

BIKE GUIDELINES

PLEASE READ THE GUIDELINES - THIS YEAR THE TIMING CHIP IS IN YOUR BIB

Write your name and contact information on the back of your number

Roads are NOT closed to cars, use caution when racing. Stay to the right of the yellow/white line in the road—this is the **Yellow Line Rule**

- NO iPods, MP3 players, Earphones, Earbuds or Aero Bars
- The **BIB NUMBER** contains the timing chip and must be visible from the front. Do not fold the number, it will damage the chip. It must be pinned to the front of your **CHEST** (and on top of anything) so we can see it.
- **IMPORTANT:** Note that this year, you will not be passing timing posts, you will be crossing timing mats. This means that in order for your chip to read, you need to be going **20 MPH AND UNDER** when **crossing the timing mat. If you do not slow down, your chip WILL NOT READ.** We will have signs and volunteers to remind you of this as you finish the ride down Rt. 183.

BIKE START

Bike line-up at the race start

Bikers will line up according to their realistic estimated finish time. There will be an 'elite' pen in front for bikers with Category 1-4 licenses, or, who have finished in the top 25 of bikers last year in the Josh. Signs will designate different finish times so please line up accordingly. This is for YOUR safety. Berkshire Bike and Board will have a repair vehicle at the start and on the course for minor bike problems and there will be several SAG vehicles. For assistance contact the Josh Command Center at [413-446-6246](tel:413-446-6246). These are town roads and the surface in areas may be patched and rough so always use caution!

BIKE RULES

- Yellow line rule is in effect from Great Barrington to Route 183 in Lenox. This means that you should not cross the center road line anywhere on the course. Police or volunteers direct traffic at major intersections. **Cars will be on the roads so use caution.**
- Helmets are mandatory.
- The biker rides OVER the timing mats on Rt. 183 BEFORE the hand-off to the paddlers. **SLOW DOWN going over the timing mats until you reach your paddler.**
- There will be a sweep vehicle and medical support on the course.
- If you see a medical problem, call 911, state the town, the Berkshires, and the Josh or, call [413-446-6246](tel:413-446-6246) (Heather, the medical coordinator)
- If you have a bike problem, Berkshire Bike and Board will be present at the course start. If a problem occurs during the race, call Heather (stated above).
- **Finish Area:** See the attached map
- Bikers handing off wristband to paddlers go STRAIGHT AHEAD
- Ironpeople and Tin bikers who are also paddling go LEFT into the parking lot to access the Iron/Tin Transition Area (30 yds down to the left). Use caution when going down the dirt access road.
- Biking only- not paddling: After handing off your wristband to your paddler, exit the finish line quickly by proceeding straight ahead. After finishing, WALK your bike and STAY BEHIND THE orange cones if you are going back up the hill. This is a safety issue so you are not in the way of bikers coming down the road.

Most importantly, please be courteous. This race is supposed to be challenging and fun. Aggressive and unsafe bike handling is not compatible with this goal.

Have a safe ride!