



August 3rd-4th, 2018

OFFICIAL 2018 RACE GUIDE

Cascade Relays reserves the right to revise the Race Guide at any time.



RELAY ON US™

PO Box 1088 BEND, OR 97709 TEL 541.350.4635 FAX 888.505.6533

cascaderelays.com

Table of Contents

INTRODUCTION	3
CHARITABLE GIVING	4
THANK YOU TO OUR 2018	5
RACE SPONSORS!!	5
RACE STAFF	5
SAFETY	6
THE BASICS	7
VIOLATION OF OPEN CONTAINER LAW	9
PACE PROJECTIONS	11
OFFICIAL COMPETITION RULES	12
OFFICIAL TIMING	13
2018 FINAL CONTEST AND RACE DAY WEBSITE INSTRUCTIONS	13
“SPIRIT OF THE CASCADES” AWARDS	15
YOU-TUBE VIDEO AWARDS	18
PRE-RACE	18
CLR WEBSITE FOR USE DURING THE EVENT	19
THE COURSE	20
START LINE – CLR24, WALKERS & HIGH SCHOOL CHALLENGE	21
TEAM CHECK-IN AND REQUIRED EQUIPMENT	21
FINISH LINE	22
FINISH LINE SCHEDULE	22
SLEEP OVER AREAS	24
REGULATIONS	25
DEFINITION OF TERMS	25
RUN ON DESIGNATED SIDE OF ROAD	25
NIGHTTIME REQUIREMENTS	26
DRIVING	27
PENALTIES	27
30 MINUTE PENALTIES	28
60 MINUTE PENALTIES	28
DISQUALIFICATION	29
COMPLAINTS ABOUT OTHER TEAMS	30
GENERAL INFORMATION	32
CLR24 AND WALK TEAM INFORMATION	33
HIGH SCHOOL CHALLENGE INFORMATION	33
VOLUNTEERS	33
THANK YOU TO OUR LOYAL RUNNERS AND WALKERS!	35

Cascade Lakes Relay Official 2018 Race Guide

INTRODUCTION

This is the Official 2018 Race Guide for the Cascade Lakes Relay. The purpose of the guide is to provide important information about the course and the rules and regulations of the relay. The Cascade Lakes Relay is produced by Cascade Relays of Bend, Oregon. We reserve the right to make changes to the Race Guide or any information within at any time. **Every CLR participant is responsible for reading, understanding and abiding by everything in this race guide.**

From the Race Director

On behalf of Cascade Relays, we welcome you to the 2018 Cascade Lakes Relay! Whether this is your first time running/walking CLR or you are a returning participant, we strive to make your experience with us memorable, fun, and safe!

We are extremely excited about the growth and increasing popularity of CLR and CLR24. We make a number of improvements each year, and a majority of these changes were made because you asked for them in our survey. We listen to our participants and strive to institute as many of these great ideas as possible. After the race, fill out an online survey for a chance to win 10% off your team's 2019 CLR registration fee. We take your feedback very seriously and we can't improve CLR without your help and suggestions.

The mission of the Cascade Relays Foundation and a focus of the Cascade Lakes Relay is support of rural communities that we travel through during the race. The communities of Diamond Lake Junction, Gilchrist, Silver Lake, La Pine and Bend have stepped forward to be active advocates and volunteers and we continue to focus on helping those in great need. For example, we encourage each team to bring **two boxes of canned goods/non-perishables** (one box per van) to the Start Line in either Diamond Lake or Silver Lake. These boxes of food will go directly to the Community Kitchen and St Vincent De Paul in La Pine and will support them through the summer months, the time of their greatest need. In 2017, we collected over 3500 pounds of food! We thank you in advance for your support of this project and we hope to collect 4000 pounds this year.

Another beneficial community program that has continually grown in popularity is the opportunity to **Hire a Volunteer**. During the 2017 Cascade Relays events, we raised over \$65,000 that was contributed directly to twenty local non-profit and charitable organizations. The Cascade Relays Foundation will allow us to raise additional funds for our official charities and have an impact in our community 365 days a year.

Throughout the weekend, I ask that you remain vigilant and aware while you participate in one of the most challenging relays in the United States. Safety of our participants is our priority and we can all take personal responsibility to ensure a safe event. If you see something that is not safe – **DO THE RIGHT THING** and **SPEAK UP!** I also ask that you take a moment to **greet a volunteer** or a person of the community and **thank them** for their support in making CLR Oregon's most scenic, challenging, relaxing, and intimate relay races. Without community support and volunteers, this event would not be possible. Be safe, have fun, and enjoy the competition.

Regards,

Scott & Carrie Douglass – Race Directors, Cascade Relays

CHARITABLE GIVING

Cascade Relays is committed to supporting local charities & organizations throughout the Cascade Lakes Relay. We thank you for your support of local organizations during fundraising opportunities along the course and through our popular Hire a Volunteer program.

Opportunities to support charities along the course:

<u>Food Donations at Start Line</u>	Food donations benefit La Pine Community Kitchen & St. Vincent de Paul
<u>Showers @ La Pine High School</u>	100% of shower donations go to La Pine Athletic Fund
<u>Air Mattress @ La Pine High</u>	100% of air mattress donations go to La Pine nonprofits
<u>Pancake Breakfast @ La Pine</u>	100% of food donations go to La Pine Lions Club & Community Kitchen
<u>Showers @ Silver Lake</u>	100% of shower donations go to Community Shower Truck

Our “Hire a Volunteer” Program supports the following charities in 2018

<ul style="list-style-type: none"> • Ronald McDonald House Charities of Central Oregon & SW Washington • Hawk Hoop Sports • La Pine High School NJROTC • La Pine Lions Club • La Pine Park and Recreation Foundation • North Lake Rodeo Association • Pleasant Ridge Community Hall • Save Haven Maternity Home • Children’s Forest of Central Oregon • Community Shower Truck 	<ul style="list-style-type: none"> • La Pine Senior Center • La Pine Ya Ya Sisterhood • North Lake High School Athletics • Gilchrist High School Athletics • La Pine Veterans Group (VFW/VVA) • East Cascade Back Country Horsemen of OR • Silver Lake Youth Center • Boys & Girls Club of Bend • Girls on the Run of Central Oregon • CanCancer • The Stage Rats
--	---

Thank you for supporting our charities and making a difference in the communities we run/walk through!

THANK YOU TO OUR 2018



Thank you to the following sponsors for providing contest prizes!

- Knuckle Lights
- Road Noise Safety Vests
- Picky Bars

RACE SPONSORS!!

RACE STAFF

We don't know of another relay that has as many race staff out on the course as we do. You will see over 50 race officials out on the course, wearing green shirts and green hats. You'll also see a number of medical staff out

Cascade Lakes Relay Official 2018 Race Guide

there. Our medical staff provides care far beyond the industry standard. Together, these are the people who help create the culture that participants have come to love at CLR. They manage our awesome volunteers and they do everything they can to make sure you have an incredible experience. Introduce yourself. Thank them. Give them feedback. Join the family.



CASCADE RELAYS CORE STAFF

- **Johanna Sylvester**, Assistant Race Director
- **Liz Allore Shurmur**, Assistant Race Director
- **Kate Kranzush**, Walk Director
- **Larry Murphy**, Course Director
- **Hannah St. John**, Merchandise Director

SAFETY

Be safe, have fun, and be competitive... always in that order. Our number one priority in this race is safety. This is an OPEN COURSE and there are many potential hazards in a race of this type including but not limited to automobile traffic, road surface conditions and weather. We ask that all teams please take appropriate precautions to ensure a safe and fun event for all participants as well as the public.

Safety Vest Requirement

Every runner is required to have a reflective vest prior to getting on the course. Any participant (not just the active runner) who is outside of their team van during nighttime hours must wear a reflective vest, even van drivers. At night, in normal clothing, you are only visible to drivers up to 200 feet, in dark conditions. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding the required (for the active runner) headlamps and flashing LED tail-lights provides increased visibility and safety.

Orange Safety Flag

Every team will be provided with an orange safety flag at check-in. Any participant (not the runner) who is outside of their team van and crossing a road, must do so with the aid of an orange safety flag. In order to receive your medals and finisher shirt, teams must return their Orange Safety Flag at the finish line.

In the Event of an Emergency

If the emergency is severe call 911 first and foremost! If you do not have cell phone reception, notify the nearest race official or member of the Communications Team, as they will be able to communicate with the nearest medical personnel. We have volunteer medical staff roving the course and will remain in the middle of the "pack" at all times. Emergency medical contact information will be provided in your start packet information at the start line.

Adventure Medics will also be on the course at all times and will have continuous radio communication abilities with EMS/AIR-LINK for any severe medical emergencies. They will work with EMS/AIR-LINK to rendezvous with your vehicle. We have predetermined landing sites along our course for AIR-LINK to safely land a helicopter and all Medical agencies have been made aware of our route.

Please see our website under "Race Information" then "Medical Assistance" and consider an AIR-LINK membership to completely cover helicopter expenses should a tragedy occur.

Cascade Lakes Relay Official 2018 Race Guide

Distress Signal

Should your team require medical attention, the official signal to alert others is to blast your car horn in the following manner: **THREE SHORT BLASTS...THREE LONG BLASTS....THREE SHORT BLASTS, etc.** Continue this until somebody arrives on scene or until you find a member of our Communications Team that can relay the Emergency details.

First Aid Kit

Please plan ahead for your team to handle minor issues such as blisters or scrapes on your own. We recommend that each team have a medical kit that contains items including, but not limited to:

- | | | | |
|-----------------|--------------|----------------------|------------------|
| 1) Mole Skin | 4) Scissors | 7) Band Aids & Gauze | 10) Tweezers |
| 2) Ace Bandages | 5) Neosporin | 8) Ice Packs | 11) Icy Hot |
| 3) Ibuprofen | 6) Benadryl | 9) Second Skin | 12) Medical Tape |

Wildlife

This course runs through diverse Oregon terrain and beautiful Forests that are inhabited by wildlife that are potentially harmful. Please respect all wildlife and alert Race Officials if there is a problem. We have taken precautions to ensure the safety of our runners/walkers on the road (especially at night) by allowing “Night pacers” and “Following.” (See definitions under “Regulations”)

THE BASICS

The Cascade Lakes Relay is an overnight relay road race that highlights the best of Southern and Central Oregon. The course of the race, which starts at Diamond Lake near Crater Lake, covers 216 miles through the gorgeous high desert for a finish line celebration in downtown Bend. CLR24 and Walkers begin in Silver Lake and join the runners on the Cascade Lakes Hwy. For ease of reading, we will use “runners” to refer to both runners and walkers throughout this race guide.

Like a fine craft beer, the Cascade Lakes Relay focuses on quality over quantity. CLR doesn’t strive to be the biggest overnight relay - only the best - so you are assured to get the attention you deserve.

As you prepare for this terrific relay adventure, remember this very important safety point: ***THIS IS AN OPEN ROADS EVENT!***

Role of the Team Captain

Each team must have a designated captain who is the team’s point guard and the main team member to receive updates and instructions from Cascade Relays. It is critical for the captain to share pertinent information with team members. If a team must appoint a new captain during the course of the planning, it is mandatory that the "original" team captain, contact us to have us make the switch in the database.

Overnight relays are complex events. The team captain is responsible for making sure the team roster is complete; estimated times are submitted; drivers are identified; volunteers are recruited; waivers are signed, and fees are paid. Team captains have a special login under “Form Your Team” on the website to manage their teams. Team captains must gather and submit all team information. Most communication between teams and relay HQ goes through the captain.

Cascade Lakes Relay Official 2018 Race Guide

Runners – Exchanges and Rotation

A typical overnight relay team consists of 12 runners, with each team member running 3 legs of varying lengths and difficulty. The shortest leg on the course is barely over 2 miles, while the longest measures nearly ~11 miles. On average, each runner covers a distance of 6 miles per run and 18 in total over the three legs.

Teams collectively cover the 216-mile course by rotating through a total of 36 legs. When a runner completes an assigned leg, he or she is inactive until the entire team has run their assigned legs. The relay has a total 35 exchange points (no exchange at the start or finish line!) Exchanges are the set locations where one runner passes the wristband to the next runner. Examples: Runner #1 will run Leg #1 and hand off at Exchange #1 to Runner #2. Runner #7 will run Leg #19 and hand off to Runner #8 at Exchange #19. The exchange points are the same for everyone and are staffed by race officials recording team numbers and times.

A Major Exchange, or Sleepover Area, happens at every six exchanges – Exchanges #6, #12, #18, #24, and #30. More details follow on these locations and the various amenities offered at each one.

Although 12-member teams are the norm, we also welcome teams with as few as six (6) members. The same rotation cycle applies for all teams. Regardless of team size, all teams must be able to average under 10:30 per mile (or a total team time of about 35 hours) in order to reach the finish line before nightfall on day two.

Vans – Active and Inactive

Due to the nature of the event, CLR teams are largely self-supporting. This means your team provides its own food, water, sports drinks and minor first aid items. While the primary function of your vans is transportation, since there is little time for lingering at the exchange zones your support vehicle is typically the best place to refuel and re-hydrate.

To understand the van thing, think this way: There is One Active and One Inactive. The van with runners actually running is Active; the other is Inactive. Van #1 (active) comes to the race start and drops off Runner 1; drives ahead to Exchange #1, parks in the designated area so Runner 2 can warm up. After Runner 1 hands off to Runner 2, Runner 1 cools down and climbs in the van so it can dash ahead to Exchange #2 where Runner 3 warms up while waiting for Runner 2. This continues until Runner 6 finishes and checks in and then the last runner of Van #1 passes off to the first runner of Van #2 to commence their set of six legs.

Drivers

As mentioned earlier, we suggest all teams recruit separate drivers for each van that do not run, although this is not mandatory. The designated driver is the team member who has one job only: navigate the course safely.

The role of driver should not be relegated to whoever isn't napping. This individual should be charged with the important duties of knowing the route, ensuring the team's safety, and serving as protector for all runners on the course.

Drivers – know the road. Study the maps. Ideally, drive the routes before race day. And, by all means, drive in a manner that ensures everyone's safety. This may be a good time to remind everyone: Despite our famous local beer market and awesome beer sponsors, alcohol consumption by any Van Drivers will not be tolerated during the CLR. Safety is our first concern, so save the drinking for the finish line celebration.

Cascade Lakes Relay Official 2018 Race Guide

VIOLATION OF OPEN CONTAINER LAW

(1) A person commits the offense of violation of the open container law in a motor vehicle if the person does any of the following:

- (a) Drinks any alcoholic liquor in a motor vehicle when the vehicle is upon a highway.
- (b) Possesses on ones person, while in a motor vehicle upon a highway, any bottle, can or other receptacle containing any alcoholic liquor, which has been opened, or a seal broken, or the contents of which have been partially removed.

Team Divisions – The CLR award divisions are different than some other races, so please review them carefully. Please see the website for additional details.

- **Elite** – Anticipated time under avg 7:30 min/mile pace as predicted by the team
- **Open** – One or more under 30
- **Submasters** – All 30 or over
- **Masters** – All 40 or over
- **Ultra** – 2-6 runners (must provide 1 volunteer)
- **Solo Runner** – Enough said!
- **Corporate** – At least 9 employees or relatives from the same company (no gender categories)
- **Public Service** – Military/ Law Enforcement/ Firemen/ Government – at least 9 members or relatives (no gender categories)
- **Brewers** – at least 9 employees from the same brewery (no gender categories)
- **High School Challenge*** – All 19 or younger (no gender categories) *Okay if some team members are entering freshman year of college as long as they are 19 or younger*

Gender Categories

- **Mixed** – Any combination of mixed gender
- **Mens** – All members male
- **Womens** – All members female

***OSAA Regulations (Off-Season Participation)**

- A High School team cannot race under a high school or mascot name, nor race representing the high school; rather they must run as individuals.
- A team cannot be restricted to track and cross-country team members only.
- A coach cannot coordinate the team as part of a team activity, but he or she can drive one of the vans, as a friend of the team.
- Check the OSAA website for more information.

Team Names

Overnight relays have a tradition of colorful team names that add to the event's fun atmosphere. The key is to be creative. Your name should distinguish your team, as well as win you some extra attention at the start and finish when it's announced. Remember, your team may not be the fastest but it can still have the wittiest name. So have fun; get sassy, but keep it all in good taste. We hate to be a killjoy, but race officials will be forced to reject names that contain offensive language or fail to reach a minimal standard of good taste. Remember, there are kids and grandparents attending our event – keep them in mind as you brainstorm your team name.

Cascade Lakes Relay Official 2018 Race Guide

We also encourage spirited fun and camaraderie amongst fellow teams, but please refrain from inappropriately “tagging” other team vans. Magnets are acceptable forms of “tagging” other vans as long as they leave no visible damage.

Team Spirit

No matter what we do to provide a great race, most of your experience, good or bad, will come from your own teammates. Overnight relays—part road trip and part road race—are the perfect excuse to have a great time! We encourage you to live it up out there ...responsibly. Although the party doesn't really start until the finish line celebration, you have 216 miles and over 24-36 hours to get warmed up. Decking your van out and wearing crazy costumes is only par for the course. So prepare for the fun. Pick a theme that works with your team name. Go the extra mile and invest in team singlets. Give out an award in each van for the MVP. Gather up those nutty decorations down in the basement and put them to good use. Set team rules like “no sleeping when there is an active runner on the road” and “get out of the van to cheer every time.” Bring magnets to “tag” other team vans. Cheer *every* runner that passes, not just your own. Your team might even win the Spirit Award!

New to relays? Get inspired by watching videos from prior years on our website or looking through pictures from prior year contests!

Training

We admit that the idea of running an event that covers over 200+ miles may be a bit intimidating. Yet, one of the beauties of the CLR is you don't have to be a stud to run it. Nearly everyone – from the dedicated jogger to the serious racer – can do this event. **That being said, CLR is more difficult than most other relays due to the length, heat, altitude and elevation gain. You will be unlikely to finish the event, or enjoy it in the process, if you haven't trained.** Runners should check with a medical professional prior to participating.

Our best advice is to train as if you were planning to run a half marathon. Several weeks before the big day you should be able to cover at least 13 miles in one long run. However, keep in mind you will run multiple legs. This is mostly a blessing, but you may not agree by the time it is your turn to crawl out of the van for your third effort in under 24 hours. Therefore, we suggest you add a few “doubles” to your training routine leading up to the relay. For example, on a few occasions before the relay you may want to run 7 miles at a moderate effort in the morning; then follow up with another 7 miles five or six hours later. This exercise will go a long way in preparing your body – and your mind – for the multiple-leg experience of CLR.

Preparing to Run the Course

Unlike your local 5K, an overnight relay course is never closed to traffic. Except for the portions of the race on trail, you'll share the road with everyone else, including cars and trucks. Therefore, you must follow the rules of the road just as you do when you go out for an everyday run. For example, unless otherwise noted in the race map, runners run against oncoming traffic. All teams and individual runners are ultimately responsible for staying on the course. The route will be blazed and there will be directional signs and volunteers to assist you, but you must remember that it is impossible to have a sign or a person at every turn in a 200+ mile event. For that reason, take plenty of time before the event to study your individual legs.

If you are the type who gets lost in your neighborhood, you may want to print out a reduced copy of your leg maps and carry them in a plastic sandwich bag for reference if needed. Some legs are very simple; some are full of twists and turns. *Keep in mind that you will likely have to run at least one leg in darkness.* The Boy Scouts say it best: Be prepared.

PACE PROJECTIONS

The only way we can pull this race off is if you run/walk near the expected pace your team has submitted via our registration database. We have complex calculations predicting when teams will reach each exchange point so that we can assign volunteers and services there. If a team predicts they will run fast and ends up slow, or predicts they are slow and ends up fast, it can kill our projections.

All team captains must complete the Leg Timesheet to calculate their team's Projected Total Course Completion Time. Calculated Projected Total Time, must be submitted to us via the registration database. Teams will not receive a Start time until this form is submitted. It is critical that each runner/walker attempt to enter an accurate pace for each assigned leg. NOT your PR! Your estimated leg time should take into consideration the rating, elevation, heat and general fatigue (running 3 legs in 24-36 hours).

***SPECIAL INCENTIVE FOR ACCURATE PROJECTING OF YOUR TEAM'S TOTAL RACE TIME:** Any team that provides an accurate Total Race Time projection to within 1.5 hours of actual finish time, will receive one free beer token per participant on your team to be redeemed at the Finish Line Brewfest.*

Grossly inaccurate Predicted Total Times

These projections are critical for race management because they allow us to determine proper spacing between teams and vans along the course. Without accurate projections it becomes impossible to provide staffing and assistance at the exchange points on the route. Indeed, these time estimates are so important that “sandbagging” – turning in erroneous times in the hope of gaining an optimal start time – will NOT be tolerated. **Teams who finish over 2 hours faster than their Projected Total Time (based on time calculated using CLR Timesheet) risk further review and potential disqualification**

Running teams only (CLR and CLR24)

With the help of our complex timing spreadsheets, we build in a cushion and then determine when each exchange point will open and close. **If you reach an exchange point before it is open or after it has closed, it is because you have not accurately estimated your team pace that your team provided.**

Therefore, if you reach a major exchange point before it has opened (according to the table below), you must **wait** until it has opened before continuing on in the race. Otherwise, you will continue to cause a problem as you continue to reach each exchange point before it opens. Please understand this creates a safety issue by not having volunteers and race officials on site prior to your arrival at the exchange point. This time will be counted in your final time (in other words, the time you spend waiting will not be subtracted from your total time).

Similarly, if you reach an exchange point after it has closed, alert a race official that you have fallen off pace and we will provide instruction for your team to get back on pace to complete the race prior to the closure of the course, which is Saturday at 8:30pm. **All teams must cross the finish line prior to 8:30pm. Please refer to the next page for instructions on “Van Leaping.”**

Cascade Lakes Relay Official 2018 Race Guide

	Open Time	Close Time
Exchange #6	10:30 am Friday	5:30 pm Friday
Exchange #12	5:00 pm Friday	11:30 pm Friday
Exchange #18	3:30 pm Friday	05:30 am Saturday
Exchange #24	12:30 am Saturday	11:30 am Saturday
Exchange #30	5:30 am Saturday	5:00 pm Saturday

OFFICIAL COMPETITION RULES

If you wish to compete for a Division Title:

1. In the event of an injury, any of the remaining runners in that van can replace the injured runner. You are not allowed to bring in a 13th runner to run the remaining legs for the injured runner. With the exception of the leg in which the runner was injured, legs cannot be split. For example, if runner #3 is injured halfway through their first leg, any SINGLE runner from Van 1 can finish that leg. For the injured runner's remaining legs, any runner from Van 1 can substitute, but each substitute must run a complete leg. **If a runner drops out on one of their legs, they may not reenter the race.**
2. If you don't have 12 runners to start the race the same rules apply: any runners from the same van can complete the legs for the missing runner. Each leg must be completed by one runner only. Our relay does not require participants to compete legs in order, thus allowing your team to strategize.
3. Please notify a Race Official (anyone wearing an orange visor) to inform us you have an injured/missing runner, will be replacing them with a runner from the same van and are still competing for a Division Title.

OFFICIAL VAN LEAP

If you do not wish to compete for a Division Title, but wish to receive a revised Official Finish Time:

1. You must run every leg of the course in order to receive an official time. In order to catch up if your team is falling behind, you may **Officially Van Leap upon receiving approval from a Race Official. Van Leaping is allowed from Exchange Point #30 ONLY.** If your team arrives at Ex Pt #21 to cross over US-97 after 7:30am on Saturday morning, you will be REQUIRED to Van Leap. If you reach Ex Pt #21 before that time, but still feel you will not reach the finish before 7pm, please request permission to Van Leap from the nearest Race Official.
2. **How to Van Leap: Van 2 will start the final 6 legs from Ex Pt #30 at 2:00pm ONLY**, which will be several hours prior to Van 1 expected arrival at Ex Pt #30. Van 1 runners will continue to run all of their assigned legs (25-30), should you desire to finish the entire course to receive an official time. When Van 1 arrives at Ex Pt #30, please be sure to note the completion time (time of day) of Leg 30 runner and check in with the Cascade Relays Van Leap Official who will log your time. The Van Leap Race Official will be wearing a green staff shirt and green hat and will be posted near the exchange point.
3. **You MUST:**
 - a. Notify the Race Official at Ex Pt #30 to officially request permission to Van Leap. The Race Official will start your Leg #31 runner of Van #2 at 2pm only.
 - b. Use the Race Day Website option to “change competition status” and choose “Official Van Leap.”
 - c. Van 1 will complete their legs and arrive at Ex Pt #30 to record the official time. Van 2 will already be several legs closer to the finish.

Cascade Lakes Relay Official 2018 Race Guide

Beer Garden League

If you do not wish to compete for a Division Title or receive an Official Finish Time:

1. The most important thing is to have fun and safely finish the race and join us at the finish line! If you are not able to finish all legs, inform a Race Official you are running for fun and are removing yourself from competition. Finish whatever legs you can and join us at the finish line. You will still receive your finishers' shirts, medals & tasting tickets but will not be listed with an Official Time for the race.
2. **You MUST:**
 - a. Notify the closest Race Official to inform us you are disqualifying your team from competition.
 - b. Use the Race Day Website option to "change competition status" and select "Beer Garden Division."

Spirit of the Cascades Contest Eligibility

1. You MUST Wear your race bib with the # clearly visible on your FRONT (for pictures).
2. You MUST use the CLR Race Day Roster form to enter the specific runner information.

OFFICIAL TIMING

Please note - We have decided to maintain the official mileage of CLR as a 216.6 run and 132.2 CLR24 and walk even though the mileage will change slightly year to year because of road construction and other course changes. Please understand that it is impossible to take a precise measure over 216 miles. Your GPS watch will probably tell you a slightly different mileage than we do. This is not a certified marathon or a Boston qualifier.

☺ Please don't take it too seriously.

We will be using chip timing and mats at the following run exchange points. Results for these "live" exchange points will update online in real-time (when cell service is available).

Live Timing Exchanges:

- Run Start & 1 (Knuckle Lights Time Trial)
- Leg 36 (Time Trial)
- Finish

2018 FINAL CONTEST AND RACE DAY WEBSITE INSTRUCTIONS

Website: <http://cascaderelays.com/overnight-relays/cascade-lakes-relay/>

CLR Facebook/ Instagram hashtag: #clr2018

1. In order to participate in a contest, you must:

- a. Post to Facebook or Instagram (make it public!) using the contest specific #hashtag
- b. Make sure we can see their bib in the picture.
- c. You can also email photos to info@cascaderelays.com with your team name and bib #

2. In order to participate in a time trial, you must:

- a. Register your runner/walker on the Race Day website.
- b. Make sure we can see your bib and wear the bib with timing chip

Cascade Lakes Relay Official 2018 Race Guide

3. You must also use the CLR Race Day Website* to:

- a. **Vote for contests** –Team spirit and Volunteers!
- b. **Submit a complaint about another team**
- c. **Submit feedback to the Race Directors**
- d. **Change your competition status** (*refer to page 13*):
 - i. You are automatically in competition for a division title. In order to remain in competition for a division title you must abide by all rules, including lost and injured runners. **If one of your runners is injured**, but you are still competing for a division title, please select the “injured runner” category so that we know in case another team reports you as cheating.
 - ii. **Official Van Leap** – if you are running behind, but still want to complete the entire race, you can “Van Leap” and still receive an official time (but not compete for a division). “Van Leaping” works like this: Van 2 leaves exchange point 30 approximately 2 hours before Van 1 arrives at exchange point 30. You must check in with the Van Leap Race Official at Ex Pt. 30 in order to do this.
 - iii. **Beer Garden League** – There is nothing wrong with knowing your limits and deciding you can’t complete the race. If you decide not to finish the race, or otherwise not follow official rules, you must designate yourself in the beer garden league and will not receive an official time or compete for a division. (You will still receive shirts, medals & beer)

if no one on your team has a smartphone with internet, please ask the nearest Race Official (green shirt, green hat) to submit the info for you. If out of cell range, submit the info once back in cell range.

GETTING LOST

We do everything possible to provide accurate, detailed maps, signage, and volunteers along the course. However, it is impossible for us to monitor the entire 216-mile course at all times. Signs get stolen, blown over, turned around, or volunteers don’t show up at their assigned location. We do our best to keep you on course, but you are ultimately responsible if you get lost.

It is each participant’s responsibility to know your leg route to stay on course.

Suggestions for staying on course:

1. Study the leg map before starting each leg and familiarize yourself with the general direction you are heading and all turns.
2. Consider bringing a copy of the leg map with you.
3. Consider running with a smart phone with access to the race map in case you get lost.
4. Vans may wait for their team member at critical turns to ensure they stay on course.

If a runner gets off course, they must return on foot or in their support vehicle back to the point where they went off course and continue from there. It is a violation to drive ahead to make up for the mileage they may have covered while lost; teams who do not follow the above rule correctly will not be allowed to compete for a division title. *We encourage all participants to run with a smart phone.*

Cascade Lakes Relay Official 2018 Race Guide
“SPIRIT OF THE CASCADES” AWARDS

Almost everyone who runs these legs participates in the contests, so don't be left out!

Social Media Contests – You are only eligible to win a contest if 1) you post your photo on Facebook/Instagram using the contest specific #hashtag 2) your bib# is showing somewhere in the photo or post (so we can identify you!). **All contest submissions must be made public and posted by Monday, August 6th at 5PM.**

Time Trials – You are only eligible if you 1) Register for a time trial online and 2) your bib # is clearly displayed on the front while running the time trial leg.

Participant Vote Contests - We will tabulate the votes at 4pm on Saturday and award the Most Team Spirit team winners and Best Exchange Point by Volunteers at the finish line awards ceremony.

You may not vote for your own Team.

Contest sponsors and prizes for 2018 will be announced prior to the race on the Cascade Relays website (cascaderelays.com)

Social Media Contests

1. **Avid Cider Best Inactive Van Adventure!** Post to Facebook or Instagram using #CLRADVENTURE by 5pm on Monday 8/6.
2. **10 Barrel Best Decorated Team Van** Post to Facebook or Instagram using #CLRVAN by 5pm on Monday 8/6.
3. **Worthy Crazy Wig Contest- Start line (Leg 1)** Post to Facebook or Instagram using #CLRWIG by 5pm on Monday 8/6.
4. **Sunriver Brewing Ultimate Raver** - Leg #19 and 29 Post to Facebook or Instagram using #CLRRAYER by 5pm on Monday 8/6.
5. **Deschutes Brewery Costume Leg** (CLRG nomination, Facebook vote; **Leg # 28**) You are required to run the entire leg in costume. Post to Facebook or Instagram using #CLRCOSTUME by 5pm on Monday 8/6. CLRG will select 5 nominations and Facebook vote will determine grand prize winner.
6. **Les Schwab Doing the Right Thing Matters** Post to Facebook or Instagram using #CLRDOOTHERIGHTTHING by 5pm on Monday 8/6.

Participant Vote Contests

7. **Team Spirit Award** (by participant vote, sponsored by Road Noise) – 2 winning teams!
8. **Best exchange point spirit by volunteers** (by participant vote, sponsored by Picky Bars).

Cascade Lakes Relay Official 2018 Race Guide

Time Trials

9. **Knuckle Lights Time Trial Leg #1** (Male/Female - Open & Masters Running; **Leg # 1**) –It is **YOUR** responsibility to submit your runner’s name, gender and age using the CLR Race Day Website before participating in the Time Trial Leg.
10. **Columbia Bank Time Trial Leg #36** (Male/Female - Open & Masters Running; Male/Female - Overall Walking; **Leg # 36**) –It is **YOUR** responsibility to submit runner’s name, gender and age using the CLR Website before participating in the Time Trial Leg.

Division Winners - CLR 10 Barrel 22oz private label & a drink ticket for each team member as well as guaranteed entry for CLR the following year.

Overall 1st, 2nd & 3rd Place Run Team Winners - 30%, 20%, 10% off registration fee, respectively, as well as guaranteed entry for CLR the following year.

Overall 1st & 2nd Place CLR24 Run Team Winners - 30% & 20% off registration fee, respectively, as well as guaranteed entry for CLR the following year.

Overall 1st & 2nd Place Walk Team Winners – 30% & 20% off registration fee, respectively, as well as guaranteed entry for CLR the following year.

SPIRIT OF THE CASCADES

YOUR TEAM NAME:

TEAM SPIRIT AWARD: Team Name:

VOLUNTEER EXCHANGE POINT SPIRIT: Exchange Point

#: _____

If you do not have access to the CLR Website (preferred method for voting) this voting form must be received at the FINISH LINE Merchandise Tent by 4:00 PM on Saturday

Cascade Lakes Relay Official 2018 Race Guide

YOU-TUBE VIDEO AWARDS

All teams have 60 days following the event to post a Cascade Lakes Relay video on You-Tube. All submissions must be received prior to the deadline via email at info@cascaderelays.com. Don't forget to include the link to the video in your email. A team of (5) race officials will select the Best CLR video based on the following criteria: originality, quality of production, humor or creativity and Cascade Lakes Spirit! Please remember that children may watch these videos and ensure they are appropriate for publication on our website and facebook page.

Videos cannot exceed (5) minutes in length and use of music is highly encouraged, although You-Tube will not allow any songs to be played for longer than 30 seconds due to proprietary reasons. If you use You-Tube we highly encourage you to continually switch songs every 30 seconds in order to have audio in your video. Any videos that contain nudity or vulgar language will not be considered.

You-Tube Awards

1st Place – 30% off team registration

2nd Place – 20% off team registration

3rd Place – 10% off team registration

All videos will be posted on the official Cascade Lakes Relay website.

PRE-RACE

All Run teams are comprised of twelve (12) runners that will run three (3) legs each. Ultra teams consist of two (2) to six (6) runners and will start from Diamond Lake and run the 216.6 mile course or start at Silver Lake for CLR24 for 132 miles. Regular run teams may run with less than 12 runners (7-11) but must abide by the same rules (e.g. runners must stay in one van throughout the race, legs must be completed by one runner unless someone is injured, etc.) and must finish the course within the allotted time.

The Start Line for the CLR relay is located on the lake in front of the main Lodge at Diamond Lake Resort. The Start Line for CLR24 is located on the lawn at the Silver Lake Old School/Youth Center.

Walk teams and CLR24 teams are comprised of a minimum of eight (8) members and a maximum of twelve (12). The Walk/CLR24 course is 132 miles in length and has twenty-four (24) legs. The Start line for the walk and CLR24 is located on the lawn at the Silver Lake Old School/Youth Center.

High School Challenge teams will run the course from Silver Lake to Bend, 132 miles in twenty-four (24) legs. The Start line for the HS Challenge is located on the lawn at the Silver Lake Old School/Youth Center.

Refund Policy

Once accepted and confirmed, the team registration is **non-refundable** and the team is **non-transferable**.

Cascade Lakes Relay Official 2018 Race Guide

CLR WEBSITE FOR USE DURING THE EVENT

All team members with a smart phone should bookmark the CLR Website url (www.cascadelakesrelay.com/raceday) for use throughout the race. The CLR Website is the preferred method for the following activities:

- Vote for contest winners
- Change your competition status to Official Van Leap or Beer Garden League
- **Register your specific runners/walkers for contests/ time trials**
- Submit feedback/comments to the Race Directors (private)
- Submit an official complaint to the Race Directors (private)

Race Packet Distribution

All Team Captains and/or participants can go to our Website (www.CascadeLakesRelay.com) to print the 2018 Official Leg Maps, CLR Race Guide, and team time sheets!

Official Cascade Lakes Relay technical shirts from Cascade Relays own apparel line and finisher medals will be provided to all participants at the Finish Line at River Bend Park.

Volunteers will receive a CLR hat when they report to their volunteer assignment. A limited number of participant shirts will be available for purchase at the finish line for volunteers or van drivers at a reduced price of \$12.

Race Dates & Times

Our first “wave” will start at 6:00 AM on Friday, August 3rd, 2018 from Diamond Lake Resort. We will start teams in groups of 8-15 every 20 minutes. All teams will be “seeded” according to their submitted 10K times and Projected Total Time (determined by Timesheet) our goal is to have all teams finish in Bend no later than 8:30 pm on Saturday, August 4th. Team Start Times are posted on our website no later than July 1st.

Walk teams will start from Silver Lake on Friday morning at 7:30am or 8:00am, depending on your team’s average 10K time.

CLR24 teams will start from Silver Lake on Friday, between 4:00pm – 5:00pm.

High School Challenge teams will start from Silver Lake on Friday night at 7:00pm.

Cascade Lakes Relay Official 2018 Race Guide

THE COURSE

The CLR run course is approximately 216.6 miles consisting of thirty-six (36) official legs that anyone on the team can run in any order, according to their van assignment. All runners on the team must run three (3) legs each, **but the order in which you run is not set** and thus your team is encouraged to strategize and work together to accomplish the race successfully. Runners ARE required to stay in the same van throughout the race. (For example, a runner in Van #1 cannot run a leg that is assigned to Van #2.)

The CLR24 and walk course is approximately 132 miles consisting of twenty-four (24) official legs that anyone on the team can run (CLR24 only) or walk in any order.

Legs

The course was designed to take full advantage of the scenic beauty of the diverse regions of Central & Southern Oregon, running on rural roads with very little traffic, and designed to maximize the quiet natural settings of the Forest regions.

With this in mind, there are twelve (12) legs that are partially or completely on dirt, gravel or cinder roads:

Legs 2-4	Double-track trail (mostly dirt)
Legs 5 & 6	Military Crossing Drive (red cinder)
Leg 13-16	Picture Lane (light gravel)
Leg 17	Cabin Lake Road (soft red cinder)
Leg 24	Wickiup Dam Road (light gravel)
Leg 25	NF – 4262 for first 2 miles (light gravel)
Leg 26	South Century Drive (light gravel)
Leg 30	Final mile is on single-track trail
Legs 35 & 36	Double-track trail and single-track trail

Unsupported Legs

The following legs are unsupported either partially or entirely by the team van. On legs 2, 3, 4 & 36, we will have water stations manned by volunteers as these legs are during the heat of the day. Runners should also carry their own water.

- Legs 1, 2, 3 & 4 (entirely)
- Leg 35 & 36 (mostly)

Cell Phone Waiting Lot

It is important that we relieve congestion at Exchange Point 6. Instead of going directly to Ex. Pt. 6, Van 2 will go to the cell phone waiting lot (see Race Map). When Van 's Leg #5 runner leaves Exchange Pt. 4 they should call Van 2. Van 2 should wait 60 minutes and then drive to Ex Pt. 6 to meet Van 1. Thank you!

CHECKING OUT WITH OFFICIALS BEFORE DEPARTING CELL PHONE WAITING LOT

If your team does not check out with the officials at the Cell Phone Waiting Lot after your team's van one has arrived at Ex Pt #4, **YOUR TEAM WILL BE PENALIZED BY LOSING ONE ENTRY INTO THE LOTTERY FOR THE FOLLOWING CASCADE LAKES RELAY.** Follow the instructions above and checkout with the race officials at the Cell Phone Waiting Lot properly after van 1 has arrived at Ex Pt #4 to avoid this penalty.

Start Line - Runners

Diamond Lake Resort – “Oregon’s Gem of the Cascades” (www.diamondlake.net)

Diamond Lake Resort has grown from a modest fishing lodge built in the 1920's to a full service, year round, family Resort. It is a favorite for hiking, mountain biking, horseback riding, fishing, camping, visiting Crater Lake National Park, touring the Rogue Umpqua Scenic Byway, family reunions, and just relaxing.

The start line is located on the front lawn of Diamond Lake Resort along the shores of Diamond Lake.

New CLR apparel line from various brand names including Nike and Columbia will be available for purchase on Thursday night and Friday morning at Diamond Lake Resort. *We will be accepting cash and all major credit cards!*

If your team is staying in Diamond Lake Thursday night, we'd love to have you join us at the lodge for team check-in, dinner on the outdoor patio, live music, and commencement of smack talk! Team Check-in is from 4:00pm-10pm on Thursday night outside facing the lake and dinner will be available for purchase from 6:00-10:00 in the restaurant/patio. All teams starting before 6:30AM are requested to check in Thursday night.

Start Line – CLR24, Walkers & High School Challenge

All CLR24, Walk & High School Challenge Teams will start from the lawn of the **Silver Lake Old School/ Youth Center Sleep Over Area**. Check-in is required 30 minutes prior to your start time. Race packets/bibs will be given at this time and the same equipment is required as listed below.

TEAM CHECK-IN AND REQUIRED EQUIPMENT

The Team Captain, or a designee, is required to check in at least 30 minutes prior to your official start time.

When you check in you are required to present the following items – no exceptions:

1. **TWELVE reflective vests** (OR one for each team member)
2. **Two flashlights or headlamps** (one for each van)
3. **FOUR red flashing lights for the front and back of the runner** (two for each van)
4. **Two “Runners on Road” signs** will be provided for each team courtesy of Les Schwab Tire Center
5. **One orange safety flag** will be provided for each team for safe road crossing, to be passed on at every exchange
6. **Waivers for every participant on the team** (waivers can be downloaded from the website under [“check-in”](#))
7. **Two copies of the Race Guide** (one for each van) – Only one copy is required to be shown
8. **Two copies of the Race Map** (one for each van) – Only one copy is required to be shown

All teams will be provided 2 “Runners on Road” signs courtesy of Les Schwab Tire Center. These signs are an essential part of our safety plan to alert cars that runners/ walkers are on the road, and any team van without a sign will be penalized. Les Schwab Tire Center ensures that you and your family are safe on the road throughout the year and we want to THANK Les Schwab for graciously donating all “Runner on Road” signs to ensure that all CLR participants are safe during the event too!

Cascade Lakes Relay Official 2018 Race Guide

These safety items are required and teams will not start the race without all items. NO EXCEPTIONS.

At the Start Line check-in you will receive bibs, vehicle numbers and two slap bracelets for each team. Participant Finisher Shirts and medals will be provided at the Finish Line.

FINISH LINE

The 2018 Finish Line will be at Bend's premier **Riverbend Park** in the Old Mill District!

Participating breweries will be providing one free drink to participants and volunteers. After showcasing the beautiful and diverse terrain of Oregon along the CLR course, we are excited to showcase the incredible array of craft breweries in Oregon! **Please welcome 10 Barrel Brewing, Worthy Brewing Company, Deschutes Brewery, Sunriver Brewing, Avid Cider, and Humm Kombucha.**

New CLR apparel line will be available for purchase. *We will be accepting cash and all major credit cards!*

Finish Line Schedule

9:00am-9:30pm: DJ, CLR Beer Garden, Food and Vendors

9:00am: First teams expected to start crossing the finish line! *We will be announcing team names when your last runner/walker is nearing the finish line; your team can join your last runner for the final 50 yards of the course in order to cross the finish line together. **You started together, you finish together!***

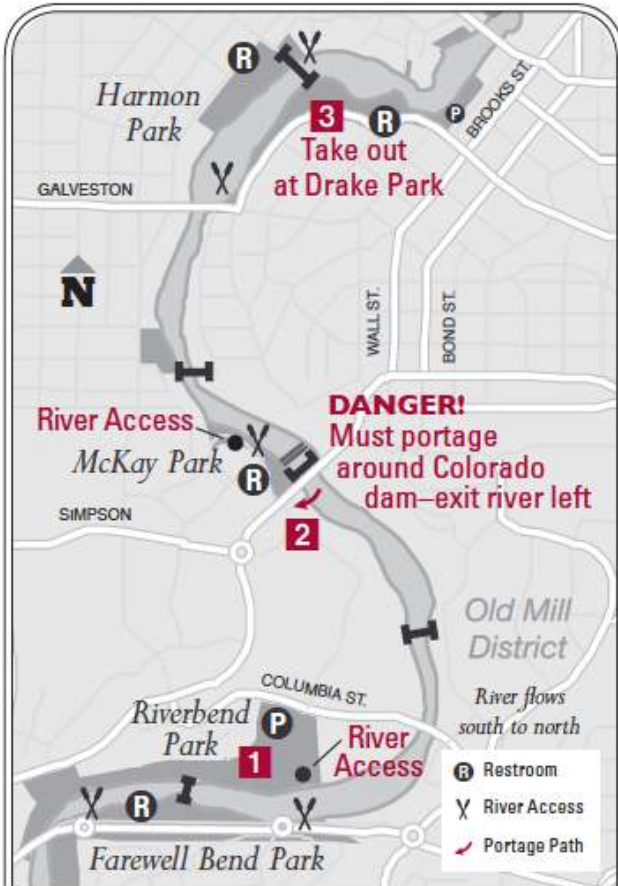
4:00pm: All votes for Most Team Spirit and Best Exchange Point by Volunteers contests must be submitted via the CLR Website by 4pm. Social Media contests need to be posted by 8/6 at 5pm.

5:30pm: Division Winners Awards Ceremony* as well as Overall 1st, 2nd, and 3rd Place Teams. *Be sure to be there to get your 10 Barrel Division Winner prize and free drink ticket to celebrate your victory!*

6:00pm: Spirit of the Cascades Awards* for Most Team Spirit, Best Exchange Point by Volunteers and Time Trials.

**DIVISION WINNERS AND SPIRIT AWARD WINNERS MUST BE PRESENT TO PICK UP YOUR AWARDS, OR MUST ARRANGE TO PICK UP THE AWARDS IN BEND AFTER THE EVENT. AWARDS WILL NOT BE SHIPPED.*

Deschutes River Float Guide



- 1** Access the river at Riverbend Park or at McKay Park (easier).
- 2** If you start at Riverbend Park then you **must take out** of the river on the left bank above the Colorado Street dam. Going through the dam can be fatal. Return to the river at the beach at McKay Park.
- 3** End your float at Drake Park.

City and state regulations regarding alcohol use on the river and life jackets are strictly enforced.

River Floating Safety Tips

A popular route to float the Deschutes River in Bend is from Farewell Bend Park to Drake Park.

- The Deschutes River has calm waters suitable for floating, but it also has points of danger. (See danger spots and portage paths on other side).
- State law requires that each vessel carry one Coast Guard approved life jacket for each person on board, and **children age 12 and under are required to wear life jackets.**
- Bend City ordinance prohibits possession or consumption of alcoholic beverages on or in the Deschutes River.
- Protect native plant and wildlife! Put in and take out of the river at designated boat landings and portage paths (see map).
- Help keep our river clean. Secure your gear to avoid disposal of garbage in the river.

The Deschutes River is one of the most spectacular rivers in the region. Enjoy yourself!

This information provided by the City of Bend and the Bend Park & Recreation District.



SLEEP OVER AREAS

SILVER LAKE SLEEP OVER AREA

The Silver Lake sleep over area is for Van # 1 to get some rest, food, and showers and Van #2 to get food prior to driving to La Pine Sleep Over Area.

There are three different areas in Silver Lake:

1. *Old School/Youth Center*– The grass lawn will be used for the check-in and start for Walk, High School, and CLR24 teams; there will be a quiet area in the indoor gym or on the south side of the building in the baseball field.
 - Grass lawn (bring your own shade),
 - Indoor gym for sleeping (Quiet area. Please be respectful of those trying to sleep)
 - Refreshing COLD showers (no hot water, just another part of the adventure!)
 - Snacks available for purchase – proceeds go to the Silver Lake Youth Center
2. *Silver Lake Fire House* - Come here if you plan to eat, rest, talk, and enjoy live music. Food available.
 - (1pm– 10pm Fri)
 - Soft acoustical guitar music by Matt & Rachel of Silver Lake
 - Large grass lawn for snoozing (bring your own shade!)
3. *Silver Lake Café* – This parking lot is the actual exchange point and is not quiet – its hoppin’!

LA PINE SLEEP OVER AREA – LA PINE HIGH SCHOOL

La Pine sleep over area is for Van #2 to get some rest, showers, and breakfast. All participants must depart La Pine Middle School no later than 8:30 am on Saturday.

- Showers & cots are available in the middle school gym from 7pm Friday to 8am Saturday.
- Pancake breakfast and coffee from 8pm Friday to 8am on Saturday.

ELK LAKE SLEEP OVER AREA

Elk Lake is an amazing sleep over area. Van #2 can get some rest & food here and enjoy a beautiful High Cascade Lakes morning!

- Beach and grass area for sleeping
- Food, ice cream, coffee available at the Elk Lake Resort Lodge
- Paddle boards, paddle boats available to rent to enjoy on Elk Lake (CLR Discount)
- Live Music on the veranda
- No showers, but a crystal clear lake!

TWIN LAKES SLEEP OVER AREA

Twin Lakes Resort is a fantastic sleep over area. Van # 1 can get some rest & food here and enjoy a beautiful High Cascade Lakes morning!

- Food and coffee available at Twin Lakes Resort Lodge
- Showers available!

MT BACHELOR WEST VILLAGE SLEEP OVER AREA

Mt Bachelor West Village has showers and locker rooms available!

If you want to explore a new lake this year, consider visiting [Cultus Lake Resort](#) or Lava Lake Resort!

REGULATIONS

Definition of Terms

Inactive Van - A van without a runner/walker on the road.

Active Van - A van with a runner/walker on the road. (this isn't rocket science ☺)

Major Exchange – Exchange points where both Vans meet (#6, 12, 18, 24, 30)

Sleep Over Areas – Pre-designated areas where Inactive vans can go for rest and sleep.

“Shadowing” - It is permitted for vans to “shadow” runners/walkers. “Shadowing” is a term that refers to when a van parks several hundred yards (or 1/2 mile) ahead of their runner and waits for the runner to pass before driving ahead and stopping again. All vans that are shadowing runners must obey traffic laws. When parked, please turn off your lights so that you don't blind oncoming traffic. Leave your park lights on so that others can see you. Please do not stop or slow down in places that will impede traffic or runners and please do NOT turn your hazard lights on.

“Following” - It is permitted for vans to “follow” runners/walkers at night and on designated sections of the course. “Following” refers to when a van follows 25-30 yards behind the runner (or whatever they prefer) while they are running/walking. We are allowing and even encouraging this because of the darkness and relative remoteness of the designated areas. It is important to "follow" the runner/walker on **only** the remote roads listed below.

Designated “Following” Areas: **Legs 13-21**

Note: Vans can stop to cheer on teammates at any legal spot along the race route that does not obstruct runners/walkers or traffic.

*****Stopping alongside the Cascade Lakes Highway is permitted only at official turnouts and chain up areas where the vehicle can clearly be removed from the right of way and shoulder.** Although the shoulder is very wide, stopping on the shoulder is NOT allowed and impedes the safety of bicyclists that are descending the highway at very high speeds. Please pull over at official turnouts and chain up areas ONLY! **Our ability to continue running this race on Forest Service land depends on you obeying this request – thank you!**

Run on designated side of road

We do not close roads during the race and we will NOT stop traffic to cross participants. We have selected roads with large shoulders or sidewalks, or that have very low traffic on them. These roads are safe to run on without any traffic control. Whether running on the shoulder or on a sidewalk, runners/walkers are to follow the instructions on the Official Race Map as to whether to run/walk on the left or the right side of the road. It is extremely important to pay attention and be mindful of the side of the road to run on. When we have runners running on both sides of the road it becomes particularly unsafe. We have been very thoughtful about which side of the road is safest based on traffic patterns and exchange point locations.

Cascade Lakes Relay Official 2018 Race Guide

***** Refer to Race Map to determine which side of the road you should run/walk! Your team will be disqualified and asked to leave the race if you are running on the wrong side of the road.******

Nighttime Requirements

Pacers - Nighttime runners/walkers are allowed to run with pacers. During night-time runs (one hour before sunset to one hour after sunrise) runners are allowed to run with pacers or pacers can ride a bike alongside the runner. The pacer must also have a light (front & back) and wear a reflective vest.

Night – Lights and Vests

During the night runners/walkers are **required** to run with headlamps or flashlights (lights must be turned on), reflective vests and a red flashing light on your front and back. Runners are required to run with these items if they will be running **beginning one hour before sunset and ending one hour after sunrise**. During these hours runners will not be able to start their legs without these items. If any runner is found running without these items the runner and their team will be immediately disqualified. We recommend extra batteries.

Friday, August 3rd

Sunrise 06:01 AM

Sunset 08:26 PM

Saturday, August 4th

Moonrise 12:03 AM

Sunrise 05:56 AM

Sunset 08:25 PM

Cascade Lakes Relay Official 2018 Race Guide

Driving

We ask that all drivers be alert, drive at posted speed limits and follow our course speed limits for certain legs as laid out in the Official Race Map. Be sure to leave adequate time to arrive at exchange points so that there is no temptation to speed. Please be courteous of runners/walkers on the road. Be careful not to blind them with high beam lights and move over while passing them. With the excitement of the race it's tempting to flash your brights and honk at runners. Honking is okay in non-residential areas, but please do not flash your brights as this will blind the runners. We recommend honking just *after* you pass your runner, not as you are coming upon them from behind. If drivers pull off to the side of the road, please turn off your lights as there will be some oncoming traffic. Leave your park lights on so that others can see you.

*** Drivers should acquaint themselves with the vehicle routes on the maps; many of them differ from the actual running route.

IMPORTANT There are designated race course speed limits on certain roads; refer to the course map and leg notes for this information.

Restricted Areas

In order to avoid congestion we urge the inactive van to leave the racecourse until it is their turn to participate. This will be important at the beginning of the race while teams are still congested and at all exchange points that are not major exchanges (6, 12, 18, 24, 30). After a few exchanges teams will spread out. If vans want to cheer on teammates from the other van, they may do so at places that do not obstruct traffic or runners. Inactive vans are required to stay out of exchange points, as many of the exchanges offer very little space for parking.

Military Crossing Road is a restricted area to **inactive vans** due to the dust and gravel surface of the road.

Picture Lane/County Road 5-13 is restricted for the same reason and **inactive vans (Van#2) are not allowed**. It is also a gravel road and minimal traffic is optimal.

PENALTIES

It has been our goal to have as few rules and penalties as possible. The spirit of the race is our primary focus and includes safety for all, having fun, enjoying the natural and scenic beauty of Central & Southern Oregon, and to efficiently get your team from Diamond Lake Resort (or Silver Lake) to Bend in time to enjoy a few cold beers and dinner in the Old Mill District on Saturday night! However, a race with no rules or penalties at all is not possible, so here are just a few that we find to be important for preserving the spirit of the competition and the safety of all participants.

Violation of any of the following rules could result in disqualification or 30 to 60 minutes added to your team's race time. Severity of the penalty will depend on the severity of the infraction. Any race official can decide if and to what degree a team has violated any of these rules. Race officials also reserve the right to increase or decrease penalty times based on a case-by-case basis. All decisions by the Executive Race Director or Cascade Relay Race Officials are final.

Cascade Lakes Relay Official 2018 Race Guide

Generally, if you are reminded of a rule by a race official and immediately and respectfully comply, you will not receive a penalty for the first warning.

We will make every effort to inform the Team Captain of any complaints or penalties as soon as they are reported, either by cell phone/text or by announcing your team name at the finish line.

30 Minute Penalties

Only One Race Vehicle per Exchange

Only one race vehicle is allowed to park at each exchange point. Vehicle One is allowed at exchange points 1-6, Vehicle Two is allowed at exchange points 6-12, etc. Both vehicles are allowed at every sixth exchange point (6, 12, 18, 24, 30). In order to avoid congestion, we ask that all teams please be considerate and follow this rule. If for some reason team vehicles need to meet we ask that you please meet at another location rather than at exchange points. This rule does not apply to major exchanges.

Team Race Bibs/Wrist Bracelets

Team race numbers must be worn on the front of each runner/walker at all times while on the road and the numbers must be visible. **It is especially critical for timing purposes and failure to have a visible number pinned to the front of a runner will result in a 30-minute penalty.** Things to keep in mind: if you pin your number to a shirt and take off that shirt while running, you must pin your number to the front of your shorts. If you want to put on a jacket or sweatshirt while running, the number must be pinned to the outer layer of clothing in the front. When running at night, the number should be pinned to the reflective vest so that it is visible. *The team's bracelet (baton equivalent) should also be worn at all times while the runner for the team is on the road.*

Bicycles

No bicycles are allowed to accompany runners/walkers during daylight hours (night-time bicycle pacers are allowed on Legs 13-18).

60 Minute Penalties

Only two race vehicles per team

Each team is allowed to have two race vehicles. If you have family or friends that want to observe the race they may park at any legal spot along the race-course. They are not allowed to park at exchange points, as parking will be limited. Runners/walkers are not allowed to ride in the car of a family member at any time during the race.

Respecting Race Officials & Volunteers

Course volunteers at all exchanges have the authority to penalize a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers, **after consulting with a Race Official.** Abusive treatment or disregard for their authority will not be tolerated and the Race Official will determine the severity of the penalty.

Disqualification

Violation of any of the following rules will result in immediate disqualification. You may finish the race but will not receive an official time or be eligible for any awards or contests.

Alcoholic Beverages

The only thing more important than fun, is safety, and we take safety extremely seriously. That means no open containers in vans and absolutely no drinking and driving. Although not illegal, drinking and running is not recommended either. Heat injuries typically result from dehydration, including drinking the night before the race. Heat injuries can be VERY serious and it is worth waiting to enjoy an alcoholic beverage at the Finish Line where there will be plenty of time to enjoy a cold beverage. Thank you in advance for your cooperation and self-monitoring. We expect everyone to act as mature responsible adults.

Run/walk on the designated side of the road

Runners/walkers are to run on the side of the road that has been designated in the 2015 Official Race Map. NO EXCEPTIONS!

Reflective Vests/Flash Lights

Each van must have at least one reflective vest, one flashlight/headlamp and two flashing lights for the front and back of the runner. These must be presented at the time that the team checks in at the Start Line. Runners/walkers starting their legs an hour before sunset or an hour after sunrise must be wearing a reflective vest and flashing light on front and back and holding a flashlight or have use of a headlamp. Please use new batteries.

Respect Local Residents & Communities

While traveling through the local communities, please remember that we are guests, and that you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in securing our ability to return each year to this beautiful countryside. The following “Do Nots” are not intended to cover the broad spectrum of issues regarding respect for local residents and businesses. Therefore, please use common sense while in residential areas (as in all areas), we reserve the right to penalize or disqualify any team based on a lack of respect for the communities we travel through.

Do Nots:

- Do not yell, honk horns or flash high beams during evening and morning hours while in residential areas.
- Do not block any residential or business driveway.
- Do not impede traffic by driving too slowly (unless following race course speed limits, which are set on rural roads where outside vehicular traffic should be minimal) or by not properly pulling your vehicle over to the side of the road when stopping.
- Do not park your vehicle on the shoulder of the Cascade Lakes Highway (Legs 23-36)

Cascade Lakes Relay Official 2018 Race Guide

Littering & Property Damage

Any runners/walkers who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be disqualified and will not be invited back. Toilets will be provided at all exchange points. Teams are encouraged to manage all of their litter and Dumpsters are available in Silver Lake, La Pine and at the finish line at Riverbend Park. Our participants are asked to NOT USE the trash receptacles at USFS facilities! Our policy is the same as the USFS, “YOU PACK IT IN, YOU PACK IT OUT!”

PLEASE USE THE DUMPSTERS AND RECYCLING STATIONS THAT WE PROVIDE AT THE LOCATIONS LISTED BELOW:

- All even numbered Exchange Points
- Silver Lake Sleep Over Area
- La Pine Sleep Over Area
- Finish Line

Vehicles longer than 21', Motor Homes, Buses or Limos

No vehicles longer than 21', motor homes, buses or limos are allowed on the course by any team or team support (15 Passenger Vans are allowed). If you have doubts about the legality of your vehicle, you must have it checked at the start by the Director. Ultra teams may use ONE (1) motor home no longer than 26'.

No Show Volunteers

If a volunteer cannot report, it is entirely up to the Team Captain to find an alternate and to make sure they report to their appointed job site at the assigned time. Failure of a volunteer to fulfill their job will result in automatic disqualification without appeal. See page 38 for more detail.

COMPLAINTS ABOUT OTHER TEAMS

If possible, please use the CLR Website to submit a complaint. If not possible, please use the following complaint form and turn it into the nearest Race Official (not a volunteer) as soon as the issue occurs. This form is to be used by teams to voice grievances or complaints about other teams. If you have complaints about a team breaking a rule, please use this form to let us know. We will review all complaints prior to the Awards Ceremony. Please be prepared to provide two witnesses to the incident(s).

COMPLAINT FORM

Your Van # or Team Name: _____

Your Name: _____

Time and Date incident(s) occurred: _____

Leg of course: _____

Van # or Team Name of the Team you are reporting: _____

Description of Incident: _____

Signature: _____

Witness (1): _____

Witness (2): _____

www.cascadelakesrelay.com/raceday

Cascade Lakes Relay Official 2018 Race Guide

GENERAL INFORMATION

Overnight Accommodations

Accommodations for overnight lodging in early August are at a premium. We recommend that you make your plans early for either Diamond Lake Resort (800) 733-7593 or any of the public campgrounds and RV Parks www.recreation.gov in the Umpqua/Deschutes National Forest. Hotels, motels, bed and breakfast's and other accommodations tend to fill up quickly in Central Oregon during the summer. Other sponsors of our race offer motel rooms in the Diamond Lake region and their information can be found on the "travel" page of our website. Our sponsors appreciate your patronage.

Water

We will be providing a **limited** amount of water along the course. Water will be available at the Start at Diamond Lake Resort, the Sleep Over-Areas in Silver Lake and La Pine, and the Finish line at Riverbend Park. Water from 5-gallon jugs will be dispensed into your personal water bottle or container. A limited number of cups will be provided as this creates unnecessary waste.

There will be a LIMITED amount of water supplied, so teams must plan accordingly and bring sports drinks and additional water to ensure that your team remains hydrated throughout the entire course!

***Water in Silver Lake and La Pine at Sleep Over Areas has been tested and is safe to consume. ***

Bad Weather

The race will occur in rain, shine, or snow! However, under certain severe weather conditions or natural disasters such as forest fires or flooding, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being cancelled include, but are not limited to, a severe electrical storm, snowfall, tornadoes, etc.

Lightning

If there is lightning at the start of the race we reserve the right to delay starts until the lightning clears. If you see lightning on the course after the race has started, get your runner off the road and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within 1 hour put your runner back on the road where they left and make a note of the time. If lightning persists longer than an hour, move ahead to the next exchange. For every hour of lightning you may move ahead one exchange. Keep close track of where and when you left the course and where and when you returned to the course. At the end of the race we will have a form available for you to report these locations and times. We will then calculate your average pace and apply this pace to the segment of the course that you missed. In this way, we will adjust all overall race times.

Forest Fires and Smoke from nearby Fires

This year has already been very active for forest fires and there is a lot of "fuel" within the beautiful Forests that we will be running. We strongly encourage all of our participants to be extremely mindful and cautious of the dry conditions and avoid parking vehicles (hot undercarriage) on top of dry grass! In the event of a Forest Fire in the region, our event may be cancelled due to road closures or if resources that we rely on for the safety of our participants are re-directed to fight a forest fire. We will make every attempt to adjust our course to continue the event (possibly by skipping a section of the course) but our ultimate responsibility is the safety of our participants. The Cascade Lakes Race Group, LLC will not provide refunds if the event is canceled due to natural disasters, acts of God, or any other event beyond our control.

CLR24 AND WALK TEAM INFORMATION

CLR24 and Walk Teams will check-in and start the race in Silver Lake. CLR24 and Walk Teams do not need to check in at Diamond Lake but are welcome to join the team dinner on Thursday night. The course distance for CLR24 and walk teams is 132 miles and begins on the lawn of the Silver Lake Old School/Youth Center which is near the 12th exchange point of our run course. CLR24 and Walk Teams are comprised of a maximum of (12) team members and a minimum of (8).

At various points on the course, it will be the responsibility of the walkers to cross intersections and roads, such as La Pine Hwy 97 & Burgess Road, without a traffic flagger. We strongly urge all walkers to pay close attention to traffic and look left and right before crossing any road.

Walk Violations – Failing to maintain proper form (aka “running”)

Please note that a walk is officially defined as a gait in which one foot is in contact with the ground at all times. If a walker is seen running and you wish to file a complaint, please notify the nearest race official so that the situation may be addressed promptly. Our first course of action is to warn the offender of the possible violation so that they may change their form to better comply with official race walking rules. Usually, walkers who look as if they are running are not intending to do so. If the individual is witnessed violating the rules again and you wish to file a complaint, you must do so as soon as you see a race official (green shirt, orange visor), and no later than within 30 minutes of your finish. You must also provide a witness from a second team (not your own), or a video to corroborate the incident. Use the Complaint Form from this handbook to file the complaint. Race officials will review all complaints prior to the awards ceremony. Race official decisions are final.

HIGH SCHOOL CHALLENGE INFORMATION

The High School Challenge begins in Silver Lake, Oregon. The course, which also doubles as our walk course and CLR24 course, is approximately 131.9 miles and begins with Leg 13 of the run course. There are 24 legs, so each participant on a 12-person team runs two legs (on an 8 person team, each would run three legs).

- High school runners must be at least 14 years of age per USATF rules.
- Each high school team must provide two drivers (chaperones) who are at least 25 years of age.
- All runners must have minor waivers signed by a parent/guardian prior to competing in the race.

NO EXCEPTIONS. If you show up at the start line without everything you need to check-in, you will not be allowed to start the race.

VOLUNTEERS

Every team, no matter where you live, must provide two (2) Volunteers who are at least 18 years of age or older. Volunteers must be physically capable to perform the assigned duties. Volunteers are not allowed to bring dogs or children under the age of 12. Team captains will be provided with their two (2) volunteer assignments in advance of the event.

Team captains must register their 2 volunteers in the Team Captain [database](#) before July 15th, 2018.

Cascade Lakes Relay Official 2018 Race Guide

Teams who are having difficulty finding or unable to provide one or more of their required two (2) volunteers shall make a charitable donation to a designated charity that will provide the volunteer(s) to meet your volunteer requirement. The minimum donation for one (1) volunteer working a 6-8 hour shift is \$125. This is an excellent opportunity for your team to make a charitable contribution! Charity volunteers must be requested and paid for by Feb 1st. After Feb 1st the price to hire a volunteer increases. Contact us for more information and to request this service: info@cascaderelays.com

Please make checks payable to:

Cascade Relays Foundation
PO Box 1088
Bend, OR 97709

Please include CLR and your team name in the memo line!

A packet of information can be downloaded from our website that includes volunteer instructions and driving directions to the exchange points and volunteer sites. **Please ensure that your volunteers have read the Volunteer Instructions carefully before volunteering.**

All volunteers from your team will be assigned to the same exchange point, so carpooling and working together is highly encouraged. We ask that all volunteers complete the entire shift, be prompt, and allow additional time for driving to their assignment. We will do our best in assigning our volunteers to locations closest to their home to reduce driving time for all of our volunteers.

We acknowledge the importance of our volunteers! Without a group of dedicated volunteers from the teams, this race would not be possible. We thank you in advance for your time in helping us make the Cascade Lakes Relay a successful and safe event. We are known for having friendly, respectful volunteers and participants and we hope to stay that way year after year!

If a volunteer cannot report, it is entirely up to the Team Captain to find an alternate and to make sure they report to their appointed job site. Failure of a volunteer to fulfill their job will result in automatic disqualification without appeal or your team can support the Hire A Volunteer program by paying a fine of \$350 per volunteer in order to avoid disqualification and lifetime ban from Cascade Relay events.

THANK YOU TO OUR LOYAL RUNNERS AND WALKERS!

We appreciate our returning participants for supporting us over the years! We couldn't do this without you and we appreciate your support of an independent race and the communities we run through.

Look for these CLR die-hards out on the course wearing their limited edition "CLR Veteran" t-shirt! *(this list includes participants registered as of 6.29.18)*

2018 10+ Year Runners and Walkers

James	Blanchard	Heather	Welker	Bob	Hawkins
Larry	Smith	Matthew	Azevedo	Daniel	Hawkins
Lynn	Vigil	Jason	Adams	Christopher	Walkup
Tonya	Koopman	Jody	Blakely	Brian	Franssen
Jennefer	Lloyd	Laurie	Blakely	David	Montgomery
Stacie	Camou	Jeremy	Howell	Maureen	Robeson
Darrin	Belcher	Kati	Laird	Greta	Lee
Chris	Giles	Juergen	Steinhart	Margaret	Tiffany
Melanie	Mangin	Richard	Kassissieh	Mary Felice	Crowe
Claudia	Deenik	Tina	Schindler	Judy	Koonce
Geof	Hasegawa	Heidi	Schindler	Pat	Jewett
Josh	Downs	Jarae	Opitz	Rita	Weinstein
Mike	Morgan	Jeff	Bell	Lynn	Stimson
Melissa	Dugan	Laura	Lopez	Carolyn	McDermed
Martin	Arnzen	Jody	Haas	Liz	Rambo
Kirk	Koehler	Ron	Lopez		
Whitney	Beck	Nicki	Wright		
Beth	Koehler	Annette	Benedetti		

2018 5+ Year Runners and Walkers

Jeffrey	Koh	Kenneth	Roko	Jeff	Couttouw
Marguerite	Koh	Jon	Elsom	Aaron	Bayne
Teal	Springhart	Jeremy	Inman	Billy	Bloudek
Devin	Kelly	James	Tyvand	David	Bloudek
Glen	Pak	Emily	Cooke	Erick	Dennis
Brandon	Brasher	Jennifer	Enna	Tyler	Hilligoss
Jill	Carpenter	Amy	Houchens	Andrew	Jones
Chris	Felton	Heidi	Lea	Kristina	Haley
Jennifer	Felton	Jessica	Mumm	Matt	Hoff
Kelly	Lawson	Melanee	Stempien	Daniel	Lerner
Randy	Olano	Kristi	Sterry	David	O'Brien
Jeff	Vigil	Jeremy	Nichols	Erik	Olson
Marcia	Beard	William	White	Jeff	Couttouw
Tiese	Morgan	Brian	Worthington	Jill	Roszel

Cascade Lakes Relay Official 2018 Race Guide

Andy	Silver	Mark	Wilkinson	Aaron	Hertenstein
Stacey	Hudson	Brian	Ross	Dan	Mala
Kim	Meeks	Kelly	Bates	Laura	Yates
Lee	Barloon	Thomas	Groendal	Chris	Harmon
Tom	Converse	Kory	Knox	Kelly	Shelton
Jeff	Vian	Damon	Loos	jamie	laird
William	Barry	Jackson	Ross	Balz	Frei
Rachel	Perrin	Kim	Ross	Tyler	Childers
Colin	McArthur	Greg	Walton	Christopher	Depner
Emily	Eng	Kate	Harrell	Rebecca	Fallihee
Trina	Hendricks	Mark	Castle	William	Fallihee
Matt	Koehler	Elise	Cohen	Scott	Leonard
Aaron	Olsen	Alan	Comnes	Jamie	HURd
Monica	Witzig	C Todd	Davis	Daniel	Gailis
Beckie	Crocker	Eric	Fischer	Sara	Hertel
Jonathan	Hedditch	Jonathan	Ortiz-Myers	Mark	Schongalla
Phil	McKnight	Debbie	Mannix	Amber	Singh
Bryan	Mears	Rachel	Ganzon	Nathan	Stroh
Erik	Terrel	Bill	Gibson	Gavin	Hepp
kristie	downing	Matt	Johnston	Eva	Pattee
Jonathan	Cape	Sean	Sullivan	Tom	Pattee
Steven	Park	Melissa	Gilley	John	Rademacher
Greg	Robbins	Darren	Kroells	Arturo	Vargas
Alison	Viles	Ashley	Waibel	Robert	Birley
Linda	Lee	Robin	Herb	Glenn	Crim
Shelley	Elkins	Pam	Mastrantonio	Michele	Crim
Harlan	Brock	Melissa	Doherty	Nathaniel	Ford
Heather	Germundson	Jean	Doherty	Noeleen	Livingstone
Katie	Sundbaum	Rebecca	Palmer	Steve	Lowrance
Leslie	Engelgau	Jason	Gabryshak	Shannon	McAlister
Labree	Tolman	David	Nishimura	Sean	McCarthy
Christina	Kunkel	Ryan	Voge	Amie	Clark
Ger	Doherty	Heather	White	Eric	Johnson
Tricia	Edwards	Andy	Young	Casey	Tamblyn
Kathy	Fogerty	Keith	Mannthey	Erin	Tamblyn
Ray	Goulet	Joelle	Allen	Ramiro	Martinez
Taylor	Kash	Slone	Pearson	Callie	Pfister
Wesley	Sealand	Marita	Cox	Daniel	Zylkowski
Daniel	Sealand	Anne	Trapanese	Brian	Young
David	Sealand	Ethan	Jordan	Shaun	English
Joshua	Sealand	Joseph	Krajewski	Kari	Miller
Luke	Walker	Diana	Bijon	Rosario	Garibay
Miranda	Funk	Adrienne	Frazee	Bryan	Bogh
James	Richards	Melinda	Hartenstein	Jessica	Bogh

Cascade Lakes Relay Official 2018 Race Guide

Rigoberto	Garibay	Peter	Schrey	Emily	Watson
Chris	Archibald	Gretchen	Smith	David	Anderson
Charlie	Fox	Shelby	Tilden	Jim	Brendle
Leon	Widdall	Gordon	Bookless	Bob	Goodrich
Hugh	Holtman	Elliot	Tilden	Dan	Meireis
Kati	Hublely	Samantha	Tipler	Ronnie	Williams
Breanna	Percell	Amanda	Kraus	Mike	Davis
Brody	Percell	Marc	Hopkins	Maggie	Donovan
Mike	Wyant	Eva	Martushev	Julie	Hunt
Paul	durant	Kelsie	Yurk	Larry	Hunt
Terri	Brewer	Dale	Davis	Bobbi	St. Clair
ashley	brewer	Scott	Smith	Alyssa	Marchington
Brian	Farthing	Chris	Albertson	Andrew	Marchington
Cathy	Tuttle	Tim	Cheek	Nicole	Ruiz
Alysse	Nunemaker	Rodney	Cooper	Elaine	Knipe
Senna	Pinney	David	Straub	Paul	Ruiz
Ali	Garfinkle	Carla	Silver	Amanda	Hostetter
Trisha	Zander	jack	FRANK	Rich	Castagno
Brannon	Soens	Mark	Silver	Lucian	Latcu
Roderick	Carew	Lindsay	Craft	Michelle	Baughman
Adam	Keir	Quillyn	Brown	nathan	kunasek
Guillermo	Martinez	Jay	Carleton	Theresa	Sleight
Chris	Sheehan	Kevin	Grover	Melissa	Gray
Melissa	Gomez	Ryan	Grover	Lauren	Ludwig
Tom	Fuchs	Ryan	Kelley	Toni	Waring
John	Zimmerman	Patrick	Meadows	Glenn	Buchanan
Kristin	Melvin	Ian	Etherton	Craig	Olson
John	Jackson	David	Bondioli	Brian	Wyatt
Kelly	Jackson	Daniel	Tracy	Tyler	Cates
Brian	Morris	Denise	Hoover	Sid	Crenwelge
Nathan	Yuma	Holly	Spitzer	Dan	Fitzpatrick
Celeste	Harding	Nichole	Nelson	Casey	Hire
Katie	Ortgies	Amy	Tooley	Kevin	Kinports
Tonya	Grass	Janine	Arthur	Jason	Tavakolian
Brad	Daniels	Rebekah	Averette	Harlan	Brock
Carla	Goss	Lisa	Boyd	Casey	Hire
Kara	Jacobs	Rose	Etherington	Kevin	Mullerleile
Darcie	Lamotte-Waage	Lynn	Roylance	Frank	Portwood
Lorrie	McKedy	Jodi	Stilp	Gary	Baldwin
Brad	Smith	Jenna	Tilt	Steve	McCormick
Chris	Wickham	Joel	Barker	Charles	Robeson
Tracie	Wickham	Tom	Achor	Rebecca	Stevens
Elida	Rivera	Kristin	Thiel	Valerie	Picard
Jeremy	Young	Toto	Vo	Cindy	Shivers

Cascade Lakes Relay Official 2018 Race Guide

Jennifer	Lechuga-Berg
Stephanie	Zimmer
Shelly	Elmer
Matt	Bloom
Joyce	Forsyth
Terry	Mohr
Dodie	Schmaltz
Monte	Skiles
Kevin	Wright
Sharon	Miller
Darylynne	Cortazar
Cathy	Downing
Joy	Harvey
Jan	Hope
Jani	Jagel
Callie	Jagels
Becca	McPherson
Debbie	Turner
Roger	Butenschoen
Jeff	Barker
Stephanie	Egbers-Meyers
Cheri	Partain
Melanie	Weddle
Karen	Thomas
Cindy	Bean
Debbie	Bridges
Judy	Burchell
Sandy	Coila
Katy	Kunst
Margaret	McGuinness
Nancy	Oberschmidt
Karen	Seder
Wes	Sealand
Kelsea	Cooper
Darlene	Gubele
Linda	Obrist
Cheryl	Lohman
Linda	Schoonover
Cindy	Middleton
Pam	Broders
Judy	Daggett
Sue	Ryland
Jeff	Grogan
Jason	Richardson