



**GORGEOUS**  
**COAST**  
— RELAY —

Race Booklet  
[www.gorgeousseries.com](http://www.gorgeousseries.com)



## Greetings Gorgeous Runners,

Welcome to the Gorgeous Coast Relay! Your team is part of the most adventurous relay of the series. There's something for everyone—beach running, off-road trail, and honest to goodness hard core trail running.

There are amazing views on course, as well as wildlife. While you are looking around, remember it is, as always, an open course. Please be safe.



Gorgeous Runners have a great reputation! We are appreciative of the communities that host us, we drive slowly and quietly in residential areas, cleanup after ourselves, and contribute to the economy of these great places.

We can't wait for the finish party at **Public Coast Brewing**. As one of the only true public coastlines in America, the Oregon coast is free and open to everyone. Public Coast Brewing honors that same welcoming spirit by making craft beer that's both delicious and approachable.



We're proud to introduce our newest sponsor, **Bob's Red Mill**. Bob's Red Mill is an employee-owned Oregon company that brings whole grains to every meal of the day. Every Gorgeous Runner this year will receive a Bob's Better Bar.

Sean and the gang at **Foot Traffic** keep all of us running strong, hosting our packet pick-ups, and offering wonderful training and products in Oregon, and now Vancouver, WA!

We aren't able to do any of this without the support and advice of the **Gorgeous Gurus**! Gorgeous Gurus are ambassadors of the Gorgeous Series and are experts at sharing what it means to be a Gorgeous Runners. Come meet them at one of our FREE monthly pub runs.

Thank you for joining us for the Gorgeous Coast Relay. We hope you and your team have a Gorgeous Day!

- Kerry and Traci  
Gorgeous Series



# 2020 GORGEOUS SERIES!

2020 Registration Opens Soon!  
Lowest prices of the season

+ Rewards for registering for more



## Gorgeious Portland Pub Relay – May, 2020

The first relay of our Gorgeious season is simple, short, and above all, fun! The 2020 course will run in the neighborhood of 26.2 miles covering six legs, stopping at six amazing Portland Pubs. Watch for the reveal of the 2020 Start and Finish location, but! we don't tell runners the rest of the course. Scavenger hunt meets relay – Gorgeious!



## Gorgeious Hood to Hood Relay – June, 2020

The day begins Timberline Lodge on Mt. Hood, and takes teams on road around the mountain, through the pines and over the rivers, up to the Cooper Spur Resort, and down through the orchards to the north with views of Mt. Adams. Runners finish by winding down the Historic Old Columbia River Highway, into downtown Hood River to Waterfront Park on the banks of the mighty Columbia River!



## Gorgeious Wine Country Relay – July, 2020

Teams get a tour of the Willamette Valley vineyards, Wine Enthusiast's 2016 wine region of the year. The course starts in Dundee and winds along beautiful vineyards, past Century Farms, and takes in the breathtaking views of Yamhill County. Most of the exchanges are at wineries, which offer runners tastings along the route. The course's 12 legs will cover around 50 miles, and conclude with a wine tasting party at Carlton Winemakers Studio.



## Gorgeious Relay – September, 2020

This is the one that started it all. Running through the National Scenic area of the Columbia River Gorge, the Gorgeious Relay is truly Gorgeious. Experience the gorge as the course winds past waterfalls, creeks and forests. With views of the Columbia Gorge, the Columbia and Willamette Rivers and Historic Vista House at Crown Point, this will be the most Gorgeious relay you've ever run!



## Gorgeious Coast Relay – October, 2020

This one day, one van, one Gorgeious Coast Relay spans from the Astoria Column to Cannon Beach taking in lush forests, panoramic vistas, the beach, and coastal wildlife. It's our most adventurous relay. In addition to running on road and on off-road paved trail, it includes legs on sand, unpaved trail, and one hardcore-uphill-single-track-roots-and-all trail. The day finishes at Public Coast Brewing, celebrating Oregon's Wild, 100% Public coast.

## 2019 Gorgeous Series RACE RULES

We don't like being jerks, but we can all agree that life requires some rules. Violation may result in disqualification.

### Absolute No No's:

1. **Runners – DO NOT BREAK TRAFFIC LAWS or run in the middle of the traffic lane!** This is NOT a timed event so there is no hurry - obey all traffic signals, do not run into traffic. Gorgeous Runners are respectful of the communities we run in and we DO hear about it when runners are in the middle of the road. Please be safe and show respect to our wonderful hosts.
2. **No open containers on course.** Don't do it, don't even think about it. We will disqualify you and your entire team for eternity. Also known as the “don't be an asshole and ruin the event for everyone rule.”
3. **If you didn't provide a volunteer, you cannot start the race, no exceptions.** It's not fair to all the teams that did, and it's just unsafe not to have enough volunteers on course. If your volunteer doesn't show up on race day, you will not get finish medals/pint glasses, and may be disqualified from future races.
4. **No Littering.** Leave no Trace. Clean up after yourselves and others. We will be running through some gorgeous scenery; we want to keep it that way. Let's leave it better than we found it!
5. **Don't drive like a crazy person** – for the safety of everyone please keep your roll slow and be aware of your surroundings. Make all Gorgeous Runners look good.
6. **Don't stop or park your vehicles in such a way that any part of it is on the road.** We are sharing the gorge with a lot of other people who love it. Be aware of your surroundings, let others go ahead of you, be courteous, be awesome.
7. **Vehicles – No more than one per team - No longer than 20 feet**

### We DISCOURAGE the following:

1. **Wearing both earbuds.** We aren't yet saying no, but this may come to pass. This is not a closed course and nothing matters more than runner safety.
2. **Play that funky music! Do NOT break 80 decibels!!!!** Also, penalties may be incurred for Michael Bolton, Rick Astley, and especially for Taylor Swift.

### We very highly ENCOURAGE the following:

1. **Runners review your leg map.** Volunteers will assist you at most turns on course. Signs, small flags and cones or plastic ribbon may be intersections or confusing points on the course. However, things happen and markings go astray and it is each runner's responsibility to know their legs.
2. **Running single file** on all shoulders. Hanging with a running buddy is great on sidewalks or other places where you're separated from cars. (Do leave room for other users.)
3. **Be respectful** of the communities that we run through. We want to be welcomed back year after year.
4. **Wearing reflective clothing in the morning.** Although we are not running in the dark, we encourage you to wear something reflective while we are sharing space with cars and bicycles on the Historic Highway.
4. **Share the Road/Exchange.** The thing with the gorgeous parts of Oregon is that other people love them too! Families are out, church service is happening – just like you were taught in kindergarten – Share!
5. **Runner on Road signs/Race signs.** We'll provide them at Packet pick-up for the front and back of your van. **It really helps volunteers know who is with the race, and helps notify other drivers to your runner's presence.**

THANK YOU!!!!!!!!!!





# Gorgeous Coast Relay

## October 6, 2019

### **Start**

Astoria Column

### **Exchange 1**

Warrenton-Astoria Hwy and  
Carnegie Rd.

### **Exchange 2**

Warrenton Boat Basin

### **Exchange 3**

East end of the Hammond Marina

### **Exchange 4**

Jetty Observation Tower, Ft. Stevens

### **Exchange 5**

Wreck of the Peter Iredale, Ft. Stevens

### **Exchange 6**

Warrenton Soccer Complex

### **Exchange 7**

Fort to Sea Public Rest @ Sunset Beach

### **Exchange 8**

Del Rey Beach State Recreation  
Area Parking

### **Exchange 9**

Across from Seaside High School

### **Exchange 10**

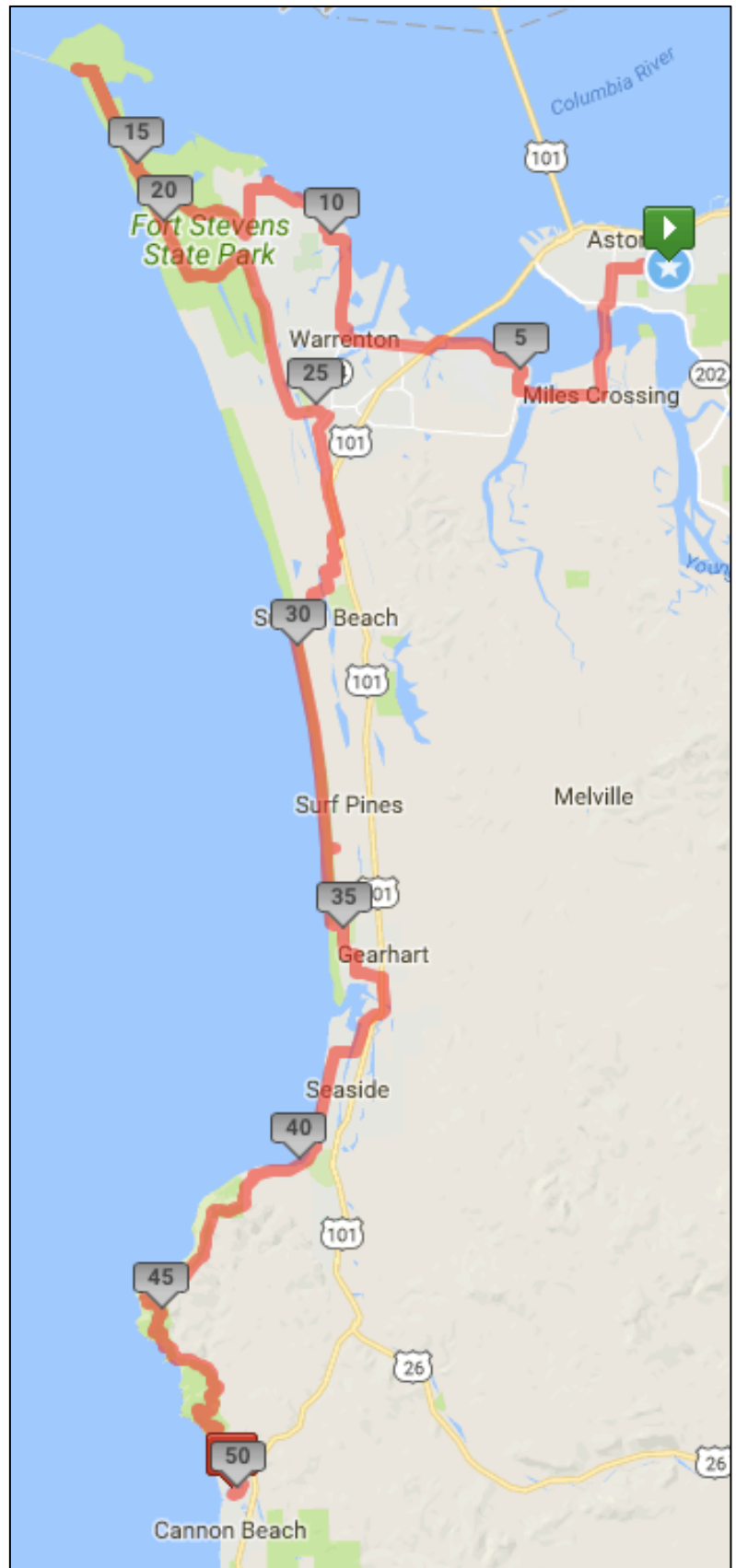
Tillamook Head trailhead

### **Exchange 11**

Indian Beach parking, Ecola State Park

### **Finish!**

Whale Park, Cannon Beach





## Leg 1

4.0 miles – Gain 19 ft, Loss 543

**Start:** Astoria Column

**Exchange 1:** Warrenton-Astoria Hwy and Carnegie Rd., Warrenton

### Notes:

- Runner on Right for full leg **except** on Olney
- Reflective gear recommended.
- Restroom at Start

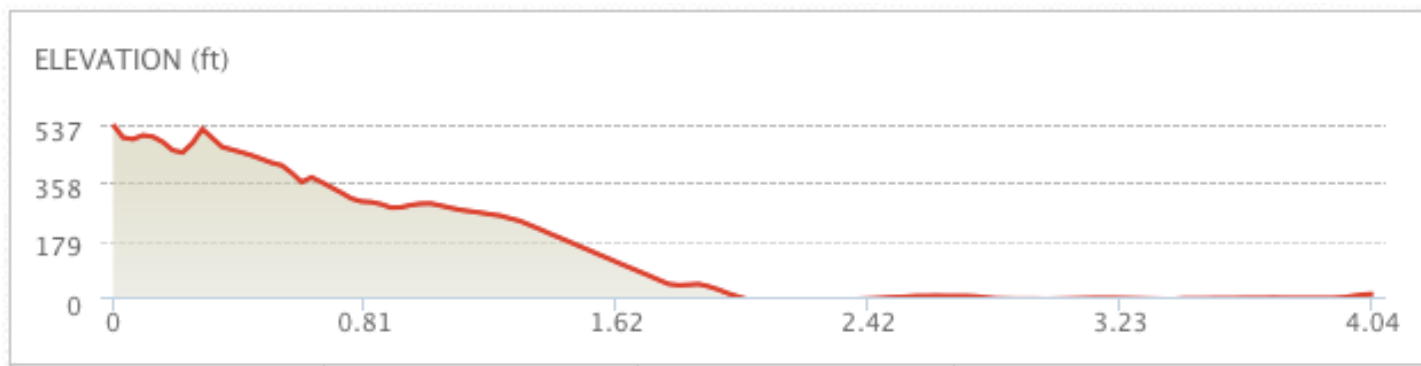
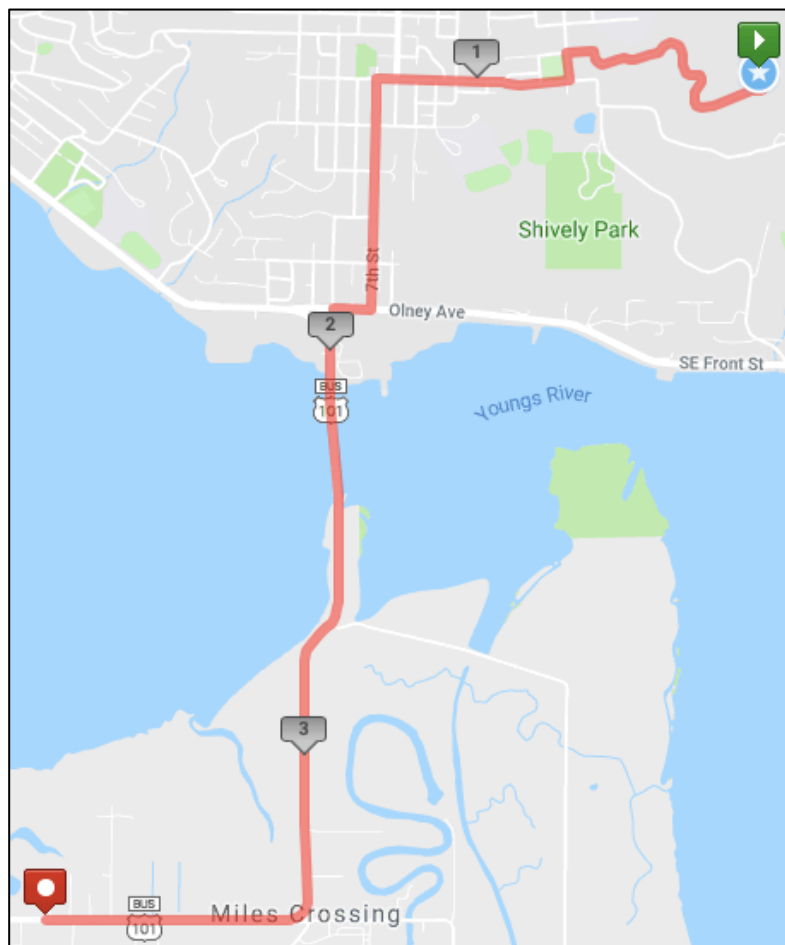
### Runner:

- 0 mi Head downhill on Coxcomb Dr.  
0.75 Left on 15<sup>th</sup> (stay on right side of road)  
0.8 Right onto Niagara  
1.25 Left on 7<sup>th</sup> (stay on right side of road)  
1.8 Cross Olney Ave  
1.89 Left on 5th  
1.96 Left on US Bus-101  
3.35 Stay right  
4.0 Exchange at Carnegie

### Driver:

Follow Runner directions above.  
No parking in front of Fire Station.

**The bridge over the river to the west has no shoulder and almost no line of sight. Pick up your Leg 1 runner and drive to the start of Leg 2.** (Directions on Leg 2.)





## Leg 2

3.4 miles – Gain 16 ft, Loss 24 ft

**Leg 2 Start:** Airport Dike Trail

**Exchange 2:** Warrenton Boat Basin/Marina, 530 E Harbor St., Warrenton



### Drive to Leg 2 Start:

- 0.0 Continue west on Bus-101
- 0.6 Pull into the small parking area on the right (@ Volunteer). Drop off your Leg 2 runner

### Leg Notes:

- The trail starts as good hardpack dirt and gravel road. After a mile it is increasingly grass that becomes uneven at the end.

### Runner:

- 0 mi Start on Airport Dike Trail
- 2.08 Left on US-101
- 2.29 Right on Harbor
- 3.4 Exchange

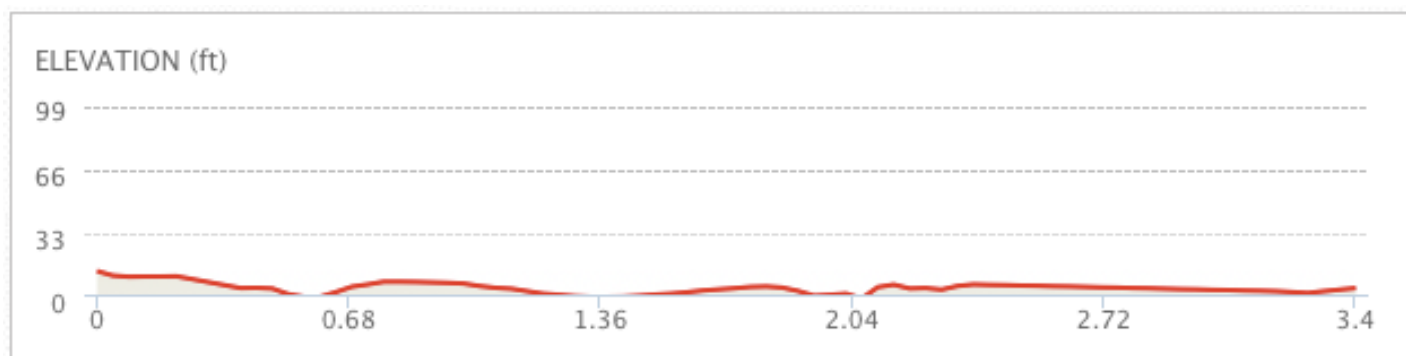
### Driver:

This is a small parking area, please drop off your runner and continue to Exchange 2:

- 0.0 Continue west on Bus-101
- 2.8 Right on Marlin
- 3.1 Right on US-101 (Starbucks on your left)
- 3.6 Left on Harbor Drive (back on course)
- 4.7 Right into parking for Exchange

### Exchange:

Runners Exchange on Harbor. Parking and restroom at Warrenton Boat Basin down below.





## Leg 3

3.8 miles - Gain 53 ft, Loss 47 ft

**Exchange 2:** Warrenton Boat Basin

**Exchange 3:** East end of the Hammond Marina, 2 blocks north of the intersection Iredale St. and 5th Ave., Warrenton

### Notes:

- Warrenton Waterfront Trail is paved
- Restroom at Exchange 2, and at mile 2.34

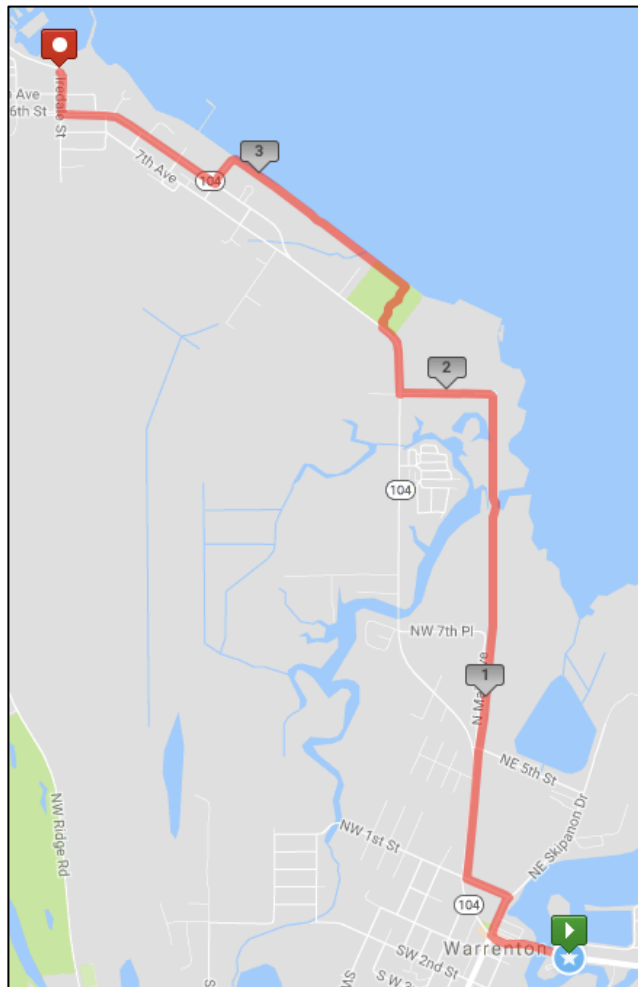
### Runner:

- 0 mi Continue on Harbor over the river
- 0.24 Right on Skipanon
- 0.36 Left on 1st
- 0.5 Right onto the Warrenton Waterfront Trail
- 0.9 Straight across 5th
- 1.88 Left on 13th
- 2.13 Right on Warrenton
- 2.34 Right at the signs for the Warrenton Dog Park (*Public Restroom here!*) back onto Warrenton Waterfront Trail
- 2.5 Follow Trail around to the left
- 3.09 Left on Enterprise
- 3.18 Right on Pacific
- 3.67 Right on Iredale

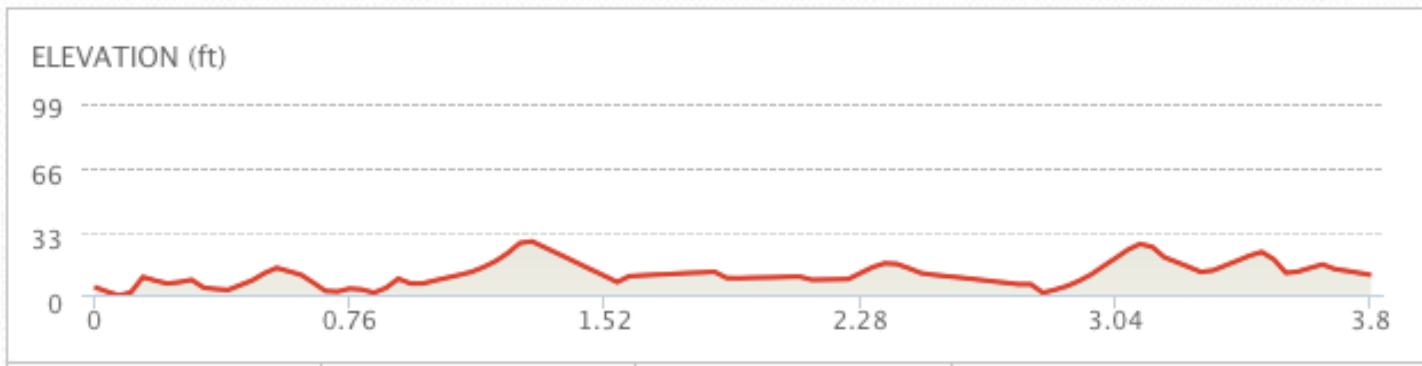
### Driver:

Runner support briefly on Pacific - no vans on Enterprise St.  
It is a one lane road with no parking and no turnaround.

- 0 mi Left on Harbor (becomes Main)
- 2.4 Slight right on Pacific
- 3.2 Right on Iredale
- 3.3 Parking in gravel lot at Exchange.



It's not clear that restrooms at the Marina will be available.  
The best bet is to use the one at the Warrenton Dog Park, runner mile 2.34.







## Leg 4

5.35 miles - Gain 123 ft, Loss 131 ft

**Exchange 3:** East end of the Hammond Marina

**Exchange 4:** Jetty Observation Tower, Lot C, Fort Stevens State Park, Hammond (Google Maps: Lot C, Jetty Road, Hammond, OR)

### Notes:

- Cell service is marginal in Ft. Stevens
- Restrooms at Exchange 4 and throughout park.

### Runner:

- 0 mi Head south on Iredale
- 0.13 Right on Pacific
- 0.4 Left on Lake Dr/Willow St.
- 1.12 Right on (unsigned) Jetty Rd. (at the two large concrete blocks that say Fort Stevens)
- 3.3 Continue straight.
- You may see runners from the next leg across the road from you.*
- 4.97 Left on Jetty Rd.—sign for Area C/South Jetty
- 5.35 Exchange on the big platform to your left. Watch out for the Pelicans!

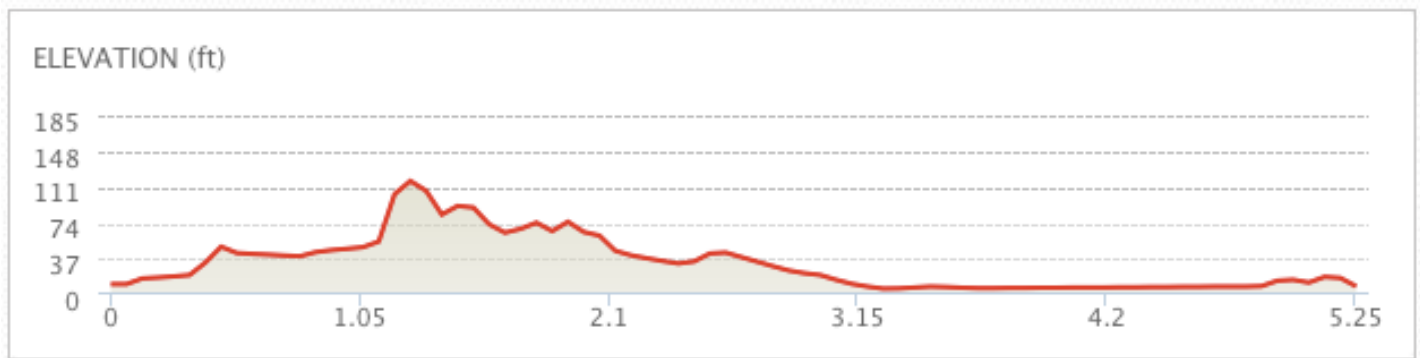
### Driver:

Follow Runner directions. Note Jetty Rd. turn at 1.12 does not have a street sign. Parking lot and restrooms at Exchange.



**Pro-tip:** You do not need a day-use State Parks pass in Ft. Stevens, but you will need it for Ecola State Park and the line to buy one there can be long. You will save time if you buy a pass while in Ft. Stevens (Legs 4-6) at the Ranger Station.

- Leg 4: drive past Jetty Rd. and take the next right on Peter Iredale. Stop at the Ranger Station on your right to buy a pass. Return the way you came.





## Leg 5

4.2 miles – Gain 46 ft, Loss 28 ft

**Exchange 4:** Jetty Observation Tower

**Exchange 5:** Wreck of the Peter Iredale (parking area), Ft Stevens

### Notes:

- Kestrel Dune and Sunset Trails are paved
- Cell service is marginal in Ft. Stevens
- Restrooms at Exchange 4 and 5

### Runner:

0 mi Head out of the parking area

0.38 Right on Jetty Rd

*You'll likely see runners from the previous leg across the road from you.*

2.03 Right into "Area A"

2.06 Left onto paved Kestrel Dune Trail

2.16 Right to stay on Kestrel Dune Trail

4.04 Cross the road and turn Right onto Sunset Trail

*You'll likely see runners from the next leg on Sunset Trail*

### Driver:

0 mi Head out of the parking area

0.3 Right on Jetty Rd

2.9 Right on Burma

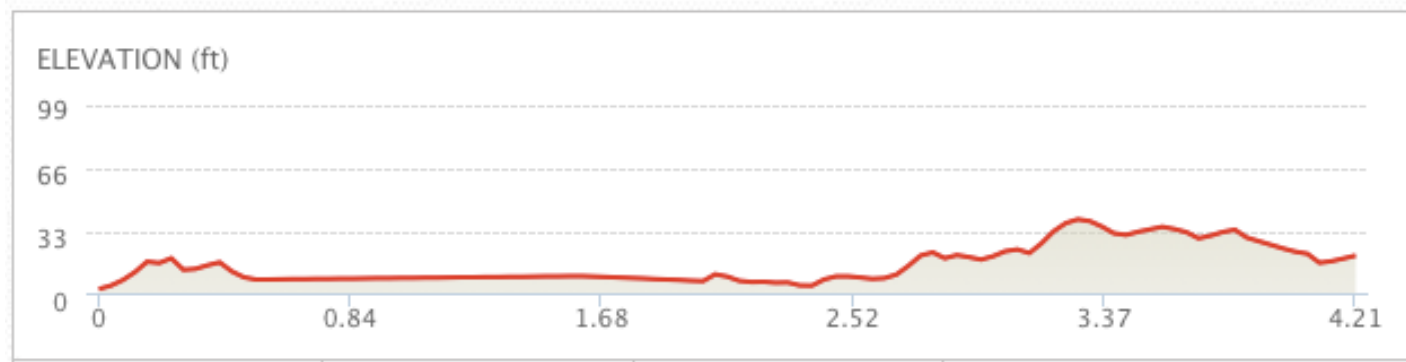
4.1 Right on Peter Iredale

Exchange on left at trail's end. Parking and restrooms just beyond.



### To purchase a day-use pass (see info, Leg 4)

- Leg 5: drive past Peter Iredale Rd. On your right is parking for Coffenbury Lake, where there is a self-serve machine to buy a pass. Or, further up Peter Iredale Rd. on your left is the Ranger Station where you can also buy a pass.





## Leg 6

3.00 miles – Gain 106 ft, Loss 116 ft

Exchange 5: Wreck of the Peter Iredale  
Exchange 6: Warrenton Soccer Complex

### Notes:

- Sunset and Ft Stevens Ridge Trail are paved.
- Cell service is marginal in Ft. Stevens
- Restrooms available at Exchange 5 and 6

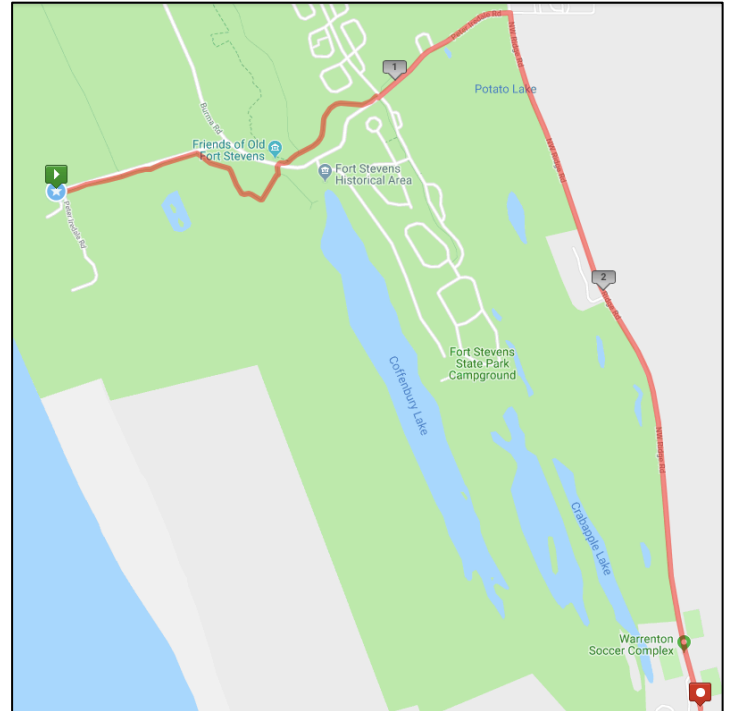
### Runner:

- 0 mi Head out on Sunset Trail  
*You'll likely see runners from the previous leg on Sunset Trail*
- 0.34 Right to stay on the trail
- 0.61 Left on Ft Stevens Ridge Trail
- 0.94 Continue onto Peter Iredale Rd
- 1.32 Right on Ridge Rd – Runners on Right side of road
- 3.00 Exchange

### Driver:

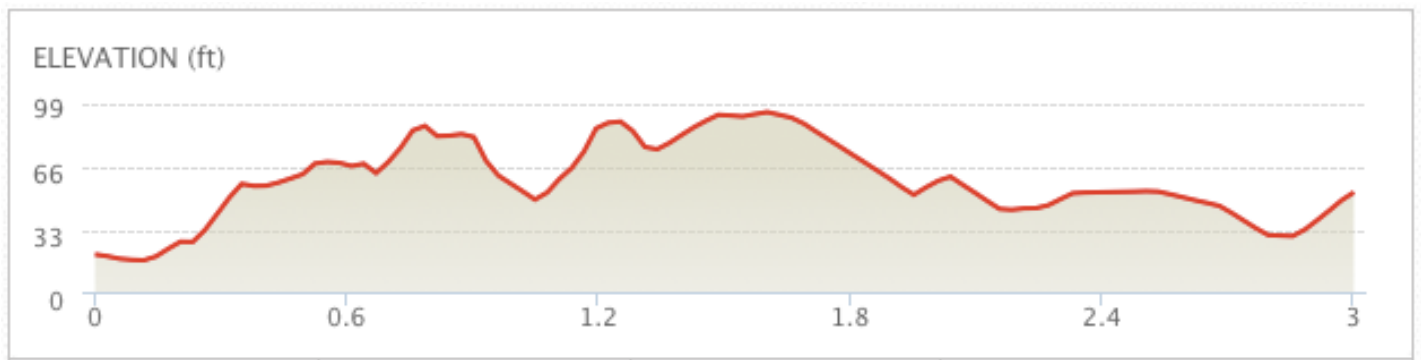
- 0 mi Head out of the parking area onto Peter Iredale Rd
- 0.4 Right on Peter Iredale
- 1.2 Right on Ridge

Exchange is on the road on your right. **Watch for runners crossing the road.** Parking on left. Portable toilet nearby.



### To purchase a day-use pass (see info, Leg 4)

- Leg 6: As you leave the park on Peter Iredale Rd., on your right is parking for Coffenbury Lake, where there is a self-serve machine to buy a pass. Or, further up Peter Iredale Rd. on your left is the Ranger Station where you can buy a pass.





## Leg 7

5.31 miles – Gain 130 ft, Loss 85 ft

**Exchange 6:** Warrenton Soccer Complex

**Exchange 7:** Fort to Sea Public Rest, Sunset Beach Rd., Warrenton

### Notes:

- Runner on Right for full leg
- Surface on Fort to Sea Trail primarily grass and hard-packed sand. Trail marked with small orange flags and/or green plastic ribbon.

### Runner:

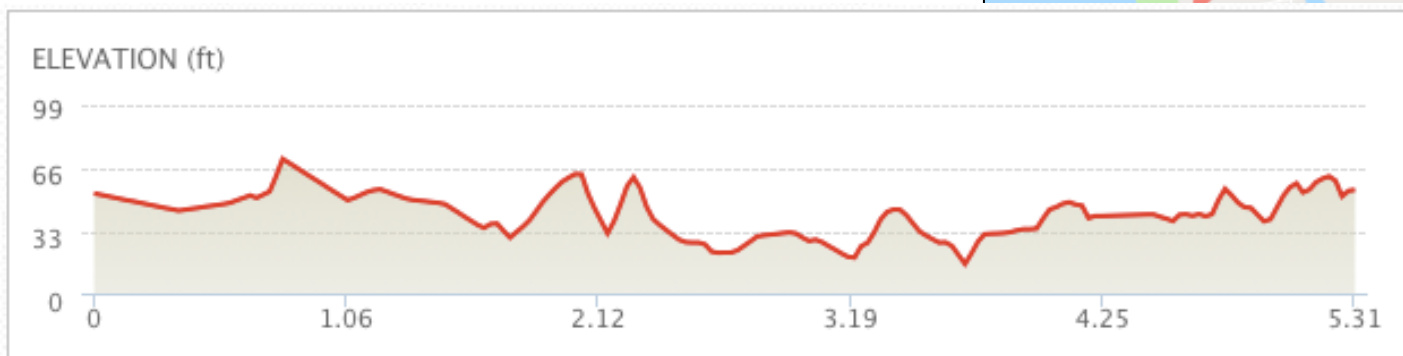
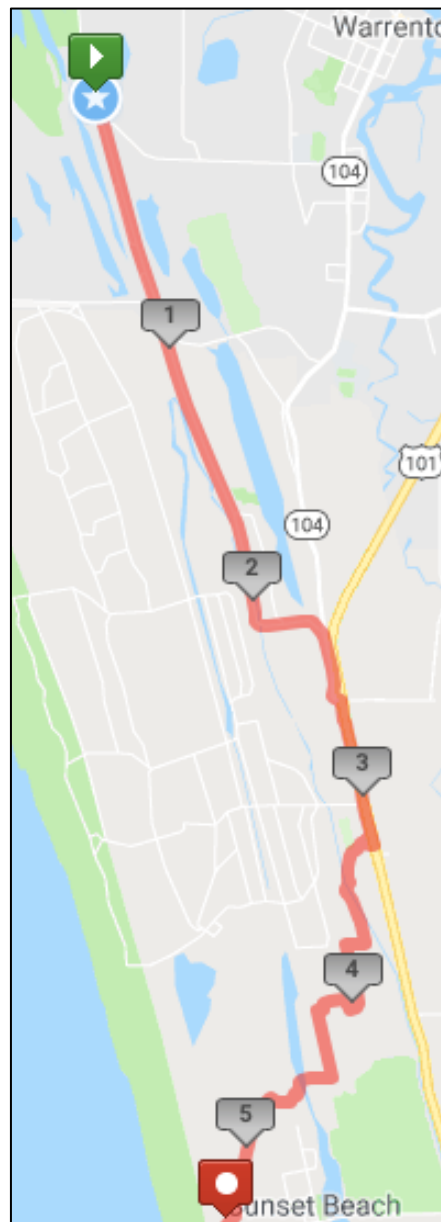
- 0 mi Continue south on Ridge Rd
- 0.74 Slight Right to stay on Ridge Rd
- 2.34 Right on 104
- 2.61 Right on 101
- 3.16 Right onto Fort To Sea Trail
- 3.20 Sharp Left to stay on Fort To Sea Trail
- 3.41 Cross pedestrian bridge
- 3.5 Cross road, stay on Fort To Sea Trail
- 4.54 Cross pedestrian bridge
- 4.9 Cross road, stay on Fort To Sea Trail

### Driver:

Follow runner directions to 101. **No runner support on or after 101.**

- 0 mi Left out of parking onto Ridge Rd
- 0.74 Slight Right to stay on Ridge Rd
- 2.34 Right on 104
- 2.61 Right on 101
- 4.6 Right on Sunset Beach Rd.
- 5.5 Right into Exchange

Exchange is in rest area. Parking and restroom at Exchange.





## Leg 8

3.96 miles – Gain 15 ft, Loss 32 ft

**Exchange 7:** Fort to Sea Public Rest

**Exchange 8:** Del Rey Beach State Recreation Area Parking, Highlands Ln, Seaside

### Notes:

- Leg 8 is all beach running, no runner support.

### Runner:

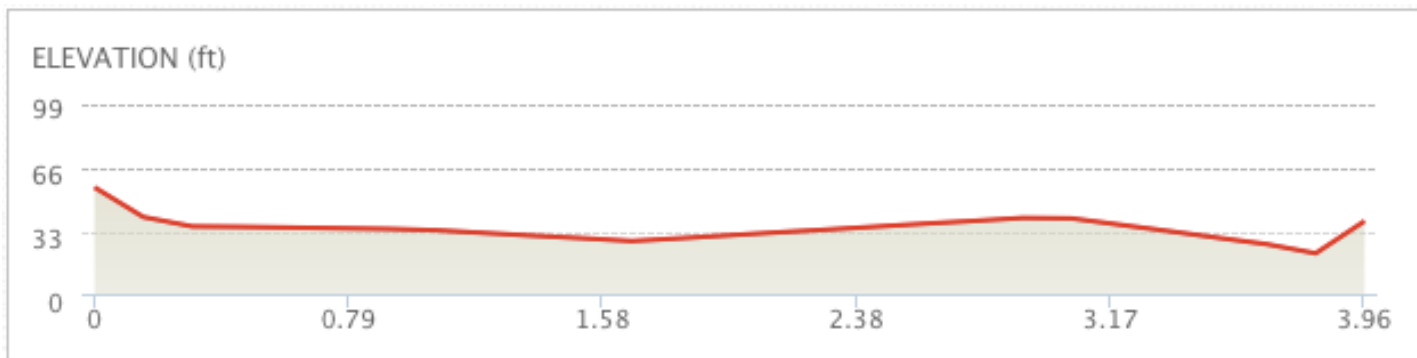
- 0 mi Head for the ocean!
- 0.2 Left onto the beach
- 3.8 Left on road off beach

### Driver:

- 0 mi Left out of parking onto Sunset Beach Rd.
- 0.9 Right on 101
- 4.5 Right on Highlands Ln
- 5.1 Exchange on right.

Drive just past Exchange to parking.

There is no public restroom at Exchange 8.





## Leg 9

4.05 miles – Gain 64 ft, Loss 77 ft

**Exchange 8:** Del Rey Beach State Recreation Area parking

**Exchange 9:** 1901 N Holladay Dr., Seaside – Necanicum River viewpoint across from Seaside HS

### Notes:

- Leg 9 is beach running for the first 1.5 miles

### Runner:

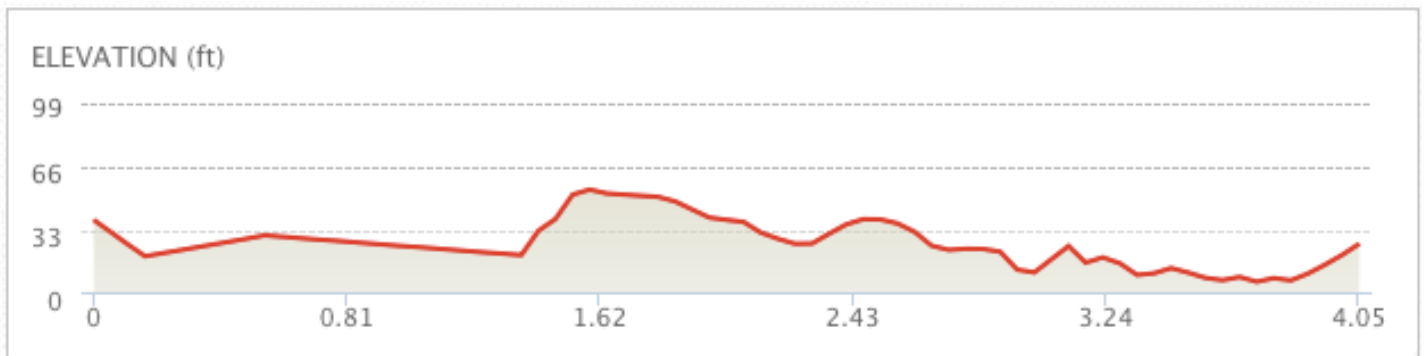
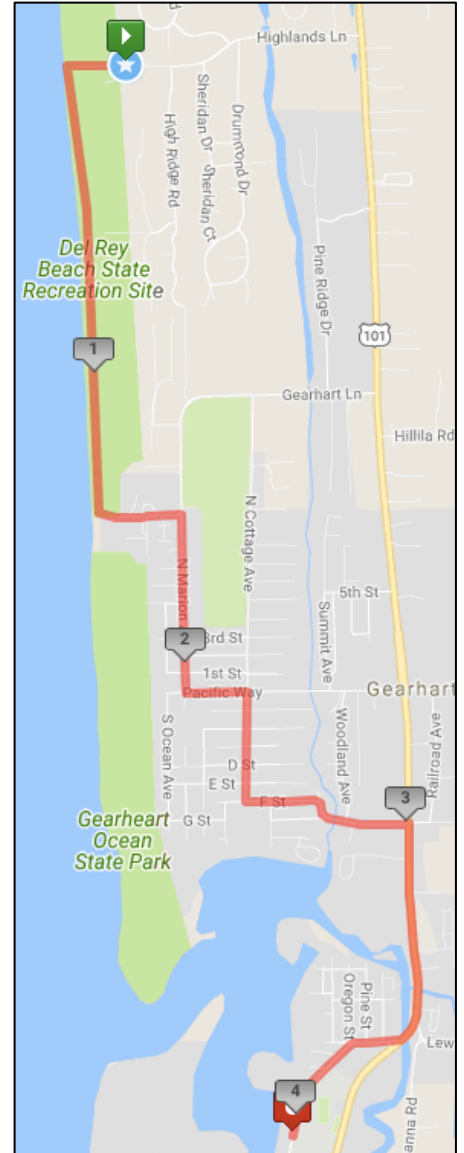
- 0 mi Head for the ocean
- 0.13 Left on beach
- 1.4 Left at “End of Open Area” sign onto road off beach
- 1.6 Right on Marion
- 2.1 Left on Pacific
- 2.2 Right on Cottage
- 2.5 Left on F
- 2.7 Curves right, becomes Neacoxie, continues as G St.
- 3 Right on 101
- 3.6 Right on 24th
- 3.9 Curves left, becomes Holladay

### Driver:

- 0 mi Head out of parking onto Highlands Ln.
- 0.7 Right on 101
- 1.7 Right on Gearhart Ln., becomes Marion
- 2.5 **Meet runner at runner “1.6 Right on Marion”**

Follow runner directions to Exchange.

Exchange and parking on right. No restroom at Exchange 9.





## Leg 10

3.46 miles – Gain 233 ft, Loss 0 ft

**Exchange 9:** 1901 N Holladay Dr.

**Exchange 10:** Tillamook Head trailhead (*Google Maps: 3988 N. Sunset Blvd., Seaside*)

### Notes:

- Runner on Right for full leg
- Restrooms at runner 1.3 and 2.7

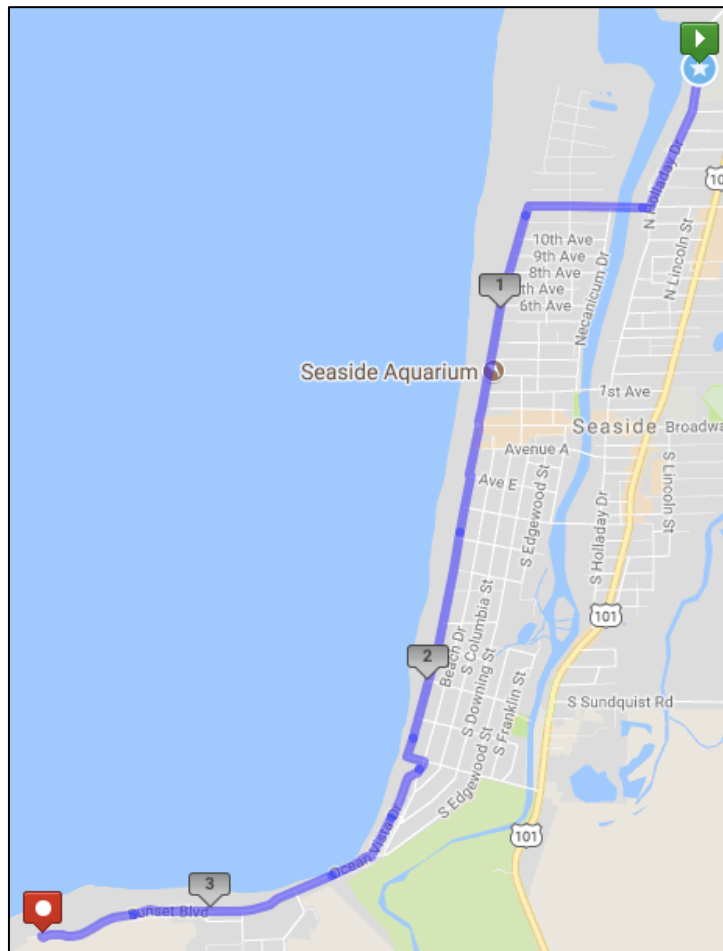
### Runner:

- 0 mi Continue south on Holladay  
0.4 Right on 12<sup>th</sup>  
0.7 Left on Prom  
1.3 Follow Prom around right of the turnaround. (*Public restrooms down the stairs, at beach level.*)  
2.2 Left on U  
2.25 Right on Beach  
2.28 Slight Right on Ocean Vista  
2.54 Right to stay on Ocean Vista  
2.7 (*Restroom in the little park on your left.*)

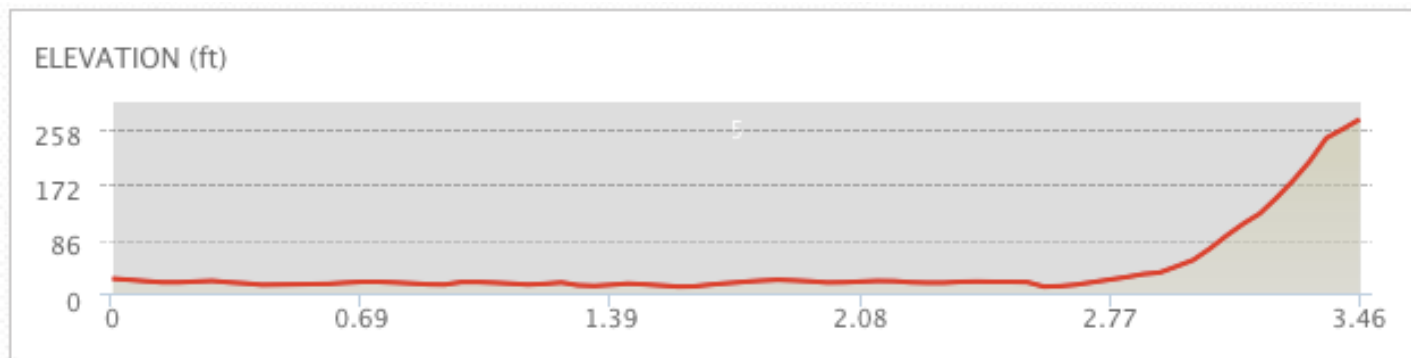
### Driver:

- 0 mi Continue south on Holladay  
0.1 Left on 17<sup>th</sup>  
0.2 Right on 101  
2.1 Right on U  
2.4 **Meet runner at runner "2.25 Right on Beach"**

Follow runner directions to Exchange.



No restroom at Exchange 10 but there is one at Runner 2.7 on Ocean Vista





## Leg 11

5.30 miles – Gain 1500 ft, Loss 1700 ft

**Exchange 10:** Tillamook Head Trailhead

**Exchange 11:** Indian Beach Day-Use Area, Ecola State Park

### Notes:

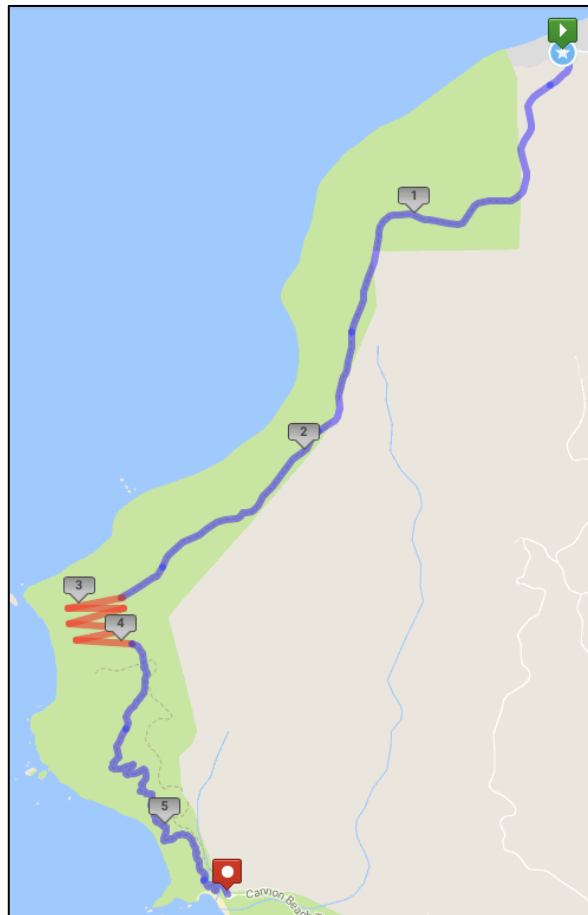
- Leg 11 is all single-track trail. Expect mud, water and roots. You are not expected to run this whole leg!
- No cell service in Ecola State Park

### Runner:

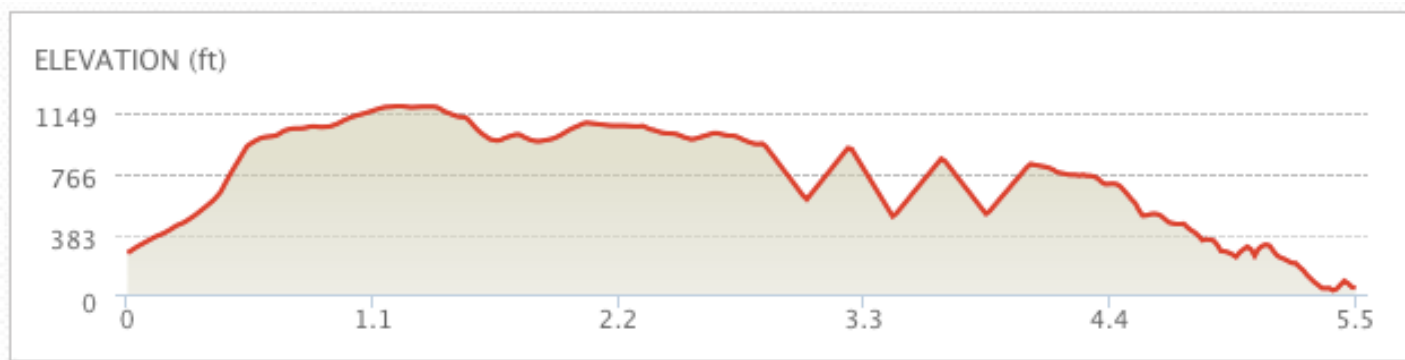
- 0 mi Head up Tillamook Head trail. The course follows the main trail, avoid side spurs. (Unless you feel like checking out the views!) Trail will be marked with green plastic ribbon and/or small orange flags.
- 4.0 Stay straight when you come to the Hikers Camp.
- 4.2 After passing the outhouse at Hikers' Camp, go right on the hiking trail between two huge stumps to follow the forest trail with views to the ocean.
- 5.4 Meet the inland trail at the junction and go right for 100 yards to the parking area.
- 5.5 Exchange in the parking area.

### Driver:

- 0 mi Head back out Sunset Blvd--becomes Ocean Vista (0.7) then Edgewood (0.9)
- 1.3 Right on U
- 1.5 Right on 101
- 7.3 Take exit for City Center/Ecola State Park
- 7.7 Right on 5<sup>th</sup>
- 7.8 Right on Ecola State Park Rd.
- Stop and show your pass or buy one at the booth
- 11.1 Road ends at Indian Beach Day-Use. Exchange is at the end of the trail on the right. Parking and restrooms here.



**From here, all team members will drive to the start of Leg 12. Directions on Leg 12.**







## Leg 12

2.42 miles – Gain 260 ft, Loss 140 ft

**Leg 12 Start:** Ecola Point Day-Use area

**Finish:** Whale Park, 288 N Hemlock St., Cannon Beach

Unfortunately the trail between Indian Beach and Ecola Beach parking was seriously damaged and has not been repaired. The road is narrow and unsafe for large numbers of pedestrians.

### Drive to Leg 12 Start:

0.0 mi Head back out of parking area.

1.5 Right on Ecola State Park Rd.

1.6 Parking and restrooms here. Runner's trail starts to the left of the restrooms.

### Notes:

- The first 1.25 miles of Leg 12 is single track trail. It is likely to be slippery with rocks and roots. You are not expected to run this whole section.
- No cell service in Ecola State Park

### Runner:

0.0 mi Follow the trail to the left of the restrooms, up a few stairs and briefly along the road.

1.0 Stay straight at the junction

1.25 Right on Ecola State Park Rd.

2 Left on 5<sup>th</sup>

2.1 Right on Fir, curves right, becomes 3rd

**2.3 Public Coast Brewing on right, grab your team!!**

2.35 Left on Spruce

2.38 Right on 3rd St

2.42 Finish at Whale Park!

### Driver:

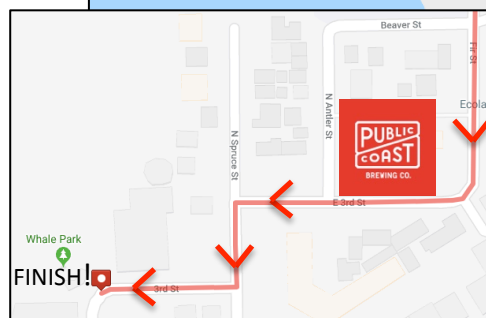
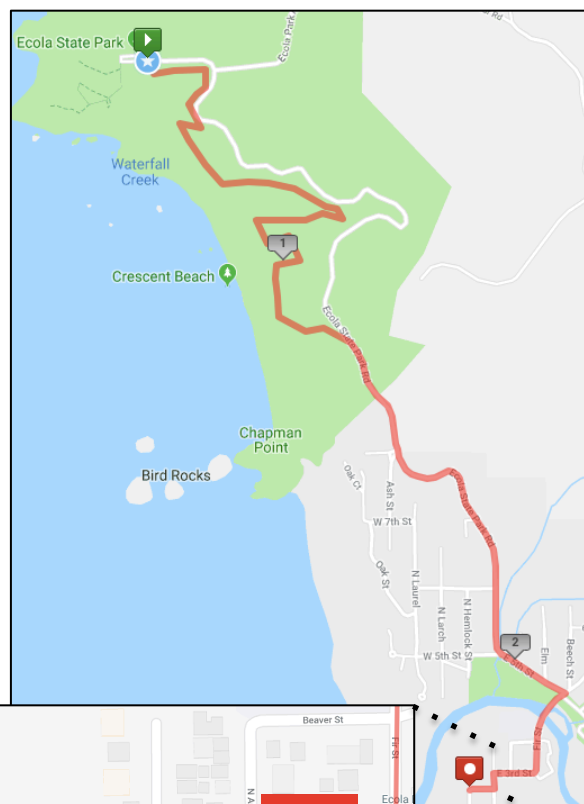
0.0 mi Head out parking area on Ecola State Park Rd.

0.3 Follow Ecola State Park Rd. as it curves right

1.8 Left on 5th

1.9 Right on Fir, curves right, becomes 3rd

2.1 Public Coast Brewing.



**The Finish Party is at Public Coast Brewing, 264 E 3<sup>rd</sup> St. Park, then go to Public Coast to watch for your runner on 3<sup>rd</sup> (they'll be running toward the ocean). Follow runner directions starting at 2.3 to cross the finish line with your team!**

