

PADDLE GUIDELINES

All boats must be free of Zebra mussels (ZM). A **zebra mussel certification** form is attached to your packet and **must be filled out and handed in** when you bring your boat to the Stockbridge Bowl boat ramp Sunday morning.

Where to park your car: Leave your boat at the ramp in the morning (before roads close at 8:30 am) then drive to the Tanglewood Lion's Gate parking lot and drive as far down the lot as you can. There is **NO PARKING PAST THE YELLOW CAUTION TAPE and BARRIERS**. This area is near the take-out beach and is reserved for bringing boats to your car after the race. After you park, walk back up the road and follow the signs to Route 183 and back down to the boat ramp. **Allow at least 30 minutes to walk back to the boat ramp area**. The boat ramp will be closed to cars after 8:30 am.

PADDLE RULES:

Numbers go on the middle of the right side of a two-person canoe, a little forward of the middle for a single canoe. Kayakers and SUP's, please place the numbers where they can be seen.

- Pin-on bib number goes on the **RIGHT FRONT** of **BOW paddler's** life jacket.
- Attach a whistle (included in your packet) to your lifejacket, to be used for EMERGENCY ONLY.
- Paddlers getting the wristband: **do NOT carry paddles** or other objects that can get in the way of bikers and other racers. If you go too close to the timing mats, it will read your chip early and mess up the time. Please **do not** obstruct the path of bikers heading to the transition area and **do not** run into the pack of bikers to get your wristband-**this is dangerous to the bikers**.
- Remove any old Josh numbers or other race numbers from your boat.
- **Coast Guard approved life jackets must be WORN in all boats and boards during warm-up and during the entire paddle race portion**. Helper must wear a life jacket while paddling over to the Tanglewood Beach take-out area.
- Paddle/Run transition area is located at the end of the paddle leg on the right side of the camp beach—stay to the right of the GREEN BUOYS. You can hand off your boat to your helper or Race Staff at the transition area.
- Race volunteers, the Lenox High Crew Team, will be available at the boat ramp to help carry boats to the water.
- Race Course: stay to the **right** of the large orange buoys or you will be disqualified. Course is 1 ¼ laps counter clockwise around the lake (5 miles).
- SUP's must have a leash, and you must use them.
- When you finish your race, paddle to the Tanglewood Beach and Race Volunteers, the Pittsfield Girls Track and Field Team, will help you carry your boat up from the beach.
- Once your boat is on your car, follow the signs to Camp Mah-Kee-Nac and the Josh finish line and Bash (an easy 10 minute walk through the trail or on the road). If walking on the road please pay attention to the signs and **listen to our volunteers and police** about which side of the road you can walk on - this is for the safety of both you and the other participants.
- Cars can **NOT** leave the Lions Gate lot before 12:15 PM. There is **no other parking** in the area.

Safety boats are on the lake if you have a problem. If you tip over, swim to shore if you can, if not, they will help right your boat. You are **not** disqualified if you flip over.

Have fun and goodluck!