

The 32nd Annual MidSummer Triathlon & Multi-Sports Festival is THIS SUNDAY!

There is a lot of important information in this email for you to review - especially for you rookies! It's a long email, but we want to answer all your questions so you can enjoy a stress-free race. So sometime this week, sit back, relax & review the material and start to get excited for MidSummer.

Note: ONLINE REGISTRATION is still open UNTIL THURSDAY NIGHT AT 11:59PM - tell all your friends they can still join in the fun! Forward this email with this registration link <http://whyracingevents.com/event/876> and maybe you'll inspire them to TRI or DU it! ☺ And use the link to register your Kids for the Kids' Splash n' Dash on Saturday night

VOLUNTEERS: We still need a few good volunteers. If you have family 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 plus they can earn FREE RACE CREDITS for future races for you or for themselves! They can email volunteer@whyracingevents.com if they are willing to help out or sign up directly at <https://m.signupgenius.com/#/showSignUp/20F044AADAE2CA2FC1-32nd> – **course marshals are our most important need. If you recruit a volunteer for us, you can earn a \$20-\$25 race credit towards a future race or a donation to a club/team/non-profit! Maybe some of our Tri Clubs would like to earn some \$\$ for a team party?!** 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, body markers, and anyone helping out including our Flaggers, Police Officers and Motorcycle Safety team. Thank them as often as possible because we want them to all come back next year! ☺

KIDS SPLASH N' DASH: Remember to sign your kids up for the Kids race scheduled for Saturday night at 6pm! Most kids love to be part of all the action and there's nothing more fun and exciting than to see happy, proud, young faces crossing the finish line – you might just see a future superstar triathlete blossoming into the sport! Kids athletes get a MidSummer gift (no tshirt), cool medal, body marking, bike stickers and crossing the same finish line as the adults so they get the full experience and the kids can brag about their well-earned accomplishment. The kids' race is a non-timed, non-competitive, no pressure fun event for the kids. All details about the Kids race is at <http://whyracingevents.com/event/876> (Note, the park is too busy on Saturday night which is why we aren't able to offer a full Tri experience for the kids because the bike component would be too unpredictable and potentially unsafe for the kids)

PACKET PICKUP/REGISTRATION: Packet Pickup & Registration will be held **Saturday July 30th from 10am to 3pm** 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 Saturday 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. You can also pick up materials at Blue Lake park on Saturday afternoon before the Kids Splash n' Dash from 4:00-5:30pm.

NOTE: 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 a copy of 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: Packet Pickup/ Registration will take place at the race site from 6:00am until 7:30 am. Try not to wait until Race Day if you can to make it an easier, stress-free race day for all.

LOCATION & PARKING: Race festivities & transition area are located at Blue Lake Park - 21224 NE Blue Lake Road. **Note – you will not be able to access the park entrance from Marine Drive so please take 1-84 to Fairview Exit #14 and follow signs to Blue Lake park.** Metro Parks charges a park fee of \$5 per vehicle. **Please bring \$5 cash to expedite the process of getting you all into the park efficiently – let's keep those lines short!** The park gate opens at 6 am. **Try not to come in too late or you will experience significant delays trying to get into the park. REMEMBER, NO PETS ALLOWED IN THE PARK.**

START TIME & WHEN TO ARRIVE: Races start Sunday at 8:00am 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.

SUNDAY SCHEDULE:

- Sprint Triathlon: ½ mile Swim, 12 mile Bike, 5K Run (Start Time – 8am in waves)
- Sprint Duathlon: 5k Run, 12 mile Bike, 5k Run (Start Time – 8am mass start)
- Sprint AquaBike: ½ mile Swim, 12 mile Bike (Start Time - 8am in waves)
- My First Tri: ¼ mile Swim, 12 mile Bike, 5k Run (Last Sprint wave – approx. 8:12am)
- Olympic Triathlon: 1.5K Swim, 40K Bike, 10K Run (Start Time – 8:30am in waves)
- Olympic Duathlon: 5k Run, 40K Bike, 10K Run (Start Time – 8:30am mass start)
- Olympic AquaBike: 1.5K Swim, 40K bike (Start Time - 8:30am in waves)

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.

SPRINT WAVE STARTS:

Wave #1 (8:00AM) Males 44 years and under – SILVER CAP

Wave #2 (8:03AM) Females 44 years and under – YELLOW CAP

Wave #3 (8:06AM) Males 45 years and over and Clydesdale– BLUE CAP

Wave #4 (8:09AM) Females 45 years and over including Athena, Friends & Family, ALL SPRINT RELAY TEAMS & ALL SPRINT AQUABIKE ATHLETES – WHITE CAP

Wave #5 (8:12AM) ALL MY FIRST TRI Athletes – RED CAP

OLYMPIC WAVE STARTS:

Wave #6 (8:30AM) Males 44 years and under – GREEN CAP

Wave #7 (8:33AM) Females 44 years and under –PINK CAP

Wave #8 (8:36AM) Males 45 years and over and Clydesdale– ORANGE CAP

Wave #9 (8:39AM) Females 45 years and over including Athena, Friends & Family, ALL OLYMPIC RELAY TEAMS AND ALL OLYMPIC AQUABIKE ATHLETES – PURPLE CAP

NOTE: We are not offering a Champion or Elite wave since MidSummer does not offer a prize purse and anyone racing in that category would not be eligible for age group points or awards – an important factor for the majority of our athletes.

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 de-briefing at 7:45am (Duathletes to the start line adjacent to the WHY Racing Black Finishing arch; Triathletes and AquaBike athletes to the beach).

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

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 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". **NOTE: SPRINT AND OLYMPIC DISTANCE RUNS EXIT THE TRANSITION FROM 2 DIFFERENT EXITS. BE SURE TO UNDERSTAND THIS BEFORE YOUR RACE STARTS.** 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: The Blue Lake courses are fast, flat and scenic with magnificent views of the Columbia River & Mt. Hood – perfect for a Personal Best! If you would like to study the courses for each distance, please go to <http://whyracingevents.com/event/876/#course-details> Remember that although we will have course signage and volunteers directing you, all athletes are still responsible for understanding the course. **A couple important notes:**

- Sprint and Olympic Swim courses are both 1 loop counterclockwise loops. Keep your buoys on your left.
- Sprint and Olympic Bike Courses are both 1 loop courses
- On Sunday, the Sprint cyclists turn Left onto Marine Drive and the Olympic athletes turn Right onto Marine Drive. We will have signage and volunteers directing you but be sure to pay attention. The Sprint cyclists turn around prior to the Olympic athletes and the last Sprint athlete should have turned before the first Olympic athlete hits this location but Sprint athletes should be sure to make their turn very carefully in the event we have some superstar Olympic athlete who progresses faster than our timing allowed.
- The Run Exit out of transition for the Sprint and the Olympic Distance is different. The Sprint Run exits Left and the Olympic Run exits right. We will have signage and volunteers directing you but be sure to pay attention.

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.

WATER STATIONS: There are 2 aid stations on the Sprint Run Courses and 5 aid stations along the Olympic run which will include water and energy drink. Cyclists will need to carry their own hydration and fuel on their bike.

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 3.5 & 4.5 for the Olympic run course.

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.

RULES OF THE ROAD AND THE RACE: MidSummer 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.**

TECH-SHIRTS: Due to the lead time necessary to order shirts prior to the race, shirts/sizes are only guaranteed to participants who registered by July 1st. Those who registered after July 1st will not be guaranteed a shirt/specific size, but some shirts will be available while supplies last. Late registered participants can check the T-shirt swap on Sunday after the race.

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. Note - if the temperature of the water exceeds 78 degrees, the race will not be wetsuit legal. You can still wear a wetsuit if you are not comfortable swimming without one, however, you will not be eligible for awards and ranking points.

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.

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 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 or sometime there is a timing chip malfunction. **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/876/#past-events-results-photos>

Rogue also offers a complimentary custom finisher certificates linked to each result and specific to the event. Athletes can view and print their certificates at home or share them electronically from anywhere with email or social media. Great reminder of your accomplishment!

Last, Rogue has a Results APP available for android and apple phones. It's a free download and RESULTS ARE LIVE for each event provided we have a mobile broadband connection at the venue.

Here are the links:

Android <https://play.google.com/store/apps/details...>

Apple <https://itunes.apple.com/us/app/runsignup-results/id1070638979?mt=8>

MEDICAL & FIRST AID – Western States University will be overseeing our Non-Emergency Medical needs 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 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 Sprint & Olympic Triathlon and Duathlon divisions and the Top Male & Female for the AquaBike and My First Tri division. In addition, we will acknowledge the top 1st, 2nd or 3rd Age Group or Division winners! And, of course you all receive a fabulous finisher's medal because you are all winners!

POST-RACE MEAL & FESTIVITIES: Festivities include DJ and music, FREE Deschutes Brewery Beer, Awards Ceremony, vendors, healthy post-race food and great post-race stories with awesome athletes like you! Here's a glimpse of your post-race meal:

- Sliced Fruit
- Pasta Salad
- Caesar Salad
- Barbeque grilled chicken
- Kashi Energy Bars
- Chocolate milk from Alpenrose Dairy
- And of course, Deschutes Brewery Beer #WILLSWIMFORBEER #WILLRUNFORBEER #WILLBIKEFORBEER #TRANSITION3

FINISHER MEDALS: After you finish the race, you will receive your finisher's medal. Congratulations! You did it! They look super cool!

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: Speaking of photos, 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!"

WHY RACING MULTI-SPORT EVENT AWARDS: 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 that 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. More details about the series can be found [here](#).

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 * KASHI Snacks * Alpenrose Dairy
*Gatorade *Pepsi *Rudy *XX2i Optics *Visit Central Oregon
*Northwest Personal Training * ANC Moving * RaceCenter NW
*SWEETWATER SUP *NW Inflatable Boats *VISITBEND
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.

SPECTATORS: The best approach for your family, friends and cheerleaders is to park and watch you swim. Then they can watch you transition onto your bike. Then they can walk over to Marine Drive and Blue Park Road to watch you on your bike and run. Then they can head to the finish line to watch you cross the finish line. Be sure to tell them to make signs for you, bring cowbells, and bring you flowers for the finish. Especially if this is your first Triathlon, Duathlon or AquaBike, you've got to celebrate! It's a big accomplishment! **Plus, tell your loved ones that we encourage them to run through the finish line with you – we understand they played a big part in helping you get there – the kids especially love to do this!**

BENEFICIARIES: Why Racing Events Inc. is proud to support High School Sports programs and various local non-profits. As a result of your participation in these events, we have exceeded \$2,000,000 in donations and funds raised for various local clubs, teams and non-profits. 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 allowing us the opportunity to extend this support to high school athletes.

FACEBOOK: Can we be friends?! If you haven't yet, please like our Why Racing Events Facebook pages for all event updates, tips and inspiration. This is where we will also post results, photos and any last minute updates.

<https://www.facebook.com/WhyRacingEvents> Please share your post-event stories and photos on our page and use #WHYRACING. We love hearing about your WHYs!

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! **Have fun, be safe and enjoy the entire experience!** You're already a winner just by showing up!

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!

Sherri McMillan

Owner – Why Racing Events & the entire 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 at <http://whyracingevents.com/event/876/#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!