

The 36th Annual Blue Lake Triathlon & Endurance Sports Festival is approaching about as quickly as you all swim, bike & run!

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 Blue Lake!

Note: Online registration is still open until Wednesday night at midnight - tell all your friends they can still join in the fun! Forward this email and the [Blue Lake Event Page](#) and maybe you'll inspire them to TRI or DU it! ☺ And use the link to register your Kids for the Kids Triathlon on Saturday. That's one of our favorite parts of the whole weekend!

BEAST MEDAL: 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 planning on participating in a **race on Saturday & Sunday at Blue Lake, you will earn a special WHY RACING BEAST MEDAL**. So for example, you could do the Super Sprint Tri on Saturday and the Olympic Duathlon on Sunday or any combination of available races. Who's ready to start this season off strong?! #goBIG #BackToBackRaces #BEAST

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. They can email danielle@whyracingevents.com if they are willing to help out or sign up directly at this [volunteer link](#) – **course marshals are our most important need**. Also, did you know that you could also race one day and volunteer on the other day and earn credits for future races. We love having athletes volunteer because you understand the needs of those racing and always take the role seriously. If you are racing on Sunday, it would be so wonderful for you to come and help to support the Super Sprint race on Saturday which will have a lot of new and junior athletes racing. It would be a fabulous way to assist them and give them a great experience with our sport. **If you volunteer or 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 TRIATHLON: Remember to sign your kids up for the Kids Tri! Most kids love to swim, bike and run – so we say, why not give them a chance to put it all together in one fun and fantastic race! 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 Tri race entry includes a t-shirt, 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. All details about the Kids race is on our [Blue Lake event information page](#).

PACKET PICKUP/REGISTRATION: Packet Pickup & Registration will be held Friday June 2nd from 12noon to 7pm at:

Western Bike Works

1015 NW 17th Ave.
Portland, OR 97209
(503) 342-9985

Bring some cash because Western Bike Works is the new home for Athletes Lounge and there's tons of great gear here! **Plus Western Bikeworks is offering 25% off on all GU products, in-store only!** Let's support our partners for all they do for our multi-sport community! **Be sure to have your ID or USAT Membership card with you!**

If you cannot pickup at the times listed above, we will still accommodate you on race morning but be sure to get to the site very early to avoid delays. Try not to wait until Race Day if possible to make it an easier, stress-free race day for all.

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.

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: Both Saturday & Sunday races will start at 8:00 am 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.

SATURDAY SCHEDULE:

- Super Sprint Triathlon: 1/4 Mile Swim, 10 Mile Bike, 2 mile Run (Start Time – 8:00am in waves)
- Super Sprint Duathlon: 2 mile Run, 10 Mile Bike, 2 mile Run (Start Time – 8:00am mass start at the Duathlon start adjacent to they WHY Racing arch)
- Super Sprint AquaBike: 1/4 Mile Swim, 10 mile Bike (Start Tme in the AQUABIKE WAVE)

- Kids Tri Races - Start at approximately 10:30am. See Details below in the Kids Race section.

SUNDAY SCHEDULE:

- Sprint Triathlon: ½ mile Swim, 12.5 mile Bike, 5K Run (Start Time – 8am in waves)
- Sprint Duathlon: 5k Run, 12.5 mile Bike, 5k Run (Start Time – 8am mass start)
- Sprint AquaBike: ½ mile Swim, 12.5 mile Bike (Start Time in Sprint AQUABIKE WAVE)
- 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 – in OLY AQUABIKE WAVE)

SATURDAY SUPER SPRINT WAVE STARTS

Wave #1 (8:00am) Males 44 years & Under –SILVER CAP

Wave #2 (8:05am) Females 44 years & Under – PURPLE CAP

Wave #3 (8:10am) Males 45 and over & Clydesdale – BLUE CAP

Wave #4 (8:15am) Females 45 and over & Athena 35-44 years – PINK CAP

Wave #5 (8:20am) Friends & Family, AQUABIKE ATHLETES & ALL RELAYS – WHITE CAP

SUNDAY SPRINT & OLYMPIC WAVE STARTS

SPRINT WAVE STARTS:

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

Wave #2 (8:03AM) Females 44 years and under - PURPLE 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, AQUABIKE ATHLETES & ALL RELAYS – RED CAP

OLYMPIC WAVE STARTS:

Wave #5 (8:30AM) Males 44 years and under – GREEN CAP

Wave #6 (8:33AM) Females 44 years and under – ORANGE CAP

Wave #7 (8:36AM) Males 45 years and over and Clydesdale– YELLOW CAP

Wave #8 (8:39AM) Females 45 years and over including Athena, Friends & Family & AQUABIKE ATHLETES & ALL RELAYS – PINK CAP

BEFORE ENTERING TRANSITION AREA: For the safety of your bike and equipment, only athletes are allowed in the transition area. **You must have your body marked and your bike number stickers on your bike before you will be allowed in.** When you enter/exit, you will be asked to show your Bib number and your 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 your best interest. A triathlon transition spot would be a primo location for bike thieves! Also note, when setting up your transition spot, please set up your bike based on your bib number – Relay teams and AquaBike athletes are in a separate location. 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. Also make a mental note of your transition area location to help you remember where to find your bike when you exit out of the water as well as the Bike Out and Run Out exits – it's really easy to get disoriented. **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.**

BODY MARKING: When you arrive there will be volunteers to mark your body with marker 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.
- “AQ” for AquaBike

Right Calve – Your age will go on your Right calve - that way you can easily see from behind if that athlete is in your age group and whether you need to speed up! ;)

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

TIMING CHIP, BIBS & BIKE/HELMET STICKERS: All athletes must wear a Timing Chip around their ankle. We have provided you your own WHY Racing ankle strap that you can use for your entire racing season. You must return the Chip to the volunteers at the Finish Line at the conclusion of your race or you will be charged a \$30 replacement fee but you can keep your ankle strap. If you pick up your packet on Friday, and for some reason are unable to attend on race day, you must return the Chip and strap to Rogue Multi-Sport Timing. Be sure to place the Bike sticker on your Bike frame, Helmet Sticker on the front of your helmet and wear the Running Bib during the running segments.

COURSES: The Blue Lake courses are fast, flat and scenic with magnificent views of the Columbia River & Mt. Hood – perfect for a season opener! If you could like to study the courses for each distance, please go to <http://whyracingevents.com/event/926/#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:**

- Saturday's Super Sprint Bike Course is a 2 loop course
- Sunday's 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.
- **On Sunday, the Run Exit 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: This race category is perfect for non-runners and those suffering from an injury. You will all rack your bikes together in the AquaBike area and you'll all start together NOT in your Age Group. Once you have completed your Swim and Bike distances, your race is over. However, rack your bike and make your way to the finish line so you can cross it, receive your medal and have your name announced just like everyone else. We want to celebrate your accomplishment!

WATER STATIONS: There are two aid stations on the Super Sprint & Sprint Run Courses and five 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: Western Bikeworks/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: All athletes will be competing under the [USAT Rules of Competition](#). You need to be familiar with these rules. Important rules include:

- No Drafting or blocking - you can't ride right behind another cyclist or right beside another cyclist because it offers an unfair advantage. So if you come up to another cyclist, you must pass them in a timely manner and they must drop back and not draft off of you.
- You must wear a helmet and it must be strapped before you leave the transition area.
- ABSOLUTELY NO PERSONAL MUSIC DEVICES/IPODS/EAR BUDS during the Bike course. Because of the safety risk, this is grounds for immediate disqualification.
- Do not ride your bike inside the transition area. Watch for the Mount and Dismount signs.

RULES FOR MUSIC ALONG THE RUNS: During any running segments, we prefer athletes 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. In addition, if you opt to use music, you will not be eligible for awards, points and rankings. So as an athlete, you have to make a choice...music or awards/points/rankings.
- 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.

RELAY TEAMS: 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 mat after the race has begun, your time will start at the time you stepped on 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. Team members must turn in their Timing Chip at the finish line or to a Why Racing Events volunteer at the Relay Team Start location in the transition. 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.

TECH-SHIRTS: Due to the lead time necessary to order shirts prior to the race, shirts/sizes are only guaranteed to participants who registered a month prior to race day. Late registered participants or those wanting to swap t-shirt sizes can check the T-shirt swap on Sunday from 9-Noon.

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.

POST-RACE MEAL & FESTIVITIES: Festivities include DJ, FREE Deschutes Brewery Beer, and post-race meal. **Here's a glimpse at your post-race meal sponsored by Old Spaghetti Factory!**

- Sliced Fruit
- Green salad with balsamic vinaigrette

- Penne Pasta with Vegan Marinara or Alfredo Sauce (Gluten Free options will be available)
- Rolls
- Snack Mix
- Donuts from Franz Bakery! Yummy!
- Kind Energy Bars
- Chocolate milk from Alpenrose
- 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!

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 change race distances 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/926/#past-events-results-photos>

Rogue also offers a complimentary custom finisher certificate 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 strong 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>

AWARDS/PRIZES: The awards ceremony will be held as soon as enough athletes have finished to allow for a full set of awards – approximately 10am on Saturday and Noon on Sunday. Awards will be available for the Top 3 Overall Male & Female and Masters Male & Female (these will be taken out of age groups – no double dipping!). If you finished 1st, 2nd or 3rd in your age group or division, you can pick up your Age Group medal beside the stage at the Awards Table.

CLUB CHAMPIONSHIP: We have decided to award Club Champions at the end of the entire 2017 Why Racing multi-sport racing season. Clubs will receive points for performance at each race, total # of people from their club participating at each event and volunteer hours. The big question is who is going to get bragging rights?! Is it Portland Tri Club, O2 Endurance, Tri

PDX, Willamette Triathlon Club, Multnomah Athletic Club, Deschutes Multisport Club, TRIumph, OSU Tri Club, or another emerging club? **The key is making sure that each member of your team who is racing has submitted that they are racing for your team. Please email registration@whyracingevents.com with a list of club members who are racing so we can make sure they are listed under your club for results.** Let us acknowledge you and your Clubs' efforts at helping more people cross the multi-sport finish line!

WHY RACING MULTI-SPORT EVENT AWARDS: Who is the Best in the Northwest amongst the Why Racing Triathletes & Duathletes? 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 an impressive 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. Athletes have already started accumulating points at Spring Classic and Blue Lake is your second chance to earn points for the series!

LOST & FOUND: Any equipment that is unmarked will be returned to the stage during the event. After the event, we will take to the Why Racing office and you can contact us to locate. Please come to the event with all personal belongings well marked with your name.

FREE RACE PHOTOS – Thanks IQ Credit Union: Race photographers will be on-site to capture your event performance. Be sure that your sticker is on the front of your helmet and bib number is visible on your front during your run so your photos can be matched to your race number. Watch for the cameras en route and give us a big, cheesy smile, a thumbs up or a goofy jump – those are always the most fun! Once photos are available, you will receive an email and they will be posted [here](#). You will be able to download them for FREE courtesy of IQ Credit Union!

#WHYBEND and #RunwithLesSchwab CONTESTS: Why Racing has partnered with Bend & Visit 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.

And we've also partnered with Les Schwab so our athletes can win a set of tires!

In order to be entered to win, post photos at any Why Racing event using the hashtag #WHYBend, #WHYracing and #RunwithLesSchwab. 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!

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 * Running Princess * IQ Credit Union
Les Schwab * Fleet Feet * Franz Bakery
Western Bikeworks * Athletes Lounge * University of Western States
KIND Snacks * Alpenrose * Gatorade * Pepsi
Visit Bend * Visit Central Oregon
Northwest Personal Training * Sweetwater SUP
PACE (Portland Athletic Center of Excellence) * RLA Ice and Iceborn

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! **We also welcome your families running through the finish line with you so hold their hands and let them experience the rush of finishing also! After all, many of us couldn't do all of this without the supports of our families! Plus you might just inspire them to give it a TRI!**

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, over \$2,000,000 in donations and funds have been 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.
<https://www.facebook.com/WhyRacingEvents> **Also be sure to join the [Blue Lake Facebook Event page](#) where we will post photos, results and any important event updates**

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 and 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 [here](#) 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!