

VAN 1

7.83 MI | MODERATE

NAMED AFTER: ROB R.

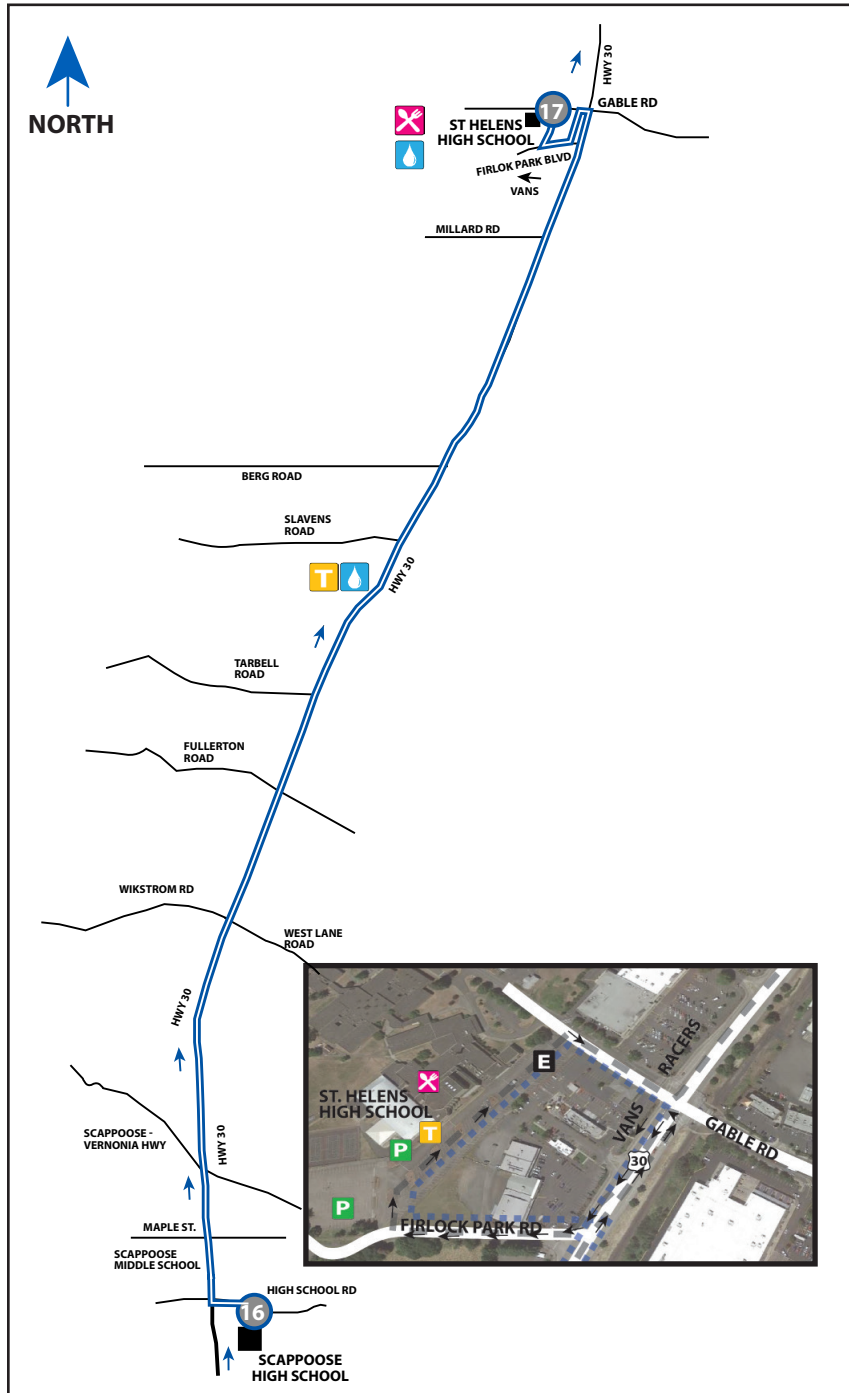


LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.


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 Firlock 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 non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

ELEVATION GAIN/LOSS: 153/-101ft
NET: -52ft

