

# APPLETREE



## MARATHON, HALF & 5K

Hey all you Inaugural APPLETREE athletes!

We are less than two weeks away from the very first APPLETREE Marathon, Half and Sunset 5K. Have you seen all the press we've been getting? It's so exciting!

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 you veterans can focus there and if you're a newbie, read the whole thing. It's a long email, but we want to answer all your questions so you can enjoy a stress-free race day. So grab an Apple Cider or Apple Juice, take a seat, relax, review the material and start to get excited for APPLETREE!

**Note: Online Registration is still open until Thursday September 13<sup>th</sup> at midnight so tell all your racing buddies they can still join in the fun! The Sunset 5K option is manageable for everyone plus kids 17 and under race that 5K for FREE! Forward your friends and family this email and the link below and maybe you can inspire them too! It's going to be a very special event!**

**[Click here for Details and Registration for APPLETREE.](#)**

**SCHEDULE OF EVENTS:** We have a lot of fun activities planned for you over race weekend including a Bike Tour of the Marathon/Half course, a Historical Walking tour, Fitness Expo and more. The general schedule is as follows:

Saturday September 15<sup>th</sup> - Sunset 5K starting at 6pm

Sunday September 16<sup>th</sup> – Marathon starts at 7am / Half Marathon starts at 8am

**[Click here to view the full schedule of race weekend activities.](#)**

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**PACKET PICKUP:** Please pick up your goody bags, Bib #, and Finishers' shirt at the time slots listed below. Note Marathon & Half Marathon athletes, if it is not possible for you to pick up at these time slots, we will accommodate you on Sunday morning before the race. It's always so busy on race day so pick up your materials prior to race day if possible.

### **FRIDAY September 14<sup>th</sup> from 3pm-7pm**

**FleetFeet Vancouver – use your 10% off tag on your Bib!**

16020 SE Mill Plain Blvd., Suite 113

Vancouver, WA 98684

(360) 885 4556

### **SATURDAY September 15<sup>th</sup>**

- 9AM-2PM at Pearson Air Museum, 1115 E 5th St, Vancouver, 98661
  - Please park on the road on 5<sup>th</sup> Street and leave the parking lot open for Museum visitors. Leave some time to tour the Museum and if you can walk over to the Fort Vancouver.
- 4PM-6PM at Start/Finish Line in front of Grant House 1101 Officers Row

**Note: Your racing buddies can also register at Packet Pickup.**

**NOTE:** Since 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.

**WHEN TO ARRIVE:** We suggest you arrive at the start/finish area at least one hour prior to your race start to allow enough time to park, get organized, take a potty break, and get yourself mentally and physically prepared.

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**PARKING:** There are many road closures around the Start/Finish line including Officer's Row and 5<sup>th</sup> street so you need to have a plan for where you will park prior to your race to assure you avoid any delays. We have arranged for athletes and spectators to park at Hudson's Bay High-school and Clark College Red Lots #1 and #2. You can also park in Downtown Vancouver on the streets for free on weekends. Any of the options in the link below will give you a short walk to the Start/Finish line on race day - consider it your warmup. Best and closest options are Hudson's Bay High-school and Downtown. Just remember to park North of Officer's Row to minimize delays. Consider car-pooling with friends or taking C-Tran. [Here is a map to good parking spots for athletes and spectators.](#)

**SELF-SEEDING:** It is important to self-seed your starting point based on your speed to create an experience that is more enjoyable and safe for all. Faster runners should start near the front and more recreational athletes and walkers should start near the rear. For our Marathon event, we will have the Red Lizards pacing group on site with signage so line up adjacent to signs closest to your goal Marathon time. Goal pacing groups will start at 3:00 in 15 minute increments to 5:00. Please be sure to start in the correct area, otherwise it's very frustrating for the runners/walkers behind you. Plus, you will have a much better experience if you're not getting tripped up by someone trying to get around you.

**COURSE:** We believe this is one of the prettiest courses in the Northwest! We've designed the course to take you through some of the most scenic areas of Vancouver WA with a "Run through History" theme and it really highlights our wonderful community. The course is mainly flat with a couple hills. There will be a few lead cyclists and plenty of course marshals and signage to assure you know exactly where you are going. With the two out and back sections along the course and the double loop for the Marathoners, there will be plenty of opportunities to see and feed off each others' energy. **There are a few sections that are tight and will require you to run both directions past each other; be sure to stay to the right**

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**allowing athletes to pass unless you are otherwise instructed so there are no collisions.** Please also listen to the course marshals - they are there for your safety. When on any road-way, be sure to watch for cars. We also have a designated 'sweeper' to be the last walker (so you don't have to worry about being last). The courses will be marked at each mile. For those of you who would like to study the courses in detail, you can click on the link below. Water stations will be available approximately every mile for the Marathon and Half Marathon athletes and at the turnaround for the Sunset 5K. Water, energy drink & gels will be available for our Marathon and Half Marathon athletes and there will be porta potties stationed at each water station area. We will also place some Vaseline and quick sugar snacks at some of the later stations to help get you to the finish line if needed.

**COURSE SPLIT:** There is one very important split for the Marathon and Half Marathon athletes that you will need to pay close attention to and it is right before the finish line. For the Marathon athletes, as you approach the finish line at the end of your first lap, you may be tempted to run through the finish line. But don't do it! You've got this and only one lap to go! So as you approach the finish line, you will be directed to turn to the Right into a Marathon 2<sup>nd</sup> Loop lane that will take you past the Finish line and back out onto the course for your 2<sup>nd</sup> Loop. Just take it one lap at a time! For Half Marathoners, as you approach the finish line, continue straight to the finish line and don't take that right turn – unless you actually want to do the Marathon distance! 😊 On that note, it's VERY IMPORTANT to do the distance you signed up for. If you decide to change, you must let us know at Packet Pickup or at the Timing Van so we can make that change into results otherwise it affects your results and everyone else's results too.

**MARATHON CUT-OFF TIME:** You will have 8 hours to finish the marathon distance. After that, you can continue to the finish line but must be on sidewalks, obey all traffic rules and be self-supported. If you have the desire to finish, we will allow you to finish & will greet you at the finish line!

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**OFF-ROAD TRAIL SECTION:** There is a 1/4 mile section on the course for the 5K, Half and Marathon distances that will take you on a gravel and then grassy path with uneven terrain. Be careful and enjoy the softer impact as you run on the backside of Historical Fort Vancouver.

**[REVIEW COURSE MAPS HERE.](#)**

**MARATHON RELAY:** For those of you doing the Marathon relay, decide who is going first and who is going second. As the first athlete is approaching the finish line, they will take a right turn into the 2<sup>nd</sup> Loop Marathon lane. Near the end of the lane before they re-enter the course, there will be a Relay Tag area which is where the 2<sup>nd</sup> athlete will be waiting. Complete the tag and then the 2<sup>nd</sup> athlete takes off to complete the 2<sup>nd</sup> loop. Meet each other at the finish line and run through together to collect your medal and celebrate your accomplishment! Not everyone can do a Marathon but you can with a buddy! Disclaimer – No, you cannot qualify for Boston this way but it's still fun!

**TIMING MATS:** Since this is a Boston-qualifying event, we will have a timing mat at the 2<sup>nd</sup> most east turnaround on the course to assure all athletes complete the required distance and another as you begin the 2<sup>nd</sup> loop of the Marathon. Be sure to cross over the timing mats.

**RACING BIB:** All Runners will wear a Bib that includes a Disposable Chip. Just be sure to wear your Bib Number on the front of your body. You will also notice that you have 2 Beer Tickets and your Meal Ticket that you can redeem at Grant House after you cross the finish line. There is also a Fleet Feet 10% off coupon that you will want to use on your next shopping trip.

**BOSTON-QUALIFIER:** In order to qualify for the coveted Boston Marathon event, you must complete the certified Marathon course and achieve at the least the **[qualifying times listed here.](#)**

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**RESULTS:** Cascadia Sports Timing will be timing our event. You will be able to find results post-event [here](#). 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 – a great reminder of your accomplishment! There will also be 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>

**SPECTATOR VIEWING POINTS:** Your friends and family are going to want to cheer you on. Send them this [course map link](#) so they know the course and can plan out their cheering locations. For the Sunset 5K, you can suggest your spectators just hang at the Start/Finish line and the expo. It's too short of a race that they won't have time to get on course and back plus most of the 5K course is inaccessible by vehicle. For the Marathon and Half Marathon, good spots for your loved ones are at the Start/Finish line so they can just hang and enjoy the expo, Beaches Restaurant (spectators would see Marathoners 4x at this location!), Marine Park (also 4x for the Marathoners), Wintler Park (the most Eastern Turnaround location for 2 viewing points for the Marathon), Who Song and Larry's area (4 viewing points for the Marathon), and Warehouse 23 (2 viewing points for the Marathon). Remind spectators to be careful if they are going to drive along the course to cheer you on at various locations. Also remind them to make signs for you, to bring their cowbells to keep your energy up and to have flowers for the finish line! [Send them this link to give them fun sign ideas!](#)

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**LOST & FOUND:** Any equipment that is unmarked will be returned to the main 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.

**GEAR CHECK:** If you would like to leave items at the start/finish area, there will be a Bag-check location adjacent to the Packet Pickup at the Historical Gazebo in Fort Vancouver park. We ask that you place your belongings in a bag with your first and last name and Bib # clearly taped to the outside of the bag so we can easily identify your bag. We will ask you to show your Bib # when you pick up your bag at the finish. Please understand that we can't be responsible for your valuables, so please lock anything of value in your car.

**CHANGE OF CLOTHES:** Be sure to bring a change of clothes so you can enjoy the post-event festivities.

**SHIRT SWAP:** If the size of the shirt you ordered does not fit, we will be hosting a 'Shirt Swap' at the Packet Pickup tent after the race. We cannot guarantee you will be able to swap, since it will depend on left over shirts, but will do our best to accommodate your request.

**POST-RACE FESTIVITIES:** There will be numerous vendors at the Finish line Expo! There will so much going on so plan to stick around until the last finishers are done and enjoy all the fun post-event activities. Tell your friends and family to come down and check out all the fun going on too! You will definitely get your money's worth at this event!

- We hope you will love all your SWAG – we wanted to make it really special for all of you including your custom Inaugural Finisher's Bag courtesy of PeaceHealth (wait until you see it – it's really cool!), your Red Elastic Lace Locks, your APPLETREE Car Decal, your Finishers' Medal, and your Finisher's technical running shirt.

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- Did we mention FREE Beer courtesy of Deschutes Brewery! Note, we will be selling tokens for spectators...\$5 per token with 1 token for Beer, 2 tokens for Cocktails/Wine so it will be a party for everyone!
- The post-race meal that the Eatery at the Grant House is preparing for you is going to be spectacular.
  - Saturday's Carbo-load Dinner includes:
    - Spiced Pulled Pork Rigatoni
    - Pulled Pork Sandwich with Apple Cabbage Slaw
    - Kale Caesar
    - Chocolate Cake
    - Marathon/Half Marathon athletes & Spectators – be sure to get your optional Saturday meal tickets in advance!
  - Sunday's Post-race Meal includes
    - Pulled Pork Sandwich with Apple Cabbage Slaw
    - Pasta Salad
    - Apple Crisp
    - Be sure to purchase meal tickets for spectators
- In addition, we will have fruit, Kind Energy Bars, Franz pastries and more! With this meal, you may want to switch to the Marathon?! 😊
- Our Wellness Center will be hosted courtesy of PEACEHEALTH Southwest Medical Center with Massage, Stretching and various other treatments to help our athletes recover post-race!
- Be sure to make your rounds to all of the vendor booths and thank our sponsors and vendors for being there. They definitely make the experience a fun festival for all of our athletes and spectators
- **You will have 2 Beer Tickets & Meal Ticket on your Bib. Have it ready to go at Grant House to speed up the process post-race.**

**RACE PHOTOS: Watch for the cameras on course and thanks to IQ Credit Union, your race photos are FREE!** How cool is that?! Be sure to have your Bib on the front of your body so they can easily send you your photos. If you give us an awesome pose, you just might be our poster-child next year! Once photos are available, they will be posted [here](#). Be sure to share and use #WHYracing, #WHYBEND and #ThanksIQ so we can add to our album and so you can be entered to win some really cool prizes.

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**AWARDS:** For all you speedsters, here's what we've got:

- We will award the Top 3 Overall Male & Female and Masters' Champion for all distances. Our Overall Male and Female Champion will receive a Home-made Apple Pie by our very own Mayor of Vancouver Anne McEnerny-Ogle plus a Champion Plaque, Champion Mug, Inaugural APPLETREE Pint Glass and other great prizes.
- Top 3 Age Group/Division Winners in all distances will receive a Medal and Inaugural APPLETREE Pint Glass at the event in the following categories:
  - 9 and under, 10-14yrs, 15-19yrs, 20-24yrs, 25-29yrs, 30-34yrs, 35-39yrs, 40-44yrs, 45-49yrs, 50-54yrs, 55-59yrs, 60-64yrs, 65-69yrs, 70-74rs, 75-79yrs, 80+, Athena & Clydesdale

Note: We will not be able to provide specific awards for walkers due to the inability to control adherence to walking only during the event.

**COURSE RECORDS:** Overall Male and Female Champions for all distances will get the automatic course record for at least a year!

**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 and earn race credits for you! They can email [volunteer@whyracingevents.com](mailto:volunteer@whyracingevents.com) if they are willing to help out. If you are racing the 5K, you could extend your fun and volunteer for the Marathon/Half Marathon and earn race credits for yourself or as a donation to our main beneficiary. Remember, there's no way we could put on this event without the help and support of our volunteer team. Many have dedicated hours of time to this event. So please be extra-nice to our course marshals, water station crew, flaggers and anyone helping out. Thank them as often as possible because we want them to all come back next year! 😊

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

APPLETREE EXCLUSIVE HEALTH PARTNER  
**PEACEHEALTH SOUTHWEST MEDICAL CENTER**

APPLETREE MEDIA SPONSOR  
**COLUMBIAN NEWSPAPER**

APPLETREE POST-RACE MEAL & PARTY SPONSOR  
**The Eatery at the Grant House**

### **PARTNERS**

Thank you to our Partners who support our WHY Racing events year-round!  
**Deschutes Brewery Fleet Feet IQ Credit Union**  
**Franz Bakery KIND Humm Kombucha Red Bull**  
**XTERRA B & W International COVA**  
**Don Franciscos Coffee RUDY XXi2**  
**Northwest Personal Training**

### **SPONSORS**

Thank you to our sponsors who support APPLETREE  
**McCords Vancouver Toyota Running Princess**  
**Corwin Chucks Produce AMR Latte Da**

### **VENDORS**

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!

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**BENEFICIARIES:** The Main Beneficiary of the APPLETREE Marathon Festival is the Police Activities League (PAL). The mission of PAL is to promote positive relationships between police officers and youth through community based educational programs and recreational opportunities. We have numerous officers who will be running APPLETREE to raise funds for PAL and some will even be in FULL UNIFORM! We have also partnered with Friends of the Fort and the Historic Trust to highlight the History of Vancouver with our “Run through History” theme. In addition, there will be schools, teams, and non-profits at the event and on course volunteering to raise funds for their cause. We want to thank all of you for participating in this event and allowing us the opportunity to support our community.

**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 APPLETREE Event Page because this is where we will also post results, photos and any last minute updates.

<https://www.facebook.com/events/1933174287008338/>

**IMPORTANT INFORMATION FOR OUR ROOKIES:** If you're new to racing, you probably have questions about what to wear and what to eat before and during the event. We've pulled together some information and instructions that should help assure you have a great race.

[Read Important Information for our Rookies here.](#)

**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.

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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 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!

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! The Inaugural year is always the toughest!

Thank you so much for participating in our 1<sup>st</sup> Annual APPLETREE Marathon, Half Marathon & Sunset 5K and helping this event become an annual tradition and something that Vancouver can be proud of!

Have fun, stay safe and enjoy the entire experience!

Sherri McMillan & the entire Why Racing Team

Ps. Forward [this REGISTRATION link](#) to all your friends and family and maybe you'll inspire them to participate! You don't want them to miss out on all the fun!