

ATHLETE PRE-RACE BRIEFING FOR HAGG LAKE 2019

Thank you for participating in the 37th Annual Hagg Lake Triathlon & Trail Festival on July 20th & 21st, one of the oldest triathlons in the country! It will be so cool to be part of this historical event.

Our two day festival starts on Saturday with the Olympic and Sprint Triathlon, Duathlon and AquaBike and Sunday is the Off-Road Triathlon, Duathlon & AquaBike, a 5K Trail Run and Half Marathon Trail Run for those of you who like a little dirt! Since it's a two day event, you have an opportunity to earn a coveted BEAST medal for racing both days and earning double points for the WHY Racing Award Series! Plus you can camp on Friday and Saturday and hang out with us all weekend!

Note: Registration is still open until Wednesday night at midnight for all Multisport events and prices go up after that - tell all your friends they can still join in the fun! Forward this email with the link to register at <https://whyracingevents.com/hagg-lake-triathlon/> and maybe you'll inspire them to TRI, DU or RELAY it!

There is a lot of important information in this email for you to review - especially for those of you who are new to the sport or the venue! It's a long email, but we want to answer all your questions so you can enjoy a stress-free race day. So, sit back, relax & review the material - and start to get excited for race day!

EVENT PARKING - There is a \$7 parking fee for access to Hagg Lake. Due to the size of our event and the limited resources at Hagg Lake, it is required that we collect this fee in advance of the event. You can purchase online when you register, at [this link](#), at Packet Pickup on Friday at Foot Traffic or on Saturday/Sunday at the race venue before the event. Purchasing online or at Packet Pickup will definitely minimize the lines/delays on race morning. When you pick up your packet, we will provide you with a parking pass to be displayed on your vehicle dashboard. This will speed up the process and minimize lines upon entry to the park. We will pay the collected fees along with the remaining 60% of the assessed fee to Henry Hagg Lake Park. **Because of this Park Usage Fee, Hagg Lake participants should NOT purchase a parking pass when arriving at Henry Hagg Lake Park. Athletes should drive straight to Boat Ramp C with your parking pass. If you DO NOT pick up your packet & parking pass, you will need to come to the Registration area**

onsite from 6:00-7:30am at Boat Ramp C and pay for or pickup your parking pass there. Athletes - please share this [parking pass link](#) with your spectators also since Hagg Lake would prefer for us to process all parking related to our event. Parking is limited - carpooling is highly recommended! There is absolutely NO PARKING on the road for the safety of all athletes. Hagg Lake has also required NO PARKING in the Sain Creek parking area just prior to Boat Ramp C. **We recommend that no one try to leave Boat Ramp C until all cyclists are off the road.**

CAMPING: Cost - \$15 per tent for one night or \$25 per tent for 2 nights. Hagg Lake has provided athletes the opportunity to camp onsite adjacent to the transition area. Please be respectful, clean up after yourself, remove everything you bring in and assure lights are out at a decent time to assure we are provided this privilege every year. We will direct you to the mock camping area once you arrive onsite. Here are the camping rules that Hagg Lake has provided us and adhering to them will definitely impact our ability to camp here each year.

- **All garbage generated by campers must be packed out.**
- **No open flame in the park except in park camp barbecues.**
- **ABSOLUTELY NO use of the lake in any capacity between 9:00 p.m. and 7:00 a.m.** including wading, floating, swimming, canoeing or kayaking.
- **No amplified sound or bright lights between the hours of 9:00 p.m. and 7:00 a.m.** Flashlights, lanterns, and the like are acceptable.
- **Portable restrooms will be available for campers.**
- **Please attach your Camping Pass outside your tent so rangers can easily see that you have purchased the Camping Pass.**

If you did not purchase a camping pass when you registered, you can purchase at

<https://why-racing-events-inc.myshopify.com/products/hagg-lake-camping>

PACKET PICKUP/REGISTRATION will be held on **Friday, July 19, from 10am until 7:00pm at Foot Traffic (Portland Westside)**

Foot Traffic West Side Portland 13306 NW Cornell Road, Portland, OR 97229

We strongly encourage you to pick up your packet at on Friday to minimize stress and delays on race morning. You can also pickup any last minute race items. There is a 10% Foot Traffic coupon on your Bib so if you need any gear, let's support our partners for all they do for our multi-sport community! **Be sure to have your ID or USAT Membership card with you! IMPORTANT: When you come to packet pickup, please verify that your name, age, gender and event information are correct on the label on your packet.**

Now that our events are sanctioned by USAT **you are required to pick up your own packets. 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.

DAY-OF-RACE PACKET PICKUP/REGISTRATION will be held from 6:00am to 7:30am at Boat Ramp C, Henry Hagg Lake Park, for those of you who can't get to Packet Pickup on Friday.

IN YOUR RACE PACKET - In your packet, you will find your Bib Number (this must be worn on your front during the run and visible when you cross the finish line), your Helmet Number (put on the front of your helmet for multisport athletes), bike number (multisport athletes place on your bike prior to entering the transition to setup), a swim cap (color designates your start wave - always pay close attention for specific wave start announcements as, on occasion, an athlete may have been given an incorrect cap color), a timing chip and ankle strap (must be worn on your left ankle throughout the race for multisport only). 5K & Half Marathon Trail Runners will NOT have a Bike, Helmet Sticker, Swim Cap or Ankle Timing Chip.

DISPOSABLE TIMING CHIP - You will receive a Disposable Timing Chip that you must wear on your left ankle throughout the race. The timing chip is part of the strap and not two components. You must dry-fit the timing strap for comfort before peeling away the tape to expose the adhesive. Once the strap is sealed on the left ankle it must not be removed or the integrity of the seal will be compromised which will increase the chance of the timing strap coming off in the water. If wearing a wetsuit, there is no

problem wearing the strap under the leg of the wetsuit (be careful when taking off your wetsuit that you do not break the strap and leave your chip inside the wetsuit). You DO NOT need to return the disposable timing chip at the end of your race but they are recyclable so please place them in the recycle bins designated for the timing chips.

RACE LOCATION: HENRY HAGG LAKE PARK IN FOREST GROVE, **BOAT CAMP 'C'**, Address: 50250 SW Scoggins Valley Road, Gaston, OR 97119

From Portland take Hwy 26 (Sunset Hwy) west to the Glencoe Road/North Plains turnoff (exit #57-about 17 miles). Turn left onto NW Glencoe Road and travel 1.35 miles and turn right onto Zion Church Road. Continue south for approximately 3.65 miles through a flashing yellow light (NW Susbauer Rd) to the first of two traffic circles. At the first circle, travel counterclockwise to the first exit out of the circle towards Forest Grove on Verboort Rd. Travel another 0.45 miles to traffic circle #2. Continue counterclockwise 3/4 around the circle to Martin Rd. Travel another 1.9 miles turning left onto Quince St (Hwy 47). Continue straight ahead 0.4 miles crossing Rt 8 (TV Hwy) and remain on Route 47 towards Yamhill and McMinnville for another 5.2 miles. You will travel through Dilly before turning right at the flashing yellow light onto Scoggins Valley Road (brown sign on left side of Hwy 47: Scoggins Valley Park/Henry Hagg Lake). Travel 3.0 miles to the park entrance. Turn left onto SW West Shore Drive, crossing the Dam and then clockwise four miles to Boat ramp C.

START TIME & WHEN TO ARRIVE: Races start at 8am on both days with wave starts for the Triathlons & AquaBike and Mass Starts for the Duathlon. **The 5K & Half Marathon Trail Run will begin at 9am but try and be at the park by 8am to avoid any delays once the multisport events start.** Transition area will open at 6:00am and we suggest you plan to arrive between 6:00-7:15 at the latest to allow enough time to get situated and organized in the transition area, take a potty break, warmup and get yourself mentally and physically prepared. Pre-race announcements will begin at approximately 7:45am.

START WAVES - Please listen very carefully for your correct wave at the start of your race. **AquaBike, Clydesdales, Athenas, Relay teams and Friends & Family will have their specified waves - do not mistakenly go with your Age Group if you are in these optional divisions.** If you start in the wrong wave, it will affect your results and everyone else's

results too! The Friends & Family wave is for those who want to start specifically with someone else. You must have signed up for this division prior to race day in order to go in this wave – it is a non-competitive wave.

OLYMPIC TRI WAVES - SATURDAY:

- **Wave #1 (8:00AM) – Males 39 & Under (WHITE SWIM CAPS)**
- **Wave #2 (8:03AM) –Females 39 and under (PURPLE SWIM CAPS)**
- **Wave #3 (8:06AM) - Males 40 & Over & CLYDESDALE (BLUE SWIM CAPS)**
- **Wave #4 (8:09AM) – Females 40 & over & ATHENA & OLY Relay Teams, All OLY AQUABIKE & Non-competitive Friends & Family division for those who want to swim out of their wave (RED SWIM CAPS)**

SPRINT TRI WAVES - SATURDAY

- **Wave #5 (8:25AM) – Males 39 & Under (GREEN SWIM CAPS)**
- **Wave #6 (8:28AM) – Females 39 and under (PINK SWIM CAPS)**
- **Wave #7 (8:31AM) – Males 40 & Over & CLYDESDALE (GOLD SWIM CAPS)**
- **Wave #8 (8:34AM) – Females 40 & over & ATHENA & Sprint Relay Teams, All Sprint AQUABIKE & Non-competitive Friends & Family division for those who want to swim out of their way (YELLOW SWIM CAPS)**

OLYMPIC DUATHLON – Starts SATURDAY at 8:00am

SPRINT DUATHLON – Starts SATURDAY at 8:25am

OFF ROAD TRIATHLON - SUNDAY

Wave #1 (8:00AM) – All Males & Clydesdale (ORANGE SWIM CAPS)

Wave #2 (8:03AM) – All Females, Athena, Relay, AquaBike, Friends & Family (RED SWIM CAPS)

OFF ROAD DUATHLON – Starts Sunday at 8:00am - Time Trial start

5K & HALF MARATHON TRAIL RUN – Starts Sunday at 9:00am (but please be onsite by 8am for the safety of cyclists)

AQUABIKE ATHLETES: This race category is perfect for non-runners and those suffering from an injury. You will complete the specified Swim and Bike distances for the race you have registered for. You will then rack your bike, exit through the Relay team Entrance/Exit (WHERE THERE ARE NO TIMING MATS) and then make your way through the finish line so you can collect your medal and where we can celebrate your accomplishment.

MANDATORY ATHLETE DEBRIEFING - All multisport athletes must have their transition set up and be out of the transition area by 7:45am. Once the timing mats go live just prior to 8am, if you cross them it will start your timing and negatively affect your results. Athletes arriving at the park after 7:30am will not have time to setup and be at their race start by 7:45am, and may not be allowed to participate due to safety issues. We ask all participants to be at their race start location in time for the final athlete de-briefing at 7:45am (Duathletes to their start line; Triathletes & AquaBike to the beach). On Sunday, all 5K & Half Marathon Trail Runners will receive pre-race instructions at 8:45. Please be onsite by 8am for the safety of the cyclists.

BEFORE ENTERING TRANSITION AREA - For the safety of your bike and equipment, only registered participants are allowed in the transition area. You must have your body marked and your bike number on your bike before you will be allowed into the transition area. When you enter/exit, you will be asked to show your Bib # and body marking and it must match the number on your bike. Please don't get upset at the volunteers for enforcing this rule - it's in place to protect your cool gear. A triathlon transition would be a primo location for bike thieves! Note, when setting up your transition spot, please set up your bike based on your bib number and alternate bikes on each side of the bike rack – AquaBike & Relay waves will have their own area. Also be sure to not to take up too much room - we have to fit a lot of triathletes into the area. Set up your bike and then right beside or under your bike, set up a small towel with all your stuff on the

towel. A good rule of thumb is not to use any more than 1.5 feet of space beside your bike. Trail Runners can also use the Transition area to store gear (or store in you vehicle)

When you get your transition spot set up, make a mental note and take a moment to get oriented to the transition area. After you complete your swim, you will enter the transition through the entrance titled "SWIM ENTRANCE". You will leave the transition on your bike, through the exit titled "BIKE EXIT". After your bike, you will re-enter the transition area through the entrance titled "BIKE ENTRANCE". You will leave for your run through the exit titled "RUN EXIT". It is important that you understand the flow of the transition area because timing mats are set-up at these specific exits/entrances to collect your separate event splits. Always be sure to run over the Blue timing mats.

BODY MARKING - When you arrive at the transition on race morning, there will be volunteers to mark your body with markers for safety reasons.

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

- "T" for Triathlon
- "D" for Duathlon.
- "AB" for AquaBike

- "O" for Olympic "S" for Sprint on Saturday

Right Calve - Your age will go on your Right calve - that way you can easily see from behind if an athlete is in your age group and whether you need to speed up! ;) If you are on a Relay Team, we will also place an "R".

Both Arms - Your Bib # will go on both arms.

Body Marking is not required for Trail Runners.

COURSES – Review the website link below for detailed course descriptions and maps. The Olympic Triathlon swim will be a counter-clockwise double loop, and the Sprint Triathlon swim is a single counter-clockwise loop. Buoys should always be on your left. Be aware that the sun will be reflecting off the water during the swim and be prepared for it. The bike courses will be a double loop around the lake for

Olympic Triathletes and a single loop for Sprint athletes and each loop has an out and back component on Scoggins Valley Road. The 5k and 10k run courses will take a Right Turn out of the park and are a simple out and back course on the paved road (no trails)...well 'simple' is a relative term! The Off-Road events will utilize the trail system around the lake with the Bike completing a complete Loop around the Lake, the 5K Trail Run completing an out and back on the trails and the Half Marathon Trail Run also completing one loop around the Lake.

<https://whyracingevents.com/hagg-lake-triathlon/course-details/>

WATER STATIONS – On Saturday, you will have 2 water station opportunities for the 5K and 5 water station opportunities for the 10K runs. On Sunday, you will have 1 water station opportunity along the 5K Trail Run course and 3 water station opportunities along the Half Marathon course. You will have access to water, Gatorade and gels.

BATHROOM FACILITIES: We've ordered Porta-potties for the start/finish/transition area and you will pass a porta potty about mile 1.5 for the Sprint Run course and Mile 1.5 and Mile 4.5 for the Olympic run course.

THE RULES OF THE RACE – Hagg Lake is a USAT Sanctioned event and follows all USAT Competitive Rules. These rules are intended to provide an organized and fair competitive environment for all athletes. It is your responsibility to understand and adhere to these rules so we suggest you review all [USAT Rules here](#). At the very least, review this list of the [most common USAT Rule violations](#) so you will fully understand and avoid these common infractions which include drafting and blocking on the bike, lack of helmet, not fastening a chin strap, lack of handlebar end caps, music/ipod headsets on the bike and unsportsmanlike conduct. Music is allowed during the **runs only - with only 1 ear bud in and 1 ear bud out** so you can hear instructions (there will be lots of course marshals who will need to communicate with you) and for the safety of all. **ABSOLUTELY NO MUSIC/IPODS** during the Bike course – grounds for automatic disqualification. This is for everyone's safety. We also request that if you chose to use a personal music device during the run that you keep the volume to a minimum to assure all instructions can be heard.

OFF-ROAD MULTISPORT RULES: Feel free at anytime to get off and walk your bike or walk along the trail in any areas that are technical or

too advanced for your current skills. Note the first few miles of the Trail are the most technical so don't get discouraged. It gets better after that.

- **Passing:** Lapped riders must yield to overtaking riders. Riders should voice the command "On your left," when overtaking another. It is the responsibility of faster rider to overtake safely. Slower riders must yield to the passing rider on the first command. In the event two riders are racing for position, the leading rider does not have to yield position to the challenging rider. However, a rider may not bodily interfere with or impede another rider's progress.

Course: An Off-Road Triathlon often has many trail junctions. You are responsible for understanding the course and how it will be marked and paying attention at all intersections to assure you stay on course. It is suggested that you slow down at all upcoming intersections to minimize any wrong turns and assure you stay on course with the least amount of back-tracking. Along the Hagg Lake course, you will always have the Lake on your Right and the Road on your left so although you may get off course, you won't get too lost for too long. If you haven't seen a course marking in about a 1/2 mile, turn around to find your last course marking.

- **Drafting:** Drafting is allowed.

RELAY TEAMS: Teams are a great way to bond with friends, family & co-workers in a fun and active way! After having your body marked, please place your gear and bike at the designated RELAY area in transition. Each Relay Member will have their own timing strap to place on their left ankle. The swimmer will wear the designated Swim cap for Relay Teams (not their age group), the Biker will place the Bike Stickers on their bike and helmet and Runner will wear the Running Bib. All Relay members will have a bib so everyone has their food and beer ticket - very important ;) After body marking, please place your gear and bikes at the designated "Relay" area in the Transition. The swimmer will complete their swim and then will tag the cyclist in the relay zone who will then un-rack their bike and walk/run through transition to mount their bike. Once they return from their ride, they will rack their back and then tag the runner who can then take off for their running segment. Once you complete your leg, remove your timing strap so you don't accidentally walk over a timing mat. We encourage all Relay Members to meet their runner at the finish line and run across together to collect your finishers' medal as a team.

BIKE TROUBLE: Velofix 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.

WET SUITS are acceptable but not required. It's a matter of preference. Lake temperature is estimated to be in the mid-70s. We will announce a current reading race morning.

SAFETY BOATS - Boats & kayaks will be positioned around the swim course for your safety. If you need help during your swim, simply move towards the inside of the course, raise your arm, and yell. It is ok to take a break and hold onto the side of a kayak or paddleboard. If you choose to be pulled into the boat, you will be transported to the shore and given a DNF status. **If you are nervous about the swim, let the rest of the athletes in your wave go and then start in a more relaxed fashion without getting kicked or hit.**

T-SHIRT & SWAP - We hope you like your commemorative 37th Annual Hagg Lake finishers' racing tank. Wear it proudly as a reminder of your accomplishment - Hagg isn't easy and this shirt is like a badge of honor! If the size of the shirt you ordered does not fit, we will be hosting a "Shirt Swap" at the end of the event. We cannot guarantee there will be a particular size available, since it will depend on left over shirts, but we will do our best to accommodate your request.

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.

RESULTS: Cascadia Sports 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 Timing van immediately** – sometimes people change race distances and don't let us know which negatively affects results or sometimes 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 [the Results link](#).

Cascadia Sports Timing also offers a complimentary video of you crossing the finish line and a custom finisher certificate linked to each athletes' 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's a great reminder of your accomplishment!

Last, there is 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>

MEDICAL & FIRST AID – Western States University will be overseeing our Non-Emergency Medical needs and will be located at the finish line. We will also have an Ambulance onsite for any Emergency Medical needs. If you witness or are having any type of medical issue, immediately seek out a race official or volunteer who will get help and/or call 911. If you discontinue the race for whatever reason, please notify a race official immediately.

LOST AND FOUND: Any equipment that is found and unmarked will be taken to Lost and Found at the stage. Please come to the event with all personal belongings marked with your name and/or phone number. Post-event all items will be brought back to Why Racing headquarters and you can email info@whyracingevents.com or call 360.574.7292 to confirm if found and if you would like your items shipped or picked up in Vancouver WA.

AWARDS/PRIZES - We will award the Top Three Overall Men and Women and Top Masters Female and Male for both the Triathlon and Duathlon & 5K/Half Trail Run divisions and the Top Male & Female for the AquaBike division. In addition, we will acknowledge the top 1st, 2nd or 3rd Age Group or Division winners. Note – we practice no double-dipping on awards. You will all receive a fabulous finishers' medal because you are all winners!

POST-RACE FESTIVITIES - Festivities include DJ and music, Pre-race meal, Deschutes Brewery Beer. Awards ceremony, vendors, & great post-race stories with awesome athletes like you! #WILLSWIMFORBEER #WILLRUNFORDESCHUTESBREWERY #WILLBIKEFORBEER #TRANSITION3

FREE PHOTOS FOR ALL ATHLETES THANKS TO IQ CREDIT UNION

Photographers will be on the course capturing action shots. Be sure your race number is visible on your front at all times during the run and on your helmet during rides, so the photographer can match you with your photos. You will be emailed a link post-race so you can download and share all your photos. Remember to smile big – the backdrops are awesome and these photos will probably become your new Facebook profile shot!

In order to be entered to win, post photos at any Why Racing event using the hashtag #WHYracing, #WHYA2, #WHYTOYOTA and #ThanksIQ. We will announce the winner at our end of race season party in the fall. There is no limit to how many times you can post photos! Just make them fun and active!

SPECTATORS – Remember to have your spectators purchase a Hagg Lake Parking Pass online or at Boat Ramp C - PPU/Registration tent (do not get pass at park gate). We welcome and encourage spectators and even allow them to run across the finish line with you. Please advise friends and family that, for the safety of the participants' equipment, spectators are not allowed in the Transition area. No exceptions. We encourage spectators to stay in the flagged area and to not go up to the road at the top of Boat Ramp C, for safety reasons. **Please also inform your spectators that they should NOT drive the Bike course to minimize any safety concerns for the cyclists.** The best location for spectators is right around the finish line where they can watch you swim, bike out and in and run out and finish. Tons of action!

PARTNERS, SPONSORS AND VENDORS: There is absolutely no way we could have pulled this event together without the support from our Partners, Sponsors & Vendors. So please check out their displays, sample products, learn about these great companies and join us in thanking...

Deschutes Brewery * IQ Credit Union

Foot Traffic * PEACEHEALTH
Franz Bakery * HUMM Kombucha * KIND Snacks
Gatorade * Pepsi * Don Francisco Coffee
VeloFix * XTERRA * A2 Bikes * Rudy * XX2I
University of Western States * Visit Central Oregon
Northwest Personal Training
Imperfect Produce * RoadNoise * Shop CBD Now
Power Crunch * Whimsy Chocolates * Linda Salzano Coffee Cart

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.

WHY RACING 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 programmer and triathlete has created a program that is based on a point system which 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. Current Award Series points can be found for Triathlon or Duathlon standings for Spring Classic, Blue Lake & Pacific Crest via the link below:
<https://whyracingevents.com/triathlon-duathlon-awards-series/>

FACEBOOK: Can we be friends?! Please like our [Why Racing Events Facebook page](#) for upcoming event info, training tips and inspiration. Please share your post-event stories and photos on our page! We love hearing about your WHYs! Please also join the [HAGG LAKE Facebook event page](#) where we will post any last minute event updates.

BENEFICIARIES: Why Racing Events Inc. is proud to support High School Sports programs and various local non-profits. Contributions to local causes and non-profits have exceeded \$3,000,000 from all of our events. 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 and enabling us the opportunity to extend this support to high school athletes and other worthy organizations.

VOLUNTEERS - We still need a few good volunteers. If you have family members 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. Have them email brianna@whyracingevents.com if they are willing to help out. They get lunch, beer and can even earn race credits for you! You could also race one day and volunteer the next and help out your fellow athletes. Come and camp with us and hang out all weekend! 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. Thank them as often as possible because we want them to all come back next year! ☺

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!

ADDITIONAL LODGING

Forest Grove Chamber of Commerce (503) 357-3006

[Larkspur Landing Hotel: \(503\) 681-2121](#)

[Forest Grove Travel Lodge Suites: \(503\) 357-9000](#)

[Best Western Rama Inn \(Forest Grove\): \(503\) 992-8888](#)

[Grand Lodge by McMenamins \(Forest Grove\): \(503\) 992-9533](#)

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, especially after just completing our biggest event of the year at Pacific Crest! 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 soon! Train strong and be safe!

Sherry McMillan & your 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 at <https://whyracingevents.com/hagg-lake-triathlon/training-preparation/> 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!

Pps. Forward this email with info and links to your friends and maybe you'll inspire them to participate, too! The more the merrier!

[Register and Details for Hagg Lake](#)