



Greetings 2017 Happy Girls Half Marathon, 10K and 5K racers!

With just a bit more time left before the race, we wanted to first tell you how excited we are for this year's Happy Girls Half Marathon, 10K and 5K in Bend, Oregon. As you begin to make your final plans, we wanted to be sure you are comfortable and well informed about the details of the race and course. Please be sure to take the time to carefully read through the information below.

Schedule of Events and Helpful Hints

Friday, May 26, 2017

GIRL'S NIGHT OUT AND PACKET PICK UP – **LOCATION CHANGED******

**RIVERHOUSE ON THE DESCHUTES –
DESCHUTES SOUTH CONFERENCE ROOM
3065 N HWY 97, BEND, OR 97701**

3:00-7:00pm: Girl's Night Out features vendors specifically chosen for their interest in supporting women runners, gifts and swag, complimentary drinks and snacks, mingling with fellow racers, and packet pickup. Please note, you are permitted to pick up race packets for your friends.

Saturday, May 27, 2017

RACE DAY AND PACKET PICK UP – RIVERBEND PARK

7:00am-2:00pm: Late Registration & Packet Pick-up begin at 7am. New runners can register up to 15 minutes before their race start (See start times below by distance). Merriment will continue for Race start until 2pm.

Course Description

The Happy Girls courses start and finish at Riverbend Park – one of the jewels of Bend on the Deschutes River. The Happy Girl courses are recognized by both first-time runners and seasoned racers alike as being inspiring and fun. All Happy Girls Run courses wind around beautiful Bend, right along the Deschutes River, with the half marathon and 10K enjoying the

south canyon trail – one of the most scenic areas of Bend. There is a combination of surfaces including paved roads, gentle and wide trails as well as groomed paths.

IMPORTANT: Courses will be clearly marked with directional arrows and signs. However, it is ultimately your responsibility to **KNOW THE COURSE**. Please review the maps online and ask questions at packet pick up if you would like clarification. Interactive and static maps marked with aid stations for each distance are available for download on the Happy Girls website: happygirlsrun.com

- **HALF MARATHON: 9am start**

The Happy Girls Half Marathon course is a single-loop course, starting and ending in Riverbend Park. There is an out and back section on the north end of the course. The course will start on paved pathways and continue to the south canyon under the Bill Healey Bridge. From there, the course will continue on paved sidewalks/pathways and on groomed trails through the scenic west side of Bend.

There will be six aid station opportunities along the Half Marathon course. Aid stations will supply water, GU brew and GU gels. Aid stations are located at approximately mile: 3, 4.3, 6.4, 8.1, 9.7, and 11.6. Toilets are available at various parks along the course, the First Street Rapids aid station and at the Start/ Finish area.

- **10K: 9:15am start**

The course will follow the same path as the Half Marathon until the Gilchrist Bridge at approximately mile 4.6. Runners will turn left, cross the bridge and continue to the finish at Riverbend Park along paved sidewalks and pathways.

There are two aid station opportunities along the 10K course. Aid stations will supply water, GU brew and GU gels. Aid stations will be located at approximately mile 3.1 and 4.4. Toilets will be available at various parks along the course.

- **5K: 9:30am**

The course will follow the start of the Half Marathon and 10K course, but runners will cross over the Bill Healey Bridge. Runners will continue through the Old Mill District and cross the white water park footbridge where they will continue to the finish at Riverbend Park.

There will be one aid station along the 5K course. The aid station will supply water, GU brew and GU gels. The aid station will be located at approximately mile 2.

Timing Chips

Sportstats Timing will professionally time the event. The Happy Girls Half Marathon, 10K and 5K run will be timed using a disposable timing transponder, commonly known as a “bib tag” that will be embedded in your race number. Please follow these instructions carefully:

- **Do not bend, fold expose to heat, crinkle or otherwise modify your race bib** as this will cause your tag to malfunction.

- **Wear your race bib on the front of your shirt, on the outermost layer of clothing.** Not wearing the bib properly at all times during the race may prevent you from being timed, therefore, your name will not be shown in the results.
- Bibs can only be transferred to different distances by going through the formal transfer process at packet pickup or 1 week prior to the race (email info@layitoutevents.com). **Be careful not to switch with friends, family or others.** Not only does this assure the time is assigned to the correct person but also **for safety reasons.**
- **Make sure you cross the timing pads at the start and finish of the race.**

Parking

Parking will be at Riverbend Park, on the north side of Riverbend Park (gravel lot next to the Deschutes Brewery warehouse) and at the dog park directly east of Riverbend Park. Please plan accordingly and arrive early to ensure a space. Once these lots are full, you will have to find street parking.

Bag Drop

Be sure to attach the provided bag drop tag and INCLUDE: Name, Phone Number AND BIB Number. Bag drop location will be at the start/finish area next to the information booth. You can recover your bag after you have finished the race. Avoid leaving valuables in your bag. We are not responsible for lost or damaged items as bags are loosely monitored.

Post Race Gear Lost and Found

We will have a lost and found bin at the registration/information tent. We will retain anything left at the event for two weeks post-race at the Lay It Out Events offices located at 704 NW Georgia, Bend, Oregon 97703 | Telephone: (541) 323-0964 | email: info@layitoutevents.com). We will return lost items via mail at the participant's expense.

Aid Stations

A huge thank you to Girls on the Run, a program of Boys and Girls Club, for supplying volunteers at each aid station. Please visit www.gotrcentralor.org for more information about this amazing and inspiring organization.

Post Race Yoga

New for 2017, we are thrilled to partner with Namaspa and yogi Brandy Berlin for a post-race yoga session. Post-run yoga will begin at noon in the grassy area adjacent to the finish line arch. Namaspa will be in full representation mode with many instructors to help keep fatigue from affecting your form and to stretch out those hammies.

The Finish Line

Finish line festivities will end at 2 pm. We welcome you to hang out and cheer on all competitors, check out the women's active lifestyle vendors and savor your accomplishments. Post-Race festivities include:

- 5K awards: 10:30 am (overall & masters: 1st-2nd-3rd)
- 10K awards: 10:45 am (overall & masters: 1st-2nd-3rd)
- Half Marathon: 11:15 am (overall & masters: 1st-2nd-3rd)

- Delicious gourmet post race nourishment provided by Bethlyn's Global Fusion.
- Post race yoga compliments of Namaspa.
- Post race beer provided by 10 Barrel, cocktails provided by Crater Lake Spirits. Please remember that Oregon State law requires all participants to have, in their possession, a current form of ID if they are drinking alcohol.
- A full supply of water and GU brew will be available at the finish line.
- Festive Music – boogie down!

Happy Little Kids Run

The Happy Little Kids run is a non-competitive event for kids ages 3-10. See below for start times and age appropriate distances. All participants will receive a custom bib, finisher ribbon and be eligible for cool prizes through the Kids Rock the Races program. Please visit the [Kids Rock the Races](#) website for more information. This event is spectator friendly for all of those photos you'll want to take! Feel free to join your kids in this run created just for them! [Registration](#) is \$5. Day-of registration is available at the Registration Tent and closes 15 minutes prior to race time.

- Noon: age 3-4 (100 m dash)
- 12:15pm: age 5-7 (500 m dash)
- 12:30pm: age 8-10 (1/2 mile run)

Rules

Before you start, it is important to know that we hold our racers to four fundamental rules. Please only participate if you're willing to honor them!

1. **No Littering. Nada.** We're committed to this. If you're caught tossing away that bit of gel pouch you ripped off as you were running down the trail, you'll be disqualified. No exceptions. We are lucky to be running in an inspiring, beautiful place. It's about respecting Mother Nature and the others using the trails behind you!
2. **Be Kind, Please.** Be kind to your fellow runners – no matter what your goals are for the race – and be kind to the event staff and volunteers. Kindness and Respect – Please and Thank You. It all starts with us. Cheers.
3. **Stay On Course.** Please stay on sidewalks or within the coned boundaries. If you are caught in the streets where sidewalks are available, you will be disqualified. There will be course marshals enforcing this on course.
4. **Choose Fun!** This is your chance to thrive. If it's not fun, then why do it?

Time Limit

The Half Marathon has a **4 hour limit**. There will be a person on a bike sweeping the race. If you are not going to finish by the limit, we will strongly recommend that you allow us to transport you to the finish line. If you prefer to continue, you will be running with no additional aid station or official race support.

Injuries and Emergencies

We are pleased to be partnering with Adventure Medics to maximize the safety and well-being of our participants at any point on the course. Adventure Medics' staff consists of skilled emergency medical technicians, paramedics, doctors, skilled field operators, and experienced

and proven adult educators and trainers. All of their partners and staff are long experienced practitioners specializing EMS, critical response, and public safety training, all who have a passion for service.

Adventure Medics will be based at the start/ finish line (look for the big first aid flag) as well as at several key locations on course. There will be a medical responder sweeping each race as well. Finally, the race director's phone number is on the back of the bib to contact in case of emergencies as well. In the case of a true emergency, dial 911 first, then call the race director at the phone number on the back of your race bib.

If you are unable to finish the race due to an injury, take note of the closest mile marker and let a fellow racer know the mile and your bib number. Ask them to notify the next aid station of your injury and **stay in your location**. If you are by an aid station or are mobile, please return to the closest aid station and the staff will call in for help.

If you drop out of the race FOR ANY REASON, please notify the race director from wherever you may be immediately. The phone number for the race director is on the back of your race bib. We will not close the race until every racer who started the race is accounted for, so it is important that you contact us if you have dropped out.

Volunteers

If you know anyone that can help volunteer for the race be sure to let them know that volunteering for a four hour shift will get them \$35 off any 2017 Lay It Out Events race entry or event.

Additional Questions

If you have questions that have not been addressed, please contact Luke Larsen at Lay It Out Events: (541) 323-0964 office or (801) 558-9425 cell/ luke@layitoutevents.com or Gail Black at Lay It Out Events: (541) 323-0964/ gail@layitoutevents.com

Additionally, we will be available for questions at both packet pick-up locations.

2017 Happy Girls Run Start/ Finish Directions

Coming From HWY 97 Southbound (from Portland) and from HWY 20 Eastbound (from Sisters):

As you arrive into Bend, turn Left at Empire Blvd (at the stop light)
Merge Right onto the "Parkway" headed South.
Get off at the Colorado Ave Exit
Follow Colorado Avenue and the signs to Mt. Bachelor across the river and continue toward Mt. Bachelor.
At Columbia Avenue (past the Salmon Traffic Circle), turn left onto Columbia.
Follow Columbia to the stop sign at the bottom of the hill
Riverbend Park is on your right.

Coming from HWY 97 Northbound (from LaPine):

As you arrive into Bend, you will be forced onto Business 97. Follow this North to Reed Market.
Turn Left at Reed Market. Stay in the left lane.
Follow Reed Market over the parkway bridge and through the next light.
At the traffic circle, go right.
Turn left onto Columbia Ave (at the movie theater).
Cross the river and continue to the stop sign.
Riverbend Park is on your left.

Coming from HWY 20 Westbound (from anywhere east of here!):

As you arrive into Bend, stay on Hwy 20 and continue West. Hwy 20 becomes "Greenwood".
Continue West on Greenwood to 3rd Street (major intersection with an Arco on your right).
Turn Left on 3rd street (south).
Continue south on 3rd street until Wilson Ave.
Turn Right on Wilson. Continue over the parkway to the traffic circle.
Go Left at the traffic circle and continue to Columbia Ave.
Turn Right on Columbia Ave (at the movie theater)
Cross the river and continue to the stop sign.
Riverbend Park is on your left.