Greetings 2026 Happy Girl Sisters Half Marathon, 5K & 10K racers!

With just a bit more time left before the race, let us tell you how excited we are for this year's Happy Girls Sisters Half Marathon, 5K & 10K in beautiful Sisters, Oregon! As you begin to make your final plans, we want to be sure you are comfortable and well informed about the details of the race and course.
Please take the time to carefully read through the information below.

Please note that there is a chance for rain and chilly temps in the forecast!
Bundle up! We'll have hot coffee and soup to help keep you warm!

Schedule of Events and Helpful Hints

Friends & family can pick up your packet only if you have signed your waiver online.

Friday, October 23th | 4 pm to 7 pm

GIRLS NIGHT OUT – FIVEPINE LODGE CONFERENCE CENTER – 1021 E Desperado Trail, Sisters, Oregon 97759

Girls Night Out General Details
The Girls Night Out party features snacks, cocktails, mingling with fellow racers, and, of course, your bib for picking up. Check out some of the amazing vendors and sponsors focused on women's fitness as well! Registration will be available for those waiting until the very last minute. Maps of the courses will be available for review as well, and our race director is onsite to answer questions. Parking is available at FivePine Lodge as well as city street parking.

Timing Chips
The event will be professionally timed by **Eclectic Edge Timing**. The Happy Girls 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 always wearing the bib properly 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 ensure that 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, October 24th – Race Day

LATE REGISTRATION AND PACKET PICK UP

HALF MARATHON – 8:00-8:50am at the start/finish line near Three Creeks Brewery
10K – 8:30am – 9:05am at the start/finish line near Three Creeks Brewery
5K – 8:30-9:20am at the start/finish line near Three Creeks Brewery

Parking for Race Day

There is very limited parking at FivePine Lodge on race day. **Please DO NOT park in front of the Sisters Athletic Club, Shibui Spa, Three Creeks Brewery, or the Sisters Movie House.** Parking will be available in the field adjacent to the start/finish area. All Happy Girls runners are required to park in the field. The field can be accessed on East Desperado Trail. Drive past the FivePine Lodge and follow the signs. Parking attendants will assist in parking cars. The start/finish area can easily be accessed on foot from the field. Please **exit the field the same way you entered when leaving**. Do not exit via the asphalt driveway of the adjacent house on the property.

Start/ Finish Area

The start/finish area for the half marathon, 10K and 5K, is located at FivePine Lodge Campus near Three Creeks Brewing. Look for the Happy Girls Run flags.

Bag Drop

Weather this time of year is unpredictable and can be very cold. Please dress warmly and utilize the bag drop tent for your clothes and gear. Be sure to attach the provided bag drop tag and INCLUDE NAME, PHONE NUMBER, AND BIB NUMBER. The bag drop location will be at the start/finish area. You can recover your bag after you have finished the race. Avoid leaving valuables in your bag, rather leave them in your vehicle. We are not responsible for lost or damaged items.

Post-Race Gear Lost and Found

We will have a lost and found bin at the blue Lay It Out Events tent at the finish area. 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 (tel: 541.323.0964 | email: info@layitoutevents.com). We will return lost items via mail at the participant's expense.

Start Times

Half Marathon

The half marathon will start promptly at 9:00 am at the FivePine Lodge Campus near Three Creeks Brewing.

10K

The 10K will start promptly at 9:15am at the FivePine Lodge Campus near Three Creeks Brewing.

5K

The 5K will start promptly at 9:30am at the FivePine Lodge Campus near Three Creeks Brewing.

Course Description

The Happy Girls half marathon course is 90 percent single track, utilizing the picturesque Peterson Ridge Trail system. The first and last 0.6 miles of the half marathon course are on city sidewalks. The 5K course is a road course with a short section of groomed trail through the Sisters State Park. The 10K course is a road course through downtown Sisters, out McKenzie Highway and back via residential streets. All courses will be marked with a combination of the following:

- **Colored flagging pinned onto trees on the half marathon course: pink = half marathon. Pink ribbon will be tied to tree branches approximately every ¼ mile alongside the trail at eye level. Look ahead for ribbons before and after any type of junction.**
- **Flour on the trails**
- **Yellow directional cards with black arrows on them for all courses.**

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 maps can be referenced at Ride With GPS, a free app for downloading the courses onto your phone.

HALF MARATHON COURSE

https://ridewithgps.com/routes/49597475

10K

https://ridewithgps.com/routes/49870854

5K

https://ridewithgps.com/routes/49862593

Static maps marked with aid stations and trail notes for each distance are available for download on the Happy Girls website: https://bendraces.com/bend-races-happy-girls-sisters/

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 2 pm. We welcome you to hang out and cheer on all competitors, check out the women's active lifestyle vendors and savor your accomplishments. Post-Race festivities include:

- 5K awards: 10:30 am (overall & masters: 1st-2nd-3rd)
- 10K awards: 11:00am (overall & masters: 1st-2nd-3rd)
- Half Marathon: 11:30 am (overall & masters: 1st-2nd-3rd)
- Delicious post-race nourishment
- Beer provided by Three Creeks Brewing
- Coffee cocktails provided by Travelin' Toms Coffee and Crater Lake Spirits
- Festive Music – Boogie Down!

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 exception. We are lucky to be running in an inspiring, beautiful place. It's about respecting Mother Nature and 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.
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 Sisters Parks and Recreation. All volunteers who are staffing each of the aid stations represent Sisters Parks and Rec. Volunteers will not refill hand-held bottles or race vests. Feel free to use the cups provided and fill your own bottle or vest. Be sure to say thanks and consider a contribution of money or time to this great organization.

Half Marathon

There will be three aid stations along the Half Marathon course. Aid stations will be supplied with water, electrolyte drinks, and GU gels. Aid stations will be located approximately mile 2.8, 6.5 and 9.9.

5K

There will be one aid station along the 5K course. Aid stations will be supplied with water, electrolyte drinks, and GU gels. Aid station will be located approximately mile 1.8.

10K

There will be two aid stations along the 10K course. Aid stations will be supplied with water, electrolyte drinks, and GU gels. Aid stations will be located approximately at mile 2.4 and 4.5.

Portable Toilets

There will be portable toilets at the start/finish area and at all aid stations along the half marathon course. The FivePine Conference Center bathrooms are **off limits** to runners.

Finish Line

A full supply of water and GU electrolyte drink will be available at the finish line as well as beer, coffee cocktails, coffee, tea, warm soup, and other snacks.

Awards and Results

Individual printed results can be picked up from the timing truck near the inflatable arch. Please recycle your timing chip when you pick up your results. Awards will be presented to the first three finishers in both distances for both overall and masters (age 40+). The awards ceremony will take place at the following times:
5K: 10:30am
10K: 11:00am
Half Marathon: 11:30am

Top three in each age category will receive ribbons, which are available at the blue Lay It Out Events 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 strongly recommend that you allow us to transport you to the finish line. The race director will have the final say on whether you can continue if you exceed the time limit. **The timing mat, medical support, and aid stations will be removed at 1:30 p.m.**

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 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.

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 for race day, you may call Ann Leitheiser, Race Director, at 503.333.7531.