

40TH ANNUAL 2016  
**JOSH BILLINGS**  
RUNAGROUND TRIATHLON



**27 MILE  
BIKE**

**5 MILE  
PADDLE**

**6 MILE  
RUN**

**Sunday, September 18**

Register online at  
**active.com** or **trireg.com**

More info at  
**joshbillings.com** or **413-344-7919**

**See website for Iron and  
Tin Team Instructions  
and course maps.**

Looking to join a team or for someone to complete your team?

**TO FIND A TEAM OR TEAMMATES**

Contact **matchmaker@joshbillings.com**

**TO VOLUNTEER**

email **volunteers@joshbillings.com**

**QUESTIONS?**

Please call **413-344-7919**  
or e-mail **patty@joshbillings.com**

**NO DOGS ALLOWED  
AT CAMP MAH-KEE-NAC  
OR TANGLEWOOD**

- **NO ESCORTS WILL BE ALLOWED**
- **IRON/TIN TEAMS MAY HAVE A "HELPER" OR JOSH STAFF WILL ASSIST YOU IN TRANSITIONS.**

**Participants are allowed to compete on more than one team in DIFFERENT EVENTS ONLY. The same event time may not be used twice. Infractions will result in disqualification for both teams.**

## **RULES & INSTRUCTIONS**

### **CYCLISTS (CHECK WEBSITE FOR BIKE ROUTE CHANGES)**

- **Category 1-4 USCF-licensed riders and top 25 Josh riders from previous year will be lined up in front at the start.**
- **ANSI-approved protective helmet must be worn.**
- **No aero bars, disc wheels, headphones or cell phone use allowed.**
- **Roads are NOT closed to traffic.** Stay to the right of the yellow center line.
- **Be sure to review and know the race route.** Follow the pace car.
- **After 12 o'clock noon, police and volunteers will not be on bike route directing traffic.**
- **Show care when biking in a pack.** Hold your spot. Don't weave in and out.
- **Number patches must be worn on upper center of back. Bike frame number attaches to top tube of bike.**
- **Strap your pump on securely to avoid accidents.**
- **Bikes finish on the right side of the road; canoeists will wait in a pen on the lake side of road. IRON/TIN teams whose cyclists are also paddling, enter the left lane at the bike finish and ride down the dirt driveway to the transition area. IRON/TIN TEAMS may have a "HELPER" to take the bike, bike racks are at transition area.**

### **RUNNERS**

#### **KEEP TO THE RIGHT ON THE ROADWAYS.**

- **Race Marshals will be stationed at all intersections, roads are not closed to traffic.**
- **Routes will be marked with signs.**
- **Numbers must be pinned to the front of your jersey and wristband must be worn crossing the finish line.**
- **Three water stations will be available on the course.**

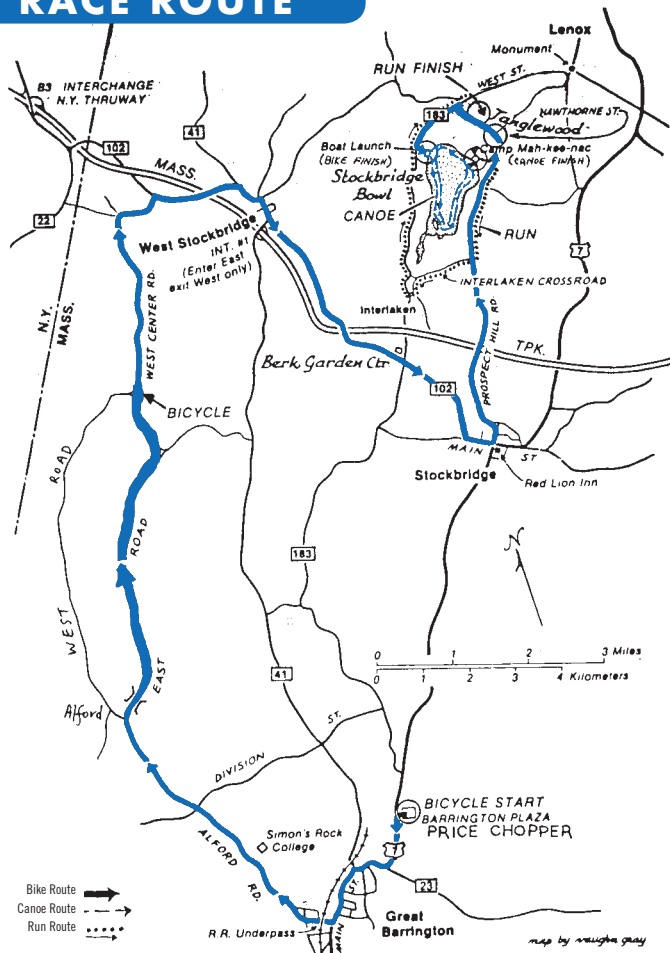
### **PADDLERS**

- **KAYAKS MAY NOT BE USED IN CANOE CATEGORIES.**
- **BOATS CAN NOT BE LEFT AT THE BOAT RAMP OVERNIGHT.**
- **AUTOS WILL NOT BE ALLOWED AT THE BOAT RAMP AFTER 8:30 A.M.**
- **Coast Guard approved OVER-THE-SHOULDER life jackets must be worn during the entire race by all paddlers.**
- **Leashes must be worn on paddleboards.**
- **Bow paddler wears number on front of life jacket.**
- **Place team number decals on each side of the middle of the boat or on SUP top.**
- **The route is 1-3/4 laps from boat ramp counter-clockwise around the lake. Finish at Camp Mah-Kee-Nac.**
- **BIKE HANDOFF:** One paddler stays with the boat. The other paddler must wait in the pen near the road until team's number is called or team cyclist seen. Cyclist numbers will be radioed ahead as best as possible. After taking handoff, paddler runs down to canoe. No moving of boats allowed until paddler arrives with wristband. Passageways between boats must be kept open and clear.
- **AT PADDLE FINISH:** NO beaching at Camp Mah-Kee-Nac unless paddler is also running. Paddlers remain in boat and throw wristband to runner on beach, then paddle to Tanglewood Beach to exit from lake. **IRON/TIN:** Josh staff will assist with your boat or you may have your own helper to take your boat.
- **You are not disqualified if you tip over. Swim to shore, right your boat and continue. A safety boat will assist you in an emergency. Keep clear of boats that have tipped over.**

## **AWARDS**

Prizes will be awarded to the **top five** finishers in each category. (If there are less than ten entries in a category only three places will be awarded.)

## RACE ROUTE



### STATISTICS

**Course Leg Lengths** Bicycling = 27 miles, Paddling = 5 miles, Running = 6 miles  
**Route Changes** Please check our web site for updates or any route changes.

## SCHEDULE OF EVENTS

### Saturday, September 17

Register at Arcadian Shop  
 91 Pittsfield Road/Route 7, Lenox, MA

- Registration and packet pickup** 12 Noon - 5:30 PM
- Free Kid's Race registration** 12 Noon - 3 PM
- Spaghetti Dinner at Bousquet Ski Area** 5-7 PM

### Sunday, September 18

**NO Registration on race day!**

- "Last minute" packet pickup** 8 AM - 8:30 AM  
at the RACE START
- Race Start** 9:30 AM  
at Price Chopper Plaza, Route 7  
Great Barrington, MA
- The Bash at Tanglewood** 12 - 4 PM  
with a LIVE BAND: *THE PRESCRIPTION*  
Support high school athletic team food and beverage vendors
- Kid's Race registration** 12-1 PM  
at TANGLEWOOD
- 18th Annual Free Kid's Fun Run** approx. 2 PM  
on TANGLEWOOD GROUNDS (1/2-mile of fun) **LIMIT 200**

Please retain this page for race details!

## REGISTER TODAY

Register online at [www.active.com](http://www.active.com), [trireg.com](http://trireg.com)  
 More info at [www.joshibillings.com](http://www.joshibillings.com)

We will confirm receipt of applications **only** if you enclose a stamped, self-addressed envelope or postcard with your application.  
**Please, no phone calls or emails!**

## ENTRY FEE (no refunds!)

| Date       | Iron Person | 2 person Teams | 3 person Teams | 4 person Teams | 20 and Under |
|------------|-------------|----------------|----------------|----------------|--------------|
| by 5/31    | \$50        | \$80           | \$100          | \$120          | \$40         |
| by 7/31    | \$60        | \$100          | \$130          | \$160          | \$40         |
| after 7/31 | \$70        | \$120          | \$150          | \$200          | \$40         |

Each team member over 70 years FREE!

Make checks payable to: **JOSH BILLINGS RUNAGROUND**

**INFORMATION** Email [patty@joshibillings.com](mailto:patty@joshibillings.com) or call 413-344-7919

### FOR LODGING AND DINING OPTIONS

Visit [joshibillings.com](http://joshibillings.com) or [berkshires.org](http://berkshires.org)

### MAIL REGISTRATION FORM TO:

JOSH BILLINGS RUNAGROUND  
 185 Hubbard Street, Lenox, MA 01240

Mail whole page. DO NOT CUT!

### COURSE RECORDS:

#### CANOE

- TEAM: High Lawn Farm:** Sean Nealy, Bob Rapant, Steve Galib, David Ward 2:15:55 (2000)  
**Girlzilla:** Jenny Ives, Laura Walton, Gloria Wesley, Jenny Stevens 2:33:46 (2012)  
**IRONMAN: Tom Keefe** 2:41:06 (2007)  
**IRONWOMAN: Kari Crowe** 2:51:35 (2002)

#### KAYAK

- TEAM: Pittsfield Health Food Ctr:** Dean Phillips, Ben Pigott, Mike Dostal, Steve Dowsett 2:19:55 (2014)  
**The New Crew:** Frances Morrison, Debra Wechter, Michelle Kroboth 2:48:30 (2010)  
**IRONMAN: Kent Lemme** 2:35:23 (2013)  
**IRONWOMAN: Kari Crowe** 2:55:42 (2009)

#### PADDLEBOARD

- TEAM: Berkshire Outfitters:** Dan Celentano, Josh Chittenden, Jared Haley 2:54:03 (2014)  
**IRONMAN PADDLEBOARD: Relentless Forward Progress:** Logan Wilson 3:01:00 (2014)  
**IRONWOMAN PADDLEBOARD: Thanks to the Wild One:** Nadine Atalla 4:00:24 (2013)

#### 4 PERSON CANOE

- TEAM: Going C4:** Brock Anello, Gloria Wesley, Gary Aprea, Megan Anello 2:41:28 (2013)

## CROWD CONTROL

From 10:15 to 11 AM route 183 will be closed to spectator traffic from the Hawthorne/183 intersection to the boat ramp  
 Spectators, helpers and bikers (who are finished racing) must stay behind barriers on Rt. 183 and will not be allowed on the road

## REPORTING TIMES AND PLACES

- Bicyclists** 8:30 AM  
Price Chopper Plaza, Route 7, Great Barrington, MA  
Check website for start location in case of road repairs in Great Barrington
- Paddlers** 9:00 AM  
Stockbridge Bowl, Boat Ramp, Route 183, Stockbridge, MA

### NO AUTO ACCESS AFTER 8:30 AM

- Runners** 10:30 AM  
Camp Mah-Kee-Nac, Hawthorne Road Entrance, Stockbridge, MA

40TH ANNUAL 2016  
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 RUNAGROUND TRIATHLON



Sunday, September 18, 2016

## REGISTRATION FORM

### INSTRUCTIONS

- All information below MUST be complete. Ironpersons only need to fill in complete information for one event.
- We MUST have signatures from every competitor.
- Ironman/Ironwoman participants must be age 14 or older.

### DISCLAIMER OF LIABILITY:

#### BY SIGNING THIS REGISTRATION FORM EACH PARTICIPANT ACKNOWLEDGES THE FOLLOWING:

In consideration for allowing each of the undersigned participants to compete in the 40th Annual Great Josh Billings RunAground, September 18, 2016 (the "RunAground"), each of the undersigned hereby waives any liability that the Josh Billings RunAground, Inc., its officers and directors and members of the Josh Billings Committee (the "JB Committee"), any and all sponsoring parties (collectively the "Sponsors") may have for personal injury, property damage or other damage or claim arising from, or relating to the participation of the undersigned in the RunAground. Each participant (A) acknowledges that he or she has read the enclosed rules and regulations of the RunAground and is aware of the full extent of the event(s) in which he or she is participating and that participation in the RunAground may result in serious physical strain, (B) warrants to each of the Sponsors that, to the best of each participant's knowledge, he or she is in adequate physical condition to participate, and (C) shall hold each of the Sponsors harmless from any injury, damage or claim arising from, or relating to, participation in the RunAground.

#### For participants under 18 years of age, this registration form must be signed by parent or guardian.

The JB Committee reserves the right to cancel the RunAground on the day of the race in the event of inclement weather which, in the sole judgment of the JB Committee, could jeopardize the safety of the participants. Because the expenses involved in the RunAground are incurred prior to the day of the race, if the RunAground should be cancelled, no refund of the entry fee would be made to the participants.

## CATEGORIES

The youngest team member determines the category.

### CANOE Categories

- All Berkshire Canoe
- Males 39 & Under Canoe
- Males 40 & Over Canoe
- All Female Canoe
- Masters 50 & Over Canoe
- Grandmasters 60 & Over Canoe
- Mixed 39 and Under Canoe
- Mixed 40 and Over Canoe
- 2 Person Male Canoe
- 2 Person Female Canoe
- 2 Person Mixed Canoe
- Recreational Canoe  
May only use a recreational canoe
- Ironman Canoe
- Ironperson 40 & Over Canoe
- Ironperson 50 & Over Canoe
- Ironwoman Canoe

### CANOE/KAYAK Categories

Can use either boat in these categories

- Veterans 70 & Over- FREE!
- 20 & Under
- Family
- Corporate/Organization  
Must all be employed by or a member of
- 3 Female & 1 Male
- Ironman 60 & Over
- Ironwoman 60 & Over

### KAYAK Categories

Teams: Kayaks must be 18 inches or wider at the 4 inch waterline. ICF boats are not allowed. No alteration to the original hull size or design. Ironpersons may use any kayak. No Hobies or Foils.

- All Berkshire
- Double Kayak  
(Over 16 feet in Length)
- Males 39 & Under
- Males 40 & Over
- All Female
- Mixed 39 & Under
- Mixed 40 & Over
- Masters 50 & Over
- Grandmasters 60 & Over
- Recreational  
(kayaks 12' & Under)
- 2 Person Male
- 2 Person Female
- 2 person Mixed
- Ironman
- Ironperson 40 & Over
- Ironperson 50 & Over
- Ironwoman

### PADDLEBOARD Categories

14' limit on paddleboards

- Team Paddleboard
- Mixed Team Paddleboard
- Ironman Paddleboard
- Ironwoman Paddleboard

### EXHIBITION Category

Not eligible for overall Josh award

- 4 Person Canoe  
only 4 people allowed on team

CATEGORY #  (one only)

TEAM NAME \_\_\_\_\_

(Limit 25 Characters, including spaces!)

### BICYCLIST

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

AGE \_\_\_\_\_

GENDER \_\_\_\_\_

Circle your SHIRT SIZE:

MEN'S: S M L XL

WOMEN'S SIZES: S M L XL

SIGNATURE \_\_\_\_\_

Cat 1-4 USCF # \_\_\_\_\_

EMAIL \_\_\_\_\_

How many prior Josh? \_\_\_\_\_

### PADDLER 1

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

AGE \_\_\_\_\_

GENDER \_\_\_\_\_

Circle your SHIRT SIZE:

MEN'S: S M L XL

WOMEN'S SIZES: S M L XL

SIGNATURE \_\_\_\_\_

EMAIL \_\_\_\_\_

How many prior Josh? \_\_\_\_\_

### RUNNER

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

AGE \_\_\_\_\_

GENDER \_\_\_\_\_

Circle your SHIRT SIZE:

MEN'S: S M L XL

WOMEN'S SIZES: S M L XL

SIGNATURE \_\_\_\_\_

EMAIL \_\_\_\_\_

How many prior Josh? \_\_\_\_\_

### PADDLER 2

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

AGE \_\_\_\_\_

GENDER \_\_\_\_\_

Circle your SHIRT SIZE:

MEN'S: S M L XL

WOMEN'S SIZES: S M L XL

SIGNATURE \_\_\_\_\_

EMAIL \_\_\_\_\_

How many prior Josh? \_\_\_\_\_

MAIL REGISTRATION FORM TO: Patty Spector, JOSH BILLINGS RUNAGROUND, 185 Hubbard Street, Lenox, MA 01240