

e endurance evolution™

6TH ANNUAL

swim bike run

Traverse City Triathlon™
at bowers harbor

AUGUST 17, 2014
BOWERS HARBOR

- SPRINT & OLYMPIC TRIATHLON
- TRIATHLON & DUATHLON RELAY
- OPEN WATER SWIM
- DUATHLON

PRESENTED BY

ATHLETE GUIDE



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RACERS!**



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• Cannot be combined with other offers •



Sunday, October 5, 2014

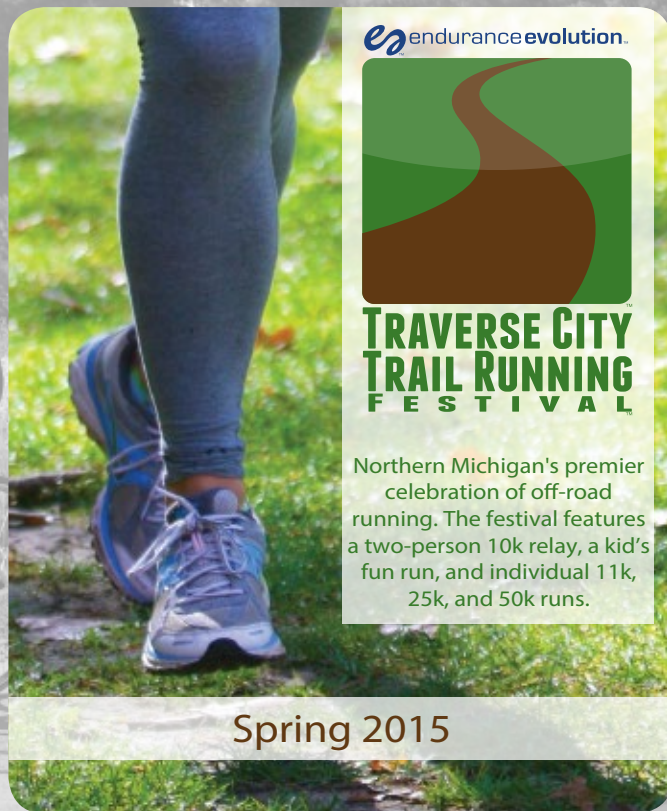
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26.2 + 13.1 miles

sleeping bear
marathon

A marathon and half marathon run through the heart of the Sleeping Bear Dunes national Lakeshore in Empire, MI.



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TRAVERSE CITY
TRAIL RUNNING
FESTIVAL

Northern Michigan's premier celebration of off-road running. The festival features a two-person 10k relay, a kid's fun run, and individual 11k, 25k, and 50k runs.

Spring 2015

2014 TRAVERSE CITY TRIATHLON

Welcome! Thanks for joining us for the sixth annual Traverse City Triathlon! Dividing West and East Grand Traverse Bay, Old Mission Peninsula offers stunning scenery and a challenging landscape. We promise whichever event you're doing, it will be a race you won't forget!

As you prepare for the events, make sure to review this guide for important details and race day information.

Good luck and have fun!



Presented By



Race Directors
Eric Houghton and Joel Gaff, Jr.

AUGUST 17, 2014

Both Olympic- and sprint-distance races start in the calm, clean waters of Bowers Harbor on West Grand Traverse Bay for a triangular loop swim. The bike courses point athletes past picturesque orchards and vineyards and over a few tough climbs. Heading out on the run, racers follow Neahtawanta Road along the water before turning up a dirt road into the Pyatt Nature Preserve. Athletes then return to the pavement for the final stretch to the finish line at Bowers Harbor Park. The Traverse City Triathlon delivers a beautiful course, professional race management, and great racing; this is Northern Michigan's most memorable triathlon. See you at the start line!

2014 TRAVERSE CITY TRIATHLON

PACKET PICKUP

Saturday, August 16, 2014
5:00-8:00pm Registration and packet pick up – McLain Cycle and Fitness on 8th Street

Packets will also be available on race morning at Bowers Harbor Park from 6–7:00 am, but we strongly encourage you to pick them up on Saturday during packet pickup. Make sure you bring a photo ID and your USAT card if you're an annual member.

WETSUITS

As long as the water temperature is 78 degrees or below, wetsuits will be allowed. A wetsuit-legal race is expected. (Thanks, Polar Vortex!)

ABOUT THIS GUIDE

To keep the race green, we're not providing printed copies of this packet or maps. Please print or save to a mobile device pre-race if you think you'll need one!

at enduranceevolution.com

 endurance evolution™

swim
bike
run
eat
relax
repeat

PODCAST 

2014 TRAVERSE CITY TRIATHLON

RACE DAY RULES

All athletes and spectators, please be kind to the local residents along the course by:

- Staying off of private property.
- Using restrooms...not the woods. There are several restrooms in the area.
- Keeping your noise levels down in the early morning. Keep in mind that many of the locals will still be sleeping as we're starting the race.
- Parking ONLY in designated areas in Bowers Harbor Park.
- Be respectful to all. If everyone is kind and pays attention to posted signs, we'll all have a great race!
- If you need assistance or have questions, find race staff and we'll be happy to help!

GET YOUR FAVORITE RACE GEAR

Celebrate your triathlon or reward a friend with a pint glass, hoodie, shirt, sticker, or something special! Merch is available at packet pickup, or any time at shop.enduranceevolution.com.



2014 TRAVERSE CITY TRIATHLON

SHARE THE FUN

Add your photos to our Facebook page, or on Twitter @Endurance_Evol, or find us on Instagram @EnduranceEvolution. Use #tctriathlon to get in on the action, and we'll share your pics!



GOOD LUCK TRIATHLETES!

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2014 TRAVERSE CITY TRIATHLON

SUNDAY SCHEDULE

6:00–7:00 am: Registration & Packet Pickup
@ Bowers Harbor Park

6:00-7:45 am: Transition area open for ALL athletes to set up

7:45 am: Transition area closes for OLYMPIC racers. All Olympic distance racers must leave transition area.

7:45 am: Race briefing at transition (required for ALL athletes)

8:00 am: Transition area closes for SPRINT racers. All sprint distance racers must to leave transition area.

RACE SCHEDULE

8:00 am: Races Begin

8:00 am: Wave 1 – Olympic triathlon (men), Open water swim (men)

8:05 am: Wave 2 – Olympic triathlon (women & Olympic relay),
Open water swim (women)

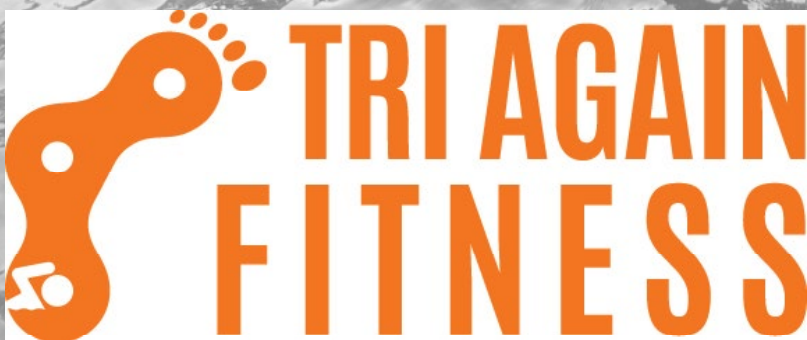
8:15 am: Wave 3 – Duathlon (all)

8:30 am: Wave 4 – Sprint triathlon (men & sprint relays)

8:35 am: Wave 5 – Sprint triathlon (women)

11:15 am (appx) – Transition area opens for bike/gear retrieval (after all cyclists finish)

11:25 am – Awards ceremony at Bowers Harbor Park



Thank you for your support,
Tri Again Fitness!

2014 TRAVERSE CITY TRIATHLON

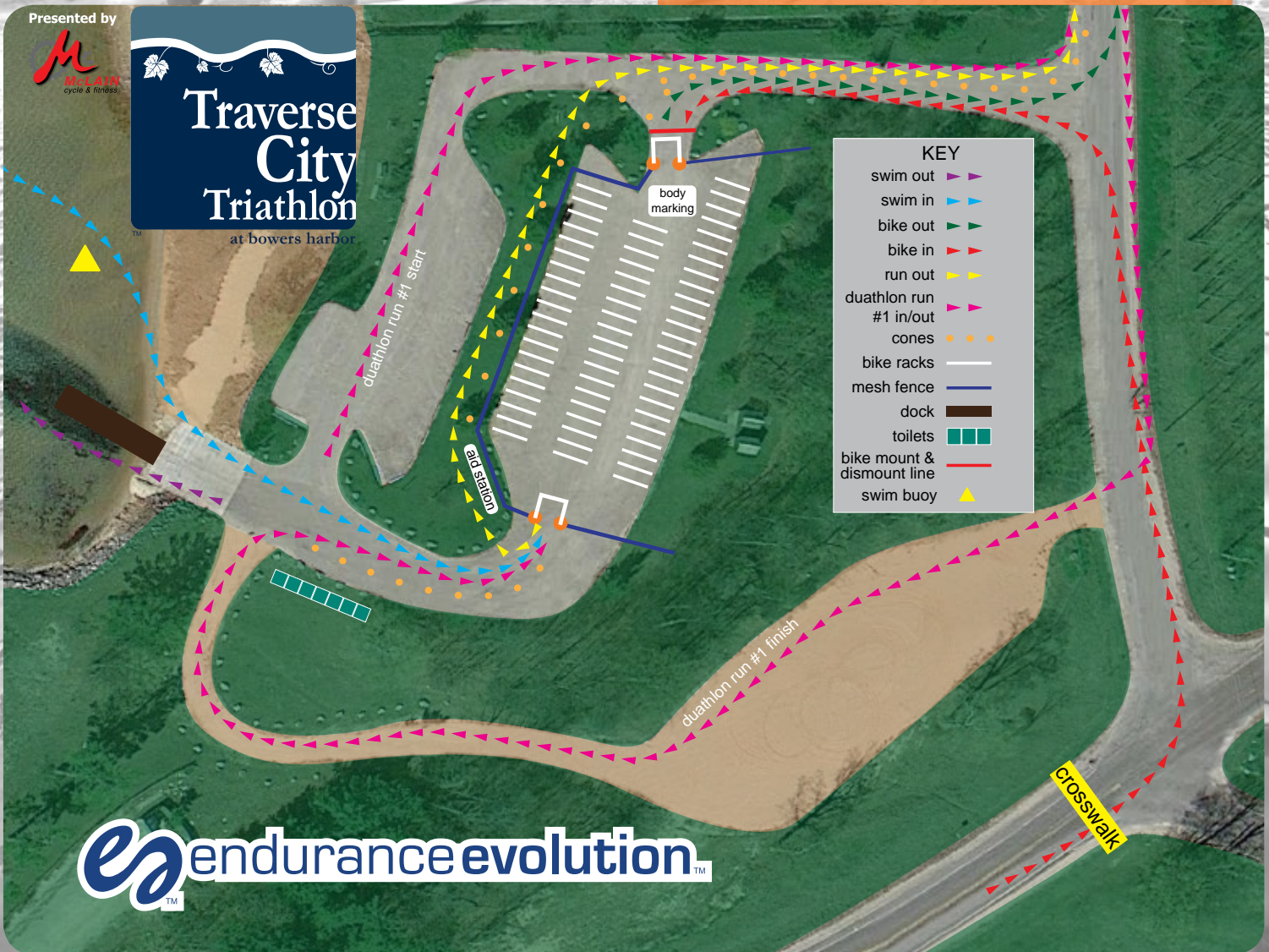
POST-RACE PARTY

Join us for the post-race celebration at Brew!

108 E Front St, Downtown Traverse City. Party starts at noon, and we'll be having a Short's Brewing tap takeover with free coffee, and food discounts for racers.



TRANSITION AREA






2014 TRAVERSE CITY TRIATHLON

SWIM COURSE

Swimmers always stay to the left of the YELLOW buoys, including yellow buoy 4, at the swim exit. Orange buoys are for sighting, and swimmers may go on either side of them
(Olympic athletes will *not* swim around buoy 4 to start lap 2).

KEY

-  Corner buoy
-  Intermediate buoy
-  Swim direction



Presented by



at Bowers Harbor

Wanta Rd

START
TRANSITION

RACE PHOTOS

Photographers will be taking race photos along the course and at the finish line. Photos will be available for purchase in the weeks after the race. We'll also have some free finisher's photos available on our Facebook page in the days after the race.

2014 TRAVERSE CITY TRIATHLON

BIKE COURSE

endurance evolution™

swim bike run
Traverse City Triathlon
 at bowers harbor

Presented by



Bike course

Sprint/Duathlon bike - - - - -

Olympic bike - - - - -

Transition ■

Sprint / Duathlon athletes always turn left at the intersection of Kroupa Road and Peninsula drive



Race rules

Below are the most commonly violated rules in the sport of triathlon. Committing an infraction—intentionally or accidentally—could result in a time penalty or disqualification.

Helmets must be worn at all times on the bike. Whenever you are on a bike (before, after, or during the race), you must have a helmet on and buckled.

No drafting on the bike. You must keep at least three bike lengths behind the rider in front of you. Once you enter this zone, you must pass within 15 seconds. No riding side-by-side.

On the bike, always pass on the left.

On the bike, stay as far right as safely possible.

No headphones at any time during the race, including during the run.

No littering. Do not drop water bottles, gel packets, or clothing along the course.

Race numbers must be worn at all times during the run. Please make sure your bib is on your front at the finish line.

Be a good sport. Race safely, treat volunteers and athletes with courtesy, and show respect to the residents that graciously share this beautiful area with us.

Beginner advice

We've made many mistakes in our triathlon careers. Take a few tips from them and set yourself up for a great race.

Set your bike in the right gear. You'll be tired when you get out of the water and there is a very slight incline out of transition. Set your bike in a gear that's easier than what you think you'll want. It's much safer and faster to get started in a low gear.

Know where your transition spot is. Before the race, walk the exact route that you'll take from the swim to your bike. Count the number of racks from the entrance to your spot if you need to. Do the same from the bike entrance. Remember these numbers and count racks as you run past them during the race. Don't rely on being able to spot your gear when the adrenaline is flowing during the race.

Relax during the swim. For those who aren't comfortable or confident in the water, know that your mind is your biggest enemy during the swim. If necessary, let faster athletes get a head start and stick to the outside. If you need a rest, grab onto a kayak until you're ready to resume racing.

Know the course. There will be signs and volunteers to direct you, but getting to the finish is ultimately your responsibility.

Communicate with other riders. Don't expect that other athletes know where you are or what your intentions are. If someone is riding too far left, shout "on your left!" before you pass.

Take in water and calories. You're asking a lot of your body. The least you can do is treat it to some water, sports drink, gel, or an energy bar.

Have fun and challenge yourself!

2014 TRAVERSE CITY TRIATHLON

RUN COURSE

swim bike run

Presented by 

Traverse City Triathlon™

at bowers harbor



Swim and run courses

Transition  Finish 

Aid Station  Swim 

Sprint athletes swim one loop
Olympic athletes swim two loops

Sprint run & Duathlon run #2 

Duathlon run #1 

Olympic run 

Tennis Courts

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THANK YOU!

Thank you to everyone who participated in the 6th Annual Traverse City Triathlon. We are so proud of what the collective events have become, and love seeing so many athletes experience Traverse City through swimming, biking, and running.

Make sure to thank our volunteers! Without their generous help, we would never be able to put on awesome events like this.

2014 TRAVERSE CITY TRIATHLON

BOWERS HARBOR PARK

Presented by



Bowers Harbor Park

Overflow Parking

KEY

- Covered pavilion
- Registration
- Food tables
- Sponsor tents
- Merchandise tent
- Timing/Results
- Announcer/PA
- Finish Arch
- Parking rows
- Toilets