



# 2026 ATHLETE GUIDE

**Race Date: Saturday, 6/13/26 Race Start: 7:00am**  
**Location: Cathedral Camp, 167 East Freetown, MA**

June 9, 2026

Dear Athlete,

Welcome to race week for the 20th Annual Patriot Half and the 2026 USA Triathlon Long Course National Championship.

This year marks a historic milestone for the Patriot Half. For two decades, athletes have traveled to East Freetown to test themselves on one of the most respected and enduring long-course races in the country. Now, as we celebrate our 20th anniversary, the nation's top long-course athletes will converge on Patriot to compete for national titles, championship jerseys, and a place in USA Triathlon history.

Whether you are racing for a national championship, representing your club, chasing a personal best, or simply taking on the challenge of 70.3 miles, you are part of something special. The energy, competition, and atmosphere surrounding this year's event will be unlike anything Patriot has seen before, and we are honored to have you with us.

This Official 2026 Patriot Half Athlete Guide contains everything you need to know for race weekend, including packet pickup, race-day logistics, course information, spectator details, and post-race festivities. We encourage you to review it carefully prior to your arrival.

The Patriot Half is proudly produced by Outsider Endurance. Between this Athlete Guide and the Patriot Half section of our website, you should find answers to most of your questions. If, after reviewing these resources, you still need assistance, please contact us at [info@outsiderendurance.com](mailto:info@outsiderendurance.com). As race week progresses and our team transitions fully into event operations, response times may be slower than usual.

Any important race-week updates or announcements will be communicated via email. We also encourage you to follow Outsider Endurance on Facebook and Instagram, where we will share race-week information, including Long Pond water temperatures, weather updates, and other timely reminders.

On behalf of our staff, volunteers, sponsors, and community partners, thank you for choosing to be part of this landmark event. We are excited to welcome athletes from across the country to New England and showcase everything that has made Patriot a bucket-list race for the past 20 years.

Good luck with your final preparations. We look forward to seeing you on the starting line and celebrating your accomplishments at the finish.

See you on race day,

Jeff Smith  
Race Director  
Outsider Endurance

## OUTLINE

1. Parking
2. The Layout at Cathedral Camp
3. Schedule of Events
4. Race Packet Pick-up
5. Timing and Your Timing Chip
6. New Rules for USAT Multisport Competitions
7. Athlete Tracking and Live Results
8. Body Marking
9. Transition
10. The Swim
11. Duathlon Leg 1
12. The Bike - Du Leg 2
13. The Run - Du Leg 3
14. The Finish
15. Details for Aquabike Athletes
16. Details for Relay Teams
17. Post-race
18. FREE Race Photos
19. Weather Policy Reminders
20. Volunteers and Charitable Partners
21. 2026 Sponsors
22. Spectator Information
23. Where to Eat
24. Misc. Info

### 1. PARKING

Athletes and spectators have two areas to park on the grounds of Cathedral Camp which is located at 167 Middleboro Road, East Freetown, MA.

**The WEST Lot** opens at 5am on race day and is right next to transition. This lot typically fills by 6:00am and is the most convenient for athletes. Once filled, no cars will be admitted to this lot for the rest of the day and **cars parked here will not be able to leave until 1:00pm** due to cyclists and runners using the access road leading to this lot during the race. The West lot is the best parking location for athletes that come to Friday's 3pm-7pm packet pick-up at Cathedral Camp and cars may come and go from this lot throughout that time.

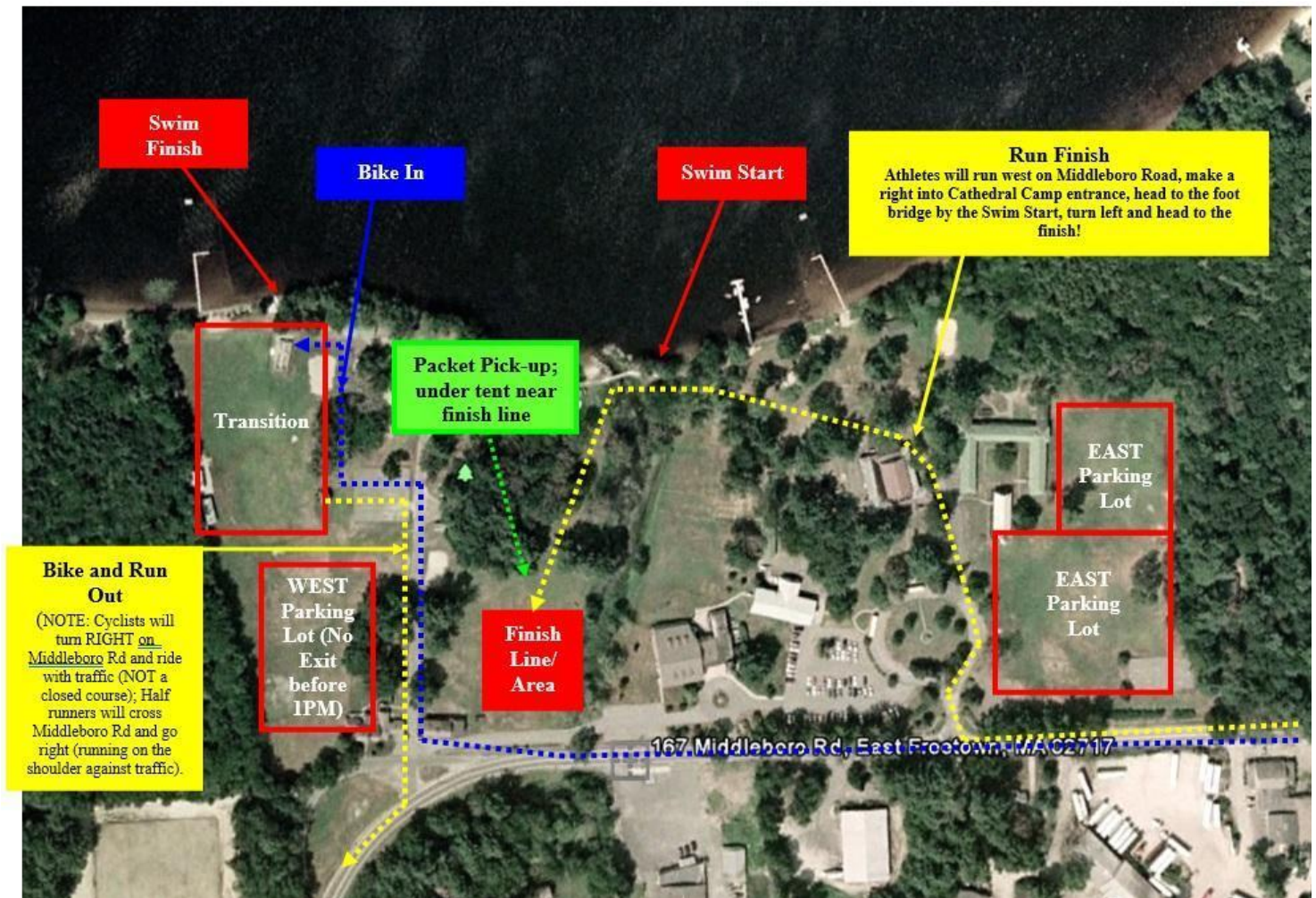
**The EAST Lot** is for athletes and opens at 5AM. Cars that park in this lot may leave throughout the day.

Overflow parking will be directed by our parking attendants, **please do not park at local businesses or along the roads around the event.**

If you are approaching Cathedral Camp from the Chace Road exit off of Route 140, Cathedral Camp will be on your LEFT – the West Parking Lot will be the first parking area on your left and the East Parking Lot area will be the second lot at the other end of the grounds of Cathedral Camp. St. John Neumann's church is between the East and West lots. See the next page for an aerial view of Cathedral Camp with these parking locations noted.

## 2. THE LAYOUT AT CATHEDRAL CAMP

The view of Cathedral Camp below shows how the venue is set-up on race day for registration/packet pick-up, transition, the swim start and finish, etc.



## 3. SCHEDULE OF EVENTS

### **Friday, 6/12/26: Packet pick-up under the big tent next to the finish line at Cathedral Camp in East Freetown, MA at 167 Middleboro Road**

- **3:00pm**: Race packet pick-up opens
- **5:30pm-6:30pm**: Practice swim in the designated area accessed from the swim finish.
- **5:00pm**: Q&A with the Patriot Race Director under the tent next to packet pick-up.
- **7:00pm**: Packet pick-up concludes.

### **Sat, 6/13/26 (RACE DAY!) at Cathedral Camp in East Freetown, MA at 167 Middleboro Road**

- **5:00am**: Race packet pick-up, chip distribution and body marking begins and transition opens.
- **6:00am-6:40am**: Warm-up swim; Athletes may swim in a designated section of Long Pond that is between the swim start and swim finish near the shore and will be marked with **GREEN** buoys;

athletes must enter and exit the swim warm-up area **from the swim finish** next to transition and may **NOT** swim beyond this contained area.

- **6:30am:** Race packet pick-up concludes; all athletes must be checked in; **Pre-race meeting with the Race Director;** athletes must be in or near transition to hear the pre-race meeting announcements from the RD.
- **6:40am:** All athletes must be out of the water.
- **6:50am:** All athletes must be in transition and the procession to the swim start will begin; starting with athletes competing in the elite category & followed by all athletes within their self-seeded categories.
- **7:00am:** Start of swim: Elite/Open male athletes; see wave plan in "The Swim" section.
- **11:00am:** Riccardi's Restaurant to begin serving the post-race catered meal; also at this time, athletes that have completed the race may begin to remove their bike from transition under guidance of the event's Transition Coordinator. Please be prepared to show our staff your body marking & matching bike stickers as you leave transition.
- **12:30pm:** Aquabike awards ceremony.
- **1:30pm:** Triathlon & Duathlon awards ceremony.

#### 4. RACE PACKET PICK-UP/REGISTRATION

The Patriot Half is a USAT sanctioned event and USAT requires the following:

- **YOU MUST PRESENT A PHOTO ID AT REGISTRATION. NO PHOTO ID, NO RACING, NO EXCEPTIONS.**
- Athletes may pick up packets for other athletes if they have a photo of that athlete's ID.
- Relay Teams: A picture of each member's photo ID is required for packet pick up.
- If you did not provide a valid USAT membership # when you registered for this event you must show one at packet pick-up or you will be required to purchase a USAT annual (\$50) or 1-day membership (\$15). Athletes in need of an annual or 1-day license for this event may purchase them from this link: [USAT MEMBERSHIP LINK](https://www.usatf.org/membership)

**KNOW YOUR BIB#:** Packets will be organized by bib# when you arrive so you can save yourself the effort of looking up your bib# up on the Athlete Board by coming to packet pick-up knowing your bib#. You can look up your bib# here: <https://www.allsportsevents.com/results/patriot-half-triathlon-2026/>

The packet given to you at will include the following:

- Bib #: To be pinned to your race top or worn around your waist with a race belt. (Pins available on request.)
- Bike helmet sticker: To be applied to the front of your bike helmet
- Bike frame sticker: To be wrapped around the bike's top tube or seat tube.

The race packet pick-up will be available:

- Friday, 6/12, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **3:00pm-6:30pm**
- Sat, 6/13, at Cathedral Camp at 167 Middleboro Rd, E. Freetown, MA; **5am-6:30am**

It is strongly recommended that you pick up your race packet prior to race morning if possible.

**Category Changes:** If you need to switch race categories (e.g. Triathlon to Aquabike... Open/Elite to Age Grouper, etc) you will need to go to the Help Desk at packet pick-up to have a change form completed. If you need to have a change like this made, the sooner you can get to packet pick-up, the better.

#### 5. TIMING and YOUR TIMING CHIP

All Sports Events is our timer and all athletes will be chip timed.

When you are given your chip, verify that the numbered chip given to you by the volunteer corresponds to your bib# (getting the wrong chip will impact your posted results). The chip goes on your LEFT ankle.

**Timing Splits:** Triathlon individuals and relay teams will receive 6 timing splits: (1) swim time; (2) transition #1 time; (3) bike time; (4) transition #2 time; (5) run time; (6) overall time.

Aquabike athletes will receive 4 splits: (1) swim time; (2) transition #1 time; (3) bike time; (4) overall time.

Duathlon athletes will receive 6 timing splits: (1) Run 1 time; (2) transition #1 time; (3) bike time; (4) transition #2 time; (5) run2 time; (6) overall time.

After completing the race, results will be displayed on flat screen monitors built into the side of the All Sports Events trailer. The trailer will be set-up adjacent to the finish line. Athletes that provided their mobile number will also have results texted to their phones.

**YOU MUST RETURN YOUR CHIP OR YOU WILL BE CHARGED A \$75 REPLACEMENT FEE.** Volunteers will be at the finish line to remove the timing chip of athletes that complete the triathlon. Athletes in the aquabike whose time is complete when they cross the timing mat at the dismount line will be asked to place their timing chip in a designated chip bin at the end of transition nearest to the water. This is in the vicinity of the "swim in" & "bike in" area of transition, where most Aquabike athletes will be racked.

## 6. Rules for USAT Multisport Competition

**You are responsible for knowing the USAT rules.**

**USAT non-drafting zone to 12 Meters for longer than Olympic races. ( About 39 feet )**

### **Blue Card Time Penalty for Drafting.**

This is a time penalty for an infringement that is served by an official on the bike course. This penalty involves the display of a Blue Card by an official and advisement on when and where the athlete is to serve the penalty. The athlete may resume racing only after being instructed to do so by the official.

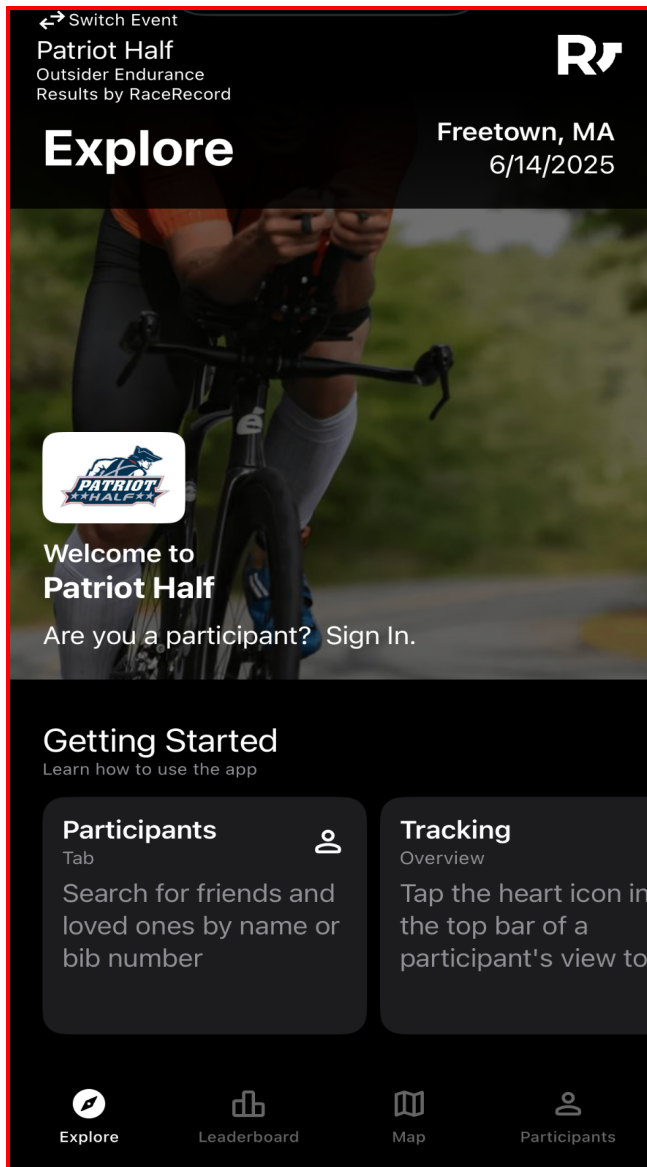
If the athlete is instructed to proceed to a bike course penalty area to serve a Blue Card Time penalty, then the athlete is required to stop at the next penalty area. **(Near Transition)** Failure to do so may result in disqualification. While in the penalty area the athlete is required to be registered in a Penalty Area Log. While in the bike penalty area, athletes may consume only the food and/or water that is on the athlete's bike or person.

Please review the complete list of USAT Rules by clicking [here](#).

## 7. ATHLETE TRACKING and LIVE RESULTS

**Athlete Tracking:** Download the RaceRecord app from the Apple App Store and Google Play Store to track participants, view post race results, and stay up to date on event information. Once downloaded, open the app and search for Patriot Half or find Patriot Half under the lists of upcoming/recent events. When viewing a participant, you can opt into real-time tracking notifications by tapping the heart in the top bar. (<https://racerecord.com/mobileApp/download/9>)

With this tool you can see where athletes are on the bike and run and the projected time of their finish. See below for a screen shot of the app's dashboard. You will be able to find your profile, claim it and share with others to track you live.



**Athlete Start List and Live Results:** Times for the swim, the bike and run for each athlete will be published live to the Patriot Half 2026 results page of our timer's website. Friends and family can track athletes by searching their name, clicking on it when it comes up in search results and then hitting "Add Favorite". The link to live results is below. Looking to see who else is racing in your category or your bib# and your race category? You'll find that at this link below, too.

Start List: [Click Here](#)

<https://www.allsportsevents.com/results/patriot-half-triathlon-2026/>

## 8. BODY MARKING

All athletes need to get body marked. We will offer body marking on Friday at packet pick up. Body marking will begin at 5:00am on race morning. The body marking station will be located across from packet pick-up. Body marketing includes:

- Your race number is marked on your left bicep, left calf and right hand.
- Your age is marked on your right calf -- unless you are part of a Relay Team or in the Aquabike category... Relay Team members will have an "R" written on their right calf and Aquabikers will have an "AB" Duathletes will have a "DU" written on their right calf.

Body marking is essential for identifying athletes when on the course and in race photos made available for free from Outsider Endurance photographers post-race. **You must be body marked before entering transition on race morning.**

## 9. TRANSITION

Transition will be open for athletes to walk through during Friday's packet pick-up hours (3pm-6:30pm). If your friends or family want to see TA, this is the time to do it. Once a bike enters TA, you will be required to match your bib number for removal. Athletes will also have the opportunity to check their bikes into transition at this time and leave their bike overnight (this is an optional convenience and not required). **If you want to check your bike into transition on Friday you will need to affix the bike frame sticker included with your packet to your bike. If you don't have your bike frame # affixed to your bike, it won't be admitted into transition.** Volunteers at the entrance to transition will check your bike to make sure it has the sticker and you must also show your matching race bib #. Volunteers will also check your brakes and ensure you have bar end plugs at the end of your handlebars. You will not be able to check your bike into transition if you are missing bar end plugs. Security will be in place from 6pm on Friday until 5am the next morning to watch bikes checked in on Friday.

Transition will open Saturday morning at 5:00am. 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. **ONLY REGISTERED ATHLETES WILL BE ALLOWED TO ENTER TA ON RACE DAY. NO EXCEPTIONS.** This is a safety and insurance requirement.

Once you enter transition proceed to your rack position. Rack number placards will be placed at the end of each rack grouping. Refer to the end of the rack groupings to find your designated area. An example would be: "Bay State Tri Team", "#120 - 150" or "Aquabike Athletes". If you have any questions, we will have staff in transition to assist you. All of your gear should fit on the right side of your front tire & not impede the experience of the athlete next to you. Please respect the space of other athletes when laying out your gear at your space in transition. Overflow bags should be moved to the outer edges of transition.

First Aid Tent: A first aid tent will be set up in transition just beyond the swim finish from 6:00am until 1:00pm. This is your place to go for any kind of minor cuts, bee stings, abrasions, etc. EMTs will also be on site for more serious medical issues and they will be set up near the finish line.

**All athletes are asked to be at their rack position at 6:50am so that we can begin the procession to the swim start.**

**NOTE:** Athletes are not allowed to remove their bike from transition until 11:00am and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave. You will be required to match your bib number to your bike stickers prior to removing your bike. Thank you for your cooperation.



Every swimmer is different. They are physically different and have different needs when swimming. To perform, a wetsuit must meet their needs. At Open Soul Swimming we make wetsuits specifically for the athlete. Each one is tailor made to fit. We specify the best Yamamoto materials to optimize body position. We even customize sleeve length to account for a watch. When complete, it is the most efficient and fastest wetsuit you can get. Every wetsuit we make is different, and each one is perfect. Enjoy your swim.

[www.opensoulswimming.com](http://www.opensoulswimming.com)

## 10. THE SWIM

The 1.2 mile swim is in Long Pond, the largest freshwater pond in Massachusetts. Athletes are required to wear the colored swim cap given to them at race packet pick-up. **Athletes that are nervous about the swim may request a "nervous swimmer" swim cap during packet pick-up** which will ensure our lifeguards keep especially watchful eyes on them. The nervous swimmer's swim cap color is **RED**. The swim wave schedule for the 2026 Patriot Half is as follows: **\*Aquabike athletes must start in the last wave to ensure verification of all AB athletes in the proper category.**

| 2026 Patriot Half Swim Plan |                    |                                  |                |                              |
|-----------------------------|--------------------|----------------------------------|----------------|------------------------------|
| Wave                        | Category           | Cap Color                        | Est Start Time | Format                       |
| Elite Men                   | Male Open/Elite    | FL Orange                        | 7:00           | Mass Start in the Water      |
| Elite Women                 | Female Open/Elite  | LT Blue                          | 7:02           | Mass Start in the Water      |
| All Triathletes             | Individual & Relay | Male FL Orange<br>Female Lt Blue | 7:04           | Self-Seeded TT: 3 every 10s. |
| All Aquabike                | Aquabike           | FL Green                         | 7:20           | Self-Seeded TT: 3 every 10s. |

**Please look for the following signs as you line up for the swim start.**



**Race Morning Warm-up Swim:** On race morning, starting at 6:00am, a section of Long Pond will be available for athletes to warm-up for the swim. Athletes will enter and exit this area from the swim finish next to transition and must swim in the designated area only. This area will be marked by GREEN buoys. **Athletes may NOT swim anywhere but in this designated area and all athletes must be out of the water by 6:40am.**

**Wetsuits and Water Temperature:** All athletes may wear a wetsuit and be eligible for rankings and prizes if the water temperature is 78 degrees F or less. The water temperature of Long Pond on the morning of Thursday, 6/8/26, was **69F**. We expect the water temperature to be in the low 70s on race day. Water temperatures will be posted on our instagram account throughout the week & an official temperature will be taken the morning of the race.

The swim is a counterclockwise rectangle with 2 left turns marked by yellow buoys – all other buoys will be orange.

**Procession to the Swim Start:** Athletes will be led to the swim start by a volunteer holding the signs above. All athletes should be at their spot in transition at 6:50am so that we can begin this process.

Elite/Open athletes will start at 7:00am with male elites (wave 1) followed by female elites (wave 1a) at 7:02am.

Athletes will begin the race following a time trial start format entering the water side-by-side, 3 at a time, every 10 seconds. A start clock will count down from 10 to 0 for each set of 3 athletes. An athlete's time begins when he/she crosses the timing mat near the water's edge. Athletes will "self seed" themselves to start the swim. If you do not want people swimming over you, please seed yourself accurately.

Lifeguards and other swim safety personnel will be on the water during the swim. If necessary, a swimmer is allowed to rest by holding onto one of the lifeguard kayaks or stand-up boards (SUPs). 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. Athletes **MUST** adhere to the judgment of lifeguards.

**CRITICAL:** **If for any reason you decide to withdraw from the swim you must alert a member of the race management or timing team located at the swim start or finish and turn in your timing chip.** If you withdraw from the swim and do not notify event management, your whereabouts will raise serious concerns and require activation of the missing swimmer plan... PLEASE don't trigger this unnecessarily.

The swim start and finish are at 2 different locations at Cathedral Camp. You will finish the swim right next to transition and then proceed into transition to get your bike. **All athletes must complete the swim course by 9:00am.** Athletes that do not complete the swim by 9:00am will not be allowed to continue in the race.

**Wetsuit Strippers!** They're back! The Breakthrough Performance Coaching team returns as this year's wetsuit strippers. Wetsuit strippers will be positioned in transition just beyond the swim finish. As the name implies, wetsuit strippers strip off your wetsuit. This is an optional service to help you remove your wetsuit. **If you want assistance from a wetsuit stripper you must first pull the zipper of your wetsuit down to your waist.** Wetsuit strippers will help take the wetsuit off your arms and then tell you to sit down while they pull it off your legs and feet. Avoid indecent exposure.... *hold onto your shorts!*

## 11. Duathlon Run 1

Duathlon athletes will start in a mass-start format at **7:15 AM**. For safety reasons, all athletes will exit transition and walk approximately **0.3 miles** to the official start line before the race begins.

The first run leg is an **out-and-back course**. Athletes will run approximately **1.5 miles** to Aid Station #1 before turning around and returning to Transition 1 (T1) via the same route.

At the turnaround, athletes must call out their bib number to the volunteer stationed at the self-service aid station before beginning the return leg. This serves as your turnaround verification.

Athletes will run **against traffic** for the majority of the course. As you approach the venue on the return, you will be directed to cross the roadway prior to reaching Middleboro Road. This crossing is designed to separate runners from cyclists exiting the venue and entering the bike course.

After crossing with the assistance of a police detail, athletes will enter T1. Please note that during the final **0.25 miles**, you will be running **with traffic**. For your safety, remain to the **right of the cones** at all times and follow all instructions from race staff, volunteers, and law enforcement personnel.

Please review the Run Leg 1 course map prior to race day to familiarize yourself with the route. [Patriot Half Du Leg 1](#)

The rest of your race will follow the same routes as the triathlon.



Since 2001 Fit Werx has served triathletes of all levels with expert bike fitting, sales and service. Now offering AiRO computational fluid dynamics (CFD) testing in the studio. We look forward to working with you at our Danvers, MA, and Waitsfield, VT, locations.

## 12. THE BIKE

We will make every effort to mark the bike course & have volunteers in place to guide you, but ultimately knowing the course is your responsibility. Please find the course here. [2026 Patriot Half Bike Course](#)

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 will jog alongside your bike to the Mount Line. Once you cross the Mount Line you may get on your bike and begin riding.

Police details, volunteers and signage will be in position throughout the course to guide you. **The roads are NOT closed to traffic.** Always be alert for the potential of cars backing out of driveways, distracted drivers,

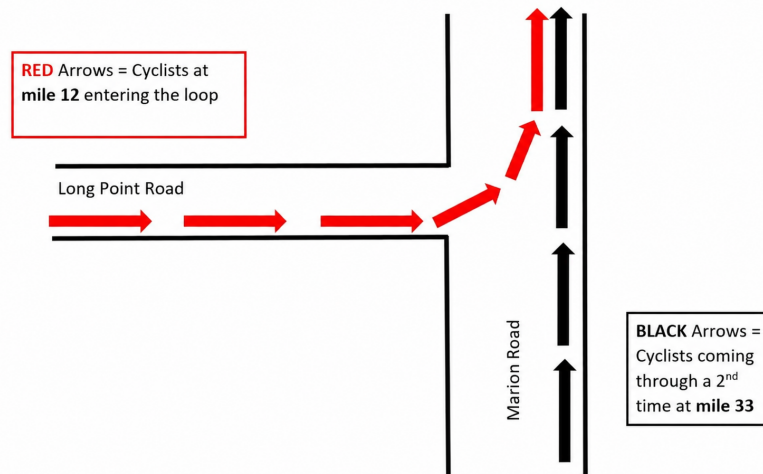
other cyclists, etc. Go to the "Course Info and Maps" section of the Patriot page of the Outsider Endurance website to find a downloadable map and cue sheet for the Patriot bike course.

Obey the rules of the road! **Littering and riding side by side with other cyclists except to pass is strictly prohibited and are grounds for penalties or disqualification.** When passing another cyclist be sure to call out, "*On your left!*", and **NEVER, EVER, EVER cross the yellow line** – STAY IN YOUR LANE.

The first 12 miles of the bike course are completed once. Cyclists then enter a 19-20 mile loop that is completed twice. After completing these two loops cyclists ride a new stretch of 4 miles to the finish for 54 miles total. There are two important sections of the bike course to be aware of as you prepare for the event – "The Merge" and "The Split".

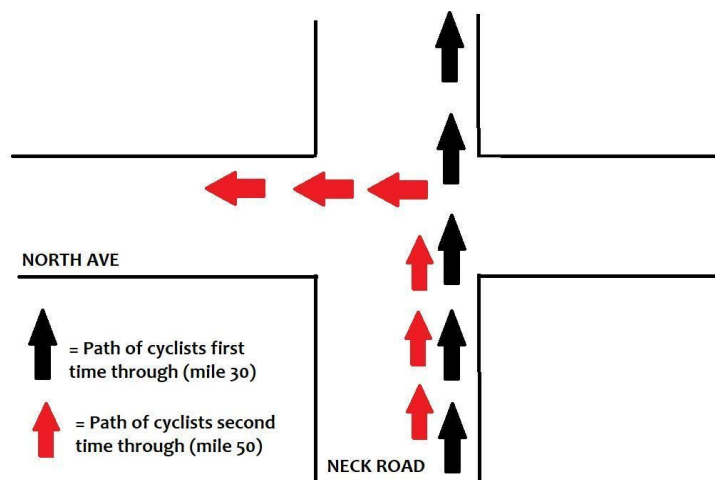
**"The Merge":** The first 12 miles of the bike course are only completed once, but then cyclists enter a loop section of the course that is to be completed twice. Cyclists enter this loop by turning left onto Marion Road from Long Point Road in Middleboro at mile 12. There will be a period of overlap during the event when cyclists at the back of the pack will turn left onto Marion Road while cyclists near the front of the pack ride north on Marion Road to start their 2nd loop (their mile 33). The result is a merging of cyclists at this intersection. Signage and volunteers will be in place to raise awareness of this merge and a police detail will control traffic. Please ride with extra caution at this location as you may be merging with cyclists from your right or from your left. See graphic at right depicting this merge.

"THE MERGE" AT MILE 12 AND MILE 33



**'The Split':** The Split is at the intersection of Neck Road and North Ave in Rochester and cyclists will pass through this intersection twice. **The first time is at the 30-mile mark and cyclists are to CONTINUE STRAIGHT** so that they may begin a second loop. When cyclists return to this intersection **near mile 50 they TURN LEFT** and head back to Cathedral Camp. Signage and volunteers will be in place to alert you to this intersection and a police detail will control traffic, but prepare yourself in advance for correctly navigating this intersection each time you pass through it.

"THE SPLIT" AT MILE 30 AND MILE 50



**Water Bottle Exchange Station:** The bike course will feature one water bottle exchange station, which you will pass 2x during the bike. This bottle exchange will be located near an open parking lot at miles 25 & 45.

The water bottle exchange is designed to be an additional resource for athletes. Athletes are encouraged to have 2-3 bottle cages on their bike to start the race filled with their preferred hydration drink. If you need to refuel, the bottle exchange will offer 24 oz. Poland Springs water bottles with a sports cap (not a screw off cap) with water and 24 oz. Gatorade Endurance sports bottles with a sports cap. If you would like to receive a bottle you should discard a water bottle as you approach the bottle exchange (there will be a soccer net set up for you to toss your water bottle into) and then call out to a volunteer what you want (water or Gatorade). The volunteer will jog alongside you and hand you your bottle. **If you do not need water or Gatorade at the bottle exchange we encourage you to STAY LEFT as you approach the bottle exchange to avoid cyclists that will be positioning themselves to receive a bottle.**

*Can you get a bottle without throwing one?* Yes, but throwing a bottle is a clear sign to volunteers that you want one. Plus, the bottle exchange station offers you an area to discard unwanted water bottles – discarding them elsewhere would be littering... don't do that! Any water bottles discarded can't be retrieved post-race – unless you want to dig through a few hundred sticky water bottles in the trash.

**Bike Tech Support:** Technicians 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 out" of transition (the end furthest from the water). A member of the 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 team will patrol the course between 7:30am and 12:30pm to offer roadside assistance where possible. Our Bike Coordinator will also be on the course to provide tech support as needed, too.

**Porto-johns:** Porto-johns will be available at the bike out (same as the run out) and at both bike course bottle exchange stations.

**Cut-off Times:** All athletes must complete the bike course and clear T2 by 12:45pm. Athletes that do not clear T2 by 12:45pm will not be allowed to continue in the race.

### 13. THE RUN (Triathlon & Du Run 2)

We will make every effort to mark the run course & have volunteers in place to guide you, but ultimately knowing the course is your responsibility.

The Patriot run course will be supported with signs, volunteers and **8** aid stations. The roads are not closed to traffic and police details will be in key spots as an added safety measure. **ATHLETES ARE TO RUN AGAINST THE FLOW OF TRAFFIC AT ALL TIMES.** The 1-loop 13.1 mile run is generally flat with some rolling hills. Shade is limited. Along the way you'll pass farms, lakes and quiet country roads.

**Aid Stations:** The table below summarizes the run course aid station plan. As shown below, all aid stations will feature water, Gatorade (Endurance Formula) and ice. Every other aid station will have additional nutrition options including Huma & Huma+ gels (flavors: orange mango, berries & pomegranate, blackberry banana, strawberry lemonade, strawberries & mango). We will have salt tabs, pretzels & Coca-Cola products at aid stations as listed below.

| Patriot Half Run Aid Station Plan |                     |              |                            |                                    |
|-----------------------------------|---------------------|--------------|----------------------------|------------------------------------|
| Aid Station #                     | Mile Marker Approx. | Porta-Toilet | Hydration                  | Nutrition                          |
| 1                                 | 1.7                 | no           | Gatorade Endurance & Water | Huma & Huma+                       |
| 2                                 | 3                   | yes          | Gatorade Endurance & Water | Huma & Huma+, Salt, Pretzels, Coke |
| 3                                 | 5.2                 | yes          | Gatorade Endurance & Water | Huma & Huma+                       |
| 4                                 | 6                   | no           | Gatorade Endurance & Water | Huma & Huma+, Salt, Pretzels       |
| 5                                 | 8.3                 | yes          | Gatorade Endurance & Water | Huma & Huma+                       |
| 6                                 | 9                   | no           | Gatorade Endurance & Water | Huma & Huma+, Salt, Pretzels, Coke |
| 7                                 | 10                  | no           | Gatorade Endurance & Water | Huma & Huma+, Coke                 |
| 8                                 | 11                  | no           | Gatorade Endurance & Water | Huma & Huma+, Salt, Pretzels, Coke |

We are working with all aid stations to ensure they follow the graphic below, in an effort to provide consistency at all aid stations.



A trash can will be set up just past each aid station for you to discard cups, wrappers or other trash.

**LITTERING IS STRICTLY PROHIBITED. IF YOU ARE CAUGHT LITTERING YOU WILL BE PENALIZED. PLEASE DISCARD TRASH OR RECYCLABLES IN THE BINS PROVIDED.** If you aren't ready to discard your trash you must take it with you.

**Porto-johns:** Porto-johns will be available at the run out (same as the bike out) as well as at the aid stations near miles 3, 5,& 8.

**Run Cut off:** Athletes have 8 hours & 30 minutes from the start of the race to finish. If the race starts at 7:00AM, all athletes will be required to finish the race by 3:30PM.



We're thrilled to be back at the Patriot Half, this time contributing to the cash prize and fueling athletes at the finish line.

ADDRA Labs builds nutrition specifically for endurance athletes. Our bars are engineered with 2x the leucine of a standard protein bar, the amino acid threshold your muscles need to actually trigger recovery after hard training. Not a snack. A recovery tool. ADDRA athletes use their bar as the first move after every session. Finish strong, grab a bar, have your #ADDDRAMOMENT.

**All Patriot Half athletes get a FREE Sample Pack before race day, just cover shipping. Get your sample pack here (add link: <https://addralabs.com/tools/perfect-product-finder/protein-dosing#/>)**

## 14. THE FINISH LINE

You will be greeted at the finish by enthusiastic volunteers ready to place a finisher's medal around your neck and hand you a commemorative water bottle wrapped in a nice cold, wet hand towel. Ice tubs will be ready for you and the mood will be festive. Now it's time to revel in your accomplishment, share your experiences from the race, cheer on other finishers and enjoy the post-race festivities. Congratulations.... you did it!

## 15. DETAILS FOR AQUABIKE ATHLETES

The Aquabike is for athletes that complete the 1.2 mile swim and the 54 mile bike course (no running). This is the same swim and bike course completed by athletes doing the triathlon. 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. Look for the designated rack grouping that says, "Aquabike Athletes".

**The Aquabike finish time is determined when the athlete crosses the timing mat placed on the dismount on the bike into transition.** This will be the same timing mat that athletes completing the triathlon will cross when they come in off the bike. After crossing the timing mat, Aquabike athletes proceed to their spot in transition where they can remove their helmet, replace cycling shoes with sneakers or sandals and proceed to the finish line (optional). 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 Aquabike athletes to make their way to the finish so they can get their picture taken when crossing the finish line and receive their finisher medal and water bottle.

This year's Aquabike field will follow USAT 5-year age grouping for awards.

**NOTE:** Athletes are not allowed to remove their bike from transition until 11am and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike.

**YOU MUST RETURN YOUR CHIP OR YOU WILL BE CHARGED A \$75 REPLACEMENT FEE.** Athletes in the aquabike will be asked to place their timing chip in a designated chip bin in transition at the end of transition nearest to the water. This is the 601-750+ range of bibs where most aquabike athletes will be racked.

## 16. DETAILS FOR RELAY TEAMS

All Relay Teams will be racked together in transition. **Relay teams are encouraged to come to packet pick up, but a single member can pick up the packet for the entire team with a photo of each team member's ID.** You will receive 1 race packet and it will be listed under the bib# for your team. Relay Teams will be given 1 re-usable chip that will be transferred from swimmer to biker to runner.

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 right hand and left bicep and left calf body marked with their number. An "R" will be written on their right calf to note "Relay".

Once the swimmer completes the swim and arrives at the team's rack position he/she 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 envelope distributed to you at packet pickup will contain a small 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 bike frame. The cyclist should also be body marked with their number on the left calf and left bicep and an "R" on their right calf.

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 his/her ankle and run. The runner should wear the bib included in the envelope 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 and an "R" on their right calf.

**NOTE:** Athletes are not allowed to remove their bike from transition **until 11:00am** and only in a controlled manner managed by our transition team. Athletes will still be transitioning from the bike to the run during this time and we do not want their race negatively impacted by athletes trying to remove their bike from transition to leave.

## 17. POST-RACE

**Awards:** This year's awards will be longer than normal due to this being a national championship field. Please be patient, we promise to get awards rolling ASAP and move them along. **Please note, open/elite athletes will fall back into age groups this year, per USAT. (unless they hold a current pro card)** Awards will be given to the top 3 males and females in the following categories:

- Overall
- Athena
- Clydesdales
- Age Group (e.g. 19 and under, 20-24, 25-29, 30-34, etc.)
- Aquabike male & female + Age groups
- Duathlon Athletes + Age groups
- Relay Teams (Mixed, Male, Female)

**The Patriot Half awards ceremony will have two parts.** Part 1 will be at approximately **12:30pm** with distribution of awards to athletes in the Aquabike category. Part 2 of the awards ceremony will recognize athletes in the triathlon race categories and will begin at approximately **1:30pm**. **All award times are subject to enough of the field being finished to fill podiums..**

The Patriot Half features a **\$1,500 cash prize purse** for athletes that race in the Open/Elite category (\$500 each to the 1<sup>st</sup> place male and female; \$250 each to the 2<sup>nd</sup> place male and female). Only athletes in the Open/Elite category are eligible for prize money.

**Food:** Athletes in the Patriot Half are invited to enjoy the post-race catered meal brought to you by Riccardi's Italian Restaurant of New Bedford, MA. The menu includes:

- Vegetable lasagna
- Meat lasagna
- Italian-style meatballs in sauce
- Boston baked beans (*gluten free*)
- Chicken salad sandwiches
- Antipasto salad (*gluten free, vegetarian*)
- Pasta primavera (*gluten free, vegetarian, vegan*) - rice pasta with peppers, onions, broccoli and mushrooms
- Sliced melon display (*gluten free, vegetarian, vegan*)
- Bakery fresh cookie display

**Patriot athletes may fill their plate one time at no charge.** You will have a red meal ticket in your packet. Athletes wanting to go through the buffet line a second time must pay \$20 per plate. Spectators may purchase a pass to the buffet for \$20. Riccardi's will begin serving at **11:00am**.

**We are not allowed to sell alcoholic beverages per our insurance. However, alcohol is permitted at the venue. If you would like a beverage after the race, please bring your own cooler.**

## 18. RACE PHOTOS (FREE!)

**Official race photos are provided as a courtesy of Outsider Endurance. All athletes will receive all of their race photos for FREE!** Athletes will receive an email post-race with a link to where photos can be downloaded.

## **19. WEATHER POLICY REMINDER**

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, however, a partial credit would be offered to the next year's race. Refer to the Outsider Endurance's website for complete policy details regarding cancellation, refunds, deferrals and transfers.

## **20. VOLUNTEERS**

This year's race is made possible with the support of 80+ volunteers including members of the Bay State Triathlon Team, Boston Triathlon Team, Middleborough Demolay, New England TriFit, The Bothwell Triathlon Team, Girl Scouts of America, National Honors Society Students and others. Producing a triathlon truly "takes a village" and we are incredibly grateful for their support. If you have friends and family coming to watch you race please ask them to consider volunteering... they can visit the Volunteer Tent for more information. **WE NEED A FEW MORE VOLUNTEERS AS WE HAVE HAD SOME LATE DROP OUTS.**

## **21. 2026 SPONSORS & PARTNERS**

We are fortunate to also have the support of sponsors whose contributions improve the overall quality of the Patriot Half in so many different ways. Your patronage of our sponsors at the event, at their retail establishment or online is greatly appreciated. 2026 Patriot Half sponsors are:

- **Breakthrough Performance Coaching** – *Official Coach* & Wetsuit stripping.
- **Open Soul**- *Official Wetsuit Partner* & Cash prize contributor
- **ADDRA LABS** - **post race recovery & cash prize contributor**
- **Gatorade Endurance** - **on course hydration sponsor**
- **Elevate Wellness** - **post race services**
- **Huma Gels**– *Official Energy Gel*
- **Fast Splits** - **bike tech supplies**
- **Fit Werx** - **Bike sponsor & Cash prize contributor**
- **Cornerstone Physical Therapy** - **post race recovery**
- **The Law Offices of John Manoog**



**At Cornerstone Performance and Physical Therapy we are dedicated to helping you achieve your optimal physical health and performance whether you're recovering from an injury, aiming to improve your athletic performance, or simply looking to enhance your overall well-being.**

**We specialize in the treatment of runners and endurance athletes. We offer a number of services including physical therapy, strength and conditioning, dry needling, run coaching, injury screening, slow motion running gait analysis, and more. We will be on site at the Patriot Half with tools to help the athletes recover after the race. Come check us out in the recovery zone to learn more about how we can help you optimize your performance**



#### Massachusetts Accident Lawyers

The Cape Cod personal injury lawyers at the Law Offices of John C. Manoog III have been representing clients throughout Massachusetts since 1994. With more than 146 years of combined experience, we have the skills, ability, and experience to help clients maximize the compensation to which they are entitled and move on with their lives after an accident.

Whether it's a car crash, slip and fall, construction accident, work accident, or the result of shoddy medical care, accidents can happen. When they do, it's important to have a professional, competent, and experienced attorney in your corner to advise you of your rights and options, and assist you in recovering compensation from the responsible parties for any injuries caused. Insurance companies and other people involved in an accident will almost surely have legal representation. So should you.

At the Law Offices of John C. Manoog III, our Barnstable County accident attorneys combine significant negotiation skills with a hard earned reputation as dogged litigators to give clients the strongest possible representation. We draw on substantial resources, including our professional staff and outside experts in a number of disciplines, for a comprehensive approach to each and every case, taking the time to fully understand the factual and legal issues as well as our clients' interests and needs.

## 22. SPECTATOR INFORMATION

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

- **Parking:** Spectators have the same parking options as athletes and the complete parking plan is covered in the "Parking" section of this guide. Most importantly, spectators should know if they park in the West lot (which is expected to fill by 5:30am/5:45am) they will not be able to leave until after 1pm.
- **Athlete Tracking:** Download the RaceRecord app from the Apple App Store and Google Play Store to track participants, view post race results, and stay up to date on event information. Once downloaded, open the app and search for Patriot Half or find Patriot Half under the lists of upcoming/recent events. When viewing a participant, you can opt into real-time tracking notifications by tapping the heart in the top bar. (<https://racerecord.com/mobileApp/download/9>)
- **Where to Spectate:** The best places to spectate are as follows:
  - o At the "Swim Out" next to transition to watch athletes as they finish the swim (and to watch the wetsuit strippers in action... it's very entertaining!)
  - o At the mount/dismount line to see athletes as they leave and return on the bike and go out for the run.
  - o Along the finish line chute to see athletes as they complete the race
- **About Cathedral Camp:** Cathedral Camp is a beautiful location offering numerous places to watch athletes. The Camp has a modest playground (e.g. swings, monkey bars, see saw) and offers plenty of open space to toss a Frisbee, play catch or just hang out.
- **The Finish Line:** It is not uncommon for Patriot Half athletes to have their children or other special people join them for the final 50 yard dash to the finish line. We enjoy seeing this and watching athletes share moments like this with their family. However, spectators need to be aware that the finish line corral is for athletes, volunteers and members of the event management team... 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. Please also give consideration to other athletes that are approaching the finish so that any kids that accompany you do not get in the way of other athletes... crossing the finish line is a special moment for everyone and we want it to be enjoyable and memorable for all. Thanks in advance for your cooperation with this very important part of the race experience.
- **Volunteering:** Want to be a part of the action? Consider volunteering! While we are feeling pretty good about the number of volunteers recruited for this year's event there are always "no-shows" and an extra set of hands can be quite... handy! If you would like to volunteer, visit the Volunteer Tent to ask where you could help. All volunteers that volunteer for a minimum of 3 hours receive a volunteer t-shirt and a complimentary pass to the post-race catered meal. Visit the Volunteer Tent for more information.
- **Food & Beverages:** At approximately 11:00am, Riccardi's Italian Restaurant will begin serving a catered meal (see p. 16 for the menu). This first plate of Riccardi's food is free to athletes in the Patriot Half and volunteers (that help for a minimum of 3 hours) but a \$20 fee is required for a second plate. Spectators pay \$20 per plate as well. Additionally, Mini Donut bites will be on site selling donuts, coffee, cider, hot chocolate & soft drinks.

## 23. WHERE TO EAT IN THE AREA

If you are coming in from out of town looking for a local place to eat on Friday (or Saturday) night we have listed a couple of our favorite options below. Both of these restaurants are just a few miles from the host hotels we recommended on our website (i.e. Fairfield Inn Middleborough, Holiday Inn Express, Courtyard Raynham).

**FIRESIDE GRILL:** A large, easygoing eatery that dishes up hefty portions of American classics; 30 Bedford St, Middleborough, MA; phone: 508-947-5333. Reservations recommended.

**LORENZO'S:** Old-school spot serving hearty portions of pasta, pizza & other Italian classics since 1950; 500 West Grove St/Rte 28 in Middleborough, MA; phone: 508-947-3000. Reservations recommended.

## 24. MISC INFO

Outsider Endurance has a mix of staff and volunteers dedicated to making your race-day experience incredible. Please note, staff and volunteers will be in easily identifiable shirts. Event staff will be in military green shirts & volunteers in neon orange. We are looking forward to helping you have the best race possible. Please do not hesitate to contact our staff with any requests or questions.

