



Tropical Storm Seaside

CLACKAMAS COUNTY TEAMS

2015



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ALL WALKS OF LIFE



Left to Right: Caryn Anderson, Laura Kooiman, Tammy Ortega, Linda May, Brooke Gelfand, Amy Jackson, Kelsey Deming, Edith Fredrick, Kim Wyatt, Annie Stuck and John Filar in the back with hands stretched out.

Team members are from Social Services and Health Centers in addition to one retiree

Stats include 171st place out of 380 teams, average team pace 14:08, 15th place out Of 45 teams for corporate mixed walking team!

I could not think of a better way to finish my time as a Clackamas County employee than completing this year's Portland to Coast relay. We had some unexpected bumps, as well as some crazy weather, but we made it as a team. I am so grateful to have been a member of team AWOL the last 3 years. I made memories that I will cherish for a lifetime! **Kim Wyatt, DD Service Coordinator, Social Services**

Thank you Wellness for sponsoring AWOL. It was an epic event challenging each of us to dig deep and continue on through gale force winds and soaking rain, and a few of us having to complete an extra leg. I enjoyed the night-time legs through the coastal woods, sharing funny moments, receiving support from team members, & Tent City...where you had your own tent to stretchhhhh out in! I love that my coworkers are now friends as we join up in other events! Also a big shout out to the amazing volunteers; our three volunteers worked over their scheduled shift in order to assist others. Cheers to another year! **Caryn Anderson, DD Service Coordinator, Social Services**

Great first relay! So proud of my team battling through 4:00 am start times, highway miles, wind, rain, lack of sleep, and tipping porta-potties. The scenic views along my first leg and the "tent city" were by far my favs. But nothing topped that feeling of the whole team joining John (who walked the final leg after completing two others) to cross the finish line and receive our medals - loved it! **Annie Stuck, DD Service Coordinator, Social Services**

ALL WALKS OF LIFE, continued

What a crazy, windy, fun, Portland to Coast year! Our team rocked it by walking through 50 mph winds, rain, and the dark. We were down a team member in Van 2 (due to sickness) and a few of us picked up an extra leg. I walked over 17 miles in 24 hours and was never happier than when I walked across the finish line with the whole AWOL team. We even had the added bonus of watching the winds knock over the porta-potties! Thank you so much to John Filar and Caryn Anderson (our WONDERFUL captains) and for Clackamas County for sponsoring such an epic weekend - can't wait for next year! **Kelsey Deming, DD Service Coordinator, Social Services**

This year's PTC relay was extraordinary – with the rain and wind gusts creating a challenge to several of our walkers. We persevered and supported each other in ways that really solidified us as a team. It was truly an amazing experience! **Brooke R. Gelfand, DD Service Coordinator, Social Services**

It was a fun year! I was more prepared for this year and knew what to expect. I'm proud that I challenged myself and took on more miles this year. The weather definitely made for a memorable year and I'm proud of our team for pushing through and finishing even stronger than last year! Looking forward to next year! **Amy Jackson, DD Service Coordinator, Social Services**

Heading into doing Portland to Coast, there is always a part of you that thinks, “what on earth am I thinking?!” The idea of crowding into a van of 6 people, trying to keep yourself as small as possible, hopping out to walk your “legs” as fast as you can, getting back in all sweaty, not sleeping or sleeping fitfully in some contorted ball of yourself out in a field, or (if it's raining and windy) reclining in the seat of the van, all seems pretty strange.

All of these strange elements of the experience played out again this year. Add to that the fact that (sadly) one of our team-mates fell ill, so our van was down to 5 walkers AND an unusual fall storm with high winds and rain was rolling in. Despite all of this, being part of Team AWOL has turned out to be one of the highlights of my year.

Here are the biggest take-aways:

- In the absence of one walker, without hesitation, our amazing van leader John Filar and Kelsey Deming both quickly volunteered to “take one for the team” and walked three legs each.
- While our walkers were out doing their miles, the rest of the van-mates stepped up to either drive and/or hop out to offer water, smiles and cheers, or moral support at points along the way. The sense of caring and teamwork was great. Folks really knew just how to support each other with awareness and grace.
- Gail force winds with gusts up to 60 MPH and sideways rain didn't stop Team AWOL, even if tree branches were flying and porta-potties were tipping over left and right. Caryn Anderson and John Filar are fantastic, positive, generous leaders with great communication skills, and tons of class.
- Being part of this group is a (good) challenge, an honor and one heck of a lot of fun. Every second of hard work, sleeplessness, muscle soreness and cramped quarters was worth it for the fun, exhilaration, collaboration and pride we experienced as part of Team AWOL.

Thanks to the Wellness Committee for supporting us and helping our team represent Clackamas County. **Laura Kooiman, DD Service Coordinator, Social Services**

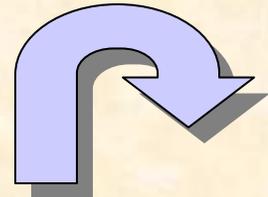
ALL WALKS OF LIFE, continued

Why I Do Portland to Coast (or How to Enjoy a Tropical Storm)?

This was my third, and supposedly, final year of doing PTC. I'd been there, done that, and figured it was time to move on. At face value, participating in PTC (or Hood to Coast for runners) does not really seem to meet the definition of "fun". You "get to" spend 30+ hours crammed in a van with five other people; you walk 8-16 miles in the heat (or rain); you get little to no sleep; you eat...sort of; you smell...badly; and you pay money to do it. Really!! Pretty sure that doesn't sound like "fun". However, ask any PTC veteran why they keep doing it, and most will say, "It's so much fun!" Typically, we worry about the heat. This year, we were greeted with Tropical Storm Seaside. It might seem that Dante could add a 10th circle when it comes to walking straight into a wind that is hurling dirt, debris and needle-like rain into your face. Definitely not something that was ever on my bucket list. Add to it that we lost one team member to illness the day of the race, so a couple of us took on an extra leg. That said, completing this year's race had the opposite effect on me than I would have expected. Instead of solidifying my feeling that it was time to hang up my walking shoes, it strengthened my resolve to do it again. And again. So, what makes it so fun? For me, it's all about my team and about pushing myself to the limit. As I rounded that last corner toward the finish line, completely out of gas yet still pushing myself hard, I was greeted with walls of people cheering me on, and in the middle of them all, I saw my team. This team laughed with me; supported me; encouraged me; lifted me; challenged me; and in the end, celebrated with me. That is priceless. I have been blessed with the ability to compete in such a race and the opportunity to make lifetime friends with people I'd otherwise never have met. I am so grateful to our Wellness Team for their sponsorship, and I am so grateful to be a part of team AWOL (All Walks of Life)! Thank you, thank you, thank you!! **John Filar, Health Centers**



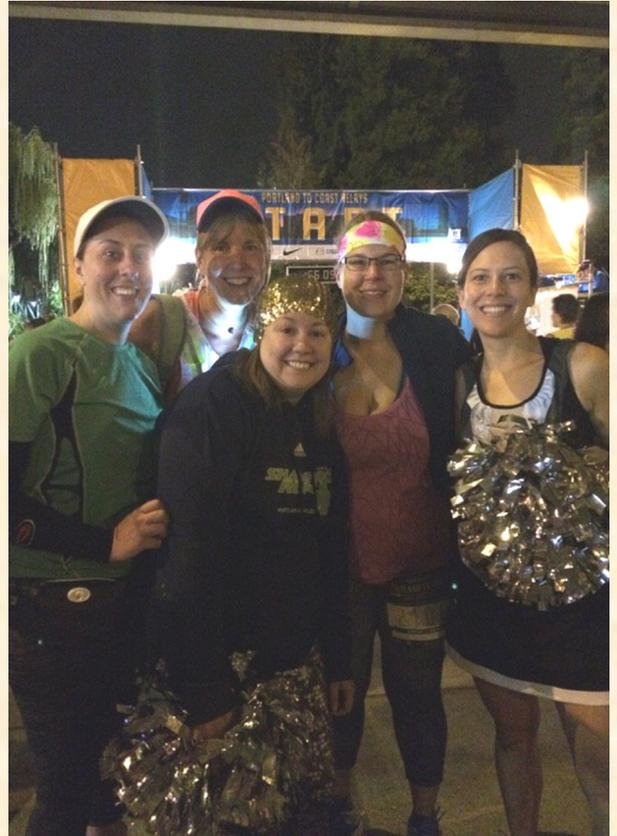
Group Send off !



ALL WALKS OF LIFE, continued



"Way too early for Linda May"



Annie, Caryn, Kim, Amy, Tammy



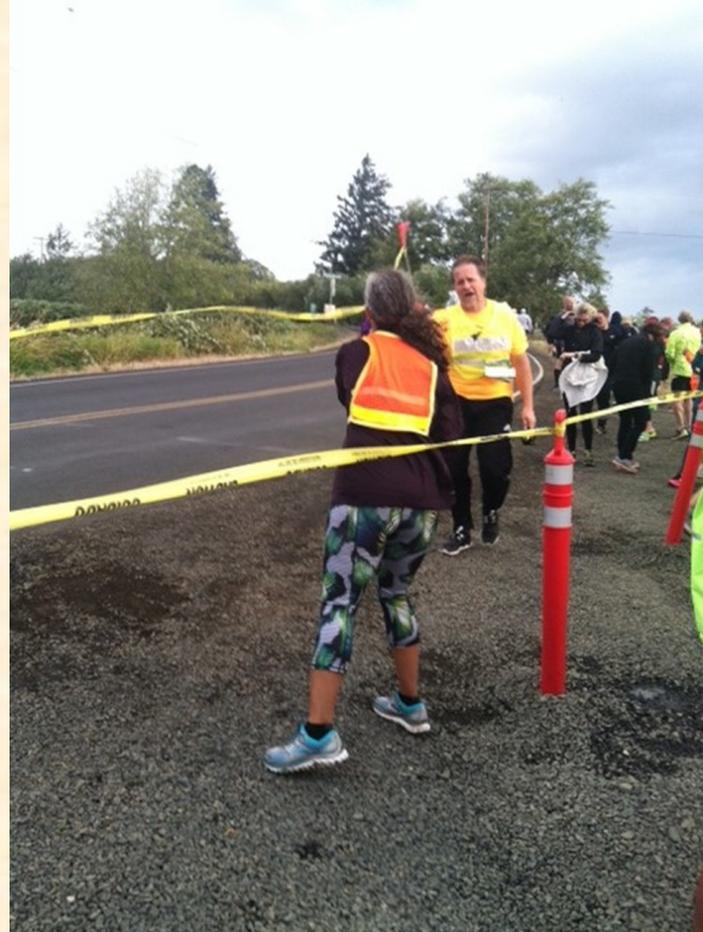
Van 2 with mascots Sharky and Little Sharky



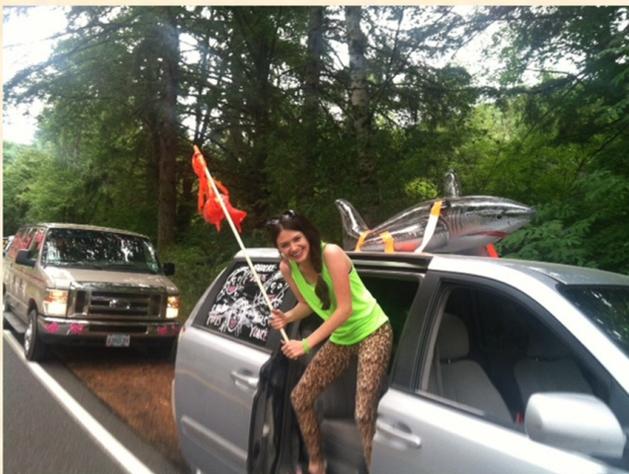
ALL WALKS OF LIFE, continued



Brooke Gelfand in the wind!



Brooke handing off to John Filar!



Kelsey



Kim, Annie, Tammy celebrating!

ALL WALKS OF LIFE, continued



Amy Jackson and Annie Stuck with Sasquatch!



Tent City



Left to right: Caryn, Annie, Tammy, Laura, Kelsey

JUST 24 FEET



Wow!! Every year is a new adventure, but by far, this year nine was the best!!! We were very excited to start at 5:00 am this year after having late starts two years in a row. Late starts mean increased traffic in the late stages of the race as the Hood to Coasters catch up to us. Van 1 managed to get through our sections of the course with very little Hood to Coast traffic which made our progress along the course much easier.

As we gathered on race morning, the talk was all about the weather. We speculated about when the storm would actually hit and just how bad the rain was going to be. Little did we know that we were going to have much more than the rain to contend with. As Van 1 began their second set of legs, we felt a few sprinkles, followed by a heavy mist. As we progressed, the rain increased until Colette Stiff was caught in the worst weather we could have imagined. Colette shared, "I survived torrential down-pour, windstorms, and thunder and lightning all on one leg. I was soaked to the bone and frozen but will still do it again. What an adventure!" **Shannon Boyette** said, "I will never forget Colette coming into her exchange in the downpour of rain and wind. She was quite the trooper!"

As we were waiting for Colette to come in, other walkers were telling stories of people slipping on pavement covered in leaves and needles and having to dodge downed trees and limbs. As Van 2 took over, the storm continued. They experienced these conditions during all of their second set and dealt with squishy shoes and soaked clothing. "Walking in the storm was by far the most challenging thing I've ever done, but I did it and it was worth the effort!" said **Mandi Oropeza**.

Throughout it all, Just 24 Feet was still smiling and still happy to have participated in the relay. Mandi shared, "I enjoyed the camaraderie and other teams cheering each other on!" Cheering for each other and for other teams is part of the Portland to Coast culture. We celebrate each others' victories and build each other up when things don't go according to plan. We watch out for the safety of others and try to help along the way. We do this not just within our own teams but with other teams as well. When we heard that a team was rear ended this year and that some passengers had to be taken to the hospital, we were all saddened and hoped to hear an update with good news as we traveled along the course. It was a reminder that we all need to watch out for one another.

Despite all the challenges (the weather, the danger we put ourselves in to participate, the course/exchange changes), Just 24 Feet persevered and finished with smiles on our faces. Even Valerie Skinner was smiling after walking four legs for a total of 23.9 miles!!! We smiled not because we were finally finished and could get warm and dry, but because once again, we had finished something that many would not even consider starting. We had challenged ourselves and one another and we made it to the finish line! We are all excited to participate next year and even if we catch a storm again....we will ride it out. **Liane Kinne**



**Back row left to right: Liane Kinne, Colette Stiff, Pablo Oropeza, Halley Wunder, Romy Mielnik, Kay Bayot
Front row left to right: Shannon Boyette, Mandi Oropeza, Sarah Jacobson, Valerie Skinner, Doretta Kolen,
Jeanette Wyman, Cherice Flanary**



**Valerie Skinner finishing the first of four legs
and handing off to Jeanette Wyman**



**Left to right: Liane Kinne, Shannon Boyette, Colette
Stiff waiting for Van 2 to arrive**



Left to right: Valerie Skinner, Liane Kinne, Colette Stiff, Shannon Boyette waiting for turn to start the relay!



Colette Stiff ready to go!

SLOW MO P.O.'S

Hood to Coast 2015 was a whole new experience this year. Our team had enough seasoned Hood to Coasters that we felt prepared for what we was in store for us. In addition to the regular par for the course blisters, legs cramps, loss of toe nails, lack of sleep, visits to the port-a-potties and running throughout the day and night, we faced cool temperatures which transitioned to a humid afternoon and then into monsoon-type rain. Explosive lightning and thunder and gale force winds were strong enough to nearly stop someone running down hill. Along the route at exchange 15, we took advantage of a photo op with sasquatch provided by Dick's Sporting Goods. We were happy to have finished safely and near the beach. For some it was a successful year but for others, frustrating and painful. In the end, each one of us have great stories and memories that will last for years to come. **Michelle Barrera, Juvenile**



Back row: Maria Baltazar, Dan Sprecher, Tim Vice, Brooke Vice, Eric Barrera, Amber Kersey, Joe Harding, Bryan Ferguson, Ethan Ferguson Front row: Michelle Barrera, Kris Tidwell, Hillary Westlake



Left to right: Joe Harding, Tim Vice, Brooke Vice, Maria Baltazar, Bryan Ferguson, Ethan Ferguson



Left to right: Hillary Westlake, Amber Kersey, Michelle Barrera, Kris Tidwell



Left to right: Hillary Westlake, Dan Sprecher, Kris Tidwell, Ryan Kersey, Amber Kersey, Michelle Barrera, Eric Barrera



Joe Harding and Dan Sprecher



STRANGER DANGER

This is the team's 6th year for participating in the Portland To Coast Relay. We started our journey at 0515 on August 28th with eight determined walkers. After some very decent temperatures in the beginning, a few blisters, crazy winds and a monsoon on the last day, we made it to the coast! The camaraderie not only from our own team but other teams that we've seen every year is astounding and makes the 32+ hour relay worth it every time. We could not have completed this relay without the support from Clackamas County and especially our volunteers: Ashley Cooper, Candice Killinger and Jason Ritter, Thank you! **Sarah Ashby**



Left to right: Kelli Newcomb, Chelsea Piper, Mona Copenhaver, Jen Costanzo, Andrea Russell, Sarah Ashby, Tiffany Druba (missing Brandy Ritter who was currently walking)

Van 1 at an exchange!



Kelli Newcomb and Mona Copenhaver



Due to the storm, main street Seaside was turned into the finish line!

Van 1 at the starting line!



Left to right: Brandy Ritter, Tiffany Druba, Sarah Ashby, Andrea Russell

TEAM COUCH TO 320K



**Left to right: Karen, Jennifer, Danielle, Erin, Pat, Brandi, Julio, Scott, Nathan, Wayne, Kelly
Kneeling: Jason**

It was a bright and sunny morning. Then it was a hot and humid afternoon. Then it was a dark and stormy night. Then it was a wet and windy day. The 2015 Hood to Coast offered a little bit of everything; we took it all in stride without much idea of what could be different...or better!

Team Couch to 320K included Nate Boderman (Counsel), Karen Buehrig (DTD), Julio Cabrera (TS), Danielle Couch (DTD), Pat Greene (TS), Scott Hoelscher (DTD), Jennifer Joslin-Brown (DES), Erin Knapp (DES), Brandi Leos (DES), Jason Morrill (DES), Wayne Montee (TS), and Kelly Neumeier (TS). Of our twelve, only four had previously participated in a HTC, so we were a pretty green team. Although many of us work together, this relay gave us the opportunity to interact with employees from other departments. None of us really knew each other and in almost any context, marinating in a minivan for 30 hours with people you hardly know would be disastrous. It speaks to the quality of the people who participated that the event went as smoothly and enjoyably as it did. We were all grateful to have the opportunity to meet some new faces outside of those we see day-to-day and are able to appreciate those that we do work with in a completely different way.

The view from Van 1 started out at Timberline Lodge in the morning with excitement building. We were all anxious to get started and took off down the mountain so much faster than we usually run! As the day wore on and us eating power bars and taking power naps, we kept wondering when the pending storm would arrive. We got to experience the humidity, darkness and lightning before the rain and wind arrived. The lightning show was spectacular! The midnight road trip was complete with a very eclectic music mix (Hip Hop Nation to Barry Manilow) and a lucky stop for hot lasagna. More power naps and then the early morning light, some miraculous runner exchanges and rolling hills to bring it home.

TEAM COUCH TO 320K, continued

The Van 2 runners got to sleep in and only had to drive as far east as Sandy to start. The afternoon humidity had set in and we were lucky to grab showers and pizza before we had to start running again. A midnight handoff brought with it the start of the rain; it would be more than 12 hours until we saw some resemblance of a dry sky again. Traffic jams in the middle of the night in the middle of nowhere aren't unique to HTC and that part of the experience did not disappoint. Finally through the night, but not during the worst of the storm, we were able to hand off and then sit back and collapse until we rallied for the best roadside breakfast sandwiches this side of Mist! We found out about the decimation at Seaside at our last van exchange and ignored those that were encouraging everyone to throw in the towel. The last legs gave us clearing skies but relentless wind and a final kick to bring it home.

Coming into Seaside we were all able to connect and cross the finish line as a team. The storm that had come through had absolutely ravaged the beach and all of the festivities. It was sad to see and disappointing that there was no formal celebration at the finish line, but it was cool to be able to say "I ran in the 2015 Hood to Coast and I survived the storm!"



Van 1

Left to right: Pat Greene, Julio Cabrera, Nathan Boderman, Karen Buerig, Kelly Neumeier, Wayne Montee



The best news for Team Couch to 320K is that no one sustained any injuries, we didn't miss any exchanges and we finished ahead of our projected time! The bummer, of course, was that the finish line party was cancelled due to the hazardous weather and the inevitable disappointment that we didn't get to spend much time as a full team of 12. However, there is always next year!
Danielle Couch and Kelly Neumeier



Van 2

Jason Morrill, Erin Knapp, Brandi Leos, Danielle Couch, Scott Hoelcher, Jennifer Joslin-Brown

SUPER CHUMPS

This is the fourth year that “Super Chumps” has taken part in the Portland to Coast relay. About half of our team has taken part, in some way or another, for all four years. This year the team captains decided that each captain would oversee one van. To this end there is a brief blurb from each van..

Van 1 by Stacie Martinez

Every year, I say it is my last, and year after year I sign up again.

This year Van 1 was filled with 6 gals from Clackamas County Parole and Probation. We started at 5:00 am and the laughter and delirium begun immediately. There are so many memories and things I can say about the fun that was had, but a few important quotes come into mind immediately like “turn around,” “fried chicken,” and “overachievers.” We only managed to get lost about 4 times and had to turn around all four of those times. We were starving for real food so therefore got friend chicken and corn dogs. All of us completed our legs in less time than predicted and several of us had personal bests. One of our walkers only had 16 hours to prepare for the walk (she replaced someone who got sick) and another had an allergic reaction and was out of work all week prior to the walk, but powered through because she did not want to let the team down.

There is something to be said about voluntarily being in a van with 6 people for 30 hours. We do it because not only is it a bonding experience for all of us but it is also for a good cause. Tired, stinky, hungry for real food, rain, thunder and wind didn't stop us. These are experiences that we will never be able to recreate. Will I do it again? Heck ya!! Super Chumps - PTC 2016.



Left to right: Stacie Martinez, Beverly Barnett, Kristen Watson, Christine Davis, Kelsey Hafner, Brandy Lea

SUPER CHUMPS, continued

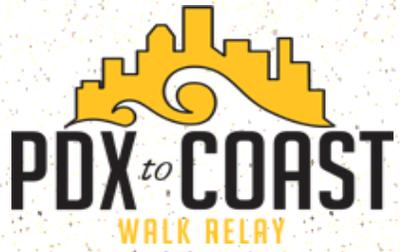
Van 2 by Mike Naber

Van 2 was made up primarily of various staff from the Clackamas County Work Release Center, as well as a few members from Community Health. Van 2 had a much more leisurely start as we did not have to meet Van 1 until about 1:00 pm on the first day. All of us had been dreading the weather report which was predicting high winds and rain. Honestly I think we all were just thinking maybe the weather man was wrong - I mean how often are they right? Well that was not the case. We were awakened at 3:00 am on day 2 by high winds, thunder, lightning and down pouring rain. Waking up to wet tents is not fun. In spite of the rain we prevailed and overcame the weather. Many teams decided to "throw in the towel" due to weather, as well as the beach party being cancelled. But not the Super Chumps, we walked through 60 mile wind gust, falling trees and downed power lines. In the end we too were ready for some real food, a shower, and sleep. But in looking back every member of Van 2 felt a great sense of accomplishment. Not only did we once again finish the race, this time we did it in spite of the worst weather in PDX to Coast history.

The idea of spending 30 plus hours in a van with seven other people may sound like craziness. However for the Super Chumps it was just another opportunity to bond and grow closer as a team.



Left to right: Liz Baca, Kristen Watson, Beverly Barnett, Kelsey Hafner, Bryon Hamilton, Patricia Walker, David Hansen, LeAnn Naber, Mike Naber



Patricia Walker hands off to Liz Baca for the final leg



Kelsey Hafner (Van 1) hands off to Denise Doyle



Patricia Walker after completing her first leg

Many thanks and congratulations to this year's teams, volunteers and team captains:

Hood to Coast Teams

- Couch to 320K, Captains: Jennifer Joslin-Brown and Brandi Leos
- Slow Mo P.O.'s, Captains: Michelle Barrera and Dan Sprecher

Portland to Coast Teams

- All Walks of Life, Captains: Caryn Anderson and John Filar
- Just 24 Feet, Captains: Liane Kinne and Colette Stiff
- Stranger Danger, Captains: Brandy Ritter, Sarah Ashby, Jen Costanzo
- Super Chumps, Captains: Mike Naber and Stacie Martinez

