

# VAN 1

# 7.64 MI | MODERATE

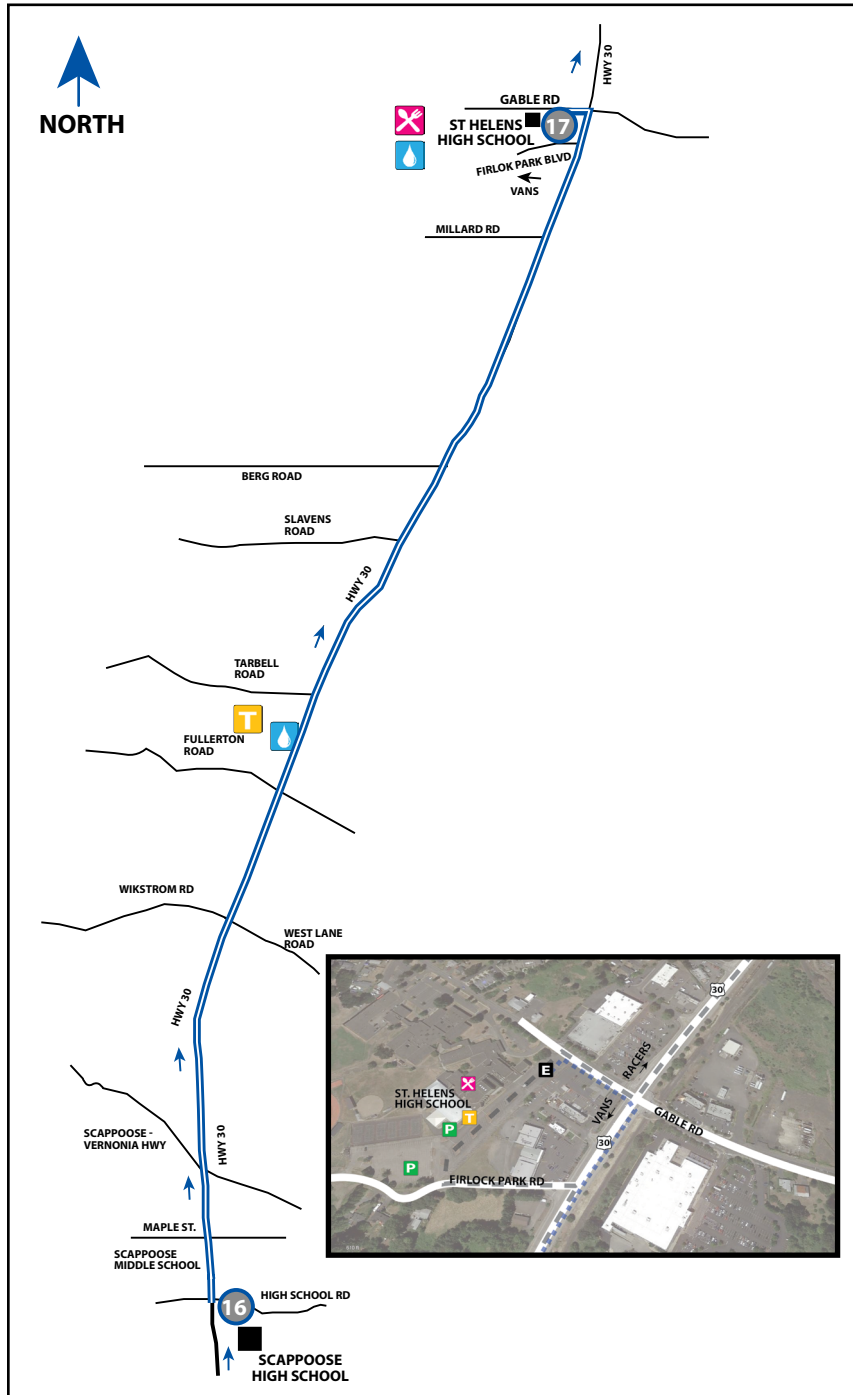


**LEG DESCRIPTION:** Basically flat terrain on paved shoulder along HWY 30.

**EXCH 17 ADDRESS:** St. Helens High School 2375 Gable Rd, St. Helens, OR 97051

**GPS:** 45.848739, -122.833439

**NOTES:**



### DIRECTIONS FROM EXCH 16 TO EXCH 17

Run on right side of road.

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.13 High School Way/HWY 30
- ↑ 1.12 Scappoose Vernonia HWY
- ↑ 2.32 Wikstrom Rd
- ↑ 3.19 Fullerton Rd
- 3.41 Water Station 
- ↑ 4.74 Berg Rd
- ↑ 6.79 Millard Rd
- ← 7.52 Turn **LEFT** onto Gable Rd
- 7.64 Exchange 17 (St. Helens High School)

### COURSE FUNDRAISER

#### ST. HELENS HS

FRIDAY 7:00PM- SATURDAY 6:00AM  
 SHOWERS: \$2 each; towels additional \$2  
 SLEEPING: \$2 use sleeping area gym  
 FOOD: Pancakes, eggs & sausage; assorted deli snacks

### EXCHANGE NOTES

**Parking:** At St. Helens High School. Do not stop on side of HWY 30 near Exchange 17 to drop off of pick up teammates.

**Provisions:** Yes and Course Fundraiser

**Fuel:** Yes (Fuel up!)



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:** 153/-101ft

**NET:** -52ft

