



2022 ATHLETE GUIDE

9/17/22 * College Pond at DCR Myles Standish State Forest, Plymouth, MA

Dear Athlete,

Thank you for choosing to race the 2022 Pilgrimman! We're excited for Saturday's event which includes a sprint triathlon and duathlon and a half triathlon and aquabike.

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 carefully and thoroughly (better yet, print out a copy and keep it as a reference). Some important notes:

1. **Volunteers Needed!** This event requires the help of more than 75 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>
2. **PARKING: Please pay VERY CLOSE attention to our instructions on parking.** There are multiple parking locations available to you, but there are important things to know about each area. Please read section 2 on parking carefully and heed our words to help the day go more smoothly and less stressful for all of us!

We look forward to seeing you this weekend.

Best regards,

Mark Walter, USAT Certified Race Director, Sun Multisport Events

*P.S. Know someone still thinking of signing up? Spots are still available! Online registration closes **Thursday, 9/15, at 6:00pm**. Registrations will also be accepted during packet pick-up hours (see section 3 for those hours).*

OUTLINE

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1. 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. Plug “College Pond, Plymouth, MA into your GPS system for directions

You can also download a map of Myles Standish State Forest which shows the location of College Pond withing the page here → <https://www.mass.gov/doc/myles-standish-trail-map/download>



2. PARKING - **VERY IMPORTANT! PLEASE READ!**

There are three 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 6:30am. There are about 115 parking spaces at College Pond. This is the most convenient lot and will likely fill by 7:00am, however **ANYONE THAT PARKS IN THIS LOT ON RACE DAY WILL NOT BE ALLOWED TO LEAVE UNTIL 1:30PM** (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 and bike 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 1:30pm. If you are participating in the half, this lot is a great option because you'll either be enjoying the post-race meal at 1:30pm 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 1:30pm. Let me repeat that (for a 3rd time 🙄)... **if you park at College Pond you won't be able to leave until 1:30pm**. This rule will be strictly enforced for the safety of athletes. Please cooperate!

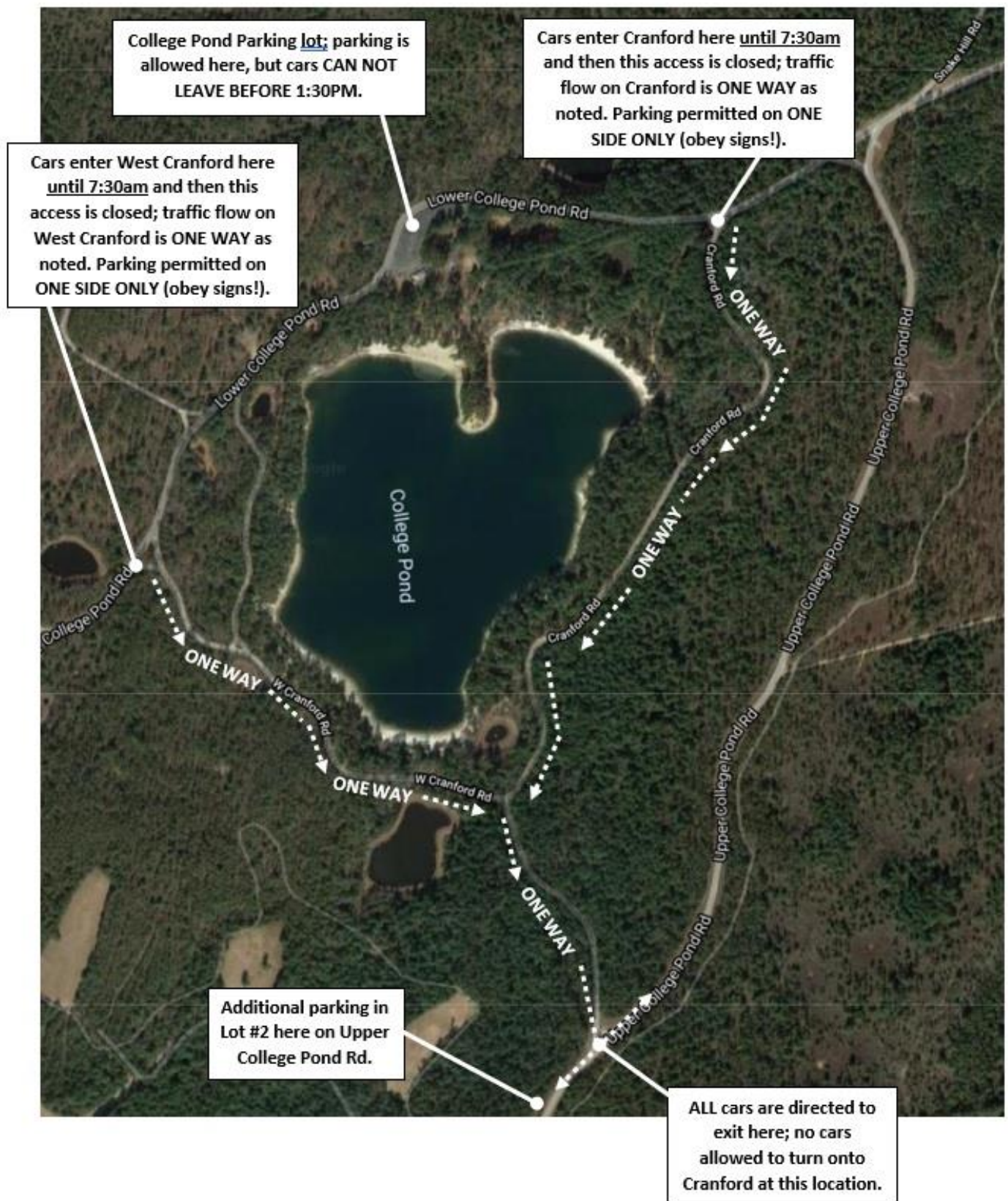
Handicap parking will be available at College Pond.

Parking location #2 is along Cranford and West Cranford Roads. Access to Cranford Road and West Cranford Road from Lower College Pond Road will be available until 7:30am on race morning. Depending on where you park on these roads, the distance to College Pond is 0.25 to 1 mile so build extra time into your pre-race schedule if you expect to park along one of these roads. In addition, **THESE ROADS WILL BE SET FOR ONE WAY TRAFFIC ONLY ON RACE DAY AND PARKING WILL ONLY BE PERMITTED ON ONE SIDE**. Parking attendants and DCR staff will help direct you to these locations and "No Parking" signs will be posted along the side of the road that we don't want you parking on. **It is critical that you cooperate with these instructions.**

Parking location #3 is in parking Lot #2 on Upper College Pond Road near the intersection of Cranford Road and Upper College Pond Road. There are no restrictions with parking in this lot. This lot is 1.2 miles from College Pond.

See the next page for a map showing the location of these parking options.

Pilgrimman Parking Map



3. SCHEDULE OF EVENTS

(All events at the College Pond)

FRIDAY, SEPTEMBER 16th (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 17th

- **6:30am:** 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.
- **7:30am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:45am:** Race packet pick-up concludes.
- **8:00am:** Start of the Triathlon and Aquabike; see “The Swim” for the wave plan
- **8:15am:** Start of the Sprint Duathlon
- **9:30am:** Half Triathlon and Aquabike swim cut-off
- **10:00am (est):** Awards ceremony for the Sprint Triathlon and Duathlon
- **12:00pm (est):** Awards ceremony for the Half Aquabike
- **1:15pm:** Half Triathlon and Aquabike bike cut-off
- **1:30pm (est):** Awards ceremony for the Half Triathlon
- **3:00 pm:** Half Triathlon run cut-off

4. 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 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 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 9/12/22.

Your race packet includes:

- Bib# for your race top – **to be worn at all times during the bike and run**
- 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



BONUS SWAG for Half Athletes: Athletes in the Half will also be given Pilgrimman SGX™ sox by SockGuy for doing the Half. The SGX™ sock line provides a compression fit, performance ribbing, enhanced ventilation and a reduced friction profile. These socks feel great, look great, and with SockGuy's signature Stretch-to-Fit sizing and reinforced toe & heel, SGX™ socks perform like no other! Athletes in the Sprint may purchase these socks for \$15.



5. 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 near the finish line.

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.**

6. BODY MARKING

All athletes need to get body marked. Body marking will begin at 6:30am on race morning. The body marking station will be located near packet pick-up/registration. Body marking includes:

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



7. TRANSITION

Transition will open at 6:30am 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.

Athletes that come to packet pick-up on Friday have the option to leave their bikes in transition overnight.

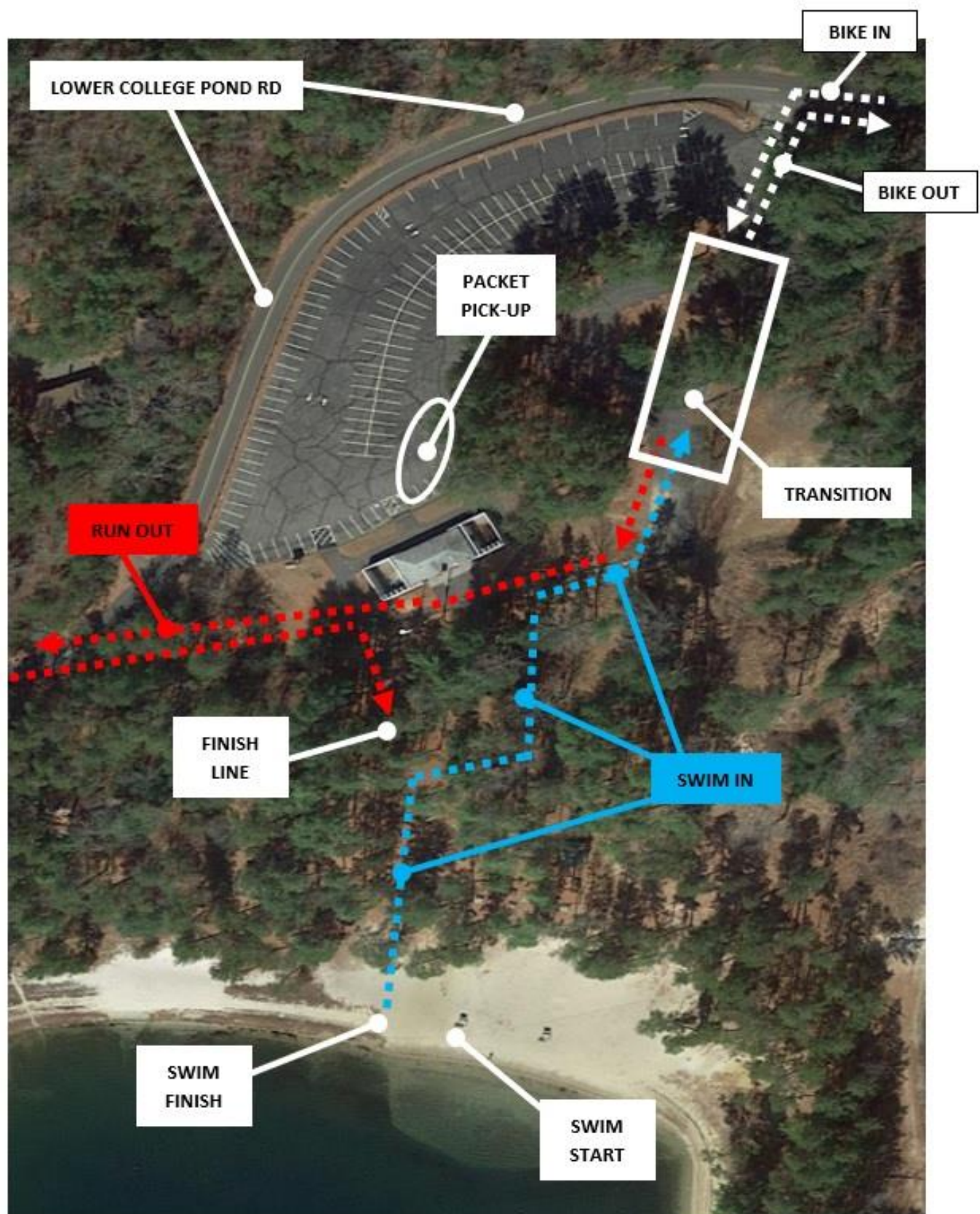
Security will be on site throughout the night to ensure the safety of your bike. Racking your bike overnight is **not** required.



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 departure does not interfere with the half athletes coming and going. Please 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.

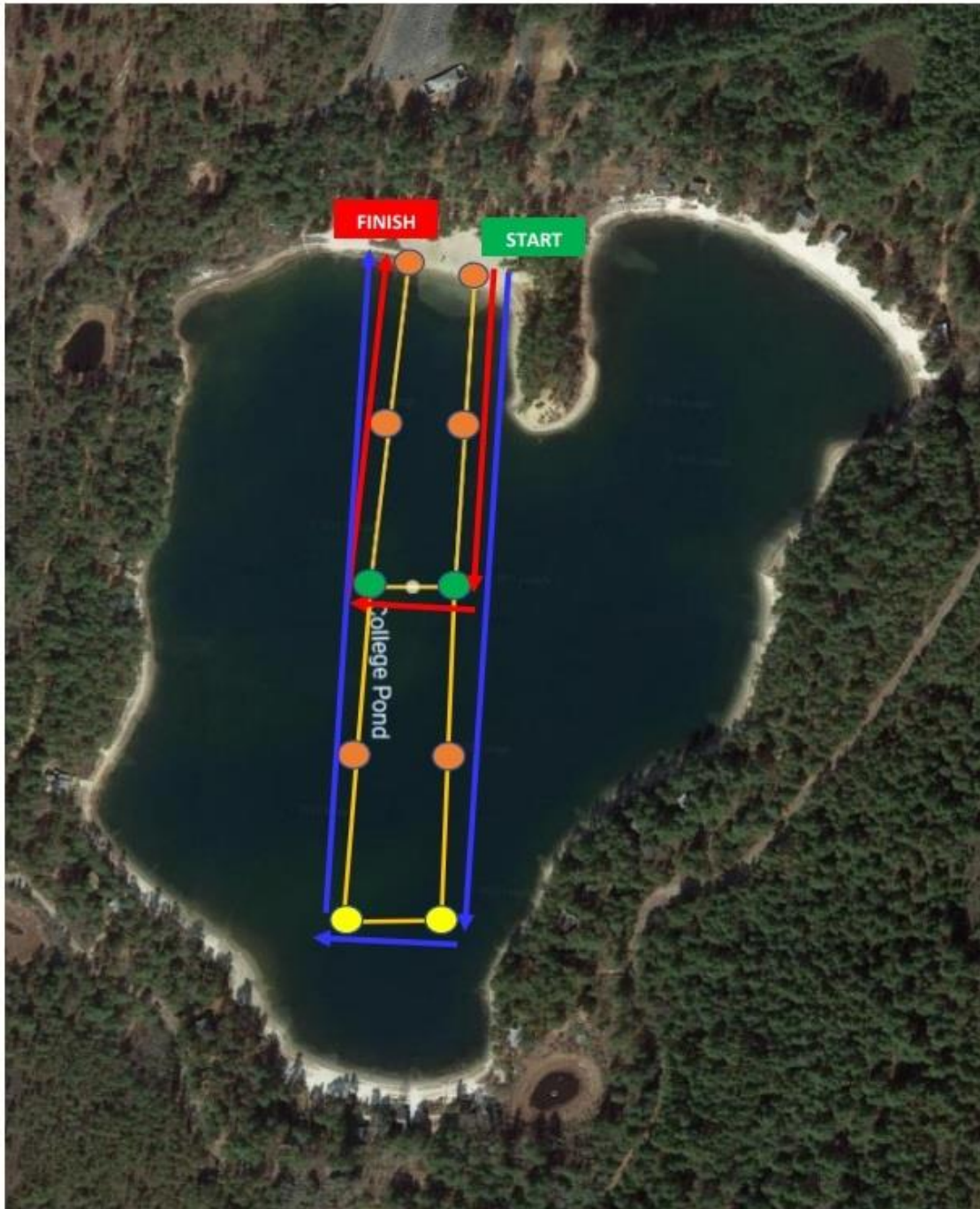
Pilgrimman Venue Map with Transition Flow



8. 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 clockwise direction. Athletes in the Sprint will swim half of this course by making right turns at the two green buoys on the course and swim back to shore. Athletes in the half will swim the entire 0.6 mile course keeping all buoys on their right, 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 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. **The College Pond water temperature on Friday, 9/9/22 was 75F.**

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

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

2022 PILGRIMMAN TRIATHLON				
WAVE	CAP COLOR	EST. START TIME	START FORMAT	CATEGORY
1	Yellow	8:00am	Mass Start	Sprint, All Elite/Open Athletes
2	White	8:01am	TT; 2 athletes every 5 secs	Sprint, Age Group Men Age 20-44
3	Fl Yellow	8:03am	TT; 2 athletes every 5 secs	Sprint, All Age Group Women 20+ and Athenas
4	Purple	8:06am	TT; 2 athletes every 5 secs	Sprint, Age Group Men Age 45+ and Clydesdales
5	Pink	8:08am	TT; 2 athletes every 5 secs	Sprint, Men & Women 19 and under, Friends, Families & Beginner, Relay Teams
N/A	N/A	8:15am	Mass Start	All Duathletes
6	Yellow	8:15am	Mass Start	Half, All Paratriathlete and Elite/Open Athletes
7	Royal Blue	8:16am	TT; 2 athletes every 5 secs	Half, Men Age 44 and under
8	Red	8:18am	TT; 2 athletes every 5 secs	Half, All Age Group Women and Athenas
9	Fl Green	8:20am	TT; 2 athletes every 5 secs	Half, Age Group Men Age 45+ and Clydesdales
10	Silver	8:23am	TT; 2 athletes every 5 secs	Half, All Aquabike Athletes and Relay Teams

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 so that most -- if not all -- sprint athletes complete their swim before the first athlete in the half finishes their first loop.

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

9. 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, orange 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 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 Endurance (Lemon-Lime flavors). 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 bottle exchange stations #1 and #2.

The Half bike cut-off time is 1:15pm. Any athletes that do not complete the bike by this time will not be allowed to move on to the run 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.

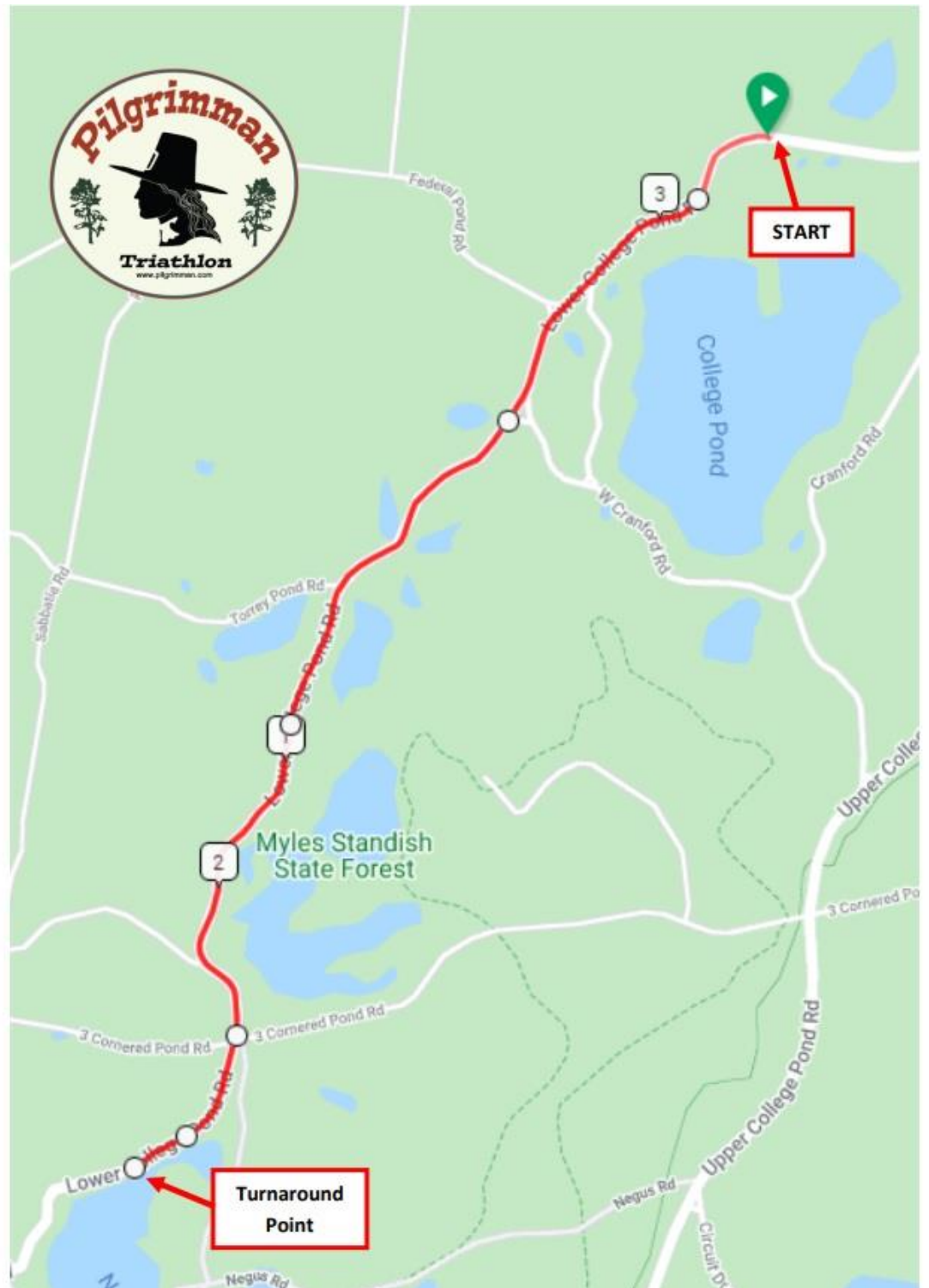
(<https://sunmultisportevents.com/events/pilgrimman-triathlon/>)

10. 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 and will be marked with **ORANGE** route arrow stickers on the ground and signage. 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.

A porto-john 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 Endurance and Power Bar energy gels. Runners return to College Pond for the finish.

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



HALF RUN COURSE (Revised from 2021): The Half Run course is 13.1 miles and will be marked with **GREEN** route arrow stickers on the ground as well as signage. The run is along roads and bike paths most of which (but not all) is closed to traffic.

The run 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. Half runners will run to the 1.5 mile mark on Lower College Pond Road and then turn around and run back along Lower College Pond Road and then turn right on West Cranford Road. Runners then go right on Upper College Pond Road (near the 3 mile mark) and run a brief stretch along this road before turning right onto a bike path.

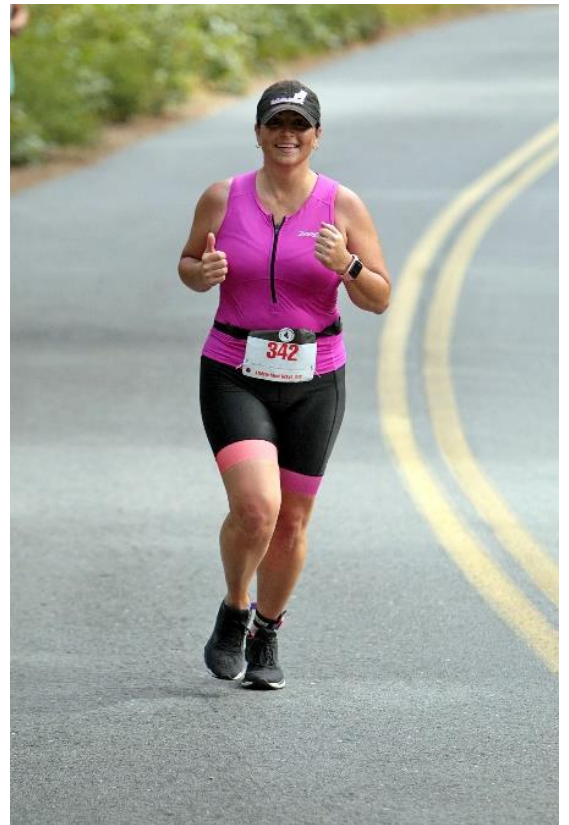
Runners take this bike path south to where the bike path meets Upper College Pond Rd near mile 4.7 where they will turn around and head north back along the bike path. Near the 6 mile mark runners cross over Upper College Pond Rd to connect with the Frost Pocket Path bike path and take this bike path northeast to a turnaround point where the bike path meets Alden Rd near mile 9. Runners then turn around and head back along the Frost Pocket Path bike path back to where the bike path meets Upper College Pond Rd and cross back over Upper College Pond Road near mile 12. Runners then turn right on Upper College Pond Rd, go left on West Cranford Rd, turn right Lower College Pond Rd and return to the College Pond parking lot and proceed to the finish line.

Half Course Aid Stations. There will be 4 aid stations on the run course that will offer 7 opportunities for athletes to re-fuel. Access to aid stations will be near miles 1.5, 3.5, 4.6, 6.0, 7.5, 10.0 and 11.0. All aid stations offer water, Gatorade Endurance, Power Bar energy gels and ice. Power Bar gels will be available in Green Apple (+50 mg caffeine), Strawberry Banana and Vanilla.

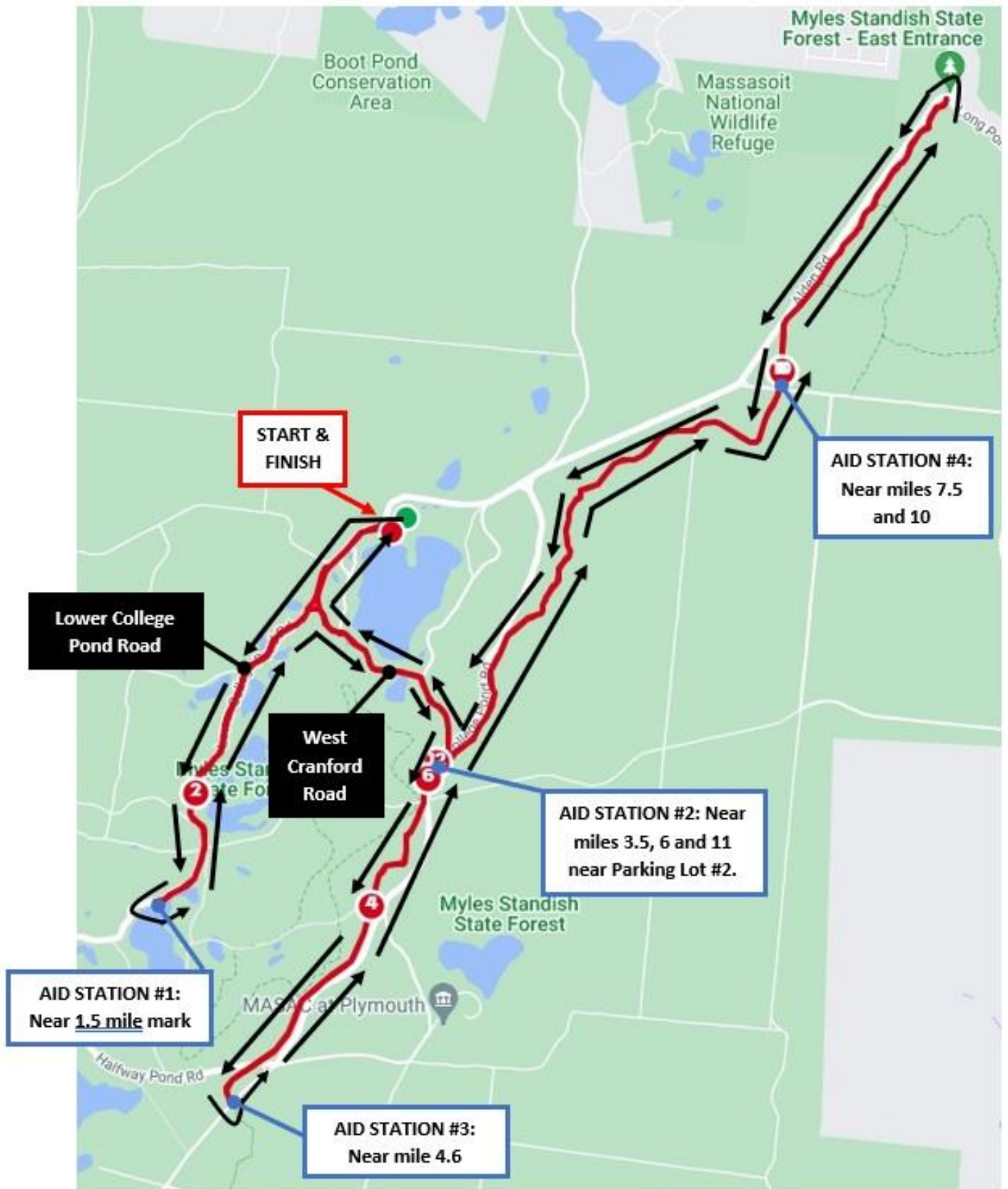
Porto-johns: Porto-johns will be accessible to runners at the beginning of the run near the run out, in Parking Lot #2 (near Aid Station #2) which will be passed two times and at the turnaround on Frost Pocket Path bike path near Alden Road at approximately mile 9.

The Half triathlon cut-off time is 3:45pm.

See the next page for a Half run course map with the locations of the Aid Stations noted.



Pilgrimman HALF Run Course Map



11. THE FINISH

The finish line will be at College Pond. 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 10:30am** 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.

12. DETAILS FOR DUATHLETES (**SPRINT RACE ONLY**)

All athletes in the Duathlon will start in all one wave at 8:15am 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. 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.



13. 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 9/12/22). 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.**



14. 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.

15. 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, vegan, vegetarian) – 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 **10:30am**. Lunch is free to registered athletes in the Half and volunteers that assist for at least 3 hours. **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 2022 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 and sponsor product we will randomly distribute during the awards ceremonies.

16. 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.

17. VOLUNTEERS

This year's race is made possible with the support of volunteers from Mercy Meals & More of New Bedford, the Middleboro Demolay, Kingfish Swimming, 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 hour commitment required). Athletes not racing can also **earn discounts on 2023 races produced by Sun Multisport Events**. Stop by the Volunteer Tent for more details or go to <https://www.bikereg.com/pilgrimman-triathlon> for a list of volunteer jobs and to sign up.



18. 2022 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 2022 sponsors include:

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



19. 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:** At over 12,400 acres, Myles Standish State Forest is the largest public open space in southeastern Massachusetts. The protected forest was established in 1916 and the landscape offers sights of significant and rare formations, such as Pine Barrens and kettle ponds. The Pine Barrens are ecosystems defined by large areas of tall Pitch Pines, growing on sandy, infertile soil. The Pine Barrens in the Myles Standish State Forest are the third largest in the world. Kettle ponds are created by holes left from glaciers. The ponds have no inlet or outlet and the water levels vary over time. There are 58 kettle ponds in the forest.
- **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 75+ 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 10:30am on race day, Riccardi's Restaurant will begin serving a catered summer meal (see the menu on page 20). 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 College Pond? Yes! but they must be kept on a leash no longer than 6 feet.

