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THE DIRTY MITTEN

A TRIS HEALTH EVENT

DIRTFEST WEEKEND
GRAVEL TRIATHLON • GRAVEL BIKE RACE
SEPT 24-25, 2022

FEATURING THE FIRST ANNUAL



ONLY AT THE DIRTY MITTEN

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WELCOME TO THE DIRTY MITTEN 2022

FROM THE DIRTY DIRECTORS

We had so much fun with you all last year at The Dirty Mitten, that we just had to kick things up a notch. We couldn't help ourselves. With that in mind, we are excited to welcome you to not only our expanded two-day event, The Dirty Mitten "Dirtfest Weekend" sponsored by Biked, but also to the very first Gravel Triathlon World Championship of the Universe (it's a real thing)!

Dirtfest Weekend features two-days of gravel, with the inaugural The Dirty Mitten Gravel Bike Race on Saturday, September 24th and the second-annual The Dirty Mitten Gravel Triathlon on Sunday, September 25th.

This year, we are thrilled to welcome Biked on as the title sponsor of Dirtfest Weekend. In addition, we would like to take a moment and thank our many sponsors: Pepsi, Gatorade, GU, YMCA, Wolf Kubota, Junk King, Mary Free Bed Sports Rehabilitation, Stellafly, Stuart Coaching, Gordon Water, and others. We would also like to thank our many volunteers, who are vital to holding events like ours.

Finally, thank YOU, our athletes. This event simply would not be what it is (and what it is becoming) without your support of this crazy idea brought to life.

John Mosey & Jon Conkling
Dirty Directors, The Dirty Mitten



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Better pack another bag. With energy that's this gentle on your stomach, the gluten-free life is too tasty to keep to yourself.









RACE WEEKEND SCHEDULE

THURSDAY, SEPTEMBER 22

4 PM – 7 PM – Packet Pick-up for Gravel Race & Gravel Triathlon at Biked Grand Rapids (3534 Roger B Chaffee Memorial Blvd SE, Kentwood, MI 49548)

SATURDAY, SEPTEMBER 24 - GRAVEL BIKE RACE

8:00 AM – 9:45 AM – Packet Pick-up for Gravel Race @ Camp Manitoulin

10:00 AM – Long Gravel Race (50 Mile) Start

10:15 AM – Short Gravel Race (28 Mile) Start

10:30 AM – 10 Mile Gravel Race Start

3:00 PM - Race End

SUNDAY, SEPTEMBER 25 - GRAVEL TRIATHLON

6:00 AM – 8:15 AM – Packet Pick-up for Triathlon @ Camp Manitoulin

6:00 AM – Transition Opens

7:45 AM – Transition Closes (The Half Crazy/The Long One)

8:45 AM – Transition Closes (The Shorty)

8:00 AM – The Half Crazy Swim Start

8:30 AM – The Long One Swim Start

9:00 AM – The Shorty Swim Start

COURSE CUT-OFFS

SATURDAY GRAVEL BIKE RACE

3:00 PM – Bike Course Cut-off

SUNDAY GRAVEL TRIATHLON - applies to all events

9:30 AM – Swim Course Cut-off

2:30 PM – Bike Course Cut-off

6:00 PM – Run Course Cut-off

BODY MARKING - GRAVEL TRIATHLON

Markers will be available onsite or you can mark yourself at home.

PLEASE NOTE: This schedule is tentative and subject to change prior to race.

COURSE CUT-OFF TIMES: We will strictly adhere to all cut-off times due availability of medical support. If you do not arrive at the designated cut-off within the time allowed, you will be removed from the course. Thank you for your cooperation. Cut-off times apply to all distances.

TIMING WITH SPORTSTATS



Spectators can track their athletes in real-time during the event by using the SportStats Tracker app available in the app store. This app will allow spectators to see approximately where on the course the athlete is and get alerts as they cross from any given discipline into the transition area.

Visit sportstats.us to find your results online. All results are subject to penalties from USAT officials. For questions regarding your results, go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page. Athletes will be financially responsible for any unreturned chips.

Return timing chips not left at the finish line to: SportStats USA, 112 54th St. SW, Grand Rapids, MI 49548.

SATURDAY

GRAVEL BIKE RACE

10 MILE 28 MILE 50 MILE



GRAVEL BIKE RACE INFORMATION

RACE DAY SCHEDULE - SATURDAY, SEPTEMBER 24

8:00 AM – 9:45 AM – Packet Pick-up for Gravel Race @ Camp Manitoulin

10:00 AM – Long Gravel Race (50 Mile) Start

10:15 AM – Short Gravel Race (28 Mile) Start

10:30 AM – 10 Mile Gravel Race Start

3:00 PM - Race End

AWARDS

12:00 PM – 10 Mile Awards

12:30 PM – Short (28 Mile)

1:30 PM – Long (50 Mile)

*Times are approximate and may be tweaked as riders come in and when.

Overall Awards:

Awards will be given to the overall top 3 finishers male and female for all distances.

Age Group Awards:

Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of the Short & Long events in each of the following age group: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

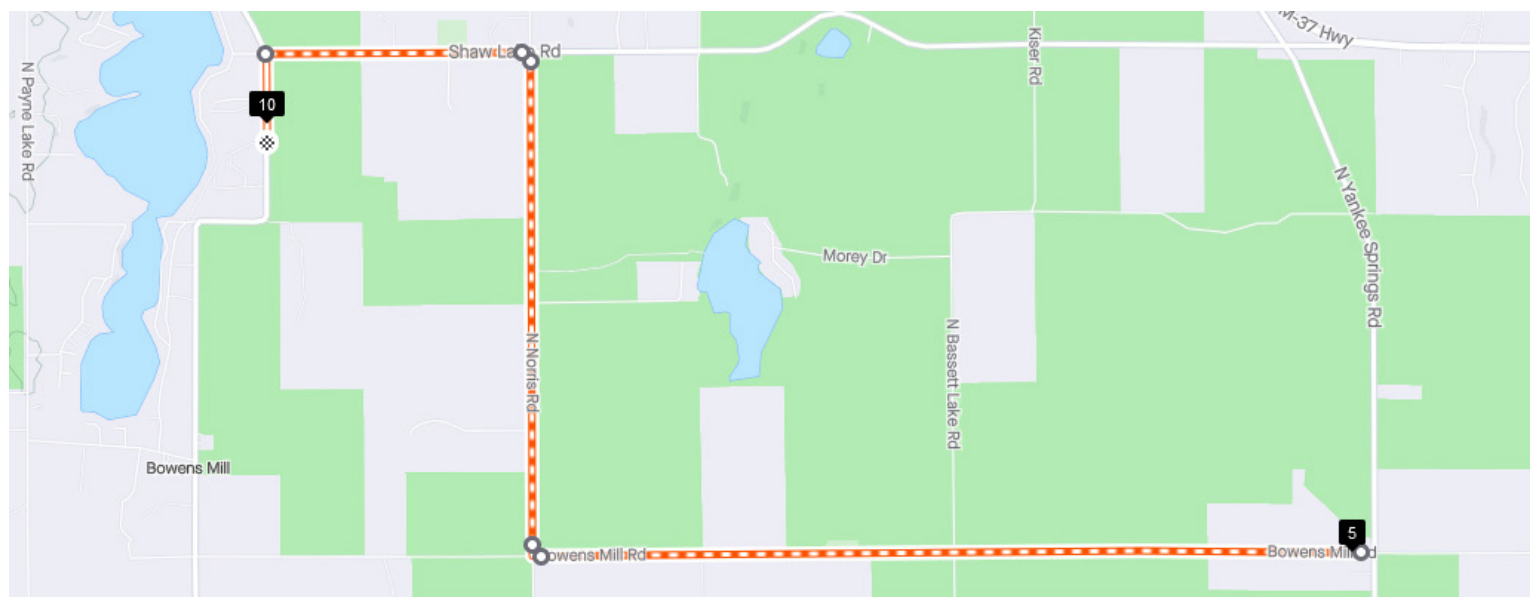
PARKING

We have two parking areas off of Briggs Road. Please refer to the map below. There will be signs and people directing vehicles for parking. ***There is no parking in the main camp entrance.**



THE 10 MILER COURSE

Great for new gravel riders or anyone looking to see what gravel is all about. The out-and-back course starts at the camp and goes EAST. At 5 miles you will turnaround and return to the camp. **There are NO AID STATIONS on The 10 Miler due to the short nature of the distance.**



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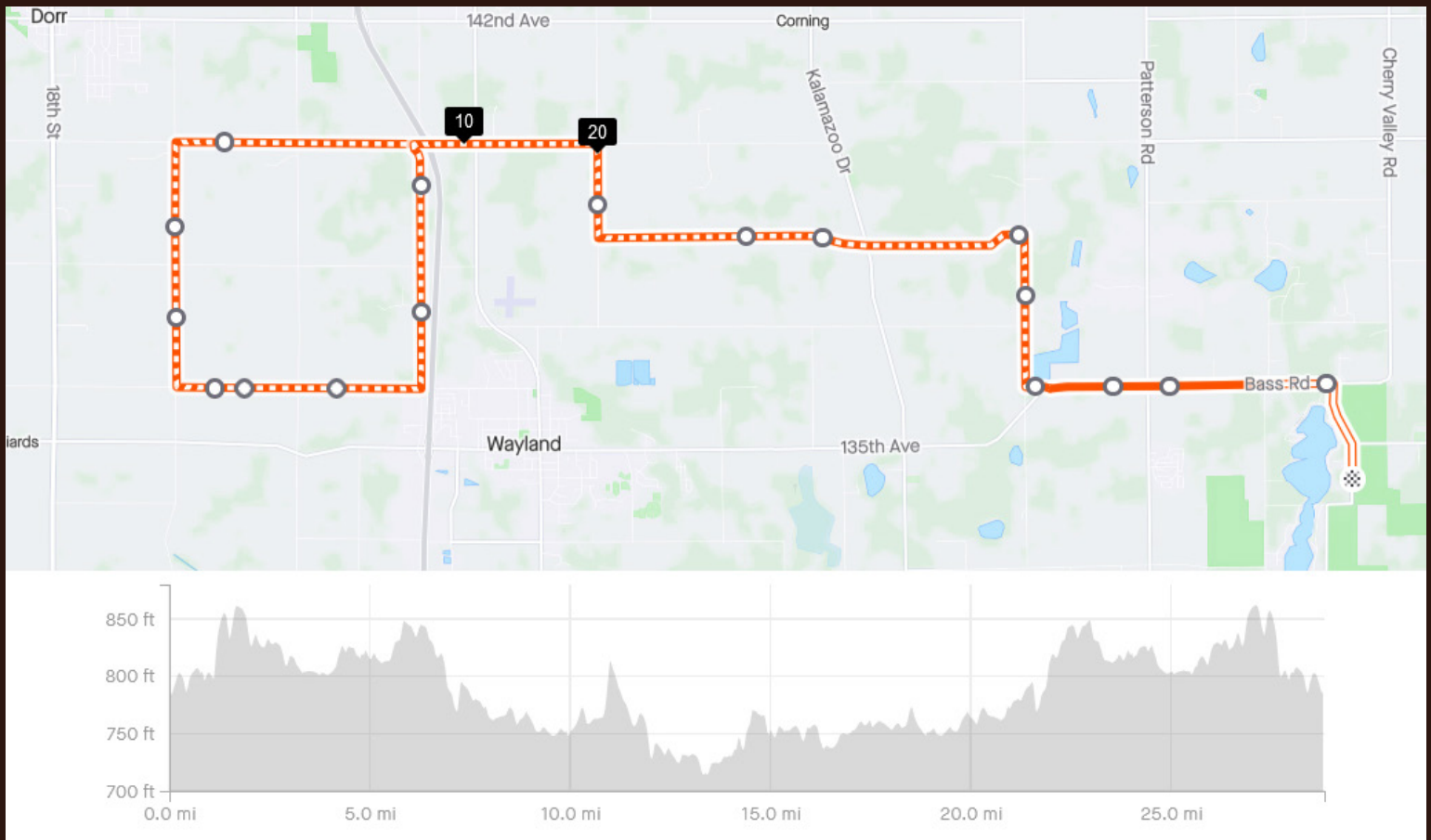
biked. saves you time and energy by picking up your bike wherever it is, servicing it at our world class shop, and delivering it back to your doorstep. All of the ease, none of the grease.

Learn more at biked.app

BE AWARE: THIS IS AN OPEN BIKE COURSE!
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

THE SHORT 28 MILE COURSE

This lollipop route goes WEST of the camp and is a great ride for beginner riders or anyone looking for a decent challenge but not ready for the long course yet. **There is ONE AID STATION on this course.**



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A cyclist wearing a white and green jersey and a white helmet is riding a road bike on a paved path. The background shows a coastal landscape with green hills and a blue sky. The cyclist is in a dynamic, forward-leaning position, suggesting speed and effort. A race number '1774' is visible on the bike's frame.

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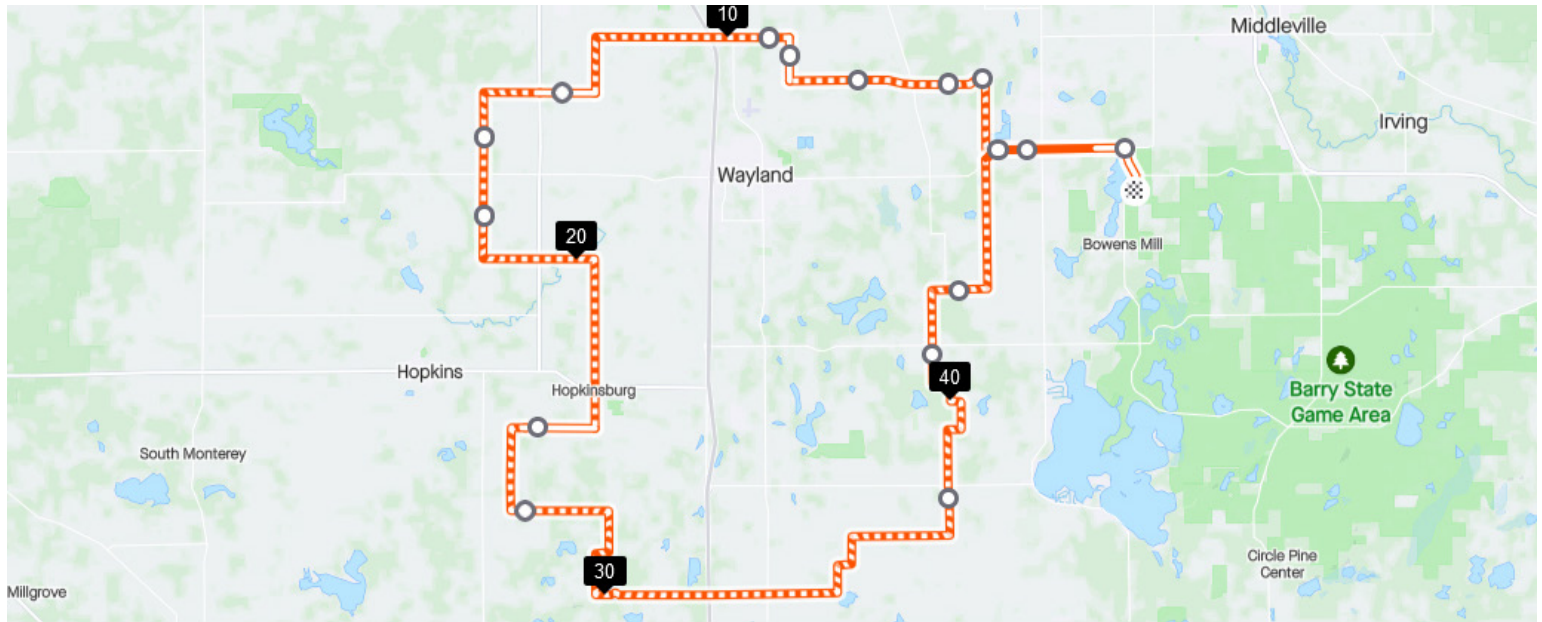
STUARTCOACHING.COM

BE AWARE: THIS IS AN OPEN BIKE COURSE!
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

THE LONG 50 MILE COURSE

This longer loop route goes WEST and SOUTH of the camp and is perfect for riders looking for more of a challenge.

There are TWO AID STATIONS on this course.



IMPORTANT BIKE COURSE INFORMATION

- It is the bikers' responsibility to stay to the right and ride single-file on or as close to the shoulder as possible.
- When turning, please be aware of your surroundings and look behind you before entering the turn. Sheriffs will be positioned at major intersections.
- Obey all traffic laws unless instructed to proceed by a sheriff.
- Be Green! Please keep trash on your bike or drop it in the appropriate drop zones.
- Athletes are expected to be self-supportive on the bike course. We do offer bike SAG support, but please understand that we have a large course and it may take time to get to you.
- **IF YOU NEED BIKE SUPPORT OR ASSISTANCE, PLEASE TRY TEXTING 616-551-7385 or 616-292-0728.**
Please note cell service can be spotty on course.

BE AWARE: THIS IS AN OPEN BIKE COURSE!
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!



LOVE YOUR WATER EVERYDAY!



DON'T FORGET TO SMILE WHEN YOU SEE STELLAFLY PHOTOGRAPHERS ON COURSE!

Free photos will be available after the event!



WEEKENDS
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RACE PHOTOGRAPHY



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SUNDAY

GRAVEL TRIATHLON

SWIM GRAVEL BIKE TRAIL RUN



RACE INFORMATION

EVENT & ATHLETE BREAKDOWN

EVENT	START TIME	SWIM CAP	BIB/BIKE STICKER
THE HALF CRAZY TRI	8:00 AM	RED	RED
THE HALF CRAZY AQUABIKE	8:00 AM	RED	RED W/ RED STRIPE
THE HALF CRAZY RELAY	8:00 AM	RED	RED W/ YELLOW STRIPE
THE HALF CRAZY DUATHLON	8:00 AM	N/A	RED W/ BROWN STRIPE
THE LONG ONE TRI	8:30 AM	ORANGE	ORANGE
THE LONG ONE AQUABIKE	8:30 AM	ORANGE	ORANGE W/ RED STRIPE
THE LONG ONE RELAY	8:30 AM	ORANGE	ORANGE W/ YELLOW STRIPE
THE LONG ONE DUATHLON	8:30 AM	N/A	ORANGE W/ BROWN STRIPE
THE SHORTY TRI	9:00 AM	WHITE	WHITE
THE SHORTY AQUABIKE	9:00 AM	WHITE	WHITE W/ RED STRIPE
THE SHORTY RELAY	9:00 AM	WHITE	WHITE W/ YELLOW STRIPE
THE SHORTY DUATHLON	9:00 AM	N/A	WHITE W/ BROWN STRIPE

RACE DAY SCHEDULE - SUNDAY, SEPTEMBER 25

6:00 AM – 8:15 AM – Packet Pick-up for Triathlon @ Camp Manitoulin

6:00 AM – Transition Opens

7:45 AM – Transition Closes (The Half Crazy/The Long One)

8:45 AM – Transition Closes (The Shorty)

8:00 AM – The Half Crazy Swim Start

8:30 AM – The Long One Swim Start

9:00 AM – The Shorty Swim Start

COURSE CUT-OFFS - applies to all events

9:30 AM – Swim Course Cut-off

2:30 PM – Bike Course Cut-off

6:00 PM – Run Course Cut-off

AWARDS

11:00 AM – The Shorty Awards 12:00 PM – The Long One 2:30 PM – The Half Crazy

*Times are approximate and may be tweaked as athletes come in and when.

OVERALL TRIATHLON WINNERS, EACH DISTANCE

Each triathlon distance will have Overall Awards for the top-three finishers, male and female. The first-place finisher, male and female, will each receive a free entry to the 2023 TDM for the same distance event.

AGE GROUP TRIATHLON WINNERS, EACH DISTANCE

Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of each age group: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+, Clydesdales/Athena 39 & Under, Clydesdales/Athena 40+. Your age is race age (as of 12/31) not your age today.

AQUABIKE, DUATHLON, RELAY WINNERS, EACH DISTANCE

Awards will be given to the top-three finishers in each distance male/female for aquabike, duathlon and swim only and the top-three teams for relays regardless of the gender make-up of the team.

WHAT IS THE GRAVEL TRIATHLON WORLD CHAMPIONSHIP OF THE UNIVERSE?

THIS IS THE ONLY GRAVEL TRIATHLON WORLD CHAMPIONSHIP

Let's face it - there are not a lot of gravel triathlons around, especially not ones like The Dirty Mitten. However, this little weird offshoot of triathlon is going to grow. So we (John & Jon) asked ourselves, "How can we make this even more special to attract others to try a gravel tri?" The answer: let's make a championship. But not just any championship. We wanted to create something so over-the-top, something that made us chuckle and something that fit the unique vibe of The Dirty Mitten. That is where the idea was born.

SO WHAT ARE THE AWARDS?

- The top overall male & female winner of the "Half Crazy" Triathlon will each earn a Championship Heavyweight Belt. These are HEAVY (metal, jewels, engraving) and like no other overall award anywhere.
- The top overall male & female winner of the remaining "Half Crazy" events plus all events of "The Long One" and "Shorty" distances will earn Championship Metal Fist Plates.
- The top three age groupers in each AG will earn hefty Age Group Medals (1st, 2nd, 3rd places).

WHY SHOULD YOU CARE?

Simple: Don't you want to say you were the first "Gravel Triathlon World Champion of the Universe"?

GRAVEL TRIATHLON WORLD CHAMPIONSHIP OF THE UNIVERSE

ACTUAL GRAVEL TRIATHLON AWARDS

AGE GROUP MEDALS

HALF CRAZY AGE GROUP:
TRI, DU, AB, RELAY

THE LONG ONE AGE GROUP:
TRI, DU, AB, RELAY

THE SHORTY AGE GROUP:
TRI, DU, AB, RELAY

CHAMPIONSHIP FIST PLATES

HALF CRAZY OVERALL:
DU, AB - MALE, FEMALE, RELAY TEAM

THE LONG ONE OVERALL:
DU, AB - MALE, FEMALE, RELAY TEAM

THE SHORTY OVERALL:
DU, AB - MALE, FEMALE, RELAY TEAM

CHAMPIONSHIP HEAVYWEIGHT BELTS

HALF CRAZY OVERALL:
TRIATHLON - MALE, FEMALE

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THE DIRTY MITTEN DIRTFEST WEEKEND
GRAVEL BIKE RACE - GRAVEL TRIATHLON
SEPT 24-25, 2022

SPECIAL EVENT INFORMATION

AQUABIKE ATHLETES

The Aquabike course will be the same as the triathlon course for the same-distance race. When you complete the bike portion of your event, **DISMOUNT** at the dismount line. A timing mat at the dismount line will record the finish time of your event. **DO NOT ride your bike across the finish line but you can walk it across.** Riding your bike into the finish line chute and across the finish line will result in disqualification. Please give the right of way to the runners who are heading out, as the timing of your event has already stopped.

DUATHLON ATHLETES

Duathlon events are in a run/bike/run format. Duathletes will go off in a time trial start from the run-out in transition. Be prepared to be ready 10 minutes prior to your distance's start time with everything you need for the first run portion of your race. Athletes should self-seed according to run speed, faster runners towards the front, slower towards the back. Your first run time will start when you've crossed over the run-out line.

RELAY TEAMS

- **How does the chip exchange work?** We have a relay chip exchange corral located inside the transition area. The receiving team member waits here for the chip hand-off.
- **Can the other team members be in transition?** Yes. All relay team members must wait in the exchange corral.
- **Is there a separate location for the chip exchange for the swim/bike exchange and the bike/run exchange?** No. All chip exchanges take place in the same chip exchange corral.
- **Can you mix male/female teams?** Yes, our relay teams are mixed and can consist of male/female team members.
- **Can you mix age groups for teams?** Yes, our relay teams are not separated by age group.
- **How are the awards determined?** Awards are given for 1st, 2nd, and 3rd place overall for relays. We do not divide based on age or gender.
- **Do all team members receive a swag bag, t-shirt, and medal?** Yes, each team member is treated like any other athlete except that they share one chip.

MEDICAL SUPPORT AT THE DIRTY MITTEN PROVIDED BY THE PROFESSIONALS AT

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GRAVEL TRIATHLON OVERVIEW MAP



PARKING

We have two parking areas off of Briggs Road. Please refer to the map below. There will be signs and people directing vehicles for parking. ***There is no parking in the main camp entrance.**

Please arrive early to ensure you have enough time to get your packet (if necessary) and to setup in transition.

THE SWIM COURSE: ALL DISTANCES

SWIM START

Each distance will have a different cap color. You're required to wear a The Dirty Mitten provided swim cap. Participants will start the swim in a "time-trial start", going into the water in intervals of 5 seconds. We ask that athletes "self-seed" themselves based on their estimated swim time (distance/100m or total swim time for their event). Swim groups will be based on distance.

*IN KEEPING WITH THE TRADITION SET THE FIRST YEAR, WE WILL BE "EYE BALLING" THE SWIM COURSE BUOYS. THE COURSE WILL BE SOMEWHERE BETWEEN 400-750 METERS. YOU'RE WELCOME IF IT IS SHORT.

THE SHORTY - ONE LOOP

Clockwise course. **The Shorty swim is ONE LOOP of the course**, starting at the swim start and ending at the swim exit. You will be swimming around the triangle turn buoys on the far side of the course.

THE LONG ONE - TWO LOOPS

Clockwise course. **The Long One swim is TWO LOOPS of the course**, starting at the swim start, and looping around the triangle turn bouys near shore, starting the second loop and ending at the swim exit.

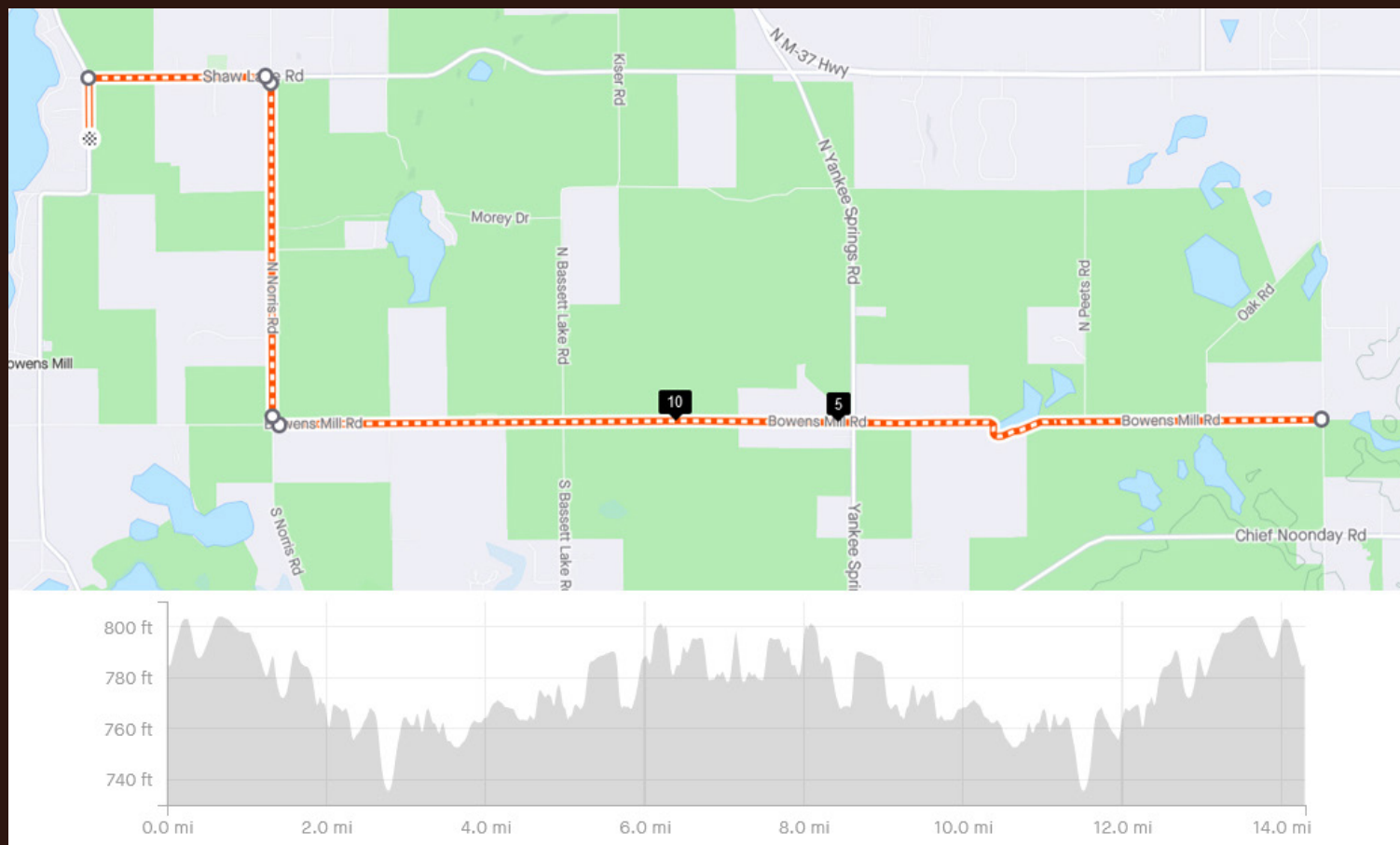
THE HALF CRAZY - THREE LOOPS

Clockwise course. **The Half Crazy swim is THREE LOOPS of the course**, starting at the swim start, and looping around the triangle turn bouys near shore, starting the second loop and then the third loop and ending at the swim exit.



THE SHORTY BIKE COURSE

The Shorty is an out-and-back course on Bowens Mills Road. Enjoy the beautiful gravel roads of Barry County on this 14 mile, beginner-friendly course. **There are NO AID STATIONS on The Shorty due to the short nature of the distance.**



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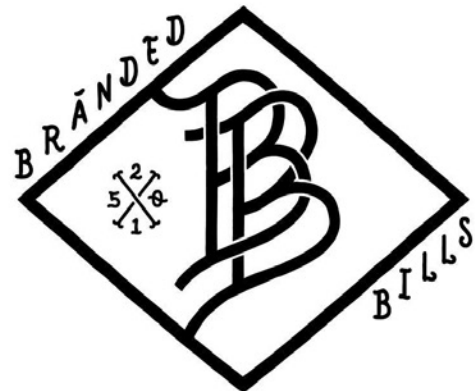
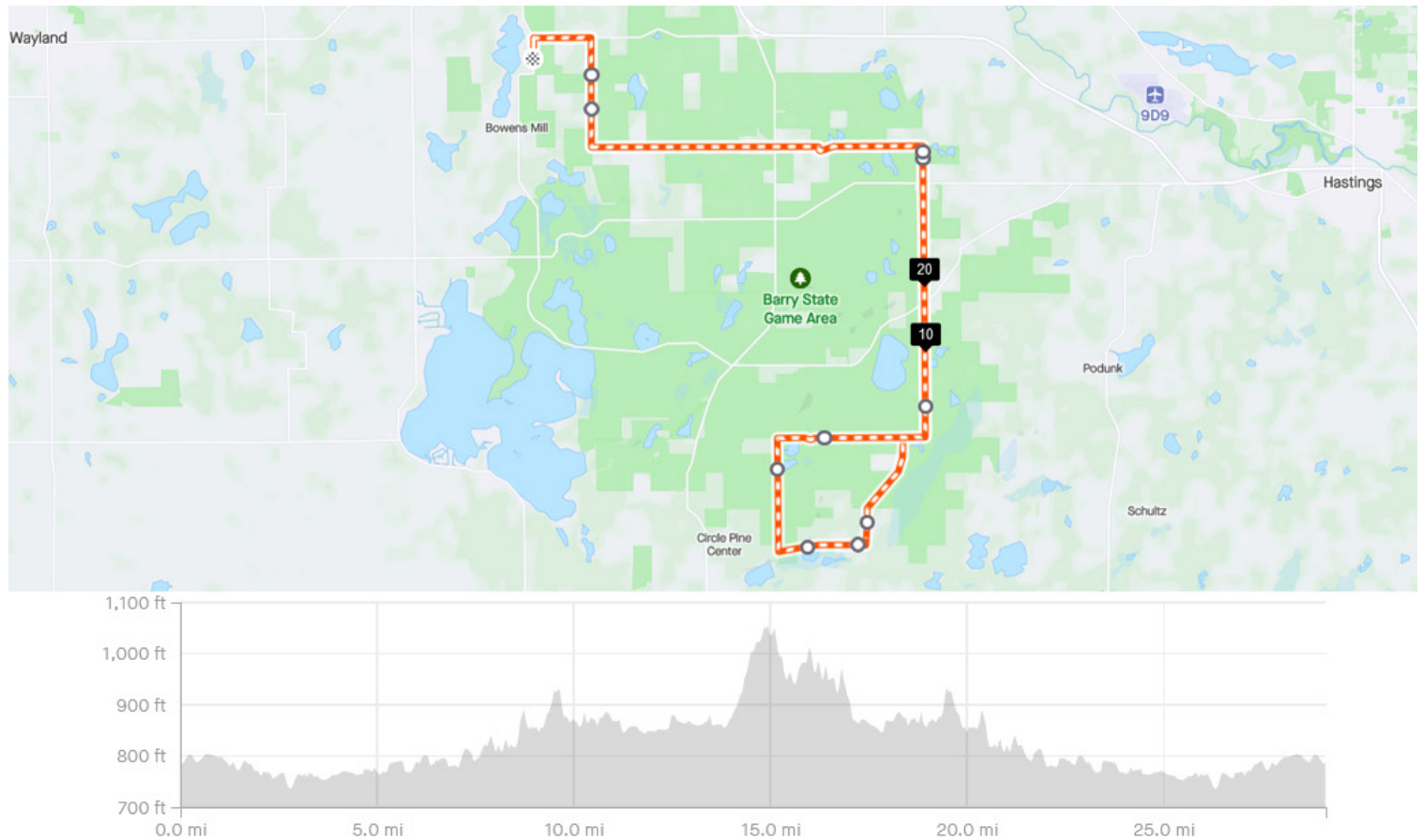
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THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

THE LONG ONE BIKE COURSE

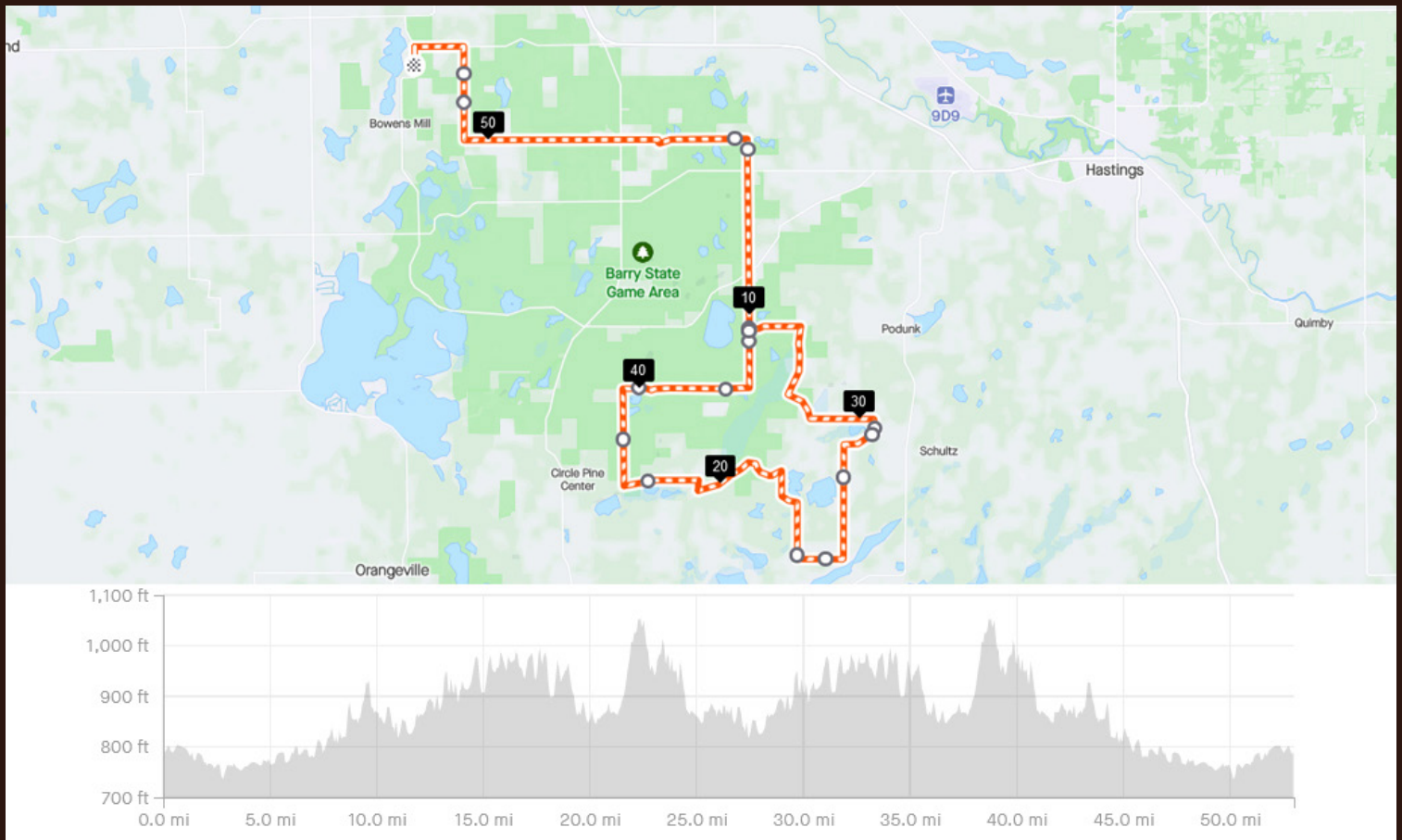
The Long One is a lollipop style course. Once you get beyond Bowens Mills Road, the course will work its way south and east, exploring some of the best gravel roads Michigan has to offer including a challenging section of Sager Road. Test your grit on this 29-ish mile course. **There is ONE AID STATION you will hit twice.**



**THE OFFICIAL HAT OF
THE DIRTY MITTEN**

THE HALF CRAZY BIKE COURSE

The Half Crazy is a lollipop style course you will loop twice. Once you get beyond Bowens Mills Road, the course will work its way south and east, exploring some of the best gravel roads Michigan has to offer including a challenging section of Sager Road (twice!!!). Good luck with that. **There is ONE AID STATION you will hit three times.**



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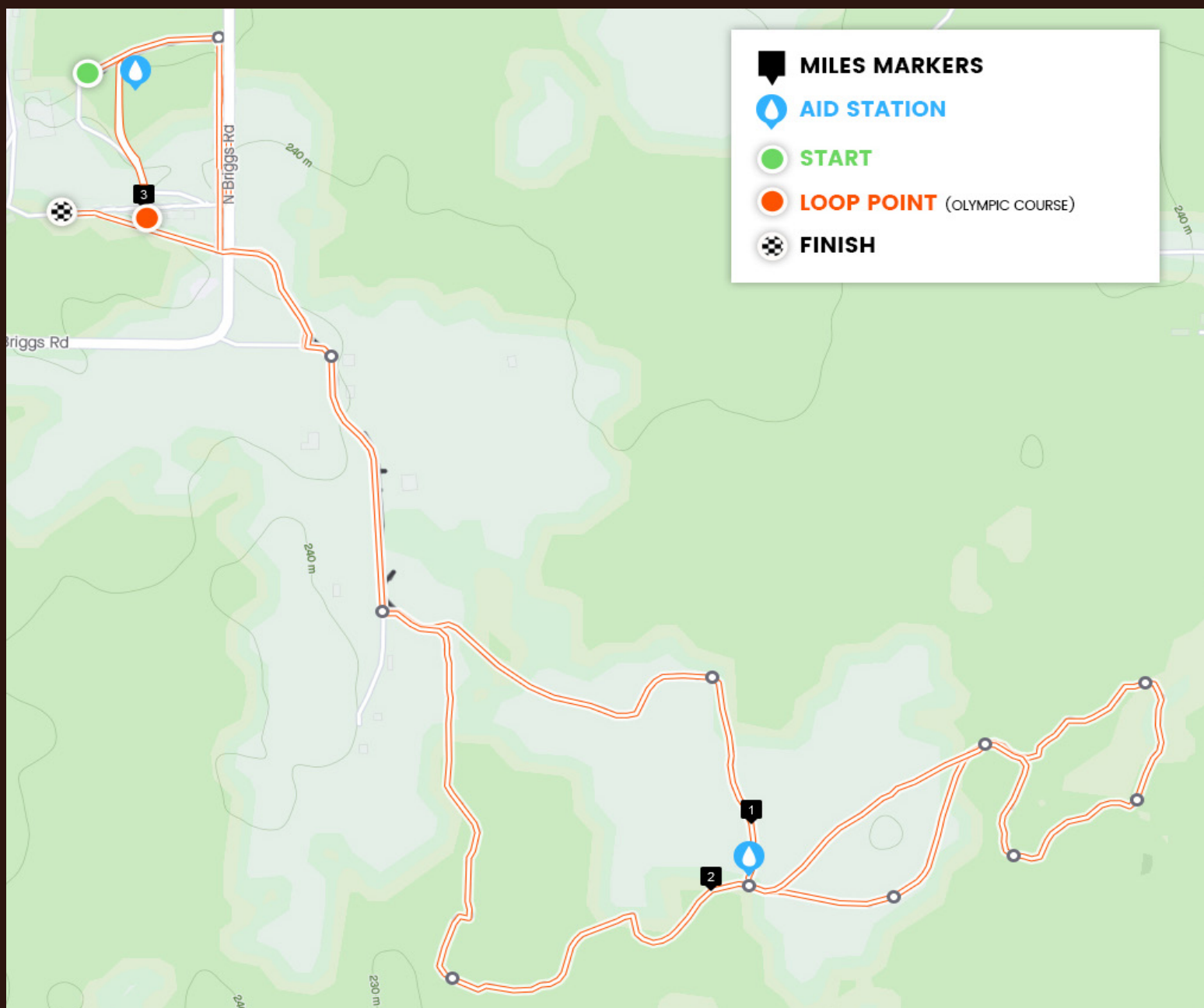
BE AWARE: THIS IS AN OPEN BIKE COURSE!
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

THE RUN COURSE: ALL DISTANCES

This scenic mix of trail (49%), gravel road (19%), and field (32%) promises the right mix of difficulty and scenery. The Shorty athletes will make one loop (3ish miles) while The Long One athletes will make two loops (6ish miles). The Half Crazy will be four loops consisting of between 12-13ish miles. To begin you will exit transition onto a small trail that turns right and runs along Briggs Road, which you cross. The trail ends at the gravel road that runs along the horse pens and fields and will take you to the camp's back fields.

After making your way along and through the fields you will enter a beautiful half mile stretch of trail that loops back to where you entered the trail. You'll turn left and continue through the field until you come to the next section of trail, again, approximately .5 miles, which takes you back to the gravel road and then the original connector trail where you cross the street and head towards either the finish line or your second loop, depending on your distance.

There are TWO AID STATIONS - one in transition and one on the course. You will hit them multiple times, which will increase with your distance.



USAT MOST COMMONLY VIOLATED RULES AND PENALTIES

1. HELMETS: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn securely fastened at all times while in possession of your bike. This means before, during, and after the event.

2. CHIN STRAPS: Chin straps must be 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.

3. OUTSIDE ASSISTANCE: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness.



Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires, inner tubes, and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course.

4. TRANSITION AREA: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

5. COURSE: All competitors are required to follow the prescribed course, complete the course in its entirety, and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

6. UNSPORTSMANLIKE-LIKE CONDUCT: Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.



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JUNE 24, 2023



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trails

100% of the funds raised will go to West Michigan Trails
for connecting trails and advancing our regional trails movement.

THE DIRTIEST RACE CREW AROUND



John Mosey Level I USAT Certified Race Director

In 2011, I signed up for the Riverbank Run to raise money honoring a friend from high school. At the time I was 100 pounds overweight and unable to run for 30 seconds. Fast forward a year and I was down 70 pounds, had successfully completed the Riverbank Run, and raised a few dollars for a worthwhile charity. Like many triathletes, I transitioned to multisport as an injured runner and has since completed all distances, from a sprint up to the full. My wife, Dawn, and I live in Rockford with our two kids and two dogs.



Jon Conkling Level I USAT Certified Race Director

My focus is ensuring that all participants and spectators have a top-notch race experience. My first race was the 2012 Grand Rapids Triathlon and I have done every triathlon distance from sprint to full, in addition to full and half marathons. As a small business owner and Ada resident, I am currently on Board of Directors for the Ada Business Association. In my spare time, you can find me volunteering on the soccer field. I am going into my 20th season coaching my sons in AYSO, where I am also a past board-member. My wife of 24 years, Amanda, also a Full-distance triathlete, and I reside in Ada with our 5 kids, 2 dogs & 2 cats.



Lori Ott Assistant to the Race Directors

The 2022 triathlon season will mark my ninth year working as the assistant to the race directors for Tris4Health. However, I have been involved with the Grand Rapids Tri since it's second year where I volunteered in transition and fell in love with the sport of triathlon. I swore the following year when I turned 40 I'd become a triathlete myself. I've been a part of Michigan Titanium since the beginning, volunteering the first two years of the event before joining the staff in the Fall of 2013. When I'm not wrapped up in triathlon/gravel world, I'm spending time with my husband of 27 years and my three teenage sons. I'm always happy to be of assistance to our athletes and help keep things running smoothly behind the scenes.



Chelsea Montes Social Media & Marketing

I joined the Tris4Health team in 2019 and it has been a crazy ride ever since! While I have never officially competed in a triathlon myself, I have been around the sport for years working behind the scenes in communications and social media and traveling around the world to see some pretty epic triathlon races! One of the most memorable triathlon moments of my career was witnessing Gwen Jorgensen win the very first Gold Medal for USA at the 2016 Rio de Janeiro Olympic Games. After finally getting to experience my first Grand Rapids racing scene in 2021 and seeing how amazing the community is here, my goal is to once and for all step up to my own triathlon start line in 2022!



Elizabeth Fanco Administrative

As a lifelong non-athlete, my world turned upside down when I started walking (and eventually running) for clean water with Team World Vision in 2018. Over the past few years I've gone from having never run a mile to racing dozens of half marathons, running the NYC marathon, and even becoming a triathlete. I'm a busy mom of 8 who left behind 2 decades in the legal field to work doing what I'm passionate about: helping put on the best race experience for seasoned athletes and first timers alike. My absolute FAVORITE thing about working on races here in Michigan is when someone experiences the change that happens when they go from "I could never do that" to crossing the finish line and realizing that they just accomplished what they once thought was impossible.



Jill Beckwith Volunteer Coordinator

This is my first year working for Tris4health and I couldn't be more excited. I have volunteered and been a champion for 5+ years with the GR TRI & Michigan Titanium Triathlon. I also asked to be part of the team at the Dirty Mitten because they are some of the most amazing people I know and a fun time is always guaranteed. I will still be retaining my title as "Sno Cone Jill" but will be shifting my focus to getting the awesome volunteers needed to support athletes at the races.



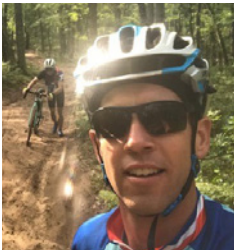
Keith Love Site Manager

I signed up for my first sprint triathlon in 2016. Prior to that I had never swam a lap, touched a road bike, or ran more than a 5k, so the thought of all three at once was terrifying! A friend talked me into signing up and I wasn't sure I was going to live through the swim. After A LOT of training and helpful advice from friends, I survived and only crashed once! Needless to say, I fell in love with the magic of race day which is why I joined the Tris4Health team. I want everyone to love triathlons as much as I do so I joined the amazing team that makes that possible!



Dawn Hinz Swim Safety Coordinator

I place high value on safeguarding others. As a lifeguard on Lake Michigan, I was taught diligence and focus for life safety. Tris4Health emphasizes safety across their events and the swim portion is no exception. With the support of Athletic Mentors, I'm eager to partner with Tris4Health as their Swim Safety Coordinator. We've already implemented improved training for Guards prior to race day, and we will continue to build additional improvements. Working together with local Sherriffs, Firefighter's, and Diver's, we'll provide a rock solid safe swim experience.



Jason Perry Swim Course Marshal

I have always been someone to strive and try something new and have become encompassed in the endurance world and being outdoors. I started running in 2006 with my first race being Fifth Third and then into Ultra Running and then moving onto triathlons with Grand Rapids Triathlon in 2011 and always find myself returning for this race whenever I can. I was able to meet the John and Jon at my first Ironman and build a relationship from there and continuing into completing in several other Triathlons. I look forward to working with the team and making sure our swim course is set properly.



Eric Mentalewicz Bike Course Marshal

Due to a health issue in 2015, I decided to change my lifestyle and lose some weight. I lost over 70 pounds and found myself in the best shape of my life. I got the idea to compete in a triathlon and began training for the GR Tri. That was my first triathlon and it was one of the greatest experiences of my life. I instantly became hooked and plan to participate in many more. I have made it my passion to lead a healthy lifestyle and to help everyone I can do the same for themselves. My wife Stephanie and I have 5 children and I want to continue to show them you can do anything you set your mind to.



Tony Horvath

This is my fourth year on staff for Tris4Health's August event, Michigan Titanium, and I have been assisting in their other events as well. As an athlete, I enjoy cycling and doing mud races. I'm also very proud father of a Western Michigan University graduate.





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