



DRIVERS GUIDE

Driving the course and alternate routes require as much preparation and planning as running the race. Below are ideas which will help you plan and avoid frustration caused by having over 2,000 vans concentrated in the area during the same 36-hour period.

DRIVE THE COURSE BEFORE THE RACE:

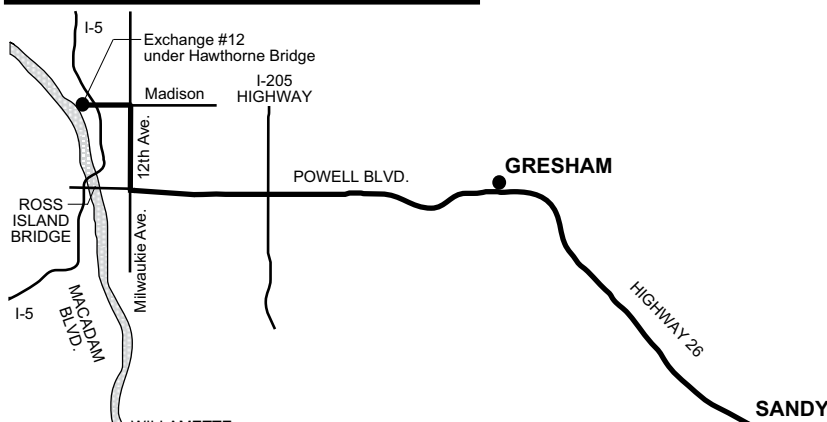
1. Note where all the turns are.
2. Identify exchanges and where more time will be required).
3. Know the difficult parking areas
4. Be aware of where stops can be made to provide runner support.
5. Know where additional facilities for food, gas and restrooms are located (very important to find additional restroom stops to minimize need for lengthy exchange stops).
6. Establish places (other than exchanges) where your vans can meet.
7. Become aware of areas where vans won't be in contact with their runner and how to deal effectively. THERE ARE AT LEAST TWO (2) AREAS ON THE COURSE THAT WILL BE RESTRICTED TO ONE VAN PER TEAM. They are areas where we have congestion caused specifically by narrow roads and the number of vans traveling. Teams will not be able to have two vans in these areas (or you will be disqualified).

Areas Restricted To 1 Van Or Less:

1. Between Exchange #18 (Columbia County Fairgrounds in St. Helens) and the intersection of HWY 202 and Old Ranch Rd. (about 7 miles southeast of Mist).
2. Between Olney (Exchange #31) and HWY 101 in Seaside.

There are two alternate van routes. (Map Routes on page 19). We strongly recommend driving the course ahead of time.

Exch. 6-12 SHORT-CUT VAN ROUTE:



THE ABOVE MAP DETAILS A FASTER ROUTE TO GET YOUR VAN FROM EXCHANGE #6 TO #12 WITHOUT FOLLOWING THE CONGESTION ALONG THE COURSE.

Continue on HWY 26 through Gresham to Powell Blvd. Turn left onto Powell Blvd. Turn right onto SE 12th (Milwaukie Ave. become 12th Ave. at Powell) and then left onto SE Madison. Continue down Madison to Exch. #12 under Hawthorne Bridge.

VAN ROUTE (Btwn Ex 12-13):

VANS ARE RECOMMENDED THE FOLLOWING ROUTE (FROM EXCH. 12 TO 13):



From Ex. 12: turn right on Water Ave, then quick right on Hawthorne Blvd. onto bridge. Take right ramp onto Main St., then right on 2nd Ave., then right on Salmon St., take left on Naito Pkwy/Front Ave. (continue 3.5 miles to Exchange 13)

DRIVERS GUIDE (cont'd)

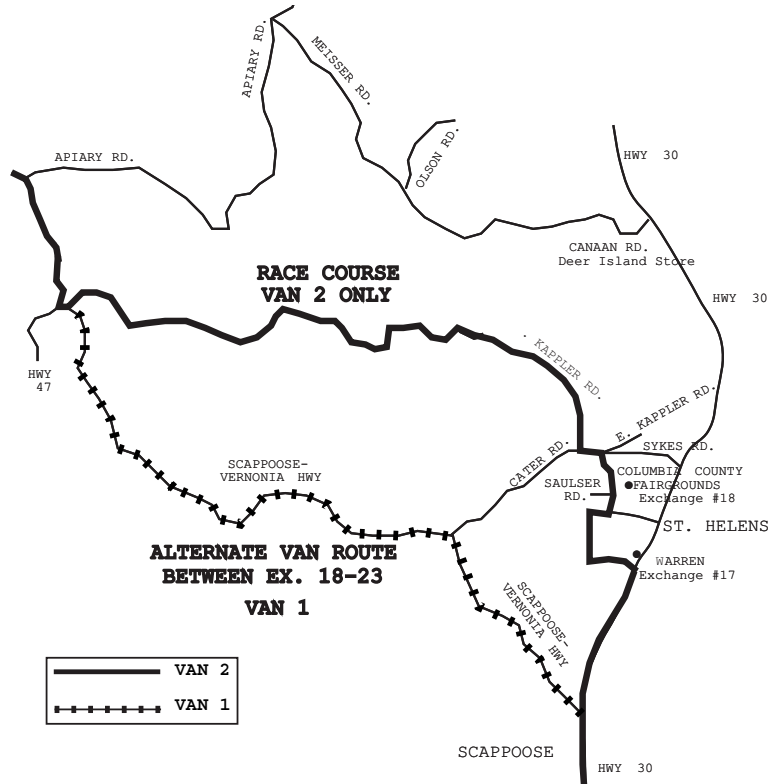
ALTERNATE VAN ROUTES

between Exchanges 18 & 23

Only Van #2 with a COLORED "race vehicle" sign in window will be allowed to proceed on the course between Exch 18 and 23.

OPTION #1 (for Van 1):

1/4 mile north of Scappoose High School along HWY 30 an intersection appears with a sign in both directions on the HWY saying "Vernonia/Pittsburgh." The alternate route begins by turning left onto this road which is Hwy 202, also known as the Scappoose-Vernonia Hwy. Follow HWY 202/47 (they are one and the same at this point) to Exchange #24 at Mist. You will start seeing runners coming from your right about 7 miles before you reach the exchange. Vans will not be permitted to turn onto the road where runners are coming from. Allow 45 minutes.



OPTION #2 (for Van 1):

Continue along the Race Course slightly past Exchange #18 on Sykes Road to the West Kappler course turn. The alternate route travels straight at this intersection onto Cater Road. Continue 4.7 miles on Cater, turn right onto the Scappoose-Vernonia HWY, and continue the remaining route noted in Option #1.

ALTERNATE VAN ROUTES

between Exch. 31 & the Finish

Only Van 2 with a COLORED "race vehicle" sign in window will be allowed to proceed on Legs #32 - 36. Van 1 MUST take the alternate route. This van should follow Hwy 202 into Astoria from Exchange #31 (Olney Grange). Upon entering Astoria, turn left onto the long bridge over the bay following the signs saying "to Warrenton" and "Seaside" until reaching Hwy 101. Drive south along Hwy 101 approximately 25 miles to Seaside. The Finish is at the end of Broadway St. (commonly called "the turnaround/prom") in Seaside. Teams can meet their last runner one block north of the Turnaround on the beach near Oceanway Avenue dead-end. This route takes 45-50 minutes to reach Seaside.

