



Seattle Refined



(Image: Yakima Valley Tourism)

Need a Healthy Excuse to Travel? Here are 9 Summer Destination Races

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There are a batch of people out there who vacation around runs, marathons and triathlons. We don't understand them and their healthiness, but apparently it's a thing. This post is for those people - a bunch of fun runs happening around the state this summer. If you need an excuse for a vacation - here are nine of them.

May 21: Redhook Brewery's 21st Annual Haul Ash (Burke-Gilman Trail, Woodinville to Seattle)

Redhook Brewery commemorates the May 18, 1980, eruption of Mount St. Helens with the annual Haul Ash Tour de Brew, a 42-mile round-trip ride along the Burke-Gilman Trail from the Woodinville brewery to LTD Bar & Grill in Fremont and back. Registration is \$40 in advance, \$45 day-of and includes a gift bag, 2 beer tickets and admission to the Post Pedal Party. Event proceeds benefit The Hope Heart Institute.

May 30: The Evergreen Health 7 Hills of Kirkland (Kirkland)

Enjoy a 100 mile ride in one of the Northwest's premier cycling events through Kirkland's urban, suburban and rural scenery. Bicycles travel at their own pace as they choose from three courses, proceeds benefit Attain Housing, a local charity that combats Eastside homelessness.

June 3-5: Richland Regatta (Richland)

Join the Northwest Power Boat Association as they bring new boat race to the Tri-Cities! The group is planning the first Richland Regatta in Howard Amon Park to kick off the summer. This race will add to a series of approximately ten other locations in the Northwest. The event will feature smaller hydroplane boats and big names from the power boat racing world.

June 17-19: Three Lakes Triathlon & Marathon (San Juan Island)

Lakedale Resort will host the 15th Annual Kings San Juan Island Marathon and the 3rd Annual Three Lakes Triathlon. Runners will enjoy picturesque scenery while running, swimming and biking throughout the island. The wide array of race offerings allows all fitness levels and abilities to participate. The Kings San Juan Island marathon will be a figure 8 course, taking runners along the west side of San Juan Island. Runners will pass a variety of sites on the course including a view of the Olympic Mountains, Vancouver Island, the Haro Strait and the Strait of Juan de Fuca. At mile 15, marathoners will enjoy the fragrant scents of Friday Harbor's Pelindaba Lavender Farm.

June 24-26: Tri-Cities Geocoin Challenge (Richland, Pasco, Kennewick)

Join in the Geocoin Challenge, which takes geocachers throughout the Tri-Cities, exploring local parks, attractions and more. After finding all required geocaches, participants earn a unique coin to commemorate the experience. This event has increased in size each year and the 2016 event is considered a "Mega Event," the ultimate gathering for geocachers.

June 25: Century Challenge & Cycle de Vine (Lake Chelan)

On June 25, hundreds of cyclists will make their way to Lake Chelan for the Century Challenge and Cycle de Vine races. The Century Challenge is just that, a challenging cloverleaf design race with three loops ranging from 29-40 miles in length, rising above the mountainous terrain, orchards and vineyards surrounding Lake Chelan. For a more leisurely venture, Cycle de Vine is a winding 35 mile long course through Lake Chelan Wine Valley's picturesque, world-class wineries and vineyards. A handful of wineries will provide snacks and drinks at rest stops along the way. All proceeds benefit local charities.

July 13: Woodinville Winemaker, Brewer and Distiller Triathlon

Watch and challenge over 30 teams of winemakers, beer brewers and craft distillers as they run, cycle and paddle to raise money for the Goodtimes Project, an organization dedicated to creating lifelong memories for children with cancer. Participants are some of the best booze-makers in town, including DeLille Cellars, Gorman Winery, JM Cellars and more. These participants will test their endurance as they race through the Sammamish River Valley's most picturesque areas. After the race, contestants and spectators will enjoy beer, wine, spirits, food and live entertainment. More info on ticket availability coming soon on woodinvillewinecountry.com.

July 23: Pirate Plunder Adventure Race (Yakima)

Held once a year at "Pirate's Landing" in Yakima, this 5K, 16 obstacle race tests your strength, stamina and love of mud and pirates! Participants can compete in timed runs or run the course in non-competitive heats. Upon completion, participants are greeted with a cold beverage, live music and great food! Registration starts at \$57.

July 29-31: Tri-Cities Water Follies (Kennewick)

This exciting boat race and air show is the most exciting shoreline event of the year. Hydro races feature a beer garden and other activities. www.waterfollies.com.

August 20: Columbia Winery Charity 10K Run and 5K Run & Walk

As part of the Auction of Washington Wines weekend, the 9th Annual Columbia Winery Charity 10K Run and 5K Run & Walk welcomes participants to join 1,400 other runners and walkers at 8:30 a.m. at Columbia Winery in Woodinville. Entry fees are \$30 through July 31, \$35 through August 1-17, and \$40 day of race. Day of race registration begins at 7 a.m. at Columbia Winery. For additional information, visit www.runforchildrens.org.