

## **ATHLETE PRE-RACE BRIEFING**

Thank you for participating in the 34<sup>th</sup> Annual Hagg Lake Triathlon, Duathlon & AquaBike, one of the oldest triathlons in the country! It will be so cool to be part of this historical event.

**Note: Registration is still open until Wednesday night at 11:45pm- tell all your friends they can still join in the fun! Forward this email with this link <http://whyracingevents.com/event/875> and maybe you'll inspire them to TRI, DU or RELAY it!**

There is a lot of important information in this email for you to review - especially for those of you who are new to the sport or the venue! It's a long email, but we want to answer all your questions so you can enjoy a stress-free race day. So, sit back, relax & review the material - and start to get excited for race day!

**EVENT PARKING** - There is a \$6 parking fee for access to Hagg Lake. Due to the size of our event and the limited resources at Hagg Lake, it is required that we collect this fee in advance of the event. You can purchase online here <http://why-racing-events-inc.myshopify.com/products/hagg-lake-6-parking-pass-2016> or at Packet Pickup on Friday at Athletes Lounge or Saturday at the race venue before the event. Purchasing online will definitely minimize the lines/delays. When you pick up your packet, we will provide you with a parking pass to be displayed on your vehicle dashboard. This will speed up the process and minimize lines upon entry to the park. We will pay the collected fees along with the remaining 60% of the assessed fee to Henry Hagg Lake Park. **Because of this Park Usage Fee, Hagg Lake participants should NOT purchase a parking pass when arriving at Henry Hagg Lake Park. Athletes should drive straight to Boat Ramp C with your parking pass. If you DO NOT pick up packet & parking pass, you will need to come to the Registration area onsite from 6:00-7:30am at Boat Ramp C and pay for your parking pass there. Athletes - please share this link with your spectators so they can also purchase a parking pass.** Parking is limited - carpooling is highly recommended! There is absolutely NO PARKING on the road for the safety of all athletes.

If you need to leave early after your race, park in the Sain Creek parking area just prior to Boat Ramp C, a quick walk from the transition area. You will have a much easier time getting out of this parking area while the race is taking place. We recommend that no one try to leave Boat Ramp C until all cyclists are off the road.

**CAMPING: Cost - \$15 per tent.** Hagg Lake has provided athletes this one time opportunity to camp onsite on Friday night adjacent to the transition area. Please be respectful, clean up after yourself, remove everything you bring in and assure lights are out at a decent time to assure we are provided this privilege every year. We will direct you to the mock camping area once you arrive onsite on Friday. Here are the camping rules that Hagg Lake has provided us and adhering to them will definitely impact our ability to camp here next year.

- **All garbage generated by campers must be packed out.**
- **No open flame in the park except in park camp barbecues.**
- **ABSOLUTELY NO use of the lake in any capacity between 9:00 p.m. and 7:00 a.m.** including wading, floating, swimming, canoeing or kayaking.
- **No amplified sound or bright lights between the hours of 9:00 p.m. and 7:00 a.m.** Flashlights, lanterns, and the like are acceptable.
- **All tents and all campsites must be taken down and properly stowed before 7:00 a.m.**
- **Park bathrooms will be locked however, portable restrooms will be available for campers.**

Purchase camping pass here <http://why-racing-events-inc.myshopify.com/products/camping-at-hagg-lake-for-athletes-2016>

**PACKET PICKUP/REGISTRATION** will be held on Friday, July 8th, from 11:00am until 6:00pm at Athletes Lounge (2671 NW Vaughn St., Portland, OR 97210, Phone: 503-477-5906) **We strongly encourage you to pick up your packet at Athletes Lounge on Friday to minimize stress and delays on race morning.** Bring some cash because Athletes Lounge is every Multi-sport athlete's favorite place to shop! Let's support Gary and his team for all they do for our multi-sport community! **Be sure to have your ID or USAT Membership card with you!** **IMPORTANT: When you come to packet pickup, please verify that your name, age, gender and event information are correct on the label on your packet.**

Now that our events are sanctioned by USAT **you are required to pick up your own packets. In the event you cannot make it to Packet Pickup, USAT is pioneering a program with us that allows you to have someone else pick up your package, but you must sign and print [this form](#) and send it with them as well as your ID.** This is an insurance

requirement helping to assure that athletes don't give their Bib to someone else to race – an act that would be strictly prohibited for safety reasons.

**DAY-OF-RACE PACKET PICKUP/REGISTRATION** will be held from 6:00am to 7:30am at Boat Ramp C, Henry Hagg Lake Park, for those of you who can't get to Athletes Lounge on Friday.

**IN YOUR RACE PACKET** - In your packet, you will find your Bib Number (this must be worn on your front during the run and visible when you cross the finish line), your Helmet Number (put on the front of your helmet), bike number (place on your bike prior to entering the transition to setup), a swim cap (color designates your start wave - always pay close attention for specific wave start announcements as, on occasion, an athlete may have been given an incorrect cap color), a timing chip (must be worn on your ankle throughout the race) & your ankle strap for your timing chip.

**TIMING CHIP** - You must wear the Chip on your ankle throughout the race. If wearing a wetsuit, there is no problem wearing the Chip under the leg of the wetsuit (be careful when taking off your wetsuit that you do not break the strap and leave your chip inside the wetsuit). All Chips must be returned at the conclusion of the race (or in the transition area for Relay Teams), or you will be charged a \$20 replacement fee. If you pick up your packet on Friday, and for some reason are unable to attend on race day, and/or have failed to return the timing chip for whatever reason, you must return the Chip and strap. Please write your **first name, last name and the name of the event** the chip was used for on a piece of paper. Fold the paper around the timing chip and mail in a padded envelope to the following address:

**Rogue Multi-Sport, LLC**  
35853 Industrial Way  
Saint Helens, OR 97051

**RACE LOCATION:** HENRY HAGG LAKE PARK IN FOREST GROVE, BOAT CAMP 'C', Address: 50250 SW Scoggins Valley Road, Gaston, OR 97119

From Portland take Hwy 26 (Sunset Hwy) west to the Glencoe Road/North Plains turnoff (exit #57-about 17 miles). Turn left onto NW Glencoe Road and travel 1.35 miles and turn right onto Zion Church Road. Continue south for approximately 3.65 miles through a flashing yellow light (NW Susbauer Rd) to the first of two traffic circles. At the first circle, travel counterclockwise to the first exit out of the circle towards Forest Grove on

Verboort Rd. Travel another 0.45 miles to traffic circle #2. Continue counterclockwise 3/4 around the circle to Martin Rd. Travel another 1.9 miles turning left onto Quince St (Hwy 47). Continue straight ahead 0.4 miles crossing Rt 8 (TV Hwy) and remain on Route 47 towards Yamhill and McMinnville for another 5.2 miles. You will travel through Dilly before turning right at the flashing yellow light onto Scoggins Valley Road (brown sign on left side of Hwy 47: Scoggins Valley Park/Henry Hagg Lake). Travel 3.0 miles to the park entrance. Turn left onto SW West Shore Drive, crossing the Dam and then clockwise four miles to Boat ramp C.

**START TIME & WHEN TO ARRIVE:** Races start at 8am with wave starts for the Triathlons & AquaBike and Mass Starts for the Duathlon. Transition area will open at 6:00am and we suggest you plan to arrive between 6:00-7:15 at the latest to allow enough time to get situated and organized in the transition area, take a potty break, warmup and get yourself mentally and physically prepared. Pre-race announcements will begin at approximately 7:45am.

**START WAVES** - Please listen very carefully for your correct wave at the start of your race. AquaBike, Clydesdales, Athenas, and Friends & Family will have their specified waves - do not mistakenly go with your Age Group if you are in these optional divisions. If you start in the wrong wave, it will affect your results and everyone else's results too! The Friends & Family wave is for those who want to start specifically with someone else. You must have signed up for this division prior to race day in order to go in this wave – it is a non-competitive wave.

**OLYMPIC SWIM STARTS:**

Wave #1 (8:00AM) = Champion Wave (Silver cap)  
Wave #2 (8:03AM) – Males 39 & Under (Orange cap)  
Wave #3 (8:06AM) - Males 40 & Over & Clydesdales (Blue Cap)  
Wave #4 (8:09AM) –Females 39 and under, including Athena (Pink cap)  
Wave #5 (8:12AM) – Females 40 & over, Relay Teams, All Aquabike & Non-competitive Friends & Family division for those who want to swim out of their wave (Yellow cap)

**SPRINT SWIM STARTS:**

Wave #6 (8:25AM) – Champion Wave (Silver cap)  
Wave #7 (8:28AM) – Males 39 & Under (Green cap)  
Wave #8 (8:31AM) – Males 40 & Over & Clydesdales (White cap)  
Wave #9 (8:34AM) – Females 39 and under, including Athena (Purple cap)

Wave #10 (8:37AM) – Females 40 & over, Relay Teams, All Aquabike & Non-competitive Friends & Family division for those who want to swim out of their wave (Red)

**Olympic Duathlon** – Starts at 8:00am with a mass start

**Sprint Duathlon** – Starts at 8:25am with a mass start

**AQUABIKE ATHLETES:** We are so excited to offer this new race category this year perfect for non-runners and those suffering from an injury. You will complete the specified Swim and Bike distances for the race you have registered for. You will then rack your bike, exit through the Relay team Entrance/Exit (WHERE THERE ARE NO TIMING MATS) and then make your way through the finish line so you can collect your medal, have your timing chip removed and where we can celebrate your accomplishment.

**CHAMPION WAVE** – This first wave is for very competitive athletes who expect a Top Overall podium finish. Available Champion Wave numbers will be assigned on a first come, first serve basis until all spots have been assigned. Please email [registration@whyracingevents.com](mailto:registration@whyracingevents.com) if you would like to race in this wave. You should have achieved a Top 5 finish at a local race in the last year to be eligible for this wave. Remember that if you race with this group, you are not eligible for Age Group awards/points.

**MANDATORY ATHLETE DEBRIEFING** - All athletes must have their transition set up and be out of the transition area by 7:45am. Once the timing mats go live just prior to 8am, if you cross them it will start your timing and negatively affect your results. Athletes arriving at the park after 7:30am will not have time to setup and be at their race start by 7:45am, and may not be allowed to participate due to safety issues. We ask all participants to be at their race start location in time for the final athlete debriefing at 7:45am (Duathletes to their start line; triathletes to the beach).

**BEFORE ENTERING TRANSITION AREA** - For the safety of your bike and equipment, only registered participants are allowed in the transition area. You must have your body marked and your bike number on your bike before you will be allowed into the transition area. When you enter/exit, you will be asked to show your Bib # and body marking and it must match the number on your bike. Please don't get upset at the volunteers for enforcing this rule - it's in place to protect your cool gear. A triathlon transition would be a primo location for bike thieves! Note, when setting up your transition spot, please set up your bike based on your bib number –

AquaBike, Relay and Champion waves will have their own area. Also be sure to not to take up too much room - we have to fit a lot of triathletes into the area. Set up your bike and then right beside or under your bike, set up a small towel with all your stuff on the towel. A good rule of thumb is not to use any more than 1.5 feet of space beside your bike.

When you get your transition spot set up, make a mental note and take a moment to get oriented to the transition area. After you complete your swim, you will enter the transition through the entrance titled "SWIM ENTRANCE". You will leave the transition on your bike, through the exit titled "BIKE EXIT". After your bike, you will re-enter the transition area through the entrance titled "BIKE ENTRANCE". You will leave for your run through the exit titled "RUN EXIT". It is important that you understand the flow of the transition area because timing mats are set-up at these specific exits/entrances to collect your separate event splits. Always be sure to run over the Blue timing mats.

**BODY MARKING** - When you arrive at the transition on race morning, there will be volunteers to mark your body with markers for safety reasons.

Left Calve - Your event will go on your Left Calve that way you can easily see if you are racing another athlete in the same category.

- "T" for Triathlon
- "D" for Duathlon.
- "AB" for AquaBike

Right Calve - Your age will go on your Right calve - that way you can easily see from behind if an athlete is in your age group and whether you need to speed up! ;) If you are on a Relay Team, we will also place an "R".

Both Arms - Your Bib # will go on both arms.

**COURSES** – Review the website link below for detailed course descriptions and maps. The Olympic Triathlon swim will be a counter-clockwise double loop, and the Sprint Triathlon swim is a single counter-clockwise loop. Buoys should always be on your left. Be aware that the sun will be reflecting off the water during the swim and be prepared for it. The bike courses will be a double loop around the lake for Olympic Triathletes and a single loop for Sprint athletes and each loop has an out and back component on Scoggins Valley Road. The 5k and 10k run courses will take a Right Turn out of the park and are a simple out and

back course on the paved road (no trails)...well 'simple' is a relative term!  
<http://whyracingevents.com/event/875/#course-details>

**WATER STATIONS** - You will have 2 water station opportunities for the 5k and 5 water station opportunities for the 10k runs. You will have access to water, Gatorade and gels.

**BATHROOM FACILITIES:** We've ordered Porta-potties for the start/finish/transition area and you will pass a porta potty about mile 1.5 for the Sprint Run course and Mile 1.5 and Mile 4.5 for the Olympic run course.

**THE RULES OF THE RACE** – Hagg Lake 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 and blocking on the bike, lack of helmet, not fastening a chin strap, lack of handlebar end caps, music/ipod headsets on the bike and unsportsmanlike conduct. Music is allowed during the **runs only - with only 1 ear bud in and 1 ear bud out** so you can hear instructions (there will be lots of course marshals who will need to communicate with you) and for the safety of all. **ABSOLUTELY NO MUSIC/IPODS** during the Bike course – grounds for automatic disqualification. This is for everyone's safety. We also request that if you chose to use a personal music device during the run that you keep the volume to a minimum to assure all instructions can be heard.

**RELAY TEAMS:** Teams are a great way to bond with friends, family & co-workers in a fun and active way! After having your body marked, please place your gear and bike at the designated RELAY area in transition. There will be a separate entrance/exit that you will use to freely enter and exit the transition area once the race starts (this is to ensure a teammate doesn't inadvertently cross over a timing mat and mess up all your splits once the race starts and you're waiting for your turn). We will have a Relay Team Coordinator in that area to be able to answer any of your questions. Each teammate will wear their own Timing Chip. The swimmer will wear the designated Swim cap for Relay Teams (not their age group), the Biker will place the Bike Stickers on their bike and helmet and Runner will wear the Running Bib. After body marking, please place your gear and bikes at the designated "Relay" area in the Transition. During competition, you must tag (touch finger tips) at the designated Team Start location upon

finishing or starting your segment of the event. **VERY IMPORTANT:** If you are the cyclist or runner, please **be very careful NOT to cross any blue timing mats** as you are wandering around prior to the start of your individual leg. **If you cross a blue mat after the race has begun, your time will start at the time you stepped on or too close to the mat.** We want you to have a good race and accurate results, and it is very important to understand this element of the timing process. **Make sure that you return your chip after you have finished your portion of the race so you can then walk around the area freely without worrying about stepping over a timing mat** (clippers and a bucket will be located in the RELAY area for this purpose). We encourage all Relay Members to meet their runner at the finish line and run across together to collect your finishers' medal as a team **but remember not to come near the finish line with a chip on until that time.**

**BIKE TROUBLE:** Athletes Lounge will be available at the transition area to assist you with any bike issues. If you have a mechanical failure and are unable to fix it along the course, flag down a volunteer, motorcycle team or event crew so they can help you get back to the finish line.  
[www.athleteslounge.com](http://www.athleteslounge.com)

**WET SUITS** are acceptable but not required. It's a matter of preference. Lake temperature is estimated to be in the mid-70s. We will announce a current reading race morning. Wet suits are available to rent from Athletes Lounge 503.477.5906.

**SAFETY BOATS** - Boats & kayaks will be positioned around the swim course for your safety. If you need help during your swim, simply move towards the inside of the course, raise your arm, and yell. You may hold onto the side of the boat. If you choose to be pulled into the boat, you will be transported to the shore and disqualified.

**T-SHIRT & SWAP** - We hope you like your commemorative 34<sup>th</sup> Annual Hagg Lake finisher's shirt. Wear it proudly as a reminder of your accomplishment - Hagg isn't easy and this shirt is like a badge of honor! If the size of the shirt you ordered does not fit, we will be hosting a "Shirt Swap" at the end of the event. We cannot guarantee there will be a particular size available, since it will depend on left over shirts, but we will do our best to accommodate your request.

**CHANGE OF CLOTHES:** Please be sure to bring a change of clothes so you can get out of your racing gear and enjoy the post-event festivities. It

will make all the fun activities so much better if you aren't sitting around in cold, wet clothes.

**RESULTS** - Rogue Multisport Timing will be timing the Hagg Lake event and they will have kiosks available right at the finish line where you can view your results immediately. If there is any error that you notice, please alert the Rogue Timing van immediately – sometimes people go out of their wave and or change races and don't let us know which negatively affects results. If we can be alerted to these errors prior to the Awards Ceremony it helps a ton! Results will be posted online post-event at <http://whyracingevents.com/event/875/#past-events-results-photos>

**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. We will also have an Ambulance onsite for 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. 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 stage. Please come to the event with all personal belongings marked with your name and/or phone number. Post-event all items will be brought back to Why Racing headquarters and you can email [info@whyracingevents.com](mailto: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.

**AWARDS/PRIZES** - We will award the Top Three Overall Men and Women and Top Masters Female and Male for both the Triathlon and Duathlon divisions and the Top Male & Female for the AquaBike division. In addition, we will acknowledge the top 1st, 2nd or 3rd Age Group or Division winners and may have something special for each Age Group champion! And, of course you all receive a fabulous finisher's medal because you are all winners!

**POST-RACE FESTIVITIES** - Festivities include DJ and music, BBQ, and Deschutes Brewery Beer. Awards ceremony, vendors, & great post-race stories with awesome athletes like you! Here's a glimpse at your post-race meal

- Sliced fruit
- Salad

- Corn on the Cob
- Burgers – Beef, Turkey, Vegan with Franz Buns (Gluten-free options)
- Kind Energy Bars
- Chocolate milk from Alpenrose
- And of course, Deschutes Brewery Beer #WILLSWIMFORBEER #WILLRUNFORBEER #WILLBIKEFORBEER #TRANSITION3

**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!

**#WHYBEND CONTEST:** Why Racing has partnered with Bend & Central Oregon to offer our athletes the chance to win an incredible active Dream Vacation adventure including:

- 3 nights at Riverhouse on the Deschutes River
- Adventure for 2 with Wanderlust Tours
- \$200 in gift certificates to Bend's Breweries.

**In order to be entered to win, post photos at any Why Racing event using the hashtag #WHYBend & #WHYracing.** We will announce the winner at our end of race season party in the fall. There is no limit to how many times you post photos! Just make them fun and active!"

**SPECTATORS** – Remember to have your spectators purchase a Hagg Lake Day Use Pass online or at Boat Ramp C - PPU/Registration tent Saturday morning (do not get pass at park gate). We welcome and encourage spectators and even allow them to run across the finish line with you. Please advise friends and family that, for the safety of the participants' equipment, spectators are not allowed in the Transition area. No exceptions. We encourage spectators to stay in the flagged area and to not go up to the road at the top of Boat Ramp C, for safety reasons. Please also inform your spectators that they should NOT drive the Bike course to minimize any safety concerns for the cyclists. The best location for spectators is right around the finish line where they can watch you swim, bike out and in and run out and finish. Tons of action!

**SPORTS & FITNESS EXPO:** There is absolutely no way we could have pulled this event together without the support from our Sponsors. So please check out their displays, sample products, learn about these great companies and join us in thanking...

**Deschutes Brewery \* Vesta Hospitality \* Fleet Feet \* Franz Bakery  
Athletes Lounge \* University of Western States \* KIND Snacks  
\* Alpenrose Dairy \*Gatorade \*Pepsi \*Suja Juice \*Rudy \*XX2i Optics  
\*Visit Central Oregon \*SWEETWATER SUP \*NW Inflatable Boats  
\*Northwest Personal Training \* ANC Moving \*VISITBEND  
\*RaceCenter NW \*Why Racing Events Inc.**

The best way to thank these companies is to do business with them because you appreciate the support they give to athletes like YOU and all the schools and clubs which will benefit from the event.

**WHY RACING EVENT SERIES** - We created an annual Why Racing Event series in order to acknowledge both speed AND the ability to endure within the sports of Triathlon & Duathlon locally. Winning one race or your age group is extremely impressive but can you sustain that type of performance throughout the entire season? Why Racing Events approached Matt LeGrand, a local computer programming geek (we say that with the most amount of respect and appreciation!) who also happens to be a triathlete, to help us design a program that is based on a point system which is easy to understand and functions to acknowledge both overall and age group competition. Matt will strive to have the race series points posted to our website within a week after each race. Many athletes have already started accumulating points at our early season races! If you haven't yet, it's time to catch up! Current Award Series points can be found for Triathlon or Duathlon standings for Spring Classic and Blue Lake via the link below:

<http://whyracingevents.com/event/860/>

**FACEBOOK:** Can we be friends?! Please like our [Why Racing Events Facebook page](#) for all event updates, tips and inspiration. Please share your post-event stories and photos on our page! We love hearing about your WHYS!

**BENEFICIARIES:** Why Racing Events Inc. is proud to support High School Sports programs and various local non-profits. Contributions to local causes and non-profits have exceeded \$2,000,000 from all of our events. Some of the sports programs we support rely completely on our donations

for their yearly funding. We want to thank all of you for participating in this event and enabling us the opportunity to extend this support to high school athletes and other worthy organizations.

**VOLUNTEERS** - We still need a few good volunteers. If you have family members or friends who are coming to support you, ask them if they'd like to volunteer and get front row seats to all the action. Have them email [volunteer@whyracingevents.com](mailto:volunteer@whyracingevents.com) if they are willing to help out, or they may check in at the volunteer checkin onsite race morning to see where extra help might be needed. And remember, there's no way we could put on this event without the help and support of our volunteer team, so please be extra-nice to our course marshals, aid station helpers, and anyone helping out. Thank them as often as possible because we want them to all come back next year! 😊

**REMEMBER YOUR WHY** - You are all racing for different reasons. Some of you are super competitive and are racing to win overall or in your age group or division. Some of you will just be ecstatic to cross the finish. Some of you are racing to reach for your personal best or to get into great shape. Some of you race to be able to eat whatever you want. Some of you do it for energy, to help you look and feel better, some do it for fun or to meet new people. Some of you do it so you can have a beer or a glass of wine. Regardless of your WHY, let us congratulate you on pushing your limits and by doing so remember that you will inspire so many others! One of the best things you can do immediately to help support running, multi-sport and your fellow athletes of all ages, fitness levels, shapes, sizes and abilities, is to offer lots of support and praise to each other on race day. As you pass someone, tell them how great they're doing! And as you're getting passed, tell them how strong they look. Cheer each other on, it makes the time pass by quickly and empowers you and everyone else on the course!

### **ADDITIONAL LODGING**

Forest Grove Chamber of Commerce (503) 357-3006

[Larkspur Landing Hotel: \(503\) 681-2121](#)

[Forest Grove Travel Lodge Suites: \(503\) 357-9000](#)

[Best Western Rama Inn \(Forest Grove\): \(503\) 992-8888](#)

[Grand Lodge by McMenamins \(Forest Grove\): \(503\) 992-9533](#)

Last, I'd like to give a big shout-out to our team at Why Racing Events for working so hard as a team to pull this event off! I feel so honored to work with a team that is so passionate about helping others get to the finish line and giving back to our community.

**See you soon and keep training hard and smart!**

Sherry McMillan & your Why Racing Event Crew

**Ps. IMPORTANT INFORMATION FOR OUR ROOKIES:** You probably have a lot of questions! We pulled together some tips that you can access <http://whyracingevents.com/event/875/#training-preparation> to help you know what to bring, how to set up your transition, nutrition tips and other important race day info. Take your time reviewing it to help assure a fabulous race day experience!

Pps. Forward this email with info and links to your friends and maybe you'll inspire them to participate, too! The more the merrier!

<http://whyracingevents.com/event/875>