

THE DIRTY MITTEN DIRTFEST WEEKEND 2025

9/20 GRAVEL BIKE RACE & TRAIL RUN • 9/21 GRAVEL TRIATHLON

PRESENTED BY

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2025
EVENT GUIDE

TRIS HEALTH™

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WELCOME TO THE DIRTY MITTEN 2025

FROM THE DIRTY DIRECTORS

Five years of The Dirty Mitten. What a five years it has been! What started as a gravel triathlon has now expanded into a whole weekend of gravel and trail events.

In those five years, we have experienced an excellent level of support from many sponsors. One sponsor, in particular, PTSportsPro, our official medical partner of most Tris4Health events, has supported our athletes with the highest level of medical care. That’s why we are incredibly proud to have PTSportsPro as the presenting sponsor of this gravel weekend.

We would also like to take a moment and thank our other sponsors: Applied Innovation, Pepsi, Greenleaf Trust, GU, YMCA, Wolf Kubota, Gole Dental, Harding’s Friendly Market, Plummers, Gordon Water, Beer City Glass, 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 would not be what it is without your support of this crazy idea brought to life.

John Mosey & Jon Conkling
Dirty Directors, The Dirty Mitten



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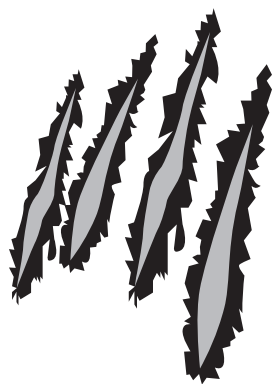
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GRAB LIFE BY THE HANDFUL.

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









RACEWEEKENDSCHEDULE

SATURDAY, SEPTEMBER 20 – TRAIL RUN

7:00 AM – 7:45 AM – Packet Pickup for Trail Run @ Camp Manitou-Lin
8:00 AM – 5K Trail Run Start
9:00 AM – Race End

SATURDAY, SEPTEMBER 20 – GRAVEL BIKE RACE

8:00 AM – 9:45 AM – Packet Pickup 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 21 – GRAVEL TRIATHLON

5:30 AM – 7:45 AM – Packet Pickup for Triathlon @ Camp Manitou-Lin
6:00 AM – Transition Opens
7:45 AM – Transition Closes (The Long One)
8:15 AM – Transition Closes (The Shorty)
8:00 AM – The Long One Swim Start
8:30 AM – The Shorty Swim Start

COURSE CUT-OFFS

SATURDAY TRAIL RUN

9:00 AM – Run Course Cut-off

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
11:30 AM – Bike Course Cut-off
1:00 PM – Run Course Cut-off

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

The official timing will be by SportStats. Times will be recorded by gun time for the bike race and chip time for the trail run and triathlon. All results will be available on **results.tris4health.com** after the race.

For questions regarding your results, go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page or email Tris4Health at info@tris4health.com.



TRAIL RUN



5K TRAIL RUN INFORMATION

SATURDAY, SEPTEMBER 20 – TRAIL RUN

7:00 AM – 7:45 AM – Packet Pickup for Trail Run @ Camp Manitou-Lin

8:00 AM – 5K Trail Run Start

9:00 AM – Race End

AWARDS

9:00 AM – 5K Awards

Overall Awards:

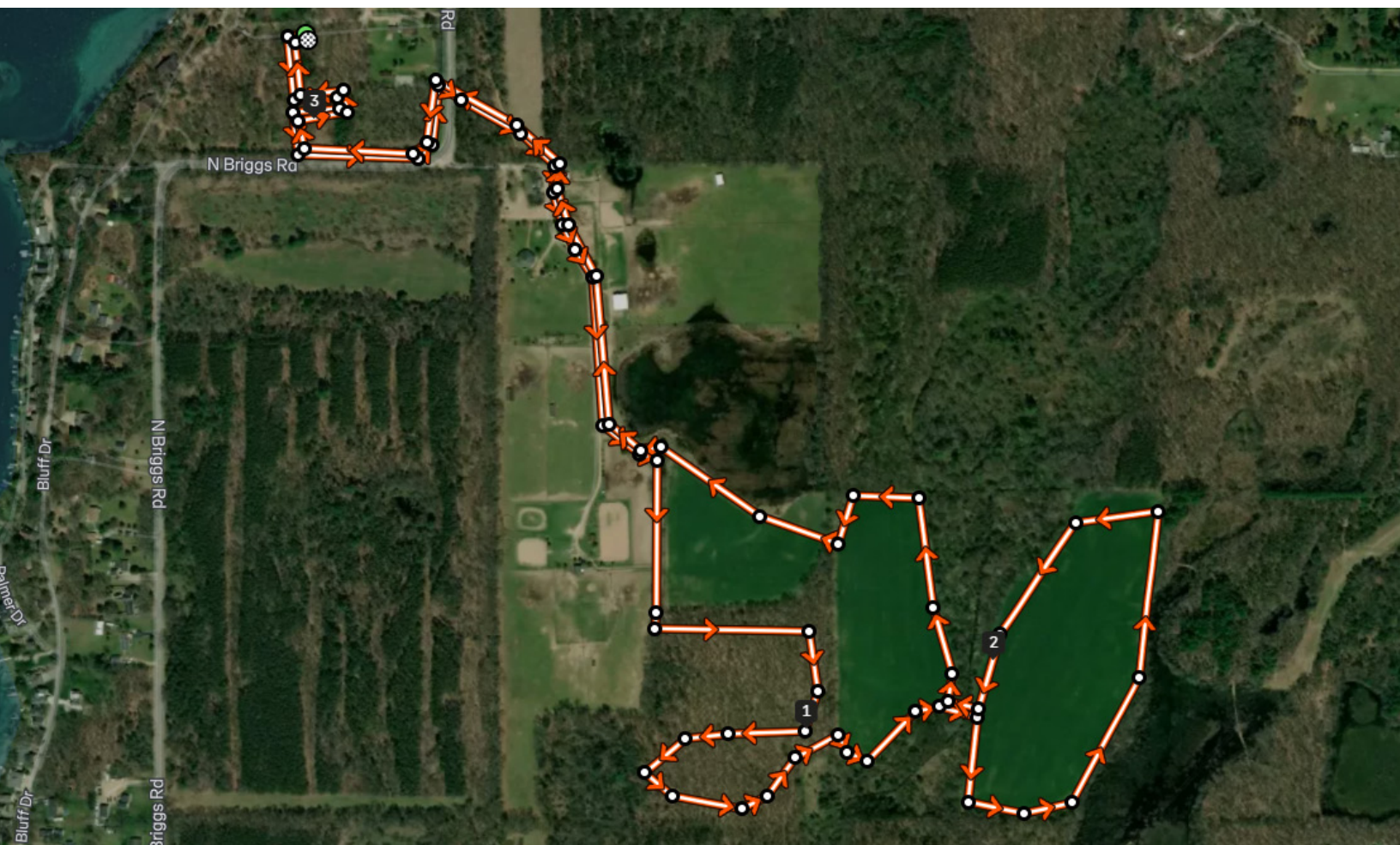
Awards will be based on chip time. Awards will be given to the overall top 3 finishers male and female for the 5K distance event.

Age Group Awards:

There are no age group awards this first year.

THE 5K COURSE

The course is a mix of trail and cross country, starting and ending at the start/finish structure that is set up at camp. The course is one loop with clear arrow signs and course markings.



GRAVEL BIKE



GRAVEL BIKE RACE INFORMATION

RACE DAY SCHEDULE – SATURDAY, SEPTEMBER 20

8:00 AM – 9:45 AM – Packet Pickup 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

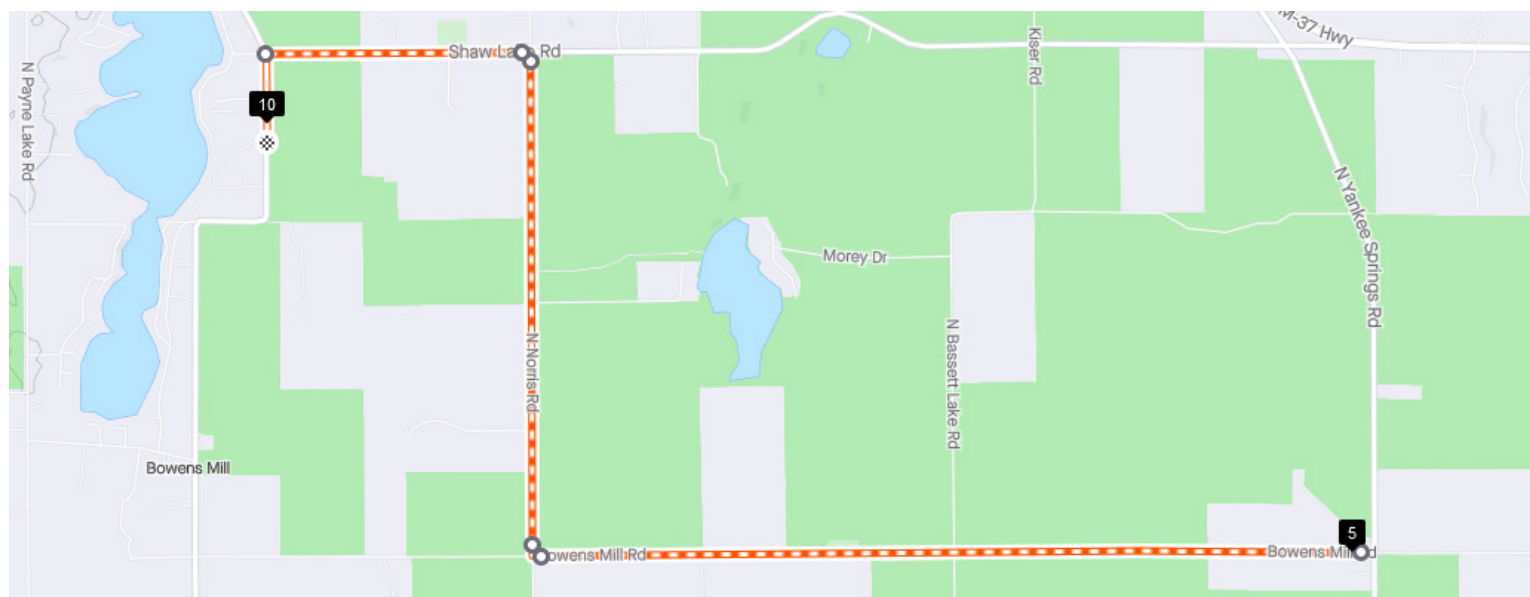
We have two parking areas off of Briggs Road. Please refer to the map below. There will be signs and people directing vehicles for parking. ***There is no parking in the main camp entrance.**



THE 10-MILE 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**

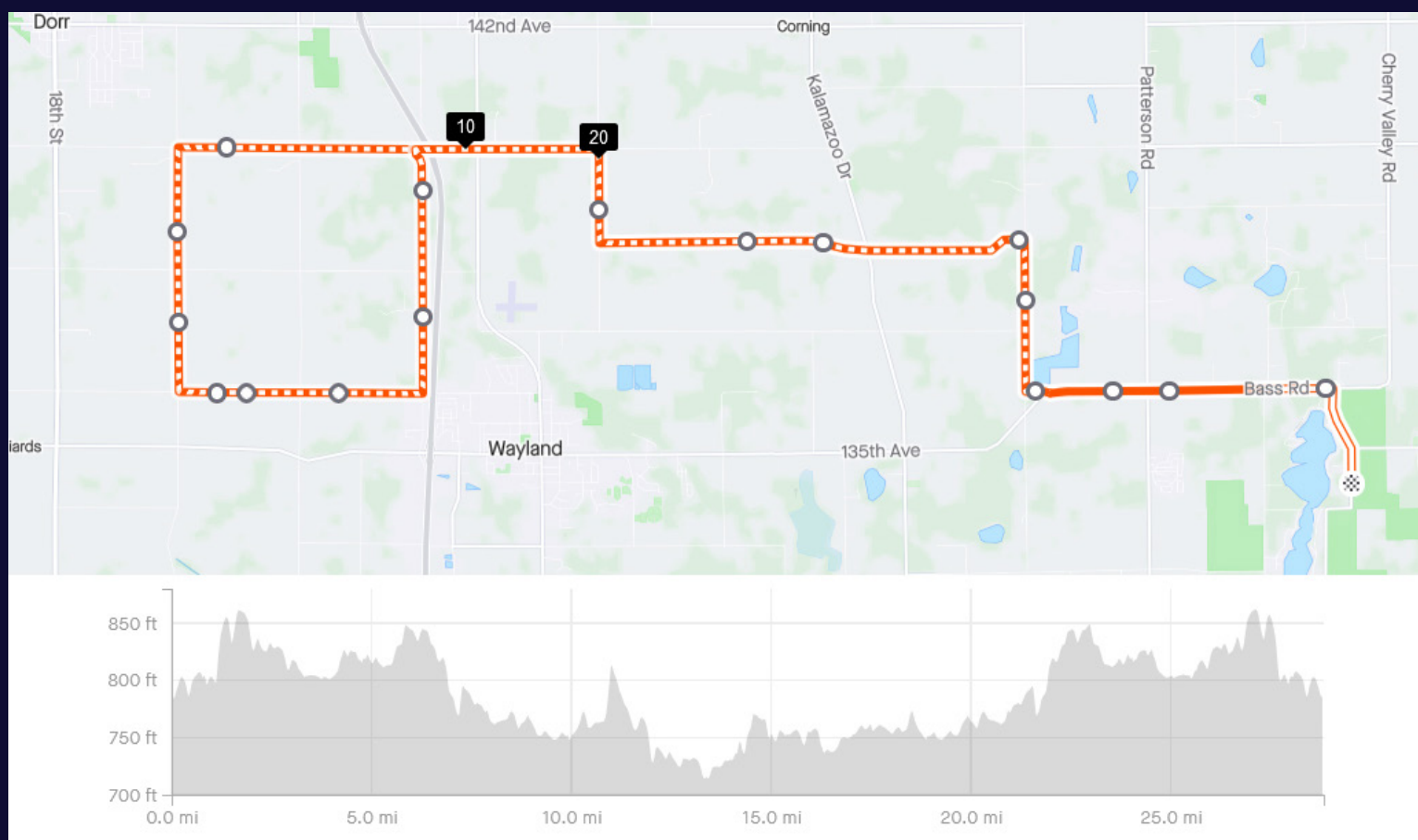


BE AWARE: THIS IS AN OPEN BIKE COURSE!

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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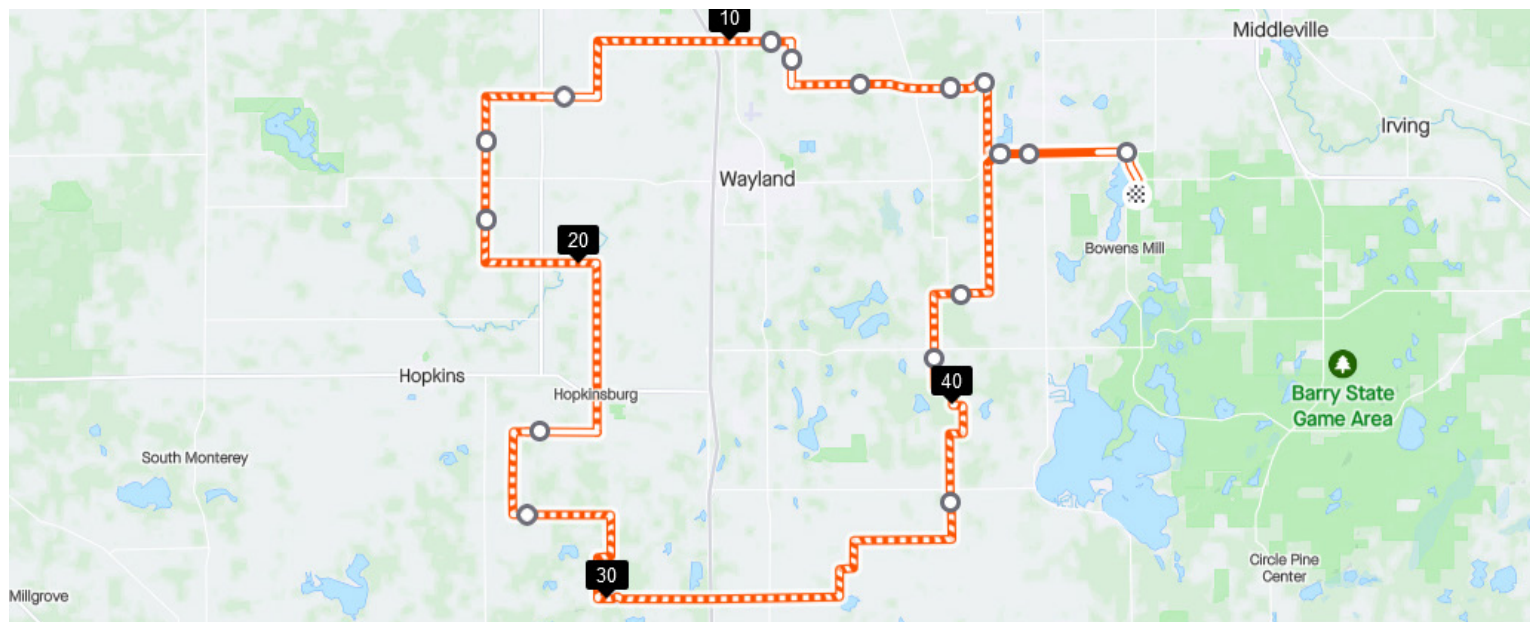


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THE LONG 50 MILE COURSE

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.**



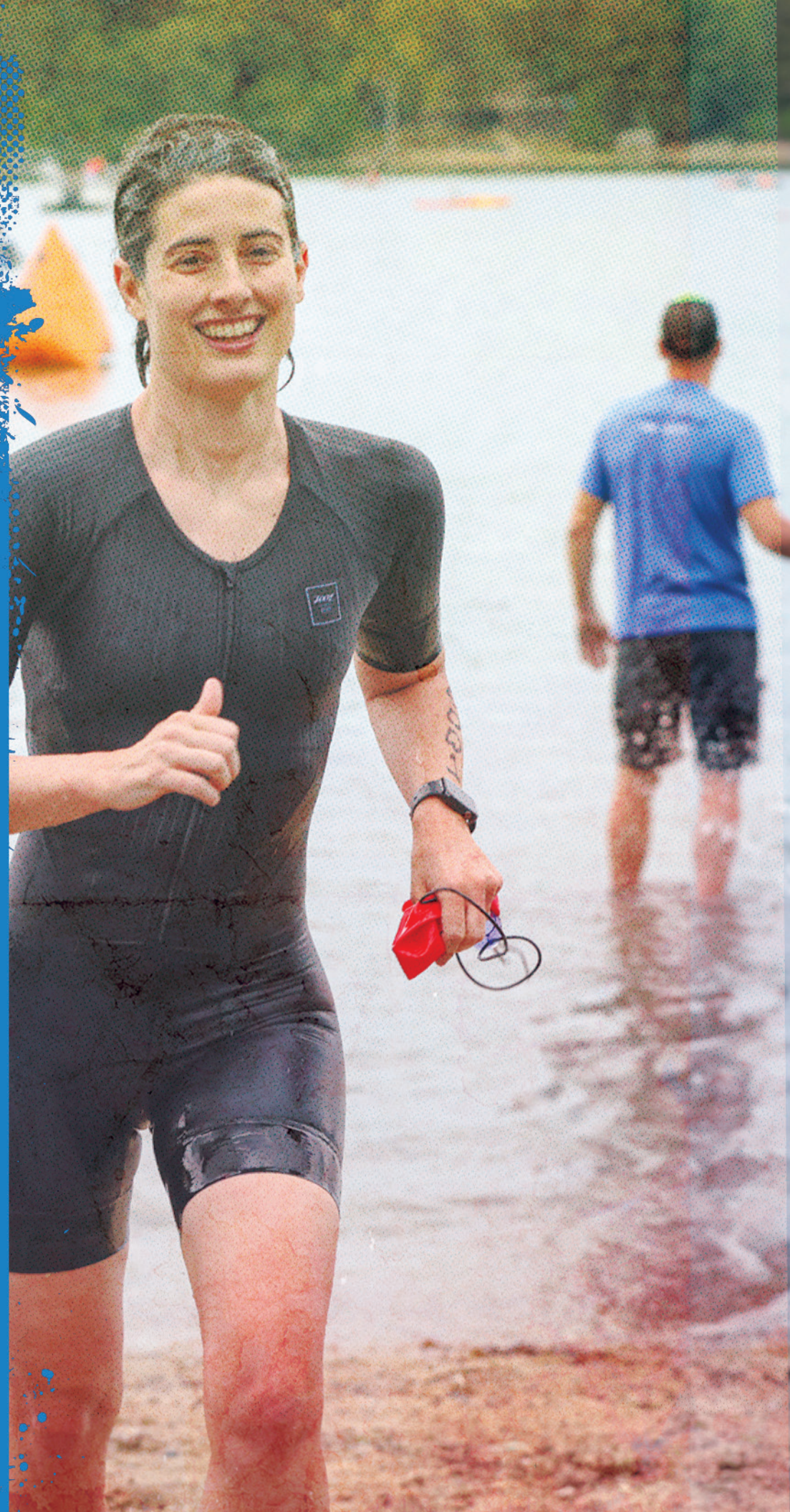
IMPORTANT BIKE COURSE INFORMATION

- 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.**

BE AWARE: THIS IS AN OPEN BIKE COURSE!

THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

GRAVEL TRI



RACE INFORMATION

EVENT & ATHLETE BREAKDOWN

EVENT	START TIME	SWIM CAP	BIB/BIKE STICKER
THE LONG ONE TRI	8:00 AM	WHITE	ORANGE
THE LONG ONE AQUABIKE	8:00 AM	WHITE	ORANGE W/ PURPLE STRIPE
THE LONG ONE RELAY	8:00 AM	WHITE	ORANGE W/ YELLOW STRIPE
THE LONG ONE DUATHLON	8:00 AM	N/A	ORANGE W/ NAVY STRIPE
THE SHORTY TRI	8:30 AM	GREEN	GREEN
THE SHORTY AQUABIKE	8:30 AM	GREEN	GREEN W/ PURPLE STRIPE
THE SHORTY RELAY	8:30 AM	GREEN	GREEN W/ YELLOW STRIPE
THE SHORTY DUATHLON	8:30 AM	N/A	GREEN W/ NAVY STRIPE

RACE DAY SCHEDULE – SUNDAY, SEPTEMBER 21

5:30 AM – 7:45 AM – Packet Pickup for Triathlon @ Camp Manitou-Lin

6:00 AM – Transition Opens

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

8:15 AM – Transition Closes (The Shorty)

8:00 AM – The Long One Swim Start

8:30 AM – The Shorty Swim Start

COURSE CUT-OFFS

9:30 AM – Swim Course Cut-off

11:30 AM – Bike Course Cut-off

1:00 PM – Run Course Cut-off

AWARD CEREMONY TIMES

10:00 AM – The Shorty Awards 11:00 PM – The Long One

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

Overall Awards:

Awards will be based on chip time. Awards will be given to the overall top 3 finishers male and female for all distances and categories. The categories include triathlon, duathlon, aquabike, relays and Clydesdale/Athena in triathlon. **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 both distances in the age-group division for triathlon only. Age groups include: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. We do double dip with our awards, meaning overall winners are not pulled from age groups. Clydesdale/Athenas will not have individual age categories, but can place in their respective overall categories and traditional age groups.

**We will NOT be holding an awards ceremony for age group awards. Awards will be available for pick up at the awards tent.*

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.

Duathlon Course Distances

The Shorty Duathlon – Run 5k, Bike 14 Miles, Run 5k

The Long One Duathlon – Run 5k, Bike 29.12 Miles, Run 10k

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



FREE RACE PHOTOS

Whether you are doing the trail run, gravel bike race, the gravel triathlon, or all three, 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!



STELLAFLY

**RACE ONCE:
SHORT-SLEEVE TEE**



**RACE TWICE:
PLUS LONG-SLEEVE TEE**



**RACE ALL THREE:
PLUS COFFEE MUG**



**THE
DIRTY MITTEN
DIRT FEST WEEKEND 2025**

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PT SPORTS PRO
TREATING YOU LIKE A PRO.

**TRAIL RUN
GRAVEL BIKE RACE
GRAVEL TRIATHLON**

DIRTY DOUBLE & GREENLEAF TRUST TRIFECTA

Athletes who are racing in two or more events can collect their additional swag items during packet pickup or after their last race. Dirty Double participants (two events) will get a long-sleeve shirt and Trifecta participants (all three) will get the long-sleeve shirt and an additional coffee mug.

 **GREENLEAF TRUST®**

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 "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.

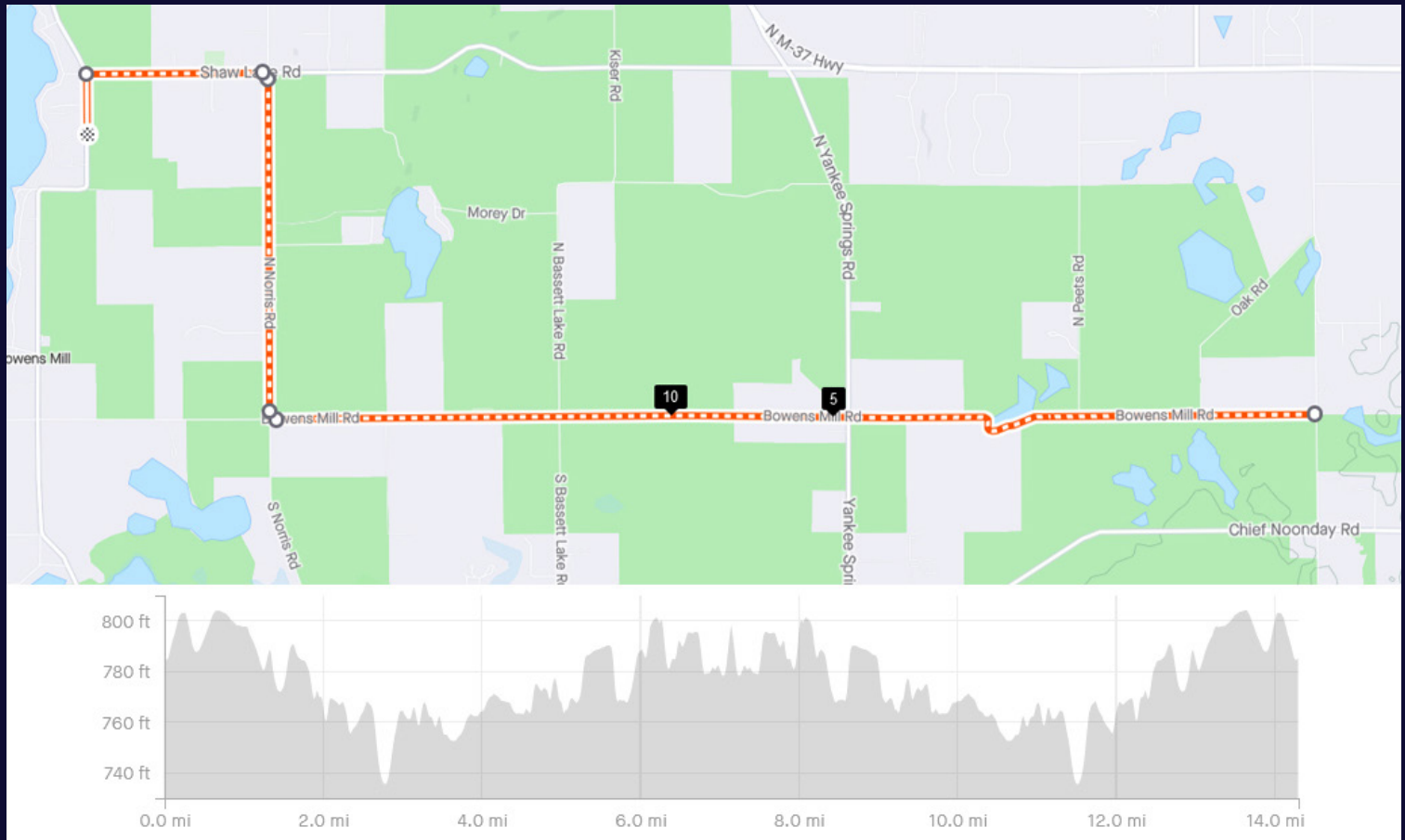
THE LONG ONE – TWO LOOPS

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

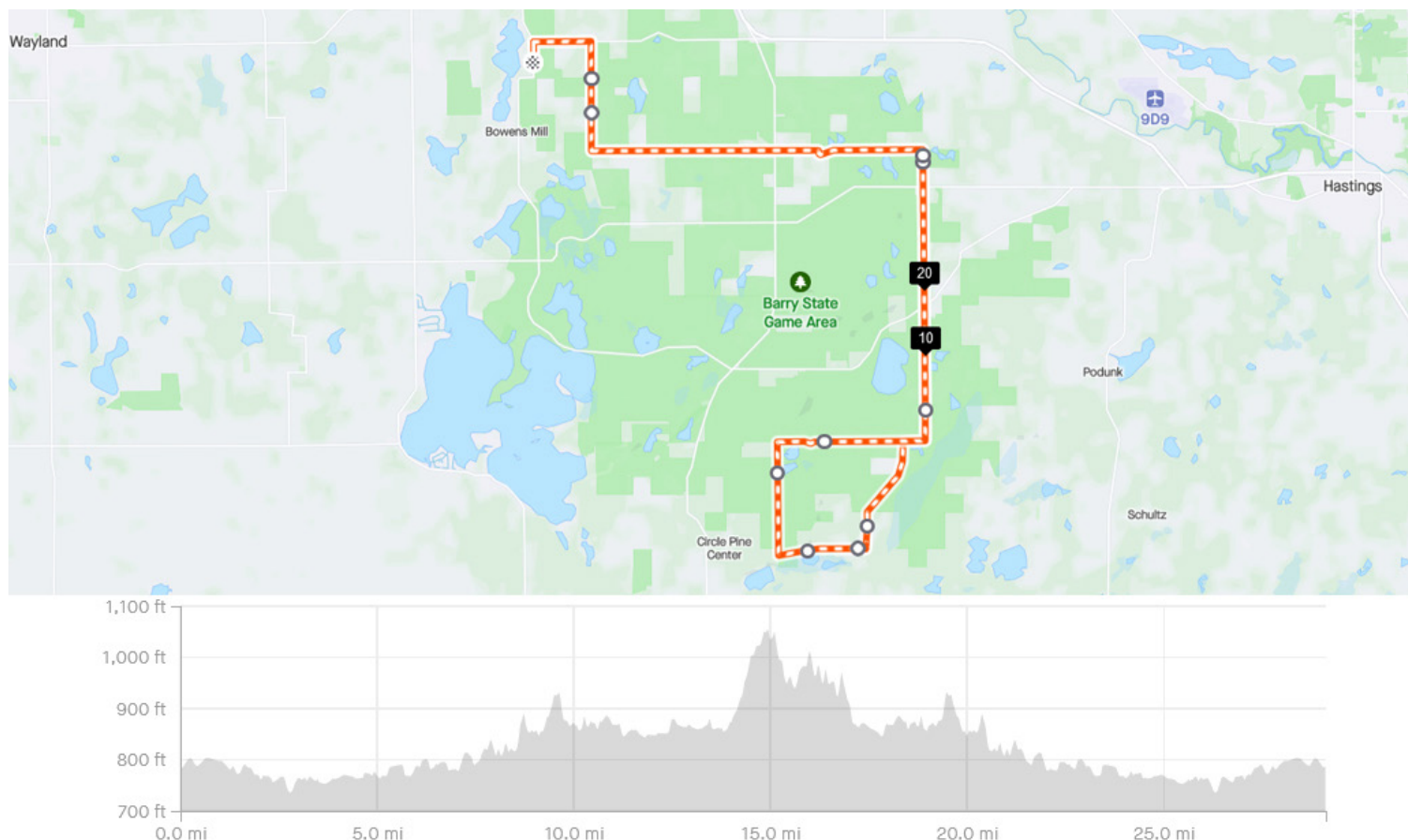


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THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

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, located at Whitemore and Goodwill Road.**





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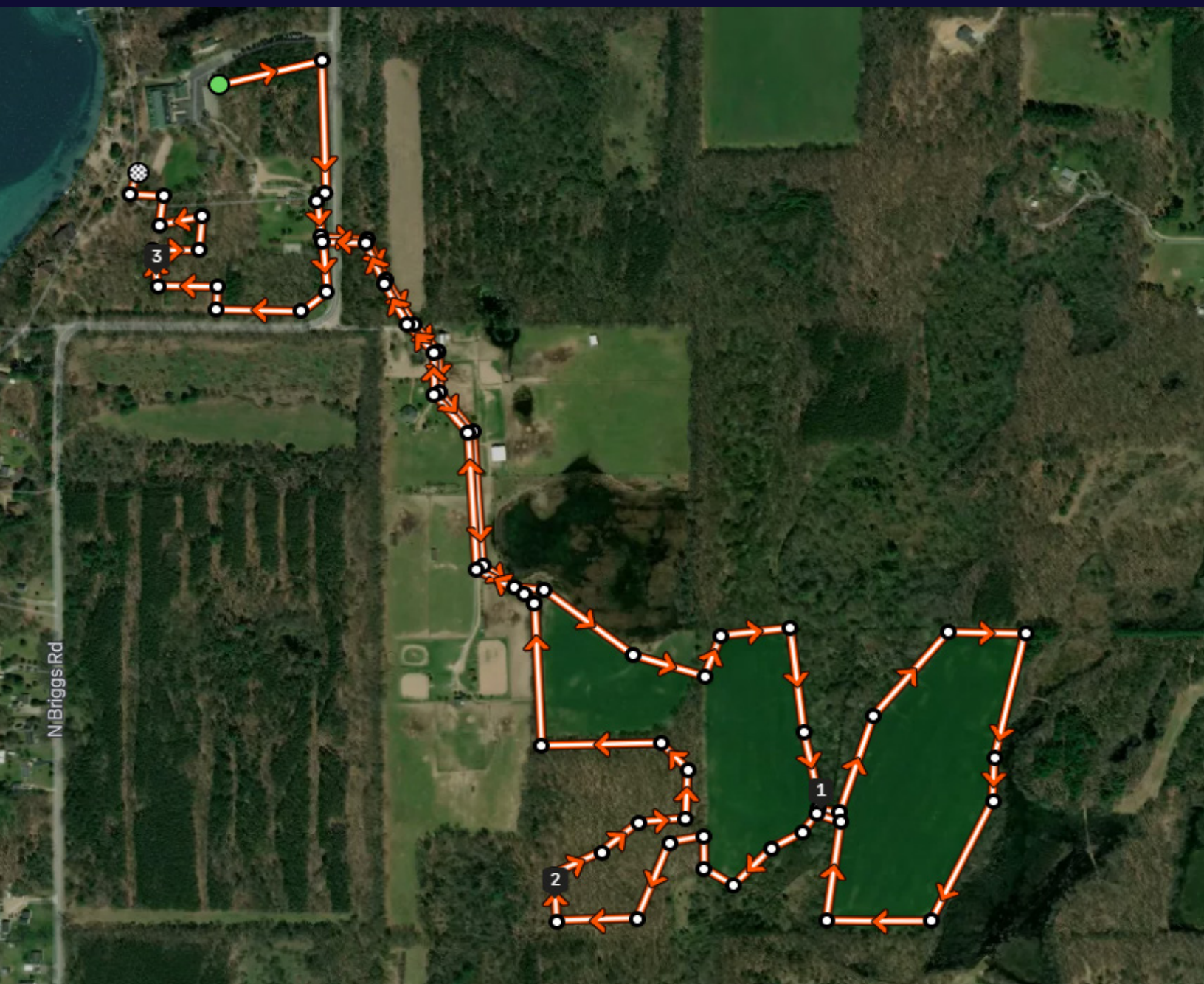


THE RUN COURSE: ALL DISTANCES

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). 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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