



Greetings 2016 Happy Girl Half Marathon, 10K and 5K racers!

With just a bit more time left before the race, we wanted to first tell you how excited we are for this year's Happy Girl Half Marathon, 10K and 5K at Riverside State Park and Mukogawa Ft. Wright Institute in Spokane. 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, September 23, 2016 | 3 pm to 7 pm

GIRLS NIGHT OUT – [RED LION HOTEL AT THE PARK, DOWNTOWN SPOKANE](#)

303 West North River Drive Spokane, WA 99201

General Details

The Girls Night Out party features hors d'oeuvres and River City beer (made possible by the fantastic Spokane Sports Commission), mingling with fellow racers, and, of course, your bib and goody bag pickup. Be sure to come ready to check out some of the vendors and sponsors focused on women's fitness as well! Final registration will be available for those of you who are waiting until the very last minute. Maps of the courses will be available for review as well.

Timing Chips

The event will be timed by Sportstats 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 wearing the bib properly at all times during the race may prevent you from being timed, therefore, not show the 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 pads at the start and finish of the race.**

Parking

Parking is available at the Red Lion at the Park in addition to street parking throughout downtown Spokane. Parking is metered until 7 pm on downtown streets.

Saturday, September 24, 2016

RACE DAY, LATE REGISTRATION AND PACKET PICK UP – MUKOGAWA FT. WRIGHT INSTITUTE

Packet pick up and late registration

Packet pick up and late registration will be at the parade grounds of Mukogowa Ft. Wright Institute under the blue Lay It Out Events tent near the red inflatable arch starting at 7:00am. Late registration for the half marathon will end at 8:30am. Late registration for 10K and 5K will close at 9am.

Child Care

[Spokane Gymnastics](#) has been kind enough to offer COMPLEMENTARY CHILDCARE at their gym facilities from 7 am to 3 pm for all women participating in the Happy Girl Run on Saturday! See below for details from Spokane Gymnastics:

*As a complimentary service to you, we would love to wear out your kiddos! Children potty-trained through 14-years-old will enjoy a safe, fun and productive gymnastics experience at our new 30,000 s.f. facility near Argonne and Montgomery. **Please Call & RSVP to reserve your spot: (509) 533-9646.***

Location: [Spokane Gymnastics](#) 2515 N. Locust Road Spokane Valley, 99206 spokanegymnastics.com

Parking

There will be parking available at the SW area of the campus off Wright Avenue and Freemont Avenue in the grass. Parking attendants will direct you into the lot. Please do not park at the Randolph Farms Apartments or the Westwood Apartments. These parking lots are for residents and violators will be towed at owner's expense.

Start/ Finish Area

The start/ finish area is located at the end of the parade grounds in the center of campus between Military Road and Custer Drive. Look for the large red and black arch.

Bag 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/finish area next to the merchandise tent. 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.

Post Race Gear Lost and Found

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

Pre Race Warm Ups: 8:40 am

Join us for some last minute inspiration and pre-race dynamic warm-ups led by the fantastic coaches at [Team Pilates, Barre and Yoga](#) to calm the nerves and get you ready to run with ease!

Start Times

Half Marathon

The half marathon will consist of 4 waves with the first wave starting promptly at 9 am at the Parade Grounds (look for the large red arch). Each subsequent wave will start 5 minutes later. All waves should be lined up and ready to go at 9 am.

Wave 1: 9:00 am (9:30 min pace or less)

Wave 2: 9:05 am (9:30-10:30 min pace)

Wave 3: 9:10 am (10:30-11:30 min pace)

Wave 4: 9:15 am (11:30 min pace or more)

10K

The 10K will start promptly at 9:30 am at the Parade Grounds (look for the large red arch).

5K

The 5K will start promptly at 9:45 am at the Parade Grounds (look for the large red arch).

Course Description

The Happy Girls courses are each a single-loop course, starting and ending at the parade grounds. All three courses are on a combination of single track trail, double track and paved trail. All three courses will be marked with a combination of the following:

- **Colored flagging pinned onto trees on the course** (red = half marathon | blue = 10K | yellow = 5K)
- **Flour on the trails**
- **White directional cards with red arrows on them**
- **Red arrows**
- **Orange “wrong way” cards with X’s on them**

Each course will have it’s own color of flagging – follow the flagging that aligns with the color of your race distance.

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.

Half Marathon:

The half marathon course departs out of the start arch and will make a full loop of the parade grounds at Mukogawa Institute before heading out onto the trails (loop will go clockwise around the parade grounds). The course then heads west out of the campus toward the Centennial Trail. As you approach the trail, you will go **RIGHT** onto the Centennial Trail (upriver) until the single track trail that drops to your left and sends you back downriver at about mile 1.2. You will continue to follow the single track and double track down river until the turn around point and aid station near 7 Mile Falls. At this point, you will rejoin the paved Centennial Trail and follow it back to the Mukogawa Institute at the finish. Please note! The trails can be rocky or unstable at times. Walking in a trail running race is **NORMAL!** Use your best judgment and if it’s too rocky to run, simply walk through it and pick your running pace back up on the other side. Enjoy the brief respite. Also note that you will be running past the Spokane Rifle Club (located on the opposite side of the river) at about mile 6. Locals will know the gunshot noises are ok. Others may hesitate. Have no fear! They are not shooting at you!

*****PLEASE NOTE THAT THERE IS AN EVENT AT THE EQUESTRAIN AREA AND THERE COULD POSSIBLY BE HORSES ON THE TRAIL*****

10K:

The 10K course departs out of the start arch and will make a full loop of the parade grounds at Mukogawa Institute before heading out onto the trails (loop will go clockwise around the parade grounds). The course then heads west out of the campus toward the Centennial Trail. As you approach the trail, you will go **LEFT** onto the Centennial Trail (downriver). **NOTE! This is opposite of both the 5K and the Half.** Follow the trail to the aid station and hop onto the single track to the right and join the half marathon course. You will follow single and double track around the butte. At mile 3, you will make a **LEFT** and continue to the Equestrian Center toward the horse corrals (that's why you may smell horses). You will then reconnect with the Centennial Trail and follow that back upriver to the Mukogawa Institute to the finish.

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5K:

The 5K course departs out of the start arch and will make a full loop of the parade grounds at Mukogawa Institute before heading out onto the trails (loop will go clockwise around the parade grounds). The course then heads west out of the campus toward the Centennial Trail. As you approach the trail, you will go **RIGHT** onto the Centennial Trail (upriver) until the single track trail that drops to your left and sends you back downriver at about mile 1.2. You will follow single and double track back up to the Centennial Trail and the aid station. Continue left past the aid station for .20 miles to the 5K turnaround sign. Return back past the aid station and head back in to the Mukogawa Institute.

Interactive and static maps marked with aid stations and trail notes for each distance are available for download on the Happy Girls website: happygirlsrun.com/spokane

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: 11:00 am (overall & masters: 1st-2nd-3rd)
- Half Marathon: 11:30 am (overall & masters: 1st-2nd-3rd)
- Teriyaki and vegetable rice bowls provided by Mukogawa Ft. Wright Institute.
- Beer provided by River City Brewing and cocktails provided by Bendistillery.
- Bacon, that right, a fan favorite is making its return compliments of Numerica Credit Union
- 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 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 sponsors and volunteers! Each sponsor donated to our race beneficiary, [Statement](#). All of the volunteers who are staffing each of the aid stations represent [Statement](#) as well. Be sure to say thanks and consider providing some of your own financial or time support to [this incredible organization](#).

Half Marathon

There will be seven aid stations along the Half Marathon course. Aid stations will be supplied with water, GU brew and GU gels. Aid stations will be located at approximately mile 2, 4.6, 5.8, 7.75, 9.4, 10.5 and 12.5. Toilets will be located at approx. mile 1, 5.5, 7.75 & 9.75.

10K

There will be three aid stations along the 10K course. Aid stations will be supplied with water, GU brew and GU gels. Aid stations will be located at approximately mile 1.25, 3.4 & 5.25.

5K

There will be one aid station along the 5K course. Aid station will be supplied with water, GU brew and GU gels. The aid station will be located at approximately mile 2.

Finish Line

A full supply of water and GU brew will be available at the finish line.

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. If you prefer to continue, you will be running with no additional aid station or official race support.

Injuries and Emergencies

We are pleased to be partnering with Crackerjack First Response Specialists to maximize the safety and well-being of our participants at any point on the course. Crackerjack's staff consists of skilled emergency medical technicians, paramedics, doctors, skilled field operators, and experienced and proven adult educators and trainers. All of their partners and staff are long experienced practitioners specializing 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.

Crackerjack First Response 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 contact Luke at Lay It Out Events: 801.558.9425 cell or 541-323-0964 office/ luke@layitoutevents.com or Gail Black / gail@layitoutevents.com