



BEAR LAKE TRIATHLON

WEST MICHIGAN'S EARLY SEASON TRIATHLON



PRESENTED BY



2025
EVENT GUIDE

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WELCOME

FROM THE RACE DIRECTOR

We are thrilled to welcome you to the 2025 Bear Lake Triathlon presented by Bear Lake Tavern!

Thank you for joining us at West Michigan's early season triathlon. Featuring Sprint and Olympic Triathlon distances plus Duathlon, Relays and Aquabike, Bear Lake Tri has something for all triathletes as they get their race season underway!

Races simply are not possible without strong support of community sponsors listed on the next page. Please thank them and support their businesses.

We are honored and appreciate that you chose to do the Bear Lake Triathlon. We look forward to seeing and serving you.

Ron Knoll
2025 Race Director, Tris4Health Lakeshore Events



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IMPORTANT EVENT INFORMATION!!!

SWIM CHANGE

West Michigan has experienced unseasonably cold and wet weather. As a result, Bear Lake, which is usually fairly warm due to how shallow it is, is at 59 degrees as of Wednesday, May 21. For athlete safety, we have had to make several changes regarding the swim portion of the event.

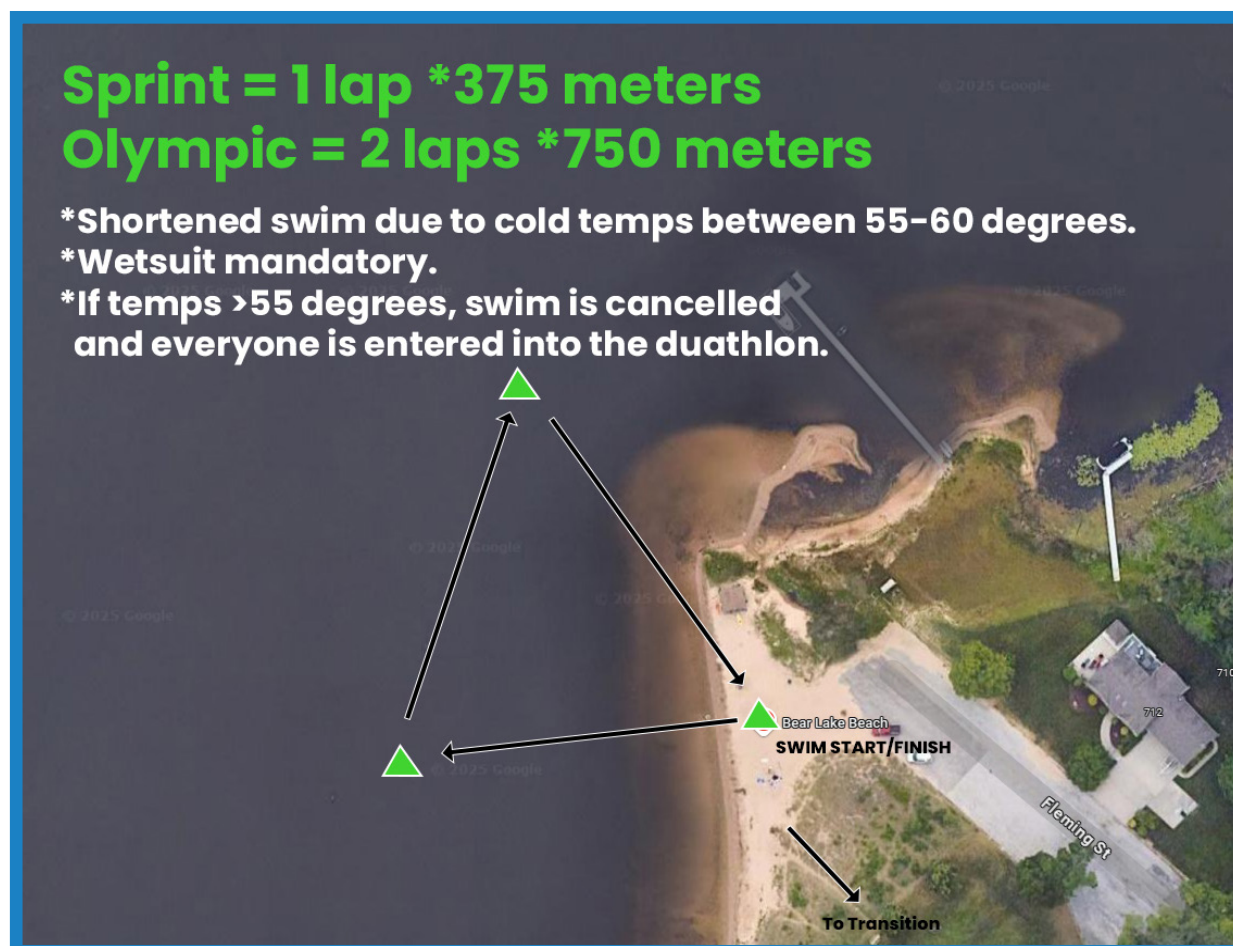
THE PLAN FOR WATER TEMPS BETWEEN 55-60 DEGREES.

We have changed our 750 meter swim course to 375 meters. Sprint distance athletes will now swim 375 meters (one lap) while Olympic distance athletes will swim 750 meters (two laps). **The swim will be WETSUIT MANDATORY.**

You will be able to wear swim gloves (not webbed), boots, hoods.

THE PLAN FOR WATER TEMPS UNDER 55 DEGREES.

The swim will be CANCELLED for your safety and **everyone will be switched to the duathlon** for your corresponding distance.



SPONSORS



PACKET PICKUP / LATE REGISTRATION

We will hold TWO packet pick-ups, one on Saturday and one race morning, both at the race venue located at **Bear Lake Park** (North Muskegon, MI 49445, behind North Muskegon School). Look for the big white tent.

****Changes can be made at either Packet Pick-up but not after.***

SATURDAY, MAY 24

Packet Pickup / Late Registration

3:00 PM – 6:00 PM

SUNDAY, MAY 25

Packet Pickup

6:00 AM – 7:15 AM

RACE DAY

****As noted above, we will hold packet pickup / late registration on race morning until 7:15 AM.***

TRANSITION OPENS / RACE START / RACE END

6:00 AM – Transition opens

Transition area, Registration tent opens. Prior to racking your bike, you need to pick up your race bag which has your race day supplies. There is no race day (late) registration.

7:30 AM – Transition closes

All athletes must exit transition by this time. Late arrivals will not be allowed to race and you forfeit your race entry.

7:40 AM – Pre-race Meeting/National Anthem

After announcements and The National Anthem, athletes will be brought to the beach and/or the duathlon starting line.

8:00 AM – SPRINT START (Men & Women) – ALL EVENTS

8:30 AM – OLYMPIC START (Men & Women) – ALL EVENTS

1:00 PM – Race End

AWARDS (Approximate Times)

10:30AM – Sprint Awards (Overall)

12:00 PM – Olympic Awards (Overall)

Overall Awards: Awards will be given to the overall top 3 finishers male and female for all events in the following categories: Triathlon, Duathlon, Aquabike, Relay, Athena and Clydesdale.

Age Group Awards: Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of all distances in each of the following age group: <19, 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+.

****THERE WILL BE NO AGE GROUP AWARDS CEREMONY. PLEASE PICK UP YOUR AGE GROUP AWARD AT THE MAIN TENT.***

EVENT PARKING

Our venue is located at BEAR LAKE PARK in North Muskegon.

There should be ample parking in the parking lots behind the North Muskegon School on Moulton Rd, immediately East of Fleming St. There is also a small parking lot between the school and city library buildings.

THERE IS NO PARKING NOR DROPPING OFF ON FLEMING ST. MOULTON ST AND VANDERWERP ST. IF YOU PARK ON THESE STREETS, YOU WILL BE TOWED.



COURSES

SWIM COURSES

SPRINT

Sprint distance athletes
will do the course ONCE.

OLYMPIC

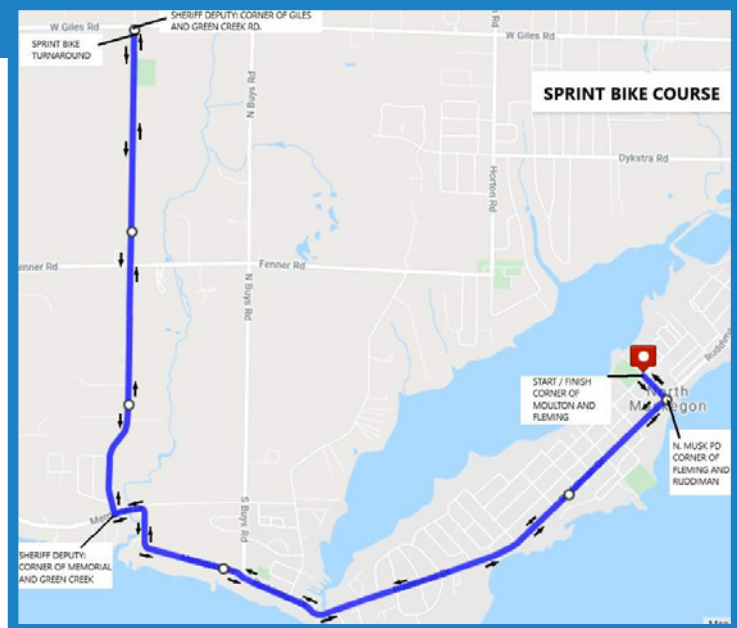
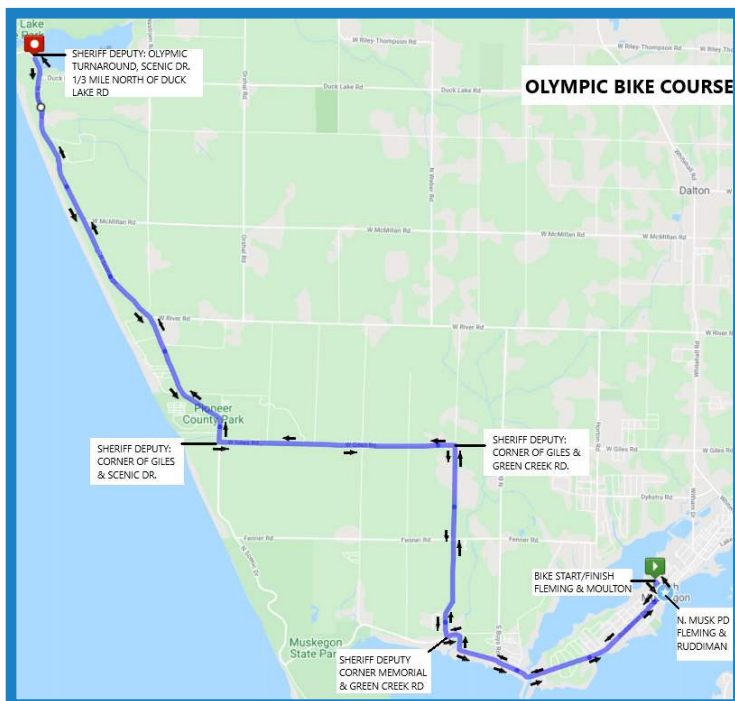
Olympic distance athletes will do the course TWICE, coming out of the water to go around the beach buoy and then enter the water again for the second lap.

Sprint = 1 lap * 375 meters
Olympic = 2 laps * 750 meters

- *Shortened swim due to cold temps between 55-60 degrees.
- *Wetsuit mandatory.
- *If temps >55 degrees, swim is cancelled and everyone is entered into the duathlon.



BIKE COURSES



SPRINT/OLYMPIC

Both respective courses are ONE LOOP.

COURSES

RUN COURSES

SPRINT

Sprint distance athletes will do the course ONCE.

OLYMPIC

Olympic distance athletes will do the course TWICE.



AID STATIONS

TWO ON THE RUN COURSE

ENJOY A SUPPORTED RUN

We will have pretzels, GU, Gatorade and water on the run course.

TIMING & RESULTS

TIMING & RESULTS

RESULTS.TRIS4HEALTH.COM

Results will be available on **results.tris4health.com** after the race. There will be signs with QR codes that you can scan to access your results onsite.

Timing will be performed by SportStats.



DISTANCE COLORS

ALL CAPS, STICKERS, BIBS & COURSE SIGNAGE ARE COLOR CODED



GREEN = SPRINT
GREEN/BLEUE = SPRINT DUATHLON
GREEN/PURPLE = SPRINT AQUABIKE
GREEN/YELLOW = SPRINT RELAY

WHITE = OLYMPIC
WHITE/BLEUE = OLYMPIC DUATHLON
WHITE/PURPLE = OLYMPIC AQUABIKE
WHITE/YELLOW = OLYMPIC RELAY

IMPORTANT NOTES

BE IN-THE-KNOW

VOLUNTEERS

We want to say thank you to all of our volunteers and professional staff. When you're on the race course, please make an effort to thank them for their time and support. Our volunteers could be spending their precious time doing other things on Sunday Morning but they are out there for your safety and enjoyment.

TRANSITION + RACK NUMBERING

We will have 6 bikes to a rack. At the end of each row we will have a number range posted. Find your number and rack somewhere in that row. Front tires will face forward and downward in an alternating process and hang on the racks with the nose of your saddle. You must also return your bike to the same location in the transition area after the bike portion before your run. You will NOT be able to remove your bike or equipment until the last cyclist is back from the bike course. Your equipment must be removed from transition by 1:00PM. THE EVENT IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

ONLY participants and volunteers will be allowed in the transition area before, during and after the event. NO family or friends in the transition area.

Extra equipment (wheels, 2nd helmet, 2nd wetsuit, etc.) will not be allowed in the transition area. Transition will be fenced and secured. Gear bags over 24" will not be allowed in transition. NO COOLERS, EITHER.

Current ANSI, CPSC, or SNELL approved helmets are required during the cycling portion of the event. You will be PROHIBITED from participation if you don't have an approved helmet. Helmets MUST be buckled in place during ALL aspects of the bike, including while in transition area. Failing to have your helmet buckled will result in a D.Q.

You must walk your bike in racks area and walk or jog with your bike in the transition lanes to the designated mount and dismount areas at the perimeter of the transition area.

MUSIC DEVICES

Absolutely no personal music devices including your phone or headphones, earbuds, etc. in the transition area or anywhere in the venue or on the swim, bike or run courses. You will be DQ'd. We want to make sure you hear the pre-race announcements and instructions as they are made in addition to being aware of ALL your surroundings during your race.

TIMING

This event is timed with an electronic timing chip system. Participants MUST wear their timing chip strapped to their ANKLE throughout the entire event. Both, the chip and ankle strap are provided by the timing company and must be turned in at the finish line. Volunteers will be at the finish area to assist you removing your timing strap/chip.

NO CHIP = NO RACE SPLITS OR FINISH TIME!!!! (This means your results will not be counted).

IMPORTANT NOTES

CONTINUED

SWIM

The first wave of the swim will start at 8:00AM (unless there's a weather delay). Each wave is designated by event (Olympic or Sprint). Waves will be designated by a specific color swim cap. The same color swim cap may be used for more than one wave. Do NOT change waves. If you lost your cap, see a race official at the swim start to get the correct color cap. You need to confirm your wave start time at packet pick up. Sprint athletes will start first and then Olympic athletes. Start times will be announced race morning.

In order to save time and allow for starting the event on time, we are limiting pre-swim opportunities. If you are wanting to warm up in the lake, you MUST be out of the water and back to the run course finish area by 7:35 for pre-race instructions.

Again this year, the swim start will be a "time Trial" start with athletes crossing the timing mat and entering the water. We will start 3 – 4 athletes every 4 seconds. Swimmers will be staged in a start corral just East of the swim start. Stage your self accordingly based on the swim/speed ability (faster swimmers in the front) Refer to swim course map.

The swim course will be a clockwise triangular course (map is on the website and in this guide) in Bear Lake with a "time trial" beach start. There will also be a timing mat on the shore to accommodate "time trial" starts. You should seed yourself according to your swim ability (faster swimmers in the front). You are prohibited from intentionally striking or swimming over another swimmer. Failure to obey the warnings and commands of an official or lifeguard, will result in a D.Q. and ejection from the event. After exiting the water, do NOT leave your swim cap at the beach. Bring it with you to the transition area. Littering IS a time penalty offense during the entire event and you will be assessed if you leave your cap at the beach.

DUATHLON START

Duathletes will start the first run leg in the "run finish chute". This will also be a time trial start format with 3 – 4 athletes starting every 4 seconds. This will allow duathletes to receive a chip start AND finish recorded time.

BIKE

Breakaway Bicycle and Fitness will be at the race site Saturday and Sunday providing minor technical support. The bike leg takes place on city and county roads that are open to vehicular traffic. Although the traffic will be relatively light and volunteers and police/sheriff departments will be assisting on the course, you MUST stay alert at all times to your surroundings. You are also required to follow traffic laws. You NEED to be watchful of what's going on. This includes watching for vehicles, intersections, traffic signs, watching out for fellow athletes and paying attention to course volunteers. It is the athlete's responsibility to know the bike course.

Since the race shares the road with vehicular traffic, you are required to ride to the far right of the roadway if you are not in the act of passing. You are ONLY to pass other riders on the LEFT. You must also yell out to the person you are passing "On your left" when making a pass. If you are not passing another rider but are riding on the left, that is termed as "blocking" and is a D.Q. offense. BY NO MEANS SHOULD ANYONE BE RIDING 2 OR 3 ABREAST ON THE ROAD. Drafting marshals on motorcycles will be on the bike course and will strictly enforce rules including the prohibiting of drafting. Failure to obey the commands of a race official may result in being DQ'd and ejection from the event.

IMPORTANT NOTES

CONTINUED

BIKE (CONTINUED)

The bike course will be marked with colored tape on the ground and signs for directions (YELLOW FOR SPRINT COURSE AND WHITE FOR OLYMPIC COURSE). There may be areas of the bike course (transition area, sharp turns, bumps, etc) where you will be given instructions. Again, race officials will be on hand and failure to obey their commands will result in a penalty or being D.Q.'d.

YOU ARE ABSOLUTELY PROHIBITED FROM USING ANY PERSONAL MUSIC DEVICES DURING "ANY" TIME OF THE EVENT. Use of such equipment is an automatic D.Q. offense from the event. NO QUESTIONS ASKED.

If you break down on the bike course you must get at least 6 feet off to the side of the road to tend to your repairs. If you are unable to repair your bike, you must remove yourself from the bike course. Vans or trucks will be circulating the course to bring you back to the transition area, however, you must turn in your timing chip at that time. If you breakdown and you feel you are close enough to the transition area after completing most of the course, you may run or walk your bike to transition and continue the race.

RUN

The run courses take you from the park and will go through the scenic residential city of North Muskegon. The sprint course is 1 lap while the Olympic course is 2 laps. The run course map is included in this guide and is also on the event website. While running Westbound on Ruddiman Ave., athletes MUST RUN ON THE SIDEWALK so you do not interfere with the bikes as they bike West on Ruddiman Ave. in the bike lane. Aid stations will be provided every 1.5 mile intervals with water and Gatorade. Signage and local residents will be guiding and cheering you along the way. It is strongly suggested to keep your eyes open to all things around you and watch for vehicles and other adverse conditions. It is the athlete's responsibility to know the course.

YOU ARE ABSOLUTELY PROHIBITED FROM USING ANY PERSONAL MUSIC DEVICES DURING "ANY" TIME OF THE EVENT. Use of such equipment is an automatic D.Q. offense from the event. NO QUESTIONS ASKED.

BE GREEN

There is NO littering on the course.

THE FINISH

MEDALS, FOOD & MORE.

YOU DID IT!

Cross the finish line, grab your medal and enjoy the post-race food! We will have the following for you:

- SUBWAY SANDWICHES
- BANANAS
- BOTTLED WATER
- CHOCOLATE MILK
- PEPSI PRODUCTS
- GRANOLA BARS
- CHIPS/SNACKS

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

Free photos will be available after the event courtesy of Tris4Health!





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