



Bare Hill Sprint Triathlon, Duathlon and Aquabike

Sun June 26, 2022

Harvard, MA 01451 US [📍 Directions](#)

ATHLETE'S GUIDE

Welcome to the 2022 Bare Hill Sprint Triathlon, Duathlon and Aquabike

This Athlete's Guide serves as a valuable resource. Please take the time to read it a couple of days before the event as it will likely make your experience much better.

Thank you for choosing to participate in the event and we hope you will have a wonderful experience.

The Harvard Lions Club

What can I find in the Athlete's Guide?

- Race location and parking
- Schedule of Events
- Race packet pick-up, bib look-up
- Bike mechanic, late/day of registrations
- Transition zone
- Triathlon swim course, swim waves
- Duathlon run
- Bike course
- Final run
- Relay teams
- Live results
- Awards
- Contingency plans
- Sponsors
- Questions

Race Location and Parking

- Race Location is at 4 Pond Road, Harvard, MA; please note there is NO parking on Pond Road.
- Parking is available at the Bromfield School (14 Mass Ave) and the Hildreth Elementary School (27 Mass Ave- both front and back lots).



- Road marshals will assist you. Please note there is NO PARKING in the library lot, nor the lot below the library.
- Dogs on leash are allowed at the start/finish area but are not allowed at the beach.

Schedule of Events on Race Day

- Transition zone is open to athletes only from 6:00am to 7:35am at which time athletes will need to make their way to the 7:40am Race Briefing just outside the transition zone. Following the briefing athletes will need to go to their prospective starting area at the beach (triathlon, Aquabike) or the library (duathlon). No spectators are allowed in the transition area.
- Race day registration and packet pick up will open up at 6:30am and closes at 7:30AM.
- The duathlon run will start at 8AM.
- The triathlon, triathlon relay and aquabike events will start at 8:10am on Sunday June 26th, 2022.
- Triathlon Swim waves are **self-seeded**, meaning you decide the group you are in:
 - Group 1 for competitive swimmers
 - Group 2 for good, experienced swimmers who have done group starts before
 - Group 3 for first timers, no freestyle, or need space and time
 - Groups will then start in a time trial manner:
 - Once you have found your group, please organize yourselves in groups of 3, lining up behind the swim start mat
 - 3 athletes will start every 5 seconds crossing the timing mat as you enter the water

Race Packet Pick-up & Late/Day of Race Registration

- Packet Pick Up and Late/Day of Race Registration is at 4 Pond Rd, Harvard, MA on Saturday June 25th from 4PM to 6PM and Sunday June 26th, 6:30AM to 7:30AM.
- Please bring a valid Photo ID.
- Payments via QR code only; please bring your phone, we will provide the QR code.
- Day of Race Registrations will be charged an additional \$15.

Bike Mechanic

- CK Bikes will be on-site for complimentary basic bike services.



Triathlon swim course, swim waves

- The .3 mi swim starts at 8:10am; the beach is about ¼ mile from the transition zone at the end of Pond Road. Harvard's Bare Hill Pond beach makes for an easy, knee deep, sandy start for the triathlon and aquabike. Water is generally calm and the water temperature in late June is expected to be in the low 70's. The course is rectangular, and athletes will be monitored by local lifeguards and the Harvard Fire Department boat. Athletes will swim in a clockwise direction. The three Swim waves are based on abilities. For those who prefer to change into shoes for the 1/4 mi uphill run up to the transition zone, an area will be marked off at the beach parking lot for footwear. For more details see <https://runsignup.com/Race/MA/Harvard/BareHillTri>

Aquabikes:

- Your race is completed when you cross the final Bike Finish mat going into transition. Rack your bike and you can hand your timing chip to a volunteer or bring it over to the timing tent.

Duathlon Run

- The 1.5m run starts at 8am and is located near the transition zone. The roads are well maintained, however as the roads are open to residents, please be mindful of cars on Pond Road. For more details see <https://runsignup.com/Race/MA/Harvard/BareHillTri>

Bibs and Body Markings

- No body markings are required for this race
- No bib for the bike or helmet are required for the bike portion
- Please wear your bib for the run
- Your ankle strap timing chip will keep track of you throughout your race
- Return your timing chip after you cross the finish line

Bike Course

- The single loop bike course starts with an initial uphill, passing apple orchards and horse farms into the town of Bolton. Athletes will make their way along rolling hills to Harvard's most popular road for biking, Prospect Hill, before returning to the center of town. Road marshals will be placed at all turns but please become familiar with the route directions prior to the race.
- Please be advised that the bike course is open to traffic, so it is your responsibility to follow all traffic laws. Marshals will be directing traffic at intersections. You will always be biking in the same direction as traffic and must stay to the right-hand side of the road at all times to allow for safe passing of motor vehicles. This is a USAT sanctioned event and drafting is not allowed. For more details see <https://runsignup.com/Race/MA/Harvard/BareHillTri>



Final Run

- After leaving the transition zone, you will run along shaded roads near Bare Hill Pond on a combination of dirt roads and pavement. The gently rolling course is well marshaled and one water stop at the turnaround point and you will finish in front of Harvard's historic library.

Relay Teams

- Following the swim, the swimmer runs to the transition zone. Teammates will wait for their teammates next to their bike rack. Your ankle strap timing chip will serve as your relay baton. This strap will be handed off to the next relay member after crossing the timing mat and the next member must attach it to their ankle before leaving the transition area. Marshals will be there to tell you where the handoff will occur.

Results

- BIB lookup (available by Friday evening): <https://my.raceresult.com/208994/participants>
- Online Results (available as racers finish): <https://my.raceresult.com/208994/results>
- Live Splits (available as racers cross each timing mats): https://my.raceresult.com/208994/live#0_58C09D

Awards

- The formal awards presentation will begin at approximately 945AM. We will keep the formal awards ceremony focused on:
 - Triathlon-relay: Top 3 Overall regardless of team mix
 - Duathlon, Aquabike: Top 3 Male & Female overall
 - Triathlon-individual: Top 3 Male & Female overall
- Age group awards will be provided via the “drive through” option. You can pick up your award once results have been reviewed and finalized - this option should be available at 930AM and awards can be picked up by the timing tent.

Inclement Weather

- Please note the race will be held rain or shine, but if the weather or other unforeseen circumstances threaten the safety of athletes, race management reserves the right to cancel the event or alter portions of the swim, bike or run courses. Please understand that in the unlikely case that we did have to cancel the event, no refunds would be issued.

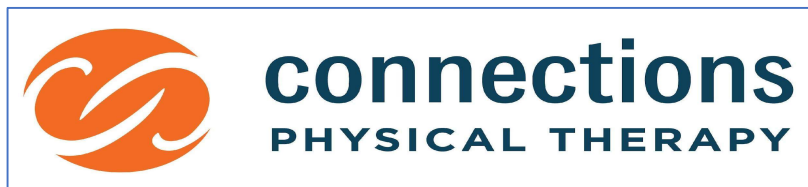
Bare Hill Sprint Triathlon, Duathlon and Aquabike

Sun June 26, 2022

Harvard, MA 01451 US [Directions](#)

Sponsors

We thank our sponsors for their generous donations



Bare Hill Sprint Triathlon, Duathlon and Aquabike

Sun June 26, 2022

Harvard, MA 01451 US [Directions](#)



Questions

If you have any additional questions, please contact us at barehilltri@gmail.com