



# Hood To Coast 101

A beginner's guide to The Mother of All Relays!

## What is Hood To Coast?

The Providence Hood & Portland To Coast Relay is the most popular and largest running/walking relay race in the world, drawing participants from over 40 countries and all 50 states annually. Known as The Mother of All Relays, the event takes teams of 8-12 participants through the unique and beautiful Oregon terrain, starting from the iconic top of Mount Hood and ending at the Pacific Ocean on Seaside Beach.

## What is the difference between HTC/PTC?

Hood To Coast (HTC) is a running relay starting at Mt. Hood and ending in Seaside, this course spans 196 miles. Portland To Coast (PTC) is a walking relay starting in Portland and ending in Seaside, this course spans 128 miles. HTC runners and PTC walkers race on the same course starting in Portland.

## How many miles do you run?

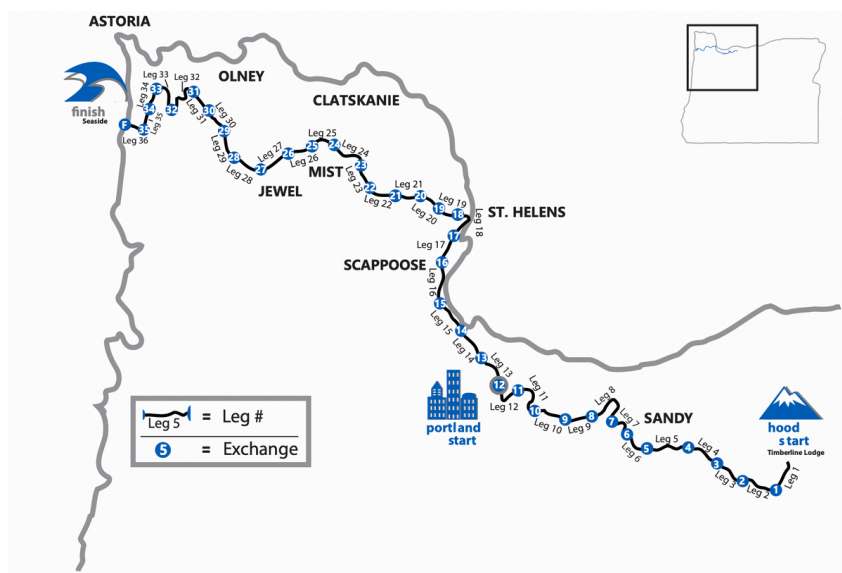
This race is a relay so although the course is 196 miles you and your teammates will conquer it together! Each runner runs between 14.15 and 18.27 miles depending on your number of teammates and specific legs.

## How many people are on a team?

There needs to be at least 8 teammates but we recommend having a full roster of 12 so each team member runs 3 legs. However, it is up to you and your teammates and how much you want to run!

## What are legs?

Legs are the segments of the relay that you run. For teams of 12, each runner will run 3 legs.



## How do you choose your legs?

You and your team will decide what order you run in but you have to stay in the same order the whole relay. For example runner 1 will run legs 1, 13, and 25. Runner 2 will run legs 2, 14, and 26. Every leg varies in difficulty and distance. Use the guide below to find the best fit legs for you and your teammates!

		1st Leg		2nd Leg		3rd Leg		Totals/Rankings						
Van	Runner	Leg # / Remark	Mileage	Rating	Leg # / Remark	Mileage	Rating	Leg # / Remark	Mileage	Rating	Total Miles	Mileage 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	4.17	H	30	5.32	M	16.59	5	19.37	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	6	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

## What is an Exchange?

An exchange is where you hand off your slap bracelet from one runner to another. For example, Exchange 1 is the end of leg 1 but the start of leg 2.

## How will I know where to run?

HTC has blue/yellow event signage and/or volunteers or hired flaggers at major crossings and turns. You should also study your assigned legs to know your route in advance. Interactive maps can be found by scanning the QR code on each leg map.

## How do we travel when we are not running? Do we have to travel in Sprinter vans?

Although sprinter vans are a top choice when choosing what vehicles to travel in, they are not required. SUV's are a great alternative. 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. Don't forget your window markers and decorations to decorate your van!



## Do I have to run in the dark?

Yes, most likely. Surprisingly, night legs are a favorite for many runners! The relay spans 24-36 hours, so if you're running after 6PM and before 7AM, you are required to wear a headlamp, reflective vest and a front and back LED flasher.

## Where do I sleep?

You and your teammates sleep in either your team van or designated sleeping fields that are gated/roped off at Exchange 18, 24 and 30. Get your sleeping bags, pillows and foam pads to catch a few winks if you can. It's all part of the challenge and adventure!

## How do I get into HTC?

Hood To Coast uses a lottery system. Your team captain will submit an application online before the day of the lottery (the lottery takes place in early October). On the day of the lottery, your team captain will mail a printed copy of the online submission form to the HTC office: 7236 SW Durham Rd, Portland, OR 97224. Envelopes will be chosen at random! If your envelope is chosen, you will receive confirmation via email. At this time, the credit card you registered with will be charged. The registration fee is nonrefundable.



Team Application Envelopes from the 2022 Lottery

## Do I have to have a full team decided by lottery day?

No! You have plenty of time to recruit your team members. Just make sure you have at least 8 team members added to your roster by June to avoid disqualification.

## How do I join a team if I don't know anyone participating?

HTC does not assign runners to teams but you can use the HTC Facebook Page (<https://www.facebook.com/groups/19545613048/>) or the Team Matching Forum (<http://htcteammatching.createaforum.com/general-discussion/>) to find teams looking for additional runners to join their team!

## What does the team captain do?

The team captain is responsible for registering their team and submitting the team's application on lottery day. The team captain also has the responsibility to invite all team members to their team through the Team Clubhouse and assign legs to every team member. They are usually the ones that handle all the logistics for the

team as well, including van rentals and volunteers. Make sure your captain is completely comfortable taking on the responsibility and planning involved, however, anything you can do to help your team captain in planning would likely be appreciated!

## Volunteer requirements?

If at least one team member lives within a 100 mile radius of Portland, your team is required to supply 3 volunteers. We could not put on the largest running/walking relay race in the world without the help of all our wonderful volunteers! You'll know of your team's status on providing volunteers within the Team Clubhouse by logging in. You will see that it says 'Team is Required to Provide 3 Volunteers'. Start recruiting these amazing folks! Team Captains can send an official invitation to register in early July, with volunteer registration and online training happening in July! Volunteer locations/times are first come first serve. More info can be found here: <https://hoodtocoast.com/htc/volunteer-info/>

## What do I pack?

We recommend coordinating with your team what everyone is bringing to help limit overpacking your van. Our packing list has some great suggestions on essentials!

### HTC/PTC 2024 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 19-21)
- 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/conditioner
- Toothbrush/toothpaste
- Antiperspirant
- Sunscreen
- Bug spray
- Hand Wipes, antibacterial, hand sanitizer

#### ACCESSORIES

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