



TriMillennium Friends,

It's race week and we are super excited to host the TriMillennium 2023. If this is your first race with us, welcome to the tribe! Immediately below is a summary of important packet-pickup and race day information and details. A little further below is more detailed and comprehensive event information. Please review prior to the race. A similar info packet will be available for you at packet-pickup.

RACE RULES and ATHLETE GUIDE

Basic Information

Packet Pickup

Friday from **3-6p** at **Striders** in Grandville (4045 Chicago Dr SW, Grandville, MI 49418)

Saturday from **5:30a-6:30a** at **Millennium Park**, near the transition entrance.

Bib #s will be emailed and posted at packet pickup. Please have your bib # ready when picking up your packet, as well as the bib # for anyone you are picking up for. *If you are on a relay team, you will have only one packet under the name of your relay team.*

Please pickup on Friday, if you are able. This will make things much smoother for everyone on race day. Please be patient as there may be a line when you arrive. **And please leave yourself plenty of time. We will start promptly on-time, per the schedule below.**

Note: If you have a child racing on Friday night, kids' packet pickup is at the venue, just outside of the transition area. Kids' packets will not be available at Striders.

Parking

Parking is available at **The Meadows of Millennium Park**, across Maynard from the park. We will be using the gravel overflow parking lot. Look for the PARKING signs. **Please use this parking lot and do not park in the beach parking lot.** It is about a 10 minute walk across to the transition, so again, please plan accordingly.

Transition - opens at **5:30a** on Saturday

Weather – In the event of rain, the race will continue. We will not race if lightning is present in the area, in which case the race will be postponed up to an hour to allow for the weather to pass. If the weather persists and poses a threat to athletes, we will

cancel the race. In the event of lightning or tornado watch, please find shelter until the conditions pass.

Water temp

Plan on water temps in the high 70's or low 80's

Wetsuits will be allowed (but NOT required) if the water temp is **below 83 degrees**. We will update about water temp via Facebook. If the water is above 83 we will not allow wetsuits for safety reasons.

Course maps

Courses maps are available at TriMillennium.com, or through the QR code below...



PLEASE NOTE, Olympic athletes will proceed PAST the park entrance for their second lap. Do not re-enter the park until you complete your second lap.

Please familiarize yourself with the courses prior to the race. We will do our best to have volunteers on-course, but cannot guarantee they will be at every turn. **Athletes are responsible to know the course ahead of time. *Know your course ahead of time.***

Awards

All finishers will receive a finisher medal. They are sweet!

Sprint distance awards ceremony will happen around 9:15a, after all award categories have been populated and verified.

Olympic distance awards ceremony will happen around 10:30am, after all award categories have been populated and verified.

Awards ceremonies will be located past the hospitality tent.

See below for more detail about award categories.

Race Day Schedule:

Pre-Race

- o 5:30a - Transition opens
- o 6:45a – Mandatory Pre-race meeting
- o 6:55a - Prayer

My Team Triumph

o 7:00a – MTT start. Transition closes.

Sprint Distance Race:

7:15a - **All** triathletes, duathletes, aquabike, and relay (Male and Female) - **Blue caps**

Note: All swimmers will self-seed for the start based on estimated swim pace/time. Pace signs will be posted for reference. Duathletes will have a mass start behind the finish line.

Olympic Distance Race:

7:30a - **All** triathletes, duathletes, aquabike, and relay (Male and Female) - **Orange caps**

Note: All swimmers will self-seed for the start based on estimated swim pace/time. Pace signs will be posted for reference. Duathletes will have a mass start behind the finish line.

Helpful Gear Checklist:

- Timing chip and ankle strap (will get at packet pickup)
- Swim cap (will get at packet pickup)
- Swim Goggles
- Wetsuit (Optional)
- Properly fitted bike (with number affixed to bike)
- Approved bike helmet
- Tire repair kit
- Socks
- Cycling shoes
- Running shoes
- Running bib number
- Sunscreen
- Sun Glasses
- Towel
- Filled bike water bottles
- Energy bars and gels
- Bib strap/race belt (optional)
- Anti-chafe cream/bar
- Most important? Have fun!

Important Detailed information:

Packet Pickup

Packet pickup will happen on **Friday** from **3p-6p** at **Striders** in Grandville (4045 Chicago Dr SW, Grandville, MI 49418). We will also have **race-day packet pickup** at **Millennium Park** from **5:30a-6:30a**. Please bring your ID and that of anyone you are picking up for. We will also be asking everyone to sign a waiver prior to racing, so if you pick up for someone on Friday, please tell them to check-in and sign the waiver on Saturday.

Body Marking

Limited body marking will be available at packet pickup, or at the transition area before the race. We encourage athletes to do their own body marking before race day. With a thick black marker give the following information:

Bib # on both arms (vertically on upper arm or forearm is fine)

Age and event on left calf (age on top, event on bottom)

OT – Olympic Triathlon

OD – Olympic Duathlon

OA – Olympic Aquabike

OR – Olympic Relay

ST – Sprint Triathlon

SD – Sprint Duathlon

SA – Sprint Aquabike

SR – Sprint Relay

As this is not a USAT sanctioned event, we don't age up. Give your age on race day.

Transition Area

Transition **opens at 5:30a** on Saturday morning. Transition **closes at 7:00a**. Please have all of your gear racked and set before then. No one will be allowed in the transition after 7:00a. Also, please do not bring oversized gear bags or extra gear in the transition area. Also, please do not use any in-ear headphones in the transition, or anywhere on the course. We want to be sure all athletes can hear announcements and instructions.

There will be no overnight storage of bikes.

TriMillennium uses custom-built, floor mounted bike stands/racks. Our bike stands will be arranged in a linear fashion along the length of the transition area, with athlete/bib numbers sectioned in groups of 12. Upon arrival, find your bib number range, and rack your bike anywhere in that section. Our transition area will flow very efficiently if every athlete follows a couple of simple guidelines:

- Rack your bike **facing the direction of the arrows** on the top of the stand. If you follow the above rule, bikes will alternate direction with every other bike.
- Setup your gear on the **bike-out** side of your bike. If you follow this rule, everyone will have ample room between bikes for their transition setup.
- Remember the color of your stand caps to help you remember which rack is yours when you rack your bike in T2.
- The rubber bands on top of the bike stands can be used to adjust the tension on your bike wheel. If you have larger tires, take one rubber band off for less tension. If you want a bit more tension, double up the bands.

Sprint distance bike racks will be located toward the SWIM IN/RUNOUT end of the transition area. **Olympic distance** bike racks will be located toward the BIKE OUT/BIKE IN end of the transition area. There will be transition assistants helping direct athletes on race morning.

Remember this, and it will all make sense on race morning. Trust us.

Current ANSI, CPSC, or SNELL approved helmets are required during the cycling portion of the event. You will be PROHIBITED from participation if you don't have an approved helmet. Helmets MUST be buckled in place during ALL aspects of the bike, including while in the transition area. Failing to buckle your helmet will result in 40 lashings with a wet noodle, and we won't let you start your bike course until you buckle it. It's common sense safety.

You must walk your bike in the racks area and walk or jog with your bike in the transition lanes to the designated mount and dismount areas at the perimeter of the transition area. NO RIDING IN THE TRANSITION AREA.

The transition area will remain closed to finished athletes and spectators until the final cyclist racks their bike. If you are done with your race, feel free to use this time to grab some snacks or juice at the hospitality tent. TriMillennium is not responsible for any lost, stolen, or damaged goods.

Race Numbers and Body Marking

Your race number must be visible on your body and bike frame. Your race bib number must be on your jersey or race belt during the run.

Body marking will be written on the shoulders and calves. Limited body marking will be available in the transition area before the race. Athletes are encouraged to do their own body marking prior to the race. We want to know your age on race day.

Timing

This event is timed with an electronic timing chip system. Participants **MUST** wear their timing chip strapped to their ANKLE throughout the entire event. Athletes are responsible to return their chip to the assistant at the finish line. Athletes will be responsible for lost or unreturned chips. **Athletes are advised to use a safety pin to secure the Velcro strap.**

Relay teams will transfer their timing chips to the next athlete in the transition area.

Swim Course description and info:

The swim course will be a counter-clockwise course in Millennium lake with a beach start. Sprint athletes will complete one 750-meter lap around the designated sprint buoys. Olympic athletes will complete two 750-meter laps around the designated Olympic buoys, for a total of 1,500 meters.

The swim exit will be marked with large SWIM OUT flags, followed by a short run up a concrete walkway to the transition area. You are prohibited from intentionally striking or swimming over another swimmer. Failure to obey the warnings and commands of an official or lifeguard may get you DQ'd. After exiting the water, do NOT leave your swim cap at the dock or sidewalk to the transition area. Bring it with you to the transition area.

The swim will be an individual time-trial start, with athletes sent out in pairs every three seconds. Athletes shall self-seed in the swim coral based on estimated swim pace/time. Pace signs will be posted for reference. All Sprint distance athletes will wear blue caps. Olympic distance athletes will wear orange caps. If you lost your cap, see a race official at the swim start to get the correct color cap.

Life-guards and Kayaks will be stationed along the perimeter of the swim course. If you are in trouble, or just need a rest, swim to a kayak. It is fully acceptable to take a rest at a kayak and then keep going. We want to see you finish the race!

If you are using a wetsuit, make sure you are using a wetsuit which is designed for open water swimming. If you are new to using a wetsuit, it is suggested you purchase or rent one from a reputable dealer and ensure a proper fit. It is also recommended that you train in your wetsuit under supervision before wearing the wetsuit in competition. **We will allow wetsuits up to 83 degrees.** We will not allow wetsuits over 83 degrees for safety reasons.

We do not have wetsuit strippers, so be prepared to get your own wetsuit off in the transition area.

Bike Course description and info:

Please see our website at trimillennium.com for course maps and a detailed description, or scan the QR code below.



Athletes are responsible to familiarize themselves with all course routes prior to the event.

The sprint bike course will be a 12.7-mile loop on the roads surrounding Millennium Park. The course includes two turnaround points.

The Olympic bike course is a 24.8 miles consisting of two loops of the same course. **Note: when approaching the park entrance, Olympic athletes proceed straight past the entrance for the second loop. Do not re-enter the park for your second loop.**

All roads will be open to vehicle traffic. Please be aware of your surroundings and alert to traffic. While we will have volunteers on-course to provide direction and assistance, please do not assume traffic will stop for you. Athletes are responsible to be sure that traffic is clear before making any road crossings!

The course will be marked with signs and ground markings. Not all turns may have volunteers. **Know your course**, please follow all markings and signs.

Make sure your bike is fit and working properly. **Biked** will be onsite for race-day assistance with your bike. The bike course will take place on open roads. Light traffic will be present during the race. We will have safety personal and volunteers posted at strategic points to help direct traffic, but it is the ATHLETES RESPONSIBILITY to be aware of traffic at all times. **DO NOT ASSUME** that traffic will stop for you. Be prepared to stop if necessary at intersections. Be safe out there. A few seconds is not worth the risk.

Since the race shares the road with vehicular traffic, you are required to ride to the far right of the roadway if you are not in the act of passing. You are **ONLY** to pass other riders on the **LEFT**. You must also yell out to the person you are passing "On your left" when making a pass. **BY NO MEANS SHOULD ANYONE BE RIDING 2 OR 3 ABREAST ON THE ROAD.** If you are racing with a friend, buddy up with them after the race, not on the road. No drafting and no riding side-by-side.

If you break down on the bike course you must get at least 6 feet off to the side of the road to tend to your repairs. If you are unable to repair your bike, you must remove yourself from the bike course. Vans or trucks will be circulating the course to bring you back to the transition area, however, you must turn in your timing chip at that time. If you break down and you feel you are close enough to the transition area after

completing most of the course, you may run or walk your bike to transition and continue the race.

Please, **no in-ear music** on the bike course.

Run Course description and info:

Please see our website or scan the QR code above for course maps and detailed descriptions. **Athletes are responsible to familiarize themselves with all course routes prior to the event.** The sprint run course will be a 3.1 mile out-and-back course and the Olympic run course will be a 6.2-mile out-and-back course.

- Both courses will follow the paved trails that travel around the west side of the lake
- Shortly after T2 exit, KEEP RIGHT to follow the trail along the north side of the lake
- Cross OVER the pedestrian bridge.
- turn RIGHT on the land bridge that traverses through the Meadows ponds.
- Sprint** – TURNAROUND at designated point and follow same route back to FINISH
- OLYMPIC** – Proceed on the land bridge and stay LEFT
- Proceed on path along the river to TURNAROUND
- Follow same route back to FINISH

There will be one aid station located at around Mile 1 and a second at around Mile 2 of the Olympic route.

Duathletes will start at their designated start time, as detailed above, with their first run. The run will start **behind the finish line**. **Sprint Duathletes will complete a 2.5K out-and-back for their first run leg and a 5k out-and-back after their bike. Your first turn around will be at 0.8 miles, your second run turnaround will be at 1.5 miles.**

Olympic duathletes will complete a 5k out-and-back for their first run leg, and a 10k out-and-back after their bike. Your first turnaround will be at 1.5 miles.

Please be aware of your first and second turnaround points.

Aquabike athletes will self seed along with the triathletes for the swim start, according to your distance (Sprint or Olympic) and complete the full swim and bike distance. *IMPORTANT NOTE:* Aquabike athletes will complete their race **at T2**. But, to get your medal, photo, and return your timing chip, **after the bike, rack your bike and take very short run/walk through the transition and loop around to the finish line.** Don't worry about the time in T2, your official timing will stop when you enter the transition area. But, we want to give you a proper finish line experience, give you a medal, and announce your name, and get you out of the transition area while other athletes are still racing. So, be sure to follow all the way around to the finish line.

Relay Athletes will exchange timing chips in the transition area. Each relay team member needs to wear the team's ankle timing chip for their leg of the race. Only the runner needs to wear the running bib. All teammates should have your team bib # marked on your body. Teammates shall wait at the appropriate bike rack for the exchange. After a relay athlete's leg is complete, please exit transition to the finish area.

Awards

There will be awards for the top **3 Overall male and female triathlon** winners, as well as **top three overall male and female masters**. There will also be awards for the top 3 in each triathlon **age group (male and female)**, **top three relay teams**, **top three male and female duathletes**, and **top three male and female aquabike**.

Awards will prioritize overall results, then masters, then age groups. For example, if you place first in the masters category and 3rd overall, you will be awarded the 3rd overall award. If you place 2nd in masters and 1st in your age group, you will be awarded the masters 2nd place award. Likewise, if you are 4th in your age group, but someone ahead of you from your age group places in an overall or masters category, they will be moved to that prioritized category, and you will be bumped up to third in your age group.

Masters category is for 40 years old and older.

POST RACE PICNIC:

Enjoy snacks from the Bridge Street Market and chocolate milk from Country Dairy.

We look forward to seeing you all this weekend. Please reach out with any questions.

Most importantly, have fun!!!

Respectfully,
Ryan Waalkes
Race Director