



Half As, Half & Full Trail Marathon
BEND, OREGON

Greetings 2018 Haulin Aspen Trail Marathon, Half Marathon and 6.5 mile Half-As Runners!

With only a week left before the race, we wanted to first tell you how excited we are for this year's Haulin Aspen trail marathon, half marathon and 6.5 mile half-as races in Bend, Oregon. 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.

Schedule of Events and Helpful Hints

Friday – August 10, 2018 3pm-7pm – FootZone – Downtown Bend

Packet pick-up will be held at FootZone in Bend, OR located at 842 NW Wall Street. Please avoid calling the store with any race questions. Contact Lay It Out Events at info@layitoutevents.com or 541-323-0964 with any questions. Registration for all the races will be available at this time. You are welcome to send a friend or family member to pick up your packet in your place. There will be a late packet pick-up and registration Saturday at the start area of Wanoga Sno Park at 6am until race start.

Timing Chips

The event will be timed by Sportsats Timing. The Haulin Aspen trail runs 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 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 points at the start and finish of the race.

Saturday – August 11, 2018 – Race Day

Race Venue and Parking

Start/Finish areas and parking will be at the Wanoga Sno Park. Wanoga Sno Park is located 13 miles from Bend, OR on the Cascade Lakes Scenic Byway. Click on the link for a Google Map for exact location [Wanoga Sno Park Play Area](#)

The start line is on the west end of the parking lot, to the right as you enter, and the finish line is at the opposite end, approximately ½ mile between the two locations. Please plan accordingly and arrive early to ensure a space.

Gear Drop

Be sure to attach the provided bag drop tag and INCLUDE NAME, PHONE NUMBER AND BIB NUMBER. Bag drop location will be at the start area. Bags will be transported to the finish line area. You can pick up your bag after you have finished the race. Avoid leaving valuables in your bag. We are not responsible for lost or damaged items.

Start Times

Marathon

The marathon will start promptly at 7:00am at the west end, to the right as you enter Wanoga parking lot (look for the large red arch).

Half Marathon

The half marathon will start promptly at 8:00am at the west end, to the right as you enter Wanoga parking lot (look for the large red arch).

6.5 mile Half-As

The 6.5 mile half-as will start promptly at 8:30am at the west end, to the right as you enter Wanoga parking lot (look for the large red arch).

The Finish Line

The finish line will be at the opposite end of the Wanoga parking lot. It is approximately 1/2 mile from the start 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:

- 6.5 mile awards: 9:45 am (M/F overall and masters)
- Half Marathon awards: 10:15 am (M/F overall and masters)
- Marathon: 11:00 am (M/F overall and masters)
- Food will be provided by Bethlyn's Global Fusion.
- Tasty local beer provided by 10 Barrel. 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 three 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. 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. **Choose Fun!** This is your chance to thrive. If it's not fun, then why do it?

Course Mile Markers

The course will be marked with colored ribbons, chalk, directional arrows and signs. Follow the ribbon color that matches your bib. Each distance will have a specific color on the bib, so please make sure to not swap bibs with other runners and make sure you get the correct bib at packet pickup. Although the course will be well marked, it is ultimately the runner's responsibility to know the course.

Marathon--mile markers will be placed at mile 5, 10, 15 and from mile 20 to the finish.

Follow the RED course markings.

Half Marathon—mile markers will be placed at mile 5, and from mile 10 to the finish.

Follow the GREEN course markings.

6.5 mile Half-As—mile markers will be placed at mile 4 to the finish.

Follow the YELLOW course markings.

*****Please note that all trails will remain open for mountain bike use. Please be courteous, as trails will be shared throughout the day. If you are listening to music, keep it at a low volume or better yet, only use one ear bud*****

Aid Stations

A huge thank you to Bend Endurance Academy, for supplying volunteers at each aid station. The Bend Endurance Academy is a 501(c)3 non-profit organization based in Central Oregon with a mission to promote healthy living through active, outdoor experiences. They emphasize teamwork, personal growth and community responsibility. Please visit bendenduranceacademy.org for more information about this amazing and inspiring organization.

Marathon

There will be six aid stations along the Marathon course. You will pass through two aid stations twice for a total of eight aid opportunities. Aid stations will be supplied with water, GU Brew and GU gels. Aid stations are located at approximately mile 2.4, 4.7, 9.7, 12.7, 15.3, 19.1, 21.3 and 24. *****Please note that there is 5 miles between aid stations 2 and 3. Also be prepared for a 700 foot vertical gain climb from mile 21.5 to mile 24. There will be an aid station at the beginning and end of the climb*****

Half Marathon

There will be three aid stations along the half marathon course. You will pass through one aid station twice for a total of 4 aid opportunities. Aid stations will be supplied with water, GU Brew and GU gels. Aid stations will be located at approximately mile 2.4, 4.7, 7.6 and 10.9.

6.5 mile Half-As

There will be two aid stations along the 6.5 mile course. Aid stations will be supplied with water, GU Brew and GU gels. Aid stations will be located at approximately mile 2.1 and 4.4.

Finish Line

A full supply of water and GU Brew will be available at the finish line, along with food provided by Bethlyn's Global Fusion, delicious local beer provided by 10 Barrel.

Time Limit

All Haulin Aspen distances have a 1pm cut off time. There will be a person on a bike sweeping each distance. If you are not going to finish by the limit, we will strongly recommend that you allow us to transport you to the finish line. Aid station volunteers, on-course medical staff and timing mats will be removed at 1pm. **IF YOU PREFER TO CONTINUE, YOU WILL BE RUNNING WITH NO ADDITIONAL AID STATION, MEDICAL OR OFFICIAL RACE SUPPORT.**

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 of your injury and stay in your location. If you are by an aid station or mobile, please return to the closest aid station and the staff will call in for help. We are proud to offer among the best in event first aid services. In the crowd, on the trail, or in the woods, Adventure Medics brings top-notch event EMS support to our events. Licensed and insured, they provide immediate on-scene medical and safety services. They will be positioned at the finish line and roaming the course 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.

Additional Questions

If you have questions that have not been addressed, please contact Luke at Lay It Out Events: office: 541-323-0964 or cell: 801.558.9425 or email: luke@layitoutevents.com
Additionally, we will be available for questions at the packet pick-up.

Course Maps

Marathon

<http://ridewithgps.com/routes/9230712>

Half Marathon

<http://ridewithgps.com/routes/7856515>

6.5 Half-As

<http://ridewithgps.com/routes/7856498>