



2024 ATHLETE GUIDE

GRASS LAKE, MICHIGAN

APRIL 27, 2024



MGRS 
MICHIGAN GRAVEL RACE SERIES



A **TRIS HEALTH**™ GRAVEL EVENT



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The official medical event coverage partner of Waterloo G+G.

WELCOME BACK TO WATERLOO G+G 2024

FROM THE RACE DIRECTORS

We would like to welcome you all back to Waterloo G+G, part of both the Michigan Gravel Race Series and the I Love Gravel Racing Points Series!

When we took over this event in 2022, we didn't know what to expect, especially with it being our first gravel bike race. We are grateful that the race is popular and we continue to sell out each year. Thank you all for coming out again and again and making Waterloo G+G a must-do gravel race on your event calendar.

Races simply are not possible without the support of sponsors. We would like to thank PT SPORTS PRO, our official medical partner, PEPSI, SMOKEHOUSE 52, OMNI APPAREL TECH, STUART COACHING, APPLIED INNOVATION and UGLY DOG DISTILLERY. We would also like to thank STELLAFLY for being out on course taking photos and VALO MEDIA for creating our recap videos. Last but certainly not least, a big thank you to RACE READY ENDURANCE SPORTS for providing SAG support for our riders.

John Mosey & Jon Conkling
Race Directors, Waterloo G+G



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IMPORTANT RACE INFORMATION

RACE WEEKEND SCHEDULE

We will hold TWO packet pick-ups, one on Friday at Ugly Dog Distillery and one race morning at the race venue.

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



FRIDAY, APRIL 26

Packet Pick-up

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

Address:

218 S. Main Street
Chelsea, MI 48118

SATURDAY, APRIL 27

Packet Pick-up (On-Site)

@ Portage Lake Park, Waterloo Recreation Area
7:00 AM – 8:30 AM – Packet Pick-up

Address:

11700 Seymour Rd
Grass Lake, MI 49240

100k Start

9:00 AM – ALL RIDERS

50k Start

9:15 AM – ALL RIDERS

10-Mile Start

9:30 AM - ALL RIDERS

*We ask that faster riders start towards the front of the wave and slower riders towards the back.

*Line up at the start line headed back towards the lake.

Cutoff times: All participants in the 100K must begin their second loop 3 hours from their start time. 50K participants are expected to finish the course within 3.5 hours.

AWARDS

12:30 PM – 50k Awards

1:30 PM – 100k Awards

Overall Awards: Awards will be given to the overall top 3 finishers male and female for all events in the following categories: Open Division, Fat Bike, Single Speed, Tandem and Clydes/Athena.

Age Group Awards: Awards will be given to the 1st, 2nd, and 3rd place male/female finishers of all distances in the open division in each of the following age group: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.



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:

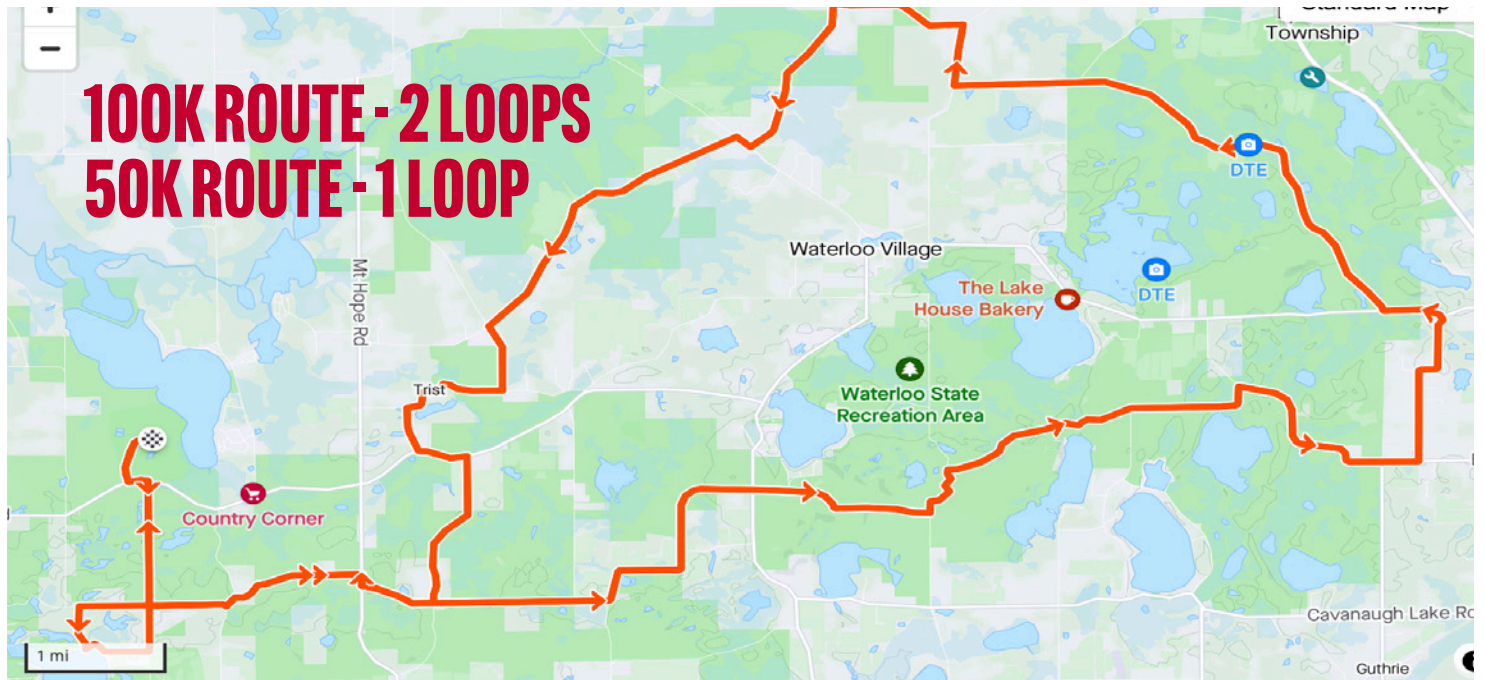
<https://www.michigan.gov/dnr/Buy-and-Apply/rec-pp>



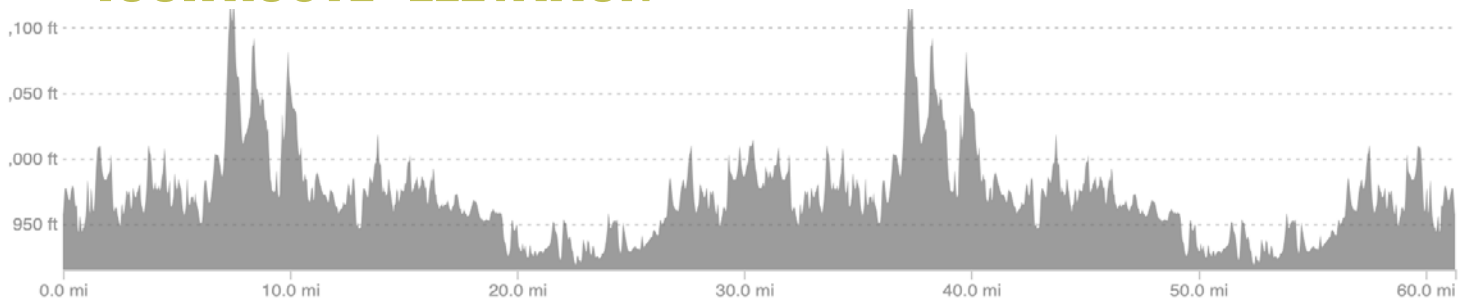
DUE TO THE SOLD OUT STATUS OF THE RACE, PLEASE CONSIDER CAR POOLING TO HELP THE STRAIN ON PARKING.

Please note post-race, exit the park to the right towards Race Road when leaving as racers may still be on the course.

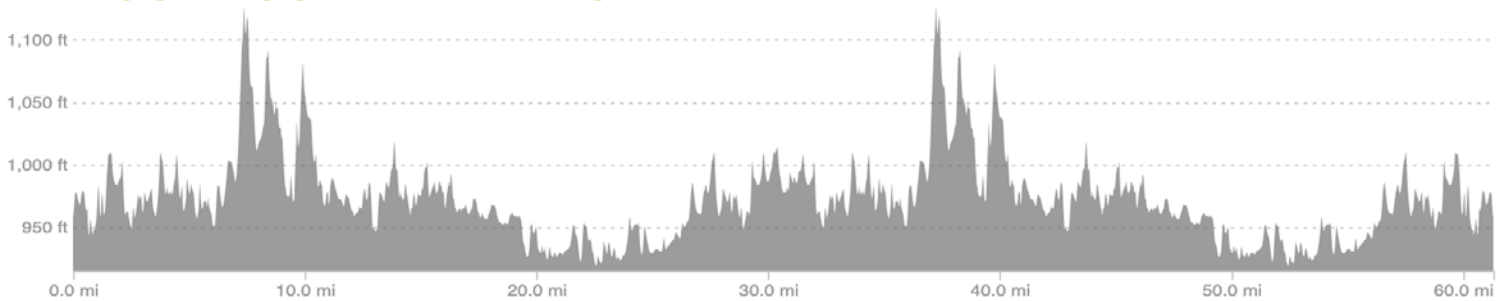
WATERLOO G+G LONG COURSES



100K ROUTE - ELEVATION



50K ROUTE - ELEVATION



**BIKE
SUPPORT
PROVIDED BY**

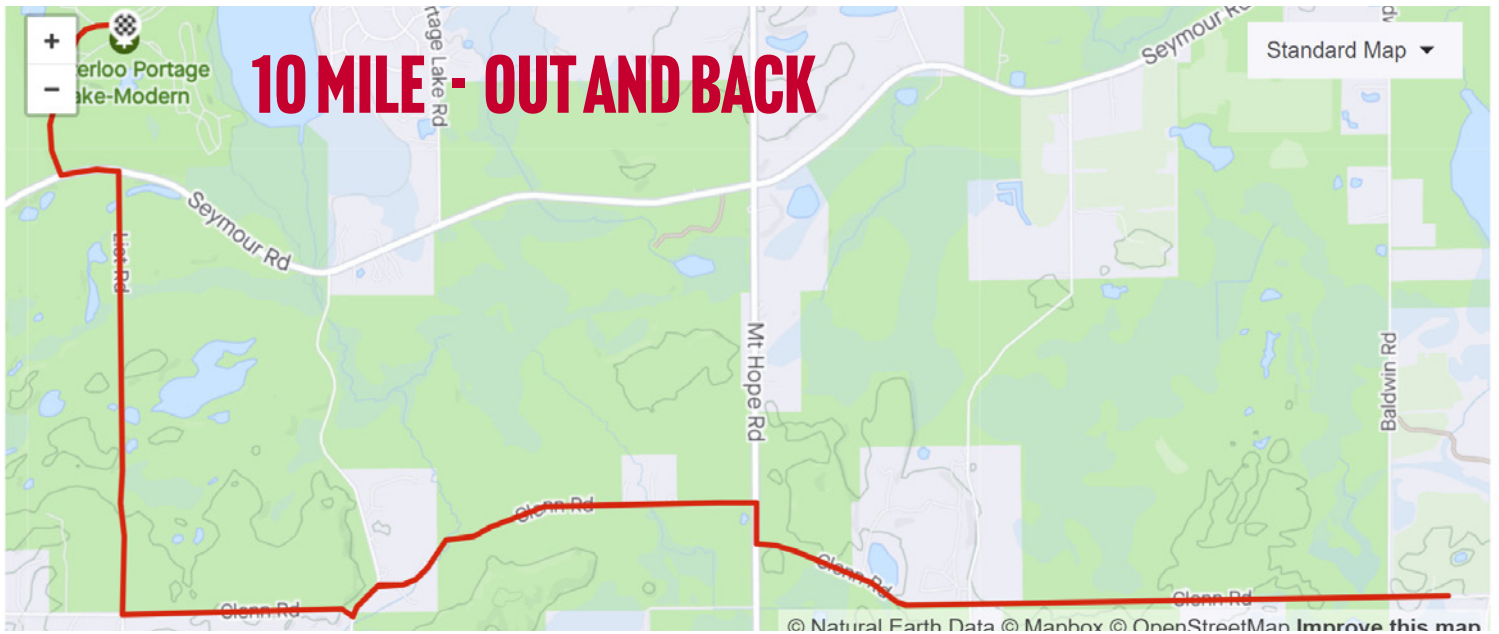


ARE YOU RACE READY?

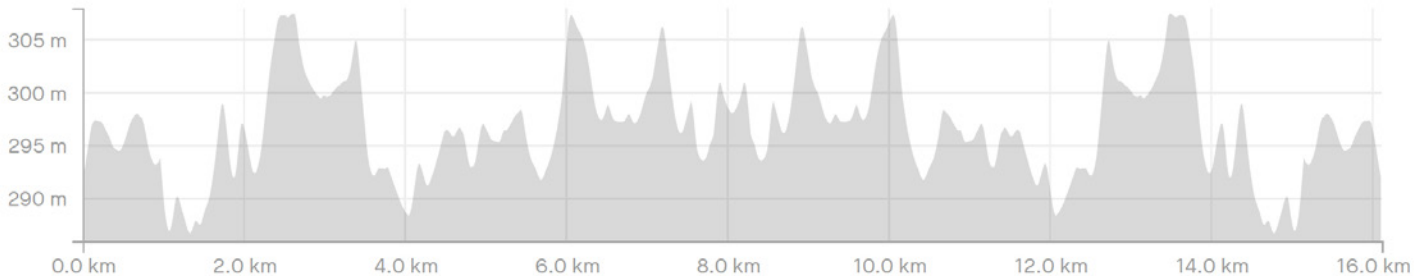
Race Ready Endurance Sports is predominantly a mobile bicycle repair business. They come to you wherever that is and get the job done on the spot. You no longer have to load your bike up and wait 3-4 weeks just to get an hour service completed.

Visit rendurancesports.com to schedule a service.

WATERLOO G+G SHORT COURSE



10 MILE - ELEVATION



APPLIED
INNOVATION

The official 2024 print partner of Tris4Health events.

IMPORTANT BIKE COURSE INFORMATION

- 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. Sheriffs will be positioned at 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.
- **BE AWARE OF HORSES!** Be sure to speak/yell to if you see riders/horses as the bikes tend to be very quiet.
- 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 513-258-4183 or 616-551-7385. Please note cell service can be spotty on course.**



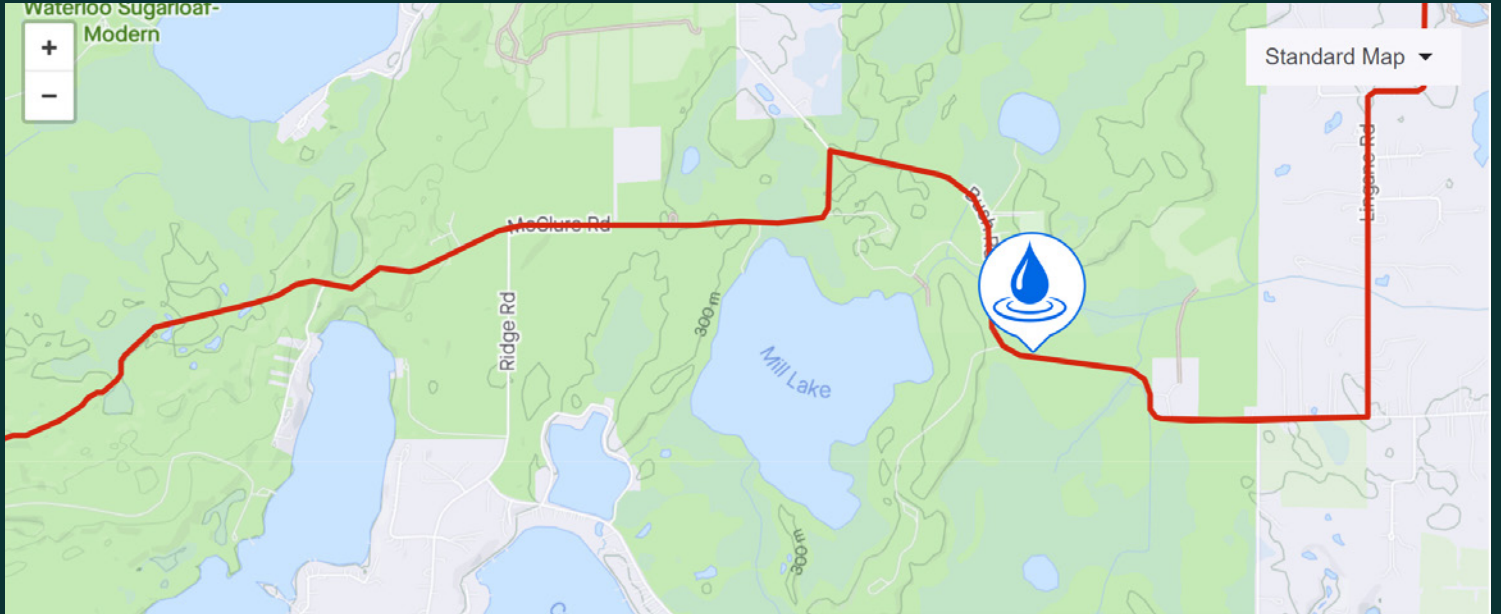
218 S. MAIN STREET
CHELSEA, MI 48118

UGLYDOGDISTILLERY.COM

AID STATION

There will be one hydration/aid station on the 50K/100K course, located near the Discovery Center on Bush Road. Friends and family are very welcome to cheer on their cyclists from here! Water and snacks and more will be available.

There is NO AID STATION on the 10-mile ride.



TIMING, 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 results.tris4health.com 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 to find your results online. For questions regarding your results, go to www.sportstats.us and submit an inquiry through their contact link at the bottom of the page.

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

Free photos will be available after the event!



STELLAFLY

RACE PROMOTION
RACE EVENT PHOTOGRAPHY
RACE ORGANIZATION
STELLAFLY.COM

POST-RACE CELEBRATION

Smokehouse 52 will be catering post-race food

featuring: Pulled Pork, BBQ Pulled Chicken, Smokehouse Mac and Cheese, Coleslaw, Green Beans & Tomatoes and Slider Buns.

We will also have a limited number of vegan meals featuring Beyond Brats for those riders who made an arrangement with us.

In addition, we will have fresh fruit, snacks, water plus Pepsi products available.



what we do...

PLAN
GUIDE
CHALLENGE
EMPOWER

what you do...

ACHIEVE YOUR
GOALS



STUART
COACHING

stuartcoaching.com



endurance coaching for gravel biking – triathlon – running + more



**JOIN US
ON JUNE 22ND
FOR THE BIG RIDE
THEN STAY FOR THE
BIGGEST FINISH LINE
FESTIVAL PARTY AROUND!**

GRAND *JUNE 22, 2024* **RAPIDS FONDO**

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KeyBank 



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Mary Free Bed[®]
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MICHIGAN'S PREMIER ENDURANCE EVENTS

**Athlete-focused events:
we do everything for you but race.**

TRIATHLON GRAVEL CYCLING
GRAVEL TRIATHLON RUNNING
TRAIL RUNNING ROAD CYCLING

GET STARTED AT [TRIS4HEALTH.COM](https://www.tris4health.com)

