



# 2025 HANDBOOK





STOP BY FOR A

# **FREE PRE-TRIP SAFETY CHECK**

Includes a visual inspection of tires,  
alignment, shocks, brakes & battery.  
See store for details.

Applies to passenger cars,  
SUVs and light trucks only.

**LEARN MORE**

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\*First Leg of the High Desert Walk Relay

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# RACE SERIES PARTNERS

## TITLE PARTNER



## PRESENTING PARTNER



## CHARITY OF CHOICE



## GOLD PARTNERS



## SILVER PARTNERS



## BRONZE PARTNERS



## OTHER PARTNERS



# CAPTAIN CHECKLIST

LISTED BELOW ARE THE RESPONSIBILITIES OF THE TEAM CAPTAIN PRIOR TO, AND DURING RACE WEEKEND

## REQUIRED TEAM SAFETY EQUIPMENT

Each team **MUST** have the following items in their van and present them for inspection at the Pre-Check on the HTC app.

- **One reflective vest**
- **Two LED flashers**
- **One flashlight or (1) head lamp**

\* While it is highly recommended to have a **First Aid Kit** in your van, this is not a required item at Team Pre-check via the HTC app.

### APPROVED VESTS



### UNAPPROVED VESTS



## VAN DECORATION

Refrain from the use of foul or overly suggestive language for decorations. Have fun, but please use good judgement... don't make us get out the van decoration police. Also, music cannot be played over outside loud speakers!



# CAPTAIN CHECKLIST

## VANS

Teams are encouraged to print the **“CAUTION: RACERS ON ROAD”** sign located on the website at <https://hood-tocoast.com/one-day-relays/high-desert/> to place in the rear of the van. Vans may not follow behind their racer.

Each team is limited to one vehicle, 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 the rule will result in disqualification.



## HIGH DESERT RELAY START

**Packet Pickup:** Please check the High Desert webpage for packet pickup dates and location. Day of packet pickup will be available. Walkers can pick up their packet at the walk start. **Walk teams do NOT need to come to the run start.**

The RUN START is located at Brasada Ranch just below the tennis courts.  
The WALK START is located at Power House Cove Boat Ramp (exchange 4). The race begins **Saturday, October 4** with start times every 10 minutes from 5:00am-6:00am. **DON'T BE LATE!**

### CHECK-IN PROCEDURES:

Beat the lines at the start and check-in your team prior to the relay!

**Team and equipment Pre-Check will be available through the HTC app from September 29th at 6am to October 3rd at 12pm.** Snap a photo of all your required safety equipment and you'll be ready to go.





# Upgrade your expectations



Join the credit union made for the people of tech. Get to know us at **[firsttechfed.com/HTC25](https://firsttechfed.com/HTC25)**.



HTC Race Series is brought to you by First Tech Beyond,<sup>™</sup> an exclusive feature of First Tech membership.

Insured by NCUA

# CAPTAIN CHECKLIST

## TIMING CHIP

Your official team timing chip will be on your wristband. Be sure your final racer wears the team wristband as they cross the finish line.

## PENALTIES (PENALTIES FORM ON PG 42)

Race officials record infractions as seen; teams are permitted to watch and report rule infractions committed by other teams. Teams that wish to report penalties (see "Race Rules" pg 12-14) must do so in writing within one hour of arriving at the Finish at Brasada Ranch. Submit the written form at the Race Information Tent. Be specific and detailed. 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. Please save the celebration for the party at the Finish!

## HIGH DESERT RELAY MERCHANDISE

High Desert Relay merchandise will be available for purchase at the Finish. Exchange of unworn participant race shirts is subject to availability at the Finish Information Tent.

## HIGH DESERT RELAY FINISH

**How to Finish as a team:** Team members often run/walk across the Finish Line with their anchor racer officially finishing the race. If your team chooses to do so, make sure your official Leg 12 (anchor) racer leads your team to the Finish Line. They will be wearing the wristband and will be credited with your team's official finish.

**Results:** Results will be produced as often as possible throughout Saturday. Final results will also be posted at <https://hoodtocoast.com/one-day-relays/high-desert/>. If you do not agree or have questions regarding final results, please file a report prior to 7:00PM on Saturday at the Race Information Tent.



# CAPTAIN CHECKLIST

**Medals:** Medals will be presented to each team as the anchor runner/walker crosses the Finish Line. In the event of team disqualification, medals will be withheld and teams will be informed of the reason at the Race Information Tent. Medals must be picked up on Saturday or at the HTC office in Portland, OR at a later date. **THEY WILL NOT BE MAILED.**

**Awards Ceremony:** TOP THREE finishers in EACH CATEGORY can pick up their awards at the awards tent. Awards **WILL NOT BE MAILED** to teams who aren't present. Other pick-up arrangements should be made.

## FINISH PARTY

Located within the fenced area at the Finish Party. No beer or alcohol may be brought into the event area. Bring ID, proof of legal age is required. DESIGNATE A SOBER DRIVER IF YOU PLAN ON DRINKING ALCOHOL. DON'T DRINK AND DRIVE, BE RESPONSIBLE.





**We use road  
maps too.**



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# PACKING LIST

- Two sets of running/walking clothes
- Running /walking shoes
- Warm-ups (for in between legs)
- Change of clothes for Finish Party
- Hat w/ headlight or LED head lamp
- Reflective vest
- Flashlight
- Spare shoe laces
- Racing gloves
- Two (2) LED flashers
- Sunglasses, glasses, contact lens solution
- Towel
- Antiperspirant
- Sunscreen
- Bug spray
- Ear plugs
- First aid (blister/bandaids, Icy Hot, aspirin, antacids)
- Instant ice packs, Ace Bandages
- Hand Wipes, antibacterial
- Food, snacks
- Large full water containers to refill water bottles
- Reusable water bottles
- Ziploc bags for wet/sweaty clothes
- Running/walking GPS or other watch
- Cell phone/charger
- High Desert Relay handbook
- Scotch tape (tape team # to van)
- Cash/credit card/ID

## FUN EXTRAS

- Window paint markers
- Auxiliary cord for van music
- Glow sticks
- Squirt guns
- Cooling towel or frozen sponges



## PRO PACKING TIP

Pack each running/walking 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/walking!

# RACE RULES

## GEAR

### RACE NUMBERS / WRIST WRAPS

### 30 MINUTE PENALTY

Race bib must be worn at all times and the Wrist Wrap must be carried/worn at all times throughout the race. The wristwrap with the timing chip must be worn by the Leg 12 racer.

### REQUIRED SAFETY GEAR

### DISQUALIFICATION

Before 7:00am and after 6:00pm, all participants on the course must:

- Wear one front and back LED flasher
- Carry flashlight, or wear headlamp or hat headlight
- Wear reflective vest (this must be worn until 9:00am)

All safety equipment must be presented on the Team Pre-Check in the HTC app. Participants will be held at an exchange and not allowed to participate without the proper equipment.

## VEHICLE

### NO STOPPING TO DROP OFF RUNNER

### 30 MINUTE PENALTY

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 ft of an exchange! Vans must obey all exchange signage and issued parking instructions.

### NO VEHICLES FOLLOWING PARTICIPANTS

### 30 MINUTE PENALTY

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

### NO PARKING PRIOR TO EXCHANGE

### 30 MINUTE PENALTY

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

### 60 MINUTE PENALTY

Teams are provided with two signs for their course vehicle. Teams are required to display signs in the front and back rear windows of van.

### VEHICLE REQUIREMENTS

### DISQUALIFICATION

Your team vehicle 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. One (1) team vehicle is permitted on course.

# RACE RULES

## CONDUCT

### ON COURSE CONDUCT

Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerated. Do not obstruct traffic, play loud music, yell, or honk horns at night in rural/neighborhood areas. No van decorations or team costumes that are overtly suggestive, sexual or that contain foul language.

### 30 MINUTE PENALTY

### 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.

### 60 MINUTE PENALTY

### NO ALCOHOL, MARIJUANA OR OTHER DRUGS

ANY participant or volunteer (seen by race officials or reported by two or more teams) with open alcoholic containers, marijuana or other drugs on the course will be disqualified. Depending on severity, team members may be banned from subsequent year's participation as well. Save the party for the finish!

### DISQUALIFICATION

### NO BICYCLES OR DOGS

No bicycles or dogs are allowed to accompany participants on the race course.

### DISQUALIFICATION

### PUBLIC NUISANCE RULE

Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please use good judgement and be considerate of property owners along the course. Portable toilets and ample garbage containers provided at each exchange point.

### DISQUALIFICATION





# RACE RULES

## RACER

### **PARTICIPANT ROTATION VIOLATION**

### **60 MINUTE PENALTY**

All teams are to rotate their team members in the same sequence throughout the race, not consecutively in a row. Participants cannot run/walk back to back legs. See pg. 17 for substitutions and sequence info.

### **MIXED DIVISION PARTICIPANT SUB VIOLATION**

### **60 MINUTE PENALTY**

If a runner/walker on a Mixed Division team becomes injured and drops out during a leg, the injured runner/walker must be replaced with the next team member in rotation of the same gender. See pg. 17 for substitutions and sequence info.

### **PARTICIPANT DROP OUT VIOLATION**

### **60 MINUTE PENALTY**

If a team member drops out due to injury or illness during a leg, only the next runner or walker in rotation can take the wrist wrap and continue (but only to the next exchange point). The next person in rotation can only finish the unfinished portion of the previous leg and go no further. A handoff must occur at the exchange point to the next participant in rotation. No more than one substitution in one leg is allowed. See pg. 17 for substitutions and sequence info.

### **TRAVEL ON THE LEFT**

### **60 MINUTE PENALTY**

Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise.

### **GROSSLY INACCURATE RACE PACE SURVEY**

### **DISQUALIFICATION**

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

### **START TIME VIOLATION**

Teams who violate their start time and begin the race at any other start wave will be disqualified.

### **WALKING TEAMS FOUND RUNNING**

### **DISQUALIFICATION**

Teams registered for the walking relay must walk at all points in the relay. Racewalking is considered a fast walk while maintaining continuous foot contact with the ground and keeping the supporting leg straight.

# Support St. Jude in the PNW

**Every child deserves a chance to live** their best life and celebrate every moment. When you support St. Jude, **you can help make cures possible for kids with cancer.** Together, we can save more lives.



St. Jude patient **Beckett**  
pictured with his family



Learn  
more  
here:



# TEAM STRUCTURE

## RECRUIT TEAMMATES

Connect with runners/walkers looking for a team or teams looking for runners/walkers by visiting **[www.facebook.com/hoodtocoast](http://www.facebook.com/hoodtocoast)** and **<http://htcteammatching.createaforum.com/>**. Chat with fellow participants, ask questions, and post to recruit other racers! 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 from participating in future events. It should be understood that the start time for any High Desert Relay team could result in a 6:30PM finish Saturday evening at Brasada Ranch.

## RACER SUBSTITUTION

No runner/walker may drop out of the race solely for the purpose of the team substituting a faster participant in their place. If a runner/walker 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/walkers moving forward in the same sequence. No alternates may be added once the team has started.

## LEGS

All teams are to run/walk their members in rotating legs and in the same sequence of rotation throughout the race. Runner/walker on Leg 1 would thus run Legs 1 and 7. When determining who will run/walk each leg, (besides distance and leg rating), captains should consider the following:

- Time of day racers will encounter each leg
- Leg's exposure to sun and/or wind
- Variable weather
- Racer ability/fitness
- Racer familiarity with the area
- Access to support vehicle
- Race willingness to run/walk on a gravel (and potentially dusty) road

The combination of the first three of these is perhaps the most crucial. Some legs are notorious for brutal sun exposure during the day. Do not overlook the weather.

# TEAM STRUCTURE

## SUBSTITUTION PROCESS

If a racer drops out due to injury or illness during a leg and isn't able to walk to the next exchange, the next racer in rotation may take the wrist wrap and continue to the end of that leg. The next leg must be completed by the following racer in rotation.

### MIXED CATEGORY PROCESS:

If a racer on a Mixed Category team becomes injured or ill and drops out during the leg, the explanation above applies with the added condition that the replacement racer must be of the same gender. A minimum of five (5) legs must be completed by female racers otherwise the team will be reclassified into the Men's Category.

## RACER OFF COURSE

Monitor/guide your teammates through the course. In the event of a wrong turn, racers must return to the point along the route where the error occurred and resume the race. Do not mark turns on the roads/course! Teams are responsible for educating teammates on the course route/directions!

## IMPORTANT

Every person running/walking on race day **MUST** be officially registered, or your team will be disqualified. Add/subs can be submitted via one day relay login or by emailing [office@htcrelay.com](mailto:office@htcrelay.com) up until race day. Race day Adds/Subs must be filled out on forms provided at the Start (\$25 late fee)

### ROTATION RUN

| 6 Person Team |       | 5 Person Team |       | 4 Person Team |       |
|---------------|-------|---------------|-------|---------------|-------|
| LEG           | RACER | LEG           | RACER | LEG           | RACER |
| Leg 1         | 1     | Leg 1         | 1     | Leg 1         | 1     |
| Leg 2         | 2     | Leg 2         | 2     | Leg 2         | 2     |
| Leg 3         | 3     | Leg 3         | 3     | Leg 3         | 3     |
| Leg 4         | 4     | Leg 4         | 4     | Leg 4         | 4     |
| Leg 5         | 5     | Leg 5         | 5     | Leg 5         | 1     |
| Leg 6         | 6     | Leg 6         | 1     | Leg 6         | 2     |
| Leg 7         | 1     | Leg 7         | 2     | Leg 7         | 3     |
| Leg 8         | 2     | Leg 8         | 3     | Leg 8         | 4     |
| Leg 9         | 3     | Leg 9         | 4     | Leg 9         | 1     |
| Leg 10        | 4     | Leg 10        | 5     | Leg 10        | 2     |
| Leg 11        | 5     | Leg 11        | 1     | Leg 11        | 3     |
| Leg 12        | 6     | Leg 12        | 2     | Leg 12        | 4     |

### WALK

| 6 Person Team |       | 5 Person Team |       | 4 Person Team |       |
|---------------|-------|---------------|-------|---------------|-------|
| LEG           | RACER | LEG           | RACER | LEG           | RACER |
| Leg 5         | 1     | Leg 5         | 1     | Leg 5         | 1     |
| Leg 6         | 2     | Leg 6         | 2     | Leg 6         | 2     |
| Leg 7         | 3     | Leg 7         | 3     | Leg 7         | 3     |
| Leg 8         | 4     | Leg 8         | 4     | Leg 8         | 4     |
| Leg 9         | 5     | Leg 9         | 5     | Leg 9         | 1     |
| Leg 10        | 6     | Leg 10        | 1     | Leg 10        | 2     |
| Leg 11        | 1     | Leg 11        | 2     | Leg 11        | 3     |
| Leg 12        | 2     | Leg 12        | 3     | Leg 12        | 4     |



# CATEGORIES

## AWARDS GIVEN TO TOP 3 IN EACH CATEGORY

|                              |                                                            |
|------------------------------|------------------------------------------------------------|
| 1. MEN'S OPEN                | Any age, at least one runner under 30                      |
| 2. MEN'S SUBMASTERS          | Min age of all runners is 30                               |
| 3. MEN'S MASTERS             | Min age of all runners is 40                               |
| 4. MEN'S SUPERMASTERS        | Min age of all runners is 50                               |
| 5. WOMEN'S OPEN              | Any age, at least one runner under 30                      |
| 6. WOMEN'S SUBMASTERS        | Min age of all runners is 30                               |
| 7. WOMEN'S MASTERS           | Min age of all runners is 40                               |
| 8. WOMEN'S SUPERMASTERS      | Min age of all runners is 50                               |
| 9. MIXED OPEN                | At least half women. Any age, at least one under 30        |
| 10. MIXED SUBMASTERS         | At least half women. Min ages of all runners in 30         |
| 11. MIXED MASTERS            | At least half women. Min age of all runners is 40          |
| 12. MIXED SUPERMASTERS       | At least half women. Min age of all runners 50.            |
| 13. MEN'S CHAMPION MASTERS   | Average age of all participantes is 60                     |
| 14. WOMEN'S CHAMPION MASTERS | Average age of all participates is 60                      |
| 15. MIXES CHAMION MASTERS    | At least half women. Average age of all participants is 60 |
| 16. MEN'S OPEN WALKING       | 0-2 women. Any age, all walking                            |
| 17. WOMEN'S OPEN WALKING     | All women. Any age, all walking                            |
| 18. MIXED OPEN WALKING       | At least half women. Any age, all walking                  |

**MIXED CATEGORIES:** 6 member teams must have a min. of 3 women. Teams with 4-5 members must have a min. of 2 women. Teams with less than this number of women will default to men's category. Any team with 1-3 men, the rest comprised of women, will be classified within the mixed categories.



# SAFETY

## EMERGENCY PRODECURE

In an emergency, call 911 and locate the Exchange Leader or Radio Operator at the nearest Exchange. Medical care and first aid safety is the responsibility of each team and participant. Each team needs to be prepared to care for the common medical needs of their racer, and should have a first aid kit prepared. **You and your teammates MUST write important emergency contact and medical info on the back of your race bibs!**

## COMMUNICATIONS

Radio Communication Operators are at some 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.

## RUNNING/WALKING IN DARK

**Participants must wear a reflective vest, front and back LED flashers, and carry a flashlight or wear a headlamp before 7:00am and after 6:00pm (reflective vest only from 7:00am-9:00am) while running/walking.** Teammates/support personnel are highly encourages to wear a reflective vest and LED flasher when not inside the race vehicle, while on the course or at an exchange.

**Acceptable reflectivity must be present on the front and back of the participant during the hours listed above. Reflective striping on a shirt or vest must be at least 1/3" thick. Reflectivity on shorts, pants or hat does not count towards meeting the minimum requirement. A reflective vest or Y reflective harness are acceptable, whereas a reflective belt, relective cloth and/or reflective sleeves will not be accepted. We do not specify what kind of flashing light as long as it is LED.**

Runners/walkers must understand there are NOT any police promised to protect them from vehicle traffic along the course. Great care must be exercised at all times by racers and team vehicles. At several exchanges, High Desert Relay hires professional traffic flaggers; obey their signals.

## GIVING ON-COURSE AID/SUPPORT

Maintain contact with your van within reason along the course. DO NOT follow behind runners/walkers! Vans can pull in a safe area (off the road)! Don't obstruct traffic! No team members or spectators are allowed to cross busy highways or streets with the purpose of giving aid or support to participants running/walking along the side of the road! Team vehicles MUST safely cross over to the other side of the road to the location of the racer, park and then commence support.



0g CARBS.  
0g SUGAR.  
GLUTEN-FREE.  
NO ADDITIVES.\*



\*AVERAGE ANALYSIS PER 1.50Z TITO'S HANDMADE VODKA: 98 CALORIES, CARBOHYDRATES 0 GRAMS, PROTEIN 0 GRAMS, FAT 0 GRAMS, SUGAR 0 GRAMS

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# COURSE GUIDELINES

**WAITING RUNNERS/WALKERS** who will complete the next leg **MUST** line up single file along the exchange zone shoulder of the road behind the **EXCHANGE POINT**. Faster team racers are to be towards the front. Step out of the **CHUTE** into the **EXCHANGE ZONE** as your teammate approaches. Racers finishing must exit the exchange zone promptly and follow any issued instructions.

**VAN DRIVERS:** Please pay close attention to race officials and course volunteers. Some High Desert Relay exchanges are limited in space and require attentive drivers/racers.

The race course will officially close Saturday evening at 6:30PM. Any teams remaining on the course at the time are requested to either discontinue the race, or finish by running/walking simultaneous racers (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 6:30PM. This means some exchanges may close before 6:30PM due to scheduling.





# DRIVER GUIDE

## DRIVE THE COURSE BEFORE THE RACE

- Take note of where all turns are located.
- Identify exchange zones and other areas prone to traffic congestion.
- Take note of potential stop areas where the van can provide racer support.
- Know the locations of food and restrooms. Don't violate the law by going on private property.
- Locate gas stations, fuel up prior to the start of the race.
- 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 throughout the course. Reception is spotty on many legs.



## RUN START

### BRASADA RANCH

16976 SW BRASADA RANCH ROAD, POWELL BUTTE, OR 97753

## WALK START

### CROOKED RIVER PARK

S MAIN ST, PRINEVILLE, OR 97754

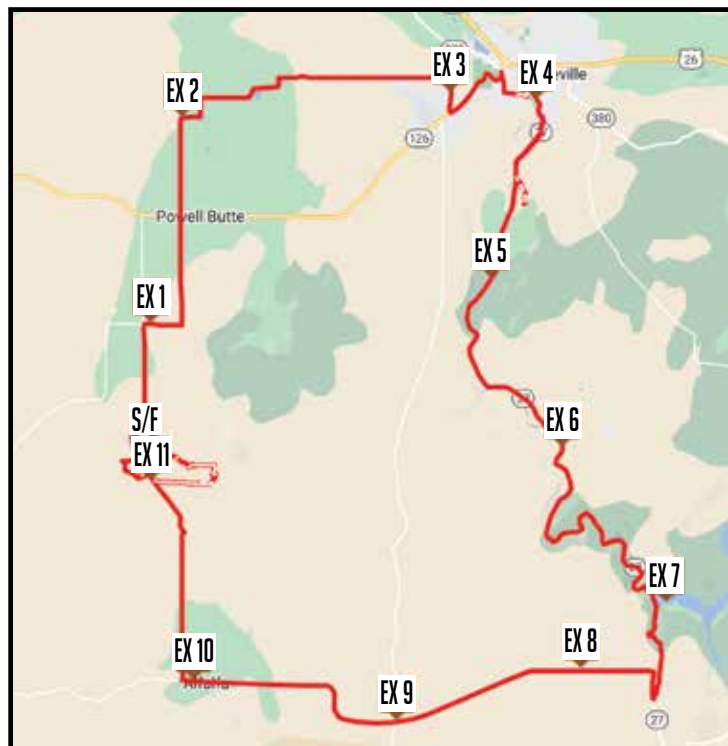
# HIGH DESERT RELAY OVERVIEW

## START/FINISH ADDRESS

16976 SW Brasada Ranch Rd  
Powell Butte, OR 97753

## WALK START ADDRESS

Crooked River Park  
Main St, Prineville, OR 97754



## EXCHANGE POINTS

- Exch 1:** Shiloh Ranch Church, 15696 SW Bussett Rd, Powell Butte, OR 97753  
**Exch 2:** 1533 SW Williams Rd, Powell Butte, OR 97753  
**Exch 3:** BTL Liners, 3451 Empire Dr, Prineville, OR 97754  
**Exch 4/Walk Start:** Crooked River Park, Main St, Prineville, OR 97754  
**Exch 5:** 44.225946, -120.866301  
**Exch 6:** 44.224467, -120.867572  
**Exch 7:** Powder House Boat Ramp, Prineville, OR 97754  
**Exch 8:** Reservoir Road OHV Play Area, 2400 S Reservoir Rd, Prineville, OR  
**Exch 9:** Four Corners HOV, Reservoir Rd & Millican Rd, Prineville, OR 97754  
**Exch 10:** Alfalfa Store, 26161 Willard Rd Bend, OR 97701  
**Exch 11:** Rid Rock Riders, 17037 Alfalfa Road, Powell Butte, OR 97753

ELEVATION: 3,100FT/-3,100FT  
NET: 0FT

|       |        | 1st Leg |         |        | 2ndLeg |         |        | Totals/Rankings |                 |                     |                    |
|-------|--------|---------|---------|--------|--------|---------|--------|-----------------|-----------------|---------------------|--------------------|
| Van   | Runner | Leg #   | Mileage | Rating | Leg #  | Mileage | Rating | Total Miles     | Mileage Ranking | Relative Difficulty | Difficulty Ranking |
| Van 1 | 1      | 1       | 5.15    | M      | 7      | 8.45    | H      | 13.60           | 1               | 15.80               | 1                  |
| Van 1 | 2      | 2       | 7.02    | E      | 8      | 5.15    | H      | 12.17           | 2               | 13.20               | 2                  |
| Van 1 | 3      | 3       | 7.14    | H      | 9      | 4.61    | E      | 11.75           | 3               | 13.17               | 3                  |
| Van 1 | 4      | 4       | 4.11    | E      | 10     | 6.27    | H      | 10.38           | 4               | 11.63               | 4                  |
| Van 1 | 5      | 5       | 4.85    | M      | 11     | 5.51    | M      | 10.36           | 5               | 11.39               | 5                  |
| Van 1 | 6      | 6       | 5.93    | M      | 12     | 2.91    | H      | 8.84            | 6               | 10.01               | 6                  |

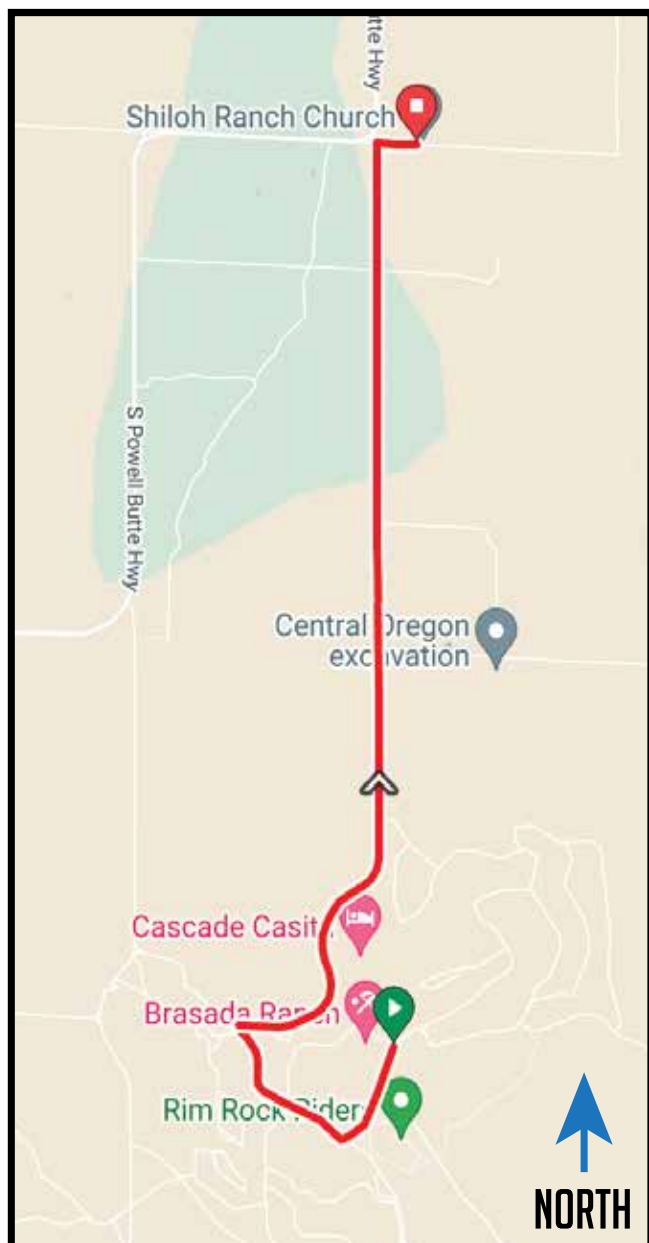


# LEG 1

# 5.15 MI | MODERATE

**EXCHANGE 1 ADDRESS:** Shiloh Ranch Church, 15696 SW Bussett Rd, Powell Butte, OR

**EXCHANGE 1 GPS:** 44.208116, -121.043364



## DIRECTIONS

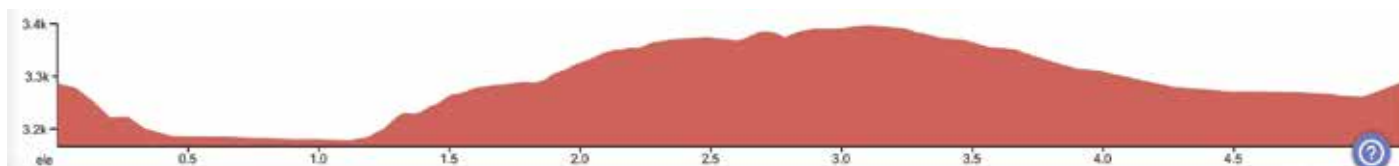
- 1.1 Turn RIGHT onto S Shumway Rd
- 5.0 Turn RIGHT onto SW Bussett Rd
- 5.1 Exchange 1

Scan for Ride With GPS Map



[Or Click HERE](#)

**Total Elevation Gain: 244**  
**Total Elevation Loss: -238**  
**Net Elevation: +6**





# THANK YOU FOR 20 **INCREDIBLE** YEARS!



**HOOD to COAST**  
RELAY





## LEG 2

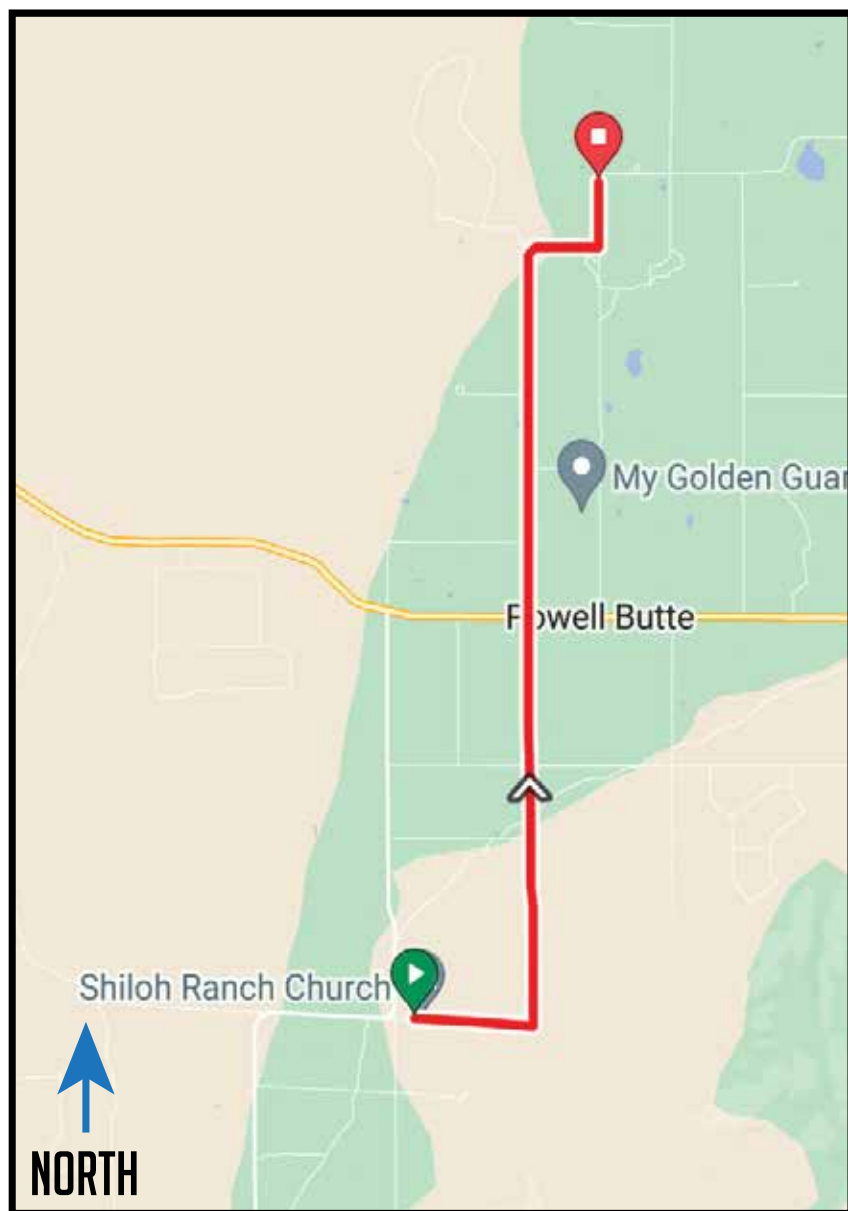
# 7.02 MI | EASY

**EXCHANGE 2 ADDRESS:** 1533 SW Williams Rd, Powell Butte, OR 97753

**EXCHANGE 2 GPS:** 44.290431, -121.018207

### DIRECTIONS

- ← 0.8 Turn LEFT onto SW Reif Rd
- 6.1 Turn RIGHT to stay on SW Reif
- ← 6.6 Turn LEFT onto S Williams Rd
- 7.0 Exchange 2

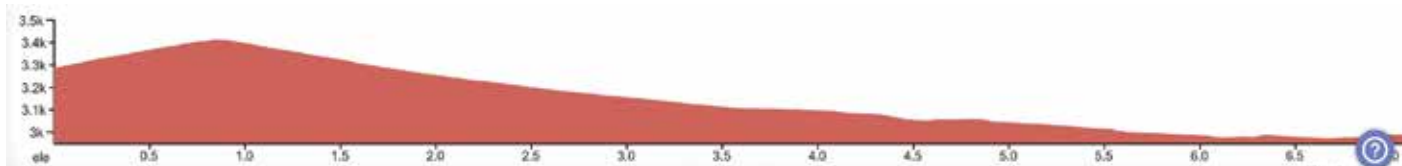


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**Total Elevation Gain: 143**  
**Total Elevation Loss: -447**  
**Net Elevation: -304**





# LEG 3

# 7.14 MI | HARD

**EXCHANGE 3 ADDRESS:** BTL Liners, 3451 Empire Dr, Prineville, OR 97754

**EXCHANGE 3 GPS:** 44.292429, -120.888433



## DIRECTIONS

- 0.1 Turn RIGHT to stay on S Williams
- ← 2.2 Turn LEFT onto SW Cornett Loop
- 2.5 Turn RIGHT onto SW Houston Lake Rd
- ↑ 6.7 Continue onto Tom McCall Rd
- 7.1 Exchange 3

Scan for Ride With GPS Map

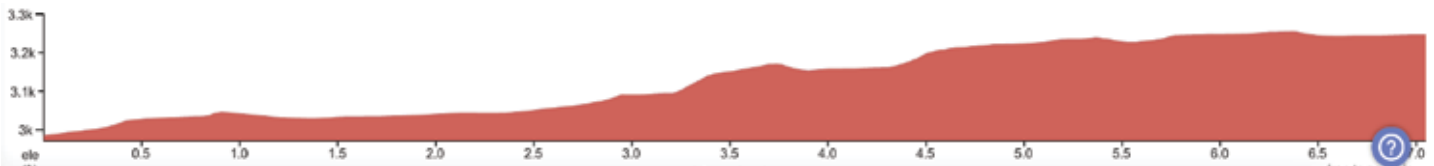


[Or Click HERE](#)

Total Elevation Gain: 312

Total Elevation Loss: -52

Net Elevation: +260



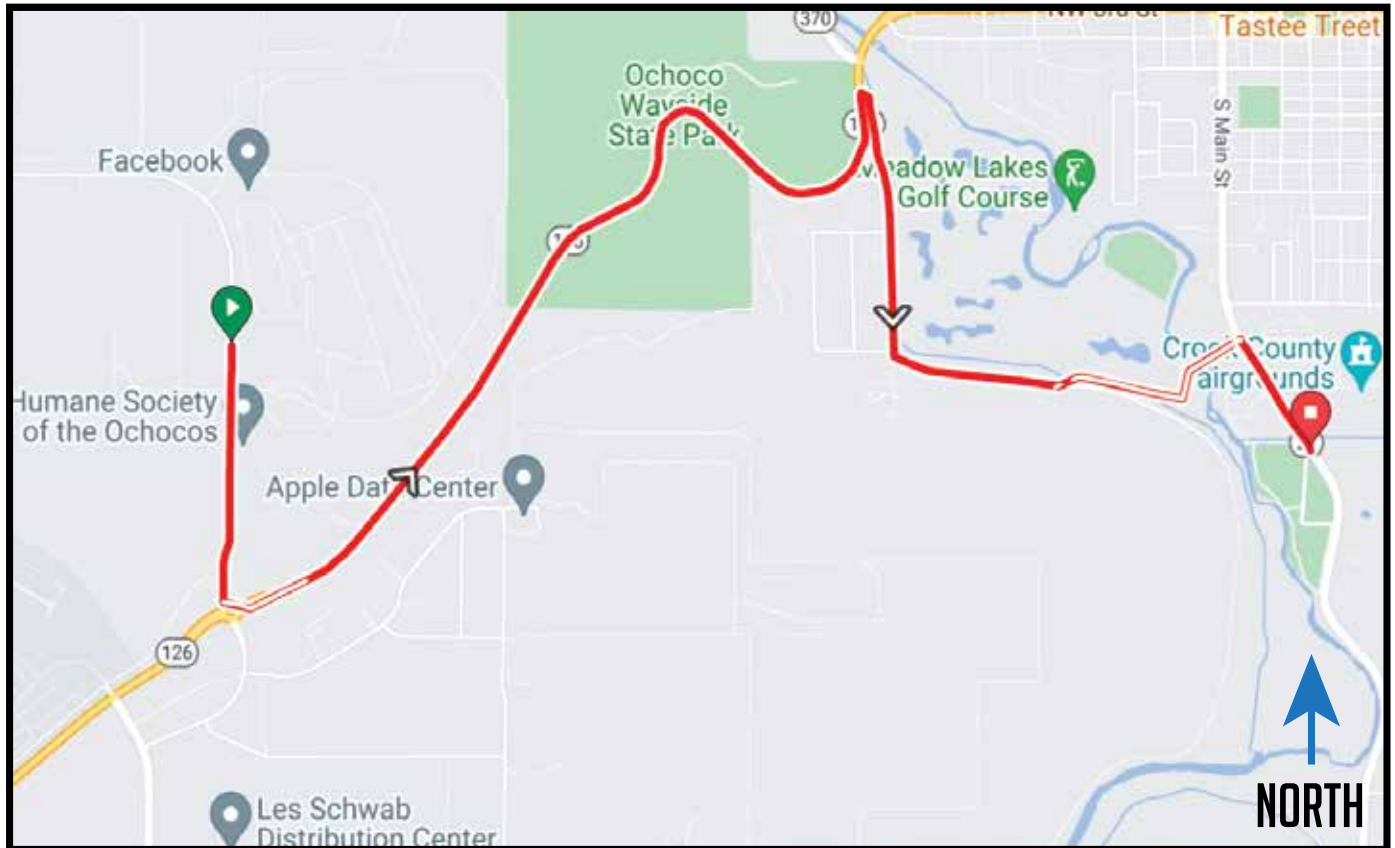


# LEG 4

# 4.11 MI | EASY

**EXCHANGE 4 ADDRESS:** Crooked River Park, Main St, Prineville, OR 97754

**EXCHANGE 4 GPS:** 44.290321, -120.843637



## DIRECTIONS

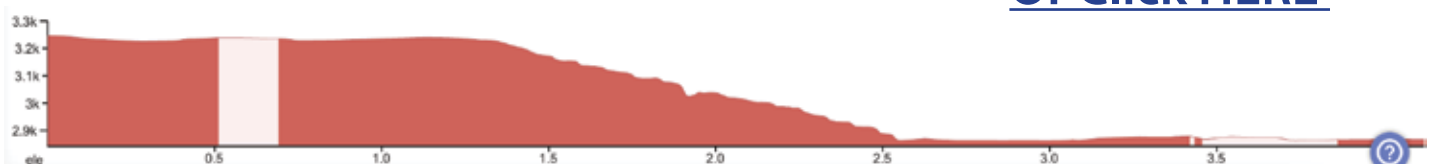
- ➔ 2.5 Turn RIGHT onto S Rimrock Rd
- ➔ 3.1 Turn LEFT onto SW Crestview Rd
- 4.1 Exchange 4

Total Elevation Gain: 43  
Total Elevation Loss: -420  
Net Elevation: -377

Scan for Ride With GPS Map



[Or Click HERE](#)





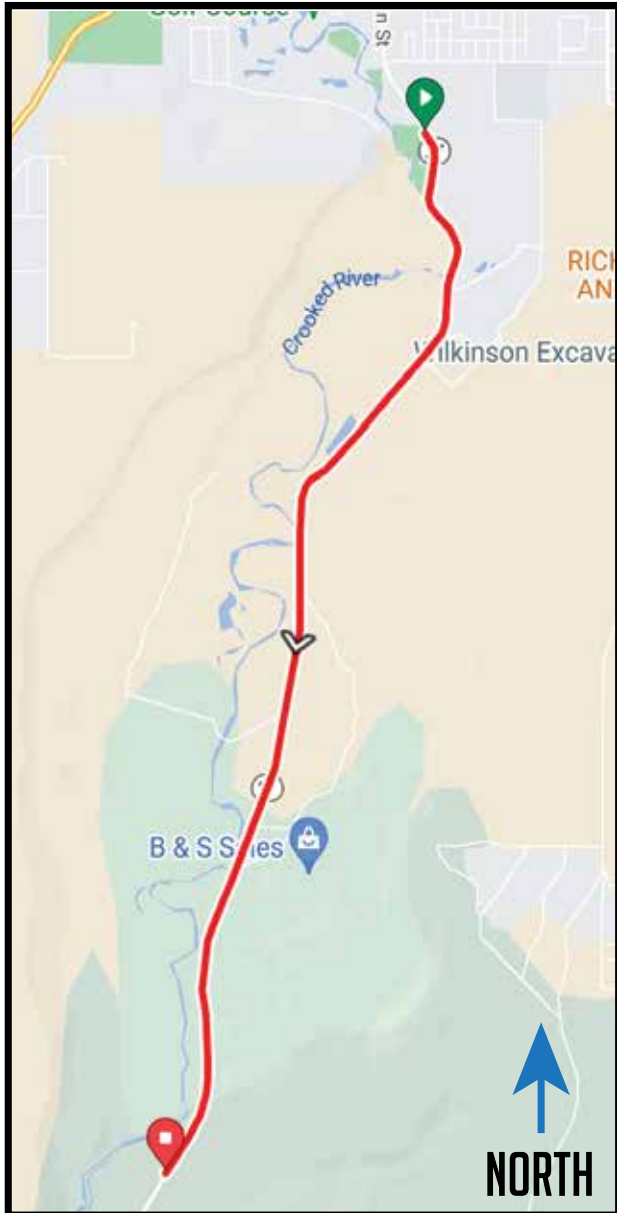
# LEG 5

# 4.85 MI | HARD

**EXCHANGE 5 ADDRESS:** No Address- Use GPS Coordinates

**EXCHANGE 5 GPS:** 44.225946, -120.866301

**THIS IS THE FIRST LEG OF THE HIGH DESERT WALK RELAY! THE WALK RELAY STARTS AT EXCHANGE 4.**



## DIRECTIONS

0.0 Continue STRAIGHT

4.9 Exchange 5

**Scan for Ride With GPS Map**

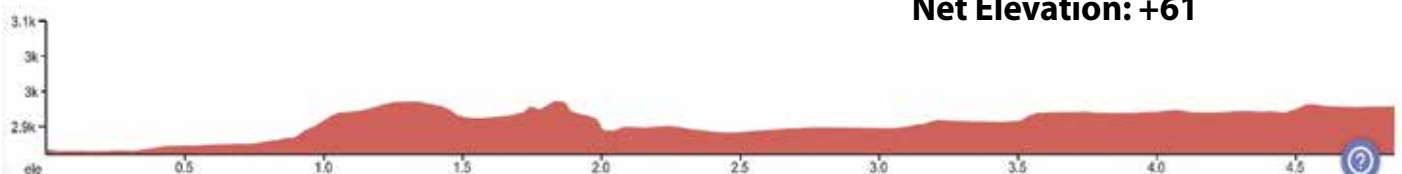


[Or Click HERE](#)

**Total Elevation Gain: 145**

**Total Elevation Loss: -84**

**Net Elevation: +61**







Running Tip #34:

**RUN LIKE  
YOU SEE A  
BURGERVILLE  
AHEAD.**



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# LEG 6 5.93 MI | MODERATE

**EXCHANGE 6 ADDRESS:** No Address- Use GPS Coordinates

**EXCHANGE 6 GPS:** 44.161932, -120.830528



## DIRECTIONS

0.0 Continue STRAIGHT

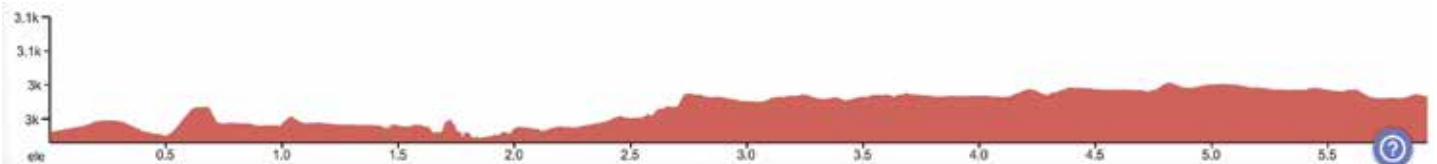
5.9 Exchange 6

Scan for Ride With GPS Map



[Or Click HERE](#)

**Total Elevation Gain: 213**  
**Total Elevation Loss: -161**  
**Net Elevation: +52**



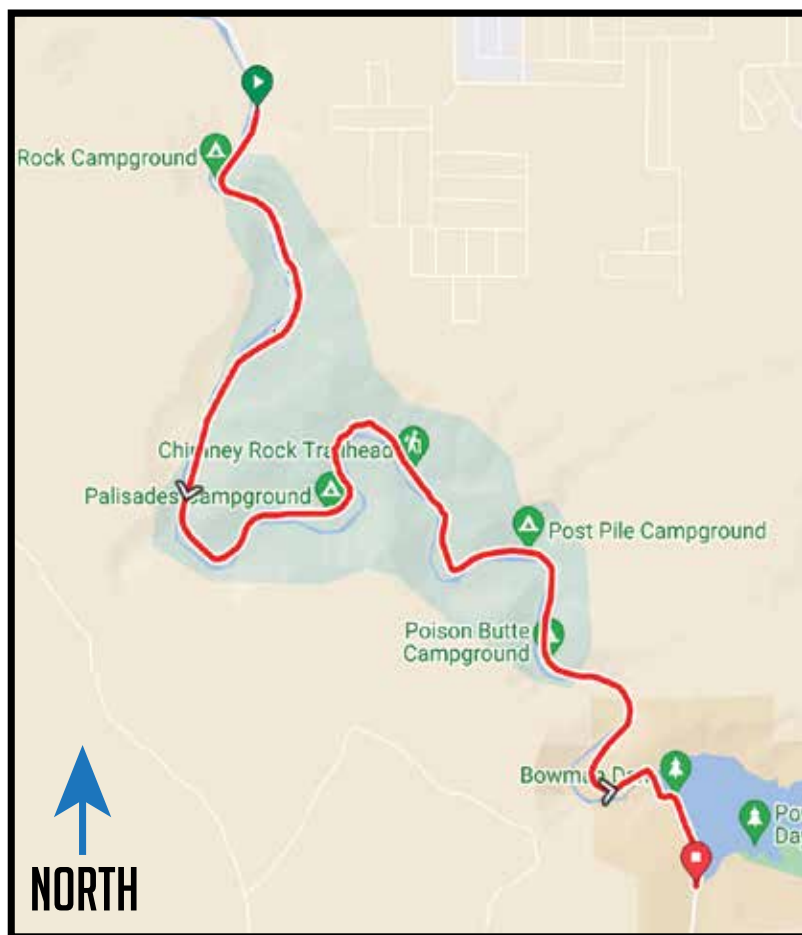


# LEG 7

# 8.45 MI | HARD

**EXCHANGE 7 ADDRESS:** Powder House Boat Ramp, Prineville, OR 97754

**EXCHANGE 7 GPS:** 44.104845, -120.781788



## DIRECTIONS

0.0 Continue STRAIGHT

8.4 Exchange 7

Scan for Ride With GPS Map

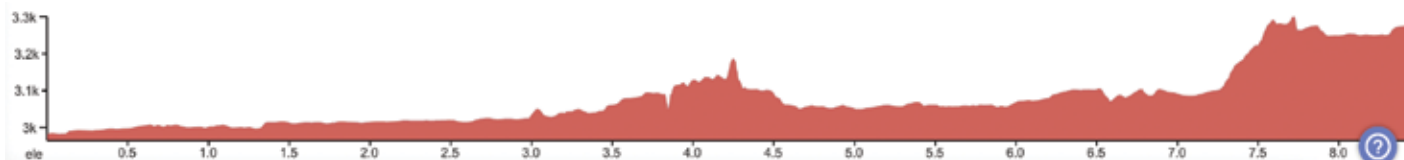


[Or Click HERE](#)

**Total Elevation Gain: 619**

**Total Elevation Loss: -324**

**Net Elevation: +295**





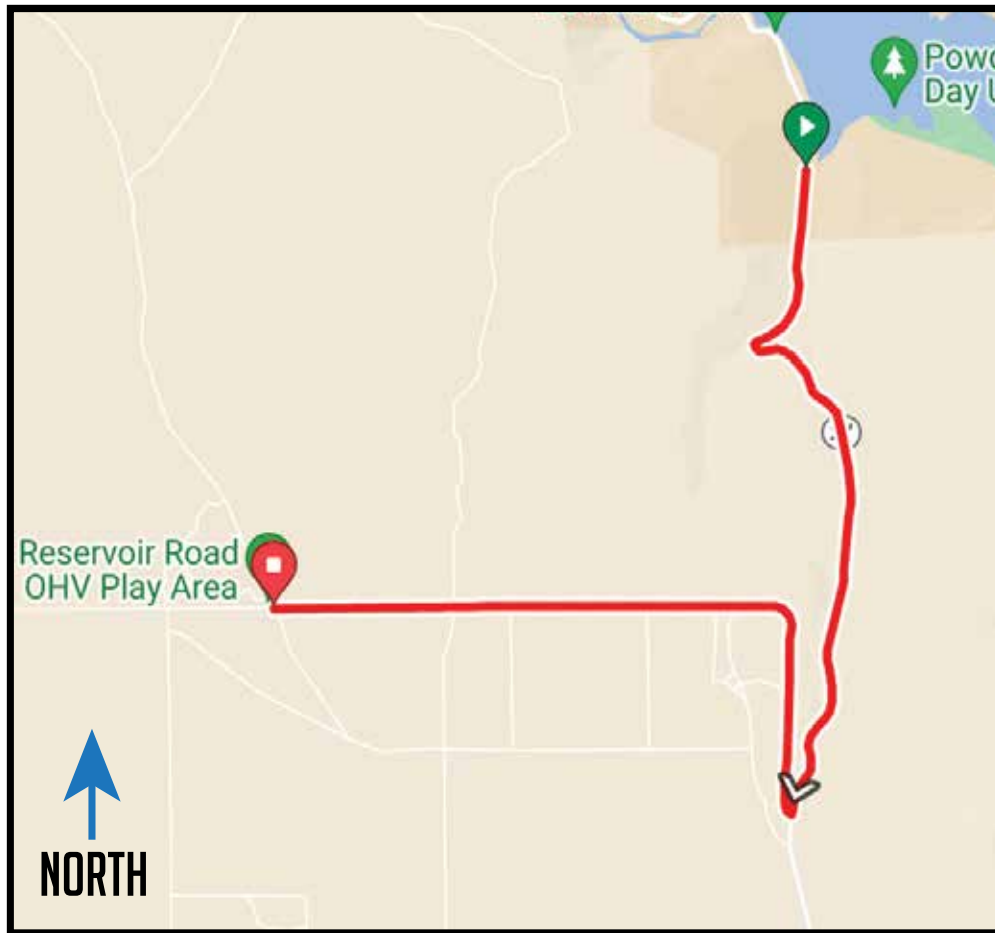


# LEG 8

# 5.15 MI | HARD

**EXCHANGE 8 ADDRESS:** Reservoir Road OHV Play Area, 2400 S Reservoir Rd, Prineville, OR

**EXCHANGE 8 GPS:** 44.081238, -120.821025



Scan for Ride  
With GPS Map

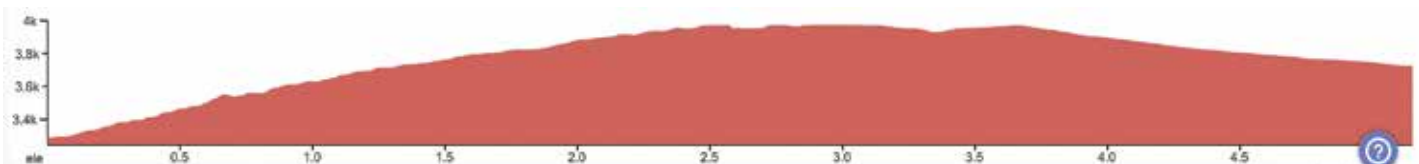


[Or Click HERE](#)

## DIRECTIONS

- 2.6 Turn RIGHT onto Reservoir Rd
- 5.1 Exchange 8

**Total Elevation Gain: 731**  
**Total Elevation Loss: -295**  
**Net Elevation: 436**



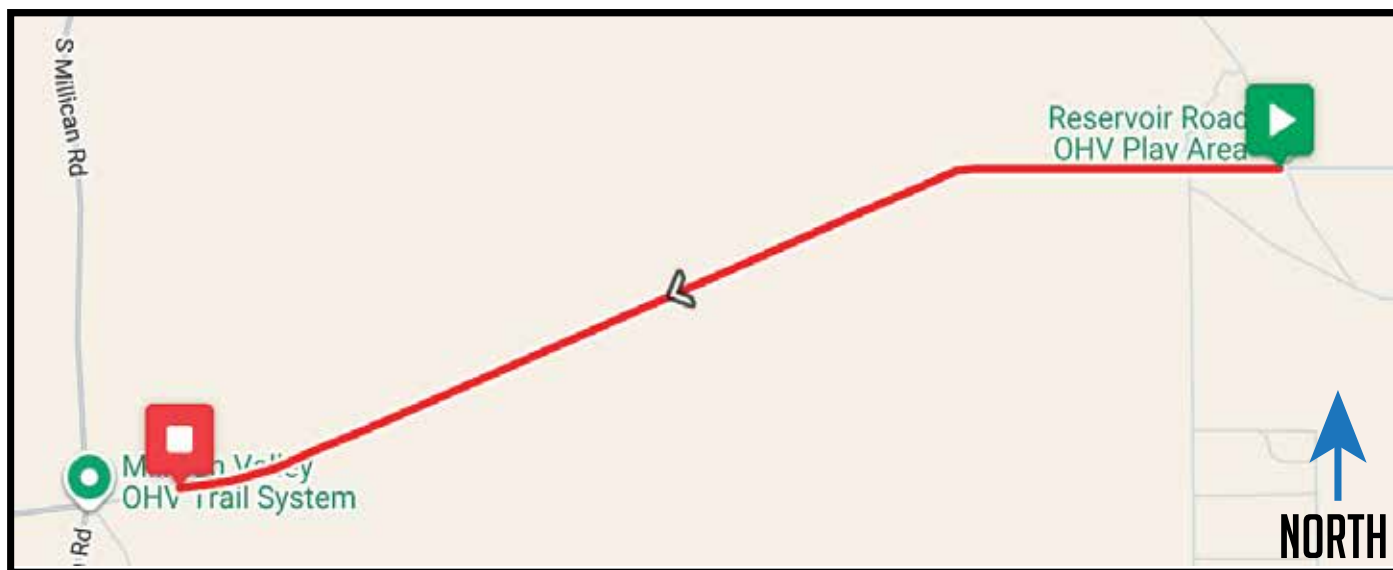


# LEG 9

# 4.61 MI | EASY

**EXCHANGE 9 ADDRESS:** Four Corners HOV, Reservoir Rd & Millican Rd, Prineville, OR

**EXCHANGE 9 GPS:** 44.063503, -120.909156



## DIRECTIONS

0.0 Continue STRAIGHT

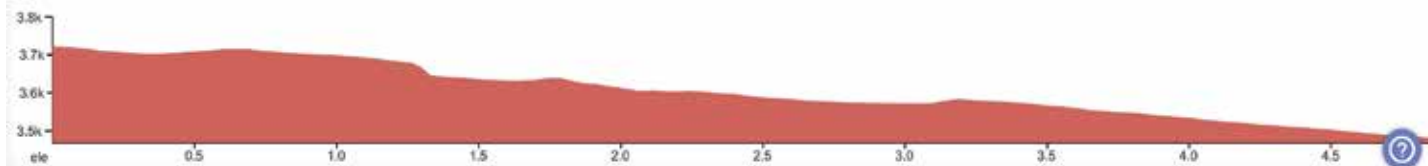
4.61 Exchange 9

Scan for Ride With GPS Map



[Or Click HERE](#)

**Total Elevation Gain: 28**  
**Total Elevation Loss: -254**  
**Net Elevation: -226**



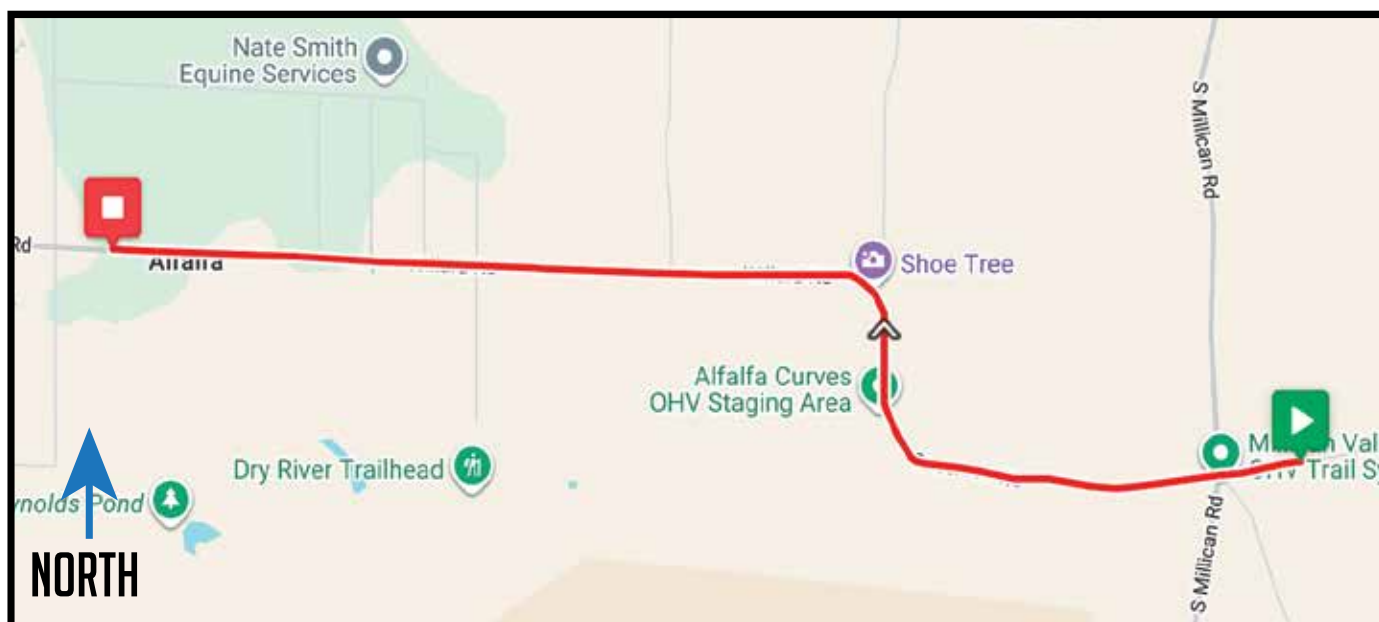


# LEG 10

# 6.27 MI | HARD

EXCHANGE 10 ADDRESS: Alfalfa Store, 26161 Willard Rd Bend, OR 97701

EXCHANGE 10 GPS: 44.077285, -121.019364



## DIRECTIONS

- ↑ 2.8 Continue onto Willard Rd  
6.27 Exchange 10

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Total Elevation Gain: 38  
Total Elevation Loss: -163  
Net Elevation: -125





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# LEG 11 5.51 MI | MODERATE

**EXCHANGE 11 ADDRESS:** Rid Rock Riders, 17037 Alfalfa Road, Powell Butte, OR 97753

**EXCHANGE 11 GPS:** 44.152332, -121.047844



## DIRECTIONS

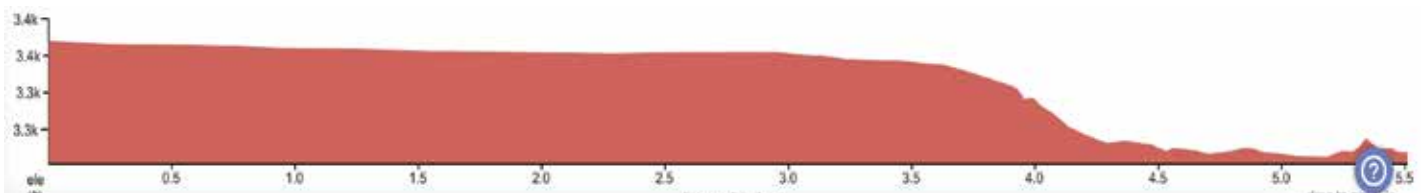
- ← 0.3 Turn RIGHT onto Johnson Ranch Rd
- ↑ 4.4 Continue onto Alfalfa Rd
- 5.5 Exchange 11

Scan for Ride With GPS Map



[Or Click HERE](#)

**Total Elevation Gain: 28**  
**Total Elevation Loss: -178**  
**Net Elevation: -150**



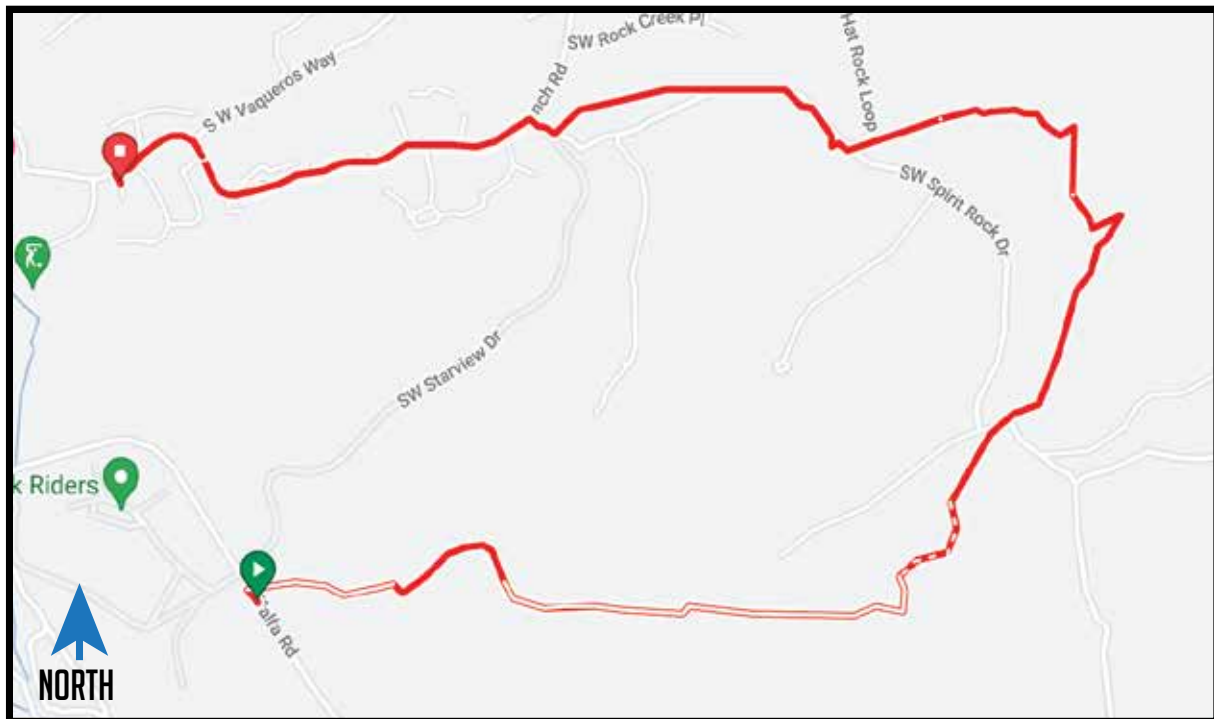


# LEG 12

# 2.91 MI | HARD

**FINISH ADDRESS:** Brasada Ranch, 16976 SW Brasada Ranch Rd, Powell Butte, OR 97753

**FINISH GPS:** 44.157005, -121.047293



## DIRECTIONS

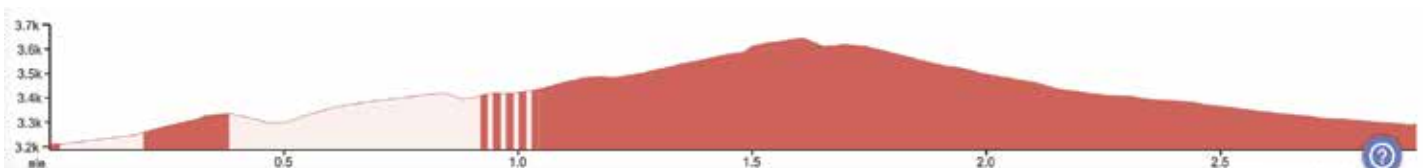
- ← 2.3 Turn LEFT onto S W Brasada Ranch Rd
- 2.9 Arrive at Finish

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**Total Elevation Gain: 423**  
**Total Elevation Loss: -346**  
**Net Elevation: -77**







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# PENALTIES FORM

## RULE VIOLATION REPORTING PROCESS

- All completed penalty forms must be turned in to the Finish area Race Information Tent within 30 minutes of completing the race. Be specific! Submissions without citing team numbers will not be accepted.
- The Rules Committee will review completed penalty forms throughout Saturday.
- Penalty times will be added to team finish times. Posted times are subject to revision should penalty be incurred.
- 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 RACE INFORMATION TENT AT THE FINISH PARTY WITHIN 30 MINUTES OF YOUR TEAM'S FINISH TIME.**

Violation involved team # \_\_\_\_\_

Violation Team Name \_\_\_\_\_

Time \_\_\_\_\_ (am) (pm)

Leg or Exchange # \_\_\_\_\_

Description of person(s) involved: \_\_\_\_\_

\_\_\_\_\_

Describe rule infraction \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Witnesses \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Team # \_\_\_\_\_

Your Team Name \_\_\_\_\_

(must have to process)

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



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