

Welcome to the 22nd Annual Appleman Triathlon!

Please read this Athlete Guide before race morning. If you have any questions, please email us in advance.

Live race results and split times will be available [HERE](#), and results kiosks will be available at the race site after you finish.

Parking

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

Inclement Weather

The race will be held rain or shine. However, if weather or other unforeseen circumstances threaten athlete safety, race management reserves the right to modify or cancel portions of the swim, bike and/or run courses.

Should the event be cancelled, no refunds will be issued. A partial credit toward next year's race will be offered, with additional details communicated after race day.

Water Temperature & Wetsuits

The latest water temperature reading at Long Pond (7/14/26) was 77F.

The official water temperature will be measured on race morning and announced during the pre-race meeting.

USAT Wetsuit Rules

- 78.0°F or below: Wetsuits permitted.
- 78.1°F–83.9°F: Wetsuits permitted, but athletes wearing wetsuits are not eligible for awards.
- 84.0°F or above: Wetsuits are not permitted.

Packet Pick Up & In-Person Registration

Saturday, July 18
5:00 PM – 7:00 PM
Littleton Town Beach

Sunday, July 19
6:15 AM – 7:45 AM
Littleton Town Beach

Schedule of Events on Race Day

- 6:15 AM Transition Zone opens
- 6:15–7:45 AM Race day registration
- 7:45 AM Mandatory pre-race meeting for all athletes at the Swim Start
- 7:45 AM Transition Zone closes
- Approx. 9:30 AM Transition Zone reopens
- Approx. 10:30 AM Awards presentation

Please collect your award in person (or have someone collect it for you), as medals and awards cannot be mailed.

Bike Mechanic

A mechanic will be available on race morning to assist with last-minute mechanical issues.

The Race Courses

Triathlon

SWIM

The GPS-measured swim is approximately 0.5 miles in beautiful Long Pond on a simple, clockwise rectangular course.

Swim straight to the first yellow buoy, turn right, continue to the second yellow buoy, turn right again, and head back toward the beach. Smaller orange buoys between the large yellow buoys provide additional guidance.

Always keep every buoy on your right-hand side (swim to the left of each buoy).

The swim uses a time-trial start, with four swimmers entering the water every three seconds.

Please self-seed according to your expected swim pace:

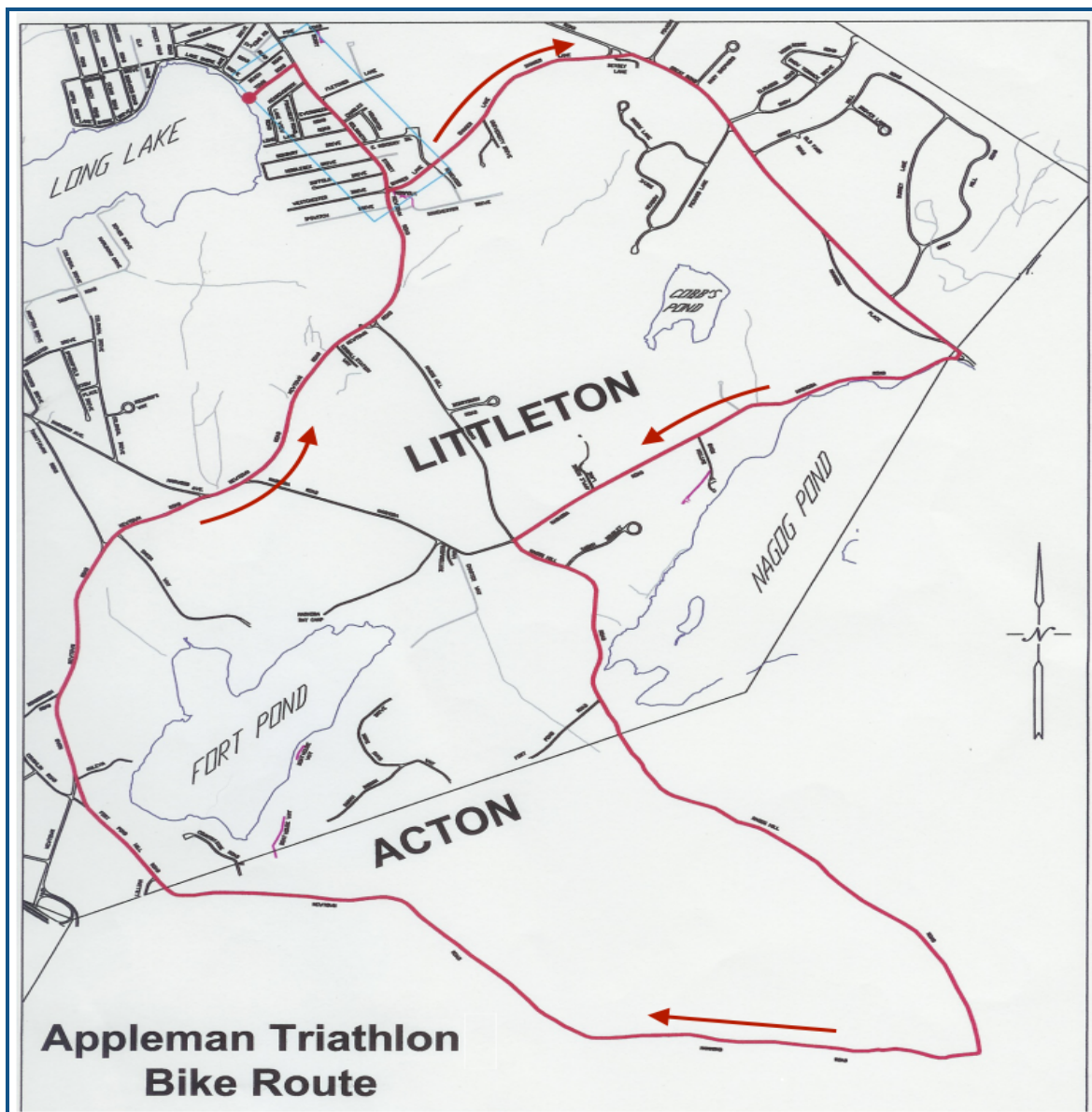
- Faster swimmers toward the front
- Moderate swimmers in the middle
- Slower swimmers toward the back

Swim Angels will be available for athletes who would like an experienced swimmer to accompany them. Your race begins when you cross the Swim Start timing mats.

Important: **Wear your timing chip over your wetsuit, not underneath it.**

BIKE

The [10-mile bike course](#) is a single loop through Littleton featuring several rolling hills.



	Start of Route	0.0 mi
⋮		
●	10 mi · +542 ft / -544 ft	^
↘	Turn sharp right onto Goldsmith Street	0.1 mi
←	Turn left onto Shaker Lane	0.5 mi
→	Turn right onto Great Road	1.2 mi
→	Turn right onto Nashoba Road	2.3 mi
←	Turn left onto Nagog Hill Road	3.5 mi
→	Turn right onto Hammond Street	5.3 mi
↗	Turn slight right onto Newtown Road	6.0 mi
↑	Continue onto Newtown Road	7.5 mi
↗	Keep right onto Newtown Road	9.4 mi
↙	Turn sharp left onto Newtown Road	9.5 mi
↻	Make a U-turn onto Newtown Road	9.5 mi
↙	Turn sharp left onto Town Road	9.9 mi
⋮		
	End of Route	10.0 mi

RUN - TRI RUN/DU RUN 2 (GREEN)

[The well-marked, fully marshaled run course](#) includes roads, fields and wooded trails.

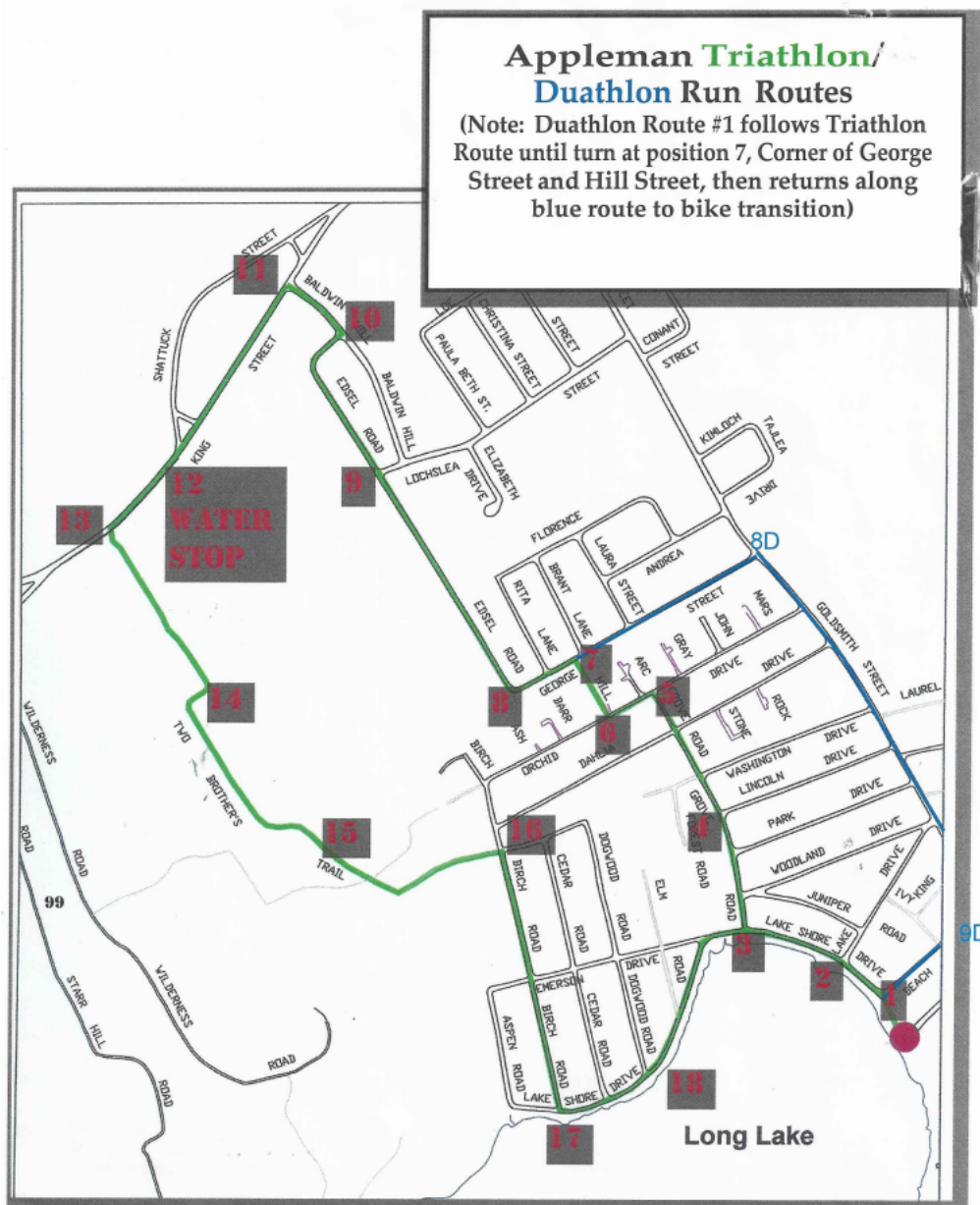
Please use extra caution in the wooded section, where there are rocks and exposed roots.

There are two water stations on the run course. The run finishes along the beach before you cross the NEW ENGLAND TIMING finish arch and enjoy the post-race festivities.

Duathlon - RUN 1 (BLUE) & RUN 2 (GREEN)

The duathlon starts at approximately the same time as the first swimmers enter the water.

The start is at the Run Out exit from transition. Your race begins when you cross the Run Out timing mat. A water station is located shortly after the start.



Aquabike

Aquabike athletes start with the regular swim.

Your race finishes when you cross the Bike-In timing mats. Please continue through the finish chute for your photo and medal, then return your timing chip to a volunteer.

Relay Teams

Only one relay member needs to register and pick up the team's race packet.

Each relay team receives one timing chip, which is handed off in transition after the swim and bike legs. Waiting team members should remain near their bike rack until it is time to race.

Race Venue Activities

Race hard—but stay for the fun!

Enjoy:

- DJ entertainment
- Post-race refreshments
- Sponsor giveaways
- A family-friendly beach venue with a playground

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
- 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:

- 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 Appleman race being held on Jul 19, 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:

- U.S. Center for SafeSport: 833-587-7233
- USA Triathlon: trisafe@usatriathlon.org

If you have any additional questions or concerns, please email trisafe@usatriathlon.org.

See you all on Sunday!