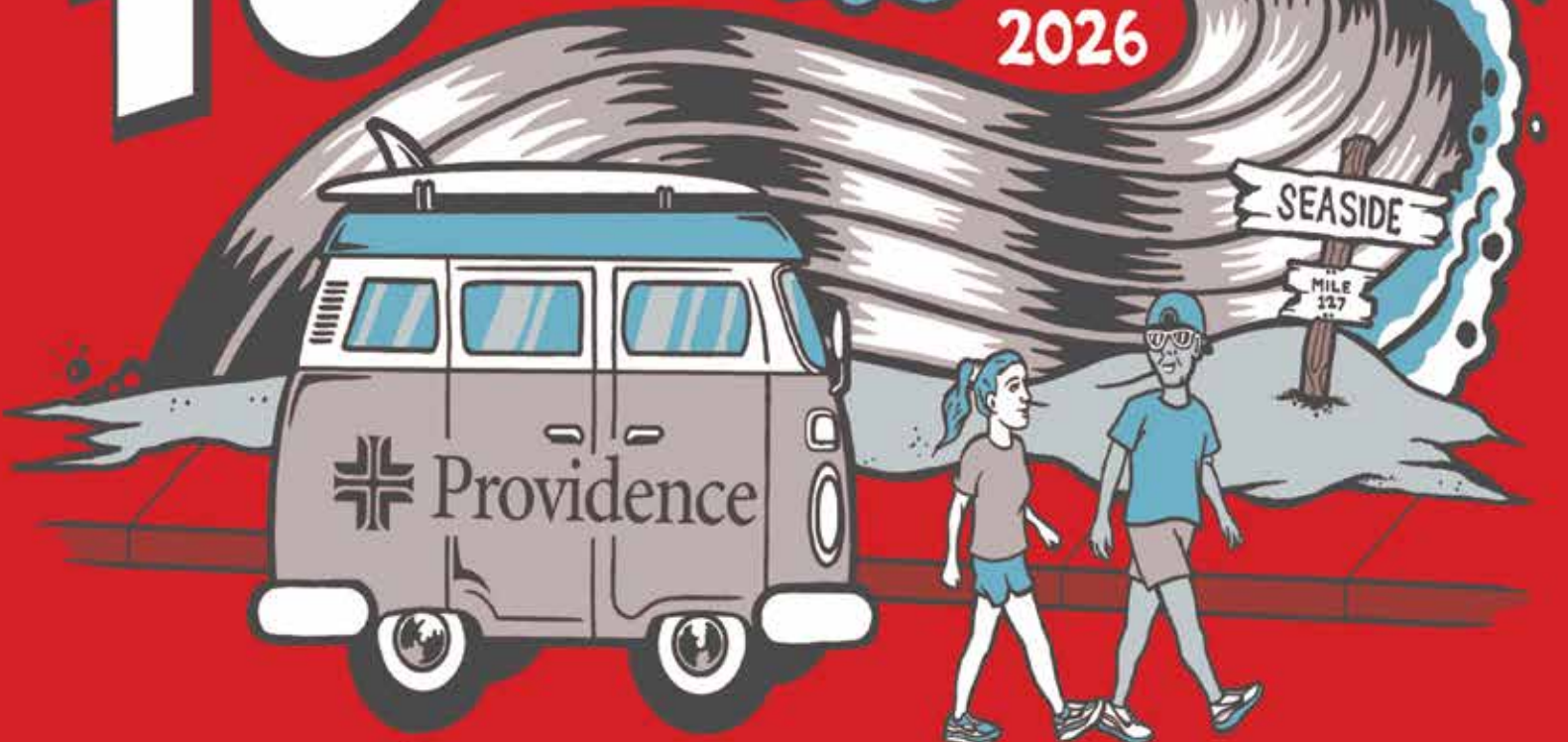




35TH ANNUAL

# PORTLAND TO COAST

2026



## WALK RELAY

# WELCOME TO THE MOTHER OF ALL RELAYS

The Mother of All Relays is quickly approaching! Are you ready to bring your unique vibe to the 35th annual Providence Portland To Coast Walk Relay that starts along the river in the City of Roses and traverses iconic scenery for 127 miles to the ocean with an awesome party on the beach?!

The ever popular Portland To Coast Walk has indisputably evolved since beginning in 1991, with a handful of competitive walkers. Yet each of us understand that at its essence, this longstanding walking team relay has remained unchanged in spirit of comradery, perseverance and adventure.

Additionally, each of us has been impacted either directly or through family or friends with cancer. This gives us at Portland To Coast a higher purpose as well. Scientific breakthroughs are delivering results at the Providence Cancer Center, one of the top cancer research and treatment centers nationwide, and at the forefront of immunotherapy. Helping this renowned institute improve the lives of people with cancer, while strengthening the health of our communities to create real progress. You and your teammates can support the mission by fundraising:

<https://shorturl.at/QYD8J>

- Download the [Hood To Coast App](#) (available in early August) to do your mandatory safety gear check and skip the lines at the Start Area with the Alaska Air Team Pre-Check.
- Alaska Air campout at Exchange 24! Get some shut eye in these already set up tents, first come first serve. Just provide your Alaska Air 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 beer/wine garden and food from 8:00am-10:30pm, along with Hit Machine (6:45pm-11:00pm) and live music throughout the day and evening to keep you going!
- For teams deemed "local" – participants and the event thank you! The three volunteers you provide assist in supporting the 197 mile race course. Volunteers will watch race specific online training and pass a multiple choice questionnaire (online July 8 – Aug 6).

If considered a local team, someone from your team will pick up your event bag (race shirts, race bibs, partner swag) from the HTC/PTC Office DRIVE THRU PACKET PICKUP (7236 SW Durham Rd #800, Portland, OR 97224) anytime from 9:00am-2:00pm, Aug 12 – Aug 14.

Whether this is your first or thirty first PTC – you are part of our community! Let's

*Felicia Hubber*

# START THE JOURNEY

## ORGANIZERS



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## CAPTAIN'S CHECKLIST



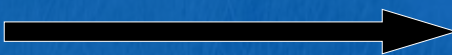
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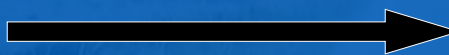
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## FINISH



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*More road trips*

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# RACE PARTNERS

## TITLE PARTNER



## PRESENTING PARTNER



## GOLD PARTNERS



## SILVER PARTNERS



## BRONZE PARTNERS



## OTHER PARTNERS



## SPECIAL THANKS TO

EyesOnWheels.org  
HoodToCoastMovie.com

Seaside Chamber of Commerce  
Amateur Radio Emergency Services

The City of Seaside



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Sports Medicine part of your team.

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# EXCHANGE FUNDRAISERS & ACTIVATIONS

## EXCHANGE 16

*Scappoose High School (Fundraiser)*

- Offering \$2 shower, bagels, complimentary coffee

## EXCHANGE 18

*Columbia County Fairgrounds (Fundraiser)*

▪ Hot beverages, sandwiches, hot meals, snacks  
*Providence Sports Med Self-Serve Stretching*  
*Providence First Aid*  
*The Watering Hole*

- Coffee, energy drinks, soda

## 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

*Local Resident Fundraiser (Fundraiser)*

- Kettle Corn

*Alaska Carelines Campout*

- Complimentary tents available for participants with an Alaska Airlines Mileage Plan membership

## EXCHANGE 27

*Jewell School (Fundraiser)*

- Scratch made food (with vegetarian options), hot showers, clean restrooms, and a quiet place to rest and sleep

## EXCHANGE 30

*Local Family Fundraiser (Fundraiser)- Cash Only*

- 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

*Astoria Youth Baseball (Fundraiser)*

- Breakfast burritos, biscuits & gravy, hamburgers, hot dogs, doughnuts, coffee, etc.

## 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

Our HTC partners want to make your travel as smooth as possible. Check out these discounted travel offers.

- Alaska Airlines: Check the [Team Clubhouse](#) for your personal Alaska Airlines 10% discount link.
- AC Hotel: [Click here](#) to book your discounted stay at the HTC/PTC Headquarter Hotel! Reservations must be booked by July 24th to receive discounted rates. Valid on bookings between August 20th-August 31st
- Timberline Lodge: Book your discounted stay at [Timberline Lodge](#) with code: **402917**
- Mt. Hood Oregon Resort: [Click here](#) to book your discounted stay.

## VANS AND VAN DECORATION

Teams are encouraged to make a sign for each of their vehicles that reads: "CAUTION: RACERS 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 walkers.

Each team is limited to two vehicles, preferably a passenger van or SUV. All passengers must wear seat belts when in the vehicle.

**Prohibited Vehicles: 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 Van 1 and two Van 2. Securely tape the Vans signs on the front and rear driver side windows of the corresponding van. The Van 2 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.** Race organizers prohibit music from being played outside the team vehicle on loud speakers from 10PM to 6AM!

## 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 reflective vest.** Bring a flashlight and two LED flashers for a night shift. If a volunteer cannot report, it is up to the team to find a replacement and make sure they report to their specific volunteer location. Please note the volunteer code of conduct online and within volunteer training.

<https://hoodtocoast.com/htc/volunteer-info/>



## REQUIRED TEAM SAFETY EQUIPMENT

Each team **MUST** have the following set of items 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.**

\*Recommended: First aid kit for your van

## PACKET PICKUP

All local teams pick up their team packet at the drive through packet pickup. Packet pickup details:

- **August 12-14th from 9AM-2PM at the HTC Office ([7236 SW Durham Rd, Suite 800, Portland, OR, 97224](#)).**
- Only ONE representative from your team needs to be present to pickup your packet
- Non-local teams can pick up their packet at the HTC Start Line on race day (please arrive at least 30 minutes early).
- Download the HTC App to access your packet pickup QR code

## SAFETY PRE-CHECK

Save time at the start line by completing the Safety Pre-Check presented by Alaska Airlines. Safety Pre-Check will be open in the HTC App from **Monday, August 24th at 6AM to Thursday, August 27th at 12PM**. How to complete the Safety Pre-Check:

- Open the HTC App
- Snap a photo of your required safety equipment (see above)
- Submit. A HTC staff member will accept or decline your Pre-Check photo.

## START LINE

**PTC Start Line: OMSI gravel lot at the end of SE 2nd Place. Adjacent to the Tilikum Crossing Bridge at 2201 SE Water Ave.**

### **VAN 1 CHECK-IN PROCEDURE AT OMSI START:**

1. Arrive 30 minutes prior to assigned Start Time
2. Go to the Team Check-In tent and have someone from your team present the team's approved Safety Pre-Check in the HTC App or if you did not check-in on the app, present your required safety gear.
3. 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.
4. Teams scheduled to start in each upcoming wave will have their team name/number announced five minutes prior to scheduled start. The first walker must be at the Start Line. Teams cannot start before their assigned start time!

Van 2 is not required to be present at the Start Line and can go directly to Exchange 18 (where the first walker from Van 2 will start). If Van 1 picked up bibs from the start line, Van 2 will receive them at Exchange 18.

## START TIMES

Start times will be announced in the Team Clubhouse in early August. **NO START TIME REQUESTS WILL BE ACCEPTED.** Teams that violate their assigned start time will be disqualified and subject to suspension in future events. Start times on Friday can be anywhere from 12AM-6PM. Start times can result in a finish time as late as 8PM.

## START TIMES

**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.

## OFFICIAL MERCHANDISE

Hood and Portland To Coast apparel will be available at the Start and Finish Lines. VISIT [shophoodtocoast.com](http://shophoodtocoast.com) to order ahead of time for best available inventory!

# PTC FIRST TECH FINISH

The First Tech Finish Line is located on the beach, north of the turnaround of Broadway Avenue in Seaside, Oregon. Traffic and parking are very limited in Seaside; so plan ahead. Free event shuttle runs every 15 minutes from North Coast Family Fellowship Church on leg 36.

**Food and Beverage:** Hood and Portland To Coast welcomes back Century Catering to the 2026 First Tech Finish Party for a variety of delicious options. Vegetarian options are available.

**Beer & Wine:** On the beach, at the HTC/PTC First Tech Finish Party, come relax and enjoy offerings from Deschutes, Pacifico, White Claw, Athletic Brewing, 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 our headliner Hit Machine, on Saturday evening on the beach. Plan on dancing into the night to an energetic and most entertaining Northwest favorite!

**T-Shirt Size Exchange:** Exchange of unworn participant race shirts is subject to availability at the Information Tent on the beach.

## FINISHING AS A TEAM

Celebrate and cross the finish together!

- Arrive at the Team Waiting Area at the beach
- Wait for your Leg 36 walker to cross onto the beach
- Join your Leg 36 walker down the finish chute and across the finish line

**Important: Make sure your Leg 36 walker is wearing the bib with the timing chip on the back!**

## FINISHING AS A TEAM

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 8:00pm on Saturday to the Information Tent

**Finisher Medals:** Medals will be presented to each team as the anchor walker crosses the Finish Line. Medals must be picked up at the finish line, OR at the HTC Office at a later date. **THEY WILL NOT BE MAILED.**

**Awards:** Awards will be given to the TOP SIX teams in EACH CATEGORY. Teams must pick up their awards at the Information Tent at the finish line from 6:00-8:00PM. Awards **WILL NOT BE MAILED** to teams who aren't present.



## FOLLOW ALONG

Want to follow along with other 2026 Portland To Coast participants? Share your pictures on social media using #PTC26 and tagging us on Instagram @htcrelay or Facebook @hoodtocoastrelay

## #PTC26

Want to see your team featured on Hood To Coast social media and newsletters? Tell us what makes your team special and email your story to [office@htcrelay.com](mailto:office@htcrelay.com)!



## JOIN US ON STRAVA

Join our Strava community! Join the

[Hood To Coast Strava Club](#) and check out our interactive route, engage with other participants, and stay up to date on course information.



## 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.

## CINDIE MCKENNA

*Cindie McKenna was born in Van Nuys, California, and moved to Oregon in 1971. She began walking shortly after joining the Air Force in 1975. In 1982 she began participating in marathons and started walking 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 walkers, 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.

Walking 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 ultrawalkers. 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 ultrawalker 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](http://register.hoodtocoast.com)

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

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

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

**INSTAGRAM:** @HTCRelay #PTC26

**PROVIDENCE CANCER INSTITUTE FUNDRAISING:** <https://shorturl.at/QYD8J>

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

# Everyone can help #FINISHCANCER

Providence Cancer Institute is a global leader in cancer immunotherapy research. But our scientists can't do this work without a support team: They need you!

Every dollar speeds the work of researchers who are investigating new ways to help the body's immune system fight cancer. Make your miles count!



## Go farther! Donate \$1 per mile.

Use this QR code to donate \$1 for each mile you run or walk. Running 13 miles? Make a \$13 donation. If everyone donated their miles, we could raise more than \$245,000. Donate your miles to help #FINISHCANCER!



# PACKING LIST

## CLOTHING

- Three sets of walking clothes
- Walking shoes
- Warm-ups
- Swimsuit/trunks
- Two (2) reflective vests per team
- Two (2) flashlights or headlamps per team
- Spare walking shoes, sandals
- Spare shoe laces
- Athletic gloves
- Bandana (dusty/gravel legs 20 & 21)
- Sunglasses, glasses, contact lens solution
- Walking 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)
- 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
- AirTags (to track teammates in areas w/o cell coverage)
- Phone charger/portable charger

## PRO PACKING TIP

Pack each 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 walking!



## 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: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**



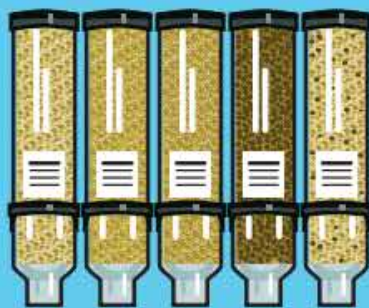
Instead of individual plastic bottles.



**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.



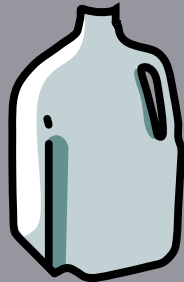
Let's get recycling right. Use this guide to separate your recycling from landfill bound trash at exchange points. Want to take it to the next level? Avoid bringing items on the landfill list where possible.

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

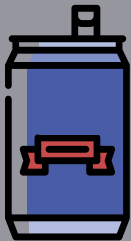
## RECYCLING



PLASTIC BOTTLES

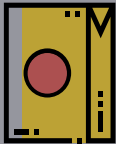


PLASTIC JUGS

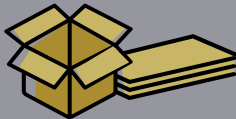


ALUMINUM CANS

FLATTEN & STACK TO THE SIDE



PAPER BOARD

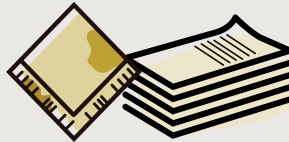


CARDBOARD

## LANDFILL



PLASTIC FOOD CONTAINERS



PAPER ITEMS



PLASTIC BAGS  
AND SHRINK WRAP



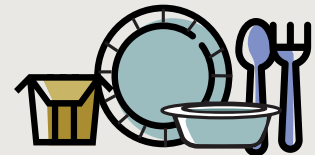
GLASS



CARTONS



BAGS AND WRAPPERS



SERVICE-WARE

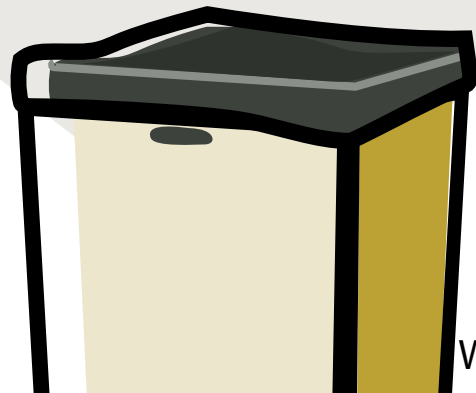
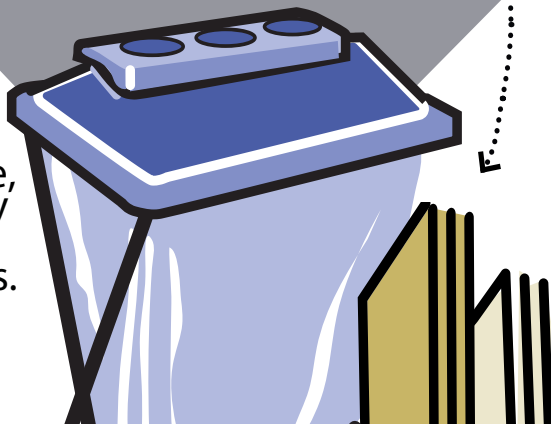


PLASTIC AND PAPER CUPS



FOOD SCRAPS

Please,  
empty  
your  
liquids.



When in doubt  
throw it out!

# TEAM STRUCTURE

## RECRUIT TEAMMATES

Walkers looking for a team and team captains looking for walkers 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 walkers! Discussions range from teams looking for additional walkers, to exchanging tips/advice and logistics.

## WALKER SUBSTITUTION

No walker may drop out of the race solely for the purpose of the team substituting a faster participant in their place. If a 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 walkers moving forward. No alternates may be added once the team has started. (60 min. penalty if involved in improper substitution.) Walkers 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 walk each leg, (besides distance and leg rating), Captains should consider the following:

- Time of day walkers will encounter each leg
- Leg exposure to sun and/or wind
- Variable weather
- Walker ability/fitness
- Walker familiarity with the area
- Van support
- Walker willingness to walk on a gravel and potentially dusty road

Walkers on any given leg can experience intense exposure to direct sunlight and may not have immediate access to their team support vehicle.





# TEAM ROTATION

Walkers must walk in rotation throughout the entire race. This table demonstrates how team's of various sizes should rotate.



## 12-Person Team

| Leg # | Racer # |
|-------|---------|
| 13    | 1       |
| 14    | 2       |
| 15    | 3       |
| 16    | 4       |
| 17    | 5       |
| 18    | 6       |
| 19    | 7       |
| 20    | 8       |
| 21    | 9       |
| 22    | 10      |
| 23    | 11      |
| 24    | 12      |
| 25    | 1       |
| 26    | 2       |
| 27    | 3       |
| 28    | 4       |
| 29    | 5       |
| 30    | 6       |

## 10-Person Team

| Leg # | Racer # |
|-------|---------|
| 13    | 1       |
| 14    | 2       |
| 15    | 3       |
| 16    | 4       |
| 17    | 5       |
| 18    | 6       |
| 19    | 7       |
| 20    | 8       |
| 21    | 9       |
| 22    | 10      |
| 23    | 1       |
| 24    | 2       |
| 25    | 3       |
| 26    | 4       |
| 27    | 5       |
| 28    | 6       |
| 29    | 7       |
| 30    | 8       |

## 8-Person Team

| Leg # | Racer # |
|-------|---------|
| 13    | 1       |
| 14    | 2       |
| 15    | 3       |
| 16    | 4       |
| 17    | 5       |
| 18    | 6       |
| 19    | 7       |
| 20    | 8       |
| 21    | 1       |
| 22    | 2       |
| 23    | 3       |
| 24    | 4       |
| 25    | 5       |
| 26    | 6       |
| 27    | 7       |
| 28    | 8       |
| 29    | 1       |
| 30    | 2       |

## MAJOR VAN EXCHANGES

Van 1 and Van 2 are only allowed to exchange walkers at Major Van Exchanges (Exchange 18, 24, 30). If a team has less than 12 walkers, the ACTIVE VAN must always have six racers (one walking and five in the van) and follow this procedure (**example shown is for a team of 10**):

- Van 1 begins at the start line with six racers. Walker 1 begins Leg 13.
- Van 1 walkers complete their legs and arrive at Exchange 18 to meet Van 2.
- WALKERS 1 & 2 MOVE INTO VAN 2. Van 2 is now the ACTIVE van and has six walkers.
- Van 2 begins their six legs and meets Van 1 at Exchange 24.
- WALKERS 7 & 8 MOVE INTO VAN 1. Van 1 is now the ACTIVE van and has six walkers.
- Continue in this rotation throughout the entire race.

**TEAMS WITH LESS THAN 12 PARTICIPANTS MAY NOT USE NON-MAJOR VAN EXCHANGES TO SWAP WALKERS BETWEEN VANS.**

## IMPORTANT

Every person walking on 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).

# RACE RULES

30  
MIN

30 minute penalty

60  
MIN

60 minute penalty

DQ

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 (via the Penalties form on pg. 85) and deemed valid will result in automatic disqualification from the race course or a time penalty. At the finish line, withholding of race medals and potentially further ramifications may occur. 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 127 miles, we cannot be everywhere at once. We ask teams to help keep the course safe by reporting teams that are violating any HTC/PTC rules. Please report any violations to an exchange leader or at the race information booth at the finish party. Fill out a Penalties form at Race Information tent at the finish line and note:

- Who (including team # and description of person)
- What
- Where (leg, exchange, other)
- When

## GEAR

### RACE NUMBERS

Race bibs must be worn at all times. The race bib with the timing chip on the back must be worn by the Leg 36 racer. **Racers emergency contact info MUST be completed on the back of their bib.**

### REQUIRED SAFETY GEAR

From 6:00pm - 7:00am, all participants on the course must:

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

**All teams can take advantage of digital, contactless check-in by taking a**

**picture of all safety gear within the HTC App.** Once approved by admin, your team will be ready to go at your assigned team start time. Participants will be held at an exchange and not allowed to participate without the proper equipment.

### HEADPHONES

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

## VEHICLE

### NO STOPPING TO DROP OFF WALKER

No stopping, when vehicles are moving, to drop off a 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.

## APPROVED VESTS



## UNAPPROVED VESTS



## DISPLAY OF TEAM VEHICLE SIGNS **60**

Teams are provided with two van signs for each course vehicle. 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. We recommend using masking tape.

## VEHICLE REQUIREMENTS **DQ**

**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 **30**

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 **60** **DQ**

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 **DQ**

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 **DQ**

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 **DQ**

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. Putting any markings on public property, including spray chalk, is an immediate disqualification.

# RACER

## TRAVEL ON THE LEFT **60**

Participants are to travel along the left shoulder of the roadway at all times, unless officially instructed otherwise (14-16)

## GROSSLY INACCURATE RACE PACE SURVEY TIMES **60**

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 **DQ**

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 **DQ**

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

## PARTICIPANT NOT SIDE BY SIDE **30**

Participants must walk in single file on open road.

# ADDITIONAL WALKING RULES

## WALKING

Walking teams will be ALL-WALKERS ONLY. Any team with a runner will be classified as a running team if even one (1) person is a runner.

## RUNNING PENALTY- TWO TEAM REPORTS **30**

If two (2) different teams file penalty forms that a walking team participant was seen running and the rules committee accepts these alleged infractions a 30-minute penalty will be assessed.

## RUNNING PENALTY- THREE TEAM REPORTS **60**

If three (3) different teams file rules infraction forms that a walking team participant was seen running, and the rules committee accepts these alleged infractions, a 60-minute penalty will be assessed.

## RUNNING PENALTY- FOUR TEAM REPORTS **DD**

If four (4) different teams file penalty forms that a walking team participant was seen running and the rules committee accepts these alleged infractions, it is an automatic disqualification.

## HOW TO TELL IF A WALKER IS RUNNING?

The best way to tell if a walker is running is to watch their feet... **One foot must be on the ground at all times.**





# Hood To Coast 100 LEG CLUB

The 100 Leg Club is a group of Hood and Portland To Coast Relay veterans who are verified by HTC staff and four attestors to have run or walked in 100 total legs of HTC or PTC from 1982 to present. Members are commemorated with a golden relay baton to celebrate and thank you for your commitment to health and The Mother of All Relays!



## CURRENT MEMBERS

|                |                    |               |                |
|----------------|--------------------|---------------|----------------|
| Ted Bachman    | Walt Gamble        | Angela Patton | Dave Toll      |
| Jeff Boly      | John Gordon        | Rob Rickard   | Ken Travis     |
| Denise Cooper  | Bruce Harman       | Mark Rogers   | Gary Zimmerman |
| Pat Cross      | Kirk Helzer        | Jim Sapp      | Scott Anderson |
| Jerry Duncan   | Justin Hendrickson | Jason Shaw    | Pete Carleson  |
| Joe Elmore     | Julie Hilsenteger  | Shirley Shaw  | Bob Frost      |
| Bruce Fleming  | Jason Humble       | Steve Strauss | Dean Clark     |
| Bill Frith     | Greg Lorts         | Randy Teadtke | Steve Goss     |
| Scott Thompson | Larry Merrifield   | Eric Thompson |                |
| Lora Mattsen   | David Novak        | TJ Kleikamp   |                |



## CLUB ACTIVITIES

-  **Golden Baton**  
Presentation at HTC/PTC Finish Party
-  **Group Gatherings**  
2-3 times/year
-  **Extraordinary Achievement**  
Accomplished by few others

## CONTACT

**Bill Frith- President**  
billfrith@comcast.net  
office@htcrelay.com

# On your mark. Get set. Go global.

Alaska Airlines is taking you farther, faster with new service to London, Rome, Tokyo, Seoul and Reykjavík — and we're picking up the pace, expanding to at least 12 international destinations by 2030.

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AIRLINES



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



# THANK YOU VOLUNTEERS!



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/>





# Detecting tomorrow's cancer, today

Rachel Sanborn, MD  
Medical Oncology

 Providence

[Learn More](#)

# 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 walker, 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/> It is recommended to utilize AirTags to track teammates in areas without cell coverage.

## WALKING AT NIGHT

Maintain contact with your van within reason along the course. DO NOT follow behind 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 walking. 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

There is only one first aid station on course, located at Exchange 18. 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! ColdVests will be at various locations on course in case of heat stroke.

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. Racers proceed on the right side of the road for the majority of legs and must obey all traffic laws. At several exchanges, PTC 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 walking along that side of the road!** Team vehicles MUST safely cross over to the other side of the road to the location of the walker, 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, PTC 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, PTC reserves the right to delay starts or hold the race until the lightning clears.

# 2026 COMMITMENT TO PORTLAND 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 Portland 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 must **completely** pull off to the side of the road when stopping to assist teammates, and not block the path of walkers. (Vehicles are required by law to be over the fog line and not in traffic lanes. Walkers 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 walker.
- 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

**PTC Men's Open:** Majority male, any age

**PTC Mens Submasters Walking:** Majority males, minimum age of all walkers is 30

**PTC Men's Masters:** Majority males, minimum age of all walkers is 40

**PTC Mens Supermasters Walking:** Majority males, minimum age of all walkers is 50

**PTC Mens Champion Masters Walking:** Majority males, minimum age of all walkers is 60

**PTC Corporate Mens Walking:** Majority males, any age and ALL from the same business

**PTC Women's Open Walking:** All females, any age

**PTC Womens Submasters Walking:** All females, minimum age of all walkers is 30

**PTC Womens Masters Walking:** All females, minimum age of all walkers is 40

**PTC Womens Super Masters Walking:** All females, minimum age of all walkers is 50

**PTC Womens Champion Masters Walking:** All females, minimum age of all participants is 60

**PTC Corporate Womens Walking:** All females, any age and ALL from the same business

**PTC Mixed Open Walking:** Any age and at least half of the team members must identify as women or non-binary

**PTC Mixed Submasters Walking:** At least half of the team members must identify as women or non-binary, Minimum age of all walkers is 30

**PTC Mixed Masters Walking:** Minimum age of all walkers is 40 and at least half of the team members must identify as women or non-binary

**PTC Mixed Super Masters Walking:** At least half of the team members must identify as women or non-binary, minimum age of all walkers is 50 and a

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

**PTC Corporate Mixed Walking:** Any age and ALL from the same business and at least half of the team members must identify as women or non-binary

**PTC 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?

There are participants from all 50 states and 43 countries?!

# HOOD TO COAST



RECEIVE AUTOMATIC ENTRY INTO THE  
2027 HTC|PTC RELAY

## MEMBERSHIP INCLUDES

### HTC|PTC Relay

Automatic entry into the Mother of All Relays. NO ADDITIONAL RACE FEES!

### HTC One-Day Relays

(2) team entries into each HTC One-Day Relay: Seabrook Relay & High Desert Relay

### HTC Road Races

(12) individual entries into each HTC Road Race\*: Heart To Start 5K|10K, Red White & Blues 5K|10K, Sunset Run & Walk, Heroes on the Run, Turkey Trot 5K

COST: \$4,550 | VALUE: \$10,400

\*Races subject to change. Guaranteed a minimum of three road races.

LEARN MORE  
[LEAH@HTCRELAY.COM](mailto:LEAH@HTCRELAY.COM)

Purchase Your Membership →



# DRIVER GUIDE

**Driving the course requires just as much planning as walking the race. Follow the instructions included in the Driver Guide to navigate 127 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 walker 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 walker and how to deal effectively.

## 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).

# 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 walkers** who will walk the next leg should step out of the CHUTE into the EXCHANGE ZONE as your walker approaches. Walkers finishing must exit the exchange zone promptly.
- **All spectators** MUST remain on the RIGHT SIDE of the road. Walkers are to walk along the left side of the road except as indicated in the Team Handbook (legs #14 through #16).
- **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 minutes penalty!
- **Vans must obey** all parking signage and parking instructions issued by Race Officials.

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 walking simultaneous walkers (**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.



# KNOW YOUR ROUTE!

## CUT FOR EASY DIRECTIONS IN YOUR POCKET



### LEG 13 DIRECTIONS

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

### LEG 14 DIRECTIONS

- 0.00 Exchange 13 (Front Ave)
- ← 0.80 Turn **LEFT** onto Kittridge
- 1.03 Turn **RIGHT** onto HWY 30
- ↑ 3.62 St. Johns Bridge
- 7.50 Turn **RIGHT** onto Wapato Bridge
- 7.91 Exchange 14 (Gillihan Layover Terrace)

### LEG 15 DIRECTIONS

- 0.00 Exchange 14 (Gillihan Layover Terrace)
- ↑ 0.23 Cross over Wapato Bridge
- 0.43 Turn **RIGHT** onto NW St. Helens Rd/ Hwy 30
- ↑ 1.24 NW Rafton Rd
- ↑ 3.82 NW Logie Trail Rd
- ↑ 5.07 Wildwood Golf Course
- 6.00 Exchange 15 (Rocky Point Weight Station)

### LEG 16 DIRECTIONS

- 0.00 Exchange 15 (Rocky Point Weigh Station)
- ↑ 0.84 Rocky Point Rd
- ↑ 2.51 Bonneville Dr/ Johns Landing Rd
- 3.83 Turn **RIGHT** onto SE High School Way
- 4.00 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 sidee 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
- 4.15 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
- 5.58 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
- 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
- 6.82 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
- 4.16 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
- 4.83 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)

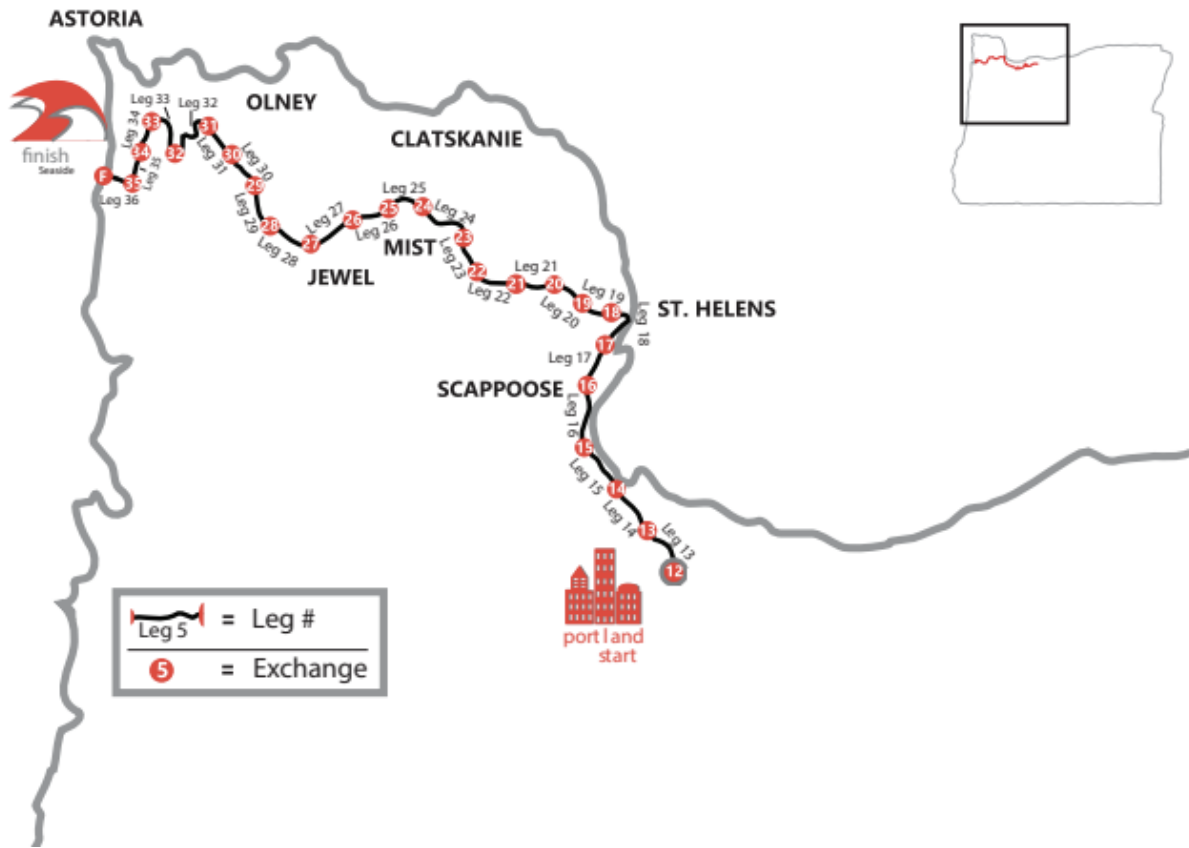
### LEG 36 DIRECTIONS

- 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 PTC Handbook App available on iOS and Android. Check them out here: [hoodtocoastrelay.com/app/](http://hoodtocoastrelay.com/app/)

# COURSE OVERVIEW



|       |        | 1st Leg        |         |        |                | 2nd Leg |        |             | Totals/Rankings |                     |                    |  |
|-------|--------|----------------|---------|--------|----------------|---------|--------|-------------|-----------------|---------------------|--------------------|--|
| Van   | Walker | Leg # / Remark | Mileage | Rating | Leg # / Remark | Mileage | Rating | Total Miles | Mileage Ranking | Relative Difficulty | Difficulty Ranking |  |
| Van 1 | 1      | 13             | 5.21    | E      | 25             | 3.80    | E      | 9.01        | 11              | 9.01                | 11                 |  |
| Van 1 | 2      | 14             | 7.91    | H      | 26             | 5.65    | H      | 13.56       | 1               | 16.27               | 1                  |  |
| Van 1 | 3      | 15             | 6.00    | H      | 27             | 6.36    | M      | 12.36       | 3               | 14.19               | 3                  |  |
| Van 1 | 4      | 16             | 4.00    | E      | 28             | 3.83    | E      | 7.83        | 12              | 7.83                | 12                 |  |
| Van 1 | 5      | 17             | 5.32    | M      | 29             | 5.97    | VH     | 11.29       | 4               | 13.61               | 4                  |  |
| Van 1 | 6      | 18             | 4.15    | H      | 30             | 5.32    | M      | 9.47        | 10              | 10.83               | 9                  |  |
| Van 2 | 7      | 19             | 5.89    | VH     | 31             | 3.96    | M      | 9.85        | 8               | 12.01               | 7                  |  |
| Van 2 | 8      | 20             | 5.58    | VH     | 32             | 4.20    | M      | 9.78        | 9               | 11.87               | 8                  |  |
| Van 2 | 9      | 21             | 5.06    | M      | 33             | 7.72    | H      | 12.78       | 2               | 14.83               | 2                  |  |
| Van 2 | 10     | 22             | 6.82    | H      | 34             | 4.12    | E      | 10.94       | 6               | 12.30               | 6                  |  |
| Van 2 | 11     | 23             | 4.16    | E      | 35             | 7.07    | H      | 11.23       | 5               | 12.64               | 5                  |  |
| Van 2 | 12     | 24             | 4.83    | E      | 36             | 5.03    | M      | 9.86        | 7               | 10.36               | 10                 |  |

 STRIDE INTO 

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# VAN 1

# 5.21 MI | EASY

NAMED AFTER: GARY ZIMMERMAN  
TJ KLEIKAMP



**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](#)

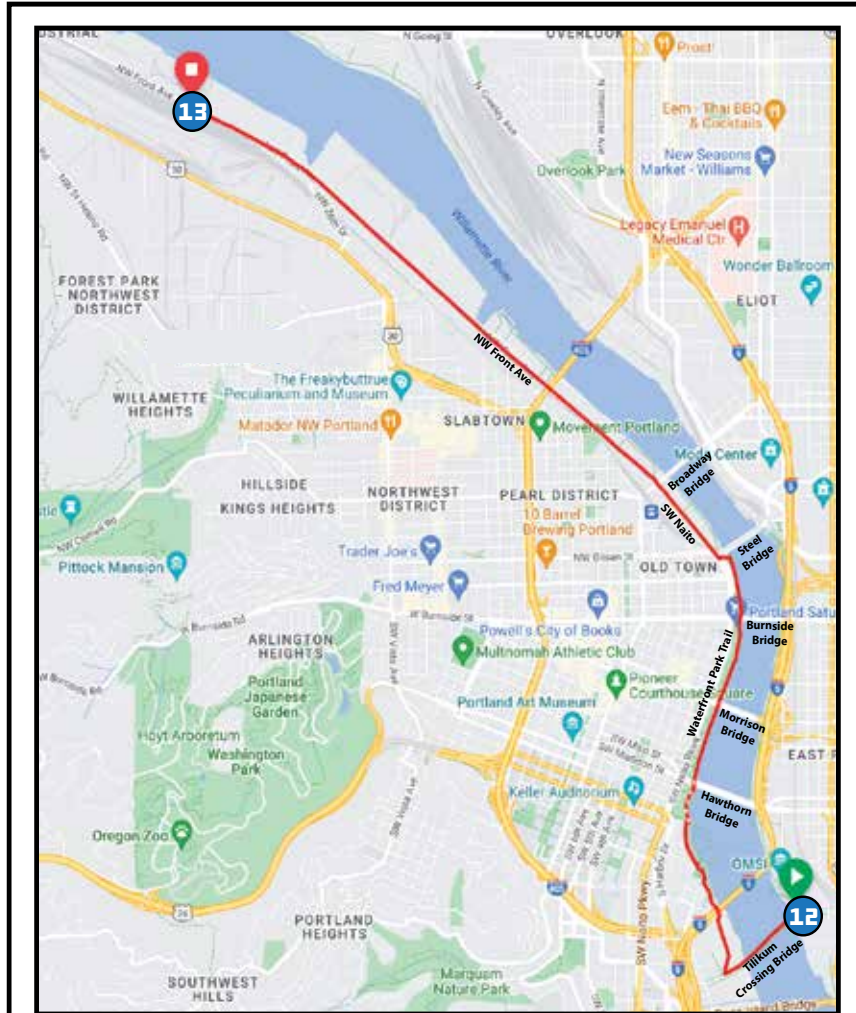
### DRIVERS NOTES- VANS DO NOT FOLLOW COURSE

- 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)

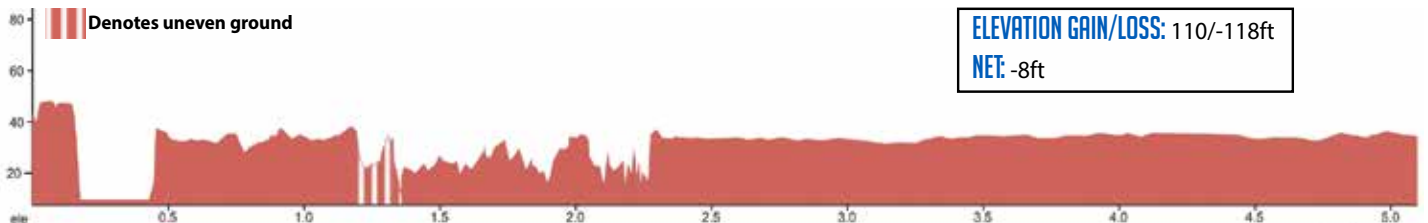
### EXCHANGE NOTES

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



# VAN 1

# 7.91 MI | HARD

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

**EXCH 14 ADDRESS:** Gillihan Layover Terrace Parking Lot, Portland, OR 97231

**GPS:** 45.629822, -122.815850

**NOTES:**

### DIRECTIONS FROM EXCH 13 TO EXCH 14

**Walk on right side of the road.**

- 0.00 Exchange 13 (Front Ave - Georgia Pacific)
- ← 0.80 Turn **LEFT** onto Kittridge Ave
- 1.03 Turn **RIGHT** onto HWY 30
- ↑ 3.62 St Johns Bridge
- 7.50 Turn **RIGHT** onto the Wapato Bridge
- 7.91 Exchange 14 (Gillihan Layover Terrace)

Scan For Map



[Or Click HERE](#)

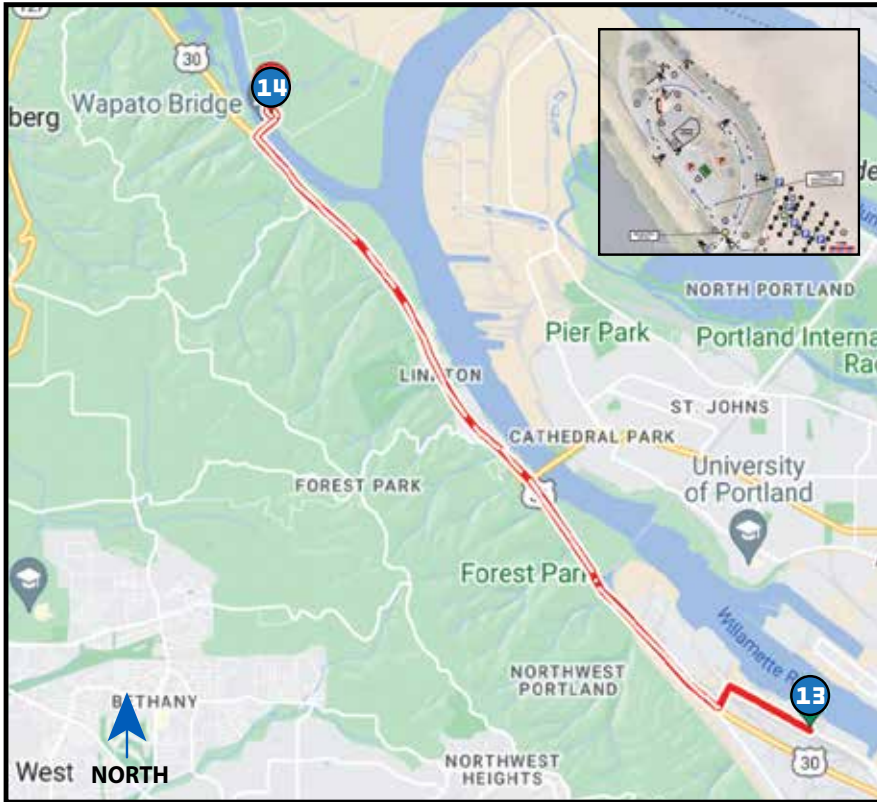
### EXCHANGE NOTES

Parking in zoned off area east of underpass. No parking in paved lots.

Only next runner/walker allowed at exchange zone.

Provisions: No

Fuel: Fuel in Linnton



**ELEVATION GAIN/LOSS:** 143/-154ft  
**NET:** -11ft



NAMED AFTER: JOE ELMORE  
PEGGY STAGGS

# VAN 1

# 6.00 MI | HARD

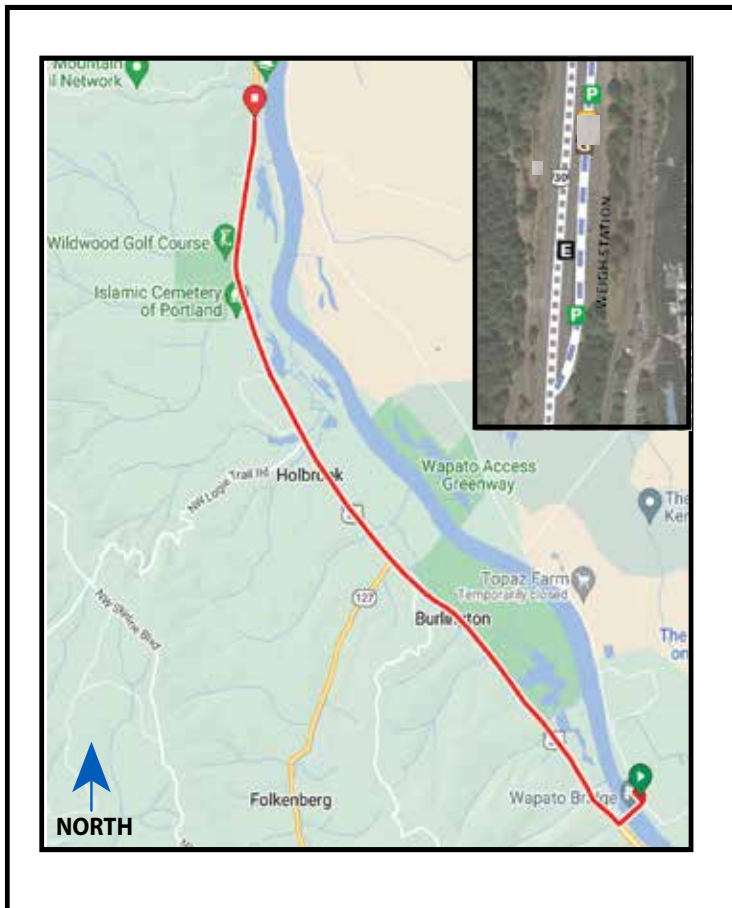


**LEG DESCRIPTION:** Gently rolling terrain on paved shoulder along HWY 30.

**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.



## Walk FROM EXCH 14 TO EXCH 15

Run/walk on right side of the road.

- 0.00 Exchange 14 (Gillihan Layover Terrace)
- ↑ 0.23 Cross over Wapato Bridge
- 0.43 Turn **RIGHT** onto NW St. Helens Rd/Hwy 30
- ↑ 1.24 NW Rafton Rd
- ↑ 3.82 NW Logie Trail Rd
- ↑ 5.07 Wildwood Golf Course
- 6.02 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:** 208/-183ft

**NET:** 25ft



OCT 3



# HIGH DESERT RELAY

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. Finish the day off with a pool party at the finish line to celebrate!

REGISTER





# VAN 1

# 4.00 MI | EASY

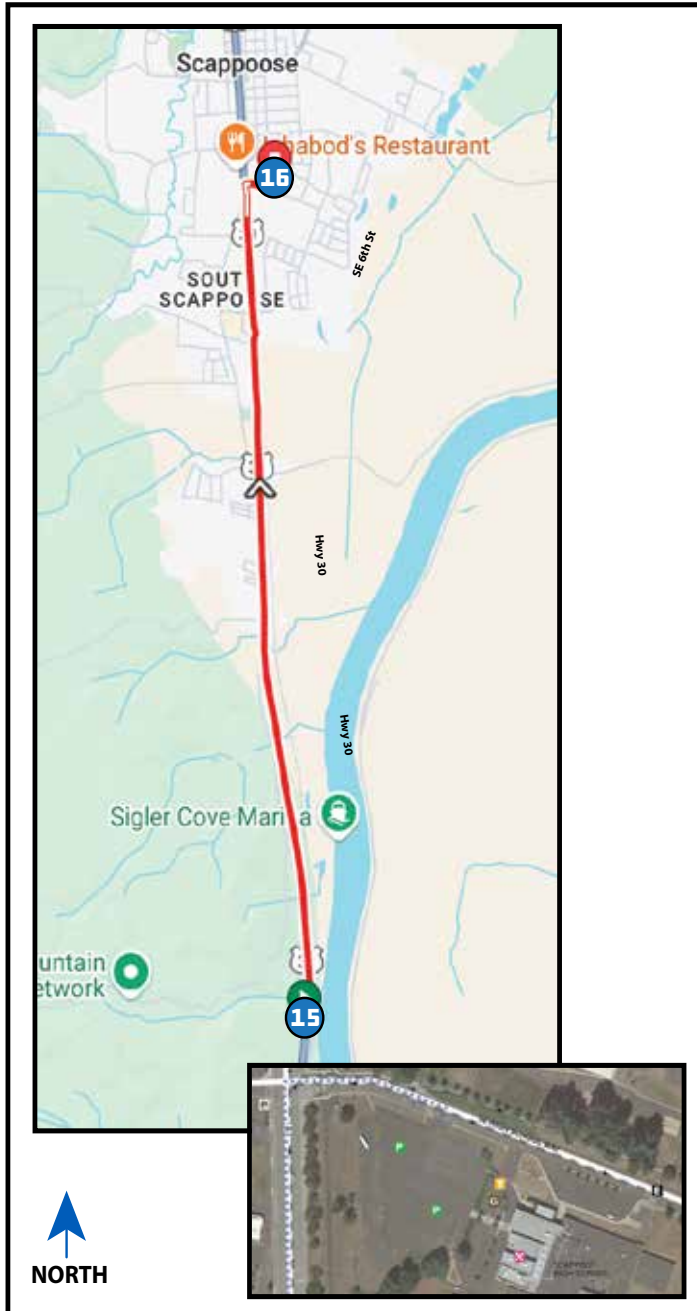


**LEG DESCRIPTION:** Gently rolling terrain on paved shoulder along HWY 30.

**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

..... **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
- 3.83 Turn **RIGHT** onto SE High School Way
- 4.00 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:** 91/-109ft  
**NET:** -18ft



# VAN 1

# 5.32 MI | MODERATE

NAMED AFTER: JASON HUMBLE

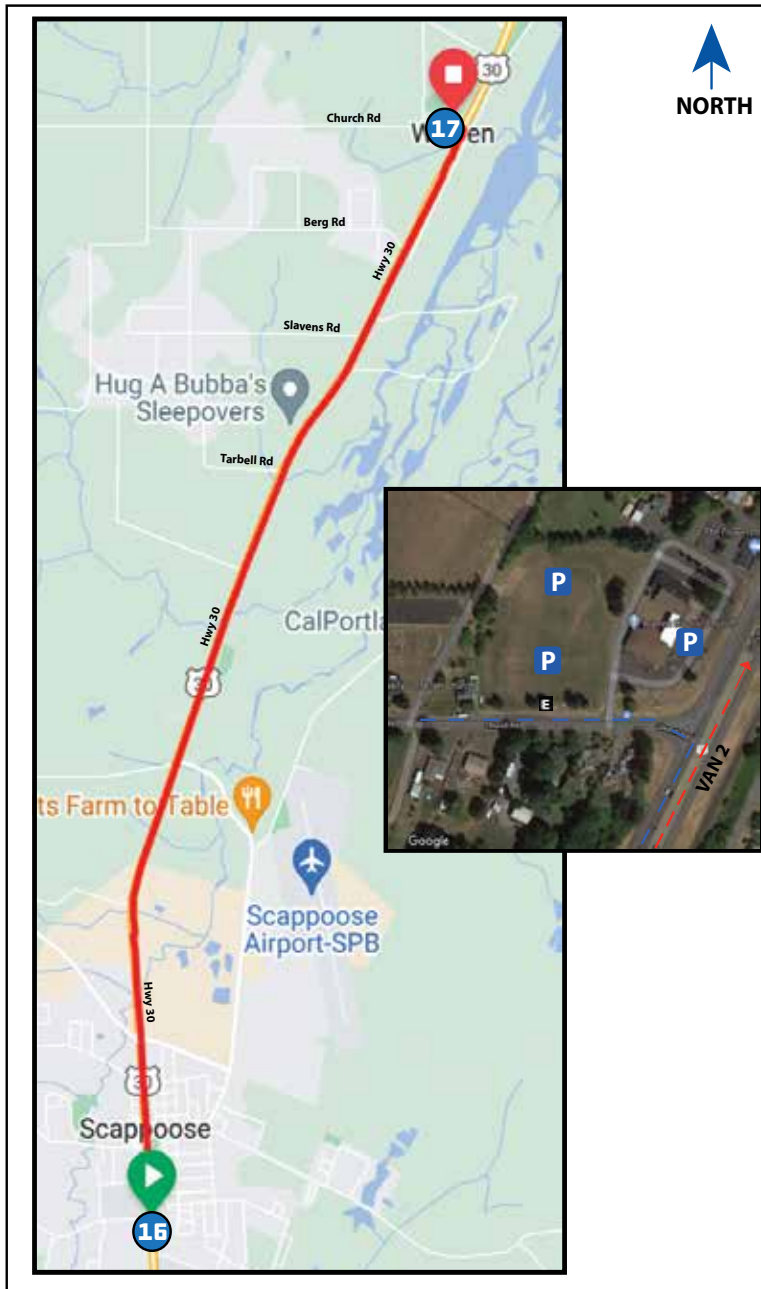


**LEG DESCRIPTION:** Basically flat terrain on paved shoulder along HWY 30.

**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)

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[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

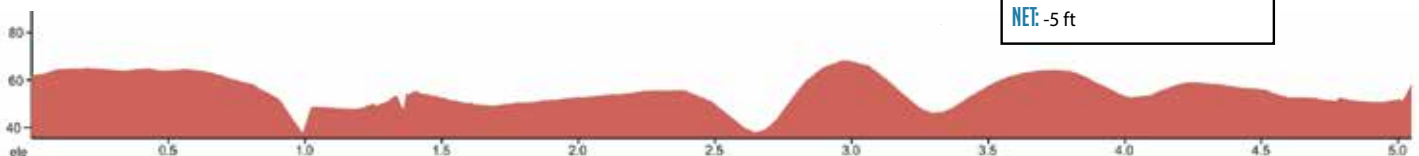


It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



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 GORDON  
STEVE GOSS



# VAN 182

# 4.15 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

## 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!**

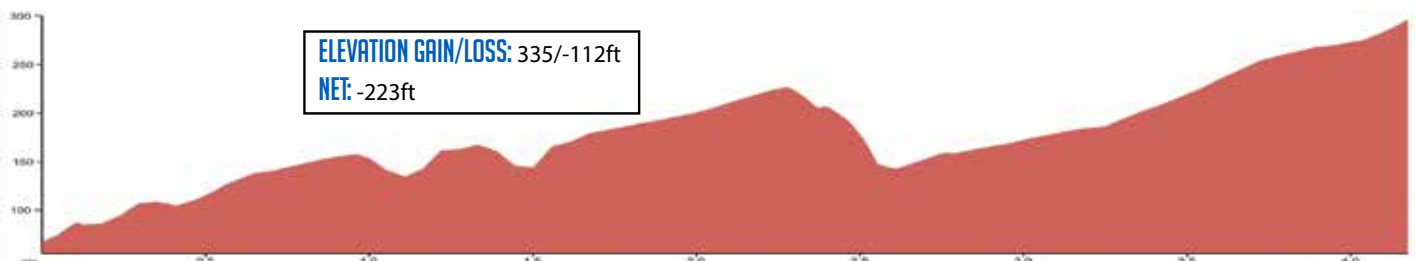
**Providence First Aid available at this exchange**

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

## PROVISIONS

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

Food: Columbia County Fairgrounds food fundraising  
and The Watering Hole mobile beverages



# 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 BOLY



# 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.)

**NORTH**

### 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](#)

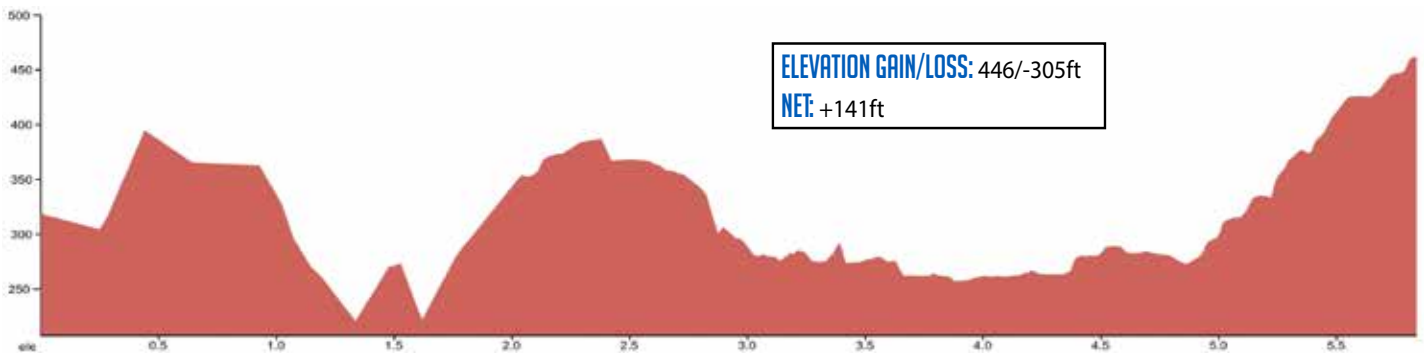
### EXCHANGE NOTES

- 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 5.58 MI | VERY HARD



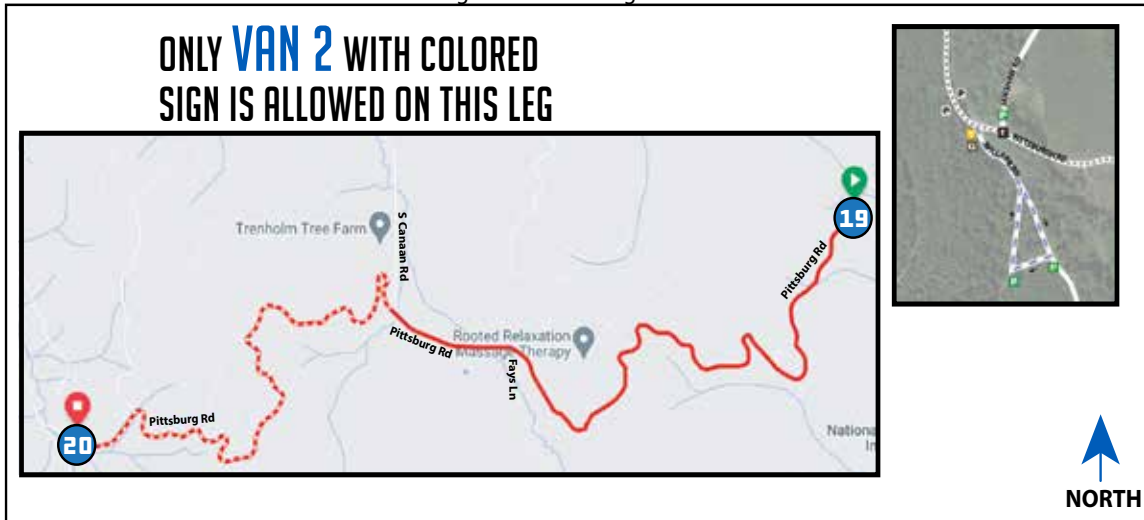
**LEG DESCRIPTION:** Very challenging up and downhills on partially paved and gravel backcountry roads.

**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
- 5.58 Exchange 20 (Pittsburgh Rd)

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: 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



NAMED AFTER: STEVE STRAUSS



# VAN 2

# 5.06 MI | MODERATE

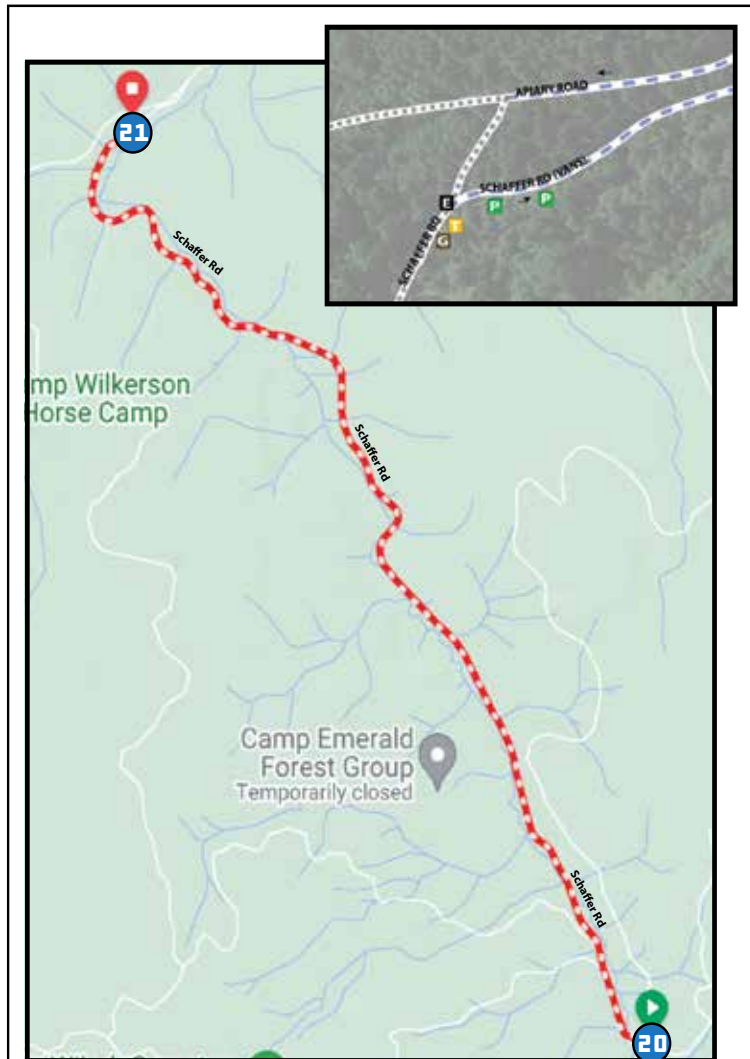
**LEG DESCRIPTION:** Flat, slightly downhill terrain near a creek on gravel backcountry roads.

**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.



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

### 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)

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### 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 racer 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

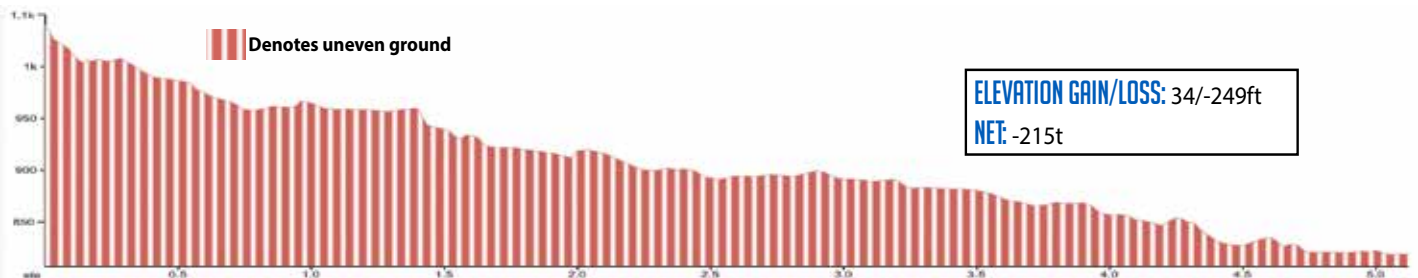
Mist-Birkenfeld Fire Station: 12525 OR-202, Clatskanie, OR 97016



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:** -215t

# VAN 2

# 6.82 MI | HARD

NAMED AFTER: JUSTIN HUMBLE



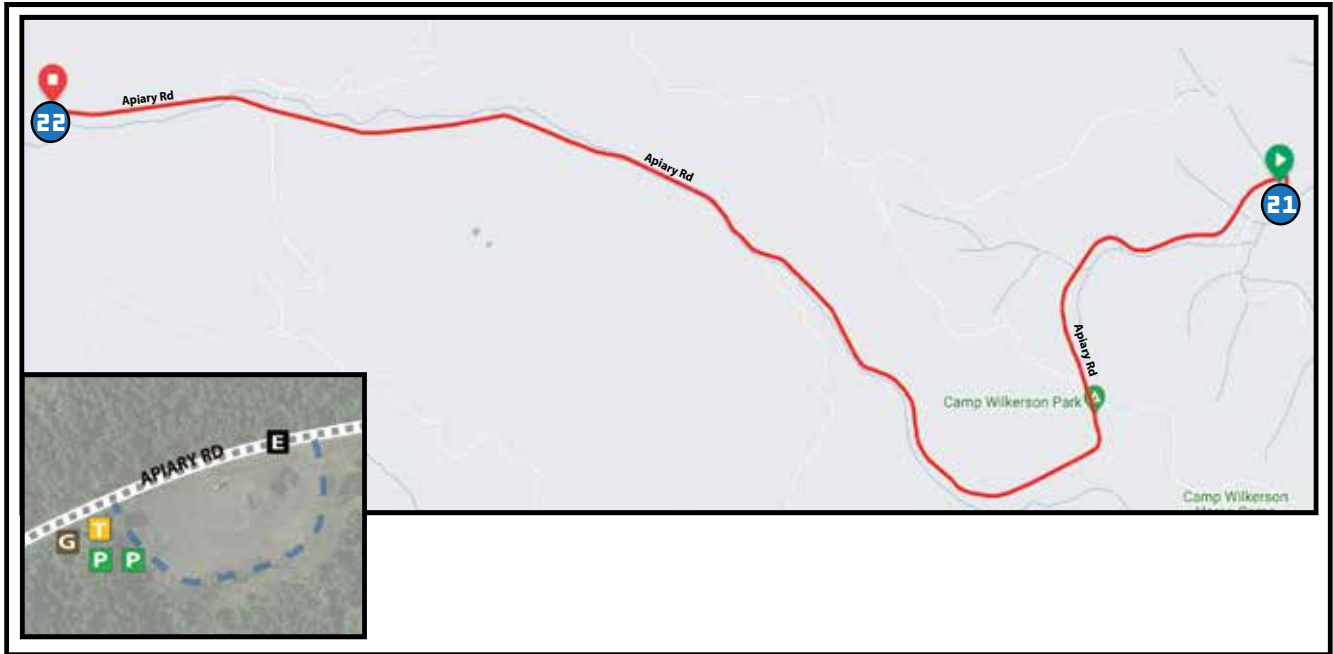
**LEG DESCRIPTION:** Gradual up and downhills on paved but narrow backcountry roads.

**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
- 6.82 Exchange 22 (Apiary Rd)

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### EXCHANGE NOTES

**Parking:** In large field on left side of Apiary Rd.  
Watch your footing! Some uneven terrain at Exchange 22

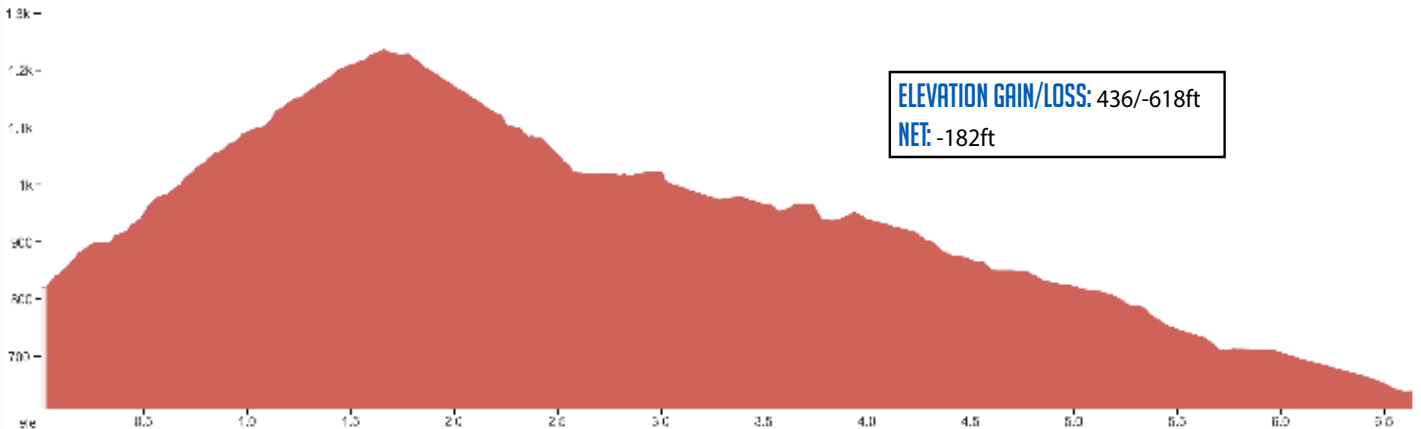
**Provisions:** No

**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).



NAMED AFTER: LORA MATTSSEN



# VAN 2

# 4.16 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
- 4.16 Exchange 23 (Natal Grange)

### EXCHANGE NOTES

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

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

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

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

Scan For Map



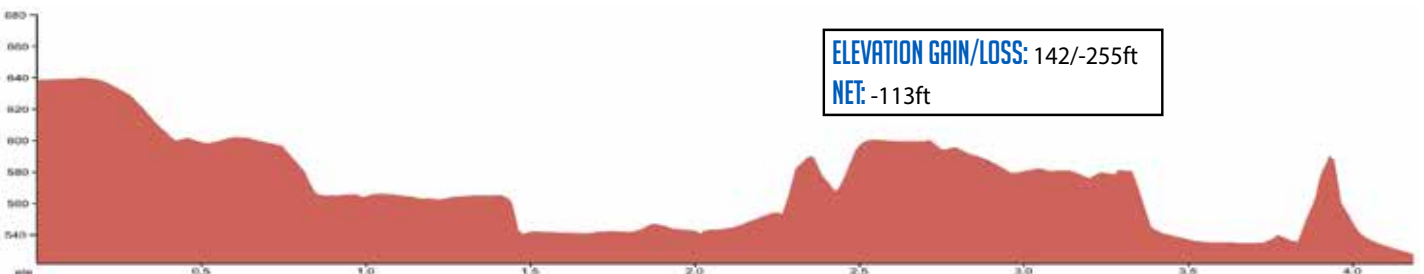
[Or Click HERE](#)



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).

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

**ELEVATION GAIN/LOSS:** 142/-255ft  
**NET:** -113ft



# MAJOR VAN EXCHANGE

NAMED AFTER: DAVID NOVAK

# VAN 2&1

# 4.83 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

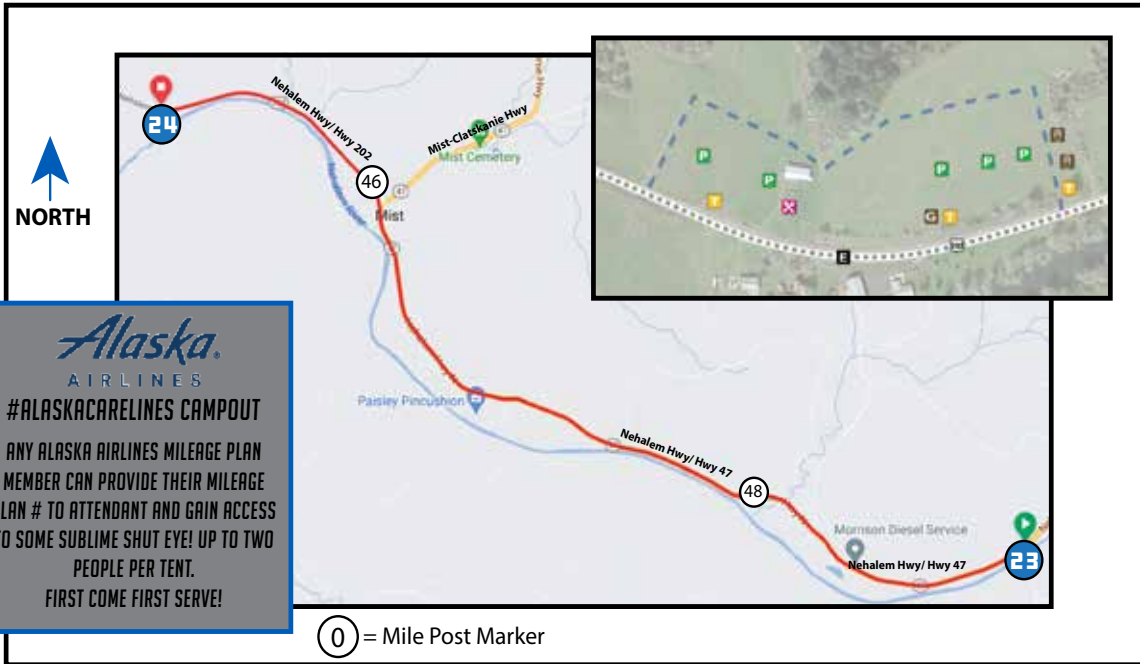
**GPS:** 46.002792, -123.278399

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

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**Alaska AIRLINES**  
**#ALASKACARELINES CAMPOUT**  
 ANY ALASKA AIRLINES MILEAGE PLAN MEMBER CAN PROVIDE THEIR MILEAGE PLAN # TO ATTENDANT AND GAIN ACCESS TO SOME SUBLIME SHUT EYE! UP TO TWO PEOPLE PER TENT. FIRST COME FIRST SERVE!

0 = Mile Post Marker

### 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
- 4.83 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!



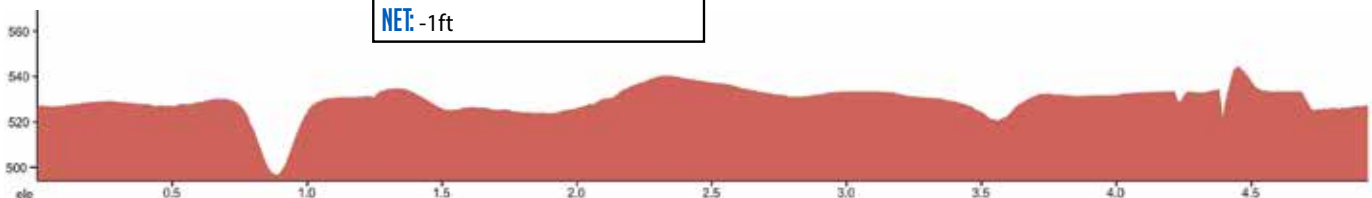
Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

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

### COURSE FUNDRAISER BARN FIELD

Hamburgers, vegetarian chili, biscuits & gravy, muffins, bagels, water, soda, coffee, additional various snack.

**ELEVATION GAIN/LOSS:** 93/-94ft  
**NET:** -1ft



NAMED AFTER: ROB RICKARD



# VAN 1

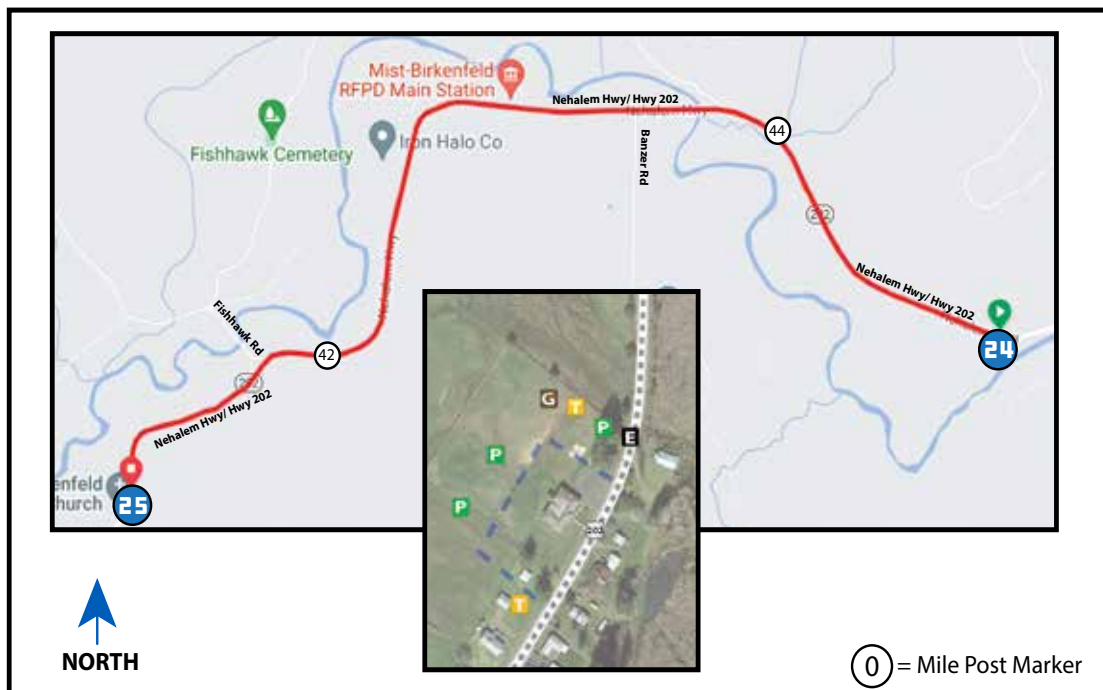
# 3.80 MI | EASY

**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/Birkenfield Fire Station
- ↑ 3.10 Fishhawk Rd
- 3.80 Exchange 25 (Birkenfield Community Church)

### EXCHANGE NOTES

**Parking:** In Birkenfield 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

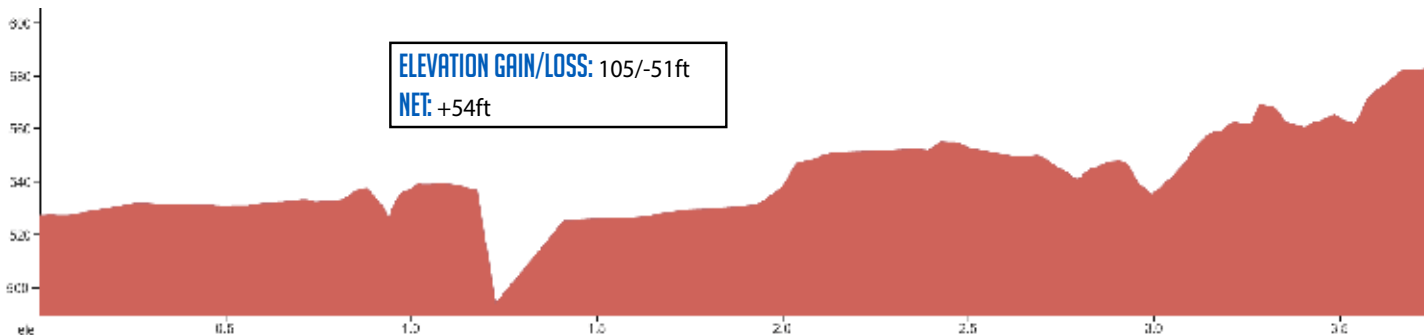
Scan For Map



[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).



# VAN 1

# 5.65 MI | HARD

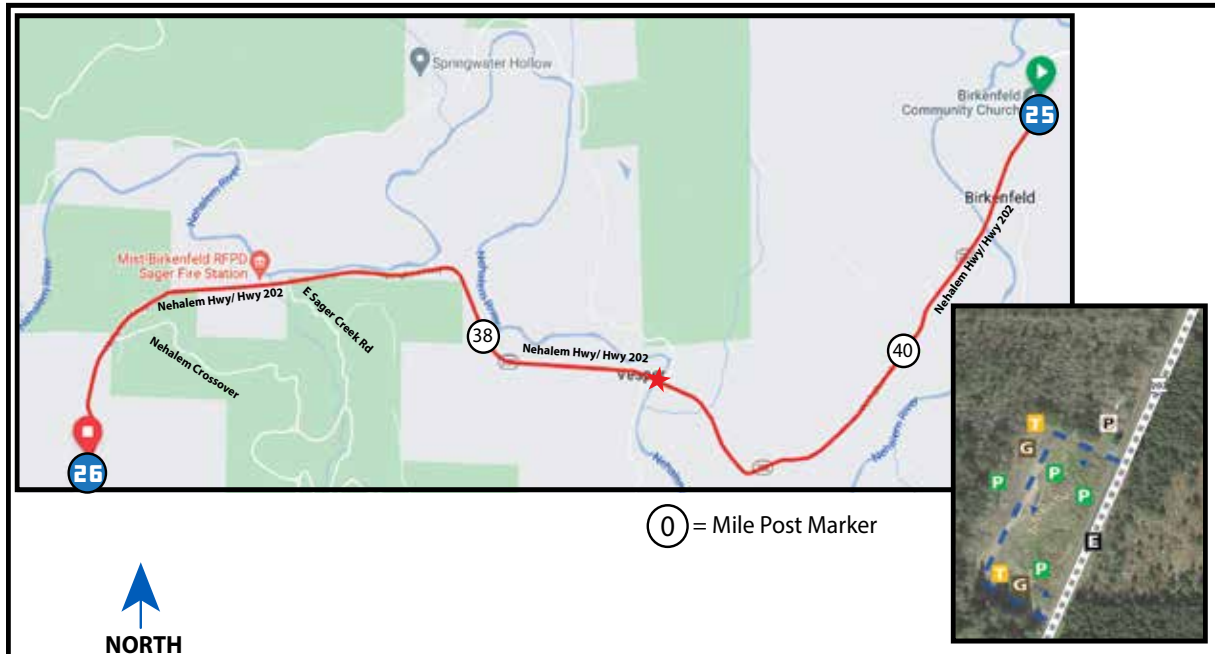


**LEG DESCRIPTION:** Beginning with gently rolling hills, long uphill toward the end, finishing downhill for half mile on paved roads.

**EXCH 26 ADDRESS:** 5.65 miles on HWY 202, Clatskanie, OR 97016

**GPS:** 45.97556, -123.416774

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



## DIRECTIONS FROM EXCH 25 TO EXCH 26

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

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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.**

**DRIVERS: Turn on hazard lights as you are leaving exchange 26. This helps volunteers know which vans are parking and which vans are leaving.**

Provisions: No

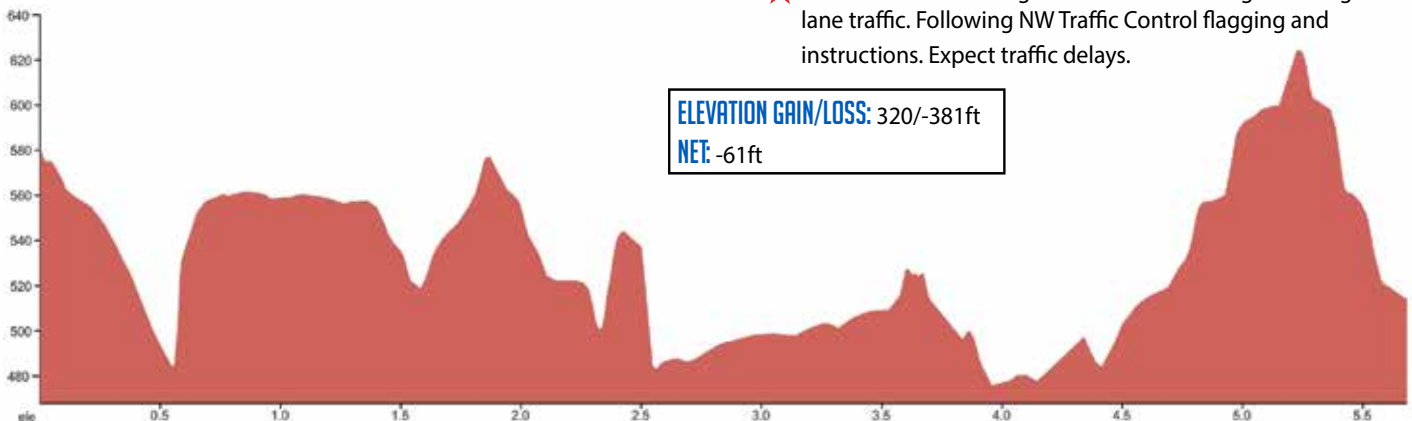
Fuel: No

Closest fire station located 2.0 miles prior to exchange 25.

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

## LEG NOTES

★ Construction occurring on the Nehalem Bridge creating one lane traffic. Following NW Traffic Control flagging and instructions. Expect traffic delays.



NAMED AFTER: GREG LORTS



# VAN 1

# 6.36 MI | MODERATE

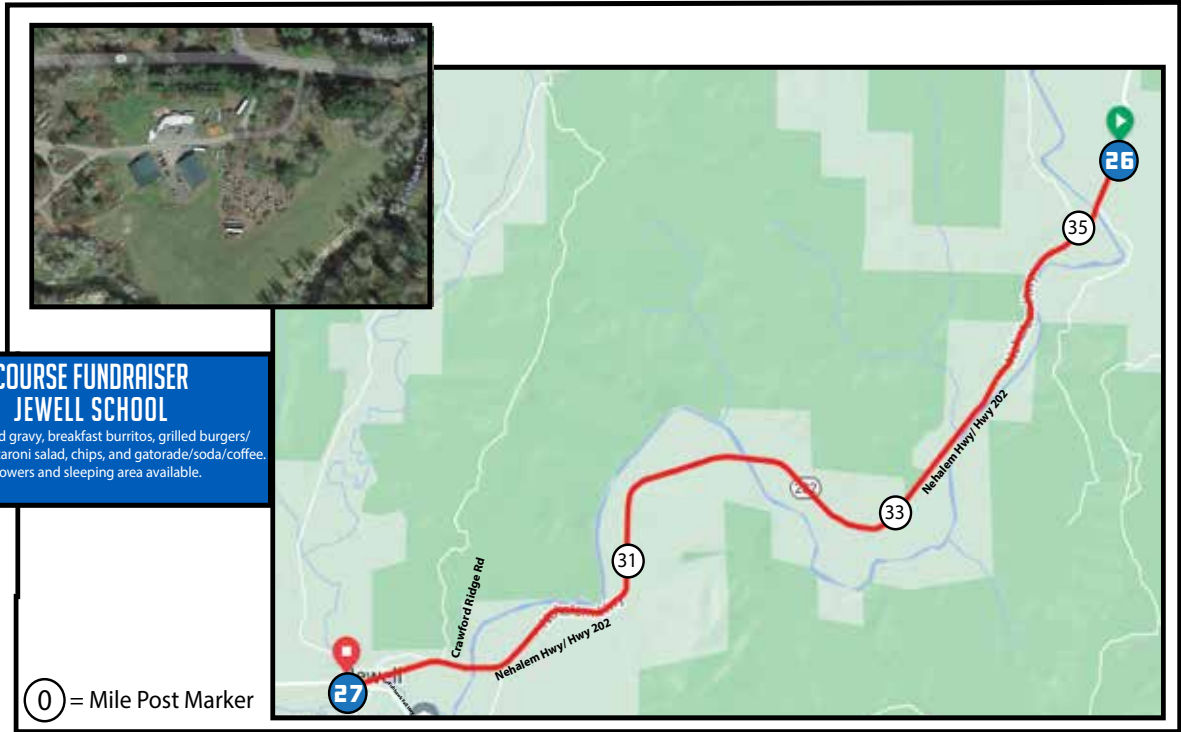


**LEG DESCRIPTION:** Rolling hills on paved rural country road.

**EXCH 27 ADDRESS:** near 79156 HWY 202 Jewell, OR 97138

**GPS:** 45.933928, -123.5061

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



### 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](#)

**DRIVERS:** Turn on hazard lights as you are leaving Exchange 26. This helps volunteers know which vans are parking and which vans are leaving.

### EXCHANGE NOTES

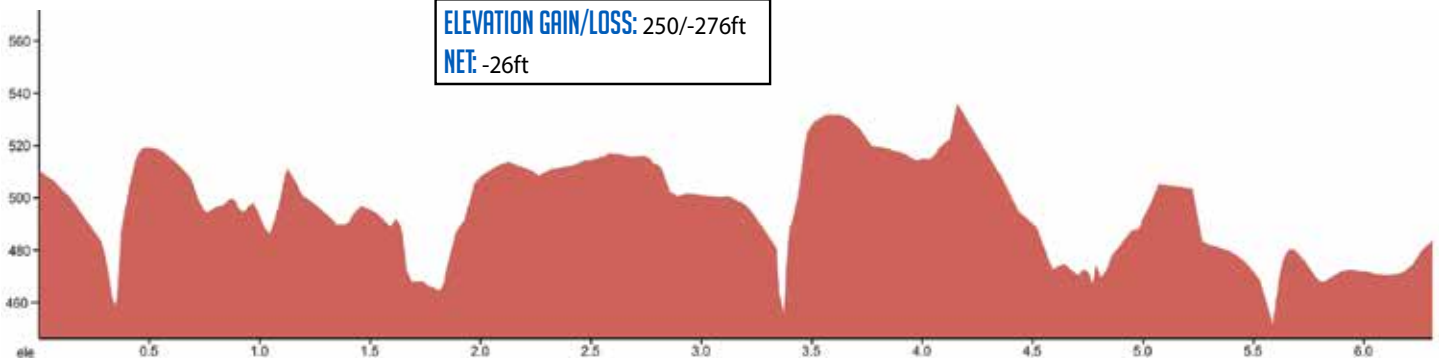
**Parking:** Entrance for van parking is before the exchange as directed by volunteers in field. Upon exiting, left turn only.

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

Provisions: Course Fundraisers

Fuel: No

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



# VAN 1

# 3.83 MI | EASY



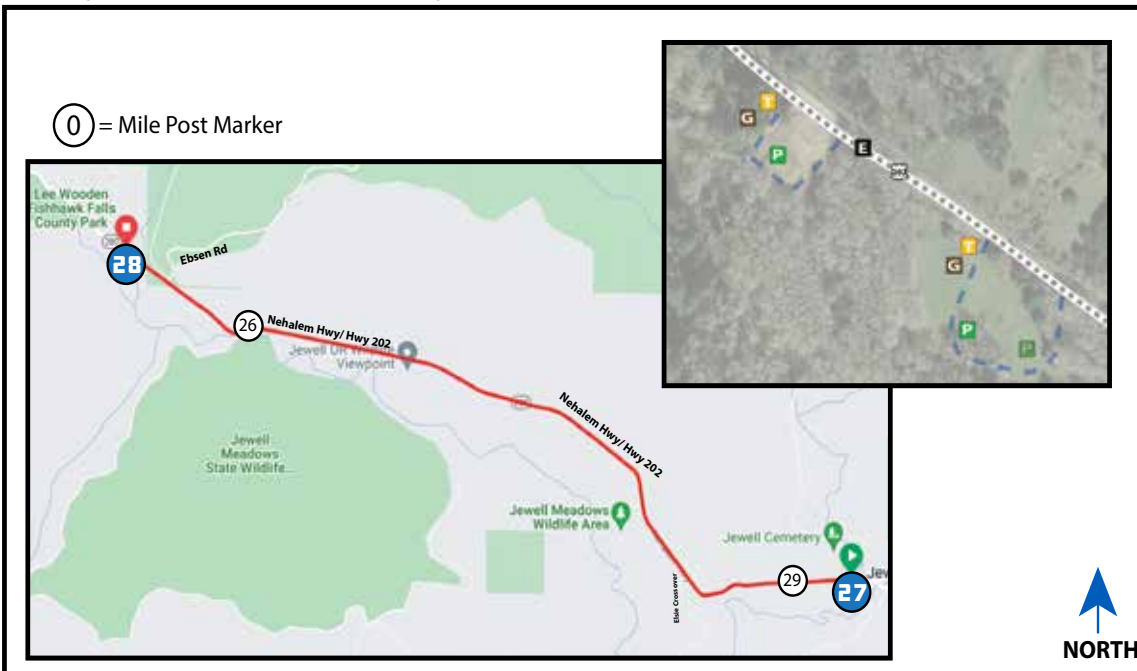
**LEG DESCRIPTION:** Gradual uphill on paved road. Narrow HWY with limited shoulder.

**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: SHIRLEY SHAW



# VAN 1

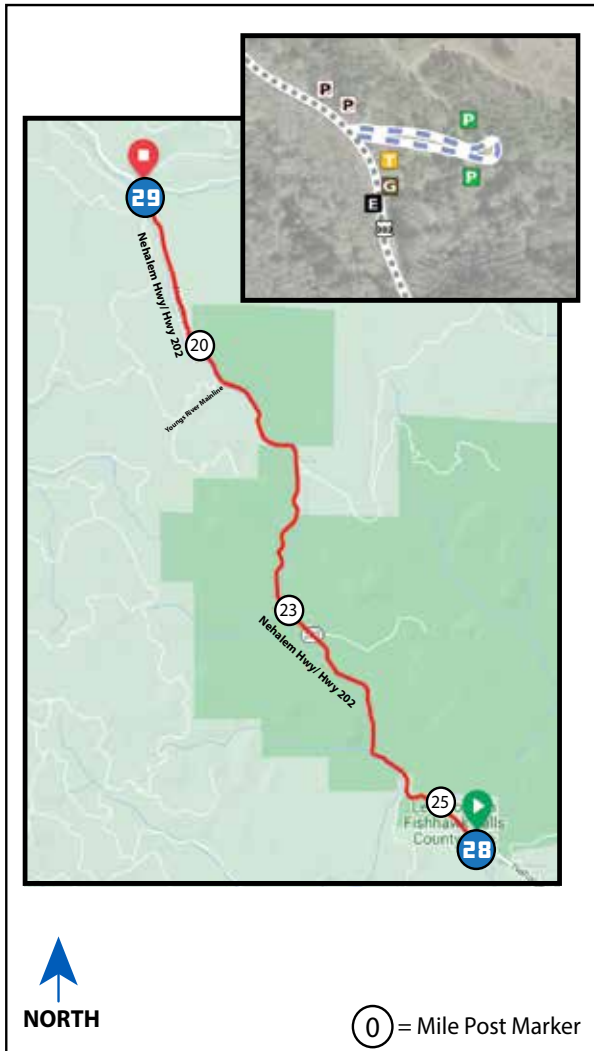
# 5.97 MI | VERY HARD

**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.**

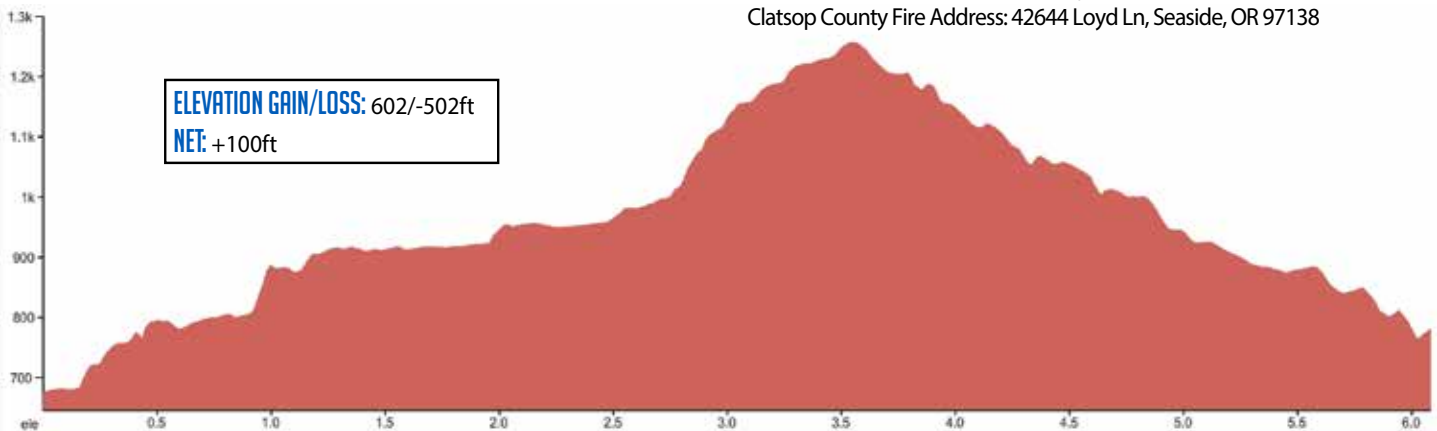
Provisions: No

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 5.31 MI | MODERATE

NAMED AFTER: RANDY TEADTKE

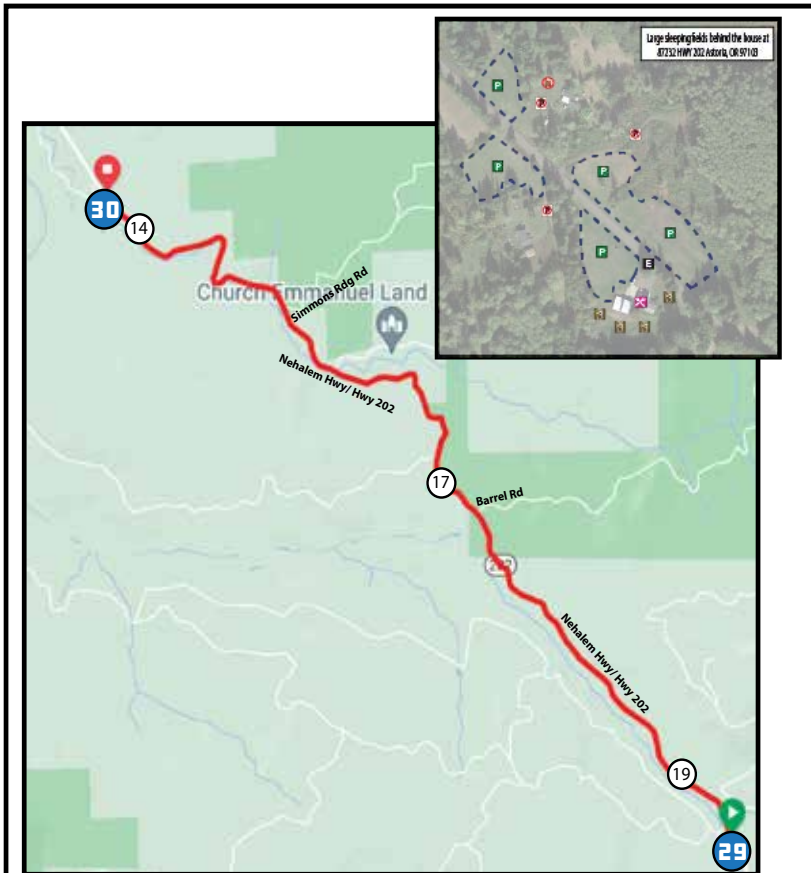


**LEG DESCRIPTION:** Gradual uphill and steep downhill on winding narrow back road with minimal shoulder.

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

**GPS:** 46.065768, -123.692707

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



0 = Mile Post Marker



**COURSE FUNDRAISERS**  
**LOCAL COMMUNITY FAMILY**  
 CASH ONLY  
 FRIDAY 10:00PM - CLOSE  
 FOOD: DINNER: Hamburgers, chicken burgers, potato salad. BREAKFAST: Eggs, bacon, ham & cheese croissants, muffins. LUNCH: hamburgers, hotdogs, yogurt, fruit, bagels

### 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)
- 5.31 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 (CASH ONLY)  
 Fuel: No (nearest fuel - 13miles on HWY 202 into Astoria)

Closest fire stations located 5.5 miles northwest of exchange 32.

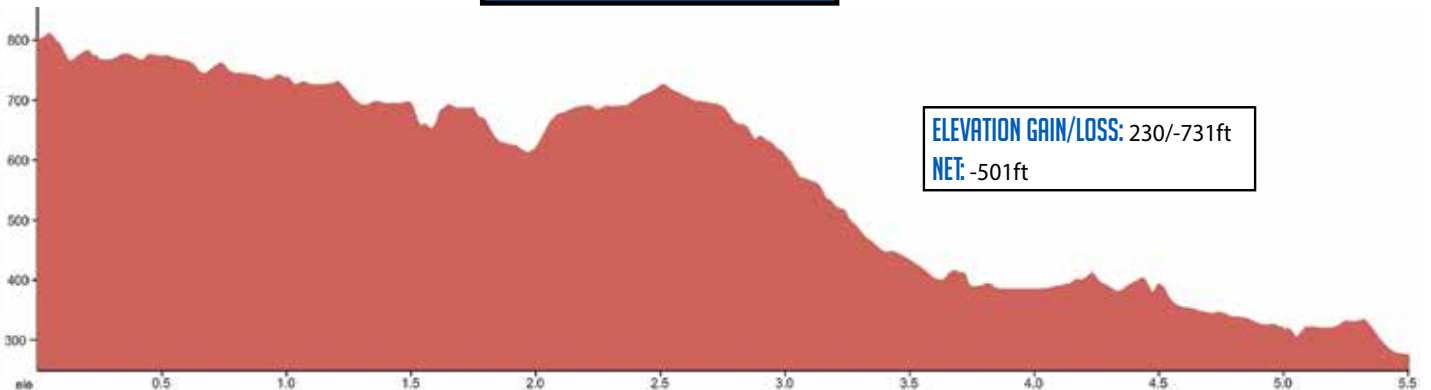
Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103

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

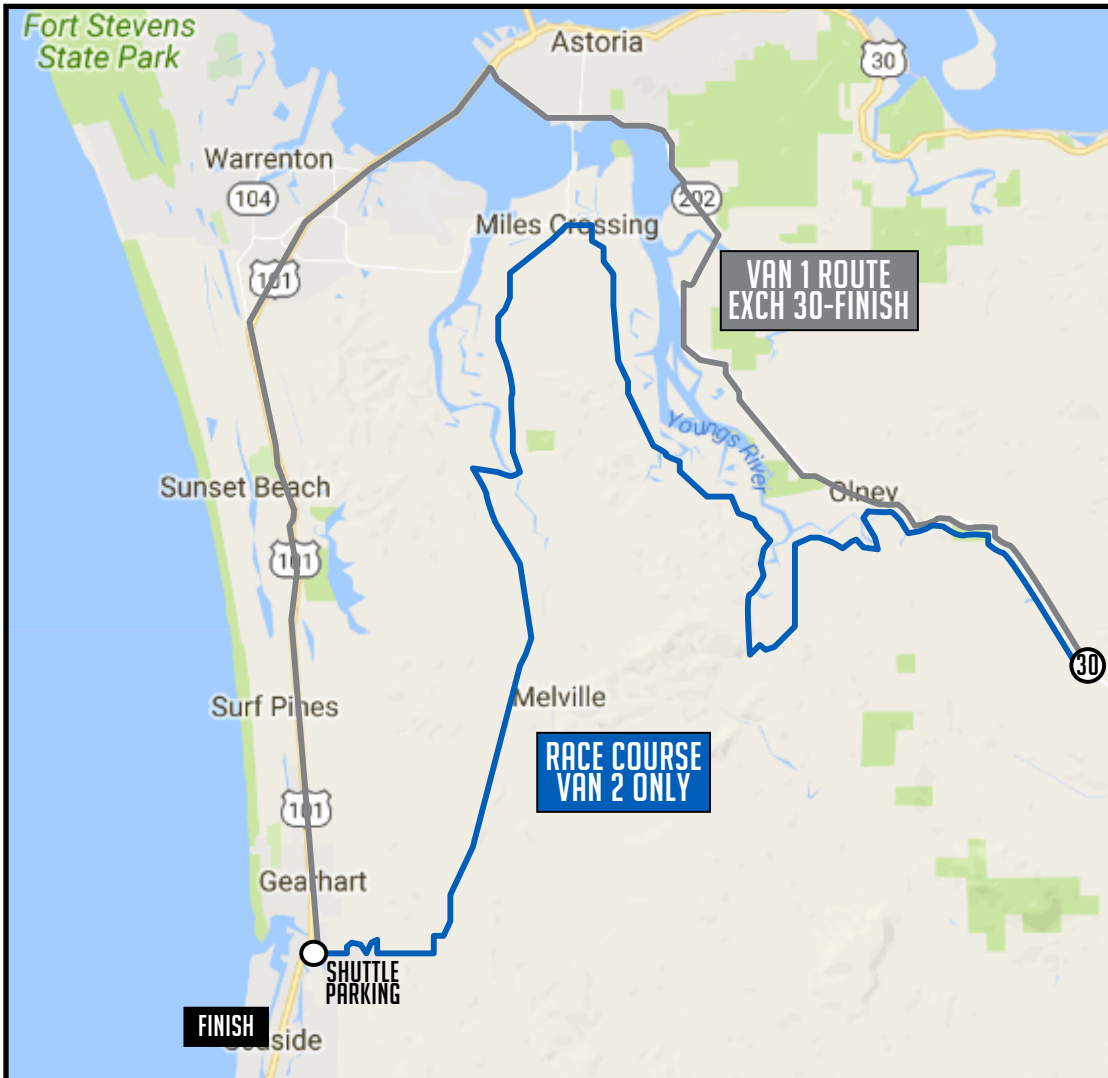


Water for purchase

**ELEVATION GAIN/LOSS:** 230/-731ft  
**NET:** -501ft



# 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 Line 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 walker one block north of the turnaround on the beach where Oceanway Ave dead-ends at the beach.

# VAN 2

# 3.96 MI | MODERATE

NAMED AFTER: TED BACHMAN

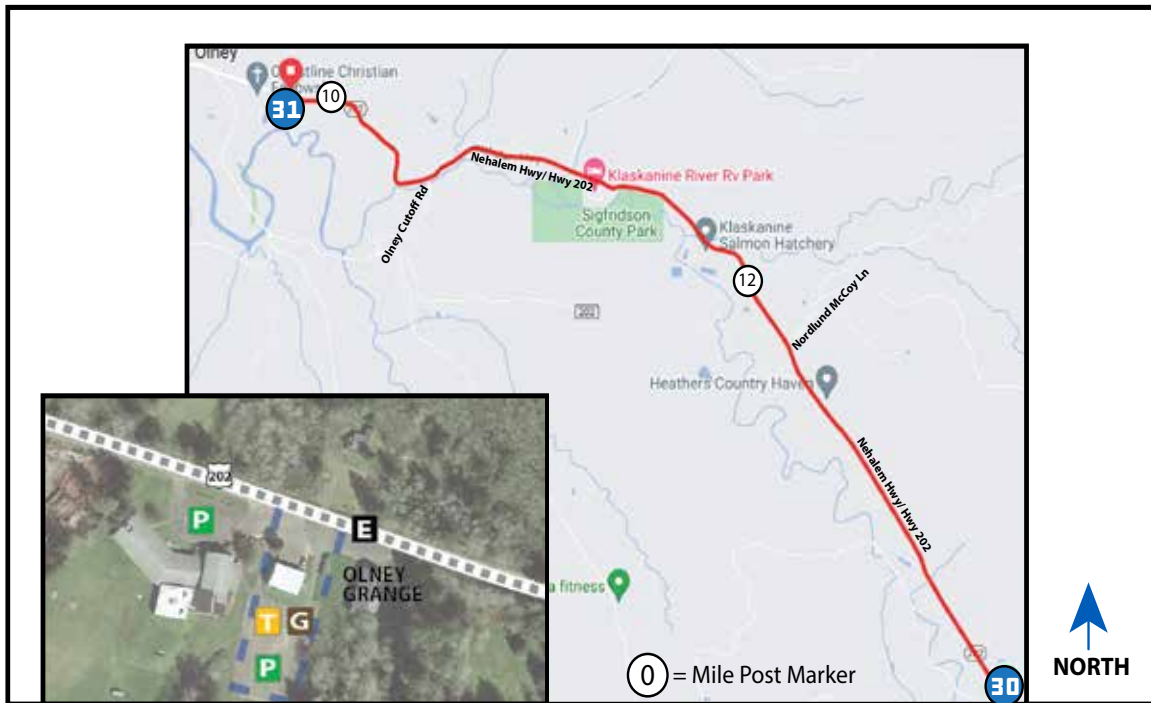


**LEG DESCRIPTION:** Gradual hills on narrow paved back country road.

**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)

**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

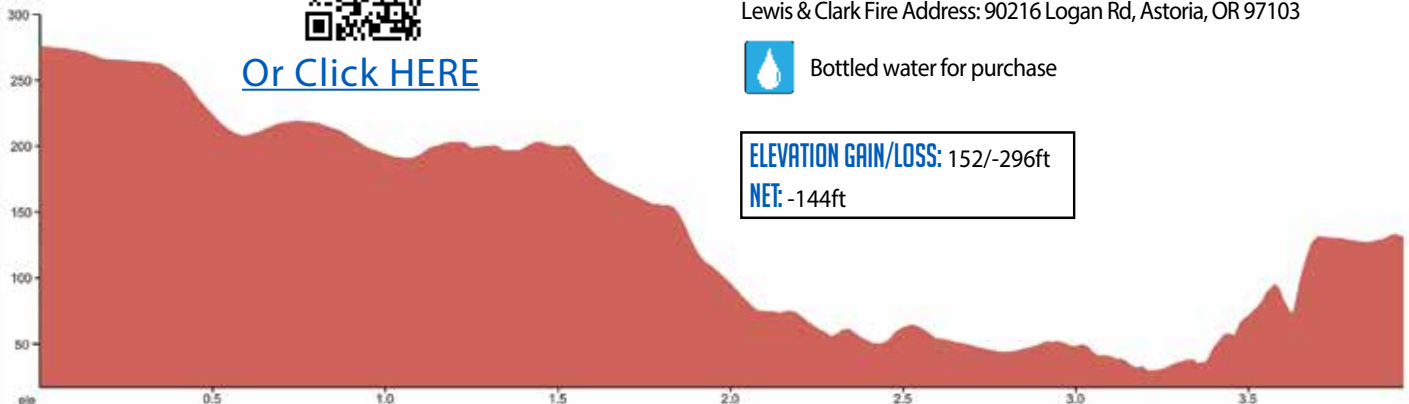
 Bottled water for purchase

**ELEVATION GAIN/LOSS:** 152/-296ft  
**NET:** -144ft

Scan For Map



[Or Click HERE](#)





# VAN 2

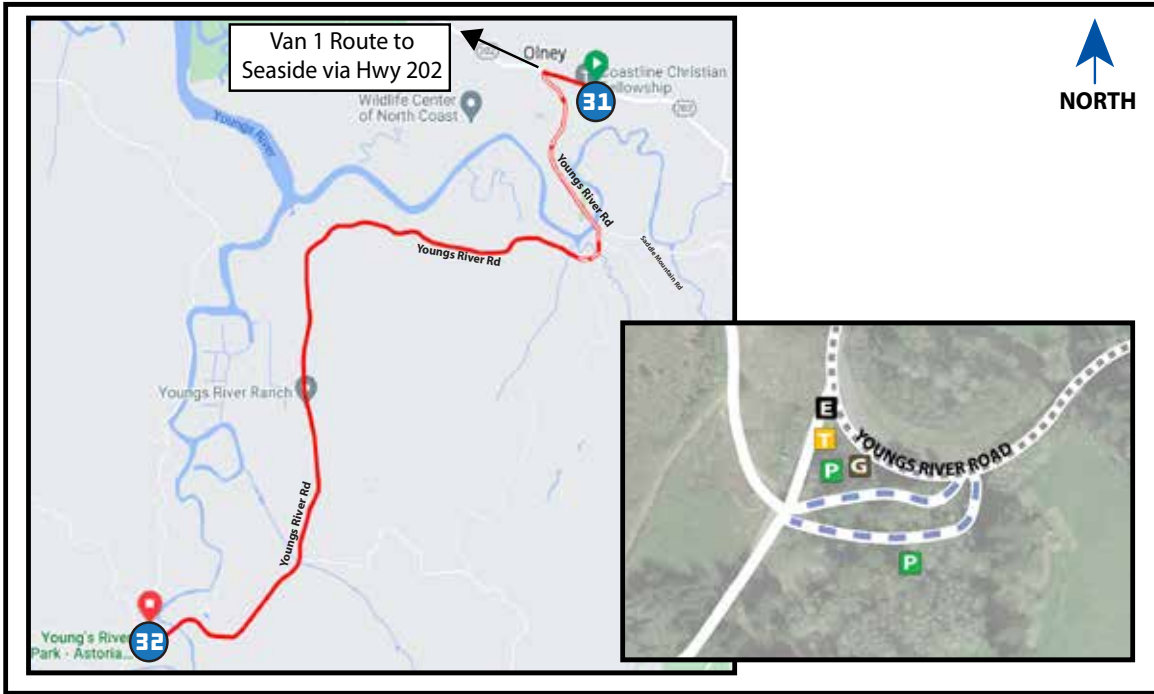
# 4.20 MI | MODERATE

**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)

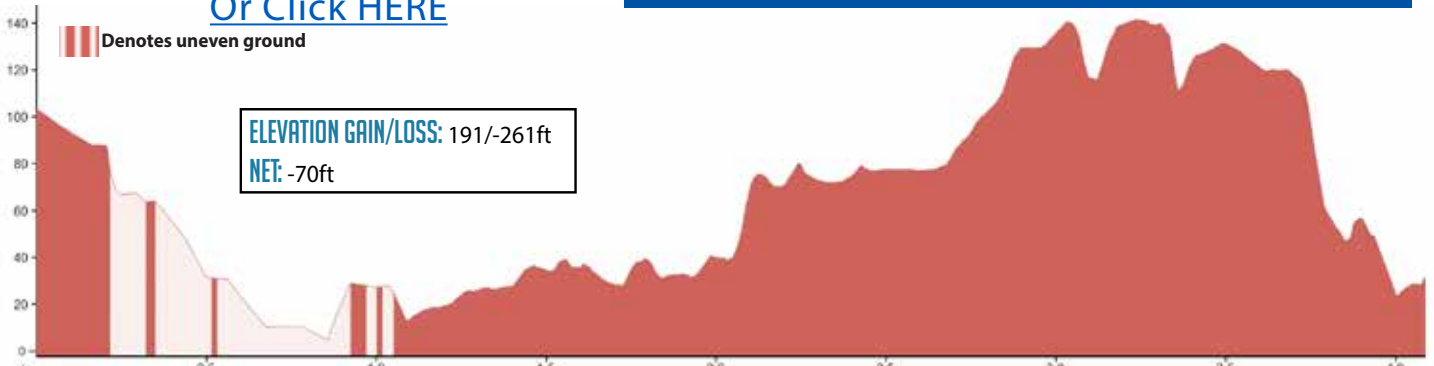
Closest fire stations located 5.5 miles northwest of exchange 32.  
Lewis & Clark Fire Address: 90216 Logan Rd, Astoria, OR 97103

Scan For Map



Or Click [HERE](#)

**ONLY VAN 2 IS ALLOWED TO PROCEED ALONG THE RACE COURSE, VAN 1 MUST TURN ONTO HWY 202 AND PROCEED TO SEASIDE (SEE PAGE 72) (SEE PAGE 60)**



# VAN 2

# 7.72 MI | HARD



NAMED AFTER: WALT GAMBLE



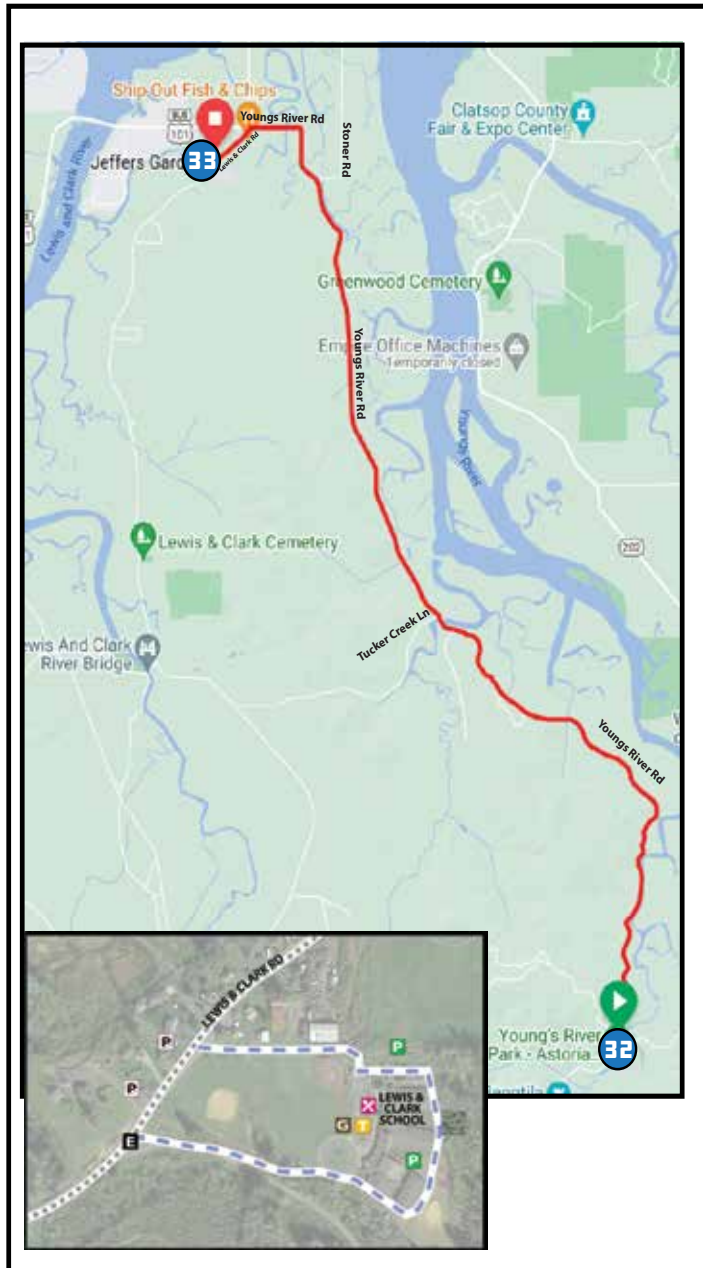
**LEG DESCRIPTION:** Rolling hills on narrow country roads.

**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



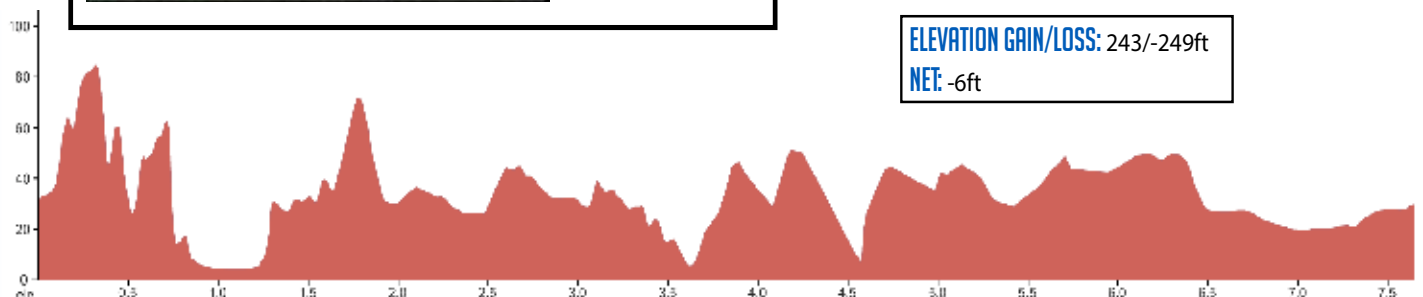
Bottled water for purchase

### COURSE FUNDRAISER

**ASTORIA YOUTH BASEBALL**  
SATURDAY 4:00AM - CLOSE  
Breakfast burritos, biscuits & gravy,  
hamburgers, hot dogs, doughnuts,  
coffee, etc.

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

**NET:** -6ft



NAMED AFTER: KEN TRAVIS  
JIM SAPP



# 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.

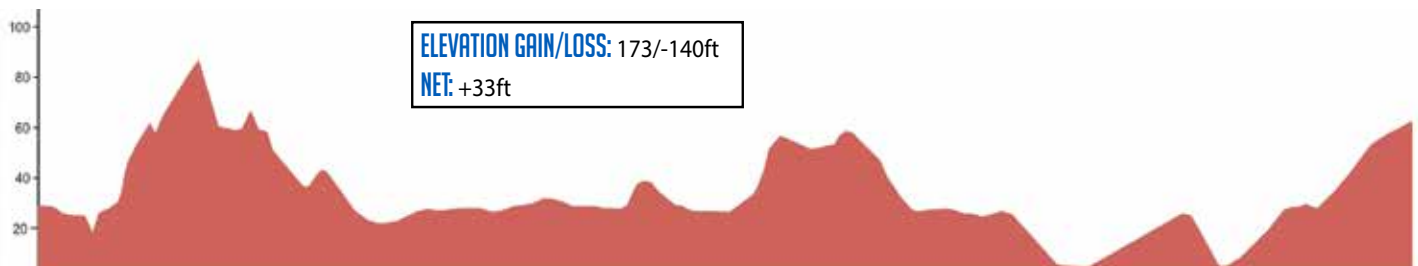
Closest fire stations located 1.6 miles east of exchange 34.

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**



# VAN 2

# 7.07 MI | HARD

NAMED AFTER: LOPEZ L.

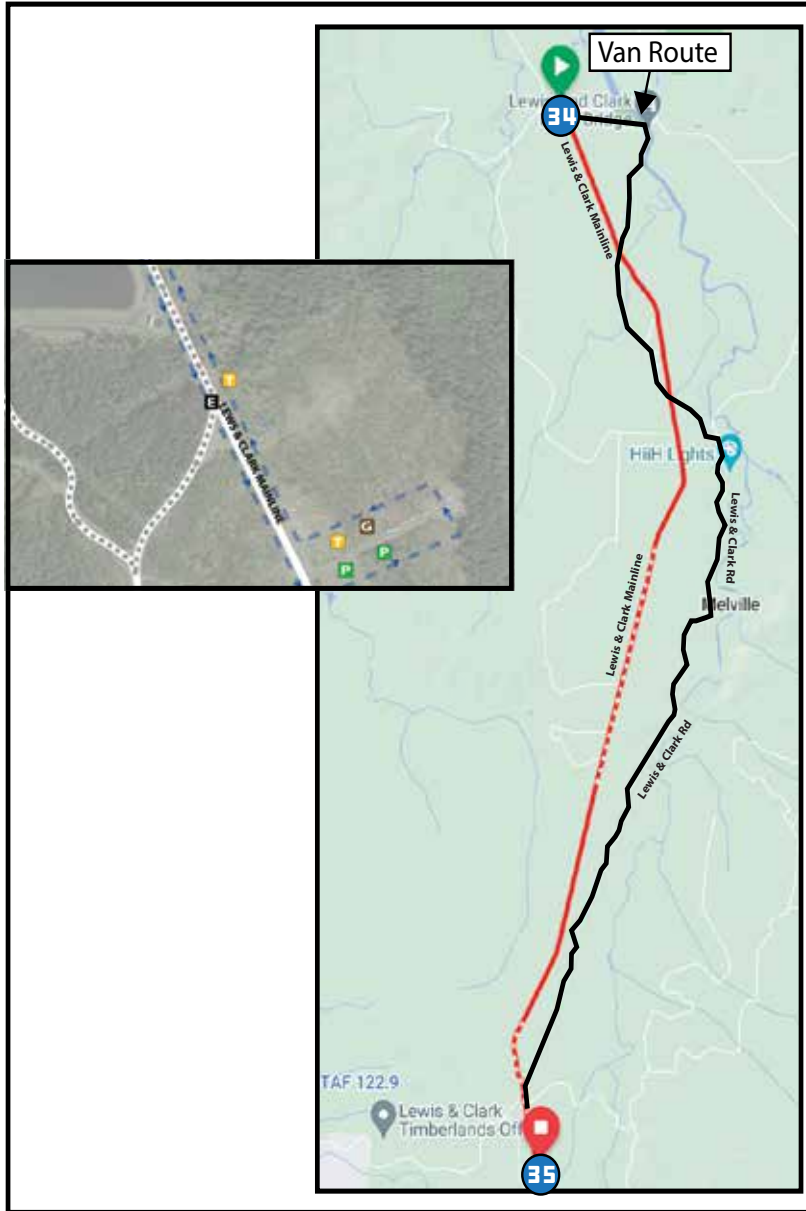


**LEG DESCRIPTION:** Gently rolling terrain along a combination of paved and gravel roads.

**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.**

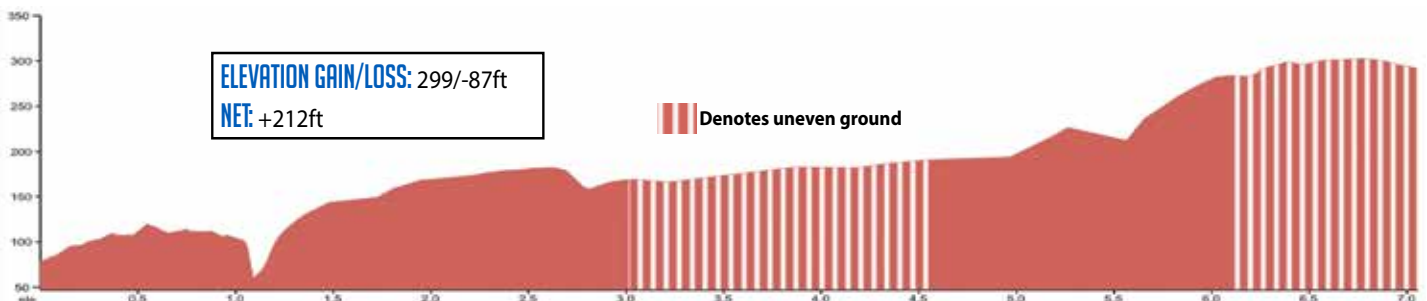
Provisions: No

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 DUTKO



# 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!

**DRIVER NOTES - VANS DO NOT FOLLOW COURSE, SEE PG 72 FOR DIRECTIONS**

### FINISH NOTES

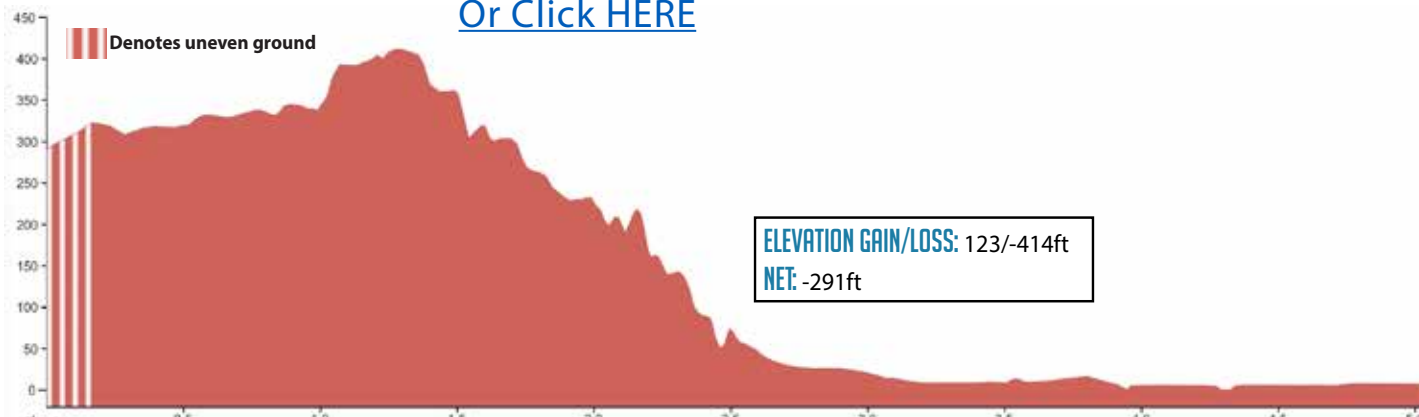
Parking: See page 80 for driving directions and parking maps.  
 Provisions: Food <sup>58</sup> & beverage on the beach and nearby Seaside restaurants  
 Fuel: Yes  
 Recycling, ATM, basic first aid within Beach Party. See pages 8 & 9 for more on festivities and <sup>68</sup> entertainment!  
 Open containers 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

Scan For Map



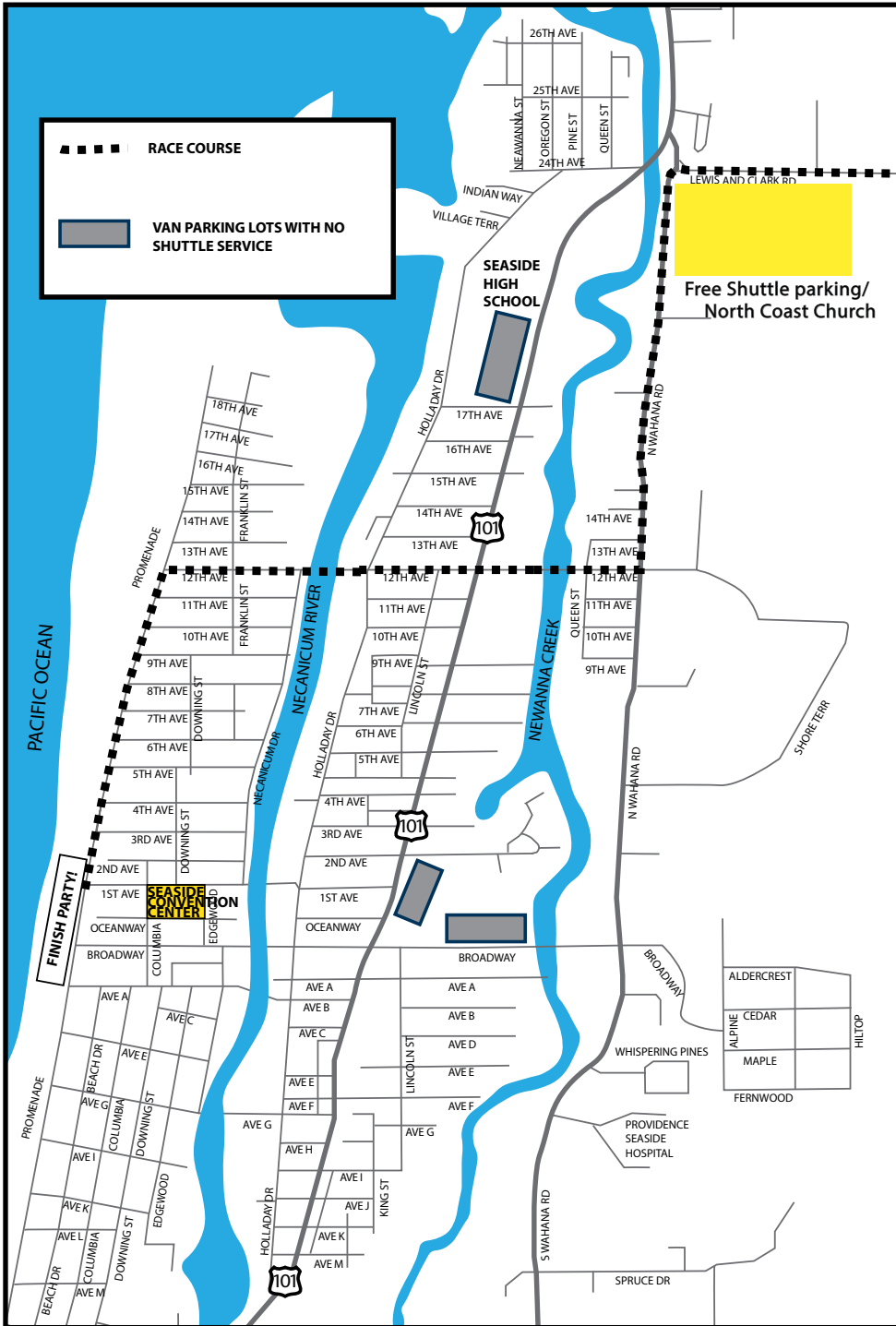
[Or Click HERE](#)





# GRAB LIFE BY THE CLAW™

# DIRECTIONS TO SEASIDE AVAILABLE PARKING



## DRIVING DIRECTIONS

**Vans** follow walker 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.

## TRIVIA

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

- 10
- 6
- 3
- 1

## 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**

# ATHLETIC BREWING CO.<sup>®</sup> OFFICIAL NON-ALCOHOLIC BEER OF HOOD TO COAST



NON-ALCOHOLIC BEER

# GET \$2 BACK

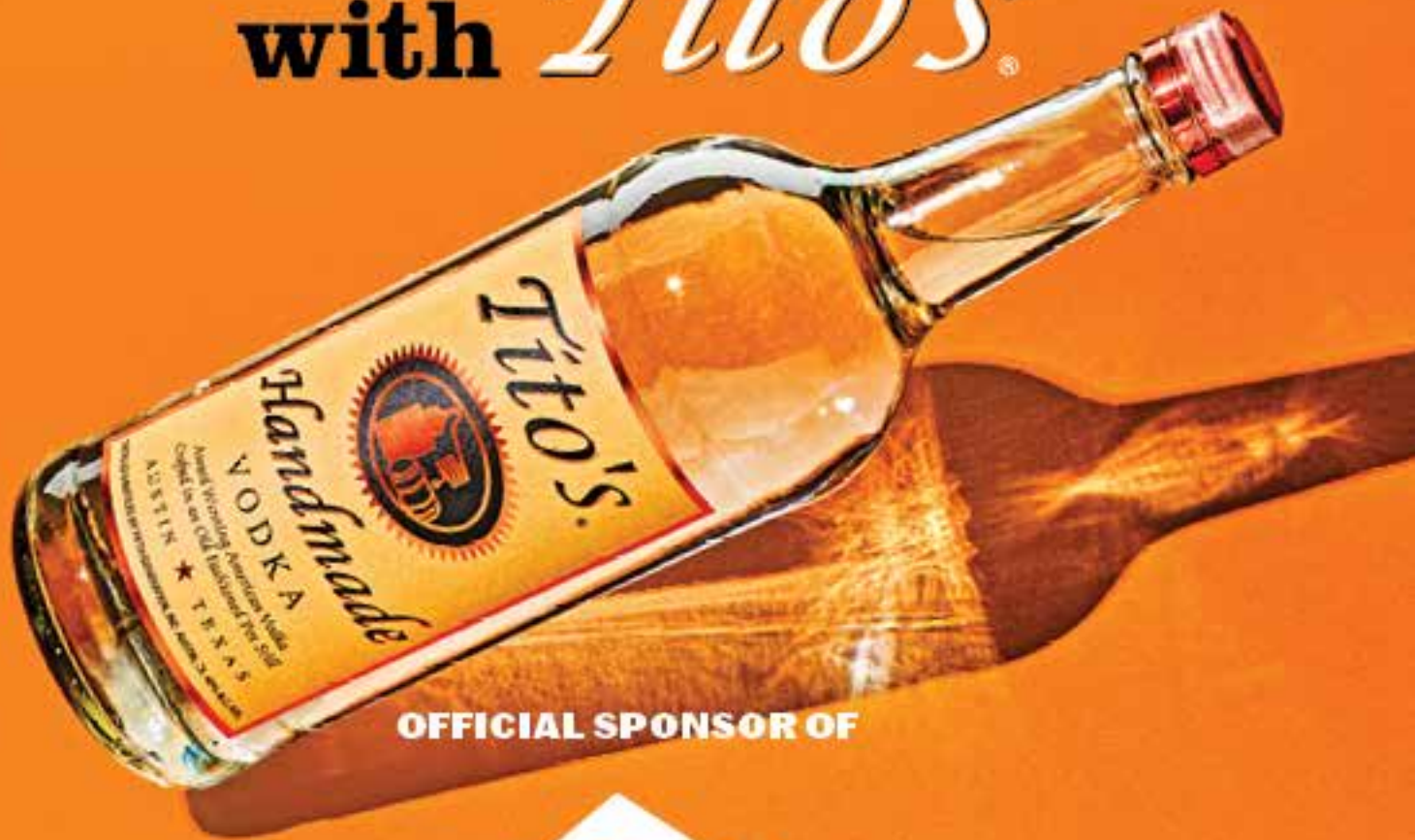


Offer begins 1/1/26 and ends 12/31/26. Must be 21+ years of age to participate. Limited quantities available and offer valid only while supplies last. Offer valid on purchases made in and by legal residents of all 50 U.S. States and D.C. To receive \$2 back, you must purchase ONE (1) 6-pack or 4-pack of Athletic Brewing Co.™ non-alcoholic beer from a licensed off-premise retailer that reflects a purchase price greater than \$2.01 net of taxes or fees ("Qualifying Purchase"). To redeem, participant must scan the QR code or visit [amgpromos.com/ATH8477042W](https://amgpromos.com/ATH8477042W) and will be required to provide a valid date of birth (MMDDYYYY), state and a valid Qualifying Purchase receipt. Upon verification of eligibility and Qualifying Purchase receipt, participant will be sent \$2. Limit ONE (1) rebate per receipt and submission, maximum of ONE (1) rebate per customer per month during the Offer Period. This offer may not be combined with any other offer, rebate, or coupon. Qualifying Purchase receipt must be dated between 1/1/26 – 12/31/26 and received by 12/31/26 at 11:59:59 PM ET. For full terms and conditions visit [amgpromos.com/ATH8477042W](https://amgpromos.com/ATH8477042W). Message & data rates may apply. Sponsor: Athletic Brewing Company LLC.

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# RECOVER LATER CELEBRATE NOW

with *Tito's*



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**HOOD<sup>to</sup>COAST**

**AUGUST 28TH-29TH**

**MOUNT HOOD TO SEASIDE, OREGON**

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# 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 \_\_\_\_\_\*\*\*\*\*

# 2025 RESULTS & RECORDS

| Women's Open                           |                     |             |                   |
|--|---------------------|-------------|-------------------|
| Any age, at least one walker under 30. |                     |             |                   |
| <b>Course record</b>                   | Six Pistols (2009)  | 21:45:37    | <b>Pace</b> 10:07 |
| <b>2025 Results</b>                    | <b>Name</b>         | <b>Time</b> |                   |
|  | 1 MyPace            | 28:56:06.0  | 13:41             |
|  | 2 Sweet Soles       | 29:18:02.0  | 13:51             |
|  | 3 Cottage Cheeks    | 29:37:37.5  | 14:00             |
|  | 4 Team SWAG         | 29:39:41.7  | 14:01             |
|  | 5 Crazy 8 Bear Pack | 30:44:37.0  | 14:32             |
|  | 6 Huffin' Puffins   | 31:13:16.7  | 14:46             |

| Women's Submasters            |                           |             |                   |
|-------------------------------|---------------------------|-------------|-------------------|
| Min age of all walkers is 30. |                           |             |                   |
| <b>Course Record</b>          | Soleful Strutters (2018)  | 25:40:40    | <b>Pace</b> 11:52 |
| <b>2025 Results</b>           | <b>Name</b>               | <b>Time</b> |                   |
|                               | 1 Manic Mommies           | 27:13:17.3  | 12:52             |
|                               | 2 Road Rage               | 27:15:43.9  | 12:53             |
|                               | 3 Lets do this            | 27:34:02.2  | 13:02             |
|                               | 4 TIC TAC TOES            | 28:35:51.8  | 13:31             |
|                               | 5 Bust N Butts N Blisters | 28:51:30.6  | 13:39             |
|                               | 6 Acceler8                | 28:58:01.5  | 13:42             |

| Women's Masters               |                       |             |                   |
|-------------------------------|-----------------------|-------------|-------------------|
| Min age of all walkers is 40. |                       |             |                   |
| <b>Course Record</b>          | RWNW-Ero-Feet (2001)  | 22:14:58    | <b>Pace</b> 10:21 |
| <b>2025 Results</b>           | <b>Name</b>           | <b>Time</b> |                   |
|                               | 1 Rockbottoms         | 25:43:28.9  | 12:10             |
|                               | 2 ToeJammin           | 27:59:30.2  | 13:14             |
|                               | 3 Spud City Walkettes | 28:59:05.3  | 13:42             |
|                               | 4 Will Walk 4 Wine    | 29:01:38.5  | 13:43             |
|                               | 5 Gibbys Gals         | 29:33:46.5  | 13:58             |
|                               | 6 Late for Lattes     | 29:41:03.0  | 14:02             |

| Women's Super Masters         |                        |             |                   |
|-------------------------------|------------------------|-------------|-------------------|
| Min age of all walkers is 50. |                        |             |                   |
| <b>Course Record</b>          | I'm With Stupid (2008) | 24:57:44    | <b>Pace</b> 11:37 |
| <b>2025 Results</b>           | <b>Name</b>            | <b>Time</b> |                   |
|                               | 1 Street Walkers       | 28:45:38.2  | 13:36             |
|                               | 2 Untethered Soles     | 28:47:28.7  | 13:37             |
|                               | 3 We're Goin' In       | 30:48:16.2  | 14:34             |
|                               | 4 The Salty Mermaids   | 31:03:19.7  | 14:41             |
|                               | 5 8 Golden Girls       | 31:35:02.4  | 14:56             |
|                               | 6 Norfolk and Chance   | 33:47:06.5  | 15:58             |

| Women's Champion Masters      |                       |             |                   |
|-------------------------------|-----------------------|-------------|-------------------|
| Min age of all walkers is 60. |                       |             |                   |
| <b>Course Record</b>          | Street Walkers (2018) | 26:30:21    | <b>Pace</b> 12:15 |
| <b>2025 Results</b>           | <b>Name</b>           | <b>Time</b> |                   |
|                               | 1 SpringChicks        | 30:38:52.8  | 14:29             |

| Corporate Women's Open              |                           |             |                   |
|-------------------------------------|---------------------------|-------------|-------------------|
| Any age, ALL from the SAME business |                           |             |                   |
| <b>Course Record</b>                | Sole Phenomenon (2010)    | 25:46:55    | <b>Pace</b> 11:59 |
| <b>2025 Results</b>                 | <b>Name</b>               | <b>Time</b> |                   |
|                                     | 1 Determined Divas        | 27:59:35.2  | 13:14             |
|                                     | 2 SWOOSH! There It Is     | 29:26:17.0  | 13:55             |
|                                     | 3 We Got the Beat         | 29:40:53.0  | 14:02             |
|                                     | 4 Big River Grill Baddies | 30:45:29.7  | 14:32             |
|                                     | 5 You've Been Schooled    | 31:43:10.8  | 15:00             |
|                                     | 6 Whiskey Tango Foxtrot   | 32:26:45.4  | 15:20             |

| Men's Open                             |                        |             |                  |
|--|------------------------|-------------|------------------|
| Any age, at least one runner under 30. |                        |             |                  |
| <b>Course Record</b>                   | The High Fibres (2001) | 19:28:53    | <b>Pace</b> 9:04 |
| <b>2025 Results</b>                    | <b>Name</b>            | <b>Time</b> |                  |
|  | 1 Loud and Proud       | 24:09:42.2  | 11:25            |
|  | 2 Runrunwinwin         | 29:01:26.2  | 13:43            |
|  | 3 Walkaholics          | 29:51:44.3  | 14:07            |
|  | 4 PEP in Our Steps     | 30:02:19.5  | 14:12            |
|  | 5 You Serious Clark?   | 30:58:12.2  | 14:38            |
|  | 6 Crash Course Cousins | 31:13:22.0  | 14:46            |

| Men's Submasters              |   |             |             |
|-------------------------------|---|-------------|-------------|
| Min age of all runners is 30. |   |             |             |
| <b>Course Record</b>          |   |             |             |
| <b>2025 Results</b>           | <b>Name</b>                             | <b>Time</b> | <b>Pace</b> |
|                               | 1 Reshod Squad via Reshod Walking Shoes | 24:42:43.2  | 11:41       |
|                               | 2 Snails pays                           | 30:38:41.7  | 14:29       |
|                               | 3 Soggy Bottoms                         | 31:38:01.2  | 14:57       |
|                               | 4 The Racing Masons                     | 33:39:32.6  | 15:55       |
|                               | 5 Flying Colors                         | 35:32:04.2  | 16:48       |

| Men's Masters                 |  |  |  |
|-------------------------------|--|--|--|
| Min age of all runners is 40. |  |  |  |
| <b>Course Record</b>          |  |  |  |

| Men's Super Masters                    |  |             |                   |
|--|--|-------------|-------------------|
| Any age, at least one walker under 50. |  |             |                   |
| <b>Course record</b>                   | Classic Soul (2019)                          | 27:59:22    | <b>Pace</b> 12:56 |
| <b>2025 Results</b>                    | <b>Name</b>                                  | <b>Time</b> |                   |
|  | 1 SCAATY (Still Crazy After All These Years) | 35:31:15.5  | 16:47             |

| Men's Champion Masters                 |                            |          |                   |
|--|----------------------------|----------|-------------------|
| Any age, at least one walker under 60. |                            |          |                   |
| <b>Course record</b>                   | Marin Super Seniors (2015) | 22:10:39 | <b>Pace</b> 10:15 |

| Corporate Men's Open                 |                         |             |                   |
|--------------------------------------|-------------------------|-------------|-------------------|
| Any age, ALL from the SAME business. |                         |             |                   |
| <b>Course record</b>                 | Trekking Tekkies (2010) | 23:33:05    | <b>Pace</b> 10:57 |
| <b>2025 Results</b>                  | <b>Name</b>             | <b>Time</b> |                   |
|                                      | 1 Rohde in Shorts       | 27:51:55.9  | 13:10             |
|                                      | 2 foodguys              | 27:54:27.0  | 13:12             |
|                                      | 3 Walking Q.R.S         | 28:02:20.1  | 13:15             |
|                                      | 4 Kennedy Restoration   | 29:09:53.0  | 13:47             |
|                                      | 5 Just Schwab It        | 30:47:45.5  | 14:33             |
|                                      | 6 Walking-As-A-Service  | 30:52:46.6  | 14:36             |

| Mixed Open  |                                  |             |             |
|---|----------------------------------|-------------|-------------|
| At least half women. Any age, at least one walker under 30. |                                  |             |             |
| <b>Course record</b>  | Racewalk West (2000)             | 19:02:00    | <b>Pace</b> |
| <b>2025 Results</b>   | <b>Name</b>                      | <b>Time</b> |             |
|   | 1 Team Velous Footwear           | 28:12:18.0  | 13:20       |
|   | 2 Run DNR Walk This Way          | 29:05:07.2  | 13:45       |
|   | 3 Kiss My Assphalt               | 29:12:02.6  | 13:48       |
|   | 4 Nuveen Natural Capital Walkers | 29:13:47.9  | 13:49       |
|   | 5 Phuuk'n Skoden                 | 29:18:09.9  | 13:51       |
|   | 6 Fast Orange                    | 29:25:43.1  | 13:55       |

| Mixed Submasters                                   |                                     |             |                   |
|--|-------------------------------------|-------------|-------------------|
| At least half women. Min ages of all walker is 30. |                                     |             |                   |
| <b>Course record</b>                               | Arch Nemesis (2022)                 | 24:54:28    | <b>Pace</b> 11:30 |
| <b>2025 Results</b>                                | <b>Name</b>                         | <b>Time</b> |                   |
|  | 1 Sole Survivors                    | 28:28:21.9  | 13:28             |
|  | 2 Octopuses Ink it Up               | 29:37:19.7  | 14:00             |
|  | 3 99 Problems But My Pace Ain't One | 30:41:13.5  | 14:30             |
|  | 4 Struggle Bus                      | 30:51:39.5  | 14:35             |
|  | 5 The Worst Pace Scenario           | 31:21:58.1  | 14:50             |
|  | 6 Walking Till I Puma Pants         | 31:32:16.7  | 14:54             |

| Mixed Masters                                       |                          |             |                   |
|---|--------------------------|-------------|-------------------|
| At least half women. Min ages of all walkers is 40. |                          |             |                   |
| <b>Course record</b>                                | Out To Lunch (2022)      | 26:46:15    | <b>Pace</b> 12:22 |
| <b>2025 Results</b>                                 | <b>Name</b>              | <b>Time</b> |                   |
|   | 1 OHP: One Hurtin' Puppy | 26:09:51.5  | 12:22             |
|   | 2 Soleful Strutters      | 28:08:50.1  | 13:18             |
|   | 3 Buns N Roses           | 28:41:49.2  | 13:34             |
|   | 4 Keg Killers            | 28:45:12.4  | 13:36             |
|   | 5 Enlightened Soles      | 28:49:25.8  | 13:38             |
|   | 6 Out to Lunch           | 29:16:54.2  | 13:01             |

| Mixed Super Masters                                 |  |             |                   |
|---|--|-------------|-------------------|
| At least half women. Min ages of all walkers is 50. |  |             |                   |
| <b>Course record</b>                                | Beware-A-Sierra's Silver Streak (2010) | 22:11:40    | <b>Pace</b> 10:19 |
| <b>2025 Results</b>                                 | <b>Name</b>                            | <b>Time</b> |                   |
|   | 1 Broken Hipsters                      | 33:05:49.0  | 15:39             |
|   | 2 Scrambled Leggs Crew                 | 34:13:45.5  | 16:11             |

| Mixed Champion Masters                              |                          |             |             |
|---|--------------------------|-------------|-------------|
| At least half women. Min ages of all walkers is 60. |                          |             |             |
| <b>Course record</b>                                | Antiques Roadshow (2010) | 23:33:12    | <b>Pace</b> |
| <b>2025 Results</b>                                 | <b>Name</b>              | <b>Time</b> |             |
|   | 1 Bambooozlers           | 31:07:12.2  | 14:43       |
|   | 2 24 Feet of Old Growth  | 31:10:30.9  | 14:44       |

| Corporate Mixed Open                                  |                            |             |                   |
|---|----------------------------|-------------|-------------------|
| Any age, ALL from SAME business, at least half women. |                            |             |                   |
| <b>Course record</b>                                  | Flav R Pac's Finest (2010) | 26:07:49    | <b>Pace</b> 12:09 |
| <b>2025 Results</b>                                   | <b>Name</b>                | <b>Time</b> |                   |
|   | 1 Inkredibles              | 29:30:45.2  | 13:57             |
|   | 2 Never A Dull Moment      | 29:36:52.2  | 14:00             |
|   | 3 WALK FORCE 1             | 30:44:01.7  | 14:32             |
|   | 4 Soar Feat                | 30:54:32.0  | 14:37             |
|   | 5 Bio-Wave Shockers        | 31:08:15.2  | 14:43             |
|   | 6 Symptom Check This       | 31:25:16.6  | 14:51             |

| Top Providence FinishCancer Team Fundraisers (HTC/PTC) |                                     |                     |  |
|--|-------------------------------------|---------------------|--|
| <b>Record</b>  | Genworth Financial (2008)           | \$83,000            |  |
| <b>2025 Results</b>                                    | <b>Name</b>                         | <b>Total Raised</b> |  |
|  | 1 Short Squeeze Our Inflated Assets | \$42,281.68         |  |
|  | 2 Get Us to Gearhart!               | \$30,246.81         |  |
|  | 3 Even More Billable Miles          | \$28,273.52         |  |
|  | 4 Eastmoreland Fathers Association  | \$27,165.66         |  |
|  | 5 Lawn Gone and Hauling Grass       | \$26,873.00         |  |
|  | 6 The Shiny Pennies                 | \$25,348            |  |

# 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



# 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



Hydrated → Dehydrated

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**.