



Going The Distance

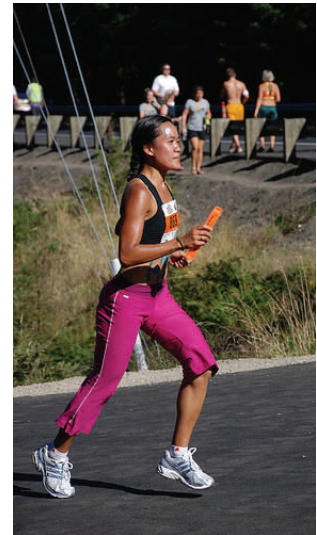
Official Newsletter of:

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

'08 HTC START TIMES

After discovering that the race start time program received a program virus that affected start time calculations (Hood To Coast only), newly revised start times have been posted. All HTC participants received an email with their revised team start time as well. Previously issued Start Times WILL NOT be accepted at the Race Start. Login to the Roster Page to access your team start time.

PORTLAND TO COAST WALK START TIMES remain the same. Login to the Roster Page to access your team start time.



SPECIAL DONUT FUNDRAISER (LEG 24)



The families house, during the flood

After learning that a specific family along the course was forced to move out of the home they built, due to this past winter's devastating floods, we are asking participants to indulge in a sweet treat. Teams will have the opportunity to purchase delicious donuts after running or walking two grueling legs. The donut sale will be in the sleeping field located near the beginning of Leg 24. This family has generously provided HTC/PTC participants with a grassy field to sleep in, for the past 14 years! Help us say thank you to this wonderful family for all the years they have welcomed runners and walkers, by stopping by the Donut Fundraiser on Leg 24! A huge thank you to Fred Meyer for donating all of the donuts so that 100% of the sales can go directly to the family.

GET YOUR COMMEMORATIVE '08 RELAY GEAR!

You've been planning, training, and now it's almost here! Don't head home after completing the *Mother Of All Relays* without your commemorative 2008 HTC/PTC gear! The store is loaded with cool items by Nike, designed exclusively for the 2008 event. Merchandise will first be available for purchase at the HTC & PTC Walk Start Lines, and then at the Finish Line store Saturday. Also, if you are needing any new gear for race weekend, stop by a Niketown or Nike Outlet and use the coupon from your race packet to pick up some fresh socks, new running shorts, etc. Coupon good thru 8/25/08. FYI: There is a Nike Outlet in Seaside!!!



All HTC/PTC Stores accept cash, credit cards, and checks. Nike coupon from race packet and Nike employee discount can not be used at the HTC/PTC Relay Stores. To view the store click here: '08 Shop.

WE CAN DO IT!

Our 2008 event goal is to raise \$300,000 for the American Cancer Society... together we can do it! As of today (8/15/08) we have raised just over \$170,000! A huge thank you to everyone who is helped us get this far. We still need to bring in \$130,000 relay weekend to hit our goal, which would be an amazing achievement for all of us.

Ways you can help us reach our goal:

- **Shop:** For just \$2, you can buy an official Relay wrist band in the Relay Stores located at the start and finish lines. 100% of sales of the wristbands go directly to the American Cancer Society. Wristbands are royal blue, and bear the event name and the words "The Mother of All Relays".
- **Donate:** ACS will have tables at the start lines where you can make a donation and pick up a brightly colored sticker to proudly wear on your race number. Stickers start at \$20. So if you have been touched by cancer, and haven't had to time to fundraise, please consider making a donation at the start line.
- **Fundraise:** There is still time to use our free online fundraising tool! Sign up as a team or an individual online at www.hoodtocoastdonate.com, create your personal page, then call friends and family and ask them to go online and make a credit card donation to support your efforts. ACS will have stickers ready for your race bib for all dollars donated online. For fundraising questions, email Ali Kirby at ACS: ali.kirby@cancer.org.
- **Get a massage:** Yes, you read that correctly, get a massage at the finish line in Seaside. We have a team of massage therapists volunteering their time so that 100% of the proceeds go straight to ACS!



Join us as we announce the 2008 event fundraising total on the stage in Seaside Saturday evening at 5:45 pm.

HELLO FROM THE DOCUMENTARY CREW!

By this point, most of you know that a documentary film crew will be shooting the race this year. You will see us at various times as you make your way from the mountain to the beach. A few things to be aware of...

#1: VIDEO BOOTHS

Join us this year at the Hood to Coast Documentary "Shout Out" video booth on the course. We will have a manned camera where teams or individuals can tell us their experiences, or leave messages that could end up on the DVD or even in the film! There will be two locations: Fred Meyer Exchange in Sandy (# 6), and directly after Team Pictures in Seaside



We will either have a small tent or simply signs guiding teams to leave a "message" with "Hood to Coast Documentary Video Booth" clearly marked! This is your opportunity to tell it like it is for your favorite event of the year.

Please check out our website www.hoodtocoastdocumentary.com for up-to-the-minute details.

#2: GENERAL NOTES ON FILMING

We would like to give a few pointers for when you encounter our crews on the course. We want to make this a positive experience for everyone!

Please just behave as you normally would, as if we weren't there! Unlike news footage, documentary is meant to look as **natural** as possible. We are trying to tell the TRUE story of what the experience of Hood to Coast is like. A few pointers to help us out...

***Don't change what you're doing!** If we're shooting something, it's because we like what we see! Don't change your behavior if you find a camera pointing your direction. This includes...

***Please don't DUCK OUT!** If you realize you have crossed in front of a camera, just keep going. You are not ruining anything. We WANT you all to be behaving as you normally would on the course. Ducking out is very distracting for the audience!

***Please don't look directly into the camera!** You may think you're out of sight, but looking into camera can be distracting even from a distance. Please try to act as though we're not even there.

***Avoid "Hi Mom!" messages, giving hand signals, or doing "special" dances in front of the cameras.** We can guarantee that won't make it into the film. Those moments are perfect for the video booths!

MEET THE RELAY FAMILY

Martin Anderson, Communications Director, 10 years

What is your motivation as HTC/PTC Communications Director?
 Helping people and giving back in some way. The Hood To Coast/Portland To Coast Relays charity of choice, The American Cancer Society, is a big reason for my involvement.

What is the one piece of advice you would give to participants?
 Always know where you are on the course and be aware of your surroundings.

When do you start your preparations for HTC/PTC?
 For me, Hood To Coast starts in January and ends two weeks after the event.

What is your proudest moment in the Relay?
 Four years ago, there was a cardiac arrest on the course. Through relay radio communications, this was reported to dispatch within 60 seconds, and we were able to save a life.



YOU ARE MUCH APPRECIATED! THANK YOU MARTIN!



Want to know who your competition is?

Find out who is in your start wave! Go to our website on Monday, click into "Hot News", and you'll find a post to a downloadable PDF.

Thank you to our official 2008 Partners:

