

Call to Honor Triathlon

Stiles Pond · Boxford, Massachusetts

Net proceeds support the Boxford Athletic Association Scholarship, established in memory of Captain Richard J. Cashin. Thank you for racing with us — read this guide before Sunday morning. It answers almost everything.

VENUE	DISTANCES	REGISTRATION	FIRST WAVE
Keith Koster Park 1 Stiles Pond Rd, Boxford MA 01921	400yd · 10mi · 1.5mi swim · bike · run	6:45–7:45 AM Sunday, at the beach	8:30 AM 7 waves, 3 min apart

THE TIMES THAT MATTER

6:45 AM
Registration opens, and
so does transition.

7:45 AM
Registration closes.

7:55 AM
Transition closes. Have
your bike racked and
your gear laid out by
now.

8:00 AM
Pre-race ceremony and
race briefing at the
beach. Everyone
gathers.

Our sponsors

This race exists because these businesses and neighbors put their name behind it.

PRESENTING SPONSOR



GOLD SPONSORS



SILVER SPONSORS



Boxford Athletic Association

Net proceeds from today's race go to the Boxford Athletic Association Scholarship, established in memory of Captain Richard J. Cashin.

And to every volunteer standing on a corner, in a kayak, or behind a table this morning — thank you. There is no race without you.

Race day schedule

Sunday, September 13. Times in red are hard cutoffs.

6:45 AM Registration and transition open

Timing chips are issued here. The last twenty minutes are always the busiest — come before them, not during.

7:45 AM Registration closes

7:55 AM Transition area closes

No entry after this until the first athlete returns from the bike.

8:00 AM Pre-race ceremony and race briefing

The reason we're all here, followed by everything you need to know about the course. Please gather on the beach.

8:30 AM Wave 1 enters the water

Waves follow every 3 minutes — see the wave table below.

8:48 AM Final wave (relay teams)

9:15 AM First finishers expected

10:15 AM Awards ceremony

Expected time — we start once the final finisher is in. Transition reopens for bike retrieval when the course is clear.

11:00 AM Course closes · site breakdown

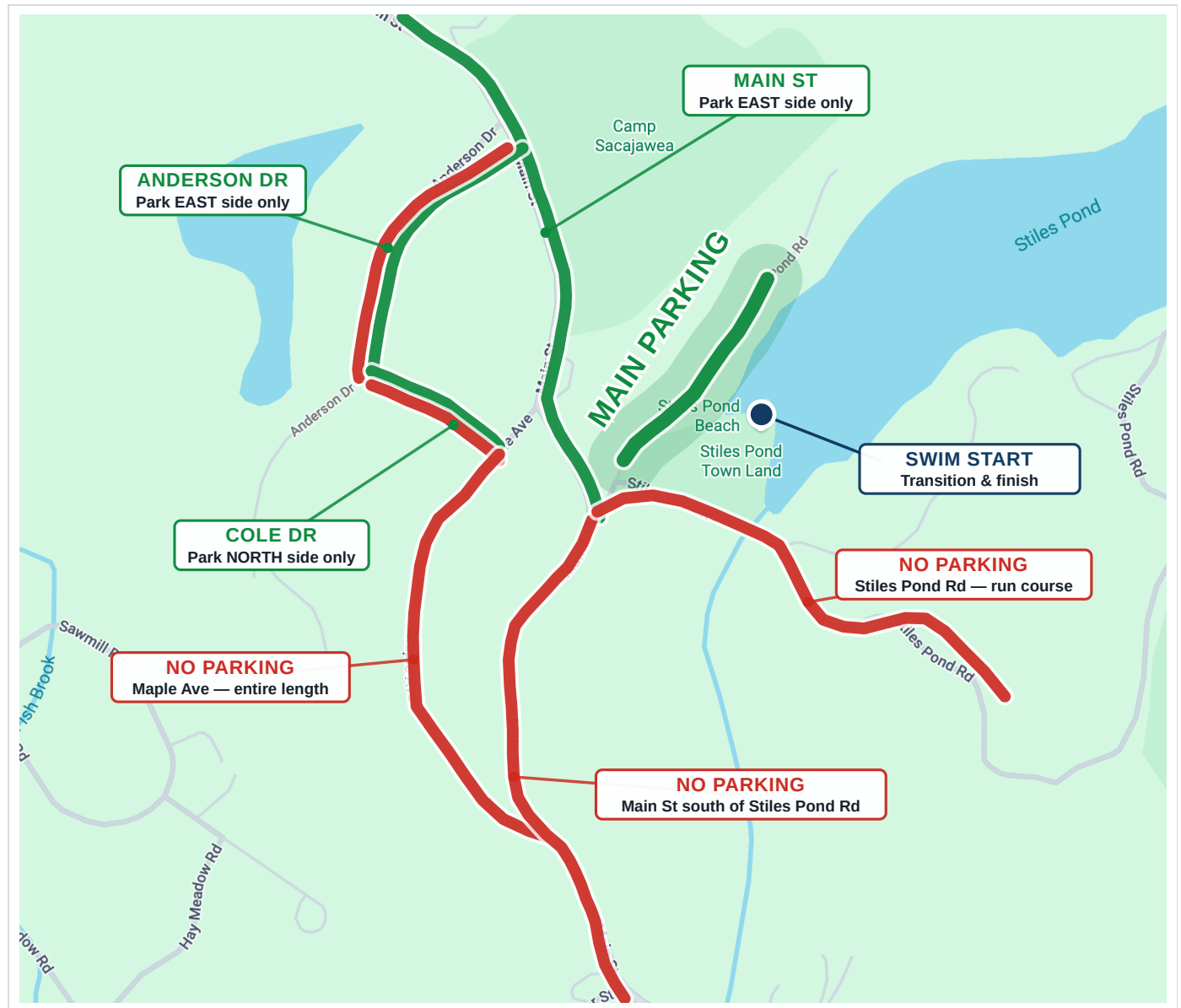
Please collect all your gear. Anything left behind goes to lost and found.

There is no Saturday check-in this year. Everything happens race morning, in one hour, for the whole field. That is why arriving early matters more than any single time on this list.

Getting there & parking

Keith Koster Park, 1 Stiles Pond Road, Boxford, MA 01921

Stiles Pond Road is narrow and residential. It is the only way in and the only way out, and it will be full of athletes walking bikes. **Please plan to arrive early** — it can take time to get from parking to registration.



— PARK HERE — NO PARKING

On Anderson Drive and Cole Drive the green line marks the side you may park on and the red line the side you may not.

WHERE YOU CAN PARK

- **Main parking area** — along Stiles Pond Road between the YMCA day camp and the beach. This fills first. Follow the marshals; they will wave you to where there is actually space.

- **Main Street** — east side only, north of Stiles Pond Road.
- **Anderson Drive** — east side only.
- **Cole Drive** — north side only.

WHERE YOU CANNOT PARK

- **Maple Avenue** — the entire length.
- **Main Street south of Stiles Pond Road.**
- **Stiles Pond Road east of Main Street.** That is the run course and the lane an ambulance would use.
- **Never block a driveway or a hydrant.** These are people's homes and they are letting us race past them.
- On-site parking is free but limited, and it fills early. Follow the marshals — they will wave you to where there is actually space, which may not be the lot you were expecting.
- Carpool if you can. Every car you leave home is one more athlete who parks close.
- If you are dropped off, the drop-off point is the top of Stiles Pond Road — the vehicle should then leave, not wait.

Registration & packet pickup

6:45–7:45 AM Sunday at the beach. There is no Saturday check-in.

Bring a photo ID. Registration was online only — **there is no walk-up registration and no bib transfers or substitutions.**

WHAT YOU'LL BE GIVEN

- **Race bib** — one per entry. Relay teams get a single bib for the whole team.
- **Timing chip and ankle strap** — see the next section. This one matters.
- Safety pins, race shirt, and post-race information.

WEARING YOUR BIB

Individuals: your bib is *not* worn on the swim. On the bike it should face backward; on the run it should face forward. The simplest fix is a race belt — clip it on in transition and spin it around. If you're using pins, pin the bib to the front of your shirt; the finish line camera and the announcer both read the front.

Relay teams: the bib is worn by *the runner only*, and it stays on them all morning. Pin it or belt it on before the race starts. It is not left at the rack, and it is not passed between legs — your swimmer and cyclist race without one. The cyclist is body marked instead.

BODY MARKING

Body marking this year is only for **relay cyclists**. If you are riding the bike leg for a team, a volunteer will write your team's bib number on your **left arm and left calf**, so course marshals can identify you out on the road — you'll be the one rider without a bib.

Please come to the table with your left arm and left calf free of sunscreen; marker doesn't stick to it. Apply sunscreen afterward. Nobody else needs to be marked.

Timing chips

Rented ankle-strap chips. Every one has to come back.

You'll receive a timing chip on a velcro ankle strap at registration. It records your swim, bike, run and finish splits as you cross the mats.

HOW TO WEAR IT

- On your **left ankle**, snug but not tight, chip facing outward.
- **Under your wetsuit leg**, not over it — a strap on the outside gets stripped off with the wetsuit and lands in the sand.
- Wear it for the entire race, including the swim. Do not swap or share chips.
- Cross the timing mats squarely. Don't run around them.

Relay teams share one chip, passed from leg to leg. **Every exchange happens at your team's racked bike position — nowhere else.**

1. The **swimmer** wears it on their left ankle for the swim. Out of the water, run to your team's racked bike and hand the chip to your cyclist there.
2. The **cyclist** straps it to their own left ankle, then rides. Coming back in, **rack the bike first**, then hand the chip to your runner.
3. The **runner** secures it to their own left ankle and carries it to the finish. Their bib is already on them.

Not on the beach, not at the mount line, not in the finish chute — at the rack. Take the extra seconds to fasten the strap properly; a chip that falls off mid-leg means your team has no result. Every other athlete wears their own chip for the entire race.

RETURN YOUR CHIP AT THE FINISH

These chips are **rented**, and every one that walks home costs the scholarship fund money. Volunteers will be waiting immediately past the finish line to take it off your ankle — **stop and let them.**

If you drop out at any point, you still have to return the chip. Bring it to the finish line or to the timing tent. **Unreturned chips carry a replacement fee.**

A missing chip also means no result, so this is in your interest as much as ours.

Transition area

Opens 6:45 AM · closes 7:55 AM sharp

- **Rack by bib range.** Bikes are not assigned a numbered spot. There are six racks, each signed with a range of bib numbers — 1–13, 14–26, 27–39, 40–51, 52–63, 64–75. Find the rack whose range includes your number and take any open space on it. All relay teams are on rack 1.
- Hang your bike by the **saddle** with the front wheel down, unless a volunteer directs otherwise.
- **One bike space each.** Keep your gear in a strip roughly the width of your handlebars, on the side of your rear wheel.
- **No floor pumps, chairs, or coolers** in the transition lanes. Pump up before you rack, then take the pump back to your car.
- Walk your bike inside transition. No riding until you're past the mount line.
- Note a **landmark** — a tree, a light pole, the end of a rack — and count rows from it. Everything looks identical when you come out of the water disoriented.
- Transition is **closed to spectators**. Athletes and officials only.
- Bikes can be retrieved once the course is clear. You'll need your bib to take a bike out.

Helmet rule. Your helmet must be on your head with the chin strap *buckled* before you touch your bike, and it stays buckled until the bike is racked again at the end.

Swim waves

Seven waves, three minutes apart, 8:30 to 8:48.

WAVE	START	GROUP
1	8:30 AM	39 and under — men
2	8:33 AM	39 and under — women
3	8:36 AM	40–49 — men
4	8:39 AM	50–59 — men
5	8:42 AM	40–59 — women
6	8:45 AM	60 and over — men & women
7	8:48 AM	Relay teams

Waves are for the swim start only. Awards are still scored by age group — Under 20, 20–29, 30–39, 40–49, 50–59, and 60+, men and women separately. Only wave 5 covers more than one award group, so sharing a wave with someone does not mean you are competing against them.

Age group is your age on December 31, 2026 — the standard convention. If you're on the boundary, that's the number that counts.

Volunteers will gather each group at the water's edge and send it on its way, so there's no need to watch the clock. Stay somewhere near the beach after the ceremony, listen for your wave, and join it when it's called. If you end up going with a later group, no harm done — **everyone is scored on chip time**, from the moment you start to the moment you finish, so your race is your own regardless of when you get in.

Nervous about the swim? Start at the back and to the outside of your wave. The pond is small, the loop is buoyed, and there are kayakers at every corner. You are allowed to hold a kayak or a buoy to rest — that is not a penalty and it does not end your race. It is only a DNF if you accept forward propulsion.

The course

A short, honest sprint. Rolling, shaded, and over before you've stopped being nervous.

SWIM · STILES POND

400 yd

A clockwise loop around two turn buoys, starting and finishing at the town beach — **400 yards**, or sixteen lengths of a 25-yard pool. Fresh water, no current, sandy entry and exit. Kayakers and a safety boat are stationed on the buoy line for the whole swim.

Water temperature in mid-September typically runs in the **low 70s °F**. Wetsuits are permitted and most people wear one — they're legal and they float you. Actual temperature will be announced at the briefing.

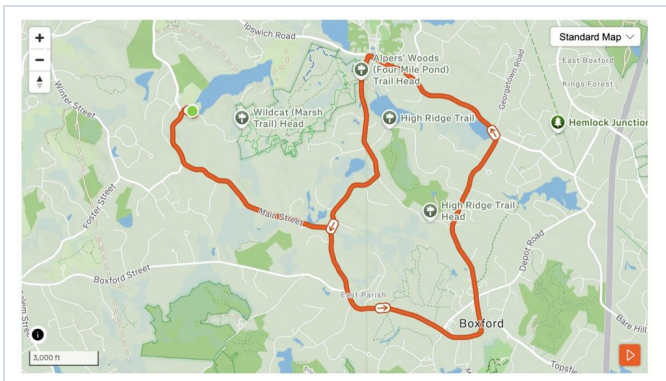


BIKE · BOXFORD LOOP

10 mi

A counterclockwise loop on rolling Boxford back roads. Traffic is light but **the roads are open** — police and marshals cover the turns, but you are responsible for riding as though a car may appear, because one may.

Stay right, ride single file, and call your passes. The surface is generally good with a few patched sections; watch for sand in the corners after a dry week.

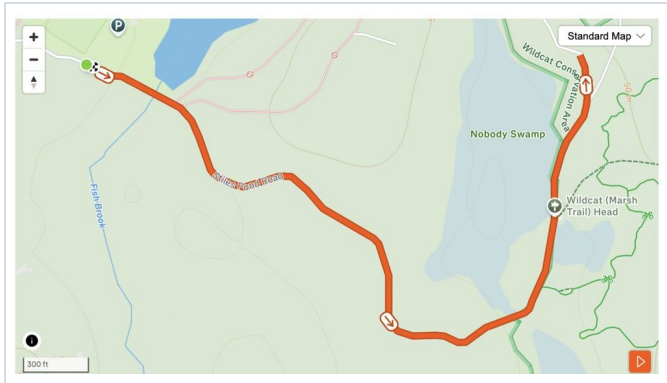


RUN · STILES POND ROAD

1.5 mi

An out-and-back along Stiles Pond Road, mostly shaded, with a volunteer at the turnaround. You'll be running toward finishers coming the other way — keep right, and give the fast ones room.

There are no water stops on the course. Not on the bike, not on the run, not at the turnaround. Carry a bottle on your bike and drink it — 1.5 miles is short, but it is short at the end of a race. Water is available at the finish.



See calltohonortriathlon.org for interactive maps.

Rules & safety

Short list. All of it is enforceable.

- **Helmet buckled** before you touch the bike, until after it's racked. Instant disqualification otherwise.
- **No headphones or earbuds** at any point on the course. You need to hear marshals, cars, and other athletes.
- **No drafting.** Leave roughly three bike lengths; if you move up, complete the pass and move back out.
- **Obey all traffic laws and marshals.** A marshal's instruction overrides everything in this guide.
- **Youth athletes are welcome.** Every participant under 18 must have a waiver signed by a parent or legal guardian, and that adult must be on site for the duration of the race. [RD: state your minimum age for the individual event here – you have 11- and 14-year-olds entered as individuals.]
- **No littering, anywhere on the course.** Gel wrappers, bottles, tape, packaging — everything you carry out, you carry back. **Littering is a disqualification.**
- **No public urination.** There are porta potties beside the transition area — use them. **Public urination will result in an immediate disqualification.**
- No glass containers anywhere on site.
- Bikes must be roadworthy: functioning brakes, bar-end plugs, no loose gear. Volunteers may pull an unsafe bike.

Those last two aren't housekeeping. We race on public roads through people's front yards, and we're guests at a town beach that lets us use it once a year. Both of those things depend entirely on how we leave the place.

IF SOMETHING GOES WRONG

- **In the water:** roll onto your back and raise one arm. A kayaker will come to you.
- **On the bike or run:** get to the side of the road and flag a marshal. Do not try to walk back on your own without telling someone.
- **If you withdraw for any reason,** you must report to the finish line or timing tent and return your chip. Otherwise we will be searching the course for you.
- First aid and EMS are stationed at the beach for the duration of the event.

Relay teams

Ten teams, 27 athletes. One bib and one chip per team, wave 7 at 8:48 AM.

- **One bib and one timing chip for the whole team** — not one each.
- **The bib belongs to the runner.** They wear it from the start of the morning to the finish line. It never goes on the rack and it is never handed over. Your swimmer and cyclist race without one.
- **The chip is the only thing that changes hands**, and it changes hands **at your team's racked bike position** — nowhere else on the course.
- **Swim to bike:** your swimmer comes out of the water and runs to your racked bike, where the cyclist is waiting. Chip goes onto the cyclist's own left ankle before they touch the bike.
- **Bike to run:** your cyclist rides back in, **racks the bike first**, and only then hands the chip to the runner, who straps it to their own left ankle and goes.
- **Your cyclist is body marked** at registration with the team's bib number on their left arm and left calf, since they'll be riding without a bib. Nobody else on the team needs marking.
- **Where to wait:** the athlete taking the next leg waits at your team's racked bike. Teammates who aren't racing stay out of transition.
- **Youth relay legs:** several teams include children. A parent or guardian must be on site, and any athlete under 18 needs a guardian-signed waiver on file before they start.
- Return the chip at the finish, same as everyone else — whoever runs the last leg is responsible for it.

What to bring

Lay it out Saturday night. Nobody has ever regretted packing the night before.

ABSOLUTELY REQUIRED

- ☐ **Photo ID (for registration)**
- ☐ **Bike, in working order**
- ☐ **Helmet — no helmet, no race**
- ☐ **Swimsuit or tri kit**
- ☐ **Running shoes**
- ☐ **Goggles (and a spare pair)**

SWIM

- ☐ Wetsuit
- ☐ Anti-chafe balm for neck and underarms
- ☐ Towel, and a second towel
- ☐ Flip-flops for the walk to the water

BIKE

- ☐ Floor pump (take it back to the car)
- ☐ Spare tube, tire levers, mini pump or CO₂
- ☐ **Water bottle, filled, already in the cage — there are no water stops**
- ☐ Sunglasses
- ☐ Bike shoes and socks

RUN & TRANSITION

- ☐ Race belt (easiest bib solution)
- ☐ Elastic laces, if you use them
- ☐ Hat or visor
- ☐ Small bright towel to mark your rack spot
- ☐ Gel or chew if you take one

BEFORE AND AFTER

- ☐ Warm layer — 6:45 AM in September is cold
- ☐ Dry clothes and shoes for after
- ☐ A second bottle for before and after the race
- ☐ Breakfast you've eaten before a workout
- ☐ Sunscreen — apply after body marking
- ☐ Plastic bag for the wet wetsuit

Leave at home: anything valuable. Transition is monitored but not secured, and there is nowhere to lock a bag.

Spectators & results

- The **town beach** is the place to watch — the swim start, both transitions, and the finish are all within sight of it.
- Spectators **may not enter the transition area** at any time.
- Parking is tight. Spectators should carpool with their athlete or expect remote parking.
- The run is an out-and-back on Stiles Pond Road — a great second spot, but stay off the road surface.
- Please keep dogs leashed and away from the transition area and the run course.
- Results will be posted at the timing tent as they come in, and online after the event.

Weather & changes

The race goes on in rain. It will be modified or cancelled only for lightning, dangerous water conditions, or unsafe roads. Any change will be announced on the race website and by email as early as we can make the call — and at the venue by the race director.

A typical mid-September morning in Boxford starts around **55–60 °F** and warms into the 70s. Bring a layer for the hour you'll spend standing around in a wet swimsuit before your wave.

Questions before Sunday: calltohonortri@gmail.com · calltohonortriathlon.org

On race morning, ask any volunteer in a race shirt. They would rather answer your question than watch you guess.

Every entry supports the Boxford Athletic Association Scholarship in memory of Captain Richard J. Cashin. Thank you for being here. Race safe, and we'll see you at the beach.