



Bare Hill Sprint Triathlon, Duathlon and Aquabike

Sun June 7, 2026

Harvard, MA 01451 US [Directions](#)

ATHLETE'S GUIDE

Welcome to the 2026 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 start, water temperature, wetsuit regulations
- Duathlon run
- Bike course
- Final run
- Relay teams
- Live results, awards
- Contingency plans, Sponsors, questions
- USA triathlon Minor Athlete Abuse Prevention Policies (MAAPP)



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Race location and parking

- Race Location is at 4 Pond Road, Harvard, MA; please note that Pond Road will be completely closed.
- Parking is available at the Bromfield School (14 Mass Ave) and the Hildreth Elementary School (27 Mass Ave).
- Road marshals will assist you.
- Dogs on leash are allowed at the start/finish area but are not allowed at the beach.

Schedule of Events on Race Day

- Race day registration and packet pick up will open at 6:30AM and close at 7:30AM.
- Just athletes can be in the transition zone which is open from 6:00AM to 7:30AM.
- Athletes will then need to make their way to the 7:30AM 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.
- The triathlon, triathlon relay and aquabike events will start at 8:00AM at the beach, **a 10-minute walk from the transition zone.**
- The duathlon run will start at 8AM in the upper parking lot of the library.

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 6th from 3:30PM to 5PM and Sunday June 7th, 6:30AM to 7:30AM.
- Please bring a valid Photo ID.
- Credit cards and checks accepted.
- Day of Race Registrations will be charged an additional \$15.

Bike Mechanic

- **No bike mechanic support is available this year.** Please have your bike checked before race day.



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Bibs and body markings

- No body markings are required for this race
- Please attach the larger sticker to your bike, the smaller sticker to your helmet (helmets are mandatory)
- Your timing chip/ankle strap will keep track of you throughout your race
- The paper bib does not need to be worn for the swim or the bike but must be worn in the front on the final run for the triathlon

For the aquabike athletes, your finish is when you cross back into the bike transition area for the final time after the bike course. There is no need to run across the finish line after racking your bike. Please hand in your timing chip/ankle strap to a volunteer or at the registration/results tent.

Triathlon swim course

- Please leave the transition after the athlete's briefing (app 740am) to move to the beach. Additional porta-potties available at the beach
- The .3 mi swim starts at 8:00AM; 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, sandy start for the triathlon and aquabike.
- Water is generally calm and the water temperature on June 3 is 68 degrees. We will check the water temperature again on Saturday afternoon and send out an email by Saturday evening on the latest reading and whether wetsuits will be legal.
- Swim Start - Rolling Start
 - Athletes will self-seed themselves, fastest first roughly guessing 1:15 sec/100yd, in groups of 3 and line up on the beach in a designated area. A race official will tell the swimmers to go every 5 seconds. Each swimmer will cross the timing mat on the beach which will start their time for the race. The swimmer can choose to walk into the water or run in once they cross the mat. It takes approximately 8-9 minutes to get 250 swimmers into the water.
- Since the beach is about ¼ mile from the transition zone, **we recommend you bring and leave your running shoes (or other shoes) near the swim exit.** This will allow you to comfortably run to the transition zone.
- For more details see <https://runsignup.com/Race/MA/Harvard/BareHillTri>



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Duathlon run

- The 1.5m run starts at 8AM and is located near the transition zone. The course is the same as the final run, just shorter, with an earlier turnaround and finish. Roads are a mix of dirt and pavement, however as the roads are open to residents, please be mindful of cars. For more details see <https://runsignup.com/Race/MA/Harvard/BareHillTri>

Bike course

- The single-looped 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 always stay to the right-hand side of the road to allow for safe passing of motor vehicles.
- Helmets are mandatory and must be clipped when leaving the transition zone. This is a USAT sanctioned event and drafting is not allowed.

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 with one water stop which you will run by twice before your 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 timing chip/ankle strap 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

- LIVE RESULTS: [NEW ENGLAND TIMING LIVE RESULTS](#)
- LIVE TRACKING: [NEW ENGLAND TIMING LIVE TRACKING](#)



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Awards

- Awards presentation will begin at approximately 9:45AM. We will keep the official ceremony focused on
 - Triathlon-individual: Top 3 male, top 3 female, top 3 non-binary
 - Triathlon-relay: Fastest team
 - Duathlon, Aquabike: Top 3 male, top 3 female, top 3 non-binary
- All age group top 3 male, female and non-binary athletes, please use the “drive through” option to pick up your award without having to wait for the official hand out - this option is available to all award recipients. To make use of the “drive through” option, please go to the table near the registration where you can pick-up your award. We can not mail awards.

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.

Sponsors



We thank our sponsors for their generous donations

- Whitney Lane Farms
- Carlson Orchards
- Rollstone Bank
- Lexington Eye
- Sorento's Pizza
- Live4PT
- Basnett Plumbing
- Nashoba Valley Fitness Center
- Friot's Water Treatment
- Harvard Outdoor Power Equipment
- Subsix Nutrition
- Harvard Lanes

USA triathlon Minor Athlete Abuse Prevention Policies (MAAPP)

The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive.

The MAAPP was originally released in 2019 to support organizations and individuals in preventing abuse in sport and meeting requirements under federal law. As a member of USA Triathlon and participant at a USA Triathlon sanctioned event, you are required to follow these policies. The MAAPP focuses on in-program contact between an Adult Event Participant and a minor athlete and covers the following Required Prevention Policies: One-on-One Interaction, Meeting and Training Sessions, Athletic Training Modalities, Massages and Rubdowns, Locker Rooms and Changing Areas, Electronic Communications, Transportation, and Lodging.



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All Required Prevention Policies apply at all facilities or locations that are partially or fully under the jurisdiction of USA Triathlon. Partial or full jurisdiction includes the following:

- Any event or competition sanctioned by USA Triathlon
- Any facility that USA Triathlon owns, leases, or rents for competition, training, or practices
- Any hotel or lodging that the team is using when traveling to a sanctioned USA Triathlon event or competition

All Required Prevention Policies must be followed by:

- Adult Event Participants who have direct contact with minor athletes
- Adult Event Participants authorized to have direct contact with minor athletes
- Adult Event Participants authorized to have authority over minor athletes
- Any Adult Event Participant at a facility that is partially or fully under the jurisdiction of USA Triathlon.

As the MAAPP will be enforced at the Bare Hill races being held on June 7, 2026, please review the [MAAPP at a Glance](#) in preparation for the upcoming event. Additionally, please review USA Triathlon's SafeSport Policies and References [here](#).

Mandatory Reporting

As a reminder, all Adult Event Participants – including those with one-day memberships – are Mandatory Reporters. If you see or hear a report of any form of abuse, whether it is sexual, physical, mental or another type of abuse you are required to report that abuse within a 24-hour period. You can file a report to the U.S. Center for SafeSport through its online reporting form or by calling the U.S. Center for SafeSport at 833-587-7233 or USA Triathlon at trisafe@usatriathlon.org. If you have any additional questions or concerns, please email trisafe@usatriathlon.org.

Questions

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