

Cascade Lakes Relay

2010 Spirit of the Cascades Awards

Best Decorated Team Van (free team photo from Evan Pilchik Photography)

- **Where's the Beach?**

Most Spirited Team (Twelve \$10 North Face gift certificates and 12 drink tickets)

- **Tall Boys and Tomahawks**

Best Exchange Point Volunteers (CLR Limited edition long sleeve tech shirts)

- **Exchange Point #32 - Rebound/Footzone & Wicked Wahines**

Fleet Feet Time Trial Winners (Free pair of running shoes from Fleet Feet)

- **Fastest Male Runner:** Adam Shimer, Kiss My Assphalt, 00:25:40
- **Fastest Female Runner:** Haripurkh Khalsa, The Truckers, 00:32:02
- **Fastest Male Walker:** Gary Baldwin, Enlightened Soles, 00:56:01
- **Fastest Female Walker:** Lynette Pagano, Road Rivals, 00:47:13

Overall Best Costume – Nate Maughan from Can't We All Just Run Along? (CLR Limited edition long sleeve tech shirt)

- **Crowd Favorite:** Samantha from Victorious Secret
- **Most impressive that they ran 2.9 miles in the costume:**
 - Nicole from Never Forget in a Clifford Costume, include head piece
 - Carlos from Top Shelf Runners in a full Sumo Wrestler costume
- **Most Creative:** Terry from Java Junkies

Thank you to all of our 2010 teams for your enthusiasm, creativity and friendly competitive spirit. We couldn't ask for a better group of teams!