

Hey Runners!

We're putting together a team for the **Cascade Lakes Relay** - which is the smaller, more scenic, less traffic, less hectic version of Hood to Coast. It's still pretty much the same deal, 2 vans, 12 people, no sleep, and a bunch of smelly socks!

Registration starts October 1st, so the sooner we get a team together the better. If you're interested, let Matt Cleveland know ASAP!

Cleveland503@gmail.com

Race Details:

What - Each person runs 3 legs, with each leg's distance between 2.5 - 8.7 miles (average of 18 miles total/person).

When - Friday, Aug. 3rd-4th

Where - The race starts at Diamond Lake and end in Bend.

Why - because.

Cost - your sanity...and about \$210 (\$110 up front for registration + money for van rental, gas, etc.)

The Course - You'll see more cows than semi-trucks and smell pine trees instead of exhaust.

www.cascadelakesrelay.com

We also need two volunteers to help out.

Please contact Matt Cleveland if you have any questions.

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