

# WELCOME TO PUMPKINMAN!!!



ALL EVENTS TAKE PLACE AT SPRING  
HILL IN SOUTH BERWICK, MAINE  
117 POND RD  
SOUTH BERWICK, MAINE 03908

# Pumpkinman

TRIATHLON &  
RUNNING FESTIVAL

restore  
HYPER WELLNESS



PHILIPPECK'S  
ski • board • bike

# GREETINGS AND WELCOME TO THE PUMPKINMAN FAMILY!

Your entry into the 17th Annual Pumpkinman Triathlon and Running Festival is confirmed! We want to thank you for making our race a part of your 2023 season.

We are proud to bring world class events to the Seacoast Region! This email contains important information about the race, but if we haven't answered one of your questions, please contact us at [rachele@pumpkinmantriathlon.com](mailto:rachele@pumpkinmantriathlon.com). I will be checking email in the evenings during race week.

We know you receive many emails from races but the information in this letter is important to your successful participation in Pumpkinman 2023. **Please take 5 quiet minutes to read.** Thank you!

We hope you find our event enjoyable, challenging, and most importantly FUN! Our volunteers are ready and able to help you throughout the weekend. They are here to help you register, locate our bike mechanics, review the course, point you to the porta-potty, and will know or will find out anything and everything you might need to ask!

Thank you again for choosing us!!

Rachel Martin

Pumpkinman Triathlon Festival

USAT Certified Race Director

**ALL EVENTS TAKE PLACE AT SPRING HILL IN SOUTH BERWICK, MAINE  
117 POND RD SOUTH BERWICK, MAINE 03908**



# SCHEDULE OF EVENTS



## **FRIDAY, SEPTEMBER 8, 2023**

4-6:00pm Packet pickup at Spring Hill

## **SATURDAY, SEPTEMBER 9, 2023**

5:00am Packet pickup, Transition opens

6:30am Parking closes

6:30am Registration closes

6:30-6:45am Olympic warm up

6:45am Pre-race meeting on the beach

7:00am Olympic start

7:15am Transition closes

7:30-7:45am Sprint warm up

7:50am Sprint start

10:30am Awards Ceremony

## **SUNDAY, SEPTEMBER 10, 2023**

*Parking remains open all day via Pond Road - exit right out of parking lot*

6:45am Registration opens

8:00am 15 Miler start

8:05am Half Marathon start

8:30am Pumpkin Jenni 8.675309 Miler start

8:35am Battle on Spring Hill 6.6 Miler start

9:15am American Pumpkin Pi 3.14 Miler start

9:30am 1 Mile Fun Run start

10:00am Harvest Brunch begins

10:30am Awards Ceremony



# ATHLETE GUIDE FOR SATURDAY TRIATHLON!

## General Race Information

### Registration

Please check your entry information and advise us of any errors as soon as possible. Athlete lists will be posted on our website by September 7th for verification. Racers will be able to pick up their race packet on Friday evening before the race from 4-7pm sharp as well as race morning, Saturday, September 9, from 5AM-6:30AM. You must arrive before 6:30am on Saturday to park at the race venue.

Pumpkinman is a USA Triathlon sanctioned event. ALL participants are required to bring a photo ID at registration. You will not be allowed to race without a photo ID. Annual USAT members must bring their membership card or will be required to purchase a 1-day license. If you are not an annual USAT member, you already purchased a 1-day USAT license when registering for Pumpkinman. You must still bring a photo ID when you check in.

Philbrick's Sports will also be at the venue Friday and Saturday for last minute bike support – should you require more specific support please contact the mechanics at Philbrick's for an appointment.

Please pack your water bottle with you. We will have an area to fill your water bottle if you forget or drink all of yours. We have water bottle hand-ups for the OLYMPIC athletes on the bike course if you need additional hydration.



# RACE DAY INFO: GETTING TO SPRING HILL:

**117 POND ROAD SOUTH BERWICK, MAINE 03908**

## **The South**

Take 95N over the bridge into Maine, to exit 3. Bear right onto Rt. 236 to South Berwick. Drive 11 miles on Rt. 236. As you approach the end of Rt. 236 in South Berwick you'll see a Cumberland Farms on your left. Stop at the T-intersection and take a right (Rt.4). Go roughly 100 yards into the center of town and bear right to follow Rt.4. Drive 1.4 miles, turn right onto Pond Road (Spring Hill sign). Go 1.3 miles on Pond Road (winding country road) to Spring Hill entrance on your left.

## **The North**

Take 95S to exit 19 off Maine turnpike. Turn right onto Rt. 109 for approximately 3/4 miles. Turn left onto Rt. 9. Continue on Rt. 9 until road ends at lights in North Berwick. Turn left onto Rt. 4 for 5 miles. Turn left onto Pond Road (after Save On Fuel). Go 1.3 miles on Pond Road (winding country road) to Spring Hill entrance on your left.

## **Dover, NH**

Take Rt. 4 East (Portland Ave.) for 4.5 miles to center of South Berwick. Drive through center of town, bearing right to follow Rt.4. Drive 1.4 miles to Pond Road, turn right onto Pond Road. Go 1.3 miles on Pond Road (winding country road) to Spring Hill entrance.

## **Rochester, NH**

Take Whitehall Road by Frisbie Hospital. At end of road turn right onto Salmon Falls Road. Follow Salmon Falls Road to lights in Berwick. Turn left at lights onto Rt. 9. At stop light (Cumberland Farms) turn onto Rt. 236. Follow Rt. 236 to center of South Berwick Drive through center of town, bear or turn left to follow Rt.4. Drive 1.4 miles to Pond Road, turn right onto Pond Road. Go 1.3 miles on Pond Road (winding country road) to Spring Hill entrance.

## **Sanford, ME**

Take Rt. 4 to North Berwick traffic light. Continue on Rt. 4 for 5 miles. Turn left onto Pond Road (after Save On Fuel). Go 1.3 miles on Pond Road (winding country road) to Spring Hill entrance.

## **About the venue**

Spring Hill is located in Southern Maine, just an hour north of Boston, and minutes away from Portsmouth and the Seacoast. The grounds are perfect for your whole family to gather while you are racing, have them bring a picnic basket, as the food tent is for athletes only. We're located in a beautiful, but secluded area - so we can be tricky to find (view Google map). If you need more specific directions, please don't hesitate to contact us.

**PLEASE LEAVE PETS AT HOME PER REQUEST OF THE VENUE!!**

# PRE-RACE ATHLETE RESPONSIBILITIES

## Athlete Check List for race Day:

- **Pick up your packet and timing chip. Timing chips will be picked up race morning regardless of when you pick up your packet.**
- **Get your body marked, number your swim cap, helmet, and bike.**
- **Check in your bike in the transition area (athletes only unless minor child) - your bike will be checked for end caps on the handle bars.**
- **Know the bike and run course. While our course will be adequately marked with yellow signs, volunteers, and spray chalk you are ultimately responsible for knowing and staying on course.**
- **After the race - only athletes are allowed to pick up their bikes in transition. We will check that your bike number matches your bib number. NO EXCEPTIONS!!!**

### Packet Pick-Up Procedures

- Head to the appropriate line for packet pick-up
- You will pick up your race packet at the registration booth. Again NO ID = NO PACKET • What's inside: your number sticker sheet for your bike, helmet, swim cap, run bib number.
- Proceed to the goody bag, race shirt table and swim cap pick up

### Timing Chips

You will receive a timing chip on race morning. This chip must be worn on your ankle during the entire race (do not put this on your wrist). If you pick up your packet prior to race morning, you will still return to the registration area to retrieve your chip prior to entering transition on race day.

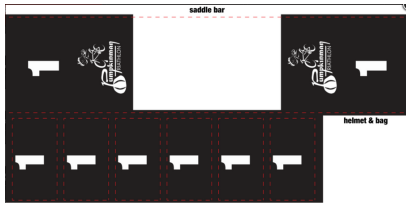
### Label Your Gear

- **Swim Cap Number** - You must place the swim cap number on the side of your cap.
- **Helmet Number** - This sticker must be stuck to the front of your bike helmet.
- **Bike Number** - Fold this in half and place on your bike frame so that it is visible while riding
- **Run Number** - The bib must displayed on the front on the run course.
- **Body Marking** - You will need to tell your body marker your race number and race age. Your race age is your age as of December 31, 2023.
- **You are responsible for all gear you leave in transition so please label everything!**



## Example Race Packet

Your race packet will look like the picture below. Included on this sheet are your bike frame number, swim cap number and helmet sticker. Your run bib number will also be included.



## Other Important Race Information

- All athletes must be on the beach no later than 6:40 for a mandatory meeting - including RD announcements, USAT Official announcement and the National Anthem which will begin promptly at 6:45. **PLEASE BE RESPECTFUL OF BEING ON TIME AT THE WATERFRONT!!!** It is very difficult to start on time when you aren't on time.
- You must wear the swim cap given to you at registration. You must place the number provided in your packet on the cap prior to the start of the event. If you swim in the wrong wave you will be disqualified.
- If either your helmet or bike is not numbered during the bike portion of the race you will be disqualified.
- If you do not wear your run bib number during the run portion of the race you will be disqualified.
- Do not discard water bottles, food wrappers or any clothing items on the race course this too is grounds for disqualification.
- On the swim course: You will enter the water on the right side of the beach. Swimmers are to stay to the right of the buoys at all times. It is a triangular swim course. Swimmers will exit the swim on the left side on the beach and run up The POWDERHOUSE HILL CLIMB CHALLENGE hill approximately 250 meters. A Split time will be recorded for this section of the Race, the fastest age group athletes will receive a special prize for the fastest Hill Climb Time!
- On the bike course: **THE ROADS ARE OPEN TO TRAFFIC.** You must have your helmet buckled at all times. You may walk or run your bike from transition to the mounting area. There will be a lead vehicle and sag vehicle on the course. **DRAFTING IS NOT ALLOWED PER USAT** guidelines. There will also be race officials on motorcycles on the course marshalling. Stay to the right of the roadway and do not cross the centerline. You must keep your helmet buckled until you rack your bike.
- On the run course: You must wear your race number on the front at all times.



# PARKING & SPECTATORS

There is onsite parking, however due to the nature of the venue all athletes must be at Spring Hill no later than 6:30am on Saturday. If you need to arrive late or need to leave prior to race completion, you must park in our offsite parking location. Please check the website, Facebook, and look for athlete emails for parking updates. Please contact us by September 7, 2023 with questions to ensure a response before race day.

## **PLEASE NOTE THIS IMPORTANT INFORMATION ABOUT PARKING:**

Due to the nature of the venue all athletes must be at the venue no later than 6:30am on Saturday. All athletes should be at Spring Hill prior to 6:30am as check in closes at that time.

**There will be additional offsite spectator parking at a private home located at 60 Knights Pond Road. This parking lot will be used for spectators arriving after 6:30 am. Any spectators arriving after that time will not be allowed to park on venue at Spring Hill.** The off site location is less than a half mile from Spring Hill and will require spectators to walk. There is no shuttle service from the lot to the race venue. Please take Route 4 and turn onto Agamenticus Road. This will turn to Knights Pond Road. There will be attendants directing you to the property. Please be respectful as this is private property. Also, be aware that there will be cyclists and runners on the road. **Use extreme caution.**

Additionally, you will not be allowed per order of the South Berwick police to park on the race course portions of Pond Road, Junction Road, or Knights Pond Road. If you park on these roads you will receive a ticket and/or be towed.

Each year we are asked if athletes are allowed to leave as soon as they are finished with their race. The answer is NO. You will be allowed to get your things from transition after the last cyclist has returned from the bike course. This is typically around 10-ish. We do this for safety reasons. We have cyclists and runners going in and out of the entrance to the venue, and trying to leave with your car can be impossible. Please respect all of the transition volunteers...they are keeping you safe.

**PET POLICY- PLEASE LEAVE YOUR FURRY FRIENDS AT HOME. NO DOGS ALLOWED PER REQUEST OF THE VENUE. IF YOU BRING YOUR DOG, YOU WILL BE ASKED TO GO BACK TO YOUR CAR. THANK YOU!**

# USAT TRANSITION AREA RULES

**7.1 Entering and Exiting.** A participant must reduce cycling speed to an acceptable and safe level when exiting and entering the transition area. Failure to do so shall result in a variable time penalty.

**7.2 Placement of Equipment.** All participants shall place equipment only in the properly designated and individually assigned bicycle corral and shall at all time keep their equipment confined to such properly designated areas. Any violation of this Section shall result in a variable time penalty.

**7.3 Bicycle Placement.** All participants must return their bicycles to an upright position in the properly designated bicycle corral after completion of the cycling course and before beginning the next segment of the event. Any violation of this Section shall result in a variable time penalty.

**7.4 Obstruction and Interference.** No participant shall impede the forward progress of another participant or interfere with another participant's equipment while in the transition area. Any violation of this Section shall result in a variable time penalty, unless such obstruction or interference renders another participant unable to complete the event, in which case the penalty shall be disqualification.

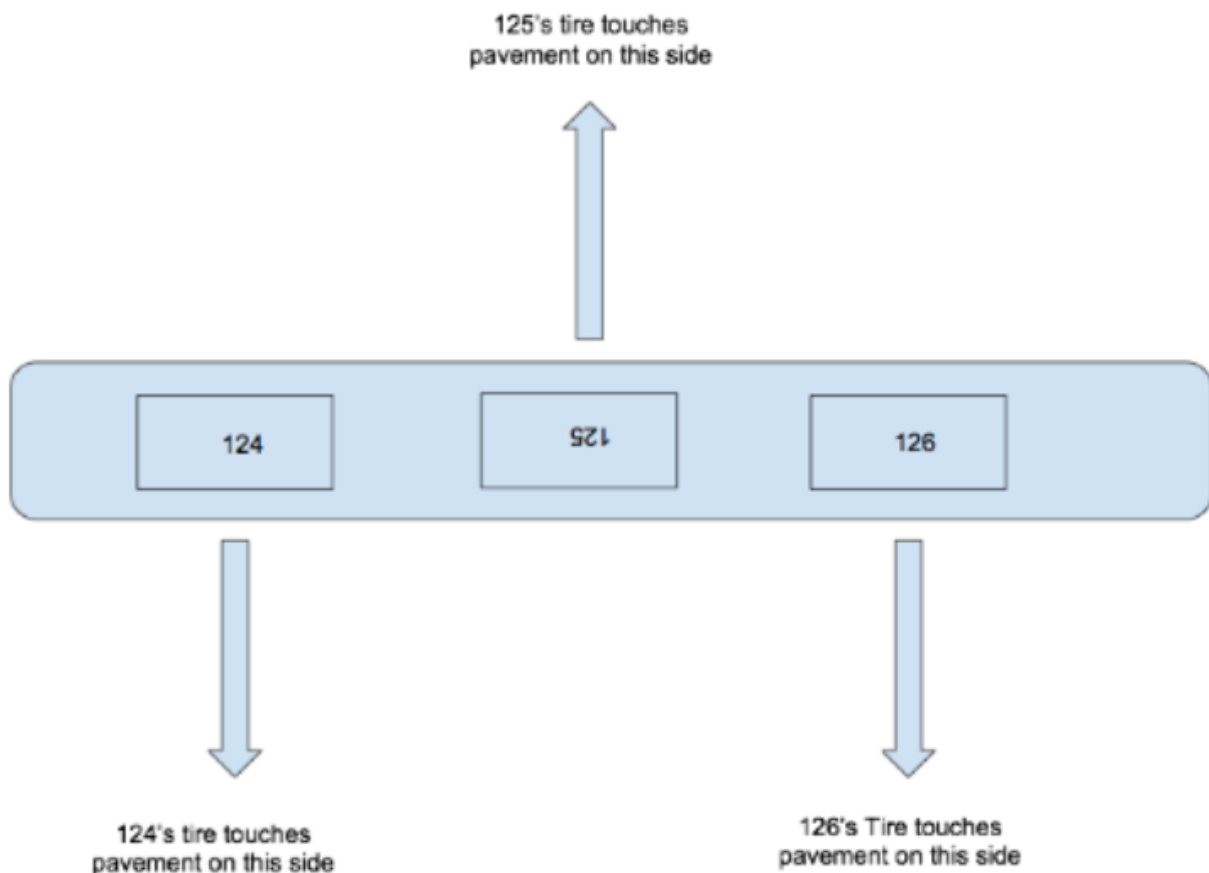
**7.5 Glass Containers.** Any participant who brings any glass container into the transition area shall be disqualified.

**\*\*ADDITIONALLY - NO SEATS OR FOLDING BENCHES/CHAIRS ALLOWED IN TRANSITION.**



Athletes must rack bikes according to their bib numbers. Signs and volunteers will lead you to your rack.

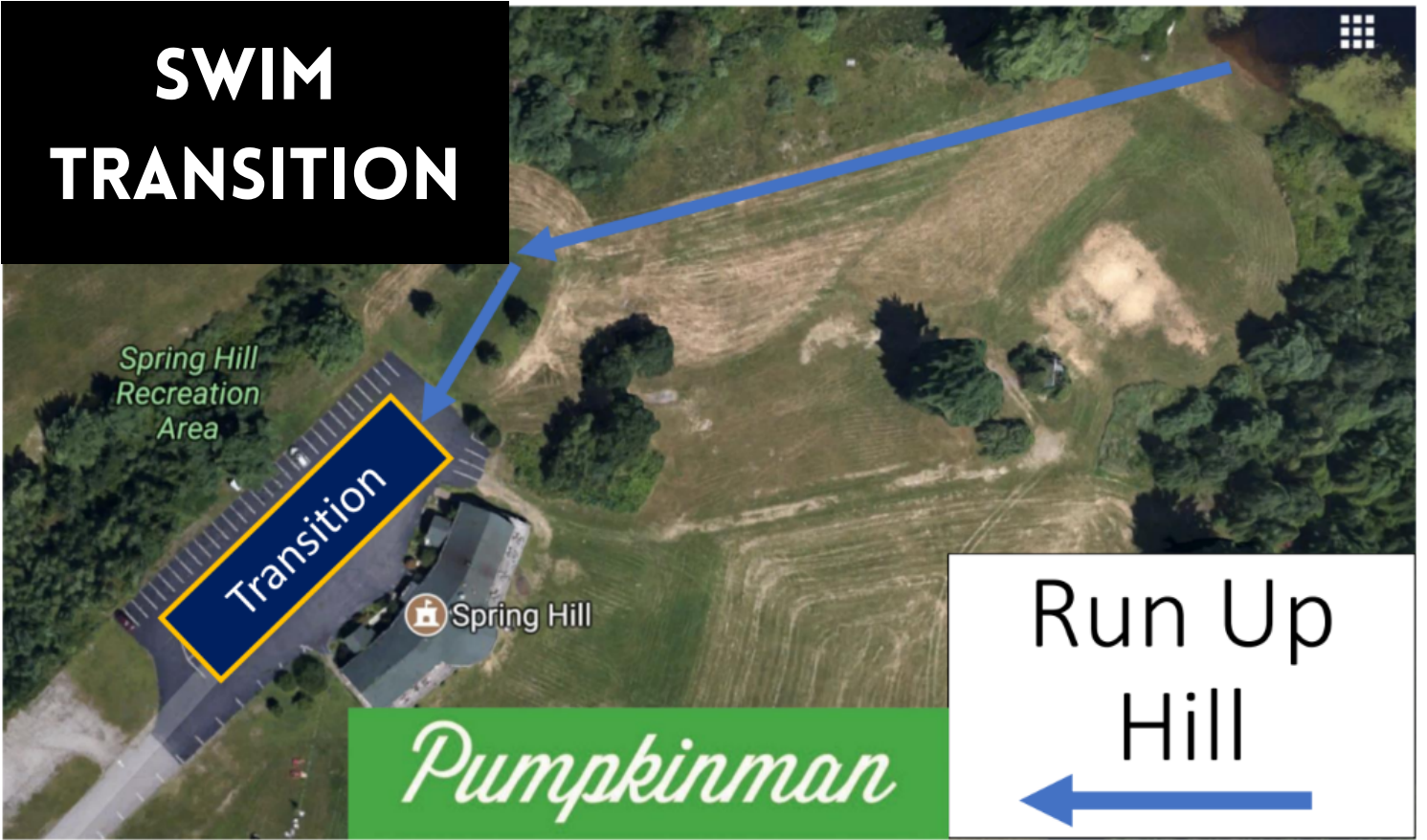
Bikes must alternate sides of the rack to ease congestion. The front tire of two adjacent bikes will hit the pavement on opposite sides of the rack. We encourage you to rack by your seat rather than the handlebars- it is easier, faster, saves space and is easier on your bike. See the diagram for an illustration.







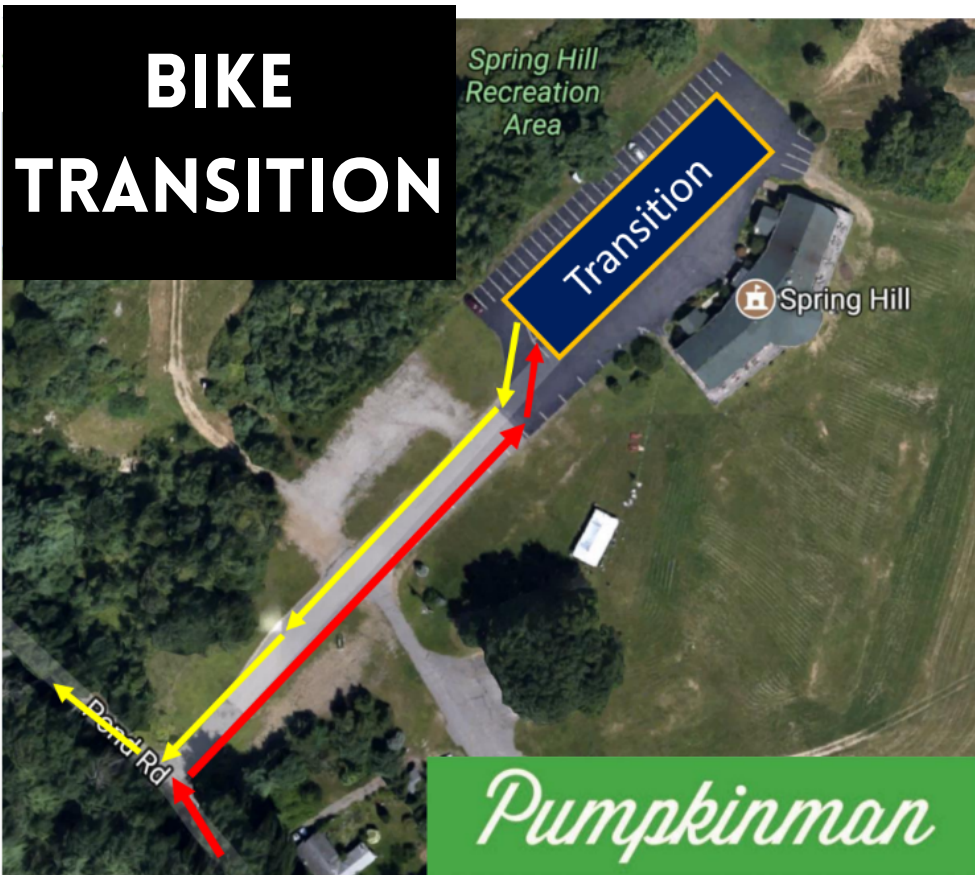
# SWIM TRANSITION



Run Up  
Hill



# BIKE TRANSITION



Bike Out



Bike In







Run Out  
←

Run Into Finish  
→



Aqua Bike Finish  
→

Bike Out  
←

Bike In  
→



# Swim Waves beginning at 7am:

TIME TRIAL START - ATHLETES WILL GROUP ACCORDING TO CAP COLOR

- **Wave 1- OLYMPIC** M 40+; NEON YELLOW
- **Wave 2- OLYMPIC** W 40+; DARK GREEN
- **Wave 3- OLYMPIC** M 39 and under; WHITE
- **Wave 4- OLYMPIC** W 39 and under; BLUE, Aquabike, Olympic Relays, Olympic Friends and Family
  
- **Wave 5- SPRINT** M 44 and under; SILVER
- **Wave 6- SPRINT** F 44 and under; NEON PINK
- **Wave 7- SPRINT** M 45+ PALE BLUE
- **Wave 8- SPRINT** F 45 + PURPLE
- **Wave 9- SPRINT** Relays, Friends & Family - NEON GREEN

athena/clydesdale and high school will swim with their age groups

# SWIM COURSE

- The SPRINT swim is a counterclockwise 1/3 mile swim in Knights Pond. The OLYMPIC swim is a 2-LOOP .9 counter clockwise swim.
- Average water temperature in September is approximately 70 degrees and wetsuits will be allowed.
- There will be American Red Cross Certified Life Guards on site and there will be kayakers providing support to swimmers.

**TIME TRIAL SWIM START-2 people every 8-10 seconds; organized by waves**

## **POWDERHOUSE HILL CLIMB CHALLENGE:**

Unlike other triathlons, Pumpkinman offers a unique hill climb from the water exit to the bike transition. Approximately 250 meters from the waters edge, athletes will summit a replica of Powderhouse Hill; a locally owned ski hill that is run by the residents of South Berwick. Powderhouse Hill is one of the oldest operating ski areas in the entire country. In racing up the hill, athletes will have an additional split time for "summiting" the Hill Climb Challenge. Awards for both Sprint & Olympic!



# SWIM SAFETY TIPS

## 1. Prepare adequately for race conditions

- Leading up to the race, ensure that you are comfortable in the open water, swimming with others, and wearing a wetsuit

## 2. Don't do anything new on race day

- Do not try new equipment on race day. This includes wetsuits
- Make sure your wetsuit fits properly and you are comfortable swimming in it prior to race day
- Have a pair of backup goggles on hand just in case you need them

## 3. Warm up on race morning

- Get to the swim start early enough to get in the water and warm up
- Check out the course - the entry, the exit, and the water conditions prior to the start

## 4. Seed yourself appropriately

- If you are less comfortable in the water, start toward the back and outside
- Less experienced swimmers should swim wide around turn buoy to avoid congestion and contact with other swimmers
- You may rest by hanging on to any of the stationary kayaks or surfboards during the race. You will not be penalized as long as the boat does not propel you forward

## 5. Pay attention to warning signs and ask for help

- If you are experiencing symptoms such as chest pain, discomfort, or shortness of breath leading up to the race, seek advice from your doctor
- During the race, signal a lifeguard at the first sign of a problem. For example, if you are experiencing chest discomfort, are short of breath, coughing excessively, or if anything at all doesn't seem right, **ASK FOR HELP IMMEDIATELY.**
- If you need assistance, simply raise your hands and wave to any of the support personnel on the boats, kayaks, or surfboards

## 6. Please be careful of mussels in the water at the swim entrance and exit

- There are some mussels near the shore line, though there are far fewer than prior years. Still, we urge you to use caution when entering and exiting the water. We will have rubber mats in the water for the swim start and at the swim exit, but athletes should use caution.

# PHILBRICK'S SPORTS OLYMPIC BIKE COURSE

There will be an aid station you pass by twice after Great Hill with water bottle handups and honey stinger gels. This is for the Olympic Cyclists!

**CLICK BELOW FOR SPRINT MAP**

**[HTTPS://WWW.MAPMYRUN.COM/ROUTES/EDIT/4365214909/](https://www.mapmyrun.com/routes/edit/4365214909/)**

**CLICK BELOW FOR OLYMPIC COURSE:**

**[HTTPS://WWW.MAPMYRUN.COM/ROUTES/VIEW/5702089132](https://www.mapmyrun.com/routes/view/5702089132/)**





# SPRINT BIKE COURSE

Turn right onto Pond Rd - **0.04** mi  
Head west on Pond Rd toward Junction Rd - **0.30** mi  
Turn left onto Junction Rd - **0.84** mi  
Head southeast on Junction Rd toward Knights Pond Rd - **1.34** mi  
Turn left onto Knights Pond Rd - **1.58** mi  
Head northeast on Knights Pond Rd toward Pond Rd - **2.07** mi  
Head northeast on Knights Pond Rd toward McLean - **3.10** mi  
Continue onto Hooper Sands Rd - **3.74** mi  
Head south on Hooper Sands Rd toward Back Acres Ln - **4.39** mi  
Turn left onto Emerys Bridge Rd - **5.44** mi  
Head north on Emerys Bridge Rd toward Rodier Rd - **6.39** mi  
Turn right onto Bennett Lot Rd - **6.75** mi  
Head northeast on Bennett Lot Rd toward Ogunquit Rd - **7.69** mi  
Turn left onto Ogunquit Rd - **8.78** mi  
Head northwest on Ogunquit Rd toward Tufts Rd - **9.02** mi  
Continue onto Boyds Corner Rd - **9.61** mi  
Head northwest on Boyds Corner Rd toward Tatnic Rd - **10.14** mi  
Turn left onto Thurrell Rd - **11.02** mi  
Head southwest on Thurrell Rd toward Lamberts Ln - **11.75** mi  
Turn right onto Great Hill Rd - **12.72** mi  
Head southwest on Great Hill Rd toward Hooper Sands Rd - **12.86** mi  
Turn right onto Hooper Sands Rd - **13.36** mi  
Continue onto Knights Pond Rd - **13.54** mi  
Head south on Knights Pond Rd toward McLean- **13.95** mi  
Head southwest on Knights Pond Rd toward Tara Ln - **14.71** mi  
Slight right onto Pond Rd - **15.07** mi  
Head northwest on Pond Rd - **15.28** mi  
Turn right back onto venue - **15.37** m

# OLYMPIC BIKE COURSE

Turn right onto Pond Rd - **0.05** mi

Head southwest on Pond Rd toward Junction Rd - **0.80** mi

Turn left onto Junction Rd - **0.85** mi

Head southeast on Junction Rd toward Knights Pond Rd - **1.18** mi

Turn left onto Knights Pond Rd - **1.59** mi

Head northeast on Knights Pond Rd toward Renaud - **2.51** mi

Continue onto Hooper Sands Rd - **3.75** mi

Head south on Hooper Sands Rd toward Black Swan Dr - **4.28** mi

Turn left onto Emerys Bridge Rd - **5.44** mi

Head northeast on Emerys Bridge Rd toward Rodier Rd - **5.98** mi

Turn right onto Bennett Lot Rd - **6.76** mi

Head northeast on Bennett Lot Rd toward Ogunquit Rd - **7.59** mi

Head east on Bennett Lot Rd toward Ogunquit Rd - **8.71** mi

Turn left onto Ogunquit Rd - **8.78**mi

Continue onto Boyds Corner Rd - **9.61**mi

Head northwest on Boyds Corner Rd toward Tatnic Rd - **10.18** mi

Turn left onto Thurrell Rd - **11.02** mi

Head west on Thurrell Rd toward Lamberts Ln - **11.42** mi

Turn right onto Great Hill Rd - **12.72** mi

Head west on Great Hill Rd toward Hooper Sands Rd - **12.73** mi

Head southwest on Great Hill Rd toward Hooper Sands Rd - **13.36**

mi

Turn left onto Hooper Sands Rd - **13.37** mi (the start of your second loop)

# OLYMPIC BIKE COURSE continued

Head south on Hooper Sands Rd toward Emerys Bridge Rd - **14.75** mi

Turn left onto Emerys Bridge Rd - **14.88** mi

Head north on Emerys Bridge Rd toward Rodier Rd - **15.66** mi

Turn right onto Bennett Lot Rd - **16.20** mi

Head northeast on Bennett Lot Rd - **17.09** mi

Head east on Bennett Lot Rd toward Ogunquit Rd - **18.02** mi

Turn left onto Ogunquit Rd - **18.22** mi

Head north on Ogunquit Rd toward Tufts Rd - **18.75** mi

Cross the road - **18.96** mi

Head northwest on Ogunquit Rd toward Tufts Rd - **18.99** mi

Continue onto Boyds Corner Rd - **19.11** mi

Head north on Boyds Corner Rd toward Tatnic Rd - **19.98**

Mi Turn left onto Thurrell Rd - **20.52** mi

Head west on Thurrell Rd - **20.96** mi

Head southwest on Thurrell Rd toward Lamberts Ln - **21.58** mi

Turn right onto Great Hill Rd - **22.22** mi

Head southwest on Great Hill Rd toward Hooper Sands Rd - **22.36** mi

Turn right onto Hooper Sands Rd - **22.86** mi

Head west on Hooper Sands Rd toward Harvey Rd - **22.93** mi

Continue onto Knights Pond Rd - **23.04** mi

Head southwest on Knights Pond Rd toward Warren Ln - **23.64** mi

Head southwest on Knights Pond Rd toward Tara Ln - **24.25** mi

Head southwest on Knights Pond Rd toward Pond Rd - **24.55** mi

Slight right onto Pond Rd - **24.57** mi

Head northwest on Pond Rd - **24.79** mi

Turn right **24.87** mi

# SPRINT AND OLYMPIC RUN COURSE

**Sprint- 1 loop      Olympic- 2 loops**



- (.13 mi) Exit Lodge Parking Lot and TURN LEFT onto POND ROAD
- (.41 mi) TURN RIGHT on to KNIGHTS POND ROAD
- **\*Aid station located at the island where you make the turn with water, gatorade and gels\***
- (1.00 mi) TURN RIGHT on to JUNCTION ROAD,
- **\*Aid station located at the end of Junction Rd before turning onto Pond Rd with water, gatorade and gels\***
- (1.78 mi) TURN RIGHT on to POND ROAD
- (2.60 mi) TURN LEFT into Lodge Parking Lot
- **SPRINT- Proceed around the transition area and to Finish OLYMPIC- START SECOND LOOP by continuing on Pond Rd**



## **Relay Team Exchanges:**

The Relay Exchange will be located just outside of the Transition Area on the grass at the top of the Powerhouse Hill Climb chute (see map below).

## **Exchange Procedures:**

**Swim to Bike:** The swimmer will run from the swim exit to the top of the Powderhouse Hill climb. Before entering transition, the swimmer will enter the exchange area and complete the handoff with the cyclist. The cyclist will then proceed into transition and begin the bike.

**Bike to Run:** The cyclists will dismount their bike, enter transition, rack their bike, and exit transition through the Run Out archway and proceed to the chip exchange area. The runner will then head directly onto the run course, running alongside the far side of transition opposite the Lodge.

## **Aquabike Finish**

Aqua Bike athletes, upon completion of the bike portion of the event, please cross the timing mat to enter transition. Next, rack your bike, exit transition through the arch and proceed straight toward the AB finish area. Do not turn right onto the run course out of transition.

# MOST COMMON RULES VIOLATIONS FROM USAT

1. **Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn securely fastened at all times while in possession of your bike. This means before, during, and after the event. Penalty: Disqualification

2. **Chin Straps:** Chin straps must be fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg. Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. **Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Variable time penalty

4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty

**5. Drafting:** the bicycle draft zone is 10 meters long extending backwards from the leading edge of the front wheel (5 bike lengths of clear space between bikes). Athletes have 20 seconds to pass through this zone. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty

**6. Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times. Penalty: Referee's discretion

**7. Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

**8. Headphones and Phones:** Headphones, phones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Variable time penalty

**9. Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

**10. Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

**11. Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**12. All bar ends must be solidly plugged on your bike.**

**13. Mirrors** are not allowed but can be covered with duct tape or electrical tape.



# More from the USA Triathlon Competitive Rules

Pay special attention to the following selections from the USAT Rulebook. These rules will be strictly enforced at Pumpkinman.

**Indecent Exposure:** Public nudity at any time during the event is prohibited. Any violation of this Section shall result in a variable time penalty.

- Indecent exposure against the rules and against the law. This includes public urination. Any athlete in violation of this rule will be immediately disqualified and removed from the course. Athletes also face the possibility of arrest if caught breaking this law.

**Traffic Laws:** All participants must obey all traffic laws while on the cycling course unless otherwise specifically directed by a USA Triathlon official, race monitor or designee with actual authority. Unless otherwise directed in accordance with the preceding sentence, all participants shall come to a complete stop when required by a traffic sign or traffic control device and shall not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case shall a cyclist cross a solid yellow line indicating a no passing zone. Any violation of this Section shall result in disqualification or a variable time penalty as determined in the sole discretion of the Head Referee.

- While our bike course is extremely well controlled, it is not closed to traffic. We have volunteers located throughout the course to ensure your safety. We also have Police Officers at select locations and patrolling the course by cruiser. It is essential that you follow their directions at all times while on course. You must do this without hesitation and without engaging in Unsportsmanlike behavior (see below). If you fail to follow an Officer's directions, you will be pulled from the course immediately.

**Unsportsmanlike Conduct:** Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.

- Unsportsmanlike conduct of any kind will not be tolerated at Pumpkinman. Athletes must refrain from using inappropriate language and/or gestures toward other athletes, officials, volunteers, race staff, Police Officers, spectators, and the general public. Athletes found to be in violation of this rule will face immediate disqualification and be removed from the course immediately.

**NEW THIS YEAR: ATHLETES RECEIVING A PENALTY WILL BE REQUIRED TO STOP IN THE PENALTY TENT, WHICH WILL BE JUST OUTSIDE THE FRONT OF TRANSITION WHERE YOU BIKE IN. ATHLETES WHO DO NOT DO THIS RISK DISQUALIFICATION.**

**AGAIN, PLEASE LEAVE YOUR PETS AT HOME  
PER REQUEST OF THE VENUE!**

# RACE DAY CHECKLIST!

- Timing Chip (to be picked up on race morning)
- Athlete Packet with race numbers - **we will have body marking available, but if you feel more comfortable doing it yourself, you need to label your upper left arm, hand and back of your calf with your race number. Your age will go on the back of the other calf. Use a sharpie.**
- Swim Cap
- Goggles
- Water bottle for your bike
- Trisuit or Swimsuit
- Wetsuit
- Bike with bar end plugs
- Wheels
- Bike Pump
- Bike Shoes
- Bike Helmet
- Flat Kit
- Bottles
- Nutrition
- Sunglasses
- Running Shoes
- Race Belt
- Hat or Visor

## **Live Athlete Tracking**

Friends and family can track athletes on race day using the All Sport Events website on their computer or mobile device. Spectators at the race venue can visit the All Sport Events timing trailer where live timing results will be displayed electronically.

## **Race Results**

Race results will be posted near the finish line as they become available. We will also post a link to the final 2023 results on our website after the conclusion of the race.

Results can also be viewed at <http://www.allsportsevents.com>.

## **Race Photography**

LINKS TO RACE PHOTOS WILL BE SENT AFTER THE RACE :)

## **Age Group & Overall Awards**

This year the Pumpkinman Triathlon will award the top 3 Age Group Overall Sprint and Olympic Competitors, and top 3 Overall Aquabike Competitors with a custom award. In addition, the top 3 male and female age group winners in the Sprint and Olympic race will be awarded a custom award. There are no duplicate awards, and out of respect for all award winners, you must be present to receive your award. No awards will be shipped.

All age group winners and the members of the top male, female and mixed relay teams will receive awards!

### **Adult Beverage Tent**

All athletes over the age of 21 are welcome to one free adult beverage (Beer, Mimosa, or Bloody Mary).

WE CAN'T WAIT TO SEE YOU!!!!

Rachel and the entire Pumpkinman Team



**SUNDAY RUNNING  
FESTIVAL!**



**PACKET PICK UP WILL BE  
FRIDAY SEPTEMBER 8 FROM 4-7PM  
OR RACE DAY MORNING  
STARTING AT 6:45AM ON VENUE**

**SUNDAY, SEPTEMBER 10, 2023**

*Parking remains open all day via Pond Road - exit right out of parking lot*

6:45am	Registration opens
8:00am	15 Miler start
8:05am	Half Marathon start
8:30am	Pumpkin Jenni 8.675309 Miler start
8:35am	Battle on Spring Hill 6.6 Miler start
9:15am	American Pumpkin Pi 3.14 Miler start
9:30am	1 Mile Fun Run start
10:00am	Harvest Brunch begins
10:30am	Awards Ceremony