2026 HANDBOOK

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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

St. Jude Children's Research Hospital®

Learn more here:

TABLE OF CONTENTS

CAPTAIN'S CHECKLIST

Travel/Accomodations	5
Required Safety Equipment	5
Vans	5-6
Seabrook Relay Start	6
Penalties	8
Open Container Policy	8
Seabrook Relay Merchandise	8
Seabrook Relay Finish	9
Awards Ceremony	9
Finish Party	9

RACE INFORMATION

Packing List	11
Race Rules	12
Team Structure	16
Substitution Process	17
Categories	18
Safety/Emergency	19
Course Guidelines	20
Drivers Guide	21
Course Overview	22
Course Ratings	22
Penalty Process	40

COURSE MAPS

Leg 1	24
Leg 2	25
Leg 3	26
Leg 4	27
Leg 5*	28
Leg 6	29
Leg 7	30
Leg 8	32
Leg 9	34
Leg 10	35
Leg 11	36
Leg 12	38

*First Leg of Seabrook Walk Relay

RACE SERIES PARNERS

TITLE PARTNER

Tires LES SCHWAB

PRESENTING PARTNER

CHARITY OF CHOICE

St. Jude Children's Research Hospital
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CAPTAIN CHECKLIST

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

TRAVEL/ACCOMMODATIONS

Plan ahead! HTC Race Series staff is available to answer any questions you may have regarding vans/vehicles, hotel, and flight reservations. Email **office@htcrelay.com** with questions.

REQUIRED TEAM SAFETY EQUIPMENT

Each team MUST have the following items in their van and present them for inspection at the Start Line.

- **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.

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.

CAPTAIN CHECKLIST

VANS

Teams are encourages to print the **"CAUTION: RACERS ON ROAD"** sign located on the website at https://hoodtocoast.com/one-day-relays/seabrook/ 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 adibe by the rule will result in disqualification.

SEARBOOK RELAY START

Packet Pickup: Please check the Seabrook 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 Seabrook, WA.
The WALK START is located at Quinault National Fish Hatchery, 3 Sockeye Rd, Humptulips, WA 98552 (Exchange 4).
The race begins **Saturday, May 30th** with start times every 10 minutes from 6:00-6:50AM. 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 May 25th at 6am to May 29th at 12pm. Snap a photo of all your required safety equipment and you'll be ready to go.

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CAPTAIN CHECKLIST

TIMING CHIP

Your official team timing chip is on the back of one of your race bibs. It is a shiny silver rectangle. The bib **MUST BE WORN BY THE LEG 12 RACER.** Your official start time will be recorded by Eclectic Edge Racing at the start line, this timing bib worn by the Leg 12 racer will determine your official finish time.

PENALTIES (PENALTIES FORM ON PG 38)

Race officials record infractions as seen; teams are permitted to watch and report rule infractions committed by other teams. Teams that wish to report penalities (see "Race Rules" pg 12-14) must do so in writing within 1 hour of arriving at the Finish in Seabrook. Submit the written form at the Race Information Tent. Be specific and detailed. You must identify the offending team by number. The Rules & Penalities 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 courses! 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!

SEABROOK RELAY MERCHANDISE

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

SEABROOK 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 a bib with a teaming chip 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/seabrook/.** If you do not agree or have questions regarding final results, please file a report prior to 6:00PM 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: The TOP THREE finishing teams 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.

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Learn more

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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, antibactirial
- 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
- Seabrook 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 race bib with the timing chip on the back 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 a flashlight, or wear a headlamp or a hat headlight
- Wear reflective vest (this must be worn until 9:00am)

All safety equipment must be presented at the Start Line or during Pre-Check. Paricipants 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 PARTICIAPANTS **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 **30 MINUTE PENALTY**

Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerarted. 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.

OBEY RACE OFFICIALS **60 MINUTE PENALTY**

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, MARIJUANA OR OTHER DRUGS **DISQUALIFICATION**

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!

NO BICYCLES OR DOGS **DISQUALIFICATION**

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

PUBLIC NUISANCE RULE **DISQUALIFICATION**

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 are provided at each exchange point.

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 anticiapted 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.

STRIDE INTO

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TEAM STRUCTURE

RECRUIT TEAMMATES

Connect with runners/walkers looking for a team or teams looking for runners/walkers by visiting **www.facebook.com/hoodtocoast.** 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 from participating in future events. It should be understood that the start time for any Seabrook Relay team could result in a 7:30pm finish Saturday evening at Seabrook.

RACER SUBSTITUTION

No runner/walker may drop out of the race solely for the purpose of the team substiting a faster participate 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
- Racer willingness to run/walk on a gravel (and potentially dusty) road

The combination of the first three of these is prehaps 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 explantion 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 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 in 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 paricipants is 60
14. WOMEN'S CHAMPION MASTERS	Average age of all participats is 60
15. MIXES CHAMPION 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 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.

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 and support personnel are highly encouraged to wear a reflective vest and LED flasher when not inside the race vehicle, while on the course or at an exchange.

Acceptable reflectivity must be present on the front and back of the participant during the hours listed above. Reflective striping on a shirt or vest must be at least 1/3" thick. Reflectivity on shorts, pants or hats 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.

Racers 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, Seabrook 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 racers! 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.

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 Seabrook Relay exchanges are limited in space and require attentive drivers/racers.

The race course will officially close Saturday evening at 7:00PM. 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 7:00PM. This means some exchanges may close before 7:00PM 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

SEABROOK
203 FRONT STREET, PACIFIC BEACH, WA 98571

WALK START

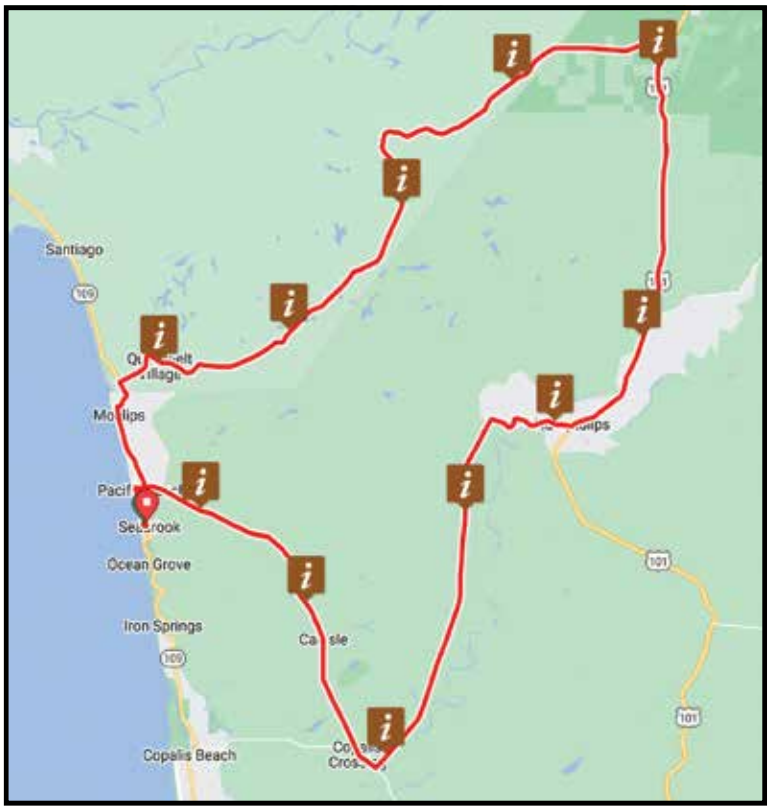
3 SOCKEYE ROAD, HUMPTULIPS, WA 98552
Walker teams do NOT need to come to the run start. If you did not attend packet pickup your packet wil be at the walk start.

SEABROOK RELAY OVERVIEW

RUN START ADDRESS
203 Front St
Pacific Beach, WA 98571

WALK START ADDRESS
3 Sockeye Road
Humptulips, WA 98552

FINISH ADDRESS
130 Meriweather Street
Pacific Beach, WA 98571

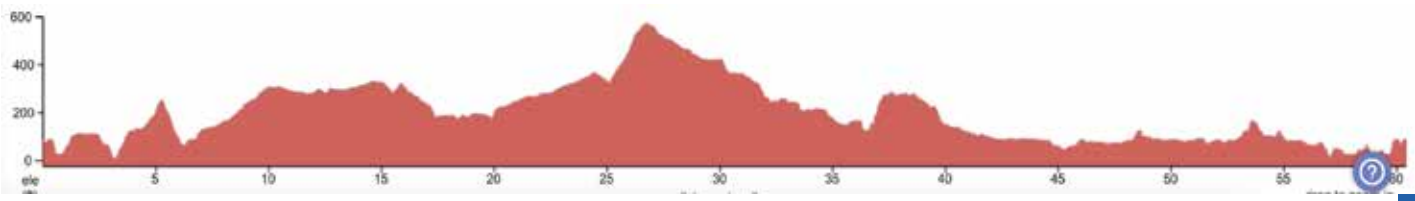


EXCHANGE POINTS

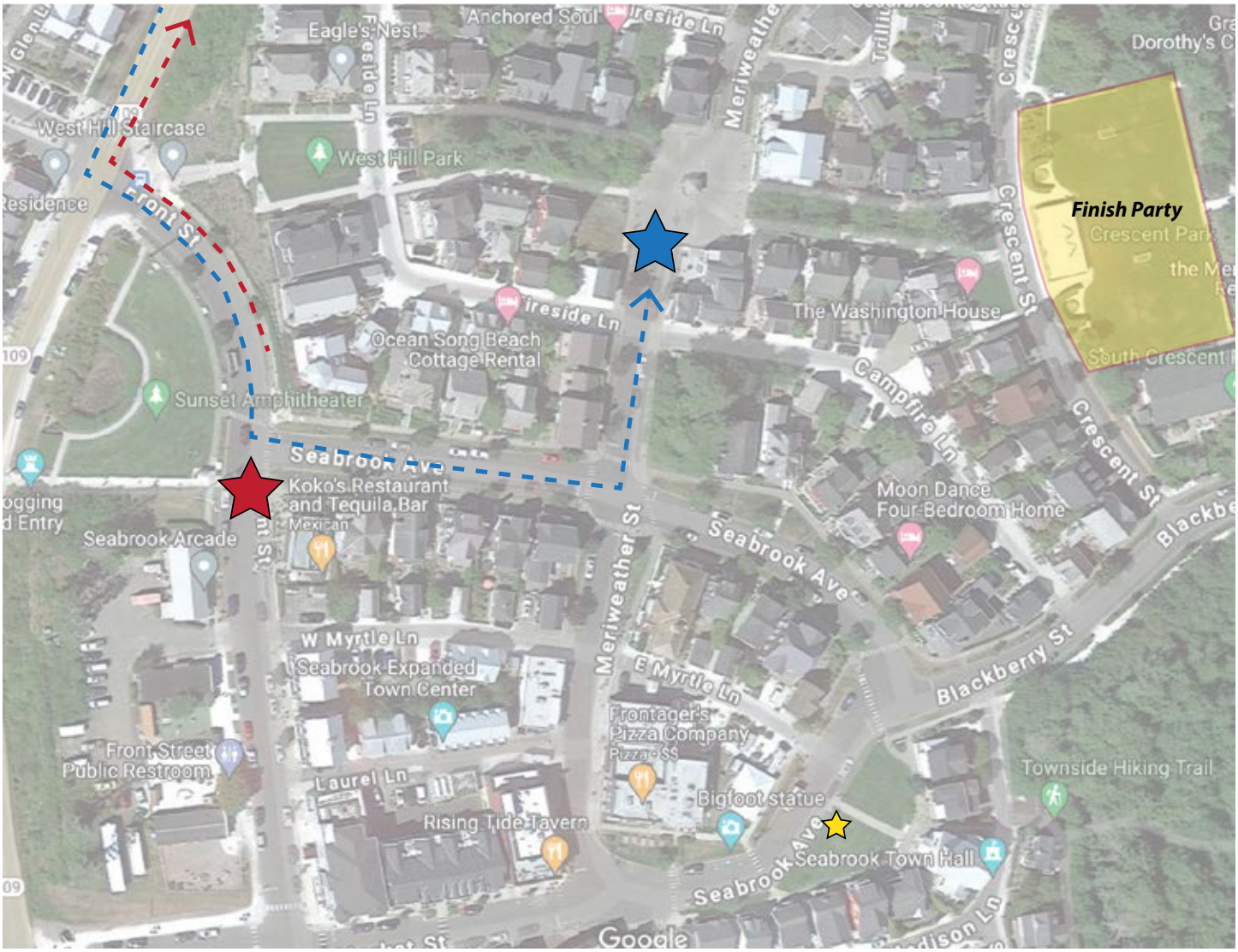
Exch 1: 47.255629, -124.191165
Exch 2: 47.265991, -124.117852
Exch 3: 47.312422, -124.054445
Exch 4/Walk Start: Quinault National Fish Hatchery, 3 Sockeye Rd, Humptulips, WA 98552
Exch 5: Quinault-Neilton Storage
4881 US-101, Humptulips, WA 98552
Exch 6: Promised Land Recreation Area
3515 US-101, Humptulips, WA 98552
Exch 7: Big Spruce Resort
7 Riverview Dr, Hoquiam, WA 98550
Exch 8: 47.200648, -124.018957
Exch 9: 47.112318, -124.063322
Exch 10: 47.167590, -124.108335
Exch 11: 47.200920, -124.164195

		1st Leg			2nd Leg			Totals/Rankings			
Van	Runner	Leg #	Mileage	Rating	Leg #	Mileage	Rating	Total Miles	Mileage Ranking	Relative Difficulty	Difficulty Ranking
Van 1	1	1	5.4	H	7	3.5	E	8.9	5	9.9	5
Van 1	2	2	3.9	M	8	4.5	M	8.4	6	9.2	6
Van 1	3	3	4.5	M	9	6.7	M	11.2	1	12.3	1
Van 1	4	4	6.0	M	10	5.0	E	11.0	2	11.6	2
Van 1	5	5	5.3	H	11	3.8	M	9.1	4	10.5	3
Van 1	6	6	7.0	M	12	2.6	E	9.6	3	10.3	4

ELEVEVATION: 1,922FT/-1,916FT
NET: 6FT



MAP OF SEABROOK



Les Schwab Tires
HTC Race Series
Seabrook Relay
May 30, 2026
Seabrook, WA

= Run Relay Start Line
203 Front Street
Pacific Beach, WA 98571

= Run & Walk Relay
Finish Line
130 Meriweather Street
Pacific Beach, WA 98571

= May 29th Packet Pickup
Market Street & Front Street
Pacific Beach, WA 98571

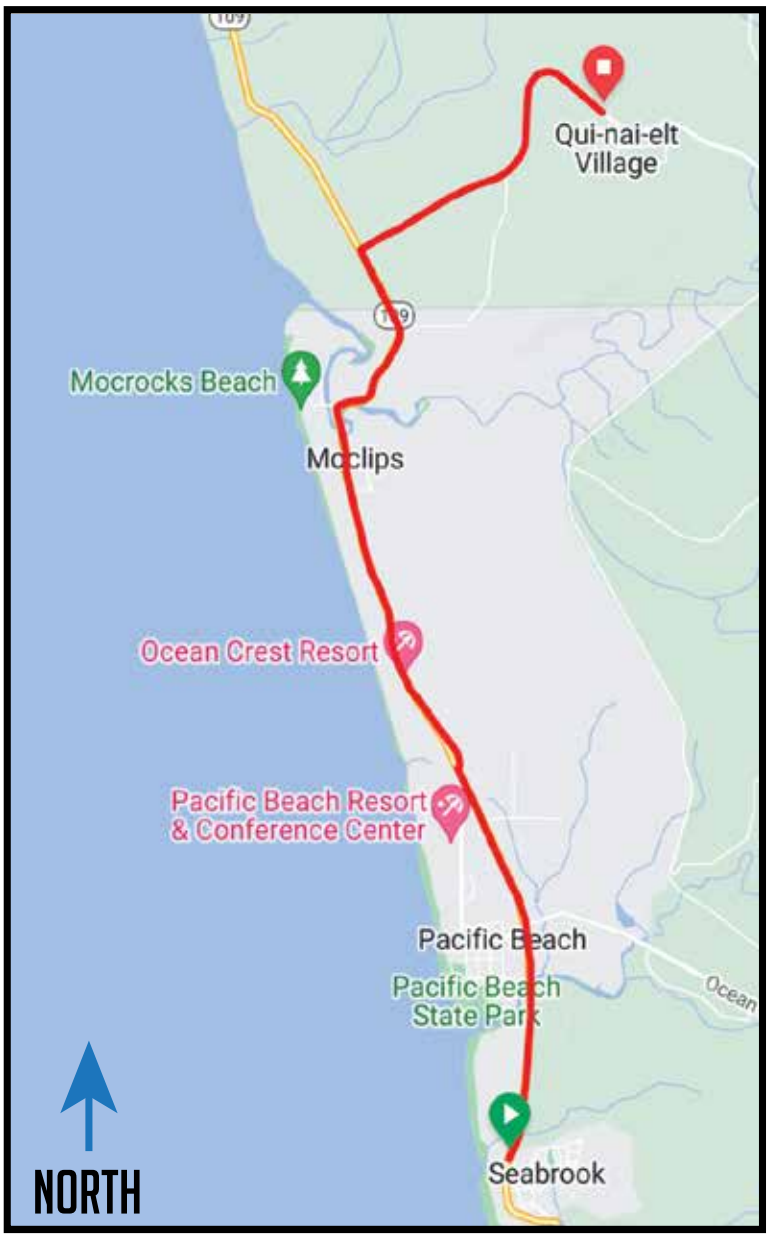
= Run Relay Start Route

= Run & Walk Relay
Finish Route

Walk Start (Not Pictured)
3 Sockeye Road
Humptulips, WA 98552

LEG 1 | 5.4 MI | HARD

EXCHANGE 1 ADDRESS: N/A- use GPS coordinates
EXCHANGE 1 GPS: 47.255629, -124.191165

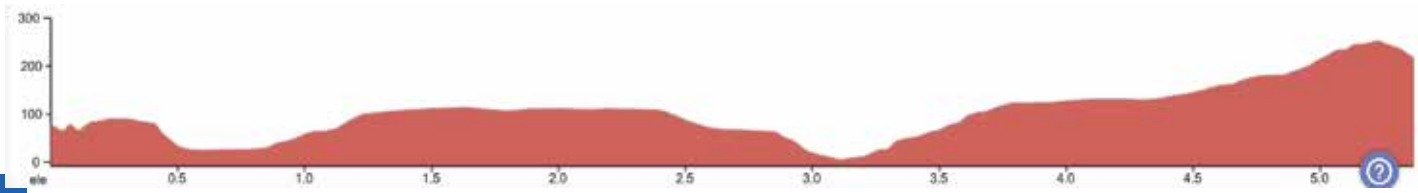


DIRECTIONS

- 1.6 Turn RIGHT onto 1st Street
- 1.8 Continue onto Hwy 109
- 3.9 Turn RIGHT onto Moclips Hwy
- 5.4 Arrive at Exchange 1

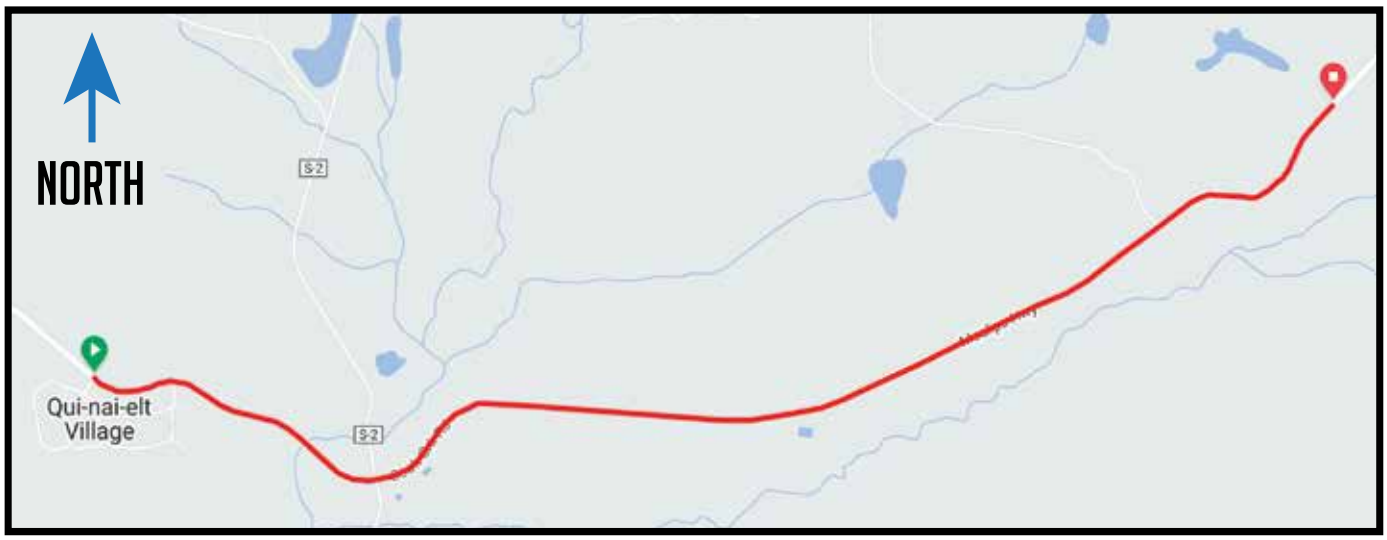
Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 354
Total Elevation Loss: -205
Net Elevation: 149



2 LEG 2 3.9 MI | MODERATE

EXCHANGE 2 ADDRESS: N/A- Use GPS coordinat
EXCHANGE 2 GPS: 47.265991, -124.117852

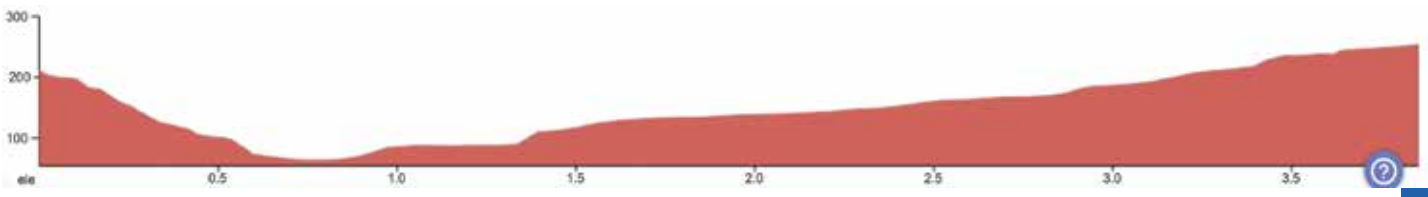


DIRECTIONS

3.9 Arrive at Exchange 2

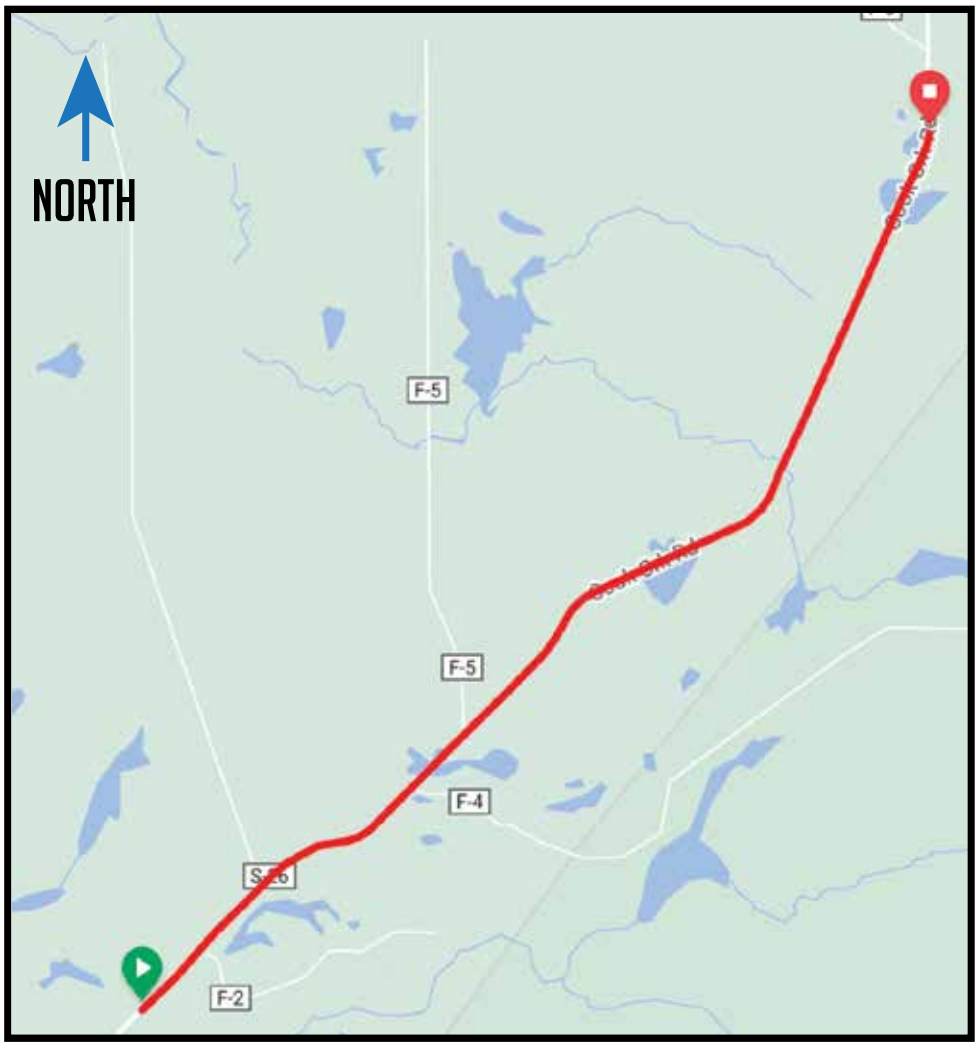
Scan QR code or
CLICK HERE for
interactive map

Total Elevation Gain: 189
Total Elevation Loss: -142
Net Elevation: +47



3 LEG 3 4.5 MI | MODERATE

EXCHANGE 3 ADDRESS: N/A- use GPS coordinates
EXCHANGE 3 GPS: 47.312422, -124.054445

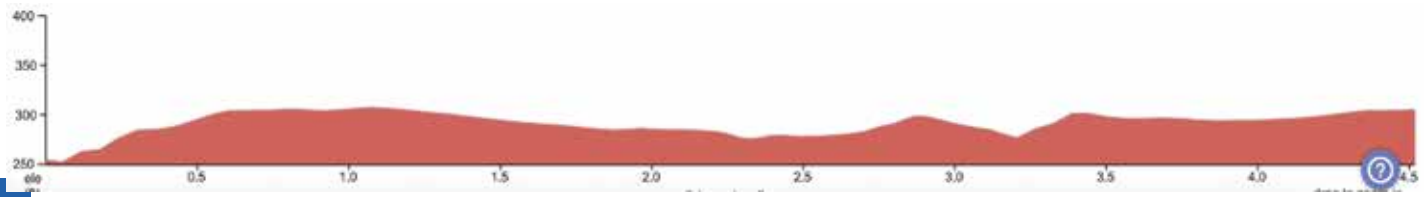


DIRECTIONS

4.5 Arrive at Exchange 3

Scan QR code or CLICK HERE for interactive map

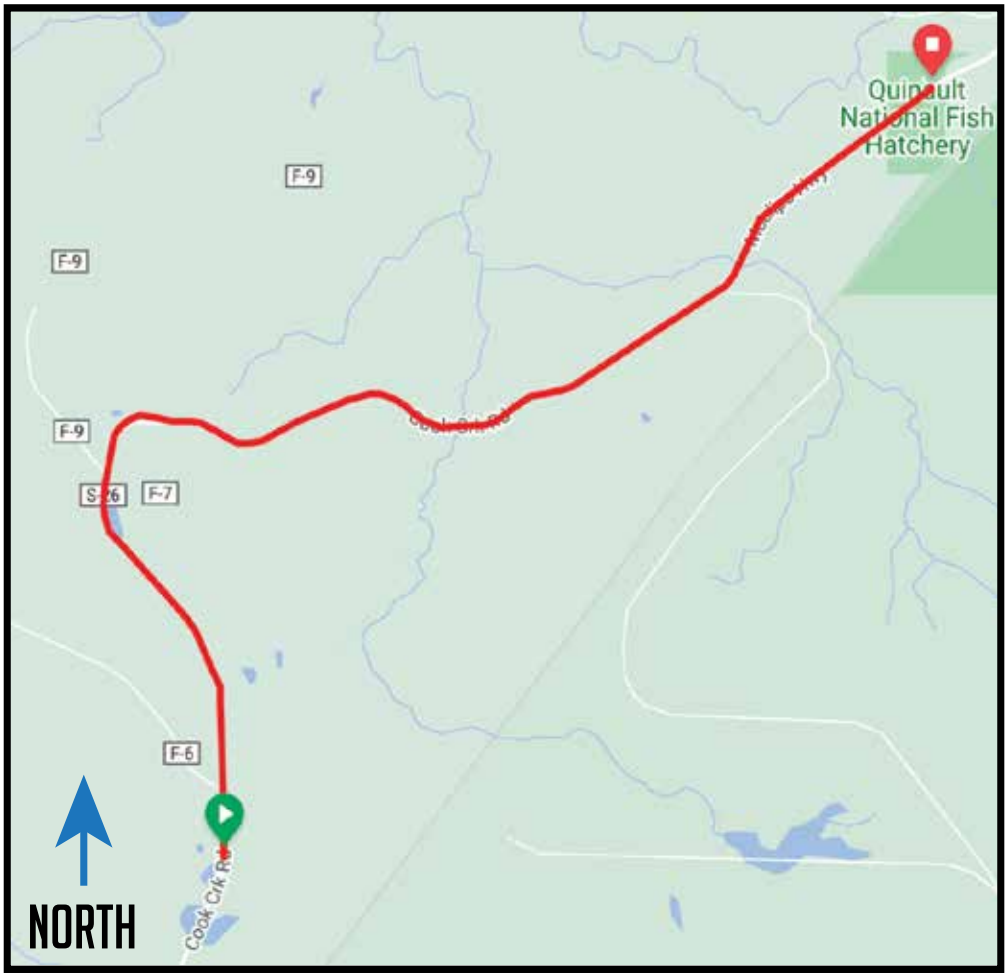
Total Elevation Gain: 111
Total Elevation Loss: -60
Net Elevation: +51



4 LEG 4 6.0 MI | MODERATE

EXCHANGE 4 ADDRESS: Quinault National Fish Hatchery, 3 Sockeye Rd, Humptulips, WA 98552

EXCHANGE 4 GPS: 47.358177, -123.990214

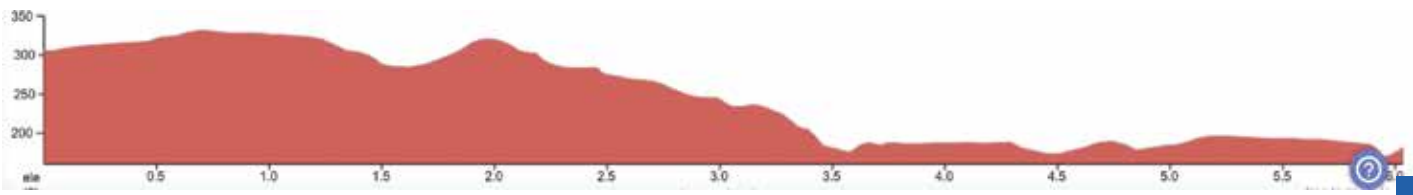


DIRECTIONS

6.0 Arrive at Exchange 4

Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 115
Total Elevation Loss: -241
Net Elevation: -126



5 LEG 5

5.3 MI | HARD

EXCHANGE 5 ADDRESS: Quinault-Neilton Storage, 4881 US-101, Humptulips, WA 98552

EXCHANGE 5 GPS: 47.362181, -123.911448

THIS IS THE FIRST LEG OF THE SEABROOK WALK RELAY. THE WALK RELAY STARTS AT EXCHANGE 4!

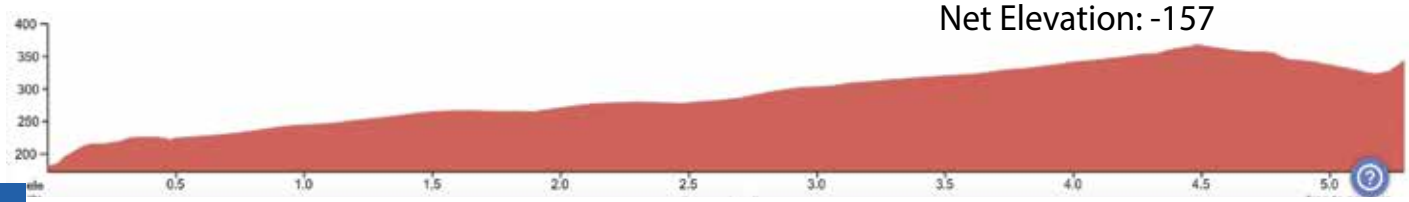
DIRECTIONS

→ 4.5 Turn RIGHT onto US 101

5.3 Arrive at Exchange 5

Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 204
Total Elevation Loss: -47
Net Elevation: -157



6 LEG 6 7.0 MI | MODERATE

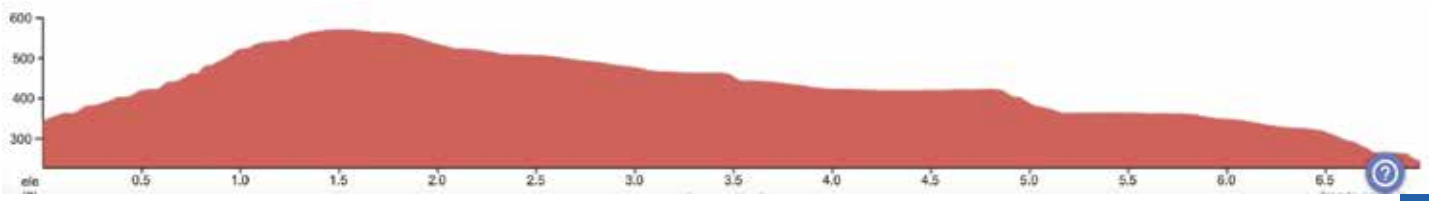
EXCHANGE 6 ADDRESS: Promised Land Recreation Area, 3515 US-101, Humptulips, WA 98552
EXCHANGE 6 GPS: 47.263953, -123.920119

DIRECTIONS

7.0 Arrive at Exchange 6

Scan QR code or CLICK HERE for interactive map

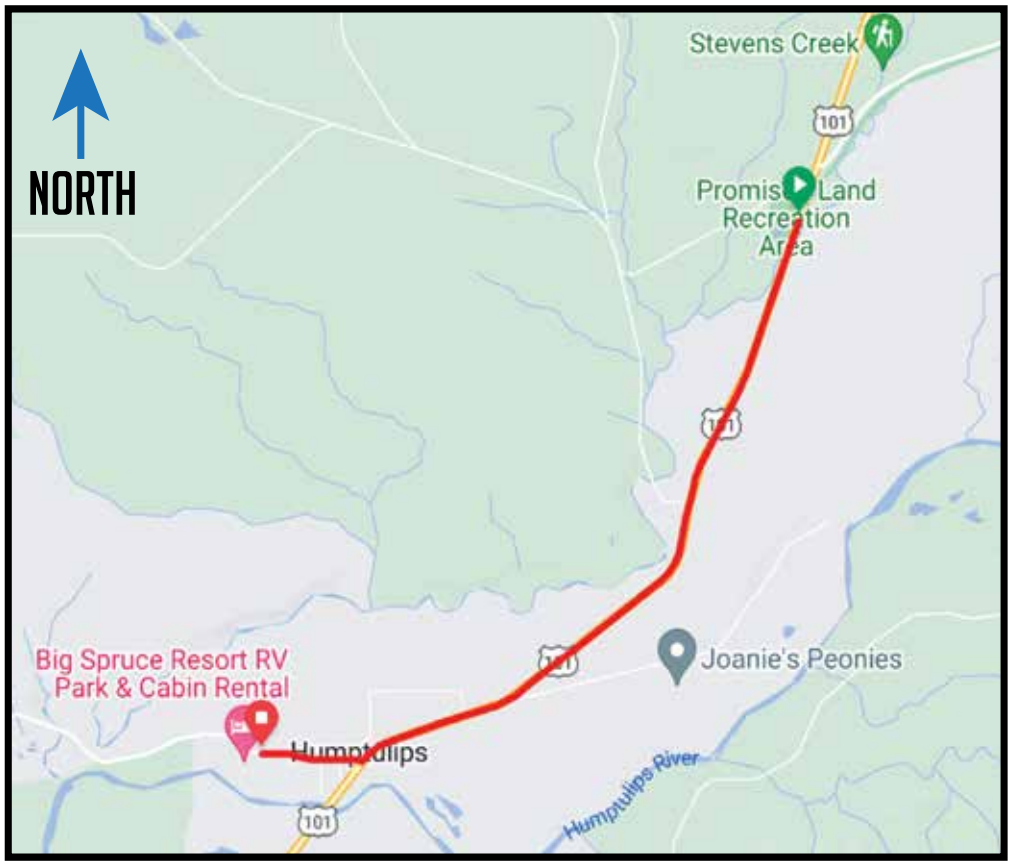
Total Elevation Gain: 225
Total Elevation Loss: -326
Net Elevation: -101



LEG 7

3.5 MI | EASY

EXCHANGE 7 ADDRESS: Big Spruce Resort, 7 Riverview Dr, Hoquiam, WA 98550
EXCHANGE 7 GPS: 47.232778, -123.969136

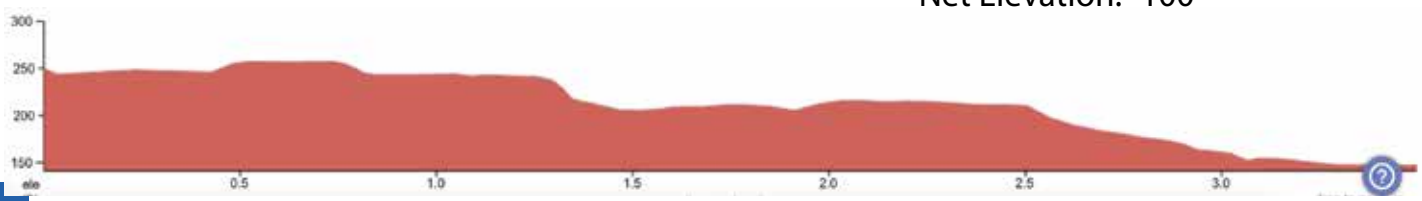


DIRECTIONS

→ 3.1 Turn RIGHT onto Kirkpatrick Rd
3.5 Arrive at Exchange 7

Scan QR code or
CLICK HERE for
interactive map

Total Elevation Gain: 29
Total Elevation Loss: -129
Net Elevation: -100



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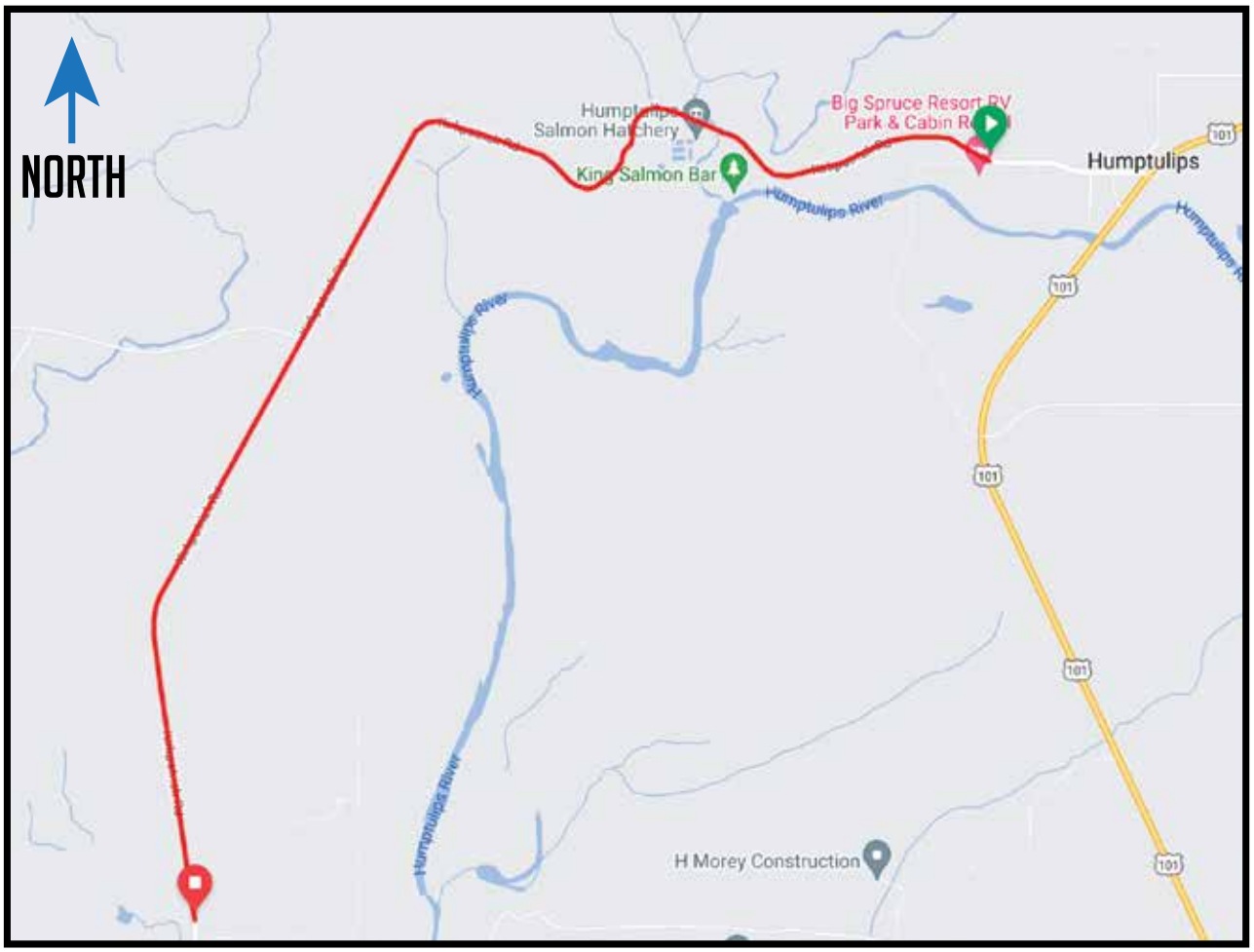
LEG 8 4.5 MI | MODERATE

EXCHANGE 8 ADDRESS: Kirkpartrick Road and Moody Road, Hoquiam, WA
EXCHANGE 8 GPS: 47.200648, -124.018957

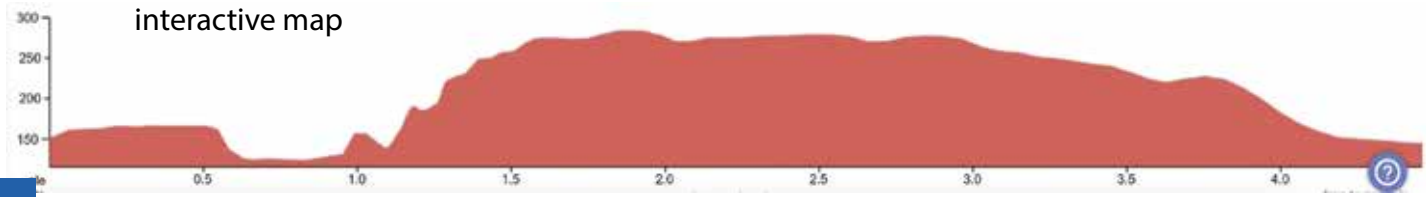


DIRECTIONS

4.5 Arrive at Exchange 8

Scan QR code or
CLICK HERE for
interactive map

Total Elevation Gain: 191
Total Elevation Loss: -201
Net Elevation: -10



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LEG 9 6.7 MI | MODERATE

EXCHANGE 9 ADDRESS: N/A- use GPS Coordinates
EXCHANGE 9 GPS: 47.112318, -124.063322

DIRECTIONS

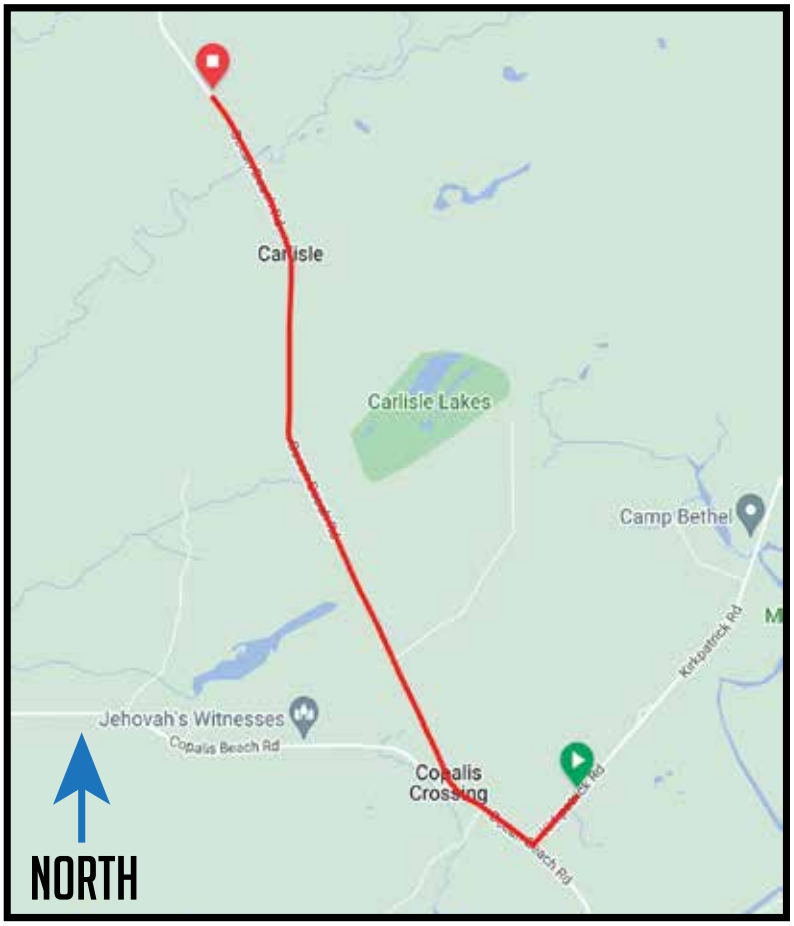
6.7 Arrive at Exchange 9

Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 81
Total Elevation Loss: 149
Net Elevation: -68

LEG 10 | 5.0 MI | EASY

EXCHANGE 10 ADDRESS: N/A- use GPS coordinates
EXCHANGE 10 GPS: 47.167590, -124.108335

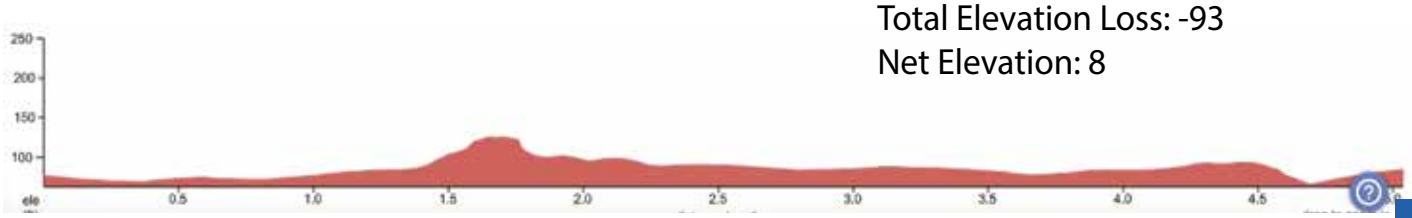


DIRECTIONS

→ 0.4 Turn RIGHT onto Ocean Beach Rd
5.0 Arrive at Exchange 10

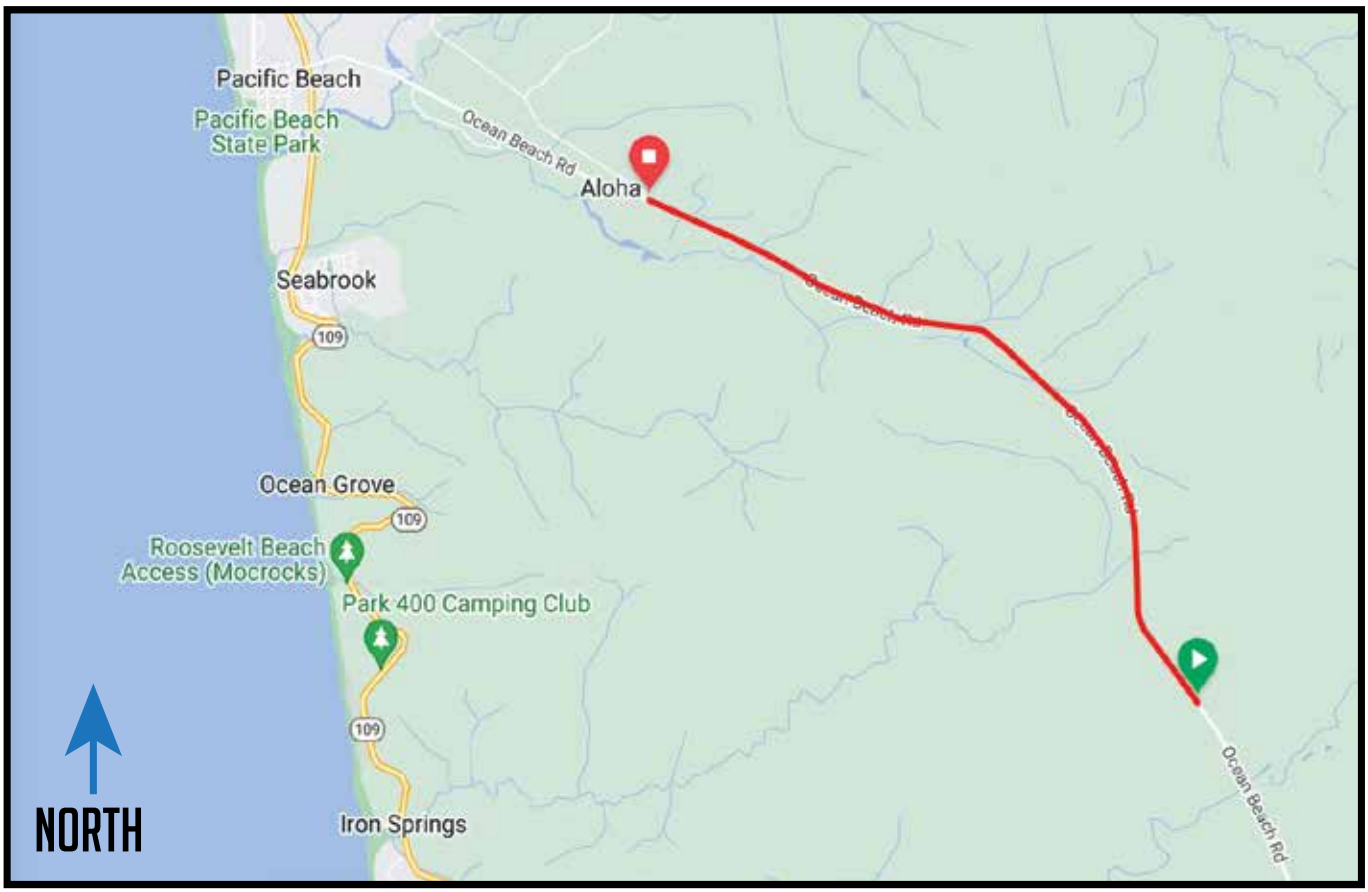
Scan QR code or
CLICK HERE for
interactive map

Total Elevation Gain: 101
Total Elevation Loss: -93
Net Elevation: 8



LEG 11 3.8 MI | MODERATE

EXCHANGE 11 ADDRESS: N/A- use GPS coordinates
EXCHANGE 11 GPS: 47.200920, -124.164195

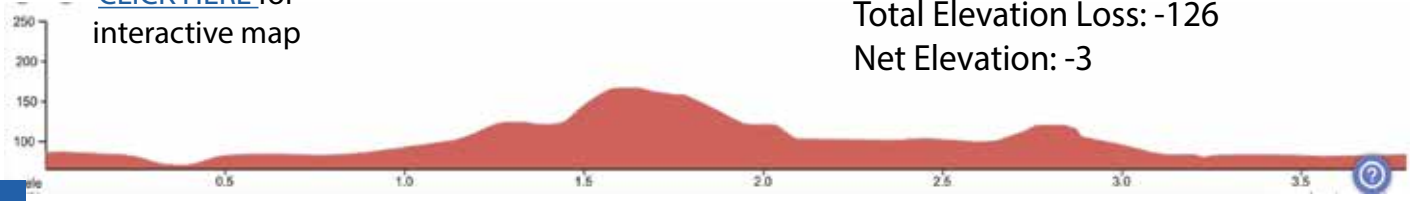


DIRECTIONS

3.8 Arrive at Exchange 11

Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 123
Total Elevation Loss: -126
Net Elevation: -3



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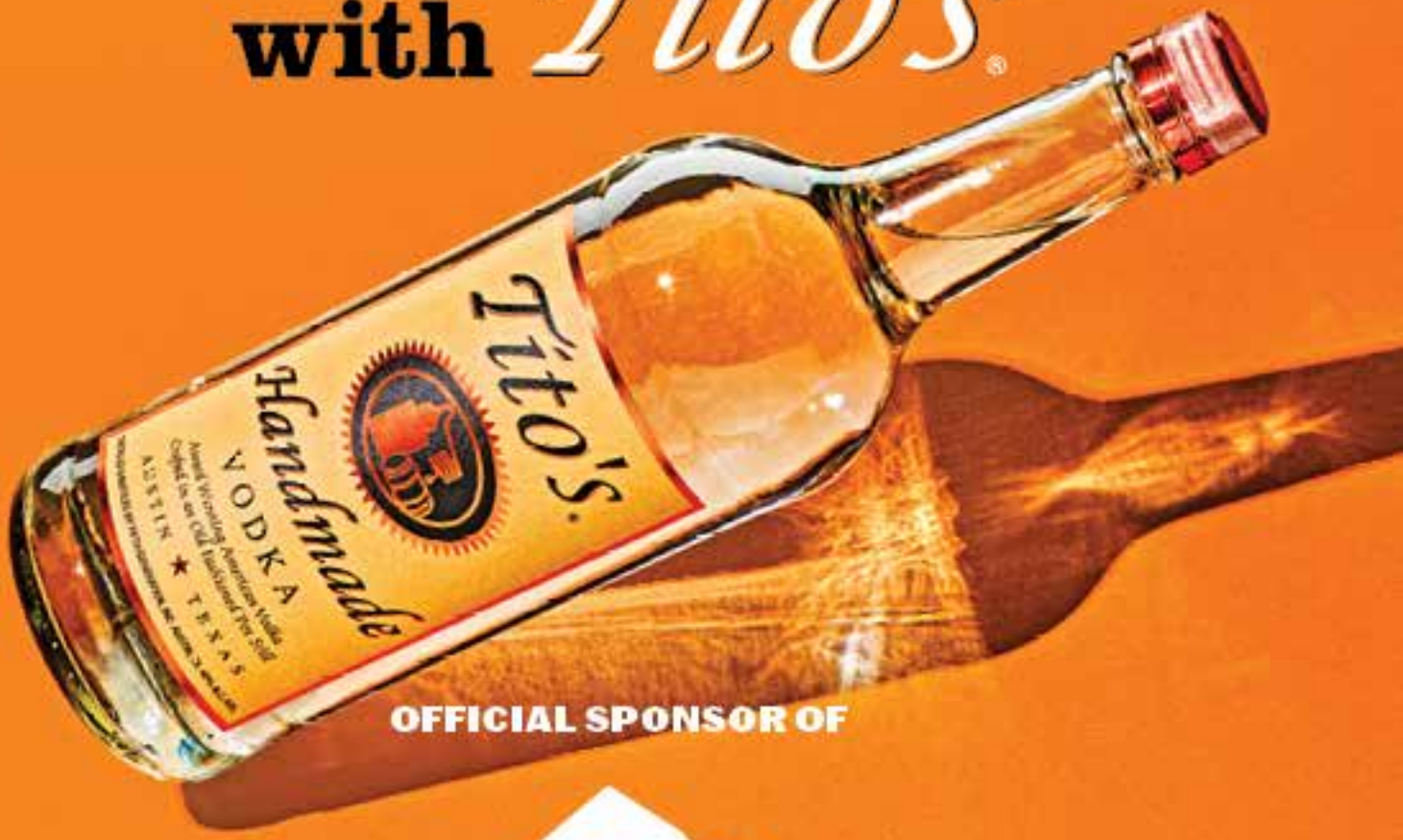

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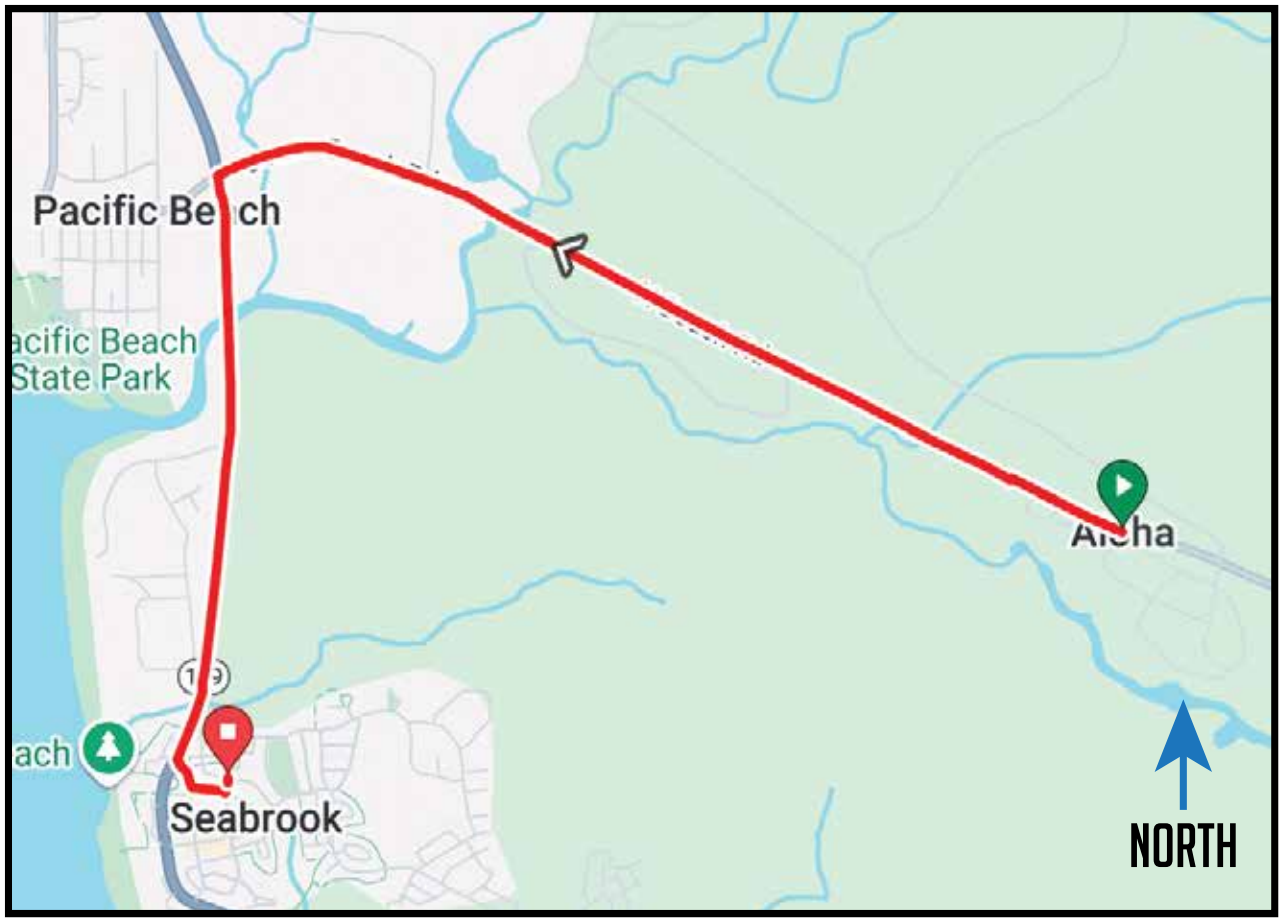
LEG 12 | 2.6 MI | EASY

FINISH ADDRESS: 130 Meriweather St, Pacific Beach, WA 98571

EXCHANGE 12 GPS: 47.196053, -124.197700



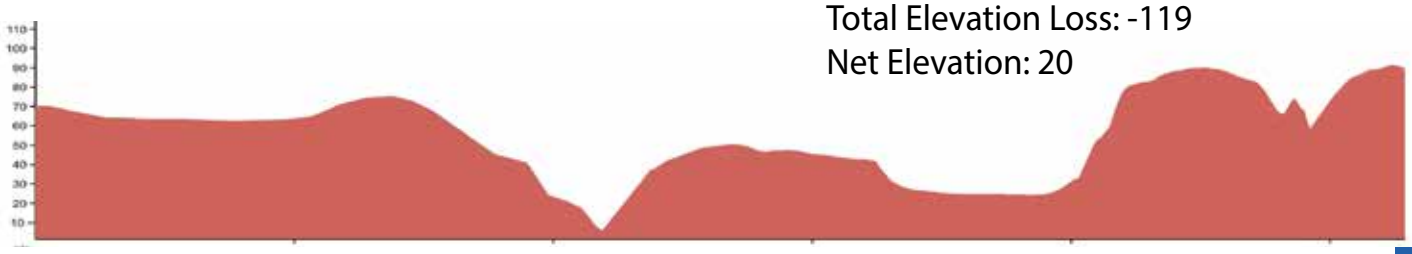
DIRECTIONS

- ← 1.6 Turn LEFT onto WA-109 N
- ← 2.5 Turn LEFT onto Front St
- ← 2.6 Turn LEFT onto Seabrook Ave
- ← 2.6 Turn LEFT onto Meriweather Ave

  2.6 Arrive at Finish Line

Scan QR code or CLICK HERE for interactive map

Total Elevation Gain: 139
Total Elevation Loss: -119
Net Elevation: 20



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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_____