



PRESS RELEASE

Bend, April 29, 2013: The Cascade Lakes Race Group announced today that the Cascade Lakes Relay and Spokane to Sandpoint Relay are the first long-distance relay races in the United States to professionally time all 36 legs of the course. [NSPIRE](#), a Portland-based race timing company, will use chip and manual timing to capture team's times at each exchange point.

Race Director Scott Douglass explains, "Relays are all about the camaraderie between teams, and that unique spirit will continue with team themes, contests, costumes and decorated vans. However, these races are also challenging and competitive and now individual runners and teams can see timed results for all legs of the race. Chip timing at major exchanges will enable teams to track division standings mid-race. The timing and ranking of all 36 legs will increase the competitive spirit, while still allowing teams to enjoy the fun and team spirit of the race."

Runners will wear a special wristband with the timing chip that they'll pass to teammates at each exchange point. The live results will be online at www.nspirelive.com and runners can elect to share the team's results via their Facebook and Twitter accounts or have them sent via email or text message to friends and family. NSPIRE leaderboards at the finish line will stream live results so spectators can see each team's status throughout the day. NSPIRE also has a free mobile app which runners can download to an iPad, iPhone or Android device to view live results.

"We're very excited about working with the Cascade Lakes Relay Group", stated Todd Janssen of NSPIRE. "Bringing real-time results that are available online immediately will take the competitive spirit up a level."

Cascade Lakes Relay is August 2-3, 2013 and finishes at Riverbend Park in Bend, OR after a 216-mile run and 132-mile walk. Spokane to Sandpoint Relay is August 16-17, 2013 and finishes at City Beach in Sandpoint, ID after a 200-mile run and 139-mile walk.

For more information please visit www.cascadesrelays.com.

About Cascade Lakes Race Group: The Cascade Lakes Race Group is a small, family-run business with the mission to provide exceptional race experiences while supporting the local communities along the race routes. Owners Scott and Carrie Douglass prioritize rural race courses, local vendors & small businesses, personal relationships and supporting local non-profits. Since 2008, the Cascade Lakes Race Group has directly contributed over \$100,000 to local non-profit and community groups. The Cascade Lakes Race Group currently produces the Cascade Lakes Relay and the Spokane to Sandpoint Relay.

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