



2019 Nevada Senior Game 10K & 5K Road Races

Fitness for the Fun of It

Competition by Age Group: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

(Age group determined by age as of December 31, 2019)

Note: The above age groups are for the Nevada Senior Games. BBSC awards are given for 10-year age groups.



Pumpkinman 10K & 5K Road Races

Produced & managed by



Saturday, Oct. 26, 2019 | Wilbur Square, Boulder City

Choose Your Race: 10K or 5K

The Nevada Senior Games (NSG) is excited to partner with BBSC Endurance Sports for its two road races for runners ages 50 or better! Athletes will choose to compete in either the Pumpkinman 10K or 5K race.

Runners will start and finish at Wilbur Park in Boulder City, following a USATF-sanctioned out-and-back course through historic Boulder City, a short drive from Las Vegas, Nevada. Both races start at 8 a.m.

The Nevada Senior Games will award gold, silver, and bronze medals to the top three Nevada athletes, and to out-of-state athletes in order of their finish in each age group. PLUS, Games' athletes are eligible for BBSC awards as well!

Event Schedule

Packet Pick-up:

- Thursday, Oct. 24, 4-7 p.m. and Friday, Oct. 25, 3-7 p.m. at McGhie's Ski Bike and Board, 19 S Stephanie St, Henderson (just south of I-215). You will receive your Nevada Senior Games t-shirt plus your Pumpkinman t-shirt, timing chip, and swag bag.
- Saturday, Oct. 26, 6:30–8 a.m. at the Finish Line Trailer.

Before arriving at packet pick-up:

1. Make sure you have already registered
 - a. On **NevadaSeniorGames.com** as a Nevada Senior Games' 10K or 5K athlete **AND**
 - b. On **BBSCrun.com** for either the Pumpkinman 10K or 5K race.
 - c. No need to bring documentation. If you are registered, you will be in the registration system.

Race Day:

- 6:30 - 8 a.m. –Race day packet pick-up.
- 8 a.m. – Start of the 10K & 5K
- 10 a.m. (approx.) – BBSCrun awards begin when results are ready
- NSG awards will follow BBSC's presentation or when all top three finishers in each age group have finished their races.
 - *Note: The top three Nevada residents will receive gold, silver or bronze medals in each age group. Out-of-state residents will receive medal in the order of their finish, and not displace Nevada athletes.*

How to Register

Step 1 – Go to NevadaSeniorGames.com (Deadline: Friday, Oct. 18)

To participate as a Nevada Senior Games road running competitor, you must first register on NevadaSeniorGames.com. Sign up online – *it's quick and easy!*

In your registration confirmation email, you'll receive a special Nevada Senior Games athlete code to save 20% on your Pumpkinman 10K or 5K registration fee on BBSCrun.com.

NSG registration fees:

- Early Bird rate: \$35 for Nevada residents, \$40 for out-of-state athletes, until July 31
- Regular rate: \$40 for Nevada residents, \$45 for out-of-state athletes, Aug. 1 – Oct. 18
- No Sport fee
- Processing fee for paper/mail-in registrations: \$10
- Your registration includes a Nevada Senior Games T-shirt and finisher medal

Step 2 - Go to BBSCrun.com/pumpkinmanrun

The Pumpkinman 10K & 5K race web page has all the information athletes need to know about the event including course descriptions and maps, packet pickup details, race day info, and more. To sign up, click the "Register Now" button and follow the prompts.

To ensure you're registered as a Nevada Senior Games competitor:

1. Enter your special athlete code in the **Coupon Code** box
 - **You'll save 20% on your race entry fee listed below!**
 - **Offer good until Sunday, Sept. 1**
2. Individual athlete fees:
 - 10K run: \$50 until Sept. 13; \$60 Sept. 14 – Oct. 20; \$65 Oct. 21-26
 - 5K run: \$40 until Sept. 13; \$50 Sept. 14 – Oct. 20; \$55 Oct. 21-26

Your BBSC/Pumpkinman 10K or 5K race registration includes a T-shirt, finisher medal, goodie bag, RaceResults™ timing, supported aid stations, post-race meal, finish line music, and experienced race staff.

Remember: Friday, Oct. 18 is the deadline to register as a Nevada Senior Games 10K or 5K run competitor with NevadaSeniorGames.com. The above information is provided for family and friends who make the last-minute decision to join you on the course on race day!

What You Need to Know

1. The Nevada Senior Games invites out-of-state competitors ages 50 or older to participate.
2. The first three (3) Nevada residents in each five-year age group, beginning with 50-54, will be awarded gold, silver, and bronze medals for 1st, 2nd, and 3rd places. Out-of-state athletes will be awarded medals in order of actual finish and cannot displace Nevada residents.
3. Though there is no limit on the number of athletes who can participate as a Nevada Senior Games 10K or 5K competitor, BBSC does have an event cap. *Be sure to register early to secure your spot!*
4. The Nevada Senior Games highly recommends athletes bring and use the type of hydration, sports nutrition, energy supplements, and other items they are accustomed to during training.
5. BBSC will provide:
 - Timing chip
 - Aid stations approximately every mile. 5K course will have 3 opportunities to fuel up, while the 10K course will have 6 opportunities. Hammer Heed, Hammer Gels and water will be offered at all run aid stations.
 - Finisher medal at the finish line, and post-race meal and nutrition
 - The top 3 overall men and women in each distance will receive an award. Competition age groups are in 10-year segments, beginning with 50-59.
6. Headphones are not allowed.
7. If you are unable to complete your race, be sure to return your timing chip to BBSC staff so not to be charged a replacement fee.
8. The Pumpkinman 10K and 5K is solely owned and operated by BBSC Endurance Sports. All Nevada Senior Games-registered athletes agree to follow the rules and policies set forth by BBSC Endurance Sports and USA Track & Field; follow instructions made by BBSC staff, course marshals, and public safety officials; and abide by BBSC's decisions regarding disputes, infractions, penalties, changing or canceling the run races due to weather conditions, or other issues that may occur on race day.
 - For more information, go to BBSCrun.com/faq.
9. Review the refund policies of the Nevada Senior Games and of BBSC Endurance Sports on their respective websites prior to registration as they may differ.

Event Coordinators

- Nevada Senior Games 10K & 5K coordinators: Carla & John Carpenter, vegassizzlingseniors@gmail.com
- Pumpkinman race director: Cedric Keppler, info@BBSCTri.com

About BBSC Endurance Sports

Since 2003, BBSC Endurance Sports has promoted healthy living and physical fitness by providing race management services for people of all ages and abilities. BBSC produces more than 20 multi-sport and running events of varying distances in scenic, vacation destinations in Colorado, Nevada, and Utah.

BBSC is headquartered in Boulder, CO. For more information, visit their websites, BBSCTri.com and BBSCrunch.com.

About the Nevada Senior Games

Since 1980, the Nevada Senior Games has provided motivation and inspiration for people aged 50 or better to reach their health and fitness goals. Offering some 20 sports in Olympic-style competition, NSG provides opportunities for seniors to enjoy the thrill of competition and the camaraderie of their fellow participants.

The Nevada Senior Games, Inc. is a 501(c)(3) not-for-profit organization based in Las Vegas, Nevada.

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