

Welcome to the 21st Annual Appleman Triathlon!

Please read through this athlete's guide carefully and email us with any questions or concerns before Sunday morning.

Online results and splits will be [LIVE HERE](#) and results kiosks will be available at the race site once you finish.

Parking

Athlete and spectator parking will be at the Shaker Lane Elementary School, 35 Shaker Lane, Littleton, MA. Please do not park on any of the side streets near the beach.

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, and/or run courses.

Please understand that in the unlikely case that we did have to cancel the event, no refunds would be issued, however, a partial credit would be offered to next year's race; further details would be communicated post-race.

Water Temperature & Wetsuits

The latest water temperature reading at Long Pond on 7/13/25 showed 81 degrees.

We will measure and announce the water temperature, and reiterate the USAT wetsuit rules, throughout pre-race on Sunday morning.

Per USAT rules:

- competitors may wear wetsuits if the water temperature is 78 degrees or lower.
- if the water temperature is between 78.1 – 83.9 degrees on race morning, competitors may wear wetsuits, but will not be eligible for awards.
- if the water temperature is 84 degrees or above, participants are ***not allowed*** to wear wetsuits.

Packet Pick Up & In-Person Registration

Saturday, July 19th from 5:00 PM to 7:00 PM at the [Littleton Town Beach](#).

Sunday, July 20th from 6:15 AM to 7:45 AM at the [Littleton Town Beach](#).

Schedule of Events on Race Day

- Transition zone will open at 6:15 AM and close at 7:45 AM.
- Race day registration from 6:15 AM to 7:45 AM.
- Pre-Race meeting for ALL athletes is at 7:45 AM at the swim start on the beach.
- Transition zone will be re-opened around 9:30 AM
- Awards presentation will begin at approximately 10 AM. Please be present for your award or have someone pick it up for you as we cannot mail medals and awards.

Bike Mechanic

Please note that a mechanic from Pedal Power will be available on race day to assist with any last-minute issues that might otherwise prevent you from participating.

The Race Courses

Triathlon

SWIM

The GPS measured swim takes place in placid Long Pond and is a .50 mile rectangular course. The swim start will have a time trial start with the faster swimmers self-seeding themselves to the front of the group. Swim angels are available for athletes who would like an experienced swimmer to accompany them on the swim. Your race time will start when you cross over the Swim Start mats on the beach. The flags will be at the swim finish for you to sight on.

Please remember to wear your timing chip anklet OVER your wetsuit (not under it). We will remind you during the pre-race meeting.

BIKE

The 10-mile bike course is a single loop through Littleton with some hills that are sure to raise your heart rate a beat or two.

RUN

The well-marked and marshaled run course is one of the most interesting run routes of any sprint triathlon with an off-road section that keeps you focused and gives you great material for your post-race stories.

The run finishes along the beach with cheering spectators fueling the athletes along the final stretch. Then it's under NEW ENGLAND TIMING finish arch and on to the post-race festivities.

Duathlon

The duathlon will start approximately at the same time as the first swimmers get in the water. The start will be at the Run-Out portion of transition with your race time starting when you cross over the Run-Out timing mat.

Aquabike

The swim will be part of the regular swim and they will not have a special start. Your race will finish when you cross the BIKE-IN mats. However, you can still run through the finish line for a photo op and also collect your medal. Please return your timing chip to one of the volunteers in the transition area or at the finish area.

Relay Teams

Only one member of the relay team needs to be present to register and/or pick up the team race packet, relay teams will only have one, single timing chip. Inactive relay team members will wait by their bike rack area in transition while they wait for their team members to finish. The single timing chip will be handed off in transition after the swim and bike legs.

Race Venue Activities

Come to race, but stay for the festivities. Your triathlon experience includes a DJ playing great music, yummy post-race treats, and sponsor giveaways. This is a family-friendly race venue with a playground on the beach.

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.

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 8, 2025, 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.

See you all on Sunday!