

Columbia Gorge
**MARATHON
& HALF MARATHON**
THE MOST SCENIC MARATHON IN THE COUNTRY



Race Guide

OCTOBER 16, HOOD RIVER, OR



Fall Foliage and Sweeping Vistas



Run through fall foliage on the banks of the Columbia River at this destination marathon & half marathon race. On the course, you'll celebrate the sweeping vistas and impressive natural beauty of the Columbia River Gorge. Runners and walkers are welcomed with a 7-hour marathon and 6-hour half-marathon cut-off time.

Please go to our Facebook page, www.facebook.com/cgmarathon, 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



Friday, October 14:

- 2 pm – 6 pm: Packet Pickup, Foot Traffic (Portland)

Saturday, October 15:

- 3 pm – 7 pm: Packet Pickup, Shortt Supply (Hood River)
-

Sunday, October 16:

- 6:30 am – 8:30 am: Packet Pickup, Hood River Events Site, 110 Portway Ave, Hood River, OR 97031
- 7 am – 8:10 am: Shuttle Buses Running
- 6:30 am – 10 am: Welcome Runners
 - Free Backporch Coffee Roasters- A premium coffee experience!
 - Breakfast Snacks- At both Full & Half Marathon Start Areas
 - Walkers welcomed and celebrated! 3:30 pm cut-off time for all distances.
- 8:30 am – 10:04 am: Run Start Times (See next page for specific start times)
- 11 am – 4 pm: Finish Line Festivities, Fresh Apples & Ryan's Hot Apple Cider, Fajita Taco Lunch by Spin Catering
- 1 pm: Awards Ceremony, Half-Marathon
- 2 pm: Awards Ceremony, Full Marathon



Run Start Times & Awards

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RUN START TIMES

- All Marathoners- 8:30am
- Half Marathon runners self-select their start field.
Your chip time starts when you cross the start line.
 - 9:30 am 5-8 Minute Mile Pace
 - 9:35 am 8-9 Minute Mile Pace
 - 9:40 am 9-10 Minute Mile Pace
 - 9:50 am 10+ Minute Mile Pace
 - 9:55 am Dog Leg
 - 10:00 am Walkers

Walkers welcomed and celebrated!

Generous cut-off time for all distances will be 3:30 pm

AWARDS

- 1 pm Half Marathon Awards
- 2 pm Marathon Awards





FRIDAY

Foot Traffic
4020 NE Fremont Street
Portland, OR, 97212

2 pm to 6 pm



SATURDAY

Shortt Supply
Downtown Hood River
116 Oak Street
Hood River, OR 97031

3 pm to 7 pm

LAST OPTION TO
REGISTER



SUNDAY

Hood River Event Site, Hood River

At the Finish Line Tent. Please get your packet BEFORE you load the shuttle to go to the start for the full marathon distance. Half marathon will start and finish at the Hood River Event Site.

6:30 am to 8:30 am

*No on-site registration



Shuttle for Marathon Participants

Marathon participants will start up at the Mark Hatfield Trail 1.5 miles from the finish. There will be no participant parking at the trailhead. Buses will be provided to transport all participants to the marathon start. Buses will begin loading athletes at 6:30 AM and continue to 8:20 AM. The race will start promptly at 8:30 AM. It is recommended that you show up at least one hour prior to the start to catch a bus. The bus stop for loading is located next to the Parking lot just west of the finish line. In addition we will have a tent, water, pastries, and other refreshments at the marathon start to keep everyone relaxed and warm. We will have a gear check in station at the start of the marathon where you can check in any clothing and equipment and it will be transported after the start of the race to the finish line.

Car-Free Directions

Arriving the day before? [Click here](#) for Columbia Gorge Express to/from Hood River [and here](#) for Hood River Connect to the race site and downtown hotels.

Course Etiquette

This course runs through one of the most beautiful areas that you will ever see.... and we would like to keep it that way. We will have buckets placed beside every mile marker that you can place any wrappers and trash in while on course. We will also have trash cans just past every aid station. Please do not throw trash on the ground.



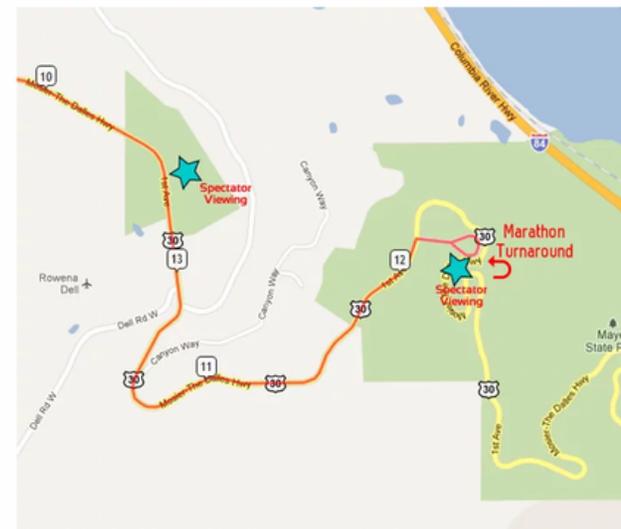
Timing

Timing for the event will be done by E8 Timing. Chips are attached to the back of your bib number and are disposable. Live time results will be posted throughout the event at the results tent as well as splits for the Half Marathon turnaround. Click on www.columbiagorgemarathon.com for live results and splits throughout the race.

Spectators

There are many great locations along the course for spectators to cheer on the runners.

- Finish Area at Hood River Event Site
- Ground Coffee & Celilo Restaurant on Oak Street in Hood River
- Mark Hatfield Old Hwy Trailhead West
- Randonnee Coffee Co. in Mosier, Oregon
- Rowena Crest Viewpoint



MARATHON Course Information

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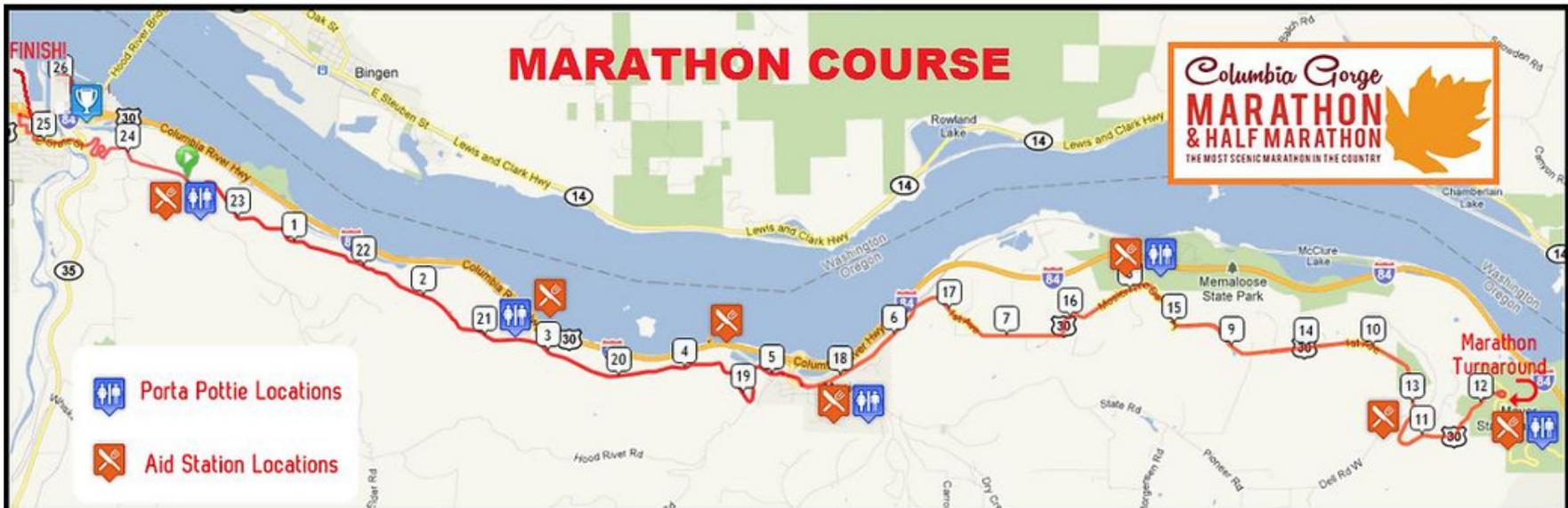


Full Marathon

Miles: 26.2 miles
Total Elevation: 1,882 feet
Largest Hill: 5% grade
Aid Stations: 12
Surface: 100% paved
Start Time: 8:30 am

[GPS MAP >](#)

****Generous cut-off time for
Marathon first lap will be 3.5 hours****

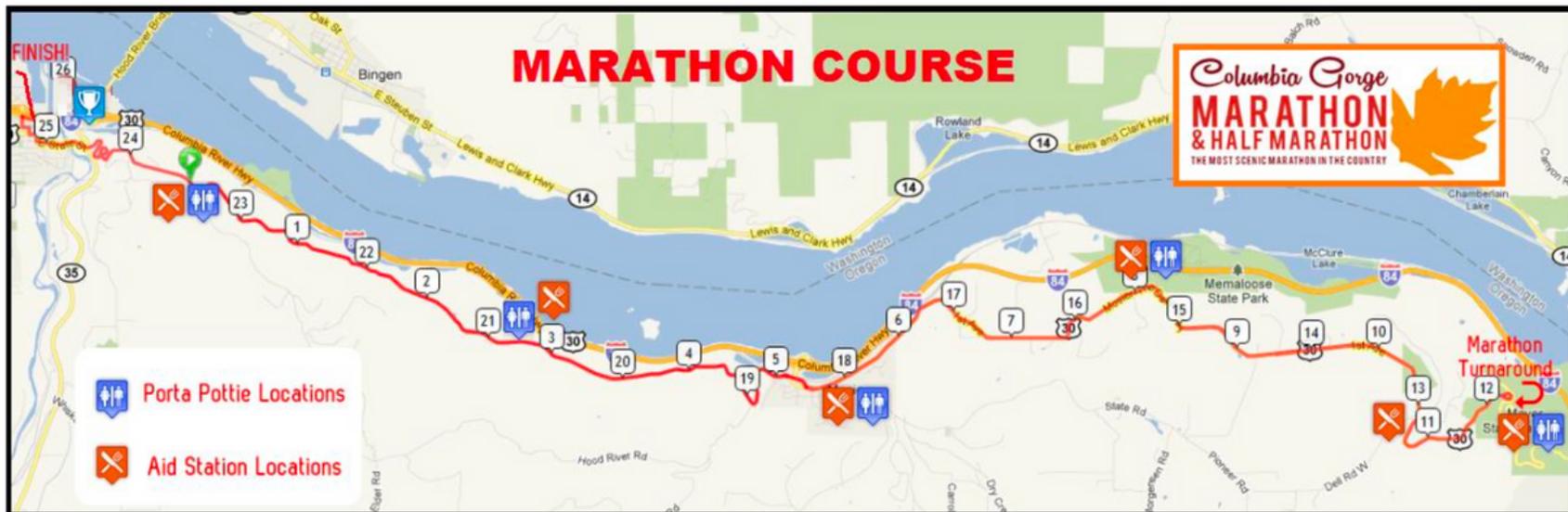


Aid Stations

Aid stations will be well stocked along the route. Aid stations will remain open to support a 7-hour marathon pace.

Marathon Aid Station Info

Mile	Station Info	Location	Supplies	Restroom
3	Aid Station 1	Old Highway Overlook	Water, Gatorade, Gummy Bears	YES
4	Aid Station 2	Twin Tunnels	Water, Gatorade, GU, Gummy Bears	YES
6.3	Aid Station 3	East of Mosier	Water, Gatorade, GU, Bananas, Gummy Bears	YES
8	Aid Station 4	Memaloose Overlook	Water, Gatorade	YES
10.5	Aid Station 5	Dell Road	Water, Gatorade	NO
11.8	Aid Station 6	Rowena Crest Viewpoint	Water, Gatorade, GU, Bananas	YES
13	Aid Station 7	Dell Road	Water, Gatorade	NO
15.5	Aid Station 8	Memaloose Overlook	Water, Gatorade	YES
17.3	Aid Station 9	East of Mosier	Water, Gatorade, GU, Bananas, Gummy Bears	YES
19.6	Aid Station 10	Twin Tunnels	Water, Gatorade, GU, Gummy Bears	YES
20.5	Aid Station 11	Old Highway Overlook	Water, Gatorade, GU Gel, Gummy Bears	YES
23.5	Aid Station 12	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES



HALF MARATHON Course Information

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Half Marathon

Miles: 13.1 miles

Total Elevation: 1,112 feet

Largest Hill: 5% grade

Aid Stations: 5

Surface: 100% paved

GPS MAP >

Half Marathon runners self-select their start field.
Your chip time starts when you cross the start line.

- 9:30 am 5-8 Minute Mile Pace
- 9:35 am 8-9 Minute Mile Pace
- 9:40 am 9-10 Minute Mile Pace
- 9:50 am 10+ Minute Mile Pace
- 9:55 am Dog Leg
- 10:00 am Walkers

Walkers welcomed and celebrated!

****Generous cut-off time for all distances will be 3:30 pm****



HALF MARATHON Aid Stations



Aid Stations

Aid stations will be well stocked along the route. Aid stations will remain open to support a 6-hour half marathon pace.

Half- Marathon Aid Station Info

Mile	Station Info	Location	Supplies	Restroom
2.6	Aid Station 1	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES
5.5	Aid Station 2	Old Highway Overlook	Water, Gatorade, GU, Bananas, Gummy Bears	YES
6.5	Aid Station 3	Tunnels Turn Around	Water, Gatorade, GU, Gummy Bears	YES
7.5	Aid Station 4	Old Highway Overlook	Water, Gatorade, GU, Bananas, Gummy Bears	YES
10.5	Aid Station 5	Mark Hatfield Trail Head	Water, Gatorade, Gummy Bears	YES



TEAM RELAY

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Welcome to the **Columbia Gorge Marathon Team Relay Race**. The following are the guidelines to this event.

Start

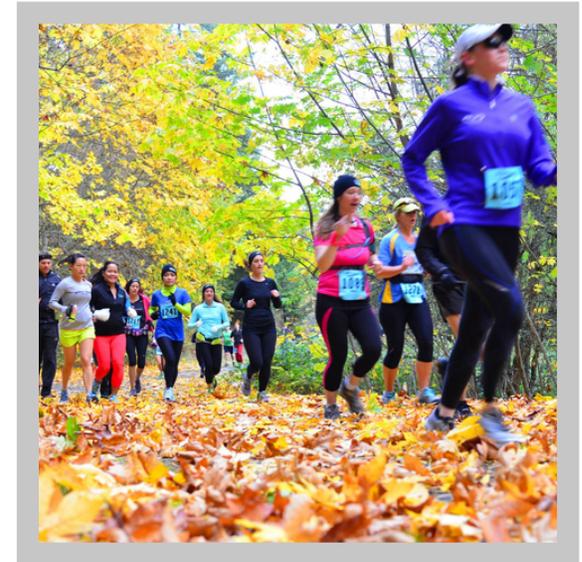
The runner of the first leg will start with the Half Marathon race at the Hood River Event Site. Each runner in the team will receive a bib number and a chip. Starting at 9:30 they will depart with the rest of the Half Marathon competitors (be sure to determine your overall mile pace to select which wave) and follow the course and mile markers along the route.

Transition

The second runner of the team must drive to the transition zone located at the Half Marathon turnaround west of Mosier. Follow the directions below to the transition area and make sure you are at least 20 minutes early to the zone. The zone will be marked by a timing mat and cones. Once your teammate has crossed the timing mat they will give you a high five and then you are off.

Transportation

All participants in the Half Marathon Relay are responsible for their own transportation. It is suggested that you work out with your teammate to have a key stashed with a vehicle at the Eastside Trailhead Parking lot. This allows the transportation out to the transition area for the 2nd leg runner and transportation back to the finish line for the 1st leg runner.



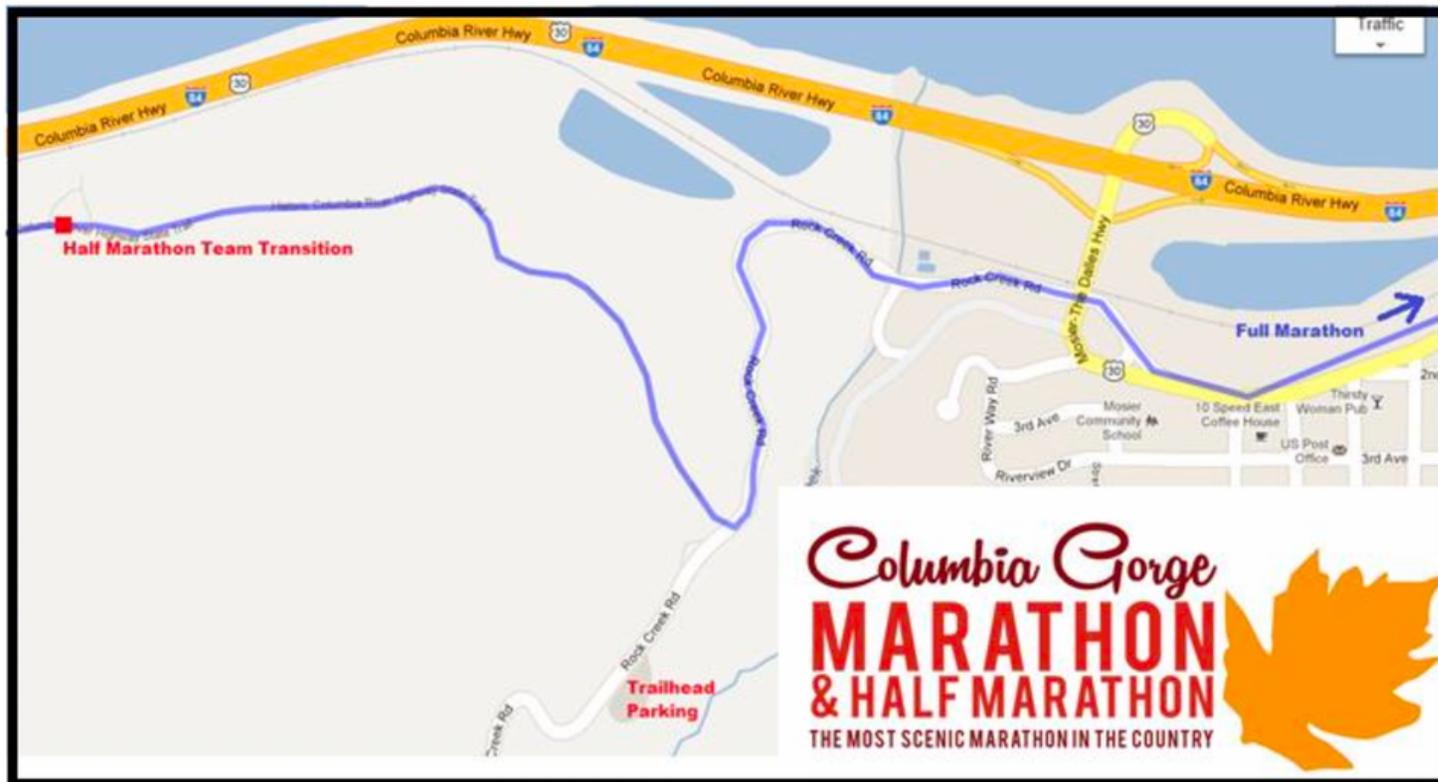


Relay Directions

To get to the transition area (which also doubles as aid station #3) take I-84 east to Mosier (exit #69). Proceed east on HWY 30 to the edge of town and take the first left possible onto Rock Creek Road. Follow Rock Creek Road up to the trailhead parking lot. You will pass by the actual trail head on your right just prior to reaching the parking lot. If the road turns gravel you have gone too far. The walking distance from the trailhead parking to the transition zone is 3/4 of a mile so leave an appropriate amount of time to reach your destination.

Support

There will be food, water, and tents at the transition area for you while your wait for your running partner.



Welcome dog/runner teams to the **Columbia Gorge Dog Leg Half Marathon!** A couple of important things to note regarding this event.

Not a Competition!

This is NOT a race. This is about the bond between a runner and their dog. This is about experiencing the most amazing sights and smells you can find at half marathon. You will receive a time but there are no awards for placing for this category. We will have finisher medals for both you and your running buddy! We also have lots of amazing prizes to give away to participants in this category prior to the Half Marathon awards presentation.

Keep the Course Clean

Each of your competitor bags will come with a doggie poop bag. Please make sure and clean up after your running partner. Remember there are 1500 other runners out on course that would really rather not step in it.

Short Leash

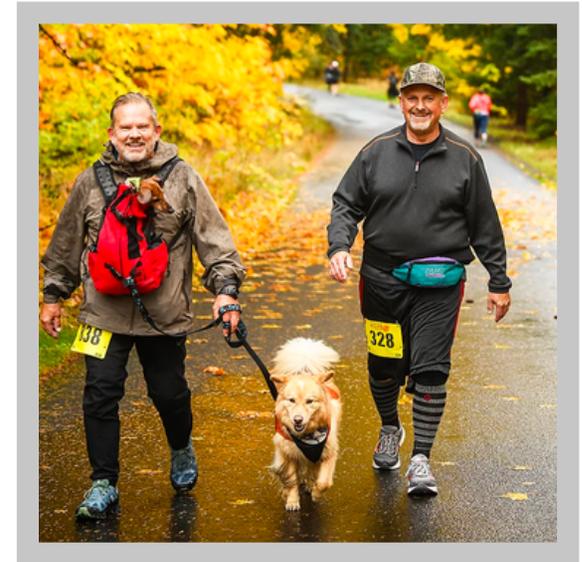
Make sure you run with a short leash. There are a lot of runners out on the trail and it is important they do not get tangled up with you and your running partner.

Aggressive Behavior

If you and your running partner have a tendency to show aggressive behavior around other competitors we ask that you refrain from participating. Due to liability reasons no aggressive dogs or owners will be tolerated.

Race Support

At each aid station along the way we not only have drinks for you but also your running partner. Look for the special green Halloween buckets at each aid station. They will be filled with water for your running buddy.



Have Fun!!!

The most important thing is to have fun!!!



Post-Run Celebration & Awards



Finish Line Festivities, 11 am - 4 pm
Fresh Apples & Ryan's Hot Apple Cider

Once again we will provide you with the best post-race meal you can find anywhere! Spin Catering will be at the finish line with a full taco bar (tacos, rice, beans, chips, salsa, etc.). We will have fresh local fruit on tap as well. If that isn't enough we will also have plenty of other post-race snacks for you to enjoy. You may leave tired, but there is no reason to leave this event hungry.

Food is only for registered runners only. You must have your bib ticket in order to get food and this will be strictly enforced as our amazing catering team prepares food based on registered runner numbers. Spectators poaching food will mean that a hungry runner will not get their hard earned plate.



You must have this bib ticket to get food.



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+

The Dog Leg Half Marathon is not a race but all doggy participants will be chip timed and entered into a generous Mud Bay Prize Raffle.

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.



A few other race day facts and reminders:

- Watch the weather and be prepared for a chilly start with warming later in the morning. You will be able to drop layers at the aid stations they will be returned to the finish after the event is finished. We cannot be responsible for items left behind if you decide to leave prior to retrieving your items.
- When on course, please be aware that all streets are open to traffic. If you are not on the trail or in a designated event lane, you must run on the shoulder of the road and must be facing oncoming traffic. Marathon runners should be aware that there is a crossing in Mosier that you must watch for traffic before crossing the road.

