

2016 ATHLETE GUIDE



August 20-21, 2016
Ted Williams Camp, 28 Precinct Street, Lakeville, MA

Dear Athlete,

Welcome to the 15th annual Cranberry Trifest – a New England classic and part of the award-winning series produced by Sun Multisport Events.

This Athlete Guide is a valuable resource for athletes registered in the 2016 Cranberry Trifest Sprint, Olympic or Kids' Duathlon and is filled with the information you need to have an enjoyable experience from a smooth packet pick-up right on through our post-race festivities. This Guide also includes information for family and friends coming to cheer you on. Please take 5-10 minutes to review this document carefully.

IMPORTANT NOTES:

1. **The Olympic swim course has been changed to a 2 loop course;** this decision was driven by lower water levels at Loon Pond. Go to pages 8-9 for more details and a water temperature update.
2. **Cyclists are required to ride single file except when passing.** Failure to do so is USAT rules violation and subject to a timing penalty – if caught twice you may be disqualified. Cyclists riding 3-4 across the road has been a source of complaints from local residents. This rule will be strictly enforced.
3. **If your team is competing in the USAT Northeast Club Championship** during Sunday's Olympic Tri a club representative has until the close of online registration (Thurs, 8/19, at 6pm EST) to verify the club's roster via email. Emails should be sent to: info@SunMultisportEvents.com.

If you have questions not answered here or on the pages of the SME website devoted to Cranberry Trifest (<http://sunmultisportevents.com/events/cranberry-trifest/>) send us an email at info@SunMultisportEvents.com.

See you this weekend!

Mark Walter
USAT Certified Race Director
Sun Multisport Events
www.SunMultisportEvents.com

P.S. Online reg closes Thursday at 6pm EST and "walk up" registrations will be accepted during packet pick-up hours on Friday, Saturday and Sunday.

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1. DIRECTIONS

Cranberry Trifest takes place at the Ted Williams Camp (TWC) located at 28 Precinct Street in Lakeville, MA. The camp has two entrances with one on Rte 18/Bedford Street and one on Precinct Street.

From Boston, MA (42 miles): Take I-93 South to Rte 24 South towards Fall River; take Rte 24 South to exit 14A for I-495 South towards Cape Cod; take I-495 South to exit 5 for Rte. 18 South; turn right off the ramp and follow Rte 18 South/Bedford Street approximately 3 miles; look for the sign to the entrance to the park on your right (just past the Lakeville Police station).

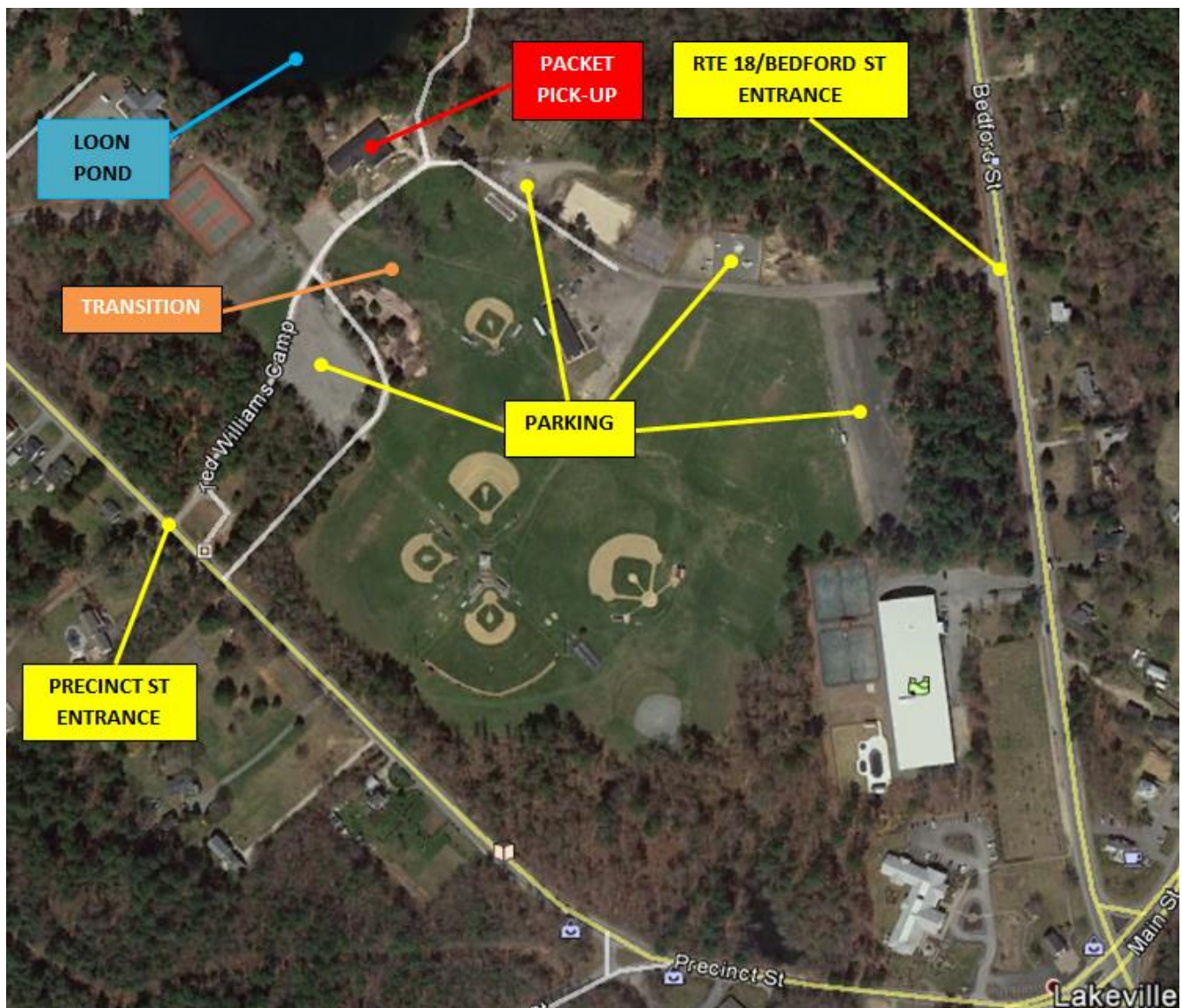
From Providence, RI (41 miles): Take I-95 North to exit 6A for I-495 South towards Cape Cod; take I-495 South to exit 5 for Rte. 18 South; turn right off the ramp and follow Rte 18 South/Bedford Street approximately 3 miles; look for the sign to the entrance to the park on your right (just past the Lakeville Police station).

From Hartford, CT (120 miles): Take I-84 East to the Mass Turnpike/I-90 East; take the Mass Turnpike/I-90 East to exit 11A for I-495 South towards Cape Cod; take I-495 South to exit 5 for Rte. 18 South; turn right off the ramp and follow Rte 18 South/Bedford Street approximately 3 miles; look for the sign to the entrance to the park on your right (just past the Lakeville Police station).

2. PARKING

The grounds of the Ted Williams Camp (TWC) offer ample parking for athletes and spectators and our parking crew will be in place on Saturday and Sunday mornings to help direct you where to park. The camp has two entrances with one on Rte 18/Bedford Street and one on Precinct Street. Most of the TWC parking is located near the Rte 18/Bedford St entrance. The Precinct Street entrance will be closed once parking near that entrance is filled. **Athletes and spectators that park in the lot near the Precinct Street entrance will not be able to leave until all bikes are off the course which will be approximately 10am on Saturday and 11am on Sunday.** Cars that park near the Rte 18/Bedford Street entrance will be able to come and go throughout the morning.

See below for an aerial view of TWC with the location of parking as well as Loon Pond (the swim), Loon Pond Lodge (the building where packet pick-up is based) and transition. **Note that parking along Precinct Street is prohibited on both Saturday and Sunday and parking on Rte 18/Bedford Street is prohibited on Saturday** (parking will be allowed there on Sunday).



3. SCHEDULE OF EVENTS

FRIDAY, AUGUST 19th (Race packet pick-up for the Cranberry Trifest **SPRINT, KIDS DUATHLON and OLYMPIC events)**

- **4:00pm:** Race packet pick-up opens in the Loon Pond Lodge at the Ted Williams Camp; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS; USAT Annual members must show a valid USAT license; if you purchased a 1-day USAT license when registering online you are all set.**
- **5:00pm: Open Water Swim Clinic** led by Elaine Vescio, VMPS; details and registration at: <http://www.mpstraining.com/open-water-swim-clinics.html>
- **7:00pm:** Race packet pick-up concludes



SATURDAY, AUGUST 20th

The following is specific to the **SPRINT TRIATHLON and SPLASH & DASH only**

- **5:30am:** Transition opens, race packet pick-up begins (sprint race ONLY), body marking available; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS; USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set; packet pick up is in Loon Pond Lodge at the Ted Williams Camp**
- **7:00am:** Race packet pick-up concludes and pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:20am:** All athletes must be out of transition
- **7:30am:** Race start; go to "The Swim" starting on page 8 for the wave schedule
- **10:00am (est):** Awards ceremony and giveaways; start of the Women's Triathlon at the Rio Olympics to be broadcast inside the Look Pond Lodge – watch and cheer for Team USA!



The following is specific to the **KIDS DUATHLON only**

- **10:15am:** Race packet pick-up for the Kids' Duathlon begins; packet pick up in the Loon Pond Lodge at Ted Williams Camp; annual USAT youth membership required
- **10:45am:** Athletes may begin to rack their bikes in transition
- **11:15am:** Race packet pick-up for the Kids' Duathlon ends
- **11:30pm:** Kids Duathlon race start
- **12:00pm:** Prize giveaways



The following is specific to the **OLYMPIC TRIATHLON and AQUABIKE only**

- **10:15am:** Race packet pick-up for the Olympic begins; packet pick up in the Loon Pond Lodge at Ted Williams Camp; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set.
- **11:15am:** Race packet pick-up for the Olympic ends
- **2:00 pm:** Race packet pick-up re-opens for the Cranberry Trifest Olympic in Loon Pond Lodge; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set.
- **5:00pm:** Race packet pick-up for the Olympic concludes

SUNDAY, AUGUST 24th (OLYMPIC TRIATHLON)

- **5:30am:** Transition opens, race packet pick-up begins inside the Loon Pond Lodge at Ted Williams Camp, body marking available; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set; packet pick up is at the Ted Williams Camp
- **7:00am:** Race packet pick-up concludes and pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:20am:** All athletes must be out of transition
- **7:30am:** Race start; go to page 10 for the wave schedule
- **10:15am:** Riccardi's Restaurant to begin serving the post-race catered meal (complimentary for athletes and volunteers; spectators required to pay a fee; see page 15 for details)
- **10:30am:** 2016 house band, "Pablo Palooza", begins to play
- **12:00pm (est):** Award ceremony and giveaways

4. RACE PACKET PICK-UP

Packet pick-up for all races will be at the Loon Pond Lodge at the Ted Williams Camp at 28 Precinct St in Lakeville, MA (site of the race). Go to the “Schedule of Events” above to learn when race packet pick-up hours are for the Sprint, Kids’ Duathlon and Olympic races. **Athletes are encouraged to pick up their race packet the day before their race during designated hours to avoid longer lines on race morning.**

When you arrive for race packet pick up proceed to the appropriate line (they will be organized alphabetically). All Cranberry Trifest races are USA Triathlon sanctioned events. Per USAT rules **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS. ATHLETES ARE NOT ALLOWED TO PICK UP RACE PACKETS FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT TO RECEIVE THEIR PACKET.**



Sprint and Olympic: If you are a USAT annual member you will need to show a valid USAT license. If you do not have a valid USAT license you will be required to either purchase a new annual license for \$50 or purchase a 1-day license for \$15. If you are not an annual USAT member you were required to purchase a 1-day USAT license when you registered online and are all set... if you did not purchase one when registering you will be required to purchase one for \$15 at packet pick-up. Your race packet includes:

- Bib# for your race top
- Pins to attach your bib to you top
- Bike helmet sticker
- Bike frame sticker

Your timing chip will not be included with your packet but will be distributed on race morning near body marking.

Kids’ Duathlon: When registering online for the Kids’ Duathlon (for kids age 7-14) parents/guardians needed to either: (1) provide a current USAT youth annual membership # or (2) purchase a youth annual membership for \$10. If when registering it was indicated that the child had an annual USAT youth membership, a valid USAT membership card will need to be shown at packet pick-up. If a valid license is not available the child will be required to purchase an annual license (\$10).

Your race packet includes:

- Bib#s for your race top
- Pins to attach your bib to you top
- Bike helmet sticker
- Bike frame sticker

Your timing chip will not be included with your packet but will be distributed on race morning near packet pick-up.

As part of our effort to be environmentally responsible we've taken the Pledge of Sustainability in partnership with Athletes for a Fit Planet. In addition to a comprehensive recycling and composting event plan and other initiatives, **we will be offering a shoe recycling program during packet pick-up at the Ted Williams Camp** so clean out your closet and do something good for the planet at the same time. Bring your old shoes we'll donate them to Rerun Shoes. We can accept men's, women's and kids shoes, athletic shoes, cleats, and sports sandals. Bring as many pairs as you like!



5. TIMING and LIVE ATHLETE TRACKING

Our timer is All Sports Events and **timing chips will be distributed on race morning from a station next to body marking.** Your timing chip is to be worn on your left ankle.

Athletes completing the triathlon and relay teams will have 6 timing splits published LIVE as they happen on the All Sports Events website. Friends and family can track their "favorite" athletes by searching on a name, clicking on it when it comes up in search results and then hitting "Add Favorite". The 6 timing splits are: (1) swim time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run time; (6) overall time.



Results Center

Once you've finished the race you'll be able to find results on the flat screen monitors built into the side of the All Sports Events trailer which will be set-up adjacent to the finish line.

6. BODY MARKING

Sprint and Olympic: All athletes need to get body marked. Body marking will begin at 5:30am on Saturday for the Sprint and at 5:30am on Sunday for the Olympic. The body marking station will be located outside the Loon Pond Lodge where packet pick-up/registration will be conducted. Body marketing includes:

- Your race number marked on your **left bicep, left calf and left hand.**
- Your age will be marked on your **right calf** unless you are in one of the following categories:
 - Relay Team – an "R" will go on your right calf
 - Athena – an "A" will go on your right calf
 - Clydesdale – a "C" will go on your right calf
 - Splash & Dash – a "SD" will go on your right calf
 - Aquabike – a "AB" will go on your right calf (olympic only)



Kids' Duathlon: Body marking is not required for athletes participating in the Kids' Duathlon.

7. TRANSITION

Sprint and Olympic: Transition will open at 5:30am on Saturday for the Sprint and on Sunday for the Olympic. Transition is for athletes only and all athletes must be out of transition by 7:20am. Each race will start promptly at 7:30am on both days and can not begin until all athletes are out of transition. **Please note that all sprint racers need to have their bikes out of transition by 10:45am because of the Kids Duathlon starting at 11:30am** or will need to wait until after the conclusion of the kids race to retrieve their bike.

Volunteers will be stationed at the entrance of transition to check your brakes and ensure you have bar end plugs at the end of your handlebars of your bike. **Missing bar end plugs are a safety hazard and you will be not able to race if they are missing.** If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning courtesy of Landry's Bicycles, official provider of bicycle tech support, but please do not rely on this.

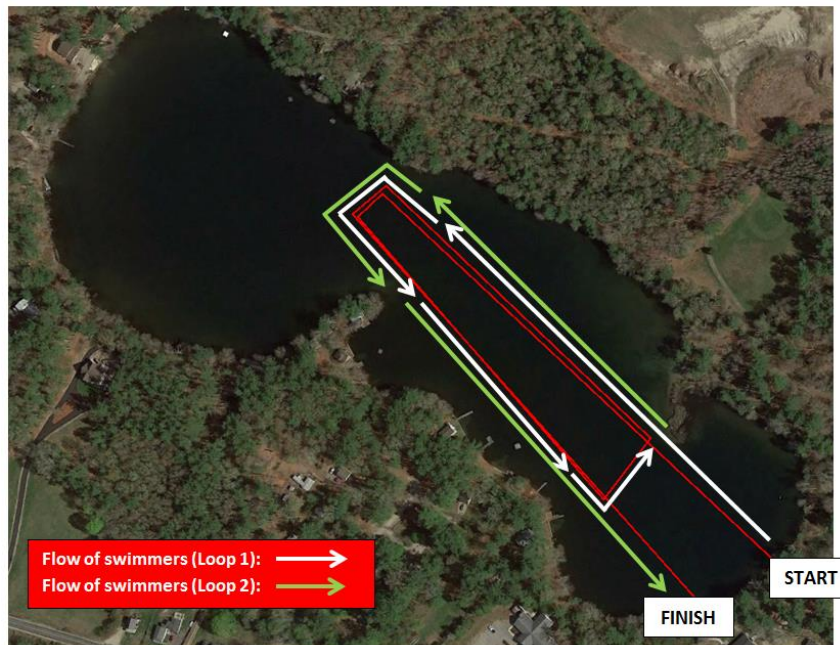
Once you enter transition proceed to your rack position which will be labeled with your name and number. We rack 6 athletes per rack which provides ample room for your gear. Please respect the space of other athletes next to you in transition.

Kids' Duathlon: Athletes in the Kids' Duathlon will be able to rack their bikes in transition starting at 10:30am on Saturday morning. Transition for the kids du will be the same transition used by the adults in the Sprint and Olympic races.

8. THE SWIM: Sprint and Olympic

The Cranberry Trifest swim is in Loon Pond at the Ted Williams Camp and is sponsored by TYR. The Sprint swim is 0.5 mi and the Olympic is 0.9 miles.

The 0.90 mile Olympic swim has been changed to a 2-loop course due to water levels in Loon Pond (see map at right). Historically, the 0.9 mile course was achieved by having athletes swim around the perimeter of Loon Pond, however, with the water level down a few feet in what was already a course with some shallow sections we have decided to change the course to 2 loops which will take advantage of the deeper, middle sections of the pond. Green buoys will be used to mark the turn for the 2nd loop (all others will be orange).



The 0.5 mile Sprint swim course remains 1 loop.



All athletes are required to wear the colored TYR swim cap given to them at race packet pick-up. The swim cap color corresponds to the race wave you are in. Both courses travel in a counter-clockwise direction.

Lifeguards and trained medical professionals will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard canoes or kayaks. Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgement, the health of the athlete is at risk.

If during the swim you decide and not complete the swim please make race management aware that you pulled out of the race and be sure to give your timing chip to a member of the timing team.

WATER TEMP UPDATE and WETSUITS: The Loon Pond water temperature on Monday, 8/15/16, at 5pm was 82F. Given the weather forecast for the rest of the week (temperatures in the mid 80s), We expect the water temperature on race morning will be above 78F which means – per USAT rules -- participants that choose to wear a wet suit will not be eligible for awards (they will still receive all timing splits). USAT rules also mandate that if the water temperature hits or exceeds 84F, no participants will be allowed to wear a wet suit. This is for safety reasons.

An updated Loon Pond water temperature read will be posted the SME Facebook page (<https://www.facebook.com/SunMultisport/>) on Friday, August 19th.

Ok... has the whole wetsuit thing got you unnerved? Don't let it! Read this:

<https://sites.google.com/a/mpstraining.com/services/elaine-s-blog> and consider attending USAT and Ironman Certified Coach Elaine's Open Water Swim Clinic at Loon Pond on Friday, 8/19, at 5pm that you can sign up for here: <http://www.mpstraining.com/open-water-swim-clinics.html>



SPRINT TRIATHLON Swim Start Plan

The Sprint race will consist of 9 waves. Athletes in Wave 1 (Collegiate and Elite Men) and Wave 2 (Collegiate and Elite Women) will approach the water through the swim corral, wade into the water and start the race following a traditional, mass start approach per the schedule below.

Athletes in Waves 3 through Wave 9 will start the race following a time trial format. These athletes will enter the swim corral and go into the water side-by-side, 2 at a time, every 5 seconds. A timing clock will be in place to count down every 5 seconds to signal the next start of athletes. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession. Athletes self-seed themselves within their wave by electing to position themselves at the front, middle or back of the wave. An athlete's time begins when he/she crosses the timing wire buried in the sand at the water's edge.

The final wave will be all Splash & Dash athletes and the start of this wave will be delayed until all athletes in the triathlon race waves have nearly completed the swim. We are doing this to more easily track triathletes from Splash & Dash athletes. The complete swim wave schedule and plan for the Cranberry Trifest Sprint is as follows:

WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Dark Green	7:30am	Mass Start	Elite and Collegiate Men
2	Red	7:32am	Mass Start	Elite and Collegiate Women
3	White	7:35am	TT	Age Group Men 20-49
4	Yellow	7:38am	TT	Age Group Women 20-44
5	Silver	7:41am	TT	Age Group Men 50+ and Clydesdales
6	Royal Blue	7:43am	TT	Age Group Women 45+ and Athenas
7	Purple	7:47am	TT	Men and Women 19 and under
8	Neon Green	7:48am	TT	Friends, Families & Beginners and Relay Teams
9	Neon Pink	8:05am	TT	Splash & Dash Men & Women

OLYMPIC TRIATHLON Swim Start Plan

The Olympic race will consist of 9 waves. Athletes in Wave 1 (Elite Men and Women) will approach the water through the swim corral, wade into the water and start the race following a traditional, mass start approach. Athletes in Waves 2 through Wave 9 will start the race following a time trial format. These athletes will enter the swim corral and go into the water side-by-side, 2 at a time, every 5 seconds. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession. Athletes self-seed themselves within their wave by electing to position themselves at the front, middle or back of the wave. An athlete's time begins when he/she crosses the timing wire buried in the sand at the water's edge. The complete swim wave schedule and plan for the Cranberry Trifest Olympic is as follows:

WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Neon Pink	7:30am	Mass Start	Elites/Open Men & Women
2	Neon Green	7:32am	TT	Age Group Men 40-49
3	Yellow	7:36am	TT	Age Group Women 35-49
4	Silver	7:40am	TT	Age Group Men 50+
5	Purple	7:43am	TT	Age Group Women 50+ and Athenas
6	White	7:45am	TT	Age Group Men 39 and under and Clydesdales
7	Royal Blue	7:48am	TT	Women age 34 and under
8	Red	7:50am	TT	Friends, Families and Beginners and Relay Teams
9	Dark Green	7:51am	TT	Aquabike Men & Women

NOTE: Nervous swimmers in the Sprint or Olympic who would like to have lifeguards to keep an especially watchful eye on them may request a LIGHT PINK swim cap at registration. Choosing to wear this "nervous swimmer" cap does not change your swim wave.

9. THE BIKE: Sprint and Olympic

After completing the swim you will proceed to your bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition – and make sure you buckle your helmet chin strap!) you will jog along side your bike to the Mount Line. Only after crossing the Mount Line are you allowed to get on your bike and begin riding.

PLEASE NOTE YOU ARE REQUIRED TO RIDE SINGLE FILE EXCEPT WHEN PASSING. Failure to do so is USAT rules violation and subject to a timing penalty – if caught twice you may be disqualified. Cyclists riding 3-4 across the road has been a source of complaints from local residents. THIS RULE WILL BE STRICTLY ENFORCED. When passing another cyclist be sure to call out, “*On your left!*”.



Bike tech support is being provided by **Landry's Bicycles**. Landry's will be set-up during race packet pick-up hours on Saturday and Sunday morning to help you with any last minute technical issues. Landry's will also be circulating the bike course in an effort to provide roadside assistance if needed.

Both the Sprint and Olympic bike courses will be well marked with spray chalk, directional signage and volunteers. Police details will be in place at all major intersections to control traffic during the race. Please note **the Sprint and Olympic bike courses are NOT closed to auto traffic.**

The Sprint Bike Course

This Sprint bike course is a single 14.2 mile loop (note: we are returning to the course used in 2014 that was shortened in 2015 due to a road closure). Cyclists will turn right out of the Ted Williams Camp entrance onto Precinct Street and ride straight for about 6 miles through Lakeville, Taunton, Berkley and East Freetown before turning left onto Beechwood Road. From there cyclists will wind their way back to the Ted Williams Camp along some nice rural roads. This is a generally flat course with a few rolling hills. Go to the “Course Info” section of the Cranberry Trifest page of the Sun Multisport Events website to download a map of the Sprint bike course. (<http://sunmultisportevents.com/events/cranberry-trifest/>)

The Olympic Bike Course

The Cranberry Trifest Olympic bike course is a 26.2 mile loop that is generally flat and takes you through the towns of Lakeville, Middleborough, Rochester and East Freetown. The ride offers many scenic features including the Pocksha Pond Causeway, Snipatuit Pond and plenty of rural, country roads.



The Olympic bike course will feature one **water bottle exchange station** at approximately mile 16 offering you an opportunity to re-fuel. The water bottle exchange station is designed to be an additional resource for athletes. Athletes are encouraged to have 2 bottle cages on their bike to start the race filled with their preferred hydration drink. If you need to refuel, the bottle exchange station is there for you and will feature 24 oz. Poland Springs sports water bottles with water and 24 oz. Gatorade Endurance Formula (lemon-lime flavor) sports bottles. If you would like to receive one of these you will need to discard a water bottle as you approach the bottle exchange (there will be a soccer net set up for you to toss your water bottle into) and then call out to a volunteer what you want (water or Gatorade). The volunteer will jog along side of you and hand you your bottle. **If you do not need water or Gatorade from the bottle exchange be sure to stay left as you approach the bottle exchange to avoid cyclists maneuvering for a water bottle.**



Go to the “Course Info” section of the Cranberry Trifest page of the Sun Multisport Events website to download a map of the Olympic bike course. (<http://sunmultisportevents.com/events/cranberry-trifest/>)

10. THE RUN: Sprint and Olympic

The run courses for both races will be supported with signs, volunteers and aid stations. **The roads are not closed to traffic** and police details will be in numerous locations to control traffic.

The Sprint Run Course

The Cranberry Trifest Sprint run course is a 1-loop 3.1 mile course that includes an out and back run through a suburban neighborhood. The first 1.5 miles of the course are flat but then you’ll hit a hill that lasts at about 0.4 miles. This is followed by a downhill of about 0.3 miles and then it’s pretty much a flat to downhill run onto the finish. There will be aid stations staffed with volunteers at approximately Mile 1 and Mile 2 offering water, Gatorade Endurance Formula (lemon-lime flavor), ice and Clif Shot Energy gels.

The Olympic Run Course

The 1-loop 6.2 mile run is course with multiple rolling hills and one fairly steep, but short hill just past mile 5. It’s a scenic run that takes you along some country roads, farms and a cranberry bog. There will be an aid station and a porto-pottie just outside transition followed by aid stations at approximately every mile. All aid stations will feature water, Gatorade Endurance Formula (lemon-lime flavor) and ice. Clif Shot energy gels will be also available at the aid stations near miles 1, 3 and 5.

Go to the “Course Info” section of the Cranberry Trifest page of the Sun Multisport Events website to download a map of the Sprint and Olympic run courses. (<http://sunmultisportevents.com/events/cranberry-trifest/>)



11. THE FINISH

Finishers in all three Cranberry Trifest races will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a water bottle wrapped in a cold, wet hand towel. Volunteers will also be there to remove your timing chip. Now it's time to revel in your accomplishment, share your experiences from the race, cheer on other finishers and enjoy the post-race festivities. Mission accomplished!



12. DETAILS ON THE KIDS DUATHLON

The Cranberry Trifest Kids' Duathlon is a run-bike-run event designed to be a fun activity for the kids. The race will be broken into 2 waves. The first wave will feature kids 11-14 and the second wave will be for kids age 7-10. The second wave will be sent off 3 minutes after the first.

The race starts with a run that is approximately 1km around the fields of the Ted Williams Camp (TWC). After completing the first run leg participants will enter transition, mount their bikes and ride a 1.5km bike course that is all on offroad trails. **Participating athletes should be using all terrain bikes with fat tires (no road bikes!)** as the road surface is grass and dirt with some exposed roots and loose gravel. All athletes must wear a bike helmet that is strapped on at all times when on the bike. The Kids Du transition is the same transition used by adults in the Sprint and Olympic races.

After completing the bike segment, athletes will return to transition to begin the final leg of the duathlon. This run segment is the exact same one that was run at the beginning of the race.

Volunteers, signage and flagging will be used all along the course to guide athletes. The finish line will be the same finish crossed by athletes participating in the Sprint and Olympic races. **All proceeds from this year's Kids' Duathlon will be donated to The Love Your Brain Foundation.**



13. DETAILS FOR SPLASH & DASH ATHLETES (SPRINT RACE ONLY)

Splash & Dash athletes complete the same 0.5 mile swim as all other athletes participating in the triathlon and will be sent into the water in the last wave. The Splash & Dash swim wave will be delayed until all athletes in the triathlon race waves have nearly completed the swim. After completing the swim Splash & Dash athletes will proceed to their assigned position in transition where they can put on their running shoes and begin the run. Splash & Dash athletes will exit transition through the same "Run

Out” as athletes in the Triathlon and complete the same 3.1 mile run course. Athletes in the Splash & Dash will receive 4 timing splits: swim time, T1, run time and finish time.

14. DETAILS FOR AQUABIKE ATHLETES **(OLYMPIC RACE ONLY)**

Aquabike athletes complete the 0.9 mile swim and the 26.2 mile bike course (no running). This is the same swim and bike course completed by athletes doing the full olympic distance triathlon. Athletes in the aquabike will receive 4 timing splits: swim time, T1, bike time and finish time.

Athletes in the aquabike will be racked together in transition. This is done so race management can effectively manage athletes in this division and guide them onto the finish after they complete the bike (and not confuse them with athletes that will be heading out onto the run course).

The aquabike finish time is determined when the athlete crosses the timing mat placed on the bike in to transition. Once aquabike athletes cross the timing mat they are to proceed to their spot in transition to rack their bike and may then head to the finish. Since the finish time has already been established by this time there is no need to rush or run to the finish line, but we strongly encourage all aquabike athletes to make their way to the finish so they can get their picture taken when crossing the finish line and receive their finisher medal and water bottle. We'll also have drinks, food, ice baths, etc. in the finish line corral. **Aquabike athletes must turn in their chip to a volunteer at the finish line.**

15. DETAILS FOR RELAY TEAMS

All members of a relay team must come to packet pick-up together. The swimmer on the team will complete the swim wearing the timing chip while the cyclist for the team awaits the swimmer at the team’s rack position in transition. The swimmer should have their left hand, left bicep and left calf body marked with their number. An “R” will be written on their right calf to note “Relay”.

Once the swimmer completes the swim and arrives at the team’s rack position he/she hands the timing chip to the cyclist who then puts the timing chip on their left ankle and goes out and rides the bike course. The envelope distributed to you at packet pickup will contain a small bike helmet sticker with the team’s number and a larger bike frame sticker with the team’s number... the cyclist should affix these to their bike helmet and frame. The cyclist should also be body marked with their number on the left calf and left bicep and an “R” on their left calf.

When the cyclist completes the bike course and returns to transition the team’s runner should be waiting at the team’s designated rack position. The runner will then put the timing chip around his/her ankle and run. The runner should wear the bib included in the envelope given to the team at packet pick-up (pins will be provided) and be body marked with their number on the left calf and left bicep and an “R” on their left calf.

Note: Two person relay teams are acceptable (e.g. 1 person can do the swim and bike and another can do the run or 1 person can swim and run and another do the bike, etc.).

16. POST-RACE

For improved recovery after the race we invite all athletes to visit the **Muscle Milk tent** which will be located in an area adjacent to the finish line of all Cranberry Trifest races. The Muscle Milk tent will feature free bottles of protein-rich Muscle Milk for all participating athletes.



Massages will also be available to work on your tired, stressed muscles. Be sure to visit the **Marathon Physical Therapy and Sports Medicine** tent for a well-deserved massage, some stretching and good ol' TLC.



FREE RACE PHOTOS will be available from Capstone Photography a few days after the event. Athletes will be notified by email when they are available. The first picture you choose is free, but if you would like more you will need to purchase them.

Post-race Food, Awards, Giveaways and Entertainment on Saturday

Food: Athletes in the Sprint will be offered fruit, bagels and Clif bars at the conclusion of the event. These items will be available in the Finish Line corral and are complimentary to athletes.

Awards & Prizes: The awards ceremony to honor the day's top performers by category and age group will begin at approximately **10:00am**. Interspersed with these awards will be awesome giveaways from our sponsors including gift certificates from Landry's Bicycles and Rudy Project, hydration belts from Fuel Belt, product from Muscle Milk and Clif Bar and more. The Cranberry Sprint was also selected as the finale in the USAT Northeast Talent ID series which was developed for triathletes age 19 and under. The Talent ID Series consists of sprint races in the region and the top performers for the 2016 season will be crowned during the Cranberry Sprint awards ceremony.

Kids' Duathlon: Because the focus is on having fun and cheering on the kids there are no awards for this event. All kids will receive an overall time and will be eligible for prize giveaways which will be randomly distributed once everyone has completed the race.



Entertainment: Cheer on Team USA's female olympic triathletes as they compete in Rio! The women's Olympic tri starts at 10am and will be broadcast LIVE from inside Loon Pond Lodge. Team USA is led by Gwen Jorgensen, the gold medal favorite!

Post-race Food, Awards, Giveaways and Entertainment on Sunday

Food: Athletes in the Olympic are invited to enjoy the post-race catered meal brought to you by **Riccardi's Italian Restaurant** of New Bedford, MA featuring BBQ chicken (gluten-free; gf), baked beans (gf), corn on the cob (gf), cranberry corn bread, antipasto salad (gf), pesto pasta salad and watermelon (gf). Soda will also be available. Athletes, volunteers and sponsor get to fill their plate for free (if you want a second helping it's \$10

per plate). This meal will be served beginning at **10:00am**. Spectators may also indulge in the Riccardi's buffet at a fee of \$10 per plate.

BEER and WINE: New for 2016, the Cranberry Trifest will have a beer and wine tent and if you are age 21 or older the first drink is on us! Pick up your beer & wine ticket where you enter the food tent to get checked. Beer selections include Sam Adams, Shipyard Summer Ale, Angry Orchard and others! The wine list includes Sean Minor Chardonnay, Morene Bianche Pinot Grigio, LeGrande Fitch Pinot Noir and Firestone Cabernet Sauvignon. Additional beer and wine may be purchased for \$4 and \$5 respectively.



Awards & Prizes: The awards ceremony to honor the day's top performers by category and age group will begin at approximately **12:00pm**. Interspersed with these awards will be awesome giveaways from our sponsors including gift certificates from Landry's Bicycles and Rudy Project, hydration belts from Fuel Belt, product from Muscle Milk and Clif Bar and more. We will also crown the King and Queen of Cranberry Trifest during the Olympic awards ceremony based on the fastest time by a male and a female that races in both the Olympic and Sprint triathlons.

Entertainment: Pablo Palooza is the house band for this year's event and will begin playing their brand of "runk" (rock + funk) at 10am.

17. DID YOU DO THE DARE? TRIPLE DOG DARE DETAILS

The Sun Multisport Events Triple Dog Dare is a 3-race package of 3 different race distances including our Patriot Half, the Cranberry Trifest Olympic and the Sun Multisport Events sprint triathlon of the athlete's choosing. The hearty athletes that elected to take up the dare were rewarded with a generous savings on their entry fee to the 3 races and will receive additional swag. If you did the Dare it's time to collect your extra swag – a commemorative coffee cup -- which will be available during packet pick-up hours.



18. CRANBERRY TRIFEST STEEL PINT CUPS

If you purchased one or more of the commemorative Cranberry Trifest steel pint cups when registering you will be able to pick yours up during packet pick-up. Didn't order one but interested in buying one? They'll be available for sale at a price of 1 for \$15 or 2 for \$25.



19. WEATHER POLICY REMINDER AND COURSE CHANGES

The last thing we ever want to do is cancel a race. We know you've been training for months and we've been planning for months to make this a special day, but if the weather threatens the safety of athletes we will cancel the event. If a race is cancelled due to inclement weather, acts of God, or unforeseen circumstances beyond the control of Event Management, refunds will not be given; however, a partial credit will be offered to the following year's race.

Event Management also reserves the right to alter, cancel or eliminate any portion of a race at any time in the interest of athlete safety or for other reasons beyond our control. No refunds will be issued if changes are made to a race due to these circumstances.

20. VOLUNTEERS

This year's race is made possible with the support of volunteers from the Fairhaven High School After Prom Committee, Middleboro Demolay, Bristol-Plymouth Regional Technical and others and we are grateful for their support. **We still need volunteers** so if you have friends and family coming to watch you race ask them to consider volunteering. Volunteers receive a free t-shirt and a pass to the post-race catered meal. Athletes not racing can also **earn discounts on 2016 races produced by Sun Multisport Events**. Stop by the Volunteer Tent for more details or go to <https://www.bikereg.com/2016-cranberry-trifest-volunteer-registration> for more information and to sign up.



21. 2016 SPONSORS

We are fortunate to have the support of many sponsors whose contributions improve the overall quality of the Cranberry Trifest in many different ways. A variety of our sponsors will be on site as part of the race expo. Your patronage of our sponsors at the event, at their store or online is greatly appreciated. Our 2016 sponsors include:

- **Ameriprise Financial Services**
- **Clif Bar**
- **Fuel Belt**
- **Gatorade**
- **Health Warrior**
- **Landry's Bicycles** (*Official Provider of Bike Tech Support*)
- **Marathon Physical Therapy and Sports Medicine**
- **Muscle Milk** (*Official Protein Performance Drink*)
- **Rudy Project**
- **TYR**
- **Vmps**

22. SPECTATOR INFORMATION

If you have friends or family coming to root you on during the race here's some info to pass on to help them plan their day:

- **Parking:** Spectators have the same parking options as athletes (see the "Parking" section above)
- **About Ted Williams Camp:** The Ted Williams Camp is a beautiful location that offers numerous places to watch athletes. The Camp also features tennis courts, a "tot lot", a skateboard park, playing fields and plenty of open space to toss a Frisbee, play catch or just hang out. For the outdoorsman, there is the option to go fishing in Loon Pond (once all swimmers are out of the water). Note that swimming in Loon Pond is prohibited unless a lifeguard is on duty.
- **The Finish Line:** It is not uncommon for athletes to have children join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with family. However, we want spectators to be aware that the finish line corral is for athletes, volunteers and other race personnel... many athletes come across the finish line running at a fast pace, some need medical attention and, in general, the finish area is a busy place. As a result, we ask that any spectators that come across the finish line with an athlete are quickly moved beyond the confines of the finish line corral. Thanks in advance for your cooperation with this.
- **Volunteering:** Want to be a part of the action? Consider volunteering! **With 3 races in 2 days we need 200+ volunteers over the weekend and are still actively recruiting volunteers for a variety of volunteer jobs to fill.** Lending a hand is a great way to show support. All volunteers receive a volunteer t-shirt and a complimentary pass to the post-race food and beverages. Visit the Volunteer Tent for more information or go to <https://www.bikereg.com/2016-cranberry-trifest-volunteer-registration> for more information and to sign up.
- **Entertainment:** On Saturday we'll have a DJ playing music and we will broadcast the women's Olympic Triathlon in Rio at 10am in the Loon Pond Lodge. On Sunday the band, Pablo Palooza, takes the stage at 10:00am.
- **Food & Beverage:** At approximately 10:00am on Sunday, Riccardi's Italian Restaurant will begin serving a catered summer meal of BBQ chicken, corn on the cob, watermelon and more. This meal is free to athletes in the Olympic race (as well as sponsors and volunteers) but a fee is required for spectators at a fee of \$10 per plate
- **Dogs at the Ted Williams Camp:** Are dogs allowed at Ted Williams Camp? Yes, but they must be leashed and picked up after.

