

Welcome to the 23rd Annual Pacific Crest Endurance Sports Festival
June 28-30th, 2019 • Sunriver Oregon
Planning, Preparation & FAQs

Each year during the last weekend in June, thousands of athletes, their families and friends converge in beautiful, scenic Central Oregon to take part in the Pacific Crest Endurance Sports Festival. This year marks the 23rd year for this event and is expected to draw over **19,000 athletes, volunteers, vendors & spectators**. Pacific Crest is known as the jewel of multi-sport events in the Northwest and is a destination race for competitors of all ages from across the country and around the world!

This event with 20 different races including 26 & 55 mile Tour de Crest Bike Tours, a 72.3 BEASTMAN, Olympic & Ultra-Sprint Triathlon/Duathlon/AquaBike, Marathon, Half Marathon, 10K, 5K, 28K & 50K Trail Run and 3 Kids races is such a unique and spectacular experience that families and friends make it an annual **RACE-cation** tradition!

TRAVEL & ACCOMMODATIONS: Pacific Crest Endurance Sports Festival is hosted within the resort town of Sunriver Oregon, 15 minutes from Bend Oregon and right in the middle of Central Oregon where you can enjoy 63 holes of golf, the SHARC aquatic and recreation center, breathtaking hikes, whitewater rafting, paddle-boarding and lazy river tubing, 35 miles of paved bike paths, mountain biking, more than 30 tennis courts, fishing, full-service marina and stables, spas, shopping and restaurants and so much more! Since there is so much to do, most participants will make it a RACE-cation and stay an entire week or more.

The Central Oregon Visitors Association is Pacific Crest's official provider of Visitor Information. Go to visitcentraloregon.com or call COVA's free Concierge Service at [800-800-8334](tel:800-800-8334) to plan your entire stay in Bend-Sunriver, Oregon (lodging, activities, dining and transportation).

COVA will help you decide where you want to stay and what is still available - properties fill up quickly so don't delay on booking your accommodations! Since the race takes place within Sunriver, staying in one of the sponsoring Sunriver properties is going to be your best option logistically allowing you to easily get around and COVA will help you find the best place close to all the venues. Plus, the sponsoring Sunriver properties including

Bennington Properties, Sunset Lodging, Village Properties, Mountain Resort Properties, Cascara Vacation Rentals, Vacasa, and Sunriver Resort offer great deals for all of our Pacific Crest racers! Choose from nearly 700 homes, condos and cabins! There are many large homes available allowing friends and families to stay together and share the costs. It makes for enjoyable, quality time as you laugh and share race stories while soaking in a hot tub, feasting on a BBQ, playing in the backyard, & having a few drinks!

COVA can also provide other housing options including staying in Bend (15 minutes away) for those of you looking for a little more night life! COVA can even help arrange for **camping at the North Wickiup Reservoir** (Gull Point). How wonderful would it be to just wake up and be right at T1?!

For athletes flying in, COVA will also help you decide whether you want to fly into Portland Airport (PDX – 3 hour drive), Bend/Redmond Airport (15 minute drive) or the private Sunriver Airport. They will also help rent a vehicle which we recommend so you can easily get around the race venue and see everything Central Oregon has to offer.

PACIFIC CREST APP: NEW LOCATION FOR THIS YEAR - Do not use the old APP! Download Sporthive Live to your phone or device to make race weekend easy! The app has all the 2019 race weekend information you need including the schedule, course maps, important information and FAQs, directions, parking info, sponsor info, selfies, results and more! It's also a very easy way for us to communicate any last minute or emergency updates and for you to have all the information you need right on your cell phone.

Use this Link -	https://live.sporthive.com/event/6526/App OR
Search -	In App Store or Google Play 'Sporthive Live'
Download -	Mylaps Sporthive Live to your phone or device
Select -	Pacific Crest app in Sporthive Live
Open -	Open and the app reveals all race weekend info!

PARKING WITHIN SUNRIVER: Parking is prohibited on the roadsides within Sunriver. To ensure the continuation of this unique Central Oregon event, we ask that Pacific Crest participants and guests abide by ALL parking restrictions and

regulations. Please park in designated parking lots/areas only! Since parking is very limited within the Sunriver/Athletes Village area, here is the parking plan to assure the least amount of stress and delays for all athletes:

- **Packet Pickup & Expo** – You can imagine that thousands of athletes and 15,000 of their friends & family converging into a small town can pose some challenges. So remember to car pool and if your house is close enough, walk or ride your bike to Packet Pickup and the Fitness Expo and last, practice good patience if the lines get a little long.
- **Race Day for Triathletes/Duathletes/AquaBike** – Your friends and family can bring you up to the start of the races at Wickiup Reservoir (T1), but parking is limited so expect delays, plan to arrive early and please follow the Parking Attendants' directions. You cannot drop off right at the entrance to the park on race morning but instead, must park along the road and then walk your gear back to the Boat Ramp (T1). Do not park on either side of FS Rd. 4260 or within the campgrounds just to the north of the transition zone. You will be asked to move your vehicle immediately or you will be ticketed if your vehicle is left unattended. No Exceptions – this is a permit requirement. **If you do not have someone driving you, you CANNOT park your own vehicle at T1! Remember, this is a Point-to-Point race!** We've had some racers in the past who hadn't thought this through and parked at the start and then, at the end of the day after they'd finished their race when they were tired and exhausted, they were not too happy to realize that they were stranded with their vehicle 30 miles away back at the start! For those without transport to T1, the best option is to purchase a [Bus Transport ticket \(\\$25\) online](#) or at **Packet Pickup** and we will drive you (and spectators) to the start on race morning. **If you did not purchase the Bus Transport ticket when you registered, you can go back into your confirmation email and add on the Bus Transport or just purchase onsite when you arrive in Sunriver. On Race Morning, you will park at T2 (Three Rivers School).** This is best because this is where the buses will pick you up between 5am-7am on race morning and where your bike and all your gear will be at the end of the day (a short ½ mile walk from the finish line). Absolutely No Parking is permitted on South Century Drive next to the T-2 Transition. Park in designated parking areas only. Last, you have to consider how your Bike is going to get to T1 – the trip to Wickiup is 60 miles round trip and will take about 2 hours. You can either bring your bike and gear and set up the day before your race (highly recommended so you can see the swim venue and set up your transition), or send your bike to the lake with Cog Wild who will transport your bike for you and you don't have to worry about it ([remember to purchase a Bike Transport ticket for \\$15 online](#)). Cog Wild will be also be on site adjacent to the Packet Pickup tent to arrange to shuttle your bike/gear to the lake on Friday for Saturday events, and

Saturday for Sunday events at specified times listed on the schedule. Place your Bike Number on your bike and just bring it to them after you pick up your packet. The Cog Wild Bike Shuttle is an optional service for those of you who don't want to drive to Wickiup and will assure your bike is ready for you on race morning. This service is simple and inexpensive, and it allows you more time to enjoy the day in Sunriver. Note, if you are staying in Bend, Cogwild will allow you to drop your bike in Bend – contact info@cogwild.com for more details. You will still need to come to Sunriver to pick up your Race packet.

- **Race morning for all Runners, Walkers & their supporters** – All Marathon, Half Marathon, 5K, 10K and Kids ½ mile and 1 mile dash races start and finish in Sunriver Village but do not try to park in the village because it is very limited and you will get frustrated. Instead, have a stress free morning and have a friend or family member drop you off at the Athlete Drop off point on Abbot Drive and Wild Lily between Circle 2 and Circle 1 adjacent to the village (start/finish for all runners and the finish line for all triathletes is within Sunriver Village). Note: Half Marathoners & Marathoners, there are also 75 parking spots that can be used on Friday and Saturday at the Sunriver Community Church on Theater Drive between Beaver Drive & Circle 2 - this is a great 'secret' parking spot close to the start/finish but limited on a first come, first serve basis and **only available Friday & Saturday**. Do not try to park at the church on Sunday due to Church services.
- **28K & 50K Trail Runners** – Your friends or family can drop you off at Wanoga Snow Park and watch you start your race. Or you can take the shuttles we will have available from 5:00am-7:30am leaving the Athlete Drop off point located near the Abbot House between Beaver Drive and Circle 1, adjacent to the village and will take you to Wanoga Snow Park. Remember, do not drive yourself and park at Wanoga park because you will need to figure out how to get your car once your race is over since this is a point-to-point course.
- **Tour de Crest and Splash, Pedal & Dash families** should park at the SHARC (T1 for the Kids!) or the Sunriver Community Church on Friday (T2 for the kids!)
- **Training Rides** – Bikes are not allowed on the roads within Sunriver (you must stay on the paved paths) so if you want to get in any pre-race training rides, we suggest you park at Three Rivers School (T2) and start and finish your training rides from there.

DIRECTIONS TO VARIOUS RACE VENUES:

Sunriver Village to Wickiup Reservoir (T1)

- Turn right (on to Beaver Drive) when leaving the Village. Drive to the stop sign.
- Turn left at the stop sign (on to Abbot Drive). Go to the traffic circle.
- Take the first exit off of the Traffic Circle. Go through the Stop Light
- Take the first left turn after the stop light (S. Century Drive)
- Shortly after the La Pine Fire Station on your left, S. Century Drive makes a right turn
- Make the right turn and stay on S Century (FR 42) for about 20 miles
- At approximately 20 miles, you will be making a left turn off of S. Century (FR 42) at Twin Lakes Road (FR 4260)
- Turn left at Twin Lakes Road (FR 4260) and follow it to Gull Point
- There will be signage at Twin Lakes Road to alert Pacific Crest athletes and spectators to turn left onto Twin Lakes Road (FR 4260)

Sunriver Village to T2 (Three Rivers School)

- Turn right (onto Beaver Drive) when leaving the Village. Drive to the stop sign.
- Turn left at the stop sign (on to Abbot Drive). Go to the traffic circle.
- Take the first exit off of the Traffic Circle.
- Go to the Stop Light and turn left about ½ mile
- As soon as you make the left turn at the stop light make another left turn within about 20 yards.
- Just past the gas station turn left and you are at Three Rivers School.

Sunriver Village to Wanoga Snow Park for 28K & 50K Trail Run:

- Turn right (onto Beaver Drive) when leaving the Village. Drive to the stop sign.
- Turn left at the stop sign (on to Abbot Drive). Go to the traffic circle.
- Take the first exit off of the Traffic Circle onto South Century Drive / Turns into Spring River Road / Turns into Conklin Road/NF 40
- Veer to the Right onto Edison Ice Cave Rd/Forest Service Rd 45
- Turn Right onto Cascade Lakes National Scenic Byway
- Wanoga Snow Park on Right (Deschutes National Forest, Cascade Lakes Highway, Bend, OR 97703)

Bend to Wanoga Snow Park for 28K & 50K Trail Run:

- Travel west on Cascade Lakes Highway (46) approx. 15 miles

Sunriver Village to SHARC (For Kids Splash Pedal & Dash & Tour de Crest)

- Turn Left (onto Beaver Drive) when leaving the Village

- Drive a short distance (approx. ¼ mile) and turn Left onto Theater Drive (SHARC will be on the right)
- You can also take the paved trails from Sunriver Village. Ask a volunteer for directions. It's approx. ½ mile walk.

SCHEDULE FOR RACE STARTS/PACKET PICK UP/EXPO & ALL

ACTIVITES: There's so much going on at Pacific Crest that you might have a hard time keeping track of all the fun activities going on. [Print this MASTER SCHEDULE](#) and carry with you so you don't miss out on anything! Better yet, download our Pacific Crest app so you have with you on your phone!

RACE TIMES:

- **50K & 28K Trail Run – Friday at 7am SHARP for the 50K and 7:30am SHARP for the 28K at Wanoga Snow Park**
- **Tour de Crest 26 & 55 mile rides - Friday at 7:30am SHARP at the SHARC**
- **Kids Splash Pedal n' Dash - Friday at 4pm at the SHARC**
- **Marathon & Half Marathon - Saturday at 7:00am in Sunriver Village by the Registration Tent**
- **72.3 BEASTMAN Tri/Du/AquaBike - Saturday at 8:00am at Wickiup**
- **Kids ½ Mile & 1 mile Dash - Sunday at 8am in Sunriver Village**
- **Olympic & Ultra-Sprint Tri/Du/AquaBike – Sunday at 8:00am at Wickiup**
- **5k Run/Walk - Sunday at 8:30am in Sunriver Village by Registration Tent**
- **10k Run/Walk - Sunday at 8:45am in Sunriver Village by Registration Tent**

PACKET PICKUP / REGISTRATION HOURS - ON-SITE: Located in Sunriver Village at the Packet Pick up / Registration tent adjacent to the Bank of the Cascades and behind Village Bar and Grill. Please refer to detailed Master Schedule for all times. **Remember that you must have your ID when you pick up your packet and if you are sending someone else to pick up your materials, you must sign and print this [authorization form](#) and send them in with the completed form and a copy of your ID. If you have personally registered multiple people and want to pick up their packages, make sure they have signed their waiver online and completed the authorization form, or you will not be able to pick up their packets.**

WATER STATIONS: Water and energy stations will be located at the start/finish of each race and approximately each mile along the paved run courses. Four water stations will be available for the 28K Trail Run (Two will be fully stocked and the others will contain water, energy drink and energy gels). Six water stations will be available for the 50K Trail Run (Four will be fully stocked and the others will contain water, energy drink and energy gels). Three water/energy drink stations will be provided on the 72.3 BEASTMAN Bike Course (No Bike Water/Energy stations along the Olympic and Ultra Sprint Bike Courses). The 72.3 BEASTMAN Bike water stations are bottle exchanges, so you must give up a bottle to get a new bottle. There will be hydration stations at the swim/bike (T1) and bike/run (T2) transitions. We will also have water/aid stations along the Tour de Crest rides. The 2019 Pacific Crest Energy/Electrolyte drink is Body Armor, a coconut based product.

PORTA POTTIES: Porta potties will be available at the start/finish line for all races and available at least every 1-2 miles along the paved run courses, at each of the 72.3 BEASTMAN Bike and Tour de Crest water stations and at T1 & T2. The 28K Trail Run athletes will not have access to porta potties along the trails until they reach Sunriver – please be prepared. There are bathrooms available along the 50K Trail Run at about Mile 12 at Edison Butte off the trail across the road however, we suggest you carry toilet paper and be prepared.

COURSES: If you would like to review course details and maps for all events, you can review [Course Details here](#). Although all courses will be marked and monitored, athletes are still responsible for understanding course routes.

HEADSETS/EARBUDS/PERSONAL MUSIC DEVICES: Absolutely no music devices are allowed during any bike segment for obvious safety risks and will result in immediate disqualification. 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.

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 Cascadia 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!**

After the event, Cascadia Sports Timing will post a Finisher's certificate for all athletes to view and print from your personal results link as a wonderful reminder of your accomplishment. You'll also be able to click on your personal link and see a clip of you crossing the finish line. Post-event, you will be able to view all **[Pacific Crest RESULTS & PHOTOS here.](#)**

Cascadia Sports Timing also 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: We believe you're all winners regardless of whether you are our first or last place finisher! With that said, we also want to celebrate and applaud the speedsters! The Awards Ceremony will take place at the Main Stage in the Village Bar and Grill Food & Beer area – everyone should attend to eat, drink, share race stories and applaud our champions. Please see the Master Schedule for specific Award Ceremony times for each race.

Pacific Crest 72.3 BEASTMAN Triathlon will be offering a \$4950 Prize Purse (\$2475 x 2 for Male/Female Champions). First place will receive \$1000, 2nd place will receive \$650, 3rd place will receive \$450, 4th place will receive \$250 and 5th place will receive \$125.

We will also be acknowledging the top Three Overall Men and Women and Top Masters Female/Male for each race and Top Male & Female for the AquaBike Races

In addition, if you finished 1st, 2nd or 3rd in your age group or division, you will also receive a Medal and Pacific Crest Commemorative glass - courtesy of our Official Sponsor Village Bar and Grill. Division categories are as follows:

Individual: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 & over.

Clydesdale's (men 220lbs & over) / Athena's (women 165lbs & over) & Relay Teams

SHIRT SWAP: If the size of the shirt you ordered does not fit, we will be hosting a 'Shirt Swap' at the Official Finisher's T-shirt Tent. We cannot guarantee there will be a particular size available at a particular time, since it will depend on left over shirts, but we will do our best to accommodate your request.

LIVE SUNSET CONCERT ON THE LAWN! Join us Friday and Saturday night at the Village Bar & Grill in Sunriver Village to help us celebrate and have a good time! Let's dance under the stars as we bond with our fellow athletes!

FREE PHOTOS FOR ALL ATHLETES COURTESY OF IQ CREDIT UNION

Photographers will be on 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! Also remember to use **#WHYRACING, #PacificCrest2019, #WHYA2 and #ThanksIQ to be entered in for some great prizes!**

SHOWERS - Rinse Showers are available at the finish line after your race. Showers are also available at the SHARC, located 1/4 mile from the Athletes Village, along the Beaver Drive bike path on your race day only. You will need to show your Bib number for access and should bring your own towel.

MEDICAL & FIRST AID – [Adventure Medics](#) will be overseeing all Emergency and Medical needs for the event all weekend. If you are or witness anyone

having any type of medical issue, immediately seek out a race official or volunteer who will get help or call 911 immediately. Western States University will also be onsite overseeing our Non-Emergency Medical needs at Pacific Crest and will be located at the finish line and throughout the race. Our aid stations will all have radio communication. If you discontinue the race for whatever reason, please notify a race official on the course or at the finish line.

SUNRIVER EMERGENCY ALERT SYSTEM: The community of Sunriver has created an Emergency Alert Text system. This will be a source for an evacuation or any threat to the Sunriver Community. Here's how to receive these alerts during race weekend.

- Create a new text message
- Type 888777 in the To/Recipient field
- Type SRALERTS in the message field
- Hit send. You will receive a text notification if you were successful

LOST AND FOUND: Any equipment that is found will be taken to Lost and Found at the Information Tent at the Expo in Sunriver Village. Please come to the event with all personal belongings marked with your name and/or race number. After the 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 want items shipped or picked up in Vancouver WA.

PACIFIC CREST BEAST MEDALS ARE BACK: Are you one of those people?! You know, someone who is always looking to do the incredibly insane, seemingly impossible task. Well, if so and if you are planning to double or triple up your racing at Pac Crest, you will earn the coveted PACIFIC CREST BEAST MEDAL if you do 2 events and the rare 3-HEADED BEAST MEDAL if you do 3 events! So for example, you could do the Tour de Crest on Friday morning, the 72.3 BEASTMAN Triathlon on Saturday and the 5K on Sunday or any combination of available races. Beast medals will be distributed during the award ceremonies Saturday and Sunday. Yes, kids are eligible too! You crazy beasts!

POST-RACE MEAL: Back by popularity, we are continuing with the post-race meal process that we tried last year. Since we host 20 different events over the weekend, depending on which event an athlete is participating in, some athletes may finish in 15 minutes and others in 8 hours. As a result, we have found that it is very difficult to produce a meal that everyone enjoys and stays warm/cold/safe for the extensive time between athletes finishing. At all of our events, we receive feedback from athletes who are either gluten-free, allergic to various food items from dairy to nuts to soy,

others who are vegan and many who have various other food restrictions. It becomes more of an issue at Pacific Crest because of the volume of athletes. Huge thanks to Village Bar and Grill for working with us to come up with this process that allows athletes to eat what they want, when they want and assure the food is not sitting out in the sun all day!

- First, when you cross the finish line, you will receive hydration in the form of water, energy drinks etc.
- Second, when you first enter the Food/Beer tent area at Village Bar and Grill, you will receive fruit, bagels and quick energy snacks for immediate post-race fuel. If you're like many athletes, you're not ready for a big meal right after you finish anyways so this is just to provide you some quick fuel.
- Finally, on your racing bib, you will receive a Tag that will give you \$10 off a meal at Village Bar and Grill. You can redeem this indoors or outdoors and can use it for anything you want to eat off the menu or at the outdoor food tent. You can use it anytime all weekend from June 28-30th so you could go home after your race, shower and come back with your friends and family for your post-race meal that same day or another day during the weekend. You get to eat what you want and when you want. We hope this will provide a much better quality experience and provide you greater value because you can choose the meal you want versus one that we choose for everyone. Village Bar and Grill will offer many items in the Food/Beer tent for \$10 or less so you can choose from that menu to avoid any additional costs.
- On your Bib, you will have a Fruit/Snack tag, the Deschutes Brewery Beer Tag, a Humm Kombucha Tag and your Village Bar and Grill \$10 meal tag. Don't lose these – they are valuable!

WE ARE GUESTS OF SUNRIVER: Remember we are guests of Central Oregon and Sunriver and we want them to like us and invite us back. Please respect the area by not littering or defacing property (which includes not painting words of encouragement on the roads & bike paths – hand held signs are better), respecting all Sunriver regulations, businesses and property and being respectful to Police, Residents/Locals, Race Officials, Volunteers and other Athletes. Also remember that Bikes are not allowed on the roadways in Sunriver – use the available paths. Thank you!

SPECIFIC INSTRUCTIONS FOR MARATHON/HALF MARATHON/10K/5K RUNNERS:

- **Starting Location:** All Run-only events start adjacent to the Packet Pickup Tent in the Athletes Village under the big Foot Traffic arch. The paths are approximately 6 feet wide, perfectly paved and wind through the forest.
- **Pick up your packet prior to race day** to assure a stress-free race morning.
- **Arrive at least 30 minutes prior to your race start** for Race instructions and Warmup.
- Remember to bring **adequate clothing**, as the temperatures can vary from 38 to 90 degrees midnight to mid-day. Be prepared for anything!
- Remember to have your **Bib # on the front** of you as you race and cross the finish line. Your Bib includes your disposable timing chip and does not need to be returned once you cross the finish line.
- Watch closely for all **Course Splits**. Signs will be posted and course marshals available to help direct you but you must pay attention to make sure you don't miss a critical course split and complete more or less than you are supposed to. **Marathoners – you will be completing two loops of the scenic Half Marathon course – don't be tempted to turn into the Finish Line after Loop 1 – just one more to go – you've got this!**
- **Gear Check** – We will provide a Gear Check in the Athletes Village inside the PPU/Registration tent.
- **The Finish Line** - Runners and Walkers will finish their race at the Sunriver Village Mall (Athlete Village) to the cheers of an enthusiastic crowd.
 - Collect your medal – you deserve it!
 - Rinse showers are available as soon as you cross the finish line.
 - Recovery and massage lounge will be available to help ease any aches and pains and allow you to recover more quickly
 - **Eat, drink, be merry, share race stories and enjoy music at the Village Bar & Grill Food & Beer tent. Use your \$10 meal tag.**
 - Enjoy the Fitness Expo & Sunriver Village shops – tons of great deals.

SPECIFIC INSTRUCTIONS FOR MULTISPORT ATHLETES:

- **Packet Pickup** – Inside your packet you will receive your **Bike & Helmet Stickers, Bib, Gear Bag sticker, Gear Bag, Swim cap, Timing chip and ankle strap and any Bus transportation tickets** you have pre-ordered. Attach the bike number sticker to the frame of your bike and place the helmet number on the front of your helmet prior to taking your bike to Wickiup (T1). Place your bib number on either your race belt or on a piece

of clothing to be worn during the run portion of the event. Your bib number must be visible on your front during the run and when you cross the finish line. Place your color-coded Bib # sticker onto your Gear Bag to be used to transport your personal items from T1 to T2. You should write your Bib number on all personal items to be used during the event for identification purposes. Note – **Multi-sport athletes cannot pick up their race packets on race morning in Sunriver Village.** Any packets not picked up prior to race day will be taken to T1 on race morning.

- **Plastic Gear Bag:** Each multisport participant receives one plastic Gear bag to be used to transport gear from T1 to T2. Attach your color coded Bib # to the plastic Gear bag and bring to T-1. All participants are responsible for placing all personal items into gear bag after their swim, and tying the bag tightly prior to leaving the transition area to start the bike ride. While you are racing, we will transport your Gear bag to T2 at Three Rivers School for pickup after your race. **It is very important that all personal items are marked with your race number. Race officials cannot be responsible for any lost items.**
- **USAT Rules for Multisport:** Pacific Crest 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 on the bike, lack of helmet, not fastening a chin strap, lack of handlebar end caps, accepting outside assistance, headsets on the bike and unsportsmanlike conduct.
- **SETTING UP TRANSITIONS:** Multisport athletes can set up their Transition areas (T1 & T2) at the times listed in the Master Schedule only. Saturday athletes can set up their bikes on Friday and Sunday athletes can set up on Saturday or you can also set up on race morning if you have someone drop you off. Be there too early to avoid any delays. Come with your Bike stickers attached and all gear labeled with your name/bib number. Bring 1 small towel for each transition to place your gear on and note that each athlete gets approximately 2 feet of space at the bike rack – approximately 10 bikes/athletes per rack. We highly recommend all multisport athletes set up their transition areas the day prior to your race for a stress-free race morning. Be sure to ask about the flow through transition

so you fully understand where you will be exiting the swim, exiting and returning on the bike and exiting on the run. Bikes and gear will be kept under lights and guarded by security officials until the start of the race. Remember only athletes are allowed in the Transition area – no exceptions for the safety of your equipment.

- **TIMING CHIPS:** Prior to the swim start, all participants must have their Timing Chip/Strap around their left ankle to be worn throughout the duration of the event. 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. You DO NOT need to return the disposable timing chip at the end of your race.
- **BODY MARKING:** Make sure your body has been properly marked prior to the start of the race. **We will do this for you at T1 or T2 or insider tip, you can do it yourself. Your race number goes on both arms, your event category on your left calf (Tri/Du/AB) and your age (or relay) on your right calf.**
- **BIKE TECH:** Bike Techs from Velofix will be at the lake Saturday and Sunday mornings starting at 6:00am for any last minute repairs or adjustments and within the Expo during scheduled hours.
- **ARRIVING ON RACE MORNING:** Arrive to T1 at least 1 hour prior to race start to allow yourself enough time to get your body marked, get yourself organized and allow a cushion for any traffic delays.
- **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 receive a timing chip to place around your left ankle. The swimmer will wear the correct swim cap color for Relay teams and NOT go in their age group wave but in the Relay wave. The Runner will wear the Running Bib. The Biker will place the Bike Stickers on their bike and helmet. After body marking, please place your gear and bike at the designated "Relay" area in the Transition. During competition, the swimmer will complete their corresponding swim distance 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 bike and then tag the runner who can then take off for the final running segment. Once your relay segment is complete, remove your timing strap and leave it in transition so you can freely walk around without

it inadvertently affecting your team splits. 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.

- **FRIDAY NIGHT ATHLETE MEETING:** It is highly recommended that all Saturday & Sunday athletes attend the Friday night Athlete meeting at 6pm at the Main Stage at Village Bar and Grill for race instructions (especially the 72.3 BEASTMAN Athletes). Live Sunset concert and party to follow immediately afterwards!
- **CHAMPION SWIM WAVES FOR 72.3 BEASTMAN TRIATHLETES:** For those who plan to compete for the top rankings on Saturday (note - we are offering Prize Money in the 72.3 BEASTMAN only) and would like to go in the Champion wave, you will need to be registered in race numbers 1-20. The available Champion Wave numbers will be assigned on a first come, first serve basis, until all 20 numbers have been assigned. You must qualify for the top rankings to go in this wave - be ready to show proof of a Top 10 finish. **Please email registration@whyracingevents.com by noon on the Monday prior to the race** or go to the Solutions Desk at Packet Pick-up on Friday if you want to switch into this wave. **REMEMBER, if you decide to race in this Champion category, you ARE NOT ELIGIBLE FOR AGE GROUP AWARDS.**
- **SHIP YOUR BIKE:** Athletes who wish to ship their bikes ahead of the event can contact Village Bike & Ski in Sunriver, Oregon (located in the Sunriver Athletes Village) to arrange for payment terms and proper instruction. Village Bike & Ski requires that athletes who ship their bikes sign a release waiving the shop of any liability regarding the condition of the bicycle when it arrives. Call 541-593-2453 or visit their website at www.villagebikeandski.com for more information.
- **SWIM Portion**
 - Swim portion of all multi-sport events will take place at **Wickiup Reservoir (T1) – approximately 30 miles from Sunriver Village.**
 - **Practice Swimming:** The event provides no lifeguards or medical at the lake prior to race day. Crew members will be placing the buoy markers and buoys for observational purposes only. Any athlete wishing to swim prior to race day does so at their own risk. Be aware that Wickiup Reservoir is a popular fishing spot and boaters are not accustomed to encountering swimmers and may be travelling at a high rate of speed towards the Boat ramp.

- **Swim goggles** and faceplates may be worn.
- **Swim caps** are provided for all Triathlon and AquaBike events based on individual wave starts and must be worn and visible during the swim. DO NOT start outside of your designated wave start. Doing so may result in a disqualification and will affect your results as well as the results of everyone else!
- Water temperature is expected to be between 62-66 degrees and while **wetsuits** are not mandatory, they are recommended. A wetsuit will keep you comfortable in the water via increased buoyancy and warmth.
- No fins, paddles, artificial propulsion equipment or flotation devices are allowed.
- If you are a slower swimmer, move to the rear and to the outside of the swim group. This will greatly reduce the chance of physical contact with another swimmer and allow for a more relaxed swim.
- **Before the race, be sure you understand the swim course and the # of loops required based on your distance.** Take notice of any landmarks that may assist you during your swim. It is the athlete's responsibility to sight the buoys and to stay on course, even if your vision is compromised by fogged goggles and sun in your eyes.
- If you need assistance, move to the inside of the course and raise your hand and **yell for assistance**. If you see another athlete struggling, do the same.
- **Report to the SWIM starting area at least 15 minutes prior to race** start for mandatory athlete instructions. You will be directed to enter the swim corral based on wave division and to be counted by event crew. **Do not start the race without entering the corral with your division and being counted by our staff so we have a record of how many athletes enter the water.**
- **SATURDAY 72.3 BEASTMAN SWIM WAVE CHART**
 - Wave #1 (8:00) (GOLD CAPS) Champion Wave
 - Wave #2 (8:03) (ORANGE CAPS) – Males 44 years & Under
 - Wave #3 (8:06) (SILVER CAPS) – Females 44 years & Under
 - Wave #4 (8:09) (GREEN CAPS) – Males 45 years & Over + Clydesdale

- Wave #5 (8:12) (WHITE CAPS) – Females 45 & Over + Athena
 - Wave #6 (8:15) (RED CAPS) – ALL Relays, AquaBike & Friends & Family
 - BEASTMAN DUATHLON: 8:00AM – TIME TRIAL START
- **SUNDAY ULTRA-SPRINT SWIM WAVE CHART**
 - Wave #1 (8:00) (GREEN CAPS) – Males 44 years & Under
 - Wave #2 (8:04) (PURPLE CAPS) – Females 44 years & Under
 - Wave #3 (8:08) (ORANGE CAPS) – Males 45 years & Over + Clydesdale
 - Wave #4 (8:12) (PINK CAPS) – Females 45 & Over + Athena
 - Wave #5 (8:16) (RED CAPS) ALL Relays, AquaBike & Friends & Family
 - ULTRA SPRINT DUATHLON: 8:00AM – TIME TRIAL START
- **SUNDAY OLYMPIC SWIM WAVE CHART**
 - Wave #6 (8:25) (WHITE CAPS) – Males 44 years & Under
 - Wave #7 (8:29) (YELLOW CAPS) – Females 44 years & Under
 - Wave #8 (8:33) (BLUE CAPS) – Males 45 years & over + Clydesdale
 - Wave #9 (8:37) (SILVER CAPS) – Females 45 & over + Athena
 - Wave #10 (8:41) (GOLD CAPS) ALL Relays, AquaBike & Friends & Family
 - OLYMPIC DUATHLON: 8:20AM – TIME TRIAL START
- Upon completion of your swim, exit the water and cross the timing mats on your way to the transition area. Retrieve your bike, fill your gear bag with all items you will not be taking with you and securely tie your bag. Walk through the transition area, cross the timing mats as you leave transition and mount your bike at the designated area.
- **BIKE portion**
 - Place your **bike sticker number** (found in your packet) on your bike frame prior to bringing or having it transported to the transition zone (T1) at Wickiup.
 - Find your **pre-assigned bike rack**. **Note Relay and AquaBike athletes are grouped together.**
 - Be sure that you have **handlebar end plugs** secured. For your own safety, having the ends of your handlebars plugged is a requirement.
 - Be sure to **fill at least 1-2 water bottles** and secure them on your bike.

- Cyclists are personally responsible for the proper working condition of their bike. **Carry tubes, tools, pumps and/or CO2 cartridges.**
- Recumbent bicycles are **not** allowed and Mountain Bikes are **not recommended** for this event because of the difficulty of the course.
- Aerodynamic handlebars and disc wheels/covers are allowed.
- **Approved helmets are mandatory and must be securely fastened prior to exiting transition and mounting your bike.**
- **No outside assistance** may be received to make the actual repairs to your bicycle. You may receive the use of another participant's or race officials' tools or parts but you must make the repairs by yourself.
- Absolutely **NO DRAFTING or BLOCKING** of another bike or any other vehicle is allowed. Contestants must ride single file on the outside (far right side) of the road except when passing another rider and must maintain 3 Bike Lengths between riders. Side by side riding is prohibited. Overtaking riders may pass to the left of another rider, however you may never cross the centerline while passing or at any other time. Once you have entered another cyclists' draft zone (3 bike lengths) you have only 15 seconds to make the pass. If you are unsuccessful you must drop back a minimum of three bike lengths. You may not come into and drop out of another cyclists draft zone on a regular basis. Once you enter the zone you must pass. If you are unable to and you repeat this action you will be penalized for drafting. After a successful pass, you must move back onto the outside (far right side) of the road.
- Cyclists may walk their bikes if necessary.
- Participants must follow all instructions by the Deschutes County Sheriff, US Forest Service, and course monitors.
- **Ride defensively.** Be aware of road conditions, vehicular traffic, and other competitors. REMEMBER – the road is **NOT CLOSED** to vehicle traffic so be safe. Be especially careful as you ride back into Sunriver Village through the Business Park where vehicle traffic will increase.
- **No riding of your bike within the transition zones** – you must be on foot. Mount and dismount your bike at the designated areas.
- Be sure to cross the timing mats at the start and finish of your bike rides.
- Once your bike ride is complete, dismount your bike at the designated spot, walk through transition, rack your bike and head out for your run through the designated Run Exit crossing the Run Timing mats.
- **72.3 BEASTMAN Bike Water Bottle Exchange** – Located at approximately 17.1-mile, 31.4-mile and the 38-mile mark locations.

Remember that you must give a bottle to receive a bottle. **Slow down**, discard your bottle within the areas marked and then receive your new bottle. **For the safety of our volunteers and all athletes, please reduce your speed and go through these areas cautiously.** Feel free to get off your bike and take a break at the Water stations, especially after some of those tough climbs. Athletes are responsible for carrying their own food supplements.

- **DO NOT LITTER** the roadway with any bottles or wrappers. Littering is an automatic disqualification as it affects our ability to maintain a permit with the US Forest Services.
- **No unofficial, spectator vehicles are allowed on the bike course.** Please let your spectators know to stay off the Bike course for the safety of all athletes. There are limited bike lanes and very few places to pull over and cheer. Having spectators on the roads leads to a congested and more dangerous ride for the athletes. Spectators can watch you start the swim and bike at Wickiup and then return back to T2 (Three Rivers School) using the direct route (not bike course) to cheer you on as you finish your ride and start your run. Be sure to instruct them to arrive at the school prior to any other lead cyclists finishing the race to keep vehicles off the roads throughout the business park.
- **RUN PORTION**
 - **Your Bib number must be visible on your front side** while on the run course and when you come across the finish line.
 - Competitors may run or walk the run course.
 - Unregistered pace runners are not allowed on the course.
 - **Hydration stations will be located at every mile approximately.** If you require more energy/hydration, please carry it with you.
 - **Athletes can set up their running gear in T2 at Three River School on the soccer field at the listed times in the Master Schedule ONLY.** Note – We are allowing Sunday athletes to set up their transition in T2 only on Saturday when all 72.3 BEASTMAN athletes have finished and picked up their bike and gear. Be sure to check the Master Schedule for specific times.
- **DUATHLETES:** The Pacific Crest Duathlons are Bike/Run - there is not initial run. **It's a Time-Trial start at T1 at designated start time.** Cyclists will form two parallel lines beginning six feet prior to the bike start timing mats, with two riders starting approximately every 15 seconds. Order is first in line, first to depart. You will follow race instructions and complete all components of the Triathlon race except for the swim leg.
- **AQUABIKE ATHLETES:** You will complete the specified Swim and Bike distances for the race you have registered for. Once you cross the Bike Return timing mats, your race is over. You will then rack your bike (or

place all your items in your vehicle) and head to the Athletes Village by car or foot. You will then make your way to the Finish Line and cross it so we can announce your name as a finisher and so you can collect your medal and we can celebrate your accomplishment. **#SWIM/BIKE/DONE!**

- **POST-RACE FOR MULTI-SPORT ATHLETES**

- **Collect your medal** – you deserve it!
- Rinse showers are available as soon as you cross the finish line.
- **Recovery and massage lounge** will be available to help ease any aches and pains and allow you to recover more quickly
- **Eat, drink, be merry, share race stories and enjoy music at the Village Bar & Grill Food & Beer tent.**
- Enjoy the Fitness Expo once you've recovered!
- **Be sure to set an alarm to remind yourself to go collect your bicycle and racing gear at Three Rivers School (T2) by the time allocated on the Master schedule.** You can have a friend/family member drive you or take the ¼ mile walk to the school – consider it your cool down! **Remember, your Bib number and body marking must match the bike you are picking up and only athletes are allowed in the transition areas.** You cannot send a loved one to collect your bike for you – sorry this is for the safety of all equipment and a USAT requirement.
- In the case of reported race violations; **decisions by the race officials are final and binding.**

SPECIFIC INSTRUCTIONS FOR TRAIL RUNNERS:

- **Starting Location:** The 28K and 50K Trail Runs starts at Wanoga Snow Park (approx. 25 minute drive from Sunriver Village). They are point-to-point courses finishing in Sunriver Village. You can either have someone drive you to the start or take the shuttles we have arranged leaving from SR Village Athlete Drop off area from 5:00am-6:45am. The 50K starts at 7am and the 28K starts at 7:30am SHARP.
- **Pick up your packet prior to race day** to assure a stress-free race morning.
- **Arrive at least 30 minutes prior to your race start** for Race instructions.
- Remember to bring **adequate clothing**, as the temperatures can vary from 38 to 90 degrees midnight to mid-day. Be prepared for anything!
- Remember to have your **Bib # on the front** of you as you race and cross the finish line. Your Bib includes your disposable timing chip and does not need to be returned once you cross the finish line.

- Watch closely for all directional flagging. You must pay attention to make sure you don't miss a critical course split. If you haven't seen a course marking ribbon for more than a mile, turn around and retrace your steps back to the last course marking.
- **28K Aid stations:** This is NOT your typical Pacific Crest event with Aid Stations every mile. Due to the difficulty of accessing the trails and in line with most Trail Runs, 28K Trail Runners will only pass 4 Aid Stations, one at approximately 5 miles (Kiwa), 7.5 miles (Coyote), 11 miles (Benham) and 14 miles (Cardinal) The Aid stations at 5 and 11 miles will be fully stocked with items such as Fruit, Snackmix, Chips, Tortilla shells/Almond Butter/Jam, Pickles, Clif Bars & Gels, Ginger Ale, Coke, Water and Energy Drink. **All athletes are required to carry 40 ounces of water. This is a cup-less event so you MUST have something to carry your water and energy drink.** If you have any allergies, be sure to have your medicine with you. First Aid Kits will be available at Aid Stations
- **50K Aid stations:** This is NOT your typical Pacific Crest event with Aid Stations every mile. Due to the difficulty of accessing the trails and in line with most Trail Runs, 50K Trail Runners will only pass 6 Aid Stations, one at approximately 5 miles (Kiwa), 12 miles (Edison), 18 miles (Kiwa), 21 miles (Coyote), 25 miles (Benham), and 28 miles (Cardinal). The Aid stations at 5 miles, 12 miles, 18 miles and 25 miles will be fully stocked with items such as Fruit, Snackmix, Chips, Tortilla shells/Almond Butter/Jam, Pickles, Clif Bars & Gels, Ginger Ale, Coke, Water and Energy Drink. **All athletes are required to carry 40 ounces of water. This is a cup-less event so you MUST have something to carry your water and energy drink.** If you have any allergies, be sure to have your medicine with you. First Aid Kits will be available at Aid Stations
- **Porta Potties** – There are porta-potties at the start but then there will be no other opportunities until you reach Sunriver. We suggest you bring some toilet paper in the event of an emergency. There is a bathroom opportunity at approx. Mile 12 miles at Edison-Butte for the 50K athletes but you have to cross the road to access it.
- Note: The Course may be adjusted based on trail conditions that may require you to run slightly less or more than the specified distance. Be prepared for anything! If you have to run more, consider it bonus miles!
- **ROSTERS** – In order for us to monitor all athletes, **you MUST sign into the roster at the Start Line and at all Aid Stations.** Please DO NOT FORGET to do this or you may cause unnecessary hours of worry and panic.

- **Terrain** – Be prepared for all levels of terrain. You will be climbing approx. 688 feet of elevation for the 28K and 1800 feet of elevation for the 50K with a significant amount of descending into Sunriver Village and a fast and flat finish. You will be running along a variety of trails including single track, dirt roads and paved trails through the forest once you arrive into Sunriver. You will be required to run over boulders, rocks, trees, branches and other obstacles. Be careful and watch out for the Pine Cones on many of the trails. It is a beautiful course but be prepared for all levels of terrain.
- **Gear Check** – For those of you taking the shuttle, please place any personal belongings in a plastic bag with your race number marked on the front of it and we will transport your items to the Gear Check in the Athletes Village inside the PPU/Registration tent.
- **The Finish Line** – Trail runners will finish the race at the Sunriver Village Mall (Athlete Village) to the cheers of an enthusiastic crowd.
 - Collect your medal – you deserve it!
 - Rinse showers are available as soon as you cross the finish line.
 - Recovery and massage lounge will be available to help ease any aches and pains and allow you to recover more quickly
 - **Eat, drink, be merry, share race stories and enjoy music at the Village Bar & Grill Food & Beer tent.**
 - Enjoy the Fitness Expo & Sunriver Village shops – tons of great deals!

SPECIFIC INSTRUCTIONS FOR TOUR DE CREST ATHLETES:

The Tour de Crest Bike Tours are a fun part of Pacific Crest. Hundreds of families come to beautiful Central Oregon, and our goal with these two bike rides is to provide an opportunity for the non-triathletes in the family to ride part of the bike courses that the Multi-sport athletes will compete on during the weekend. These rides also offer an opportunity for your friends and family to participate together in the same event. The roads used are well maintained, with very little traffic. The routes although challenging do not include any ultra-steep grades, and the scenery is spectacular! Make the Tour de Crest Rides part of your RACE-CATION getaway and enhance your enjoyment of the weekend!

Although a family event, these rides are not kid-friendly because of their length and the roads are not closed to traffic.

- **Packet Pickup** – Inside your packet you will receive your **Bike & Helmet Stickers and Bib**. Attach the bike number sticker to the frame of your bike

and place the helmet number on the front of your helmet. Place your bib number on your body.

- **Starting Location:** The 26-mile & 55-mile Tour de Crest rides start at the SHARC – a short distance from the Athletes Village on Friday morning at 7:30am. Since there is no biking allowed on roads throughout Sunriver, you will be escorted out of town by the Sunriver Police. Therefore, you must be ready to ride at 7:30am. **This is NOT a rolling start event so please be early and ready to ride!**
- This event is a **friendly, non-competitive, non-timed ride.**
- **Water & Aid Stations** – There will be 1 Aid station for the 26 mile Bike Ride and 3 Aid stations for the 55 mile Bike ride. They will be supplied with water, energy drink, fruit, and energy bars. You will be treated to a larger meal once you cross the finish line – you’ve got to earn it first! 😊
- **Finishing Location:** All Tour de Crest riders will finish at the official Finish Line in Athletes Village and **will receive a finisher medal for their accomplishment!**
- **Bike holding area** will be available at the finish line and will be monitored and secure so you can enjoy all the Post-Event festivities. You will be required to show your Bib Number to match your Bike Number.

SPECIFIC INSTRUCTIONS FOR KIDS RACES:

We’ve got to start them young! Our Kids Splash, Pedal & Dash and our ½ mile and 1 mile Kids Dash events accomplish two things. First, we introduce our kiddos to running, multi-sport and a fun, active lifestyle and secondly, we teach our kids how to give back because 100% of the proceeds from their participation in these events supports Care for Kids, and serves approximately 2,000 kids under the age of 18 in the area between Bend and La Pine, Oregon. Funds raised support many children’s activities including: Healthy Beginnings free health screenings; New Generations low-income day care; enhanced science and math programs and field trips for the local K-8 public school; grants to offset “pay-to-play” activities fees for low-income kids to participate in school athletics; grants to local 4-H clubs, Boy Scouts, Lego Robotics competition, building bus stop shelters and providing scholarships for parenting classes. If you haven’t done so yet, register your Kids for these events and provide them incredible Pacific Crest racing memories too!

KIDS SPLASH PEDAL-N-DASH – ages 12 & under

- **Splash Pedal-n-Dash starts at the SHARC**, within walking distance of the Athletes Village along Beaver Drive starting at 4pm on Friday.
- **It is a fun, short race** with kids starting by maneuvering through an inflatable obstacle course. Then they're directed to the parking lot transition area to get their bikes and ride to the Community Church. They will enter the transition area prior to the church, drop their bikes, and are directed out to the run path along Abbot Drive to the finish line.
- **Splash Pedal-n-Dash finishes at the Athletes Village** through the same Finish line that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal!
- **The Splash Pedal-n-Dash is a timed but non-competitive, fun event!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids races on Friday in the Village at the designated time listed on the Master Schedule. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child. We try to make this feel like a real event with body marking and bike & helmet stickers.
- **Bikes may be dropped off at the SHARC back parking lot from 1:30pm to 3:45pm but you may not park your car there.**
- **5 different age divisions** – Feel free to find shelter until just before your child's start time to keep them out of the sun. It can be exhausting for the little ones to have to wait so long but we have to use this order to assure the older kids don't overtake the younger children posing a safety risk.
 - Group 1:** 4:00pm Start - Age 11 & 12 (no parents)
 - Group 2:** 4:05pm Start - Age 9 & 10 (no parents)
 - Group 3:** 4:15pm Start - Age 7 & 8 (no parents)
 - Group 4:** 4:30pm Start - Age 5 & 6: (parents optional – ok for children not ready to venture out on their own – just speak to a Race official)
 - Group 5:** 4:45pm Start - Age 4 & Under (with parents) – Parents walk beside pools and stay with kids on course.
- The Splash, Pedal & Dash schedule is below.
 - Friday at 1:30pm Transition area at SHARC opens for bike check-in. Volunteers will help direct you where to place your child's bike on the parking line behind their age cone. Handlebars should be facing

north for ages 9 to 12, and south for ages 4 to 8. **Please hold onto your child's bike helmet, as they will need to wear it at the start of the Splash.**

- 3:45pm Transition area closes. All bikes must be staged in the transition area at this time. All kids and parents should be in the spectator area in the SHARC Amphitheater. **Please do not climb over, under or through the fencing/flagging.** Bikes not placed in transition area by this time are not allowed and must be held by the parent until their child completes the splash. The parent is then allowed to hold the bike for the child at the end of the pools. The child must walk it back into transition and to the appropriate exit out of the parking lot.
- All Kids start in a time-trial format, two at a time through the slide/wading pools. **Kids must have their SHOES, BIB AND BIKE HELMET ON AT THE START.**
- Before the race, please don't allow your child to get close to the timing mats by the pools, as their time will be activated.
- If you want two of your children to go together, but they are in different groups, please choose the younger group to start.
- Parents are allowed to watch and take pictures from behind the fencing during the splash and as they begin the bike leg of the race. Parents may meet up with their child on the run course, or take the Beaver Drive path to the village to meet at the Finish Line. Always use gates to cross the course, and don't cross over, through or under any fencing. This allows for the safest environment for all.
- It is best to divide and conquer this race if possible. For example, one parent is at the start with their child while another parent/family/friend is at the finish line to capture photos and congratulate your athlete! It's very difficult to start with your child and make it to the finish line by the time they finish – especially with the older, faster kids!
- **Safety Tip: Write your child's name and your cell phone number of back of children's bib at registration.**
- **Maps will be provided at the Packet Pickup/Registration tent in Athletes Village.** Our Kids races are well-monitored and take place on the wide, paved bike paths.
- Bikes may be picked up from the Community Church parking lot transition area after the event is completed.

KIDS DASH - ½ Mile & 1 mile distance

- **Kids Dash events start and finish at the Athletes Village** through the same Finish line arch that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal! Meet at the arch about 20-30 minutes prior to the start of the races to get organized, warmup and for race instructions.
- **The Kids Dash events are non-competitive & fun! If your child requires more of a challenge, feel free to sign them up for the 5k!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids Dash runs on Friday, Saturday or Sunday (at least 30 minutes prior to the start of the race) in the Village at the designated time listed on the Master Schedule. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child.
- Maps will be provided at the Packet Pickup/Registration tent. Our Kids races are well-monitored and take place on the wide, paved bike paths.

NOTE: The Why Racing Events office will be closed starting Monday prior to the event and we will not have access to the office phone. If you need to contact us, please email us at info@whyracingevents.com, but please understand that responses will be delayed as we will be racing around Sunriver to get ready for you. You can also connect with us in Sunriver at the Packet Pickup/Registration tent in Athletes Village.

See you next year June 19-21, 2020