

# MIT 2024 MICHIGAN TITANIUM

PRESENTED BY **HexArmor**

**USA TRIATHLON**  
**NATIONAL CHAMPIONSHIPS**  
2024 ULTRA-DISTANCE  
Grand Rapids ★ Michigan ★ Aug. 11

**USA DUATHLON**  
**NATIONAL CHAMPIONSHIPS**  
2024 ULTRA-DISTANCE

**USA TRIATHLON**  
**NATIONAL CHAMPIONSHIPS**  
2024 ULTRA-DISTANCE AQUABIKE

**M** UNIVERSITY OF MICHIGAN HEALTH-WEST  
MICHIGAN MEDICINE  
Sports Medicine  
**ULTRA-DISTANCE COURSE**

**ULTRAHALFOLYMPICSPRINT**  
**TRIATHLONDUATHLON AQUABIKERELAYSWIM-ONLY**



A **TRIS HEALTH** PREMIER EVENT

**MITANIUM.COM**

hexarmor.com



safety+innovation



Headquartered in Grand Rapids, Michigan, HexArmor® is a global, industry-leading manufacturer of high-performance hand, body, eye, head, and ear protection.

We believe in working side-by-side with customers to help eliminate workplace injuries – utilizing exclusively-licensed fabrics and proprietary technologies that help send every worker home safe – every day.

HexArmor | protecting people

# WELCOME TO MITI 2024

## FROM THE RACE DIRECTORS

### Are you ready for Michigan Titanium, the 2024 USA Triathlon Ultra-Distance National Championship?

We are thrilled to welcome back HexArmor as our presenting sponsor. You will see them out on course competing and volunteering. Also returning is the HexArmor High Five at the finish! Be sure to high five the giant HexArmor glove on your way across the finish line. Longtime MITi medical sponsor and supporter, the University of Michigan Health-West Sports Medicine team will be available for any medical needs you may have during the day. Thank you Dr. K and the entire team for keeping our athletes safe this weekend and for sponsoring the ultra-distance course.



Now more than ever, racing independent is vital to our 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, Olympic & Sprint 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. 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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# PACKET PICKUP

# HexPO 2024

**SATURDAY, AUGUST 10, 2024**

**Time:** 12:00 PM - 4:00 PM

**Location:** HexArmor Headquarters  
(640 Leffingwell Ave NE, Grand Rapids, MI 49505)

**Enjoy food, vendors, beer tent, activities and more!**

Athletes are required to attend this packet pick up. There is NO race day packet pick-up. Photo ID is required (no exceptions). You may pickup the packet for another athlete IF you have a copy of their ID (photocopy or picture will work). All relay team participants will get an individual packet. You do not need to attend together, the swimmer from your team will pick up the chips.

Timing chips are not pre-assigned. You will get your chip after collecting your race items. If you do not attend the Saturday packet pick-up you will not have a chip assigned to you and will not be able to race. For additional timing information, please visit our timing page. If you have questions or concerns about packet pick up please email: [info@tris4health.com](mailto:info@tris4health.com).



## ALPINE EVENTS

THE RENTAL COMPANY



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

# IMPORTANT RACE INFORMATION

## EVENT & ATHLETE BREAKDOWN

EVENT	START TIME	SWIM CAP	BIB #'S	BIB/BIKE STICKER
ULTRA TRI	7:00 AM	LIGHT BLUE	8000+	LIGHT BLUE
ULTRA AQUABIKE	7:00 AM	LIGHT BLUE	8700+	LIGHT BLUE W/ PURPLE STRIPE
ULTRA SWIM	7:00 AM	LIGHT BLUE	80+	
ULTRA TRI RELAY	7:00 AM	LIGHT BLUE	8900+	LIGHT BLUE W/ YELLOW STRIPE
ULTRA DUATHLON	8:15 AM	N/A	8800+	LIGHT BLUE W/ NAVY STRIPE
HALF TRI	8:00 AM	RED	5000+	RED
HALF AQUABIKE	8:00 AM	RED	5700+	RED W/ PURPLE STRIPE
HALF SWIM	8:00 AM	RED	50+	
HALF TRI RELAYS	8:00 AM	RED	5900+	RED W/ YELLOW STRIPE
HALF DUATHLON	8:15 AM	N/A	5800+	REDW/ NAVY STRIPE
OLYMPIC TRI	8:30 AM	WHITE	3000+	WHITE
OLYMPIC AQUABIKE	8:30AM	WHITE	3700+	WHITE W/ PURPLE STRIPE
OLYMPIC SWIM	8:00 AM	WHITE	30+	
OLYMPIC TRI RELAYS	8:30 AM	WHITE	3900+	WHITE W/ YELLOW STRIPE
OLYMPIC DUATHLON	8:45 AM	N/A	3800+	WHITE W/ NAVY STRIPE
SPRINT TRI	9:00 AM	GREEN	1000+	GREEN
SPRINT AQUABIKE	9:00AM	GREEN	1700+	GREEN W/ PURPLE STRIPE
SPRINT SWIM	9:00AM	GREEN	10+	
SPRINT TRI RELAYS	9:00 AM	GREEN	1900+	GREEN W/ YELLOW STRIPE
SPRINT DUATHLON	9:15 AM	N/A	1800+	GREEN 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.



# RACE DAY SCHEDULE

## SUNDAY, AUGUST 11, 2024

4:30 am: Shuttles Between Parking Lots Start  
4:30 am: Shuttles Between Parking Lots Start  
5:00 am: Transition Opens (ALL distances)  
6:45 am: Pre-Race Meeting: Ultra Distance  
7:00 am: Ultra-Distance Swim Start  
7:45 am: Transition Closes (Half/Olympic)  
7:45 am: Pre-Race Meeting (Half/Olympic)  
8:00 am: Half Distance Swim Start  
8:15 am: Half and Ultra Duathlon Start  
8:30 am: Olympic Distance Swim Start  
8:45 am: Olympic Duathlon Start  
8:45 am: Transition Closes (Sprint)  
8:45 am: Pre-Race Meeting (Sprint)  
9:00 am: Sprint Distance Swim Start  
9:15 am: Sprint Duathlon Start  
9:45 am: Swim Course Closes (ALL distances)  
1:30 pm: Bike Midway Cut-Off  
5:30 pm: Bike Course Closes  
10:30 pm: Run Midway Cut-Off  
Midnight: Ultra-Distance Course Closes  
Midnight: Shuttles Stop

**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.

## 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.

Results will be made available on our official results site: [results.tris4health.com](https://results.tris4health.com). All results are subject to penalties from USAT officials. For questions regarding your results, go to [www.sportstats.us](https://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..



# SPORTSTATS

# MITI RACE CREW



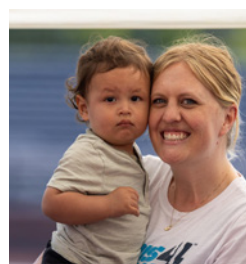
## **John Mosey** Level I USAT Certified Race Director

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 as well as the Mary Free Bed YMCA Advisory Board. In my spare time, you can find me volunteering on the soccer field. I am going into my 25th season coaching our youngest son in AYSO United where I am also a past board-member and am an assistant varsity coach at the High School level. My wife of 25+ years, Amanda, also an Ultra-distance triathlete, and I reside in Ada with our 5 kids, 2 dog & 1 cat.



## **Chelsea Montes** Marketing Director

I joined the Tris4Health team in 2019 and it has been a crazy ride ever since with the Jo(h)ns and team! I have worked in the triathlon and multisport world since 2015, working in communications, marketing and social media at the Olympic, national and local levels. I have been fortunate enough to travel the world working for some pretty epic triathlon races, including witnessing Gwen Jorgensen win the very first Gold Medal for USA at the 2016 Rio de Janeiro Olympic Games. After years of only writing about the sport, I finally gave into the triathlon peer pressure and learned how to swim and did my first-ever sprint triathlon in 2022. Fun fact: I completed the triathlon while pregnant, so I can say that my baby boy was born a triathlete!



## **Michelle McClung** Director of Operations

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



## **Jill Beckwith** Volunteer Coordinator

This is my third year working for Tris4health and I couldn't be more excited. I have volunteered and been a champion for 5+ years with the GR TRI & Michigan Titanium Triathlon. I also asked to be part of the team at the Dirty Mitten because they are some of the most amazing people I know and a fun time is always guaranteed. I still retain my title as "Sno Cone Jill" despite being Volunteer Coordinator and focusing on getting the awesome volunteers needed to support athletes at the races.



## **Sam Conkling** Admin Assistant

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



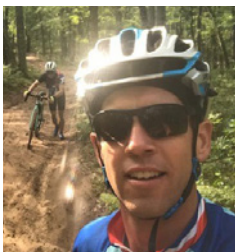
### **Keith Love Site Manager**

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



### **Dawn Hinz Swim Safety Coordinator**

I place high value on safeguarding others. As a lifeguard on Lake Michigan, I was taught diligence and focus for life safety. Tris4Health emphasizes safety across their events and the swim portion is no exception. With the support of Athletic Mentors, I'm eager to partner with Tris4Health as their Swim Safety Coordinator. We've already implemented improved training for Guards prior to race day, and we will continue to build additional improvements. Working together with local Sherriff's, Firefighter's, and Diver's, we'll provide a rock solid safe swim experience.



### **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.



### **Tony Horvath Site Support**

This is my third year on staff for Tris4Health working behind the scenes at most of their events. As an athlete, I enjoy cycling as well as doing mud and gravel races. I'm also very proud father of a Western Michigan University graduate.



### **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**

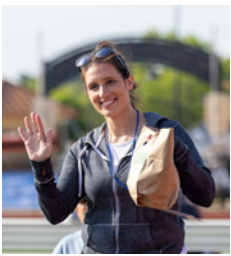
Sports and physical fitness have always been an important part of my life. While on vacation a few years ago, I was discussing with my sister how it has always been a goal of mine to complete a triathlon, even though I had anxiety about open water swimming. A few months later, I connected with athletes 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.





### **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.



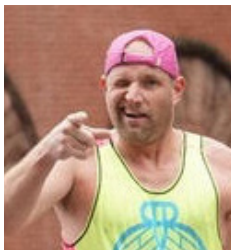
### **Lonna Blair Finish Line**

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.



### **Kevin VanderGraaf Aid Station Supply**

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



### **Andrew Buikema Aid Station Supply**

Andrew is no stranger to the racing and race management scene in West Michigan. Andrew started as the pacing coordinator for Rivertown Races and Charlevoix Marathon. Since then, he has been the race director for the Seaway Run, Lightpoint 5k, and Rivertown Races. He currently directs Girls on the Run Kent County and continues to coordinate pacers for the River Bank Run and Rivertown Races. He also consults with GOTR Kalamazoo. Andrew also works with T4H staff on various events throughout the year. Andrew is pursuing running all the Abbott World Major Marathons and has successfully run Boston, Chicago, and Tokyo. Next up is the Sydney Marathon in 2024 and the Berlin Marathon in 2025. Buikema lives in Rockford, Michigan with his beautiful wife, Andie, and an amazing English Bulldog, Rubble, where he works as an Assistant Principal at Sparta Middle School.



### **Brian Jirous Transition/Security**

This is my tenth 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.



### **Ashley Konwerski Transition**

Ashley has been racing triathlon since 2017 and has been involved in the club since 2018. She’s done it all from Sprint Triathlon to Full Ironman and loves bringing people together through training and sport. She works as a Marketing Specialist in the automotive aftermarket industry for her “day job” and in her spare time (when it exists) enjoys hanging out with her husband and cats, drinking beer, playing PlayStation, and rockin out to Taylor Swift.



### **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!”



### **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.



### **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 10 years and would not miss the opportunity to race/help out and be involved in this race.



### **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.



# LOVE YOUR WATER EVERYDAY!



# Gordon

WATER SYSTEMS

# AWARDS

## CEREMONIES

**We will be holding award ceremonies for OVERALL AWARDS ONLY.** This includes all distances for Triathlon, Aquabike, Duathlon, Relay and Swim Only. **Age Group Awards can be picked up from the awards table.**

### SCHEDULE \*:

10:30am: Sprint - Triathlon Overall M/F (ceremony)

11:30am: Sprint - Aquabike, Duathlon, Relays, Para, Athena, Clydesdale Overall (ceremony)

11:30am: Sprint - Age Group (pick up from awards tent after 11:30am)

11:30am: Olympic - Triathlon Overall M/F (ceremony)

11:30am: Olympic - Swim Only (pick up from awards tent)

1:30pm: Olympic - Aquabike, Duathlon, Relays, Para, Athena, Clydesdale Overall (ceremony)

1:30pm: Olympic - Age Group (pick up from awards tent after 1:30pm)

11:30am: Half - Swim Only (pick up from awards tent)

1:00pm: Half - Triathlon Overall M (ceremony)

2:00pm: Half - Triathlon Overall F (ceremony)

3:30pm: Half - Aquabike, Duathlon, Relays, Para, Athena, Clydesdale Overall (ceremony)

3:30pm: Half - Age Group (pick up from awards tent after 3:30pm)

11:30am: Ultra - Swim Only (pick up from awards tent)

3:30pm: Ultra - Aquabike Overall (ceremony)

6:00pm: Ultra - Triathlon Overall M (ceremony)

7:30pm: Ultra - Triathlon Overall F (ceremony)

9:00pm: Ultra - Duathlon, Relays, Para, Athena, Clydesdale Overall (ceremony)

9:00pm: Ultra - Age Group (pick up from awards tent after 9:00pm)

*\*Tentative times subject to change*

*\*Anyone not able to be at the ceremonies can arrange to pick up or have their awards mailed (covering postage) after the event.*

## 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 2025 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, 75-79, 80+, Clydesdales/Athena 39 & Under, Clydesdales 40-59, Athena 40-54, Clydesdale 60+, Athena 55+. Your age is race age (as of 12/31) not your age today.

## AQUABIKE, DUATHLON ULTRA NATIONAL CHAMPIONSHIP

Awards will be given to the top three finishers male/female for aquabike and duathlon. In addition, awards for each discipline in the National Championship will be awarded for age groups: 39 & Under, 40-59 and 60+ as well as Clydesdale/Athena 39 & Under, Clydesdales 40-59, Athena 40-54, Clydesdale 60+, Athena 55+.

## AQUABIKE, DUATHLON & RELAY WINNERS, ALL OTHER DISTANCES

Awards will be given to the top three finishers in the sprint, Olympic and Half distances 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 results.tris4health.com 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.

# 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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MKT-58940-A AECSPAD

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## GRAB LIFE BY THE HANDFUL.

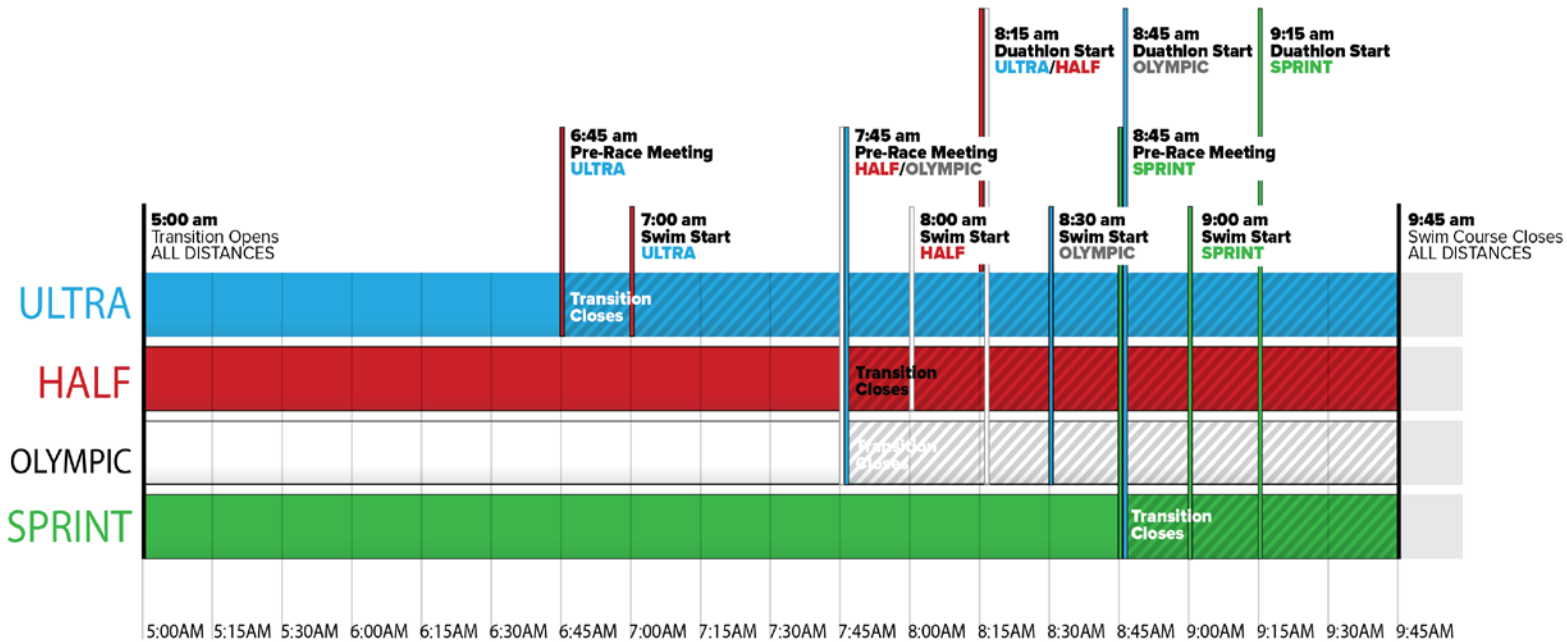
Better pack another bag. With energy that's this gentle on your stomach, the gluten-free life is too tasty to keep to yourself.



# RACE DAY TIMELINE: SWIM COURSE/RACE START

Aquabike and Swim-Only events go off with the corresponding Triathlon swim start times below.

*Duathlon events go off as noted below.*



5:00AM 5:15AM 5:30AM 6:00AM 6:15AM 6:30AM 6:45AM 7:00AM 7:15AM 7:30AM 7:45AM 8:00AM 8:15AM 8:30AM 8:45AM 9:00AM 9:15AM 9:30AM 9:45AM



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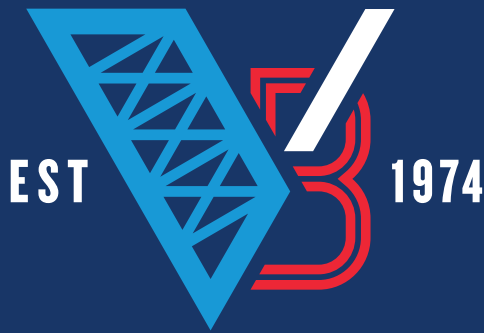
Sign up Online @

[AthleticMentors.com](http://AthleticMentors.com)



Or Call: 269.743.2277

# Welcome back MiTi athletes!



# VILLAGE

## BIKE & FITNESS

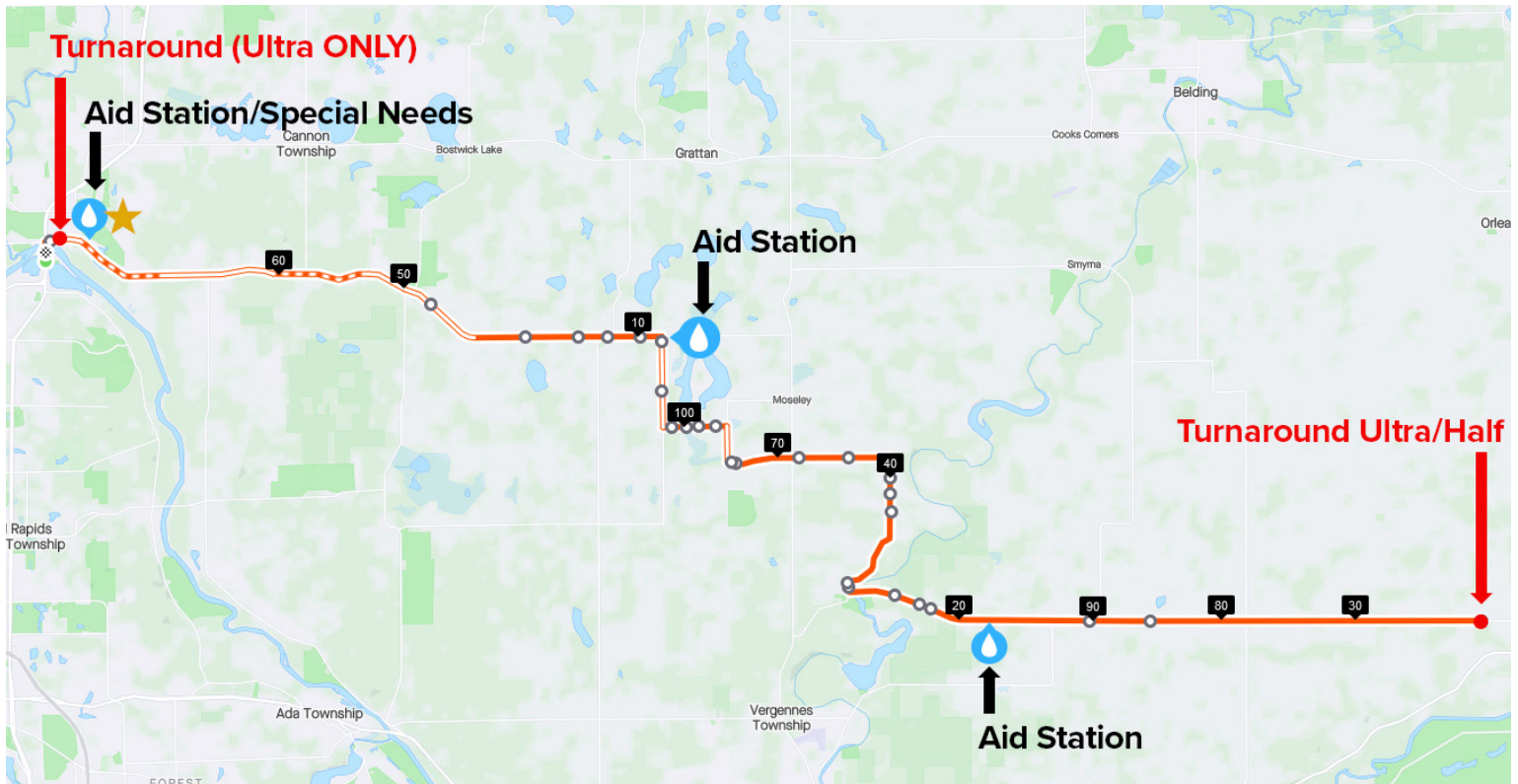
[villagebikeshop.com](http://villagebikeshop.com)

## IMPORTANT BIKE COURSE INFORMATION

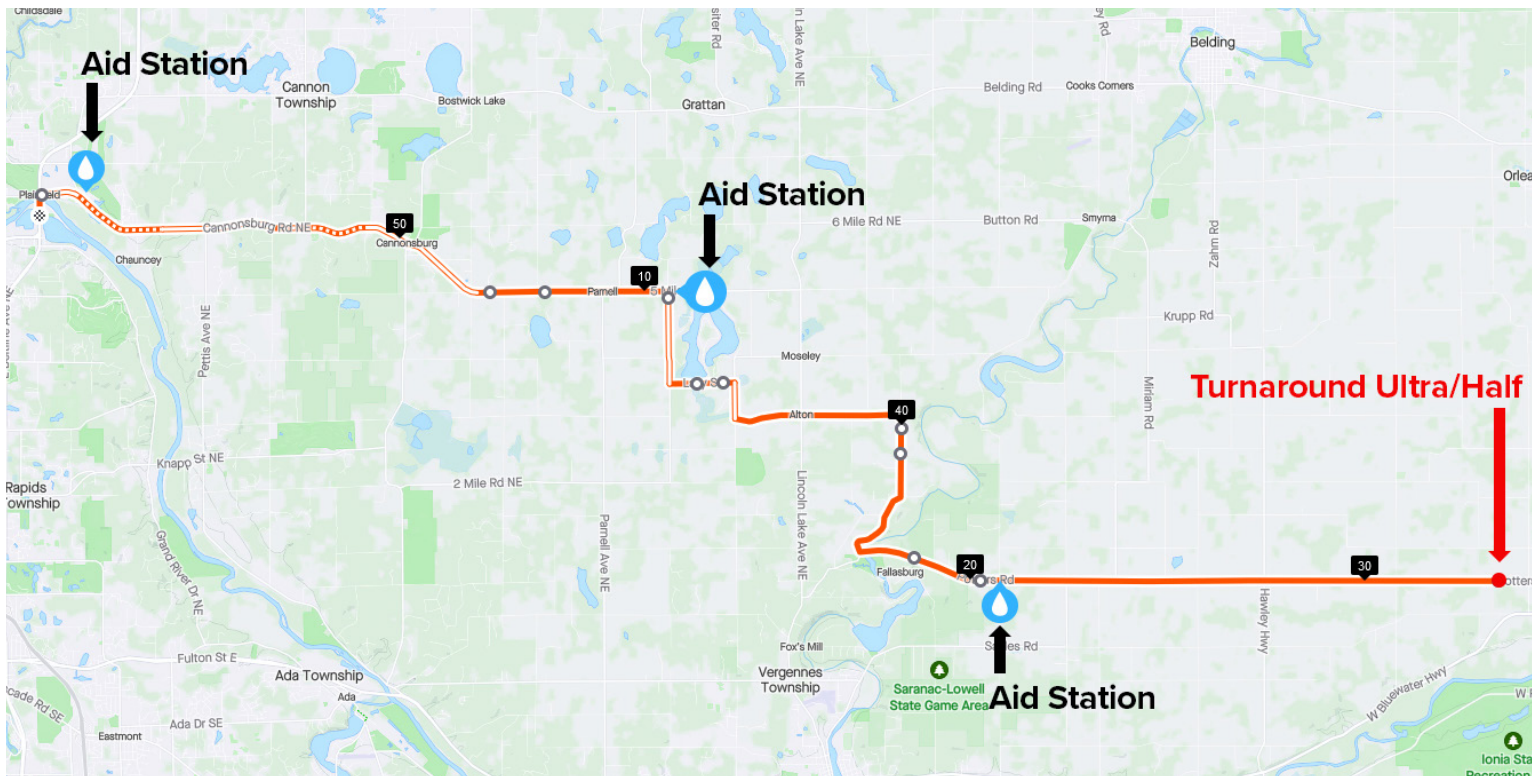
**CAUTION: BIKERS MUST SLOW DOWN TO 5MPH OR BOTTLE EXCHANGE WILL NOT OCCUR!**

- 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 BIKE: ULTRA COURSE (2 LOOPS)

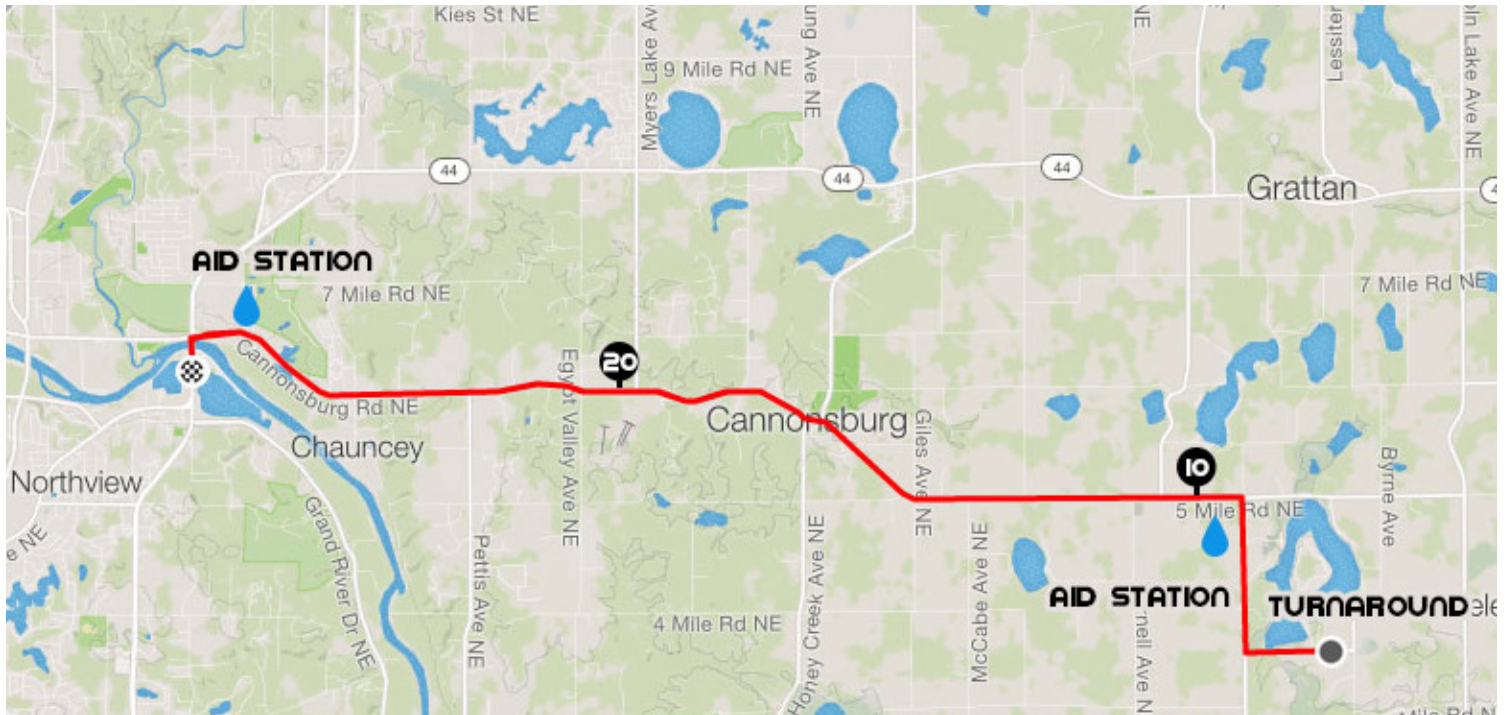


# THE BIKE: HALF COURSE (1 LOOP)

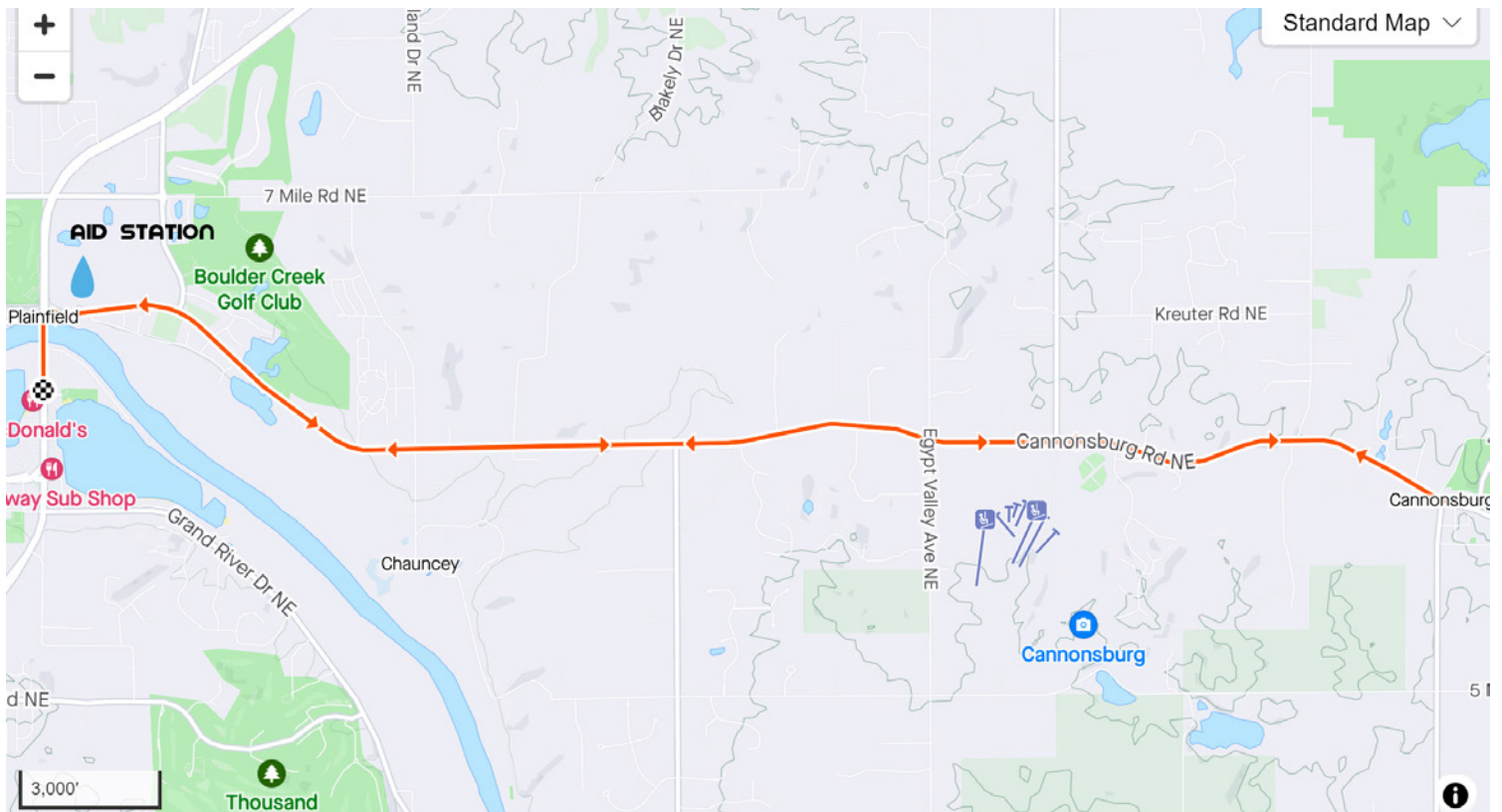




# THE BIKE: OLYMPIC COURSE



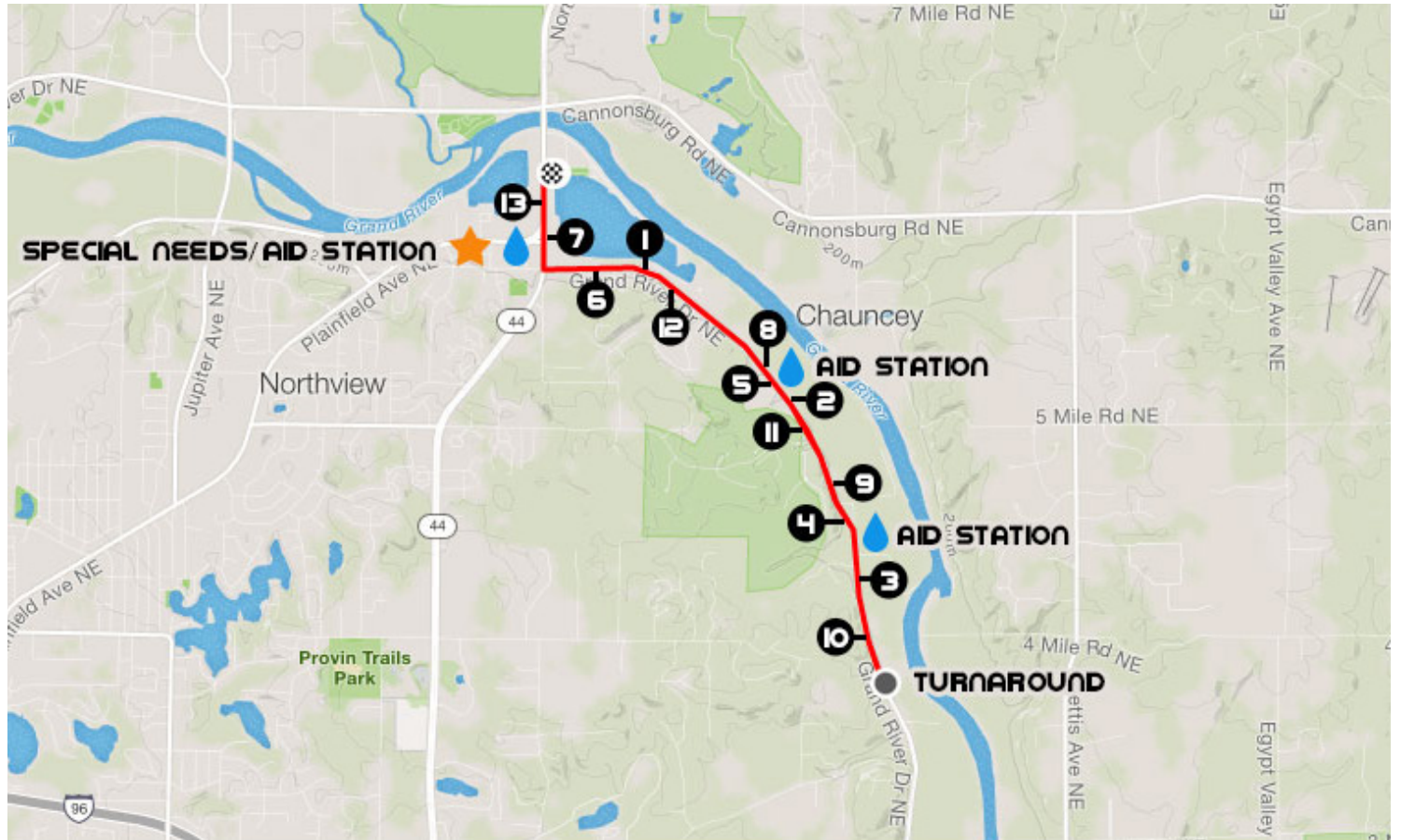
# THE BIKE: SPRINT COURSE



# 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**

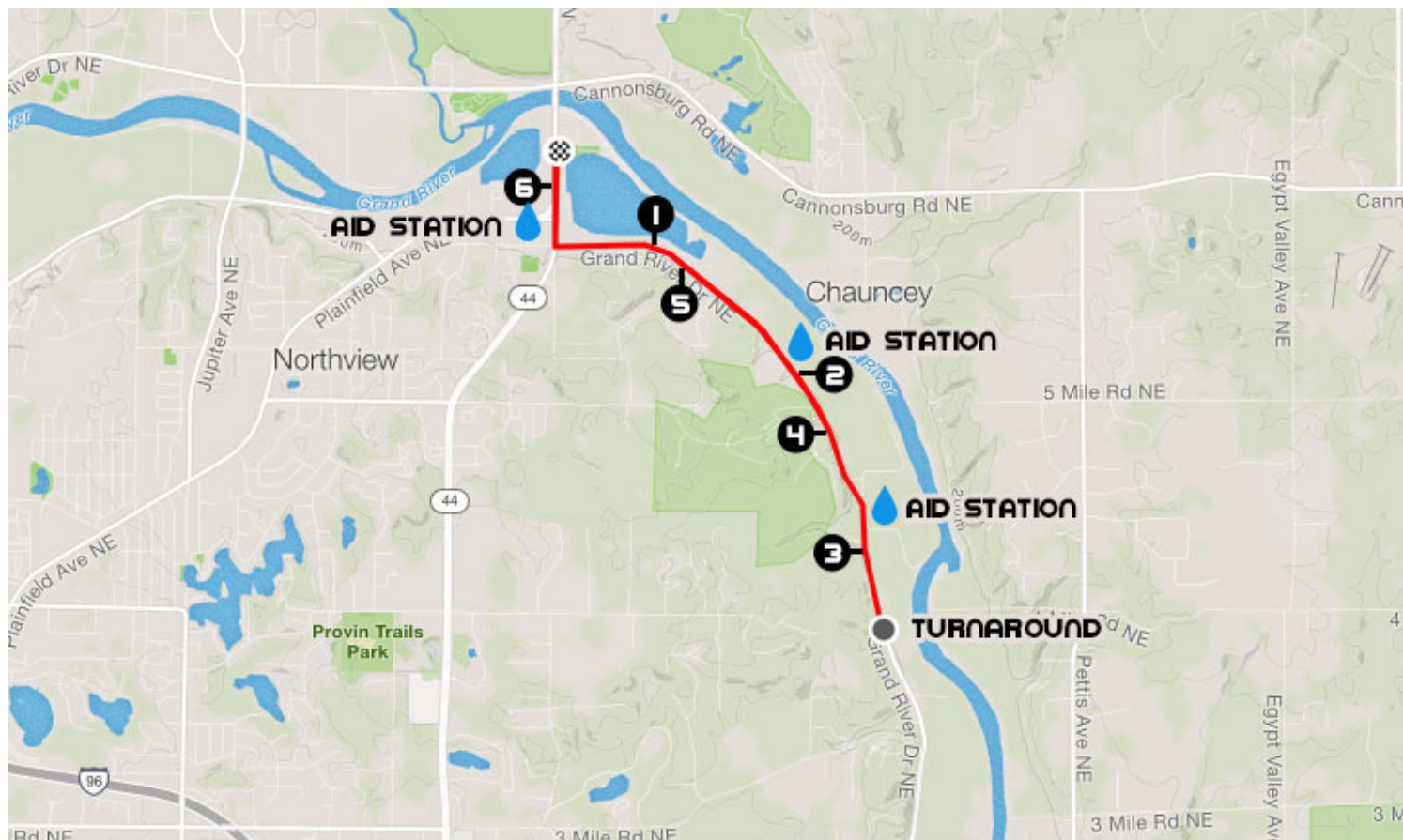
Special Needs Bags will be accessible by Ultra Distance athletes on each loop.



## 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.

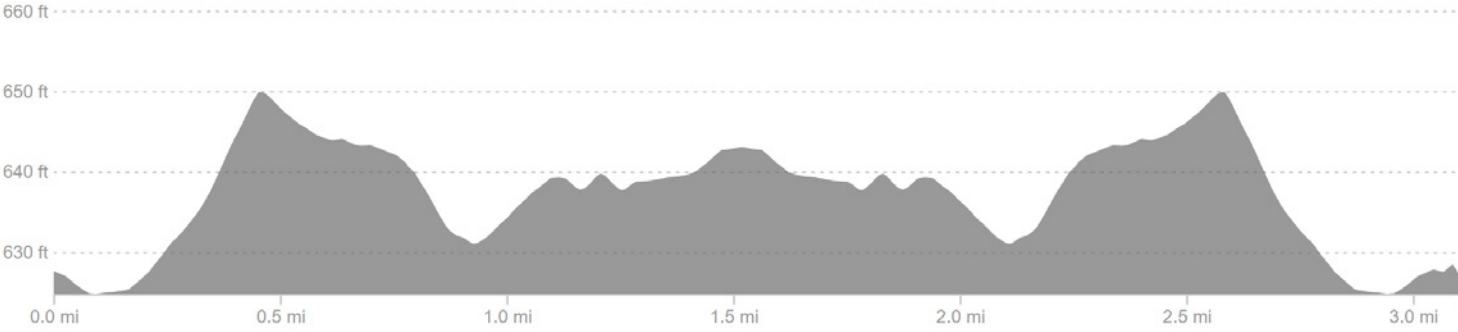
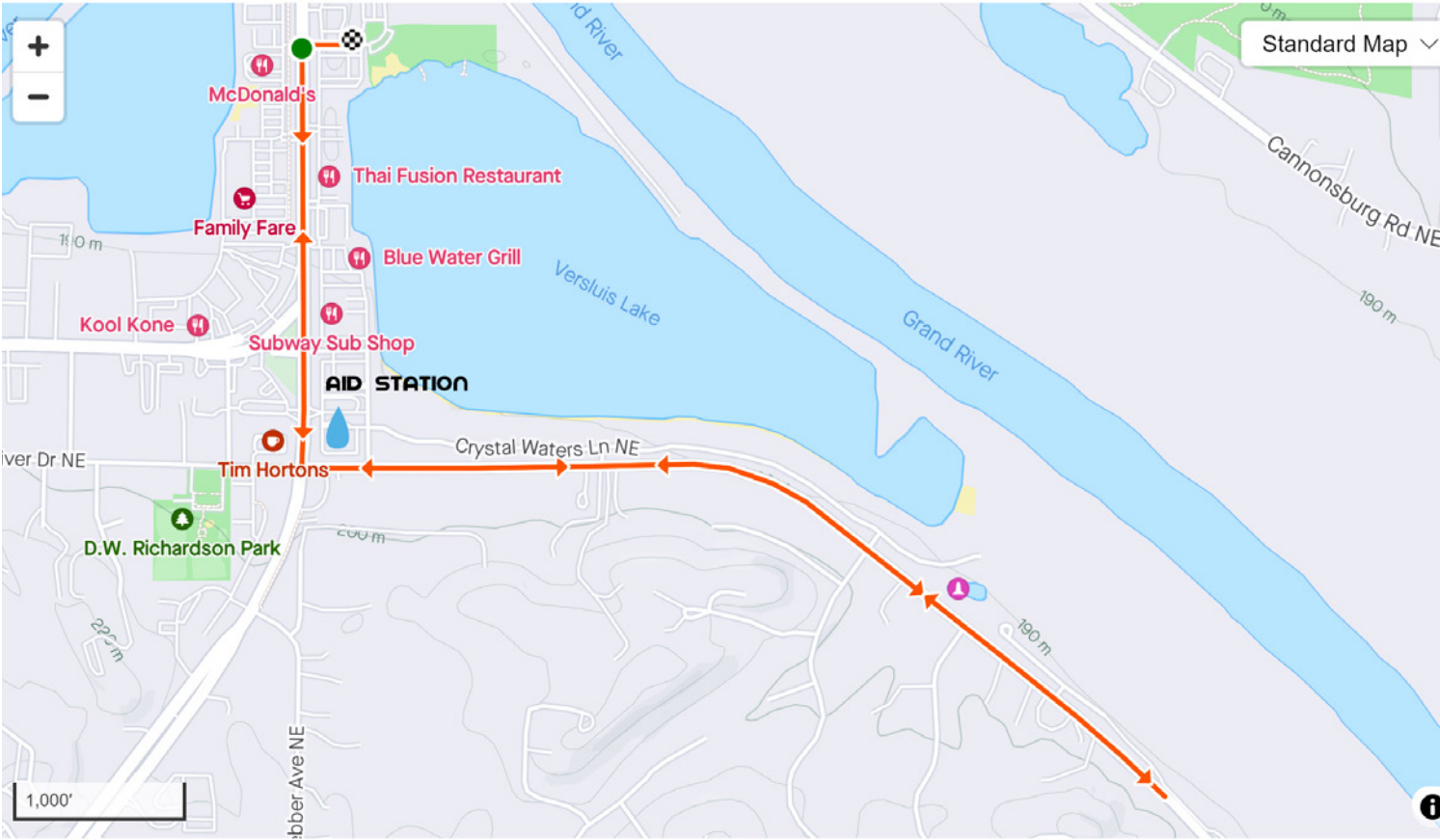
# THE RUN: OLYMPIC COURSE



## 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.

# THE RUN: SPRINT 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.



## 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.)** Drafting - Ultra and Half - 12 meters (6 bike lengths) - must complete pass in 25 seconds • Oly and Sprint - 10 meters (5 bike lengths) - must complete pass in 20 seconds
- 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](http://www.teamusa.org/usa-triathlon)

# TRANSITION AND FINISH LINE AREA

## Saturday

**1:00 pm - 5:00 pm**

Transition open for athlete bike drop-off

## Sunday

**5:00 am** Transition open to athletes

**6:45 am** Transition closed - ULTRA

**7:45 am** Transition closed - HALF/OLYMPIC

**8:45 am** Transition closed - SPRINT

## Transition Open

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

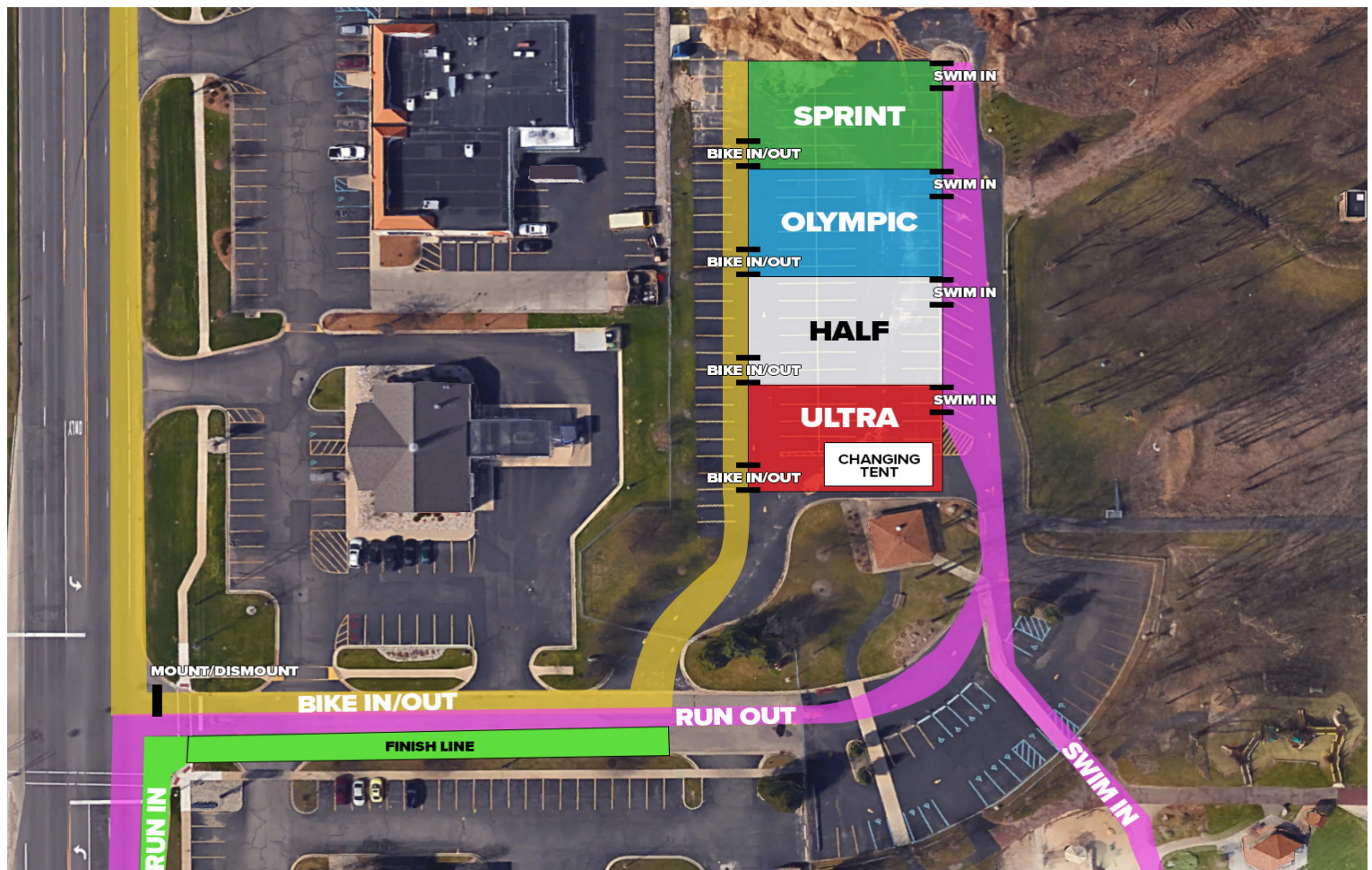
## Gear Removal

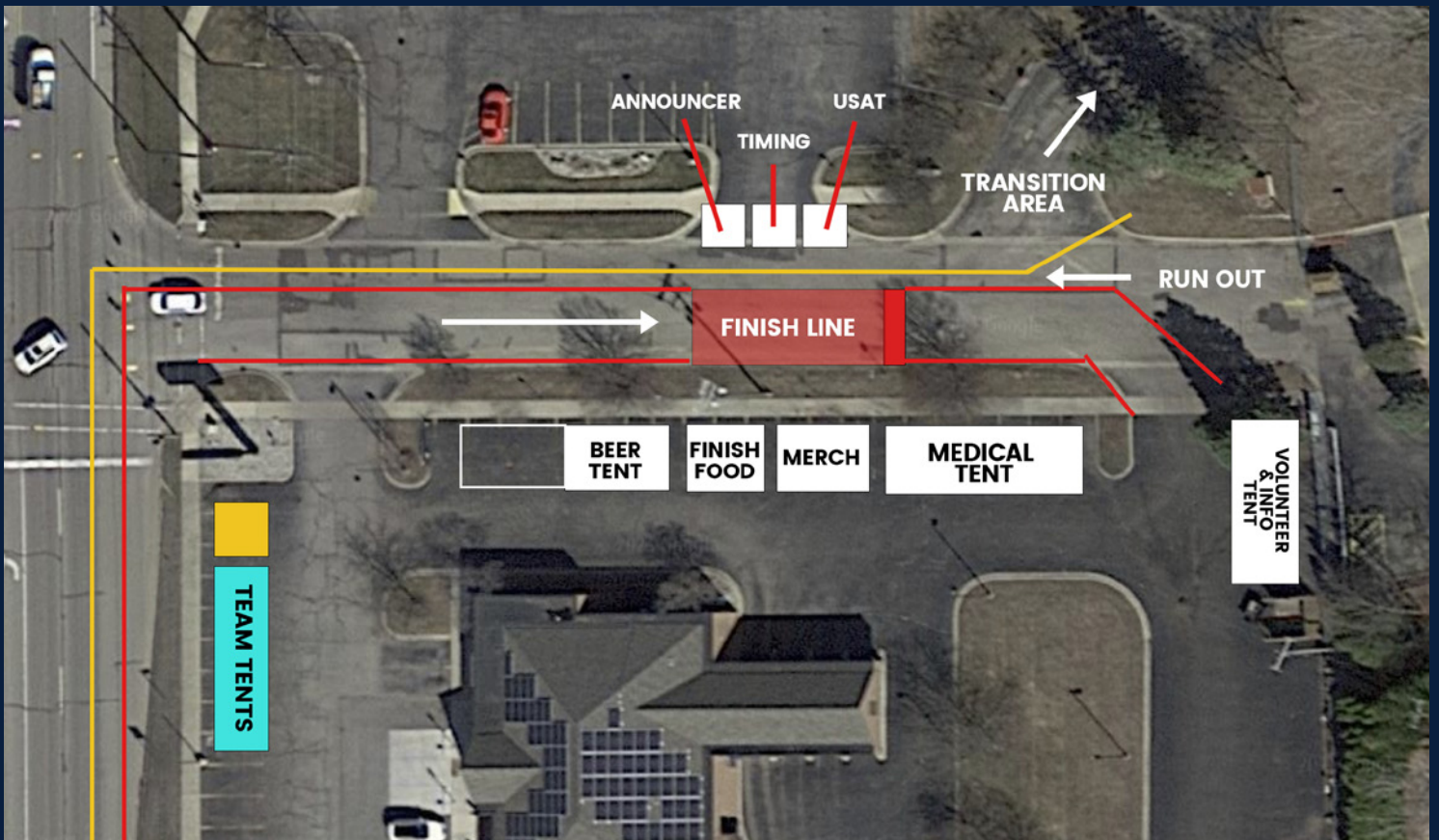
Please remove your gear from transition within a reasonable time after your race is complete.



# ENDURANCE

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





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### BEER TENT

We will have a beer tent available on race day for athletes and spectators to enjoy throughout the day. Beer will be provided by Saugatuck Brewing.

All proceeds of the tent will go directly to myTeam Triumph West Michigan Chapter.

Must be 21+ to enter the tent.



**MYTEAM  
TRIUMPH**  
WEST MICHIGAN CHAPTER

**MacAllister**



**T H E  
Rental  
S T O R E**

## FINISH LINE FOOD

We will have different food options offered throughout the day. The morning will be an assortment of baked goods. In the afternoon we will have sandwiches and pizzas provided by Jets Pizza. And then later in the evening we will have Qdoba for our late-night finishers.

In addition, we will have pre-packaged items and drinks (Pepsi, Mtn Dew, Gatorade, Water, Chocolate Milk) available as well as fruit options.



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# 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. Athletes 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](http://www.experienceGR.com).

## ATHLETE TRACKING

SportStats US ([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.

## 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

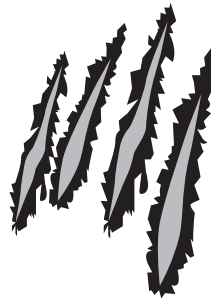
Lost and Found will be located at the Volunteer Tent. After race day, contact our team at [info@tris4health.com](mailto:info@tris4health.com). There is a \$10 shipping fee for anything you need shipped back to you. Unclaimed items will be donated after September 15.



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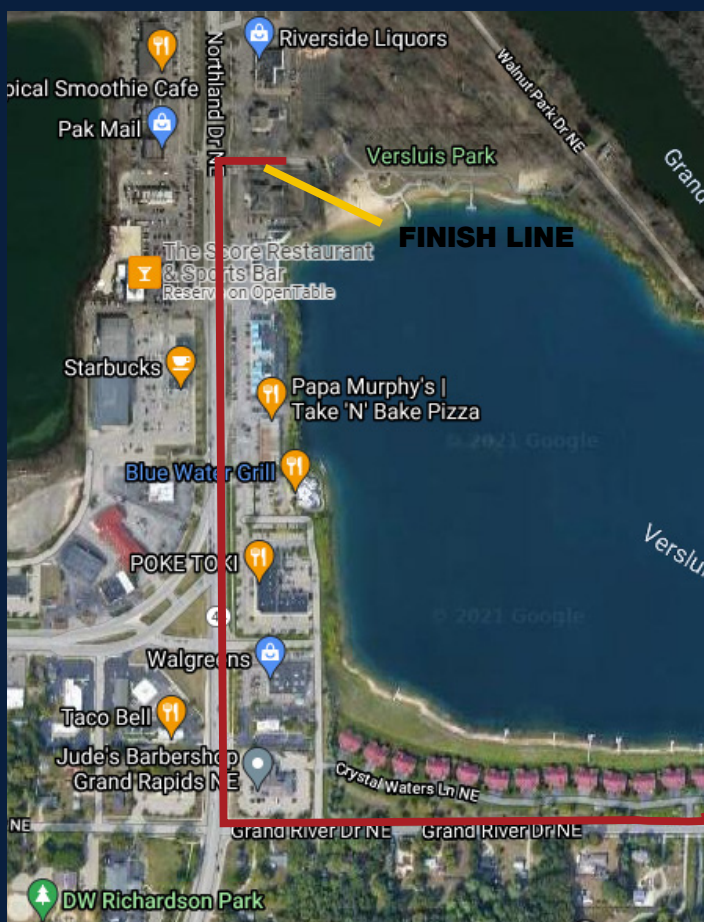
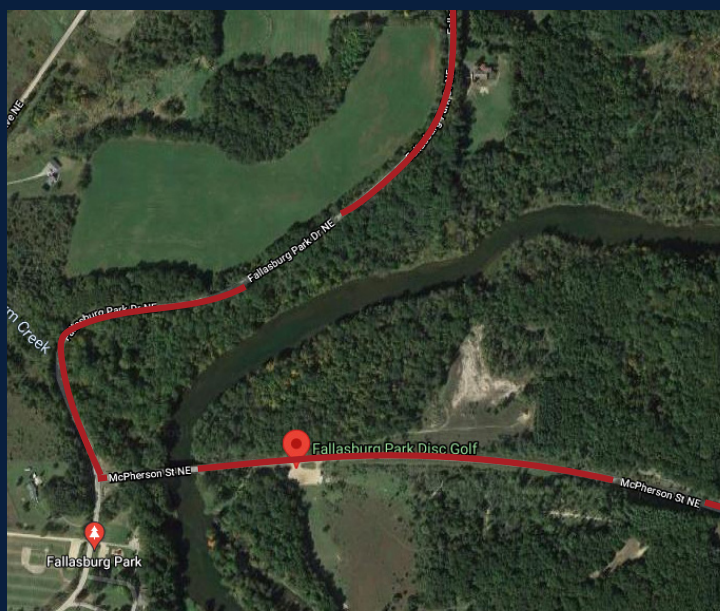
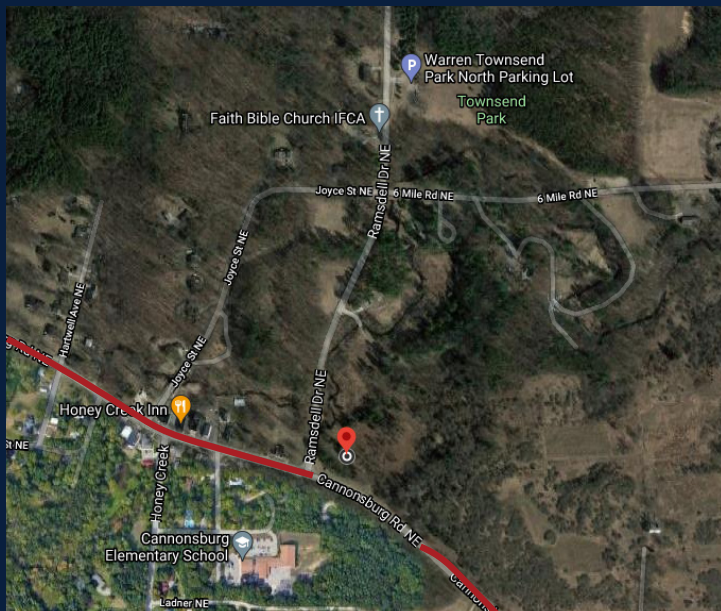
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# SPECTATOR MAPS



## 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.

**Fallsburg 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

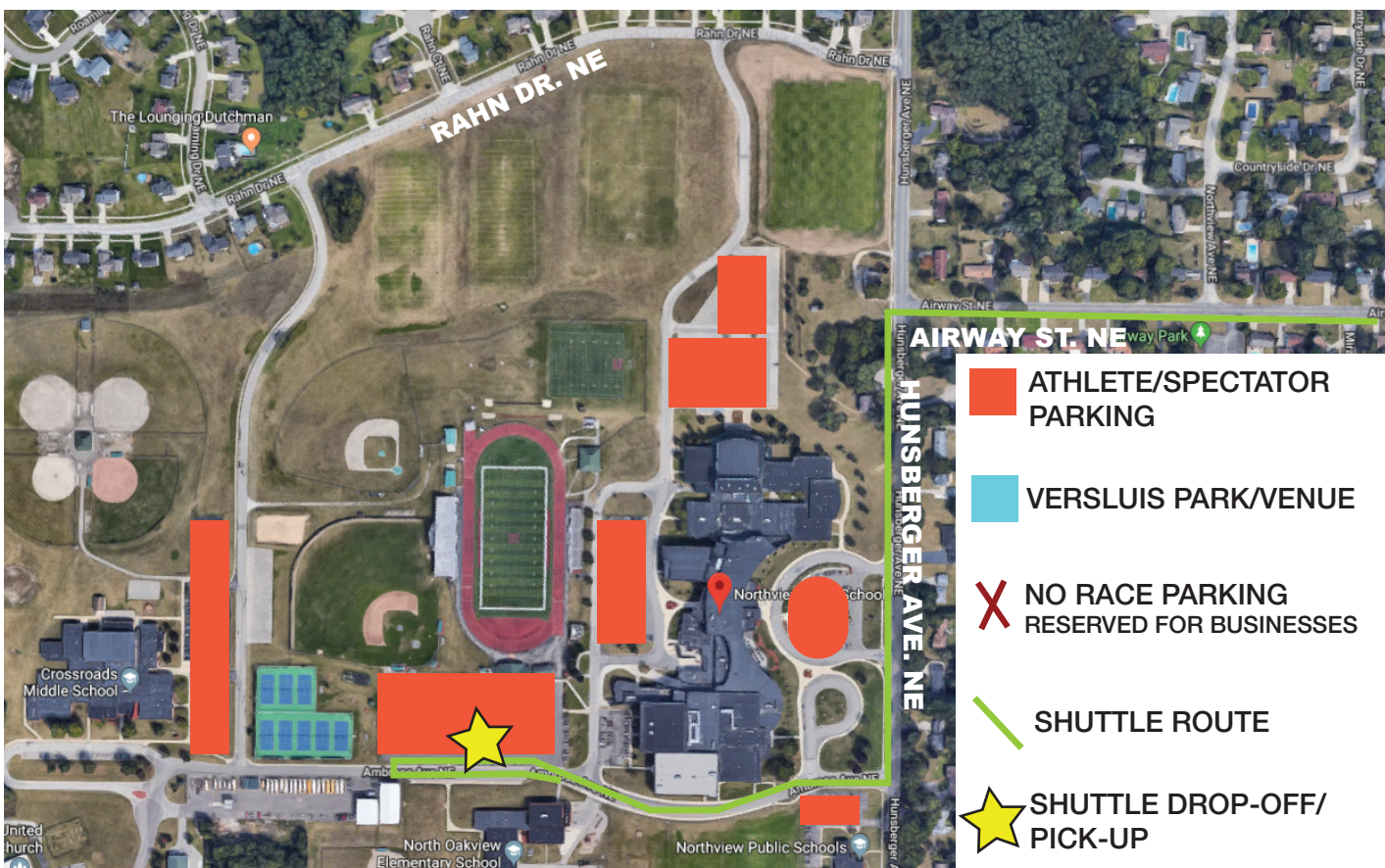
## Athlete & Spectator Parking NORTHVIEW HIGH SCHOOL 4451 Hunsberger Ave NE, Grand Rapids, MI 49525

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.

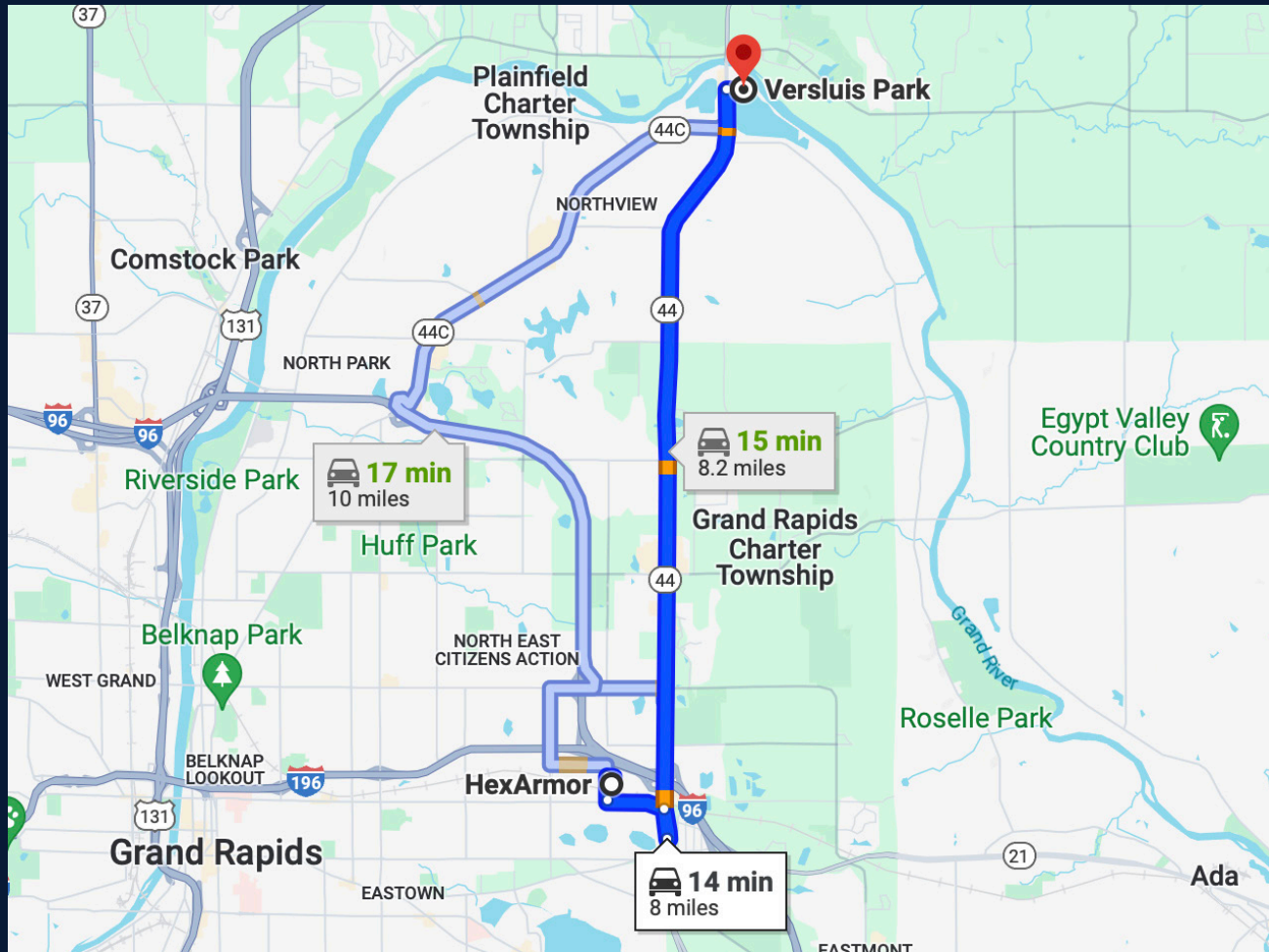
Those with disabilities or other special needs requiring assistance getting from the shuttle drop off to the race site may contact 616-292-0728 or 616-723-4306.



# PACKET PICKUP TO RACE SITE

## ATHLETE BIKE DROP OFF - SATURDAY, AUGUST 10 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 ATHLETES WILL BE ALLOWED IN TRANSITION.** There will be security overnight 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.



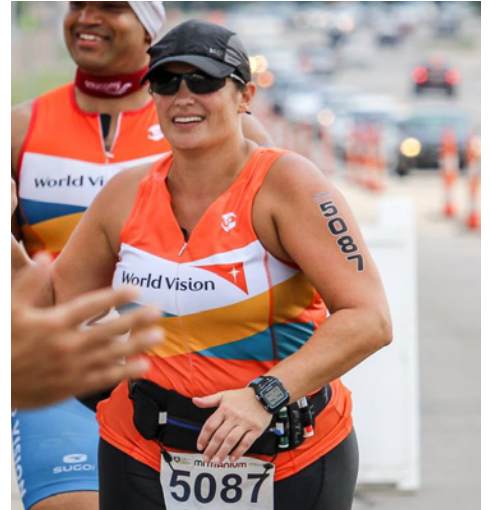
# WORLD VISION: MITI CHARITY PARTNER

## 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, 9 athletes are set to toe the starting line at Versluis Lake.



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

# GOOD LUCK TRIATHLETES

Our experienced providers take a team approach to caring for athletes of all ages and skill levels.

### Services

- Evaluation and treatment of sports injuries including knee, Achilles tendon, ankle, broken bones, elbows, shoulders, general joint pain and any other condition or injury that may limit your ability to participate.
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Official sports medicine provider for the Grand Rapids Triathlon.



# A MESSAGE FROM DR. K: “DID YOU HEAR THE ONE ABOUT THE BOAT?”

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

***In honor of the 2024 Olympics, I will run this one more year!  
These will be new for some of you, and good reminders for  
the rest!***

I'm sure by now you have heard and/or seen the snafu at the men's triathlon at the 2022 (OK 2021) Olympics—a boat videoing the start was still in front of some of the athletes when the race started. They were able to head off those who started and restart the race, but it was crazy! It also made me wonder what we can learn from the boat that got in the way.

As triathletes (or triathlete supporters) you are used to things that may not go as planned. No matter what the distance, an event that requires some level of mastery of three distinct disciplines is going to be a little tricky. Throw in gear, transitions, nutrition... and twists and turns during training and racing are bound to occur. But put a literal boat in the way of a start and you get a little bit of chaos. When I looked at the video again three things stuck out to me—three lessons for training (and life):

1. Expect the unexpected. If you look closely Alex Yee of Great Britain (gold medal in mixed relay and silver in the race we are talking about) was casually waiting for the boat to get out of the way, when it looks like they were suddenly called to set and go. Since the boat was still in the way, he was not expecting the race to start. However, it did, so he gathered himself quickly and jumped in. Lesson here—in a race and in life expect the unexpected (and know what to do).
2. Think, then act decisively. Once it became apparent there was an issue, boats from all directions set off to stop those in the water. Had they waited a bit it is likely those in the water may have continued on. Even if they had been stopped later, those in the water would have been spent a good amount of energy on the start—energy they would not have had on the restart and subsequent race. When training and racing I would advise a similar strategy—take stock of how you feel, then act with purpose.
3. Don't be the boat! In this race the boat was not purposefully trying to impede progress, yet there it was—blocking the way. Life is hard enough without big things slowing us down, either on purpose or by accident. Be mindful of things you say or do (particularly on social media) and stay positive. Be a supporter and builder—don't get in the way and tear people down.

I am quite sure there will be no boats in the way at the Michigan Titanium Triathlon! And if you are experiencing an impediment to your training in the way of injury or illness the sports medicine team at the University of Michigan Health-West is here to help. I don't usually hang out the laundry list of all the teams and groups we work with, but recently someone said we should, so here are a few—MiTi, Grand Rapids Tri, Reed's Lake Tri, UMHWest Grand Rapids Marathon, Reed's Lake Run, Bridge Run, GVSU, Aquinas College, Cornerstone U, GRCC, and the Griffins to name a few. We also support multiple running and tri groups of all levels—**if you need us you can find us at 616-252-7778 or [www.umhwest.org](http://www.umhwest.org). We are here to help!**



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# 2024 MICHIGAN TITANIUM ATHLETES

\*As of July 31, 2024

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PETER BABINS  
TESS BALSLEY  
MICHAEL BANKES  
ROBERT BARNHILL  
PETER BELANGER  
MICHAEL BERETTA  
BRAD BLIEK  
ADAM BOLTZ  
MARIE BRENKOVA  
ANTHONY BYRNES  
JOCELYN CASCIO  
MODESTO CASTILLO  
JONATHAN CRAWFORD  
GRETCHEN DABBS  
MARK DAMVELD  
VALERIE DAVIS  
MERLE DECH  
ANGIE DEFILIPPI  
LEANNE DIETRICH  
J.P. DOWD  
JANELL EMERY-SMITH  
PETER ENDRES  
GULIELMA FAGER  
ELIZABETH FANCO  
JOHN FITZGERALD  
JAMIE FUHRMAN  
SUE GESSNER  
MELISSA GRANT  
LARRY GRENVIK  
CHRISTOPHER HAAS  
ARMIN HAGENLOCH  
CHELSEA HALLENDY  
BRADFORD HENDERSON  
NATHAN HILLIS  
CRAIG HOOGERWERF  
JOHN HOPKINS  
JOHN HUNSAKER  
DENIS HUSKIC  
STEVEN IKELER  
LAUREN JENSEN  
NICOLAS KOSTELECKY

JEFF KRAUSE  
BRANDEN KRUEGER-DUNN  
DAVE LALONE  
MATTHEW LANG  
IAN LOCK  
ADAM LUSTED  
KAI LYNCH  
JOHN MALINOWSKI  
JOSE MANJARREZ  
THADD MARTIN  
CHAD MARTINDALE  
CHRISTINA MCCARTHY  
ANNA MEREDITH  
KEVIN MILLER  
JOSEPH MORREN  
FRANCES MURRAY  
KEVIN NEUMANN  
JACQUELINE O BRIEN-NOLEN  
CORI PASSERELLI  
DALTON PAULY  
DIANE PAYNE  
TOBY POWELL  
GEORGE REEDER  
TRAVIS REID  
PAIGE REID  
JACOB REVOR  
JANICE RUMPH  
MIGUEL SARACHAGA  
AMY SCHAEFER  
DANIEL SCOTT  
MADELINE SMITH  
NICHOLAS STEEL  
CHRISTINE STEVENS  
GREG SUPIANOSKI  
LAURIE SVOBODA  
ERIC TRAVAGIAKIS  
KRISTEN TUCKER  
MEGAN TUNCER  
PETER VAN GEMMEREN  
LAWRENCE VANDERWAL  
DANIELA VANGEN

JUSTIN WENDZEL  
MICHAEL WOMERSLEY  
BRADON WOODBY  
DAVE YOUNG  
SARA ZAMBOTTI  
JOHN ZANGMEISTER

## ULTRA AQUABIKE

ROBIN ASHBY  
JESSICA ATCHLEY  
ERIN BYRGE  
AUNDREA COLE  
KELLY CONWAY  
ADAM COON  
DAMIAN GARRISON  
TERRY GATES  
SHARON LEVY  
BILL PETERMAN  
BRIAN REYNOLDS  
JEREMY SIKKEMA  
CARL SOKOLOSKI  
TINA STEWART  
CRAIG VANESS  
AMY WILDROSEI

## ULTRA DUATHLON

KATI ARDAUGH  
PAMELA BETTIS-TANNER  
JAN BRENK  
JEFF DORRILL  
JAMES HERTZ  
BARB KOPPEL  
MICHAEL VRAA  
KAREN WALKER  
NATE WATSON

## ULTRA SWIM

KAT CUMMINGS  
JESSICA HERRINGTON  
JORDAN RAMIREZ  
AMY REMPALSKI  
HOLLY SCHMITT

## HALF TRIATHLON

BENJAMIN ADAMS

DIANE ADAMS  
MICHELLE ALBRECHT  
REBECCA AMBLE  
BRUCE ANDERSON  
ETHAN AUDETTE  
SARAH AUSTIN  
R BABCOCK  
DAMIAN BADISH  
JOSE BALTAZAR  
SARAH BARR  
CHRISTINA BEAVERSON  
ARTHUR BEIL  
JAMES BENICE  
ANDY BISCHOFF  
HANNAH BLAIR  
JULIA BRAUDE  
JACQUELINE BROWN  
MIKE BUCKNER  
BETHANY BURGE  
CHASE BURGE  
CHAD BURGE  
TIM BURNS  
JASON BUXBAUM  
LINDA CALLISON  
WILLIAM CARGILL  
RACHEL CARLSON  
JAIME CARSON  
NATHAN CASSADY  
ANTHONY CECE  
CODY CHAFFEE  
JAYDEN CHAPMAN  
HEATHER CHESEMAN  
FREDERICK CHRISTIAN  
GILLIAN CIAK  
BETH CIPRIANO  
RORY CLOSZ  
AMY CONESET  
TREVOR COURTIS  
ANN DALY  
JAMES DAVIS  
HUMBERTO DELEON  
DUANE DIEGEL  
FULVIO DUMORAN  
JACOB DUNHAM  
KEVIN ELWOOD

CHRIS ENGELHARDT  
BRETT FARO  
DILLON FELTY  
ANNIE FERRET  
STEVEN FEUTZ  
KENT FIERO  
MATTHEW FLECK  
EILEEN FOUST  
MONICA FRASER  
GLENN GARBINSKI  
JANE GARRETT  
GARY GEIGER  
BARB GIMENES  
HEIDI GLEW  
MICHAEL GREGORY  
CHIRU  
GUNAWARDENA  
MICHAEL GUNDRUM  
CAMERON HAIN  
RYAN HANSON  
JASON HATTON  
CASSANDRA HESTER  
HAYLEY HOLMQUIST  
CHRISTINA HUBERS  
TIM IRWIN  
KRISTI JANCAR  
CARSON JENNINGS  
SCOTT JONES  
JOHN JONES  
MARY JONES  
ERIK JUZIUK  
CHRISTINE KACHELMUSS  
LORI KATOWICH  
NATALIE KEIGHER  
NINA KENNEY  
DONALD KERN  
HEATHER KIGER  
MATTHEW KILBANE  
CRAIG KIM  
LAURYN KING  
VICTORIA KINGMAN  
SHERRY KIRKBRIDE  
MILES KOHN  
LAUREN KORSON  
BRITTANY KREBILL

BETH LAKIER  
JUSTIN LANDERMAN  
KAREN LAUKAITIS  
PAULA LENOX  
JASON LEONARD  
JASON LILLY  
TERRY LINSEMAN  
ADAM MADEMANN  
JAMES MALO  
BRIAN MALONEY  
JUSTIN MALPEDE  
NICOLE MANCINI  
ZACH MARINUCCI  
GEORGE MARTIN  
MAR LU MARTINEZ  
LINDA MARX  
MITCHEL MASSER  
ALEX MCKINSTRY  
DUSTIN MCLEAN  
LAURI MEINS  
CAMERON MENZEL  
JANET MEYER  
KAREN MIEDEMA  
CHRISTINA MILLER  
MICHAEL MITCHELL  
CASSANDRA MOELLER  
JEREMY MOHORICK  
DOUGLAS MOORHEAD  
KEITH MORRIS  
SHAUNA NEWBOLD  
JOSHUA NICHOLS  
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JAMES OGILVIE  
COURTNEY ORLANDO  
DRAGANA PAJOVIC  
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CARLO  
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KIMBERLY POMA  
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DAN REEVES  
ASHLEY REEVES  
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COOPER  
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ANTHONY SINGH  
BRIAN SLADICS  
MICHAEL J SMITH  
LORA SOKOL  
ANGELA STERN  
SLOANE STIMPFEL  
RILEY STONE  
BAYLEE STONEMAN  
LUCAS STRAW  
ERIC SUMWALT  
MICHELLE SUMWALT  
KEVIN SWAHN  
PATRICIA SWIERK  
DARIA TARASOVA  
JOEL THOMPSON  
CAITLIN THOMPSON  
REESE THORNBURG  
DAVID VINES  
EDWARD  
WALDSCHMIDT  
BROCK WALKER  
NICHOLAS WATERLOO  
HARRY WATSON  
BRANDON WEBER  
BRENT WEBER  
JUSTIN WEGNER  
MARLENE WENTA  
MICHAEL WHITBECK  
RYAN WIELENGA  
WILLIAM WIESE  
CORY WIETFELDT  
ELIZABETH WOOD  
MICHAEL WOODYBY  
KATE WOODS  
MATTHEW WRIGHT  
JANICE WRIGHT  
LUKE YODER  
ERIC YODER  
CURTIS YOUNG  
MACKENZIE YOUNG  
COLLIN YOUNG  
SHEILA ZANK  
JAMES ZARRO  
PETER ZOBEL

#### **HALF AQUABIKE**

STEVEN CHANTER  
MARIE CHRISTENSEN  
ALEXANDRA DENHOF  
MICHAEL  
FITZSIMMONS  
JANET FURMAN  
JOHN HEIL  
JOANIE  
KOWALKOWSKI  
ASHLEY MANGEN  
FIONA MCPHERSON  
GRANT  
MICHELLE  
STRICKLAND  
DANA TATMAN-LILLY  
JEKAB VIGANTS  
WILL WARREN

#### **HALF DUATHLON**

THOMAS CAMERON  
MARK CLOSSON  
CYNTHIA ERICKSON  
CHRIS FARRELL  
BRUCE FREEBURGER  
KAREN FRITTS  
JUDY GRAHAM-  
GARCIA  
BENJAMIN LABAS  
LAINA SLADICS  
JENNIFER STOOPS  
AMANDA  
VANBENNEKOM  
SAMANTHA  
WALDSCHMIDT

#### **HALF RELAY**

HEATHER ART  
ELIZABETH CALLISON  
RICH CATER  
ADAM CHRZAN  
STEVE COON  
EVAN CUSACK  
NICK DOORNBOS  
SARAH DUCLOS  
MATTHEW HOPP  
JACK JOHNSON  
MATT LANE  
STEVE LAPLANTE

KYLE ROUSH  
BURT SMITH  
SARA TRIGG  
JAYSON YORK  
RAYMOND YORK

#### **HALF SWIM**

BBRUCE BABCOCK  
ALLISON EPPINGA

#### **OLYMPIC TRIATHLON**

ROBERTS ABELE  
ADAM AMSHEY  
KERRY ANDERSON  
ESTHER ANYALEBECHI  
KEVIN ARTL  
AMY ASSENMACHER  
BRADEN AUGUSTINE  
SCOTT BACKMAN  
CHAD BAIRD  
KAYLA BANDUCCI  
ALLISON BANNICK  
KEVIN BARGAMIAN  
TERRY BASHAM  
ABBY BASHAM  
ERIC BEERY  
JORDAN BEIMERS  
HANNA BENGEL  
ZACHARY BENNETT  
BRITTANI BENNETT  
MADELINE BEZZINA  
CREIGHTON BIDDICK  
CHARLOTTE  
BILLINGSLEY  
JESSICA BILLS  
ADAM BOES  
AUSTIN BOLESTA  
LAUREN BOLESTA  
CHAD BOUCK  
KEAGAN BRICKEY  
LUCAS BRINKS  
MELISSA BROWN  
JOHN BURGE  
BIANCA CANTU  
DEBORAH CATANI  
HILARY CATRON  
KRISTINE CECE  
NENAD CIRIC  
CHARLES CLINE

ANDREW COBLE  
CATHERINE COLLINS  
CHRISTINE COOPER  
NICHOLAS COULTER  
THOMAS COWDEN  
NATHANIEL COX  
LUCAS CRANDLE  
HALI DAAM  
JAMES DALTON  
MICHELLE DALTON  
KYLE DAUGHERTY  
ERIN DAVIS  
AUBREY DEBOER  
ANDREW DEBRABER  
DAVID DEVRIES  
KAREN DRAKE  
JEFF DUPREY  
ZACH DYKSTRA  
PAT ECKERT  
JESSE EHLERS  
JEAN FARRELL  
ALANA FEIGENBAUM  
PAUL FIERO  
WILL FINK  
JENNIFER FLAVIN-  
DEMPSEY  
JESSICA FREEMAN  
CARLEY GATHRIGHT  
ELLA GAYLORD  
KRISTI GILBERT  
BETHANY GILDER  
RANDELL GIRARD  
LANDIN GREENE  
MICHAEL GROSS  
JOEL HAITZ  
JOSHUA HALL  
MYLES HANDLEY  
ASHLEY HANKAMP  
DALE HATHAWAY  
NEAL HAYENGA  
KRAIG HINKEN  
BILL HOEFER  
ZACHARY HORWITZ  
CATHERINE HUISMAN  
DAVID HUISMAN  
DEVON HUISMAN  
JENNIFER HUNT  
OWEN HURLEY  
CHRIS IDEMA  
SHELLEY IRWIN

YOSUKE ISHIDA  
CHARLES JONES  
AARON KACHELMUSS  
MICHAEL-ARMEN  
KADIAN  
ANDREW KALMAN  
CHRIS KAUFMAN  
CODY KAYSER  
ALEXANDER KLUGE  
JOE LAUER  
REBECCA LEMLEY  
GARY LIBRETTI  
ANN LINSON  
SIDNEY LONG  
BRIAN MARING  
BRIGETTE MAST  
STEVEN MCKELLAR  
MYKAYLA MCNEES  
SUSAN MCWAYNE  
SERGIO MENDEZ  
LARREGUI  
TREVOR MIEDEMA  
SARAH MINGES  
PRESTON MITCHELL  
HANNAH MOUGHLER  
SARAH ANNE  
NEMMERS  
CARSON NOORDYKE  
JAMES O'BRIEN  
EMILY ODEA  
LUKE PAGE  
CHERYL  
PLATSCHORRE  
TOMASZ PLUSZCZYK  
DON RANSOME  
RENA REAVES  
JANET RICHMOND  
PAM RILEY-BARBIER  
AUSTIN RODEN

JODIE ROMZEK  
CAROL ROTTMAN  
LAURIE ROWLAND  
JASON SAARM  
STEVEN SADLER  
DARIO SANCHEZ  
FRIEDRICH SAUER  
DEREK SCHAAF  
LEILA SCHMIDT  
KRAIG SCHMOTTLACH  
KRYSTAL SCOGIN  
BRENT SEINEN  
CARLYNN SMALLEGAN  
MATT SMIAROWSKI  
TERRI SOBOLEWSKI  
TRAVIS STACHLEWITZ  
BRYANNE  
STACHLEWITZ  
KENNETH STATLY  
KATY STONE  
SEAN STOUBE  
DAVID TIEDE  
MICHELLE  
TONNEMACHER  
REXTON TRAVAGIAKIS  
CHRISTINE  
TRUSKOWSKI  
NAOYA TSUKIYAMA  
TODD TUBERGEN  
CARL VALENTINE  
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LYNNE VANDERWALL  
STEVAN VASICH  
RYAN VIDETICH  
MADISON WALDIE  
DARREN WALHOF  
MANDY WALLICK  
MICHELLE WEEMAES  
ERIN WEIZEORICK

MATTHEW WILCOX  
ESTHER WILCOX  
KYLIE WINKELS  
TERESA WINTERSTEIN  
KAREN WITKOWSKI  
ANDREW WOMERSLEY  
KRISTINA WOZNAK  
ROB WYNALDA  
ROBERT WYNALDA  
JULIE ZEI

#### **OLYMPIC AQUABIKE**

JAMIE BEASLEY  
JEAN BOLLEY  
LISA BRIDGEMAN  
KAREN LASZLO  
JAN PRZYSTAS  
DAVID RAGUSE  
ABBY REEVES  
MARC TIENVIERI

#### **OLYMPIC DUATHLON**

THOMAS ANDREWS  
JENNIFER BRENNAN  
BRIAN DEMPSEY  
LEYDI EGAN  
LESLIE KRAUSE  
EDUARDO MORENO  
CHRIS MUTNANSKY  
ANDY QUERIO  
BILL ROWLAND  
ERIN DOYLE TOBUREN  
CATHERINE VAN  
GEMMEREN  
THOMAS  
VANBENNEKOM  
RAVEN ZBIKOWSKI

#### **OLYMPIC RELAY**

BRITTANY BANKES  
TERESA BANKES  
KEVIN BROWN  
LEE BROWN  
ELIZA BROWN  
SARAH CARTER  
OLIVIA CREEVY  
CLAIRE DEATER  
BRITTANY HAMILTON  
BRENDAN HAMILTON  
BRIAN HEYDENBERK  
KORY KEARNEY  
MATTHEW RIEMAN  
RYAN ROZEBOOM  
JASON ROZEBOOM  
DESTINY SMITH  
BENJAMIN STUART  
KELSEY WILTERINK  
BRIAN WILTERINK  
BRITTANY WORTLEY

#### **SPRINT TRIATHLON**

KATHY ADAMS  
JESSICA ADDISON  
DAN ALDERINK  
SCOTT AUDETTE  
JAKE AUGUSTYN  
KATIE BISCHOFF  
RANDY BLAYLOCK  
BRENDA BRADLEY  
ZORAN BRICKEY  
KENDALL BROCK  
CHAD BURGER  
AVERY BURGER  
MARILYN BURKHART  
THOMAS BUSH  
SCOTT CARR  
ANDREW CAWTHON  
MATTHEW

CEDERQUIST  
PHILIP CHURCH  
ASHLEY COULTER  
SAM COYL  
JENN CRAIG  
PAUL DAVID  
DAVID DAVIGNON  
DELANEY DEVEREUX  
ANDY DONALDSON  
ASHLEY DRAGAN  
CLARA FAST  
ERIC FLEDDERMANN  
NICOLE FLIER  
MANDY FOX  
KATE FRAUENHEIM  
BILL FRAUENHEIM  
IAN FRISON  
CHRISTIAN GLUPKER  
DAMIAN GONCALVES  
ALEX GORDON  
MARY GUYETTE  
ASHLEY HAGEN  
MICHAEL HILFERTY  
SHANE HOLCOMB  
BECKI HOWARD  
TORU INAGAKI  
GARRIT JOUSTRA  
THOMAS KEIZER  
AIDEN KEMORA  
CARRIE KIETZMAN  
GREGORY KIRK  
JIM KUTCHES  
RUSSELL LA FORTE  
NETICIA MADRIGAL  
JOE MAKUCH  
MATT MANNIKKO  
RENAE MARRETT  
AARON MCBRIDE  
MITCHELL MCCARTY



GINA MCCORMICK-  
ZANDSTRA  
NORA MCGILLICUDDY  
MIKE MCNABB  
JIMMY MCNAMARA  
DREW MCNAMARA  
JAMES MEEK  
CHRIS MIEDEMA  
PATTI MIKULSKI  
DANIELLE MITCHELL  
LAURIE MOONEY  
ANNE MORGAN  
MARTY MYERS  
AMANDA NARVAES  
CONNOR NIZIELSKI  
RYAN NUNEZ  
ERIC OLSEN  
SHARLENE ORGAN  
MARCO PAVANO  
DIANA PAVAO  
JILLAINIE PIERCE  
AARON PIKE  
ELLA PIKE  
KENDRA PYLE  
JAIME QUINTERO  
LAUREN  
RADEMACHER  
NATHAN REMSBERG  
LEIGH REMSBERG  
HENRY REYNOLDS  
MATT RICHARDS  
DAN RINZEMA  
ANDREW ROHR  
ERIC ROULEAU  
GARRETT RUSSELL

DEVIN SAXON  
GABBY SCHMIDT  
PAUL SKALITZKY  
SOPHIE SKARZYNSKI  
EMMET SMITH  
CRAIG SMITH  
JAMES STAPERT  
PETE STAPLEY  
JEANE STEBLETON  
NELAE STEELE  
DEVON STEIN  
NICOLE STRUBLE  
BRETT STURGIS  
JOSH TARRANT  
EDWARD TAYLOR  
COURTNEY TIEMAN  
NICOLE TIGHE  
JOEL TUITEL  
SCOTT VANT HUL  
JOHANN VERGNE  
TROY WALTON  
JONATHAN WATKINS  
STEPHEN WILLIAMS  
PATRICK WITUCKI  
KATSUHIRO  
YAMAMOTO

**SPRINT AQUABIKE**

REBECCA BELL  
SHELDON KREITMAN  
JENNIE MORGAN  
MATT SCOTT

**SPRINT DUATHLON**

AMANDA ADAMS

LISA ARCHER  
RICH BENSON  
MEGAN CORDES  
AMBER GINOP  
LEYVEE JACOBS  
SUSAN KLAISS  
LARRY LINSON  
MIHKEY MAVES  
MCKENNA  
MONAGHAN  
ADAM NISSON  
JONATHAN PLIEGO  
CERRIA ROZEBOOM  
ALEXIS SAUNDERS  
JESSE SKALITZKY  
RHONDA TOOGOOD  
BRYAN WAHLFIELD  
JOHN WILLIAMS  
LIZ WRIGHT  
SOPHIA ZOLNIEREK  
NICOLE ZOLYNSKY

**SPRINT RELAY**

ASHLEY HRESKO  
EDUARDO MORENO  
ALEXIS SAUNDERS

**SPRINT SWIM**

AMANDA WOLF  
JESSE SKALITZKY  
RHONDA TOOGOOD  
BRYAN WAHLFIELD  
JOHN WILLIAMS  
LIZ WRIGHT  
SOPHIA ZOLNIEREK

NICOLE ZOLYNSKY

**SPRINT RELAY**

ABIGAIL DEHART  
MAGGIE DEHART  
DEL DEHART  
CELIA GEARK  
VICKIE LITZSEY  
SHEILA MANNING  
BETH MARKOVICH  
MAGGIE MCLEAN  
DARLINE RADAMAKER  
BRANDON RHODES  
HEATHER RHODES  
MEGAN SCHAEFER  
PHIL SCHAEFER  
TIMOTHY WEEDI

**MITI SOLO VIRTUAL**

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LIANNE HOLLOWAY  
LISA MCCAULEY  
JOSHUA MCCLINCHEY  
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