



An Event That Stands Alone!

August 13th 2017

We welcome you to the Bridge of the Gods Half Marathon and 5K/10K. Thank you for joining us on one of the most beautiful courses that you will ever experience.

If you have not already, go to our Facebook page <https://www.facebook.com/bridgeofthegodshalfmarathon> and like us. We will keep the facebook page updated with any last minute information.

## Packet Pick up

We have three packet pick up locations for runners to get their bib number with timing chip.

### Friday August 11<sup>th</sup> 3-8pm

The North Face - Portland  
1202 NW Davis  
Portland, Oregon 97209



### Saturday August 12<sup>th</sup> 4-7pm

Marine Park Pavilion  
515 Portage Road  
Cascade Locks, OR



### Sunday August 13<sup>th</sup> 5:30-7am

Cascade Locks School  
300 SW Wa Na Pa Street  
Cascade Locks, OR



**Note: For Sunday's packet pick up will be located directly across from the entrance to Marine Park at Cascade Locks School. Temporary parking will be available at the location for your convenience.**

**You may pick up a race packet for a friend or family member but are required to bring a copy of a text, email or letter confirming you are authorized to pick it up. This assures they know someone is picking it up for them.**

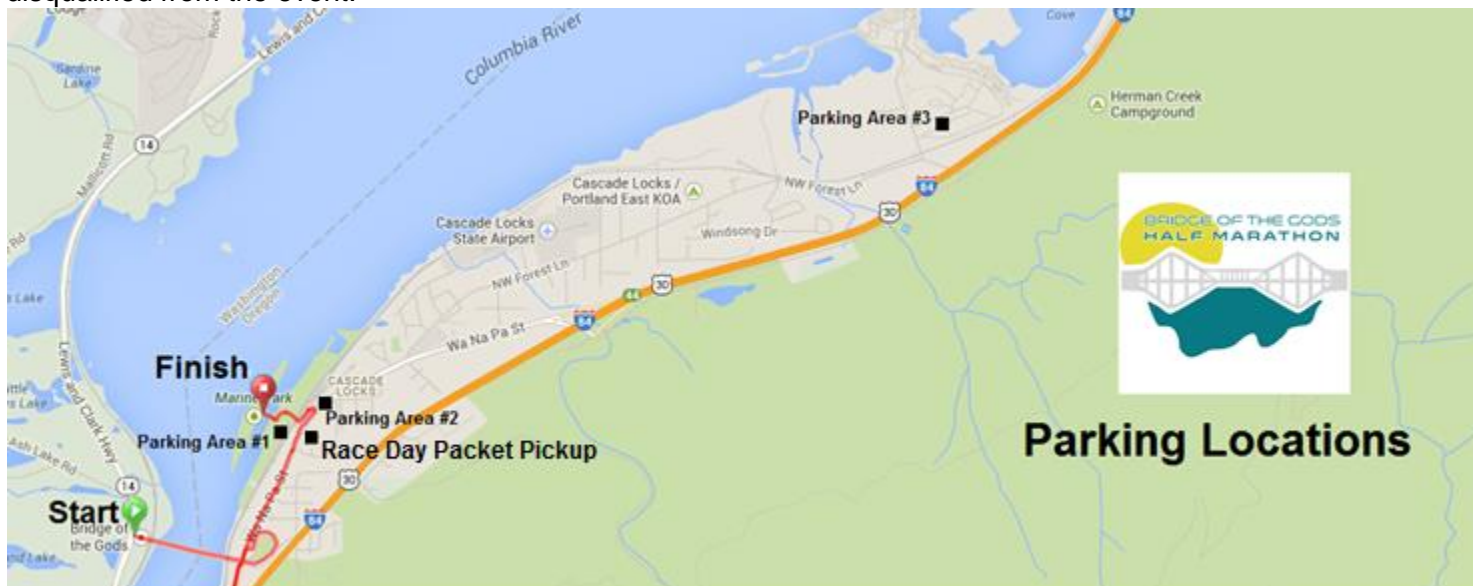
## Directions to Race

From Portland take I-84 to exit 44. At the bottom of the off ramp turn east (right) on Wa Na Pa Street and drive ½ mile to Marine Park. Address is 355 Wa Na Pa Street, Cascade Locks, Oregon 97014. Coming from Vancouver on HWY 14 take Bridge of the Gods exit and cross the bridge. Then right onto Wa Na Pa Street and continue to Marine Park. Those coming across the bridge should note that the Bridge closes at 7:45 AM. **No admittance past that time will be allowed and there is no parking on the Washington side for the event.** Those traveling east on I-84 take exit 44 West bound and Wa Na Pa Street 1.5 miles to Marine Park.

## Parking

Parking will be available at three locations for this event. Parking is very limited at Marine Park as well as the Cascade Locks Elementary School so competitors are encouraged to carpool and arrive early. Over flow parking will be located at Parking Area #3 which is the Port of Cascade Locks. Parking will be given on a first come first served basis. Buses will be onsite to deliver runners from all three parking locations to the start line as well as after the event to bus runners back to Parking Area #3. There is absolutely no parking on the Washington side of

the bridge. Anyone caught parking at the Washington side parking area for the Bridge of the Gods will be disqualified from the event.



## Bus Service

For safety and to reduce congestion all participants will be bussed to the start of the Bridge of the Gods Half Marathon and 10K. At packet pick up you will need to choose a ticket for the bus ride over to the start. Each ticket competitors get will be stamped with a departure time. It is your responsibility to be on the designated bus shown on your ticket. The bus pick up location will be just west of the entrance into Marine Park for parking areas #1 and #2. For the overflow parking at area #3 the bus pick up location will be at the corner of Industrial Way and Cramblett Way. **There is no pedestrian access across the bridge race morning so it is important that you arrive early to your bus's designated departure times.**

## Bus Service To Race Start

**Bus Schedule**

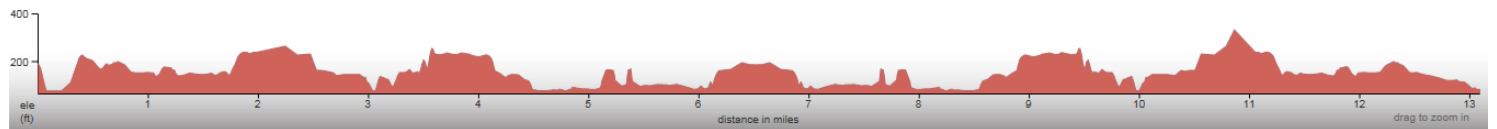
<b>Wave #1</b>	<b>6:30 AM</b>
<b>Wave #2</b>	<b>6:50 AM</b>
<b>Wave #3</b>	<b>7:10 AM</b>
<b>Wave #4</b>	<b>7:30 AM</b>



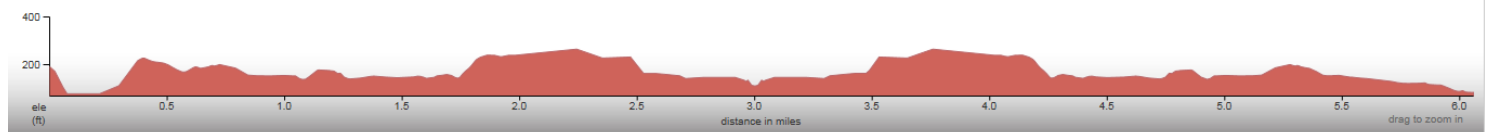
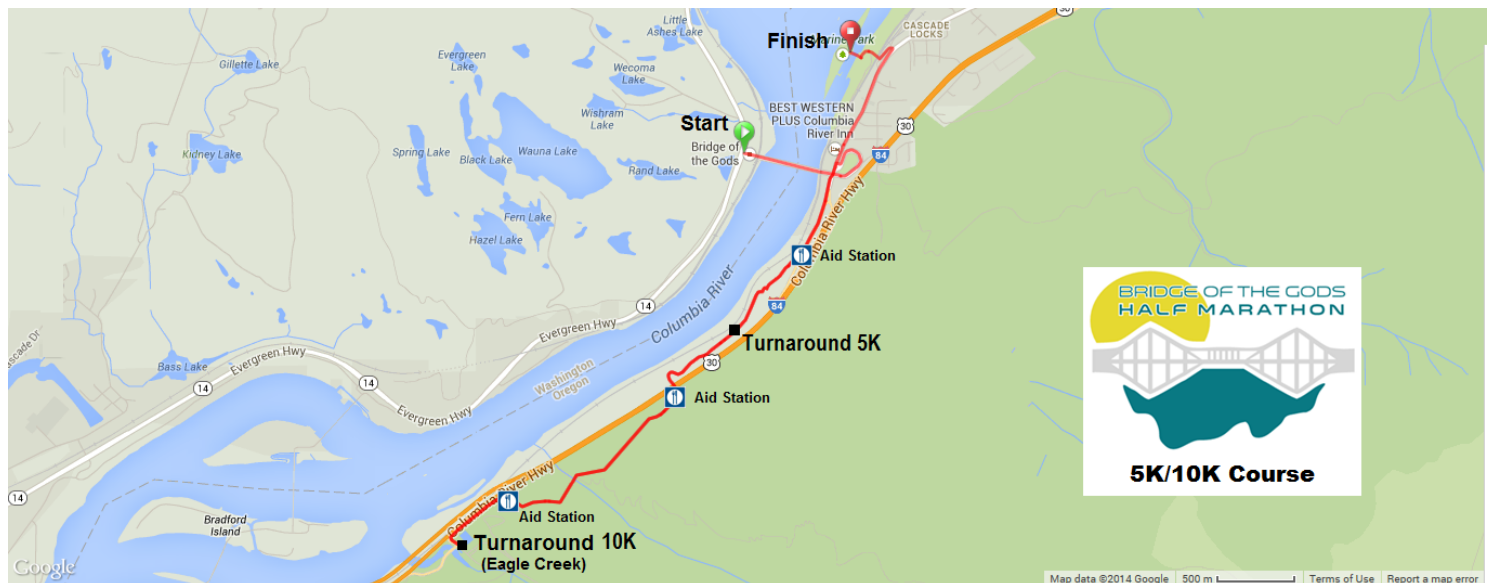
## Race Start

The Half Marathon will start promptly at 8:00 AM and the 5K/10K at 8:30 AM. Staging for the race start will begin at 6:45 AM and will be located at the parking lot just east of the entrance to the bridge. Do NOT warm up on the bridge or loiter on the road prior to the race. The bridge is open to traffic until 7:50 AM. All staging will be to the side of the road. Once we have full road closure we will stage all the racers in the starting area at the base of the Bridge of the Gods sign. At 8:00 AM only half marathon runners will line up. 5K and 10K runners please continue to wait at the designated staging location east of the road until your start at 8:30 AM. Runners wanting to warm up at the start are encouraged to use Ash Road just east of the bridge off of HWY 14. It is a very scenic and quite road.

## Half Marathon Start Time - 8:00 AM Start



## 10K/5K Start Time - 8:30 AM Start



## Gear Check

Each competitor will receive a Bridge of the Gods tote bag at packet pick up. You will also receive a blank tag, please clearly write your bib number on the tag and attached to your bag. Please put the label on the strap of your bag with the provided zip tie before checking it in to the bag check in tent. All bagged items will be delivered to Marine Park. You can pick up your bag at the secure bag storage area next to the pedestrian bridge that crosses over to the island. Your personal belongs must be contained in the bag in order for you to check it. No cell phones, wallets or other expensive items in the bags please.

## **Post-Race Shuttle for Participants**

For any late arrivals that end up at the overflow parking area #3 we will provide a post-race bus to transport you back to your vehicle. The bus will be located directly across from the entrance to Marine Drive and will run to 11:30 AM

## **Course Etiquette**

This course runs through one of the most beautiful areas that you will ever see.... and we would like to keep it that way. We will have buckets placed beside every mile marker that you can place any wrappers and trash in while on course. We will also have trash cans just past every aid station. Please do not throw trash on the ground.

In addition please be respectful with oncoming runners. Do not run more than three abreast and please stay to the right side of the trail at all times.

## **Aid Stations**

Aid stations will be placed approximately every 1-1.5 miles along the race route. Aid stations will have water Gatorade, bananas, GU, gummy bears, and Goldfish crackers. Portable restrooms will be located at aid station numbers 1 and 3 for the 10K competitors and aid station numbers 1, 3, 4, 7, 8, 10 for half marathon runners.

## **Timing**

Timing for the event will be done by Race Wire Timing. Disposable timing chips are attached to the back of your bib number. It is important that you have this on your bib as you cross the finish line to get an official time. These are disposable chips and we do not need them back.

## **Post-Race Food**

We have healthy and filling lunch ready for you! Spin catering is fixing some delicious postrace meal consisting of Korean style grilled chicken, tropical jasmine rice with pineapple, red peppers and cilantro, fresh green salad, sliced baguette, fresh baked chocolate chip cookie (no nuts). Lunch will be served in the large tent just north of the finish line on Thunder Island starting at 10:30 AM. Thunder Island Brewing will be selling their delicious microbrews so make sure you have your ID and wallet!

## **Awards**

Every finisher will receive a commemorative finisher's medal. The top three men and women for both the Half Marathon and 10K will receive a plaque made by local artist Mike Scrivens. These are unique pieces that were made specifically for our event. The top three men and women in each age category will also be recognized with awards. We encourage everyone to hang out on the lawn and recognize our winners. Categories are as follows for both men and women, 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ Awards for the 5K and 10K will start at 11:00 AM and for the half marathon will start at 11:30 AM. Winners must be present to receive award or have a friend to receive on their behalf. Awards will not be mailed after the event. We will also have prize drawings for everyone with some really cool items up for grabs so be sure and stick around!

## **Postrace Amenities**

We will have several therapists on hand to help stretch out those sore muscles after your run. Massage is free of charge (gratuity appreciated) and offered on a first come first serve basis in the tent across from the finish line.

Thunder Island Brewing will be on the island giving away a complimentary beer to each competitor as well as selling additional beers, ciders, and more. Be sure and bring your wallet and ID!

North Face clothing will be onsite with a large selection of their active wear for you purchase at special event discounts.

## A few other race day facts and reminders:

- Please help with keeping this Historic Columbia River Highway Trail clean! Be sure and use designated buckets and trash cans while out on course. This is an amazing trail and we want to make sure and keep it that way.
- When on course, please be aware that all streets are open to traffic. If you are not on the trail or in a designated event lane, you must run on the shoulder of the road or sidewalk and must be facing oncoming traffic. Marathon runners should be aware that there are two road crossings out on course at Eagle Creek and Tanner Creek. If traffic backs up at both of these two locations to the point it becomes a safety hazard we will require runners at that intersection to pause to allow traffic through.

## A huge thanks to all our sponsors!!!

