

ATHLETE PACKET

BUZZARDS

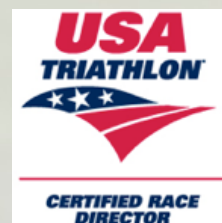
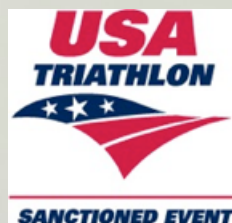


BAY TRI & DU

MAX *Performance*

SEPTEMBER 20

**HORSENECK
BEACH STATE
RESERVATION
9AM**



MESSAGE FROM THE DIRECTORS



Dear Athlete,

Welcome to the Buzzards Bay Triathlon & Duathlon with Max Performance!

We're incredibly excited to welcome you to Horseneck Beach for one of New England's most scenic multisport events – and an extra special race as we continue celebrating **20 years of Max Performance**.

For two decades, athletes like you have made these race mornings so memorable. Whether this is your first multisport event or your 50th, we're grateful you chose to spend part of your season with us and help close out another incredible year of racing.

Your **Athlete Packet** has everything you'll need for race weekend, but here are a few highlights to get you ready:

-  **Bike Course** – Take in the beautiful South Coast scenery, ride single file across Fontaine Bridge in the bike lane, and remember: **no riding side-by-side or double riding anywhere on the course**. Keep right except when passing, then settle in and enjoy one of our favorite courses of the season.
-  **Time Trial Swim Start** – Athletes begin two at a time, every 10 seconds, helping create a smooth and steady start to your race.
-  **Ocean Swim Tips** – We'll help you prepare for the unique experience of racing at Horseneck Beach, including tips for getting through the surf and finding your rhythm in Buzzards Bay.
-  **Post-Race BBQ** – Celebrate your finish, refuel, relax, and enjoy the post-race atmosphere with fellow athletes, family, and friends.
-  **Duathletes** – We've got you covered too, with clear race-day instructions so you know exactly where to start and how your course comes together.

Over the next week, we'll continue sending important updates about the courses, including swim start schedule, logistics, and everything you need to arrive prepared and confident.

Thank you for racing with Max Performance and for being part of our **20th Anniversary Season**. We're proud of the community that has grown around these events over the past two decades – and we're especially grateful that you're part of it. Now it's time to get ready for one more great race day on the South Coast. We'll see you at Horseneck Beach!

Happy Training!

~ The Max Performance Team



TIM RICHMOND
LEAD RACE DIRECTOR

TOP HIGHLIGHTS

Here is some of the most looked at content from the Athlete Packet, year after year. They are linked for ease of navigation. Check out the bottom section MORE DEETS to really drill down the weekend.



04 PACKET PICKUP

Saturday or Sunday early, don't forget your photo ID
LEARN MORE



08 OCEAN SWIM PREP

Duck, Dodge & Sight, - get ready for Buzzards Bay
LEARN MORE



05 RACE SCHEDULE

Don't forget about Awards, Post Race BBQ & Expo!



05 PARKING & GPS

Always a good look ahead, arrive early for the best spots (7AM)



06 TRANSITION SETUP

Take a look at what happens on race day, setup Ins & Outs



11 RACE RESULTS

All Sports Timing has you covered with printable results onsite.

MORE DEETS

Chip Timing System	Page 8	Triathlon Start	Page 10	Spectator Information	Page 14
Max Bike Racks	Page 8	Bike Assistance	Page 11	Sponsors & Race Expo	Page 4
Race Numbers	Page 8	Post Race Awards & Results	Page 12	USAT Rules	Page 15
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Course Maps & Cue Sheets	Page 9	Weather Policy	Page 14		

SPONSORS

We encourage you to patronize our partners at Buzzards Bay Tri & Du



Join us post Race for an amazing
Free BBQ &
Sponsor Expo - grab a massage,
some samples and listen to music!



PACKET PICKUP SCHEDULE

SATURDAY REGISTRATION AND PICKUP - HIGHLY RECOMMENDED

Saturday from 3-6pm - you may pickup your packet on Saturday at the race site, HORSENECK BEACH - located under the large pavilion. **You may NOT pick up a packet for a friend. All athletes must be present.



SUNDAY REGISTRATION AND PICK UP

7:00 - 8:15am You may also pickup your race packet on Sunday at the race site. The Registration Area is located under the White Registration Tent.

Tardiness: Don't arrive after 8:15AM to the race, we start the race on time at 9:00AM. No exceptions please; even if you are in a later start wave.

PROPER ID



PHOTO ID IS REQUIRED TO PICKUP YOUR PACKET

Please Note:

- All members of a relay team must be present before we can issue a race packet to one member.
- You may NOT pick up a packet for a friend. All athletes must be present. ***

THIS IS A MAX PERFORMANCE POLICY, THANK YOU FOR YOUR COOPERATION

BODY MARKING

- Vertically on BOTH arms



- One Hand

- Age on Calf for Individual Age on: **12/31/2026**
- If Relay Team, then place **R** on Calf instead of age



Each Relay Team member must have body marking.



RACE DAY SCHEDULE

7:00	Transition Area Opens
7:00-8:15	Late Packet Pickup, Body Marking
7:30	Registration Closes
8:45	Mandatory Race Briefly & National Anthem at Registration for all athletes.
9:00	Race Starts - Duathlon next to TA, Triathlon on Beach
10:30	Results begin posted to All Sports Trailer
11:15	Free Post Race BBQ
11:20	Award Ceremony
1:00PM	Race Activities Conclude



DIRECTIONS (USE GOOGLE MAPS)



Horseneck Beach State Reservation
164 John Reed Road Westport, MA
02791

From Boston: via Rt. 24
 Follow to 195 East:

- Take exit 10, Route 88 - Horseneck Beach.
- Follow Route 88 for 11 Miles.
- You will cross the Fontaine Bridge, the same bridge you will be biking over during the race.
- Enter the main Gates on the Right. Follow signs for Event Parking.



PARKING



All parking is located on site. Please follow the direction of Parking Attendants and Park Staff. Spectators must arrive prior to 9:00AM.

Park staff will limit Auto Traffic into the park after this time, as the race will be underway!

TRANSITION AREA SETUP

Organization

There is one entrance and one exit in the TA and they will be clearly marked. The only people allowed in the TA are race participants and Max RDs. The TA opens at 7:00A.M. and closes at 8:30AM – you need to be on the beach at this time.

Each row is marked with signs that designate the race numbers that correspond to that row, e.g. sign #s 51-100 equates to Race Numbers 51-100.

You must rack your bike in the row that corresponds to your race number. Give yourself some room since we're bringing more racks than participating athletes, so you'll have room next to you. [specific directions on bike placement is described under Max Bike Racks in this packet]

Rules

The following rules will be in effect and closely enforced to ensure organization, safety and security:

Only athletes who are body-marked are allowed in the TA
Your bike frame # and Bib # must be affixed accordingly
You must walk or run your bike into and out the TA. You

are not allowed to ride your bike in the TA.

You are discouraged from removing your bike once it's in the TA until the end of bike portion of the race. This helps reduce some of the TA chaos from frequent entry & exit prior to race start.

Mounting and dismounting your bike must occur in the designated/marked areas outside the TA.

You will be able to take your bike and gear from the TA after the last racer has started the run portion of the race.

Signs

Clearly marked signs and mini-arches will be in place:

Swim Finish
Bike Out
Bike In
Run Out



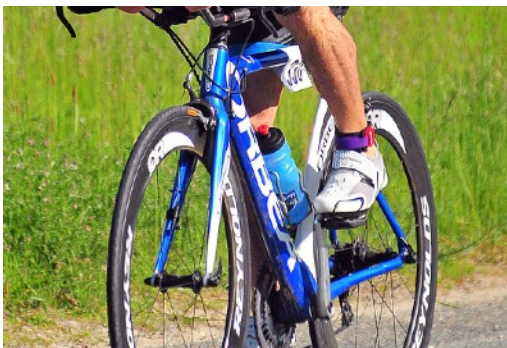


MAX BIKE RACKS

Bike Rack Placement

- Only the rear tire gets mounted in the slot farthest away from where you're standing
- Each rack holds 8 bikes; alternate placement – you're on 1-side, next racer on the other side
- Your front cassette should be on the small chain ring for increased stability and entry/exit speed
- Mountain Bikes need a PVC adapter– see a Max person in the Transition Area.
-
- Place your other race gear (towel, sneakers, etc.) to the right of your front wheel

See picture on last pages for an example and our YouTube video at <http://www.youtube.com/user/maxperformancetri>



CHIP TIMING SYSTEM

You must use the chip provided to you in your Race Packet. You may not use your own chip. Please fasten the chip to your ankle (left ankle is recommended so it doesn't touch your bike chain ring while riding) and check to make sure it is secure prior to race start. Split times will be recorded by the timing company at each race segment. Note that the Finish Line clock will reflect the race start time. This time will not be your exact time due to different start times for different race waves. Volunteers will be collecting the timing chip from you at the Finish Line. Non-returned chips result in a \$75 fee.



RACE NUMBERS

There will be three (3) race #s in your race packet that all racers are required to display during the event:

1. Run Bib Number – must be displayed the Run segment on the front of your body (not your back). Fasten your Run Number using a race belt or using safety pins provided to you in your Race Packet. It is not required to be displayed while on the bike portion of the race.
2. Bicycle Frame Number – must be attached so the number is visible from both sides of the bike.
3. Helmet Number – a small peel-and-stick number must be worn on the front of your helmet.



Bike Numbers MUST be affixed prior to entering TA



SWIM COURSE - OCEAN PREP!



The Swim Course is in the Ocean. It's a lot of fun for all competitors, but there are a few things to keep in mind when swimming in the ocean:

Swim Start - Time Trial – seed yourself in your start wave according to ability. If you're not a super strong swimmer position yourself in the back and let strong swimmers begin their day at the front. 2 athletes start every 10 seconds.

Waves – It is the ocean and there will likely be 100 yards of break water that you'll need to manage to get to the first turn buoy. How do you handle swimming through waves?

Duck!– When waves approach, it's easier to duck under the waves versus jump through or over them. Breast Stroke when under a wave and prepare for the next series of swells.

Sighting – Use the buoys to sight early and often so you do not go off course. When swimming parallel to shore, look toward Gooseberry Island where the Run Course is laid out. You'll see a series of White Colored houses. Use this as your sighting point.

Breathing – The waves will be breaking on your RIGHT side, so if you're not a bilateral breather, be prepared to have some swells hit your face.

Swim Exit – Time your exit along with the waves, to help push you back to shore. This is what makes ocean swimming a lot fun, you're a kid again body surfing back to shore!

BEACH LANDSCAPE: WE CONTINUE TO SEE AN INCREASED AMOUNT OF SMOOTH ROCKS ON THE SHORELINE. WE WILL HAVE MATS UPON EXIT AND ENTRY TO PROTECT YOUR FEET. BUT WE RECOMMEND SWIM OR WATER SHOES FOR THOSE WITH SENSITIVE FEET.



BIKE COURSE NOTES



Fontaine Bridge

As you drive to the race site, you'll pass over the beautiful Fontaine Bridge, which is roughly 1 mile from the race site. There are some amazing views of the Bay! This is the same bridge you'll pass on the Bike Course. When crossing this bridge during the Race, you **MUST**:

- SLOW your speed considerably.
- Use the defined bike lane to cross the grates (which will be covered for safe travel)

- Do not pass other bikers when approaching the grates

We know that everyone will follow these rules, making for a safe race, however race officials will penalize any violators.

TRIATHLON START

Warm-up & Water Temperature

There will be warm-up swimming allowed prior to 8:30. All racers must be out of the water by 8:40. **Current Water Temperature is 70 degrees.**

Swim Check-in and Start

We follow a Time Trial Swim Start. The Swim Start & Swim Finish are located on the beachfront. All Swimmers will be staged in their respective waves by swim cap color - look for your colored sign, held by our volunteers. We have cones setup along the beach to promote distancing and organization. You must start in your designated grouping. Seed yourself from fastest to slowest in your wave. At the swim start location, there will be two single file lines. When you reach the swim start officials, please be prepared to show or tell them your number as a timing and safety backup. Your swim begins when you enter the water. 2 athletes begin every 10 seconds with audible beeps to let you know when it's your turn.

Swim Course

The course is marked by large orange & yellow buoys. You'll swim with all buoys on your left

(counterclockwise). All locations with a turn are marked in Yellow Triangular buoys. The course is the shape of an oblong triangle. Lifeguards will be spread throughout the swim course for safety.

Experiencing trouble during the swim? - it happens, safety is the primary concern - there will be other races! Please be very conservative in this regard. If you cannot continue during the swim, wave your hands in the air or yell for one of the safety boats to pick you up. Or, swim to shore. Notify a Max RD immediately upon exit. Medical safety prohibits you from doing the bike or run portion of the race.

*Wave designations will be issued in a subsequent email





BIKE ASSISTANCE



Grace Bicycles will be onsite in a vendor tent to assist athletes with bike issues. Please consider seeing them if your bike or helmet appears to need some attention. Mechanics will be able to fix only minor problems encountered at no cost. All bike assistance should be done prior to entering the Transition Area.

Grace is not responsible for bike problems encountered on race day. It is your responsibility to maintain your bike in good

condition for you and your fellow athlete's safety.

Note - USAT rules require that all handlebar ends be plugged. You will not be permitted to race if you cannot plug bar ends.



RELAY TEAMS



All relay team members have access to the Transition Area (TA). Relay team members must wait for their teammate in the TA at their bike rack location. The timing chip exchange has to occur at the bike rack location in the TA.

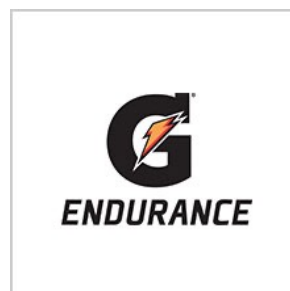
All relay team members must be present when picking up race packets



AID STATIONS



Aid Stations will be available on the Run Course at the Run Out, Mile 1.3, You will see this aid station 2x on the lollipop route to Gooseberry island. There will be water and Gatorade at the Aid Stations.



The post-race celebration begins as soon as you cross the finish line! Be sure to stick around for food, more music, giveaways and more. Sponsored by Lock Laces & SBR Sports; will start at roughly 11:20

- Overall Male and Female
- Male and Female Age Groups (5 year increments per USAT)
- Clydesdale (Males 215+ lbs) and Athenas (Females 165+ lbs).
- Newbie Male and Female

- Relays
- Male Teams
- Female Teams
- Co-ed Teams

Top 3 Male & Female

FREE PHOTOS! Professional Photographers will also be at the race to help capture memories. They are excellent at action sports photography and will email you with photos to view the week after the race. Remember, visible race numbers really facilitate great pictures. Photos are sponsored by: >>>>>>>>>>>>>>>>>>>

The logo for TRI-HARD endurance sports coaching is located in the bottom right corner. It features the text "TRI-HARD" in a large, bold, white sans-serif font, with "endurance sports coaching" in a smaller, white sans-serif font below it. The text is set against a dark red, shield-like background.

DUATHLON START

8:45AM:

All athletes attend pre-race meeting outside Registration Tent.

After National Anthem:

All Duathletes walk back to Transition Area and Start between the Max Performance Sunblades, located in the large parking lot next to TA.

Approx 9:05

Max Race Director & Staff starts Duathlon with the sound of Horn

TRANSITION ZERO

Applies only to Triathletes

Swim Exit: In the Style of Escape from Alcatraz there is approx 400 yards to run/walk back to the transition area.

Have Sensitive Feet: Another pair of sneakers or sandals are allowed to be placed at the edge of the beach. Race Staff are not responsible for the recovery of these shoes.

AQUA BIKE ATHLETES

You are released in one wave/grouping. Your finish line is the Bike Finish at Transition Area. We'll have medals for you in the TA, just ask our friendly staff :-)

COLLEGIATE ATHLETES

Max would like to welcome the NECTC back to Buzzards Bay! This includes teams from Bentley, Brown & more.

Let's see that College Spirit at Buzzards!



DU RUN #1

The Campground Run is freshly paved this year! And speed bumps will be marked with orange cones!

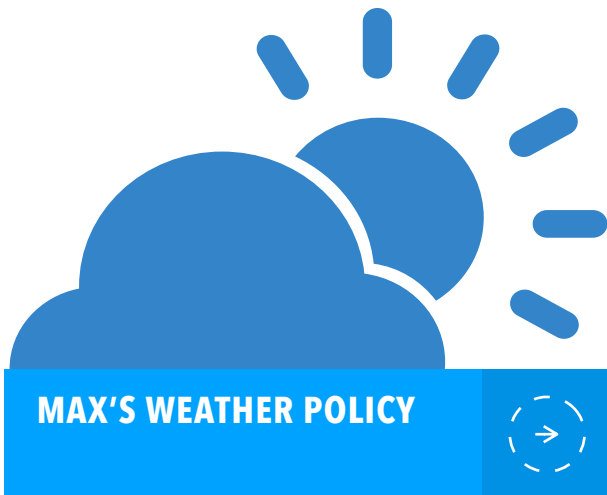




Bring your cowbells, noise makers, posters and spirit to cheer the athletes on! Don't worry if you don't have a cowbell. Share in the post-race celebration too. Get your kids cheering and shaking their cowbells, but please keep a close watch on them. If your children bring bikes, make sure they have helmets too. There are some great views for spectators near the transition area to catch athletes leaving the bike/run and of course on the beach front swim start & finish line!

Spectator Food & Snacks - can be purchased from Max Staff or The post race BBQ for a fee.

Dogs - per DCR Regulations, Dogs are not permitted on the beachfront. Thank you for following these guidelines.



Max Performance weather policy reserves the right to alter or cancel any portion of the event which compromises safety. Our waiver states that if the race is cancelled due to really, really bad weather, there are no refunds. This is due to everything being paid for prior to race day. We all have to share in the risk of dangerous weather. It would have to be DANGEROUS to run the race for us to cancel.

USA TRIATHLON MOST COMMONLY VIOLATED RULES



offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

Updated in 2023!

Helmets and Chinstraps: Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Unauthorized Assistance: No assistance other than that

Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

Headphones and Communication devices: Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A "distractive manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two- way radio communication. Using any communication device in this manner during the competition may result in disqualification. **Headphones are not permitted.**

Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

REMEMBER TO HAVE FUN OUT THERE! (This is a Max Performance Rule :-) While Triathlon is a competitive sport, you must remember that we're all here for health, wellness, spirit and camaraderie. Don't forget to cheer on your fellow athletes and enjoy the day!

RACE DAY CHECKLIST

General

- ☐ USAT Membership Card (if applicable)
- ☐ Picture ID
- ☐ Athlete Packet (Directions, maps, Etc)
- ☐ Money
- ☐ Race Numbering (from Packet Pickup
- ☐ Timing Chip (from Packet Pickup
- ☐ Water, Gel Packs, Energy Bars, Etc
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Change of Clothes
- ☐ Good Attitude!



Swim Gear

- ☐ Bathing Suit or Tri Shorts
- ☐ Wetsuit
- ☐ Swim Cap (from Packet Pickup)
- ☐ Goggles
- ☐ Water Bin for Transition

Bike Gear

- ☐ Bike
- ☐ Helmet
- ☐ Helmet # (from Packet Pickup)
- ☐ Bike Shoes
- ☐ Socks
- ☐ Tire Pump/CO2 Cartridges
- ☐ Spare Tube
- ☐ Tools

Run Gear

- ☐ Running Shoes
- ☐ Extra Safety Pins for Race Numbers or race belt if you have one

Transition Area

- ☐ Socks
- ☐ Towel
- ☐ Bin/Bag to keep Gear Contained

Other Personal Items

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Race Information

Race: _____

Location: _____

Start: _____

Notes: _____

www.maxperformanceonline.com