



Official Newsletter of:

**NIKE Hood To Coast Relay OfficeMax Portland To Coast Walk Relay
OHSU Sports Medicine PTC High School Challenge**

IMPORTANT DATES:

Today: Postmarked July 16: Deadline to submit Volunteer Forms.

August 2nd: Out of Town team start times posted on the Roster Page.

August 2nd: Packet Pick-Up: 9:00am-11:30am, with Captain's Meeting at 10:30am.

August 6th: American Cancer Society Auction to PICK YOUR START TIME.

August 9th: Mandatory Volunteer Training, anytime between 9am-11:30am.

Postmarked August 11th: Last day to mail adds/subs, after this date all add/subs must be taken to the Start. Price increases to \$25.

August 13th: Mandatory Volunteer Training, anytime between 6pm-7:30pm.

NIKE & FIT RIGHT NORTHWEST, TEAMING UP FOR YOU!

Thursday, July 17, 24, 31 & August 7

Group runs

- 6-7pm at Fit Right Northwest on NW 23rd in Portland
- Following the group run enjoy refreshments and food
- Shop 15% off on all Nike product



Thursday, August 14

Group run and Kick-Off Party!

- 6-8 pm at Fit Right Northwest on NW 23rd in Portland
- Following the group run enjoy pizza and beer, shop 15% off on all Nike Product
- Human race promotional vehicle on site to let you test out a pair of Nike shoes for the group run
- Participate in a free video taped gait analysis and receive a free pair of Nike socks (while supplies last)



Everyday

Relay participant discount program!

- Your team receives 10% of shoes & apparel at Fit Right Northwest stores now through 8/ 23
- To be eligible for discount, email your HTC or PTC team roster to andrew@fitrightnw.com

RULES & PENALTIES

30 MINUTE PENALTIES

Race Numbers/Wrist Wraps

Race bibs must be worn at all times and the Wrist Wrap must be carried/worn at all times throughout the race.

Conduct on Race Course

Any conduct deemed unsafe or unsportsmanlike by Race Officials will not be tolerated. This includes van decorations that are overtly suggestive, sexual, or contain foul language.

No Parking on Road Prior to Exchange

No parking is allowed along the road within 500 feet prior to an exchange. Parking is allowed in designated areas only after the exchange point marker. Please park off the road **as far as possible**.

Vehicles Following Participants

No vehicles will be allowed to follow behind participants to illuminate the road during night-time legs. This impedes traffic.

Following Race Official Instructions

Course Volunteers are Race Officials. Teams or participants who do not follow their instructions will receive a 30 minute penalty.

60 MINUTE PENALTIES

Participant Rotation

All teams are to rotate their team members in the same sequence throughout the race. Continue this unless a teammate has dropped out.

Mixed Division Participant Drop Out

If a runner/walker on a Mixed Division team becomes injured and drops out during a leg, the injured runner/walker must be replaced with the next team member in rotation of the same gender.

Travel on the Left

Participants travel along the left shoulder of the roadway at all times, unless officially instructed otherwise (Leg 2, 3, 4, 5, 6, 14, 15, 16).

DISQUALIFICATION

Display of Team Vehicle Signs

Each team is limited to two (2) vehicles. Official vehicle signs will be issued to each team vehicle. A team found with more than two vehicles on the race course **or more than one vehicle in one of the restricted areas will be disqualified.**

Three Volunteers per Team

Local teams must ensure all of their volunteers show up at the appointed time, to their assigned job and fulfill the tasks. If a volunteer cannot report to duty, the Team Captain must find an alternate volunteer and make sure they report to the appointed job site. Failure to do so will result in disqualification without appeal.

Team Vehicles in Restricted Areas

Teams found with more than two vehicles on the race course or more than one vehicle in one of the restricted areas will be disqualified. (Areas restricted to one van include: Leg 19-23 and Leg 32-36.)

No Bicycles or Dogs

No bicycles or dogs are allowed. Team members found biking the course are assumed to be accompanying participants and will be dq'd.

Reflective Gear

Each team must have a minimum of two (2) reflective vests and two (2) flashlights (or approved **HTC/PTC Hat with Headlight**) to present for inspection at the Start Check-In Tent. All team spectators must wear reflective vests from 6:00 p.m. until 7:00 a.m.

Scoring Sheet

Teams who do not provide a completed Scoring Sheet at the finish of the relay will be disqualified

Start Time

Any teams found starting the race earlier than their assigned Start Time will be disqualified.

No Oversize Vehicles

No vehicles 6'6" or wider, or longer than 19', motor homes, or buses are allowed on the course by any team or team support.

Public Nuisance Rule

Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified. Please be considerate of property owners along the course. Portable toilets and ample garbage containers will be available at each exchange point.

No Tents

Teams or participants found using tents at designated sleeping areas will be asked to dismantle them and risk dq.

Save the Party for the Beach!

Open alcoholic containers, drinking, inebriated participants or volunteers on the course will be dq'd.

THOUGHTS FROM A PARTICIPANT:

Steve Hanamura,
Hood To Coast Relay

Number of Years Participating: 17

Funniest Hood To Coast Memory:
The time Steve came out of the Arby's bathroom and ordered Hershey Almonds. (Ask Steve about this story.)

Tell us about an interesting team member: One year Steve had a team member from Japan that wore a kimono and flip flops for the entire race.

Advice to Runners: Have fun, but train. It is not about you, it is about the team!

How would you like to be remembered when your HTC career is over?
Steve had a good time, and didn't take the event for granted.



THOUGHTS FROM A PARTICIPANT:

Patricia Stevens,
Portland To Coast Walk Relay

Number of Years Participating: 5

Funniest Hood To Coast Memory:
Watching how sassy my were last year after a little sleep deprivation.

Favorite food to consume during the race: Rice Cakes. They are light and seem to give me a little boost. Power bars when I'm really hungry. Normally, I will stop along the way and get a sandwich at a local shop along the course.

Advice to Walkers: Make friends, and have fun. This event is all about friendship and camaraderie for me.





Eat for Performance & Endurance Training

By Tara Dellolacono Thies, RD Clif Bar & Company Nutrition Strategist

Proper nutrition enables you to train harder, recover faster, and perform better. Incorporate the following components into your nutritional training for to feel your best during endurance training.

Calories = Energy

Calories are to your body what gas is to your car! Eat enough fuel for your body to maintain a comfortable race weight. Heavy training periods are no time to focus on getting to your race weight. Achieve a comfortable weight during lighter training or rest periods. If weight loss is desired lose no more than 1 pound per week.

Eat Frequently

Don't skip meals. Smaller more frequent meals throughout the day deliver doses of energy to your muscles and give you more "oomf" during afternoon and evening training sessions. Choose snacks that provide both energy and nutrition such as apples with peanut butter, CLIF BARS, yogurt, cheese and crackers, or nuts and dried fruit.

Hydration

Drink fluids throughout the day. Keep a water bottle handy and sip on it all day long.

Recovery

Take advantage of the 30 minutes recovery-window after a long run or intense workout and refuel with a convenient combination of carbohydrates and protein such as chocolate milk, CLIF BUILDER's Bar, or a recovery drink. Consuming this combination during the recovery-window will decrease your recovery time and enhance the quality of consecutive workouts.

Carbohydrates

You can not train without adequate carbohydrate so eat them with pleasure! They are your most important source of fuel for your muscles and your brain. Two thirds of each meal should come from carbohydrate. Choose carbohydrates that are high fiber such as whole wheat bread, pasta, bran cereals, oatmeal, CLIF BARS, potatoes, and popcorn.

Protein

One third of each meal should be from a source high in protein. Training creates wear and tear on your muscles and protein is necessary for muscle repair and rebuilding. Good choices are lean beef, chicken, fish, lentils, cheese or soy.

Fat

Fat is essential and works with carbohydrate to provide lasting energy to the body. Fat also allows for proper nutrient absorption and provides essential fatty acids the body needs daily such as omega-3' and 6's. Remember, not all fats are created equal. Enjoy plant fats from vegetable sources (mono & poly unsaturated) such as nuts, seeds, and avocados instead of the artery clogging (saturated) fats such as butter, cream, and fatty meats.

Thank you to our official 2008 Partners:



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