



2021 ATHLETE GUIDE

9/18/21 * College Pond at DCR Myles Standish State Forest, Plymouth, MA

Dear Athlete,

Thank you for choosing to race the 2021 Pilgrimman! We're excited for Saturday's event which includes a SOLD OUT sprint and a half with only a handful of spots still available (as of this writing).

This Athlete Guide is a valuable resource covering everything from packet pick-up and swim waves to on course support, post-race festivities and spectator information. Please take the time to read this document (better yet, print out a copy and keep it as a reference). Some important notes:

1. **Our COVID-19 Mitigation Plan.** While the risk of spreading COVID-19 or the Delta variant is low for an outdoor event such as this, we're taking extra precautions to ensure the safety of all athletes, volunteers, spectators and others involved in the event. See page 2 for an overview of our COVID-19 Mitigation Plan.
2. **Volunteers Needed!** This event requires the help of more than 100 volunteers and while we have a solid base of volunteers, *we need more!* If you have friends or family coming to spectate, ask them to volunteer! Details on volunteering here: <https://www.bikereg.com/pilgrimman-triathlon>
3. **PARKING: Please pay VERY CLOSE attention to our instructions on parking.** There are two main parking locations and there are some things related to each that are important for you to understand. Read section 3 on parking carefully and heed our words!

We look forward to seeing you this weekend.

Best regards,

Mark Walter, USAT Certified Race Director, Sun Multisport Events

OUTLINE

1. Our COVID-19 Mitigation Plan
2. The Venue
3. Parking
4. Schedule of Events
5. Race Packet Pick-up
6. Timing and LIVE Athlete Tracking
7. Body Marking
8. Transition
9. The Swim
10. The Bike
11. The Run
12. The Finish
13. Details for Duathletes
14. Details for Aquabike Athletes
15. Details for Relay Teams
16. Post-race
17. Weather Policy Reminder
18. Volunteers
19. 2021 Sponsors
20. Spectator Information

1. OUR COVID-19 MITIGATION PLAN

Our COVID-19 Mitigation Plan that consists of the following:

- **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.
- **Face mask guidelines.** Face masks are not required when outside, but anyone that is not vaccinated is asked to wear a mask if unable to maintain 6' of social distancing.
- **Social distancing.** All athletes and volunteers are encouraged to maintain 6' of social distancing where possible.
- **Hand washing and sanitizing.** Hand sanitizing stations will be set up throughout the venue (e.g. in transition, near porto-johns, finish line, etc.). Sanitizing wipes will also be available.



2. THE VENUE

Pilgrimman is based at College Pond in DCR (Department of Conservation and Recreation) Myles Standish State Forest. Myles Standish is within both Plymouth, MA and Carver, MA. College Pond is located on Lower College Pond Road in Plymouth (there is no street number) and will be the site of all event activities including packet pick-up, transition, the start, the finish, post-race festivities and more.

If you are traveling from west of Myles Standish via I-495, you should plug 194 Cranberry Road in Carver, MA into your GPS which will bring you to Myles Standish Headquarters. From there you can follow signs in the park to College Pond.

If you are traveling from the east of Myles Standish via Route 3, plug 388 Long Pond Road in Plymouth into your GPS which is for a home opposite Alden Road which is at the east side entrance to Myles Standish. Follow Alden Road and it leads right to Lower College Pond Road... from there just follow signs to College Pond.

See page 9 of this Athlete Guide for an aerial view of the set-up at College Pond.

3. PARKING - VERY IMPORTANT! PLEASE READ!

There are two locations for you to park and you must follow specific instructions with each.

Parking location #1 is at College Pond, the race site. This lot will be open during Friday's packet pick-up hours (4pm-7pm) and on race morning beginning at 6:00am. There are about 120 parking spaces at College Pond. This is the most convenient lot, however **ANYONE THAT PARKS IN THIS LOT ON RACE DAY WILL NOT BE ALLOWED TO LEAVE UNTIL 1:00PM** (you will be able to come and go freely on Friday). Transition for the event will be set up in the College Pond lot and the entrance/exit to the lot is also the bike in, bike out and run out so cars will not be able to leave this lot until all athletes in the half distance race have completed the bike segment of their event which is estimated at 1:00pm (see map on page 9). If you are participating in the half, this lot is a great option because you'll either be enjoying the post-race meal at 1pm or still racing. You can park here if you are participating in the sprint race, but understand you won't be able to leave until 1:00pm. Let me repeat that (for a 3rd time 😊)... **you won't be able to leave until 1pm**. This rule will be strictly enforced for the safety of athletes. Please cooperate!

Parking location #2 is along Cranford and West Cranford Roads. Access to Cranford Road from Lower College Pond Road will be available throughout the day, but access to West Cranford Road from Lower College Pond Road **will be closed at 7:00am** on race morning. Depending on where you park on these roads, the distance to College Pond is 0.25-1.0 mile so build in extra time to plan your morning accordingly. In addition, **THESE ROADS WILL BE SET FOR ONE WAY TRAFFIC ONLY ON RACE DAY**. Our parking crew will ask you to park your car on the **right** side

of the road and cars exiting will be directed to drive on the **left** side. In addition to our parking crew, signage will be placed along the road and leaflets will be placed on your windshield to guide and remind you. **It is critical that you cooperate with these instructions.**

Parking is **NOT** allowed anywhere on Lower College Pond Road or Upper College Pond Road. See an illustration of this parking plan below. Thanks in advance for your cooperation.

Pilgrimman Parking Map



4. SCHEDULE OF EVENTS

(All events at the College Pond)

FRIDAY, SEPTEMBER 17th (Race packet pick-up)

- **4:00pm:** Race packet pick-up opens at College Pond; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT Annual members must bring their USAT license; if you purchased a 1-day USAT license when registering online you are all set.
- **7:00pm:** Race packet pick-up concludes.

SATURDAY, SEPTEMBER 18th

- **6:00am:** Transition opens, race packet pick-up begins, body marking available; **PHOTO ID REQUIRED for packet pick-up... NO PHOTO ID, NO RACING, NO EXCEPTIONS;** USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set.
- **6:50am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:15am:** Race packet pick-up concludes
- **7:20am:** Procession to the swim start begins from transition
- **7:30am:** Start of the Triathlon and Aquabike; see “The Swim” for the wave plan
- **7:45am:** Start of the Sprint Duathlon
- **9:00am:** Half Triathlon and Aquabike swim cut-off
- **10:00am (est):** Awards ceremony for the Sprint Triathlon and Duathlon
- **12:30pm (est):** Awards ceremony for the Half Aquabike
- **1:00pm:** Half Triathlon and Aquabike bike cut-off
- **1:30pm (est):** Awards ceremony for the Half Triathlon
- **3:00 pm:** Half Triathlon and Aquabike run cut-off

5. RACE PACKET PICK-UP

Packet pick-up for all races will be at the College Pond. Go to the “Schedule of Events” above for race packet pick-up hours. **Athletes are encouraged to pick up their race packet the day before their race during if at all possible...** the lines will be shorter and it will be one less thing to deal with on race day!

When you arrive for race packet pick up look up your number on the Athlete Board and then proceed to the appropriate line (they will be organized numerically). Pilgrimman is a USA Triathlon sanctioned event. Per USAT rules **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO**



SANCTIONED EVENT

EXCEPTIONS. ATHLETES ARE NOT ALLOWED TO PICK UP RACE PACKETS FOR ANYONE BUT THEMSELVES AND ALL MEMBERS OF A RELAY TEAM MUST BE PRESENT TO RECEIVE THEIR PACKET.

If you are a USAT annual member you need to bring a valid USAT license. If you do not have a valid USAT license you will be required to either purchase a new annual license for \$50 or purchase a 1-day license for \$15.

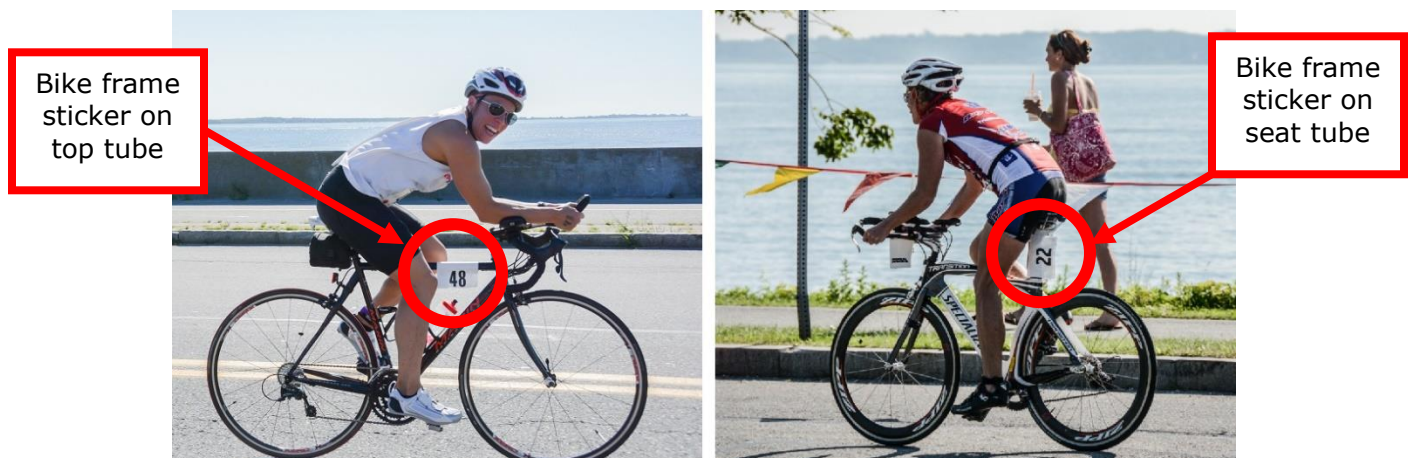
If you are **not** an annual USAT member you were required to purchase a 1-day USAT license when you registered online and should be all set. If you did not purchase a 1-day license you will be required to purchase a 1-day license or an annual license. Check your email confirmation if you aren't sure.

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# which was emailed to athletes with a link to this Athlete Guide on 9/13/21.

Your race packet includes:

- Bib# for your race top
- Pins to attach your bib to you top
- Bike helmet sticker (to be placed on the front, above your forehead)
- Bike frame sticker (see illustration below for where to place it)
- T-shirt
- Swim cap

BONUS SWAG for Half Athletes: Athletes in the Half will also be handed a Pilgrimman race belt as bonus swag for doing the Half. This super comfortable and easily adjustable race belt includes a spacious pocket for your phone, gels or keys, two 10-oz water bottles and mini toggles so you can attach your bib when racing (no more pin holes in your shirt!).



6. TIMING and LIVE ATHLETE TRACKING

Our timer is All Sports Events and **timing chips will be distributed on race morning only** from a station next to body marking. Your chip is to be worn on your **left ankle**.

Athletes completing the triathlon and duathlon and relay teams will have 6 timing splits published LIVE as they happen on the All Sports Events website. Friends and family can track their “favorite” athletes by searching on a name, clicking on it when it comes up in search results and then hitting “Add Favorite”. The 6 timing splits are: (1) swim time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run time; (6) overall time.



Athletes in the Half Aquabike receive 4 timing splits: (1) swim time; (2) transition 1 time; (3) bike time; (4) overall time.

Results Center: Once you’ve finished the race you’ll be able to find results on the flat screen monitors built into the side of the All Sports Events trailer which will be set-up in the College Pond parking lot.

Your Timing Chip: A timing chip collection bin will be in the finish line corral and finish line volunteers will be at the ready to remove your timing chip, but all athletes are ultimately responsible for returning their chip. **If you do not return your chip you will be charged a \$50 replacement fee.**

7. BODY MARKING

All athletes need to get body marked. Body marking will begin at 6:00am on race morning. The body marking station will be located near packet pick-up/registration. Body marketing includes:

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



8. TRANSITION

Transition will open at 6:00am on race morning. Transition is for athletes only and athletes in both the sprint and the half will utilize the same transition area.

Volunteers will be stationed at the entrance of transition to check your brakes and ensure you have bar end plugs at the end of your handlebars of your bike. **Missing bar end plugs are a safety hazard and you will be not able to race if they are missing.** If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning, but please do not rely on this.

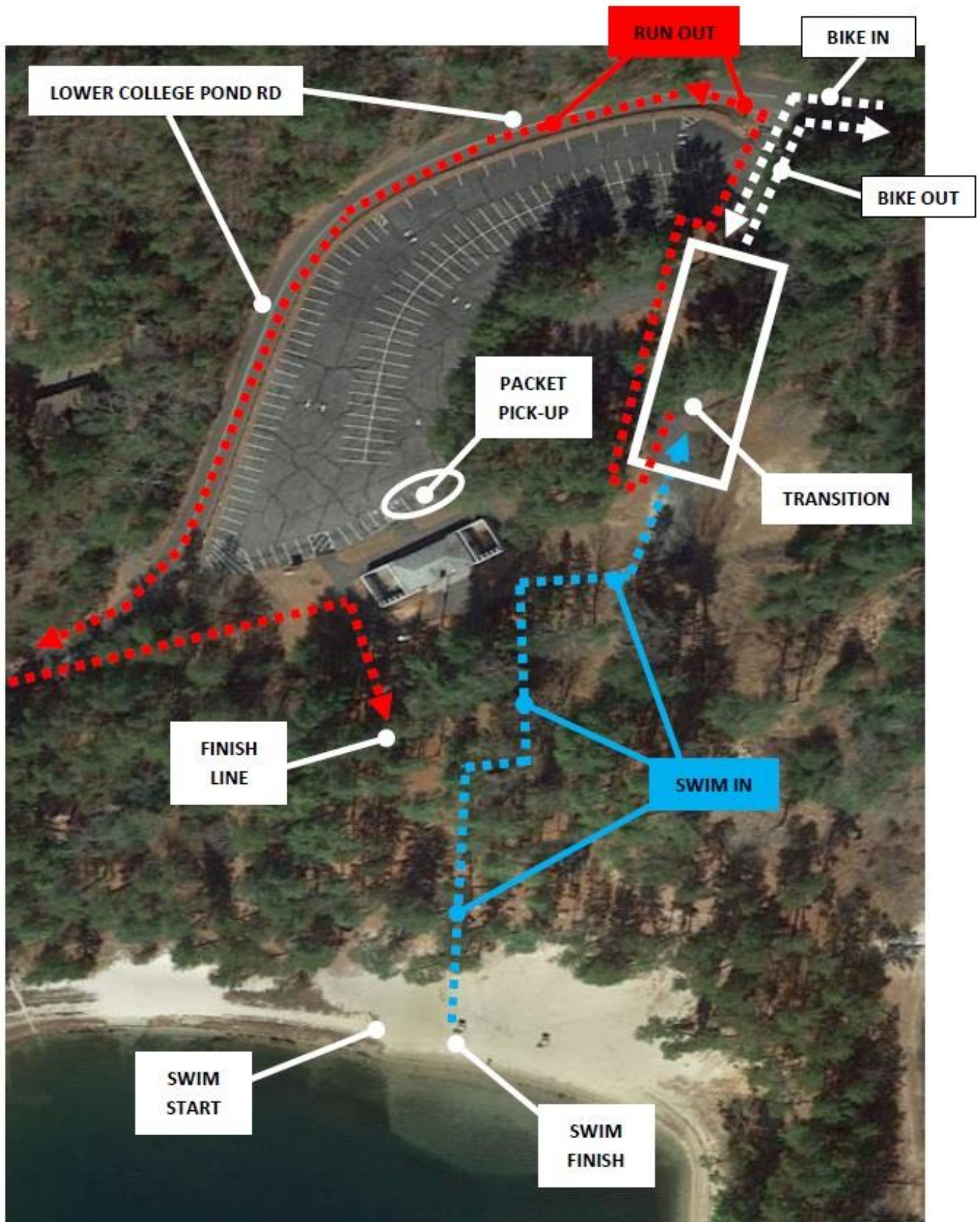
Once you enter transition proceed to your rack position which will be labeled with your name and number. You must rack your bike at your assigned position – **ATHLETES ARE NOT ALLOWED TO RACK THEIR BIKE ANYWHERE EXCEPT THEIR ASSIGNED SPOT.** Please respect the space of other athletes next to you in transition.



Gear removal from transition: With athletes in both the sprint and half in the same transition we recognize sprint athletes will be looking to exit transition while athlete in the half are still actively racing. Our transition coordinator and volunteers will manage the exit of sprint athletes to ensure their exit does not interfere with the half athletes coming and going, but help us in this effort by being patient and respectful of your fellow competitors.

See the next page for an aerial photo of College Pond with the flow of athletes in and out of transition noted. Athletes in the sprint and half have the same swim in, bike out, bike in and run out.

Pilgrimman Venue Map with Transition Flow



9. THE SWIM

The Pilgrimman swim is in College Pond. The Sprint swim is 0.3 mi and the Half is 1.2 miles.

The course will be set up with buoys that mark a 0.6 mile course. All athletes will swim in a counterclockwise direction. Athletes in the Sprint will swim half of this course by turning left about midway through the course. They will then make a 2nd left and swim back to shore. Athletes in the half will swim the entire 0.6 mile course, exit the water at the swim finish and then do a quick jog to the swim start and complete the 0.6 mile course a 2nd time for 1.2 miles in total. See below for the swim course map with the Sprint course marked with **RED** arrows and the Half course marked by **BLUE** arrows.



All athletes are required to wear the colored swim cap given to them at race packet pick-up. The swim cap color corresponds to the race wave you are in. Lifeguards and trained emergency response professionals will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard canoes or kayaks. Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgement, the health of the athlete is at risk.

If during the swim you decide you are unable to complete the course a lifeguard can assist with bringing you to shore. **If you do withdraw from the swim, please make race management aware that you have pulled out of the race and be sure to give your timing chip to a member of the Sun Multisport Events team or the timing team. We are tracking all athletes and the timing chip is critical to this process.**

Wetsuits and Water Temperature: All participants may wear a wet suit and be eligible for rankings and awards if the water temperature is 78.0 F or less on race morning. If the temperature is between 78.1 and 83.9 degrees F, participants wearing a wet suit will not receive a ranking or be eligible for awards (they will still receive split times). If the temperature is 84.0 degrees F or higher, no participants will be allowed to wear a wet suit. A water temperature update will be posted across our social media channels on Thursday, 9/17.

Skisuits: Skisuits may be worn regardless of the water temperature. For a list of USAT approved skisuits go here: <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules/approved-skisuits>

Swim Start Plan: The Sprint race swim wave start plan is below.

2021 PILGRIMMAN TRIATHLON				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Fl Pink	7:30am	Mass Start	Sprint, All Elite/Open Athletes
2	Green	7:31am	TT; 2 athletes every 5 secs	Sprint, Age Group Men Age 39 and under
3	Fl Yellow	7:33am	TT; 2 athletes every 5 secs	Sprint, All Age Group Women and Athenas
4	Purple	7:37am	TT; 2 athletes every 5 secs	Sprint, Age Group Men Age 40+ and Clydesdales
5	Royal Blue	7:41am	TT; 2 athletes every 5 secs	Sprint, All Friends, Families & Beginner and Relay Teams
N/A	N/A	7:45am	Mass Start	All Duathletes
6	Lt Pink	7:45am	Mass Start	Half, All Elite/Open Athletes
7	Silver	7:46am	TT; 2 athletes every 5 secs	Half, Men Age 39 and under
8	Fl Green	7:48am	TT; 2 athletes every 5 secs	Half, All Age Group Women and Athenas
9	White	7:51am	TT; 2 athletes every 5 secs	Half, Age Group Men Age 40+ and Clydesdales
10	Navy Blue	7:53am	TT; 2 athletes every 5 secs	Half, All Aquabike Athletes and Relay Teams
<i>Note: Nervous Swimmer cap color is RED</i>				

Elite Men & Women waves will approach the water through the swim corral, wade into the water and start the race all at once following a traditional “On you mark, get set, GO!”

Athletes in the time trial (TT) start format waves will enter the swim corral and go into the water side-by-side, 2 at a time, every 5 seconds. A timing clock will be in place to count down every 5 seconds to signal the next start of athletes. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession. Athletes self-seed themselves within their wave by electing to position themselves at the front, middle or back of the wave. An athlete's time begins when he/she crosses the timing wire buried at the water's edge.

In case you were wondering... The swim start plan is designed to enable most if not all sprint athletes to complete the swim before the first athlete in the half finishes their first loop.

Nervous Swimmers: Athletes in the Sprint who want lifeguards to keep an especially watchful eye on them may request a **RED** swim cap at registration. Choosing to wear this “nervous swimmer” cap does not change the swim wave you start in.

10. THE BIKE

After completing the swim athletes will proceed to their bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition – and make sure you buckle your helmet chin strap!) you will jog along side your bike to the Mount Line on Lower College Pond Road. Only after crossing the Mount Line are you allowed to get on your bike and begin riding. Once on the roads, cyclists should stay right except when passing. If you are looking to pass another cyclist call out, “On your left!”

Tech support is being provided by Trek Bicycle of Lakeville and they will be set-up at the race site during race packet pick-up hours on race day (NOT during Friday's packet pick-up) to help you with any last minute technical issues. They will also be circulating the bike course during the event in an effort to provide roadside assistance where needed.



Both the Sprint and Half bike courses will be marked with spray chalk, route arrows, directional signage and volunteers. Police details will be in place at all major intersections to control traffic during the race.

SPRINT BIKE COURSE: The Sprint bike course is 12.7 miles and all within Myles Standish State Forest. Cyclists will exit transition and turn right on Lower College Pond Road, then turn right on Upper College Pond Road and ride about 3 miles to Fearing Pond. Cyclists will then turn left on Fearing Pond Road and do a loop around the pond. After completing this loop, cyclists turn right on Upper College Pond Road and ride the 3 miles back to Lower College Pond Road. When cyclists reach Lower College Pond Road they turn right and then make a quick left on Snake Hill Road. Cyclists will do a 3.5 mile out and back on Snake Hill Road which will be closed to traffic (all other roads are open to traffic). The turnaround on Snake

Hill Road is at Knotty Pines Lane. Cyclists will be instructed to slow down as they approach the turn around and will ride around a lollipop of traffic cones set up in the road. After completing this out and back, cyclists will turn right on Lower College Pond Road and return to transition. See course map below.



HALF BIKE COURSE: The 53 mile Half bike course will begin with the exact same 12.7 miles that make up the sprint bike course. See above for a detailed description.

Rather than turning into transition at the 12.7 mile mark cyclist in the Half will continue on Lower College Pond Road for 2 more miles and then make a sharp right turn onto Bare Hill Road. A volunteer and signage will be in place to instruct you to slow down at this turn. Cyclist in the half will then do a 6 mile out and back on Bare Hill Road. At the intersection of Bare Hill Road and Widgeon Pond Road cyclists will complete the turnaround around a lollipop of traffic cones and ride back towards Lower College Pond Road and ride Lower to College Pond Road to Cranberry Road where they will turn right and ride out of Myles Standish State Forest.

The next 18 miles of the Half bike course are along roads in Carver, MA outside of Myles Standish State Forest. This section is generally flat and primarily on nicely paved roads but there are a couple rough, short sections. After completing the 18 miles in Carver cyclists return to Myles Standish State Forest for the remainder of their ride. The last 11 miles of the course are a repeat of roads ridden at the beginning of the ride.

Water Bottle Exchange Stations: There will be three bottle exchange stations on the bike near miles 13, 30 and 45. The water bottle exchange station is designed to be an additional resource for athletes. Athletes are encouraged to have 1 or 2 bottle cages on their bike to start the race filled with their preferred hydration drink. If you need to rehydrate, the bottle exchange station is there for you and will feature 24 oz. Poland Springs sports water bottles with water and Gatorade (Lemon-Lime and Cool Blue flavors;



this is regular Gatorade, **NOT** Endurance Formula). If you would like to receive a bottle 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. 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 be sure to stay left as you approach the bottle exchange to avoid cyclists maneuvering for a water bottle.**

Porto-johns will be placed at each of the bottle exchange stations.

The Half bike cut-off time is 1:00pm. Any athletes that do not complete the bike by this time will not be allowed to move on to the next segment of the race.

Go to the “Course Info” section of the Pilgrimman page of the Sun Multisport Events website to download a map and cue sheet of the Half bike course.

(<https://sunmultisportevents.com/events/pilgrimman-triathlon/>)

11. THE RUN

SPRINT RUN COURSE: The Sprint Triathlon Run (and Duathlon run leg #2) is a 3.1 mile out and back along Lower College Pond. Lower College Pond Road will be closed to traffic during this time with the right lane (southbound) dedicated to cyclists in the Half distance race and the left lane (northbound) dedicated to runners doing the out and back in the Sprint race.

After leaving transition runners will turn left onto Lower College Pond Road. Porto-johns will be accessible to athletes at the start of their run. An aid station will be at the turnaround on Lower College Pond Road with water, Gatorade and Power Bar energy gels. Runners return to College Pond for the finish. See the map on page 9 that illustrates the run out and run in to the finish and the next page for a map of the Sprint and Half run courses.



See the section, “Details for Duathletes” for a description of run leg #1 in the Sprint Duathlon.

HALF RUN COURSE: The Half Run course is 13.1 miles and begins with runners making a left onto Lower College Pond Road. The left lane (northbound) of Lower College Pond Road will be dedicated to runners. The right lane (southbound) will be dedicated to cyclists in the Half race until 1pm and then opened to traffic.

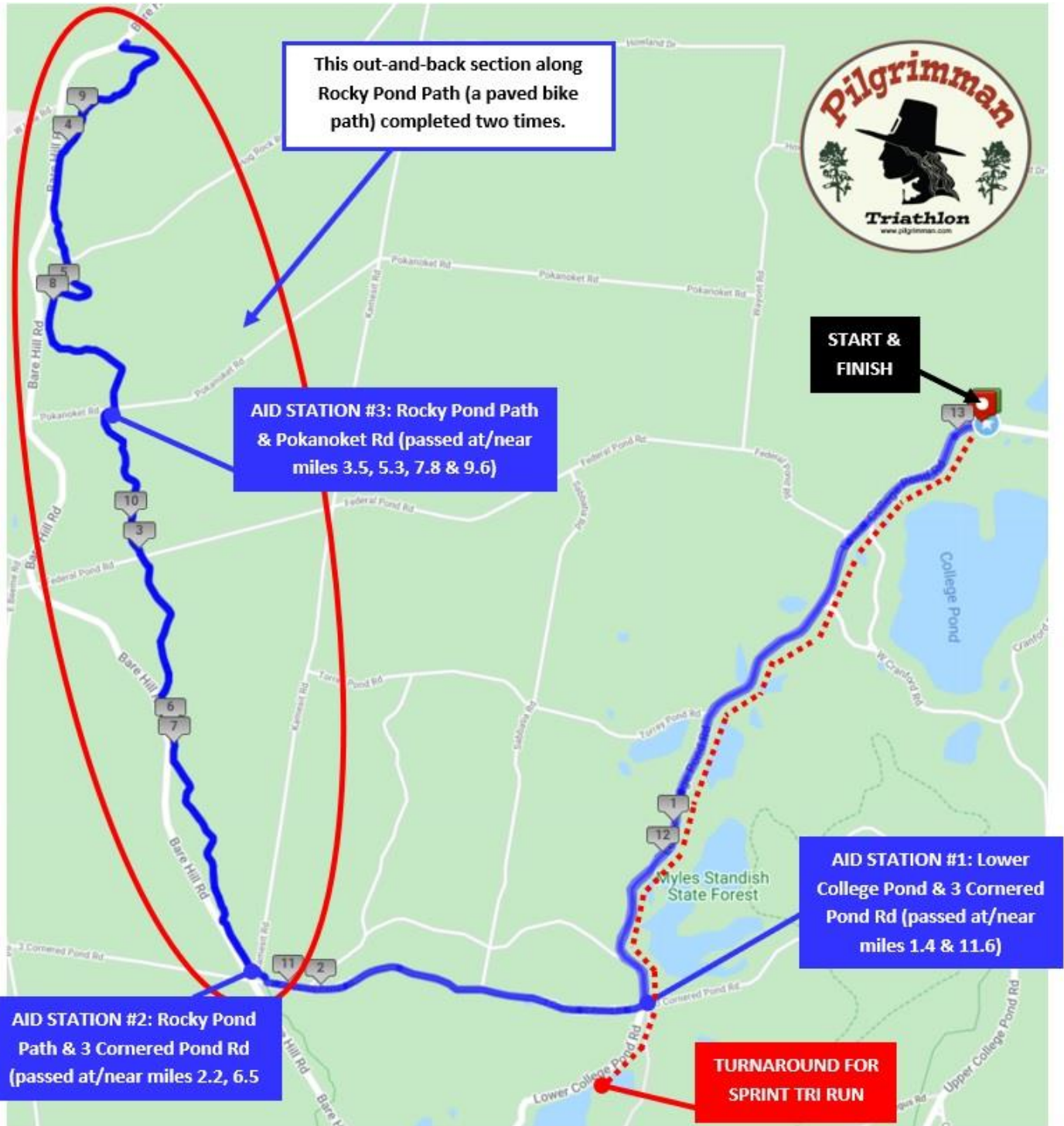
Half runners will run to the 1.4 mile mark on Lower College Pond Road and then turn right onto Three Cornered Pond Road and run for about 0.6 miles to Rocky Pond Path. **Three Cornered Pond Road is an offroad trail (not a paved road).** This trail is not too technical, but does have roots, loose sand and rocks to navigate. Runners then turn right onto Rocky Pond Path and do an out and back along Rocky Pond Path, a paved bike path that winds through the woods (it’s beautiful!), that is to be completed **TWICE**. After completing this section two times runners turn left on Three Cornered Pond Road, turn left onto Lower College Pond Road and return to College Pond for the finish. See page 9 for a map that illustrates the run out and run in to the finish and the next page for a map of the Sprint and Half run courses.

Half Course Aid Stations. There will be 3 aid stations on the run course that will offer 9 opportunities for athletes to re-fuel. There will be one on Lower College Pond Road (passed 2x), one near the corner of Three Cornered Pond Road and Rocky Pond Path (passed 3x) and one at the corner of Rocky Pond Path and Pokanoket Road (passed 4x).

Porto-johns: Porto-johns will be accessible to runners at the beginning of the run near the run out and at the Aid Station at the corner of Rocky Pond Path and Three Cornered Pond Road that runners in the Half will pass 3x. We will also attempt to get one at the turnaround at the end of Rocky Pond Path, but for logistical reasons this may not be possible.

Pilgrimman Sprint and Run Course Map

(The **BLUE** line is the Half course, the **RED** dotted line is the Sprint course)



12. THE FINISH

The finish line will be at College Pond. For those that participated in this event in the past, the finish line was on Lower College Pond Road, but the 2021 Pilgrimman will have athletes cross the finish line on the walking path closer to the water. See the map on page 9 for the location of the finish.

Finishers in all Pilgrimman races will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a water bottle wrapped in a cold, wet hand towel. Volunteers will also be there to remove your timing chip.

All athletes will have access to water, Gatorade, fruit, Power Bar bars and other post-race goodies. Athletes in the Half will have access to a post-race buffet **starting at 11am** the cost of which is included with their entry fee. Sprint athletes are welcome to stay for the buffet, but the cost is \$15. See the "Post-Race" section for the buffet menu.

13. DETAILS FOR DUATHLETES (SPRINT RACE ONLY)

All athletes in the Duathlon will start in all one wave at 7:45am from a designated location on Lower College Pond Road just outside transition. Duathlon run leg #1 is a 1.2 mile out and back along Lower College Pond. Lower College Pond Road will be closed to traffic during this time.

After completing the 1.2 mile run, runners in the duathlon will return to transition following the path of the Run Out in reverse as shown in the map on page 9 (don't worry... no runners will be running out at this time). Once in transition, Duathletes will grab their bike and begin the bike segment. The Duathlon 12.7 mile bike course and 3.1 mile run leg #2 are the same courses followed by athletes in the Sprint Triathlon. See sections for "The Bike" and "The Run" for details on the 12.7 mile bike and 3.1 mile run courses.



14. DETAILS FOR AQUABIKE ATHLETES (HALF RACE ONLY)

Aquabike athletes complete the same 1.2 mile swim and 53 mile bike course as athletes in the Half triathlon, but skip the run. Athletes in the aquabike will receive 4 timing splits: swim time, T1, bike time and finish time.

Athletes in the aquabike will be racked together in transition (unless you changed from the Half Triathlon to the Half Aquabike after 9/12/21). This is done so race management can effectively manage athletes in this division and guide them onto the finish after they complete the bike (and not confuse them with athletes that will be heading out onto the run course).

The aquabike finish time is determined when the aquabike athlete crosses the timing mat placed on the bike in to transition. Once aquabike athletes cross the timing mat they are to proceed to their spot in transition to rack their bike and may then head to the finish. Since the finish time has already been established by this time there is no need to rush or run to the finish line, but we strongly encourage all aquabike athletes to make their way to the finish so they can get their picture taken when crossing the finish line and receive their finisher medal and water bottle. **Aquabike athletes must turn in their chip to the Transition Coordinator in transition or a volunteer at the finish line. If you do not return your chip you will be charged a \$50 chip replacement fee.**



15. DETAILS FOR RELAY TEAMS

All members of a relay team must come to packet pick-up together. The swimmer on the team will complete the swim wearing the timing chip while the cyclist for the team awaits the swimmer at the team's rack position in transition. The swimmer should have their left hand, left bicep and left calf body marked with their number.

Once the swimmer completes the swim and arrives at the team's rack position the swimmer hands the timing chip to the cyclist who then puts the timing chip on their left ankle and goes out and rides the bike course. The packet distributed to you at packet pickup will contain a bike helmet sticker with the team's number and a larger bike frame sticker with the team's number... the cyclist should affix these to their bike helmet (above their forehead) and frame (see page 6 for a graphic illustrating where to place the frame sticker). The cyclist should also be body marked with their number on the left calf and left bicep.

When the cyclist completes the bike course and returns to transition the team's runner should be waiting at the team's designated rack position. The runner will then put the timing chip around their left ankle and run. The runner should wear the bib included in the packet given to the team at packet pick-up (pins will be provided) and be body marked with their number on the left calf and left bicep.

Note: 2-person relay teams are acceptable. Two person teams transfer the chip from swimmer to biker to runner similar to 3-person teams as described above.

16. POST-RACE

Food for Sprint Athletes: Athletes in the Sprint will be offered fruit, Power Bar products and more at the conclusion of the event. These items will be available in the Finish Line corral and are complimentary to athletes.

Food for Half Athletes: In addition to food available in the finish line corral, athletes in the Half can 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
- 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

This meal will be served beginning at **11:00am**. **Each Half athlete's race bib includes a tear-off meal ticket** (shown at right) that you must present to the volunteers working the food tent when you are ready for lunch. Lunch is free to registered athletes in the Half and volunteers. Spectators and Sprint athletes may purchase lunch for \$15.



Awards: Awards will be distributed to the top 3 male and female athletes in the Sprint and Half Triathlon in age group categories (age 19 and under, 20-24, 25-29 up to 75+) and the Athena, Clydesdale and Open/Elite categories. Awards will also be given to members of the 1st place Female, Male and Mixed Relay Teams.

Awards will be given to the top 3 males and females overall in the Sprint Duathlon and in the Half Aquabike (no age group awards in these races).



The 2021 Pilgrimman awards ceremony schedule (tentative) is as follows:

- 10:00am: All Sprint race categories
- 12:30pm: Half Aquabike
- 1:30pm: Half Triathlon

Giveaways: Feeling lucky? All participants in the Half and Sprint are eligible to win Pilgrimman merchandise we will randomly distribute during the awards ceremonies.

17. WEATHER POLICY REMINDER AND COURSE CHANGES

The last thing we ever want to do is cancel a race. We know you've been training for months and we've been planning for months to make this a special day, but if the weather threatens the safety of athletes we will cancel the event. If a race is cancelled due to inclement weather, acts of God, or unforeseen circumstances beyond the control of Event Management, refunds will not be given; however, a discount will be offered to the following year's race.

Event Management reserves the right to alter, cancel or eliminate any segment of the race at any time in the interest of athlete safety or for other reasons beyond our control. No refunds will be issued if changes such as these become necessary.

18. VOLUNTEERS

This year's race is made possible with the support of volunteers from Mercy Meals & More of New Bedford, the Middleboro Demolay, area triathlon teams and individuals who are generously helping us out and we are grateful for their support. **We still need volunteers** so if you have friends and family coming to watch you, please ask them to consider volunteering. Volunteers receive a free t-shirt and a pass to the post-race catered meal (3.5 hour commitment required). Athletes not racing can also **earn discounts on 2022 races**



produced by Sun Multisport Events. Stop by the Volunteer Tent for more details or go to <https://www.bikereg.com/pilgrimman-triathlon> for more information and to sign up.

19. 2021 SPONSORS and EXHIBITORS

We are fortunate to have the support of sponsors whose contributions improve the overall quality of Pilgrimman in many different ways. Your patronage of our sponsors is greatly appreciated. Our 2021 sponsors include:

- Breakthrough Performance Coaching (Official Coach)
- Power Bar (Official Energy Gel)
- Trek Bicycles of Lakeville (providers of bike technical assistance)

20. SPECTATOR INFORMATION

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

- **Parking:** Spectators have the same parking options as athletes (see the "Parking" section above); **PLEASE READ THE PARKING SECTION CAREFULLY!**
- **About Myles Standish State Forest:** The Ted Williams Camp is a beautiful location that offers numerous places to watch athletes. The Camp also features tennis courts, a "tot lot", a skateboard park, playing fields and plenty of open space to toss a Frisbee, play catch or just hang out. For the outdoorsman, there is the option to go fishing in Loon Pond (once all swimmers are out of the water). Note that swimming in Loon Pond is prohibited unless a lifeguard is on duty.
- **The Finish Line:** It is not uncommon for athletes to have children join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with family. However, we want spectators to be aware that the finish line corral is for athletes, volunteers and other race personnel... many athletes come across the finish line running at a fast pace, some need medical attention and, in general, the finish area is a busy place. As a result, we ask that any spectators that come across the finish line with an athlete quickly

move beyond the confines of the finish line corral. Thanks in advance for your cooperation with this.

- **Volunteering:** Want to be a part of the action? Consider volunteering! **With multiple races we need 100+ volunteers for the weekend and are still actively recruiting volunteers to fill a variety of positions.** Lending a hand is a great way to show support. Visit the Volunteer Tent for more information or better yet, go to <https://www.bikereg.com/pilgrimman-triathlon> for more information and to sign up.
- **Food & Beverage:** At approximately 11:00am on race day, Riccardi's Restaurant will begin serving a catered summer meal (see the menu on page 19). This meal is free to athletes in the Half race (as well as sponsors and volunteers). Spectators may purchase a meal ticket for \$15.
- **Dogs at the Myles Standish State:** Are dogs allowed at Ted Williams Camp? Yes! but they must be kept on a leash no longer than 6 feet when outside your vehicle.

