



2025 ATHLETE GUIDE

August 24, 2025 Ted Williams Camp, 28 Precinct Street, Lakeville, MA

Dear Athlete,

Welcome to the 24th annual Cranberry Trifest.

This Athlete Guide is a valuable resource covering everything from packet pick-up and swim waves to on course support, post-race festivities and spectator information. Please read it carefully and thoroughly! Some important notes:

1. **Cyclists MUST RIDE SINGLE file except when passing.** Cyclists riding 3-4 across the road and blocking traffic has been a source of complaints from local residents and is also a USAT rules violation and subject to penalty. If you violate this rule you risk a penalty and if caught twice you risk disqualification.
2. **Code of conduct reminder: I understand that the Cranberry Trifest bike and run course is not closed to traffic. I also understand when on the bike course I am expected to ride single file except when passing another cyclist and that a brief stop along the bike course could be required as directed by a police detail in the interest of public safety. I agree that if I am instructed to stop along the bike course, I will stop without argument or complaint and that any vulgar, rude, or otherwise unnecessary language will not be tolerated and will result in disqualification from the race and a ban from participation in future events. (Strictly enforced)**
3. **Littering on the course is STRICTLY PROHIBITED.** This should go without saying, but please don't litter. When on course, trash can be discarded in designated trash zones on the run course and at the bottle exchange on the bike course. If you drop something (e.g. water bottle, gel) elsewhere on the course you must pick it up or it's considered littering. Go back and pick it up!

We could not be more excited to see you this weekend. Thank you for making Cranberry Trifest a part of your season.

Best regards,

Jeff Smith, USAT Certified Race Director, Outsider Endurance

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1. THE VENUE

Cranberry Trifest is based at the Ted Williams Camp (TWC) located at 323 Bedford St in Lakeville, MA. The venue has tennis courts, a horseshoe pit, a pond for fishing, walking trails and more so if you have friends and family coming they'll have something to do when they aren't cheering you on... or they can volunteer! See aerial map on the next page for the set up at the Ted Williams Camp.

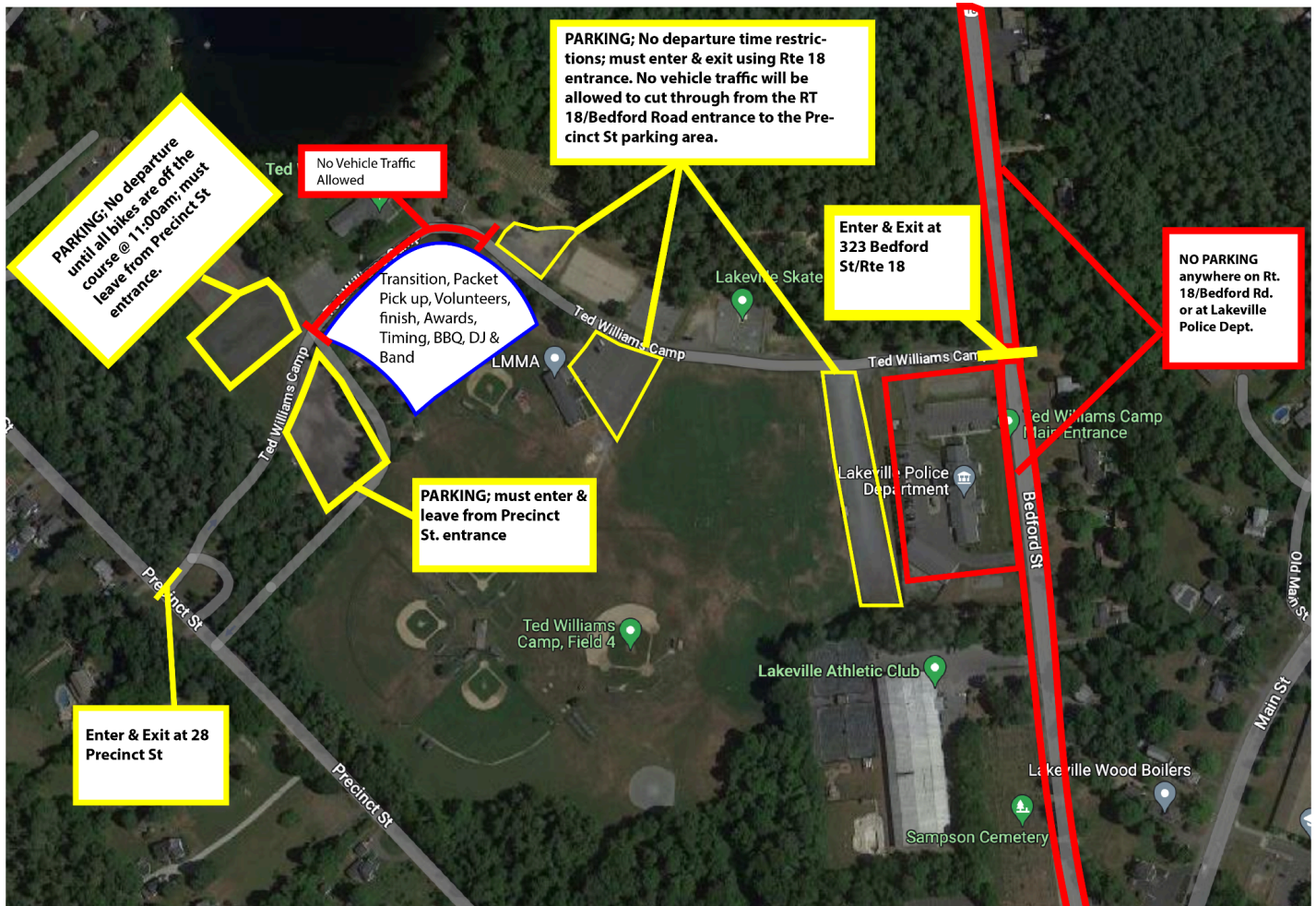
2. PARKING

The grounds of the Ted Williams Camp (TWC) offer ample parking for athletes and spectators and our parking crew will be in place on Sunday morning to help direct you. The camp has two entrances with one on Rte 18/Bedford Street (address: 323 Bedford St, Lakeville, MA) and one on Precinct Street (28 Precinct St, Lakeville, MA). Lots near the Rte 18/Bedford St entrance offer the most parking and anyone that parks there can come and go as they want. Lots near the Precinct Street entrance offer fewer spots and this entrance will be closed once all spaces are filled. In addition, **athletes and spectators that park in the lots OFF THE PRECINCT ST**

ENTRANCE will not be able to leave until all bikes are off the course which will be approximately 11:00am on Sunday.

There will be absolutely no parking along Rt. 18/ Bedford St. Your vehicle will be towed. Please do not ignore the no parking signs here. Also, there is no parking allowed in the Lakeville Police Department parking.

Below is an aerial view of TWC with these parking locations noted.



3. SCHEDULE OF EVENTS

(All events at the Ted Williams Camp)

SATURDAY, AUGUST 23rd

- **2:30pm - 5:30pm:** Race packet pick-up opens under the white tent at the Ted Williams Camp; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS. RELAY TEAMS MAY HAVE ONE MEMBER PICK UP FOR THE ENTIRE TEAM, WITH A PICTURE OF EVERY MEMBER'S ID.** USAT Annual

members must bring their USAT license; if you purchased a 1-day USAT license when registering online you are all set.

- **NOTE: Timing chips will not be given out on Saturday.**

SUNDAY, AUGUST 24th

- **5:30am:** Transition opens, race packet pick-up and timing chip distribution begins and body marking available; **PHOTO ID REQUIRED... NO PHOTO ID, NO RACING, NO EXCEPTIONS. RELAY TEAMS MAY HAVE ONE MEMBER PICK UP FOR THE ENTIRE TEAM, WITH A PICTURE OF EVERY MEMBER'S ID.;** USAT annual members must show a valid USAT license or will be required to purchase a 1-day license; if you purchased a 1-day USAT license when registering online you are all set. Packet pick up is under the white tent at the Ted Williams Camp
- **6:50am:** Pre-race meeting with announcements from the Race Director; all athletes must be in or near transition
- **7:00am:** Race packet pick-up concludes
- **7:00am-7:20am:** Swim warm-up from the swim finish in Loon Pond
- **7:25am:** All athletes must be out of transition
- **7:30am:** Race start; go to “The Swim” section of this guide for the wave schedules
- **10:00am:** Serving of the post-race catered lunch begins (Olympic athletes have 1 included ticket. Sprint athletes would need to purchase a ticket if they would like to eat.) [Meal Tickets for Purchase](#)
- **10:15am (est):** Sprint distance race awards ceremony
- **11:30am (est):** Olympic distance race awards ceremony

4. RACE PACKET PICK-UP

Packet pick-up for all races will be at the Ted Williams Camp in Lakeville, MA (site of the race). Packet pick-up will be under a white tent near the finish line and transition areas (**NOT in Loon Pond Lodge this year**). Go to the “Schedule of Events” above for race packet pick-up hours. **Athletes are encouraged to pick up their race packet on Saturday, 8/23, if at all possible ... Race day packet pick up is extremely crowded, the lines will be shorter and it will be one less thing to deal with on race day!**

When you arrive for packet pick up look up your number on the Athlete Board (it will also be emailed to you multiple times if you are registered by Tuesday, 8/19/25) and then proceed to the appropriate line (they will be organized numerically). Cranberry Trifest is a USA Triathlon sanctioned event. Per USAT rules **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS.**

If you are a USAT annual member you need to bring a valid USAT membership.

KNOW YOUR BIB#: Packets will be organized by bib# when you arrive so save yourself the effort of looking up your bib# up on the Athlete Board by coming to packet pick-up knowing your bib#.

Your race packet includes:

- Bib# for your race top
- Pins to attach your bib to your top are available but not in your packet. Race belts will be for sale for \$10 at packet pick up.
- Bike helmet sticker
- Bike frame sticker (see illustration below for options on where to place it)
- T-shirt
- Swim cap
- **TIMING CHIPS ARE NOT IN YOUR PACKET. THEY WILL BE PICKED UP RACE MORNING.**

5. TIMING and LIVE ATHLETE TRACKING

Our timer is All Sports Events and **timing chips will be distributed on race morning only from a station next to body marking.** Your chip is to be worn on your left ankle.

Athletes and relay teams completing the triathlon will have 6 timing splits published LIVE as they happen on the All Sports Events website. Friends and family can track their “favorite” athletes by searching on a name, clicking on it when it comes up in search results and then hitting “Add Favorite”. The 6 timing splits are: (1) swim time; (2) transition 1 time; (3) bike time; (4) transition 2 time; (5) run time; (6) overall time.

Results Center: Once you’ve finished the race you’ll be able to find results on the flat screen monitors built into the side of the All Sports Events trailer which will be set-up adjacent to the finish line.

Live Results: <https://www.allsportsevents.com/results/cranberry-trifest-2025/>

Your Timing Chip: Note a timing chip collection bin will be in the finish line corral and finish line volunteers will be at the ready to remove your timing chip, but all athletes are ultimately responsible for returning their chip. **If you do not return your chip you will be charged a \$75 replacement fee.**

6. BODY MARKING

All athletes need to get body marked. Body marking will begin at 5:30am on race morning. The body marking station will be located next to the timing chip distribution station near packet pick-up.

Body marking consists of a volunteer with a black sharpie writing:

- Your bib number on your **left bicep, right bicep** and **left hand**.
- Your age on your **right calf**.

7. TRANSITION (TA)

Transition will open at 5:30am on race morning. Transition is for athletes only. No spectators.

Volunteers will be stationed at the entrance of transition to check your brakes and ensure you have bar end plugs at the end of your handlebars of your bike. **Missing bar end plugs are a safety hazard and you will be not able to race if they are missing.** If your bike is missing bar end plugs purchase new ones from your local bike shop. A limited number will be available on race morning, but please do not rely on this.

Once you enter transition proceed to your rack position which will be labeled with your name and number. You must rack your bike at your assigned position – **ATHLETES ARE NOT ALLOWED TO RACK THEIR BIKE ANYWHERE EXCEPT THEIR ASSIGNED SPOT.** Please respect the space of other athletes next to you in transition. All of your gear should be next to your front tire, using a space of approximately 20”x 30”. This is roughly the same dimensions as a folded towel. Our staff and volunteers will politely ask you to remove excess gear that could cause a safety hazard to other athletes running in and out of TA.

Gear removal from transition: We understand that some athletes who finish early are eager to leave the venue for other obligations and want to remove their bikes and gear from transition. However, this needs to be carefully managed with athletes still entering and leaving transition during their race. Athletes still in the process of actively competing are our priority. As a result, **athletes will not be allowed to remove their gear until approx 10:00am** and only under the instruction of our Transition Coordinator and volunteers. This is a safety concern, please be patient as we have to ensure all athletes have the ability to enter and exit TA safely during their race. We will make an announcement when bikes are permitted to be cleared from TA.

8. THE SWIM – Sprint & Olympic

Distances: The Sprint swim in Loon Pond is 0.25 miles and consists of a counter clockwise loop around 2 green site buoys. The turn buoys will be triangular in shape. Sprint athletes keep the green buoys on their left at all times.

The Olympic swim is a 0.9 mile swim around the perimeter of Loon Pond. Athletes in the Olympic distance race must swim around ALL buoys (green and orange) and keep all buoys on their left at all times.

The swim course map below shows both the Sprint and Olympic swim courses.



Swim Waves: Below is the 2025 Cranberry Trifest swim wave plan

2025 Cranberry Trifest Swim Wave Plan

Wave	Race	Cap Color	Est Start Time	Start Format	Category
1	Olympic	OE LT Blue	7:30	Mass Start	Open/Elite
2	Olympic	Red / Pink	7:32	TT: 2 Athletes every 5 seconds.	All Olympic Triathletes. Self Seeded
3	Olympic	Gold	7:45	TT: 2 Athletes every 5 seconds.	Olympic Aquabike
4	Sprint	White	8:00	Mass Start	Open/Elite & Collegiate Men
5	Sprint	White	8:01	Mass Start	Open/Elite & Collegiate Women
6	Sprint	Red / QR Blue	8:03	TT: 2 Athletes every 5 seconds.	All Sprint Triathletes. Self Seeded
7	Sprint	Gold	8:30	TT: 2 Athletes every 5 seconds.	Sprint Splash & Dash Men & Women
* Nervous Swimmer Yellow					

All athletes are required to wear the colored swim cap given to them at race packet pick-up. The swim cap color corresponds to each athlete's race. Lifeguards and trained emergency response professionals will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard canoes or kayaks. Swim personnel on the water have been empowered to stop a swimmer from continuing in the race if, in their judgment, the health of the athlete is at risk.

Swim Start Format: Athletes in "Mass Start" waves will wade into the water and all begin racing at the same time following a traditional "On your mark, get set, GO!"

Athletes in Time Trial waves (TT) will enter the swim corral and go into the water side-by-side, 2 at a time, every 5 seconds. A timing clock will be in place to count down every 5 seconds to signal the start for the next pair of athletes. There will be 2 lanes leading from the swim corral to the timing mat to help organize this procession (see photo at right). Athletes self-seed themselves within their race category by electing to position themselves at the front, middle or back of the category. An athlete's time begins when he/she crosses the timing wire buried at the water's edge.

Splash & Dash athletes will not be allowed to start until 8:30AM, this is necessary to ensure our run aid stations and finish line are properly set up.

Water Temperature and Wetsuits: All participants may wear a wet suit and be eligible for rankings and awards if the water temperature is 78.0° F or less on race morning. If the temperature is between 78.1° and 83.9° degrees F, participants wearing a wet suit will not receive a ranking or be eligible for awards (they will still receive split times). If the temperature is 84.0 degrees F or higher, no participants will be allowed to wear a wet suit.

We would encourage all athletes to prepare for a wetsuit legal and non-wetsuit legal race. We will publish an unofficial water temperature on our instagram @outsiderendurance on Friday. We will have an official water temperature on Sunday morning. With consistently warm temperatures in the current forecast, it's possible the water temperature will increase above 78.1°F by race morning. USAT rules

state that competitors may wear wetsuits if the water temperature is 78 degrees or lower. USAT rules also state that if the water temperature is between 78.1 – 83.9 degrees, competitors may wear wetsuits but will not be eligible for awards. An athlete that chooses to wear a wetsuit will be grouped into a new, additional wave at the end of their chosen race (i.e. a wave 3A in the Olympic and wave 6A in the Sprint) and will not be eligible for any category awards.

Skinsuits: Skinsuits may be worn regardless of the water temperature.

Nervous Swimmers: Athletes in the Olympic or Sprint race who want lifeguards to keep an especially watchful eye on them may request a **YELLOW** swim cap at registration. Choosing to wear this “nervous swimmer” cap does not change the swim wave you start in or affect your eligibility for awards.

IMPORTANT: If you decide you are unable to complete the swim a lifeguard can assist with bringing you to shore. **If you decide to withdraw from the swim, please make race management aware that you have pulled out of the race and be sure to give your timing chip to a member of the Outsider Endurance team or the timing team.** We are tracking all athletes and the timing chip is critical to this process.

Attention tenderfoots! The area around the swim start is rocky. We put out a large rug to cover most of the rocks for the approach to the water, but athletes with sensitive feet may want to consider wearing a cheap pair of flip flops or sandals to discard just before starting their swim.

Cut-off times: Olympic and Sprint athletes must complete their swim **by 8:50am.**

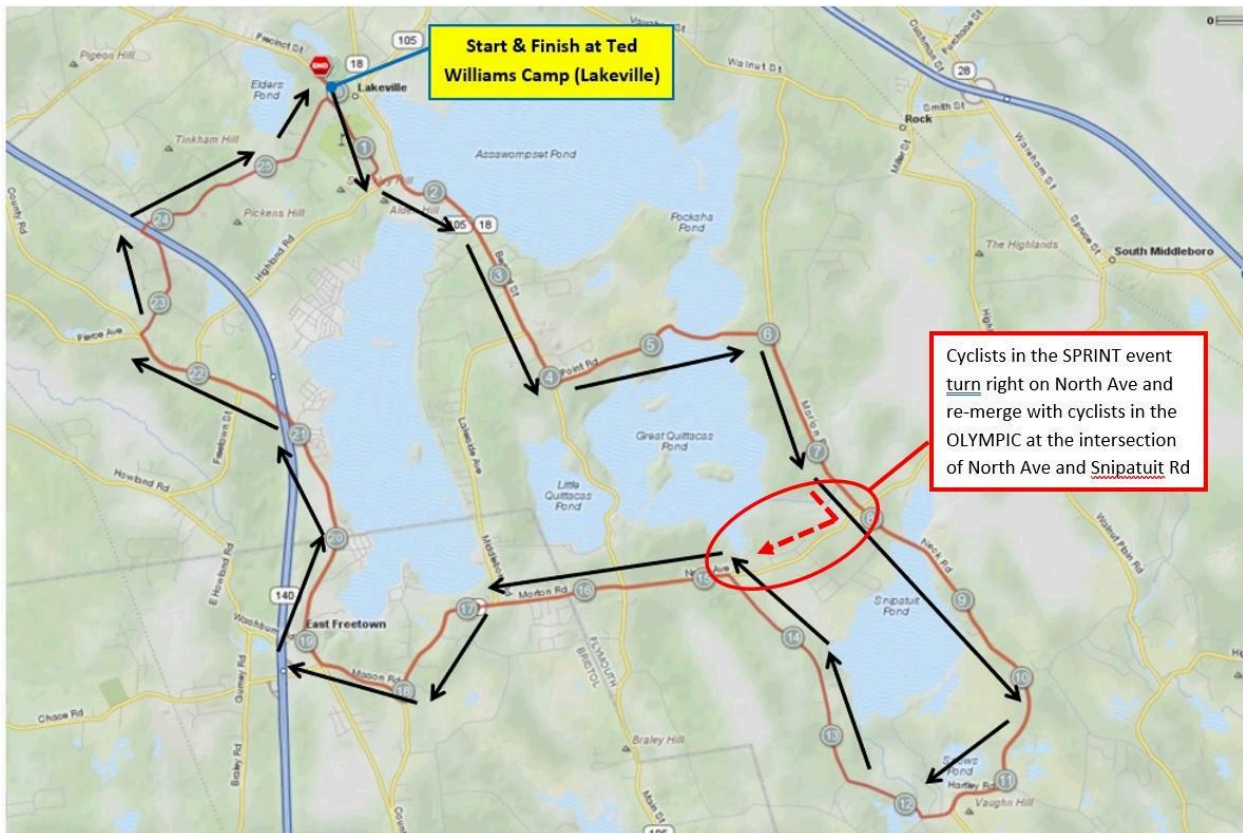
9. THE BIKE– Sprint & Olympic

After completing the swim you will proceed to your bike in transition. Once you have changed into your bike gear in transition (note: there are no changing rooms in transition – and make sure you buckle your helmet chin strap!) you jog alongside your bike to the Mount Line. Only after crossing the Mount Line are you allowed to get on your bike and begin riding. Once on the roads, cyclists should stay right except when passing. If you are passing another cyclist, call out, “On your left!”

CYCLISTS ARE REQUIRED TO RIDE SINGLE FILE EXCEPT WHEN PASSING. Failure to do so is a USAT rules violation and subject to a timing penalty – if caught twice you may be disqualified. Cyclists riding 3-4 across the road has been a source of complaints from local residents. **THIS RULE WILL BE STRICTLY ENFORCED and signage will be placed along the course to remind you to ride single file.** We will have multiple USAT officials on course to enforce this rule.

Distances: The Sprint bike course is 21 miles (that’s not a typo... it’s 21 miles) and the Olympic bike course is 26.2 miles.

Description: As shown in the course map below the Sprint and Olympic course are the same until just before the 8 mile mark (the corner of Neck Road and North St in Rochester) where cyclists in the Sprint turn RIGHT while cyclists in the Olympic continue STRAIGHT. Cyclists in the Sprint re-merge with Olympic cyclists at the intersection of North Ave and Snipatuit Road



Both the Sprint and Olympic bike courses will be well marked with spray chalk and directional signage. Volunteers will be at key positions to help guide you around the course and police details will be in place at all major intersections to control traffic. Note the **Sprint and Olympic bike courses are NOT closed to auto traffic.**

The Sprint and Olympic bike courses are generally flat and take you through the towns of Lakeville, Middleborough, Rochester and East Freetown. The ride offers many scenic features including the Pocksha Pond Causeway, Snipatuit Pond and plenty of rural, country roads.

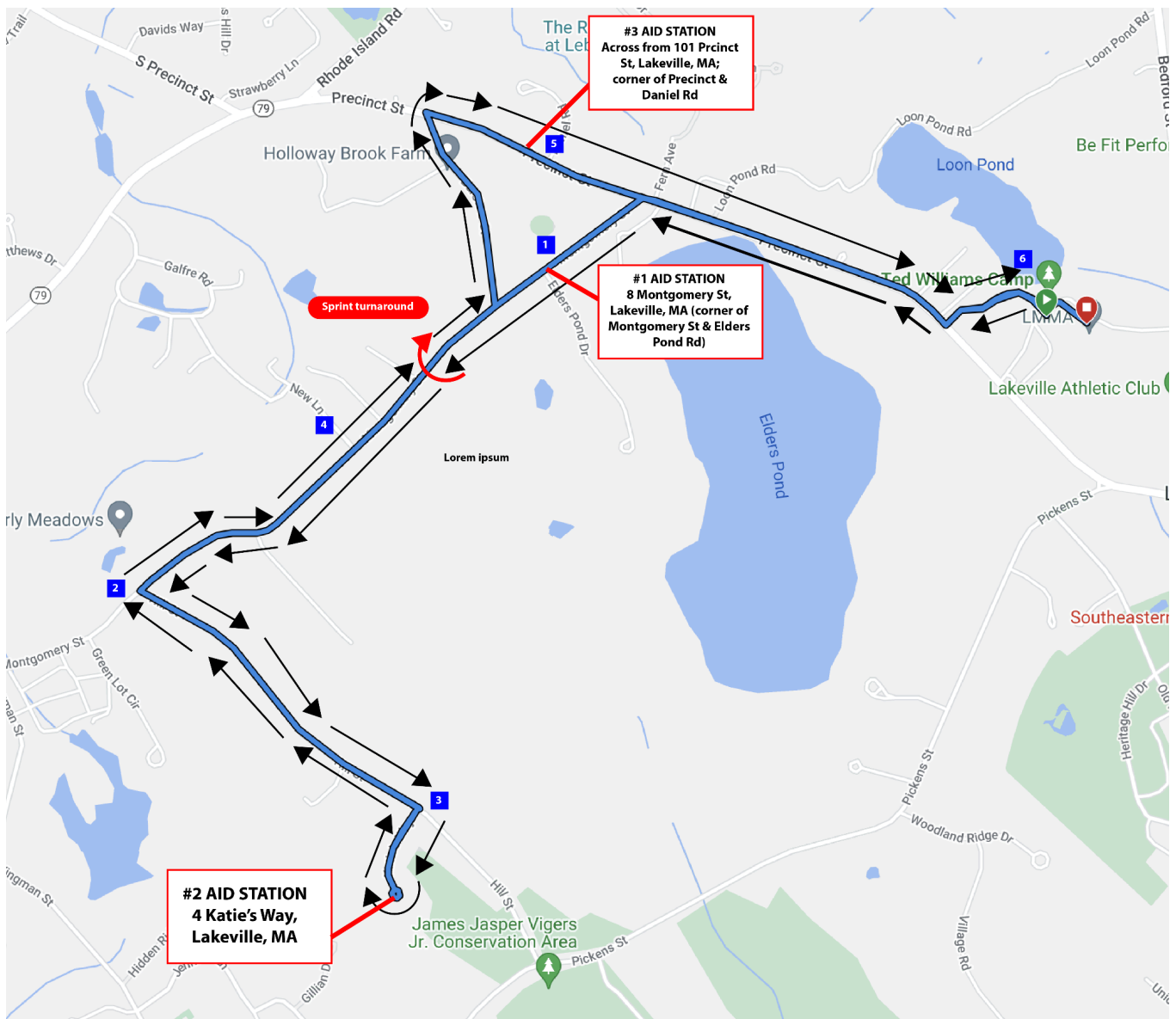
Tech Support: FastSplits has provided supplies & our bike techs will be in transition on race morning to help you with any last minute technical issues (e.g. popped tire, derailleur adjustments). Their tent will be positioned near the "bike in/ bike out" of transition. A member of our team will remain in transition until all athletes are out of the water and onto the bike just in case someone finishes their swim, gets to their bike and discovers a problem (e.g. blown tire... *it's rare, but it happens!*). The rest of our team will patrol the course between 7:30am and 10:30am to offer roadside assistance where possible. Our Bike Coordinator will also be on the course to provide tech support as needed, too.

Cut-off times: Athletes must complete the bike **by 11:00am** or will not be allowed to move on to the run segment of the race.

Go to the “Course Info” section of the Cranberry Trifest page of the Outsider Endurance website to download a map and cue sheet of the Sprint and Olympic bike course. (<https://www.outsiderendurance.com/cranberry-trifest>)

10. THE RUN: Sprint and Olympic

The run courses for both races will be supported with directional signage, volunteers and multiple aid stations. The Sprint run and Olympic run courses utilize the same roads and are an “out and back” with Sprint runners turning around near the 1.5 mile mark on Montgomery Street in Lakeville while Olympic runners continue straight and complete their turnaround on Katies Way in Lakeville. See course map below for the Sprint and Olympic run courses.



The roads are not closed to traffic and police details will be in numerous locations to control traffic.

Aid Stations and Porto-Johns: Runners in the Sprint distance race will have the opportunity to refuel at aid stations set up near **miles 1 and 2**. Runners in the Olympic distance race can refuel at aid stations near **miles 1, 3 and 5**. ALL aid stations will offer water, Gatorade, HUMA Gels and ice. A porto-john will be set up near mile 3 of the Olympic run course (this porto-john is not on the Sprint course).

Go to the “Course Info” section of the Cranberry Trifest page of the Outsider Endurance website to download a map and cue sheet of the Sprint and Olympic run courses. (<https://www.outsiderendurance.com/cranberry-trifest>)

11. THE FINISH

Finishers in all Cranberry Trifest races will be greeted at the finish by enthusiastic volunteers ready to place a finisher’s medal around your neck and hand you a water bottle wrapped in a cold, wet hand towel. Volunteers will also be there to remove your timing chip. Now it’s time to celebrate!

12. DETAILS FOR SPLASH & DASH ATHLETES

(SPRINT RACE ONLY)

Splash & Dash athletes complete the same 0.25 mile swim as all other athletes participating in the Sprint triathlon and will be sent into the water in the final wave. The Splash & Dash swim wave will be delayed until all athletes in the triathlon race waves have nearly completed the swim. Athletes in the splash & dash will not start prior to the published wave start time. This is for the overall flow of the event, safety with details being in place & water stops staffed. Thank you for understanding. After completing the swim Splash & Dash athletes will proceed to their assigned position in transition where they can put on their running shoes and begin the run. Splash & Dash athletes will exit transition through the same “Run Out” as athletes in the Triathlon and complete the same 3.1 mile run course. Athletes in the Splash & Dash will receive 4 timing splits: swim time, T1, run time and finish time.

13. DETAILS FOR AQUABIKE ATHLETES

(OLYMPIC RACE ONLY)

Aquabike athletes complete the same 0.9 mile swim and the 26.2 mile bike course as athletes in the Olympic triathlon, but skip the run. Athletes in the Aquabike will receive 4 timing splits: swim time, T1, bike time and finish time.

Athletes in the aquabike will be racked together in transition (unless you change to the aquabike after 8/20/25). This is done so race management can effectively manage athletes in this division and guide them onto the finish after they complete the bike (and not confuse them with athletes that will be heading out onto the run course).

The aquabike finish time is determined when the aquabike athlete crosses the timing mat placed on the 'bike in' to transition. Once aquabike athletes cross the timing mat they are to proceed to their spot in transition to rack their bike. Since the finish time has already been established by this time there is no need to rush or run to the finish line, but we encourage all Aquabike athletes to make their way there so they can get their picture taken when crossing the finish line and receive their finisher medal and water bottle. Access to the finish line chute will be created in transition to make it easy for aquabike athletes to go right from transition, into the finish line chute and then on across the finish line. **Aquabike athletes must turn in their chip to a volunteer at the finish line.**

14. DETAILS FOR RELAY TEAMS

See registration for relay packet pick up requirements. The swimmer on the team will complete the swim wearing the timing chip while the cyclist for the team awaits the swimmer at the team's rack position in transition. The swimmer should have their left hand, left bicep and left calf body marked with their number.

Once the swimmer completes the swim and arrives at the team's rack position, the swimmer hands the timing chip to the cyclist who then puts the timing chip on their left ankle and goes out and rides the bike course. The packet distributed to you at packet pickup will contain a bike helmet sticker with the team's number and a larger bike frame sticker with the team's number... the cyclist should affix these to their bike helmet and frame. The cyclist should also be body marked with their number on the left calf and left bicep.

When the cyclist completes the bike course and returns to transition the team's runner should be waiting at the team's designated rack position. The runner will then put the timing chip around their ankle and run. The runner should wear the bib included in the packet given to the team at packet pick-up (pins will be provided) and be body marked with their number on the left calf and left bicep.

Note: 2-person relay teams are acceptable. Two person teams transfer the chip from swimmer to biker to runner similar to 3-person teams as described above.

15. AWARDS

Awards will be distributed to the top 3 males and females in each race category (e.g. Collegiates, Age Group [in 5 year increments], Athenas, Clydesdales, Splash & Dash and Aquabike). Awards will be given to the 1st place team in each Relay Team category (e.g. Male, Female, Mixed). The Friends, Families & Beginners category is non-competitive and awards are not distributed to athletes in this category.

Award Ceremonies: Awards in the Sprint race will be distributed at approximately **10:15am**. Awards in the Olympic race will be distributed at approximately **11:30am**.

16. POST-RACE

Complimentary Food & Drink: All athletes will be treated to light food and drink from the finish line corral including fruit, pretzels, HUMA Gel products and more.

Loon Pond Bar: Each athlete, 21 and over, may have the opportunity to purchase alcoholic beverages after the race. We do not have a beer sponsor for this race. This is a cash bar & has no affiliation with Outsider Endurance. Loon Pond Lodge is responsible for all alcoholic beverages, sales & proceeds from any alcohol purchased. Please drink responsibly and stay within roped areas when you have alcohol in your hand. Alcoholic beverages are not permitted otherwise.

The Catered Lunch (purchase required): A catered lunch will also be available. A complimentary pass to the catered lunch is included with the price of registration for all athletes in an Olympic distance race. Olympic athletes also had the opportunity to purchase additional lunch tickets when registering online. Sprint race athletes were able to purchase lunch tickets for themselves and/or spectators when registering for the race online. Volunteers at the food tent will verify who receives complimentary pass to the catered lunch (Olympic athletes) and who pre-purchased tickets. Lunch tickets will be available for purchase at the food tent on race day at \$20 each. [Meal Tickets](#)

The catered lunch will be served by Loon Pond Lodge and includes:

- BBQ Pulled Pork sliders (the pulled pork is Gluten free, the rolls are not)
- Cole Slaw,
- Potato Salad,
- Sliced Watermelon

This catered lunch will be available starting at **10:00am**.

Race Photos: our official race photographer and will have photographers on site throughout the day taking pictures of athletes in action. All athletes will be notified by email when photos are available. At that time you will be able to download all photos for FREE.

17. WEATHER POLICY REMINDER AND COURSE CHANGES

The last thing we ever want to do is cancel a race. We know you've been training for months and we've been planning for months to make this a special day, but if the weather threatens the safety of athletes we will cancel the event. If a race is canceled due to inclement weather, acts of God, or unforeseen circumstances beyond the control of Event Management, refunds will not be given; however, a partial credit or discount will be offered to the following year's race.

Event Management reserves the right to alter, cancel or eliminate any segment of the race at any time in the interest of athlete safety or for other reasons beyond our control. No refunds will be issued if changes such as these become necessary.

18. VOLUNTEERS

This year's race is made possible with the support of volunteers from the Middleboro Demolay, the Bay State Triathlon Team, Boston Tri Team, Cape Cod Tri Team, Mastery School, and other groups, we are grateful for their support.

19. 2025 SPONSORS

We are fortunate to have the support of sponsors whose contributions improve the overall quality of the Cranberry Trifest. Your patronage of our sponsors is greatly appreciated. Our 2025 sponsors include:

- **Breakthrough performance**
Coaching BPC (*Official Coaches*)
- **Gatorade Endurance**
- **HUMA Gels**
- **The Law Offices of John Manoog**



20. SPECTATOR INFORMATION

If you have friends or family coming to root you on during the race here's some info to pass on to help them plan their day:

- **Parking:** Spectators have the same parking options as athletes (see the “Parking” section above)
- **About Ted Williams Camp:** The Ted Williams Camp is a beautiful location that offers numerous places to watch athletes. The Camp also features tennis courts, a “tot lot”, a skateboard park, playing fields and plenty of open space to toss a Frisbee, play catch or just hang out. For the outdoorsman, there is the option to go fishing in Loon Pond (once all swimmers are out of the water). Note that swimming in Loon Pond is prohibited unless a lifeguard is on duty.
- **The Finish Line:** It is not uncommon for athletes to have children join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with family. However, we want spectators to be aware that the finish line corral is for athletes, volunteers and other race personnel... many athletes come across the finish line running at a fast pace, some need medical attention and, in general, the finish area is a busy place. As a result, we ask that any spectators that come across the finish line with an athlete quickly move beyond the confines of the finish line corral. Thanks in advance for your cooperation with this.
- **Volunteering:** Want to be a part of the action? Consider volunteering! We need 100+ volunteers and are still actively recruiting volunteers to fill a variety of positions. Lending a hand is a great way to show support. Visit the Volunteer Tent for more information or go to [Cranberry Volunteer Registration](#) for more information and to sign up.
- **Food & Beverage:** At approximately 10:00am on Sunday, Boston Tavern will begin serving a catered lunch (see the “Post-Race” section for the menu). Spectators may purchase a meal ticket for \$20. [Meal Ticket](#)
- **Dogs at the Ted Williams Camp:** Are dogs allowed at Ted Williams Camp? Yes! Please make sure they are leashed and please pick up after them.