



**ATHLETE
PACKET**

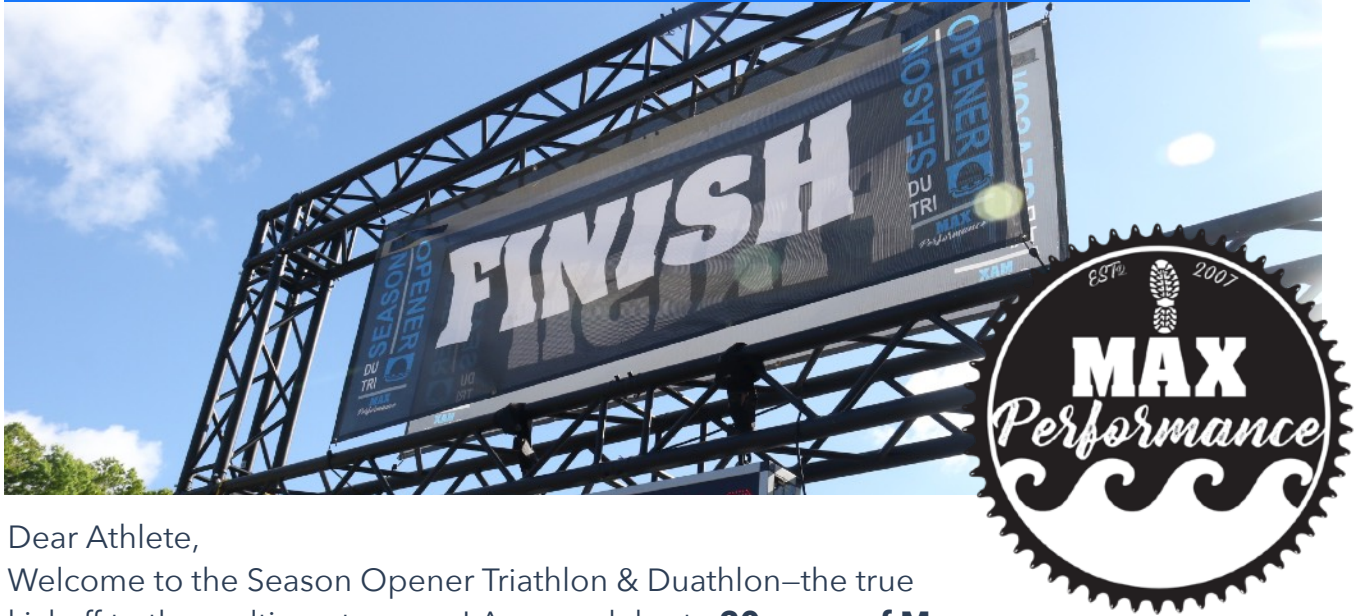


SANCTIONED EVENT

CERTIFIED RACE DIRECTOR

MAY 17 | HOPKINTON STATE PARK | 8AM START

MESSAGE FROM THE DIRECTORS



Dear Athlete,

Welcome to the Season Opener Triathlon & Duathlon—the true kickoff to the multisport season! As we celebrate **20 years of Max Performance**, we're proud to welcome you to beautiful Hopkinton State Park for another safe, organized, and energized race experience.

Are you ready to test your early season fitness? Our team, alongside incredible local volunteers and community partners, is committed to delivering a smooth and memorable event from start to finish. Athlete safety and race integrity remain at the core of everything we do—please be mindful on the bike course by riding to the right, passing on the left, and **no double riding** (two athletes riding side by side).

All Max events feature our **time trial swim start** format, designed to create a comfortable and efficient flow for athletes of all levels, along with one of the best Duathlon experiences in the region. When you cross the finish line, enjoy your well-earned moment—smile for your free photos, grab your custom finisher medal, and celebrate with our complimentary BBQ, awards ceremony, and high-energy post-race atmosphere.

This Athlete Packet highlights everything you need to know, including **mandatory wetsuit rules**, start protocols, and key safety guidelines to ensure a great day for everyone.

Thank you for being part of our 20th season. Let's have an incredible event—and most importantly, race smart and race safe!



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](#)



05 PARKING & GPS

Always a good look ahead, arrive early for the best spots (6AM)
[LEARN MORE](#)



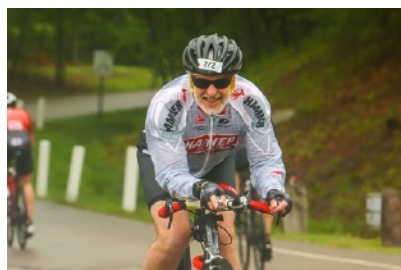
05 RACE SCHEDULE

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



06 TRANSITION SETUP

Learn about your setup, Ins and Outs plus Bike Racks



08 COLD WEATHER

Super important - must read about how you should prepare for the elements; [Water Temp & Gear](#)



9 RACE START

DU or TRI, we've got you covered on the start of your day!

MORE DEETS

Transition Setup	Page 6	Course Maps	Page 10	Weather Policy	Page 13
Max Bike Racks	Page 7	Volunteer Teams	Page 10	Spectator Information	Page 13
Race Numbers	Page 7	Bike Course Rules	Page 10	Sponsors & Race Expo	Page 14
Swim Update	Page 8	Relay Teams	Page 11	USAT Rules	Page 15
Triathlon & Du Start	Page 9	Post Race Awards & Results	Page 12	Race Day Checklist	Page 16

PACKET PICKUP SCHEDULE

SATURDAY PICKUP - HIGHLY RECOMMENDED

Saturday from 3-6pm - you may pickup your packet at the race site, located under the big White Tent **You may NOT pick up a packet for a friend. All athletes must be present, including all relay team members.



SUNDAY REGISTRATION AND PICK UP

6:00 - 7:30am You may also pickup your race packet on Sunday at the race site. The Registration Area is located under the Large White Tent at Hopkinton State Park. (See Related section on Parking)

Tardiness: Don't arrive after 7:15AM to the race, we start the race on time at 8:00AM. No exceptions please; even if you are in a later start group.

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)

RACE WEEKEND SCHEDULE

	Saturday		Sunday
3-6PM	Packet Pickup	6:00AM	Transition Area Opens
4:30PM	Informal Q&A with Race Director	6:00-7:30	Late Packet Pickup, Body Marking
	*Hosted at the Race Site next to registration.	7:30	Registration Closes
		7:45	Pre-Race Announcements & National Anthem outside Transition Area
		8:00	Duathlon Start under Finish Arch, Triathletes walk to Boat House after Du Start
		9:30	Results - posted to All Sports Trailer
		9:45	Free Post Race BBQ
		10:30	Award Ceremony
		12:00PM	Race Activities Conclude



DIRECTIONS (USE GOOGLE MAPS)



Hopkinton State Park
164 Cedar Street,
Hopkinton, MA 01748

From Route I-495(north or south)- Take exit 21A, Main Street Hopkinton. Travel on Main Street until the third traffic light located at the heart of downtown Hopkinton. Turn left, traveling North on Route 85. Proceed approximately 2-miles to the Hopkinton State Park. Entrance on the right (do not enter the Field Office on the left).

There is absolutely NO PARKING on any State park Roads throughout the weekend.

PARKING



Inside HS Park:

On Race Morning: follow the direction of Park Staff & Volunteers toward "Event Parking." First to arrive will receive closest spots. When parking at large lot near Lower Beach, please follow signs for "Registration" up the path and over the levee. Please do NOT try to travel on obstructed paths.

Packet Pickup Parking: You may park in lots near the Transition Area and surrounding lots. Lots are located on the loop road.

We encourage Spectators to arrive with athletes. Park Roads are closed near 7:45AM

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 6:00A.M. and closes at 7:45AM - you need to be in front of Registration Area for meeting 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, as well as at the Bath House.





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 Max staff 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.

Timing Chips not returned are subject to 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 & Helmet Numbers MUST be affixed prior to entering TA

SWIM UPDATE

Water temperatures at the state park have been recorded at 57 degrees and **WETSUITS are REQUIRED** to participate in the Triathlon. This has been the case each year as described on the website. We want everyone to reach your goals and safety is our number one priority! Typical race day water temps the past 10 years have been between 58-62 degrees. We will continue to monitor the temperature and keep you updated, but plan for a cool swim. :-)

Water Temperature updates will arrive via email with final readings on announced on race morning.

Practice Swims - are only permitted on Race morning for warm ups.

The Department of Conservation & Recreation's guidelines prohibits athletes from completing practice swims any other time. Please follow these guidelines, thank you! Designated Areas near the Swim Finish allow for warm up Swimming on Race Day.

COLD WEATHER TIPS

In planning for your race, the following recommendations should be reviewed in anticipation of cold temperatures on race day:

Swimmers: Wear extra clothing to the Swim Start to keep warm, while waiting for your wave to begin. Collection Bins will be available, but no expensive gear!

- Swimmers: Neoprene Skull Caps and Swim booties are permitted. Wearing 2 swim caps is also allowed. USAT does not allow for gloves to be worn.
- All Athletes: Consider wearing layers on the bike/ run course.
- All Athletes: Warm water in a thermos can help warm up hands/feet or provide a warm treat! Ski hand warmers are also very useful during races this time of year!



S synergy

20% Off Wetsuits!

Use code: MAX



Swim Wave email will be forthcoming the week of the event, stay tuned!

TRI & DU START



Regatta Point
Community Sailing

Warm-up

Warm-up swimming will be allowed between 6:45-7:30 near the Swim Finish. All racers must be out of the water and back to the Transition Area by 7:30 for the race meeting at 7:45. All athletes, except Relay Team members, must be out of Transition.

Duathletes will be the 1st Waves, starting under the Max Wooden Finish Arch next to the Transition Area at 8:00. The announcer will inform athletes when athletes can enter the corral.

Triathletes - Time Trial Start

After Duathletes are released; we will walk together as a group down to the Swim Start. We will follow a Time Trial Swim Start. The course is a Point-to-Point Swim beginning at the Regatta Point Boat launch and finishing at the upper beach. All Swimmers will be staged in their respective waves by swim cap color - look for your colored sign, held by our wonderful volunteers. You must start in your designated grouping. 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 time/chip begins when you enter the water.

Swim Course

You'll start at the boat launch, 2 swimmers every 10 seconds enter the water. Swim out, around the boat deck, take a left and then Keep all Buoys on your LEFT when swimming.

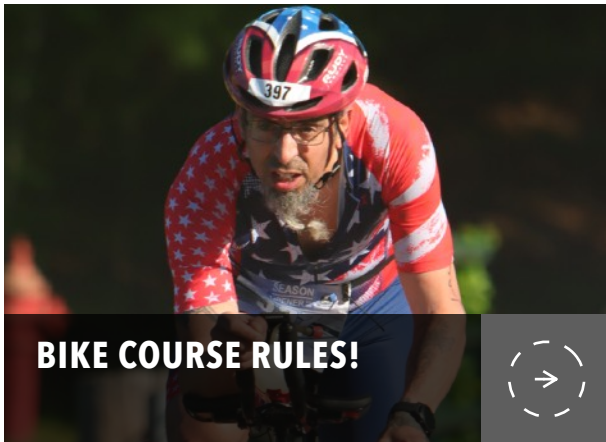
Experiencing trouble during the swim? - it happens, safety is the primary concern - there will be other races! Please be very conservative in this regard. If you cannot continue during the swim, wave your hands in the air or yell for one of the safety boats to pick you up. Or, swim to shore. Notify a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

Swim Waves

All racers will receive a colored swim cap at the time of registration that corresponds with a swim wave. You will be staged according to swim cap color and must start with the designated wave. All racers will be called into the water by wave.

*Wave designations will be issued in a subsequent email

Swim Map Posted [Here](#)



MUST READ!

- **No Double Riding** - two athletes side by side.
- Triathlon is an individual sport. No drafting = 5 bike lengths between you and the person in front of you.
- Stay to the Right when riding your bike outside of the park.
- Always pass on LEFT....yell out "On your Left!"

• Please remember that the bike course is open to Auto Traffic and while we have police details at every intersection, we are sharing the road. This is a standard of racing in New England.

- Strictly follow any signs which state: No Passing Zones
- USAT Drafting Zone: must maintain 10 meters between next closest cyclist!



We would like to thank all our wonderful volunteers from local groups & organizations. Bay State Triathlon Team, Hopkinton Cross Country, Field Hockey, Ashland Cross Country & Central Mass Ham Radio Operators

Have any volunteer friends?! Have them signup on the [Runsignup Event Page Here](#)



Police and/or Max Volunteers will be at every intersection to help ensure safety and proper direction. Each turn will also be marked with spray chalk on the ground prior to and at the turn. In addition, Volunteers, signs and markers will be used at various mileage points. Detailed Cue Sheets and maps are located on our website under the [SEASON OPENER Race Page](#).



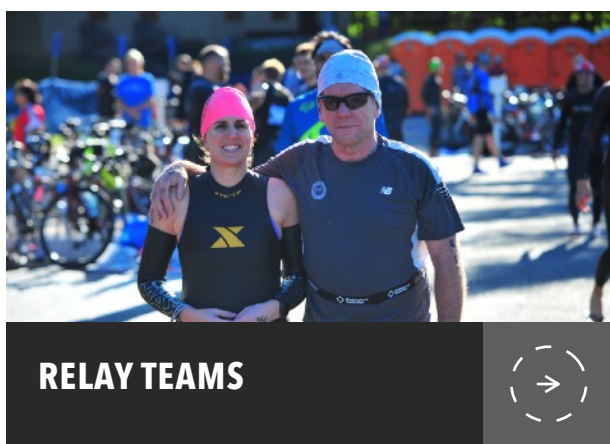
Grace Bicycles will be onsite in a vendor tent to assist athletes with bike issues. Please consider seeing them if your bike or helmet appears to need some attention. Mechanics will be able to fix only minor problems encountered at no cost. All bike assistance should be done prior to entering the Transition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

Grace Bicycles Tune Up! Stop by for a Tune up Prior to Race. Call Today: 508-429-9177



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 will be available on the Run Course at the Mile 1.2 Mile 2.2. Call out to volunteers what you would like as you approach. There will be water and Gatorade at the Aid Stations.



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 SBR Sports & Lock Laces.

Awards will start at roughly 10:30

Top 3 places in each division

- Top 3 places in each division
- Overall Winners
- Age Groups (5 year increments per USAT)
- Clydesdale & Athena
- Newbies
- Top Relay Teams

Age Group Winners receive commemorative towels and mugs!

Capstone Photography 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.

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

Please plan to stick around for the ceremony to receive your commemorative awards!

FREE BBQ!
HANG ONTO YOUR BBQ TAG -
ON YOUR RUN BIB



SPONSOR GIVEAWAYS AT AWARDS CEREMONY:
SUNGLASSES, LOCK LACES, SBR SWIM GEAR, MAX YETIS, FREE RACE ENTRIES & MORE!

RESULTS

Check out all the ways your can connect with your results experience, courtesy of All Sports Event Timing. Visit the Timing Truck to view your results onsite, print our 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 to the Max Website at the link provided in your email communication.





SAFETY TIPS & RACE ETIQUETTE



leaving 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

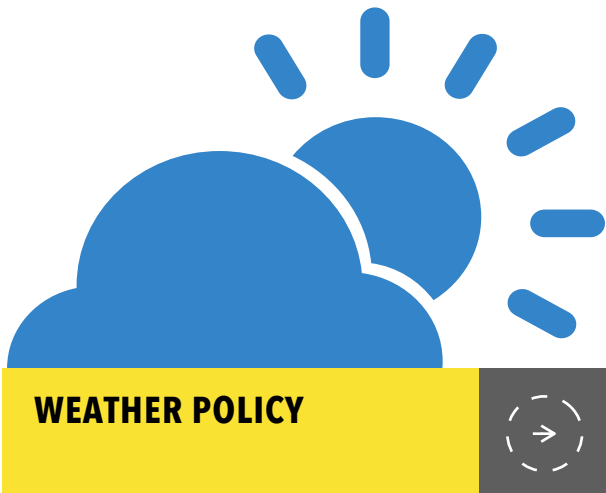


SPECTATOR INFO



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.

Dogs are not permitted on any beach area and must be curbed at all times. This is a park ordinance for the event, so we appreciate your strict adherence to this rule.



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. It would have to be DANGEROUS for us to cancel the event. We appreciate your understanding of all policies posted and agreed.

SPONSORS

We encourage you to patronize our partners at SEASON OPENER



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



USA TRIATHLON MOST COMMONLY VIOLATED RULES



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.

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

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 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 - if offered)
- 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 - option

Bike Gear

- Bike
- Helmet
- Helmet # (from Packet Pickup)
- Bike Shoes
- Socks
- Tire Pump/CO2 Cartridges
- Spare Tubes and Tires
- Tools
- Bike Numbering (from Packet Pickup)

Run Gear

- Running Shoes
- Hat
- Race Belt - optional
- Sunglasses

Transition Area

- Socks
- Towel
- Bin/Bag

Other Personal Items

- _____
- _____
- _____
- _____
- _____

Race Information

Race: _____
Location: _____
Start: _____
Notes: _____

www.maxperformanceonline.com