WELCOME TO THE MOTHER OF ALL RELAYS

The Mother of All Relays is here to celebrate with you all in its 41st year! Each Hood To Coast Relay brings its own authentic vibe, just like the teams who run in it and bring their own unique energy and enthusiasm. Thanks for being part of the experience, in the 30th straight year of selling out and 24th straight year of capping the lottery on opening day of registration!

This ever-popular voyage near the peak of Mount Hood to the Pacific Ocean beaches has unquestionably progressed since its start in 1982 with eight teams of running friends. The early days of hand-drawn course maps, no porta-potties or permits, and a homemade spaghetti feed on the beach sure are nostalgic! Yet at its core, HTC has remained unchanged. Each of us continues to believe and live in the spirit of adventure, camaraderie, teamwork, perseverance, and the natural beauty that makes Hood To Coast the storied event it is today.

Each of us has been impacted either directly or through family or friends with cancer. This has given us at Hood To Coast a higher purpose as well. Scientific breakthroughs are delivering results at the Providence Cancer Institute, considered to be one of the top cancer research and treatment centers nationwide and at the forefront of immunotherapy. Helping this renowned institute improve the lives of people with cancer, while strengthening the health of our communities, creates real progress. You and your teammates can support the mission by fundraising: https://tinyurl.com/yc2mt5et

Additionally, here are some highlights in this year’s race:

• Download the Hood To Coast App (available in early August) to skip the lines at the Start Area with the Alaska Air Team Pre-Check. Other additional resources will be in the App as well!
• Incredible Finish Party festivities on the beach, including CJ Mickens Band (6:45pm-11:00pm) and music bands throughout the day and evening to keep you rockin’!
• Race official volunteers are provided with a free, new reflective vest and race official shirt to wear and keep, as well as customized online training.
• For teams deemed “local” – three volunteers are needed to support the 197 mile race course. These volunteers will watch online training and pass the multiple choice questions (available online July 6 – Aug 2).

If considered a local team, someone from your crew should pick up your event bag (race shirts, race bibs, partner swag) from the HTC Office DRIVE THRU PACKET PICKUP (7236 SW Durham Rd #800, Portland, OR 97224) from 9:00am-2:00pm, August 9 – August 11.

Thank you for joining our Hood To Coast community! Can’t wait to see what memories you make!

Felicia Hubber
Chairwoman & Race Director
SAFE TRAVELS

START HERE

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

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

TIRES • WHEELS • BATTERIES • BRAKES
SHOCKS • ALIGNMENT
THE MOTHER OF ALL B CORPS

Certified

This company meets the highest standards of social and environmental impact

Corporation

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™
EXCHANGE FUNDRAISERS & ACTIVATIONS

EXCHANGE 6
Providence Sports Med Self-Serve Stretching Station
Knockaround Sunglasses Sales
HTC Merchandise Sales
RISE Cold Brew Sampling
Shokz Demo and Sales
JamBar Sampling

EXCHANGE 10
Taqueria La Merced (Food Truck)

EXCHANGE 12—POWERED BY FIRST TECH
Wrap Around Town (Food Truck)
Bondi Bowl (Food Truck)
HTC Merchandise Sales
Cheribundi Sampling and Lounge
Knockaround Sunglasses Sales

EXCHANGE 13
Smak Dabs (Food Truck)

EXCHANGE 16
Scappoose High School (Fundraiser)
  • Offering $2 shower, bagels, complimentary coffee

EXCHANGE 18—FUELED BY BURGERVILLE
Columbia County Fairgrounds (Fundraiser)
  • Hot beverages, sandwiches, hot meals, snacks
Providence Sports Med Self-Serve Stretching
Providence First Aid
Burgerville Games and Prizes

EXCHANGE 20
Columbia County Mental Health (Fundraiser)
  • Hot dogs, parfaits, cold sandwiches, coffee, muffins, sport drinks

EXCHANGE 23
Natal Grange
  • BBQ Sandwiches, burgers, hot dogs, baked beans, assorted sweets.
  Breakfast starting Sat. @ 1am:
Pancakes, eggs, burritos, juice, coffee

EXCHANGE 24
Barn Field (Fundraiser)
  • Hamburgers, veggie chili, biscuits/gravy, muffins, bagels, various snacks, coffee, soda

EXCHANGE 27
Jewell School (Fundraiser)
  • Showers, oatmeal, bagels, eggs, sausage, burgers, biscuits/gravy, pulled pork, coffee, tea
Elsie Vinemaple Fire & Rescue (First Aid)

EXCHANGE 30
Local Family Fundraiser (Fundraiser)
  • Meals and snacks

EXCHANGE 31
Olney Grange Kitchen
  • Breakfast burritos, pancakes, cinnamon rolls, fruit, hamburgers, hot dogs, swedish pancakes, BLT wraps, cookies, gatorade, coffee

EXCHANGE 33
Lewis & Clark Elementary (Fundraisers)
  • Hamburgers, hot dogs, soda, coffee, doughnuts, candy bars

REST
Exchange 18: Columbia County Fairgrounds
Exchange 24: Alaska Carelines Campout
Exchange 30: HWY 202 mile post 14
CAPTAIN'S CHECKLIST

TRAVEL/ACCOMMODATIONS
Plan ahead! HTC 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 Hood To Coast participants. Registered participants receive an e-mail with a 10% travel discount information and booking link for the 2023 Relay! Check the Hood To Coast website for a discounted booking link at the HTC Headquarter Hotel, AC Hotel.

VANS AND VAN DECORATION
Teams are encouraged to make a sign for each of their vehicles that reads: “CAUTION: RUNNERS 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 colored and two are white. On Van 1 securely tape white signs on the front and rear driver side windows. On Van 2 securely tape colored signs on the front and rear driver side windows. The colored 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. 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.
https://hoodtocoast.com/htc/volunteer-info/
REQUIRED TEAM SAFETY EQUIPMENT

Each team MUST have the following set of items in each of their vans and present them for inspection on the HTC App or at the Check-In Tent.
- Two reflective vests
- Two LED flashers
- Two flashlights, headlamps, or hats with light.
*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 PROCEDURE

The START is located at the lower parking lot of Timberline Lodge adjacent to the Day Lodge on Mt. Hood. The 2023 Hood To Coast Relay begins Friday, August 25, with start times waves occurring every 5 minutes. DON’T BE LATE! 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. All local teams pick up shirts, race numbers, and supplies two weeks prior to the event at the drive through packet pickup on Aug 9-11 from 9AM-2PM at the HTC Office (7236 SW Durham Rd, Suite 800, Portland, OR, 97229). All teams can show safety equipment by taking a picture within the HTC App by Thursday, August 24 @ 6PM.

VAN 1 CHECK-IN PROCEDURE AT TIMBERLINE 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 check-in approval within the HTC App or if you did not check-in on the app, present your working safety gear (two reflective vests, two LED flashers, and two flashlights, headlamp, hat with headlamp, or Knuckle Lights). Your team will then receive your office race baton. Non-local teams will also receive race bags, race bibs, and shirts. 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. 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 at Exchange 6 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. Each participant must fill out the emergency contact information on the back of the bib in case of an emergency.

PENALTIES

Race officials record witnessed infractions and teams are permitted to report rule infractions committed by others. Teams that wish to report penalties (see ‘Race Rules’ pg 20-21) must do so in writing within 1 hour of arriving at the Finish. You must identify the offending team by number. The Rules & Penalties Committee will evaluate all incidents; their decisions are final. To enforce a penalty, infractions must be reported by two or more teams. This system has resulted in disqualifications.

OPEN CONTAINER POLICY

Absolutely no open containers or consumption of alcohol is allowed during the race or on the race course! Teams found to be in violation are subject to disqualification and/or citation by Law Enforcement if witnessed by race officials or other staff. Please save the celebration for after finishing the event!

OFFICIAL MERCHANDISE

Hood and Portland To Coast apparel will be available at the start line, exchange 6, exchange 12, and finish line.

VISIT shophoodtocoast.com to order ahead of time for best available inventory! Shirts, jackets, hats and HTC buffs are all available!
**HTC FIRST TECH FINISH**

The First Tech 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 runs every 15 minutes from North Coast 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:** Team members are welcome to run across the Finish Line alongside their anchor runner completing the race. 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 at https://hoodtocoast.com/htc-ptc 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.

**FIRST TECH FINISH AREA ON THE BEACH**

**Food and Beverage:** Hood To Coast welcomes back Century Catering to the 2023 First Tech Finish Party for a variety of delicious options.

**Beer & Wine:** On the beach, at the HTC/PTC First Tech Finish area party, come relax and enjoy offerings from Michelob ULTRA, Michelob ULTRA Seltzer, 10 Barrel, 101 NorthWine, or a Titos cocktail! Bring ID, proof of legal age is required. **DON'T DRINK AND DRIVE. BE RESPONSIBLE.** Open containers on the prom are illegal and law enforcement 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, **CJ Mickens Band,** on Saturday evening on the beach. Plan on dancing into the night to an energetic and most entertaining Northwest favorite!
FOLLOW ALONG
Want to follow along with other 2023 Hood To Coast participants? Share your pictures on social media using #HTC23 and tagging us on Instagram @htcrelay or Facebook @hoodtocoastrelay

#HTC23

AWARDS CEREMONY
Saturday, 6:30PM-8:00PM, 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.

Results can be found Saturday evening on the HTC Website.

WASTE PREVENTION
RECYCLE WITH US!
Buying Gatorade/electrolyte-enhancedbeveragesinbulkpowder form reduces waste, saves space, and is much cheaper as well! Use ClearStream recycling receptacles (for empty plastic bottles and aluminum cans only) at the Start, every exchange, and at the Finish Party.

You will also be provided a BottleDrop bag which we encourage you to use to collect any redeemable beverage containers you may have. All proceeds from this program support our charitable partners!

Avoid landfill items where possible, and please sort your recyclables out of landfill-bound waste.

The sorting guide can be found on page 15.

CINDIE MCKENNA
Cindie McKenna was born in Van Nuys, California, and moved to Oregon in 1971. She began running shortly after joining the Air Force in 1975. In 1982 she began participating in marathons and started running ultramarathons in 1984. She 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 runners, 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 ultrarunners. 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: @HTCRelay #HTC23
PROVIDENCE CANCER INSTITUTE FUNDRAISING: https://tinyurl.com/y2mt5set
TEAM MATCHING: www.htcteammatching.createaforum.com
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:

Bret Barnum | Karol Collymore | Nirav Dalal | Antonio Harris | Hector Ignacio | Carrie Kalscheuer | Renee Rank Ignacio | Ed Reilly | Curtis Carroll | Jessica Zdeb | Scott Hatley | Marcelle Abel | Nicole Ver Kuilen | Jay Williams | Dan Floyd | Felicia Hubber | Taylor Cole
PACKING LIST

CLOTHING
- Three sets of running clothes
- Running shoes
- Warm-ups
- Swimsuit/trunks
- 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 20 & 21)
- Sunglasses, glasses, contact lens solution
- Running GPS or other watch

EQUIPMENT
- Two (2) LED flashers
- Large full water jugs to refill water bottles
- Reusable water bottles
- Bags to sort recycling from landfill bound waste
- Ziploc plastic bags for wet clothes
- Scotch tape (to tape team numbers to van windows)

TOILETRIES
- Towel, washcloth (shampoo, hairbrush)
- Toiletries
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen
- Bug spray
- Handi Wipes, antibacterial, hand sanitizer

ACCESSORIES
- Earplugs
- First aid (blister/band aids, Icy Hot, aspirin, antacids)
- Instant ice packs, Ace Bandages
- Cell phone and charger
- Sleeping bag/small pillow
- Food/snacks
- Cash/credit card/photo ID
- Outside the ear audio/speakers
- Safety pins

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 veterans who are verified by HTC staff/four attesters to have run or walked in 100 total legs of HTC or PTC from 1982 to present, will be commemorated with a golden relay baton to celebrate and thank you for your commitment to health and The Mother of All Relays! HTC has appointed a veteran 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
WASTE PREVENTION AT THE RACE
#RACEMOREWASTELESS

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

USE A REFILLABLE WATER JUG & BOTTLE

BUY SNACKS & ELECTROLYTE BEVERAGE MIXES IN BULK

DOWNLOAD THE HTC APP

Instead of individual plastic bottles.

Rather than individually wrapped items.

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.

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

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

HTC 2023 RECYCLING SORTING GUIDE

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.

PLAN FOR RECYCLING
RUN. SLEEP. SORT. REPEAT.
RECYCLING

- Plastic Bottles
- Plastic Jugs
- Aluminum Cans
- Paper Board
- Cardboard
- Flatten & Stack to the Side

LANDFILL

- Plastic Food Containers
- Paper Items
- Bags and Wrappers
- Service-Ware
- Plastic Bags and Shrink Wrap
- Glass
- Plastic and Paper Cups
- Cartons
- Food Scraps

When in doubt, throw it out!

Please, empty your liquids.
TEAM STRUCTURE

RECRUIT TEAMMATES

Runners looking for a team and team captains looking for runners can connect by visiting www.htcteammatching.createaforum.com or https://www.facebook.com/groups/19545613048/. 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 HTC 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. HTC/PTC allows out-of-order sequencing of teammates for those needing special accommodation (approved by HTC Staff) for safe leg selection and further inclusion of athletes with disabilities. Service dogs are allowed to accompany participants if approved by HTC/PTC prior to event. Please contact office@htcrelay.com for pre-approval process.

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

Runners on any given leg can experience intense exposure to direct sunlight and may not have immediate access to their team support vehicle. The first three legs from Mount Hood each drop an average of 1300 - 1400 feet in elevation! Runners who push these legs too hard will severely pay for it in their second and third legs, ending up stiff and sore.
The HTC App is back and built to benefit all HTC & PTC participants and volunteers to make this the most memorable Mother of All Relays to date!

**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 21st at 6:00AM and closes August 24th at 6:00PM!

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

**Participants may run/walk with their phone for communication with their team in areas with service.**

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**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.hoodtocoast.com](http://register.hoodtocoast.com)) up until race day. Race day Adds/Subs must be filled out in the HTC App. ($25 late fee).
With the most nonstops from the West Coast, we’ll get you from the race to your next destination even faster.

Proud to be the official airline sponsor of the Hood to Coast Relay.

If you need a pair of affordable and stylish sunglasses that are perfect for your next run, the Knockaround Sport collection will help you go that extra mile. Our UV400 polarized sunglasses feature an ultra-lightweight rubberized polycarbonate frame and rubber nose pads to reduce slip, slide, and bounce.

Starting at only $35

Visit [KNOCKAROUND.COM](http://KNOCKAROUND.COM) for 20% off
Use Code: HTCKNOCKS
Scan the QR code to check out our polarized running shades starting at only $35
RACE RULES

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

RULES AND SAFETY ENFORCEMENT

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

REPORT TEAMS BREAKING RULES

We will have Staff and Race Officials out on the course monitoring teams for adherance and safety to all rules. However, with 197 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. Please report any violations to an exchange leader or at the race information booth at the finish party. Fill out a Penalties form at Race Information tent at the finish line and 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)

All teams can take advantage of 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

Participants can use own judgement on the use of headphones. Being aware of your surroundings, including traffic, is critical to the safety of all participants.

VEHICLE

NO STOPPING TO DROP OFF RUNNER

No stopping, when vehicles are moving, to drop off a runner/walker. This quickly causes congestion. No parking/dropping off teammates is permitted within 500 feet 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
DISPLAY OF TEAM VEHICLE SIGNS
Teams are provided with two white and two colored 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, Colored-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.

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, SMOKING, MARIJUANA OR OTHER DRUGS
ANY participant or volunteer (seen by Race Officials or reported by two or more teams) smoking, 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 only 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.

TRAVEL ON THE LEFT
Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise (1-7 & 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 are 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 report to the appointed job site. Failure of a volunteer assignment to be fulfilled will result in team DQ.

START TIME VIOLATION
Teams who violate their start time and begin the race at any other start wave will be disqualified.
See you at the beach.
And anywhere else your vacation home may be.

Own a beach home? Mountain home? Or other-kind-of vacation home? Keep it booked and earning to its highest potential with vacation rental management from Vacasa.

Homegrown in Oregon, we make vacation home ownership easy everywhere. Find us at the finish line and Vacasa.com to see how we can help you.
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://hoodtocoast.com/htc/volunteer-info/

DID YOU KNOW?

Hood & Portland To Coast was the first certified B Corp in the running/walking industry?
COURSE GUIDELINES

Exchanges are marked by chalk and exchange number flags. Portions of this course do feature gravel stretches, so bring bandanas/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. Runners 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 the one and only time after seeing their rollerblade wheels smoking going downhill!

TRIVIA

In which 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/](https://ham.hoodtocoast.com/)

RUNNING AT NIGHT
Maintain contact with your van within reason along the course. **DO NOT follow behind runners/walkers! Vans can pull in a safe area (off of the road)!** Don’t obstruct traffic! **Participants must wear a reflective vest, front and back LED flashers, and carry a flashlight or wear a headlamp from 6:00pm through 7:00am (through 9:00am for reflective vest only) while 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. 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!**

Runners 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, HTC 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, HTC 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, HTC reserves the right to delay starts or hold the race until the lightning clears.
To keep the roads safe for all 18,000 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!

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

- All state traffic laws shall be obeyed at all times while operating your Team Vehicle.
- Violators of any Motor Vehicle laws are subject to ticketing by law enforcement at all times. (HTC is exempt from any responsibility or liability for illegal acts, and will report illegal acts if witnessed).
- Team Vehicles shall not pull off to side of road on Leg 1 or Leg 2.
- 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 restrooms 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.
TEAM CATEGORIES

HTC Men’s Open: All males, any age, at least one runner under 30
HTC Men’s Submasters: All males, minimum age of all runners is 30
HTC Men’s Masters: All male, minimum age of all runners is 40
HTC Men’s Super Masters: All males, minimum age of all runners is 50
HTC Pacific Office Automation Corporate Men’s Open: All males, any age and ALL from the same business

HTC Women’s Open: All female, any age, at least one runner under 30
HTC Women’s Submasters: All females, minimum age of all runners is 30
HTC Women’s Masters: All females, minimum age of all runners is 40
HTC Women’s Super Masters: All females, minimum age of all runners is 50
HTC Pacific Office Automation Corporate Women’s Open: All females, any age and ALL from the same business

HTC Mixed Open: At least half of the team members must identify as a woman or non-binary, any age with at least one runner under 30
HTC Mixed Submasters: At least half of the team members must identify as women or non-binary, minimum age of all runners is 30
HTC Mixed Masters: At least half of the team members must identify as women or non-binary, Minimum age of all runners is 40
HTC Mixed Super Masters: At least half of the team members must identify as women or non-binary, Minimum age of all runners is 50
HTC Pacific Office Automation Corporate Mixed Open: At least half of the team members must identify as women or non-binary, Any age and ALL from the same business

HTC Mens Champion Masters: All males, minimum age of all participants is 60
HTC Women’s Champion Masters: All females, minimum age of all participants is 60
HTC Mixed Champion Masters: At least half of the team members must identify as women or non-binary, minimum age of all participants is 60
HTC Non-Binary Open: At least half of the team identify as non-binary or other self identification (age categories prompted as teammates register)

DID YOU KNOW?

All 41 years of the race have started atop Mount Hood at the historic Timberline Lodge at 6,000 ft elevation.

The corporate division of the Hood and Portland To Coast Relays is presented by Pacific Office Automation, the Official Office Solutions Partner of The Mother of All Relays.
ATTENTION
ALL RACERS!

Make your miles count. Use this QR code to donate $1 for each Hood to Coast mile you race. Be part of the lifesaving work at Providence.

We’re cheering for you! See you on the beach.
ATTENTION

ALL RACERS!

THREE CHEERS FOR FUNDRAISERS!

Make your miles count. Use this QR code to donate $1 for each Hood to Coast mile you race.
Be part of the lifesaving work at Providence.
We're cheering for you! See you on the beach.

Every dollar you raise immediately funds research at Providence Cancer Institute.
Our scientists and doctors are finding new ways to activate the body's own immune system to beat cancer. Your efforts propel this work.

We salute the athlete in everyone.

Providence Rehab and Sports Therapy is for every person who wants to be active.

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Make Providence Rehab and Sports Therapy part of your team.

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Tart Cherry Juice is Scientifically Proven to:

• Reduce Inflammation
• Promote Deeper Sleep
• Support Immunity

USE CODE HTC23 FOR 20% OFF A ONE TIME PURCHASE + EXCLUSIVE SUBSCRIPTION OFFERS [ EXP. 12 / 31 / 23 ]
Driving the course requires just as much planning as running the race. Follow the instructions included in the Driver Guide to navigate 197 miles with 2,000 other vans in a 36-hour time period.

**DRIVE COURSE BEFORE THE RACE**

- Take note of where all turns are located.
- Identify exchange zones and other areas prone to traffic congestion.
- Identify areas where parking is limited and plan accordingly.
- Take note of potential stop areas where the van can provide runner support.
- Know the locations of food and restrooms. 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 59).
- Between Exch 31 (Olney Grange) and HWY 101 in Seaside (Leg 36). Map shown in handbook (pg 72).

Shortcut routes can be found in the handbook for Exchanges 6 to 12 (pg 42), and between Exchanges 12 and 18 (pg 52).

**FREE TOWING & LOCK-OUT ASSISTANCE**

As a service to participants, we’ve contracted with Roadside Assistance for roadside & lock-out services from Portland to Seaside. They can be reached at 503-616-0415 or cell: (971) 645-6182. If you are out of cell service, contact your nearest exchange leader who will radio the designated towing company on call.

**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.
LEG 1 DIRECTIONS
0.00 Timberline Lodge
→ 5.29 RIGHT onto HWY 26
→ 5.44 RIGHT onto Government Camp Loop
5.44 Exchange 2 (HWY 26/Gov’t Camp Loop)

LEG 2 DIRECTIONS
0.00 Exchange 1 (HWY 26/Gov’t Camp Loop)
→ 1.26 RIGHT on Government Camp Rd entrance onto HWY 26
↑ 4.14 Truck Escape Ramp
→ 5.53 RIGHT on Kiwanis Camp Rd/Rd 39
5.64 Exchange 2 (Kiwanis Camp Rd/ Rd 39)

LEG 3 DIRECTIONS
0.00 Exchange 2 (Kiwanis Camp Rd/Rd 39)
← 0.08 LEFT onto Forest Trail
↑ 0.73 Continue onto Rd 35
↑ 1.51 Continue onto Rd 31
↑ 2.26 Stay STRAIGHT on Rd 29
↑ 2.69 RIGHT on HWY 26
↑ 4.12 Tollgate Campground
↑ 4.39 Entering Rhododendron sign
4.66 Exchange 3 (Mt. Hood Foods)

LEG 4 DIRECTIONS
0.00 Exchange 3 (Mt. Hood Foods)
↑ 1.13 Skyway Bar & Grill
↑ 1.79 Zig Zag Ranger Station
↑ 2.90 Signal in Welches
↑ 3.34 Wemme sign
↑ 4.70 Mt. Hood Village
↑ 14 Salmon River Sign
7.18 Exchange 4 (Brightwood Weigh Station)

LEG 5 DIRECTIONS
0.00 Exchange 4 (Brightwood Weigh Station)
↑ 0.29 SE 45th Ave/Johnson Creek Blvd
↑ 0.61 Windells Motel
↑ 3.11 Ivy Bear
↑ 3.59 E. Sylvan Dr / HWY 26
↑ 3.85 RIGHT onto Cherryville Drive
↑ 5.00 Baty Rd / Cherryville Dr
6.05 Exchange 5 (Cherryville Dr/HWY 25)

LEG 6 DIRECTIONS
0.00 Exchange 5 (Cherryville Dr/HWY 25)
↑ 0.48 Oregon Candy Farm
↑ 2.11 SE Paha Loop Dr
↑ 3.58 Shorty’s Corner
↑ 4.08 Calamity Jane’s
↑ 6.35 RIGHT onto Bluff Rd/Hwy 26 (cross w/sidewalk light to west side of Bluff Rd shoulder)
← 6.85 LEFT in to Exchange 6, west of Bluff Rd
6.70 Exchange 6 (near Sandy HS Tennis Courts)

LEG 7 DIRECTIONS
0.00 Exchange 6 (near Sandy HS Tennis Courts)
← 0.72 LEFT onto Jewelberry Ave
← 1.52 LEFT onto SE Kelso Rd
→ 2.17 RIGHT onto SE 362nd Ave
→ 2.90 LEFT onto SE Dunn Rd
→ 3.39 RIGHT onto SE 352nd
↑ 3.64 SE 352nd/Compton Rd intersection
→ 3.88 RIGHT onto Hauglund Rd
→ 4.38 LEFT onto SE 362nd
5.25 Exchange 7 (Bluff Rd/Proctor Rd/362nd)

LEG 8 DIRECTIONS
0.00 Exchange 7 (Bluff Rd/Proctor Rd/362nd)
← 0.54 LEFT onto 352nd
↑ 1.20 352nd Ave/Calico Rd
↑ 1.70 RIGHT onto Brooks Rd
→ 3.20 LEFT onto Revenue Rd
→ 3.57 LEFT onto Orient Dr
→ 3.72 RIGHT onto Compton Rd
→ 4.25 Compton Rd/312th Ave (Compton Rd becomes HWY 22)
↑ 5.77 HWY 212/SE 282nd Ave
→ 5.88 RIGHT onto Keller Rd
→ 5.94 RIGHT onto Dee St
6.00 Exchange 8 (Dee St/Springwater Trail)

LEG 9 DIRECTIONS
0.00 Exchange 8 (Dee St/Springwater Trail)
→ 0.67 Cross over Haley Rd
↑ 0.97 Cross bridge over Telford Rd
↑ 2.12 Cross over Rugg Rd
↑ 4.02 Cross over Hogan Rd
↑ 4.62 Cross over Regner Rd
5.38 Exchange 9 (East Gresham Park/ Springwater Trail)

LEG 10 DIRECTIONS
0.00 Exchange 9 (East Gresham Park/ Springwater Trail)
↑ 0.31 Cross over 7th St
↑ 0.85 Cross bridge over Towel Ave/Eastman Pkwy
↑ 1.81 Cross over Pleasant View Dr
↑ 2.70 Cross over SE 174th Ave/Jenne Rd
↑ 4.74 Cross over 136th Ave
↑ 5.16 Cross over 128th Ave
↑ 5.50 Cross over 122nd Ave
↑ 5.54 Exchange 10 (Springwater Trail near Alice Ott School)

LEG 11 DIRECTIONS
0.00 Exchange 10 (near Alice Ott School)
↑ 1.00 Cross over SE Foster Rd
↑ 2.43 Cross over 82nd Ave
↑ 3.33 Cross over Johnson Creek Blvd/Bell Ave
↑ 3.64 Cross over Flavel Dr/Linwood Ave
4.56 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

LEG 12 DIRECTIONS
0.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)
→ 1.47 Turn RIGHT Towards SE 19th Ave
← 1.51 Turn LEFT onto SE Linn St.
→ 2.09 Keep RIGHT onto Sellwood Gap
→ 2.98 Slight RIGHT to stay on Springer Water
↑ 5.54 Continue onto SE 4th Ave
← 5.70 Turn LEFT onto SE Caruthers St
↑ 5.76 Continue onto Eastbank Esplanade
5.85 Exchange 12 (OMSI gravel lot at the end of SE 2nd Place)

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

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 St. Johns Bridge
↑ 4.14 Germantown Rd
↑ 5.19 Linnerton 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
↑ 3.93 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)

KNOW YOUR ROUTE!
CUT FOR EASY DIRECTIONS IN YOUR POCKET
COURSE OVERVIEW

Van Runner Leg # / Remark Mileage Ranking Leg # / Remark Mileage Ranking Leg # / Remark Mileage Ranking Total Miles Millage Ranking Relative Difficulty Difficulty Ranking

Van 1 1 1 5.44 VH 13 5.21 E 25 3.80 E 14.45 12 16.08 11
Van 1 2 2 5.64 H 14 6.04 M 26 5.65 H 17.33 4 20.19 4
Van 1 3 3 4.66 E 15 7.25 H 27 6.36 M 18.27 1 20.36 3
Van 1 4 4 7.18 M 16 3.92 E 28 3.83 E 14.93 11 15.65 12
Van 1 5 5 6.05 VH 17 5.32 M 29 5.97 VH 17.34 3 21.47 1
Van 1 6 6 7.10 H 18 3.76 H 30 5.32 M 16.18 6 19.41 5
Van 2 7 7 5.25 M 19 5.89 VH 31 3.96 M 15.10 10 17.49 8
Van 2 8 8 6.00 M 20 5.75 VH 32 4.20 M 15.95 7 18.69 6
Van 2 9 9 5.38 M 21 5.06 M 33 7.72 H 18.16 2 20.75 2
Van 2 10 10 5.54 M 22 6.70 H 34 4.12 E 16.36 5 18.25 7
Van 2 11 11 4.56 E 23 4.23 E 35 7.07 H 15.86 8 17.27 9
Van 2 12 12 5.85 M 24 4.87 E 36 5.03 M 15.75 9 16.83 10

= Little/No Shade = Quiet Zone = Considerable Elevation Gain/Loss = Gravel (possible dust)
E = Easy H = Hard VH = Very Hard
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Insured by NCUA
**NAME AFTER: LEW J.**

**LEG DESCRIPTION:** Severe downhill on paved Timberline Road.

**EXCH 1 ADDRESS:** Near HWY 26 Shoulder & Government Camp, A Frame OR 97028

**GPS:** 45.302092, -121.744277

**NOTES:** VANS NOT ALLOWED TO STOP ON THIS LEG.

---

**EXCHANGE MAP LEGEND**

- **P** PARKING
- **E** EXCHANGE
- **T** TOILETS
- **G** GARBAGE
- **N** NO PARKING

---

**ELEVATION GAIN/LOSS:** 1/-1885ft

**NET:** 1884ft

---

**DIRECTIONS FROM START TO EXCH 1**

Run on right side of road.

- 0.00 Timberline Lodge
- 5.29 **RIGHT** onto HWY 26
- 5.44 **RIGHT** onto Government Camp Loop
- 5.44 Exchange 1 (HWY 26/Government Camp Loop)

---

**EXCHANGE NOTES**

Parking: On the **left** side of Government Camp Loop. Park perpendicular to road. Only next runner permitted in exchange zone.

Provisions: Restaurants/Food, Fuel
LEG DESCRIPTION: Severe downhill through Government Camp on HWY 26; paved street and shoulder.
EXCH 2 ADDRESS: Kiwanis Camp Rd/HWY 26 Government Camp, OR 97028
GPS: 45.31068, -121.836655
NOTES: No stopping in "Truck Escape" ramp (traffic fines). No stopping on left side of HWY 26 to water runners.

EXCHANGE NOTES
Parking: Follow volunteer instructions for parking to the right. Only park AFTER exchange. Please angle park, no parallel parking.
Provisions: No
Fuel: No

DIRECTIONS FROM EXCH 1 TO EXCH 2
Run on right side of road.
0.00 Exchange 1 (HWY 26/Government Camp Loop) → 1.26 RIGHT on Government Camp Rd entrance onto HWY 26
↑ 4.14 Truck Escape Ramp (No van stopping, traffic fines)
→ 5.53 RIGHT on Kiwanis Camp Rd/Rd 39
5.64 Exchange 2 (Kiwanis Camp Rd/ Rd 39)
**LEG DESCRIPTION:** Gradual downhill into Rhododendron along Forest Service Roads and HWY 26 on paved shoulder.

**EXCH 3 ADDRESS:** Mt. Hood Foods 73265 E HWY 26  Rhododendron, OR 97049

**GPS:** 45.32878, -121.910106

**NOTES:** No stopping on left side of HWY 26 to water runners.

**EXCHANGE NOTES**
Parking: In Mt. Hood Foods lot. Only next runner permitted in exchange zone.

Provisions: Restaurants/Grocery
Fuel: No (Nearest fuel in Welches - Leg 4)

**DIRECTIONS FROM EXCH 2 TO EXCH 3**
Run on right side of road.

- 0.00 Exchange 2 (Kiwanis Camp Rd/ Rd 39)
  - 0.08 LEFT onto Forest Trail
  - 0.73 Continue onto Rd 35
  - 1.51 Continue onto Rd 31
  - 2.26 Stay STRAIGHT on Rd 29
  - 2.69 RIGHT on HWY 26
  - 4.12 Tollgate Campground
  - 4.39 Entering Rhododendron sign
  - 4.66 Exchange 3 (Mt. Hood Foods)

**ELEVATION GAIN/LOSS:** 8/-888ft  NET: -880ft

**Distance (mi) vs. Elevation (ft):**
- 0.00 - 4.66 Mi | EASY
- Elevation gain/loss: 8/-888 ft
- Net elevation loss: -880 ft
**LEG DESCRIPTION:** Gradual downhill from Rhododendron along HWY 26 on paved shoulder.

**EXCH 4 ADDRESS:** Near East Sleepy Hollow Dr/HWY 26 Sandy, OR 97055 m.p. 36.5

**GPS:** 45.3777, -122.039235

**NOTES:** No stopping on left side of HWY 26 to water runners.

**EXCHANGE NOTES**

Parking: In Brightwood Weigh Station on the right side of HWY 26. Only next runner permitted in exchange zone.

Provisions: No (Food at Mt. Hood Village)

Fuel: No (Fuel at Mt. Hood Village)

**DIRECTIONS FROM EXCH 3 TO EXCH 4**

*Run on right side of road.*

- **0.00** Exchange 3 (Mt. Hood Foods)
- ↑ **1.13** Skyway Bar & Grill
- ↑ **1.79** Zig Zag Ranger Station
- ↑ **2.90** Signal in Welches
- ↑ **3.34** Wemme sign
- ↑ **4.70** Mt. Hood Village
- ↑ **6.14** Salmon River Sign
- **7.18** Exchange 4 (Brightwood Weigh Station)

**ELEVATION GAIN/LOSS:** 54/-638 ft

**NET:** -584 ft

---

*Named after: Bruce F.*
**LEG DESCRIPTION:** Long leg over very challenging rolling hills along Hwy 26 shoulder.

**EXCH 5 ADDRESS:** SE Cherryville Drive/HWY 26 Sandy, OR 97055 m.p. 30.6

**GPS:** 45.366529, -122.155008

**NOTES:** No stopping on left side of HWY 26 to water runners.

---

**DRIVER NOTES**

The **RIGHT** lane of HWY 26 is closed to all other motorists to allow use for HTC vans only. Proceed slowly along the cone barrier to park along the right shoulder at the direction of race officials.

Vans must turn **RIGHT** onto E Cherryville Dr (before exchange). Proceed on Cherryville Dr and turn **LEFT** onto Baty Rd. Turn **RIGHT** onto HWY 26.

**EXCHANGE NOTES**

Parking: Use right lane of HWY 26 and park along the shoulder. Only next runner permitted in exchange zone.

*For safety, team members must stay in van at Exch 5.*

---

**PAY CLOSE ATTENTION TO RACE OFFICIALS AT EXCHANGE 5!**

---

**ELEVATION GAIN/LOSS:** 421/-203ft  
**NEE:** +218ft

---

**DIRECTIONS FROM EXCH 4 TO EXCH 5**

**Run on right side of road.**

0.00 Exchange 4 (Brightwood Weigh Station)

↑ 0.29 Sleepy Hollow Rd / HWY 26

↑ 0.61 Windells Motel

↑ 3.11 Ivy Bear

↑ 3.59 E. Sylvan Dr / HWY 26

→ 3.85 **RIGHT** onto Cherryville Drive

↑ 5.00 Baty Rd / Cherryville Dr

6.05 Exchange 5 (Cherryville Dr/HWY 26)

---

**Obey traffic laws. Police will be present.**
MAJOR VAN EXCHANGE

VAN 1 & 2 7.10 MI | HARD

LEG DESCRIPTION: Challenging gains in elevation and gradual downhills along HWY 26 on paved shoulder.

EXCH 6 ADDRESS: Sandy High School 37400 Bell St, Sandy, OR 97055

GPS: 45.405721, -122.276866

ELEVATION GAIN/LOSS: 165/-573ft
NET: -408ft

DRIVER NOTES - PARKING
VAN 2 Parking: South lot off of Bluff Rd near soccer field.
VAN 1 Parking: North lot off of Bell St.

DRIVER NOTES - EXITING EXCH 6
Exit north via Bell St Turn RIGHT onto SE Jewelberry Ave.

Van 2 - Turn LEFT onto Kelso Rd and continue following Leg 7 route.
Van 1 - route to Exchange 12 adjacent to Tilikum Crossing Bridge (nearest address: 2201 SE Water Ave, Portland, OR 97214)

EXCHANGE NOTES
Provisions: Restaurants/Grocery nearby
Fuel: Multiple fuel stations nearby

Water stop at corner of Hwy 26 & SE Veneer Ln operated by Sandy Sportcare

HTC Merchandise, Knockaround Sunglasses, and Shokz headphones will be sold at this exchange.
ESSENTIAL ENERGY

CELSIUS.COM  @CELSIUSOFFICIAL

*CELSIUS® helps maintain the body’s regular metabolic function. CELSIUS® alone does not produce weight loss in the absence of a healthy diet and moderate exercise. So, whether you walk the dog or work out at the gym, make CELSIUS® part of your daily regimen.

7.42 mi

EXCHANGE NOTES
Provisions: Restaurants/Grocery nearby
Fuel: Multiple fuel stations nearby

driver NOTES - PARKING
VAN 2 Parking:
VAN 1 Parking:
driver NOTES - EXITING EXCH 6
Exit north via Bell St Turn
RIGHT onto SE Jewelberry Ave.
Van 2 - Turn
LEFT onto Kelso Rd and continue following Leg 7 route.
Van 1 - route to Exchange 12 adjacent to Tilikum Crossing Bridge (nearest address: 2201 SE Water Ave, Portland, OR 97214)

elevation GAIN/LOSS:
165/-573 ft
NET:
-408 ft

EXCHANGE MAP LEGEND
NORTH

HTC Merchandise, Knockaround Sunglasses, and Shokz headphones will be sold at this exchange.
Go further with Mileage Plan™, the most generous loyalty program in the skies! Earn and redeem miles to over 1,000 destinations worldwide with Alaska, our fellow oneworld® Alliance members and our Global Partners.

alaskaair.com/MileagePlan

Proud to be the official airline sponsor of the Hood to Coast Relay.
SUPERIOR OUTDOOR BEER.
**LEG DESCRIPTION:** Rolling hills along HWY 26 on paved shoulder and farm/country roads.

**EXCH 7 ADDRESS:** 36225 SE Proctor Road  Boring, OR 97009

**GPS:** 45.453705, -122.290537

**NOTES:** Please do not mark turns on roads

---

**DIRECTIONS FROM EXCH 6 TO EXCH 7**

*Run on left side of the road for this leg.*

- 0.00 Exchange 6 (near Sandy HS Tennis Courts)
- 0.72 **LEFT** onto Jewelberry Ave
- 1.52 **LEFT** onto SE Kelso Rd
- 2.17 **RIGHT** onto SE 362nd Ave
- 2.90 **LEFT** onto SE Dunn Rd
- 3.39 **RIGHT** onto SE 352nd
- 3.64 SE 352nd/Compton Rd intersection
- 3.88 **RIGHT** onto Hauglum Rd
- 4.38 **LEFT** onto SE 362nd
- 5.25 Exchange 7 (Bluff Rd/Proctor Rd/362nd)

---

**EXCHANGE NOTES**

Parking: In Oregon Trail Primary Academy lot and adjacent lot.

Provisions: No

Fuel: No (nearest fuel - Sandy)
VAN 2 6.00 MI | MODERATE

LEG DESCRIPTION:  Downhill and rolling terrain along country roads and limited paved shoulder.

EXCH 8 ADDRESS:  27801 SE Dee St, Boring, OR 97009

GPS:  45.43217, -122.375395

NOTES:  Beware of sharp turns at Bluff Rd/352nd, Orient Drive/Compton Road, and crossing overpass of HWY 26.

DIRECTIONS FROM EXCH 7 TO EXCH 8
Run on left side of road until turning right on Compton Rd. Run on right side of the road for the remainder of the leg.

0.00  Exchange 7 (Bluff Rd/Proctor Rd/362nd)
←  0.54  LEFT onto 352nd
↑  1.20  352nd Ave/Calico Rd
→  1.70  RIGHT onto Brooks Rd
←  3.20  LEFT onto Revenue Rd
←  3.57  LEFT onto Orient Dr
→  3.72  RIGHT onto Compton Rd
↑  4.25  Compton Rd/312th Ave (Compton Rd becomes HWY 212)
↑  5.77  HWY 212/SE 282nd Ave
→  5.88  RIGHT onto Keller Rd
6.00  Exchange 8 (Dee St/Springwater Trail)

EXCHANGE NOTES
Parking: At Boring Middle School and Naas Elementary (on Dee St, adjacent to HWY 212 & Springwater Trail). Proceed as directed by exchange volunteers.

Provisions: Restaurants on HWY 212
Fuel: Yes, on HWY 212

ELEVATION GAIN/LOSS: 140/-345ft
NET: -205ft
VAN 2  5.38 MI | MODERATE

LEG DESCRIPTION: Long leg over relatively flat terrain primarily on Springwater Trail.

EXCH 9 ADDRESS: (approx.) East Gresham Park 219 S. Main Ave  Gresham, OR 97030

GPS: 45.495413, -122.431662

NOTES: HTC/Springwater Bike Patrol on trail in evening (begins at 7pm). Runner on Springwater Trail for 5.38 miles with nearly no access by vans. Water will not be provided. Plan ahead and pack your own water if needed.

DIRECTIONS FROM EXCH 8 TO EXCH 9
0.00 Exchange 8 (Dee St/Springwater Trail)
↑ 0.67 Cross over Haley Rd
↑ 0.97 Cross bridge over Telford Rd
↑ 2.12 Cross over Rugg Rd
↑ 4.02 Cross over Hogan Rd
↑ 4.62 Cross over Regner Rd
5.38 Exchange 9 (East Gresham Park/ Springwater Trail)

DRIVER NOTES - VANS DO NOT FOLLOW COURSE
0.00 Exchange 8 (Dee St/Springwater Trail)
↑ 0.00 Continue east on Dee St
← 0.2 Turn LEFT onto HWY 212
← 1.8 Turn LEFT onto SE 312th Ave
← 2.6 Slight LEFT onto Orient Dr
← 7.1 Turn LEFT onto Palmquist Rd
→ 7.1 Turn RIGHT onto HWY 26 (for Portland)
← 7.7 Turn LEFT onto E Powell Blvd
← 9.0 Turn LEFT onto S Main Ave
Exchange 9 (East Gresham Park/ Springwater Trail)

EXCHANGE NOTES
Parking: At East Gresham Park.
Provisions: Restaurants/Grocery in downtown Gresham
Fuel: Yes, in downtown Gresham

ELEVATION GAIN/LOSS: 52/-259ft
NET: -207ft
**VAN 2**  5.54 MI | MODERATE

**LEG DESCRIPTION:** Leg entirely along Springwater Trail with relatively rolling and flat terrain.

**EXCH 10 ADDRESS:** 5764 SE 122nd Ave, Portland, OR 97236

**GPS:** 45.480313, -122.53798

**NOTES:** HTC/Springwater Bike Patrol on trail in evening. Limited van access to runner. Water will not be provided. Plan ahead and pack your own water.

---

**DIRECTIONS FROM EXCH 9 TO EXCH 10**

0.00 Exchange 9 (East Gresham Park/Springwater Trail)

↑ 0.31 Cross over 7th St

↑ 0.85 Cross bridge over Towle Ave/Eastman Pkwy

↑ 1.81 Cross over Pleasant View Dr

↑ 2.70 Cross over SE 174th Ave/Jenne Rd

↑ 4.74 Cross over 136th Ave

↑ 5.16 Cross over 128th Ave

↑ 5.50 Cross over 122nd Ave

5.54 Exchange 10 (Springwater Trail near Alice Ott School)

---

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

0.00 Exchange 9 (East Gresham Park/Springwater Trail)

↑ 0.00 Continue west on Powell Blvd

← 2.4 Turn LEFT onto SW Highland Dr

← 3.1 Continue onto SW Pleasant View Dr

← 3.8 Continue onto SE 190th Dr

→ 4.1 Turn RIGHT onto SE Richey Rd

→ 5.0 Turn RIGHT onto SE Foster Rd

→ 7.8 Turn RIGHT onto SE 128th Ave

← 8.0 Turn LEFT onto SE Ramona St

8.2 Exchange 10 Parking (Alice Ott School)

---

**EXCHANGE NOTES**

Parking: At Alice Ott School.

Team members exit parking lot and turn left onto SE Ramona St then right on 122nd to get to the exchange.

Provisions: Restaurants on Foster Rd

Taqueria La Merced food truck

Fuel: Yes, on Foster Rd

---

**ELEVATION GAIN/LOSS:** 29/-124ft

**NET:** -95ft

5.54 mi
**NAMED AFTER: KEVIN H.**

**VAN 2**

**4.56 MI | EASY**

**LEG DESCRIPTION:** Leg on Springwater Trail with relatively rolling and flat terrain.

**EXCH 11 ADDRESS:** 4401 SE Johnson Creek Blvd  Portland, OR 97222

**GPS:** 45.461816, -122.617121

**NOTES:** HTC/Springwater Bike Patrol on trail in evening (begins at 7pm).

---

**DIRECTIONS FROM EXCH 10 TO EXCH 11**

0.00 Exchange 10 (near Alice Ott School)

↑ 1.00 Cross over SE Foster Rd

↑ 2.43 Cross over 82nd Ave

↑ 3.33 Cross over Johnson Creek Blvd/Bell Ave

↑ 3.64 Cross over Flavel Dr/Linwood Ave

4.56 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

---

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

0.00 Exchange 10 (Springwater Trail near Alice Ott School)

← 0.00 Turn LEFT out of parking onto Ramona St

← 0.05 Turn LEFT onto SE 122nd

→ 0.25 Turn RIGHT onto SE Foster Rd

← 1.75 Turn LEFT to merge onto I-205 S via ramp to Salem/Oregon City

→ 3.15 EXIT 16 for Johnson Creek Blvd

→ 3.35 Turn RIGHT onto SE Johnson Creek Blvd

**UPPER PARKING LOT OPTION**

→ 4.65 Turn RIGHT onto SE Flavel Dr

← 5.05 Turn LEFT onto SE Harney Dr for 0.5mi to upper lot of Precision CastParts

**LOWER PARKING LOT OPTION**

↑ 4.65 Continue on Johnson Creek Blvd

← 5.45 Turn LEFT to park in lot adjacent to Springwater Trail

Exchange 11 (Springwater Trail near 45th Ave/Johnson Creek Blvd)

---

**EXCHANGE NOTES**

Upper Parking: Precision CastParts lot on SE Harney Drive

Lower Parking: Lot south of Springwater Trail/Johnson Creek Blvd

Provisions: Restaurants/Convenient Store

Fuel: No (nearest fuel SE 82nd Ave near Fred Meyer)

---

**ELEVATION GRIN/LOSS:** 15/-124ft

**NEE:** -109ft
First Tech Major Exchange

VAN 2 & 1  5.85 MI | MODERATE

Leg Description: Mostly flat with a few rolling hills, trail and paved city streets.

Exch 12 Address: OMSI gravel lot at the end of SE 2nd Place, Portland 97214

GPS: 45°30'24.18"N  122°39'51.49"W

Notes: HTC/Springwater Bike Patrol on trail in evening

Directions from Exch 11 to Exch 12

0.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

→ 1.47 Turn RIGHT towards SE 19th Ave

← 1.51 Turn LEFT onto SE Linn St.

→ 2.09 Keep RIGHT onto Sellwood Gap

→ 2.98 Slight RIGHT to stay on Springwater

↑ 5.54 Continue onto SE 4th Ave

← 5.70 Turn LEFT onto SE Cauthers St

↑ 5.76 Continue onto Eastbank Esplanade

5.85 Exchange (OMSI Gravel lot at end of SE 2nd Place)

Driver Notes - Vans do not follow course

0.00 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

↑ 0.00 Continue on Johnson Creek Blvd

→ 0.8 Turn RIGHT onto SE 32nd Ave/Tacoma Street

↑ 1.1 Continue on SE Tenino Street

→ 1.2 Turn RIGHT onto McLoughlin Blvd/99E

↑ 4.1 McLoughlin Blvd becomes Grand Ave

← 5.0 Turn LEFT onto Main St

↑ 5.2 Continue straight on Water Ave for parking

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

Exchange Notes:

Parking:
- Parking near SE 2nd Ave/Tilikum Bridge
- PCC Climb Center- 1626 SE Waer Ave, Portland OR 97214
- River East Center (1515 SE Water Ave)
- Oregon Rail Heritage Center (1-5pm Friday only), 2250 SE Water Ave

Food: Wrap Around Town food truck and Bondi Bowl food truck

HTC/PTC Merchandise and Knockaround Sunglasses sold at this exchange.

Elevation Gain/loss: 128/-189ft

Net: -61ft
THE MAP BELOW DETAILS THE ROUTE VAN 2 SHOULD FOLLOW TO EXCHANGE 18. BE CAUTIOUS OF RUNNERS/WALKERS ON HWY 30.

VAN 2 DIRECTIONS FROM EXCH 12 TO EXCH 18

Exchange 12 (Waterfront)

← NORTH onto Water Ave
→ RIGHT onto SE Taylor St
← LEFT onto SE Grand Ave
← LEFT onto SE Morrison Bridge
→ RIGHT at the fork, follow signs for I-5N
↑ Merge onto I-5N
→ Take exit 302B on the RIGHT for US-30W towards I-405W
↑ Merge onto I-5N
↑ Take exit 3 for US-30 W towards St. Helens and continue on US-30 for 25 miles
← LEFT onto Millard Rd
→ RIGHT on S Bachelor Flat Rd
← LEFT onto Saulser Rd and proceed to Exch 18 van parking at Columbia Co. Fairgrounds
**LEG DESCRIPTION:** Slight incline over the Tilikum Crossing followed by flat terrain alongside the Willamette River, Portland Waterfront and paved city street.

**EXCH 11 ADDRESS:** 3838 NW Front Ave, Portland, OR 97210

**GPS:** 45.551924, -122.715139

**DIRECTIONS FROM EXCH 12 TO EXCH 13**
- 0.00 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Place)
  - 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 Hawthorn Bridge
  - 1.81 Morrison Bridge
  - 2.18 Burnside Bridge
  - 2.45 Steel Bridge
  - 2.49 UPRR- railway tracks
  - 2.52 Merge onto SW Naito Parkway from the Water 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)

**DRIVERS NOTES: VANS DO NOT FOLLOW COURSE**
- 0.0 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Place)
  - 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
  - 1.8 Turn LEFT onto Naito Pkwy/Front Ave
  - 5.2 Exchange 13 (Front Ave)

**EXCHANGE NOTES**
Parking: West side of exchange lot just before exchange zone
Provisions: Smak Dabs food truck
Fuel: no (nearest fuel 3mi South on NW 23rd/Burnside)
**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/walk 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 Road
  - **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 racer allowed up hill to HWY 30 for safety reasons.

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

Provisions: No
Fuel: Fuel in Linnton

**ELEVATION GAIN/LOSS:** 100/-71ft
**NET:** 29ft
**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/walk on right side of the road.

- 0.00 Exchange 14 (Marina Way/HWY 30)
- 1.55 Sauvie Island Bridge
- 3.34 Burlington Tavern
- 3.93 Cornelius Pass Rd
- 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)

For safety, a driver must stay in team vehicle at all times for through lane/movement if needed.
**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/walk on right side of the road.

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

---

**EXCHANGE NOTES**

Parking: At Scappoose High School parking lot on right.
Provisions: Restaurants
Fuel: Yes

---

**COURSE FUNDRAISER**

FRIDAY 11AM-SATURDAY 1AM
Scappoose High School
Bagels, Coffee, Showers ($2)

---

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:** 66/-85 ft
**NET:** -19 ft
**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 GRAN/Loss:** 106/-88 ft

**NET:** 18 ft
BURGERVILLE MAJOR VAN EXCHANGE

VAN 1 & 2  3.76 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.

NORTH

DIRECTIONS FROM EXCH 17 TO EXCH 18

0.00 Exchange 17 (Warren Baptist Church)

→ 0.11 Turn RIGHT onto South Morse Road

↑ 0.57 Continue through Bennett Road (on South Morse Rd)

← 1.16 Turn LEFT onto Achilles Road

→ 1.26 Turn RIGHT on North Morse Road

← 1.79 Turn LEFT onto Millard Road

→ 2.87 Turn RIGHT onto South Bachelor Flat Road

← 3.37 Turn LEFT onto Saulser Road

3.76 Exchange 18 (Columbia County Fairgrounds)

VAN 2 DIRECTIONS TO EXCH 18

From HWY 30 Heading North

← Turn LEFT onto Millard Rd

→ Turn RIGHT onto S Bachelor Flat Rd

← Turn LEFT onto Saulser Rd

→ Turn RIGHT into the Columbia County Fairgrounds

COURSE FUNDRAISER
FRIDAY 10AM- CLOSE
Columbia County Fairgrounds
Hot beverages, meals, sandwiches, snacks

Burgerville in St. Helens will be open late for HTC/PTC participants. Vans continue past Millard Rd for 1-mile down Hwy 30 and refuel with Burgerville!

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 premitted 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
Providence First Aid available at this exchange
VIP Providence Fundraising Team entrance first right on Saulser Road.
All other teams continue to general exchange area.

ELEVATION GRIN/LOSS: 263/-39 ft
NET: 224 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

<table>
<thead>
<tr>
<th>Distance</th>
<th>Action</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.00</td>
<td>Exchange 18  (Columbia Co. Fairgrounds)</td>
<td></td>
</tr>
<tr>
<td>0.00</td>
<td><strong>Right</strong></td>
<td>out of van parking onto Saulser Rd</td>
</tr>
<tr>
<td>0.37</td>
<td><strong>Left</strong></td>
<td>onto Sykes Rd</td>
</tr>
<tr>
<td>1.14</td>
<td></td>
<td>Continue onto Cater Rd</td>
</tr>
<tr>
<td>5.77</td>
<td></td>
<td>Continue onto Scappoose Vernonia Hwy</td>
</tr>
<tr>
<td>20.05</td>
<td><strong>Right</strong></td>
<td>onto HWY 47</td>
</tr>
<tr>
<td>30.99</td>
<td></td>
<td>Continue (slight left) onto HWY 202</td>
</tr>
<tr>
<td>32.24</td>
<td></td>
<td>Exchange 24 (HWY 202)</td>
</tr>
</tbody>
</table>
**NEW AFTER: JEFF B.**

**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 Sykes 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).

---

**COURSE FUNDRAISER**

**LOCAL COMMUNITY FAMILY**

FRIDAY 7:00PM - CLOSE

**FOOD:** Hot meals, deli sandwiches, assorted variety of snacks

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

---

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

---

**ELEVATION GRAY/LOSS:** 448/-305ft

**NET:** +143ft
**LEG DESCRIPTION:** Very challenging up and downhill 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 racer off near exchange (causes immediate back-up). Only let 20/21 participants get out at this tight exchange.

Provisions: Course fundraiser
Fuel: No

---

**COURSE FUNDRAISER**

Columbia County Mental Health
Hot dogs, parfaits, cold sandwiches, coffee, muffins, sports drinks

---

**ELEVATION GAIN/LOSS:**

916/-339 ft

**NET:**

+577 ft
MIX UP YOUR COOL DOWN WITH
AMERICA'S ORIGINAL CRAFT VODKA®
NEXT-LEVEL NUTRITION

14 GRAMS OF PROTEIN
40% LESS SUGAR*

DARIGOLD FIT

LACTOSE FREE
REDUCED FAT ULTRA-FILTERED MILK
52% LESS FAT THAN WHOLE MILK
VITAMINS A & D | 59 FL OZ (1.74L) | ULTRA-PASTEURIZED

CHOCOLATE

LACTOSE FREE
REDUCED FAT ULTRA-FILTERED MILK
52% LESS FAT THAN CHOCOLATE MILK
14 FL OZ (414mL)

DAY-CHANGING DAIRY

*Serving size compared to regular reduced fat milk and regular reduced fat, chocolate milk.
**VAN 2**

**Distance:** 5.06 Mi | **Difficulty:** 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).

**ELEVATION GAIN/LOSS:** 36/-234 ft

**NET:** -198 ft
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).

ELEVATION GAIN/LOSS: 401/-598ft
NET: -197ft

6.70 mi
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 Grange)

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

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

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

COURSE FUNDRAISER
FRIDAY 2PM-CLOSE
Natal Grange
Breakfast, hot meals, assorted sweet, coffee, juice

ELEVATION GAIN/LOSS: 109/-220ft
NET: -111ft

ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG

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).
**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 racer 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 and first aid
- Fuel: No (nearest fuel- 13.2 miles north on HWY 30)
- All teammates outside of vehicle MUST utilize a flashlight/headlamp or front & back flashers as a spectator walking in grass field.
- Vans exiting- put on emergency flashers to alert parking volunteers to direct you to exit. Turn off flashers when coming back onto road.

---

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**

VERNORIA HS EQUESTRIAN
FRIDAY 4:00PM - SATURDAY 9:00AM

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

BEVERAGES: Coffee, soft drinks, water
**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 Chuch lot on on right side of the road. Exchange is on left. During high congestion, Exchange 25 parking is limited to **VAN 1 ONLY**.

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).
**VAN 1**

**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).

---

**ELEVATION GAIN/LOSS:** 320/-385 ft

**NET:** -65 ft

---

**5.65 mi**
NAMED AFTER: GREG L.

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: 45.93928, -123.5061
NOTES: Cell phone coverage unreliable until after Leg 32.

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.

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)

ELEVATION GAIN/LOSS: 246/-271ft
NET: -25ft
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 RUNNERS. IMMEDIATE DQ.

ELEVATION GAIN/LOSS: 258/-68ft
NET: +190ft
**LEG DESCRIPTION:** Very challenging up and downhill 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 racer while waiting in line near entrance to parking lot (NOT AT THE EXCHANGE).

Only next racer allowed to exit vehicle while stopped in waiting line.

Then, drive to top end of 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 racer and head to exchange 30.

Two way walkie talkies are recommended for teammates to communicate at Exchange 29 (as there is no cell service).

Ensure your team vehicle has fueled up in St. Helens, well before reaching this exchange.

**Provisions:** No

**Fuel:** No

**ELEVATION**

**Gain/loss:** 598/-470 ft

**Net:** +128 ft

**Elevation graph**

**Map**

- **0 = Mile Post Marker**
- **NORTH**
MAJOR VAN EXCHANGE

VAN 1&2
5.32 MI | MODERATE

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.

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 - 13miles on HWY 202 into Astoria)

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)

COURSE FUNDRAISERS
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

OREGON WOMEN IN TIMBER
FRIDAY 10:00PM - CLOSE
Muffins, donuts, sweetbread, coffee

ELEVATION GAIN/LOSS: 217/-740ft
NET: -523ft

5.32 mi
# Van 1 Route to Finish

**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
  - 27.00 You've made it to the finish in Seaside!

The First Tech Finish Party is on the beach at the end of Broadway St (commonly called “the turnaround/prom”) in Seaside. Park at Seaside High School and meet your anchor runner one block north of the turnaround on the beach where Oceanway Ave dead-ends at the beach.

**Notes**

This route takes 45-50 minutes to Seaside and is substantially faster than following the race course.
**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: Yes at Olney Store, 9.5 mile marker at Hwy 202/Youngs River Road

---

**COURSE FUNDRAISER**

**FRIDAY 6PM-CLOSE**

Astoria High School Basketball Breakfast, hot dogs, hamburgers, BLTs, cookie, cinnamon rolls, gatorade, coffee, soft drinks
NEW
ZERO SUGAR
AUTHENTIC MARGARITA TASTE
100 CALORIES PER 12 OZ. SERVING

find it down under
OPENRUN PRO
Premium Bone Conduction Sport Headphones

- Premium Sound Quality with Enhanced Bass
- 9th Generation Bone Conduction Technology
- 10 Hours of Music & Calls + Quick Charge
- IP55 Water-Resistant

Look For Shokz On-Course at Exchange 6

Scan for 10% off
select Open-Ear headphones at shokz.com
**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 Exhange 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)

---

**Elevation Gain/Loss:** 175/−247 ft

**Net:** −72 ft
**LEG DESCRIPTION:** Rolling hills on narrow country roads.

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

**GPS:** 46.147492, -123.846048

**NOTES:**

**DIRECTIONS FROM EXCH 32 TO EXCH 33**
- 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)

**EXCHANGE NOTES**
Parking: At Lewis & Clark School. Please minimize time parking at this exchange as parking is limited.

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

**ELEVATION**
- **GAIN/LOSS:** 240/-251ft
- **NET:** -11ft
VAN 2

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

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

GPS: 46.104487, -123.866126

NOTES:

DIRECTIONS FROM EXCH 33 TO EXCH 34

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

EXCHANGE NOTES

Parking: In log scale in station near corner of Fort Clatsop Rd / Lewis & Clark Mainline.

Provisions: No
Fuel: No

ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG

ELEVATION GAIN/LOSS: 192/-136ft
NET: +56ft
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

ELEVATION GAIN/LOSS: 302/-90ft
NET: +212ft
**Named after:** Larry D.

**VAN 2**  
5.03 MI | MODERATE 🌞 🏃

**Leg Description:** First .75 miles on a trail section. Challenging up and steep downhill on winding paved roads to finish on sand near Broadway turnaround. Remember, leg 36 racer should have the bib with the timing chip!!

**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 **RIGHT** onto Wahanna Rd
- **3.73** Turn **LEFT** 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 8 & 9 for more on festivities and entertainment!

Open containers on promenade are not allowed.

---

**Elevation Gain/Loss:** 115/-414ft  
**Net:** -299ft

---

**VAN 2 with colored sign is allowed on this leg**
Larry Dutko was the longest running Hood To Coast participant, having run in the event every single year since its inception in 1982. Larry and his longtime teammates from ‘Dead Jocks in a Box’ were celebrated as well in the 2011 ‘Hood To Coast Movie’ and are known to have been one of the very first teams to come up with van decorations and the power arch! Larry’s contagious enthusiasm for exercise, laughter, and positivity will be greatly missed. Let’s honor his memory as we run Leg 36 and wear LD40 on our team wrist wraps.

“The magic of this race was that we’re running with some new friends that quickly became “best friends” and this bonding of running together as a team was something that we all missed since our days of high school. It is an amazing emotion that running with a team creates”.

LD40
**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.

**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
We Fight Cancer with Heart.

Providence Cancer Institute leads in state-of-the-art cancer treatments, including MRI-guided radiation therapy for precise tumor destruction, immunotherapy, and minimally invasive robotic surgery.

An expert multidisciplinary team of cancer specialists delivers effective and individualized support for every phase of care. The most advanced cancer research and robust clinical trials expand the boundaries of hope.

In 2022, over 90% of patients rated their satisfaction “exceeding outstanding.” Providence elevates clinical excellence with compassion to create a world-class network of care for you.

Learn more at Providence.org/ORCancerInstitute

Our world-class team is dedicated to finding a cure for cancer:

- 15+ National awards and accreditations
- 65+ Board-certified oncology physicians
- 150+ Cancer treatment clinical trials
- 1 Shared mission
In 2022, over 10,000 photos were tagged with #HTC22! Be a part of the 2023 social scene on Hood To Coast’s Facebook and Instagram pages!

#HTC23
### 2022 RESULTS & RECORDS

#### WOMEN'S ELITE
- **MEN'S MASTERS**
  - Course Record: Reebok Road Kill California (2001)
  - **Rolling Thunder II (1995)**
  - Nike Women's Elite (1997)

#### MEN'S SUPER MASTERS
- Min age of all runners is 50.
- Course Record: Aging Heroes (2001)

#### WOMEN'S OPEN
- Any age, at least one runner under 30.
- Course Record: Nike Women's Elite (1996)

#### WOMEN'S ELITE
- **MEN'S OPEN**
  - **Marin Super Seniors (2015)**

#### MEN'S CHAMPION MASTERS
- Any age, from the SAME business.

#### CORPORATE WOMEN'S OPEN
- At least half women. Average age of all runners is 40.

#### MIXED OPEN
- At least half women. Average age of all runners is 50.

#### CORPORATE MEN'S OPEN
- At least half women. All from SAME business.

#### CORPORATE MIXED OPEN
- Any age, from SAME business, at least half women.

---

### 2022 RESULTS

<table>
<thead>
<tr>
<th>Category</th>
<th>1st Place</th>
<th>Time</th>
<th>Pace</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN'S MASTERS</td>
<td>DOA2</td>
<td>18:54:1</td>
<td>06:37</td>
</tr>
<tr>
<td>WOMEN'S OPEN</td>
<td>Dead on Arrival</td>
<td>23:33:31</td>
<td>07:10</td>
</tr>
<tr>
<td>WOMEN'S ELITE</td>
<td>Dead on Arrival</td>
<td>23:33:31</td>
<td>07:10</td>
</tr>
<tr>
<td>MIXED SUPERMASTERS</td>
<td>At least half women.</td>
<td>24:28:51</td>
<td>08:15</td>
</tr>
</tbody>
</table>

---

### Time Records

<table>
<thead>
<tr>
<th>Category</th>
<th>Record</th>
<th>Time</th>
<th>Pace</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN'S MASTERS</td>
<td>Nike Women's Elite (1996)</td>
<td>18:54:1</td>
<td>06:37</td>
</tr>
</tbody>
</table>

---

### Award Categories

- **Top Province Cancer Institute fundraisers (HTC/PTC)**
  - HTC/PTC Record: Genworth Financial (2008)
  - HTC/PTC Record: **Genworth Financial (2008)**
  - HTC/PTC Record: **Genworth Financial (2008)**

---

### Key Observations

- **Any age, average pace under 6:10:**
  - **Men's Masters**
  - **Women's Masters**
  - **Women's Super Masters**

- **Any age, at least one runner under 30:**
  - **Women's Open**
  - **Men's Masters**

- **Any age, at least one runner under 30:**
  - **Women's Elite**

- **Any age, at least one runner under 30:**
  - **Men's Open**

- **Any age, at least one runner under 30:**
  - **Women's Open**

---

### Additional Notes

- **Women's Submasters:**
  - **Women's Masters:**
  - **Men's Masters:**

- **Men's Submasters:**
  - **Women's Champions:**

---

### Footnotes

- **Note to readers:**
  - **Note to readers:**
  - **Note to readers:**

---

### End of Document
NEW!

101 NORTH
Expect Adventure

BEST BUY
WineEnthusiast
REAL INGREDIENTS FOR REAL ADVENTURE
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

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

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
A good dynamic warm up is an essential element of any physical activity. Devoting time to a thorough warm up can help improve performance by increasing core body temperatures, preparing muscles and joints for movements, sharpening mental focus, and, importantly, decreasing injury risk. A cool down can help your body get back to rest and recovery quicker, as well as keep your muscles and joints in good working order.

**WARM UP**

**HIP FLEXOR STRETCH**
Place one foot on the ledge of the van inside an open door, with your other foot down on the ground. Stand tall, lean forward into van keeping both feet flat, until you feel a moderate stretch on the front of the hip, then return to start. Repeat 15 times each side, holding for 1 sec during stretch.

**STANDING CALF STRETCH**
Using van for balance, lunge one foot a few feet forward, keeping both feet flat on the ground. Bend the front knee and lean forward, keeping the back leg straight and the back heel flat on the ground until you feel a moderate stretch on the back of your calf and knee. Repeat 15 times each side, holding for 1 sec during stretch.

**STANDING HAMSTRING**
Place one heel on the ledge of the van inside an open door. Stand tall and lean forward, keeping your back straight and neutral. Keeping both legs as straight as possible, lean until you feel a moderate stretch on the back of your knee and thigh on the leg resting inside the van. Repeat 15 times each side, hold for 1 sec during stretch.

**STANDING ITB STRETCH**
Stand next to the van for balance if needed, cross one leg in front of the other and then stand tall with arms overhead. Reach arms away from the front leg, pushing your hips towards the side until you feel a stretch down the side of your outer hip and spine. Repeat 15 times each side, hold for 1 sec during stretch.

**STANDING QUAD STRETCH**
Using the van for balance as needed, keeping tall, reach down and grab your foot near the toes, pulling it behind you. Keep your thighs together and hold until you feel a moderate stretch on the front of your thigh as well as front of your ankle. Repeat 15 times each side, hold for 1 sec during stretch.

**COOL DOWN**

**HIP FLEXOR STRETCH**
Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

**STANDING CALF STRETCH**
Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

**STANDING HAMSTRING**
Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

**STANDING ITB STRETCH**
Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

**STANDING QUAD STRETCH**
Same set up as the warm-up, but HOLD the moderate stretching sensation for 30 sec. Repeat 2-3 times on each side.

**HOW PROVIDENCE CAN HELP**
If you are having problems after the race, Providence Sports Medicine offers a full range of services to nurture and extend your athletic journey. Schedule an appointment at 503-29-SPORT.
Support all the incredible local businesses in Seaside, Oregon while you celebrate your big finish! Scan the QR codes below to check out all the fun things to do in this beautiful beach town.
Running Tip #34: 
RUN LIKE YOU SEE A BURGERVILLE AHEAD.

GET THE APP. SAVOR THE REWARDS.
Electric Adventure Motorbikes

Our 2X2 Electric Adventure Bikes are fully electric and ready for adventure. Whether you’re going on-road or off-road (or maybe both) our bikes are perfect for everyday adventures or the daily grind.

MODEL FEATURED: 2023 SPECIAL EDITION

AWD
ALL-WHEEL DRIVE
ALL TERRAIN

75
MILES MAXIMUM RANGE

19
LUG ATTACHMENT POINTS

6
HOURS TO FULL CHARGE

150
LBS-LIGHTWEIGHT MOTORCYCLE

330
LBS-MAXIMUM CARRY WEIGHT
Hampton Lumber & Family Forests

Oregon's Working Forests
HELPING TO KEEP THE PACIFIC NORTHWEST GREEN & GROWING

LAST YEAR, OUR OREGON MILLS PRODUCED ENOUGH LUMBER TO FRAME +55,000 SINGLE-FAMILY HOMES.

THAT WOOD STORED 1.2M METRIC TONS OF CO2E IN THE BUILT ENVIRONMENT.

ENOUGH TO OFFSET THE ANNUAL EMISSIONS OF +261K PASSENGER VEHICLES.

WE THEN REPLANTED OVER 1M TREES - 4 FOR EVERY 1 WE HARVESTED FOR WOOD PRODUCTS.

LEARN MORE
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