



2016 ATHLETE GUIDE

Race Date: Saturday, 6/18/16; Race Start: 7:00am
Location: Cathedral Camp, 167 East Freetown, MA

Dear Athlete,

Welcome to race week for the 2016 edition of the award-winning Patriot Half! This year marks the 10th anniversary of the Patriot and it's the support and enthusiasm of athlete's like you that have helped make this such a great event... thank you!

The Athlete Guide is filled with everything you need to know about Saturday's race... from packet pick-up through post-race festivities. You'll also find spectator info and local dining recommendations that have extended special discounts to Patriot athletes and their friends and families for Friday night dinner.

The Patriot Half is a production of Sun Multisport Events (SME). This Athlete Guide and **the page of our website devoted to the Patriot Half** should answer all your questions. If after reading this Guide and visiting our website you still have questions feel free to send us an email at info@SunMultisportEvents.com. However, understand this is race week so our response to emails will be slower than normal.

We will email you if we need to communicate any last minute news or announcements, but we also invite you to follow us on Facebook, Twitter and Instagram where we'll post quick updates (e.g. Long Pond water temperature) as we get closer to race day.

Good luck with your final race preparations.

Sincerely,

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



OUTLINE

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1. DIRECTIONS

The Patriot Half is based at Cathedral Camp in East Freetown, MA located at 167 Middleboro Road in East Freetown, MA. Cathedral Camp is about 50 miles directly south of Boston and 40 miles east of Providence, RI. This is the location of the swim start and finish, transition, packet pick-up (Note: Packet pick-up will also be offered at Landry's Bicycles in Boston on Tues, 6/14; see section 4-5 below), the race finish and post-race festivities.

If driving from the North

Take I-93 South to Rte 24 South to Route 140 South (exit 12). Take Rte 140 to exit 8 for Chace Road, East Freetown/Lakeville. Coming off the exit make a right on Chace Road. You will then enter a traffic circle. Make the second right off the circle onto Mason Road and take Mason Road to the end (< 1 mile). At the end of Mason Road make a left onto Middleboro Road and Cathedral Camp will be about 1 mile down the road on your left at 167 Middleboro Road.

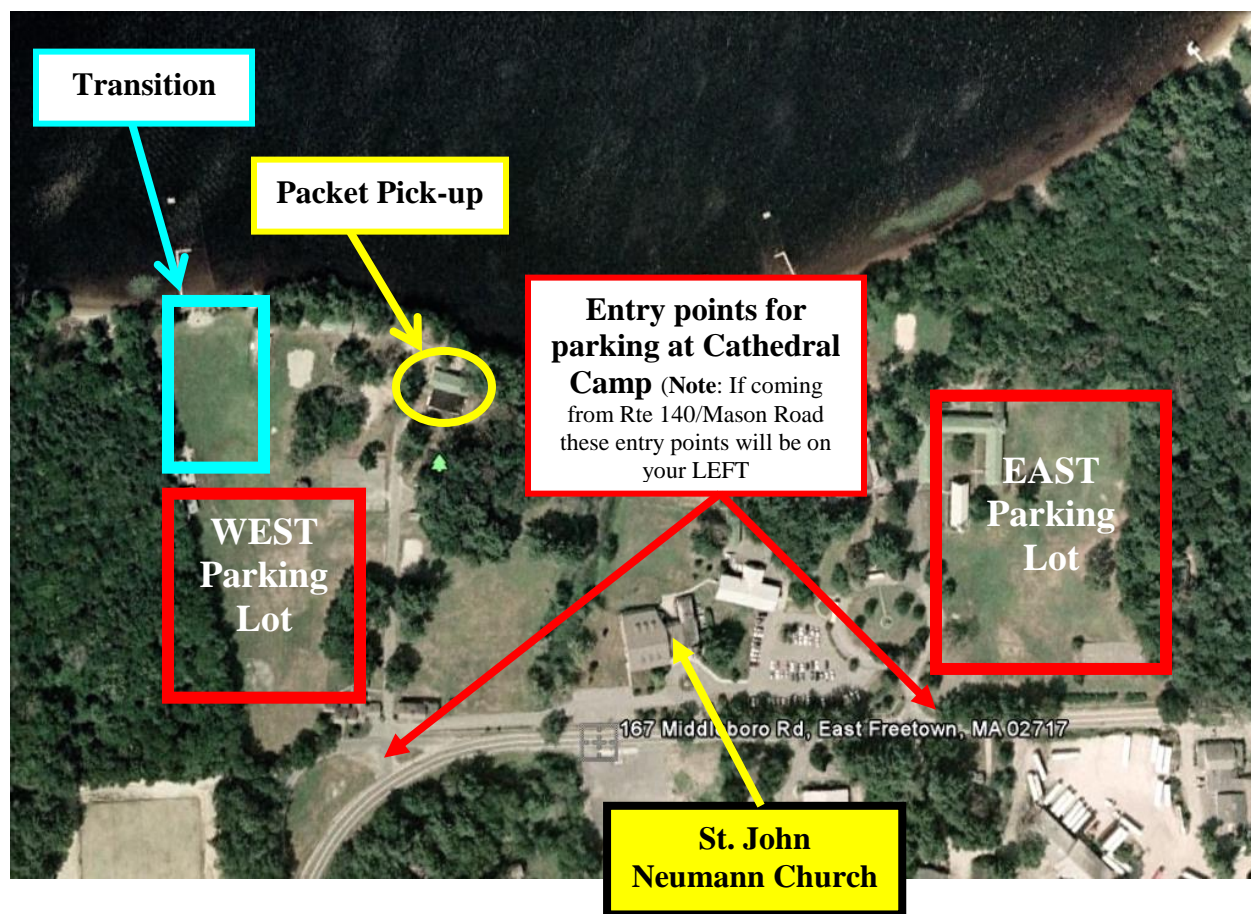
If driving from the South and West

Take I-195 East to Route 140 North, exit 13B, towards Taunton. Take Rte 140 North to exit 8 for Chace Road, Assonet. Turn left onto Chace Road. You will then enter a traffic circle. Make the second right off the circle onto Mason Road and take Mason Road to the end (< 1 mile). At the end of Mason Road make a left onto Middleboro Road and Cathedral Camp will be about 1 mile down the road on your left at 167 Middleboro Road.

2. PARKING

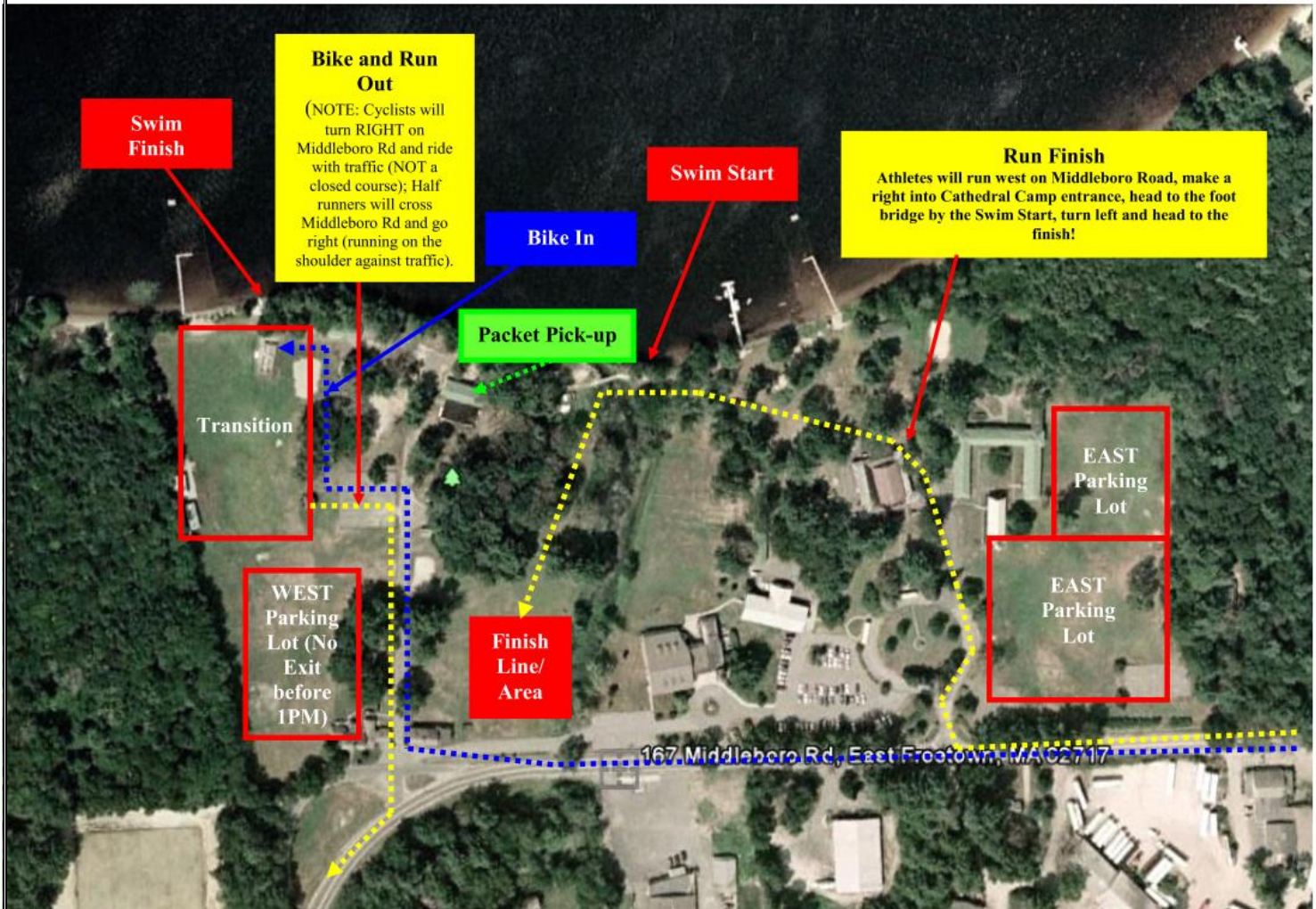
There are two areas to park on the grounds of Cathedral Camp. The EAST and WEST parking lots are shown on the map below which offers an aerial view of Cathedral Camp. Note that the East and West lots will open at 5:00AM and that **cars parked in the WEST lot will be unable to leave until all Patriot Half athletes complete the bike portion of the event at 1:00PM (the WEST lot is expected to be filled by 6:00AM)**. Note that if you are approaching Cathedral Camp after taking exit 8 for Chace Road off of Route 140, Cathedral Camp will be on your LEFT – the West Parking Lot will be the first parking area on your left and the East Parking Lot area will be the second lot at the other end of the grounds of Cathedral Camp. St. John Neumann's church is in between the East and West lots as shown below.

PARKING IS NOT ALLOWED ALONG MIDDLEBORO ROAD OR IN THE PARKING LOT OF THE LIMOUSINE COMPANY LOCATED ACROSS THE STREET FROM CATHEDRAL CAMP.



3. THE LAYOUT AT CATHEDRAL CAMP

The aerial view of Cathedral Camp below shows how the venue is set-up on race day for registration/packet pick-up, transition, the swim start and finish, etc. Note that vendor and team tents will be set up near registration/packet pick-up on Friday and around the Finish Line area on Saturday.



4. SCHEDULE OF EVENTS

Tuesday, June 14th: Packet pick-up at Landry's Bicycles in Boston at 890 Commonwealth Avenue

- **5:00pm:** Race packet pick-up opens; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS; ATHLETES ARE NOT ALLOWED TO PICK UP THEIR RACE PACKET FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT**
- **7:30pm:** Race packet pick-up concludes at Landry's Bicycles
- **NOTE:** Vmps, Official Coach of the 2016 Sun Multisport Events triathlon race series will have a coach on hand at packet pick-up for any last minute questions you may have about tapering and your final preparations for race day.

Friday, June 17th : Packet pick-up in the “Youth Ministry” Camp House at Cathedral Camp in East Freetown, MA at 167 Middleboro Road (site of the race)

- **4:00pm:** Race packet pick-up opens; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS; ATHLETES ARE NOT ALLOWED TO PICK UP THEIR RACE PACKET FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT**
- **4:30pm:** *Ready, Set, GO! Final Tips to Help You Race Your Best* seminar presented by the coaches from Tri-Hard Endurance Coaching (free) and **Q&A with the Patriot Half Race Director**; this 30 minute seminar followed by the Race Director Q&A will be presented under the big tent near the finish line
- **5:45pm:** Open Water Swimming Tips and Advice from Jen Abbott of VMPS (free) at the Patriot Half swim start
- **6:00pm:** Practice Swim; Athletes may swim in Long Pond at the swim start; a couple of **YELLOW** buoys will be placed in the water to mark the practice swim area; athletes may **NOT** swim the 1.2 mile swim course that will be marked with orange and green buoys; **athletes must remain within the practice swim area**
- **7:00pm:** Race packet pick-up concludes

Saturday, June 18th (RACE DAY!) at Cathedral Camp in East Freetown, MA at 167 Middleboro Road

- **5:00am:** Transition opens, race packet pick-up begins; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS; ATHLETES ARE NOT ALLOWED TO PICK UP THEIR RACE PACKET FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT**
- **5:00am:** Body marking available (all athletes are required to be body marked)
- **6:00am-6:50am:** Warm-up swim area opens; Athletes may swim in a designated section of Long Pond that is between the swim start and swim finish near the shore and will be marked with **YELLOW** buoys; athletes must enter and exit the swim warm-up area from the swim finish next to transition and may **NOT** swim beyond this contained area; **athletes must remain within the practice swim area**
- **6:30am:** Race packet pick-up concludes; all athletes must be checked in; **Pre-race meeting with the Race Director**; all athletes must be in or near transition to hear the pre-race meeting announcements
- **6:55am:** All athletes must be out of transition; Paratriathletes begin the race
- **7:00am:** Start of Wave 1: Elite/Open athletes; go to “The Swim” section of this Guide for the complete wave schedule
- **1:00pm:** Bike cut-off time; all cyclists must be off the course
- **1:15pm (est):** Awards Ceremony Part 1: Aquabike
- **1:45pm (est):** Awards Ceremony Part 2: All remaining categories
- **3:00pm:** Run cut-off time; all athletes must be off the course

NOTE: We do not have a sponsor this year that will be at Cathedral Camp to sell goggles, inner tubes, body glide, etc.. If you need any last minute essentials we recommend you visit Spark BRS, a great tri shop, which is about 10 miles from Cathedral Camp and located at 225 Cape Hwy, East Taunton, MA. They will be open until 7pm on Friday, June 17th.

5. RACE PACKET PICK-UP

Race packet pick-up on Tuesday, 6/14, will be at Landry's Bicycles in Boston (890 Commonwealth Ave) and on Friday, 6/17, and Saturday, 6/18, at Cathedral Camp (the race site; 167 Middleboro Rd, E. Freetown, MA). It is strongly encouraged that you pick up your race packet on Tuesday or Friday if possible as this will give you more time to prepare for racing on Saturday morning. We have an experienced group of volunteers at registration, nonetheless, lines are expected on Saturday morning. Arrive as close to 5:00am as possible on Saturday if you do plan to pick up your packet at that time.

There are two steps to packet pick-up:

- **STEP 1:** Go to the appropriate line to get your race number, swim cap courtesy of TYR and t-shirt; lines will be organized by last name (e.g. "A-F", "G-M" and "N-Z"). An envelope will be given to you containing: (1) Your bib # to be pinned to your race top with the pins provided (or you can affix it to your race belt if you have one); (2) large bib # sticker to be affixed to your bike frame; (3) small bib # sticker to be affixed to your bike helmet; and (4) NEW FOR 2016, your timing chip; **THE EXCEPTION TO THIS IS RELAY TEAMS – RELAY TEAMS WILL BE GIVEN A RE-USABLE CHIP DURING FRIDAY OR SATURDAY PICK-UP HOURS AT CATHEDRAL CAMP.**
- **STEP 2:** Proceed to the next station to get t-shirt, swim cap and additional swag

The Patriot Half is a USAT sanctioned event and **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS.** Athletes are not allowed to pick up race packets for anyone but themselves and **ALL members of a relay team must be present to receive their packet.**

If you are a USAT annual member you will need to show a valid USAT license along with your photo ID. If you do not have a valid USAT license you will be required to either purchase a new annual license for \$50 or 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 so you are all set.

As part of our effort to be environmentally responsible we've taken the Pledge of Sustainability in partnership with Athletes for a Fit Planet. In addition to a comprehensive recycling and composting event plan and other initiatives, **we will be offering a shoe recycling program during packet pick-up at Cathedral Camp** so clean out your closet and do something good for the planet at the same time. Bring your old shoes we'll donate them to Rerun Shoes. We can accept men's, women's and kids shoes, athletic shoes, cleats, and sports sandals. Bring as many pairs as you like!



6. TIMING and LIVE RESULTS

All Sports Events is our timer and all athletes will be chip timed. **NEW for this year** we are using disposable timing chips (“MultiSport Tags”; shown below) which will be included in the race packet you receive at packet pick-up. **THE EXCEPTION TO THIS IS RELAY TEAMS – RELAY TEAMS WILL BE GIVEN A RE-USABLE CHIP DURING FRIDAY OR SATURDAY PICK-UP HOURS AT CATHEDRAL CAMP.**



Athletes in the triathlon and relay teams will receive 6 timing splits: (1) swim time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run time; (6) overall time. Athletes racing in the Aquabike category will receive 4 splits: (1) swim time; (2) transition 1 time; (3) bike time; (4) overall time.

After completing the race, results will be displayed on flat screen monitors built into the side of the All Sports Events trailer (shown at right). The trailer will be set-up adjacent to the finish line. Athletes that provided their mobile number will also have results texted to their phones and a station will be set up where athletes can print out a “receipt” which will contain their splits and finish time.



LIVE Results & Athlete Tracking: Live results will be published to the Patriot Half 2016 results page of the All Sports Events website. Friends and family can track athletes by searching on their name, clicking on it when it comes up in search results and then hitting “Add Favorite”. The link to live results is below – share it with friends and family!

http://www.allsportsevents.com/Results/triathlon_results/PatriotTriathlon2016.html#/results::1465812685597

7. BODY MARKING

All athletes need to get body marked. Body marking will begin at 5:00am on race morning. The body marking station will be located across from packet pick-up. Body marketing includes:

- Your race number marked on your **left bicep, left calf and right hand.**
- Your age marked on your **right calf** -- unless you are part of a Relay Team or in the Aquabike category... Relay Team members will have an “R” written on their right calf and Aquabikers will have an “AB” written on their right calf.



Body Marking is essential for identifying athletes when on the course and in race photos made available for FREE from Gameface Media post-race.

8. TRANSITION

Transition will open on Saturday morning at 5:00am. **Transition is for athletes only and all athletes must be out of transition by 6:55am** so please plan your morning accordingly. We want to start the race promptly at 7:00am 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 be not able to race if they are missing. If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning courtesy of Landry's Bicycles, official provider of bicycle tech support, but don't rely on this.

Once you enter transition proceed to your rack position which will be labeled with your name and number. Please respect the space of other athletes when laying out your gear at your space in transition.

9. THE SWIM

The 1.2 mile swim is in Long Pond, the largest freshwater pond in Massachusetts. Athletes are required to wear the colored swim cap given to them at race packet pick-up. Athletes that are nervous about the swim may request a **fluorescent pink** swim cap during packet pick-up which will ensure our lifeguards keep especially watchful eyes on them. Paratriathletes will start the race at 6:55am and then Wave 1 with athletes in the Elite/Open category will follow at 7:00am. There are 10 waves and the wave schedule can be found on the next page. Your specific wave and an estimated start time will be printed on your packet.

The swim is a counter clockwise rectangle with 2 left turns marked with green buoys – other buoys will be orange.



Wave 1 athletes (Elite/Open) will approach the water through the swim corral, wade into the water and all start the race following a traditional, "On your mark, get set, go!"

Athletes in Waves 2 through Wave 10 will begin the race following a time trial start format with athletes entering 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 and a start clock will count down from 5 to 0 for each set of 2 athletes. Depending on the size of the wave, it will take 3-5 minutes for all the athletes in a wave to enter the water. An athlete's time begins when he/she crosses the timing mat. Athletes "self seed" themselves within their assigned wave. **NOTE: Event Management reserves the right to modify this approach as needed to ensure a safe and organized flow of athletes into the water.**



Volunteers holding swim wave signs (e.g. "WAVE 1", "WAVE 2", etc.) will be stationed along the path from transition to the swim corral. Athletes should fall in line behind the volunteer holding the sign corresponding to their wave and follow that volunteer into the swim corral.

Swim waves for the 2016 Patriot Half are summarized below:

Wave #	Athlete Categories <i>(age based on your age as of 12/31/16)</i>	Cap Color	Estimated Start Time
1	Paratriathletes (6:55am) Male & Female Elites (7:00am)	Red	6:55/7:00
2	Male, Age 40-44	Purple	7:01
3	Female, Age 39 and under	Royal Blue	7:05
4	Male, Age 39 and under	Fl Green	7:08
5	Female, Age 50+ and Athenas	White	7:12
6	Female, Age 45-49	Pink	7:16
7	Male, Age 45-49 and Clydesdales	Yellow	7:19
8	Female, Age 40-44	Navy Blue	7:23
9	Male, Age 50+	Silver	7:26
10	Male & Female Aquabike and all Relay Teams	Green	7:30

Lifeguards and other trained safety 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 or stand-up boards (SUPs). **Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgment, the health of the athlete is at risk. Athletes MUST adhere to the judgement of lifeguards.**

If during the swim you decide to turn back to shore and not complete the swim please alert a member of the race management or timing team located at the swim start or finish that you have pulled out of the race.

The swim start and finish are at 2 different locations. You will finish the swim right next to transition and then proceed into transition to get your bike. **All athletes must complete**

the swim course by 9:00am. Athletes that do not complete the swim by 9:00am will not be allowed to continue in the race.

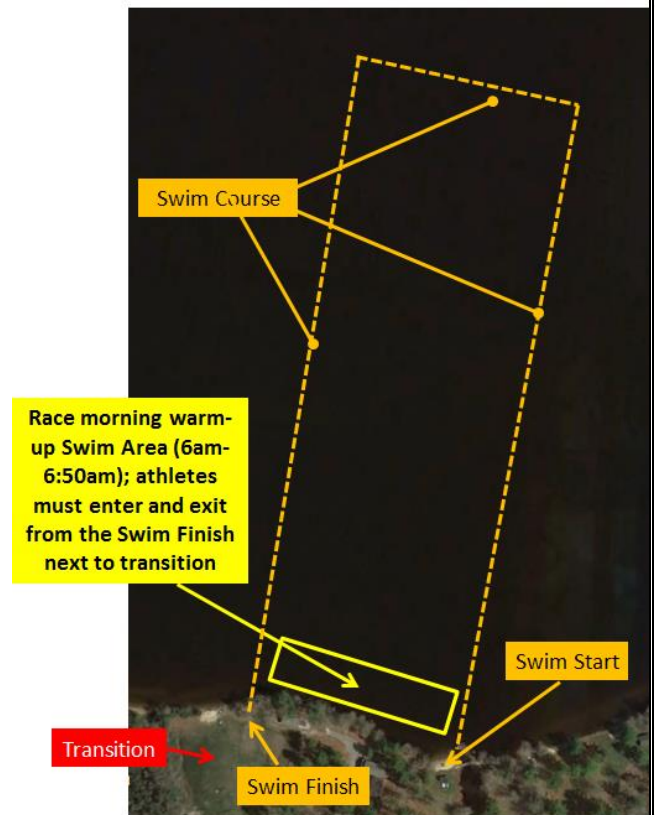
Go to the "[Course Info](#)" page of the Patriot section of the Sun Multisport Events website to find a downloadable map of the Patriot swim course.

OPEN WATER SWIMMING ADVICE AND A

PRACTICE SWIM: Jen Abbott, coach at Vmps will offer athletes open water swimming tips and advice from the Patriot Half swim start at 5:45pm on Friday, June 17th. Immediately following Jen's talk athletes will have the opportunity to do a short practice swim from the swim start in the designated practice swim area. This lifeguard supported practice swim will be 6pm-7pm.

Athletes may not swim the 1.2 mile course and may only swim in the designated practice swim area.

Race morning warm-up swim: On race morning, starting at 6am, a section of Long Pond will be available for athletes to warm-up for the swim. Athletes will enter and exit this area from the swim finish next to transition and must swim in the designated area only. This area will be marked by YELLOW buoys and is illustrated in the image at right. **Athletes may NOT swim anywhere but in this designated area and all athletes must be out of the water by 6:50am.**



Wetsuits

All participants may wear a wet suit and be eligible for rankings and prizes if the water temperature is less than 78 degrees F. A water temperature read will be posted to the SME Facebook, Twitter and Instagram accounts on Thursday, June 16th.

10. THE BIKE

After completing the swim you will proceed to your bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition – and make sure you buckle your helmet chin strap!) you will jog along side your bike to the Mount Line. Once you cross Mount Line you may get on your bike and begin riding.

Obey the rules of the road! Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification. When passing another cyclist be sure to call out, "*On your left!*", and **NEVER, EVER, EVER cross the yellow line** – STAY IN YOUR LANE.



The official provider of bike technical support is **Landry's Bicycles**. Landry's will be set-up during race packet pick-up hours on Saturday to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). Landry's will also patrol the course support during the race to provide

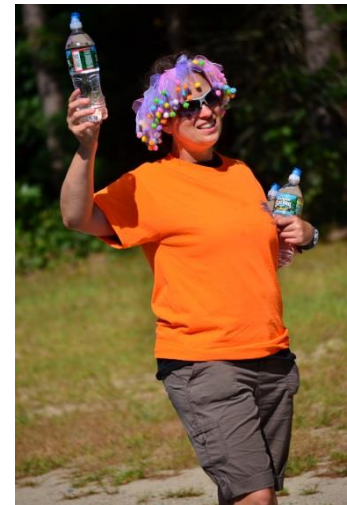
roadside assistance if needed. Our friends at Spark BRS will also have a support van on the course to lend assistance if needed.

The Patriot Half bike course is a 28 mile loop to be completed twice (56 miles total). Police details, volunteers and signage will be in position throughout the course to guide you. **Please understand the roads are not closed to traffic.**

The first 2 miles of the bike course includes 6 turns. Police and volunteers will guide you, but (as always) stay alert and focused on the road during this time. At mile 2 you will cross onto Howland Street which begins a nice stretch of country roads where traffic should be light. **The most dangerous turn on the bike course is just past mile 13.** It is a right turn onto Old Powderhouse Road that comes up quickly at the bottom of a hill. Signage and volunteers will be positioned at the top of the hill to caution and warn you to slow down. There will also be a volunteer and a police detail at the actual turn. Obey the signage and volunteers at this intersection and **TAKE THIS TURN SLOWLY.** If you take this turn too fast you risk crossing the yellow line and going into oncoming traffic.

The bike course will feature two **water bottle exchange stations**. The first is at approximately mile 18 (mile 46 of the 2nd loop) and the second is at mile 26 (mile 54 of the 2nd loop) offering you four opportunities on your ride to re-fuel. **The second water bottle exchange will also have a porto-pottie.** We understand having these bottle exchange stations more spread out on the course is preferred, but we are unable to achieve this for reasons not worth going into here. It is what it is.

The water bottle exchange stations are designed to be an additional resource for athletes. Athletes are encouraged to have 2 bottle cages on their bike to start the race filled with their preferred hydration drink. If you need to refuel, the bottle exchange stations are there for you and will feature 24 oz. Poland Springs sports water bottles with water and 24 oz. Gatorade Endurance Formula (lemon-lime flavor) sports bottles. If you would like to receive one of these you will need to discard a water bottle as you approach the bottle exchange (there will be a soccer net set up for you to toss your water bottle into) and then call out to a volunteer what you want (water or Gatorade). The volunteer will jog along side of you and hand you your bottle. **If you do not need water or Gatorade from the bottle exchange we encourage you to STAY LEFT as you approach the bottle exchange to avoid cyclists that will be requesting a water bottle.**



Can you get a bottle without throwing one? Yes, but throwing is a clear sign to volunteers that you want one. Plus, the bottle exchange station offers you an area to discard unwanted water bottles – discarding them elsewhere would be littering and that's a no no. Any water bottles discarded can not be retrieved post-race – unless you want to dig through a few hundred sticky water bottles in the trash.

All athletes must complete the bike course by 12:45pm. Athletes that do not complete the bike by 12:45pm will not be allowed to continue in the race.

Go to the “**Course Info and Maps**” section of the Patriot page of the Sun Multisport Events to find a downloadable map and cue sheet for the Patriot bike course.

NOTE: Athletes are NOT required to rack their bikes the day before the race. There will be no overnight security at Cathedral Camp.

11. THE RUN

The Patriot run course will be supported with signs, volunteers and aid stations at approximately every mile (12 aid stations in total). The roads are not closed to traffic and police details will be in key spots as an added safety measure. **ATHLETES ARE TO RUN AGAINST THE FLOW OF TRAFFIC AT ALL TIMES.**

The 1-loop 13.1 mile run is generally flat with some rolling hills. Shade is limited. Along the way you'll pass farms, lakes and quiet country roads. The run will also feature 3 porto-potties (near miles 3, 5 and 9) in addition to the porto-potties that will be placed just outside transition.

ALL AID STATIONS will feature water, Gatorade Endurance Formula (lemon-lime flavor) and ice.

AID STATIONS 1, 3, 5, 7, 9 and 11 will feature oranges, bananas, pretzels, flat Coca-Cola and Clif Shot Gels. Clif Shot Gels will be available in 4 flavors – mocha (includes 50mg of caffeine), vanilla, razz and citrus (includes 25mg of caffeine).



HOTSHOT

Got cramps? After a year under the code name, #ItsTheNerve, a scientific breakthrough in treating muscle cramps has launched. HOTSHOT is an innovative product invented by a Nobel Prize-winning neuroscientist/ endurance athlete and works within minutes to prevent and treat muscle cramps. HOTSHOT is a sponsor of the 2016 Patriot Half and will be **at mile 3 of the run** for people to access their product if cramping occurs. HOTSHOT samples will also be available to all athletes at packet pick-up.

The last quarter mile of the run course is on the grounds of Cathedral Camp. **All athletes must complete the run by 3:00pm.** If event management determines an athlete will not be able to meet this cut-off they will be removed from the course. Go to the **"Course Info"** page of the Sun Multisport Events website to find a downloadable map and cue sheet for the Patriot run course.

Headphones may NOT be worn during the run. Running with headphones is a safety hazard and is a USAT rules violation. USAT officials will be on the run course and if you are seen wearing headphones you will be assessed a penalty.

12. THE FINISH

You will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a commemorative water bottle wrapped in a nice cold wet hand towel. Ice baths will be ready for you and the mood will be festive. 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. *Congratulations.... you did it!*

13. DETAILS FOR AQUABIKE ATHLETES

The Aquabike is for athletes that complete the 1.2 mile swim and the 56 mile bike course (no running). This is the same swim and bike course completed by athletes doing the triathlon. Athletes in the Aquabike will receive 4 timing splits (swim time, T1, bike time and finish time).

Athletes in the Aquabike will be racked together in transition (**unless you switched to the Aquabike category after personalized bibs were printed – this would have been communicated to you at the time you made the switch**). 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 athlete crosses the timing mat placed on the bike in to transition. This will be the same timing mat that athletes completing all three legs of the triathlon will cross when they come in off the bike.

After crossing the timing mat, Aquabike athletes are encouraged to proceed to their spot in transition where they can remove your helmet, replace cycling shoes with sneakers or sandals and proceed 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. We'll also have drinks, food, ice baths, etc. in the finish line corral.

This year's Patriot Half Aquabike race is the USAT Northeast Aquabike Regional. The Aquabike division has been split into two age groups -- 44 and under and 45+. Awards will be given to the top 3 males and females in these two divisions. Good luck!



Recognizing Aquabike athletes finish the race notably earlier than triathletes, an awards ceremony dedicated to the Aquabike race will start at approximately 1:15pm. Awards for athletes in all triathlon divisions will commence at approximately 1:45pm.

14. DETAILS FOR RELAY TEAMS

All Relay Teams will be racked together in transition. **All members of a relay team must come to packet pick-up together.** You will receive 1 race packet and it will be listed under the **TEAM NAME** of your relay team. Relay Teams will be given 1 re-usable chip that will be transferred from swimmer to biker to runner. **This chip will be given to**

teams during packet pick-up hours on Friday and Saturday (sorry, relay teams chips will not be available during Tuesday's packet pick-up at Landry's Bicycles).

The swimmer on the team will complete the swim wearing the timing chip while the cyclist for the team awaits the swimmer at the team's rack position in transition. The swimmer should have their right hand and left bicep and left calf body marked with their number. An "R" will be written on their right calf to note "Relay".

Once the swimmer completes the swim and arrives at the team's rack position he/she hands the timing chip to the cyclist who then puts the timing chip on their left ankle and goes out and rides the bike course. The envelope distributed to you at packet pickup (there is one for each team and it will be alphabetized at packet pick-up by the TEAM NAME) 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.

15. POST-RACE

Recovery

For improved recovery after the race we invite all athletes to visit the **Muscle Milk** tent which will be located in an area adjacent to the finish line where free bottles of protein-rich Muscle Milk, the Official Performance Protein Drink of the 2016 Patriot Half, will be available

**MUSCLE
MILK** BRAND



Post-race massages will be available to work on your tired, stressed muscles courtesy of **Marathon Physical Therapy and Sports Medicine**. Be sure to stop by their tent for a well-deserved massage, some stretching and good ol' TLC.

Last, but not least, a **Normatec** station will be featured near the finish to support your post-race recovery efforts. Normatec's pulsating recovery system helps athletes recover faster by reducing muscle soreness and improving circulation. Multiple Normatec systems will be available for athletes to use. Want to own your own? Patriot athletes can save \$100 when you purchase a Normatec system online with the code **PATRIOTHALF16**.



Awards and Giveaways

Awards will be given to the top 3 males and females in the following categories:

- Open/Elite
- Paratriathlete
- Athena
- Clydesdales
- Age Group (e.g. 19 and under, 20-24, 25-29, 30-34, etc.)
- Aquabike male & female (two divisions: age 44 and under; age 45+)
- Relay Teams (Mixed, Male, Female)

The Patriot Half features a **\$1,000 cash prize purse** for athletes that race in the Open/Elite category (\$300 each to the 1st place male and female; \$200 each to the 2nd place male and female). Only athletes in the Open/Elite category are eligible for prize money.

The Patriot Half awards ceremony will have two parts. Part 1 will be at approximately 1:15pm with distribution of awards to athletes in the Aquabike category. Part 2 of the awards ceremony will recognize athletes in all other race categories and will begin at approximately 1:45pm.

Both awards ceremonies will include randomly distributed giveaways from our sponsors including gift certificates from Landry's Bicycles, hydration belts from Fuel Belt, helmets and sunglasses from Rudy Project, product from Muscle Milk and more.

Post-race Food

Athletes in the Patriot Half are invited to enjoy the post-race catered meal brought to you by Riccardi's Italian Restaurant of New Bedford, MA. The menu includes:

- Vegetarian and meat lasagna
- Baked glazed ham (*gluten free*)
- Boston baked beans (*gluten free*)
- Chicken salad sandwiches
- Antipasto salad (*gluten free*)
- Sliced melon display (*gluten free*)
- Bakery fresh pastry
- PLUS... a Patriot Half 10th Anniversary celebratory cake!



Patriot athletes may fill their plate one time at no charge, but you MUST SHOW YOUR RACE NUMBER. Athletes wanting to go through the buffet line a second time or spectators who want to enjoy this fabulous meal must pay \$10 per plate. Riccardi's will begin serving at **11:30am**.

Entertainment

"Pablo Palooza" is the house band for this year's event and will begin playing a selection of upbeat and energized funk starting at 11:00am.

16. RACE PHOTOS (FREE!)

This year's official race photographer is Gameface Media and all athlete photos are **FREE!** Athletes will receive an email post-race with a link to where photos can be downloaded from Facebook and saved to their mobile device or desktop computer. These photos can be shared to your favorite social network with friends and family via one click sharing. You can also print them at home, at a local retail print service or through Shutterfly... and

since this year's finisher medal is also a picture frame you have the perfect home for your favorite finish line photo!



17. WEATHER POLICY REMINDER

Please note the race will be held rain or shine, but if the weather or other unforeseen circumstances threaten the safety of athletes, race management reserves the right to cancel the event or alter portions of the swim, bike or run courses. Please understand that in the unlikely case that we did have to cancel the event, no refunds would be issued, however, a partial credit would be offered to the next year's race. Refer to the Sun Multisport Events website for complete policy details regarding cancellation, refunds, deferrals and transfers.

18. VOLUNTEERS and CHARITABLE PARTNERS

This year's race is made possible with the support of 150+ volunteers including the Bay State Triathlon Team, Tri New England, St. Vincent DePaul Society of Whitman, Freetown Youth Athletic Association, Bristol-Plymouth Technical School and others. Producing a triathlon truly "takes a village" and we are incredibly grateful for their support. If you have friends and family coming to watch you race ask them to consider volunteering... they can visit the Volunteer Tent for more information.



Sun Multisport Events makes a donation to each of the community groups that volunteer at the Patriot Half. These donations exceed thousands of dollars and help support community initiatives in and around Freetown, MA. These are truly win-win partnerships and groups such as the St. Vincent DePaul Society (run aid stations) and Freetown Youth Athletic Association (registration) have been involved in the race for many years and it's their dedication that has helped make Patriot the special, award-winning event it has become. Make this one of your goals on race day: **thank a volunteer!**

Other charitable partners for this year's race include **Homes for Our Troops** (<https://www.hfotusa.org/>). Homes for Our Troops was the beneficiary of our annual effort to recognize US service men and women. Sun Multisport Events donated \$1,300 by taking \$25 from every Patriot Half entry we received on Veteran's Day last November. Your additional support of these most worthy non-profit organizations is greatly appreciated.



19. 2016 SPONSORS

We are fortunate to also have the support of sponsors whose contributions improve the overall quality of the Patriot Half in so many different ways. Many will be on site as part of the race expo. Your patronage of our sponsors at the event, at their retail establishment or online is greatly appreciated. 2016 Patriot Half sponsors are:

- **Ameriprise Financial** – *Official Financial Coach*
- **Clif Bar**
- **Fuel Belt**
- **Gatorade**
- **Health Warrior**
- **Hood** – *Official Finish Line Water Bottle Sponsor*
- **Hot Shot**
- **JuicePlus**
- **Landry's Bicycles** (*Official Provider of Bike Tech Support*)
- **Marathon Physical Therapy and Sports Medicine**
- **Muscle Milk** -- *Official Protein Performance Drink*
- **Normatec**
- **Rudy Project** – *Official Helmet and Sunglasses Sponsor*
- **TriHard Endurance Sports Coaching**
- **TYR**
- **Vmps** – *Official Endurance Coach*

20. SPECTATOR INFORMATION

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

- **Parking:** Spectators have the same parking options as athletes. Most importantly, anyone that parks in the West lot (which is expected to fill by 6am) will not be able to leave until after 1pm. Parking in the East lot offers more flexibility for coming and going (see p3 of this Guide for complete details and a map showing the location of the East and West lots). Note that parking is not allowed on Middleboro Rd along the grounds of Cathedral Camp ("No Parking" signs will be posted), but there is a lot a 0.25 mile up the road on Middleboro Road off the grounds of Cathedral Camp that may be used for overflow.
- **Athlete Support:** The **Inspiration Station** will be set up at the Muscle Milk tent ear the finish line and is the place to go to get poster board and markers to make signs that send words of encouragement to your favorite athlete. The Inspiration Station will also have a limited supply of cowbells to rattle and American flags to wave to contribute to a noisy and festive finish to the race.
- **Where to Spectate:** The best places to spectate are as follows:
 - Near transition at the "Swim Out" to watch athletes as they finish the swim
 - Near transition at the mount/dismount line to see athletes as they leave and return on the bike and leave on the run
 - In front of Cathedral Camp to watch cyclists come by to begin their 2nd loop (STAY ON THE GRASS AT ALL TIMES)
 - Along the finish line chute to see athletes as they complete the race



- **About Cathedral Camp:** Cathedral Camp is a beautiful location offering numerous places to watch athletes. The Camp has a modest playground (e.g. swings, monkey bars, see saw) and offers 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 Long Pond. There will also be a free public swim. See next bullet.
- **Public Swim at Cathedral Camp:** Arrangements have been made with Cathedral Camp for public swimming in Long Pond from 10:30am-1:30pm; spectators may swim in the designated area which is where the Patriot Half swim start will be; a lifeguard will be on duty and swimmers must remain in the designated area.
- **The Finish Line:** It is not uncommon for Patriot Half athletes to have their children or other special people join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with their family. However, spectators need to be aware that the finish line corral is for athletes, volunteers and members of the event management team... 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. Please also give consideration to other athletes that are approaching the finish so that any kids that accompany you do not get in the way of other athletes... crossing the finish line is a special moment for everyone and we want it to be enjoyable and memorable for all. Thanks in advance for your cooperation with this very important part of the race experience.
- **Volunteering:** Want to be a part of the action? Consider volunteering! While we are feeling pretty good about the number of volunteers recruited for this year's event there are always "no-shows" and an extra set of hands can be quite.. handy! If you would like to volunteer visit the Volunteer Tent to ask where you could help. All volunteers that volunteer for a minimum of 3 hours receive a volunteer t-shirt and a complimentary pass to the post-race catered meal. Visit the Volunteer Tent for more information.
- **Live Entertainment:** We are thrilled to welcome back this year's house band, "Pablo Palooza". They'll start playing some live, funky rock-n-roll at 11:30am.
- **Food & Beverage:** Light food and beverages (e.g. coffee, muffins, water followed by burgers, hotdogs, etc) will be available for purchase beginning at 6:30am on the grounds of Cathedral Camp across from the volunteer tent. At approximately 11:30am, Riccardi's Italian Restaurant will begin serving a catered meal (see p. 15 for the menu). This first plate of Riccardi's food is free to athletes in the Patriot Half and volunteers but a \$10 fee is required for a second plate. Spectators pay \$10 per plate as well... load up!



21. WHERE TO EAT IN THE AREA

If you are coming in from out of town looking for a local place to eat on Friday (or Saturday) night we have listed a couple of our favorite options below. Both of these restaurants are just a few miles from the host hotels we recommended on our website (i.e. Fairfield Inn Middleborough, Holiday Inn Express, Courtyard Raynham) and have extended special offers to Patriot athletes and their families. **Print out the coupon below and bring it with you to the restaurant to claim their offer.**

FIRESIDE GRILL: A large, easygoing eatery that dishes up hefty portions of American classics; 30 Bedford St, Middleborough, MA; phone:(508) 947-5333



SAVE 20% AT THE FIRESIDE GRILL

Discount applicable to food and drinks (dine in only; not applicable to alcohol). Offer expires Sunday, June 19, 2016.

30 Bedford St, Middleborough, MA
508) 947-5333

LORENZO'S: Old-school spot serving hearty portions of pasta, pizza & other Italian classics since 1950; 500 West Grove St/Rte 28 in Middleborough, MA; phone: 508-947-3000

