

2023 VOLUNTEER GUIDE

Tri CLE Rock Roll Run

Cleveland, Ohio | August 12, 2023





TABLE OF CONTENTS

3

**Welcome
Message**

4

About Info

5

**General
Info**

6

**Tri CLE by
the #'s**

7

**What is a
Triathlon?**

8

**General
Race
Distances**

10

**Tri CLE
Race
Schedule**

11

**Volunteer
Shifts**

12

**Water
Support**

13

**Edgewater
Park Map**

14

**North
Coast
Harbor
Map**

15

**Volunteer
Commitment**

16

Be Ready



WELCOME MESSAGE

Welcome to Tri Cle Rock Roll Run 2023!

We are thrilled to have you on board as a volunteer for this exciting event. Your dedication and support play a vital role in making Tri Cle a success. As a volunteer, you are an integral part of the team, and we truly appreciate your commitment to making this event memorable for athletes and spectators alike.

Throughout this guide, you will find valuable information and resources to help you navigate your volunteer role effectively. From course maps, and schedules to specific instructions for each volunteer station, we have designed this guide to ensure you feel prepared and confident in your responsibilities. We invite you to carefully read, so that you understand your duties and responsibilities along with details of the event to make your experience as a volunteer enjoyable and effective.

Your enthusiasm, energy, and friendly demeanor will make a significant impact on the participants, their families, and fellow volunteers. Whether you're assisting at a water station, guiding participants along the course, or providing much-needed encouragement, your contributions will create an unforgettable experience for everyone involved.

Remember, teamwork and communication are key to a smooth and successful event. Don't hesitate to reach out to our Volunteer Director- Jess, your Volunteer Captain, or fellow volunteers if you have any questions or need assistance. Together, we will create an atmosphere of camaraderie, sportsmanship, and community spirit.

Thank you once again for your invaluable support. Let's come together, have a fantastic time, and make this triathlon an incredible journey for all involved!

A big THANK YOU from the Tri Cle team!
Mark, Natalie, Melanie, & Jessica

We recommend reviewing the [Athlete Guide](#) before your volunteer shift.



ABOUT INFO

Welcome to Tri CLE Rock Roll Run!

Tri CLE Rock Roll Run is more than just a triathlon; it's a celebration of athleticism, passion, and camaraderie. We are dedicated to creating an extraordinary experience that inspires and builds community and inclusivity.

Our Journey

Tri CLE Rock, Roll, Run is owned locally by the Cleveland-based MapleGroup, LLC dba Tri CLE Rock Roll Run, in partnership with the City of Cleveland and the Cleveland Metroparks. Founded by Mark Brant in 2021, Mark took his joy of racing and founded a newly reimagined triathlon in downtown Cleveland, that took place in its inaugural year on, August 21, 2021. Tri CLE Rock Roll Run is a multisport celebration in the heart of downtown Cleveland, Ohio. We offer a Super Sprint, Sprint, and Olympic distance triathlon, aquabike, and duathlon races.

The Tri CLE Experience

At Tri CLE, we pride ourselves on organizing a top-tier race that not only challenges physical prowess but also immerses the participant in an atmosphere of excitement and energy. From the moment a participant registers to race to crossing the finish line, every aspect of our event is designed to elevate the participant experience. ***YOU as a volunteer are part of that elevated experience!***

Community and Support

We believe that the triathlon community is a family, and that's why we foster an environment of support and encouragement. Whether you are a seasoned triathlete or a first-time participant, you'll find a network of like-minded individuals cheering you on every step of the way.

Giving Back

Tri CLE Rock Roll Run is committed to giving back to the community where we host our event. We partner with local organizations to make a positive impact on the area we race in, leaving a legacy of change beyond the finish line.



GENERAL INFO

TRI CLE VOLUNTEER TEAM:

Questions or concerns regarding your volunteer shift, please do not hesitate to contact our Tri CLE Team Volunteer Staff

- **Jessica Yeager** | Volunteer and Community Outreach Director
 - 330.571.2618 | Jessica.Yeager@rockrollrun.com

If for some reason you are unable to make it to your volunteer shift, please let Jess or Wes know ASAP by texting or calling. All positions are important to the safety of the participants!

The following will be your Coordinators and point of contact during your volunteer shift, for your specific area:

- Rusty Deane | Swim Course
- Pete Heizer | Duathlon Run Course (North Coast Harbor)
- Wes Roepke | Transition 1
- Shannon Kurek | Bike Course
- Mark Durno | Transition 2
- Samuel Hartman | Run Course (Edgewater Park)
- Marissa Ganzfried | Run Course (Edgewater Park)/Finish Line Area

The following individuals can also be contacted in case of an emergency or with any major race questions or concerns.

- Natalie McManamon | Race Director and Operations
- Melanie Prohaska | Co-Race Director and Marketing and Communications
- Mark Brandt | Founder

CHECK-IN TIMES

- Each volunteer role may require a different check-in time, please refer to your sign-up information and plan to arrive at least 15 minutes ahead of your scheduled shift.
- Taking a shuttle to the North Coast Harbor will require additional time, plan your morning accordingly to arrive to your shift at the specified time.

LOST PROPERTY

- The lost and found will be located at the Volunteer Tent. All items and inquiries should be direct there

FOOD AND BEVERAGE

- Water and snacks will be available for volunteers at the Volunteer Tent at Edgewater and the Information Tent at the North Coast Harbor.
- Saturday, there will be food vendors at Edgewater Park to purchase food

EMERGENCY COMMUNICATION

In the event that a participant and/or volunteer has an issue during the race, the closest Coordinator will contact the Volunteer Coordinator (Jessica) for further instruction.



TRI CLE BY THE NUMBERS

Tri CLE is a celebration of Cleveland! If you are a local, you understand how great of a city The Land truly is! That is why it is exciting to read some general statistics for the 2023 race!

- **State Representation**

- A majority of participants are from Ohio
- 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!

- **City Representation**

- These are the cities within Ohio that have the highest number of participants, in this order
 - Cleveland
 - Rocky River
 - Westlake
 - Lakewood
 - Medina

- **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



WHAT IS A TRIATHLON?

The sport of **TRIATHLON** is made up of three disciplines: swimming, cycling, and running. The three disciplines thus follow one after the other in this order with a short transition between the disciplines. Timing starts when the start is given to the swim for the participant and it stops only at the finish line, where the athletes finish the running portion of the race.

There are various possible distances in triathlon from initiation to very long distance. Tri CLE for 2023 focuses on the distances of the Super Sprint, Sprint and Olympic distances. Tri CLE also offers relay team options as well as Duathlon and Aquabike events.

In a triathlon, a **RELAY** is a team-based event where participants divide the different legs of the race among themselves. The relay allows individuals with varying strengths and ability to join forces and complete the race together. A relay team consists of three members, each responsible for one specific leg of the triathlon—swimming, cycling, or running. After completing their segment, the team member hands off their timing device to their teammate, who takes over for the next leg. This collaborative approach fosters camaraderie, strategic planning, and enables participants to showcase their skills in their respective disciplines while supporting and motivating each other towards the common goal of finishing the race.

A **DUATHLON** is a multisport event within the realm of triathlon that involves two traditional disciplines instead of three. Unlike a traditional triathlon that combines swimming, cycling, and running, a duathlon consists of running, cycling, and then running again. The race begins with an initial running leg, followed by a cycling stage, and concludes with a final running segment. Participants transition between the different legs, much like in a traditional triathlon, but without the swimming component. Duathlons provide an alternative for individuals who may not be comfortable with swimming, allowing them to still experience the excitement and challenge of a multisport event.

AQUABIKE is a specialized category that focuses on the swimming and cycling disciplines, omitting the running portion of the triathlon. Aquabike participants engage in a challenging swim followed by a cycling stage, making it an excellent option for individuals who prefer or excel in these two activities but may have limitations or preferences that prevent them from participating in the running segment. By removing the running component, the aquabike event offers a unique opportunity for swimmers and cyclists to showcase their skills and endurance. It allows participants to enjoy the competitive spirit, and multisport atmosphere of a triathlon while focusing solely on swimming and cycling.



GENERAL RACE DISTANCES

Standard Triathlon Distances

Discipline	Super Sprint	Sprint	Olympic-Distance	World Triathlon Long Course	Half	Full/Long Course
Swim	400 meters	750 meters	1.5 km	2 km	1.2 miles	2.4 miles
Bike	10 km	20 km	40 km	80 km	56 miles	112 miles
Run	2.5 km	5 km	10 km	20 km	13.1 miles	26.2 miles
Total	12.9 km	25.75 km	51.5 km	102 km	70.3 miles	140.6 miles

Duathlon Distances

Discipline	Sprint	Standard	Middle	Long
Run 1	5 km	10 km	10 km	10 km
Bike	20 km	40 km	60 km	150 km
Run 2	2.5 km	5 km	10 km	30 km
Total	27.5 km (17.1 miles)	55 km (34.2 miles)	80 km (49.7 miles)	190 km (118.0 miles)



GENERAL RACE DISTANCES

Standard Aquabike Distances

Discipline	Standard	Middle	Long
Swim	1,500m	1,900-3,000m	3,000-4,000m
Bike	40 km	80-90 km	90-200 km
Total	41.5 km	81.9-93 km	93-204 km



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 Deadman'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.



VOLUNTEER SHIFTS

THURSDAY

EDGEWATER PARK

- Volunteers will park at Edgewater Park for their shifts.
- Arrive 15 minutes prior to your shift to check-in and receive your volunteer shirt at the Volunteer Tent

FRIDAY

NORTH COAST HARBOR

- Volunteers will check in at the Information Tent for their shifts at least 15 minutes prior to their shift start.
 - Ensure that you have enough time to check-in at Edgewater and travel to the North Coast Harbor
- At check-in, volunteers will receive their volunteer shirt
- Parking information is TBD. Jessica will be in communication as to where to park.

EDGEWATER PARK

- Volunteers will park at Edgewater Park for this shift
- Arrive 15 minutes prior to your shift to check-in and receive your volunteer shirt at the Volunteer Tent

SATURDAY

EDGEWATER PARK

- Volunteers will park at Edgewater Park for this shift
 - The parking will be in the designated Participant & Volunteer Parking area - which is the Kite Field at Edgewater Park
- Arrive 15 minutes prior to your shift to check-in and receive your volunteer shirt at the Volunteer Tent

NORTH COAST HARBOR

- Parking
 - Park in the Purple Lot (behind the Browns stadium). Parking is available at a discounted price of \$6
- OR**
- Volunteers will take the shuttle to the North Coast Harbor. Upon arrival, they will check in at the Information Tent at the North Coast Harbor at Transition 1.
 - Due to road closures & the race, taking the shuttle ensures volunteers make it to their shift
- The shuttle will transport volunteers back to Edgewater Park after their shift
- Parking is also available at the expense of the volunteer, in the purple lot behind the Browns stadium for \$6, if you do not wish to take the shuttle bus to and from Edgewater Park to the North Coast Harbor

**Water Support, the next page is specific to your role*



WATER SUPPORT

WATER SUPPORT/LIFEGUARD SAFETY MEETINGS

- Prior to race day, there will be a **MANDATORY** water support meeting, virtually on Thursday, August 10th from 6:00 PM - 7:00 PM on Google Meet.
 - A link will be emailed to you in advance to join the meeting with the email address you registered to volunteer with. If you have a conflict for this meeting, or have any questions please reach out to Jess at Jessica.Yeager@rockrollrun.com as soon as you are able to.
- On race morning, Saturday, August 12 at 5:30 AM, there will be a **MANDATORY** water support briefing at the North Coast Harbor led by Captain Drew Ferguson of Argonaut.

FRIDAY DROP-OFF (OPTIONAL NOT REQUIRED)

- Volunteers providing water support and using their own kayak or standup paddleboard can drop off their watercraft on Friday at Edgewater Park between 2:00 PM - 3:00 PM.
- Watercraft will be barged to North Coast Harbor and stored in Transition 1, this area will be staffed with overnight security.
- On Saturday morning, volunteers will carry their watercraft from Transition 1 to the swim start to enter into the water

SATURDAY DROP-IN

- Park in the Purple Lot (behind the Browns stadium).
 - Parking is available at a discounted price of \$6
- Put in kayak or standup paddleboard at the Oasis Marina
- Paddle to the start of the swim (the floating docks by the Great Lakes Science Center)

SATURDAY NORTH COAST HARBOR WATER SUPPORT

- Volunteers will check in at the Information Tent at the North Coast Harbor and receive their volunteer t-shirt, if they did not check-in & drop off their watercraft on Friday

The Swim course is monitored by our Argonaut safety team. For both the practice swim and race day our Swim Course Leader is Rusty Deane. If you have any questions during your volunteer shift, please report directly to Rusty.



EDGEWATER PARK MAP



EDGEWATER PARK ADDRESS

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



NORTH COAST HARBOR MAP





VOLUNTEER COMMITMENT

As a volunteer for Tri CLE, your commitment and dedication are vital to the success of the event. By participating as a volunteer, you become an essential part of the Tri CLE team, contributing to the smooth operation and creating a positive experience for athletes, spectators, fellow volunteers and our community.

By signing up to volunteer, understanding the following commitments are crucial to your role.

1. **Punctuality:** Plan to arrive at your designated volunteer location on time, allow for an necessary check-in and instructions. By showing up on time and ready you ensure a seamless coordination of activities.
2. **Fulfilling your assigned role:** By signing up to fill a particular volunteer role, we are counting on your commitment to ensure a safe and smooth event. We understand that emergencies arise, and if you are unable to fulfill your assigned role you contact our Volunteer and Community Outreach Director, Jess, as soon as you are able to so that we can plan for contingencies. Please follow the Volunteer Captain's instructions and ask for clarification and assistance when needed.
3. **Professionalism and Respect:** We ask as a volunteer that you conduct yourself professionally, treating all participants, volunteers, staff, spectators and community with respect, kindness, and inclusivity. This includes maintaining a positive and supportive attitude throughout the event.
4. **Safety Awareness:** The safety and well-being of yourself and others is crucial. Adhere to all safety guidelines, protocols, and instructions that are provided to you by your team lead. Promptly report any safety concerns or incidents to the nearest Volunteer Captain.
5. **Teamwork and Cooperation:** By working collaboratively with your fellow volunteers, event staff, and Volunteer Captains, you foster a spirit of teamwork, cooperation, and effective communication. By working together, we can achieve great things!
6. **Flexibility and Adaptability:** Event logistics may change, and circumstances may require volunteer roles and responsibilities to adjust. Should this happen, please remain flexible and adaptable to any changes that are necessary, while remembering the ultimate goal is the success of the Triathlon to support the participants in a memorable day.
7. **Representing Tri CLE:** As a volunteer, you are an ambassador for Tri CLE and our values. Please uphold our reputation by demonstrating professionalism, enthusiasm, and a positive attitude in all interactions.

By adhering to these commitments, you are contributing to the overall success of the event and creating a memorable experience for all involved. We look forward and are proud to have our volunteers making a significant impact on the success of Tri CLE.



BE READY

To ensure you have a smooth and enjoyable volunteer experience at Tri CLE, it is essential to come prepared. The temperature at 3:30 am or 6:00 am the morning of the race, can be very different from that at noon or later. With your volunteer shirt, please wear clothing that is comfortable and appropriate for varying weather conditions. Wear comfortable shoes, especially if you will be standing for some time in your volunteer role. Dress in anticipation of the weather and remember to wear your volunteer t-shirt during your volunteer shift.

Here is a suggested list of items you may want to consider bringing that can help you feel comfortable and ready (these are suggestions and not required):

- **Comfortable Clothing:** Wear weather-appropriate and comfortable attire suited toward your role. Dress in layers to adapt to changing conditions through the day.
- **Appropriate Footwear:** Opt for closed-toes shoes with good support. Comfortable athletic shoes or sneakers are highly recommended, especially for roles that involve standing or moving around.
- **Sun Protection:** Protect yourself from the sun's rays by bringing items such as sunscreen, a hat, sunglasses, and lightweight breathable clothing.
- **Hydration and Snacks:** Stay hydrated throughout your shift by bringing a refillable water bottle. Additionally consider packing some light snacks to keep your energy levels up during breaks. Tri CLE will have water and snacks available at the Volunteer Tent, which will be positioned at Edgewater.
- **Personal First Aid Kit:** While medical assistance will be available on-site, having a small personal first aid kit with items like band-aids, blister pads, and pain relievers can be helpful.

Other items that previous volunteers have brought, or suggested depending on your specific role:

- Camping chair
- Rain jacket
- Portable charger
- Ziplock bag to keep items dry
- Volunteer guide
- Notepad and writing utensil

Please note that Tri CLE does not provide locked storage for personal belongings. As a result, we kindly ask volunteers to leave valuables at home and only bring necessary items. Tri CLE holds no responsibility for any loss or damage to any personal items during the event. It is important to keep your belongings secure and under your supervision at all times, consider wearing a small backpack or cinch bag to secure and keep your items with you.

By being prepared and having the essentials with you, you'll be ready to contribute to the success of the Triathlon and have a rewarding volunteer experience!