

The 2nd Annual Scary Run 5K, 10K & Half Marathon is 1 WEEK AWAY on SUNDAY, OCTOBER 29TH. There's more than double the people coming this year so people must have heard that it's a super fun, family-friendly, festive event and a perfect way to launch into Halloween. **Remember to wear your costume - it's not mandatory but makes it more fun! Just make sure it's something that you can safely run or walk in.**

There is a lot of important information in this email for you to review - 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 and relax - may we suggest with a Deschutes Brewery beer - review the material and start to get excited for Scary Run.

Note: Online registration is still open until Thursday night at midnight - tell all your friends they can still join in the fun! Forward this email and [registration link](#) and maybe you'll inspire them to participate! It will be an exciting race day for all!

PACKET PICKUP/REGISTRATION:

Saturday October 28th from 12pm-6pm

Fleet Feet Sports Vancouver
16020 SE Mill Plain Blvd. #113
Vancouver, WA 98684
360.885.4556

Your friends and family can also register to participate in Scary Run at Packet Pick up.

NOTE: Now that our events are sanctioned by USATF, **you are required to pick up your own packets. In the event you cannot make it to Packet Pickup, you can 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 7:00am until 30 minutes prior to the individual race starts. But it can get so crazy on race day, so please try to pick up materials on Saturday at the times listed above.

LOCATION & PARKING: Start/Finish and post-race festivities will be in downtown Washougal at [Reflection Plaza](#) at Pendleton and Main Street. **Note: Athletes can park along streets in downtown Washougal or the South side of the Pendleton store parking lot. Please be sure to keep the North side of the parking lot for Pendleton customers. BTW, head on over there after your race to take advantage of all of their specials - it's a very cool store with a lot of history and in business since 1912 at this location!**

START TIME & WHEN TO ARRIVE: The Half Marathon starts at 8:30am and both the 5K and the 10K start at 9am. **If we get a surge in registration for the 5K & 10K races, we may stagger the start of the distances by 5-10 minutes.** Try to be at the venue 45-60 minutes prior to the start of your race to assure you are present for any important race instructions. **Pre-race instructions and special announcements will begin approximately 8:00am. There may or may not be some fun, festive entertainment that you don't want to miss.** Be sure to allow for any parking or traffic delays.

TIMING: All Runners will wear a Bib that includes a Disposable Chip. Just be sure to wear your Bib Number on the front of your shirt/jacket.

COURSES: This is a beautiful fast, flat and scenic course - perfect for a PR! The Half Marathon course will initially take you west through Washougal and onto Washougal River Trail and then back towards the Start/Finish line. Then Half Marathoners will join the 5K and 10K course and run/walk along the mighty Columbia River with magnificent views of Mt. Hood. The river trail is a dirt, gravel path so a minimalist shoe may not be appropriate for this course. If you would like to study the courses, please visit the following link where you review both online maps and images. <http://whyracingevents.com/event/935/#course-details> We will be taking you slightly off the main trail to provide a few surprises but these maps will give you a good idea of your main course. Also, watch

for the course split that takes the 5K athletes back to the finish line and the 10K/Half Marathon athletes further along the route. There is additional split for the Half Marathoners & 10K athletes that will have the Half Marathoners travel further east to pick up more mileage...We will have advanced signage and volunteers but please pay attention.

Half Marathoners – NOTE – You will be crossing rail tracks in the initial out and back. We have alerted BNSF to the timing of our race and although they cannot guarantee there will not be any trains during this time, they are aware of the schedule and will do whatever they can to minimize the impact to our racers. If you do find yourself caught up by a train, keep your legs moving so you stay warm and don't allow the blood to pool in your legs while you're waiting for the train to pass.

The initial Half Marathon section through Washougal is not closed so please be careful and alert at all times. We will have Flaggers en route to help you safely pass any key intersections but always run/walk defensively.

MUSIC: During any running segments, we prefer for athletes to NOT use music devices to maximize safety, assure a fair competitive environment and assure athletes can hear all course marshal instructions. With that said, we also understand that many athletes rely on music to help endure the challenge of running. To accommodate the needs of our athletes while still assuring maximum safety and a fair, competitive environment, here is the arrangement that we can accommodate:

- If you choose to use a personal music device, please keep one ear open for instructions so only one ear-bud can be used at any time.
- We also request that if you choose to use a personal music device that you keep the volume to a minimum to assure all instructions can be heard.

WATER & ENERGY STATIONS: Water Aid Stations will be available at approximately every 1.5-2 miles.

BATHROOM FACILITIES: We've ordered Porta-potties for the start/finish and there are bathrooms located along the trail.

FINISH LINE - All Racers will start and finish at Reflection Plaza in downtown Washougal. You will LOVE your SPOOK-TACULAR medal. Post-event brunch/food, Beer tent and awards ceremony will occur at Reflection Plaza.

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.

SHIRT SWAP: We hope you like your Scary Run T-shirt and will wear it as a reminder of your accomplishment. If the size of the shirt you ordered does not fit, we will be hosting a "Shirt Swap" after the event in the Information/Package Pickup area. We cannot guarantee you will be able to swap, since it will depend on left over shirts, but we will do our best to accommodate your request.

GEAR CHECK: We suggest you lock up all valuables in your vehicles however, we will offer a Gear Check at the start/finish area.

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.

RESULTS: Rogue Multi Sport/RaceWire will be timing our event. You will be able to find results post-event at <http://whyracingevents.com/event/935/#past-events-results-photos> If you click on your personal results link, you will be able to see a video of you crossing the finish line and view and print a Finishers' Certificates that will list your time, pace and placement. They will also have Kiosks set up right at the finish line so you can immediately view your results and take a photo of the screen shot so you can post as soon as you finish. If there are any issues with your results, go to the timing van immediately so we can correct before the Awards Ceremony. There is also a results app available for android and apple phones. The Results will be live which is awesome for your spectators! Here are the links:

- Android <https://play.google.com/store/apps/details?id=com.runsignup.results>
- Apple <https://itunes.apple.com/us/app/runsignup-results/id1070638979?mt=8>

AWARDS/PRIZES: The awards ceremony for the 5k will be held at approximately 10:15, the 10k at approximately 10:45 am and the Half Marathon at approx. 11:15. 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!) for all distances. If you finished 1st, 2nd, or 3rd in your age group or division, you can pick up your special Champion Medal beside the stage at the Awards Table during the Awards Ceremony.

SPECTATORS: The best approach for your family, friends, and cheerleaders is to park in downtown Washougal and to watch your start and finish on Pendleton and Main street. 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 race, you've got to celebrate! It's a big accomplishment!

FREE PHOTOS: Race photographers will be on-site to capture your event performance. Be sure that your bib number is visible on your front so your photos can be matched to your race number. Watch for the cameras en route and give us a big, cheesy smile, a thumps up or a goofy jump - those are always the most fun! Once photos are available, they will be posted [here](#) and you will be able to download them for FREE. **Be sure to use #WHYracing so we can add to our album too and use #runwithLesSchwab and #WHYBEND to be entered to win some really cool prizes including a trip to Bend.**

PARTNERS/SPONSORS: There is absolutely no way we could have pulled this event together without the support from our Sponsors.

PARTNERS

Thank you to our Partners who support our WHY Racing events year-round!

**Deschutes Brewery Fleet Feet IQ Credit Union
Les Schwab Franz Bakery Running Princess Alpenrose Dairy
COVA Visit Bend Northwest Personal Training**

SPONSORS

Thank you to our sponsors who support Scary Run
City of Washougal * Visit Washougal KIND Snacks, RLA ICE/Iceborn, PACE, Chucks Produce, Recovery Water, HUMM Kombucha, Natural Grocers, Chipotle

VENDORS

We will have 10 vendors sampling products and services at their booths! The expo will enhance your race experience and make the start/finish area jump with energy. Be sure to make a full loop through the expo so you don't miss any of the sweets, treats and pampering! And be sure to thank them for being involved!

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, clubs and non-profits which will benefit from the event.

BENEFICIARIES: Scary Run will donate \$5 from each race entry to Friends of the Gorge to help with the recovery of the Gorge after the devastating fires. Why Racing Events Inc. is also proud to support High School Sports programs and various local non-profits. As a result of your participation in our 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.

<https://www.facebook.com/WhyRacingEvents>

Also, please join the Scary Run Event Page because this is where we will also post results, photos and any last minute updates. <https://www.facebook.com/events/197373380707444>

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, nutrition tips and other important race day info. Take your time reviewing it to help assure a fabulous race day experience!

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!

Lastly, 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! We'd also love to give major Kudos to the City of Washougal for your support and for all your efforts to make this event a success!

See you soon & keep that training going strong!

Sherri McMillan & the WHY Racing Event Crew