



2018 ATHLETE GUIDE

Sunday, July 29, 2018
Fort Taber Park, New Bedford, MA

Dear Athlete,

Welcome to the 2018 Whaling City Tri & Du... and Splash & Dash! This event is a production of the award-winning team at Sun Multisport Events and we're looking forward to delivering to you a great race experience. We have an exciting day in store... nearly 100 athletes will be completing their first multisport race and we have 8 teams competing in the Tri Team Challenge for cash and prizes worth thousands of dollars.



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

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

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

See you this weekend!

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

*P.S. If you know someone still thinking about signing up for Sunday's race, let them know online reg closes Friday, 7/27, at 6pm EST. Also, **we could use some additional volunteers** for various roles on race morning. Know someone willing to lend a hand? Have them email Mark at info@SunMultisportEvents.com.*

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1. DIRECTIONS

The Whaling City Tri & Du is based at Fort Taber Park at the corner of East Rodney French Boulevard and South Rodney French Boulevard in New Bedford, MA. For GPS purposes, plug in **1000 South Rodney French Blvd in New Bedford** which is the address for the Fort Taber Community Center (location for packet pick-up).

From Boston, MA and points north: Take I-93 South to Rte 24 South. Take exit 12 off Rte 24 South for Rte 140 South. Then take exit 2A for I-195 East. After traveling on I-195 East for 1-2 miles you will get off at exit 15 for Rte 18 South and downtown New Bedford. Rte 18 South becomes John F Kennedy Memorial Blvd. Continue south on John F Kennedy Memorial Blvd for 1-2 miles and then turn left at the intersection for Cove Street (this left is at a traffic light). Cove Street becomes East Rodney French Blvd (the beach and Buzzards Bay will be on your left). Travel south on East Rodney French Blvd and this will bring you to the entrance to Fort Taber Park.

From CT and RI: Take I-95 North to exit 19 for I-195 East. After traveling on I-195 East for 1-2 miles you will get off at exit 15 for Rte 18 South and downtown New Bedford. Rte 18 South becomes John F Kennedy Memorial Blvd. Continue south on John F Kennedy Memorial Blvd for 1-2 miles and then turn left at the intersection for Cove Street (this left is at a traffic light). Cove Street becomes East Rodney French Blvd (the beach and Buzzards Bay will be on your left). Travel south on East Rodney French Blvd and this will bring you to the entrance to Fort Taber Park.

2. PARKING

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

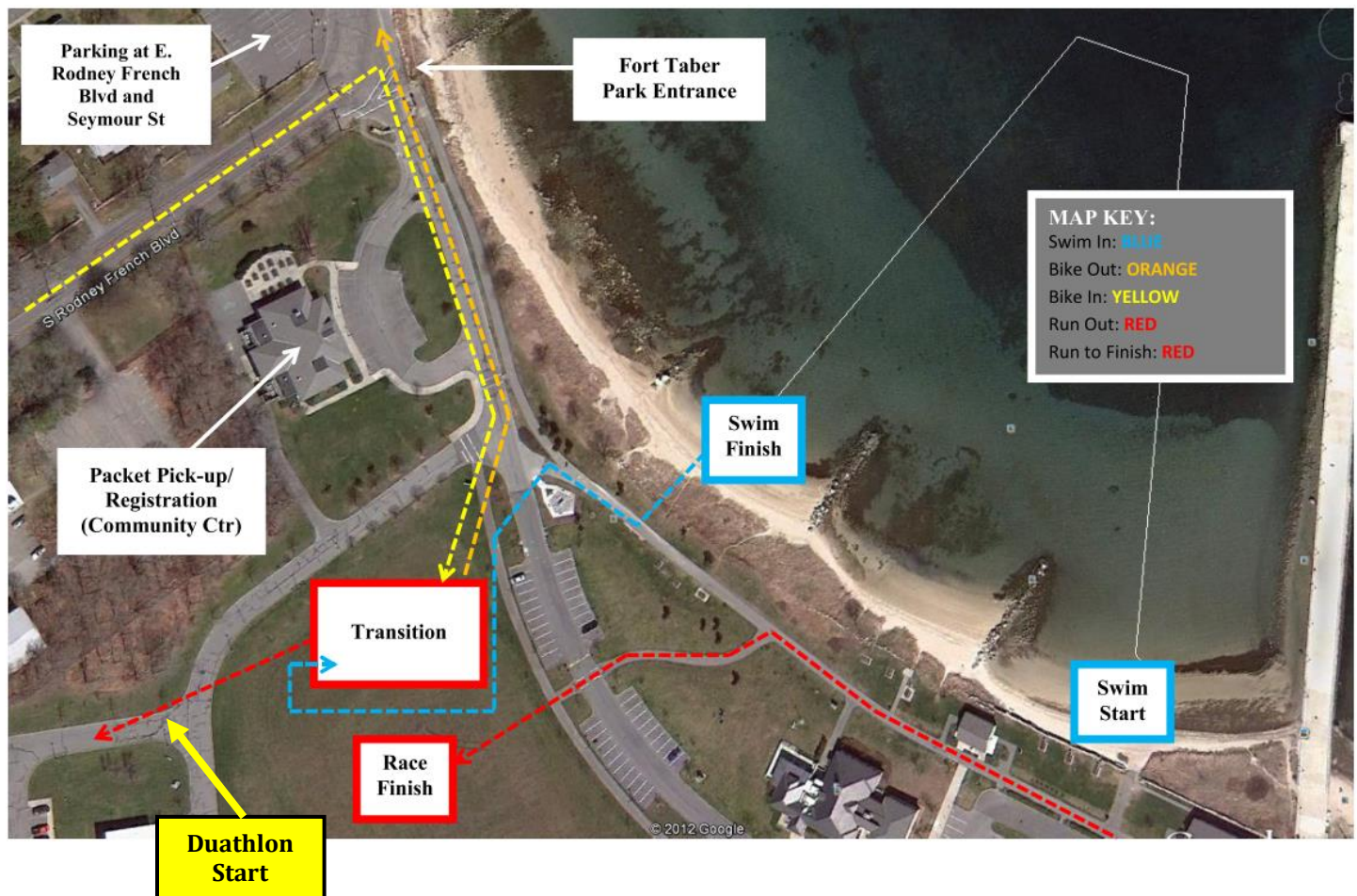
ON SATURDAY athletes, spectators and volunteers will be able to park in the **South East Beach parking lot** on East Rodney French Blvd from 2PM to 5PM. This lot is a short walk from the Fort Taber Park Community Center (site of packet pick-up on Saturday and Sunday). See map below.

ON SUNDAY athletes, spectators and volunteers will be able to park in the **South East Beach, North East Beach and Fort Taber Park parking lots** 6AM-11AM and on **Brock Ave**. The lot inside Fort Taber Park is expected to be full by 6:30am/6:45am and anyone that parks in this lot will not be able to leave before 10:00am. See map below.



3. VENUE SET-UP

Below is an aerial view of the Fort Taber Park venue showing the set-up for Sunday's race including the entrance to the park, the Community Center for packet pick-up, the swim start and finish, the Duathlon start, transition and race finish.



4. SCHEDULE OF EVENTS

Saturday, July 28th

- **2:30pm:** Race packet pick-up opens; **PHOTO ID REQUIRED FOR PACKET PICK-UP... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** all members of a relay team must be present and athletes may not pick up packets for anyone but themselves. **USAT Annual members must present a valid USAT license.** Race packet pick-up will be located in the Fort Taber Community Center.
- **3:00pm, 3:30pm & 4:00pm:** FREE Transition Clinic courtesy of Breakthrough Performance Coaching, Official Coach of the 2018 SME Triathlon series.
- **5:00pm:** Race packet pick-up concludes.

Sunday, July 29th (race day!)

- **6:00am:** Transition opens, race packet pick-up and body marking begins; **PHOTO ID REQUIRED FOR PACKET PICK-UP... NO PHOTO ID, NO RACING, NO EXCEPTIONS**; all members of a relay team must be present and athletes may not pick up packets for anyone but themselves. **USAT Annual members must present a valid USAT license.** Race packet pick-up is in the Fort Taber Community Center.
- **7:00am:** Practice swim in designated area at swim finish.
- **7:20am:** Pre-race meeting announcements from the Race Director; all athletes must be in or near transition to hear these announcements.
- **7:25am:** Packet pick-up concludes; you must be checked in by this time.
- **7:45am:** Practice swim concludes; all athletes out of the water.
- **7:50am:** All athletes must be out of transition.
- **8:00am:** Triathlon (wave 1, elites) and Duathlon (wave 1, all males) start.
- **8:35am:** Splash & Dash starts.
- **10:15am:** Post-race awards ceremony and giveaways.

5. RACE PACKET PICK-UP

Race packet pick-up will take place in the Fort Taber Community Center which is immediately on your right as you enter the park. Packet pick-up is Saturday, July 28th, 2:30pm-5pm and Sunday, July 29th, 6am-7:30am. **We encourage athletes to pick up your race packet on Saturday if at all possible...** the lines will be shorter and this will give you more time to prepare for racing on Sunday morning.



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.**

Sunday's race is a USAT sanctioned event. **If you are a USAT annual member you will need to show a valid USAT license.** If you do not have a valid USAT license you will be required to either purchase a new annual license (\$50 for adults age 18 or higher, \$10 for youths 17 and under) or purchase a 1-day license (\$15 for adults; there is no 1-day license fee option for youths).

If you are not an annual USAT member when you registered online you were required to purchase a 1-day USAT license. If you did not purchase a 1-day license you will be required to purchase one at packet pickup.

Your race packet will include the following:

- Bib # and pins: To be pinned to your race top
- Bike helmet sticker: To be pasted to the front of your bike helmet

6. TIMING and LIVE ATHLETE TRACKING

All athletes will be given a timing chip to be worn around their left ankle (relay teams receive 1 timing chip and pass it from swimmer to cyclist to runner during the race). **Timing chips will be distributed on race morning ONLY** from a station set up next to body marking outside the Fort Taber Community Center (site of packet pick-up). All athletes must pick-up their timing chip BEFORE entering transition.



If you go to packet pick-up on Saturday you will not need to wait on line at packet pick-up again on race morning... just show your bib # to get your timing chip at the chip distribution area.

All race results will be published LIVE on the All Sports Events website as they happen. Your friends and family can track their "favorite" athletes by searching on a name, clicking on it when it comes up in search results and then hitting "Add Favorite". Live results will be posted here:

http://allsportsevents.com/Results/triathlon_results/WhalingCityTriathlon2018.html

This link has also been added to the top of the Whaling City Tri & Du page of the SME website.

Individual triathletes and relay teams receive 6 timing splits. The 6 timing splits are: (1) swim time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run time; (6) overall time.

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

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

Results Center

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

7. BODY MARKING

All athletes need to get body marked. Body marking will be available Sunday morning starting at 6:00am and will be located on the field adjacent to the Community Center where packet pick-up/registration takes place. Body marking is essential for identifying athletes when on the course and in race photos made available from Capstone Photography post-race. Body marking includes:

- Your race # marked on your left bicep, left calf and right hand.
- Your age marked on your right calf -- unless you are part of a Relay Team or racing in the Splash & Dash or Duathlon... Relay Team members will have an "R" written on their right calf, Splash & Dash athletes will have an "S" written on their right calf and Duathletes will have a "D" written on their right calf.



8. TRANSITION

Transition opens on race morning at 6:00am. **Transition is for athletes only and all athletes must be set-up and be out of transition by 7:50am** so please plan your morning accordingly. We want to start the race promptly at 8:00am 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 not be able to race if they are missing.** If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning courtesy of Spark BRS, official provider of bicycle tech support, but please do not assume these will be available. Once you enter transition proceed to your rack position which will be labeled with your name and bib#. See page 4 for a map showing the transition area set-up and how athletes will flow in and out from the swim, bike and run.



FREE TRANSITION CLINIC:

Transition is considered the 4th discipline of triathlon (after swimming, biking and running). For new to the sport athletes it can be confusing and for more experienced triathletes it's where precious seconds could be lost transitioning from the swim to the bike or bike to the run. Attend one of the FREE transition clinics brought to you by Breakthrough Performance Coaching that will be offered at 3:00pm, 3:30pm and 4:00pm at Fort Taber Park on Saturday, 7/28/18 (during packet pick-up hours).

9. THE SWIM

The swim is in Buzzard's Bay and the swim start and finish are within the confines of Fort Taber Park. The swim is 0.25 mile counterclockwise loop (see page 4 for a map of the swim). All athletes are required to wear the colored swim cap given to them at race packet pick-up. The cap color corresponds to the swim wave to which you are assigned. Athletes will be sent into the water in waves. The first 7 waves will follow a "mass start" format with all athletes in each wave starting at once. Waves 8-13 will follow a time trial start format with 2 athletes entering the water every 5 seconds (athletes in these waves "self-seed" themselves based on personal preference... at the front, in the middle, etc). Here is this year's wave plan:

Swim Wave #	Est. Start Time	Race Category *	Swim Cap Color	Start Format
Du-1	8:00	All Duathletes, male	N/A	All at once
Du-2	8:10	All Duathletes, female	N/A	All at once
Wave1	8:00	All Elites/Open, male + female	Purple	All at once
Wave2	8:02	Team Noble Triathlon	Navy Blue	All at once
Wave3	8:04	Bay State Spandex + Bay State Baby Powder	Red	All at once
Wave4	8:06	Boston Triathlon Team	Yellow	All at once
Wave5	8:08	Cape Cod Triathlon Team	Royal Blue	All at once
Wave6	8:10	Breakthrough Performance Coaching	Burgundy	All at once
Wave7	8:12	We Tri for Aimee	Green	All at once
Wave8	8:13	Men, Age 44 and under	Silver	Time Trial, 2 athletes every 5 seconds
Wave9	8:16	Women, Age 44 and under	Fl Pink	Time Trial, 2 athletes every 5 seconds
Wave10	8:19	Men, Age 45+ and Clydesdales	Fl Yellow	Time Trial, 2 athletes every 5 seconds
Wave11	8:22	Women, Age 45+ and Athenas	Pink	Time Trial, 2 athletes every 5 seconds
Wave12	8:25	Friends, Families & Beginners and Relay Teams	Fl Green	Time Trial, 2 athletes every 5 seconds
Wave13	8:35	All Spash & Dash, male + female	White	Time Trial, 2 athletes every 5 seconds

NERVOUS SWIMMER CAPS: Any athlete regardless of wave or category that has anxiety about the swim and would like to have lifeguards keep an especially watchful eye on them may request a nervous swimmer cap which is multi-colored and stands out from the swim caps worn by athletes in the race. This cap will be available at packet pick-up.

Lifeguards and other trained professionals will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard kayaks. Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgement, the health of the athlete is at risk.



IF YOU DECIDE TO TURN BACK TO SHORE AND NOT COMPLETE THE SWIM IT IS CRITICAL THAT YOU GIVE YOUR TIMING CHIP TO A MEMBER OF THE TIMING TEAM OR RACE MANAGEMENT so that we are aware that you have pulled out of the race.

Wetsuits and the Buzzard's Bay Water Temperature

All participants may wear a wet suit and be eligible for rankings and category awards if the water temperature is 78 degrees F or less. If the temperature is between 78.1 and 83.9 degrees F, participants wearing a wet suit will not receive a ranking or be eligible for awards (they will still receive split times). If the temperature is 84 degrees F or higher, no participants will be allowed to wear a wet suit.

A water temperature update will be posted to the SME Facebook page on Friday, 7/27, and Saturday, 7/28, the day before the race. Wetsuits are OPTIONAL and not a requirement of the race.

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



The 11.4 mile bike course is 2 loops of a 5.7 mile course. Approximately 4.5 miles of the 11.4 mile bike loop is along East and West Rodney French Boulevard which offers you beautiful views of Buzzards Bay on the east side and Clark's Cover on the west. This is a flat course and the lane you will be riding in will be closed to traffic. Police details will be in position to provide additional protection.

At approximately mile 4.2 of the bike loop on West Rodney French Boulevard cyclists will reach a turnaround point. The turnaround point is where cyclists riding north will be required to do a 180 degree turn and head back south along West Rodney French Boulevard. Traffic cones will be used to create a traffic circle for this turnaround. Additional traffic cones as well as signage and volunteers will be in position to make riders aware of the turnaround point and help ensure your safety.

AREA OF CAUTION: The bike loop begins and ends at Fort Taber Park. Most cyclists beginning their second loop will be merging with cyclists beginning their first loop at the entrance to Fort Taber Park. Traffic cones marking the appropriate lanes for riders as well as signage and volunteers will be on hand to help ensure a safe merge, but all athletes should exercise caution at this intersection on the course.

RULES OF THE ROAD: Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification. **STAY TO THE RIGHT EXCEPT WHEN PASSING** and when you decide to pass another cyclist be sure to call out, "On your left!".

BIKE CUT-OFF: Our permit from the City of New Bedford that allows us to close the roads for the bike course requires that these roads re-open by a specified time. To meet this deadline, all bikes must to be off the course no later than **9:45am**.

Bike tech support is being provided by **Spark BRS** who will be set-up during race packet pick-up hours on Sunday to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments).



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

11. THE RUN

The 3.1 mile run is along coastline sidewalks and walking paths giving you gorgeous views Clark's Cove and Buzzards Bay. Athletes on the run will leave transition and head to South Rodney French Boulevard. They will then make their way to West Rodney French Boulevard and run north. At about the 1 mile mark they will reach a turnaround point and head back south along West Rodney French Boulevard. Athletes will then enter Fort Taber Park from the west side park entrance and make their way around the perimeter of the park including historic Fort Rodman. Near the end of the run athletes will run an out and back along Fort Taber Park pier before the last dash to the finish. Go to <http://sunmultisportevents.com/events/whaling-city-triathlon/> to find a downloadable map of the run course.

Volunteers or signage will be in place on the run to help guide you around the course. Since it's mainly along the water the run course is very flat and offers a refreshing sea breeze, but there is virtually zero cover from the sun.

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



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 water bottle wrapped in a cold, wet hand towel. Volunteers will also be there to remove your timing chip. Now it's time to revel in your accomplishment, share your experiences from the race, cheer on other finishers and enjoy the post-race festivities.

13. POST-RACE

Massages will also be available to work on your tired, stressed muscles. Visit the **Marathon Physical Therapy and Sports Medicine** tent for a well-deserved massage and stretching.



Awards and Giveaways

Stick around after the race for an awards ceremony to honor the day's top performers along with great giveaways from our sponsors including product and gift certificates from Rudy Project, Clif, Landry's Bicycles and others. The awards ceremony will be at approximately **10:15am**.

The awards ceremony will include awards to eligible teams competing in the **Tri Team Challenge**. This Team Challenge features teams that have met the requirement of having at least 10 members registered for the triathlon (minimum 3 females). Prizes will be awarded to the top 3 teams including \$500 to the 1st place team! Athletes on these teams will race as individuals but a Team Time will be calculated based on the times of the first 3 female team members that finish the race followed by the next 7 fastest team member times regardless of gender.

Complete rules and prize details can be found at:

<http://sunmultisportevents.com/events/whaling-city-triathlon/>

Post-Race Food

Athletes will be offered fruit, bagels Clif bars and more at the conclusion of the event. These items will be available in the Finish Line corral and are complimentary to all athletes.

For Sale

Whaling City Tri & Du commemorative pint glasses will be available for purchase (1 for \$20, 2 for \$35) at packet pick-up on Saturday and post-race on Sunday.



14. DUATHLON DETAILS

The duathlon consists of a 1.1 mile run, a 11.4 mile bike and a 3.1 mile run. The Duathlon start will be separated into two waves. Wave 1 will feature all male duathletes and will start at 8:00am. The second wave will be all female duathletes and start at 8:10am. The designated start line for the duathlon is the road near the "Run Out" by transition (see the map on page 4 of this Athlete Guide where this location is noted).

The 1.1 mile run includes running a short section on South Rodney French Blvd after which athletes will return to Fort Taber Park and onto transition. After completing the first leg of the Duathlon, athletes will enter transition at the same spot as athletes in the Triathlon and Splash & Dash and proceed to their bike in transition. They will then complete the same 11.4 mile bike and 3.1 mile run courses as athletes in the Triathlon.

15. SPLASH & DASH DETAILS

Athletes in the Splash & Dash will go off in the final wave at 8:35am and complete the same 0.25 mile swim course as athletes competing in the triathlon. Once Splash & Dash athletes complete the swim they will make their way to their designated spot in transition along with other athletes in the triathlon, change into their running gear and head out onto the 3.1 mile run course.



16. RELAY TEAM DETAILS

All members of a relay team must come to packet pick-up together (see section 5 for complete details on packet pick-up). 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 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 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.

17. POLICY REMINDERS

If a race is cancelled due to inclement weather, acts of God, or unforeseen circumstances beyond the control of Event Management, refunds will not be given; however, a partial credit will be offered to the following year's race.

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

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

18. VOLUNTEERS

This year's race is made possible with the support of 50+ volunteers. We are grateful for their support. **If you have friends and family coming to watch you race ask them to consider volunteering.** Stop by the Volunteer table in front of the Community Center/packet pick up for more information on how they can help.



19. 2018 SPONSORS

We are fortunate to also have the support of many sponsors whose contributions improve the overall quality of the Whaling City Tri & Du in many different ways. Several sponsors will be on site on race morning. Your patronage of our sponsors at the event, at their store or online is greatly appreciated. Sponsors of this year's Whaling City Tri & Du are:

- **Breakthrough Performance Coaching** (*Official Coach*)
- **Clif Bar**
- **Krave Jerky**
- **Loco Coffee**
- **Marathon Physical Therapy and Sports Medicine**
- **Rudy Project** (*Official Helmet and Sunglasses sponsor*)
- **Skinny Pop**
- **Spark BRS**

20. THE NEW ENGLAND TRIATHLON TOUR

The Whaling City Triathlon is part of the 2018 New England Triathlon Tour which is a slate of the region's marquee sprint triathlon events — from Maine to Connecticut. By competing in even one race this year, you may be eligible to win a free entry to the race of your choice next year! And the more races in which you compete, the greater your opportunity to succeed! For more details visit the New England Triathlon Tour website at: <http://www.newenglandtriathlontour.com/>



21. SPECTATOR INFORMATION

Where to Watch: The Whaling City Tri & Du is one of the most spectator friendly triathlons in New England. Spectators that play their cards right have 9 opportunities to see their favorite athlete if they position themselves according to this plan:

- **Swim start (1) and finish (2):** The swim start and finish is inside the confines of Fort Taber Park and the start and finish are along a walking path. Spectators that position themselves on this walking path between the swim start and finish can see athletes when they dash from the shore of East Beach into Buzzards Bay and as they exit the water and head to transition.
- **The sidewalk near the corner of East Rodney French Boulevard and South Rodney French Boulevard (3, 4, 5, 6 and 7):** The bike course is 2 loops of a 5.7 mile course. It begins and ends at Fort Taber Park and includes an out and back along East Rodney French Boulevard so spectators can see athletes starting the bike (3), on the return along East Rodney French Boulevard (4) and when they come back from the west side to ride the loop a second time (5 and 6) and then when they complete the second loop and return to Fort Taber Park (7)
- **The run (8):** Ok, so now your favorite athlete just whizzed by you on the bike on the return to Fort Taber Park. If you now walk along the sidewalk of South Rodney French Boulevard towards West Rodney French Blvd you'll be able to see your favorite athlete as they leave Fort Taber Park; athletes will merge with South Rodney French pretty much in between East and West Rodney French Blvd (near Brock Ave)
- **The Finish (9):** Depending on the speed of who you are watching you probably have about 20 minutes or so to go from South Rodney French Blvd to the finish to see your favorite racer come across the finish line.

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

- **Parking:** Spectators have the same parking options as athletes (see "Parking"; p3).
- **Inspiration Station brought to you by Breakthrough Performance Coaching.** Want to make a sign for your favorite athlete? Grab a cowbell and make some noise? How about a temporary tattoo? Visit the Inspiration Station at the Breakthrough Performance Coaching tent near the finish line for this and more.
- **About Fort Taber Park:** Fort Taber is a beautiful venue that offers numerous places to watch athletes. The grounds feature a WWII military tank, a pier to fish off, a nice playground across from Fort Rodman (*shown at right*) plus plenty of open space to just hang out. The park also offers the Fort Taber Military Museum – a must for history buffs and well worth a visit... they open at 1pm.
- **Volunteering:** Want to be a part of the action? Consider volunteering! The saying "It takes a village" couldn't be more applicable to producing this event. There are a variety of volunteer jobs to fill and lending a hand is a great way to show support when you aren't racing. All volunteers receive a volunteer t-shirt. Visit the Volunteer table located in front of the Community Center on race morning where packet pick up will be conducted for more information.



- **Sunscreen:** We encourage all spectators to bring sunscreen to apply while at Fort Taber Park. There aren't a lot of places to be in the shade along the course so you'll want to protect yourself with a good dose of sunscreen so you don't get burned while spectating.
- **Food & Beverage at Fort Taber:** Loco Coffee, Krave Jerky and Skinny Pop will be on site with product for you to purchase and sample. If you're looking for a heartier plate of food, the StrEAT Food Rx food truck will be on site with breakfast sandwiches, burritos and more.



- **Lunch spots in New Bedford:** Our friends with the Buzzards Bay Coalition gave us this list of recommended restaurants for lunch (my personal favorite is No Problemo... awesome burritos!):
 - **No Problemo;** Comments: "Hipster" beer & burritos; 813 Purchase St, New Bedford, MA 02740; (508) 984-1081
 - **DNB Burger;** Comments: Small, cool locavore place, house ground beef, always one turkey and one veggie burger option, too; 22 Elm St, New Bedford, MA 02740; (774) 202-0118
 - **Destination Soups;** Comments: Always a good variety of soups, killer gourmet grilled cheeses, sandwiches, salads; 141 Union St, New Bedford, MA 02740; (508) 991-7687
 - **Green Bean;** Comments: Organic & vegan options, smoothies, fresh juices; 740 Purchase St, New Bedford, MA 02740; (508) 984-3300
 - **Cork;** Comments: Tapas, beautiful salads, soups, in a cool, old whaling-era building; 90 Front St, New Bedford, MA 02740; (508) 994-9463
 - **Black Whale;** Comments: New, on the waterfront, more of a full service restaurant, good seafood options; 104-106 Pier 3, New Bedford, MA 02740; (508) 990-7100
 - **M&C Café;** Comments: Great local chef, authentic Portuguese options as well as lobster rolls, fish & chips, etc.; 436 Belleville Ave, New Bedford, MA 02746; (508) 993-2219