



# Tri CLE Rock Roll Run

Cleveland, Ohio | August 21, 2021



## Athlete Guide





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# Letter from our Executive Event Director

Dear Racer,

This race is my dream come true and I sure hope it becomes yours as well. We took the best of what we experienced in other downtown races and really tried to make it appealing and safe for first-timers and veterans of the sport. Swim safety is a top concern and I wanted to ensure that each athlete feels safe on the swim. The bike course is a closed-to-traffic course. The race caps off with an off-road run, capturing amazing views of Cleveland - complete with a photographer posted in front of the Cleveland sign.

I discovered this sport late in life and have worked hard to launch a program for underserved Cleveland youth in a program called "Kids that Tri." We partnered with the Parker Hannifin YMCA and Davis Aviation and Maritime High School. We have worked with over 30 kids and have provided bikes for them to get around town and a racing fleet to train. The kids have participated in three local races getting ready for the Rock Roll Run race. We are so proud of the kids and you will see them at our race as this is the culmination of 10 months of training. My hope is that as the race grows, so will this program to touch more kids. The goal is to always have coaching and equipment for these kids. It's been amazing to see this program change their lives.

I have always believed that if we host a first-class race for all levels of athletes at a location that is considered a top urban location, this event could grow to the size of other great long-term urban events that will fill hotels, restaurants, and brewpubs. We want this to be the one event that gets on all Cleveland and Midwest health enthusiasts and triathletes' calendars.

We have made it a fun theme with bands on the run and great food at the finish line. As the race grows the amenities will grow and the reunions of athletes with ties to our city and our race will also grow.

Please race safe and follow the rules. I will be at the finish line with your families to celebrate your finish and victory in competing in your first or your 100th race. A big THANK YOU to our sponsors! Without them, this even would not be happening.

*Mark Brandt*



# Race Day Participation Rules

*Please take a moment to read and understand Participation Rules.*

The triathlon and duathlon are individual events, and it is **YOUR RESPONSIBILITY** to fully understand the rules for your safety and the safety of the other athletes.

## **TRIATHLON** FOLLOWS USA TRIATHLON COMPETITIVE RULES:

Always ride on the right side of the lane to avoid an **ILLEGAL POSITION** or **BLOCKING** another cyclist.

Keep three bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid **DRAFTING** and for your safety and theirs. 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 15 seconds to avoid impacting another cyclist's safety.

Passed athletes **MUST ALLOW** athletes to pass. Do not begin to race another athlete. Allow the pass and drop three bike lengths from the passing cyclist.

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 bike & 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 direction.



**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 or race-day tracking. 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, 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*







# Tri CLE Schedule

## Friday, August 20

### Edgewater Park

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- 11:00 am - 8:00 pm | Race Expo & Packet Pick-up
- There is **NO** race-day packet pickup.
- Smokin' Rock N' Roll food truck will be open from 4:00 pm to 7:00 pm

**Athlete briefings will take place at: 12:00 pm, 5:00 pm, & 6:00pm.**

## Friday, August 20

### Great Lakes Science Center Parking Garage

453 Erieside Ave, Cleveland, OH 44114

- 11:00 am - 8:00 pm | Bike check-in
- All bikes must be checked in **FRIDAY**. There is **NO** race-day bike check-in.

## Saturday, August 21

### Edgewater Park

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- 3:45 am - 5:45 am | Bike to Run Gear Drop off (**TA#2/Run Gear drop-off**)
- 4:00 am - 5:45 am | Athlete Shuttle Bus Pick-up (to North Coast Harbor)
- Smokin' Rock N' Roll & Wild Spork food trucks will be open from 7:00 am to 12:00 pm

**RELAY TEAMS:** There is only one timing chip per relay team. One team member can be designated to pick up materials for the team.

### ADDITIONAL NOTES

- Pick up your athlete bag **BEFORE** heading over to Transition #1 to set up your bike. Your bike numbers will be in the athlete bag. For security reasons, adhere the numbers to your bike **BEFORE** going into Transition #1.
- Your timing band will be provided to you at athlete bag pickup. **Do not forget it on race day!**
- Your Swag Bag will have a wristband that will allow you into Transition #1 & Transition #2. **No wristband = No entry.** Wristband colors are as follows: Olympic = **Red**, Sprint = **Yellow**, & Super Sprint = **Green**.

**NOTE:** To reduce traffic flow at the North Coast Harbor, we request that any friends/family/team members/club members, not park directly at the swim start. **See page 32 for parking instructions & areas to park.**

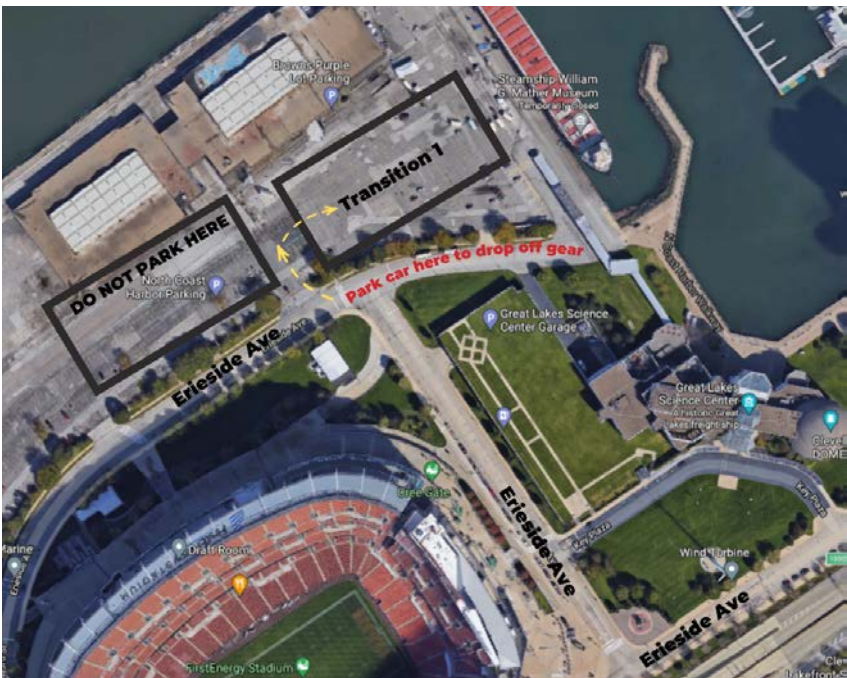


# Friday Bike Check-In Map

**MANDATORY** Bike check-in will be on Friday, August 20, 2021, from 11:00 am - 8:00 pm

Review the parking map for details to park & drop off your bike from

- Location of Transition 1
- Where to park on Friday to drop off your Transition 1 gear (There are 'No Parking' signs on this part of the street, however, we have permission for athletes to park here for a **max time of 15 minutes.**)
- Park on the **north side** of the street to avoid blocking other athletes as they drop off their gear.
- Do not park in the North Coast Harbor Parking lot
- The yellow arrows are the path you will use to walk your gear into Transition 1
- Bike Ohio will be available in Transition for air in tires and small mechanical issues. (cost may be incurred for parts, tubes etc.)



(If you are not familiar with this part of downtown Cleveland, in Google Maps type in 'Great Lakes Science Center' which will show you this area)



# Race Day Schedule

**Saturday, August 21**

## **Edgewater Park**

7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

3:45 am - 5:45 am | Parking Open to Athletes & Spectators

- Parking is on the lake side (north) grassy field lot (**NO Parking on the asphalt**)
- Run Gear Drop Off at Transition #2

4:00 am - 5:45 am | Shuttle Bus (look for white & green checkered feather flags)

- Shuttle Bus Pickup, northwest corner of Transition #2 (to the North Coast Harbor)
- Shuttles are for *participants, volunteers, staff only*

## **North Coast Harbor**

- Shuttle busses will drop off at Transition #1
- Transition #1 opens
- Athletes will be able to arrange their gear as needed
- Bike Ohio will be in transition to assist with pumping tires and any other additional bike needs
- Transition #1 closes at 6:15 am

6:30 am Olympic Wave Start

7:30 am Sprint Wave Start

8:00 am Super Sprint Wave Start

## **Edgewater Park**

Post-race party!

8:30 am - 12:00 pm

Awards Distribution (these are estimated times)

Super Sprint - 9:30 am

Sprint - 9:50 am

Olympic - 10:15 am

Post-race party with live music from Billy Morris & the Sunset Strip

Food trucks from 7:00 am to 12:00 pm Smokin' Rock N' Roll & Wild Spork



# Race Day Schedule

**Saturday, August 21**

## **Edgewater Park**

9:30 am - 12:00 pm

- Gear pick-up from Transition #2
- Athletes will pick up their gear bags from Transition #1 after the race, which will be in the Transition #2 area to pick up
- Athletes *will not be allowed* to take their bike out of Transition #2 until the last bike is racked.
- You may enter Transition #2 to obtain personal belongings, like keys, to get access to your vehicle. We strongly suggest leaving important personal items in your vehicle.

**YOU MUST** show your athlete wristband to get access to Transition #2 to pick up your gear. This is for the safety and security of the athletes that are racing.



# Race Day Wave Start Schedule

## Saturday, August 21

### Olympic | Start Times

6:30 am Elite Open, Elite Master, Elite Grand Master (Male & Female), Aquabike

6:33 am Men 29 & under

6:38 am Men 30-34, Clydesdale Men

6:43 am Men 35-39

6:48 am Men 40-44

6:53 am Men 45-49

6:58 am Women 34 & under, Athena

7:05 am Women 35+

7:08 am Men 50+, All Olympic Relay Teams

### NOTE

- *Your chip time is started once you enter the water.*
- *Transition 1 chip time starts when you enter transition, not as you exit the water*
- *Aquabike racers will rack their bikes in Transition #2, then head to the finish line.*





# Race Day Wave Start Schedule

## Saturday, August 21

### Sprint | Start Times

7:30 am Elite Open, Elite Master, Elite Grand Master (Male & Female), Aquabike

7:33 am Men 29 & under

7:36 am Men 30-34, Clydesdale Men

7:39 am Men 35-39

7:42 am Men 40-49

7:45 am Women 34 & under, Athena

7:48 am Women 35+

7:51 am Men 50+, All Sprint Relay Teams

### NOTE

- *Your chip time is started once you enter the water.*
- *Transition 1 chip time starts when you enter transition, not as you exit the water*
- *Aquabike racers will rack their bikes in Transition #2, then head to the finish line.*



# Race Day Wave Start Schedule

## **Saturday, August 21**

### **Super Sprint | Start Times**

8:00 am Men 29 & under, Aquabike

8:03 am Men 30-34, Clydesdale Men

8:06 am Men 35-39

8:09 am Men 40-49

8:12 am Women 34 & under, Athena

8:15 am Women 35+

8:18 am Men 50+, All Super Sprint Relay Teams

### **NOTE**

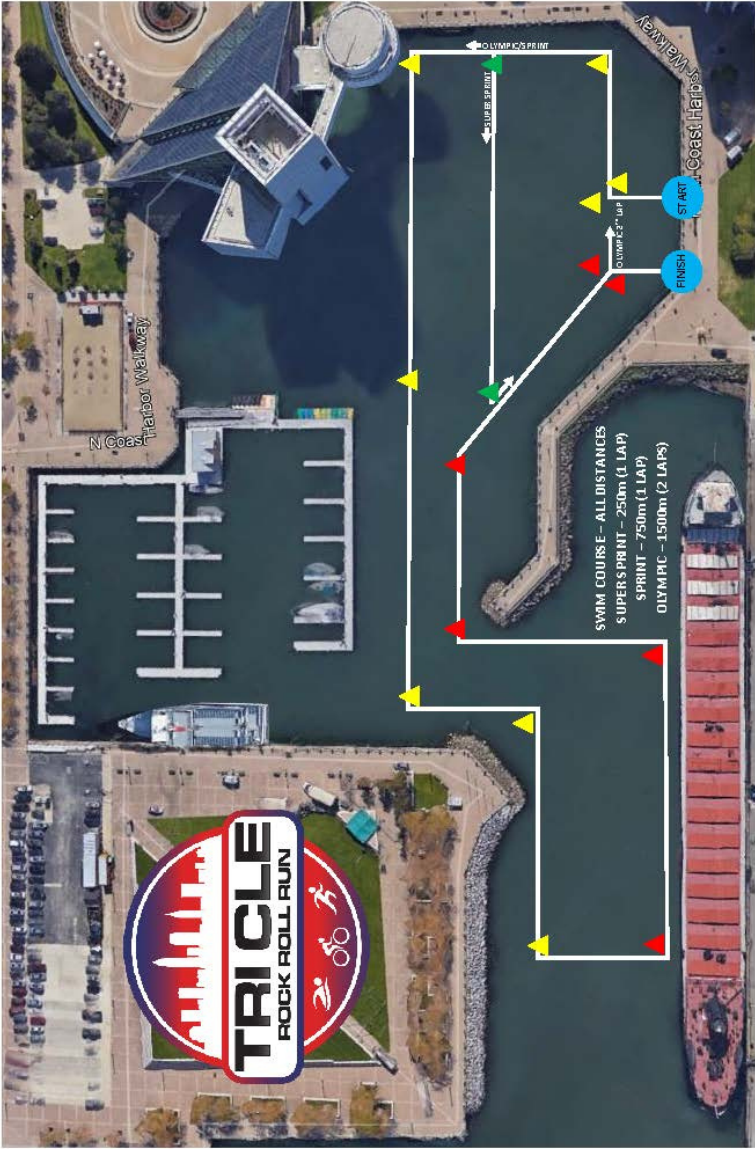
- *Your chip time is started once you enter the water.*
- *Transition 1 chip time starts when you enter transition, not as you exit the water*
- *Aquabike racers will rack their bikes in Transition #2, then head to the finish line.*





# Tri CLE Course Maps

## Swim Course Map

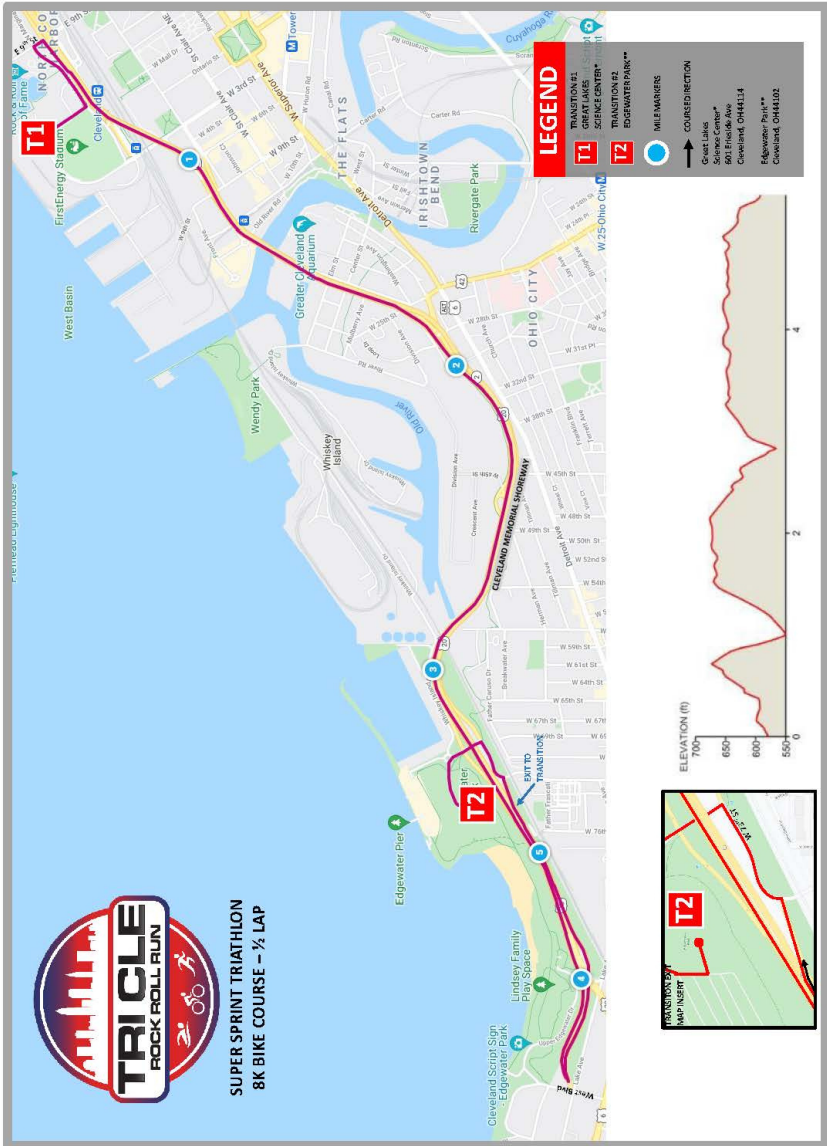


# Transition #1 Map





# Bike Course Map | Super Sprint



Super Sprint Course will have **green** signs

[Additional Bike Course Information Link](#)



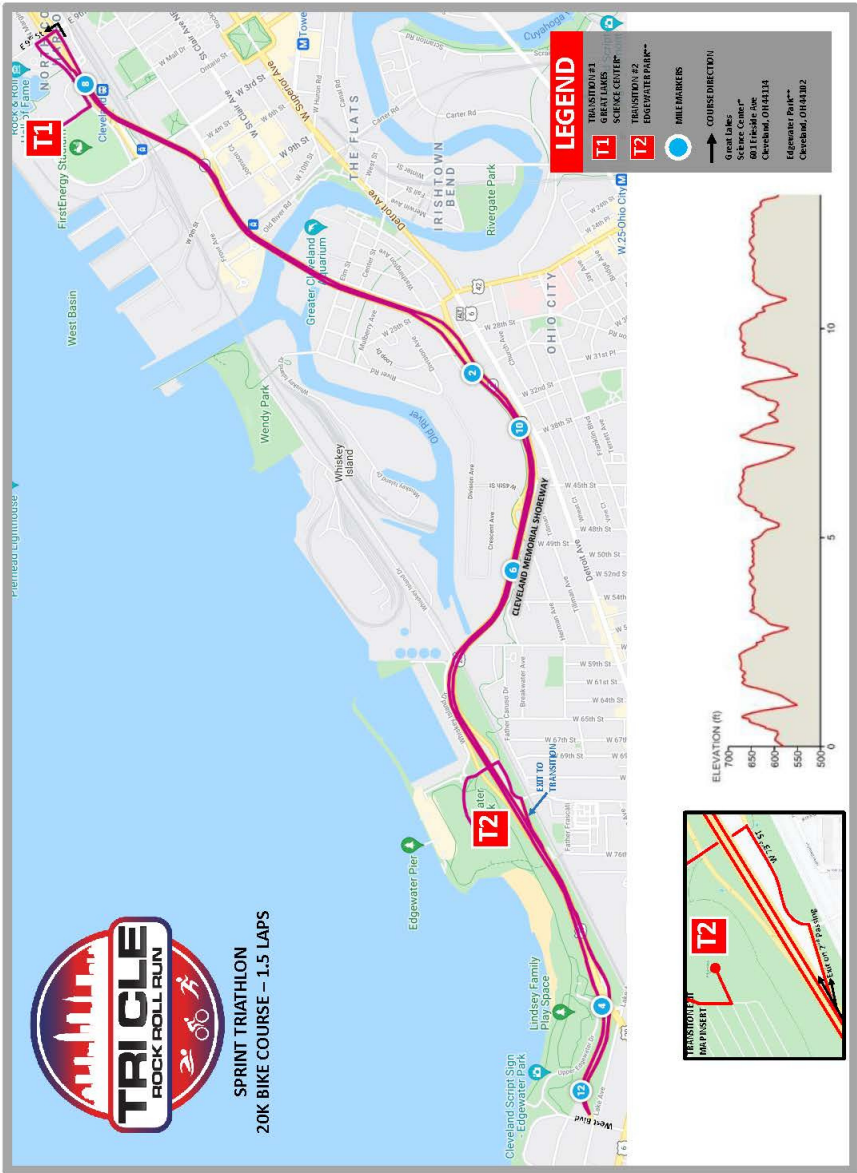
# Bike Course | Super Sprint

## Super Sprint | 8k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition #2



# Bike Course Map | Sprint



Sprint course will have **yellow** signs

[Additional Bike Course Information Link](#)



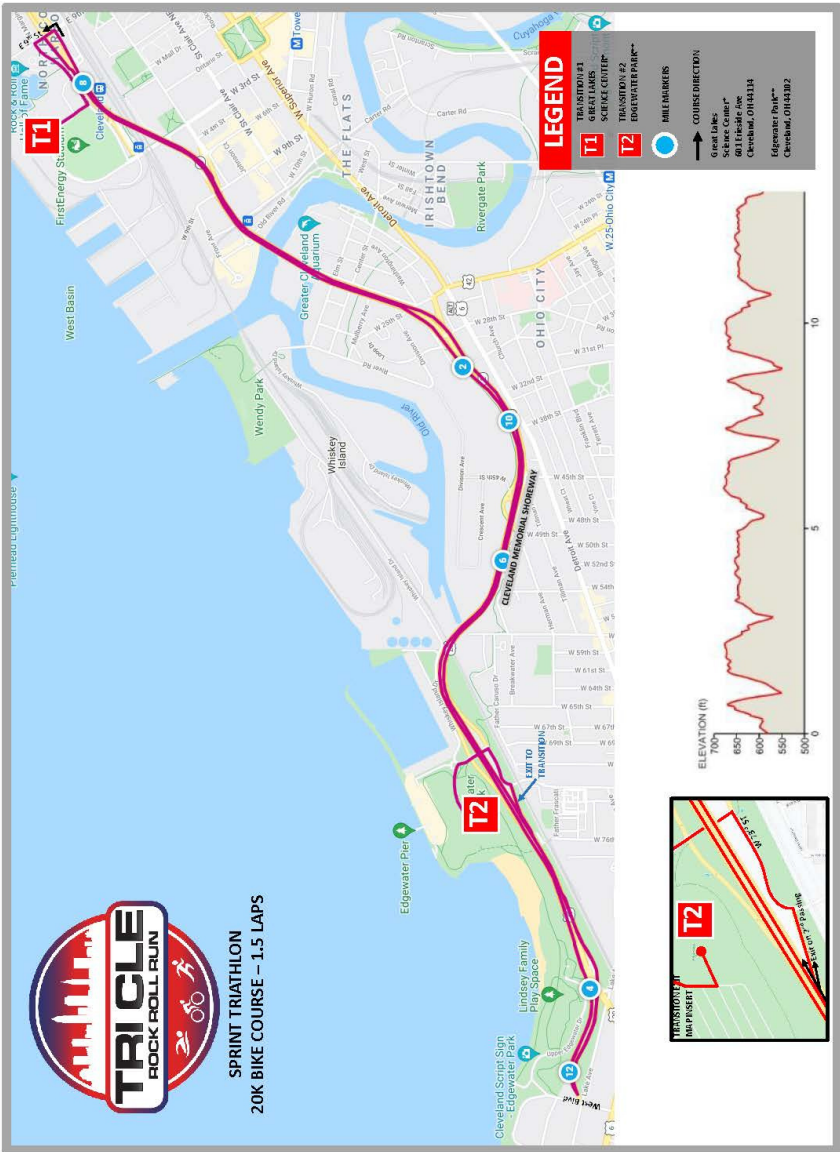
# Bike Course | Sprint

## Sprint | 20k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- FIRST LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- Exit E.9th Street
- Left on E.9th Street
- Left onto the Shoreway
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Shoreway (East)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition #2



# Bike Course Map | Olympic



Olympic course will have **red** signs

[Additional Bike Course Information Link](#)





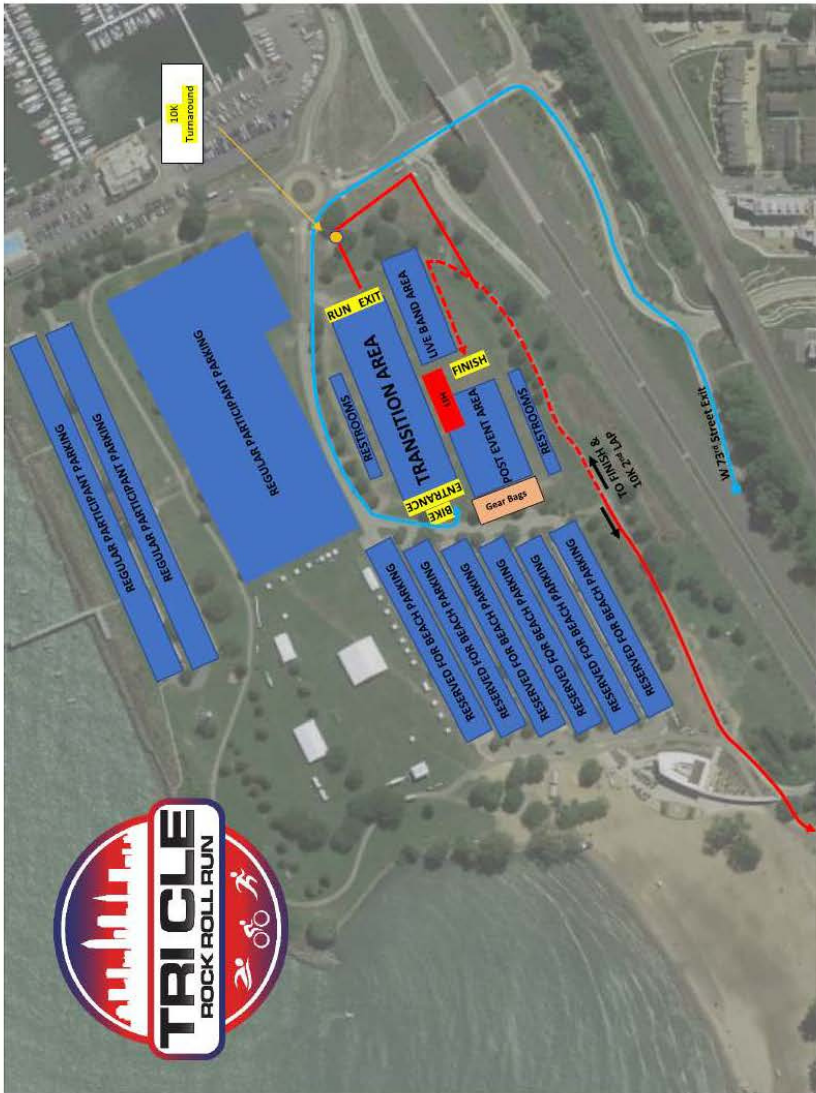
# Bike Course | Olympic

## Olympic | 40k Course

- Left on Erieside Avenue
- Right onto E.9th street
- Right onto the Cleveland Memorial Shoreway/Route 2 (West)
- Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Cleveland Memorial Shoreway/Route 2 (East)
- FIRST LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- DO NOT Exit Shoreway at E.9th, KEEP ON the Shoreway
- Exit on the right (Exit 195A)
- Right turn
- Left on South Marginal Road
- Left onto the Shoreway - which will loop West to the Shoreway
- Stay on the Shoreway
- SECOND Turnaround at the west end of the Shoreway (before West Blvd)
- Left onto the Shoreway
- SECOND LAP - KEEP ON the Shoreway, DO NOT EXIT at W.73rd
- DO NOT Exit Shoreway at E.9th, KEEP ON the Shoreway
- Exit on the right (Exit 195A)
- Right turn
- Left on South Marginal Road
- Left onto the Shoreway - which will loop West to the Shoreway
- Stay on the Shoreway
- LAST Turnaround at the west end of the Shoreway (before West Blvd)
- Exit on the right to W.73rd Street
- Left on W.73rd Street
- Left into Edgewater Park
- Stay to the left at the roundabout
- Left turn into driveway toward the beach
- Stay left into the parking lot
- Enter into Transition #2



# Transition #2 Map



# Run Course Map



[Run course video explanation](#)





# Race Instructions

## BODY MARKING

Please pre-mark your body – this is REQUIRED.

- Use a permanent marker and place your race number vertically on your left arm.
- Place your race age (age as of Dec. 31) on your left calf (for relay place “R”).

## RACE MORNING TRANSITION ACCESS

- Be certain to remember your race-issued timing chip, swim cap, and swim clothing bag.
- The timing strap must be placed securely around your right or left ankle.
- 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 #1 immediately at the start of the triathlon and aquabike and be waiting at their assigned transition racking position.

## SWIM AND AQUABIKE START

- Give yourself plenty of time to get from the transition area to your assigned corral in the morning. The start will make things go VERY quickly. It is approximately 250 steps from the transition area to the swim corrals.
- Volunteers will be available to body mark, but we suggest you do this on your own to save time & congestion on race morning.
- Athletes will line up at the swim staging area according to the distance & wave start time.
- *NOTE: There is no practice swims allowed on race day in the North Coast Harbor.*





# Race Instructions

## 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. A special non-award division will be set up for participants electing to wear a wetsuit under these circumstances. If water temperature is 82 degrees or higher, wetsuits are prohibited for medical reasons. For additional information visit [USAT's Wetsuit Rules](#).

## TRANSITION #1

- For swimmers, the barefoot run from the North Coast Harbor to the transition area is approximately 250 steps.
- For swimmers, your swim end time will happen when you cross the mat into Transition #1. Your transition time will begin when you enter Transition #1 and end when you exit Transition #1 with your bike.
- Put all swim gear in your plastic bag and drop it off in the **canvas container** located at the end of your bike row. You will be able to pick up your bag outside Transition #2.
- Make certain to attach the provided number sticker to your bag. Also, it is recommended that you write your number and name on your bag with a permanent marker in case the sticker falls off.
- ***Only participants are permitted in transition areas.***

## 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. CamelBaks are permitted to be worn. There are no aid stations on the bike course. Please fill your water bottle before coming to the event. There will be water available at Transition #1.



# Race Instructions

## TRANSITION #2

- Re-rack your bike in the area that is specific to your bib number. (Similar to Transition #1)

*Note: You should set up your run equipment prior boarding the shuttle.*

- 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 transition area through the area marked "RUN OUT."
- The run course is open to the public.

## FINISH

- Receive your finisher medal
- See a medic in the medical area if necessary
- Bike removal & swim gear bag located in Transition #2 will be allowed once all athletes are off the bike course.
- The finish line will have the awards ceremony, post-race snacks of fruit from Perfectly Imperfect Produce, bottled water, live music, and food for purchase from the Smokin' Rock N' Roll Food Truck, Wild Spork Food Truck, and more!

## AWARD POLICY

- The top 3 male/female overall finishers in each distance (Super Sprint/Sprint/Olympic)
- First male/female division finishers in each distance (Super Sprint/Sprint/Olympic)
- Please note that the divisions are elite open, elite grandmasters, age group, and Athena/Clydesdale
- First male/female/co-ed relay team finishers in each distance (Super Sprint/Sprint/Olympic)
- First male/female aquabike finishers in each distance (Super Sprint/Sprint/Olympic)





# Parking & Shuttle Instructions

## **PARKING INSTRUCTIONS**

### **PARTICIPANT PARKING**

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

Participants must park at Edgewater Park on Saturday morning and take the shuttle to the North Coast Harbor. Parking is free on race day only in the designated race parking spots. Edgewater Park is not responsible for parking fees/citations for participants/spectators who park in other areas.

### **SPECTATOR PARKING FOR SWIM START**

SP+ Parking - 726 N Marginal Road, Cleveland OH 44114

North Point Garage - 1111 East Ninth Street, Cleveland, OH 44114

Spectators should not attempt to park near the Rock & Roll Hall of Fame, E.9th Street Pier, Great Lakes Science Center, or First Energy Stadium. Roads will be blocked off and will create extra congestion for the race organizers and race participants.

The Shoreway/Route 2 will be closed starting at 6 am.

### **SPECTATOR PARKING AT EDGEWATER PARK**

Spectators are encouraged to park at Edgewater Park in the Upper Edgewater section or on the side streets near Terrestrial Brewing (7524 Father Frascati, Cleveland, OH 44102 ) and walk down to Edgewater Park.

Spectators will not be allowed to use the shuttles to and from the North Coast Harbor, as the shuttles are **ONLY** for athletes, volunteers, and race staff. Edgewater Park is open to the general public during the race. The only entrances open to the park will be W.73rd Street and West Blvd. Expect delays after the Shoreway closes.

Spectators will not be allowed to use the shuttles to and from the North Coast Harbor, as the shuttles are **ONLY** for athletes, volunteers, and race staff.

Edgewater Park is open to the general public during the race. The only entrances open to the park will be W.73rd Street and West Blvd. Expect delays after the

### **HANDICAPPED PARKING**

Should a participant and/or spectator need handicapped parking, please reach out to our Customer Service team by Wednesday, August 18, 2021, by noon.

We want to ensure that we make the appropriate accommodations and starting Thursday, August 19, 2021, we will have limited communication as we set up the courses.

Email: [customerservice@rockrollrun.com](mailto:customerservice@rockrollrun.com)







# Race Day Tips

## HELPFUL HINTS AND EXTRA CLARIFICATION

### SWIM

- We anticipate being wetsuit legal, so chances are likely that you can wear a wetsuit. Please reference Wetsuit Rules on page 29.
- 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.
- **This is a feet-first swim start. There will be no diving allowed.**
- Should swim start conditions be unsafe for swimming, the swim will be canceled and the race will have a bike time trial start.

### 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.
- 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.
- Transition #1 and #2 are identical layouts.
- Super Sprint bike course is 8k, which is 1/2 lap.
- Sprint bike course is 20k, which is 1.5 laps
- Olympic bike course is 40k, which is 2 laps.
- Bring an extra bottle of water to rinse any sand or dirt off your feet after the barefoot run to Transition #1. Stow the extra water bottle on your bike or place it in your swim-gear bag.
- Headphones, earbuds, or music are NOT permitted on the bike.
- Rack your bike with the seat and bike number facing the same direction. 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.





# Race Day Tips

## BIKE (CONTINUED)

- 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.
- 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.**
- There is no bike swag on the bike course. However, should an athlete have any issues on the bike course, UH will be out on the course. They have vehicles that can transport the athlete & bike to the finish. They will not be transported until the last bike is off the course.

## RUN

- Make sure your Transition #2 area is well set: easy access to shoes, a towel to stand on so you don't get debris in your shoes, lock laces, extra water bottle, etc.
- Super Sprint is 3k, which is 1 lap. Please pay attention to signs.
- Sprint is 5k, which is 1 lap. Please pay attention to signs.
- Olympic distance is 10k, which is 2 laps. Athletes will run a second lap before heading to the finish.
- Olympic participants should watch for signs directing you to a specific lane so you can complete your second lap.
- Aid stations – there are three aid stations containing water, Base performance Hydro, Base Performance Gels, and banana halves on the run course.

**NOTE** that any gear that does not make it into the plastic bag in Transition 1, will be placed in a general lost and found but there is no guarantee that items will be found/returned.



# Social Media

- Use the hashtags #TriCLE #rockrollrun #triathloncleveland
- Tag us on Instagram: @tricle\_rock\_roll\_run @hfpracing @greenswell\_events
- Tag us on Facebook: @TriCLE.Rock.Roll.Run @hfpracing @Greenswellco
- Tag us on Twitter: @TriCLE8 @hfpracing @Greenswellco



**Thank you to our race partners!**



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