

**20th
Anniversary!**



2021 ATHLETE GUIDE

August 21-22, 2021 * Ted Williams Camp, 28 Precinct Street, Lakeville, MA



A MESSAGE FROM THE RACE DIRECTOR

Dear Athlete,

Welcome to the 20th annual Cranberry Trifest – part of the award-winning multisport race series produced by Sun Multisport Events. We appreciate you choosing to race with us and look forward to delivering to you a great race day experience.

This Athlete Guide is a valuable resource covering everything from packet pick-up and swim waves to on course support, post-race festivities and spectator information. Print it out, grab your favorite hot or cold beverage and give it a good read. Some important notes:

1. **Our COVID-19 Mitigation Plan.** I thought we were done with this. You too? Well, the threat of the virus remains and while still very low especially for an outdoor event such as this we will be taking extra precautions to ensure the safety of all athletes, volunteers, spectators and others involved in the event. See page 3 for an overview of our COVID-19 Mitigation Plan.
2. **Volunteers Needed!** This event requires the help of more than 100 volunteers and while we have a solid base of volunteers, we definitely need more. If you have friends or family coming to spectate, ask them to volunteer! Details on volunteering here: <https://www.bikereg.com/cranberry-trifest-volunteer-registration>
3. **Cyclists MUST RIDE SINGLE file except when passing.** Cyclists riding 3-4 across the road and blocking traffic has been a source of complaints from local residents and strains our relationship with the towns through which this race passes. Not riding single file except when passing is also a USAT rules violation and subject to penalty. If you violate this rule you risk penalty and if caught twice you will be disqualified from the race.
4. **Littering on the course is STRICTLY PROHIBITED.** This should go without saying, but please don't litter. When on course, trash can be discarded in designated trash zones on the sprint and olympic run courses and at the bottle exchange on the bike course in Sunday's olympic. If you drop something (e.g. water bottle, gel) elsewhere on the course you must pick it up or it's considered littering. Littering is a USAT rules violation and bad for the environment. Don't do it.

We look forward to seeing you this weekend.

Best regards,

Mark Walter, USAT Certified Race Director, Sun Multisport Events

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

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1. 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 stations will be set up throughout the venue (e.g. in transition, near porto-johns, finish line, etc.). Sanitizing wipes will also be available.



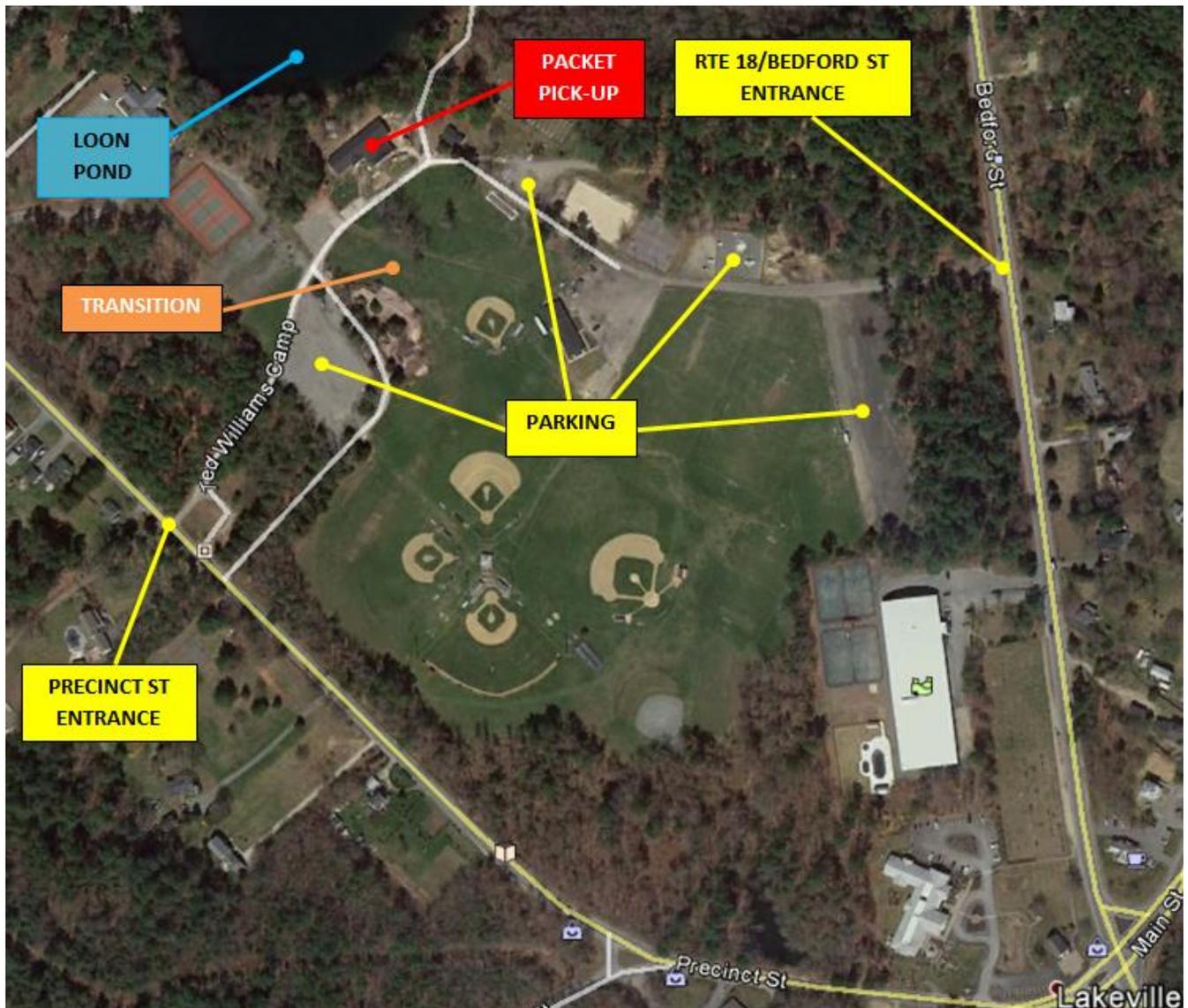
2. THE VENUE

Cranberry Trifest is based at the Ted Williams Camp located at 28 Precinct St, Lakeville, MA. The venue has tennis courts, a horseshoe pit, a pond for fishing, walking trails and more so if you have friends and family coming they'll have something to do when they aren't cheering you on.

3. 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. Lots near the Rte 18/Bedford St entrance offers the most parking and anyone that parks there can leave whenever they want. Lots near the Precinct Street entrance are few and this entrance will be closed once all spaces are filled. **Athletes and spectators that park in the lot near the tennis courts off Precinct Street entrance (accessible only from that entrance) will not be able to leave until all bikes are off the course which will be approximately 10:30am on Saturday and 11:30am on Sunday.**

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).



4. SCHEDULE OF EVENTS

(All events at the Ted Williams Camp)

FRIDAY, AUGUST 20th (Race packet pick-up for the Cranberry Trifest **SPRINT** and **OLYMPIC** events)

- **4:00pm:** Race packet pick-up opens in the Loon Pond Lodge at the Ted Williams Camp; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT Annual members must bring their USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **4:00-6:30pm:** **First-time Triathlete Q&A** with USAT Head Official of the 2021 Cranberry Trifest, Daria Vender Veer; Daria will be in transition to answer any and all questions about participating in multisport events.
- **6:30pm:** Race packet pick-up concludes



SATURDAY, AUGUST 21st

- **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
- **6:50am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:00am:** Race packet pick-up concludes
- **7:00am-7:20am:** Swim warm-up from the swim finish in Loon Pond
- **7:20am:** Procession to the swim start begins from transition
- **7:30am:** Race start; go to “The Swim” section of this guide for the wave schedules
- **10:00am (est):** Awards ceremony
- **10:30am:** Race packet pick-up for the Olympic races begins inside Loon Pond Lodge; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must bring a valid USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **11:30am:** Race packet pick-up for the Olympic ends.
- **2:00 pm:** Race packet pick-up re-opens for the Cranberry Trifest Olympic in Loon Pond Lodge; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must bring a valid USAT license; if you purchased a 1-day USAT license when registering you’re all set.
- **4:30pm:** Race packet pick-up for the Olympic concludes.

SUNDAY, AUGUST 22ND (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 bring a valid USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **6:50am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:00am:** Race packet pick-up concludes
- **7:00am-7:20am:** Swim warm-up from the swim finish in Loon Pond
- **7:20am:** Procession to the swim start begins from transition
- **7:30am:** Race start; go to “The Swim” section of this guide for the wave schedules
- **10:30am:** Serving of the post-race catered meal begins (complimentary for athletes and volunteers; spectators required to pay a fee; see “Spectator Information” at the end of this guide for details).
- **11:30am (est):** Award ceremony



5. 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 for race packet pick-up hours for the Sprint and Olympic races. **Athletes are encouraged to pick up their race packet the day before their race during designated hours...** the lines will be shorter and it will be one less thing to deal with on race day!

When you arrive for race packet pick up look up your number on the Athlete Board (it will also be emailed to you if you are registered by Sunday, 8/15/21) and then proceed to the appropriate line (they will be organized numerically). All Cranberry Trifest races are USA Triathlon sanctioned events. Per USAT rules **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS. ATHLETES ARE NOT ALLOWED TO PICK UP RACE PACKETS FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT TO RECEIVE THEIR PACKET.**



If you are a USAT annual member you need to bring a valid USAT license. If you do not have a valid USAT license you will be required to either purchase a new annual license for \$50 or purchase a 1-day license for \$15.

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

KNOW YOUR BIB#: Packets will be organized by bib# when you arrive so you can save yourself the effort of looking up your bib# up on the Athlete Board by coming to packet pick-up knowing your bib#.

Your race packet includes:

- Bib# for your race top
- Pins to attach your bib to you top
- Bike helmet sticker
- Bike frame sticker (see illustration below for where to place it)
- T-shirt
- Swim cap
- A special “gift” commemorating 20 years of Cranberry Trifest!



6. TIMING and LIVE ATHLETE TRACKING

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

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



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

Your Timing Chip: Note a timing chip collection bin will be in the finish line corral and finish line volunteers will be at the ready to remove your timing chip, but all athletes are ultimately responsible for returning their chip. **If you do not return your chip you will be charged a \$50 replacement fee.**

7. 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 is held. 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.**



8. TRANSITION

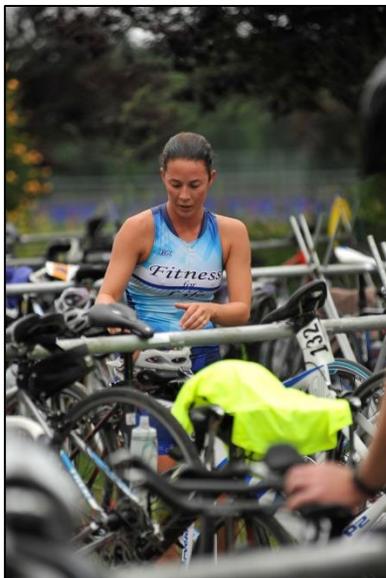
Transition will open at 5:30am on Saturday for the Sprint and on Sunday for the Olympic. Transition is for athletes only.

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, 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. You must rack your bike at your assigned position – **ATHLETES ARE NOT ALLOWED TO RACK THEIR BIKE ANYWHERE EXCEPT THEIR ASSIGNED SPOT.** Please respect the space of other athletes next to you in transition.



Gear removal from transition: We understand that some athletes who finish early are 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 9:30am** or when the last runner leaves transition, whichever comes first; if 9:30am 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 10:30am** or when last runner leaves transition, whichever comes first.

9. THE SWIM: Sprint and Olympic

The Cranberry Trifest swim is in Loon Pond 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.



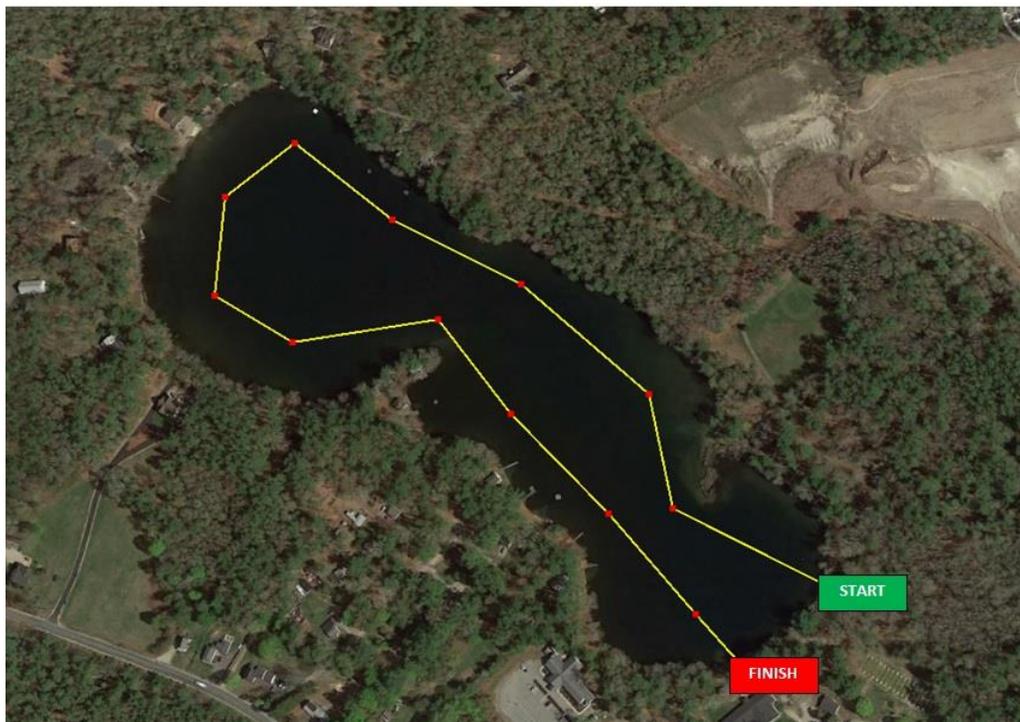
If during the swim you decide you are unable to complete the course a lifeguard can assist with bringing you to shore. **If you do withdraw from the swim, please make race management aware that you have pulled out of the race and be sure to give your timing chip to a member of the Sun Multisport Events team or the timing team. We are tracking all athletes and the timing chip is critical to this process.**

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

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

The Olympic swim will also be 1 counter clockwise loop marked by buoys. Athletes in

CRANBERRY TRIFEST OLYMPIC – SWIM COURSE (0.9 mile)



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 at the bottom of the previous page illustrates, but it gets the job done.



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

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.

2021 CRANBERRY SPRINT				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Navy Blue	7:30am	Mass Start	Elite/Open and Collegiate Men
2	Green	7:32am	Mass Start	Elite/Open and Collegiate Women
3	Fl Yellow	7:33am	TT; 2 athletes every 5 secs	Age Group Men 20-49
4	White	7:35am	TT; 2 athletes every 5 secs	Age Group Women 20-44
5	Fl Green	7:37am	TT; 2 athletes every 5 secs	Age Group Men 50+ and Clydesdales
6	Purple	7:40am	TT; 2 athletes every 5 secs	Age Group Women 45+ and Athenas
7	Royal Blue	7:42am	TT; 2 athletes every 5 secs	Men and Women 19 and under and Relay Teams
8	Silver	7:44am	TT; 2 athletes every 5 secs	Friends, Families & Beginners
9	Fl Pink	7:50am	TT; 2 athletes every 5 secs	Splash & Dash Men & Women
<i>Note: Nervous Swimmer cap color is RED</i>				

Elite Men & Women in waves 1 and 2 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 3 through Wave 9 will start the race following a time trial format. These athletes will enter the swim corral and go into the water side-by-side, 2 at a time, every 5 seconds. A timing clock will be in place to count down every 5 seconds to signal the next start of athletes. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession. Athletes self-seed themselves within their wave by electing to position themselves at the front, middle or back of the wave. An athlete's time begins when he/she crosses the timing wire buried 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 **RED** swim cap at registration. Choosing to wear this “nervous swimmer” cap does not change the swim wave you start in.

Attention tenderfoots! The area around the swim start is rocky in spots. We put out a large rug to cover most of the rocks for the approach to the water, but athletes with sensitive 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.

2021 CRANBERRY OLYMPIC				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Navy Blue	7:30am	Mass Start	Elites/Open Men & Women
2	Fl Green	7:32am	TT; 2 athletes every 5 secs	Age Group Men 40-54
3	Fl Yellow	7:35am	TT; 2 athletes every 5 secs	Age Group Women 35-49
4	Purple	7:37am	TT; 2 athletes every 5 secs	Age Group Men 39 and under and Clydesdales
5	Royal Blue	7:39am	TT; 2 athletes every 5 secs	Women age 34 and under and Athenas
6	White	7:41am	TT; 2 athletes every 5 secs	Age Group Men 50+
7	Fl Pink	7:43am	TT; 2 athletes every 5 secs	Age Group Women 50+
8	Green	7:45am	TT; 2 athletes every 5 secs	Aquabike Men & Women
9	Silver	7:47am	TT; 2 athletes every 5 secs	Friends, Families and Beginners and Relay Teams
N/A	N/A	7:45am	Mass Start	All Female & Male Duathletes

Note: Nervous Swimmer cap color is RED

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

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

The olympic swim cut-off time is 9:00am. Any athletes that do not complete the swim by this time will not be allowed to move on to the next segment of the race.

10. THE BIKE: Sprint and Olympic

After completing the swim you will proceed to your bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition – and make sure you buckle your helmet chin strap!) you will jog along side your bike to the Mount Line. Only after crossing the Mount Line are you allowed to get on your bike and begin riding. Once on the roads, cyclists should stay right except when passing. If you are looking to pass another cyclist be sure to call out, “On your left!”

CYCLISTS ARE REQUIRED TO RIDE SINGLE FILE EXCEPT WHEN PASSING. Failure to do so is USAT rules violation and subject to a timing penalty – if caught twice you may be disqualified. Cyclists riding 3-4 across the road has been a source of complaints from local residents. **THIS RULE WILL BE STRICTLY ENFORCED and signage will be placed along the course to remind you to ride single file.**



Tech support is being provided by **Trek Bicycle of Lakeville**. Their shop is located right around the corner from the venue at 263 Bedford St, Lakeville and they 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. They will also be circulating the bike course during the event on Saturday and Sunday in an effort to provide roadside assistance where needed.

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

The Sprint Bike Course

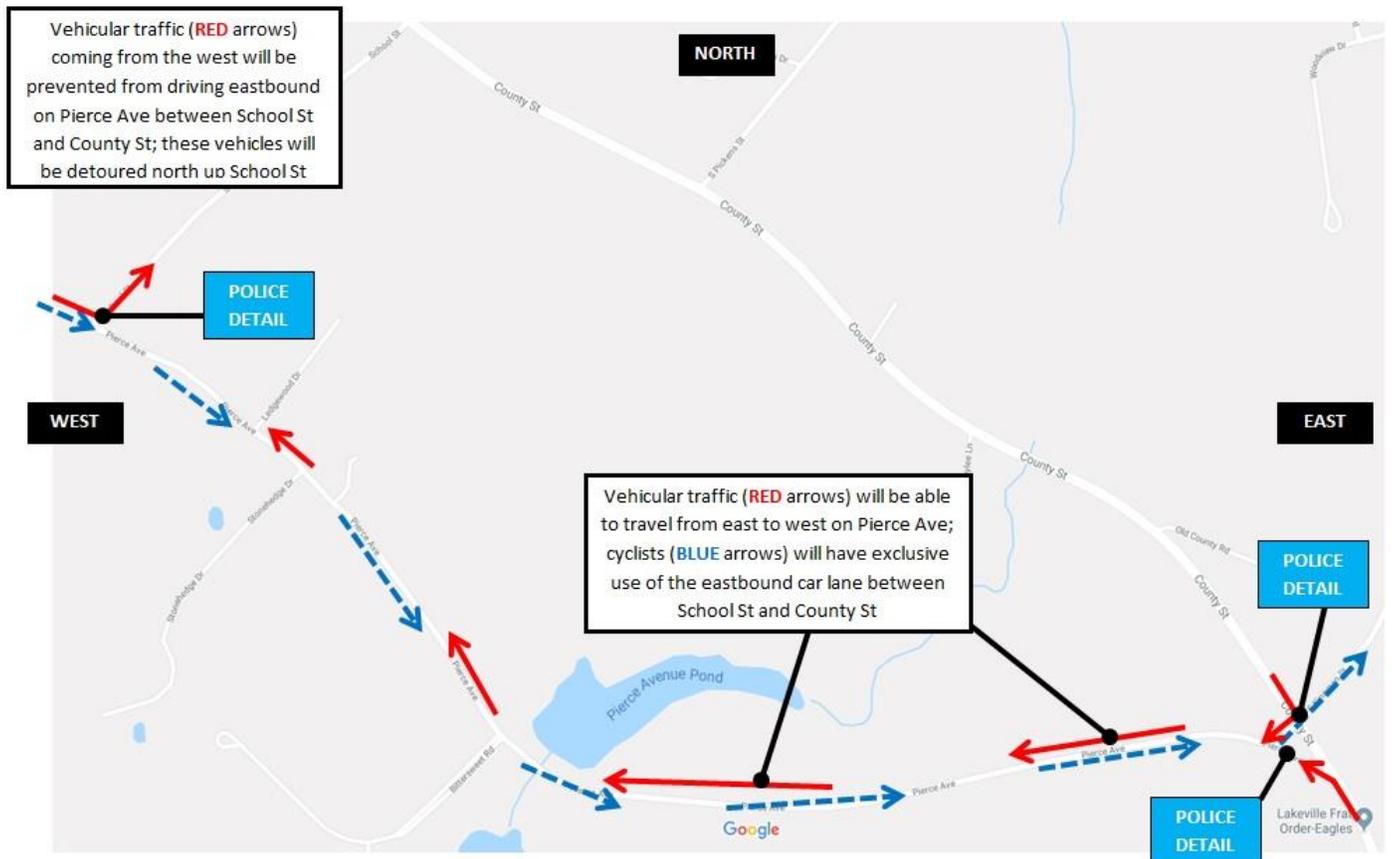
NOTE: The bike course was changed on 8/10/21 due to road construction that will not be completed by race day; the modified course is 11.7 miles. An updated bike course map can be found on the Cranberry Trifest page of our website.



This Sprint bike course is a single 11.7 mile loop. Cyclists will turn right out of the Ted Williams Camp entrance onto Precinct Street and ride straight for about 5 miles through Lakeville, Taunton and Berkley before turning left onto Grove Road. From there cyclists will wind their way back to the Ted Williams Camp along 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 sprint bike course includes a 1.2 mile road closure that starts near mile 6.5 on Pierce Ave between School Street and County Road. Cyclists will have exclusive use of the east bound lane of Pierce Ave over these 1.2 miles. Vehicular traffic will continue as normal along the 1.2 mile west bound lane of Pierce Ave. See below.



The Olypic 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 rehydrate. 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 rehydrate, the bottle exchange station is there for you and will feature 24 oz. Poland Springs sports



water bottles with water (there will be no Gatorade at the bike water bottle exchange station). If you would like to receive a water bottle 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. The volunteer will jog along side of you and hand you your bottle. **If you do not need water from the bottle exchange be sure to stay left as you approach the bottle exchange to avoid cyclists maneuvering for a water bottle.**

The olympic bike cut-off time is 11:00am. Any athletes that do not complete the bike by this time will not be allowed to move on to the next segment of the race.

Go to the “Course Info” section of the Cranberry Trifest page of the Sun Multisport Events website to download a map of the Olympic bike course.

(<http://sunmultisportevents.com/events/cranberry-trifest/>)

11. 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 (lemon-lime flavor) and ice. Power Bar gels will be available at Aid Station #1.

The Olympic Run Course (New course for 2021!)

The olympic run course has been redesigned for 2021 and is now and out and back 6.2 mile course. Runners will depart Ted Williams Camp and turn right on Precinct St, then go left on Montgomery St, left on Hill St and then right on Katie's Way. Runners will do a short out and back on Katie's Way and then go left on Hills St, right on Montgomery St, left on Barstow St and then right on Precinct and onto the finish. The course is generally flat with some rolling hills. There will be three aid stations along the route (near/at mile 1, mile 2.5 and mile 4.6). All aid stations will feature water, Gatorade (lemon-lime flavor) and ice. Power Bar energy gels will be also available at the aid stations near mile 2.5 and mile 4.5.

There will be 1 porta-pottie just outside transition on the run out and a 2nd porto-john near the 1.5 mile mark on the way out that will be accessible on the way in near mile 4. **The olympic run cut-off time is 12:30pm.** Any athletes that do not complete the run by this time will be removed from the course.

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

12. 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!



13. DETAILS FOR SPLASH & DASH ATHLETES

(SPRINT RACE ONLY)



Splash & Dash athletes complete the same 0.5 mile swim as all other athletes participating in the triathlon and will be sent into the water in the last wave. The Splash & Dash swim wave will be delayed until all athletes in the triathlon race waves have nearly completed the swim. After completing the swim Splash & Dash athletes will proceed to their assigned position in transition where they can put on their running shoes and begin the run. Splash & Dash athletes will exit transition through the same “Run Out” as athletes in the Triathlon and complete the same 3.1 mile run course. Athletes in the Splash & Dash will receive 4 timing splits: swim time, T1, run time and finish time.

14. DETAILS FOR AQUABIKE ATHLETES

(OLYMPIC RACE ONLY)

Aquabike athletes complete the same 0.9 mile swim and the 26.2 mile bike course as athletes in the olympic triathlon, but skip the run. Athletes in the aquabike will receive 4 timing splits: swim time, T1, bike time and finish time.

Athletes in the aquabike will be racked together in transition (unless you change to the aquabike after 8/15/21). 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 DUATHLON ATHLETES (OLYMPIC RACE ONLY)

The Olympic Duathlon will start with a 1.5 mile run at 7:45am. The start of this run will be next to the finish line and will consist of two loops around the Ted Williams Camp playing fields (see map below). After completing this run, duathletes will continue on to do the same 26.2 mile bike and 6.2 mile run as athletes in the triathlon.

Athletes in the duathlon will receive 6 timing splits for run1, T1, bike, T2, run2 and overall time.



16. 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 the swimmer 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 packet distributed to you at packet pickup will contain a bike helmet sticker with the team's number and a larger bike frame sticker with the team's number... the cyclist should affix these to their bike helmet and frame. The cyclist should also be body marked with their number on the left calf and left bicep.



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

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

17. POST-RACE

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

Food: Athletes in the Sprint will be offered bananas, watermelon, Power Bar products and more at the conclusion of the event. These items will be available in the Finish Line corral and are complimentary to athletes. There will also be CAKE to celebrate 20 years of the Cranberry Trifest.

Awards & Prizes: The awards ceremony to honor the day's top performers by category and age group will begin at approximately **10:00am**.

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 Boston Tavern of Middleborough, MA featuring:

- Bone-In BBQ Chicken (Gluten Free)
- BBQ Pulled Pork (Gluten Free)
- Homemade Cornbread (Vegetarian)
- Macaroni Salad (Vegetarian)
- Potato Salad (Vegetarian)
- Anniversary CAKE celebrating 20 years of Cranberry Trifest!

BEER! All Olympic athletes age 21 or older will be treated to 1 free beer (additional beers may be purchased).

This meal will be served beginning at **10:30am**. **Each athlete's race bib includes a tear-off meal ticket** (shown at right) that you must present to the volunteers working the BBQ tent when you are ready for lunch. Lunch is free to registered athletes in the Olympic race and volunteers. Spectators may purchase lunch for \$15.



Awards & Prizes: The awards ceremony to honor the day's top performers by category and age group will begin at **approximately 11:30am**. We will also crown the **King and Queen of Cranberry Trifest** during the Olympic awards ceremony based on the fastest time by a male & female that races in both the Olympic and Sprint triathlons.

18. MERCHANDISE

If you purchased one or more of the commemorative Cranberry Trifest pint glasses when registering, you will be able to pick yours up during packet pick-up. Didn't order one but interested in buying one? Pint glasses are available at 1 for \$15 or 2 for \$25. We will also have merchandise from our other races including left over t-shirts from the 2021 Patriot Half and Whaling City Tri & Du (just \$5!).

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 or discount will be offered to the following year's race.

Event Management reserves the right to alter, cancel or eliminate any segment of the race at any time in the interest of athlete safety or for other reasons beyond our control. No refunds will be issued if changes such as these become necessary.

20. VOLUNTEERS

This year's race is made possible with the support of volunteers from Mercy Meals & More of New Bedford, the Middleboro Demolay, the Bay State Triathlon Team, New England Tri Fit and other groups and we are grateful for their support. **We still need volunteers** so if you have friends and family coming to watch you, please ask them to consider volunteering. Volunteers receive a free t-shirt and a pass to the post-race catered meal (3.5 hour commitment required). Athletes not racing can also **earn discounts on 2021 or 2022 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. 2021 SPONSORS and EXHIBITORS

We are fortunate to have the support of sponsors whose contributions improve the overall quality of the Cranberry Trifest in many different ways. Your patronage of our sponsors is greatly appreciated. Our 2021 sponsors include:

- **Breakthrough Performance Coaching** (*Official Coach*)
- **Gatorade**
- **Power Bar**
- **Trek Bicycle of Lakeville**
- **TYR**

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 150+ volunteers for the weekend and are still actively recruiting volunteers to fill a variety of positions.** 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.
- **Food & Beverage:** At approximately 10:30am on Sunday, Boston Tavern will begin serving a catered summer meal Bone-In BBQ Chicken (Gluten Free), BBQ Pulled Pork (Gluten Free), Homemade Cornbread (Vegetarian), Macaroni Salad (Vegetarian), Potato Salad (Vegetarian) and Anniversary CAKE celebrating 20 years of Cranberry Trifest! This meal is free to athletes in the Olympic race (as well as sponsors and volunteers). Spectators may purchase a meal ticket for \$15.
- **Dogs at the Ted Williams Camp:** Are dogs allowed at Ted Williams Camp? Yes! Please make sure they are leashed and please picked up after them.

