



2024 ATHLETE GUIDE



Tri CLE Rock Roll Run

Cleveland, Ohio | August 18, 2024

Updated 8.14.2024





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Thank You



NOTE FROM THE TEAM

Dear Athletes,

Our team is excited to welcome you to the 4th year of the Tri CLE Rock Roll Run! We are thankful for the continued support of participants near and far for this race.

This year, Edgewater Park serves as the race's entire home base. Those racing the triathlon and aquabike, will swim at Edgewater Beach, catching glimpses of the Edgewater Coast and Downtown Cleveland as the sun rises.

We hope your training has been going well and you are 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 immerse yourself 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 some general statistics about the race, which shows that people of all ages from around the United States will be racing alongside you!

- **Participants**

- 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 a few participants who are coming from 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 group
- Over 20+ youth participants (aged 17 and under) are racing Tri CLE

2024 is the first year that Tri CLE had Ambassadors advocating for Tri CLE. They will wear 'Tri CLE Ambassador' kits, and we highly recommend saying 'hi' to them! They are a great group of newbies and experienced multisport athletes.

On a final note, our team is blown away by the support of each of you who sign up to race each year! Thank you from the bottom of our hearts for choosing this race!

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

Your Tri CLE Team

Mark, Natalie, Melanie, & Jessica



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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 CLOSES	Edgewater Park
6:15 AM		Transition CLOSES	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">• Food vendors• Live music• Recovery Zone• 10:00 AM awards ceremony (approx)	Edgewater Park



ATHLETE & BIKE CHECK-IN

WHEN

- Saturday, August 17 | 10:00 AM - 4:00 PM
- Sunday, August 18 | 4:30 AM - 6:00 AM

WHERE

Edgewater Park (Lower Edgewater)

7600 Memorial Shoreway, Cleveland, OH 44102

ATHLETE CHECK-IN STEPS

1. Go to the Athlete Check-In
2. Pick-up race packet and timing chip
3. Put wristband on before checking in bike
4. Adhere bike seat post sticker on the bike
5. Take the bike to Transition and rack it in the appropriate section
 - a. If not racking bike on Saturday, must rack bike before Transition closes on Sunday morning

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
 - Additional stickers (for personal use)
 - Race bib - must be worn on the run
- Timing chip
- Athlete wristband

Due to the number of participants, packet pick-up is HIGHLY recommended on Saturday, August 17, 2024.

ADDITIONAL NOTES

- Pick up your packet **BEFORE** heading into Transition 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.
- 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. **No wrist band = no entry**
- Tri CLE Volunteers will be checking bikes for stickers, bar ends, and working breaks. No mirrors allowed. They will also be checking for wristband on athlete.

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**



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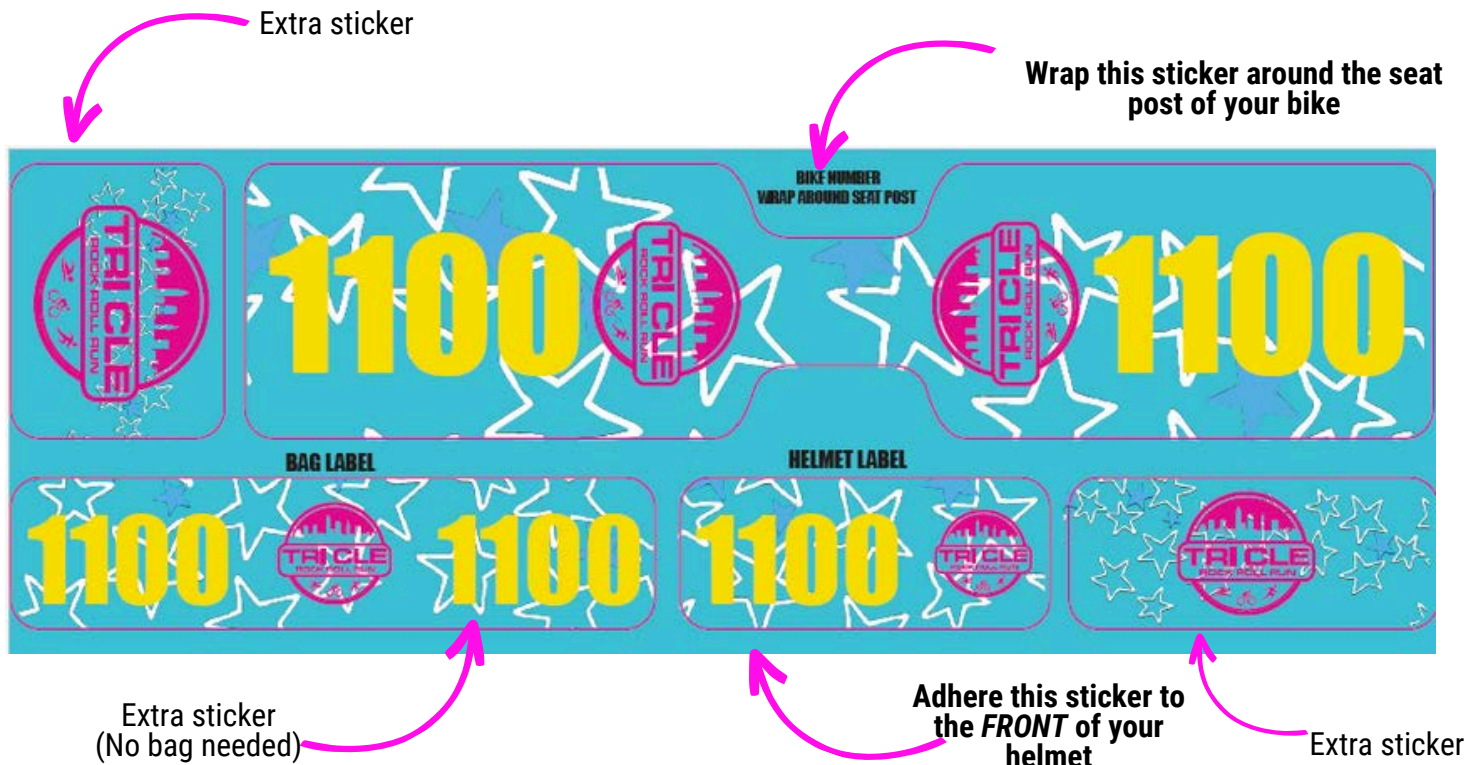
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STICKER KIT & BIB



Bib **MUST** be worn on the run and facing forward on the front



PRE-RACE INFO

BIKE CHECK-IN

Bikes can be checked in to Transition on Saturday, August 17, from 10:00 AM through 4:00 PM or on race day, Sunday, August 18, from 4:30 AM through 6:00 AM. Participants are highly encouraged to check in their bike on Saturday.

Bicycles left in Transition on Saturday night will be monitored by security the entire night.

While bikes are stored in transition, athletes will be allowed to separately cover their seats and handlebars only from inclement weather. Full bike covers/trash bags **ARE NOT ALLOWED** as they present a safety hazard to volunteers, competitors, and equipment. 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. 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

The swim course is at Edgewater Beach.

Edgewater Beach is a public beach, therefore, participants can access this swimming area to practice swimming leading up to race day.

Participants practicing on their own must adhere to the Cleveland Metroparks rules and lifeguard instructions.

A specific practice swim will be on Saturday, August 17, from 11:00 AM to 1:00 PM. Participants will be given a separate timing chip when arriving at the practice swim. The athlete must wear this during the practice swim and enter and exit the water over the timing mat. The chip is to be returned to the timer upon completion of the athletes practice session. The timing chip in the athlete packet is to only be used on race day.

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PARKING INFO

PARKING INSTRUCTIONS

PARTICIPANT PARKING

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

Participants will park in the Tri CLE designated parking area on race morning. 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.

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

ROAD CLOSURES

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



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Photo by GViper Photography



RACE INSTRUCTIONS

RACE MORNING TRANSITION ACCESS

- Bring only what you will need into Transition on race morning.
- Bike Ohio will be available in Transition with pumps and compressors to help pump tires and to assist with minor mechanical issues. They may charge for parts or tubes, which is up to their discretion.
- Remember your race-issued timing chip, swim cap, and swim clothing bag.
- The timing strap must be placed securely around your left ankle.
- ***Please alternate bike direction when placing on a rack.***
- 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 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 need something from your bike please ask a volunteer of the Transition Coordinator for assistance, be sure to give them your race number.

Only participants are permitted in the Transition area.

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: Athletes may enter the water to get comfortable and feel the water. Please do not swim on the swim course or near buoys. Also be mindful of water safety staff and boats completing set up and course safety checks.***

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. This division will start last for each wave. A special non-award division will be set up for participants electing to wear a wetsuit under these circumstances.

**“Luck is what happens when
preparation meets opportunity”**

-Roman philosopher Seneca

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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. hydration packs are permitted to be worn. There is one self-service aid station and portable toilet on the Sprint and Olympic course. Please fill your water bottle before coming to the event. There will be water available in Transition.

TRANSITION

- Rack your bike in the same spot that you removed your bike from.
- 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. WHEN WITHIN THE PARK AND FOLLOW DIRECTIONS IN THE AREAS OF THE COURSE OUTSIDE OF THE PARK.**
- There will be live music on the run course to help keep you motivated provided by Grover/Trophy Musical Products.

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)
- Receive your finisher medal
- See a University Hospital's medic in the medical area if necessary
- **BIKE & GEAR REMOVAL FROM TRANSITION WILL BE ALLOWED ONCE ALL ATHLETES ARE OFF THE BIKE COURSE.**
- Should you need something from your bike while athletes are still transitioning please ask a volunteer or staff member to retrieve it for you.
- 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 - including a fundraiser for Breakthrough T1D, and more.

AWARDS

2024 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: Olympic Triathlon

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 will have water coolers where you can fill your water bottle to keep hydrated before the swim.

Bike Course

- 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.
- There will be a self-service aid station on the Sprint and Olympic bike course.

Run Course

- The run course will have 2 aid stations, one before going up to Upper Edgewater and another at Upper Edgewater. The Upper Edgewater aid station will be passed twice per loop.
- 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. DO NOT SAFETY PIN YOUR TIMING CHIP!

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 email customerservice@rockrollrun.com and mail timing chip 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.

SUNDAY, AUGUST 18, 2024

Edgewater Park

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- 4:00 AM - 5:45 AM | Parking Open to Athletes & Spectators
 - Parking is on the lake side (north) grassy field lot **(NO Parking on the asphalt)**
- 4:15 AM | Packet pick up opens
- 4:30 AM - 6:15 AM | Transition open
 - 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
- 6:00 AM | Packet pick up closes
- 6:15 AM | Transition Closes

Wave Starts

- 6:23 AM | Challenged athletes start
- 6:30 AM | Olympic swim start
- 6:45 AM | Olympic Duathlon start
- 6:55 AM | Sprint swim start
- 7:05 AM | Sprint & Super Sprint Duathlon start
- 7:20 AM | Super Sprint swim start

Edgewater Park

Post-race party!

- 8:00 AM - 12:00 PM

Awards Distribution

At 10:00 AM (approximate) awards distributed

Edgewater Park | Transition

- Athletes who have completed the race will not be allowed into transition until after the last athlete has left the bike course and racked their bike.
- Should you need something from your transition area while athletes are still transitioning please ask a volunteer or staff member to retrieve it for you.

YOU MUST show your athlete wristband to get access to Transition to pick up your gear. This is for the safety and security of the athletes that are racing.





Photo by Kim Karbon Photography



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 chip is passed from one athlete to the other as they complete their respective leg of the race. Relay team members can be comprised of mixed of genders and ages.

RELAY TEAMS

- All 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.
- Finisher medals are given to the runner upon finishing.

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 area. 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 who will then affix the timing chip to their leg and 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

- Olympic Triathlon

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ATHLETE RULES

Please take a moment to read and understand Participation Rules.

IT'S 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. 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.



Photo by GViper Photography



WAVE START SCHEDULE

Sunday, August 18

NATIONAL ANTHEM

- 6:15 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 |
 - Males 20-40
 - Females 20 & over
 - Males 45 & over, non-binary, Olympic triathlon relay
 - Males & females 19 and under

OLYMPIC

Duathlon

- 6:45 AM | North side of the Edgewater Beach House

SPRINT

Triathlon & Aquabike | Start Times

- 6:55 AM
 - Males 20-39
 - Females 20-39, non-binary
 - Males 40 & over
 - Females 40 & over
 - Males & females 19 and under

DUATHLON

Sprint & Super Sprint

- 7:05 AM | North side of the Edgewater Beach House

SUPER SPRINT

Triathlon & Aquabike | Start Times

- 7:20 AM
 - Males 20 and over
 - Females 20 and over
 - Males & females 19 and under

Participants will enter the water from Edgewater Beach 5 participants at a time every 8 seconds



COURSE MAPS

Swim Course Map



Sprint and Olympic

- The 1st Orange buoy is a LEFT turn
- All other turns are RIGHT and buoys will be on your right.
- All Yellow buoys are for sighting
- Sprint RIGHT turn at 2nd WHITE buoy, Olympic continues straight
- Olympic turns RIGHT at 2nd and 3rd Orange buoys
- Sprint and Olympic MERGE at 4th Orange Buoy
- 5th Orange buoy is the final turn to finish

Super Sprint

- Swim to WHITE buoy while keeping the 1st Orange buoy on your left.
- Sharp RIGHT U-Turn at WHITE buoy

Courses are subject to change

Under USAT Rules Athletes are responsible to know the course

Last update July 15, 2024

- The start is a **self-seeded time-trial** start (5 athletes start at a time every 8 seconds)
- **ON LAND SWIM START**
- Swim distances
 - **SUPER SPRINT:** 250-meter swim (green swim course only)
 - **SPRINT:** 750-meter swim (yellow swim course)
 - **Olympic:** 1500-meter swim (red swim course route)

Duathlon Run Leg 1



Duathlon Leg 1

Distance - 1.63 mi

Duathlon Leg 1 does utilize a gravel and limestone trail.
The surface is rough in spots.
There is a small number of stairs.

Timing Mat for Swim Exit
& Duathlon Leg 1 finish

Transition
(in grass)



Under USAT Rules, Athletes are responsible for knowing the course
Courses are subject to change
Updated 7.15.24

DUATHLON - ALL DISTANCES

1.63 mile run course

- Duathlon start is the north side of the Beach House
- Part of the course is on the gravel path. Watch your footing as you enter onto the gravel path.
- 90% of the course is paved



Transition



TRANSITION

- Participants will enter the **RUN/BIKE IN** at Transition to get their bike gear
- Then exit at **RUN/BIKE OUT** to get to the bike course
- Participants will enter the **RUN/BIKE IN** at Transition to get their run gear
- Then exit at **RUN/BIKE OUT** to get to the run course



Bike Course Map | Super Sprint



Super Sprint Bike Course

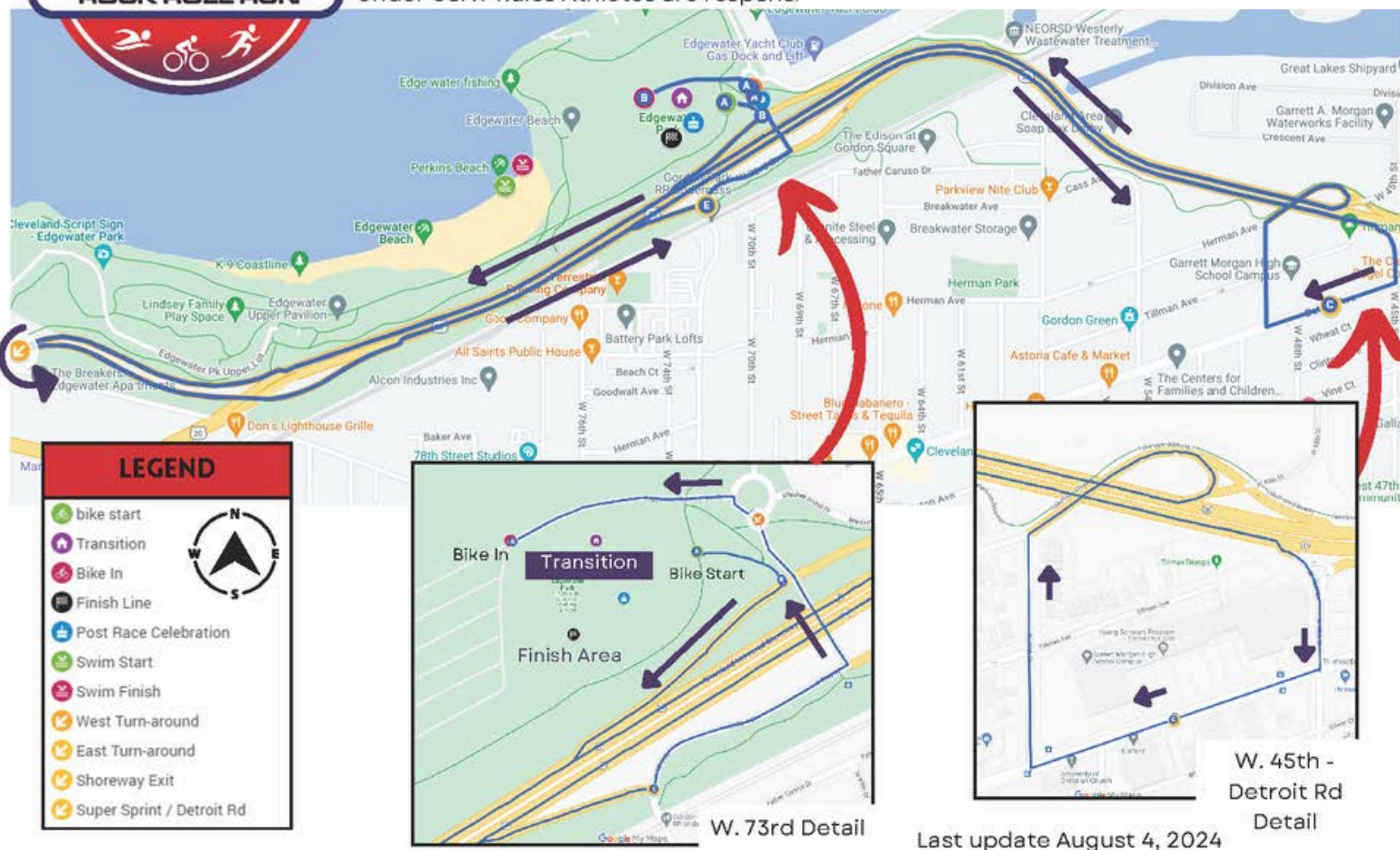
Distance approx 8.8 mi

Elevation Gain 252 ft

Courses are subject to change

Under USAT Rules Athletes are responsi

- Westbound on the Shoreway to the West Turn-around
- Once Eastbound, pass W. 73rd Street to exit at W. 45th St. to Detroit Rd.



SUPER SPRINT COURSE DETAILS

- Westbound on the Shoreway to the West Turn-around
- Once Eastbound, pass W. 73rd Street to exit at W. 45th St. to Detroit Rd.
- Re-enter the Shoreway Westbound at W. 48th
- Continue past Edgewater Park to the West Turn-around
- Exit the Shoreway at W. 73rd into Edgewater Park (Stay in Left Lane)

Super Sprint Course will have **green** signs



Bike Course Map | Sprint



Sprint Bike Course

Distance approx 12.1 mi

Elevation Gain 510 ft



SPRINT COURSE DETAILS

- Westbound on the Shoreway to the West Turn-around
- Once Eastbound, pass W. 73rd Street to exit at S. Marginal Rd. East Turn-around
- Re-enter the Shoreway Westbound and continue past Edgewater Park to the West Turn-around (1 complete loop)
- Once Eastbound for the 2nd time exit the Shoreway at W. 73rd into Edgewater Park (Stay in Left Lane)

Sprint course will have **yellow** signs



Bike Course Map | Olympic



Olympic Bike Course

Distance approx 22.2 mi
Elevation Gain 1000 ft



OLYMPIC COURSE DETAILS

- Westbound on the Shoreway to the West Turn-around
- Once Eastbound, pass W. 73rd Street to exit at S. Marginal Rd. East Turn-around
- Re-enter the Shoreway Westbound and continue past Edgewater Park to the West Turn-around (1 complete loop)
- Repeat the loop to the East Turn-around, returning to the West Turn-around for the 3rd time
- Once Eastbound for the 3rd time exit the Shoreway at W. 73rd into Edgewater Park (Stay in Left Lane)

Olympic course will have **red** signs



Super Sprint Run Course



Hydration & Nutrition

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



Sprint & Olympic Run Course



Hydration & Nutrition

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



Olympic Run Course



Hydration & Nutrition

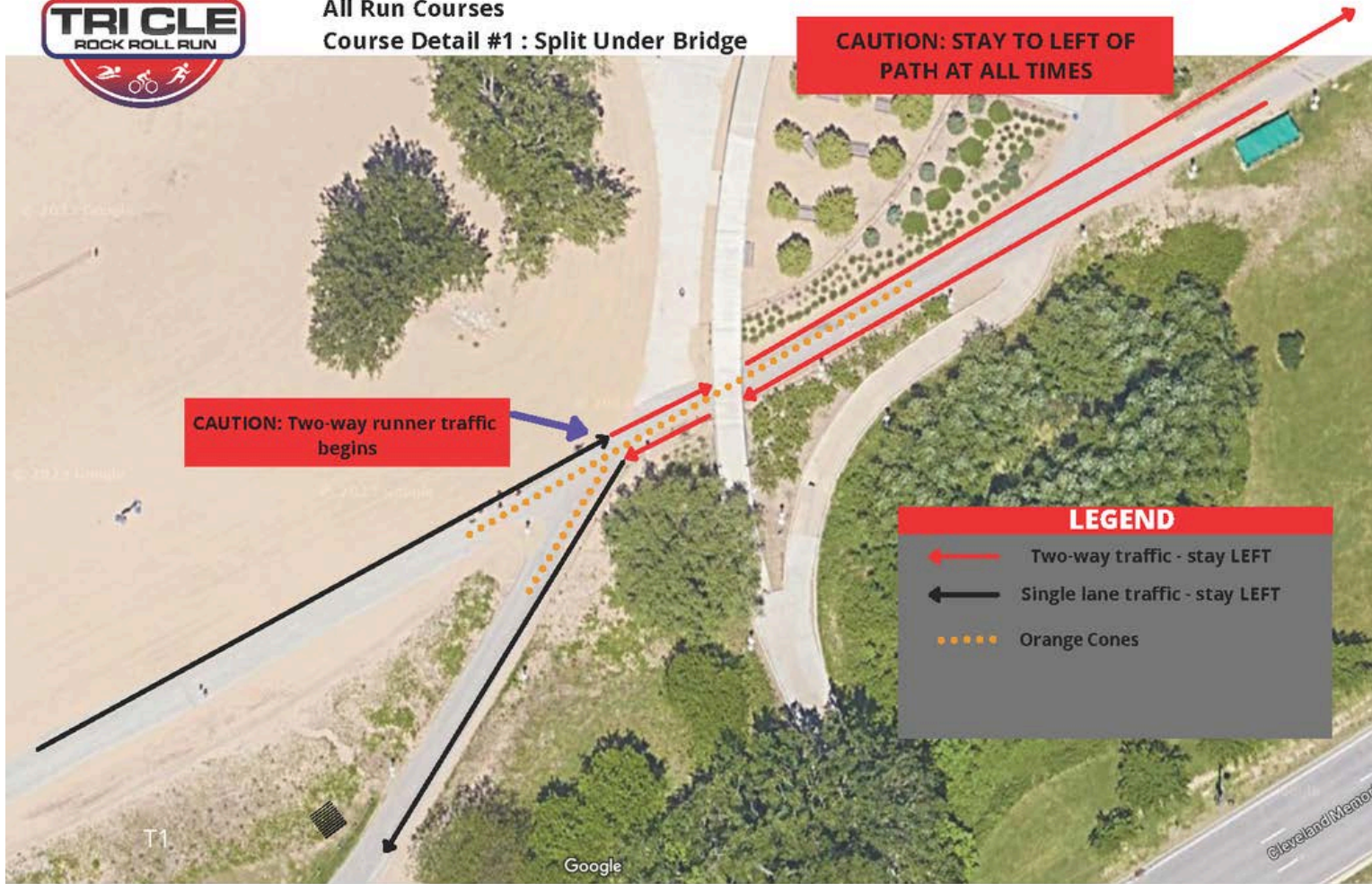
There are two aid stations on the run course. Participants will pass the aid stations 5 times. The aid stations will have water and Gatorade Endurance, along with ice.



Run Course Details #1



All Run Courses
Course Detail #1 : Split Under Bridge

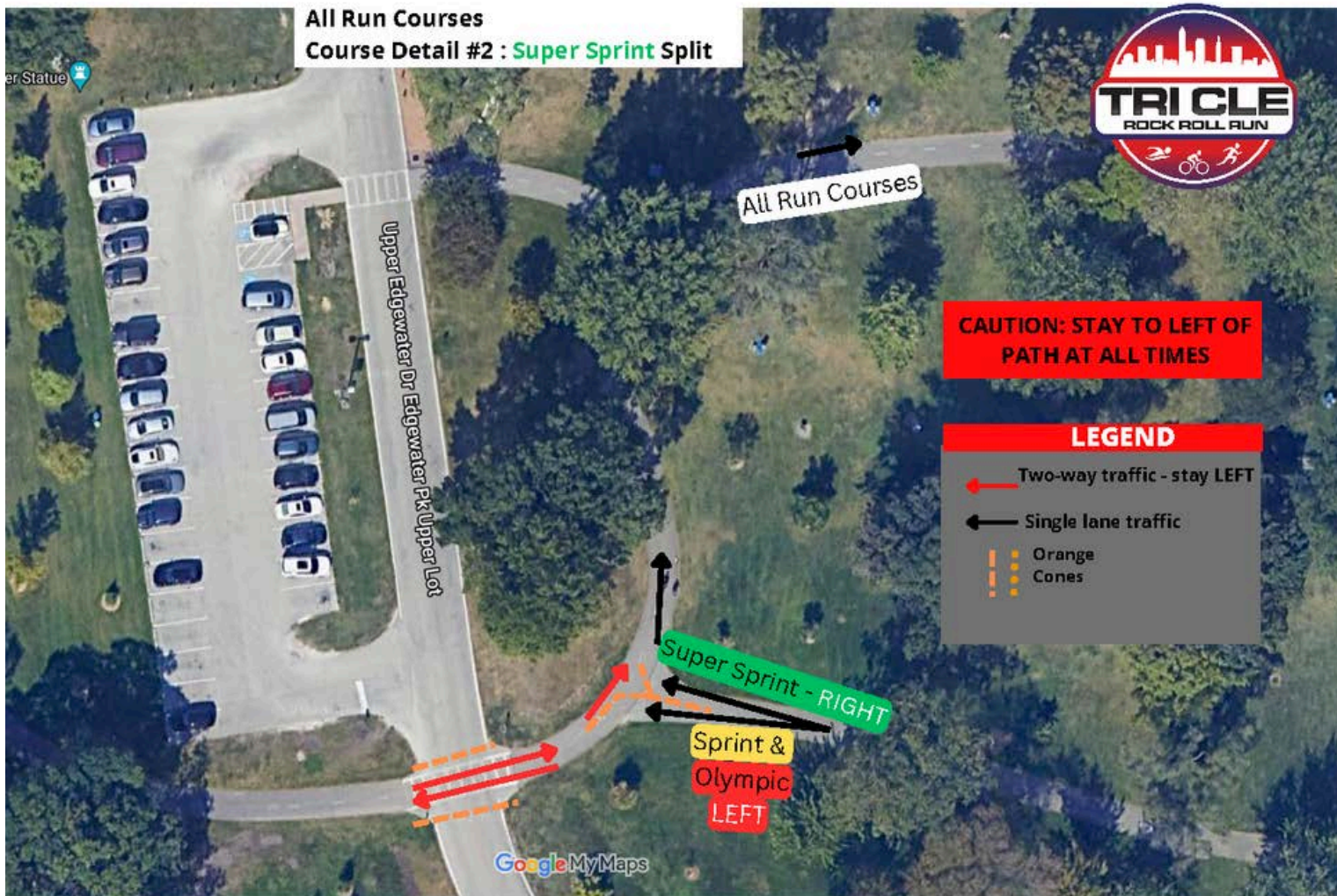


STAY TO THE LEFT OF THE PATH AT ALL TIMES

Review this map for the critical intersection near the Edgewater Beach House inside Edgewater Park.



Run Course Details #2

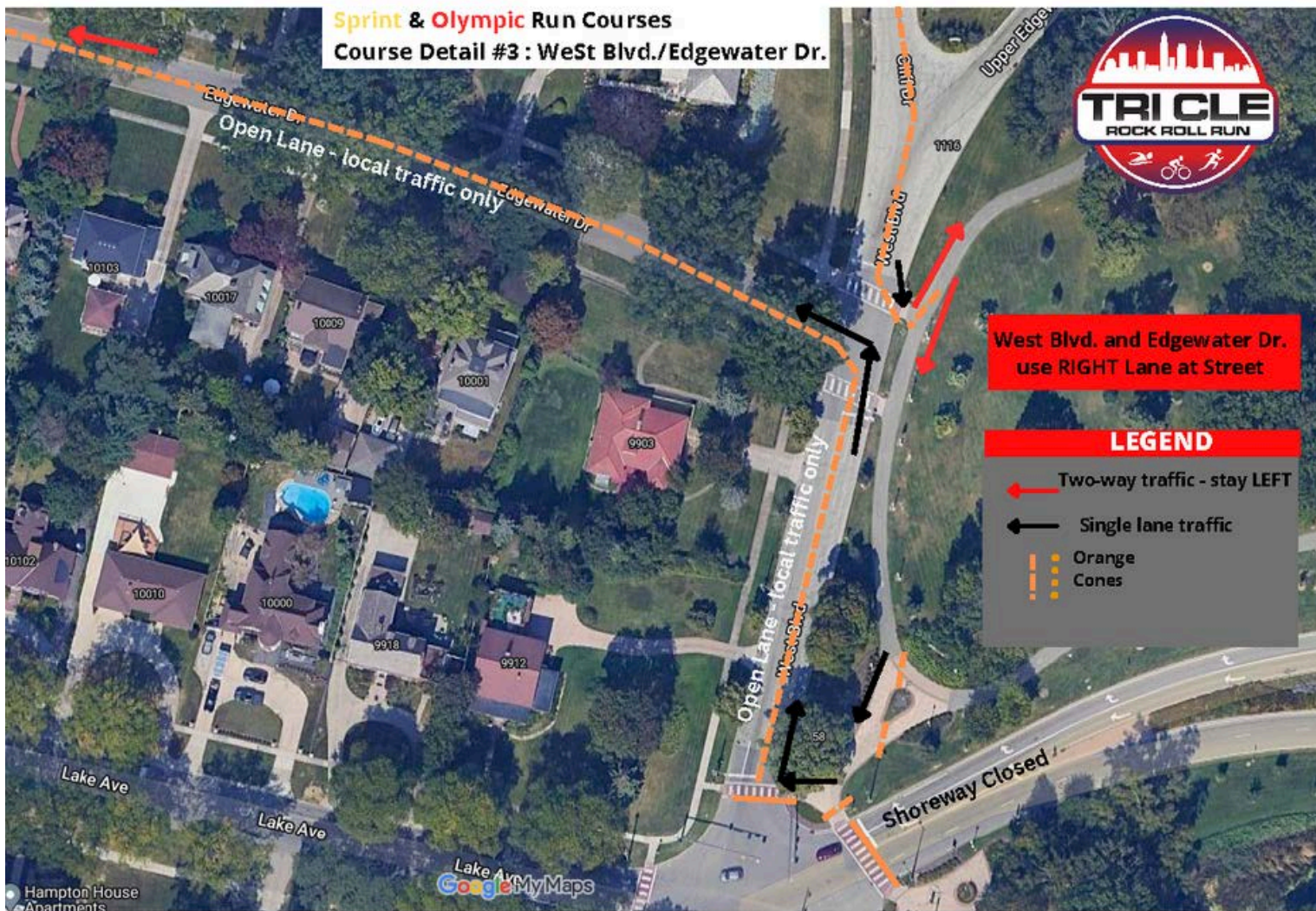


STAY TO THE LEFT OF THE PATH AT ALL TIMES

Review this map for the critical intersection at Upper Edgewater, for the course split for the Super Sprint and the Sprint & Olympic distances.



Run Course Details #3



STAY TO THE LEFT OF THE PATH AT ALL TIMES

Review this map for inside the park, follow course directions outside of the park and critical intersections at West Blvd., Edgewater Dr., and Cliff Dr.



Run Course Details #4

Sprint & Olympic Run Courses

Course Detail #4 : Edgewater Dr./ W 103rd St.



STAY TO THE LEFT OF THE PATH AT ALL TIMES

Follow course directions outside of the park. Understand the critical intersections at Edgewater Dr., W. 104th St., W 103rd St. and Cliff Dr.



Run Course Details #5



STAY TO THE LEFT OF THE PATH AT ALL TIMES

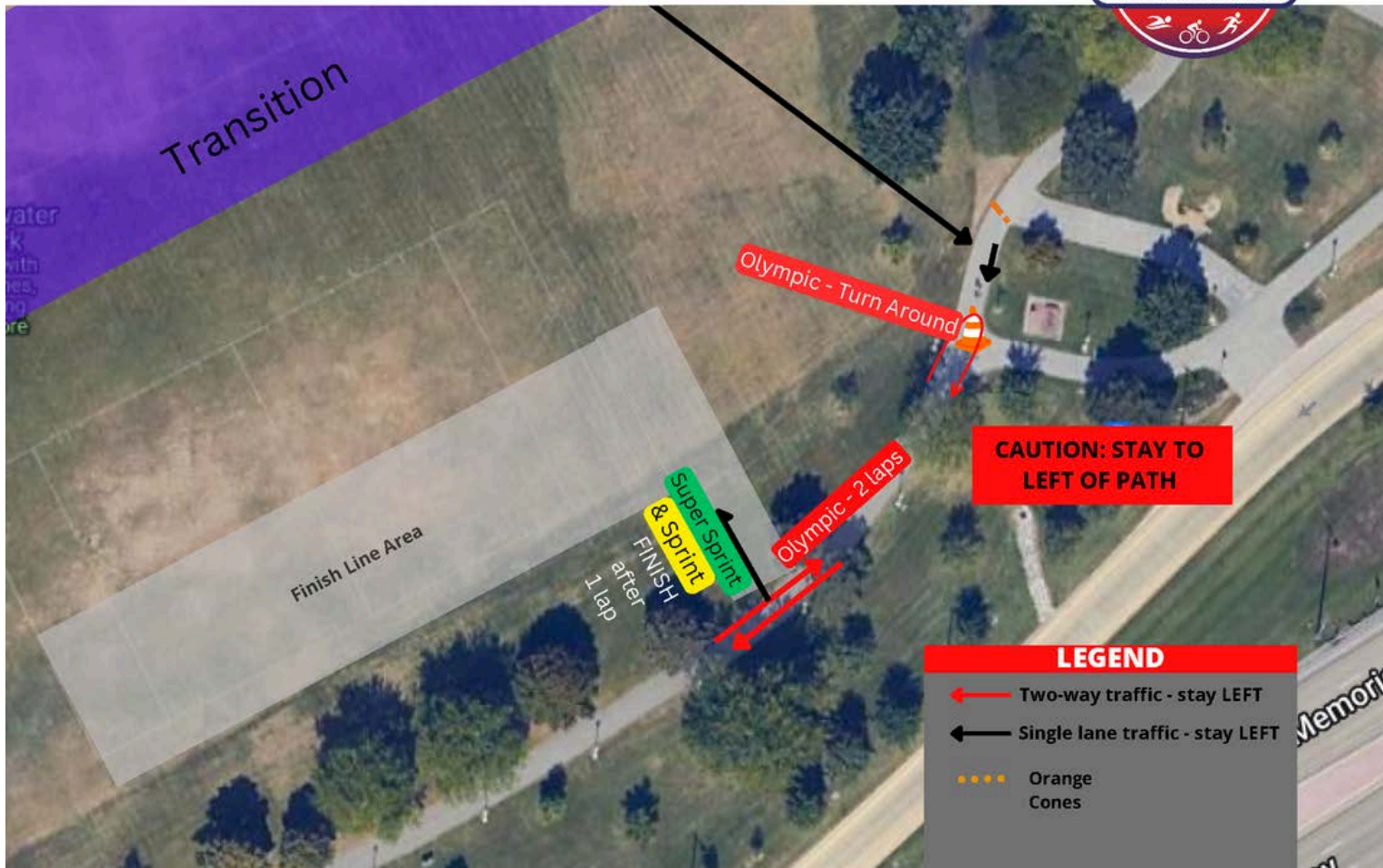
Follow course directions outside of the park. Understand the critical intersections at Edgewater Dr., W. 104th St., W 103rd St. and Cliff Dr.



Run Course Details #6

All Run Courses

Detail #6 Finish line / **Olympic** Lap Turn Around



STAY TO THE LEFT OF THE PATH AT ALL TIMES

Review this map for the critical split to the finish line or 2nd Olympic loop







RACE DAY TIPS

HELPFUL HINTS AND EXTRA CLARIFICATION

SWIM

- 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.
- Should swim start conditions be unsafe for swimming, the swim will be canceled and the race will become a duathlon for those competing in the triathlon and a run-bike for those competing in the aquabike.
- There will be small kiddie pools of water for athletes to clean their feet after the beach.
- Carpet will be on the parking lot for athletes to run/walk on to get to Transition.

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.
- 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 8.8 miles
 - Sprint bike course is 12.1 miles
 - Olympic bike course is 22.2 miles
- Per USA Triathlon Rules, headphones, earbuds, or music are NOT permitted on the bike.
- Rack your bike with the seat. 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.

BIKE (continued)

- 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.**
- The bike course is monitored by Race Staff, Officials, UH and volunteers, there is no SAG/bike maintenance support. Should you have a mechanical issue and not be able to repair or continue you will be transported to the finish line.
- E-bikes are NOT allowed.
- MOUNT your bike in the designated area OUTSIDE of Transition.
- DISMOUNT your bike in the designated area BEFORE entering Transition.
- Participants **ARE NOT** allowed to ride their bike in Transition

RUN

- **PER USA TRIATHLON RULES, HEADPHONES, EARBUDS, OR MUSIC ARE NOT PERMITTED ON THE RUN.**
- Keep your transition area simple with only items you will need such as shoes, race belt with number, water/nutrition and a hat
- 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 1 lap.
 - Olympic distance is 10k, which is 2 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.



Photo by Jase Fraley Photography



ADDITIONAL INFO

IMPORTANT race morning information

The use of Rt 2 between downtown and Edgewater Park will not be possible. Use this address in Google Maps to reach the Edgewater Park entrance: W. 73rd Street and Edgewater Park. Gordon Park RR Underpass, 7201 Father Caruso Dr, Cleveland, OH 44102.

****Google Maps may not be updated on race morning to reflect early morning closures of the Memorial Shoreway/Rt 2.**

Cleveland Division of Water, Water Buggy

- *There will be no plastic water bottles upon finishing your race at Tri CLE*
- At Transition/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



RACE APP

We highly suggest that participants, volunteers, and spectators download the app.

Important race notifications will be sent out through the Race Penguin app as we approach race day and potentially on race morning.

Link for app <https://bit.ly/2024TriCLEApp>

HOTEL INFORMATION

There are no room blocks reserved for the hotels listed below.

These are suggestions for different hotel locations around Northeast Ohio that the Tri CLE recommends.

The rates for these hotels will be their standard rates.

SOUTH OF DOWNTOWN

Springhill Suites Independence

A 20-minute drive to Edgewater Park via 480W/176N.

Downtown will be a 15-minute via 77N.

Click [here](#) for information.

WEST OF DOWNTOWN

Courtyard Cleveland Westlake

A 15-minute drive to Edgewater Park via 90E to Detroit Road.

Downtown will be an 18-minute drive via 90E.

Click [here](#) for information

UNIQUE STAY NEAR THE AIRPORT

The Orbit Hotel by Wyndham

A 20-minute drive to Edgewater Park via 480E/71N.W65th St.

Downtown will be a 20-minute drive via 480E/71N.

Click [here](#) for information



ADDITIONAL INFO

RECOVERY ZONE

Recovery Zone will be open from 8:00 AM - 12:00 PM on Sunday, August 18, 2024

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 three food trucks

- **BLUE SILO**
 - A food trailer based out of Cleveland, OH serving up tacos, breakfast tacos, and breakfast burritos. Our ingredients are sourced from Ohio farms that have pasture-raised meats and organic produce.
- **RABBIT FOOD**
 - It's time to put plants back in plant-based diets. We're using fresh, local, seasonal produce to bring you food that we feel good about serving and you'll feel good about eating. We're not imitating meat and dairy. We're just serving real food. Made from plants.
- **TRAVELIN' TOM'S COFFEE**
 - Our goal is to serve you delicious, customizable beverages made fresh on the truck. Come give us a visit and grab a cup o' joe – we'll make you feel right at home.
 - They will be open early!

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

ADDITIONAL RECOVERY ZONE OFFERINGS

- Participants can cool down with a refreshing beer from **Forest City Brewery**. The beer selection will be Hootenanny (Kolsh), Lake Erie Surf Club (Hazy Pale Ale), & Opening Day (IPA).
- Funds from beer sales will be donated to **Breakthrough T1D** to honor a dear multisport friend who is no longer with us.
- Physical Therapists will be available to help you recover post-race.
 - UH Physical Therapist Steven Best
 - Pin-Point Physical Therapy Nick Anderson,



Thank you!

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play
gap

Thank you!

FROM THE TRI CLE 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*





Safe Sport Requirements from USA Triathlon

August 11, 2024

Dear Tri CLE Participants

The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive. As a race with over 45 youth participants, we are required to educate all participants about MAAPP and the resources available.

The MAAPP was originally released in 2019 to support organizations and individuals in preventing abuse in sports and meeting requirements under federal law. As a member of USA Triathlon and Participant at a USA Triathlon-sanctioned event, you are required to follow these policies.

The MAAPP focuses on in-program contact between an Adult Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging.

All Required Prevention Policies apply at all facilities or locations that are partially or fully under the jurisdiction of USA Triathlon. Partial or full jurisdiction includes the following:

- Any event or competition sanctioned by USA Triathlon
- Any facility that USA Triathlon owns, leases, or rents for competition, training, or practices
- Any hotel or lodging that the team is using when traveling to a sanctioned USA Triathlon event or competition

All Adult Participants during In-Program Contact must follow all Required Prevention Policies. An Adult Participant is any adult (18 years of age or older) who is:

- A member or license holder of USA Triathlon
- An employee or board member of USA Triathlon
- Within the governance or disciplinary jurisdiction of USA Triathlon
- Authorized, approved, or appointed by USA Triathlon to have regular contact with or authority over Minor Athletes

As the MAAPP will be enforced at Tri CLE Rock Roll Run being held on August 18, 2024, please review the MAAPP at a Glance in preparation for the upcoming event. Additionally, please review USA Triathlon's SafeSport Policies and References.

Mandatory Reporting

As a reminder, all Adult Participants – including those with one-day memberships – are Mandatory Reporters. If you see or hear a report of any form of abuse - whether it is sexual, physical, mental or another type of abuse - you are required to report that abuse within a 24-hour period. You can file a report through either USA Triathlon or the U.S. Center for SafeSport. Reporting to the U.S. Center for SafeSport may be completed through its online reporting form or by phone at 833-587-7233.

If you have any additional questions or concerns, please email trisafe@usatriathlon.org or Tri CLE Customer Service at customerservice@rockrollrun.com.

Thank you,

Your Tri CLE Team - Mark, Natalie, Melanie and Jessica

www.rockrollrun.com

What is the MAAPP?

A collection of proactive prevention and training policies for the U.S. Olympic & Paralympic movement.

Key Points of the MAAPP

- Any 1-on-1 interaction with a minor athlete must be observable and interruptible
- Any treatment requires that another Adult Participant is always in the room
- Adults may not recklessly or intentionally change in a way that exposes themselves in front of minors
- All electronic communications between minors and adults must include another Adult Participant
- All policies must be followed during all lodging and transportation related to the event



Scan to Access the
MAAPP At-A-Glance

What should be reported?

Allegations of Abuse

- Witnessed Bullying, Physical, Sexual, Emotional, and/or Child Abuse
- Any Suspicion of Abuse

Violations of the MAAPP

- Any 1-on-1 interaction with a minor athlete that is not observable and interruptible
- Photography/recording in bathroom or changing areas
- Any treatment that puts a minor in danger



Scan to Access the
MAAPP At-A-Glance



USA Triathlon Reporting