



This Saturday, July 1st, 2023 you are signed up for the BigFoot Fun Run 5K & 10K in Yacolt, Washington. We are excited to bring back BigFoot Fun Run to our event schedule and work with the Town of Yacolt to incorporate the race into their annual Rendezvous Days. Enjoy all that Yacolt has on deck for this must do weekend!! Please take a moment and read through the event pre-race instructions.

VOLUNTEERS: We could use a few more good volunteers. Big thanks to all of our amazing volunteers! If you have family or friends who are coming to support you and want to volunteer, sometimes we get cancellations, so they can still email Marla@whyracingevents.com if they would like to help out. Remember, there's no way we could put on this event without the help and support of our volunteer team. Many have dedicated hours and hours of their time to this event. So please be extra nice to our course marshals, water station crew, Flaggers, and anyone helping out. Thank them as often as possible because we want them to all come back next year!

PACKET PICKUP/REGISTRATION

DAY OF RACE PACKET PICKUP ONLY!

Saturday, July 1st, 2023

**Yacolt Library
105 E Yacolt Rd
Yacolt, WA 98675
7AM-9AM**

We are capping the event at 500 this year and we will sell out. Share with friends and family before we sell out.

[Register for BigFoot Fun Run 5k & 10k HERE](#)

NOTE: USATF sanctions our events, so you are required to pick up your own race packets. If you cannot make it to Packet Pickup, you can have someone else pick up your package, but you must sign and print [this form](#) and send it with them as well as a copy of your ID. Make sure that all parties have signed the online waiver first (this is important if one person signed up multiple people). **Also, please don't send anyone 17 and under to register or pick up a package without their parent/guardian because they can't sign the waiver.** This is an insurance requirement helping to assure that athletes don't give their Bib to someone else to race – an act that would be strictly prohibited for safety reasons - and that all waivers have been signed.

LOCATION & PARKING: Start/Finish and post-race festivities will be at the La Center Library. Parking is available at Chelatchie Prairie Railroad or throughout the Town of Yacolt.

Town of Yacolt: Thank you to the Town of Yacolt for sponsoring and bringing back your BigFoot Fun Run 5k & 10k. The event has a rich tradition of family fun and local competition. We can't wait to see who will be the top finisher in 1/2/3 mile & female for each distance. Don't forget...Kids 12 & Under 5k FREE!!

Rendezvous Days: The annual tradition of Yacolt Rendezvous Days is back from June 30th - July 4th with Kickball, Chalk Art, Office Chair Races, Watermelon Eating Contest, Vendors and more!! [Click Here for Rendezvous Days Schedule](#)

START TIME & WHEN TO ARRIVE: 5k & 10k mass start at 9AM. We ask that you self seed with those of you feeling FAST lining up to the front of the startline chute. Parents, we know your kiddo wants to win, and they just may do that, but please be aware of keeping kids close and keeping strollers in the rear of the event startline chute. This will allow for safe mass start. Give yourself time to get your bib and then go for coffee in town. There is a lot to walk around and see.

COURSES: This is a beautiful, rolling hill course that will carry you through the Town of Yacolt along beautifully tree lined streets. The course is open to traffic, but few cars frequent the route.

The 5k and 10k courses are within the same course.

5k Athletes - you will have 1 water station at your turnaround. Don't head back to the finish line yet, you have a dogleg right turn to complete your distance before you head back to your finish line at Yacolt Town Hall. You can view the 5K course map here:
<https://runsignup.com/Race/BigfootFunRun/Page-5>

10k Athletes - you will have 3 water stations, at the 5k Split (2x) and at your 10k turn around. Make sure you do your dogleg right turn to complete your distance before you head back to your finish line at Yacolt Town Hall. You can view the 10K course map here:
<https://runsignup.com/Race/BigfootFunRun/Page-6>

COURSE SPLITS/Turnarounds: Watch for the course splits and Turnarounds. We'll have signs to alert you and volunteers, but if you're not paying attention, you could easily miss your course split and do extra bonus miles. **Note: please complete the course for the event you registered for – or let us know before the race at Packet Pickup if you want to change distances! Otherwise, it significantly affects result reports for everyone!**

TIMING: Please be sure that your bib is visible so we can capture your number at the start and finish of the race. We will collect bib tabs as you cross the finish line. We are taking this back to "Old School Timing". Just be sure to wear your Bib Number on the front of your shirt or shorts. We will give awards to the top 3 Male/Female and age group awards.

MUSIC: During any running segments, we prefer athletes to NOT use music devices to maximize safety and assure athletes can hear all course marshal instructions. With that said, we also understand that many athletes rely on music to help endure the challenge of running. To accommodate the needs of our athletes while still assuring maximum safety, here is what we ask:

- If you choose to use a personal music device, please keep one ear open for instructions so only one earbud should be used at any time.
- We also request that if you choose to use a personal music device, please keep the volume to a minimum to assure all instructions can be heard.

LOST & FOUND: Any unmarked equipment will be returned to the stage during the event. After the event, we will take them to the Why Racing office, and you can contact us to locate it. Please come to the event with all personal belongings well marked with your name.

CAMPING: Something new this year, we are welcoming our 5k & 10k participants to camp at Rec Park on Saturday night. Hellz Bellz 50 Miler and Purgatory Trail Marathon is Sunday morning starting with their train ride to the trailhead at 5AM.

This is a neighborhood park and lights out at 10PM with no camp fires.

We will have burgers and hot dogs for sale for spectators and campers on Saturday from 4:00PM-8:00PM at Rec Park.

Here are the details:

Camping at Rec Park in Yacolt, Washington

Date: Saturday, July 1, 2023

Location: Rec Park - 26612 E Hoag St, Yacolt, WA 98675

Time: Camping checkin 12:00PM 7/1/23 Camping checkout 5:00PM 7/2/23

Special Info: Tent Camping ONLY. You can cook on a Propane burner on paved areas. You must pack out your own garbage. We will have snack items and Burgers & Dogs for sale from 4:00PM-8:00PM.

We transport the participants for the Hellz Bellz Ultra to the start line on the Chelatchie Prairie Railway. You have the opportunity to take a ride on the rail with the participants at 5:00AM on Sunday morning. The cost is \$5 per

or \$25 for families up to 6 people.

If you are camping or taking the trail ride, please RSVP to Jennifer@whyracingevents.com

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The best way to thank these companies is to do business with them because you appreciate the support they give to athletes like YOU and all the schools, clubs, and nonprofits, who will benefit from the event. Maybe you have a group that would like to volunteer at our next event? Reachout to us at info@whyracingevents.com to get involved today.

FACEBOOK: Can we be friends?! If you haven't yet, please like our Why Racing Events Facebook pages for motivational and training tips.

<https://www.facebook.com/WhyRacingEvents> Please share your post-event stories and photos on our page and use #WHYRACING to be entered in for prizes.

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 finish. 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. 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 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. As you pass someone, tell them how great they're doing! And as you're getting passed, tell them how strong they look. Cheer each other on; it makes

the time pass by quickly and empowers you and everyone else on the course! **Have fun, be safe and enjoy the entire experience!** You're already a winner just by showing up!

Last, I'd like to give a big shout-out to our team at Why Racing Events for working so hard as a team to pull this event off! We are honored to work with a team that is so passionate about helping others get to the finish line and giving back to our community. We'd also love to give major Kudos to the Town of Yacolt for your support and for all your efforts to make this event a reality!

See you soon and keep that training going strong!

Karissa & Rod Schoene and your Why Racing Crew