

2025 MICHIGAN TITANIUM

PRESENTED BY HexArmor®



2025
EVENT GUIDE

TRIS HEALTHTM
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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 2025 FROM THE EVENT DIRECTORS

Thank you, athletes, for joining us at the 2025 edition of Michigan Titanium, presented by HexArmor! Look for them on the course competing and volunteering, and don't miss the HexArmor High Five at the finish line. A special thanks to the University of Michigan Health-West Sports Medicine team, our ultra-distance course sponsor, for providing top-tier medical support.

Racing independent is crucial, especially for ultra-distance events, and we're committed to enhancing your experience at Michigan Titanium while offering an affordable 140.6-mile option.

Thank you to all participants in our Half, Olympic, Sprint, duathlon, aquabike, relay, and swim-only events for racing with us! We also appreciate our dedicated volunteers and many sponsors for making this event possible.

Keep moving forward,
John Mosey & Jon Conkling
Event Directors, Michigan Titanium



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PACKET PICKUP

SATURDAY, AUGUST 9, 2025

Time: 12:00 PM – 4:00 PM

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

HexPO

Enjoy food, vendors, 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). Relay teams will get one packet, but each participant will get a shirt. You do not all need to attend. One member of the team can pick up for everyone.

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.*



ALPINE EVENTS

THE RENTAL COMPANY



FIND CONTACT INFORMATION, SHOWROOM LOCATIONS & RENTAL CATALOG AT 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 10, 2025

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)
9:05 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 RESULTS.TRIS4HEALTH.COM

Results will be made available on our official results site:

results.tris4health.com. There is no tracking app this year. Split times will be updated throughout the day on the results webpage if you search your athlete's name or bib number.

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.



SPORTSTATS

MITI RACE CREW



Jon Conkling Event Director & USAT Certified Race Director

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



John Mosey Bike Course & 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.



Chelsea Montes Communications

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 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

This is my fourth year working for Tris4health and I couldn't be more excited. I have volunteered and been a champion for 6+ years with the GR TRI & Michigan Titanium Triathlon. I also asked to be part of the team at the Dirty Mitten because they are some of the most amazing people I know and a fun time is always guaranteed. I 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

I was introduced to the triathlon community in 2012, when my dad competed in the Grand Rapids Triathlon for the first time. I've been to countless races since then, both cheering people on from the sidelines and helping out behind the scenes. Currently, this is my second year with Tris4health, and I can't imagine a better team to be a part of. It's so much fun being involved with these races and getting to know the amazing community of athletes all over Michigan. And who knows, maybe one day I'll do one myself!



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.



Dawn Hinz Swim Safety

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. We've 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.



Wes Conkling Swim Course

Wes steps into the swim course position this year, filling in for Jason Perry. Wes has been part of the triathlon world since his dad did his first in 2012, and has since worked many events the past few years providing site support and assisting with the swim course set-up at MiTi.



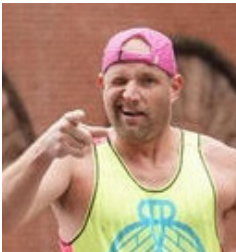
Tony Horvath Site Support

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



Victoria Brown Run Course Marshal

Sports and physical fitness have always been an important part of my life. While on vacation a few years ago, I was discussing with my sister how it has always been a goal of mine to complete a triathlon, even though I had anxiety about open water swimming. A few months later, I connected with athletes in the endurance community, found a swim coach, learned how to swim and within a few months started training for my first triathlon. I've been hooked ever since! When not competing, I love to give back to the community that has embraced me, by volunteering for My Team Triumph in addition to assisting aspiring athletes. I am a firm believer in anything is possible if you set your mind to it.



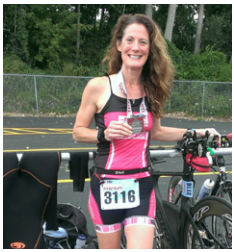
Andrew Buikema Run Course

Andrew has been the Race Director for the Seaway Run, Lightpoint 5k, and Rivertown Races. Currently, he is the Race Director for Girls on the Run Kent County and pacing coordinator for the Amway Riverbank Run. Andrew has worked with T4H staff on various events for the last 3 years. Andrew is pursuing running all the Abbott World Major Marathons and has successfully run Boston, Chicago, Tokyo, and Sydney. 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.



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

I've loved endurance sports ever since I started competing in triathlons back in 2005. Being active has always been a big part of my life—not just for competition, but for the community and shared spirit that comes with it. Since 2014, I've found so much joy in volunteering at athletic events. Having crossed plenty of finish lines myself, I know firsthand how meaningful it is to feel supported and encouraged along the way. Volunteering gives me the chance to give back to fellow athletes, cheer them on, and be part of those special moments when they achieve something they've worked so hard for. It's truly one of my favorite ways to stay connected to the sport and the people who make it so special.



Daniel Madden Transition

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



Tim Guikema Transition

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.



Todd Bradford MotoPatrol

As an avid cyclist and enthusiast of all things two-wheeled in general, I love triathlon. 12 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.



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.



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.



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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)

12:30pm: Olympic – Aquabike, Duathlon, Relays, Para, Athena, Clydesdale Overall (ceremony)

12:30pm: 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. There will also be an overall Clydesdale/Athena podium for each distance. The first-place finisher, male and female, will each receive a free entry to the 2026 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+. Your age is race age (as of 12/31) not your age today.

AQUABIKE, DUATHLON, SWIM-ONLY, & RELAY WINNERS, ALL DISTANCES

Awards will be given to the top three finishers for all four distances male/female for aquabike and duathlon and swim-only. 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. 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.



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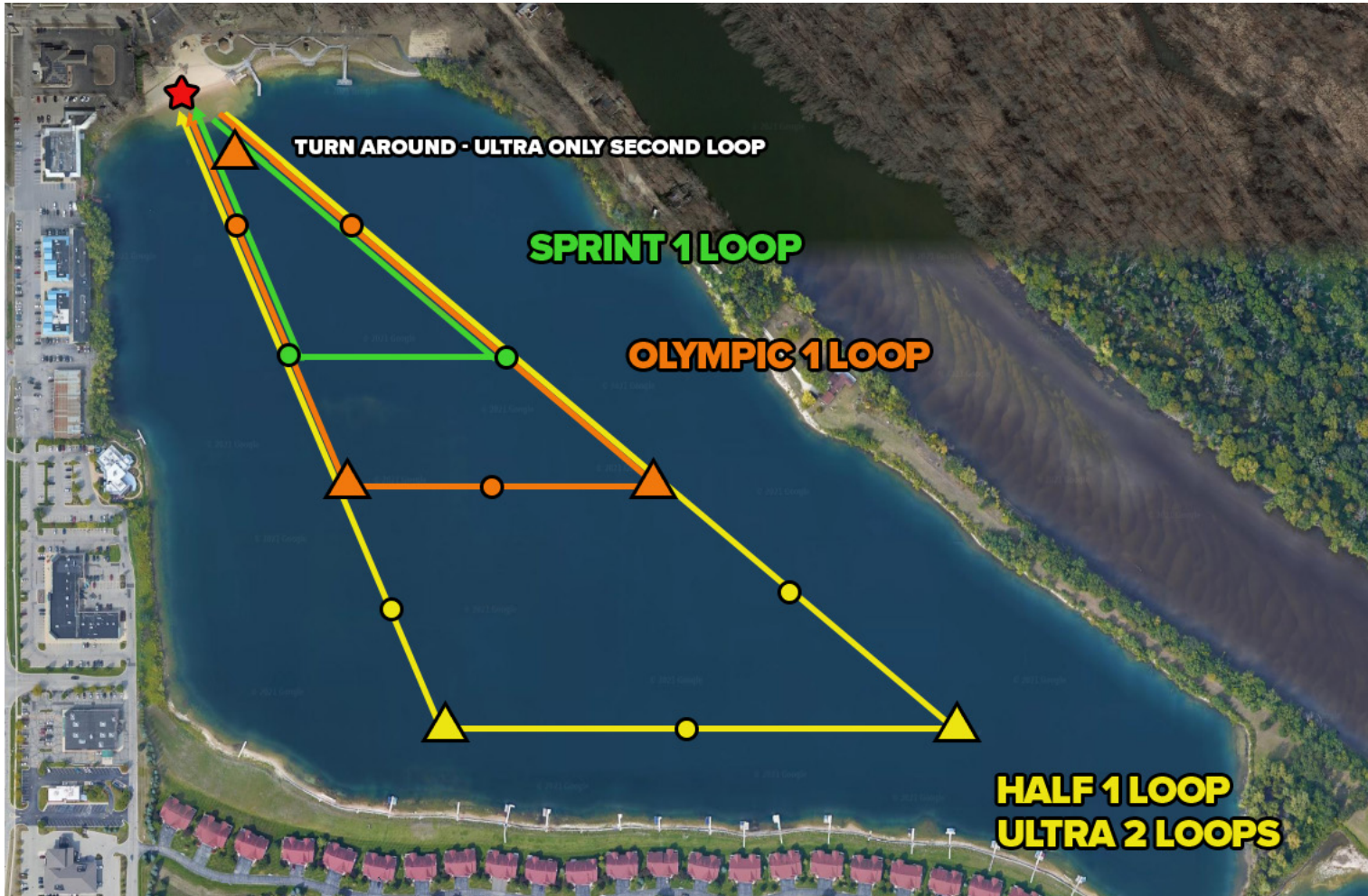
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THE SWIM: ALL COURSES

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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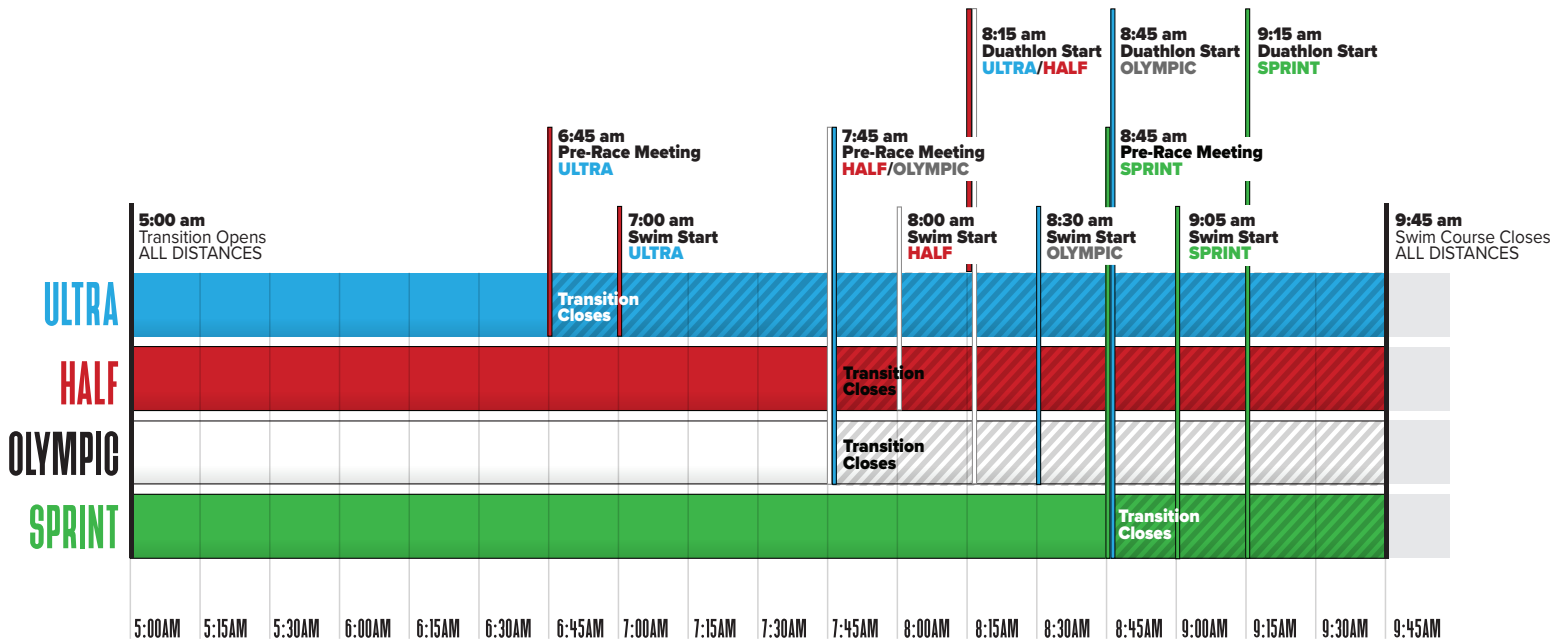


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RACE DAY TIMELINE: SWIM COURSE/RACE START

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

Duathlon events go off as noted below.



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to ELITE
LEVELS
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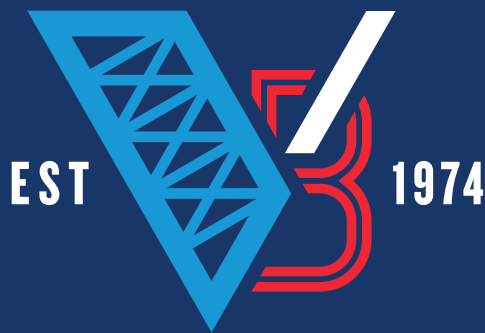
COACHING, CLINICS & VO2 MAX TESTING

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Or Call: **269.743.2277**

Welcome back MiTi athletes!



VILLAGE

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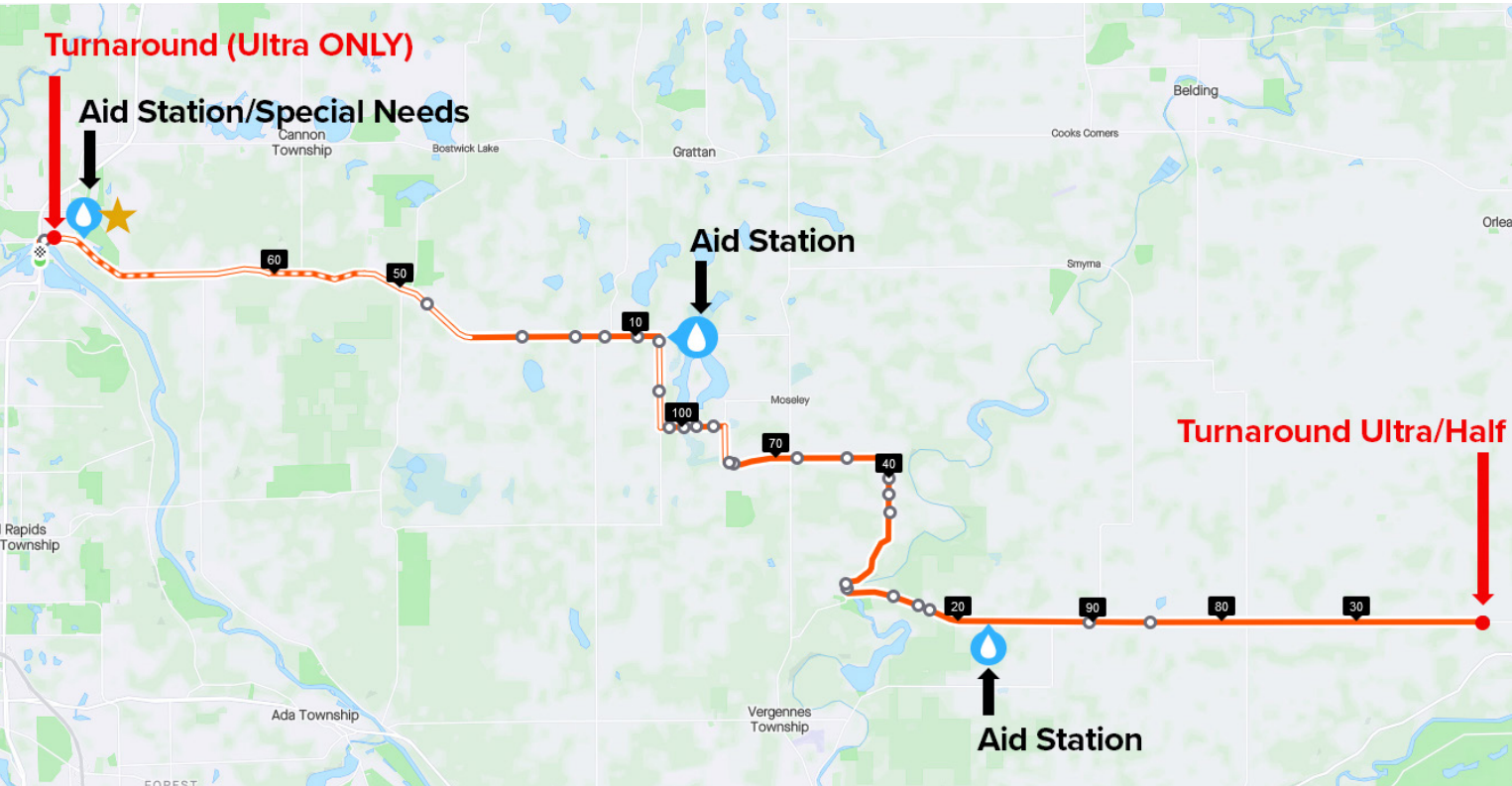
villagebikeshop.com

IMPORTANT: BIKE COURSE INFORMATION

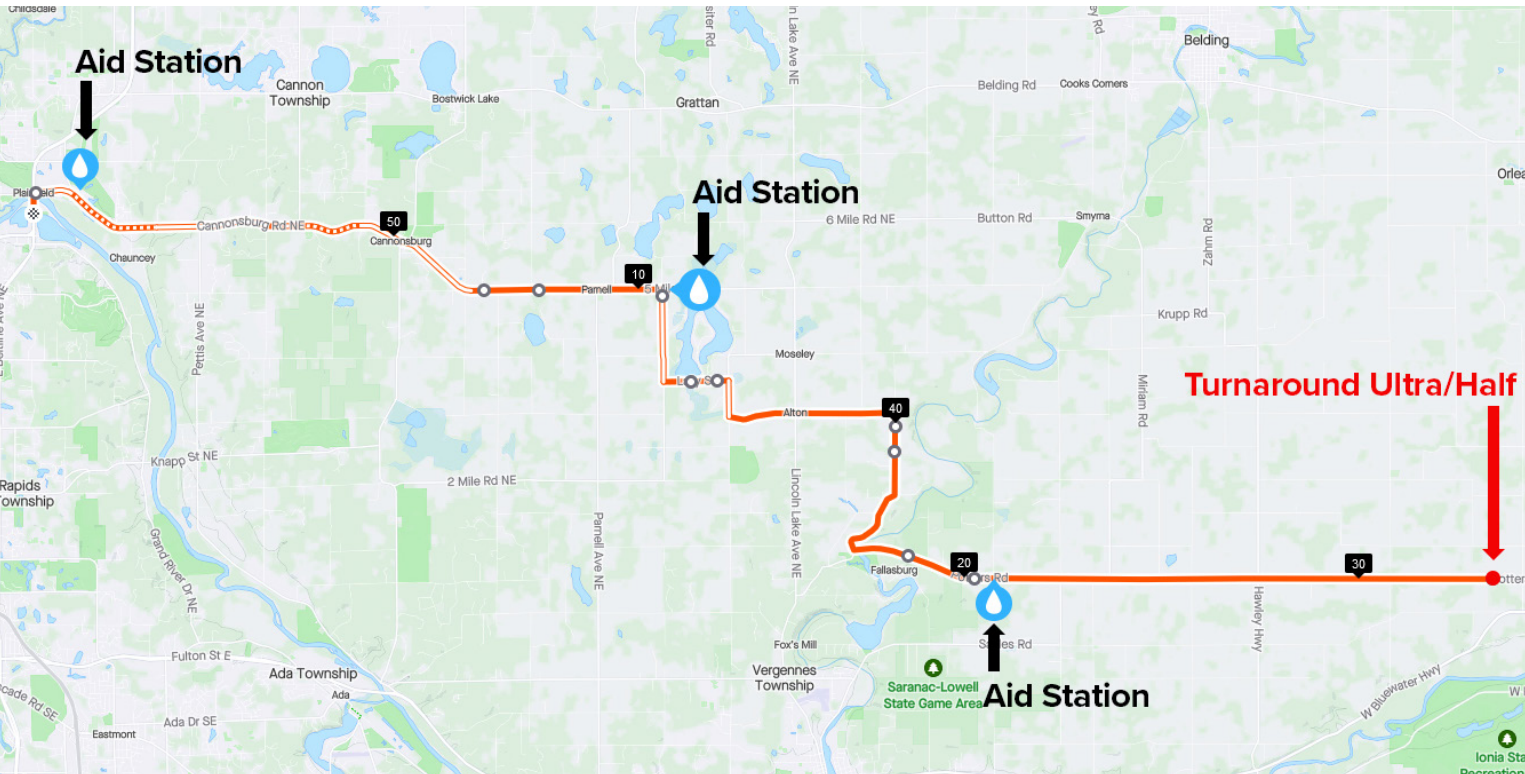
CAUTION: BIKERS MUST SLOW DOWN TO 5MPH OR BOTTLE EXCHANGE WILL NOT OCCUR!

- 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.

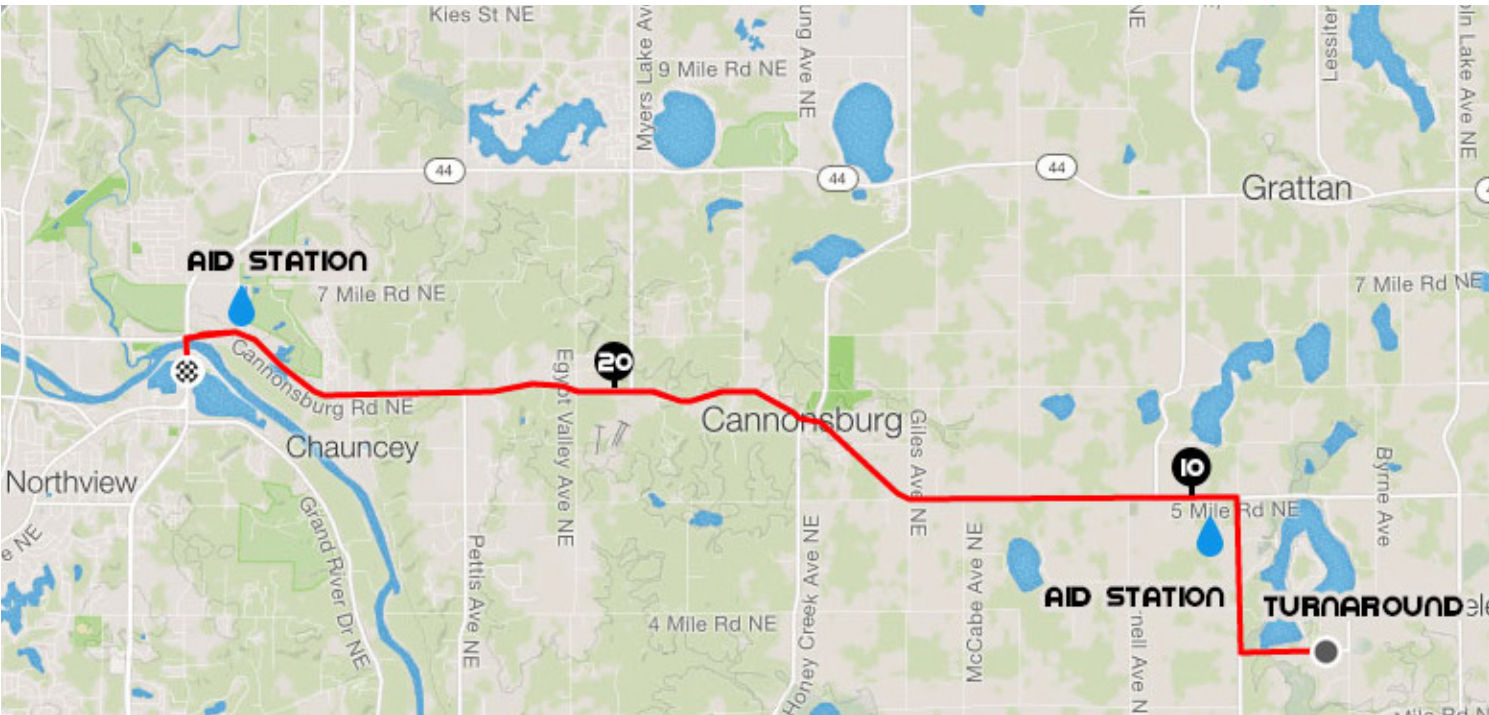
THE BIKE: ULTRA COURSE (2 LOOPS)



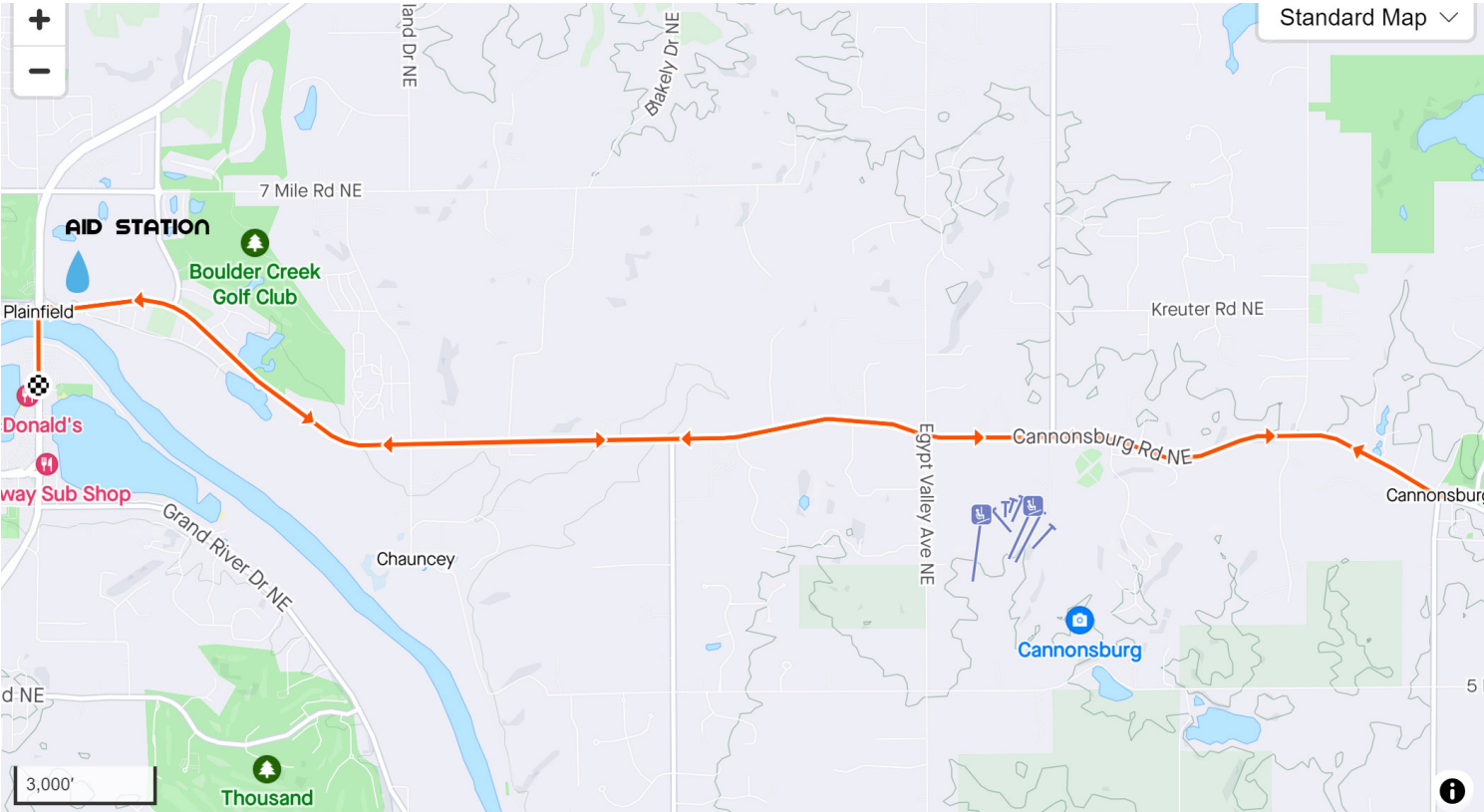
THE BIKE: HALF COURSE (1 LOOP)



THE BIKE: OLYMPIC COURSE



THE BIKE: SPRINT COURSE

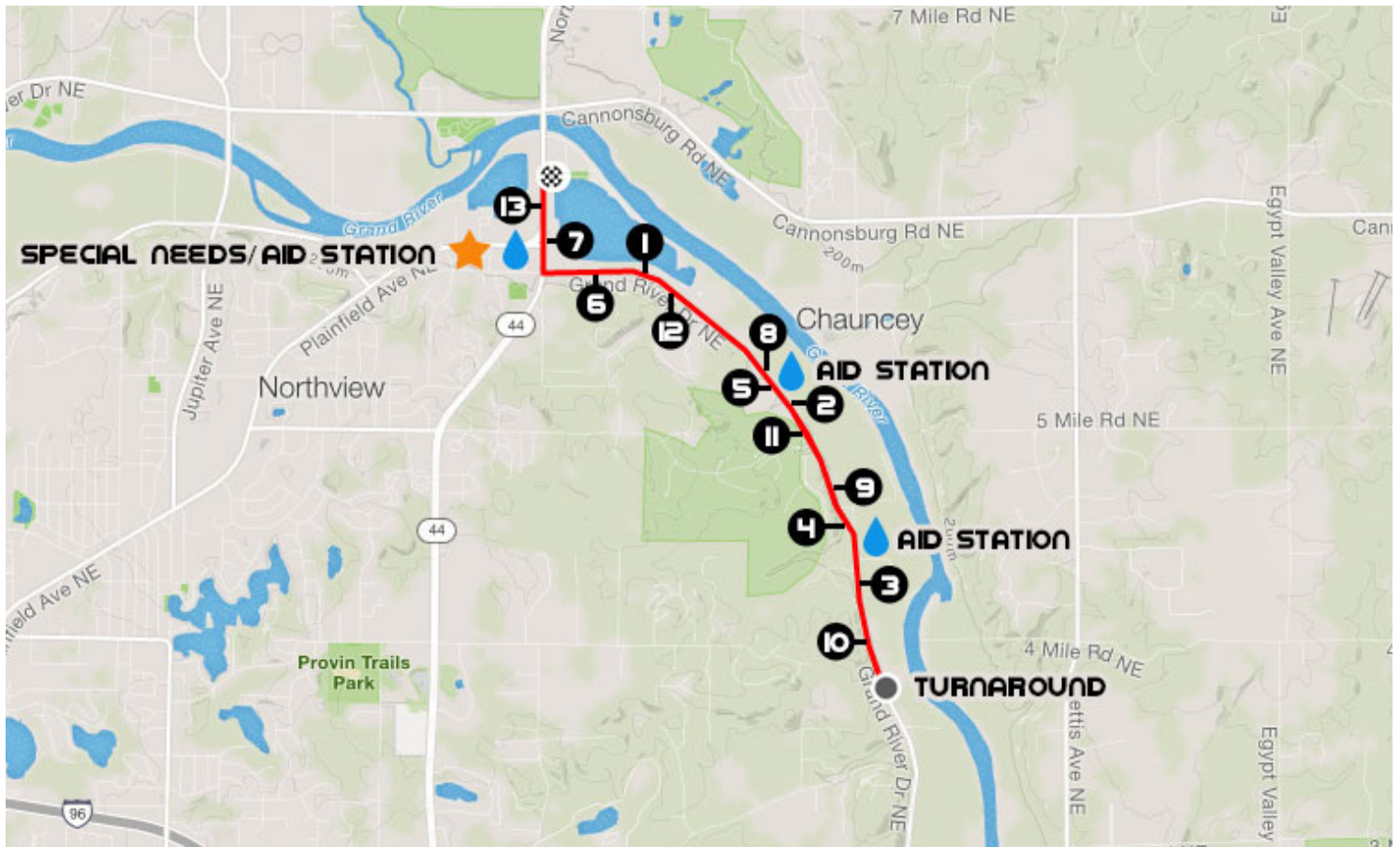


THE RUN: ULTRA AND HALF COURSES

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

HALF DISTANCE ATHLETES WILL COMPLETE 2 LOOPS OF THE RUN COURSE

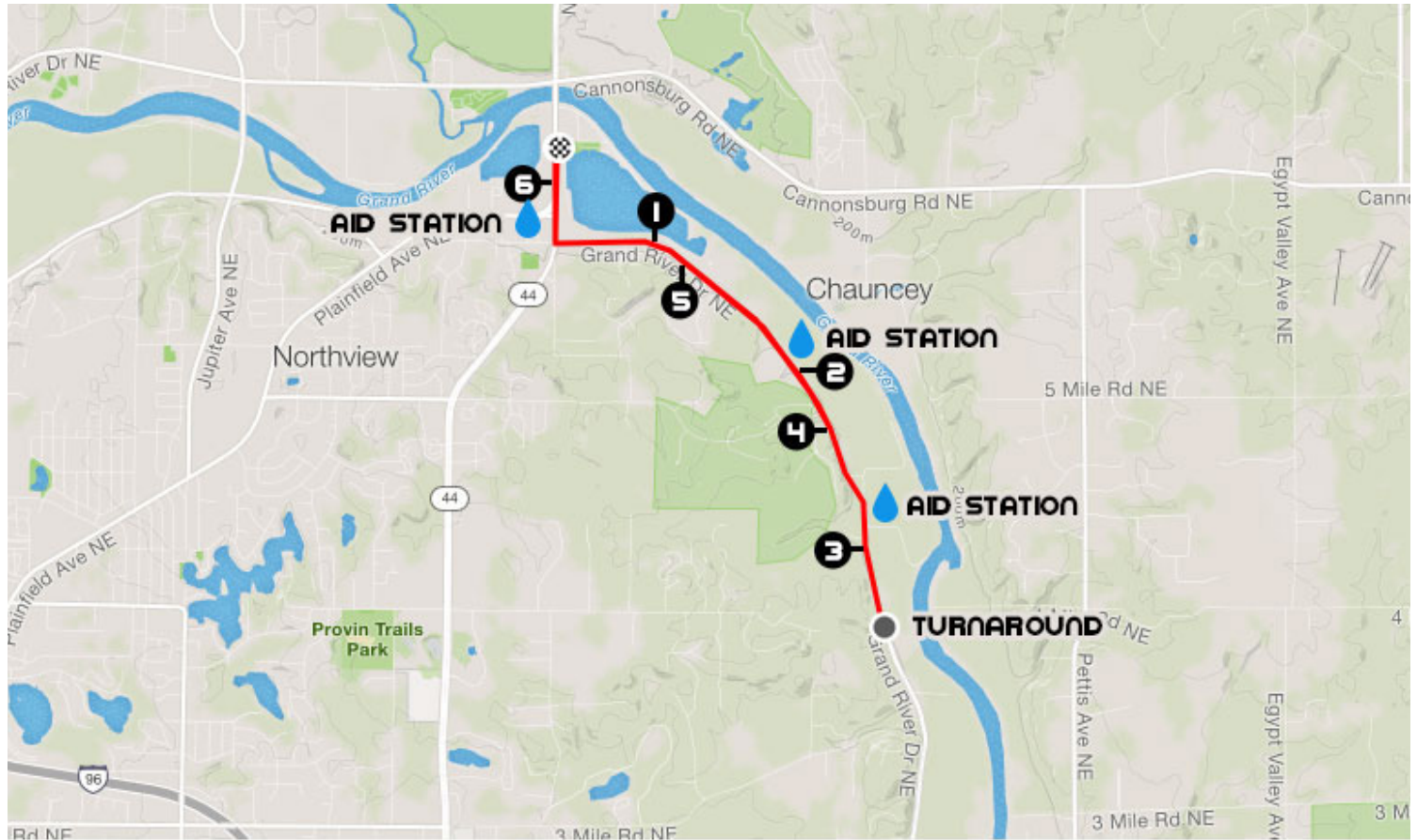
Special Needs Bags will be accessible by Ultra Distance athletes on each loop.



IMPORTANT:
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.

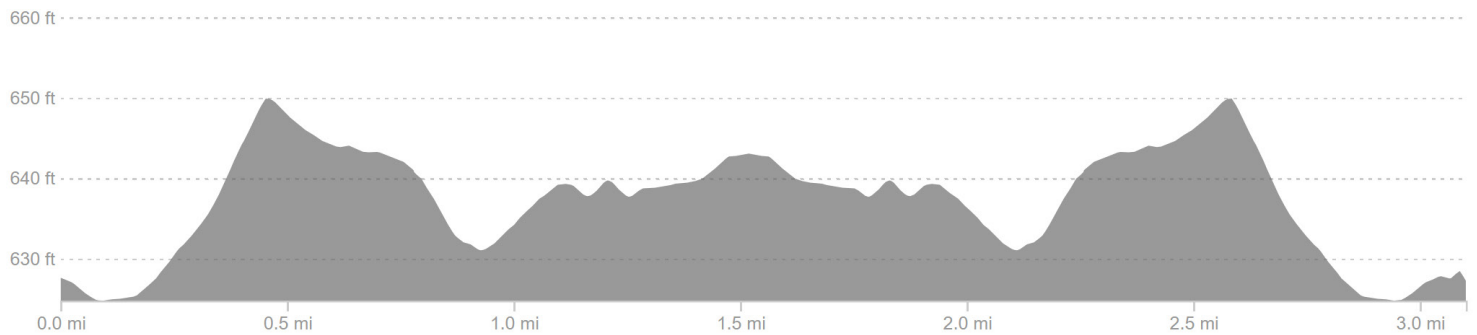
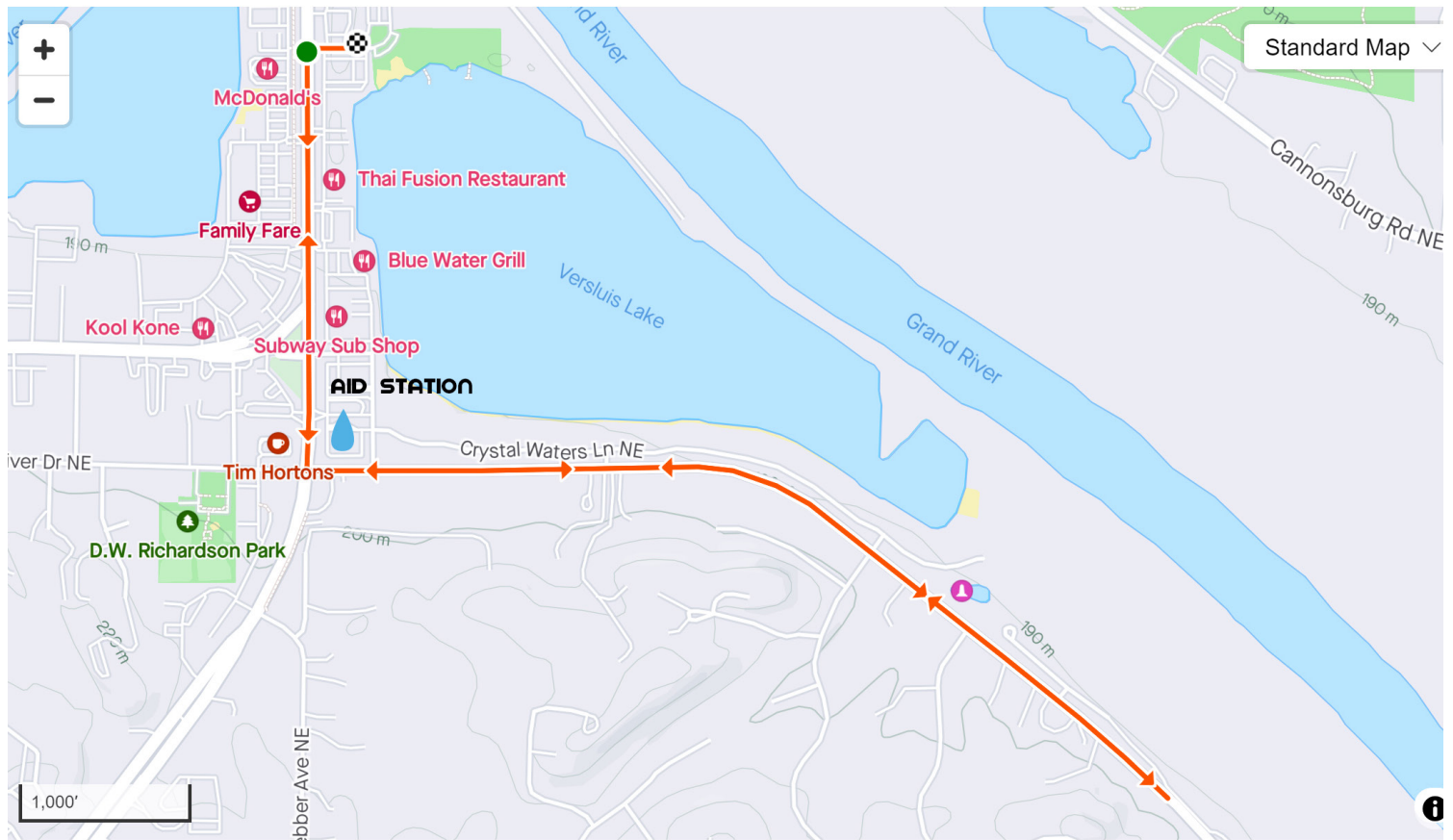
THE RUN: OLYMPIC COURSE



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



IMPORTANT: 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 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 twoway 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.

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



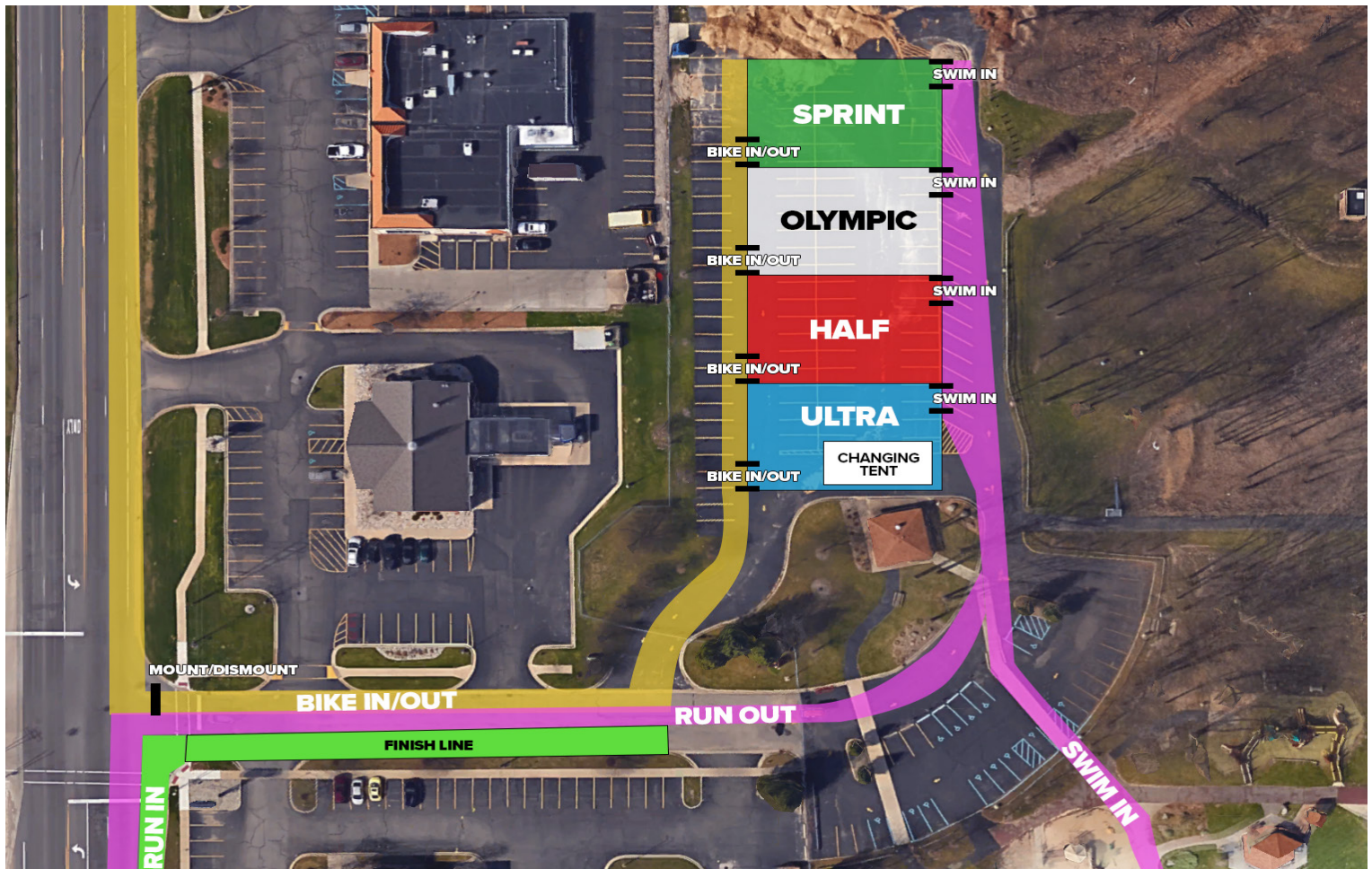
Transition Open

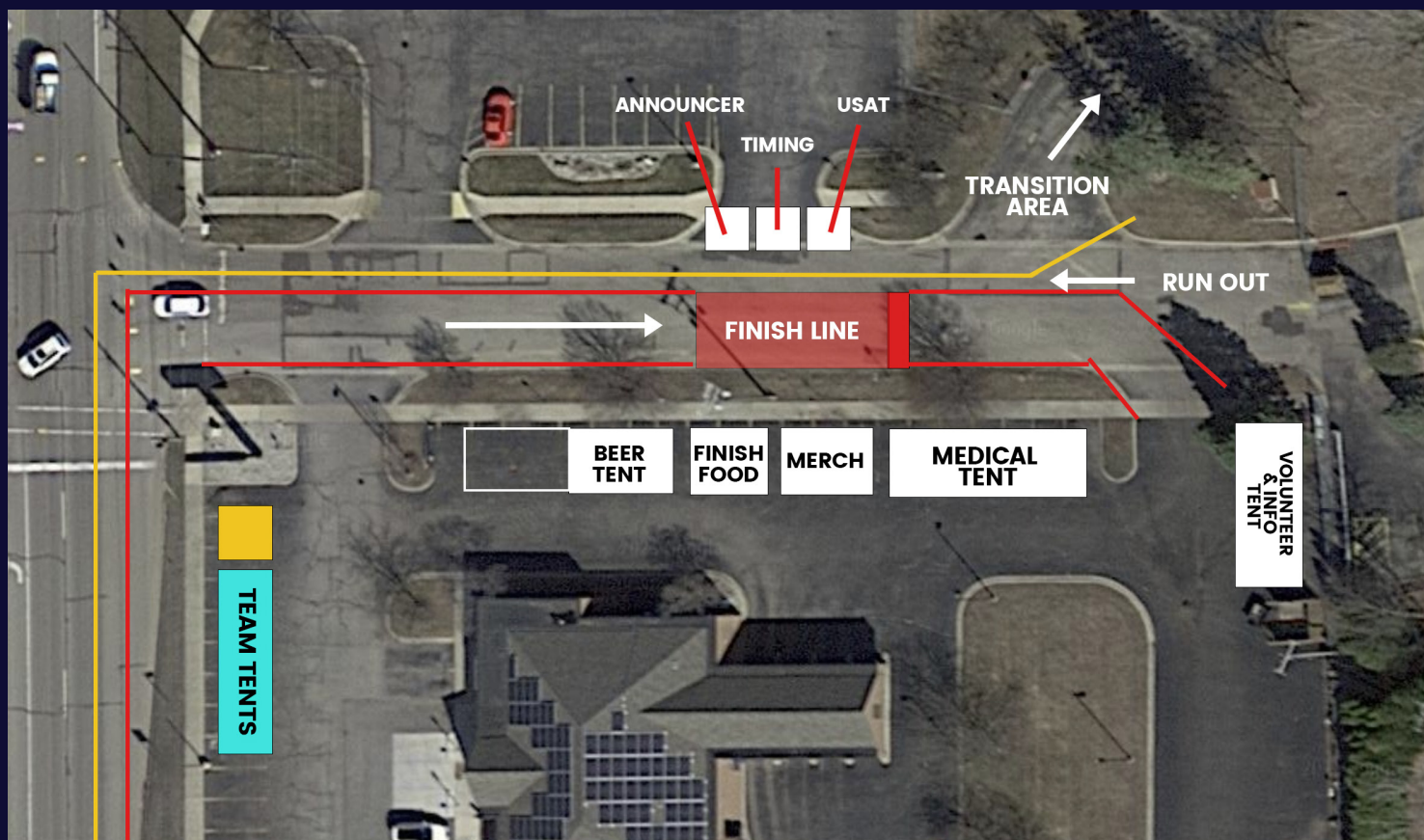
Transition will be open for athletes to remove gear after first finisher has crossed the finish line.

Gear Removal

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

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





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FOR A PINT
IN THE
BEER TENT**

WWW.SAUGATUCKBREWING.COM

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.



**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 we will have Qdoba for our late-night finishers plus wings provided by The Score.

In addition, we will have pre-packaged items and drinks (Pepsi, Mtn Dew, Gatorade, Water, Chocolate Milk) available as well as fruit options. We will also have ice cream provided by Country Fresh!



SPECTATOR EXPERIENCE

RACE DAY TIPS

- Track your athlete on the results.tris4health.com website 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 pickup 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.

ATHLETE TRACKING

SportStats US (www.sportstats.us) will be timing our event. Spectators will be able to follow their athletes by checking the results.tris4health.com website. There will be multiple timing mats on the bike and run courses which will allow athletes to be tracked to know where they are on the course.

There is no tracker app this year.

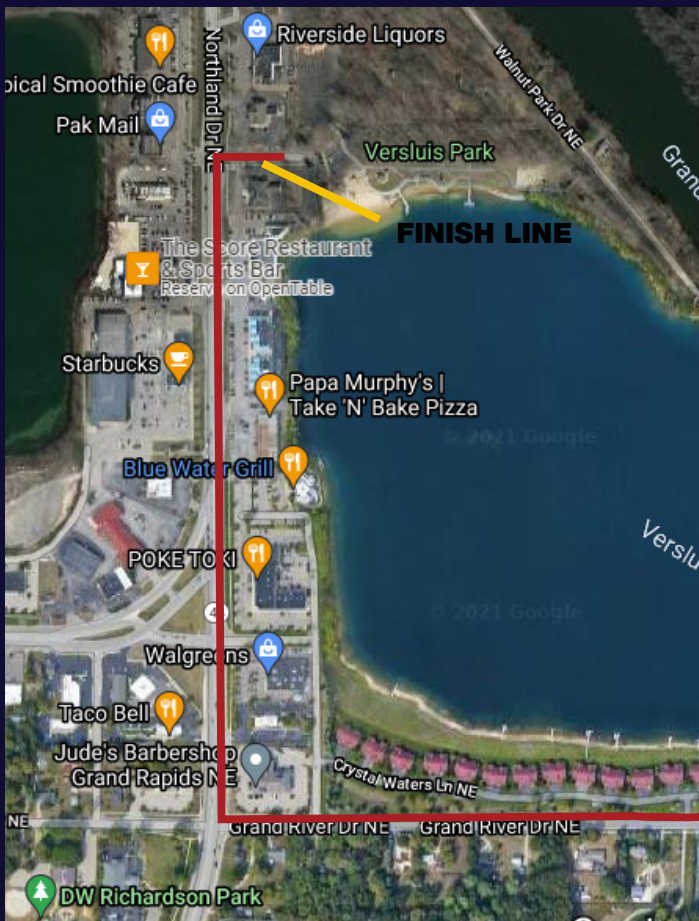
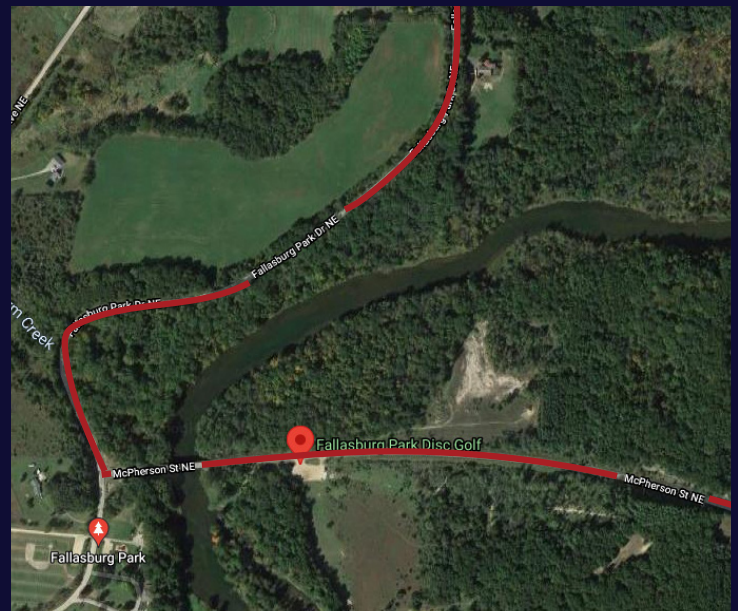
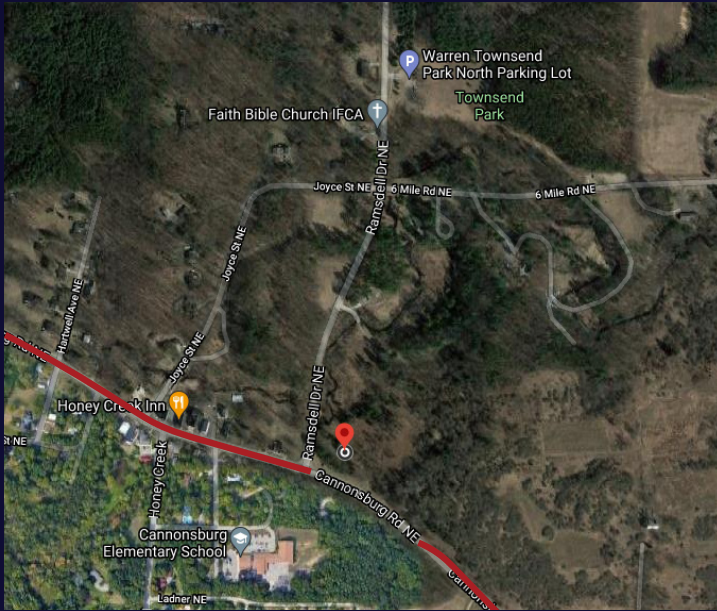
FAMILY-FRIENDLY FINISH LINE

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 blue Tris4Health tent. After race day, contact our team at 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.

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

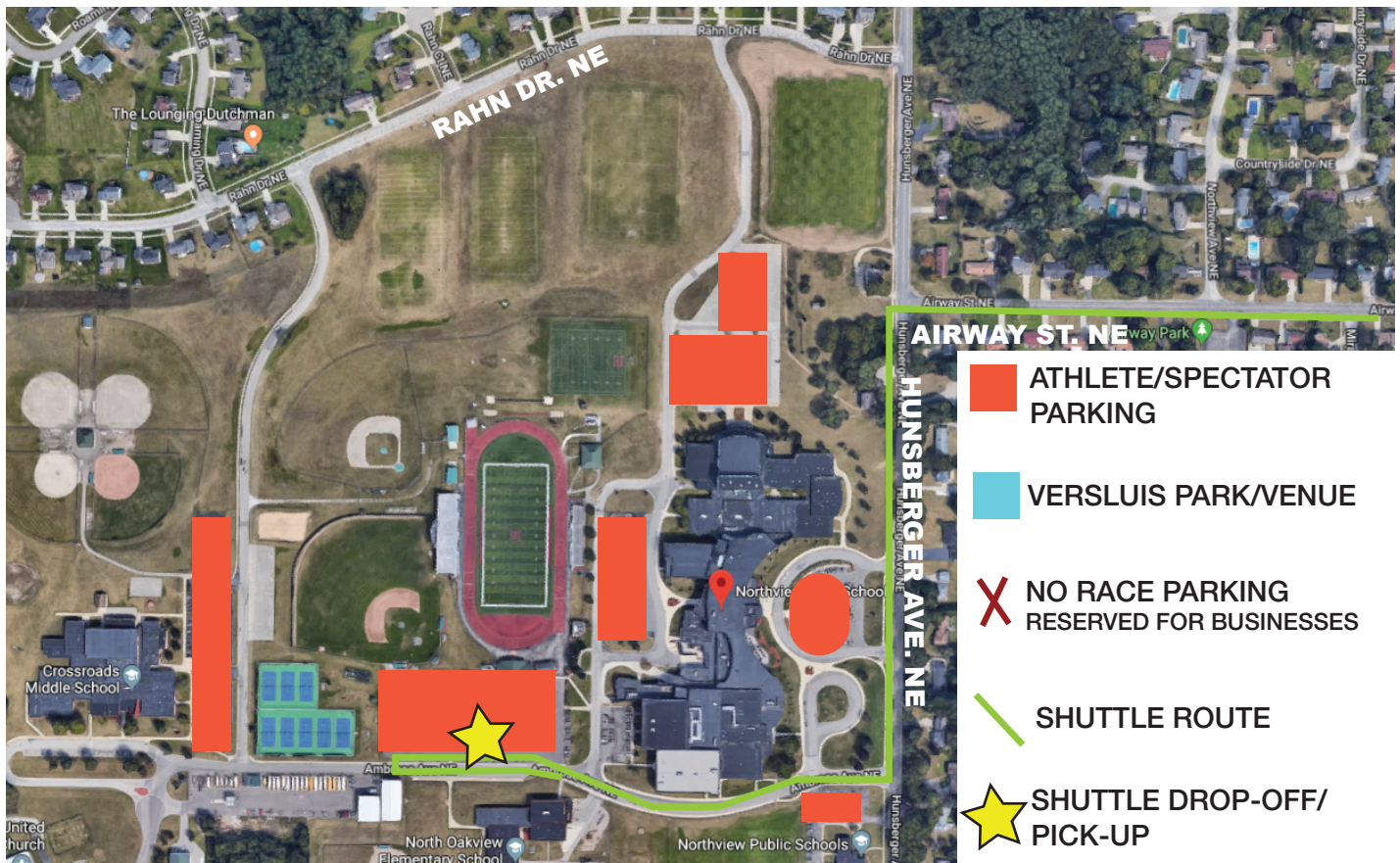
Athlete & Spectator Parking NORTHVIEW HIGH SCHOOL 4451 Hunsberger Ave NE, Grand Rapids, MI 49525

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.

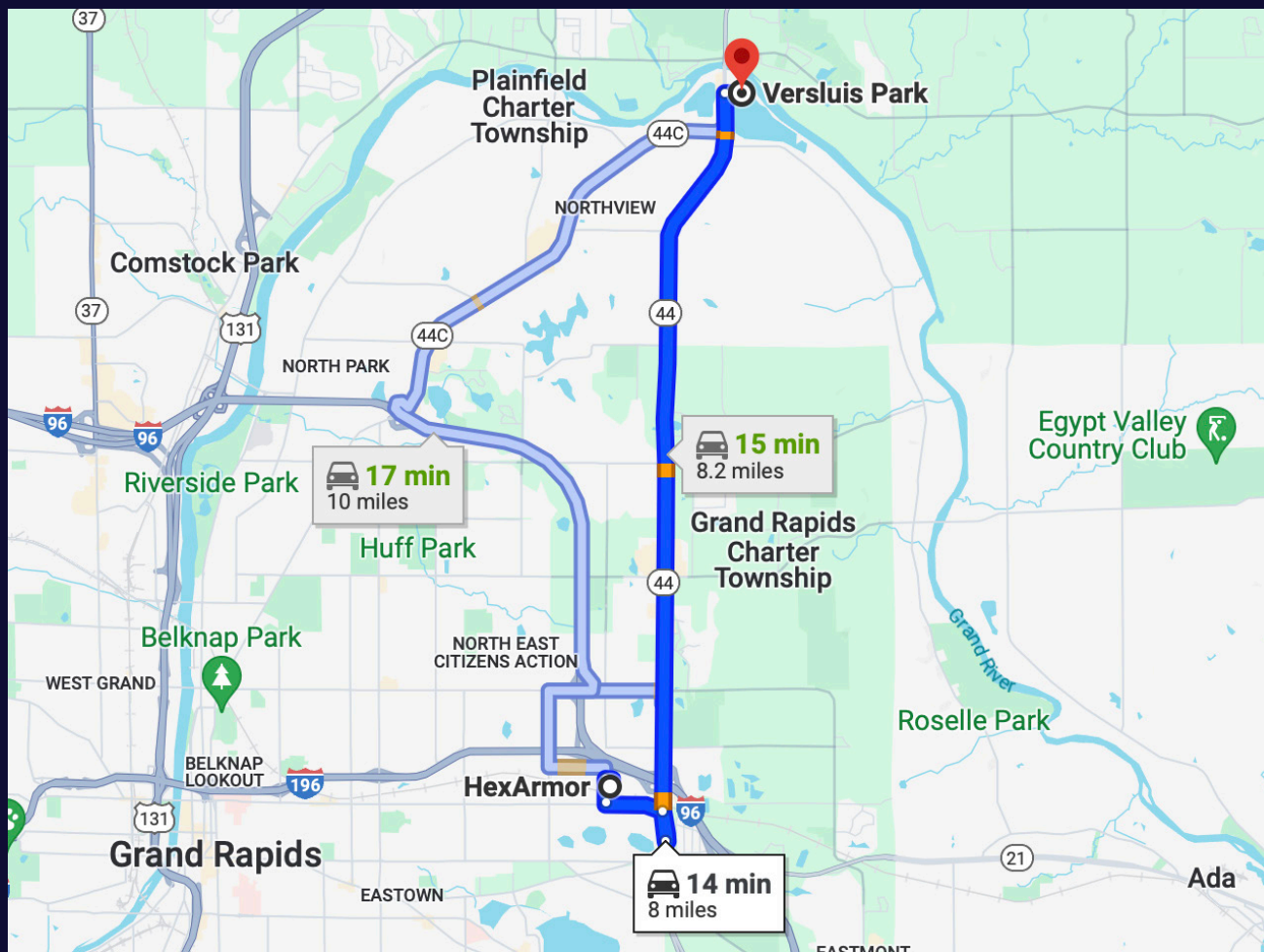
Those with disabilities or other special needs requiring assistance getting from the shuttle drop off to the race site may contact info@tris4health.com.



PACKET PICKUP TO RACE SITE

ATHLETE BIKE DROP OFF – SATURDAY, AUGUST 9 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.





PRSU
/// WELLNESS ///

WHAT DO YOU PURSUE?

PRSU
/// WELLNESS ///

AMINOS

POWDER
MIXED BERRY FLAVOR

9 ESSENTIAL AMINOS REQUIRED TO BUILD LEAN MUSCLE, ENHANCE RECOVERY, AND MAXIMIZE PERFORMANCE.

DIETARY SUPPLEMENT 40 SERVINGS NET WT 44OZ (3A33)

NATURAL MIXED BERRY FLAVORED WITH OTHER NATURAL FLAVORS



GOOD LUCK TRIATHLETES

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Sports Medicine

A MESSAGE FROM DR. K: TOO LATE NOW (OR IS IT)?

Ed Kornoelje DO

*Sports Medicine | University of Michigan
Health-West*

I “Don’t change anything on race day” is an oft-repeated phrase. It does make sense—from both a performance and safety/irritation issue, just stick with what got you there. New shoes—maybe run a couple times in them first to make sure they won’t give you any blisters. Bike fit—a few weeks out, not the day before. And never put on a wetsuit before—make sure you try that before race day as well (and have someone take a video:). Bottom line: be as prepared as possible. But what happens if despite your preparation something goes wrong? Adjust, of course!

Stuff happens! You have been swimming in a wetsuit and then the water temp is too high to be legal? Happened to my daughter—she swam without and did just fine. Front bike tire rubbing after transit—find the race cycle pro (or YouTube a fix). And shoes lost in the luggage your hotel misplaced (this happened to me), find local running store and stop by the med tent if you want to stick some bandaids in your pocket just in case. Real bottom line: be as prepared as possible, but flexible enough to adjust.

And the stopping by the med tent thing—do it! Aid stations too. Our goal is to help everyone finish the race safely, not pull anyone off the course. Does that happen from time to time—it does. But that is rare and usually the athlete and family are in agreement. Most of the time we offer the aid that is need and get you back to the race. We hope you don’t need to see us, but we are ready if you do.

The most astute among you will note that in my examples I reversed the order of events in the first paragraph and then put things back in order in the second—physicians need to adjust too!

From all of us at UMHWest (and in particular the sports medicine team), have a great race. We will see you there!



FLYHIGH

RACE PHOTOGRAPHY
RACE PROMOTION



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2025 MICHIGAN TITANIUM ATHLETES

*As of August 4, 2025

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ANDREW
EGGEBRECHT
ADAM HOLLY
BILL KOOL
JANICE RUMPH
JEFFREY MICHALSKY
ERIC ESSLEY
TRAVIS REID
PETER WYANT
DREW EDSON
ADAM BOLTZ
BENNETT PETERSON
MAIKE HOLTHUIJZEN
DENNIS NELSON
LAWRENCE
VANDERWAL
MACKENZIE HORTON
CHRISTOPHER
GARCIA
FRANK LENG
SHEAN KROLICKI
AMAR DHINGRA
JARED BRADLEY
SHAYA NAIMI
URIEL COHAVY
MICHAEL RADTKE
BRENDEN JONES
JAY FOURNIER
JULIA BLOCK
MICHELE SMITH
LEANNE DIETRICH
JENNIFER CRAWFORD
BRIAN UNSER
CHRIS KUNESH
RYAN HEBERT
LEAH YOUNG
ERIC TRAVAGIAKIS
HEATHER BOERSMA
MICHAEL KELLY
JACK JOHNSON
JENNIFER RICKARD
CHRISTINA
MCCARTHY
NATHAN HILLIS

ZANE HOLLAR
SEAN AMBERG
JANI HIRVONEN
TIMOTHY JONES
LARRY GRENVIK
LISA ROBINSON
LINDA
VANSTEINVOORN
SUE GESSNER
JOHN HUNSAKER
NANCY AGRILLO
BENJAMIN WILSON
JOSEPH GRABER
DAVID OOMS
LEONARDO TORRES
JOSEPH SCHEURING
JEFFREY GRABER
CHRISTOPHER RYAN
MARK DAMVELD
PATRICK WILLI
TERESA HESS
ARMIN HAGENLOCH
ISAAC CHANG
J.P. DOWD
MEGAN PIERCE
ROGER BONGA
DAVID WIERENGA
ZANDER COLLINS
CARMEN WILLIAMS
MATTHIEU BESSE
DENIS HUSKIC

ULTRA AQUABIKE

CHRIS PABST
MICHAEL HAYWARD
JEREMY SIKKEMA
TYLER SOUTENDIJK
DIANE PAYNE
ANN THOMPSON
DAVID FEIERTAG
KARI STUART
ERIN BYRGE

ULTRA DUATHLON

SHANNON
MCGREGOR

ULTRA RELAY

DOUG MORAN
KEVIN MORAN
KELLY MORAN
ELLA VINAL EVERS
CHARLEEN STOECKEL
PATRICK TARLTON
MEGAN CRESON
RYAN SANDERS
KATE BRUBAKER
KIMBERLY WIKEL
MICHAEL ALBRECHT
MICHELLE ALBRECHT

ULTRA SWIM

COURTNEY
GELDERLOOS
NATHAN
PIWOWARSKI
JESSICA HERRINGTON
ASHLEY HUSMOE
BRENNAN ANDERSON
STEVEN ERICKSON
CAMERON MATHEWS
CORAL ENGLE
LAURIE SCHUBERT
CHLOE PRUSIEWICZ
CATHY CHERON

HALF TRIATHLON

SUSAN HAAG
NICHOLAS VALICE
BOB GROENLEER
ANDREA SCOTT
BRADON WOODBY
KATI ARDAUGH
MATT SHERMAN
TERRY GATES
KATHRYN BACON
MATTHEW LEWIS
NICK DOORNBOS
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JAMES HANDTKE
DEBORAH CATANI
TARESSA VAN DAM
CECILIA OTTEN
MEGAN IVERS
DOUGLAS
MOORHEAD
ERIC BERGER
KEVIN MENDOZA
AHMAD NAJERA
LAINA SLADICS

BRIAN SLADICS
LUKE SELDES
LINDSAY WILSON
EVELYN
BOGUSLAWSKI
DANNY VALDEZ
CURTIS DUFFY
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ALLISON BANNICK
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WATERLOO

HALF SWIM

JAMES LINN
ERIN STJAERNSTROEM
MELISSA CHACÓN-
HANSLER
BRUCE BABCOCK

OLYMPIC TRIATHLON

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BRENT WEBER
JEREMY VANDYKE
SETH SADIS
GRACE JORDAN
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VILLA
KAREN FRITTS

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TERESA BANKES
KEVIN BROWN
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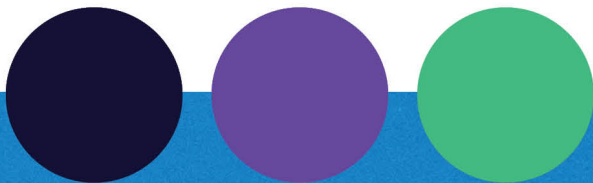
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