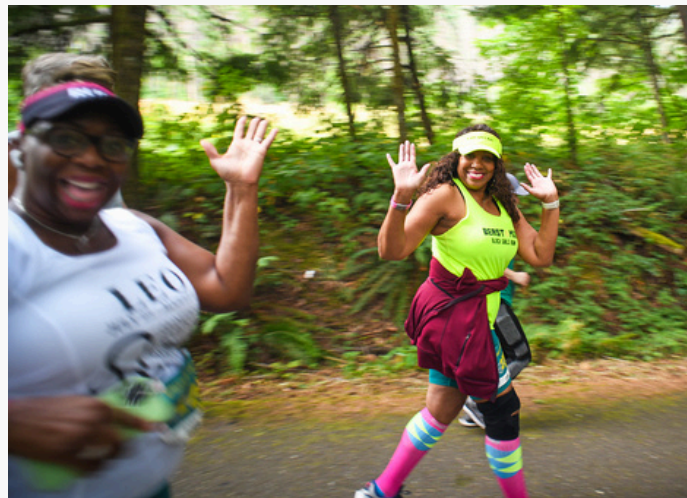


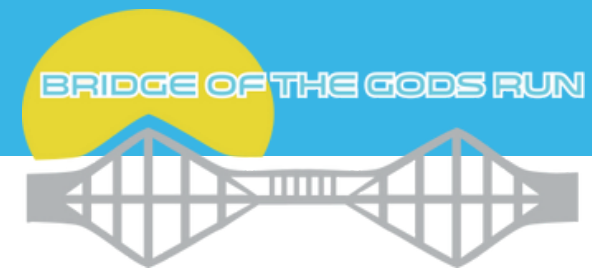
# 2024 Race Guide

AUGUST 4 - CASCADE LOCKS, OR





# Breathtaking views, historic trail



The **Bridge of the Gods Half Marathon and 10K** starts on the Washington side of the spectacular Columbia River. As a competitor, you will be thrilled by the amazing views of the river directly underfoot, guaranteed to get your blood pumping before you reach the first mile!

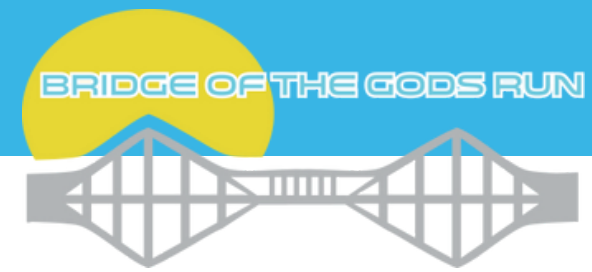
Please go to our Facebook page, [www.facebook.com/bridgeofthegodshalfmarathon](http://www.facebook.com/bridgeofthegodshalfmarathon), and "like" us to stay updated with any last-minute information about this year's event. Please read this guide carefully for all the information you'll need to have a fabulous time this weekend! If you still have questions please reach out to Anne at [info@breakawaypro.com](mailto:info@breakawaypro.com).

From all of us at Breakaway Promotions, thank you for joining us!

Sincerely,  
Chad Sperry  
Race Director, Breakaway Promotions



# Event Schedule - Packet Pickup



Friday, August 2nd:

- 3 pm - 6 pm: Packet Pickup
  - Foot Traffic Southeast Portland, 1260 SE Lambert Street, Suite 101, Portland

Saturday, August 3rd:

- 2 pm - 6 pm: Packet Pickup,
  - Marine Park Pavilion, 355 Wa Na Pa St, Cascade Locks

Sunday, August 4th:

- 6 am - 7:45 am: Packet Pickup, South Entrance to Marine Park, 300 Wa Na Pa St, Cascade Locks



*Picking up for a friend? You will need to have a note from your friend stating you are allowed to pick up their packet (text, email, or written note works!).*

# Event Schedule



Sunday, August 4th:

- 6 am - 7:45 am: Packet Pickup, South Entrance to Marine Park,  
300 Wa Na Pa St, Cascade Locks
- 6:15 am - 7:45 am: Shuttle Buses Running
  - MORNING BUSSES- All participants park in Cascade Locks and are shuttled to the start on the Washington side of the Columbia River. There is NO parking at the race start. If you have someone who insists on dropping you off at the start they may do so but must drop and leave immediately to avoid adding more congestion for our buses transporting runners. If you decide to catch a shuttle after 7:00 AM expect long lines and a very crowded bus ride. We strongly encourage runners to jump on one of the buses between 6 AM and 7 AM for a better experience.
- 6 am - 8 am: Gorge Canoe Club Breakfast Fundraiser
- Start Line- Race Start Times
  - 8:00 am: Half Marathon
  - 8:30 am: 10K
  - **Walkers welcomed and celebrated! 5-hour half-marathon cut-off time (3pm finish line closes; 22:44-min mile)**
- 10:30 am: Post Event Lunch Opens
- 11:00 am: 10K Run Awards
- 11:30 am: Half Marathon Run Awards
- 1:30 pm: Catering Closes
- 2:00 pm: Finish Line Closes





# Breakfast Fundraiser – 6 am to 8 am



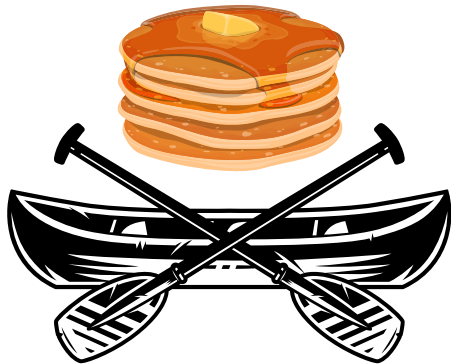
Bridge of the Gods Breakfast Fundraiser, hosted by the Gorge Canoe Club!

Fuel up for your day while supporting our local non-profit dedicated to enhancing the community's enjoyment and preservation of our beautiful waterways and help provide community watersports programs.

Pancake Breakfast just \$12!

Remember, this isn't just a breakfast – it's an opportunity to support an organization that promotes outdoor activities, community engagement, and environmental preservation.

Join us in the spirit of community, breakfast, and the love of the outdoors!



**Sunday, August 4th, 2024**  
**6 am - 8 am**  
**300 SW WaNaPa Street**  
**Cascade Locks, Oregon 97104**  
**(Cascade Locks Elementary sports field)**

GCC - Gorge Canoe Club is a local 501c3 nonprofit outrigger canoe club that incorporated on 9/24/2021, we paddle from Stevenson, Washington and Cascade Locks, Oregon. We are a volunteer based club and have partnered with several other local nonprofits (PTO, NWT, PCT, Adopt-a-Highway, ODOT, City & Port of Stevenson and Cascade Locks) on various community and recreational programs. Summer youth camps, trail maintenance, & I-84 trash cleanups, and in-town landscape beautification. We are a club member of the regional PNWORCA racing association and have both recreational and competitive team members. Our organization primarily relies on fundraisers, donations and paid club memberships dues.





**Participants are prohibited from walking across the bridge to the start.**

Shuttle busses transport runners from the Cascade Locks parking/packet pickup area to the start on the Washington State side of the Columbia River.

Shuttles run fairly continuously from 6:15 AM - 7:45 AM. If you want plenty of space on the bus, we strongly encourage you to hop on a shuttle between 6:15 AM and 6:45 AM. Later buses will be fuller!

## The benefits of arriving to the start early:

- Amazing views of the bridge, river, and gorge from the interpretive center at the start.
- Breakfast bars, fruit, coffee and water provided for a last minute snack.
- Pump-Up Race music (starting at 7am).
- Bag check is available to check in clothing, water bottle, etc. Pick it up at the finish!
- SO MANY porta-potties!



There is **NO PARKING permitted at or anywhere near the start** - drivers may drop runners off (though we **STRONGLY** discourage this) and quickly exit the area and park back on the Oregon side in Cascade Locks. Taking the big yellow school bus is part of the BOG experience...and it's toll-free!

**Be aware that there is a toll in both directions to cross the bridge.**

# Race Day Parking



## CASCADE LOCKS SCHOOL / MARINE PARK

Parking in Cascade Locks is very limited so it is critical that we have everyone's cooperation when finding parking on race morning. Please follow the directions of our parking attendants wearing yellow vests.

- We will first direct runners to park at Marine Park.
- Overflow parking will be at Cascade Locks School.

Runners will be picked up on Wa Na Pa Street, the main street in town. **You may NOT drive down into the park after 8 AM. The road under the railroad is extremely narrow.** We must keep runners safe and allow locals and tourists access to the businesses and port campground. Please be respectful of local businesses and do not park outside of these two designated spots.

## SPECTATORS

The majority of the course is a narrow trail that is closed to vehicular traffic.

The Half Marathon is best viewed from Tooth Rock Trailhead where you'll see runners before and after they hit the turnaround. Oregon State Parks has ample parking available at this location.

Join us at the finish line area on Thunder Island at Marine Park. Park your vehicle on the main city street, WaNaPa St. **Do NOT drive down the narrow roadway into the park.** It must remain clear for the safety of our runners sprinting to the finish line!

# Camping Information



We are pleased to provide camping areas for the Bridge of the Gods Run through the partnerships and generosity of the Port of Cascade Locks and Cascade Locks School.

## Camping Registration **SOLD OUT**

If you pre-purchased camping with registration,

- Each site may have up to 4 people.
- If you signed up in advance simply give your name to the Camping Registration Tent attendant to get setup. We are limited on space so it is encouraged that you sign up in advance.
- The camping check-in booth for all camping is located next to the pedestrian bridge over to Thunder Island.

## Check-In / Check-Out

You may check in and set up your campsite starting at noon. The camping registration tent closes at 7 PM so please make sure you check in by then. You must be loaded and your area cleaned by 3 PM on Sunday. Leave it as you found it!

- Please note that the hand carts and golf cart service are not able to cross the pedestrian bridge from 7 AM to noon on Sunday due to the race and foot traffic.
- You will be required to carry your camping supplies off Thunder Island by hand during this time.

## Rules

Camping was only made possible by the incredible generosity of the Port of Cascade Locks and Cascade Locks School. Leave your sites in the same condition as you found them. Remove all trash around your area and all camping equipment. **There are positively, absolutely, no campfires at any of the camping locations.** Cook stoves are permitted.

Anyone caught camping without signing up and paying the fee will be disqualified from the race. This is a fundraiser for the Cascade Locks School. ALL proceeds go to help with school supplies and after-school programs. ALL proceeds for the camping on Thunder Island go to supporting Marine Park maintenance and improvements.



# Course Information – 10K



## 10K Course

Miles: 6.2 miles

Total Elevation: 270 feet

Largest Hill: 5% grade

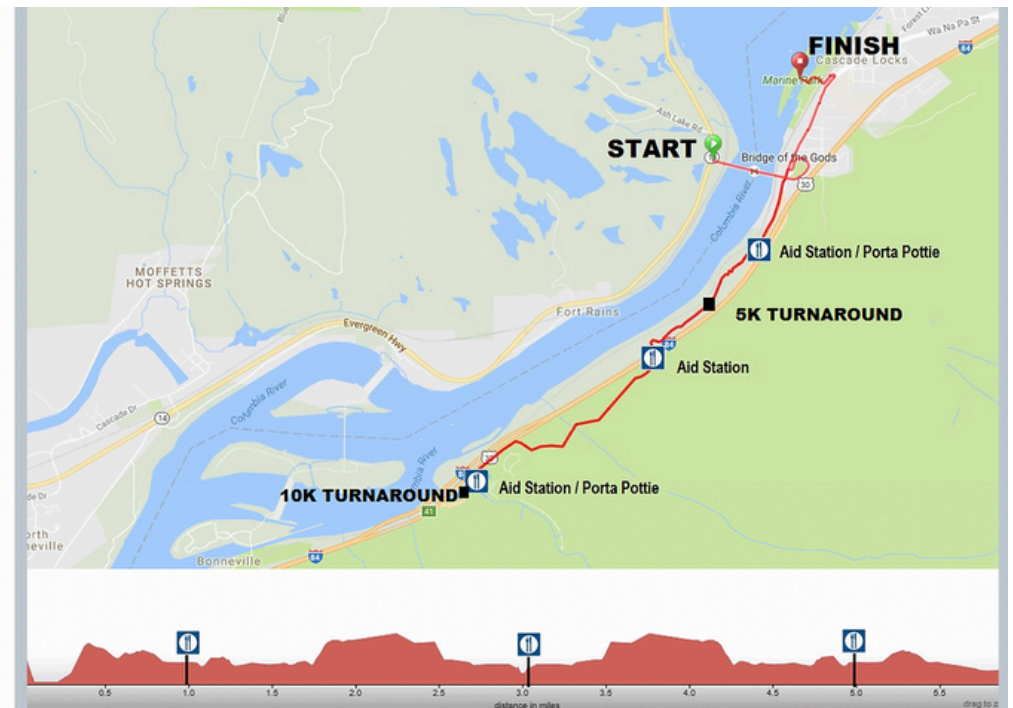
Aid Stations: 5

Surface: 100% paved

GPS MAP >

At 8:30 am 10K runners start by leaving Washington, heading over the historic Bridge of the Gods and taking in sweeping views of the Columbia River and the foothills of the Cascades.

Runners stay cool on warm summer days by crossing creeks along 4 bridges running on a paved path under a thick shaded canopy in an old-growth forest.



# Course Information - Half Marathon



## Half Marathon

Miles: 13.1 miles

Total Elevation: 920 Feet

Largest Hill: 5% grade

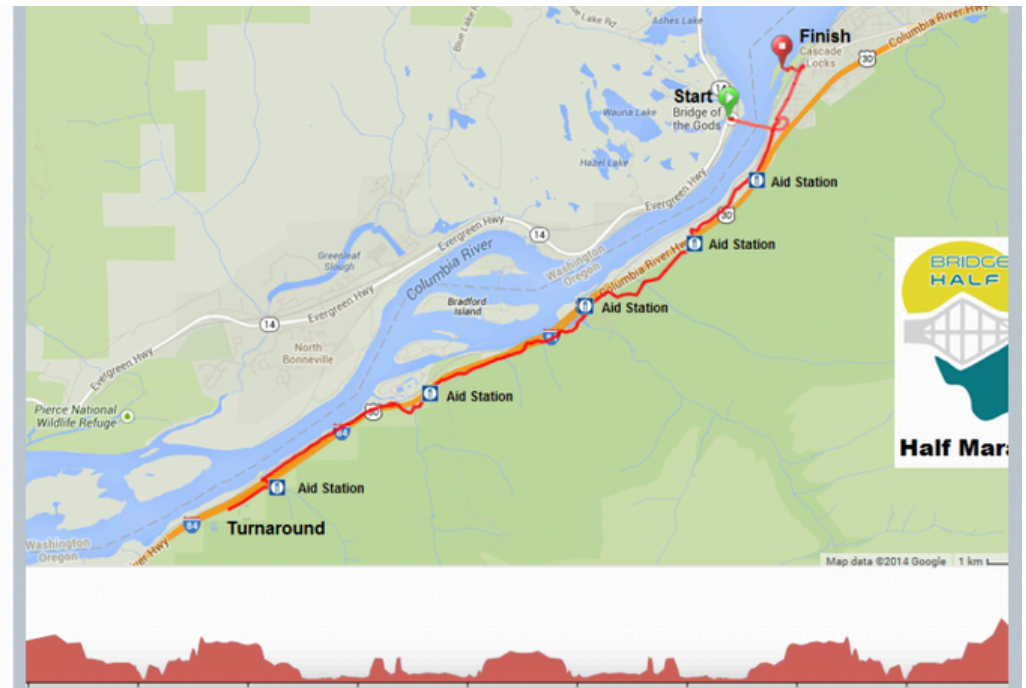
Aid Stations: 9

Surface 100% Paved

GPS MAP >

At 8 am Half Marathon runners start across the scenic Bridge of the Gods, taking in amazing views down the river and the roaring Columbia directly under foot.

Runners come off the bridge, pass through town quickly and from then on are on the safe, closed, paved trail of the Old Hwy until they reach the turn around at Moffett Creek.





# Aid Stations



The Half Marathon has 5 Aid Stations and the 10K has 3 Aid Stations, all spaced every 1.5-2 miles along the course. Runners pass each station twice (the courses are out and back).

Aid stations will have water Gatorade, bananas, and GU products.

There are dozens of Port-a-Potties at the race start in Washington and near the Race Finish Area at the pedestrian bridge before crossing to Thunder Island.

Aid Stations 1, 3, and 4 have Port-a-Potties, so 10K runners will have 5 opportunities and Half Marathon runners 6 opportunities.

## Aid Station Map





# Post-Run Celebration & Awards



Bring your appetite as Spin Catering will be cooking up an awesome lunch for all of the runners! The menu will have something for almost every dietary need.

- Pulled Pork
- Korean chicken
- Yakisoba with veggies
- Tropical rice salad
- Mac salad
- Mixed green salad
- Rolls
- Vegan/ vegetarian:
- Tofu stir fry
- Cookies



## Award Categories

Top 3 Men/Women in the following categories will receive awards.

- Overall Half Marathon
- Overall 10K
- Age Group Categories: Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Winners must be present to receive award or have a friend to receive on their behalf.

**Awards will not be mailed after the event.**

Please note that participants registered in walking categories will be timed but this is not intended to be race walking competitions. No awards will be presented for walking categories.



Thunder Island Brewing Company will be pouring local beers and serving up food for non-runners.



Food: \$14

- Burger or Veggie Burger, with a side of chips

Beer: \$8

- Bridge of the Gods "BogLag" Lager,
- Ya Ya Ee Juicy IPA,
- Local Hard Cider Option

N/A Sodas available: \$3

**MUST HAVE ID to order a beer.**

Special Celebratory Beer Discount  
\$3 finish line beer for runners!  
Must have ID and race bib.

