### A 2020 Virtual RELAY



## RACE COMMITTEE

Organizing the Providence Hood To Coast Relay, takes large scale planning and preparation. The countless details necessary to create this incredible event are accomplished by our dedicated Race Committee, Course Coordinators and advisors who work year-round to bring runners the enjoyment, support, and safety of a world-class event. A huge THANK YOU must go out to our race VOLUNTEERS! The Mother of All Relays could not take place without the hard work and assistance of 3,600 volunteers along the course, from Start to Finish.



FELICIA HUBBER Chairwoman & Race Director 14 years



ROBERT FOOTE, JR. Founder 39 years



JUDE HUBBER CEO 12 years



COO 8 years



ROSS HUBBER VP Operations 7 years



LUKE VANOUDENHAEGEN
Director of Operations
6 years



**CHARLIE FARRENKOPF**Manager of Operations
4 years



**HOPE HILL** Brand and Marketing Manager 1 year



KAYLA JURY
Director of Customer
Relations
1 year



CHAD GERTZ Communications Coordinator 8 years



CHRISTINA FULLER HTC/PTC Finish Line 7 years



ROB RICKARD Course Marker 25 years



**DAVID VIDAL**Safety Coordinator
3 years

# RACE PARTNERS

TITLE PARTNER



### PRESENTING PARTNER



### **GOLD PARTNERS**





### SILVER PARTNERS









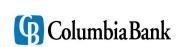








### BRONZE PARTNERS









### OTHER PARTNERS









### SPECIAL THANKS TO

EyesOnWheels.org (Eric Bates)
HoodToCoastMovie.com

Seaside Chamber of Commerce Amateur Radio Emergency Services The City of Seaside Portland Wheelman

# INCLUSION AND MULTICULTURAL ENGAGEMENT ADVISORY COMMITTEE

### MISSION

THE INCLUSION AND MULTICULTURAL ENGAGEMENT (IME) ADVISORY COMMITTEE
RECOGNIZES AND APPRECIATES DIVERSITY AND COMMITS TO EQUITY THROUGH
INCLUSIVE EVENT ENGAGEMENT SO THAT WE DEEPEN TIES WITH DIVERSE PARTICIPANTS
AND VOLUNTEERS, AND WE PROMOTE HEALTHY LIVING AND SOCIAL JUSTICE IN THE
BROADER RUNNING AND RUNING COMMUNITY.

"CREATING AN INCLUSIVE RACE COMMUNITY"





### **COMMITTEE MEMBERS:**

Jessica Zdeb • Curtis Thomas • Nirav Dalal • Hector Ignacio • Renee Rank-Ignacio • Jay Miles • Antonio Harris • Steve Hanamura • Becky Hanamura • Dan Floyd • Dan Ryan • Carrie Kalscheuer • Karol Collymore • Kayla Jury • Sgt Bret Barnum • Tracey Lorts • Ed Reilly • Felicia Hubber





Focus on the finish. We'll lead you there.

### QUINN THOMAS

MARKETING COMMUNICATIONS BRAND STRATEGY



# When you're done running, go flying.

Since we have the most nonstop flights to the most destinations from Portland, we can help you spread all of that "weird".





Please, empty your

liquids.



### HOOD COAST 2020 RECYCLING SORTING GUIDE

#RACEMOREWASTELESS

# **RECYCLING** PLASTIC BOTTLES **PLASTIC JUGS ALUMINUM CANS** FLATTEN & STACK TO THE SIDE CARDBOARD

### LANDFILL







PAPER ITEMS





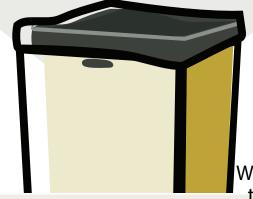
SERVICE-WARE





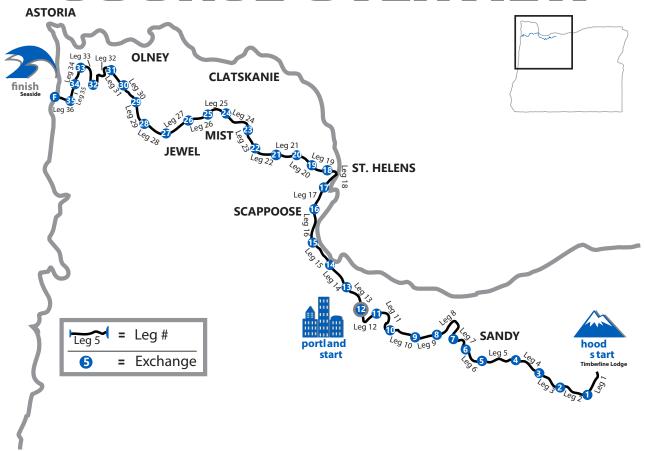


**CARTONS** 



When in doubt throw it out!

# **COURSE OVERVIEW**



	= Little/No Shade				= Quiet Zone		E = Easy				H = Hard			
= Considerable Elevation Gain/Loss				= Gravel (possible dust)		M = Moderate			VH = Very Hard					
1st Leg				2nd Leg			3rd Leg			Totals/Rankings				
Van	Runner	Leg#/Remark	Mileage	Ra⊠ng	Leg#/Remark	Mileage	Ra⊠ng	Leg # / Remark	Mileage	Ra⊠ng	Total Miles	Mileage Ranking	Rela⊠ve Difficulty	Difficulty Ranking
Van 1	1	1	5.44	VH	13	4.19	E	25	3.80	Е	13.73	12	15.36	12
Van 1	2	2	5.64	Н	14	6.04	М	26	5.65	Н	17.33	5	20.19	5
Van 1	3	3	4.66	Е	15	7.25	Н	27	6.36	М	18.27	2	20.36	4
Van 1	4	4	7.18	М	16	3.92	E	28	3.83	Е	14.93	11	15.65	11
Van 1	5	5	6.05	VH	17	7.83	М	29	5.97	VH	19.85	1	24.23	1
Van 1	6	6	7.10	Н	18	5.23	Н	30	5.32	М	17.65	4	20.65	3
Van 2	7	7	5.25	М	19	5.89	VH	31	3.96	М	15.10	10	17.49	9
Van 2	8	8	6.00	E	20 📉 🏂	5.75	VH	32	4.20	М	15.95	8	18.10	7
Van 2	9	9 🖫	5.38	М	21	5.06	М	33	7.72	Н	18.16	3	20.75	2
Van 2	10	10	5.54	М	22	6.70	Н	34 💢 🕡	4.12	Е	16.36	6	18.25	6
Van 2	11	11	5.00	E	23	4.23	E	35	7.07	Н	16.30	7	17.71	8





### **HOOD TO COAST & PROVIDENCE CANCER INSTITUTE**

The 39th Hood & Portland to Coast Relays are proud to partner with Providence Cancer Institute as the official Charity of Choice. Through the fundraising team program and donations, money raised will support cancer research and allow us to continue the fight to #FINISHCANCER.



What does it take to #FINISHCANCER?

It takes immunotherapy research and breakthrough treatments.
It takes determination and hope.
It takes everyone.

www.finishcancer.org/oregon

### **LEG 1 DIRECTIONS**

- 0.00 Timberline Lodge
- 5.29 **RIGHT** onto HWY 26
- **→** 5.44 **RIGHT** onto Government Camp Loop
  - Exchange 2 (HWY 26/Gov't Camp Loop)

### **LEG 2 DIRECTIONS**

- 0.00 Exchange 1 (HWY 26/Gov't Camp
- **RIGHT** on Government Camp Rd entrance onto HWY 26 → 1.26
  - 1.94 Water station 🚺
- ↑ 4.14 Truck Escape Ramp
- → 5.53 **RIGHT** on Kiwanis Camp Rd/Rd 39
  - 5.64 Exchange 2 (Kiwanis Camp Rd/ Rd

### **LEG 3 DIRECTIONS**

- 0.00 Exchange 2 (Kiwanis Camp Rd/ Rd
- ← 0.08 **LEFT** onto Forest Trail
- ↑ 0.73 Continue onto Rd 35
- 1.51 Continue onto Rd 31
- 2.26 Stay STRAIGHT on Rd 29
- → 2.69 **RIGHT** on HWY 26
- ↑ 4.12 Tollgate Campground
- 4.39 Entering Rhododendron sign
- 4.66 Exchange 3 (Mt. Hood Foods)

#### **LEG 4 DIRECTIONS**

- 0.00 Exchange 3 (Mt. Hood Foods)
- 1.13 Skyway Bar & Grill
- ↑ 1.79 Zig Zag Ranger Station
- ↑ 2.90 Signal in Welches
- ↑ 3.34 Wemme sign
- 3.84 Water Station (Wildwood/HWY 26)
- ↑ 4.70 Mt. Hood Village
- ↑ 6.14 Salmon River Sign
  - 7.18 Exchange 4 (Brightwood Weigh

### **LEG 5 DIRECTIONS**

- Exchange 4 (Brightwood Weigh Station) 0.00
- 个 0.29 Sleepy Hollow Rd / HWY 26
- ↑ 0.61 Windells Motel
- 2.93 Water Station (Bear Garden/HWY 26)
- ↑ 3.11 Ivy Bear
- ↑ 3.59 E. Sylvan Dr / HWY 26
- 3.85 **RIGHT** onto Cherryville Drive
- ↑ 5.00 Baty Rd. / Cherryville Dr
- 6.05 Exchange 5 (Cherryville Dr/HWY 25)

### **LEG 6 DIRECTIONS**

- 0.00 Exchange 5 (Cherryville Dr/HWY 25)
- ↑ 0.48 Oregon Candy Farm
- 2.11 SE Paha Loop Dr
  - 3.26 Water Station (Veneer/HWY 26)
- ↑ 3.58 Shorty's Corner
- ↑ 4.08 Calamity Jane's
- RIGHT onto Bluff Rd/Hwy 26 (cross w/ side of Bluff → 6.35 Rd shoulder)
- ← 6.85 **LEFT** in to Exchange 6, west of Bluff Rd
  - Exchange 6 (near Sandy HS Tennis Courts) 7.10

### **KNOW YOUR ROUTE!**

### CUT FOR EASY DIRECTIONS IN YOUR POCKE

### **LEG 7 DIRECTIONS**

- 0.00 Exchange 6 (near Sandy HS Tennis Courts)
- ← 0.72 **LEFT** onto Jewelberry Ave
- ← 1.52 **LEFT** onto SE Kelso Rd
- → 2.17 **RIGHT** onto SE 362nd Ave ← 2.90 **LEFT** onto SE Dunn Rd
- → 3.39 RIGHT onto SE 352nd
- 3.64 SE 352nd/Compton Rd intersection
- → 3.88 **RIGHT** onto Hauglum Rd
- ← 4.38 **LEFT** onto SE 362nd
  - Exchange 7 (Bluff Rd/Proctor Rd/362nd) 5.25

### **LEG 8 DIRECTIONS**

- Exchange 7 (Bluff Rd/Proctor Rd/362nd) 0.00
- ← 0.54 **LEFT** onto 352nd
- ↑ 1.20 352nd Ave/Calico Rd
- → 1.70 RIGHT onto Brooks Rd
- ← 3.20 **LEFT** onto Revenue Rd
- ← 3.57 **LEFT** onto Orient Dr
- → 3.72 **RIGHT** onto Compton Rd
- Compton Rd/312th Ave (Compton Rd becomes HWY 212) 个 4.25
- 5.77 HWY 212/SE 282nd Ave
- → 5.88 **RIGHT** onto Keller Rd
- 5.94 **RIGHT** onto Dee St
- 6.00 Exchange 8 (Dee St/Springwater Trail)

### **LEG 9 DIRECTIONS**

- 0.00 Exchange 8 (Dee St/Springwater Trail)
- 0.67 Cross over Haley Rd
- ↑ 0.97 Cross bridge over Telford Rd
- ↑ 2.12 Cross over Rugg Rd
- 4.02 Cross over Hogan Rd
- 4.62 Cross over Regner Rd
- Exchange 9 (East Gresham Park/ Springwater Trail)

### **LEG 10 DIRECTIONS**

- Exchange 9 (East Gresham Park/ Springwater Trail) 0.00
- 个 0.31 Cross over 7th St
- Cross bridge over Towel Ave/Eastman Pkwy 个 0.85
- ↑ 1.81 Cross over Pleasant View Dr
- ↑ 2.70 Cross over SE 174th Ave/Jenne Rd
- 4.74 Cross over 136th Ave
- ↑ 5.16 Cross over 128th Ave
- ↑ 5.50 Cross over 122nd Ave
  - Exchange 10 (Springwater Trail near Alice Ott School)

### I LEG 11 DIRECTIONS

- 0.00 Exchange 10 (near Alice Ott School)
- 1.90 Cross over SE Foster Rd
- 2.37 Cross over 82nd Ave
- 3.28 Cross over Johnson Creek Blvd/Bell Ave
  - 3.84 Cross over Flavel Dr/Linwood Ave
    - 5.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

### **LEG 12 DIRECTIONS**

- 0.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)
- 1.43 Turn RIGHT Towards SE 19th Ave
- 1.45 Turn LEFT onto SE Linn St.  $\leftarrow$
- 1.57 Continue Straight through SE 17th Ave
- 1.86 Continue Straight through SE 13th Ave
- 2.05 Turn Right onto the Springwater Trail  $\leftarrow$
- 5.55 Continue Straight onto SE 4th Ave
- 5.62 Turn LEFT onto Caruthers St
- 5.74 Slight RIGHT onto Eastbank Esplanade
  - 6.26 Exchange 12 (Eastbank Esplanade)

### **LEG 13 DIRECTIONS**

- 0.00 Exchange 12 (Eastbank Esplanade, north of Hawthorne Bridge)
- Turn LEFT up stairs onto Hawthorne
- $\rightarrow 0.05$ Turn **RIGHT** onto Hawthorne Bridge
- Turn **LEFT** onto ramp off of Hawthorne Bridge ← 0.35
- Turn **LEFT** onto Waterfront Park Esplanade ← 0.44
- ↑ 0.70 Morrison Bridge
- ↑ 1.07 Burnside Bridge
- ↑ 1.36 Steel Bridge
- ↑ 1.37 UPRR railway tracks
- ↑ 1.73 Broadway Bridge
- Continue on Naito Pkwy as it becomes Front Ave under Fremont Bridge 2.29
- 3.56 NW 26th Ave
- Exchange 13 (Front Ave Georgia Pacific)

#### **LEG 14 DIRECTIONS**

- Exchange 13 (Front Ave Georgia Pacific) 0.00
- ← 0.68 Turn **LEFT** onto Kittridge
- → 1.17 Turn RIGHT onto HWY 30
- 3.74 Water Station 1
- ↑ 3.74 St. Johns Bridge
- ↑ 4.14 Germantown Rod 5.19 Linnton Lighthouse Inn
  - 6.04 Exchange 14 (Marina Way/HWY 30)

### LEG 15 DIRECTIONS

- 0.00 Exchange 14 (Marina Way/HWY 30)
- 1.55 Sauvie Island Bridge
- 3.34 Burlington Tavern
- 3.87 Water Station 🔼 ↑ 3.93 Cornelius Pass Rd
- ↑ 4.92 Logie Trail
- ↑ 6.16 Wildwood Golf Course
- Exchange 15 (Rocky Point Weigh Station) 7.25

### **LEG 16 DIRECTIONS**

- 0.00 Exchange 15 (Rocky Point Weigh Station)
- ↑ 0.84 Rocky Point Rd
- ↑ 2.51 Bonneville Dr/Johns Landing Rd
- → 3.79 Turn **RIGHT** onto SE High School Way
  - 3.92 Exchange 16 (Scappoose High School)

#### LEG 17 DIRECTIONS

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.22 High School Way/HWY 30
- 1.13 Scappoose Vernonia HWY
- ↑ 2.54 W. Lane Rd
- ↑ 3.29 Water Station (Fullerton Rd)
- 个 4.75 Berg Rd
- ↑ 6.80 Millard Rd
- Turn **LEFT** towards Gable Rd and CROSS HWY 30, then head left back ← 7.52 towards Firlok Park Blvd
- → 7.63 Turn **RIGHT** onto Firlock Park Blvd
- → 7.72 Turn **RIGHT** into St. Helens HS Parking
  - 7.83 Exchange 17 (St. Helens High School)

### LEG 18 DIRECTIONS

- 0.00 Exchange 17 (St. Helens High School)
- ↑ 0.49 Sykes Rd
- Turn **LEFT** onto Pittsburg Rd ← 1.71
- ← 2.02 Turn **LEFT** onto Sunset Blvd
- → 2.48 Turn **RIGHT** onto Columbia Blvd
- ↑ 3.30 Sykes Rd
- → 3.62 Turn **RIGHT** onto Gable Rd
- ← 3.98 Turn **LEFT** onto Bachelor Flat Rd
- → 4.19 Turn **RIGHT** to follow Bachelor Flat Rd
  - Exchange 18 (Columbia County Fairgrounds)

### **LEG 19 DIRECTIONS**

- 0.00 Exchange 18 (Columbia County Fairgrounds)
- ← 0.37 Turn **LEFT** onto Saulser Rd
- → 1.14 Turn **RIGHT** onto Kappler Rd
- → 1.88 Turn **RIGHT** onto Brinn Rd
- ← 1.90 Turn **LEFT** onto Pittsburgh Rd
- ↑ 2.78 Gensman Rd
  - 5.89 Exchange 19 (Pittsburgh Rd)

### **LEG 20 DIRECTIONS**

- 0.00 Exchange 19 (Pittsburgh Rd)
- 3.03 Gravel section begins
- 3.90 Large barn on right
  - 5.75 Exchange 20 (Pittsburgh Rd)

### **LEG 21 DIRECTIONS**

- 0.00 Exchange 20 (Pittsburgh Rd)
- Turn **RIGHT** onto Schaffer Rd (at Camp Emerald Forest sign take the far right fork)
- ↑ 2.00 Blue gate on left
- 2.28 House on left with many old cars
- 5.06 Exchange 21 (Schaffer Rd)

### **LEG 22 DIRECTIONS**

- 0.00 Exchange 21 (Schaffer Rd)
- ← 0.03 Turn **LEFT** onto Apiary Rd
- 1.67 Wilkerson County Park
- 3.60 Water Station 1
- ↑ 3.77 Rock Quarry
- 4.57 Golden-yellow gate on left
- 6.57 Small blue house and garage on left
  - 6.70 Exchange 22 (Apiary Rd)

### **LEG 23 DIRECTIONS**

- 0.00 Exchange 22 (Apiary Rd)
- → 0.76 Turn **RIGHT** onto HWY 47 (Nehalem HWY)
- ↑ 0.99 Peterson Fire Station on left
- 4.23 Exchange 23 (Natal Grange)

### **LEG 24 DIRECTIONS**

- 0.00 Exchange 23 (Natal Grange)
- ↑ 0.83 Country Museum on left
- ↑ 1.15 Battle Ćreek Bridge
- 3.55 Nehalem Valley Automotive
- 3.66 Continue on HWY 202
- 4.87 Exchange 24 (Mist HWY 202)

### **LEG 25 DIRECTIONS**

- 0.00 Exchange 24 (Mist HWY 202)
- ↑ 1.19 Nehalem River Bridge
- ↑ 1.76 Mist/Birkenfield Fire Station
- 个 3.10 Fishhawk Rd
  - Exchange 25 (Birkenfield Community Church)

### **LEG 26 DIRECTIONS**

- 0.00 Exchange 25 (Birkenfield Community Church)
- ↑ 0.48 Nehalem River Bridge
- ↑ 1.98 Welcome to Clatsop City sign
- ↑ 2.48 Nehalem River Bridge
- ↑ 2.58 Jones Rd
- 个 3.57 Cahill Rd
  - 5.65 Exchange 26 (HWY 202)

### **LEG 27 DIRECTIONS**

- 0.00 Exchange 26 (HWY 202)
- ↑ 0.60 Northrup Creek Rd
  - 3.40 Water Station 🚺
- ↑ 3.40 Nehalem River Bridge
  - 个 5.11 Rhodes Rd
  - ↑ 5.46 Wage Rd
  - ↑ 6.30 HWY 103
    - 6.36 Exchange 27 (Jewell HWY 202)

### **LEG 28 DIRECTIONS**

- 0.00 Exchange 27 (Jewell HWY 202)
- 0.82 County Maintenance Yard on left
- 2.35 Elk Viewpoint on left
- 3.83 Exchange 28 (HWY 202 m.p. 25.3)

### LEG 29 DIRECTIONS

- 0.00 Exchange 28 (HWY 202 m.p. 25.3)
- 0.33 Lee Wooden Park on left (m.p. 24.9)
- 2.42 m.p. 23 sign
- ↑ 3.47 Crest of hill (m.p. 21.8)
  - 5.97 Exchange 29 (HWY 202 m.p. 19.4)

### **LEG 30 DIRECTIONS**

- 0.00 Exchange 29 (HWY 202 m.p. 19.4)
- 3.37 m.p. 16 sign
- 3.53 Nehalem River Bridge (m.p. 15.8)
  - 5.32 Exchange 30 (Astoria HWY 202)

#### **LEG 31 DIRECTIONS**

- 0.00 Exchange 30 (Astoria HWY 202)
- ↑ 0.85 m.p. 13 sign
- ↑ 1.56 McCoy Lane
- Klaskanine River Bridge and Fish Hatchery (m.p. 12) ↑ 2.06
- **1** 2.67 Lillenas Rd (m.p. 11.3)
- 3.13 Olney Lane
  - 3.96 Exchange 31 (Coastline Christian Fellowship Church)

### **LEG 32 DIRECTIONS**

- 0.00 Exchange 31 (Coastline Christian Fellowship Church)
- ← 0.34 Turn **LEFT** onto Youngs River Rd
- Bridge, (Y in Rd), continue **RIGHT** on Youngs River Rd → 1.04
- ↑ 1.07 Saddle Mountain Rd
- ↑ 1.61 Red barn
- ↑ 2.58 Jurgensen Rd
  - 4.20 Exchange 32 (Youngs River Falls)

### **LEG 33 DIRECTIONS**

- 0.00 Exchange 32 (Youngs River Falls)
- 3.67 Water Station 🚺
- ↑ 3.67 Tucker Creek Rd
- ↑ 5.12 Binder Slough Rd
- ↑ 6.18 Dow Rd
- ↑ 6.60 Wireless Rd
- 7.29 Turn **LEFT** onto Lewis & Clark Rd
  - 7.72 Exchange 33 (Lewis & Clark School)

### **LEG 34 DIRECTIONS**

- 0.00 Exchange 33 (Lewis & Clark School)
- ↑ 0.61 Lynstad Heights
- ↑ 1.82 Mudd Rd
- ↑ 2.43 Kee Rd/Reith Rd
- ↑ 2.66 Lewis & Clark Cemetery
- → 3.32 Turn **RIGHT** onto Lewis & Clark Rd
- → 3.43 Turn **RIGHT** onto Fort Clatsop Rd
- ← 4.08 Turn LEFT onto Lewis & Clark Mainline 4.12 Exchange 34 (Lewis & Clark Mainline)

### **LEG 35 DIRECTIONS**

- 0.00 Exchange 34 (Lewis & Clark School)
- 个 0.92 Lewis & Clark Rd
- ← 1.92 Turn **LEFT** onto Lewis & Clark Rd
  - 3.80 Water Station 🚺
- ↑ 6.43 Lewis & Clark Mainline
- Exchange 35 (Lewis & Clark Mainline) 7.07

### **LEG 36 DIRECTIONS**

- Exchange 35 (Lewis & Clark Mainline) 0.00
- ← 0.79 Turn **LEFT** onto Lewis & Clark Rd
- 个 2.75 "The Retreat" condos ← 3.12 Turn **LEFT** onto Wahanna Rd
- Turn RIGHT onto 12th Ave  $\rightarrow$  3.75
- → 3.94 Turn **RIGHT** onto movie theatre parking lot
- 14th Ave/HWY 101 (Temporary pedestrian bridge) 个 4.05
- ← 4.20 Turn **LEFT** onto Holladay St
- $\rightarrow$  4.31 Turn **RIGHT** onto 12th Ave
- ← 4.63 Turn **LEFT** onto Promenade

### DID YOU KNOW?

5.19 FINISH on sand at turnaround!

Detailed LEG Directions as well as almost all the information in this handbook is available in the HTC Handbook App availabe on iOS and Android. Check them out here:

hoodtocoastrelay.com/app/

### MENTION THIS AD AND RECEIVE \$5.00 OFF THE HOOD TO COAST MEMORIES BOOK AT THE HTC MERCHANDISE TENTS

### WHAT PEOPLE ARE SAYING

"Hood To Coast Memories is a great read for anybody from newbie to multi-year veteran. Stories range from informative and factual, to funny and heartwarming, to sad or cringe-worthy."

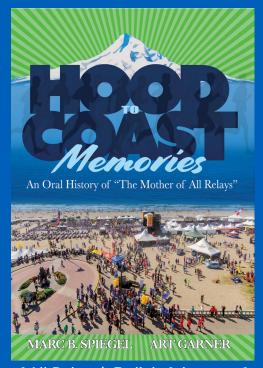
-Geli Heidelberger, Run Oregon Bookshelf

"I hadn't done the relay in seven years and was reading Hood To Coast Memories and missed the race so much, I went straight to the 'teams needing runners' forum and found a team to join four days before the race."

-Wendy Moore

"I've wholeheartedly enjoyed the motivating, witty, funny and enlightening anecdotal narratives which many people can relate to here. You feel as if you're running right alongside each of the participants."

-Felicia Hubber, Chairwoman & Race Director, HTC & PTC Relays



"Great read, insightful, and truly entertaining to learn about this 'Mother of All Relays.' Delightful array of stories and well organized offering a real window into the memories of those who have been a part of it over the years."

-Amazon

"What I found amazing in *Hood To Coast Memories* is that my own story of finding the nothing-else-compares level of camaraderie and friendship I found was similarly playing out amongst so many other runners and teams."

-Jeff Boly, Team Mr. Mojo Risin'

### **ABOUT THE BOOK**

Hood to Coast Memories features personal recollections from "The Mother of All Relays." Runners, walkers, volunteers, event organizers, and many others share their memories from the almost 200-mile relay race from Mt. Hood to the Pacific Coast. The book captures the history, character and appeal of the race that began in 1982 with just 8 teams and 80 runners, and has grown to more than 1,000 teams and over 12,000 competitors.



#### NAMED AFTER: LEW J.

### 5.44 MI | VERY HARD 🔂

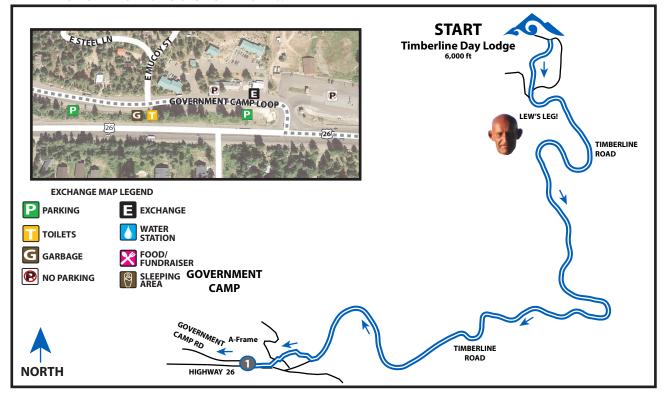
**LEG DESCRIPTION:** Severe downhill on paved Timberline Road.

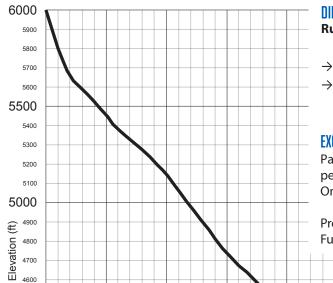
EXCH 1 ADDRESS: Near HWY 26 Shoulder & Government Camp, A Frame OR 97028

GPS: 45.302092, -121.744277

**NOTES:** VANS NOT ALLOWED TO STOP ON THIS LEG.







**ELEVATION GAIN/LOSS: 1/-1885ft** 

NET: -1884ft

4500 4400 4300

4200

4100 4000

### **DIRECTIONS FROM START TO EXCH 1**

Run on right side of road.

0.00 Timberline Lodge

- 5.29 **RIGHT** onto HWY 26
- → 5.44 **RIGHT** onto Government Camp Loop 5.44 Exchange 1 (HWY 26/Government Camp Loop)

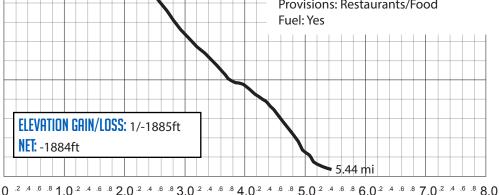
### **EXCHANGE NOTES**

Distance (mi)

Parking: On the left side of Government Camp Loop. Park perpendicular to road.

Only next runner permitted in exchange zone.

Provisions: Restaurants/Food

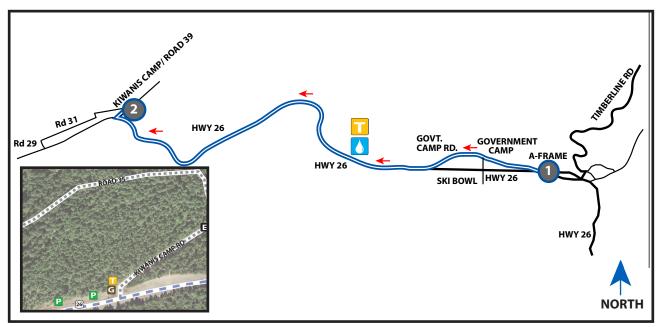




### 5.64 MI | HARD 🔼

**LEG DESCRIPTION:** Severe downhill through Government Camp on HWY 26; paved street and shoulder. EXCH 2 ADDRESS: Kiwanis Camp Rd/HWY 26 Government Camp, OR 97028 GPS: 45.31068, -121.836655

NOTES: No stopping in "Truck Escape" ramp (traffic fines). No stopping on left side of HWY 26 to water runners.



### **EXCHANGE NOTES**

Parking: Follow volunteer instructions for parking to the right. Only park AFTER exchange. Please angle park, no parallel parking.

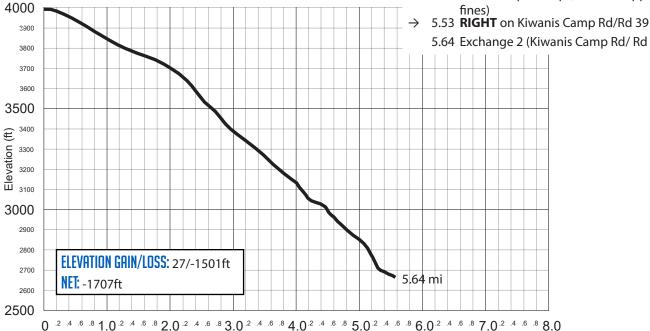
Provisions: No Fuel: No

### **DIRECTIONS FROM EXCH 1 TO EXCH 2**

### Run on right side of road.

0.00 Exchange 1 (HWY 26/Government Camp Loop)

- 1.26 **RIGHT** on Government Camp Rd entrance onto HWY 26
  - 1.94 Water station 1
- 4.14 Truck Escape Ramp (No van stopping, traffic
  - 5.64 Exchange 2 (Kiwanis Camp Rd/ Rd 39)



### 4.66 MI | EASY 🔂

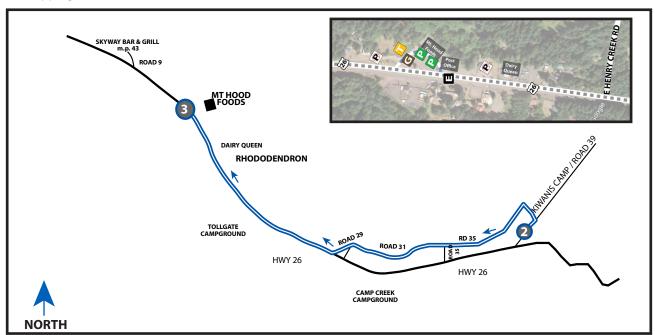


LEG DESCRIPTION: Gradual downhill into Rhododendron along Forest Service Roads and HWY 26 on paved shoulder.

EXCH 3 ADDRESS: Mt. Hood Foods 73265 E HWY 26 Rhododendron, OR 97049

GPS: 45.32878, -121.910106

**NOTES:** No stopping on left side of HWY 26 to water runners.



### **EXCHANGE NOTES**

Parking: In Mt. Hood Foods lot. Only next runner permitted in exchange zone.

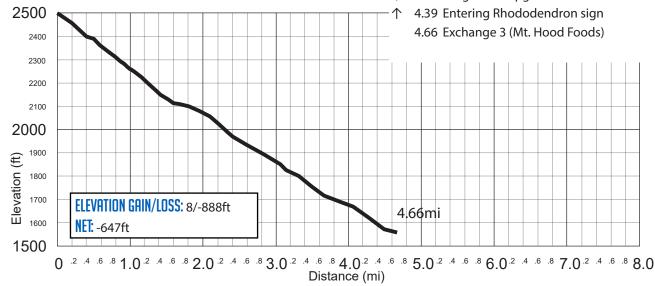
Provisions: Restaurants/Grocery Fuel: No (Nearest fuel in Welches - Leg 4)

### **DIRECTIONS FROM EXCH 2 TO EXCH 3**

### Run on right side of road.

0.00 Exchange 2 (Kiwanis Camp Rd/ Rd 39)

- ← 0.08 **LEFT** onto Forest Trail
- ↑ 0.73 Continue onto Rd 35
- ↑ 1.51 Continue onto Rd 31
- ↑ 2.26 Stay **STRAIGHT** on Rd 29
- → 2.69 **RIGHT** on HWY 26
- ↑ 4.12 Tollgate Campground



#### NAMED AFTER: WILLEE B.



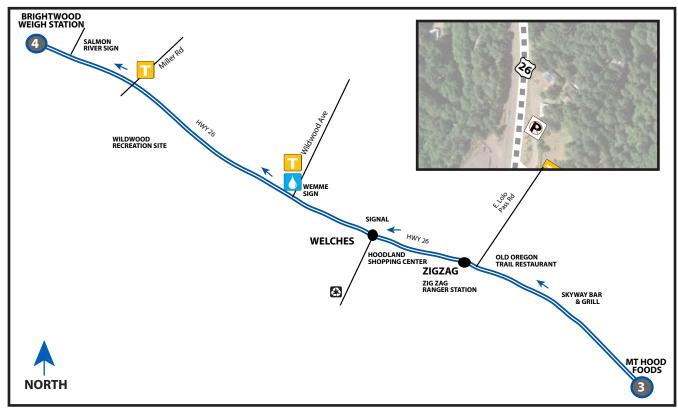
### 7.18 MI | MODERATE

**LEG DESCRIPTION:** Gradual downhill from Rhododendron along HWY 26 on paved shoulder.

EXCH 4. ADDRESS: Near East Sleepy Hollow Dr/HWY 26 Sandy, OR 97055 m.p. 36.5

**GPS:** 45.3777, -122.039235

**NOTES:** No stopping on left side of HWY 26 to water runners.



### **EXCHANGE NOTES**

Parking: In Brightwood Weigh Station on the right side of HWY 26. Only next runner permitted in exchange zone.

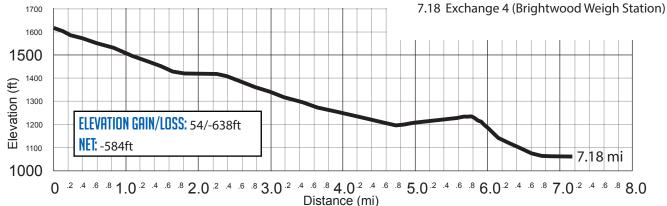
Provisions: No (Food at Mt. Hood Village) Fuel: No (Fuel at Mt. Hood Village)

### **DIRECTIONS FROM EXCH 3 TO EXCH 4**

### Run on right side of road.

0.00 Exchange 3 (Mt. Hood Foods)

- ↑ 1.13 Skyway Bar & Grill
- 1.79 Zig Zag Ranger Station
- 2.90 Signal in Welches
- ↑ 3.34 Wemme sign
  - 3.84 Water Station <a>™ (Wildwood/HWY 26)</a>
- ↑ 4.70 Mt. Hood Village
- 6.14 Salmon River Sign



### 6.05 MI | VERY HARD 🖾





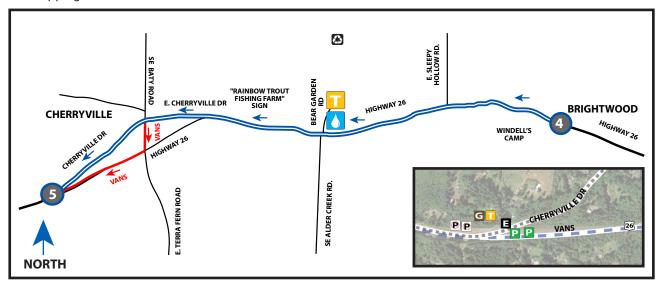
NAMED AFTER: PATT C.

LEG DESCRIPTION: Long leg over very challenging rolling hills along Hwy 26 shoulder.

EXCH 5. ADDRESS: SE Cherryville Drive/HWY 26 Sandy, OR 97055 m.p. 30.6

GPS: 45.366529, -122.155008

**NOTES:** No stopping on left side of HWY 26 to water runners.



### **DRIVER NOTES**

The **RIGHT** lane of HWY 26 is closed to all other motorists to allow use for HTC vans only. Proceed slowly along the cone barrier to park along the right shoulder.

Vans must turn **RIGHT** onto E Cherryville Dr (before exchange). Proceed on Cherryville Dr and turn **LEFT** onto Baty Rd. Turn RIGHT onto HWY 26.

### **EXCHANGE NOTES**

Parking: Use right lane of HWY 26 and park along the shoulder. Only next runner permitted in exchange zone.

For safety reasons, team members must stay in van at Exch 5.

Provisions: No Fuel: No (Nearest fuel - Leg 6 (Shorty's Corner))

### DIRECTIONS FROM EXCH 4 TO EXCH 5

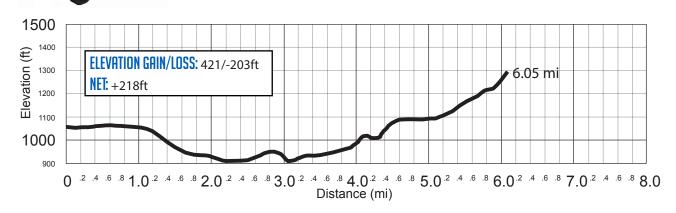
### Run on right side of road.

0.00 Exchange 4 (Brightwood Weigh Station)

- ↑ 0.29 Sleepy Hollow Rd / HWY 26
- 个 0.61 Windells Motel
  - 2.93 Water Station (Bear Garden/HWY 26)
- ↑ 3.11 Ivy Bear
- ↑ 3.59 E. Sylvan Dr / HWY 26
- → 3.85 **RIGHT** onto Cherryville Drive
- 5.00 Baty Rd. / Cherryville Dr
  - 6.05 Exchange 5 (Cherryville Dr/HWY 26)

Obey traffic laws. Police will be present.

### PAY CLOSE ATTENTION TO **VOLUNTEERS AT EXCHANGE 5!**



### NAMED AFTER: DENISE C.



### **MAJOR VAN EXCHANGE**

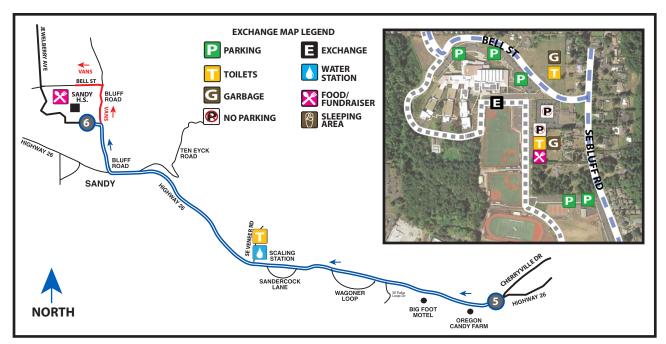
### 7.10 MI | HARD

**LEG DESCRIPTION:** Challenging gains in elevation and gradual downhills along HWY 26 on paved shoulder.

EXCH 6 ADDRESS: Sandy High School 37400 Bell St, Sandy, OR 97055

GPS: 45.405721, -122.276866

182



### DRIVER NOTES - PARKING

**VAN 2 Parking:** South lot off of Bluff Rd near soccer field. **VAN 1 Parking:** North lot off of Bell St.

### DRIVER NOTES - EXITING EXCH 6

Exit north via Bell St Turn RIGHT onto SE Jewelberry Ave.

Van 2 - Turn **LEFT** onto Kelso Rd and continue following Leg 7 route. Van 1 - See next page for directions and shortcut to Exchange 12.

### DIRECTIONS FROM EXCH 5 TO EXCH 6

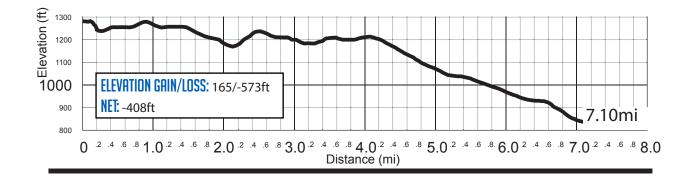
#### Run on right side of road.

0.00 Exchange 5 (Cherryville Dr/HWY 25)

- ↑ 0.48 Oregon Candy Farm
- ↑ 2.11 SE Paha Loop Dr
  - 3.26 Water Station <a>™ (Veneer/HWY 26)</a>
- ↑ 3.58 Shorty's Corner
- ↑ 4.08 Calamity Jane's
- → 6.35 RIGHT onto Bluff Rd/HWY 26 (cross w/ siderun light to west side of Bluff Rd shoulder)
- ← 6.85 **LEFT** in to Exchange 6, west of Bluff Rd
  - 7.10 Exchange 6 (near Sandy HS Tennis Courts)

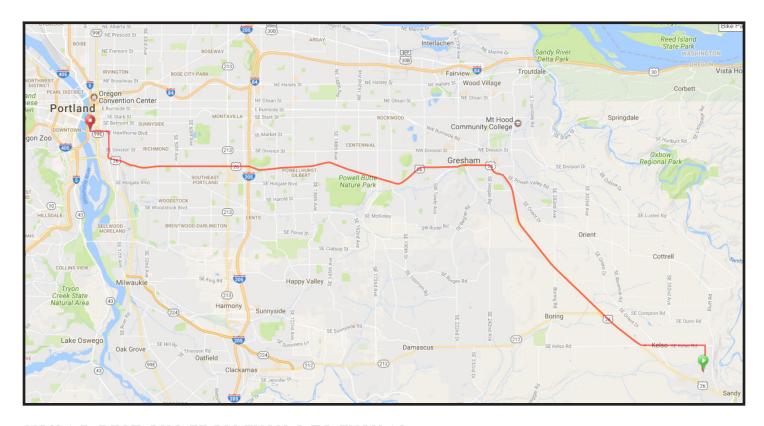
### **EXCHANGE NOTES**

Provisions: Restaurants/Grocery nearby Fuel: Multiple fuel stations nearby



### VAN 1 SHORTCUT TO EXCHANGE 12

THE MAP BELOW DETAILS A FASTER ROUTE TO GET VAN 1 FROM EXCHANGE 6 TO 12 WITHOUT FOLLOWING TRAFFIC ALONG THE COURSE



### **VAN 1 DIRECTIONS FROM EXCH 6 TO EXCH 12**

- 0.00 Exchange 6 (Sandy High School)
- ↑ 0.00 Exit Sandy HS via Bell St onto SE Jewelberry Ave
- ← 0.83 **LEFT** onto SE Kelso Rd
- → 2.73 **RIGHT** onto US-26 W
- ← 9.66 **LEFT** onto E Powell Blvd
- → 22.23 **RIGHT** onto SE Milwaukie Ave
- ↑ 22.36 Continue onto SE 12th Ave
- ← 23.06 **LEFT** onto SE Madison St

Continue down SE Madison St to Exchange 12 under the east side of the Hawthorne Bridge

# WHAT DOES IT TAKE TO #FINISHCANCER?

Pushing through exhaustion, aching muscles and dark of night to help your team reach the finish line. It takes people like Dr. Paul Hansen participating in Hood to Coast. His effort supports research at Providence Cancer Institute so that one day we will finish cancer for good.

See how Dr. Hansen and others are racing toward a cure for cancer.

#FINISHCANCER

FINISHCANCER.ORG



**Paul Hansen, M.D., FACS**, medical director, surgical oncology at Providence Cancer Institute, educator, husband, father, Hood to Coast runner





### 5.25 MI | MODERATE

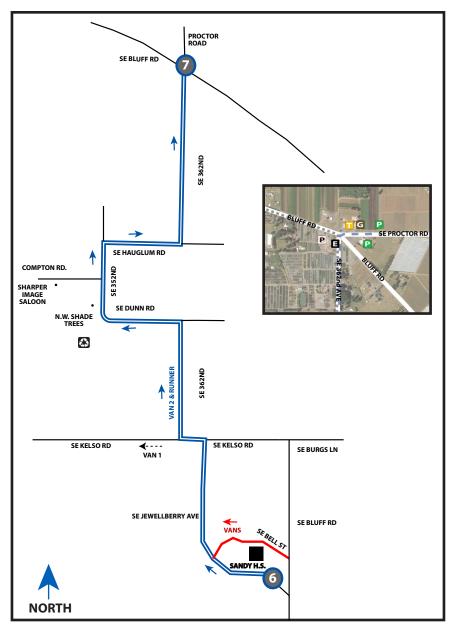


LEG DESCRIPTION: Rolling hills along HWY 26 on paved shoulder and farm/country roads.

EXCH 7 ADDRESS: 36225 SE Proctor Road Boring, OR 97009

GPS: 45.453705, -122.290537

**NOTES:** Please do not mark turns on roads



### DIRECTIONS FROM EXCH 6 TO EXCH 7

#### Run on left side of the road for this leg.

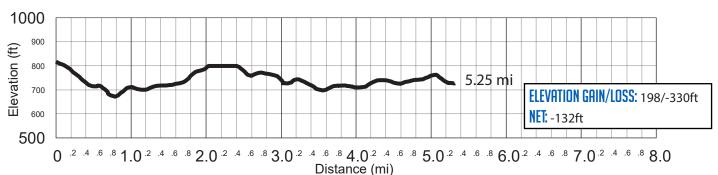
- 0.00 Exchange 6 (near Sandy HS Tennis Courts)
- 0.72 **LEFT** onto Jewelberry Ave
- 1.52 **LEFT** onto SE Kelso Rd
- 2.17 RIGHT onto SE 362nd Ave
- 2.90 **LEFT** onto SE Dunn Rd
- 3.39 RIGHT onto SE 352nd
- 3.64 SE 352nd/Compton Rd intersection
- 3.88 **RIGHT** onto Hauglum Rd
- ← 4.38 **LEFT** onto SE 362nd
  - 5.25 Exchange 7 (Bluff Rd/Proctor Rd/362nd)

### **EXCHANGE NOTES**

Parking: In Oregon Trail Primary Academy lot and adjacent lot.

Provisions: No

Fuel: No (nearest fuel - Sandy)



### 6.00 MI | EASY

NAMED AFTER: MARGO T.

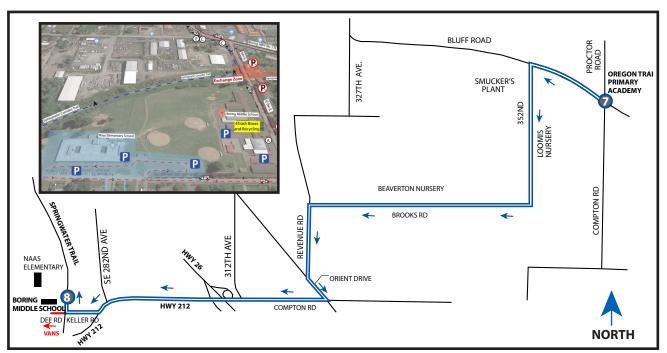


LEG DESCRIPTION: Downhill and rolling terrain along country roads and limited paved shoulder.

EXCH 8 ADDRESS: 27801 SE Dee St, Boring, OR 97009

GPS: 45.43217, -122.375395

 ${\color{red}NOTES:} Beware of sharp turns at Bluff Rd/352nd, Orient Drive/Compton Road, and crossing overpass of HWY 26.$ 



### DIRECTIONS FROM EXCH 7 TO EXCH 8

Run on left side of road until turning right on Compton Rd. Run on right side of the road for the remainder of the leg.

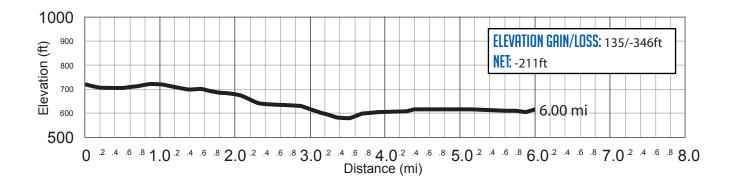
0.00 Exchange 7 (Bluff Rd/Proctor Rd/362nd)

- ← 0.54 **LEFT** onto 352nd
- ↑ 1.20 352nd Ave/Calico Rd
- → 1.70 **RIGHT** onto Brooks Rd
- ← 3.20 **LEFT** onto Revenue Rd
- ← 3.57 **LEFT** onto Orient Dr
- → 3.72 **RIGHT** onto Compton Rd
- ↑ 4.25 Compton Rd/312th Ave (Compton Rd becomes HWY 212)
- ↑ 5.77 HWY 212/SE 282nd Ave
- → 5.88 **RIGHT** onto Keller Rd
  - 6.00 Exchange 8 (Dee St/Springwater Trail)

### **EXCHANGE NOTES**

Parking: At Boring Middle School and Naas Elementary (on Dee St, adjacent to HWY 212 & Springwater Trail). Proceed as directed by exchange volunteers.

Provisions: Restaurants on HWY 212 Fuel: Yes, on HWY 212



#### NAMED AFTER: BILL F.

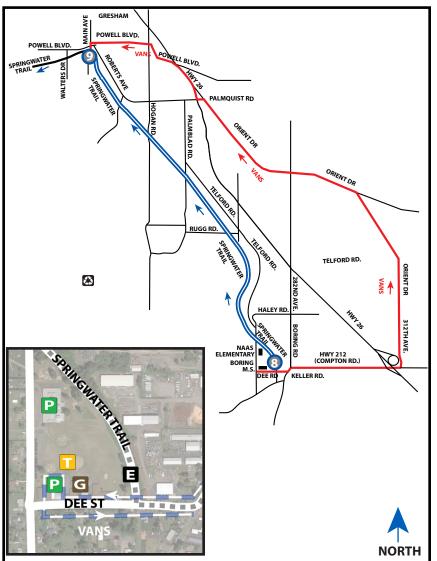


### VAN 2 5.38 MI | MODERATE 🖾 😂

**LEG DESCRIPTION:** Long leg over relatively flat terrain primarily on Springwater Trail. **EXCH 9 ADDRESS:** (approx.) East Gresham Park 219 S. Main Ave Gresham, OR 97030

GPS: 45.495413, -122.431662

**NOTES:** HTC/Springwater Bike Patrol on trail in evening (begins at 7pm). Runner on Springwater Trail for 5.38 miles with nearly no access by vans. Water will not be provided. Plan ahead and pack your own water if needed.



### DIRECTIONS FROM EXCH 8 TO EXCH 9

0.00 Exchange 8 (Dee St/Springwater Trail)

- ↑ 0.67 Cross over Haley Rd
- ↑ 0.97 Cross bridge over Telford Rd
- ↑ 2.12 Cross over Rugg Rd
- ↑ 4.02 Cross over Hogan Rd
- ↑ 4.62 Cross over Regner Rd
  - 5.38 Exchange 9 (East Gresham Park/

### Springwater Trail) DRIVER NOTES - VANS DO NOT FOLLOW COURSE

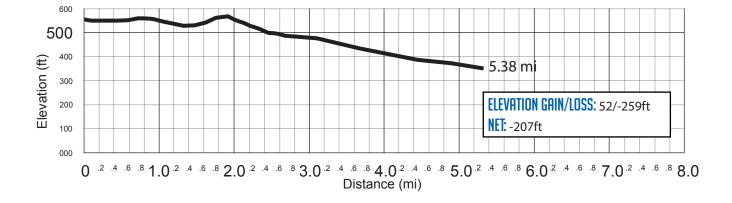
0.00 Exchange 8 (Dee St/Springwater Trail)

- ↑ 0.00 Continue east on Dee St
- ← 0.2 Turn **LEFT** onto HWY 212
- ← 1.8 Turn LEFT onto SE 312th Ave
- ← 2.6 Slight **LEFT** onto Orient Dr
- ← 7.1 Turn **LEFT** onto Palmquist Rd
- → 7.1 Turn **RIGHT** onto HWY 26 (for Portland)
- ← 7.7 Turn **LEFT** onto E Powell Blvd
- ← 9.0 Turn **LEFT** onto S Main Ave
   Exchange 9 (East Gresham Park/ Springwater Trail)

### **EXCHANGE NOTES**

Parking: At East Gresham Park.

Provisions: Restaurants/Grocery in downtown Gresham Fuel: Yes, in downtown Gresham



### 5.54 MI | MODERATE



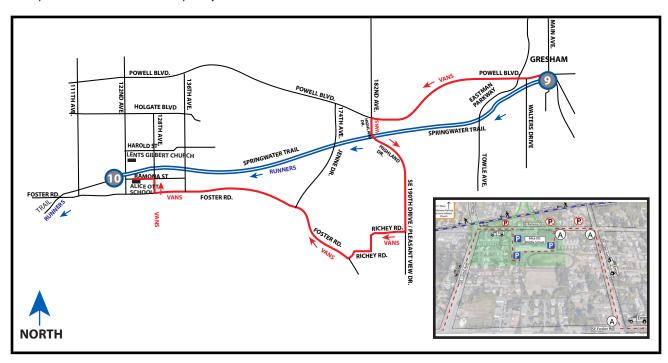
NAMED AFTER: BRIANNE T. E.

**LEG DESCRIPTION:** Leg entirely along Springwater Trail with relatively rolling and flat terrain.

EXCH 10 ADDRESS: 5764 SE 122nd Ave, Portland, OR 97236

GPS: 45.480313, -122.53798

NOTES: HTC/Springwater Bike Patrol on trail in evening. (begins at 7pm). Limited van access to runner. Water will not be provided. Plan ahead and pack your own water



### **DIRECTIONS FROM EXCH 9 TO EXCH 10**

- 0.00 Exchange 9 (East Gresham Park/ Springwater Trail)
- ↑ 0.31 Cross over 7th St
- 个 0.85 Cross bridge over Towel Ave/Eastman Pkwy
- ↑ 1.81 Cross over Pleasant View Dr
- ↑ 2.70 Cross over SE 174th Ave/Jenne Rd
- ↑ 4.74 Cross over 136th Ave
- ↑ 5.16 Cross over 128th Ave
- ↑ 5.50 Cross over 122nd Ave
  - 5.54 Exchange 10 (Springwater Trail near Alice Ott School)

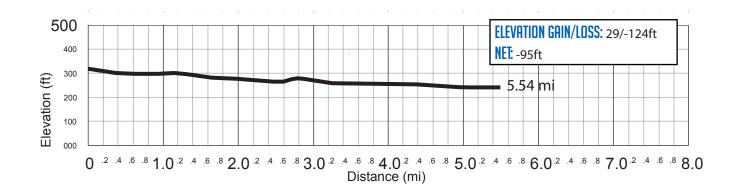
### DRIVER NOTES - VANS DO NOT FOLLOW COURSE

- 0.00 Exchange 9 (East Gresham Park/ Springwater Trail)
- ↑ 0.00 Continue west on Powell Blvd
- ← 2.4 Turn **LEFT** onto SW Highland Dr
- ← 3.1 Continue onto SW Pleasant View Dr
- ← 3.8 Continue onto SE 190th Dr
- → 4.1 Turn RIGHT onto SE Richey Rd
- → 5.0 Turn **RIGHT** onto SE Foster Rd
- → 7.8 Turn RIGHT onto SE 128th Ave
- 8.0 Turn LEFT onto SE Ramona St
  - 8.2 Exchange 10 Parking (Alice Ott School)

### **EXCHANGE NOTES**

Parking: At Alice Ott School. Team members exit parking lot and turn left onto SE Ramona St then right on 122nd to get to the exchange.

Provisions: Restaurants on Foster Rd Fuel: Yes, on Foster Rd





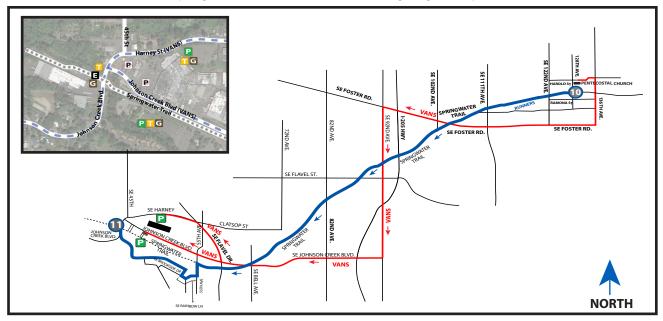
### 5.00 MI | EASY

LEG DESCRIPTION: Leg on Springwater Trail with relatively rolling and flat terrain.

EXCH 11 ADDRESS: 4401 SE Johnson Creek Blvd Portland, OR 97222v

GPS: 45.461816, -122.617121

**NOTES:** HTC/Springwater Bike Patrol on trail in evening (begins at 7pm).



### **DIRECTIONS FROM EXCH 10 TO EXCH 11**

0.00 Exchange 10 (near Alice Ott School)

- ↑ 1.90 Cross over SE Foster Rd
- ↑ 2.37 Cross over 82nd Ave
- ↑ 3.28 Cross over Johnson Creek Blvd/Bell Ave
- ↑ 3.84 Cross over Flavel Dr/Linwood Ave
  - 5.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

#### DRIVER NOTES - VANS DO NOT FOLLOW COURSE

0.00 Exchange 10 (Springwater Trail near Alice Ott School)

- ← 0.00 Turn **LEFT** out of parking onto Ramona St
- ← 0.05 Turn **LEFT** onto SE 122nd
- → 0.25 Turn **RIGHT** onto SE Foster Rd
- ← 1.75 Turn **LEFT** to merge onto I-205 S via ramp to Salem/Oregon City
- → 3.15 **EXIT** 16 for Johnson Creek Blvd
- → 3.35 Turn **RIGHT** onto SE Johnson Creek Blvd

#### **UPPER PARKING LOT OPTION**

- → 4.65 Turn **RIGHT** onto SE Flavel Dr
- ← 5.05 Turn **LEFT** onto SE Harney Dr for 0.5mi to upper lot of Precision CastParts

#### LOWER PARKING LOT OPTION

- ↑ 4.65 Continue on Johnson Creek Blvd
- 5.45 Turn LEFT to park in lot adjacent to Springwater Trail
   Exchange 11 (Springwater Trail near 45th Ave/Johnson Creek Blvd)

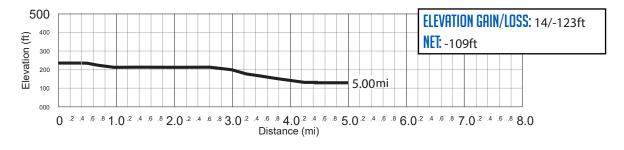
### **EXCHANGE NOTES**

Upper Parking: Precision CastParts lot on SE Harney Drive

Lower Parking: Lot south of Springwater Trail/Johnson Creek Blvd

Provisions: Restaurants/Convenient Store

Fuel: No (nearest fuel SE 82nd Ave near Fred Meyer)



### MAJOR VAN EXCHANGE 6.26 MI | MODERATE

NAMED AFTER: BECKY H.

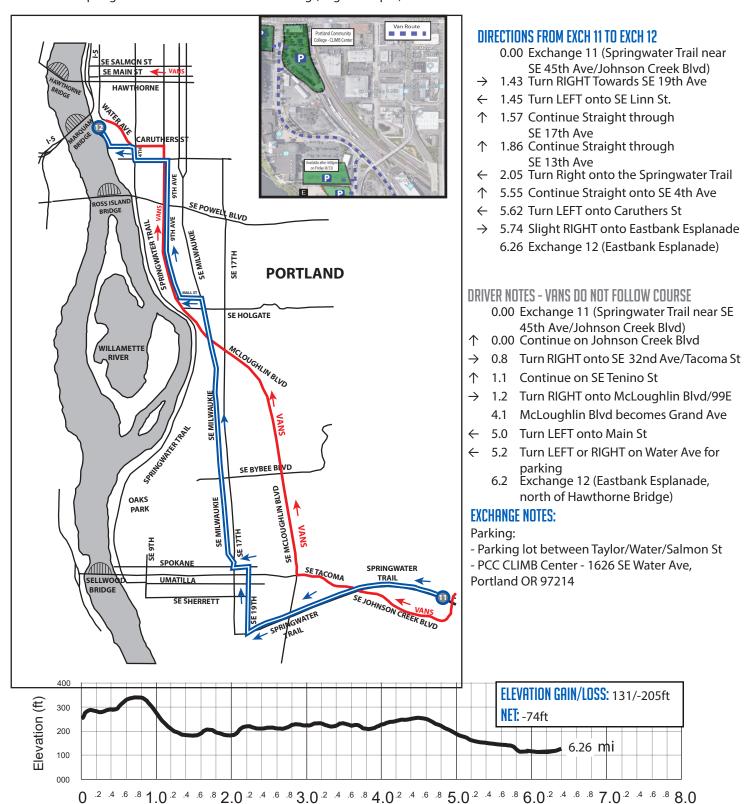


LEG DESCRIPTION: Mostly flat with a few rolling hills, trail and paved city streets.

EXCH 12 ADDRESS: Eastbank Esplanade, north of Hawthorne Bridge, near 50 SE Madison St, Portland 97214

GPS: 45.512936, -122.667771

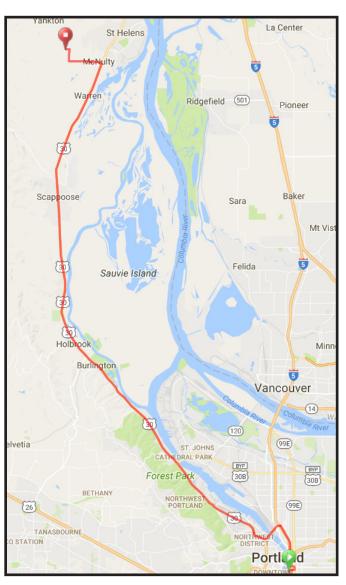
NOTES: HTC/Springwater Bike Patrol on trail in evening (begins at 7pm).



Distance (mi)

### **VAN 2 ROUTE TO EXCHANGE 18**

THE MAP BELOW DETAILS THE ROUTE VAN 2 SHOULD FOLLOW TO EXCHANGE 18. BE CAUTIOUS OF RUNNERS/RunnerS ON HWY 30.



### **VAN 2 DIRECTIONS FROM EXCH 12 TO EXCH 18**

- 0.00 Exchange 12 (Waterfront)
- ← 0.00 **LEFT** onto Water Ave
- → 0.11 **RIGHT** onto SE Taylor St
- ← 0.36 **LEFT** onto SE Grand Ave
- ← 0.49 **LEFT** onto SE Morrison Bridge
- $\rightarrow$  0.69 **RIGHT** at the fork, follow signs for I-5N
- ↑ 1.02 Merge onto I-5N
- → 2.42 Take exit 302B on the **RIGHT** for US-30W towards I-405W
- ↑ 3.01 Merge onto I-5N
- ↑ 3.51 Take exit 3 for US-30 W towards St. Helens and continue on US-30 for 25 miles
- ← 28.96 **LEFT** onto Millard Rd
- → 30.45 **RIGHT** onto S Bachelor Flat Rd
- ← 30.95 **LEFT** onto Saulser Rd and proceed to Exch 18 van parking at Columbia Co. Fairgrounds

### 4.19 MI | EASY

13

NAMED AFTER: STEVE H.

**LEG DESCRIPTION:** Basically flat terrain along the Willamette River and Portland water front on paved city streets.

EXCH 13 ADDRESS: Georgia Pacific 3838 NW Front Ave Portland, OR 97210

GPS: 45.551924, -122.715139

### DIRECTIONS FROM EXCH 12 TO EXCH 13

### Run on right side of the road.

- 0.00 Exchange 12 (Eastbank Esplanade, north of Hawthorne Bridge)
- ← 0.01 Turn LEFT up stairs onto Hawthorne Bridge
- → 0.05 Turn RIGHT onto Hawthorne Bridge
- ← 0.35 Turn **LEFT** onto ramp off of Hawthorne Bridge
- ← 0.44 Turn **LEFT** onto Waterfront Park Esplanade
- ↑ 0.70 Morrison Bridge
- ↑ 1.07 Burnside Bridge
- ↑ 1.36 Steel Bridge
- ↑ 1.37 UPRR railway tracks
- ↑ 1.73 Broadway Bridge
- 2.29 Continue on Naito Pkwy as it becomes Front Ave under Fremont Bridge
- ↑ 3.56 NW 26th Ave
  - 4.19 Exchange 13 (Front Ave Georgia Pacific)

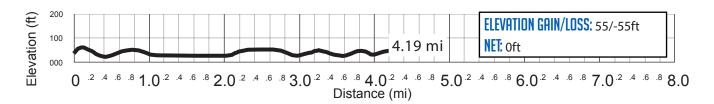
#### MANTE MOTES - MANTE MANTE FOLLOW COLUMN

- 9.0 Exchange 12 (Eartbank Explanede, north of Hawthorne Bridge)
- → 0.1 Turn RIGHT onto Water Ave.
- → 9.1 Turn RIGHT unto Hawthome Bivd (Hawthome Bridge)
- → 0.6 Take NIGHT rame onto Main St.
- → 67 Turn NIGHT onto 2nd Ave
- → 67 Turn NIGHT onto Selmon St
- ← 9.6 Turn LEFT onto Nalto Plony/Front Ave
  - 5.2 Exchange 13 (Front Ave Georgia Pactic)

#### FITTERNET BOOK

Parking: West side of Georgie Padfic lot just before Exchange 13.

Fuel: No (nearest fuel 3ml South on NW 23rd/Burnside)



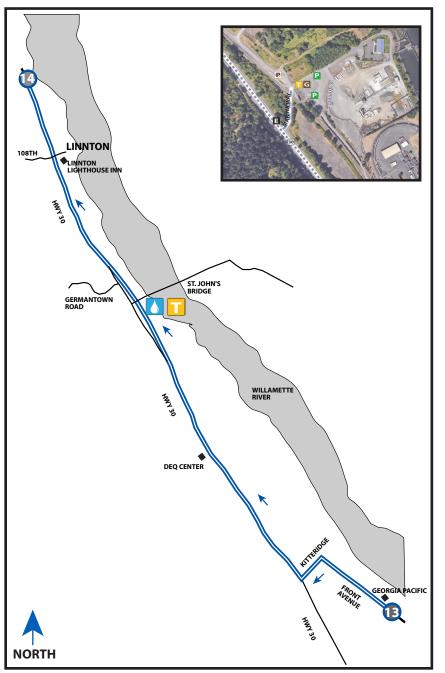


### 6.04 MI | MODERATE

**LEG DESCRIPTION:** Basically flat terrain along Front Ave / St. Helen Rd / HWY 30 on paved shoulder and sideruns.

**EXCH 14 ADDRESS:** 11500 NW St. Helens and Marina Way Portland, OR 97231 (m.p. 9.3, at Knife River Corp.) **GPS:** 45.61054, -122.795949

**NOTES:** VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



#### DIRECTIONS FROM EXCH 13 TO EXCH 14

Run on right side of the road.

- 0.00 Exchange 13 (Front Ave Georgia Pacific)
- ← 0.68 Turn **LEFT** onto Kittridge
- → 1.17 Turn **RIGHT** onto HWY 30 3.74 Water Station
- ↑ 3.74 St Johns Bridge
- ↑ 4.14 Germantown Rod
- ↑ 5.19 Linnton Lighthouse Inn
  - 6.04 Exchange 14 (Marina Way/HWY 30)

### **EXCHANGE NOTES**

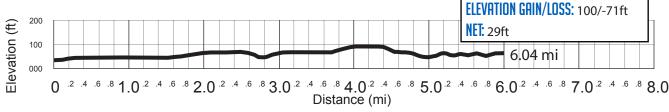
Parking: To the right, off HWY 30 near Marina Way in large Knife River fenced lot.

Only next runner allowed up hill to HWY 30 for safety reasons.

HTC traffic on Marina way is restricted to the designated parking area. No HTC traffic allowed past parking area.

Provisions: No

Fuel: No (nearest fuel - Linnton)



### 7.25 MI | HARD



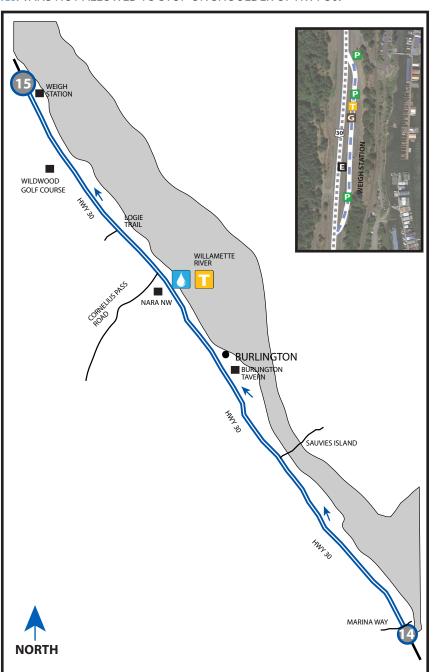


LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.

EXCH 15 ADDRESS: Rocky Point Weigh Station Scappoose, OR (m.p. 16.5)

GPS: 45.69497, -122.871008

**NOTES:** VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



### **DIRECTIONS FROM EXCH 14 TO EXCH 15**

Run on right side of the road.

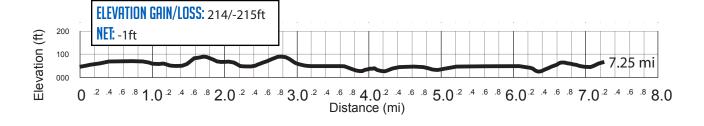
- 0.00 Exchange 14 (Marina Way/HWY 30)
- ↑ 1.55 Sauvie Island Bridge
- ↑ 3.34 Burlington Tavern
  - 3.87 Water Station 1
- N 3.93 Cornelius Pass Rd
- ↑ 4.92 Logie Trail
- ↑ 6.16 Wildwood Golf Course
  - 7.25 Exchange 15 (Rocky Point Weigh Station)

### **EXCHANGE NOTES**

Parking: At Rocky Point Weigh Station off to the right of HWY 30. Parallel parking on the left, nose-in angle parking on the right. Follow volunteer instructions.

Provisions: No

Fuel: No (nearest fuel - Linnton, Leg 14)





### 3.92 MI | EASY

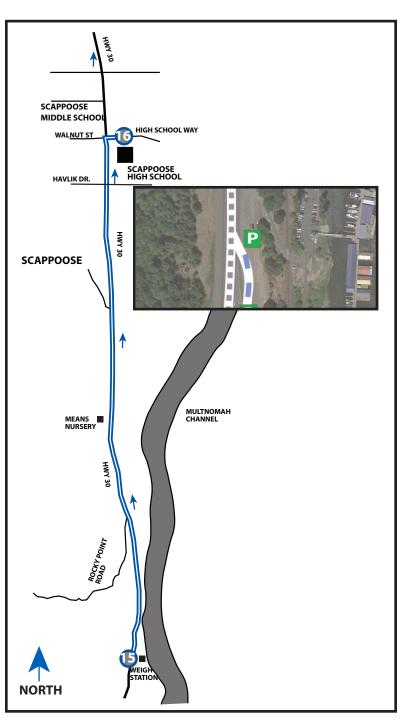


LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.

EXCH 16 ADDRESS: Scappoose High School 33700 SE High School Way, Scappoose, OR 97056

GPS: 45.749198, -122.874359

**NOTES:** VANS NOT ALLOWED TO STOP ON SHOULDER OF HWY 30.



### **DIRECTIONS FROM EXCH 15 TO EXCH 16**

Run on right side of the road.

- 0.00 Exchange 15 (Rocky Point Weigh Station)
- 0.84 Rocky Point Rd
- 2.51 Bonneville Dr/Johns Landing Rd
- → 3.79 Turn **RIGHT** onto SE High School Way 3.92 Exchange 16 (Scappoose High School)

### **EXCHANGE NOTES**

Parking: At Scappose High School parking lot on right.

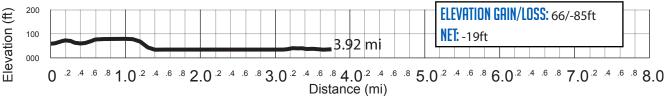
Provisions: Restaurants and Course Fundraiser Fuel: Yes

### **COURSE FUNDRAISER**

SCAPPOOSE HS CROSS COUNTRY
FRIDAY 11:00AM - SATURDAY 1:00AM
SHOWERS: \$2 each; towel included at no
additional charge
FOOD: Scappoose Bagels (\$1 ea)
BEVERAGES: Complimentary coffee



Highly encouraged to wear high visibility clothing (no dark colors), and for nonparticipating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



### 7.83 MI | MODERATE



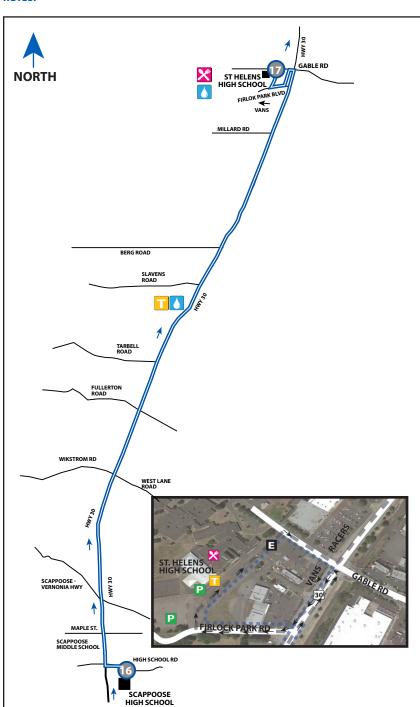
NAMED AFTER: ROB R..

LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.

EXCH 17 ADDRESS: St. Helens High School 2375 Gable Rd, St. Helens, OR 97051

GPS: 45.848739, -122.833439

NOTES:



### **DIRECTIONS FROM EXCH 16 TO EXCH 17**

Cross with light at High School Way and run on right side of HWY 30 (westbound)

0.00 Exchange 16 (Scappoose High School)

- 0.22 High School Way/HWY 30
- 1.13 Scappoose Vernonia HWY
- 2.54 W. Lane Rd
- 4.45 Water Station 🚺
- 4.75 Berg Rd
- 6.80 Millard Rd
- 7.52 Turn LEFT towards Gable Rd and CROSS HWY 30, then head left back towards Firlok Park Blvd
- 7.63 Turn **RIGHT** onto Firlock Park Blvd
- 7.72 Turn **RIGHT** into St. Helens HS Parking 7.83 Exchange 17 (St. Helens High School)

### **COURSE FUNDRAISER**

ST. HELENS HS FRIDAY 9:00AM- SATURDAY 6:00AM SHOWERS: \$2 each; towels additional \$2 (MUST BE RETURNED)
SLEEPING: \$2 use sleeping area gym
FOOD: Pancakes, eggs & sausage; assorted deli snacks, potato bar, beverages

### **EXCHANGE NOTES**

Parking: At St. Helens High School. Do not stop on side of HWY 30 near Exchange 17 to drop off of pick up teammates.

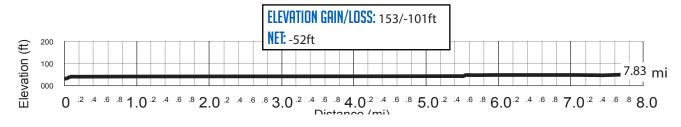
Provisions: Yes and Course Fundraiser Fuel: Yes (Fuel up!)



It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



Highly encouraged to wear high visibility clothing (no dark colors), and for nonparticipating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



### NAMED AFTER: GAIL M.



### MAJOR VAN EXCHANGE /AN 182 5.2

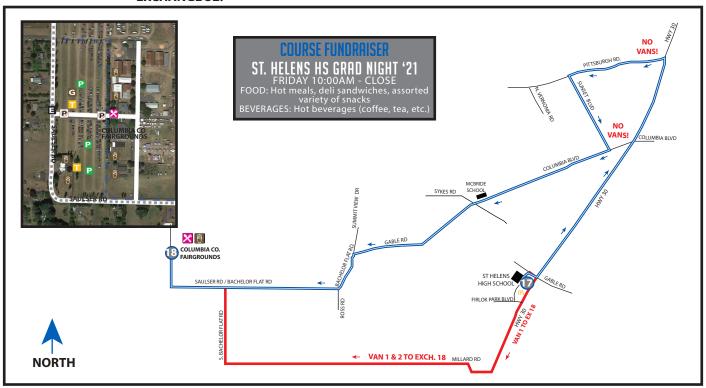
5.23 MI | HARD

LEG DESCRIPTION: Flat and gradual uphill terrain on HWY 30 and paved backcountry roads.

EXCH 18 ADDRESS: Columbia Co. Fairgrounds 58892 Saulser Rd St. Helens, 97051

**GPS:** 45.85055, -122.872306

NOTES: Please keep noise down from 10pm-7am. LAST EXCHANGE WITH CELL PHONE SERVICE BEFORE EXCHANGE 32.



### DIRECTIONS FROM EXCH 17 TO EXCH 18

0.00 Exchange 17 (St. Helens High School)

- 0.49 Sykes Rd/HWY 30 Shoulder
- ← 1.71 Turn **LEFT** onto Pittsburg Rd
- ← 2.02 Turn **LEFT** onto Sunset Blvd
- → 2.48 Turn **RIGHT** onto Columbia Blvd
- ↑ 3.30 Sykes Rd
- → 3.62 Turn **RIGHT** onto Gable Rd
- ← 3.98 Turn **LEFT** onto Bachelor Flat Rd
- → 4.19 Turn RIGHT to follow Bachelor Flat Rd
  - 5.23 Exchange 18 (Columbia County Fairgrounds)

Provisions: Course Fundraiser Fuel: No

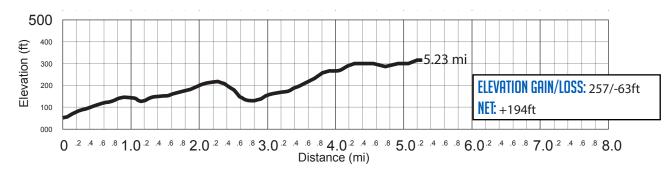
### DRIVER NOTES - VANS DO NOT FOLLOW COURSE

- 0.0 Exchange 17 (St. Helens High School)
- ↑ 0.0 Head SE on Gable Rd towards HWY 30
- → 0.8 Turn RIGHT onto HWY 30
- → 2.3 Turn RIGHT onto Millard Rd
- → 2.8 Turn **RIGHT** onto Bachelor Flat Rd
- ← 2.9 Turn **LEFT** onto Saulser Rd
  - 3.0 Exchange 18 (Columbia County Fairgrounds)

### **EXCHANGE NOTES**

Parking: At Columbia County Fairgrounds.

Exchange 18 sleeping only permitted in designated, roped off sleeping areas. Tents ARE allowed at Exchange 18. Race DQ if found sleeping on ground next to vehicle!



### **VAN 1 ROUTE TO EXCHANGE 24**



### ONLY VAN 2 WITH A COLORED "RACE VEHICLE" SIGN IN WINDOW WILL BE ALLOWED TO PROCEED ON THE COURSE BETWEEN EXCH 18 AND 23.

### VAN 1 DIRECTIONS FROM EXCH 18 TO EXCH 24

- 0.00 Exchange 18 (Columbia Co. Fairgrounds)
- → 0.00 **RIGHT** out of van parking onto Saulser Rd
- ← 0.37 **LEFT** onto Sykes Rd
- ↑ 1.14 Continue onto Cater Rd
- ↑ 5.77 Continue onto Scappoose Vernonia Hwy
- → 20.05 **RIGHT** onto HWY 47
- ↑ 30.99 Continue (slight left) onto HWY 202
  - 32.24 Exchange 24 (HWY 202)



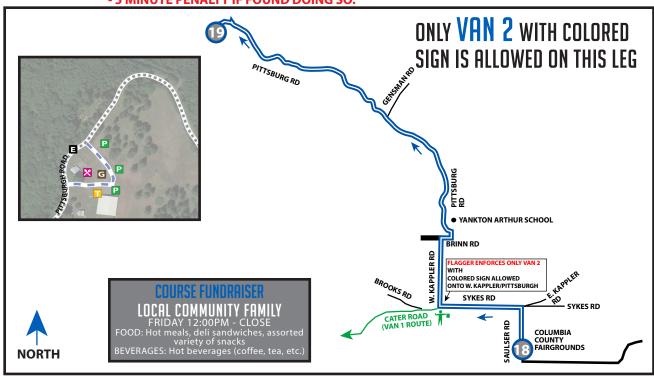
### 5.89 MI | VERY HARD

LEG DESCRIPTION: Long leg over challenging up and down hills on paved backcountry roads.

EXCH 19 ADDRESS: 30732 Pittsburgh Rd St. Helens, OR 97051

GPS: 45.901569, -122.93397

NOTES: Cell phone coverage unreliable until after Leg 32. NO STOPPING WITHIN 1 MILE OF THE EXCHANGE - 5 MINUTE PENALTY IF FOUND DOING SO.



#### DIRECTIONS FROM EXCH 18 TO EXCH 19

0.00 Exchange 18 (Columbia County Fairgrounds)

- ← 0.37 Turn **LEFT** onto Saulser Rd
- → 1.14 Turn **RIGHT** onto Kappler Rd
- → 1.88 Turn RIGHT onto Brinn Rd
- ← 1.90 Turn **LEFT** onto Pittsburgh Rd
- ↑ 2.78 Gensman Rd
  - 5.89 Exchange 19 (Pittsburgh Rd)

### **EXCHANGE NOTES**

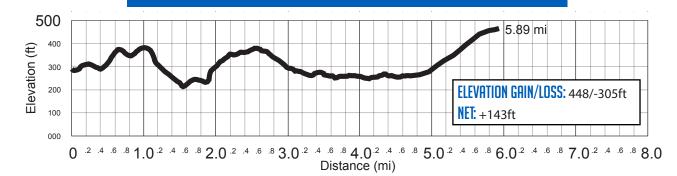
Parking: In field on the left. **No vans on right side of the road near exchange or blocking neighbor driveways.** 

Provisions: Coffee and snacks at fundraiser Fuel: No



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

### ONLY VAN 2 WITH COLORED "RACE VEHICLE" SIGN IS ALLOWED TO PROCEED ALONG THE RACE COURSE BETWEEN EXCHANGES 18-23.



# VAN 2 5.75 MI | VERY HARD 🖎 📧

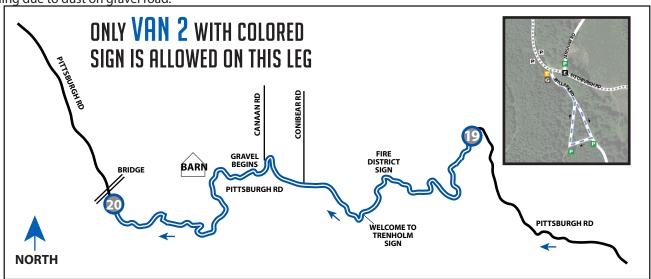
20)

**LEG DESCRIPTION:** Very challenging up and downhills on partially paved and gravel backcountry roads. **EXCH 20 ADDRESS:** 9.75 mi on Pittsburgh Rd (near Janshaw Rd). St. Helens, 97051

GPS: 45.890793, -122.997456

NOTES: Cell phone coverage unreliable until after Leg 32. A bandana or scarf is recommended to ease

breathing due to dust on gravel road.



#### **DIRECTIONS FROM EXCH 19 TO EXCH 20**

0.00 Exchange 19 (Pittsburgh Rd)

- ↑ 3.03 Gravel section begins
- ↑ 3.90 Large barn on right
  - 5.75 Exchange 20 (Pittsburgh Rd)



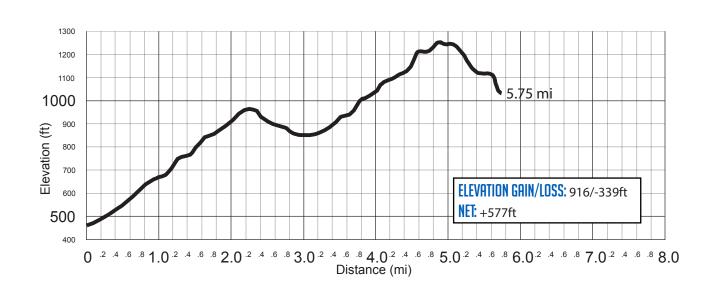
Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

#### **EXCHANGE NOTES**

Parking: On Willark Rd to the left of exchange.

Do not drop runner off near exchange (causes immediate backup). Only Leg 20/21 participants get out at this tight exchange.

Provisions: No Fuel: No





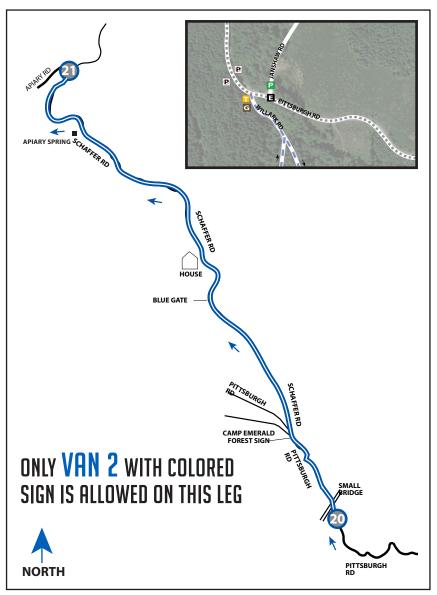
# 5.06 MI | MODERATE

**LEG DESCRIPTION:** Flat, slightly downhill terrain near a creek on gravel backcountry roads.

EXCH 21 ADDRESS: 4.7 miles on Schaffer Rd, Vernonia, OR

GPS: 45.945578, -123.043629

**NOTES:** A bandana or scarf is recommended to ease breathing due to dust on gravel road. Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 20 TO EXCH 21**

0.00 Exchange 20 (Pittsburgh Rd)

- → 0.30 Turn **RIGHT** onto Schaffer Rd (at Camp Emerald Forest sign take the far right fork)
- ↑ 2.00 Blue gate on left
- ↑ 2.28 House on left with many old cars
  - 5.06 Exchange 21 (Schaffer Rd)

#### **EXCHANGE NOTES**

Parking: On right side of Schaffer Rd beyond exchange. Vans must park to the right and leave access to road on the left open and unblocked. Do not block Camp Emerald Forest's drive.

Do not drop runner off near exchange (causes immediate back-up).

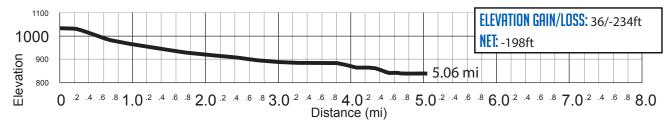
Provisions: No Fuel: No



4.1 miles on Schaffer Rd from Exchange 20 there is a spring where teams can fill up water jugs with fresh water.



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



### 6.70 MI | HARD

NAMED AFTER: JODI G.



LEG DESCRIPTION: Gradual up and downhills on paved but narrow backcountry roads.

**EXCH 22 ADDRESS:** 6.70 miles on Apiary Rd Vernonia, OR (at ODOT gravel stockpile)

GPS: 45.949276, -123.149365

NOTES: Be aware of potentially fast moving non-race traffic on this leg. Cell phone coverage unreliable until after Leg 32.



#### DIRECTIONS FROM EXCH 21 TO EXCH 22

0.00 Exchange 21 (Schaffer Rd)

- ← 0.03 Turn **LEFT** onto Apiary Rd
- ↑ 1.67 Wilkerson County Park 3.60 Water Station
- ↑ 3.77 Rock Quarry
- ↑ 4.57 Golden-yellow gate on left
- 6.57 Small blue house and garage on left
  - 6.70 Exchange 22 (Apiary Rd)

#### **EXCHANGE NOTES**

Parking: In large field on left side of Apiary Rd.

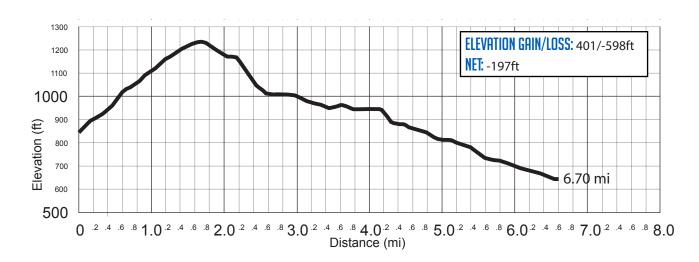
Watch your footing! Some uneven terrain at Exchange 22.

Provisions: No

Fuel: No (nearest fuel - 10 miles south on HWY 47: Bridge St Mini Mart, Vernonia)



Highly encouraged to wear high visibility clothing (no dark colors), and for nonparticipating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).





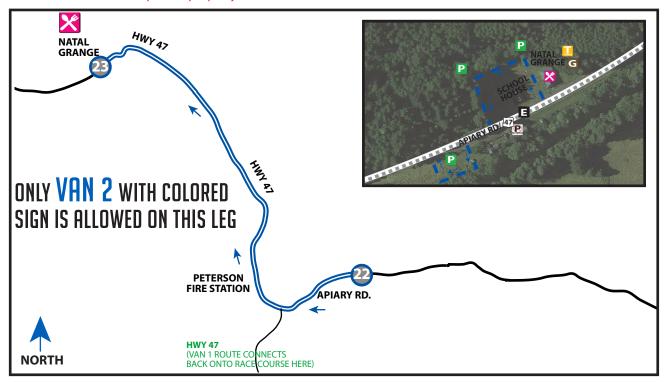
## 4.23 MI | EASY

LEG DESCRIPTION: Basically flat terrain on narrow country roads with minimal shoulder.

EXCH 23 ADDRESS: 67528 Nehalem HWY N. Vernonia, OR 97064

GPS: 45.974329, -123.198666

**NOTES:** Cell phone coverage unreliable until after Leg 32. Keep noise down from 10pm - 7am; keep away from private property fence line.



#### **DIRECTIONS FROM EXCH 22 TO EXCH 23**

0.00 Exchange 22 (Apiary Rd)

- → 0.76 Turn **RIGHT** onto HWY 47 (Nehalem HWY)
- ↑ 0.99 Peterson Fire Station on left
  - 4.23 Exchange 23 (Natal Grange)

#### COURSE FUNDRAISER Natal Grange

FRIDAY 2:00PM - CLOSE
FOOD: LUNCH/DINNER (2:00PM-1:00AM):
BBQ beef sandwiches, burgers, hotdogs,
cowboy beans, baked potatoes, and assorted
sweets

PREAFEST (1:00AM CLOSE): Papeakes, page

sweets BREAKFAST (1:00AM-CLOSE): Pancakes, eggs & ham, breakfast burritos

#### **EXCHANGE NOTES**

Parking: At Natal Grange and across street in hay field as instructed by volunteers.

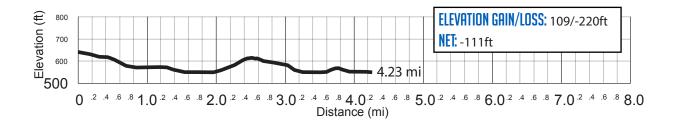
 $Do \, not \, drop \, runner \, off \, near \, exchange \, (causes \, immediate \, back-up).$ 

Provisions: Course Fundraiser

Fuel: No (nearest fuel - 12.4 miles south on HWY 47: Bridge St Mini Mart, Vernonia)



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



# MAJOR VAN EXCHANGE 4.87 MI | EASY

NAMED AFTER: KATHY K.

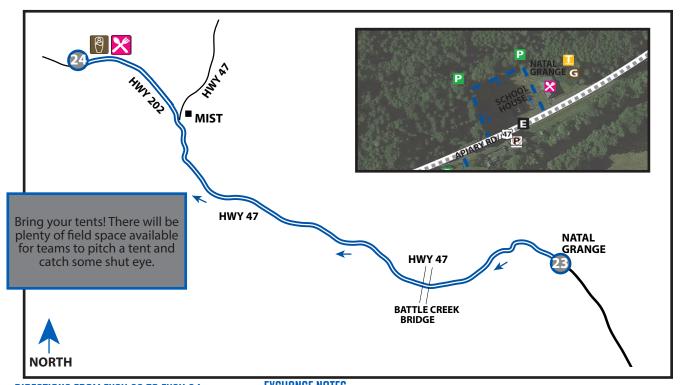


LEG DESCRIPTION: Flat terrain along Nehalem River and through pastoral setting on HWY 47 and HWY 202.

**EXCH 24 ADDRESS:** 13950 HWY 202 Birkenfeld, OR 97016 m.p. 44.9

GPS: 46.002792, -123.278399

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 23 TO EXCH 24**

0.00 Exchange 23 (Natal Grange)

- 0.83 Country Museum on left
- 1.15 Battle Creek Bridge
- ↑ 3.55 Nehalem Valley Automotive
- 3.66 Continue on HWY 202
  - 4.87 Exchange 24 (Mist HWY 202)

#### **EXCHANGE NOTES**

Parking: In two large fields along right side of the road.

Do not drop runner off near exchange (causes immediate back-up).

Exchange 24 sleeping only permitted in designated, roped off sleeping areas. Tents ARE allowed at Exchange 24. Race DQ if found sleeping on ground next to vehicle!

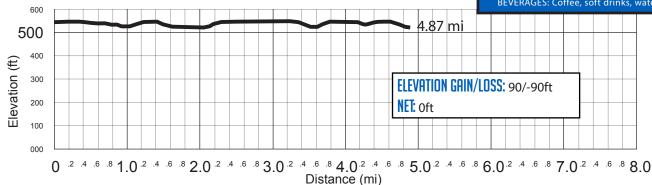
**Provisions: Course Fundraiser** 

Fuel: No (nearest fuel - 13.2 miles north on HWY 30)



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

### COURSE FUNDRAISER VERNONIA HS EQUESTRIAN FRIDAY 4:00PM - SATURDAY 9:00AM FOOD: Hamburgers, cheeseburgers, vegetarian chili, biscuits/gravy, bagels & cream cheese, muffins, assorted snacks. BEVERAGES: Coffee, soft drinks, water



#### NAMED AFTER: LARRY D.



### VAN 1

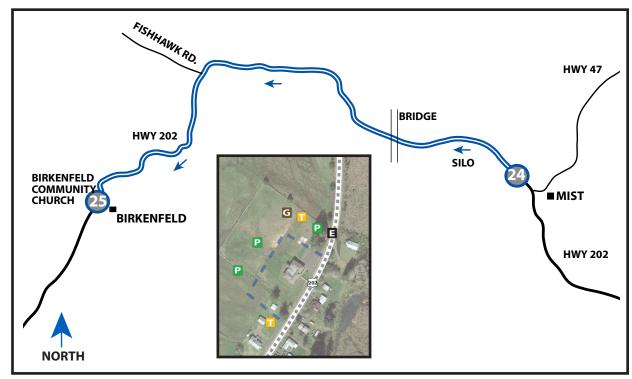
## 3.80 MI | EASY

LEG DESCRIPTION: Gently rolling terrain (last 2 miles) on paved country roads.

**EXCH 25 ADDRESS:** 11249 HWY 202 Birkenfeld, OR 97016 m.p. 41.29

**GPS:** 45.995729, -123.334103

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 24 TO EXCH 25**

0.00 Exchange 24 (Mist - HWY 202)

- ↑ 1.19 Nehalem River Bridge
- ↑ 1.76 Mist/Birkenfield Fire Station
- ↑ 3.10 Fishhawk Rd
  - 3.80 Exchange 25 (Birkenfield Community Church)



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

#### **EXCHANGE NOTES**

Parking: In Birkenfield Chuch lot on on right side of the road. Exchange is on left. During high congestion, Exchange 25 parking is limited to **VAN 1 ONLY.** 

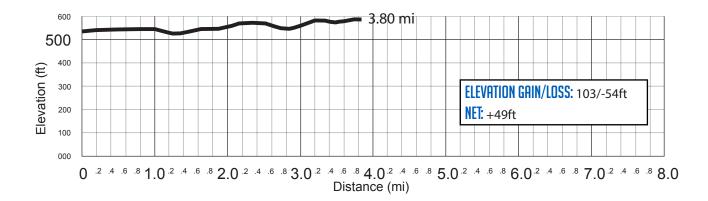
Provisions: The Birk restaurant

Fuel: No (nearest fuel - 17 miles north on HWY 30)

#### **COURSE FUNDRAISER**

YOUNG ENTREPRENEUR EDUCATIONAL FUND FRIDAY 3:30PM - SATURDAY 11:00AM

MEALS & SNACKS: Bone broth chicken rice soup, homemade artisan bread, cheese ranch turkey wraps, cookies, brownies, muffins BEVERAGES:Coffee



### 5.65 MI | HARD

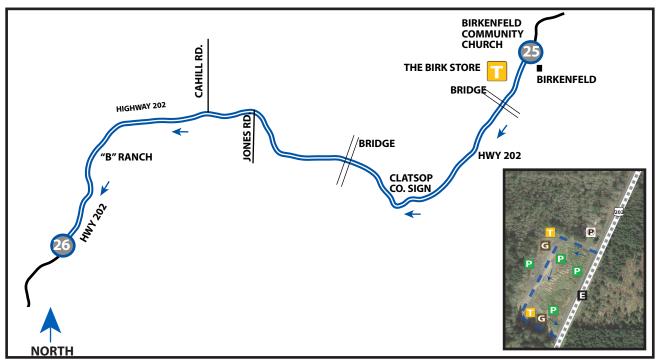
NAMED AFTER: MARY D. S.

**LEG DESCRIPTION:** Beginning with gently rolling hills, long uphill toward the end, finishing downhill for half mile on paved roads.

EXCH 26 ADDRESS: 5.65 miles on HWY 202, Clatskanie, OR 97016

GPS: 45.97556, -123.416774

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### DIRECTIONS FROM EXCH 25 TO EXCH 26

0.00 Exchange 25 (Birkenfield Community Church)

- ↑ 0.48 Nehalem River Bridge
- ↑ 1.98 Welcome to Clatsop City sign
- ↑ 2.48 Nehalem River Bridge
- ↑ 2.58 Jones Rd
- 个 3.57 Cahill Rd
  - 5.65 Exchange 26 (HWY 202)

#### **EXCHANGE NOTES**

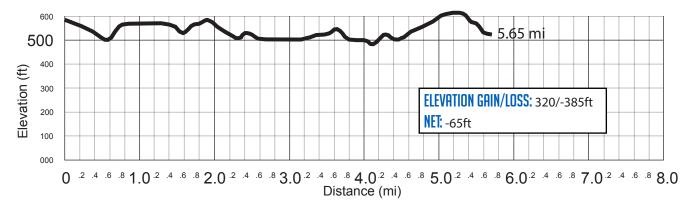
Parking: One-Way lot in cleared field on hill on right side of HWY 202. Entrance is prior to Exchange. During high congestion, Exchange 26 parking is limited to **VAN 1 ONLY. Upon exiting, right turn only.** 

#### No parking on highway shoulder.

Provisions: No Fuel: No



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).



#### NAMED AFTER: NELSON F.



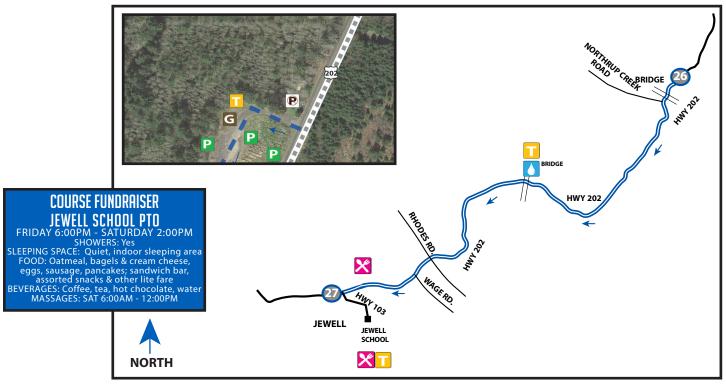
### VAN 1

# 6.36 MI | MODERATE

**LEG DESCRIPTION:** Rolling hills on paved rural country road. **EXCH 27 ADDRESS:** near 79156 HWY 202 Jewell, OR 97138

GPS: 45.933928, -123.5061

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### DIRECTIONS FROM EXCH 26 TO EXCH 27

0.00 Exchange 26 (HWY 202)

- ↑ 0.60 Northrup Creek Rd
  - 3.40 Water Station
- ↑ 3.40 Nehalem River Bridge
- 个 5.11 Rhodes Rd
- ↑ 5.46 Wage Rd
- ↑ 6.30 HWY 103
  - 6.36 Exchange 27 (Jewell HWY 202)

#### **EXCHANGE NOTES CONTINUED**

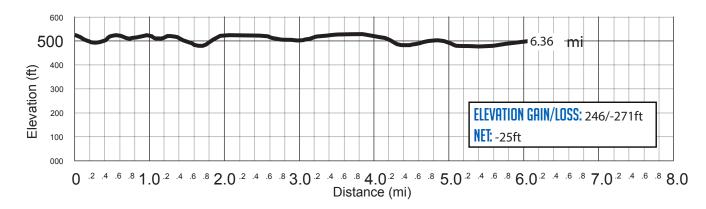
Provisions: Course Fundraisers Fuel: No

> COURSE FUNDRAISER Elsie vinemaple fire & rescue

FIRST AID AND EMERGENCY MEDICAL SERVICES AVAILABLE

#### **EXCHANGE NOTES**

Parking: Entrance for van parking is before the exchange as directed by volunteers in field. Upon exiting, left turn only.



## 3.83 MI | EASY



NAMED AFTER: JENNY H.

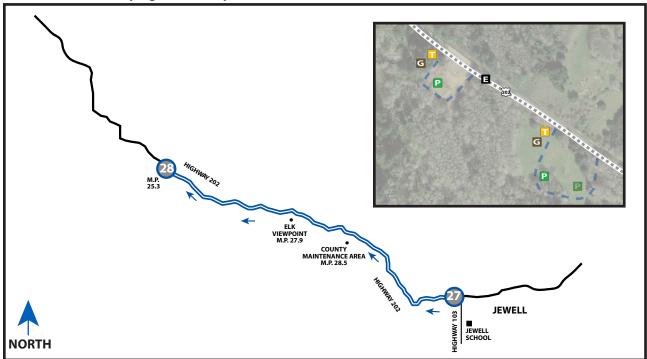
LEG DESCRIPTION: Gradual uphill on paved road. Narrow HWY with limited shoulder.

EXCH 28 ADDRESS: near Lee Wooden County Park Jewell, OR m.p. 25.3

GPS: 45.954195, -123.573884

NOTES: Cell phone coverage unreliable until after Leg 32. Route passes by Elk Preserve. NO stopping at,

use of bathrooms, or sleeping at Elk Viewpoint.



#### DIRECTIONS FROM EXCH 27 TO EXCH 28

0.00 Exchange 27 (Jewell - HWY 202)

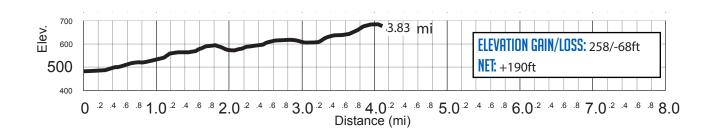
- ↑ 0.82 County Maintenance Yard on left
- ↑ 2.35 Elk Viewpoint on left
  - 3.83 Exchange 28 (HWY 202 m.p. 25.3)

#### **EXCHANGE NOTES**

Parking: In large field along left side of the road. Very narrow...be careful! During high congestion, Exchange 28 parking is limited to **VAN 1 ONLY.** 

Provisions: No Fuel: No

#### NO STOPPING ON HIGHWAY TO PICK UP OR DROP OFF RUNNERS. IMMEDIATE DQ.





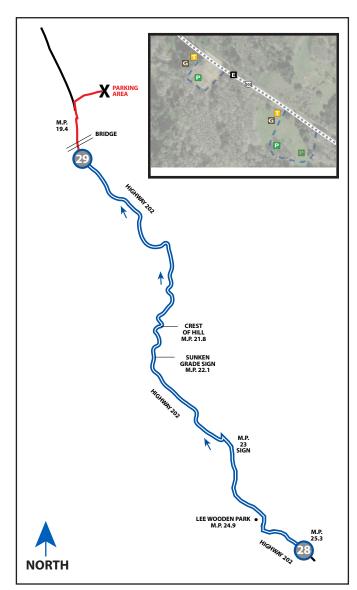
# VAN 1 5.97 MI | VERY HARD 🔊

**LEG DESCRIPTION:** Very challenging up and downhills through winding wooded section of HWY 202.

**EXCH 29 ADDRESS:** m.p. 19.4 HWY 202 Astoria, OR 97103

GPS: 46.020736, -123.625101

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 28 TO EXCH 29**

0.00 Exchange 28 (HWY 202 m.p. 25.3)

- ↑ 0.33 Lee Wooden Park on left (m.p. 24.9)
- ↑ 2.42 m.p. 23 sign
- ↑ 3.47 Crest of hill (m.p. 21.8) 5.97 Exchange 29 (HWY 202 m.p. 19.4)

#### **EXCHANGE NOTES**

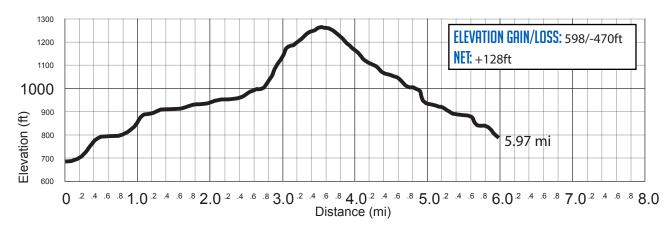
#### **HIGH CONGESTION EXCHANGE - be prepared!**

Parking: 1/2 mile from exchange. Drop off next runner while waiting in line near entrance to parking lot (NOT AT THE EXCHANGE).

Only next runner allowed to exit vehicle while stopped in waiting line. Be ready to get out quickly!

Then, drive to parking area and wait for your team number to be called. Bib numbers will be called in the parking area once your runner reaches the pickup area. Once called, drive to pickup area. Pull all the way forward, pick up your runner and head to exchange 30.

Provisions: No Fuel: No



### MAJOR VAN EXCHANGE 5.32 MI | MODERATE &

NAMED AFTER: KELLIE C.

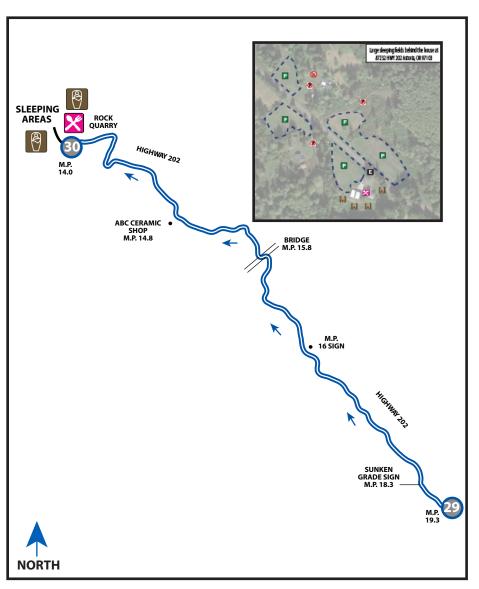


LEG DESCRIPTION: Gradual uphill and steep downhill on winding narrow back road with minimal shoulder.

**EXCH 30 ADDRESS:** 87232 HWY 202 Astoria, OR 97103

GPS: 46.065768, -123.692707

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 29 TO EXCH 30**

0.00 Exchange 29 (HWY 202 m.p. 19.4)

- ↑ 3.37 m.p. 16 sign
- ↑ 3.53 Nehalem River Bridge (m.p. 15.8) 5.32 Exchange 30 (Astoria - HWY 202)

#### **EXCHANGE NOTES**

Parking: On right and left side of highway near exchange. Follow volunteer directions.

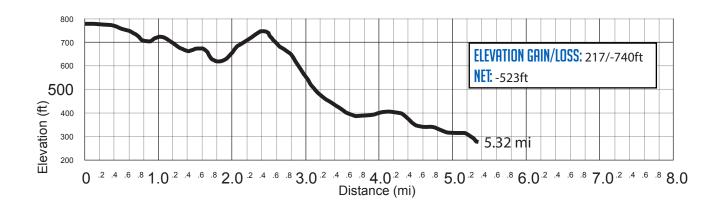
Do not drop runner off near exchange (causes immediate back-up).

Exchange 30 sleeping only permitted in designated, roped off sleeping areas. Tents are NOT allowed at Exchange 30. Race DQ if found sleeping on ground next to vehicle.

Provisions: Course Fundraiser Fuel: No (nearest fuel - 13miles on HWY 202 into Astoria)

### COURSE FUNDRAISER OCAL COMMUNITY FAMILY

FRIDAY 10:00PM - CLOSE
FOOD: DINNER: Hamburgers, chicken
burgers, potato salad. BREAKFAST: Eggs,
bacon, ham & cheese croissants, muffins.
LUNCH: hamburgers, hotdogs, yogurt, fruit,
bagels



### **VAN 1 ROUTE TO FINISH**



### **NOTES**

This route takes 45-50 minutes to Seaside and is substantially faster than following the race course.

# ONLY VAN 2 WITH A COLORED "RACE VEHICLE" SIGN IN WINDOW WILL BE ALLOWED TO PROCEED ON THE COURSE BETWEEN EXCH 31 AND SEASIDE.

### VAN 1 DIRECTIONS FROM EXCH 30 TO FINISH

- 0.00 Exchange 30 (87232 HWY 202)
- ↑ 0.00 Continue north on HWY 202 following race course
- ↑ 4.30 Exchange 31 continue north on HWY 202 (Van 2 breaks off here)
- ↑ 13.55 At the traffic circle take the 2nd exit onto HWY 101 S towards Warrenton/Seaside Continue on HWY 101 S for 25 miles to Seaside
  - 27.00 **Shuttle Parking** available at North Coast Family Fellowship Church off of Lewis & Clark Rd, or continue to and park elsewhere.

The Finish is on the beach at the end of Broadway St (commonly called "the turnaround/prom") in Seaside. See Seaside Shuttle Map, pg 80 for parking options. Park in shuttle area or other and meet your anchor runner one block north of the turnaround on the beach where Oceanway Ave dead-ends at the beach.

# 3.96 MI | MODERATE



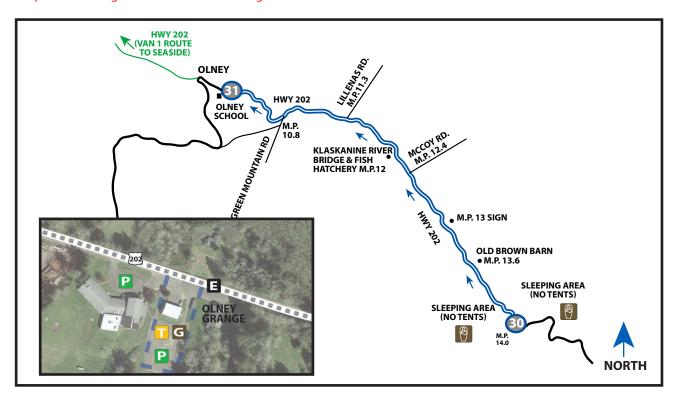


LEG DESCRIPTION: Gradual hills on narrow paved back country road.

**EXCH 31 ADDRESS:** 89386 HWY 202 Astoria, OR 97103

GPS: 46.097719, -123.749397

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### **DIRECTIONS FROM EXCH 30 TO EXCH 31**

0.00 Exchange 30 (Astoria - HWY 202)

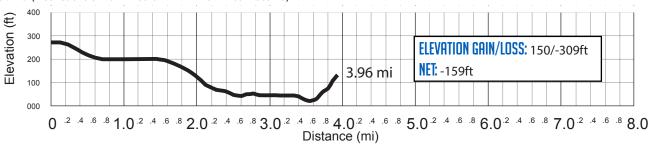
- ↑ 0.85 m.p. 13 sign
- 1.56 McCoy Lane
- 2.06 Klaskanine River Bridge and Fish Hatchery (m.p. 12)
- 2.67 Lillenas Rd (m.p. 11.3)
- 3.13 Olney Lane
  - 3.96 Exchange 31 (Coastline Christian Fellowship Church)

#### **EXCHANGE NOTES**

Parking: In Olney Grange lot on the left and church parking lot on the right.

Provisions: None

Fuel: No (nearest fuel - 9 miles on HWY 202 into Astoria)

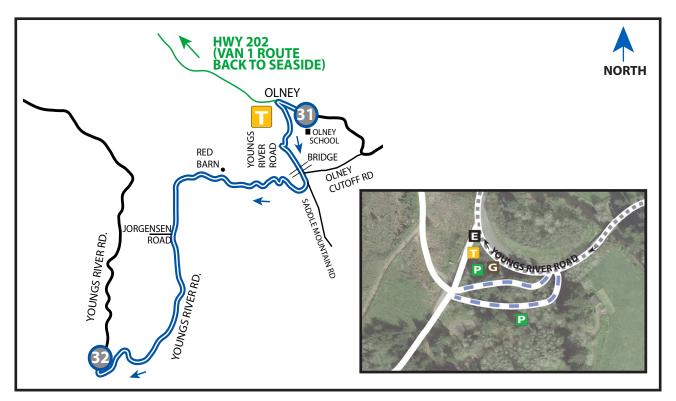




## 4.20 MI | MODERATE

**LEG DESCRIPTION:** Basically flat terrain on narrow country roads around Young's River. **EXCH 32 ADDRESS:** 3.86 miles on Youngs River Rd. (from HWY 202) Olney, OR 97103 **GPS:** 46.069758, -123.787865

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### DIRECTIONS FROM EXCH 31 TO EXCH 32

0.00 Exchange 31 (Coastline Christian Fellowship Church)

- ← 0.34 Turn **LEFT** onto Youngs River Rd
- → 1.04 Bridge, (Y in Rd), continue **RIGHT** on Youngs River Rd
- ↑ 1.07 Saddle Mountain Rd
- ↑ 1.61 Red barn
- ↑ 2.58 Jurgensen Rd
  - 4.20 Exchange 32 (Youngs River Falls)

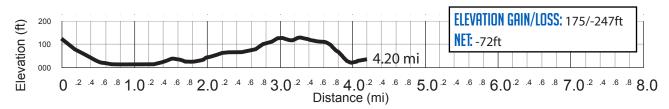
#### **EXCHANGE NOTES**

Parking: VERY LIMITED, follow volunteer instructions. NO PARKING ON ROAD SHOULDER. Expect heavy traffic delays due to limited parking.

Provisions: No

Fuel: No (nearest fuel - 11 miles north in Astoria)

# ONLY VAN 2 WITH COLORED "RACE VEHICLE" SIGN IS ALLOWED TO PROCEED ALONG THE RACE COURSE, VAN 1 MUST TURN ONTO HWY 202 AND PROCEED TO SEASIDE (SEE PAGE 72)



**NOTES:** 

## 7.72 MI | HARD @





**LEG DESCRIPTION:** Rolling hills on narrow country roads. EXCH 33 ADDRESS: 92179 Lewis & Clark Rd Astoria, OR 97103 GPS: 46.147492, -123.846048

### ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG

# EWIS `AND :LARK RD

#### **DIRECTIONS FROM EXCH 32 TO EXCH 33**

0.00 Exchange 32 (Youngs River Falls)

3.67 Water Station 

1

↑ 3.67 Tucker Creek Rd

5.12 Binder Slough Rd

↑ 6.18 Dow Rd

↑ 6.60 Wireless Rd

← 7.29 Turn **LEFT** onto Lewis & Clark Rd 7.72 Exchange 33 (Lewis & Clark School)

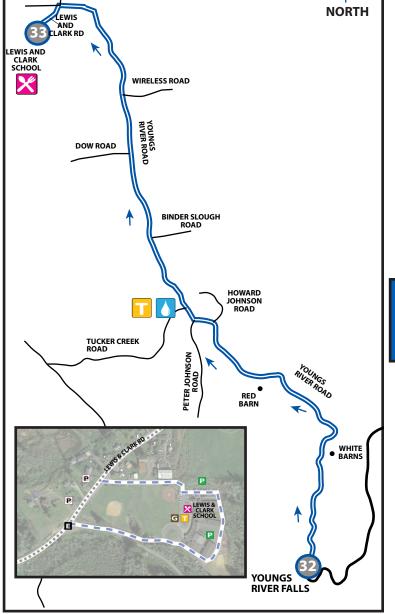
#### **EXCHANGE NOTES**

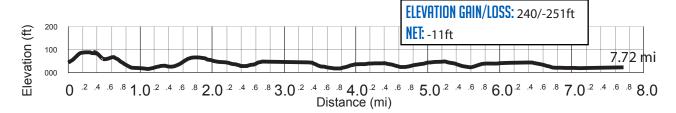
Parking: At Lewis & Clark School.

**Provisions: Course Fundraiser** Fuel: No

#### **COURSE FUNDRAISER**

LEWIS & CLARK CAL RIPKEN BASEBALL SATURDAY 4:00AM - CLOSE FOOD: Hamburgers, hotdogs, doughnuts, candy bars BEVERAGES: Coffee, soft drinks







## 4.12 MI EASY 😂 🙆



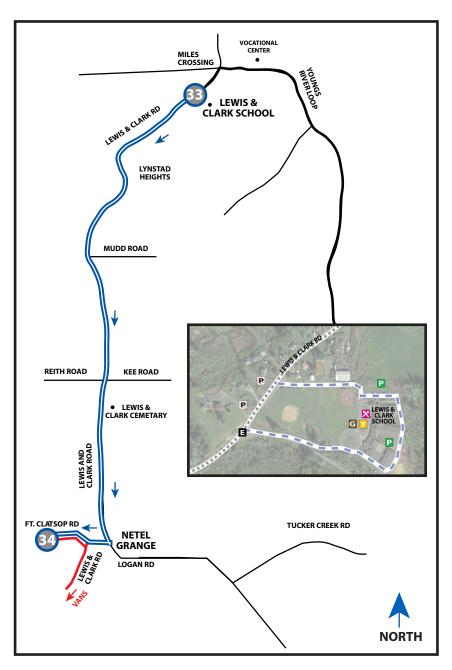


LEG DESCRIPTION: Very short leg in length with gently rolling hills along paved country roads.

EXCH 34 ADDRESS: 90886 Fort Clatsop Rd, Astoria, OR 97103

GPS: 46.104487, -123.866126

**NOTES:** 



#### **DIRECTIONS FROM EXCH 33 TO EXCH 34**

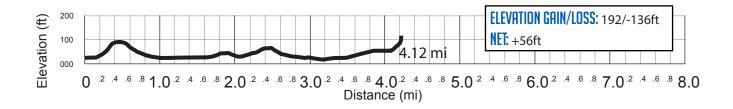
- 0.00 Exchange 33 (Lewis & Clark School)
- 0.61 Lynstad Heights
- 1.82 Mudd Rd
- 2.43 Kee Rd/Reith Rd
- 2.66 Lewis & Clark Cemetery
- 3.32 Turn RIGHT onto Lewis & Clark Rd
- 3.43 Turn **RIGHT** onto Fort Clatsop Rd
- 4.08 Turn **LEFT** onto Lewis & Clark Mainline
  - 4.12 Exchange 34 (Lewis & Clark Mainline)

#### **EXCHANGE NOTES**

Parking: In log scale in station near corner of Fort Clatsop Rd / Lewis & Clark Mainline.

Provisions: No Fuel: No

### ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG



### 7.07 MI | HARD @



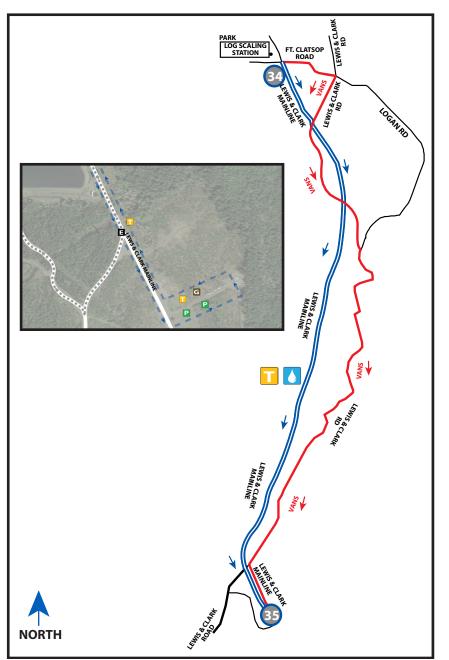


LEG DESCRIPTION: Gently rolling terrain along a combination of paved and gravel roads.

EXCH 35 ADDRESS: 6645 Lewis & Clark Rd Seaside, OR 97138

GPS: 46.007615, -123.867294

NOTES: Do not litter or drop water bottles on the Lewis & Clark Mainline Trail!



#### DIRECTIONS FROM EXCH 34 TO EXCH 35

- 0.00 Exchange 34 (Lewis & Clark School)
- 0.92 Lewis & Clark Rd
- ← 1.92 Turn LEFT onto Lewis & Clark Rd
  - 3.80 Water Station 1
- ↑ 6.43 Lewis & Clark Mainline
  - 7.07 Exchange 35 (Lewis & Clark Mainline)

#### DRIVER NOTES - VANS DO NOT FOLLOW COURSE

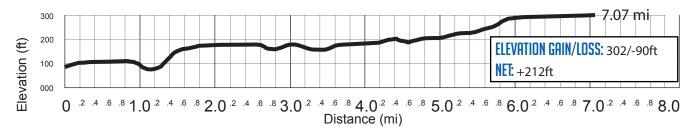
- 0.00 Exchange 34 (Lewis & Clark School)
- 0.00 Head southeast on Fort Clatsop Rd
- → 0.67 Slight **RIGHT** onto Lewis & Clark Rd
- ← 7.58 Turn **LEFT** onto Lewis & Clark Mainline
  - 8.1 Exchange 35 (Lewis & Clark Mainline)

#### **EXCHANGE NOTES**

Parking: Down private road (Lewis & Clark Mainline). NO PARKING ON ROAD SHOULDERS.

Provisions: No Fuel: No

### ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG





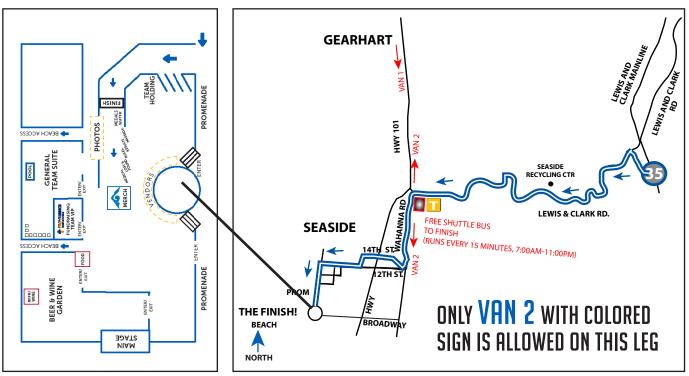
# VAN 2 5.19 MI | MODERATE 🕮 🔼

**LEG DESCRIPTION:** Challenging up and steep downhills on winding paved roads to finish on sand near Broadway turnaround.

EXCH 36/FINISH ADDRESS: 30 North Promenade, Seaside, OR 97138

GPS: 45.993835, -123.930111

NOTES:



#### **DIRECTIONS FROM EXCH 35 TO FINISH**

0.00 Exchange 35 (Lewis & Clark Mainline)

- ← 0.79 Turn **LEFT** onto Lewis & Clark Rd
- ↑ 2.75 "The Retreat" condos
- ← 3.12 Turn LEFT onto Wahanna Rd
- → 3.75 Turn **RIGHT** onto 12th Ave
- → 3.94 Turn **RIGHT** onto movie theatre parking lot
- ↑ 4.05 14th Ave/HWY 101 (Temporary pedestrian bridge)
- ← 4.20 Turn **LEFT** onto Holladay St
- → 4.31 Turn RIGHT onto 12th Ave
- ← 4.63 Turn **LEFT** onto Promenade
  - 5.19 FINISH on sand at turnaround!

DRIVER NOTES - VANS DO NOT FOLLOW COURSE, SEE PG 72 FOR DIRECTIONS

#### **EXCHANGE NOTES**

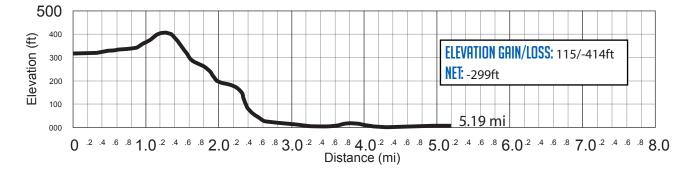
Parking: See page 80 for driving directions and parking/shuttle maps.

Provisions: Yes, Finish Party food & beverage vendors and nearby Seaside restaurants

Fuel: Yes

Plastic bottle recycling, ATM, basic first aid within Beach Party. See pages 10-11 for more.

Open containers on promenade or runing on streets isn't allowed.







# 2019 RESULTS & RECORDS

WOMEN'S ELITE Any age, average pace under 6:10. Course Record Nike Women's Elite (1996)	Time 18:49:54	Pace 05:46	MEN'S SUPER MASTERS Min age of all runners is 50. Course Record Aging Heroes (2001)	20:37:08	06:13
*New Category, other past notable times*	19:04:19	05:50	2019 Results 1 Masters Of The Universe 2 Big Kahunas	24:02:11 25:44:53	7:15 7:46
Rolling Thunder II (1995) Nike Women's Elite (1997)	19:04:19	05:52	2 big kanunas 3 Pdq Lemmings 4 Hagq Lake Harriers	27:42:21 28:31:20	8:21 8:36
WOMEN'S OPEN			1 ringg zane namers	20.5 1.20	0.50
Any age, at least one runner under 30.  Course Record Nike Elite Women (1996)	18:49:54	05:41	MEN'S CHAMPION MASTERS		
2019 Results 1 Goats N Roses	20:47:39	6:16	Average age of all participants is 60		
2 #grrls 3 Team Joha	22:29:47 22:36:53	6:47 6:49	Course Record Marin Super Seniors (2015) 2018 Results 1 Team H2o To Go	<i>22:33:50</i> 28:21:35	<i>06:48</i> 8:33
4 Wild Bruce Chase	25:18:15	7:38	2 Dead Jocks In A Box	28:47:34	8:41
5 IM Screaming	25:52:52	7:48	3 Old Blue	30:51:23	9:18
6 Yo Mammas So Hood To Coast	28:37:41	8:38	4 Bear Electric 5 The Timptations	32:05:10 32:07:09	9:41 9:41
WOMEN'S SUBMASTERS			6 Marin Super Seniors	33:10:36	10:00
Min age of all runners is 30.  Course Record Baba Yaga (2004)	21:32:07	6:30	CORPORATE MEN'S OPEN		
2019 Results 1 Portland Running Company Girlz	23:35:06	6:54	Any age, ALL from the SAME business.		
<ul><li>2 Team Athena Tight Assets</li><li>3 Kick It Chicks</li></ul>	23:07:11 25:07:53	7:07 7:35	Course Record Bowerman AC (2008) 2019 Results 1 Bowerman Track Club	<i>16:58:30</i> 17:19:01	<i>05:07</i> 5:14
4 Minnesota Sole Sisters	27:44:27	8:22	2 Google1	19:21:02	5:50
5 Moms Night Out	28:50:17	8:42	3 Knight Runners	22:44:21	6:52
6 Runder Women	29:32:09	8:55	4 Chiberia 5 #3stripelife	23:17:57 23:40:29	7:02 7:09
WOMEN'S MASTERS			·		
Min age of all runners is 40.  Course Record Baba Yaga (2010)	23:14:10	07:00	MIXED OPEN At least half women. Any age, at least one under 30.		
2019 Results 1 Spokane Swifts	24:57:36	7:32	Course Record Nike Team Swoosh (1992)	18:22:22	05:32
2 Nature Girls 3 Ovary Achievers	27:38:00 30:26:52	8:20 9:11	2019 Results 1 Lost Friends 2 North Queens S Runners	20:36:05 20:57:31	6:13 6:19
4 Mafia Mamas	33:06:59	9:59	3 Ny Bad Apples	21:01:57	6:21
5 Providence Cancer Crushers	33:40:04	10:09	4 Jacuzzi Boys Athletic Club 5 Roll Tech	21:03:32 21:09:58	6:21
WOMEN'S SUPERMASTERS			6 Grandstans	21:38:43	6:23 6:32
Min age of all runners is 50.	24.21.02	07.21			
Course Record Hot Shoes Returns (2001) 2019 Results 1 Hot Tamales	<i>24:21:02</i> 29:29:26	<i>07:21</i> 8:54	MIXED SUBMASTERS At least half women. Min ages of all runners is 30.		
2 Despersate Housewives	29:48:47	9:00	Course Record Slug Hunters (1994)	20:00:45	06:02
3 Phat Chicks	32:00:25	9:39	2018 Results 1 Leapn Lizards 2 Puke And Rally	20:09:20 21:43:41	6:05 6:33
WOMEN'S CHAMPION MASTERS			3 Hylands Powered	24:44:23	7:28
Average age of all participants is 60  Course Record Artemis (2016)	31:21:31	09:27	4 Scrambled Legs and Burnt Toes 5 Rimg Photo Finishers	25:51:27 26:12:38	7:48 7:54
2019 Results 1 Cougar Club	32:14:41	9:44	6 Fine Wine Too	26:36:23	8:02
2 Tualatin Supermasterpieces	34:15:01	10:20	MIVED MACTERS		
			MIXED MASTERS At least half women. Min age of all runners is 40.		
CORPORATE WOMEN'S OPEN			Course Record No Runin' Til The Van Passes (2001)	19:42:49	05:57
Any age, ALL from the SAME business.  Course Record BAC Women (2012)	22:21:06	06:44	2018 Results 1 White Flag 2 Soul Asylum: Vans On The Run	23:33:30 26:30:15	7:06 8:00
2019 Results 1 Btc Womens	23:54:03	7:13	3 Marathon Maniacs	26:44:33	8:04
2 Starlins Angels 3 Purv Run Crew	26:39:20 29:27:58	8:02 8:53	4 It S All Gouda 5 Where My Beaches At	28:01:23 28:44:19	8:27 8:40
4 Crazy Dreamers	32:16:11	9:44	6 Slow Pokes	29:43:25	8:58
<ul><li>5 Katona Pilates Aka Gently Rolling Hills My A\$\$</li><li>6 Time Wounds All Heels</li></ul>	32:17:19 33:16:03	9:44 10:02	MIXED SUPERMASTERS		
o Time Wounds Air Fleets	33.10.03	10.02	At least half women. Min age of all runners is 50.		
MEN'S ELITE Any age, average pace under 5:10.	Times	Daga	Course Record Pace Setter Gray Hounds (2000)	21:33:43	06:30
Any age, average pace under 5:10.  Course Record Nike Mambu Baddu (1994)	Time <i>15:56:54</i>	Pace 04:49			
MEN/C OPEN			MIVED CHAMBION MACTERS		
MEN'S OPEN Any age, at least one runner under 30.	Time	Pace	MIXED CHAMPION MASTERS  At least half women. Average age of all participants is 60		
Course Record Nike Mambu Baddu (1994)	15:56:54	04:49	Course Record What the f happened to my digestion on this race (2016)	28:23:54	08:34
2019 Results 1 RunLab 2 Heinos Flyers	17:48:46 19:51:28	5:23 6:00	2019 Results 1 Baltimore Pacemakers 2 Classic Collection	29:59:47 32:15:42	9:03 9:44
3 Bidet Boys	20:08:17	6:05	3 The Orignal Chafing The Dream	32:27:59	9:48
4 Sexy Pancakes	20:52:33 21:52:23	6:18 6:36	4 Potty Mouths 5 Donner Party	32:40:59 34:03:02	9:51 10:16
5 Some Zags		6:37	CORPORATE MIXED OPEN	31.03.02	10.10
<ul><li>5 Some Zags</li><li>6 Dougs Dirt Dozen</li></ul>	21:55:04	0.57			
6 Dougs Dirt Dozen	21:55:04	0.37	Any age, ALL from SAME business, at least half women.	10.12.27	E-10
	21:55:04	0.37	Any age, ALL from SAME business, at least half women.  Course Record Nike Tarahumara(2010)  2019 Results 1 Tarahumara	<i>19:12:37</i> 19:43:17	<i>5:48</i> 5:57
6 Dougs Dirt Dozen  MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994)	17:26:38	05:16	Course Record Nike Tarahumara(2010) 2019 Results 1 Tarahumara 2 Nuh Better	19:43:17 20:59:17	5:57 6:20
6 Dougs Dirt Dozen  MEN'S SUBMASTERS  Min age of all runners is 30.  Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni	<i>17:26:38</i> 21:09:25 22:36:24	<i>05:16</i> 6:23 6:49	Course Record Nike Tarahumara(2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder	19:43:17 20:59:17 21:56:02 23:32:47	5:57 6:20 6:37 7:06
6 Dougs Dirt Dozen  MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24	17:26:38 21:09:25 22:36:24 23:07:02	05:16 6:23 6:49 6:58	Course Record Nike Tarahumara(2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56	5:57 6:20 6:37 7:06 7:30
6 Dougs Dirt Dozen  MEN'S SUBMASTERS  Min age of all runners is 30.  Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni	<i>17:26:38</i> 21:09:25 22:36:24	<i>05:16</i> 6:23 6:49	Course Record Nike Tarahumara(2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder	19:43:17 20:59:17 21:56:02 23:32:47	5:57 6:20 6:37 7:06
6 Dougs Dirt Dozen  MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35	05:16 6:23 6:49 6:58 7:28	Course Record Nike Tarahumara (2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners  Top Providence Cancer Institute Fundraisers (HTC/PTC)	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36	5:57 6:20 6:37 7:06 7:30
MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour 5 Killer Kows 6 We Are Number One	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35 24:57:37	05:16 6:23 6:49 6:58 7:28 7:32	Course Record Nike Tarahumara (2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36	5:57 6:20 6:37 7:06 7:30
MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour 5 Killer Kows 6 We Are Number One  MEN'S MASTERS Min age of all runners is 40.	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35 24:57:37 25:48:27	05:16 6:23 6:49 6:58 7:28 7:32 7:47	Course Record Nike Tarahumara (2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners  Top Providence Cancer Institute Fundraisers (HTC/PTC) HTC/PTC Record Genworth Financial (2008) 2019 Results 1 Vestas Turbinators 2 Run TRILL	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36 \$83,000 \$21,880 \$20,000	5:57 6:20 6:37 7:06 7:30
6 Dougs Dirt Dozen  MEN'S SUBMASTERS Min age of all runners is 30.  Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour 5 Killer Kows 6 We Are Number One  MEN'S MASTERS Min age of all runners is 40.  Course Record Reebok Road Kill California (2001)	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35 24:57:37 25:48:27	05:16 6:23 6:49 6:58 7:28 7:32 7:47	Course Record Nike Tarahumara (2010) 2019 Results 1 Tarahumara 2 1 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners  Top Providence Cancer Institute Fundraisers (HTC/PTC) HTC/PTC Record Genworth Financial (2008) 2019 Results 1 Vestas Turbinators 2 Run TRILL 3 Team Plumb Crazy	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36 \$83,000 \$21,880 \$20,000 \$18,000	5:57 6:20 6:37 7:06 7:30
MEN'S SUBMASTERS Min age of all runners is 30. Course Record 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour 5 Killer Kows 6 We Are Number One  MEN'S MASTERS Min age of all runners is 40. Course Record Neebok Road Kill California (2001) 2019 Results 1 Dead on Arrival 2 Mr Mojo Risin	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35 24:57:37 25:48:27	05:16 6:23 6:49 6:58 7:28 7:32 7:47	Course Record Nike Tarahumara (2010) 2019 Results 1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners  Top Providence Cancer Institute Fundraisers (HTC/PTC) HTC/PTC Record Genworth Financial (2008) 2019 Results 1 Vestas Turbinators 2 Run TRILL	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36 \$83,000 \$21,880 \$20,000	5:57 6:20 6:37 7:06 7:30
MEN'S SUBMASTERS Min age of all runners is 30. Course Record Running With Woodie (1994) 2019 Results 1 Extra Virgins 2 Upenn Quaker Alumni 3 Nature Boyz 24 4 Soup Du Jour 5 Killer Kows 6 We Are Number One  MEN'S MASTERS Min age of all runners is 40. Course Record Reebok Road Kill California (2001) 2019 Results 1 Dead on Arrival	17:26:38 21:09:25 22:36:24 23:07:02 24:43:35 24:57:37 25:48:27	05:16 6:23 6:49 6:58 7:28 7:32 7:47	Course Record Nike Tarahumara (2010)  1 Tarahumara 2 Nuh Better 3 Vine Maple Savages 4 Rolling Thunder 5 Intel Gigahurtz 6 Intertek - Ever Better Runners  Top Providence Cancer Institute Fundraisers (HTC/PTC) HTC/PTC Record Genworth Financial (2008)  2019 Results 1 Vestas Turbinators 2 Run TRILL 3 Team Plumb Crazy 4 Practical Cruisin'	19:43:17 20:59:17 21:56:02 23:32:47 24:50:56 25:37:36 \$83,000 \$21,880 \$20,000 \$18,000 \$18,000	5:57 6:20 6:37 7:06 7:30

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