



Dear Athlete:

Welcome to the 18th annual Dover Sherborn Boosters Triathlon! We are thrilled that you've chosen to include our event on your race calendar! Your support means a lot to the students of Dover-Sherborn, and the DS Boosters encourages you to check out our website (www.doversherbornboosters.com) to see what your entry fees and donations are helping fund. We want to thank you for your generosity by putting on the best event of your year. And to that end, please see the pre-race package of important information with everything you'll need for the race.

Thank you also to all of our generous [sponsors](#). We could not have done this without their support.

If you have any questions after reviewing the enclosed materials, please feel free to contact the race organizers on our website, www.dsboosterstriathlon.com

Thank you again, have a fantastic race, and we'll see you at Farm Pond!

Sincerely,

Eric Cullum and Adam Nee
Race Directors
DS Boosters Triathlon



MANDATORY PACKET PICKUP

Race packet pickup will take place Saturday, September 14 between 3:00 and 5:00 pm at the Dover Sherborn High School Mudge Auditorium, located at 9 Junction St, Dover, MA 02030. We will also be set up for same day registration the morning of the race so it's not too late if friends want to sign up! Saturday packet pickup is strongly suggested, but there will be last-minute packet pickup the morning of the race itself from 5:45 to 6:45 at Mudge Auditorium.

All athletes must pick up their own packet in person. If you are part of a 2 or 3 person relay team, you must pick up your packet as a team.

Your Race Packet:

Your race packet will contain the following:

1. Run Bib Number - This must be displayed during the run leg on the front of your body. Use a race belt to attach your number for the run leg or use safety pins (provided at registration).
2. Bike Frame Number - This must be attached to your bike so the number is clearly visible on both sides. Please attach to your bike before arriving at bike drop off to allow our volunteers to properly rack your bike (more information on bike drop off to follow). **THIS MUST BE DONE BEFORE YOU WILL BE ALLOWED INTO THE FIRST TRANSITION AREA.**
3. Bike Helmet Sticker - please attach to your bike helmet.
4. Swim cap. Swim caps are required this year and will be color coded according to your wave at the start.
5. Plastic swim gear bag - This bag will be labeled with your race number and is where you will place all of your swim gear at Transition 1 after the swim. This is critical to allow our volunteers to move your gear to the finish line and sort by number for you to collect after the race, so don't forget to bring it with you to the race!

Timing chip distribution and body marking will take place on race morning at Farm Pond.

RACE DAY AGENDA

Farm Pond (ADDRESS: 201 Lake St., Sherborn MA 0177) enter latitude/longitude 42.2316, -71.3513 into Google Maps opens for bike drop off at 5:45am on Sunday, September 15.

Please put your number on your bike before arriving at the pond. Volunteers will grab your bike



from your car and rack it according to your race bib number. You will set up your swim / bike transition later, so keep your helmet and the rest of your gear with you!

Park at the [Dover Sherborn High School](#) by Mudge Auditorium, as the parking lot by the running track will be closed for the event. Stroll over to the parking lot by the track and set up your bike / run transition at the bike racks (sneakers, bib number with race belt/pins, visor/hat, hydration/nutrition, etc.) Note that each rack will have a number range (1-10; 11-20, etc), so do your best to estimate your position. Then BRING YOUR BIKE GEAR AND SWIM GEAR and catch the shuttle bus back to Farm Pond from the front of the gym building. You'll need your bike and swim gear at Farm Pond for the swim and Transition 1.

When you arrive back at Farm Pond, set up your swim / bike transition area (bike should already be racked from the bike drop off). Wetsuits are optional (water should be in the upper 70's / low 80's and pretty comfortable), but swim caps and bike helmets are mandatory! Roy Cervantes of Grace Bicycles will be there for any last second bike help (chain issues, tire pressure check, etc)

Grab your timing chip from the volunteers, get your body marked with your number, and make your way down to the pond for announcements, the national anthem, and the start of the race! Your timing chip must be worn around your ankle for the entire race and must not be covered by a wetsuit. Relay teams will pass the chip to the next athlete at each transition.

Race weekend schedule, course description, and more important details about the race continue on the next page.



RACE WEEKEND TIMETABLE

Saturday, September 14th

3:00 - 5:00 PM Mandatory Packet Pickup (Mudge Auditorium, DS High School
9 Junction St, Dover, MA 02030)

Sunday, September 15th

5:30 AM Busses begin running between DS High School and Farm Pond
 5:45 AM Farm Pond bike drop off opens
 5:45 AM Same Day Registration starts at DS High School

 6:45 AM Registration at DS High School closes
 7:00 AM Bike drop off at Farm Pond ENDS

 7:40 AM Transition 1 (swim / bike) closes, all athletes to the beach
 7:40 AM Last bus to Farm Pond

 7:45 AM Final announcements and national anthem
 8:00 AM Race starts by wave, with 2 athletes at a time going out every 5 seconds in a rolling start. Waves are as follows*:

Wave number	Who	Estimated Start Time
1	Elites, 19 and under (Male and Female) and Relay Teams	8:00am
2	Males 20-29	8:04am
3	Females 20-39	8:08am
4	Males 30-39	8:12am
5	Females 40-49	8:16am
6	Males 40-49	8:20am
7	Females 50+	8:24am
8	Males 50+	8:28am



* Waves may change depending on registrations, but will be finalized by race day.

11:30 AM (approx.) Awards ceremony at the DS High School turf/track field

Note: Bike Transition will not open for bike and gear removal until all athletes are on the run course. Finished early? Help yourself to the buffet and cheer on your fellow athletes while you wait! Info on this years breakfast buffet:

Be sure to join us for the post race breakfast buffet following the DS Boosters Triathlon at the Dover Sherborn High School track (9 Junction St, Dover, MA 02030)

We have some delicious and nutritious options for athletes, spectators, sponsors and family members alike.

Come and cheer on your athlete at the finish line and enjoy:

1. Grilled breakfast pizza from Hearth Pizzeria
2. Eggs, pancakes, sausage and bacon from Roche Bros Supermarkets
3. Banana's, apple's, protein and granola bars, yogurt and juices from Wegmans
4. Bagels, cream cheese and pastries from Blue Moon Bagel Cafe in Medfield
5. Coffee by our friends at Dunkin' of Dover, MA. Locally owned and operated by the Pesce family at <http://acmdonuts.com/>

And so much more.....

This year we will have seating by the finish line for you to sit back, relax, eat and mingle.

Family, spectators and children welcome

This year we will have our friends at [Launch Trampoline Park](#) and [MyGym](#) on the turf to entertain the kiddos and parents alike. Family event; the more the merrier!

WEATHER

This race will go forward no matter the weather unless the Town or public safety officials say otherwise, so be prepared! Don't forget sunscreen and extra layers if it's chilly



COURSE DESCRIPTION AND LOGISTICS:

Course maps are available on the race [website](#). If this is your first time participating in this event, please review as there is some overlap between the bike and run course.

Swim (.25 miles):

The swim begins on the right side of the beach, with athletes released two at a time every 5 seconds by wave (see wave listings above). The quarter mile swim goes straight out, then left around the outside of the first buoy (so you are swimming parallel to shore), then another left around the final buoy and into shore. Note that the swim finishes on the beach and NOT at the boat ramp. Athletes then jog along the path towards the boat ramp and up the hill into the parking lot and Transition 1.

Nervous about the swim? Don't be! There are no style points, so if you want to switch to the backstroke or tread water for a bit feel free! Also note that there will be lifeguards and other kayak / paddle boarders out in the water to assist as needed.

When you enter Transition 1 you MUST put all of your swim gear (swim cap, goggles, wetsuit, etc.) in the plastic bag provided or otherwise clearly number your gear bag. Our volunteers will collect and transfer the swim gear bags to the finish line.

Bike (14.3 miles):

Athletes will exit the transition area and mount their bikes in the designated bike mount area just outside the main gate on Lake St.. **HELMETS MUST BE ON AND FULLY BUCKLED BEFORE YOU START YOUR BIKE LEG!** See the *Rules of the Road* below for other official bike course rules.

The course turns left out of the gate and down Lake Street, before turning right on E. Goulding Street, right on South Main Street (Rt. 27), Right on Farm Road, left on Farm Street, continue straight on Main Street (Dover), right on Claybrook Road, right on Centre Street, right on Hunt Drive, left on Donnelly Street (overlapping with the run course), right on Fox Run Road, and right on Farm Street before arriving at Transition 2 on your left at the DS High School. The bike course has rolling hills on winding country roads with a few sharp turns, so be alert! Volunteers will be out providing directional guidance where appropriate but it is up to you to race safely and responsibly. The bike leg will finish at the DS High School where athletes will dismount



before wheeling their bikes into Transition 2. Watch for signs and volunteers directing riders to the designated dismount area.

Run (3.4 miles):

The run will exit through the back of Transition 2 and around and out of the DS High School complex, crossing Farm Street to Donnelly Drive, then left on Grand Hill Drive, left on Donnelly Drive (overlapping with the bike course), right on Fox Run Road, right on Morningside Drive, right on Partridge Hill Road, left on Donnelly Drive, and finally crossing Farm Street for the final stretch at the High School. The run is entirely through neighborhood roads, overlapping with the bike course on Donnelly street before crossing back into the DS High School complex adjacent to the start of the run course. Athletes will circle around the back of the track fence before entering onto the track to complete the last 8th of a mile. Let's see that smile as you pass through the finish line archway in front of the cheering crowds - you did it!! Time to hydrate and hit the buffet!



RULES OF THE ROAD AND HELPFUL TIPS:

While this is not (yet) a USA Triathlon certified event, we are observing a number of the rules as they'll help make this event a safer and more pleasant race for everyone. These rules are distilled as follows:

- Ride on the right hand side of your lane.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- NO DRAFTING ALLOWED (i.e., riding close behind another cyclist to remain in their slipstream). If you approach another rider to pass, you must complete your pass within 15 seconds. If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.
- NO PORTABLE AUDIO DEVICES ALLOWED
- Be respectful, responsible, and joyful

Make sure your helmet is in good working order and properly fastened. As noted above, no headphones / earbuds - you need to be able to hear warnings from athletes and others (as well as the cheering crowds).

Spectators are encouraged! The Farm Pond shuttle buses will start carrying spectators back to the High School once the cyclists have left Transition 1, and since both the bike finish and the race finish are at the High School spectators will have ample opportunity to cheer for their athlete.

There will be porta potties at Farm Pond and others at the High School. There will also be two water stops along the run course, as well as Drink Simple Maple Water, GI, and water at the finish line. Not to mention our wonderful breakfast buffet!

Watch your email for any updates, and have a great race!!