



Greetings 2024 Conquer the Canyon Half Marathon, 10K and 5K racers!

We are excited for the 3rd annual Conquer the Canyon half marathon, 10K, 5K and Doggie Dash! 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, June 7, 2024 | 2:00pm to 6:00pm

PACKET PICK UP AND LATE REGISTRATION – SCP Redmond Hotel – 521 SW 6th St, Redmond, OR 97756

Please do not call SCP Redmond Hotel with questions regarding packet pick up. Contact Lay It Out Events with questions @ 541-323-0964.

General Details

Packet pickup and late registration will be available, as well as maps of the courses.

Timing Chips

The event will be professionally timed by Eclectic Edge Timing. The Conquer the Canyon 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, June 8, 2024 – Race Day

Parking for Race Day

Parking is encouraged in the following Downtown public parking lots:

4th St and Evergreen

6th St and Evergreen behind Bank of America

7th St and Evergreen (across from Centennial Park)

9th St and Evergreen (behind City Hall)

*****Carpooling is strongly suggested*****

Start/ Finish Area

The start/finish areas for the Conquer the Canyon are in separate locations. The start line is under the Redmond arch on 6th St. The finish line is two blocks away from the start line in Centennial Park, located between 8th and 9th St. along Evergreen.

Bag Drop

The finish line area will have a bag drop area next to registration. Please drop bags off before the race. There will not be a bag drop at the start line.

Start Times, Late Packet Pickup and Day of Registration

Late packet pickup and day of registration will take place in Centennial 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** under the Redmond arch on 6th St.
- **10K-** Will start promptly at **9:15am** under the Redmond arch on 6th St.
- **5K-** Will start promptly at **9:30am** under the Redmond arch on 6th St.
- **Doggie Dash** – Will start promptly at **9:33am** under the Redmond arch on 6th St.

Course Description

The course will weave through the majestic landscape of the Dry Canyon and through the center of Redmond. Catch impressive natural views and traditional city scenes featuring pavilions and historic landmarks. Witness the high desert terrain with sparse juniper groves, sage and grasses, and bordered by steep canyon walls. The 5K and 10K, and Doggie Dash will start in Downtown Redmond and run exclusively in the Dry Canyon. The half marathon will follow the same course and extend north on Deschutes County roads and rejoin the Dry Canyon to the finish line. ***Half marathon runners, please run on the shoulder of the road against traffic while on Deschutes County roads.*** All courses will be marked with a combination of the following:

- **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 Redmond Run website: <https://bendrases.com/redmond-half-marathon>. 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 10 Barrel Brewing Co. *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!

Post Race Gear Lost and Found

We will have a lost and found bin at the registration/information tent. We will retain anything left at the event for two weeks post-race at the Lay It Out Events offices located at 704 NW Georgia, Bend, Oregon 97703 | Telephone: (541) 323-0964 | email: info@layitoutevents.com). We will return lost items via mail at the participant's expense.

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 Ridgeview Highschool Track and Field Team. All the volunteers who are staffing each of the aid stations represent The Ridgeview Highschool Track and Field Team. Be sure to say thanks and consider a contribution of money or time to this great organization.

5K & Doggie Dash

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 1.7.

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 1.7 and 4.06.

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 1.7, 4.06, 6, 8.5 and 10.5.

Portable Toilets

Toilets are located in Sam Johnson Park along with portable units on the half marathon course at mile 6 and 8.5.

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)
- 5K Doggie Dash awards: 10:30am (overall: 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 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.