



April Tri CLE News

Cleveland, Ohio | April 13, 2023

Volunteer

Tri CLE Rock Roll Run welcomes back Jessica Yeager as the Volunteer and Community Outreach Director. Jess joined Tri CLE last year to take the lead on volunteer recruitment and our team is excited to have her back in 2023. Volunteers are a critical aspect of all races, especially Tri CLE, which spans several miles of Cleveland on race day. She has already hit the ground running with her efforts of reaching out to local running clubs, a local running shoe store, and cross-country team - these are just the start of her efforts. New this year, once the initial Lifeguard and Water Safety Volunteers are recruited, these individuals will take race day direction from Argonaut - who will be providing Water Support for Tri CLE. This effort is to ensure that our entire water safety team is honed in on race day and adds an extra layer of safety to participants. Anyone interested in learning more about volunteer roles can visit the Tri CLE [volunteer page](#) and reach out to Jess directly at jessica.yeager@rockrollrun.com

Tri CLE Participants

Over the past few months, Tri CLE has been featuring 2023 participants on our social media. Most recently, we featured Jon, who will be traveling to Cleveland from Alaska to race Tri CLE! Check out his story either on our [Facebook](#) or [Instagram](#). It's important for us to feature participants as it helps build community and awareness of all different types of athletes. If you are interested in reaching out to Jon to learn more about his story, email Mel at melanie.prohaska@rockrollrun.com and she will get you connected to him.

Events

Tri CLE hosted its first event on Wednesday, April 5 at [Terrestrial Brewing Company](#). This was the first of several free events that we will be hosting leading up to race day to help participants get prepared to race and make connections with others who will be racing. The next event is a Virtual Clinic on Wednesday, April 19 hosted by Coach Pete of [TriIQ Coaching](#). Anyone who is interested in learning more about the race - whether as a participant, volunteer, or spectator - is welcome to attend these events. The last event will be a social on Wednesday, August 16 - to help celebrate everyone's accomplishment that happened on race day.

Those interested in learning more about Tri CLE's community efforts are encouraged to reach out to Melanie Prohaska, Co-Race Director/Marketing & Communications Director at melanie.prohaska@rockrollrun.com.