

## **ORRC Vernonia Marathon Relay Course Manual 2024**

### **Registration**

- 1) You may walk or run in teams of two or four members.
- 2) If you are an individual looking for a team, or a team in need of an extra runner/walker, contact the race director (Mbarretts@aol.com).
- 3) Each team member must be registered and sign a waiver. Registrations are transferable if you want to drop/add a member to your team, but registration fees are not refundable.  
**There is no day of race registration.**
- 4) ORRC will not provide refunds or transfers if the event is cancelled due to natural disasters (e.g. forest fires), acts of God or other events beyond our control. Registration may be transferred to another ORRC event.
- 5) Team Divisions: Open Running, Masters Running, Open Walking, Masters Walking. We may modify divisions based on the number and composition of teams that register.
- 6) Awards: Awards will be given to the fastest teams in each of the four divisions listed above. In addition, special awards will go to Best Team Name and Most Creative Costumes

### **Pre-Race**

- 1) Each team is required to provide one volunteer (or pay a \$50 fee) for the event. Volunteer assignments are available at runsignup.com. See Volunteer section below for details.
- 2) Be creative with your team name. Be sassy, but keep it in good taste. Ask yourself if your grandmother would find the name fun or offensive. There is a special award for Best Team Name.
- 3) Decorate the team vehicle if desired, but vehicles shouldn't have decorations that are suggestive, sexual or contain foul language. Create costumes to fit your team name, but keep them in good taste (and not too hot to wear while running). There is a special award for Most Creative Costumes.
- 4) Print and bring a copy of the course manual and leg maps. There won't be maps in the race packet unless there are changes.
- 5) Bring sufficient supplies for your team. Much of the course is isolated, so don't leave home without food, water, a first aid kit, and a full tank of gas. Each team is responsible for supporting its own members, but race officials can help as needed. Participants are welcome to avail themselves of food and drink at the aid stations.
- 6) Showers are available at Banks Middle School. Bring a change of clothes and a towel.
- 7) Long Sleeve Hoody: There is an optional tech hoody available for \$20. Hoodies are only guaranteed for those who order them during pre-registration. Shirts available on day of race while supplies last.

### **Course Description**

There are several options:

1) Printable maps on the web site (pdfs). ADD LINK

2) Downloadable maps at [www.mapmyrun.com](http://www.mapmyrun.com). ADD LINK

3) Course Description:

The marathon starts in Vernonia at the intersection of Keasey Road and Edens Road (near Camp Cedar Ridge), heading south on Keasey Road (which becomes State Street in town), goes west on Bridge Street, south on Adams, then through Anderson Park and loops clockwise around Vernonia Lake, then back through Anderson Park and onto the Banks-Vernonia State Trail. Runners exit the trail at the Banks Trailhead, proceed south on Main Street (on the sidewalk), through the Banks High School parking lot and onto the track for the finish. The marathon relay divides the course into four legs, with exchanges at Anderson Park (Vernonia), Tophill Trailhead, and Buxton Trailhead.

4) Legs:

The legs are not equally in distance because of exchange zone parking requirements.

Leg 1: Camp Cedar Ridge to Anderson Park (exchange after loop around the lake)--4.65 miles (4.65 total)

Leg 2: Anderson Park to Tophill—8.45 miles (13.1 total)

Leg 3: Tophill to Buxton—5.3 miles (18.4 total)

Leg 4: Buxton to Banks—7.8 miles (26.2 total)

5) Team Divisions: Open Runners, Masters Runners, Open Walkers, Masters Walkers.

More divisions may be added based on the number and composition of teams registered.

## Packet Pick-up

Early packet pickup is available at Banks Middle School (12850 NW Main Street, Banks OR 97006) on Saturday April 13th from 3pm to 6pm. Race day pickup and day of race registration are from 6:00am to 8:00am at BMS. Each team should designate one person to pick up bibs for the whole team (no ID required).

## Day of Race

1) The first runner/walker should either

a) get on the shuttle bus to the marathon start. Catch the bus in the parking lot near the staging area in the Banks Middle School cafeteria. The first bus leaves Banks at 6:15am and the last bus leaves at 7:00am. If you catch an early bus, wear an extra layer of clothing to stay warm. You can put the extra clothes in a drop bag that will be brought to the finish.

or

b) get dropped off by their team van at Camp Cedar Ridge.

2) **The team van should NOT park at the start.** Parking at CCR is quite limited and we don't want extra vehicles on the road with the runners and walkers as they head into Vernonia. **Instead**, park in Anderson Park, in the Crown Zellerbach parking lot (Adams Ave and Maple St), or on city streets. (See attached map.)



## On the Course

- 1) Treat volunteers, team members, race officials, residents, and spectators with respect. Give the volunteers a “thank you” even if you’re tired and grumpy.
- 2) Aid stations, Potties and Communication: There will be aid stations at Miles 1.9, 4.7 (Exchange 1), 6.9, 10.3, 13.1 (Exchange 2), 15.6, 18.8 (Exchange 3), 21.8, 24, 25.2. Cell phones are unreliable on much of the course, so contact a race official for questions and emergencies. We will have ham radio operators at each exchange in contact with EMS and the race director. We will have first aid kits at each exchange, but call 911 in a true emergency.
- 3) Eco-Friendly: ORRC strives to be eco-friendly. Paper cups will be offered at aid stations, but we encourage participants are to bring their own handhelds, hydration packs or reusable cups. ORRC offers free reusable cups.
- 4) Follow the Rules of the Road: Most streets and roads will not be closed to traffic, so follow the usual rules when running on roads (e.g. keep left running against traffic). There will be certified flaggers stopping traffic at McDonald Road, the Buxton Trailhead, the Stub Stewart Trailhead, the Manning Trailhead and the Banks Trailhead. There are a few other intersections that don’t get much traffic and won’t have flaggers, so **always be attentive at intersections and on roads**.
- 5) Note for Leg 1: There will be flaggers stopping traffic in Vernonia where the runners come off State Street and get onto the sidewalk on Bridge Street.
- 6) Note for Leg 2: Traffic will NOT be stopped when you are crossing Highway 47 at Tophill Trailhead (just before the exchange). There will be flaggers slowing traffic, but you **must** defer to vehicles when you are crossing the highway. Saving a few seconds is not worth your life.
- 7) Share the Trail: Although the Banks-Vernonia State Trail is closed to vehicular traffic, be aware that it is not closed to the two-way traffic of other runners, walkers, bicyclists, and horseback riders. Therefore, always keep to the right, only two abreast to allow opposing traffic through. Be courteous of others, giving a heads-up (“Runner on your right”) as you pass someone slower. **You don’t own the trail; you share it.**
- 8) The use of personal music devices is strongly discouraged for this race. To enjoy all that our race has to offer and for the safety of all participants, we encourage a headphone-free environment. If you do use headphones, the volume shouldn’t be so loud as to prevent you from hearing traffic. Strollers, baby joggers and dogs are not permitted.
- 9) Do not defile public or private property. Use the portapotties at the exchange zones. Follow “no parking” directions and keep off private property. Do not block any residential or commercial driveways. Pack it in; pack it out. You wouldn’t want people leaving trash or urinating on your property. Use common sense, and treat others as you’d like to be treated.
- 10) Keep your noise level under control. These are backcountry roads and the residents and their animals aren’t used to so much traffic. Play music, but not too loud. Cowbells are great, but air horns can frighten horses and dogs. Fireworks are prohibited, as they are both disruptive and a fire danger. Again, treat others as you would expect.
- 11) Runners may walk if they wish, but walkers should not run, as the exchange zones and the finish are staffed based on estimated times. Walkers who decide to “jog a little bit”



will arrive at unattended exchanges (and will be cheating). This is **not** a judged race-walking event, so we expect walkers to police themselves.

- 12) Be aware of course markings. Check the leg maps before you start each leg. Critical turns will be marked, but teams are responsible for keeping their runners on course. Runners may want to carry a map with them as they go.
- 13) Drink water; stay hydrated, especially as the day warms up.
- 14) Do not go home without telling us. Teams that drop out must notify a race official before leaving the course.
- 15) If you encounter a dangerous situation (e.g. loose dog or angry resident) or have a medical emergency, your first priority is to keep yourself safe. Once in a safe situation, please report the incident to race officials or a ham radio operator ASAP. Give specific details and information so we can follow up with EMS and law enforcement as is appropriate.
- 16) Smoking is prohibited on the course. Report any fires to race officials immediately.
- 17) Parts of the course are not closed to traffic. In general, runners should keep to the left side of the road, facing traffic, unless told otherwise by race officials. The course has a mixture of paved roads, paved trail, and sidewalks. Always be mindful of traffic.
- 18) **Bibs MUST be worn on the front**, so race officials can record which teams have passed each exchange and which teams have finished.
- 19) Handoffs should occur inside the designated exchange zones. There are no batons; touching hands is sufficient.
- 20) Timing: This event is chip timed. BE SURE the first and last runners wear a chipped bib when they cross the start line and the finish line.
- 21) Leapfrogging is not permitted. There is a 7 hour time limit (16:00 min/mile)
- 22) Save the party for the finish. Open alcohol containers and drinking are prohibited on the course. Not only is this a violation of ORRC rules, it is a violation of state law and you are at risk of being cited by law enforcement.
- 23) No oversize vehicles such as RVs, buses, shuttles or limos are permitted as support vehicles. If you're unsure if your vehicle qualifies, please contact the race director. Most teams drive a van or SUV.
- 24) "Following" is NOT permitted. Following refers to when a van follows 25-30 yards behind the runner while they are running. This is dangerous as it slows traffic. Bicycles are also not permitted to accompany runners on the road.
- 25) Course Accuracy: This course is USATF certified (i.e. measured with a calibrated bicycle to the standards adopted by the USATF Road Running Technical Council). Due to multiple factors, including trees and other objects that interfere with satellite signals, personal GPS devices do not measure distance as accurately. The total distance is certified; the distance of each leg is approximate.
- 26) Weather: the weather for this event is typically mid-40s in the morning and low 60s in the afternoon, although some years there has been rain and even snow. Check the forecast before the race and dress accordingly. Bring a drop bag if needed.
- 27) Drop Bags: Drop bags may be left at the start and will be brought to the finish line, placed in the bleachers at the Banks HS track. Lost and found items will be brought to BMS.
- 28) Support: There will be sweepers on the course to track the runners and direct people to the nearest trailhead if they are hurt or unable to finish in the time allowed.



Transportation (sag wagon) will be provided as needed. All aid stations will have a basic first aid kit and a ham radio operator. EMS will be on stand-by.

- 29) Where to Cheer: Friends and family who want to cheer their runner/walker can access the course at the various trailheads: Anderson Park (Miles 2 & 4), Beaver Creek (Mile 9), McDonald Road (Mile 10), Tophill (Mile 13) Stub Stewart (Mile 15.5), Buxton (Mile 19), Manning (Mile 22) and Crossman Road (Mile 24). Download a map of the Banks-Vernonia State Trail for details. DO NOT park on the highway within 200 feet of the Tophill Trailhead. There is limited parking at Cedar Ridge (marathon start) and Stub Stewart (the half marathon start). There is limited parking at Banks HS (where both races finish).
- 30) Socks and Medals: All participants will get custom ORRC Vernonia Marathon Fitsocks. All finishers will get a finisher's medal.

### **At the Finish**

- 1) Awards Ceremony and raffle at approximately 1:00pm. Awards will be given to the fastest teams in each of the four divisions listed above. In addition, special awards will go to Best Team Name and Most Creative Costumes.
- 2) Teammates usually cross the finish line with the last runner. Have your team wait and run the last 100 yards on the track together. If you want to take photos at the finish line, don't impede other teams as they finish.
- 3) Enjoy the post race party! Runners, walkers, volunteers, friends and family are welcome to eat soup and baked potatoes in the Banks Middle School cafeteria
- 4) Parking: The lots at Banks High School/Middle School and Banks Elementary School fill up quickly in the morning, but there should be numerous spots available in the afternoon, as most of the half marathon runners will finish before the marathoners and relay teams. Park on city streets if necessary.
- 5) Post Race Food: We'll have bananas, oranges, water, and Gatorade at the finish. Pick up your drop bag in the bleachers and head over to the Banks Middle School cafeteria for soup and baked potatoes.
- 6) Showers: will be available for free at BMS. Bring your own towel.
- 7) Results/Timing: This race is chip timed. Be sure to cross the mats at the start and the finish. Results will be available at the finish line, and later at [www.orrc.net](http://www.orrc.net).
- 8)

### **Volunteers**

- 1) Volunteers are essential for the safety of participants. Teams are required to provide one volunteer to serve as a race official. If providing a volunteer is a hardship, you may opt out by paying a \$50 fee instead of providing a volunteer. We MUST have a committed volunteer name by April 1<sup>st</sup>. The fees are used to hire additional people to fill the volunteer positions. We give back to the community by making donations to non-profit groups and high school teams that provide volunteers.
- 2) Volunteers must be 18 years or older and physically able to carry out their assigned duties.

- 3) Each volunteer works a 3 to 4 hour shift. Go to [runsignup.com](http://runsignup.com) to see the available assignments. When prompted, be sure to report which team you are volunteering for.
- 4) Volunteers are expected to arrive at their assignments on time and work their entire shift. Maps and detailed instructions for each assignment (including how to get there) are available on the web site.
- 5) Volunteers should bring: food, water, clothes appropriate for the weather, cell phone, and map/instructions for their assignment. They should NOT bring alcohol, young children or pets.
- 6) Instructions, important phone numbers and yellow tape (to put between the orange delineators for the ten yard exchange area). When you are done, pack everything up for the sweeper to pick up.
- 7) If you encounter a dangerous situation (e.g. loose dog or angry resident) or have a medical emergency, your first priority is to keep yourself safe. Once in a safe situation, please report the incident to race officials or ham radio operators ASAP. Give specific details and information so we can follow up with EMS or law enforcement as is appropriate.
- 8) Cell phone coverage is spotty. For minor emergencies, a first aid kit is provided. For serious emergencies, call 911 or talk to a ham radio operator at any aid station; they will contact the race director or EMS.
- 9) Volunteers are welcome at the post race party at Banks Middle School!

### **Questions?**

Contact Mark Barrett, Race Director at [vernonia@oregonroadrunnersclub.org](mailto:vernonia@oregonroadrunnersclub.org) or 503-821-9577.

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