

**CELEBRATING 10 YEARS!**



**TRI  
GREENVILLE**

**TRIATHLON & DUATHLON**

**JUNE 3, 2023**

**BALDWIN LAKE BEACH**

**OFFICIAL RACE GUIDE**





## **GREENVILLE YOUTH ADVISORY COUNCIL**

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### **Empowering Youth, Enhancing Life, and Enriching the Community**

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*The GYAC - Greenville Youth Advisory Council - represents the youth perspective of the Greenville Area Community Foundation (GACF). Since 1993, members of the GYAC from Greenville HS & MS, have awarded grants to area nonprofits that provide programs and projects that address needs as identified by area youth. Recreational opportunities rank high each year, so the GYAC is proud to help sponsor the Tri Greenville Youth competition. The GYAC provides real-life experience in philanthropy and community service.*



# PRE-RACE INFORMATION

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## PRE-RACE CHECK-IN

Early check-in on Friday evening is highly recommended to keep procedures moving quickly on race day

## EARLY CHECK-IN

Friday, June 2

4:00-7:00pm

Greenville Area Community Center

900 E. Kent Rd.

## ON-SITE CHECK-IN

Saturday, June 3

Adult - 6:00-7:30 am

Youth - 6:00-10:45 am

Baldwin Lake Beach

## TRANSITION & START

Adult transition opens at 6:00am. Transition will be closed 7:45-10:30am. Adult athletes may not exit transition with their bikes, except to the Maplewood Parking area using the Fred Meijer Flat River Trail. The first wave of the adult race begins at 8:00am.

Youth transition opens at 11:00am. One adult companion is permitted to assist the youth with their transition staging but must exit the area by 11:20am. Transition will be closed 11:20am-12:15pm. Only youth athletes are permitted in the transition area during this time. Youth first wave starts at 11:30 am.

## GROUP & GUN START

Tri athletes will start the race in groups. Groups/waves will be assigned by their projected swim pace. The cap color you are provided with will help you to know which group you are in to start. Each group/wave will begin with a air horn Absolutely no changes in your wave placement will be permitted on race day.

Wave 1: Blue

Wave 2: Red

Wave 3: Yellow

Wave 4: Orange

Wave 5: Pink

Wave 6: Purple

U-15: Lime Green

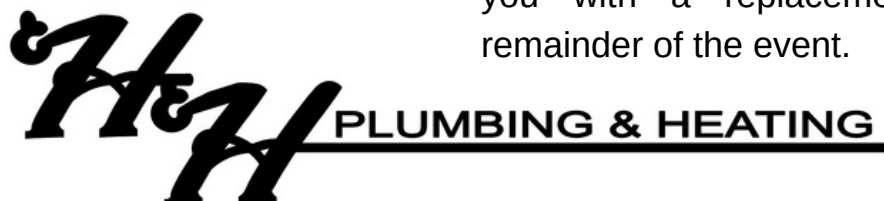
U-10: Red

## RACE RESULTS

Race results will be posted by 4:00 pm on race day at: [www.trigreenville.com](http://www.trigreenville.com)

## TIMING CHIPS

The timing chips and straps are disposable (except for the relay teams). They do not have to be returned at the end of the race. If you are unable to complete the race, notify a volunteer at the finish line so they know you are not still out on the course. If you happen to lose your timing chip during the race, inform a volunteer as you come in to transition and they can quickly provide you with a replacement chip for the remainder of the event.





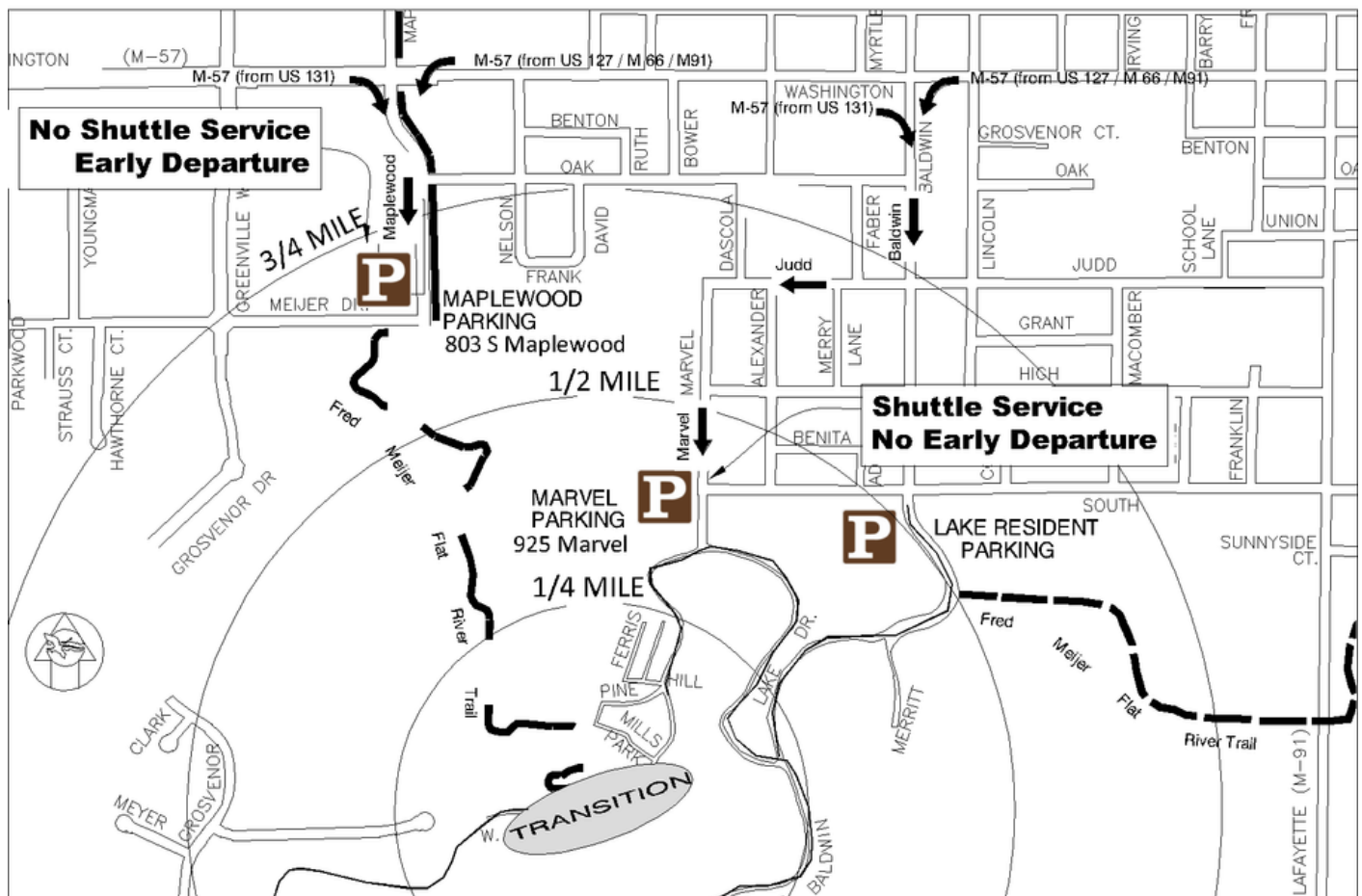
# PARKING

## MAPLEWOOD DRIVE

Located at 803 S. Maplewood on the corner of Maplewood and Meijer Drive, behind the Meijer store. It can be easily found from M-57 by turning South at the light at the corner with the Meijer sign and McDonald's. This parking area is a mowed grass vacant lot. Access to the lot is over the curb with assistance of a ramp. Volunteers will direct parking. There is not shuttle service to this location. It is a 3/4 mile walk on the paved, non-motorized Fred Meijer Flat River Trail. This is the same place that was used in 2021 for all parking. **Important Note: This parking area can be reached from transition without interfering with other races. Therefore if you plan to leave early park here!!!**

## MARVEL DRIVE

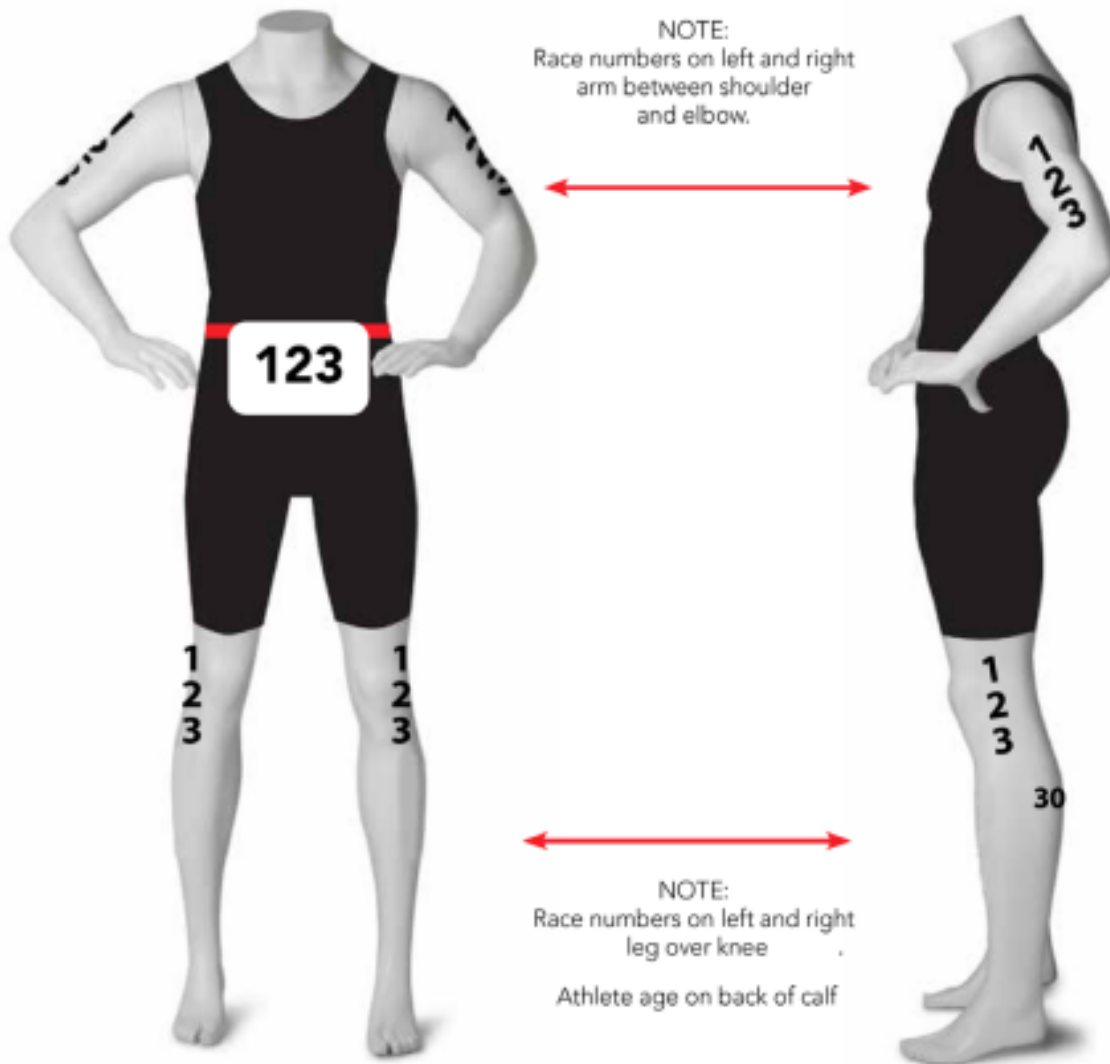
Located at 925 Marvel Drive, which can be found from turning South onto Baldwin St. from M-57, then right at the stop sign at Judd St. and following the curve to the left onto Marvel Drive. Volunteers will direct perpendicular parking on the West curb line and will reserve the closest spaces for barrier free needs. Secondary parking is available on the grass of the Farm, if needed. **Important Note: If you plan to LEAVE TRANSITION EARLY, before the conclusion of the race, DO NOT PARK IN THIS AREA! We want to respect the efforts of all athletes, so participants or spectators will not be allowed to leave to this parking area until the last runner has cleared Marvel Dr. A shuttle will run from this lot for those that need it.**







## Body Marking



Special Thanks To  
**Ray & Mary Tower Family**

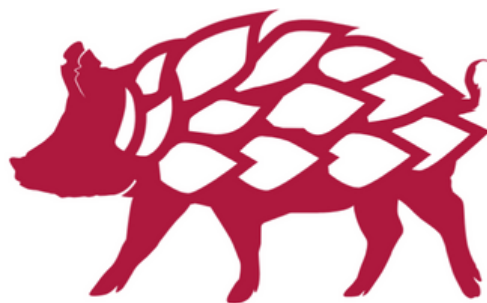


# **TRI GREENVILLE** **POST** **PARTY**

**FOR ATHLETES & VOLUNTEERS**

**BBQ, BREWS & MORE!**

**\$5 OFF ORDER OF  
\$30 OR MORE**



**\$10 OFF ORDERS OF  
\$60 OR MORE**

**HOP HOG**

**BACKYARD BREWPUB**

.....  
**JUNE 3, 2023**

**11AM-2PM**  
.....

Show your participation medal or  
volunteer shirt to receive the discount.



# RULES & GUIDELINES

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## CHECK-IN & TRANSITION

- You must be registered and have been assigned a number to participate.
- Registered participants will have a packet ready for pick up either at the Greenville Area Community Center on Friday, June 3 or at the Packet Pick-Up tent near the transition area on race day. You must have checked-in and received your packet to enter the transition area.
- Athletes can perform their own body marking prior to arrival (see previous page). Permanent marker will be available in the transition area and volunteers can assist if needed.
- Transition will open to adult participants at 6:00 am and youth participants at 11:00 am.
- Please respect the neighborhood when arriving early. Keep your voice and other noise level low.
- Your assigned bike number shall be affixed to the frame of the bike so that it is clearly visible and the helmet number shall be placed on the front of the helmet so that it is also clearly visible. This also protects the identity of your bike and helmet. Use the number tags provided in your registration packet.
- You will be assigned a bike rack according to your race number. The rack is a horizontal bar that holds your bike by hooking the front of your seat over the bar leaving the back wheel off the ground. Place your bike on the assigned rack with the front tire on the ground.
- Specific placement of your bike on the assigned rack will be on a first-come, first-serve basis.
- You are responsible for your bike to be in good working order prior to reporting to transition. Tires shall be properly inflated and working brakes are mandatory in the adult divisions. All handle bars must have plugged ends to participate.
- Alternate the direction of the bikes on the rack. If the bike next to you is facing east, rack your bike next to it facing west. Each athlete is entitled to an area immediately adjacent to his/her own bike for the other equipment. You should use the first available area furthest from the main aisle. No transition equipment will be allowed in the main aisle.
- Be courteous of your rack-mates in the transition area.
- The transition monitors shall have authority to request repositioning of transition areas, if necessary. Failure to be cooperative could lead to disqualification.
- Adult Race: Only adult athletes and designated volunteers will be permitted in the transition area from 6am - 11am.  
Youth Race: One adult companion will be briefly permitted in the transition area to assist with set up. Only youth athletes and volunteers are permitted in the transition area after 11:20am
- Nutrition and hydration are important aspects of a triathlon, but packaging needs to be disposed of properly. Glass containers are not allowed. Trash cans will be available; please don't litter.



# SWIM

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- Wetsuits are permitted if water is less than 78°F on race day. You may wear a wetsuit between 78 and 84° but you will not be eligible for prizes. Wetsuits are not allowed if the water is over 84°.
- You must wear the provided swim cap for the entire swim.
- The use of swim goggles is recommended, but not required.
- Swim aids such as fins, paddles and other items designed to increase speed are not permitted.
- **Adult:** You must go around the buoys on the outside of the loop. **U-15 & U-10:** Swim along the bouys then around the large orange bouys keeping the bouys on your left side at all times.
- You must pass through the chute as you enter the swim start.
- There will be lifeguards and other volunteers in the water to assist you if you need to stop and rest, but no forward progress can be made while holding onto anything.
- Don't be a hero. If you are having difficulty, seek help.
- Swim under control at all times. Some contact is a part of the sport, but you are responsible to avoid contact that is harmful to other swimmers. Contact seen as intentional or malicious by swim observers, will be cause for immediate disqualification.
- If you prefer to avoid the frenzy of the pack, align yourself to start outside and to the rear of the other swimmers.

## TEAM VARIATION

- The swimming team member must keep the chip and strap on the ankle over the timing mat and into the transition area.
- The swimming team member must remove the chip and strap from their own ankle and pass to the biking team member at the racked bike.
- The biking team member must attach and secure the chip and strap to their own ankle prior to un-racking the bike.
- Do not obstruct the aisle for other athletes while removing the chip and strap.



**Dicastal**  
NORTH AMERICA





# BIKE

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- Personal electronic devices such as iPods, MP3 players or other similar devices are not allowed on the **bike portion** of the race. You must be able to hear what is going on around you.
- A CPSC-approved helmet must be on your head and buckled during the entire bike race. It must be on and buckled before leaving transition. You will be stopped before entering the course if it is not.
- Mount your bike after passing the mount line.
- Adult & U-15: Use extreme caution during the race and be aware of traffic approaching from both directions. The roads are open to traffic, except on South Street and around Baldwin Lake. Stay on the shoulder, where available. Volunteers will be stationed at the four intersections with stop signs or signals. Nevertheless, please use caution and yield to oncoming traffic as necessary. U-10: All roads are closed to vehicular traffic on the U-10 bike course.
- Adult: Drafting is not allowed. If you overtake someone ahead of you, check that you are clear of traffic from behind before moving to go around. If traffic is clear, you have 15 seconds to pass once you get within 3 bike lengths behind them. The following are the penalties for failure to pass in this manner:
  1. 2 minutes, first offense
  2. 4 minutes, second offense
  3. disqualification, third offense.
  4. The drafting penalties do not apply to the U-15 or U-10 events.
- If you are being passed, you must allow the pass to take place and drop back to at least 3 bike lengths behind. A 2 minute penalty will be assessed if, in the opinion of the race marshal, you were impeding the pass attempt of another athlete.
- Adult & U-15: Do not pass if traffic is approaching from the rear, at corners, or if you cannot safely make the pass for any other reason. Stay 3 lengths behind the rider ahead until passing is safe. You may have to slow down to maintain your distance.
- There are neither aid stations on the bike course nor any bike repair assistance available. You should carry any nutrition/hydration you feel is necessary and tools and supplies for common mechanical difficulties. However, if you have a mechanical breakdown that you cannot fix, race personnel will assist you to return to the transition area, but you will not be allowed to complete the race.
- Adult: No outside assistance for mechanical repairs is allowed.
- Dismount your bike before you reach the dismount line. A penalty time of 2 minutes will be added for failure to adhere to this rule.
- Run or walk your bike over the timing mat and to your assigned bike rack.
- Team variation:
  1. The chip and strap must remain on the bike team member until the bike is racked.
  2. The biking team member must remove the chip and strap from their own ankle and pass it to the running team member at the racked bike.
  3. The running team member must attach and secure the chip and strap to their own ankle prior to leaving the transition area.



# RUN

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- Your complete, unaltered bib number shall be clearly visible from the front and shall be securely in place before leaving transition for the run. You will be stopped before entering the course if it is not.
- Run out of transition on the right and stay on the right side of the road around the lake.
- TRI Run & DU Run 2: The adult course out-and-back portion of the run will change to the left side of the road.
- There will be aid stations along the run course for all divisions.

- U-10 Variation:

1. The running course is back towards where you just came from on the bike.
2. Stay to the far right and follow the cones.
3. Follow the cones around the turn-around and return back along the left side of the cones to the finish. There will be lots of volunteers to guide you



## EVENT PHOTOS

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**2023 PHOTOGRAPHY SERVICES  
PROVIDED BY:  
JAMIE MCNINCH PHOTOGRAPHY**

A link to photos will be posted on our Facebook page within a few days after the race. Be sure to check them out!  
[facebook.com/trigreenville](https://facebook.com/trigreenville)





# FINISH

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- Run under the finish arch and over the timing mat.
- Proceed as directed away from the finish line to avoid impeding other athletes from finishing.
- Volunteers will direct you to post-race refreshments.
- Equipment check-out from transition will require you to show that your race number matches your bike number.
- No one other than athletes will be allowed in the transition area.



- In an effort keep the transition area clear and safe, athletes are not permitted to leave the transition area with your bike while transition is closed, except to the Maplewood parking area using the FMFR Trail. Due to the safety of the athletes, no exception will be made. The status of the transition area will be posted on a sign on the Bike out/Run Out arches.



# POST-RACE REFRESHMENTS

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Be sure to stick around and enjoy the food and music.

Post-race refreshments are located under the large tent on the beach.

## LOTS OF NOURISHMENT!

Oranges

Gatorade

Bananas

Water

Trail Mix

Chocolate Milk

Granola Bars

# CATEGORY OF AWARDS

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## ADULT TRIATHLON

- Top 3 overall finishers - male and female
- Top 3 finishers in each age division: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

## YOUTH TRIATHLON

- Top 3 finishers in each age division: 7-8, 9-10, 11-12, 13-15

## ADULT DUATHLON


- Top 2 overall finishers - male and female
- TOP 2 FINISHERS IN EACH AGE DIVISION: 16-25, 26-35, 36-45, 46-55, 56+

## ADULT TEAM DIVISION

- Top 2 finishers in each age division: 40 & under, 41+



# 2022 TOP FINISHERS

OVERALL - MALE		OVERALL - FEMALE	
Jake Shavalier	01:00:00	Stefanie Clutten	01:09:28
YOUTH U-10 MALE		YOUTH U-10 FEMALE	
Adam Shavalier	00:15:37	Aurora Perry	00:16:36
YOUTH U-15 MALE		YOUTH U-15 FEMALE	
Parker Gale	00:32:51	Briana Russell	00:39:39
ADULT DU - MALE		ADULT DU - FEMALE	
Ian Richthammer	01:13:39	Danielle Terpstra	01:15:52
ADULT RELAY UNDER 40			
Team Benton Street Homies	01:24:23		

# 2022 TRAVELIN' TROPHY WINNERS

## ELEMENTARY SCHOOL RECIPIENT

Walnut Hills Elementary



## SECONDARY SCHOOL RECIPIENT

Greenville Middle School



# RECORDS OVERALL

OVERALL - MALE		OVERALL - FEMALE	
Jimi Minnema - 2014	00:53:33	Jamie Lyberg - 2016	01:02:37
YOUTH U-10 MALE		YOUTH U-10 FEMALE	
Cole Muenzer - 2016	00:13:36	Clara James-Heer - 2016	00:13:34
YOUTH U-15 MALE		YOUTH U-15 FEMALE	
Trevor Donohue - 2017	00:29:33	Clara James-Heer - 2017	00:29:44
ADULT DU - MALE		ADULT DU - FEMALE	
Nicholas Watson - 2018	01:01:26	Aubrey Tarbutton - 2021	01:10:50
ADULT RELAY UNDER 40		ADULT RELAY OVER 40	
Team H2O - 2018	01:02:48	Team Longest - 2013	1:10:52

**10 Year Record Holder: Team Longest**

**Adult Relay Over 40 Division**



Tri Greenville

June 3 2023

 **Rainout Line**

**(616) 794-8800**

View on-line or use the free app!

USE OUR RAINOUTLINE TO GET UPDATES  
WHEN EACH GROUP SETS OUT

## EVENT DAY TIMELINE

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6:00-7:30am – Adult Athlete Check-In

7:45am – Transition closes and Welcome to Greenville, Mayor Jeff Scoby

7:47am – National Anthem, Former Greenville Mayor, John Hoppough

7:50am – Pre Race Instructions, Doug Hinken

8:00am – Gun Start – Wave 1 Triathlon / Duathlon

8:02am – Start – Wave 2 Triathlon

8:04am – Start – Wave 3 Triathlon

8:06am – Start – Wave 4 Triathlon

8:08am – Start – Wave 5 Triathlon

8:10am – Start – Wave 6 Triathlon

10:30 am – Adult Awards Ceremony

10:45am – Transition Closed to Adult Athletes

## KIDS RACE TIMELINE

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8:45am-10:45am – Youth Athlete Check-In

11:00am – Transition Opens to Youth Athletes

11:20am – Youth Transition Closes (kids & volunteers in transition only)

11:20am – Welcome by GYAC

11:22am – National Anthem, HCAT's Addams Family Cast

11:25am – Race Review, Doug Hinken

11:30am – Youth Race Start – Wave 1: Youth 11-15 years

11:40am – Youth Race Start – Wave 2: Youth 7-10 years

1:00pm – Youth Awards Ceremony

1:15pm – Closing & Thank You



Greenville Area  
Recreation & Community Center



# 10 YEAR ATHLETES

## BRAD LEEDY

BRAD LEEDY HAS BEEN COMPETING IN TRIATHLONS SINCE THE 2010 GRAND HAVEN SPRINT TRIATHLON. HE SIGNED UP FOR THE FIRST TRI GREENVILLE TRIATHLON IN 2013 BECAUSE HE WAS LOOKING TO PARTICIPATE IN AS MANY LOCAL RACES AS POSSIBLE. AS SOMEONE WHO HAS SEEN THE EVENT GROW OVER THE YEARS, LEEDY BELIEVES THAT "TRI GREENVILLE IS ONE OF THE BEST RACES IN THE AREA, DUE TO A COMBINATION OF THE COURSE AND THE ATMOSPHERE." HE SAYS, "IT IS A GREAT EARLY SEASON EVENT TO GET ATHLETES MOTIVATED. THERE IS ALWAYS A GREAT DRAW TO THE TRIATHLON WHILE NOT GETTING TOO BIG, WITH ATHLETES OF ALL LEVELS COMPETING, AND A VERY NICE WELCOMING ATMOSPHERE WITH EXCELLENT VOLUNTEERS. THE COURSE IS FANTASTIC, WITH A SMOOTH SHORT SWIM, ROLLING HILLS THAT MAKE THE BIKE MORE CHALLENGING THAN ONE MIGHT EXPECT, AND A FUN RUN COURSE THAT ALLOWS YOU TO SEE OTHER ATHLETES ALONG THE WAY. THE FINISH LINE CAN BE SEEN AND HEARD FROM ACROSS THE LAKE, WHICH KEEPS THE MOTIVATION UP TO FINISH HARD." LEEDY ENJOYS COMPETING WITH HIS WIFE, WHO LIKES TO COMPETE ALONGSIDE HIM AND CHEER HIM ON AT THE FINISH LINE.

CHECK OUT OUR 10 YEAR ATHLETES AT THE 2022 TRI!



## TERRY GUNTHER

TERRY GUNTHER HAS BEEN COMPETING IN TRIATHLONS SINCE THE INAUGURAL 2013 TRI GREENVILLE TRIATHLON. HE ENJOYS THE COMPETITIVE SIDE OF TRIATHLONS, AND FINDS IT TO BE A FUN CHALLENGE. GUNTHER HAS HAD A POSITIVE EXPERIENCE AT OUR RACE OVER THE YEARS AND ESPECIALLY APPRECIATES HOW FRIENDLY EVERYONE IS. HE HAS SHARED HIS LOVE OF TRIATHLONS WITH HIS GRANDDAUGHTERS, WHO HAVE BEEN PARTICIPATING EVER SINCE THEY WERE OLD ENOUGH TO START. HE ENJOYS BEING ABLE TO CHEER THEM ON AT THE KIDS TRIATHLON AFTER THE CHEER HIM ON DURING THE ADULT RACE.

## FLOYD BARBER

FLOYD BARBER'S FIRST TRIATHLON WAS AT CLIFFORD LAKE, AND HE INSTANTLY GREW TO ENJOY THE TRI EXPERIENCE. THE FOLLOWING SPRING WAS OUR INAUGURAL TRI GREENVILLE TRIATHLON. BECAUSE THE RACE WAS IN HIS HOMETOWN, BARBER GOT TO SEE MANY FAMILIAR FACES, BOTH ON THE COURSE AND VOLUNTEERING. HE REALLY ENJOYED HOW THE RACE WAS RUN AND ORGANIZED, SO HE'S COME BACK EVERY YEAR SINCE. HE ENCOURAGES EVERYONE WHO IS INTERESTED TO JUST GO FOR IT, AS IT'S A GREAT RACE FOR ALL ABILITY LEVELS AND THE ATMOSPHERE IS ENCOURAGING AND HELPFUL. HE ASSURES BEGINNERS THAT THERE'S ALWAYS SOMEONE WILLING TO HELP OR GIVE TIPS, SO "GIVE IT A SHOT!"



## MARILYN DEAR

MARILYN DEAR'S FIRST TRIATHLON WAS OUR FIRST RACE IN 2013. SHE LOVES SEEING THE SAME TRIATHLETES AT OUR EVENT EACH YEAR, AND AFTER TRAINING WITH A COACH ON HOW TO TAKE ON THE HILLS, SHE ALSO ENJOYS PASSING PEOPLE BY ON HER WAY UP. DEAR KNOWS THAT TRIATHLONS CAN BE TOUGH, BUT SHE SAYS THAT "THE SELF-SATISFACTION OF THE ACCOMPLISHMENT IS WORTH IT!" HER DETERMINATION KNOWS NO END, AND SHE HAS EVEN PUSHED THROUGH INJURIES TO CONTINUE THE RACE. IN JAN. OF 2022, DEAR HAD SURGERY FOR A TORN MENISCUS. DURING THE 2022 TRI, SHE TOOK A FALL DURING THE BIKING PORTION OF THE RACE. SHE PERSEVERED, LIMPING THROUGH THE RUNNING EVENT, AND LATER FOUND OUT SHE COMPLETED THE RACE WITH A DISPLACED FRACTURE. THIS ISN'T THE FIRST TIME DEAR HAS TAKEN A TUMBLE DURING TRI. SHE SHARES THAT IN HER SECOND TRI, SHE COULDN'T GET HER TOES OFF THE PEDAL FOR THE BIKE TRANSITION AND FELL OVER. SHE SAID THERE WAS "NOTHING TO DO BUT WAVE TO EVERYONE WATCHING (IN SHOCK)." DEAR SHOOK IT OFF AND KEPT ON GOING. SHE TRULY FOLLOWS THROUGH WITH HER MOTTO TO "ALWAYS FINISH!" THIS YEAR, DEAR WILL BE COMPETING ON A RELAY TEAM WITH TWO OF HER GRANDSONS WHILE SHE CONTINUES TO HEAL, BUT NEXT YEAR SHE PROMISES SHE'LL BE BACK OUT THERE READY TO GO.



# FIRST-TIME SPRINT TRI/DU COMPETITORS

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Adam Amshey  
Susan Ayres  
Tyler Bakhuyzen  
Kathleen Baliko  
Madison Breen  
Sage Brownell  
MiKayla Brunson  
Chris Carter  
Andrew Chelilim  
Jason Clauser  
Priscilla Cuneo  
Selena Daul  
Connor Dear  
Jackson Dear  
Micah Dear  
Caleb DenHartigh  
Dan DeYoung  
Rachel DeYoung

Sarah DeYoung  
Seth Downes  
Elaina Gainey  
Sarah Gearinger  
Walter Geister  
Cooper Hartzell  
Orion Heeren - Pickard  
Melynda Hickman  
Parker Hopkins  
Madison Housenga  
Jared Jebb-Swanson  
Matthew Kabelman  
Oliver Kabelman  
Molly Karlberg  
Timothy Kelly  
Collin Kutzli  
Trent Meyers  
Kyle Mosko

Doug Noyes  
Ainsley Perkins  
Evelyn Rockafellow  
Jeffery Scoby  
Daniel Scott  
Easton Shelley  
Bonnie Sims  
Greg Thebo  
Dayton Thomsen  
Gregory Van Geest  
Jamie VanSyckle  
Jayda Velzen  
Ian Verbeke  
Austin Visser  
Aiden Watson  
Lukas Wierenga  
Ellie Wilson  
Tyler Wilson





# COURSE DESCRIPTION & MAPS

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## ADULT TRIATHLON COURSE

**1/3 Mile Swim:** Following the gun start, you will swim a 1/3 mile course on the outside of the buoys in a rectangular shape. You will make turns at the two most distant large buoys where you will make the turn back towards the exit at the beach. Participants must run across the timing mat into the transition area. Upon exiting the water, be prepared to step down from the curb and turn right to cross the timing mat.

**11.8 Mile Bike:** The open bike course traverses through city streets then transitions into a rolling rural scenic area. Head out of transition on the left side of the road on W. Baldwin Lake Dr., turn left on Marvel Dr. and make the transition to the right side of the road as you go up the hill on Marvel Dr. as you depart the lake area. Use extreme caution when making the sharp right turn on M-91 & South St. You are entering live traffic! Volunteers will help you monitor traffic at intersections with stop sign or signals. If traffic is coming, you need to yield to it. As you near the Lake on Baldwin Rd. you will approach a steep hill. Use extreme caution and ***use your brakes as you come down the hill***, stay left and turn left on W. Baldwin Lake Rd.. Be aware there could be runners on Baldwin Lake Drive using the right side of the road as you come down the hill. Enjoy your final stretch back to the transition area. Dismount your bike at the dismount line and run across the timing mat as you enter transition.

**5K Run:** The final portion of the race will consist of a scenic 3.1 mile run around Baldwin Lake with an out and back on Baldwin St. There will be several aid stations to refuel along the run course. Enjoy the shouts and cheers from the crowd as you cross the finish line.

## ADULT DUATHLON COURSE

**2.2 Mile Run:** The 2.2 mile course around the lake remains visible to the spectators from their unique elevated perspective. You may catch a glimpse of the triathlon swimmers as you run along the back side of the lake. There are several aid stations to offer hydration. Be sure to cross the timing mat as you enter into transition, and move left if there are swimmers entering the road.

**11.8 Mile Bike:** Same as Triathlon Course.

**5K Run:** Same as Triathlon Course.

## U-15 YOUTH TRIATHLON COURSE

**200 Meter Swim:** The swim course will start and end near the swim exit chute. You must swim along the buoys then around the large buoy, keeping the buoys on your left side at all times. The water is shallow enough that you will be able to walk but it is much faster if you swim. Lifeguards and other volunteers will be in the water to assist you if needed. Exit the swim course at the same location that you started and be sure to cross the timing mat upon exit.

MPC

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MICHIGAN PAIN CONSULTANTS, PC

616.754.5036

Dr. Lisa Pullum D.O.



# COURSE DESCRIPTION & MAPS (CONT.)

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**3.7 Mile Bike:** Head out of transition on the left side of the road on W. Baldwin Lake Dr., turn left on Marvel Dr. and make the transition to the right side of the road as you go up the hill on Marvel Dr. as you depart the lake area. Turn right on to South St., then right on M-91 to the Fred Meijer Flat River Trail. Turn right on to the trail and enjoy the scenic course on the boardwalk and paved trail. Exit the trail and turn left on to Baldwin St. Continue around the lake using extreme caution near the hump-back bridge because there may be other bikers and runners crossing your path. Stay on the left side of the road while on your bike. When you start coming back toward the Beach you will see the road divided into two lanes with cones. Stay left until you see two lines of cones. Then you need to bike in the middle lane the rest of the way. Be sure to look across the lake so see your family cheering you on. Dismount your bike and run your bike across the timing mat into transition.

**2.2 Mile Run:** The final portion of the race will consist of a 2.2 mile course around the lake. There are several aid stations with water. Be sure to stop for a drink so you don't get dehydrated. Stay on the right side of the road at all times. When you start to hear the cheers from the crowd, you know you have made it to the finish line. Put a smile on your face and sprint across the finish line with your hands raised in the air.



## U-10 YOUTH TRIATHLON COURSE

**100 Meter Swim:** The swim course will start and end near the swim exit chute. You will swim along the bouys then around the large bouy and back to the same place you started. Be sure to keep the bouys on your left side at all times. This is a shallow water swim; you will be able to touch the bottom for the whole course. You can jump or run along the course but you will go faster if you swim. There will be lots of lifeguards and volunteers in the water to assist if you need any help. Exit the swim course and cross the timing mat.

**2.2 Mile Bike:** Ride your bike around Baldwin Lake. Be sure to stay on the left side of the road and be aware that the older kids will be coming back to the lake by the "hump-back bridge". Notice the cones on your left side as you near the finish line. That is your running course. Dismount your bike and run your bike across the timing mat.

**1/2 Mile Run:** You rode your bike in the middle lane of cones at the end. Park your bike and get ready for the run. You need to stay on the far right of the cones (the side away from the lake) where you just came from. There will be lots of volunteers to tell you when to turn around and go to the finish. Run under the finish arch and listen for your name over the speakers.



100 S. GREENVILLE W DR - GREENVILLE, MI

ph 616.225.2730

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Introducing the

# Ugly Dougling



TRIATHLON & DUATHLON

## CHALLENGE

### BEAT THE UGLY DOUGLING

AKA RACE DIRECTOR, DOUG HINKEN



SEE HIM TRANSFORM!





# Why the Ugly Duckling?

The City of Greenville is tied closely to the story of the Ugly Duckling. In the city's logo, in our triathlon logo, and even in the fountain at the corner of M-57 and Lafayette, you can find a swan. The Mute Swan, Denmark's National bird, is the inspiration behind this imagery, and it was made famous by Danish playwright, Hans Christian Andersen's tale, *The Ugly Duckling*.

## Greenville's Danish Heritage

This area was first settled by Danish immigrants in 1844, and in 1867 it became an official village. In 1871, it was expanded and finally became the City of Greenville. Because many of these pioneers were Danish, much of their ethics and values became a central part of Greenville. Today, we celebrate this heritage by holding the Danish Festival every year on the third full weekend of August! There are more than 50,000 visitors who attend the festival every year to partake of Danish food, watch the Grand Dansk Parade, mingle among the hundreds of arts and crafts booths, and become (by official Mayoral proclamation) a "Dane for a Day."

## The Story of the Ugly Dougling Told by Doug Hinken

"There's basically a baby swan- a swan EGG- that ends up in the nest of a bunch of ducks. And so once the ducks all hatch, there's one that's very different from all the other ones. They call him the 'Ugly Duckling.' And so as he grows up, he feels really bad about himself, about why he's so different, but then he grows up to be this beautiful swan. He's super graceful, and much more graceful than the ducks."

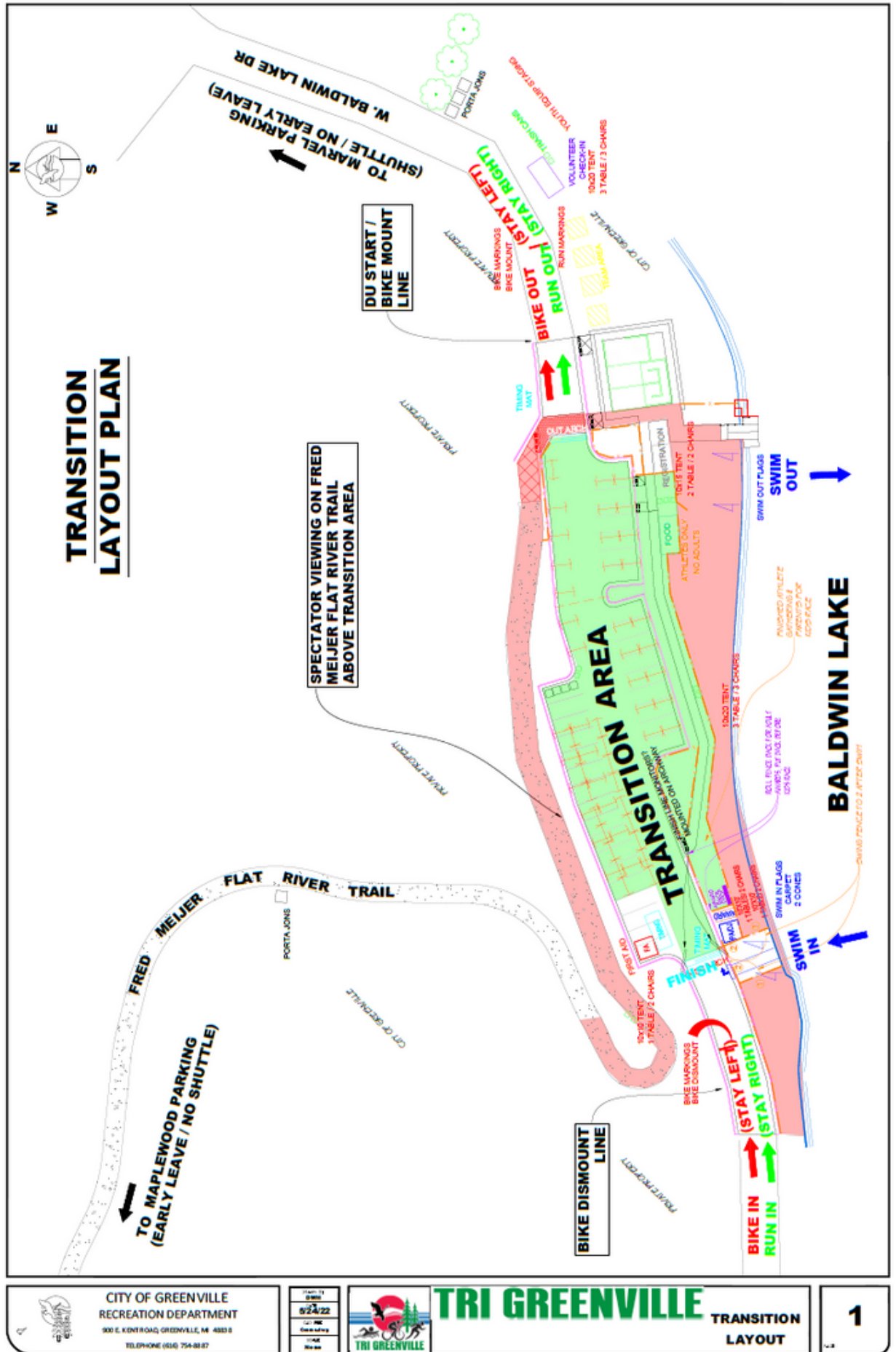


## The Ugly Dougling vs. The Tri

So this year, to add a little fun to our triathlon and make Doug recognizable as you pass him on the course, he will be telling the story of the Ugly Dougling! He will start out swimming as the egg, ride his bike as the Ugly Dougling, and finish the race as a beautiful swan!

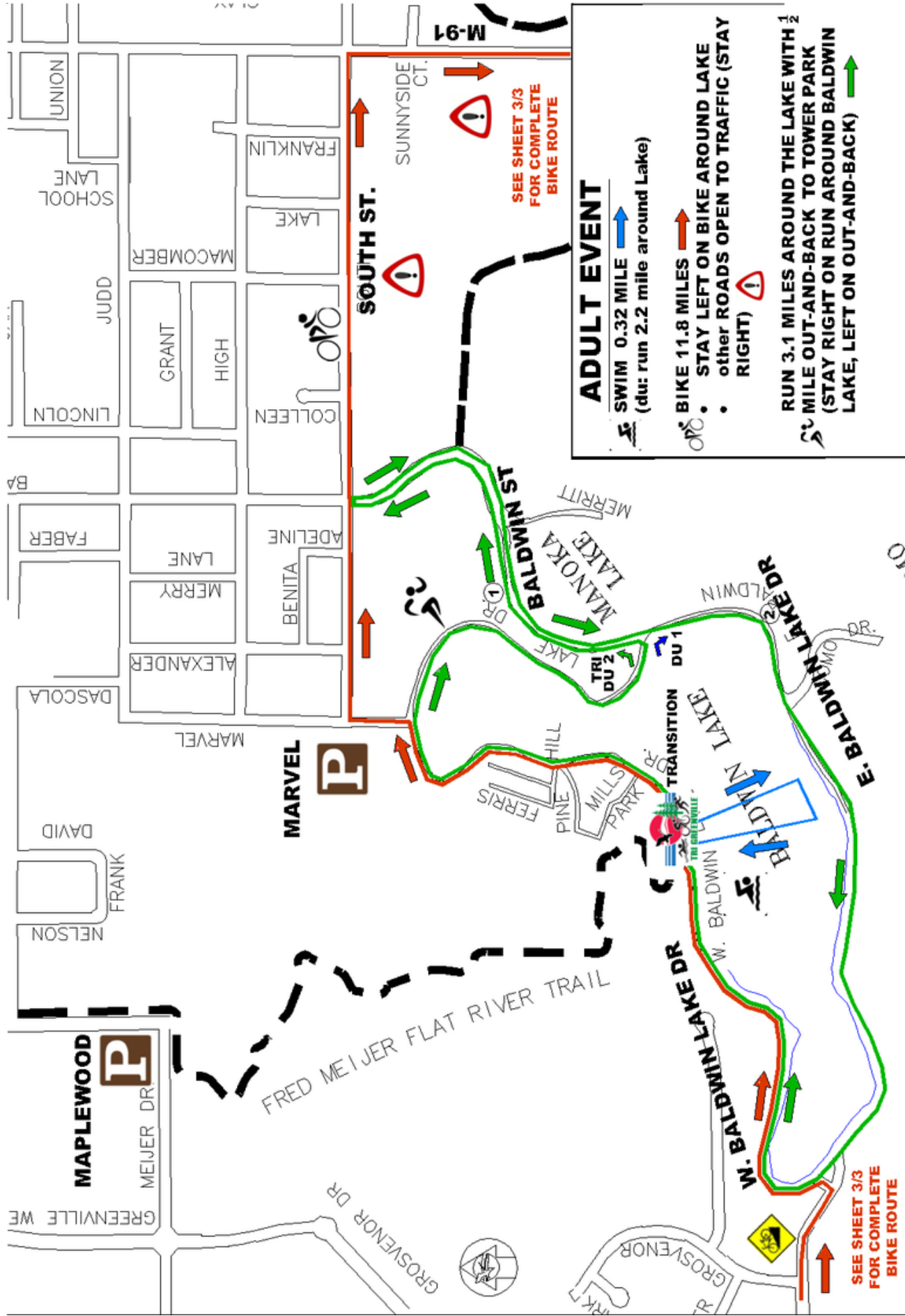


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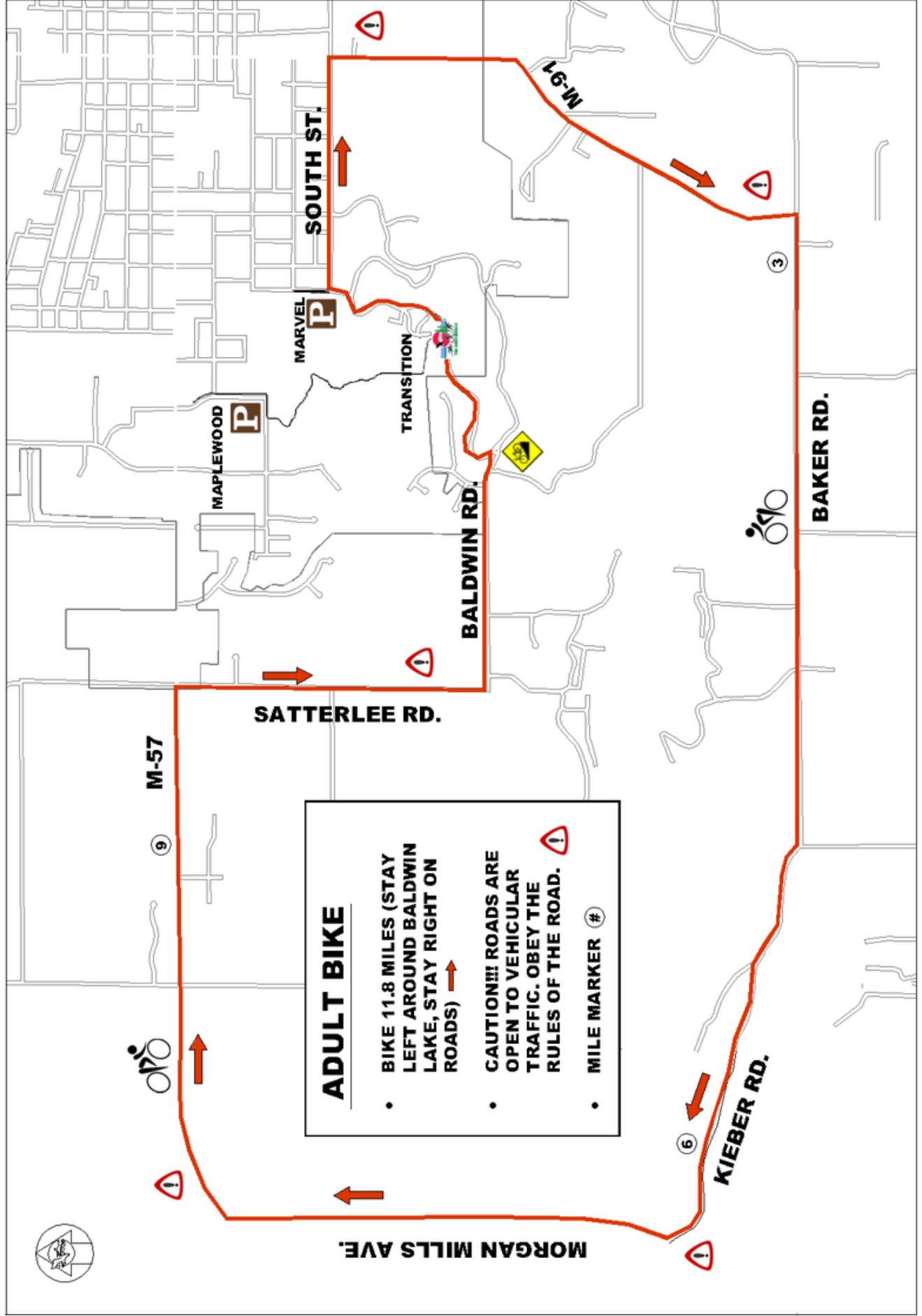
# ADULT SWIM & RUN ROUTE



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# ADULT BIKE ROUTE

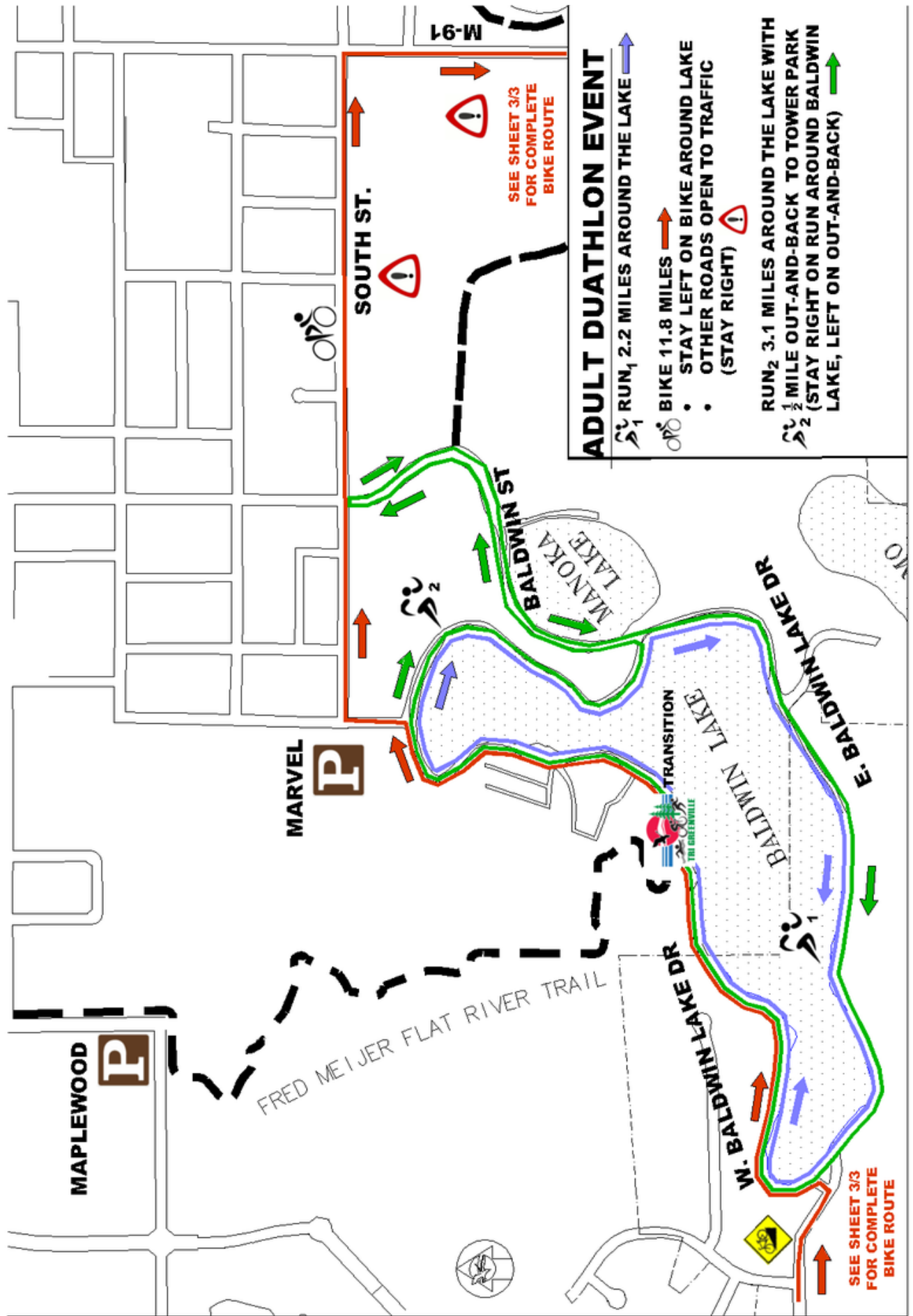




# DUATHLON RUN & BIKE ROUTE



Montcalm Community College

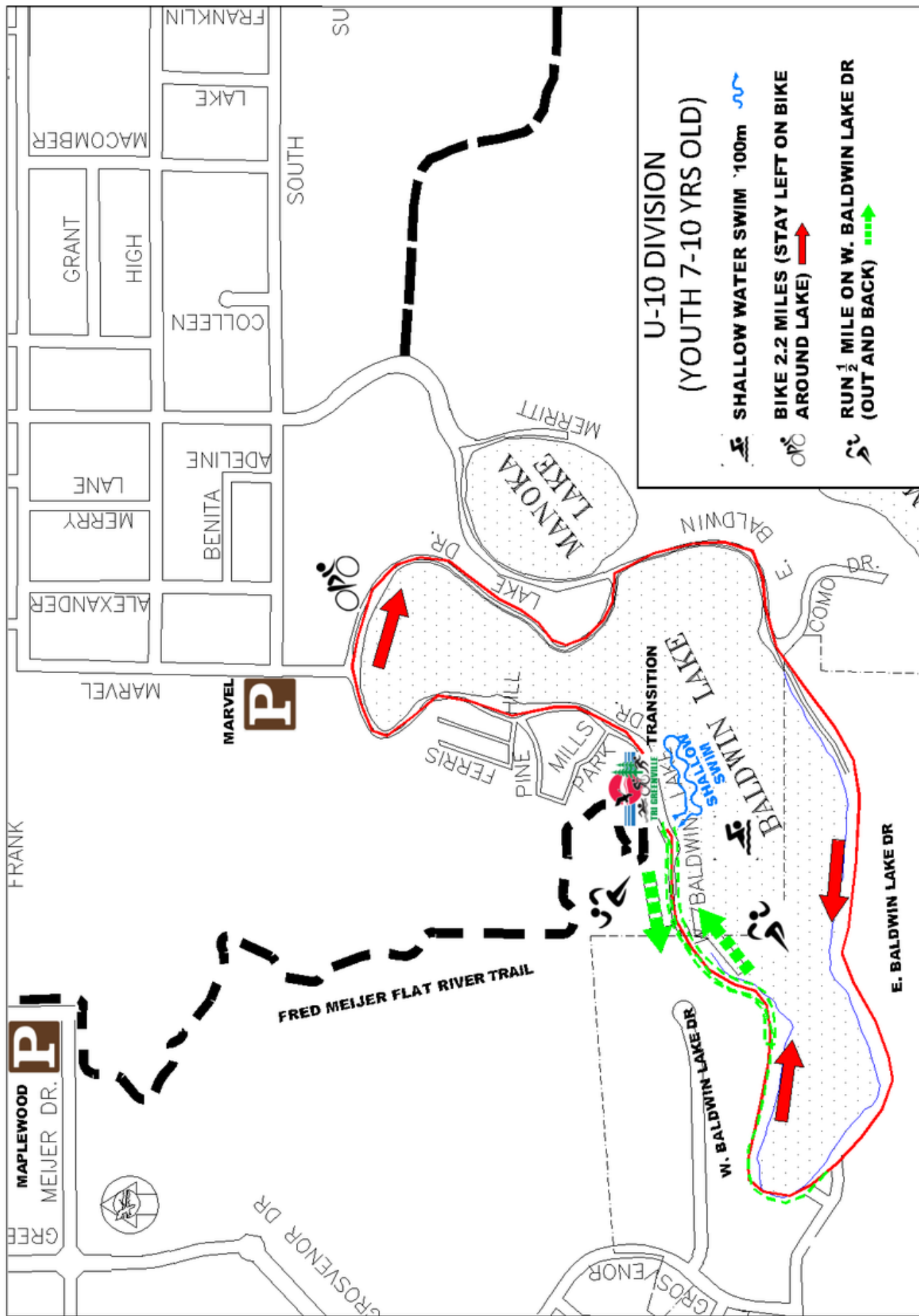




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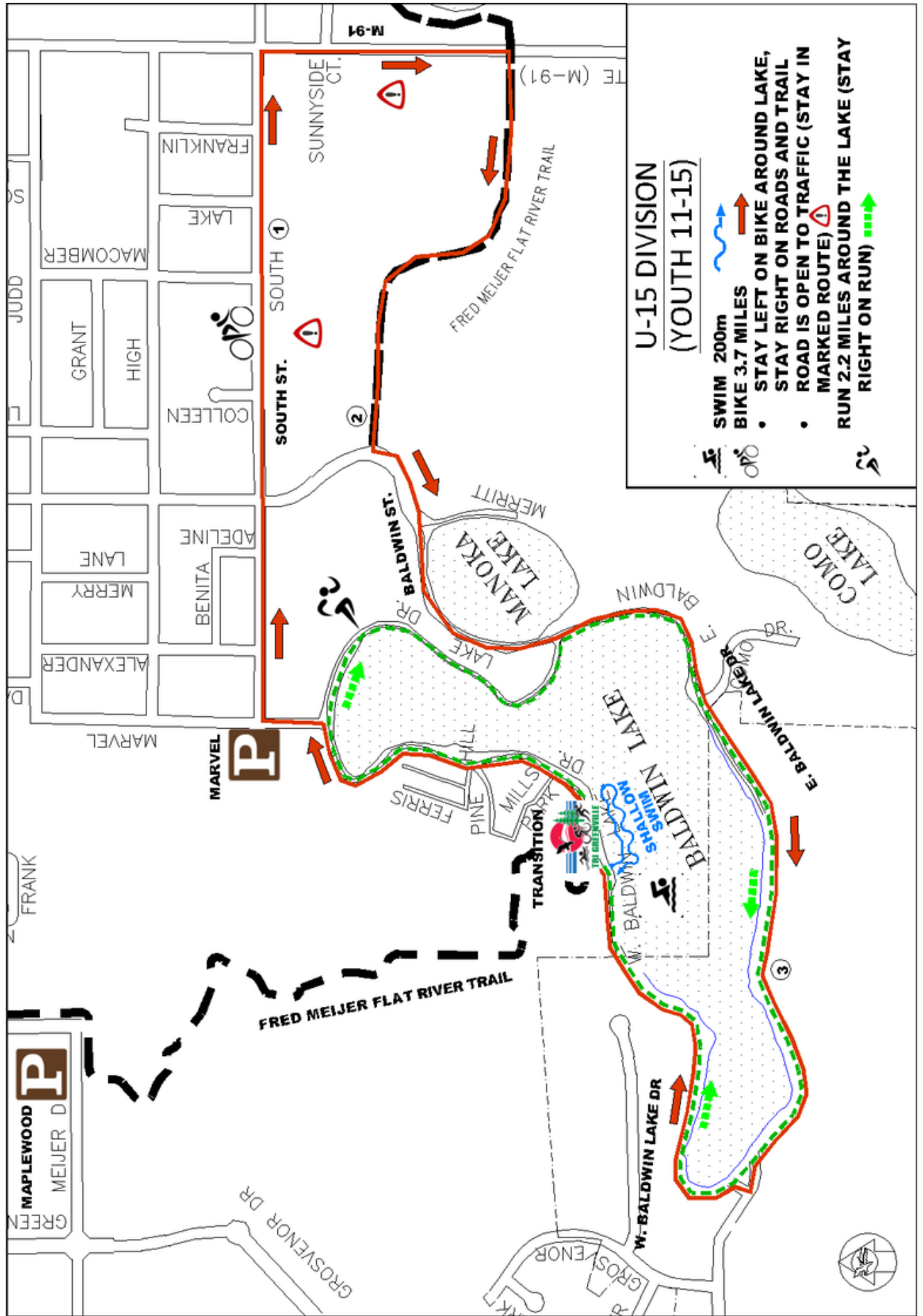


# U-10 SWIM, BIKE, RUN, ROUTE





# U-15 SWIM, BIKE, RUN ROUTE





# TRI TEAM COMMITTEE

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Co-Directors: Doug Hinken & Valarie Mester

Assistant Director: Jessica Shannon

Volunteers: Kristina Iglesias & Krystal Hatfield

Bike Course: Keith Hudson

Emergency: Brian Blomstrom

Swim Course: John Ploeg

Run Course: Andrea DeMeyer

Marketing/Registration: Maddi Huntoon

Post Race: Rebecca Shannon

Community Liaison: Steve Schofield

Aid Stations: Sarah Stoots

Parking: Kurt Peterson

SWAG/Awards: Cindy Ploeg

## THANK YOU VOLUNTEERS & COMMUNITY

This event could not be successful without the help of the many people who volunteered their time today. We would also like to thank the residents of Baldwin Lake for their enthusiasm and support of this event. We appreciate each of you so very much.

## VOLUNTEER RECOGNITION

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### 10 YEARS OF SERVICE

Phil Tower

Chad Aniszko

Jess Dear

Andrea Walter

George Bosanic

Doug Hinken

Debra Hinken

Mary Peterson

Steve Schofield

John Ploeg

Cindy Ploeg

Roger Gates

Tammi Gates





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***Good Luck Racers!***

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