

# 2023 Olympia Lakefair Races



## Frequently Asked Questions

### 1. When and where are the races?

All races are Saturday, July 15, 2023. All races share the same finish line at the corner of 5<sup>th</sup> Avenue SW and Sylvester St SW (across from the “Dancing Waters” Fountain at Capitol Lake Park) in Olympia, WA. Following is a schedule of start times and start locations for each race:

- Lakefair Half Marathon – 7 am Start (also 6 am Early Start for runners expecting to run over 3.5 hours - 16 min/mile pace). Location: On 5<sup>th</sup> Ave SW, directly opposite door at 119 5<sup>th</sup> Ave SW, 12 meter east of Columbia St SW. Due to the Lakefair Parade, the course closes at 12 noon (5 hours after the start).
- Lakefair 8K – 8 am Start. Location: On 5<sup>th</sup> Ave SE between Capitol Way S. and Washington St SE.
- Lakefair 3K – 8:05 am Start. Location: On 5<sup>th</sup> Ave SW between Columbia St SW and Capitol Way S.

### 2. Are the course distances accurate and certified? Any other course details?

Yes. All courses are certified, with the following USATF certifications:

- Lakefair Half Marathon – [WA15001RMB](#) – The course is close to a large loop, with the first half being a gentle uphill, and the second half largely downhill. Mile marker signs will be at each mile, and the course marked clearly, along with volunteers and police officers at turns and intersections. Large sections of the course are shaded. Much of the course is on the Woodland and Chehalis Western Trails with no automobile traffic.
- Lakefair 8K – [WA14021MN](#) – The course is a very flat near loop to Tumwater Historical Park and back, circling the north end of Capitol Lake in the process. Mile marker signs will be at each mile, and the course marked clearly, along with volunteers at turns and intersections.
- Lakefair 3K – [WA14020MN](#) – The course is essentially a flat loop around the north end of Capitol Lake. There will be a 1 Mile sign, and the course marked clearly, along with volunteers at turns and intersections.

### 3. How do I enter?

You can enter two ways:

- Online (<https://www.olympialakefairraces.org>) via EnMotive – entries close 15 minutes before each race.
- Day of Race Entry for the 3K, 8K and Half Marathon is also available at Heritage Park on 5<sup>th</sup> Ave SW near the finish line starting at 6 am.

### 4. Where do I pick up my number and race packet?

- Race packets and numbers for all races will be available Friday, July 14<sup>th</sup> from 11 am to 6 pm at South Sound Running at 3405 Capitol Blvd, Tumwater, WA
- Race packets and numbers for all races can also be picked up at Heritage Park near the Finish line the morning of the race starting at 6 am.

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**5. Are there Aid Stations and Sanicans on the courses?**

- Aid stations are located approximately every two miles for the Lakefair Half Marathon.
- Sanicans are located adjacent to most of the Lakefair Half Marathon Aid Stations.
- There is one Aid Station that runners pass by twice on the Lakefair 8K.
- All aid stations have water and Nuun sports drink provided and are staffed by enthusiastic local high school cross country and track team members and community volunteer organizations.

**6. What are the Entry Fees?**

Below is a table with the schedule of entry fees. For the 3K, kids 14 & under are free without a T-shirt. Online entries have a service charge added by EnMotive.

Discounts are also available for Groups of ten members or more. More details are available in the “Registration” section at [www.olympialakefairraces.org](http://www.olympialakefairraces.org) website.

<b>EVENT</b> <i>(Please Circle all that apply and write Total Amount)</i>	<b>Early Bird</b> <b>(Before</b> <b>4/15/2023)</b>	<b>REGULAR</b> <b>(4/15 – 6/30/2023)</b>	<b>LATE</b> <b>(7/1 – 7/14/2023)</b>	<b>DAY of RACE</b> <b>7/15/2023</b>
<b>Kids (14 &amp; under) 3km – Entry &amp; Shirt</b>	\$12.50 (Free w/o Shirt)	\$15 (Free w/o Shirt)	\$15 (Free w/o Shirt)	\$15 (Free w/o Shirt)
<b>3 km – Entry &amp; Shirt</b>	\$40	\$45	\$50	\$55
<b>8 km – Entry &amp; Shirt</b>	\$40	\$45	\$50	\$55
<b>1/2 Marathon – Entry &amp; Shirt</b>	\$70	\$80	\$90	\$100
<b>All Races - No Shirt Discount</b>	-\$10	-\$10	-\$10	-\$10
<b>Total Amount:</b>				



## **7. Where does the money go?**

The Olympia Lakefair Races are co-sponsored by the Lake Run Organization 501(c)(3) and the Olympia Downtown Rotary Club (non-profit). Profits support local public high school running programs, Washington State Cross Country Coaches Association Scholarship Fund, and Olympia Rotary Club Foundation Scholarship Fund and Community Grant Fund. There is a long term goal to support a statue or other display at Marathon Park to more prominently commemorate the first United States Olympic Marathon Trials Race held in 1984, and ending near Marathon Park. The Trials race was likely the biggest sporting event ever to occur in the Olympia area.

## **8. What are the Lodging Options?**

There are several hotels near the combined Finish Line in downtown Olympia, as well as along the Trials Legacy Marathon course. A searchable hotel finder for Olympia, Lacey and Tumwater hotels can be found at <https://www.experienceolympia.com>. The annual Capital Lakefair Festival is scheduled for 2023, so book lodging early!

## **9. Is there anything else going on in Olympia?**

The annual multi-day Capital Lakefair Festival is scheduled for July 12-16, 2023. The festival has a parade after the races, sporting events, carnival, fireworks and much more for the family to enjoy. Find more information at [Capital Lakefair Olympia](http://www.lakefair.org) ([www.lakefair.org](http://www.lakefair.org))

## **10. What about timing and results?**

EnMotive will be providing chip timing and results for all the races. Pin your number on the front of your shirt. Results will be posted after each race in Heritage Park, as well as online at [www.olympialakefairraces.org](http://www.olympialakefairraces.org) and [www.EnMotive.com](http://www.EnMotive.com).

## **11. Are strollers or dogs allowed on the course?**

Unfortunately not. Much of the half marathon course is on a bike path that remains open to the public during the race, and the other courses have large portions on sidewalks or bike lanes that are not wide. In addition, our insurance doesn't cover strollers or pets.

## **12. Is there a time limit for the courses?**

Not officially, but our permit to close some of the downtown streets and have police assistance ends at 11:00 am, which gives half marathoners 4 hours to complete the course. Runners can still finish after 11:00 am, but there won't be course marshals or police support, and they will have to follow traffic lights. If you think you are going to take longer than 3.5 hours, contact us online at [Contact](#), and join the Early Start at 6 am.



### 13. Are there awards, swag and any random awards?

- Awards are given to the overall male and female winner, disabled, wheelchair, masters (40+) and super masters (50+) male and female, for each race. Overall, masters and super masters winners will not also be eligible for age group awards listed below. Overall winners will be decided by Gun Time, all other winners will be determined by Chip Time. Award winners will not be eligible for multiple awards, and will be “bumped up” to a higher overall division if necessary (ie if a 45 year old wins the overall race, they would be awarded the Overall Winner Award, and the next person 40 or over would win the Masters award).
- Awards will also be given in the following categories:
  - **3K Race** - 5 & Under, 6-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
  - **8K Race** – 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
  - **Half Marathon** – 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
- Half Marathon Finishers will be presented with Finisher Medals at the Finish Line.
- Various prizes and food will be randomly chosen from all entrants (must be present to win) at the awards ceremony after the races.
- Awards will be given out according to the following schedule in Heritage Park adjacent to the Finish Line.
  - 3K Race - Awards Ceremony scheduled for **9:10 am**
  - 8K Race - Awards Ceremony scheduled for **9:30 am**
  - Half Marathon - Awards Ceremony scheduled for **9:50 am**
  - Awards can also be picked up later at South Sound Running Olympia (3405 Capitol Blvd SE, Olympia, WA 98501). Unclaimed awards will NOT be mailed.

### 14. Will there be race photographs?

Yes, and they'll be FREE! **For the fourth year, as part of the Olympia Lakefair Races**, EnMotive will be staging photographers on the course and at the finish line, taking action photos, as well as post-race photos. These photos will be posted online, organized by race number, and are free to download and share, print, or paste as you see fit.

### 15. Is there any food and drinks after the race?

Various free snacks and food are available at the finish line, including water, sports drink, watermelon, apples, granola bars, and snacks. Well 80 is the hospitality of the Olympia Lakefair Races, and has great lunch food following the races. There are also numerous Olympia downtown restaurants within blocks of the finish line for a complete meal.

### 16. Where do I park?

- There is typically ample parking in downtown Olympia early Saturday morning, and parking is Free on Saturday and Sunday unless otherwise noted. There are also some private pay lots in downtown Olympia
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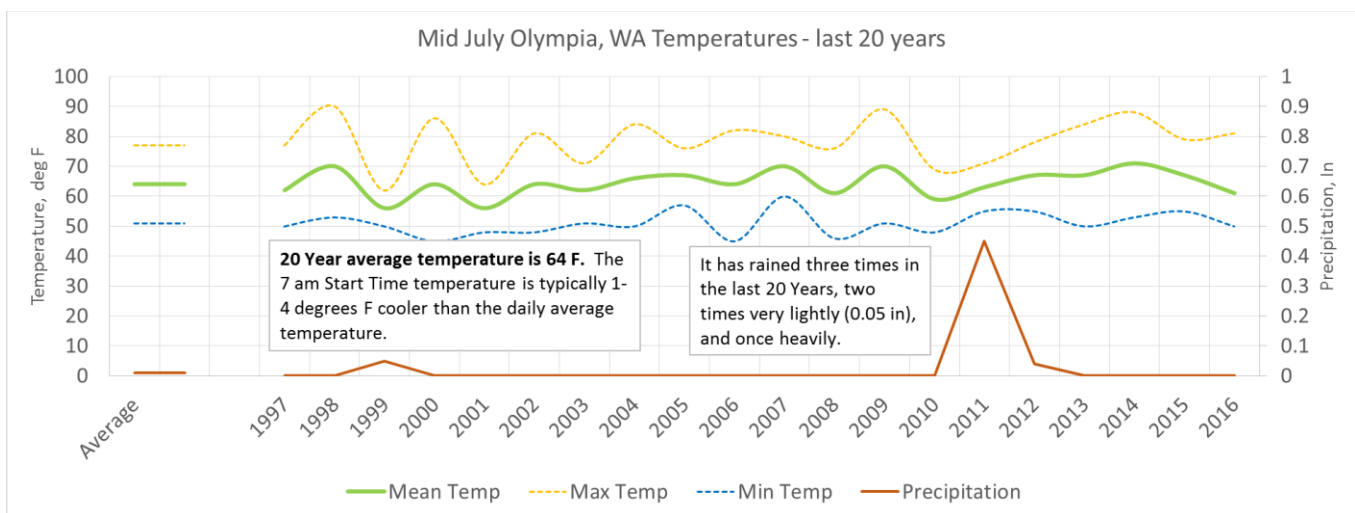


Olympia that may have a weekend rate. A few lots (just east of Water Street) are reserved for Lakefair food vendors.

- A few blocks of 5<sup>th</sup> Ave S. near the finish line will be close, but much of Deschutes Parkway SW will have available parking.

### 17. What is the weather typically like on race day?

Typically the temperature is around 60 F at 7 am in mid-July. In the last 20 years, there has been rain three times. The Daily average for mid-July is 64 F, with an average low of 50 F, and average high of 76 F (typically occurs in the afternoon after all the races are over). Following is a chart showing temperatures for the 1997-2016 time period.



### 18. Are there massages at the finish line?

At this point, there are unfortunately no massages offered at the finish line for Half Marathon finishers. As the race grows this will be considered.

### 19. Any other questions not answered here?

If we haven't answered your question, please submit it in the "Contact" section of the [www.olympialakefairraces.org](http://www.olympialakefairraces.org) website, and we'll get back to you with an answer to the best of our ability.