

21st ANNUAL



**WASHINGTON STATE RELAY CHAMPIONSHIP
MT RAINIER NATIONAL PARK TO OCEAN SHORES, WA
JULY 17 - 18, 2009**

TEAM HANDBOOK (Revised for detour)

This handbook includes Instructions, Course Descriptions, Leg Maps

Thanks to all the volunteers and the Grays Harbor area Scout groups and their parents, who contribute to the successful production of the Mt Rainier to Pacific Relay. Thanks for keeping us safe.

It is many more than just a few key people who make the relay happen. Together, the Race Committee, the teams, and the volunteers make this work. **Thank you!**

RELAY ORGANIZING COMMITTEE

Jack Lawson	Producer, Marketing	Jeff Lawson	Special Assistant
	Gordon Lovie (EventMgnt.com)		Planning, Logistics, Race Coordinator
Vic Owings	Course Volunteer Director	Brad Lovie	Equipment Layout

The Mt Rainier To Pacific Relay is known for high quality standards, course accuracy, award depth, participant amenities, relaxed atmosphere and contribution to the variety of Pacific Northwest events.

Finish area refreshments, buffet, beer garden and awards hosted by



Preferred rates available to RTP teams. Call 1-800-222-2244

Mt. Rainier To Pacific Relay is organized and managed by



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Welcome! Here are some highlights for 2009:

{Due to a section of highway that will be unusable all summer (see maps), we have devised a detour using Hwy 12 from Montesano to Aberdeen and then north along the west side of the Wishkah River, which lengthens that portion of the route. We connect with the original route at Wishkah Valley Community Church. Later in the relay we turn south from Ocean Beach Rd and connect with Hwy 109, which will shorten that portion of the route. Overall mileage is 3.43 longer than the original route. We think the revised route is more scenic and you will enjoy it, and possibly prefer that we retain this route in the future.}

Ashford Lions Start point – We return to the Ashford Lions Building for the start of the relay. The Mt Rainier National Park start involved numerous restrictions and complications that adversely affected the Relay. We'll again be able to enjoy the friendliness of the Lions members and their great Lion Burgers. Our start times will again be from 2PM to 5PM, which will eliminate the layover in Elma.

Collector T-Shirts - with original Northwest art. Other Relay souvenir items may also be available for sale.

E-Mail Notifications – Periodic Newsletters will be sent via e-mail to our e-mailing list. Team Captains will receive their start times, volunteer assignment information, and other pertinent information via e-mail.

Awards - Teams may pick up their awards throughout the afternoon as results of various categories can be verified. Tentative results will be publicly posted periodically. Remember the 30 minute time limit for lodging of any protests. Remaining awards will be available at the awards function at 5PM.

Course Marshals – The goal is to insure the best traffic management: guiding team entrants properly and creating the greatest safety. We will assign team volunteers to the Start area, from the Start to Yelm exchanges and intersections, at the I-5 overpass and nearby exchange, at the Hwy 101 exchanges and intersections, and for numerous Finish area shifts. Teams will cover only areas mostly in daylight hours and at the less remote areas.

For the remainder of the mid-course Exchange and Traffic Control Monitors locations, we will again hire the Grays Harbor County area Boy Scouts of America and their parents. The Boy Scout/parents group who worked with us the past two years and were of great help. RTP contributes money to them, providing funding for troop needs and Eagle Scout projects in Grays Harbor County.

We use the linear trail (a retired railroad bed) on the Yelm-McIntosh Lake-Rainier-Tenino section. We'll pass along the trail late Friday evening. This 14 mile trail will have three "wave off" exchanges and with mostly minor traffic crossings. Follow Exchange Monitor directions at the exchanges.

*"When I first started running, I was so embarrassed,
I'd walk when cars passed me.
I'd pretend I was looking at the flowers."*

– **Joan Benoit Samuelson**, Olympic Marathon Gold Medal Champion

"He was too small for football and he got tired of sitting on the bench all the time."

– **Ray Prefontaine**, on how his son Steve got started in running

ACCOMODATIONS IN OCEAN SHORES – These motels offer one night reservations:

Best Western Lighthouse Suites 491 Damon Rd NW, 360 289-2311	- allows 1 night and 10% discount for runners.
Comfort Inn 829 Ocean Shores Blvd NW, 360 289-9000	- allows 1 night
Grey Gull 651 Ocean Shores Blvd NW, 360 289-3381	- allows 1 night plus discounts (not specified)
Holiday Express 685 Ocean Shores Blvd NW, 360 289-4900	- allows 1 night
Polynesian 615 Ocean Shores Blvd NW, 360 289-3361.	- allows 1 night, have blocked 6 rooms for runners
Quality Inn 773 Ocean Shores Blvd NW, 360 289-2040	- allows 1 night, must say you are with the relay
Ramada Inn 845 Ocean Shores Blvd NW, 360 289-7700	- allows 1 night
Shilo Inn–Ocean Shores Beachfront 707 Ocean Shores Blvd NW, 360 289-4600	- allows 1 night, discount to RTP teams
The Guesthouse Inn	- allows 1 night and 15% discount for a minimum of 5 rooms (suggest you book rooms at same time as another team to obtain advantage offered)

For reservation discount consideration, specify you're with the Mt. Rainier To Pacific Relay.

Other motels, policies not verified, include

The Sands Resort	801 Ocean Shores Blvd NW	360 289-2444
Canterbury Inn	2707 State Route 109	360 289-3317
Caroline Inn	1341 Ocean Shores Blvd NW	360-289-0450
Chalet Village	659 Ocean Shores Blvd NW	360 289-4297
Chris' By The Sea		360 289-3066
Discovery Inn Condo Motel	1031 Discovery Ave SE	360 289-3371
Floating Feather Inn	982 Point Brown Ave SE	360 289-2490
Huckleberry Inn	839 Ocean Shores Blvd NW	360 289-3169
Judith Ann Inn	855 Ocean Shores Blvd	360 289-0222
Ocean Shores Inn & Suites	648 Ocean Shores Blvd NW	360 289-3323
Ocean Shores Motel	681 Ocean Shores Blvd SW	360 289-3351
Ocean Shores Ocean View Resort Homes	123 Taurus Blvd SW	360 289-4416
Ocean Shores Reservations Bureau	899 Point Brown Ave NW	360 289-2430
Pacific Sands Resort Motel	2687 State Route 109	360 289-3588
Silver King Motel	1070 Discovery Ave SE	360 289-3386
The Nautilus	835 Ocean Shores Blvd NW	360-289-2722
The Oasis Motel	686 Ocean Shores Blvd NW	360 289-2350
The Quinault Beach Resort and Casino	78 State Route 109	360 289-9466
Weatherly Suites	699 Ocean Shores Blvd NW	360 289-3088
West Winds Resort Motel	2537 State Route 109	360 289-3448
Westerly Motel	870 Ocean Shores Blvd NW	360 289-3711

Relay run teams are comprised of 11 people, with the total distance being 152 miles. There are several "wave off" exchanges at locations with busy intersections or traffic lights. This allows safety in higher traffic areas. The emphasis is on traffic safety, with enough room along the road for exchanges and vehicles.

"The 'talk test' was the greatest news I'd heard since I found out it was okay to eat pasta; If you're out of breath, slow down. What a great deal!" – George "Norm from 'Cheers'" Wendt, actor

Van 1 **only** should come to the Ashford Lions Bldg Start and should arrive no more than 45 minutes before their assigned start time. Teams will receive two "OFFICIAL VEHICLE" placards at the Start and should give the 2nd one to Van 2 when they meet at the first van exchange.

Teams should get checked in with their safety equipment and receive start materials at Ashford. Materials

will include t-shirts, Official Vehicle signs, team numbers, safety pins, etc.

Start waves will be set for either 1 hour or ½ hour intervals, depending on number of teams. Tentative start times are 2:00PM, 2:30PM, 3:00PM, 3:30PM, 4:00PM, 4:30PM, 5:00PM. Teams will be notified of the start schedule about 2 weeks prior to the event. Prior to 2:00PM the start clock will be set in count down mode until 2:00PM when it will be activated to count up mode. Everyone can check their watches to match this clock, and be in synch for their assigned start time. Also, the first runner or a teammate in the van can carry the team stopwatch on Leg 1. If any team is late arriving they will be shunted to the next start time.

Each year we obtain permits from the Washington State DOT, Lewis County, Pierce County and Grays Harbor County and the City of Ocean Shores. We know the counties communicate the permit approvals to local police agencies. However, just to be sure, while marking the course each year we visit many police agencies along the route to remind them that we'll be *on the road again*.

Remember the exchange in Elma, where you can shower, rest and have a midnight breakfast at a reasonable price. Elma High School organizations provide this service as a fund raising activity. Elma High School will be open from 11PM and until about 3AM.

"If the furnace is hot enough, it will burn anything." – **John Parker**, *Once a Runner*

Our event brings a number of additional vehicles to the roads we travel. Please obey Traffic Controllers at the exchanges, and keep the roadways safe and clear at all locations. Vehicles must be parked completely off the roadway travel lanes. Police officials will ticket violators, especially within city areas where speed limits are lower. So be warned and use common sense. Be careful and obey speed regulations.

Teams must provide their own team safety gear: operable flashlights, reflective vests, and first aid kit for each of their team vehicles. Be sure to stock fresh flashlight batteries and spares.

Please instruct your teammates to wear **vests and use flashlights as dusk arrives**. It does very little good to turn on your flashlight only when a car is close to you. They can't react without noticing your bobbing light from a considerable distance. Course Marshals are advised to remind participants to have their safety equipment in use when dusk begins, and continuously during legs. This not only assists motorists to spot oncoming relay participants, but the frequent sight of flashlights and vests makes it safer for all of us, even helping to discourage potential harassment from late night rowdies. **Any so-called "brave souls" who do not follow these rules may have their team penalized (and need their head examined).**

The first "major exchange" on the run is the start of Leg 6, on Hwy 7 at the loop road at La Grande.

Five (5) people should be in Van 1, and six (6) in Van 2. Run teams should have Van 2 go only to the Leg 6 Start. **Remember, we should have only Van 1 go to the relay Start at Ashford.**

"You can listen to the stream run. You can listen to the birds. Music is my life, but running allows me to appreciate the music of the outdoors." – **Gail Williams**, hornplayer

PRE-RACE SCHEDULE

**There is no pre-event Team Captains or Volunteer meeting.
All communications of start times and volunteer assignments are via e-mail.**

Monday, June 29th - Volunteer Registration Deadline

Registration forms for required team volunteers must be mailed by this date. Failure to comply will result in your team being penalized. Volunteers must be over 16 years of age unless accompanied by a parent.

While we have Traffic Controllers hired for many exchange points, we need team volunteers to staff positions during daylight hours on the course and at the Start and Finish areas. We may selectively omit volunteers at some Exchanges where volunteers are either unavailable or the need is very limited. You're on your honor at these Exchanges.

Volunteer Assignments

Assignments are e-mailed to team captains. Assignments are made for teams within 100 miles of the route crossing at the I-5 Freeway (Exit 88), Tenino/Rochester). This encompasses a circular distance including Bellingham & Ocean Shores, Washington, and Hillsboro, McMinnville, Mt Angel and Sandy Oregon.

Captains should provide their team volunteers the assignment information, copies of map location, and explain the job so they understand the assignment. People assigned to positions along the relay route will be, again, briefed by a Course Volunteer Director. This person checks in at each position about 15 minutes before the assigned time begins. If volunteers are not present the team will be penalized. Volunteers must adhere to their assigned location and time schedule.

Don't arbitrarily go to another position, which will have too many people at that point but none at the assigned location.

Assignments are made primarily to assure adequate staffing of all necessary relay course positions during required time periods. Consideration includes proximity to course points of individual team hometowns, and time it takes to reach various locations. Early requested location preferences are honored as possible, yet with coverage needs being primary. Preferences should be included with team volunteer registration forms. Late phone calls and changes are discouraged. Assignment switches between teams are difficult to arrange. Teams need to find their own substitutions for changes in people. All volunteer positions assigned must be staffed for safety of all participants. We rely on you!

Friday, July 17th RACE DAY

Run Team race materials will be at the Ashford Lions Start location. Walk Team materials will be at the Leg 11 Start at Kwik Stop Too! Market, located at 17018 Hwy 507, which is 5.4 miles east of I-5 Exit 88.

Team Check In

Van #1 Check In at the Start begins at 1:15PM.

Van #2 should meet Van #1 at the beginning of Leg 6 "major" exchange.

Teams must check in at the Start to account for each teams official start time and presence on the course. Please help us check in teams quickly as relay Starts must also occur while later starting teams are arriving. It helps that only the Team Captain and one helper are involved at Check-In.

Written information in this handbook and in material given teams at the Start addresses all anticipated details or changes not already e-mailed. Any special announcements will be made periodically at the Start.

RELAY START - 2:00PM - 5:00PM

I see you stand like greyhounds in the slips, straining upon the start. – Shakespeare, Henry V

Run Starts are in the periodic waves assigned in our e-mail to Team Captains.

The Walk Start is at 2:00PM, with all Walk teams starting together.

FINISH AREA

The Finish Line is adjacent to Shilo Inn Ocean Shores Resort Hotel. Anticipated finish times are from 9:30AM to 3:00PM. The Finish Area will have water and other refreshments, vendor merchandise, etc. Showers are arranged for from 11:00AM to 3:00PM at the high school located about 1 mile from the Finish.

The Shilo will be the site of a beer garden (outside, weather permitting), along with a Mexican buffet at a special rate. If you are among the first 100 teams to register you will be given coupons for your team to receive the buffet meal **FREE**.

Awards Presentation, Food, Entertainment

Awards are at 5PM on Saturday at Shilo Inn. The Mexican buffet and open bar will also be available.

Afterward, Ocean Shores has an abundance of entertainment offerings.

PRE-RACE INSTRUCTIONS

1. A hand touch or a **wave off** will be used by teammates at exchanges. No batons or other items will be used. Teammates can assist by signaling when the incoming racer is in and the next may start.
2. **Run Team Start** will be with other teams having a similar run pace.
3. Substitutions are allowed up to relay check-in. Captains must submit the signed waiver and \$10 fee.
4. Score Sheets are provided for recording leg times. These must be shown to finish area officials within 15 minutes of your finish. Team finisher medals are presented only upon receipt of your Score Sheet.
5. Protests need to be resolved promptly. We expect each team to compete fairly. Captains are responsible for their team actions: i.e. having the correct mix of people for your classification, complying with substitution for injured racers properly, running in proper team sequence, no splitting of legs among team mates, runners on walk teams, etc. Violations mean penalty or disqualification. Each competitor is expected to complete leg assignments unassisted, in proper sequence, and in accordance with road safety regulations. **To promote the integrity of the protest system, we encourage teams to monitor each other for violations.**

Course Marshals, Exchange Point Monitors, etc. have the authority of race officials. Incident reports may be relayed to any member of the Race Committee, who also constitute the Protest Committee. Protests by a Team Captain concerning another team must be lodged within 30 minutes of the protesting team finishing the Relay, and in writing. We'll not tolerate any disruptive arguments by parties at the Finish. It is suggested that the two Team Captains discuss the perceived violation so that misunderstandings are settled before the filing. Protests must outline the situation; provide race numbers, names, license plate numbers, etc. where possible. A reasonable rebuttal period will be considered at the discretion of the Protest Committee. Awards involving these teams may be withheld pending settlement.

6. No early awards can be handed out until other teams in that category, who might have a better finishing time, are known to have finished, turned in their Score Sheet, the 30 minute protest period has elapsed, and that category results are final.
7. Volunteers should arrive at their location 15 minutes before the assigned schedule, to be briefed and ready to begin. Team Captains must provide alternates if the original people cannot show up. Any team who drops out up to 3 days in advance of the relay must alert administrators to be able to plug any problem area. We don't want to leave any key position not staffed. Teams who don't show up for the start may also create a gap in assigned volunteers that cannot be filled without sufficient prior notice.
8. Entrant substitutions during the relay must be handled according to the rules. Competitors must compete in the same sequential order throughout the relay, unless a competitor becomes injured or sick and cannot compete. Competitors may drop out from their relay leg, with the remaining team members moving up in sequence, and continue as such for the remainder of the event. The person dropped out may not later resume any competitive position. Fatigue, or purposely dropping out slower participants is not acceptable, and is subject to penalty or disqualification of the entire team..

The competitor who takes over for a teammate must be the next person on the team roster. If the replacement need is during a leg, that person must go to the point of change occurrence (by vehicle is permissible) and complete the disabled teammate assigned leg, then continue on the originally assigned leg. For the remaining series of legs the team will compete without the dropped competitor, in sequence, to the Finish. The extra leg(s) caused by such a situation may be completed by the most capable teammate(s), and may even be split among several people.

*If, **and only if**, a team finds themselves lagging waaaaay behind the rest of the whole relay field and would project to finish after 3PM on Saturday, they should double two people, having similar length legs assigned to them, on one leg and totally skip the leg they would have run or walked. If legs are not of similar length each person should complete the distance they would have otherwise completed without this adjustment. They must add the time for the leg to the roster to make up this time omission. However, in any case, they will be further down the course. This is an exception for safety and to allow course volunteers to limit their service need to the normally expected time schedule while providing their tasks for everyone's safety, and to keep everyone accounted for.*

“Man, that cat’s late for work every morning.”
- conversation overheard by ultramarathoner **Ted Corbitt**,
who used to run to the subway before work each day.

*“In general, any form of exercise, if pursued continuously, will help to train us in perseverance.
Long-distance running is particularly good training in perseverance.”*
– **Mao Tse-Tung**, essay, 1918

“The greatest treadmill running song, of course, is ‘Black Dog’ from Led Zeppelin IV.”
- **Pete Pfitzinger**, U.S. Olympic Marathoner

ON-COURSE RULES AND INSTRUCTIONS

- 1 THE COURSE** - Teams need to familiarize themselves with the course description and maps. Teams are responsible for guiding their racers through the course. Be aware of upcoming leg descriptions, terrain, and road intersections; to assist teammates through unfamiliar territory. There will be chalked arrows and signs at all key intersections. If a person makes a wrong turn, that competitor must return to the correct point on the course (by vehicle is permitted) and resume the relay leg. Failure to comply will result in disqualification.
- 2 TEAM TRANSPORTATION** - Only 2 vehicles per team are permitted. Vans are ideal. Large motor homes, limousines, etc, are not permitted, as their size presents parking problems for traffic passage at exchange points. Vehicles must display their OFFICIAL VEHICLE sign prominently.

Vehicles cannot accompany their racer along the course. Such driving slows down other traffic and can create serious hazards for everyone. *Exception: Walk teams may use a pace vehicle for protection after dark but only until run teams over take them and Exchange Point and Course Intersection Marshals are on duty. This precaution is to avoid having a walk team member alone on an isolated course section.* Van pacing must be discontinued when there are other walk or run teams in the same area. Team vehicles must proceed at the normal roadway speed. Failure to comply will result in a 1-hour penalty for each infraction. To give a racer water, you must pull completely off the roadway. Be sure to wear a reflective vest during nighttime.

Only one team vehicle is allowed at each non-major exchange zone at a time. The other vehicles should move ahead with the upcoming competitor. Arrive early enough for the person to loosen up. Use emergency flashers as necessary at night. **Remember, flashers left on alert other drivers of a problem ahead, so use flashers only as needed.** We encourage you using a sign on the back of your vehicle SLOW - RACE IN PROGRESS, or some similar wording.

- 3 PARKING** - Parking must be off the roadway. Park as directed by Course Marshals at areas designated in your leg descriptions. **Don’t try to drop off racers at the exchange and then find parking spots.** This could be hazardous and we must not impede traffic flow. Failure to comply will add a 30-minute penalty to your team total time.
- 4 TEAM EQUIPMENT** - Anyone crossing the roadway to assist a racer after dark must wear a reflective vest. **Racers must all begin wearing reflective vests or belts as dusk begins. They must also carry a lighted flashlight during their entire leg.** Approaching cars cannot see your vest until they are very close, but a bobbing flashlight beam is visible for some distance. Check flashlight brightness before you begin. Recently recharged batteries are more dependable than new batteries, which may have been sitting on a store shelf for some time. Carry spare batteries in vans.

Other helpful items in vans are trash bags and toilet paper. We have newly serviced portable toilets at exchanges but they can run low on paper with heavy use. Above all, don’t despoil or litter on private property. We locate exchanges at cooperating businesses as possible. We encourage your patronage of those businesses that are open when we are at their locations.

- 5 **RELAY CHECK-IN PROCEDURE** - Team start times are provided Team Captains by e-mail, along with volunteer assignments if your team is required to provide volunteers. Teams should check in no later than 30 minutes before the team designated Start time. Here is the procedure:
 - (a) Receive Score Sheet, 2 Official Vehicle signs, racer numbers, safety pins, t-shirts
 - (b) Runner 1 be alert to call for teams to the Start Line
 - (c) Vans promptly leave the Start area to allow ample parking for arriving teams
- 6 **FACE ONCOMING TRAFFIC** - Competitors must use the left side road shoulder. *Exception: Racers may cross to the right if, due to narrow shoulders or existence of roadside hazards, it would be safer on the right. Move back to the left shoulder when the hazardous area is past.*
- 7 **NO BICYCLES OR PETS**- are allowed to accompany your team. They create a traffic hazard and violations will result in team disqualification.
- 8 **RACE OFFICIALS** - Course Marshals, Exchange Point Marshals, Traffic Controllers and Course Supervisors, etc. all may recommend penalty or disqualification of teams for abusive behavior, traffic endangerment, or infractions of the rules laid out for the safety and fairness of everyone.
- 9 **RACE NUMBERS** - All competitors must wear assigned race numbers on their front so they are visible while competing. This is for emergency identification, team identification at Exchange points, and to track relay progress. Call out your number to monitors as you approach an exchange point.
- 10 **DRIVER CAUTION** - Use caution throughout the relay. The traveling public must be able to pass by us. When you stop on the roadside or at an Exchange be sure that your whole vehicle is completely off the travel lanes. We encourage you to provide water to anyone who you feel may need assistance. And, offer parking help to other drivers at Exchange areas to allow good traffic flow and safety.
- 11 **T-SHIRTS** – Distribution of team shirts will be at the Relay start. We will have an extra supply available for purchase for your volunteer, and as souvenirs. Other merchandise may be available also. **Exchange for different sizes can be done at the Finish as supply remains available.**
- 12 **MAPS** - Teams should carry an up to date Washington State road map to supplement the more detailed maps provided you in this handbook. It's always best to know the overall geographic region.
- 13 **EXCHANGE POINTS** - are marked by a barricade and attached sign. Lights are used at night, and to the extent possible, we locate Exchanges at places having a light source. The next Leg competitor should be on the left shoulder at the exchange zone. The incoming competitor should call out the team number so the teammate is alerted to move into position for the touch or wave off. All other teammates **MUST** stay on the right side of the road at the exchange zones (INCLUDING THE TIME KEEPER).
- 14 **WHEN YOU FINISH** – It's nice to finish such a grueling event by having the entire team cross the Finish Line together. This fun climax is encouraged. **CAUTION:** Be sure the actual finish competitor is in the lead and the race number is visible to Finish Line staff, so we can record the actual finish. Team vehicles can drive onto the beach via Damon Rd, the road east to west that passes the North Beach High School and the U.S. Post Office as you enter Ocean Shores. You can then accompany your finishing racer to the Shilo Inn access road and to the Finish Line. Vehicles need to use the regular eastbound vehicle lane on the pavement, and must not drive across the opposite one-way lane to the Finish.

Numerous restaurants and attractions are located in and near Ocean Shores. They are aware of our Relay presence in the area this weekend. Have a great time while at the beach.

15. **AWARDS CEREMONY** – *See comments on page 2 of this Handbook.* Remaining awards will be presented at Shilo Inn at 5PM on Saturday. First place team members will receive special awards. Other placing teams will be awarded commemorative ribbons. Awards are at least five places deep in most categories, and even deeper in the larger categories. Teams who win awards should have a representative at the awards ceremony, if not already picked up. We strongly encourage your attendance. Teams needing to leave Ocean Shores early can arrange advance pickup, but only when all teams in that category are accounted for, standings are conclusive and the award is not disputed. You can arrange for another team to pick up your award and deliver it to you.

16 LODGING - Ocean Shores has a variety of motels and vacation rental houses. It's advisable to book your accommodations early, as many tourists will be seeking lodging also. Aberdeen and Hoquiam are alternatives. There are public and private campground facilities nearby. Try booking through web sites or by calling the Chamber of Commerce in your desired area.

17 COURTESY REMINDER - Please remember that while we are doing our thing along the relay route we should respect the residents of the area. Try to keep the noise down, especially at night when sound travels some distance. Yelling and honking are unnecessary and very irritating to the residents, as you can imagine. Also, parking in driveways, milling about in the road obstructing traffic, leaving garbage for locals to take care of should be avoided. **Please don't litter.** We have had comments about this in some sections. Your noise restraint while outside your vans will be appreciated.

"It's like putting gas in your tank." - **Nancy Clark**, dietician, on sports nutrition bars

"It used to be that I'd eat to run – and the more I ran, the more I needed to eat.
But now I run to eat. I love to eat." – **Tom Fleming**

18 TEAM SUPPLIES AND ADVICE - Teams should carry:

- a) Water and other fluid replacement drinks. Temperatures range from 50 to 85 degrees in July. Caffeine drinks are diuretics having a dehydrating effect, and should be consumed sparingly.
- b) Alcohol should be avoided, for its dehydrating effect, and State law prohibits carrying open alcoholic beverage containers in vehicles. Alcohol transported should be not accessible to passengers.
- c) Bring food. Stores are located throughout much of the course, but convenient stops are not always possible. Pack enough food supplies for your entire team. Foods should be easily digestible, complex carbohydrates, and with high energy content.
- d) Keep your First Aid Kit equipped to deal with blisters, abrasions, and other minor scratches. A filled ice cooler is useful for sore muscles, strains and sprains.
- e) We recommend having adequate spare clothes for changes between relay legs and afterward. Also, plan for temperature ranges or rain, with hats, extra shoes, sweaters and blankets.
- f) Be aware to police yourselves and to protect participants from traffic hazards. Use care when on the course. Racers must obey all traffic signals and stay on the left shoulder, facing traffic. Watch for vehicles on the road near bar closure time. Be careful of the crazies. Use your safety gear during darkness. Bring extra lights and batteries. This is no time to be careless and think cars will see you. Be aggressive to be seen while also being defensive.
- g) Pace yourself. Don't exhaust yourself in the first mile, or first leg. Compete at a pace you can maintain, saving energy for later legs. The real competition comes late in the relay.

"I eat whatever the guy who beat me in the last race ate." – **Alex Ratelle**, masters runner

18 SAFETY AND MEDICAL AID – Keep alert for any assistance needs. Police are aware of the relay and will be patrolling the course. The Team Captain should be sure everyone is familiar with safety guidelines. In addition to liability insurance purchased for the event, individuals should have their own medical insurance coverage. The entry form waiver indicates your acknowledgment and compliance with this requirement. As in all USATF sanctioned events the entrant agrees to pay their own medical and emergency bills in case of accident, injury or other incapacity. Persons covered under USATF insurance include event officials, volunteers, sponsors and spectators. As with most sports, road relays involve a number of inherent risks; falls, contact with other competitors, weather effects, traffic and changing road conditions. In submitting your entry form you are certifying that you are medically fit to compete and are aware of the risks involved.

In the event of an emergency, call 911 and relay the following basic information:

- | | |
|--|--|
| a) nature of the emergency | c) exact location of the injured person |
| b) treatment action you may have taken | d) information requested by the dispatcher |

Under no circumstances should the injured person be left alone.

Dogs can be troublesome to lone runners and walkers. It is best to stay close to another competitor on lonely stretches of roadway. It is OK for a teammate to accompany the competitor if no other team is nearby. Vehicles may not stay near the racer.

LEG 1 6.21 MILES MODERATE Flat to slightly downhill

Proceed west on Hwy 706. Route has woods on both sides of highway. Pass Columbia Crest School at 2.1 miles. Merge with Hwy 7 at east edge of Elma at 5.9 miles. Continue to exchange.

Leg 2 Exchange: At Mt Rainier Scenic Railroad and Rail Museum
Parking: On roads on right, behind Scaleburger building. USE CAUTION as there may be tourist vehicles in this area also.
Portable Toilet: At road intersection behind Scaleburger.

LEG 2 4.69 MILES MODERATE Begin uphill, to rolling, gradual downhill

Alder Lake on left. Watch narrow and curvy roadway sections and oncoming mountain traffic.

Leg 3 Exchange: Wave Off at Alder Lake parking lot entrance.
Parking: In lakeside parking lot on left just beyond intersection.
Portable Toilet: In parking lot.

LEG 3 4.28 MILES MODERATE Curves, mostly downhill

Continue straight on Hwy 7. Gentle hills & curvy roads, good shoulder. Continue to the loop road at the La Grande power station exchange point. Drive forward around the loop toward the north exit onto Hwy 7. Watch for oncoming vehicles on curves.

Leg 4 Exchange: On So. Entrance road to Lagrande Powerhouse loop road., No. end of Lagrande.
Parking: On loop road No. end facing Hwy 7.
Portable Toilet: On W. shoulder No. of loop road So. entrance.

LEG 4 5.67 MILES MODERATE Curves, mostly downhill

Continue on Hwy 7. Watch for oncoming vehicles on curves.

Leg 5 Exchange: At large gravel clearing on left at OHOP Grange intersection.
Parking: In gravel parking area
Portable Toilet: center of gravel area

LEG 5 4.13 MILES MODERATE Easy downhill and flat sections.

Continue on Hwy 7 to exchange .10 mile south of blinking light at junction of Hwy 702.

Leg 6 Exchange: At white marker stake on west side of highway, opposite "No Trespassing" sign on fence.
Parking: Off travel lane on right at wider paved area east of where double yellow center line flares out becoming a turn lane marker. **This is the first van exchange location. The upcoming highway junction is busy. Keep the intersection area clear and visible to non-relay traffic.**
Portable Toilet: At clearing on east side of Hwy 7, near parking area.

LEG 6 6.13 MILES MODERATE Flat with easy rollers

Go on Hwy 7 and turn left onto Hwy 702. Continue to the exchange.

Leg 7 Exchange: At Country Convenience Plus Store on left side of road.
Parking: On nearby 40th Ave S., just across highway from store. Please keep intersection, store parking area and gas islands clear for customer use.
Portable Toilet: At west side of store building.

LEG 7 6.15 MILES EASY Flat with easy rollers

Continue along Hwy 702. Turn left onto Hwy 507 at the McKenna highway junction (service station/deli). Cross bridge at 3.6 miles; go up slight hill at 4.0 miles. Use caution for traffic in area of station and tavern area prior to bridge and through Yelm commercial district. Pass Safeway; continue west to traffic light at junction of Hwy 507 & Hwy 510. "Wave Off "to next runner waiting one block straight ahead.

Leg 8 Exchange: Just prior to highway junction light.
Parking: In church parking lot one block straight ahead in church parking lot.
Portable Toilet: At Yelm to Tenino Trail trailhead, south of City Hall.

LEG 8 5.44 MILES MODERATE Flat, long straights

After "wave off" go to south end of City Hall building and begin running south on Yelm to Tenino Trail. Use caution at several vehicle crossings, though most have only minor traffic. Watch for other trail users. Continue into Rainer and to exchange.

Leg 9 Exchange: "Wave Off" on trail at Centre St. behind Rainier Grocery.
Parking: West of Center St. on right side of road, next to Post Office, and in grocery lot.
Portable Toilet: Near trail behind Rainier Grocery.

LEG 9 5.84 MILES MODERATE Undulating & flat stretches

Continue on trail. Cross bridge at 2.3 miles and begin 1 mile gradual uphill section. Downhill and then flat at 3.3 miles. Continue past west end of McIntosh Lake (**watch traffic here**) across Military Rd SE junction. Continue to "wave off" exchange where trail crossed Hwy 507. Call your race number ahead when you approach. **(There is another road just beyond the road curve ahead Old Military Rd SE). This is the 2nd van exchange point.**

Leg 10 Exchange: "Wave Off" just prior to Hwy 507 trail crossing east of Old Military Rd SE.
Parking: Just past Old Military Rd SE junction. Shoulder is wide here. Do not park any nearer to trail crossing and road curve. Hwy 507 traffic travels pretty fast here.
Portable Toilet: At trail, off roadway on north side of road

LEG 10 5.28 MILES MODERATE Flat & with long straights

Continue west on Trail; pass through residential section of Tenino. Trail ends at Tenino City Park. Veer from trail to Park Ave. and continue to "T" intersection. Turn right. Merge onto Hwy 7 as it goes beneath a railroad overpass. Continue straight ahead. Climb small uphill and continue around curve to exchange.

Leg 11 Exchange: Kwik Stop Too! Market at 17018 Hwy 507, on left side of road.
Parking: On right along barrel/chain fence. Overflow parking in grocery graveled side and back lot. Entrance on east side of building. Exit on west side of building.
Portable Toilet: In grocery side lot.

LEG 11 5.64 MILES MODERATE Long straights. flat

Continue west along Hwy 507 (becomes Old Hwy 99 SE). Pass South Sound Speedway at 4.5 miles. *Use caution for traffic conditions at freeway off and on ramps, and approach to exchange.* Cross I-5 Freeway overpass and stop just before Hwy 99 SW intersection (service station on left), wave off to next runner who is waiting for signal on opposite corner of intersection.

Leg 12 Exchange: At point prior to intersection west of I-5 Fwy. The incoming runner will signal on arrival at the east side of the lighted intersection for the next racer to begin.
Parking: In parking area north of Hwy 12, north of Hwy 99 intersection, east of mini-market.
Portable Toilet: At parking area.

LEG 12 4.45 MILES EASY Flat with long straights

Continue on Hwy 12. Cross railroad track, pass Briarwood Farms. Go through Rochester to wave off exchange. Stop at corner prior to lighted intersection and wave for next runner to begin.

Leg 13 Exchange: At stop light at west end of Rochester.
Parking: In parking lane on north side of Hwy just east of intersection, or beyond cafe to west.
Portable Toilet: On right side of parking area at the parking area.

LEG 13 6.94 MILES HARD Flat with long straights

Continue west on Hwy 12. Pass Anderson Rd and Chehalis Tribal Center sign at 3.1 miles. Enter Oakville, pass Jackpot Station. Continue through Oakville and straight onto high school entrance road.

Leg 14 Exchange: At telephone pole with street light at exit turn near Oakville High School building.
Parking: In school parking lot, near gym and greenhouse.
Portable Toilet: Near exchange point.

LEG 14 5.50 MILES MODERATE Slightly rolling

Continue on Hwy 12, flat to rolling

Leg 15 Exchange: At large clearing on left side of Hwy 12, east of MP 29.
Parking: In clearing on left, beyond exchange point. Watch for runners in area.
Portable Toilet: In parking area

LEG 15 3.65 MILES EASY Slightly up, long straights, then downhill

Leg begins with 1.5 miles of slightly uphill. Pass Porter. Flat, then begin a downhill at 3 miles. Exchange in Malone.

Leg 16 Exchange: On left in Malone, just prior to Mox Chehalis Rd/Gore Ave. intersection.
Parking: On right road shoulder and on Mox Chehalis Rd to right of intersection. **Do not park in Post Office lot (the old crone growls at us).**
Portable Toilet: On Mox Chehalis Rd, north of intersection.

SHOWERS, BREAKFAST AT ELMA HIGH SCHOOL, AT NEXT EXCHANGE (from 9PM to 2AM). Big breakfast: fruit, coffee, pancakes, ham, eggs. Muffins available to go. Towel rental & shower: \$1.00 each (towels belong to volunteer group - please, don't take them with you!).

LEG 16 5.51 MILES MODERATE Flat with long straights

Pass sawmill and truck facility at 2.6 miles. Pass Elma City Limits sign at 3.2 miles. At 4.2 miles is a bridge (no shoulder on left). Pass under freeway overpass (Hwy 8-Hwy12 jct) and continue straight ahead. Turn left at "T" intersection and go west. Bear left at Y at Oakhurst Convalescent Center at 4.6 miles. Pass through main part of Elma, through several traffic lights. Pass Dairy Freeze at 5.5 miles, and to Elma High School on left.

Leg 17 Exchange: At Elma High School, on West Main in Elma.
Parking: In school parking lot.
Portable Toilet: Rest rooms in school.

LEG 17 4.94 MILES EASY Flat

Go west on Monte-Elma Rd. Go pass cemetery at 0.8 miles (scary!). Pass through Elma, then Satsop Fire Station at 2.2 miles. Pass Entering Satsop sign at 3.0 miles, metal girder bridge at 3.8 miles, and to exchange in Brady.

Leg 18 Exchange: Opposite Brady Food Mart (gas station) - closed at night.
Parking: In station/grocery lot and in truck turnout on right 50 yards past exchange.
Portable Toilet: Next to light pole.

LEG 18 4.21 MILES EASY Flat with long straights

Continue west on Monte-Elma Rd. Pass Entering Montesano sign at 3.6 miles, a baseball park at 3.8 miles, a fire station and to exchange at Thriftway Store.

Leg 19 Exchange: Thriftway Store just beyond entrance. .
Parking: At Thriftway store parking lot.
Portable Toilet: In store lot.

LEG 19 4.57 MILES MODERATE Mostly flat, on highway shoulder

Use caution crossing at nearby traffic light. At 0.8 miles competitors are on a gradual uphill. There is a local access road from the freeway near the top of the hill. Turn onto this access road (Monte-Aberdeen Rd), go across the freeway overpass and cross the road and enter the Hwy 12 freeway off-ramp to then run west on the south shoulder of Hwy 12 to the exchange..

Leg 20 Exchange: At Hill Rd on the south side of Hwy 12.
Parking: Vans park on north Hwy 12 shoulder. Only the next runner should cross highway.
Portable Toilet: Near parking area.

LEG 20 3.48 MILES MODERATE Mostly flat, on highway shoulder

Continue west on Hwy 12 shoulder. Use caution for traffic on the highway. Exchange is "wave off" to next runner who stays on the north side of the highway for the full length of Leg 21.

Leg 21 Exchange: "Wave off" at 2nd road signed "Aberdeen Lake Road" & 45 MPH sign west of concrete highway divider barricades and post of 2nd Aberdeen Lake Road sign.(this is a loop road with the 1st intersection being further east).

Parking: On north side of highway and on Aberdeen Lake Rd near exchange.

Portable Toilet: At NW corner of "Y" formed by intersection.

LEG 21 3.36 MILES MODERATE Mostly flat, on highway shoulder

Continue west on Hwy 12. Go past north side commercial district. Watch multiple entrance driveways. Suggest staying on narrow lined shoulder area through this section to avoid possible ankle sprains on up & down sidewalk driveways. Go across north side of first bridge (Wishkah River Bridge). After crossing, 2.7 miles, turn right immediately onto vacated "E" Street and go left around barricade. **Avoid using the bridge exit ramp as the road edge has no path except for a rutted dirt trail.** At the next intersection (Market St) turn right. Make your way across the street and turn left after 3 blocks and onto "B" Street (7-11 & gas station on corner). Continue north on "B" Street to exchange.

Leg 22 Exchange: At Stewart Memorial Park sign at 7th Ave. junction. **Quiet! This is a residential area.**

Parking: On nearby streets near exchange.

Portable Toilet: Near park gate and Stewart Park sign.

LEG 22 3.06 MILES EASY Mostly flat, winding road along river

Go north on Wishkah River Rd. Watch for traffic as shoulders are narrow. **Be quiet through this valley. We have had complaints about our noisiness.** intersection to exchange.

Leg 23 Exchange: Grays Harbor Fire Dist. 10 at 3707 Wishkah Rd, opposite Aberdeen Gardens Rd.

Parking: Just north of GHFD 10 entrance.

Portable Toilet: North end of parking area.

LEG 23 5.63 MILES MODERATE Some uphill and winding roads

Continue north on Wishkah Rd to exchange at church area. **Quiet! This is a residential area.**

Leg 24 Exchange: Corner of West Branch Rd at Wishkah Valley Community Church

Parking: In church parking lot

Portable Toilet: North end of parking lot

LEG 24 5.30 MILES MODERATE Uphill and winding roads

Continue north on Wishkah Rd.ownhill at 0.4 miles with sharp winding turns and short steep uphill at 0.5 miles, leveling out at a clear cut at 1.0 mile. Pass forested section at 1.4 miles. Approach intersection with sign Wishkah-East Hoquiam. **TURN LEFT HERE**, onto a steep downhill section. Cross narrow bridge at bottom at 2.0 miles Begin steep 2 mile uphill, becoming flat to rolling. Pass settlement at 2.8 miles. Turn right at T intersection at 3.1 miles, with Mission Store on right. Continue on uphill and flat road to exchange past 3190 E. Hoquiam Rd.

Leg 25 Exchange: At Youmans Rd, shortly past address 3190 E. Hoquiam Rd.

Parking: On right, just past exchange.

Portable Toilet: At parking area past exchange.

LEG 25 3.20 MILES HARD Hilly

Continue uphill. Course is through clear cuts and forest. Cross bridge at 1.5 miles. Most flat to rolling; steeper toward end. Easy downhill near left turn onto shoulder of Hwy 101. Continue to exchange.

Leg 26 Exchange: At Youmans Rd junction and address 2901 Hwy 101.

Parking: Past exchange on right, off highway.

Portable Toilet: Near exchange on left of Hwy 101.

LEG 26 3.40 MILES EASY Mostly downhill, some short uphill sections

Continue south on left shoulder of Hwy 101. Be aware of highway traffic. They won't readily be aware of what we're doing there (imagine that!). BE CAREFUL, and stay inside the roadway border fog line. Short uphill at 1.0 mile, then downhill to finish. Cross bridge at 2.6 miles.

Leg 27 Exchange: On Hwy 101 just before mile post 98. WARNING: Only the next racer should cross the highway at the exchange. All others should remain on the right side of the road.

Parking: At road 5200 on right side of road.

Portable Toilet: None here, at request of City of Hoquiam Water Maintenance Dept. Two portable toilets will be at the next exchange.

LEG 27 3.63 MILES EASY Slightly downhill

Continue south on Hwy 101. Cross a bridge at 1.7 miles. Watch for highway traffic.

Leg 28 Exchange: At south end of guard rail So. of mile post 95. WARNING: Only the next racer should cross the highway at the exchange. Others should remain with their vehicle.

Parking: At City of Hoquiam water maintenance building driveway on right, .7 mi. S. of MP 95.

Portable Toilet: At parking area.

LEG 28 2.61 MILES EASY Downhill and flat

Continue on Hwy 101. Pass nursery and Dekay Rd. Exchange is a wave off at Hwy 101 and Ocean Beach Rd junction.

Leg 28 Exchange: At Hwy 101 & Ocean Beach Rd junction (wave off)

Parking: Wide area of Hwy 101 on right just before turn.

Portable Toilet: Near parking area.

LEG 28 3.69 MILES EASY Downhill and flat

Go west on Ocean Beach Rd. Be alert to traffic on narrow, winding roads. Continue to exchange.

Leg 30 Exchange: Opposite sign post for Road 5250.

Parking: At wayside of Road 5250, located east of Seward's Nursery (790 Ocean Beach Rd).
Be careful. Only the next racer should cross the road to take the exchange.

Portable Toilet: At parking area.

LEG 30 4.42 MILES HARD Flat and winding

Continue on Ocean Beach Rd. At Powell Rd (1.92 miles) turn left. Follow Powell Rd south to jct with Hwy 109. This is a "wave off" exchange.

Leg 31 Exchange: "Wave off" to next runner on south side of Hwy 109.

Parking: Off pavement on right side of road.

Portable Toilet: At parking area.

LEG 31 2.92 MILES EASY Flat with some gentle hills

Go west on Hwy 109. Follow long, flat, straight sections to exchange.

Leg 32 Exchange: At Burrows Rd junction.

Parking: On turnout area north of Burrows Rd jct.

Portable Toilet: At turnout area.

LEG 32 5.00 MILES MODERATE Flat, some narrow road

Continue west on Hwy 109. Pass junction of Hwy 115 (2.7 miles) at sweeping right curve and past commercial area. Go north on Hwy 109 to Ocean City (4.6 miles). Turn left at road leading west, from Swap Meet area, to Ocean City State Park. Continue west to exchange. Exchange is ahead at the west end of 2nd Ave, Ocean City. This is also Ocean City State Park, North section. Vehicles are not permitted to enter onto the beach at this point.

CONGRATULATIONS! You have just reached the Pacific Ocean

Leg 33 Exchange: On beach access road opposite Ocean City State Park rest room building.
Parking: In parking lot east of beach. Drive back to Hwy 109 to continue.
Portable Toilet: None. Rest rooms available in park.

NOTE: There is vehicle access in Ocean Shores, to accompany your finishing racer during the last portion of the final leg. Enter the beach from Damon Road, then east-west road on the north end of Ocean Shores. Drive onto the beach north of the Best Western Motel, join up with your competitor and go south. *Really, it's OK to drive here.* The final turn is the access road just south of the Shilo Inn. Other competitors may continue with your final racer to the Finish. Vehicles must bear right at the junction where the pavement begins.

LEG 33 4.63 MILES MODERATE Flat, hard packed sand

Go west onto the beach and turn left onto hard packed sand. Go south on the beach. Pass the access road near the Best Western Motel. **Teams have the option of joining up with you here, to go together on the final mile.** At next access road (just past Shilo Inn building) turn left, and go to finish line at the Shilo Inn. Vehicles and people are all over at this location, so watch for the hotel building and sign that are easily visible inland. There also is a Course Marshal on the beach turn for directions.

NOTE: Teams may accompany their finishing racer from the beach to the finish. **The Leg 33 racer should precede teammates on the last section and have the team number plainly visible to the finish timing crew.** *All others should follow behind this person.*

FINISH LINE

"There is no finish line." – NIKE advertising slogan

Please be aware of various finish area activities and keep the area clear so other teams can finish unhindered. We must maintain a fire and bus lane adjacent to the finish chute. This lane is open to the general public also. Do not linger in the lane as you cross the roadway. *You'll get busted very quickly.*

MEDALS: Teams must complete and turn in a clean copy of their Score Sheet in order to pick up their finisher medals. Teams were given two score sheets at the start, one as a working copy and one for turn in. We will verify your reported team finish time and use this information to calculate finish placement, overall and within your division.

REFRESHMENTS: At the finish throughout the anticipated finishing hours, and in the Shilo Ballroom.

PHOTOGRAPHS: We plan to have a photographer at the finish line who can take a team photo for you.

SHOWERS: At North Beach High School (on Damon Rd on corner as you enter Ocean Shores) from 11:00AM to 3:00PM. Showers \$1.00, Towel \$1.00 (towels belong to school, and shower/towel usage fee goes to school activities)

"Once my daughter asked if she could take my Olympic gold medal to school for "Show and Tell." I said that she could. Then I was curious about what she might say, so I showed up in her classroom that day and sat in the back. My daughter got up before the class and held up my medal and said:

'This is just like the medal Peggy Fleming won for ice skating.'

– Billy Mills

AWARDS PRESENTATION: At 5:00PM at Shilo Inn. Check whether the location is outside or inside the building and potential time change (weather dependent).

We would like every award winning team to be present or have a representative at the awards presentation. If you cannot, please ask someone from your home area to accept your award. Mailing of bulky awards is very time consuming and costly. We prefer to have them given to someone who can get them to you easily. If, however, this is not practical, those teams qualifying for awards can obtain them at the finish area only when it can be positively verified that the team has indeed won the award. This involves accounting for all teams in that division having finished the relay and awards placements being verified. This also requires the 30 minute time frame having expired for lodging any protest which could affect team placement.

AS WE WIND DOWN FROM THIS GREAT ADVENTURE WE EXTEND THANKS TO

***SHILO INN – OCEANFRONT RESORT
WASHINGTON DEPARTMENT OF TRANSPORTATION
PIERCE COUNTY
THURSTON COUNTY
GRAYS HARBOR COUNTY
ASHFORD RURAL FIRE DEPARTMENT
ASHFORD LIONS CLUB
ELMA HIGH SCHOOL
NORTH BEACH SCHOOL DISTRICT
CITY OF OCEAN SHORES
ALL THE TEAMS, VOLUNTEERS, TRAFFIC CONTROLLERS,
RANDY DUTTON AND HIS SCOUT ORGANIZATIONS AND PARENTS,
AND EVERYONE WHO PARTICIPATES AND SUPPORTS THIS EVENT.***