



THE
DIRTY MITTEN
DIRTFEST WEEKEND 2024



GRAVEL BIKE RACE
SATURDAY 9.21.24

GRAVEL TRIATHLON
SUNDAY 9.22.24



USA TRIATHLON
NATIONAL CHAMPIONSHIPS
2024 GRAVEL

USA DUATHLON
NATIONAL CHAMPIONSHIPS
2024 GRAVEL

A **TRISA HEALTH** GRAVEL EVENT

WELCOME TO THE DIRTY MITTEN 2024

FROM THE DIRTY DIRECTORS

We would like to welcome you all back to The Dirty Mitten Dirtfest Weekend! Dirtfest Weekend features two-days of gravel, with the third-annual The Dirty Mitten Gravel Bike Race on Saturday, September 21st and the fourth-annual The Dirty Mitten Gravel Triathlon on Sunday, September 22nd. This year we are proud to be the host of the 2024 USA Triathlon Gravel National Championships for The Shorty and The Long One in the triathlon and duathlon events. And of course, once again we are thrilled to bring back the third-annual Gravel Triathlon World Championship of the Universe (YES, it's a real thing even if we made it up)!

We would like to take a moment and thank our many sponsors: Applied Innovation, Pepsi, PTSportsPro, Total Truck Transport, GU, YMCA, Wolf Kubota, Stellafly, Stuart Coaching, Valo Media, Tailwind Nutrition, Harding's Friendly Market, Ride & Co. Threads, Gordon Water, Mindful and Well Yoga, West Michigan Forklift 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 without your support of this crazy idea brought to life.

John Mosey & Jon Conkling



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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

SATURDAY, SEPTEMBER 21 - GRAVEL BIKE RACE

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

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 22 - GRAVEL TRIATHLON

5:30 AM – 8:15 AM – Packet Pick-up for Triathlon @ Camp Manitou-Lin

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 the race.

COURSE CUT-OFF TIMES: We will strictly adhere to all cut-off times due to 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. 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. The official results will be posted on the official Tris4Health results page: results.tris4health.com. 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 21

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

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 based on gun time. Awards will be given to the overall top 3 finishers male and female for all distances and divisions. The divisions include fat tire, single speed, tandem and clydesdale/athena. There are no sub-division for the 10-mile course, only open division. **We will hold an awards ceremony for each distance listed above.*

Age Group Awards:

Awards will be given to the 1st, 2nd, and 3rd place male/female finishers for all distances in the open division for each of the following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. **We will NOT be holding an awards ceremony for age group awards. Awards will be available for pick up at the awards tent.*

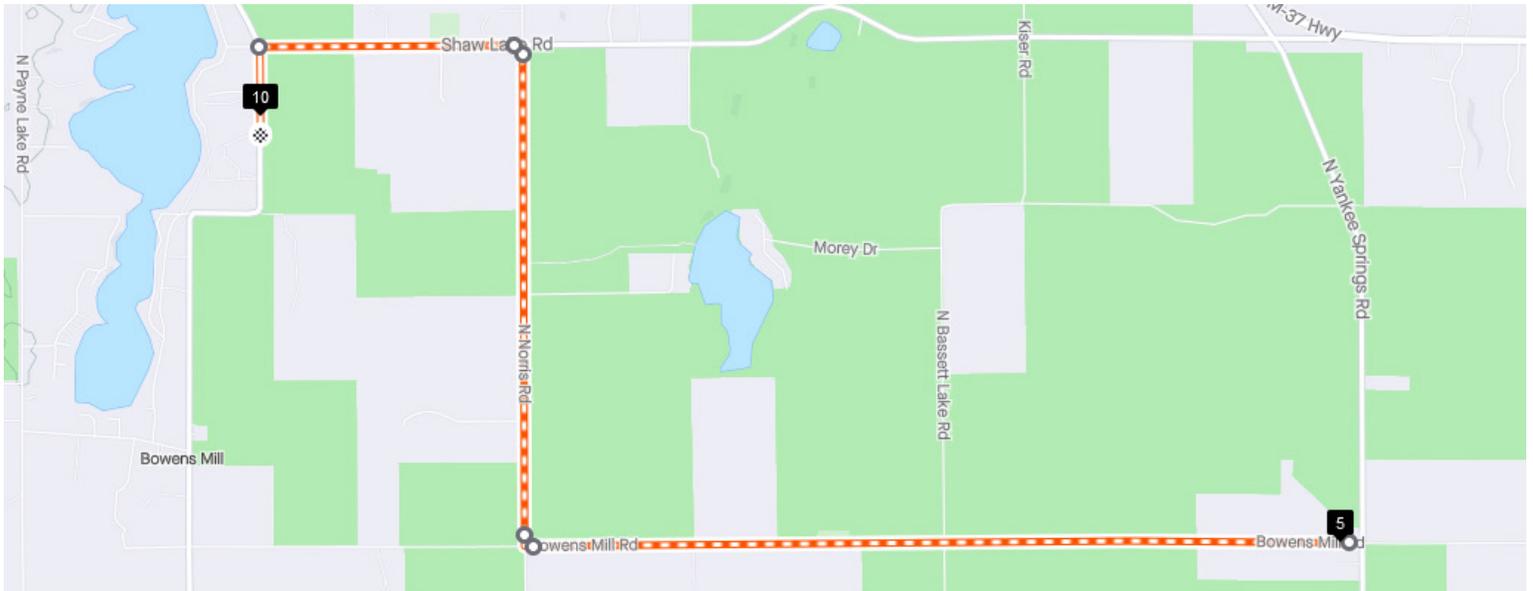
PARKING

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.**



BIKE SUPPORT PROVIDED BY

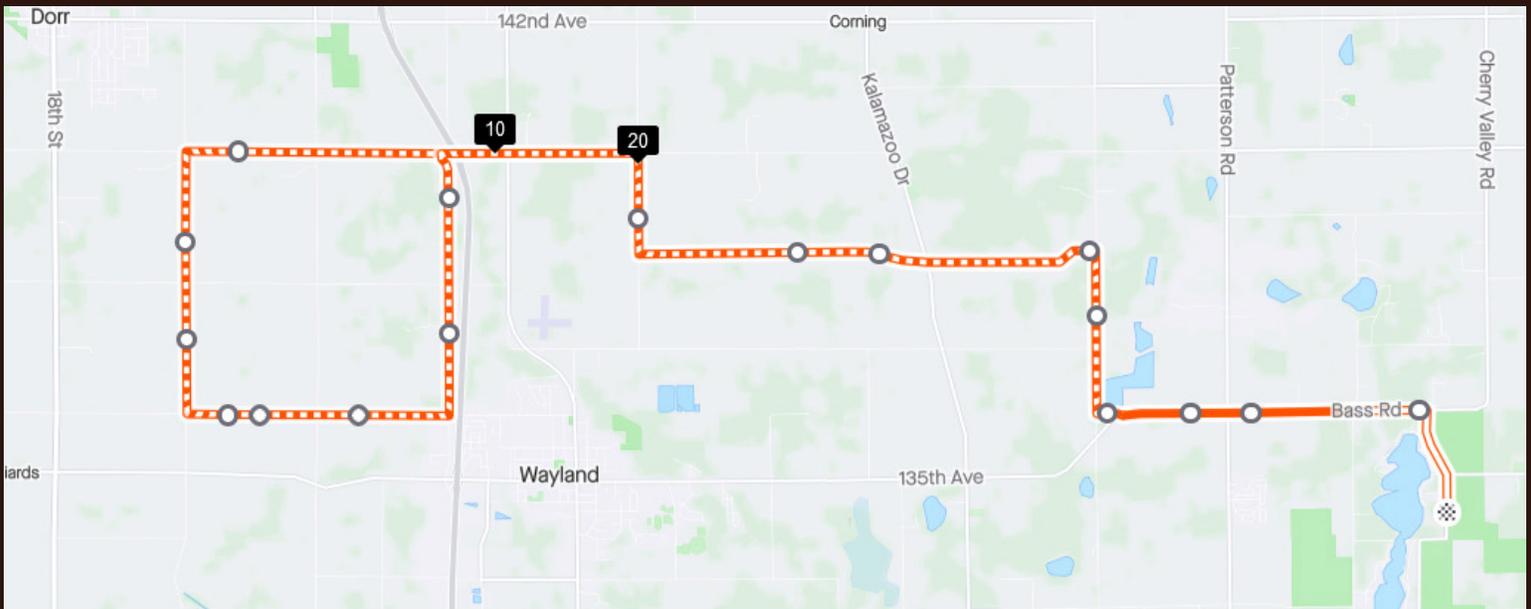
Our Race Director, John Mosey, will be on course, along with sweet girl Etta, to assist with any bike-related issues. If you need anything, please call: **616-551-7385**



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 are not ready for the long course yet. **There is ONE AID STATION on this course at 138th and 16th, approximately mile 13.3.**



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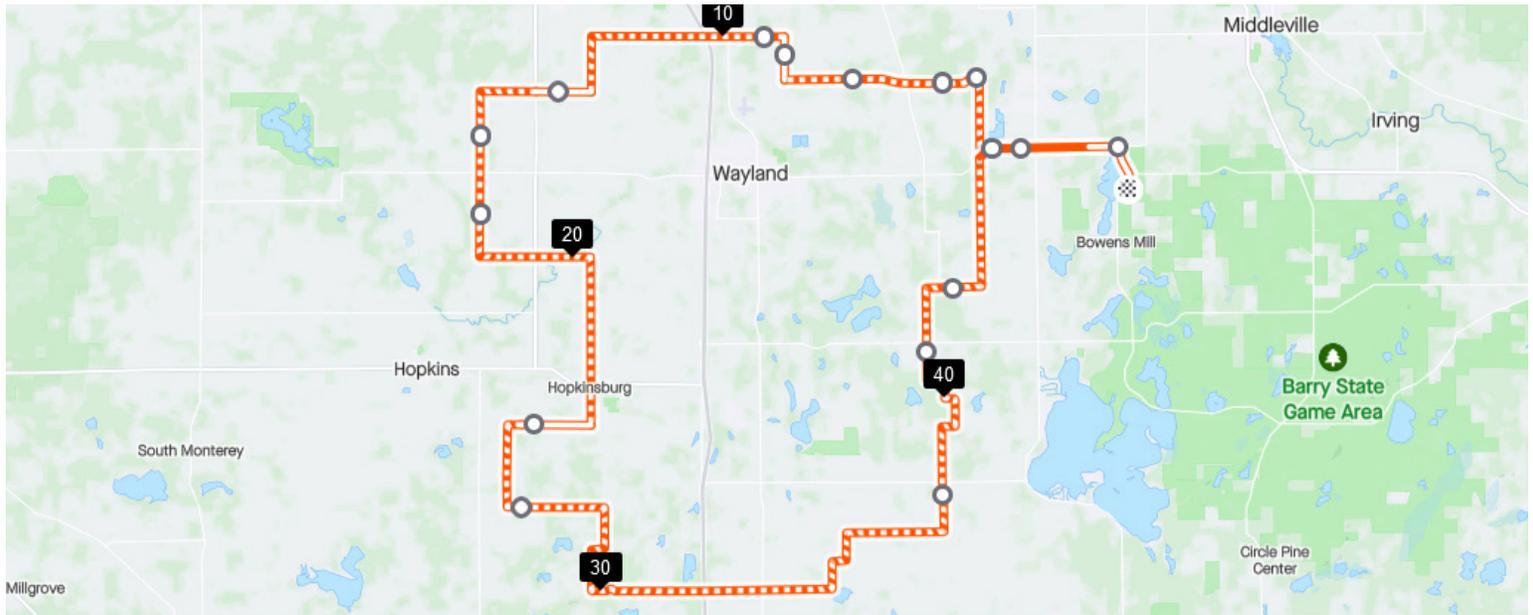
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BE AWARE: THIS IS AN OPEN BIKE COURSE!
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THE LONG 50 MILE COURSE

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, one at 138th and 16th, approximately mile 13.3 and another at 120th and 16th, approximately mile 30.**



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 limited SAG and bike 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. Please note cell service can be spotty on course.**

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THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

FREE RACE PHOTOS

Whether you are doing the gravel bike race, the gravel triathlon, or BOTH, we are pleased to once again provide FREE race photos at The Dirty Mitten! Look for Stellafly photographers out there and make sure to smile when you see them!



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



HAVE S'MORE FUN AT CAMP THIS SUMMER

YMCA Camp Manitou-Lin allows you to discover the wonders of the great outdoors through activities like tubing, zip lining, rock climbing, horseback riding, swimming, archery and more.

For more details and to register, visit grymcacml.org or call 888.909.2267.



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SUNDAY
GRAVEL TRIATHLON
SWIM GRAVEL BIKE TRAIL RUN



USAT GRAVEL CHAMPIONSHIPS

FROM VICTORIA BRUMFIELD

Dear Athletes,

Good luck at The Dirty Mitten Triathlon, home to the 2024 USA Triathlon Gravel National Championships! Thank you to each of you for racing in Michigan this weekend and for being a member of this wonderful multisport community.

The heart of USA Triathlon's community is grassroots races like The Dirty Mitten that bring together athletes from all backgrounds to race this sport we all so deeply appreciate. Racing local and racing USA Triathlon National Championship events allows you to connect with fellow multisport athletes and establish a deeper connection with your local multisport community.

So, whether this is your first race or your 50th, I encourage you to take a moment at the start line to say hi to your fellow competitors and celebrate the transformative power that triathlon ignites within all of us! Thank you for your continued enthusiasm and dedication to this sport, and we trust you'll race with passion and sportsmanship.

Have fun racing gravel this weekend! Dig deep and unleash the power of YOU!

Kind regards,
Victoria Brumfield
CEO, USA Triathlon



Swim, bike and run — on gravel and dirt! Featuring multisport events in each region of the United States, the Gravel Triathlon Series offers endurance sports enthusiasts a new way to experience swim, bike and run. Gravel is the hottest trend on bikes — join the fun and see what gravel is all about at the Gravel Triathlon Series!

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: lets 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.



WHY SHOULD YOU CARE?

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



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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/ NAVY STRIPE
THE LONG ONE TRI	8:30 AM	WHITE	ORANGE
THE LONG ONE AQUABIKE	8:30 AM	WHITE	ORANGE W/ PURPLE STRIPE
THE LONG ONE RELAY	8:30 AM	WHITE	ORANGE W/ YELLOW STRIPE
THE LONG ONE DUATHLON	8:30 AM	N/A	ORANGE W/ NAVY STRIPE
THE SHORTY TRI	9:00 AM	GREEN	GREEN
THE SHORTY AQUABIKE	9:00 AM	GREEN	GREEN W/ PURPLE STRIPE
THE SHORTY RELAY	9:00 AM	GREEN	GREEN W/ YELLOW STRIPE
THE SHORTY DUATHLON	9:00 AM	N/A	GREEN W/ NAVY STRIPE

RACE DAY SCHEDULE - SUNDAY, SEPTEMBER 22

5:30 AM – 8:15 AM – Packet Pick-up for Triathlon @ Camp Manitou-lin

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

AWARD CEREMONY TIMES

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.



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 to collect your finisher medal.** 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.



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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 Tris4Health 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 to "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.

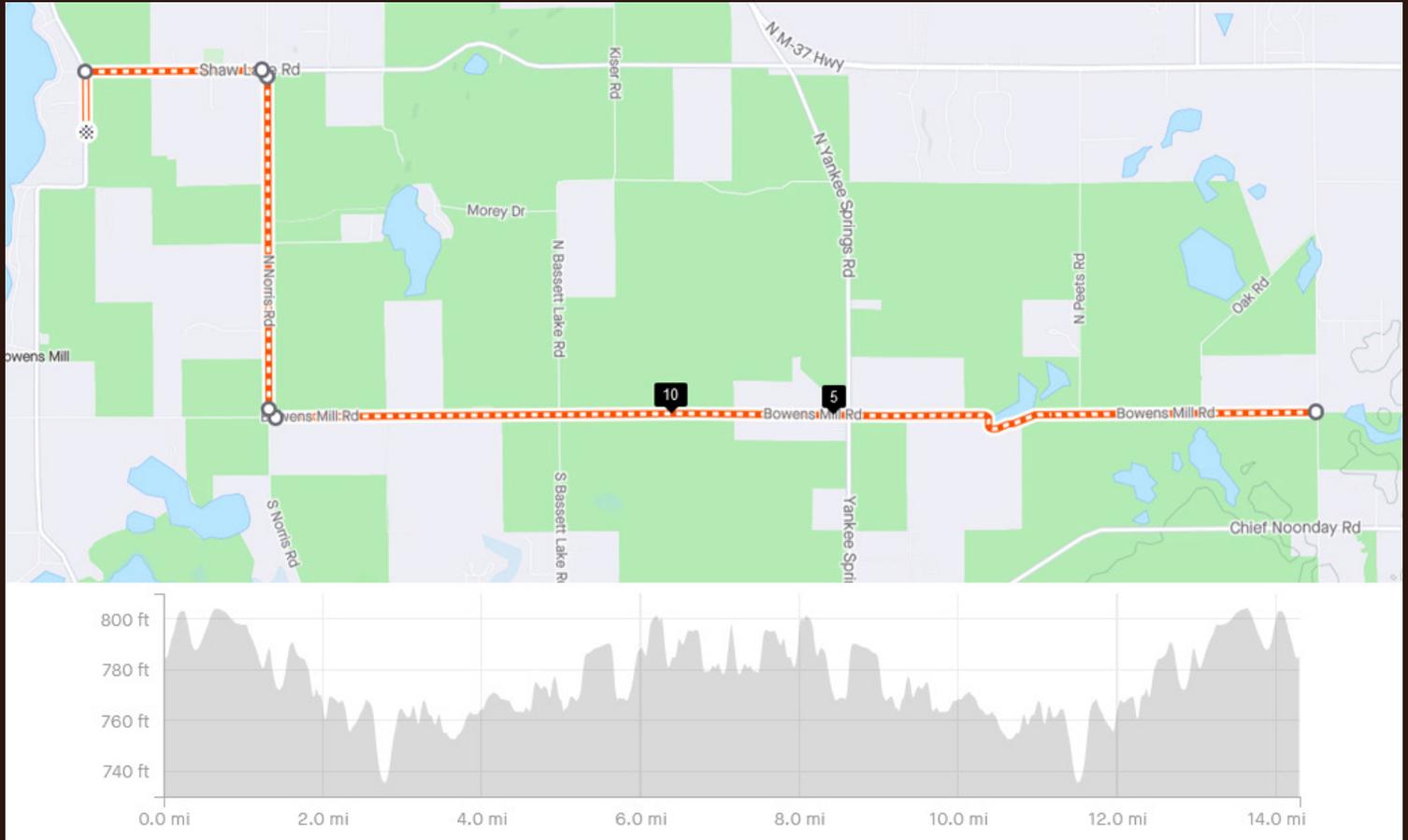
THE HALF CRAZY - THREE LOOPS

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.**



BIKE SUPPORT PROVIDED BY

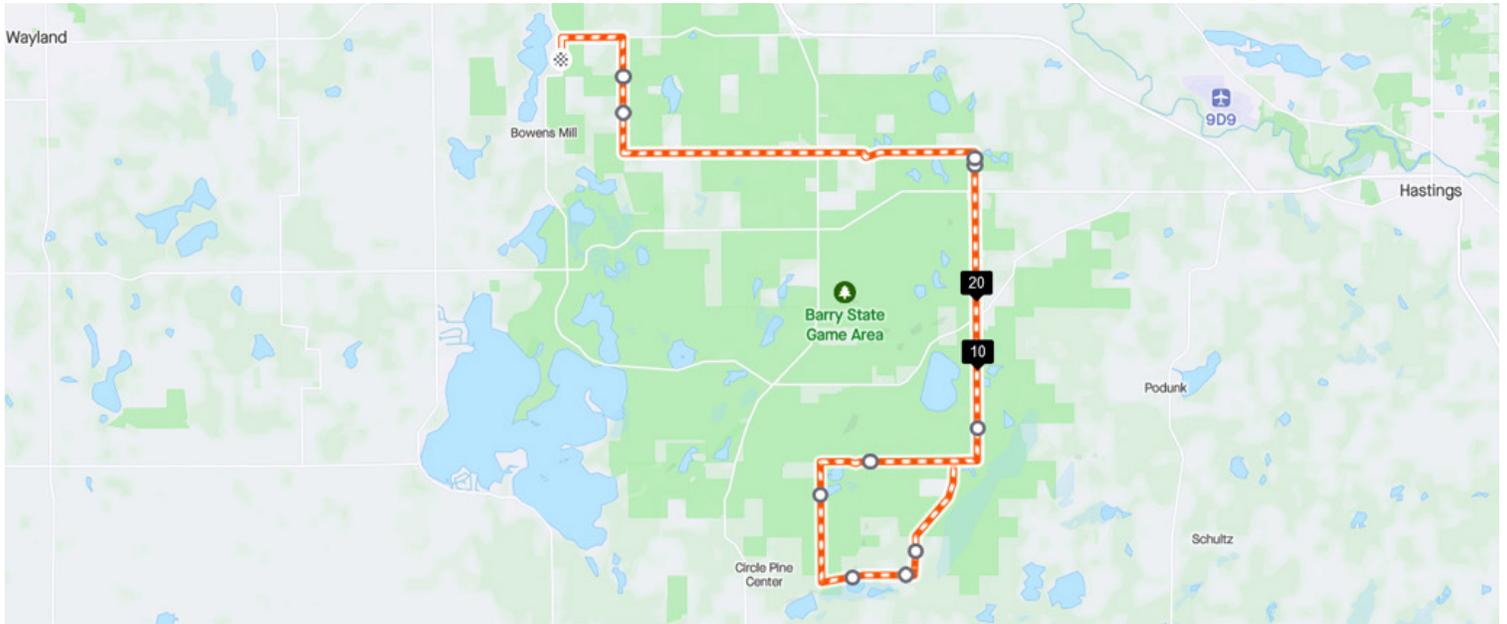
Our Race Director, John Mosey, will be on course, along with sweet girl Etta, to assist with any bike-related issues. If you need anything, please call: **616-551-7385**



BE AWARE: THIS IS AN OPEN BIKE COURSE!
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, located at Whitmore and Goodwill Road.**

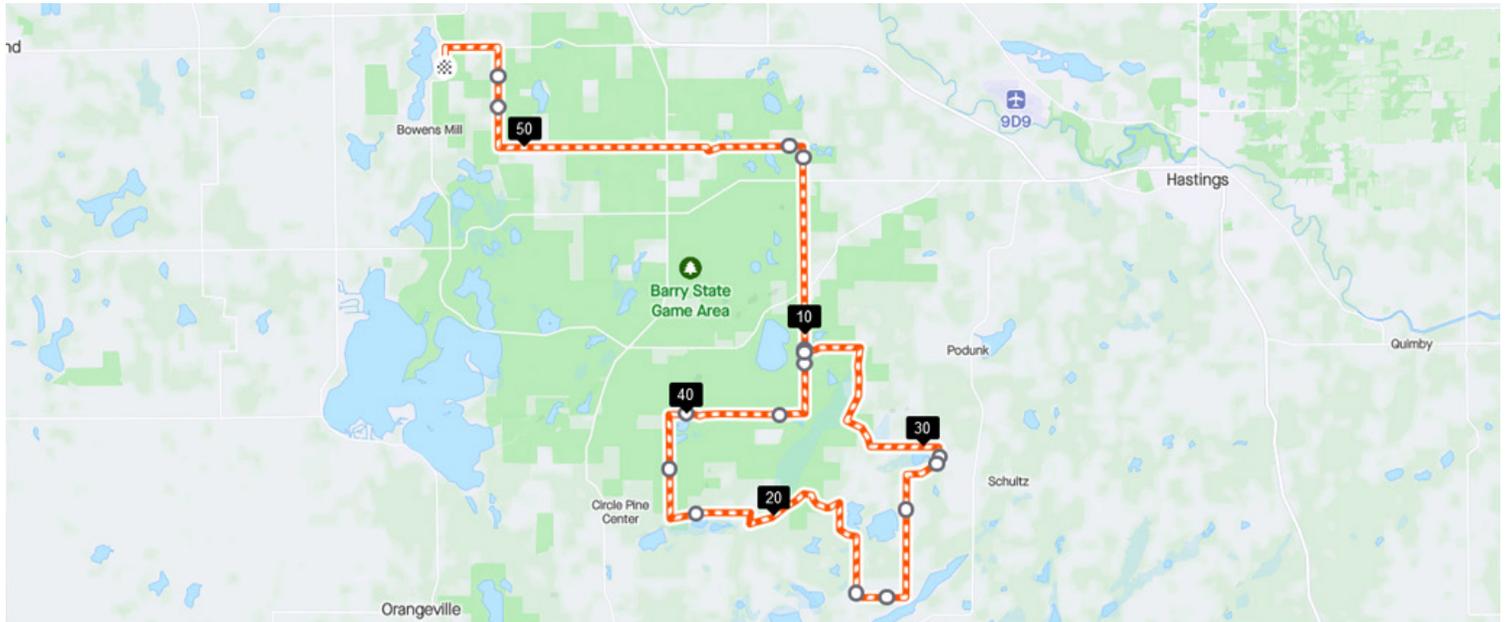


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THE HALF CRAZY BIKE COURSE

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, located at Whitmore and Goodwill Road.**



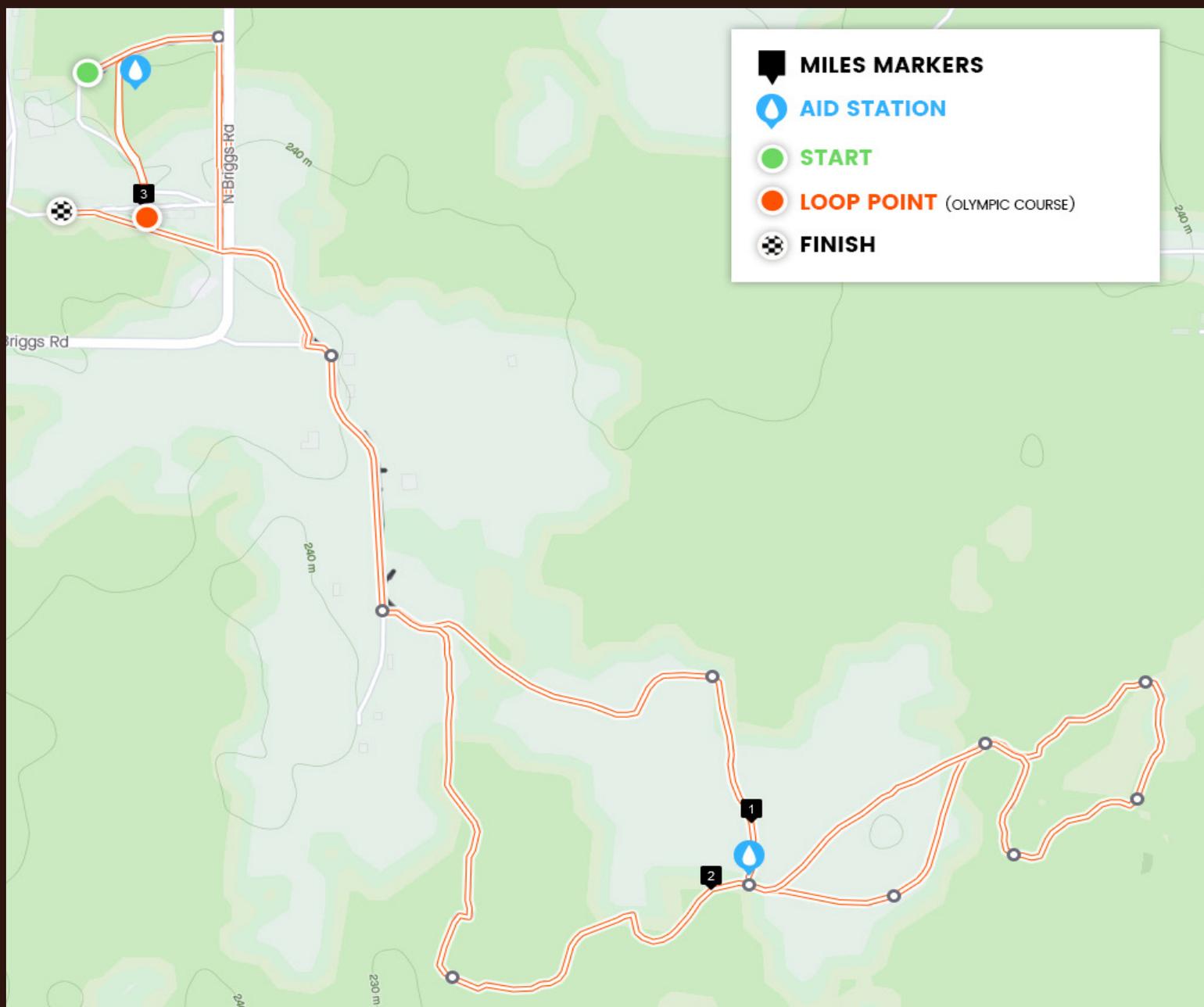
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THE RUN COURSE: ALL DISTANCES

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.





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