

# VAN 1

# 9.15 MI | VERY HARD

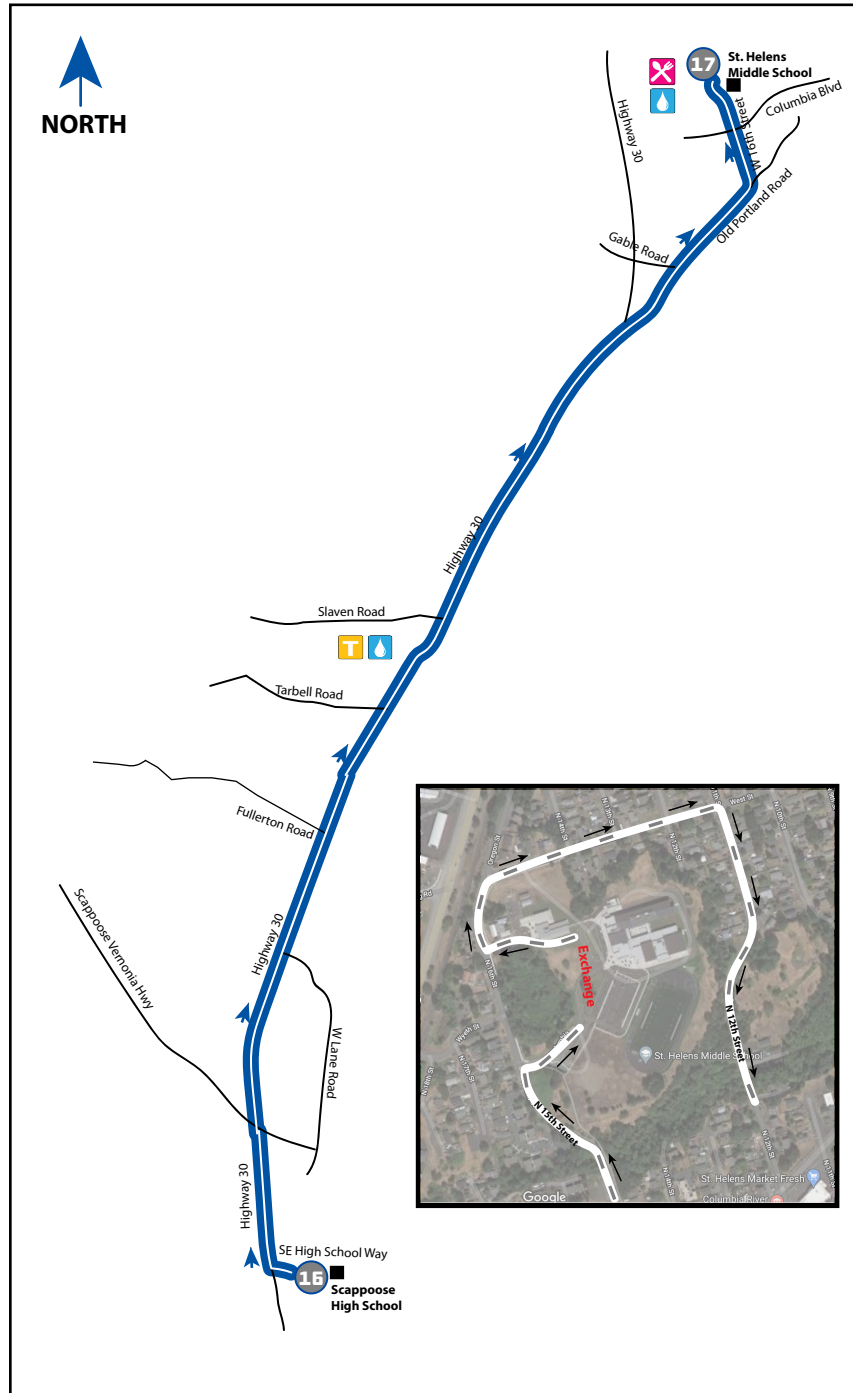


**LEG DESCRIPTION:** Basically flat terrain on paved shoulder along HWY 30.

**EXCH 17 ADDRESS:** St. Helens Middle School 354 N 15th Street, St Helens, OR, 97051

**GPS:** 45.863850, -122.813026

**NOTES:**



## DIRECTIONS FROM EXCH 16 TO EXCH 17

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.10 High School Way
- 0.12 Turn RIGHT onto HWY 30
- 4.50 Turn RIGHT McGary Lane
- ↑ 4.70 Old Portland Road
- 7.60 Turn RIGHT onto Gable Road
- ↑ 7.61 Old Portland Road
- ← 8.40 Turn LEFT onto S 15th Street
- 9.15 Exchange 17 (St. Helens Middle School)

## EXCHANGE NOTES

**Parking:** At St. Helens Middle School. Do not stop on side of road near Exchange 17 to drop off or pick up teammates. Quiet neighborhood.

**Provisions:** Yes, in town of St. Helens

**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).

