



## 36<sup>TH</sup> ANNUAL TEAM CAPTAIN MEETING

Welcome to the “*MOTHER of All Relays*”, the 36<sup>th</sup> Providence Hood To Coast Relay, 27<sup>th</sup> Providence Portland To Coast Walk, and the 20<sup>th</sup> Anniversary Les Schwab High School Challenge! You will be participating in the greatest running and walking relays in the world.

Thanks to everyone this past year who helped raise over \$605,000 for cancer research and patient advocacy programs, along with our dedicated event staff and sponsors for the Providence Cancer Center! Let’s all work together again this year to help finish cancer, which is a cause that has affected so many of us, as well as family and friends.

HTC & PTC again filled the race on “Opening Day” of registration for the 19<sup>th</sup> straight year. Volunteer online registration was July 12 – Aug 8, with ALL 3,600 jobs NOW ASSIGNED. Participants will be coming to HTC from ALL 50 states and 43 countries!

Follow us on Twitter @HTCRelay for live race weekend course updates. Tweet relay pics and don’t forget to use #HTC17

Facebook and Instagram (HTCRelay)

Hood To Coast is expanding with HTC Washington, HTC Pacific City (the original course), and other locations soon to be announced, as well as HTC International! The inaugural [HTC China](#) (July 8, 2017) was an incredible success, with happy, safe runners, breathtaking scenery, and a well organized race! We also recently launched [HTC Israel](#) which will take place this Sept 14 with group travel packages available!

Providence is in its 5<sup>th</sup> year as title sponsor of the Hood and Portland To Coast Relays. Including 2017, the fundraising total will be over \$2.4 million for the Providence Cancer Center. These dollars are staying local, but not just because we love Providence, but because they are national and global leaders in immunotherapy.

Les Schwab Tires is title sponsor of the Portland To Coast High School Challenge, as well as the HTC Race Series!

Dick’s Sporting Goods: Sleeping field “tent city” at Exchange 24. Stretching station at the Finish/beach party.

Nike: 35 years of support and official gear of HTC/PTC. Many Nike employees participate in the event!

Full Sail Brewing (Session): Taking the Finish beer garden to a new level.

GNC: Presenting the awards and the bands (Brian O’Dell and Radical Revolution)

Alaska Airlines: Proud to announce the Exceptional Volunteer Award: #HTC17 or #PTC17 and #EXCEPTIONALVOLUNTEER one entry per team.

Portland Running Company: [Shop online](#), or go to either of their store locations, the Start Line and Finish for official race gear (while it lasts)!

Hood To Coast App: Available for iPhone AND Android! Not for marketing, designed as a tool by actual HTC participants, from [Endorphin Apps](#). Check it out in the App Store.

**Finish Party:** All the great festivities you love and expect! Session Beer garden/Naked Winery wine garden, team photos directly after crossing the finish line, great variety of catered food and beverage, HTC and PTC Champion presentation, and top 3 overall announcement. Brian O'Dell Band (1:45-4:45pm) and dance into the night to Radical Revolution on stage (6:45pm-11:00pm)!

### **2017 HTC/PTC RELAY SPECIFICS**

- **Headphones/earbuds** are not permitted, but NEW THIS YEAR, audio devices worn OUTSIDE THE EAR are allowed (needed for participant awareness & safety with vehicles on open roads).
- **Very Important:** All Team Captains need to ensure their teammates write their medical info on back of their race bibs before starting the race!
- **Note that your team's timing chip is now located on the back of one of your race bibs!** Please ensure that only your Leg 12 runner/walker wears this bib – and wears it as they cross the finish line.
- A **reflective vest, flashlight or hat w/ headlight, and a front and back LED** light flasher must be worn by all runners/walkers participating in the evening from 6pm through 7am (2 provided/team in your bag, thanks to Providence). *Reflective vests only until 9am.*
- Van 1 @ Start Area only. When you get to exchanges, park quickly and efficiently. Feel free to talk with volunteers after you park. Follow the hand signal/directions of parking vols. Remember that participants cannot be dropped off next to the exchange zone.
- There is a Safety Agreement (last page of handbook). All teams must have someone from the team read/sign the agreement and turn in at Start Check-in Tent.
- Please utilize large gallon water containers to refill your water bottles. This is fire season, we highly recommend each team vehicle carry a shovel, fire extinguisher.
- **\*\*PTC Awards 9:00am SUNDAY \*\*HTC Awards (Sunday) 10:00am.** Guaranteed entry into the following year's race & awards for **top 4** in each category.
- Finish: Free parking shuttles in Seaside (pick-up every 15 min. Sat.) See map toward end of handbook (on Leg 36 at Northcoast Family Fellowship Church and Seaside H.S.) – shuttle drops off/picks up at Convention Center so you can get to beach & meet your teammates faster!

### **RACE COURSE**

Total course mileage is 199.2 miles for HTC, 130.1 for PTC Walk and High School Challenge. HTC and PTCW p28 'Cut N Run/Walk' easy leg directions to cut out and run/walk with.

- Per your feedback – completely new from previous 35 years – **water stops on all legs over 6 miles (12 total)!**
- **EXCHANGE 2/Leg 3:** exchange will be on Kiwanis Camp Road 39, adjacent to Hwy 26. First 2.7 miles of Leg 3 will be on Forest Service Roads (unassisted- but gorgeous rolling forest back roads)!
- **Mileage change from handbook, Leg 6 (7.10 mi – instead of 7.00), Leg 7 is 5.25 miles (not 5.4)**

- **Leg 11 is back on Springwater Trail, woohoo! Looks good, but we'll still provide volunteer monitors at every major crossing and turn, security at five different points along 20 mile stretch of Springwater, and 20 HTC bike patrol personnel 7pm until last runner (Leg 9-12).**
- **Leg 17 participants will continue north along Hwy 30 shoulder, and cross with crosswalk light only – assisted by flaggers at Gable Rd near Ex 17. Far less busy road crossings than west side of Hwy 30 where nearly all of community lives.**
- **EXCHANGE 27 is 0.10 mi further west of previous year's location, just west of Hwy 103 still on shoulder of Hwy 202. Parking is on south side of road (not north like past year's) in large cut grass field.**

**A few additional course reminders:**

- **Don't stop on Leg 1/Timberline Rd shoulder, or Hwy 30 shoulder to assist teammates (Leg 14 - 17) as it obstructs the path of runners/walkers.**
- **Expect some delays at major exchanges & legs late in the course (Leg 23, Leg 24, Leg 29, Leg 30).**
- **VAN 1/VAN 2 ROUTES:** Just past Ex 18, on Leg 19 you'll see in handbook map, only Van 2 (with purple van sign) allowed to continue on course. Van 1 directed as map shows to reconnect with Van 2 just south of Exch 23.
- **LEGS 19-21: gravel/dusty! Slower driving, advise using bandana**
- **Only sleep in designated sleeping areas** (tents AND canopies ARE allowed! Exch 18, Exch 24), with sleeping but no tents/canopies @ Exch 30.
- **Cell phone coverage is unreliable from Legs 19-31, so have a plan for coordinating with your other team vehicle!**

**ENJOY THIS INCREDIBLE ADVENTURE! WE CAN'T WAIT TO SEE YOU AT THE RACE!**