



POWER MAN[®] MALAYSIA 2023

16 - 18 JUNE 2023 | DATARAN PUTRAJAYA

WORLD'S
BIGGEST
DUATHLON

RUN GUIDE VERSION 1
(UPDATED 12TH MAY 2023)



WELCOME MESSAGE



JEFFREY ROSS

GENERAL MANAGER, FRESH EVENTS

I'd like to welcome you to the 18th edition of POWERMAN Malaysia. My team and I are excited to be back once again at Dataran Putrajaya for this spectacular event, where we'll see competitors from ages 6-80 taking on the challenge of the Run-Bike-Run duathlon!

There's no better setting than the stunning transition zone outside Perbadanan Putrajaya, which you'll pass many times as you make your way through the various stages of the race. This year we've got competitors from over 30 different countries, including strong international fields in the Elite Male and Female categories. Last year's nail-biting Elite Male sprint finish will be hard to beat, but let's see how it plays out!

Please be safe, stay hydrated, soak up the atmosphere and embrace the pain! My team and I will be proud to cheer you across the finish line; I wish you a wonderful race experience.



JOHN RAADSCHELDERS

PRESIDENT OF INTERNATIONAL POWERMAN ASSOCIATION (IPA)

I'm proud to be back in Malaysia, which once again hosts the biggest event of the International Powerman Association World Series. Every year we see the standard getting higher and higher, and I always enjoy meeting the newbies of the sport and also the experienced contenders!

Completing a POWERMAN event is a significant achievement, so please enjoy the race and make sure to savor the experience even when the going gets tough.

See you on the race course!

EVENT SCHEDULE

FRIDAY, 16 JUNE 2023

CATEGORY	TIME	ACTIVITY	VENUE
ALL	14:00 - 18:00	Race Pack Collection Day 1 Race Expo Day 1	Cempaka Sari Auditorium

SATURDAY, 17 JUNE 2023

POWERKIDS	06:00 - 07:00	Compulsory Bike Check In POWERKIDS	Dataran Putrajaya
	07:30	Flag Off: POWERKIDS Age 6-8	
	08:00	Flag Off: POWERKIDS Age 9-11	
	08:45	Flag Off: POWERKIDS Age 12-14	
	09:30	Prize Presentation	
POWERMAN	10:00 - 17:30	Race Pack Collection Day 2	Cempaka Sari Auditorium
	10:00 - 18:00	Race Expo Day 2	
	13:00 - 18:00	Compulsory Bike Check In POWERMAN Classic & Short	Dataran Putrajaya

SUNDAY, 18 JUNE 2023

POWERMAN	05:00	Transition Area Opens: POWERMAN Classic & Short	Dataran Putrajaya
	06:00	Transition Area Closes: POWERMAN Classic	
	06:15	Flag Off: Elite	
	06:20	Flag Off: POWERMAN Classic	
	07:00	Transition Area Closes: POWERMAN Short	
	07:20	Flag Off: POWERMAN Short	
	10:20	Bike Collection: POWERMAN Classic & Short	
	10:00	Prize Presentation	
	12:20	Official Race Cut-Off Time	

*Schedule is subject to change.

RACE PACK COLLECTION



WHERE

Cempaka Sari Auditorium

Kompleks Perbadanan Putrajaya 24,
Persiaran Perdana, Presint 3, 62675
Putrajaya (opposite the Palace of Justice)

WHEN

Friday, 16 June 14:00 - 18:00

Saturday, 17 June 10:00 - 17:30

All participants **MUST** collect their race packs during these designated hours.

WHAT TO BRING

Digital Confirmation Slip

Photo IC or Passport

Please see 'BIKE CHECK IN' section below for more information on when you must check in your bike after you have collected your Race Pack.

PARTICIPANT NOTE

If you cannot make it to Race Pack Collection, you may nominate someone to collect your Race Pack on your behalf. Please provide the collector with a copy of your photo IC/Passport and a signed authorisation form downloadable from www.powerman.my.

All check-in counters will be closed at **17:30 sharp on Saturday 17th June 2023** and athletes will not be permitted to collect Race Packs after this time.

Please do not bring your bike or any large luggage to Race Pack Collection.

Strictly no collection permitted on Race Day.

WHAT ATHLETES RECEIVE



RACE T-SHIRT AND BAG

All participants will receive a Micro-dry Race T-shirt and Drawstring Bag. Athletes who complete the Individual Short and Individual Classic categories will receive a Finisher's T-shirt, Medal and E-certificate.



ATHLETE WRISTBAND

Your unique ID wristband identifies you as an Official Powerman Participants and must be worn at all times. It provides access to 'Athletes Only' restricted areas, including the transition and post-race recovery areas.



RACE BIB WITH TIMING CHIP

Your Race Bib must be worn on the FRONT of your attire at all times. Each bib comes with 4 safety pins to attach it to your apparel. **Your timing chip does not need to be returned after the event.**



BIKE SEAT POST STICKER WITH TIMING CHIP

Your Bike Seat Post Sticker contains a secondary timing chip and must be **FIXED UNDER THE SEAT** of your bike. **Please do this prior to Bike Check-In on Saturday 17 June 2023.**



HELMET STICKERS

You will receive 2 Stickers with your unique race number which must be fixed to the **FRONT** and **LEFT SIDE** of your helmet.

PRE-RACE INFORMATION

TRAVEL

LOCATION

- Putrajaya is located 30km from KL International Airport and 55km from KL City Centre.
- The Expo, Race Pack Collection, Start and Finish are all within the vicinity of the Palace of Justice on Dataran Putrajaya.

TRANSPORT & PARKING

Exact parking locations and road closure updates will be announced nearer to the event date.

OFFICIAL HOTEL

DoubleTree by Hilton Putrajaya Lakeside is the Official Hotel Partner of POWERMAN Malaysia. Visit the [POWERMAN website](#) for more information.

POWERMAN EXPO

The Official Expo is located on the Concourse Level of Auditorium Cempaka Sari and features exclusive Powerman Malaysia Merchandise and the latest products from industry partners.

Friday 16th June : 14:00 - 18:00

Saturday 17th June : 10:00 - 17:30

Sunday 17th June : 09:00 - 12:00

RACE BRIEFING

A Race Briefing Video will be emailed to participants in the lead up to the event and will be on continuous play within the Race Pack Collection Area. There will be NO IN PERSON RACE BRIEFING so please ensure you watch the video carefully.



COMPULSORY BIKE CHECK-IN

All Classic and Short participants MUST check-in their bikes between 13:00 and 18:00 on Saturday 17th June at the Transition Area, located in front of the Palace of Justice. If you miss bike check-in on Saturday, you will NOT be allowed to participate in the race.

Please note:

- Bike racks are set up according to race number order.
- Transition Area access is restricted to athletes with ID Wristbands and Bike Seat Post Stickers correctly installed.
- Bikes will be left overnight under the careful watch of the event's professional Security Team.
- Full bike covers are not allowed and will be removed if used.

MECHANICAL SUPPORT

All participating athletes must ensure their bikes are in a roadworthy condition. An on-site mechanical support team will be located beside the Expo from **10:00 to 17:00 on Saturday 17th June**. Limited emergency repairs are available on race morning, subject to mechanic availability.

TECHNICAL BIKE AND HELMET CHECK

All bikes and helmets will be checked by technical officials before athletes are allowed entry into the Transition Area. Items that will be checked include:

- End plugs on handlebars.
- Stripped cabling.
- Minimum of one water bottle cage.
- Condition of tyres.
- Condition of brakes.
- No alterations to the helmet (i.e. chinstrap, removal of outer/inner cover).
- No signs of prior damage to the helmet.
- Helmet is certified by a recognized testing authority.

Bikes and helmets that do not comply with the regulations can be fixed at the participant's own cost and re-tested for compliance before the **Transition Area closes at 18:00**.



OFFICIAL RACE PHOTOGRAPHS

Participants are entitled to free event photographs and we'll announce where to access those after the event via our social media channels.

PROHIBITED SHOES

The following shoes are prohibited to be worn during the race:

- Adidas Prime X
- New Balance Supercomp Trainer
- Asics Superblast

All three are banned from the competition because they exceed the 40-millimeters stack height rule.

OFFICIAL POWERMAN MERCHANDISE

All pre-ordered items to be collected at the POWERMAN Official Merchandise Booth on 16th -18th June 2023 at Auditorium Cempaka Sari, Putrajaya.



RACE DAY INFORMATION

TRANSITION AREA OPENING TIMES

POWERKIDS	06:00 to 07:30 on Saturday 17th June
POWERMAN SHORT	05:00 to 07:00 on Sunday 18th June
POWERMAN CLASSIC	05:00 to 06:00 on Sunday 18th June

- Please ensure you arrive early and leave yourself plenty of time to prepare for the race.
- Please be at the Start Line a minimum of 20 minutes prior to your allocated Start Time.

TRANSITION AREA RULES

- All changeover of equipment must be done at your specified numbered location within the Transition Area.
- Helmets must be secured on the top of athletes' heads with buckles fastened from the time bikes are removed from bike racks in the Transition Area at the start of the bike leg until after their bikes have been replaced at the end of the bike leg.
- Cycling is strictly prohibited within the Transition Area - please run or walk with your bike until you have left the Transition Area.
- Non-participating athletes/outsideers are not allowed into the Transition Area.

BAG STORAGE

There is no bag storage available at the event.



MEDICAL

Your safety is extremely important to us. All participants are responsible for ensuring they are physically capable of completing the race. If there is any pre-event concern or doubt, please seek medical advice from a doctor.

Medical assistance is available throughout the event and if attention is required, please seek the attention of Event Staff. Medical staff will be positioned at various points on Race Day, including:

- Bike Course (Roaming)
- Run Course (Roaming)
- Finish Line
- Recovery Area

AID STATIONS

Aid Stations are located approximately 1.75km apart on the Run Course and 15km apart on the Bike Course. Items on offer include:

- Water (run and bike route)
- 100PLUS isotonic (run route)

LITTERING AREA

There will be a clearly marked Littering Area at each Aid Station to discard any unwanted items such as bottles. Discarding items on any other part of the course other than at the Littering Areas will result in a time penalty.

TOILETS

Male and female toilets are located near the Start and Finish Line.



FINISH LINE AND RECOVERY AREA

You will be able to enjoy the following complimentary services:

- Finisher medal
- Drinks
- Food
- Recovery massage
- Finisher T-shirt collection

COLLECTION OF BIKES

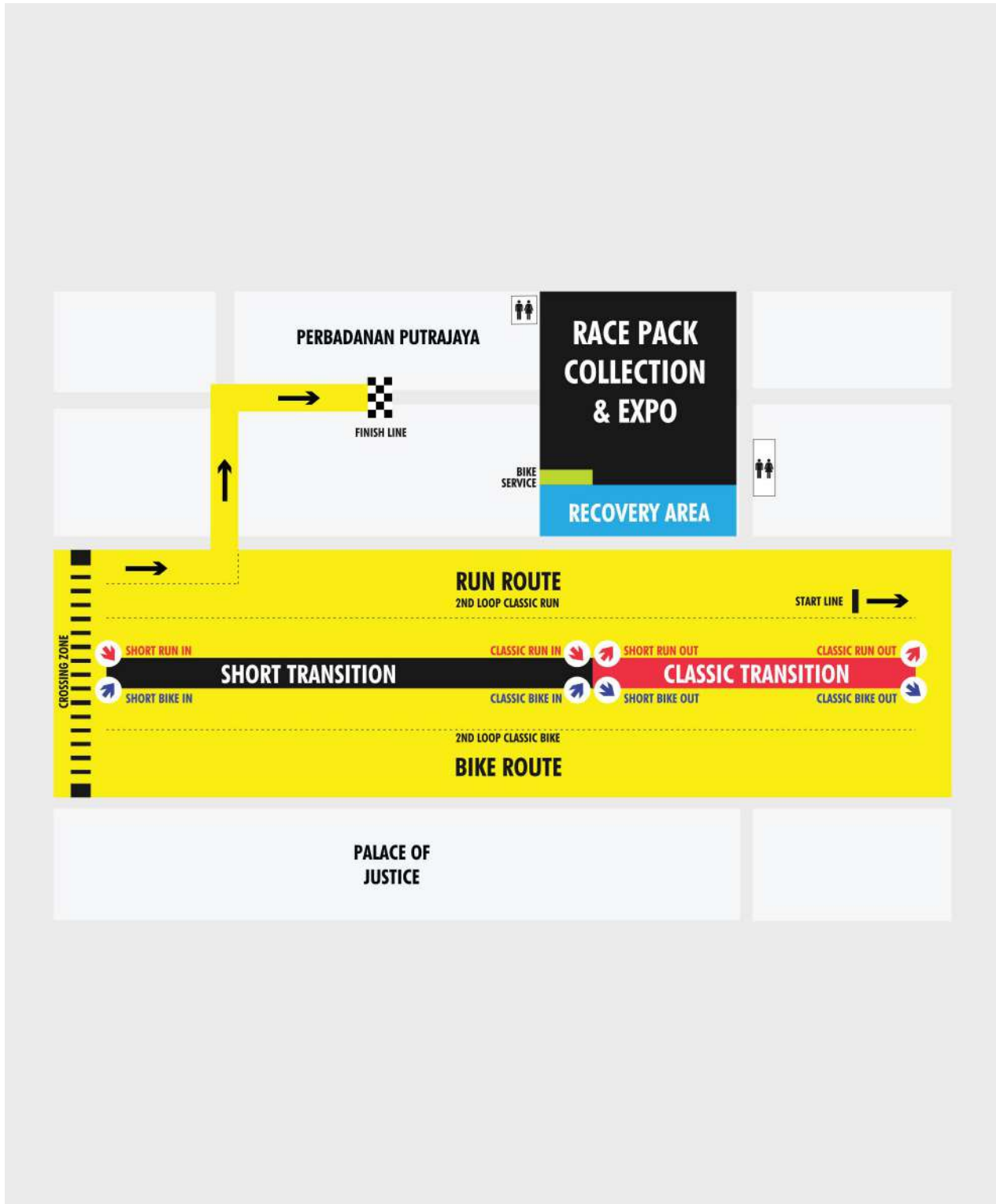
You must collect your bike from the Transition Area between 10:30 to 13:00 on Sunday 18th June. ID wristbands will be used as verification for bike collection so please ensure you are wearing yours. Then organiser will not be held responsible for the loss of any property nor for any bikes not collected after the closure of the Transition Area.

TIMING RULE - GUN TIME

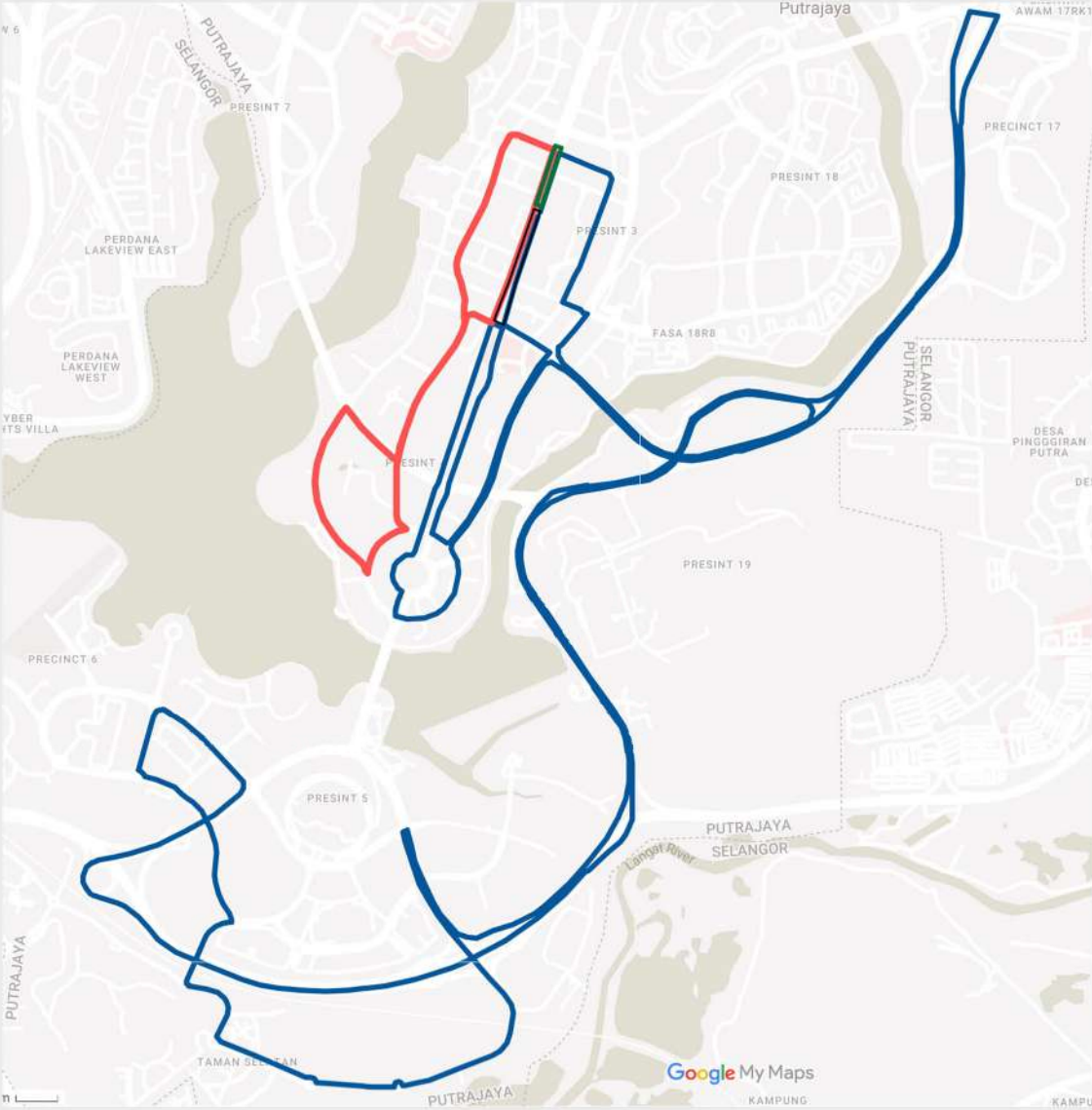
The timing for all race categories (Kids, Elite, Short and Classic) is calculated on gun time.

TRANSITION AREA MAP

DATARAN PUTRAJAYA



POWERMAN ROUTE MAP



SHORT	CLASSIC	A detailed version of the route map (with aid stations and distance markers) will be updated soon.
1 LAP RUN	2 LAPS RUN	
1 LAP BIKE	2 LAPS BIKE	
1 LAP RUN	2 LAPS RUN	



POWERKIDS ROUTE MAP

COMING SOON



RESULTS AND PRIZES

RESULTS

Provisional results will be available immediately after the race. Official results will be available as soon as possible after the event.

PRIZE MONEY & TROPHIES

The top 6 elite male and female finishers will be presented with a trophy and prize money at the Prize Giving Ceremony podium within the Expo Area.

The top 3 male and female finishers in each age category (Classic, Short, & Kids) will be presented with a trophy at the Prize Giving Ceremony podium within the Expo Area.



RACE RULES AND REGULATIONS

RACE RULES

For Powerman Malaysia's localised Race Rules, please refer to www.powerman.my and below for a summary of the most common ones:

- An athlete found to be littering on the course other than at the Littering Areas situated at the Aid Stations will be served a time penalty by Race Officials.
- Drafting of another bike (within 12m of front bike for more than 25 seconds) is strictly prohibited and illegal in this event. An athlete found drafting will be served a time penalty by Race Officials.
- An athlete found blocking or interfering with the forward progress of another athlete will be served a time penalty by Race Officials.
- Repeated infringements of the above rules will result in an athlete being disqualified from the race by Race Officials.
- Individual support vehicles and support crews are strictly prohibited.
- Athletes are required to wear their Race Bibs on the front of their attire and ensure that their bike seat post sticker is securely fastened on the bike and their 2 helmet stickers are fixed to the front and left side of their helmet.
- Athletes may walk their bike if necessary but must not progress on the bike course without their bike.
- Shoes and helmets must be worn at all times while cycling.
- The use of mobile phones, cameras and headphones is not permitted.
- When cycling, keep to the left of the road whenever possible, always pass on the right and do not ride side by side.
- An athlete who decides to drop out from the race must report to Race Officials on course or at the Information Desk in the Expo Area.
- Medical personnel shall have the final authority to remove an athlete from the race if the athlete is physically incapable of continuing.

TIME PENALTIES

Athletes receiving a time penalty must serve it in a Penalty Box on the Race Course or in the Transition Area. Repeated infringements will result in disqualification from the race.

INFRINGEMENT	Penalty - Classic	Penalty - Short
Drafting	5 minutes	2 minutes
Blocking, Littering, Others	15 seconds	15 seconds

COURSE CUT-OFF TIMES

Should an athlete be unable to reach one of the below cut-off times, they will not be allowed to continue their race and will be classified as Did Not Finish (DNF). There will be event vehicles to assist DNF athletes back to the Race Village.

The cut off time for POWERMAN Short is 5 hours.
The cut off time for POWERMAN Classic is 6 hours.

PROTESTS AND COMPLAINTS

Any protests or complaints from athletes must be filed officially in writing to the Race Director within 30 minutes of the completion of the race, together with a non-refundable protest fee of RM 150. Verbal protests will not be entertained. The decision of the Race Director is deemed final.

TRAFFIC NOTES

We implement traffic management across the entire Run and Bike Courses but there will be public vehicles sharing the roads with athletes at certain points so please be vigilant at all times. Police, traffic controllers, course marshals and event crew will be on the Run and Bike Courses to assist.



SEVERE WEATHER

Powerman Malaysia is a rain or shine event. In the unlikely event that severe weather is imminent or occurs during the race, Race Officials will review the race status based on the following course of action:

- If the weather condition is considered less severe and is expected to improve within an acceptable time frame of 30 minutes, Race Officials may decide to allow athletes to continue the race.
- If the weather condition is considered severe and is not expected to improve within an acceptable time frame of 60 minutes, Race Officials may declare the event a run or bike only race or cancel the event.
- Please listen carefully to all announcements from Race Officials.
- Severe weather decisions made by the Race Director are final. To ensure the safety of all participants and accurate decision-making related to severe weather, the Race Officials use the latest weather tracking technology to continuously monitor the surrounding weather on Race Day.



ATHLETE CHECKLIST

PRE-EVENT CHECKLIST

- Ensure you have your email Confirmation Slip and check all personal details are correct before Race Pack Collection.
- Bring a digital copy of your Confirmation Slip and photo IC / Passport to Race Pack Collection.
- Ensure your emergency contact is contactable on Race Day. Please write the contact details on the reverse side of your Race Bib.
- Check the Athlete List online and ensure accuracy of your name and race details.
- Familiarize yourself with the Race Day Schedule and Race Course Maps.
- Refer to the Race Day Checklist.
- Watch the Race Briefing Video.
- Check on the weather forecast and bring the appropriate gear.

RACE DAY CHECKLIST

- Check transition opening times and don't be late.
- Wear ID wristband.
- Wear Race Bib with Timing Chip.
- Bring Race Belt.
- Bike in full working condition.
- Bike seat post sticker with timing chip secured.
- Helmet with helmet sticker secured on the front, right and left side.
- Bike shoes, safely clipped onto bike or by the side of bike.
- Bring tyre changing supplies.
- Bring bike pump.
- Bring running shoes.

POST-EVENT CHECKLIST

- Wear your Finisher's T-shirt with pride!
- Download your E-certificate.

WORLD'S **BIGGEST** DUATHLON

POWER MAN[®] MALAYSIA 2023

THANK YOU FOR BEING PART
OF THIS YEAR'S EVENT
SEE YOU AT THE START LINE!

Event organizer



Sanctioned by



Venue Sponsor



Shoe Partner



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Nutrition Partner



Nutrition Partner



Bike Partner



Bike Partner



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