

The 3<sup>rd</sup> Annual Run to Remember WA event is NEXT SUNDAY MAY 20<sup>TH</sup>! It's going to be such a memorable, meaningful race and a perfect way to honor the brave who have sacrificed so much. **Remember to wear your Red/White/Blue to show your spirit, honor our country and remind us of the true meaning of the holiday.** At Packet Pickup, you will receive USA Patriotic Arm Sleeves that you can add to your racing outfit.

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 Run to Remember – a race that will honor those lost in the line of service and an opportunity to help support local Veterans.

**Note: Online registration is still open until Thursday 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! 😊**

**Note - We still have FREE race entries for Veterans left courtesy of Fairwinds and the City of Washougal – if you know anyone who is a veterans who would like to participate, please have them email [lilian@whyracingevents.com](mailto:lilian@whyracingevents.com) and we will take care of them!**

**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](mailto:volunteer@whyracingevents.com) or they can [sign up to volunteer directly here](#). **If you recruit a volunteer for us, they can earn a \$20-\$25 race credit towards a future race for themselves or you!** 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, and anyone helping out including our Flaggers & Police Officers. Thank them as often as possible because we want them to all come back next year! 😊

**PACKET PICKUP/REGISTRATION:** Remember to bring your ID.

**Saturday May 19<sup>th</sup> from 10:00am-6:00pm at:  
Fleet Feet Vancouver  
16020 SE Mill Plain Blvd., Ste. 113  
Vancouver, WA 98684  
360-885-4556**

Your friends and family can also register to participate in Run to Remember at Packet Pick up and on race morning. **If you can't make these times listed above, we will definitely accommodate you on race morning. Just be sure to get there early to avoid any delays.**

**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, USATF 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:** Start/Finish and post-race festivities will be in downtown Washougal at [Reflection Plaza](#) at Pendleton and Main Street (1703 Main Street, Washougal). **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. We need to make sure our event doesn't negatively affect their customers. BTW, you may want to head on over there after your race – 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 Memorial Day Mile starts at 8am, the Half Marathon at 8:45 and the 5K/10K starts at 9am (we may separate the 5K/10K athletes by 5 minutes to reduce race congestion depending on final race numbers). Try to be at the venue 30-60 minutes prior to the start of your race to assure you are present for any important race instructions and the very special Memorial acknowledgements and announcements. If you are doing the 5K/10K, feel free to register for the Mile to see how fast you can do a mile before-hand! The Memorial Mile is also a perfect race for kids or those just getting started with a health and fitness program. **Pre-race instructions and special announcements will begin approximately 30 minutes prior to the start of each race.** 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! You'll be running and biking along the mighty Columbia River with magnificent views of Mt. Hood. The 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/987/#course-details>

**MUSIC:** During any running segments, we prefer for athletes to NOT use music devices to maximize safety 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, here is what we ask:

- If you chose to use a personal music device, please keep one ear open for instructions so only one ear-bud should be used at any time.
- 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 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 medal – they turned out so beautiful! Post-event food and beer tent and awards ceremony will occur at Reflection Plaza.

**POST-RACE MEAL** – Here's what you can look forward to enjoying once you cross the finish line.

- Breakfast sandwiches from Panera Breads
- Vanilla Yogurt, No-nut Granola & Fruit cups from Panera Breads
- Grilled Cheese Sandwiches courtesy of Franz Bakery
- Chips & Salsa courtesy of Costa Vita
- Franz Bagels with Cream Cheese/Almond Butter/Jam
- Franz Donuts and Apple Pie - Yes, we said DONUTS!
- Kind Energy Bars - Tastes so good and so healthy!
- Water & Energy Drink courtesy of Corwin
- Humm Kombucha
- Red Bull
- Smoothies and Coffee courtesy of Invest West Management
- And of course, Deschutes Brewery Beer #WILLRUNFORBEER #WILLBIKEFORBEER
- \*Vegan/Gluten-free options available

**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 Run to Remember 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:** 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:** Racewire 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 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/987/#past-events-results-photos>

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. It is a great reminder of your accomplishment!

Last, Racewire 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 for the Mile will be at approximately 10am, the 5k at approximately 10:15, the 10K at approximately 10:45am and the Half at approximately 11:00am. 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 events. If you finished 1st, 2nd or 3rd in your age group or division, you can pick up your Age Group 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. They can also walk through the tunnel onto the waterfront trail and cheer you on there. 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 RACE 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 thumbs up or a goofy jump – those are always the most fun! Once photos are available, you will receive an email, they will be posted [here](#) and you will be able to download them for FREE. **Be sure to post to social media and use #why racing and #why bend to be entered in to win some great prizes.**

**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 \* KICK-EEZ \* Fairwinds  
VisitCentral Oregon \* B&W International Bikes \* XTERRA  
Rudy \* XX2i Optics \* KIND Snacks \* HUMM Kombucha \* Red Bull  
Corwin \* Don Franciscos Coffee \* Northwest Personal Training  
City of Washougal \* VisitWashougal.com**

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

**BENEFICIARIES:** Our main beneficiary for Run to Remember WA is Northwest Battle Buddies, an organization that provides Service Dogs for Veterans suffering from Post-Traumatic Stress Syndrome. In addition, the event supports other military organizations, non-profits, teams and clubs. We want to thank all of you for participating in this event allowing us the opportunity to extend this support to these incredible organizations.

**FACEBOOK:** Can we be friends?! If you haven't yet, please like our Why Racing Events Facebook pages for motivational and training tips.

<https://www.facebook.com/WhyRacingEvents> Please share your post-event stories and photos on our page and use #WHYRACING and #WHYBEND to be entered in for prizes.

**Also, be sure to join our specific [Run to Remember Facebook Event page](#) for any last minute event updates and where we will post results and photos links.**

**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 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. 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 reality!

**See you soon and keep that training going strong!**

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