

# IRON/TIN GUIDELINES

\*\*\*PLEASE READ THESE GUIDELINES CAREFULLY\*\*\*

**\*\*Familiarize yourself with the 2026 Route Maps for the three legs of this race\*\***

-- Plan Accordingly : Read the Road Closure Schedule --

\*\*In addition to this memo - IRON and TIN Racers should read the Guidelines for each leg\*\*

## BIB and NUMBER INSTRUCTIONS

- **There are two (2) Timing Chips** : The **Bike Tag** and the **Running BIB** will have the chips. The Paddle BIB/NUMBER will not have a chip.
- Write your name and emergency contact information on the back of your **BIB** numbers.
- Remove any other race numbers from your boat and bicycle.
  
- **NUMBERS for Paddle** must be visible:
  - CANOE (2 person) - number secured on the middle of the right side.
  - CANOE (1 person) - number secured slightly forward of middle on right side.
  - KAYAK/SUP - number must be secured where they can be seen from shore.
  
- **NUMBERS for Bicycle** must be affixed to the seat post and visible.
  - The ChronoTrack **TIMING CHIP IS IN YOUR BIKE TAG.**
    - Secure the white label/Bike tag around the seat post with the number facing backward so as to be read from the side. It has an adhesive backing.
    - Refer to the ChronoTrack Bike Tag Instructions (included in the packet) for acceptable alternate placement if the seat post is unavailable.
- Do not remove, tamper with or crease the **BIKE TAG** or the **RUNNING BIB** as it will damage your **TIMING CHIP**.
  
- **BIB** must be visible and...
  - for Bicycle leg
    - pinned to the **BACK** of your shirt
  - for Paddle leg
    - pinned to the **RIGHT FRONT** of life jacket
      - If two person kayak or canoe, BIB will be on **RIGHT FRONT of BOW** racer's vest.
  - for Running leg (**BIB** will contain **TIMING CHIP**)
    - Refer to the ChronoTrack **BIB** Instructions (included in the packet).
    - It must be pinned to the **front of your Shirt, below the chest** (and on top of anything) so we can see it.
  - Utilize the safety pins provided to properly secure the bib to your person.

IRON/TIN Racers will be given a clear plastic bag (issued at packet pickup) to use at the transition areas. You can put clothes, etc in the bag and leave it strategically with your bike or canoe/kayak/SUP.

- Mark your bags with your **BIB NUMBER** and any other contact information you wish to share.
- These bags will not be transported to Tanglewood. You or your HELPER will be responsible for collecting the bags along with your boats and bikes after the race.

## TRANSITION INSTRUCTIONS

IRON racers and TIN Teams may have one (1) HELPER

- To take your bike from you at the Bike-to-Paddle Transition area and return it to your car.
- To take your canoe/kayak/SUP from the Paddle-to-Running Transition area and return it to your car.
- \* You only need one (1) HELPER at each transition. One person can do this. Trust us, it works! (they can think of it as their own mini triathlon)
- HELPERS will be issued a HELPER BIB to be identified as a HELPER.

### **If you have a HELPER, follow this plan:**

- Leave your canoe/kayak/SUP and transition supplies/bag at Stockbridge Bowl boat ramp EARLY in the morning. - All boats must be at the boat ramp by 8:00 AM
  - Leave those transition supplies/bag in the designated pen area designated for IRON racers. Race Officials will be present for direction.
- Leave your Running transition supplies at Camp Mah-Kee-Nac EARLY in the morning.
  - Gate to Camp Mah-Kee-Nac will be open until 8:00 AM.
    - You and HELPER can drive in through the Camp's main entrance, momentarily park in the lower visitor parking area, walk your items to the beach and then leave the same way out.
    - Alternatively, HELPER or you can, walk in through the lower Oak St entrance by the causeway area.
- Then, the HELPER drives you and your bike to the Cycling Starting Line.
- HELPER returns to West Hawthorne Road and parks your car in the lower Lions' Gate parking lot. - Hawthorne road will be closed to traffic at 9:00 AM
- HELPER then walks (approx 20 mins) to the Stockbridge Bowl boat ramp to await your arrival at the bike finish line.
  - On the west side of the Lion's Gate lot, there will be a well marked trail from the parking lot to the boat ramp - approximately a 15 minute walk.
- Once you have made the Bike-to-Paddle Transition, the HELPER takes the bike back to the car, then walks to Camp Mah-Kee-Nac to await your arrival at the paddle finish.
  - On the east side of the Lion's Gate lot, there will be a well marked trail from the parking lot to the camp beach - approximately a 10 minute walk.
- Once you make the Paddle-to-Running Transition, the HELPER takes your boat from you at the shore and paddles (counter clock-wise along the shore) to the Tanglewood Beach where they will take the boat out and carry it to the car. Race Volunteers from the Pittsfield High Track Team will help carry the boats.
- HELPER then walks to or drives the car to the East Lot of Tanglewood to park and be present to cheer you on at the main gate finish line.
  - \* HELPER may leave car in lower Lion's Gate lot and walk to Tanglewood East Lot for the Bash, but it is recommended that they drive to East Lot before you finish so that you don't have to go back to Lion's Gate lot after Bash. All lots will be locked at 4:00 PM

**If you DO NOT have a HELPER, follow this plan:**

- Leave your canoe/kayak/SUP and Bike-to-Paddle transition supplies (including your bike lock on the bike rack) at Stockbridge Bowl boat ramp EARLY in the morning.
  - Leave those transition supplies in the designated pen area for IRON racers.
  - Race Officials will be present for direction.
- Leave your Paddle-to-Running Transition supplies at Camp Mah-Kee-Nac (look for the transition area by the beach).
  - Gate to Camp Mah-Kee-Nac will be open until 8:00 AM.
    - You can drive in through the Camp's main entrance, momentarily park in the lower visitor parking area, walk your items to the beach and then leave the same way out.
- Drive to the Bicycle Start at the Great Barrington Plaza on Route 7 in Great Barrington and park in the Price Chopper parking lot.
  - Canyon Ranch will be providing shuttle service (with a bike rack) from Tanglewood/Stockbridge Bowl to the Price Chopper lot beginning at 1:00 PM.
- Race Officials and Volunteers will assist you at transition areas as needed.
  - Race Volunteers will take your canoe/kayak/SUP at the Paddle finish and bring it to the designated place at the camp where you can pick it up after the race.
- After you finish the race and recover:
  - Bicycle claim - bring your number to the Bike-to-Paddle Transition area (boat ramp) to pick up your bike.
    - A Race Volunteer will be checking your number until 4:00 PM.
    - Bike racks will be disassembled at 4:00 PM.
  - Canoe/Kayak/SUP claim - bring your number to the Paddle-to-Running Transition area (Camp Mah-Kee-Nac beach) to pick up your boat and your bag.
    - A Race Volunteer will be checking your number until 4:00 PM.
    - Access the Camp Mah-Kee-Nac beach by way of Oak St after the last runner has left the beach.