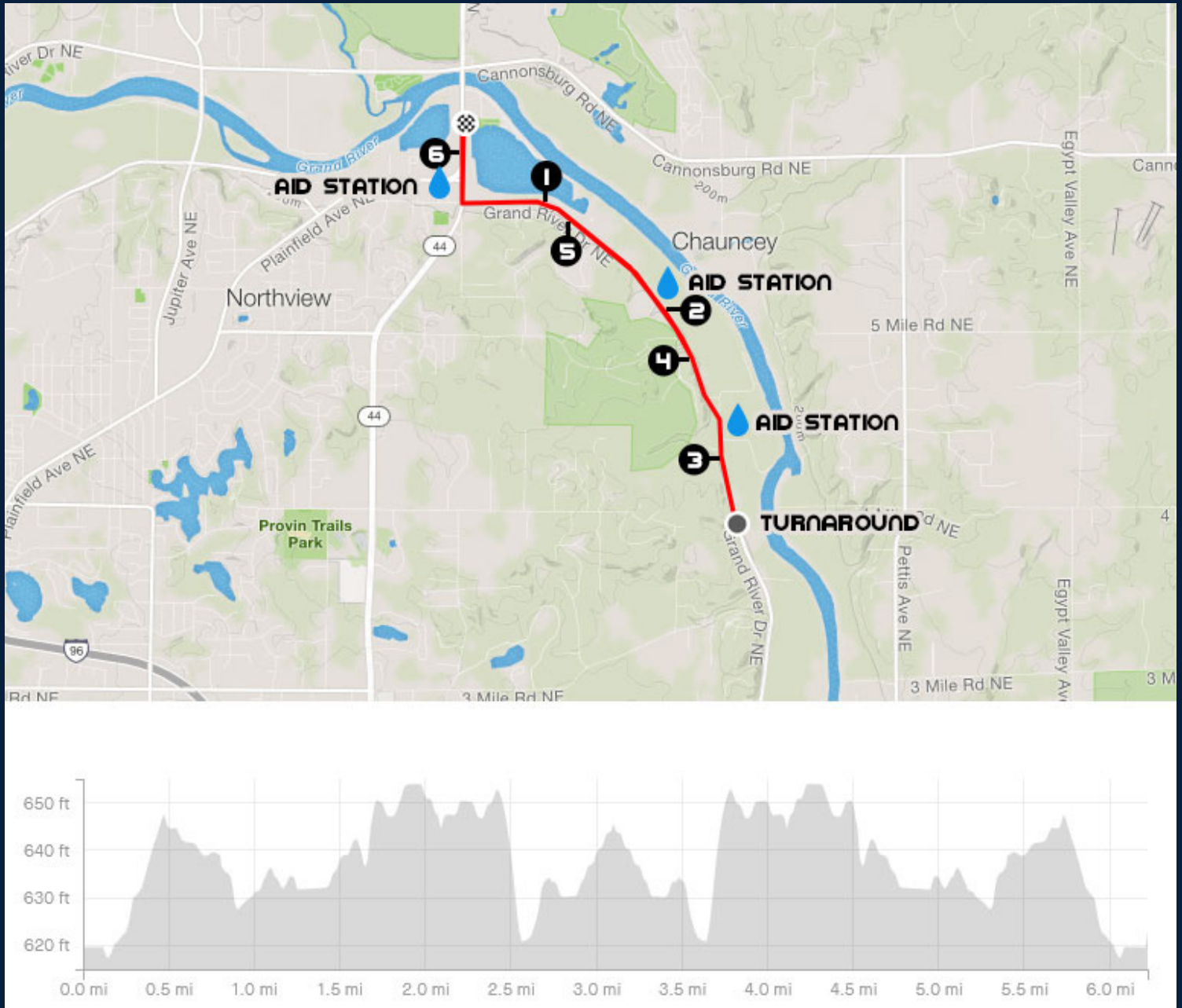
Special Needs Bags will be accessible by Ultra Distance athletes on each loop.



PLEASE BE AWARE OF POSSIBLE TRAFFIC!

While this is a closed run course there will be local traffic and race support vehicles on the course. Runners must stay on the left side of the road, running against traffic.

THE RUN: OLYMPIC COURSE



BE GREEN!

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

IMPORTANT: HEADLAMP REQUIRED FOR NIGHT RUNNERS

If you will be running after dusk you're required to bring and wear your own headlamp. Place it in your run special needs bag to collect when needed.

TRANSITION AND FINISH LINE AREA

Saturday - 8/13/2022

1:00 pm - 5:00 pm

Transition open for athlete bike drop-off

Sunday - 8/14/2022

5:00 am

Transition open to athletes

7:45 am

Transition closed. Only Full athletes completing the swim allowed in.

Transition Open

Transition will be open for athletes to remove gear after first finisher has crossed the finish line.

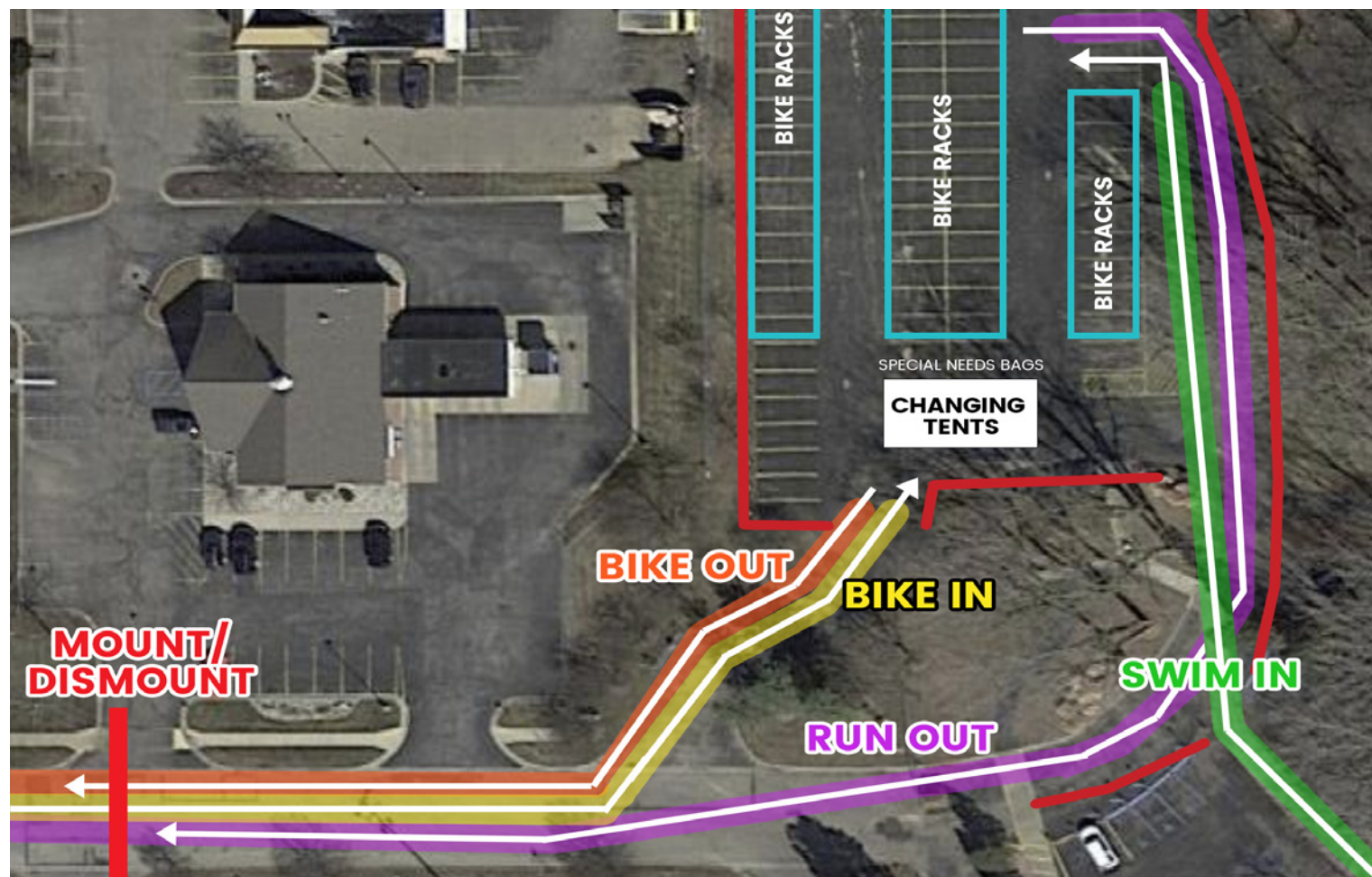
Gear Removal

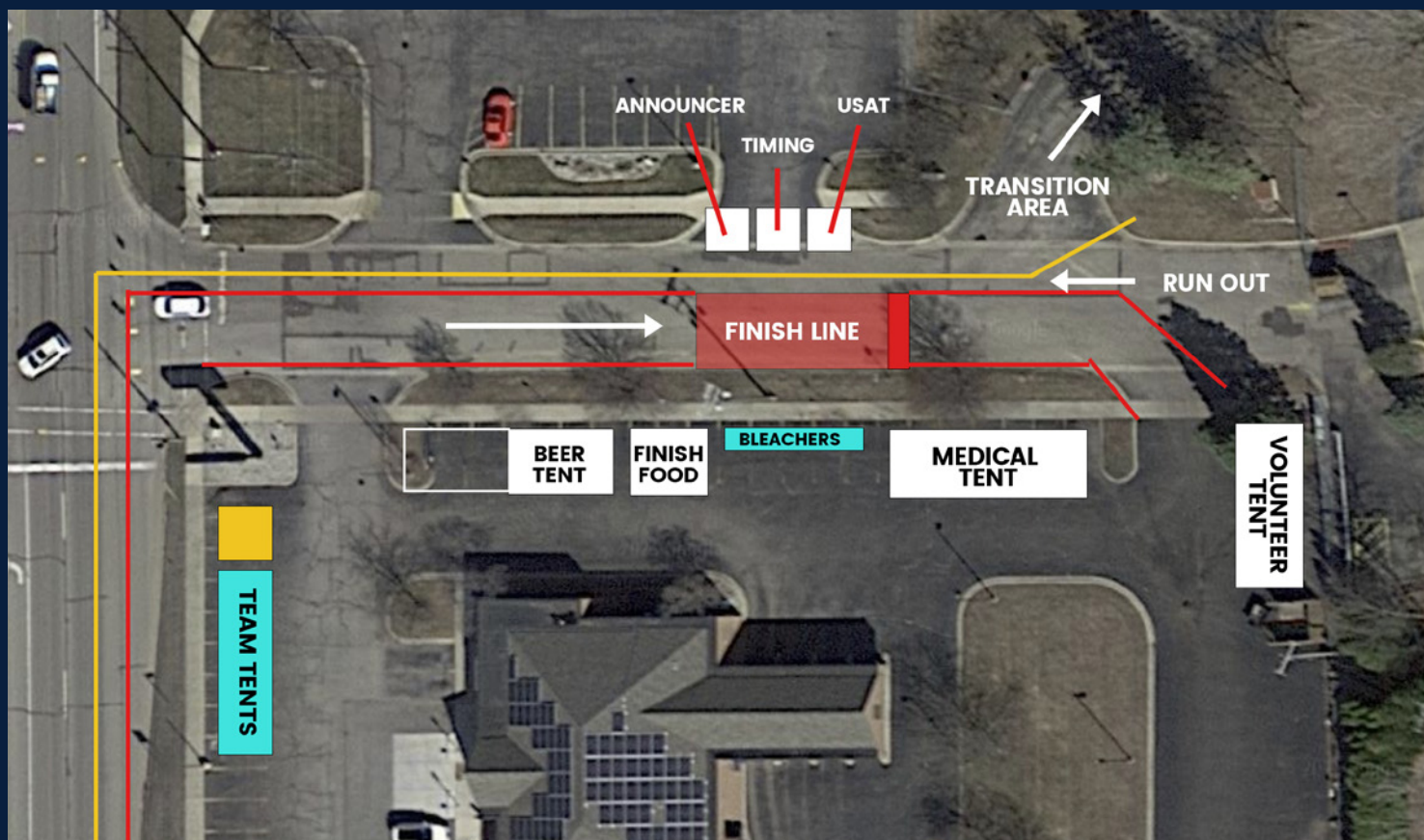
Please remove your gear from transition within a reasonable time after your race is complete.



ENDURANCE

ATHLETES ONLY ALLOWED IN TRANSITION. WRISTBAND REQUIRED UNLESS SPECATOR HAS CLAIM TICKET.





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USAT 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 securely fastened at all times while in possession of your bike. This means before, during, and after the event. Penalty: Disqualification

2. Chin Straps: Chin straps must be 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. Penalty: Disqualification on the course; Variable time penalty in transition area only.



3. Outside Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Time Penalty
Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes, and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course. Penalty: Disqualification of both participants

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. Penalty: Time penalty
No person shall interfere with another participant's equipment or impede the progress of another participant. Penalty: Time penalty or disqualification

5. Transition (continued): All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Disqualification

6. Bike Position Rules:

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 complete your 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 make rearward progress out of the draft zone of the passing cyclist and move completely out of the draft zone within 15 seconds. Penalty: Time penalty

7. Course: All competitors are required to follow the prescribed course, complete the course in its entirety, 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: Officials discretion (judgment call), time penalty or disqualification

8. Unsportsmanlike-Like Conduct: Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators. Penalty: Disqualification

USAT RULES AND PENALTIES CONTINUED

9. Headphones: Headphones, headset, radio, or a personal audio device may not be carried or worn during competition.

Penalty: Time penalty

Participants may carry a phone (such as mounted on bike handlebars or in an armband), but may not use communication devices of any type, including but not limited to cell phones, smartwatches, and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

10. 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 a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that 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.

11. Wetsuits: Each age group participant shall be permitted to wear a wet suit in any event sanctioned by USA Triathlon, governed by the following:

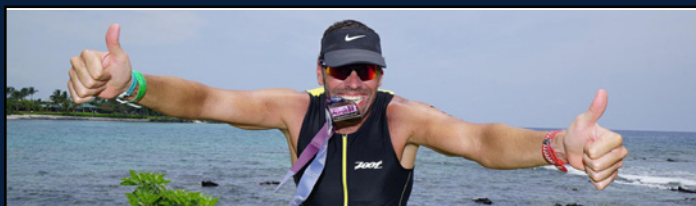
Below 60.8° F - Wetsuits Mandatory (Wetsuit must cover at least the torso and back)

60.9°F-78.0°F - Wetsuits Permitted

78.1°F-83.9°F - Wetsuits Permitted (Participatory only ineligible for awards/rankings)

84°F or Above - Wetsuits Forbidden

12. Abandonment: No participant shall dispose of trash or discard any equipment or personal gear on or around the racecourse, except at clearly identified disposal points, such as aid stations. Penalty: Time penalty



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- Construction Waste Removal
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ATHLETE SPOTLIGHT

Jason Buxbaum

Fear is a powerful force.

When faced with obstacles, fear has the ability to control how those obstacles are overcome. In order to conquer fear, it takes large amounts of both courage and strength. Titans are both courageous and strong. Jason Buxbaum is a Titan.

In 2007, Buxbaum (Hobart, Ind.) was involved in a traumatic cycling accident that demobilized him for months. While en route home after a familiar training ride, a car pulled out right in front of Buxbaum and struck him from the side. The impact caused the trochanter of his left femur to break off as well as 16 other fractures to the bone. In addition, his left collarbone was also broken.

"I don't recall the accident or even a half hour before. The last thing I can remember was taking off arm warmers in a town that was about 10 miles outside of the town I got hit in. I woke up in the ER and was in a fog," Buxbaum recalls.

In response to his injuries, Buxbaum underwent two separate surgeries to repair the femur and collarbone, which placed him in the ICU for an entire week. Due to the location of his injuries, he could not walk or use crutches, which left him to begin recovery in a wheelchair. For months Buxbaum went through physical therapy to regain his mobility.

In the spring the following year, he was finally cleared from rehab to begin riding again. Ever since Buxbaum was a teenager, he has loved cycling. He even competed in USA Cycling races. However, the trauma from the accident left him with a fear of going out to ride again.

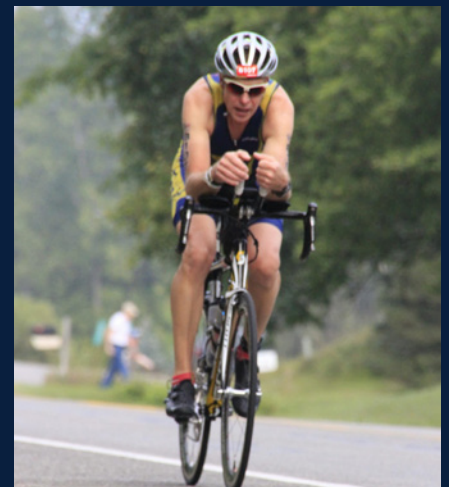
"It was scary," he said. "It was traumatic for cars to get close to me. It was tough. But I am an outdoors person, I don't like the trainer or riding inside so I knew that wasn't going to be an option. I had to overcome my fears and do it." Despite his fear, Buxbaum's love of riding and determination of getting back to exploring from his bicycle is what allowed him to conquer his fear. He started training again, eventually joining a riding group that contained a lot of teammates that competed in triathlons.

In 2009, Buxbaum completed his first triathlon, doing a sprint distance. He fell in love with the sport and began increasing his distances.

In 2014, he did his first Michigan Titanium event with the half-distance course. Two years later, he took on the full-distance.

"I have two titanium rods in my leg & titanium plate in my collarbone from the car vs bicycle accident in 2007. I guess it's only fitting that my first 70.3 (2014) and 140.6 (2016) were at Michigan Titanium," he said. "That race was a great race, I fell in love with the race. The course, the swim and the people are top notch. Michigan Titanium and Grand Rapids combined are great races, I can't say enough about them."

While Buxbaum was involved in an incident where trauma-based fear could have prevented him from returning to do what he loved, he leaned on courage and strength to overcome the fear and learn to not only ride again, but learn a new sport that brings him joy, challenges and adventure.



SPECTATOR EXPERIENCE

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. Full 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.
- Respect the course. For your safety and that of the athletes, do not stand or walk on any part of the course.
- 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.
- Know your athlete's pace times and 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.
- **VOLUNTEER!!!** Want to be part of your athlete's race on race weekend? Sign up to volunteer! You can do that at packet pick-up or stop by the volunteer tent on race day. Athlete's couldn't do this without all the volunteers, so help by being a special part of their race day on the course. Outside assistance will result in a penalty unless provided by a volunteer to all athletes.
- Make sure you are there for the finish at Versluis Park! Create a finish line plan with your athlete for where to meet after the race.

For more information on Grand Rapids generally, including maps, restaurants, attractions, and more, visit www.experienceGR.com.

ATHLETE TRACKING

SportStats US (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.

FAMILY FRIENDLY FINISH LINE

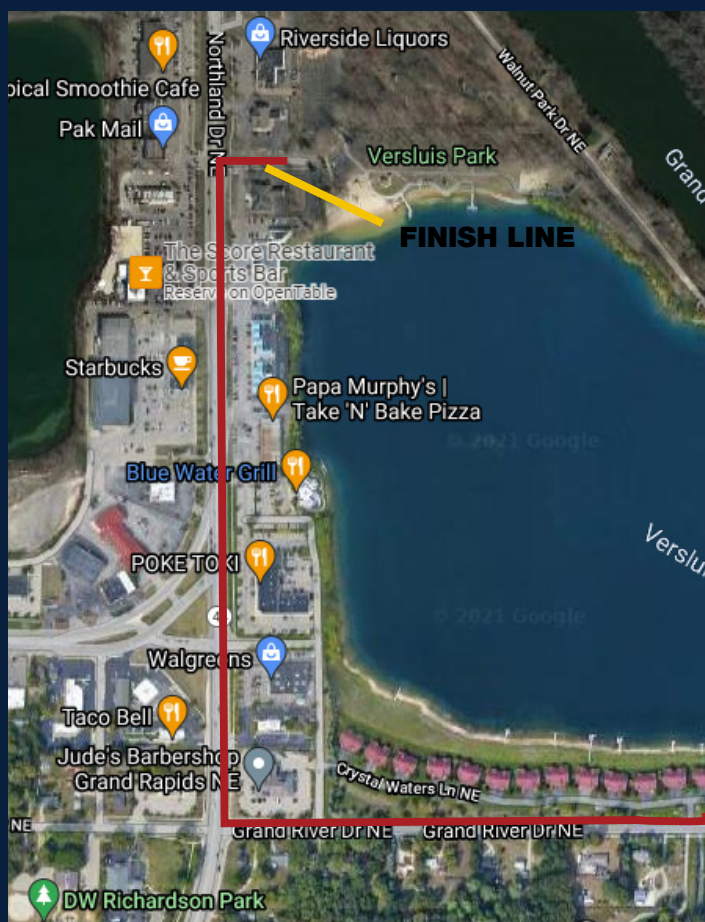
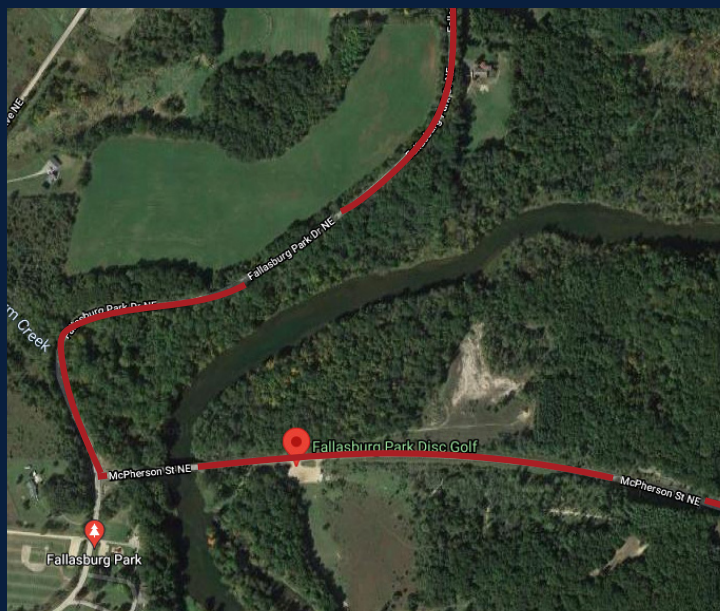
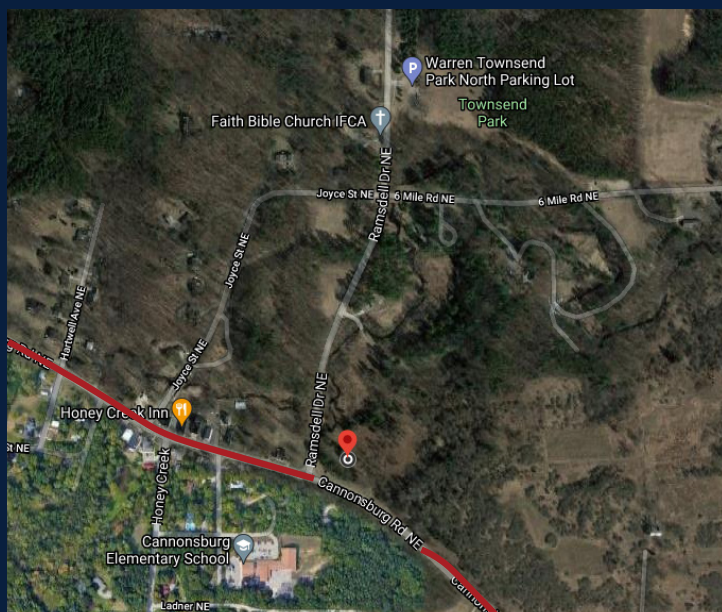
We not only allow but encourage athletes to celebrate this amazing accomplishment with their families by crossing the finish line together. Spectator point of entry to run in with your athlete is the corner of Versluis Dr. & Northland Dr. Running with your athlete elsewhere on the course will lead to a time penalty for that athlete. Please wait until the finish chute to join them. Athletes will be penalized for outside assistance if someone is running with them on the run course.

LOST & FOUND

Lost and Found will be located at the Volunteer Tent. After race day, contact Lori Ott (lorio@tris4health.com or 616-292-0728). There is a \$10 shipping fee for anything you need shipped back to you. Unclaimed items will be donated after September 15.



SPECTATOR MAPS



KEY SPOTS FOR VIEWING

BIKE

Townsend Park (Olympic, Half, Full)

8280 6 Mile Rd NE, Rockford, MI 49341

Athletes will pass the corner of Cannonsburg Rd. and Ramsdell Dr. both on their way out on the bike course and back.

Fallasburg Park Disc Golf Lot (Half, Full)

14100 McPherson St. NE, Lowell, MI 49331

Athletes will pass the parking lot on both on their way out on the bike course and back.

RUN

View the run start, end, and loop turnarounds anywhere along Northland Dr. to the south of Versluis Park. Easiest place to see your athlete coming in and make it to the finish line in time to see them finish.

= ATHLETE ROUTE

PARKING AND SHUTTLE MAPS

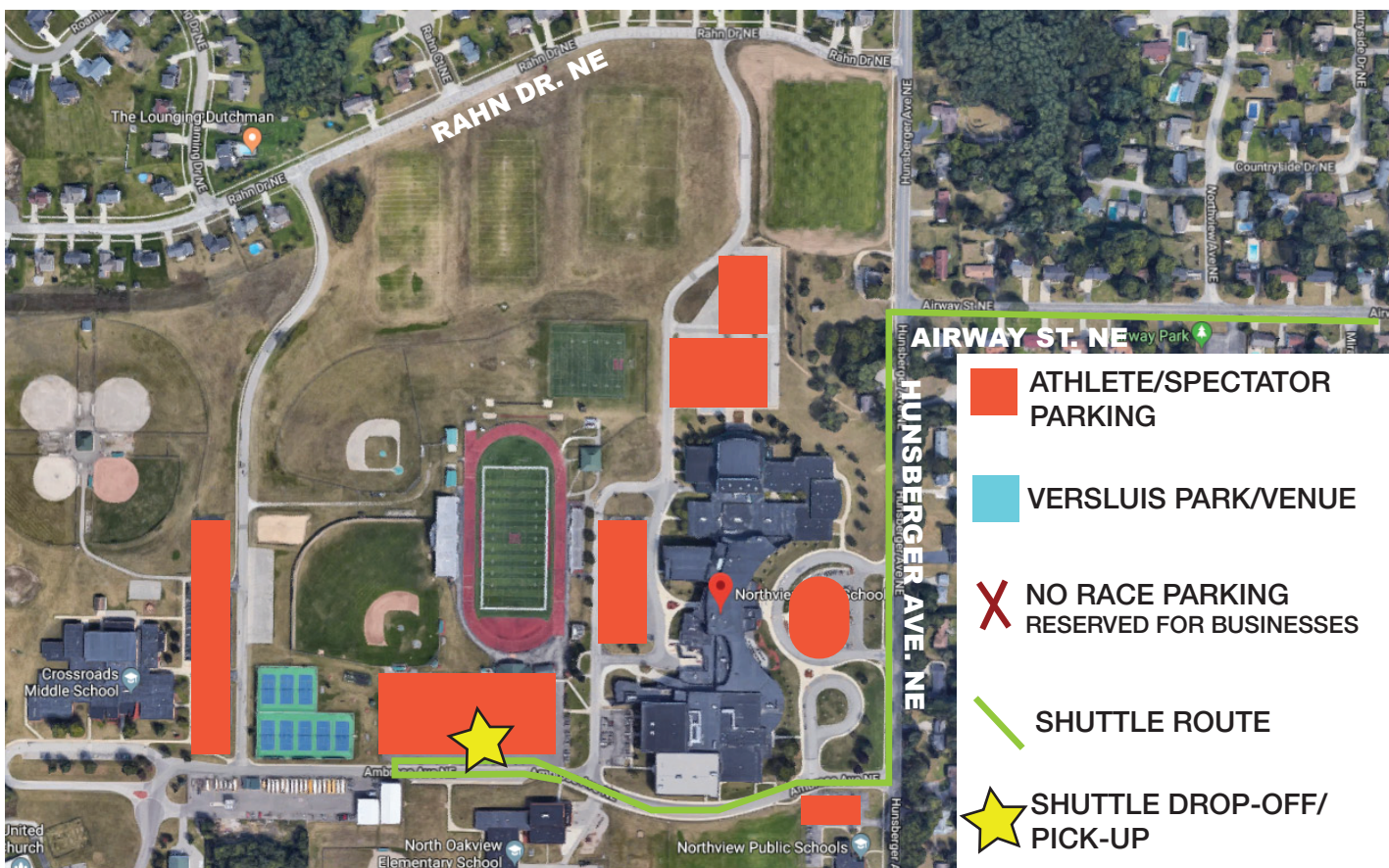
Athlete & Spectator Parking
NORTHVIEW HIGH SCHOOL
4451 Hunsberger Ave NE,
Grand Rapids, MI 49525

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.

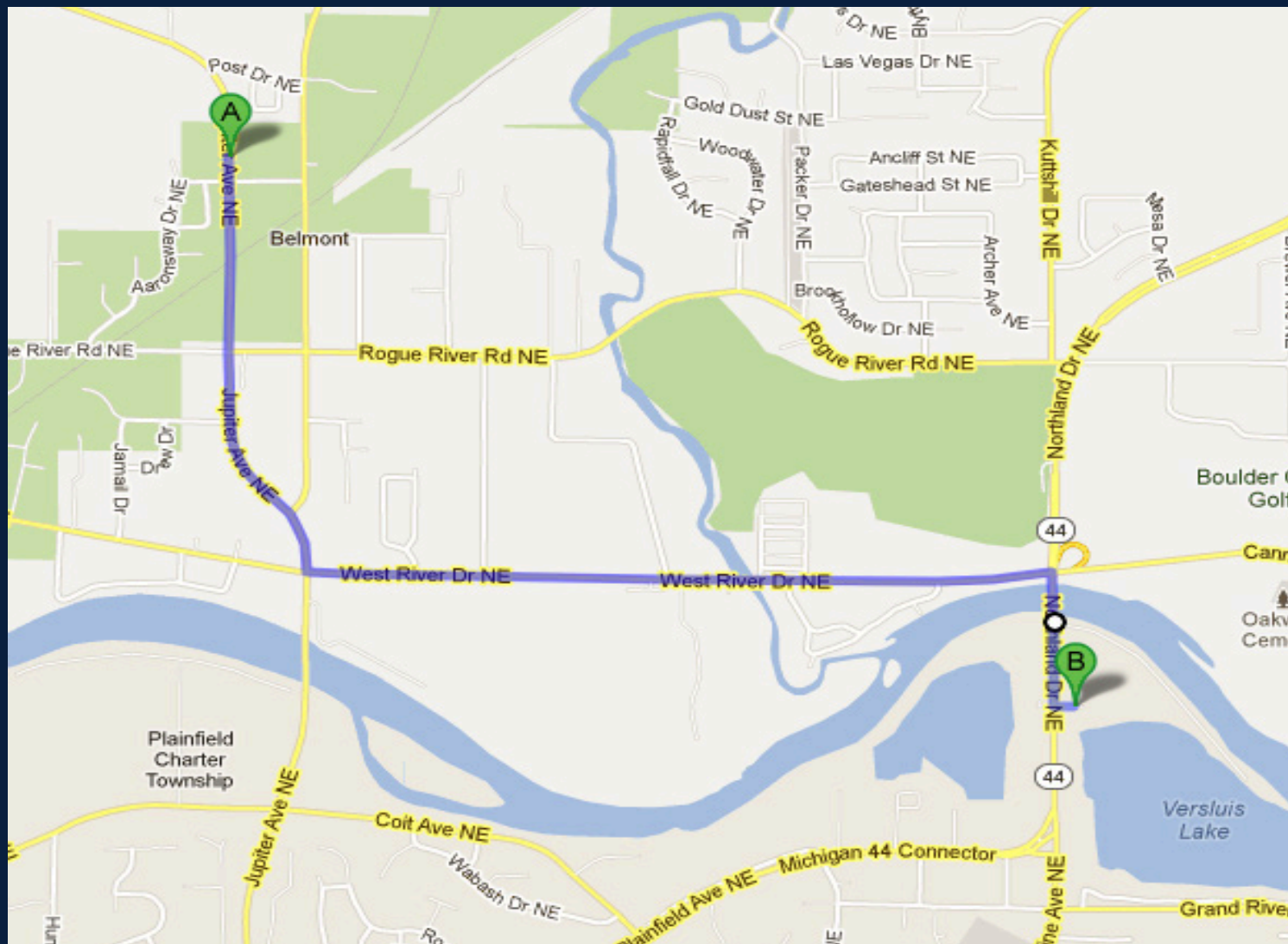
Those with disabilities or other special needs requiring assistance getting from the shuttle drop off to the race site may contact 616-292-0728 or 616-723-4306.



PACKET PICK UP TO RACE SITE

ATHLETE BIKE DROP OFF - SATURDAY, AUGUST 21 FROM 1 PM TO 5 PM

Athletes should plan to drop off their bikes in the transition area after picking up their race packet. You will need your bike numbers on your bike and a wristband from packet pick-up to enter transition. There is **NO PARKING** near the race site on race day and bikes will not be allowed on the shuttle busses. Transition is located in the parking lot of Versluis Park 3650 Versluis Park NE, Grand Rapids, MI 49525. Please be mindful of parking for area businesses during the drop off period. **ONLY ATHLETE WILL BE ALLOWED IN TRANSITION.** There will be security over night in transition.



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.



GOOD LUCK TRIATHLETES

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- Diagnostic ultrasound and imaging
- Nutrition counseling
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HAVING ACCESS TO CLEAN WATER IS A BASIC NEED.

A need that should be a basic right to every single person on the planet - especially children. Hundreds of children die every day around the globe due to diarrhea caused by contaminated water, poor sanitation and improper hygiene. Furthermore, women and children on average walk nearly four miles daily just to access clean drinking water for their families. Team World Vision and Michigan Titanium are doing something to change that.

World Vision is a “humanitarian organization dedicated to working with children, families and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice.”

With the goal of doing good in the world by racing for a good cause, Team World Vision is a group of dedicated triathletes who raise money through the sport by fundraising while training for the Michigan Titanium triathlon. This year, 12 athletes are set to toe the starting line at Versluis Lake.

“Team Word Vision has always valued it’s partnership with the Michigan Titanium triathlon. Over the years we have witnessed a huge impact for the global community through the amazing commitment and determination of our World Vision athletes and MiTi support,” said Team World Vision Rep, Tye Eckert. “We are so excited to cheer on Team World Vision at this year’s race and continue seeing how this sport is helping increase access to clean, healthy water for children around the world.”

For more information on how to get involved with World Vision, donate or join Team World Vision, contact: teckert@worldvision.org or visit <https://www.teamworldvision.org/>.





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2022 MICHIGAN TITANIUM ATHLETES

*As registered at time of online registration closing

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ZACHARY AHERN
JOHN BACK
MICHAEL BALL
MICHAELBANKES
DANIEL BARR
PETER BELANGER
THOMAS BEY
CISSY BLANCHARD
KEVIN BLANKENBERGER
MINDY BOLTON
LINDA BORAN
PEG BROOKS
JACKIE BROWN
RALPH BUCKINGHAM
ELIZABETH CALLISON
LINDA CALLISON
WILLIAM CARGILL
ERIC CARTER
JOCELYN CASCIO
TED CASHION
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ANNA DAVES
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JEFF DORRILL
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REICH GAPASIN
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MICHAEL GOREE
MARYANN GRAHAM
CHRIS HANSEN
MICHAEL HAYWARD
RANDY HEBERT
BRADFORD HENDERSON
DON HILLS
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MICHAEL HINDS
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JOHN HOLDCROFT
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JON HUSBY
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NICHOLAS JASMER
MARK JENSON
CHRISTOPHER JERRY
KIMBERLY JOHNSON
OMAR KATTAN
WILLIAM KOOL
IAN KOWALCZYK
TRAVIS KOWALSKI
JOE LAPERNA
YOUNG LEE
PETER LEFFERTS
YUANSHEN LI
TIMOTHY MADAY
NATHAN MARTIN
GRAHAM MCGAFFIN
JOSH MEYERING
MIKE MITCHELL
ASHLEY MUCHOW
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KEVIN MURPHY
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PATRICK CONVERY
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STACY SAEF
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JEREMY SIKKEMA
MARTIN STEIN
DAVID ZUCHOWSKI

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DANIEL JACOBSEN
HEATHER NICHOLS
JOSEPH PIONKE
KAREN WALKER

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FIONA MCPHERSONGRANT
ADAM PARKER
CHRISTOPHER TOM
GREGORY VANDEUSEN
JORDAN WALKER

ULTRA SWIM

CHRISTOPHER CORRENTE
LAURA GUNDRUM
JESSICA HERRINGTON
MATTHEW SKAVNAK

HALF TRIATHLON

CHRIS ADAMSKI
NANCY AGRILLO
JENNIFER ALLOCCO
REBECCA AMESBURY
STEPHEN AMESBURY
DEREK AMOLSCH
TYLER ANDERSON
DONNA ANTKOWIAK
BRIAN BANDUCCI
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SHEILA KACZYNSKI
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COURTNEY KISTLER
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KEVIN LONDON
KATIE LOPEZ
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