



Greetings 2022 Happy Girls Bend Half Marathon, 10K and 5K racers!

Please be sure to carefully read through the information below to make sure you are comfortable and well informed about the details of the race.

Schedule of Events and Helpful Hints

Friday, May 20, 2022 | 2:00pm to 5:30 pm

PACKET PICK UP AND LATE REGISTRATION – FootZone – 842 NW Wall St, Bend, OR 97703

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

General Details

Packet pickup for in-person and virtual runs, and late registration will be available, as well as maps of the courses. Race t shirts and hoodies will be available for purchase.

Timing Chips

The event will be professionally timed by Eclectic Edge Timing. The Happy Girls 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 included 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 mats at the start and finish of the race.**
- **Recycle your timing chip.** Once you cross the finish line, please remove the timing chip via the tear strip on the bottom of your bib and place the tear strip in a container provided by Eclectic Edge Timing. You have done your part in recycling the timing chips to use for other races. Both we and Mother Earth thank you.

Saturday, May 21, 2022 – Race Day – Riverbend Park

HALF MARATHON, 10K AND 5K LATE PACKET PICK UP AND LATE REGISTRATION

Late Registration & Packet Pick-up begin at 7:30am. New runners can register up to 15 minutes before their race start (See start times below by distance).

Parking for Race Day

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 need to find street parking. **Carpooling is strongly suggested.**

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 registration tent. 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.

Pre-Race Warm Up

Join R'oming Yoga for an invigorating warm up at 8:40am to get your muscles loose and limber for your race. The warm up will be near the finish arch.

Start Times

Half Marathon – 9am

10K – 9:15am

5K – 9:30am

Course Description

The Happy Girls courses start and finish at Riverbend Park – one of the jewels of Bend on the Deschutes River. All Happy Girls Run courses wind around beautiful Bend, 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 and wide trails as well as groomed paths.

All courses will be marked with a combination of the following:

- **White directional cards with red arrows on them – all distances**
- **Yellow signs with RUN and directional arrows – all distances**

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.

Interactive and static maps marked with aid stations and trail notes for each distance are available for download on the Happy Girls Bend website <http://www.happygirlsrn.com/>. All interactive maps can be sent to the Ride with GPS app on your mobile phone. The app is free and will allow you to view course maps with your exact location. Learn more at <https://ridewithgps.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.

- **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 starts on paved pathways and continue to the south canyon under the Bill Healey Bridge. From there, the course continues 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 electrolyte drink and GU gels. Aid stations are located at approximately mile: 3.1, 4.4, 6.2, 8.1, 9.9, and 11.5. Toilets are available at various parks along the course, the First Street Rapids aid station, the north end of the Deschutes River Trail 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 electrolyte drink 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 to the turnaround point just past the Colorado Bridge. At the aid station, runners will turn back and continue to the finish at Riverbend Park.

There will be one aid station along the 5K course. The aid station will supply water, GU electrolyte drink and GU gels. The aid station will be located at approximately mile 2.1.

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.

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. **Choose Fun!** This is your chance to thrive. If it's not fun, then why do it?
4. **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.

Aid Stations

A huge thank you to our race beneficiary, Saving Grace. They have supplied volunteers at each aid station. Please visit www.saving-grace.org for more information about this amazing and inspiring organization. Be sure to say thanks and consider a contribution of money or time to this great organization. A portion of race proceeds will be donated to Saving Grace.

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:

- Saving Grace Heroes Celebration and Raffle
- Live music from The Parnells 11am-1pm
- Awards ceremonies
- Delicious post-race food
- Water and GU electrolyte drink.
- Beer provided by 10 Barrel Brewing, cocktails provided by Crater Lakes Spirits and wine provided by Western Beverage. *Oregon State law requires all participants to have, in their possession, a current form of ID if they are drinking alcohol.*

Awards and Results

Individual printed results can be picked up from the timing truck near the inflatable arch. Awards ceremonies will take place under the picnic shelter at the following times:

- 5K awards: 10:15am (Overall and Masters: first, second and third)
- 10K awards: 10:45am (Overall and Masters: first, second and third)
- Half Marathon: 11:30am (Overall and Masters: first, second and third)

Age group winners can pick up their ribbon at the Lay It Out Events registration tent.

Happy Little Kids Run

The Happy Little Kids run is a non-competitive event for kids ages 3-10. See below for start times. 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. Bring your adult race bib to the Lay It Out Events registration table to get ONE FREE registration for the Kids Rock the Races Happy Little Kids Run. Additional registrations are \$5 per child.

- Noon: age 3-4
- 12:15pm: age 5-7
- 12:30pm: age 8-10

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 strongly recommend that you allow us to transport you to the finish line. The race director will have the final say on whether or not you can continue if you exceed the time limit. **The timing mat, medical support and aid stations will be removed at 1:30pm.**

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 in 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 first, email us at race@layitoutevents.com or call our office at 541-323-0964. If you have an immediate need on race day, you may call Jason McLane, race director, at 541-390-6442.