



# THE ORIGINAL GRAVEL TRIATHLON

**SUPER SPRINT, SPRINT & OLYMPIC DISTANCES**

**JULY 27, 2024  
GRASS LAKE, MI**





218 S. MAIN STREET  
CHELSEA, MI 48118

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# WELCOME TO UGLY DOG GRAVEL TRIATHLON 2024

## FROM THE RACE DIRECTOR

Welcome, Athletes!

I am thrilled to welcome you to the 2024 Ugly Dog Gravel Triathlon as this year's event director!

This race, which began in 2018, combines a swim, gravel bike, and trail run—before gravel bikes were cool!

We were relieved to learn that we didn't have to change the venue last minute, so if you've raced with us before, you'll find many things familiar. However, we've added some exciting new elements this year, including a Super Sprint distance and the Ugly Dog Showdown for our furry friends.

A huge thank you to our sponsors and volunteers for making events like this possible.

We look forward to seeing you at the starting line and cheering you on every step of the way!

Laura Caprara  
Race Director, Ugly Dog Gravel Triathlon



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# RACE WEEKEND SCHEDULE

## PACKET PICKUPS

We will hold TWO packet pick-ups. You must show your ID in order to pick up your packet. You may pick up for another person if you have a copy of their ID. (A photo copy of a picture will work).

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

### FRIDAY, JULY 26

#### Packet Pick-up

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

#### Address:

218 S Main St  
Chelsea, MI 48118



### SATURDAY, JULY 27: 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 27

**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

**9:45 AM** – SUPER SPRINT DISTANCES START – ALL EVENTS

**10:45 AM** – SUPER SPRINT AWARDS \*Tentative award times subject to change.

**10:45 AM** – SUPER SPRINT DISTANCE TRANSITION RE-OPENS FOR ATHLETES TO REMOVE GEAR

**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.

**2:00 PM** – RACE END

### COURSE CUT-OFFS

**10:15 AM** – SWIM COURSE

**12:30 PM** – BIKE COURSE

**2:00 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 \$19 per year for Michigan residents (\$14 plus a \$5 convenience fee); out-of-state residents will be required to purchase a daily permit for \$11 or an annual permit for \$40. 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 \$19. 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

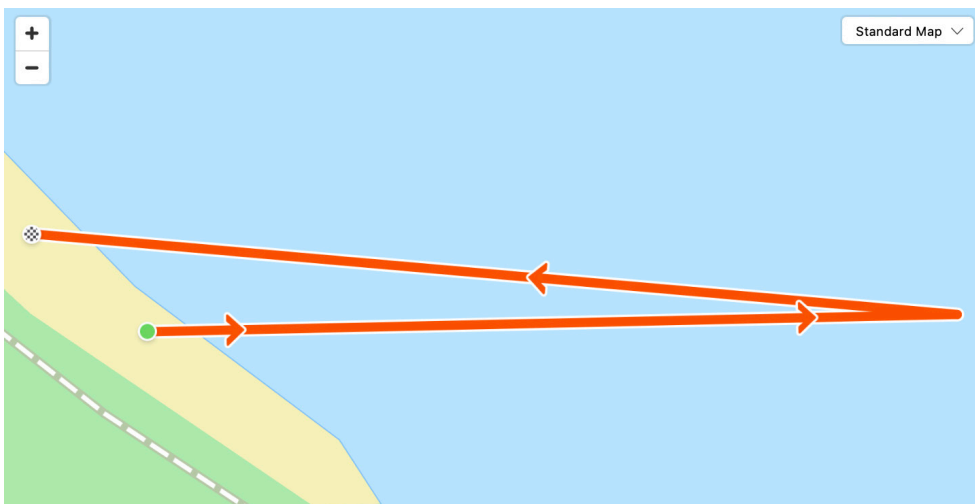
**9:00 AM** - Olympic - WHITE Swim Cap, all events

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

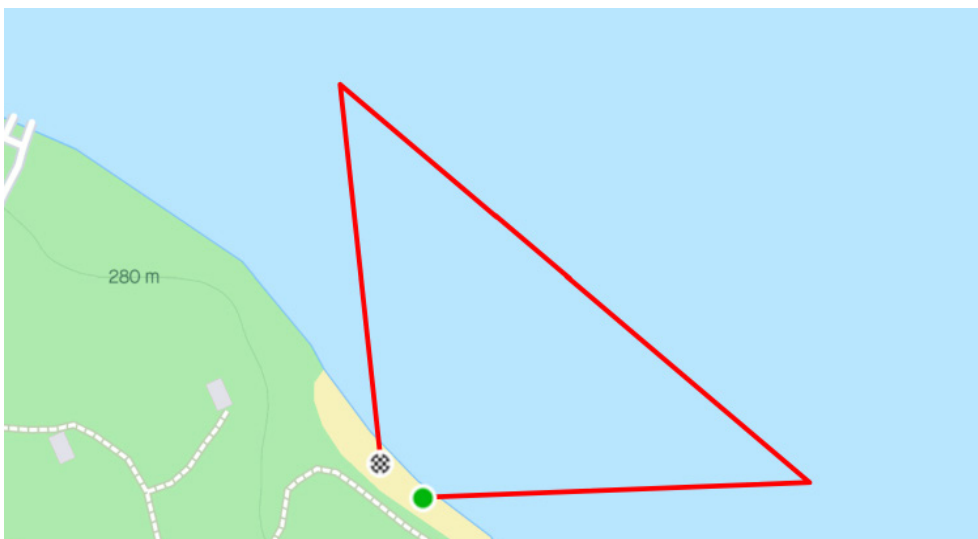
**9:45 AM** - Super Sprint - ORANGE Swim Cap, all events

## SWIM COURSE

The Super Sprint swim is a 300-meter course is an out and back, which you will swim counter-clockwise.



The Sprint course will be a 750 meter loop 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

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

THIS MEANS THERE WILL BE AUTOMOBILES ON THE COURSE!

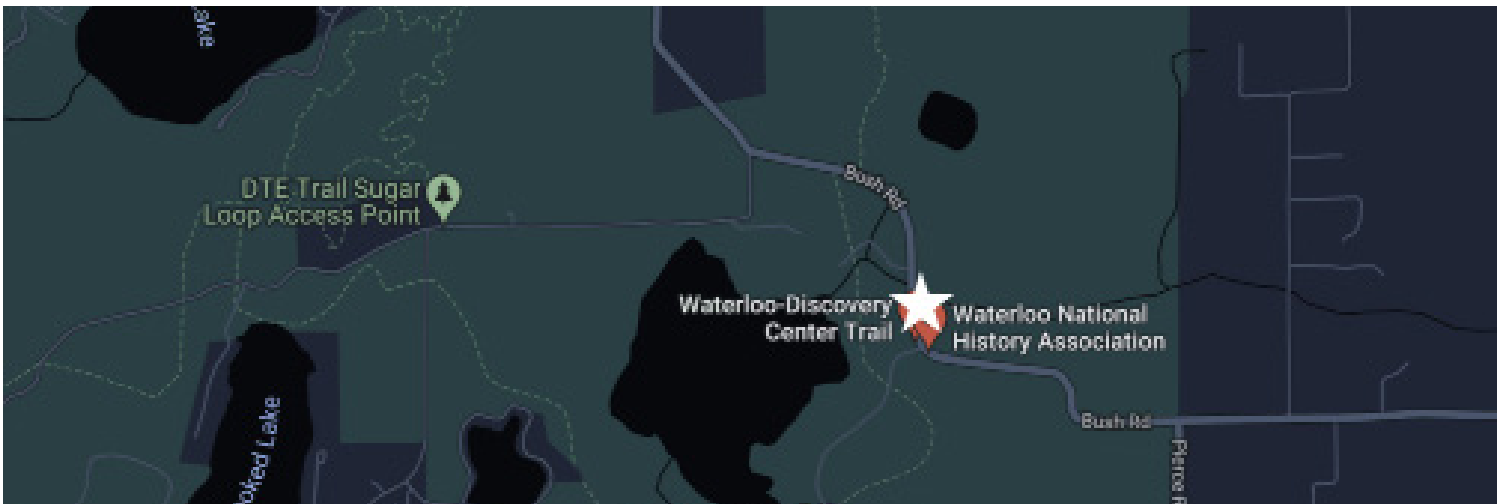
### IMPORTANT BIKE COURSE NOTES

- 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 NOT have bike SAG support, please plan accordingly to handle your own bike issues, such as having a patch kit for flats. **HOWEVER, IF YOU NEED ASSISTANCE, PLEASE TEXT/CALL 616-551-7385.**

*Please note cell service can be spotty on course.*

### BIKE AID STATIONS

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



- **Our Race Director John Mosey, along with sweet girl Etta will be on course to assist if you need anything.**

**Call: 616-551-7385**

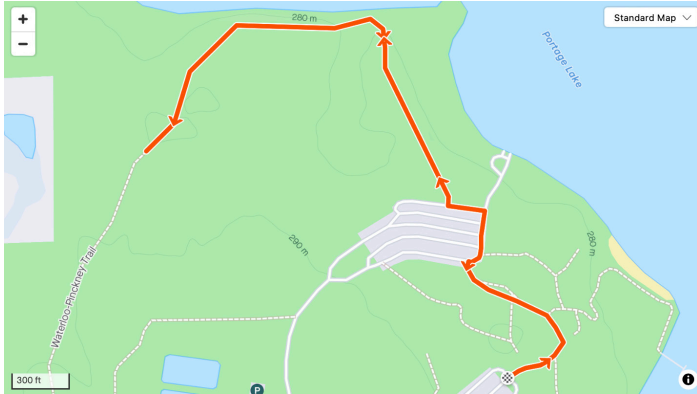




# UGLY DOG COURSES: RUN

## SUPER SPRINT COURSE

Our 2.5K sprint course is an out and back.



## AID STATIONS

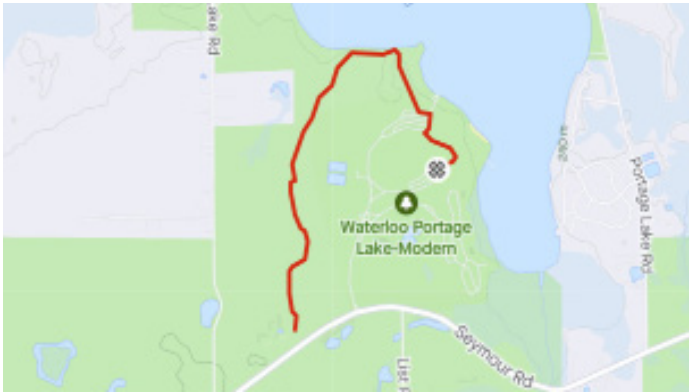
For the sprint course, there will be 1 aid station on the run that athletes will hit on the out and the back. For the olympic course, there will be 2 aid stations on the run that athletes will hit on the out and the back. Friends and family are very welcome to cheer on their athletes from here! Water, The GFB Bars (Gluten Free) and more will be available. There is NO aid station on the super sprint course.

## DUATHLETES

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

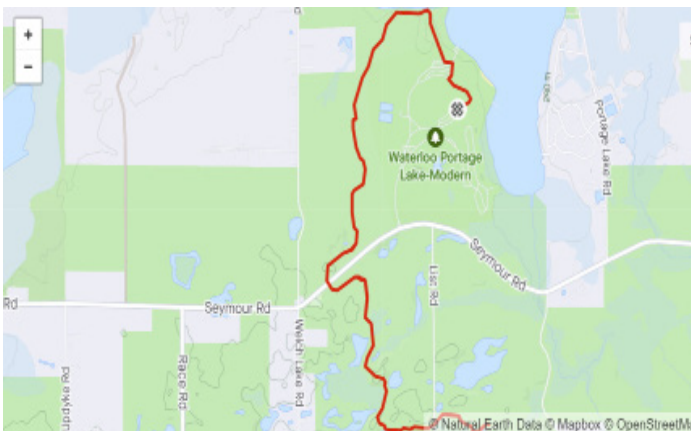
## SPRINT COURSE

Our 5K sprint course is an out and back.



## OLYMPIC COURSE

Our 10K sprint course is an out and back.



# 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 official Tris4Health results website: [results.tris4health.com](https://results.tris4health.com).

Please keep in mind results on the SportStats Tracker App (available in the app store) are not final or official. Visit [results.tris4health.com](https://results.tris4health.com) to find your results online. For questions regarding your results, go to [www.sportstats.us](https://www.sportstats.us) and submit an inquiry through their contact link at the bottom of the page.



## POST-RACE CELEBRATION & BEER TENT

**We will have post-race food including various baked goods, along with:**

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

**There will be a beer tent following the event, with beer provided by Saugatuck Brewing Co.** Beer can be purchased for \$5, *with 100% of the proceeds going toward our charity partner, myTeam Triumph West Michigan Chapter.* MUST be 21+ to purchase alcohol in the beer tent. You will be asked for an ID, so make sure you plan accordingly.



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# AWARDS

10:45 AM – Super Sprint Awards\*

11:30 AM – Sprint Awards\*

12:30 PM – Olympic Awards\*

\*Tentative award times subject to change. We will hold award ceremonies for OVERALL AWARDS only.

## 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 2025 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, 75-79, 80+

## AQUABIKE, DUATHLON, ATHENA/CLYDESDALE & 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. Athena/Clydesdale will have one overall podium male/female for each distance.

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

Free photos will be available after the event!

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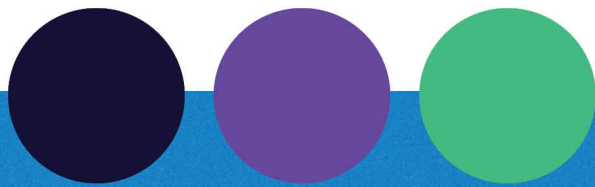


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