

OFFICIAL RACE PROGRAM



REVEL  
MOUNT  
HOOD

Marathon & Half

JUNE 29, 2019



goodr

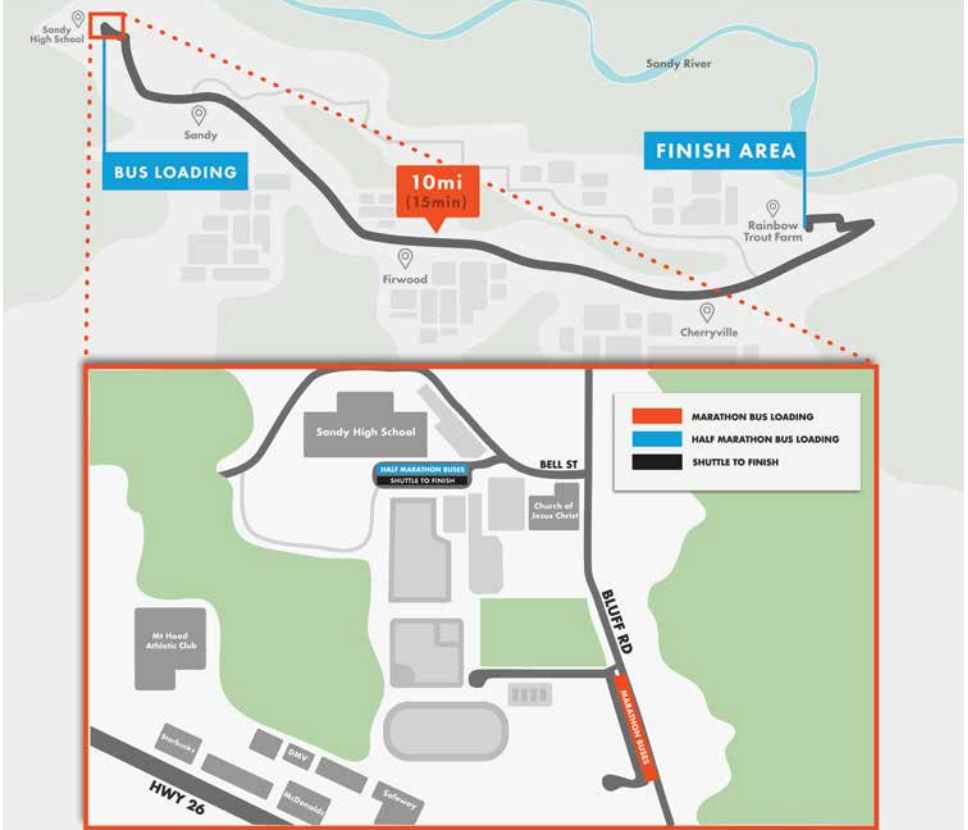
HONEY STINGER

AFTERSHOKZ.

SPROUTS  
FARMERS MARKET

POWERADE.

# PARKING & BUSING



## PARKING ADDRESS:

**Sandy High School**  
37400 Bell St, Sandy, OR 97055

## BUSING

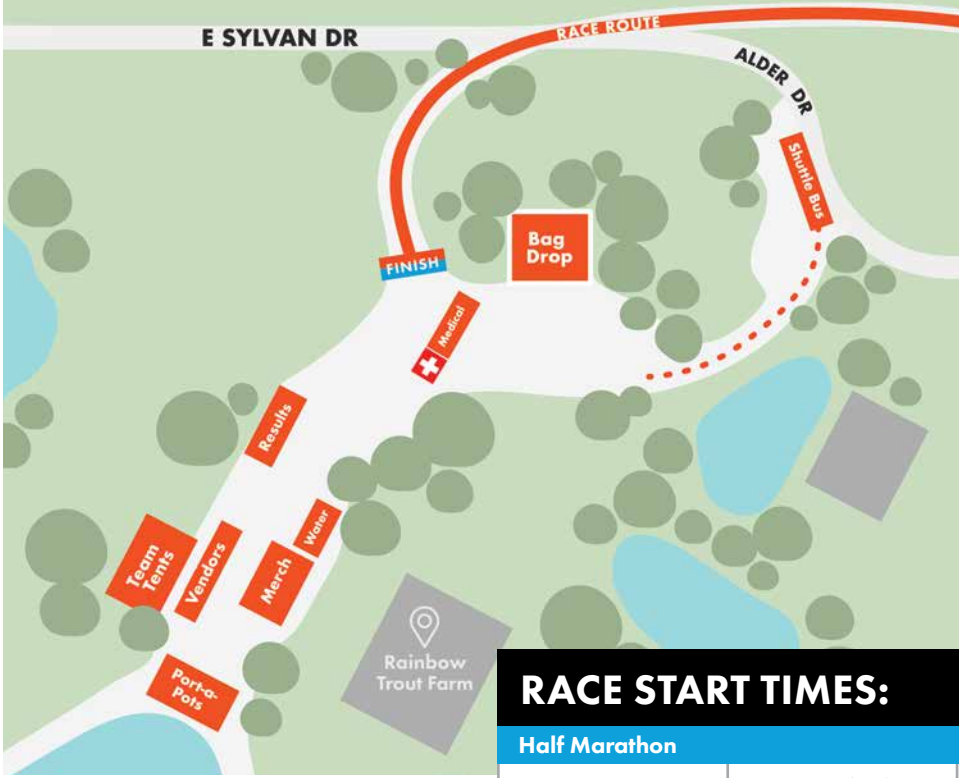
Full and half marathon participants will board buses in two different areas. Full marathon buses will load according to your wave start time from 3:00am - 4:15am on Bluff Rd. at Marcy St. Half marathon buses will load from 4:00am - 4:45am in the already designated bus loading area within the Sandy High School Parking lot. Please arrive on time and make sure you board the correct bus.

## PARKING

Unless you have pre-purchased the roundtrip shuttle ticket from downtown Portland all participants will park at Sandy High School (37400 Bell St, Sandy, OR 97055). All participants must take the bus and your bib is the ticket to board the bus. There is no parking at the start lines, and participants may not be dropped off at the start venues in private vehicles.

Spectators may also park at the same location as runners. Shuttles will be provided for both spectators and runners, free of charge.

# FINISH VENUE



## SPECTATORS

Because of special traffic restrictions that will be in place all along the race course, spectators are NOT allowed to meet up with their runners at any point on the course other than the finish line. Runners whose spectators park along the course or slow their vehicles alongside the course risk disqualification from the race. Please remember that NO PARKING whatsoever is available at the finish line or around the finish area. Any spectators who attempt to access the finish area on Sylvan Drive will be directed to exit the area and park at Sandy High School to utilize the free shuttle back to the finish area.

*(There will not be an awards ceremony for overall, team or age group winners. All awards can be picked up at the results tent.)*

## RACE START TIMES:

### Half Marathon

RACE START  
**6:00am**

BUS LOADING  
**4:00am - 4:45am**

### Marathon

WAVE 1 START  
**5:00am**

BUS LOADING  
**3:00am**

WAVE 2 START  
**5:15am**

BUS LOADING  
**3:15am**

WAVE 3 START  
**5:30am**

BUS LOADING  
**3:30am**

WAVE 4 START  
**5:45am**

BUS LOADING  
**3:45am**

WAVE 5 START  
**6:00am**

BUS LOADING  
**4:00am**

WAVE 6 START  
**6:15am**

BUS LOADING  
**4:15am**

# AID STATIONS



## AID STATION AMENITIES

| MARATHON                  | A        | B  | C  | D        | E  | F       | G        | H    | I         | J        | K       | L  | M  |
|---------------------------|----------|----|----|----------|----|---------|----------|------|-----------|----------|---------|----|----|
| MILE                      | 2.5      | 5  | 7  | 10       | 11 | 13      | 15       | 17.5 | 19.5      | 21       | 23.5    | 24 | 25 |
| RESTROOMS                 | db       | db | db | db       | db | db      | db       | db   | db        | db       | db      | db | db |
| WATER                     | db       | db | db | db       | db | db      | db       | db   | db        | db       | db      | db | db |
| POWERADE                  | POWERADE |    |    | POWERADE |    |         | POWERADE |      |           | POWERADE |         |    |    |
| HONEY STINGER ENERGY GELS |          | db |    |          |    | db      |          |      |           | db       |         |    |    |
| FRUIT                     |          | db |    |          |    |         | db       |      |           |          | db      |    | db |
| FROZEN TREAT              |          |    |    |          |    |         |          |      |           |          | db      |    | db |
| dōTERRA DEEP BLUE         |          |    |    |          |    | dōTERRA |          |      | DEEP BLUE | RUB      | dōTERRA |    |    |
| MEDICAL                   |          |    |    |          |    |         |          |      |           |          |         |    | +  |

| HALF MARATHON             | A        | B  | C  | D        | K       | L  | M  |
|---------------------------|----------|----|----|----------|---------|----|----|
| MILE                      | 2        | 4  | 6  | 8        | 10.5    | 11 | 12 |
| RESTROOMS                 | db       | db | db | db       | db      | db | db |
| WATER                     | db       | db | db | db       | db      | db | db |
| POWERADE                  | POWERADE |    |    | POWERADE |         |    |    |
| HONEY STINGER ENERGY GELS |          | db |    | db       |         |    |    |
| FRUIT                     | db       |    |    |          |         | db | db |
| FROZEN TREAT              |          |    |    |          | db      |    | db |
| dōTERRA DEEP BLUE         |          |    |    |          | dōTERRA |    |    |
| MEDICAL                   |          |    |    |          |         |    | +  |

## DROP BAG

You will receive a race bag when you pick up your packet at the expo. This bag is for you to take to the starting areas. A number that matches your race bib will be attached to your race bag. This is to identify your bag at the finish area after the race, and you will need your bib to prove ownership of your bag when you pick it up. Please carry any belongings to the starting area in this bag, as opposed to any other personal bags, which cannot be identified by your race number. Bags must be placed in the bag trucks at the starting areas at least 15 minutes prior to the race start.

## AID STATIONS

Aid stations will be located approximately every two miles along the course. All aid stations will be supplied with Powerade, water, restrooms, and basic first aid supplies. Additionally, various aid stations will be supplied with Honey Stinger gels, fruit, a frozen treat, dōTERRA Deep Blue and medical personnel. The aid station map indicates the locations of each aid station as well as the supplies and amenities available.