

Thank you for registering for the 12th Annual Columbia River and 24nd Annual Girlfriends Triathlon & MultiSport Festival from August 14th - August 23rd!

We continue to be faced with challenges and together we will overcome and push on! We will all get to the finish line of the 2020 Columbia River Triathlon, 5K & 10K, Kids triathlon and Girlfriends Triathlon events. We will race together, alone.

Note: ONLINE REGISTRATION is still open UNTIL the last day of the event! Forward this email with these links to [Register for Columbia River, Kids Triathlon 5K/10K](#) or to [Register for Girlfriends Triathlon & Fitness Festival](#) and maybe you'll inspire them to TRI or DU it! ☺ Remember to register your Kids for the FREE Kids Tri - it's truly an awesome experience for the kids! Plus, have you heard that Kids get to race the 5K for FREE too! Let's start them young! We are also handing out Beast Medals to anyone who races 2 or 3 events (any combination counts) and Girlfriends have the chance to earn a special necklace too! #BEAST

Packet Pickup

<u>Friday, August 21st, 2020</u>	<u>Saturday, August 22nd, 2020</u>
10:00 AM - 7:00 PM Why Racing Events Warehouse 1108 NE 146 th Street, Suite J Vancouver, WA 98685 360-314-4682	10:00 AM - 2:00 PM Foot Traffic 4020 NE Fremont, Portland OR 97212 503-284-0345

NOTE: If you cannot make this time, please let us know and we can arrange an alternative time for you. Packet Pickup at Why Racing Events Warehouse will be drive-thru style. Please follow arrows and stay in your car, the WHY crew will bring your swag to you.

Group Packet Pick-Ups

Please email registration@whyracingevents.com to have your bag ready in advance for groups of 2 or more - it will save a ton of time.

Shipping Packages

If you would like your packages shipped to you, please let us know by updating your registration information. Here is a quick video on how to do this.



Award Winners

We will host a Virtual Awards ceremony on Thursday, August 27th at 7:00PM via Zoom call for Overall Champions and Age Group Winners. You can pick up your awards Monday, August 31st – Thursday, September 4th from 10:00AM to 4:00PM at Why Racing Events Warehouse. If you are out of town, please email Brianna@whyracingevents.com to make arrangements to have your award shipped to you.

WHAT is a Virtual Race?

Basically, we race alone physically but we race together in spirit!

- **Do the distance you signed up for whenever and wherever.** That's one of the perks of a virtual race. You can sleep in if you want!
- **The original BIKE & RUN COURSE will be MARKED starting Friday August 14th - Sunday August 23rd!** For those of you who live local and/or want to travel for a RACE-CATION, you can race on the original course. We will have WHY Racing arrows, ground arrows (orange) and Bike directional signage to get you through your Olympic/Sprint Bike course and the 5K/10K run course.
 - **NOTE - The park and the roads can be busy on a hot day so for safety reasons, it's best to complete your race earlier in the day.**
 - **NOTE - There is a \$3 parking fee to get into Frenchmans Bar**
 - **The Bike Course is on-road, so you MUST follow traffic laws, ride defensively and be cautious of vehicles, potholes and speed bumps. This is not a closed course!**
 - Bike Mount/Dismount signs by the parking lot (by the restrooms by the volleyball courts) for your Bike Start/Finish.
 - Watch for Speed bumps as you're leaving the park. They can surprise cyclists and cause a potential fall.
 - The course had to be modified from past years because part of the course is not accessible at all times. So cyclists will ride towards Vancouver Lake, past the main entrance and then turn-around. Then ride back, past Frenchmans

Bar park, all the way to the closed gate, turnaround and then head back to the park. Sprint athletes will turn into the park and Olympic athletes will not turn into the park. Olympic athletes will complete a 2nd loop of the course and then enter the park after their 2nd loop.

- Be sure to watch closely for signage and turnaround signs
 - If you are not comfortable riding on the road, you can ride the path to Vancouver Lake following the 10K run course, return and then complete the north section of the bike course past Frenchmans Bar which is not as busy with vehicles. Another option is to just complete 2 loops of the 10K run course for your Sprint bike course. That will keep you completely off of any roads.
 - Note - the original Sprint bike course is 11.77 miles and the Olympic Bike course is 22.8 miles at this venue so we've continued with those distances.
 - You can also complete your bike distance on a smart trainer, or on a different path.
- **Running events** – No matter which race you signed up for, you'll have many options!
- Treadmill
 - Map out a course around your neighborhood or on your favorite path
 - Do the pre-marked 5K/10K course - The Run Course is marked on the path that leads from Frenchmans Bar to Vancouver Lake. You'll find the starting point just north of the Bathrooms in front of the Volleyball courts at Frenchmans bar.
 - Watch for the turnaround signs and Orange sticker arrows on the path to direct you.
 - Use your smart watch, GPS or an app on your phone like RunKeeper or Strava.
 - If you don't have a device that will track your distance, you could always map the distance by car or go to a track (4x around gets you 1 mile)
 - Here are the original [Sunset 5K](#), [Sunset 10K](#) and [Girlfriends 5K](#). Run the actual course or do it from your home, local running path, track or path. The great thing about Virtual is you can do it... virtually anywhere!
- **Swimming events are not marked for safety and permitting reasons.**
 - **Please pay attention to the distance you need to go for the event you are signed up for.**

Multisport Race Distances

Race Type	Disciplines (in order)	Race & Distances
Triathlon	1. Swim 2. Bike 3. Run	- Sprint Triathlon – 825yd/750m/.466mi Swim, 11.77mi/18.94km Bike, 3.1mi/5k Run - Olympic Triathlon – 1640yd/1500m/.93mi Swim, 22.8mi/36.39km Bike, 6.2mi/10k Run - Girlfriends Triathlon - 825yd/750m/.466mi Swim, 11.77mi/18.94km Bike, 3.1mi/5k Run
Duathlon	1. Run 2. Bike	- Sprint Duathlon – 3.1mi/5k Run, 11.77mi/18.94km Bike, 3.1mi/5k Run

	3. Run	- Olympic Duathlon – 3.1mi/5k Run, 22.8mi/36.39km Bike, 6.2mi/10k Run - Girlfriends Duathlon - 3.1mi/5k Run, 11.77mi/18.94km Bike, 3.1mi/5k Run
Aquabike	1. Swim 2. Bike	- Sprint AquaBike - 825yd/750m/.466mi Swim, 11.77mi/18.94km Bike - Olympic AquaBike - 1640yd/1500m/.93mi Swim, 22.8mi/36.39km Bike - Girlfriends Aquabike - 825yd/750m/.466mi, 11.77mi/18.94km Bike
Paddle Triathlon	1. Kayak Paddleboard Row (In/outdoor) 2. Bike 3. Run	- Sprint Paddle Tri – 825yd/750m/.466mi Paddle, 11.77mi/18.94km Bike, 3.1mi/5k Run - Olympic Paddle Tri – 1640yd/1500m/.93mi Swim, 22.8mi/36.39km Bike, 6.2mi/10k Run - Girlfriends Paddle - 825yd/750m/.466mi Paddle, 11.77mi/18.94km Bike, 3.1mi/5k Run

[Original Girlfriends Multisport Course Maps](#)

[Original Columbia River Sprint Multisport Course Maps](#)

[Original Columbia River Olympic Multisport Course Maps](#)

Awards Eligibility

In order to be eligible for the multisport awards, we are asking you to do all segments consecutively with a **maximum 5 minute break in between each segment with the exception of swim/paddle to bike transition (due to possible venue constraint)**. Transition time **will not** count for multisport results (sorry for those of you who are master transitioners!)

Racing Guidelines

[Watch video for how to do a Virtual Triathlon](#)

Swimming

- **Pool:** If able, you can pool swim and record on your smart watch. If your smart watch does not record swimming distance, you can opt to have a support person record your laps and time.
 - Your verification will be a photo of that person showing your distance and time.
 - Be sure to confirm whether your pool is in meters or yards to assure you complete the correct number of laps
- **Open water:** We **will not** be at your race with lifeguards, kayaks, paddleboards, boats and medical support crew, so please consider all safety precautions.
 - **IMPORTANT:** If you swim outdoors for your virtual triathlon, you must swim with a swim buoy and/or support crew in a kayak/paddleboard. You must swim with a buddy and/or have someone overseeing your safety.

Cycling

- **Indoor:** Your safest option is to complete your bike segment on an indoor trainer (smart or regular trainer w/ power meter) or any indoor bike (Peloton, Schwinn, etc.) that will record your distance/time.
- **Outdoor:** We will not be shutting down roads. Please follow all traffic laws and stay on trails and bike paths whenever possible.

Transitions:

- You are allowed **5 minutes** between each multisport segment.
 - **Exceptions (no limit):** Swim/Paddle to Bike transition time due to possible logistical constraints
- Tips and Tricks
 - Get your gear ready to go for each of the segments to reduce your transition time.
 - Consider the time that it takes to get equipment in and out of your car.
 - You can complete the bike/run portion on a track if you bring your trainer & bike with you and ride next to the track.
- Transition times **do not** count towards overall time and results
- If you don't care about uploading your results, these logistics don't really matter!

Relay Teams

- Can be completed at the same location but not required
- Your team could be scattered from all over the country/world! How fun is that!
- Complete your leg, tag off to your team member (virtually and/or maintaining 6 feet distance of course).
- Captains report team's results in the relay team results area.

Kids Tri

Let's give our kids something fun to train for also. This is a non-competitive event for kids 12 and under and the kids will get a medal, bib and t-shirt. Set-up your own Kids Tri Course in your very own back yard or local park. Take lots of pics and videos - we can't wait to see your kids rocking their course! These are the original distances but feel free to modify to make it appropriate for your child.

Kids	1.	Swim	- 6 and under – 25 yard Swim, 1/2 Mile Bike, .25 Mile Run
	2.	Bike	- 7 to 10 – 100 yard Swim, 2 Mile Bike, .45 Mile Run
	3.	Run	- 11-15 - 200 yards Swim, 3Mile Bike, .55 Mile Run

[Kids Tri Course Maps](#)

Transferring Races/Divisions

If you would like to transfer from one division to another, please go to your Race Roster account and transfer your event. **There are no transfer fees.**

- Ex. If you're not swimming at all and would prefer to do the Paddle Triathlon or Duathlon, go to your account and switch to your race of choice.
- Link: [How to transfer your Registration](#)

Things to Keep in Mind

Safety: If you opt to go outdoors for running and/or biking, you **must follow all traffic laws and pedestrian safety ordinances** including biking and/or running on a sidewalk or multi-use trail where available and not in the road and you **must follow the rules of the road if no sidewalk or multi-use trail is available**. If you opt to swim outdoors, you must have a safety support crew and/or wear a flotation swim buoy.

Helpful Tips:

- If you're forced to be on a road, wear bright colored clothing.
- While running or walking, run against oncoming traffic and not with traffic.

BEAST MEDAL - If you are doing the BEAST challenge, you can choose any 2 or 3 of the events to complete over the time period and yes, any combination counts. You could do a 5K one day and a Sprint Triathlon on another day and earn the BEAST medal. If you're up for the ultimate Triple-headed Beast medal, you could do the 10K, Sprint Duathlon and Olympic AquaBike all on separate days. Since you have 9 days, some of you may want to try for two Triple-headed beast medals! 6 events over 9 days?! Yes, one of our athletes, David Livengood, did this at our PDX Triathlon Festival event! I wonder if he thinks he could go for a Triple, Triple-headed Beast medal?!!

Since we have so many options between run-only, triathlon, duathlon, aquabike, paddle tri, anything is possible! If you haven't signed up for the BEAST challenge yet, you can add a Beast event for just \$20 each if you are signed up for a multi-sport event and \$45 if you are signed up for a run-only event and want to add a multisport event. Email us at registration@whyracingevents.com for more details. #BEAST

TRI it! - Since this is a virtual event, this is a fabulous opportunity for our run-only athletes to give multi-sport a TRI (pun intended!). No pressure - get your feet wet, so to speak, and see what you think. It's cross-training at its best!

Self-supported - Since we won't be out there with water and aid stations, you will need to consider what you will need to complete your distance safely and carry it with you. You can also have a friend/family member act as your support providing you fuel when you need it.

Bring your spirit! - It's hard to create the exact same experience you would from a live event but do your best. For example, wear a costume - may we suggest a SuperHero theme since that's what you are! Create a fun finish line and post-event party with your family. We will have prizes for best costumes, most creative finish line, best post-race beverages and meals etc. Have fun with it! Show us your best race day gear and GIRLFRIENDS outfit to win the day! Remember – We have a photo contest at all of our virtual award parties and your picture could win!

Look at the positive! No one ever expected this to happen so let's make the best of it. What we need now more than ever is positive energy, stress relief, and something healthy to do to stay physically and mentally strong and keep boosting our immune system during these challenging times. Let's focus on what we CAN do versus what we can't do!

Inspire - We all need a challenge right now and something to look forward to. Inspire your friends, family and racing buddies to go for it. Send them this information [Register for Columbia River, Kids Triathlon & Sunset 5K/10K](#) and [Register for Girlfriends Triathlon & Fitness Festival](#)

Document it

Upload your photos, video and results as noted below. Post to social media using #ColumbiaRiverTRI, #GirlfriendsTRI and #WhyRacing. We will want to document this and you will want to be part of the official race video for a virtual race that we will NEVER forget!

Uploading Pictures & Videos

Upload your videos and pictures from your virtual run/walk to the links below by **Sunday, August 23rd at midnight** to be part of the Columbia River Triathlon Festival & Girlfriends Tri 2020 Event Video and Photo Album. You can also upload to social media and tag us on our [Facebook page](#), or [Virtual Girlfriends Triathlon](#), [Virtual Columbia River Triathlon Festival](#) or Instagram at @why_racing_events. Let's share your energy and inspire others to focus on the positive!

Photo Upload	Video Upload
Columbia River Triathlon, Sunset 5k/10k & Kids Tri Photos https://www.dropbox.com/request/R7vv3g0Jqk9iemmdw62b Girlfriends Triathlon Photos https://www.dropbox.com/request/eR2vIO4NL0TeWhgDxN6j	Columbia River Triathlon, Sunset 5k/10k & Kids Tri Videos https://www.dropbox.com/request/yEcHw9wyGbD9rJppMnvJ Girlfriends Triathlon Videos https://www.dropbox.com/request/hP81mmVF1fcZ1tFRSt5d

**** If you are having difficulties uploading your pictures, please email your pictures to andrew@whyracingevents.com**

Uploading Your Results

If you would like to be listed in the official results, please upload your finish time(s) to the link below by **Sunday, August 23rd by 11:59PM**. Please make sure that your wearable device is fully charged before starting your race. We will have event results, top finishers and age group results posted by Wednesday August 26, 2020. Please upload results (and proof of how you got your results via Strava, GPS or watch).

Columbia River Result Upload: <https://results.raceroster.com/results/b6xxyt6hxcncg9mr>

Girlfriends Result Upload: <https://results.raceroster.com/results/mkudufh6g7vaid9g>

Get your SWAG!

When you pick up, you will get your SWAG as follows:

Multisport:

Columbia Triathlon - Quarter Zip Jacket, Beach Towel, Finisher's Medal, Tech Shirt, Can Glass, and Swag Bag full of goodies.

Girlfriends Tri - Quarter Zip Jacket, Beach Towel, Finisher's Medal, Tank Top, Wine Glass, Girlfriends Necklace and Swag Bag full of goodies.

Run-only & Kid Events:

Kids Tri/Kids 5k - Tech Shirt, Medal and Swag Bag full of goodies.

Sunset 5k/10k - Tech Shirt, Medal and Swag Bag full of goodies.

Girlfriends 5k - Tank Top, Medal and Swag Bag full of goodies.

Here are the goodies in your swag bag from our amazing sponsors and partners:

• SPORTEa • Power Crunch Protein Energy bars • Franz cookies • PowerBar Sport Gel • Northwest Personal Training 2 weeks of Group Classes	• Skratch Labs Chew • 1 item from Franz item • Bottled Water • Gatorade
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Partners & Sponsors

There is absolutely no way we could have pulled this event together (not to mention helping us get through this global pandemic) without the support from our partners and sponsors. **Huge thanks to:**

Foot Traffic * PeaceHealth * IQ Credit Union * Fairwinds CBD * Corwin * Chuck's Produce
Northwest Personal Training * McCord's Vancouver Toyota * Central Oregon Visitors Association
* Franz * PowerBar Sport * Mt Tabor Brewing * Happy Mountain Kombucha * Skratch Labs *
Xterra Wetsuits * Power Crunch Bar * Sweet Spot Skirts * AMR * Waste Connections

The best way to thank these companies is to do business with them and to thank them for the support they have given to Lucky Triathlon Festival and all of YOU!

Important Information for the Rookies

You probably have a lot of questions! Don't let a Virtual Event stop you from hitting your goals. We pulled together some additional tips that you can access at [Columbia River Triathlon Festival Training Tips](#) and [Girlfriends Training Tips](#) to help you on race day. Take your time

reviewing it to help assure a fabulous race day experience! Much of this info is specific to live races but should provide you some great tips.

BENEFICIARY

We are excited to partner with **Our City Cares**. We are sad we don't get to work directly with them at our event this year, HOWEVER we get to support this amazing organization right here in our home town of Vancouver, Washington....We accomplish more together! \$5 from every adult 5K/10K entry will be donated and \$10 from every multisport adult entry will be donated to support this important mission. THANK YOU for your participation and supporting Our City Cares.

REMEMBER YOUR WHY

You are all racing for different reasons. Some of you are super competitive and are racing to win overall or in your age group or division. Some of you will just be ecstatic to cross the 'virtual' finish line. Some of you are racing to reach for your personal best or to get into great shape. Some of you race to be able to eat whatever you want. Some of you do it for energy, to help you look and feel better, some do it for fun or to meet new people. Some of you do it so you can have a beer or a glass of wine and some of you are passionate to support our beneficiaries. All of us race VIRTUALLY to remind us that we can do anything we put our minds to! Regardless of your WHY, let us congratulate you on pushing your limits and by doing so remember that you will inspire so many others! One of the best things you can do immediately to help support running, multi-sport and your fellow athletes of all ages, fitness levels, shapes, sizes and abilities, is to offer lots of support and praise to each other on race day, virtually or not. **Have fun, be safe and enjoy the entire experience!** You're already a winner just by showing up, especially during a global pandemic!

Remember, "You can cancel the race, but you can't cancel the athletes!" We train for tough times and will get through this together.

Thank you so much for your support.

Sherri McMillan and your WHY Racing Crew