

Welcome to the 40th Annual Timberman Triathlon!

Website: www.timberman.org

Like us on Facebook: <https://www.facebook.com/timbermantrimn/>



The Timberman is a 100% volunteer-run race and a 501c3. Proceeds benefit Special Olympics.

Race Directors: Amy and Alan Dettmer

Venue Location:

Sugar Lake Lodge, 37584 Otis Ln, Cohasset, MN, approximately 15 miles SW of Grand Rapids.

Venue website: www.sugarlakelodge.com

Friday, July 11, 2025:

5:00-7:30 pm. Pasta dinner at Sugar Lake Lodge, Main Building. Racers-\$9.00, Guests-\$18.00, Kids (12 and under) - \$9.00.

5:30-8:00 pm. Packet pick-up at Sugar Lake Lodge, Main Building. If, for some reason you cannot pick up your packet, late packet pick-up will be available in the morning on race day.

All athletes receive a quick-dry towel and water bottle. A bike number, run number, and a swim cap are included in the packet.

Packet Pickup Information

- **ALL athletes are required to show photo ID to pick up your packet. If you are a minor (age 17 and under), a parent/ legal guardian must accompany you to packet pickup and be onsite race day, this applies to individuals and team members.**
- Athletes may only pick up their own packets. Under no circumstances may an athlete pick up a packet for another person. Regarding relays, all relay members **MUST** present ID for their individual packet.
- If an athlete does not bring a photo ID to packet pickup they have two options:
 - Go home to get it.
 - Have someone send a photo of your ID.

No charge for race distance changes. If you are going to change race distances, do so by Thursday night July 10. No day of race changes. Email registration@timberman.org

Saturday, July 12, 2025 - RACE DAY

- 6:00 am - Transition area opens. Bike racks are not numbered-pick your favorite spot.
- 6:30 - 7:15 am - Packet pick-up in the Main Building. Body marking on the deck of Otis's Grill. Chip pickup near the deck of Otis's Grill.
- 7:30 am - Pre-race meeting in transition.
- 8:00 am – Race start
- 11:45 am - Approximate time for awards ceremony (must be present to receive award or have someone pick up for you as we do not mail awards). COURSE OFFICIALLY CLOSES AT 11:30 AM.

If able to, please leave dogs at home.

Parking on Saturday, July 12

Sugar Lake Lodge is a Minnesota golf destination resort and is open for golf during the triathlon. No triathlete parking in Otis's Grill lot. This is reserved for golfers only.

Race day parking is available in the upper dirt lot across from the Main Lodge. The lot usually fills by 6:45 am. After the lot is full, parking is available on the County Road or Otis's Lane.



Swim Start Times: Timberman utilizes a time trial or rolling start. Athletes self-seed and lineup on shore.

8:00am Olympic

8:25am Sprint

8:40am Super Sprint

PLEASE NOTE THAT THERE ARE 250+ ATHLETES SWIMMING AND OUR LIFEGUARDS NEED TO WATCH ALL OF THEM. If the lifeguard feels you are unable to finish the swim, they will pull you from the water and bring you to safety. The lifeguards and rescue squad are the final authority on this decision. If you are pulled from the water your chip will be pulled but you are welcome to finish your bike and run.

Dropping Out: If you drop out, please let the medical team know. The medical team is at the finish line. The race doctor wears a Cat in the Hat hat.

TIMING

- The race is timed by Pickle Events. Results will be posted at <https://www.pickleevents.com/> and as soon as possible on www.timberman.org
- Chips need to be returned at the finish of the race. Volunteers will be taking the chips off ankles.
- Secure the chip tightly on your LEFT ankle for the entire race. Teams will pass the chip from one team member to another.
- Your number needs to be worn on the front of your body during the run portion of the event (you can wear it on the bike but MUST wear it on the run)
- Timing splits are taken after the swim leg, after transition to bike, after the bike leg, after transition to the run, and at the finish.

TEAMS

- *All relay members MUST present ID for their individual packet. One of the relay members will pick up the swimmer's cap (required to wear) and the runner's number and bike number.*
- The swimmer starts in either the Olympic distance race or the Sprint.
- Upon completion of their leg, swimmers have to cross the timing mat for swim in, run to the designated team bike transition area and transfer the chip to the biker.
- The biker then crosses the timing mat and starts biking. When the biker comes in, he/she crosses the bike in timing mat then transfers the timing chip to the runner.
- The runner then runs through the transition area towards the run out and crosses the finish line.
- All team members need to be body marked.
- Relay teams can keep the bike and running gear in the relay team bike area, near the lake side of transition.

OTHER INFORMATION

The Timberman is a USA Triathlon sanctioned race. A certified race official will be on course. Rule infractions can result in time penalties. Most common rule violations: <https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-Rules/Most-Common-Rules-Violations>

No participant shall wear headphones or any sound producing device during the race (results in disqualification).

Ardent Bicycles will be on hand prior to race start for bike help.

AWARDS

Awards ceremony will start at approximately 11:45 am. AWARDS WILL NOT BE MAILED. You can either stay for the awards or have someone pick it up for you.

Age Group Awards (Sprint and Olympic)

1st place: Neck fan

2nd place: Phone charger

3rd place: Blanket

Super Sprint Awards

Medals for 1st-5th place, male and female

Overall

Male, female Sprint and Olympic Course and male, female Masters Sprint and Olympic Course
Massage Gun

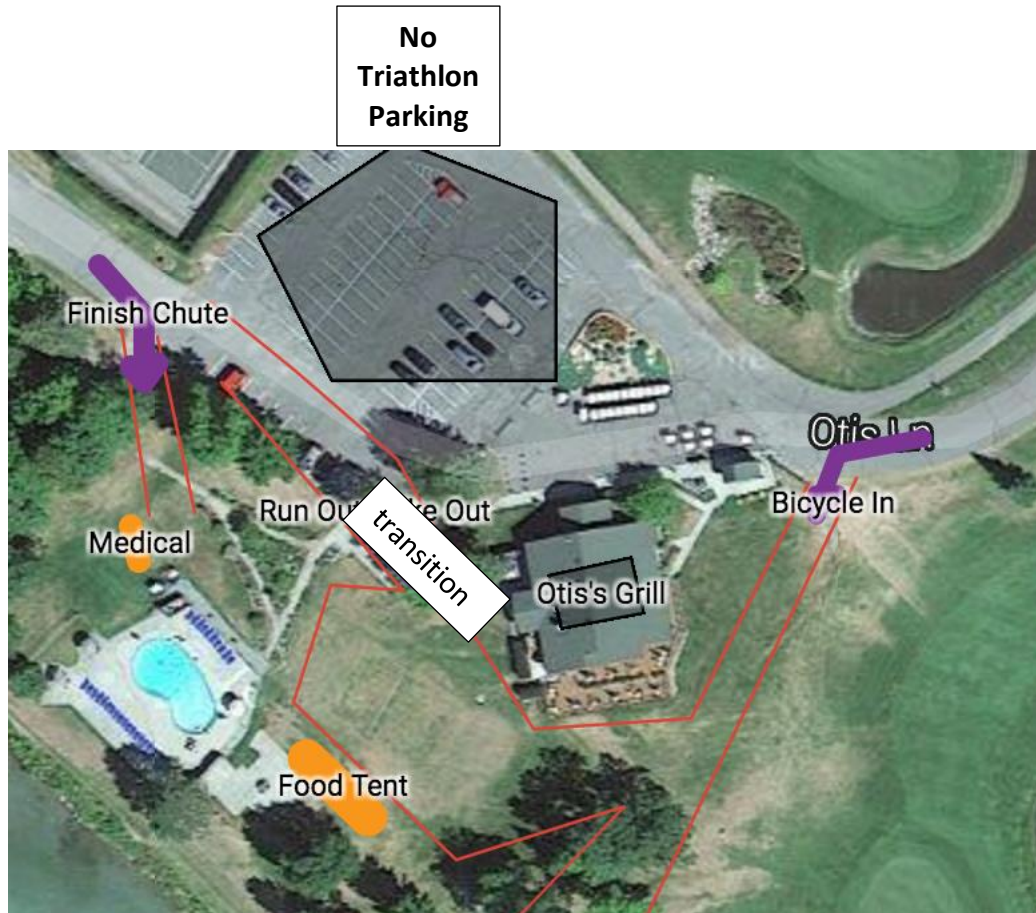
Team Awards (Sprint and Olympic)

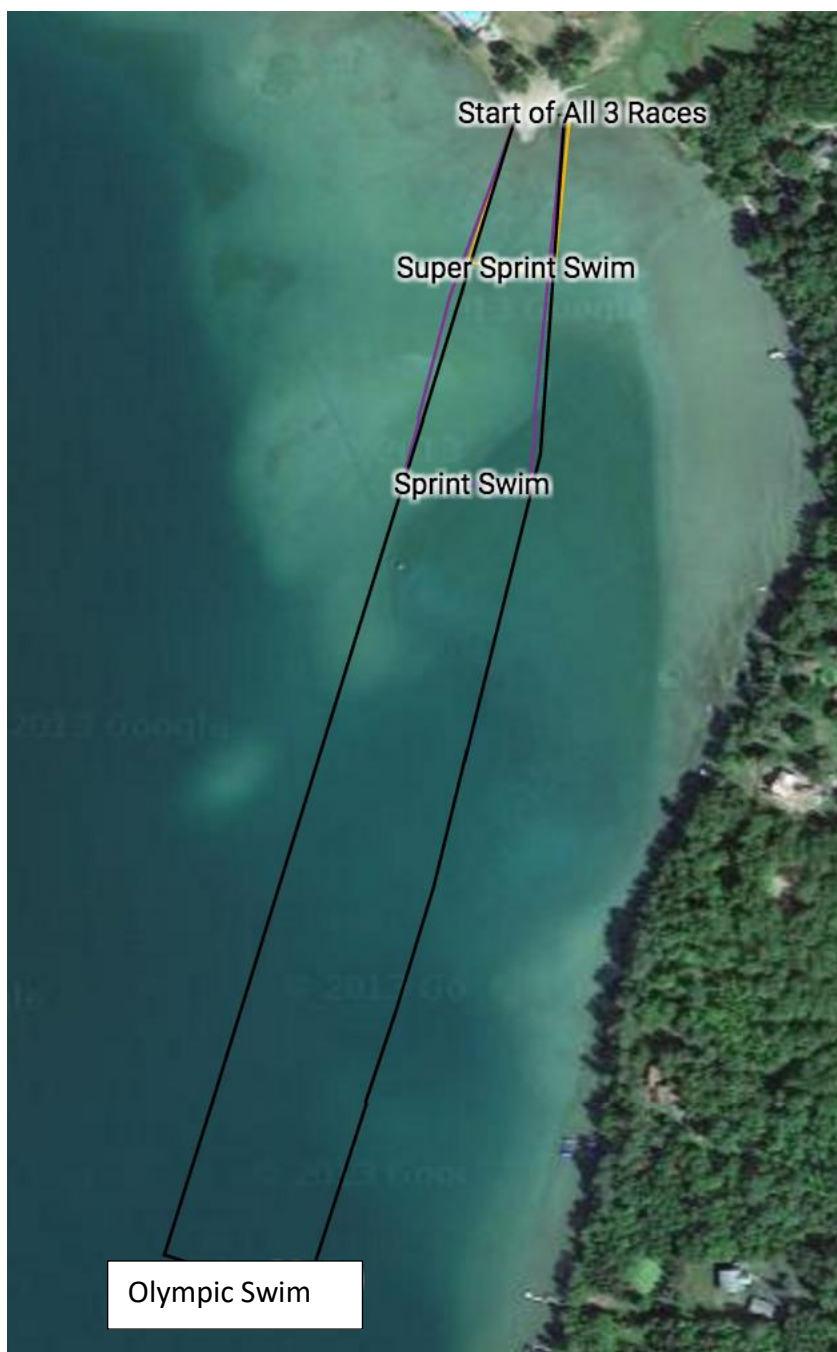
Each person on the 1st place men's, women's and co-ed teams receives a Neck fan

All finishers receive a medal.

Transition Area

The transition area is on the grassy knoll in front of the deck of Otis's Grill. Bike racks are not numbered. Team transition area is located on the lake side. Only racers are allowed in the transition area and items can be retrieved after the races are over. The food tent and medical are just outside the transition area. Lost and found will be located at the food tent.





Swim Courses

The swim courses proceed south to a turnaround point. Keep the sighting buoys on your right at all times.

The course is monitored by kayakers, pontoon boats and certified lifeguards.

- Super sprint turnaround will be around the closest set of buoys
- Sprint turnaround will be around the middle set of buoys
- Olympic turnaround will be around the farthest set of buoys

Super Sprint Bike and Run Course Maps and Water Station Information

Water Stations

Bike Course: The only water station on the bike course is in the parking lot of Otis's Grill, right after transition. As is common in triathlons, make sure to bring your own water bottle for the bike course.

Run Course: The only water station is in the parking lot of Otis's Grill, right after transition.

Super Sprint Bike-5.5 miles

Timberman Triathlon - Super Sprint, Bike



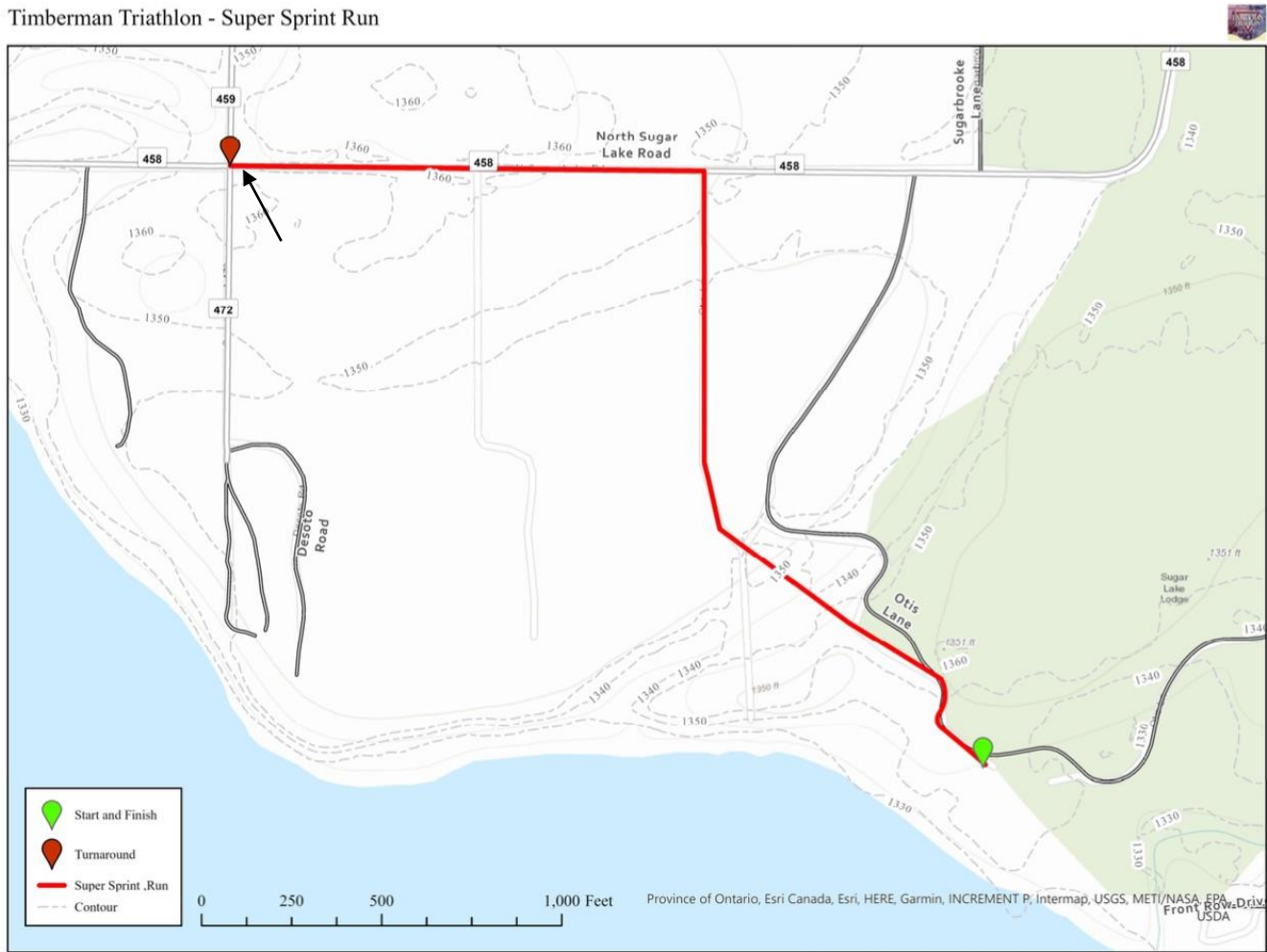
The bike course is 1 lap and starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (County Road 485). After a short flat section, take a right onto Cty. Rd. 459. After 1.5 mile take the right onto Sugar Hills Rd (Cty. Rd. 17). The pavement is nice with a few rolling hills and. After a few miles take a right onto N. Sugar Lake Trail (Cty. Rd. 449) and 1.9 miles later take the right into the resort.

Super sprint bike course is marked with **yellow** arrows on pavement on corners.

Super Sprint Run-1.5 miles

The run is out and back. It starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (Cty. Rd. 485). .5 mile more and the turnaround awaits. Head back to the finish line.

Timberman Triathlon - Super Sprint Run



Sprint Bike and Run Course Maps and Water Station Information

Water Stations

Bike Course: The only water station on the bike course is in the parking lot of Otis's Grill, right after transition. As is common in triathlons, make sure to bring your own water bottle for the bike course.

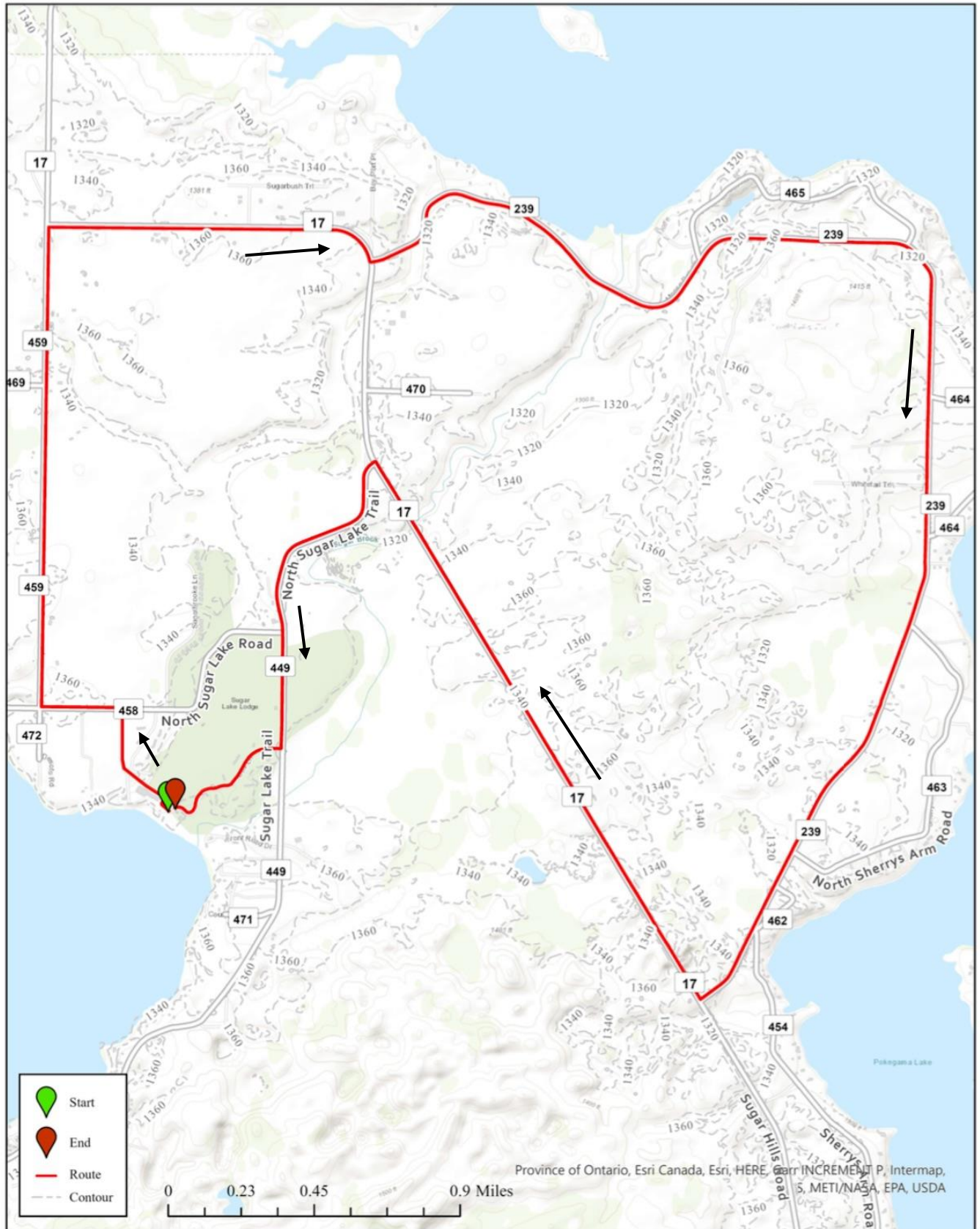
Run Course: The 1st water station is in the parking lot of Otis's Grill, right after transition. The 2nd and 3rd are across from the boat landing which you'll encounter on your way out and back.

Sprint Bike-11 miles

The bike course is 1 lap and starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (County Road 485). After a short flat section, take a right onto Cty. Rd. 459. After 1.5 miles take the right onto Sugar Hills Rd (Cty. Rd. 17). After a left onto Moose Point Road (Cty. Rd. 239) the terrain starts to roll. After 7 miles you take a right onto Sugar Hills Rd (Cty. Rd. 17). The shoulder is wide and you can put your head down and go! Take a left onto N. Sugar Lake Trail (Cty. Rd. 449) and 1.9 miles later take a right into the resort.

Sprint bike course marked with **green** arrows on pavement on corners.

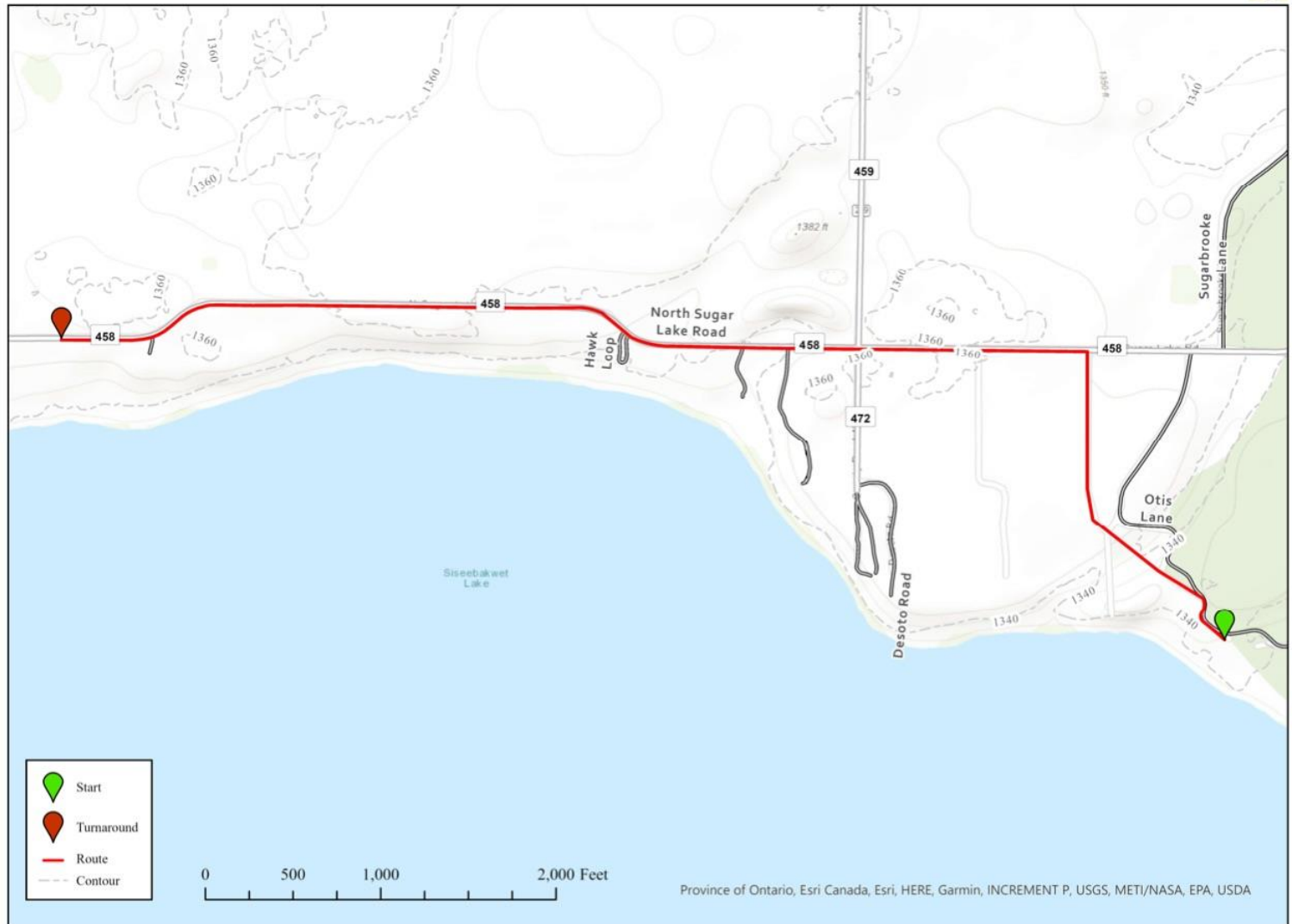
Timberman Triathlon - Sprint, Bike



Sprint Run-3 miles

The run is out and back. It starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (County Road 485). The course is all pavement and you'll encounter one more short up and down while running out and back. Get to the turnaround and head back to the finish line!

Timberman Triathlon - Sprint, Run



Olympic Bike and Run Course Maps and Water Station Information

Water Stations

Bike Course: The only water station on the bike course is in the parking lot of Otis's Grill, right after transition. As is common in triathlons, make sure to bring your own water bottle for the bike course.

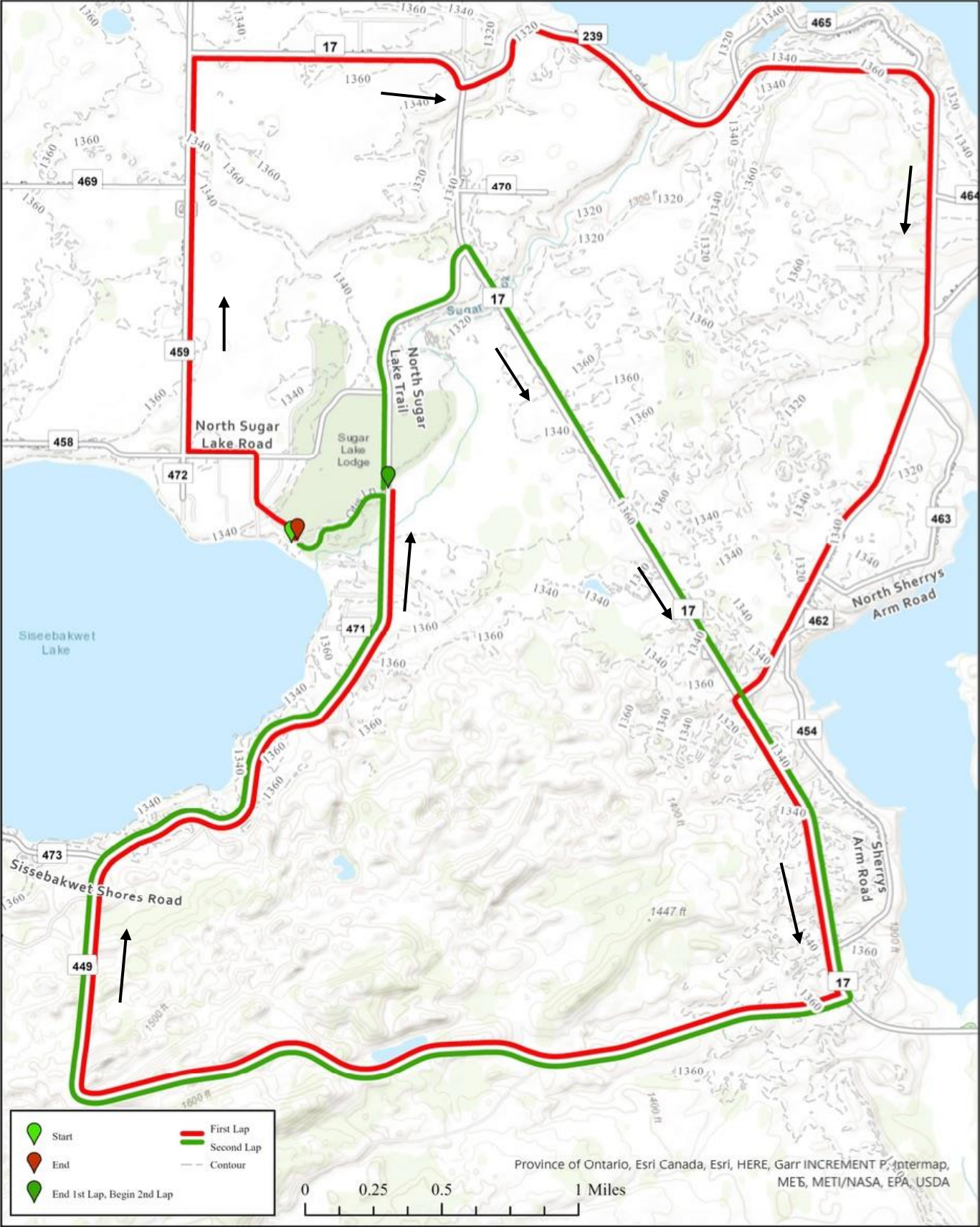
Run Course: The 1st water station is in the parking lot of Otis's Grill, right after transition. The 2nd is across from the boat landing which you'll encounter on your way out and back. The 3rd is at the transition from pavement to gravel which you'll encounter on your way out and back. The 4th station is the turnaround point.

Olympic Bike (Red is 1st loop, Green is 2nd loop)-25 miles

The bike course is 2 different loops both of which incorporate the "big hill". The course starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (County Road 485). After a short flat section, take a right onto Cty. Rd. 459. After 1.5 miles take the right onto Sugar Hills Rd (Cty. Rd. 17). After a left onto Moose Point Road (Cty. Rd. 239) the terrain starts to roll. At the end of Moose Pt. Rd. you will take a left (south) on Sugar Hills Rd (Cty. Rd. 17). A quick right onto Sugar Lake Trail (Cty. Rd. 449) and it's up the "big hill" for the first time. After the rolling ups and downs you'll pass the road to the resort but you have to keep going for the second loop. Continue to Sugar Hills Road (Cty. Rd. 17) and take a right. Nice wide shoulders and gradual hills greet you and you can put your head down and go. Take a right onto Sugar Lake Trail (Cty. Rd. 449) and it's up the "big hill" for the last time. After the rolling ups and downs, take a left into the resort.

Olympic bike course is marked with white arrows on pavement on corners.

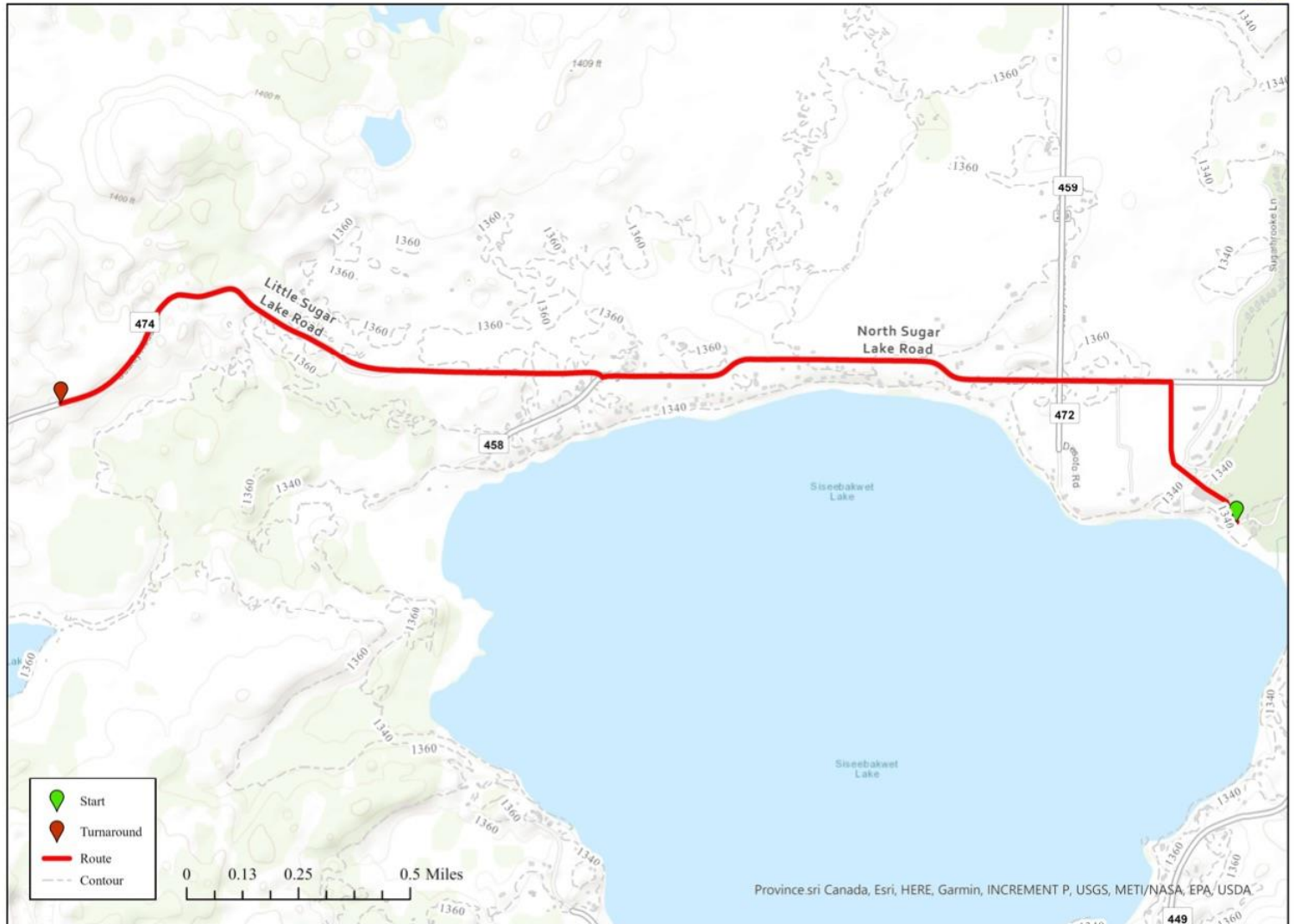
Timberman Triathlon - Olympic, Bike



Olympic Run-6 miles

The run is out and back. It starts with a slight up and down hill past the main building. Continue through the resort and take a left onto N. Sugar Lake Trail (County Road 485). Continue running until you hit the turnaround point and come back to the resort. There is a section of dirt road you will run in both directions. Enjoy!

Timberman Triathlon - Olympic, Run



THANK YOU RACE SPONSORS!

Gold Level

Sugar Lake Lodge
Ardent Bicycles
Itasca County Family YMCA
Rapids Brewing Co
Ella Rae Photography

Silver Level

Paul Bunyan Communications
Super One Foods
Dale's Auto Body
Radtke Physical Therapy
Grand Rapids State Bank
UPM Blandin
Aesthetics Hair Salon & Skin
Care Center
Arrow Embroidery
Zorbaz

Bronze Level

Gunnerson Chiropractic
Baich Clinic
Gaalaas Orthodontics
Lake Country Power
Torrent Technologies
Hawkinson Construction
Forest Lake Restaurant
Lefty's Tent & Party Rental
Pepsi
First National Bank of Coleraine
Maki Body and Glass
Rapid Garage Door and Awning
Boulder Tap House
Massage by Lacie
S & S Meats
Smoke on the Water
Sammy's Pizza