

# ATHLETE INFORMATION GUIDE

SEPTEMBER 14 | 2019

## Race Day is Almost Here!

### Dear Athletes,

Thank you for registering for the 18th Annual Bellingham Traverse. It's shaping up to be a beautiful rainy day in Bellingham. Make sure you bring water, food and appropriate clothing for the weather. A list of equipment also helps so you don't forget essentials like a helmet (these things happen).

The weather is forecasted to be rainy, mainly after 11am and 60 degrees early race morning, and warming up throughout the day with 63 degrees forecast for noon and a high of 66 degrees for the day.

We are looking forward to a GREAT day!!!

DOWNLOAD PDF GUIDE

## Athlete Waiver

A link will be sent out later today for all teammates to sign online. There will be an option to sign the waiver at packet pickup as well.

### Packet Pickup Reminder

Friday night packet pick-up will be a PARTY!

Come on down to the Mountain Room [enter from the alley off Maple] from 5-7pm. We will be doing a **Pre-race meeting at 6pm.**

**Friday 5:00 PM - 7:00 PM** @ Boundary Bay Brewery's Mountain Room  
**Saturday 9:00 AM - 11:00 AM** @ Boundary Bay Brewery on Railroad

## Schedule

### Friday, September 13th

**5:00 pm - 7:00 pm Packet Pickup @ Boundary Bay's Mountain Room**

**6:00pm Pre-Race meeting**

Come around back and enter through the alley off Maple Ave, look for the red Traverse tent.

Come pick up your numbers.

Only 1 person from your team needs to come to packet pickup, but you're also welcome to meet-up as a team, plan your day and enjoy some Traverse IPA.

**Boundary Bay Brewery**  
**1107 Railroad Avenue**  
**Bellingham, WA 98225**

### Saturday, September 14th

Here's the rundown on what's happening during the day.

**9:00 am - 11:00 am** Packet Pickup on Railroad Ave @ Boundary Bay

Look for the red Traverse tent next To Boundary on the corner of Railroad & Maple

**9:00 am - 11:00 am** Equipment Staging at Transitions

**11:00 am** Informational Meeting in Boundary Bay Garden

**12:00 pm** START at Boundary Bay Brewery

**2:15 pm** - Release of Road Bikers

**4:30 pm** - Release of Paddlers

Please pick up your boats as soon as you can from Cornwall Beach (530 at the latest so our volunteers can join the party).

**12:00 pm - 5:00 pm** Watch at the Traverse Transitions

See Past Results for Finish Times

**2:00 pm - 5:00 pm** Traverse Finish Line at Boundary Bay

**11:00 am - 5:00 pm** Railroad Ave Beer Garden is open

We close the street and have a block party. There will be a beer garden at the Finish Line on Railroad, so you can swill and cheer on your friends as they finish behind you.

After your team finishes the race, have some snacks, then you can go get your team photo taken. You'll feel like a champion!

**5:00 pm** We auction off any boats left at Cornwall Beach- If you haven't picked yours up, we're selling it to the highest bidder.

**5:30 pm** Awards Ceremony in Boundary Beer Garden (after the last team finishes & all the kayaks have been claimed)

## Results & Start List

Results will be posted real time through the website on the [2019 RESULTS](#) tab.

2019 RESULTS

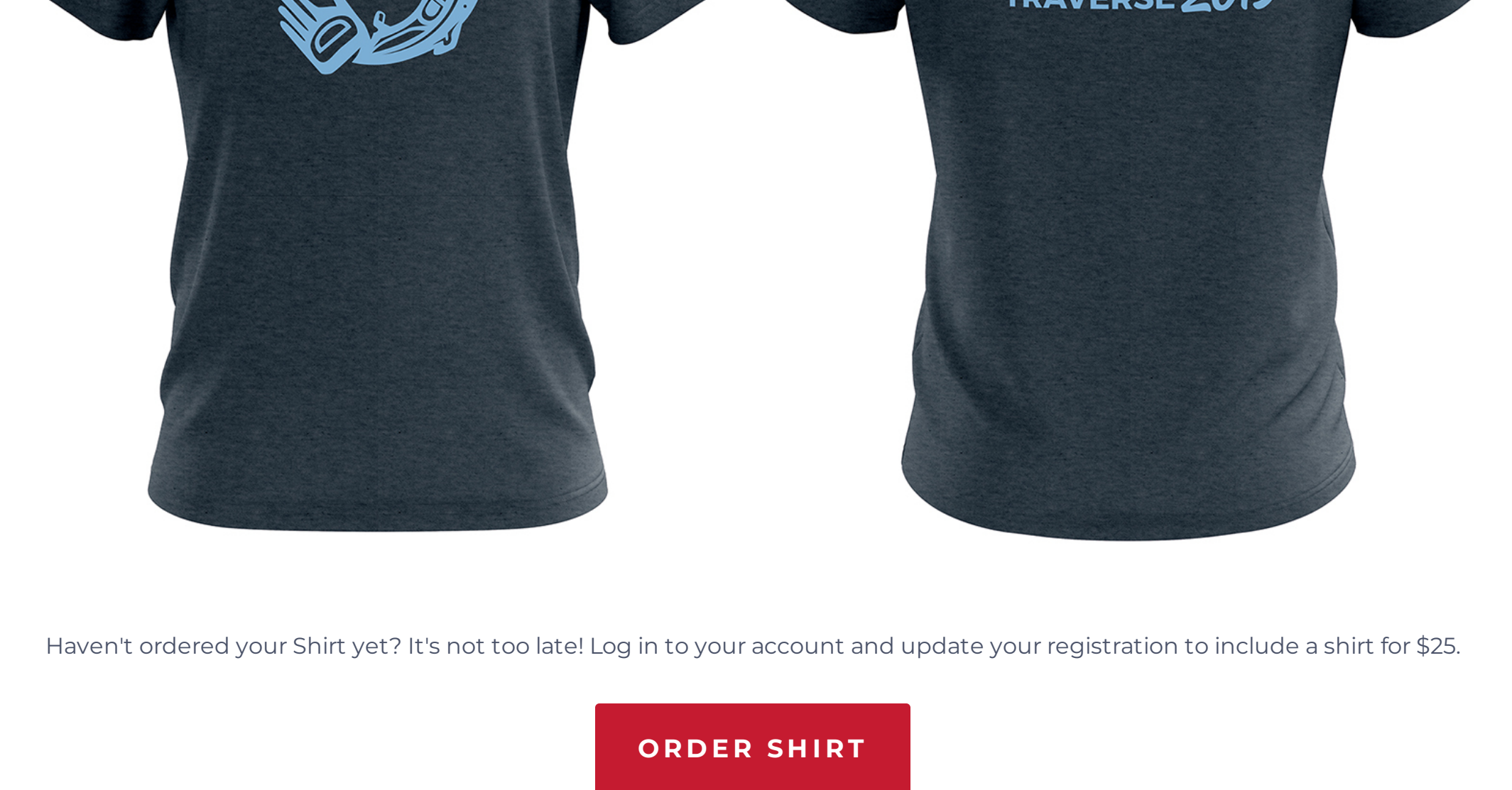
START LIST

## Late Arrivals & Early Release

If your Mountain Biker is not back by 2:15p.m., the Road Biker starts the leg! Meet them at Cornwall Beach! Cut Off Time for MB leg does not apply to Chinook (solo).

All boats must be on the water from Marine Park by 4:30 p.m. Soloists, if you're not in the water by then, you're not going out. Teams, if your teammate is not there by 4:30 p.m., we will send you out to complete the leg and meet your team.

## 2019 Traverse Shirts are Here!



Haven't ordered your Shirt yet? It's not too late! Log in to your account and update your registration to include a shirt for \$25.

ORDER SHIRT

## Soloists We'll Take Care of your Stuff

Yes, the Traverse course is designed for soloists, and we are sure to make transitions as stress-free as possible for solo racers. There will be people on site at each transition area to aid soloists, and there will be a designated location for soloists to stage equipment.

Soloists who don't have support crew will be given gear bags. These gear bags will be left at transition areas, and we will bring your possessions, including your bikes, to the finish line.

### Boundary Bay Finish Line

Watch the start and finish of the Bellingham Traverse with a cold beer in hand!

We'll have a Beer Garden set up outside the Taproom on Railroad Ave., conveniently placed right in front of the start/finish line for prime viewership so you can cheer on the racers.

**BONUS:**  
 Make your best cheer sign to encourage the racers and tag [#TraverseSuperfan](#) on social media for a chance to win a prize!

**11am-5pm // 21+ only**  
 (However, All ages down in the Beer Garden Bar!)

### Traverse IPA

Is beer a part of your training program?

Traverse IPA six-packs are back on the shelves, ready to help you through your Bellingham Traverse training! Boundary Bay has been one of our oldest Traverse Sponsors and we're stoked to keep the partnership alive and the Traverse IPA flowing.

Six-packs now available at the brewery and a grocery store near you.

### WATCH THE TRAVERSE STORY

PLAY VIDEO

"Every year it is our honor to celebrate the Bellingham Traverse Race and its journey to promote outdoor recreation in our corner of the world. Our mission is not just connecting people to people across the community but connecting people to their local environment. Traverse IPA celebrates one of the most arduous journeys of the known world, the journey of the salmon and honors its importance to our ecosystem."

Our Friends at Boundary Bay

## Equipment

You are responsible for providing your own equipment. There are no restrictions except that it must be human powered. All legal safety equipment is required: Bike helmets, PFD, Kayak Whistle, and a bilge pump. Recommended: Bike repair kit, tube, pump, paddle float and other safety and comfort amenities. **Gear Drops start at 9:00 a.m.**, at each of the transition areas. We will have volunteers there to show you the way.

## Foul Weather Plan

Our Traverse Water CREW will be checking the forecast and on-water conditions throughout the morning and will make the decision by 1:30pm at the latest.

If the conditions warrant, we will switch to the **SHORT COURSE**. [View the Map HERE.](#)

We will do everything in our power to get you on the water, however if the conditions are unsafe, we will cancel the leg completely. In this case, the **TRAIL RUN** will be re-routed to run from the Fairhaven Transition, along the Greenways Course to Cornwall Beach where you will meet your team to complete the **FINAL TEAM TREK** to Boundary! If this happens, we will have a volunteer at Marine Park to stay with the boats until you are able to return and pick them up. Please do so as quickly as possible so they can join the fun at Boundary.

This will also mean an earlier overall finish. We will start the award ceremony when the last team finishes - somewhere between 4:30 & 5pm if the paddle leg is cancelled.

FOUL WEATHER MAPS

## In an Emergency / Drop Outs

If you are in or come upon an emergency situation, **CALL 911**. Be prepared to give your location and the name and status of the victim. Then, call **Marc Blake** at (626) 376-1125 or **Corbin Huddeck** at (206) 755-7371 - please give him the same information and the TEAM Number so we can inform their teammates and support. Stay with the person. Tell the next person to alert a volunteer. If you have to drop out of the race, tell a volunteer so we can alert your team, support and the rest of OUR CREW.

## Course Updates Rules / Safety

I will:

- Play nice with my fellow participants.
- Help participants in need.
- Be respectful of others using parks, trails, waterways and public spaces.
- Give thanks (a shout out) to the volunteers.
- Be a good ambassador (volunteer for trail or park work or at other local events).
- Not litter - pack it in, pack it out (or dispose in appropriate containers).
- Inform and official if I withdraw from the event.
- Follow all race rules and adhere to sport specific safety guidelines.

## New in 2019

- Trail Run Course:** This Year we have lengthened the Trail run from 3.4 miles to 4.3 miles to accommodate an additional Aid Station along the interurban trail.
- Aid Stations:** Athletes will run through the scenic 100 acre woods and pop out onto the interurban trail making a right hand turn which will bring you to the aid station.
- Transition #3 (Road Bike - Trail Run):** We will Return to Fairhaven Family Medicine for Transition #3. This is the original Transition area located at 6th & Harris (1401 6th St.). **Drop your shoes here.** Spectators: the best time to watch the Road Bikers come in starts at 2:30pm.

## Transition Procedure Rules

- Athletes only in transition area. You will need to show your race number to enter and exit. Your race number must match any gear you are removing.
- No nudity (if you need to fully change, use the restroom).

## Post Race Food

This year REI will be hosting a **Strawberries and Cream** recovery food booth at the Finish Line.

There will be post-race snacks and beverages. Additionally, Boundary Bay will be offering up a full menu for cooked meals and Beer.

## Awards/Prizes

We have Overall Awards for 1st, 2nd and 3rd place to present to all 4 race categories (**CHINOOK, COHO, CHUM, & COMPANY**). The winning Company Team will also take home the stunning traveling trophy from Bay Engraving. Additionally we have some GREAT raffle prizes from our sponsors and supporters! REI will be presenting some cool prizes and raffle items that you won't want to miss!

All registered athletes and volunteers will be eligible for raffle prizes. Awards will be done on-site at the Boundary Railroad Bay Beer Garden post race while prizes will be raffled off shortly afterwards. We'll be drawing bib #'s randomly, so hang on to your race numbers. You must be present to win.

Prizes will be raffled off this year at the After Party. You must be present to win! Share your race stories with friends, family, and fellow competitors in the Beer Garden at Boundary Bay after the race.

**Location**  
**Boundary Bay Brewing Company | 1107 Railroad Avenue Bellingham, WA 98225**

### BELLINGHAM TRAVERSE VOLUNTEERS NEEDED

Not Racing this Year?

We still need volunteers for the 2019 race. Help with course setup, on-site registration, open water support, course marshalls, and more.

VOLUNTEER SIGNUP

A Big Thanks to Our Sponsors

**PACIFIC MULTISPORTS**  
**Recreation Northwest**

**REI COOP** **CITY OF BELLINGHAM WASHINGTON** **BELLINGHAM TRAVERSE**

**fitness evolution** **BRANDON NELSON PARTNERS REALTORS**

Brought to you by  
**Pacific Multisports**  
 Check out the full calendar of supported events [HERE](#)

**Upcoming Events:**  
 Sunday, September 22th Swim Run Orcas Island  
 Saturday, September 28th Waterfront Pump Track Race  
 Sunday, October 20th Trails to Taps

[f](#) [t](#) [i](#)

[Sender\_Name]  
 [Sender\_Address] [Sender\_City] [Sender\_State] [Sender\_Zip]  
 Unsubscribe Unsubscribe Preferences