

The **34th Annual Spring Classic Half Marathon, 10K, 5K & Duathlon is NEXT WEEKEND - SUNDAY April 22nd**. Keep that sunshine dance going –we’ve been fortunate enough the last 3 years with dry weather for this race so we’re hoping and praying for the same! **Remember to wear some very bright spring racing gear to go with our Spring Theme! Plus it will make your photos that much better!**

There is a lot of important information in this email for you to review - especially for you rookies! We put the important information for everyone at the top so veterans can focus there and if you're a newbie, read the whole thing including the link at the very bottom which will provide you with very useful information as you prepare. It's a long email, but we want to answer all your questions so you can enjoy a stress-free race. So sometime over the next week, sit back and relax – may we suggest with a glass of wine or Deschutes Brewery beer - review the material and start to get excited for Spring Classic – a race with a ton of history!

Note: Online registration is still open until Thursday April 19th - tell all your friends they can still join in the fun! Forward this email and [registration link](#) and maybe you'll inspire them to DU it! And definitely tell all your runner friends about the Half Marathon, 10k & 5k distances. It will be an exciting race day for all! ☺

Also, be sure to join the [Spring Classic Facebook event page](#) for any last minute race updates.

EARLY PACKET PICKUP/REGISTRATION: Early Packet Pickup/Registration will be held on **Saturday April 21st from 10am until 6pm at Fleet Feet Portland.**

Fleet Feet Portland – Saturday April 21st from 10am-6pm

2258 NW Raleigh St
Portland, OR 97210
(503) 525-2122

NOTE: Now that our events are sanctioned by USAT, **you are required to pick up your own packets and be sure to BRING YOUR ID. 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.

Note: If you are not able to pick up your materials at this time, please contact registration@whyracingevents.com and we will definitely accommodate you on race morning. Just be sure to get there early to avoid any delays.

LOCATION & PARKING: Race festivities & transition area are located in the Home Depot parking lot at 11633 NE Glen Widing Drive, Portland, OR (off of Airport Way). **Note: Parking for Spring Classic athletes will be in the area in front of Concordia College (to the East of Home Depot). Please park in front of Concordia College to leave parking in front of Home Depot for their customers. NO PARKING AT HOME DEPOT PLEASE. We don't**

want our event to negatively impact their customers or sales and cause them to prevent us from using this fabulous start/finish venue. Thank you!

START TIME & WHEN TO ARRIVE: The Half Marathon and 10K starts at 7:45am and the 5K starts at 8:00am. The Duathlon will start at 9:00 am with a mass start. We suggest runners arrive between 6:30-7:30am to get organized before their race. For Duathletes, the transition area will open at 7:00am and we suggest you plan to arrive between 7:00-8:15am at the latest to allow enough time to get situated and organized in the transition area, take a potty break, and get yourself mentally and physically prepared. Marine Drive will be closed to traffic starting at 7:30am for practice and warm-up. An announcement will be made to verify that all volunteers and police are in place and the course is secure to allow you to ride and practice pre-race. **Duathletes – when you are warming up on your bike, please head East on Marine Drive (Right onto Marine Drive) because the runners will be on the road on the West side of Marine Drive and we want to keep them safe. For everyone’s safety, do not start practicing until the announcement has been made that the course is secure.** Pre-race announcements for the Half Marathon, 10K & 5K will begin at approximately 7:30am and 8:30am for the Duathletes. **Please be sure to line up behind the big Orange Deschutes Brewery Start/Finish arch at the corner of Marine Drive and 112th (along the waterfront) with the fastest runners at the front and walkers and slower joggers at the back.** It’s not that we love the faster runners more – it’s the same distance no matter how fast you go! It’s just a little frustrating for the faster runners to try to get around others if they are trying to race and go for a personal best. Plus, you will have a much better experience if you’re not getting tripped up by someone trying to get around you

BEFORE ENTERING TRANSITION AREA: You must have your body marked, and your bike sticker on your bike. No exceptions. **Only registered athletes are allowed in the transition area.** Please know that this rule is in place for the safety and security of your equipment.

BODY MARKING: When you arrive there will be volunteers to mark your body with marker for safety reasons. This is mandatory for Duathletes and just for fun for runners (not necessary but fun to see who is in your age group!)

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

- “D” for Duathlon.
- “DR” for Duathlon Relay.
- “Half” for Half Marathon
- “10k” for 10k
- “5k” for 5k

Right Calf – Your age will go on your Right calf - 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 or One Arm and One Hand

CHAMPIONCHIP TIMING, BIBS & BIKE/HELMET STICKERS: All Runners will wear a Bib that includes a Disposable Chip. All Duathletes must wear a Timing Chip around their ankle

throughout the entire race, a sticker on their bike and helmet and the racing bib on during their run components. Duathletes must return the Ankle Chip to the volunteers at the Finish Line or will be charged a \$20 replacement fee. Those timing chips are spendy! 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 and strap 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/Racewire Multi-Sport, LLC

35853 Industrial Way
Saint Helens, OR 97051

COURSES: We believe this is one of the prettiest courses in the Northwest! You'll be running and biking along the mighty Columbia River with magnificent views of Mt. Hood while airplanes take off and land while you race. All courses are flat and fast – perfect for a PR!

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/972/#course-details>

DUATHLETES - IT IS EXTREMELY IMPORTANT DUE TO THE AMOUNT OF ACTION AND THE NARROW PATHS ALONG 112TH, THAT YOU RIDE SINGLE FILE ALONG 112TH AS YOU ENTER AND EXIT THE TRANSITION AREA UNTIL YOU GET ONTO MARINE DRIVE. DO NOT TRY TO PASS OR OVERTAKE SOMEONE ALONG THE PATH OR 112TH.

Please be careful as you enter and exit the transition area and the Home Depot Parking Lot. There will be runners, bikers & pedestrians going in opposite directions and some areas are tight. We will cone off the separate lanes but remember to ride/run safely and watch out for each other. There will be Police, flaggers, dedicated volunteers, and members of the Why Racing Events Crew on the course to help direct you and provide safety.

NOTE: The Half Marathons, 10K & 5K athletes will be off the road and routed to the waterfront trail before the Duathlon starts so Duathletes don't have to worry about navigating around runners on Marine Drive!

BIKE TROUBLE: TriSports 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.

DUATHLON RULES OF THE ROAD AND THE RACE: Duathletes 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. Due to 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 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 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.
- **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.

WATER & ENERGY STOPS: Water Stations will be available at approximately every 1.5-2 miles with Gatorade available also. Duathletes, you will have to carry your own hydration and fuel on your bike during the bike courses.

BATHROOM FACILITIES: We've ordered Porta-potties for the start/finish, and for approximately mile 3, 7 & 9 along the runs. Hopefully, the lines will be minimal plus you can use the restrooms located in Home Depot, Panera and 7/11.

DUATHLON RELAY TEAMS: Each teammate will wear their own designated Timing Chip. The Runner will wear the Running Bib and the Biker will place the Bike Stickers on their bike and helmet. 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 2nd 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 timing mat after the race has begun, your time will start at the time you stepped on the mat providing inaccurate results.** 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 runner #1 and cyclists must turn in their Timing Chip at the finish line or to a Why Racing Events volunteer at the Team Start location in the transition. All Relay members should meet prior to the finish line so you can all finish together and collect your medal.

FINISH LINE – All Racers will finish along the waterfront trail just north of the Deschutes Brewery Start Arch. Just look for the black Why Racing arch as you approach the finish line. You'll love that you'll get a perfect view of Mount Hood as you receive your beautiful Spring Classic medal. Once you finish, we will have volunteers direct you back to the Home Depot parking lot area where the Post-event festivities will occur. We will have flaggers onsite to assist you as you carefully cross Marine Drive and please be sure to watch for cyclists that

may still be on the road. If you finish past 11:30am, Marine Drive will be open to vehicles at that point, so you'll also need to cross the road directed by flaggers and watch for vehicles.

BRUNCH – Here's what you can look forward to enjoying once you cross the finish line.

- Breakfast sandwiches, fruit and Yogurt courtesy of Panera Breads
- Grilled Cheese Sandwiches, Bagels and Donuts courtesy of Franz Bakery
- Kind Energy Bars
- Humm Kombucha
- And of course, Deschutes Brewery Beer #WILLRUNFORDESCHUTESBREWERY #WILLBIKEFORDESCHUTESBREWERY

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 Spring Classic commemorative T-shirt and will wear it proudly 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/Packet 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: Duathletes can leave their personal items within the transition area. We will have a gear-check available for runners. However, we suggest you lock up all valuables in your vehicles.

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/Racewire 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/Racewire 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/972/#past-events-results-photos>

Rogue/Racewire 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/Racewire has a Results APP available for android and apple phones. It's a free download and RESULTS ARE LIVE for each event provided they 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 for the 5k will be held at approximately 9:15, the 10K at 9:45am, the Half Marathon at 10:00am and the Duathlon at approximately 11-11:30am. 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 medal beside the stage at the Awards Table.

SPECTATORS: The best approach for your family, friends and cheerleaders is to park at Concordia also. They can take a short walk to the corner of Marine and 112th and watch the start and finish of all the races, they will be in position to see all runners make the turnaround to the waterfront trail and be able to watch Duathletes as they bike out and bike in. Tons of action for them! Just be sure you instruct them to be alert to stay safe, especially with any kids. Our bikes are riding extremely fast! Or spectators can just hang in the Home Depot parking lot after you start and they can sit and enjoy the music and head back out to the finish for your predicted finishing time. The Home Depot parking lot is also a great place to watch Duathletes as they run in, bike out, bike in and run out for their final run. 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 and bike/helmet stickers are visible 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, they will be emailed to you and posted [here](#) and you will be able to download them for FREE courtesy of IQ Credit Union. Be sure to use #WHYracing and #WHYBEND so we can add to our album too and you can be entered in for prizes.

WHY RACING MULTI-SPORT EVENT SERIES: We created an annual Why Racing Event series in order to acknowledge both speed AND the ability to endure within the sports of Triathlon & Duathlon locally. Winning one race or your age group is extremely impressive but can you sustain that type of performance throughout the entire season? Matt LeGrand, a local computer programming expert, who also happens to be a triathlete, designed 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. This is your first chance to earn points for the series!

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 * IQ Credit Union * Fleet Feet

Franz Bakery * Home Depot * Panera Breads
Central Oregon Visitors Association
TRISPORTS * B&W International Bikes * XTERRA * Rudy * XX2i Optics
KIND Snacks * HUMM Kombucha * Red Bull * Pepsi Portland / Gatorade
Yogi * Don Franciscos Coffee * Northwest Personal Training
University of Western States * Concordia

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: 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.

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 volunteer@whyracingevents.com if they are willing to help out. **If you recruit a volunteer for us, you can earn a \$20-\$25 race credit towards a future race!** 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! 😊

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>

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 next weekend!

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 [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!