

# HARVEST

A.D. MAKEPEACE  
COMPANIES  
*Inspired by Nature*

# TRIATHLON



**MAX** Performance

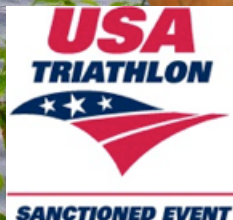
**SPRINT & OLYMPIC DISTANCE**

# ATHLETE PACKET



**JUNE 7  
A.D.  
MAKEPEACE  
COMPANY**

**7:30 START**



## MESSAGE FROM THE DIRECTORS



Welcome to the Harvest Triathlon! We're excited to host you for another fantastic race day at the beautiful **A.D. Makepeace Company** on the Southcoast of Massachusetts. With its rural roads, scenic cranberry country backdrop, and classic late-spring race atmosphere, Harvest continues to be one of the most unique events on the Max Performance calendar.

Whether you're taking on the **Sprint** or **Olympic** distance, we're looking forward to a safe, exciting, and memorable morning of racing. After you cross the finish line, be sure to stick around and celebrate with our **post-race BBQ**, awards, music, and the **Peak Organic Brewing Beer Garden**.

As Max Performance celebrates **20 years of endurance events**, we're especially grateful that you've chosen to race with us. From first-time triathletes to seasoned competitors, this event is all about challenging yourself, enjoying the experience, and celebrating the multisport community.

Please take a few minutes to review this Athlete Packet carefully. It includes the most important information you'll need for race weekend, including:

- **Parking Information** – Separate parking areas for Sprint and Olympic athletes
- **Packet Pickup & Race Morning Logistics** – Know where to go and when to arrive
- **Bike Course Notes** – Ride safely, stay right, pass on the left, and no double riding
- **Swim Temperature Updates** – Be prepared for race-day water conditions
- **Run Course Details** – Review the layout before race morning
- **Post-Race Celebration** – BBQ, awards, music, and beer garden information

We're looking forward to an amazing event with you.

**Race hard, have fun, and we'll see you at the finish line!**

**Tim Richmond**

Race Director

Max Performance



**TIM RICHMOND**

**LEAD RACE DIRECTOR**

# TOP HIGHLIGHTS

Here is some of the most looked at content from the Athlete Packet, year after year. 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](#)



## 09 SWIM START

Time Trial Swim start - 2 athletes, every 10 seconds.  
[LEARN MORE](#)



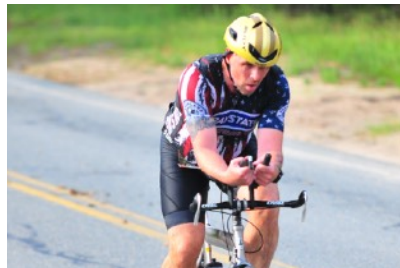
## 05 RACE SCHEDULE

Don't forget about Awards, Post Race BBQ & Stone Path Malt Beer Garden



## 05 PARKING & GPS

There are designated parking lots for SPRINT & OLYMPIC distance athletes this year.



## 06 BIKE & RUN COURSE

Check out the updated out and back style courses



## 11 RACE RESULTS

All Sports Timing has you covered with printable results onsite.

## MORE DEETS

<b>Chip Timing System</b>	Page 7	<b>Triathlon Start</b>	Page 9	<b>Spectator Information</b>	Page 13
<b>Max Bike Racks</b>	Page 7	<b>Bike Assistance</b>	Page 11	<b>Sponsors &amp; Race Expo</b>	Page 14
<b>Race Numbers</b>	Page 7	<b>Post Race Awards &amp; Results</b>	Page 12	<b>USAT Rules</b>	Page 15
<b>Water Temperature</b>	Page 8	<b>Swim Temp &amp; Rules</b>	Page 12	<b>Race Day Checklist</b>	Page 16
<b>Course Maps &amp; Cue Sheets</b>	Page 8	<b>Weather Policy</b>	Page 13	<b>Parking</b>	Page 17

# PACKET PICKUP SCHEDULE

## SATURDAY REGISTRATION AND PICKUP - HIGHLY RECOMMENDED

Saturday from 3-6pm - you may pickup your packet at the race site, A.D. Makepeace Wareham, MA 02571 \*\*You may NOT pick up a packet for a friend. All athletes must be present.



## SUNDAY REGISTRATION AND PICK UP

5:30 - 7:00am You may also pickup your race packet on Sunday at the race site. The Registration Area is located at Box Mill Hall, Red & Gray building.

**Tardiness:** Don't arrive after 7:00AM to the race, we start the race on time at 7:30AM. 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

**AS A SANCTIONED USA TRIATHLON EVENT, WE ARE REQUIRED TO ASK FOR PHOTO ID - (THANK YOU FOR UNDERSTANDING)**

### PEAK ORGANIC BEER GARDEN

ALL ATHLETES WILL REQUIRE A 21+ WRISTBAND THAT WILL BE APPLIED AT THE TIME OF PACKET PICKUP AND ARE REQUIRED TO ENTER BEER GARDEN POST RACE.

- SPECTATORS MAY PURCHASE ENTRY AT REGISTRATION - CASH OR VENMO



# RACE DAY SCHEDULE

<b>5:30</b>	Transition Area Opens
<b>5:30-7:00</b>	Late Packet Pickup, Body Marking
<b>7:00</b>	Registration Closes
<b>7:15</b>	Pre-Race Announcements & Anthem in Transition
<b>7:25 / 7:30</b>	Triathletes walk to swim start / Race Starts with Sprint
<b>8:45</b>	Results begin posted to All Sports Trailer
<b>9:30</b>	Free Post Race BBQ, StonePath Malt Beer Garden
<b>9:45</b>	Rolling Awards Ceremony & Giveaways
<b>1:30PM</b>	Race Activities Conclude



**DIRECTIONS**  
(USE GOOGLE MAPS)



## A.D. MAKEPEACE

(Race Venue). Search for the Venue Name in Google Maps.

### From Boston (Points North):

Follow 495 South > 195 West (Exit #1)  
Continue for approx .2 Miles > Follow to Route 28 - Exit #21, Left off Ramp onto Rt. 28 > In 1.1 Miles turn left onto Tihonet Road.

### From Cape Cod (Points South):

Follow Route 25 West > Exit 2 toward Wareham/Onset Route 28 2 Miles to Exit 2 - Route 6/Route 28 Onset/Wareham. Follow Route 28 North for 2.5 Miles > Turn right onto Tihonet Road.

Spectators should arrive with athletes.



**PARKING**  
(SEE MAP ON LAST PAGE)



On race morning, Please follow directions from volunteers and Max Event Parking signs.

SPRINT ATHLETES **MUST** park in:

- Lots A & B

OLYMPIC ATHLETES **MUST** park in:

- Lots C, D & A (these are prioritized)

Display your parking pass on your dash upon arrival. This will be emailed race week.

**If you choose to park in another location, you will not be able to leave until all cyclists have FINISHED THE BIKE COURSE**

# 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, volunteers and Max RDs. The TA opens at 5:30A.M. and closes at 7:15AM - 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

**Portable Restrooms** are located inside transition.



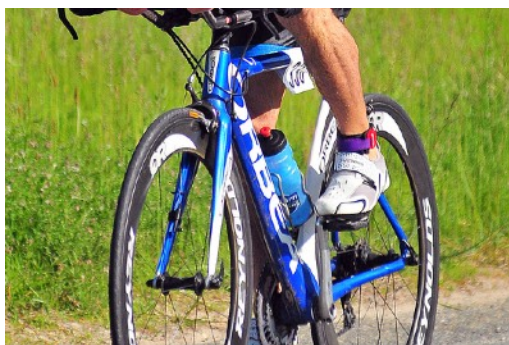


## MAX BIKE RACKS

### Bike Rack Placement

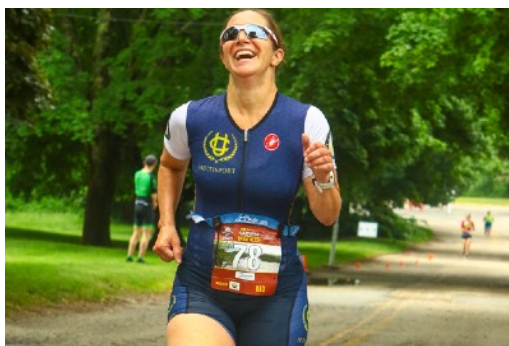
- Only the rear tire gets mounted in the slot farthest away from where you're standing
- Each rack holds 8 bikes; alternate placement – you're on 1-side, next racer on the other side
- Your front cassette should be on the small chain ring for increased stability and entry/exit speed
- Mountain Bikes 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. [YouTube Video Here](#)



**Bike Numbers MUST be affixed prior to entering TA**

## BIKE COURSE - OUT & BACK STYLE



### BIKE COURSE DESCRIPTION



We updated this course in 2022 to highlight the beautiful scenery, cranberry bogs and local roads. We've eliminated the busy sections in this new out and back style course!

The bike course is 100% on paved roads.

#### Important Bike Course Notes:

- Remember to always ride to the right, pass on the left.
- Never cross the center line of the road.
- Auto traffic is being restricted by local police & State Park Officers, however there could be an occasional auto, so please be mindful when riding.
- [Sprint Course](#) - Turnaround Point for Sprint is at the State Park Headquarters [MAP HERE](#)
- [Olympic Course](#) - Continue past the State Park Headquarters and 'lollipop' around Fearing Pond inside Myles Standish. [MAP HERE](#)

## RUN COURSE - ATHLETES LOVE THE UPDATED RUN!



### RUN COURSE DESCRIPTION



UPDATED in 2023 - This off-road run course is set on packed dirt trails passing Tihonet Pond & cranberry bogs for some amazing views. (No roots or trees to jump over, think packed dirt trails) This is an out & back, lollipop style with 2 loops for the Olympic Athletes.

[Sprint Course - Run Map Here](#)

[Olympic Course - Run Map Here](#)



[RUN COURSE VIDEO PREVIEW CLICK HERE](#)



# TRIATHLON START

## Warm-up

Warm-up swimming will be allowed between 6:30-7:00 near the Swim Finish. All racers must be out of the water and inside the TA by 7:10 for the pre-race meeting.

## Swim Course

The courses are Clockwise in direction and Start/Finish in different locations. The Swim Start is located just across the levy road and is clearly visible from Transition Area. The Swim Finish is adjacent to the Transition Area. All Swimmers will be cued up by wave (cap color) - look for your colored sign, held by our wonderful volunteers. You must wear the cap provided at time of registration and start in your designated wave. At the swim start location, there will be two single file lines. When you get to the swim officials at the start, please be prepared to show or tell them your number as a timing and safety backup. Your swim begins when you enter the water. You must swim to the first "starting gate" of two orange buoys to follow the course.

**Start: 2 Athletes every 10 seconds**

**Sprint Course:** 1/3 Mile - travels clockwise after the time trial start. Athletes keep all

buoys on their right side, turning only at the Orange Buoys. Sight back to shore toward the Yellow Wind blade banners.

**Olympic Course:** .9 Miles - travels clockwise from the in Water Start. Athletes keep all buoys on their right side, turning only at the Yellow Buoys. You will swim around an Island in Tihonet Lake!

**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.

## Swim Grouping for TT Start

You will be staged according to your age group & anticipated swim time. You must start with the designated group.

\*Group Designations will be issued in a subsequent email - Monday.

\*Tinted Goggles are recommended to reduce Solar

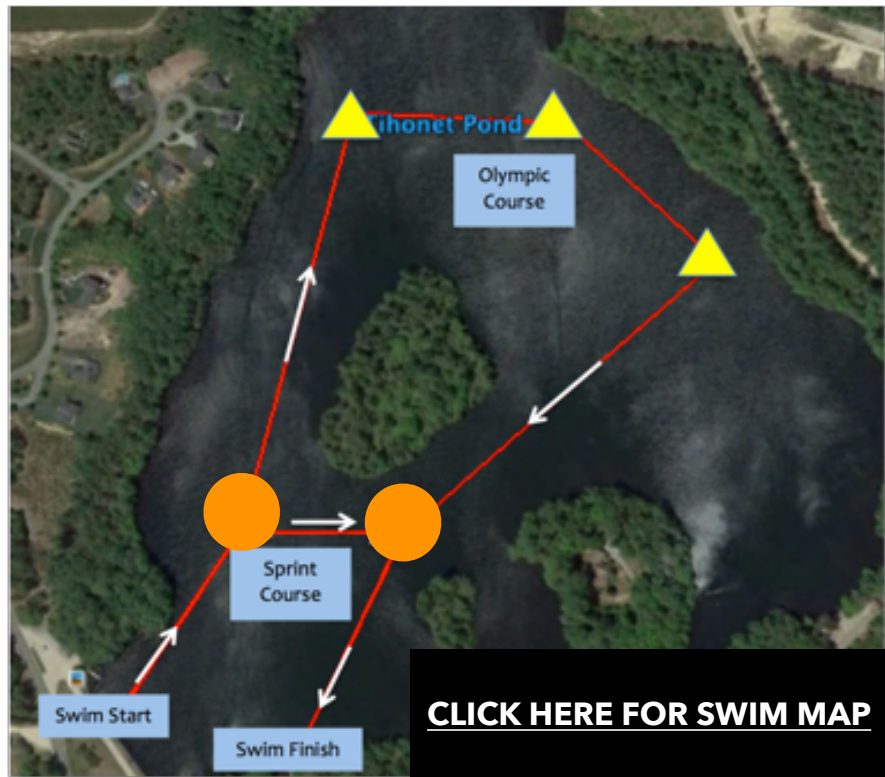


**S synergy**

20% Off Wetsuits  
Use Code: MAX



# SWIM COURSE PREVIEW 70 DEGREES



SWIM START



SWIM FINISH

Current Temperature is 70' and Wetsuits are Recommended, but not required. We want everyone to be safe and have a fun race...staying warm is important. Renting Wetsuits can be secured at local triathlon shops in the area.

Neoprene Skull Caps, Swim booties and wearing 2 swim caps are permitted. USAT does not allow for gloves to be worn.

**Practice Swims - are only permitted on Race morning** for warm ups. NO SWIMMING is permitted at any other time leading up to the event. We appreciate your cooperation.



## 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. This can be achieved with water bottle top & duct tape.



## 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



If you're choosing between a racing flat and more stable shoe, go with the later. Aid Stations will be available on the Run Course:

Sprint: Mile .5, Mile 1.5, Mile 2.5

Olympic: Mile.5, 1.5, 2.5, 3.5, 4.5, 5.5

There will be water and Gatorade Endurance at the Aid Stations, Clif Shot energy Gel



## POST RACE & AWARDS

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 StonePath Malt Taproom.

Awards will start at roughly 9:45 - Rolling Ceremony

### Top 3 places in each division

- Overall Male and Female
- Male and Female Age Groups (5 year increments per USAT)
- Clydesdale (Males 220+ lbs) and Athenas (Females 165+ lbs).
- AQUABIKE (Male & Female)
- Newbie Male and Female

### 1st place only

- Male Teams
- Female Teams
- Co-ed Teams

Age Group Winners receive commemorative Race gear! Plus, we offer \$\$ off events next year!

### **FREE PHOTOS!** COURTESY MAX PERFORMANCE

Our Friends at Greenfly 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.

As stated on our website - you must be present to receive awards. We will not ship awards.



**SPONSOR GIVEAWAYS AT AWARDS CEREMONY:**

**SBR SPORTS, MAX GEAR, FREE RACE ENTRIES & MORE!**

## RESULTS

Check out all the ways you can connect with your results experience, courtesy of All Sports Event Timing. Visit the Timing Truck to view your results onsite, print out your results at the touch screen kiosks or view results online on your smartphone at our mobile friendly website. Stay Connected! Race results will be based on your start time and finish time using the chip timing system described above. Results are posted at the Max Website at the link provided in your email communication.





## SAFETY TIPS & RACE ETIQUETTE



the TA bike start

- Pay attention to Max RDs and Volunteers for race course turns
- No double riding on the Bike Course - 2 athletes side by side.

You may want to check out the list of FAQs we prepared to help ensure a great day. The information is located under the 'Why Max Rocks' section of our website, top panel. There are links for General FAQs, Beginner FAQs, and Rules & Regulations.

Reminders include:

- Only pass on the left while passing someone on the bike
- Helmets must be on and buckled before leaving



## SPECTATOR INFO



Bring your cowbells, noise makers, posters and spirit to cheer the athletes on! Share in the post-race celebration too. Get your kids cheering and shaking their cowbells, but please keep a close watch on them. There are some great views for spectators near the swim start and next to the transition area to catch athletes leaving the bike/run. Spectators will enjoy breakfast pastries, coffee and hand crafted sandwiches at Makepeace Farms, all onsite for purchase!

**We love Dogs, but they are not permitted** on the grounds anywhere at the Harvest Triathlon. This is a property ordinance, so we appreciate your strict adherence to this rule.

Please keep in mind that spectators are not allowed to provide any assistance to athletes since it may result in disqualifications. Spectators are not permitted in the Transition Area. We appreciate your support and cooperation in making this day fun for all! Spectators should arrive with athletes as the venue road in/out is closed to auto traffic at 7:30AM.



## WEATHER POLICY



Knocking on wood while we type this, but consistent with the sport of triathlon, Max 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.

# SPONSORS

We encourage you to patronize our partners at THE HARVEST TRIATHLON



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



# USA TRIATHLON MOST COMMONLY VIOLATED RULES

## ***Please Read!***

**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 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.

**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:** Headphones, headset, radio, or a personal audio device may not be carried or worn during competition. 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 distracting manner during the competition. A "distracting 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.

**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

**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 Tubes and Tires
- 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](http://www.maxperformanceonline.com)



SPRINT ATHLETES: MUST PARK IN LOTS A & B

OLYMPIC ATHLETES: MUST PARK IN LOTS C, D, THEN B

LOT C: Located along Farm to Market Road - pull cars straight in

CARS ARE NOT PERMITTED TO LEAVE LOT B UNTIL ALL CYCLISTS ARE BACK  
IF YOU NEED TO LEAVE PROMPTLY, MUST PARK IN LOT A - ARRIVE EARLY