



2016 ATHLETE GUIDE

**Sunday, July 3, 2016
Fort Taber Park
New Bedford, MA**

Dear Athlete,

Welcome to the 2016 Whaling City Tri & Du... and Splash & Dash! This event is a production of the award-winning team at Sun Multisport Events and we appreciate you choosing to race with us this weekend.



This Athlete Guide covers all the details associated with Sunday's race to help ensure you have an enjoyable experience from directions on how to get to the site of the event and where to park, right on through you crossing the finish line. **NEW FOR THIS YEAR athletes need to bring a copy of the parking permit included in this Guide and place it on their dashboard...** if you don't bring a parking permit you will be charged a parking fee by the city of New Bedford (see page 3-4 for details).

If you have questions not answered here or on the pages of the SME website devoted to the Whaling City Triathlon (<http://sunmultisportevents.com/events/whaling-city-triathlon/>), send me an email at info@SunMultisportEvents.com.

This is the last pre-race email we will send you unless there is last minute news or announcements to communicate, but we encourage you to become a fan of Sun Multisport Events on Facebook (www.facebook.com/SunMultisport) or follow us on Instagram or Twitter (@Sun_Multisport) for short race updates (e.g. water temperature of Buzzards Bay) just before race day. See you this weekend!



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

P.S. Friends still thinking about signing up? Let them know online reg closes Friday, 7/1, at 6pm EST. We'll also accept registrations during packet pick-up hours on Sat and Sun.

OUTLINE

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1. DIRECTIONS

The Whaling City Tri & Du is based at Fort Taber Park at the corner of East Rodney French Boulevard and South Rodney French Boulevard in New Bedford, MA. For GPS purposes, plug in **1000 South Rodney French Blvd in New Bedford** which is the address for the Fort Taber Community Center (location for packet pick-up).

From Boston, MA and points north: Take I-93 South to Rte 24 South. Take exit 12 off Rte 24 South to get on Rte 140 South. You'll travel on Rte 140 South for about 18 miles and then get onto I-195 East via exit 2A towards Cape Cod. After traveling on I-195 East for 1-2 miles you will get off at exit 15 for downtown New Bedford which puts you onto Rte 18 South. Rte 18 South becomes John F Kennedy Memorial Blvd. Continue south on John F Kennedy Memorial Blvd for 1-2 miles and then turn left at the intersection for Cove Street (this left is at a traffic light). Cove Street becomes East Rodney French Blvd (the beach and Buzzards Bay will be on your left). Travel south on East Rodney French Blvd and this will bring you to the entrance to Fort Taber Park.

From CT and RI: Take I-95 North to exit 19 for I-195 East. Take I-195 East to exit 15 for downtown New Bedford which puts you onto Rte 18 South. Rte 18 South becomes John F Kennedy Memorial Blvd. Continue south on John F Kennedy Memorial Blvd for 1-2 miles and then turn left at the intersection for Cove Street (this left is at a traffic light). Cove Street becomes East Rodney French Blvd (the beach and Buzzards Bay will be on your left). Travel south on East Rodney French Blvd to Fort Taber Park.

2. PARKING – REVISED 6/30/16

Parking for Saturday's Packet Pick-up

There will be limited free parking for Saturday's packet pick-up in front of the Fort Taber Community Center 2pm-5pm. If this lot is filled, athletes will need to find street parking or park in one of the lots along East Rodney French Blvd. Parking in these lots is up to \$10 for non-residents and up to \$5 for New Bedford residents.

Parking for Sunday's Race

You must have a New Bedford Beach season pass to park in the Fort Taber parking lot on race morning. If you do not have a season pass you will be ticketed if your car is parked in this lot. This lot was available to athletes in this race in year's past, but circumstances have changed for this year's event.

Athletes, spectators and volunteers park for FREE in the North East Beach and South East Beach parking lots from 6am to 11am. See the map below for these two lots which are located just outside the Fort Taber Park entrance and in close proximity to the Fort Taber Community Center where packet pick-up will be based. These lots are located at the corners of East Rodney French Blvd and Seymour Street and East Rodney French Blvd and Portland Street. A parking crew and signage will be in position to help guide you to these lots.

IMPORTANT: Athletes, volunteers and spectators must print out the "Parking Permit" on the next page of this Guide and put it on the dashboard when parking in the North East Beach and South East Beach lots. Cars that do not have a copy of this permit on their dashboard will be charged a parking fee by the City of New Bedford. This permit gives the user free parking in these lots 6:00am-11:00am. You must exit the lot by 11:00am or risk being ticketed.



PRINT A COPY OF THIS PAGE AND PUT IT ON YOUR DASHBOARD TO ENSURE FREE PARKING IN THE SOUTH EAST BEACH AND NORTH EAST BEACH PARKING LOTS ALONG EAST RODNEY FRENCH BLVD ON SUNDAY, JULY 3RD, 6AM-11AM. THIS PERMIT MAY BE USED BY ATHLETES, SPECTATORS AND VOLUNTEERS.

Parking Permits

Parking Permit for WCT Participants

Lay out is supplied by PRB by PDF

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FORT TABER SPECIAL EVENT

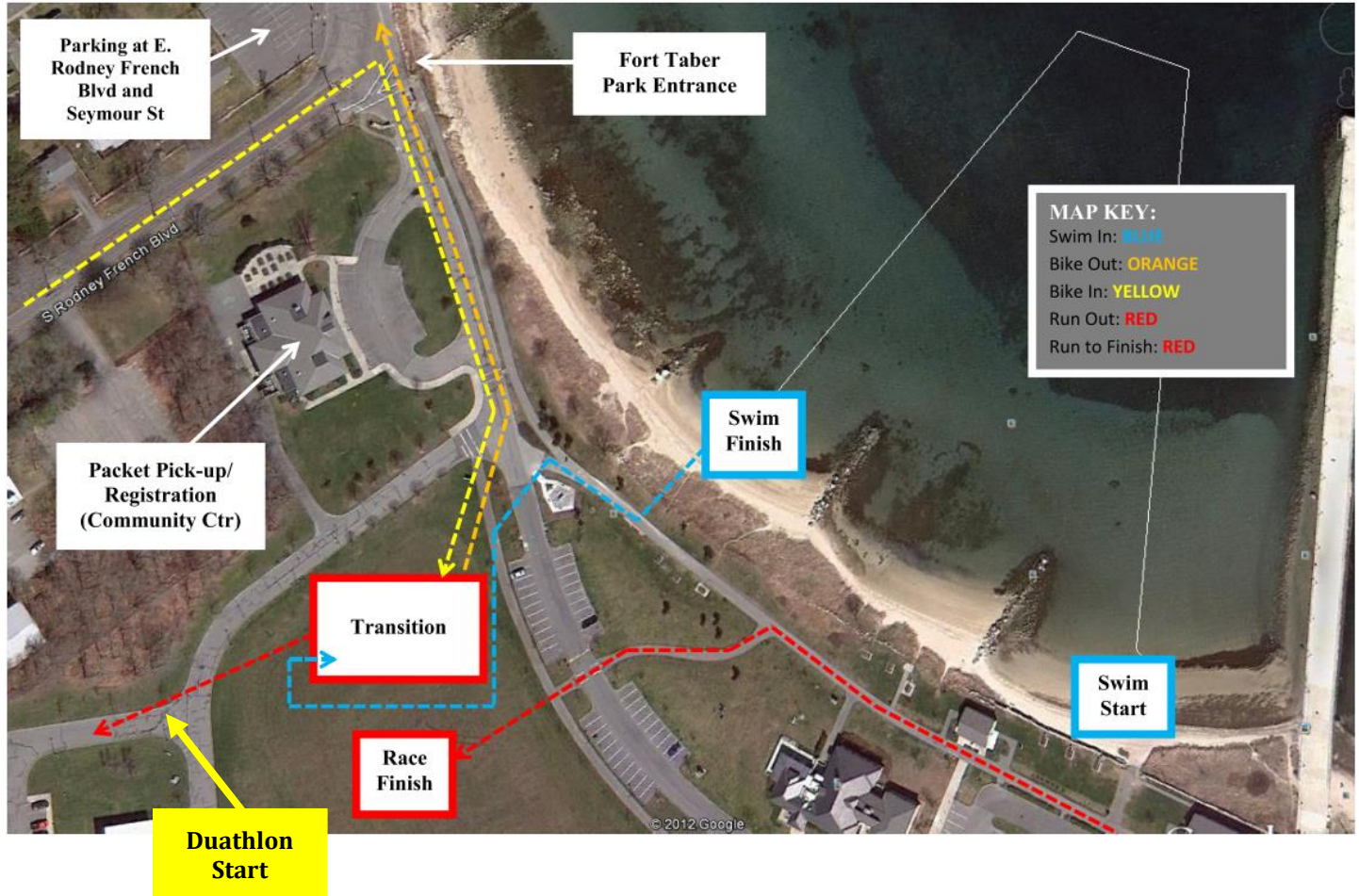
Whaling City Triathlon

July 3, 2016 6am to 11am ONLY

South EAST BEACH & North EAST BEACH PARKING LOTS ONLY

3. VENUE SET-UP

Below is an aerial view of the Fort Taber Park venue showing the set-up for Sunday's race including the entrance to the park, the community center for packet pick-up, the swim start and finish, the Duathlon start, transition and the race finish.



4. SCHEDULE OF EVENTS

Saturday, July 2nd

- **2:30pm:** Race packet pick-up opens; **PHOTO ID REQUIRED FOR PACKET PICK-UP... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** all members of a relay team must be present and athletes may not pick up packets for anyone but themselves. USAT Annual members must present a valid USAT license. Race packet pick-up will be located in the Fort Taber Community Center.
- **5:00pm:** Race packet pick-up concludes

Sunday, July 3rd (race day!)

- **6:00am:** Transition opens, race packet pick-up begins; **PHOTO ID REQUIRED FOR PACKET PICK-UP... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** all members of a relay team must be present and athletes may not pick up packets for anyone but themselves. USAT Annual members must present a valid USAT license. Race packet pick-up will be located in the Fort Taber Community Center.
- **6:00am:** Body marking available
- **7:30am:** Race packet pick-up concludes; you must be checked in by this time
- **7:30am:** Pre-race meeting announcements from the Race Director; all athletes must be in or near transition to hear the pre-race meeting announcements
- **7:55am:** All athletes must be out of transition
- **8:00am:** Race start.
- **10:15am:** Post-race awards ceremony and giveaways

5. RACE PACKET PICK-UP

Race packet pick-up will take place in the Fort Taber Community Center which is immediately on your right as you enter the park. Packet pick-up hours are Saturday, July 2nd, 2:30pm-5pm and Sunday, July 3rd, 6am-7:30am. **We encourage athletes to pick up your race packet on Saturday if at all possible...** the lines will be shorter and this will give you more time to prepare for racing on Sunday morning.

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.**

Sunday's race is a USAT sanctioned event. **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 (\$50 for adults age 18 or higher, \$10 for youths 17 and under) or purchase a 1-day license (\$15 for adults; there is no 1-day license fee option for youths).



If you were not an annual USAT member when you registered online you were required to purchase a 1-day USAT license at that time so you are all set.

TAKE NOTE!: Timing chips will be given out on race morning ONLY. Timing chips will be distributed from the station set up next to body marking next to the Fort Taber Community Center (site of packet pick-up). **All athletes must pick-up their timing chip BEFORE entering transition.** If you go to packet pick-up on Saturday you will not need to wait on line at packet pick-up again on race morning... you just need to show your bib # to get your timing chip at the chip distribution area.

Your race packet will include the following:

- Bib # and pins: To be pinned to your race top
- Bike helmet sticker: To be pasted to the front of your bike helmet
- Bike frame #: To be pasted to your bike either off the seat post or the crossbar

6. TIMING and LIVE ATHLETE TRACKING

Our timer is All Sports Events and they will be distributing your timing chip on race morning from a station next to body marking which will be on the field adjacent to the Community Center. Your timing chip must be worn on your left ankle.

Athletes completing the triathlon and relay teams will have 6 timing splits published LIVE on the All Sports Events website as they happen. Your 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.



7. BODY MARKING

All athletes need to get body marked. Body marking will be available Sunday morning starting at 6:00am and will be located on the field adjacent to the Community Center where packet pick-up/registration takes place on race morning. Body marking is essential for identifying athletes when on the course and in race photos made available for purchase from Global Click Photography post-race. Body marking includes:

- Your race number marked on your **left bicep, left calf and right hand.**
- Your age marked on your **right calf** -- unless you are part of a Relay Team or racing in the Splash & Dash or Duathlon... Relay Team members will have an “R” written on their right calf, Splash & Dash athletes will have an “S” written on their right calf and Duathletes will have a “D” written on their right calf.



8. TRANSITION

Transition will open race morning at 6:00am. **Transition is for athletes only and all athletes must be set-up and out of transition by 7:55am** so please plan your morning accordingly. We want to start the race promptly at 8:00am and can not start the race until all athletes are out of transition.

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 not be 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 assume these will be available. Once you enter transition proceed to your rack position which will be labeled with your name and bib#. See page 5 for a map showing the Whaling City Triathlon transition area set-up and how athletes will flow in and out from the swim, bike and run.



9. THE SWIM

The swim is in Buzzard's Bay on the east coast of the Clark's Point section of New Bedford. The swim start and finish are within the confines of Fort Taber Park. The swim is 0.25 mile counterclockwise loop (see page 5 for a map of the swim).

All athletes are required to wear the colored swim cap given to them at race packet pick-up. The cap color corresponds to the race wave you are assigned. Athletes will be sent into the water in waves. The first wave (Elites) will all start at once while subsequent waves will follow a time trial start format with 2 athletes entering the water every 5 seconds (athletes in waves 2-7 "self-seed" themselves within their wave based on personal preference... at the front, in the middle, etc). Here is this year's wave plan:

Wave #	Race	Est. Start	Category	Start Format
N/A	Duathlon	8:00	All male & female duathletes	All at once
1	Triathlon	8:00	All Open/Elites	All at once
2	Triathlon	8:01	Age Group Men, age 44 and under	Time trial; 2 athletes every 5 seconds
3	Triathlon	8:03	Age Group Women, age 39 and under; Athenas	Time trial; 2 athletes every 5 seconds
4	Triathlon	8:05	Age Group Men, age 45-59	Time trial; 2 athletes every 5 seconds
5	Triathlon	8:07	Age Group Women, age 40+	Time trial; 2 athletes every 5 seconds
6	Triathlon, Splash & Dash	8:10	Age Group Men 60+, Clydesdales and all Splash & Dash	Time trial; 2 athletes every 5 seconds
7	Triathlon	8:13	All Friends, Families & Beginners and Relay Teams	Time trial; 2 athletes every 5 seconds

FLOURESCENT PINK colored swim caps for nervous swimmers will be available for any athlete regardless of wave or category that has anxiety about the swim and would like to have lifeguards keep an especially watchful eye on them.

Lifeguards and other trained professionals will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard 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 YOU DECIDE TO TURN BACK TO SHORE AND NOT COMPLETE THE SWIM IT IS CRITICAL THAT YOU GIVE YOUR TIMING CHIP TO A MEMBER OF THE TIMING TEAM OR RACE MANAGEMENT so that we are aware that you pulled out of the race.



OPEN WATER SWIM ADVICE: If you have some anxiety about open water swimming or the swim start of a triathlon we recommend you read this article from USAT Certified Coach, Elaine Vescio, founder and head coach at Vmps: <https://sites.google.com/a/mpstraining.com/services/elaine-s-blog/openwaterswimmingfunandexhilaratingvsdarkandscary>

Wetsuits

All participants may wear a wet suit and be eligible for rankings and category awards if the water temperature is less than 78 degrees F. If the temperature is between 79 and 84 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 exceeds 84 degrees F, no participants will be allowed to wear a wet suit. A water temperature update will be posted to the SME Facebook page on Saturday, the day before the race. Wearing a wetsuit is **OPTIONAL** and not a requirement of the race. Last year's water temperature was in the low 70s.

10. THE BIKE

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.**

The bike course is 2 loops of a 6 mile course. Approximately 4.8 miles of the 6 mile bike loop is along East and West Rodney French Boulevard which offers you beautiful views of Buzzards Bay on the east side and Clark's Cover on the west. This is a flat course and the lane you will be riding in will be closed to traffic. Police details will be in position to provide additional protection for cyclists.



At approximately 4.5 of the bike loop on West Rodney French Boulevard cyclists will reach a turnaround point. The turnaround point is where cyclists riding north will be required to do a 180 degree turn and head back south along West Rodney French Boulevard. Traffic cones will be used to create a traffic circle for this turnaround. Additional traffic cones as well as signage and volunteers will be in position to make riders aware of the turnaround point and help ensure your safety.

The bike loop begins and ends at Fort Taber Park. **Cyclists beginning their second loop will be merging with cyclists beginning their first loop at the entrance to Fort Taber Park. Traffic cones marking the appropriate lanes for riders as well as signage and volunteers will be on hand to help ensure a safe merge, but all athletes should exercise caution at this intersection on the course.**

Go to <http://sunmultisportevents.com/events/whaling-city-triathlon/> to find a downloadable map for the bike course.

Obey the rules of the road! **Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification.** When passing another cyclist be sure to call out, "On your left!".

Bike tech support is being provided by **Landry's Bicycles** who will be set-up during race packet pick-up hours on Sunday to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). They will also be positioned on the bike course in an effort to provide roadside assistance if needed.



11. THE RUN

The 3.1 mile run is mainly along coastline sidewalks and walking paths giving you gorgeous views Clark's Cove and Buzzards Bay. Athletes on the run will leave transition and head to South Rodney French Boulevard. They will then make their way to West Rodney French Boulevard and run north. At about the 1 mile mark they will reach a turnaround point and head back south along West Rodney French Boulevard. Athletes will then enter Fort Taber Park from the west side park entrance and make their way around the perimeter of the park including historic Fort Rodman. Near the end of the run athletes will run an out and back along Fort Taber Park pier before the last dash to the finish. Go to <http://sunmultisportevents.com/events/whaling-city-triathlon/> to find a downloadable map for the run course.

Volunteers or signage will be in place on the run to help guide you around the course. Since it's mainly along the water the run course is very flat and offers a refreshing sea breeze, but it also provides no cover from the sun.

There will be 2 aid stations on the run. The first will be at approximately mile 1 and the second aid station will be near mile 2 (right after you re-enter Fort Taber Park). Both aid stations will be staffed with volunteers offering you water and Gatorade Endurance Formula (an electrolyte drink). Clif shot energy gels will also be available at the first aid station.



12. THE FINISH

You 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.

13. POST-RACE

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



Awards and Giveaways

Stick around after the race for an awards ceremony to honor the day's top performers along with great giveaways from our sponsors including product from TYR, Rudy Project, Fuel Belt and others. The awards ceremony will be at approximately **10:15am**.

The awards ceremony will include awards to eligible teams competing in the **Tri Club Challenge**. This Club Challenge features teams that have met the requirement of having at least 10 members registered for the triathlon (at least 3 must be female). Prizes will be awarded to the top 3 teams including \$500 to the 1st place team! Athletes on these teams will race as individuals but a Team Time will be calculated based on the times of the first 3 female team members that finish the race followed by the next 7 fastest team member times regardless of gender. Complete rules and prize details can be found at: <http://sunmultisportevents.com/events/whaling-city-triathlon/>



Post-race Food

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

14. THE DUATHLON

The Duathlon consists of a 1.1 mile run, a 12 mile bike and a 3.1 mile run. All athletes in the Duathlon will start at 8:00am at designated start line near the "Run Out" by transition (see the map on page 5 of this Athlete Guide where this location is noted). The 1.1 mile run includes running a short section on South Rodney French Blvd after which athletes will return to Fort Taber Park and onto transition. After completing the first leg of the Duathlon, athletes will enter transition at the same spot as athletes in the Triathlon and Splash & Dash and proceed to their bike in transition. They will then complete the same 12 mile bike and 3.1 mile run courses as athletes in the Triathlon.

15. THE SPLASH & DASH

Athletes in the Splash & Dash will go off in the 6th wave (estimated start time is 8:10am) and complete the same 0.25 mile swim course as athletes competing in the triathlon. Once Splash & Dash athletes complete the swim they will make their way to transition along with other athletes in the triathlon, change into their running gear and then head out onto the 3.1 mile run course.



16. RELAY TEAMS

All members of a relay team must come to packet pick-up together (see section 5 for complete details on packet pick-up). 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 right hand and 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 right 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 right calf.

17. WEATHER POLICY REMINDER

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 Event Management reserves the right to cancel the event or amend the course. Please understand that in the unlikely case that we did have to cancel, no refunds would be issued because, by race day, many of the race expenses associated with the event have been incurred. Visit the Sun Multisport Events website for more details on these policies.

18. VOLUNTEERS

This year's race is made possible with the support of 50+ volunteers. We are grateful for their support. **If you have friends and family coming to watch you race ask them to consider volunteering.** Stop by the Volunteer table in front of the Community Center/packet pick up for more information on how they can help.



19. 2016 SPONSORS

We are fortunate to also have the support of many sponsors whose contributions improve the overall quality of the Whaling City Triathlon in many different ways. Several sponsors will be on site on race morning. Your patronage of our sponsors at the event, at their store or online is greatly appreciated. Our sponsors of this year's Whaling City Tri & Du are:

- **Clif Bar**
- **Fuel Belt**
- **Greenlayer**
- **Health Warrior**
- **Landry's Bicycles**
- **Marathon Physical Therapy and Sports Medicine**
- **Natalie's Orchid Island Juice Company.**
- **Rudy Project** (*Official Helmet and Sunglasses sponsor*)
- **Vmps** (*Official Coach of the 2015 Whaling City Triathlon*)


20. SPECTATOR INFORMATION

Where to Watch: The Whaling City Triathlon is one of the most spectator friendly triathlons in New England. Spectators that play their cards right have 9 opportunities to see their favorite athlete if they position themselves according to this plan:

- **Swim start (1) and finish (2):** The swim start and finish is inside the confines of Fort Taber Park and the start and finish are along a walking path. Spectators that position themselves on this walking path between the swim start and finish can see athletes when they dash from the shore of East Beach into Buzzards Bay and as they exit the water and head to transition.
- **The sidewalk near the corner of East Rodney French Boulevard and South Rodney French Boulevard (3, 4, 5, 6 and 7):** The bike course is 2 loops of a 6 mile course. It begins and ends at Fort Taber Park and includes an out and back along East Rodney French Boulevard so spectators can see athletes starting the bike (3), on the return along East Rodney French Boulevard (4) and when they come back from the west side to ride the loop a second time (5 and 6) and then when they complete the second loop and return to Fort Taber Park (7)
- **The run (8):** Ok, so now your favorite athlete just whizzed by you on the bike on the return to Fort Taber Park. If you now walk along the sidewalk of South Rodney French Boulevard towards West Rodney French Blvd you'll be able to see your favorite athlete as they leave Fort Taber Park; athletes will merge with South Rodney French pretty much in between East and West Rodney French Blvd (between Fort Street and Brock Ave)

- The Finish (9): Depending on the speed of who you are watching you probably have about 20 minutes or so to go from South Rodney French Blvd to the finish to see your favorite racer come across the finish line.

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

- **Parking:** Spectators have the same parking options as athletes (see "Parking"; p3)
 - **About Fort Taber Park:** Fort Taber is a beautiful venue that offers numerous places to watch athletes. The grounds feature a real-life military tank, a pier to fish off, a nice playground across from Fort Rodman (*shown at right*) plus plenty of open space to just hang out. The park also offers the Fort Taber Military Museum – a must for history buffs and well worth a visit... they open at 1pm.
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- **Volunteering:** Want to be a part of the action? Consider volunteering! The saying "It takes a village" couldn't be more applicable to producing a triathlon. There are a variety of volunteer jobs to fill and lending a hand is a great way to show support when you aren't racing. All volunteers receive a volunteer t-shirt. Visit the Volunteer table located in front of the Community Center on race morning where packet pick up will be conducted for more information... or register online at
 - **Sunscreen:** We encourage all spectators to bring sunscreen to apply while at Fort Taber Park. There aren't a lot of places to be in the shade along the course so you'll want to protect yourself with a good dose of sunscreen so you don't get burned while spectating.
 - **Food & Beverage at Fort Taber:** Unfortunately, there isn't any place to purchase food and beverages on the grounds of Fort Taber Park during the race. However, it's a short race so come to the event with your own drinks and snacks and then grab lunch at one of the great lunch spots in New Bedford (see below).
 - **Lunch spots in New Bedford:** Our friends with the Buzzards Bay Coalition gave us this list of recommended restaurants for lunch (my personal favorite is No Problemo... awesome burritos!):
 - **No Problemo;** Comments: "Hipster" beer & burritos; 813 Purchase St, New Bedford, MA 02740; (508) 984-1081
 - **DNB Burger;** Comments: Small, cool locavore place, house ground beef, always one turkey and one veggie burger option, too; 22 Elm St, New Bedford, MA 02740; (774) 202-0118
 - **Destination Soups;** Comments: Always a good variety of soups, killer gourmet grilled cheeses, sandwiches, salads; 141 Union St, New Bedford, MA 02740; (508) 991-7687
 - **Green Bean;** Comments: Organic & vegan options, smoothies, fresh juices; 740 Purchase St, New Bedford, MA 02740; (508) 984-3300
 - **Cork;** Comments: Tapas, beautiful salads, soups, in a cool, old whaling-era building; 90 Front St, New Bedford, MA 02740; (508) 994-9463
 - **Black Whale;** Comments: New, on the waterfront, more of a full service restaurant, good seafood options; 104-106 Pier 3, New Bedford, MA 02740; (508) 990-7100
 - **M&C Café;** Comments: Great local chef, authentic Portuguese options as well as lobster rolls, fish & chips, etc.; 436 Belleville Ave, New Bedford, MA 02746; (508) 993-2219