

ATHLETE PACKET

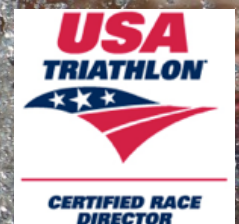
SHARON TRIATHLON

MAX Performance

**AUGUST 9
SHARON
MEMORIAL
BEACH**

8AM START

TO BENEFIT SHARON RECREATION



MESSAGE FROM THE DIRECTORS



Dear Athlete,

Welcome to the Sharon Triathlon! We can't wait to see you on Sunday, August 9, at beautiful Lake Massapoag.

As one of New England's longest-running triathlons, Sharon has built an incredible community of loyal athletes, volunteers, and supporters. This year's race is even more meaningful as it serves as a featured stop on the Max Performance 20th Anniversary Tour—celebrating two decades of racing, community, and unforgettable finish-line moments.

Thank you for choosing to race with Max Performance and for supporting our wonderful host community. The Town of Sharon, Sharon Recreation, local organizations, and our dedicated volunteers are ready to deliver an outstanding race-day experience.

Your Athlete Packet includes everything you need for a smooth, safe, and enjoyable event. Here are a few important highlights:

-Swim Course: A time-trial start, fast course layout, and traditionally warm water temperatures.

-Parking: Onsite parking is expected to fill by 6:30 AM. Vehicles parked onsite will be released after all cyclists have completed the bike course. Additional parking at Sharon High School is outlined below.

-Post-Race Celebration: Stick around for complimentary BBQ, the awards ceremony, and our fan-favorite Peak Organic Beer Garden. The finish-line energy at Sharon is always something special!

-TriClub Challenge: Rally your teammates and represent your club! Teams need at least 10 registered members to qualify.

-Synergy Savings: Max Performance athletes receive **20% off** Synergy Wetsuits, trisuits, and apparel. Check the partner section of this packet for complete details and the athlete discount code.

We're excited to celebrate 20 years of Max Performance with you and look forward to making this year's Sharon Triathlon one to remember.

Thank you again for choosing to race with Max Performance. Have a great event!

– 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. 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 BEAT THE HEAT

We want you to have a great race, so please read the following tips.
[LEARN MORE](#)



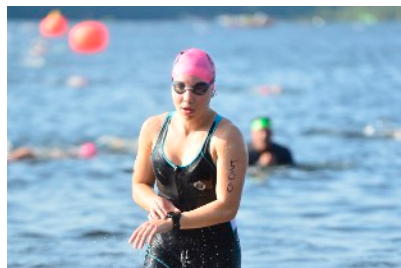
05 RACE SCHEDULE

Don't forget about Awards, Post Race BBQ and goodr giveaways
[LEARN MORE](#)



05 PARKING & GPS

Always a good look ahead, arrive early for the best spots (6AM)



12 SWIM UPDATE

Time Trial start - 2 athletes every 10 seconds



11 RACE RESULTS

All Sports Timing has you covered with printable results onsite.

MORE DEETS

Chip Timing System	Page 7	Triathlon Start	Page 9	Spectator Information	Page 14
Max Bike Racks	Page 7	Bike Assistance	Page 10	Sponsors & Race Expo	Page 15
Race Numbers	Page 7	Post Race Awards & Results	Page 11	USAT Rules	Page 16
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PACKET PICKUP SCHEDULE

SATURDAY REGISTRATION AND PICKUP - HIGHLY RECOMMENDED

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

SUNDAY REGISTRATION AND PICK UP

6:00 - 7:15am You may also pickup your race packet on Sunday at the race site. The Registration Area is located under the Band Stand at Sharon Memorial Beach.

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 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

6:00	Transition Area Opens
6:00-7:45	Late Packet Pickup, Body Marking
7:30	Registration Closes
7:45	Pre-Race Announcements & National Anthem on Beach
8:00	First Swim Wave (Time Trial Start)
9:30	Results begin posted to All Sports Trailer
10:00	Free Post Race BBQ
10:30	Award Ceremony
12:00PM	Race Activities Conclude



DIRECTIONS (USE GOOGLE MAPS)



Sharon Town Beach
(Best parking, early arrival)
Memorial Beach
Beach Street Sharon, MA 02067
 Race Site Lots will fill by 6:30



PARKING



IMPORTANT: Athletes may be asked to park at the overflow lots at Deborah Sampson Park on East Foxborough Street in Sharon.

Please arrive early for the best spots. Additional Parking is located a short walk at Sharon High School. If arriving after 7:15AM overflow parking is located at the lots listed in GMAPS. If parking onsite, athlete may depart only after the last cyclist has returned.

We encourage all spectators to arrive with their athlete.

Google Maps Parking Overview [HERE](#)

Sharon High School Lots
 180 Pond Street
 Sharon, MA 02067

See Parking Map on Last Page



POOCHES & PUPS NOT PERMITTED

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 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.

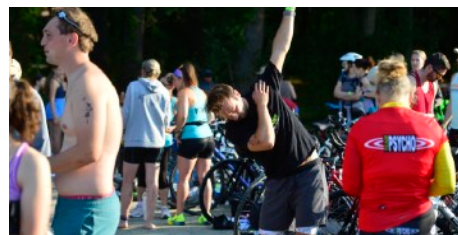
You will be able to take your bike and gear from the TA after the last racer has started the run portion of the race.

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, as well as at the Bath House.



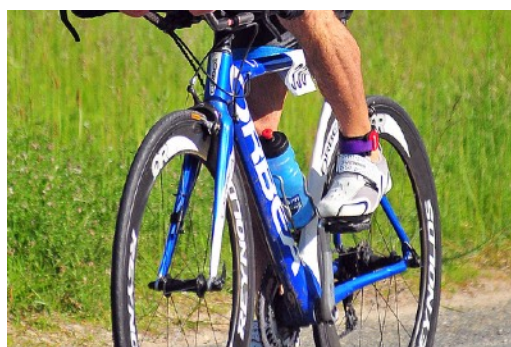


MAX BIKE RACKS

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 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



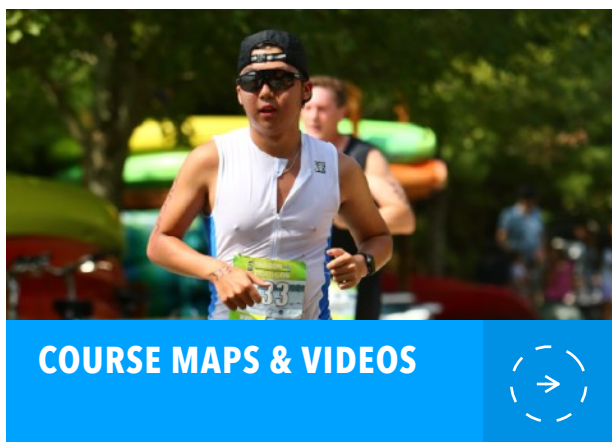
Know your limits. August brings hot temperatures so we want you to be prepared.. Safety is a paramount concern. Please read below so you can prepare for this type of weather and allow for a safe race day experience:

- Hydrate before, during and after the race
- Seek shade pre and post-race
- Wear appropriate clothing
- Walk Breaks are ok!
- Dial Back expectations on time etc. No PRs if super hot.
- What we do at Max: Provide you with ample opportunities to hydrate on the run with, 3 Aid Stations, and a tent mister at the finish line!



Welcome Aquabikers! We're happy that you're joining us for the event! Here are a few reminders:

- You'll begin the event in your respective Age Group/Category wave
- Your Finish Line is the Bike IN location at Transition Area.
- We will have medals for you in Transition Area!



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 [SHARON TRIATHLON Race Page](#). Check out the Bike & Course Video!

TRIATHLON START

Warm-up & Water Temperature

There will be warm-up swimming allowed prior to 7:30. All racers must be out of the water by 7:40. Current Water Temperature is **75 degrees**.

Swim Check-in and Start

We follow a Time Trial Swim Start with 2 athletes starting every 10 seconds. 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 wonderful volunteers. We have cones setup along the beach to promote distancing and organization. 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 begins when you enter the water.

Swim Course

The updated Swim Course is rectangular in design. Swim start is located at mid beach with the finish next to Boat Launch. Keep all buoys on your left. Other smaller buoys are

also in the water for beach use, not race purposes.

Swim Course Map [HERE](#)

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

***Tinted Goggles are recommended to reduce Solar Glare**



TIME TRIAL START

2 ATHLETES EVERY 10 SEC.



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, Mile 2.7. There will be water and Gatorade at the Aid Stations, along with Clif Shot product.

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 Public Lands

Awards will start at roughly 10:30

Top 3 places in each division

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

1st place only

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

Age Group Winners receive commemorative pint glasses

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

Awards Policy: As stated on our website – you must be present to receive awards. We will not ship



SPONSOR GIVEAWAYS AT AWARDS CEREMONY:

FREE RACE ENTRIES, LOCK LACES, SBR SPORTS, MAX GEAR, YETIS



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 to the Max Website at the link provided in your email communication.



PEAK ORGANIC BEER GARDEN



You've earned it! We've partnered with PEAK ORGANIC Brewing and have special permission from The Town of Sharon – to allow us a safe & responsible offering. Race Mgt is providing you with one Free Beer Ticket. Additional tickets may be purchased within the beer garden.

To make this a safe and responsible, we've outlined the following rules:

- You must present photo ID to allow for our staff to check your age. 21+only and don't be offended if we ask for anyone over 40 either You'll receive a wristband to be worn during the event, allowing access.
- You have 1 beer ticket attached to your bib tag, plus your meal ticket.
- Spectators may purchase onsite.

Max has worked very hard with the town of Sharon to offer this program so please, please ...drink responsibly.

About Peak Organic Brewing

Based in Portland Maine, Our mission is to source the finest ingredients to brew the best beer. We work with amazing farmers around the Northeast who are truly growing some of the most fantastic hops, barley, and wheat in the United States.



SWIM COURSE UPDATE

75 DEGREES

Current Temperatures are 75. Wetsuits are permitted when the water temps are below 84 degrees. If water temperatures reach 78.1 degrees, wearing a wetsuit is permitted, but you are NOT ELIGIBLE for age group awards. Race Officials will announce the water temperature on race morning and if Wetsuits will be 'legal' for the event. We will also send another update Friday of Race Week via email.

Renting Wetsuits can be secured at local triathlon shops in the area such as Fastsplits in Newton.

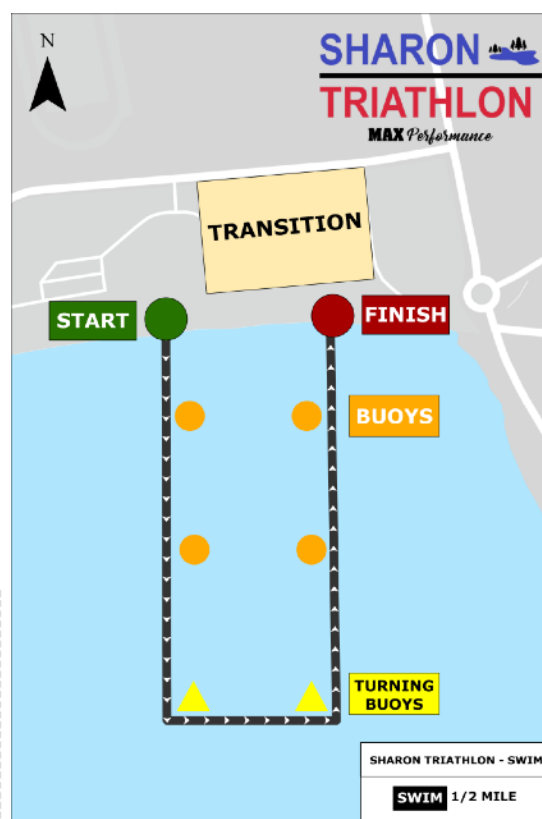
***Tinted Goggles are recommended to reduce Solar Glare**

Practice Swims - are permitted on Race morning for warm ups. Swimming at Memorial Beach (The swim course) is not permitted during packet pickup or in the lead up to the event. This area is designated for residents of Sharon and beach passes are checked daily.

Swim Course Layout ([Click for PDF](#))

The Swim Course is rectangular in design. Swim start is located at mid beach with the finish next to Boat Launch and steps from Transition Area.

Keep all buoys on your left.

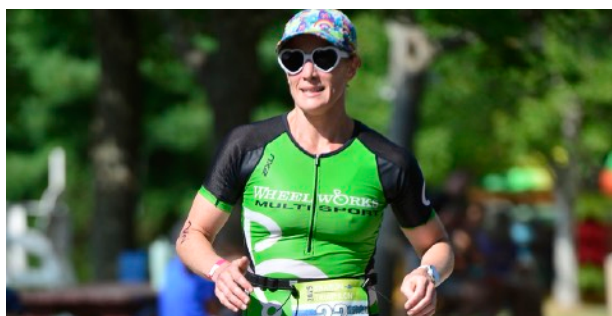


20% OFF
STOREWIDE

Use the link below to gain 20% Off Savings! or code MAX at checkout

SHOP NOW!

S synergy



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

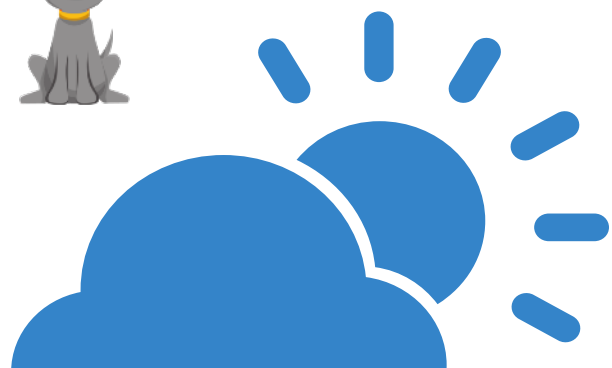


SPECTATOR INFO



Bring your cowbells, noise makers, posters and spirit to cheer the athletes on! 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. There are some great views for spectators near the transition area to catch athletes leaving the bike/run. Please remember that Spectators are not permitted in the Transition Area or Finish Line Coral.

We love Dogs, but they are not permitted on the grounds anywhere at the Sharon Triathlon. This is a town ordinance, 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. 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

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



We encourage you to patronize our partners at THE SHARON TRIATHLON



USA TRIATHLON MOST COMMONLY VIOLATED RULES



Updated in 2024!

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: 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 of any kind 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 (*distributed at Packet Pickup or in TA*)
- ☐ 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: _____

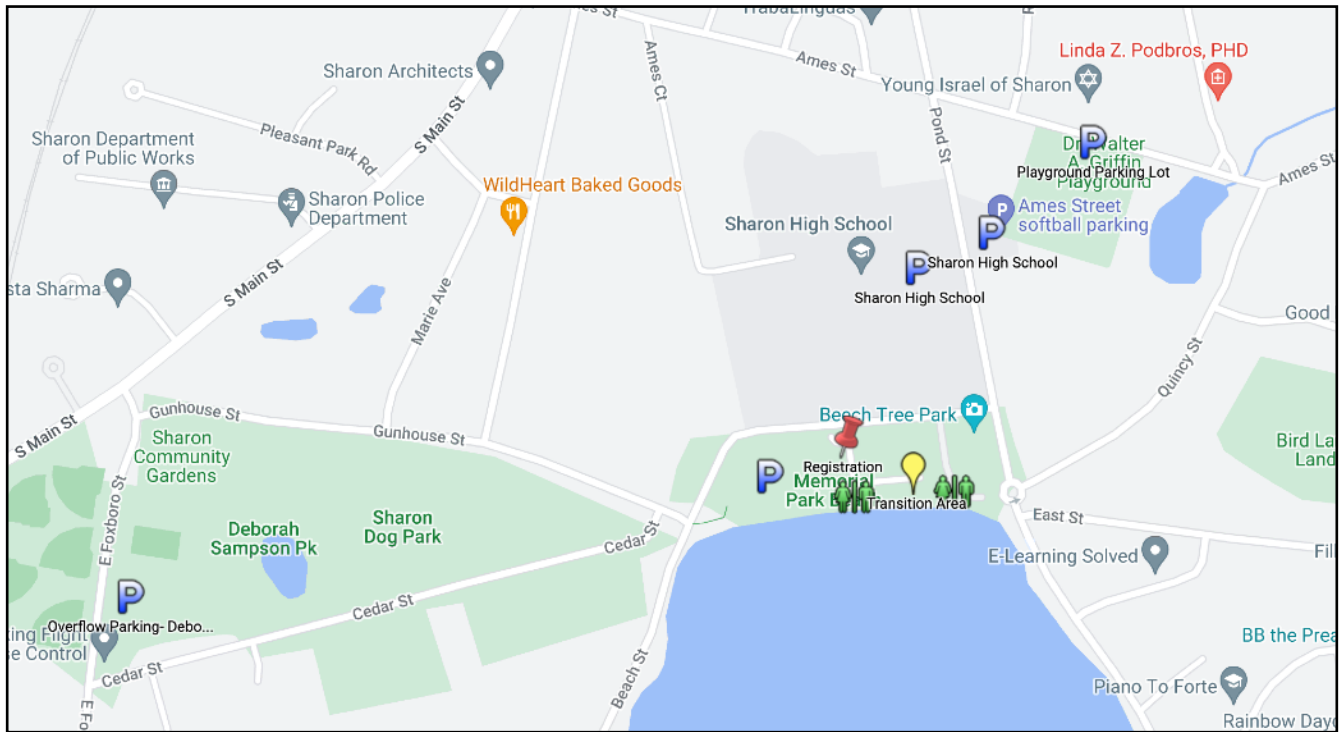
Location: _____

Start: _____

Notes: _____

www.maxperformanceonline.com

RACE DAY PARKING



 Transition Area

 Registration

 Race Site Parking

 Sharon High School

 Sharon High School

 Playground Parking Lot

 Overflow Parking- Deborah Sampson Park

 Restroom

 Restrooms

Google Maps Parking Overview

[HERE](#) or QR Code Below

