

# 2023 Race Guide

AUGUST 6 - 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](http://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](mailto:breakawayeventinfo@gmail.com).

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

Sincerely,  
Chad Sperry  
Race Director

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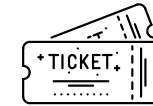


# Event Schedule



Sunday, August 7th:

- 6 am - 7:45 am: Packet Pickup, South Entrance to Marine Park, 300 Wa Na Pa St, Cascade Locks
- 6:00 am - 7:30 am: Breakfast Fundraiser at Packet Pick-up
- 6:15 am - 7:45 am: Shuttle Buses Running
  - MORNING BUSSES- A reminder that all participants will need to be bussed over to the start on the Washington side of the Columbia River. There is no parking at the race start. If you have someone who is willing to drop you off they may do so but must drop and go immediately so as not to create more congestion for our buses transporting runners. If you decide to show up and catch one of the buses after 7:00 AM you can expect long lines and a very crowded bus ride. We strongly encourage runners to jump on one of the buses between 6 AM and 7 AM for a better experience.
- 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

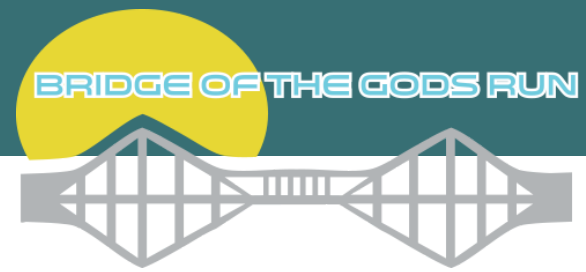


**Pay for your breakfast ahead of time here!**

<https://bit.ly/BOGrunBreakfast>



# Pre-Run Breakfast



Join us for the Bridge of the Gods Breakfast Fundraiser, hosted by the Gorge Canoe Club!

Fuel up for your day while supporting our local non-profit dedicated to enhancing the community's enjoyment and preservation of our beautiful waterways and help provide community watersports programs.

Our breakfast is a buffet-style, "take what you want," with each ticket costing just \$15!

Here's what's on the menu:

- ☕ Coffee
- Smuckers Uncrustables
- Hard Boiled Eggs
- Oatmeal (Bobs Red Mill)
- Apples (School Boy) and Bananas
- Granola Bars
- Yogurt Chobani

Remember, this isn't just a breakfast - it's an opportunity to support an organization that promotes outdoor activities, community engagement, and environmental preservation.

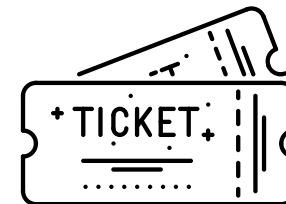
Date: Sunday, August 6th, 2023

Time: 6am - 7:30am

Location: 300 SW WaNaPa Street Cascade Locks Oregon 97104  
(Cascade Locks Elementary sports field).

**Pay for your breakfast ahead of time here!**

<https://bit.ly/BOGrunBreakfast>



GCC - Gorge Canoe Club is a local 501c3 nonprofit outrigger canoe club that incorporated on 9/24/2021, we paddle from Stevenson, Washington and Cascade Locks, Oregon. We are a volunteer based club and have partnered with several other local nonprofits (PTO,NWTA, PCT, Adopt-a-Highway, ODOT, City & Port of Stevenson and Cascade Locks) on various community and recreational programs. Summer youth camps, trail maintenance, & I-84 trash cleanups, and in-town landscape beautification. We are a club member of the regional PNWORCA racing association and have both recreational and competitive team members. Our organization primarily relies on fundraisers, donations and paid club memberships dues.

# 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!

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 (but 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 may drop runners off and quickly exit the area 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 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 drive 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 trail that is closed to vehicular traffic.

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!

# Camping Information



We are pleased to provide camping areas 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.

- 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 set up your campsite starting at noon. The camping registration tent closes at 7 PM so please make sure you check in by then. You must be loaded and your area cleaned by 3 PM on Sunday. Leave it as you found it!

- 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 Information



## 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.



- **THUNDER ISLAND** - All tent campers on Thunder Island must check in from noon to 7 PM at the tent next to the pedestrian bridge to Thunder Island.
- **CASCADE LOCKS SCHOOL** - All RV's and tent campers camping at Cascade Locks School must check in from noon to 7pm at the tent located at the entrance to the athletic field.



# Course Information - 10K



## 10K Course

Miles: 6.2 miles

Total Elevation: 270 feet

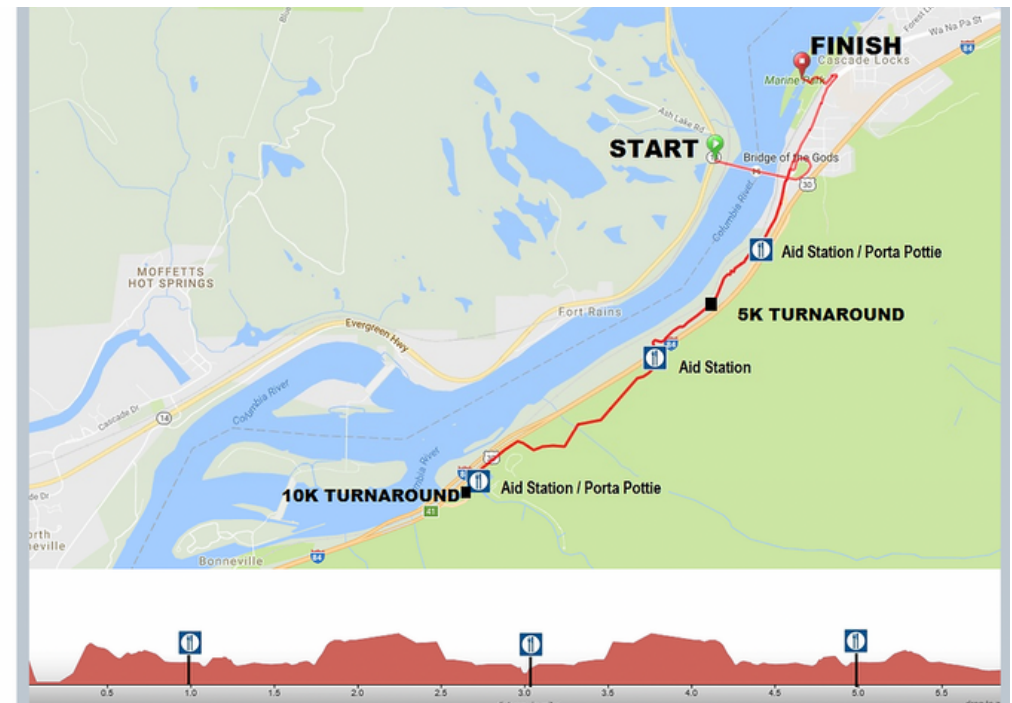
Largest Hill: 5% grade

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

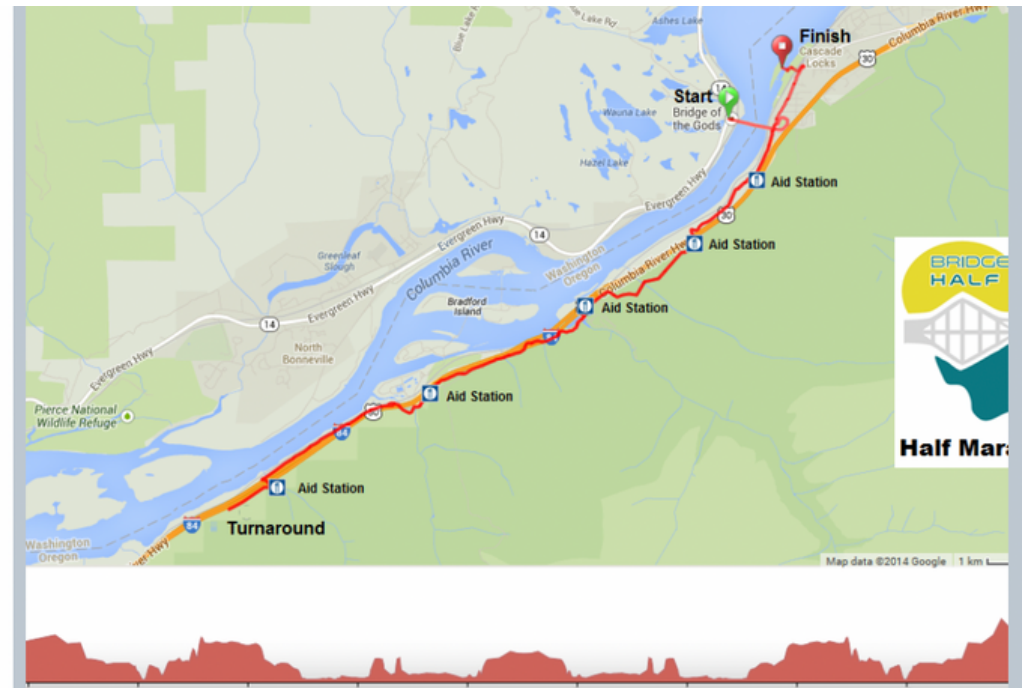
Largest Hill: 5% grade

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



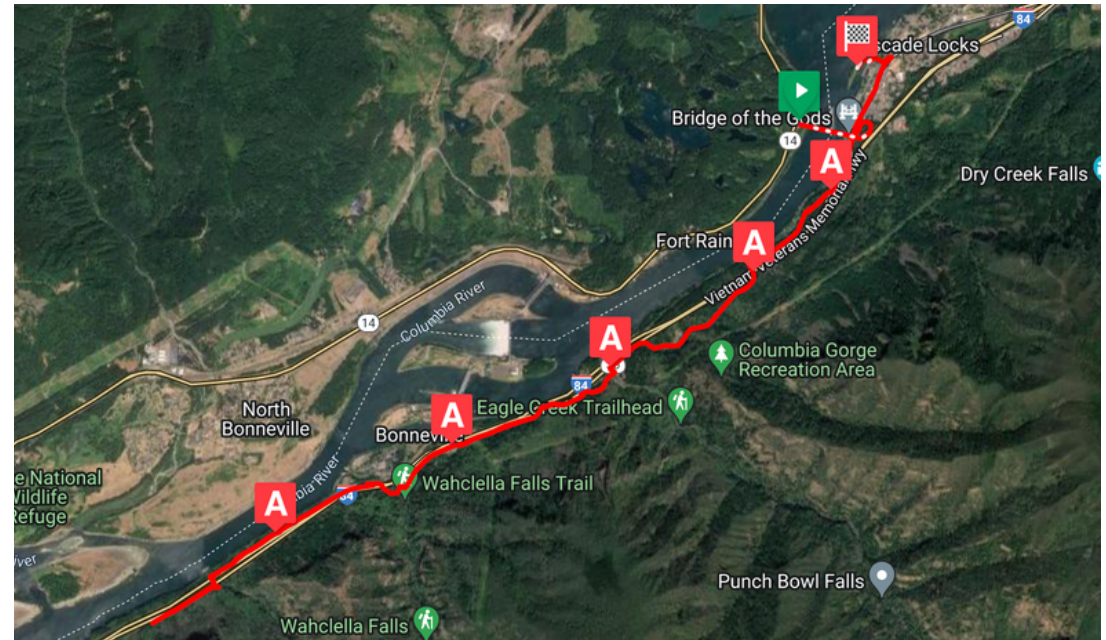
This out-and-back course has 5 Aid Stations and runners visit each twice. The Aid Stations are spaced every 1.5 – 2.0 miles along the course.

Aid stations will have water Gatorade, bananas, GU, and fruit snacks.

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

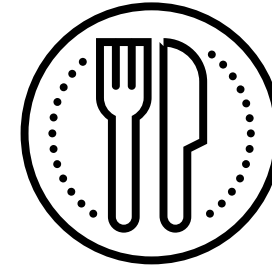


# Post-Run Celebration & Awards



Bring your appetite as Spin Catering will be providing everyone with an awesome lunch. The menu will have 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



## Post-Run Celebration with Countryfied!

We've decided to turn up the entertainment this year and make Sunday a big celebration with live music in the park from Countryfied. Countryfied is a regional, high energy, country rock based, variety band. Countryfied has been entertaining audiences of all sizes and ages for over twenty years.

Find out more at [countryfiedmusic.com](http://countryfiedmusic.com)



### Award Categories

Top 3 Men/Women in the following categories will receive awards.

- Overall Half Marathon
- Overall 10K
- Age Group Categories: Under 14, 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.

# 2023 Bridge of the Gods Run Waiver

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING AND/OR VOLUNTEERING IN The Bridge of the Gods Run (a Breakaway Promotions event), including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault. Breakaway Promotions does not provide liability insurance for the protection of individuals, groups, organizations, businesses, spectators, or others who may participate in the events. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity or event in which I may participate, and that it will govern my actions and responsibilities at said activity or event. In consideration of permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Breakaway Promotions its staff, volunteers, medical providers and contractors, US Forest Service, and local cities and municipalities, schools and/or their directors, officers, employees, volunteers, representatives, and agents, the activity or event holders, activity or event sponsors, activity or event volunteers;

(B) I INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity or event, whether caused by the negligence of release or otherwise.

I acknowledge that Breakaway Promotions and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific event or activity on behalf of Breakaway Promotions.

I acknowledge that this activity or event may involve risk and may carry with it the potential for death, serious injury, and property loss. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity or event.

I understand that this race requires all runners to follow rules of the road at all times and when participating in the Bridge of the Gods Run, I will yield, stop, and follow all laws and right of ways.

I understand that I will be participating in an event that utilizes open roads and that medical incidents that our medical staff deem life threatening will require life flight services at the expense of the participant signing this waiver.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and assigns.

The accident waiver and release of liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I agree to conduct myself in a proper manner and will refrain from abusive dialogue and slander against volunteers, staff, and other runners.

I CERTIFY THAT I HAVE READ THIS DOCUMENT, AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Look up bib @:  
[bridgeofthegodsrun.com/bib](http://bridgeofthegodsrun.com/bib)

Racers Age \_\_\_\_\_ Distance:  HALF  10K

Bib # _____
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Print Participant's Name / Parent Guardian \_\_\_\_\_ Signature / Signature of Parent if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Address (Street, City, State, Zip Code) \_\_\_\_\_ Please fill this in!

Email \_\_\_\_\_ Phone \_\_\_\_\_

Name of Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_