

WELCOME TO THE 2021 PUMPKINMAN TRIATHLON

This race will take you from Boulder Beach to Wilbur Square in Boulder City as the only point-to-point triathlon in Nevada. We have outlined important details regarding this race. Please read thoroughly, as some things have changed from the year's past.

RACE LOCATIONS

Swim Start / Transition Area 1:

Boulder Beach, Lake Mead National Park, Boulder City, Clark County, NV 89005

Transition Area 2 / Packet Pick Up / Run Start / Finish Line:

Wilbur Square / Bicentennial Park, 999 Colorado St, Boulder City, NV 89005

PACKET PICK UP LOCATIONS & TIMES

Friday, October 22nd from 3:00 – 7:00PM

Trek Bikes (formerly McGhie's Ski Bike & Board), 19 S. Stephanie St. Henderson, NV 89012

Saturday, October 23rd from 5:30AM – 8:00AM @ Wilbur Square / Finish Line

Wilbur Square, 999 Colorado St. Boulder City, NV 89005

RUN GEAR DROP TIMES AT T2 (WILBUR SQUARE)

Friday: 3:30pm-7:30pm

Saturday: 5:30am-6:30am

No Bike-Check on Friday. All athletes will rack bikes at Boulder Beach on Saturday morning

SPRINT & OLYMPIC TRIATHLON / AQUABIKE

Packet Pick-up – RACE DAY PICK UP IS AT WILBUR SQUARE. Relay teams must check-in together. No exceptions. All triathletes must bring photo ID to check-in. USAT annual members must bring membership verification. There is a \$10 race day pick-up fee for all triathletes & relays checking in on race morning at Wilbur Square.

Racing at Lake Mead National Park - National Park passes and Lake Mead annual passes will be accepted at the entrance. All other athletes will be responsible for purchasing their own park entry pass. Passes can be purchased at the entrance stations and allows entry for 5 consecutive days.

Lake Mead Race Requirements - Be sure to get body-marked! You will receive 1 run bib, 1 adhesive bike bib and 1 helmet sticker in your race packet. Lake Mead does not allow balloons, chalk, glass or tape in the transition area.

Race Day Parking at Boulder Beach - Athletes and spectators are required to park in the northwest lot of Boulder Beach in the morning. Please follow parking attendant directions in the morning and please do not block access roads. Spectators are encouraged to drive up to Transition Area 2 in Boulder City after the conclusion of the swim.

Shuttle Bus – Shuttle buses will be available to transport athletes from Wilbur Square back down to Boulder Beach between 9:15am and 12:15pm. Shuttle pick-up will be located south of Transition Area 2 on California Ave, near the exit of the US Post Office parking lot. For the safety of all passengers, bicycles WILL NOT be allowed in the passenger area of the bus. All bikes will be required to be loaded in the undercarriage storage area of the bus. BBSC and Charter Empire are not liable for any damage that may occur during transport. Alternatively, you may choose to leave your bike in T2, take the shuttle to your car and drive back to Wilbur Square to load up your bike. **Cyclists:** If you decide to ride your bike back to T1, YOU MUST FOLLOW THE RIVER MOUNTAIN TRAIL before entering the park gate, as entering through the gate would require another park entry fee.

Water Temp / Expected Weather Forecast - The air temperature will be in the low 60s for the race start and will increase to high 70s by 12pm. Water temperature is 75.5 degrees as of Thursday 10/14 which means wetsuits are legal.



RACE DAY SCHEDULE

Transition Area 2 Opens	Wilbur Square	5:30a
Race Day Packet Pick Up	Wilbur Square	5:30a
Transition Area 1 Opens	Boulder Beach	5:45a
Swim Starts	Boulder Beach	7:00a-7:45a
10K & 5K Start	Wilbur Square	8:00a
Swim Cut-Off	Boulder Beach	8:30a
Post-Race Meal	Wilbur Square	8:45a-11:30a
10K / 5K Awards	Stage	9:00a
Shuttles to Boulder Beach Begin	Wilbur Square	9:15a
Sprint Awards	Stage	9:30a
Aquabike Awards	Stage	10:15a
Collegiate Awards	Stage	10:20a
Bike Cut-Off	Wilbur Square	10:30a
Olympic Awards	Stage	10:30a
Course Closed	Wilbur Square	11:30a
Last Shuttle to Boulder Beach	Wilbur Square	11:45a

SWIM START SCHEDULE

Olympic Open/Elite + Collegiate Men	Neon Yellow	7:00a
Olympic Collegiate Women	Plum	7:03a
Olympic Men 39 & Under	Red	7:06a
Olympic Men 40 & Over + Clydesdale	Royal Blue	7:09a
Olympic Women 39 & Under	Yellow	7:12a
Olympic Women 40 & Over + Athena	Neon Pink	7:15a
Olympic Relay + Aquabike	Orange	7:18a
Sprint Open/Elite	White	7:21a
Sprint Men 39 & Under	Green	7:23a
Sprint Men 40 & Over + Clydesdale	Silver	7:26a
Sprint Women 39 & Under	Neon Orange	7:30a
Sprint Women 40 & Over + Athena + Relays	Purple	7:32a
Sprint Beginners	Light Blue	7:36a

IMPORTANT INFORMATION ABOUT SPLIT TRANSITION FOR TRIATHLETES

Run Gear Drop Times - All run gear should be dropped off at Transition 2 (Wilbur Square) on Friday between 3:30pm-7:30pm or on Saturday morning between 5:30am-6:30am. Over-night security will be provided at T2 to ensure your run gear is safe. All athletes should arrive at Boulder Beach on race morning with their swim and bike gear only. BBSC is not responsible for items damaged from overnight inclement weather conditions since transition is located outdoors.

No Bike-Check on Friday - All athletes will rack bikes at Boulder Beach on Saturday morning.

Swim Bags at Transition 1 - Plan on using your own bag to pack your swim gear. Remember, you only have 2.5" allotted to you in each transition area. Please be courteous of the size of bag you bring. Unnecessarily large bags wider than 2.5" will be penalized. YOU MUST securely attach the bag tag provided at packet pick up to your swim bag. Safety-pins and attachment cords provided at packet pick-up.

Swim Bag Pick Up - All swim bags from Transition 1 (Boulder Beach) will be delivered to Bag Pick Up Area (Wilbur Square) by 9:30am. **All athletes will be responsible for packing their swim bag before leaving on the bike.** DO NOT leave valuables or cell phones in your swim bags as these bags are loaded/unloaded by volunteers and transported quickly by Uhaul truck to the finish line. **These bags are meant for your swim gear and wetsuits only! Loose gear that is found at Transition 1 will be transported and available in the Lost & Found section of the Bag Pick Up.**

Transition - Only participants will be allowed in transition areas (both locations). If you would like to see your family & friends, make sure they are on the other side of the barricades. This is for the safety of spectators and athletes!

Body Marking - Please be sure to get marked up either at Packet Pick Up or by a volunteer at the entrances of Transition 1 on Saturday. *It's a USAT Rule!*

Bike Racks - We will assign these based on bib number (which is based on distance & division). If you happen to set up in the wrong area, you will be asked to move. Each athlete is allotted 2.5 feet width.

Courses & Online Maps - Directional signs, volunteers and staff will be positioned to guide you through the course. However, please remember that per USAT rules, **IT IS YOUR RESPONSIBILITY TO KNOW THE COURSE** before beginning your race. Maps are available online. Please visit <https://bbscendurance.com/pumpkinman/> for course maps.

Swim - BBSC is providing ranger boats, safety boats, kayaks, volunteers, certified lifeguards & directional buoys for your safety and guidance during the swim

Care Caps - We will have distinctive colored caps available for those who are concerned about the swim. Whether it's your first tri or you are not comfortable in open water just yet. Our water safety team will keep a close eye on all athletes wearing these caps, so request yours from our Race Director at packet pick up.

Bike - There will be 1 aid station on the Sprint Course, 1 aid station on the Olympic Course. Please view our online maps for their exact locations. Lemon-lime Gatorade Endurance Formula, water, and Hammer Gels will be distributed at every aid station.

Car Traffic - Remember that all roads are open to traffic. You are required to stay on the shoulder unless passing.

Bike Support – Bicycle pumps will be available on-course for all athletes, it is always a good idea to be prepared to do your own maintenance out on the course, as support vehicles may be engaged elsewhere and could take some time making their way to you.

Drop Zones - These will begin and end at the boundaries of the pullout where each aid station is located. Please be sure to discard bottles & nutrition packets within these target areas. Let's keep Lake Mead clean together!

10K & 5K RUNNERS

Race Day Parking at Wilbur Square - Runners and spectators will be allowed to park in public parking spaces throughout Boulder City. There is a parking lot located on the south side of Wilbur Square. Please arrive early to allow time to find parking.

Start Times - Pumpkinman 10K & 5K Run Start is at 8:00am. THERE WILL BE NO RUN START AT BOULDER BEACH. Please plan separate transportation if you are traveling with triathletes, or plan additional time if you are dropping them off at Boulder Beach before your race.

5K and 10K Awards – The top 3 Overall Men and Women in the 5K and 10K will be awarded a podium medal during the Awards Ceremony.

ADDITIONAL ATHLETE INFORMATION

Run - Aid stations will be located approximately every mile and will distribute water, Gatorade Endurance and Hammer Gels.

Finish - The finish line tent is meant for finishing athletes only. This is where a volunteer will remove your timing chip and present you with a finisher medal and water.

Timing and Results - Must be worn around your ankle during the entire race. Do not exchange timing chips with another athlete; your timing chip is unique to you. If you drop out of the race at any point, return your chip to the race staff. **Lost Timing Chips** - If you lose your chip on the course, notify the timer immediately after crossing the finish line. **NO CHIP = NO TIME.**

Results - Results will be displayed at the Timing Trailer and will be updated live throughout the day. Get a printed receipt with your official finish time at the Timing Trailer after you cross the finish line. Immediately access your live split times and official finish time here: <https://my.raceresult.com/184126/>

Medical - Medical teams and ambulances will be stationed at the swim beach during the swim portion and at the finish line during the remainder of the race.

Hydration – Avoid a visit to the medics! The best strategy for endurance athletes is to maintain focus on staying fully hydrated beginning one week before race day, but good hydration is especially critical for two or three days prior to the race. Please consider hydration as a key to having your best race and avoiding a visit with the medics!

On-Course Medical Assistance - If you need medical assistance while on the course, look for support vehicles, aid station volunteers or tell another athlete and they will call it out to us as they pass by. Aid stations will be equipped with two-way radios for direct communication to medical support.

USAT Rules & Policies - It is suggested that you make yourself aware of all USAT rules and guidelines before arriving on race day. You can view the USAT Rules on their website: <https://www.teamusa.org/usa-triathlon>

Age Group Calculation - An athlete's age is determined based on their age as of 12/31 for all USAT Sanctioned events. Please take into consideration how old you will be after you've had your birthday this year, be sure to check the correct age group for your results.

Participant Identification Number - Your bib and body marking will identify you during the race. Race numbers and body marking is required and must always be worn and visible to avoid USAT penalty.

Post-Race Tent - This is where you will find all the post-race activities including the post-race sandwiches and snacks, and all the awards ceremonies. Vegetarian options are available.

BBSC Rules & Policies - As noted in the application waiver that you signed during registration, bibs are non-transferable and cannot be transferred from one person to another. Your bib provides BBSC with very important identifying information for the purposes of our medical program as well as timing. Transferring the bib would compromise these processes severely. We appreciate your cooperation with honoring this important guideline. Violation of this rule may prohibit you from participation in future events and disqualify you from awards. Thank you for your understanding.

Inclement Weather - The Race Director and/or Park Management reserve the right to reschedule, modify or cancel any or all portions of this event if weather conditions or anything else compromises athlete safety or makes the originally planned event unsafe or impossible. There will be no refunds for rescheduled, modified or canceled events.

Lost & Found - Return or check for lost equipment at the Timing Trailer, located near the finish line. Should you return home with gear that is not yours, or that you are missing, email info@bbsctri.com. All lost items will be kept for a period of 2 weeks and payment of postage will be required prior to its return.

Awards - The top 3 overall winners will be presented with their awards during the awards ceremony. BBSC also awards the top 3 men and women for all distances and divisions. The Collegiate Olympic division will also have an awards ceremony. Results will be posted and updated at the Timing Trailer throughout the day. All finish times will be calculated using the appropriate gun time so be sure to start with your correct wave. Due to lack of participation, there will be no Aquabike awards this year.

