

VAN 1

7.77 MI | MODERATE

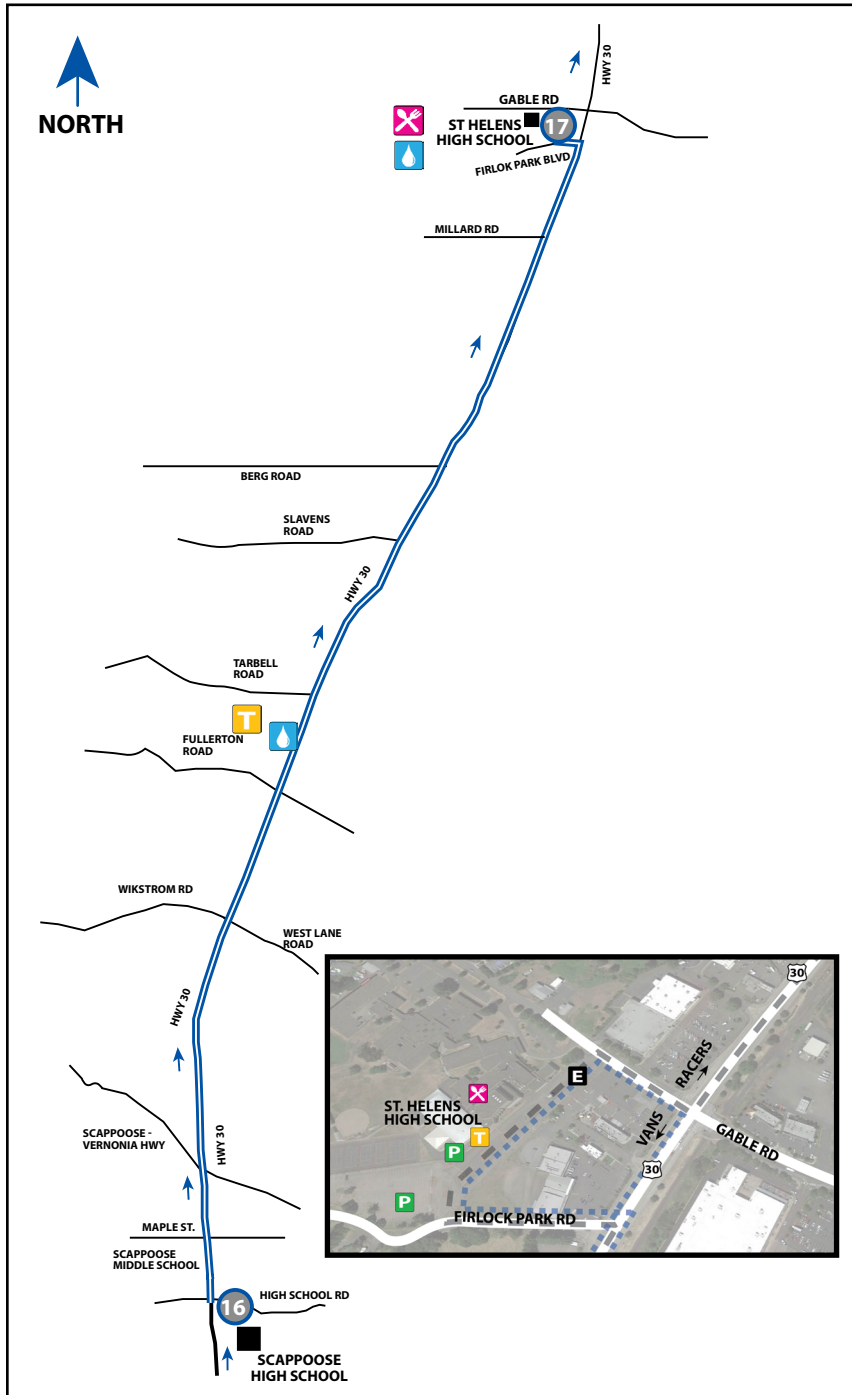


LEG DESCRIPTION: Basically flat terrain on paved shoulder along HWY 30.

EXCH 17 ADDRESS: St. Helens High School 2375 Gable Rd, St. Helens, OR 97051

GPS: 45.848739, -122.833439

NOTES:



DIRECTIONS FROM EXCH 16 TO EXCH 17

Cross with light at High School Way and run on left sidewalk.

- 0.00 Exchange 16 (Scappoose High School)
- ↑ 0.13 High School Way/HWY 30
- ↑ 1.05 Scappoose Vernonia HWY
- ↑ 2.25 Wikstrom Rd
- ↑ 3.12 Fullerton Rd
- 3.36 Water Station 
- ↑ 4.67 Berg Rd
- ↑ 6.72 Millard Rd
- ← 7.45 Turn **LEFT** onto Firlock Park Rd
- 7.77 Exchange 17 (St. Helens High School)

COURSE FUNDRAISER
ST. HELENS HS
 FRIDAY 7:00PM- SATURDAY 6:00AM
 SHOWERS: \$2 each; towels additional \$2
 SLEEPING: \$2 use sleeping area gym
 FOOD: Pancakes, eggs & sausage; assorted deli snacks

EXCHANGE NOTES

Parking: At St. Helens High School. Do not stop on side of HWY 30 near Exchange 17 to drop off of pick up teammates.

Provisions: Yes and Course Fundraiser

Fuel: Yes (Fuel up!)



It is recommended to fuel up your van on this leg as there are no gas stations on the route until Seaside. (Gas also available 9 miles off of race route in Astoria)



Highly encouraged to wear high visibility clothing (no dark colors), and for non-participating teammates outside van to wear a reflective vest & LED flasher (6pm-9am).

ELEVATION GAIN/LOSS: 153/-101ft
NET: -52ft

