



2022 ATHLETE GUIDE

Tri CLE Rock Roll Run

Cleveland, Ohio | August 20, 2022

TRANSDIGM
GROUP INC.

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**Thank
you**



NOTE FROM OUR FOUNDER

Dear Athletes,

It is year two of our reimagined race in downtown Cleveland. We worked really hard last year to bring you a great first-year race, and upon completion, we asked each of you for your feedback. I learned if you ask for it, you better be prepared to act on it. Close to 200 out of 600 racers gave us feedback and we scored them all by category. We then took the areas that had the most mention and prioritized those first.

We made the swim only one loop per distance. This may sound easy, but we had to work with water safety, the Coast Guard, and the Harbor to approve all of this. We were asked to make our ingress and egress of the swim better so this year we are using floating docks that get us all closer to the water and give us up to 6 spots to exit at the same time. We were asked to add more paddle boards, kayaks, and lifeguards and we have worked on all of these. "Small changes" to a racer seem easy, but to a race director, they are all huge and take a lot of time and effort.

On our bike portion, we were asked for more signage and that has all been ordered and added. Although the earthen path on the run course gave way to beautiful views of Lake Erie and Cleveland, the path itself was hard to get ample footing and the stairs were too steep and narrow. The run course has been adjusted to the multipurpose trail. Adding loops to the run course makes both bands and aid stations something you will experience way more, plus your families can wait in one spot and see their athletes in the Sprint two times and in the Olympic three times.

We have invested a lot in the finish line experience: Huntington Bank Recovery Zone, Tri Club Row, and Terrestrial Brewing Company beer sales with all proceeds going to our charity that we started [Kids That Tri](#) + so much more!

I feel blessed to have met so many of you and you all motivate me, Natalie, Mel, Jess, and Wes to push harder and do better. Our goal is nothing better than to make this the best race in the US. We will survey you again this year and we do listen and work to make things better every year.

We love you and we want you to love this race!

Your founder and biggest cheerleader,



Mark Brand

TRANSDIGM

GROUP INC.



Proud to invest in our
community's health.



T I T L E S P O N S O R

TransDigm is a global aerospace and defense firm headquartered in downtown Cleveland that designs, produces, and supplies highly engineered aerospace components for use on nearly all aircraft in service today. TransDigm has operations located primarily throughout the United States and Europe, including three operating units in Northeast Ohio – Schneller in Kent, AeroControlex in South Euclid and Aero Fluid Products in Painesville.



TRI CLE RACE SCHEDULE

Friday, August 19

Start	End	Event	Location
11 AM	8 PM	Athlete packet pick-up	Edgewater Park
11 AM	8 PM	Race expo <ul style="list-style-type: none">• Tri CLE merch store	Edgewater Park
11 AM	8 PM	Transition 1 mandatory bike drop-off	North Coast Harbor
12:30 PM		Athlete Briefing	Edgewater Park
5:30 PM		Athlete Briefing	Edgewater Park

Saturday, August 20

Start	End	Event	Location
3:45 AM	5:45 AM	Parking at Kite Field	Edgewater Park
4:00 AM	5:45 AM	Transition 2 Run gear drop -off	Edgewater Park
4:30 AM	5:45 AM	Athlete & Volunteer shuttle bus <ul style="list-style-type: none">• Transport to North Coast Harbor	Edgewater Park
4 AM	6:15 AM	Transition 1	North Coast Harbor
6:15 AM		Transition 1 CLOSES	North Coast Harbor
6:30 AM		Olympic waves start	North Coast Harbor
8:30 AM	12 PM	Post Race Party & Awards Ceremony <ul style="list-style-type: none">• Food vendors• Live music• Huntington Bank Recovery Zone• 10:15 am awards ceremony	Edgewater Park
7:15 AM		ALL Duathlon wave start	North Coast Harbor
7:30 AM		Sprint wave start	North Coast Harbor
8 AM		Super Sprint wave start	North Coast Harbor
10 AM	12 PM	Transition 2 gear check-out	Edgewater Park



ATHLETE CHECK-IN

When

Friday, August 19 | 11 AM - 8 PM

MANDATORY packet-pick up at Edgewater before heading to the North Coast Harbor (Transition 2)

Where

Edgewater Park

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

What to bring

- Valid Photo ID
- USAT Membership number

Athlete check-in steps

1. Park at Lower Edgewater Park
2. Go to the Athlete Check-In
3. Pick-up race packet
4. Pick-up timing chip
5. Visit expo vendors
6. Adhere bike seat post sticker to bike
7. Drive to the North Coast Harbor
8. Park vehicle on Erieside Avenue (15 minute maximum parking time)
9. Take bike to Transition 1 and rack in appropriate section

Relay Teams

- Relay team members **must** check in together at Athlete Check-In, at the same time.
- No relay team will be permitted to check in if all members are not present.
- Each athlete that participates in a Relay will receive a shirt at Athlete Check-In.
- One timing chip per relay team
- Each relay team member will receive a bib. The relay runner is the only person that must wear the bib on race day.

Additional notes

- Pick up your athlete bag **BEFORE** heading over to Transition 1 to set up your bike. Your bike numbers will be in the athlete bag. For security reasons, adhere the numbers to your bike **BEFORE** going into Transition 1.
- Your timing band will be provided to you at athlete bag pickup. Do not forget it on race day!
- Athletes must wear their wristband to enter Transition 1 and/or Transition 2. **No wrist band = no entry**

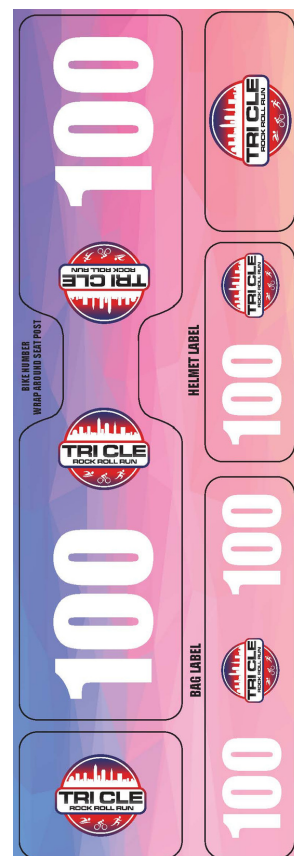
Race packet

- Participant t-shirt
- Race bib - must be worn on the run
- Sticker kit
 - Bike seat post sticker
 - Helmet sticker must be affixed to the front of your helmet
 - Gear bag sticker
 - 2 additional free-use stickers
- Swim cap
- Timing chip
- Athlete wristband

Participant Distance Colors

The swim caps, along with the bike and run course maps are color coded based on participant distance:

- Super Sprint: **Green**
- Sprint: **Yellow**
- Olympic: **Red**





RELAY TEAM INFO

What is a relay team

A relay team is comprised of 2 or 3 athletes who compete as a “group” to finish the triathlon. Typically, one athlete completes the swim, another the bike, and the final person completes the run.

The timing strap and chip is passed from one athlete to the other as they complete their respective leg of the race. A two-person team can complete the race in any combination of legs. Relay team members can be comprised of mixed of genders and ages. However, all participants must be 18 years of age on race day.

Relay Teams

- Relay team members **must** check in together at Athlete Check-In, at the same time.
- No relay team will be permitted to check in if all members are not present.
- Finisher medals are given to the runner upon finishing

Race packet

- Each participant on the relay team will receive a t-shirt
- Race bib (3 bibs will be given to each relay team. Only the runner has to wear the bib)
- Sticker kit
 - Bike seat post sticker
 - Helmet sticker must be affixed to the front of your helmet
 - Gear bag sticker
 - 2 additional free-use stickers
- Swim cap
- Timing chip (one timing chip per team)
- Athlete wristband

Timing chip rules

In order to ensure a proper chip timing reading, relay athletes must keep ankle strap and chip on their ankle at all times. Athletes must make the chip transfer from ankle to ankle at their rack in the relay transition areas. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading.

The timing chip acts as the “baton” and athletes must hand off the timing strap/chip to move forward to the next discipline. Failure to do so will result as a DNF.

Swim to bike chip transfer

The bike cannot be removed from the bike rack until the timing chip is properly transferred and attached to the next teammate. The swim leg athlete will exit the swim and head to the transition area where they will locate their bike leg athlete at their bike rack and make the chip transfer.

Bike to run chip transfer

The timing chip may not be removed until the bike is properly racked at its bike rack. **After** the cyclist has racked their bike they must exchange their timing chip with the runner, who will then head out onto the run course.

Run to finish

Relay team members can meet their runner to cross the finish line together.

If a relay team member drops out of any leg, the relay team will not be able to continue the race and will be disqualified.

Relay awards

Overall Relay awards will be given to

- Sprint Triathlon
- Olympic Triathlon
- Sprint Duathlon
- Olympic Duathlon



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For an appointment close to home,
call **216-983-PLAY** or visit **UHSports.org**.



For more
information
scan the **QR code**.





PRE-RACE INFO

Tri CLE Expo

On Friday, August 19, the Expo is the area where athletes will pick-up their packet, have the Athlete Briefing meetings, visit vendors/sponsors, and purchase Tri CLE merchandise.

On Saturday, August 20, the Expo is the area will athletes will finish, live music have the ability to buy food from our food vendors, visit the Huntington Bank Recovery Zone, fill up their water bottle with water at the City of Cleveland Water Buggy, purchase Tri CLE merchandise, and purchase cold beer from Terrestrial Brewing Company (proceeds from the purchase go directly to the [Kids That Tri](#) program).

Athlete Briefings

Athlete Briefings will be held at the Tri CLE Expo on Saturday, Friday, August 19. Check the Event Schedule for times. These are are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

This is also a time to ask questions that are not covered in the Athlete Guide or the Tri CLE website.

MANDATORY Bike Check-In

Mandatory Bike Check-In is on Friday, August 19 from 11:00 am to 8:00 pm at Transition 1 located just north of the Great Lakes Science Center Garage.

All bicycles must be checked in on Friday and left overnight. Transition 1 will be monitored by security the entire night. Bicycles will not be permitted to enter the transition area on race morning.

While bikes are stored in transition, athletes will be allowed to cover their seats and handlebars only from inclement weather. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over.

Participants will have access to their bicycles beginning at 4 AM on race morning, but will not be allowed to remove their bike from the transition area until the start of the bike portion of the race.

Tri CLE Swim & Bike Course

Participants are NOT permitted to swim in the North Coast Harbor nor ride their bikes on the Memorial Shoreway prior to race day.

The swim course takes place in an active boating area. This area will not be closed to boating traffic until race day.

Prior to race day, the docks will be installed at the North Coast Harbor. We ask that you do not step on/enter the docks until race day.

The bike course takes place in an active highway for motor vehicles. This area will not be close to motor vehicles until race day.



ATHLETE RULES

Please take a moment to read and understand Participation Rules.

The triathlon, duathlon, and aquabike are individual events, and it is **YOUR RESPONSIBILITY** to fully understand the rules for your safety and the safety of the other athletes.

TRI CLE FOLLOWS USA TRIATHLON COMPETITIVE RULES:

Always ride on the right side of the lane to avoid an **ILLEGAL POSITION** or **BLOCKING** another cyclist.

Keep three bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid **DRAFTING** and for your safety and theirs. Drafting will be monitored.

When attempting to pass, please call out "**LEFT**" or "**PASSING**" to the cyclist in front of you. Use caution and know your surroundings when attempting to pass.

Always pass on the left of the cyclist in front of you – never on the right – to avoid an **ILLEGAL PASS**. Complete your pass within 15 seconds to avoid impacting another cyclist's safety.

Passed athletes **MUST ALLOW** athletes to pass. Do not begin to race another athlete. Allow the pass and drop three bike lengths from the passing cyclist.

The **HELMET CHINSTRAP** must be securely fastened at all times when the participant is in possession of the bike, which means from the time they remove their bike from the rack at the start of the bike leg, until after they have placed their bike on the rack at the finish of the bike leg.

BIB NUMBER: You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

LITTERING: Do not throw **ANYTHING** outside of the official aid stations.

ALWAYS ride or run inside the traffic barriers placed on the course. Follow all sign directions and volunteers who may be giving directions.

UNAUTHORIZED EQUIPMENT: ***Absolutely NO MP3 players or other audio devices on the bike or run course. No headphones. Cellphones are permitted for the bike and run course for bike/run data or race-day tracking. Making and receiving phone calls, sending and receiving texts, playing music, and taking photographs are prohibited.***

UNAUTHORIZED ASSISTANCE: No participant shall accept from any person other than event personnel (including volunteers) but such assistance is limited to: providing nutrition, drinks, and mechanical and medical assistance. No participant shall be accompanied by any nonparticipants on the course (this constitutes pacing, which is prohibited). Any violation of this Section shall result in a variable time penalty.

DISTANCE CHANGES: You must complete the distance for each discipline event you are entered in on race day. If you do not complete the distances for the event in which you are entered, you will be disqualified and not listed as finishing the event.

Please treat other athletes, all volunteers, police and safety officials, and spectators with courtesy and consideration. Any violation of the rules of the event may result in time penalties, forfeiture of award and disqualification.





RACE INSTRUCTIONS

RACE MORNING TRANSITION 1 ACCESS

- Bring only what you will need for Transition 1 to Transition 1 on race morning.
- Bike Ohio will be available in Transition 1 with pumps to help pump tires and to assist with minor mechanical issues.
- Be certain to remember your race-issued timing chip, swim cap, and swim clothing bag.
- The timing strap must be placed securely around your right or left ankle.
- Place your personal race items by your front bike tire, on the ground.
- Listen for final announcements on water temperature and wetsuit status (water must be under 78 degrees to be wetsuit legal). *Note: Lake Erie water temperature can range from 67 - 80 degrees. Visit the [USAT Wetsuit Rules](#) for full details.*
- All relay members must move to Transition 1 immediately at the start of the triathlon and aquabike and be waiting at their assigned transition racking position.

SWIM AND AQUABIKE START

- Give yourself plenty of time to get from the transition area to your assigned corral in the morning. The start will make things go VERY quickly.
- Body marking is optional. If you would like to body-mark yourself with your race number and age, bring your own permanent marker to do so.
- Athletes will line up at the swim staging area according to the distance & wave start time.
- *NOTE: There is no practice swims allowed on race day in the North Coast Harbor.*

WETSUIT RULES

If water temperature exceeds 78 degrees, wetsuits are still permitted, but participants wearing wetsuits are no longer eligible for age-based division awards. A special non-award division will be set up for participants electing to wear a wetsuit under these circumstances. If the water temperature is 82 degrees or higher, wetsuits are prohibited for medical reasons. For additional information visit [USAT's Wetsuit Rules](#).

EXITING TRANSITION 1 AFTER SWIM OR RUN

- Put all swim gear and any other morning gear that you brought to Transition 1 in your plastic bag and drop it off in the **canvas container** located at the end of your bike row as you exit Transition 1. You will be able to pick up your bag outside Transition 2.
- Make certain to attach the provided number sticker to provided clear transition bag that you are given at packet pick-up. Also, it is recommended that you write your number and name on your bag with a permanent marker in case the sticker falls off.
- **Only participants are permitted in transition areas.**

BIKE

- Carry tire levers, extra tubes, and pump/CO2. In case of a flat tire on the bike course, pull over to the RIGHT side of the road.
DO NOT PULL INTO THE MIDDLE LANE OR GO LEFT OF CENTER.
- There is a sweep vehicle following the last athlete that can pick you up if you have experienced a mechanical issue and cannot continue. *Please note that this could be a significant wait.*
- Bring at least one bottle of hydration on your bike and make certain your bottle cages are tight. CamelBaks are permitted to be worn. There are no aid stations on the bike course. Please fill your water bottle before coming to the event. There will be water available at Transition 1.

TRANSITION 2

- Rack your bike in the same number and position as Transition 1.

Note: You should set up your run equipment prior to boarding the shuttle.

- Remove your helmet and cycling shoes, then place them next to your bike front tire. Make certain not to leave any equipment in the pathway that would obstruct other athletes.
- Change into your running shoes, run hat (optional), and sunglasses (optional).
- Exit the transition area through the area marked "RUN OUT."

RUN

- There is minimal shade on the run course. We suggest wearing a hat and/or sunglasses to help keep you cool.
- There are aid stations on the run course to help participants stay hydrated. We recommend carrying a handheld water bottle should you need additional liquids between aid stations.
- The run course is open to the public.
- There will be several live bands along the run course to help keep you motivated!

FINISH

- Head to the finish line after completing the required laps for your run. (Aquabike athletes will head to the finish after racking their bike in Transition 2)
- Receive your finisher medal
- See a medic in the medical area if necessary
- Bike removal & swim gear bag located in Transition 2 will be allowed once all athletes are off the bike course.
- The finish line will have the awards ceremony, post-race snacks, water bottle refill at the Water Buggy provided by The Cleveland Water Department, live music, food for purchase from food vendors, the Huntington Bank Recovery Zone, and more.

AWARDS

2022 Awards

Triathlon

- Super Sprint: Top 3 overall female & male; Top division finisher female & male: Athena, Clydesdale, elite open, elite master, elite grandmaster
- Sprint: Top 3 overall female & male; Top division finisher female & male: Athena, Clydesdale, elite open, elite master, elite grandmaster
- Olympic: Top 3 overall female & male; Top division finisher female & male: Athena, Clydesdale, elite open, elite master, elite grandmaster

Triathlon Relay Teams

- Top overall: Sprint Triathlon, Olympic Triathlon, Sprint Duathlon, Olympic Duathlon

Aquabike

- Top overall female & male: Sprint, Olympic, Athena, Clydesdale

Duathlon

- Top overall female & male: Super Sprint, Sprint, Olympic

Duathlon

- Top overall: Sprint, Olympic

Must be present to receive an award.





RACE DAY TIPS

HELPFUL HINTS AND EXTRA CLARIFICATION

SWIM

- We anticipate being wetsuit legal, so chances are likely that you can wear a wetsuit. Please reference Wetsuit Rules on page 11.
- If you are struggling while swimming, raise and wave your arm to get the attention of one of our many swim support teams on kayaks, boats, paddleboards, and shore. Note: If you need to grab and hang onto a kayak or boat for a short rest you may do so without disqualification, but you cannot make progress.
- **This is a feet-first swim start. There will be no diving allowed.**
- Should swim start conditions be unsafe for swimming, the swim will be canceled and the race will have a bike time trial start.

BIKE

- Rack your bike in the area that is specific to your bib number.
- Place personal items on the ground next to your front tire.
- Balloons, inflatables, or personal markers are *not permitted*, so memorize your row and racking position and look at the row signs on the end of each row to identify your row.
- Transition 1 and 2 are identical layouts.
- Each participant is expected to know the course. Review the maps enclosed in the Athlete Guide. Pay attention to the signs on the bike course.
 - Super Sprint bike course is 8k, which is 1/2 lap.
 - Sprint bike course is 20k, which is 1.5 laps
 - Olympic bike course is 40k, which is 2 laps.
- Bring an extra bottle of water to rinse any sand or dirt off your feet after the barefoot run to Transition 1. Stow the extra water bottle on your bike or place it in your swim-gear bag.
- **Per USA Triathlon Rules, headphones, earbuds, or music are NOT permitted on the bike.**

BIKE (continued)

- Rack your bike with the seat and bike number facing the same direction. Your front wheel will be resting on the ground. *NOTE: Rack your bike with the front wheel in the opposite direction of the bikes on each side of your bike.*
- Hydrate and take in some calories toward the end of your cycling leg. Getting nutrition is the easiest while on the bike, and this will boost your energy for the run.
- There are several significant turns on the course and merging lanes, so pay attention to road course directional arrows and traffic control.
- **DO NOT RIDE SIDE BY SIDE UNDER ANY CIRCUMSTANCES. THIS CREATES A MAJOR SAFETY HAZARD FOR YOURSELF AND OTHER CYCLISTS AND THIS IS A VIOLATION OF USA TRIATHLON RULES.**
- There is no bike sag on the bike course. However, should an athlete have any issues on the bike course, UH will be out on the course. They have vehicles that can transport the athlete & bike to the finish. They will not be transported until the last bike is off the course. ARES radio will be on course to spot any issues on course.
- E-bikes are NOT allowed.

RUN

- Make sure your Transition 2 area is well set: easy access to shoes, a towel to stand on so you don't get debris in your shoes, speed laces, an extra water bottle, etc.
- Each participant is expected to know the course. Review the maps enclosed in the Athlete Guide. Pay attention to the signs on the run course.
 - Super Sprint is 3k, which is 1 lap.
 - Sprint is 5k, which is 2 laps.
 - Olympic distance is 10k, which is 3 laps.
- Aid stations – there are two aid stations containing water, ice, and Gatorade Endurance.



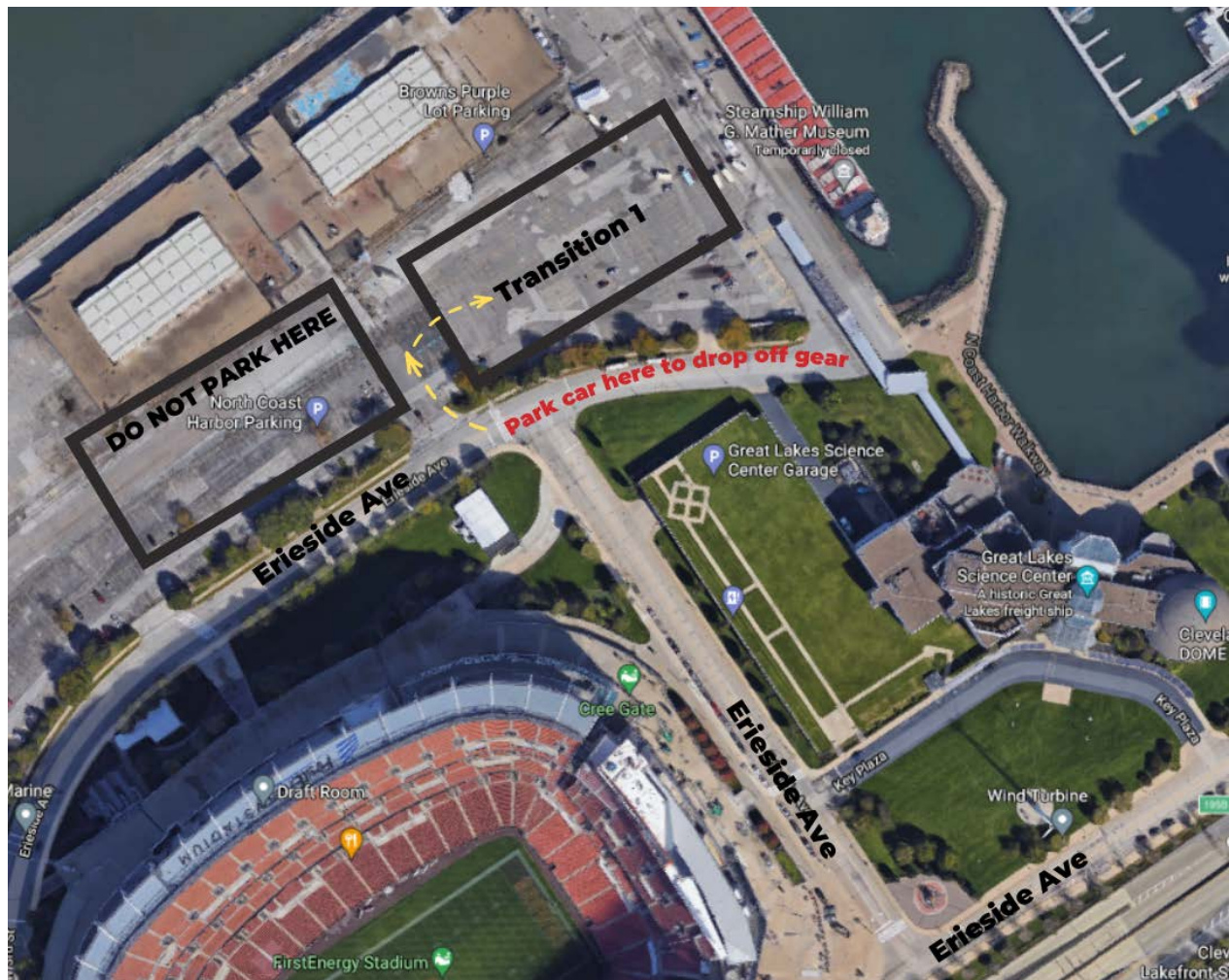


FRIDAY BIKE CHECK-IN

MANDATORY Bike check-in will be on Friday, August 19, 2022, from 11:00 am - 8:00 pm

Review the parking map for details to park & drop off your bike from

- Location of Transition 1
- Where to park on Friday to drop off your Transition 1 gear (There are 'No Parking' signs on this part of the street, however, we have permission for athletes to park here for a **max time of 15 minutes.**)
- Park on the **north side** of the street to avoid blocking other athletes as they drop off their gear.
- Do not park in the North Coast Harbor Parking lot
- The yellow arrows are the path you will use to walk your gear into Transition 1
- Friday and Saturday, Bike Ohio will be available in Transition 1 for air in tires and small mechanical issues. (cost may be incurred for parts, tubes etc.)



If you are not familiar with this part of downtown Cleveland, in Google Maps type in 'Great Lakes Science Center' which will show you this area



RACE DAY INFO

Tri CLE Expo

If the water temperature on race morning measures between 78.1 degrees Fahrenheit and 83.9 degrees Fahrenheit, the race will be wetsuit optional and athletes who choose to wear a wetsuit will not be eligible for Age Group awards. If the water temperature is in this range and you choose to wear a wetsuit, you will start after the non-wetsuit swimmers.

Hydration & Nutrition

Swim Course (Transition 1)

- Transition 1 will have water coolers where you can fill your water bottle to keep hydrated before the swim.

Bike Course

- The bike course DOES NOT have any aid stations. Fill your water bottles BEFORE arriving to the event to ensure you have enough hydration to get you through the bike course.
- Bring the nutrition (gels & the like) that you may need for your event.

Run Course

- The run course will have 2 aid stations, one before head up to Upper Edgewater and another at the Upper Edgewater Pavilion.
- The aid stations will have water, ice and Gatorade Endurance.
- Bring the nutrition (gels & the like) that you may need for your event.

Timing Chip

The participant timing chip *is not in the packet*. Participants must stop at the timing table after picking up the packet. Participants will need to verify their name matches their number.

The timing chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a Tri CLE staff member or timing team member. Failure to do so may disqualify you from participating in future Tri CLE events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit. If you lose your chip while on the run course, please notify a staff member or volunteer immediately after crossing the finish line.

Timing Chip Return

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future Tri CLE events.

After the race, if you realize you still have your chip, please mail it HFP Racing within 5 business days to:

HFP Racing
14737 Reed Road #320
Upper Arlington, OH 43220

Please use package envelope and do not put any value on it.



RACE DAY INFO

Saturday, August 20

Edgewater Park | Transition 2

SWIM & DUATHLON 1 RUN START

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- 4:00 am - 5:45 am | Parking Open to Athletes & Spectators
 - Parking is on the lake side (north) grassy field lot **(NO Parking on the asphalt)**
 - Run Gear Drop Off at Transition 2
- 4:30 am - 5:45 am | Shuttle Bus (look for white & green checkered feather flags)
 - Shuttle Bus Pickup, northwest corner of Transition 2 (to the North Coast Harbor)
 - Shuttles are for *participants, volunteers, and staff only*

North Coast Harbor

- Shuttle busses will drop off at Transition 1
- Transition 1 opens at 4:00 am
- Athletes will be able to arrange their gear
- Bike Ohio will be in transition to assist with pumping tires and any other additional bike needs
- Transition 1 closes at 6:15 am

Wave Starts

- 6:30 am Olympic Wave Start
- 7:15 am ALL Duathlon Wave Start
- 7:30 am Sprint Wave Start
- 8:00 am Super Sprint Wave Start

***Any challenged athlete will go off in the last wave of their race distance*

Edgewater Park

Post-race party!

- 8:30 am - 12:00 pm

Awards Distribution

At 10:15 am awards will be distributed

Edgewater Park | Transition 2

9:30 am - 12:00 pm

- Gear pick-up from Transition 2
- Athletes will pick up their gear bags from Transition 1 after the race, which will be in the Transition 2 area to pick up
- Athletes *will not be allowed* to take their bike out of Transition 2 until the last bike is racked.
- You may enter Transition 2 to obtain personal belongings, like keys, to get access to your vehicle. We strongly suggest leaving important personal items in your locked vehicle.

YOU MUST show your athlete wristband to get access to Transition 2 to pick up your gear. This is for the safety and security of the athletes that are racing.

Proud to provide gear transportation



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Best of Luck Competitors!

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- *Over-dimensional*
- *and more*



WAVE START SCHEDULE

Saturday, August 20

OLYMPIC

Triathlon & Aquabike | Start Times

- 6:30 am Elite Open, Elite Master, Elite Grand Master (Male & Female), Aquabike (ages 20-99)
- 6:33 am Men 20-29
- 6:38 am Men 30-34, Clydesdale Men
- 6:43 am Men 35-39
- 6:48 am Men 40-44
- 6:53 am Men 45-49
- 6:58 am Women 20-34, Athena
- 7:05 am Women 35+
- 7:08 am Men 50+, All Olympic Relay Teams, Youth Men & Women (aged 13-19)

DUATHLON

- 7:15 am ALL DISTANCES & AGES

SPRINT

Triathlon & Aquabike | Start Times

- 7:30 am Elite Open, Elite Master, Elite Grand Master (Male & Female), Aquabike (ages 20-99)
- 7:33 am Men 20-29
- 7:36 am Men 30-34, Clydesdale Men
- 7:39 am Men 35-39
- 7:42 am Men 40-49
- 7:45 am Women 20-34, Athena
- 7:48 am Women 35+
- 7:51 am Men 50+, All Sprint Relay Teams, Youth Men & Women (aged 13-19)

SUPER SPRINT

Triathlon & Aquabike | Start Times

- 8:00 am Elite Open, Elite Master, Elite Grand Master (Male & Female), Aquabike (ages 20-99)
- 8:03 am Men 20-29
- 8:06 am Men 30-34, Clydesdale Men
- 8:09 am Men 35-39
- 8:12 am Men 40-49
- 8:15 am Women 20-34, Athena
- 8:18 am Women 35+
- 8:21 am Men 50+, All Super Sprint Relay Teams, Youth Men & Women (aged 13-19)

***Any challenged athlete will go off in the last wave of their race distance*





COURSE MAPS

Swim Course Map



- The swim courses are in the break wall protected North Coast Harbor in the shadow of the Rock & Roll Hall of Fame.
- The start is a Dual Time Trial Start (3 athletes start at a time every 5-10 seconds)
- **FEET FIRST ENTRY ONLY** swim starts from the boat dock behind the Great Lakes Science Center.
- Swim distances
 - **SUPER SPRINT:** 250-meter swim (green swim course only)
 - **SPRINT:** 750-meter swim (green and yellow swim course)
 - **Olympic:** 1500-meter swim (green, yellow, and red swim course route)

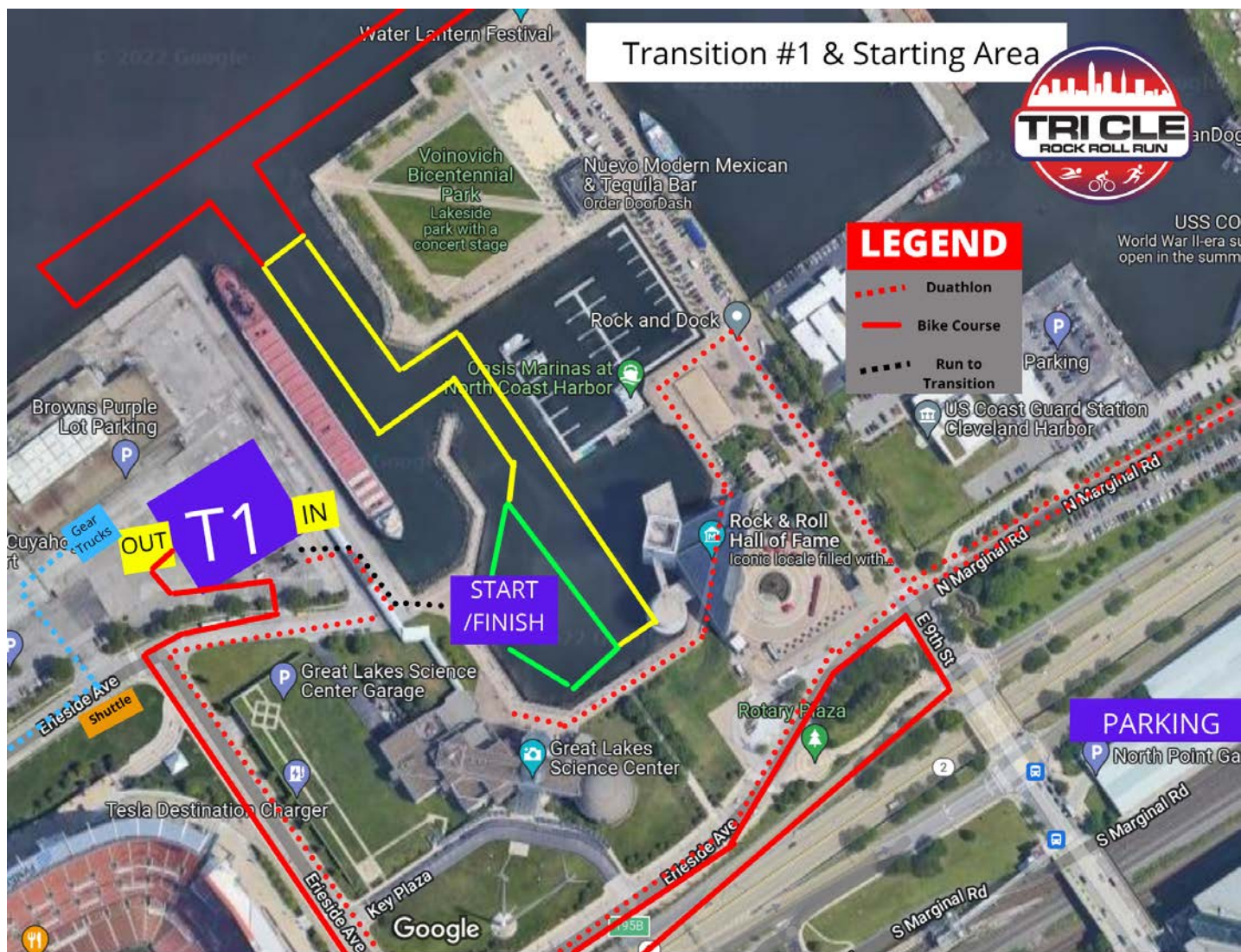
Duathlon Run Leg 1



DUATHLON - ALL DISTANCES
2-mile run course



Transition 1



TRANSITION

- Participants will enter the 'IN' at T1 to get their bike gear
- Then exit out of T1 at the 'OUT' area to get out on the bike course.



Bike Course Map | Super Sprint



Super Sprint Course will have **green** signs
[Additional Bike Course Information Link](#)



Bike Course Map | Super Sprint

Super Sprint | 8k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition 2

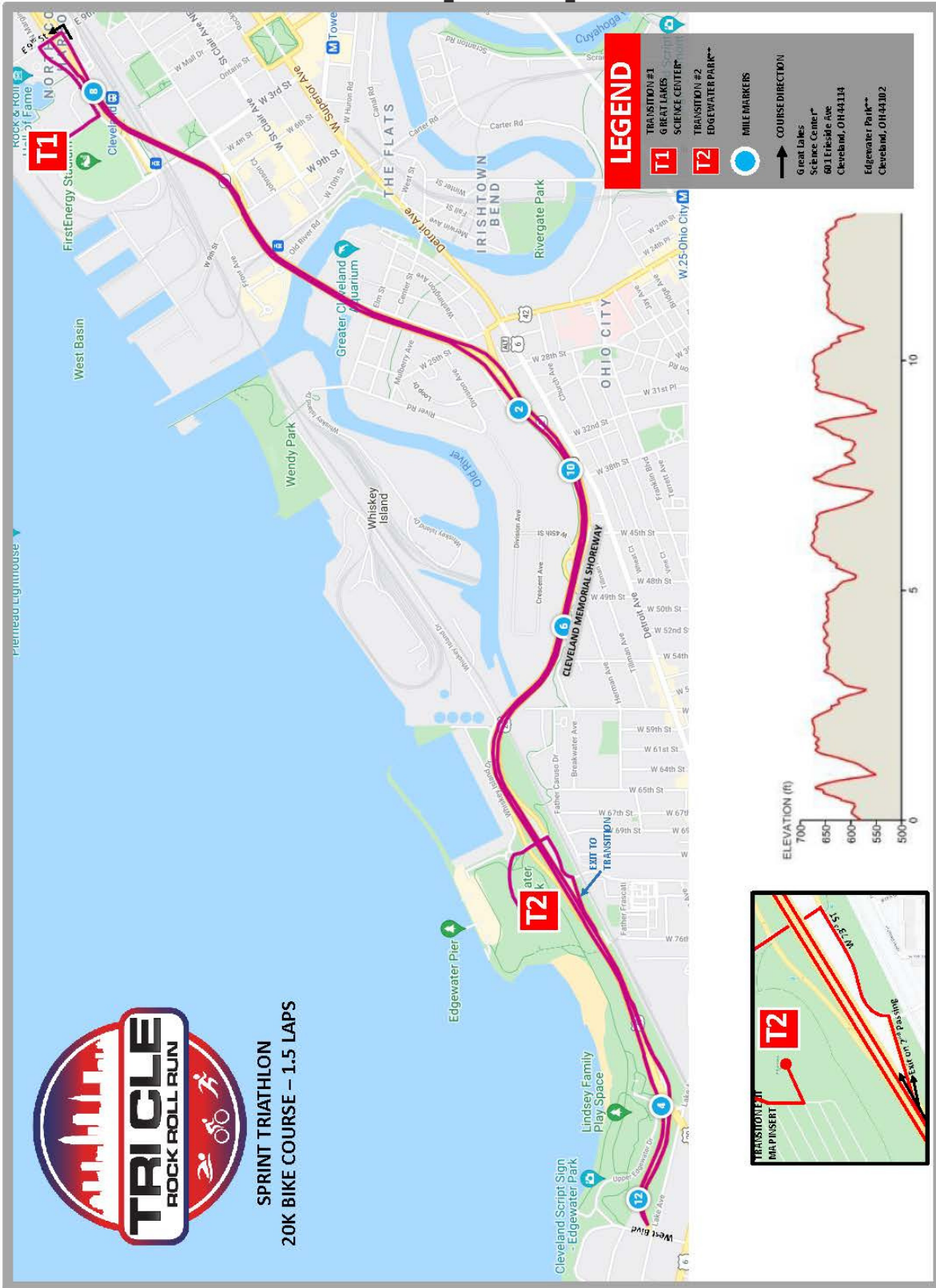


The best people bring out the best in people.

When an event like the Tri CLE Rock Roll Run brings the community together, we take notice. Thank you to everyone for your hard work and dedication, from all of us at Huntington. Your efforts are inspirational.



Bike Course Map | Sprint



Sprint course will have **yellow** signs
[Additional Bike Course Information Link](#)



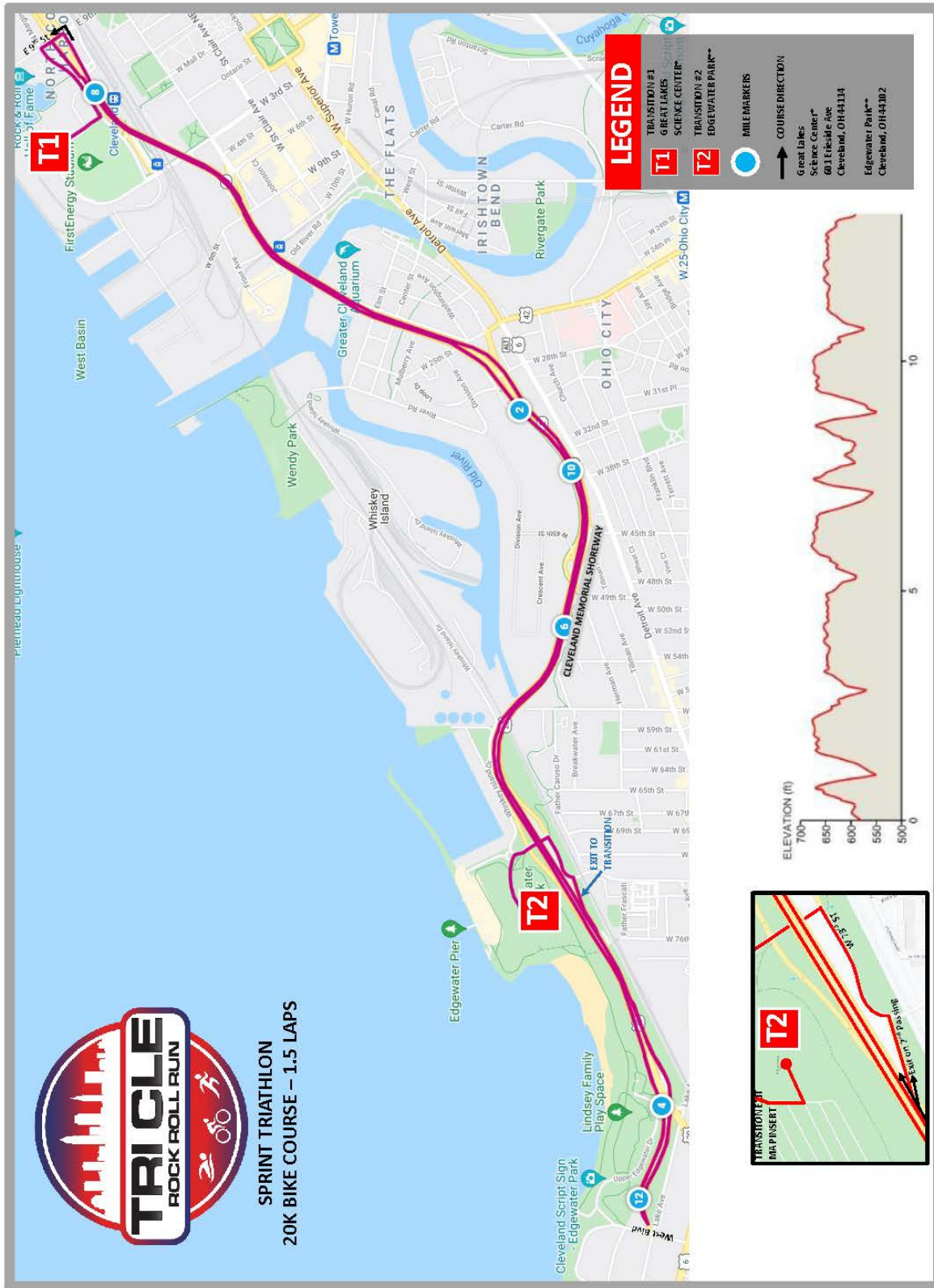
Bike Course Map | Sprint

Sprint | 20k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- FIRST LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- Exit E.9th Street
- Left on E.9th Street
- Left onto the Shoreway
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Shoreway (East)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition 2



Bike Course Map | Olympic



Olympic course will have **red** signs
[Additional Bike Course Information Link](#)



Bike Course Map | Olympic

Olympic | 40k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- FIRST LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- DO NOT Exit Shoreway at E.9th, KEEP ON the Shoreway
- Exit on the right (Exit 195A)
- Right turn
- Left on South Marginal Road
- Left onto the Shoreway - which will loop West to the Shoreway
- Stay on the Shoreway
- SECOND Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Shoreway
- SECOND LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- DO NOT Exit Shoreway at E.9th, KEEP ON the Shoreway
- Exit on the right (Exit 195A)
- Right turn
- Left on South Marginal Road
- Left onto the Shoreway - which will loop West to the Shoreway
- Stay on the Shoreway
- LAST Turnaround at the west end of the Shoreway (before West Blvd)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition 2



Transition 2



TRANSITION

- Participants will enter the '**BIKE IN**' at T2 to get their run gear
- Then exit out of T2 at the '**RUN OUT**' area to get out on the run course

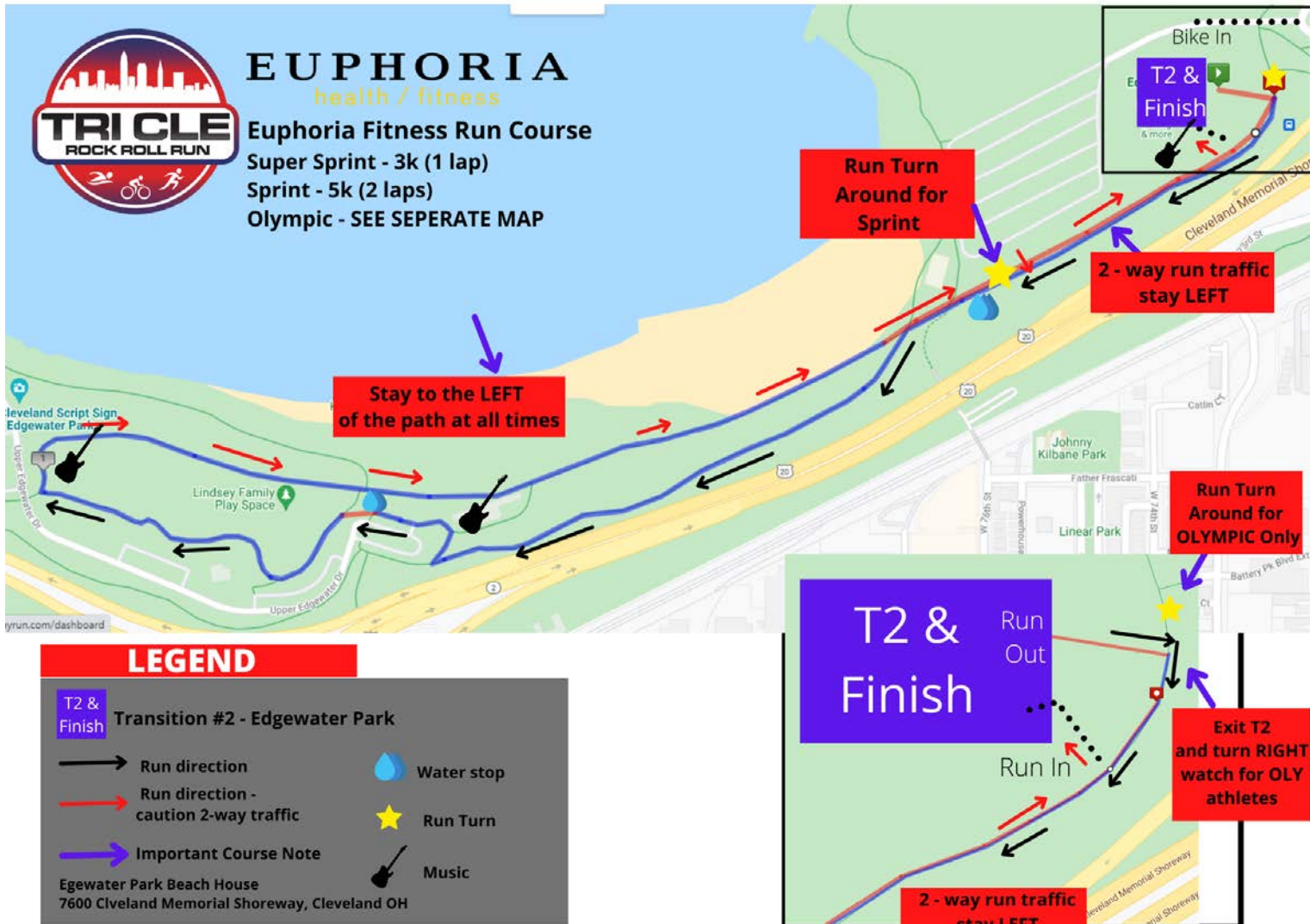
GEAR PICK UP FROM TRANSITION 2

- Athletes will pick up their gear bags from Transition #1 after the race, which will be in the Transition 2 area to pick up
- Athletes *will not be allowed* to take their bike out of Transition 2 until the last bike is racked.
- You may enter Transition 2 to obtain personal belongings, like keys, to get access to your vehicle. We strongly suggest leaving important personal items in your vehicle.

YOU MUST show your athlete wristband to get access to Transition 2 to pick up your gear. This is for the safety and security of the athletes that are racing.



Super Sprint & Sprint Run Course



Hydration & Nutrition

There are two aid stations on the run course.

The aid stations will have water and Gatorade Endurance, along with ice.



Olympic Run Course



Hydration & Nutrition

There are two aid stations on the run course.

The aid stations will have water and Gatorade Endurance, along with ice.

Olympic Run Course Information

For each lap of the Olympic course, as you come down the multipurpose path hill, participants will make a left to go on the gravel + sand path (which is an out-and-back section), this will need to be completed for each lap of the Olympic course run.



Run Course Signage



Hydration & Nutrition

There are two aid stations on the run course.

The aid stations will have ice, water, and Gatorade Endurance.







ATHLETE SHUTTLE

PARTICIPANT PARKING

Edgewater Park – 7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- Participants must park at Edgewater Park on Saturday morning and take the shuttle to the North Coast Harbor.
- Parking is free on race day only in the designated race parking spots.
- Edgewater Park is not responsible for parking fees/citations for participants/spectators who park in other areas.
- Parking is on the lake side (north) grassy field lot (NO Parking on the asphalt)

SHUTTLE SERVICES

- Tri CLE will have 12 shuttle buses to take athletes from Edgewater Park to the North Coast Harbor on race morning.
- It is recommended to arrive by 4:15 am to be ready for shuttle departures starting at 4:30 am.
- Shuttles are for participants & volunteers only.
- At 6:30 am, 9 shuttle buses will be released
- At this time, the remaining 3 shuttle buses will continue transporting volunteers and relay team members back to Edgewater park until Transition 1 is taken down.

Good Luck 2022 Tri CLE participants!

Euphoria wants to be a part of your next athletic goals!

What we offer

- Personal Training
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- Boot Camp Fitness
- Acre of Endurance Sports Training

What you can expect

- Premium Equipment
- Clean Training Facility
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Above & beyond just for you

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PARKING INFO

PARKING INSTRUCTIONS

PARTICIPANT PARKING

Edgewater Park – 7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

Participants must park at Edgewater Park on Saturday morning and take the shuttle to the North Coast Harbor. Parking is free on race day only in the designated race parking spots. Edgewater Park is not responsible for parking fees/citations for participants/spectators who park in other areas.

SPECTATOR PARKING FOR SWIM START

- North Point Garage - 1111 East Ninth Street, Cleveland, OH 44114

Spectators should not attempt to park near the Rock & Roll Hall of Fame, E.9th Street Pier, Great Lakes Science Center, or First Energy Stadium. Roads will be blocked off and will create extra congestion for the race organizers and race participants.

The MemorialShoreway/Route 2 will be closed starting at 5:45 am. .

SPECTATOR PARKING AT EDGEWATER

Spectators are encouraged to park at Edgewater Park in the Upper Edgewater section.

Spectators will not be allowed to use the shuttles to and from the North Coast Harbor, as the shuttles are **ONLY** for athletes, volunteers, and race staff.

Edgewater Park is open to the general public during the race. The only entrances open to the park will be W.73rd Street and West Blvd. Expect delays after the Shoreway closes.

SPECTATOR HANDICAPPED PARKING

NORTH COAST HARBOR

North Coast Harbor Parking
515 Erieside Ave, Cleveland, OH 44114

Voinovich Bicentennial Park (E.9th St Pier)
800 E. 9th Street Pier, Cleveland, OH 44114

EDGEWATER PARK

Designated Handicapped Parking Spots near the Edgewater Beach House



CLEVELAND CLIFFS



ADDITIONAL INFO

Division of Water Water Buggy

- *There will be no plastic water bottles upon finishing your race at Tri CLE*
- At Transition 2/Expo/Finish Area, Tri CLE will have the City of Cleveland Division of Water Water Buggy to fill your water bottles post race.
- About the **Water Buggy**
 - It's 6 feet wide, 12 feet long, 8 feet high and holds 300 gallons of clean, cool drinking water
 - It's double-sided, equipped with 4 fountains and 4 spigots on each side, including 2 accessible fountains and spigots
 - A small generator keeps a chiller and two pumps running so that the water is always at the right pressure and temperature



Rust Belt Riders

- Food scraps have a place at Tri CLE
- Participants are encouraged to throw their food scraps into a Rust Belt Riders bin.
- These scraps will then be turned into compost and sold through their sister company Tilth Soil
- About **Rust Belt Riders**
 - Since 2014, Rust Belt Riders has been working with people and organizations across Northeast Ohio to provide them with a clean and timely alternative to landfills for their food waste. By diverting food from landfills, we support our local food system through the creation of value-added agricultural products.





ADDITIONAL INFO

TRI CLE SOCIAL MEDIA

- Use the hashtags #TriCLE #rockrollrun #triathloncleveland
- Tag us on Instagram: @tricle_rock_roll_run @hfpracing @greenswell_events
- Tag us on Facebook: @TriCLE.Rock.Roll.Run @hfpracing @Greenswellco
- Tag us on Twitter: @TriCLE8 @hfpracing @Greenswellco

Commitment to community is our core value.

Oswald is proud to
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Tri CLE Rock Roll Run.

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ADDITIONAL INFO

SUPPORT THE NEIGHBORHOODS

Northwest Neighborhoods CDC is the newly unified nonprofit serving Cleveland's Cudell and Edgewater & Detroit Shoreway neighborhoods.

- The **Detroit Shoreway** neighborhood is just south of Edgewater Park - with dining, shops, parks & recreation, galleries, theatre & entertainment, places of worship, and other services - this is a **MUST VISIT** neighborhood. (Detroit Shoreway Map)
 - Visit the 78th Street Studios on the **Third Fridays** for the largest fine arts in Cleveland. The next date is Friday, August 19 from 5-9 pm!
- The Cudell & Edgewater neighborhood is Cleveland's diverse and historic west side neighborhood.

Northwest Neighborhoods

THANK YOU FOR RACING TRICLE



Mark Brandt
Founder/CEO



Natalie McManamon
Event Director
USAT Level 1 Certified Race Director



Melanie Prohaska
Marketing & Communications
Director
USAT Level 1 Certified Race Director



Jessica Yeager
Volunteer and Community
Outreach Director



Wesley Roepke
Associate Volunteer
Operations Coordinator



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