



2021 ATHLETE GUIDE

Race Date: Saturday, 6/19/21; Race Start: 7:00am

Location: Cathedral Camp, 167 East Freetown, MA

June 14, 2021

Dear Athlete,

It's been 20 months since our last event and we are thrilled to return to racing even if it will look and feel a little different from the last time we were producing events. As part of the state's re-opening plan we prepared a COVID-19 Mitigation Plan designed to reduce the risk of the spread of the virus. This plan was shared and approved by the Freetown Board of Health and the basic elements of this plan are covered in section 1 of this guide (page 2). Your understanding and cooperation with this plan is appreciated. You can download the complete plan at <https://sunmultisportevents.com/events/patriot-half/>

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

P.S.

Visit our You Tube page for a series of short videos that provide an overview of the Patriot Half swim, bike, run and transition. You'll find it here: https://www.youtube.com/channel/UC959j0vtntW1r5QDxNRe_JA

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1. OUR COVID-19 MITIGATION PLAN

Last month we published a comprehensive COVID-19 Mitigation Plan that was emailed to registered athletes, shared on social media and posted for downloading from the Patriot page of the SME website (<https://sunmultisportevents.com/events/patriot-half/>). Please review that plan if you have not already done so. Important elements of that plan include:



- **COVID-19 symptoms and potential exposure guidelines.** Anyone experiencing symptoms of COVID-19 or has been exposed to someone with COVID-19 within 14 days of race day should stay home and not attend the event.
- **No spectators.** Spectators are not allowed at the event. If you have friends and family who want to cheer you on they can volunteer to support you, other athletes and the event. Volunteer registration closes Wed, 6/16, at 7pm. No race day volunteer registrations will be accepted.
- **Mask rules.** Athletes and volunteers that submit proof of vaccination do not need to wear a mask. Athletes that do not provide proof of vaccination must wear a mask up until the start of the race, when on the run if unable to keep 6' of social distance from other athletes and volunteers and after completing the event. Volunteers that do not provide proof of vaccination must wear a mask when unable to keep 6' of social distancing from athletes or other volunteers. Submit proof of vaccination here: <https://www.surveylegend.com/s/3bd2>
- **Social distancing.** All athletes and volunteers are encouraged to maintain 6' of social distancing where possible. Signage will be in place to reinforce this and transition has been expanded to accommodate 6' between athletes.
- **Hand washing and sanitizing.** Hand sanitizing and/or washing stations will be set up throughout the venue (e.g. in transition, near porto-johns, finish line, etc.). Sanitizing wipes will also be available. Staff and volunteers will regularly wipe down high touch surfaces (e.g. porto-john handles) during the event.

2. 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 FastSplits in Needham and Landry's Bicycles in Boston; see "Race Packet Pick-up" section below for details), 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.

3. PARKING

Athletes have two areas to park on the grounds of Cathedral Camp.

The WEST Lot opens at 5am and is right next to transition. This lot typically fills by 6:00am 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.

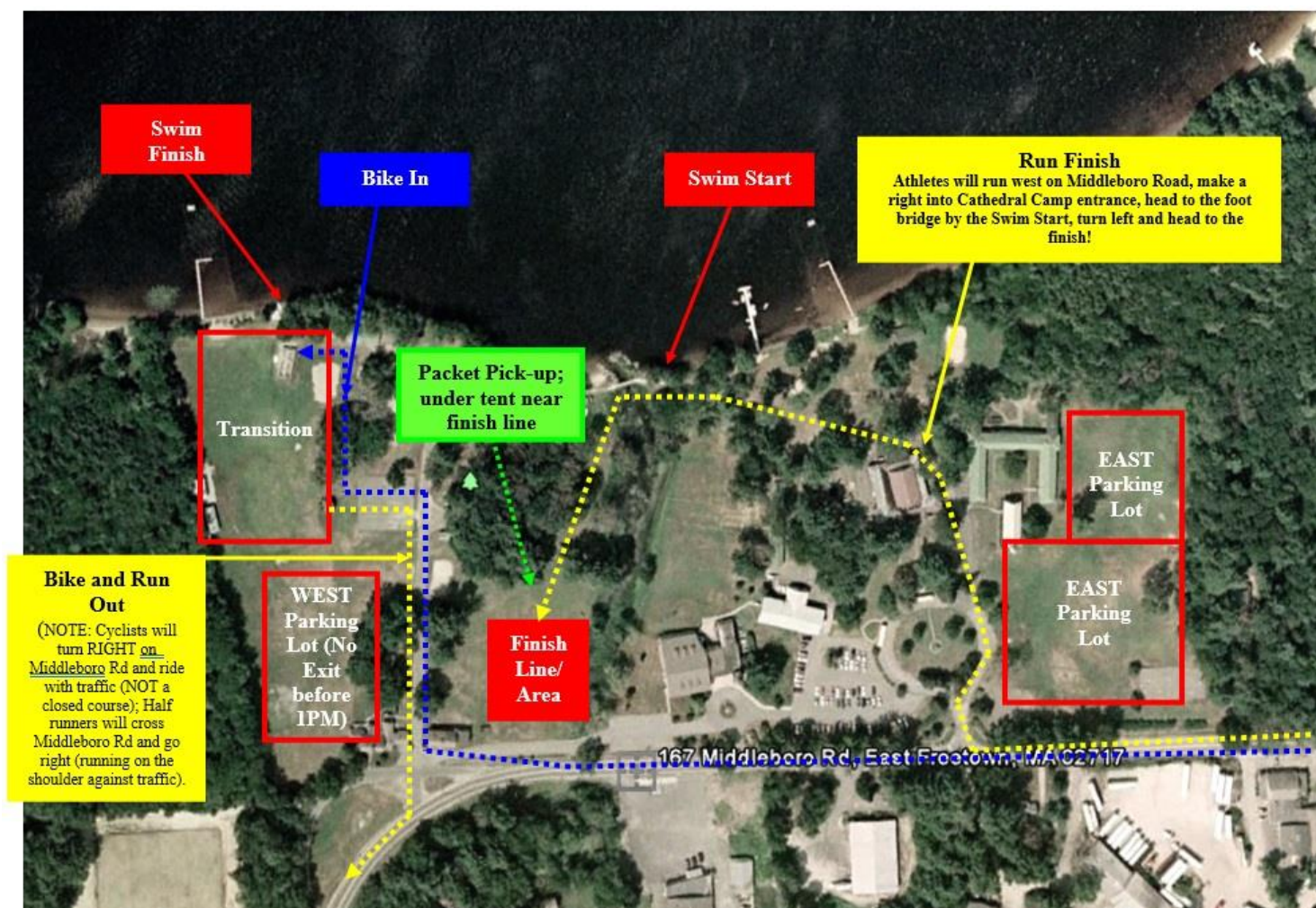
The EAST Lot is for athletes and opens at 5AM. Cars that park in this lot may leave throughout the day.

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.

See the next page for an aerial view of Cathedral Camp with these parking locations noted.

4. 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.



5. SCHEDULE OF EVENTS

Monday, June 14th: Packet pick-up at FastSplits at 77 Charles St, Needham, MA (RSVP by 3pm on 6/14 required; RSVP link on page 6); if you don't RSVP by that time your packet will not be available)

- **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 FastSplits.



Wednesday, June 16th: Packet pick-up at Landry's Bicycles in Boston at 1048 Commonwealth Avenue (RSVP by 3pm on 6/16 required; RSVP link on page 6); if you don't RSVP by that time your packet will not be available)



- **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 18th: Packet pick-up under the big tent next to the finish line at Cathedral Camp in East Freetown, MA at 167 Middleboro Road (site of the race; RSVP is NOT required)

- **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 (Location: TRANSITION)

Saturday, June 19th (RACE DAY!) at Cathedral Camp in East Freetown, MA at 167 Middleboro Road

- **5:00am:** Race packet pick-up and chip distribution begins and transition 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.
- **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.
- **6:45am:** All athletes must be out of the water.
- **6:55am:** All athletes must be in transition and the procession to the swim start will begin; starting with Wave 1 followed by Wave 2, Wave 3, etc, athletes will be called out of transition wave by wave and led by volunteers holding wave signs. Wave 1 will be led by a volunteer holding a sign with "WAVE 1" on it, Wave 2 will be led by a volunteer holding a sign with "WAVE 2" on it, etc.
- **7:00am:** Start of Wave 1: Elite/Open male athletes; see page 10 for the wave plan.
- **11:00am:** Riccardi's Restaurant to begin serving the post-race catered meal; also at this time, athletes that have completed the race may begin to remove their bike from transition under guidance of the event's Transition Coordinator.
- **12:45pm:** Bike cut-off time; all cyclists must be off the course.
- **3:00pm:** Run cut-off time; all athletes must be off the course

6. RACE PACKET PICK-UP/REGISTRATION

Your sealed packet will include your:

- Race bib#
- Pins
- Bike helmet and frame sticker
- Race tattoo
- T-shirt

At packet pick-up you will also be given a race belt with two (2) 10 oz water bottles and a wristband (**green** if proof of vaccination was provided, **blue** if not).

KNOW YOUR BIB#: Packets will be organized by bib# when you arrive so you can save yourself the effort of looking up your bib# up on the Athlete Board by coming to packet pick-up knowing your bib#. Bib#s were emailed to all registered athletes with this Athlete Guide or you can look it up here:

<https://www.allsportsevents.com/results/patriot-half-triathlon-2021/#/race/dbLfq8/HalfIND/>

Race packet pick-up will be available:

- Monday, 6/14, at FastSplits at 77 Charles St, Needham, MA; **5pm-7pm**
- Wed, 6/16, at Landry's Bicycles 1045 Commonwealth Ave, Boston, MA; **5pm-7pm**
- Friday, 6/18, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **4pm-7pm**
- Sat, 6/19, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **5am-6:30am**

You must RSVP by 3:00pm on Mon, 6/14, for packet pick-up at FastSplits and by 3:00pm on Weds, 6/16 for packet pick-up at Landry's. If you do not RSVP by these times your packet will not be brought to these locations. RSVP here -> **<https://forms.gle/XisBVSzbBfKCb9L87>**

You do **not** have to RSVP for packet pick-up at Cathedral Camp on 6/18 or 6/19. Packet pick-up at Cathedral Camp will be outdoors under the big tent next to the finish line (NOT inside the Camp House as in year's past).

It is strongly recommended that you pick up your race packet prior to race morning if possible as this will give you time to place the bike stickers on your ride and race tattoo on left bicep and left calf prior to arriving at the race site. Volunteers will be ready to check in athletes 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.



ADDED BONUS OF EARLY WEEK PACKET PICK-UP

In addition to getting your t-shirt, bib, bike stickers and race tattoo in advance of race day, if you pick-up your packet on 6/14 or 6/16 your timing chip will be affixed to your rack position on race morning (no need to wait in line at the chip distribution station on race day).

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.

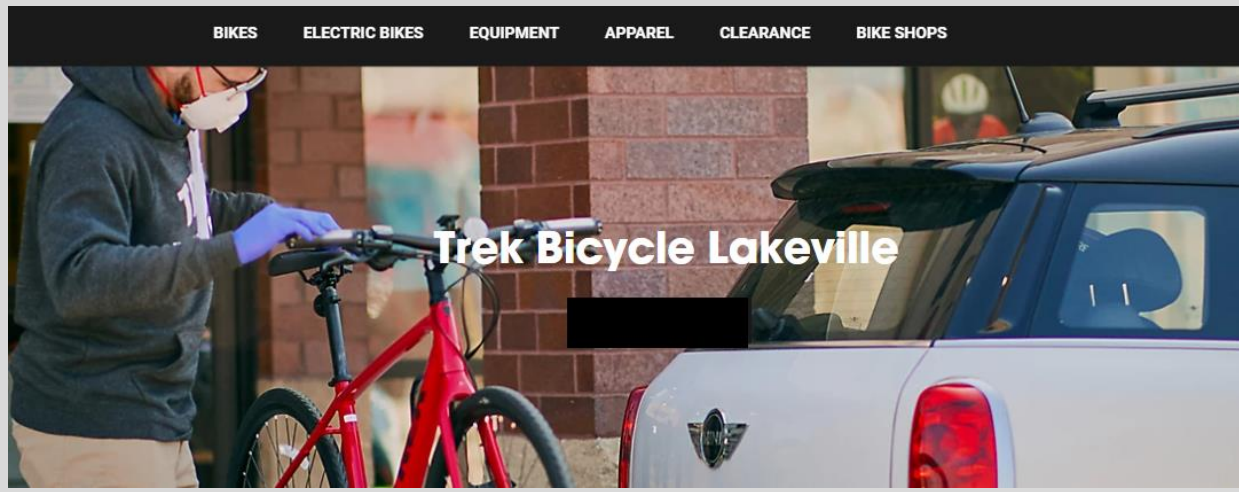


If you are a USAT annual member you will need to show a valid USAT license along with your photo ID. If you do not have a valid USAT license you will be required to either purchase a new annual license for \$50 or a 1-day license for \$15. If you are not an annual USAT member you were required to purchase a 1-day USAT license when you registered online so you are all set.

LAST MINUTE GEAR NEEDS?

If you need any last minute essentials visit Trek Bicycle of Lakeville, 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 18th until 7pm.

NOTE: There will be no tech support at Cathedral Camp on Friday, 6/18. Tech support will be available on race morning in transition starting at 5:00am.



7. TIMING and YOUR TIMING CHIP

All Sports Events is our timer and all athletes will be chip timed. Athletes that pick up their packet pick-up on 6/14 at FastSplits or 6/16 at Landry's will have their timing chip waiting for them at their rack position on race morning.

Athletes that pick-up their packet at Cathedral Camp on 6/18 or race morning will be given their timing chip from the chip board (picture at right) when they get their 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.

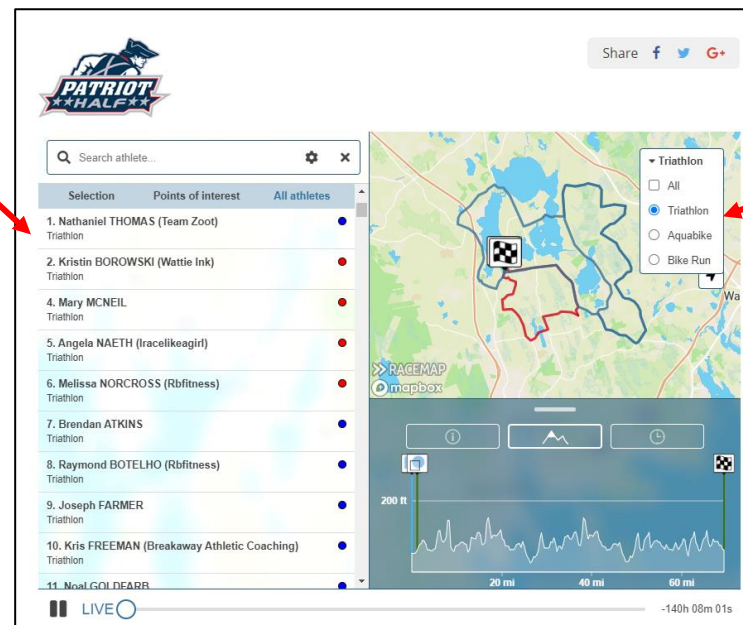
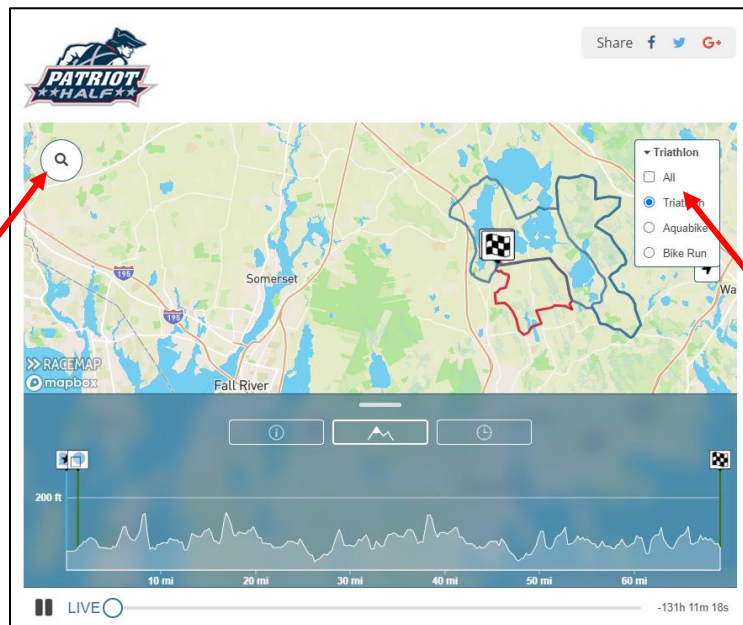
Bike-Run athletes will receive 4 splits: (1) bike time; (2) transition #1 time; (3) run time; (4) overall time.

After completing the race, results will be displayed on flat screen monitors built into the side of the All Sports Events trailer. 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. Please maintain 6' of social distancing when viewing results.

8. ATHLETE TRACKING and LIVE RESULTS

Athlete Tracking: We are excited to bring you advanced athlete tracking from RaceMap. Family, fans and followers 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.



Athlete Start List and Live Results: Times for the swim, the bike and run for each athlete will also be published live to the Patriot Half 2021 results page of our timer's 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 to see who else is racing in your category or your bib# and your race category? You'll find that at the link below, too.

<https://www.allsportsevents.com/results/patriot-half-triathlon-2021/#/race/dbLfq8/HalfIND/>

9. BODY MARKING WITH RACE TATTOOS

All athletes need to get body marked with their race number and race tattoos are included with all athlete packets for this purpose. Each athlete will get a set of 2 tattoos... 1 for the LEFT bicep and 1 for the LEFT calf. Of the two tattoos in the set you receive, one includes either your race age OR an abbreviation for your category (e.g. E = Elite; A = Athena; C = Clydesdale; AB = Aquabike; BR = Bike-Run; R = Relay; V = Virtual). The tattoo with your race age or category goes on your left calf. Directions on how to apply these tattoos are printed on the back. (Note: The race age or category abbreviation was removed from the tattoo sets of a few athletes who requested a late change of their race category.)

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.** If you pick up your packet on race morning a race tattoo application station will be set up near packet pick-up.

Athletes must also write their race number on their right hand and/or swim cap with a sharpie so we can identify your number during the swim.



10. 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

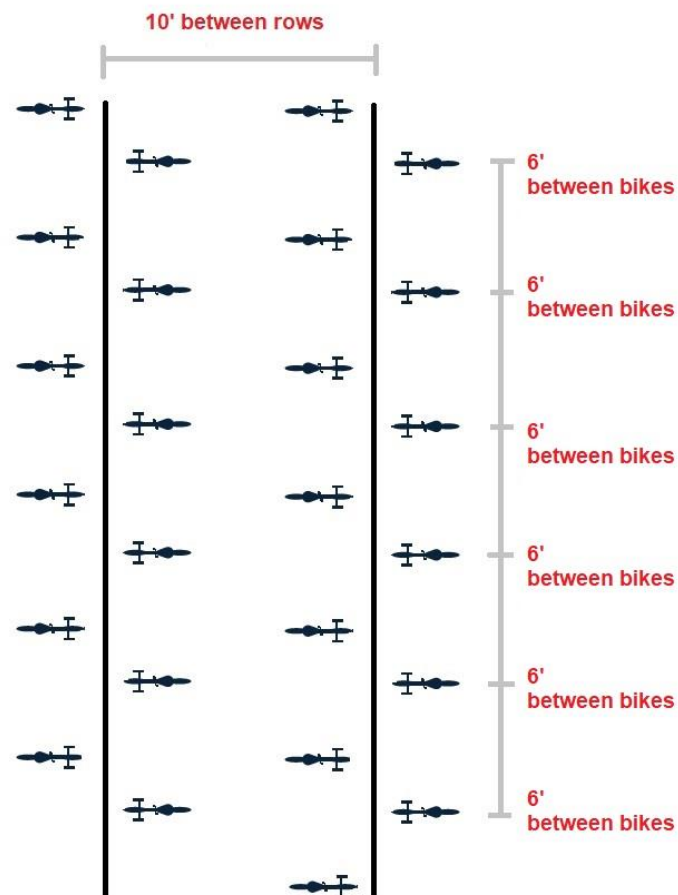
Once you enter transition proceed to your rack position which will be labeled with your name and number. Please respect the space of other athletes when laying out your gear at your space in transition.

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 medical issues and they will be set up near the finish line.

As part of our COVID-19 Mitigation Plan athletes that do not provide proof of vaccination are asked to wear a mask when in transition up to the start of the race. In addition, in an effort to spread athletes out in transition rack positions will be spaced out 6' per side as shown in the graphic at right.

All athletes are asked to be at their rack position at 6:55am so that we can begin the procession to the swim start.

NOTE: Athletes are not allowed to remove their bike from transition **until 11:00am** and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave.



11. 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. The nervous swimmer swim cap color is **RED**.

The swim wave schedule for the 2021 Patriot Half is shown at right:

Wave #	Athlete Categories (age based on your age as of 12/31/21)	Cap Color	Start Time (est.)	Wave Start Format
1	Male Elite/Open Athletes	Red	7:00am	In water start all at once
1A	Female Elite/Open Athletes	Red	7:01am	In water start all at once
2	Male Age Group 45-49	Purple	7:02am	TT; 2 athletes every 10 seconds
3	Females Age Group 39 & under and Athenas	Light Pink	7:06am	TT; 2 athletes every 10 seconds
4	Male Age Group 40-44	Fl Green	7:10am	TT; 2 athletes every 10 seconds
5	Female Age Group 40-49	Yellow	7:13am	TT; 2 athletes every 10 seconds
6	Males Age Group 55+	Silver	7:18am	TT; 2 athletes every 10 seconds
7	Female Age Group 50+	White	7:25am	TT; 2 athletes every 10 seconds
8	Males Age Group 50-54, Clydesdales	Royal Blue	7:31am	TT; 2 athletes every 10 seconds
9	Males Age Group 39 & under and Relay Teams	Fl Yellow	7:38am	TT; 2 athletes every 10 seconds
10	All Aquabike Athletes	Fl Pink	7:45am	TT; 2 athletes every 10 seconds
11	Bike Run	N/A	7:30am	

The swim is a counterclockwise rectangle with 2 left turns marked by yellow buoys – all other buoys will be orange.

Procession to the Swim Start: To

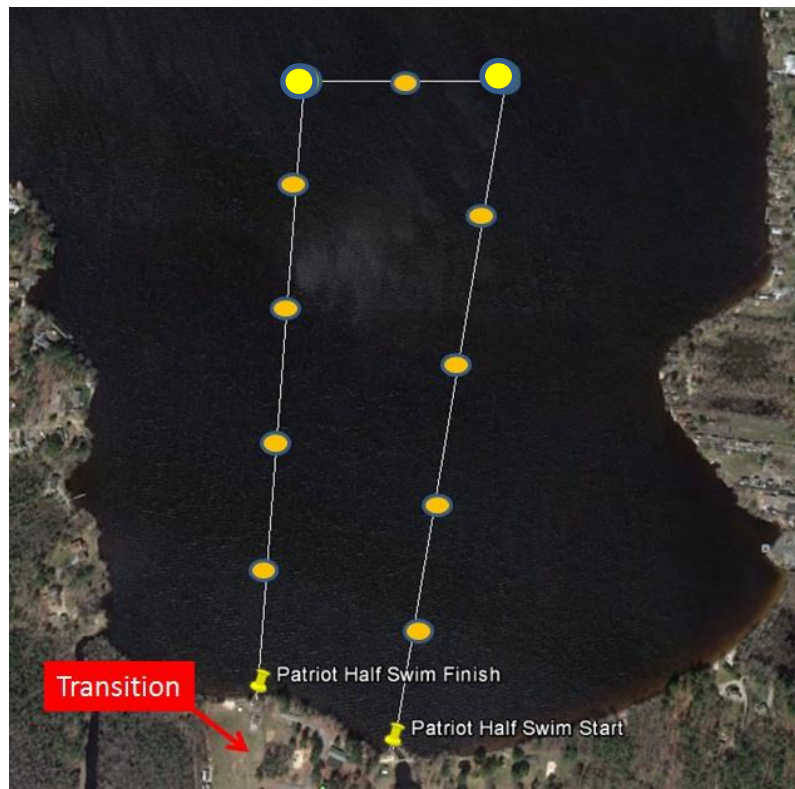
eliminate crowding at the swim start as part of our COVID-19 Mitigation Plan, waves of athletes will be called out of transition one by one. Each wave will be led to the swim start by a volunteer holding a wave sign. Athletes in wave 1 will follow the volunteer holding a sign for wave 1, athletes in wave 2 will follow the volunteer holding a sign for wave 2, etc.. All athletes should be at their spot in transition at 6:55am so that we can begin this process. As part of our COVID-19 Mitigation Plan athletes are asked to remain 6' apart during this procession to the swim start. See graphic below.

Elite/Open athletes will start at 7:00am with male elites (wave 1) followed by female elites (wave 1a) at 7:01am. There are 10 swim waves and the wave schedule can be found on the previous page. Your wave # will be printed on your packet.

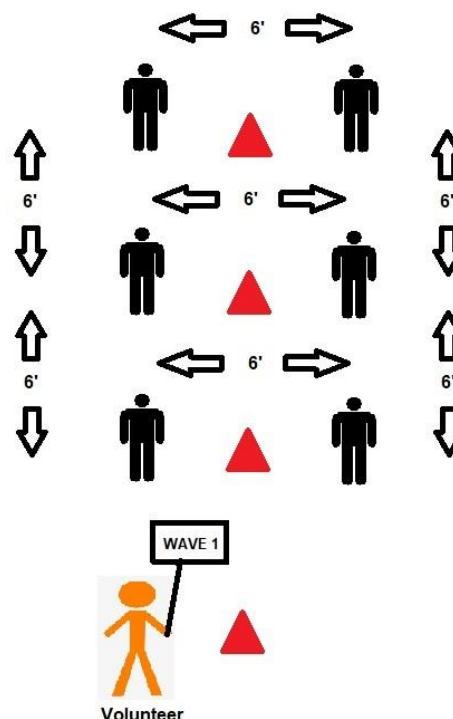
Athletes in Waves 2 through Wave 10 will begin the race following a time trial start format entering the water side-by-side, 2 at a time, every 10 seconds. A start clock will count down from 10 to 0 for each set of 2 athletes. Depending on the size of the wave, it will take 3-7 minutes for all the athletes 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.

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 or timing team located at the swim start or finish and turn in



PROCESSION TO THE SWIM START



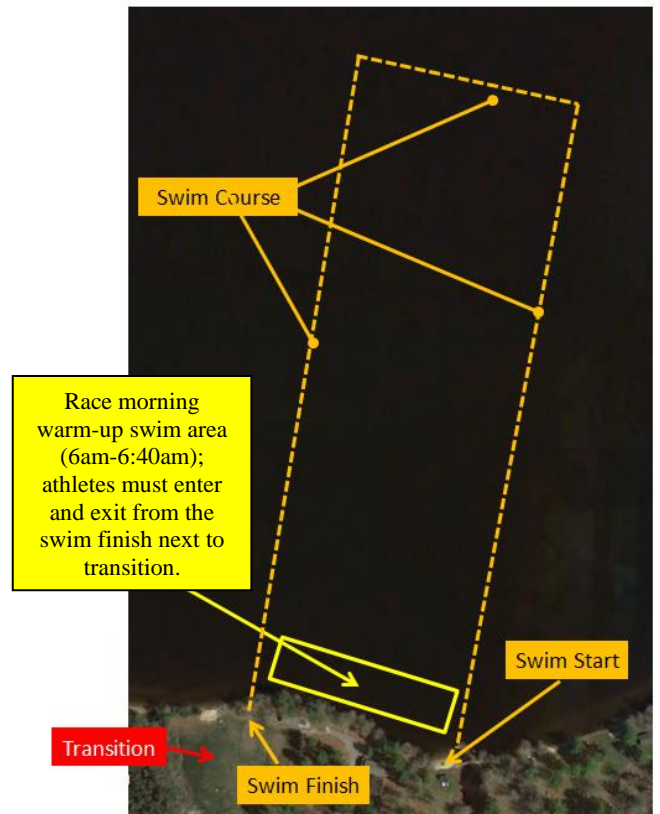
your timing chip. If you withdraw from the swim and do not notify event management, your whereabouts will raise serious concerns and require activation of the missing swimmer plan... PLEASE don't let this happen unnecessarily.

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.

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. The water temperature of Long Pond on Saturday, 6/12, was **74F**.



12. THE BIKE (**NEW COURSE FOR 2021**)

Attention Patriot Half Race Veterans: The 2021 Patriot Half bike course is NEW. You will recognize some aspects of the course, but do not rely on "muscle memory" to guide you.

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 the Mount Line you may get on your bike and begin riding.

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 very short detour near mile 28 at "The Split"** (see next page). Be cognizant of cars backing out of driveways, distracted drivers, other cyclists, 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.

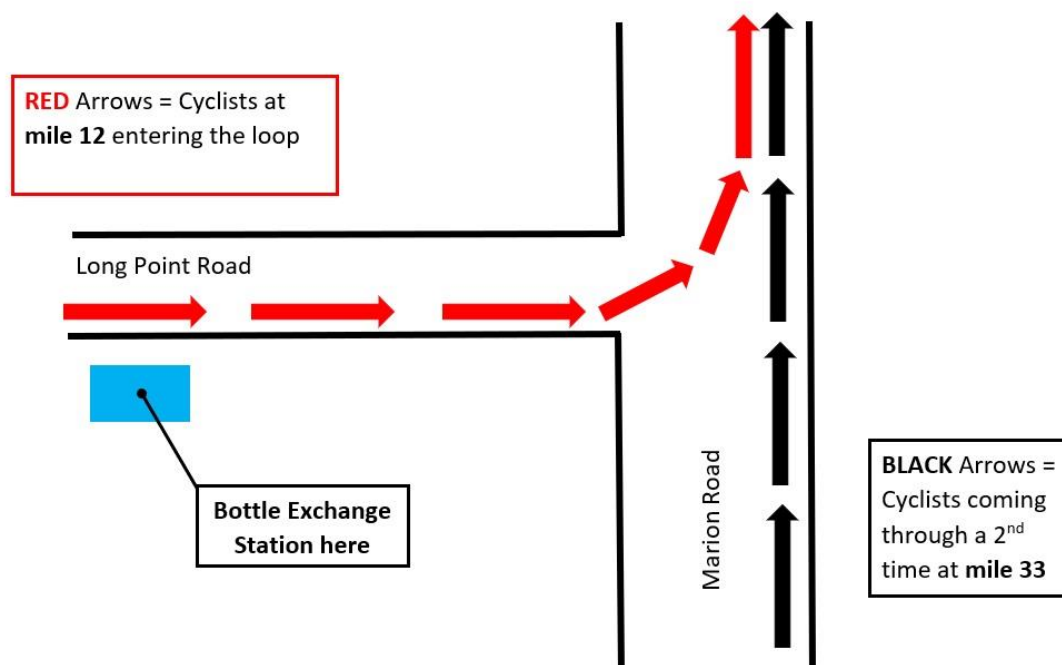
Obey the rules of the road! **Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification.** When passing another cyclist be sure to call out, "On your left!", and **NEVER, EVER, EVER cross the yellow line – STAY IN YOUR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



The first 2 miles of the bike course includes 5 turns. Police and volunteers will guide you, but (as always) stay alert and focused on the road. It is just past this 5th turn that the new course diverges from the Patriot bike course of the last several years.

“The Merge”: The first 12 miles of the bike course are only completed once, but then cyclists enter a loop section of the course that is to be completed twice. Cyclists enter this loop by turning left onto Marion Road from Long Point Road in Middleboro at mile 12 (just past the first Bottle Exchange station where cyclists can get water or Gatorade). There will be a period of overlap during the event when cyclists at the back of the pack will turn left onto Marion Road while cyclists near the front of the pack ride north on Marion Road to start their 2nd loop (their mile 33). The result is a merging of cyclists at this intersection. Signage and volunteers will be in place to raise awareness of this merge and a police detail will control traffic. Please ride with extra caution at this location. See graphic below depicting this merge.

PATRIOT HALF BIKE COURSE – THE MERGE AT MILE 12



‘The Split’: What you see at right is what you will see on the bike on race day. It’s the intersection of Vaughn Hill Road and Hartley Road in Rochester and you will come through this intersection twice. On the first loop at mile 28 you will go RIGHT to begin your 2nd loop. On the second loop at mile 49 you will go LEFT to the bike finish. Signage and volunteers will be in place to help guide you. In addition, police details and a road detour on the right spur will control traffic for your safety. Nevertheless, please ride with extra caution through this intersection to ensure you safely go right and left when appropriate. This split comes up less than 0.25 after the Bottle Exchange Station.



Water Bottle Exchange Stations: The bike course will feature two water bottle exchange stations. The first is at approximately mile 12 (you pass this station once just before "The Merge") and the second is at mile 28/mile 49 (you pass this station twice just before "The Split") offering you three opportunities to re-fuel.

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: There will be two tents in transition on race morning offering tech support to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). One will be staffed by FastSplits of Needham and the other by Trek Bikes of Lakeville. Both will be positioned at the back of transition (the end furthest from the water) near the "bike out". FastSplits tech support will remain in transition until all athletes are out of the water and onto the bike just in case someone finishes their swim, gets to their bike and discovers a problem (e.g. blown tire... *it's rare, but it happens!*). Trek Bikes of Lakeville will patrol the course between 7:30am and 12:30pm to offer roadside assistance where possible. Our Bike Coordinator will also be on the course to provide tech support and "sag" vehicles will be available, too.

Porto-johns: Porto-johns will be available at the bike out (same as the run out) and 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.

13. THE RUN

The Patriot run course will be supported with signs, volunteers and **6** 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.

Aid Stations: Aid stations are located near miles 1, 3, 5, 8, 10 & 11. Aid stations will be set up as follows:

The first table runners come upon will contain bottled water, bottled Gatorade (regular Gatorade, not Endurance formula) and Power Bar Vanilla-flavored gels (may also include Power Bar chews and bars). Every other aid station will offer Coke in cups at table 1. Volunteers will staff this table but in an effort to eliminate person-to-person contact volunteers will NOT hand athletes anything... volunteers will place these supplies on the table for athletes to grab.

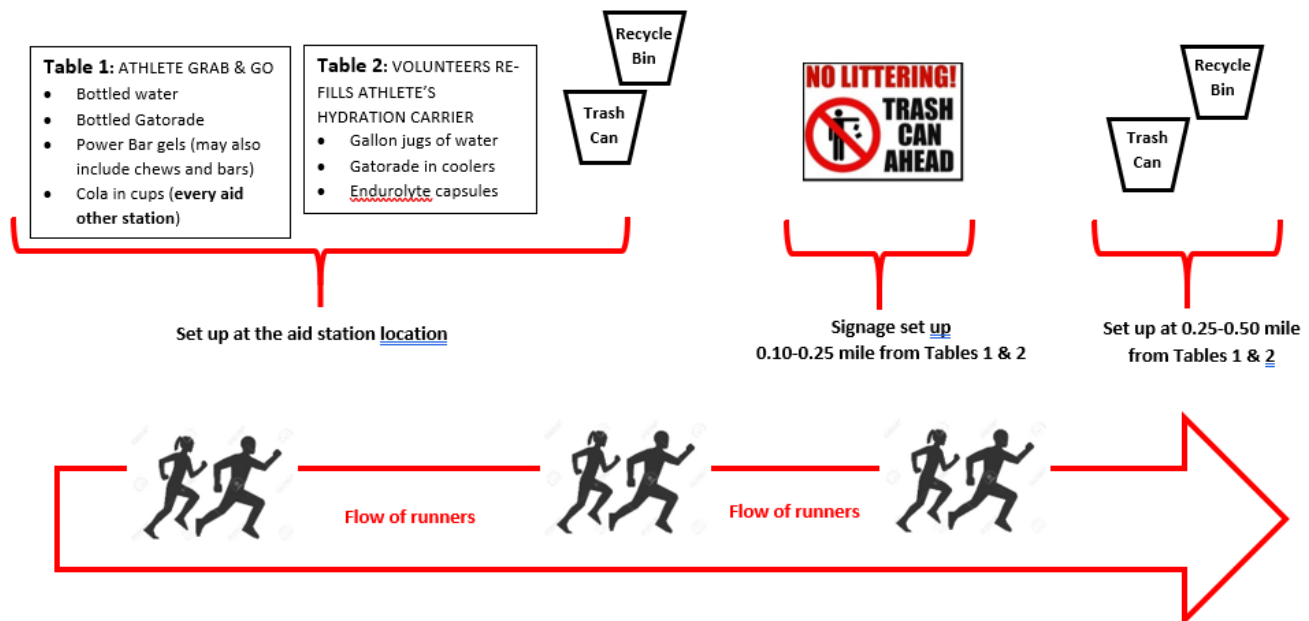


The second table will have volunteers ready to pour water from gallon jugs or dispense Gatorade Endurance Formula from coolers into the hydration carries of athletes (e.g. the water bottles included with the race belts we give athletes, CamelBacks, handheld water bottles, etc.). Athletes are prohibited from touching the gallon jugs or coolers. Athletes in gloves will pour these supplies into the hydration carriers of athletes.

A trash can and recycling bin will be set up just past these two tables. Recognizing some athletes will be carrying bottled drinks for some distance a trash can and recycling bin will be set up 0.25-0.50 mile from the first 2 tables for athletes to dispose of trash or recyclables. **LITTERING IS STRICTLY PROHIBITED. IF YOU ARE CAUGHT LITTERING YOU RISK PENALTY. PLEASE DISCARD TRASH OR RECYCLABLES IN THE BINS PROVIDED.**

See below for another one of my "hack" graphics depicting this set up 😊.

AID STATION SET-UP AT THE PATRIOT HALF



Porto-johns: Porto-johns will be available at the run out (same as the bike out) as well as at the aid stations near miles 3, 5, 8 and 11.

Being More Self-Sufficient: With fewer aid stations on the run course (6 total) and fewer nutritional options at them (no pretzels, oranges or bananas), athletes in the 2021 Patriot Half will need to be more self-reliant than in the past. For some tips on how to prepare, check out this article from **Breakthrough Performance Coaching**

head coach Jeffrey Capobianco. BPC is the Official Coach of the 2021 Sun Multisport Events multisport race series. Read it here: <https://www.breakthroughperformancecoaching.com/2021/06/10/self-reliant-racing/>



14. THE FINISH LINE

As part of our COVID-19 Mitigation Plan we will be eliminating volunteer to athlete contact at the finish. After crossing the finish line athletes will help themselves to a water bottle wrapped in a cold hand towel, their finisher medal and packaged nutrition and other drinks. These stations will be staffed by volunteers at a safe distance. Athletes will need to remove their timing chip from their ankle and deposit it into the receptacle at the back of transition. Athletes that do not provide proof of vaccination will be asked to apply a face mask (face masks will be available at the finish line).



15. DETAILS FOR AQUABIKE ATHLETES

The Aquabike is for athletes that complete the 1.2 mile swim and the 55 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.

This year's Aquabike field 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!

NOTE: Athletes are not allowed to remove their bike from transition **until 11:00am** and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave.

16. DETAILS FOR BIKE-RUN ATHLETES

The Bike-Run is for athletes that complete the 55 mile bike and 13.1 mile run course (no swimming). This is the same bike and run course completed by athletes doing the triathlon. Athletes in the Bike-Run will receive 4 timing splits (bike time, T1, run time and finish time).

Athletes in the Bike-Run will be racked together in transition (unless you switched to the Bike-Run category after personalized bibs were printed – this would have been communicated to you at the time you made the switch). Bike-Run athletes will be the 11th (last) wave of athletes led out of transition. A volunteer with a “BIKE-RUN” sign will lead Bike-Run athletes from transition, through the Bike Out to the mount/dismount line which is where athletes in the Bike-Run will begin their race. Bike-Run athletes will be started one at a time every 10 seconds beginning at 7:30am. Their time will begin when they cross the timing wire at the Mount/Dismount line. Note that Bike-Run athletes will be starting at the same time as the first few Elite athletes that have completed the swim and are beginning their bike.

The Bike-Run finish time is determined when the athlete crosses the finish line at the end of their run.

We have 7 athletes (as of now) signed up for the Bike-Run. An award will be given to the fastest male and fastest female Bike-Run athlete.

NOTE: Athletes are not allowed to remove their bike from transition until 11:00am and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave.

17. 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.**

Each member of a team will receive a packet with their t-shirt but only one member will have a packet containing the swim cap, bike stickers and race tattoos for the team. These items should be distributed to the team’s swimmer, biker and runner. The biker should take 1 tattoo and affix it to his/her left calf and the runner should take the other tattoo and affix it to his/her left bicep. **The swimmer needs to write their race number on their right hand and/or swim cap** with a sharpie.

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.



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 team’s packet includes 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 the smaller sticker to their bike helmet and the larger sticker to their bike frame.

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 packet given to the team at packet pick-up (pins will be provided).

NOTE: Athletes are not allowed to remove their bike from transition **until 11:00am** and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave.

18. POST-RACE

Awards: 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.

As part of our COVID-19 Mitigation Plan there will be no awards ceremony. Instead, awards will be given out on a

rolling basis from a designated location under the big tent next to the finish starting at 12:30pm as category results are finalized and any penalties have been accounted for. If you think you earned an award for your category, stop by the awards station to pick up your award. Awards can also be mailed to award winners post-event for \$10.

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
- Italian-style meatballs in sauce
- 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 is your meal ticket. Athletes wanting to go through the buffet line a second time must pay \$10 per plate. Riccardi's will begin serving at **11:00am**.

19. 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.

20. 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.

21. VOLUNTEERS

There's no question putting this year's event together was unlike any other year with many unique challenges along the way. Volunteer recruitment was especially challenging but we are incredibly grateful for the support we have received from the local multisport community. The teams below rallied members to come out and support the event and it's their support that's going to make an incredible difference in your race experience. Make it your goal to thank at least one volunteer on race day.

- Baystate Triathlon Team
- Boston Triathlon Team
- Breakthrough Performance Coaching
- Northeast Multisport
- Team Bothwell
- Tri Fury
- Wheelworks Multisport
- Zoom Multisport



22. 2021 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:

- | | |
|--|---|
| • Breakthrough Performance Coaching – <i>Official Coach</i> | • Power Bar – <i>Official Energy Gel</i> |
| • Gatorade | • TYR |
| • Loco Coffee | |

23. 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
- A Patriot Half fleece blanket
- Water bottles and more



The merchandise table will also be set up next to packet pick-up on Friday and near the food tent on Saturday.

24. SPECTATOR INFORMATION

As part of our COVID-19 Mitigation Plan, **we are not allowing spectators at this event**. We understand not having spectators is disappointing. We enjoy seeing family, friends and teammates on hand to cheer for athletes, but in the interest of minimizing crowds they will not be allowed. However, we are still looking for volunteers and volunteering provides a way for family and friends to be present and support you, other athletes and the event. Many volunteer positions have been filled, but spots are still available and online volunteer registration will be open until Wednesday, 6/16, at 7pm (we will not accept day of the race volunteer registrations). The volunteer registration page is here: <https://www.bikereg.com/patriot-half-volunteer-registration>

Athlete Tracking: Friends and family can track you online with an advanced athlete tracking tool available from RaceMap. See page 8 of this guide for details on accessing and using this athlete tracking tool.

25. 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.