

PROVIDENCE  2024



# HOOD TO COAST



MOTHER OF ALL RELAYS  
42ND ANNUAL  196 MILES

# WELCOME TO THE MOTHER OF ALL RELAYS



The Mother of All Relays is here to celebrate with you all in its 42nd 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 36th straight year of selling out and 31st 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 day 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 make 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, one of the top cancer research and treatment centers nationwide, 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://rb.gy/46lyl8>

Additionally, here are some insights for 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 Airline Team Pre-Check. Additional resources will be in the App as well!
- #AlaskaCarelines Campout at Exchange 24! Get some shut eye in these already set up tents, first come first serve. Just provide your Alaska Airlines Mileage Plan number. (Additional designated sleeping fields are at Exchange 18, more at Exchange 24, and Exchange 30).
- Incredible Finish Party festivities on the beach, including the new Dance Hall Days Band (6:45pm-11:00pm) and music bands throughout the day and evening to keep you going!
- 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 10 – July 31).

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 7 – August 9.

Thanks for joining the HTC community! Can't wait to see what memories your team makes!

*Felicia Hubber*

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# 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](http://LesSchwab.com)**

**TIRES • WHEELS • BATTERIES • BRAKES  
SHOCKS • ALIGNMENT**



# RACE PARTNERS

TITLE PARTNER

# + PROVIDENCE

PRESENTING PARTNER



GOLD PARTNERS



SILVER PARTNERS



BRONZE PARTNERS



PORTLAND, OREGON



OTHER PARTNERS



SPECIAL THANKS TO

EyesOnWheels.org  
HoodToCoastMovie.com

Seaside Chamber of Commerce  
Amateur Radio Emergency Services

The City of Seaside



# EXCHANGE FUNDRAISERS & ACTIVATIONS

## LEG 4

*Mt. Hood Lions Club- 24730 E Woodsey Way, Welches, OR 97067 (about 2.5 miles from Exchange 3 on the left of Hwy 26)*

- Breakfast burritos, OJ, coffee, energy drinks,

## EXCHANGE 6- POWERED BY COUNTRY FINANCIAL

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

## 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  
First Tech Mobile Beverages  
Brew Doctor Sampling*

## 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  
Nico's Real Fruit Ice Cream*

## EXCHANGE 20

*Columbia County Mental Health (Fundraiser)*

- Hot dogs, parfaits, cold sandwiches, coffee, muffins, sport drinks

## EXCHANGE 23

*Natal Grange*

- BBQ Sandwiches, hamburgers, cheeseburgers, hot dogs, baked potato bar, cowboy beans, breakfast burrito, dill pickles and juice shots, bages, muffins, cinnimon rolls, assorted beverages

## EXCHANGE 24

*Barn Field (Fundraiser)*

- Hamburgers, veggie chili, biscuits/gravy, muffins, bagels, various snacks, coffee, soda

*Alaska Carelines Campout*

- Tents available for participants with an Alaska Airlines Mileage Plan membership

## EXCHANGE 27

*Jewell School (Fundraiser)*

- Biscuits and gravy, breakfast burritos, grilled burgers/hotdogs, macaroni salad, chips, and gatorade/soda/coffee. Showers and sleeping area available.

*Elsie Vinemapple 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 (Fundraiser)*

- Hamburgers, hot dogs, soda, coffee, doughnuts, candy bars

## SEASIDE

*Sunset Recreation Center (Fundraiser)*

- Parking, showers, hot tub, pool, food, beverages



*Exchange 18: Columbia County Fairgrounds  
Exchange 24: Alaska Carelines Campout  
Exchange 27: Jewell School  
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](mailto: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 2024 Relay! Check the Hood To Coast website for a discounted booking link at the HTC Headquarter Hotel, AC Hotel.



PORTLAND, OREGON

## 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://hoodto coast.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 2024 Hood To Coast Relay begins **Friday, August 23**, 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 7-9 from 9AM-2PM at the HTC Office ([7236 SW Durham Rd, Suite 800, Portland, OR, 97224](https://www.hoodtocoast.com/locations/7236-SW-Durham-Rd-Suite-800-Portland-OR-97224)). All teams can show safety equipment by taking a picture within the HTC App by Thursday, August 22 @ 12PM.

### 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 official 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 [shophoodto.coast.com](https://shophoodto.coast.com) to order ahead of time for best available inventory! Shirts, jackets, hats and HTC buffs are all available!

## HTC FIRST TECH FINISH

The FirstTech 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 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 2024 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 North Wine, 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, **Dance Hall Days Band**, on Saturday evening on the beach. Plan on dancing into the night to an energetic and most entertaining Northwest favorite!

**First Tech**  
federal credit union



## FOLLOW ALONG

Want to follow along with other 2024 Hood To Coast participants? Share your pictures on social media using #HTC24 and tagging us on Instagram @htcrelay or Facebook @hoodtocoastrelay

# #HTC24



## 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!

Bring large (e.g. 5- or 7-gallon) water jugs in your van, and be sure to bring your reusable water bottles to refill along the race course, in order to avoid using as many disposable plastic bottles as possible.

Buying Gatorade/electrolyte-enhanced beverages in bulk powder 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.

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

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](https://register.hoodtocoast.com)

**MANDATORY ONLINE VOLUNTEER TRAINING:** [volunteer.hoodtocoast.com](https://volunteer.hoodtocoast.com)

**WEBSITE:** [www.hoodtocoast.com](https://www.hoodtocoast.com)

**FACEBOOK:** [www.facebook.com/hoodtocoast](https://www.facebook.com/hoodtocoast)

**INSTAGRAM:** @HTCRelay #HTC24

**PROVIDENCE CANCER INSTITUTE FUNDRAISING:** <https://rb.gy/46lyl8>

**TEAM MATCHING:** [www.htcteammatching.createaforum.com](https://www.htcteammatching.createaforum.com)

# INCLUSION AND MULTICULTURAL ENGAGEMENT ADVISORY COMMITTEE

## MISSION

THE INCLUSION AND MULTICULTURAL ENGAGEMENT (IME) ADVISORY COMMITTEE  
RECOGNIZES AND APPRECIATES DIVERSITY AND COMMITS TO EQUITY THROUGH  
INCLUSIVE EVENT ENGAGEMENT SO THAT WE DEEPEN TIES WITH DIVERSE PARTICIPANTS  
AND VOLUNTEERS, AND WE PROMOTE HEALTHY LIVING IN THE BROADER RUNNING AND  
WALKING COMMUNITY.

“CREATING AN INCLUSIVE RACE COMMUNITY”



## COMMITTEE MEMBERS:

Nirav Dalal | Bret Barnum | Antonio Harris | Nicole Ver Kuilen | Carrie Kalscheuer | Hector Ignacio |  
Renee Rank Ignacio | Curtis Carroll | Ed Reilly | Scott Hatley | Imara Reimann | Marcelle Abel |  
Jocelyn Huffman | Jay Williams | Dan Floyd | Felicia Hubber | Megan Sweeney



# 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 attestors 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](mailto:billfrith@comcast.net) and [copy.office@htcrelay.com](mailto: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**



Instead of individual plastic bottles.



### DID YOU KNOW?

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

**BUY SNACKS & ELECTROLYTE  
BEVERAGE MIXES IN BULK**



Rather than individually wrapped items.



### TIP

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



**DOWNLOAD  
THE HTC APP**



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



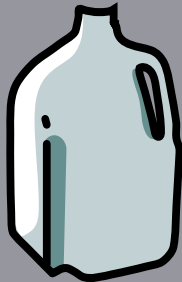
Let's get recycling right. Use this guide to separate your recycling from landfill bound trash at exchange points. Want to take it to the next level? Avoid bringing items on the landfill list where possible.

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

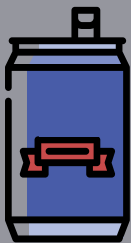
## RECYCLING



PLASTIC BOTTLES

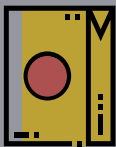


PLASTIC JUGS

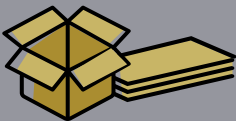


ALUMINUM CANS

FLATTEN & STACK TO THE SIDE

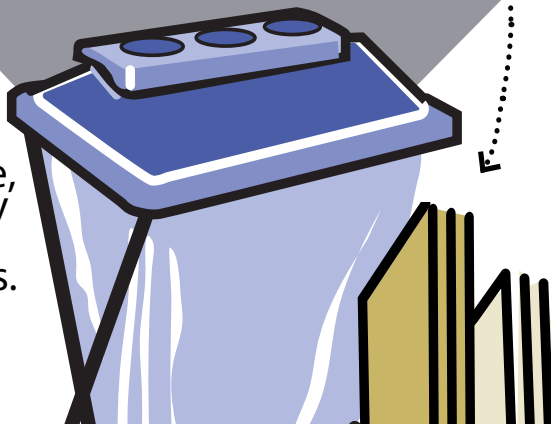


PAPER BOARD



CARDBOARD

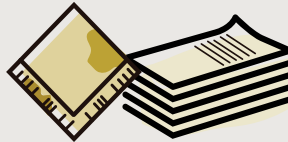
Please,  
empty  
your  
liquids.



## LANDFILL



PLASTIC FOOD CONTAINERS



PAPER ITEMS



PLASTIC BAGS  
AND SHRINK WRAP



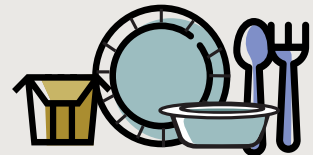
GLASS



CARTONS



BAGS AND WRAPPERS



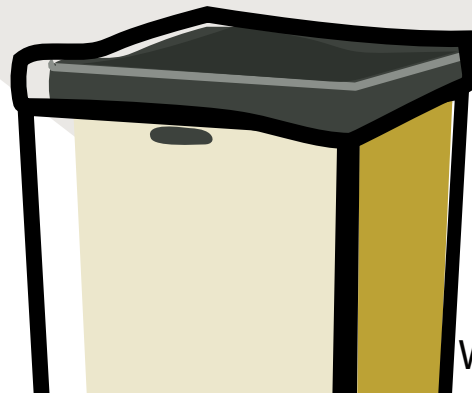
SERVICE-WARE



PLASTIC AND PAPER CUPS



FOOD SCRAPS



When in doubt  
throw it out!



# TEAM STRUCTURE

## RECRUIT TEAMMATES

Runners looking for a team and team captains looking for runners can connect by visiting [www.htcteammatching.createaforum.com](http://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](mailto: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

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 19th at 6:00AM and closes August 22nd at 12:00PM!



## 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.**



## 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>) up until race day. Race day Adds/Subs must be filled out in the HTC App. (\$25 late fee).



# We support and care for the athlete in **everyone.**

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

We help you prevent injury, improve performance, and treat your aches and pains.

Make Providence Rehab and Sports Medicine part of your team.

**503-29-SPORT**







# RACE RULES



30 minute  
penalty



60 minute  
penalty



Disqualification

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

## RULES AND SAFETY ENFORCEMENT

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

## REPORT TEAMS BREAKING RULES

We will have Staff and Race Officials out on the course monitoring teams for adherence and safety to all rules. However, with 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.

## APPROVED VESTS



## UNAPPROVED VESTS



## 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



exchange point marker. Please park off the road as far as possible, watch for participants, and stay alert to other traffic.

### DISPLAY OF TEAM VEHICLE SIGNS

Teams are provided with two white and two 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.

## CONDUCT

### 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.

## RACER

### 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.



# Reward your legs after the run.

We have the most legroom in Premium Class,  
where a runner can really stretch out and relax.  
Have a great race and we'll see you on board!

**Alaska**  
AIRLINES



Proud to be the official airline partner of the Hood To Coast Relay.



# THANK YOU VOLUNTEERS!



*Alaska*  
AIRLINES

Alaska Airlines is giving away two (2) round trip air travel vouchers to one lucky volunteer! Nominate your Most Caring Volunteer by posting a picture with them during race weekend and hashtag #AlaskaCarelines and tag @htcrelay on Instagram or Facebook.

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/>





# 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?

Until 1990, Hood To Coast adjusted the weekend it ran in August to coincide with a full moon, making for easy visibility for night-time runners and walkers.

## TRIVIA

How many days does it take to set up the First Tech Finish Party on the beach?

- 10
- 6
- 3
- 1

Answers



# SAFETY

## EMERGENCY PROCEDURE

In an emergency, call 911 and locate the Exchange Leader or Radio Operator at the nearest Exchange, who will institute the emergency chain of command with the Race Command Center. 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!** Walkie-talkies are very helpful for direct communication within your team and between vehicles at larger exchanges. Encourage teammates to run/walk with their fully charged phone if an issue were to arise where contact was needed.

## COMMUNICATIONS

Radio Communication Operators are at all exchange zones along the race course. Ham operators' primary responsibility is communication for emergencies, but they also help with logistical issues. If you see anyone hurt, please get their race number, exact location, and nature of the emergency, if possible. Report this information to radio operators at the next Exchange. They are capable of calling in full emergency medical, police, and fire response. Radio volunteers register via: <https://ham.hoodtocoast.com/>

## RUNNING AT NIGHT

Maintain contact with your van within reason along the course. DO NOT follow behind runners/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. We also encourage you to wear bright colored clothing at all times of day and light/bright clothing at night, as dark clothing is hard to see at night.

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! Bring a cooler with ice/cooling vest if possible.

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.

# 2024 COMMITMENT TO HOOD TO COAST TRAFFIC SAFETY

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 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 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 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

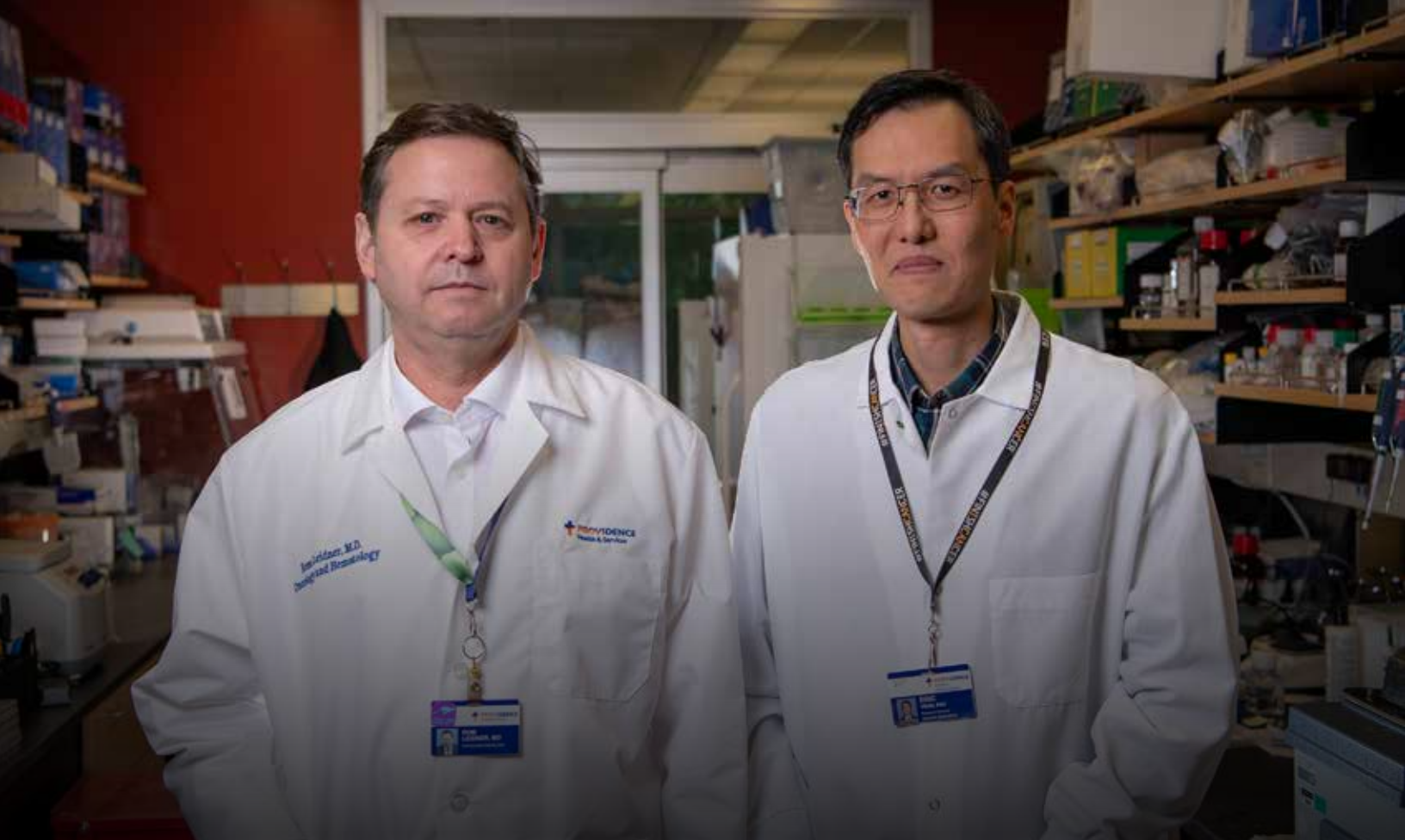
**HTC Mixed Champion Masters:** At least half of the team members must identify as women or non-binary, minimum age of all participants is 60

**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?

In the first year, Hood To Coast had 10 person teams, equating to four legs per runner.





# The fight to **finish cancer** is within reach.

Pictured (L to R) from the Earle A. Chiles Research Institute, a division of Providence Cancer Institute: **Rom Leidner, M.D.**, co-medical director, Providence Head and Neck Cancer Program, and director, Immune Cell Experimental Therapy, and **Eric Tran, Ph.D.**, leader, Adoptive Cell Therapy Laboratory

The age of personalized cancer immunotherapy and genomic medicine is here. Right now, researchers at Providence Cancer Institute of Oregon are pioneering cancer treatments that supercharge immune cells to attack cancer. Called gene-engineered adoptive cell therapy, this treatment provides the basis for groundbreaking clinical trials.

Providence Cancer Institute is a world leader in adoptive cell therapy and was the first to show its therapeutic potential in metastatic pancreatic cancer.

Providence researchers are uniquely positioned to lead the field of discovery for cancer treatments. Cancer is formidable. But so are we.

**And it's only a matter of time before we finish cancer.**

Learn more or make a gift to support cancer research at [ProvidenceFoundations.org/WithinReach](https://ProvidenceFoundations.org/WithinReach).



# DRIVER GUIDE

**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 3,000 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 74).

Shortcut route can be found in the handbook 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.



# KNOW YOUR ROUTE!

## CUT FOR EASY DIRECTIONS IN YOUR POCKET



### LEG 1 DIRECTIONS

- 0.00 Timberline Lodge
- 5.29 **RIGHT** onto HWY 26
- 5.44 **RIGHT** onto Government Camp Loop
- 5.44 Exchange 1 (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
- ↑ 6.14 Salmon River Sign
- 7.18 Exchange 4 (Brightwood Weigh Station)

### LEG 5 DIRECTIONS

- 0.00 Exchange 4 (Brightwood Weigh Station)
- ↑ 0.29 E. Sleepy Hollow Dr. / HWY 26
- ↑ 0.61 Academy and Camps
- ↑ 3.11 Ivy Bear
- ↑ 3.59 E. Sylvan Dr / HWY 26
- 3.85 **RIGHT** onto E. Cherryville Drive
- ↑ 5.00 Baty Rd. / E. Cherryville Dr
- 6.05 Exchange 5 (E. Cherryville Dr/HWY 26)

### LEG 6 DIRECTIONS

- 0.00 Exchange 5 (Cherryville Dr/HWY 26)
- ↑ 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/ siderun light to west side of Bluff Rd shoulder)
- ← 6.85 **LEFT** in to Exchange 6, west of Bluff Rd
- 7.10 Exchange 6 (near Sandy HS Softball Fields)

### LEG 7 DIRECTIONS

- 0.00 Exchange 6 (near Sandy HS Softball Fields)
- ← 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)

### 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 212)
- ↑ 5.77 HWY 212/SE 282nd Ave
- 5.88 **RIGHT** onto Dee St (previously Keller Rd)
- 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 (Main City Park/ Springwater Trail)

### LEG 10 DIRECTIONS

- 0.00 Exchange 9 (Main City 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
- 6.15 Exchange 10 (Springwater Trail near Shaw's Automotive & 111th Ave)

### LEG 11 DIRECTIONS

- 0.00 Exchange 10 (Springwater Trail near Shaw's Automotive & 111th Ave)
- ↑ 0.37 Cross over SE Foster Rd
- ↑ 1.79 Cross over 82nd Ave
- ↑ 2.69 Cross over Johnson Creek Blvd/Bell Ave
- ↑ 3.00 Cross over Flavel Dr/Linwood Ave
- 3.92 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 Springwater
- ↑ 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
- ↑ 2.52 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)

### LEG 14 DIRECTIONS

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

### 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)

### LEG 17 DIRECTIONS

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.10 High School Way/HWY 30
- 0.12 Turn **RIGHT** onto HWY 30 (Participants cross other side of Hwy 30 with cross-walk and guidance from flaggers only)
- ← 5.23 Turn **LEFT** onto Church Rd
- 5.32 Exchange 17 (Warren Baptist Church)

### LEG 18 DIRECTIONS

- 0.00 Exchange 17 (Warren Baptist Church)
- ← 1.30 Turn **LEFT** onto South Bachelor Flat Rd
- ← 3.80 Turn **LEFT** onto Sausler Rd
- 1.88 Exchange 18 (Columbia County Fairgrounds)

### LEG 19 DIRECTIONS

- 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)

### LEG 20 DIRECTIONS

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

### LEG 21 DIRECTIONS

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

### LEG 22 DIRECTIONS

- 0.00 Exchange 21 (Schaffer Rd)
- ← 0.03 Turn **LEFT** onto Apiary Rd
- ↑ 1.67 Wilkerson County Park
- ↑ 3.77 Rock Quarry
- ↑ 4.57 Golden-yellow gate on left
- ↑ 6.57 Small blue house and garage on left
- 6.70 Exchange 22 (Apiary Rd)

### LEG 23 DIRECTIONS

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

### LEG 24 DIRECTIONS

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

### LEG 25 DIRECTIONS

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

### LEG 26 DIRECTIONS

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

### LEG 27 DIRECTIONS

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

### LEG 28 DIRECTIONS

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

### LEG 29 DIRECTIONS

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

### LEG 30 DIRECTIONS

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

### LEG 31 DIRECTIONS

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

### LEG 32 DIRECTIONS

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

### LEG 33 DIRECTIONS

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

### LEG 34 DIRECTIONS

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

### LEG 35 DIRECTIONS

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

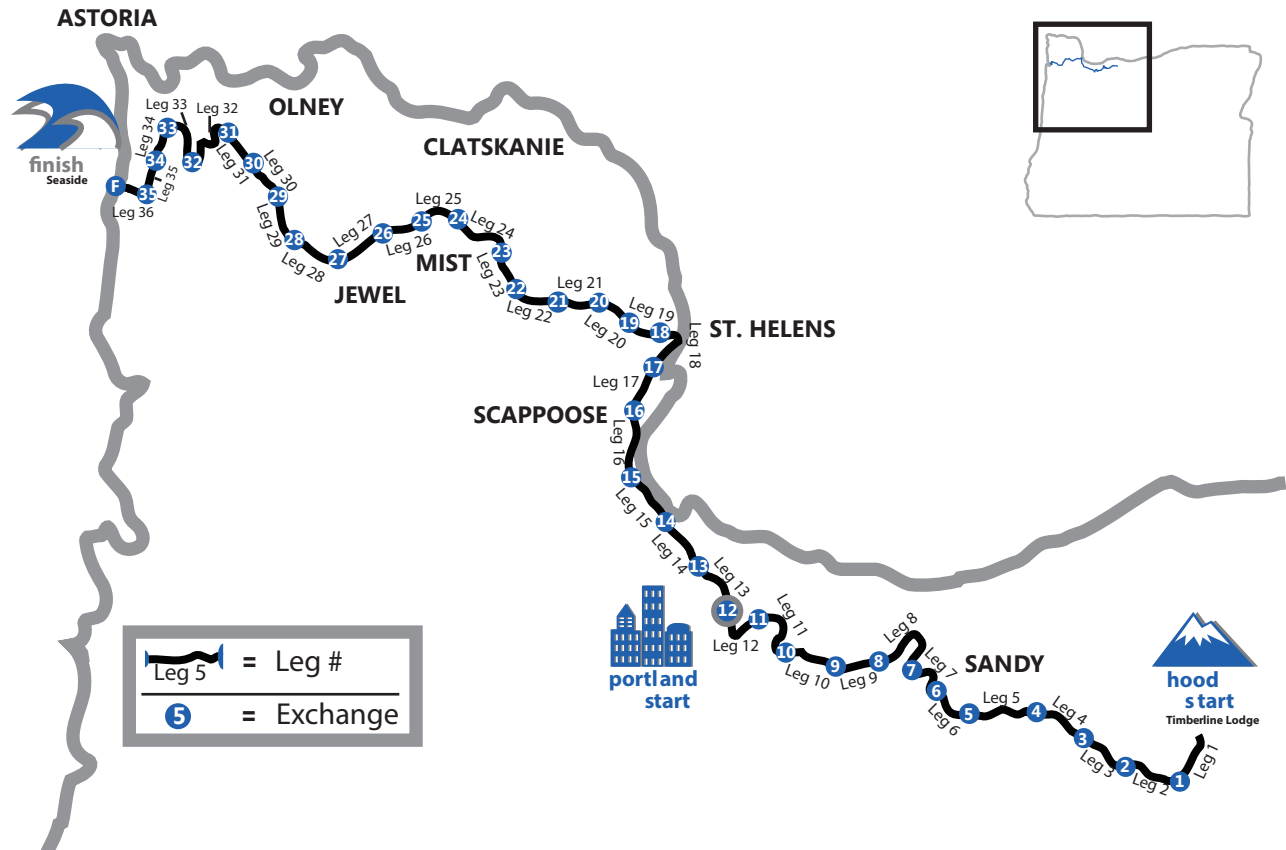
### LEG 36 DIRECTIONS

- 0.00 Exchange 35 (Lewis & Clark Mainline)
- ← 0.79 Turn **LEFT** onto Lewis & Clark Rd
- ↑ 2.75 "The Retreat" condos
- ← 3.12 Turn **LEFT** onto Wahanna Rd
- 3.73 Turn **RIGHT** onto 12th Ave
- ↑ 3.97 Wait until crosswalk light, then continue **STRAIGHT** on 12th Ave (xing against crosswalk signal could result in a DQ)
- ← 4.47 Turn **LEFT** onto promenade
- 5.03 FINISH on sand at turnaround!

## DID YOU KNOW?

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

# COURSE OVERVIEW



<div>  = Little/No Shade  = Considerable Elevation Gain/Loss  = Quiet Zone  = Gravel (possible dust) </div> <div> <b>E</b> = Easy <b>M</b> = Moderate <b>H</b> = Hard <b>VH</b> = Very Hard </div>														
		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	7
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	6.15	M	22	6.70	H	34	4.12	E	16.97	6	18.92	6
Van 2	11	11	3.92	E	23	4.23	E	35	7.07	H	15.22	9	16.63	10
Van 2	12	12	5.85	M	24	4.87	E	36	5.03	M	15.75	8	16.83	9





Running Tip #34:

# RUN LIKE YOU SEE A BURGERVILLE AHEAD.



**GET THE APP. SAVOR THE REWARDS.**





# HAMPTON LUMBER

**SOURCED LOCALLY FROM SOME  
OF THE MOST SUSTAINABLY  
MANAGED FOREST RESOURCES  
ON THE PLANET.**

Our Oregon Mills  
Willamina  
Tillamook  
Warrenton



# VAN 1

# 5.44 MI | VERY HARD



NAMED AFTER: LEW J.



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

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

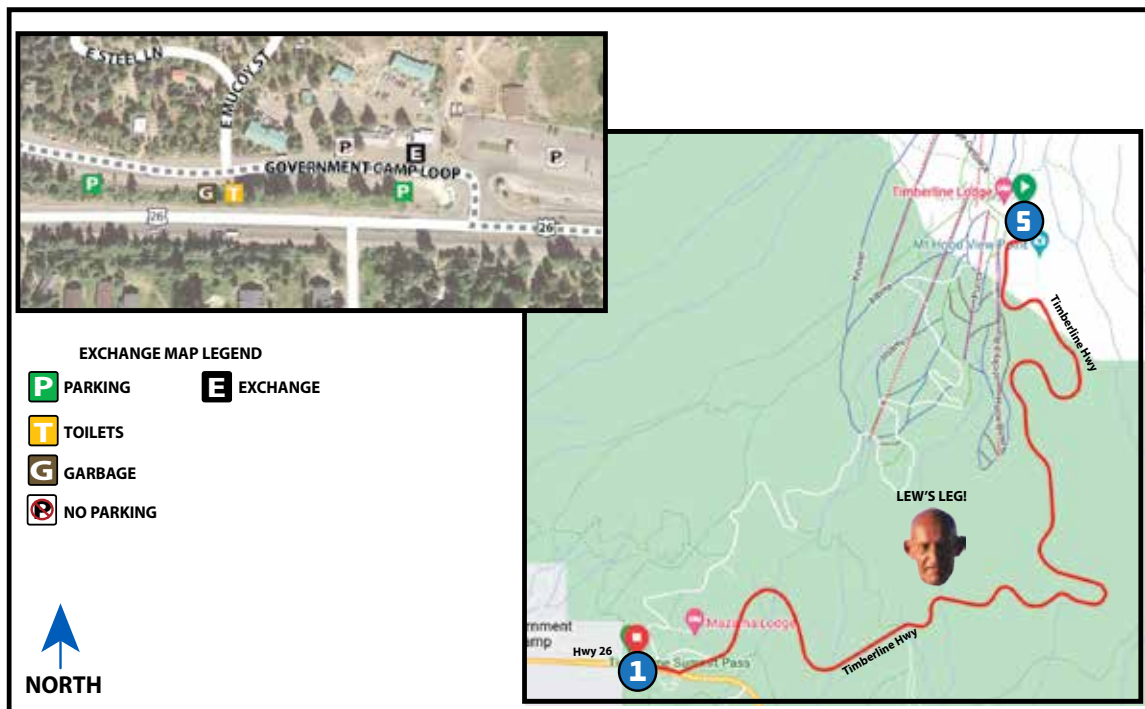
**GPS:** 45.302092, -121.744277

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

Scan For Leg Map



[Or Click HERE](#)



**START AREA:** See page 9 for info on quick Start Area check-in via the Alaska Air Team Pre-Check in the Hood To Coast App.

## DIRECTIONS FROM START TO EXCH 1

Run on right side of road.

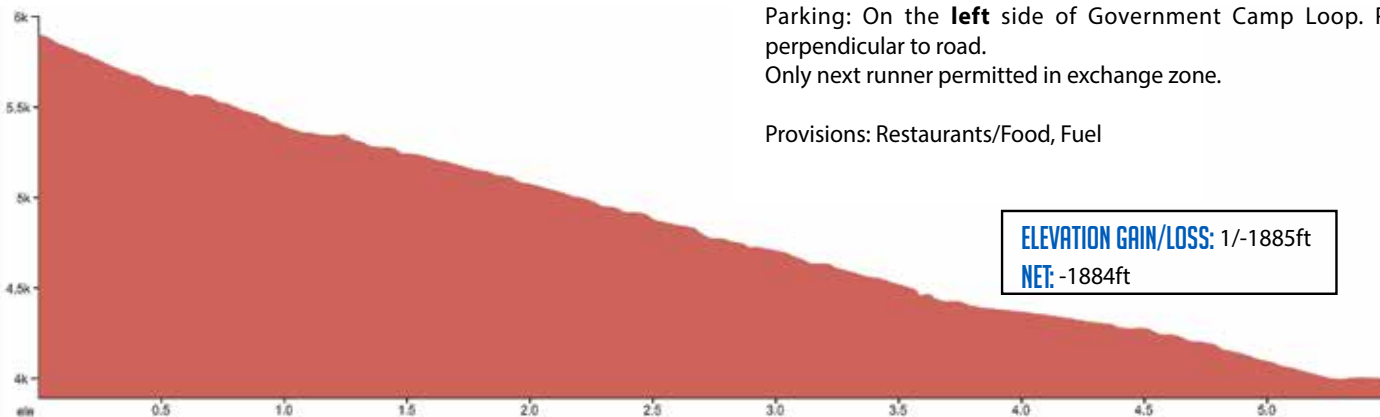
- 0.00 Timberline Lodge
- 5.29 **RIGHT** onto HWY 26
- 5.44 **RIGHT** onto Government Camp Loop
- 5.44 Exchange 1 (HWY 26/Government Camp Loop)

## 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

**ELEVATION GAIN/LOSS:** 1/-1885ft  
**NET:** -1884ft





NAMED AFTER: ANGELA P.



# VAN 1

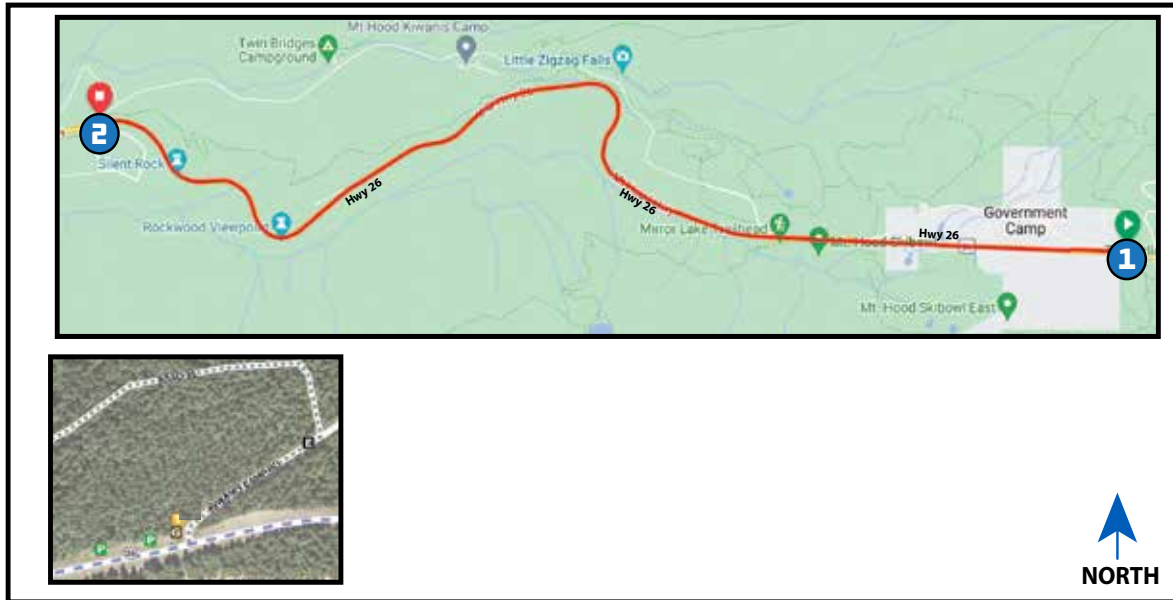
# 5.64 MI | HARD

**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

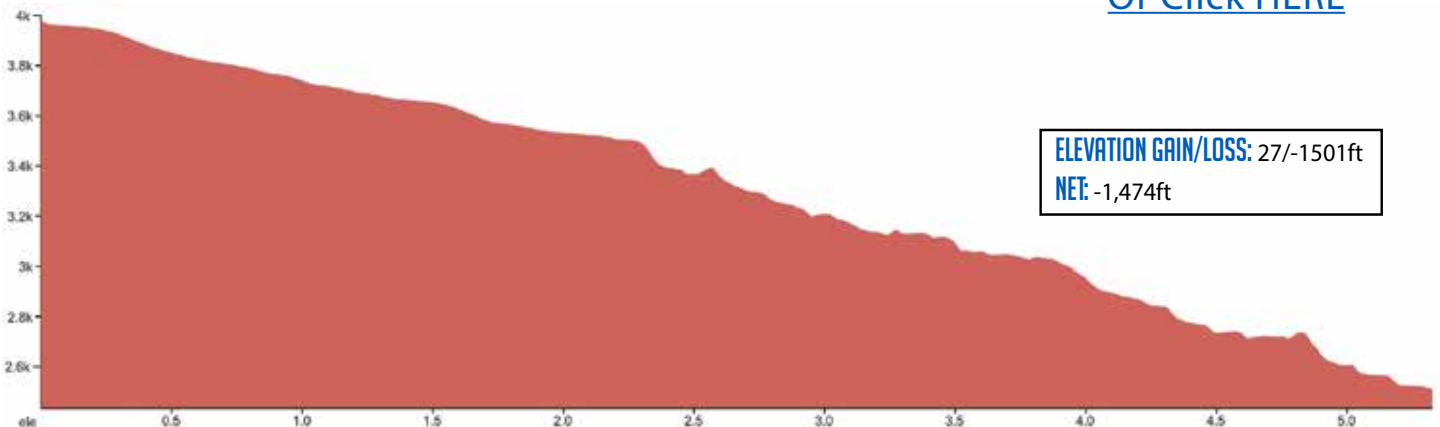
**Run on right side of road.**

- 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)

Scan For Map



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# VAN 1

## 4.66 MI | EASY

NAMED AFTER: JIM S.

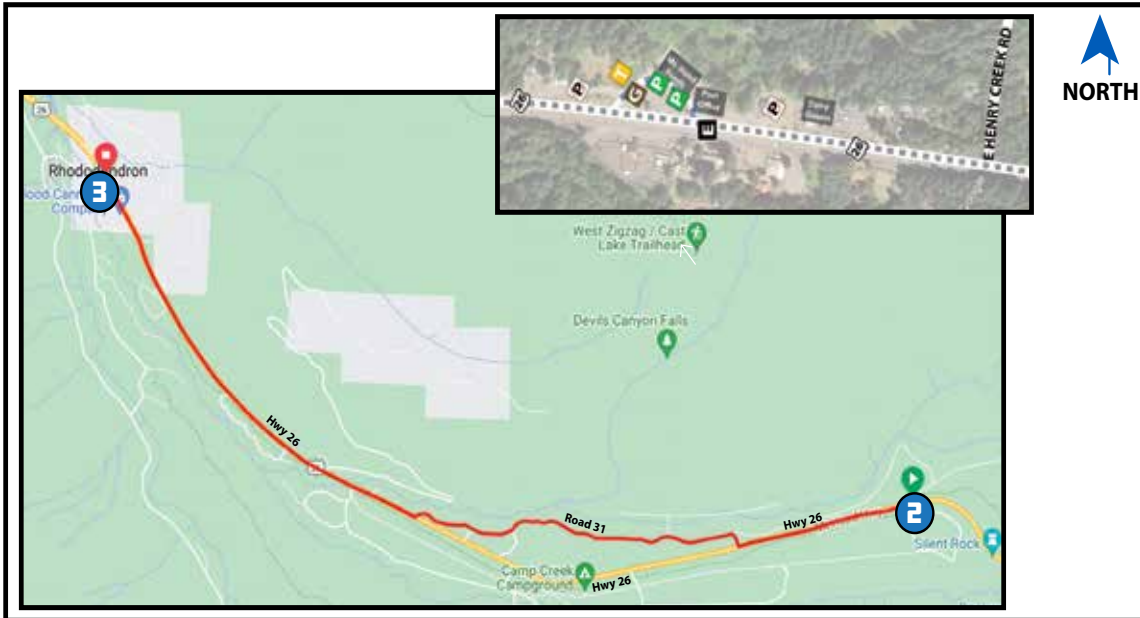


**LEG DESCRIPTION:** Gradual downhill into Rhododendron along Forest Service Roads and HWY 26 on paved shoulder.

**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.



Scan For Map



[Or Click HERE](#)

### DRIVERS NOTES- VANS DO NOT FOLLOW COURSE

- 0.0 Exchange 2 (Kiwanis Camp Rd/Rd39)
- ↑ 0.0 Continue on Hwy 26
- 4.4 Exchange 3 (Mt. Hood Foods)

### 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)

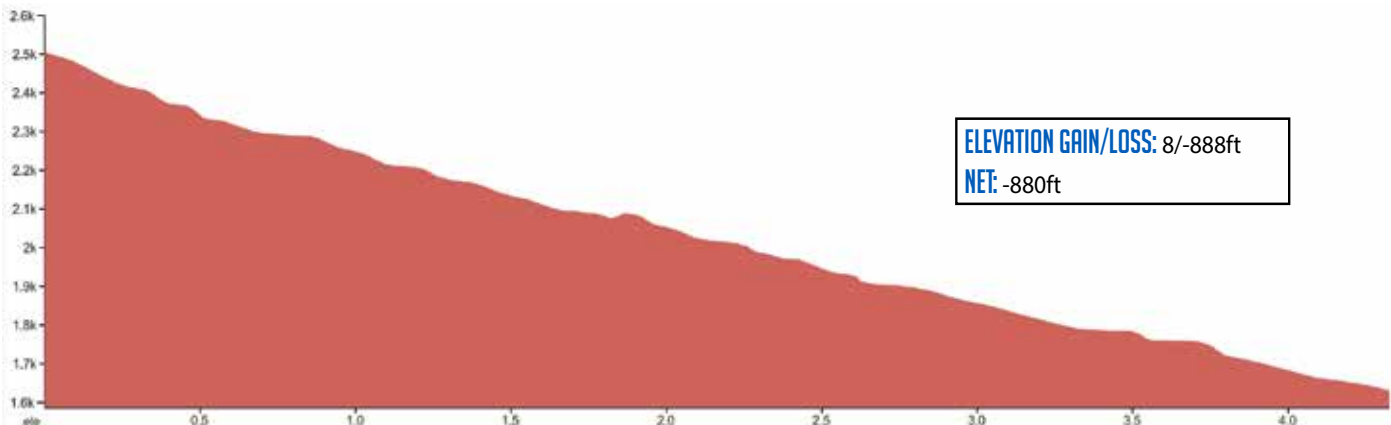


Bottled water for purchase inside Mt. Hood Foods

### 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)



NAMED AFTER: BRUCE F.



# VAN 1

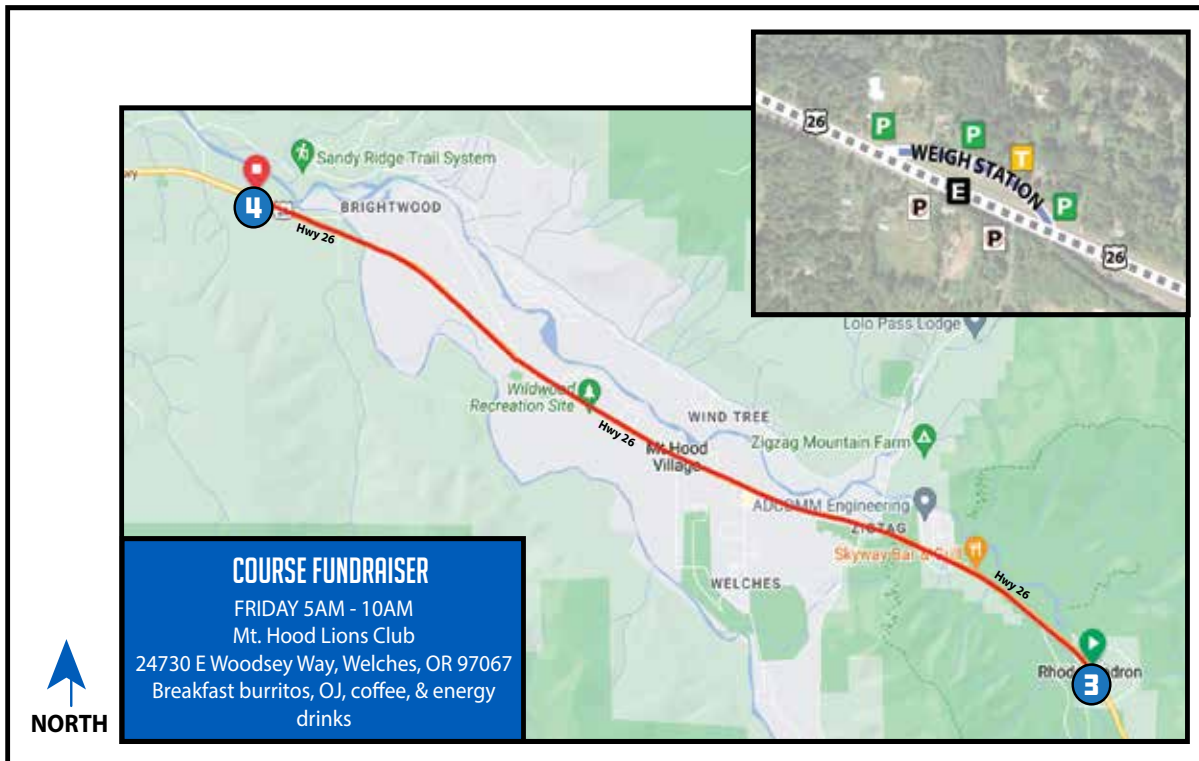
# 7.18 MI | MODERATE

**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 or Mt. Hood Lions Club about 2.5 miles from exchange 3 on the LEFT side of Hwy 26)

Fuel: No (Fuel at Mt. Hood Village)

Hoodland Fire Station located 2.13 miles past exchange 3.

Address: 69634 US-26, Welches, OR 97067

## DIRECTIONS FROM EXCH 3 TO EXCH 4

**Run on right side of road.**

- 0.00 Exchange 3 (Mt. Hood Foods)
- ↑ 1.13 BBQ Restaurant
- ↑ 1.79 Zig Zag Ranger Station
- ↑ 2.90 Signal in Welches
- ↑ 3.34 Wemme sign
- ↑ 4.70 Mt. Hood Village
- ↑ 6.14 Cross over Salmon River
- 7.18 Exchange 4 (Brightwood Weigh Station)

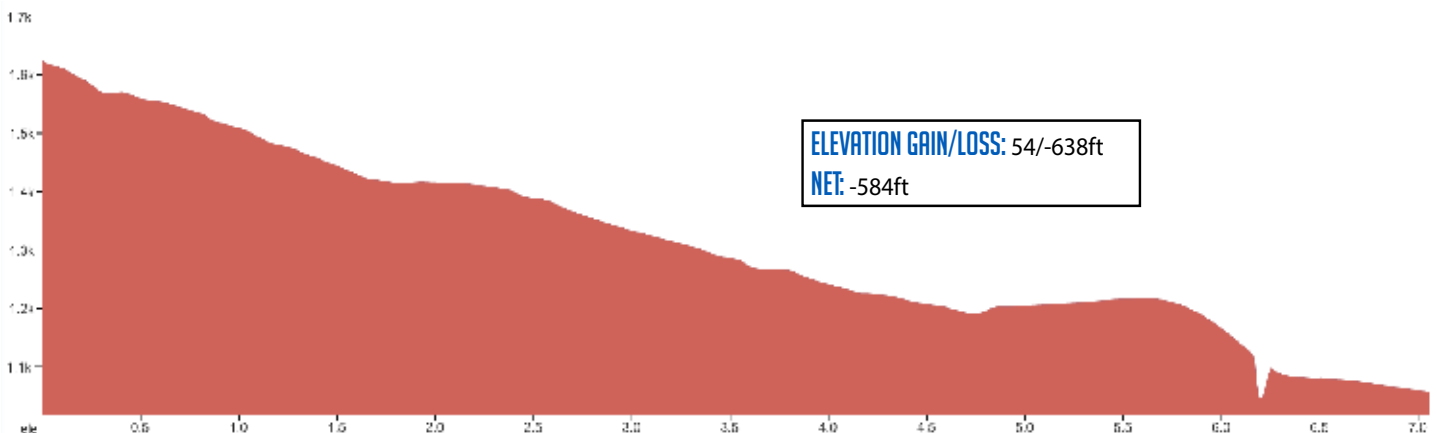
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**ELEVATION GAIN/LOSS:** 54/-638ft

**NET:** -584ft





# VAN 1 6.05 MI | VERY HARD

NAMED AFTER: PAT C.



**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.**

Provisions: No

Fuel: No (Nearest fuel - Leg 6 (Shorty's Corner))



**Obey traffic laws. Police will be present.**

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

## DIRECTIONS FROM EXCH 4 TO EXCH 5

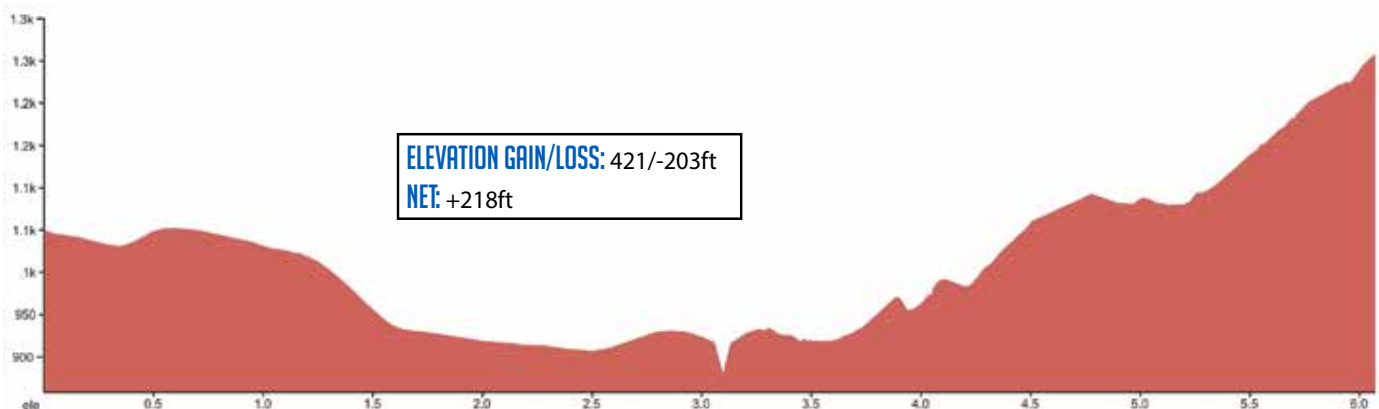
**Run on right side of road.**

- 0.00 Exchange 4 (Brightwood Weigh Station)
- ↑ 0.29 E. Sleepy Hollow Dr / HWY 26
- ↑ 0.61 Academy and Camps
- ↑ 3.11 Ivy Bear
- ↑ 3.59 E. Sylvan Dr / HWY 26
- 3.85 **RIGHT** onto E. Cherryville Drive
- ↑ 5.00 Baty Rd. / E. Cherryville Dr
- 6.05 Exchange 5 (E. Cherryville Dr/HWY 26)

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NAMED AFTER: DENISE C.



# COUNTRY FINANCIAL MAJOR VAN EXCHANGE

## VAN 1 & 2 7.10 MI | HARD



**LEG DESCRIPTION:** Challenging gains in elevation and gradual downhill along HWY 26 on paved shoulder

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

**GPS:** 45.405721, -122.276866



### DRIVER NOTES - PARKING

**VAN 2 Parking:** North lot off of Bell St.

**VAN 1 Parking:** South lot off Bluff Rd near tennis courts

### 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.

Look out for the Alaska Airlines QR code sign for your chance to win 100,000 Alaska Airlines miles!

Sandy Fire Station located 0.80 miles prior to exchange 6.

Address: 17460 Bruns Ave, Sandy, OR 97055

### DIRECTIONS FROM EXCH 5 TO EXCH 6

**Run on right side of road.**

- 0.00 Exchange 5 (Cherryville Dr/HWY 26)
- ↑ 1.70 SE McCabe Rd
- ↑ 2.36 SE Paha Loop Dr on left side of road
- ↑ 3.58 Shorty's Corner
- ↑ 4.08 Calamity Jane's
- 6.35 **RIGHT** onto Bluff Rd/HWY 26 (cross w/ siderun light to west side of Bluff Rd shoulder)
- ← 6.85 **LEFT** in to Exchange 6, west of Bluff Rd
- 7.10 Exchange 6 (near Sandy HS softball fields)

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**ELEVATION GAIN/LOSS:** 163/-581ft  
**NET:** -418ft





# UBCO

## Electric Utility Motorbikes

Our 2X2 Electric Utility Motorbikes 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

### 30/40

MILES PER HOUR  
MAX SPEED

### 19

LUG ATTACHMENT  
POINTS

### 150

LBS-LIGHTWEIGHT  
MOTORBIKE

### 6

HOURS TO FULL  
CHARGE

[UBCO.COM](https://ubco.com)



NAMED AFTER: SCOTT T.



# VAN 2

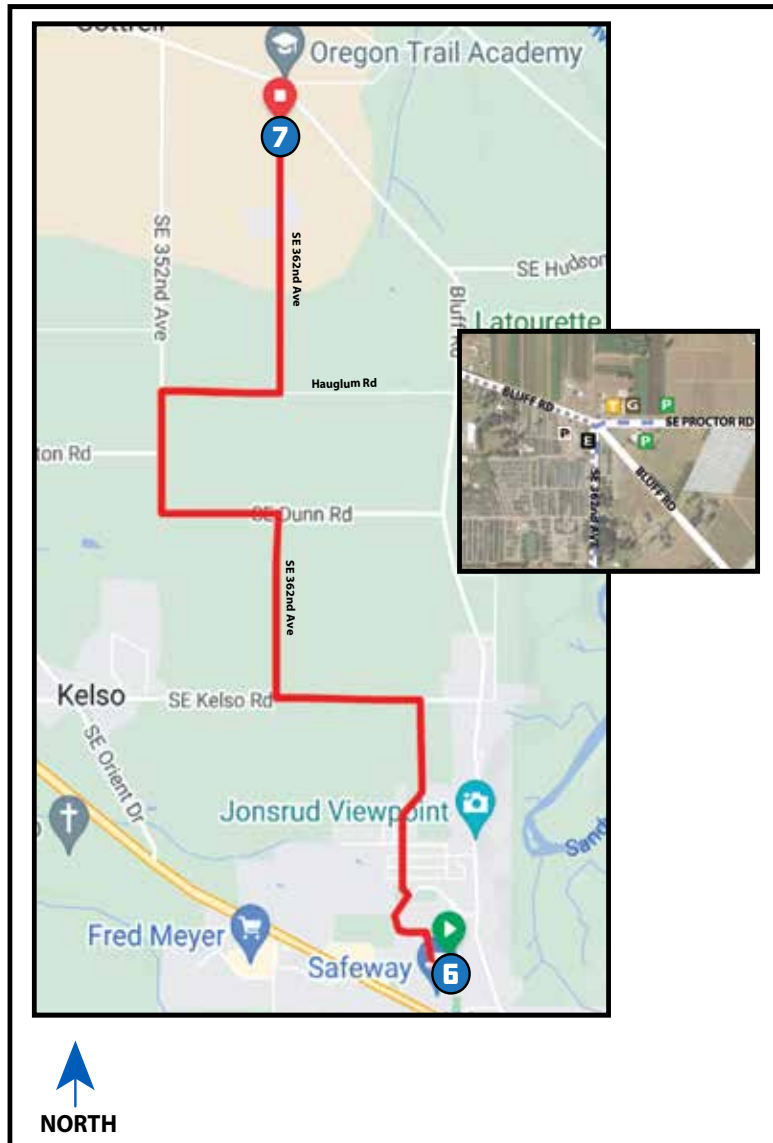
# 5.25 MI | MODERATE

**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 Softball Fields)
- ← 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)

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## 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

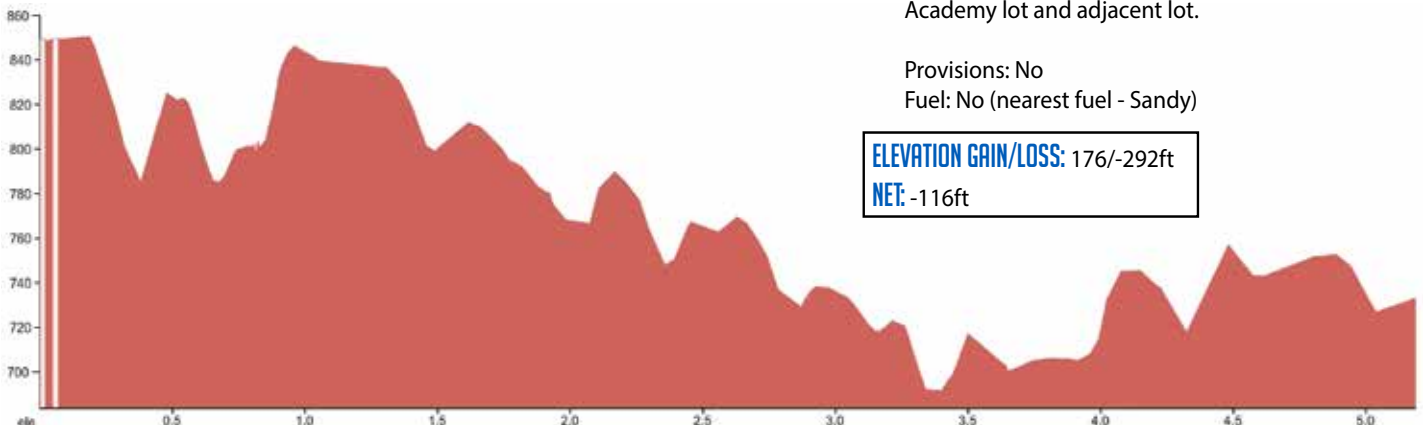
Parking: In Oregon Trail Primary Academy lot and adjacent lot.

Provisions: No

Fuel: No (nearest fuel - Sandy)

**ELEVATION GAIN/LOSS:** 176/-292ft

**NET:** -116ft



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## No Slip. No Slide. No Bounce.

Need a pair of affordable, high-quality (not to mention great-looking) sunglasses that are perfect for your next run? The Knockaround Sport collection will help you go that extra mile! Our shades offer UV400 protection, and have both polarized and non-polarized options available, so no matter what you need to perform your best, we've got your back.

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# VAN 2

## 6.00 MI | MODERATE

NAMED AFTER: JERRY D.



**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 Dee St (previously 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

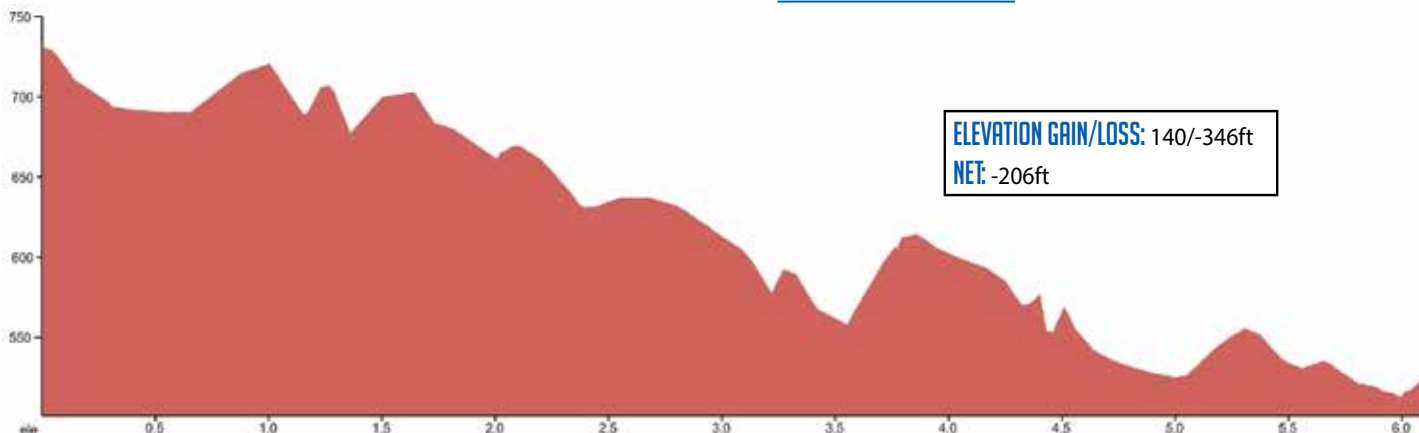
Clackamas Fire Station located .45 miles prior to exchange 8

Address: 28655 SE Hwy 212, Boring, OR 97009

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NAMED AFTER: BILL F.



# VAN 2 5.38 MI | MODERATE

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

**EXCH 9 ADDRESS:** (approx.) Main City 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 (Main City Park/Springwater Trail)

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## DRIVER NOTES - VANS DO NOT FOLLOW COURSE

- 0.0 Travel East on Dee St.
- ← 0.2 Turn **LEFT** onto Hwy 212
- ← 0.3 Turn **LEFT** onto SE 282nd Ave
- ← 2.2 Turn **LEFT** onto SE Stone Rd
- 2.7 Turn **RIGHT** onto Hwy 26
- ← 5.3 Turn **LEFT** onto E Powell Blvd
- ← 6.6 Turn **LEFT** onto S Main Ave
- 6.7 Exchange 9 Main City Park/Springwater Trail

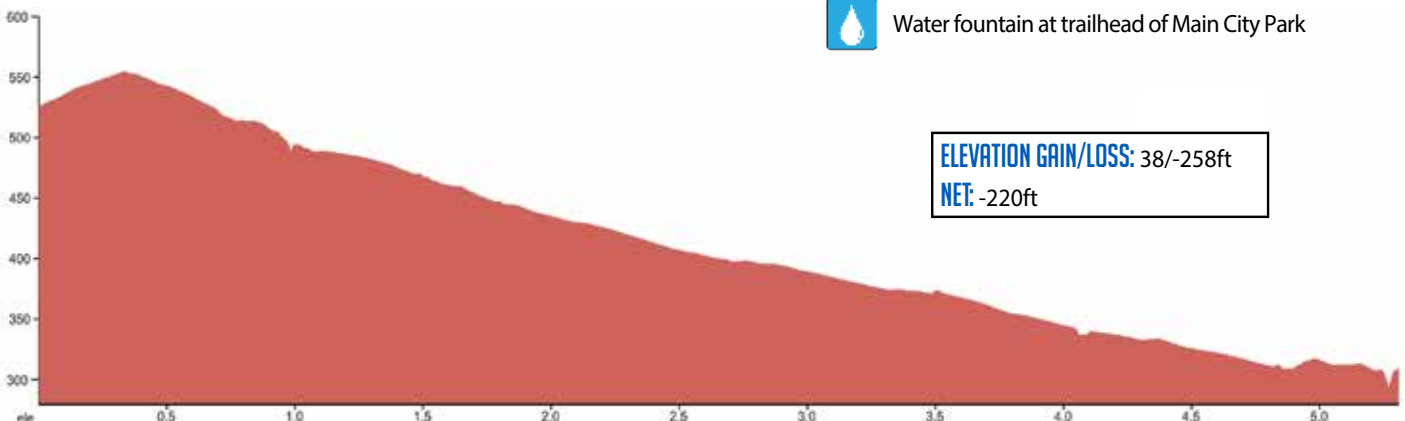
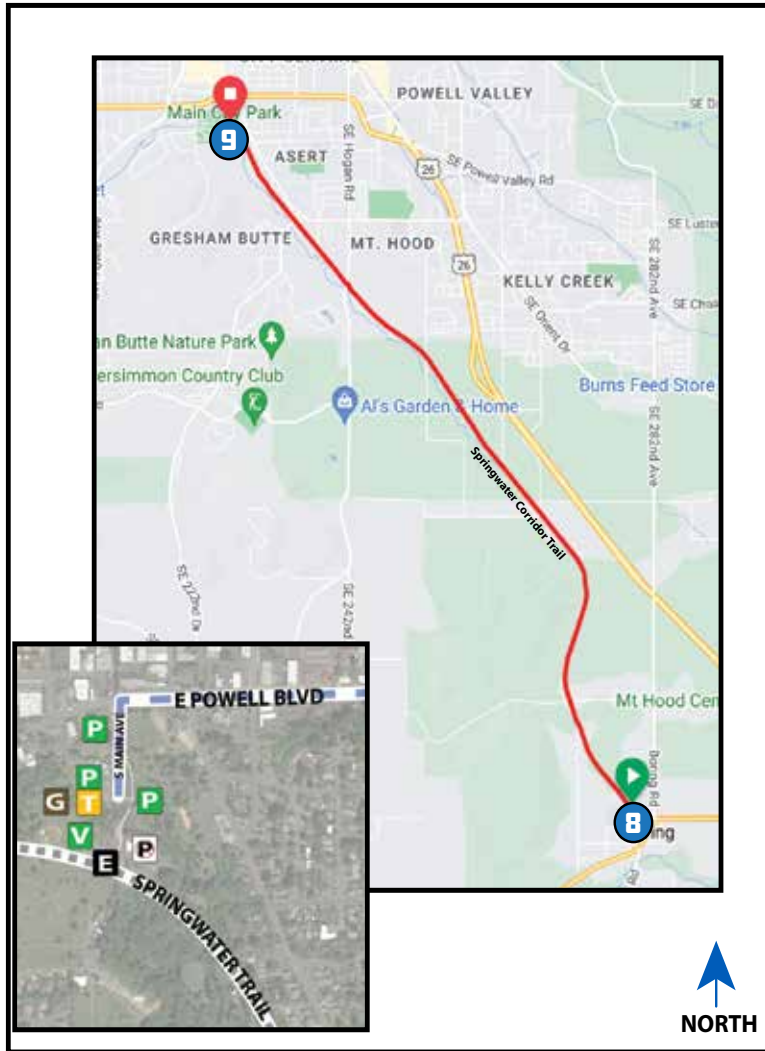
## EXCHANGE NOTES

Parking: At Main City Park.  
Provisions: Restaurants/Grocery in downtown Gresham  
Fuel: Yes, in downtown Gresham



Water fountain at trailhead of Main City Park

**ELEVATION GAIN/LOSS:** 38/-258ft  
**NET:** -220ft



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- Reduce Inflammation
- Promote Deeper Sleep
- Speed Up Recovery



USE CODE HTC FOR 20%  
OFF A ONE TIME PURCHASE  
+ EXCLUSIVE SUBSCRIPTION  
OFFERS [ EXP. 12 / 31 / 24 ]



# VAN 2

# 6.15 MI | MODERATE

NAMED AFTER: KIRK H.

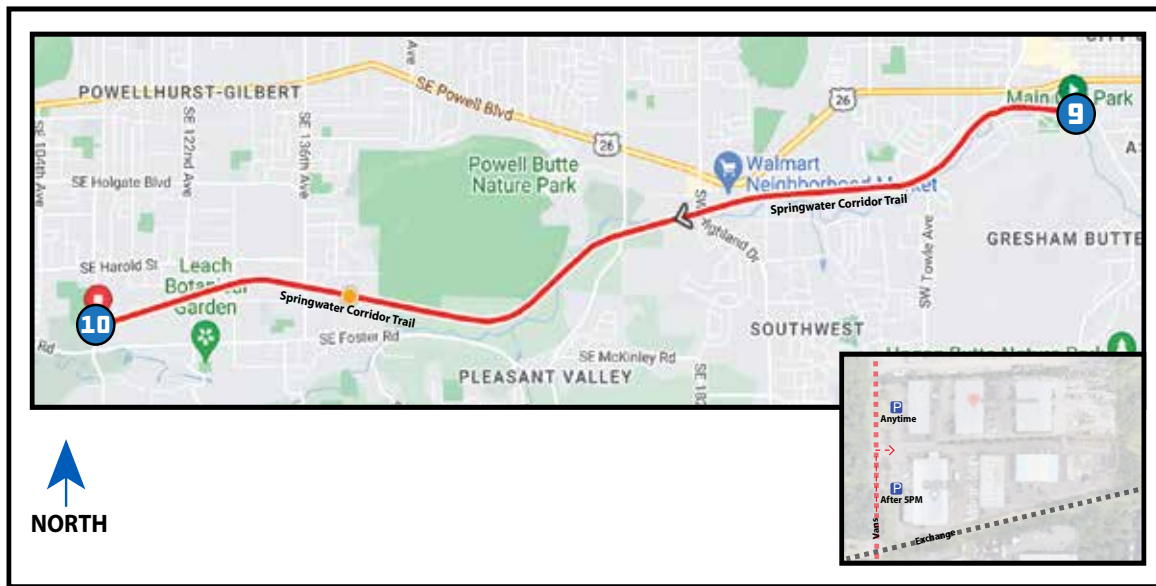


**LEG DESCRIPTION:** Leg entirely along Springwater Trail with relatively rolling and flat terrain.

**EXCH 10 ADDRESS:** 5936 SE 111th Ave, Portland, OR 97266

**GPS:** 45.478160, -122.548594

**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



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## DIRECTIONS FROM EXCH 9 TO EXCH 10

- 0.00 Exchange 9 (Main City 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
- 6.15 Exchange 10 (Springwater Trail near  
Shaw's Automotive & 111th Ave)

## DRIVER NOTES - VANS DO NOT FOLLOW COURSE

- 0.0 Main City Park
- ← 0.0 Turn **LEFT** onto W Powell Blvd
- ← 2.9 Turn **LEFT** onto SE 174th Ave
- ↑ 3.4 SE 174th becomes SE Jenne Rd
- 4.3 Turn **RIGHT** onto SE Foster Rd
- 7.0 Turn **RIGHT** onto SE 111th Ave
- 7.2 Exchange 10 Springwater Trail  
near Shaw's Automotive

## EXCHANGE NOTES

Provisions: Restaurants on Foster Rd  
Fuel: Yes, on Foster Rd

**ELEVATION GAIN/LOSS:** 30/-129ft  
**NET:** -162ft





NAMED AFTER: KEVIN H.



## VAN 2

# 3.92 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.



### DIRECTIONS FROM EXCH 10 TO EXCH 11

- 0.00 Exchange 10 (near Shaw's Automotive & 111th Ave)
- ↑ 0.37 Cross over SE Foster Rd
- ↑ 1.79 Cross over 82nd Ave
- ↑ 2.69 Cross over Johnson Creek Blvd/Bell Ave
- ↑ 3.00 Cross over Flavel Dr/Linwood Ave
- 3.92 Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

Scan For Map



[Or Click HERE](#)

### DRIVER NOTES - VANS DO NOT FOLLOW COURSE

- 0.00 Exchange 10 (Springwater Trail near Shaw's Automotive)
- 0.00 Turn **RIGHT** out of parking onto SE 111th St
- ← 0.30 Turn **LEFT** onto SE Harold St
- ← 1.30 Turn **LEFT** onto SE 92nd Ave
- 3.10 Turn **RIGHT** SE Johnson Creek Blvd

### TO UPPER LOT

- 4.60 Turn **RIGHT** onto SE Flavel Dr
- ← 5.00 Turn **LEFT** onto SE Harney Dr
- 5.50 Turn **LEFT** into Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

### TO LOWER LOT

- ↑ 4.60 **CONTINUE** on SE Johnson Creek Blvd
- 5.40 Turn **LEFT** into Exchange 11 (Springwater Trail near SE 45th Ave/Johnson Creek Blvd)

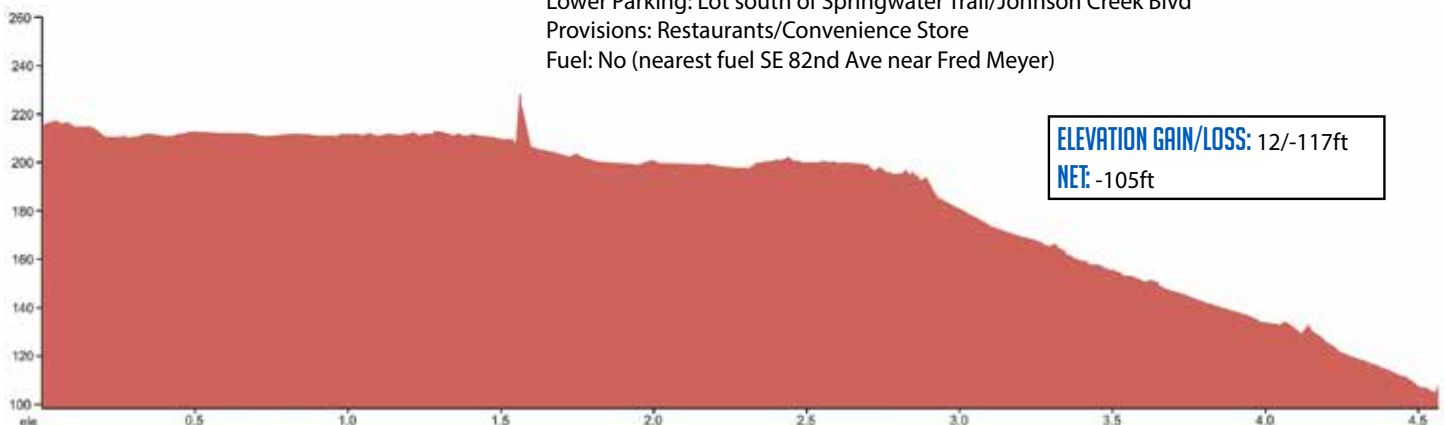
### EXCHANGE NOTES

Upper Parking: Precision CastParts lot on SE Harney Drive

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

Provisions: Restaurants/Convenience Store

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



# FIRST TECH MAJOR EXCHANGE

## VAN 2 & 1 5.85 MI | MODERATE

NAMED AFTER: JASON S.



**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 Caruthers St
- ↑ 5.76 Continue onto Eastbank Esplanade
- 5.85 Exchange 12 (OMSI Gravel lot at end of SE 2nd Place)

Scan For Map



[Or Click HERE](#)

### 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 Tacoma Street
- 1.2 Turn **RIGHT** onto McLoughlin Blvd/99E
- ↑ 4.1 McLoughlin Blvd becomes Grand Ave
- ← 5.0 Turn **LEFT** onto SE Main St
- ↑ 5.2 Turn **LEFT** onto SE Water Ave for parking
- 5.85 Exchange 12 (OMSI Gravel lot at the end of SE 2nd Place)

### EXCHANGE NOTES

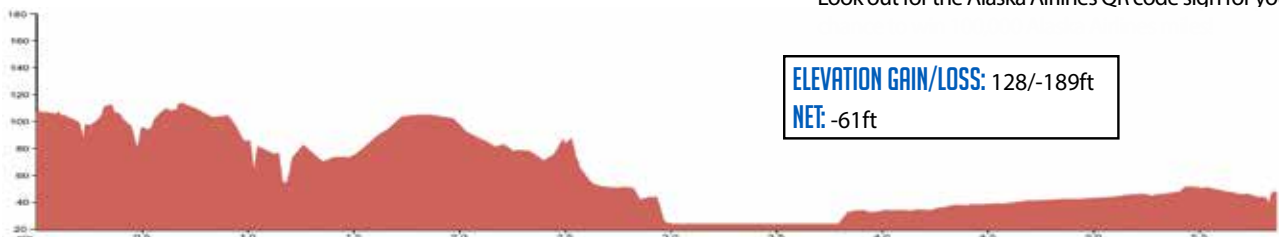
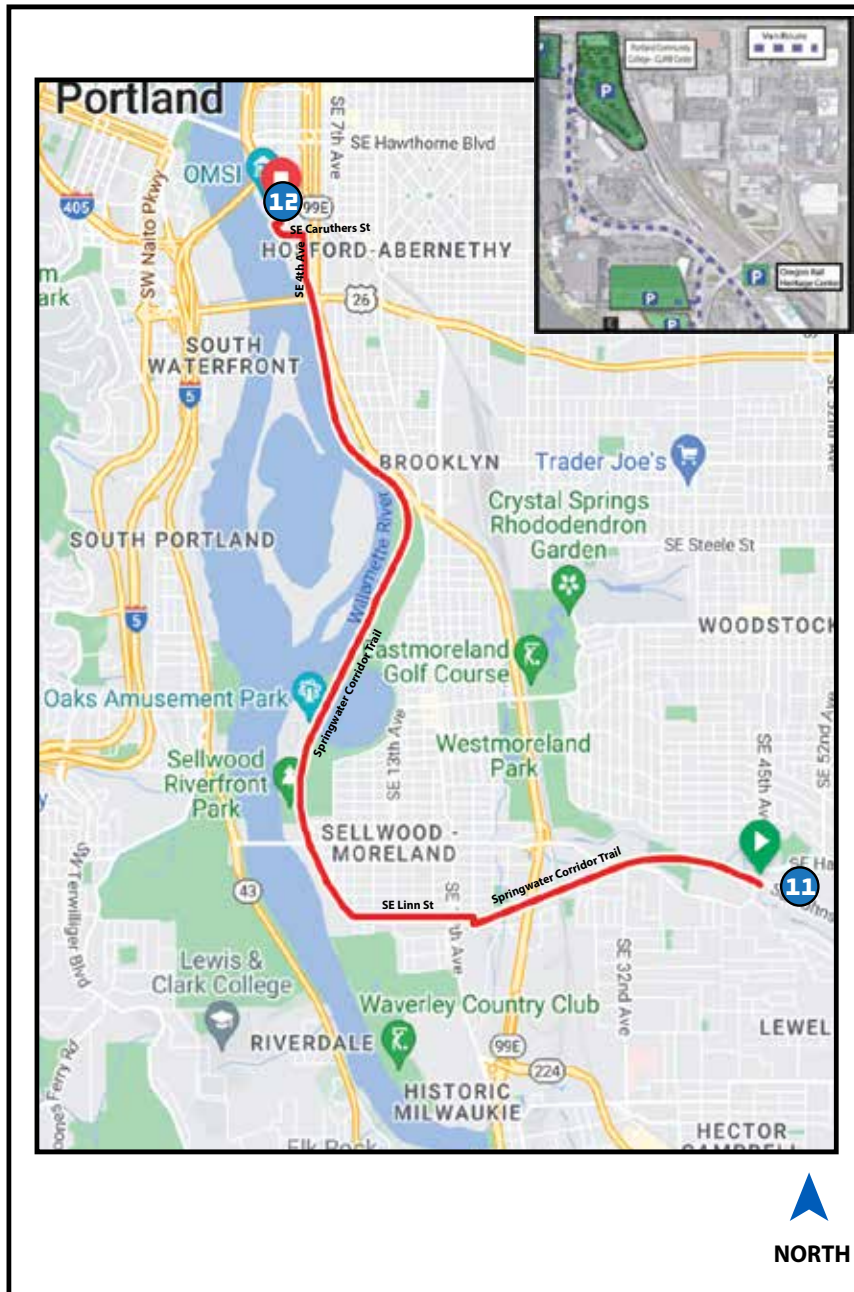
Parking:

- 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.

Look out for the Alaska Airlines QR code sign for your

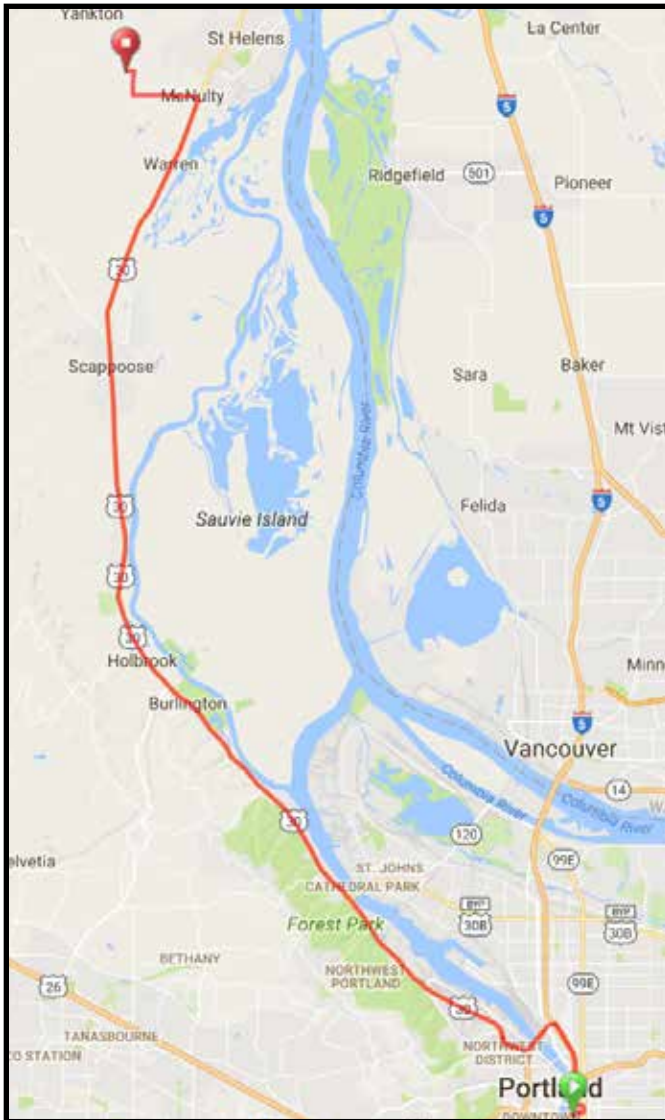


**ELEVATION GAIN/LOSS:** 128/-189ft

**NET:** -61ft

# VAN 2 ROUTE TO EXCHANGE 18

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)

- ← 0.0 **LEFT** onto SE Water Ave
- 0.3 **RIGHT** onto SE Clay St
- ← 0.6 **LEFT** onto SE Grand Ave
- ← 1.0 **LEFT** onto SE Morrison Bridge
- 1.2 **RIGHT** at fork to follow signs to I-5 N
- ↑ 1.3 Merge onto I-5N
- 2.0 Take exit 302B on the **RIGHT** for US-30W towards I-405W
- ← 3.1 Take exit 3 on the **RIGHT** for US-30W towards St. Helens and continue on US-30
- ← 28.1 **LEFT** onto Millard Rd
- 29.6 **RIGHT** onto S Bachelor Flat Rd
- ← 30.1 **LEFT** onto Saulser Rd

Proceed to Exch 18 van parking at Columbia Co. Fairgrounds



# VAN 1

# 5.21 MI | EASY

NAMED AFTER: GARY Z.



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

**EXCH 13 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)

Scan For Map



[Or Click HERE](#)

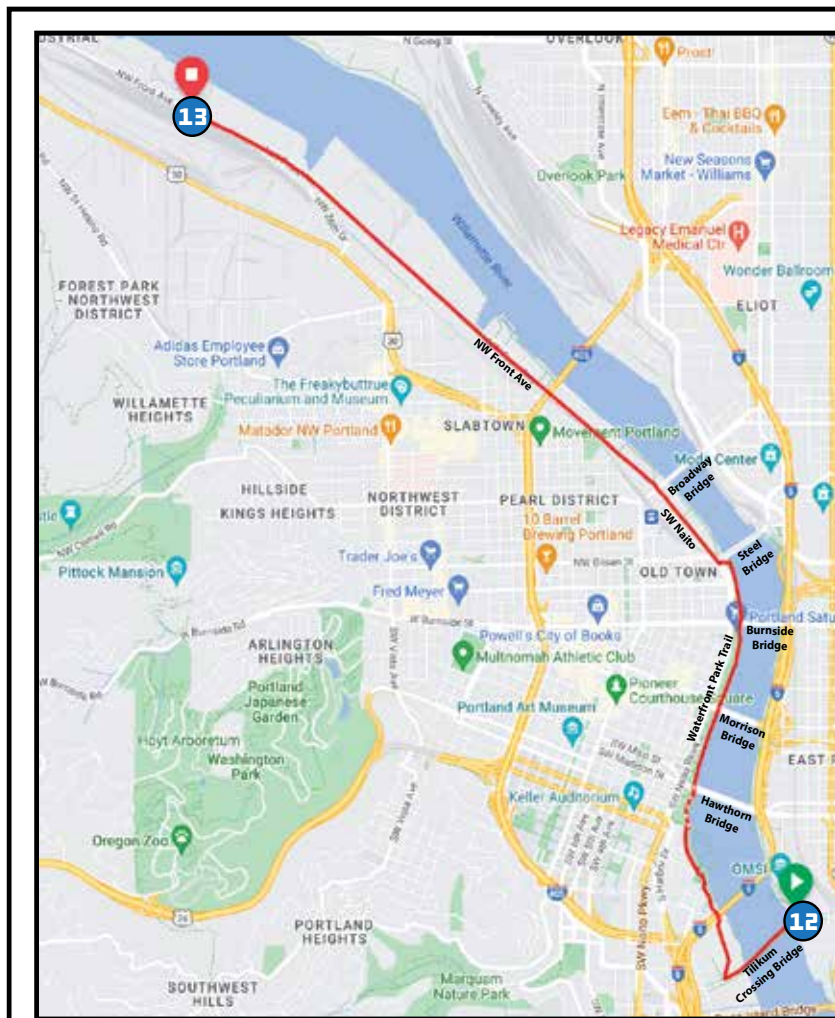
## DRIVERS NOTES- VANS DO NOT FOLLOW COURSE

- 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 (Hawthorn 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

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



Denotes uneven ground



**ELEVATION GAIN/LOSS:** 110/-118ft  
**NET:** -8ft

NAMED AFTER: BRUCE H.



# VAN 1

# 6.04 MI | MODERATE



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

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

**GPS:** 45.61054, -122.795949

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

## DIRECTIONS FROM EXCH 13 TO EXCH 14

**Run/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 Lighthouse Bar and Restaurant
- 6.04 Exchange 14 (Marina Way/HWY 30)

Scan For Map



[Or Click HERE](#)

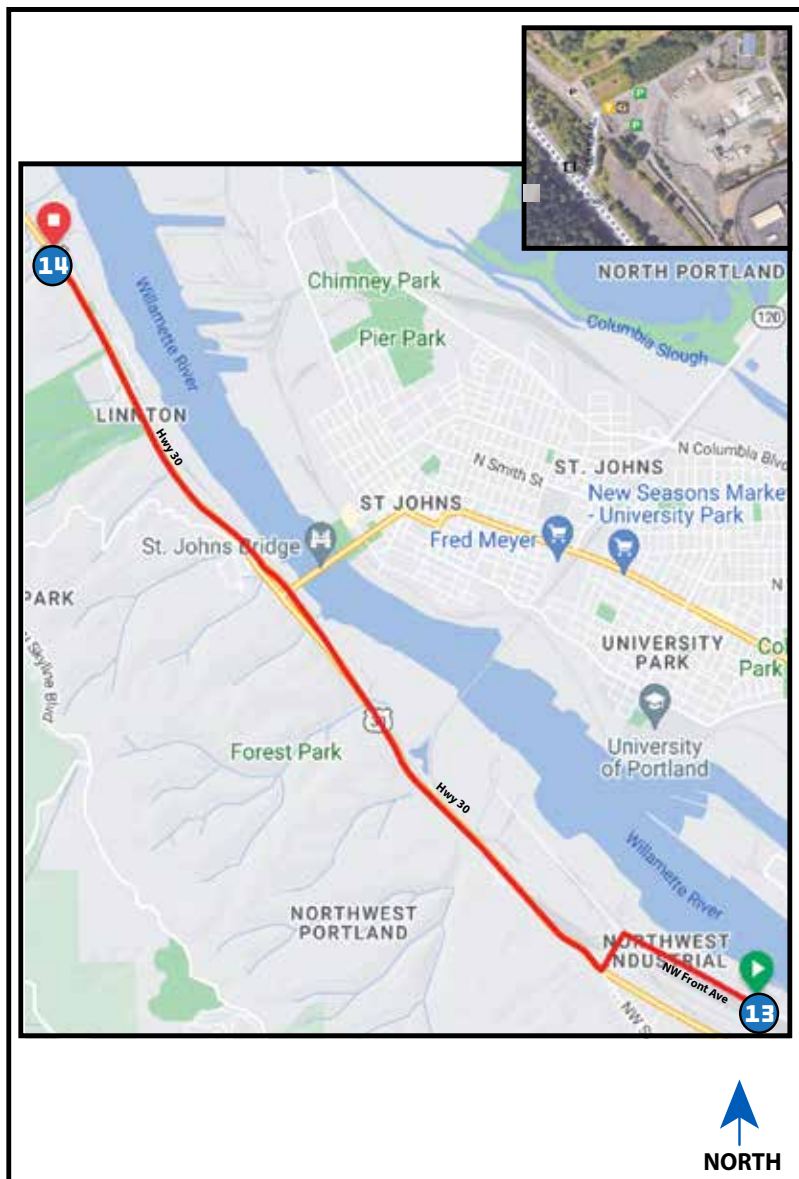
## EXCHANGE NOTES

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

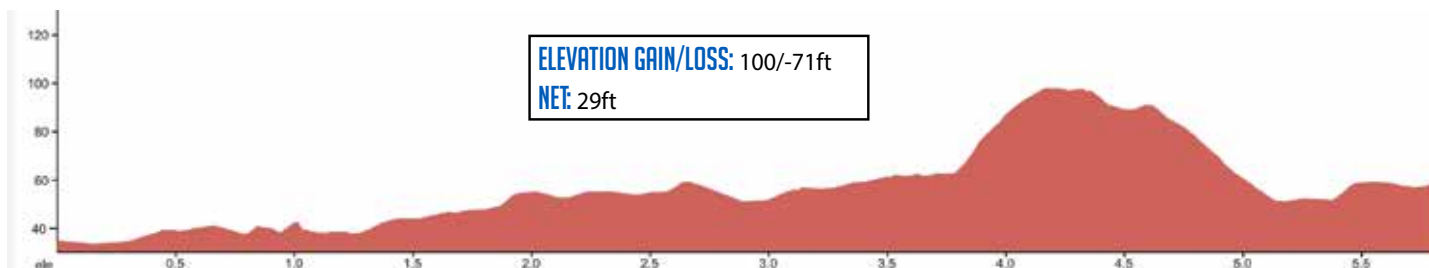
**Only next racer allowed up hill to HWY 30 for safety reasons.**

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



# VAN 1

# 7.25 MI | HARD

NAMED AFTER: NIRAV D.

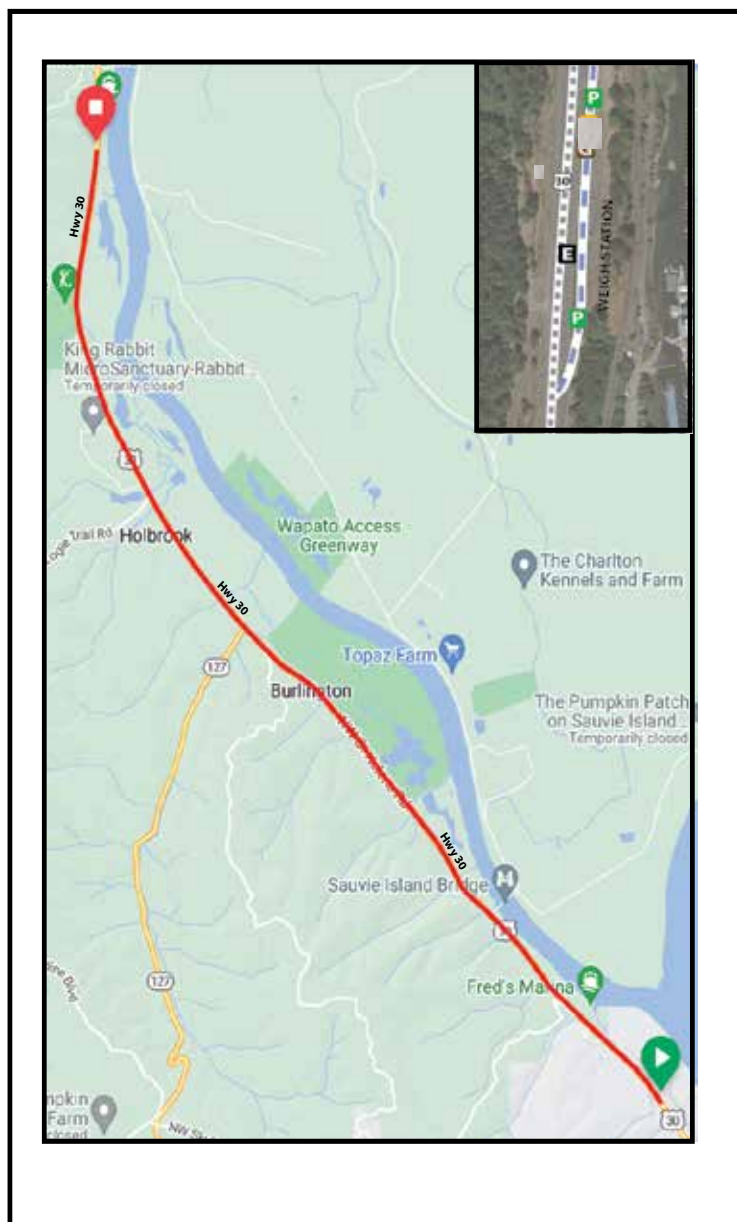


**LEG DESCRIPTION:** Gently rolling terrain on paved shoulder along HWY 30.

**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 Wapato/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)

Scan For Map



[Or Click HERE](#)

## 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.

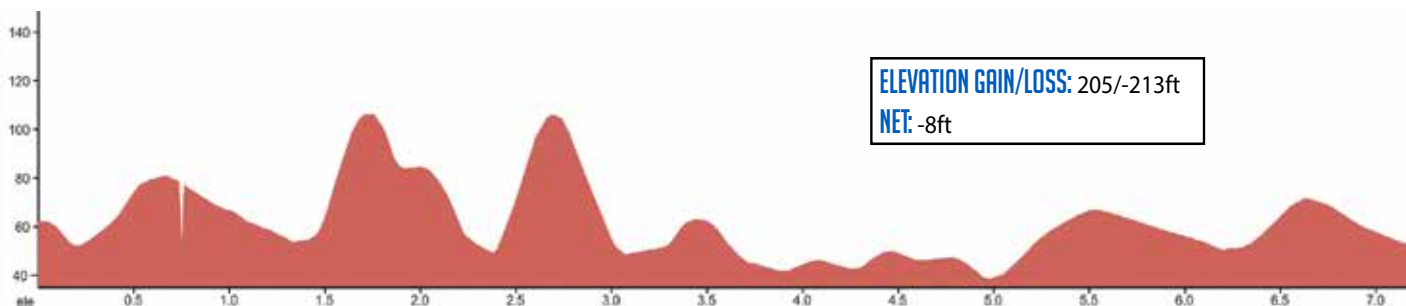
**Provisions:** No

**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.**

**ELEVATION GAIN/LOSS:** 205/-213ft

**NET:** -8ft





NAMED AFTER: JULIE H.



# VAN 1

# 3.92 MI | EASY

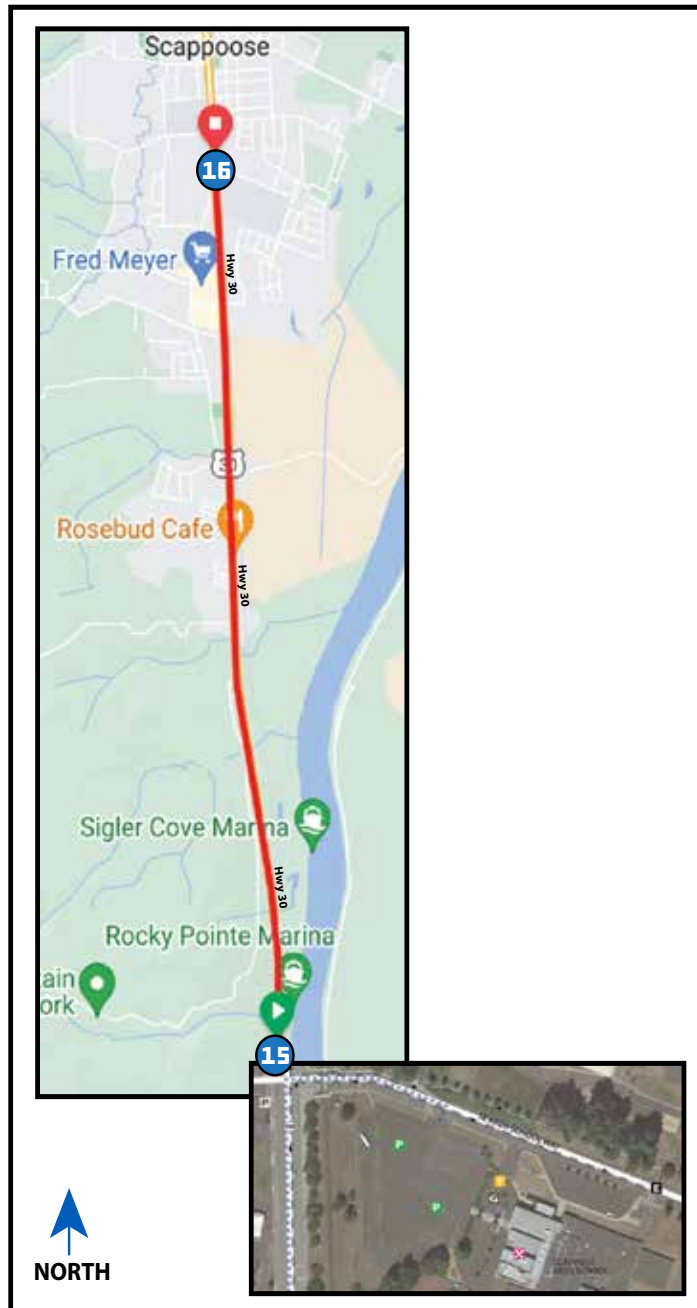


**LEG DESCRIPTION:** Gently rolling terrain on paved shoulder along HWY 30.

**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)

Scan For Map



[Or Click HERE](#)

## EXCHANGE NOTES

Parking: At Scappoose High School parking lot on right.

Provisions: Restaurants

Fuel: Yes

## COURSE FUNDRAISER

FRIDAY 11AM-SATURDAY 1AM

Scappoose High School

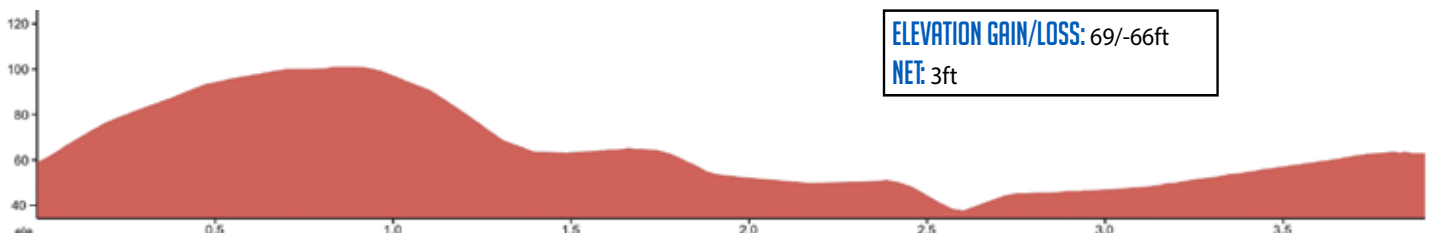
Bagels, Coffee, Showers (\$2)



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:** 69/-66ft

**NET:** 3ft



# VAN 1

## 5.32 MI | MODERATE

NAMED AFTER: JASON H.

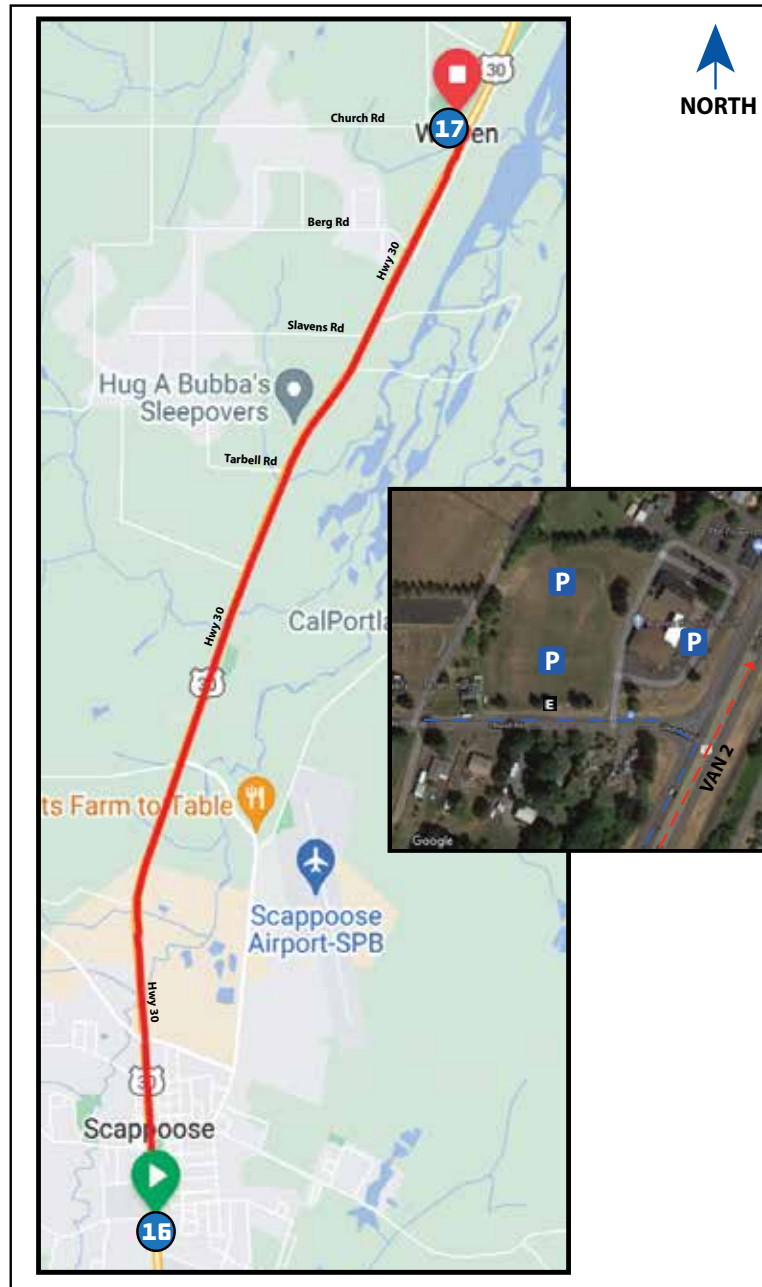


**LEG DESCRIPTION:** Basically flat terrain on paved shoulder along HWY 30.

**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)
- ↑ 1.70 Continue past Gilmore Rd
- ↑ 3.10 Continue past Fullerton Rd
- ↑ 4.30 Continue past Slavens Rd
- ← 5.23 Turn **LEFT** onto Church Rd
- 5.32 Exchange 17 (Warren Baptist Church)

Scan For Map



[Or Click HERE](#)

### EXCHANGE NOTES

Provisions: Yes, in town of St. Helens

Fuel: Yes (Fuel up!)

St. Helens Fire Station located ~3.5 miles past exchange 17.

Continue on Hwy 30. Address: 105 S 12th St, St Helens, OR 97051

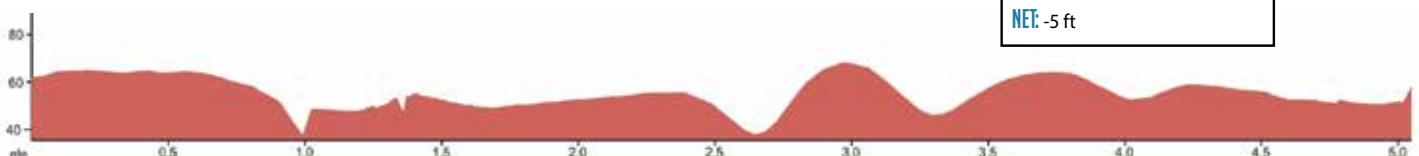


It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



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

**ELEVATION GAIN/LOSS:** 82/-87 ft  
**NET:** -5 ft



NAMED AFTER: JOHN G.



# BURGERVILLE MAJOR VAN EXCHANGE

## VAN 1&2

## 4.17 MI | HARD



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

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

**GPS:** 45.85055, -122.872306

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

### DIRECTIONS FROM EXCH 17 TO EXCH 18

- 0.0 Exchange 17 (Warren Baptist Church)
- 1.3 Turn **RIGHT** onto Hazen Rd
- ↑ 2.4 Continue onto Bennett Rd
- ← 2.8 Turn **LEFT** onto S Bachelor Flat Rd
- ← 3.8 Turn **LEFT** onto Saulser Rd
- 4.1 Exchange 18 (Columbia County Fairgrounds)

Scan For Map



Or Click [HERE](#)

### 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



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

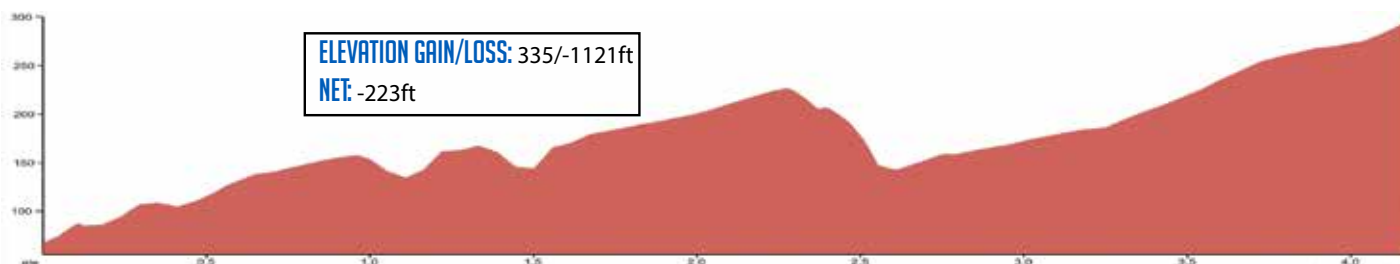
**Race DQ if found sleeping on ground next to vehicle!**

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

**Providence First Aid available at this exchange**

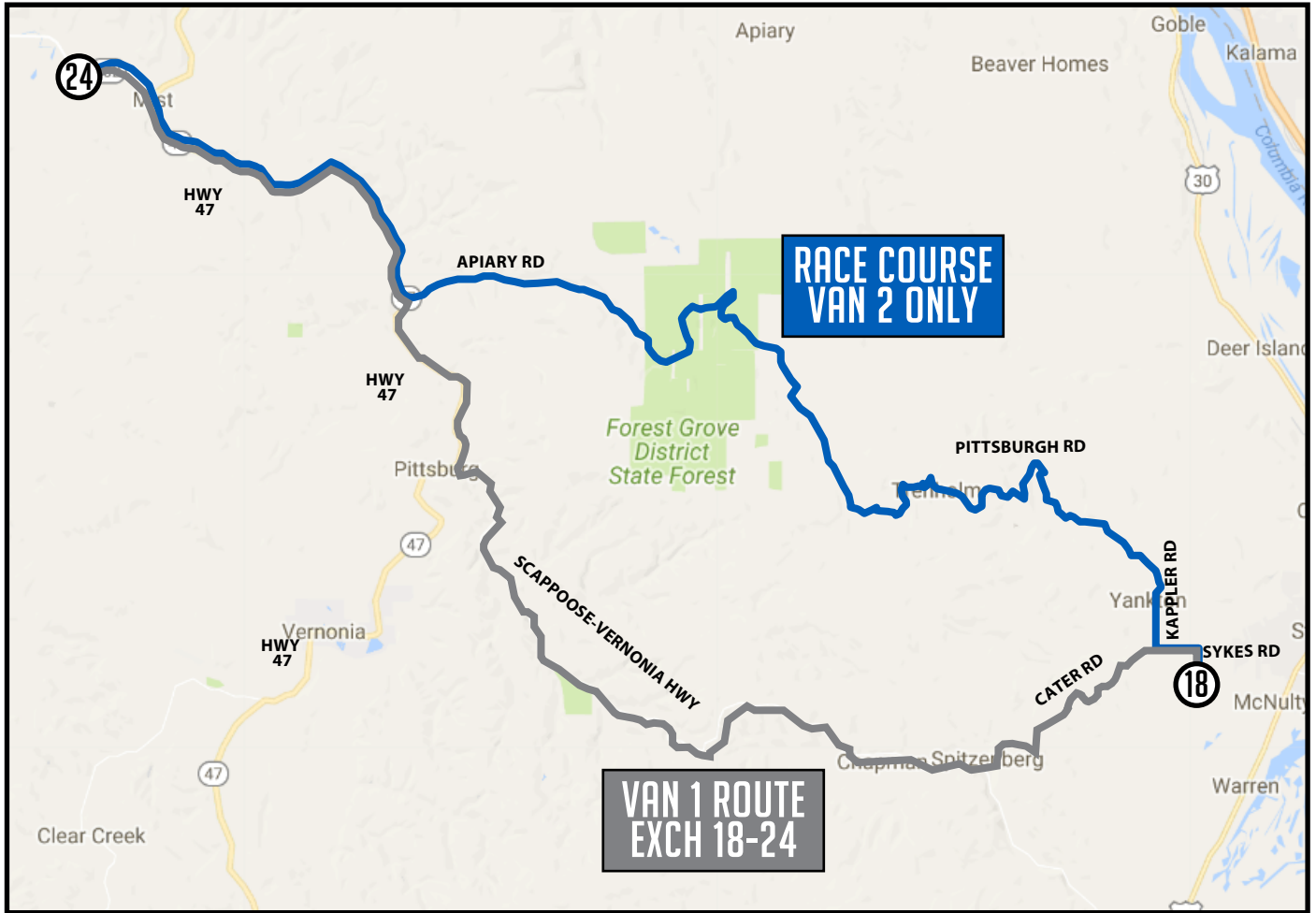
Look out for the Alaska Airlines QR code sign for your chance to win 100,000 Alaska Airlines miles!

Nico's Real Fruit Ice Cream will be sold at Exchange 18! Grab a sweet treat to celebrate the halfway point.





# VAN 1 ROUTE TO EXCHANGE 24



**ONLY VAN 2 WITH A COLORED "RACE VEHICLE" SIGN IN WINDOW WILL BE ALLOWED TO PROCEED ON THE COURSE BETWEEN EXCH 18 AND 23.**

## VAN 1 DIRECTIONS FROM EXCH 18 TO EXCH 24

- 0.00 Exchange 18 (Columbia Co. Fairgrounds)
- 0.00 **RIGHT** out of van parking onto Saulser Rd
- ← 0.37 **LEFT** onto Sykes Rd
- ↑ 1.14 Continue onto Cater Rd
- ↑ 5.77 Continue onto Scappoose Vernonia Hwy
- 20.05 **RIGHT** onto HWY 47
- ↑ 30.99 Continue (slight left) onto HWY 202
- 32.24 Exchange 24 (HWY 202)

NAMED 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.**

ONLY **VAN 2** WITH COLORED  
SIGN IS ALLOWED ON THIS LEG



**COURSE FUNDRAISER**  
**LOCAL COMMUNITY FAMILY**  
FRIDAY 12:00PM - CLOSE  
FOOD: Hot meals, deli sandwiches, assorted variety of snacks  
BEVERAGES: Hot beverages (coffee, tea, etc.)



### 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 Continue past Gensman Rd
- 5.89 Exchange 19 (Pittsburgh Rd)

Scan For Map



[Or Click HERE](#)

### EXCHANGE NOTES

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

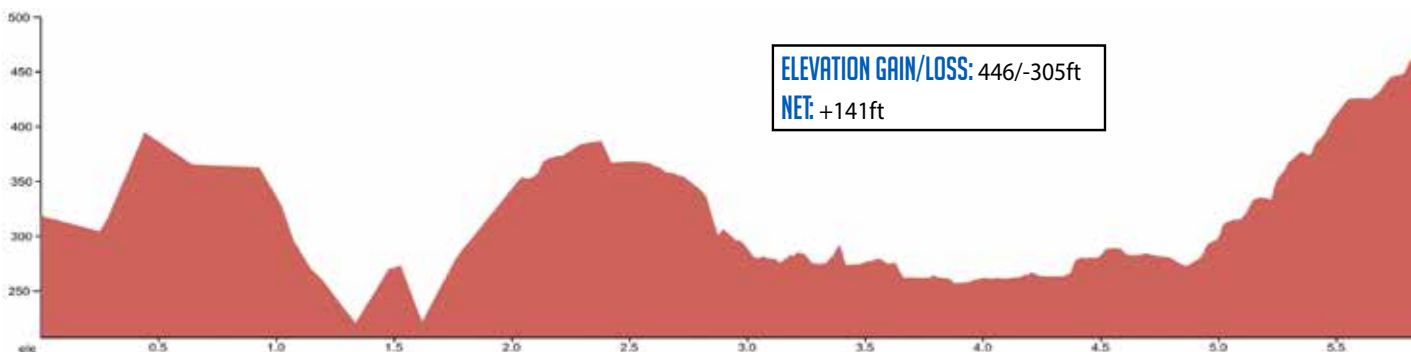
Provisions: Coffee and snacks at fundraiser

Fuel: No



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

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



# VAN 2

# 5.75 MI | VERY HARD



NAMED AFTER: LARRY M.



**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)

Scan For Map



[Or Click HERE](#)

## 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

Closest fire stations are located in Vernonia and Mist.

Vernonia Fire Station: 555 E Bridge St, Vernonia, OR 97064

Mist-Birkenfeld Fire Station: 12525 OR-202, Clatskanie, OR 97016

## COURSE FUNDRAISER

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

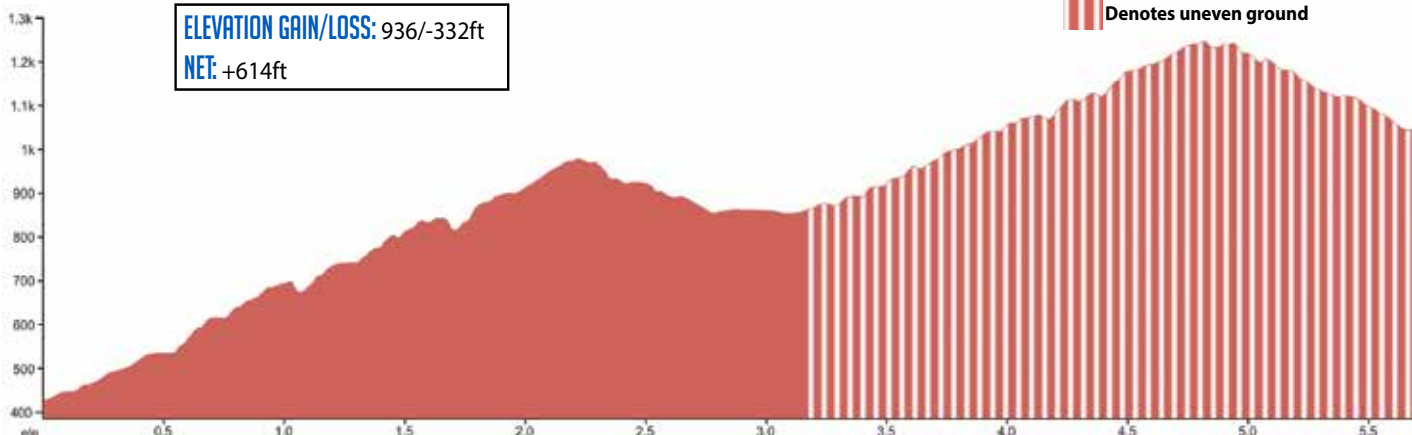


Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

**ELEVATION GAIN/LOSS:** 936/-332ft

**NET:** +614ft

Denotes uneven ground





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federal credit union



Forge a better path at [firsttechfed.com/HTC2024](https://firsttechfed.com/HTC2024)

NAMED AFTER: STEVE S.



# VAN 2

# 5.06 MI | MODERATE

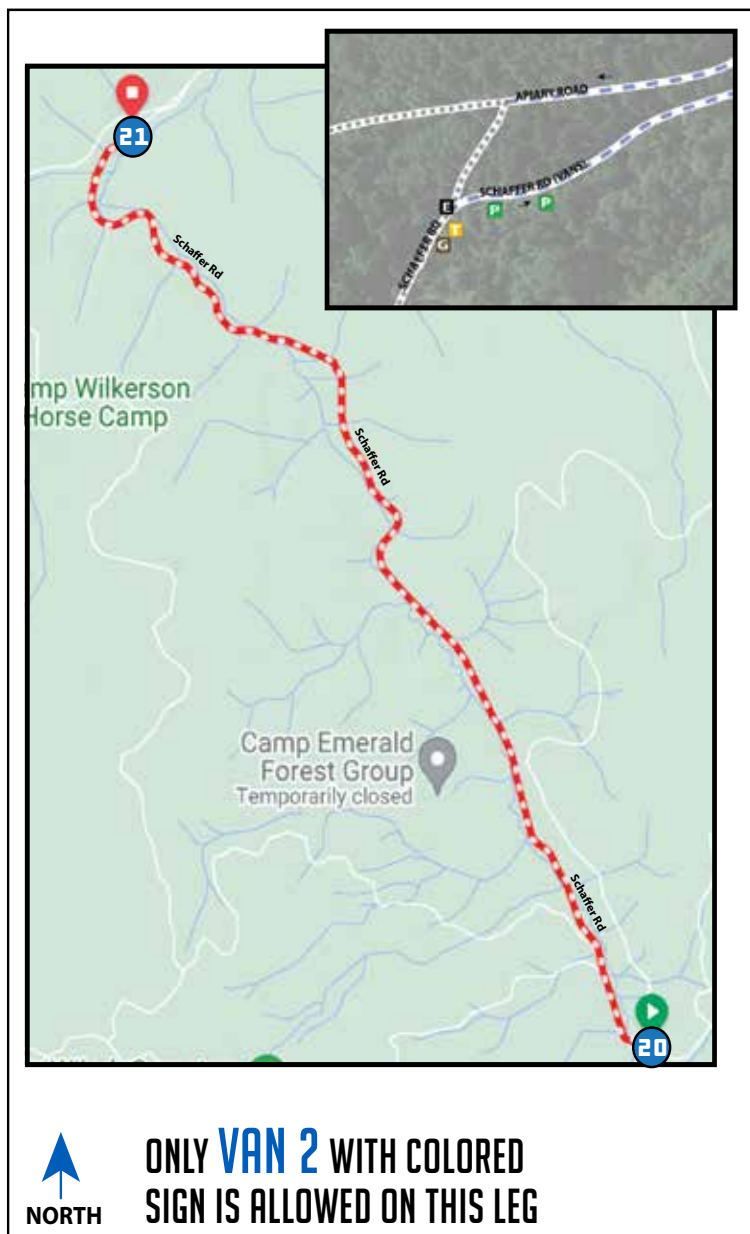
**LEG DESCRIPTION:** Flat, slightly downhill terrain near a creek on gravel backcountry roads.

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

**GPS:** 45.945578, -123.043629

**NOTES:** A bandana or scarf is recommended to ease breathing due to dust on gravel road.

Cell phone coverage unreliable until after Leg 32.



## DIRECTIONS FROM EXCH 20 TO EXCH 21

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

Scan For Map



[Or Click HERE](#)

## 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

Closest fire stations are located in Vernonia and Mist.

Vernonia Fire Station: 555 E Bridge St, Vernonia, OR 97064

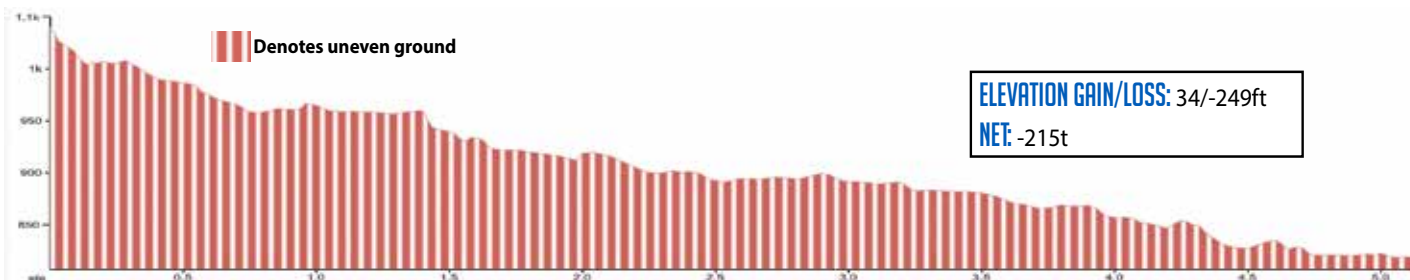
Mist-Birkenfeld Fire Station: 12525 OR-202, Clatskanie, OR 97016



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:** 34/-249ft

**NET:** -215ft



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# VAN 2

## 6.70 MI | HARD

NAMED AFTER: JUSTIN H.



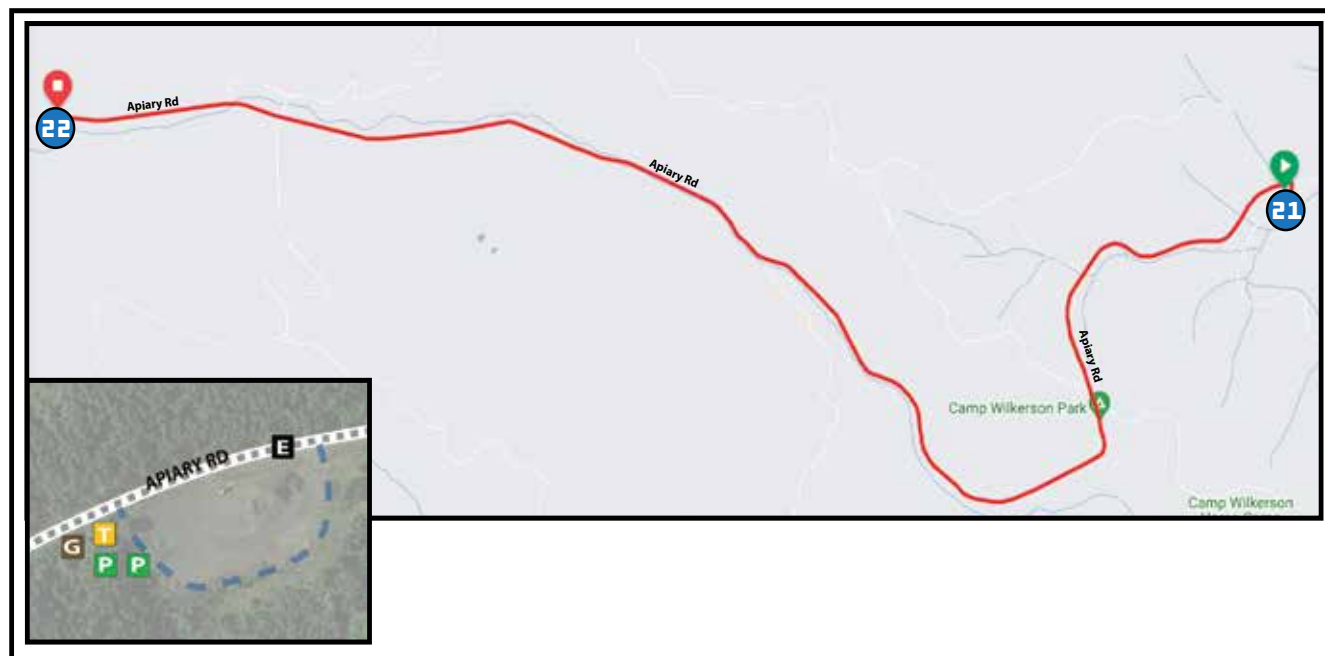
**LEG DESCRIPTION:** Gradual up and downhills on paved but narrow backcountry roads.

**EXCH 22 ADDRESS:** 6.70 miles on Apiary Rd Vernonia, OR (at ODOT gravel stockpile)

**GPS:** 45.949276, -123.149365

**NOTES:** Be aware of potentially fast moving non-race traffic on this leg.

Cell phone coverage unreliable until after Leg 32.



### DIRECTIONS FROM EXCH 21 TO EXCH 22

- 0.00 Exchange 21 (Schaffer Rd)
- ← 0.03 Turn **LEFT** onto Apiary Rd
- ↑ 1.67 Wilkerson County Park
- ↑ 3.77 Rock Quarry
- ↑ 4.57 Golden-yellow gate on left
- ↑ 6.57 Small blue house and garage on left
- 6.70 Exchange 22 (Apiary Rd)

Scan For Map



[Or Click HERE](#)

### 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)

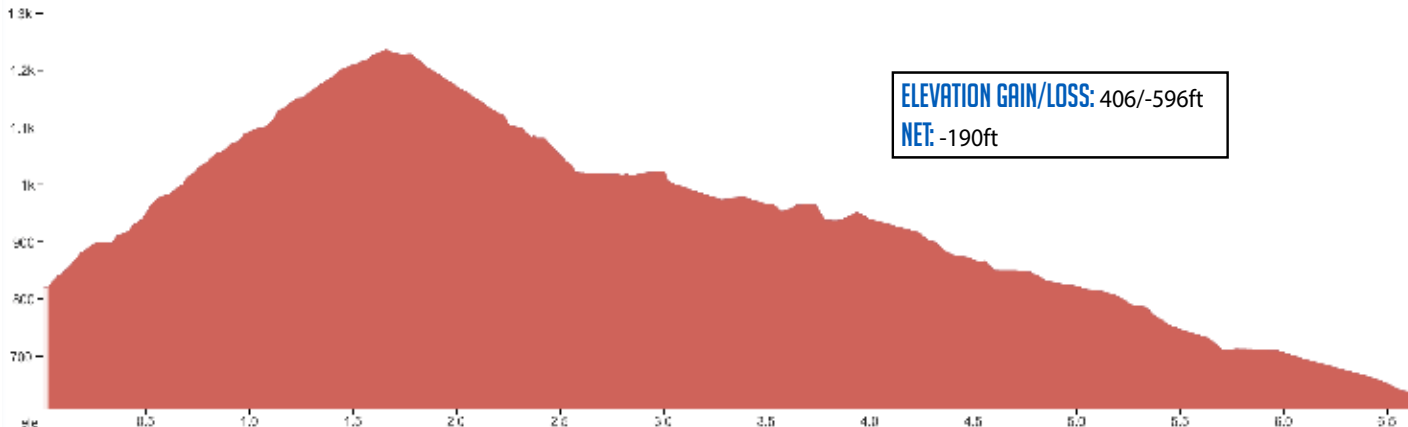
Closest fire stations are located in Vernonia and Mist.

Vernonia Fire Station: 555 E Bridge St, Vernonia, OR 97064

Mist-Birkenfeld Fire Station: 12525 OR-202, Clatskanie, OR 97016



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:** 406/-596ft  
**NET:** -190ft

NAMED AFTER: STEVE B.



## VAN 2

# 4.23 MI | EASY

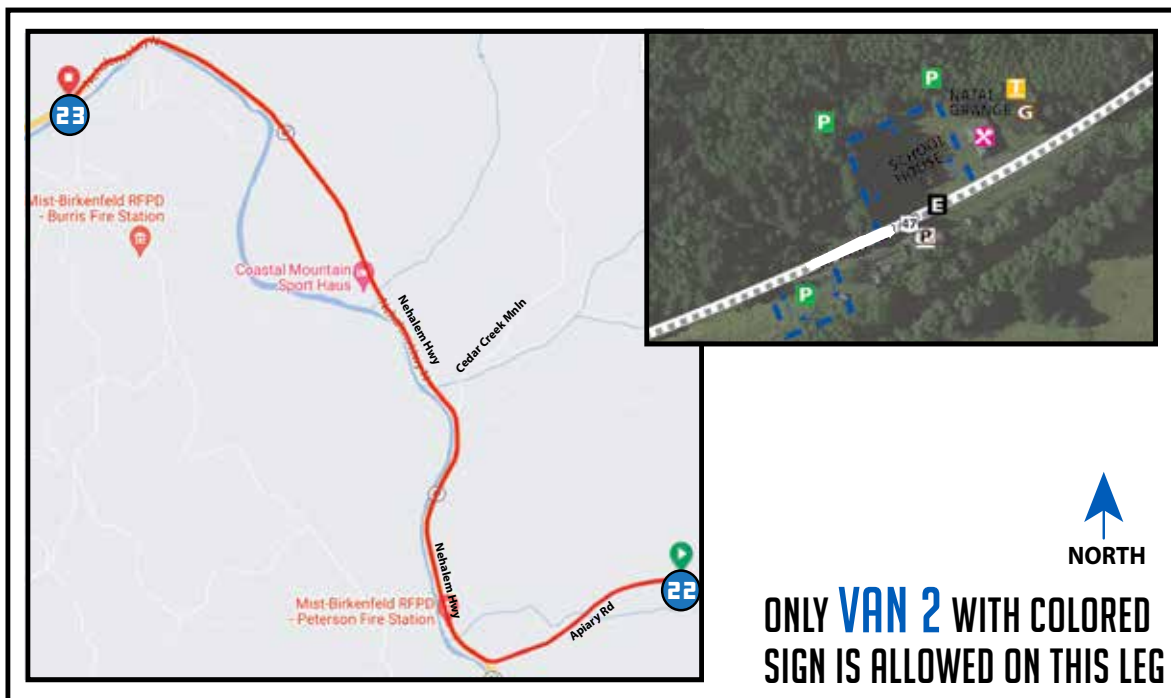
**LEG DESCRIPTION:** Basically flat terrain on narrow country roads with minimal shoulder.

**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)

Scan For Map



[Or Click HERE](#)



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

### EXCHANGE NOTES

Parking: 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)

Closest fire station located past exchange 24.

Mist-Birkenfeld Fire Station Address: 12525 OR-202, Clatskanie, OR 97016



Bottled water for purchase at Natal Grange

### COURSE FUNDRAISER

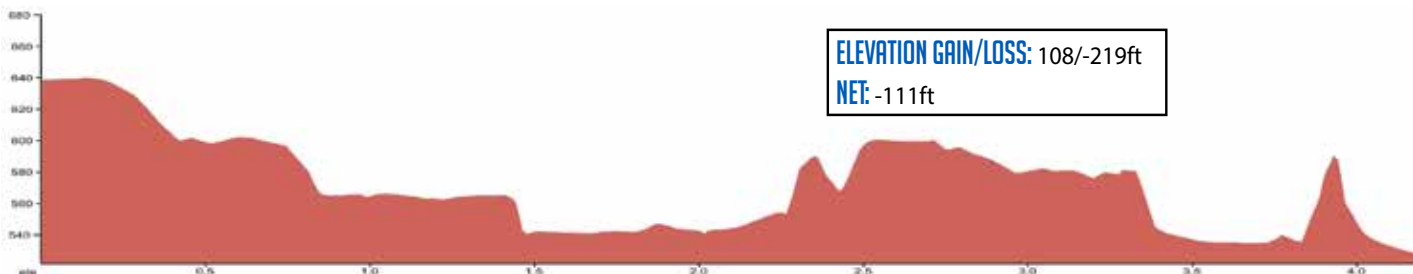
FRIDAY 2PM-CLOSE

Natal Grange

Breakfast, hot meals, assorted sweet, coffee, juice

**ELEVATION GAIN/LOSS:** 108/-219ft

**NET:** -111ft



# MAJOR VAN EXCHANGE

NAMED AFTER: KATHY K.

## VAN 261

## 4.87 MI | EASY



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

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

**GPS:** 46.002792, -123.278399

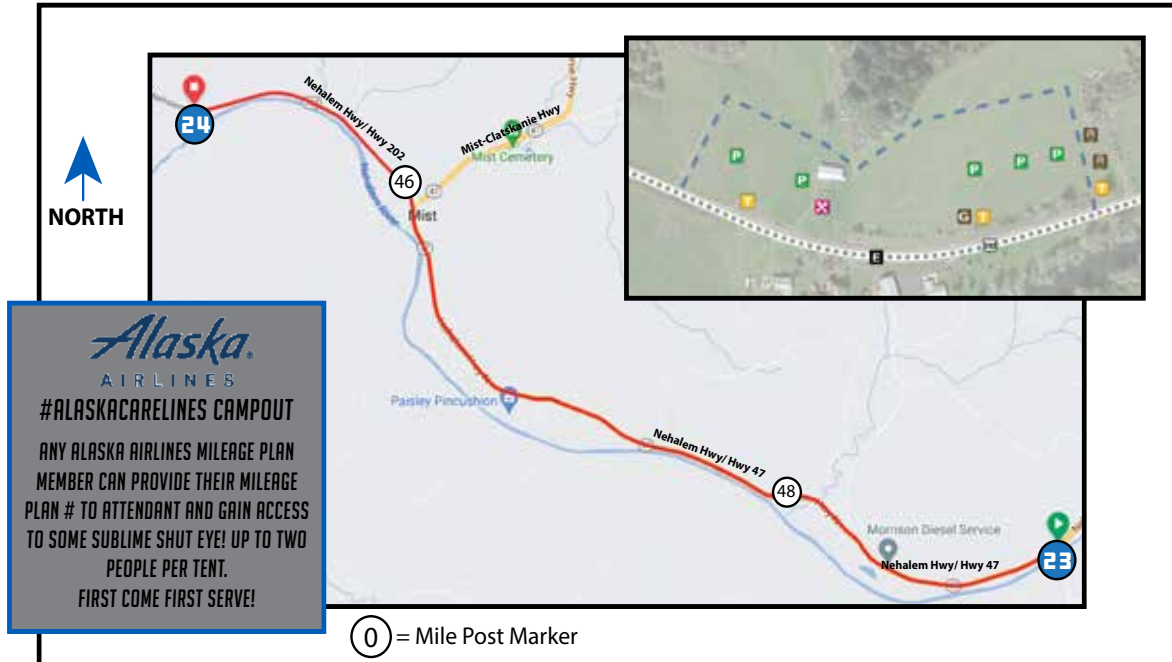
**NOTES:** Cell phone coverage unreliable until after Leg 32.



Scan For Map



[Or Click HERE](#)



### DIRECTIONS FROM EXCH 23 TO EXCH 24

- 0.00 Exchange 23 (Natal Grange)
- ↑ 0.83 Peterson House Museum on left
- ↑ 1.15 Battle Creek Bridge
- ↑ 3.60 Bright Blue Building
- ↑ 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.  
Look out for the Alaska Airlines QR code sign for your chance to win 100,000 Alaska Airlines miles!



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).

Closest fire station located 1.8 miles past exchange 24.  
Mist-Birkenfeld Fire Station Address: 12525 OR-202, Clatskanie, OR 97016

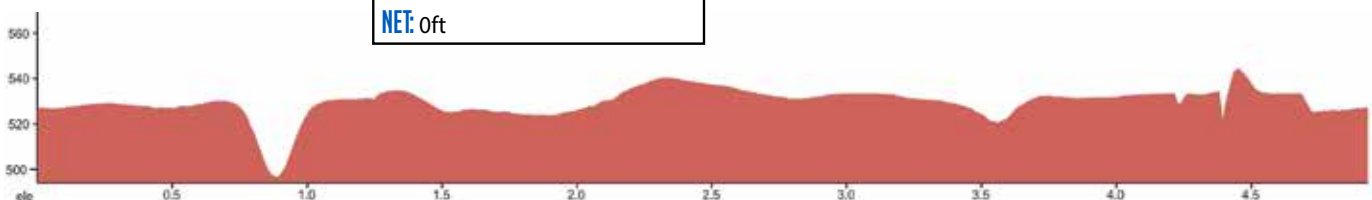
### COURSE FUNDRAISER

#### VERNONIA HS EQUESTRIAN

FRIDAY 4:00PM - SATURDAY 9:00AM  
FOOD: Hamburgers, cheeseburgers, vegetarian chili, biscuits/gravy, bagels & cream cheese, muffins, assorted snacks.  
BEVERAGES: Coffee, soft drinks, water

**ELEVATION GAIN/LOSS:** 90/-90ft

**NET:** 0ft





NAMED AFTER: ROB R.



# VAN 1

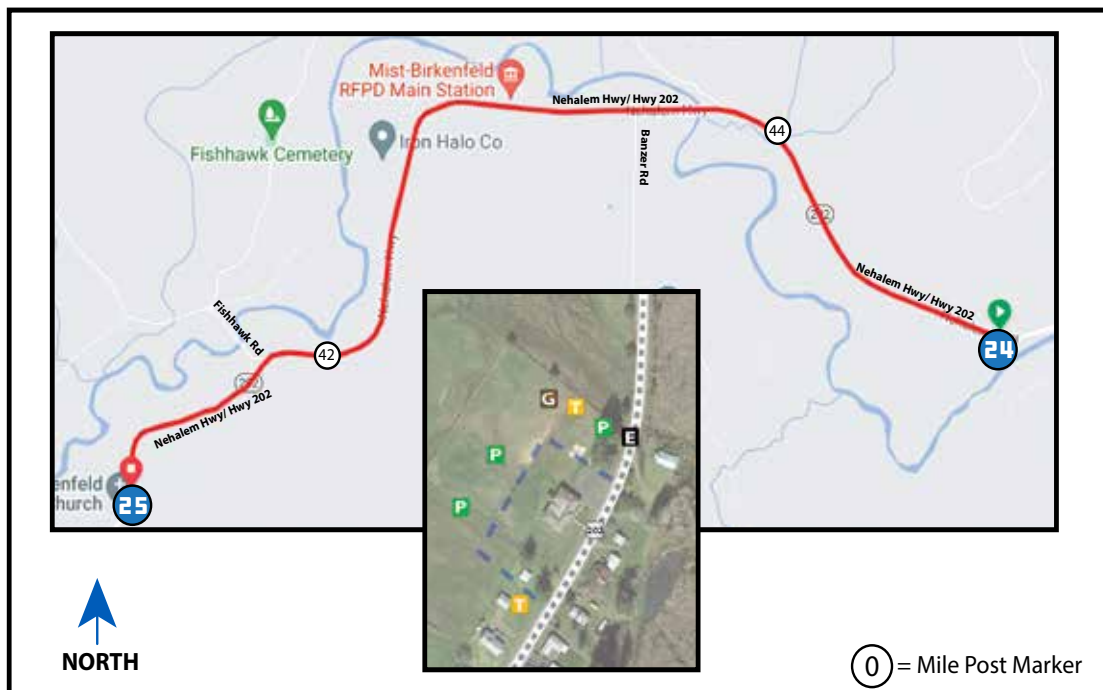
## 3.80 MI | EASY

**LEG DESCRIPTION:** Gently rolling terrain (last 2 miles) on paved country roads.

**EXCH 25 ADDRESS:** 11249 HWY 202 Birkenfeld, OR 97016 m.p. 41.29

**GPS:** 45.995729, -123.334103

**NOTES:** Cell phone coverage unreliable until after Leg 32.



### DIRECTIONS FROM EXCH 24 TO EXCH 25

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

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[Or Click HERE](#)

### EXCHANGE NOTES

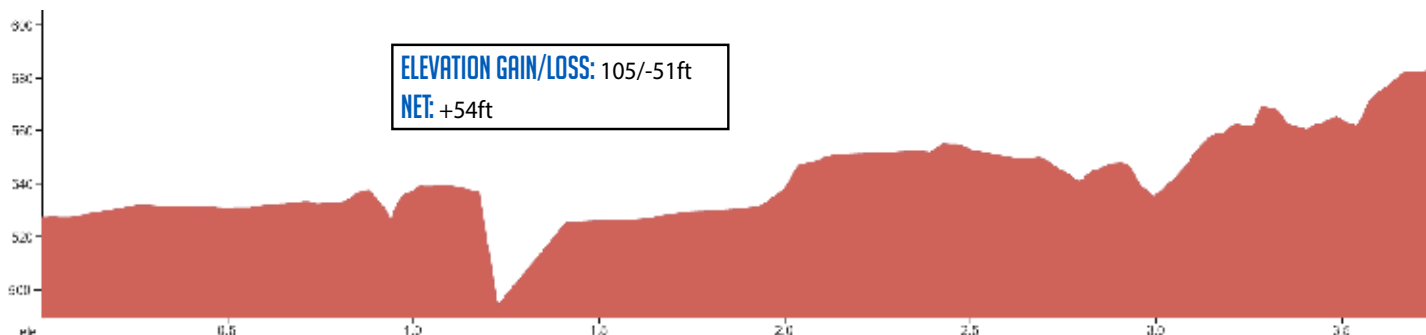
Parking: In Birkenfeld Church lot on right side of the road. Exchange is on left. During high congestion, Exchange 25 parking is limited to **VAN 1 ONLY**.

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

Closest fire station located 2.0 miles prior to exchange 25.  
Mist-Birkenfeld Fire Station Address: 12525 OR-202, Clatskanie, OR 97016



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



# VAN 1

# 5.65 MI | HARD

NAMED AFTER: DAVE T.

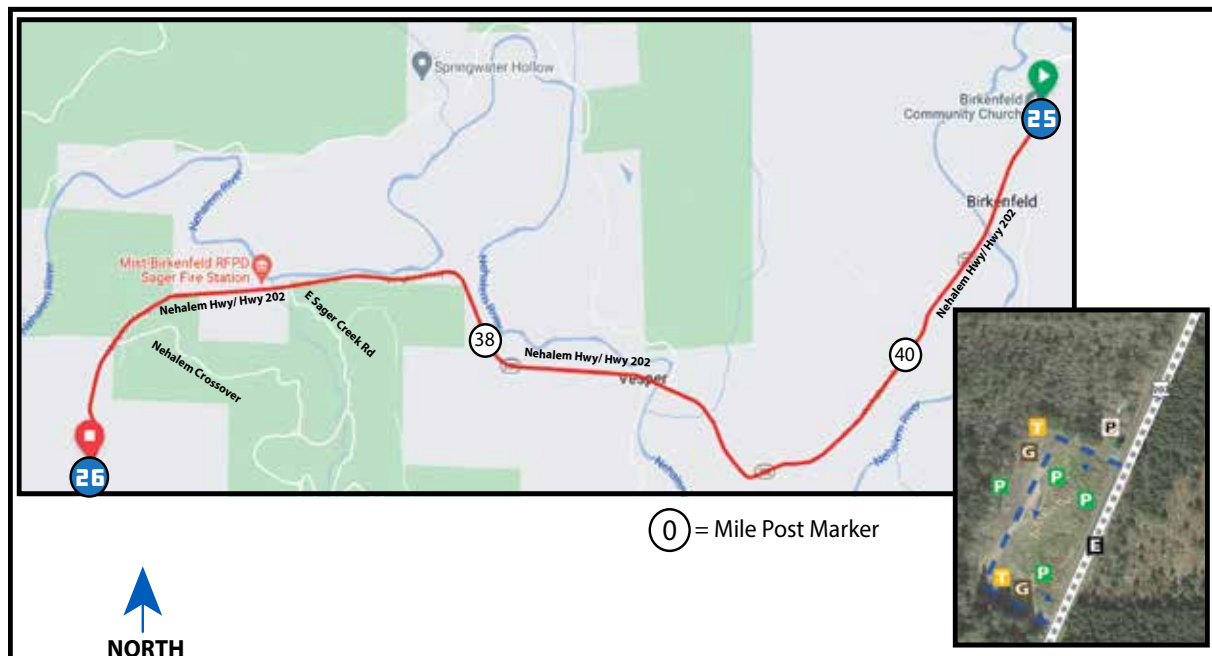


**LEG DESCRIPTION:** Beginning with gently rolling hills, long uphill toward the end, finishing downhill for half mile on paved roads.

**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 (Birkenfeld 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)

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[Or Click HERE](#)



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

## EXCHANGE NOTES

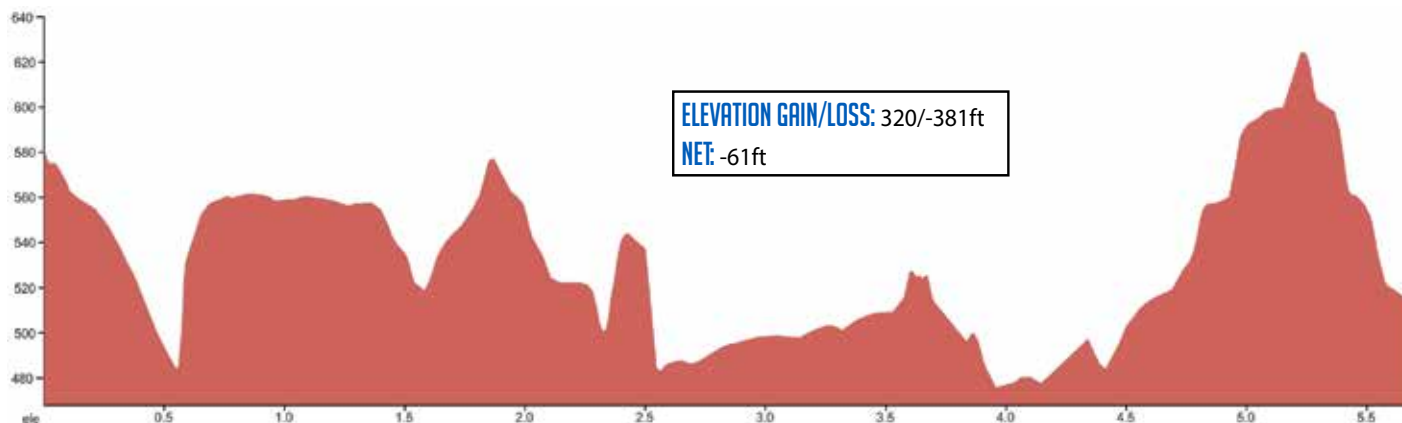
Parking: One-Way lot in cleared field on hill on right side of HWY 202. Entrance is prior to Exchange. During high congestion, Exchange 26 parking is limited to **VAN 1 ONLY**.  
**Upon exiting, right turn only.**  
**No parking on highway shoulder.**

Provisions: No

Fuel: No

Closest fire station located 2.0 miles prior to exchange 25.

Mist-Birkenfeld Fire Station Address: 12525 OR-202, Clatskanie, OR 97016



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:** 45.933928, -123.5061

**NOTES:** Cell phone coverage unreliable until after Leg 32.



## COURSE FUNDRAISER JEWELL SCHOOL

Biscuits and gravy, breakfast burritos, grilled burgers/  
hotdogs, macaroni salad, chips, and gatorade/soda/coffee.  
Showers and sleeping area available.

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



## DIRECTIONS FROM EXCH 26 TO EXCH 27

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

Scan For Map



[Or Click HERE](#)

## EXCHANGE NOTES CONTINUED

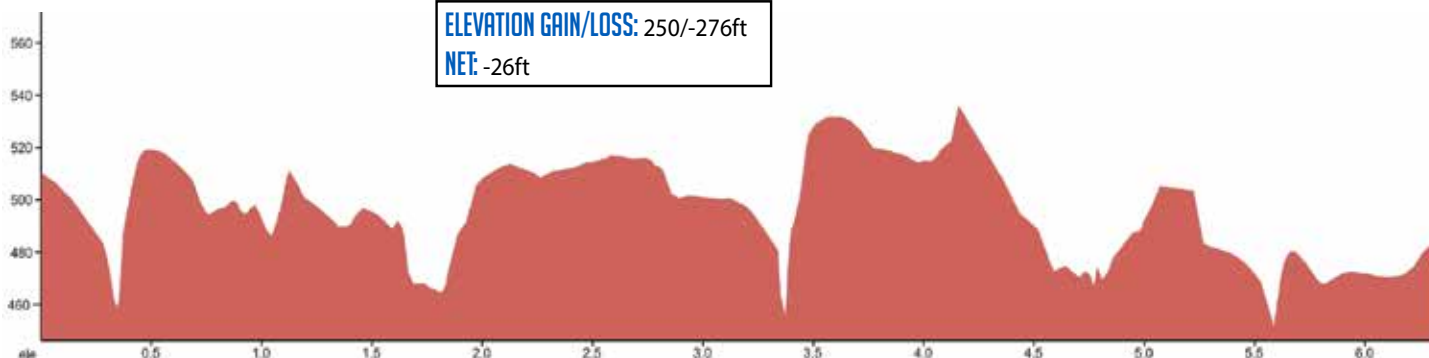
Provisions: Course Fundraisers  
Fuel: No

## EXCHANGE NOTES

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

Closest fire station located 9.6 miles down Fishhawk Falls Hwy 103.  
Address: 42644 Loyd Ln, Seaside, OR 97138

**ELEVATION GAIN/LOSS:** 250/-276ft  
**NET:** -26ft





# VAN 1

# 3.83 MI | EASY

NAMED AFTER: ERIC T.



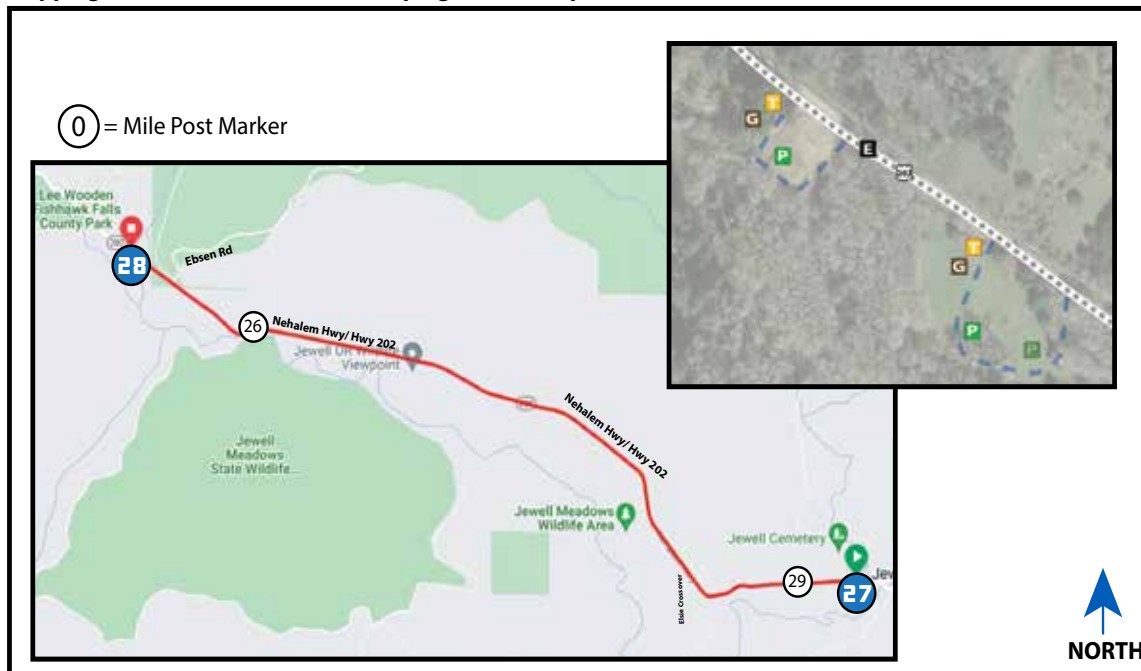
**LEG DESCRIPTION:** Gradual uphill on paved road. Narrow HWY with limited shoulder.

**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)

Scan For Map



[Or Click HERE](#)

## 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**.

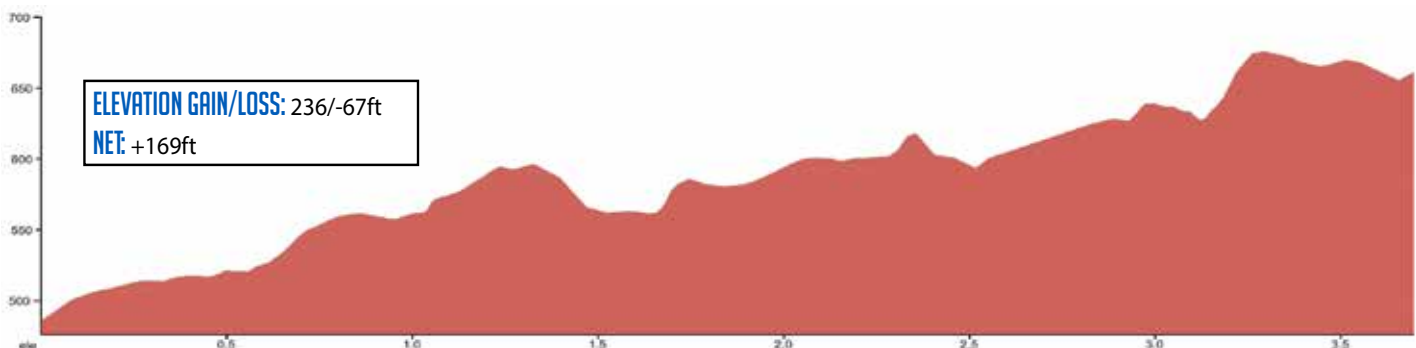
Provisions: No

Fuel: No

Closest fire station located 9.6 miles down Fishhawk Falls Hwy 103, south of exchange 27.

Address: 42644 Loyd Ln, Seaside, OR 97138

**NO STOPPING ON HIGHWAY TO PICK UP OR DROP OFF RACERS. IMMEDIATE DQ.**



NAMED AFTER: SHERLY S.



VAN 1

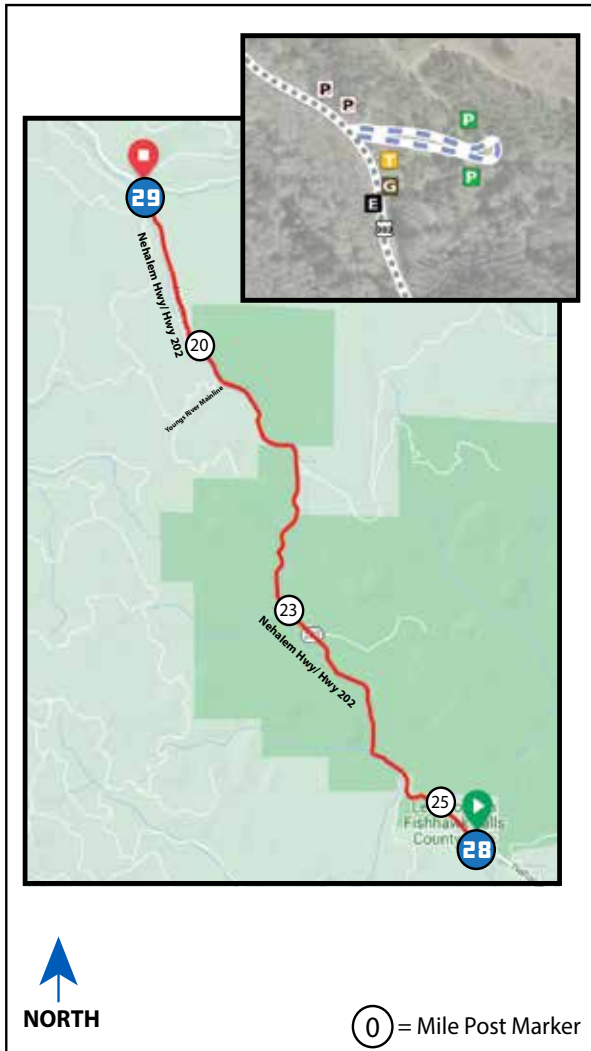
5.97 MI | VERY HARD

**LEG DESCRIPTION:** Very challenging up and downhills through winding wooded section of HWY 202.

**EXCH 29 ADDRESS:** m.p. 19.4 HWY 202 Astoria, OR 97103

**GPS:** 46.020736, -123.625101

**NOTES:** Cell phone coverage unreliable until after Leg 32.



#### DIRECTIONS FROM EXCH 28 TO EXCH 29

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

Scan For Map



[Or Click HERE](#)

#### 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.**

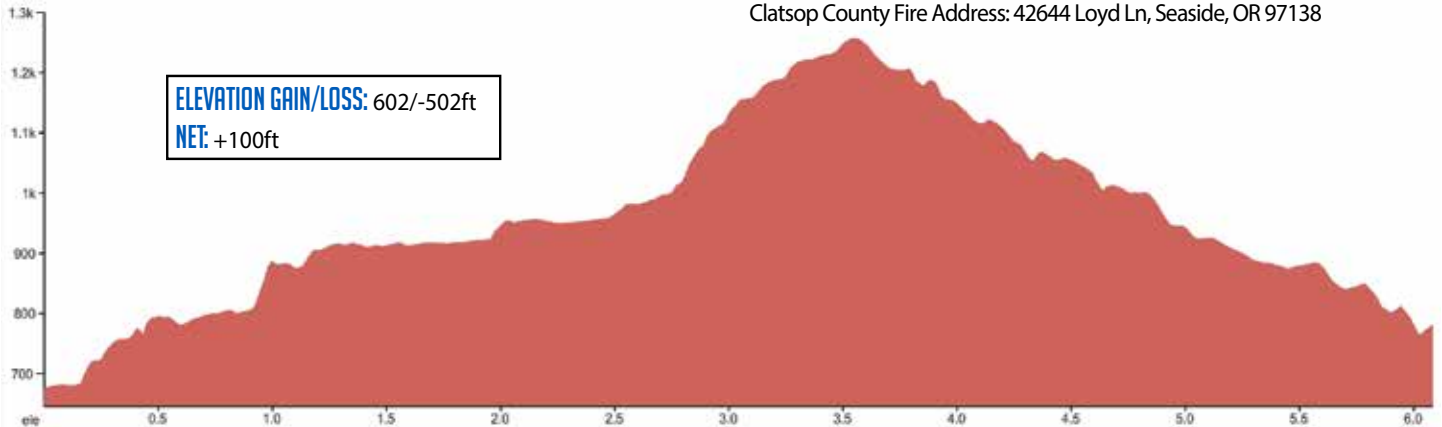
Provisions: No

Fuel: No

Closest fire stations located 9.6 miles south of exchange 27 (CC Fire) or 5.5 miles northwest of exchange 32 (L&C Fire).

Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103

Clatsop County Fire Address: 42644 Loyd Ln, Seaside, OR 97138



# MAJOR VAN EXCHANGE

## VAN 1&2 5.32 MI | MODERATE

NAMED AFTER: KELLIE C.



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

**EXCH 30 ADDRESS:** 87232 HWY 202 Astoria, OR 97103

**GPS:** 46.065768, -123.692707

**NOTES:** Cell phone coverage unreliable until after Leg 32.



### DIRECTIONS FROM EXCH 29 TO EXCH 30

- 0.00 Exchange 29 (HWY 202 m.p. 19.4)
- ↑ 2.37 m.p. 17 sign
- ↑ 3.53 Nehalem River Bridge (m.p. 15.8)
- 5.32 Exchange 30 (Astoria - HWY 202)

Scan For Map



[Or Click HERE](#)

### EXCHANGE NOTES

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

Do not drop racer off near exchanges (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)

Closest fire stations located 5.5 miles northwest of exchange 32.

Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103

Look out for the Alaska Airlines QR code sign for your chance to win 100,000 Alaska Airlines miles!



Water for purchase

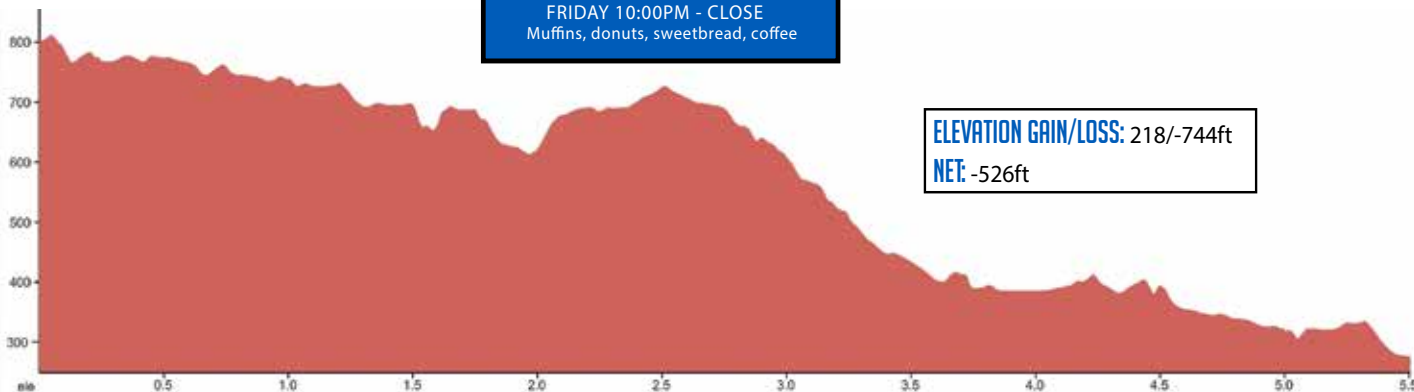
**COURSE FUNDRAISERS**

**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

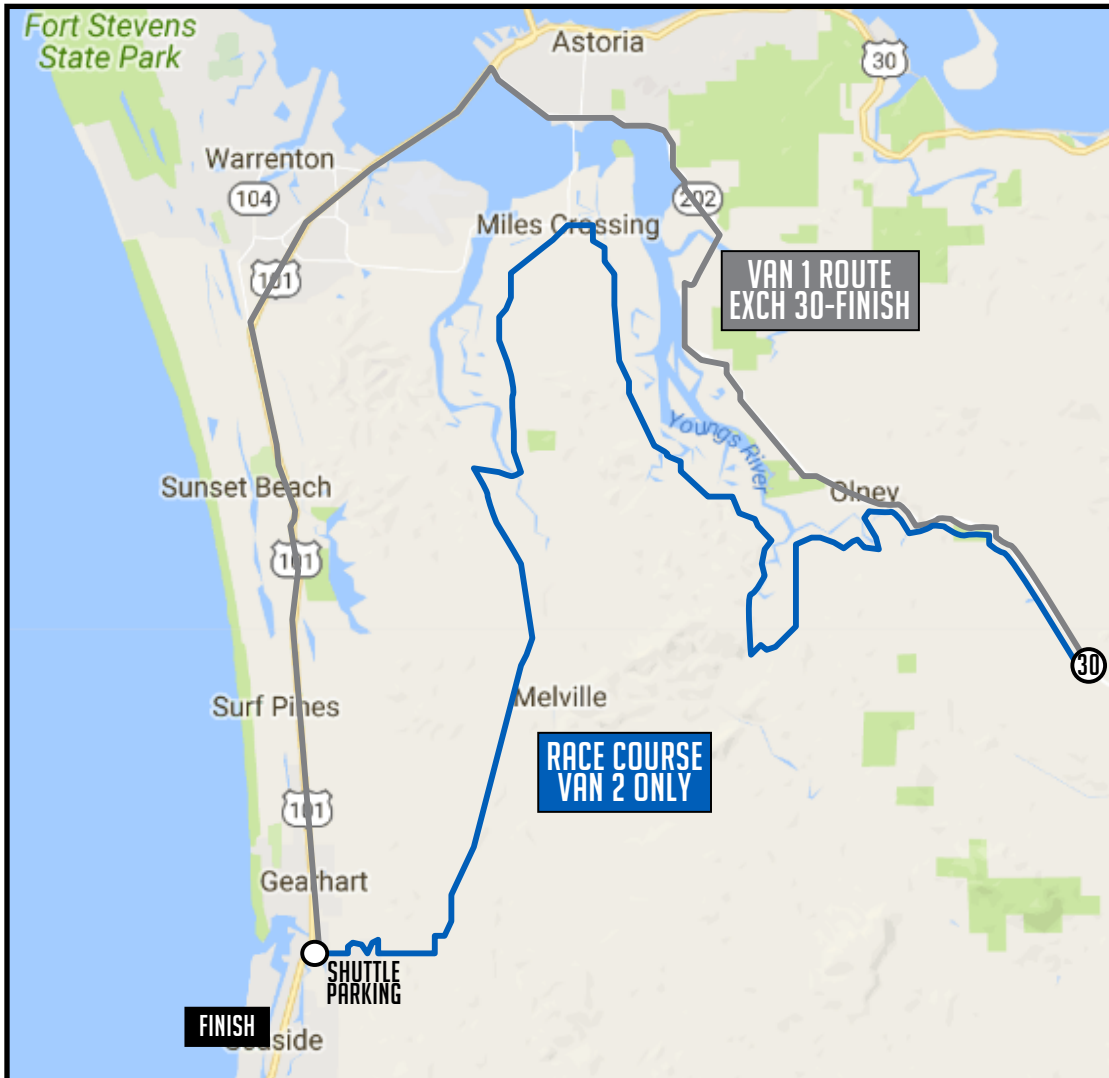
**ELEVATION GAIN/LOSS:** 218/-744ft

**NET:** -526ft





# VAN 1 ROUTE TO FINISH



## NOTES

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

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

## VAN 1 DIRECTIONS FROM EXCH 30 TO FINISH

0.00 Exchange 30 (87232 HWY 202)

↑ 0.00 Continue north on HWY 202 following race course

↑ 4.30 Exchange 31 - continue north on HWY 202 (Van 2 breaks off here)

↑ 13.55 At the traffic circle take the 2nd exit onto HWY 101 S towards Warrenton/Seaside  
Continue on HWY 101 S for 25 miles to Seaside

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.



*More* confidence.

Insurance you can count on.



Experience more.

**Register Today!**



**Get the team back together after the Mother of All Relays for another relay adventure! The High Desert Relay boasts spectacular views on each leg from the scenic Cascade Mountains and Smith Rock, to the Prineville Reservoir and the Crooked River. We promise you won't want to miss this!**

**What comes with my team registration?**

- ☀ Fully marked course with staffed exchanges
- ☀ Nike dri-fit race shirts
- ☀ Finisher medals
- ☀ Pool party finish line with food and beverages available
- ☀ Unforgettable memories for years to come!

**Race Details**

- ☀ October 5, 2024
- ☀ Brasada Ranch, Powell Butte, OR
- ☀ 69.5 Mile Run Relay, 47 Mile Walk Relay
- ☀ One Day, One Van, 4-6 Teammates



# VAN 2

## 3.96 MI | MODERATE



NAMED AFTER: TED B.

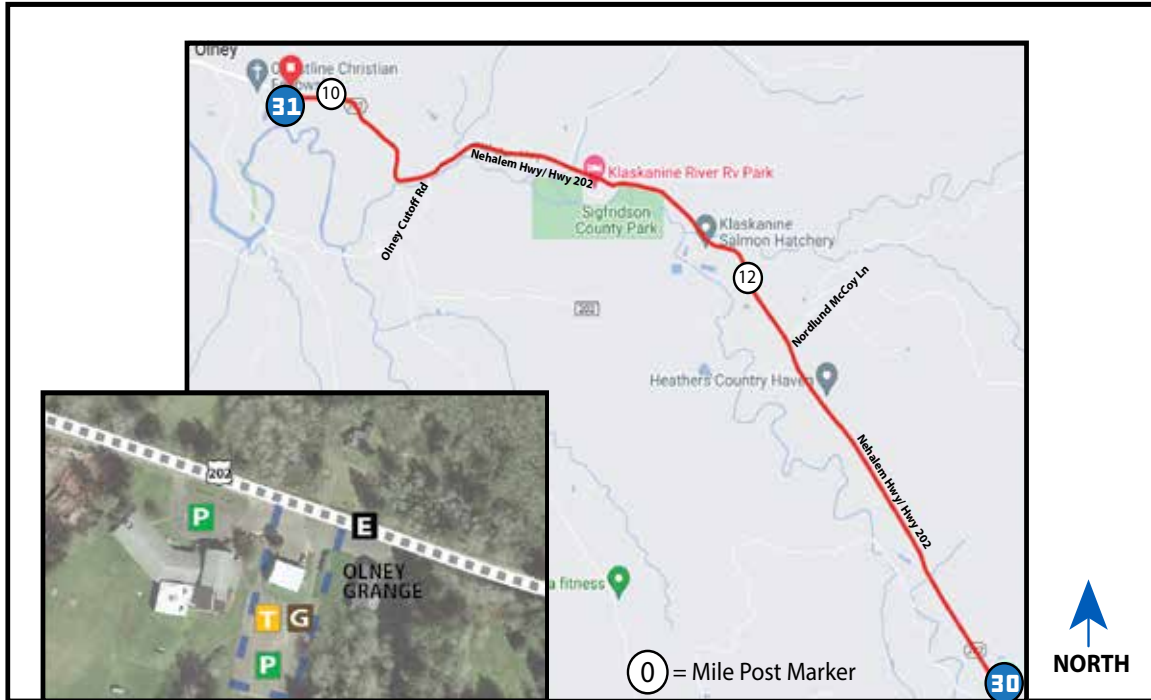


**LEG DESCRIPTION:** Gradual hills on narrow paved back country road.

**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)

Scan For Map



[Or Click HERE](#)

### COURSE FUNDRAISER

FRIDAY 6PM-CLOSE

Astoria High School Basketball  
Breakfast, hot dogs, hamburgers,  
BLTs, cookie, cinnamon rolls,  
Gatorade, coffee, soft drinks

### 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

Closest fire stations located 5.5 miles northwest of exchange 32.

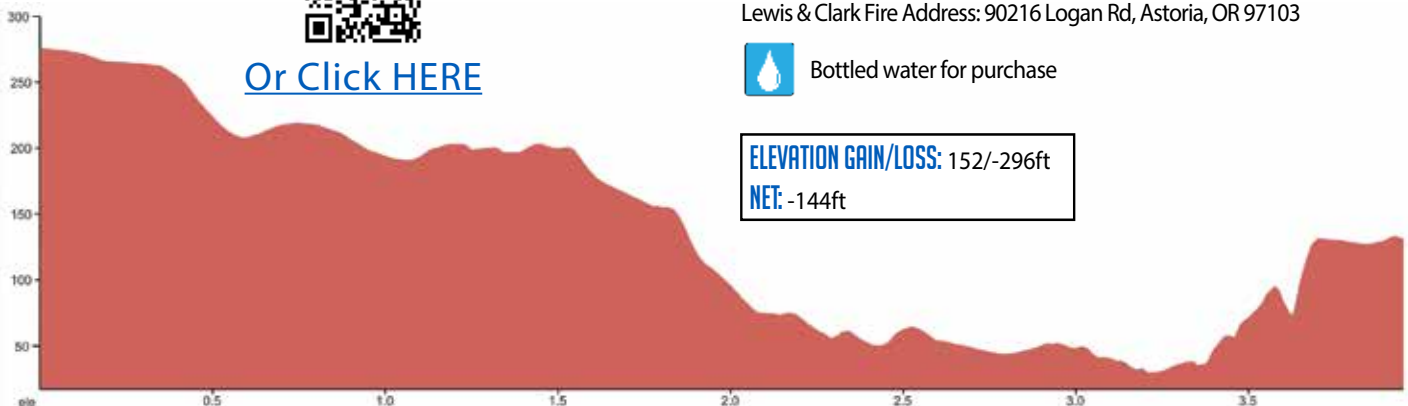
Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103



Bottled water for purchase

**ELEVATION GAIN/LOSS:** 152/-296ft

**NET:** -144ft



NAMED AFTER: MARK R.



## VAN 2

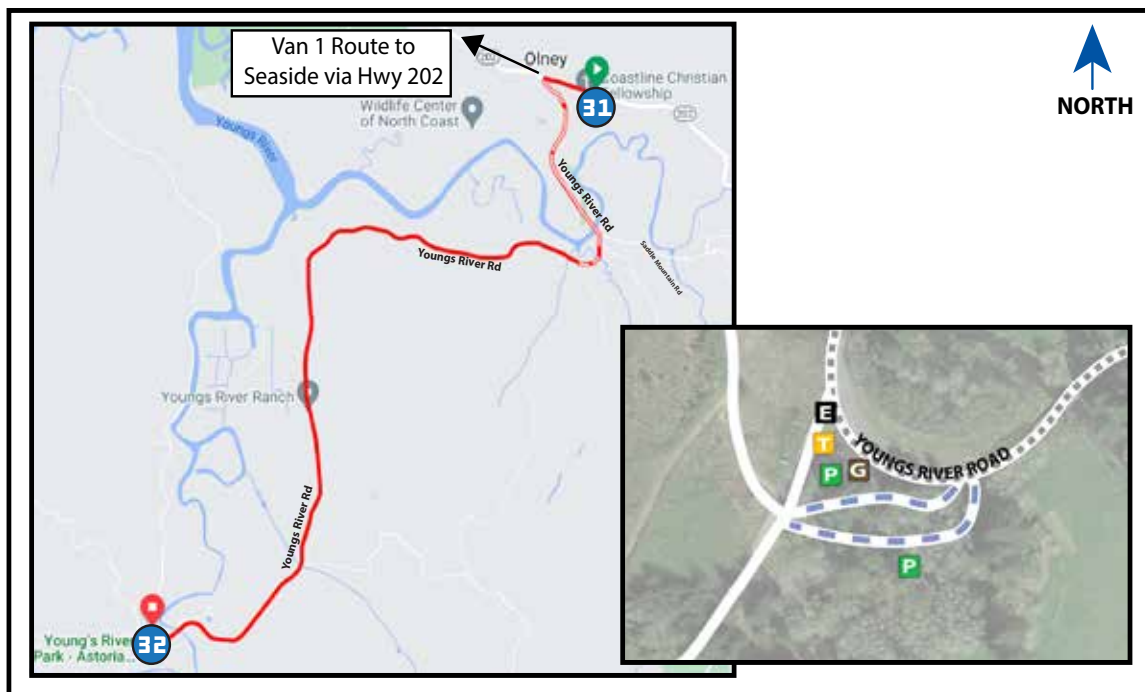
# 4.20 MI | MODERATE

**LEG DESCRIPTION:** Basically flat terrain on narrow country roads around Young's River.

**EXCH 32 ADDRESS:** 3.86 miles on Youngs River Rd. (from HWY 202) Olney, OR 97103

**GPS:** 46.069758, -123.787865

**NOTES:** Cell phone coverage unreliable until after Leg 32.



### DIRECTIONS FROM EXCH 31 TO EXCH 32

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

### EXCHANGE NOTES

Parking: VERY LIMITED, follow volunteer instructions.  
NO PARKING ON ROAD SHOULDER. Expect heavy traffic delays due to limited parking.

Provisions: No

Fuel: No (nearest fuel - 11 miles north in Astoria)

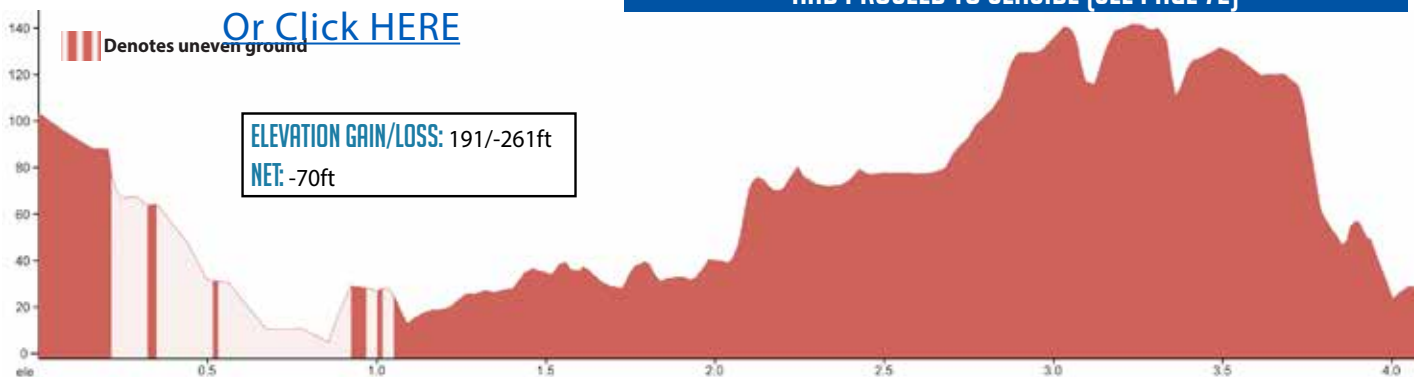
Closest fire stations located 5.5 miles northwest of exchange 32.  
Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103

Scan For Map



Or Click [HERE](#)

**ONLY VAN 2 WITH COLORED "RACE VEHICLE" SIGN IS ALLOWED TO PROCEED ALONG THE RACE COURSE, VAN 1 MUST TURN ONTO HWY 202 AND PROCEED TO SEASIDE (SEE PAGE 72)**



# VAN 2

## 7.72 MI | HARD

NAMED AFTER: WALT G.



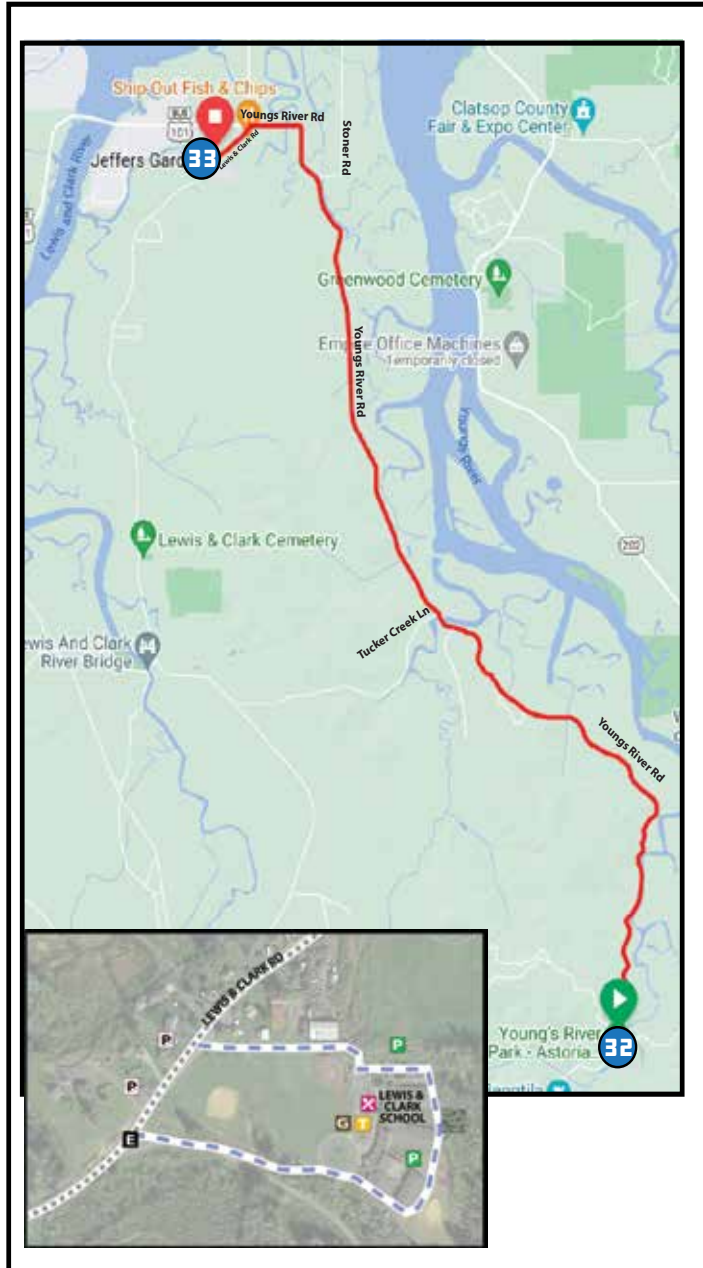
**LEG DESCRIPTION:** Rolling hills on narrow country roads.

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

**GPS:** 46.147492, -123.846048

**NOTES:**

**ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG**



### DIRECTIONS FROM EXCH 32 TO EXCH 33

- 0.00 Exchange 32 (Youngs River Falls)
- 3.67 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)

Scan For Map



[Or Click HERE](#)

### EXCHANGE NOTES

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

Provisions: Course Fundraiser

Fuel: No

Closest fire stations located 1.1 miles from exchange 33 on hwy 101.

Address: 34571 US-101 Business, Astoria, OR 97103



Bottled water for purchase

### COURSE FUNDRAISER

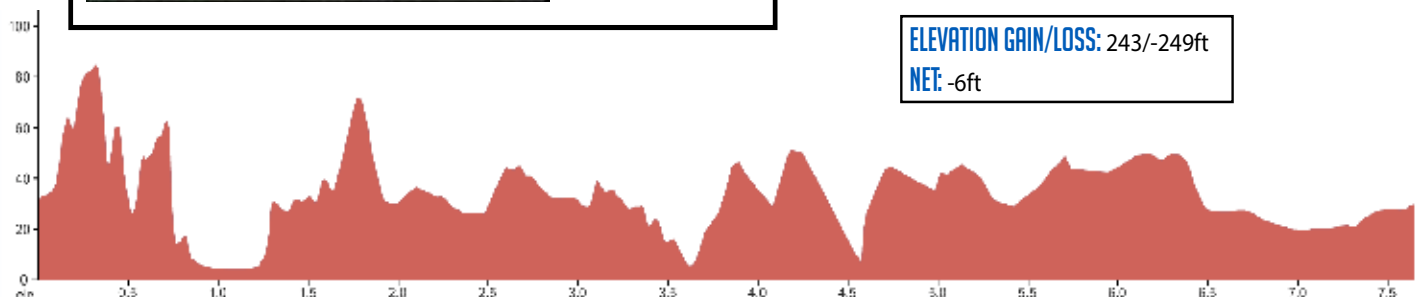
**LEWIS & CLARK CAL RIPKEN BASEBALL**  
SATURDAY 4:00AM - CLOSE

FOOD: Hamburgers, hotdogs, doughnuts,  
candy bars

BEVERAGES: Coffee, soft drinks

**ELEVATION GAIN/LOSS:** 243/-249ft

**NET:** -6ft





NAMED AFTER: KEN T.



## VAN 2

# 4.12 MI | EASY



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

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

**GPS:** 46.104487, -123.866126

**NOTES:**



### DIRECTIONS FROM EXCH 33 TO EXCH 34

- 0.00 Exchange 33 (Lewis & Clark School)
- ↑ 0.61 Lynstad Heights
- ↑ 1.82 Mudd Ln
- ↑ 2.43 Kee Ln/Reith Ln
- ↑ 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** at Loukas Lane
- 4.12 Exchange 34 (Lewis & Clark Mainline)

Scan For Map



[Or Click HERE](#)

### EXCHANGE NOTES

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

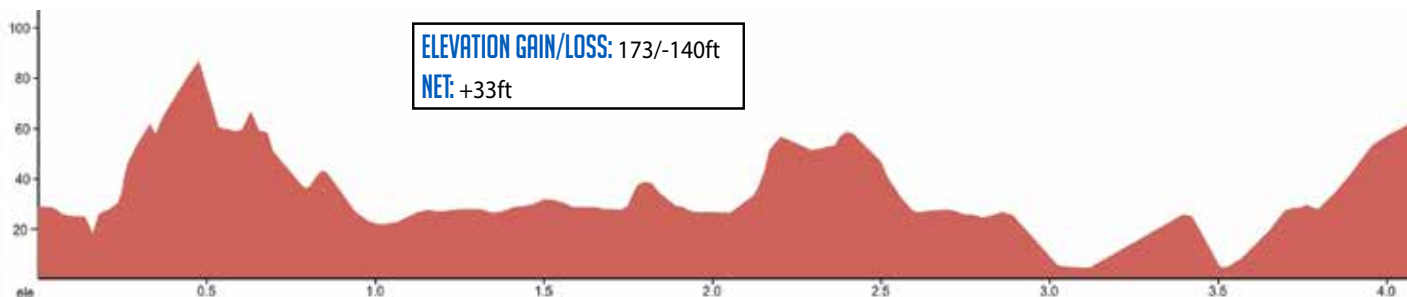
Closest fire stations located 1.6 miles east of exchange 34.

Lewis & Clark Fire Address: 90216 Logan Rd  
Astoria, OR 97103

Provisions: No

Fuel: No

**ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG**



AWARD-WINNING TASTE • LOW CALORIE • NON-ALCOHOLIC

**ATHLETIC**  
**BREWING CO<sup>®</sup>**

**HAPPY HOUR**  
**= ANY HOUR**



**ATHLETICBREWING.COM | @ATHLETICBREWING**

© Athletic Brewing Company, Milford, CT and San Diego, CA. Near beer <0.5% alc/vol. Average Analysis of Run Wild per 12 fl. oz. - Calories 65, Carbohydrates 14g, Protein <1g, Fat 0g.

***MORE TO COME...***



# VAN 2

## 7.07 MI | HARD

NAMED AFTER: LOPEZ L.

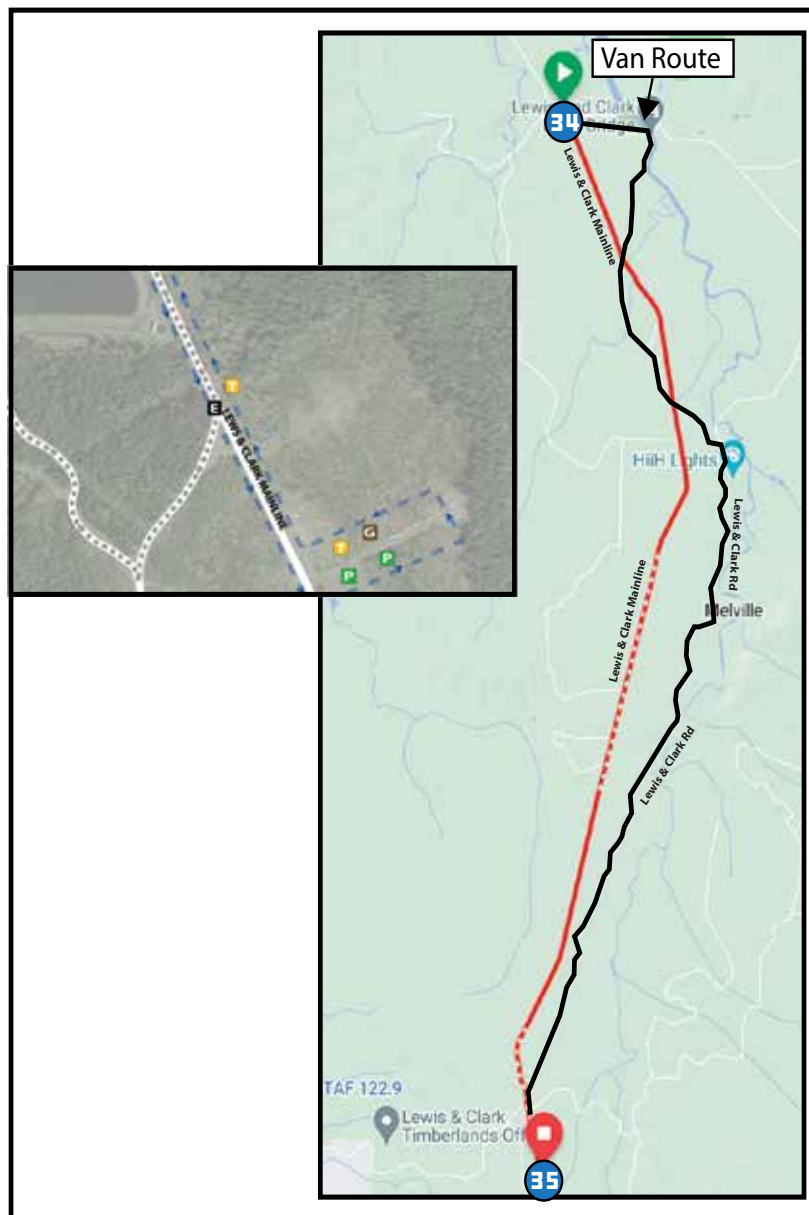


**LEG DESCRIPTION:** Gently rolling terrain along a combination of paved and gravel roads.

**EXCH 35 ADDRESS:** 86645 Lewis & Clark Rd, Astoria, OR 97103

**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 Mainline)
- ↑ 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)

Scan For Map



[Or Click HERE](#)

### 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.

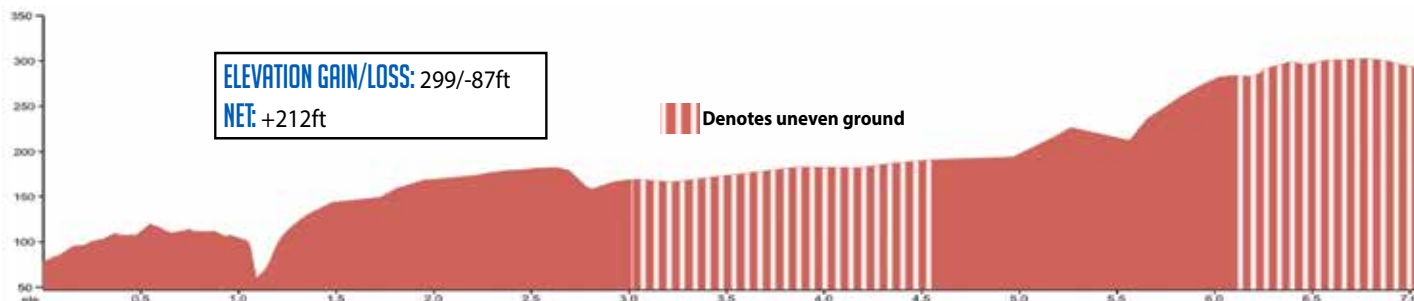
Provisions: No

Fuel: No

Closest fire stations located 4.6 miles from exchange 35 (in Seaside).

Seaside Fire Address: 150 S Lincoln St, Seaside, OR 97138

**ONLY VAN 2 WITH COLORED SIGN IS ALLOWED ON THIS LEG**



NAMED AFTER: LARRY D.



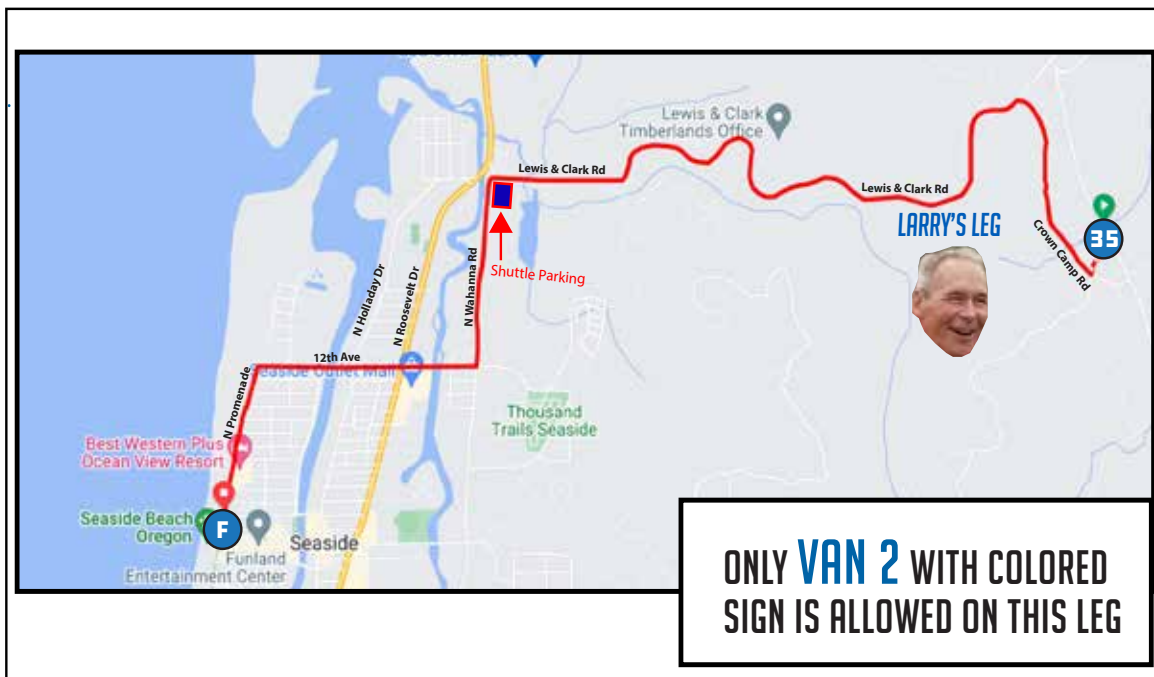
# VAN 2 5.03 MI | MODERATE



**LEG DESCRIPTION:** First .75 miles on a trail section. Challenging up and steep downhills 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 **LEFT** onto Wahanna Rd
- 3.73 Turn **RIGHT** onto 12th Ave
- ↑ 3.97 Wait until crosswalk light, then continue **STRAIGHT** on 12th Ave sidewalk (xing against crosswalk signal may result in DQ)
- ← 4.47 Turn **LEFT** onto Promenade
- 5.03 FINISH on sand at turnaround!

Scan For Map



[Or Click HERE](#)

**DRIVER NOTES - VANS DO NOT FOLLOW COURSE, SEE PG72 FOR DIRECTIONS**

## FINISH NOTES

Parking: See page 84 for driving directions and parking maps.

Provisions: Food & beverage on the beach and nearby Seaside restaurants

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.

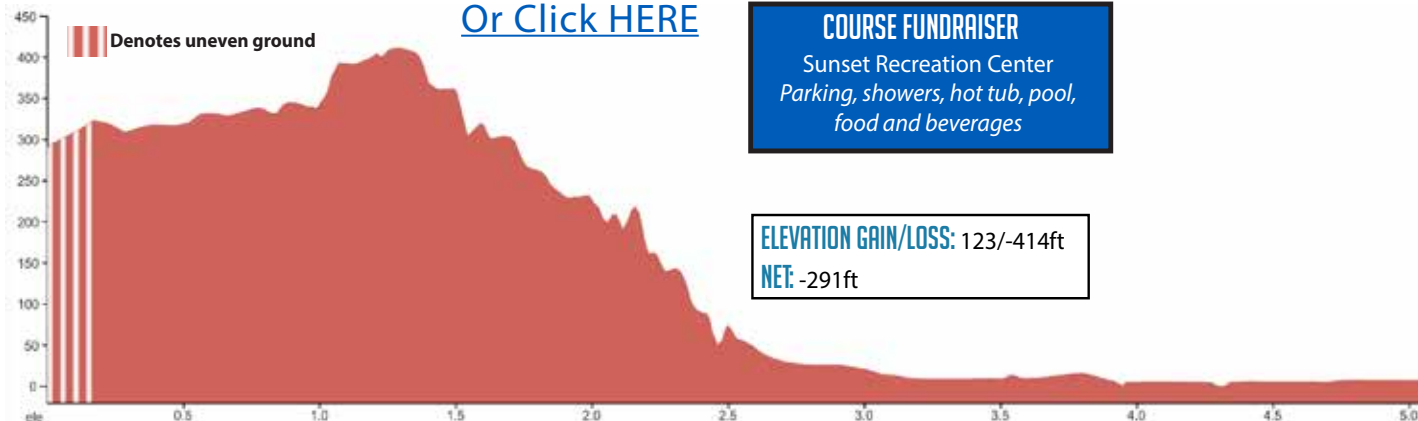
Seaside Fire Address: 150 S Lincoln St, Seaside, OR 97138

## COURSE FUNDRAISER

Sunset Recreation Center  
Parking, showers, hot tub, pool,  
food and beverages

**ELEVATION GAIN/LOSS:** 123/-414ft

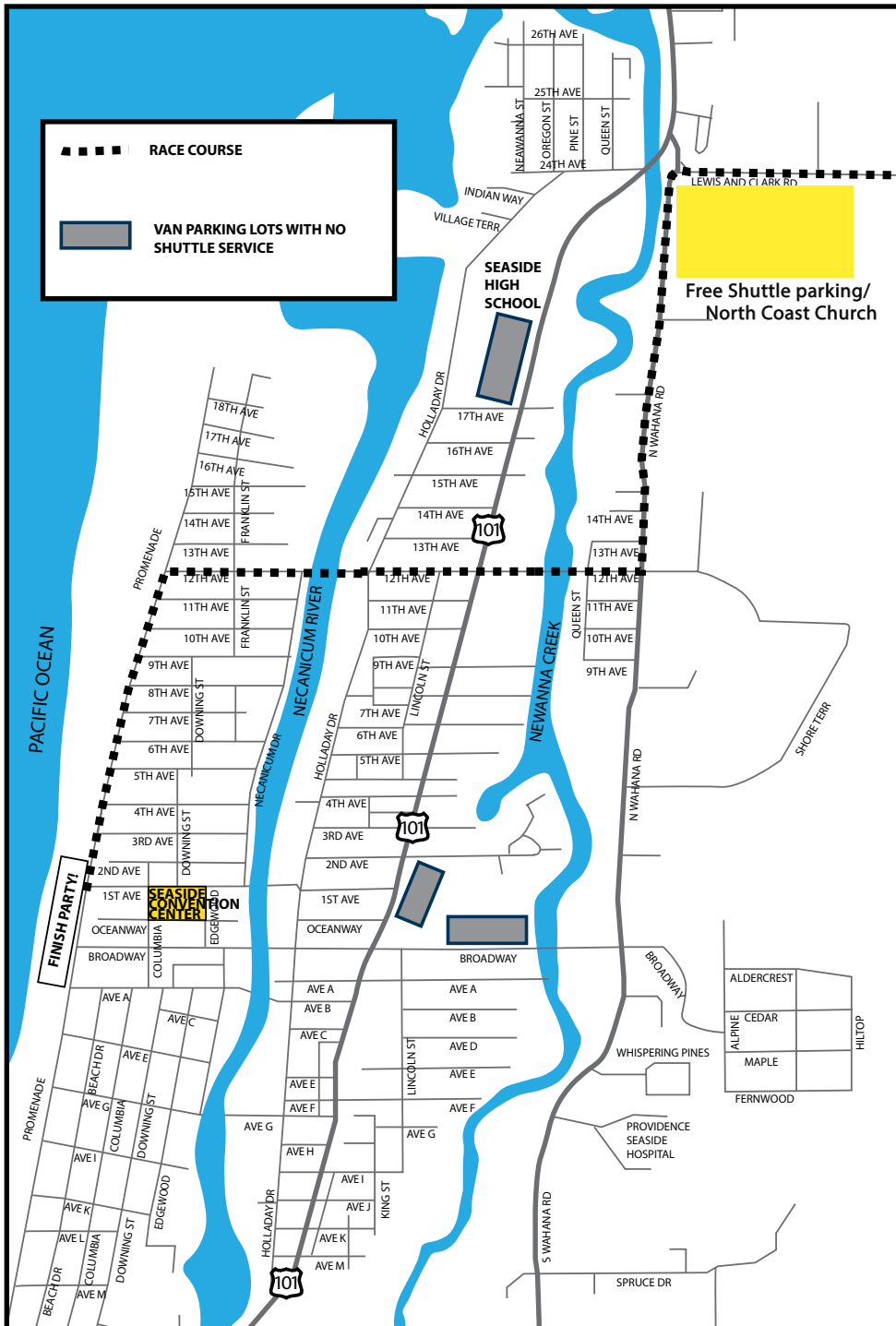
**NET:** -291ft



***MORE TO COME...***



# 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

**SHUTTLE SERVICE (FREE)**-Runs every 15 minutes to Convention Center from **Northcoast Family Fellowship Church**

# PENALTIES FORM

- All completed penalty forms must be turned in to the finish area info tent within 30 minutes of finishing. Be specific! We must have a team number to identify teams.
- The Rules Committee will review completed penalty forms throughout Saturday. They will not be available to discuss the penalty/protest. Teams can fill out written protest/penalty if they do not agree with the penalty posted.
- Penalty times will be added to team finish times. These new times will then be posted on the results page.
- All Rules Committee decisions are final.



**Please use this form to report all alleged rule infractions, giving details and names of witnesses. ALL FORMS ARE TO BE TAKEN TO THE FINISH LINE AND TURNED IN AT THE PENALTIES/INFO TABLE WITHIN 30 MINUTES OF YOUR TEAM'S FINISH TIME ON RACE DAY.**

Violation involves Team # \_\_\_\_\_ Name of Team \_\_\_\_\_  
(must have to process)

Day \_\_\_\_\_ Time \_\_\_\_\_ (am/pm) Leg or Exchange # \_\_\_\_\_

Description of Person(s) Involved \_\_\_\_\_

Describe Run Infraction \_\_\_\_\_

Witnesses \_\_\_\_\_

Your Team # \_\_\_\_\_ Your Team Name \_\_\_\_\_  
(must have to process)

\*\*\*\*FOR OFFICIAL USE ONLY: ASSIGNED PENALTY \_\_\_\_\_\*\*\*\*\*

***MORE TO COME...***



# 2023 RESULTS & RECORDS

## WOMEN'S ELITE

Any age, average pace under 6:10.

Course Record *Nike Women's Elite (1996)*

\*New Category, other past notable times\*

*Rolling Thunder II (1995)*

*Nike Women's Elite (1997)*

Time	Pace
18:49:54	05:46
19:04:19	05:50
19:08:59	05:52

## WOMEN'S OPEN

Any age, at least one runner under 30.

Course Record *Nike Elite Women (1996)*

2023 Results	1	Team Joha	23:28:36.5	7:11
	2	TWELVE OLIVIAS	25:00:54.9	7:39
	3	Girls Getting After It	26:25:47.0	8:05
	4	IM SCREAMING	26:40:05.3	8:09
	5	Runny Side Up	28:29:25.9	8:42
	6	LXC and Friends	28:36:04.0	8:44

## WOMEN'S SUBMASTERS

Min age of all runners is 30.

Course Record *Baba Yaga (2004)*

2023 Results	1	Nostalgia Ultra	24:19:09.7	7:26
	2	Team Athena	24:21:40.9	7:27
	3	Mother Runner	29:59:34.4	9:10
	4	Sandy River Sirens	32:25:56.5	9:55
	5	Conquering Challenges	32:58:15.1	10:05
	6	The Slow and the Furious	33:03:46.4	10:06

## WOMEN'S MASTERS

Min age of all runners is 40.

Course Record *Baba Yaga (2010)*

2023 Results	1	Budda Budda (2018)	23:14:10	07:00
	1	Spokane Swifts	25:29:42.6	7:48
	2	Nature Girls	27:31:25.7	8:25
	3	Moms Who Wine	31:03:01.8	9:29
	4	Stink or Swim!	35:17:57.3	10:47

## WOMEN'S SUPERMASTERS

Min age of all runners is 50.

Course Record *Hot Shoes Returns (2001)*

Course record		Not shoes returns (2007)	24:21:02	07:21
2023 Results	1	Ladies and the Buffs	26:09:03.9	8:00
	2	Desperate Housewives	31:29:22.8	9:37
	3	Heart -N - Sole	34:06:35.2	10:25

## WOMEN'S CHAMPION MASTERS

Min age of all participants is 60

Course Record *Stumptown Women's Run Club (2021)*

2023 Results		1	Femme Fatale Champion Masters	29:21:01.3	8:57
		2	Tualatin Super Masterpieces	33:49:30.4	10:20
				35:17:09.9	10:47

## CORPORATE WOMEN'S OPEN

Any age, ALL from the SAME business.

Course Record *BAC Women (2012)*

2023 Results	1	Bowerman Babes	22:10:54.6	7:05
	2	Starlins Angels	26:17:52.5	8:02
	3	Van Full of Purvs	30:33:23.9	9:20
	4	12 ladies 3 stripes	31:42:31.9	9:41
	5	Fly AF Widget Witches	32:53:17.6	10:03
	6	The Ultimate Girls Trip for South Sudan	34:06:20.4	10:25

## MEN'S ELITE

Any age, average pace under 5:10.

Course Record *Nike Mambu Baddu (1994)*

Time	Pace
15:56:54	04:49

## MEN'S OPEN

Any age, at least one runner under 30.

Course Record *Nike Mambu Baddu (1994)*

Course Record		Nike Marathon Budda (1994)	15:56:54	04:49
2023 Results	1	Mucca Mad Bois	18:12:29.5	5:34
	2	Heinos Flyers	18:53:37.9	5:47
	3	FMTc	18:56:30.0	5:48
	4	Black Key Bulls	19:49:39.9	6:04
	5	Run Long and Prosper	20:09:03.4	6:10
	6	Nut Rack City	21:34:04.0	6:36

## MEN'S SUBMASTERS

Min age of all runners is 30.

Course Record *Running With Woodie (1994)*

2023 Results	Ad Astra		20:37:35.6	6:18
	1	Extra Virgins	21:26:58.3	6:33
	2	Fraser Street Run Club	22:08:38.4	6:46
	3	Some Zags	22:15:47.2	6:48
	4	Slow Horses	23:56:20.3	7:19
	5	The Planks	24:18:07.8	7:26
	6			

## MEN'S MASTERS

Min age of all runners is 40.

Course Record *Reebok Road Kill California (2001)*

2023 Results	1	Knoxville Track and Field Club	20:29:33.2	6:16
	2	DOA2	21:12:52.2	6:29
	3	Nature Boyz 27	24:10:12.1	7:23
	4	Fighting Squirrels	26:22:15.9	8:04
	5	Run and Not Be Weary	26:30:48.2	8:06

## MEN'S SUPER MASTERS

Min age of all runners is 50.

Course Record *Aging Heroes (2001)*

2023 Results		1 Boulder Road Runners	26:30:48.2	6:19
		2 Barely Fast Dads	23:15:10.7	7:07
		3 Dead on Arrival	24:51:21.5	7:36
		4 Mr Mojo Risin	25:40:29.1	7:51
		5 Team Bula	25:57:12.2	7:56

## MEN'S CHAMPION MASTERS

Min age of all participants is 60

Course Record *Marin Super Seniors (2015)*

course record	mantrasuper seniors (2013)		22:33.50	06:48
2023 Results	1	70ROCKS	29:33:34.8	9:02
	2	Dead Jocks in a Box	29:34:31.9	9:02
	3	PseudoRunners	30:57:10.9	9:28
	4	We Blue It Again	32:26:24.8	9:55
	5	Believe	33:22:04.9	10:12
	6	Lucha Legs	33:44:59.8	10:19

## CORPORATE MEN'S OPEN

Any age, ALL from the SAME business.

Course Record *Bowerman AC (2008)*

2023 Results	1	Bowerman Track Club Elite	17:31:09.9	5:21
	2	KnightRunners	23:37:50.2	7:13
	3	Turner Construction	23:45:48.6	7:16
	4	#3StripeLifeHTC	23:54:27.4	7:18
	5	Percision CastSharks	25:29:08.3	7:47

## MIXED OPEN

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

Course Record *Nike Team Swoosh (1992)*

Course record		Nike team Swoosh (1992)	18:22.22	05:32
2023 Results	1	The Lostboys	19:00:14.0	5:49
	2	Enginers	20:11:23.1	6:10
	3	North Queens Runners	20:13:14.7	6:11
	4	NY Bad Apples	25:16:17.6	6:12
	5	Roll Tech	20:31:07.9	6:16
	6	Emerald Trail Club	20:37:38.9	6:18

## MIXED SUBMASTERS

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

Course Record *Slug Hunters (1994)*

Course Record	Sidy Runners (1994)	20:00:43	06:02
2023 Results	1 Puke & Rally	21:09:42.8	6:28
	2 The Mighty Malorts	24:03:04.1	7:21
	3 Scrambles Legs and Burnt Toes	24:39:20.4	7:32
	4 Tsinghua Runners in Silicon Valley	25:02:42.8	7:39
	5 Anything for a night out	26:32:00.2	8:07
	6 Jorts: They're Real and They're SPECTACULAR	26:53:45.3	8:13

## MIXED MASTERS

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

Course Record *No Runin' Til The Van Passes (2001)*

2023 Results	1	White Flag	23:04:59.3	7:03
	2	Flying Dragons	23:51:12.5	7:46
	3	Flying Tigers	25:30:09.7	7:48
	4	The Fast and the Forty Plus	27:33:20.3	8:25
	5	Maraton Maniacs/Half Fanatics	27:33:34.6	8:25
	6	Cobra Kai	29:04:01.7	8:53

## MIXED SUPERMASTERS

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

Course Record *Pace Setter Gray Hounds (2000)*

2023 Results	1	SUPER	23:49:21.5	7:17
	2	Torch Runners	26:58:24.6	8:15

## MIXED CHAMPION MASTERS

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

Course Record *Better At Runnin' Up A Tab*

Course Record	Better At Running OpA 100	27:10:47.1	08:19
2023 Results	1 Speedy By Choice	30:37:59.9	9:22
	2 Some kind of wonderful	33:10:10.3	10:08
	3 The Incredibles	33:11:37.1	10:09

## CORPORATE MIXED OPEN

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

Course Record *Nike Tarahumara(2010)*

2023 Results	1	Mill City Running 1	19:15:08.0	5:53
	2	Fourth Street Athletics	20:12:57.6	6:11
	3	GE Runners	22:15:37.7	6:48
	4	MRC Funnest	25:16:17.6	7:43
	5	Sweaty Lemons	26:21:58.8	8:04
	6	Runners High Hi	26:25:55.0	8:05

## Top Providence Cancer Institute Fundraisers (HTC/PTC)

HTC/PTC Record *Genworth Financial (2008)*

2023 Results	1	Short Squeeze Our Inflated Assets	\$55,528
	2	Run Trill	\$29,491
	3	Lawn Gone and Hauling Grass	\$25,661
	4	Charge of the Light-Beergade	\$25,437
	5	Vestas Turbinators	\$23,893
	6	Hood To Toast	\$20,594



# #HTC24

In 2023, thousands of photos were tagged with #HTC23! Be a part of the 2024 social scene on Hood To Coast's Facebook and Instagram pages!



/HOODTOCOAST



@HTCRELAY



***MORE TO COME...***

# MANAGING HYDRATION For Relay Events

## STRATEGIES:

- 💧 Calculate your sweat rate and fluid needs per hour
- 💧 Practice hydration during training, in different temperature conditions
  - If < 60 min, water is sufficient
  - If > 60 min, use sports drink or water + gel/blocks/beans
  - Use a hand-held water bottle, waist pack, or hydration vest
- 💧 Plan for your event
  - Purchase and prep drinks for each leg of the relay
  - Extra fluid needed for hot temps and high elevations
- 💧 After each leg
  - Replace electrolytes, carbs, and protein (goal 15-20 grams), replenishing fuel stores for next segment



### Sports Drink

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



### Protein Shake

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

### Calculating Sweat Rate:

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

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

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

-147.2 lb post weight

-2.8 lb x 16 oz =

45 oz fluid lost per hour while exercising

## Hydration Science

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

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

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

## Hydration Status Guide



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



# BY THE VAN: Warm Up & Cool Down



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.

## START



## FINISH



## 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

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 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

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 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

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 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

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.



### 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**.

# SEASIDE SMALL BUSINESSES

## *The 37th Leg of HTC*

**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.**



CITY OF  
**SEASIDE**  
OREGON

### FOOD & BEVERAGES



### SHOPPING & RETAIL



### LODGING & TRAVEL



### ART & ENTERTAINMENT



### FAMILY & COMMUNITY



### TRANSPORTATION

