

PLEASE READ THESE GUIDELINES CAREFULLY

RUNNING GUIDELINES

This is a 6 mile running route - Familiarize yourself with the 2026 Running Route Map
-- Plan Accordingly : Read the Road Closure Schedule --

BIB INSTRUCTIONS

- The **TIMING CHIP IS IN YOUR BIB**. It will activate when you cross the timing mat.
 - * **IMPORTANT:** Note that you will be crossing timing mats at Camp Mah-kee-nac and at the finish line at the Tanglewood main gate.
- Write your name and emergency contact information on the back of your **BIB** number.
- The **BIB NUMBER** contains the timing chip and must be visible from the front.
 - 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 four safety pins provided to properly secure your bib
- Do not fold the number, it will damage the chip.
- Wear your **WRISTBAND**.

RUNNING START

- **Reporting time for Runners at Camp Mah-kee-nac is based on your awareness of your Paddler's approximate finish time.**
 - **Remember - Cycling begins at 8:30 AM.**
 - **Plan accordingly and refer to the parking and route closure document.**
 - The Running Start and Paddling-to-Running Transition is at the shoreline of Camp Mah-kee-nac at 6 Hawthorne Rd., Stockbridge.
 - Parking for runners will be at the East Lot of Tanglewood (on West St., Lenox) and in the Lion's Gate Lot on Hawthorne Rd., Stockbridge.
 - Racers may walk to Camp Mah-Kee-Nac from the Tanglewood East Lot or Lion's Gate parking lots via the well marked trails.
- ***Refer to the parking/road closures document for details.**
- Portable restrooms will be available at Camp Mah-Kee-Nac.
 - When you receive the wrist band from your Paddler, proceed up the runners' chute and over the TIMING MAT and begin your run.
 - When you exit the camp from Oak St., turn right and head south on Mahkeenac Rd toward the causeway.

RUNNING RULES

- Be courteous to and follow the directions of Race Officials, Volunteers, Public Safety Personnel and Tanglewood staff. **They are there for your safety.**
- During the race and transition period, **ONLY** Paddling racers, Race Officials, Volunteers and Iron/Tin Helpers are permitted on the beach or in the water near the transition. No spectators or unauthorized persons are permitted in this area. **This is a safety matter.**
- Earbuds/Headphones restrict your ability to be aware of your surroundings, course officials, bikes, pedestrians and other traffic. For these reasons we discourage wearing them.
- **Roads are NOT closed to cars. Cars will be on the road so use caution when racing.** Stay to the **RIGHT** of the roadway.

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AT 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 the Iron/Tin Guidelines for direction on this transition.
- During the race and transition period, **ONLY** Paddling racers, Race Officials, Volunteers and Iron/Tin Helpers are permitted on the beach or in the water near the transition. No spectators or unauthorized persons are permitted in this area. **This is a safety matter.**
- Runners and Spectators in the bleacher area - DO NOT STAND on the bleachers.
- Runners should stay down by the waterfront and be aware of their Paddler's boats and where they are in terms of approximate finish time. As your Paddler nears their finish, make your way to the beach area adjacent to the runners' chute. When you hear your Paddlers' number called enter the transition area. When you receive the wrist band from your Paddler, begin your run through the chute.
 - Volunteers will do their best to call numbers of Paddlers approaching the finish. This is not 100% as some numbers may not be visible from shore.
- At the Paddle/Running Transition, the runner will run up the runners' chute and **OVER** the timing mats **AFTER** the hand-off of the wrist band from the paddlers.
 - IMPORTANT: You will be crossing timing mats in order for your chip to read. We will have signs and volunteers to remind you of this as you start your run.

ON THE COURSE / SAFETY & SUPPORT

- AGAIN - **Roads are NOT closed to cars, use caution when racing.** Stay to the right of the roadway.
 - Police or volunteers direct traffic at major intersections. **Cars will be on the roads so use caution.**
- These are town roads and the surface in areas may be patched and rough so always use caution!
- There are three (3) water stations on the run route (approximately the 2, 4 and 5 mile markers) - stay hydrated.
- There will be a sweep bicycle 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** (Heather, the medical coordinator)
- If you are unable to complete the leg, contact Heather at **413-446-6246** so that we can account for you.

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

Have a safe run!

LOST & FOUND at Camp Mah-Kee-Nac will be at the Gazebo