



## Greetings 2018 Salmon Run Half Marathon, 10K and 5K racers!

With only a few weeks left before the race, we wanted to first tell you how excited we are for this year's Salmon Run Half Marathon, 10K and 5K in Bend, OR. As you begin to make your final plans, we wanted to be sure you are comfortable and well informed about the details of the race and course. Please be sure to take the time to carefully read through the information below.

### Packet Pick-up

**Saturday April 7, 2018 | 11am to 3:00 pm – Birkenstock of Bend**

Packet pick-up will be held at Birkenstock of Bend in Bend, OR located at 836 NW Wall St, Bend, Oregon 97701 from 11am-3pm. Please avoid calling Birkenstock of Bend with any race questions. Instead, please contact Lay It Out Events @ 541-323-0964 with any questions. Registration for all the races will also be available at packet pick up. There will be a late packet pick-up and registration Sunday at the start/finish area at the Athletic Club of Bend. You are welcome to send a friend or family member to pick up your packet for you if you can not make it.

### Timing Chips

The event will be timed by Sportstats Timing. The Salmon Run Half Marathon, 10K and 5K run will be timed using a disposable timing transponder, commonly known as a "bib tag" that will be embedded in your race number. Please follow these instructions carefully:

- **Do not bend, fold expose to heat, crinkle or otherwise modify your race bib** as this will cause your tag to malfunction.
- Wear your race bib on the front of your shirt, on the outermost layer of clothing. Not wearing the bib properly at all times during the race may prevent you from being timed, therefore, not show the in the results.
- Bibs can only be transferred to different distances by going through the formal transfer process at packet pickup. **Be careful not to switch with friends, family or others.** This is not simply to assure the time is assigned to the correct person, **it is critical that we have the correct names assigned to the correct people racing for safety reasons.**
- Make sure you cross the timing pads at the start and finish of the race.

### Race Day

**Sunday April 8, 2017 | 8am-2pm – The Athletic Club of Bend, 61615 Athletic Club Dr. Bend OR 97702**

## **Parking**

Parking (including ADA parking) will be available in the lower lots (parking attendants will direct you to them as you arrive) of the Athletic Club of Bend. Once these are full, additional parking is available on SW Colorado Ave between the event site and SW Century Dr.

## **Gear Drop**

Gear Drop will be available at the start/finish area. Be sure to attach the provided bag drop tag and INCLUDE NAME, PHONE NUMBER AND BIB NUMBER. You can recover your bag after you have finished the race. Avoid leaving valuables in your bag. We are not responsible for lost or damaged items. If you have lost or left items after the race, please contact 541-323-0964 during business hours or email [race@layitoutevents.com](mailto:race@layitoutevents.com)

## **Pre-race Warm Ups starting at 8:45 am**

Focus Physical Therapy will be leading a warm up at 8:45 am (1/2 marathon), 9:05 (10K) and 9:20 (5K) to help get those legs loose and ready to run.

## **Start Times**

All activities will start and end at the Athletic Club of Bend.

- **Late Packet Pick-up- Will begin promptly at 8am in the morning.**
- **Half Marathon-**Will start promptly at 9am
- **10K-** Will start promptly at 9:15am
- **5K-** Will start promptly at 9:30am
- **Little Fry Run**
  - Noon: age 3-4
  - 12:15 pm: age 5-7
  - 12:30 pm: age 8-10

## **The Finish Line**

Finish line festivities will end at 2 pm. We welcome you to hang out and cheer on all competitors and savor your accomplishments. Post-Race festivities include:

- 5K awards: 10:15 am (M/F overall and masters: first, second and third)
- 10K awards: 10:45 am (M/F overall and masters: first, second and third)
- Half Marathon: 11:30 am (M/F overall and masters: first, second and third)
- Delicious post race food provided by Bethlyn's Global Fusion.
- Beer provided by Craft Kitchen and Brewery and distilled spirits provided by Crater Lakes Spirits. *Oregon State law requires all participants to have, in their possession, a current form of ID if they are drinking alcohol.*
- Festive Music---get your dance on!

## **Rules**

Before you start, it is important to know that we hold our racers to four fundamental rules. Please only participate if you're willing to honor them!

1. **No Littering. Nada.** We're committed to this. If you're caught tossing away that bit of gel pouch you ripped off as you were running down the trail, you'll be disqualified. No exceptions. There will be garbage receptacles at each aid station and in the start/finish area. We are lucky to be running in an inspiring, beautiful place. It's about respecting Mother Nature and the others using the trails behind you!

2. **Be Kind, Please.** Be kind to your fellow runners – no matter what your goals are for the race – and be kind to the event staff and volunteers. Love and Respect – Please and Thank You. It all starts with us. Cheers.
3. **Stay On Course.** Please stay on sidewalks or within the coned boundaries. If you are caught in the streets where sidewalks are available, you will be disqualified. There will be course marshals enforcing this on course.
4. **Choose Fun!** This is your chance to thrive. If it's not fun, then why do it?

### **Aid Stations**

- **Half Marathon** - There will be five aid stations along the Half Marathon course. Aid stations will be supplied with water, GU brew and GU gels. Aid stations will be located approximately miles 2.75, 4.5, 7.4, 9.25 and 12.1.
- **10K**- There will be two aid stations along the 10K course. Aid stations will be supplied with water, GU brew and GU gels. Aid stations will be located at approximately mile 2.5 and 5.25.
- **5K**- There will be one aid station along the 5K course. Aid station will be supplied with water, GU brew and GU gels. Aid station will be located at approximately mile 2.3.

### **Toilets**

- **Half Marathon** - There are nine toilet locations along the Half Marathon course. Toilets are located approximately at miles 0.7 (Riverbend Park), 1.5 (McKay Park), 2.0 (Columbia Park), 2.5 (Harmon Park), 3.75 (Drake Park), 4.5 (Miller's Landing Park), 5.5 (Farewell Bend Park), 8.25 (Bachelor View Rd), 9.5 (Rimrock Trailhead/Good Dog Park parking lot), and 11.0 (Bachelor View Rd).
- **10K** - There are five toilet locations along the 10K course. Toilets are located approximately at miles 0.7 (Riverbend Park), 1.5 (McKay Park), 2.0 (Columbia Park), 2.3 (Miller's Landing Park), and 3.75 (Farewell Bend Park)
- **5K** - There are two toilet locations along the 5K course. Toilets are located approximately at miles 0.7 (Riverbend Park) and 0.75 (Farewell Bend Park)

### **Finish Line**

A full supply of water and GU brew will be available at the finish line.

### **Time Limit**

The Half Marathon has a **4-hour limit**. There will be a person on a bike sweeping the race. If you are not going to finish within this time limit, we will strongly recommend that you allow us to transport you to the finish line. If you prefer to continue, you will be running with no additional aid station or official race support. The 5K and 10K courses must conclude by 1pm.

### **Injuries and Emergencies**

If you are unable to finish the race due to an injury, take note of the closest mile marker and let a fellow racer know the mile and your bib number. Ask them to notify the next aid station they arrive at of your injury and stay in your location. If you are by an aid station, please return to the closest aid station and the staff will call in for help. We are fortunate to partner with Adventure Medics for safety and medical needs. They will be at the finish line and roaming the course and will be available for

dispatch in case of emergency. The race director's phone number is on the back of the bib to contact in case of emergencies as well. In the case of a true emergency dial 911 first, then call the race director.

## **Volunteers**

If you know anyone who can help volunteer for the race be sure to let them know that helping with this race gets them a 30% credit towards any 2018 Lay It Out Events event. Volunteer duties needed are course monitors and aid station volunteers. View all LIOE events here:

<http://layitoutevents.com/events>

## **Additional Questions**

If you have questions that have not been addressed, please contact Michael at Lay It Out Events: 541-323-0964 [michael@layitoutevents.com](mailto:michael@layitoutevents.com) or Kirsten at Lay It Out Events: 541-323-0964

[kirsten@layitoutevents.com](mailto:kirsten@layitoutevents.com)