

EVENT SCHEDULE

Saturday, July 11th, 2009

- 8:00 AM:
Kid's triathlon at Tri Cities Family YMCA and Mulligan's Hollow.
- 1:00 PM – 7:00 PM:
Grand Haven Triathlon / Duathlon Expo, Race Registration, Clydesdale Weigh in, and Packet Pick-up at the Tri Cities Family YMCA. Body Marking and Bike Check in Will Also be Available in the Transition Area.
- 3:00 PM – 7:00 PM:
Pre – race pasta dinner at Tri Cities Family YMCA. Tickets can be purchased with pre – registration, late registration or at the door.

Sunday, July 12th, 2009

- 5:30 AM – 7:15 AM:
Late Packet Pick-up (**NO RACE DAY REGISTRATION**)
- 5:30 AM:
Transition Opens (Clydesdales and Athenas, Make Sure You've Weighed in Before Entering Transition. If not weighed in, you Won't be Acknowledged as Such.)
- 5:30 AM:
Body Marking at Transition Area and Bike Check in
- 7:15 AM:
TRANSITION AREA CLOSES. IF NOT IN AND OUT OF TRANSITION AREA BY 7:15 AM, YOU WILL NOT BE ALLOWED TO RACE AND YOU WILL FORFEIT YOUR CHAMPIONCHIP!!!!
- 7:45 AM:
Race Start (Make sure you allow yourself enough time to walk to the swim start.)
- 10:00AM – 1:00PM
Picnic and Music (Live Band)
- 12:00 PM
Triathlon and Duathlon Awards Ceremony and Raffle (You must be present to win raffle items)

EVENT EXPO, RACE PACKET PICK UP / LATE REGISTRATION

The Grand Haven Triathlon & Duathlon Expo Includes Race Packet Pick-up, Late Registration, Body Markings, Bike Check-in and Expo Vendors and Sponsor's Booths at the Tri – Cities Family YMCA.

- Hours – 1:00 PM to 7:00 PM on Saturday, July 11th, 2008

YOU MUST BRING THE FOLLOWING

- Photo ID
- Participant number (This will be posted near the entrance of packet pick-up)

YOU WILL BE PICKING UP THE FOLLOWING

- Your race bib number and safety pins
- Race I.D. wrist band (MUST be worn to enter transition area and take part in race.)
- Helmet number (MUST be on the front of your bike helmet)
- Bike number (MUST be on your bike's frame)
- ChampionChip and ankle strap (Unless you've included your own 7-digit ChampionChip number on your race application). If you have a new ChampionChip, let the folks at race registration know.
- Course Maps
- Explanation of Penalties

STEPS TO THE PACKET PICK-UP PROCESS

1. Determine your race number.
(Your race number will be posted near the entrance to the Expo)
2. USAT 1 – Day Permit.
To participate in the Grand Haven Triathlon & Duathlon, you are required to be 15 years old for the olympic distance and 11 years old for the sprint triathlon or duathlon and provide proof of swimming ability. You must also be a member of USA Triathlon. If you are not a current annual member, you must purchase a 1 day license for \$10.00 in order to participate.
3. Pick up your race #'s and ChampionChip.
Check the number signs at the registration tables. You MUST show your photo ID to complete your pack pick-up process. Relay team captains should collect the team race packet and shirts and submit the signed USAT waivers for each team member. **IF YOU SHOW UP AT TRANSITION WITHOUT YOUR RACE # AND CHAMPIONCHIP, YOU WILL NOT BE ALLOWED TO RACE.** You

will also need to wear your race number to collect food and drink at the Post Race Picnic and to retrieve your bike from transition. ONLY ATHLETES WILL BE ALLOWED IN THE TRANSITION AREA BEFORE, DURING AND AFTER THE RACE.

4. Check your ChampionChip.
Stop by the ChampionChip table to verify your chip before exiting the registration area.

5. Collect your “tech” shirt and goody bag.
Show your race number to the volunteers to receive your “tech” shirt and goody bag.
6. Proceed to body marking.
We recommend that you get your body marked at the pre race expo on Saturday to avoid long lines on Sunday.
7. Attend a course talk.
Course talks are optional for athletes, but highly recommended, especially if you are new to triathlon or duathlon or have never raced in the Grand Haven Triathlon and Duathlon.