

# 2021 HANDBOOK





# TIRE SAFETY INCLUDES BRAKES AND ALIGNMENT



SCHEDULE YOUR FREE PRE-TRIP SAFETY CHECK AT LesSchwab.com

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\*First Leg of Windy River Relay



# RACE SERIES PARNERS

**TITLE PARTNER** 



**PRESENTING PARTNER** 



#### **GOLD PARTNERS**















#### **SILVER PARTNERS**







#### **BRONZE PARTNERS**







#### **OTHER PARTNERS**





LISTED BELOW ARE THE RESPONSIBILITIES OF THE TEAM CAPTAIN PRIOR TO, AND DURING RACE WEEKEND

#### TRAVEL/ACCOMMODATIONS

Plan ahead! HTC Race Series staff is available to answer any questions you may have regarding vans/vehicles, hotel, and flight reservations. Email **office@htcrelay.com** with questions.

#### **REQUIRED TEAM SAFETY EQUIPMENT**

Each team MUST have the following items in their van and present them for inspection at the Pre-Check on the HTC app.

- One signed copy of Safety Agreement (pg 34)
- One reflective vest
- Two LED flashers
- One flashlight or (1) head lamp
- \* While it is highly recommended to have a **First Aid Kit** in your van, this is not a required item at Team Pre-check via the HTC app.

#### **APPROVED VESTS**



#### **UNAPPROVED VESTS**



#### **VAN DECORATION**

Refrain from the use of foul or overly suggestive language for decorations. Have fun, but please use good judgement... don't make us get out the van decoration police. Also, music cannot be played over outside loud speakers!

#### **VANS**

Teams are encourages to print the "CAUTION: RUNNERS/ WALKERS ON ROAD" sign located on the website at https://hoodtocoast.com/one-day-relays/windy-river/ to place in the rear of the van. Vans may not follow behind their racer.

Each team is limited to one vehicle, preferably a passenger van or SUV. All passengers must wear seat belts when i the vehicle. No vehicles wider than 80" or longer than 23'-0". No motor homes, buses or limousines will be permitted. Failure to adibe by the rule will result in disqualification.

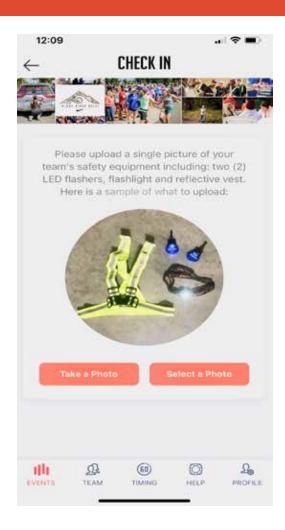


#### **WINDY RIVER RELAY START**

The RUN START is located at Port Marina Gree Park.
The WALK START is located at Parkdale Elementary, 4880
Van Nuys Dr, Mt Hood, OR 97041 (exchange 4/8). The race begins **Saturday**, **July 24** with start times every 15 minutes from 3:00am-8:00am. DON'T BE LATE! Teams traveling from outside the Pacific Northwest will collect their packets (bibs, wrist wraps, vehicle signs and shirts) at the Start.

#### **CHECK-IN PROCEDURES:**

Beat the lines at the start and check-in your team prior to the relay! **Team and equipment Pre-Check will be available through the HTC app from July 21st at 6am to July 23rd at 12pm.** Snap a photo of all your required safety equipment and you'll be ready to go.







- ASSIGN LEGS
- TIMING ON COURSE
- TEAM AND EQUIPMENT PRE-CHECK

#### **TIMING CHIP**

Your official team timing chip is on the back of one of your race bibs. It is a shiny silver rectangle. The bib MUST BE WORN BY THE LEG 12 RACER. Your official start time will be recorded by Eclectic Edge Racing at the start line, this timinig bib worn by the Leg 12 racer will determine your official finish time.

#### **PENALTIES** (PENALTIES FORM ON PG 35)

Race officials record infractions as seen; teams are permitted to watch and report rule infractions committed by other teams. Teams that wish to report penalities (see "Race Rules" pg 11-13) must do so in writing within 30 minutes of arriving at the Finish at Port Marina Green Park. Submit the written form at the Race Information Tent. Be specific and detailed. You must identity the offending team by number. The Rules & Penalities Committee will evaluate all incidents; their decisions are final. To enforce a penalty, infractions must be reported by two or more teams. This system has resulted in disqualifications.

#### **OPEN CONTAINER POLICY**

Absolutely no open containers or consumption of alcohol is allowed during the race or on the race courses! Teams found to be in violation are subject to disqualification and/or citation by Law Enforcement. Please save the celebration for the part at the Finish!

#### **WINDY RIVER RELAY MERCHANDISE**

Windy River Relay merchandise will be avilable for purchase at the Finish. Exchange of unworn participant race shirts is subject to availability at the Finish Information Tent.

#### WINDY RIVER RELAY FINISH

**How to Finish as a team:** Team members often run/walk across the Finish Line with their anchor racer officially finishing the race. If your team chooses to do so, make sure your official Leg 12 (anchor) racer leads your team to the Finish Line. They will be wearing a bib with a teaming chip and will be credited with your team's official finish. Gather your team members and wait until your team number is called. Your team number will be called only one team, so please have all of your teammates ready to go!

**Results:** Results will be produced as often as possible throughout Saturday. Final results will also be posted at **https://hoodtocoast.com/one-day-relays/windy-river/.** If you do not agree or have questions regarding final results, please file a report prior to 8:30pm on Saturday at the Race Information Tent.

**How to Finish as a team:** Medals will be presented to each team as the anchor runner/walker crosses the Finish Line. In the event of team disqualification, medals will be withheld and teams will be informed of the reason at the Race Information Tent. Medals must be picked up on Saturday or at the HTC office in Portland, OR at a later date. **THEY WILL NOT BE MAILED.** 

Awards Ceremony: The TOP 3 Men's, Women's, and Mixed Overall Run and Walk teams will be announced SATURDAY evening at 5:45pm on the stage. TOP FOUR finishers in EACH CATEGORY can pick up their awards at the awards tent. Awards WILL NOT BE MAILED to teams who aren't present. Other pick-up arrangements should be made.

#### **FINISH PARTY**

Located within the fenced area at the Finish Party. No beer or alcohol may be brought into the event area. Bring ID, proof of legal age is required. DESIGNATE A SOBER DRIVER IF YOU PLAN ON DRINKING ALCOHOL. DON'T DRINK AND DRIVE, BE RESPONSIBLE.

Music Center Stage:

Live music from 2:00pm-9:00pm





QUINN THOMAS

> MARKETING COMMUNICATIONS BRAND STRATEGY

# PACKING LIST

- Two sets of running/walking clothes
- Running /walking shoes
- Warm-ups (for in between legs)
- Change of clothes for Finish Party
- Swimsuit/trunks
- Hat w/ headlight (Foot Traffic), or LED head lamp
- Reflective vest
- Flashlight
- · Apare running/walking shoes, sandals
- Spare shoe laces
- Gloves for running/walking
- Two (2) LEF flashers
- Sunglasses, glasses, contact lens solution
- Towel, washcloth (shampoo, hairbrush)
- Toiletries
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen
- Bug spray
- Ear plugs
- First aid (bliseter/bandaids, Icy Hot, aspirin, antacids)
- Instant ice packs, Ace Bandages
- Handi Wipes, antibactirial
- Food, snacks
- Large full water containers to refull water bottls
- Reusable water bottles
- Ziploc plastic bags for wet clothes
- Running/walking GPS or other watch
- Mobile phone/charger
- Windy River Relay handbook
- Scot tape (tape team # to van)
- Cash/credit card/ID
- \* Use of speakers/audio worn OUTSIDE the ear are acceptable (i.e. Aftershokz)

#### **FUN EXTRAS**

- Window paint markers
- Auxiliary cord for van music
- Glow sticks
- Squirt guns
- Colling towel or frozen sponges



#### PRO PACKING TIP

Pack each running/walking outfit in its own labeled Ziploc bag. This makes it easy to find your next outfit in the van AND gives you a place to put your dirty outfit after running/walking!

# RACE RULES

#### **GEAR**

#### **RACE NUMBERS / WRIST WRAPS**

#### **30 MINUTE PENALTY**

Race bib must be worn at all times and the Wrist Wrap must be carried/worn at all times throughout the race. The race bib with the timing chip on the back must be worn by the Leg 12 racer.

#### **REQUIRED SAFETY GEAR**

#### **DISQUALIFICATION**

Before 7:00am and after 6:00pm, all participants on the course must:

- Wear one front and back LED flasher
- Carry flashlight, or wear headlamp or hat headlight
- Wear reflective vest (this must be worn until 9:00am)

All safety equipment must be presented on the Team Pre-Check in the HTC app. Paricipants will be held at an exchange and not allowed to participate without the proper equipment.

HEADPHONES DISQUALIFICATION

Audio amplification devices worn outside the ear are accepted.

- Headphones/buds or any other music devices in the ear are NOT allowed.
- Participants must still be able to hear instructions and general traffic noises.
- If a Volunteer or Race Official deems the music too loud, the participant must turn fown the volume immediately.

See right for example of approved outside the ear headphones.





#### **VEHICLE**

#### **NO STOPPING TO DROP OFF RUNNER**

#### **30 MINUTE PENALTY**

No stopping, when vehicles are moving, to drop off a runner/walker. This quickly causes congestion. No parking/dropping off teammates is permitted within 500 ft of an exchange! Vans must obey all exchange signage and issued parking instructions.

#### **NO VEHICLES FOLLOWING PARTICIAPNTS**

#### **30 MINUTE PENALTY**

No vehicles will be allowed to follow behind participants. Keep it moving!

#### NO PARKING PRIOR TO EXCHANGE

#### **30 MINUTE PENALTY**

No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road as far as possible, watch for participants, and stay alter to other traffic.

# RACE RULES

#### **VEHICLE CONTINUED**

#### **DISPLAY OF TEAM VEHICLE SIGNS**

#### **60 MINUTE PENALTY**

Teams are provided with two signs for their course vehicle. Teams are required to display signs in the front and back rear windows of van.

#### **VEHICLE REQUIREMENTS**

#### **DISQUALIFICATION**

Your team vehicle must not exceed 80" wide or 23'0" long. Vehicles must be equipped with seat belts for all passengers. No motor homes, buses or limos allowed. One (1) team vehicle is permitted on course.

#### CONDUCT

#### **ON COURSE CONDUCT**

#### **30 MINUTE PENALTY**

Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerarted. Do not obstruct traffic, play loud music, yell, or honk horns at night in rural/neighborhood areas. No van decorations or team costumes that are overtly suggestive, sexual or that contain foul language.

#### **OBEY RACE OFFICIALS**

#### **60 MINUTE PENALTY**

Course volunteers, O.D.O.T. and traffic safety officials at exchanges are considered Race Officials. They have authority to disqualify a team (60 min. penalty minimum) for rule violations, abusive behavior or failure to follow instructions given by volunteers.

#### NO ALCOHOL, MARIJUANA OR OTHER DRUGS

#### DISQUALIFICATION

ANY participant or volunteer (seen by race officials or reported by two or more teams) with open alcoholic containers, marijuana or other drugs on the course will be disqualified. Depending on severity, team members may be banner from subsequent year's participation as well. Save the party for the finish!

#### **NO BICYCLES OR DOGS**

#### **DISQUALIFICATION**

No bicycles or dogs are alllowed to accompany participants on the race course.

#### **PUBLIC NUISANCE RULE**

#### **DISQUALIFICATION**

Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please use good judgement and be considerate of property owners along the course. Portable toilets and ample garbage containers provided at each exchange point.

# RACE RULES

#### **RACER**

#### PARTICIPANT ROTATION VIOLATION

#### **60 MINUTE PENALTY**

All teams are to rotate their team members in the same sequence throughout the race, not consecutively in a row. Participants cannot run/walk back to back legs. See pg. 16 for substitutions and sequence info.

#### MIXED DIVISION PARTICIPANT SUB VIOLATION

#### **60 MINUTE PENALTY**

If a runner/walker on a Mixed Division team becomes injured and drops out during a leg, the injured runner/walker must be replaced with the next team member is rotation of the same gender. See pg. 16 for substitutions and sequence info.

#### PARTICIPANT DROP OUT VIOLATION

#### **60 MINUTE PENALTY**

If a team member drops out due to injury or illness during a leg, only the next runner or walker in rotation can take the wrist wrap and continue, )but only to the next exchange point). The next person in rotation can only finish the unfinished portion of the previous leg and go no further. A handoff must occur at the exchange point to the next participant in rotation. No more than one substitution in one leg is allowed. See pg. 16 for substitutions and sequence info.

#### TRAVEL ON THE LEFT

#### **60 MINUTE PENALTY**

Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise.

#### **GROSSLY INACCURATE RACE PACE SURVEY**

#### DISQUALIFICATION

Teams that start the race early or finish over 2.5 hours faster than their anticiapted finish time will be disqualified and all teammates risk being banned from from future participation.

#### START TIME VIOLATION

Teams who violate their start time and begin the race at any other start wave will be disqualified.

#### **WALKING TEAMS FOUND RUNNING**

#### **DISQUALIFICATION**

Teams registered for the walking relay must walk at all points in the relay. Racewalking is considered a fast walk while maintaining continuous food contact with the gound and keeping the supporting leg straight.



# TEAM STRUCTURE

#### **RECRUIT TEAMMATES**

Connect with runners/walkers looking for a team or teams looking for runners/walkers by visiting **www.facebook.com/hoodtocoast** Chat with fellow participants, ask questions, and post to recruit other runners! Discussions range from teams looking for additional runners, to exchanging tips/advice and logistics.

#### **TEAM TIME**

No special seeding erquests for starting times will be accepted. Teams that violate their assigned start time will be disqualified and subject to suspension from participating in future events. It should be understoof that the start time for any Windy River Relay team could result in a 8:30pm finish Saturday evening at Port Marina Green Park.

#### RACER SUBSTITUTION

No runner/walker may drop out of the race solely for the purpose of the team substiting a faster participate in their place. If a runner/walker is forced out due to injury or illness, they MAY NOT be reinstated into the team lineup. The team must finish the event with the remaining runners/walkers moving forward in the same sequence. No alternates may be added once the team has started.

#### **LEGS**

All taems are to run/walk their members in rotating legs and in the same sequence of rotation throughout the race. Runner/walker on Leg 1 would thus run Legs 1 and 7. When determining who will run/walk each leg, (besides distance and leg rating), captains should consider the following:

- · Time of day racers will encounter each leg
- Leg's exposure to sun and/or wind
- Variable weather
- Racer ability/fitness
- Racer familiarity with the area
- · Access to support vehicle
- Race willingness to run/walk on a gravel (and potentially dusty) road

The combination of the first three of these is prehaps the most crucial. Some legs are notorious for brutal sun exposure during the day Do not overlook the weather.

# TEAM STRUCTURE

#### SUBSTITUTION PROCESS

If a racer drops out due to injury or illness during a leg and isn't able to walk to the next exchange, the next racer in rotation may take the wrist wrap and continue to the end of that leg. The next leg must be completed by the following racer in rotation.

#### **MIXED CATERGORY PROCESS:**

If a racer on Mixed Category team becomes injured or ill and drops our during the leg, the explantion above applies with the added condition that the replacement racer must be of the same gender. A minimum of five (5) legs must be completed by female racers otherwise the team will be reclassified into the Men's Category.

#### **RACER OFF COURSE**

Monitor/guide your teammates through the course. In the event of a wrong turn, racers must return to the point along the route where the error occurred and resume the race. Do not mark turns on the roads/course! Teams are responsible for educating teammates on the course route/directions!

#### **IMPORTANT**

Every person running/walking on race day MUST be officially registered, or your team will be disqualified. Add/subs can be submitted via one day relay login (cyrkusevents.com/signin) up until race day. Race day Adds/Subs must be filled out on forms provided at the Start (\$25 late fee)

#### **ROTATION**

D	ш	N
U	U	17

6 Person Team		5 Perso	n Team	4 Person Team		
LEG	RACER	LEG	RACER	LEG	RACER	
Leg 1	1	Leg 1	1	Leg 1	1	
Leg 2	2	Leg 2	2	Leg 2	2	
Leg 3	3	Leg 3	3	Leg 3	3	
Leg 4	4	Leg 4	4	Leg 4	4	
Leg 5	5	Leg 5	5	Leg 5	1	
Leg 6	6	Leg 6	1	Leg 6	2	
Leg 7	1	Leg 7	2	Leg 7	3	
Leg 8	2	Leg 8	3	Leg 8	4	
Leg 9	3	Leg 9	4	Leg 9	1	
Leg 10	4	Leg 10	5	Leg 10	2	
Leg 11	5	Leg 11	1	Leg 11	3	
Leg 11	6	Leg 12	2	Leg 12	4	

#### **WALK**

6 Person Team		n Team	4 Person Team		
RACER	LEG	RACER	LEG	RACER	
1	Leg 5	1	Leg 5	1	
2	Leg 6	2	Leg 6	2	
3	Leg 7	3	Leg 7	3	
4	Leg 8	4	Leg 8	4	
5	Leg 9	5	Leg 9	1	
6	Leg 10	1	Leg 10	2	
1	Leg 11	2	Leg 11	3	
2	Leg 12	3	Leg 12	4	
	RACER 1 2 3 4 5 6 1	RACER LEG 1 Leg 5 2 Leg 6 3 Leg 7 4 Leg 8 5 Leg 9 6 Leg 10 1 Leg 11	RACER       LEG       RACER         1       Leg 5       1         2       Leg 6       2         3       Leg 7       3         4       Leg 8       4         5       Leg 9       5         6       Leg 10       1         1       Leg 11       2	RACER         LEG         RACER         LEG           1         Leg 5         1         Leg 5           2         Leg 6         2         Leg 6           3         Leg 7         3         Leg 7           4         Leg 8         4         Leg 8           5         Leg 9         5         Leg 9           6         Leg 10         1         Leg 10           1         Leg 11         2         Leg 11	

# **CATEGORIES**

#### **AWARDS GIVEN TO TOP 4 IN EACH CATEGORY**

1. MEN'S OPEN

2. MEN'S SUBMASTERS

3. MEN'S MASTERS

4. MEN'S SUPERMASTERS

5. WOMEN'S OPEN

6. WOMEN'S SUBMASTERS

7. WOMEN'S MASTERS

8. WOMEN'S SUPERMASTERS

9. MIXED OPEN

10. MIXED SUBMASTERS

11. MIXED MASTERS

12. MIXED SUPERMASTERS

13. MEN'S CHAMPION MASTERS

14. WOMEN'S CHAMPION MASTERS

15. MIXES CHAMION MASTERS

16. MEN'S OPEN WALKING

17. WOMEN'S OPEN WALKING

18. MIXED OPEN WALKING

Any age, at least one runner under 30

Min age of all runners is 30

Min age of all runners in 40

Min age of all runners is 50

Any age, at least one runner under 30

Min age of all runners is 30

Min age of all runners is 40

Min age of all runners is 50

At least half women. Any age, at least one under 30

At least half women. Min ages of all runners in 30

At least half women. Min age of all runners is 40

At least half women. Min age of all runners 50.

Average age of all paricipantes is 60

Average age of all participates is 60

At least half women. Average age of all participants is 60

0-2 women. Any age, all walking

All women. Any age, all walking

At least half women. Any age, all walking

**MIXED CATEGORIES:** 6 member teams must have a min. of 3 women. Teams with 4-5 members must have a min. of 2 women. Teams with less than this number of women will default to men's category. Any team with 1-3 men, the rest comprised of women, will be classified within the mixed categories.



# SAFETY

#### **EMERGENCY PRODECURE**

In an emergency, call 911 and locate the Exchange Leader or Radio Operator at the neareest Exchange. Medical care and first aid safety is the responsibility of each team and participant. Each team needs to be prepared to care for the common medical needs of their racer, and should have a first aid kit prepared. You and your teammates MUST write important emergency contact and medical info on the back of your race bibs!

#### COMMUNICATIONS

Radio Communication Operators are at all exchange zones along the race course. Ham operators' primary responsibility is communication for emergencies, but they also help with logistical issues. If you see anyone hurt, please get their race number, exact location, and nature of the emergency, if possible. Report this information to radio operators at the next Exchange. They are capable of calling in full emergency medical, police, and fire response.

#### **RUNNING/WALKING IN DARK**

Participants must wear a reflective vest, front and back LED flashers, and carry a flashlight or wear a headlamp before 7:00am and after 6:00pm (reflective vest only from 7:00am-9:00am) while running/walking. Teammates/support personnel are highly encourages to wear a reflective vest and LED flasher when not inside the race vehicle, while on the course or at an exchange.

Acceptable reflectivity must be present on the front and back of the participant during the hours listed above. Reflective striping on a shirt or vest must be at least 1/3" thick. Reflectivity on shorts, pantsm or hat does not count towrads meeting the minimum requirement. A reflective vest or Y reflective harness are acceptable, whereas a reflective belt, relective cloth and/or reflective sleeves will not be accepted. We do not specify what kind of flashing light as long as it is LED.

Runners/walkers must understand there are NOT any police promised to protect them from vehicle traffic along the course. Great care must be exercised at all times by racers and team vehicles. At several exchanges, Windy River Relay hires professional traffic flaggers; obey their signals.

#### **GIVING ON-COURSE AID/SUPPORT**

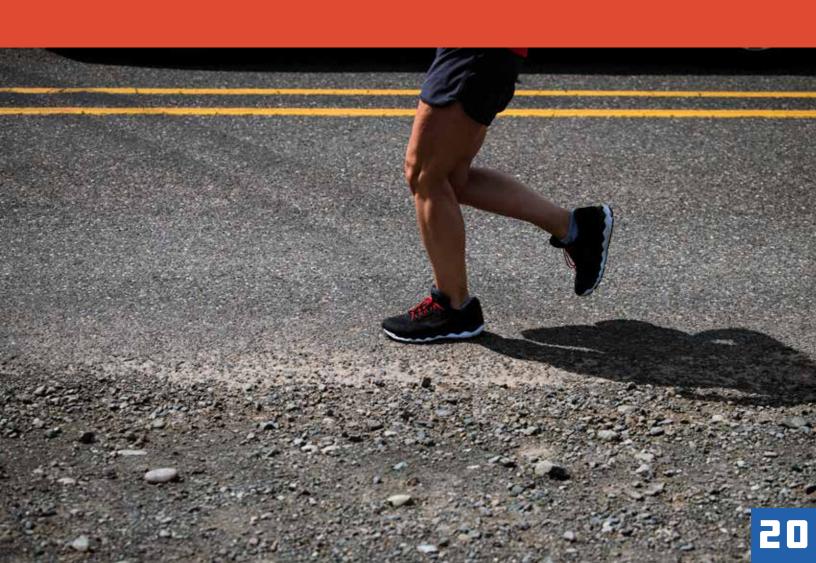
Maintain contact with your van within reason along the course. DO NOT follow behind runners/walkers! Vans can pull in a safe area (off the road)! Don't obstruct traffic! No team members or spectators are allowed to cross busy highways or streets with the purpose of giving aid or support to participants running/walking along the side of the road! Team vehicles MUST safely cross over to the other side of the road to the location of the racer, park and then commence support.

# COURSE GUIDELINES

**WAITING RUNNERS/WALKERS** who will complete the next leg MUST line up single file along the exchange zone shoulder of the road behind the EXCHANGE POINT. Faster team racers ar to be towards the front. Step our of the CHUTE into the EXCHANGE ZONE as your teammate approaches. Racers finishing must exit the exchange zone promptly and follow any issued instructions.

**VAN DRIVERS:** Please pay close attention to race officials and course volunteers. Some Windy River Relay exchanges are limited in space and require attentive drivers/racers.

The race course will officially close Saturday evening at 8:30pm. Any teams remaining on the course at the time are requested to either discontinue the race, or finish by running/walking simultaneous racers (only if instructed by Race Officials and given a "LeapFrog" to turn in at the Finish). If your team has been honest in supplying race pace times, everyone should finish no later than 8:30pm. This means some exchanges may close before 8:30pm due to scheduling.



# DRIVER GUIDE

#### **DRIVE THE COURSE BEFORE THE RACE**

- Take note of where all turns are located.
- Identify exchange zones and other areas prone to traffic congestion.
- Take note of potential stop areas where the van can provide racer support.
- Know the locations of food and restrooms. Don't violate the law by going on private property.
- Locate gas stations, fuel up prior to the start of the race.
- Become aware of areas where vans won't be in contact with their runner and how to deal effectively.
- Cell phone coverage may not be available throughout the course. Reception is spotty on many legs.
- Vans will follow the course with runners/walkers on all legs.



#### **RUN START**

PORT MARINA GREEN 300 E PORT MARINA DR, HOOD RIVER, OR 97031

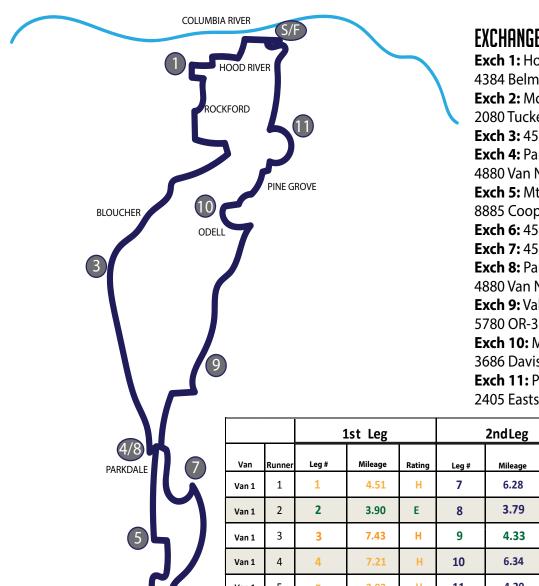
#### **WALK START**

PARKDALE ELEMENTARY 4880 VAN NUYS DR, MT HOOD, OR 97041

### WINDY RIVER RELAY OVERVIEW

#### START/FINISH ADDRESS

Marina Green 300 E Port Marina Dr, Hood River, OR 97031



#### **EXCHANGE POINTS**

Exch 1: Hood River Saddle Club

4384 Belmont Dr, Hood River, OR 97031

**Exch 2:** McCurdy Farms

2080 Tucker Rd, Hood River, OR 97031

Exch 3: 45.5893757 N, -121.6283212 Exch 4: Parkdale Elementary School

4880 Van Nuys Dr, Mt Hood, OR 97041

Exch 5: Mt. Hood B&B

8885 Cooper Spur Rd, Parkdale, OR 97041

Exch 6: 45.418782, -121.570540

**Exch 7:** 45.497645, -121.562666

**Exch 8:** Parkdale Elementary School

4880 Van Nuys Dr, Mt. Hood, OR 97041

**Exch 9:** Valley Worship Center

5780 OR-35, Mt. Hood, OR 97041

**Exch 10:** Mid Valley Elementary

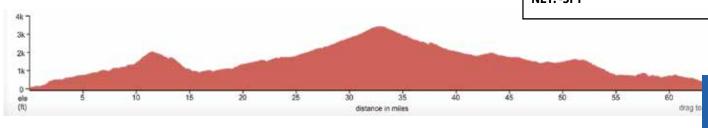
3686 Davis Rd, Hood River, OR 97031

**Exch 11:** Pine Grove Early Intervention

2405 Eastside Rd, Hood River OR 97031

		1	lst Leg			2ndLeg		Т	otals/F	Ranking	ζS
Van	Runner	Leg#	Mileage	Rating	Leg #	Mileage	Rating	Total Miles	Mileage Ranking	Relative Difficulty	Difficulty Ranking
Van 1	1	1	4.51	Н	7	6.28	М	10.79	4	12.32	4
Van 1	2	2	3.90	E	8	3.79	М	7.69	6	8.06	6
Van 1	3	3	7.43	Н	9	4.33	E	11.76	3	13.24	3
Van 1	4	4	7.21	Н	10	6.34	М	13.55	1	15.62	1
Van 1	5	5	3.93	Н	11	4.20	М	8.13	5	9.33	5
Van 1	6	6	7.22	Н	12	5.90	E	13.12	2	14.56	2

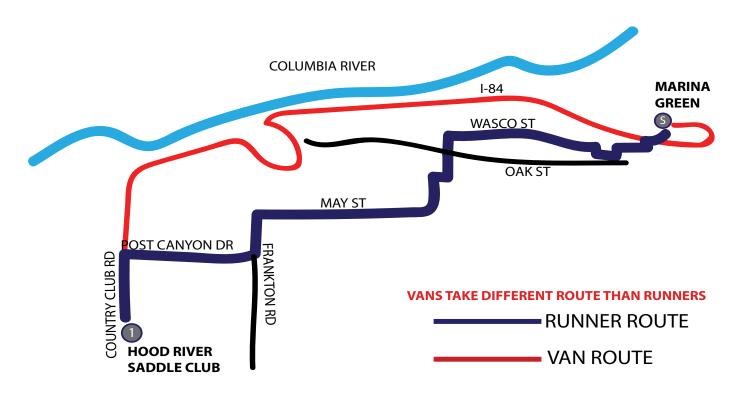
ELEVEVATION: 6,059FT/-6,062FT NET: -3FT



### LEG<sub>1</sub>

# 4.51 MILES | HARD

**LEG DESCRIPTION**: A steady climb throughout the entire leg with great views **EXCH 1 ADDRESS**: Hood River Saddle Club, 4384 Belmont Dr, Hood River, OR 97031 **GPS**: 45.69356, -121.56949



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

0.08 Take the pedestrian overpass

- ← 0.47 Turn LEFT onto 2nd St
- → 0.48 Turn RIGHT onto Cascade Ave
- → 0.57 Turn RIGHT onto 4th St
- ← 0.62 Turn LEFT onto Columbia St
- → 0.77 Turn RIGHT onto Wasco St
- ← 1.50 Turn LEFT onto N 20th St
- → 1.76 Turn RIGHT onto Sherman Ave
- ← 1.85 Turn LEFT onto 22nd St
- → 2.11 Turn RIGHT onto May St
- ← 3.09 Turn LEFT onto Frankton Rd
- → 3.34 Turn RIGHT onto Post Canyon Dr
- ← 4.09 Turn LEFT onto Country Club Rd 4.51 Arrive at Exchange 1

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

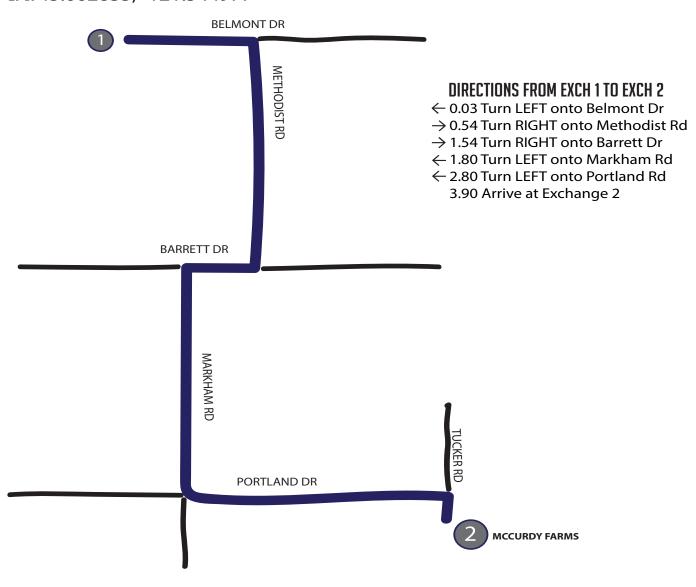
Start towards East Port Marina Drive

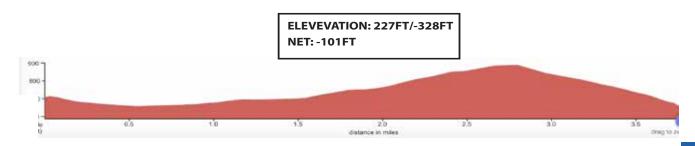
- ← Slight LEFT onto E Port Marina Drive
- → Turn RIGHT onto Button Bridge Rd
- → Turn RIGHT to merge onto 1-84W Take exit 62 for Westcliff Dr
- ← Turn LEFT onto US-30E
- → Turn RIGHT onto Mt Adams Ave
- ↑ Mt Adams Ave becomes Wine County Ave
- ↑ Continue onto Country Club Rd
- ← Turn LEFT onto Belmont Dr Exchange 1 is on the LEFT

ELEVEVATION: 641FT/-26FT NET: 615FT

### 3.90 MILES ERSY

**LEG DESCRIPTION**: This route heads into a steady hill with a nice down hill end **EXCH 2 ADDRESS**: McCurdy Farms, 2080 Tucker Rd, Hood River, OR 97031 **GPS**: 45.662835, -121.544977

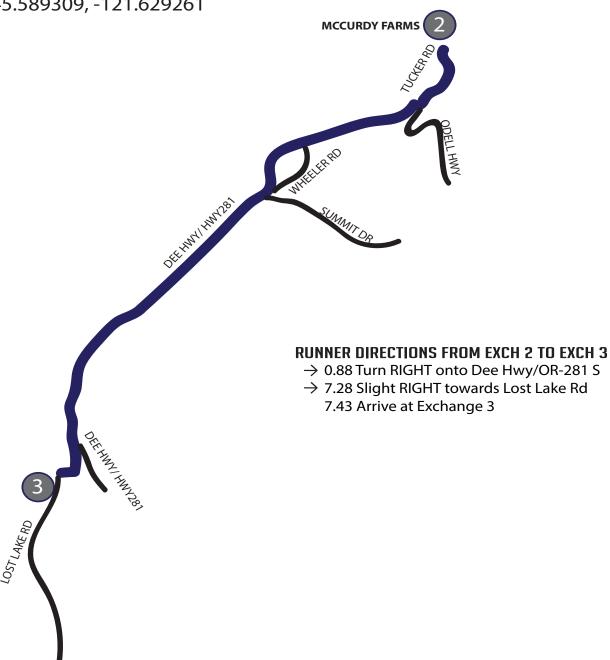




### 7.43 MILES | HARD **(3**

LEG DESCRIPTION: This route has a steady but not too steep uphil climb EXCH 3 ADDRESS: N/A, use GPS coordinates

GPS: 45.589309, -121.629261



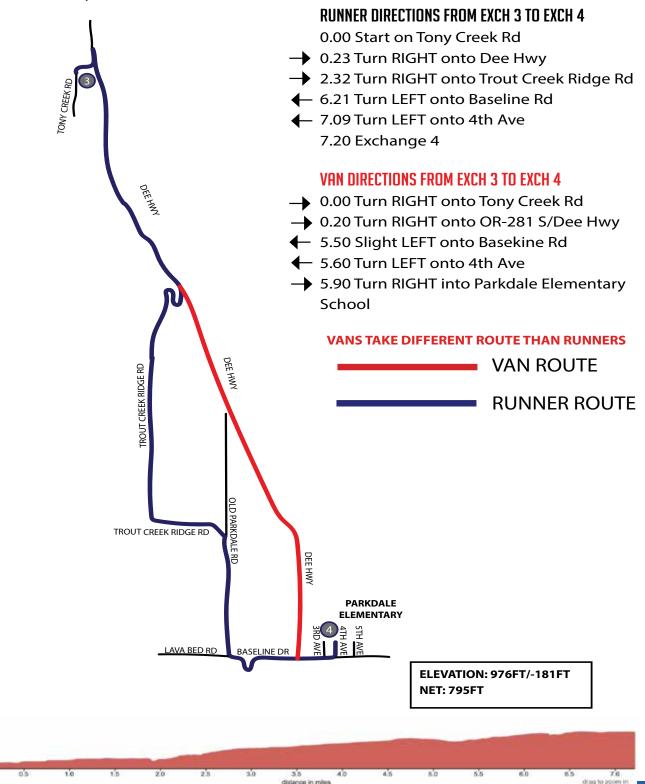
**ELEVATION: 651FT/-311FT** 

**NET: 340FT** 

### 7.21 MILES | HARD

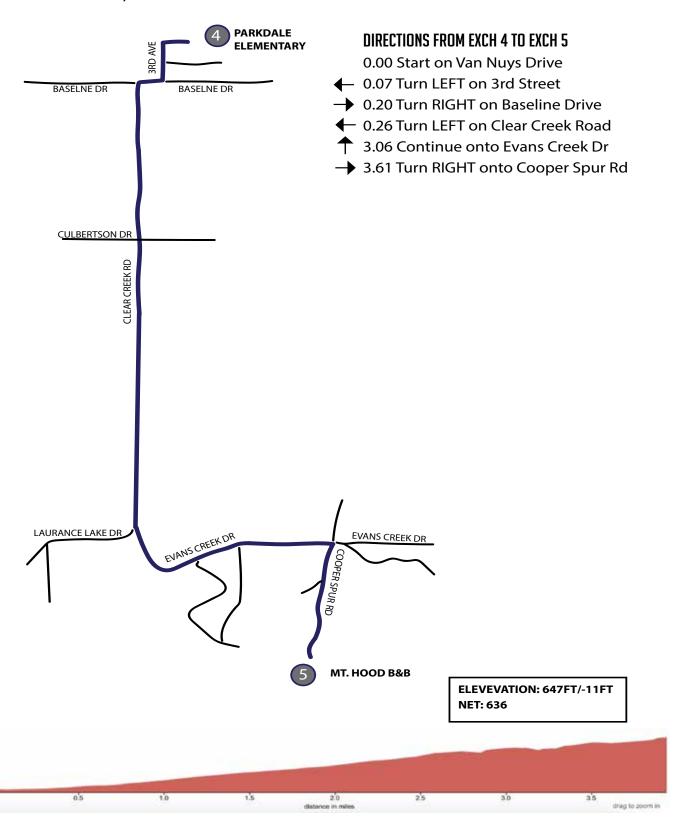
**LEG DESCRIPTION**: A long route with a steady climb throughout **EXCH 4 ADDRESS**: Parkdale Elementary School, 4880 Van Nuys Dr, Mt. Hood, OR 97041

GPS: 45.521863, -121.593579



### 3.93 MILES | HARD (5)

**LEG DESCRIPTION**: A steady climb throughout the entire leg with great views **EXCH 5 ADDRESS**: Mt. Hood B&B, 8885 Cooper Spur Rd, Mt. Hood, OR 97041 **GPS**: 45.474539, -121.586766



2.28

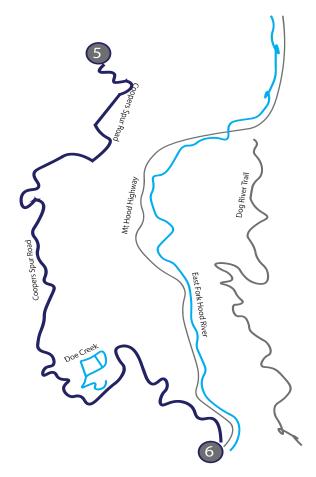
### 7.22 MILES | HARD (



LEG DESCRIPTION: A steady incline leading into a downhill finish

**EXCH 6 ADDRESS:** N/A- use GPS coordinates

GPS: 45.419708, -121.570645

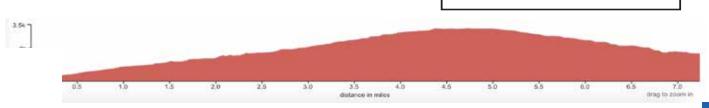


#### DIRECTIONS FROM EXCH 5 TO EXCH 6 Start on Cooper Spur Rd

7.2 Continue on Cooper Spur Rd to Exch 6

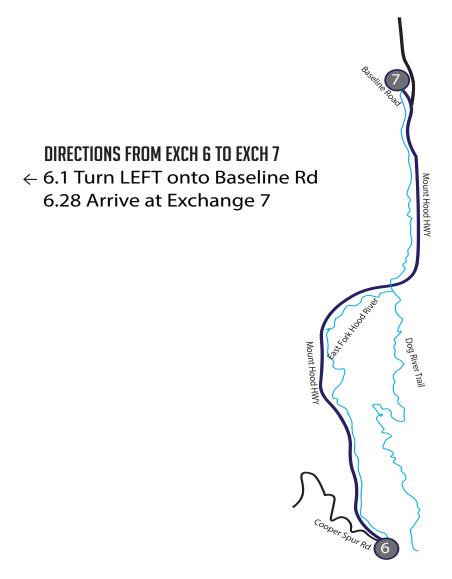
**ELEVEVATION: 1,045FT/-536FT** 

**NET: 509FT** 



## LEG 7 6.28 MILES | MODERATE 7

LEG DESCRIPTION: A nice and long downhill route EXCH 7 ADDRESS: N/A- use GPS coordinates GPS: 45.497791, -121.562463

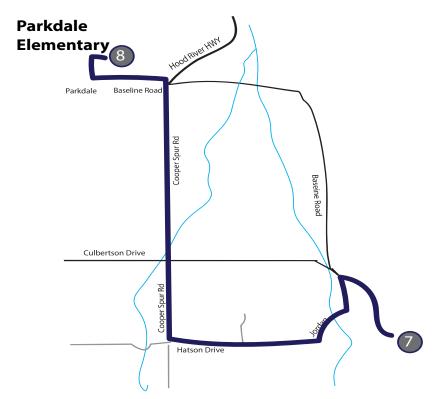






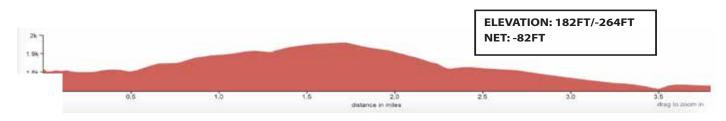
### LEG 8 3.79 MILES | MODERATE (B)

LEG DESCRIPTION: A steady uphill start with an easy downhill finish EXCH 8 ADDRESS: Parkdale Elementary, 4880 Van Nuys Dr, Mt Hood, OR 97041 GPS: 45.521889, -121.593547



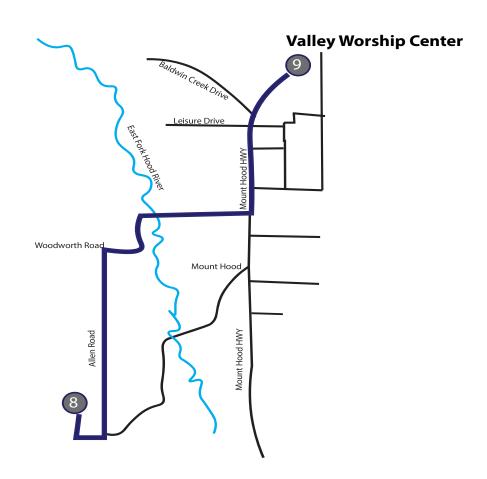
#### **DIRECTIONS FROM EXCH 7 TO EXCH 8**

- ← 0.5 mi Sharp left onto Jordan Rd 0.9 mi Continue onto Hutson Dr
- $\rightarrow$  1.7 mi Turn right onto Cooper Spur Rd
- ← 3.2 mi Turn left onto OR-281 N
- $\rightarrow$  3.6 mi Turn right onto 4th Ave
  - 3.8 mi Turn right onto Van Nuys Dr
  - 3.8 mi Turn right onto 5th Ave to continue to Exchange 8



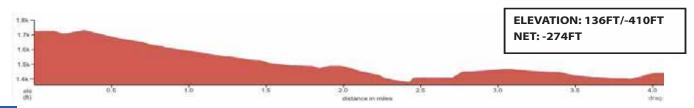
### 4.33 MILES | EASY (9)

LEG DESCRIPTION: An easy, mostly downhill route EXCH 9 ADDRESS: Valley Worship Center, 5780 OR-35, Mt Hood, OR 97041 GPS: 45.561525, -121.563393



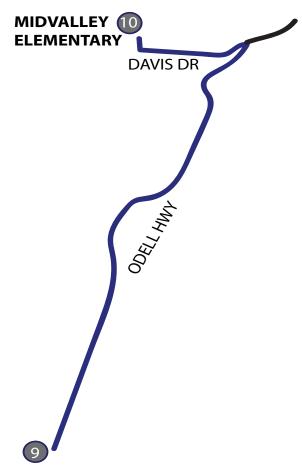
#### **DIRECTIONS FROM EXCH 8 TO EXCH 9**

- → 0.05 Turn RIGHT onto 5th Ave
- ← 0.18 Turn LEFT onto OR-281/Baseline Dr
- ← 0.38 Turn LEFT onto Allen Rd
- → 1.90 Turn RIGHT onto Woodworth Rd
- ← 3.13 Turn LEFT onto OR-35 N
  - 4.33 Arrive at Exchange 9



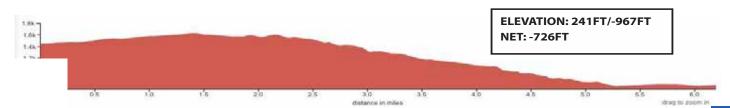
### LEG 10 6.34 MILES | MODERATE 10

**LEG DESCRIPTION**: A moderately flat beginning with an easy downhill finish **EXCH 10 ADDRESS**: Midvalley Elementary, 3686 David Dr, Hood River, OR 97031 **GPS**: 45.625166, -121.544202



#### DIRECTIONS FROM EXCH 9 TO EXCH 10

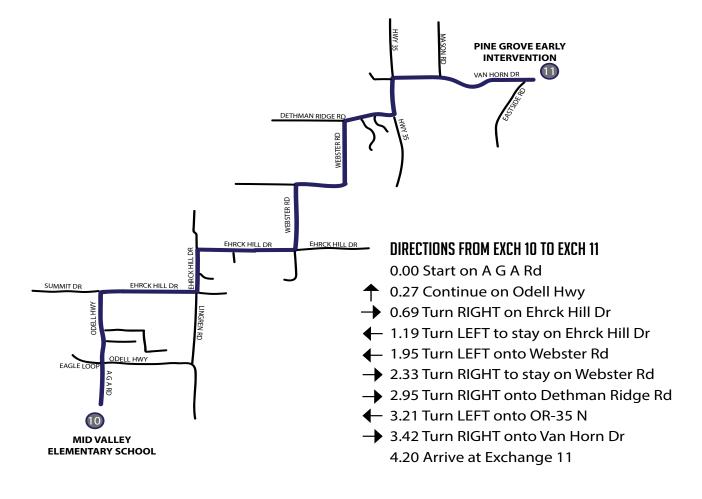
- $\leftarrow$  5.06 Turn LEFT onto Davis Dr
- → 5.81 Turn RIGHT onto Odell Hwy
- → 6.27 Turn RIGHT onto A G A Rd6.34 Arrive at Exchange 10

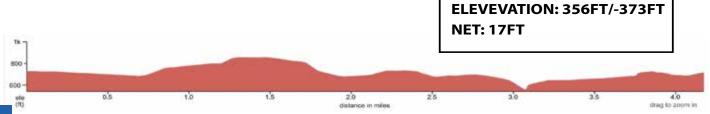


### LEG 11 4.20 MILES | MODERATE (11)

**LEG DESCRIPTION**: A consistently up and down route route **EXCH 11 ADDRESS**: Pine Grove Early Intervention, 2405 Eastside Rd, Hood River, OR 97031

GPS: 45.652720, -121.498186

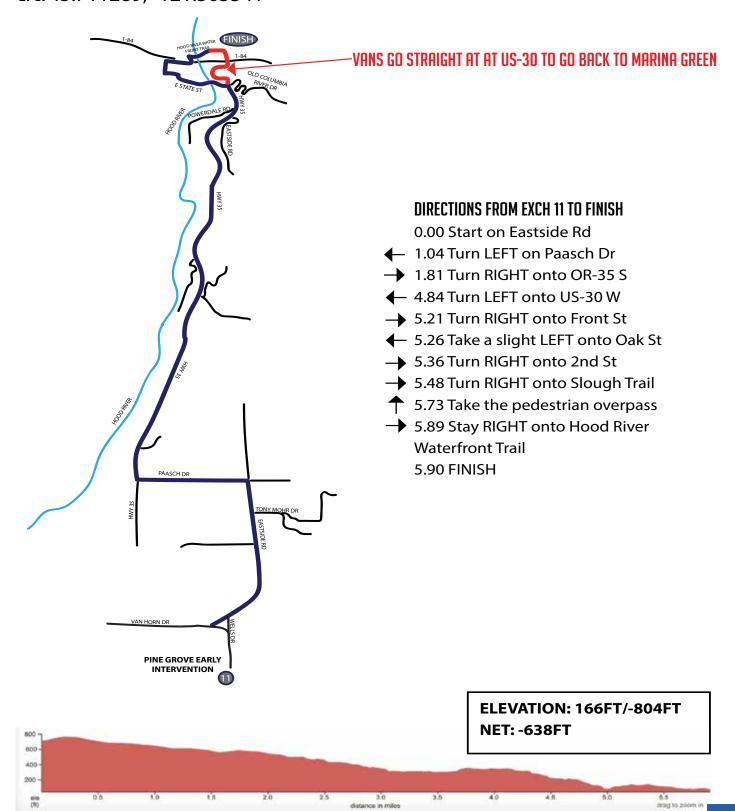






### 5.90 MILES | EASY (12)

LEG DESCRIPTION: A steady downhill route with a few short inclines sprinkled in FINISH ADDRESS: Marina Green, 600 E Marina Dr, Hood River, OR 97031 GPS: 45.711289, -121.505541



# SAFETY AGREEMENT

To keep the roads safe for all participants, team vehicles and community residents, we annually partner with law enforcement to create a "Safety Agreement" that all teams must follow.

This agreement must be turned oin at the Start Check-In Area, FAILURE TO TURN IN YOUR TEAM SIGNED SAFETY AGREEMENT WILL RESULT IN BEING PROHIBITED FROM STARTING THE RACE.

Teams and drivers are responsible for their own safety, as well as the safety of others traveling along the relay route. Motorists and relay participants rightfully deserve and appreciate safe roads. Thanks for driving safetly!

Windy River Relay is conducted on open roads and is open to all traffic (unless specifically stated by Race Organizers). All teams agree to abide by the following regulations:

- All state traffic laws shall be obeyed at all times while operating your Team Vehicle.
- Violators of any Motor Vehicle laws are subject to ticketing by lawn enforcement at all time. (Windy River Relay is exempt from any responsibility or liability for illegal acts, and will report illegal acts if witnessed).
- Team Vehicles must completely pull off to the side of the road when stopping to assist teammates and not block the path of racers. (Vehicles are required by law to be over the fog line and not in traffic lanes. Racers are required to use the shoulders when available; team vans must exit the roadway completely to be clear of traffic and racers on the shoulder).
- Team Vehicles shall not block the roaway or race course at any time.
- Team Vehicles shall not block private residential driveways or roadways.
- Team Vehicles shall respect neighborhoods and others along highway and roads. The use of a horn (unless as a reasonable warning) and playing loud music may be unlawful.
- Team Vehicles may need to drive slower than the posted speed limit, but shall not impede traffic or follow on roads behind a racer.
- Team Vehicles shall obey the speed laws at all times.
- Open containers of alcoholic beverages are prohibited in any motor vehicle at all times when on a public highway.
- Team Vehicles shall obey drinking and driving laws at all times.
- Team Vehicles shall obey littering laws at all times.
- Teams agree to use approved restrooms and port-o-potties, exclusively at all times.
- Except in an emergency, all drivers shall obey Oregon's cell phone law. Avoid distratctions- no texting. Use hands-free devices.

On behalf of my teammates, I have read the above 'Saftey Agreement' and concur that our team will abide by all Oregon traffic safety laws and Main Race Rules (pg 11-13). Failure to adhere to this agreement could result in my team's disqualification.

Signature	Team #
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# PENALTIES FORM

#### **RULE VIOLATION REPORTING PROCESS**

- All completed penalty forms must be turned in to the Finish area Race Information
  Tent within 30 minutes of completing the race. Be specific! Submissions without citing
  team numbers will not be accepted.
- The Rules Committee will review completed penalty forms throughout Saturday.
- Penalty times will be added to team finish times. Posted times are subject to revision should penalty be incurred.
- All Rules Committee decisions are final.

Please use this form to report all alleged rule infractions, giving details and names of witnesses. ALL FORMS ARE TO BE TAKEN TO THE RACE INFORMATION TENT AT THE FINISH PARTY WITHIN 30 MINUTES OF YOUR TEAM'S FINISH TIME.

Violation involved team #	Violation Team Name
Time (am) (pm)	Leg or Exchange #
Description of person(s) involved:	
Describe rule infraction	
Witnesses	
Your Team # (must have to process)	Your Team Name
*****FOR OFFICIAL USE ONLY: ASSIGNED PE	NALTY

### KEEP OREGON BEAUTIFUL



Help HTC Race Series reduce our footprint & contribute to BottleDrop's Containers for Change program by bringing this bag with redeemable containers (no trash) to race finish area.

Containers will be recycled & funds will support nonprofits working in the spirit of OR's Bottle Bill.



### Fill, Drop, & Keep Oregon Beautiful

#### What You Need to Know

- Fill this bag with empty, redeemable beverage containers only; they're normally marked with OR10¢
- Drop off the filled bag with officials at the race finish area
- We count the containers; the refund value will support OR nonprofits



Scan to see accepted containers





# BUD BUD LIGHT SELTZER

