



Teamwork leads to achievement at Hood to Coast

By R.J. MARX
Seaside Signal

For the more than 1,000 teams and 19,000 runners and walkers of the Hood to Coast Relay, it was all about teamwork. The race, which began for many at 5 a.m. Friday, it also came with exhilaration, creepy sounds in the woods and aches and pains.

The Speedy Sloths, comprised of employees from Embassy Suites in downtown Portland had an “amazing walk,” according to team member Jesus Moreno, finishing four hours earlier than anticipated.

For members of Soar Feat, representing Hoffman Construction, “it was exhausting but it was good,” team member Heidi Walker said.

One member of the team encountered goosebumps overnight in the woods “I thought someone was watching me,” team member Austin Brand said. “There was howling — probably just barking

dogs, shepherd dogs howling. It was kind of spooky in the beginning. But I didn’t feel like I was in any danger. Just in pain. My hips are hurting.”

The Vine Maple Savages crossed the finish line on the Seaside beach amid whoops and cheers.

“We are all Nike guys,” co-captain Kayla Dahl said shortly after the team’s finish. “We actually finished under 22 hours for the first time.”

Co-captain Luke Hurst, credited teamwork for their achievement. “Every single person added to cutting under our projected time, which was the best one yet. We love seeing individual runners do that.”

Do they practice before the relay?

“To be honest, we just show up and throw down,” Hurst said. “I’m not gonna lie.”

Team member Red Semon said his biggest challenge in his first Hood to Coast. Everybody really showed up. And we’re savages!”



A moment of exhilaration for the Vine Maple Savages.

Photos by R.J. Marx



Members of the Vine Maple Savages celebrate their accomplishment, finishing under 22 hours in the relay.



The B-50 Toes cross the line at Hood to Coast.



This team enjoys its cross at the finish.



The team “Soar Feat” represented Hoffman Construction.



The Speedy Sloths pose after completion of Hood to Coast.

Hood to Coast chief operating officer on the scene

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We spoke to Hood to Coast Race Series Chief Operating Officer Dan Floyd at the Seaside beach Saturday, as nearby, runners and walkers crossed the finish at the Hood to Coast Relay and Portland to Coast.

Q: What’s going on so far?

Dan Floyd: Eight-thirty in the morning in Seaside means top men’s, women’s, and mixed teams for the walk, run and the high school championship are all coming in right about this time.

The top high school team (Oregon Road Runners) came in within the last hour. They had a really dominant run. The top men’s (Bowerman Track Club) has already come in on the Hood to Coast side. The top women’s will come in around 10 a.m.

Q: When did runners start?

Floyd: Runners go from 5 a.m. to 2 p.m. Friday at Timberline Lodge. The last wave has about 40 teams in it. Waves go every 15 min-

utes. People catch up, pass, and they’re long gone.

Q: How are the speeds this year?

Floyd: Speeds haven’t gotten faster. They’re a little bit slower overall. That’s good for us because it’s become less competitive of a race and more of an experience, something that people want to do with their family and friends.

Q: Is the terrain rougher than in past years?

Floyd: No, the terrain’s the same. It’s appealing to the everyday person, the everyday runner. You don’t have to be a super athlete to run Hood to Coast.

Q: Tell me about the number of people expected.

Floyd: There will be 19,000 runners and walkers and another 3,000 volunteers. At this beach party, it’s so hard to guess we should get anywhere between 40,000 and 60,000 participants counting, participants, spectators, family, friends.

Q: How is it going with the local community?

Floyd: The relationship with Seaside has been great. Mayor Jay Barber will be down here later. The Seaside Chamber’s been good, the police have been great, the interaction is awesome. They’re supportive of us and we respond when they call.

Q: I see a big presence here from Providence. Where do charitable funds go?

Floyd: The Providence Cancer Institute will receive a little over \$900,000. It stays within our state.

Q: When do you break it all down here on the beach?

Floyd: We break down tonight at about 11. On Sunday and Monday it’s high speed to get everything out of there. It takes a week to set up, two days to tear down.



R.J. Marx
Hood to Coast Chief Operating Officer Dan Floyd.



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