



Dear CLR Participants, Van Drivers and Volunteers:

Welcome to the Cascade Lakes Relay Family! Whether this is your first CLR or your eighth year, we want to welcome you to the best overnight relay race in the Pacific Northwest! The Cascade Lakes Relay is one of the most challenging and longest relays in the United States with over 8200' of elevation gain and nearly 10,000' of elevation loss over a 216.6 mile course. We want you to have a fun, spirited, and safe experience in beautiful Central Oregon, but in order to accomplish a successful event we have a few things for you to consider:

- **Medical Staff will be on course in marked vehicles and are happy to help with anything.**
- **Simple, self serve first aid kits will be at every EVEN numbered exchange point.**
- **Please see the back of your van sign for instructions on how to contact medical staff.**

- **The Cascade Lakes Relay is not a closed course and remains open to traffic.** We take a number of steps to alert traffic of runners/walkers on the road, but your safety is your responsibility and you run this race at your own risk. Run on the correct side of the road as designated on the race map for that leg, wear safety equipment at night, look both ways and cross roads with caution once you've decided it is safe.
- **This is an endurance event. Know your limits.** If you have not trained properly do not push yourself - STOP - it's not worth putting your life at risk. Remember to pace yourself throughout the event and take a few minutes to cool down and stretch after each leg.
- It is possible to experience a 40-degree change in temperature over the course of the race. Bring clothes and layers appropriate for both cold and hot weather.
- **The CLR is conducted at an average altitude of 5500' elevation,** which can have adverse effects on performance and on your body in general. Be mindful of how you feel and don't be afraid to seek help if you develop headache, nausea, lightheadedness, or just don't feel well.
- Exercising between sitting in a van for many hours, with dramatic changes in temperature, can leave your muscles tight. We recommend completing an easy warm up before your next leg to prevent pulled muscles and cramping.

HYDRATION IS THE KEY! -

- Plan to drink 2-3 liters of water per day in the days leading up to the event.
- Reduce the amount of alcoholic beverages you consume in the days prior to the race.
- Drink as you need it. There isn't a magic formula for how much. **STAY HYDRATED** but don't overdue it. If you sweat heavily remember to mix in some electrolytes with your hydration. Heat, altitude, and running will deplete water quickly.

- Drink small amounts often and remember that is very difficult to catch up on hydration during events such as this. If you aren't sweating, remain hot and flushed, or can't hold fluids in please seek out medical staff for assistance.

Water will be provided at the Start Line, Silver Lake Firehouse, La Pine High School Sleep Over Area, and the Finish Line. Twenty-five (25) highly motivated WATER AMBASSADOR TEAMS were selected to encourage proper hydration of all participants and have been tasked with encouraging hydration of all participants by handing out water during the event. Ultimately, **hydration is YOUR RESPONSIBILITY.**

MEDICAL SUPPORT -

Start, Silver Lake Firehouse (#12), La Pine High School Sleep Over Area and the **Finish Line** will have MAJOR MEDICAL STATIONS. A team of roving EMS units and medical staff will be on the course between major medical stations to respond quickly, if necessary. You and your team are responsible for carrying basic first aid kits for minor scrapes, blisters, etc. Please see them for any issue you may have. Their goal is to get everyone to the finish and frequently small problems handled early avoid bigger problems later. The Aid Station and Course Medics are all EMT Basic or higher-level providers, part of a registered EMS agency, and are equipped and trained to take care of you. The CLR team has gone beyond the usual standard of care on races to provide you with high quality medical services.

On the backside of each van # sign, emergency response procedures and medical contact numbers are posted in case of emergency of need for immediate care. In an emergency, the first call is always to 911 to activate the Emergency Response System and then call our medical staff. They may be closer and can help direct EMS to you. If the situation is non-critical, you may choose to call our volunteer medical team and have them assess the situation and determine if they can care for the participant on site, or need to transport them. If you cannot leave the injured person, use the signal for help of 3 long horns blasts, 3 short horn blasts, until help arrives. Be prepared to give the mile marker # or cross street when calling 911.

Every participant is required to fill out the medical information on the back of your race bib. This will help us provide the best care possible should you not be able to respond with essential personal medical information. Ideally, you should know your pre-race weight +/- 2 pounds on race day.

PLEASE pay attention to TRAFFIC. The CLR is not a closed course and public traffic remains present at all times throughout the race. Wear reflective material at night when outside the van on the road (active runner/walker is required to wear all safety gear) and do not cross the street without carefully looking both directions.

The CLR is all about having fun, but please refrain from alcohol consumption until you arrive at the CLR Brewfest in Riverbend Park where you'll have the opportunity to enjoy over 12 different microbrew/cider/sangria varietals from 6 of Central Oregon's best breweries.

Temperatures could be in the 90s during the day and the 40s during the night. Please pack and dress accordingly in layers. Please review the foul weather policy and protocols in the Race Guide.

We wish you the best race possible and we will do everything we can to support you from a medical standpoint. Help Us Help You! Thank you in advance for your participation in your own health.

Happy running and walking!

Crackerjack First Response Specialists and The Cascade Lakes Relay Team

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