



2021 ATHLETE GUIDE

**Sunday, July 18, 2021
Fort Taber Park, New Bedford, MA**

Dear Athlete,

Welcome to the 2021 Whaling City Tri & Du... and Splash & Dash! This event is a production of the award-winning team at Sun Multisport Events and we're looking forward to delivering to you a great race experience. After a forced hiatus in 2020 due to the pandemic we are thrilled to return to one of our favorite venues and look forward to seeing you this weekend.



This Athlete Guide covers everything you need to know about this weekend's race from how to get to the venue and where to park, to spectator information and post-race activities.

If you have questions not answered here or on the SME website page dedicated to the Whaling City Tri & Du (<http://sunmultisportevents.com/events/whaling-city-triathlon/>), send an email to info@SunMultisportEvents.com, but understand it's race week and we may not be able to respond as quickly as normal.

Become a fan of SME on Facebook (www.facebook.com/SunMultisport) or follow us on Instagram or Twitter (@Sun_Multisport) for notes and reminders (e.g. water temperature of Buzzards Bay) in the lead up to race day.

See you this weekend!

Mark Walter
USAT Certified Race Director
Sun Multisport Events

*P.S. If you know someone still thinking about signing up for Sunday's race, let them know **online reg closes Friday, 7/16, at 6pm EST**. "Walk-up" registrations will be accepted during packet pick-up hours on Saturday, 7/17 (2:30pm-5pm) and during the first hour of packet pick-up on race day (5:30am-6:30am).*

*P.P.S. **SNEAKER DRIVE!** Mercy Meals & More will be collecting gently used sneakers to give to those in need. If you have any old sneakers laying around in your closet put them to good use and donate them! Sneakers will be collected during packet pick-up hours.*

OUTLINE

1. Our COVID-19 Mitigation Plan
2. Directions
3. Parking
4. Venue Set-up
5. Schedule of Events
6. Race Packet Pick-up
7. Timing and Live Athlete Tracking
8. Body Marking
9. Transition
10. The Swim
11. The Bike
12. The Run
13. The Finish
14. Post-race
15. Duathlon Details
16. Splash & Dash Details
17. Relay Team Details
18. Policy Reminders
19. Volunteers
20. 2019 Sponsors
21. Spectator Information

1. OUR COVID-19 MITIGATION PLAN

While the number of COVID-19 cases and hospitalizations remains low and the percent positivity also remain low, in the interest of the public health and safety of all those involved in this event we created a COVID-19 Mitigation Plan that consists of the following:

- **COVID-19 symptoms and potential exposure guidelines.** Anyone experiencing symptoms of COVID-19 or has been exposed to someone with COVID-19 within 14 days of race day should stay home and not attend the event.
- **Face mask guidelines.** Face masks are not required when outside, but anyone that is not vaccinated is asked to wear a mask when indoors. Packet pick-up for this event will be indoors.
- **Social distancing.** All athletes and volunteers are encouraged to maintain 6' of social distancing where possible.
- **Hand washing and sanitizing.** Hand sanitizing will be set up throughout the venue (e.g. in transition, near porto-johns, finish line, etc.). Sanitizing wipes will also be available.



2. 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 for Rte 140 South. Then take exit 2A for I-195 East. After traveling on I-195 East for 1-2 miles you will get off at exit 15 for Rte 18 South and downtown New Bedford. 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. After traveling on I-195 East for 1-2 miles you will get off at exit 15 for Rte 18 South and downtown New Bedford. 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.

3. PARKING

FREE parking is available to athletes, spectators and volunteers on Saturday and Sunday in designated lots and on Brock Avenue. Parking passes are not required.

ON SATURDAY athletes, spectators and volunteers will be able to park on **Brock Avenue** or the **South East Beach parking lot** on East Rodney French Blvd from 2PM to 5PM. See map below.

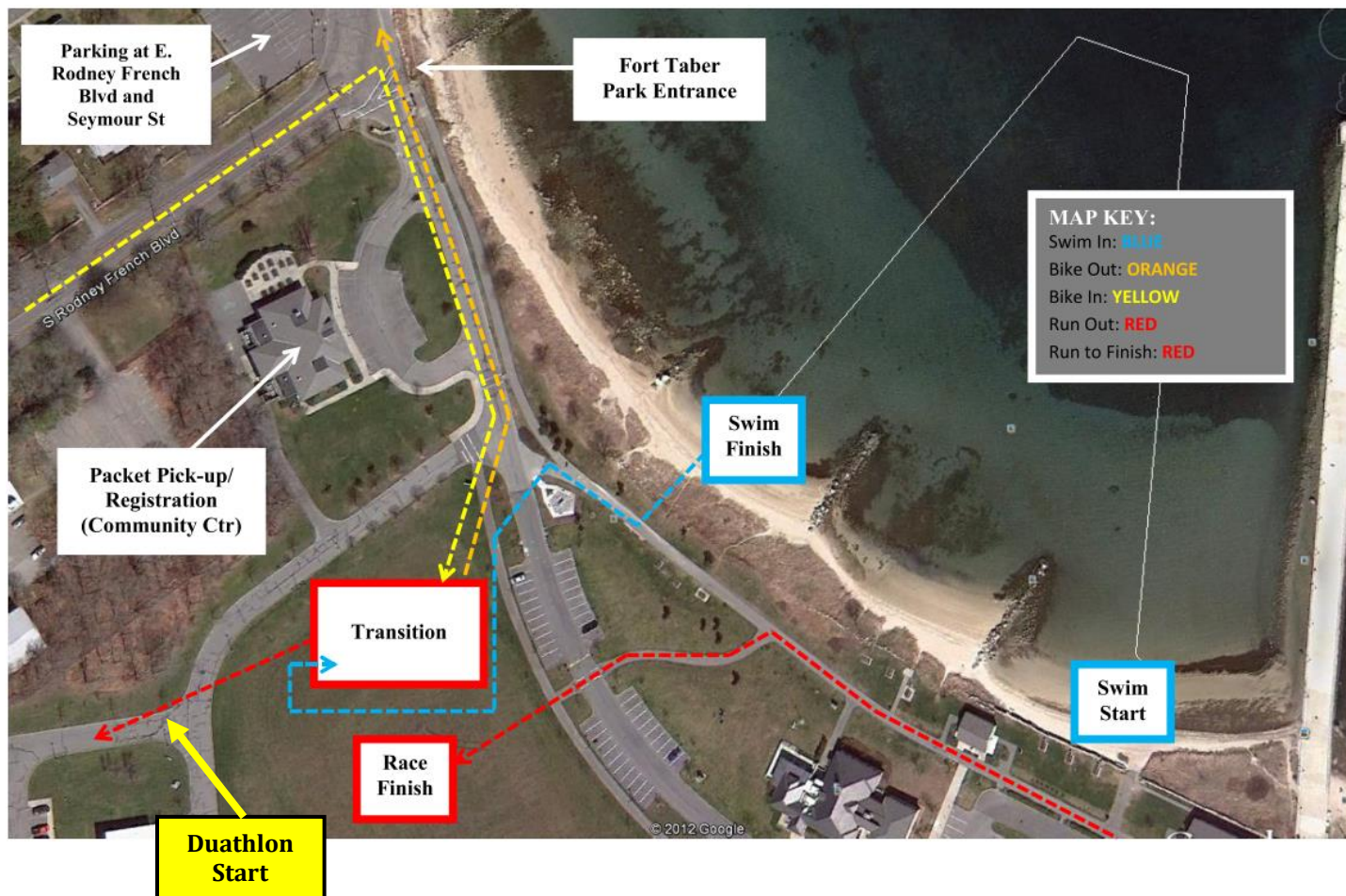
ON SUNDAY athletes, spectators and volunteers can park in the **South East Beach, North East Beach and Fort Taber Park parking lots 5:30AM-11AM** and on **Brock Ave**. The Fort Taber Park lot is expected to be full by 6:30am and anyone that parks in this lot will not be able to leave before 10:00am. See map below. **You must exit these lots by 11am (when our parking lot reservation ends) or you risk being ticketed** (unless you have a New Bedford beach season pass).



TAKE NOTE: Athletes and spectators are permitted to park in the North East, South East and Fort Taber Park lots during the designated times noted here – if you park in these lots beyond the stated end times you risk being ticketed (unless you have a New Bedford Beach Parking Pass for the season). Brock Ave parking is permitted all hours.

4. 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 race finish.



5. SCHEDULE OF EVENTS

Saturday, July 17th

- **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 18th (race day!)

- **5:30am:** Transition opens, race packet pick-up and body marking 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 is in the Fort Taber Community Center.
- **6:50am:** Pre-race meeting announcements from the Race Director; all athletes must be in or near transition to hear these announcements.
- **7:00am:** Packet pick-up concludes; you must be checked in by this time.
- **7:00am-7:20am:** Practice swim in designated area at swim finish.
- **7:25am:** All athletes must be out of transition.
- **7:30am:** Triathlon (wave 1, elites) and Duathlon (wave 1, all males) start.
- **8:00am:** Splash & Dash starts.
- **9:45am (est.):** Post-race awards ceremony and giveaways.

6. 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 is Saturday, July 17th, 2:30pm-5pm and Sunday, July 18th, 5:30am-7:00am. **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. **If you are not vaccinated for the COVID-19 virus, please wear a mask when inside the Community Center.**



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.**

In addition to your t-shirt and swim cap, 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 sticker: To be wrapped around the bike's top tube or seat tube



Bike frame sticker on top tube



Bike frame sticker on seat tube

7. TIMING and LIVE ATHLETE TRACKING

All athletes will be given a timing chip to be worn around their left ankle (relay teams receive 1 timing chip and pass it from swimmer to cyclist to runner during the race). Timing chips will be distributed at packet pick-up on Saturday and on race day (NOTE: If you lose your timing chip, you will be charged a \$50 replacement fee by our timing company; don't lose your chip!). All athletes must pick-up their timing chip BEFORE entering transition on race morning.



All race results will be 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". Live results will be posted here:

<https://www.allsportsevents.com/results/>

A link to result will also be added to the top of the Whaling City Tri & Du page of the SME website.

Individual triathletes and relay teams receive 6 timing splits. 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.

Duathletes also receive 6 timing splits: (1) run 1 time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run 2 time; (6) overall time.

Splash & Dash athletes receive 4 splits: (1) swim time; (2) transition time; (3) run time; (4) overall.

Results Center

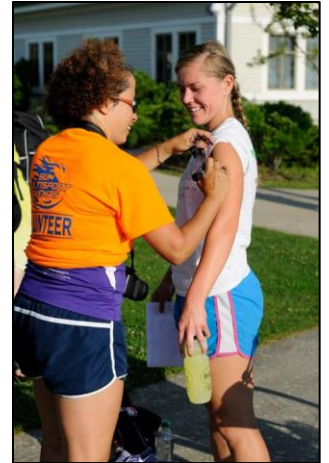
Once you've finished the race you'll find your results on the flat screen monitors built into the side of the All Sports Events trailer which will be set-up near the finish line.



8. BODY MARKING

All athletes need to get body marked. Body marking will be available Sunday morning starting at 5:30am and will be located on the field adjacent to the Community Center where packet pick-up/registration takes place. Body marking is essential for identifying athletes when on the course and in race photos made available from Capstone Photography post-race. Body marking includes:

- Your race # 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.



9. TRANSITION

Transition opens on race morning at 5:30am. **Transition is for athletes only and all athletes must be set-up and be out of transition by 7:25am** so please plan your morning accordingly. We want to start the race promptly at 7:30am and can't 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 Crimson Bikes, 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#. **You must rack your bike at your assigned position – ATHLETES ARE NOT ALLOWED TO RACK THEIR BIKE ANYWHERE EXCEPT THEIR ASSIGNED SPOT.** See page 5 for a map showing the transition area set-up and how athletes will flow in and out from the swim, bike and run.



10. THE SWIM

The swim is in Buzzard's Bay and 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 swim wave to which you are assigned. Athletes will be sent into the water in waves. The first 4 waves will follow a "mass start"



format with all athletes in each wave starting at once. Waves 5-10 will follow a time trial start format with 2 athletes entering the water every 10 seconds (athletes in these waves "self-seed" themselves based on personal preference... at the front, in the middle, etc). Here is this year's swim wave plan:

2021 WHALING CITY TRIATHLON WAVE PLAN				
Wave #	Swim Cap Color	Est. Start Time	Race Category	Start Format
1	White	7:30am	Male & Female Elite/Open	All at once
2	Purple	7:32am	Boston Triathlon Team	All at once
3	Royal Blue	7:34am	Bay State Triathlon Team	All at once
4	Green	7:37am	Cape Cod Triathlon Team	All at once
5	Fl Green	7:38am	Male Age Group 20-44	Time Trial; 2 athletes every 10 seconds
6	White	7:40am	Female Age Group 20-44	Time Trial; 2 athletes every 10 seconds
7	Silver	7:42am	Male Age Group 45+ and Clydesdales	Time Trial; 2 athletes every 10 seconds
8	Fl Pink	7:46am	Female Age 45+ and Athenas	Time Trial; 2 athletes every 10 seconds
9	Fl Yellow	7:50am	Males & Females Age 19 & under, Friends, Families & Beginners and Relay Teams	Time Trial; 2 athletes every 10 seconds
10	Red	8:00am	Male & Female Splash & Dash	Time Trial; 2 athletes every 10 seconds

NERVOUS SWIMMER CAPS: Any athlete regardless of swim wave that has anxiety about the swim and would like to have lifeguards keep an especially watchful eye on them may request a **FLOURESCENT GREEN** cap. Wearing a nervous swimmer cap does not change the swim wave you are assigned to start in. This cap will be available at packet pick-up... just ask for one!

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 WITHDRAW FROM THE SWIM FOR ANY REASON IT IS CRITICAL THAT YOU GIVE YOUR TIMING CHIP TO A MEMBER OF THE EVENT TEAM OR A TIMING OFFICIAL so we're aware you have withdrawn from the race.

Wetsuits and the Buzzard's Bay Water Temperature

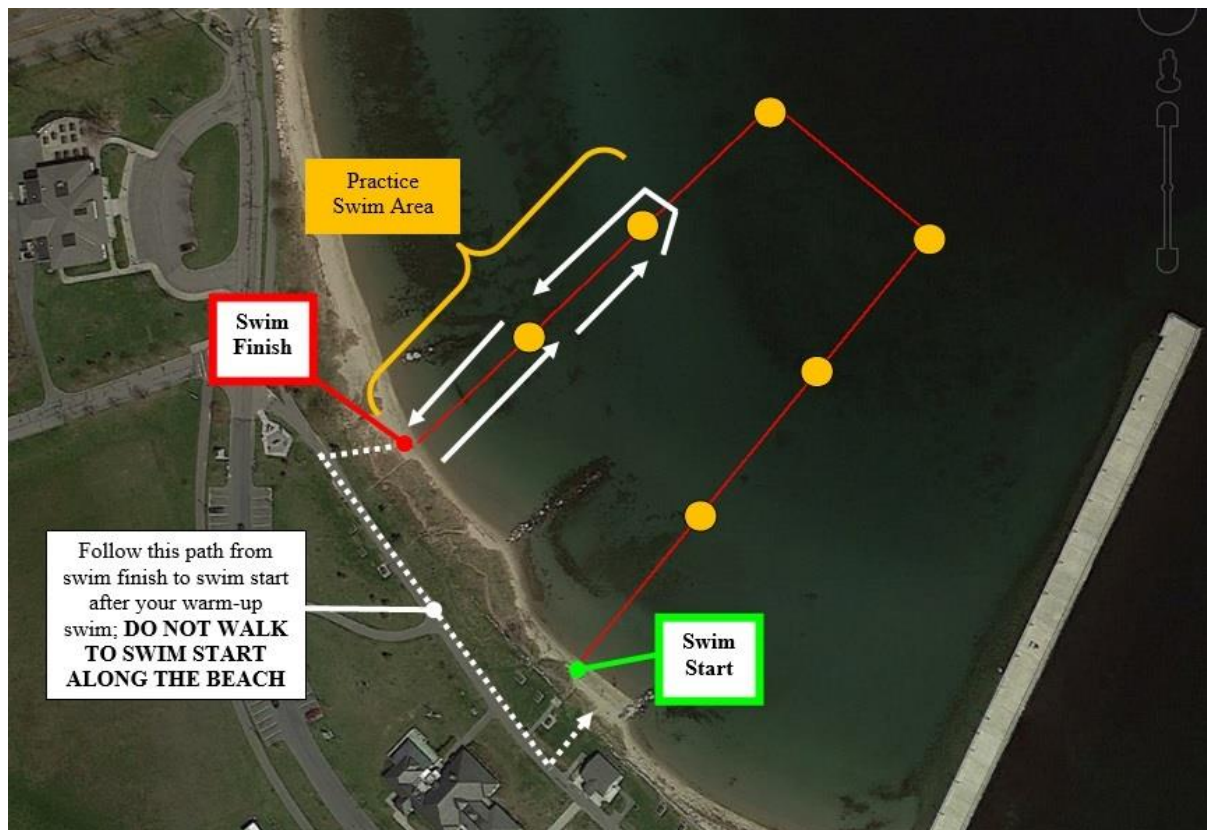
All participants may wear a wet suit and be eligible for rankings and category awards if the water temperature is 78 degrees F or less. If the temperature is between 78.1

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 degrees F or higher, no participants will be allowed to wear a wet suit.

A water temperature update will be posted to the SME Facebook page on Friday, 7/19. Wetsuits are OPTIONAL and not a requirement of the race.

Procession to the Swim Start: To eliminate crowding at the swim start as part of our COVID-19 Mitigation Plan, waves of athletes will be called out of transition one by one. Each wave will be led to the swim start by a volunteer holding a wave sign. Athletes in wave 1 will follow the volunteer holding a sign for wave 1, athletes in wave 2 will follow the volunteer holding a sign for wave 2, etc. As part of our COVID-19 Mitigation Plan athletes are asked to remain 6' apart during this procession to the swim start.

Practice/Warm-up Swim: Athletes will have an opportunity to go for a warm-up swim between 7:00am and 7:20am. Athletes interested in a warm-up swim must enter and exit the water from the swim finish area and are asked to only swim around the last 2 buoys of the swim course. Athletes that choose to go directly to the swim start after their practice swim are asked to walk along the walking path to get to the swim start – do NOT walk along the beach as you risk triggering the timing wire buried in the sand at the swim start with your timing chip.



11. 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 alongside your bike to the Mount Line. **Only after crossing the Mount Line are you allowed to get on your bike and begin riding.**



The 11.4 mile bike course is 2 loops of a 5.7 mile course. Approximately 4.5 miles of the 5.7 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.

At approximately mile 4.2 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. You will need to REDUCE SPEED to navigate the turnaround.

IMPORTANT: As cyclists approach the end of their 1st loop (Fort Taber Park will be on your right) the road (South Rodney French Blvd) will be split with cones to create 2 lanes. Cyclists **starting** their 2nd loop will stay LEFT of this cone line and cyclists **finishing** their 2nd loop will stay RIGHT of the cone line. Signage and volunteers will be in place to help communicate this but cyclists should anticipate this section and approach it cautiously to ensure they position themselves in the correct lane. [Watch this video](#) for a look at this section and some guidance from the Whaling City Tri & Du Race Director (*the photo below shows an athlete to the left of the cone line who is starting their 2nd loop of the course*).



AREA OF CAUTION: Most cyclists beginning their second loop (Fort Taber will be on your right) will be merging with cyclists beginning their first loop as they leave 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 extra caution at this intersection on the course.

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. **STAY TO THE RIGHT EXCEPT WHEN PASSING** and when you decide to pass another cyclist be sure to call out, "On your left!".

BIKE CUT-OFF: Our permit from the City of New Bedford that allows us to close the roads for the bike course requires that these roads re-open by a specified time. To meet this deadline, all bikes must to be off the course no later than **9:30am**.

Bike tech support is being provided **On the Spot** of Dartmouth, MA 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). There will be no tech support during packet pick-up hours on Saturday, 7/17.



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

12. THE RUN



The 3.1 mile run is along coastline sidewalks and walking paths giving you gorgeous views of 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 of 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 there is virtually zero cover from the sun. **NOTE: Headphones or earbuds are not allowed to be worn during the run (or the bike).** Wearing headphones or earbuds is a violation of USAT rules and represents a safety hazard.



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



13. 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.

14. POST-RACE

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. The awards ceremony will be at approximately **9:45am**.

The awards ceremony will include awards to eligible teams competing in the **Tri Team Challenge**. This Team Challenge features teams that have met the requirement of having at least 10 members registered for the triathlon (minimum 3 females). 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, Power Bar bars and other packaged nutrition at the conclusion of the event. These items will be available in the Finish Line corral and are complimentary to all athletes.

Whaling City Merchandise for Sale

A limited number of Whaling City Tri & Du trucker hats from Headsweats will be available for purchase for \$25. Also available are commemorative pint glasses for \$20. These will be available for purchase at packet pick-up on Saturday and post-race on Sunday while supplies last.



If you purchased a Whaling City Tri & Du trucker hat when registering for the race, the hat will be given to you at packet pick-up.

15. DUATHLON DETAILS

The duathlon consists of a 1.1 mile run, a 11.4 mile bike and a 3.1 mile run. The Duathlon start will be separated into two waves. Wave 1 will feature all male duathletes and will start at 7:30am. The second wave will be all female duathletes and start at 7:40am. The designated start line for the duathlon is the road 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 run into 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 11.4 mile bike and 3.1 mile run courses as athletes in the Triathlon.

16. SPLASH & DASH DETAILS

Athletes in the Splash & Dash will go off in the final wave at 8:00am 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 their designated spot in transition along with other athletes in the triathlon, change into their running gear and complete the 3.1 mile run course.



17. RELAY TEAM DETAILS

All members of a relay team must come to packet pick-up together (see section 6 for complete details on packet pick-up). The swimmer on the team will complete the 0.25 mi 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 bike 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.

18. POLICY REMINDERS

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 or eliminate any portion of a race course or delay the start or continuation of any race at any time in the interest of athlete safety or for other reasons beyond our control. No refunds (partial or full) will be issued under these circumstances.

Visit the "Policies" section of the Whaling City Tri & Du page of the Sun Multisport Events website for complete details.

19. VOLUNTEERS

This year's race is made possible with the support of 50+ volunteers and we are very 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.



20. 2021 SPONSORS

We are fortunate to have the support of many sponsors whose contributions improve the overall quality of the Whaling City Tri & Du 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. Sponsors of this year's Whaling City Tri & Du are:

- **Breakthrough Performance Coaching** (*Official Coach*)
- **Loco Coffee**

21. CHARITABLE PARTNERS

This year's event has two charitable partners from New Bedford. Athletes had the opportunity to donate to the **Buzzards Bay Coalition** when registering for the event to support their mission dedicated to the restoration, protection, and sustainable use and enjoyment of Buzzards Bay and its watershed.

Mercy Meals &

More is a non-profit organization based in downtown New



Bedford that provides free breakfast meals to those in need 6 days a week. They also run a foot clinic each Thursday morning and distribute donated clothing all year. Members of the Mercy Meals & More organization will be volunteering at Sunday's race and receive a donation for their support. They will also be conducting a **sneaker drive!** If you have any old sneakers laying around in your closet put them to good use and donate them! Sneakers will be collected in the Fort Taber Community Center during packet pick-up hours.

22. USA TRIATHLON EVENT RULES

The Whaling City Tri & Du is a USAT Triathlon sanctioned events. Participation in the event requires that you abide by USAT rules which include:

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn securely fastened at all times while in possession of your bike.
2. **Chin Straps:** Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.
3. **Outside Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. Triathlons and duathlons are individual tests of fitness. Participants competing in the same event may assist each other with incidental items such as, but not restricted to, food and drinks after an aid station, pumps, tubular tires,



inner tubes and puncture repair kits; Participants may not provide any item of equipment to another participant competing in the same event which results in the donor participant being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. A participant shall not physically assist the forward progress of another participant on any part of the course.

4. Transition Area:

- All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral.
- No person shall interfere with another participant's equipment or impede the progress of another participant.
- All bar end plugs must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

5. Bike Position Rules:

- Drafting- keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must complete your pass within 15 seconds.
- Position- keep to the right-hand side of the lane of travel unless passing
- Illegal Pass- cyclists must pass on the left, not on the right.
- Blocking- riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.
- Overtaken- once passed, you must immediately make rearward progress out of the draft zone of the passing cyclist and move completely out of the draft zone within 15 seconds.

6. Course: All competitors are required to follow the prescribed course, complete the course in its entirety, and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

7. Unsportsmanlike-Like Conduct: Verbal or physical abuse of others is not acceptable or tolerated. Participants shall refrain from unsportsmanlike conduct at all times while at the event and during competition, including the use of abusive language; violent acts; intentional misconduct; or any intimidating behavior directed toward, including but not limited to participants, officials, event staff, volunteers and spectators.

8. Headphones: Headphones, headset, radio, or a personal audio device may not be carried or worn during competition. Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A "distractive manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition will result in disqualification.

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in

any way that prevents a clear identification. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

11. Abandonment/Littering: No participant shall dispose of trash or discard any equipment or personal gear on or around the race course, except at clearly identified disposal points, such as aid stations.

22. SPECTATOR INFORMATION

Where to Watch: The Whaling City Tri & Du 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 5.7 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 him/her as they leave Fort Taber Park; athletes will merge with South Rodney French pretty much in between East and West Rodney French Blvd (near 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" section).
- **About Fort Taber Park:** Fort Taber is a beautiful venue that offers numerous places to watch athletes. The grounds feature a WWII 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.
- **Volunteering:** Want to be a part of the action? Consider volunteering! The saying "It takes a village" couldn't be more applicable to producing this event. 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.



- **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 is no food service at Fort Taber, but there are plenty of options for post-race food and drink. See a list of local favorites below.
 - **No Problemo;** Comments: "Hipster" beer & burritos; 813 Purchase St, New Bedford, MA 02740; (508) 984-1081 (a personal favorite... *awesome burritos!*)
 - **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
 - **Cisco Brewers Kitchen & Bar:** Just opened! Located at 1480 East Rodney French Blvd and is right on the water with lots of outdoor seating.