



2019 ATHLETE GUIDE

August 24-25, 2019 * Ted Williams Camp, 28 Precinct Street, Lakeville, MA



A MESSAGE FROM THE RACE DIRECTOR

Dear Athlete,

Welcome to the 18th annual Cranberry Trifest – part of the award-winning multisport race series produced by Sun Multisport Events. We appreciate you choosing to race with us and look forward to delivering to you a great race day experience.

This Athlete Guide is a valuable resource covering everything from packet pick-up and swim waves to on course support, post-race festivities and spectator information. Please review it carefully and if you read nothing else, read these important notes:

1. **Mosquitoes with EEE.** The town of Lakeville has been identified for being at a “critical” risk level for mosquitoes with EEE (Eastern equine encephalitis), a rare but serious disease that can affect people of all ages. The area has been sprayed with insecticide and a 2nd round of spraying is scheduled at the race venue this week. Given this development, the town of Lakeville has closed the Ted Williams Camp to the public from dusk to dawn (when mosquitos are most active) and **we have moved the start of packet pick-up and the opening of transition to 6:30am and the race start to 8:00am on both days** to keep event related activities outside the dusk to dawn timeframe. Athletes and spectators are encouraged to apply bug spray with DEET (the higher the %, the better) prior to arrival and consider clothing that covers arms and legs to reduce skin exposure. Cans of bug spray will be available in transition and at the volunteer tent.
2. **Cyclists MUST RIDE SINGLE file except when passing.** Cyclists riding 3-4 across the road and blocking traffic has been a source of complaints from local residents and strains our relationship with the towns through which this race passes. Not riding single file except when passing is also a USAT rules violation and subject to penalty. If you violate this rule you risk penalty and if caught twice you will be disqualified from the race.
3. **Littering on the course is STRICTLY PROHIBITED.** This should go without saying, but please don't litter. When on course, trash can be discarded in designated trash zones on the sprint and olympic run courses and at the bottle exchange on the bike course in Sunday's olympic. If you drop something (e.g. water bottle, gel) elsewhere on the course you must pick it up or it's considered littering. Littering is a USAT rules violation and bad for the environment. Don't do it.

We look forward to seeing you this weekend.

Best regards,

Mark Walter, USAT Certified Race Director, Sun Multisport Events

P.S. Online registration 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 is at the Ted Williams Camp located at 28 Precinct St, Lakeville, MA.

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; follow Rte 18 South/Bedford Street approximately 3 miles; the sign to the park entrance will be on your right (just past the Lakeville Police station).

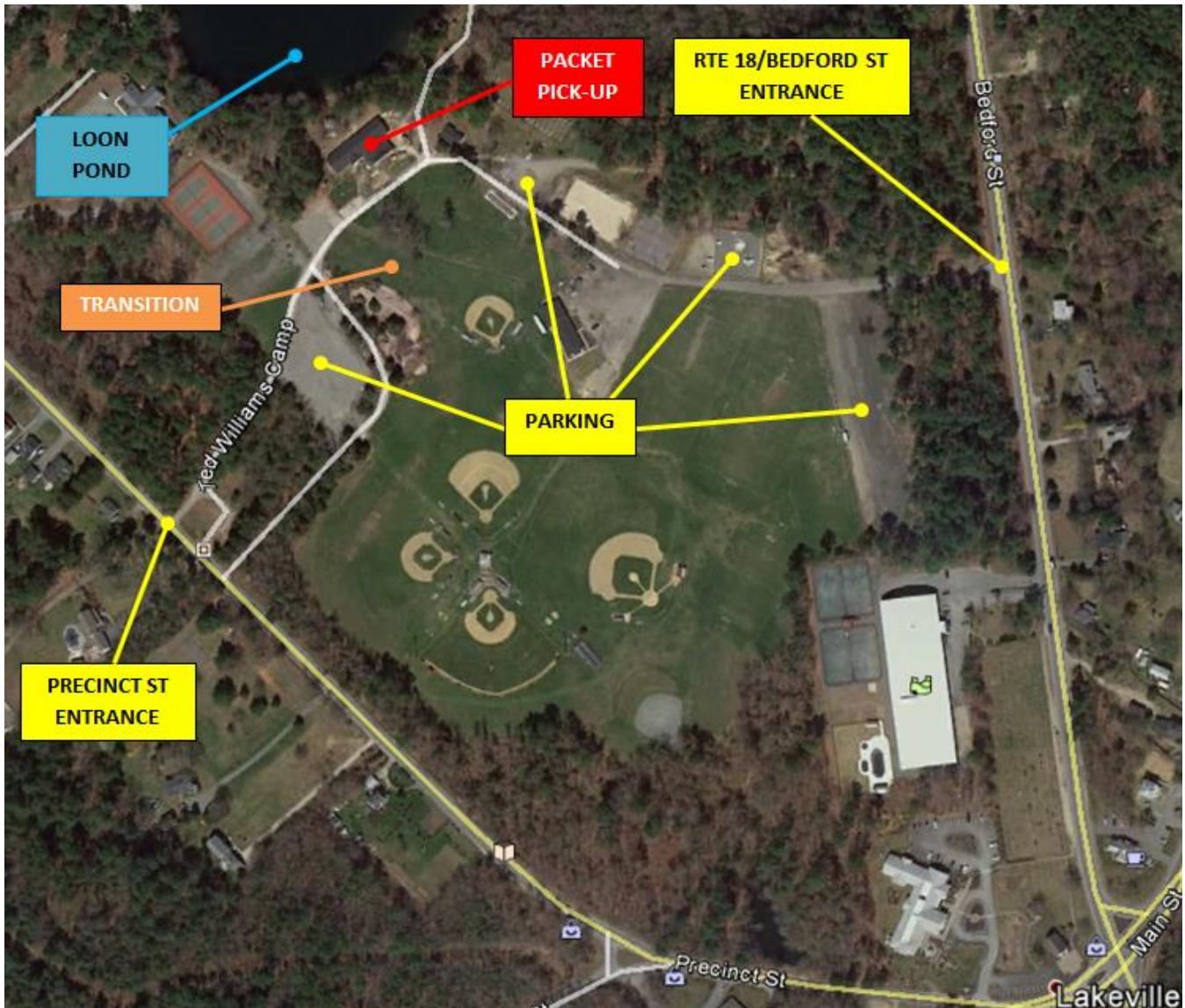
From Providence, RI (41 miles): Take I-95 North to exit 6A for I-495 South towards Cape Cod; take I-495 South to exit 5 for Rte. 18 South; turn right off the ramp and follow Rte 18 South/Bedford Street approximately 3 miles; look for the sign to the entrance to the park on your right (just past the Lakeville 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. 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 lots near the Precinct Street entrance (accessible only from that entrance) will not be able to leave until all bikes are off the course which will be approximately 10:30am on Saturday and 11:30am on Sunday.** Cars that park near the Rte 18/Bedford Street entrance will be able to come and go throughout the morning.

Below is an aerial view of TWC. **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

(All events at the Ted Williams Camp)

FRIDAY, AUGUST 23rd (Race packet pick-up for the Cranberry Trifest **SPRINT 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 bring their USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **5:00PM, 5:30PM and 6:00PM:** **FREE transition clinics** presented by Breakthrough Performance Coaching; clinic to take place in transition.
- **6:30pm:** Race packet pick-up concludes



SATURDAY, AUGUST 24th

- **6:30am:** Transition opens, race packet pick-up begins (**sprint races 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
- **7:20am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:30am:** Race packet pick-up concludes
- **7:30am-7:50am:** Swim warm-up from the swim finish in Loon Pond
- **7:50am:** All athletes must be out of transition
- **8:00am:** Race start; go to “The Swim” on page 11-12 for the wave schedules
- **10:30am (est):** Awards ceremony and giveaways
- **10:45am:** Race packet pick-up for the Olympic races 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 bring a valid USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **11:45am:** 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 bring a valid USAT license; if you purchased a 1-day USAT license when registering you’re all set.
- **5:00pm:** Race packet pick-up for the Olympic concludes

SUNDAY, AUGUST 25th (OLYMPIC TRIATHLON)

- **6:30am:** 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 bring a valid USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **7:20am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:30am:** Race packet pick-up concludes
- **7:30am-7:50am:** Swim warm-up from the swim finish in Loon Pond
- **7:50am:** All athletes must be out of transition
- **8:00am:** Race start; go to “The Swim” on page 11-12 for the wave schedules
- **10:00am:** House band, “Pablo Palooza”, begins to play
- **10:30am:** Riccardi’s Restaurant to begin serving the post-race catered meal (complimentary for athletes and volunteers; spectators required to pay a fee; see page 21 for details)
- **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 and Olympic races. **Athletes are encouraged to pick up their race packet the day before their race during designated hours...** the lines will be shorter and it will be one less thing to deal with on race day!

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.**



If you are a USAT annual member you need to bring 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 should be all set. If you did not purchase a 1-day license you will be required to purchase a 1-day license or an annual license. Check your email confirmation if you aren't sure.

Your race packet includes:

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

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 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 6:30am on Saturday for the Sprint and at 6:30am 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.**



7. TRANSITION

Transition will open at 6:30am 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 7:50am. Each race will start promptly at 7:30am on both days and all athletes must be out of transition before the race can start.

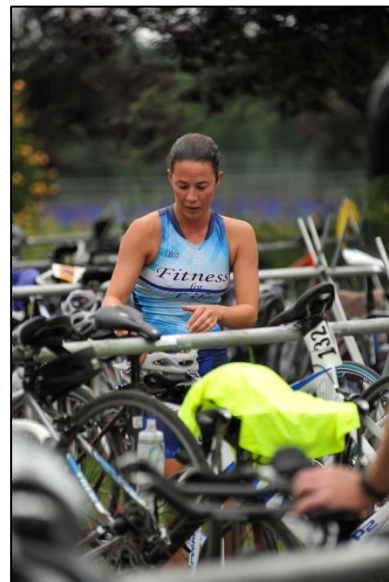
Volunteers will be stationed at the entrance of transition to check your brakes and ensure you have bar end plugs at the end of your handlebars of your bike. **Missing bar end plugs are a safety hazard and you will be not able to race if they are missing.** If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning courtesy of Spark BRS, 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.



Gear removal from transition: We understand that athletes that finish early are sometimes eager to leave the venue for other obligations and want to remove their bikes and gear from transition. However, we can't allow this to happen when transition remains busy with athletes still racing entering and leaving transition. Athletes still in the process of actively competing are our priority.

As a result, athletes that have finished the **sprint** race will not be allowed to remove their gear **until 10:15am** or when last runner leaves transition whichever comes first; if 10:15am comes first, we will allow a small number of athletes into transition in a controlled manner. Similarly, athletes that have finished the **olympic** race will not be allowed to remove their gear **until 11:15am** or when last runner leaves transition whichever comes first.



FREE TRANSITION CLINIC:

Transition is considered the 4th discipline of triathlon (after swimming, biking and running). For new to the sport athletes it can be confusing and for more experienced triathletes it's where valuable seconds could be lost transitioning from the swim to the bike or bike to the run. Attend one of the FREE transition clinics brought to you by Breakthrough Performance Coaching that will be offered during packet pick-up hours at the Ted Williams Camp on Friday, 8/23, at 5:00pm, 5:30pm and 6:00pm and on Sat, 8/24, at 2:30pm, 3pm and 3:30pm in the transition area.

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.

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 emergency response 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.

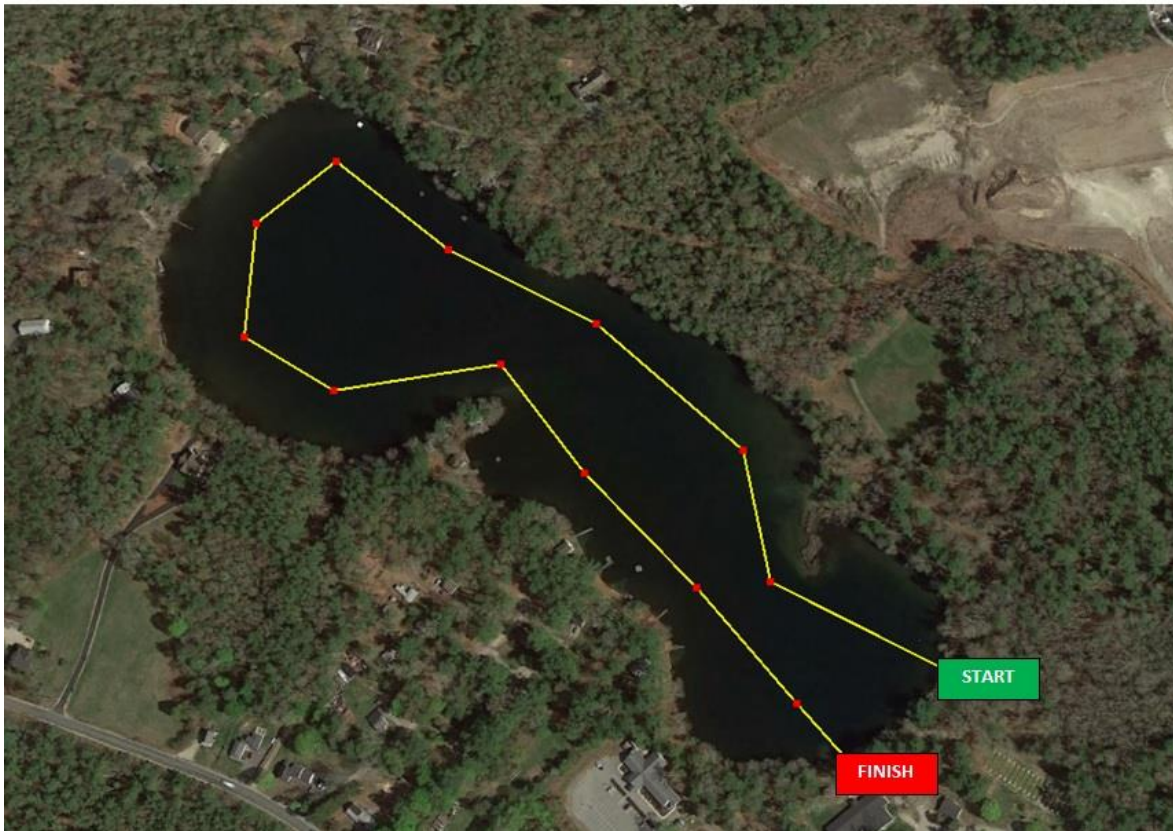
If during the swim you decide not to complete the course please make race management aware that you pulled out of the race and be sure to give your timing chip to a member of the Sun Multisport Events team or the timing team. We are tracking all athletes and the timing chip is critical to this process.

The swim start and finish for both the Sprint and Olympic are at different locations, but in close proximity to one another.

The Sprint swim is 1 counter clockwise rectangle marked by 6 buoys with 2 left turns marked by yellow triangular buoys (the other buoys will be round and orange).

The Olympic swim will also be 1 counter clockwise loop marked by buoys. Athletes in the Olympic race will swim around the perimeter of Loon Pond to achieve the 0.9 mile distance. It's not a perfect geometric shape as the photo below illustrates, but it gets the job done.

CRANBERRY TRIFEST OLYMPIC – SWIM COURSE (0.9 mile)





Wetsuits and Water Temperature: All participants may wear a wet suit and be eligible for rankings and awards if the water temperature is 78.0 F or less on race morning. If the temperature is between 78.1 and 83.9 degrees F, participants wearing a wet suit will not receive a ranking or be eligible for awards (they will still receive split times). If the temperature is 84.0 degrees F or higher, no participants will be allowed to wear a wet suit. **The Loon Pond water temperature on Sunday, 8/18/19, at 10:30am was 79F.** A water temperature update will be posted across our social media channels on Friday, 8/23.

Skinsuits: Skinsuits may be worn regardless of the water temperature. For a list of USAT approved skinsuits go here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules/approved-skinsuits>

SPRINT TRIATHLON Swim Start Plan

The Sprint race swim wave start plan is below.

2019 CRANBERRY SPRINT				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Navy Blue	8:00am	Mass Start	Elite/Open and Collegiate Men
2	Green	8:02am	Mass Start	Elite/Open and Collegiate Women
3	Fl Yellow	8:04am	TT; 2 athletes every 5 secs	Age Group Men 20-49
4	White	8:08am	TT; 2 athletes every 5 secs	Age Group Women 20-44
5	Silver	8:11am	TT; 2 athletes every 5 secs	Age Group Men 50+ and Clydesdales
6	Fl Green	8:14am	TT; 2 athletes every 5 secs	Age Group Women 45+ and Athenas
7	Red	8:17am	TT; 2 athletes every 5 secs	Men and Women 19 and under and Relay Teams
8	Yellow	8:19am	TT; 2 athletes every 5 secs	Friends, Families & Beginners
9	Purple	8:35am	TT; 2 athletes every 5 secs	Splash & Dash Men & Women

Note: Nervous Swimmer cap color is Fl Pink

Elite Men & Women will approach the water through the swim corral, wade into the water and start the race all at once following a traditional “On you mark, get set, GO!”

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. 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 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.

Nervous Swimmers: Athletes in the Sprint who want lifeguards to keep an especially watchful eye on them may request a **fluorescent pink** swim cap at registration. Choosing to wear this “nervous swimmer” cap does not change the swim wave you start in.

Attention tenderfoots! The area around the swim start is rocky in spots. We put out a large rug to cover most of the rocks for the approach to the water, but athletes with tender feet may want to consider wearing a cheap pair of flip flops or sandals to discard just before the start.

OLYMPIC TRIATHLON Swim Start Plan

The Olympic race swim wave start plan is below.

2019 CRANBERRY OLYMPIC				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
0	Red	7:50am	Mass Start	Paratriathletes Men & Women
1	Purple	8:00am	Mass Start	Elites/Open Men & Women
2	White	8:02am	TT; 2 athletes every 5 secs	Age Group Men 40-49
3	Fl Yellow	8:05am	TT; 2 athletes every 5 secs	Age Group Women 35-49
4	Navy Blue	8:09am	TT; 2 athletes every 5 secs	Age Group Men 39 and under and Clydesdales
5	Silver	8:12am	TT; 2 athletes every 5 secs	Women age 34 and under
6	Yellow	8:15am	TT; 2 athletes every 5 secs	Aquabike Men & Women
7	Fl Green	8:17am	TT; 2 athletes every 5 secs	Age Group Men 50+
8	Fl Pink	8:22am	TT; 2 athletes every 5 secs	Age Group Women 50+ and Athenas
9	Red	8:26am	TT; 2 athletes every 5 secs	Friends, Families and Beginners and Relay Teams

Note: Nervous Swimmer cap color is Purple

Paratriathletes and Elite Men and Women will approach the water through the swim corral, wade into the water and start the race all at once following a traditional “On you mark, get set, GO!”

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.

Nervous Swimmers: Athletes in the Sprint or Olympic who want lifeguards to keep an especially watchful eye on them may request a **purple** swim cap at registration. Wearing a “nervous swimmer” cap does not change the swim wave you start in.

Attention tenderfoots! The area around the swim start is rocky in spots. We put out a large rug to cover most of the rocks for the approach to the water, but athletes with tender feet may want to consider wearing a cheap pair of flip flops or sandals to discard just before the start.

The olympic swim cut-off time is 9:30am. Any athletes that do not complete the swim by this time will not be allowed to move on to the next segment of the race.

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. Once on the roads, cyclists should stay right except when passing. If you are looking to pass another cyclist be sure to call out, “On your left!”

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 and signage will be placed along the course to remind you to ride single file.**





Bike tech support is being provided by **Spark BRS**. Spark is located right around the corner from the venue at 263 Bedford St, Lakeville and will be set-up at the race site during race packet pick-up hours on Saturday and Sunday morning to help you with any last minute technical issues. Spark will also be circulating the bike course in an effort to provide roadside assistance where needed.

SPECIAL OFFER FROM SPARK BIKE RUN SPORTS:

Swing by Spark Bike Run Sports right next door to the venue at 263 Bedford St, in Lakeville, and **SAVE 20% on your purchase of nutrition, apparel, footwear, clothing, and accessories when you mention you're a Cranberry athlete.** They'll be open to 6pm on Friday for any last minute supply or bike service needs!

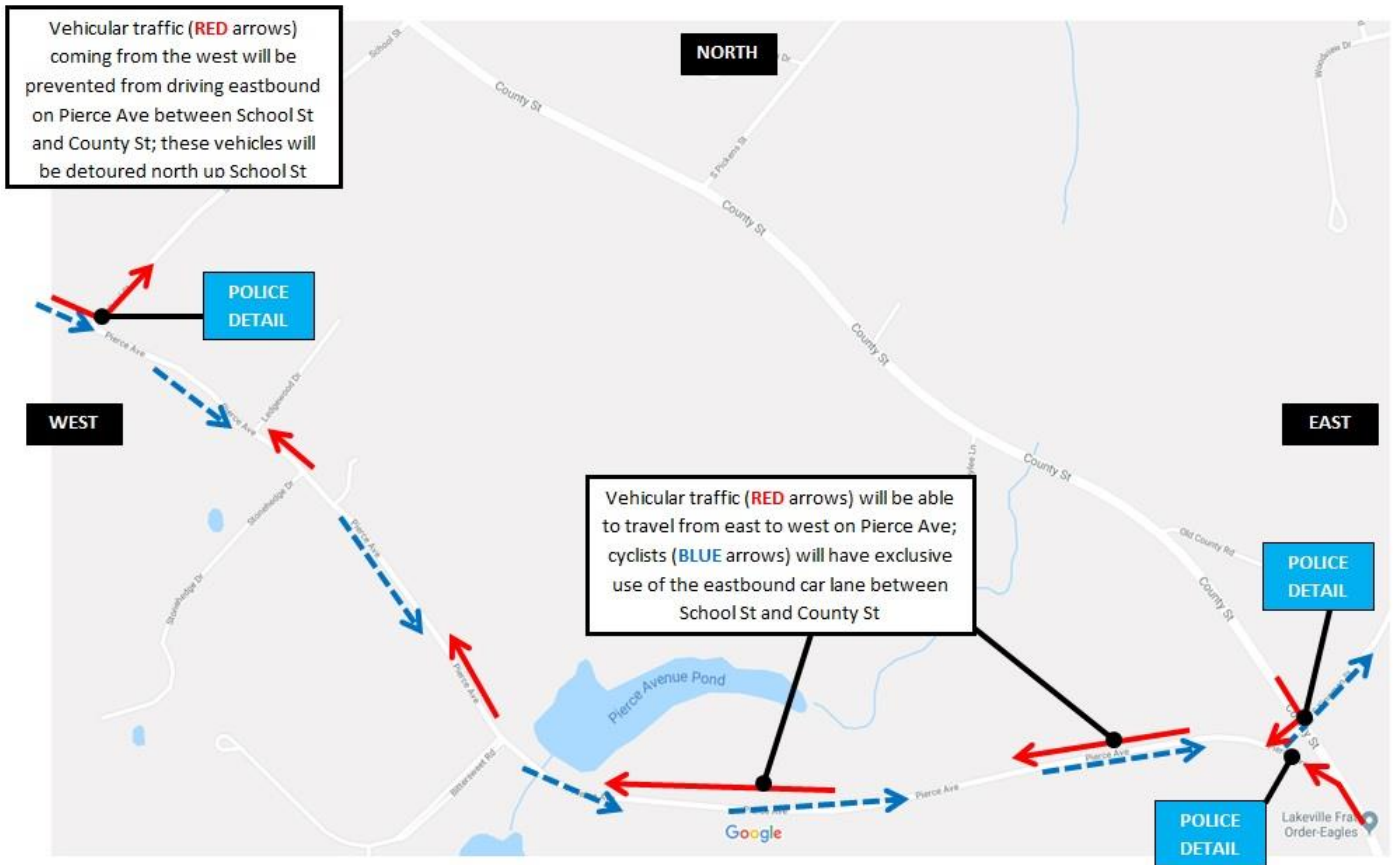
Both the Sprint and Olympic bike courses will be well marked with spray chalk, directional signage and volunteers. Police details will be in place at all major intersections to control traffic during the race. Please note **the Sprint and Olympic bike courses are NOT closed to auto traffic.**

The Sprint Bike Course

This Sprint bike course is a single 14.2 mile loop. 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/>)



New for 2019 is a 1.2 mile road closure that starts near mile 8.5 of the on Pierce Ave between School Street and County Road. Cyclists will have exclusive use of the east bound lane of Pierce Ave over these 1.2 miles. Vehicular traffic will continue as normal along the 1.2 mile west bound lane of Pierce Ave. See below.



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 1 or 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.**

The olympic bike cut-off time is 11:30am. Any athletes that do not complete the bike by this time will not be allowed to move on to the next segment of the race.

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 and then it's pretty much a flat run onto the finish. The last quarter mile is on the grass at the Ted Williams Camp. There will be aid stations staffed with volunteers at approximately Mile 1 and Mile 2 offering water, Gatorade Endurance Formula (lemon-lime flavor) and ice. Clif Shot Energy gels will be available at Aid Station #1.



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 porta-pottie just outside transition followed by aid stations at approximately every mile. An additional porta-john will be placed near the 2 mile mark. 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 # 1, 3 and 5.

The olympic run cut-off time is 12:45pm. Any athletes that do not complete the run by this time will be removed from the course.

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 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 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 same 0.9 mile swim and the 26.2 mile bike course as athletes in the olympic triathlon, but skip the run. 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 aquabike 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. Access to the finish line chute will be created at the back of transition to make it easy for aquabike athletes to go right from transition, into the finish line chute and then on across the finish line. **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.

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 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.



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.

Note: 2-person relay teams are acceptable. Two person teams transfer the chip from swimmer to biker to runner similar to 3-person teams as described above.

16. SWAG FOR TRIPLE DOG DARE ATHLETES

If you signed up for the Triple Dog Dare, our 3-race package that included the Patriot Half, the Cranberry Olympic and the SME sprint tri of your choosing, we have a commemorative Triple Dog Dare t-shirt waiting for you at packet pick-up!



17. POST-RACE



Nothing beats a hard day of swimming, biking and running than a good massage. Thanks to [Marathon Physical Therapy and Sports Medicine](#), we've got your post-race massage, stretching and TLC needs covered. Stop by their tent after your race!

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 **10:30am**. Interspersed with these awards will be awesome giveaways from our sponsors.

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), cranberry corn bread, antipasto salad (gf), pesto pasta salad and watermelon (gf). Soda will also be available. Athletes, volunteers (minimum 3.5 hour volunteer commitment) and sponsor get to fill their plate for free (if you want a second helping it's \$12 per plate). This meal will be served beginning at **10:30am**. Spectators may also indulge in the Riccardi's buffet at a fee of \$12 per plate. **Each athlete's race bib includes a tear-off meal ticket** you must present to the volunteers working the BBQ tent when you are ready for lunch.

Zelus Beer: There will be a beer tent set up for olympic distance athletes (who are age 21 or older) to enjoy a post-race beer on us! **Zelus Beer Company** is the Official Beer of the Cranberry Trifest and will be available from the beer tent. Pick up your beer ticket where you enter the food tent to get checked.



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. We will also crown the **King and Queen of Cranberry Trifest** during the Olympic awards ceremony based on the fastest time by a male & female that races in both the Olympic and Sprint tris.

Entertainment: Pablo Palooza is the house band for this year's event and will begin playing their brand of "runk" (rock + funk) at 10:00am.

18. CRANBERRY TRIFEST MERCHANDISE

If you purchased one or more of the commemorative Cranberry Trifest pint glasses or a Cranberry trucker hat when registering you will be able to pick yours up during packet pick-up. Didn't order one but interested in buying one? Pint glasses are available at 1 for \$20 or 2 for \$35. Sorry, but we are now out of stock on trucker hats.

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 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.

20. VOLUNTEERS

This year's race is made possible with the support of volunteers from the Apponequet Boosters of Lakeville, the Middleboro Demolay, the Bay State Triathlon Team, Wheelworks Multisport, New England Tri Fit, St. Joseph's ACT of Fairhaven and other groups and we are grateful for their support. **We still need volunteers** so if you have friends and family coming to watch you, please ask them to consider volunteering. Volunteers receive a free t-shirt and a pass to the post-race catered meal (3.5 hour commitment required). Athletes not racing can also **earn discounts on 2019 or 2020 races produced by Sun Multisport Events**. Stop by the Volunteer Tent for more details or go to <https://www.bikereg.com/cranberry-trifest-volunteer-registration> for more information and to sign up.



21. 2019 SPONSORS and EXHIBITORS

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 2019 sponsors include:

- Ameriprise Financial
- Breakthrough Performance Coaching (*Official Coach*)
- Caterpy
- Clif Bar
- Gatorade
- Generation UCAN (*Official Pre-race Nutrition Sponsor*)
- Marathon Physical Therapy and Sports Medicine
- Rudy Project
- Spark BRS (*Official Provider of Bike Tech Support*)
- TriDog Gear
- Tyme Wear Performance Lab
- TYR
- Zelus Beer Co. (*Official Beer*)

SPECIAL OFFER FROM GENERATION UCAN

STARTER PACK GIVEAWAY: The first 5 to email info@SunMultisportEvents.com with "I want to try UCAN!" will be mailed a FREE Performance Start Pack (a \$20 value!).



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.
- **Bring bug spray with DEET:** As noted on page 2, mosquitoes with EEE have been detected in the area and Lakeville has been identified at the “critical” risk level. Spectators should take precautions by applying bug spray with DEET and are encouraged to wear long sleeve shirts or pants to reduce skin exposure.
- **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 quickly move 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 multiple races over 2 days we need 200+ volunteers for 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. Visit the Volunteer Tent for more information or go to <https://www.bikereg.com/cranberry-trifest-volunteer-registration> for more information and to sign up.
- **Entertainment:** On Saturday and Sunday we'll have a DJ playing music. Sunday's festivities also include LIVE music from Pablo Palooza starting at 10:00am.
- **Food & Beverage:** At approximately 10:30am on Sunday, Riccardi's Italian Restaurant will begin serving a catered summer meal of BBQ chicken, baked beans, 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 \$12 per plate
- **Dogs at the Ted Williams Camp:** Are dogs allowed at Ted Williams Camp? Yes! Please make sure they are leashed and please picked up after them.

