



## 2022 ATHLETE GUIDE

August 21, 2022 \* Ted Williams Camp, 28 Precinct Street, Lakeville, MA



## A MESSAGE FROM THE RACE DIRECTOR

Dear Athlete,

Welcome to the 21<sup>st</sup> annual Cranberry Trifest – part of the award-winning multisport race series produced by Sun Multisport Events. Adding to the excitement of this year’s event, the Cranberry Trifest is the 2022 USAT Massachusetts Age Group and High School State Championship. See the “Awards” section of this guide for what this means and who’s eligible to win what.



This Athlete Guide is a valuable resource covering everything from packet pick-up and swim waves to on course support, post-race festivities and spectator information. Please read it carefully and thoroughly! Some important notes:

1. **FREE Transition and Triathlon Clinic:** with Breakthrough Performance Coaching. On Saturday, from 3pm to 5pm, BPC Coach Matt Morabito will be in transition to answer questions about the best transition area set up -- and triathlon in general. New to triathlon? Don't miss this opportunity to have your last-minute questions answered!
2. **Volunteers Needed!** This event requires the help of more than 100 volunteers and while we have a solid base of volunteers, we 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 is also a USAT rules violation and subject to penalty. If you violate this rule you risk penalty and if caught twice you risk disqualification.
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 run course and at the bottle exchange on the bike course. If you drop something (e.g. water bottle, gel) elsewhere on the course you must pick it up or it's considered littering. Go back and pick it up!

We look forward to seeing you this weekend.

Best regards,

Mark Walter, USAT Certified Race Director, Sun Multisport Events

***P.S. Online registration closes Friday, 8/19, at 6pm EST and “walk up” registrations will be accepted during packet pick-up hours on Saturday and Sunday (see “Event Schedule” for details).***

## OUTLINE

1. The Venue
2. Parking
3. Schedule of Events
4. Race Packet Pick-up
5. Timing and LIVE Athlete Tracking
6. Body Marking
7. Transition
8. The Swim: Sprint and Olympic
9. The Bike: Sprint and Olympic
10. The Run: Sprint and Olympic
11. The Finish
12. Details for Splash & Dash Athletes
13. Details for Aquabike Athletes
14. Details for Relay Teams
15. Awards and the USAT MA State Championship
16. Post-race
17. Weather Policy Reminder
18. Volunteers
19. 2021 Sponsors
20. Spectator Information

### 1. THE VENUE

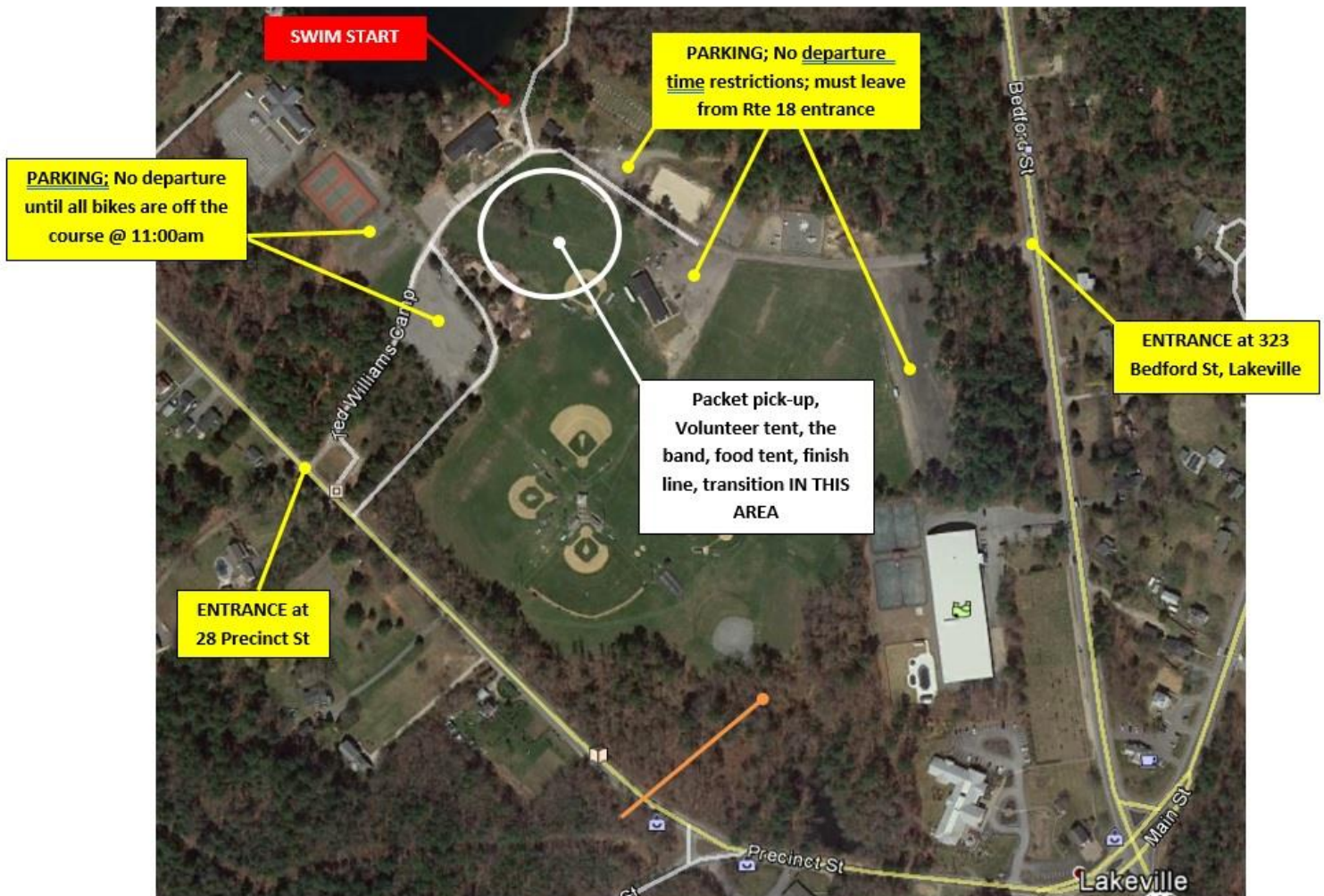
Cranberry Trifest is based at the Ted Williams Camp (TWC) located at 323 Bedford St in Lakeville, MA. The venue has tennis courts, a horseshoe pit, a pond for fishing, walking trails and more so if you have friends and family coming they'll have something to do when they aren't cheering you on... or they can volunteer! See aerial map on the next page for the set up at the Ted Williams Camp.



## 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 Sunday morning to help direct you. The camp has two entrances with one on Rte 18/Bedford Street (address: 323 Bedford St, Lakeville, MA) and one on Precinct Street (28 Precinct St, Lakeville, MA). Lots near the Rte 18/Bedford St entrance offer the most parking and anyone that parks there can come and go as they want. Lots near the Precinct Street entrance offer fewer spots and this entrance will be closed once all spaces are filled. In addition, **athletes and spectators that park in the lots OFF THE PRECINCT ST ENTRANCE will not be able to leave until all bikes are off the course which will be approximately 11:00am on Sunday.**

Below is an aerial view of TWC with these parking locations noted.



### 3. SCHEDULE OF EVENTS

(All events at the Ted Williams Camp)

#### SATURDAY, AUGUST 20<sup>th</sup>

- **2:30pm:** Race packet pick-up opens under the white tent 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.
- **3:00-5:00pm: Transition & Triathlon Q&A** with Breakthrough Performance Coaching. BPC Coach Matt Morabito will be in transition to answer any and all questions about the best transition area set up... and about triathlon in general!
- **5:30pm:** Race packet pick-up concludes
- **NOTE: Timing chips will not be given out on Saturday.**



#### SATURDAY, AUGUST 21<sup>st</sup>

- **5:30am:** Transition opens, race packet pick-up and timing chip distribution begins and 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 under the white tent 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
- **7:25am:** All athletes must be out of transition
- **7:30am:** Race start; go to “The Swim” section of this guide for the wave schedules
- **9:30am:** Live music with “**Soul Revival Orchestra and the Big Juicy Horns**”
- **10:00am:** Serving of the post-race catered lunch begins
- **10:15am (est):** Sprint distance race awards ceremony
- **11:30am (est):** Olympic distance race awards ceremony

## 4. RACE PACKET PICK-UP

Packet pick-up for all races will be at the Ted Williams Camp in Lakeville, MA (site of the race). Packet pick-up will be under a white tent near the finish line and transition areas (**NOT in Loon Pond Lodge this year**). Go to the “Schedule of Events” above for race packet pick-up hours. **Athletes are encouraged to pick up their race packet on Saturday, 8/20, if at all possible ...** the lines will be shorter and it will be one less thing to deal with on race day!

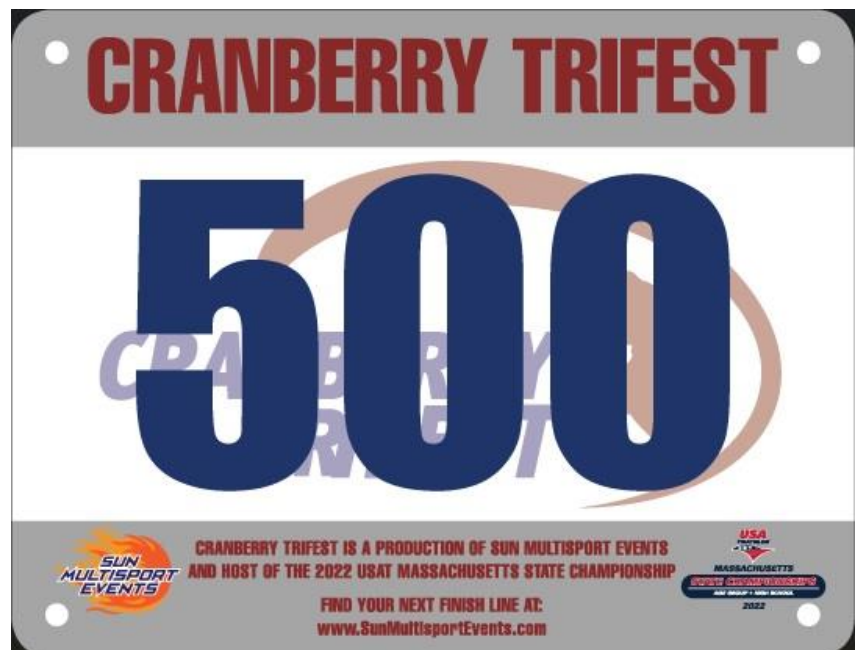
When you arrive for race packet pick up look up your number on the Athlete Board (it will also be emailed to you if you are registered by Monday, 8/15/22) and then proceed to the appropriate line (they will be organized numerically). Cranberry Trifest is USA Triathlon sanctioned event. Per USAT rules **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 purchased a 1-day USAT license when you registered online you are all set.

**KNOW YOUR BIB#:** Packets will be organized by bib# when you arrive so 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 options on where to place it)
- T-shirt
- Swim cap

Bike frame sticker on top tube



Bike frame sticker on seat tube



## 5. 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 and relay teams completing the triathlon 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 \$75 replacement fee.**

## 6. BODY MARKING

All athletes need to get body marked. Body marking will begin at 5:30am on race morning. The body marking station will be located next to the timing chip distribution station near packet pick-up (all conveniently located together! 😊)

Body marking consists of a volunteer with a black sharpie writing:

- Your bib number on your **left bicep, left calf and left hand.**
- Your age on your **right calf.**

## 7. TRANSITION

Transition will open at 5:30am on race morning. Transition is for athletes only. No spectators.

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, this needs to be carefully managed with athletes still entering and leaving transition during their race. Athletes still in the process of actively competing are our priority. As a result, **athletes will not be allowed to remove their gear until 10:00am** and only under the instruction of our Transition Coordinator and volunteers.



## 8. THE SWIM – Sprint & Olympic

**Distances:** The Sprint swim in Loon Pond is 0.25 miles and consists of a counter clockwise loop around 4 green buoys. The turn buoys will be triangular in shape. Sprint athletes keep the green buoys on their left at all times.

The Olympic swim is a 0.9 mile swim around the perimeter of Loon Pond. Athletes in the Olympic distance race must swim around ALL buoys (green and orange) and keep all buoys on their left at all times.

The swim course map below shows both the Sprint and Olympic swim courses.



**Swim Waves:** Below is the 2022 Cranberry Trifest swim wave plan (**Note: Multiple uses of the same color swim cap is not an error**).

2022 CRANBERRY TRIFEST SWIM WAVE PLAN					
WAVE	RACE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Olympic	Red	7:30am	Mass Start	Elites/Open Men & Women
2	Olympic	Fl Yellow	7:32am	TT; 2 athletes every 5 secs	Age Group Men 20-49
3	Olympic	Fl Green	7:36am	TT; 2 athletes every 5 secs	Age Group Women 20-49
4	Olympic	Lt Pink	7:39am	TT; 2 athletes every 5 secs	Age Group Men 50+, Clydesdales and Aquabike Men
5	Olympic	White	7:43am	TT; 2 athletes every 5 secs	Age Group Women 50+, Athenas and Aquabike Women
6	Olympic	Purple	7:46am	TT; 2 athletes every 5 secs	Friends, Families & Beginners, Relay Teams and Age Group Men & Women 19 and under
7	Sprint	Green	8:00am	Mass Start	Elite/Open and Collegiate Men
8	Sprint	Red	8:01am	Mass Start	Elite/Open and Collegiate Women
9	Sprint	Lt Pink	8:02am	TT; 2 athletes every 5 secs	Age Group Men 20-49
10	Sprint	Purple	8:04am	TT; 2 athletes every 5 secs	Age Group Women 20-49
11	Sprint	Fl Yellow	8:06am	TT; 2 athletes every 5 secs	Age Group Men 50+ and Clydesdales
12	Sprint	Fl Green	8:08am	TT; 2 athletes every 5 secs	Age Group Women 50+ and Athenas
13	Sprint	Lt Pink	8:10am	TT; 2 athletes every 5 secs	Friends, Families & Beginners, Relay Teams and Age Group Men & Women Age 19 and under
14	Sprint	Royal Blue	8:30am	TT; 2 athletes every 5 secs	Splash & Dash Men & Women

*Note: Nervous Swimmer cap color is RED*

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 each athlete's race. 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.

**Swim Start Format:** Athletes in "Mass Start" waves will wade into the water and all begin racing at the same time following a traditional "On your mark, get set, GO!".

Athletes in Time Trial waves (TT) 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 start for the next pair of athletes. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession (see photo at right). 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.





As shown in the swim wave plan on the prior page, waves 1-6 are Olympic race waves and waves 7-14 are Sprint race waves. The 14<sup>th</sup> and final wave will be all Splash & Dash athletes and wave is scheduled to start at 8:30am.

**Water Temperature and Wetsuits:** All participants may wear a wet suit and be eligible for rankings and awards if the water temperature is 78.0° F or less on race morning. If the temperature is between 78.1° and 83.9° degrees F, participants wearing a wet suit will not receive a ranking or be eligible for awards (they will still receive split times). If the temperature is 84.0 degrees F or higher, no participants will be allowed to wear a wet suit.

**The Loon Pond water temperature on Sunday, 8/14/22, at 7:30am was 79°F.** With cooler temperatures in the current forecast, it's possible the water temperature drops to 78.0°F or less by race morning to make this a wetsuit legal race. If the water temperature remains above 78.0° (but below 84°F) athletes that choose to wear a wetsuit will be grouped into a new, additional wave at the end of their chosen race (i.e. a wave 6A in the Olympic and wave 13A in the Sprint) and will not be eligible for any category awards.



**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>

**Nervous Swimmers:** Athletes in the Olympic or Sprint race 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 or affect your eligibility for awards.

**IMPORTANT:** If you decide you are unable to complete the swim a lifeguard can assist with bringing you to shore. **If you decide to 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.

**Attention tenderfoots!** The area around the swim start is rocky. 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 starting their swim.

**Cut-off times:** Olympic and Sprint athletes must complete their swim **by 8:40am.**



## 9. THE BIKE– Sprint & 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 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 passing another cyclist, call out, “On your left!”

### **CYCLISTS ARE REQUIRED TO RIDE SINGLE FILE EXCEPT WHEN**

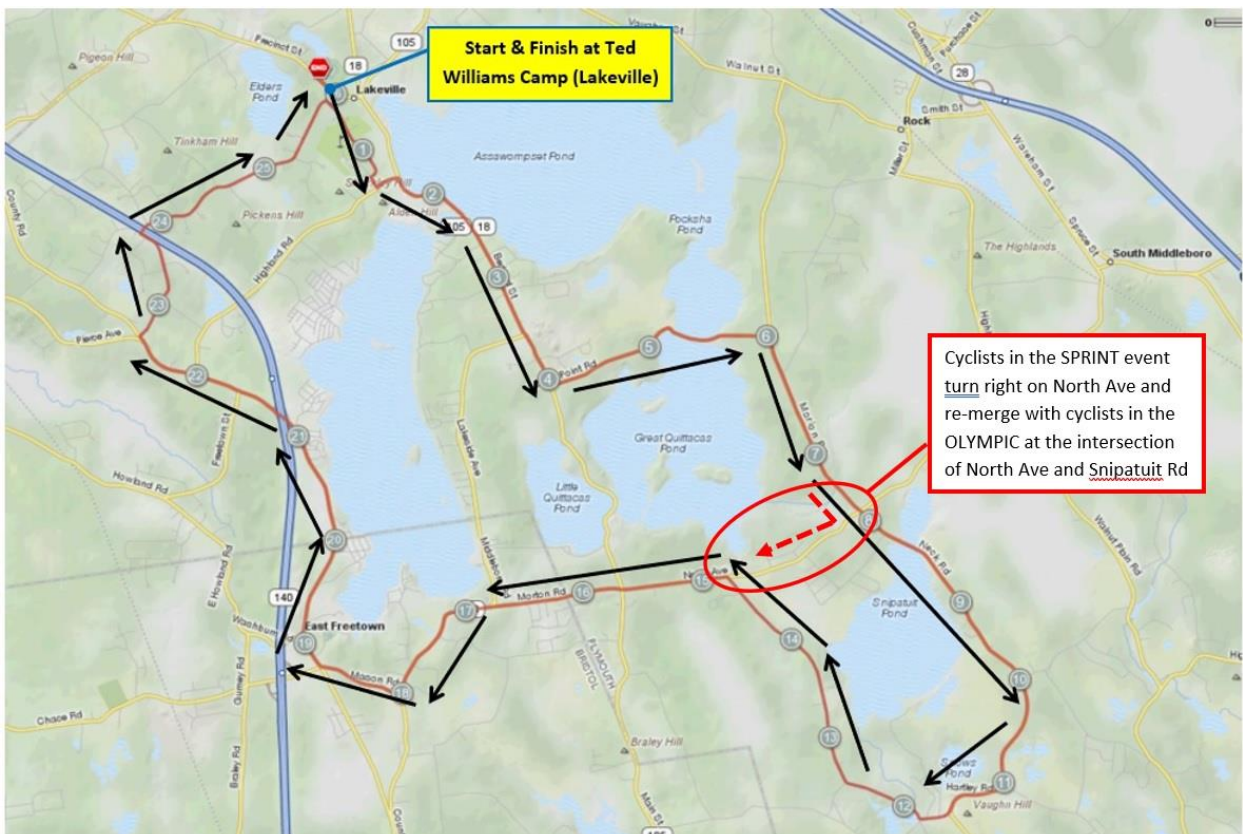
**PASSING.** Failure to do so is USAT rules violation and subject to a timing penalty – if caught twice you may be disqualified. Cyclists riding 3-4 across the road has been a source of complaints from local residents. **THIS RULE WILL BE STRICTLY ENFORCED and signage will be placed along the course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

**Please Ride  
SINGLE FILE**



**Distances:** The Sprint bike course is 21 miles (that’s not a typo... it’s 21 miles ) and the Olympic bike course is 26.2 miles.

**Description:** As shown in the course map below the Sprint and Olympic course are the same until just before the 8 mile mark (the corner of Neck Road and North St in Rochester) where cyclists in the Sprint turn RIGHT while cyclists in the Olympic continue STRAIGHT. Cyclists in the Sprint re-merge with Olympic cyclists at the intersection of North Ave and Snipatuit Road



Both the Sprint and Olympic bike courses will be well marked with spray chalk and directional signage. Volunteers will be at key positions to help guide you around the course and police details will be in place at all major intersections to control traffic. Note **the Sprint and Olympic bike courses are NOT closed to auto traffic.**

The Sprint and Olympic bike courses are generally flat and take 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.

**Water Bottle Exchange Station:** The bike course will feature one water bottle exchange station (near mile 15 of the Olympic course and mile 10 of the Sprint course). 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 will offer 24 oz. Poland Springs sports water bottles with water and 24



oz lemon-lime Gatorade Endurance. If you would like to receive a water bottle you will need to call out to a volunteer for water or Gatorade. The volunteer will jog along side 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.

**Porto-Johns:** There will be 1 porto-john at the bottle exchange station.

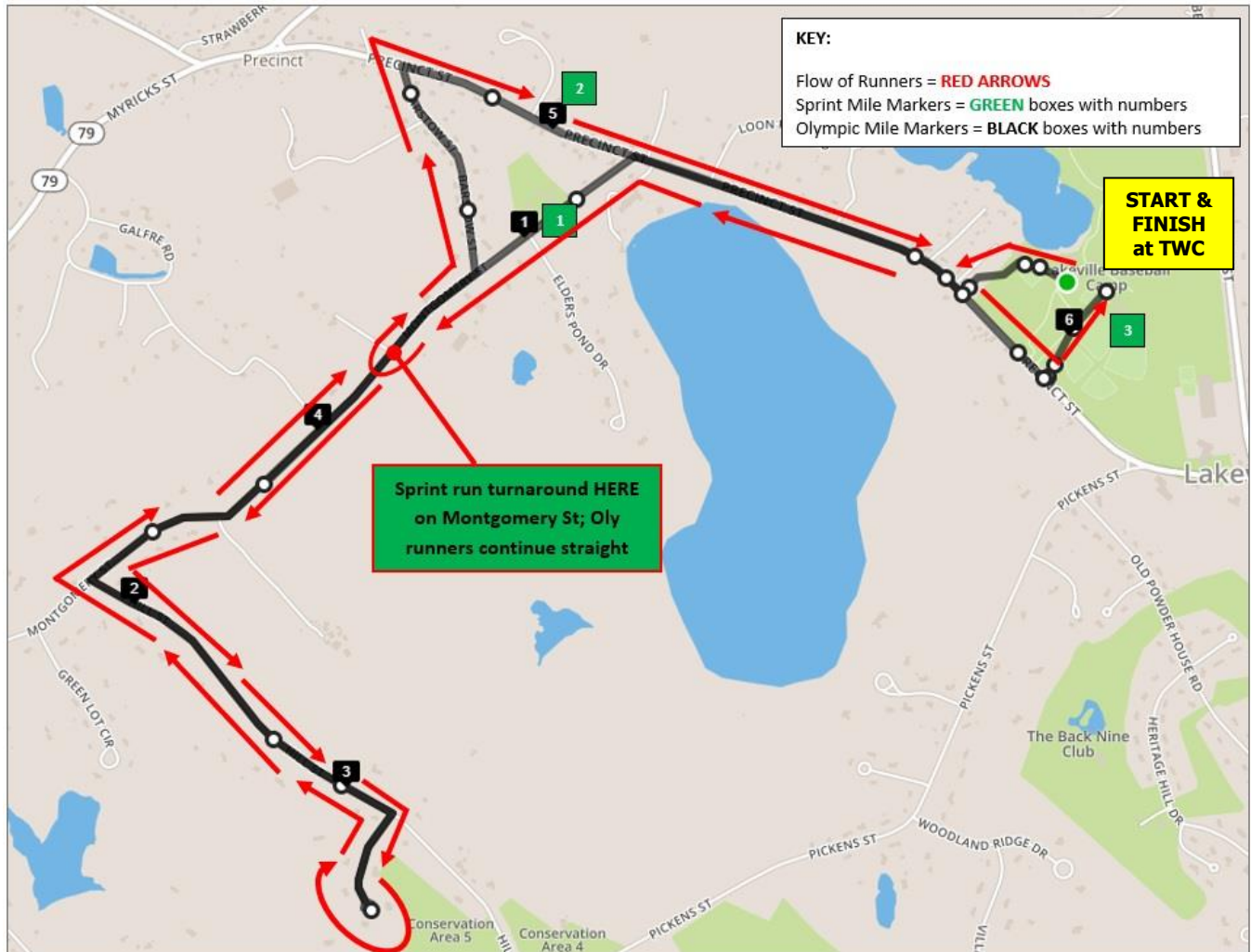
**Tech Support:** Unfortunately, I was notified on Monday, 8/15/22, that **the local bike shop that was set to provide tech support can no longer help at our event** because COVID spread throughout their shop and they've had to temporarily close. I've contacted multiple bike shops in the area and have shared our need for bike mechanics on our social media pages. We hope to secure 1 or 2 mechanics, but at this point can not guarantee tech support will be available. Please come to the event with your bike in working order and tires filled with the proper amount of air.

**Cut-off times:** Athletes must complete the bike **by 11:00am** or will not be allowed to move on to the run 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 and cue sheet of the Sprint and Olympic bike course. (<http://sunmultisportevents.com/events/cranberry-trifest/>)

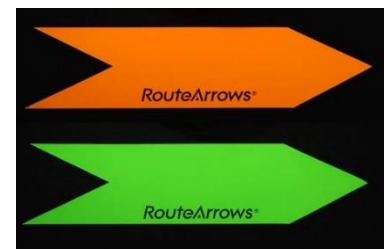
## 10. THE RUN: Sprint and Olympic

The run courses for both races will be supported with directional signage, volunteers and multiple aid stations. The Sprint run and Olympic run courses utilize the same roads and are an “out and back” with Sprint runners turning around near the 1.5 mile mark on Montgomery Street in Lakeville while Olympic runners continue straight and complete their turnaround on Katies Way in Lakeville. See course map below for the Sprint and Olympic run courses.



Route arrows (bright colored stickers placed on the road) will also be utilized to provide further directional guidance with orange stickers marking the Olympic course and green stickers marking the Sprint course.

**The roads are not closed to traffic** and police details will be in numerous locations to control traffic.





**Aid Stations and Porto-Johns:** Runners in the Sprint distance race will have the opportunity to refuel at aid stations set up near **miles 1 and 3**.

Runners in the Olympic distance race can refuel at aid stations near **miles 1, 3 and 5**.

ALL aid stations will offer water, Gatorade, Power Bar gels and ice.

A porto-john will be set up near mile 3 of the Olympic run course (this porto-john is not on the Sprint course).

Go to the “Course Info” section of the Cranberry Trifest page of the Sun Multisport Events website to download a map and cue sheet 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 celebrate!



## 12. DETAILS FOR SPLASH & DASH ATHLETES

(SPRINT RACE ONLY)



Splash & Dash athletes complete the same 0.25 mile swim as all other athletes participating in the Sprint triathlon and will be sent into the water in the final 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.

## 13. 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 8/14/22). 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. 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 encourage all Aquabike athletes to make their way there 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.**

## 14. 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.

## 15. AWARDS and the USAT MA State Championship

Awards will be distributed to the top 3 males and females in each race category (e.g. Elite/Open, Collegiates, Age Group [in 5 year increments], Athenas, Clydesdales, Splash & Dash and Aquabike). Awards will be given to the 1<sup>st</sup> place team in each Relay Team category (e.g. Male, Female, Mixed). The Friends, Families & Beginners category is non-competitive and awards are not distributed to athletes in this category.

**Award Ceremonies:** Awards in the Sprint race will be distributed at approximately **10:15am**. Awards in the Olympic race will be distributed at approximately **11:30am**. Random prize giveaways from our sponsors will also be distributed at this time.



**USAT MA State Championship:** The 2022 Cranberry Trifest is the USAT Massachusetts Age Group and High School State Championship and will award state champions in the following categories.

- **Sprint Age Group Females:** Top 3 overall Age Group athletes age 19 or older in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.
- **Sprint Age Group Males:** Top 3 overall Age Group athletes age 19 or older in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.
- **High School Females:** Top 3 overall Age Group athletes age 18 or younger in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.
- **High School Males:** Top 3 overall Age Group athletes age 18 or younger in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.
- **Olympic Age Group Females:** Top 3 overall Age Group athletes age 19 or older in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.
- **Olympic Age Group Males:** Top 3 overall Age Group athletes age 19 or older in the Sprint Triathlon; excludes anyone in the Open/Elite, Collegiate, and Friends, Families & Beginners categories.

Because Cranberry is USAT State Championship if you finish in the top 35% or are among the top five (5) finishers in an age group (whichever is greater) you will qualify for the 2023 USAT Age Group National Championships. You may only qualify for Olympic-distance Nationals by placing in the Olympic distance State Championship race or Sprint Nationals by placing in the sprint distance State Championship race.



**High School State Championships Exemption:** All high school athletes who finish any of the State High School Championships will automatically qualify for Sprint-distance National Championship (pending they are at least age 15 as of December 31, 2022.).

## 16. POST-RACE

**Complimentary Food & Drink:** All athletes will be treated to light food and drink from the finish line corral including oranges, bananas, watermelon, Power Bar products and more.

**The Catered Lunch (purchase required):** A catered lunch will also be available. A complimentary pass to the catered lunch is included with the price of registration for all athletes in an Olympic distance race. Olympic athletes also had the opportunity to purchase additional lunch tickets when registering online. Sprint race athletes were able to purchase lunch tickets for themselves and/or spectators when registering for the race online. Volunteers at the food tent will verify who receives complimentary pass to the catered lunch (Olympic athletes) and who pre-purchased tickets. Lunch tickets will be available for purchase at the food tent on race day at \$15 each.

The catered lunch will be served by Boston Tavern of Middleborough, MA and includes:

- BBQ Pulled Pork sandwiches (the pulled pork is Gluten free, the rolls are not)
- Potato Salad (Gluten free)
- Macaroni Salad
- Homemade Cornbread

This catered lunch will be available starting at **10:00am**.

**Live Band:** The house band for the 2022 Cranberry Trifest is “Soul Revival Orchestra and the Big Juicy Horns” and they will begin playing at 9:30am.

**Race Photos:** Capstone Photography is our Official Race Photographer and will have photographers on site throughout the day taking pictures of athletes in action. All athletes will be notified by email by Friday, 8/26, when photos are available. At that time you will be given a promo code for 1 FREE photo download. You will have the option to purchase additional ones as well.



## 17. 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.

## 18. 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 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 hour commitment required). Athletes not racing can also **earn discounts on**

**2022 or 2023 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.



## 19. 2022 SPONSORS and EXHIBITORS

We are fortunate to have the support of sponsors whose contributions improve the overall quality of the Cranberry Trifest. Your patronage of our sponsors is greatly appreciated. Our 2022 sponsors include:

- **Breakthrough Performance Coaching** (*Official Coach*)
- **Gatorade**
- **Power Bar**
- **Rudy Project**
- **TYR**





## 20. 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! **We need 100+ volunteers 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 10:00am on Sunday, Boston Tavern will begin serving a catered lunch (see the “Post-Race” section for the menu). 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.

