



38TH PROVIDENCE HOOD & PORTLAND TO COAST RELAYS TEAM CAPTAIN'S INFO

Welcome to the “*MOTHER of All Relays*”, the 38th Providence HTC, 29th Providence PTC Walk, and the 22nd annual Les Schwab High School Challenge! You will 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 \$850,000 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 Institute, to help finish cancer, which is a cause that has affected so many of us, as well as our personal family and friends.

HTC & PTC again filled the race on “Opening Day” of registration for the 21st straight year.

Volunteer online registration was July 10 – Aug 7, with nearly all 3,600 jobs ASSIGNED!

Participants will be coming to HTC from ALL 50 states and 43 countries!

We're incredibly proud to announce that HTC/PTC & Race Series have become a Certified B Corp, and first ever athletic event certified – placing us with the likes of businesses such as Patagonia, Toms, and Stumptown Coffee! Certified B Corps all go through a rigorous half year assessment/process to determine if we qualify. Only companies that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose are admitted. B Corps accelerate a global culture shift to redefine success in business and build a more inclusive and sustainable economy. B Corps as a community work toward reducing inequality, lower levels of poverty, create healthier lifestyles and create more high quality jobs with dignity and purpose. By harnessing the power of business, Certified B Corps use profits and growth as a means to a greater end: positive impact for employees, communities and the environment.

Race Info

- **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 located on the back of one of your race bibs!** Please ensure that only your Leg 36 runner/walker wears this bib as they cross the finish line.
- **NO ALCOHOL IN VEHICLES OR AT EXCH's.** If seen, participants should look for the Exchange Leader and report infractions with team number.
- **Headphones/earbuds** are not permitted, but audio devices worn **OUTSIDE THE EAR** are allowed (needed for participant awareness & safety with vehicles on open roads).
- Extensive recycling and sorting program implemented with Clearstreams at every exchange, Start, and Finish. Note the Sorting Guide which you'll receive at the Start Line Check-in Tent. Please eliminate single use plastic bottles – bring large 5-7 gallon water containers to refill. Each team will receive a Bottledrop bag at Start Check-in.
- **A reflective vest, flashlight or hat w/ headlight, and a front and back LED** light flasher must be worn by all participants from 6pm - 7am (3 are provided in your team in your bag, thanks to Alaska Air). *Reflective vests only until 9am.*

- When you get to an exchange, park quickly and efficiently. Feel free to talk with volunteers *after* you park. Follow the hand signal/directions of parking volunteers. Remember that participants cannot be dropped off next to the exchange zone.
- We recommend each team vehicle carry basic first aid supplies for team members.
- Sat @ 5:30pm in front of main stage, we'll have a trophy presentation/pics and announce the winning Hood & Portland To Coast women's, men's, and mixed open teams.
- HTC/PTC Awards SUNDAY 9:00am. Guaranteed entry into the following year's race & awards for **top 6** in each category.
- Note the free parking shuttles map toward end of handbook (on Leg 36 at Northcoast Church and Seaside H.S.) – shuttle drops off/picks up every 15 min at Convention Center so you can get to beach and meet your teammates faster!

Course

- Total course mileage is 199 miles for HTC, 130 for PTC Walk and High School Challenge.
- **Water stops on all legs over 6 miles (12 total)!**
- **Toward end of Leg 11 (HTC) slight detour off Springwater due to construction (see handbook)**
- **HTC/PTC provides volunteer monitors at every major crossing and turn, along 20 mile stretch of Springwater, with 20 hired HTC bike patrol from 7pm until last runner (Leg 9-12) and security personnel on Waterfront Park leg 13 at each bridge.**

A few additional course tips:

- Parking on side of Leg 1/Timberline Rd shoulder is prohibited, as well Hwy 30 shoulder (Leg 14 - 17).
- Expect some delays at major exchanges and legs late in the course (**Leg 23, Leg 24, Leg 29, Leg 30**).
- **VAN 1/VAN 2 ROUTES:** Just past Exchange 18, on Leg 19 you'll see in handbook map, only Van 2 (with pink van sign) is allowed to continue on course. Van 1 is directed as map shows to reconnect with Van 2 just before Exchange 23.
- **LEGS 19-21: gravel/dusty! Slower driving, advise using bandana (we do hire and deploy dust abatement on road the week of the race).**
- **Only sleep in designated sleeping areas** (tents/canopies ARE allowed at Exch 18, Exch 24), with sleeping but no tents/canopies at Exch 30.
- **Cell phone coverage is unreliable from Legs 19-31, so have a plan for coordinating with your other team vehicle, walkie talkies or other! Again use RaceJoy and the HTC App (for predicting timing)**
- Congrats and much respect to the Gold 100 Leg Club members (over 10 people currently) who've run/walked at least 100 legs of HTC over the years! They'll be meeting up at the finish party. If you know someone who may qualify – let us know!

THANK YOU FOR YOUR ENTHUSIASM TO PARTICIPATE IN THE MOTHER OF ALL RELAYS! WE CAN'T WAIT TO SEE YOU AT THE RACE, & HEAR YOUR INCREDIBLE STORIES OF ADVENTURE AT THE FINISH!

