



## 35<sup>TH</sup> ANNUAL HTC/PTC TEAM CAPTAIN'S MEETING

Welcome to the "MOTHER of All Relays", the 35<sup>th</sup> Providence HTC, 26<sup>th</sup> Providence PTC Walk, and the 19<sup>th</sup> Annual Les Schwab High School Challenge! You'll be participating in the greatest running and walking relays in the world.

We'd like to thank each of you, who last year helped fundraise for cancer research and patient advocacy programs, along with our dedicated event staff and sponsors. Let's all work together again this year to help raise funds for the Providence Cancer Center, to help finish cancer, which is a cause that has affected so many of us, as well as our personal family and friends.

- We filled the race again on "Opening Day" of registration for the 18<sup>th</sup> straight year.
- Volunteer online registration was July 13 – Aug 8, with ALL 3,600 jobs assigned!
- Participants will be coming to HTC from ALL 50 states and 37 countries!
- **HTC is going global! HTC will be coming to China in Spring 2017, in collaboration with Yao Ming's Starz Sports International!** Check <http://htcraceseries.com/event/hood-to-coast-china/> in the coming months for more details.

### Dick's Sporting Goods

- **Sleeping field tents set up at Exchange 24 "Mist Hotel".**
- Stretching Station at the Finish/beach.

### Alaska Airlines

- Proud to announce the Exceptional Volunteer Award.
- **#HTC16 or #PTC16 and #EXCEPTIONALVOLUNTEER one entry per team (one volunteer will earn two free travel vouchers!)**

### Portland Running Company

- Stop by today to prepare for the race, or at the Starts and Finish for [official race gear](#).

### Providence Cancer Center

- **Again, after this year, YOU will have raised over \$1.8 million to fund research, treatment, and support services.**
- These dollars are staying local, but not just because we love Providence, but because they are national and global leaders in immunotherapy.

### Hood To Coast App

- [Available for iPhones and HTC.](#)
- Next year, we'll take the next step with PTC and android phones.
- Not for marketing, designed as a tool, and by actual HTC participants!

### Finish Party

- All the great amenities you come to expect!
- Amazing Session Beer/Barefoot Wine Garden
- Team photos directly after crossing the finish line
- Added an official PTC Champion trophy and presentation!
- Radical Revolution Band headlining the Stage in the evening

### Social Media

- Twitter [@HTCRelay](#) for live race weekend course updates. Tweet relay pics and use [#HTC16](#)
- **Facebook and Instagram (HTCRelay)**
- Download the app and recycle the clipboard. The app will have push notifications.

#### More Details:

- **HTC start times:** 5:00am-3:00pm, **PTCW:** 3:00am-9:45am **HSC start:** 7:00pm
- **Very Important:** All Team Captains need to ensure their teammates write their medical info on back of their race bibs before starting the race!
- 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-7am (2 provided/team in your back, thanks to Providence). *Reflective vests only until 9am.*
- **Headphones/earbuds** aren't permitted, but speakers below the head *are* allowed (this creates more awareness and increases safety for participants and vehicles on open roads).
- Van 1 @ Start Areas only. Park at exchanges quickly and efficiently. Do not stop to talk with a volunteer on the road (as this immediately causes a back-up) just follow their hand signals/directions. Also DON'T drop off your runner/walker within 500 ft of an exchange.
- HTC & PTCW Safety Agreement (last page), all HTC & PTCW teams must have someone from team read/sign the agreement and turn in at Start Check-in Tent.
- Please utilize large gallon water containers to refill your water bottles.
- For fire season, we highly recommend each team vehicle carry a shovel, fire extinguisher.
- **\*\*PTC HSC & PTC Walk Awards 5:15pm Sat (& overall HTC & PTC winning trophies presented)**
- **\*\*HTC Awards (Sunday) 9:30am**
- Finish: Free parking shuttles in Seaside (pick-up every 15 min. Sat.) (HTC p.76) (PTC p.62) – (on Leg 36, Northcoast Family Fellowship Church, Seaside H.S., and Convention Ctr) – drops off near Conv Ctr so you can get to beach & meet your teammates faster!
- Total course mileage is 199.7 miles for HTC, 130.1 for PTC Walk and High School Challenge.
- HTC and PTCW p30 'Cut N Run/Walk' easy leg directions to cut out and run/walk with.
- 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.
- Leg 2 road construction, coned off shoulder for your safety (2 miles no passing) on Leg 2/Hwy 26.
- **EXCHANGE 2/Leg 3:** 0.50 mi west of last year's location, at Rd 35/Hwy 26. First 1.4 miles of Leg 3 on Forest Svc Rd 35/Rd 31 (unassisted but gorgeous forest rolling road)!
- **Mileage change from handbook, Leg 2 (6.33 mi – instead of 6.57) Leg 3 (3.52 mi – instead of 3.86)**
- **Leg 11 now 5.6 miles, not running on Springwater Trail from SE 122<sup>nd</sup> Ave – 82<sup>nd</sup> Ave.** Monitors at every major crossing and turn. Runners on 122<sup>nd</sup>-Foster-92<sup>nd</sup>-Flavel-82<sup>nd</sup>-Springwater. Security personnel 2pm onward. Additionally, 20 HTC bike patrol from Boring through Pdx, 7pm onward (Leg 9-12)
- **Leg 12 ends at Exch 12**, parking at SE Main/Water/Salmon and at PCC Climb Center (near SE Clay/Water) south of Hawthorne Bridge.
- **VAN 1/VAN 2 ROUTES:** Just past Ex 18, on Leg 19 you'll see in hdbk map, only Van 2 (with blue van sign) allowed to continue on course. Van 1 directed to reconnect with Van 2 just south of Exch 23.
- **LEGS 19-21: gravel/dusty! Advise using a bandana.**
- **EXCHANGE 34:** logging station with large parking area (Fort Clatsop Rd). Leg 35 heads south on Lewis & Clark Mainline.
- Expect some delays at major exchanges & legs late in the course (**Leg 23, Leg 24, Leg 29, Leg 30**).
- **Only sleep in designated sleeping areas** (Tents AND Canopies ARE allowed! Exch 18, Exch 24), with sleeping but no tents/canopies @ Exch 30. Antiperspirant
- [Recommended Packing List](#)