



## Greetings 2024 Salmon Run Half Marathon, 10K and 5K racers!

This year we are excited to be at Riverbend Park for the 36th annual Salmon Run! Please take a moment to read over this guide to ensure you understand the details of the race and course, so everyone has an enjoyable experience.

### Schedule of Events and Helpful Hints

Friends & family are able to pick up your packet only if you have signed your waiver online.

#### **Friday, April 19, 2024 | 2:00pm to 5:30pm**

**PACKET PICK UP AND LATE REGISTRATION** – Foot Zone, 842 NW Wall St Bend, OR 97703 – 2:00PM – 5:30PM  
Contact Lay It Out Events with questions @ 541-323-0964.

#### **General Details**

Packet pickup for in-person and virtual runs, and late registration will be available, as well as maps of the courses. Race t-shirts and hoodies will be available for purchase.

#### **Timing Chips**

The event will be professionally timed by Eclectic Edge Timing. The Salmon 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 included in the results.
- **Be careful not to switch with friends, family or others.** This is 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 mats at the start and finish of the race.**

- **Recycle your timing chip.** Once you cross the finish line, please remove the timing chip via the tear strip on the bottom of your bib and place the tear strip in a container provided by Eclectic Edge Timing. You have done your part in recycling the timing chips to use for other races. Both we and Mother Earth thank you.

## **Saturday, April 20, 2024 – Race Day**

### **Parking for Race Day**

There is limited parking at Riverbend Park on race day. We highly recommend carpooling. Additional parking is available on City streets.

### **Start/ Finish Area**

The start/finish area for the Salmon Run is located at Riverbend Park. Look for the large inflatable arch in the grass area near the Riverbend Park main entrance.

### **Bag Drop**

A bag drop tent 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)

### **Start Times, Late Packet Pickup and Day of Registration**

All activities will start and end at Riverbend Park.

- **Late Packet Pickup and Day of Registration-** Will begin promptly at 8:00am in the morning.
- **Half Marathon-**Will start promptly at 9:00am
- **10K-** Will start promptly at 9:15am
- **5K-** Will start promptly at 9:30am
- **Little Fry Run** ○ Noon: age 3-4 ○ 12:10pm: age 5-7  
○ 12:20pm: age 8-10

### **Course Description**

The Salmon Run course will take runners along the beautiful and picturesque Deschutes River. The half marathon course is 75% paved sidewalks and 25% trail. The 10K course is 80% paved sidewalks and 20% trail. The 5K is 60% paved sidewalks and 40% trail. All courses will be marked with a combination of the following:

- **Red colored flagging pinned onto trees – half marathon**
- **White directional cards with red arrows on them – all distances • Yellow signs with RUN and directional arrows – all distances**

**IMPORTANT:** It is ultimately your responsibility to know the course. Please review the maps online and ask questions at packet pick up if you would like clarification.

Interactive and static maps marked with aid stations and trail notes for each distance are available for download on the Salmon Run website: <https://bendraces.com/salmon-run>. All interactive maps can be sent to the Ride with GPS app on your mobile phone. The app is free and will allow you to view course maps with your exact location. Learn more at <https://ridewithgps.com>.

Listen carefully for faster runners coming up behind you. If you hear 'passing on the left' step to the right to allow them to pass. Also, if you are a faster runner, ask 'passing on your left' before attempting to pass.

## The Finish Line

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

- Awards ceremonies
- Delicious post-race food
- Water and GU electrolyte drink.
- Beer provided by Cascades Lakes Brewing and coffee cocktails provided by Crater Lakes Spirits and Strictly Organic Coffee. *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 five 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. Kindness 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

Thank you to the aid station volunteers, provided by our race beneficiary, The Giving Plate. All the volunteers who are staffing each of the aid stations represent The Giving Plate. Be sure to say thanks and consider a contribution of money or time to this great organization.

### 5K

There will be one aid station along the 5K course. Aid stations will be supplied with water, GU electrolyte drink and GU gels. The aid station will be located at approximately mile 1.6.

### 10K

There will be two aid stations along the 10K course. Aid stations will be supplied with water, GU electrolyte drink and GU gels. Aid stations will be located at approximately mile 2.1 and 4.6. **Half Marathon**

There will be five aid stations along the Half Marathon course. Aid stations will be supplied with water, GU electrolyte drink and GU gels. Aid stations will be located at approximately mile 2.1, 3, 4.6, 6.4, 7.3, 9.5 and 11.

## Portable Toilets

- **Half Marathon** – There are seven toilet locations along the Half Marathon course, of which five are public toilets. Public toilets are located approximately at miles 1.1 (McKay Park), 1.5 (Columbia Park), 1.8 (Miller’s Landing), 3 (Farewell Bend Park), 6.6 (Rimrock Trailhead/Good Dog Park parking lot). In addition, there will be two portable toilets located at the intersection of Bachelor View Rd and Cascade Lakes Hwy along the Haul Trail (mile 5.6 and 7.3.)
- **10K** - There are four public toilet locations along the 10K course. These toilets are located approximately at miles 1.1 (McKay Park), 1.53 (Columbia Park), 1.7 (Miller’s Landing Park), and 3.0 (Farewell Bend Park). Portable toilets are available at the start/finish area at Riverbend Park.
- **5K** - There are no public toilet locations along the 5K course. Portable toilets are available at the start/finish area at Riverbend Park.

## Awards and Results

Individual printed results can be picked up from the timing truck near the inflatable arch. Awards ceremonies will take place at the following times:

- 5K awards: 10:15am (M/F overall and masters: first, second and third)
- 10K awards: 10:45am (M/F overall and masters: first, second and third)
- Half Marathon: 11:30am (M/F overall and masters: first, second and third)

Age group winners can pick up their ribbon at the Lay It Out Events registration tent.

## 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 by the limit, we will strongly recommend that you allow us to transport you to the finish line. The race director will have the final say on whether or not you can continue if you exceed the time limit. **The timing mat, medical support and aid stations will be removed at 1:00pm.**

## Injuries and Emergencies

We are pleased to be partnering with Adventure Medics to maximize the safety and well-being of our participants at any point on the course. Adventure Medics’ staff consists of skilled emergency medical technicians, paramedics, skilled field operators, and experienced and proven adult educators and trainers. All

of their partners and staff are long experienced practitioners specializing in EMS, critical response, and public safety training, all who have a passion for service. The level of medical care we have chosen to provide at our events is virtually unparalleled in the industry as a whole.

Adventure Medics will be based at the start/ finish line (look for the big first aid flag) as well as at several key locations on course. Additionally, the race director's phone number is on the back of the bib to contact in case of emergencies. In the case of a true emergency, dial 911 first, then call the race director at the phone number on the back of your race bib.

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 are mobile, please return to the closest aid station and the staff will call in for help. Our medical response team will dispatch our closest available medic.

**If you drop out of the race FOR ANY REASON, please notify the race director from wherever you may be immediately. The phone number for the race director is on the back of your race bib.** We will not close the race until every racer who started the race is accounted for, so it is important that you contact us if you have dropped out.

## **Additional Questions**

If you have questions that have not been addressed, please first, email us at [race@layitoutevents.com](mailto:race@layitoutevents.com) or call our office at 541-323-0964. If you have an immediate need on race day, you may call Ann Leitheiser, race director, at 503.333.7531.