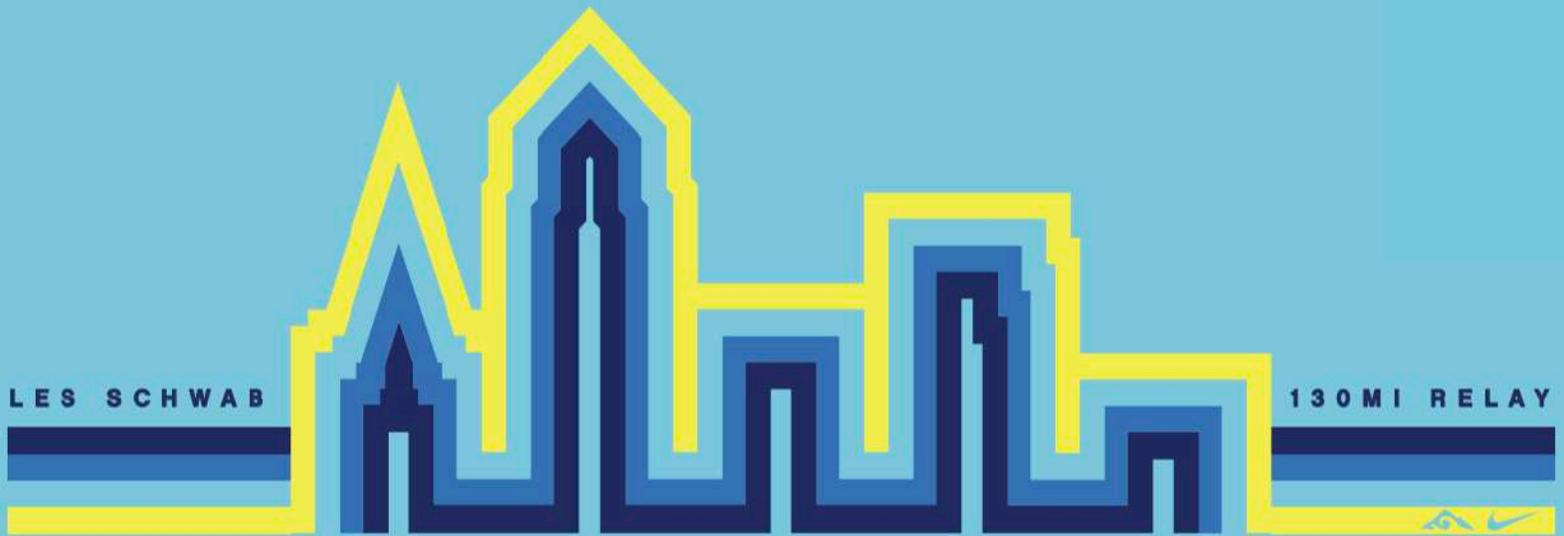


2021 HANDBOOK



PORTLAND TO COAST
CHALLENGE RELAY

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. This 39th adventure from the pinnacle of Mount Hood to the Pacific Ocean beaches has undeniably advanced from its humble beginnings in 1982, with eight teams of friends. Originally with hand-drawn course maps, no porta-potties or permits, and a beach party on picnic tables; HTC has evolved! 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 the natural beauty that make Hood To Coast the storied event it continues to be today. 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 every 5 minutes over 13 hours.
- Contactless Team Check-In via Hood To Coast App.
- Increased portable toilets, hand-washing stations and sanitizers at Start Line, each exchange, and Finish Area.
- Clear, inclusively designed signage, ensuring proper social-distancing at Start, Exchanges, Finish.
- All race official volunteers will be provided with a free new reflective vest to keep and wear at all times during shift.
- Place medal awards distributed contactless from the beach on Sunday, picking up anytime 9:00-11:00am.

OTHER IMPORTANT REMINDERS:

- If you're considered a local team, someone from your crew should pick up your event bag (race shirts, race bibs, partner swag) at the HTC Office **DRIVE THROUGH PACKET PICKUP** (7236 SW Durham Rd #800, Portland, OR 97224) from
 - August 9th: 10am-1pm
 - August 10th: 9am-7pm
 - August 11th: 10am-1pm
 - August 12th: 9am-7pm
 - August 13th: 10am-1pm
- Contactless Team Check-In, Handbook, maps, rules, track your team/timing, and let your friends see your progress if desired. **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.



Felicia Hubber
Chairwoman & Race Director

START THE JOURNEY

ORGANIZERS



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TIRE SAFETY **INCLUDES BRAKES** **AND ALIGNMENT**



*We want to help keep you
and your team safe between legs.*

SCHEDULE YOUR FREE PRE-TRIP SAFETY CHECK AT
[LesSchwab.com](https://www.LesSchwab.com)

RACE PARTNERS

TITLE PARTNER



PRESENTING PARTNER



GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



OTHER PARTNERS



PORTLAND, OREGON



Real Botanicals. Fresh taste.



SPECIAL THANKS TO

EyesOnWheels.org
HoodToCoastMovie.com

Seaside Chamber of Commerce
Amateur Radio Emergency Services

The City of Seaside

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

BEVERAGESHot 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

BEVERAGESHot 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.

BEVERAGESCoffee, 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

MEALS & SNACKS. Oatmeal, bagels & cream cheese, eggs, sausage, pancakes;
sandwich bar, assorted snacks & other lite fare available

BEVERAGESCoffee, 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

MEALS & SNACKS.Breakfast burritos, pancakes, eggs, bacon, cinnamon rolls,
fruit, hamburgers, hotdogs, BLT wraps, cookies

BEVERAGESGatorade, coffee, hot chocolate, water, soft drinks

HOURS—FRIDAY 6:00PM - CLOSE

EXCH 33 @ LEWIS & CLARK ELEMENTARY

Proceeds to benefit Astoria Youth Baseball

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

BEVERAGESCoffee, soft drinks

HOURS—SATURDAY 4:00AM - CLOSE

CAPTAIN'S CHECKLIST

TRAVEL/ACCOMMODATIONS

Plan ahead! PTCC 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!



Fly smart.
Land happy.

VANS AND VAN DECORATION

Teams are encouraged to make a sign for each of their vehicles that reads: "CAUTION: RUNNER 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 runner.

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.



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 Challenge 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 CHALLENGE 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 runner 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 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.

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 PTCC buffs are all available!

PTCC 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 Fellowship Church on leg 36. Larger lots at the Seaside High School and Convention Center should have available parking without shuttle.

Finishing as a Team: Usually, team members run across the Finish Line alongside their anchor runner 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) runner 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 runner 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 runner 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 Challenge welcomes back Century

Catering to the 2021 Finish for a grab & go meal to take with you, this year only due to social distancing.

Beer & Wine: On the beach, in the HTC/PTC Finish area 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: Throughout 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 laser light show 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 #PTCC21 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 65.

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 ran 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 #PTCC21

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



- ✓ TEAM
- ✓ VAN
- ✓ FOOD
- ✓ PLAYLIST
- ✓ PEP TALK

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 sanitizer
- Mobile phone & charger
- Three sets of running clothes
- Running shoes
- Warm-ups
- Change of clothes for beach
- Swimsuit/towels
- Two (2) reflective vests per team
- Two (2) flashlights or headlamps per team
- Spare running shoes, sandals
- Spare shoe laces
- Running 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
- Running GPS or other watch
- Scotch tape (to tape team numbers to van windows)

PRO PACKING TIP

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

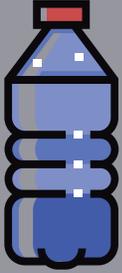


GOLD 100 CLUB

Hood To Coast and Portland To Coast Relay walkers who are verified by HTC staff/four attestors to have runned or run in 100 total legs of HTC or PTCC 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! PTCC has appointed a runner 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



RECYCLING



PLASTIC BOTTLES



PLASTIC JUGS

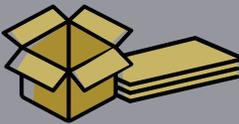


ALUMINUM CANS

FLATTEN & STACK TO THE SIDE



PAPER BOARD



CARDBOARD

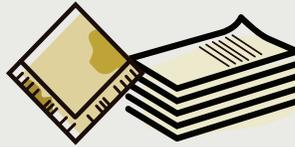
LANDFILL



PLASTIC FOOD CONTAINERS



BAGS AND WRAPPERS



PAPER ITEMS



PLASTIC BAGS AND SHRINK WRAP



SERVICE-WARE



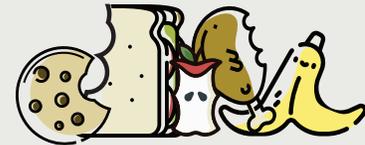
GLASS



PLASTIC AND PAPER CUPS



CARTONS



FOOD SCRAPS

Please, empty your liquids.

When in doubt throw it out!

TEAM STRUCTURE

RECRUIT TEAMMATES

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

TEAM TIME

No special seeding 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 PTCC team could result in a 9:00pm finish Saturday evening.

RUNNER SUBSTITUTION

No runner may drop out of the race solely for the purpose of the team substituting a faster participant in their place. If a runner is forced out due to injury or illness, they MAY NOT be reinstated into the team lineup. The team must finish the event with the remaining runners moving forward. No alternates may be added once the team has started. (60 min. penalty if involved in improper substitution.) Runners 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 run each leg, (besides distance and leg rating), Captains should consider the following:

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

The combination of the first three of these is perhaps the most crucial. Runners 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.





NEW! RUNNER 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.



- ASSIGN LEGS
- TIMING ON COURSE
- TEAM AND EQUIPMENT PRE-CHECK
- PUSH NOTIFICATIONS
- VOLUNTEER SHIFT INFORMATION

IMPORTANT

Every person running race day **MUST** be officially registered, or your team will be disqualified. Add/Subs can be submitted via "Team Clubhouse" (<http://register.hoodtoacoast.com>) up until race day. Race day Adds/Subs are \$25 and must be completed within the Hood To Coast App.



NEW!

CALIFORNIA WINE

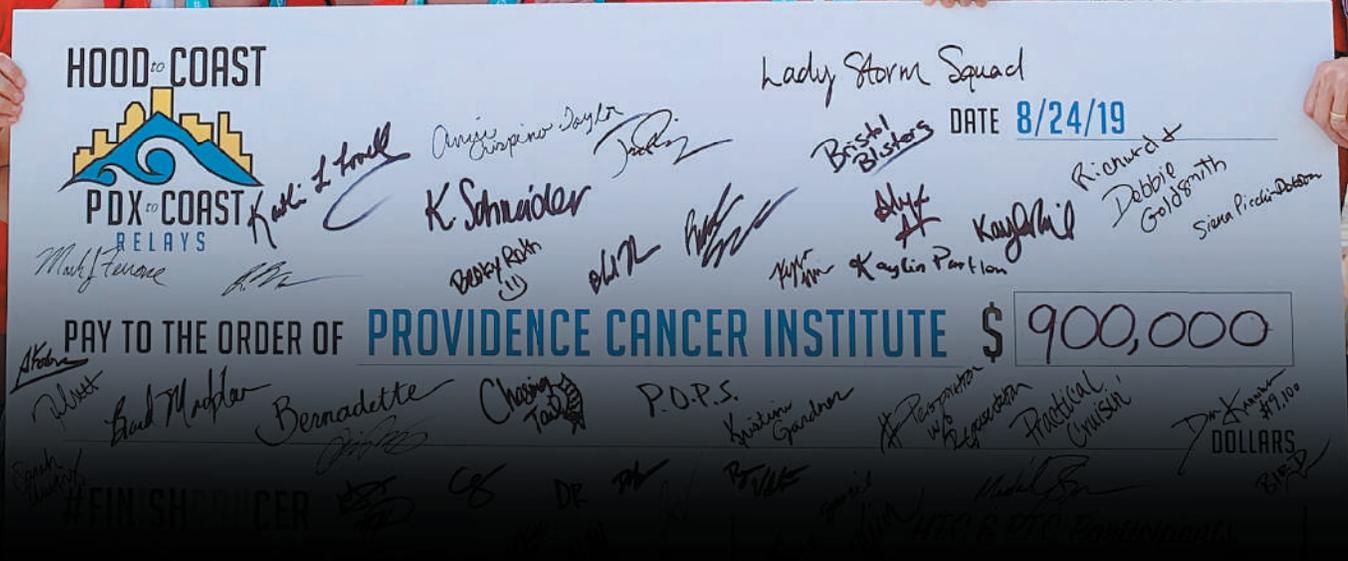


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Expect Adventure



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WE LOVE OUR FUNDRAISING TEAMS!

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

THANK YOU.

#FINISHCANCER

PROVIDENCE
Cancer Institute

RACE RULES



30 minute penalty



60 minute penalty



Disqualification

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

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

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 Runner

No stopping, when vehicles are moving, to drop off a runner. 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

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

NO PARKING PRIOR TO EXCHANGE

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 seen 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.

CONDUCT

FACE COVERINGS

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

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

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

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

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.

RACER

TRAVEL ON THE LEFT

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

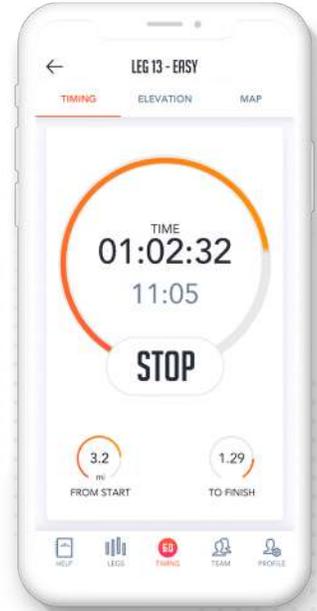
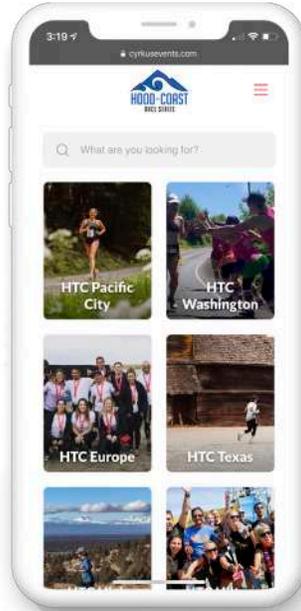
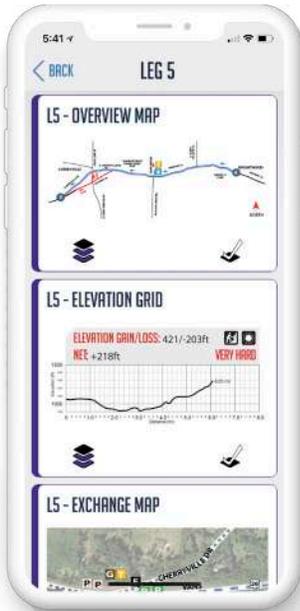
Teams that start the race early or finish over 2.5 hours faster than their anticipated finish time risk being disqualified and all teammates may be banned from future participation.

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.
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APPS

THANK YOU, VOLUNTEERS!



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 the early days of Portland & Hood To Coast, runners had to run the equivalent of 12 blocks on the sand to the turnaround area finish line.



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 Runners who will run the next leg should step out of the CHUTE into the EXCHANGE ZONE as your runner approaches. Runners finishing must exit the exchange zone promptly.

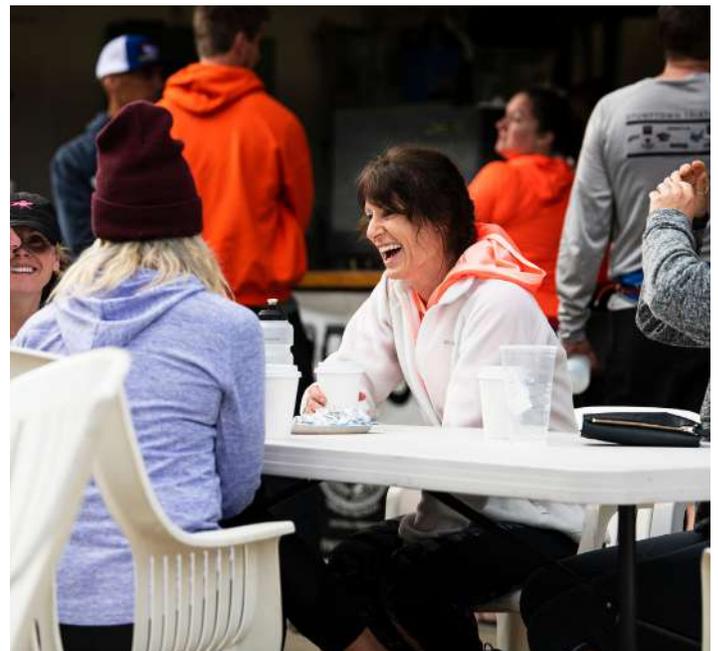
All Spectators MUST remain on the RIGHT SIDE of the road, wearing face coverings and socially distanced when possible. Walkers are to run along the left side of the road except as indicated in the Team Handbook (legs #1 through #7 and legs #14 through #16).

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 running simultaneous runners (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 run with a team in the event?

- 2015
- 2016
- 2017
- 2018

Answer: 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 runner, 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/>

RUNNING AT NIGHT

Maintain contact with your van within reason along the course. **DO NOT** follow behind runners! 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 running. 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, PTCC 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 running along that side of the road! Team vehicles MUST safely cross over to the other side of the road to the location of the runner, 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, PTCC 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, PTCC reserves the right to delay starts or hold the race until the lightning clears.

EAT, SLEEP, RINSE, REPEAT

FOOD

Exchange 12/PTCC Start - 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 PARTY



SHOWER

Before Exchange 27 - Jewell School

REST

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	Any age, at least one runner under 30.
MEN'S SUBMASTERS	Min age of all runners is 30.
MEN'S MASTERS	Min age of all runners is 40.
MEN'S SUPERMASTERS	Min age of all runners is 50.
WOMEN'S OPEN	Any age, at least one runner under 30.
WOMEN'S SUBMASTERS	Min age of all runners is 30.
WOMEN'S MASTERS	Min age of all runners is 40.
WOMEN'S SUPERMASTERS	Min age of all runners is 50.
CORPORATE MIXED OPEN	At least half women. Any age, atleast one participant under 30,ALL from SAME employer.
CORPORATE WOMENS OPEN	Any age, ALL from the SAME employer.
CORPORATE MENS OPEN	Any age, ALL from the SAME employer.
MIXED OPEN	At least half women. Any age, at least one under 30.
MIXED SUBMASTERS	At least half women. Min ages of all runners is 30.
MIXED MASTERS	At least half women. Min age of all runners is 40.
GIRLS OPEN	13-18 years old, all girls on team.
BOYS OPEN	13-18 years old, all boys on team.
MIXED BOYS & GIRLS OPEN	Must have at least half girls on team. 13-18 years old.

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.**

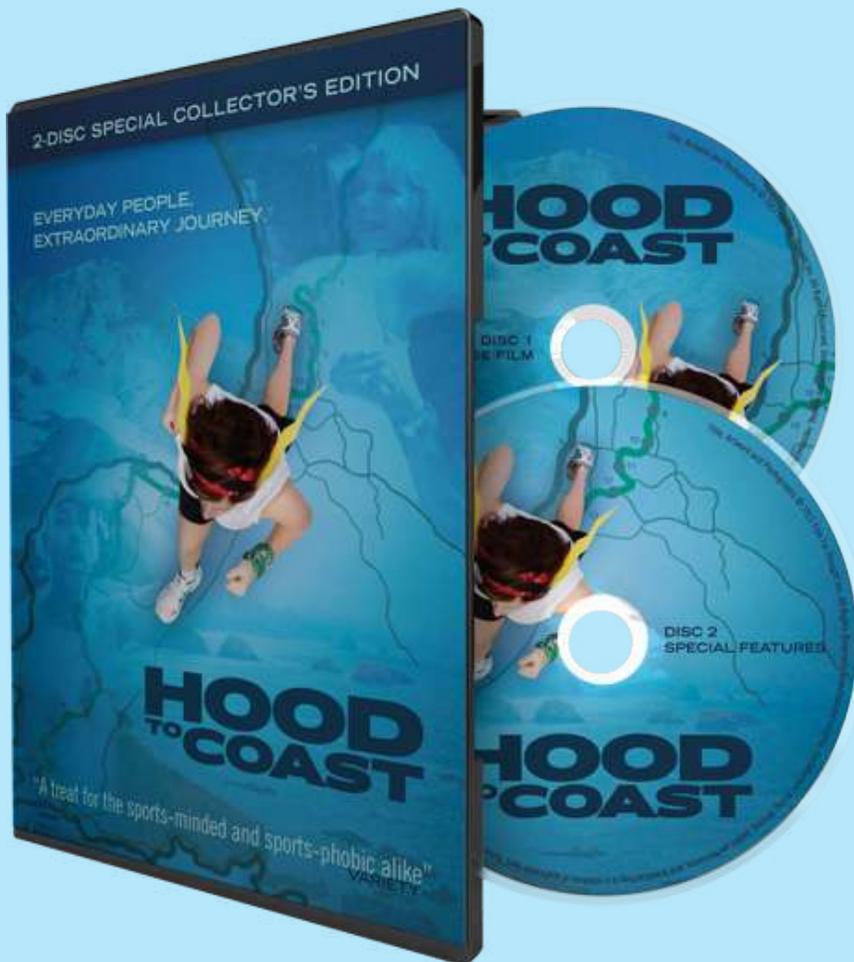
Good luck to everyone
participating in the
Hood to Coast Relay.

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AIRLINES

CELEBRATE THE FILM'S 10 YEAR ANNIVERSARY

HOOD TO COAST

- THE MOVIE -



Relive the powerful journey!
This award-winning
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Meet the stars and filmmakers
on the beach
at the HTC Merch tent
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DVD or BLURAY
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The movie is also
on iTunes and
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DRIVER GUIDE

Driving the course requires just as much planning as running the race. Follow the instructions included in the Driver Guide to navigate 129 miles 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 runner 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 runner and how to deal effectively.
- Cell phone coverage may not be available in all areas (particularly Legs 18-32).

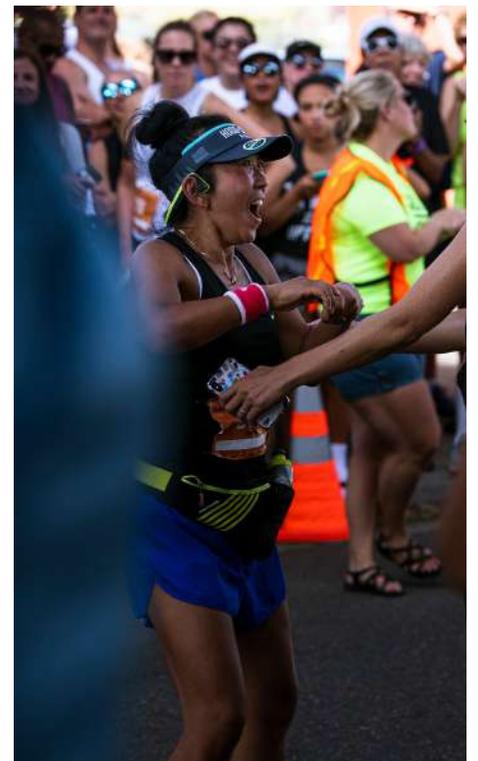
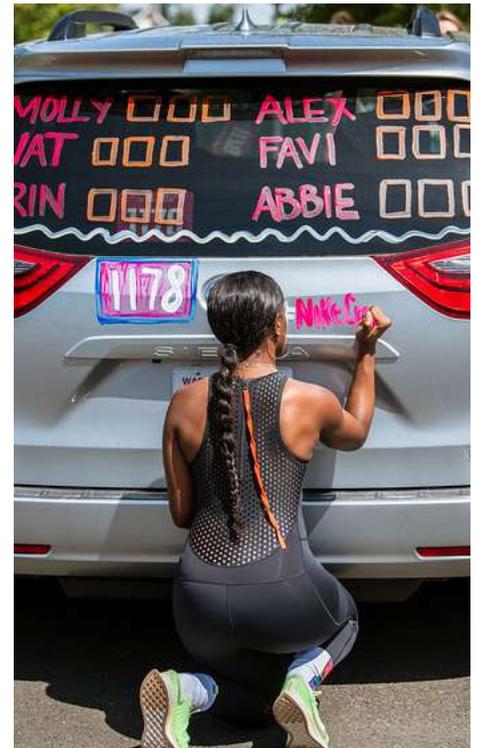
AREAS RESTRICTED TO ONE VAN

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 POCKET



LEG 13 DIRECTIONS

- Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)
- ← .10 Turn **LEFT** onto the Tilikum Crossing runway
- 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)

LEG 14 DIRECTIONS

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

LEG 15 DIRECTIONS

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

LEG 16 DIRECTIONS

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

LEG 17 DIRECTIONS

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.10 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 18 DIRECTIONS

- 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
- ← 3.75 Turn **LEFT** onto Saulser Rd
- 4.03 Turn **RIGHT** to stay on Saulser Rd
- 4.13 Exchange 18 (Columbia County Fairgrounds)

LEG 19 DIRECTIONS

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

LEG 20 DIRECTIONS

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

LEG 21 DIRECTIONS

- 0.00 Exchange 20 (Pittsburgh Rd)
- 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)

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
- ↑ 3.77 Rock Quarry
- ↑ 4.57 Golden-yellow gate on left
- ↑ 6.57 Small blue house and garage on left
- 6.70 Exchange 22 (Apiary Rd)

LEG 23 DIRECTIONS

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

LEG 24 DIRECTIONS

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

LEG 25 DIRECTIONS

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

LEG 26 DIRECTIONS

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

LEG 27 DIRECTIONS

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



LEG 28 DIRECTIONS

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

LEG 29 DIRECTIONS

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

LEG 30 DIRECTIONS

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

LEG 31 DIRECTIONS

- 0.00 Exchange 30 (Astoria - HWY 202)
- ↑ 0.85 m.p. 13 sign
- ↑ 1.56 McCoy Lane
- ↑ 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)

LEG 32 DIRECTIONS

- 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)

LEG 33 DIRECTIONS

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

LEG 34 DIRECTIONS

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

LEG 35 DIRECTIONS

- 0.00 Exchange 34 (Lewis & Clark School)
- ↑ 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)

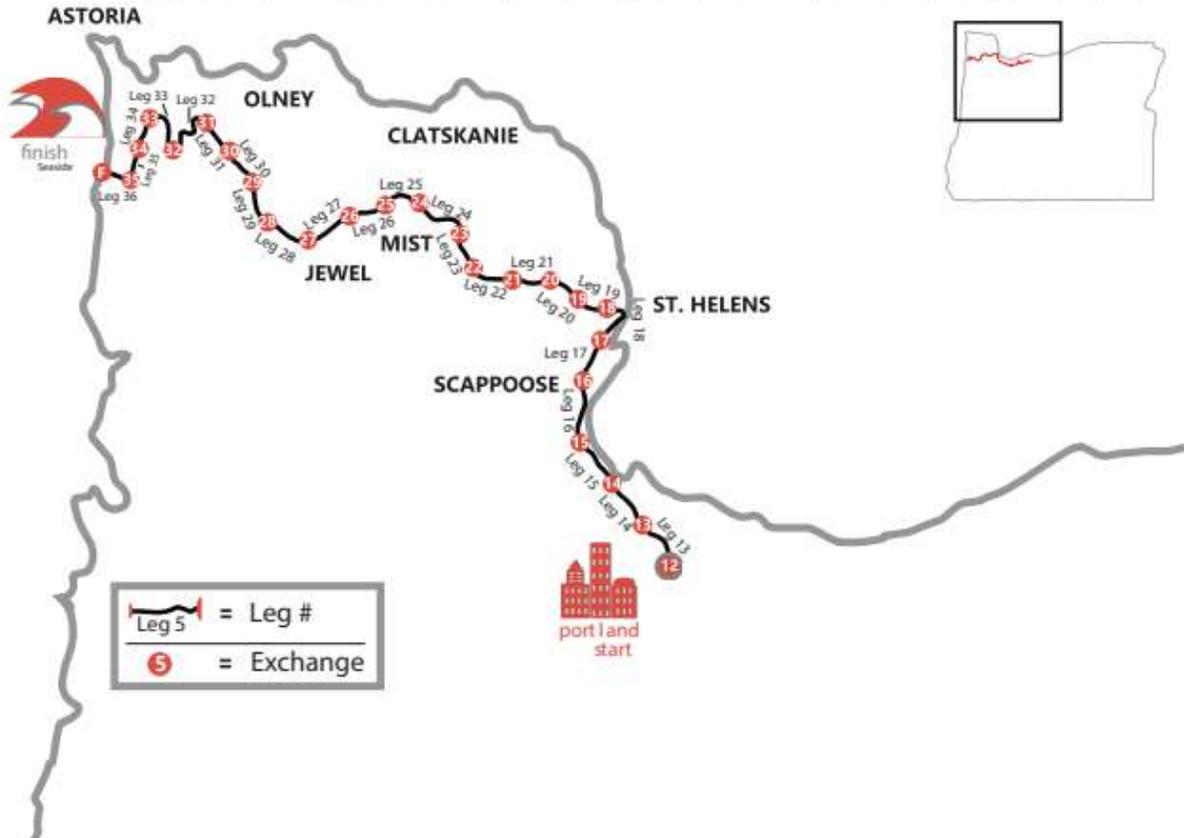
LEG 36 DIRECTIONS

- 0.00 Exchange 35 (Lewis & Clark Mainline)
- ← 0.79 Turn **LEFT** onto Lewis & Clark Rd
- ↑ 2.75 "The Retreat" condos
- ← 3.12 Turn **LEFT** onto Wahanna Rd
- 3.75 Turn **RIGHT** onto 12th Ave
- 3.94 Turn **RIGHT** onto movie theatre parking lot
- ↑ 4.05 14th Ave/HWY 101 (Temporary pedestrian bridge)
- ← 4.20 Turn **LEFT** onto Holladay St
- 4.31 Turn **RIGHT** onto 12th Ave
- ← 4.63 Turn **LEFT** onto Promenade
- 5.19 FINISH on sand at turnaround!

DID YOU KNOW?

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

COURSE OVERVIEW



		1st Leg				2nd Leg				Totals/Rankings			
Van	Runner	Leg # / Remark	Mileage	Rank	Leg # / Remark	Mileage	Rank	Total Miles	Mileage Ranking	Relative 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	H	11.69	3	13.42	4		
Van 1	3	15 ☀	7.25	H	27 🚶	6.36	M	13.61	1	15.70	1		
Van 1	4	16 ☀	3.92	E	28	3.83	E	7.75	12	7.75	12		
Van 1	5	17 ☀	5.32	M	29 🚶	5.97	VH	11.29	5	13.61	3		
Van 1	6	18 🚶	4.13	H	30 🚶	5.32	M	9.45	10	10.80	10		
Van 2	7	19	5.89	VH	31 🚶	3.96	M	9.85	9	12.01	8		
Van 2	8	20 🚶 🚶	5.75	VH	32	4.20	M	9.95	8	12.10	7		
Van 2	9	21 🚶	5.06	M	33 🚶	7.72	H	12.78	2	14.83	2		
Van 2	10	22	6.70	H	34 ☀ 🚶	4.12	E	10.82	6	12.16	6		
Van 2	11	23	4.23	E	35 🚶	7.07	H	11.30	4	12.71	5		
Van 2	12	24 🚶	4.87	E	36 ☀ 🚶	5.03	M	10.06	7	11.10	9		

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."

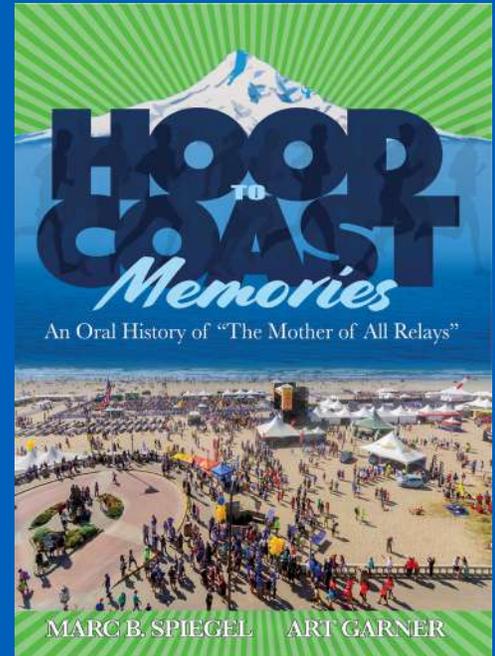
—Felicia Hubber, *Chairwoman & Race Director, HTC & PTC Relays*

"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

A man with a beard and short hair is running on a paved road. He is wearing a dark navy blue long-sleeved athletic shirt and blue shorts. The shirt has the text "#FINISHCANCER" printed on the chest in white and orange. The background consists of green trees and a slightly hazy sky.

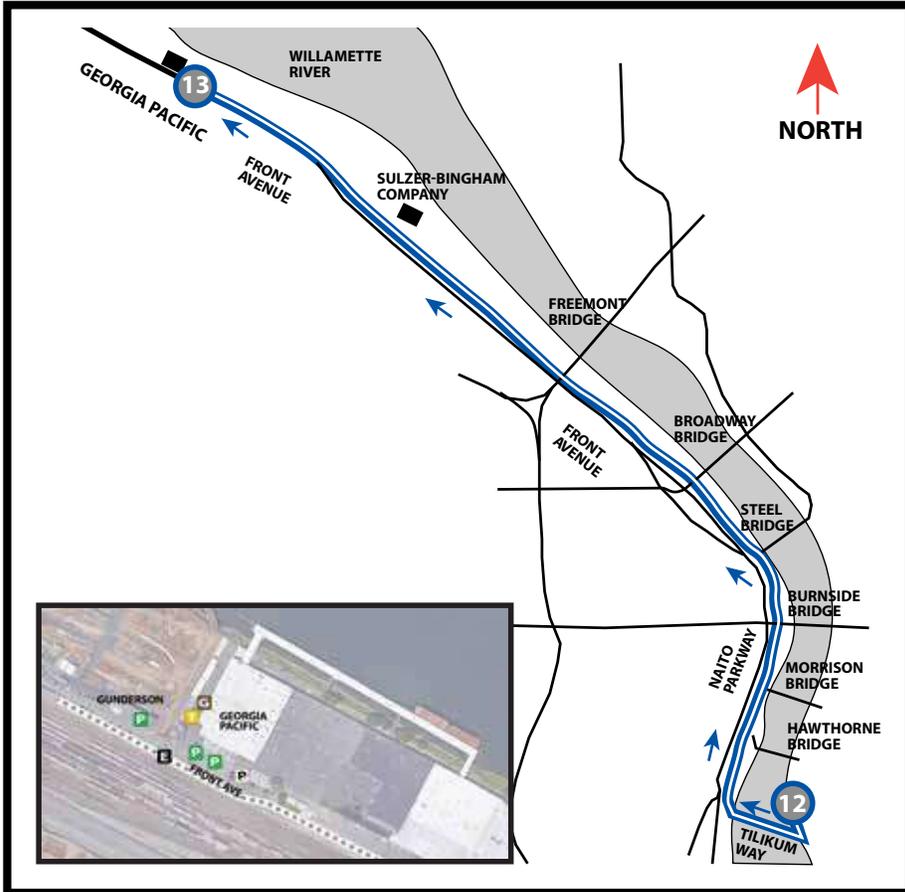
#FINISHCANCER



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

Run 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 Naito 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

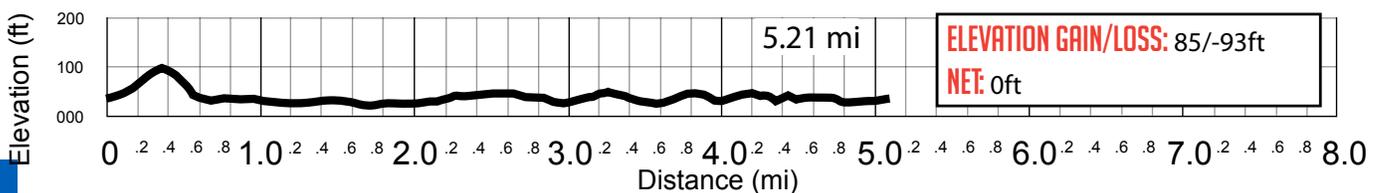
- 0.0 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Pl)
- ← 0.1 Turn **LEFT** onto Water Ave
- ← 0.4 Turn **LEFT** onto Hawthorne Blvd (Hawthorne Bridge)
- 0.9 Take **RIGHT** ramp onto Main St
- 1.2 Turn **RIGHT** onto 2nd Ave
- 1.3 Turn **RIGHT** onto Salmon St
- ← 0.8 Turn **LEFT** onto Naito Pkwy/Front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





VAN 1

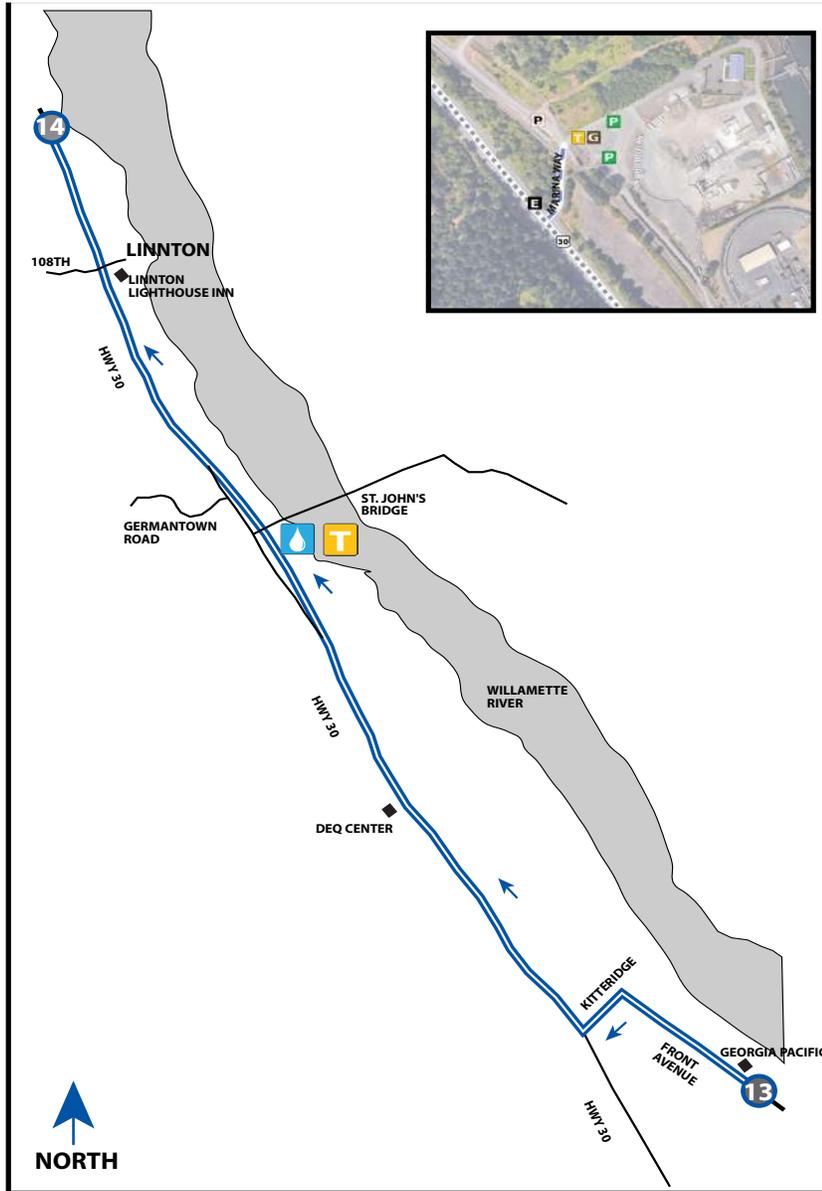
6.04 MI | MODERATE

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

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

GPS: 45.61054, -122.795949

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



DIRECTIONS FROM EXCH 13 TO EXCH 14

Run on right side of the road.

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

EXCHANGE NOTES

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

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

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

Provisions: No

Fuel: No (nearest fuel - Linnton)



VAN 1

7.25 MI | HARD

NAMED AFTER: KAREN S.

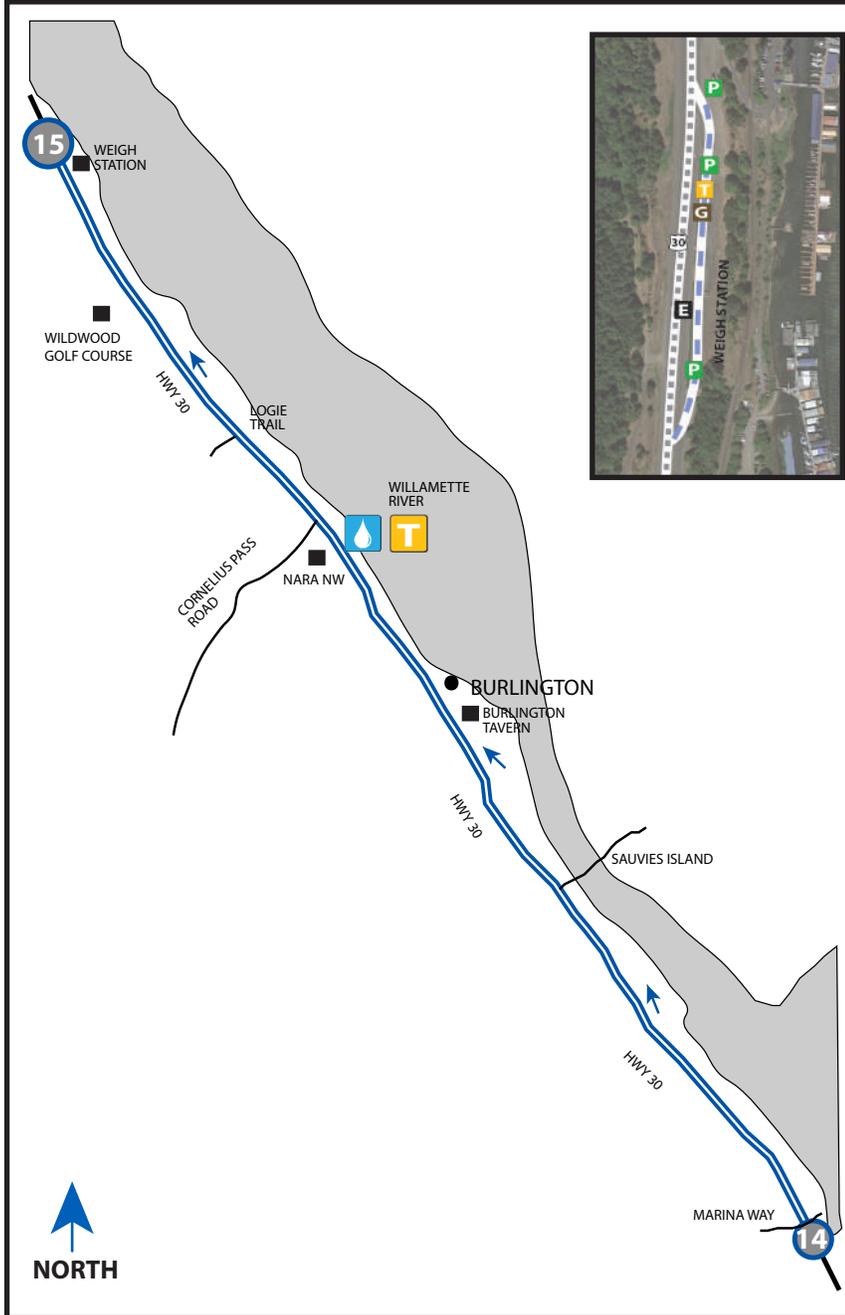


LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.

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

Run on right side of the road.

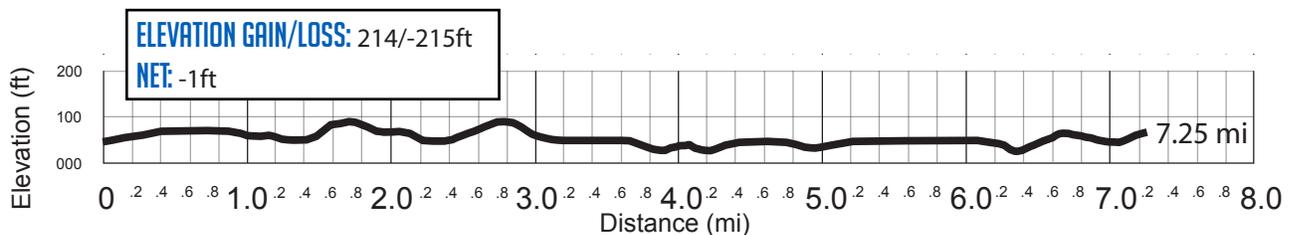
- 0.00 Exchange 14 (Marina Way/HWY 30)
- ↑ 1.55 Sauvie Island Bridge
- ↑ 3.34 Burlington Tavern
- ↑ 3.93 Cornelius Pass Rd
- ↑ 4.92 Logie Trail
- ↑ 6.16 Wildwood Golf Course
- 7.25 Exchange 15 (Rocky Point Weigh Station)

EXCHANGE NOTES

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

Provisions: No

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



NAMED AFTER: JILL B.



VAN 1

3.92 MI | EASY

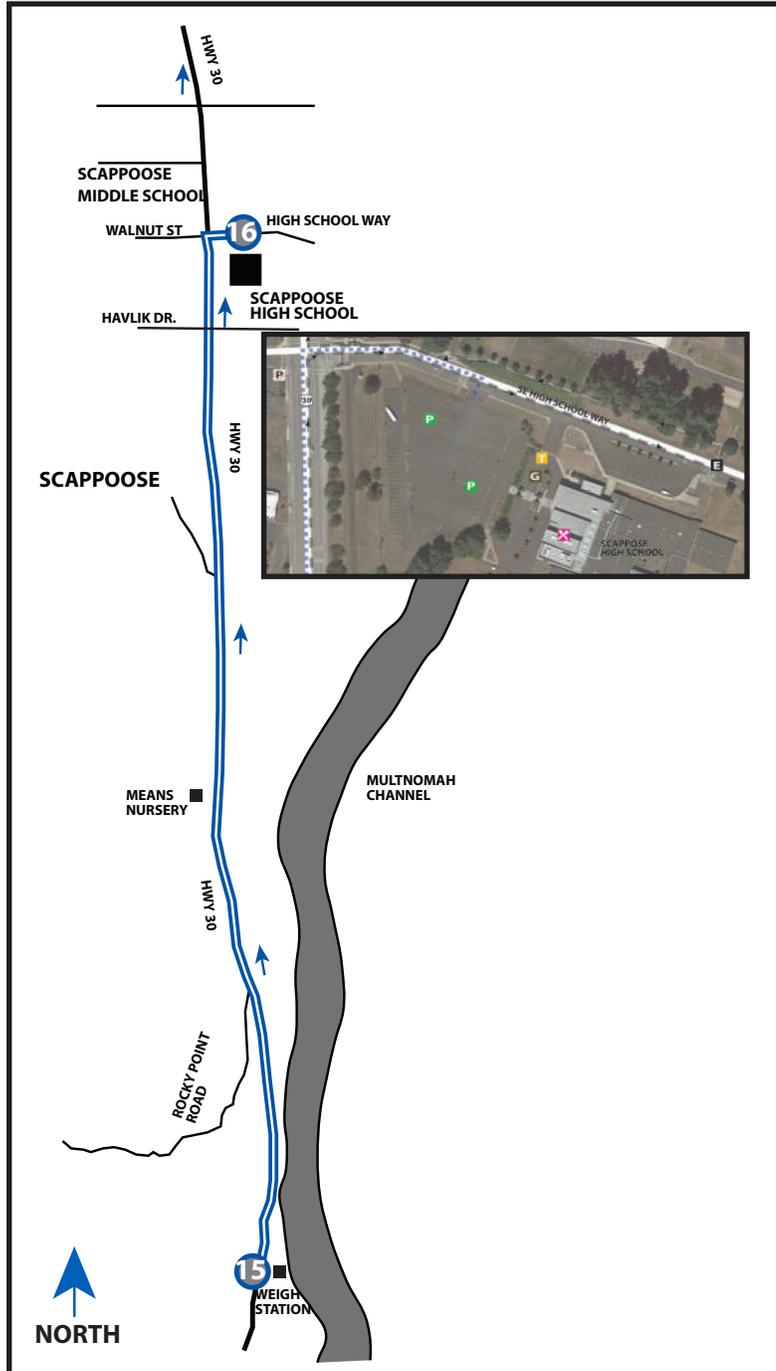


LEG DESCRIPTION: Gently rolling terrain on paved shoulder along HWY 30.

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

GPS: 45.749198, -122.874359

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



DIRECTIONS FROM EXCH 15 TO EXCH 16

Run on right side of the road.

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

EXCHANGE NOTES

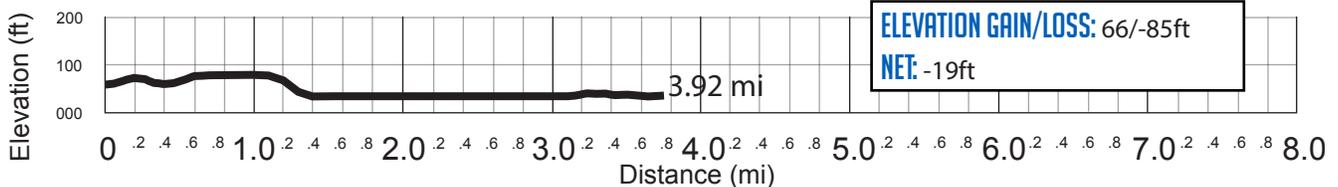
Parking: At Scappoose High School parking lot on right.

Provisions: Restaurant and Course Fundraiser

Fuel: Yes



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).



VAN 1

5.32 MI | MODERATE

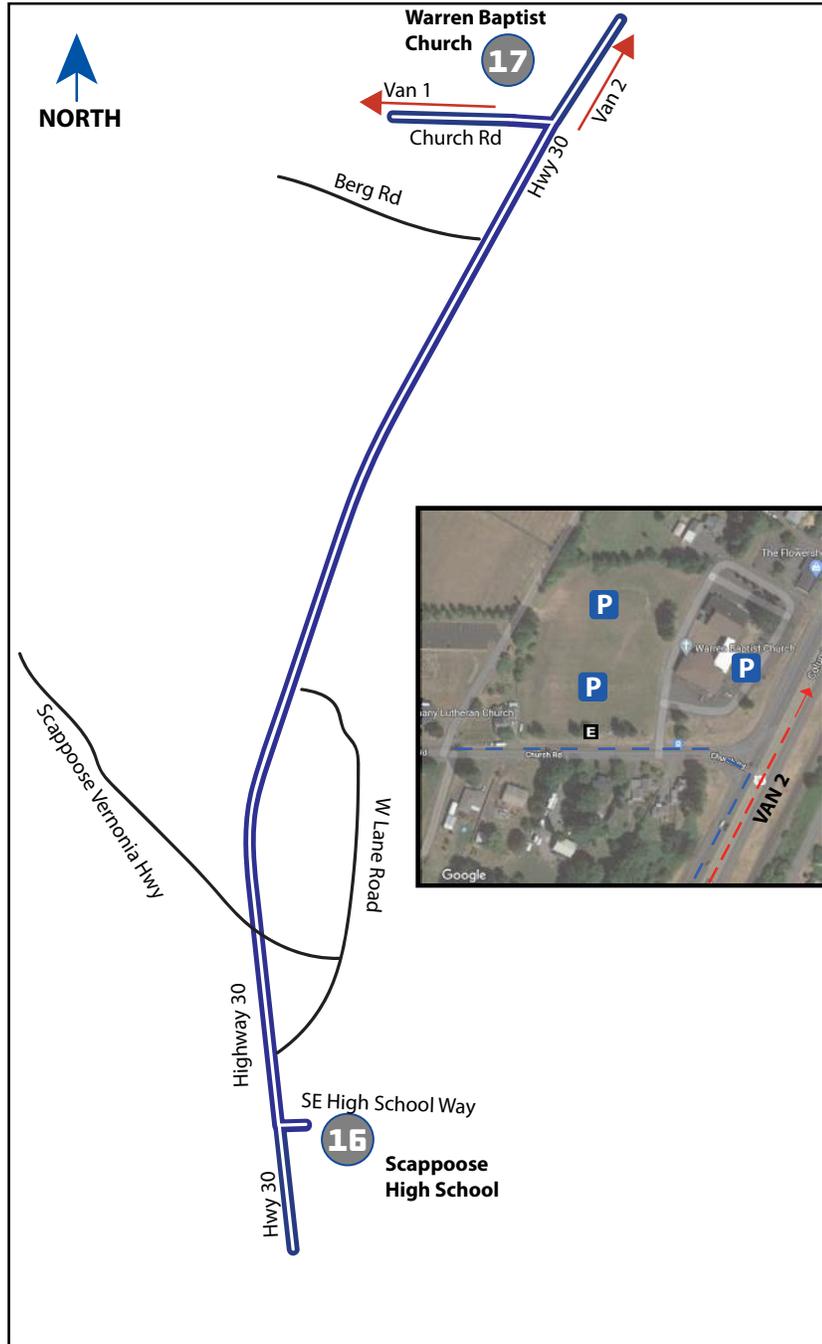


LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.

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!)

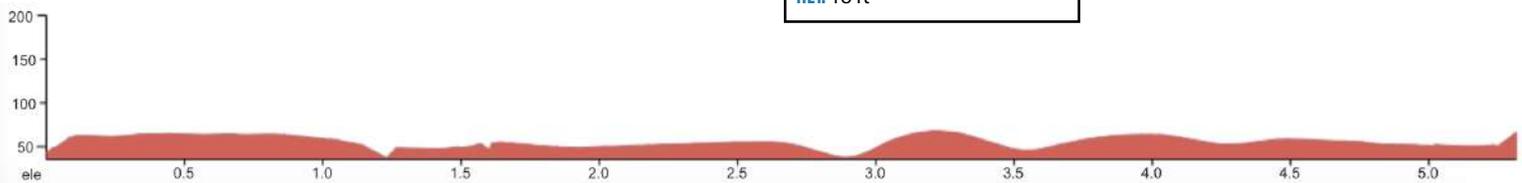


It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



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

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





MAJOR VAN EXCHANGE

VAN 1&2

4.13 MI | HARD



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

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

GPS: 45.85055, -122.872306

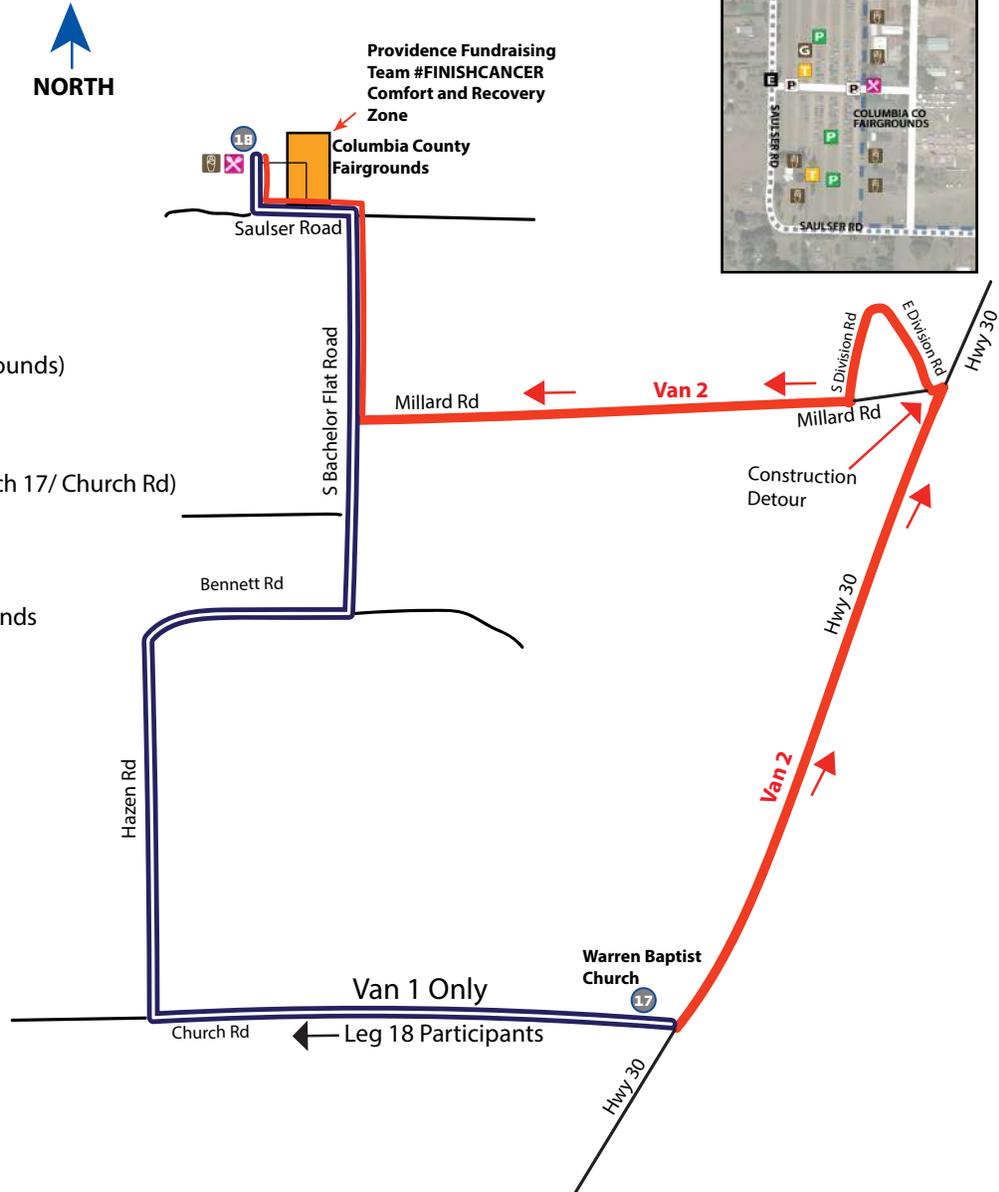
NOTES: Please keep noise down from 10pm-7am.

DIRECTIONS FROM EXCH 17 TO EXCH 18

- 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
- ← 3.75 Turn LEFT onto Saulser Rd
- 4.03 Turn RIGHT to stay on Saulser Rd
- 4.13 Exchange 18 (Columbia County Fairgrounds)

VAN 2 DIRECTIONS TO EXCH 18

- From HWY 30 Heading North
- ← Turn LEFT onto E Division Rd (1.7 miles past exch 17/ Church Rd)
- Turn RIGHT onto Millard Rd
- Turn RIGHT onto S Bachelor Flat Rd
- ← Turn LEFT onto Saulser Rd
- Turn RIGHT into the Columbia County Fairgrounds



EXCHANGE NOTES

Van 2 does NOT take the same route as van 1!
Please see van 2 directions above.

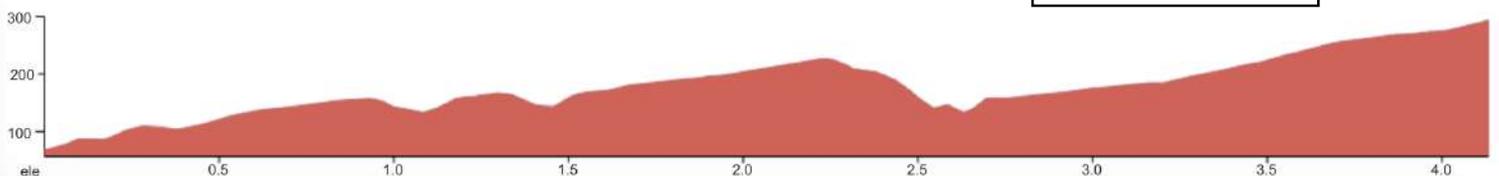
Parking: At Columbia County Fairgrounds.

Exchange 18 sleeping only permitted in designated, roped off sleeping areas. Tents ARE allowed at Exchange 18.

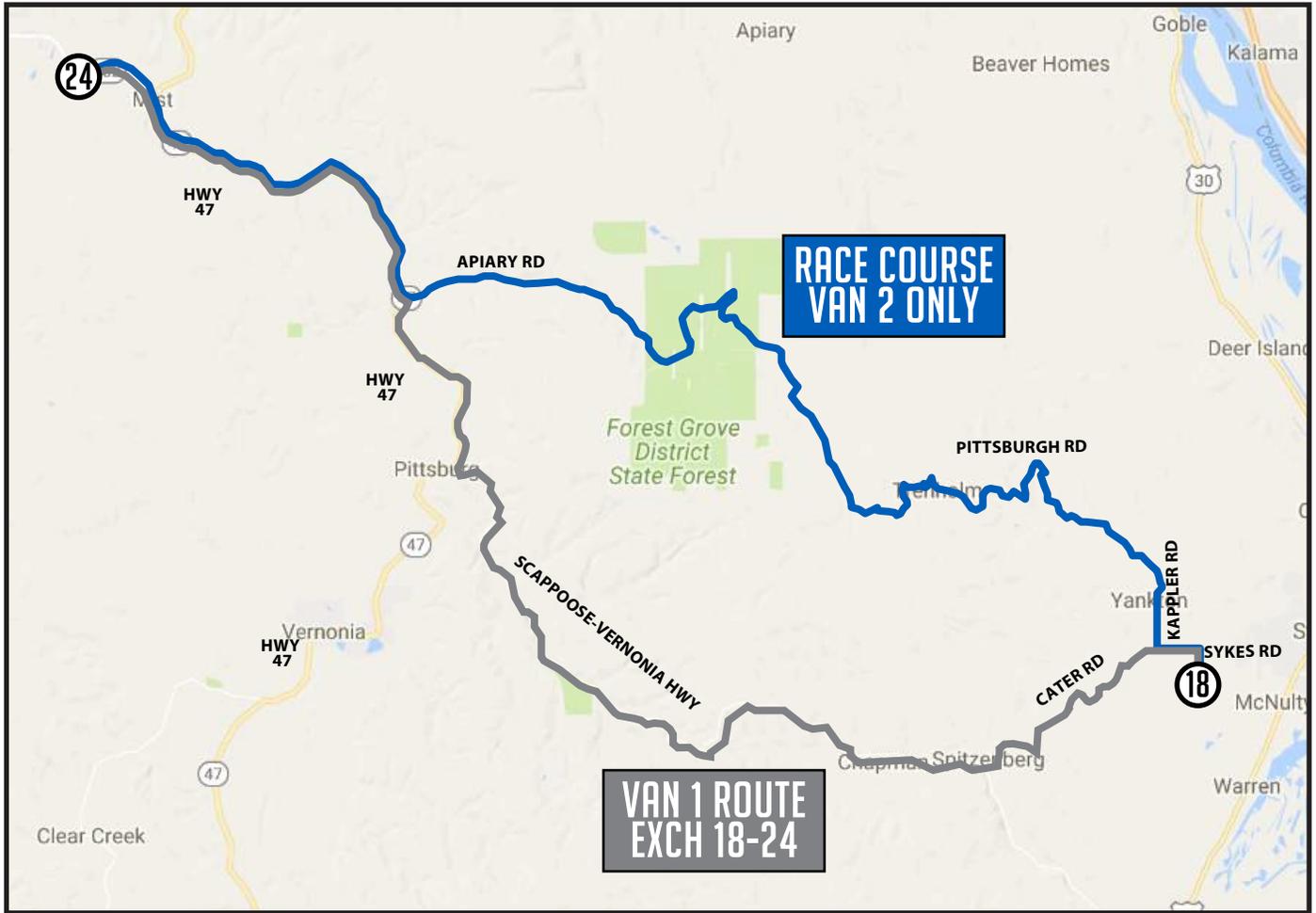
Race DQ if found sleeping on ground next to vehicle!

Fuel: Last stop in town of St. Helens before exch 18

ELEVATION GAIN/LOSS: 345/-124 ft
NET: 221 ft



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)



VAN 2

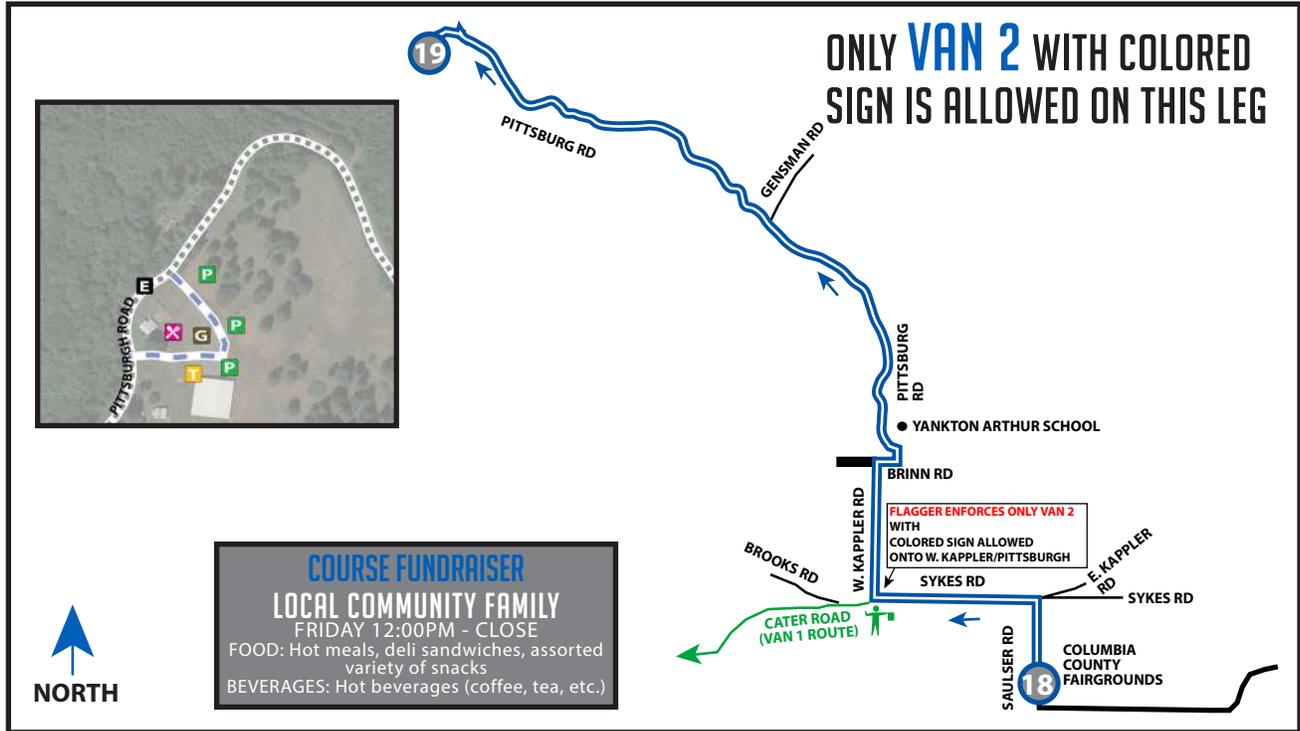
5.89 MI | VERY HARD

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

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

GPS: 45.901569, -122.93397

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



DIRECTIONS FROM EXCH 18 TO EXCH 19

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

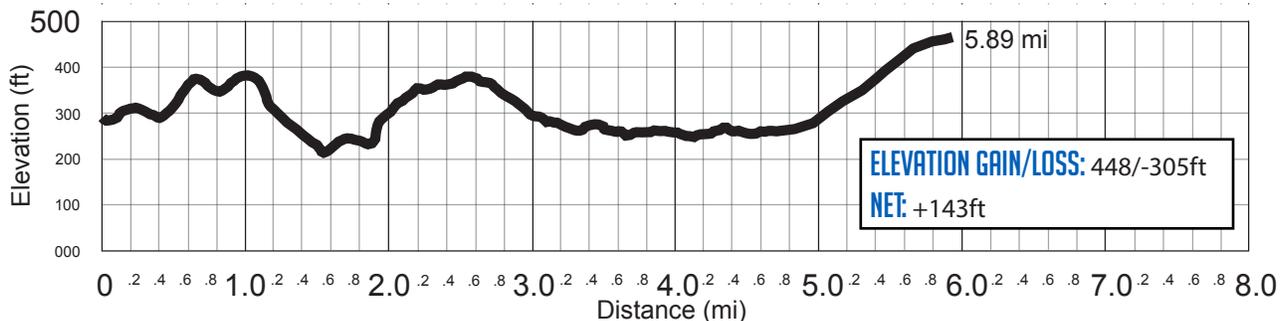
EXCHANGE NOTES

Parking: In field on the left. **No vans on right side of the road near exchange or blocking neighbor driveways.**
 Provisions: Coffee and snacks at fundraiser
 Fuel: No



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

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



VAN 2

5.75 MI | VERY HARD

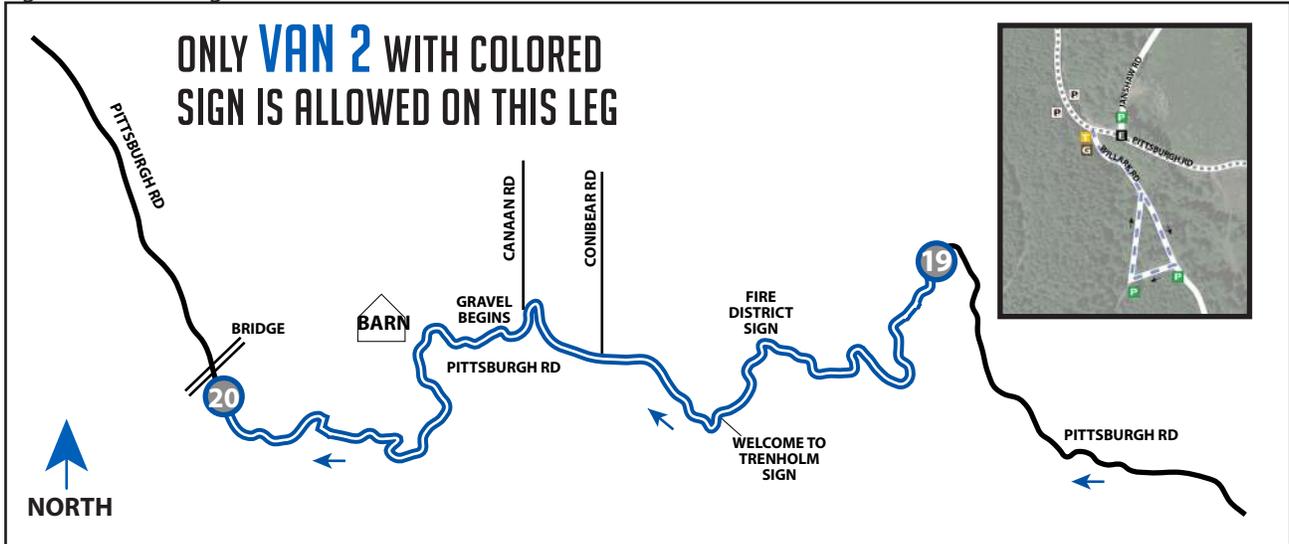


LEG DESCRIPTION: Very challenging up and downhills on partially paved and gravel backcountry roads.

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)

EXCHANGE NOTES

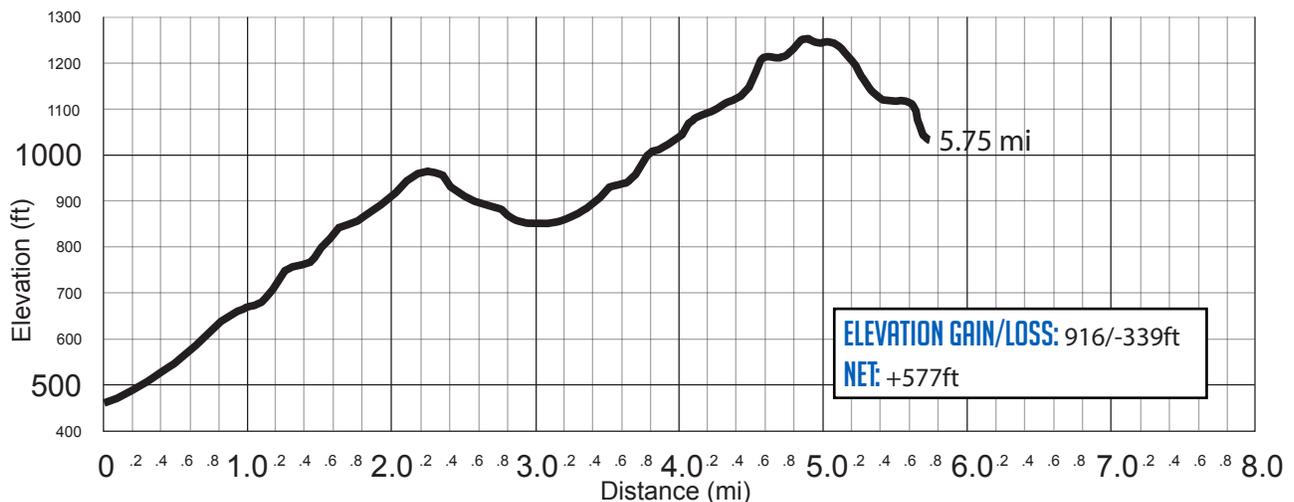
Parking: On Willark Rd to the left of exchange.

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

Provisions: No
Fuel: No



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





VAN 2

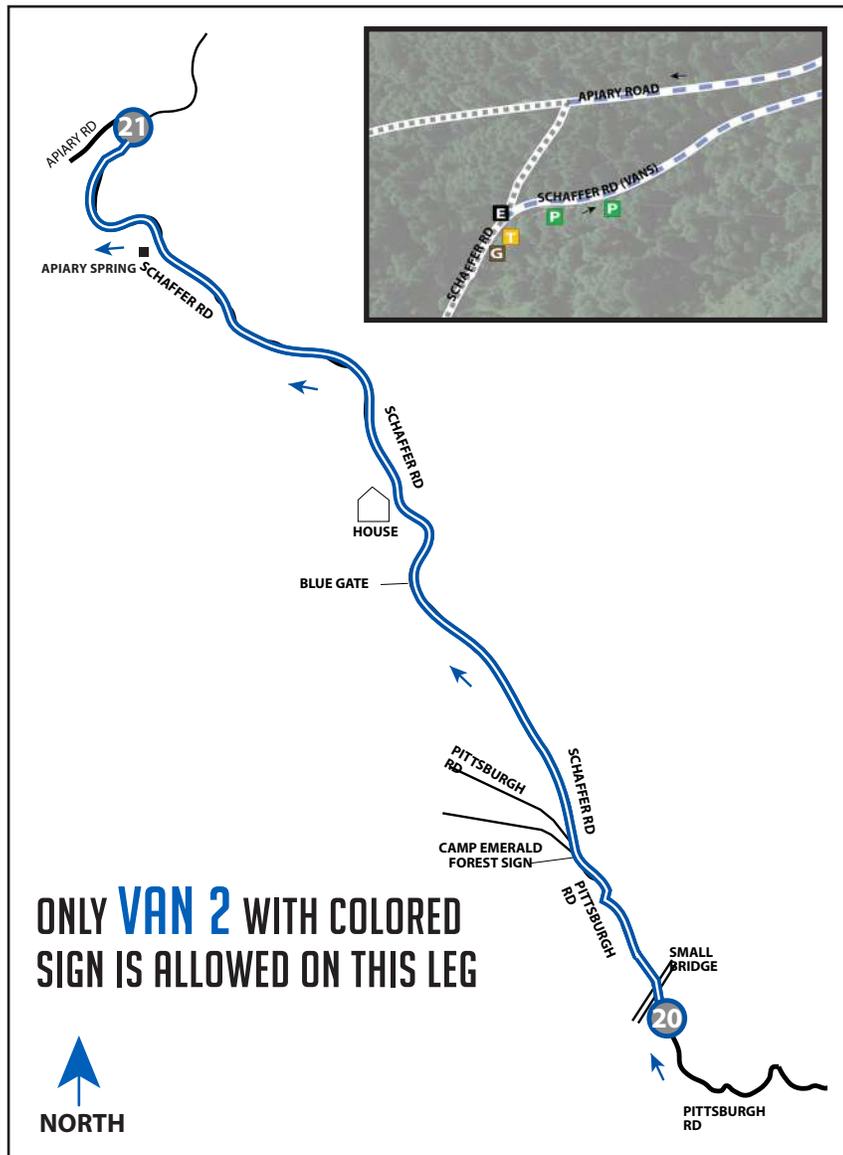
5.06 MI | MODERATE

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

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

GPS: 45.945578, -123.043629

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



DIRECTIONS FROM EXCH 20 TO EXCH 21

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

EXCHANGE NOTES

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

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

Provisions: No

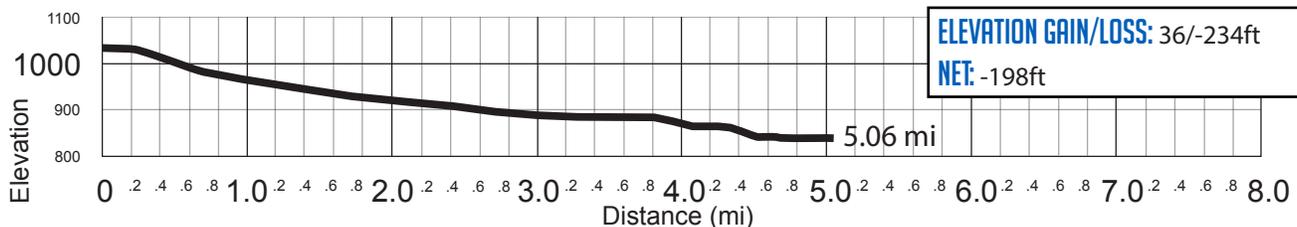
Fuel: No



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



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



VAN 2

6.70 MI | HARD

NAMED AFTER: NELSON F.

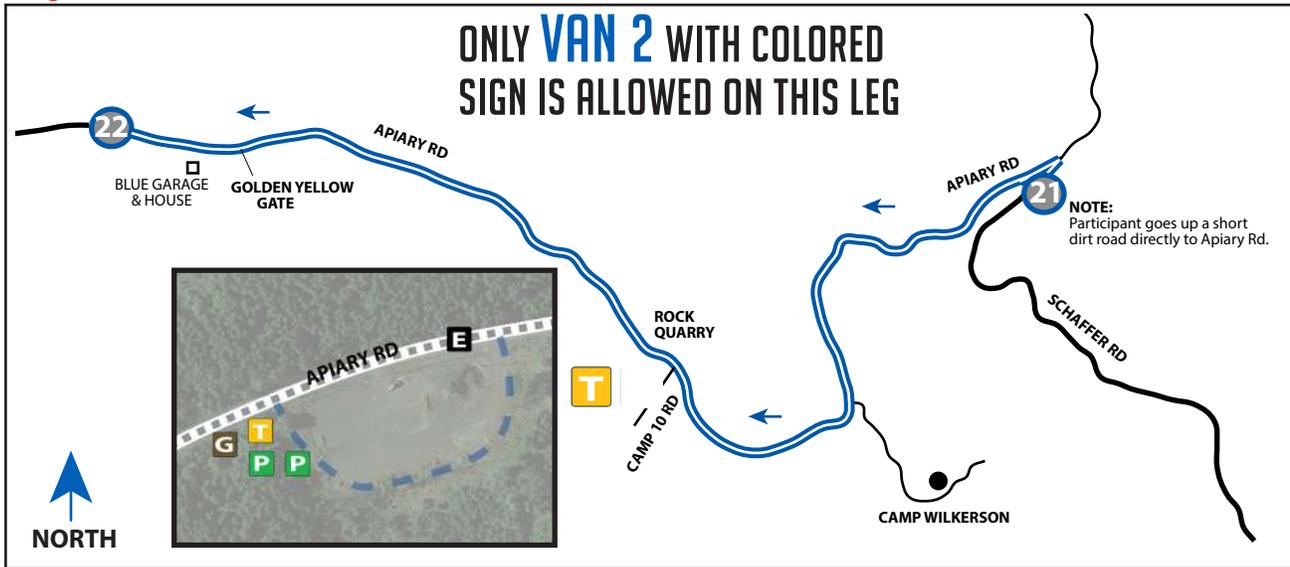


LEG DESCRIPTION: Gradual up and downhills on paved but narrow backcountry roads.

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.

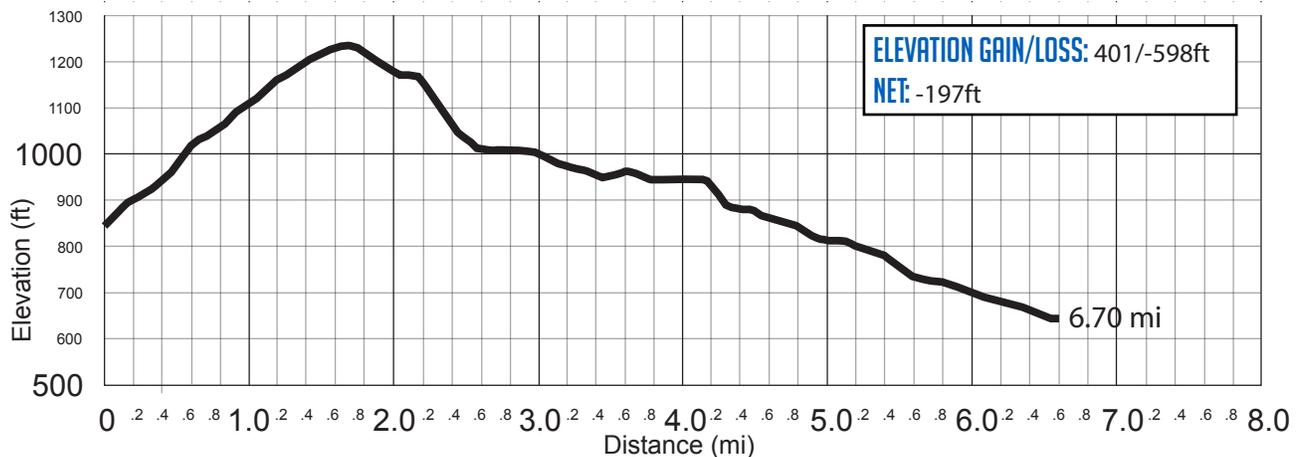
Watch your footing! Some uneven terrain at Exchange 22.

Provisions: No

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



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).





VAN 2

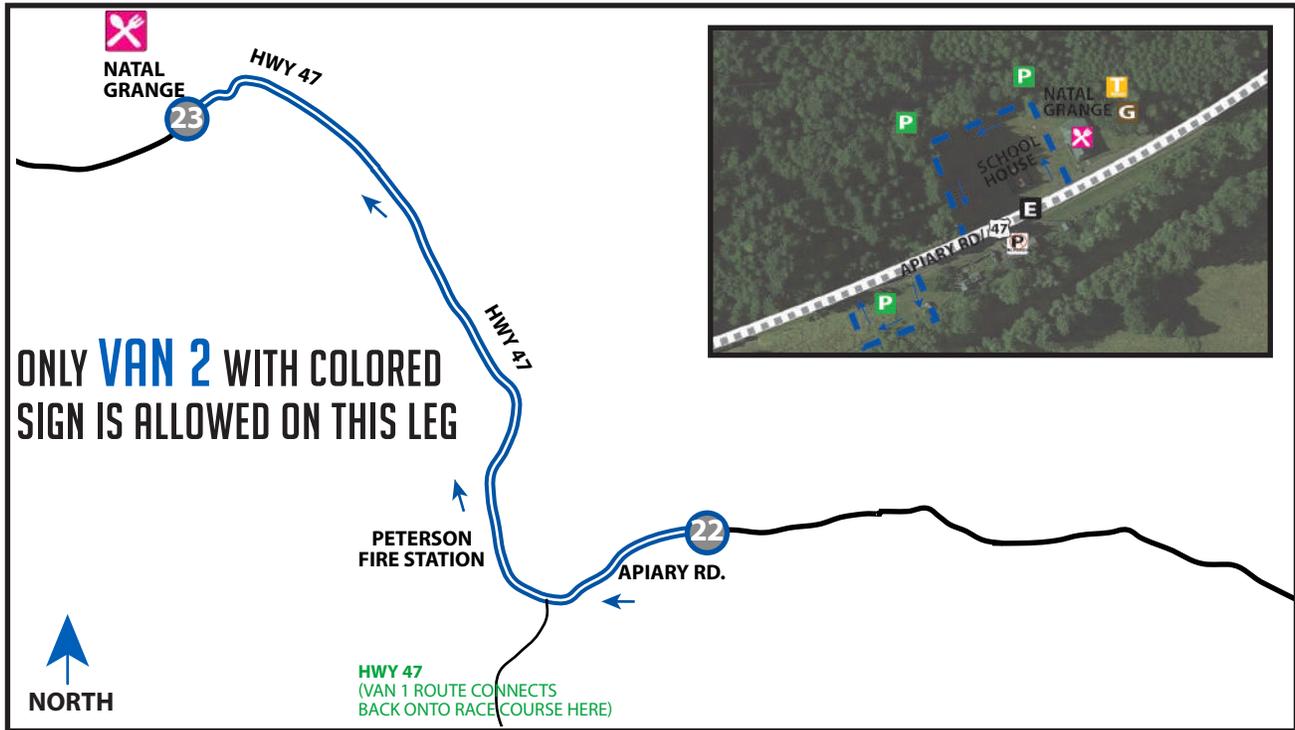
4.23 MI | EASY

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 Grunedge)

EXCHANGE NOTES

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

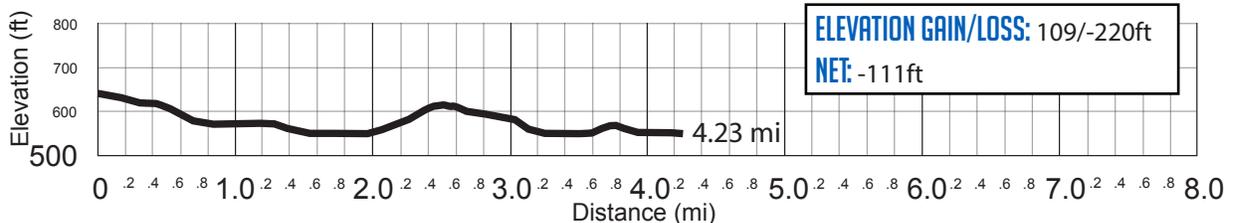
Do not drop runner off near exchange (causes immediate back-up).

Provisions: Course Fundraiser

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



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



VAN 2&1

MAJOR VAN EXCHANGE 4.87 MI | EASY

NAMED AFTER: LES S.

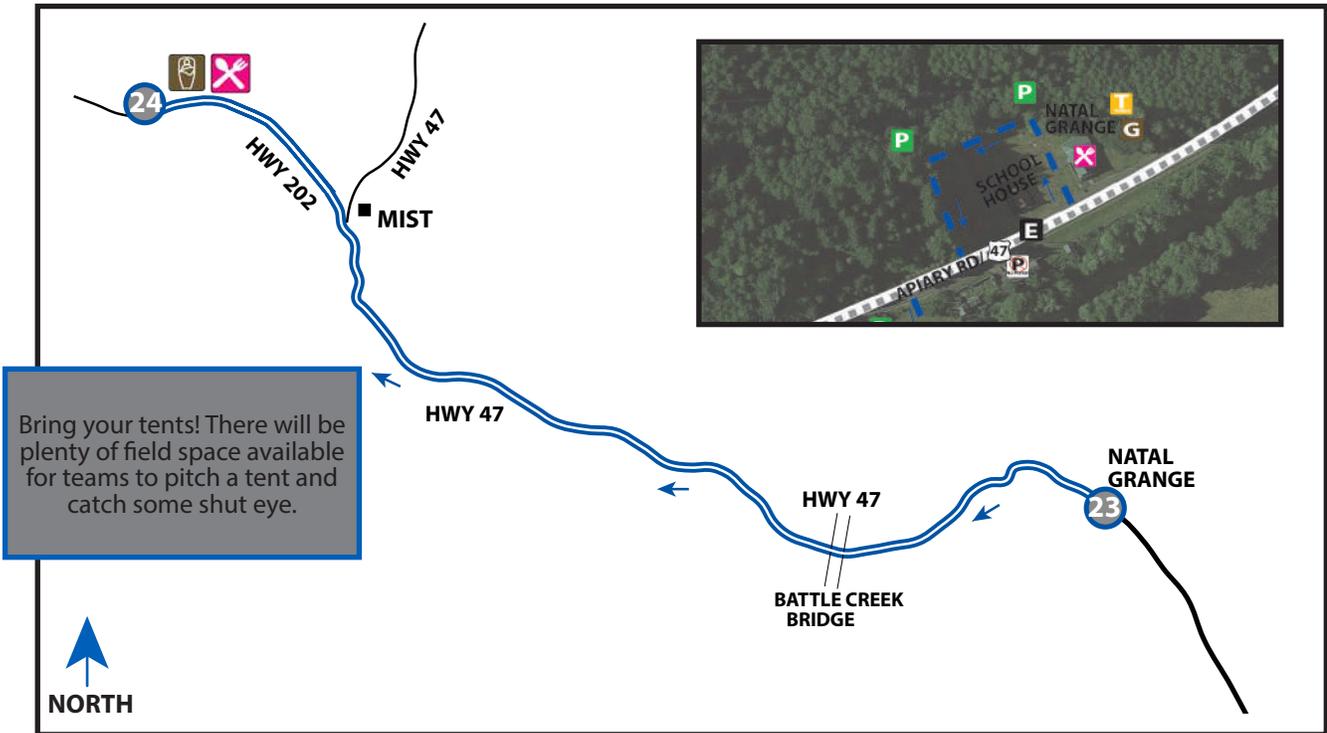


LEG DESCRIPTION: Flat terrain along Nehalem River and through pastoral setting on HWY 47 and HWY 202.

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

GPS: 46.002792, -123.278399

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 23 TO EXCH 24

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

EXCHANGE NOTES

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

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

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

Provisions: Course Fundraiser

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



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

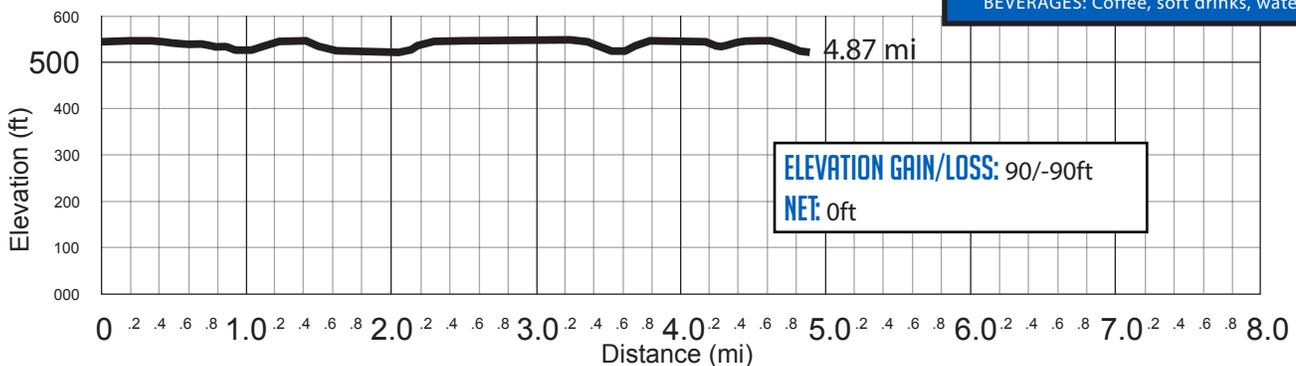
COURSE FUNDRAISER

VERNONIA HS EQUESTRIAN

FRIDAY 4:00PM - SATURDAY 9:00AM

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

BEVERAGES: Coffee, soft drinks, water





VAN 1

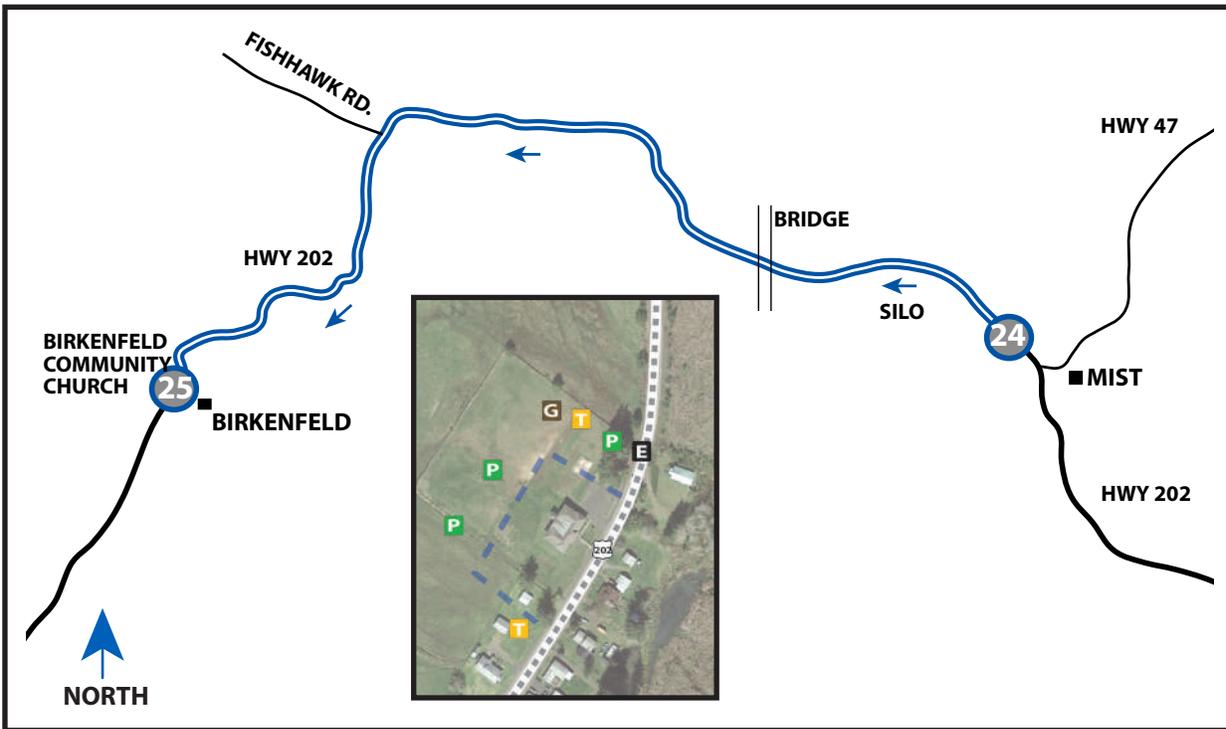
3.80 MI | EASY

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/Birkenfeld Fire Station
- ↑ 3.10 Fishhawk Rd
- 3.80 Exchange 25 (Birkenfeld Community Church)

EXCHANGE NOTES

Parking: In Birkenfeld 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

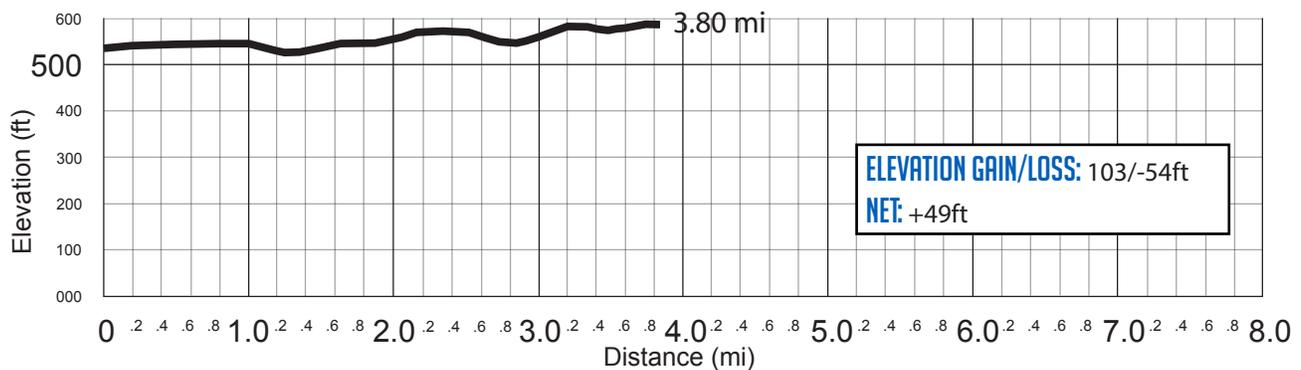
Fuel: No (nearest fuel - 17 miles north on HWY 30)



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
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



VAN 1

5.65 MI | HARD

NAMED AFTER: BOB H.

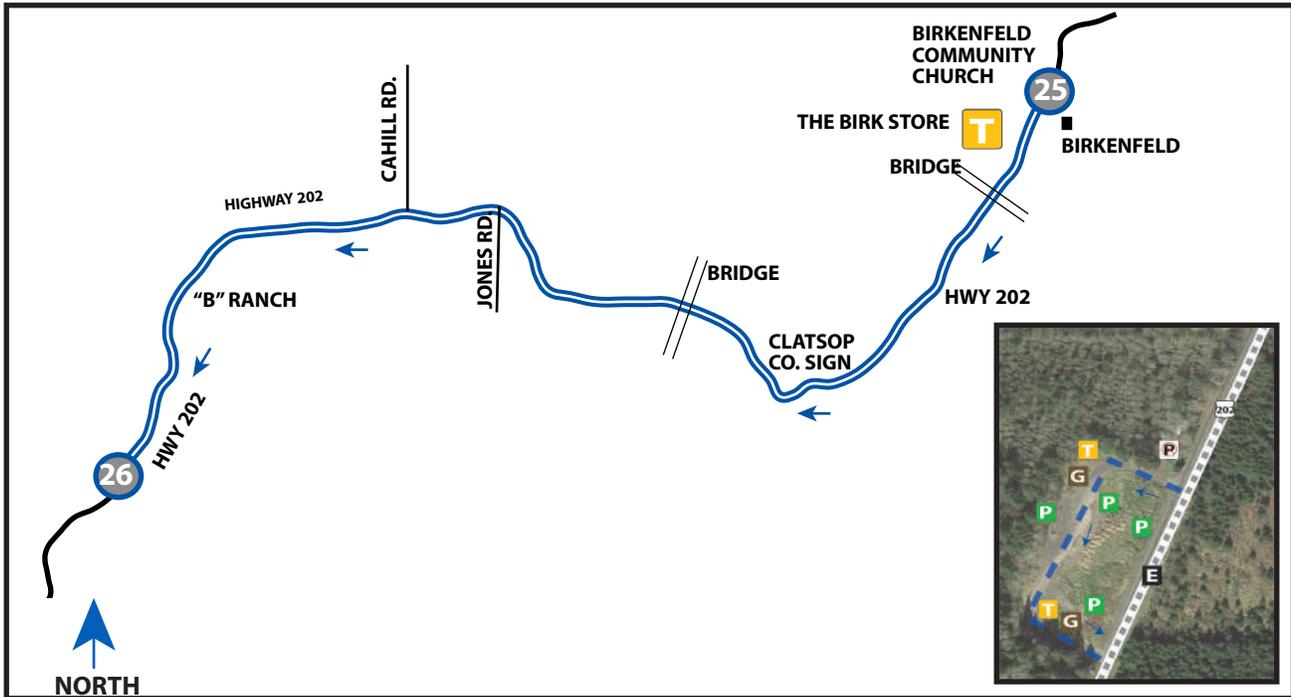


LEG DESCRIPTION: Beginning with gently rolling hills, long uphill toward the end, finishing downhill for half mile on paved roads.

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
- ↑ 3.57 Cahill Rd
- 5.65 Exchange 26 (HWY 202)

EXCHANGE NOTES

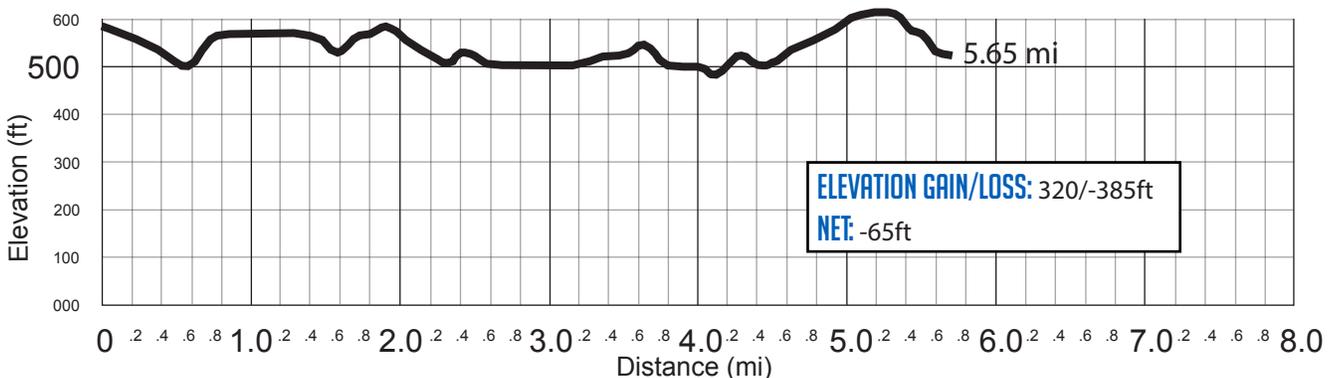
Parking: One-Way lot in cleared field on hill on right side of HWY 202. Entrance is prior to Exchange. During high congestion, Exchange 26 parking is limited to **VAN 1 ONLY**. **Upon exiting, right turn only.**

No parking on highway shoulder.

Provisions: No
 Fuel: No



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





VAN 1

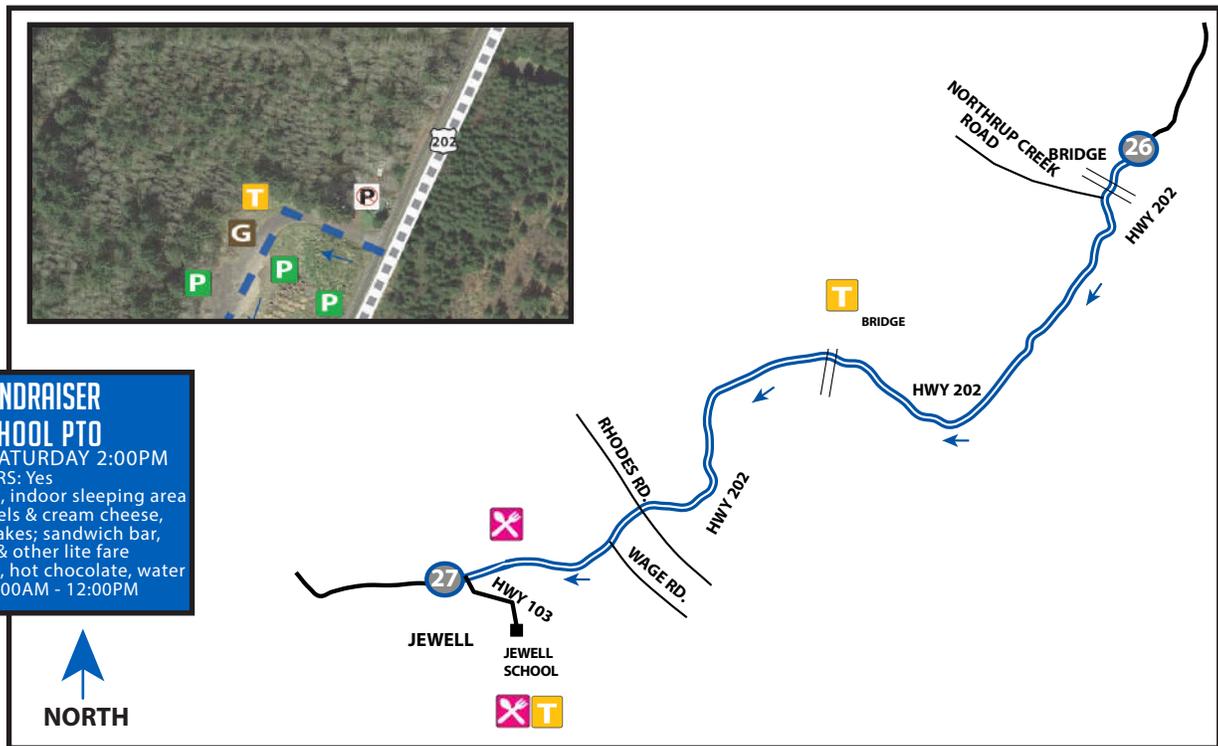
6.36 MI | MODERATE

LEG DESCRIPTION: Rolling hills on paved rural country road.

EXCH 27 ADDRESS: near 79156 HWY 202 Jewell, OR 97138

GPS: 45.933928, -123.5061

NOTES: Cell phone coverage unreliable until after Leg 32.



**COURSE FUNDRAISER
JEWELL SCHOOL PTO**
 FRIDAY 6:00PM - SATURDAY 2:00PM
 SHOWERS: Yes
 SLEEPING SPACE: Quiet, indoor sleeping area
 FOOD: Oatmeal, bagels & cream cheese, eggs, sausage, pancakes; sandwich bar, assorted snacks & other lite fare
 BEVERAGES: Coffee, tea, hot chocolate, water
 MASSAGES: SAT 6:00AM - 12:00PM

**COURSE FUNDRAISER
ELSIE VINEMAPLE FIRE & RESCUE**
 FRIDAY 6:00PM - SATURDAY 12:00PM
 FIRST AID AND EMERGENCY MEDICAL SERVICES AVAILABLE

DIRECTIONS FROM EXCH 26 TO EXCH 27

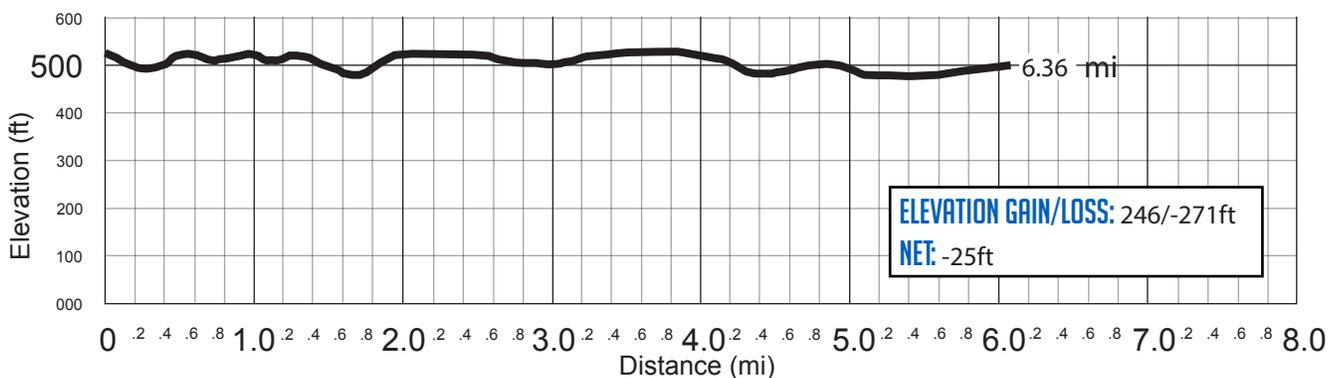
- 0.00 Exchange 26 (HWY 202)
- ↑ 0.60 Northrup Creek Rd
- ↑ 3.40 Nehalem River Bridge
- ↑ 5.11 Rhodes Rd
- ↑ 5.46 Wage Rd
- ↑ 6.30 HWY 103
- 6.36 Exchange 27 (Jewell - HWY 202)

EXCHANGE NOTES CONTINUED

Provisions: Course Fundraisers
 Fuel: No

EXCHANGE NOTES

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



VAN 1

3.83 MI | EASY

NAMED AFTER: TOM J.

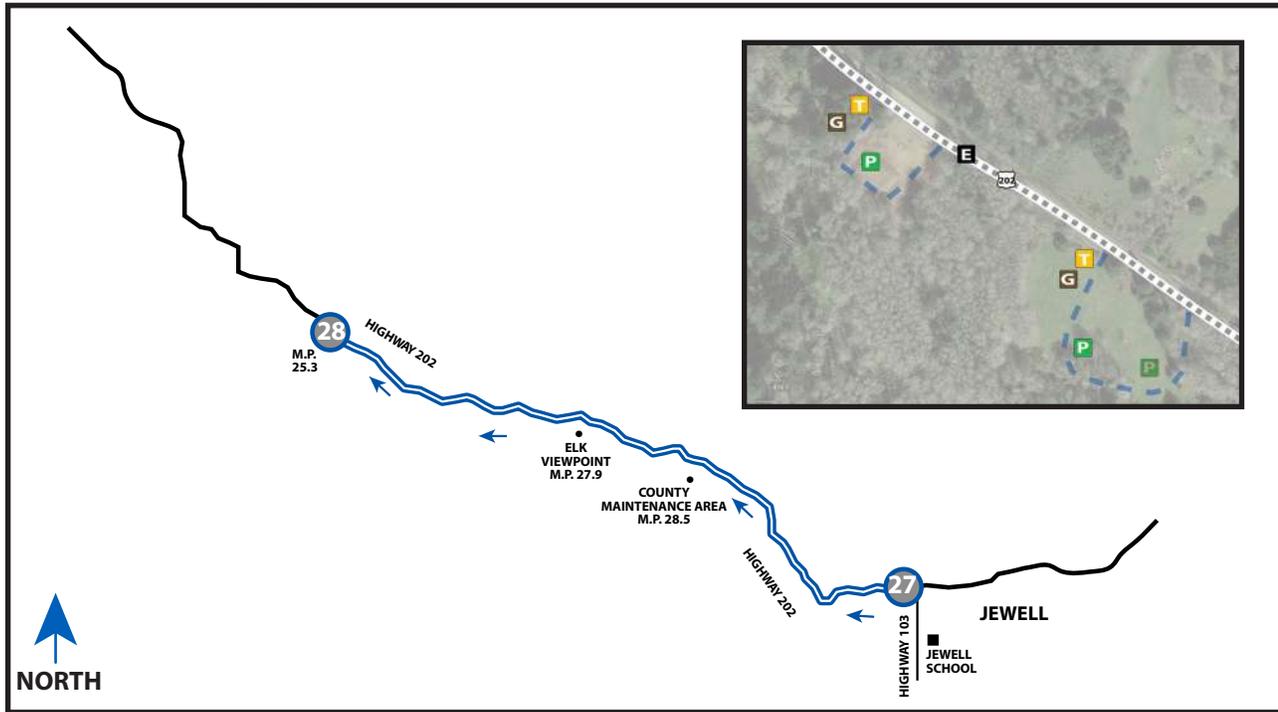


LEG DESCRIPTION: Gradual uphill on paved road. Narrow HWY with limited shoulder.

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)

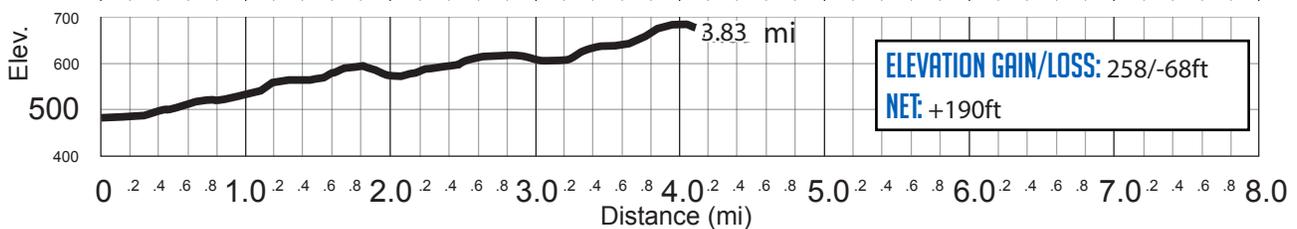
EXCHANGE NOTES

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

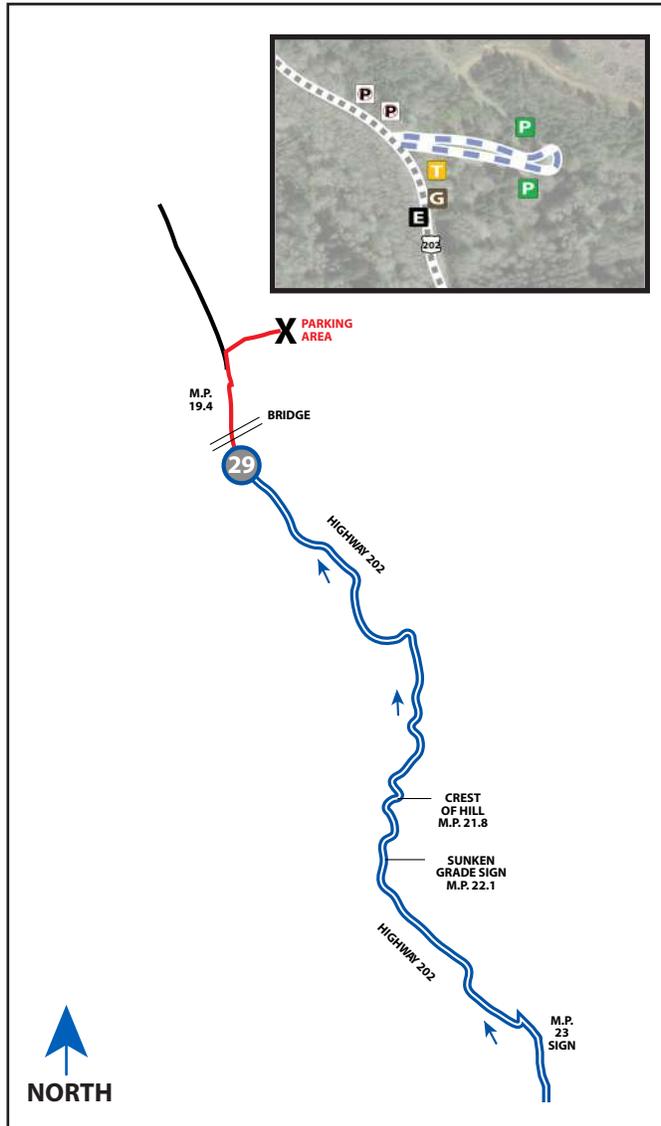
5.97 MI | VERY HARD

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!

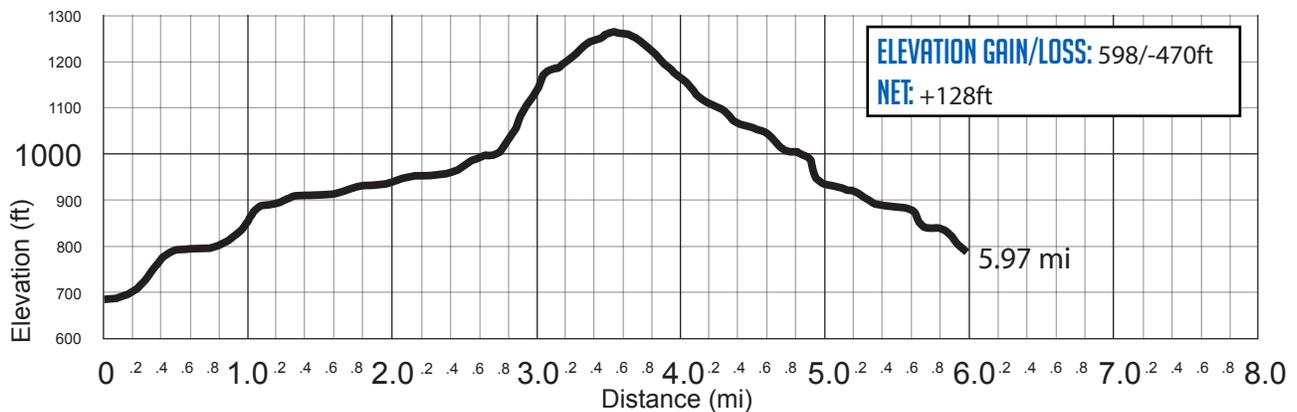
Parking: 1/2 mile from exchange. Drop off next runner while waiting in line near entrance to parking lot (NOT AT THE EXCHANGE).

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

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

Provisions: No

Fuel: No



VAN 1&2

MAJOR VAN EXCHANGE 5.32 MI | MODERATE

NAMED AFTER: GEORGANN P.

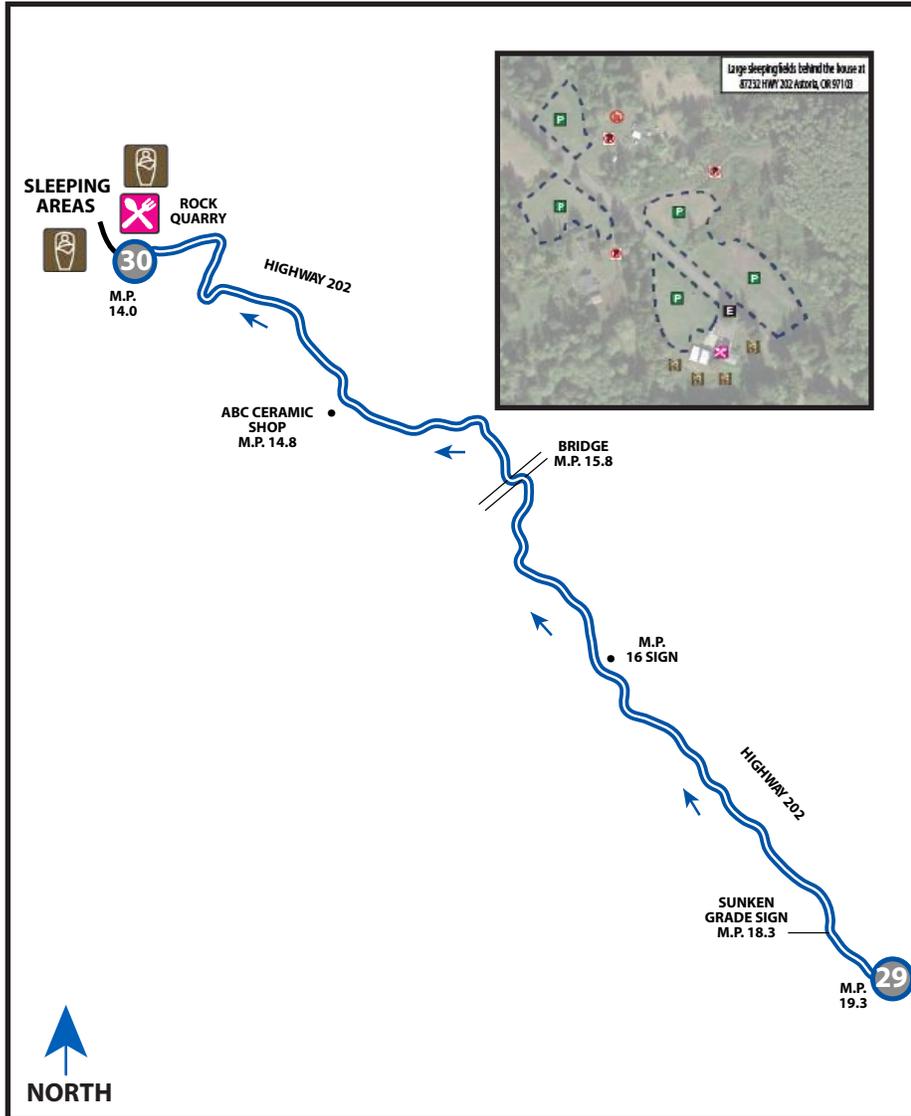


LEG DESCRIPTION: Gradual uphill and steep downhill on winding narrow back road with minimal shoulder.

EXCH 30 ADDRESS: 87232 HWY 202 Astoria, OR 97103

GPS: 46.065768, -123.692707

NOTES: Cell phone coverage unreliable until after Leg 32.



DIRECTIONS FROM EXCH 29 TO EXCH 30

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

EXCHANGE NOTES

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

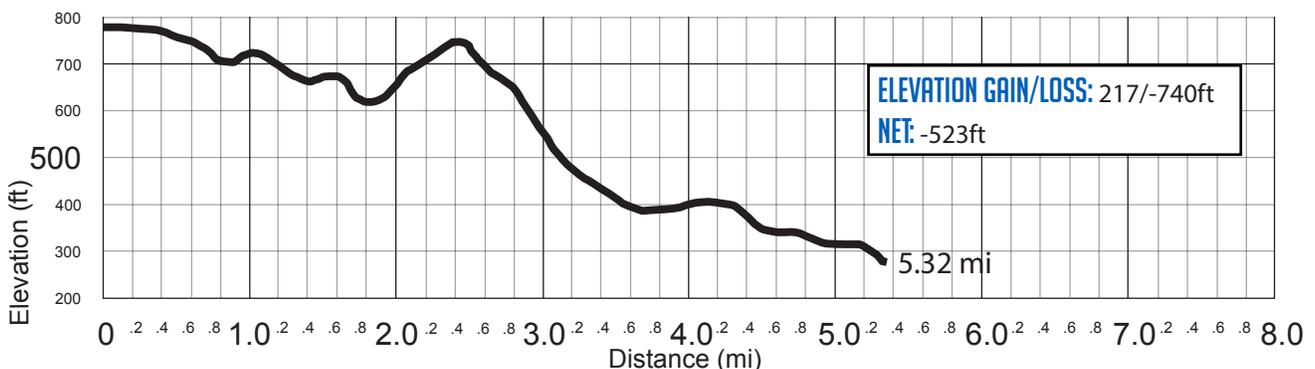
Do not drop runner off near exchange (causes immediate back-up).

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

Provisions: Course Fundraiser

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

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



VAN 1 ROUTE TO FINISH



NOTES

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

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

VAN 1 DIRECTIONS FROM EXCH 30 TO FINISH

- 0.00 Exchange 30 (87232 HWY 202)
- ↑ 0.00 Continue north on HWY 202 following race course
- ↑ 4.30 Exchange 31 - continue north on HWY 202 (Van 2 breaks off here)
- ↑ 13.55 At the traffic circle take the 2nd exit onto HWY 101 S towards Warrenton/Seaside
Continue on HWY 101 S for 25 miles to Seaside

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 runner one block north of the turnaround on the beach where Oceanway Ave dead-ends at the beach.

VAN 2

3.96 MI | MODERATE



NAMED AFTER: ERIN T.

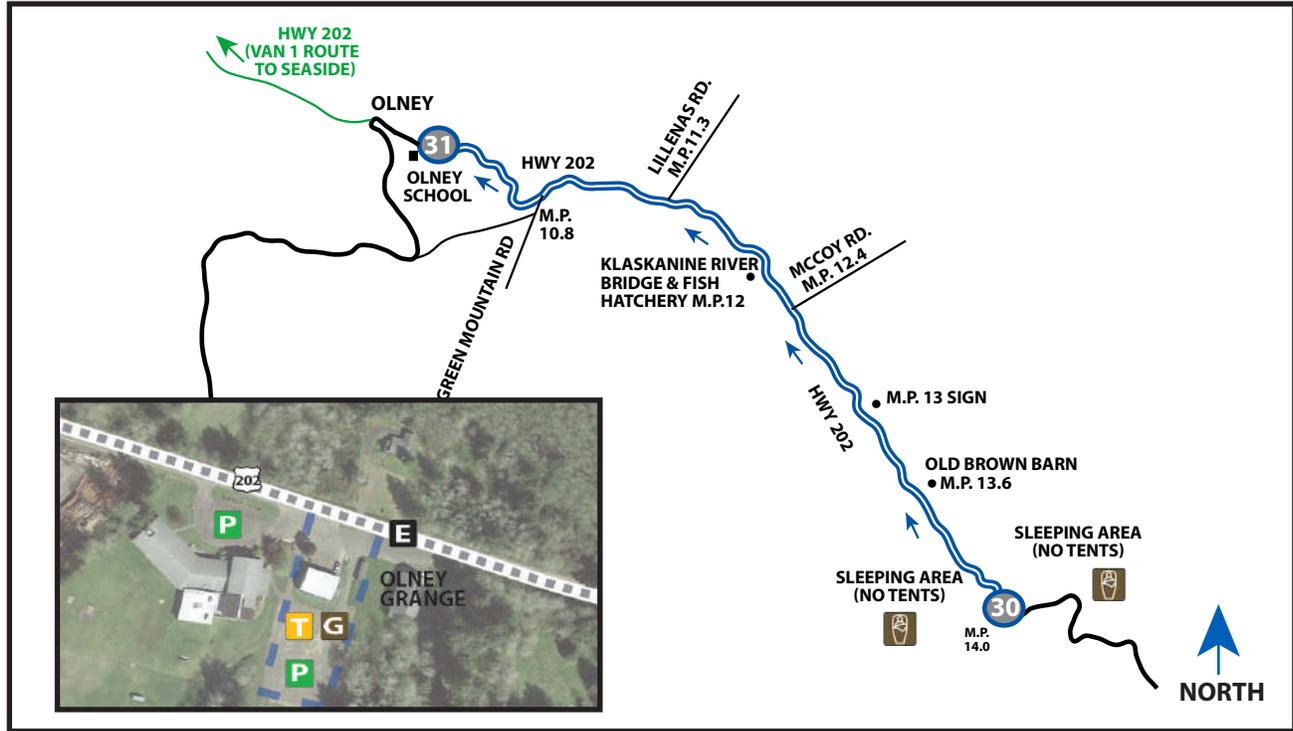


LEG DESCRIPTION: Gradual hills on narrow paved back country road.

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

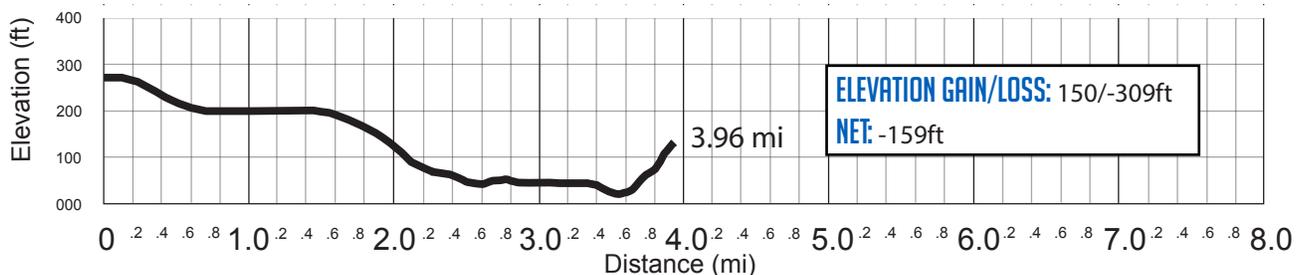
- 0.00 Exchange 30 (Astoria - HWY 202)
- ↑ 0.85 m.p. 13 sign
- ↑ 1.56 McCoy Lane
- ↑ 2.06 Klaskanine River Bridge and Fish Hatchery (m.p. 12)
- ↑ 2.67 Lillenas Rd (m.p. 11.3)
- ↑ 3.13 Olney Lane
- 3.96 Exchange 31 (Coastline Christian Fellowship Church)

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)





VAN 2

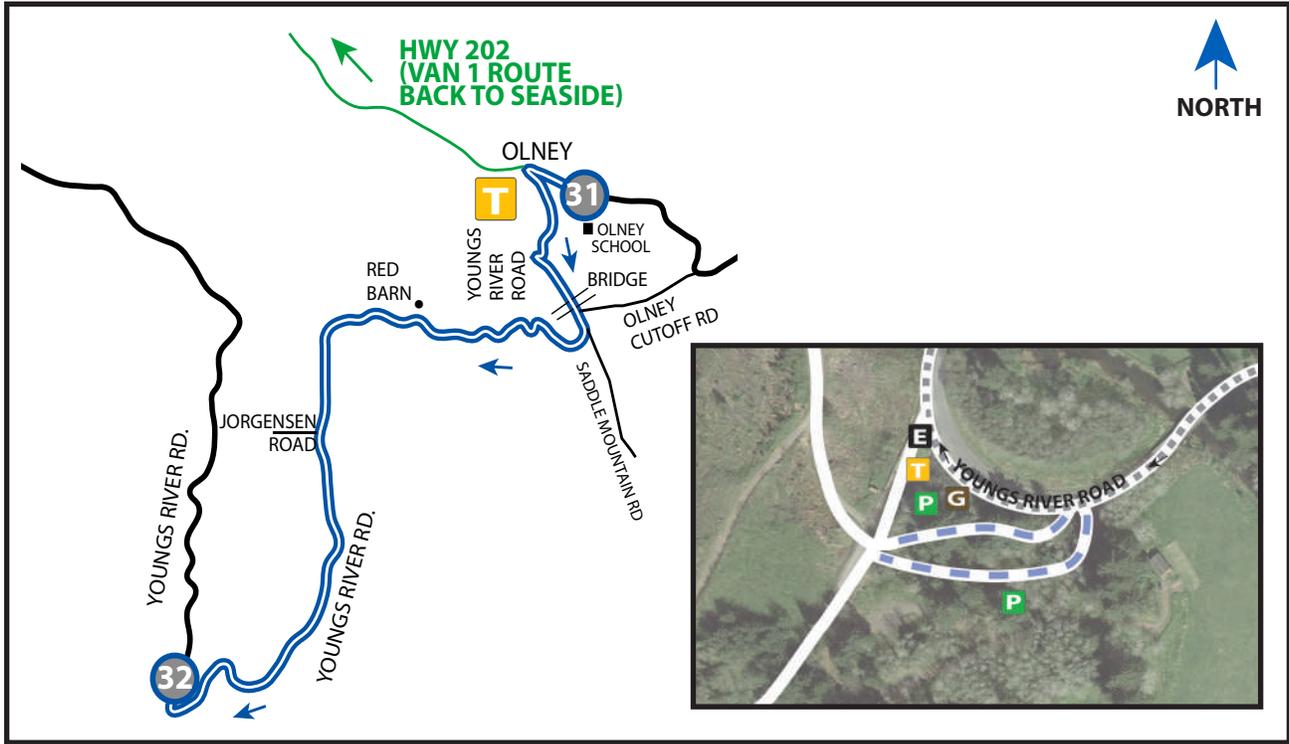
4.20 MI | MODERATE

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)

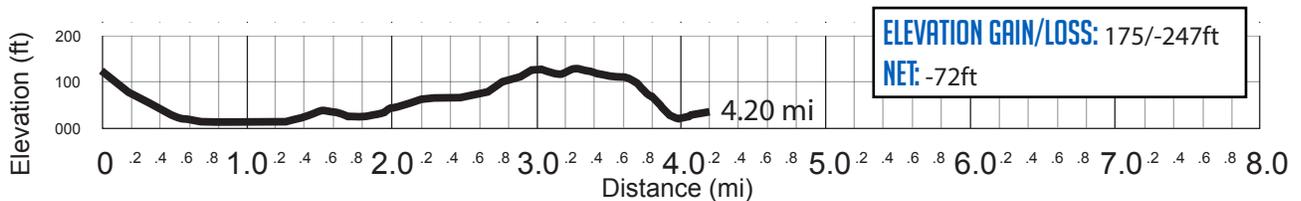
EXCHANGE NOTES

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)



VAN 2

7.72 MI | HARD

NAMED AFTER: DEE L.



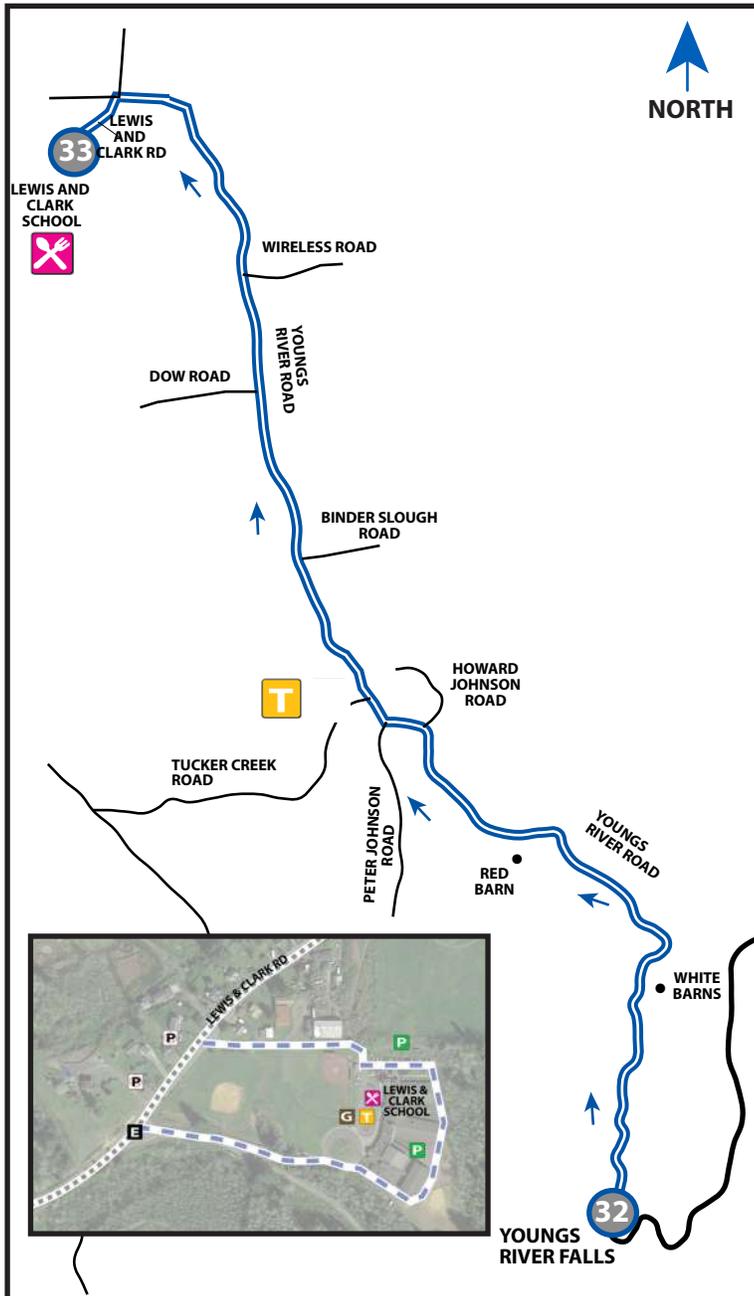
LEG DESCRIPTION: Rolling hills on narrow country roads.

EXCH 33 ADDRESS: 92179 Lewis & Clark Rd Astoria, OR 97103

GPS: 46.147492, -123.846048

NOTES:

ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG



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

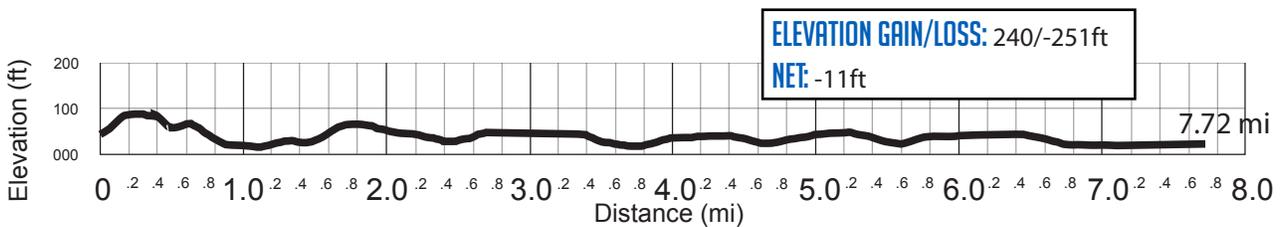
COURSE FUNDRAISER

LEWIS & CLARK CAL RIPKEN BASEBALL

SATURDAY 4:00AM - CLOSE

FOOD: Hamburgers, hotdogs, doughnuts, candy bars

BEVERAGES: Coffee, soft drinks





VAN 2

4.12 MI | EASY

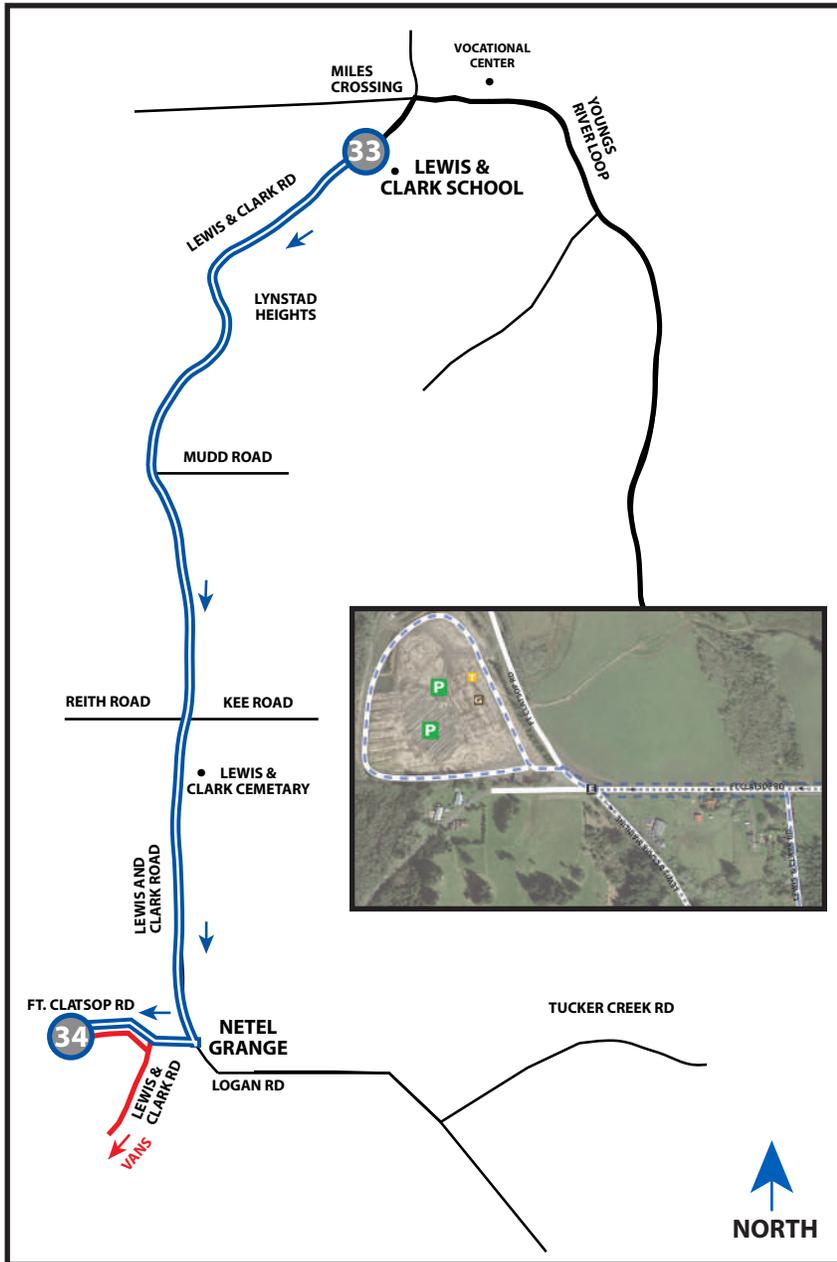


LEG DESCRIPTION: Very short leg in length with gently rolling hills along paved country roads.

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

GPS: 46.104487, -123.866126

NOTES:



DIRECTIONS FROM EXCH 33 TO EXCH 34

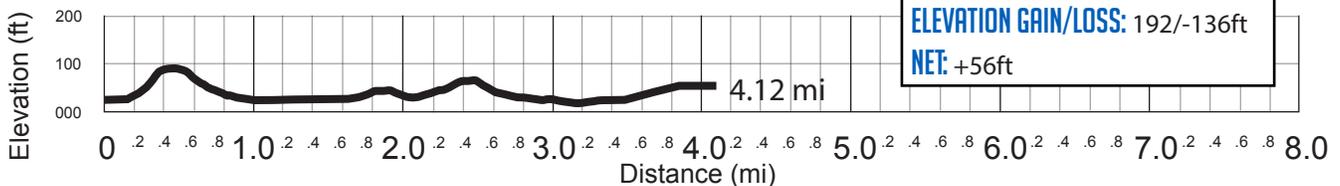
- 0.00 Exchange 33 (Lewis & Clark School)
- ↑ 0.61 Lynstad Heights
- ↑ 1.82 Mudd Rd
- ↑ 2.43 Kee Rd/Reith Rd
- ↑ 2.66 Lewis & Clark Cemetery
- 3.32 Turn **RIGHT** onto Lewis & Clark Rd
- 3.43 Turn **RIGHT** onto Fort Clatsop Rd
- ← 4.08 Turn **LEFT** onto Lewis & Clark Mainline
- 4.12 Exchange 34 (Lewis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

EXCHANGE NOTES

Parking: In loop 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



VAN 2

7.07 MI | HARD

NAMED AFTER: JUSTIN J.

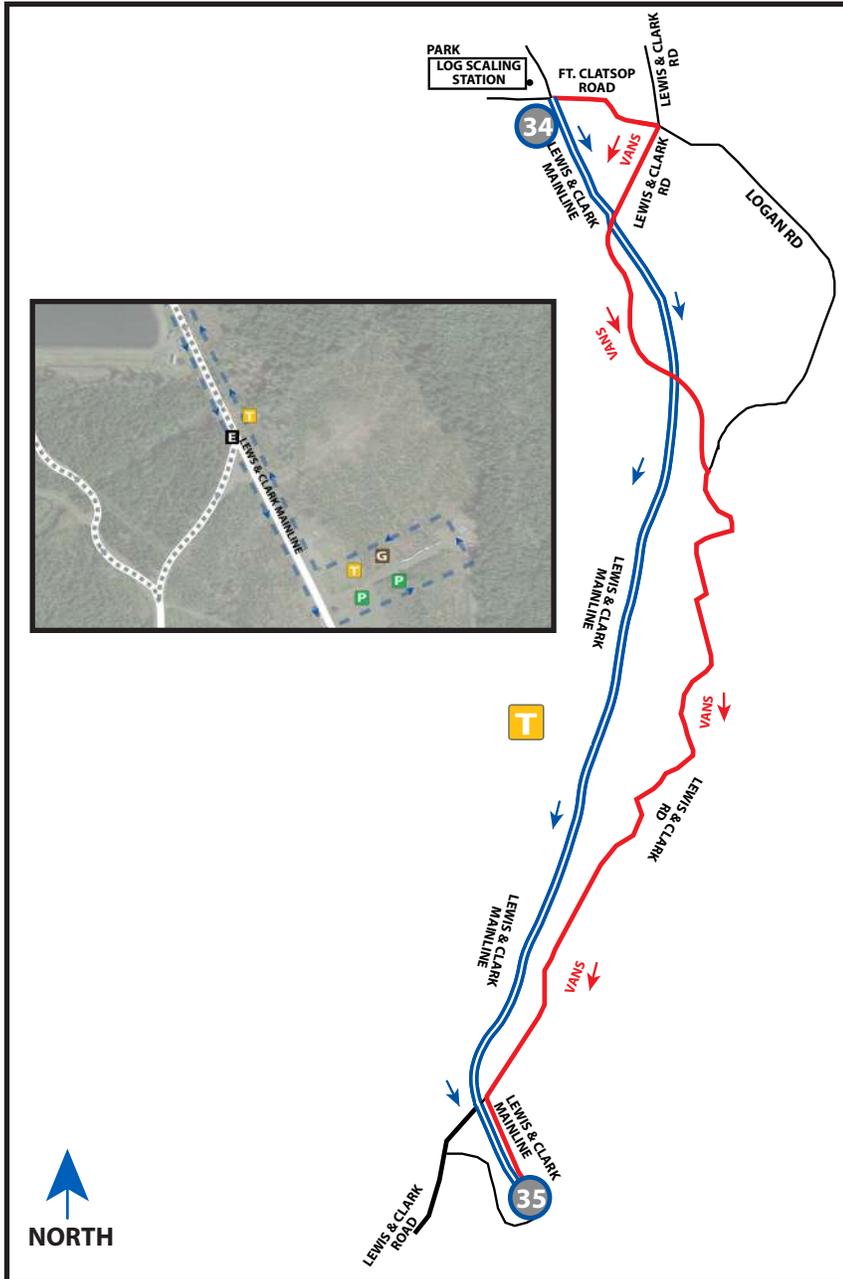


LEG DESCRIPTION: Gently rolling terrain along a combination of paved and gravel roads.

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

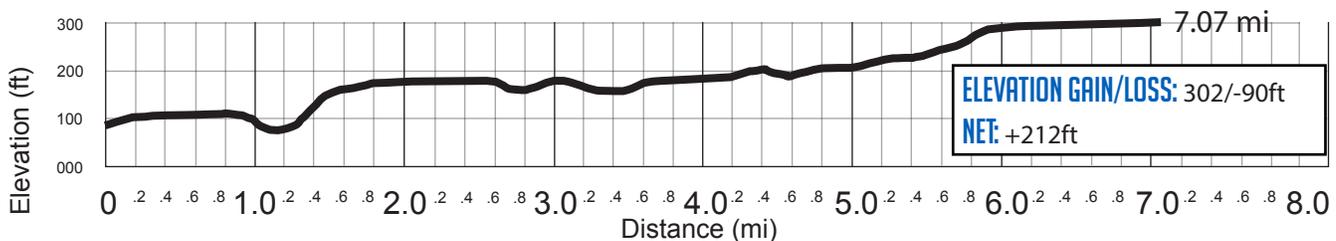
- 0.00 Exchange 34 (Lewis & Clark School)
- 0.00 Head southeast on Fort Clatsop Rd
- 0.67 Slight **RIGHT** onto Lewis & Clark Rd
- ← 7.58 Turn **LEFT** onto Lewis & Clark Mainline
- 8.1 Exchange 35 (Lewis & Clark Mainline)

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



NAMED AFTER: ALYDA F.



VAN 2

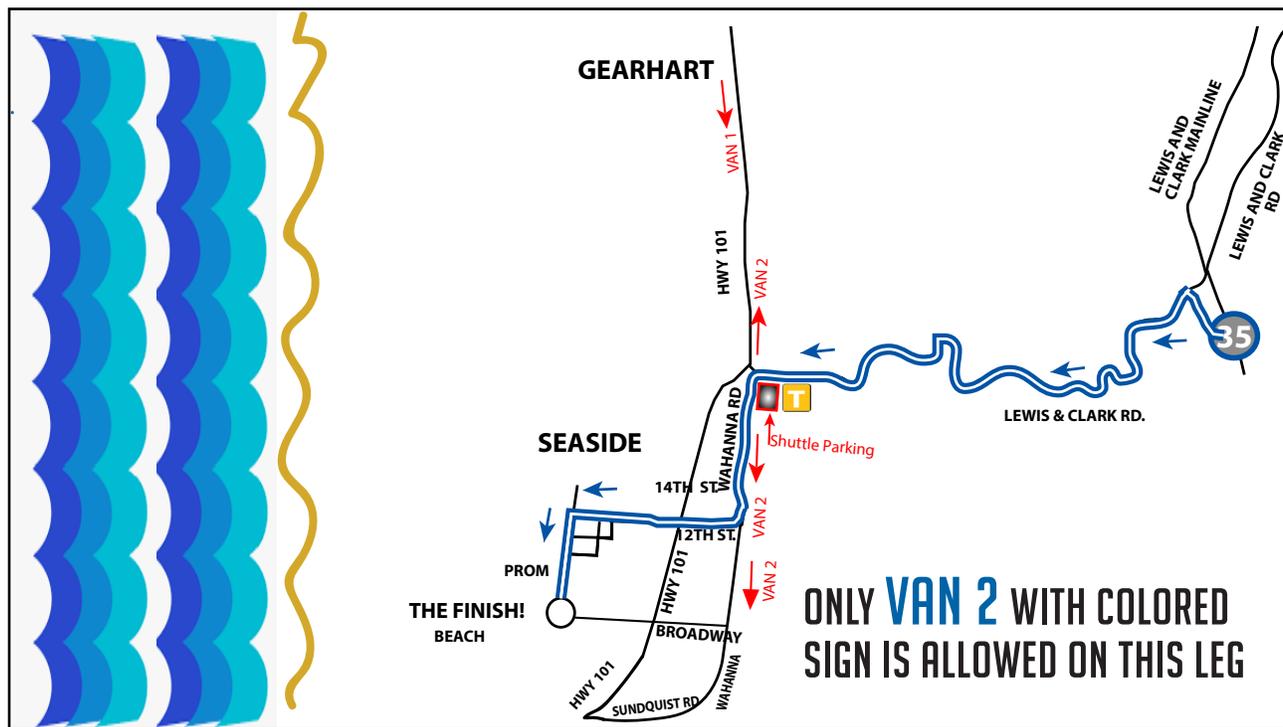
5.03 MI | MODERATE



LEG DESCRIPTION: Challenging up and steep downhill 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



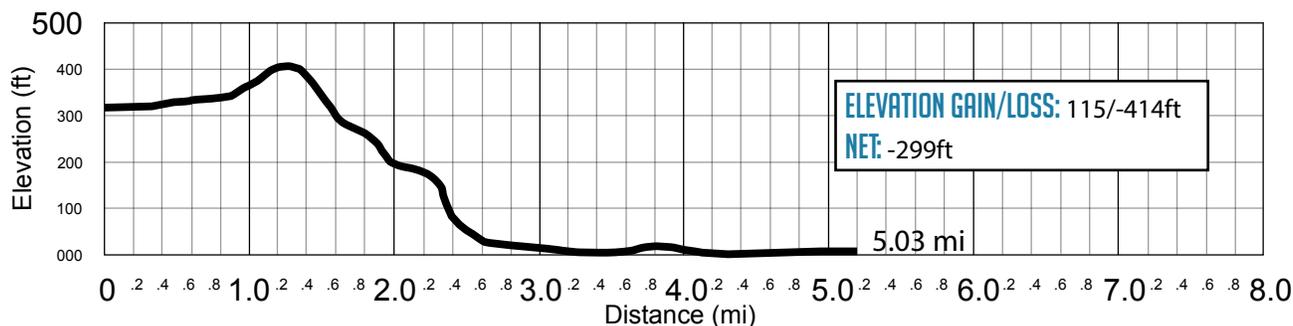
DIRECTIONS FROM EXCH 35 TO FINISH

- 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 more on festivities and entertainment!
- Open containers on promenade are not allowed.



WASTE PREVENTION AT THE RACE

#RACEMOREWASTELESS

AVOID WASTE, SKIP THE PLASTIC

RECYCLING IS GOOD, AVOIDANCE IS BETTER.

USE A REFILLABLE WATER JUG & BOTTLE



Instead of individual plastic bottles.



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.



TIP



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: [Hoodtoastrelay.com/htc/sustainability](https://hoodtoastrelay.com/htc/sustainability)
If every team does their part, we can achieve tremendous results!





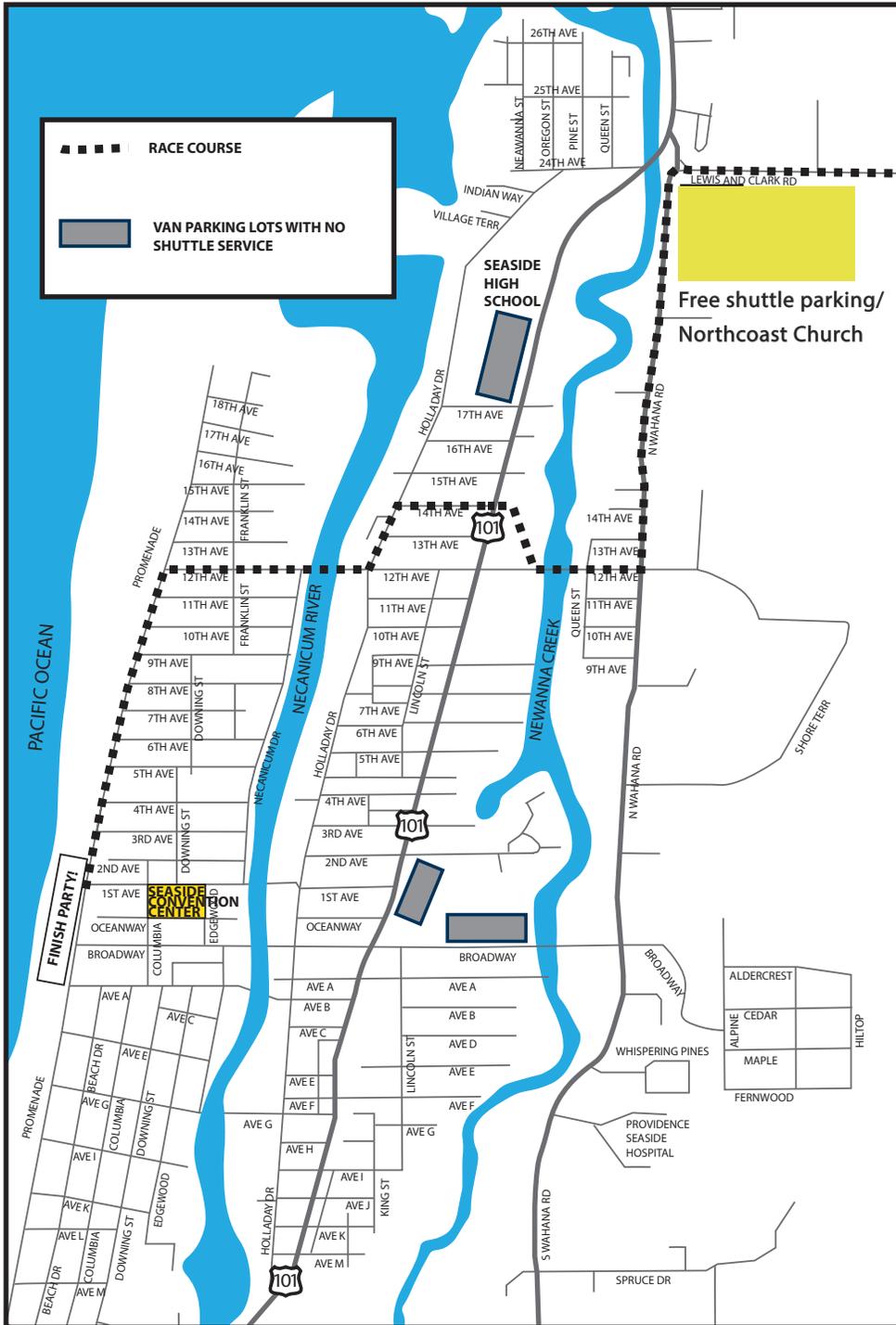
RACE TO YOUR NEXT DESTINATION.

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 runner 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**

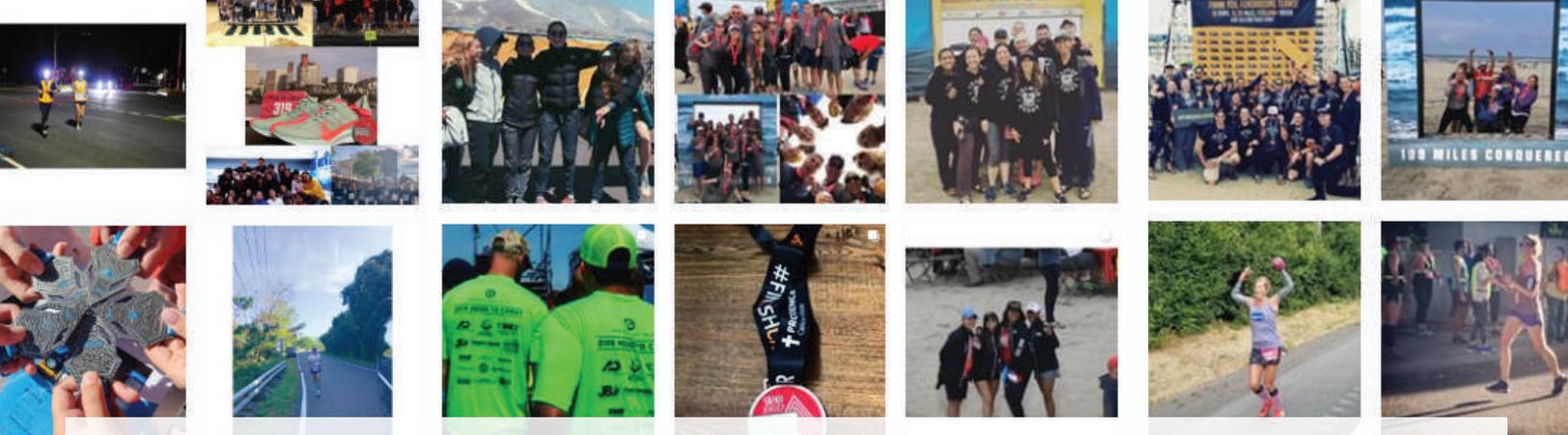
2021 COMMITMENT TO PORTLAND TO COAST CHALLENGE TRAFFIC SAFETY

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 Challenge 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 runners. (Vehicles are required by law to be over the fog line and not in traffic lanes. Runners 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 runner.
- 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.



#PTCC21

Last year, **over 10,000** photos were tagged with #PTC19! Be a part of the 2021 social scene on Portland To Coast's Facebook, Instagram, and Twitter pages.



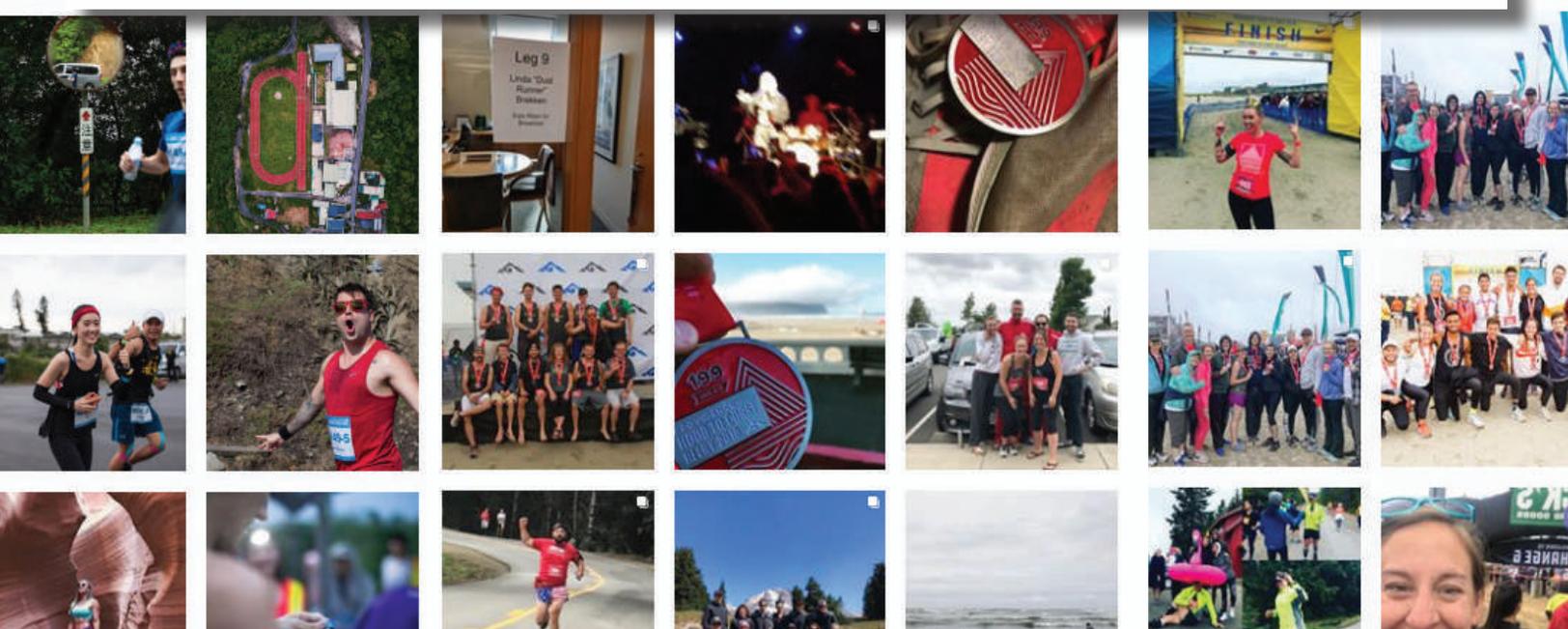
/HOODTOCOAST



@HTCRELAY



@HTCRELAY



2019 RESULTS & RECORDS



GIRL'S OPEN

<i>Course Record</i>	<i>Girls Gone Wild (2005)</i>	<i>16:14:35</i>	<i>07:33</i>
2019 Results	1 Teen Titans	26:23:45.5	9:16
	2 Klamath Union High School Girls	20:05:51.6	9:17
	3 Sole Sisters	21:05:21.3	9:45
	4 Fart Til You Dart	23:29:21.6	10:51

BOY'S OPEN

<i>Course Record</i>	<i>Boys From The Hood</i>	<i>12:28:53</i>	<i>05:48</i>
2019 Results	1 Oregon Road Runners	14:51:34.2	6:52
	2 Goofy Gang	16:42:57.4	7:43
	3 Tinkles Trotters	18:09:46.9	8:23
	4 L-Towns Finest	18:10:57.0	8:24
	5 Distance Weenies	18:34:57.0	8:35
	6 Trinity Thunder	18:58:48.3	8:46

BOY'S GIRL'S OPEN

<i>Course Record</i>	<i>Eugene Flash (2007)</i>	<i>14:23:36</i>	<i>06:42</i>
2019 Results	1 Bushnell Bushwackers	16:00:34.0	7:24
	2 Where's Gavin	17:06:47.0	7:54
	3 Shougalicious	17:23:38.2	8:02
	4 Big 10-4 Big Buddy	18:08:50.3	8:23
	5 Teenage Angst	18:49:53.3	8:42
	6 #heythatwasfun	19:03:29.6	8:49

WOMEN'S OPEN

Any age, at least one runner under 30.

WOMEN'S SUBMASTERS

Min age of all runners is 30.

WOMEN'S MASTERS

Min age of all runners is 40.

WOMEN'S SUPERMASTERS

Min age of all runners is 50.

MEN'S OPEN

Any age, at least one runner under 30.

MEN'S SUBMASTERS

Min age of all runners is 30.

MEN'S MASTERS

Min age of all runners is 40.

MEN'S SUPERMASTERS

Min age of all runners is 50.

MIXED CORPORATE OPEN

Any age, ALL from SAME business, at least half women.

WOMENS CORPORATE OPEN

Any age, ALL from the SAME business.

MENS CORPORATE OPEN

Any age, ALL from the SAME business.

FIND YOUR *Self*
FIND YOUR FAST



AIR ZOOM



Your workhorse with wings.

ENGINEERED FOR THE MOST
ADVANCED RUNNERS. THE MOST CLASS. THE MOST
HERE.

AIR ZOOM Pegasus 38





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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™

MANAGING HYDRATION For Relay Events

STRATEGIES:

- 💧 Calculate your sweat rate and fluid needs per hour
- 💧 Practice hydration during training, in different temperature conditions
 - If < 60 min, water is sufficient
 - If > 60 min, use sports drink or water + gel/blocks/beans
 - Use a hand-held water bottle, waist pack, or hydration vest
- 💧 Plan for your event
 - Purchase and prep drinks for each leg of the relay
 - Extra fluid needed for hot temps and high elevations
- 💧 After each leg
 - 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



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 → Dehydrated

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 Heat Exhaustion

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

Symptoms of Dehydration

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

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CBD PARTNER OF HTC.**

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**FIND THE MENDI RECOVERY
STATION AT SEASIDE ON
RACEDAY, AUGUST 28TH.**

Michelob
ULTRA.



TRADE YOUR MILES FOR BEER





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

- Surgical and nonsurgical treatment
- Sports rehabilitation and therapy
- Concussion care

PERFORMANCE

- Injury prevention
- Sports-specific video analysis
- 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.