

# JOSH BILLINGS



RUNAGROUND TRIATHLON

## Race Preparation

27 mi Bike + 5 mi Paddle + 6 mi Run

- Bike Route
- Paddle Tips
- Run Course
- Goals & Target Finish Times
- Spectator Tips

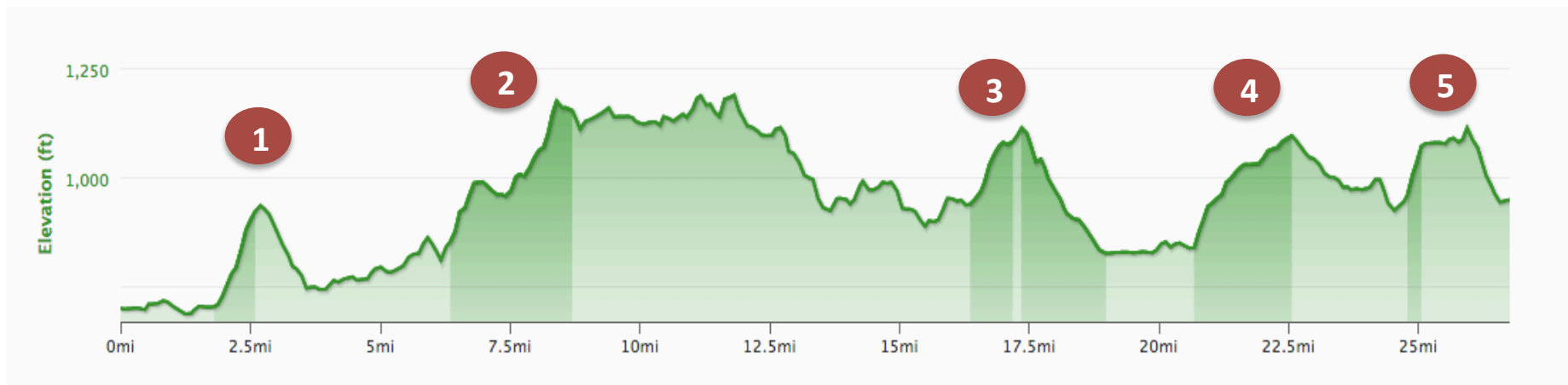
# Bike Route

27 miles | ~1,750 ft elevation gain | 5 Major Climbs



Elevation

Performance



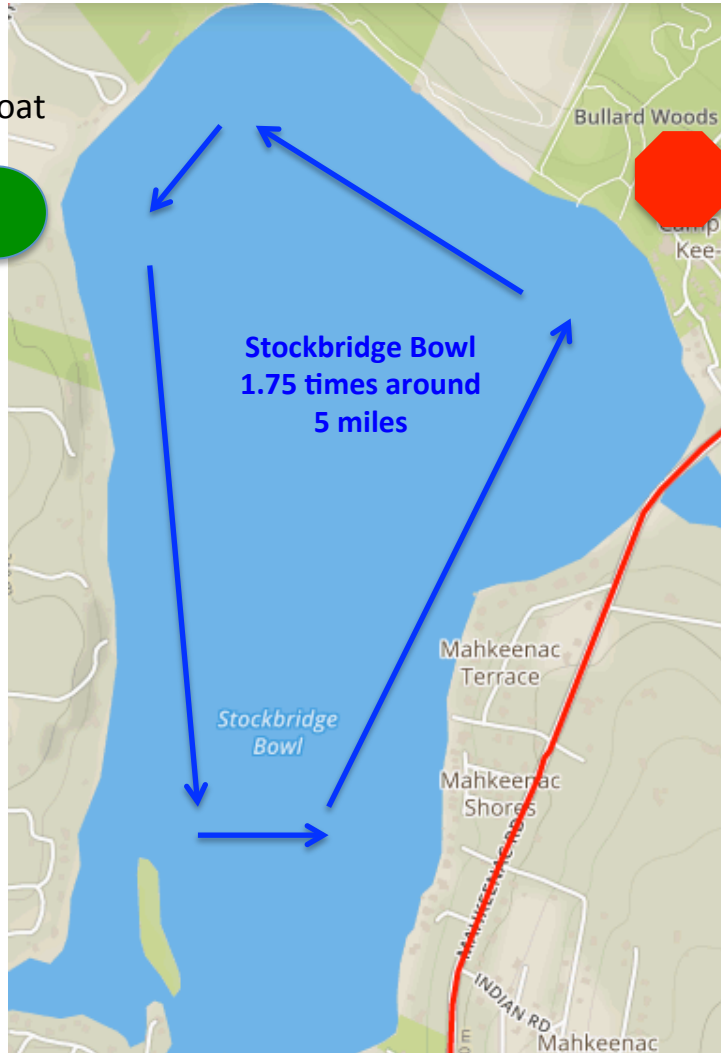
1. **Taconic Hill-Simon's Rock** [ 0.7mi, 213 ft gain, 6% avg grade, 10.2% max grade ]
2. **Alford Rollers (category 4)** [ 2.3mi, 364 ft gain, 3% avg grade, 10.1% max grade ]
3. **102-W.S. Sportsman's Club** [ 0.8mi, 154 ft gain, 3% avg grade, 6.9% max grade ]
4. **Prospect Hill (category 4)** [ 1.9mi, 264 ft gain, 3% avg grade, 7.1% max grade ]
5. **Wheatleigh** [ 0.3mi, 121 ft gain, 8% avg grade, 9.9% max grade ]

# Paddle Tips

## 5 mile Kayak / Canoe / Paddle Board



Start at the boat ramp



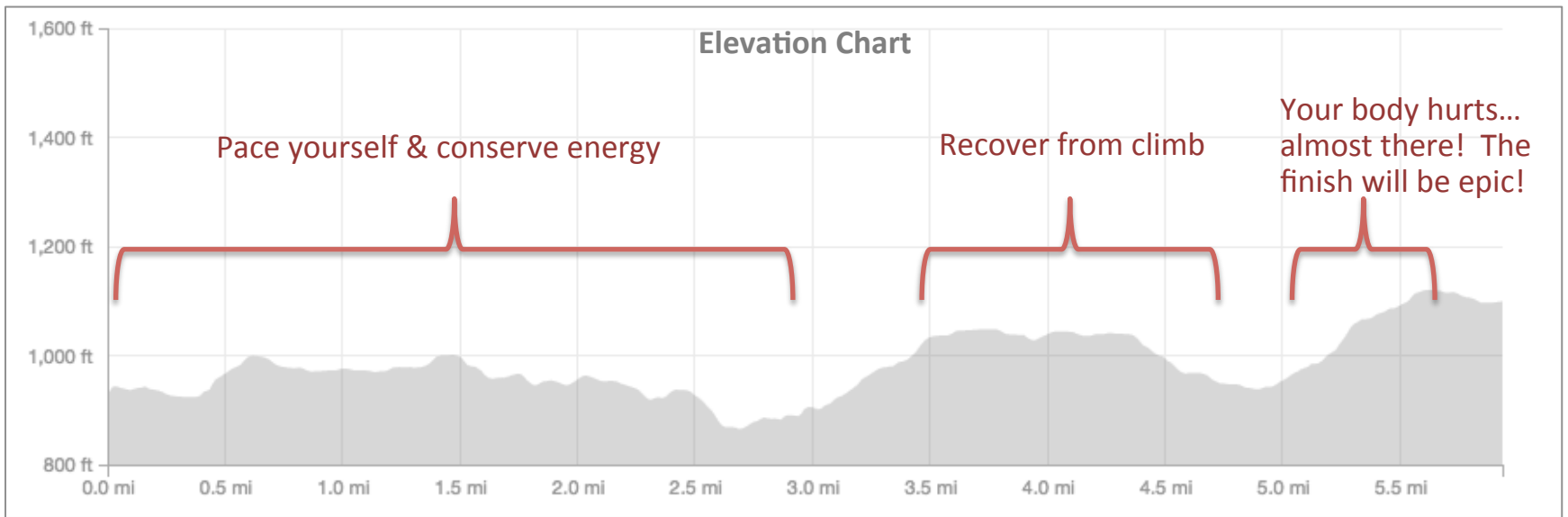
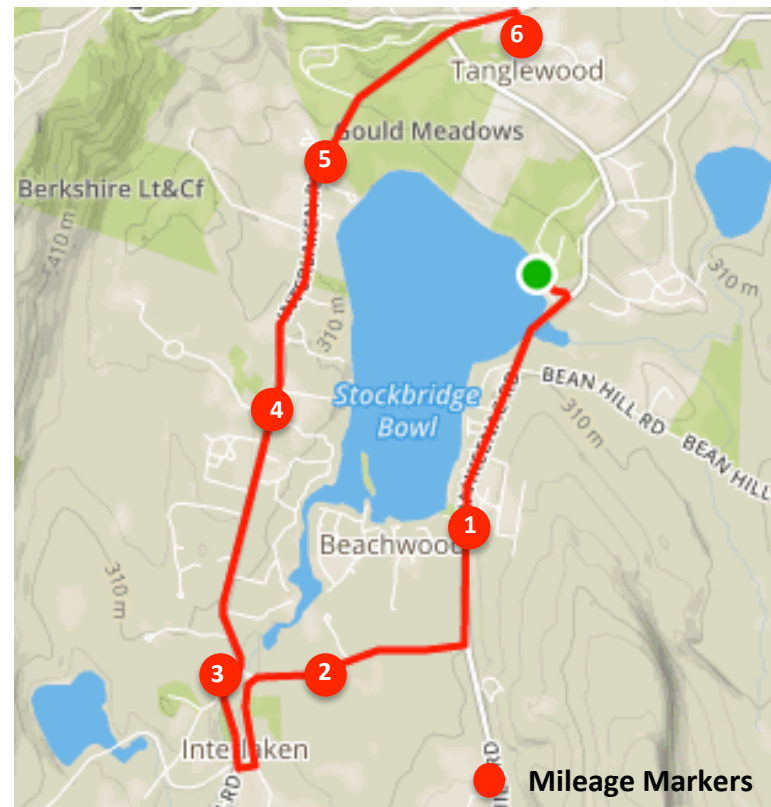
Finish at Camp Mah-Keenac

### Tips

- Coordinate a transition plan with your teammates.
- Reference the Josh Billing's website for boat drop-off & pick-up details.
- Ironman & Tin teams are allowed a Helper.
- Bike-to-Paddle: Listen closely for your bib number as cyclists are nearing the finish line.
- Paddle-to-Run: Paddle in close to runner, soak your wrist band or place over tennis ball before throwing it to them.

# Run Course

6 miles | 438 ft elevation gain



## Goals & Target Finish Times

What are your goals? Are you targeting a specific time or placement? You can reference the 2014-2015 results below to gauge the approximate finish times you'll need based on past races (overall & individual legs).

2014 Results					2015 Results				
Place	Overall	Bike	Paddle	Run	Place	Overall	Bike*	Paddle	Run
1	2:18:04	1:03:13	0:35:48	0:31:32	1	2:23:19	1:08:52	0:38:58	0:31:48
50	2:56:18	1:13:18	0:55:58	0:41:03	50	3:04:47	1:19:43	0:57:31	0:42:07
100	3:07:01	1:16:14	1:00:40	0:44:59	100	3:17:27	1:20:26	1:03:03	0:45:52
150	3:18:20	1:19:53	1:03:48	0:47:16	150	3:28:42	1:29:26	1:06:28	0:48:27
200	3:26:49	1:26:25	1:07:10	0:49:14	200	3:38:00	1:34:05	1:09:58	0:50:24
250	3:34:52	1:30:09	1:10:10	0:52:06	250	3:45:33	1:38:18	1:13:45	0:53:25
300	3:41:16	1:33:45	1:12:31	0:54:11	300	3:56:31	1:42:19	1:17:14	0:56:44
350	3:49:15	1:37:47	1:16:10	0:56:15	350	4:04:46	1:46:25	1:22:07	1:00:20
400	3:56:53	1:44:13	1:20:28	0:59:29	400	4:20:52	1:57:11	1:29:07	1:04:49
450	4:17:38	1:54:29	1:25:05	1:04:42	450	5:25:45	2:28:27	2:03:10	1:30:33

*\*The bike course in 2015 was altered with a neutral start due to road conditions*

# Spectator Tips

## Bike

Safety: Spectators need to arrive at any of the ‘watching’ areas early and before cyclists come through. Please use caution and beware of cyclists on the road to avoid any interference. It is especially important that spectators do not pull out in front of any cyclists.

Start: Line the streets of downtown Great Barrington to watch the iconic start and cyclists fighting for position. Spectators can then make their way to Stockbridge, Tanglewood or the Bowl area for more action by heading north on Route 7 immediately following the start.

Climbs: Your best views of the cyclists’ grimaced faces is while they’re climbing up the hills:

- Taconic Hill (Great Barrington), Alford Rollers (Alford), Route 102-Sportsman’s Club (W. Stockbridge), Prospect Hill (Stockbridge), Wheatleigh (Lenox)

W. Stockbridge (downtown): Packs and solo riders are zipping through downtown after making a decent. Spectators can head over Lenox Mountain afterwards to see more Josh action by Tanglewood.

Stockbridge (Red Lion Inn): There are great spectating areas along Route 102 heading into Stockbridge before the intersection where cyclists take a hard left to climb Prospect Hill.

Final Turn (W. Hawthorne/Interlaken): Cyclists will be giving it their last effort before descending to the boat ramp finish. Spectators get a great view and are close to Tanglewood for the finish / party.

Road Closures & Parking: Please note that Route 183 down to the boat ramp will be closed to vehicles at 8:30am. Additionally, Hawthorne St. behind Tanglewood will close at 10:00am. There is no on-road parking in either of these locations. If anyone wants to spectate around these areas, you’ll need to arrive by 10:00am, park in the Tanglewood Lions Gate lot and walk to the different spots....easy stroll to Camp Mah-Kee-Nac for paddle & run viewing too!

# Spectator Tips *continued...*

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## Paddle

- Waterfront: The closest spectator action is from a waterfront property or dock located on the Bowl....hit up a friend!
- Camp Mah-Kee-Nac: Great viewing area with plenty of room for spectators to spread-out. You will also witness the transitions from paddle-to-run which is always a show!
- Causeway: Another great spot to watch the paddlers! You will also see cyclists zip by earlier and runners as they start their journey. Caution, parking is pretty scarce and you'll need to stay off the roadway for safety.
- Bring binoculars and tell your paddler to wear something noticeable that distinguishes them on the water.

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## Run

- Tanglewood: Join the party and surround Tanglewood's main entrance to watch your runners finish the race!
- Causeway: Runners are full of energy with smiles as they start their 6 mile jaunt around the Bowl.
- Interlaken Road: Driveways and intersections are plentiful which are great areas to watch the runners ascend their way to Tanglewood.
- Hill Adjoining Kripalu Property: Runners will need your encouragement as they jolt up the last hill before the finish line.

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## Transitions

- Bike-to-Paddle (Stockbridge Bowl Boat Ramp): Spectators can watch cyclists and their paddlers searching for each other among the chaos and adrenaline. Make sure you stay behind the orange fence for everyone's safety.
- Paddle-to-Run (Camp Mah-Kee-Nac): Always an entertaining part of the race as paddlers hurl their wristbands to the runners on shore. You'll see everything from flawless execution to paddlers tipping over!

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**To Finish Is To win!**

**Have Fun!**

**Be Safe!**