

# 2018 ATHLETE GUIDE



August 25-26, 2018 \* Ted Williams Camp, 28 Precinct Street, Lakeville, MA

Dear Athlete,

Welcome to the 17<sup>th</sup> annual Cranberry Trifest –part of the award-winning multisport race series produced by Sun Multisport Events. Cranberry will draw 1,000+ athletes, races for all ages and abilities and the USAT Northeast Age Group, Aquabike and Club championships, it promises to be a fun and exciting weekend!

This Athlete Guide is a valuable resource and is filled with the information you need to have an enjoyable experience from a smooth packet pick-up on through our post-race festivities. This Guide also includes helpful information for spectators.

## **IMPORTANT NOTES:**

1. **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.**
2. **Littering on the course is strictly prohibited.** Signage on the run course will mark where you can discard trash and the bottle exchange station in Sunday's olympic is where water bottles can be discarded. Discarding of trash elsewhere will not be tolerated.
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, 8/23, at 6pm EST) to verify the club's roster via email. Emails should be sent to: [info@SunMultisportEvents.com](mailto:info@SunMultisportEvents.com).

See you this weekend!

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).

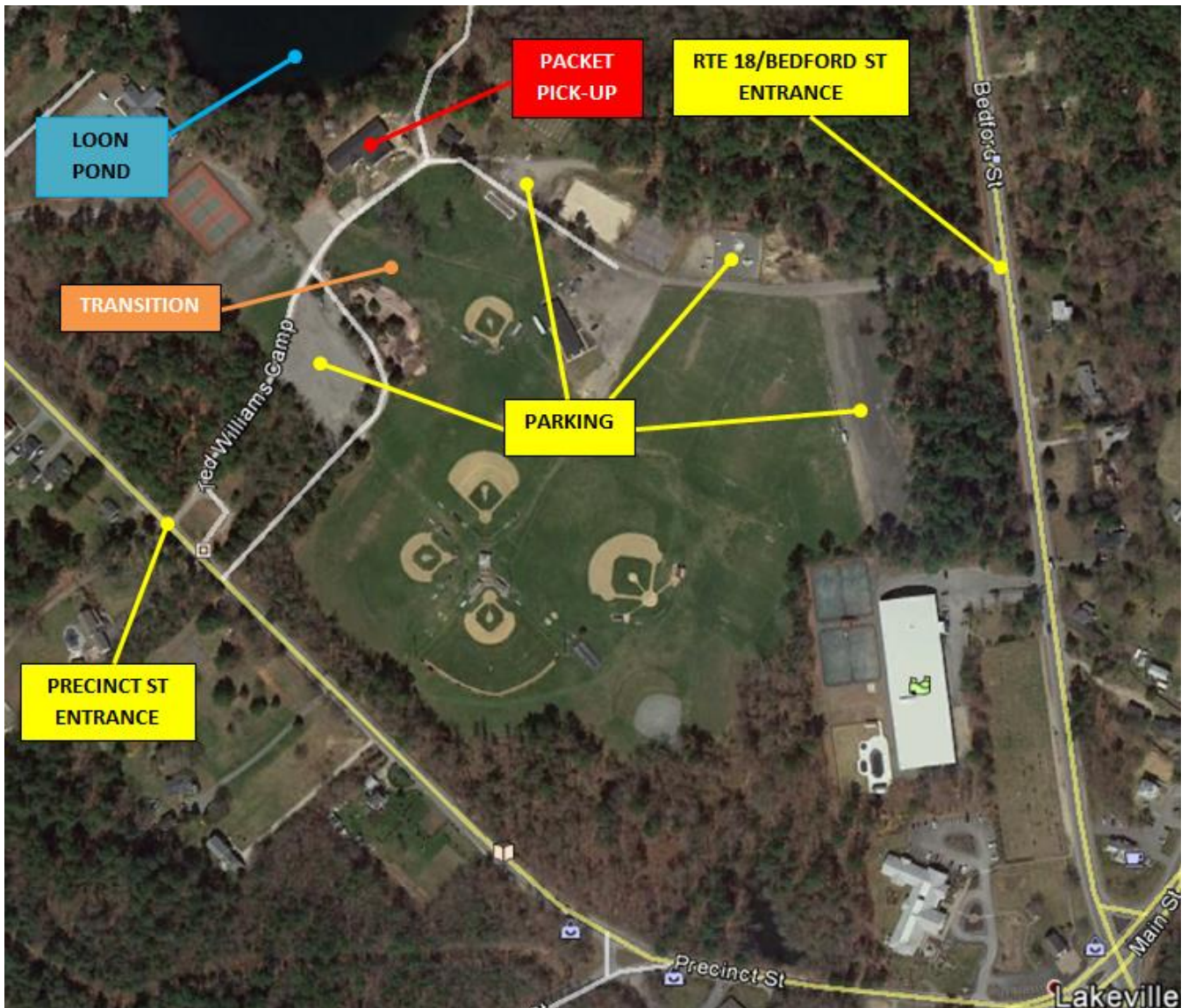
**From Providence, RI** (41 miles): Take I-95 North to exit 6A for I-495 South towards Cape Cod; take I-495 South to exit 5 for Rte. 18 South; turn right off the ramp and follow Rte 18 South/Bedford Street approximately 3 miles; look for the sign to the entrance to the park on your right (just past the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

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

#### **FRIDAY, AUGUST 24<sup>th</sup>** (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 show a valid USAT license**; if you purchased a 1-day USAT license when registering online you are all set.
- **7:00pm:** Race packet pick-up concludes



#### **SATURDAY, AUGUST 25<sup>th</sup>**

- **5:30am:** 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
- **7:00am:** Race packet pick-up concludes and pre-race meeting with announcements from the Race Director; athletes must be in or near transition
- **7:20am:** All athletes must be out of transition
- **7:30am:** Race start; go to “The Swim” on page XX for the wave schedule
- **10:00am (est):** Awards ceremony and giveaways
- **10:15am:** 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 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 26<sup>th</sup> (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 XX for the wave schedule
- **9:30am:** House band, “Pablo Palooza”, begins to play
- **10:00am:** Riccardi’s Restaurant to begin serving the post-race catered meal (complimentary for athletes and volunteers; spectators required to pay a fee; see page XX for details)
- **11:30am (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 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.**



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 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

**Your timing chip will be distributed on race morning near the body marking station.**

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**.



## 7. TRANSITION

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 all athletes must be out of transition before the race can start.

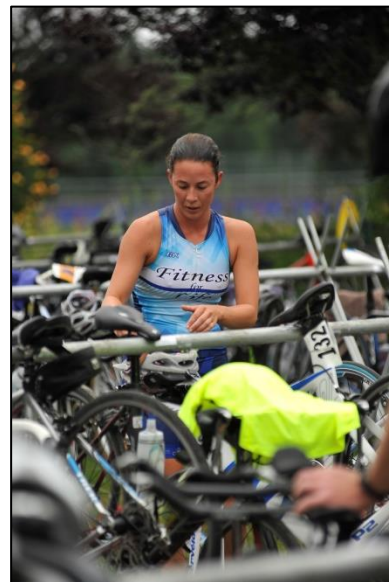
Volunteers will be stationed at the entrance of transition to check your brakes and ensure you have bar end plugs at the end of your handlebars of your bike. **Missing bar end plugs are a safety hazard and you will be not able to race if they are missing.** If your bike is missing bar end plugs purchase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



**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 9:45am** or when last runner leaves transition whichever comes first; if 9:45am 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 10:45am** or when last runner leaves transition whichever comes first.



### **FREE TRANSITION CLINIC:**

Transition is considered the 4<sup>th</sup> 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 precious 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 Friday's packet pick-up hours at the Ted Williams Camp, site of the race. Transition clinics will be offered at 5:00pm, 5:30pm and 6:00pm 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.

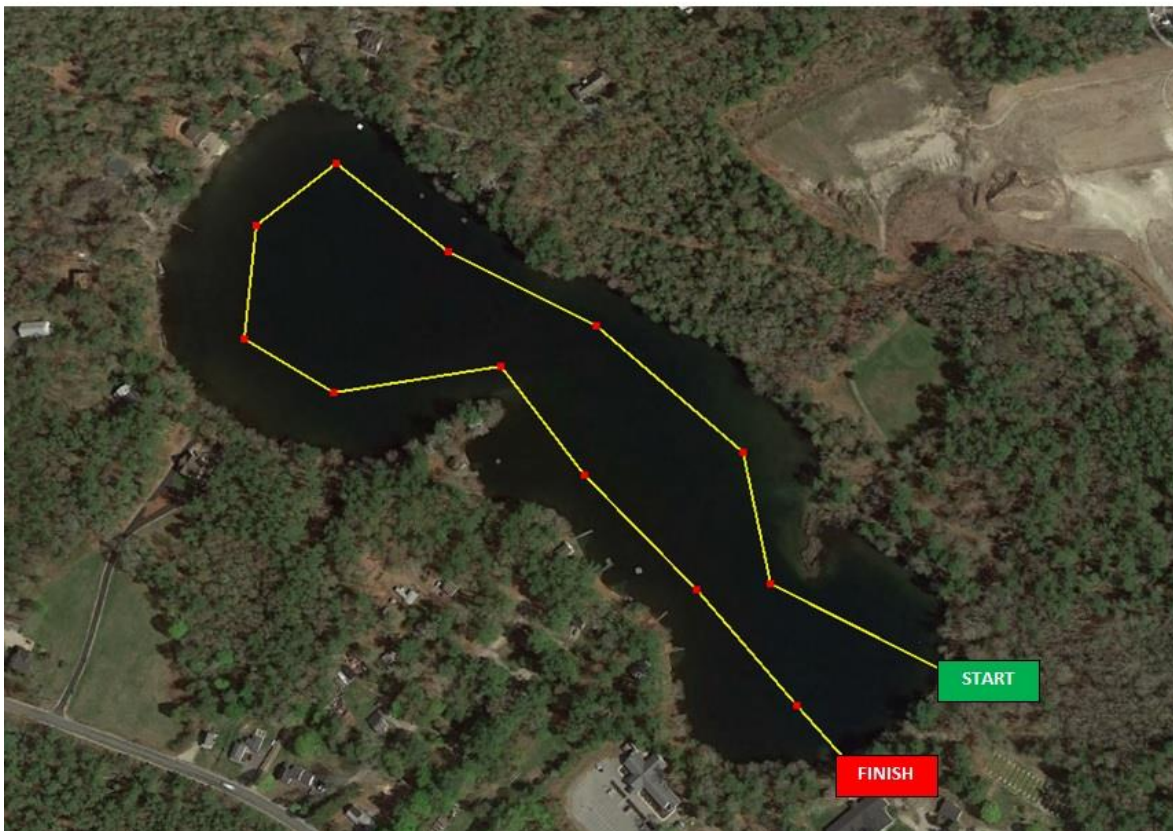
**If during the swim you decide not to complete the course please make race management aware that you pulled out of the race and be sure to give your timing chip to a member of the timing team. We are tracking all athletes and the timing chip is critical to this exercise.**

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 degrees 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, 8/19/18, at 8:00am was 80F.** A water temperature update will be posted across our social media channels on Thursday, 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.

2018 CRANBERRY SPRINT SWIM WAVE PLAN				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
0	Orange	7:25am	Mass Start	Paratriathletes
1	Green	7:30am	Mass Start	Elite and Collegiate Men
2	Fl Pink	7:32am	Mass Start	Elite and Collegiate Women
3	Royal Blue	7:34am	TT; 2 athletes every 5 secs	Age Group Men 20-49
4	Fl Yellow	7:37am	TT; 2 athletes every 5 secs	Age Group Women 20-44
5	Silver	7:42am	TT; 2 athletes every 5 secs	Age Group Men 50+ and Clydesdales
6	White	7:45am	TT; 2 athletes every 5 secs	Age Group Women 45+ and Athenas
7	Pink	7:48am	TT; 2 athletes every 5 secs	Men and Women 19 and under and Relay Teams
8	Fl Green	7:50am	TT; 2 athletes every 5 secs	Friends, Families & Beginners
9	Navy Blue	8:00am	TT; 2 athletes every 5 secs	Splash & Dash Men & Women

Paratriathletes and 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 **yellow** swim cap at registration. Choosing to wear this “nervous swimmer” cap does not change your swim wave.

**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.

2018 CRANBERRY OLYMPIC SWIM WAVE PLAN				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
0	Orange	7:25am	Mass Start	Paratriathletes
1	Red	7:30am	Mass Start	Elites/Open Men & Women
2	Green	7:32am	TT; 2 athletes every 5 secs	Age Group Men 40-49
3	Purple	7:35am	TT; 2 athletes every 5 secs	Age Group Women 35-49
4	Silver	7:39am	TT; 2 athletes every 5 secs	Age Group Men 39 and under and Clydesdales
5	White	7:42am	TT; 2 athletes every 5 secs	Women age 34 and under
6	Yellow	7:45am	TT; 2 athletes every 5 secs	Aquabike Men & Women
7	Royal Blue	7:47am	TT; 2 athletes every 5 secs	Age Group Men 50+
8	Pink	7:52am	TT; 2 athletes every 5 secs	Age Group Women 50+ and Athenas
9	Fl Yellow	7:55am	TT; 2 athletes every 5 secs	Friends, Families and Beginners and Relay Teams

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 **fluorescent green** swim cap at registration. Wearing a “nervous swimmer” cap does not change your swim wave.

**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.

## 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.**





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/>)



### **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.**



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.

Go to the “Course Info” section of tthe 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 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 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 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.





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: 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. DETAILS 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 **10:00am**. 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), 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 \$12 per plate). This meal will be served beginning at **10:00am**. Spectators may also indulge in the Riccardi's buffet at a fee of \$12 per plate.

**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 11:30am**. Interspersed with these awards will be awesome giveaways from our sponsors.

The Cranberry Olympic is home of the **USAT Northeast Regional Age Group, Aquabike and Club Championships**. Age Group athletes may qualify for the USAT Olympic Distance Age Group National by placing in the top 33% or top five (5) finishers in their age group (whichever is greater) in the Cranberry Olympic triathlon. (Note: If there are 35 athletes in an age group and an athlete places 12th or higher, they have qualified for the 2019 Olympic-Distance Nationals. If an athlete places 13th out of 35 they have not qualified). For additional details on qualifying for Nationals visit the USAT website.



USAT certified clubs will be competing for \$1,000 in prize money (\$500 for 1<sup>st</sup>, \$300 for 2<sup>nd</sup>, \$200 for 3<sup>rd</sup>). Athletes who race in the olympic distance triathlon or aquabike as individuals (relay teams are excluded) can generate points for their team and the teams with the 3 highest point totals win. Go to the "USAT Northeast Regional Championship Details" tab of the Cranberry Trifest page of the SME website for details scoring and other information on the Club Championship.

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 9:30am.

## 18. CRANBERRY TRIFEST MERCHANDISE

If you purchased one or more of the commemorative Cranberry Trifest steel pint cups 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? They'll be available for sale with pint cups at 1 for \$15 or 2 for \$25 and trucker hats at \$25 for 1 or \$40 for 2.



## 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, Cub Scout Troop 247, 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.

Athletes not racing can also **earn discounts on 2018 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. 2018 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 2018 sponsors include:

- **Breakthrough Performance Coaching** (*Official Coach*)
- **Clif Bar**
- **Gatorade**
- **Krave**
- **Loco Coffee**
- **Marathon Physical Therapy and Sports Medicine**
- **Rudy Project**
- **Skinny Pop**
- **Spark BRS** (*Official Provider of Bike Tech Support*)
- **TYR**
- **Zelus Beer Company** (*Official Beer*)

## 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 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 9:30am.
- **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 \$12 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.

