



2019 ATHLETE GUIDE

**Race Date: Saturday, 6/15/19; Race Start: 7:00am
Location: Cathedral Camp, 167 East Freetown, MA**

Dear Athlete,

Welcome to race week for the 2019 Patriot Half! This is the 13th year of this award-winning event which was once again voted "Best Small Event" in the Triathlete's Choice Awards program this past January (it also won in 2014 and 2018). 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.

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 email us at info@SunMultisportEvents.com. However, understand that 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

1. Directions
2. Parking
3. The Layout at Cathedral Camp
4. Schedule of Events
5. Race Packet Pick-up
6. Timing and Your Timing Chip
7. Athlete Tracking and Live Results
8. Body Marking
9. Transition
10. The Swim
11. The Bike
12. The Run
13. The Finish
14. Details for Aquabike athletes
15. Details for Relay Teams
16. Post-race
17. FREE Race Photos
18. Weather Policy Reminders
19. Volunteers and Charitable Partners
20. 2019 Sponsors
21. Patriot Merchandise
22. Spectator Information
23. Where to Eat

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 Weds, 6/12; see "Race Packet Pick-up" section 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.

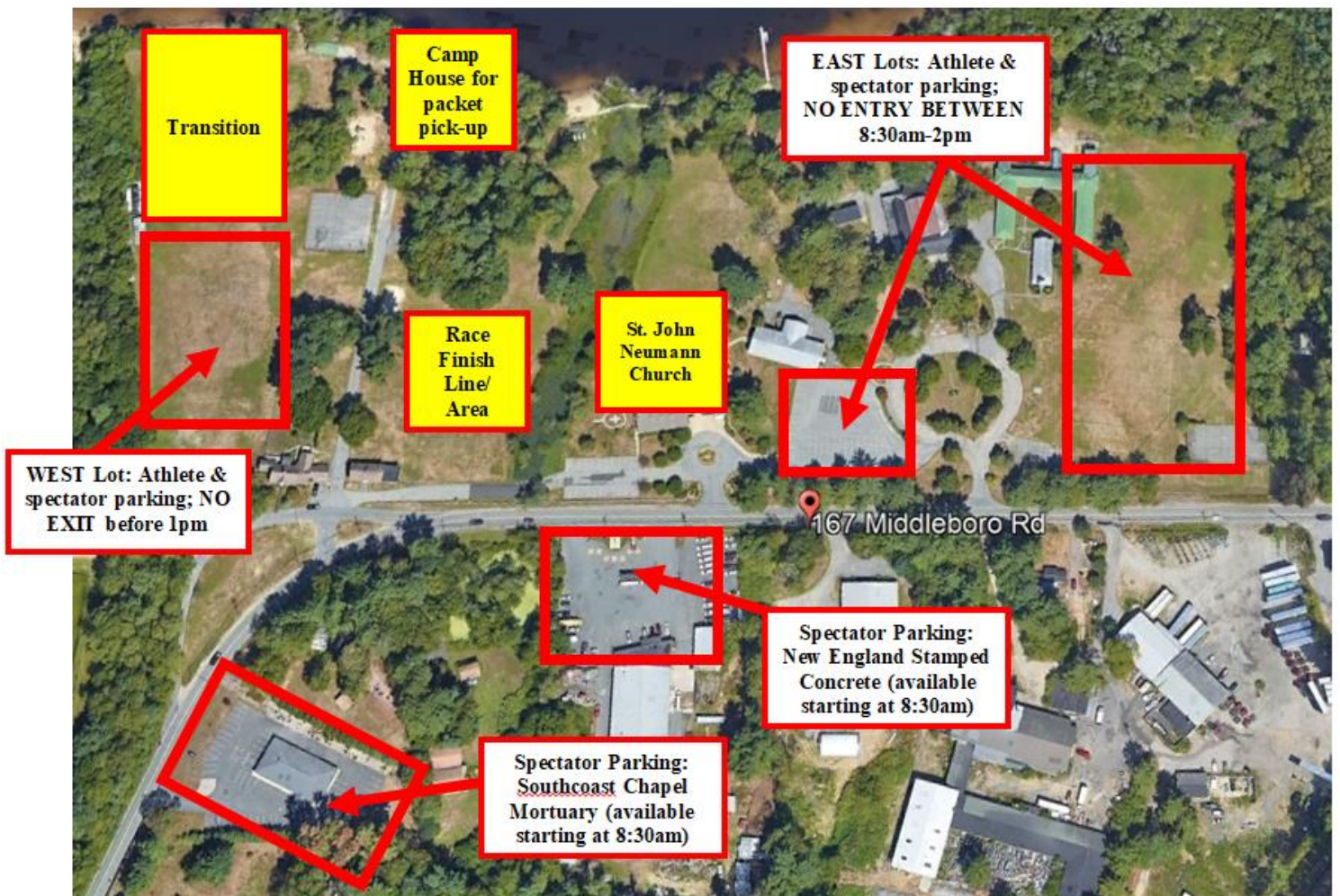
2. PARKING

Athletes and spectators have two areas to park on the grounds of Cathedral Camp with additional options for spectators across the street.

The WEST Lot is for athletes and spectators. It opens at 5am and is right next to transition. This lot typically fills by 5:30am/5:45am and is the most convenient for athletes. Once filled, no cars will be admitted to this lot for the rest of the day and **cars parked here will not be able to leave until 1pm** due to cyclists and runners using the access road to this lot during the race.

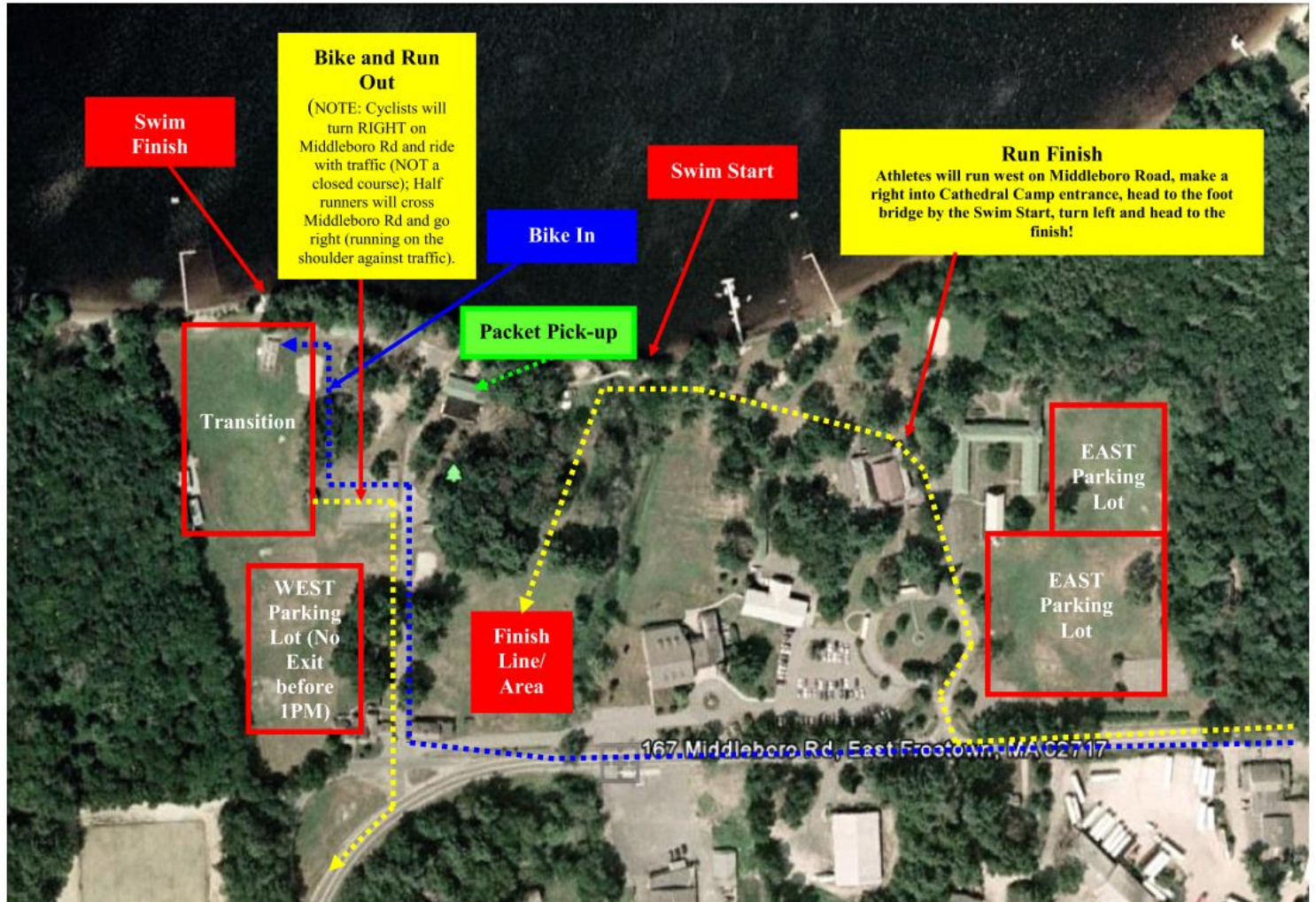
The EAST Lot is for athletes and spectators. It opens at 5AM and cars that park in this lot may leave throughout the day, however, **no cars will be admitted into this lot between 8:30am and 2pm**. Starting at 8:30am, arriving spectators will be directed to park across the street from Cathedral Camp at either New England Stamped Concrete or Southcoast Chapel Mortuary.

If you are approaching Cathedral Camp from the Chace Road exit 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 between the East and West lots as shown below.



3. THE LAYOUT AT CATHEDRAL CAMP

The 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. 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

Wednesday, June 12th: Packet pick-up at Landry's Bicycles in Boston at 1048 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.** USAT Annual members must show a valid USAT membership card if their license was not valid when they registered.
- **7:00pm:** Race packet pick-up concludes at Landry's Bicycles

Friday, June 14th : Packet pick-up in the Camp House at Cathedral Camp in East Freetown, MA at 167 Middleboro Road (site of the race)

- **4:00pm-7:00pm:** 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.** USAT Annual members must show a valid USAT membership card if their license was not valid when they registered.
- **5:00pm:** Event Review and Q&A with the Patriot Race Director and final advice from Breakthrough Performance Coaching
- **5:30pm-6:45pm:** Practice Swim; Athletes may swim in Long Pond at the swim start; a couple of 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 yellow buoys; **athletes must remain within the practice swim area**

Saturday, June 15th (RACE DAY!) at Cathedral Camp in East Freetown, MA at 167 Middleboro Road

- **5:00am:** Race packet pick-up and chip distribution begins, transition opens, body marking starts; **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.** USAT Annual members must show a valid USAT membership card if their license was not valid when they registered.
- **6:00am-6:40am:** Warm-up swim; 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 **GREEN** 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.
- **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 from the RD.
- **6:55am:** All athletes must be out of transition
- **7:00am:** Start of Wave 1: Elite/Open athletes; see page 10 for the complete wave plan
- **12:30pm (est):** Awards Ceremony Part 1: Aquabike categories
- **12:45pm:** Bike cut-off time; all cyclists must be off the course
- **1:30pm (est):** Awards Ceremony Part 2: All Triathlon categories
- **3:00pm:** Run cut-off time; all athletes must be off the course

5. RACE PACKET PICK-UP

Race packet pick-up on Wednesday, 6/12, will be at Landry's Bicycles in Boston (1045 Commonwealth Ave) and on Friday, 6/15, and Saturday, 6/16, at Cathedral Camp (the race site). It is strongly recommended that you pick up your race packet on Wednesday or Friday if possible as this will give you more time to prepare for racing on Saturday morning. We expect to have plenty 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.

Category Changes: If you need to switch race categories (e.g. Triathlon to Aquabike... Open/Elite to Age Grouper, etc) you will need to go to the Help Desk at packet pick-up to have a change form completed. If you need to have a change like this made, the sooner you can get to packet pick-up, the better (and less stressful) it will be for all.

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. USAT Annual members must show a valid USAT membership card if their license was not valid when they registered.



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.



Shoe Recycling: 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!

LAST MINUTE GEAR NEEDS?

If you need any last minute essentials visit Spark BRS, a great tri shop, which is 7 miles from Cathedral Camp and located at 263 Bedford Street, Lakeville, MA. They will be open on Friday, June 14th until 8pm... and they are offering Patriot athletes free Church St. Coffee Co. Nitro Cold Brew!



6. TIMING and YOUR TIMING CHIP

All Sports Events is our timer and all athletes will be chip timed. **All timing chips will be distributed on race morning** from a location near the Body Marking station. Athletes are to pick up their timing chip **AFTER** getting their race packet. When you are given your chip, verify that the numbered chip given to you by the volunteer corresponds to your bib#... getting the wrong chip will impact your posted results. The chip goes on your left ankle.

Timing Splits: Triathlon individuals 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. Aquabike athletes 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" containing their splits and finish time.



7. ATHLETE TRACKING and LIVE RESULTS

Athlete Tracking: NEW for 2019 is an advanced athlete tracking tool from RaceMap. You can access Patriot Half Athlete Tracking by downloading the free RaceMap app from the Google Play or iTunes store (once downloaded, search for "Patriot Half") **OR** from the Patriot Half Athlete Tracking page of the Sun Multisport Events site here:

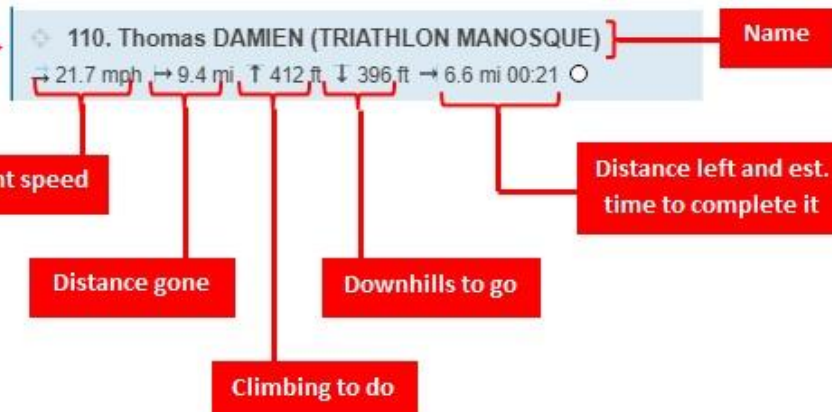
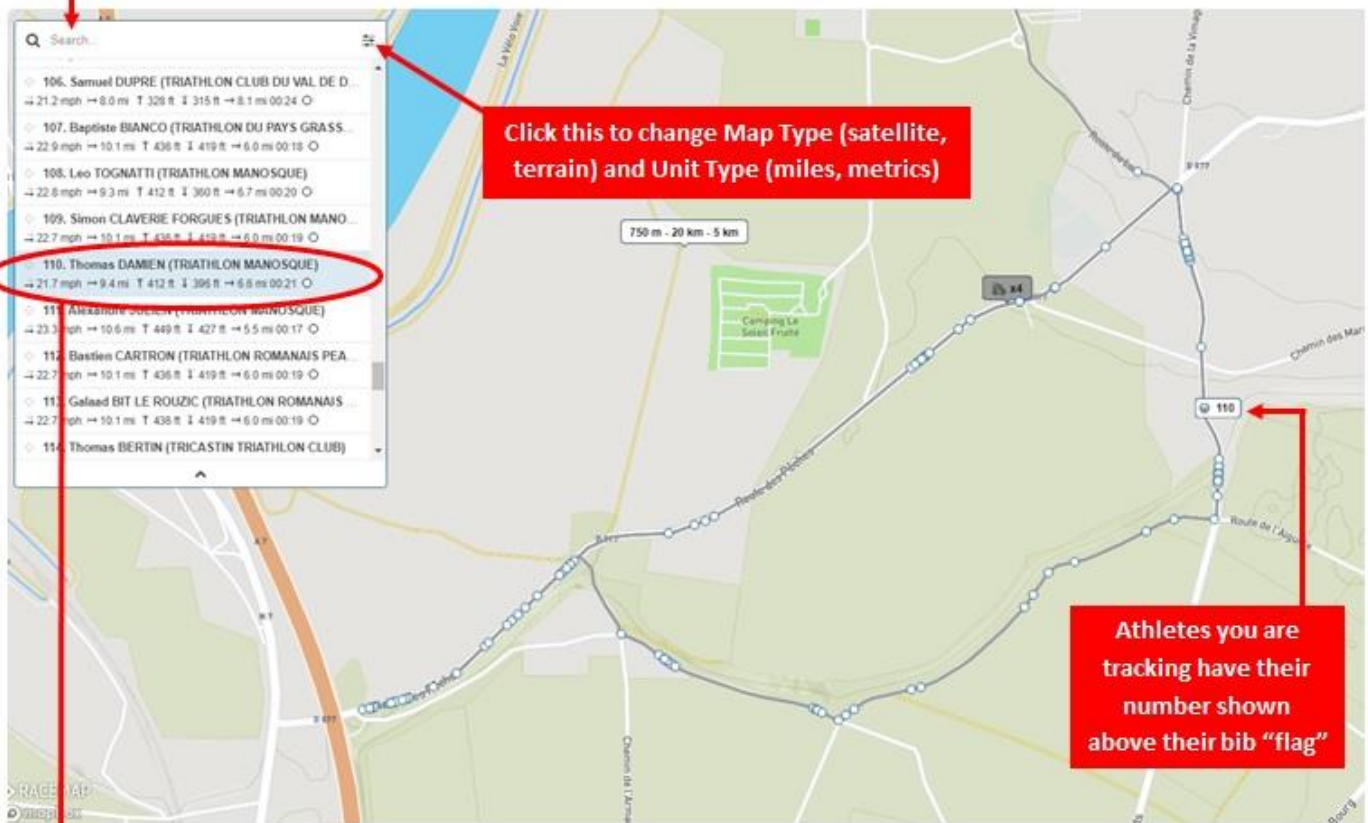
<https://sunmultisportevents.com/events/patriot-half-athlete-tracking/>

With this tool you can see where athletes are on the bike and run and the projected time of their finish. See below for a quick tutorial for how to use this athlete tracking tool (*Note: Map and athlete list shown below are taken from another race – not the Patriot Half*).

Use Search box to find athlete by name or bib (relays by Team Name) then click as many names as you want to track.

Click this to change Map Type (satellite, terrain) and Unit Type (miles, metrics)

Athletes you are tracking have their number shown above their bib "flag"



Live Results: Times for the swim, the bike and run for each athlete will also be published live to the Patriot Half 2019 results page of the All Sports Events website. Friends and family can track athletes by searching their name, clicking on it when it comes up in search results and then hitting "Add Favorite". The link to live results is below. Looking for your bib# and your race category? You'll find that at the link below, too.

https://allsportsevents.com/Results/triathlon_results/PatriotTriathlon2019.html#/race/VGVieD/HalfIND/

8. 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 Capstone Photography post-race. **You must be body marked before entering transition on race morning.**

We have Patriot Half temporary tattoos! These will be available at packet pick-up if you'd like to show your Patriot pride on race day with a little extra body art.

9. TRANSITION

Transition will be open for athletes to walk through during Friday's packet pick-up hours (4pm-7pm). Athletes will also have the opportunity to check their bikes into transition at this time and leave their bike overnight (this is an optional convenience and not required). **If you want to check your bike into transition on Friday you will need to affix the bike frame sticker included with your packet to your bike. If you don't have your bike frame # affixed to your bike, it won't be admitted into transition.**

Volunteers at the entrance to transition will check your bike to make sure it has the sticker and you must also show your matching race bib #. Volunteers will also check your brakes and ensure you have bar end plugs at the end of your handlebars. You will not be able to check your bike into transition if you are missing bar end plugs. Security will be in place from 7pm on Friday until 5am the next morning to watch bikes checked in on Friday.



Transition will open Saturday morning at 5:00am. 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.

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.

Transition is for athletes only on race day and all athletes must be out of transition by 6:55am. We want to start the race promptly at 7:00am and can't start the race until all athletes are out of transition.

First Aid Tent: A first aid tent will be set up in transition just beyond the swim finish from 6:30am until 10am. This is your place to go for any kind of minor cuts, bee stings, abrasions, etc. EMTs will also be on site for more serious concerns and they will be set up near the finish line.

NOTE: ATHLETES ARE NOT ALLOWED TO REMOVE THEIR BIKES FROM TRANSITION UNTIL 12:00pm AND ONLY IN A CONTROLLED MANNER MANAGED BY OUR TRANSITION TEAM. ATHLETES WILL STILL BE TRANSITIONING FROM THE BIKE TO THE RUN AND WE DO NOT WANT THEIR RACE NEGATIVELY IMPACTED BY ATHLETES TRYING TO REMOVE THEIR BIKE FROM TRANSITION TO LEAVE.

10. THE SWIM

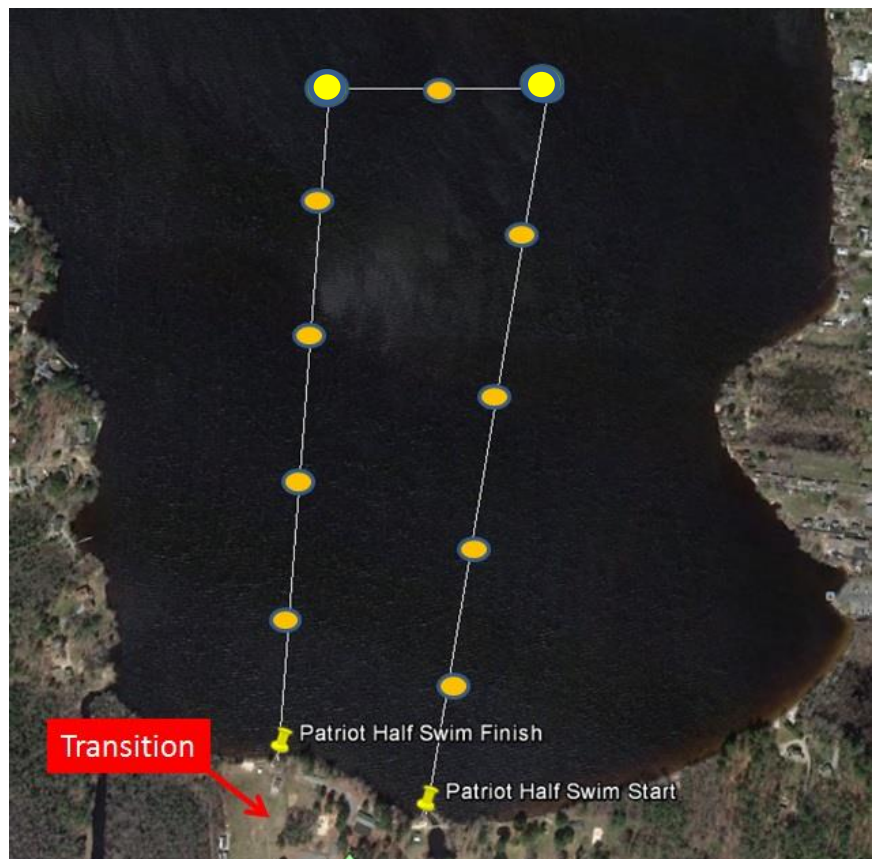
The 1.2 mile swim is in Long Pond, the largest freshwater pond in Massachusetts. Athletes are required to wear the colored swim cap given to them at race packet pick-up. **Athletes that are nervous about the swim may request a "nervous swimmer" swim cap during packet pick-up** which will ensure our lifeguards keep especially watchful eyes on them.

Elite/Open athletes will start at 7:00am. There are 10 waves and the wave schedule can be found on the next page. Your specific wave # will be printed on your packet.

The swim is a counter clockwise rectangle with 2 left turns marked by yellow buoys – all 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 entering the water side-by-side, 3 at a time, every 10 seconds. There will be 3 lanes leading from the swim corral to the timing mat to help organize this procession and a start clock will count down from 10 to 0 for each set of 3 athletes. Depending on the size of the wave, it will



take 3-6 minutes for all the athletes in a wave to enter the water. An athlete's time begins when he/she crosses the timing mat near the water's edge. Athletes "self seed" themselves within their assigned wave at the front, in the middle or at the back.

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.

2019 PATRIOT HALF SWIM WAVES

Wave #	Athlete Categories <i>(age based on your age as of 12/31/19)</i>	Cap Color	Start Time (est.)	Wave Start Format
1	Male & Female Elite/Open Athletes	Red	7:00am	Mass start
2	Male Age Group 40-44	Green	7:02am	TT; 3 athletes every 10 seconds
3	Females Age Group 39 & under and Athenas	White	7:05am	TT; 3 athletes every 10 seconds
4	Male Age Group 45-49	Fl Green	7:09am	TT; 3 athletes every 10 seconds
5	Female Age Group 40-49	Yellow	7:14am	TT; 3 athletes every 10 seconds
6	Males Age Group 55+	Silver	7:20am	TT; 3 athletes every 10 seconds
7	Female Age Group 50+	Fl Yellow	7:25am	TT; 3 athletes every 10 seconds
8	Males Age Group 50-54, Clydesdales	Purple	7:30am	TT; 3 athletes every 10 seconds
9	Males Age Group 39 & under and Relay Teams	Royal Blue	7:34am	TT; 3 athletes every 10 seconds
10	All Aquabike Athletes	Light Pink	7:39am	TT; 3 athletes every 10 seconds

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.

CRITICAL: If for any reason you decide to withdraw from the swim you must alert a member of the race management team located at the swim start or finish and turn in your timing chip. Otherwise we will think you are missing and activate our missing swimmer plan.

The swim start and finish are at 2 different locations at Cathedral Camp. 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.

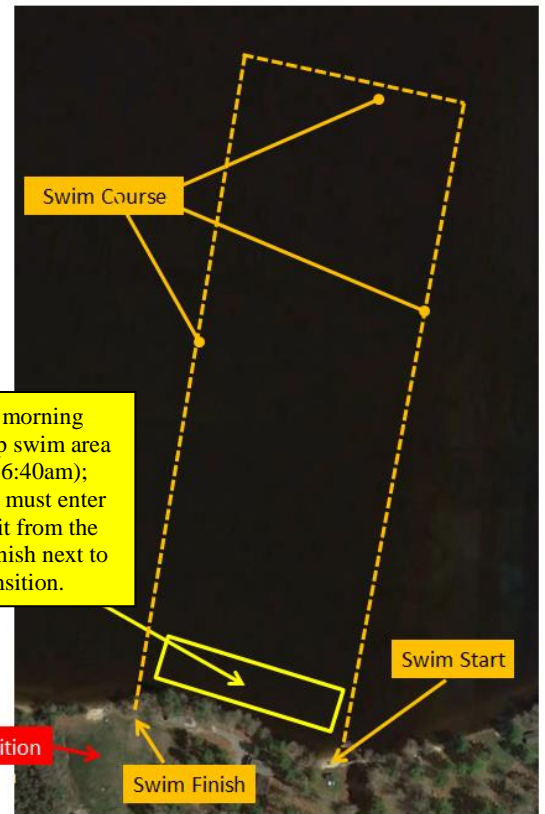
Go to the "Course Info and Maps" page of the Patriot section of the Sun Multisport Events website to find a downloadable map of the Patriot swim course.

Friday Practice Swim: Athletes will have the opportunity to do a short practice swim from the swim start in a designated practice swim area on Friday during packet pickup. This lifeguard supported practice swim will be 5:30pm-6:45pm. **Athletes may not swim the 1.2 mile course during this time 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 GREEN buoys. **Athletes may NOT swim anywhere but in this designated area and all athletes must be out of the water by 6:40am.**

Wetsuits and Water Temperature: All athletes may wear a wet suit and be eligible for rankings and prizes if the water temperature is 78 degrees F or less. A new water temperature read will be posted to the SME Facebook, Twitter and Instagram accounts on Thursday, June 13th. The last water temperature read was taken on 6/2/19 and it was 68F.

Wetsuit Strippers! The Breakthrough Performance Coaching team returns as this year's wetsuit strippers. These wetsuit strippers will be positioned in transition just beyond the swim finish. As the name implies, wetsuit strippers strip off your wetsuit. This is an optional "stop" on your way from the swim finish to your bike in transition. **If you want assistance from a wetsuit stripper you must first pull the zipper of your wetsuit down to your waist.** Wetsuit strippers will help take the wetsuit off your arms and then tell you to sit down while they pull it off your legs and feet. Avoid indecent exposure... *hold onto your shorts!*



11. THE BIKE

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

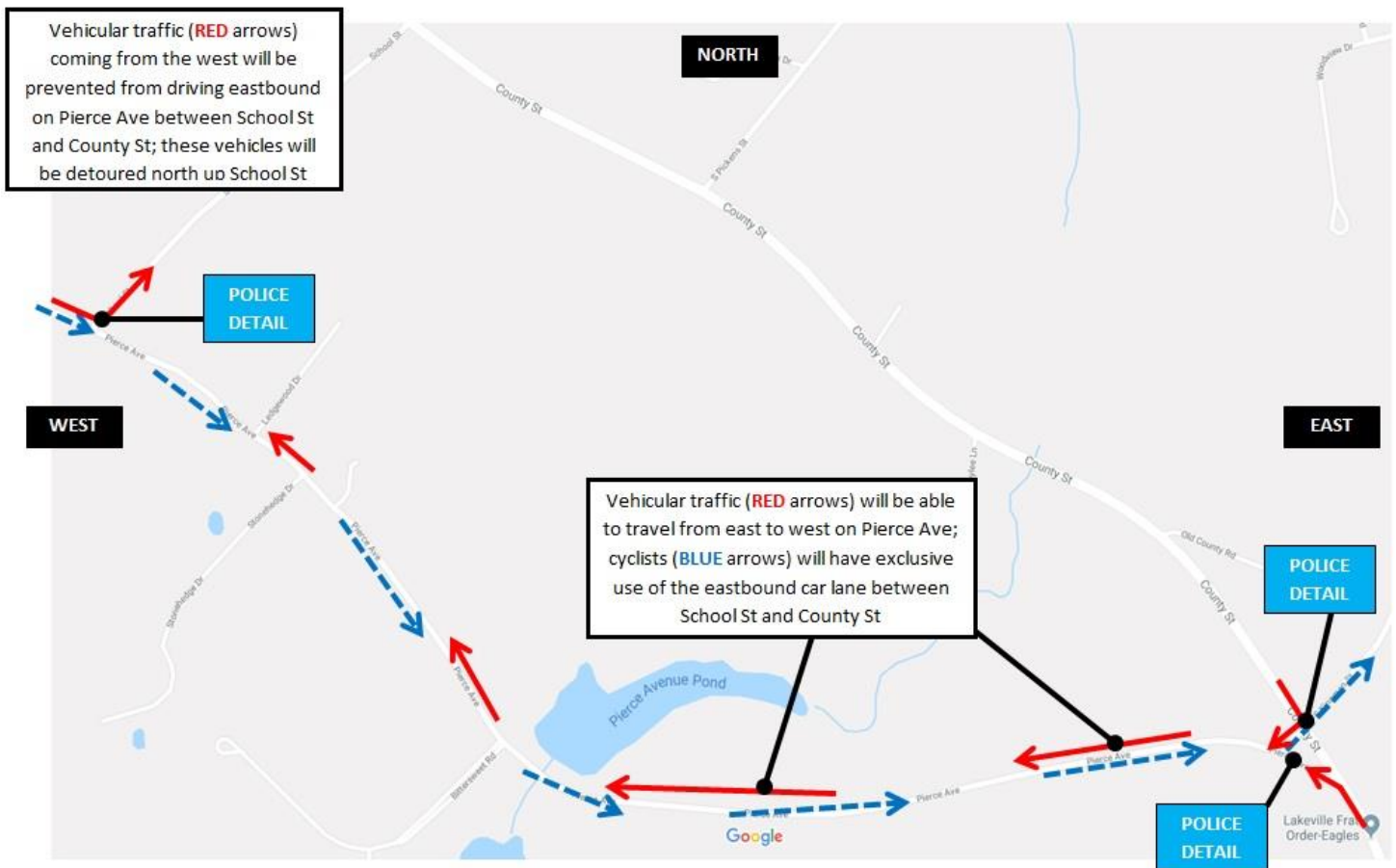
The Patriot Half bike course is a 28 mile loop to be completed twice (56 miles total). Police details, volunteers and signage will be in position throughout the course to guide you. **The**

roads are **NOT** closed to traffic except for a 1.2 mile stretch that begins around mile 9 (see below). Be cognizant of cars backing out of driveways, distracted drivers, etc. 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.

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 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.

New for 2019 is a 1.2 mile road closure that starts near mile 9 of the 28 mile loop 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.



You will be required to SLOW DOWN just past mile 13 at the right turn onto Old Powderhouse Road. This turn is at the bottom of a hill and around a short bend. Multiple signs 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.

Water Bottle Exchange Stations: 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 to re-fuel. 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 will offer 24 oz. Poland Springs sports water bottles with water and 24 oz. Gatorade Endurance 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 positioning themselves to receive a bottle.**



Can you get a bottle without throwing one? Yes, but throwing a bottle 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’t be retrieved post-race – unless you want to dig through a few hundred sticky water bottles in the trash.

Bike Tech Support: The official provider of bike technical support is Crimson Bikes of Cambridge, MA. Crimson Bikes will have a tent set-up during race packet pick-up hours on Friday near registration and on race morning at the back of transition (the end furthest from the water) to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). Crimson Bikes and our friends at Spark BRS will both have tech support vans patrolling the course during the race to provide roadside assistance if needed. Our Bike Coordinator is pretty good with changing tires, too!



Porto-johns: Porto-johns will be at both bike course bottle exchange stations.

Cut-off Times: 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.

Bike Racking: Athletes have the opportunity to check their bikes into transition during Friday’s packet pick-up hours (4pm-7pm) and leave them overnight. This is an optional convenience and not required. See the “Transition” section on page 8 for details.

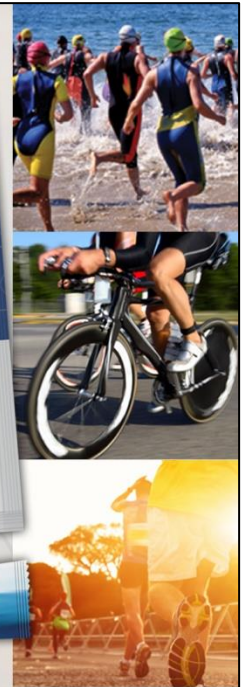


Fuel yourself the healthy way with UCAN. No sugar. No GI distress. No bonking. Just steady energy so you can finish stronger!

UCAN is the Official Pre-Race Nutrition of the Patriot Half, and UCAN will be served pre-race for you to fuel your performance.

Google "UCAN" for videos and additional information, and **use code PATRIOTHALF for 20% OFF at GenerationUCAN.com.**

See you this weekend!



12. THE RUN

The Patriot run course will be supported with signs, volunteers and 11 aid stations. 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 feature 5 porto-johns near miles 3, 5, 8, 10 and 11 in addition to the porto-johns that will be placed just outside transition.

ALL AID STATIONS will feature water, Gatorade Endurance Formula (lemon-lime flavor) and ice. Each aid station also includes a first aid kit if you need any basic supplies (e.g. band-aid) as well as sun screen and bug spray.

AID STATIONS 1, 3, 5, 7, 9 and 12 will feature oranges, bananas, pretzels, flat Coca-Cola, Clif Shot Gels and and Endurolye capsules (salt). Clif Shot Gels will also be available in various flavors .



13. THE FINISH

You will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a 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!*

14. 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 to the finish after they complete the bike (and not confuse them with athletes 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 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 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 Aquabike field has 85+ athletes and has been split into two age groups -- 49 and under and 50+. This age break was chosen to divide the field as evenly as possible. 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 12:30pm. Awards for athletes in all triathlon divisions will commence at approximately 1:30pm.

NOTE: ATHLETES ARE NOT ALLOWED TO REMOVE THEIR BIKES FROM TRANSITION UNTIL 12:00pm AND ONLY IN A CONTROLLED MANNER MANAGED BY OUR TRANSITION TEAM. ATHLETES WILL STILL BE TRANSITIONING FROM THE BIKE TO THE RUN AND WE DO NOT WANT THEIR RACE NEGATIVELY IMPACTED BY ATHLETES TRYING TO REMOVE THEIR BIKE FROM TRANSITION TO LEAVE.

15. 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.

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.

NOTE: ATHLETES ARE NOT ALLOWED TO REMOVE THEIR BIKES FROM TRANSITION UNTIL 12:00pm AND ONLY IN A CONTROLLED MANNER MANAGED BY OUR TRANSITION TEAM. ATHLETES WILL STILL BE TRANSITIONING FROM THE BIKE TO THE RUN AND WE DO NOT WANT THEIR RACE NEGATIVELY IMPACTED BY ATHLETES TRYING TO REMOVE THEIR BIKE FROM TRANSITION TO LEAVE.

16. POST-RACE



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

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

- Open/Elite
- Athena
- Clydesdales
- Age Group (e.g. 19 and under, 20-24, 25-29, 30-34, etc.)
- Aquabike male & female (two divisions: age 49 and under; age 50+)
- 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 12:30pm with distribution of awards to athletes in the Aquabike category. Part 2 of the awards ceremony will recognize athletes in the triathlon race categories and will begin at approximately 1:30pm.

Both awards ceremonies will include randomly distributed giveaways from our sponsors.



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:

- Vegetable lasagna
- Meat lasagna
- Baked glazed ham (*gluten free*)
- Boston baked beans (*gluten free*)
- Chicken salad sandwiches
- Antipasto salad (*gluten free, vegetarian*)
- Pasta primavera (*gluten free, vegetarian, vegan*) - rice pasta with peppers, onions, broccoli and mushrooms
- Sliced melon display (*gluten free, vegetarian, vegan*)
- Bakery fresh cookie display



Patriot athletes may fill their plate one time

at no charge. Your race bib includes your meal ticket. Simply tear it off to be admitted to the food tent. 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 **11:00am**.

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.

17. RACE PHOTOS (FREE!)

This year's official race photographer is Capstone Photography and all athletes can select one photo for free (you can also purchase additional ones). Athletes will receive an email post-race with a link to where photos can be downloaded.

18. 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.

19. VOLUNTEERS and CHARITABLE PARTNERS

This year's race is made possible with the support of 150+ volunteers including members of the Bay State Triathlon Team, St. Vincent DePaul Society of Whitman, Boston Triathlon Team, Middleborough Demolay, Wheelworks Multisport, St Joseph's ACTS of Farihaven 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) 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 Veteran's Day effort to recognize US service men and women. Sun Multisport Events donated \$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.



20. 2019 SPONSORS & EXHIBITORS

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. 2018 Patriot Half sponsors are:

- **Arthosurface**
- **Breakthrough Performance Coaching** – *Official Coach*
- **Clif Bar**
- **Gatorade**
- **Generation UCAN**
- **Crimson Bikes** (*Official Provider of Bike Tech Support*)
- **Marathon Physical Therapy and Sports Medicine**
- **Peloton**
- **Rudy Project** – *Official Helmet and Sunglasses Sponsor*
- **TYR**

21. PATRIOT MERCHANDISE

There will be a selection of Patriot merchandise available for you to purchase. Merchandise will include:

- Cycling jerseys
- Cycling sox
- Visors
- Insulated lunch bags
- Gear bags
- Steel pint cups from Klean Kanteen
- Water bottles and more



The merchandise table will also be set up in the Camp House with packet pick-up on Friday and near the food tent on Saturday.

22. 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 and the complete parking plan is covered in the "Parking" section of this guide on page 3. Most importantly, spectators should know if they park in the West lot (which is expected to fill by 5:30am/5:45am) they will not be able to leave until after 1pm. Also, spectators will not be allowed to come onto the Cathedral Camp grounds to park between 8:30am and 2pm... during these times, spectators will be directed to park at lots across the street.
- **Athlete Support:** The Breakthrough Performance Coaching tent is the designated **Inspiration Station** for this year's event and will be set up near the volunteer tent. This is the place to go to get poster board and markers to make signs of encouragement for 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... and some Patriot Half and Sun Multisport Events tattoos!
- **Athlete Tracking:** NEW for 2019 is an advanced athlete tracking tool from RaceMap. You can access Patriot Half Athlete Tracking by downloading the free RaceMap app from the Google Play or iTunes store (once downloaded, search for "Patriot Half") **OR** from the Patriot Half Athlete Tracking page of the Sun Multisport Events site here: <https://sunmultisportevents.com/events/patriot-half-athlete-tracking/> . With this tool you can see where athletes are on the bike and run and the projected time of their finish. See page 7 of this Athlete Guide for a short tutorial on using this Athlete Tracking tool.
- **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-1pm; 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. NOTE: No more than 25 people can be in the water at once.
- **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 psyched to welcome back this year's house band, "Pablo Palooza". They'll start playing some live, funky rock-n-roll at 11:00am.
- **Food & Beverages:** We are making a strong effort to secure a food truck to have on site from 6am to 10am to sell coffee, juice, parfaits, breakfast sandwiches, etc, but as of this writing we have not yet confirmed one (but have been assured we'll get one). We'll post an update to our social media feeds when/if a food truck is confirmed. At approximately 11:00am, Riccardi's Italian Restaurant will begin serving a catered meal (see p. 17 for the menu). This first plate of Riccardi's food is free to athletes in the Patriot Half and volunteers (that help for a minimum of 3 hours) but a \$10 fee is required for a second plate. Spectators pay **\$10 per plate** as well... load up!

23. 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).

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

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. Reservations recommended.