

TITLE 9

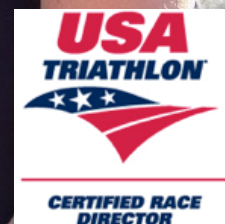
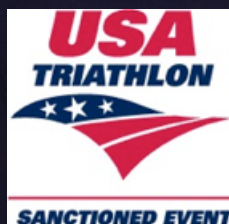
TRI



MAX Performance

ATHLETE PACKET

**SEPTEMBER 13
HOPKINTON STATE
PARK
8AM START**



MESSAGE FROM THE DIRECTORS



Dear Athlete,

Welcome to the Title 9 Triathlon!

We're so excited to have you joining us at Hopkinton State Park for one of the most special events on the Max Performance calendar. Whether this is your first triathlon, your first Title 9, or a race you return to year after year, you are part of what makes this day so memorable.

This year, we're carrying a simple message with us all the way to the finish line:

You are built for hard things.

Training takes commitment. Showing up takes courage. And race day is your chance to celebrate everything it took to get here—surrounded by an incredible community of women doing the same.

Your Athlete Packet includes everything you need for race weekend, but here are a few important highlights:

- **Time Trial Swim Start** – Athletes will enter the water two at a time, every 10 seconds, helping create more space and a smooth, comfortable start.
- **Bike Course Rules** – Please remember: no side-by-side riding. Take a few minutes to review the bike course guidelines and USAT rules included in this packet.
- **Packet Pickup** – Available onsite at Hopkinton State Park on both Saturday and Sunday.
- **Post-Race Celebration** – Don't rush home! Stick around for our post-race meal, DJ, face painter, awards, giveaways, and plenty of finish-line celebration.
- **Bring the Energy** – Encourage the athlete next to you, thank a volunteer, soak in the course, and enjoy the experience. The community surrounding this race is what makes Title 9 so special.

Thank you for choosing to race with Max Performance and for being part of this longstanding tradition. You've done the work. You've made it to the starting line.

Now go show yourself just how strong you are. You are built for hard things.

See you on race day!

~ **The Max Performance Team**

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.



05

PACKET PICKUP

Saturday or Sunday early, don't forget your photo ID
[LEARN MORE](#)



06

PARKING & GPS

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



06

RACE SCHEDULE

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



07

TRANSITION SETUP

Learn about your setup, Ins and Outs plus Bike Racks



09

BIKE RULES

Super important - must read about how you should ride on the road



13

TIMING CHIPS

All Sports Timing provides us with Chip Timing & Race Results on your smartphone!

MORE DEETS

Transition Setup	Page 7	Triathlon Start	Page 10	Spectator Information	Page 15
Max Bike Racks	Page 8	Bike Assistance	Page 11	Sponsors & Race Expo	Page 16
Race Numbers	Page 8	Post Race Awards & Results	Page 12	USAT Rules	Page 17
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SPONSORS

We encourage you to patronize our partners at THE TITLE 9 TRIATHLON

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!



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 white tents **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 - 7:15am 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 wave.

PROPER ID



PHOTO ID IS REQUIRED TO PICKUP YOUR PACKET

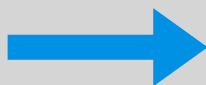
Please Note:

- 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

Plenty of volunteers are available to assist in providing you body marking, PRIOR to entering the transition area. You'll have markings, plus your age (are they serious!?) on your calf so athletes can know which are athletes are crushing it! Relays have an R.



- 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 WEEKEND SCHEDULE

	Saturday		Sunday
3-6PM	Packet Pickup	6:00AM	Transition Area Opens
4:00PM	Race Meeting - Non Mandatory, but a great listen	6:00-7:30	Late Packet Pickup, Body Marking
		7:30	Registration Closes
		7:45	Pre-Race Announcements & National Anthem outside Transition Area
		8:00	First Swim Wave (Time Trial 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.

Saturday 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 7:30AM

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

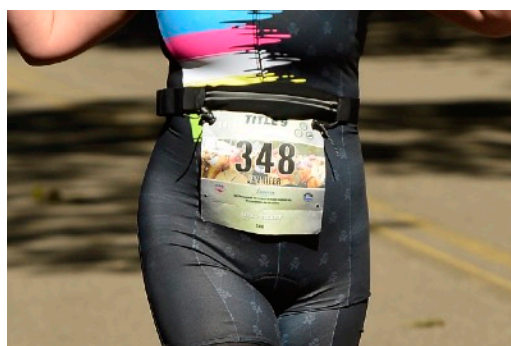
See picture on last pages for an example and our YouTube video at <http://www.youtube.com/user/maxperformancetri>



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.

Please see section below on Timing Chips



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



MUST READ! Bike Course Rules

- 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.



Gals for Cal is a group of women connected through friendship who are dedicated to raising awareness and funds for Duchenne Muscular Dystrophy (DMD). Our primary focus is to promote awareness of DMD and to improve all aspects of the lives of children with DMD by raising funds to be allocated to medical research and clinical care.

[Learn More about Gals for Cal](#)

[Learn about the Jett Foundation](#)



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 TITLE 9 TRIATHLON Race Page.

20% Off Wetsuits!

Use code: **MAX**

TRIATHLON START

Warm-up & Water Temperature

Warm-up swimming will be allowed between 6:30-7:30 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. We will then walk together as a group down to the Swim Start. Swimmers will be cued up by wave (cap color) - look for your colored sign, held by our wonderful volunteers.

Remember: The swim equates to roughly 16 lengths in the pool. You can use any swim stroke during the event.

Swim Course & Time Trial Start

2 athletes every 10 seconds, 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. We have cones setup at start to promote distancing and organization. You must start in your

73 DEGREES - WATER TEMP

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.

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. Yes, we're still calling them waves, despite a time trial start:-) It keeps everyone organized and safe!

*Wave designations will be issued in a subsequent email



Swim Map Posted
[Here](#)



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.

Grace Bicycles: Call Today for your maintenance needs: 508-429-9177



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 Mile 1.2 Mile 2.2. There will be water and Gatorade at the Aid Stations. Please call out which beverage you would like our wonderful volunteers to hand out.

Thank you to Hopkinton High School Swim & Dive, Cross Country, Field Hockey, Ashland Cross Country & Ham Radios of Central Mass!

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)
- Athena
- Newbies
- Top Relay Teams
- Aquabike

Age Group Winners receive commemorative wine glasses and event swag!

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: >>>>>>

As stated on our website - you must be present to receive awards. Plan to stick around for the ceremony and win some giveaways. We will not



SPONSOR GIVEAWAYS AT AWARDS CEREMONY:

**TITLE 9 BAGS, FREE ENTRIES
LOCK LACES, SBR SPORTS & 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 to the Max Website at the link provided in your email communication.



TIMING CHIPS

MULTI SPORTS TAG

User instructions



How to wear the MultiSports Tag

**** Chips will be distributed on Saturday Morning inside of the Transition Area**

The Multisports Tag must be worn around the ankle. If you wear a long wetsuit, roll up one leg or wear the tag below your wetsuit.

DO NOT WEAR UNDER OR OVER TOP OF YOUR WETSUIT

1. Wrap the tag around your left ankle. Velcro strap for ease of application.
2. Must be worn the duration of your event.
3. Volunteers will remove after your finish time.

If you forget to return your chip during the event and return home, please mail it to the address below ASAP. There is a **\$75.00 chip fee** if not returned to our timing partners.

RELAYS & Timing Chips: The transfer of the timing chip must occur at the bike rack inside of transition area. Example, when your swimmer returns from the water, they run into the transition area to their bike rack position & the bike team member will remove the velcro strap and apply it to their left ankle. You're off!

Mailing Address if you forget to return Chip:

All Sports Events: 343 Sanford Rd, Unit B
Wells, Maine 04090





VOLUNTEERS!

We are actively recruiting onsite volunteers to support athletes at Title 9 Triathlon. Family & Friends are welcome to jump in! Here are the following openings that remain:

1. Swim Buddies
2. Transition Area & Registration

Please [REGISTER HERE!](#)



SATURDAY MEETING

Race morning can be a busy time with family well wishes and the nervous excitement of your race. To give you an advanced preview of each course, Max Race Directors will be providing a Race Meeting from 4-4:30PM at the Race Site on Saturday! This is a great opportunity to hear important race updates while seeing the Swim Course and Transition Area. See you there!



BOSTON PHYSICAL THERAPY & WELLNESS

7 Locations

Medford | Winchester

Norwood | Arlington

South Boston | Hamilton | Wakefield

At Boston PT & Wellness, we provide personalized care for real results in the greater Boston area, Medford, Somerville, Malden, Cambridge, and Winchester. If leading a pain-free, healthy lifestyle is what you desire, than you want to seek out the most educated, experienced, and specialized therapists that offer attentive care for your joint, muscle, or orthopedic condition. Boston PT & Wellness is the leading Boston area orthopedic and sports rehabilitation practice. In addition to physical therapy we offer wellness services including nutrition management, injury prevention programs, specialized golf performance training, and massage therapy.



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

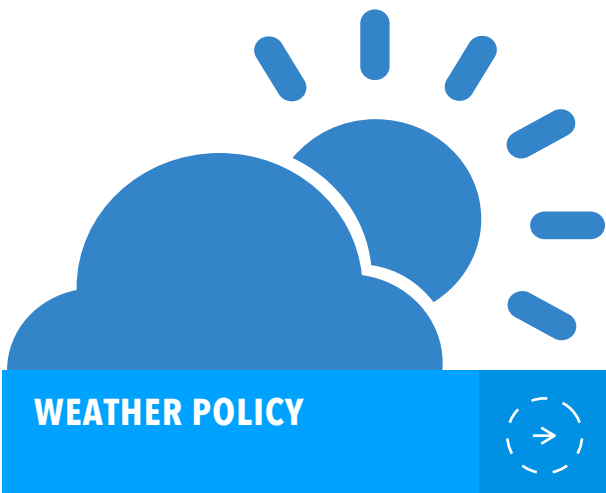


SPECTATOR INFO



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.

We love Dogs, they must be leashed and are not permitted on the beach areas at the TITLE 9 TRIATHLON. This is a DCR POLICY, 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.

USA TRIATHLON MOST COMMONLY VIOLATED RULES



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 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 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!

WETSUIT FAQs

Do I need a wetsuit for this race?

Water Temperatures in Hopkinton State Park will be in the low 70's and many athletes wear wetsuits.

Wetsuits are not required to participate in the Title 9 Triathlon. A few factors go into the decision to wear a wetsuit. Take a look below.

What are the benefits of wearing a wetsuit?

Buoyancy, Speed & Warmth. Wearing a wetsuit is like having a giant 'floatie' in the water. It pulls your body up while swimming and thus many athletes find they swim faster. It also keeps your body warm when water temperatures are in the 60's and low 70's, quite common here in New England.

Are there any negatives?

When a wetsuit fits properly, it's tight around your body and may feel constricting. For this reason, it's important to practice swimming in your wetsuit and get in the open water prior to race day!

What type of wetsuit should I buy - Sleeveless or Full?

We get asked this question a lot. It comes down to personal preference and the

time of year that you will be racing. If you race or plan to race in May, June, September it's a good idea to have a full suit to keep your body warm. If you're swimming in lakes or ponds through the summer months, you may not need a wetsuit at all or can use a Sleeveless Wetsuit.

Sleeveless wetsuits provide buoyancy, however they will not constrict your shoulder movement when compared to a full suit.

Important: Do not try anything new on race day! If you have practiced swimming without a wetsuit, do not make an impulsive purchase or rent a wetsuit 2 days before the race. Practice swimming in your wetsuit several times in the open water before race day to get accustomed to the feeling.

The Synergy logo features a stylized white 'S' inside a black square, followed by the word 'synergy' in a bold, lowercase, sans-serif font.
 synergy

20% Off Wetsuits!

Use code: MAX



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