A smiling woman with a grey headband and a purple t-shirt is giving a thumbs up. The t-shirt has a colorful logo that says 'Tri CLE' and 'CLEVELAND 2024'. In the background, there are other people and green trash bins.

2025 VOLUNTEER GUIDE

Tri CLE Rock Roll Run

Cleveland, Ohio | August 10, 2025



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WELCOME MESSAGE

Welcome to the 2025 Tri CLE Volunteer Team!

We're so excited to have you join us as we celebrate a milestone year—the fifth anniversary of Tri CLE, recently named the #1 Sprint Triathlon in the U.S. by USA Today's 10Best Readers' Choice Awards! Whether this is your first time volunteering or you've been with us from the start, your time, energy, and enthusiasm are what make this race unforgettable and award-winning.

Volunteers like yourself are critical to Tri CLE. From helping athletes check in at registration, handing out fluids on the run course, or helping as part of the water safety team, every role plays a critical part in creating a safe, fun, and unforgettable experience for everyone involved. Your participation helps athletes feel supported, encouraged, and proud to race in Cleveland.

This year is extra special; five years ago, Mark Brandt launched Tri CLE with a vision of building community through multisport racing. Thanks to incredible volunteers like you, we've grown into a nationally recognized event that showcases the best of Cleveland's spirit, grit, and beauty. You're helping us bring that vision to life once again by volunteering with us this year.

We know race weekend can be fast-paced, but we hope you have a moment to look around and witness the determination of the athletes, the smiles of the spectators, and the community you are helping to build and grow. Your impact goes beyond the finish line.

On behalf of everyone at Tri CLE, thank you for choosing to spend your time with us. We couldn't do this without you, and we wouldn't want to! Let's make this fifth year our best one yet!

With Gratitude,
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.

Tri CLE is proud to be celebrating it's fifth year of racing in Cleveland in 2025 while being named the #1 Best Sprint Triathlon in the U.S. by USA Today's 10Best Readers' Choice awards.

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 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
- Julie Sadar | Transition
- Shannon Kurek | Bike Course
- Pete Heizer & Kendra Weekley | Duathlon Run Course, Run Course + Captain for each aid station
- Melissa Wacławik | 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 Event Director
- 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 directed there

PARKING

- Some volunteers will be asked to park in the Upper Edgewater area on race morning. This will be communicated with you prior to your volunteer shift.

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/2025TriCLEApp>

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 2025 race!

- **State Representation**

- A majority of participants are from Ohio, but we also have other states represented: Alabama, California, Colorado, Connecticut, Florida, Illinois, Indiana, Kentucky, Maine, Michigan, Minnesota, Missouri, North Carolina, New Hampshire, New York, Pennsylvania, Texas, Virginia, Washington DC, and Wisconsin.
- We also have one participant from Canada and one from Chile!

- **City Representation**

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

- **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 2025 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

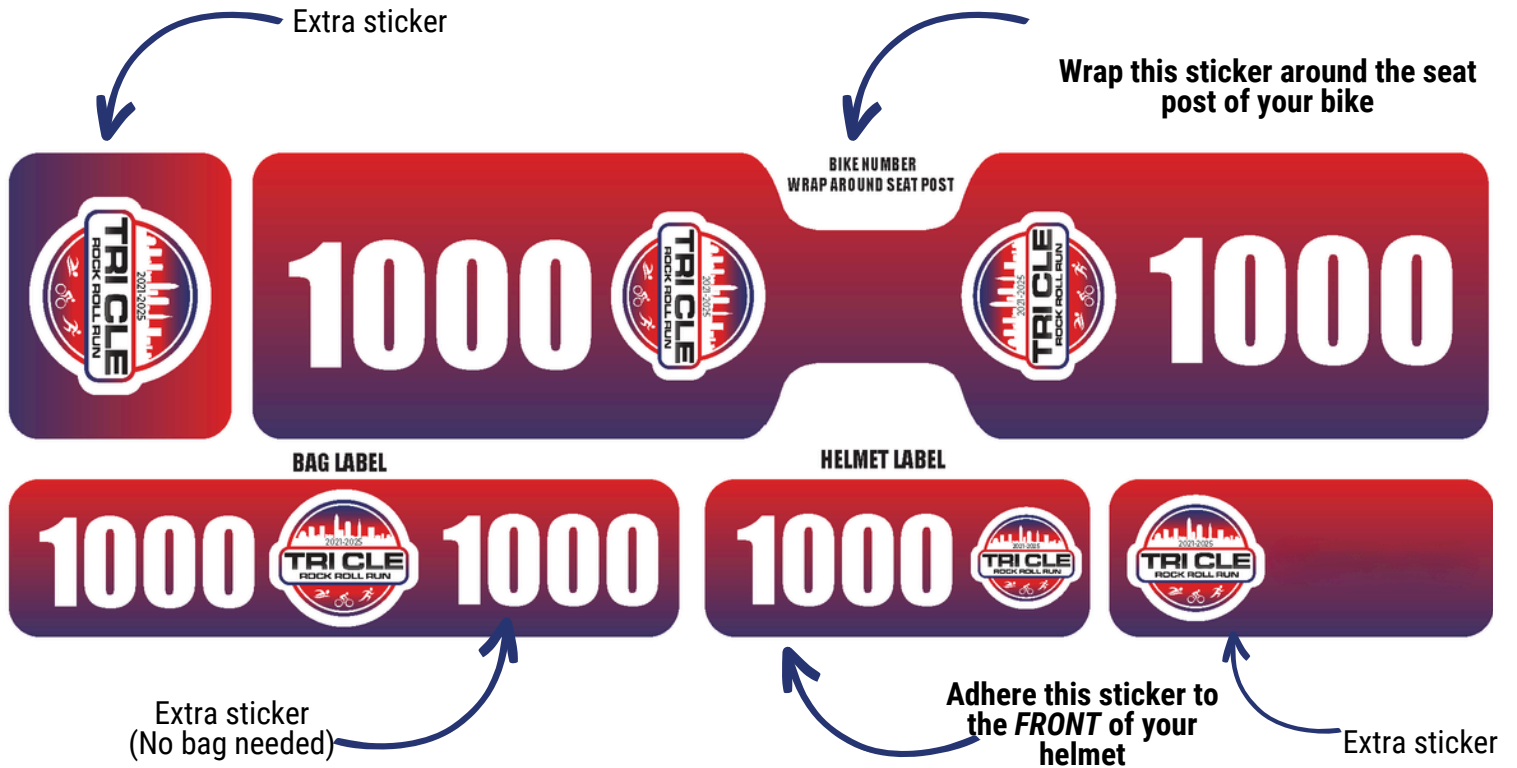
Standard Aquabike Distances

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



BIB & STICKER KIT

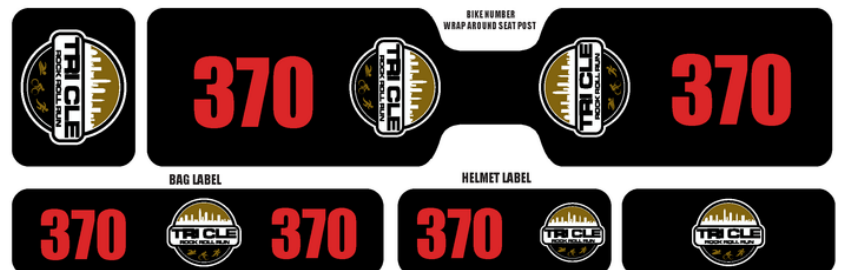
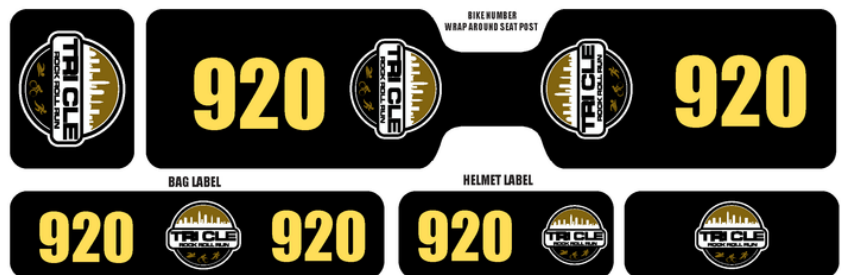
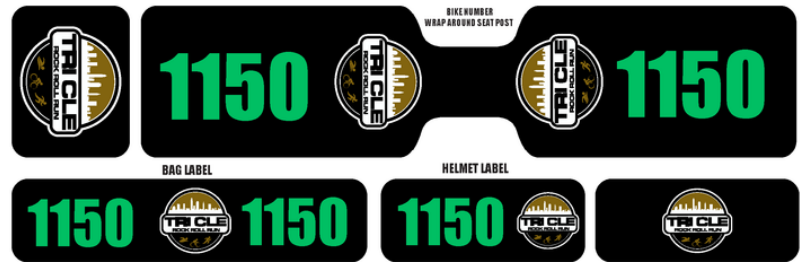
5 Year Participant sticker kit





BIB & STICKER KIT

Each distance will have their color and distance on the bib





TRI CLE RACE SCHEDULE

Saturday, August 9th

Start	End	Event	Location
10:00 AM	4:00 PM	Athlete packet pick-up	Edgewater Park
10:00 AM	4:00 PM	Bike check-in & gear drop off	Edgewater Park
10:00 AM	12:00 PM	Practice swim	Edgewater Beach

Sunday, August 10th

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	6:00 AM	Packet pick-up	Edgewater Park
4:15 AM	6:15 AM	Transition Open	Edgewater Park
6:00 AM		Packet pick-up CLOSES	Edgewater Park
6:15 AM		Transition CLOSES	Edgewater Park
6:15 AM		Race Director Welcome, followed by National Anthem (Billy Morris)	Edgewater Beach
6:23 AM		Challenged Athlete Wave	Edgewater Beach
6:30 AM		Olympic Triathlon & Aquabike waves start	Edgewater Beach
6:55 AM		Sprint Triathlon & Aquabike wave start	Edgewater Beach
7:15 AM		ALL Duathlon start	Edgewater Beach House
7:20 AM		Super Sprint Triathlon wave start	Edgewater Beach
8:00 AM	12:00 PM	Post Race Party & Awards Ceremony <ul style="list-style-type: none"> • Food vendors • Live music • Recovery Zone • 10:00 AM Overall Awards (approx) • 10:30 AM Age Group Awards (approx) 	Edgewater Park



VOLUNTEER INFO

FRIDAY & SATURDAY

EDGEWATER PARK

- Volunteers will park at Lower Edgewater Park for their shifts; unless notified to park at Upper Edgewater Park
- 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
 - Volunteers will park at either Lower or Upper Edgewater, which will be designated prior to race day in email communication for this shift. **Please review page 15 Upper Edgewater Parking Map & Assignments**
- Arrive 15 minutes prior to your shift to check-in and receive your volunteer shirt at the Volunteer Tent

GENERAL VOLUNTEER MEETINGS

- Virtual Volunteer Meetings Prior to race day, we ask all volunteers to attend **ONE** virtual volunteer meeting, which will last no longer than 30 minutes. There are 5 virtual meeting times available on different days of the week and times to best meet your needs.
- Please plan to attend one of the five virtual meetings which are scheduled for the following times: Thursday, July 31st, 8:00-8:30 PM Sunday, August 3rd, 5:00-5:30 PM Monday, August 4th, 12:00-12:30 PM Monday, August 5th, 7:30-8:00 PM Thursday, August 7th, 5:30-6:00 PM *Meetings will be held through Google Meet, links will be emailed to you in advance to join the meeting with the email address you registered to volunteer with.
- If you are unable to attend any of these meetings, or have questions please reach out to Jess at Jessica.Yeager@rockrollrun.com.

WATER SAFETY MEETINGS

- Prior to race day, there will be a **MANDATORY** Water Safety **ONLY** meeting, virtually happening on August 7th 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.

WATER SUPPORT/LIFEGUARD SAFETY BRIEFING

- On race morning, Sunday, August 10th, 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

Lower Edgewater Park



EDGEWATER PARK ADDRESS

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

****On race day, parking attendants will direct you to where you need to park at Lower Edgewater**



EDGEWATER PARK MAP

Upper Edgewater Park



Volunteers parking at Upper Edgewater Park on race day will need to print a parking pass and place it on their car dashboard (see next page for pass)

Volunteer roles parking at Upper Edgewater Park are the following

- Run Course Volunteers
- Duathlon Leg #1 Volunteers
- Run Course Aid Station #2 Captain
- Run Course Aid Station #2
- Run Course Bike Lead
- Run Course Bike Sweep
- Run Course Aid Station #2 Captain
- Run Course Athlete Sweep & Course Marking/Trash Pickup
- Run Course Volunteers - stationed West of Beachhouse
- Bike Course - West side of Edgewater

PARKING PASS

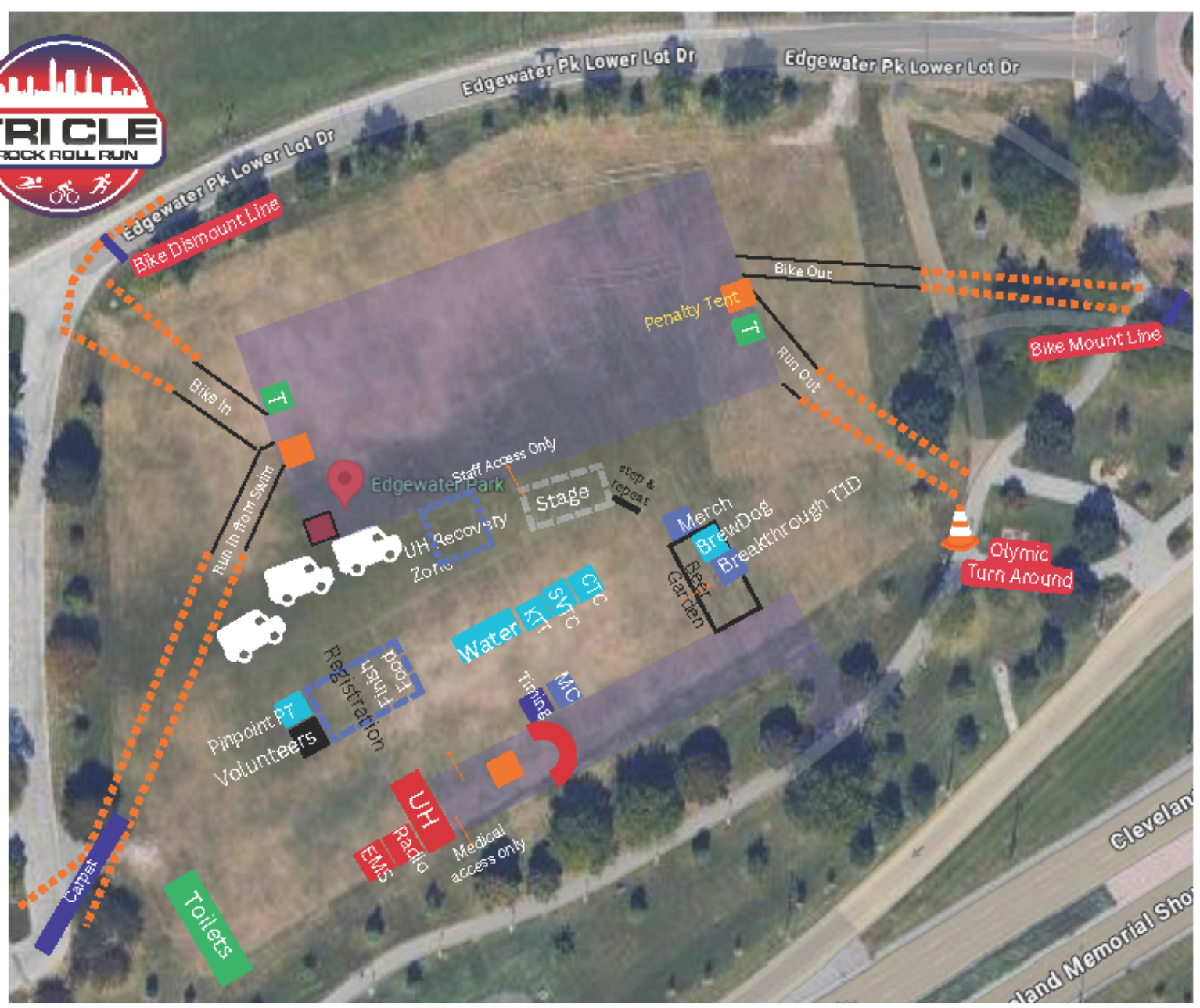
Upper Edgewater



SUNDAY 8/10/2025



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 you for another amazing year in 2026!

