

Where is the start line?

- **Marathon and Relay Teams:** Start line is at the junction of the airline trail (Route 203) and Route 6 in Windham, CT. [Google Map Directions](#).
- **½ Marathon:** Start line is at the junction of the airline trail and Brooklyn Road in Brooklyn, CT. [Google Map Directions](#).

What time does the race start?

- **Marathon and Relay Teams:** 8am in Windham, CT
- **½ Marathon:** 8am in Brooklyn, CT

When do I check-in?

- **Marathon and Relay Teams:** We recommend arriving at 7:30am to park, stretch and be ready to run and have fun! Runners will have received their bibs, which must be visible to record times. Race begins at 8am.
- **½ Marathon:** We recommend arriving at 7:30am to park, stretch and be ready to run and have fun! Runners will have received their bibs, which must be visible to record times. Race begins at 8am.

Where is bib pick-up?

- Bibs will be mailed to individuals and relay team captains 10 days prior to race. It is the responsibility of the relay team captain to distribute bibs to team members.

I am running as a team, do all team members need to do to the start?

- No, only the 1st leg runner needs to be at the start line in Windham, CT.

I am a part of a team - What time should I arrive at my Relay Station?

- Much as we would like to answer this for you, we can't because we don't know your pace. Teams *must* allow adequate time (driving, parking, walking to trail) to get to relay stations. Think of it this way: if 1 runner is running a 4-mile leg at a 6 minute per mile pace, it will take 24 minutes. Your teammate must drive (or ride!), park and walk to the transition area to meet you. If he/she shows up at the 20-minute mark, probability of getting to transition area in time is slim. We recommend knowing your teammates expected race pace as a guide. Each year, we are sad for teams whose runners just finished a quicker than normal race pace and their teammate had not arrived at the relay station. Better to be early than increase the risk of missing the hand-off.

What is it like to run through a relay station?

- There are cordoned off "transition area" for runners only. Timing mats are laid across the trail at the stations. Fans are welcome but must go "up the trail" to cheer on incoming runners and "down the trail" to see runners head out. Mats must be clear or there will be false readings.

Is Tackle the Trail a timed race?

- Yes, all bibs are chipped. They must be worn and visible to ensure correct results. Do not carry your bib as it will not register your time when you cross mats.

What is the maximum time to run?

- Individual and Relay Teams Marathon: 5-hour time limit.
- ½ Marathon (Individuals only): 3-hour time limit.

Is there a cut off time?

- Individual Marathon and Relay Teams: 5 hours. Runners need to be through Relay Station 5 (Route 169, Pomfret, CT) no later than **12pm** to complete the race.
- ½ Marathon: 3 hours.

I've never run a trail race. Can I complete Tackle?

- Tackle the Trail is a great race for all runners, elites to beginners. Much of the marathon and ½ marathon course is flat and non-technical. However, there are legs which are technical and have 200-foot elevation gains. There is a maximum time allowed and though supported (relay stations, road crossings) runners are alone on the trail. This is not a 5K road race. In order to be safe, you must train adequately. History has shown that 1st time trail runners can run this. [The COURSE: Marathon and ½ marathon](#)

How does the "hand-off" work for running as a relay team?

- Although there is nothing to “hand-off”, Runners must start and end their legs in the cordoned off transition area at the Relay Stations. This is the only way to track times. [RELAY Stations.](#)

Is there a bag drop/pick up?

- Yes! Bag drop is available at the Hale YMCA (9 Technology Park Drive, Putnam, CT) on race day morning. Runners can drop their bags prior to getting on the bus. Pick-up will be in the same area at the finish. One checked bag per individual or team. Teams must consolidate gear into 1 bag if using bag drop. To prevent mistaken bag identity, runners must present bibs to retrieve bag.

Is transportation available?

- **Yes and No!** We provide transportation from the finish line (Hale YMCA, 9 Technology Park Drive, Putnam, CT) to the 2 different start lines for marathoners, and ½ marathoners. In addition, relay members who are running the 1st leg can also get a ride to the start line. However, there is no transportation between relay stations. Runners are responsible for their own transportation between relay stations. Here’s what we recommend: Have all team members meet at the YMCA. Use one car as the “get-a-way” car to get runners to the start line and each relay station going forward. For example, drop-off runner on at start line, all other team members jump in car to head to next relay stations, pick-up first runner, drop-off second runner, etc. This helps traffic control and it’s fun!

What time does the bus leave for the start?

- **Marathon:** bus departs Hale YMCA (9 Technology Park Drive, Putnam, CT) at 6:30am
- **½ marathon:** bus departs Hale YMCA (9 Technology Park Drive, Putnam, CT) at 7am

What’s the weather like?

- Dress accordingly. Plan on cold, wet conditions; hope for sunny and brisk! Relay Teams, you could be standing in the cold, waiting for your teammate to arrive.

I am a fan. Can I track my runner?

- Sure! For 2021 we will use [Real-Time Runner Tracking.](#) More info to come!

Are stroller or pets allowed?

- For safety reasons, no strollers and/or pets allowed.

Where can I get water/food throughout the course?

- Gatorade, water, bananas and various bars are available at all Relay Stations. Water and Gatorade are also available at select road crossings.

Are there bathrooms throughout the course?

- This is a trail race. Unfortunately, facilities are not available on the course. The Hale YMCA will open at 6am on Race Day. Runners can use the facility there.

What’s at the Race Festival?

- The post-race party is sponsored by Michelob Ultra and included in your entry fee. Take a hot shower, get a free massage, pick up your SWAG and enjoy a free cold brew knowing you’ve just TACKLED THE TRAIL!