



# THE ORIGINAL GRAVEL TRIATHLON

**SPRINT &  
OLYMPIC  
DISTANCES**

**JULY 22, 2023  
GRASS LAKE  
MICHIGAN**





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The official medical event coverage partner of Ugly Dog Gravel Triathlon.

# WELCOME TO UGLY DOG GRAVEL TRIATHLON 2023

## FROM THE RACE DIRECTORS

Welcome back to Ugly Dog Gravel Triathlon, The Original Gravel Triathlon! We are proud to once again be a part of the USA Triathlon Gravel Triathlon Series! We are looking forward to another fun year of gravel racing with you. Whether you are a new gravel triathlete or a returning participant, we thank you for choosing us.

We would like to take a moment and thank our many sponsors. The support from companies like PEPSI, SMOKEHOUSE 52, OMNI AP-PAREL TECH, PT SPORTS PRO 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 STELLAFLY for being out on course taking photos and last but certainly not least, BIKED for providing SAG support for our riders.

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 TWO packet pick-ups. \*Changes can be made at any of the packet pick-ups but not after.

### FRIDAY, JULY 21

#### Packet Pick-up

@ Ugly Dog Distillery  
4:00 PM - 7:00 PM

#### Address:

218 S Main St  
Chelsea, MI 48118



### SATURDAY, JULY 22: 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 22

**7:00 AM** – TRANSITION OPENS

**7:00 AM- 8:30 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 purchased at the park costs \$18 per year for Michigan residents; out-of-state residents will be required to purchase a daily permit for \$11 or an annual permit for \$39. 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 \$18. 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, or mail payment later. 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.

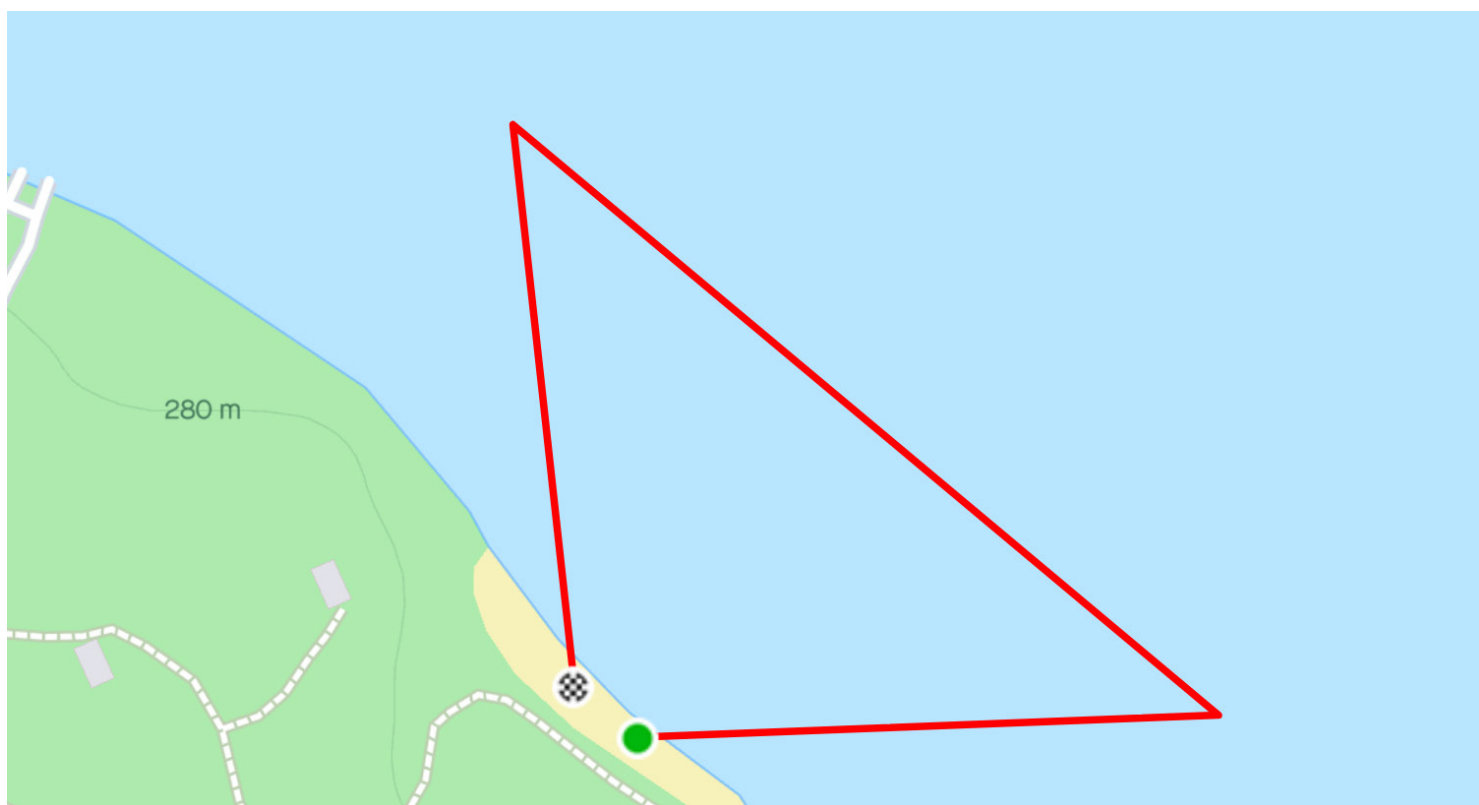
## SWIM START TIME/CAP COLOR

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

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

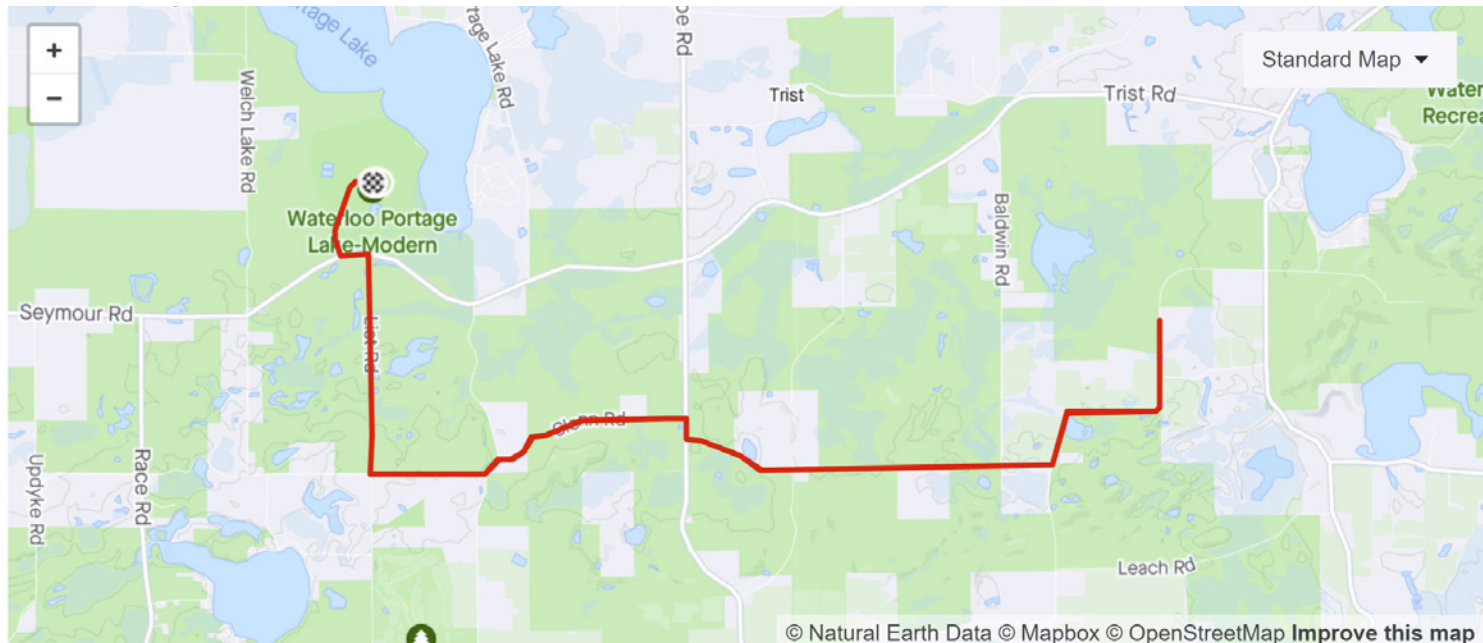
## SWIM COURSE

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.



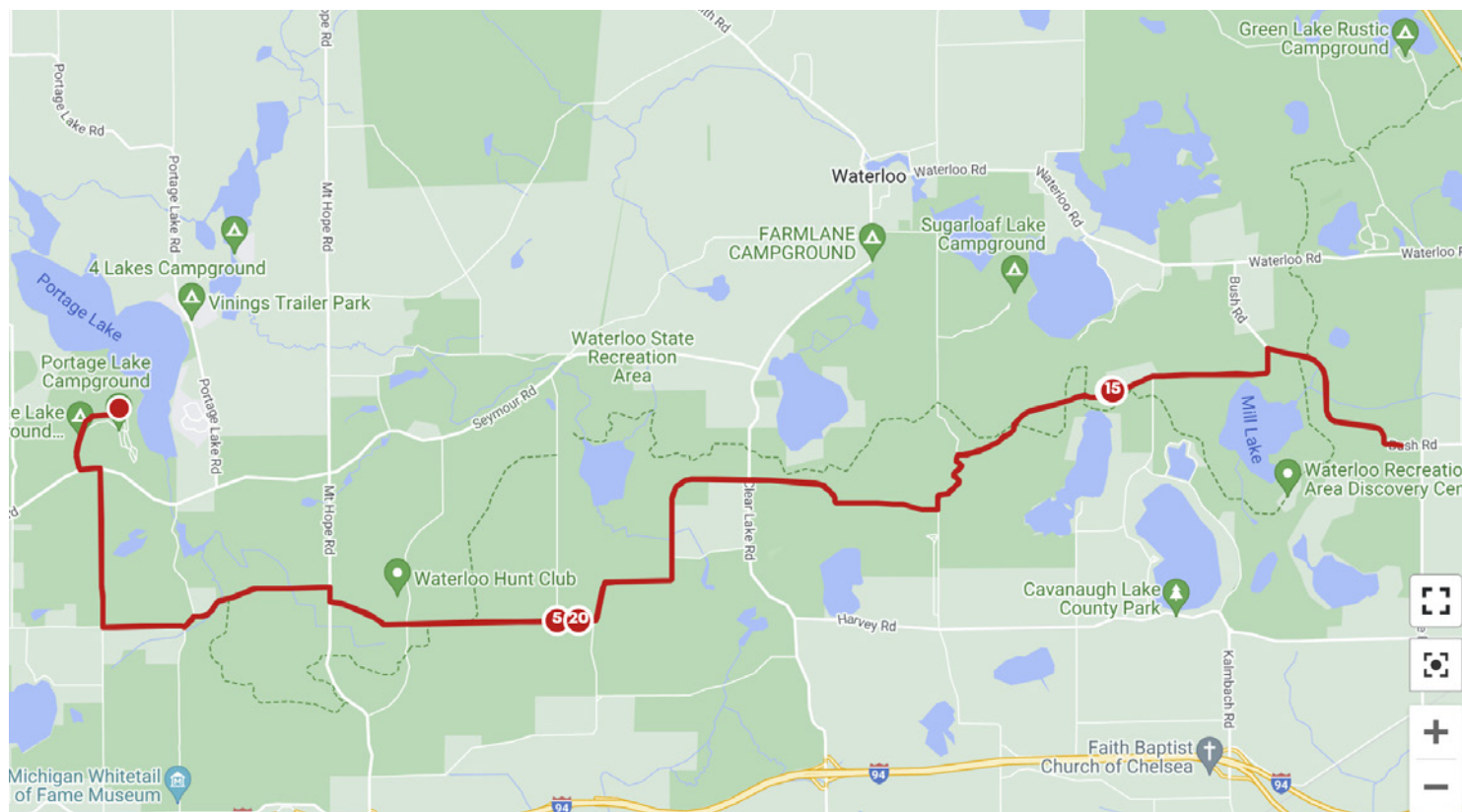
# SPRINT COURSE

Our 20K sprint course is an out and back.



## OLYMPIC COURSE

Our 40K olympic course is an out and back.





# UGLY DOG COURSES: BIKE

## BE AWARE: THIS IS AN OPEN BIKE COURSE!

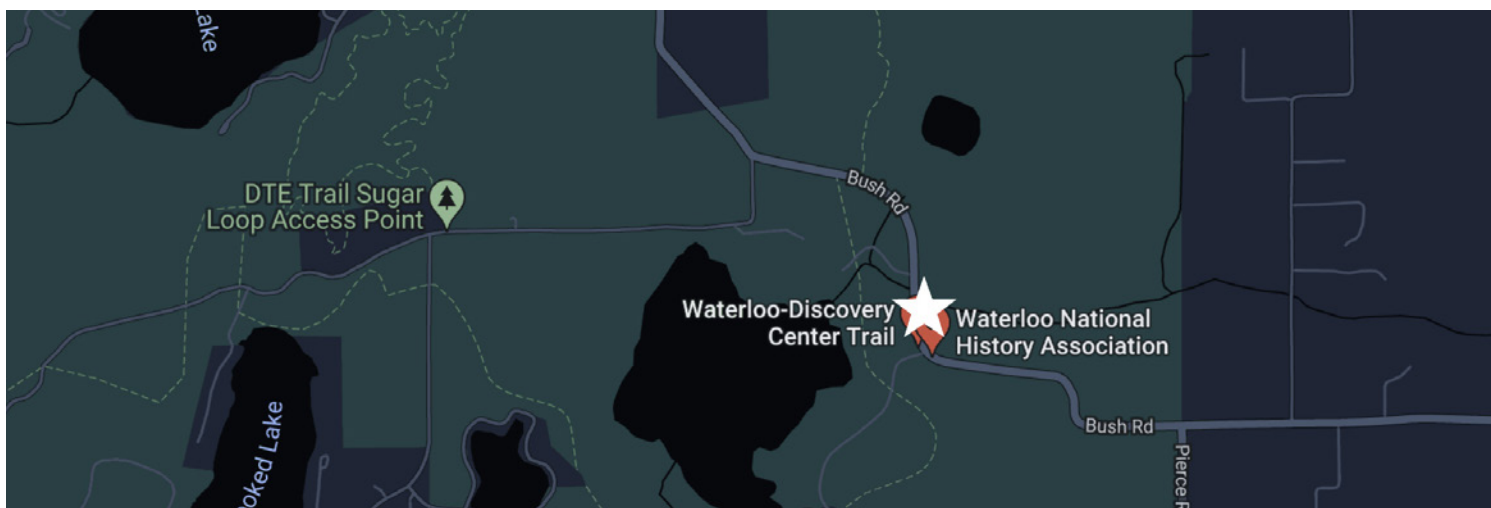
**THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!**

### 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.**  
*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.

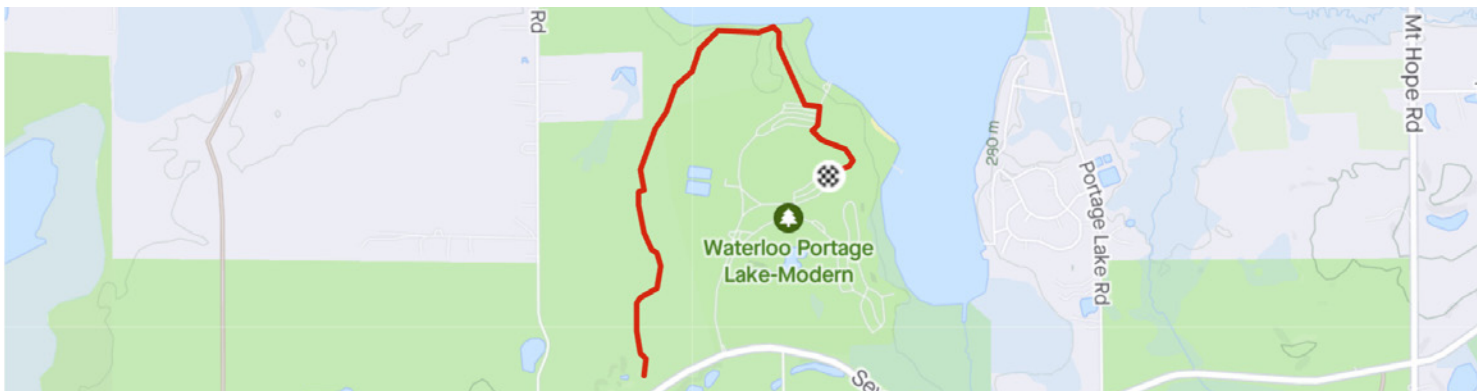
biked. saves you time and energy by picking up your bike wherever it is, servicing it at our world class shop, and delivering it back to your doorstep. All of the ease, none of the grease.

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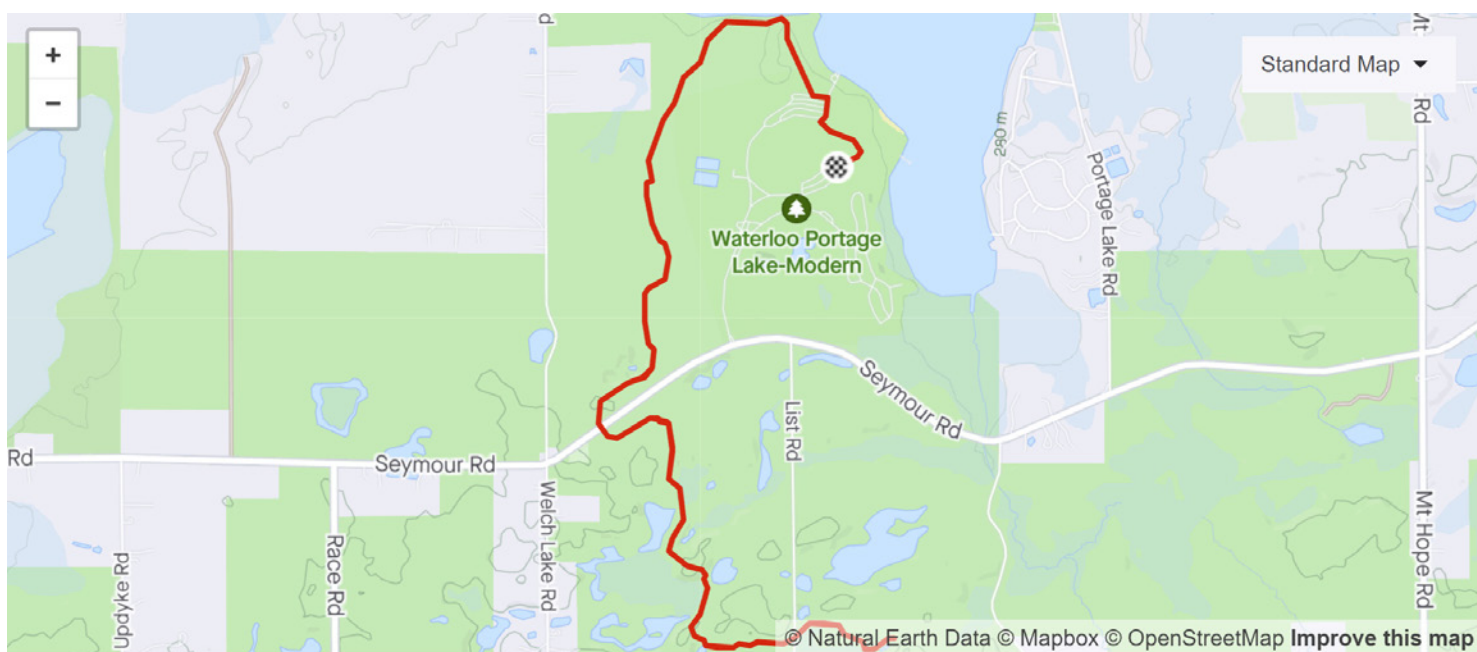
# UGLY DOG COURSES: RUN SPRINT COURSE

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 Ugly Dog 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 [happyplanetrunning.com](http://happyplanetrunning.com)

## TRACKING & RESULTS

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](http://sportstats.us) to find your results online. For questions regarding your results, go to [www.sportstats.us](http://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 2024 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!



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