



2023 ATHLETE GUIDE



Tri CLE Rock Roll Run

Cleveland, Ohio | August 12, 2023

TRANSDIGM
GROUP INC.

UH University Hospitals
Sports Medicine

oswald
A UNISON RISK ADVISORS Company

Argonaut



WELTY
DEVELOPMENT

METRO

LEXUS

LAND

GREAT LAKES
Science Center
Stay Curious.

bike  Ohio



RCT LOGISTICS

Aladdin's

STRETCH
LAB

G
ENDURANCE

SPRING
ENERGY



TABLE OF CONTENTS

3

**Note from
the
Team**

5

**Tri CLE
Race
Schedule**

6

**Athlete &
Bike
Check-In**

8

**Sticker Kit
& Bib**

9

**Pre-Race
Info**

10

**Parking
Info**

11

**Athlete
Shuttle**

13

**Race
Instructions**

15

**Race Day
Info**

18

**Duathlon
Info**

19

**Relay
Team Info**

21

**Athlete
Rules**

22

**USA
Triathlon
Rules**

24

**Wave
Starts**

25

**Course
Maps**

41

**Race Day
Tips**

44

**Additional
Info**

48

Thank You



NOTE FROM THE TEAM

Dear Athletes,

Our team is excited to welcome you to Tri CLE Rock Roll Run! This will be our third year holding this event and we are looking forward to giving you a race experience like no other!

We hope that your training has been going well and that you are getting just as excited to put that hard work to the test. Whether you are a newbie or a seasoned athlete of multisport racing, this race is a great way to get immersed in the sport and understand why people keep coming back to race - it's not just about the race, it's about the multisport community!

Our team wanted to share with you some general statistics about the race, which shows that people from around the United States of all ages will be racing alongside you!

- **Participants**

- A majority of participants are from Ohio, but we also have other states represented: Pennsylvania, Michigan, Illinois, Indiana, Maryland, Massachusetts, Virginia, Washington DC, Colorado, New York, West Virginia, Florida, Georgia, North Carolina, Minnesota, Texas, New Jersey, Wisconsin, and Louisiana.
- We also have a few participants who are making a trek to race with us - someone from Alaska and British Columbia, Canada!

- **Registrations**

- The highest concentration of participants is in the Sprint Triathlon and Olympic Triathlon

- **Age Groups**

- A majority of our participants are in the 30-39 age group!
- There are over 50 participants who are in the 60+ age groups!
- There are over 40+ youth participants (aged 17 and under) racing Tri CLE

As you look around on race day, we strongly suggest taking a few moments to get to know the people around you & their **'why'** for racing! Everyone has a story to share & it's a great way to create comradery!

Last but not least, **YOU** are all the reason that we get to put on this race! Seeing each of you create new memories, achieve new personal records, and connect with the multisport community really makes us feel that Tri CLE is truly a special event.

We look forward to meeting each of you on race weekend!

Your Tri CLE Team

Mark, Natalie, Melanie, & Jessica

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 11

Start	End	Event	Location
11 AM	5:30 PM	Athlete packet pick-up (mandatory)	Great Lakes Science Center
11 AM	5:30 PM	Transition 1 bike drop-off (mandatory)	Great Lakes Science Center
11 AM	6 PM	Transition 2	Edgewater Park
12 PM	2 PM	Practice swim	North Coast Harbor

Saturday, August 12

Start	End	Event	Location
3:00 AM	10:00 AM	Rolling closures starting at Dead Man's Curve	Memorial Shoreway
4:00 AM	5:45 AM	Parking at Kite Field	Edgewater Park
4:15 AM	5:45 AM	Transition 2 Run gear drop -off	Edgewater Park
4:15 AM	5:45 AM	Athlete & Volunteer shuttle bus* <ul style="list-style-type: none">• Transport to North Coast Harbor	Edgewater Park
4:30 AM	6:15 AM	Transition 1	Great Lakes Science Center
6:15 AM		Transition 1 CLOSES	Great Lakes Science Center
6:20AM		National Anthem	North Coast Harbor
6:23 AM		Challenged Athlete Wave	North Coast Harbor
6:30 AM		Olympic waves start	North Coast Harbor
6:40 AM		ALL Duathlon wave start	North Coast Harbor
7:15 AM		Sprint wave start	North Coast Harbor
8 AM		Super Sprint wave start	North Coast Harbor
8:30 AM	12 PM	Post Race Party & Awards Ceremony <ul style="list-style-type: none">• Food vendors• Live music• Recovery Zone• 10:15 AM awards ceremony (approx)	Edgewater Park
10 AM	12 PM	Transition 2 gear check-out	Edgewater Park

**Spectators can take the shuttle bus to the North Coast Harbor, however, athletes & volunteers take priority. Spectators will be transported from the North Coast Harbor to Edgewater Park.*



ATHLETE & BIKE CHECK-IN

WHEN

Friday, August 11 | 11:00 AM - 5:30 PM

MANDATORY packet-pick up at the Great Lakes Science Center rooftop garage (green space)

WHERE

Great Lakes Science Center Parking Garage

Green Space

Use the Great Lakes Science Center main address
601 Erieside Ave, Cleveland, OH 44114

ATHLETE CHECK-IN STEPS

1. Review the [Event Parking](#) information for details on where to park on Friday, August 11.
2. Go to the Athlete Check-In
3. Pick-up race packet and timing chip
4. Adhere bike seat post sticker on the bike
5. Take the bike to Transition 1 and rack it in the appropriate section

RACE PACKET WILL INCLUDE

- Participant t-shirt
- TransDigm Swim cap
- 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
 - Race bib - must be worn on the run
- Timing chip
- Athlete wristband
- Gear bag (used for Transition 1 clothing)

ADDITIONAL NOTES

- Pick up your packet **BEFORE** heading into Transition 1 to set up your bike. Each participant will receive a sticker kit for their bike. Review the details of where each sticker goes (bike & helmet). For security reasons, adhere the numbers to your bike **BEFORE** going into Transition 1.
- Your timing band will be provided to you at athlete packet 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**
- **Gear Bag** is for each participant to put any gear that is not being used on the bike. Put gear in this bag, close it properly, and take it to the end of the rack to the dino bag as you leave Transition 1.

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**

THERE WILL BE NO RACE DAY PACKET PICK UP OR BIKE DROP OFF. THIS MUST BE DONE ON FRIDAY, AUGUST 11, 2023 DURING THE SPECIFIED TIMES OF 11:00 AM TO 5:30 PM.

**The Athlete Briefing is pre-recorded and will be available soon on our YouTube Channel*

MANDATORY Bike check-in will be on Friday, August 11, 2023 from 11:00 AM to 5:30 PM.

Review the map below for the location of Transition 1

- There is NO drop-off parking at/around the location of Transition 1 due to the Browns pre-season game
 - There may be other traffic restrictions in this area due to the game. It is strongly recommended you do not drive near the stadium.
- Do not park in the Browns Purple Lot as this is for Browns VIP/Season Pass holders
- Review the [Event Parking](#) information.
- Participants are ***strongly encouraged*** to park at the Burke Lakefront Airport parking from 10:00 AM to 2:00 PM for a special rate of \$10 for an hour.
 - **CASH ONLY.** The lot will be strict on the 1 hour time limit and Tri CLE is not responsible for any additional charges
- 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.)

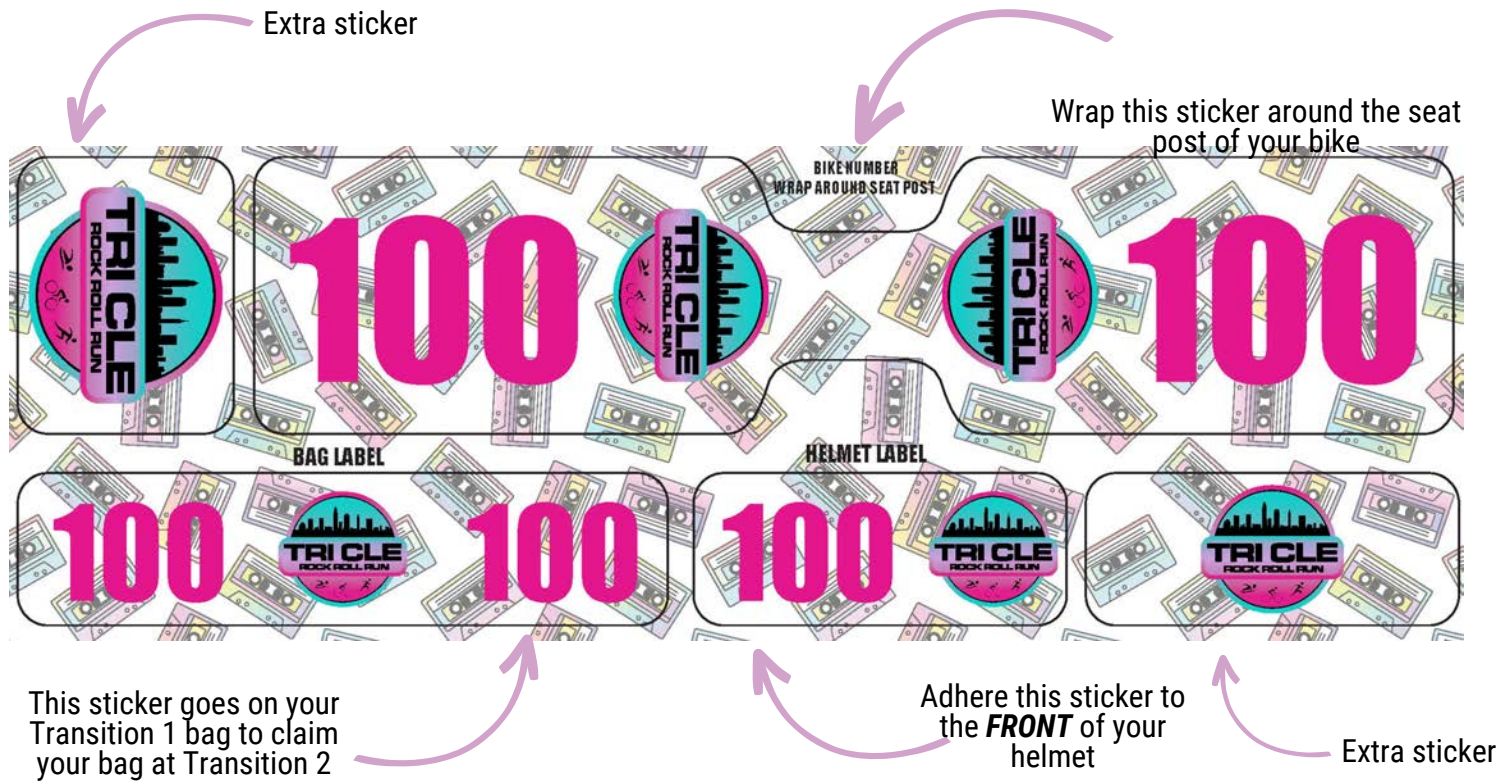


If you are not familiar with this part of downtown Cleveland, in Google Maps type in 'Great Lakes Science Center' which will show you this area





STICKER KIT & BIB



Bib **MUST** be worn on the run



PRE-RACE INFO

MANDATORY BIKE CHECK-IN

Mandatory Bike Check-In is on Friday, August 11 from 11:00 AM to 5:30 PM at Transition 1 located at the green space on top 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 4:30 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.

We highly suggest releasing some tire pressure in your bike tires before you leave your bike overnight in Transition 1. Given that the race is during the summer, there can be fluctuations in the air pressure and it could cause your bike tube to pop overnight. Bike Ohio will have bike pumps and compressors on race morning to ensure that your tire pressure is ready to race.

TRI CLE BIKE COURSE

Participants are NOT permitted to ride their bikes on the Memorial Shoreway prior to race day.

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

TRI CLE SWIM COURSE

Participants are NOT permitted to swim in the North Coast Harbor prior to race day, **EXCEPT** for the practice swim on Friday, August 11 from 12:00 PM to 2:00 PM.

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.



WELTY
DEVELOPMENT

3421 Ridgewood Road, Suite 225, Fairlawn, Ohio 44333
wellydev.com information@thinkwelly.com



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.

Tri CLE recommends that you arrive early and be patient when parking and follow the attendants' directions. There is an event at Edgewater Marina at the same time on race day.

Limit the valuables you bring to the race and lock them out of sight in your car.

SPECTATOR PARKING AT EDGEWATER

On race day, spectators are encouraged to park at Edgewater Park in the same parking area as participants.

Spectators ARE allowed to take the shuttle to the North Coast Harbor, however, participants, staff, & volunteers take priority over spectators taking the shuttle.

Spectators will be shuttled back to Edgewater, however, they may not be back in time to see their athlete on the bike and/or run.

Full details for parking at the North Coast Harbor and at Edgewater can be found by visiting the [Event Parking](#) section of the website.

ROAD CLOSURES

The Memorial Shoreway will start to close starting at 3:00 AM at Deadman's Curve and progressively roll east to west until fully closed.

The Memorial Shoreway will begin to open after the last bike is off the bike course. This is estimated to be between 9:00 AM to 10:00 AM.





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 9 shuttle buses to take athletes from Edgewater Park to the North Coast Harbor on race morning.
- It is recommended to arrive early. Shuttles begin at 4:15 AM.
- The last shuttle before the race starts is at 5:45 AM.
- At 6:30 AM all but 2 buses will be released. The remaining 2 buses will run a continuous shuttle route until all volunteers are released from their positions at Transition 1.
- 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 - which is approximately between 10:30 AM - 11:00 AM.







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 and compressors 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 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 duathlon and be waiting at their assigned transition racking position.
- Transition closes at 6:15 am. All athletes (except relay team members) must exit transition regardless of start time. Timing chips will activate at this time please do not cross the timing mats. If you have morning clothes to drop off or need something from your bike please ask a volunteer of the Transition Coordinator for assistance, be sure to give them your race number.

SWIM AND AQUABIKE START

- Give yourself plenty of time to get from the transition area to the athlete waiting area in the morning.
- 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 gear bag that you were given at packet pick-up and drop it off in the **canvas container** (called a dino bag) 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 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.
- **PAY ATTENTION TO THE SIGNS ON THE RUN COURSE AS TO WHERE TO RUN. RUNNERS SHOULD STAY TO THE LEFT OF THE PATH AT ALL TIMES.**
- There will be several live bands along the run course to help keep you motivated provided by Oswald Companies.

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 University Hospital's 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 Recovery Zone, and more.

AWARDS

2023 Awards

Triathlon

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

Triathlon Relay Teams

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

Aquabike

- Top overall female & male: Sprint, Olympic

Duathlon

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

Non-Binary

- Top three winners

Must be present to receive an award.





RACE DAY INFO

LAKE ERIE WATER TEMPERATURE

Permitted: If the water temperature is up to 78 degrees Fahrenheit, wetsuits are permitted and participants are eligible for Age Group Awards.

Allowed: 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 will pick up their timing chip at packet pick-up.

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.

DO NOT FORGET YOUR TIMING CHIP ON RACE MORNING

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 to Race Penguin within 5 business days to:

Race Penguin
1479 Delashmut Ave
Columbus, Ohio 43212

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

SATURDAY, AUGUST 12

Edgewater Park | Transition 2

7900 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- 3:45 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
- 4:15 AM - 5:45 AM | Shuttle Bus Transportation
 - Shuttle Bus Pickup, northwest corner of Transition 2 (to the North Coast Harbor)
 - Shuttles are for *participants, volunteers, staff, and spectators. Participants, volunteers, and staff are **PRIORITY** to take the shuttle.*

North Coast Harbor

- Shuttle busses will drop off at Transition 1
- Transition 1 opens at 4:30 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
- 6:40 AM ALL Duathlon Wave Start
- 7:30 AM Sprint Wave Start
- 8:00 AM Super Sprint Wave Start

Edgewater Park

Post-race party!

- 8:30 AM - 12:00 PM

Awards Distribution

At 10:15 AM (approximate) awards 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.

The timing of Gear pick-up is subject to athlete and volunteer safety. Please be patient as we collect, load and transport as athletes safely clear Transition 1 and RCT Logistics is able to cautiously navigate the route to Transition 2. Upon the arrival of RCT Logistics, we ask that you stay clear as trucks are unloaded and gear sorted for distribution. Your race number will be verified.

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.



Argonaut is proud to support and participate in TriCLE's Annual Rock Roll Run Triathlon. From cleaning the harbor, to designing and setting the course, to assuring swimmer safety, the Argonauts are committed to a fun and safe experience for all competitors, volunteers and spectators.





DUATHLON INFO

TRI CLE DUATHLON

A duathlon is run, bike, run - there is no swimming involved.

ALL DUATHLETES will start at 6:40 am at the North Coast Harbor.

Duathletes that will be using cycling shoes for the bike portion of the race **MUST HAVE** two different pairs of running shoes: one for the first leg of the race and one for the third leg of the race (which is the second run).

The first pair of running shoes will be used for the first run at the North Coast Harbor. The participant will then put the shoes in their gear bag and drop them off at the end of their bike rack as they leave Transition 1.

The second pair of running shoes will need to be staged at Transition 2 either on Friday, August 11 or Saturday, August 12 (race morning) before taking the shuttle to the North Coast Harbor.

Gear from Transition 1 will be able to be picked up by the participant until **AFTER** they have finished. Therefore, duathletes will not have access to the running shoes that they used for the first run leg.

Duathletes that will use the same shoes for the entire race do not have to worry about staging a second pair of running shoes at Transition 2.

THERE WILL BE NO RACE DAY PACKET PICK UP OR BIKE DROP OFF. THIS MUST BE DONE ON FRIDAY, AUGUST 11, 2023.



Proud sponsor
of Tri CLE 2023

oswald®

A UNISON RISK ADVISORS Company



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 is passed from one athlete to the other as they complete their respective leg of the race. A two-person team cannot have the same person as the swimmer and runner - as Tri CLE cannot guarantee that swimmer will make it to Edgewater to run. Relay team members can be comprised of mixed of genders and ages.

RELAY TEAMS

- Relay team members do not all have to be present at to pick up the packet.
- Who ever does not go to packet pick-up is relying on their team members for information about race day.
- Each athlete that participates in a Relay will receive a shirt at Athlete Check-In.
- One timing chip per relay team
- One swim cap per team for the swimmer
- One sticker kit per team for the cyclist
- One bib per team for the runner.
- Each relay team member will receive a wristband which will allow them in and out of Transition 1 and Transition 2.
- Finisher medals are given to the runner upon finishing
- Relay team runner is recommended to NOT go to the North Coast Harbor. Tri CLE cannot guarantee that the runner will be when the cyclist is finished with their bike leg.

THERE WILL BE NO RACE DAY PACKET PICK UP OR BIKE DROP OFF. THIS MUST BE DONE ON FRIDAY, AUGUST 11, 2023.

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 top relay for

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



World Class Facility with Care for Every Athlete

Staffed by board-certified orthopedic surgeons and leaders in sports medicine, the world-class facility will be a home for athletes of all ages and abilities, giving patients a seamless path from consult to surgery, all the way through rehabilitation and strength performance training.

The 78,000 square foot, multi-story facility features:

- Surgical & Non-Surgical Sports Medicine Care
- Physical Therapy
- Sports Performance Training
- Nutrition Services
- Walk-In Orthopedic Injury Clinic
- Concussion and Neurological Care
- Post-Operative Pain Management Alternatives



University Hospitals
Drusinsky Sports Medicine Institute

3999 Richmond Road, Beachwood



For more information about the
UH Drusinsky Sports Medicine
Institute, visit UHSports.org.



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 and the course maps 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.

The bicycle draft zone is 10 meters (32.8 feet) long extending backward 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. Avoid **DRAFTING** for your safety and other participants. *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 20 seconds to avoid impacting another cyclist’s safety.

Once passed, an athlete **MUST IMMEDIATELY** begin dropping back out of the draft zone of the forward athlete, before attempting to re-pass.

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.



USA TRIATHLON RULES

TRI CLE ROCK ROLL RUN ABIDES BY THE RULES OF USA TRIATHLON TO PUT ON A SAFE RACE.

Each participant is expected to know the rules and follow them on race day. Below are some common rules that are typically violated during a race. To review the full rules, click this [link](#).

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.
- 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 for tracking purposes ONLY (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 two- way radio communication. Using any communication device in this manner during the competition may result in disqualification.
- 6. Glass Containers:** Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
- 7. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.
- 8. Race number Transferring:** Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.





WAVE START SCHEDULE

Saturday, August 12

NATIONAL ANTHEM

- 6:20 AM Played by Billy Morris of Billy Morris and the Sunset Strip

CHALLENGED ATHLETES

- 6:23 AM Challenged Athletes

OLYMPIC

Triathlon & Aquabike | Start Times

- 6:30 AM Men 20-29
- 6:35 AM Men 30-34
- 6:38 AM Men 35-39
- 6:43 AM Men 40-49
- 6:46 AM Women 20-34
- 6:49 AM Women 35-44
- 6:52 AM WMen 50-59, Clydesdale
- 6:55 AM Men 60+, Women 45-54, Athena
- 6:58 AM Men 12-19, Women 12-19, Women 55+, Relays

DUATHLON

- 6:40 AM ALL DISTANCES & AGES

SPRINT

Triathlon & Aquabike | Start Times

- 7:15 AM Men 20-29
- 7:20 AM Men 30-34
- 7:25 AM Men 35-44
- 7:30 AM Men 45-55
- 7:35 AM Women 20-34
- 7:40 AM Men 55-65, Clydesdale
- 7:45 AM Women 40-49, Athena
- 7:48 AM Men 65-69, Women 50-65
- 7:51 AM Men 12-19, Men 70+, Women 12-19, Women 65+, Relays

SUPER SPRINT

Triathlon & Aquabike | Start Times

- 8:00 AM Men 20-49
- 8:03 AM Men 50-79, Clydesdale
- 8:06 AM Women 20-39, Athena
- 8:09 AM Women 40-80+
- 8:12 AM Men 12-19, Women 12-19



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

- Run on the sidewalks on East 9th Street and not on the road as there is active traffic on East 9th Street.



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.
- Stay to the right when entering and exiting Transition 1.

Bike Course Map | Super Sprint



MOUNT BIKE

There are specific 'Mount' signs as you exit Transition 1. Mount your bike in this area ONLY.

DISMOUNT BIKE

There are specific 'Dismount' signs as you get near Transition 2. Dismount in this area ONLY. You cannot ride your bike into transition.

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
- Left on Key Plaza Drive
- 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

Proud to provide gear transportation



Driving Trusted Solutions

Best of Luck Athletes!

RCT is a relationship-focused third party logistics company. By forming partnerships based on honesty, integrity, and communication. RCT aims to drive trusted solutions to keep your supply chain moving forward.

- *Full Truckload*
- *Flatbed*
- *Over-dimensional*
- *LTL*
- *International*
- *and more*



Bike Course Map | Sprint



MOUNT BIKE

There are specific 'Mount' signs as you exit Transition 1. Mount your bike in this area ONLY.

DISMOUNT BIKE

There are specific 'Dismount' signs as you get near Transition 2. Dismount in this area ONLY. You cannot ride your bike into transition.

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



Bike Course Map | Sprint

SPRINT | 20K COURSE

- Left on Erieside Avenue
- Left on Key Plaza Drive
- 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



MOUNT BIKE

There are specific 'Mount' signs as you exit Transition 1. Mount your bike in this area ONLY.

DISMOUNT BIKE

There are specific 'Dismount' signs as you get near Transition 2. Dismount in this area ONLY. You cannot ride your bike into transition.

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



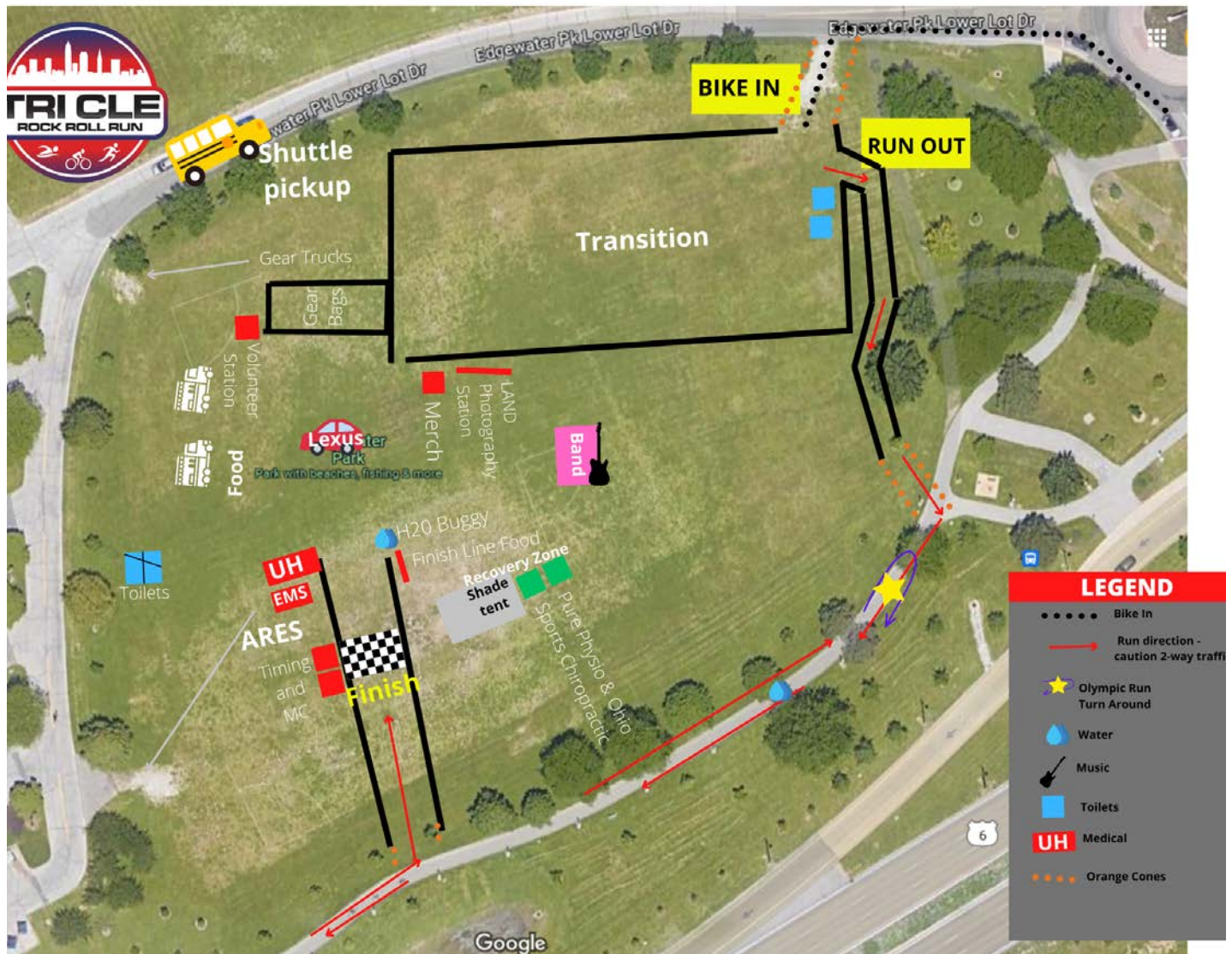
Bike Course Map | Olympic

OLYMPIC | 40K COURSE

- Left on Erieside Avenue
- Left on Key Plaza Drive
- 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. **Gear will not arrive in time to use for the run portion at Edgewater Park.**
- 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 and topick up your gear. This is for the safety and security of the athletes that are racing.



Super Sprint Run Course



Hydration & Nutrition

There are two aid stations on the run course. Participants will pass the aid station 3 times. The aid stations will have water and Gatorade Endurance, along with ice.



Sprint Run Course



Hydration & Nutrition

There are two aid stations on the run course. Participants will pass the aid station 5 times. The aid stations will have water and Gatorade Endurance, along with ice.



Olympic Run Course



Hydration & Nutrition

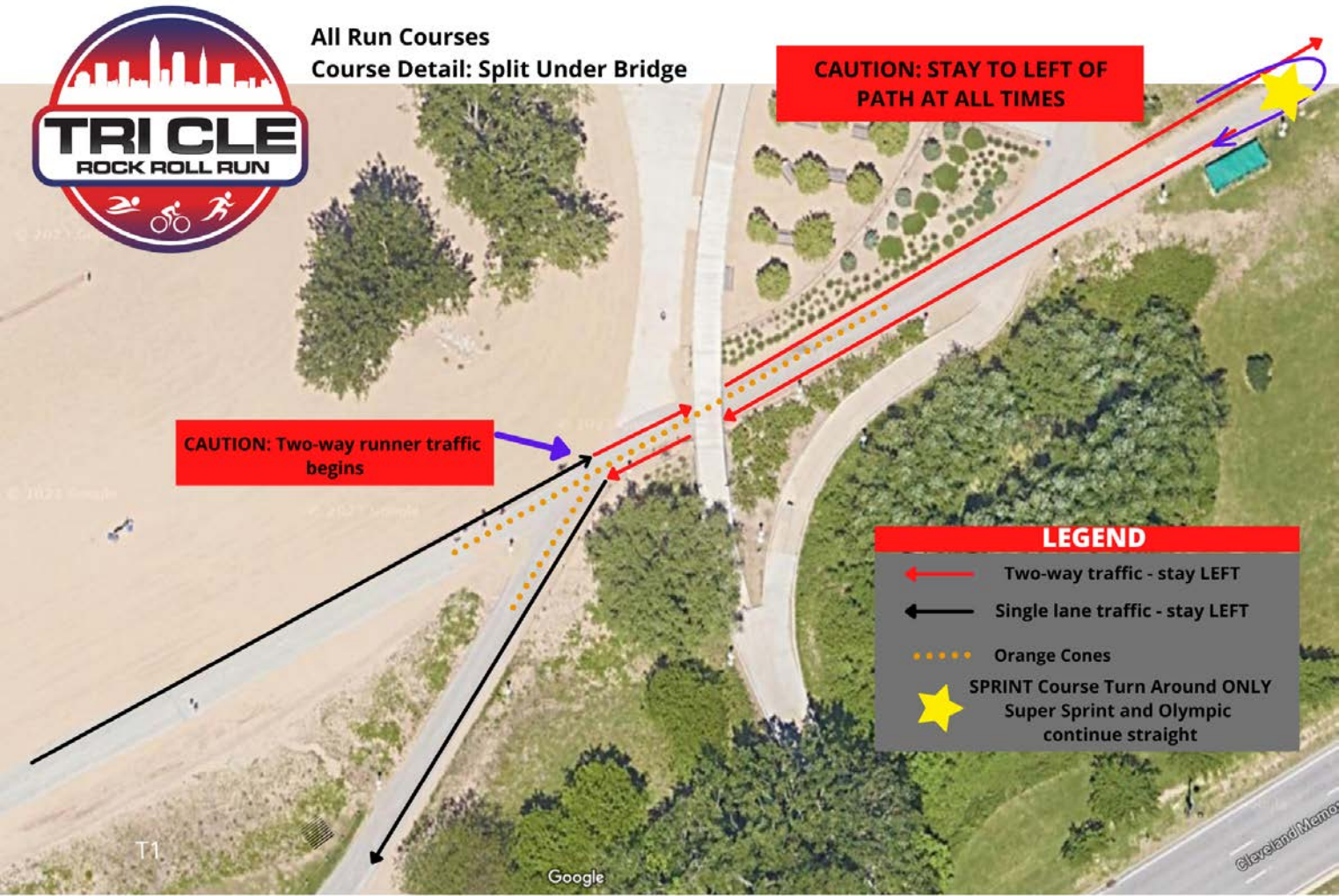
There are two aid stations on the run course. Participants will pass the aid station 11 times. The aid stations will have water and Gatorade Endurance, along with ice.

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 Details



STAY TO THE LEFT OF THE PATH AT ALL TIMES

Review this map for the critical intersection near the Edgewater Beach House



Run Course Signage



LEGEND

T2 & Finish Transition #2 - Edgewater Park

Run direction

Run direction - caution 2-way traffic

Important Course Note

Water stop

Run Turn Around

Music

Edgewater Park Beach House
7600 Cleveland Memorial Shoreway, Cleveland OH

TIPS

Stay to the **LEFT** of the path at all times

Park open to the Public

TRICLE ROCK ROLL RUN

Stay Left

Public Right

Hydration & Nutrition

- There are two aid stations on the run course.
- The aid stations will have ice, water, and Gatorade Endurance.







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.
- You may consider having shoes to put on after you exit the swim course, as the distance from the swim exit to Transition 1 is a little long.

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. **Only bring into transition what is necessary.**
- 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.

BIKE (continued)

- **PER USA TRIATHLON RULES, HEADPHONES, EARBUDS, OR MUSIC ARE NOT PERMITTED ON THE BIKE.**
- 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 the course.
- E-bikes are NOT allowed.
- MOUNT your bike in the designated area OUTSIDE of Transition 1.
- DISMOUNT your bike in the designated area BEFORE entering Transition 1.
- Participants **ARE NOT** allowed to ride their bike in Transition 1 or Transition 2.

HELPFUL HINTS AND EXTRA CLARIFICATION CONTINUED

RUN

- **PER USA TRIATHLON RULES, HEADPHONES, EARBUDS, OR MUSIC ARE NOT PERMITTED ON THE 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 aid stations containing water, ice, and Gatorade Endurance.

OTHER HELPFUL TIPS

- Limit the valuables you bring to the race and lock them out of sight in your car.
- Tri CLE recommends that you arrive early and be patient when parking and follow attendants' directions. There is an event at Edgewater Marina at the same time on race day.



LAND designs, engineers, and hand-builds its quality products under the same Cleveland roof with over 50 years of combined experience. We innovate to untether free spirits willing to wander down paths leading to progress and simplicity. Our technology integrates seamlessly into everyday life in unique ways.

<https://landmoto.io/>





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 & compostable materials have a place at Tri CLE
- Participants are encouraged to throw their food scraps into a Rust Belt Riders bin at the Food Truck area.
- These scraps will then be turned into compost and sold through their sister company Tilth Soil
- A container will be at the aid station at Upper Edgewater. The paper cups used at all aid stations will be compostable.

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 #RockThisRace #triathloncleveland
- Tag us on Instagram: @tricle_rock_roll_run
- Tag us on Facebook: @TriCLE.Rock.Roll.Run
- Tag us on Twitter: @TriCLE8

Cleveland
TRICLUB

TRI CLUB FEE JUST \$35

Do you want to be a part of a fun tri community, but also focus on improving your individual performance and reach your personal goals?

Where cleveland area triathletes meet, swim, bike, run & have fun!



PERKS OF MEMBERSHIP

Club training
Free gift
Club apparel
Affiliate discounts
Bi-weekly club updates
Tri resources



Did we mention training?

There will be lots of great opportunities to train with and learn from fellow club members.

connect clevelandtriclub@gmail.com
follow [@clevelandtriclub](https://www.instagram.com/clevelandtriclub)
visit www.clevelandtriclub.com



ADDITIONAL INFO

FOOD TRUCKS

Tri CLE will have two food trucks that will be offering food for purchase at Edgewater starting at 8:00 am through 12:00 PM.

This year, there will be two food trucks

- **RABBIT FOOD**

- Rabbit Food is serving Real Food, Made from Plants. *'We're putting plants back in plant-based diets. You won't find any imitation meats or cheeses here, just thoughtful and nourishing dishes made with wholesome, locally sourced ingredients. We're making sourdough bread with Ohio-grown wheat and building salads from the ground up, with produce grown by our friends and neighbors right here in Lake County, Ohio.'*

- **BBQ FOOD TRUCK**

- Stay tuned for more details on this truck.

TRI CLE MERCHANDISE

There will be Tri CLE branded merchandise available for sale on Friday at packet pick-up at/near Transition 1 and again on Saturday near the food trucks. Acceptable payments are cash, check, or credit card.



ADDITIONAL INFO

SUPPORT THE NEIGHBORHOODS



- Northwest Neighborhoods CDC is the 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)
 - The Cudell & Edgewater neighborhood is Cleveland's diverse and historic west side neighborhood.
- Great Lakes Science Center is a museum and educational facility with exhibits that feature the natural environment in the Great Lakes Region.
- Destination Cleveland is the non-profit destination marketing and management organization for Cuyahoga County. Our primary job: We spend every day helping more people discover the real Cleveland.
- Downtown Cleveland Alliance's mission is to attract talent, jobs, residents, and investment through market influence, community impact, and irresistible experiences.

PROUD SPONSOR of TRI CLE



8576 E. Washington St.
Chagrin Falls, Ohio

440-543-1155
bikeOH.com

Find us on:  

Thank you!

SPONSORS

TRANSDIGM
GROUP INC.



University Hospitals
Sports Medicine

oswald[®]

A UNISON RISK ADVISORS Company



WELTY
DEVELOPMENT

METRO |

LEXUS LAND



bike  Ohio



RCT LOGISTICS

Aladdin's



SPRING
ENERGY

Thank you!

FROM THE TRICLE TEAM



Mark Brandt
Founder/CEO



Natalie McManamon
*Race Director
Event Director
USAT Level 1 Certified Race Director*



Melanie Prohaska
*Co-Race Director
Marketing & Communications
Director
USAT Level 1 Certified Race Director*



Jessica Yeager
*Volunteer and Community
Outreach Director*

