

IRON AND TIN (2 PERSON TEAMS) GUIDELINES

- 2 Timing chips: the bike and running bibs will have the chips, not the paddle bib.
- Write your name and contact information on the back of your numbers
- Emergency phone number: call 911, state the town, Berkshire County and the Josh Billings race or **413-446-6246** (Heather, the medical coordinator)
- If you do NOT finish any leg of the Josh, please contact **413-446-6246** (Heather, as stated above) so that we do not send out the police to look for you.
- Road Closures: Rt 183 will be closed 8:30am-2pm and Hawthorne Road will be closed from 9am-12:15 pm.
- Parking is at the Lions Gate parking lot on Hawthorne Rd, you must park before 9am or wait until 12:15 pm.

Iron people and Tin Teams may have one Helper to:

- Take your bike at the bike/boat transition area and return it to your car
- Take your canoe/kayak at the boat/run transition area and return it to your car

If you HAVE A HELPER follow this plan:

- Leave your boat and transition supplies at Stockbridge Bowl boat ramp EARLY in the morning. Leave your transition supplies in the designated pen area for iron people
- Run transition supplies go to Camp Mah-Kee-Nac early in the morning
- Then the helper drives you to the start of the bike race
- Helper returns to Hawthorne Rd and parks your car at the Tanglewood Lion's Gate parking lot, going all the way down to the last lot
- Helper walks (20 minutes) to the Stockbridge Bowl boat ramp (look for the pathway-it's well marked with signs and colored ribbons) and waits for you to finish the bike leg
- Once you have made the bike/boat transition, the helper takes the bike back to the car and then goes to Camp Mah-Kee-Nac for the paddle/run transition (look for signs to the camp from the parking area, again well-marked)
- When you finish paddling, helper takes the boat and paddles to the Tanglewood beach where they take the boat out and bring it to the car (Race volunteers will help carry boats)
- Helper then goes back to the camp (upper soccer fields-look for signs to the Bash) to cheer you on as you finish your run!

You **only need 1 helper** at each transition (one person can do this-trust us, it works! It's their mini triathlon!)

If you DO NOT HAVE A HELPER, follow this plan:

- Leave your boat and transition supplies at Stockbridge Bowl boat ramp EARLY in the morning. Leave your transition supplies in the designated pen area (including bike lock on the bike rack).
- Run transition supplies go to Camp Mah-Kee-Nac (look for transition area by the beach-use Oak St bottom entrance to get to the beach area)
- Drive to the bike start at the Price Chopper parking lot in Great Barrington
- Bike, Paddle, Run—Race Staff will help you at transition areas
- After you finish and recover, bring your number to the bike transition area to pick up your bike. We will have a volunteer checking your number until 4pm. Bike racks will be disassembled after 4pm.

- Pick up your boat from Camp Mah-Kee-Nac
- You will be given a clear plastic bag to use at transition areas. You can put your clothes, etc in the bag and leave it with your bike or boat and pick it up after the race. Put your race number on the bag (and any contact info if you leave it behind).
- If your car is at the race start, there will be a school bus running several trips from the Josh 'Bash' back to Price Chopper in Great Barrington to pick up your car. You will wait for the shuttle at the top of the Lions Gate Parking Lot – there will be an area sectioned off specifically for the pick up. The bus will park on the road. Shuttle times will be every 45 minutes starting at 3:15 pm and the last at 4:45 pm (3:15, 4:00, 4:45). The school bus will be there a few minutes early, but will leave at the designated times.

There are bike racks at the bike/paddle transition area where you can lock up your bike. Race Staff will take your boat at the paddle finish and bring it to a designated place at the camp where it can be picked up later. Bring your bib number to claim your bike at the transition area.

Goodluck and have fun!