

# Hood to Coast coming through Columbia County on August 28

One weekend a year the population of Columbia County swells by fifty percent as the annual Hood to Coast Relay Race jogs a diagonal path from Scappoose to Mist-Birkenfeld on its way to Seaside. This year the relay will be held on August 27 and 28.

This will be the 23rd year for the relay, which spans 196 miles from the top of Mount Hood to the shores of the Pacific Ocean. There are 36 legs to the race, ranging from 3.9 miles to 8.2 miles in length. Each runner is required to complete three legs.

The relay, along with companion events, the Portland to Coast Relay Walk and the Portland to Coast High School Challenge Relay, are expected to bring 20,000 participants and up to 2,000 support vehicles through Columbia County. The first runners are expect-

ed in Columbia County at approximately 8:00 a.m. on Saturday, August 28. All participants should be through Columbia County by about 1:45 p.m. on Saturday.

With the number of people and vehicles on the road, one of the main concerns is making sure that support van drivers follow traffic laws and relay rules. Citizens who have complaints about relay vehicles or participants are urged to call the relay's 24-hour hotline at 503-913-5851. Callers are asked to report the nature of the complaint and the team number of the vehicle, which is posted on the front and rear of the vehicles. Race officials will issue "tickets" to teams violating race rules, which could lead to penalties or even disqualification if the offense is serious enough.

## Health Notes

By Audeen Wagner



This is one in a series of health-related reports.

### Child Safety

**Car Safety:** Most states have laws about infant and child car seats (You must have a proper one installed to bring your child home from the hospital!). Oregon's seat belt laws extend to all ages, so Buckle Up is not just a slogan, it's the law. It takes only a second or two for an adult to buckle up; it takes only a couple of minutes to get a baby into the safety seat. Take the time to be safe—even when you are going a short distance.

Most cars nowadays have air bags to protect front-seat passengers—they work very well for adults and older children, but not so well with small children and infants in child seats. Air bags inflate very quickly, and can harm your infant

passenger. Even if the child is in a rear-facing seat, the air bag can hit with enough force to cause injury or death.

So, what to do? The rear seat is the safest place for children of any age to ride. An infant in a rear-facing child seat must ride in the back seat, especially if the car is equipped with air bags. Make sure that all young children are properly secured in age- and size-appropriate restraints. Know how to properly install your child seat in the vehicle. And, always set a good example by buckling yourself up. Physician's Assistant Judy Hargis emphasizes, "Children will sometimes fuss and want out of car seats — it's always better to let them fuss a little and know they're safe!"

Want more information? Contact the National Highway Traffic Safety Administration: Log on to their web site at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov), or call the Auto Safety Hotline at 1-888-DASH-2-DOT.

The following chart summarizes requirements and needs for children:

PROPER CHILD CAR SEAT USE			
WEIGHT	INFANTS Birth to 1 yr at least 20-22 lbs.	TODDLER Over 1 yr and Over 20-lbs.-40 lbs.	YOUNG CHILDREN Over 40 lbs Ages 4-8, unless 4'9"
TYPE OF SEAT	Infant only or rear-facing convertible	Convertible Forward-facing	Belt positioning booster seat (to 60 lbs.—some states require 80 lb.)
SEAT POSITION	Rear facing only	Forward-facing	Forward-facing
ALWAYS MAKE SURE:	Up to one year and at least 20 lbs in rear-facing seats Harness straps at or above shoulder level	Harness straps should be at or above shoulders Most seats require top slot for forward-facing	Belt positioning booster seats must be used with both lap & shoulder belts. Lap belt must fit low and light across the lap/upper thigh area and shoulder belt fit snug across chest and shoulder.

WARNING: All children age 12 and under should ride in the back seat.

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**Bike Helmets:** Oregon requires all children under 16 to wear a helmet when riding a bike. Even a low-speed bike crash can cause serious brain damage. A bike helmet reduces the risk of serious head injury by 85%!

When buying a helmet, correct fit is very important. Helmets meeting safety standards are available at bicycle shops and at some discount, department and toy stores. A helmet should fit snugly on the head, be level from front to back (not tilted to the rear), and should cover most of the forehead. Also, look for a strong, adjustable

chin strap with a tough fastener. The chin strap should be adjusted to fit snugly.

"Parents should be sure their children wear helmets for biking. Youngsters should also use knee, elbow and wrist pads when roller blading or skate boarding, in addition to helmets," said Judy Hargis of the Vernonia Clinic.

More information? Contact the Oregon Dept. of Transportation Bicycle Safety in Salem at 1-800-922-2022. Contact Providence Clinic in Vernonia with questions on any aspect of child safety—a pretty important subject!

## Immunization clinics available in Washington Co., call for appointment, bring shot records for child

It is time to update children's immunizations for the coming school year. Parents who are on the Oregon Health Plan, have major medical insurance that doesn't cover immunizations or lack health/medical insurance, are encouraged to take advantage of multiple immunizations clinics throughout Washington County.

The clinics will be held on Saturday, August 28, from 10 a.m. to 2:00 p.m. in Beaverton,

Hillsboro, Cornelius and Tigard. Parents are requested to bring shot records for each child.

Those wishing to make an appointment may call the Washington County Department of Health & Human Services at 503-846-8851, or one of the Virginia Garcia Memorial Health Centers. In Cornelius the number is 503-359-5564, Hillsboro is 503-846-3360, and Beaverton is 503-352-6000,

The clinics are sponsored by

Virginia Garcia Memorial Health Centers and the Washington County Department of Health and Human Services.

