

# 2024 VOLUNTEER GUIDE

## Tri CLE Rock Roll Run

Cleveland, Ohio | August 18, 2024



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# WELCOME MESSAGE

Welcome to Tri CLE Rock Roll Run 2024!

We're excited to have you join us as a volunteer for this year's event. Your involvement plays a huge part in the success of Tri CLE, the multi-sport community, and the community at large. We deeply appreciate the dedication and enthusiasm you bring to the team! As a volunteer, you're a key player in ensuring that Tri CLE is a memorable experience for athletes, spectators, and everyone involved.

This guide is packed with essential information and resources to help you in your volunteer role. You'll find everything from course maps and schedules, to specific instructions for each volunteer station. We've designed this guide to equip you with the knowledge you need to feel confident and be prepared for your volunteer shift.

Your positive energy and friendly support will have a meaningful impact on participants. Whether you're helping participants take the first stroke onto the swim course, guiding runners, or cheering on competitors, your role will help create an inspiring and memorable experience.

If you have any questions or need assistance, please reach out to our Volunteer and Community Outreach Director, Jess, your Volunteer Captain, or any fellow volunteers. We're here to support each other and make 2024 extraordinary!

THANK YOU for your support and contribution, we look forward to making Tri CLE 2024 an incredible journey for everyone involved! We're looking forward to our fourth year of Tri CLE, showcasing the Triathlon sport in the heart of Cleveland.

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](mailto:Jessica.Yeager@rockrollrun.com)

If for some reason you are unable to make it to your volunteer shift, please let Jess 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:

- Captain Drew Ferguson | Swim Course
- Rusty Deane | Swim Course
- Rick Cadwell | Duathlon Run Course
- Stacy Rhea | Transition
- Shannon Kurek | Bike Course
- Pete Heizer | Run Course + volunteer captain for each aid station
- Melissa Waclawik | Finish Line
- Rich Fowler | Race Announcer

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 Director
- 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.
- Plan your morning accordingly to arrive to your shift at the specified time.
- Keep in mind the Shoreway will close around 3:00am on race day, you may need to take an alternate route to get to Edgewater (you will need to enter Edgewater from W. 73rd and Detroit).

## 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.
- On race day, there will be food vendors at Edgewater Park to purchase food

## RACE WEEKEND APP

- Important messages may be communicated through the RTRT app
- We highly suggest downloading the app <https://bit.ly/2024TriCLEApp>

## 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 2024 race!

- **State Representation**

- A majority of participants are from Ohio, but we also have other states represented: Alabama, California, Colorado, Florida, Georgia, Illinois, Indiana, Maine, Michigan, Minnesota, North Carolina, New Hampshire, New York, Pennsylvania, South Carolina, Tennessee, Texas, Virginia, Washington, and Wisconsin.
- We also have two participants who are coming from Canada

- **City Representation**

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

- **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 group
- 40+ youth participants (aged 17 and under) are 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 202 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 (118.0miles)





# 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

Saturday, August 17

Start	End	Event	Location
10 AM	4 PM	Athlete packet pick-up	Edgewater Park
10 AM	4 PM	Bike check-in & gear drop off	Edgewater Park
11 AM	1 PM	Practice swim	Edgewater Beach

Sunday, August 18

Start	End	Event	Location
3:00 AM	10:00 AM	Rolling closures starting at Dead Man's Curve	Memorial Shoreway
4:15 AM	5:45 AM	Parking at Kite Field	Edgewater Park
4:15 AM	6:00 AM	Packet pick-up	Edgewater Park
4:30 AM	6:15 AM	Transition Open	Edgewater Park
6 AM		Packet pick-up <b>CLOSES</b>	Edgewater Park
6:15 AM		Transition <b>CLOSES</b>	Edgewater Park
6:15 AM		National Anthem, Billy Morris	Edgewater Park
6:23 AM		Challenged Athlete Wave	Edgewater Beach
6:30 AM		Olympic Triathlon & Aquabike waves start	Edgewater Beach
6:45 AM		Olympic Duathlon wave start	Edgewater Beach House
6:55 AM		Sprint Triathlon & Aquabike wave start	Edgewater Beach
7:05 AM		Sprint Duathlon Start	Edgewater Beach House
7:05 AM		Super Sprint Duathlon Start	Edgewater Beach House
7:20 AM		Super Sprint Triathlon wave start	Edgewater Beach
8:00 AM	12 PM	Post Race Party & Awards Ceremony <ul style="list-style-type: none"><li>• Food vendors</li><li>• Live music</li><li>• Recovery Zone</li><li>• 10:00 AM awards ceremony (approx)</li></ul>	Edgewater Park



# VOLUNTEER INFO

## FRIDAY & SATURDAY

### 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

## SUNDAY

### 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

## LIFEGUARD SAFETY MEETINGS

- Prior to race day, there will be a **MANDATORY** Lifeguard **ONLY** meeting, virtually on Thursday, August 15th 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](mailto:Jessica.Yeager@rockrollrun.com) as soon as you are able to.

## WATER SUPPORT/LIFEGUARD SAFETY MEETINGS

- On race morning, Sunday, August 18, at 5:30 AM at Edgewater Beach, Captain Drew Ferguson of Argonaut will lead a **mandatory** water support briefing.

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



# EDGEWATER PARK MAP



## EDGEWATER PARK ADDRESS

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



# TRANSITION AREA 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!



# Thank you!

Once again, we appreciate your support and look forward to seeing new volunteer race memories created in 2024!

