



Greetings 2018 Happy Girl Sisters Half Marathon 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 Girl Sisters Half Marathon and 5K in beautiful Sisters, 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

Thursday, November 1, 2018 | 4 pm to 6:30 pm

PACKET PICK UP AND 5K REGISTRATION – FootZone – 842 NW Wall St, Bend, OR 97701

Please do not call FootZone with questions regarding packet pick up. Contact Lay It Out Events with questions @ 541-323-0964.

Friday, November 2, 2018 | 4 pm to 7 pm

PACKET PICK UP AND GIRLS NIGHT OUT – FIVEPINE LODGE CONFERENCE CENTER- 1021 E Desperado Trail, Sisters, Oregon 97759

General Details

The Girls Night Out party features snacks, cocktails provided by Crater Lake Spirits, Three Creeks Brewing beer tastings, mingling with fellow racers, and, of course, your bib and goodie bag pickup. Be sure to come ready to check out some of the amazing vendors and sponsors focused on women's fitness as well! Registration for the 5K will be available for those of you who are waiting until the very last minute. Maps of the courses will be available for review as well. Be sure to swing by Three Creeks Brewery where they will be offering a carbo load dinner special for runners beginning at 5pm.

Timing Chips

The event will be timed by Sportstats Timing. The Happy Girls Half Marathon 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, not show in the results.
- **Be careful not to switch with friends, family or others.** This is simply to assure the time is assigned to the correct person. **It is critical that we have the correct names assigned to the correct people racing for safety reasons.**
- **Make sure you cross the timing points at the start and finish of the race.**

Parking for Girls Night Out

Parking is available at FivePine Lodge as well as city street parking.

Saturday, November 3, 2018

RACE DAY AND LATE PACKET PICK UP – Please note the 5K and half marathon have different locations for packet pickup.

5K--FIVE PINE LODGE/CONFERENCE CENTER FOYER 8-9 am

HALF MARATHON--SISTERS ELEMENTARY SCHOOL 6:00-8:00 am

****Late registration for the 5K will be available on race day. There will not be day of half marathon registration****

Parking for Race Day

Half Marathon Runners: Park at Sisters Elementary (611 E Cascade Ave, Sisters, OR 97759). Runners will be shuttled to race start (per their scheduled shuttle on registration confirmation) at the top of Peterson Ridge.

5K Runners: There is very limited parking at FivePine Lodge on race day. Please **DO NOT** park in front of the Sisters Athletic Club, Shibui Spa or the Sisters Movie House. Parking will be available at Sisters City Hall, Sisters Elementary School, Sisters State Park and all city streets.

See website for details and map of available parking areas. Sisters Parks and Rec will provide a shuttle from the front of Shibui Spa to Sisters Elementary School post race. The shuttle will leave approximately every 15 minutes starting at 10:30am.

Shuttle Buses

All half marathon participants are **REQUIRED** to take the provided shuttle buses to the start line. You **MUST board the shuttle bus you registered for**. The shuttles will leave from Sisters Elementary School at 7:15 am, 7:45 am and 8:15 am. **ONLY guests of FivePine Lodge will have a shuttle bus pick them up at Shibui Spa at the same times.** Runners will receive their shuttle ticket at packet pickup. **There is ABSOLUTELY no parking at the top of Peterson Ridge, doing so will lead to disqualification and possible denial of the Forest Service event permit moving forward.**

Start/ Finish Area

The start area for the half marathon is located five miles up Three Creeks Road at Forest Service Road 600. Once exiting the shuttle buses, runners will cross Three Creeks Road and proceed 250 yards down the dirt FS road 600 to the start line. Please be careful crossing Three Creeks Road, it will remain open to vehicle traffic.

The start/finish area for the 5K and finish area for the Half Marathon is located at FivePine Lodge Campus near Three Creeks Brewing. Look for the large red arch.

Bag Drop

Weather this time of year is unpredictable and can be very cold. The first shuttle bus will arrive at the start area an hour before the start of the race. Please dress warm and utilize the bag drop for your clothes and gear. 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 area for the half marathon and bags will be shuttled to the finish. 5K runners can leave their bag at the bag drop tent at the start /finish area. 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. There will be patio heaters at the half marathon start area to keep you warm and toasty.

Post Race Gear Lost and Found

We will have a lost and found bin at the blue Lay It Out Events tent at the finish area. 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 (tel: 541.323.0964 | email: info@layitoutevents.com). We will return lost items via mail at the participant's expense.

Start Times

Half Marathon

The half marathon will consist of 3 waves with the first wave starting promptly at 9 am. Each subsequent wave will start 3 minutes later. All paces should be lined up and ready to go at 9 am.

Wave 1: 9:00 am (9:30 min pace or less)

Wave 2: 9:03 am (9:30-11:00 min pace)

Wave 3: 9:06 am (11:00 min pace or more)

5K

The 5K will start promptly at 9:30 am at the FivePine Lodge Campus near Three Creeks Brewing.

Course Description

The Happy Girls half marathon course is 95 percent single track, following the picturesque Peterson Ridge Trial system. The 5K course is a road course with a short section of groomed trail through the Sisters State Park. All courses will be marked with a combination of the following:

- **Colored flagging pinned onto trees on the course: red = half marathon**
- **Flour on the trails**
- **White directional cards with red arrows on them**

IMPORTANT: 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.

Half Marathon:

The half marathon course starts at the top of Peterson Ridge on Forest Road 600. The course follows Road 600 for about 3/4 mile before it meets the trails. Runners will take a right onto the Peterson Ridge East trail system. Runners will then wind on PRE trail until junction 24, turn left onto Twist & Shout Connector following that trail until junction 30. At junction 30, turn left onto Peterson Ridge Middle trail, following that trail to junction 33 and turn right onto Peterson Ridge West trail. The half marathon will follow Peterson Ridge West (PRW) trail past the overlook continuing to junction 19, there participants will turn right on the Double Ditch Connector. At junction 20, turn left and join the Peterson Ridge East trail (PRE). At junction 18, Running Elk Connector, turn right and continue towards junction 16. At junction 16, turn left and join the Summer Range Connector towards junction 15 and continue towards junction 13. At junction 13 continue across the access road staying on Boneyard Connector to junction 14. At junction 14, turn left following PRE trail to junction 12, turn right continuing on PRE trail to junction 10. At junction 10 turn left onto Old Stump Connector to junction

9, participants will be back on PRW trail and stay on this trail all the way to junction 3. At junction 3 take Dog Walk Connector to junction 2, follow the trail to junction 4 and then head onto Five Pine Connector. Turn left on Locust Street and take your first right on to Coyote Springs Road. Follow this road to the finish at Five Pine Lodge and Spa.

5K:

The 5K course is a lollipop loop. Runners depart out of the start arch and wind through Sisters State Park and join Jefferson Ave. Runners will turn left onto Pine Meadow Street and turn right on Hope Ave. Runners will then turn left on Pine St and right again on Jefferson Ave. Runners will turn right on Elm St. and left on St. Helen Ave. Runners turn left on Cedar St and a final right on Jefferson Ave. Continue through Sisters State Park towards the finish area.

Interactive and static maps marked with aid stations and trail notes for each distance are available for download on the Happy Girls website: happygirlsrunsisters.com

Listen carefully for faster runners coming up behind you. If you hear 'passing on the left' step to the right to allow them to pass. Also if you are a faster runner, ask 'passing on your left' before attempting to pass.

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)
- Half Marathon: 11:15 am (overall & masters: 1st-2nd-3rd)
- 3-peat Awards: 12:30pm (racers that completed all 3 Happy Girl Races this year)
- Delicious gourmet post race nourishment provided by Global Fusion.
- Beer provided by Three Creeks Brewing and coffee cocktails provided by Bendistillery.
- Festive Music– boogie down!

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?

Aid Stations

Thank you to the aid station volunteers, provided by our race beneficiary [Sisters Parks and Rec](#). All of the volunteers who are staffing each of the aid stations represent Sisters Parks and Rec. Be sure to say thanks and consider providing some of your own financial or time support to this great organization.

Half Marathon

There will be three aid stations along the Half Marathon course. Aid stations will be supplied with water, GU brew and GU gels. Aid stations will be located at approximately mile 3.4, 6.7 and 10.3.

5K

There will be one aid station along the 5K course. Aid stations will be supplied with water, GU brew and GU gels. Aid station will be located at approximately mile 1.8.

Portable Toilets

There will be portable toilets at the start of the half marathon, half marathon shuttle area, 5K start, finish area and at aid station 2 and 3 on the half marathon course.

Finish Line

A full supply of water and GU brew will be available at the finish line as well as adult beverages, coffee and Bethlyn's Global Fusion Food.

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. **The timing mat and aid stations will be removed at 1pm.**

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, 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. The level of medical care we have chosen to provide at our events is virtually unparalleled in the industry as a whole.

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. Additionally, the race director's phone number is on the back of the bib to contact in case of emergencies. 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. Our medical response team will dispatch our closest available medic.

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.

Additional Questions

If you have questions that have not been addressed, please contact Luke at Lay It Out Events: cell 801.558.9425 or office 541.323.0964/ luke@layitoutevents.com or Wendi Winfrey at race@layitoutevents.com.