



RACE RULES and ATHLETE GUIDE

Basic Information (Scroll down for more detailed information)

Packet Pickup

Friday, July 29 from **3-6p** at **Striders** in Grandville (*4045 Chicago Dr SW, Grandville, MI 49418*)

Saturday, July 30 from **5:30a-6:45a** at **Millennium Park**

Please be patient as there may be a line when you arrive. Take that time to shop for any last-minute gear that you may need. Jeff will hook you up.

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 Recreational Area/Beach lot.**

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 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 and live on race morning. If the water is above 83 we will not allow wetsuits for safety (overheating) reasons.



Course maps

We have a **new bike course for 2022**. Please familiarize yourself with the course prior to the race. Detailed race maps can be found at **miltri.com**.

Please familiarize yourself with the courses prior to the race.

Awards

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

There will be awards for both the Olympic and Sprint events. Awards will be given for the top 3 Overall male and female triathlon winners as well as top three male and female triathlon masters (40+) winners. There will also be awards for the top 3 in each triathlon age group (male and female), top three relay teams, top three duathletes, and top three aquabike.

Awards ceremony will happen *around* 10:30a.

Race Day Schedule:

Pre-Race

- o 5:30a - Transition opens
- o 7:05a – Mandatory Pre-race meeting
- o 7:10a - National Anthem and prayer

My Team Triumph

- o 7:15a – MTT start. Transition closes.

Olympic Race*:

7:30a	Open Wave		M&F triathletes	(Gold caps)
7:32a	Male	26 & younger	triathletes, aquabike, <i>ALL duathletes & ALL relay</i>	(Blue Caps)
7:34a	Female	35 and younger	triathletes, aquabike	(Pink Caps)
7:36a	Male	27-38	triathletes, aquabike	(Green Caps)
7:38a	Female	36 and over	triathletes, aquabike	(Yellow Caps)
7:36a	Male	39 and over	triathletes, aquabike	(Orange Caps)

TRI MILLENNIUM



Sprint Race*:

8:00a	OPEN Wave	M&F triathletes	(Gold caps)
8:02a	27 and younger Male	triathletes, aquabike <i>ALL duathletes & ALL relay</i>	(Blue Caps)
8:04a	30 and younger Female	triathletes, aquabike	(Pink Caps)
8:06a	28-42 Male	triathletes, aquabike	(Green Caps)
8:08a	31-41 Female	triathletes and aquabike.	(Yellow Caps)
8:06a	43 and over Male	triathletes, aquabike	(Orange Caps)
8:08a	42 and over Female	triathletes and aquabike.	(Purple Caps)

**Note: the age groupings for swim waves are subject to change as we get closer to the race and more folks sign up. Start waves are assigned to keep an even spread across each wave. Your overall time will be determined by your start time.*



Helpful Gear Checklist:

- Timing chip and ankle strap (will get both at packet pickup)
- Swim cap (will get at packet pickup)
- Bike number (will get at packet pickup)
- Helmet number (will get at packet pickup)
- Bib (will get at packet pickup)
- Safety pins (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!

SCROLL DOWN FOR MORE DETAILED INFO...



DETAILED RACE INFORMATION

Packet Pickup

Packet pickup will happen on **Friday, July 29** 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-6:45a**. Look for the tent near the entrance of the transition area.

New for 2022, no ID required for pickup. Just tell us your bib # (will be posted at packet pickup). If you are picking up for a friend, have their bib number as well. Just don't pickup a packet of someone you don't know. That would be a jerk think to do.

Please double check that all of your information is correct on your packet, and corresponds to the contents before leaving packet pickup.

Body Marking

Limited Body marking will be available at packet pickup, or at the transition area before the race. Athletes are encouraged to do their own body marking. We will have markers available. Bib # goes vertically on both shoulders or upper arms. Age and event goes on right calf. (For example, ST = Sprint Triathlon, SD = Sprint Duathlon, OR = Olympic Relay, etc.) 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 7:15a**. Please have all of your gear racked and set before then. No one will be allowed in the transition after 7:15a. 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.

We use custom made bike racks for TriMillennium. Our Open wave athlete racks will be nearest to Bike Out, then Olympic racks, with Sprint racks. Racks will be marked with bib number ranges. Find your number range and rack your bike in that range.



Rack your bike with the rear wheel between the stands, and your bike facing in the direction of the arrows on the top of the stands. Put your gear on the ground **on the side of your bike closest to BIKE OUT**. This will give everyone enough room between bikes. If you have not used our racks before, this will make sense on race day. We will have an assistant helping you out.

That will leave ample room to keep a neat and tidy transition area. 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. We encourage athletes to do their own body marking. Write your bib # on both shoulders or upper arms, and your age and event on your right calf. (For example, ST = Sprint Triathlon, SD = Sprint Duathlon, OR = Olympic Relay, etc.) 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 600-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 between two 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 go out in several mass start waves as detailed above. Waves will be designated by a specific color swim cap that will be given at packet pickup. Do NOT change waves. 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.



Unfortunately, we do not yet 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 for course maps. **Athletes are responsible to familiarize themselves with all course routes prior to the event.** The sprint bike course will be a 12.7-mile out-and-back route starting at the transition area. The Olympic bike course will be two loops of the same course for a total of 24.8 miles.

- From Transition proceed around the round-about to the park exit.
- Turn LEFT on Maynard
- Turn RIGHT on Butterworth and proceed all the way to O'Brien
- Turn LEFT on O'Brien. **Fast turn crossing traffic. Police will be present for traffic control, but be aware of traffic!**
- Proceed straight for approximately 3 miles to turnaround
- TURNAROUND on Obrien and proceed approximately 2 miles to Maynard
- Turn RIGHT on Maynard.
- Turn RIGHT on Butterworth. **Fast turn. Do not cross centerline into oncoming traffic!**
- TURNAROUND on Butterworth near Johnson Park
- Turn RIGHT on Veterans Memorial Dr.
- Turn LEFT on Maynard.
- Sprint Athletes – Turn LEFT into Millennium Park and proceed to transition
- Olympic Athletes – Keep STRAIGHT for your second lap. Complete the full course a second time, then Turn LEFT into Millennium Park and proceed to transition.

NOTE: Sprint athletes will complete one loop of the bike course. Olympic athletes will complete two laps of bike course.

IMPORTANT: Roads will be open to traffic. We will have police onsite at the turnarounds and critical intersection. However, **cyclists must be aware of surrounding traffic at all times!** 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! Let's all do our part to ensure a safe environment!

The logo for the Tri Millennium triathlon, featuring a stylized orange and white circular emblem to the left of the text "TRI MILLENNIUM" in a bold, blue, sans-serif font.

The course will be marked with signs and ground markings and staffed with volunteers. Please follow all directions.

Make sure your bike is fit and working properly. Freewheeler 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 gain 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 for course maps. 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
- Turn 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 PAST Sprint turnaround 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

Duathletes will start at their designated start time, as detailed above, with their first run. The run will start just outside of RUN OUT at the end of the transition area. **Sprint Duathletes will complete a 2.5K out-and-back for their first leg and a 5k out-and-back for their second. Olympic duathletes will complete a 5k out-and-back for their start, and a 10k out-and-back for their finish.**

Aquabike

Aquabike athletes will start with their respective gender waves and complete the full swim and bike distance. Important: your time will finish when you enter T2. However, we would love to get a good finish photo of you. After your bike, please proceed through transition and loop around under the finish arch where you will be able to gather your medal, turn in your timing chip, and grab a snack.

Let's have a safe and fun race. Feel free to reach out with any questions.

Most importantly, have fun!!!

Respectfully,
Ryan Waalkes
Race Director