

2000 Post-Event Program

OVERVIEW OF EVENTS

Thank you for being part of our trio of the world's largest relay races this past August. The Nationwide Insurance Hood To Coast, Asimba Portland To Coast Walk, and Nextel Portland To Coast High School Challenge Relays put 17,400 runners and walkers and more than 4000 volunteers on Oregon's paved roads. Cool weather, accompanied by intermittent drizzle in the Coast Range, graced the race with near-perfect conditions. You were part of one of Oregon's most energetic rites of summera two day, heart pumping party that snaked along the state's highways and back roads, culminating with a beach bash which swelled to 85,000 people.

To make this enormous undertaking such a success is no easy task. It required the year-long sweat and dedication from the event's year-round staff, race committee, sponsors, and the thousands of great race-day volunteers as well as governmental agencies, businesses and citizens who reside along the course. Please contact us if you have interest in joining our race committee. We are always looking for people with fresh new ideas.

Our event is very committed to supporting our chosen charity, **The American Cancer Society**. They would like to thank runners and walkers, sponsors, the Hood To Coast staff and Honey Bucket for their generous support and contributions on their behalf. At the time of this printing, the American Cancer Society is tallying totals for donations and pledges which will be used to fund cancer research, education and patient service programs in Oregon.

We are sad to report that Hood To Coast suffered its first fatality. Long-time HTC participant, Klaus Rhode, 49, died of a heart attack while running his second leg early on Saturday morning. Our running community mourns the loss of our friend and fellow runner.

SEE INSIDE:

- 2001 Race Application
- 2000 Race Results
- Souvenir Merchandise

BEST TEAM NAME CONTEST:

- HTC: Hugh Jasses
- PTCW: IB Walkin' IB Sweatin' IB Profen
- PTCHSC: Baby Ducks on a Compost Pile

BEST DECORATED VAN CONTEST:

- HTC: Head Hunters
- PTCW: Energizers
- PTCHSC: Boyz In The Hood

THE NATIONWIDE INSURANCE HOOD TO COAST RELAY crowned a new champion in its nineteenth year. Pace Setter Elite, from Portland, held off the deepest field in our history to win a close race in 16:46:26. Pace Setter captain Ian Solof credited his team's victory to the balance and consistency of all twelve runners' efforts and the lack of any weak links. Finishing 5 minutes back in second place was the Jersey Eccentric Running Karas followed by 4 minutes with 2-year defending champions Bucknell Alumni Distance Team. We had five new category course records this year:

- **WOMEN'S MASTERS:**
Tahoe Trail Babes by Igloo.....23:02:58
- **MIXED MASTERS:**
Pace Setter WeB40.....19:55:17
- **MEN'S SUPERMASTERS:**
Aging Heroes.....21:16:11
- **WOMEN'S SUPERMASTERS:**
Do Not Go Gentle.....27:28:56
- **MIXED SUPERMASTERS:**
Pace Setter Gray Hounds.....21:33:43

THE ASIMBA PORTLAND TO COAST WALK RELAY witnessed the fastest field in its history. A nationally elite group of race walkers, Racewalkers Northwest, set a new course record by defeating

Racewalk West from Canada by 31 minutes in a time of 18:31:06. They averaged a remarkable 8:47 per mile pace over the entire 126 mile course. Both teams obliterated the old course record of 19:41. We had five new category records this year:

- **WOMEN'S OPEN:**
RWNW Pace This!.....21:52:38
- **MIXED OPEN:**
Racewalk West.....19:02:00
- **MEN'S MASTERS:**
RWNW - In Your Pace!.....18:31:06
- **MIXED MASTERS:**
Paul's Bunions.....22:27:35
- **MIXED SUPERMASTERS:**
Racewalkers Northwest.....23:05:34

THE NEXTEL PORTLAND TO COAST HIGH SCHOOL CHALLENGE RELAY was viewed by most as one of the wildest and fun running experiences of their young lives. The adrenalin was really flowing at the starting line for these 50 teams. It took a new course record for Boys From The Hood, from Portland, to defeat defending champion, On The Run Track and Field, in a time of 13:14:04. Great race conditions aided the fastest field ever to new course records in all categories:

- **BOY'S OPEN:**
Boys From The Hood.....13:14:04
- **GIRL'S OPEN:**
Team Murphy.....18:07:44
- **BOY'S and GIRL'S OPEN:**
General Running.....14:29:37

REGISTRATION 2001

New this year!
Entries will **ONLY** be accepted if **POSTMARKED October 25, 2000** or after
Entries received/postmarked earlier will be returned



2001 RACE APPLICATION

***** NOTE NEW REGISTRATION PROCEDURE *****

DATE & TIME

Friday & Saturday, August 24-25, 2001

STARTING TIMES*:

HTC: 9:30 AM - 8:15 PM

PTC Walk: 4:00 AM - 10:00 AM

PTC High School Challenge: 6:00 PM

*Teams start in waves every 15 minutes.

TEAM LIMITS

- **HTC:** First 1000 teams.
- **PTC Walk:** First 400 teams.
- **PTC H.S. Challenge:** First 50 teams.

ENTRY FEES

- **HTC:** \$840 per team
- **PTC Walk:** \$780 per team
- **PTC H.S. Challenge:** \$50 per team

HOW TO REGISTER

Read **THOROUGHLY** before registering!

- Registration will open with mail received **postmarked** no earlier than October 25, 2000 (including delivery services such as Fed Ex, UPS, etc.) with *no hand deliveries allowed*. **Any mail RECEIVED the 25th (or earlier) will be returned refused.**
- To be accepted the registration form must be **COMPLETED** with the Team Data on top and the Individual on bottom for at least the team captain, and accompanied by payment in full. Please use home addresses - *not business addresses*.

- **Please note** that the area by which we require teams to provide volunteers has been expanded (see Volunteer Requirement).

- **ALL** registrations, once accepted, are **NON-REFUNDABLE** and **NON-TRANSFERABLE** *without exception*.

- Have your teammates fill out individual forms. The team captain should collect and send them in together (or in groups) by **June 1st** (a late fee applies after that time).

CONFIRMATIONS

Confirmations will be received by mail within approximately two weeks of acceptance. There is **NO WAY** to know whether you are in or not prior to the written confirmation. Please do not e-mail or call the HTC office!

THE EVENTS

Teams in all three relays are composed of a maximum of 12 people. The Hood To Coast Relay (HTC) covers 195 miles with each person running 3 legs (an average of 5 miles each leg). Starting at Timberline Lodge on Mt Hood, it finishes on the beach in front of the turnaround in Seaside, Oregon.

The Portland To Coast (PTC) events cover the last 126 miles of the HTC course with each person running/walking 2 legs (an average of 5 miles each leg). Starting at Delta Park in Portland (for the Walk) or the Old Spaghetti Factory (for the HS Challenge), it also finishes in Seaside.

TIME REQUIREMENT

HTC: A team must complete the course in 32 hours or less (a **TEAM** average of 10 minutes per mile). Do not submit a team entry with a finish time projection outside that parameter. HTC reserves the right to not allow a team to start with a projected finish time exceeding 32 hours. The course closes at 9:00 PM, as mandated for safety reasons by the City of Seaside. Unforeseen circumstances on race day (van getting lost, injured runner, etc.), making a team fall behind schedule, will result in that team being required by HTC officials to start some of their runners simultaneously to achieve the 9:00 PM finish deadline.

PTC: There is no time requirement for the Walk or the High School Challenge. We **DO** require accurate pace information from each participant on their Entry Form to allow us to assign start times accurately.

NEW VOLUNTEER REQUIREMENT

All teams in all races must provide 3 **NON-TEAM MEMBER VOLUNTEERS** for the race (Van drivers *do not* count as volunteers). **Excluded from this requirement** are teams which have **EVERY** team member **living over 100 miles from Portland (Eugene/Springfield, Corvallis, and the Dalles are now included)**. **Check our website for a full list**. Volunteers *must be 16 years or older and able-bodied*. **FAILURE TO FULFILL THIS REQUIREMENT WILL RESULT IN THE TEAM'S DISQUALIFICATION.**

Volunteer registration will be not accepted until after your receipt of the Handbook (where the current year's form is) which will be mailed out mid-June. Job assignments are made on a first come, first served basis.

There will be a **mandatory volunteer meeting** prior to the race. All three team volunteers will need to attend one of the training sessions to get specific instructions, be able to ask questions, and pick up their volunteer shirt.

VEHICLES

Each team is limited to two vehicles, preferably vans (not to exceed 6'-6" wide or 19'-0" long). **NO MOTOR HOMES, LIMOUSINES, BUSES OR TRAILERS.**

TEAM MATCHING

For teams looking for a replacement or addition to their team (runner or walker), or for single participants wanting to get on a team, e-mail: LSSC@transport.com or phone Bob Hinkel at LaCamas Swim and Sport, Camas, WA, (360) 834-8506

the following information: Your name, sex, age on race day, day and evening phone numbers and the pace you expect to be able to average for the 2 or 3 legs you'll be doing.

TEAM CATEGORIES

NO.	NAME OF CATEGORY	REQUIREMENTS
0.	ELITE MEN	Anticipated Time under 18 hr
1.	MEN'S OPEN	One or more under 30
2.	MEN'S SUBMASTERS	All 30 or over
3.	MEN'S MASTERS	All 40 or over
25.	MEN'S SUPER MASTERS	All 50 or over
4.	CORPORATE MEN'S OPEN	Employees; same business.
5.	WOMEN'S OPEN	One or more under 30
6.	WOMEN'S SUBMASTERS	All 30 or over
7.	WOMEN'S MASTERS	All 40 or over
26.	WOMEN'S SUPER MASTERS	All 50 or over
8.	CORPORATE WOMEN'S OPEN	Employees; same business.
9.	MIXED OPEN	Men/Wom. One or more <30
10.	MIXED SUBMASTERS	Men/Wom. All 30 or over
11.	MIXED MASTERS	Men/Wom. All 40 or over
27.	MIXED SUPER MASTERS	Men/Wom. All 50 or over
12.	CORPORATE MIXED OPEN	Men/Wom. Same business.
13.	BOY'S OPEN	All 18 or younger
14.	GIRL'S OPEN	All 18 or younger
15.	BOYS/GIRLS OPEN	Boys/Girls. All 18 or younger
16.	MEN'S WALKING	One or more under 40
17.	MEN'S MASTERS WALKING	All 40 or over
22.	MEN'S SUPER MASTERS WLK	All 50 or over
18.	WOMEN'S WALKING	One or more under 40
19.	WOMEN'S MASTERS WALKING	All 40 or over
23.	WOMEN'S SUPER MSTRS WLK	All 50 or over
20.	MIXED WALKING	Men/Wom. One or more <40
21.	MIXED MASTERS WALKING	Men/Wom. All 40 or over
24.	MIXED SUPER MASTERS WLK	Men/Wom. All 50 or over

MIXED CATEGORIES: Teams with 12 members are to have a min. of 6 women. Teams with 10-11 members are to have a

minimum of 5 women. Teams with 8-9 members are to have a minimum of 4 women. Teams with less than the required number of women for mixed categories will become men's categories. Any team made up of 1-5 men and the rest women will be classified within the mixed categories.

CORPORATE CATEGORIES: ALL team members must be employed by the SAME business.

ELITE CATEGORY: All teams with anticipated finish times of less than 18 hours will automatically be put in this category.

RACE INFORMATION

HOOD TO COAST RELAY
 5319 SW Westgate Drive, #262
 Portland, OR 97221
 Phone: (503) 292-4626
 e-mail: htcrelay@teleport.com

Get the latest news and updates through our internet site provided by our Title Sponsor, Nationwide Insurance:
www.hoodtocoast.com

Read REGISTRATION / VOLUNTEER info FULLY prior to mailing in

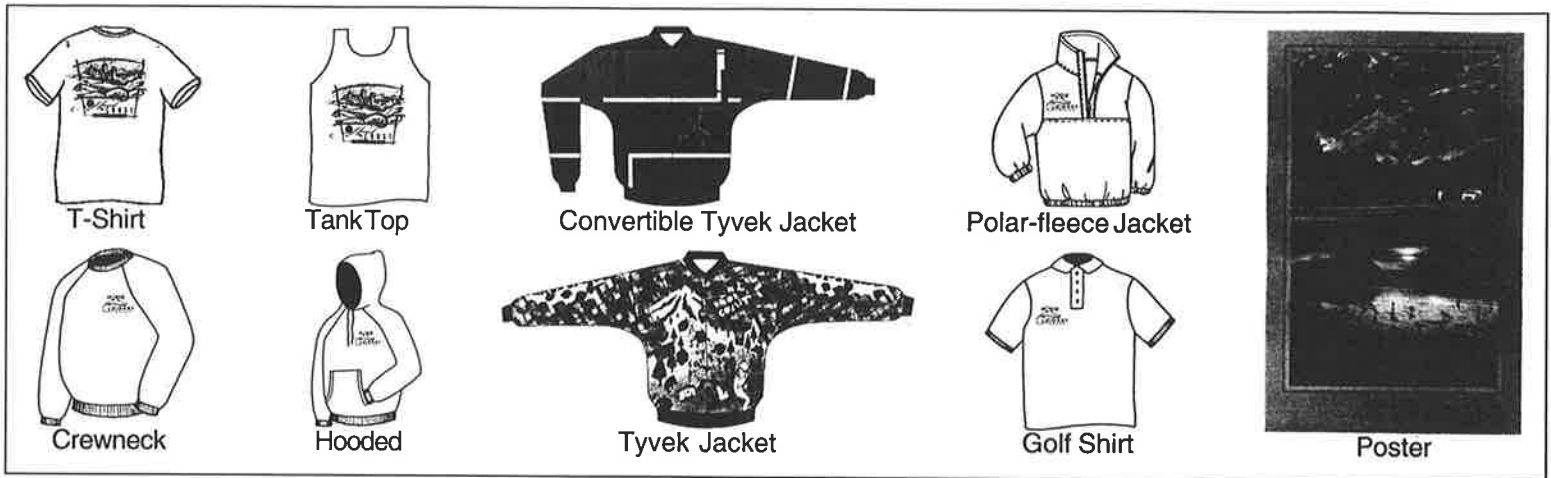
- CUT HERE - DO NOT ENLARGE - CUT HERE -

ENTRY (or Substitution) FORM		Application may be copied. Send ONE non-refundable check payable to: Hood To Coast Relay, 5319 SW Westgate Dr, #262, Portland, OR 97221. Each member must complete an entry form.		TEAM #	
RR	Team Data	HOOD TO COAST RELAY @ \$840	TEAM CATEGORY: (circle)		
		PORTLAND TO COAST RELAY Walk @ \$780	HTC: 0 1 2 3 4 5 6 7 8 9 10 11 12 25 26 27	COMPANY (employed by) (only if Cat. 4, 8, or 12)	
Individual Team Member	PORTLAND TO COAST H.S. Challenge @ \$50 Extra T-Shirts (size: __, #: __) @ \$15 ea. Extra Finisher's Medals (#: __) @ \$5 ea.	PTC H.S. Challenge 13 14 15	TEAM SPONSOR (if Applicable)		
		PTC Walk: 16 17 18 19 20 21 22 23 24	TOTAL ENCLOSED: _____		
		TEAM NAME		E-Mail Address	
		TEAM CAPTAIN: Last Name	First Name	E-Mail Address	
	SEX AGE (As of 8/24/01)	DAYTIME PHONE	EVENING PHONE	LAST NAME FIRST NAME	
	ADDRESS		CITY	STATE COUNTRY (if not U.S.A.) ZIP CODE	
Team Member Replaced: (IF SUBSTITUTION)		LAST NAME		FIRST NAME	

I know that running or walking a roadrace, regardless of the distance, is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this roadrace and I further agree that race officials may authorize necessary emergency treatment for me. I also understand that police protection will not be provided, and both vehicle traffic and spectators will be present along the course and I assume the risk of running under such conditions. I further assume any and all other risks associated with participating in the 2001 HOOD TO COAST RELAY and PORTLAND TO COAST RELAYS (hereinafter "the event") including, but not limited to illness, traveling to and from the event, falls, contact with spectators or other participants, the effects of the weather (including temperature extremes and humidity) and the surface condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Race Director Robert L. Foote, Jr., Foote Sports Productions, Inc., The Hood To Coast Relay, the City of Portland, race officials, volunteers and any and all other sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event from any and all claims or liability of any kind or nature whatsoever arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or parties named in this waiver.

2000 RACE MERCHANDISE

The following Merchandise has limited size availability. ONLY SIZES INDICATED ARE AVAILABLE.



• **SOUVENIR T-SHIRTS and TANK TOPS:**

- **Tank Tops:** White with multi-color graphic: HTC & PTC size M,L,XL.\$15
- **Short-sleeve:** White with multi-color graphic: HTC & PTC size M,L,XL.\$20

• **SWEATSHIRTS:**

- **Crewneck:** Forest (PTC), denim blue (HTC), moss green, khaki brown: HTC & PTC size M,L,XL.\$25
- **Hooded:** Forest green: HTC size L,XL.\$30

• **POLAR-FLEECE:**

- **Long-sleeve jacket:** Solid color jacket: Tan or navy (HTC & PTC, size M,L,XL). Jacket with multi-color print chest and the following solid color bottom: Tan or navy (HTC & PTC, size M,L,XL)\$70
- **Vest jacket:** Navy, tan (PTC), black solid color vest (HTC & PTC size M,L,XL). Vest with multi-color print chest and the following solid color bottom: balsam green (HTC & PTC, size L)\$65

- **GOLF SHIRTS:** Choice of navy, white, marine aqua or mushroom (HTC & PTC size S,M,L,XL).\$25

- **POSTERS:** Anniversary poster. 24"x36". Fuscia background with predominantly blue, purple and red tones\$15

• **CONVERTIBLE TYVEK JACKET:**

This jacket folds into the zipper compartment in the back of the jacket and becomes a fanny pack.

Blue, green, purple, black and white jacket (HTC & PTC, size S,M,L,XL) OR

Yellow, blue, red, black and white jacket (PTC only, size S,M,L,XL).\$30

• **REGULAR TYVEK JACKET:**

Multi-colored purple with black, red, green and yellow jacket (HTC only, size S,M,L).\$25

Name: _____ Daytime Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Please allow 2 weeks for delivery, although most items will be shipped sooner.

MAKE CHECKS PAYABLE TO AND SEND TO: Hood To Coast Relay, 5319 SW Westgate Drive, #262, Portland, OR 97221

POSTAGE

- Below \$10=\$3
- \$11-\$25= \$4
- \$26-\$40= \$5
- Over \$40=\$6

COLOR	SIZE	LOGO HTC/PTC ?	DESCRIPTION	QTY	PRICE EA.	TOTAL

WE APPRECIATE CLEAR, LEGIBLE PRINTING. ATTACH AN ADDITIONAL SHEET OF PAPER IF YOU REQUIRE MORE SPACE.

Postage & Handling:

TOTAL:

Table listing various women's events and their times. Includes items like 'Mo Blisters', 'Arco - We Got Gas! Do You?', 'Free Scotland', 'Kaiser Rolls', etc.

Table listing various women's events and their times. Includes items like 'Super Heat And Sole', 'Corp. Women's Open', 'lucy.com', 'Anzn Wripr Princess Bitchs', etc.

Women's Open

Table listing various women's events and their times. Includes items like 'Princeton Running Women', 'Baha Yags', 'Atlanta Track Club: Dixie Chic', etc.

Women's Submasters

Table listing various women's submaster events and their times. Includes items like 'Haulin' Angels', 'Blister Sisters', 'Girls In The Hood', etc.

Women's Masters

Table listing various women's master events and their times. Includes items like 'Tahoe Trail Babies by Iglou', 'Wild Women', 'Divas', etc.

Wom. Supermasters

Table listing women's supermaster events and their times. Includes items like 'Do Not Go Gentle', '27:28:56'.

Mixed Open

Table listing various mixed open events and their times. Includes items like 'Coast To Hood, It'd Be Tougher', 'Team Bend', 'Lizard Tales', etc.

Table listing various mixed events and their times. Includes items like 'Pacific 9 Runners', 'Crave The Wave', 'Team Jenkins', etc.

Table listing various mixed events and their times. Includes items like 'Hood 2 K', 'Twentythree Feet', 'Emerson Hard-Runners', etc.

Table listing various mixed events and their times. Includes items like 'Whistle Pig Racing Team', 'Sunset Slugs', 'Kopf's Kampers', etc.

Mixed Masters

Table listing various mixed master events and their times. Includes items like 'Pace Setter - WeB40', 'No Walkin' Till the Van Passes', etc.

Mixed Supermasters

Table listing various mixed supermaster events and their times. Includes items like 'Pace Setter Gray Hounds', 'The Classic Collection', etc.

Corp. Mixed Open

Table listing various corporate mixed open events and their times. Includes items like 'Nike Tarahumara', 'Nike Equipped Road Scholars', etc.

2000 SANDBAGGER AWARDS - "Hall of Shame"

Accurate seeding of teams (which is based on the times submitted for each team member) is **critical** to the quality of all three races. A frequent response we get is "we're not going to win anything, so it doesn't matter". It does matter. Planning to avoid vehicular congestion is impossible without the cooperation of ALL teams. Equipment and staff are placed on the course based on the time we calculate teams will be coming through exchange areas. How would you like to find yourself on the course with the exchanges not set up, volunteers not there to direct and assist and porta potties not yet in place?

HOOD TO COAST: For shame! The following teams are the **worst** offenders at putting down unrealistic "best 10K times" on their individual forms submitted for their team. Times submitted were MUCH slower than the actual times performed. Due to either carelessness (leaving 10K times blank or putting in a bad estimate) or intentionally sandbagging (putting in bogus times to try to get an early start time) - the result is the same. These teams will be seeded into the latest starting wave that will insure their arrival at the beach at the course closure (9:00PM) next year, and if there is a repeat performance, they will be banned from future races. The following teams were the worst offenders:

TEAM NAME:	ACTUAL	ANTIC	DIFF
Evil Klowns.....	25:24:11	30:09:14	4:45:03
Bohweca.....	29:37:10	34:11:54	4:34:44
Here We Go Again.....	26:40:21	31:07:49	4:27:28
12 Dips In The Road.....	28:21:56	32:43:42	4:21:46
We Run.....	28:36:23	32:48:18	4:11:55
Taking Care Of Business.....	24:01:00	28:08:06	4:07:06
Your Mama's In Our Van.....	26:45:14	30:46:58	4:01:44

PORTLAND TO COAST: WALKERS TAKE NOTE. We understand that there is no advantage in putting down slow times intentionally in the hopes of getting an earlier start time (since all teams are finished by afternoon in Seaside). However, inexperience or carelessness cannot be an allowable excuse, as it is too crucial that we know when to expect teams to come through the different exchange areas. This allows us to manage the course efficiently (not putting volunteers out in a whole extra shift early "just in case", and having to then use less volunteers than we need when teams actually do come through). **73% of the walk teams estimated themselves to be slower than they actually were!** The following teams were the worst offenders:

TEAM NAME:	ACTUAL	ANTIC	DIFF
WVOF.....	30:56:30	38:39:45	7:43:15
The Additional Links.....	30:57:18	38:39:45	7:42:27
No Fibbers.....	28:53:02	36:01:35	7:08:33
The Dirty Ladies.....	29:07:10	35:54:03	6:46:53
Miss Fits.....	29:08:01	35:05:21	5:57:20

HTC TITLE SPONSOR:



PTCWALK TITLE SPON:



PTC HS Chlg TITLE SPON:



GOLD SPONSORS:



SILVER SPONSORS:



BRONZE SPONSORS:



OUR CHARITY:

SPECIAL THANKS TO:

The City of Seaside
RaceCenter Northwest
LaCamas Swim & Sport/Bob Hinkel



HOOD TO COAST RELAY

5319 SW Westgate Drive, Suite 262
Portland, OR 97221

BULK RATE
U.S. POSTAGE
PAID
PORTLAND, OR
PERMIT #11

ROB RICKARD
16462 S ARROWHEAD DR
OREGON CITY OR 97045-9287

