

Welcome to the 20th Annual Pacific Crest Weekend Sports Festival
June 24-26th, 2016 • Sunriver Oregon
Planning, Preparation & FAQs

Each year during the last weekend in June, athletes, their families and friends converge in beautiful, scenic Central Oregon to take part in the Pacific Crest Weekend Sports Festival. 2016 marks the 20th year for this event and is expected to draw over 5,000 athletes. Pacific Crest is known as the jewel of multi-sport events in the Northwest and is a destination race for competitors of all ages from across the nation as well as from around the world!

This event with 18 different races including 26 & 55 mile Tour de Crest Bike Tours, a Long Course, Olympic & Ultra-Sprint Tri/Du/AquaBike, Marathon, Half Marathon, 10k, 5k and 3 kids races is such a unique and spectacular experience that families and friends make it an annual tradition!

TRAVEL & ACCOMODATIONS: Pacific Crest Weekend Sports Festival is hosted within the resort town of Sunriver Oregon, 15 minutes from Bend Oregon and right in the middle of Central Oregon where you can enjoy 63 holes of golf, the SHARC aquatic and recreation center, breathtaking hikes, whitewater rafting, paddle-boarding and lazy river tubing, 35 miles of paved bike paths, mountain biking, more than 30 tennis courts, fishing, full-service marina and stables, spas, shopping and restaurants and so much more! Since there is so much to do, most participants will make it a RACE-cation and stay an entire week or more. **The Central Oregon Visitor's Association is Pacific Crest's official provider of Visitor Information.** Go to visitcentraloregon.com (link), or call COVA's free Concierge Service at [800-800-8334](tel:800-800-8334) to plan your entire stay in Bend-Sunriver, Oregon (lodging, activities, dining and transportation).

COVA will help you decide where you want to stay and what is still available - properties fill up quickly so don't delay on booking your accommodations! Since the race takes place within Sunriver, staying in one of the sponsoring Sunriver properties is going to be your best option logistically allowing you to easily get around and COVA will help you find the best place close to all the venues. Plus, the sponsoring Sunriver properties offer great deals for all of our Pacific Crest racers! Choose from nearly 700 homes, condos and cabins! There are many large homes available allowing friends and families to stay together and share

the costs. It makes for enjoyable, quality time as you laugh and share race stories while soaking in a hot tub, feasting on a BBQ, playing in the backyard, & having a few drinks!

COVA can also provide other housing options including **staying in Bend** (15 minutes away) for those of you looking for a little more night life! COVA can even help arrange for **camping at the North Wickiup Reservoir** (Gull Point). How wonderful would it be to just wake up and be right at T1?!

For athletes flying in, COVA will also help you decide whether you want to fly into Portland Airport (PDX – 3 hour drive), Bend/Redmond Airport (15 minute drive) or the private Sunriver Airport. They will also help rent a vehicle which we recommend so you can easily get around the race venue and see everything Central Oregon has to offer.

PARKING WITHIN SUNRIVER: Parking is prohibited on the roadsides within Sunriver. To ensure the continuation of this unique Central Oregon event, we ask that Pacific Crest participants and guests abide by ALL parking restrictions and regulations. Please park in designated parking lots/areas only! Since parking is very limited within the Sunriver/Athletes Village area, here is the parking plan to assure the least amount of stress and delays for all athletes:

- **Packet Pickup & Expo** – You can imagine that 5000 athletes and 15,000 of their friends & family converging into a small town can pose some challenges. So remember to car pool and if your house is close enough, walk or ride bike to Packet Pickup and the Fitness Expo and last, practice good patience if the lines get a little long.
- **Race Day for Triathletes/Duathletes/AquaBike** – Your friends and family can bring you up to the start of the races at Wickiup Reservoir (T1), but parking is limited so expect delays, plan to arrive early and please follow the Parking Attendants' directions. You cannot drop off at the entrance to the park on race morning but instead, must park along the road and then walk your gear back to the Boat Ramp (T1). Do not park on the either side of FS Rd. 4260 or within the campgrounds just to the north of the transition zone. You will be asked to move your vehicle immediately or you will be ticketed if your vehicle is left unattended. No Exceptions – this is a permit requirement. **If you do not have someone driving you, you CANNOT park your own vehicle at T1! Remember, this is a Point-to-Point race!** We've had some racers in the past who hadn't thought this through and parked at the start and then, at the end of the day after they'd finished their

race when they were tired and exhausted, they were not too happy to realize that they were stranded with their vehicle 30 miles away back at the start! For those without transport to T1, the best option is to purchase a **Bus Transport ticket (\$25) online or at Packet Pickup** and we will drive you (and spectators) to the start on race morning. **You will park at T2 (Three Rivers School)**. This is best because this is where the buses will pick you up between 5am-7am on race morning and where your bike and all your gear will be at the end of the day (a short ½ mile walk from the finish line). Absolutely No Parking is permitted on South Century Drive next to the T-2 Transition. Park in designated parking areas only. Last, you have to consider how your Bike is going to get to T1 – the trip to Wickiup is 60 miles round trip and will take about 2 hours. You can either bring your bike and gear and set up the day before your race (highly recommended so you can see the swim venue and set up your transition), or send your bike to the lake with Cog Wild who will transport your bike for you and you don't have to worry about it (**remember to purchase a Bike Transport ticket for \$10 online**). Cog Wild will be also be on site adjacent to the Packet Pickup tent to arrange to shuttle your bike/gear to the lake on Friday for Saturday events, and Saturday for Sunday events at specified times listed on the schedule. Place your Bike Number on your bike and just bring it to them after you pick up your packet. The Cog Wild Bike Shuttle is an optional service for those of you who don't want to drive to Wickiup and will assure your bike is ready for you on race morning. This service is simple and inexpensive, and it allows you more time to enjoy the day in Sunriver. Note, if you are staying in Bend, Cogwild will allow you to drop your bike in Bend – contact info@cogwild.com for more details. You will still need to come to Sunriver to pick up your Race packet.

- **Race morning for all Runners, Walkers & their supporters** – All Marathon, Half Marathon, 5k, 10k and Kids ½ mile and 1 mile dash races start and finish in Sunriver Village but do not try to park in the village because it is very limited and you will get frustrated. Instead, have a stress free morning and park at the auxiliary parking located at Lake Penhollow off Cottonwood Road between 5am-7pm on Saturday and 7am-3pm on Sunday. The shuttle bus will operate every 20 minutes that will take athletes back and forth from parking to the village (start/finish for all runners and the finish line for all triathletes too). You can also have friends drop you off at the Athlete drop off point located near the Abbot House between Beaver Drive & Circle 1, adjacent to the village. Your driver could then go to Lake Penhollow to park and catch the shuttle back to the Village to see you start/finish. Note: Half Marathoners & Marathoners, there are also 75 parking spots that can be used on Saturday at the Sunriver Community Church on Theater Drive between Beaver Drive & Circle 2 -

this is a great 'secret' parking spot close to the start/finish but limited on a first come, first serve basis and **only available Saturday**.

- Splash, Pedal & Dash families should park at the SHARC (T1 for the Kids!) or the Sunriver Community Church on Friday (T2 for the kids!)
- **Training Rides** – Bikes are not allowed on the roads within Sunriver (you must stay on the paved paths) so if you want to get in any pre-race training rides, we suggest you park at Three Rivers School (T2) and start and finish your training rides from there.

DIRECTIONS TO VARIOUS RACE VENUES:

Sunriver Village to Wickiup Reservoir (T1)

- Turn right (on to Beaver Drive) when leaving the Village. Drive to the stop sign.
- Turn left at the stop sign (on to Abbot Drive). Go to the traffic circle.
- Take the first exit off of the Traffic Circle. Go through the Stop Light
- Take the first left turn after the stop light (S. Century Drive)
- Shortly after the La Pine Fire Station on your left, S. Century Drive makes a right turn
- Make the right turn and stay on S Century (FR 42) for about 20 miles
- At approximately 20 miles, you will be making a left turn off of S. Century (FR 42) at Twin Lakes Road (FR 4260)
- Turn left at Twin Lakes Road (FR 4260) and follow it to Gull Point
- There will be signage at Twin Lakes Road to alert Pacific Crest athletes and spectators to turn left onto Twin Lakes Road (FR 4260)

Sunriver Village to T2 (Three Rivers School)

- Turn right (onto Beaver Drive) when leaving the Village. Drive to the stop sign.
- Turn left at the stop sign (on to Abbot Drive). Go to the traffic circle.
- Take the first exit off of the Traffic Circle.
- Go to the Stop Light and turn left about ½ mile
- As soon as you make the left turn at the stop light make another left turn within about 20 yards.
- Just past the gas station turn left and you are at Three Rivers School.

Sunriver Village to Lake Penhollow (Monitored Auxiliary Parking)

- Turn left (on to Beaver Drive) when leaving the Village. Drive to Circle 11
- At Circle 11 take the first exit (on to East Cascade). Follow East Cascade to Circle 10
- At Circle 10 take the first exit (on to Cottonwood Road) until you see signs for Lake Penhollow

- At Lake Penhollow you will be making a right turn.
- Open 5am-7pm on Saturday and 7am-3pm on Sunday

Bend to Lake Penhollow (Monitored Auxiliary Parking)

- Head south on Highway 97 and take the Cottonwood Road (Exit 151). Drive 1.5 miles west to Lake Penhollow parking area on the left. Signs and volunteers will be on hand to help with parking.
- Open 5am-7pm on Saturday and 7am-3pm on Sunday

SCHEDULE FOR RACE STARTS/PACKET PICK UP/EXPO & ALL

ACTIVITIES: There's so much going on at Pacific Crest that you might have a hard time keeping track of all the fun activities going on. [Print this MASTER SCHEDULE](#) and carry with you so you don't miss out on anything! Better yet, download our Pacific Crest app so you have with you on your phone!

RACE TIMES:

- **Tour de Crest 26 & 55 mile rides - Friday at 7:30am SHARP**
- **Kids Splash Pedal n' Dash - Friday at 4pm**
- **Marathon & Half Marathon - Saturday at 7:00am**
- **Long Course Tri/Du/AquaBike - Saturday at 8:00am**
- **Kids ½ Mile & 1 mile Dash - Sunday at 8am**
- **Olympic & Ultra-Sprint Tri/Du/AquaBike – Sunday at 8:00am**
- **5k Run/Walk - Sunday at 8:30am**
- **10k Run/Walk - Sunday at 8:45am**

PACKET PICKUP / REGISTRATION HOURS - ON-SITE: Located in Sunriver Village at the Packet Pick up / Registration tent between the Bank of the Cascades and Village Bar and Grill. Please refer to detailed Master Schedule for all times. **Remember that you must have your ID when you pick up your packet and if you are sending someone else to pick up your materials, you must sign and print this [authorization form](#) and send them in with the completed form and your ID.**

CONFIRMATIONS: These will be emailed and will include your event, race number, name, gender, age/category, and Commemorative Shirt size. They will also indicate any special purchases (i.e. Bus Tickets, Bike Transport Tickets, Finisher Shirts, etc.). To expedite the packet pickup process, please print out a copy of the confirmation form and bring it with you, or have it available on your smart phone. If you see any changes that need to be made to your data, please let us know when picking up your packet so we can correct right away.

WRIST-BANDS: When you pick up your packet, you will be given a color-coded wrist band that you will need to wear before, during and after your race. It will allow all athletes FREE entry into Food & Beverage Post-Race party at Village Bar & Grill and the shower facilities at the SHARC on their race day only. The color-coded wrist bands will also allow multi-sport athletes access to transition areas during specified times only listed on the schedule of events. Runners, please remember to make use of the Food and Beverage area early on your race day to assure minimal lines and enough food for the multi-sport athletes who will be finishing later in the day. Thank you in advance.

WATER STATIONS: Water and energy stations will be located at the start/finish of each race and approximately each mile along the run course. Three water/energy drink stations will be provided on the Long Course Bike Course (No Bike Water/Energy stations along the Olympic and Ultra Sprint Bike Courses). The Long Course Bike water stations are bottle exchanges, so you must give up a bottle to get a new bottle. There will be hydration stations at the swim/bike (T1) and bike/run (T2) transitions. We will also have water/aid stations along the Tour de Crest rides.

PORTA POTTIES: Porta potties will be available at the start/finish line for all races and available at least every 1-2 miles along the run courses, at each of the Long Course Bike and Tour de Crest water stations and at T1 & T2.

COURSES: If you would like to review course details and maps, you can review your [Course Details here](#). Although all courses will be marked and monitored, athletes are still responsible for understanding course routes.

HEADSETS/EARBUDS/PERSONAL MUSIC DEVICES: Absolutely no music devices are allowed during the bike segment for obvious safety risks and will result in immediate disqualification. During any running segments, we prefer for athletes to NOT use music devices to maximize safety, assure a fair competitive environment and assure athletes can hear all course marshal instructions. With that said, we also understand that many athletes rely on music to help endure the challenge of running. To accommodate the needs of our athletes while still assuring maximum safety and a fair, competitive environment, here is the arrangement that we can accommodate.

- If you chose to use a personal music device, you must always keep one ear open for instructions so only one ear-bud can be used at any time.
- If you are using a personal music device with two earbuds, you will be

immediately disqualified. Trust us, we don't want to have to enforce a disqualification but in order to assure the safety of all athletes, this is a very important rule.

- We also request that if you chose to use a personal music device that you keep the volume to a minimum to assure all instructions can be heard.

RESULTS: Results will be posted at the Awards Tent along the Pavilion as they become available and Official results will be posted on the [Pacific Crest Website](#) and [Facebook Page](#).

AWARDS/PRIZES: We believe you're all winners regardless of whether you are our first or last place finisher! With that said, we also want to celebrate and applaud the speedsters! The Awards Ceremony will take place at the Main Stage in the Village Bar and Grill Food & Beer area – everyone should attend to eat, drink, share race stories and applaud our champions. Please see the Master Schedule for specific Award Ceremony times for each race.

Pacific Crest Long Course Triathlon will be offering a \$4950 Prize Purse (\$2475 x 2 for Male/Female Champions). First place will receive \$1000, 2nd place will receive \$650, 3rd place will receive \$450, 4th place will receive \$250 and 5th place will receive \$125.

We will also be acknowledging the top Three Overall Men and Women and Top Masters Female/Male for each race.

In addition, if you finished 1st, 2nd or 3rd in your age group or division, you will also receive a medal and Pacific Crest Commemorative glass - courtesy of our Official Sponsor Village Bar and Grill. Division categories are as follows:

Individual: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

Clydesdale's (men 220lbs & over) / Athena's (women 165lbs & over) & Relay Teams

SHIRT SWAP: If the size of the shirt you ordered does not fit, we will be hosting a 'Shirt Swap' at the Official Finisher's T-shirt Tent. We cannot guarantee there will be a particular size available at a particular time, since it will depend on left over shirts, but we will do our best to accommodate your request.

PARTY! Hit Machine, widely renowned as the "Northwest's Favorite Party Band" is BACK on Friday and Saturday night at the Village Bar & Grill in Sunriver Village to

help us celebrate and have a good time! Let's dance under the stars as we bond with our fellow athletes!

FREE PHOTOS FOR ALL ATHLETES – Game Face Photography will be on the course capturing action shots. Be sure your race number is visible on your front at all times during the run and on your helmet during rides, so the photographer can match you with your photos. You will be emailed a link post-race so you can download and share all your photos. Remember to smile big – the backdrops are awesome and these photos will probably become your new Facebook profile shot!

SHOWERS - Rinse Showers are available at the finish line after your race. Showers are also available at the SHARC, located 1/4 mile from the Athletes Village, along the Beaver Drive bike path on your race day only. You will need to show your Bib number for access and should bring your own towel.

MEDICAL & FIRST AID – Western States University will be overseeing our Non-Emergency Medical needs at Pacific Crest and will be located at the finish line and throughout the race. Sunriver Fire and Cascade Medical Transport will also be on site to assist with any Emergency Medical needs. If you are having any type of medical issue, immediately seek out a race official or volunteer who will get help. Our aid stations will all have radio communication. If you discontinue the race for whatever reason, please notify a race official on the course or at the finish line and return your Timing Chip to the finish line.

LOST AND FOUND: Any equipment that is found and unmarked will be taken to Lost and Found at the Information Tent at the Expo in Sunriver Village. Please come to the event with all personal belongings marked with your name and/or race number. Post-event all items will be brought back to Why Racing headquarters and you can email info@whyracingevents.com or call 360.574.7292 to confirm if found and if you would like your items shipped or picked up in Vancouver WA.

PACIFIC CREST BEAST MEDALS ARE BACK: Are you one of those people?! You know, someone who is always looking to do the incredibly insane, seemingly impossible task. Well, if so and if you are plan to double or triple up your racing at Pac Crest, you will earn the coveted PACIFIC CREST BEAST MEDAL. So for example, you could do the Tour de Crest on Friday morning, the Long Course Triathlon on Saturday and the 5k on Sunday or any combination of

available races. Beast medals will be distributed during the award ceremonies Saturday and Sunday. You crazy beasts!

WE ARE GUESTS OF SUNRIVER: Remember we are guests of Central Oregon and Sunriver Resort and we want them to like us and invite us back. Please respect the area by not littering or defacing property (which includes not painting words of encouragement on the roads & bike paths – hand held signs are better), respecting all Sunriver regulations, businesses and property and being respectful to Police, Residents/Locals, Race Officials, Volunteers and other Athletes.

SPECIFIC INSTRUCTIONS FOR RUNNERS:

- **Starting Location:** All Run-only events start adjacent to the Packet Pickup Tent in the Athletes Village The paths are approximately 6 feet wide, perfectly paved and wind through the forest.
- **Pick up your packet prior to race day** to assure a stress-free race morning.
- **Arrive at least 30 minutes prior to your race start** for Race instructions and Warmup.
- Remember to bring **adequate clothing**, as the temperatures can vary from 38 to 90 degrees midnight to mid-day. Be prepared for anything!
- Remember to have your **Bib # on the front** of you as you race and cross the finish line. Your Bib includes your disposable timing chip and does not need to be returned once you cross the finish line.
- Watch closely for all **Course Splits**. Signs will be posted and course marshals available to help direct you but you must pay attention to make sure you don't miss a critical course split and complete more or less than you are supposed to. **Marathoners – you will be completing two loops of the scenic Half Marathon course – don't be tempted to turn into the Finish Line after Loop 1 – just one more to go – you've got this!**
- **Gear Check** – We will provide a Gear Check in the Athletes Village close to the start/finish area. Ask a Race Official or go to Information booth to direct you.
- **The Finish Line** - Runners and Walkers will finish the race at the Sunriver Village Mall (Athlete Village) to the cheers of an enthusiastic crowd.
 - Collect your medal – you deserve it!
 - Rinse showers are available as soon as you cross the finish line.
 - Fruit and Hydration will be available at the finish line as soon as you finish your race to help you quickly hydrate and replenish your blood glucose levels.

- Recovery lounge will be available to help ease any aches and pains and allow you to recover more quickly
- **Eat, drink, be merry, share race stories and enjoy music at the Village Bar & Grill Post Event Food & Beer tent.**
- Enjoy the Fitness Expo & Sunriver Village shops – tons of great deals!

SPECIFIC INSTRUCTIONS FOR MULTISPORT ATHLETES:

- **Packet Pickup** – Inside your packet you will receive your **Bike & Helmet Stickers, Bib, Gear Bag sticker, Gear Bag, Wrist band, Swim cap, Timing chip and ankle strap and any transportation tickets** you have pre-ordered (Bus/Bike transport). Attach the bike number sticker to the frame of your bike and place the helmet number on the front of your helmet prior to taking your bike to Wickiup (T1). Place your bib number on either your race belt or on a piece of clothing to be worn during the run portion of the event. Your bib number must be visible on your front during the run and when you cross the finish line. Place your color-coded Bib # sticker onto your Gear Bar to be used to transport your personal items from T1 to T2. You should write your Bib number on all personal items to be used during the event for identification purposes. Note – **Multi-sport athletes cannot pick up their race packets on race morning in Sunriver Village.** Any packets not picked up prior to race day will be taken to T1 on race morning.
- **Plastic Gear Bag:** Each multisport participant receives one plastic Gear bag to be used to transport gear from T1 to T2. Attach your color coded Bib # to the plastic Gear bag and bring to T-1. All participants are responsible for placing all personal items into gear bag after their swim, and tying the bag tightly prior to leaving the transition area to start the bike ride. While you are racing, we will transport your Gear bag to T2 at Three Rivers School for pickup after your race. **It is very important that all personal items are marked with your race number. Race officials cannot be responsible for any lost items.**
- **USAT Rules for Multisport:** Pacific Crest is a USAT Sanctioned event and follows all USAT Competitive Rules. These rules are intended to provide an organized and fair competitive environment for all athletes. It is your responsibility to understand and adhere to these rules so we suggest

you review all [USAT Rules here](#). At the very least, review this list of the [most common USAT Rule violations](#) so you will fully understand and avoid these common infractions which include drafting on the bike, lack of helmet, not fastening a chin strap, lack of handlebar end caps, accepting outside assistance, headsets on the bike and unsportsmanlike conduct.

- **SETTING UP TRANSITIONS:** Multisport athletes can set up their Transition areas (T1 & T2) at the times listed in the Master Schedule only. Come with your Bike stickers attached and all gear labeled with your name/bib number. Bring 1 small towel for each transition to place your gear on and note that each athlete gets a maximum of 2-3 feet of space at the bike rack – approximately 10 bikes/athletes per rack. We highly recommend all multi-sport athletes set up their transition areas the day prior to your race for a stress-free race morning. Be sure to ask about the flow through transition so you fully understand where you will be exiting the swim, exiting and returning on the bike and exiting on the run. Bikes and gear will be kept under lights and guarded by security officials until the start of the race. Remember only athletes are allowed in the Transition area – no exceptions for the safety of your equipment.
- **TIMING CHIPS:** Prior to the swim start, all participants must have their Timing Chip securely fastened to their ankle to be worn throughout the duration of the event. **ALWAYS** lift up on the strap clasp to be sure it is closed properly. You should not be able to open the clasp once it is closed. If you can open it, you have not put it on properly and you will probably lose it during the race. When put on properly it will need to be cut off at the end of the race. Also, leave some slack in the band to help avoid chaffing (place the end of your small finger under the band prior to snapping it closed to provide an adequate amount of slack). You can also use your own Neoprene straps to attach your timing chip around your ankle. Be sure to have your timing chip under your wet suit so it will be easy to remove your wetsuit at the end of your swim. At the completion of your race (or relay race segment), you must return your timing chip. **Timing chips are very costly and participants will be charged for any unreturned Timing Chips.**
- **BODY MARKING:** Make sure your body has been properly marked prior to the start of the race (Your race number on your arms, event category on your left calf and your division code/age on your right calf)
- **BIKE TECH:** Our valued sponsor and premier NW Triathlon Shop, **Athletes Lounge**, will be at the lake Saturday and Sunday mornings starting at 6:00am for any last minute repairs or adjustments.

Athletes Lounge will also be set up in Athletes Village, adjacent to the Information booth, throughout the weekend for bike tech assistance, sharing their vast knowledge on bikes & triathlon gear, and they will have a selection of merchandise and accessories available for sale.

- **ARRIVING ON RACE MORNING:** Arrive to T1 at least 1 hour prior to race start to allow yourself enough time to get your body marked, get yourself organized and allow a cushion for any traffic delays.
- **RELAY TEAMS:** Please set up your racing gear and bike within the Relay zone in each Transition area. Each team member must have their own Timing Chip. Once each relay team member has completed their race segment, they must make a conversion by touching fingertips within the designated Relay Zone. At the completion of your race segment, turn in your assigned Timing Chip - Swimmers will return their Timing Chips at the “team tag” area within T1, Cyclists will return their Timing Chips at the “team tag” area within T2. All relay team members should travel to the finish line to meet their team runner to cross the finish line together and receive their medal. Once the race begins, it is very important that Relay Team members awaiting their turn, do not pass over the timing mats at the entrance/exits of the transitions zones or you will activate the timing mats and will negatively affect your results. Use the Relay Team exit/entrance area.
- **FRIDAY NIGHT LONG COURSE MEETING:** It is highly recommended for Long Course athletes to attend the Friday night Long Course meeting at the Main Stage at Village Bar and Grill for race instructions. Pros, Coaches & Race Directors will offer their training tips and insights.
- **ELITE SWIM WAVES FOR TRIATHLETES:** For those who plan to compete for the top rankings on Saturday or Sunday (note - we are offering Prize Money in the Long Course only) and would like to go in the 1st/Elite wave, you will need to be registered in race numbers 1-20. The available Elite Wave numbers will be assigned on a first come, first serve basis, until all 20 numbers have been assigned. You must qualify for the top rankings to go in this wave - be ready to show proof of a Top 10 finish. **Please email registration@whyraceevents.com by noon on the Monday prior to the race** or go to the Solutions Desk at Packet Pick-up on Friday if you want to switch into this wave.
- **SHIP YOUR BIKE:** Athletes who wish to ship their bikes ahead of the event can contact Village Bike & Ski in Sunriver, Oregon (located in the Sunriver Athletes Village) to arrange for payment terms and proper instruction. Village Bike & Ski requires that athletes who ship their bikes

sign a release waiving the shop of any liability regarding the condition of the bicycle when it arrives. Call 541-593-2453 or visit their website at www.villagebikeandski.com for more information.

- **SWIM Portion**

- Swim portion of all multi-sport events will take place at **Wickiup Reservoir (T1) – approximately 30 miles from Sunriver Village.**
- **Practice Swimming:** The event provides no lifeguards or medical at the lake prior to race day. Crew members will be placing the buoy markers and buoys for observational purposes only. Any athlete wishing to swim prior to the day-of -race does so at their own risk. Be aware that Wickiup Reservoir is a popular fishing spot and boaters are not accustomed to encountering swimmers and may be travelling at a high rate of speed towards the Boat ramp.
- **Swim goggles** and faceplates may be worn.
- **Swim caps** are provided for all Triathlon and AquaBike events based on individual wave starts and must be worn and visible during the swim. DO NOT start outside of your designated wave start. Doing so may result in a disqualification and will affect your results as well as the results of everyone else!
- Water temperature is expected to be between 62-66 degrees and while **wetsuits** are not mandatory, they are recommended. A wetsuit will keep you comfortable in the water via increased buoyancy and warmth. Call Athletes Lounge directly at 503-477-5906 to answer any questions you may have about Wetsuits or Rentals.
- No fins, paddles, artificial propulsion equipment or flotation devices are allowed.
- If you are a slower swimmer, move to the rear and to the outside of the swim group. This will result in a slightly longer swim distance, but will greatly reduce the chance of physical contact with another swimmer and allow for a more relaxed swim.
- **Before the race, be sure you understand the swim course and the # of loops required based on your distance.** Take notice of any landmarks that may assist you during your swim. It is the athlete's responsibility to sight the buoys and to stay on course, even if your vision is compromised by fogged goggles and sun in your eyes.

- If you need assistance, move to the inside of the course and raise your hand and **yell for assistance**. If you see another athlete struggling, do the same.
- **Report to the SWIM starting area at least 15 minutes prior to race** start for mandatory athlete instructions. You will be directed to enter the swim corral based on wave division and to be counted by event crew. **Do not start the race without entering the corral with your division and being counted.**
- Upon completion of your swim, exit the water and cross the timing mats on your way to the transition area. Retrieve your bike and gear, walk through the transition area, cross the timing mats as you leave transition and mount your bike at the designated area.
- **BIKE portion**
 - Place your **bike sticker number** (found in your packet) on your bike frame prior to bringing or having it transported to the transition zone (T1) at Wickiup.
 - Find your **pre-assigned bike rack**.
 - Be sure that you have **handlebar end plugs** secured. If you need them, see Athletes Lounge. For your own safety, having the ends of your handlebars plugged is a requirement.
 - Be sure to **fill at least 1-2 water bottles** and secure them on your bike.
 - Cyclists are personally responsible for the proper working condition of their bike. **Carry tubes, tools, pumps and/or CO2 cartridges.**
 - Recumbent bicycles are **not** allowed and Mountain Bikes are **not recommended** for this event because of the difficulty of the course.
 - Aerodynamic handlebars and disc wheels/covers are allowed.
 - **Approved helmets are mandatory and must be securely fastened prior to exiting transition and mounting your bike.**
 - **No outside assistance** may be received to make the actual repairs to your bicycle. You may receive the use of another participant's or race officials' tools or parts but you must make the repairs by yourself.
 - Absolutely **NO DRAFTING or BLOCKING** of another bike or any other vehicle is allowed. Contestants must ride single file on the outside (far right side) of the road except when passing another rider and must maintain 3 Bike Lengths between riders. Side by side riding is prohibited. Overtaking riders may pass to the left of another rider, however you may never cross the centerline while passing or at any other time. Once you have entered another cyclists' draft

zone (3 bike lengths) you have only 15 seconds to make the pass. If you are unsuccessful you must drop back a minimum of three bike lengths. You may not come into and drop out of another cyclist's draft zone on a regular basis. Once you enter the zone you must pass. If you are unable to and you repeat this action you will be penalized for drafting. After a successful pass, you must move back onto the outside (far right side) of the road.

- Cyclists may walk their bikes if necessary.
- Participants must follow all instructions by the Deschutes County Sheriff, US Forest Service, and course monitors.
- **Ride defensively.** Be aware of road conditions, vehicular traffic, and other competitors. REMEMBER – the road is **NOT CLOSED** to vehicle traffic so be safe.
- **No riding of your bike within the transition zones** – you must be on foot. Only mount and dismount your bike at the designated areas.
- Be sure to cross the timing mats at the start and finish of your bike rides.
- Once your bike ride is complete, dismount your bike at the designated spot, walk through transition, rack your bike and head out for your run through the designated Run Exit crossing the Run Timing mats.
- **Long Course Bike Water Bottle Exchange** – Located at approximately 17.1-mile, 31.4-mile and the 38-mile mark locations. Remember that you must give a bottle to receive a bottle. Slow down, discard your bottle within the areas marked and then receive your new bottle. For the safety of our volunteers and all athletes, please reduce your speed and go through these areas cautiously. Feel free to get off your bike and take a break at the Water stations, especially after some of those tough climbs. Athletes are responsible for carrying their own food supplements.
- **DO NOT LITTER** the roadway with any bottles or wrappers. Littering is an automatic disqualification as it affects our ability to maintain a permit with the US Forest Services.
- **No unofficial, spectator vehicles are allowed on the bike course.** Please let your spectators know to stay off the Bike course for the safety of all athletes. There are limited bike lanes and very few places to pull over and cheer. Following the bikes only leads to a congested and more dangerous ride for the participants. Spectators can watch you start the swim and bike at Wickiup and then return back to T2 (Three Rivers School) using the direct route (not bike course) to cheer you on as you finish your ride and start your run. Be sure to instruct them to arrive at the school prior to any other lead

cyclists finishing the race to keep vehicles off the roads throughout the business park.

- **RUN PORTION**

- **Your Bib number must be visible on your front side** while on the run course and when you come across the finish line.
- Competitors may run or walk the run course.
- Unregistered pace runners are not allowed on the course.
- **Hydration stations will be located at every mile approximately.** If you require more energy/hydration, please carry it with you.
- **Athletes can set up their running gear in T2 at Three River School on the soccer field at the listed times in the Master Schedule ONLY.** Note – We are allowing Sunday athletes to set up their transition in T2 only on Saturday when all Long Course athletes have finished and picked up their bike and gear. Be sure to check the Master Schedule for specific times.

- **DUATHLETES: Time-Trial start at T1 at designated start time.** Cyclists will form two parallel lines beginning six feet prior to the bike start timing mats, with two riders starting approximately every 15 seconds. Order is first in line, first to depart. You will follow race instructions and complete all components of the Triathlon race except for the swim leg.

- **AQUABIKE ATHLETES:** You will complete the specified Swim and Bike distances for the race you have registered for. You will then rack your bike (or place all your items in your vehicle) and head to the Athletes Village by car or foot. You will then make your way to the Finish Line so you can collect your medal and we can celebrate your accomplishment.

#SWIM/BIKE/DONE!

- **POST-RACE FOR MULTI-SPORT ATHLETES**

- **Be sure to return your timing chip at the finish line.**
- **Collect your medal** – you deserve it!
- Rinse showers are available as soon as you cross the finish line.
- **Fruit and Hydration will be available at the finish line** as soon as you finish your race to help you quickly hydrate and replenish your blood glucose levels.
- **Recovery lounge** will be available to help ease any aches and pains and allow you to recover more quickly
- **Eat, drink, be merry, share race stories and enjoy music at the Village Bar & Grill Post Event Food & Beer tent.**
- Enjoy the Fitness Expo once you've recovered!
- **Cyclists, be sure to set an alarm to remind yourself to go collect your bicycle and racing gear at Three Rivers School (T2) by the time allocated on the Master schedule.** You can have a friend/family member drive you or take the ¼ mile walk to the school – consider it your cool down! **Remember, your Bib number,**

wristband and body marking must match the bike you are picking up and only athletes are allowed in the transition areas. You cannot send a loved one to collect your bike for you – sorry this is for the safety of all equipment.

- In the case of reported race violations; **decisions by the race officials are final and binding.**

SPECIFIC INSTRUCTIONS FOR TOUR DE CREST ATHLETES:

The Tour de Crest Bike Tours are a fun part of Pacific Crest Weekend. Hundreds of families come to beautiful Central Oregon, and our goal with these two bike rides is to provide an opportunity for the non-triathletes in the family to ride part of the Long Course Triathlon or all of the Olympic Triathlon portions of the bike courses that the Multi-sport athletes will compete on during the weekend. These rides also offer an opportunity for the whole family to participate together in the same event. The roads used are well maintained, with very little traffic. The routes do not include any ultra-steep grades, and the scenery is spectacular!

Make the Tour de Crest Rides part of your family getaway and enhance your enjoyment of the weekend! **Although a family event, these rides are not kid-friendly because of their length and the roads are not closed to traffic.**

- **Starting Location:** The 26-mile & 55-mile Tour de Crest rides start at the SHARC – a short distance from the Athletes Village on Friday morning at 7:30am. Since there is no biking allowed on roads throughout Sunriver, you will be escorted out of town by the Sunriver Police. Therefore, you must be ready to ride at 7:30am. **This is NOT a rolling start event so please be early and ready to ride!**
- This event is a **friendly, non-competitive, non-timed ride.**
- **Water & Aid Stations** – There will be 1 Aid station for the 26 mile Bike Ride and 3 Aid stations for the 55 mile Bike ride. They will be supplied with water, energy drink, fruit, energy bars, & cheese/crackers. You will be treated to a larger meal once you cross the finish line – you’ve got to earn it first! 😊
- **Finishing Location:** All Tour de Crest riders will finish at the official Finish Line in Athletes Village and **will receive a finisher medal for their accomplishment!**
- **Bike holding area** will be available at the finish line and will be monitored and secure so you can enjoy all the Post-Event festivities.

SPECIFIC INSTRUCTIONS FOR KIDS RACES:

We've got to start them young! Our Kids Splash, Pedal & Dash and our ½ mile and 1 mile Kids Dash events accomplish two things. First, we introduce our kiddos to running, multi-sport and a fun, active lifestyle and secondly, we teach our kids how to give back because 100% of the proceeds from their participation in these events supports Care for Kids, and serves approximately 2,000 kids under the age of 18 in the area between Bend and La Pine, Oregon. Funds raised support many children's activities including: Healthy Beginnings free health screenings; New Generations low-income day care; enhanced science and math programs and field trips for the local K-8 public school; grants to offset "pay-to-play" activities fees for low-income kids to participate in school athletics; grants to local 4-H clubs, Boy Scouts, Lego Robotics competition, building bus stop shelters and providing scholarships for parenting classes. If you haven't done so yet, register your Kids for these events and provide them incredible Pacific Crest racing memories too!

KIDS SPLASH PEDAL-N-DASH – ages 12 & under

- **Splash Pedal-n-Dash starts at the SHARC**, within walking distance of the Athletes Village along Beaver Drive starting at 4pm on Friday.
- **It is a fun, short race** with kids starting by maneuvering through an inflatable obstacle course. Then they're directed to the parking lot transition area to get their bikes and ride to the Community Church parking lot. They will enter the transition area at the church, drop their bikes, and are directed out to the run path along Abbot Drive towards the finish line.
- **Splash Pedal-n-Dash finishes at the Athletes Village** through the same Finish line that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal!
- **The Splash Pedal-n-Dash is a timed but non-competitive, fun event!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids races on Friday in the Village at the designated time listed on the Master Schedule. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child. We try to make this feel like a real event with body marking and bike & helmet stickers.
- **Bikes may be dropped off at the SHARC back parking lot from 1:30pm to 3:45pm but you may not park your car there.**

- 5 different age divisions –
 - **Group 1:** Age 11 & 12 (no parents)
 - Group 2:** Age 9 & 10 (no parents)
 - Group 3:** Age 7 & 8 (no parents)
 - Group 4:** Age 5 & 6: (no parents / exceptions made for children not ready to venture out on their own – just speak to a Race official)
 - Group 5:** Age 4 & Under (with parents) – Parents walk beside pools and stay with kids on course.
- The Splash, Pedal & Dash schedule is below.
 - Friday at 1:30pm Transition area at SHARC opens for bike check-in. Volunteers will help direct you where to place your child's bike on the parking line behind their age cone. Handlebars should be facing north for ages 9 to 12, and south for ages 4 to 8. **Please hold onto your child's bike helmet, as they will need to wear it at the start of the Splash.**
 - 3:45pm Transition area closes. All bikes must be staged in the transition area at this time. All kids and parents should be in the spectator area in the SHARC Amphitheater. **Please do not climb over, under or through the fencing/flagging.** Bikes not placed in transition area by this time are not allowed and must be held by the parent until their child completes the splash. The parent is then allowed to hold the bike for the child at end of the pools. The child must walk it back into transition and to the appropriate exit out of the parking lot.
 - All Kids start in a time-trial format, two at a time through the slide/wading pools. **Kids must have their SHOES, BIB AND BIKE HELMET ON AT THE START.**
- Before the race, please don't allow your child to get close to the timing mats by the pools, as their time will be activated.
- If you want two of your children to go together, but they are in different groups, please choose the younger group to start.
- Parents are allowed to watch and take pictures from behind the fencing during the splash and as they begin the bike leg of the race. Parents may meet up with their child on the run course, or take the Beaver Drive path to village to meet at the Finish Line. Always use gates to cross the course, and don't cross over, through or under any fencing. This allows for the safest environment for all.

- It is best to divide and conquer this race if possible. For example, one parent is at the start with their child while another parent/family/friend is at the finish line to capture photos and congratulate your athlete! It's very difficult to start with your child and make it to the finish line by the time they finish – especially with the older, faster kids!
- **Safety Tip:** Write your child's name and your cell phone number on back of children's bib at registration.
- **Maps will be provided at the Packet Pickup/Registration tent** in Athletes Village. Our Kids races are well-monitored and take place on the wide, paved bike paths.
- Bikes may be picked up from the Community Church parking lot transition area after the event is completed.

KIDS DASH - ½ Mile & 1 mile distance

- **Kids Dash events start and finish at the Athletes Village** through the same Finish line arch that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal! Meet at the arch about 20-30 minutes prior to the start of the races to get organized and for race instructions.
- **The Kids Dash events are non-competitive & fun! If your child requires more of a challenge, feel free to sign them up for the 5k!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids Dash runs on Friday, Saturday or Sunday (at least 30 minutes prior to the start of the race) in the Village at the designated time listed on the Master Schedule. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child.
- Maps will be provided at the Packet Pickup/Registration tent. Our Kids races are well-monitored and take place on the wide, paved bike paths.

NOTE: The Why Racing Events office will be closed starting Tuesday prior to the event and we will not have access to the office phone. If you need to contact us, please email us at info@whyracingevents.com, but please understand that responses will be delayed as we will be racing around Sunriver to get ready for you. You can also connect with us in Sunriver at the Packet Pickup/Registration tent in Athletes Village.