



2024 ATHLETE GUIDE

Race Date: Saturday, 6/15/24; Race Start: 7:00am
Location: Cathedral Camp, 167 East Freetown, MA

June 9, 2024

Dear Athlete,

Welcome to race week for the 18th annual Patriot Half triathlon and aquabike! After months of planning, we're excited to turn those plans into action and deliver to you a great race experience.

This is the Official 2024 Patriot Half Athlete Guide and it's filled with everything you need to know about Saturday's race... from packet pick-up through post-race festivities. You'll also find spectator info and local dining recommendations.

The Patriot Half is a production of Outsider Endurance. This Athlete Guide and the page of our website dedicated 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@outsiderendurance.com. However, please understand that as we approach race week our response to emails may 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 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,

Jeff Smith
USAT Certified Race Director
Outsider Endurance

www.outsiderendurance.com



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1. PARKING

Athletes and spectators have two areas to park on the grounds of Cathedral Camp which is located at 167 Middleboro Road, East Freetown, MA.

The WEST Lot opens at 5am on race day 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 1:00pm** due to cyclists and runners using the access road leading to this lot during the race. The West lot is the best parking location for athletes that come to Friday's 4pm-7pm packet pick-up at Cathedral Camp and cars may come and go from this lot throughout that time.

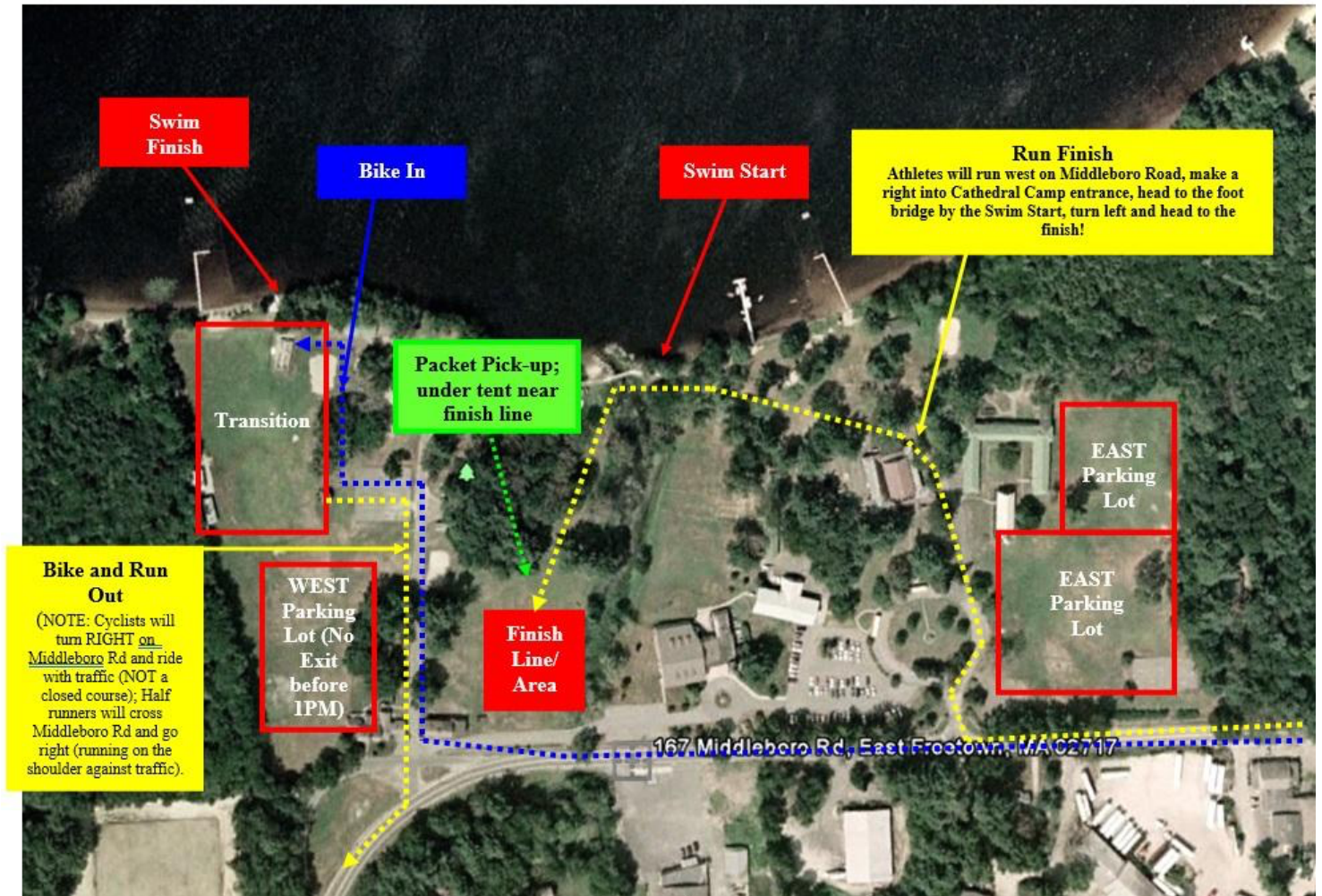
The EAST Lot is for athletes and opens at 5AM. Cars that park in this lot may leave throughout the day.

Overflow parking will be directed by our parking attendants, **please do not park at local businesses or along the roads around the event.**

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

2. 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.



3. SCHEDULE OF EVENTS

Friday, 6/14/24: Packet pick-up under the big tent next to the finish line at Cathedral Camp in East Freetown, MA at 167 Middleboro Road

- **3:00pm:** Race packet pick-up opens
- **4:00pm-6:30pm:** Practice swim in the designated area accessed from the swim finish.
- **5:00pm:** Athlete panel followed by Q&A with the Patriot Race Director under the tent next to packet pick-up.



- **7:00pm:** Packet pick-up concludes.

Sat, 6/15/24 (RACE DAY!) at Cathedral Camp in East Freetown, MA at 167 Middleboro Road

- **5:00am:** Race packet pick-up, chip distribution and body marking begin and transition opens.
- **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;** athletes must be in or near transition to hear the pre-race meeting announcements from the RD.
- **6:40am:** All athletes must be out of the water.
- **6:50am:** 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 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 wave plan in "The Swim" section.
- **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.
- **12:30pm:** Aquabike awards ceremony.
- **1:30pm:** Triathlon awards ceremony.

4. RACE PACKET PICK-UP

The Patriot Half is a USAT sanctioned event and USAT requires the following:

- **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS.**
- Athletes may pick up packets for other athletes if they have a photo of that athlete's ID.
- Relay Teams: A picture of each member's photo ID is required for packet pick up.

- If you did not provide a valid USAT membership # when you registered for this event you must show one at packet pick-up or you will be required to purchase a USAT membership. All USAT membership options can be found here. <https://www.usatriathlon.org/membership>

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#. Your bib number is included in the same email you accessed this guide in.

The packet given to you at will include the following:

- Bib # and race belt (pins are available upon request): To be pinned to your race top or worn around your waist with a race belt.
- Bike helmet sticker: To be pasted to the front of your bike helmet
- Bike frame sticker: To be wrapped around the bike's top tube or seat tube.
- **Your bike must have your frame sticker on it prior to entering transition.**

The race packet pick-up will be available:

- Friday, 6/14, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **3pm-7pm**
- Sat, 6/15, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **5am-6:30am**

It is strongly recommended that you pick up your race packet prior to race morning if possible. We offer overnight bike racking with security on site.

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 request completed. If you need to have a change like this made, the sooner you can get to packet pick-up, the better.

5. TIMING and YOUR TIMING CHIP

All Sports Events is our timer and all athletes will be chip timed.

When you are given your chip, verify that the numbered chip given to you by the volunteer corresponds to your bib# (getting the wrong chip will impact your posted results). The chip goes on your LEFT ankle.

Timing Splits: Triathlon individuals and relay teams will receive 6 timing splits: (1) swim time; (2) transition #1 time; (3) bike time; (4) transition #2 time; (5) run time; (6) overall time.

Aquabike athletes will receive 4 splits: (1) swim time; (2) transition #1 time; (3) bike time; (4) overall time.

After completing the race, results will be displayed on flat screen monitors built into the side of the All Sports Events trailer. 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.

YOU MUST RETURN YOUR CHIP OR YOU WILL BE CHARGED A \$75 REPLACEMENT FEE. Volunteers will be at the finish line to remove the timing chip of athletes that complete the triathlon. Athletes in the aquabike whose time is complete when they cross the timing mat at the dismount line will be asked to place their timing chip in a designated chip bin at the end of transition nearest to the water.

6. USAT Multisport Competition Rules

The 2024 Patriot Half will have USAT officials on site to enforce all USAT Multisport rules.

Race officials will be checking bikes in transition on Friday evening and on race morning. They will also provide the official water temperature & will go over important rules during the pre-race meeting in transition on race morning.

If you are assessed a penalty and shown a penalty card, please report to the penalty tent near transition to check in and serve your penalty.

All USAT rules can be found here. <https://www.usatriathlon.org/multisport/rules>

7. 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"). Alternatively, spectators can track athletes from the Patriot Half Athlete Tracking page of our site here: <https://racemap.com/player/patriot-half>

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 short tutorial for how to use this athlete tracking tool.



Click the magnifying glass to reveal start list where you can search for any athlete to track on race day. Be sure the athlete's race category (i.e. triathlon, aquabike) is selected from the category box.

Click here to select the category(s) of the athlete(s) you want to track; you can filter on 1 or more categories.

Selection	Points of interest	All athletes
1. Nathaniel THOMAS (Team Zoot)	Triathlon	
2. Kristin BOROWSKI (Wattle Ink)	Triathlon	
4. Mary MCNEIL	Triathlon	
5. Angela NAETH (Iracelikeagirl)	Triathlon	
6. Melissa NORCROSS (Rbfitness)	Triathlon	
7. Brendan ATKINS	Triathlon	
8. Raymond BOTELHO (Rbfitness)	Triathlon	
9. Joseph FARMER	Triathlon	
10. Kris FREEMAN (Breakaway Athletic Coaching)	Triathlon	
11. Neal GOLDEARR	Triathlon	

Athlete Start List and Live Results: Times for the swim, the bike and run for each athlete will be published live to the Patriot Half 2024 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 this link below, too.

<https://www.allsportsevents.com/results/patriot-half-triathlon-2024/>

8. BODY MARKING

All athletes need to get body marked. Body marking will begin at 5:00am on race morning. The body marking station will be located across from packet pick-up. Body marketing includes:

- Your race number marked on your left bicep, left calf and right hand.
- Your age marked on your right calf -- unless you are part of a Relay Team or in the Aquabike category... Relay Team members will have an "R" written on their right calf and Aquabikers will have an "AB" written on their right calf.

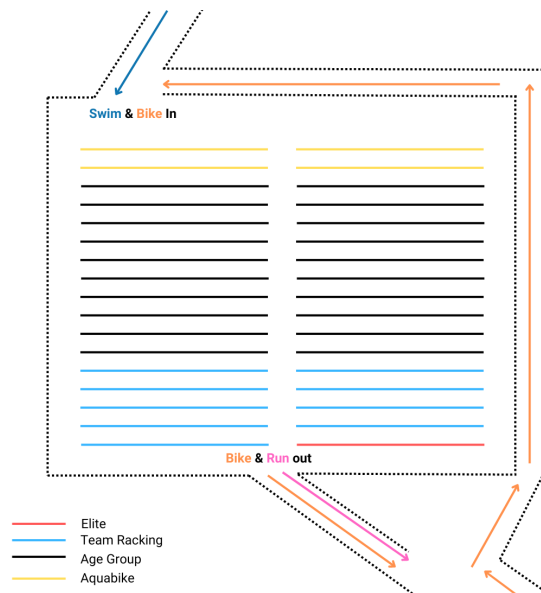
Body marking is essential for identifying athletes when on the course and in race photos made available for free from us post-race. **You must be body marked before entering transition on race morning.**

9. TRANSITION

Transition will be open for athletes to walk through during Friday's packet pick-up hours (3pm-7pm). If your friends or family want to see TA, this is the time to do it. Once a bike enters TA, you will be required to match your bib number for removal. 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. **ONLY REGISTERED ATHLETES WILL BE ALLOWED TO ENTER TA ON RACE DAY. NO EXCEPTIONS.** This is a safety and insurance requirement.

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. This year, we have racked athletes that registered as a team of 6 or more together. If you are on one of these teams you will be racked by number with your team. If you have any questions where your rack position is, please ask our transition coordinator or volunteer. Transition will be set up as this image illustrates.



First Aid Tent: A first aid tent will be set up in transition just beyond the swim finish from 6:00am until 1:00pm. 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.

All athletes are asked to be at their rack position at 6:50am 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. You will be required to match your bib number to your bike stickers prior to removing your bike. Thank you for your cooperation.

10. THE SWIM

The 1.2 mile swim is in Long Pond, the largest freshwater pond in Massachusetts. Athletes are required to wear the colored swim cap given to them at race packet pick-up. **Athletes that are nervous about the swim may request a "nervous swimmer" swim cap during packet pick-up** which will ensure our lifeguards keep especially watchful eyes on them. The nervous swimmer swim cap color is **RED**. The swim wave schedule for the 2024 Patriot Half is as follows:

Patriot Half Swim Waves				
Wave #	Athlete Category (Based on age as of 12/31/24)	Cap Color	Est Start Time	Wave Format
1	Male Elite/Open Athletes	FL Orange	7:00	In water start all at once
1A	Female Elite/Open Athletes	FL Orange	7:02	In water start all at once
2	Male Age Group 34 & Under	FL Green	7:03	TT: 3 athletes every 10 seconds
3	Female Age Group 39 & Under	Pink	7:06	TT: 3 athletes every 10 seconds
4	Male Age Group 35-44	Blue	7:09	TT: 3 athletes every 10 seconds
5	Female Age Group 40-49 & Athena	Purple	7:12	TT: 3 athletes every 10 seconds
6	Male Age Group 45-49 & Clydesdales	Yellow	7:15	TT: 3 athletes every 10 seconds
7	Male Age Group 50-59	Green	7:18	TT: 3 athletes every 10 seconds
8	Female Age Group 50+	Orange	7:21	TT: 3 athletes every 10 seconds
9	Male Age Group 60+ & Relay	White	7:24	TT: 3 athletes every 10 seconds
10	All Aquabike Athletes	LT Blue	7:27	TT: 3 athletes every 10 seconds

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 wetsuit and be eligible for rankings and prizes if the water temperature is 78 degrees F or less. The water temperature of Long Pond on the morning of Thursday, 6/6/24, was **73F**. We expect the water temperature to be in the mid 70s on race day. Water temperatures will be posted on our instagram account throughout the week & an official temperature will be taken the morning of the race.
@Outsiderendurance

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: 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 6:50am so that we can begin this process.

Elite/Open athletes will start at 7:00am with male elites (wave 1) followed by female elites (wave 1a) at 7:02am. There are 10 swim waves and the wave schedule can be found on the previous page. Your wave # will be printed on your packet.

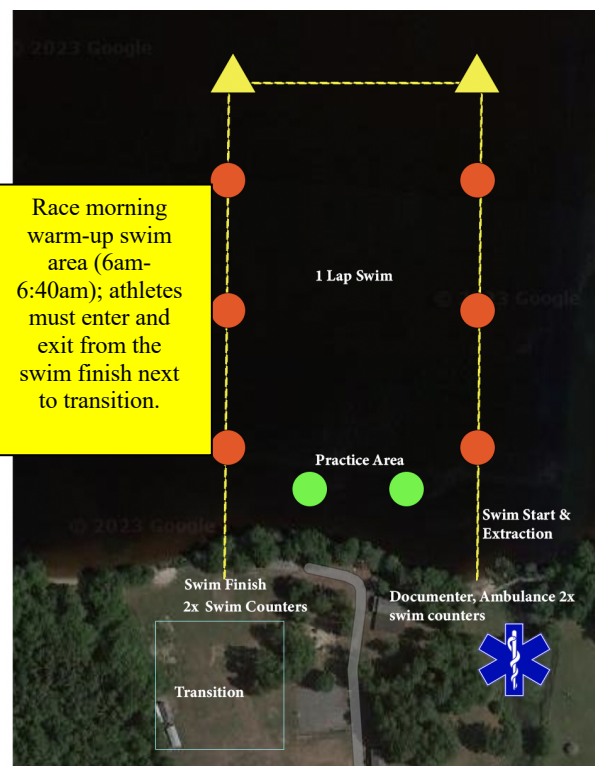
Athletes in Waves 2 through Wave 10 will begin the race following a time trial start format entering the water side-by-side, 3 at a time, every 10 seconds. A start clock will count down from 10 to 0 for each set of 3 athletes. An athlete's time begins when he/she crosses the timing mat near the water's edge. Athletes "self seed" themselves within their assigned wave at the front, in the middle or at the back.

Lifeguards and other swim safety personnel will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard 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 judgment 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 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 trigger this 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.

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



11. THE BIKE

We will make every effort to mark the bike course & have volunteers in place to guide you, but ultimately knowing the course is your responsibility.

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.

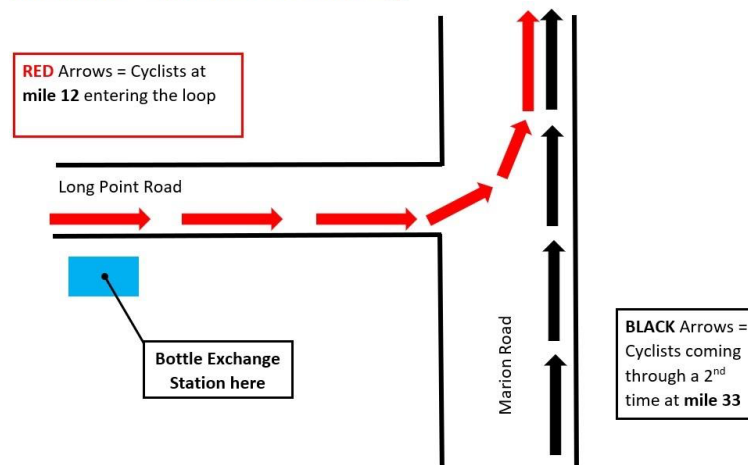
Police details, volunteers and signage will be in position throughout the course to guide you. **The roads are NOT closed to traffic.** Always be alert for the potential of cars backing out of driveways, distracted drivers, other cyclists, etc. Go to the "Course Info and Maps" section of the Patriot page of the Outsider Endurance website 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 12 miles of the bike course are completed once. Cyclists then enter a 19-20 mile loop that is completed twice. After completing these two loops cyclists ride a new stretch of 4 miles to the finish for 54 miles total. There are two important sections of the bike course to be aware of as you prepare for the event – "The Merge" and "The Split".

"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. 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 as you may be merging with cyclists from your right or from your left. See graphic at right depicting this merge.

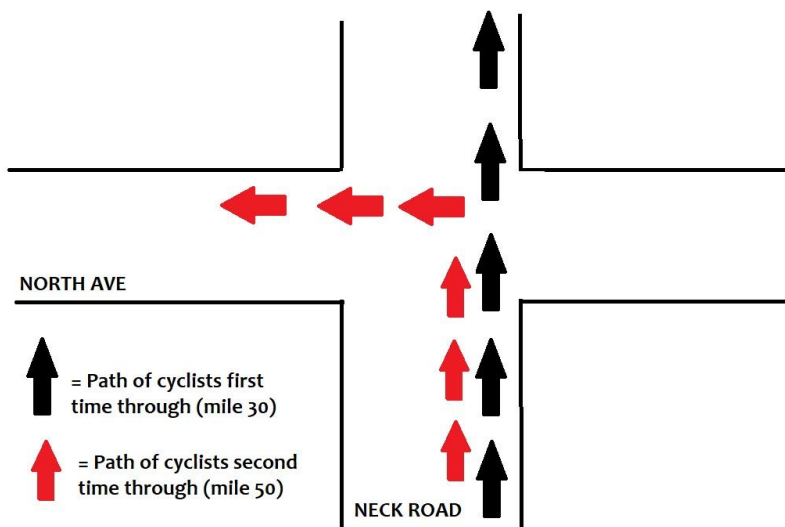
"THE MERGE" AT MILE 12 AND MILE 33



'The Split': The Split is at the intersection of Neck Road and North Ave in Rochester and cyclists will pass through this intersection twice. The first time is at the 30-mile mark and cyclists are to CONTINUE STRAIGHT

so that they may begin a second loop. When cyclists return to this intersection near mile 50, they TURN LEFT and head back to Cathedral Camp. Signage and volunteers will be in place to alert you to this intersection and a police detail will control traffic but prepare yourself in advance for correctly navigating this intersection each time you pass through it.

"THE SPLIT" AT MILE 30 AND MILE 50



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 26/mile 44 (you pass this station twice) 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 2-3 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 water bottles with sport cap (not a screw off cap) with water and 24 oz. Gatorade Endurance sports bottles with sport cap. If you would like to receive a bottle you should 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 alongside of you and hand you your bottle. **If you do not need water or Gatorade at 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... don't do that! 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: Trek of Lakeville has donated supplies for this year's race. We will have 3 independent bike techs in transition to assist with any last-minute technical issues (e.g., popped tire, derailleur adjustments). Their tent will be positioned near the "bike out" of transition (the end furthest from the water). A member of our bike support team 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!*). The rest of our bike support team 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 as needed, 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.

12. THE RUN

We will make every effort to mark the run course & have volunteers in place to guide you, but ultimately knowing the course is your responsibility.

The Patriot run course will be supported with signs, volunteers and **8** 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: The table below summarizes the run course aid station plan. As shown below, all aid stations will feature water, Gatorade (Endurance Formula) and ice. Every other aid station will have additional nutrition options including UCAN gels, Coca-Cola (flat) and pretzels.

2024 Patriot Half Run Aid Station Plan						
Aid Station #	Mile Marker	Porto-John	Hydration	UCAN	Coke	Salt
1	1.7	no	Water, Gatorade Endurance, Ice	no	no	
2	3	yes	Water, Gatorade Endurance, Ice	yes	yes	Salt Stick Tabs & pretzels
3	5.2	yes	Water, Gatorade Endurance, Ice	no	no	
4	6	no	Water, Gatorade Endurance, Ice	yes	yes	Salt Stick Tabs & pretzels
5	8.3	yes	Water, Gatorade Endurance, Ice	no	no	
6	9	no	Water, Gatorade Endurance, Ice	yes	yes	Salt Stick Tabs & pretzels
7	10	no	Water, Gatorade Endurance, Ice	no	no	
8	11	yes	Water, Gatorade Endurance, Ice	yes	yes	Salt Stick Tabs & pretzels

A trash can will be set up just past each aid station for you to discard cups, wrappers or other trash.

LITTERING IS STRICTLY PROHIBITED. IF YOU ARE CAUGHT LITTERING YOU WILL BE PENALIZED. PLEASE DISCARD TRASH OR RECYCLABLES IN THE BINS PROVIDED. If you aren't ready to discard your trash you must take it with you.

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.

13. THE FINISH LINE

You will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a commemorative water bottle wrapped in a nice cold, wet hand towel. Ice baths will be ready for you and the mood will be festive. Now it's time to revel in your accomplishment, share your experiences from the race, cheer on other finishers and enjoy the post-race festivities. Congratulations.... you did it!

14. DETAILS FOR AQUABIKE ATHLETES

The Aquabike is for athletes that complete the 1.2 mile swim and the 54 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.

The Aquabike finish time is determined when the athlete crosses the timing mat placed on the dismount of the bike into 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 proceed to their spot in transition where they can remove your helmet, replace cycling shoes with sneakers or sandals and proceed to the finish line (optional). 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 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 – For males, 54 & under and 55+. For females, 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 11am** 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.

YOU MUST RETURN YOUR CHIP OR YOU WILL BE CHARGED A \$75 REPLACEMENT FEE. Athletes in the aquabike will be asked to place their timing chip in a designated chip bin in transition at the end of transition nearest to the water.

15. DETAILS FOR RELAY TEAMS

All Relay Teams will be racked together in transition. **Relay teams are encouraged to come to packet pick up, but a single member can pick up the packet for the entire team with a photo of each team member's ID.** You will receive 1 race packet and it will be listed under the bib# for your team. Relay Teams will be given 1 re-usable chip that will be transferred from swimmer to biker to runner.

The swimmer on the team will complete the swim wearing the timing chip while the cyclist for the team awaits the swimmer at the team's rack position in transition. The swimmer should have their right hand and left bicep and left calf body marked with their number. An "R" will be written on their right calf to note "Relay".

Once the swimmer completes the swim and arrives at the team's rack position, he/she hands the timing chip to the cyclist who then puts the timing chip on their left ankle and goes out and rides the bike course. The envelope distributed to you at packet pickup will contain a small bike helmet sticker with the team's number and a larger bike frame sticker with the team's number... the cyclist should affix these to their bike helmet and bike frame. The cyclist should also be body marked with their number on the left calf and left bicep and an "R" on their right calf.

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

NOTE: Athletes are not allowed to remove their 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. 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 (as described above)

- Relay Teams (Mixed, Male, Female)

The Patriot Half awards ceremony will have two parts. Part 1 will be at approximately **12:30pm** with distribution of awards to athletes in the Aquabike category. Part 2 of the awards ceremony will recognize athletes in the triathlon race categories and will begin at approximately **1:30pm**.

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.

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 \$15 per plate. Spectators may purchase a pass to the buffet for \$15. Riccardi's will begin serving at **11:00am**. This should be done in advance; meals quantities are prepaid & we will have very limited surplus tickets on site. Please purchase your tickets in advance here. [Meal Tickets](#)

Patriot athletes, Over 21, will receive one FREE beer courtesy of Peak Organic Brewing Co. ID will be verified & no beer will be available for purchase. (Insurance requirement) For athletes under 21, your beer ticket will have an x on it. These tickets can be used, but any beer ticket with an X will require a valid ID.

17. RACE PHOTOS (FREE!)

We have assembled an excellent team of photographers for this year's Patriot Half. All athletes will receive FREE downloadable photos. Athletes will receive an email post-race with a link to where photos can be downloaded.

18. WEATHER POLICY REMINDER

Please note the race will be held rain or shine, but if the weather or other unforeseen circumstances threaten the safety of athletes, race management reserves the right to cancel the event or alter portions of the swim, bike or run courses. Please understand that in the unlikely case that we did have to cancel the event, no refunds would be issued, however, a partial credit would be offered to the next year's race. Refer to the Outsider Endurance's website for complete policy details regarding cancellation, refunds, deferrals and transfers.

19. VOLUNTEERS

This year's race is made possible with the support of selfless volunteers including members of the Bay State Triathlon Team, Boston Triathlon Team, Middleborough Demolay, New England TriFit, The Bothwell Triathlon Team, Mercy Meals, Mashpee Girl Scouts, Mastery School of Independent Learning, Apponequet Boosters, and

others. Producing a triathlon truly “takes a village” and we are incredibly grateful for their support. If you have friends and family coming to watch you race, please ask them to consider volunteering... they can visit the Volunteer Tent for more information.

20. 2024 SPONSORS

We are fortunate to also have the support of sponsors whose contributions improve the overall quality of the Patriot Half in so many ways. Your patronage of our sponsors at the event, at their retail establishment or online is greatly appreciated. 2024 Patriot Half sponsors are:

- **Breakthrough Performance Coaching** – *Official Coach*
- **TD Athletes Edge** – Strength & injury prevention. Details below.
- **Gatorade Endurance** – On course hydration
- **Peak Organic Brewing** – Post race “hydration”
- **UCAN** – On course Nutrition. Free sample pack offer, <https://ucan.co/products/ucan-edge-race-sample-pack> Use Code **SamplePH24**
- **Trek of Lakeville** - 263 Bedford St, Lakeville, MA 02347
- **T-Pin Muscle Therapy**
- **The Law Offices of John Manoog**



Have a question for a coach? Join us for a last-minute coaching Q&A on Wednesday, June 12th @ 7:00PM.
Zoom link: <https://us02web.zoom.us/j/6173080586?omn=83726861010>



Elevate your performance.



INJURY CONSULTS MOVEMENT ASSESSMENTS



**2pm-5pm | June 14th
at Bib Pick Up Location**

TD Athletes Edge is a team of strength & conditioning and physical therapy professionals who are dedicated towards helping all humans become better prepared for their physical endeavors.

We believe that all humans are athletes and it is our mission to help you do more and perform better in the sports and activities you love.

We work with many endurance athletes, specifically triathletes to help them build durability and performance for race day.

For an injury consult or movement assessment, stop by our tent before or after race day.
For more info email tdteam@tdathletesedge.com

21. PATRIOT / OUTSIDER ENDURANCE MERCHANDISE

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



- Outsider & Patriot cycling jerseys
- Outsider Endurance Shirts – All colors have a long & short sleeve option
- Outsider Endurance Tri kit – limited stock.
- Outsider Endurance Hoodies – Might be the most comfortable hoodie ever.
- Trucker hats

If you would like to browse our inventory, please visit <https://www.outsiderendurance.com/shop>

22. Charity Partners and Community Involvement

We are proud to partner with several local charities. Our official charity partner for 2024 is Big Brothers Big Sisters of Eastern Ma. Please consider donating to BBBS or getting involved as a mentor. Please learn more about BBBS @ <https://emassbig.org/>



If you have raced with us there is a good chance your packet of finisher medal was given to you by a volunteer of Mercy Meals & More. Jeff had the chance to volunteer with them, serving breakfast to those in need in New Bedford. This is an amazing group of people trying to have a positive impact in their community. In addition to making donations to Mercy Meals & More, Outsider Endurance will be inviting athletes to donate used sneakers at every race. Please bring your used shoes with you to packet pickup & we will make sure they help someone in need. Last year's Whaling City Tri & Du was their largest single-day shoe drive ever. We would love to set a new PR.



23. SPECTATOR INFORMATION

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

- **Parking:** Spectators have the same parking options as athletes and the complete parking plan is covered in the "Parking" section of this guide. Most importantly, spectators should know if they park in the West lot (which is expected to fill by 5:30am/5:45am) they will not be able to leave until after 1pm.
- **Athlete Support:** The Breakthrough Performance Coaching tent is the designated **Inspiration Station** for this year's event and will be set up near the volunteer tent. This is the place to go to get poster board and markers to make signs of encouragement for your favorite athlete. The Inspiration Station will also have a limited supply of cowbells to rattle and American flags to wave to contribute to a noisy and festive finish to the race.
- **Athlete Tracking:** Advanced athlete tracking is available from the RaceMap app. 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"). Alternatively, you can track directly from the Patriot Half Athlete Tracking page of our site here: <https://racemap.com/player/patriot-half>
- **Where to Spectate:** The best places to spectate are as follows:
 - At the "Swim Out" next to transition to watch athletes as they finish the swim (and to watch the wetsuit strippers in action... it's very entertaining!)
 - At the mount/dismount line to see athletes as they leave and return on the bike and go out for the run.

- Along the finish line chute to see athletes as they complete the race
- **About Cathedral Camp:** Cathedral Camp is a beautiful location offering numerous places to watch athletes. The Camp has a modest playground (e.g. swings, monkey bars, see saw) and offers plenty of open space to toss a Frisbee, play catch or just hang out.
- **The Finish Line:** It is not uncommon for Patriot Half athletes to have their children or other special people join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with their family. However, spectators need to be aware that the finish line corral is for athletes, volunteers and members of the event management team... many athletes come across the finish line running at a fast pace, some need medical attention and, in general, the finish area is a busy place. As a result, we ask that any spectators that come across the finish line with an athlete quickly move beyond the confines of the finish line corral. Please also give consideration to other athletes that are approaching the finish so that any kids that accompany you do not get in the way of other athletes... crossing the finish line is a special moment for everyone and we want it to be enjoyable and memorable for all. Thanks in advance for your cooperation with this very important part of the race experience.
- **Volunteering:** Want to be a part of the action? Consider volunteering! While we are feeling pretty good about the number of volunteers recruited for this year's event there are always "no-shows" and an extra set of hands can be quite... handy! If you would like to volunteer visit the Volunteer Tent to ask where you could help. All volunteers that volunteer for a minimum of 3 hours receive a volunteer t-shirt and a complimentary pass to the post-race catered meal. Visit the Volunteer Tent for more information.
- **Food & Beverages:** At approximately 11:00am, Riccardi's Italian Restaurant will begin serving a catered meal (see p. 16 for the menu). This first plate of Riccardi's food is free to athletes in the Patriot Half and volunteers (that help for a minimum of 3 hours) but a \$15 fee is required for a second plate. Spectators pay \$15 per plate as well.

24. 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.

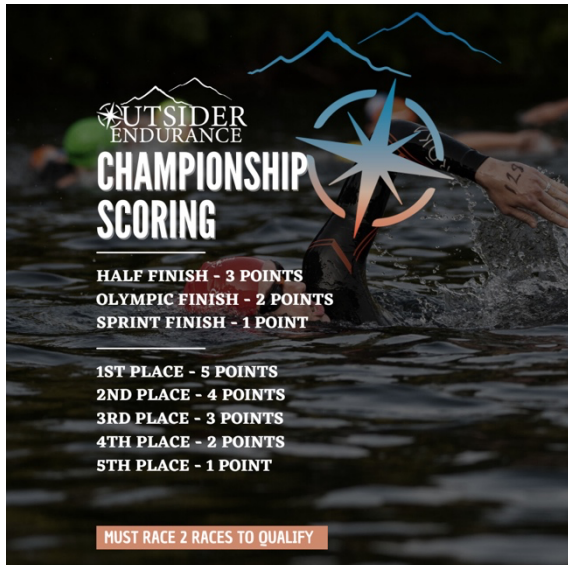
LORENZO'S: Old-school spot serving hearty portions of pasta, pizza & other Italian classics since 1950; 500 West Grove St/Rte 28 in Middleborough, MA; phone: 508-947-3000. Reservations recommended.

25. NEW FROM OUTSIDER ENDURANCE

This year, we are excited have Outsider Endurance Ambassadors. Our initial ambassador class features 8 incredible athletes. These athletes believe in what we are building at Outsider Endurance and want to make your race-day experience even better. Every ambassador will be racing or volunteering at Patriot. Reach out to them if you have any questions. Interested in becoming an Outsider Endurance Ambassador? Email us info@outsiderendurance.com



Additionally, we are going to crown champions this year! Want to claim the title in your age group?



26. MISC INFO

Outsider Endurance has a mix of staff and volunteers dedicated to making your race-day experience incredible. Please note, staff and volunteers will be in easily identifiable shirts. Event staff will be in military green shirts & volunteers in neon orange. We are looking forward to helping you have the best race possible. Please do not hesitate to contact our staff with any requests or questions.

