

The 4th Annual Run to Remember WA event is **NEXT SUNDAY MAY 19TH**! 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.**

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 or Humm Kombucha - 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 - tell all your friends to register before prices go up on Thursday May 16th at midnight! Forward this email and [registration link](#) and maybe you'll inspire them to participate! It will be an exciting race day for all! ☺

VOLUNTEERS: We are close to 100% capacity but still need a few good volunteers.

Big thanks to all of our amazing volunteers! If you have family or friends who are coming to support you and want to volunteer, sometimes we get cancellations so they can still email brianna@whyracingevents.com if they would like to help out.

Remember, there's no way we could put on this event without the help and support of our volunteer team. Many have dedicated hours and 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!

PACKET PICKUP/REGISTRATION: Remember to bring your ID.

Saturday May 18th from 10:00am-6:00pm at:
Foot Traffic Vancouver
305 SE Chkalov Dr.,
Vancouver, WA 98683

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: Our events are sanctioned by USATF, so **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.** Make sure that all parties have signed the online waiver first (this is important if one person signed up multiple people). **Also, please don't send anyone in 17 and under to register or pickup package without their parent/guardian because they can't sign the waiver.** 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 - and that all waivers have been signed.

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.

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. There will be a few lead cyclists and plenty of course marshals and signage to assure you know exactly where you are going. **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 so there are no collisions and try not to run/walk too many abreast.** Please also listen to the course marshals - they are there for your safety. Half Marathoners, when you are on any roadway, be sure to watch for cars. Whenever you have the option, use the sidewalks/paths. We'll also have a designated 'sweeper' to be the last walker (so you don't have to worry about being last). 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>

Half Marathoners - Your race will be split into 3 out and back sections. First, you'll run on roads through Washougal for about a 1 mile out and back. Then you'll enter the Washougal Dyke Trail and run all the way to the gate and back. Then as you near the tunnel back to the finish line, you'll be diverted off the trail onto road for another out and back section. Then you'll be back on the trail to the finish line. Split it up mentally in your head into 3 components and tackle each section one at a time. It's a beautiful, flat and fast course!

WAVE STARTS: 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. If you are fast, start near the front. If you are more of an intermediate runner, start in the middle. If you are a slower runner and/or walker start near the back. Please be sure to seed correctly, 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. Always remember to stay to the right except to pass so others can get around you if needed.

Parents - it's very important if you have kids participating that unless you know they will be one of our leaders, they should start near the back for safety. Kids are notorious for sprinting at the beginning and then stopping abruptly making it a safety hazard for themselves and others.

COURSE SPLITS: Watch for the course splits. We'll have signs to alert you and volunteers but if you're not paying attention, you could easily miss your course split and do extra bonus miles. **Note: please complete the course for the event you registered for – or let us know before the race at Packet Pickup if you want to change distances! Otherwise, it significantly affects result reports for everyone!**

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. You will also notice that you have Tabs on your Bib for a complimentary Humm Kombucha and Deschutes Brewery beer that you can redeem in the beer tent and a meal ticket that you can redeem in the Food line. There is also a Foot Traffic 10% off coupon that you can use at Packet Pickup or your next purchase.

RESULTS: Cascadia Sports Timing will be timing our event. You will be able to find results post-event [here](#). If you click on your name you will be able to see a video of you crossing the finish line and view and print a Finishers' Certificate 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>

MUSIC: During any running segments, we prefer 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 FESTIVITIES – Here's what you can look forward to enjoying once you cross the finish line.

- There will be over 25 vendors at the Finish line! There will be 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 love your finisher bling/medal, finishers' shirt and your Pint Glass courtesy of KICK-EEZ
- Refuel with Fruit from Imperfect Product, Kind Energy Bars, Donuts and Bagels from Franz, and Humm Kombucha
- Don't leave the finish line area without getting your CHOCOLATE from Whimsy Chocolates
- Warm up with Soup (Tomato), Big Hero Sandwiches and Franz Rolls
- Franz Bagels with Cream Cheese/Almond Butter/Jam
- Franz Donuts and Pastries- Yes, we said DONUTS!
- Water, Energy Drink & Humm Kombucha
- And of course, Deschutes Brewery Beer #WILLRUNFORBEER
- *Vegan/Gluten-free options available
- Be sure to make your rounds and share the love with all of our partners so they come back next year!

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.

AWARDS/PRIZES: The awards ceremony for the Mile will be right after the race (time permitting), 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. Here's the current course records - who is up for the challenge?

1 Mile:

Matt Legrand 04:41.0

Danielle Frost 05:51.5

5K:

Austin Weese 18:23.0

Lara Rix 18:00.0

10K:

Christopher Sheaffer 35:19.0

Laura Min 41:30.8

Half Marathon:

Matt Legrand 1:24:19

Madeline Tomseth 1:42:02

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 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...

PARTNERS

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

FOOT TRAFFIC IQ CREDIT UNION

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MCCORDS VANCOUVER TOYOTA

Franz Bakery Kind Snacks Whimsy Chocolates Humm Kombucha

Imperfect Produce XTERRA Wetsuits Northwest Personal Training

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Thank you to our sponsors who support Run to Remember

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Pendleton AMR State Farm Whisper Running

VENDORS

Deschutes Beer Tent * Humm Kombucha * IQ Credit Union * NWPT * Just for the

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Vancouver Toyota * Real Time Pain Relief * Hero's Challenge * Elite Recovery *

Restore Peak Mobility Massage * Northwest Personal Training

We will have over 20 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!

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 including NW Battle Buddies who will benefit from the event.

BENEFICIARIES: Our main beneficiary for Run to Remember WA is Northwest Battle Buddies, an organization who 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 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!

