## 2021 HANDBOOK



## WELCOME TO THE MOTHER OF ALL RELAYS

An event in the making for the history books; these 18 months have showed us all our tenacity and ability to work together for the greater good and will continue to show us our surprising strengths amongst how this pandemic affected us all. The 30th anniversary adventure from the City of Roses to the Pacific Ocean beaches has undeniably advanced from its beginnings back in 1991 with a handful of walkers. Yet we all understand at its essence, the core has remained unchanged. Each of us continues to believe in the spirit of adventure, camaraderie, teamwork, perseverance, and natural beauty that makes the Portland To Coast Walk the storied event it continues to be.

Our family and friends' struggles with melanoma and other forms of cancer have given the Relay a higher purpose as well. Scientific breakthroughs are delivering results at the Providence Cancer Institute, considered one of the top cancer research and treatment centers in the nation. The Providence Cancer Institute is at the forefront of immunotherapy, and helping this world-class institute improve the lives of residents with cancer, while strengthening the health of our communities. We hope each of you will share in this passion by supporting the cause: shorturl.at/qxCLP

#### OUR TOP PRIORITY IS PRESERVING PARTICIPANT/VOLUNTEER SAFETY AS WE ENSURE:

- Please carry face-coverings and utilize them within six-feet of other participants while running or walking legs. Participants will be provided with a face covering by the race, if they do not have one.
- Start waves of 12 participants max AND start wave distancing equating to one participant every 739 feet over the race course.
- Contactless Team Check-In for local teams via Hood To Coast App.
- Increased portable toilets, hand-washing stations and sanitizers.
- · Clear, inclusively designed signage, ensuring proper distancing at Start, Exchanges, Finish.
- All race official volunteers will be provided with a free, new reflective vest to keep and mask to wear at all times during shift, as well as special online social distance training.

#### **OTHER IMPORTANT REMINDERS:**

- Handbook, maps, rules, contact-less team check-in, track you and your teammates progress and timing during the event, and let your friends see your progress during the race if desired, FREE! DOWNLOAD the Hood To Coast App!
- Three volunteers are required to pass the mandatory online training (for "local" teams), July 9-Aug 5.
- Participants wear reflective vests from 6:00pm-9:00am, and a reflective vest, front/back flasher, and flashlight (or headlamp) from 6:00pm-7:00am.

We welcome other events to copy our protocols for the safety and benefit of all. Portland To Coast believes in the power of walking to uplift each of us, and in these times it's never been more important to help each other achieve balance in mind and body. We'll continue to do all we can to help your team achieve this goal and look forward to seeing you light up the 30th anniversary relay with the camaraderie, laughs and adventure that PTC was founded upon!

Felicia Hubber

Chairwoman & Race Director

Felice Thisben

#### **ORGANIZERS**

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TITLE PARTNER



#### PROVIDENCE

Health & Services



#### **GOLD PARTNERS**









#### **ER PARTNERS**



ires <mark>les schwab</mark>



SPIRIT MOUNTAIN











#### **E PARTNERS**

































PORTLAND, OREGON

Seaside Chamber of Commerce **Amateur Radio Emergency Services**  The City of Seaside





## HOOD CORST 2021 RECYCLING SORTING GUIDE

#### #RACEMOREWASTELESS



#### **LANDFILL**





PAPER ITEMS







AND SHRINK WRAP

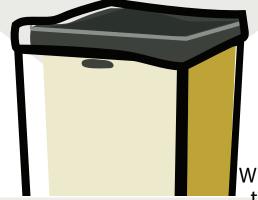








**CARTONS** 



When in doubt throw it out!

## COMMUNITY FUNDRAISERS

#### EXCH 18 @ COLUMBIA COUNTY FAIRGROUNDS

Proceeds to benefit St. Helens High School — 2018 Grad Night

MEALS & SNACKS.....Hot meals, deli sandwiches, assorted variety of snacks BEVERAGES..........Hot beverages (coffee, tea, etc.)

HOURS-FRIDAY 10:00AM - CLOSE

#### EXCH 19 @ 30732 PITTSBURGH RD

Proceeds to benefit local community

MEALS & SNACKS. . . . . Hot meals, deli sandwiches, assorted variety of snacks

BEVERAGES . . . . . . . . . . . Hot beverages (coffee, tea, etc.)

HOURS—FRIDAY 12:00PM - CLOSE

#### EXCH 24 @ BARN FIELD

Proceeds to benefit Vernonia High School Equestrian Team

MEALS & SNACKS..... Hamburgers, cheeseburgers, vegetarian chili, biscuits/gravy bagels & cream cheese, muffins, assorted snacks.

BEVERAGES . . . . . . . . . . . . . . . . . Coffee, soft drinks, water

HOURS—FRIDAY 4:00PM - SATURDAY 9:00AM

#### BEFORE EXCH 27 @ JEWELL SCHOOL

Proceeds to benefit the Jewell School Parent Teacher Organization

SHOWERS . . . . . . . . . Showers available

SLEEPING SPACE . . . . . Use of quiet, indoor sleeping area

 ${\sf MEALS~\&~SNACKS.\dots..~Oatmeal,~bagels~\&~cream~cheese,~eggs,~sausage,~pancakes;}$ 

sandwich bar, assorted snacks & other lite fare available

BEVERAGES . . . . . . . . . . Coffee, tea, hot chocolate, water

MASSAGES . . . . . . . . Available SATURDAY 6:00AM - 12:00PM

HOURS—FRIDAY 6:00PM - SATURDAY 2:00PM

#### EXCH 27 @ ELSIE-VINEMAPLE FIRE & RESCUE

Proceeds to benefit Elsie-Vinemaple Fire & Rescue FIRST AID AND EMERGENCY MEDICAL SERVICES AVAILABLE

HOURS—FRIDAY 6:00PM - SATURDAY 12:00PM

#### EXCH 30 @ 87232 HWY 202, ASTORIA OR

Proceeds to benefit community family

MEALS & SNACKS.....DINNER: Hamburgers, chicken burgers, potato salad

BREAKFAST: Eggs, bacon, ham & cheese croissants, muffins

LUNCH: hamburgers, hotdogs yogurt, fruit, bagels

HOURS—FRIDAY 10:00PM - CLOSE

#### EXCH 31@ 89386 HWY 202, ASTORIA OR

Proceeds to benefit Astoria High School Basketball Team

& The Olney Grange Kitchen Restoration Project

 ${\sf MEALS~\&~SNACKS.} \ldots . {\it Breakfast~burritos, pancakes, eggs, bacon, cinnamon~rolls,}$ 

fruit, hamburgers, hotdogs, BLT wraps, cookies

HOURS—FRIDAY 6:00PM - CLOSE

#### EXCH 33 @ LEWIS & CLARK ELEMENTARY

Proceeds to benefit Astoria Youth Baseball

MEALS & SNACKS. . . . . . Hamburgers, hotdogs, doughnuts, candy bars

BEVERAGES . . . . . . . . . . Coffee, soft drinks

HOURS—SATURDAY 4:00AM - CLOSE

## CAPTAIN'S CHECKLIST

#### TRAVEL/ACCOMMODATIONS

Plan ahead! PTC Relay staff are available to answer questions regarding team vehicle, hotel, and flight reservations. E-mail office@htcrelay.com with questions. As the Official Airline of the Hood To Coast/Portland To Coast Relays, Alaska Airlines is pleased to provide discounted travel for Portland To Coast participants. Registered participants receive an e-mail with a 10% travel discount information and booking link for the 2021 Relay!

AIRLINES

#### VANS AND VAN DECORATION

Teams are encouraged to make a sign for each of their vehicles that reads: "CAUTION: WALKER ON ROAD" to place in the rear of the vans. Download and print free Caution signs on the HTC website. Vans may not follow behind their walker.

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

Each team will be issued four signs, two are orange and two are white. On Van 1 securely tape white signs on the front and rear driver side windows. On Van 2 securely tape orange signs on the front and rear driver side windows. The orange sign is required to access legs #19-23 and #32-36. Both signs need to be clearly visible.

REFRAIN FROM THE USE OF FOUL OR OVERLY SUGGESTIVE LANGUAGE FOR DECORATIONS. HAVE FUN, BUT PLEASE USE GOOD JUDGMENT. To be as respectful as possible to the communities we pass through, race organizers prohibit music from being played outside the team vehicle on loud speakers!

#### VOLUNTEERS

Teams with at least one member residing within a 100 mile radius of Portland are considered local and required to provide three race volunteers. Don't bring children or dogs. Volunteers should be assertive and have positive attitudes! Captains are responsible for ensuring that their volunteers each take (and pass) the mandatory online training, are at their appointed job, at the designated time, and fulfill the required tasks. Volunteers receive shirts on-site, as well as a brand new, free HTC reflective vest to take home at the end of shift, and face covering if desired. Bring a flashlight and two LED flashers for a night shift. If a volunteer cannot report, it is up to the team to find a replacement and make sure they report to their specific volunteer location. Please note the volunteer code of conduct online and within volunteer training.

Fly smart. Land happy.







#### REQUIRED TEAM SAFETY EQUIPMENT

Each team MUST have the following set of items in each of their vans and present them for inspection at the Check-In Tent.

- Two reflective vests
- Two LED flashers
- Two flashlights, headlamps, or hats with light.
- Face coverings
- \*While it is highly recommended to have a First Aid Kit in your van, this is not a required item at Check-In.

#### START LINE CHECK-IN & LOCATION

The NEW START is located at the OMSI gravel lot at the end of SE 2nd Place, adjacent to the Tilikum crossing, at 2201 SE Water Ave, Portland, OR, 97214. The 2021 Portland To Coast Relay begins **Friday, August 27**, with start times waves occurring every 5 minutes. DON'T BE LATE! To avoid congestion through the local communities only one team vehicle (Van 1) recommended to be present at the Start. Non-local teams are to receive their packets, race numbers, vehicle signs, and T-shirts at the Start. Arrive 30 minutes prior to your Start Time to collect these materials and officially check in. All local teams pick up shirts, race numbers, and supplies two weeks prior to the event at the drive through packet pickup on Aug 9-14 (9am-12pm) at the HTC Office (7236 SW Durham Rd, Suite 800, Portland, OR, 97229). Local teams show safety equipment by taking a picture within the HTC App up to 30 minutes prior to race start.

#### **OUT OF TOWN VAN 1 CHECK-IN PROCEDURE AT PORTLAND TO COAST START:**

- 1. 30 minutes prior to your team's assigned Start Time, go to the Team Check-In Tent Equipment Check Area and have someone from your team (know your team number, only one person needs to go and this does not need to be the team captain) present the team's working safety gear (two reflective vests, two LED flashers, and two flashlights, headlamp, hat with headlamp, or Knuckle Lights). Your team will then receive race bags, race bibs, and shirts if not previously picked up at Packet Pick-Up). Without the official Race bibs and approved Safety Equipment, a team will not start the race.
- 2. Teams scheduled to start in each upcoming wave will have their team name/number announced five minutes prior to scheduled start. The first walker must be at the Start Line. Walkers will be spaced with ground markers at least six feet apart. Teams cannot start before their assigned start time!

VAN 2 WILL RECEIVE BIBS FROM VAN 1.

#### TIMING CHIP AND RACE BIBS

Van 1 will be issued all 12 bibs at the Start Check-In. Van 2 should receive their 6 bibs from Van 1. **Van 2's bibs should include one with a shiny silver timing chip on the back**. This bib **MUST BE WORN BY THE LEG 36 RACER**. Your official start time will be recorded at the start line, and this timing bib worn by the Leg 36 racer will determine your official finish time.

#### PENALTIES

Race officials record witnessed infractions; and teams are permitted to report rule infractions committed by others. Teams that wish to report penalties (see 'Race Rules' pg 20-21) must do so in writing within 30 minutes of arriving at the Finish within the HTC App section. You must identify the offending team by number. The Rules & Penalties 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 course!** Teams found to be in violation are subject to disqualification and/or citation by Law Enforcement if witnessed by race officials or other staff. Please save the celebration for the party at the Finish!

#### OFFICIAL MERCHANDISE

Official apparel will be available both at the Start and Finish Lines. VISIT hoodtocoastrelay.com and click SHOP and order ahead of the race for the best available inventory! Shirts, Jackets, hats and PTC buffs are all available!

#### PTC FINISH

The Finish Line is located on the beach, north of the turnaround of Broadway Avenue in Seaside, Oregon. Traffic and parking are very limited in Seaside; so plan ahead. Free event shuttle parking runs every 15 minutes from Northcoast Family Fellowsip CHurch on leg 36. Larger lots at the Seaside High School and Convention Center should have available parking.

**Finishing as a Team:** Usually, team members walk across the Finish Line alongside their anchor walker completing the race. This year only, we ask your team to consider not doing this, as to reduce team congregating together. Make sure your official Leg 36 (anchor) walker leads your team to the Finish Line. By wearing a bib with the timing chip, they will be credited with your team's official finish. Teams awaiting their anchor walker should look for the "Team Waiting" signs near the finish banner.

**Updated Finish Results:** Final results will be posted online on the HTC App and https://hoodtocoastrelay.com/htc/relay-info/by Sunday. If you have questions or concerns regarding your finish time, please file a report prior to 8:30pm on Saturday to the Race Rules Tent.



**Finisher Medals:** Medals will be presented to each team as the anchor walker crosses the Finish Line. Medals must be picked up Saturday or at the HTC office in Portland, OR at a later date. **THEY WILL NOT BE MAILED.** 

T-Shirt Size Exchange: Exchange of unworn participant race shirts is subject to availability at the T-shirt swap Tent on the beach.

#### FINISH AREA ON THE BEACH

**Food and Beverage:** Portland To Coast welcomes back Century Catering to the 2021 Finish for a variety of delicious options.

**Beer & Wine:** One the beach, in the HTC/PTC Finish party, come relax and enjoy a Michelob Ultra, Bud Light Seltzer, Ketel One Botanical, or 101 North Wine! Bring ID, proof of legal age is required. DON'T DRINK AND DRIVE. BE RESPONSIBLE. Open containers on the prom are illegal and police will issue citations.

**Center Stage:** Thoughout the day Saturday, we'll host live DJ music, along with a live performance from 6:45-11:00pm by headliner, Hit Machine, on Saturday evening on the beach. Plan on dancing into the night to an energetic and most entertaining Northwest favorite! Don't miss this amazing party as well as a NEW evening <u>laser light show</u> to celebrate the 30th anniversary of the Portland To Coast Walk at 8:30pm!





#### FOLLOW ALONG

Want to follow along with other 2021 Portland To Coast participants? Share your pictures on social media using #PTC21 and tagging us on Instagram @htcrelay or Facebook @hoodtocoastrelay



#### AWARDS

Sunday, 9:00am-11am, Hood and Portland To Coast awards will be available to the TOP SIX teams in EACH CATEGORY to be picked up. Awards **WILL NOT BE MAILED** to teams who aren't present. Other pick-up arrangements should be made. This will not be the full, usual awards ceremony, but a socially distanced pick up of place medals. Results can be found Saturday evening with HTC App and by logging in to your Team Clubhouse.

#### WASTE PREVENTION

RECYCLE WITH US! Use plastic recycling receptacles (for empty plastic bottles only) at the Start, every exchange and at the Finish Party. Bring large water containers to refill your reusable water bottles along the race course, so as not to use so many plastic bottles.

Avoid landfill items where possible. If you are using a

refillable water jug make sure team members bring a refillable water bottle. Bag or box to sort your recyclables from landfill bound waste.



Download the HTC app on your phone to eliminate the need for printing an additional handbook.

The sorting guide can be found on page 15.

#### CINDIE MCKENNA

Cindie McKenna was born in Van Nuys, California, and moved to Oregon in 1971. She began running shortly after joining the Air Force in 1975. In 1982 she began participating in marathons and started running ultramarathons in 1984. She walked Hood To Coast solo in 1995, 1996, and 1997 as a one-person team called Grit, Sweat and Tears.

"I was not worried I wasn't going to finish—I just wanted to make sure I finished in less than 48 hours. Bryon, Mike, and Tim kept me aware of how I was doing and let me know I was ahead of schedule. It really helped raise my



spirits. I was even able to pick up my pace the last few stages. Fortunately, the idea to match the start to my body clock and when the sun was out seemed to reenergize me, as I was approaching the finish in the light of day. And being among all the other teams and walkers, as well as their

support vehicles, really helped motivate me to reach my goal. In my third try I finally accomplished my goal, completing the course solo in 47 hours and 47 minutes.

Running 196 miles from Mt. Hood to the Oregon coast solo is not a simple undertaking. It took a team effort,



with Bryon, Mike, Tim, and Gunner all playing key roles on the team. Bryon was responsible for the logistics and was also on the receiving end of my unpleasant moods during times when I was tired and irritable. Mike was gracious enough to provide support and pace me during all three years. Tim was a master motivator to me and to all ultrawalkers. Gunner provided support and ran with me during parts of the race.

The total team was really everyone who supported me, suffered along with me, stayed up throughout the night, and dealt with the multiple phases of the crazy, tired ultrarunner mood swings. Thanks to all for such great memories."

Adapted from *Hood To Coast Memories* 

#### **IMPORTANT WEBSITES:**

**TEAM ROSTER/ADDS & SUBS/VOLUNTEER INVITE:** register.hoodtocoast.com **MANDATORY ONLINE VOLUNTEER TRAINING:** volunteer.hoodtocoast.com

**WEBSITE:** www.hoodtocoast.com

**FACEBOOK:** www.facebook.com/hoodtocoast

INSTAGRAM/TWITTER: @HTCRelay #PTC21

**PROVIDENCE** CANCER INSTITUTE FUNDRAISING: shorturl.at/qxCLP

TEAM MATCHING: www.htcteammatching.createaforum.com

# 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 WALKING COMMUNITY.

"CREATING AN INCLUSIVE RACE COMMUNITY"





#### COMMITTEE MEMBERS:

Jessica Zdeb • Curtis Thomas • Nirav Dalal • Hector Ignacio • Renee Rank-Ignacio • Antonio Harris • Dan Floyd • Carrie Kalscheuer • Karol Collymore • Kira Higgs• Sgt Bret Barnum • Tracey Lorts • Ed Reilly • Felicia Hubber



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

QUINN THOMAS

MARKETING COMMUNICATIONS BRAND STRATEGY

## PACKING LIST

- Download Hood To Coast App
- Handi Wipes, antibacterial, hand sanitzer
- Mobile phone & charger
- Three sets of walking clothes
- Walking shoes
- Warm-ups
- Change of clothes for beach
- Swimsuit/towels
- Two (2) reflective vests per team
- Two (2) flashlights or headlamps per team
- Spare walking shoes, sandals
- Spare shoe laces
- Walking gloves
- Bandana (dusty/gravel legs 19-21)
- Two (2) LED flashers
- Large full water jugs to refill water bottles
- Reusable water bottles
- Bags to sort recycling from landfill bound waste
- Sunglasses, glasses, contact lens solution
- Towel, washcloth (shampoo, hairbrush)
- Toiletries
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen
- Bug spray
- Earplugs
- First aid (blister/band aids, Icy Hot, aspirin, antacids)
- Instant ice packs, Ace Bandages
- Handi Wipes, antibacterial
- Sleeping bag/small pillow
- Food/snacks
- Ziploc plastic bags for wet clothes
- Walking GPS or other watch
- Scotch tape (to tape team numbers to van windows)



#### PRO PACKING TIP

Pack each 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 walking!





#### GOLD 100 CLUB

Hood To Coast and Portland To Coast Relay walkers who are verified by HTC staff/four attesters to have run or walked in 100 total legs of HTC or PTC from 1982 to present, will be commemorated with a golden relay baton to celebrate and thank you for your commitment to health and The Mother of All Relays all this time! PTC has appointed a walker representative to communicate with club members. If you would like to submit your qualifications to the Gold 100 Club, email billfrith@comcast.net and copy office@htcrelay.com

# REW BUD LIGHT SELTZEN



# TEAM STRUCTURE

#### RECRUIT TEAMMATES

Walkers looking for a team and team captains looking for walkers can connect by visiting www.htcrelayforum.com or www.facebook.com/HoodToCoast. Chat with fellow participants, ask questions, and post to recruit other walkers! Discussions range from teams looking for additional walkers, to exchanging tips/advice and logistics.

#### TEAM TIME

No special seeding requests for starting times will be accepted. Teams that violate their assigned start time will be disqualified and subject to suspension in future events. It should be understood that the start time for any PTC team could result in a 9:00pm finish Saturday evening.

#### WALKER SUBSTITUTION

No walker may drop out of the race solely for the purpose of the team substituting a faster participant in their place. If a 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 walkers moving forward. No alternates may be added once the team has started. (60 min. penalty if involved in improper substitution.) Walkers are to stay in team's rotational sequence unless extenuating circumstances are deemed necessary by race officials. Team rotation questions/concerns will be reviewed, if necessary at the Finish Line.

#### LEGS

When determining who will walk each leg, (besides distance and leg rating), Captains should consider the following:

- Time of day walkers will encounter each leg
- Leg exposure to sun and/or wind
- Variable weather
- Walker ability/fitness
- Walker familiarity with the area
- Van support
- Walker willingness to walk on a gravel and potentially dusty road

The combination of the first three of these is perhaps the most crucial. Walkers on any given leg can experience intense exposure to direct sunlight and may not have immediate access to their team support vehicle. See individual leg maps for specific details.



















#### INEW! WALKER TRACKING- PTC/HTC APP

The HTC App is back and with a major upgrade, built to benefit all HTC & PTC participants and volunteers to make this the most memorable Mother of All Relays to date! Timing features return accompanied by brand new features including:

#### **Team Pre-Check presented by Alaska Airlines**

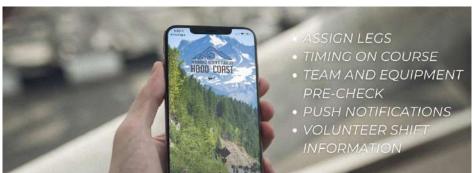
Upload a photo of your safety equipment and check-in your team prior to race day. Beat the lines for safety equipment check-in on the day of the relay and instead use the quick and easy "pre-check" line to receive your official race wrist wrap at the start! Pre-Check Opens August 23rd at 6AM!

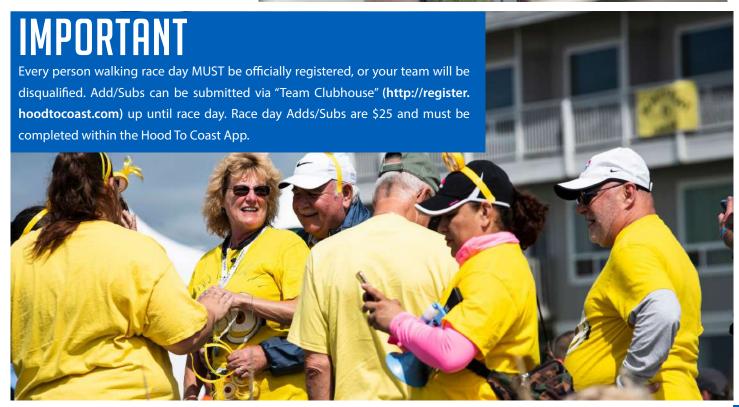
#### **Push Notifications**

Stay up-to-date with course messaging from HTC/PTC Staff throughout the duration of the relay.

#### **Assign and View Leg Maps**

Team Captains can assign legs for their teammates to run/walk, just as you would be able to do on the Team Clubhouse.





NEW!

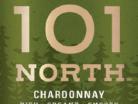
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### WE LOVE OUR FUNDRAISING TEAMS!

YOU'VE RAISED OVER \$5 MILLION FOR CANCER RESEARCH SINCE 2014.

THANK YOU.

#FINISHCANCER



## RACE RULES







The following rules are for the safety of participants. Violation will result in a time penalty or disqualification.

#### RULES AND SAFETY ENFORCEMENT

Let's all play by the rules! Race officials will be monitoring the course to enforce relay policies. Any rule infraction reported to race officials by two separate teams and deemed valid will result in automatic disqualification from the race course, and/or if at the finish, withholding of race medals and potentially further ramifications. Race Officials may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

#### REPORT TEAMS BREAKING RULES

We will have Staff and Race Officials out on the course monitoring teams for adherence and safety to all rules. However, with 130 miles, we cannot be everywhere at once. We ask teams to help keep the course safe by reporting teams that are violating any HTC/ PTC rules. Send a message within the 'REPORT RULE INFRACTION/SAFETY ENFORCEMENT' tab of the HTC/PTC App to report an incident, unsafe situation, inadequate signage, a lost participant, or other. To report violations note:

- Who (including team # and description of person)
- What
- Where (leg, exchange, other)
- When

#### GEAR

#### RACE NUMBERS 30

Race bibs must be worn at all times. The race bib with the timing chip on the back must be worn by the Leg 36 racer. Racers emergency contact info MUST be completed on the back of their bib.

#### REQUIRED SAFETY GEAR 100

From 6:00pm - 7:00am, all participants on the course must:

- wear one front and back LED flasher
- carry flashlight, wear headlamp, or wear hat headlight
- wear reflective vest (this must be worn until 9:00am)
- face covering always available

For out of town teams, all safety equipment must be presented at the Start Check-In Tent. Local teams have digital, contactless check-in by taking a picture of all safety gear within the HTC App. Once approved by admin, your team will be ready to go at your assigned team start time. Participants will be held at an exchange and not allowed to participate without the proper equipment.

#### HEADPHONES 🔟

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 down the volume immediately.

#### **APPROVED VESTS**



#### **UNAPPROVED VESTS**





#### APPROVED AUDIO





#### VEHICLE

#### NO STOPPING TO DROP OFF WALKER 30

No stopping, when vehicles are moving, to drop off a 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 PARTICIPANTS 30

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

#### NO PARKING PRIOR TO EXCHANGE 30

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 alert to other traffic.

#### DISPLAY OF TEAM VEHICLE SIGNS 📶

Teams are provided with two white and two red signs for course vehicles. Teams must display signs in the front and back rear windows of the van in such a way as to be easily see by race officials (White-Van 1, Blue-Van 2). We recommend using masking tape.

#### **VEHICLE REQUIREMENTS**

Team vehicles 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. Two (2) team vehicles are permitted on course. On Legs 19-23 and 32-36 only one team vehicle is permitted on the Relay route; the other vehicle must use the alternate handbook routes shown. Van decorations may not include overly suggestive or foul language.



Please wear a face mask when passing a runner/walker within six feet and when not participating at the start, exchanges, and finish area.

#### ON COURSE CONDUCT 30



Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerated. Quiet hours are to be observed from 10:00pm - 6:00am. No loud noise, music, or yelling during quiet hours. No van decorations or team costumes that are overtly suggestive, sexual, or that contain foul language.

#### OBEY RACE OFFICIALS [1]

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 III

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 banned from subsequent year's participation as well. Save the party for the finish!

#### **USE SLEEPING FIELDS**

Participants may only use designated areas to sleep (roped off with caution tape). Tents are allowed at Exch 18 and Exch 24. Sleeping field at Exch 30, but no tents. NO sleeping on the ground next to vehicle or in designated sleeping areas.

#### PUBLIC NUISANCE RULE III

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

#### TRAVEL ON THE LEFT [1]

Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise (14-16).

#### GROSSLY INACCURATE RACE PACE SURVEY TIMES 60

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

#### 3 VOLUNTEERS PER TEAM [[[]]

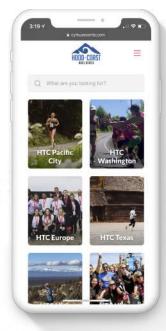


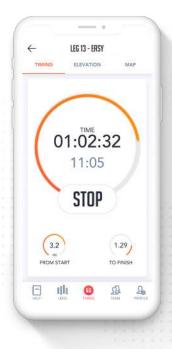
Local teams responsible for ensuring all of their volunteers show up at the appointed time, to their assigned job and fulfill the tasks required. If a volunteer cannot report to duty, it is up to the Team Captain to find an alternate volunteer and make sure they



#### THE OFFICIAL PROVIDER OF WEBSITES, REGISTRATION SYSTEMS, MOBILE APPS AND EVERYTHING TECHNOLOGY RELATED FOR HOOD TO COAST.









#### CYRKUS PLAYBOOK

Enterprise E-learning platform powering the HTC Runner's Handbook App. thecyrkus.com/playbook



#### CYRKUS EVENTS

Event registration &
e-commerce platforms powering
all Hood to Coast events.
cyrkusevents.com



#### CYRKUS TIMING

Technologies & services powering the official HTC Timing App. thecyrkus.com/timing

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DESIGN TECHNOLOGY RESEARCH BRANDING MARKETING E-COM WEB STRATEGY IDEATION DIGITAL MEDIA APPS

# THANK YOU, The Mother of all Relays wouldn't be possible without support from

The Mother of all Relays wouldn't be possible without support from 3,600 dedicated volunteers along the course! The provision of three (3) volunteers per local team ensures that all participants have a well supported and safe event. For complete volunteer requirements visit: https://hoodtocoastrelay.com/htc/relay-info/

#### DID YOU KNOW?

In 1994, the event allowed an all rollerblade team to participate? They wanted to come back the following year but organizers said that was a one and only time yes after seeing their roller- blade wheels smoking going downhill!



## COURSE GUIDELINES

**Exchanges** are marked in yellow paint on paved roads, and pink flagging along gravel roads. Portions of this course do feature gravel stretches, so bring bandannas/painter's masks.

**Waiting Walkers** who will walk the next leg should step out of the CHUTE into the EXCHANGE ZONE as your walker approaches. Walkers finishing must exit the exchange zone promptly.

**All Spectators** MUST remain on the RIGHT SIDE of the road, wearing face coverings and socially distanced when possible. Walkers are to walk along the left side of the road except as indicated in the Team Handbook (legs #14 through #16).

The race course will officially **close Saturday evening at 9:00pm**. Any teams still on the course at that time are requested to either discontinue the race, or finish by walking simultaneous walkers (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 9:00PM. This means some exchanges (33, 34 and 35) may close before 9:00pm due to scheduling.



#### DID YOU KNOW?

In 1994, the event allowed an all rollerblade team to participate? They wanted to come back the following year but organizers said that was a one and only time yes after seeing their rollerblade wheels smoking going downhill!

#### TRIVIA

In what year did Kevin Hart walk with a team in the event?

2015

2016

2017

2018



4nswer:2016

## SAFETY EMERGENCY PROCEDURE

In an emergency, call 911 and locate the Exchange Leader or Radio Operator at the nearest 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 walker, 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. Radio volunteers register via: https://ham.hoodtocoast.com/

#### WALKING AT NIGHT

Maintain contact with your van within reason along the course. DO NOT follow behind walkers! Vans can pull in a safe area (off of the road)! Don't obstruct traffic! Participants must wear a reflective vest, front and back LED flashers, and carry a flashlight or wear a headlamp from 6:00pm through 7:00am (through 9:00am for reflective vest only) while walking. THIS IS STRICTLY ENFORCED. Teammates/support personnel are highly encouraged 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, pants, or hat does not count towards meeting the minimum requirement. A reflective vest or Y reflective harness are acceptable, whereas a reflective belt, reflective cloth, and/or reflective sleeves will not be accepted. We do not specify what kind of flashing light, as long as it is LED.

#### HYDRATION & FIRST AID

First Aid Stations are not provided (**except water stations on Legs over 6 miles**. BE PREPARED. CARRY LARGE WATER CONTAINERS in your vans to refill. The average team is on the course for 29 hours, so continually hydrate and carry ice/ice packs in your team vehicle!

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. Racers proceed on the right side of the road for the majority of legs and must obey all traffic laws. At several exchanges, PTC hires professional traffic flaggers; obey their signals.

#### GIVING ON COURSE AID/SUPPORT

No team members or spectators are allowed to cross busy highways or streets with the purpose of giving aid or support to participants walking along that side of the road! Team vehicles MUST safely cross over to the other side of the road to the location of the walker, park, and then commence support.

#### **INCLEMENT WEATHER**

With certain severe weather conditions where the welfare of participants is at risk, or where significant damage or alterations to the race course occur, PTC organizers reserve the right to cancel the event. No refunds will be given if the race is canceled due to weather. Conditions that may result in the relay being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snow, earthquakes, hurricanes, flooding, fog, etc. If there is extreme heat during the race we reserve the right to hold teams until the temperature drops. If there is lightning at the start of the race that organizers deem unsuitable for participating, PTC reserves the right to delay starts or hold the race until the lightning clears.

## EAT, SLEEP, RINSE, REPEAT



Exchange 12 - Wrap Around Town Truck @ Exchange

Exchange 18 - Columbia Co. Fairgrounds

Exchange 19 - Exchange 19

Exchange 24 - Barn field

Before Exchange 27 - Jewell School

Exchange 27 - Elsie-Vinemaple Fire & Rescue

Exchange 30 - Community house

Exchange 31- Olney Grange

Exchange 33 - Lewis & Clark Elementary School

Seaside - FINISH!





Before Exchange 27 - Jewell School



Exchange 18 - Columbia Co. Fairgrounds (Outdoor) Before Exchange 27 - Jewell School (Indoor) Exchange 30 - HWY 202 mile post 14 (Outdoor)

#### DID YOU KNOW?

For the past 20 years, HTC has constructed a 300' span temporary bridge over HWY 101, which Leg 36 participants cross over. It takes three days to build.



## **CATEGORIES**

#### AWARDS GIVEN TO TOP 6 IN EACH CATEGORY

MEN'S OPEN

MEN'S SUBMASTERS

**MEN'S MASTERS** 

**MEN'S SUPERMASTERS** 

**MEN'S CHAMPION MASTERS** 

CORPORATE MEN'S OPEN

WOMEN'S OPEN

**WOMEN'S SUBMASTERS** 

WOMEN'S MASTERS

WOMEN'S SUPERMASTERS

**WOMEN'S CHAMPION MASTERS** 

**CORPORATE WOMEN'S OPEN** 

**CORPORATE MIXED OPEN** 

**MIXED OPEN** 

MIXED SUBMASTERS

MIXED MASTERS

**MIXED SUPERMASTERS** 

MIXED CHAMPION MASTERS

Any age, at least one walker under 30.

Min age of all walkers is 30.

Min age of all walkers is 40.

Min age of all walkers is 50.

Average age of all participants is 60.

Any age, ALL from the SAME employer.

Any age, at least one walker under 30.

Min age of all walkers is 30.

Min age of all walkers is 40.

Min age of all walkers is 50.

Average age of all participants is 60.

Any age and ALL from the SAME employer.

At least half women. Any age, atleast one participant under 30,ALL from SAME

employer.

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

At least half women. Min ages of all walkers is 30.

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

At least half women. Min age of all walkers is 50.

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

**CORPORATE CATEGORIES:** ALL team members must share the SAME employer. (Team Categories will update automatically on the 'Team Roster' page of your clubhouse as participants register.)

#### DID YOU KNOW

For the first five years of Hood To Coast, the race date in August was determined by which weekend had or was closest to a full moon.





# FLY TO THE FINISH LINE.

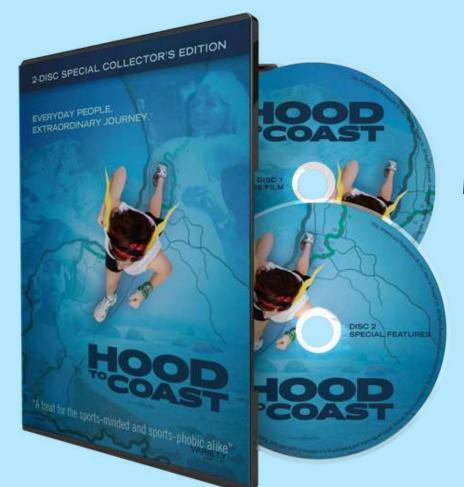
Good luck to everyone participating in the Hood to Coast Relay.



# CELEBRATE THE FILM'S 10 YEAR ANNIVERSARY

## HOOD TOAST

- THE MOVIE -



Relive the powerful journey!
This award-winning
documentary celebrates life
and the race we love.

Meet the stars and filmmakers
on the beach
at the HTC Merch tent
and get a signed
DVD or BLURAY
for only \$5.

The movie is also on iTunes and Amazon.



# TIRE SAFETY INCLUDES BRAKES AND ALIGNMENT



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

## DRIVER GUIDE

Driving the course requires just as much planning as walking the race. Follow the instructions included in the Driver Guide to navigate 129 miles with 2,000 other vans in a 36-hour time period.

#### DRIVE COURSE BEFORE THE RACE

- Take note of where all turns are located.
- Identify exchange zones and other areas prone to traffic congestion.
- Identify areas where parking is limited and plan accordingly.
- Take note of potential stop areas where the van can provide walker support.
- Know the locations of food and rest rooms. Don't violate the law by going on private property.
- Locate gas stations, last fuel stop before Seaside is in St. Helens (Leg 18).
- Establish places, (other than exchanges), where your team vans can meet.
- Become aware of areas where vans won't be in contact with their walker and how to deal effectively.
- Cell phone coverage may not be available in all areas (particularly Legs 18-32).

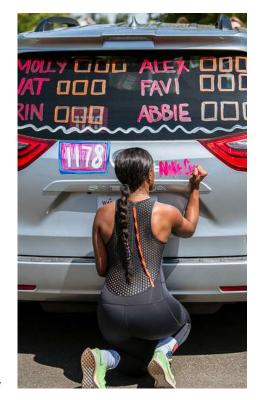


There are at least two areas on the course that will be restricted to one van per team due to narrow roads with limited space for high concentrations of vans.

- Between Exch 18 (Columbia Co. Fairgrounds) and Exch 23 (Nehalem Hwy N, Vernonia)Map shown in handbook (pg 45).
- Between Exch 31 (Olney Grange) and HWY 101 in Seaside (Leg 36). Map shown in handbook (pg 58).

#### FREE TOWING & LOCK-OUT ASSISTANCE

As a service to participants, we've contracted with Allbright Towing for roadside & lock -out services from Portland to Seaside. They can be reached at 503 396 8989. If you are out of cell service, contact your nearest exchange leader who will radio an Allbright Towing truck.





#### RULE REMINDERS

- No team members are allowed to cross highways or streets to give aid. Vans must pull over to that side of road and park.
- No parking/stopping within 500 feet of an exchange! Don't drop off teammates near the exchange zone. 30 minute penalty!
- Vans must obey all parking signage and parking instructions issued by race officials.
- Exchanges are marked with yellow paint on paved roads and pink flagging along gravel roads.

#### KNOW YOUR ROUTE! **CUT FOR EASY DIRECTIONS IN YOUR POCK**

#### **LEG 13 DIRECTIONS**

Exchange 12 (OMSI Gravel lot at the end of SE 2nd PI)

- Turn **LEFT** ontotheTilikum Crossing walkway ← .10 → 0.14 Turn **RIGHT** onto the Tilikum Crossing
- Turn RIGHT onto SW Bond Ave → 0.61
- Merge RIGHT onto Waterfront Park Trail → 0.83
- ↑ 1.58 Hawthorne Bridge
- Morrison Bridge 个 1.81
- Burnside Bridge 个 2.18
- Steel Bridge ↑ 2.45
- UPRR railway tracks 2.49
- Merge onto SW Nato Parkway from the 个 0.52
- Waterfront Park Trail. **Broadway Bridge** ↑ 2.88
- Continue on Naito Pkwy as it becomes Front 个 3.41
- Ave under Fremont Bridge NW 26th Ave
- ↑ 4.62 5.21 Exchange 13 (Front Ave - Georgia Pacific)

#### **LEG 17 DIRECTIONS**

- 0.00 Exchange 16 (Scappoose High
- 0.10 High School Way/HWY 30
- → 0.12 Turn RIGHT onto HWY 30 ← 5.23 Turn LEFT onto Church Rd

  - 5.32 Exchange 17 (Warren Baptist Church)

#### **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)

- 0.00 Exchange 17 (Warren Baptist Church)
- → 1.30 Turn RIGHT onto Hazen Rd
- ↑ 2.33 Continue onto Bennett Rd
- ← 2.75 Turn LEFT onto S Bachelor Flat Rd
- → 4.03 Turn RIGHT to stay on Saulser 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 14 DIRECTIONS** 

6.04 Exchange 14 (Marina Way/HWY 30)

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 1

↑ 4.14 Germantown Rod 5.19 Linnton Lighthouse Inn

↑ 3.74 St. Johns Bridge

- 1.55 Sauvie Island Bridge
- 3.34 Burlington Tavern
- 3.87 Water Station 🚺
- ↑ 3.93 Cornelius Pass Rd
- ↑ 4.92 Logie Trail
- - Station

#### **LEG 18 DIRECTIONS**

- ← 3.75 Turn LEFT onto Saulser Rd
- - 4.13 Exchange 18 (Columbia County Fairgournds)

#### **LEG 24 DIRECTIONS**

- 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)

#### **LEG 15 DIRECTIONS**

- 0.00 Exchange 14 (Marina Way/HWY 30)

- ↑ 6.16 Wildwood Golf Course
  - Exchange 15 (Rocky Point Weigh

#### **LEG 19 DIRECTIONS**

- 0.00 Exchange 18 (Columbia County Fairgrounds)
- 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)

#### **ILEG 25 DIRECTIONS**

- 0.00 Exchange 24 (Mist HWY 202)
- 1.19 Nehalem River Bridge
- ↑ 1.76 Mist/Birkenfield Fire Station
- 3.10 Fishhawk Rd
- Exchange 25 (Birkenfield Community Church) 3.80

#### **LEG 16 DIRECTIONS**

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

#### 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 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 21 DIRECTIONS**

- 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

#### **LEG 27 DIRECTIONS**

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

2.28 House on left with many old cars 5.06 Exchange 21 (Schaffer Rd)

#### **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** ↑ 2.42 m.p. 23 sign **LEG 30 DIRECTIONS**

#### 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)
- 0.00 Exchange 28 (HWY 202 m.p. 25.3)
- 0.33 Lee Wooden Park on left (m.p. 24.9)

↑ 3.37 m.p. 16 sign

- 3.47 Crest of hill (m.p. 21.8)
  - 5.97 Exchange 29 (HWY 202 m.p. 19.4)

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

3.53 Nehalem River Bridge (m.p. 15.8)

5.32 Exchange 30 (Astoria - HWY 202)

#### 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
- **I**← 4.08 Turn **LEFT** onto Lewis & Clark Mainline
  - 4.12 Exchange 34 (Lewis & Clark Mainline)

#### **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) **1** 2.06
- ↑ 2.67 Lillenas Rd (m.p. 11.3)
- 3.13 Olney Lane
  - Exchange 31 (Coastline Christian Fellowship Church) 3.96

#### LEG 35 DIRECTIONS

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

#### **LEG 32 DIRECTIONS**

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

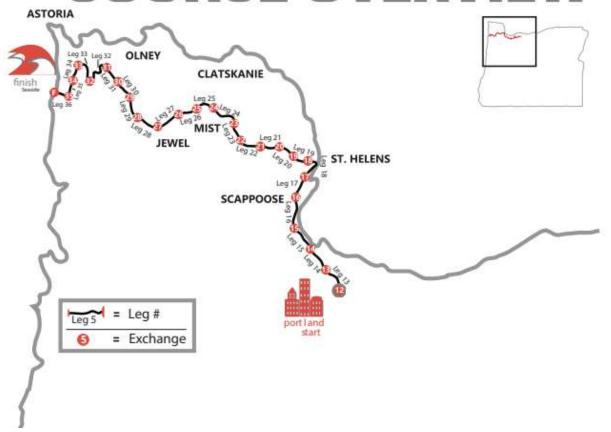
#### **LEG 36 DIRECTIONS**

- Exchange 35 (Lewis & Clark Mainline)
- ↓ ← 0.79 Turn LEFT onto Lewis & Clark Rd
- "The Retreat" condos 个 2.75
- ← 3.12 Turn **LEFT** onto Wahanna Rd
- → 3.75 Turn **RIGHT** onto 12th Ave
- → 3.94 Turn RIGHT onto movie theatre parkina lot
- 14th Ave/HWY 101 (Temporary pedestrian bridge) ↑ 4.05
- ← 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!

#### DID YOU KNOW?

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

## **COURSE OVERVIEW**

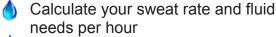


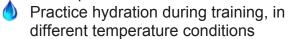
SIV.

= Little/No Shade = Quiet Zone E = Easy H = Hard  Considerable Elevation Gain/Loss = Gravel (possible dust) M = Moderate VH = Very Hard											
1st Leg				2ndLeg		Totals/Rankings					
Van	Runner	Leg#/Remark	Mileage	Ra ng	Leg#/Remark	Mileage	Ra ng	Total Miles	Mileage Ranking	Rela ve Difficulty	Difficulty Ranking
Van 1	1	13	5.21	E	25	3.80	E	9.01	11	7.99	11
Van 1	2	14	6.04	M	26	5.65	Н	11.69	3	13.42	4
Van 1	3	15	7.25	Н	27	6.36	М	13.61	1	15.70	1
Van 1	4	16	3.92	E	28	3.83	Е	7.75	12	7.75	12
Van 1	5	17	5.32	М	29	5.97	VH	11.29	5	13.61	3
Van 1	6	18	4.13	Н	30	5.32	M	9.45	10	10.80	10
Van 2	7	19	5.89	VH	31	3.96	М	9.85	9	12.01	8
Van 2	8	20 😽 済	5.75	VH	32	4.20	M	9.95	8	12.10	7
Van 2	9	21	5.06	М	33	7.72	Н	12.78	2	14.83	2
Van 2	10	22	6.70	Н	34 💥 🕡	4.12	Е	10.82	6	12.16	6
Van 2	11	23	4.23	E	35	7.07	Н	11.30	4	12.71	5
Van 2	12	24	4.87	E	36 💥 🕅	5.03	М	10.06	7	11.10	9

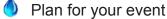
### MANAGING HYDRATION For Relay Events

#### STRATEGIES:

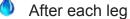




- If < 60 min, water is sufficient</li>
- If > 60 min, use sports drink or water + gel/blocks/beans
- Use a hand-held water bottle, waist pack, or hydration vest



- Purchase and prep drinks for each leg of the relay
- Extra fluid needed for hot temps and high elevations



 Replace electrolytes, carbs, and protein (goal 15-20 grams), replenishing fuel stores for next segment



#### **Sports Drink**

- Can be consumed while exercising
- Replaces electrolytes after workout/ event



#### **Protein Shake**

- Consume after exercise
- Replaces protein, carbs, and electrolytes after workout/event

#### Symptoms of Heat Exhaustion

- Excessive sweating
- Nausea/vomiting
- Cold, clammy, pale skin
- Dizziness Headache
- Muscle cramps
- Rapid pulse

#### Calcu

#### Calculating Sweat Rate:

- · Urinate, then weigh yourself unclothed
- Exercise for 1 hour (if possible, avoid drinking or urinating)
- · Re-weigh yourself unclothed

Pre-exercise weight - Post-exercise weight = Weight lost during 1 hr of exercise

- Each pound lost = 16 oz fluid
- Example: 150.0 lb pre weight

-147.2 lb post weight

-2.8 lb x 16 oz = 45 oz fluid lost per hour while exercising

#### **Hydration Science**

Most people know about sodium, but sweat also contains magnesium and potassium, which are important in maintaining fluid balance and muscle function. A lack of either mineral can worsen the symptoms of dehydration and cause extreme muscle cramps. Good sources include:

**Magnesium:** Leafy greens, almonds, pumpkin seeds, tofu, flaxseeds

**Potassium:** Bananas, pomegranate juice, beets, tomatoes, oranges

#### **Hydration Status Guide**

Hydrated Dehydrates

Urine color can be used to determine hydration level. The darker the urine, the more dehydrated you are. The goal is a pale yellow color.

#### Symptoms of Dehydration

- Extreme thirst
- Very dry mouth, lips, eyes
- Dark yellow, odorous urine
- Irritability
- Dizziness
- Confusion
- Lack of sweating
- · Rapid breathing/heart rate



#### 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."

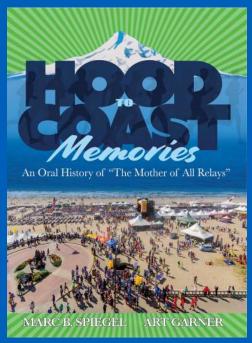
-Geli Heidelberger, Run Oregon Bookshelf

"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.



# 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

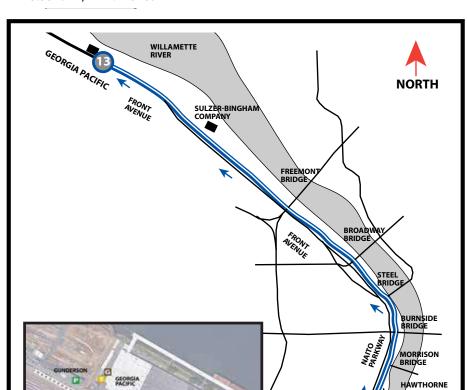


### 5.21 MI | EASY

LEG DESCRIPTION: Slight incline over the Tilikum Crossing followed by flat terrain alongside the Willamette River, Portland Waterfront and 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

### Walk on right side of the road.

- 0.00 Exchange 12 ( OMSI Gravel lot at the end of SE 2nd Pl)
- ← 0.10 Turn **LEFT** onto the Tilikum Crossing walkway
- → 0.14 Turn **RIGHT** onto the Tilikum Crossing
- → 0.61 Turn **RIGHT** onto SW Bond Ave
- → 0.83 Merge **RIGHT** onto Waterfront Park Trail
  - 1.58 Hawthorne Bridge
  - 1.81 Morrison Bridge
  - 2.18 Burnside Bridge
  - 2.45 Steel Bridge
  - 2.49 UPRR railway tracks
- ↑ 0.52 **Merge** onto SW Nato Parkway from the Waterfront Park Trail.
  - 2.88 Broadway Bridge
- ↑ 3.41 Continue on Naito Pkwy as it becomes Front Ave under Fremont Bridge
  - 4.62 NW 26th Ave
  - 5.21 Exchange 13 (Front Ave Georgia Pacific)

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

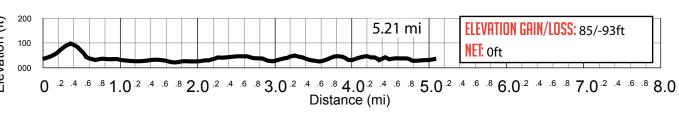
- 0.0 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)
- ← 0.1 Turn **LEFT** onto Water Ave
- ← 0.4 Turn **LEFT** onto Hawthorne Blvd (Hawthorne Bridge)
- → 0.9 Take **RIGHT** ramp onto Main St
- → 1.2 Turn **RIGHT** onto 2nd Ave
- → 1.3 Turn **RIGHT** onto Salmon St
- ← 0.8 Turn **LEFT** onto Naito Pkwy/Front Ave
  - 5.2 Exchange 13 (Front Ave Georgia Pacific)

### **EXCHANGE NOTES**

Parking: West side of Georgia Pacific lot just before Exchange 13.

Provisions: No

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



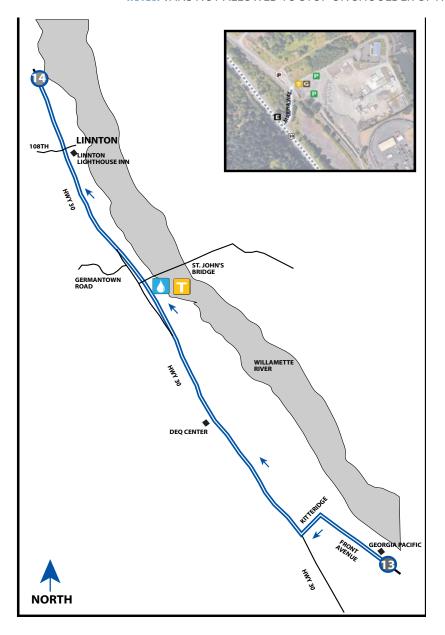


### 6.04 MI | MODERATE

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

**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

Walk on right side of the road.

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

#### **EXCHANGE NOTES**

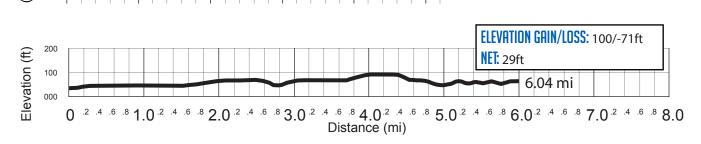
Parking: To the right, off HWY 30 near Marina Way in large Knife River fenced lot.

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

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

Provisions: No.

Fuel: No (nearest fuel - Linnton)



### 7.25 MI | HARD



NAMED AFTER: KAREN S.

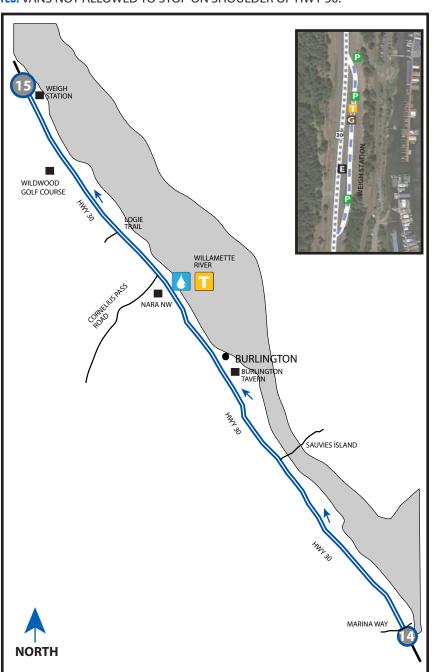


**LEG DESCRIPTION:** Gently rolling terrain on paved shoulder along HWY 30.

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**

### Walk on right side of the road.

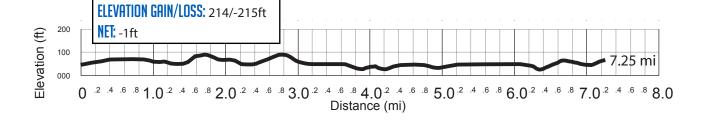
- 0.00 Exchange 14 (Marina Way/HWY 30)
- ↑ 1.55 Sauvie Island Bridge
- ↑ 3.34 Burlington Tavern
- ↑ 3.93 Cornelius Pass Rd
- N 4.92 Logie Trail
- ↑ 6.16 Wildwood Golf Course
  - 7.25 Exchange 15 (Rocky Point Weigh Station)

#### **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)



#### NAMED AFTER: JILL B.



### 3.92 MI | EASY

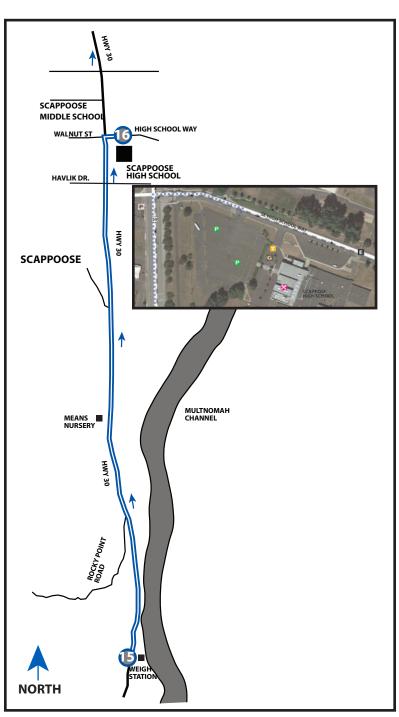


LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.

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**

Walk 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**

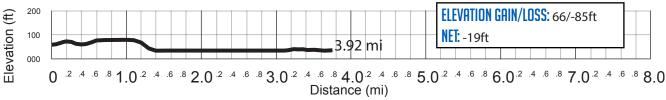
Parking: At Scappose High School parking lot on right.

Provisions: Restaurant 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





### 5.32 MI | MODERATE

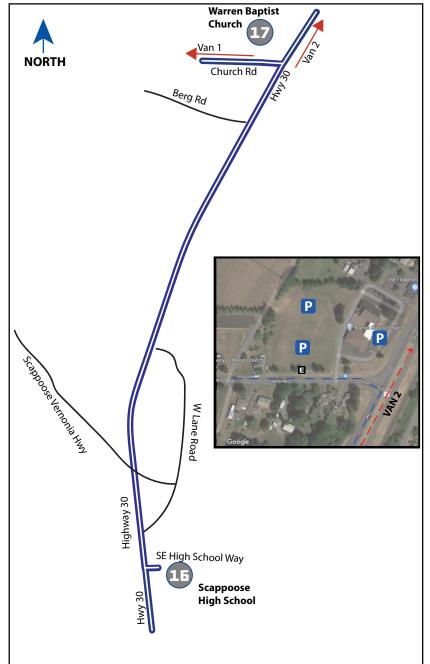


LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.

EXCH 17 ADDRESS: Warren Baptist Church, 56799 Columbia River Hwy, Warren, OR 97053

GPS:45°49'8.99"N, 122°51'2.81"W

NOTES:



#### PARTICIPANT AND VAN 1 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 (Participants cross to other side of Hwy 30 with crosswalk and guidance from flaggers only)
- ← 5.23 Turn LEFT onto Church Rd
  - 5.32 Exchange 17 (Warren Baptist Church)

#### **EXCHANGE NOTES**

Provisions: Yes, in town of St. Helens Fuel: Yes (Fuel up!)

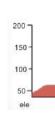


It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



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

ELEVATION GAIN/LOSS: 106/-88 ft NET: 18 ft



#### NAMED**hamer:aficeren**erry D.



### **MAJOR VAN EXCHANGE**

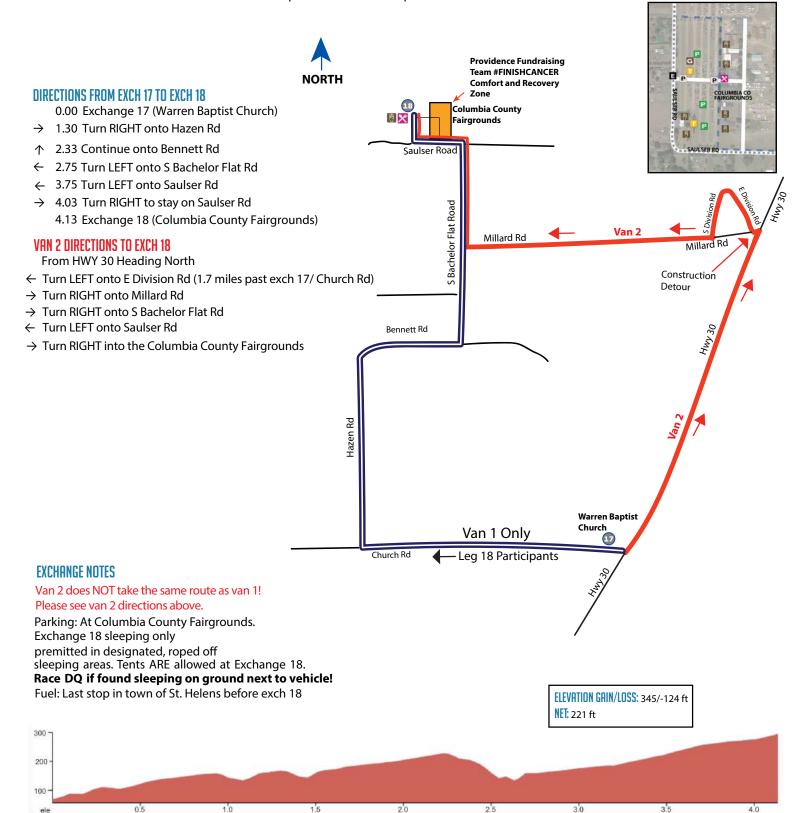


LEG DESCRIPTION: Flat and gradual uphill terrain on HWY 30 and paved backcountry roads.

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.



### **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**

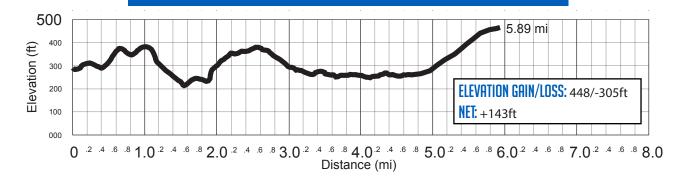
Parking: In field on the left. **No vans on right side of the road near exchange or blocking neighbor driveways.** 

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.



#### NAMED AFTER: STEVE B.

### 5.75 MI | VERY HARD



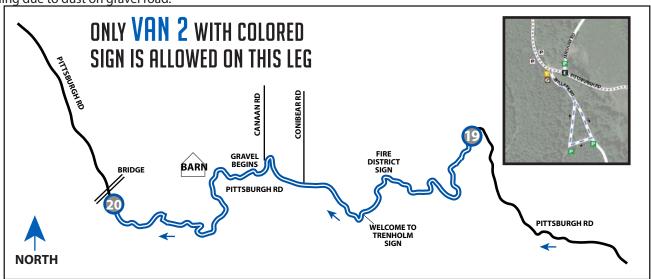


LEG DESCRIPTION: Very challenging up and downhills on partially paved and gravel backcountry roads. EXCH 20 ADDRESS: 9.75 mi on Pittsburgh Rd (near Janshaw Rd). St. Helens, 97051

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)

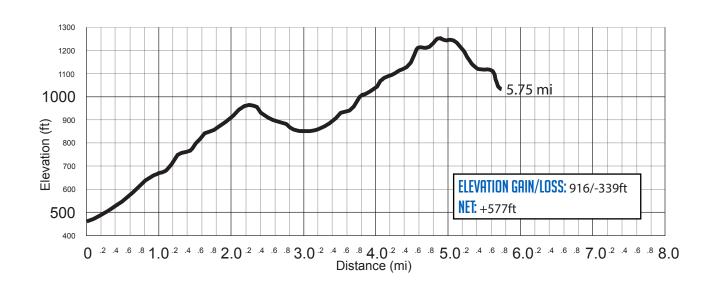
Highly encouraged to wear high visibility clothing (no dark colors), and for nonparticipating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

### **EXCHANGE NOTES**

Parking: On Willark Rd to the left of exchange.

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

Provisions: No Fuel: No





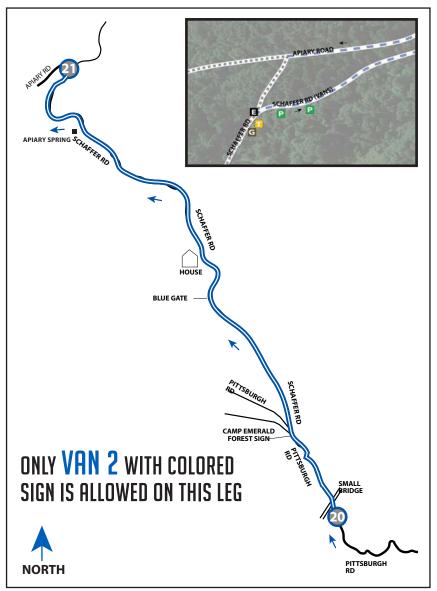
### 5.06 MI | MODERATE

**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.

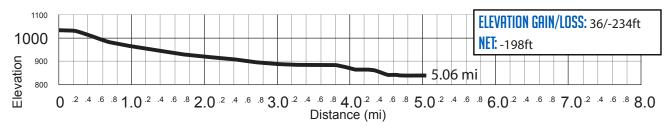
Do not drop walker off near exchange (causes immediate back-up).

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.





### 6.70 MI | HARD

NAMED AFTER: BRUCE H.

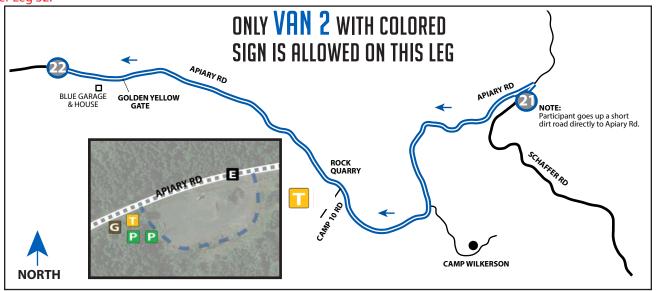


LEG DESCRIPTION: Gradual up and downhills on paved but narrow backcountry roads.

**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
- ↑ 3.77 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**

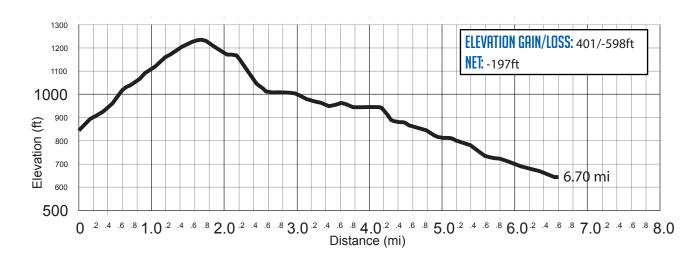
Parking: In large field on left side of Apiary Rd.

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)





#### NAMED AFTER: CHRIS V.W.



### VAN 2

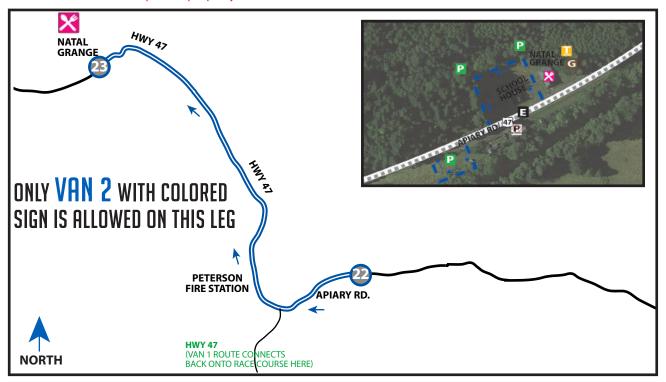
### 4.23 MI | EASY

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 Gwalkedge)

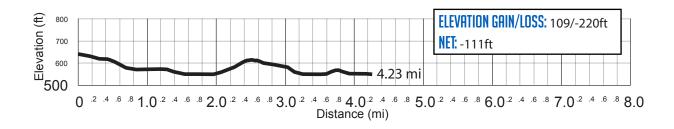
#### **EXCHANGE NOTES**

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

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

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





### MAJOR VAN EXCHANGE 4.87 MI | EASY

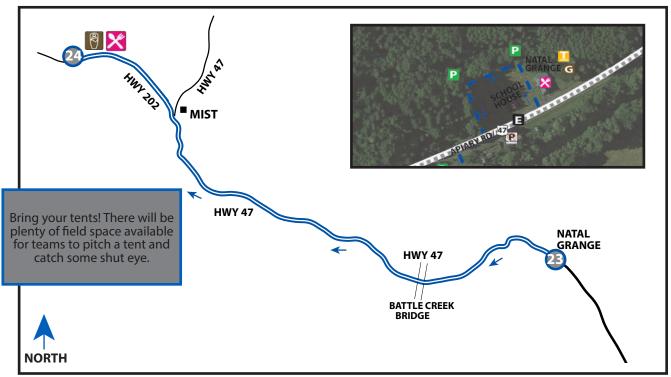


LEG DESCRIPTION: Flat terrain along Nehalem River and through pastoral setting on HWY 47 and HWY 202.

**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 walker 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!

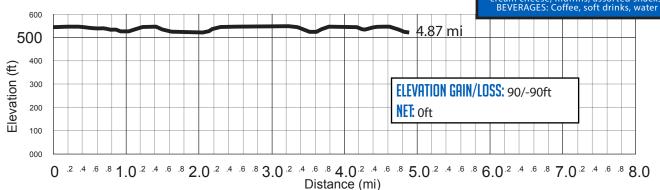
Provisions: Course Fundraiser

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: VALERIE S.



### VAN 1

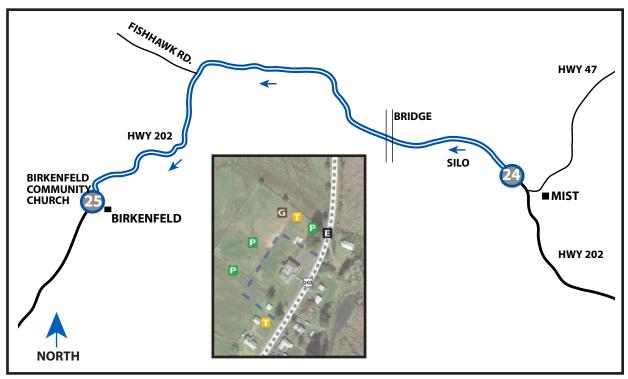
### 3.80 MI | EASY

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 church lot on on right side of the road. Exchange is on left. During high congestion, Exchange 25 parking is limited to **VAN 1 ONLY.** 

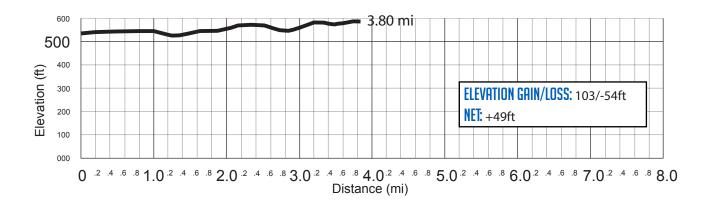
Provisions: The Birk Restaurant

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 and turkey wraps, cookies, brownies, muffins BEVERAGES:Coffee



### 5.65 MI | HARD

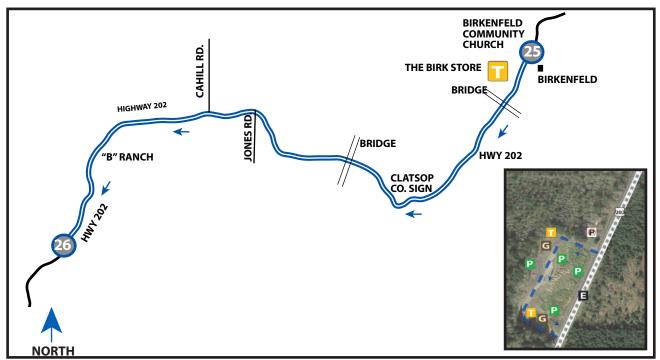
NAMED AFTER: BOB H.

**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)

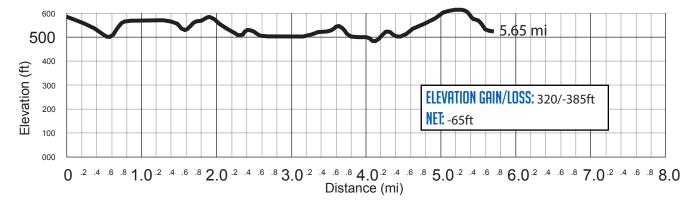
### **EXCHANGE NOTES**

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





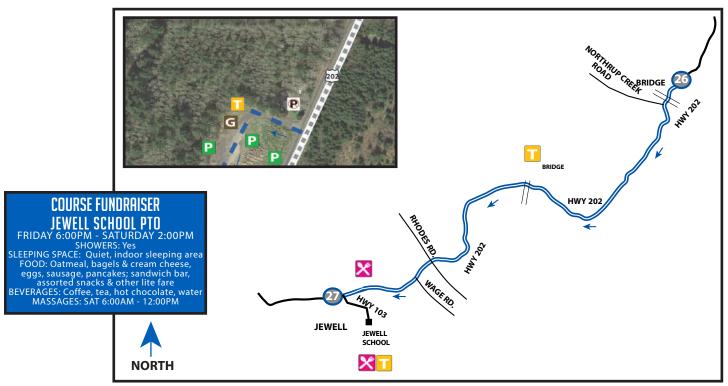


### 6.36 MI | MODERATE

**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 Nehalem River Bridge
- ↑ 5.11 Rhodes Rd
- ↑ 5.46 Wage Rd
- ↑ 6.30 HWY 103
  - 6.36 Exchange 27 (Jewell HWY 202)

### **EXCHANGE NOTES CONTINUED**

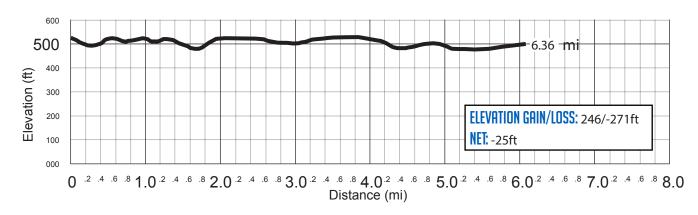
Provisions: Course Fundraisers Fuel: No

COURSE FUNDRAISER
ELSIE VINEMAPLE FIRE & RESCUE
FRIDAY 6:00PM - SATURDAY 12:00PM

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

(25

NAMED AFTER: TOM J.

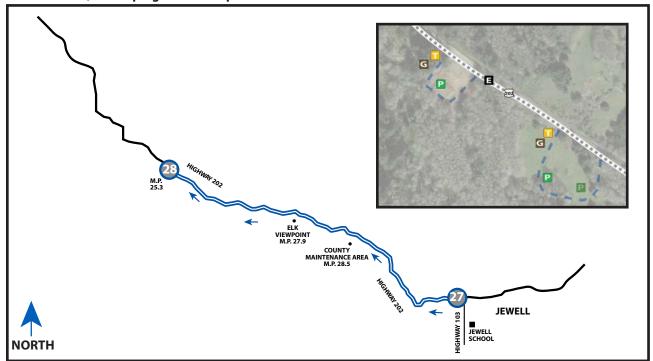
LEG DESCRIPTION: Gradual uphill on paved road. Narrow HWY with limited shoulder.

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

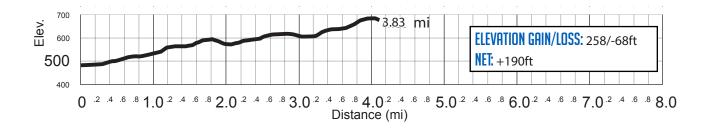
3.83 Exchange 28 (HWY 202 m.p. 25.3)

### **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 WALKERS. IMMEDIATE DQ.





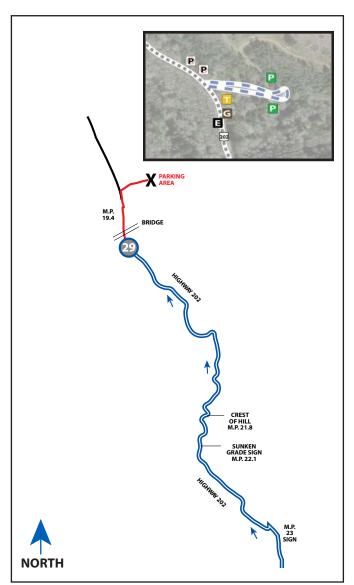
### VAN 1 5.97 MI | VERY HARD

**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**

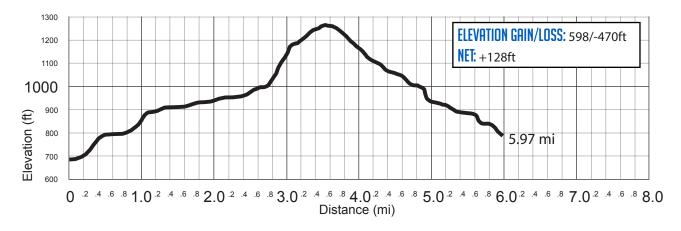
#### **HIGH CONGESTION EXCHANGE - be prepared!**

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

Only next walker 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 walker reaches the pickup area. Once called, drive to pickup area. Pull all the way forward, pick up your walker and head to exchange 30.

Provisions: No Fuel: No



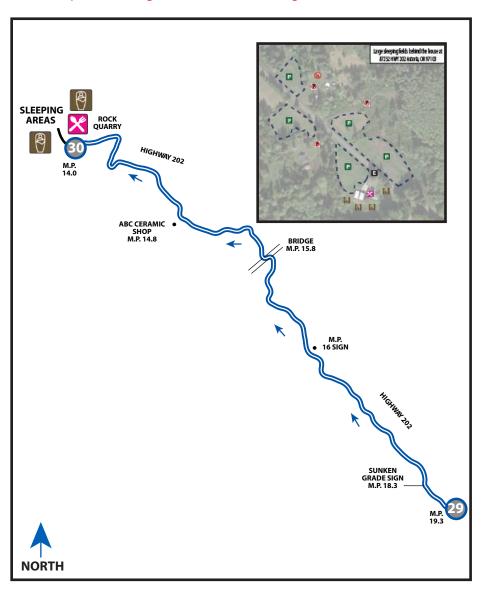
30

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.

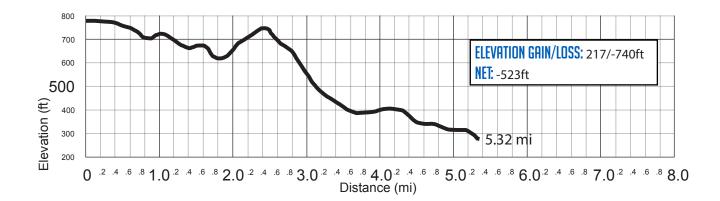
Do not drop walker off near exchange (causes immediate back-up).

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.

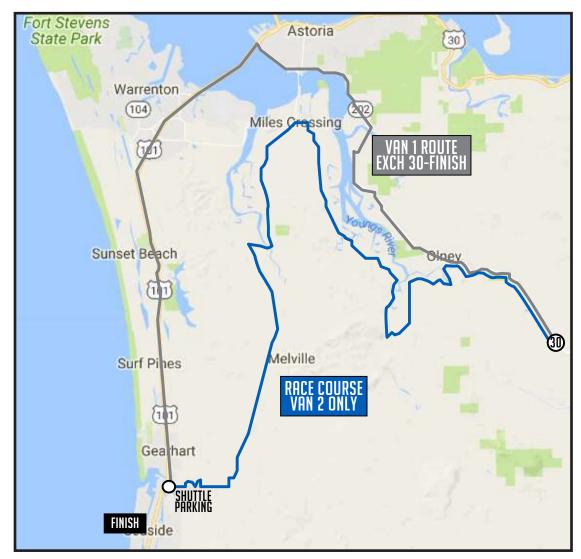
Provisions: Course Fundraiser Fuel: No (nearest fuel - 13miles on HWY 202 into Astoria)

### COURSE FUNDRAISER OCAL COMMUNITY FAMIL

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

The Finish is on the beach at the end of Broadway St (commonly called "the turnaround/prom") in Seaside. See Seaside Parking Map, pg 67 for parking options. Park and meet your anchor walker one block north of the turnaround on the beach where Oceanway Ave deadends at the beach.

### 3.96 MI | MODERATE



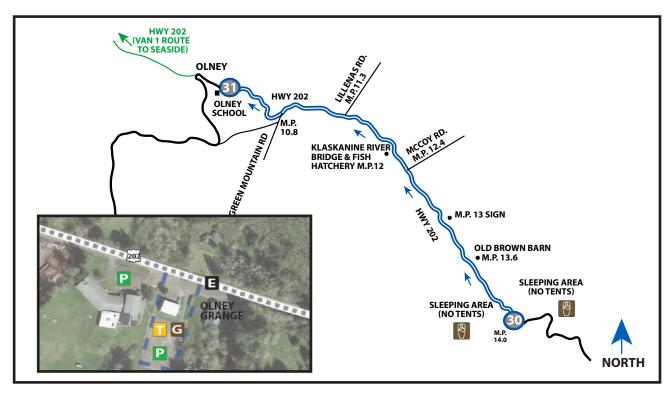


LEG DESCRIPTION: Gradual hills on narrow paved back country road.

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)

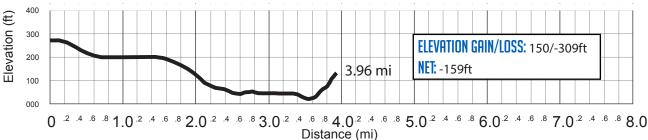
- ↑ 0.85 m.p. 13 sign
- 1.56 McCoy Lane
- 2.06 Klaskanine River Bridge and Fish Hatchery (m.p. 12)
- 2.67 Lillenas Rd (m.p. 11.3)
- 3.13 Olney Lane
  - 3.96 Exchange 31 (Coastline Christian Fellowship Church)

### **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)

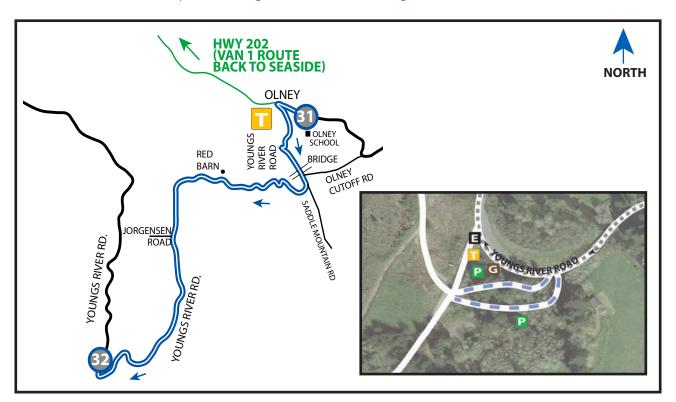




### 4.20 MI | MODERATE

**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)

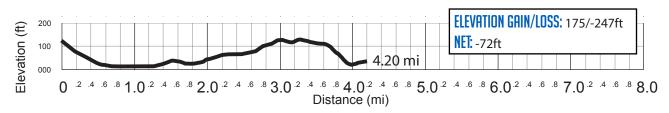
#### **EXCHANGE NOTES**

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 58)



**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

### **NORTH** EWIS AND LARK RD EWIS AND CLARK SCHOOL X WIRELESS ROAD DOW ROAD BINDER SLOUGH HOWARD JOHNSON ROAD TUCKER CREEK ROAD PETER JOHNSON ROAD

RED BARN

YOUNGS RIVER FALLS

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

- 0.00 Exchange 32 (Youngs River Falls)
- 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)

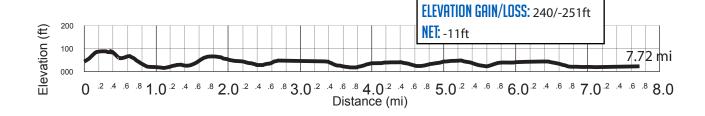
#### **EXCHANGE NOTES**

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



WHITE



### 4.12 MI EASY 😂 🙆



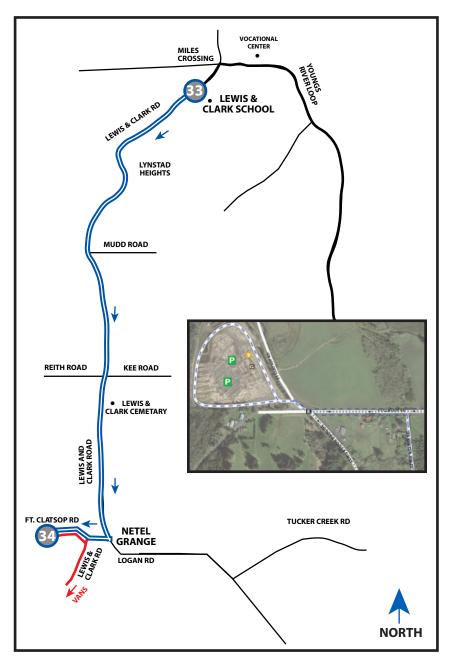


LEG DESCRIPTION: Very short leg in length with gently rolling hills along paved country roads.

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

GPS: 46.104487, -123.866126

**NOTES:** 



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

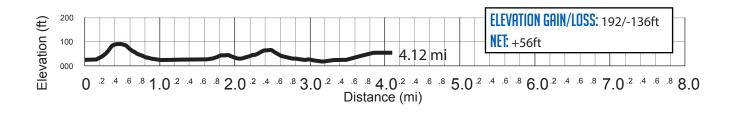
- 0.00 Exchange 33 (Lewis & Clark School)
- 0.61 Lynstad Heights
- 1.82 Mudd Rd
- 2.43 Kee Rd/Reith Rd
- 2.66 Lewis & Clark Cemetery
- 3.32 Turn RIGHT onto Lewis & Clark Rd
- 3.43 Turn **RIGHT** onto Fort Clatsop Rd
- 4.08 Turn **LEFT** onto Lewis & Clark Mainline
  - 4.12 Exchange 34 (Lewis & Clark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



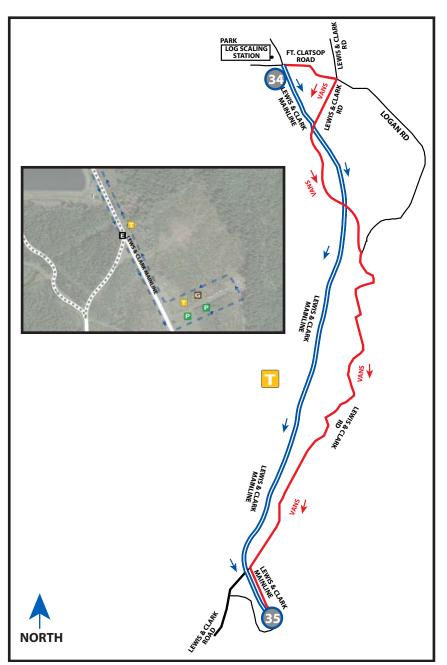


LEG DESCRIPTION: Gently rolling terrain along a combination of paved and gravel roads.

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
- ↑ 6.43 Lewis & Clark Mainline
  - 7.07 Exchange 35 (Lewis & Clark Mainline)

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

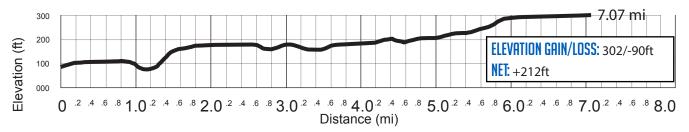
- 0.00 Exchange 34 (Lewis & Clark School)
- 0.00 Head southeast on Fort Clatsop Rd
- → 0.67 Slight **RIGHT** onto Lewis & Clark Rd
- ← 7.58 Turn **LEFT** onto Lewis & Clark Mainline
  - 8.1 Exchange 35 (Lewis & Clark Mainline)

#### **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



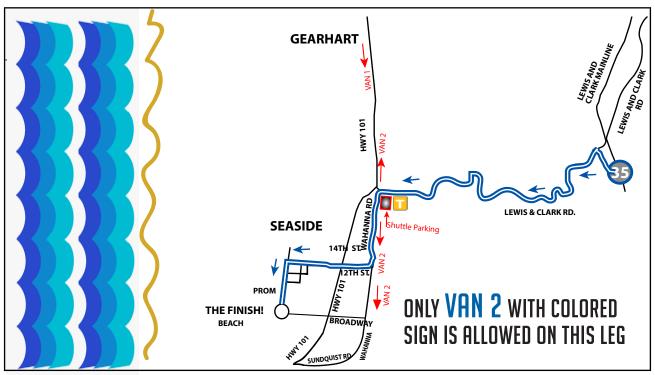


### VAN 2 5.03 MI | MODERATE

**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



#### **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
- → 3.73 Turn **RIGHT** onto 12th Ave
- ↑ 3.97 Wait until crosswalk light, then continue STRAIGHT on 12th Ave sidewalk (xing against crosswalk signal may result in DQ)
- ← 4.47 Turn **LEFT** onto Promenade
  - 5.03 FINISH on sand at turnaround!

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

#### **FINISH NOTES**

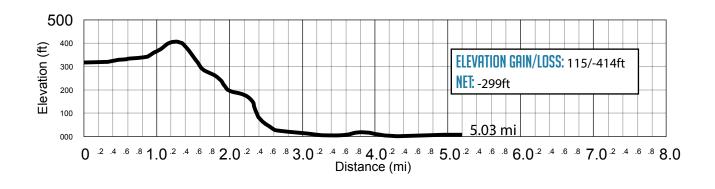
Parking: See page 80 for driving directions and parking maps.

Provisions: Food & beverage on the beach, nearby Seaside restaurants, live music & a laser light show in the evening

Fuel: Yes

Recycling, ATM, basic first aid within Beach Party. See pages 10 & 11 for mnore on festivities and entertainment!

Open containers on promenade are not allowed.



# NASTE PREVENTION #RACEMOREWASTELESS

### AVOID WASTE, SKIP THE PLASTIC RECYCLING IS GOOD, AVOIDANCE IS BETTER.

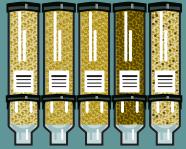
**USE A REFILLABLE WATER JUG & BOTTLE** 



### **DID YOU KNOW?**

A 7 gallon jug eliminates the need for 52.5 single use water bottles. Bring one 7 gallon jug or two 5 gallon jugs per van to keep your team hydrated.

### **BUY SNACKS IN BULK**



Rather than individually wrapped items.



Better yet make your own snacks and pack in a reusable container.

### **DOWNLOAD** THE HTC APP



....to eliminate the need for printing an additional handbook and to view the HTC Recycling Sorting Guide.

### PLAN FOR RECYCLING

RUN. SLEEP. **SORT.** REPEAT.

Let's get recycling right. Use this guide to separate your recycling from landfill bound trash at exchange points. Want to take it to the next level? Avoid bringing items on the landfill list where possible..

#### **GET YOUR SORTING GUIDE:**

Download: Hoodtocoastrelay.com/htc/sustainability If every team does their part, we can achieve tremendous results!





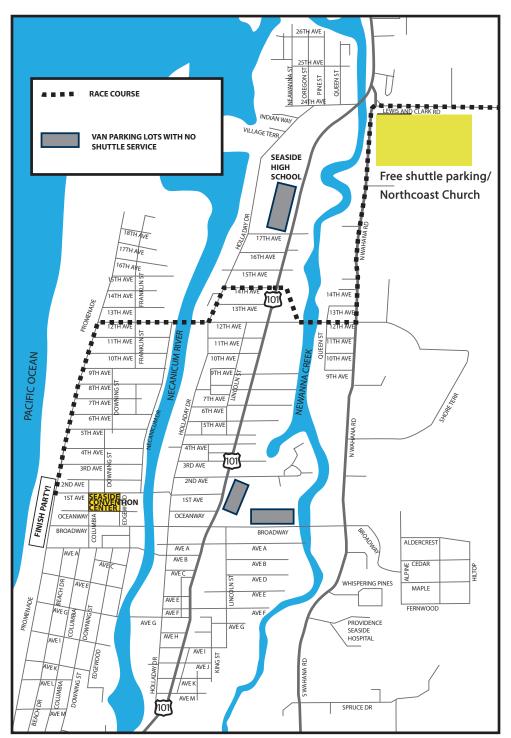
# RACE TO YOUR NEXT DESTINATION.

After you finish the race, it's time to start relaxing! With the most nonstops from the West Coast, we'll get you to your next vacation safely and on time.



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### DIRECTIONS TO SEASIDE AVAILABLE PARKING



### DRIVING DIRECTIONS

Vans follow walker route until reaching Wahanna Rd/HWY 101. Vans must turn RIGHT onto HWY 101. The best place to turn around is about 0.9 miles north at the Pacific Way signal light. Proceed to available parking.

COURSE FUNDRAISER
BROADWAY MIDDLE SCHOOL
SATURDAY 6:00AM - 3:00PM
SHOWERS: \$5 (includes shampoo/
conditioner, towels available for \$5)

PARKING LOTS

**Broadway Middle School** - 1120 Broadway St, Seaside, OR 97138 **Broadway Park** - 1300 Broadway St, Seaside, OR 97138 **Seaside High School** - 1901 N Holladay Dr, Seaside, OR 97138

SHUTTLE SERVICE [FREE]-Runs every 15 minutes to Convention Center from Northcoast Family Fellowship Church

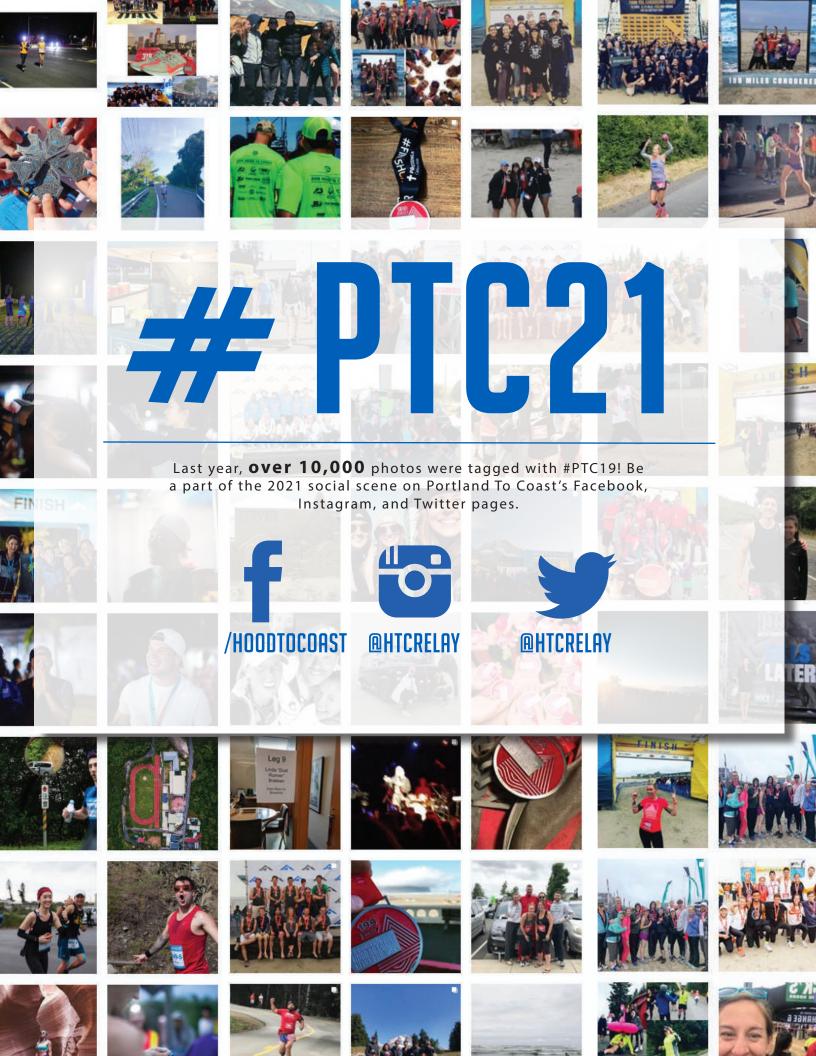
# 2021 COMMITMENT TO PORTLAND TO COAST TRAFFIC SAFETY

To keep the roads safe for all 17,400 participants, team vehicles and community residents, we annually partner with law enforcement to create a 'Safety Agreement' that all teams must follow. 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 safely!** 

This agreement must be signed online prior to the race within the HTC App by one teammate in order to proceed to the start line and begin Leg 1.

The Portland To Coast 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 law enforcement at all times. (HTC/PTC 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 walkers. (Vehicles are required by law to be over the fog line and not in traffic lanes. Walkers 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 roadway 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 walker.
- 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 rest rooms and porta-potties, exclusively at all times.
- Except in an emergency, all drivers shall obey Oregon's cell phone law. Avoid distractions -no texting. Use hands-free devices.



### **2019 RESULTS & RECORDS**

			Min age of all walkers is 50.		
			Course Record		
WOMEN'S OPEN			2019 Results 1 Classic Soul	27:59:22.0	12:56
Any age, at least one walker under 30.					
Course Record Six Pistols (2009)	21:45:37	10:07	MEN'S CHAMPION MASTERS		
2019 Results 1 Road Rage	26:23:45.5	12:11	Average age of all participants is 60	22.10.20	10.15
<ul><li>2 Tic Tac Toes</li><li>3 The Original Sweet Soles</li></ul>	27:36:19.5 29:16:59.5	12:45 13:31	Course Record Marin Super Seniors (2015) 2019 Results 1 Racewalkers Northwest - No Fun Intended - Mas-	<i>22:10:39</i> 26:50:39.1	<i>10:15</i> 12:24
4 Marga-Relay-Ville	29:18:33.0	13:32	2 SCATTY	30:50:56.8	14:15
5 Flashy Fannies	29:25:47.3	13:35	3 Walkers To Walkers	33:51:10.0	15:38
6 Ctr Walkers	29:36:24.4	13:40			
WOMEN'S SUBMASTERS					
Min age of all walkers is 30.					
Course Record Soleful Strutters (2018)	25:40:4	11:52	CORPORATE MEN'S OPEN		
2019 Results 1 Manic Mommies 2 Thee Dangerous Curves	26:35:11.3 26:53:37.1	12:17 12:25	Any age, ALL from the SAME business.  Course Record Trekking Tekkies (2010)	23:33:05	10:57
3 Toejammin	27:59:40.8	12:56	2019 Results 1 Trekking Tekkies	25:20:19.2	11:42
4 Will Walk 4 Wine	28:18:29.0	13:04	2 Kennedy Restoration	27:03:41.6	12:30
5 Sole M8s 6 Walkers For Knockers	28:29:28.5 28:33:14.3	13:09 13:11	3 Walking Q R S 4 Rohde In Shorts	27:34:26.8 29:12:09.4	12:44 13:29
o waikeis for Milockeis	20.55.14.5	13.11	5 Never A Dull Moment	30:06:13.7	13:54
WOMEN'S MASTERS					
Min age of all walkers is 40.  Course Record RWNW-Ero-Feet (2001)	22:14:58	10:21	MIXED OPEN		
Course Record RWNW-Ero-Feet (2001) 2019 Results 1 Rockbottoms	25:55:26.3	11:58	At least half women. Any age,at least one under 30.  Course Record Nike Team Swoosh (1992)	18:22:22	05:32
2 Late For Lattes	27:38:11.3	12:46	2019 Results 1 Between A Walk And A Hard Pace	23:05:23.4	10:40
3 Recycled Firststreet Walkers	28:32:51.7	13:11	2 Road Kill Grill	25:37:29.4	11:50
4 Thick N Thins 5 Spud City Walkettes	29:07:52.3 29:46:20.4	13:27 13:45	3 Slow Motion To The Ocean 4 Franks N Beans	27:02:23.6 27:54:09.3	12:29 12:53
5 Spud City Walkettes	27.40.20.4	13.43	5 Sole Survivors	27:55:12.7	12:54
WOMEN'S SUPERMASTERS			6 Red Hot Chili Steppers	28:23:48.1	13:07
Min age of all walkers is 50. Course Record I'm With Stupid (2008)	24:57:44	11:37	MIXED SUBMASTERS		
2019 Results 1 Sarahs Cookies	27:53:00.2	12:53	At least half women. Min ages of all walkers is 30.		
2 Quick Chicks	28:26:56.6	13:08	Course Record Foots Loose (2019)	25:47:16.9	11:55
3 We Are Goin In	29:12:05.6	13:29	2019 Results 1 Foots Loose	25:47:16.9	11:55
<ul><li>4 Htc Training Team Seas The Day</li><li>5 The Bees</li></ul>	29:54:39.2 31:08:32.2	13:49 14:23			
5 IIIe Sees	3.100.52.12	25	2 Soleful Strutters	27:06:26.2	12:31
WOMEN'S CHAMPION MASTERS			3 Big Bens Walkers	28:16:37.9	13:04
Average age of all participants is 60  Course Record Street Walkers (2018)	26:30:21	12:15	<ul><li>4 When The Going Gets Tough Wine</li><li>5 The Greatful Dead Feet</li></ul>	29:17:56.4 30:09:06.9	13:32 13:55
2019 Results 1 Untethered Soles	27:59:55.9	12:56	6 If This Vans A Walkin Dont Bother Knock-	30:23:23.0	14:02
2 The Salty Mermaids	28:54:30.8	13:21			
3 Mypace 4 Eight Golden Girls	30:16:53.0 31:41:46.2	13:59 14:38	MIXED MASTERS		
5 Spring Chicks	32:10:48.8	14:52	At least half women. Min age of all walkers is 40.		
CORPORATE WOMEN'S OPEN	32.10.10.0		Course Record		
Any age, ALL from the SAME business.  Course Record Sole Phenomenon (2010)	25:46:55	11:59	2019 Results 1 Out To Lunch 2 Souls In Training	27:22:10.7 28:47:14.8	12:38 13:18
2019 Results 1 Sole/soul Burners	31:16:39.0	14:27	3 Walk Now Wine Later	29:00:38.2	13:24
			4 Fortunate To Finish	29:20:04.0	13:33
			5 Buns And Roses	29:35:40.8	13:40
			6 Mr Toads Wild Ride	29:50:56.4	13:47
			MIXED SUPERMASTERS		
			At least half women. Min age of all walkers is 50.		
			Course Record Beware-A-Sierra's Silver Streak (2010) The B-50 Toos	22:11:40 29:40:24.3	<i>10:19</i> 13:42
			Procrastinators	31:24:36.8	14:30
			Legs A Gogo	32:56:53.6	15:13
MEN'S OPEN			The Walking Dead  MIXED CHAMPION MASTERS	33:09:46.8	15:19
Any age, at least one walker under 30.	Time	Pace	At least half women. Average age of all participants is 60		
Course Record The High Fibres (2001)	19:28:53	09:04	Course Record Antiques Roadshow (2019)	23:33:12.1	10:53
2019 Results 1 Loud & Proud 2 Faith Walkers	24:14:41.9 26:51:18.5	11:12 12:24	2019 Results 1 Antiques Roadshow 2 Enlightened Soles	23:33:12.1 26:55:17.0	10:53 12:26
3 Holy Walkamolies 1	27:13:37.2	12:34	3 T-Wrecks The Nike Dinosaura	28:55:12.4	13:21
4 Soléful Masters	29:50:03.8	13:47	4 Bamboozlers	29:03:34.3	13:25
5 Old Geezers And Their Walkers	30:29:42.5	14:05			
			CORPORATE MIXED OPEN		
			Any age, ALL from SAME business, at least half women.		
			Course Record Flav R Pac's Finest (2010)	26:07:49	12:09
			2019 Results 1 Soar Feat 2 Hammer Down Beach Bound	27:01:10.0 28:35:22.9	12:29 13:12
			3 Iron Dragons	28:51:00.0	13:19
			4 T-Wrecks Too 5 Chicago Title & Friends	29:01:25.7 29:02:24.5	13:24
			6 Margaret Thatcher I Still Would	29:02:24.5 29:22:36.7	13:25 13:34
			ga		
			Top Providence Cancer Institute Fundraisers (HTC/PTC)	ć02.000	
			HTC/PTC Record Genworth Financial (2008) 2019 Results 1 Vestas Turbinators	<i>\$83,000</i> \$21,880	
			2 Walk TRILL	\$20,000	
			3 Team Plumb Crazy	\$18,000	
			4 Practical Cruisin' 5 Perspiration Without Representation	\$18,000 \$17,000	
			5 Telsphation Without Representation	717,000	

MEN'S SUPER MASTERS





### THE MOTHER OF ALL B CORPS

**Certified** 









HOOD TO COAST AND THE HTC RACE SERIES IS PROUD TO PIONEER THE WAY AS THE FIRST RUNNING AND SPORTS EVENT COMPANY CERTIFIED AS A B CORP  $^{\text{TM}}$ 





### MAKING YOU BETTER BY ANY MEASURE

If there is one thing that sports and medicine share, it's the desire to get better. Whether you're starting out in sports, competing at a high level or committed to remaining active, Providence Sports Medicine offers a full range of services to nurture and extend your athletic journey.

### **PREPARATION**

- Sports physicals
- Heart screenings

 Youth and community programs

### **RECOVERY**

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- Injury prevention
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- Body composition testing

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**PROVIDENCE** 

Sports Medicine

Our experts are here to help you along the Hood To Coast route. Check out the map on the previous page to see where we'll be.



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