

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

## PADDLING GUIDELINES

**This is a 5 mile paddling leg - Familiarize yourself with the 2026 Paddling Route Map**

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

### BIB and NUMBER INSTRUCTIONS

- There is no timing chip for Paddlers.
- Write your name and emergency contact information on the back of your **BIB** number.
- Remove any other race numbers from your boat.
- **NUMBER decal** must be visible:
  - CANOE (2 person) - number secured on the middle of the right side.
  - CANOE (1 person) - number secured slightly forward of middle of the right side.
  - KAYAK/SUP - numbers must be secured where they can be seen from shore.
- **BIB** must be visible and pinned to the **RIGHT FRONT** of life jacket
  - If two person watercraft, **BIB** will be on **RIGHT FRONT of BOW** racer's vest
- Wear your **WRISTBAND**.

### PADDLING START

- **Reporting time for Paddlers is no later than 8:45 AM**
- The Paddling start is at the Stockbridge Bowl boat ramp on Route 183 in Stockbridge.
- All boats/SUP must be in place at the boat ramp by 8:00 AM.
  - Boats cannot be left at the boat ramp overnight.
- Bringing your boat to the boat ramp: Vehicle drop off will end at 8:00 AM. You may also paddle to the boat ramp from the Tanglewood Beach or other point along the lake.
- Parking for Paddlers will be in the lower lot of Lion's Gate Lot at 3 West Hawthorne Rd., Stockbridge. Racers walk to the boat ramp from the Lion's Gate lower parking lot along the well marked trail - approximately a 15 minute walk.  
**\*\*\*Refer to the parking/road closures document for details.**
- Boats will be lined up in the order in which they arrived at the boat ramp.
- Passageway between boats must be kept open and clear.
- Volunteers and the Lenox High Crew Team will be available to assist with moving boats.
- Portable restrooms will be available at the boat ramp.
- **There will be a Paddlers' Meeting at the boat ramp at 9:00 AM**

### PADDLING RULES

- Be courteous to and follow the directions of Race Officials, Volunteers and Public Safety Personnel. **They are there for your safety.**
- **All boats must be free of Zebra Mussels.**
  - A Zebra Mussel certification is attached to your packet and **must be filled out and handed in** when you bring your boat to the boat ramp Sunday morning.
- During the race and transition period, **ONLY** Paddling racers, officials, volunteers and Iron/Tin Helpers are permitted on the ramp or in the water near the transition. **No spectators or unauthorized persons are permitted in this area.** **This is a safety matter.**
- **Coast Guard approved and fully inflated, over the shoulder life jackets must be WORN on all boats and boards at all times while on the water.**
- Whistles (provided) must be affixed to your life jacket (for EMERGENCY USE ONLY).
- SUP Paddlers must have a leash and must properly strap that leash to their leg.
- Stay to the **RIGHT** of the buoys on the course, otherwise you will be disqualified.
- Earbuds/Headphones restrict your awareness of your surroundings. Do not wear them.

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### AT BICYCLE-to-PADDLE TRANSITION POINT

- Plan ahead - Coordinate a transition plan with your teammates that is compliant with racing guidelines.
  - IRON/TIN teams are allowed one HELPER. **\*\*Refer to Iron/Tin Guidelines\*\***
- The Bicycle-to-Paddle Transition is at the boat ramp **\*\*\*See the attached diagram\*\*\***
- The Cyclists' TIMING TAG will be read **BEFORE** the hand-off to the Paddlers.
- Paddler will wait in the Team Paddler Pen until you see your Cyclist, then get the wrist band in the **Hand-Off Area**.
- **CRITICAL SAFETY RULES** for Paddlers getting wristband :
  - **DO NOT CARRY PADDLES** or other objects that can get in the way of or injure cyclists and other racers.
  - Wear appropriate footwear for parking lot and roadway.
  - **DO NOT OBSTRUCT** the path of any cyclists entering the transition area and **WALK, DO NOT RUN, INTO THE PACK** of bicyclists to get your wristband.
- After receiving the wristband, Paddler will proceed down to their boat on the boat ramp.
  - No moving of boats until Paddler arrives with wristband.
- Volunteers and the Lenox Crew Team can assist with carrying boats to the water.

### ON THE COURSE / SAFETY & SUPPORT

- Course is 1 3/4 laps around the lake in a **counter-clockwise** direction.
- Stay **RIGHT** of the buoys. - Failure to do so will result in disqualification.
- SAFETY BOATS (identified by Red Cross flags) are on the lake for safety matters.
- **You are NOT disqualified if you tip over.** Swim to shore or a dock, right your boat and continue. Keep clear of boats that have tipped over.
- If you see or have a medical problem, alert the SAFETY BOAT with your whistle.
- Race Monitors will be recording numbers of paddling racers as they pass the Tanglewood Beach during their 1st lap to ensure all racers have completed the first circle of the lake. Therefore, numbers must be visible from shore.
- If you are unable to complete the leg, contact an official so that we can account for you.

### AT PADDLE-to-RUN TRANSITION POINT

- Plan ahead - Coordinate a transition plan with your teammates that is compliant with racing guidelines.
  - IRON/TIN teams are allowed one HELPER. **\*\* Refer to Iron/Tin Guidelines\*\***
- The Paddle-to-Running Transition is at Camp Mah-Kee-Nac on the north-easterly shore of Stockbridge Bowl.
- At transition, paddle in close to shore and toss your wristband to your runner.
  - **NO BEACHING** allowed at Camp Mah-Kee-Nac. (Except IRON/TIN)
  - Soak the wristband or place it over a tennis ball before throwing it to your runner.
- After relaying the wristband to the runner, Paddler will continue paddling counter-clockwise to the Tanglewood Beach where Pittsfield Track & Field Team will assist in removing boats from the water and carrying them to the Lion's Gate lower parking lot.

**Most importantly, please be courteous. This race is supposed to be challenging and fun. Aggressive and unsafe paddling and handling of boats is not compatible with this goal. Have a safe race!**