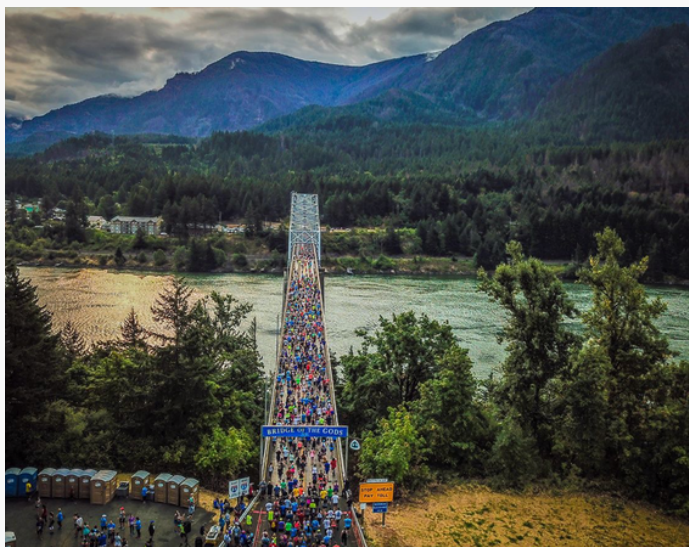


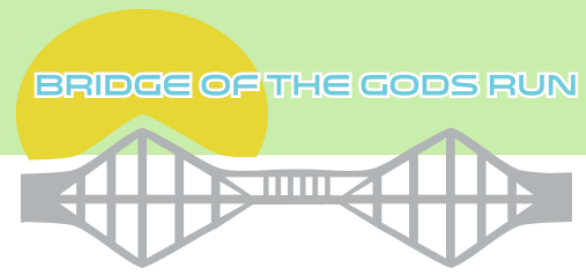


Race Guide

AUGUST 7 - CASCADE LOCKS, OR



Breathtaking views, historic trail



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

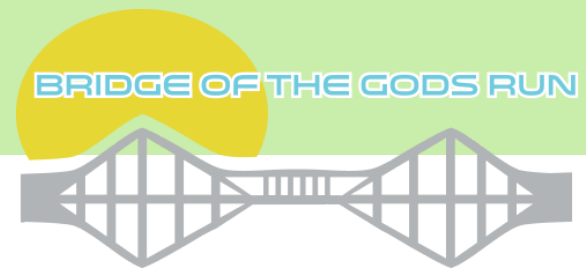
Please go to our Facebook page, www.facebook.com/bridgeofthegodshalfmarathon, and "like" us to stay updated with any last-minute information about this year's event. Please read this guide carefully for all the information you'll need to have a fabulous time this weekend! If you still have questions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

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

Sincerely,
Chad Sperry
Race Director



Event Schedule



Friday:

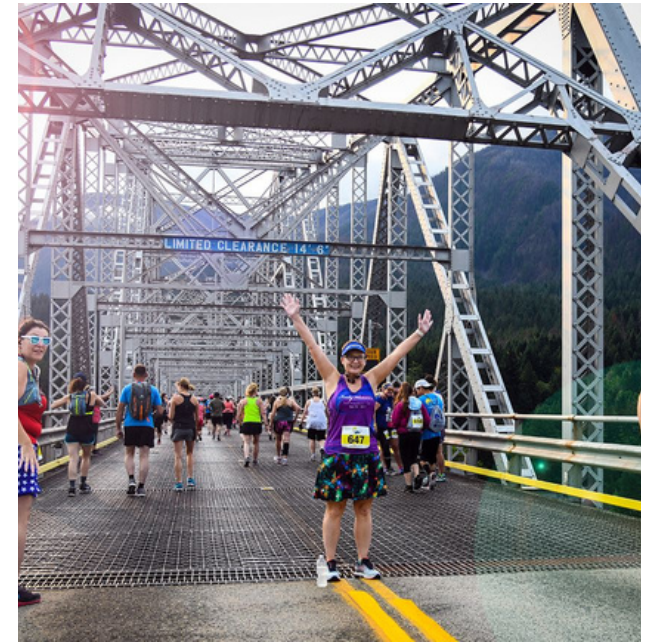
- 3 pm – 7 pm: Packet Pickup, Foot Traffic (Portland)

Saturday, August 6th:

- 2 pm – 6 pm: Packet Pickup, Marine Park Pavilion
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Sunday, August 7th:

- 6 am – 7:45 am: Packet Pickup, South Entrance to Marine Park
- 6:15 am – 7:45 am: Shuttle Buses Running
- Race Start Times
 - 8:00 am: Half Marathon
 - 8:30 am: 10K
 - **Walkers welcomed and celebrated! 7-hour half-marathon cut-off time.**
- 10:30 am: Post Event Lunch Opens
- 11:00 am: 10K Run Awards
- 11:30 am: Half Marathon Run Awards
- 3:00 pm: Finish Line Closes



Event Schedule – Packet Pickup



FRIDAY **No On-Site Registration**

Foot Traffic

4020 NE Fremont Street

Portland, OR, 97212

[Map to Foot Traffic](#)

3 pm to 7 pm



SATURDAY

Marine Park Pavillion

395 SW Portage Way

Cascade Locks, Oregon

2 pm to 6 pm

No On-Site Registration

SUNDAY

South of Marine Park Entrance on WaNaPa

300 Wa Na Pa Street

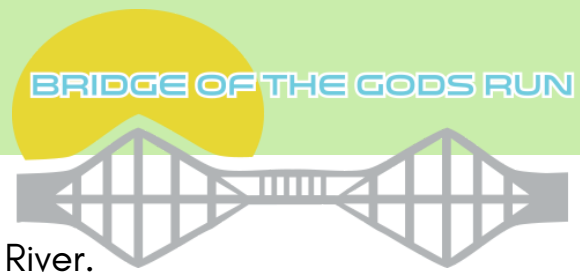
Cascade Locks, OR

6 am to 7:45 am

No On-Site Registration



Race Day Shuttle Bus



We will have shuttle buses available to transport runners from the race parking/packet pickup over to the start on the Washington State side of the Columbia River.

Runners are not allowed to walk across the bridge while traffic is going as it is dangerous.

Buses will begin shuttling runners at 6:15 AM and run till 7:45 AM. If you would like plenty of space on the bus, we strongly encourage you to take one of the many shuttle buses heading over the river between 6:15 AM and 6:45 AM. These typically have far fewer passengers. Later buses will be fuller and we are working to make sure everyone who is traveling solo has their own seat (family and friends from the same cohort please share a seat).

Here are some of the benefits of getting to the start early.

- Amazing views of the bridge, river, and gorge from the interpretive center at the start.
- 80% of all porta potties for the event will be located at the start.
- Breakfast bars, fruit, and water will be available.
- Race music will start playing at 7 AM.
- Plenty of room to spread out and relax!
- Bag check is available for anyone wanting to check in their jacket, clothing, water bottle, etc.
- We will transport your bag to the finish area for you after the start of the race.



Friends or family who are not running may drop their runners at the start (though we strongly prefer that runners take the shuttle bus to reduce traffic congestion). There is **NO PARKING permitted at or anywhere near the start** – drivers will only be able to drop runners off and turn around and park back on the Oregon side in our official race parking. Be aware that there is a toll in both directions to cross the bridge.

Race Day Parking



CASCADE LOCKS SCHOOL / MARINE PARK

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

- We will first direct runners to park at Cascade Locks School which is free and helps reduce congestion in the park.
- Parking at the school puts runners right at packet pickup and the shuttle bus pickup.
- Overflow parking will be at Marine Park.

When picking up runners after their race please do so on Wa Na Pa Street. Do NOT come down into the park after 8 AM. This will greatly help congestion and traffic flow. Please be respectful of local businesses and do not park outside of these two designated spots.

SPECTATORS

The majority of the course is a narrow closed trail so please do not venture deep into the course.

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

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



We are pleased to provide camping at this year for the Bridge of the Gods Run. We are able to provide this opportunity through the partnerships and generosity of the Port of Cascade Locks and Cascade Locks School.

Camping Registration

Cost of camping is \$20 per tent or \$30 per RV space. Each site may have up to 4 people in it.

- You may purchase additional tent sites for \$20 per site. You may sign up for camping in advance with your registration or you may purchase a campsite at the Camping Registration Tent from noon to 7 PM on Saturday.
- If you signed up in advance simply give your name to the Camping Registration Tent attendant to get setup. We are limited on space so it is encouraged that you sign up in advance.
- The camping check in booth for all camping is located next to the pedestrian bridge over to Thunder Island.

Check-In / Check-Out

You may check in and setup your campsite starting at noon. Camping registration tent closes at 7 PM so please make sure you are in by then. You must be loaded up and cleaned up by 3 PM on Sunday.

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

Rules

Camping was only made possible by the incredible generosity of the Port of Cascade Locks and Cascade Locks School. Please be sure and leave your sites in good condition by picking up trash around your area and removing all camping equipment. There are positively, absolutely, no campfires at any of the camping locations. Cook stoves are permitted.

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



Camping Locations

We have two camping locations for you to choose from.

1. **East Side of Thunder Island** – This is only available for tent campers. This incredibly unique opportunity allows campers to camp out on the Columbia River. There are only a few islands on the entire length of the Columbia that allow camping and the Port of Cascade Locks has made an exception for this event (camping is allowed only one other time during the year and that is at PCT Days). The site is on a lush green lawn and we will have portable restrooms and hand-washing stations in the designated camping area for you. Showers are provided at the Cascade Locks School across the street. We will provide pull wagons at the Camping Registration Tent for your convenience to tote your camping gear in to your site or if you would prefer we can shuttle it in with one of our golf carts for a fee of \$5 (all funds will go to the Cascade Locks School).
2. **Cascade Locks School Athletic Field** – The benefit of this site is the convenience factor of being within a stone's throw of the showers, packet pickup, and shuttle bus pickup as well as parking close to your tent.



Course Information - 10K



10K Course

Miles: 6.2 miles

Total Elevation: 270 feet

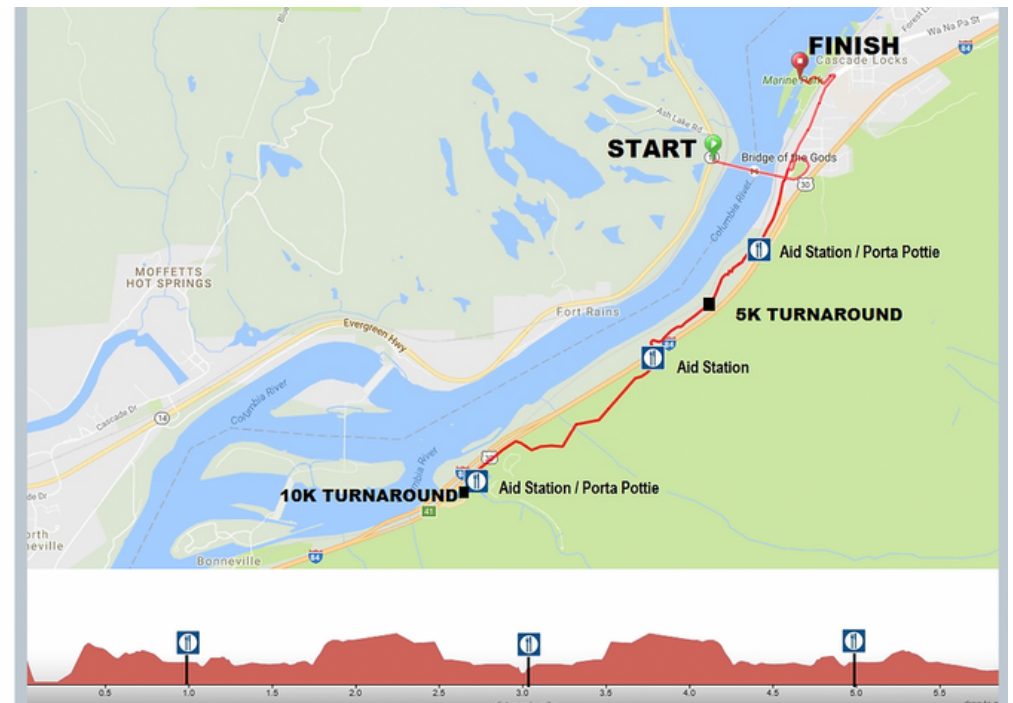
Largest Hill: 5% grade

Aid Stations: 5

Surface: 100% paved

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

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



Course Information - Half Marathon



Half Marathon

Miles: 13.1 miles

Total Elevation: 920 Feet

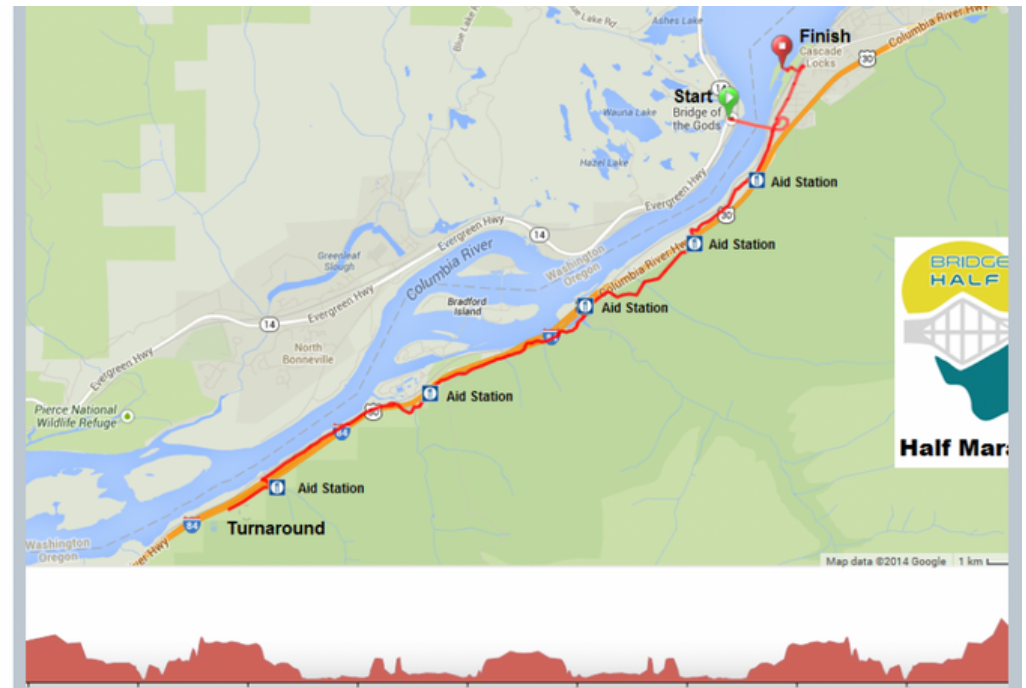
Largest Hill: 5% grade

Aid Stations: 9

Surface 100% Paved

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

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



Aid Stations



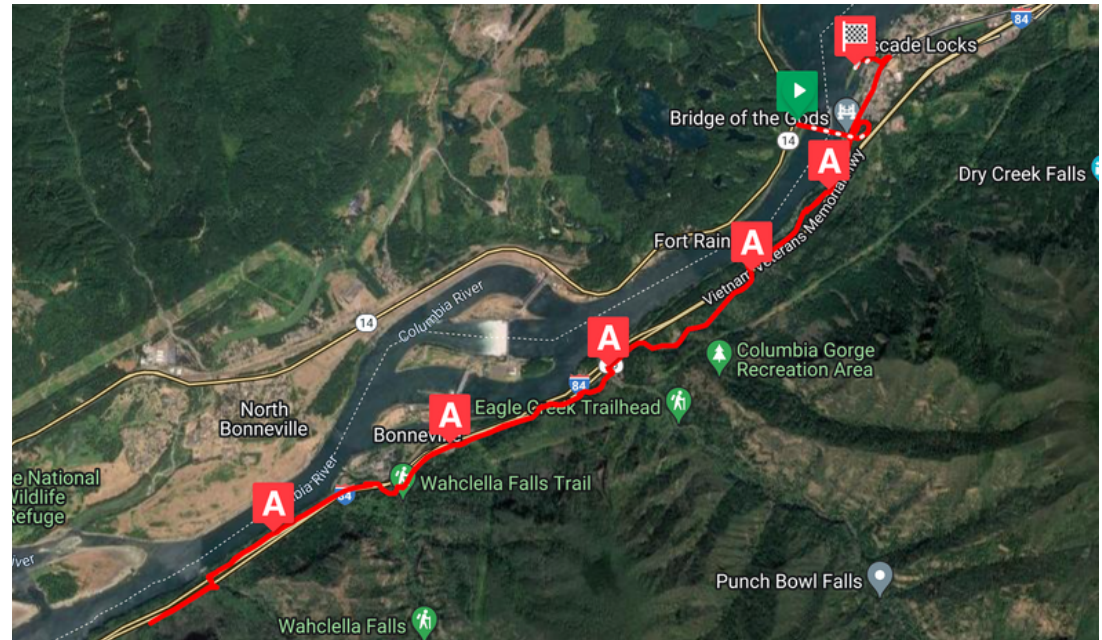
This out-and-back course has 5 Aid Stations and runners visit each twice. The Aid Stations are spaced every 1.5 – 2.0 miles along the course.

Aid stations will have water Gatorade, bananas, GU, and gummy bears.

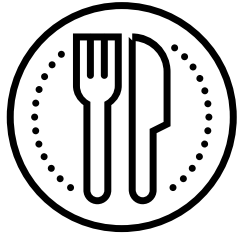
There are dozens of Port-a-Potties at the race start in Washington and near the Race Finish Area at the pedestrian bridge before crossing to Thunder Island.

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

Aid Station Map



Post-Run Celebration & Awards



Bring your appetite as Spin Catering will be providing everyone with an awesome lunch. The menu below has something for every dietary need.

- Korean style grilled chicken heated on site (GF)
- Jackfruit Korean Style (GF) by request
- Organic mixed greens with balsamic vinaigrette (V)
- Tropical Wild rice with pineapple, red peppers and cilantro (V/GF)
- Classic Food fresh pasta salad with grilled summer vegetables (V)
- Sliced baguette with butter balls
- Fresh baked chocolate chip cookie no nuts

Award Categories

Top three Men / Women in the following categories will receive awards:

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

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

Awards will not be mailed after the event.

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

