



THE ORIGINAL GRAVEL TRIATHLON

2022 ATHLETE GUIDE



**SWIM - GRAVEL BIKE - TRAIL RUN
SPRINT, OLYMPIC, DUATHLON, AQUABIKE, RELAY**

GRASS LAKE, MICHIGAN JULY 23, 2022 UGLYDOGGRAVELTRI.COM



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DONE RIGHT.**

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Restoring Hope and *Freedom®*
Mary Free Bed®
Sports Rehabilitation

**Ugly Dog Gravel Triathlon medical support provided by the team at
Mary Free Bed Sports Rehabilitation.**

WELCOME TO UGLY DOG GRAVEL TRIATHLON 2022

FROM THE RACE DIRECTORS

We would like to welcome you all to the 2022 edition of Ugly Dog Gravel Triathlon, The Original Gravel Triathlon and part of the USAT Gravel Triathlon Series!

We are extremely proud to have this gravel triathlon event under the banner of Tris4Health and our family of events. We are honored to build upon the work Epic Races has done since Ugly Dog's inception and to carry this race forward.

We would like to take a moment and thank our many sponsors. The support from companies like PEPSI, SMOKEHOUSE 52, OMNI APPAREL TECH, MARY FREE BED SPORTS REHAB, The GFB and more, is what makes events like this possible. Let's not forget AGGREGATE INDUSTRIES, who have provided us the opportunity to route the olympic course through an actual gravel site!

We would also like to thank our staff and volunteers, who are vital to holding events like this.

John Mosey & Jon Conkling
Race Directors, Ugly Dog Gravel Triathlon



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RACE WEEKEND SCHEDULE

PACKET PICKUPS

We will hold THREE packet pick-ups. *Changes can be made at any of the packet pick-ups but not after.

THURSDAY, JULY 21: WEST MICHIGAN

Packet Pick-up

@ biked.

4:00 PM – 7:00 PM

Address:

3534 Roger B Chaffee Memorial
Blvd SE Grand Rapids, MI 49503



FRIDAY, JULY 22: EAST MICHIGAN

Packet Pick-up

@ Ugly Dog Distillery

4:00 PM - 7:00 PM

Address:

218 S Main St
Chelsea, MI 48118



SATURDAY, JULY 23: ON-SITE

Packet Pick-up (On-Site)

@ Portage Lake Park, Waterloo Recreation Area

7:30 AM – 8:45 AM – Packet Pick-up

Address:

11700 Seymour Rd
Grass Lake, MI 49240

RACE DAY

SATURDAY, JULY 23

7:00 AM – TRANSITION OPENS

7:30 AM- 8:45 AM – PACKET PICKUP AND REGISTRATION

8:30 AM – MUST BE IN THE PARK BY THIS TIME

8:45 AM – TRANSITION CLOSES

8:50 AM – MANDATORY PRE-RACE MEETING AT THE SWIM START

9:00 AM – OLYMPIC DISTANCES START – ALL EVENTS

9:30 AM – SPRINT DISTANCES START – ALL EVENTS

11:30 AM – SPRINT DISTANCE TRANSITION RE-OPENS FOR ATHLETES TO REMOVE GEAR

11:30 AM – SPRINT AWARDS *Tentative award times subject to change.

12:00 PM – OLYMPIC DISTANCE TRANSITION RE-OPENS FOR ATHLETES TO REMOVE GEAR

12:30 PM – OLYMPIC AWARDS *Tentative award times subject to change.

3:15 PM – RACE END

COURSE CUT-OFFS

10:15 AM – SWIM COURSE

1:15 PM – BIKE COURSE

3:15 PM – RUN COURSE

PARKING - IMPORTANT!

A State Park permit, or Recreation Passport is needed to enter Waterloo State Recreation Area. A permit costs \$11 per year for Michigan residents; out-of-state residents will be required to purchase a daily permit for \$9 or an annual permit for \$31. If you come to the park on a bike (or on roller skates, skateboard, horse, or walking), you will not need to pay for a daily permit.

Michigan residents are not able to purchase the daily permit, only the annual permit for \$11. Michigan residents who checked "YES" for the Recreation Passport when they renewed their license plate already possess a Recreation Passport: it's the two tiny Ps printed at the top and bottom of your license-plate sticker, as well as the words "Recreation Passport" on your registration. Tris4Health is thrilled to have our wonderful state park system for our events, for training, and sometimes just to visit and enjoy. These permits are how our parklands are supported.

The park rangers will have in-state and out-of-state permits available for purchase. If, for some reason, you park your car without a permit, you will receive what appears to be a ticket on your car. It is not a ticket; it is a notice. Please take the notice to the entry gate and pay the daily or annual fee. Please direct any questions to the DNR.

To purchase a Recreation Passport, please visit the Michigan DNR customer-service center:

<https://www.michigan.gov/dnr/Buy-and-Apply/rec-pp>



Please note post-race, exit the park to the right towards Race Road when leaving as racers may still be on the course.

UGLY DOG COURSES: SWIM

Each distance will have a different cap color and you're required to wear our 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.

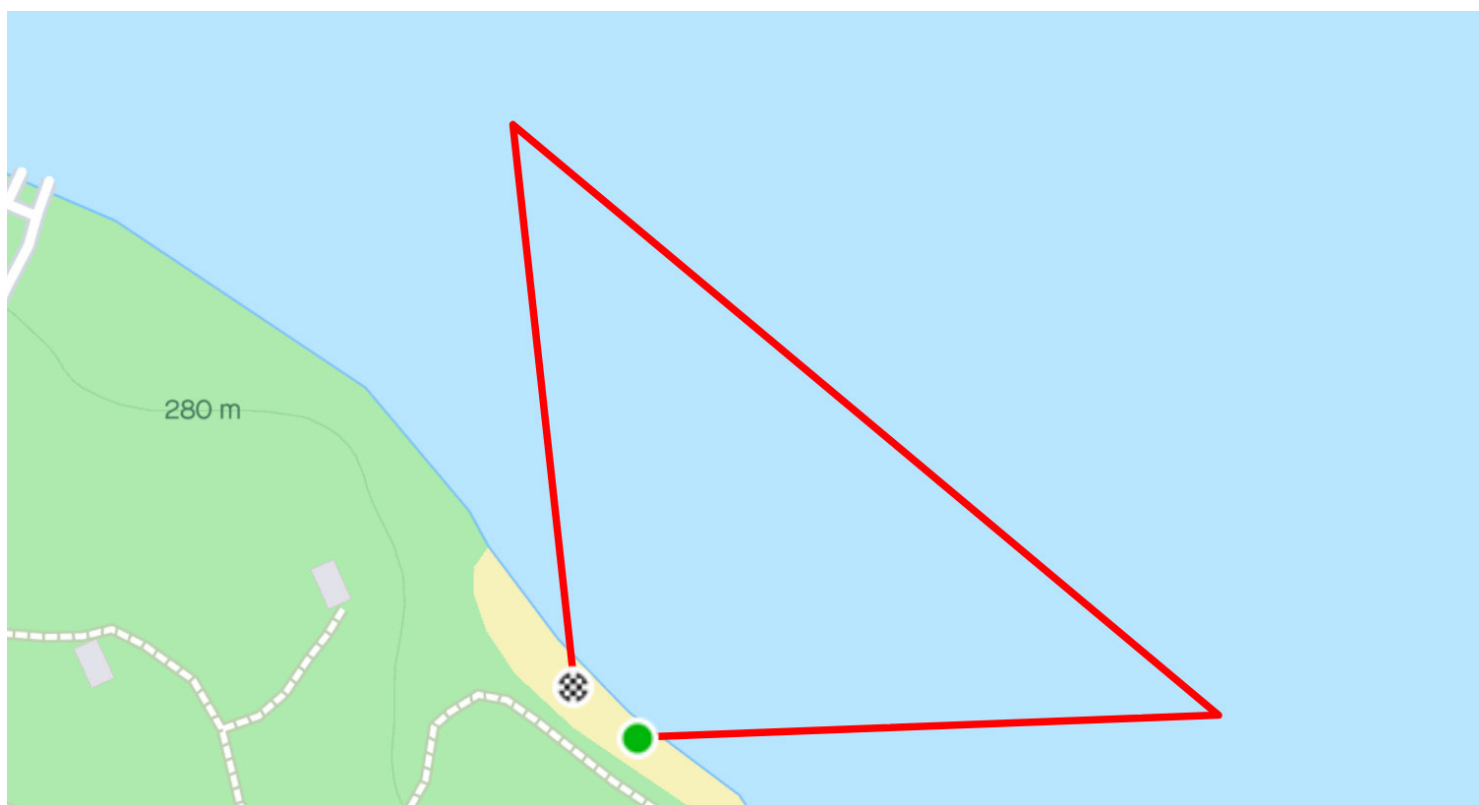
SWIM START TIME/CAP COLOR

9:00 AM - Olympic - LIGHT BLUE Swim Cap, all events

9:30 AM - Sprint - RED Swim Cap, all events

SWIM COURSE

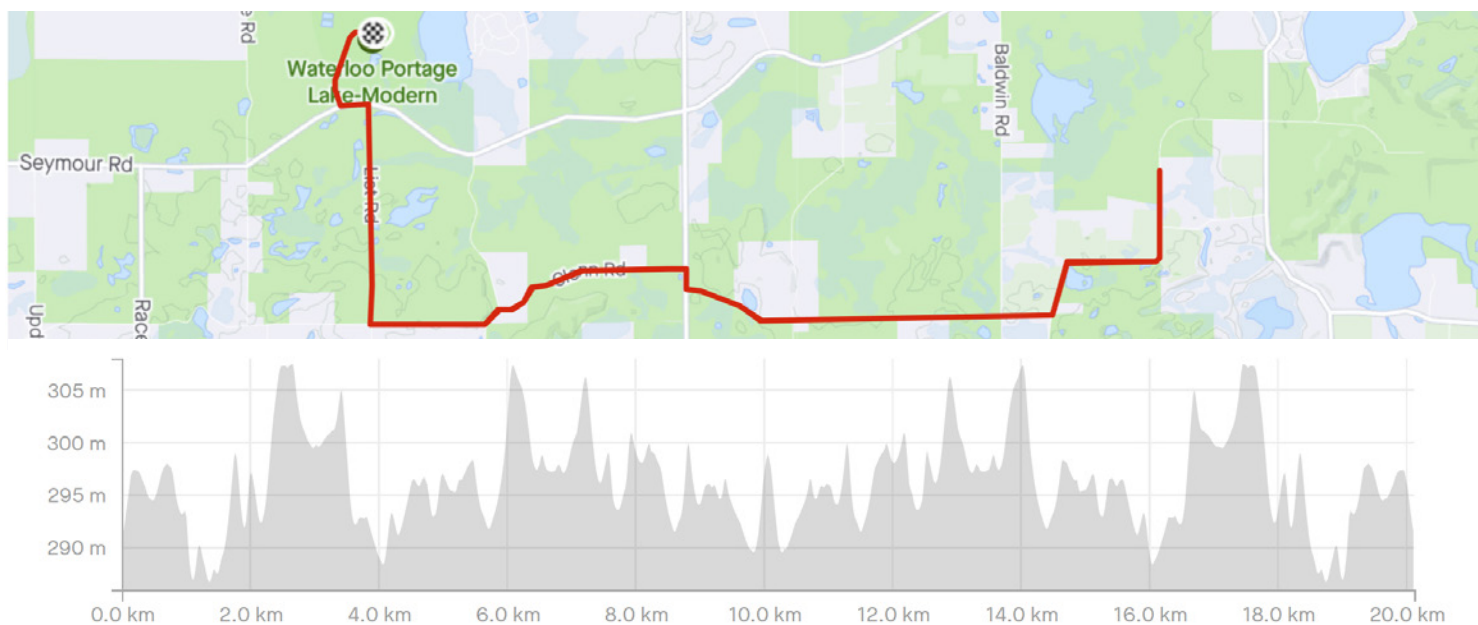
Our 750 meter course is a triangle which you will swim counter-clockwise. For the Olympic participants, you will swim the course TWICE, coming out of the water on the beach, crossing a timing mat, and then re-entering the water to do your second loop.



UGLY DOG COURSES: BIKE

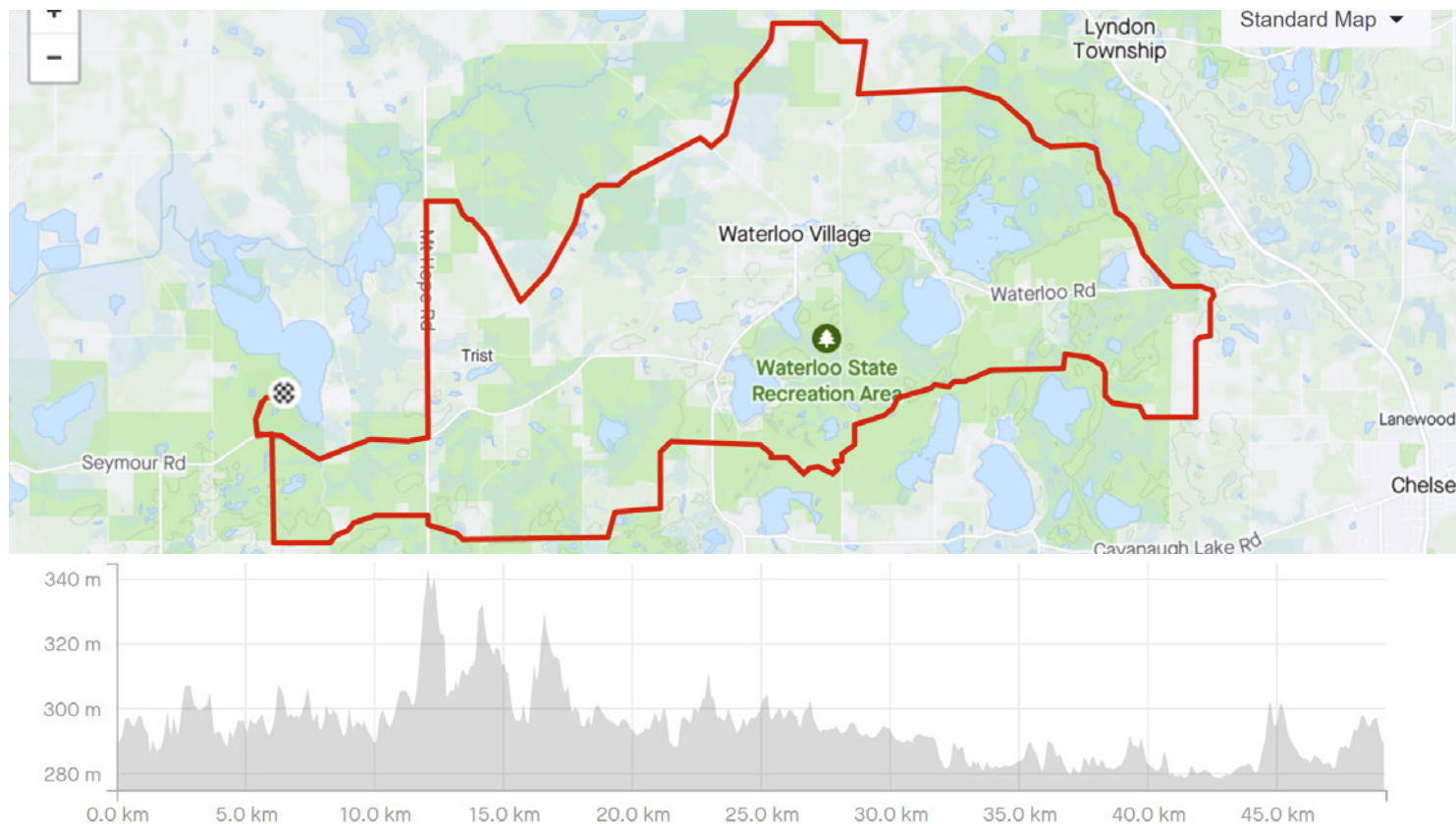
SPRINT COURSE

Our 20K sprint course is an out and back.



OLYMPIC COURSE

Our 50K olympic course is a loop.



UGLY DOG COURSES: BIKE

BE AWARE: THIS IS AN OPEN BIKE COURSE!

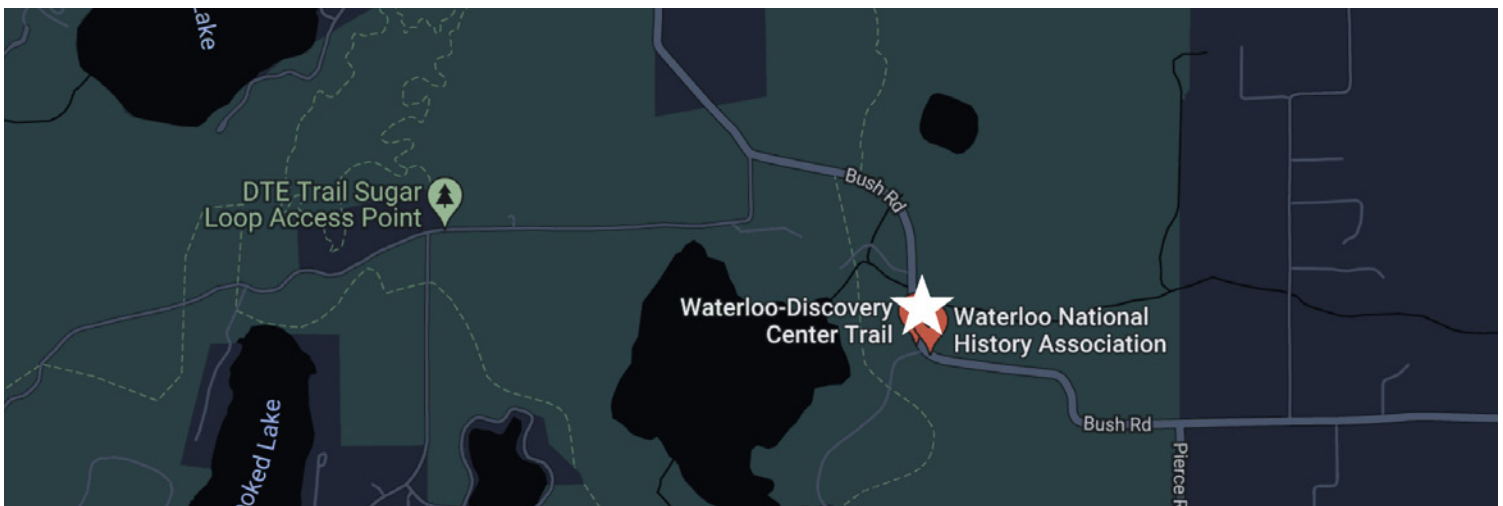
THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

IMPORTANT BIKE COURSE NOTES

- 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. VOLUNTEERS/SHERIFF DEPUTIES WILL BE POSITIONED AT MOST 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.

BIKE AID STATIONS

Due to the shorter course, the SPRINT course will not have any aid stations. The Olympic course, however, will have 1 aid station located at the Waterloo Discovery Center on Bush Road.



BIKE SUPPORT PROVIDED BY



BIKE CARE MADE EASY.

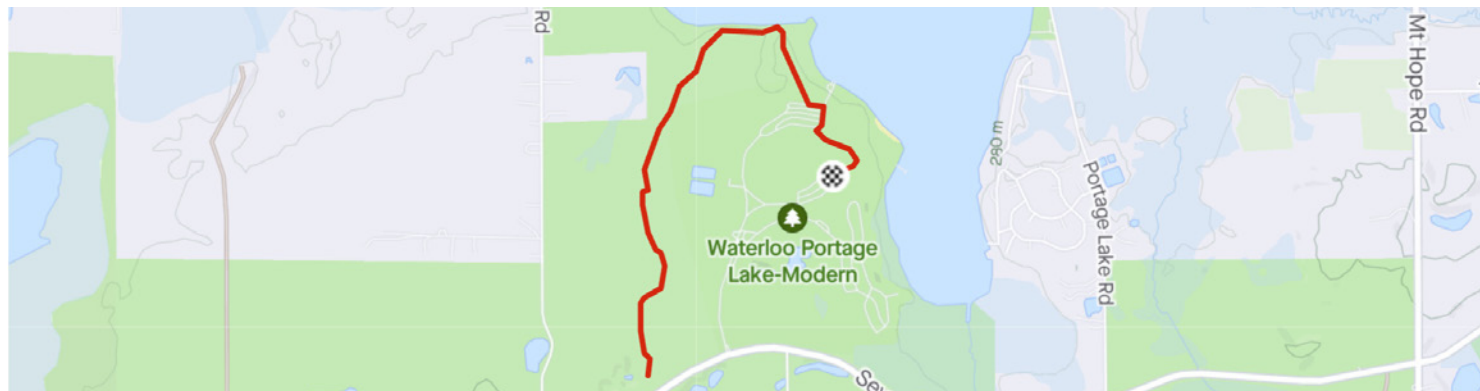
biked. saves you time and energy by picking up your bike wherever it is, servicing it at our world class shop, and delivering it back to your doorstep. All of the ease, none of the grease.

Learn more at <https://biked.app>

UGLY DOG COURSES: RUN

SPRINT COURSE

Our 5K sprint course is an out and back.



OLYMPIC COURSE

Our 10K sprint course is an out and back.



AID STATIONS

For the sprint course, there will be 1 aid station on the run that athletes will hit on the out and the back. For the olympic course, there will be 2 aid stations on the run that athletes will hit on the out and the back. Friends and family are very welcome to cheer on their athletes from here! Water, The GFB Bars (Gluten Free) and more will be available.

DUATHLETES

Your first run will be a 2.5K out and back before starting your bike.

ZERO WASTE EVENT



We are thrilled to be partnering with **Happy Planet Running** to make Waterloo G+G a zero waste event! Help us do our part by making sure to keep the course clean.

Happy Planet Running provides training, materials, planning, and race-day sustainability services for running and other events.

To learn more, visit <https://happyplanetrunning.com>

TIMING WITH **SPORTSTATS**

TRACKING & RESULTS

DOWNLOAD LINK FOR UGLY DOG TRACKING APP:

https://rtrt.me/ulink/SSA/SS-UGLYDOG22?use_app=1

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. Results will be available on the Sportstats.us website after the race.

Please keep in mind results on the SportStats Tracker App (available in the app store) are not final or official. Visit sportstats.us to find your results online. For questions regarding your results, go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page.

POST-RACE CELEBRATION

Smokehouse 52 will be catering post-race food featuring:

Pulled Pork, BBQ Pulled Chicken, Smokehouse Mac and Cheese, Coleslaw, Green Beans, House-made Chips and slider buns.

- The GFB (Gluten-free bars)
- Bananas
- Goldfish Crackers/Pretzels
- Pepsi Products
- Water



AWARDS

11:30 AM – Sprint Awards*

12:30 PM – Olympic Awards*

*Tentative award times subject to change.

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 Ugly Dog for the same distance event. We are not pulling out overall winners from age group awards.

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 and duathlon and the top-three teams for relays regardless of the gender make-up of the team.

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

Free photos will be available after the event!

WEEKENDS
ARE FOR
BIKE RIDES.

RACE PHOTOGRAPHY



STELLAFLY

STELLAFLY.SMUGMUG.COM

UGLY DOG RACE CREW



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.



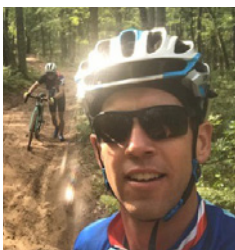
Keith Love Site Manager

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 Sheriff's, 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.



Lisa Robinson

In 2012, I joined my church running club after my last child had graduated from high school. I needed to get out socially and why not get in shape too. Little did I know that this crazy bunch of instigators, runners, cyclists and triathletes would change the direction of my life in the best way possible. 2013 was the year of why not! I accomplished every running race distance from a 5K to a 50K and Sprint, Olympic and Half Iron distance triathlons. I was so in awe of our running and triathlon communities, I was hooked for life. Having participated in so many events, I understand how important it is in giving back. Need a volunteer for your race, I'm in! I've been on several race staff through out the years as well. This year, I've finally had the opportunity to join the staff of one of my favorite race, Grand Rapids Triathlon.



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.

RACE WITH US IN 2022 & 2023!

Did you know we have 2 more gravel cycling events this year, The Dirty Mitten Gravel Bike Race as well as the NEW Rode To Hell PLUS another gravel triathlon, The Dirty Mitten Gravel Tri? We may be known for our flagship triathlons, Grand Rapids Triathlon and Michigan Titanium, but we also offer a variety of racing options for every type of endurance athlete. PLUS, just announced: Grand Rapids Gran Fondo in June of 2023! Check out our triathlons, gravel triathlons, trail running and more at Tris4Health.com



**GRAND RAPIDS
TRIATHLON 2022**
JUNE 11 - 12

Huntington

#DISCOVERADA



**MICHIGAN
TITANIUM**
TENTH ANNIVERSARY

PRESENTED BY UNIVERSITY OF MICHIGAN HEALTH-WEST



**GRAND
RAPIDS FONDO**

JUNE 24, 2023



**GRAND RAPIDS
Youth Duathlon**

A TRIS4HEALTH EVENT

Presented by Cascade Pediatrics

**MICHIGAN
TITANIUM
KIDS TRI**



THE DIRTY MITTEN

DIRTFEST WEEKEND

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



THE DIRTIEST EVENT JUST GOT DIRTIER.



RODE TO



HELL.

25 39 65 101
GRAVEL EVENT

MICHIGAN'S NEWEST GRAVEL EVENT IS GOING TO **HELL.**
JACKSON, MICHIGAN TO HELL, MICHIGAN AND BACK ON OCTOBER 8, 2022.

[REGISTER.TRIS4HEALTH.COM](https://register.tris4health.com)