

The 9th Annual Columbia River and 21st Annual Girlfriends (formerly Wahine) Triathlon & MultiSport Festival is next weekend!

There is a lot of **VERY IMPORTANT INFORMATION** in this email that will help you have an amazing race experience. Please take the time to read everything carefully. Sorry for being so long-winded but we really want to make sure all your questions are answered so you have an awesome event! So print it off, find a relaxing spot to read all the information thoroughly and start to get excited for this spectacular weekend!

Note: ONLINE REGISTRATION is still open UNTIL TUESDAY NIGHT AT 11:59PM - tell all your friends they can still join in the fun! Forward this email with these links to [Register for Columbia River & Kids Triathlon](#) or to [Register for Girlfriends Triathlon & Fitness Festival](#) and maybe you'll inspire them to TRI or DU it! ☺ And remember to register your Kids for the Kids' Tri on Friday night – it's truly an awesome experience for the kids and for all of us to watch too! And Girlfriends, remember you can earn your special necklace and BEAST medal for racing any combination of races on Saturday AND Sunday!

VERY IMPORTANT INSTRUCTIONS FOR ROAD CLOSURES & SPECTATORS: For the safety of all athletes, **the road into Frenchmans Bar will be closed at 8:45am on Saturday and 7:45am on Sunday. Please be sure to let any of your friends, family & supporters know that they MUST arrive at Frenchmans Bar prior to the start of the race otherwise, they will miss your race start and will most likely miss the majority of your race.** If one of your supporters can't get to the venue prior to the start of the race, suggest that they park at Vancouver Lake and bring their bike to ride the 3 miles (or they can walk) to Frenchmans Bar. The Columbia River & Girlfriends Tri is a great course for spectators to watch the swim, transition, bike exit and return, run out and the finish from the park. There's a playground and beach for the kids, and volleyball nets for fun after-event activities so bring the whole family but **just be sure they understand that they must arrive before the race and they will not be able to leave the park until all the cyclists are off the roads – this is due to the fact that there is only ONE ROAD in and out of Frenchmans Bar and we need to keep the roads safe for all of you!** Encourage them to make signs for you, bring cowbells, and perhaps some flowers for the finish. Especially if this is your first race - 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!**

Also note that when you finish your race, you should remain onsite also until the last cyclists are off the roads. If you desperately need to leave early, you should park in the overflow lot in the grassy parking area to the left (south) as soon as you enter the park adjacent to the entrance gates. It's a little longer walk to transition but it will be a safer route to exit the park when athletes are still on the roads.

PARKING FEE: There is a NEW \$3 parking fee for car access to Frenchmans Bar. In order to minimize lines and delays due to the size of our event, we are collecting this fee in advance for the park. You can [purchase online here](#) or at Packet Pickup. If you do not

purchase in advance, you will be required to pay at the park entrance. Please bring \$3 CASH to speed up the process if you decide to pay at the park.

When you pick up your packet, we will provide you with a parking pass that you will give to the attendants at the park entrance. This will speed up the process and minimize lines upon entry to the park.

NOTE: If you already have an annual Frenchmans Bar Parking Pass, you do not need to purchase this day access parking pass. Just be sure your Annual Pass is clearly visible. You can purchase parking passes for your friends & family, however, you will need to make sure you pick up the pass for them at Packet Pickup and that they have it on race morning. Spectators can also just pay at the park entrance.

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 and Danielle will be able to let them know where our biggest needs are. **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 or Running Clubs would like to earn some \$\$ for a team party and we're having a club competition so that the club with the largest # of volunteer hours will earn an extra \$100!** 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 scheduled for Friday 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 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. The 10 and under kids' races are non-timed, non-competitive, and no pressure fun for the kids. The 11-15 age group will be timed with Awards given to the top 3 boys and girls in this group. All details about the Kids race is at <http://whyracingevents.com/event/931> - just scroll down to the Kids section.

PACKET PICKUP/REGISTRATION: Note – Packet Pickup is NOT at Western Bikeworkds/Athletes Lounge for this event and the venues and times change so pay attention to the details below.

And....remember your ID! It's a USAT requirement!

Thursday, August 17th from 4pm-7pm at Fleet Feet Sports Portland Location, 2258 NW Raleigh Street, Portland, OR, 503-525-2122

Friday, August 18th from 10am-2pm at Fleet Feet Sports Vancouver, 16020 SE Mill

Plain Blvd. #113, Vancouver, WA 98684, 360-885-4556

Friday, August 18th from 4pm-5:30pm - At the race venue (focusing on Kids events)
Frenchmans Bar 9612 NW Lower River Road, Vancouver, WA 98660

Saturday, August 19th from 11am-2:00pm for Sunday events **at the race venue**
(Frenchmans Bar, 9612 NW Lower River, Road, Vancouver, WA 98660)

We strongly encourage you to pick up your packet at Fleet Feet Portland on Thursday or Fleet Feet Vancouver on Friday to minimize stress and delays on race morning. If you have to pick up on race morning, we will accommodate you but just be sure to be there early to avoid delays. We typically open registration and transition 2 hours prior to race start.

Remember: 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.

RACE LOCATION: Race festivities & transition area are located at Frenchmans Bar (about 10 minutes from Downtown Vancouver WA - **9612 NW Lower River Road, Vancouver, WA 98660**). Take I-5 to Exit# 1C (Mill Plain Blvd) and go West on Mill Plain. Mill Plain Blvd turns into Lower River Road. Follow Lower River Road for about 5 miles (Note-at the fork in the road at Vancouver Lake-stay to the left towards Frenchmans' Bar) Follow signs to Frenchman's Bar park.

PARKING: There are numerous parking spots at Frenchman's Bar but it will be helpful to carpool if possible to help minimize congestion. The transition area is at the Volleyball courts area and there is plenty of parking South of this location. **As a reminder, since there is only one road in and out of park, athletes and spectators will NOT be able to leave the park until all cyclists are off the road and/or when it is safe to do so. As we mentioned above, if you absolutely need to leave right after you race, please park in the grassy overflow parking area right past the entrance gates to the park on the south (left side) of the road into the park.**

START TIME & WHEN TO ARRIVE: Saturday races start at 9am and transition opens at 7am - we suggest Girlfriends multi-sport athletes arrive by 7:30am at the latest and Run-only athletes arrive by 8am. Sunday races start at 8am and transition opens at 6am – we suggest Sunday athletes arrive by 6:30-7:00am 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. **Mandatory pre-race announcements will begin at approximately 8:30 on Saturday and 7:40 on Sunday.**

Friday August 18th:

- Kids Triathlon starts at 6pm (Even if your child starts in a later wave, please arrive at the park well before 6pm for mandatory instructions and to assure no cars are arriving into the park once the Kids races begin.

Saturday August 19th:

- **Girlfriends Sprint Triathlon** (1/2 mile swim, 11.77 mile Bike, 5km Run) – Waves begin at 9am
- **Girlfriends Sprint Duathlon** (5km Run, 11.77 mile Bike, 5km Run) - Start at the Finish Line arch at 9:00am.
- **Girlfriends Sprint AquaBike** (1/2 mile swim, 11.77 mile Bike) – Begins at 9am in the AquaBike wave
- **Girlfriends 5km** (3.1 mile) Run: Start at the Finish Line arch at 9am
- **Girlfriends 10km** (6.2 mile) Run: Start at the Finish Line Arch at 9am

Sunday August 20th-

- **Sprint Triathlon** (1/2 mile swim, 11.77 mile Bike, 5km Run) – Waves begin at 8am ½ downstream
- **Sprint Duathlon** (5km Run, 11.77 mile Bike, 5km Run) - Start at the Finish Line arch at 8:00am.
- **Sprint AquaBike** (1/2 mile swim, 11.77 mile Bike) – Begins at 8am in the AquaBike wave
- **Olympic Triathlon** (1500m Swim / 22.8 mile Bike / 10km Run) – Waves begin at 8:45 at the Deschutes Brewery Orange arch
- **Olympic Duathlon** (5km run / 22.8 mile Bike / 10km Run) - Start at the Finish Line arch at 8:45am
- **Olympic AquaBike** (1500m Swim, 22.8 mile Bike) – Begins at 8:45am in the AquaBike wave

START WAVES - Please listen very carefully for your correct wave at the start of your race. **AquaBike, Clydesdales, Athenas, Friends & Family and Saturday's Charity Wave will have their own 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.

GIRLFRIENDS SWIM WAVE STARTS – SATURDAY

Wave #1 (9:00) – Bib numbers 1 – 50 CHARITY WAVE (PINK CAPS) – Yes, you can still sign up to be in this first wave by [donating \\$25 to Pink Lemonade Project here.](#) Who wants a chance to lead the race and be in this fun wave!

Wave #2 (9:05) – Ages 29 and under (PURPLE CAPS)

Wave #3 (9:08) – Ages 30-39 (YELLOW CAPS)

Wave #4 (9:11) – Ages 40-49 (ORANGE CAPS)

Wave #5 (9:14) – Age 50+ & ATHENA & ALL AQUABIKE & ALL RELAYS & FRIENDS/FAMILY (GREEN CAPS)

SUNDAY SPRINT WAVE STARTS – ATHLETES NEED TO WALK ½ MILE UPSTREAM

- **Wave #1 (8:00AM) Males 44 years and under – ORANGE CAP**
- **Wave #2 (8:03AM) Females 44 years and under – PINK CAP**
- **Wave #3 (8:06AM) Males 45 years and over and Clydesdale–RED CAP**
- **Wave #4 (8:09AM) Females 45 years and over including Athena, Friends & Family, ALL SPRINT RELAY TEAMS & ALL SPRINT AQUABIKE ATHLETES–YELLOW CAP**

SUNDAY OLYMPIC WAVE STARTS – ATHLETES START AT THE ORANGE DB ARCH

- **Wave #5 (8:45AM) Males 44 years and under – BLUE CAP**
- **Wave #6 (8:48AM) Females 44 years and under –PURPLE CAP**
- **Wave #7 (8:51AM) Males 45 years and over and Clydesdale– SILVER CAP**
- **Wave #8 (8:54 AM) Females 45 years and over including Athena, Friends & Family, ALL OLYMPIC RELAY TEAMS & ALL OLYMPIC AQUABIKE ATHLETES – GREEN CAP**

MANDATORY ATHLETE DEBRIEFING - All athletes must have their transition set up and be out of the transition area by 8:45am on Saturday and 7:45 on Sunday and be ready for the mandatory athlete debriefing. Once the timing mats go live, if you cross them it will start your timing and negatively affect your results. Athletes arriving to the park 30 minutes or less before race start will not have time to setup, get out of transition and be at the mandatory athlete debriefing and may not be allowed to participate due to safety issues.

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 frame 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 replacement fee. If you pick up your packet 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 to the timing company. Contact info@whyracingevents.com for specific instructions.

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 – Charity, 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". 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
- Note: Girlfriends 5k & 10k Runners, we will mark your calves also if you like!

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. On Saturday, if you registered for the Charity Division, you will also get a "C" on both arms so we can be sure to thank you for supporting Pink Lemonade Project!

COURSES: The Columbia River and Girlfriends courses are fast, flat and scenic with magnificent views of the Columbia River, Mount St. Helens, Mount Adams & 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/931/#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 Swim course is a point to point swim. We will walk ½ mile upstream to the starting point. **We'll be walking along the sand so you won't need shoes. Only bring what you need for the swim (ie goggles, swim cap, wetsuit (optional)).** This is a perfect course for anyone nervous about the swim because if you need to, you can wade towards the shore and take a break (just remember to not advance forward by walking). The Olympic Swim is an out and back swim with the first half slower and against the current and the second half faster with the current. For the Olympic Swim, remember to keep the Buoys on your Right so that as you swim against the current you will be closer to the shore and as you turn around, you will be further from the shore swimming with the current.
- The Sprint Bike is a 1 Loop course and the Olympic Bike is a 2 Loop course. All athletes will exit the park and turn Right onto Lower River Road for a short out and back. You will then pass the park and continue north on Lower River Road for a longer out and back section. As you return, the Sprint athletes will turn Right into the park back to transition while the Olympic athletes will not turn into the park and continue to complete their 2nd Loop of the course. It will be important that all athletes are very careful on the tight turn-arounds and that all athletes are very careful at the Park entrance to assure no cyclists turn into the lane of another cyclist as one is turning in to finish or starting their first lap while another cyclist is needing to continue for a 2nd lap. During the bike, be sure to watch for local vehicles that may be on the roads – be careful and always ride defensively.
- Both the Sprint and Olympic Runs will exit transition through the Run Exit and do a short section in the park and then complete an out and back along the path heading towards Vancouver Lake. Be very careful as you are heading out towards the path and finishing as you will have runners in both directions and cyclists on the road also. Pay attention to the course split where the Sprint athletes turnaround and the Olympic athletes continue straight – we would hate for you to do a 10k run if you only planned for a 5k run.

AQUABIKE ATHLETES: We are so excited to offer this race category 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 (remember to start in the specific Sprint and Olympic AquaBike waves – do NOT start in your Age Group). 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 call your name and celebrate your accomplishment.

WATER STATIONS: There is one aid station on the Sprint 5K Run Course that you will pass twice and you will have 5 water station opportunities along the Olympic 10K 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 bathrooms at Vancouver Lake at approximately mile 3 along the Olympic 10K 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: This race 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 assure 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 a month prior to the race. Those who registered afterwards will not be guaranteed a shirt/specific size, but we did order some extra shirts that will be available while supplies last. Late registered participants can also check the T-shirt swap on Sunday after the race.

WET SUITS are acceptable but not required. It's a matter of preference. The Columbia River temperature is estimated to be in the low 70s. We will announce a current reading race morning.

SAFETY BOATS – Boats, paddleboards & kayaks will be positioned around the swim course for your safety. If you need help during your swim, simply raise your arm, and yell. It is acceptable to hold onto the side of a boat/board/kayak and take a break. Remember, because of the nature of this river swim, you can also swim towards the shore and take a break if you need to and continue when you are ready. If you choose to be pulled into the boat, you will be transported to the shore and unfortunately we will need to disqualify your race.

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 – There will be kiosks placed at the finish line area so you can review and take a screen shot of your results immediately. If you notice any issues with your or another athlete's results, please report them immediately to the timing van – sometimes people go out of their wave and/or change races and don't let us know which negatively affects results or sometimes 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/931/#past-events-results-photos>. You will be able to click on your individual results and print a personalized race certificate which will list your time and placement.

MEDICAL & FIRST AID – We will 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. All items will be brought back to Why Racing headquarters post-event 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 – On Saturday at Girlfriends, we will award the Top Three Overall Female and the Female Masters' Champion for the Sprint Triathlon, Duathlon, 5k & 10k and the Top Female for the AquaBike division. On Sunday, 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. 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, Awards Ceremony, vendors, post-race meal and great post-race stories with awesome athletes like you!

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 THANKS TO IQ CREDIT UNION – Photographers 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 & #RunWithLesSchwab CONTEST: Speaking of photos, Why Racing has partnered with Bend & Central Oregon and Les Schwab to offer our athletes the chance to win a set of Les Schwab Tires and 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, #RunWithLesSchwab & #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? **This is your last chance to earn points this season!** [Click here to see who is the Overall and Age Group Leaders](#) This is also the last chance for our Clubs to compete for the Performance (which club is the fastest), Inspiration (which clubs inspires the most to Tri & Du) and Service Awards (which club volunteers the most). Currently OSU is leading the Performance category, Portland Tri Club is leading the Inspiration category and Run Grub and Chug is leading the Service category. Who will win the coveted Overall Club Champion Award which will consider all three categories?

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

**Deschutes Brewery * IQ Credit Union * Fleet Feet * Franz Bakery * Les Schwab
Western Bikeworks/Athletes Lounge * B & W Bike cases * Running Princess
KIND Snacks * Alpenrose Dairy * HUMM Kombucha
RLA ICE * Reliant Recovery Water * Visit Central Oregon * Visit Bend
*Northwest Personal Training * PACE * SWEETWATER SUP
XTerra Wetsuits * Glam Beauty Bar * Chipotle
Why Racing Events**

We're also thankful for our Vendors this weekend including Burgerville for the Kids Tri, Fleet Feet, Les Schwab, Franz Bakery, KIND Snacks, Western Bikeworks/Athletes Lounge, Pink Lemonade Project, Don Francisco, LipSense, Natural Grocer, Roadnoise, SweetSpot, Chucks Produce, Funky Fresh Juice Cart, and our service providers including Northwest Personal Training, Just for the Health of It, Lachey Practice, and various massage therapists

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.

BENEFICIARIES: Our Girlfriends event supports Pink Lemonade Project and our Kids race supports Children's Center. Why Racing Events Inc. is also proud to support High School Sports programs and various other local 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>

And please also join the specific Facebook Event pages where we will post results, photos and any last minute updates.

[Join the Columbia River Tri Facebook Page](#)

[Join the Girlfriends Tri Facebook Page.](#)

Please share your post-event stories and photos on our page and remember to use #WHYRACING, #WHYBEND and #RunwithLesSchwab. 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 and some of you are passionate to support our beneficiaries. 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!

IMPORTANT INFORMATION FOR OUR ROOKIES: You probably have a lot of questions! We pulled together some additional tips that you can access at

<http://whyracingevents.com/event/931/#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!

Last, I'd like to give a big shout-out to our team at Why Racing Events for working so hard 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 & the entire Why Racing Event Crew