



## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Overview**

Here is all the info you need for the 7<sup>th</sup> annual **Summer Solstice Sprint** triathlon on June 21! The beautiful backdrop of Marion's Camp is the perfect way to celebrate the longest day of the year with this unique evening triathlon. We have tons of encouraging volunteers out on the course and an awesome catered cookout afterwards at Marion's Camp to enjoy the post-race scene with your favorite tunes pumping from the on-site DJ.

Please take the time to review this packet to become familiar with the contents. Specifically, pay special attention to:

- Timeline and location for packet pickup on Wednesday-Friday 6/19-21 or on race day Friday 6/21
- Parking
- Race day timeline
- Post Race Festivities

***Alex Rogozenski***

***MRA Multisport, LLC***

***USAT Certified Race Director***

**[Alex@MRAMultisport.com](mailto:Alex@MRAMultisport.com)**

---

***Produced by***

**1 | Page**





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Timeline**

**Wednesday – Friday (June 19-21)**

**Normal business hours** – packet pick-up/check-in at **Miles to go Sports** in Sutton, MA.

**\*\*NO PHOTO ID = NO RACE = NO EXCEPTIONS\*\***

**\*\*RELAY TEAMS MUST CHECK-IN TOGETHER\*\***

**\*\*NO ON-SITE REGISTRATION OFFERED; ON-LINE REGISTRATION CLOSING THURSDAY NIGHT\*\***

**Race Day - Friday (June 21)**

**4:00pm** – Participant-parking opens at **First Congregational Church** (see Parking map)

- Volunteer/Spectator parking opens at **Memorial Fields** (see Parking map)

**4:00 – 6:00pm** – packet pick-up/check-in at Marion's Camp

**\*\*NO PHOTO ID = NO RACE = NO EXCEPTIONS\*\***

**\*\*RELAY TEAMS MUST CHECK-IN TOGETHER\*\***

**\*\*NO ON-SITE REGISTRATION OFFERED; ON-LINE REGISTRATION CLOSING THURSDAY NIGHT\*\***

**4:00pm** – Body Marking and Transition Area opens

**6:05pm** – Pre-race meeting with Race Director at Swim Staging area (lower parking lot, see Transition Area map)

**6:15pm** – Race starts!

**7:15 – 9:00pm** – Enjoy the cookout and fire pit! Cookout is complimentary to race participants and volunteers. ***\*\$10 per serving for spectators, available on registration page***

**7:45pm** (approximately) – Awards Ceremony





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Directions**

Marion's Camp is located at the end of Tuttle Rd in Sutton, MA and is just a few miles off of Rt 146.

**THERE IS NO PARKING AND NO DROP-OFFS ALLOWED AT MARION'S CAMP.** If you need to drop off a team tent, or need handicapped parking, please contact us BEFORE Friday. We will add you to the list to allow your car down the narrow access road.

**From Worcester:** Route 146 South to Boston Road (first traffic light, Tony's Pizza on hill on right. Take Right onto Boston Rd. Right before the intersection the **First Congregational Church** is on the left. Or, take right at Sutton Common and the **Memorial Soccer Fields** is just down on the right. **This is the parking for race participants.** From the center of town head down Singletary Rd and take left on Tuttle Rd to Marion's Camp. Distance from the church parking lot to Marion's Camp about 0.75 miles.

**From Providence:** Route 146 North to Boston Road (first traffic light, Tony's Pizza is on hill on left. Take left onto Boston Rd and follow directions above.

---

### **Parking**

The parking available for race participants is located approximately ¾ mile away from Marion's Camp at the **First Congregational Church** 307 Boston Rd, or **Memorial Soccer fields** is a little closer. There is no parking available at Marion's Camp, **and "just dropping off my bike" isn't even an option.** Again, **THERE IS NO PARKING AND NO DROP-OFFS ALLOWED AT MARION'S CAMP.**

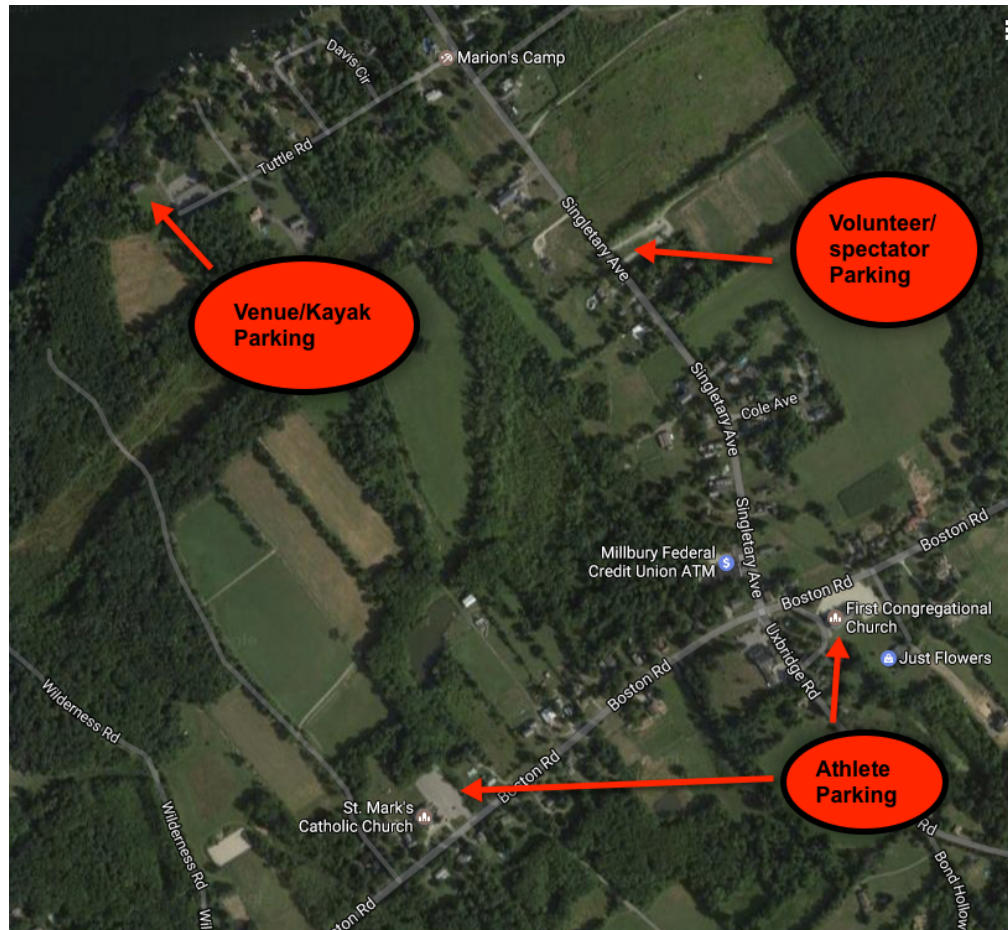
**The ONLY exception is for those participating in the paddle division. You will be able to park in the grass field at Marion's Camp, but you will not be able to leave the venue until 8:30pm – Tuttle Rd is shut down and the camp and the venue will have spectators and racers.**

**If you need to drop off a team tent, or need handicapped parking, please contact us BEFORE Friday to make arrangements.**





## Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019



### Bib Pick-up

Racers can pick-up their bibs at **Miles to go Sports** from Wednesday – Friday (Fri until 3pm) or on Friday starting at 4:00pm at **Marion's Camp**.

**\*\*NO PHOTO ID = NO RACE = NO EXCEPTIONS\*\***

**\*\*RELAY TEAMS MUST CHECK-IN TOGETHER\*\***

**\*\*NO ON-SITE REGISTRATION OFFERED; ON-LINE REGISTRATION CLOSING THURSDAY NIGHT\*\***

Produced by

4 | Page







## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Race Numbers**

Each racer will receive a timing chip that is affixed to the **ankle bracelet**. This must be worn on your left ankle and must remain on you until you cross the finish line. There is a \$35 fee if you lose this bracelet or do not turn it in at the end of the race. **Relay teams** will receive ONE ankle bracelet total; it is transferred between team members in the transition area.

You will also receive your race number in 2 forms. Each number is required to be worn in unaltered form during the race to assist in racer identification. 1) Bib to be worn on the run, 2) bike tag to be attached to your bike frame for the bike segment.

When you pick up your bib, you'll also receive MRA Multisport branded **BibBoards** to use not only at Summer Solstice, but also for all of your next upcoming races!



### **Main Venue & Transition Area**

The main venue for the event is Marion's Camp, located at the end of Tuttle Rd. Bathrooms will be available at the lower parking lot near the Swim Staging area (down the driveway) and the main ones right next to transition. The Transition Area (TA) will be set up in the uppermost parking lot of Marion's Camp. Only registered athletes are allowed inside this secure area, and volunteers will be checking for race numbers upon entering and exiting the area. Please begin to become familiar with the athlete flow from the beach, into TA, out for the bike, in on the bike, and finally out for the run before returning to the venue as you cross the finish line.





## Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019



Produced by

6 | Page





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Swim Start and Course**

All swimmers will be staged at the lower parking lot at 6:05 for pre-race announcements and to line up for the swim start. **The swim start will be a Time Trial format.** Swimmers will self-seed based on anticipated finish times, and line up 2 at a time. The swim course is a very true 1/3 mile distance; swimming in a counter-clockwise direction (buoys on your left), and everyone should have expected goals/swim finish times in mind. Realize all bets are off once you're in the water, so this self-seeding is a general placement of your own swimming ability. This is just like lining up for a local 5k run – faster folks in front, slower in back, more out of courtesy for other racers. Swimmers will be escorted from the staging area down to the beach in pairs (2 person wide line). At the beachfront, pairs of swimmers will cross the timing mats and enter the water every 3-5 seconds; timing controlled by Race Staff. **YOUR INDIVIDUAL TIME WILL NOT START UNTIL YOU CROSS THE TIMING MAT NEAR THE EDGE OF THE WATER.** This is a Time Trial start, not a Mass Start, not a Wave Start.

Aquabike and Aquathon racers are co-mingled with all the other swimmers. We treat all swimmers as equal, seed yourself amongst all other swimmers.

The Swim segment starts and ends on the beach of Marion's Camp. **As of this weekend, the water temperature was 66F degrees, so this will undoubtedly be a wetsuit-legal race.** Racers will swim out to the right at an angle for 200 yards. At the big orange triangle buoy, swimmers will go left and parallel to the shore for another 200 yards. At the next large orange triangle buoy, swimmers will take another left around the buoy and head back to shore, 200 yards away. Two giant red flags will be your target for the swim exit area. Swimmers will then run up the walkway to the Transition Area.

***Wetsuit rentals are available through Miles To Go Sports, and can either be picked up in store or delivered to the race venue (\$35 for 3 days, \$50 for 5 days). Supplies are limited, to don't hesitate and contact Miles To Go Sports today!***



On the water, there will be several kayaks, SUPs and lifeguards, and EMTs both inside and outside of the swim and paddle area. Each of these volunteers on the water has been given the authority to remove any swimmer from the swim portion of the race if they believe an emergency situation is inevitable. It is within the rules to rest by holding onto a kayak, but your forward progress cannot be assisted.

---

Produced by

7 | Page





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Paddle Start and Course**

All paddlers will start with their boats lined up at the waters edge. It will be a mass start with each racer running down the beach to their kayak/SUP. Paddlers will follow the round buoys around the lake in a clockwise fashion (buoys on your right). Each segment is approximately ¼ mile long. Two giant red flags will be your target for the paddle exit area. Paddlers will then run up the walkway to the Transition Area.

**1 mile paddle (clockwise), mass start on beach  
1/3 mile swim counter-clockwise, TT start**







## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

### **Bike Course**

The 10 mile loop style course starts and ends you at Marion's Camp. Bikers will go in a clockwise direction around the lake, starting by taking a right out of Tuttle Rd. Take a right at the top of the small hill onto Boston Rd, go past the aid station for the run along some false flats, and bear left at the Eight Lots Rd fork. Enjoy the next segment for of some decent downhill before taking a sharp right at the end of the street onto West Singletary Rd. **USE CAUTION TAKING THIS TURN. This is a sharp turn that sneaks up on you, and you don't want to slingshot into oncoming traffic.** There will be signs and volunteers as you approach this turn, but go slow and remember not to slingshot out into the street to on-coming traffic. On the backside of the lake here, bikers will enjoy some good rolling hills and freshly repaved roads. Once crossing over the town line into Millbury, continue along the lake enjoying some great views as you bear right onto West Main St. **The next turn you make will be real, real wicked sharp right (almost 180 degrees), putting you back onto Singletary Ave and towards Marion's Camp. Again, use caution on this turn with the police officer detail and extra volunteers and don't slingshot into oncoming traffic.** **\*\*NOTE – MA DOT repaving project is in progress and unfortunately will not be completed by race day. This starts with a lip at this last wicked sharp turn onto Singletary Ave and continues for exactly 0.5 miles. The road is milled but clear of debris. There are raised manhole covers that will be extensively marked for a visual warning. This is a slightly uphill section of the course, so excessive downhill speeds will not be an issue – you'll be on the pedal the entire time.** Crossing the mid-line on the road is also a USAT rules violation. The last 1.5 miles (first 0.5 is the milled section referenced above) will test your legs before you take a right into Tuttle Rd and back to transition area to prepare for the run.

Police, signs and volunteers will be out on the course to ensure you are heading in the correct direction and for your safety. Please say "Thanks!" to them when you pass by.

**The roads are NOT closed to traffic, so remember to use caution and common sense.**

*Grace Bicycles will be on-hand to provide minor adjustments to your bike on race day at the venue.*



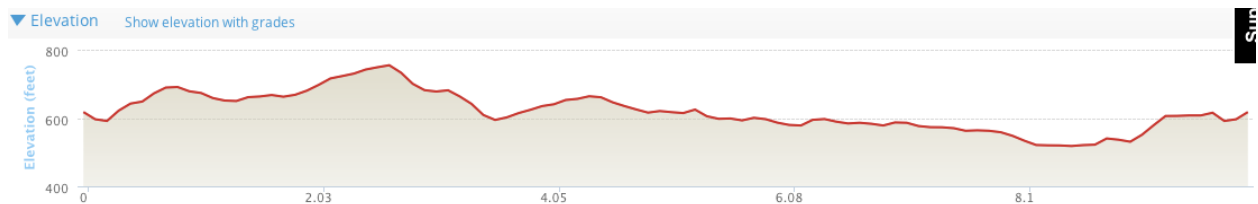
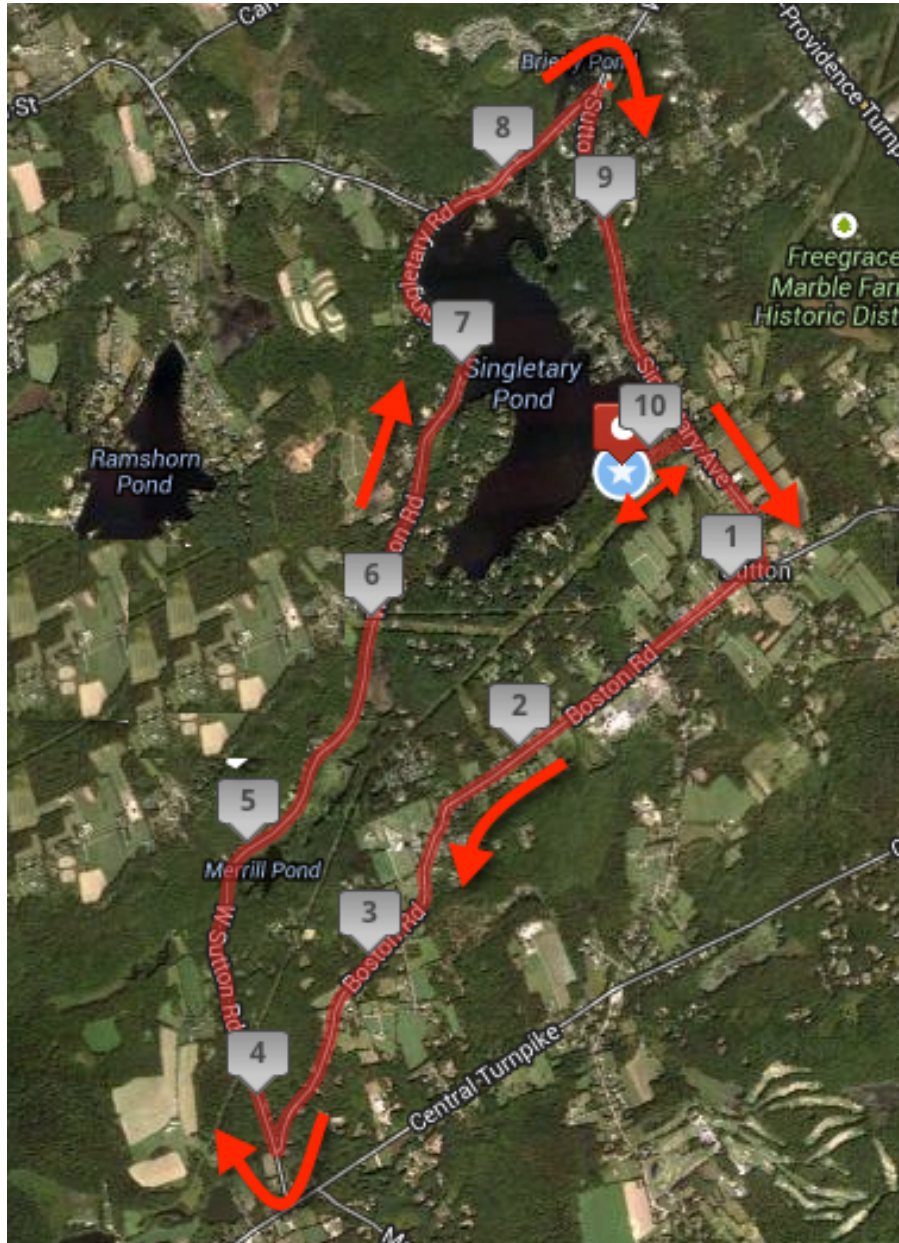
***Produced by***

9 | Page





## Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019



Produced by

10 | Page







## Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019

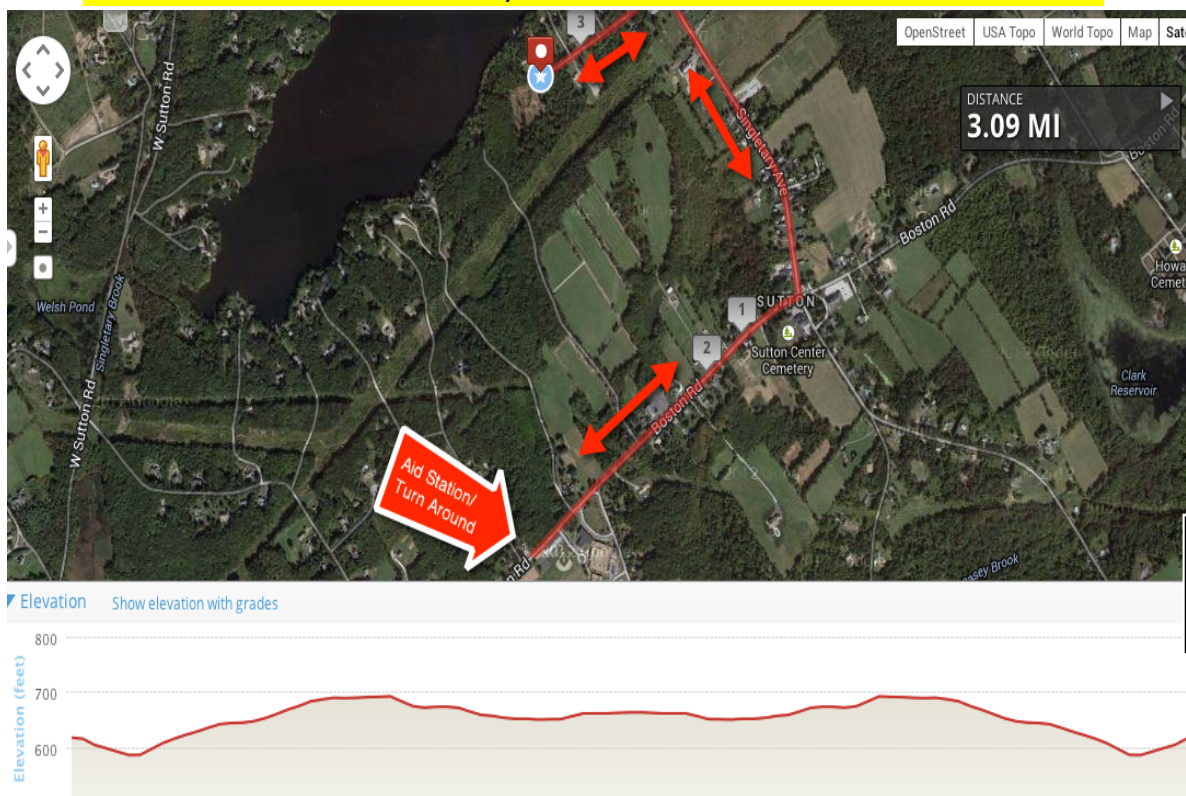
### Run Course

The out and back style course starts you at Marion's Camp, brings you up Singletary Rd back towards the Common, and then a right onto Boston Rd (same as Bike route). The aid station will be at the turn-around point. Next stop – the Finish Line!! **Stay on the RIGHT side of the road going out to the aid station, and then on the LEFT side of the road coming back in, and stay on the SIDEWALKS when present.** This means you will be passing other runners in both directions on the same side of the road as you are on.

At the Aid Station, there will be water and performance sports drink from our sponsor, **Gatorade Endurance formula**. The lemon-lime flavored drink will replenish depleted electrolytes and give you the right amount of fuel to push through the final 1.5 miles of the run.

Police, signs and volunteers and spectators will be out on the course to ensure you are heading in the correct direction and for your safety. Please say "Thanks!" to them when you pass by.

**The roads are NOT closed to traffic, so remember to use caution and common sense.**



Produced by

11 | Page





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Post-race scene; cookout, campfire, massages**

Stick around afterwards to enjoy traditional cookout fare from our friends at **Uxbridge First Holiday Night**. Food will be available starting at 7:15pm and is **complimentary to race participants and volunteers**. Spectators can purchase a plate for \$10. Hamburger, Cheeseburger or Hot Dog, Chips and Pasta Salad, Drink, Fruit and a Dessert. The Gluten-Free menu will be a Grilled Cheese, Gluten-Free Pasta Salad, Drink, Chips, Fruit and a Gluten-Free Dessert.

**Worcester Fitness Massage Therapy** will be there to help you recover after the race with a complimentary massage.



---

### **Awards**

Once you cross the finish line, a volunteer will provide you with a cold water, custom finisher medal, and remove your ankle bracelet. Awards will be announced approximately 7:45pm.

- Top 3 Overall Male and Female Finisher (no double dipping awards)
- Top 3 Male and Female Finisher Age Groups
  - Under 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+
- Top 3 Overall Clydesdale (male 220+ lbs), Athena (female 165+ lbs), Para-triathlete, Relay Team, plus top 3 overall Male and Female for the Paddle, Aquabike, and Aquathlon categories.



---

***Produced by***

**12 | Page**





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Spectators**

We love them and they make a huge difference in the whole race experience. Have your friends and family come out and cheer everyone on! Parking is available at the **Memorial Fields** lot (see map under parking section) if they want to come to Marion's Camp, less than ½ mile away. Here they can watch the swim segment, both transitions, and the finish line. **Again, there is NO PARKING at Marion's Camp.**

On the course, the stretch between the Town Common and the Aid Station on Boston Rd would be good as spectators can see both runners and bikers.

Bring the cowbells, horns, posters, and a serious attitude to cheer on all the athletes!

---

### **Sponsors - Volunteers - Beneficiaries**

The sponsors and volunteers help with the race in so many different ways and really make it all possible. Say "Thank you!" to every volunteer you see. Please support the sponsors and beneficiaries however you can to show your appreciation.

**Gatorade Endurance** –Sports Drink Sponsor

**Grace Bicycles** –Bike Support Sponsor

**Miles To Go Sports** –Race Podium Sponsor

**Wicked Good Cookies** – Award (Cookie) Sponsor

**Purgatory Beer Company** – Award (Beer) Sponsor

**Worcester Fitness Massage Therapy** – Massage provider

**Charity:** *A portion of each race entry fee will be donated to the **Sutton Food Pantry** and the **Marion's Camp Rejuvenation Fund**.*





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

### **Weather Policy Reminder**

It is truly our intent to put on a great, fun race for you, the athlete. Mother Nature has no bias, however. As stated in the cancellation policy, in the case of serious and dangerous conditions, we reserve the right to delay the race a few hours, adjust segments, or as a last resort cancel the event. In the unfortunate situation that the race is canceled, there is a no-refund policy in place, as the costs have already been incurred to host the event and we do not want to take away any contributions to our charities. We expect you to be disappointed if the Summer Solstice Sprint triathlon is canceled, as we will be, but we also hope you understand why a no-refund policy is in place.

---

### **Rules**

The following rules are put in place for your safety on race day. Variable time penalties will be assessed for certain violations. This race is a USAT sanctioned event, and a USAT Certified Referee will be on hand for the event to educate and explain rules, and to enforce them on the race course.

- Ankle bracelet (with timing chip) must be worn on the left ankle during the race, from start line to finish line.
- You cannot discard any gear or equipment on the course; you can leave clothing/gear at the Aid Station, but they are NOT responsible for it. They will return all gear to the Transition Area at the conclusion of the race; all unclaimed clothing will be donated to charity.
- Headphones are not allowed on the course during the race for the safety of all racers and for insurance purposes.
- Strollers, joggers, and pets are not allowed on the course during the race for the safety of all racers and for insurance purposes.
- Unsportsmanlike Conduct will not be tolerated. No further clarification necessary.
- You must have fun and take pride in the fact that you're able to compete in endurance events, like the Summer Solstice Sprint triathlon.

In order to minimize misunderstandings on race day, make sure you follow the following USAT rules during the bike leg:

- Wear your helmet with the chinstrap securely fastened at all times while on your bike (you won't be able to 'mount' your bike leaving transition with an un-strapped chinstrap)

---

***Produced by***

14 | Page





## ***Summer Solstice Sprint Triathlon Athlete Race Packet – June 21, 2019***

---

- Ride on the right side of your lane, and follow “rules of the road” unless explicitly directed otherwise
  - Keep three bike lengths between yourself and the cyclist in front of you (the “zone”)
  - Pass on the left of the cyclist in front, never on the right
  - Complete your pass within 15 seconds
- If passed, you must drop completely out of the “zone”, to the rear, before attempting to re-pass.

