



CLACKAMAS COUNTY TEAMS

2016

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ALL WALKS OF LIFE



**Front row l to r: Kelsey Deming, Sarah McIntyre, Amy Jackson—Middle: Shari Carter
Top row l to r: Laura Kooiman, John Filar, Rachel Bettis, Marcy Cady, Kim Cota,
Caryn Anderson, Janice Raisl**

What a difference a year makes...and for this year, what a difference a day makes! No tropical storms this year, but we went from walking in near 100 degree weather Friday to 50 degrees on Saturday! Once again, I feel blessed to have been a part of such a wonderful team! You just can't put a price on a post-race, sleep-deprived sing along to make up for the hours of dirt, gravel, sweat, hunger, stink, and general aches and pains that come with 12+ miles of walking and 30+ hours in a van! Did I mention the gravel? If you want a sample of Portland to Coast, next time the temperature exceeds 90 degrees, go find a dusty road, fill your shoes with little pieces of gravel, have vans drive by you on that dusty road, and then crank out 5+ miles walking at a little over 4.5 miles per hour. If that's your idea of fun, then you will fit in nicely with the rest of us! Seriously, this was one of the best yet. Great team, folks digging deep and moving our time from 20+ minutes over schedule to 10 minutes under schedule, then spending quality time enjoying the post-race celebration. Thank you Wellness for the opportunity to stay fit in the wildest of ways!
John Filar, Office Manager, Clackamas Health Centers

PTC was challenging and tons of fun. I met people I didn't know from Social Services (Sarah, Kim, Marcy and Ann), Van 2 team member Rachel and volunteer Harvey. Also riding in Van 2 broadened my musical spectrum, thanks to Kelsey. **Janice Tafoya, Veterans Services**

This year for Portland to Coast, my goal was to challenge myself. It was my second year with the same legs and I wanted to beat my times from last year. I smashed my time on both legs and set a new personal record pace per minute! It felt awesome! So much fun along the way too. Getting to know teammates better and lots of silliness and humor in the wee hours of Friday night/Saturday morning. This was the best year yet and it was great to finish strong even though we had lots of new folks on the team. They rose to the challenge and went above and beyond! Getting to enjoy the party on the beach this year was fun and a nice change from the sideways rain of last year. Here's to another great year from Team AWOL! **Amy Jackson, Service Coordinator, Clackamas County DD Services**

ALL WALKS OF LIFE, continued

PTC's Theme for 2016 was "SIZZLING HOT". Heat was definitely a factor for Friday as I trudged the 7.77 miles for leg 17 along the dry dusty highway hoping to catch sight of the McDonalds' sign signaling the end of my leg...why does that sign look so close yet so far? I came around the corner for the end of my leg to the familiar cow bell sound knowing "that's my team" and was welcomed with the best frozen washcloth ever! What a great feeling!

I have to say Team AWOL was sizzling hot as well with the addition of four new members who came prepared, tackled their legs in amazing time, and added positive energy to our group. Team AWOL finished in 13th place out of 107 teams completing the race in 30:52! As captain, this event takes a full year to plan, coordinate, motivate, and prepare your team...it's well worth the effort as we enjoyed dinner on Saturday night reflecting on our experiences and our first sing-along...thank you Harvey for bringing the guitar. Thank you to our fabulous volunteers (Jackie Bauer, Katie Whipple, and Harvey)!

Thank you Wellness as this event brings many of us together in a positive way outside of work! **Caryn Anderson, DD Service Coordinator**

This year was my rookie year for P2C and team AWOL. It was one of the most fun and exhausting experiences I have ever had. I pushed my body and mind to perform in a way it never has before! I achieved my best per mile time, ever, and I did not experience any soreness or pain! I believe that was related to the miracle of endorphins. I appreciated the opportunity to get to know new people, and am grateful for the openness they showed me, in letting me join in with such an amazing group! I appreciate the Captain of Team AWOL, and all the work that went into the year-long planning of this event. Caryn, you rock! I am amazed by and thankful for the volunteers who participated as well. I couldn't believe the number of people willing to be up, and deal with other people, without being paid, at 3 AM! I'm also grateful to Clackamas County Wellness for their support of our participation in these events. Thanks again, everyone had a great time! **Kim Cota DD Program Manager**



Amy Jackson rocking it!

ALL WALKS OF LIFE, continued



Kelsey cooling Gina prior to her leg



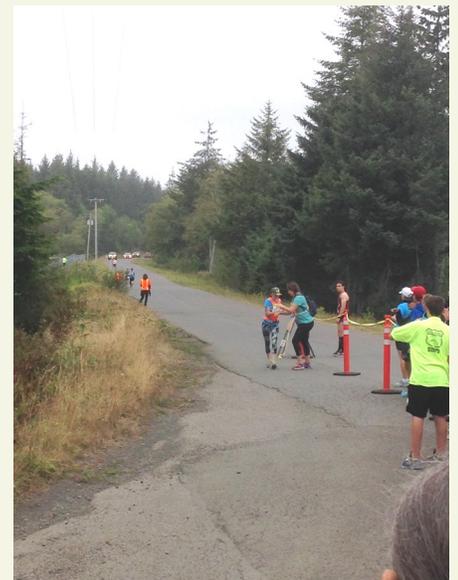
Janice and Gina exchanging



Rachel waiting for her turn



Amy and Caryn at the finish line



Exchange between Kelsey and Rachael

ALL WALKS OF LIFE, continued

Team at finish line!



**Bottom row l to r: Kelsey Deming, Kim Cota, Caryn Anderson, Marcy Cady
Middle row: Amy Jackson, Shari Carter, Gina Thompson
Top row: 1 to r: Laura Kooiman, Rachel Bettis, Janice Raisl, John Filar, Sarah McIntyre**



Kelsey cheering team



Van decorating with Gina, Kelsey and Laura

JUST 24 FEET



**Back row l to r: Pablo Oropeza, Amber Stellings, Shannon Boyette, Colette Stiff, Natalie Spilman, Mandi Oropeza, Emmylou Boyle, Ken Frank
Front row l to r: Sheila Burnum , Monica Wright, Valerie Skinner, Liane Kinne, Susan Titus, Tiffani Frank - Not pictured: Tawnya Marsh and Pam Douglas**

Portland to Coast this year was the opposite of last year. We were dry, dry, dry and HOT! We started at 4:30 am on Friday morning and by the time our 4th walker began her leg, the temperature began to climb rapidly. As each walker came in, the next walker knew they were in for a challenge. Our sixth walker had a scary moment as she tried to adjust to the extreme temperatures on a leg that was completely unsupported. Luckily, she was able to finish her leg and was doing fine after drinking a lot of liquids and sitting in the air conditioning for awhile. While Van 2 continued on from the fairgrounds, Van 1 headed to Mist where our wonderful driver, Tiffani Frank's husband Ken, set up an awesome shelter providing us with some much needed shade. Most of us were still unable to sleep due to the extreme temperature but it was a relief to be able to get out of the sun and relax a bit before starting our second set of legs.

When Van 2 finished their first set of legs, we met up with them and found out that the first walker from the fairgrounds exchange had also experienced some scary moments due to the heat. She ended up being ok after being taken off the course and even did her second set of legs the next morning! Van 1 handed off to Van 2 for the last time nearly 25 hours after we started the relay. We then headed to Seaside for showers and much needed rest. After resting, some of us went out to brunch before heading to the finish area to wait for Van 2 to arrive. We all gathered together and waited to hear our team number and name called signaling that our last walker was nearing the finish line. Once she arrived, we crossed the line together and began celebrating! We all had an amazing time despite the challenges of heat and fatigue. and are up to the challenge next year. *Liane Kinne, H3S, Team Captain*

JUST 24 FEET, continued

Words from a Portland To Coast Newbie – Without knowing what to expect, this was by far the best race I have ever participated in. My Just 24 Feet teammates welcomed me with open arms and encouragement. I was fortunate to have my daughter Monica along on the team. If you have been thinking of participating in PTC, go for it, take the plunge, you will be glad you did. I am already signed up and ready for PTC 2017. Thank you County Wellness for sponsoring Just 24 Feet. *Sheila Burnum, Sheriff's Office*

This is my 10th year doing Portland to Coast and I had a blast. I usually do a family team but that team took a year off, so I joined my original team that I started Portland to Coast with and realized how much fun they still are, even after being in a stinky van with them with no sleep for hours! *Tiffani Frank, Health Centers*

I had a great time. It gets better and better each year. I love the challenge and the feeling of achievement afterward! *Mandi Oropeza, Behavioral Health Division*

Portland to Coast has been such a great experience! Pushing yourself on your miles, and then finally being able to say “My team did it!” It is so rewarding, and gives such a great respect for what life has to offer especially knowing it’s for a great cause. *Amber Stellings, Health Centers*



Front row l to r: Liane Kinne, Tiffani Frank, Ken Frank
Back row l to r: Colette Stiff, Amber Stellings, Shannon Boyette, Emmylou Boyle



Front row l to r: Mandi Oropeza, Natalie Spilman, Colette Stiff, Pablo Oropeza
Back row l to r: Emmylou Boyle, Pam Douglas, Tawnya Marsh



L to r: Shannon Boyette, Susan Titus, Emmylou Boyle



Tiffani Frank (in pink) giving water to Emmylou Boyle (in blue)



Van 1 Shelter

SLOW MO P.O.'S



After months of training, we embraced overwhelming excitement and intense nerves at the start line as we held hope for our team sharing a common goal to 'succeed.' Beginning the 199 mile trek, cheering and supporting each team member on through their legs while fighting through each step of the course with more focus than the last, we pushed through the heat, hills, dust and gravel and endured the long pitch black stretches of darkness during the night. We resisted desires to sleep and pushed through as we ran in sync with the rising sun appearing over the misty coastline. Team Slow Mo P.O.'s persevered - HTC 2016 we finished strong! *Michelle Barrera, Juvenile*



**Back l to r: Noe Baltazar, AJ Gosney, Eric Barrera, Dan Sprecher, Brennan Sprecher, Brooke Vice, Ethan Ferguson, Bryan Ferguson
Front: l to r: Tim Vice, Michelle Barrera, Maria Baltazar**



L to r: Brooke Vice, Sasquatch, Michelle Barrera, Kris Tidwell



Van 2 team mates—trying to sleep day 2 between legs 2 & 3



Van 2 l to r: Brooke Vice, Michelle Barrera, Eric Barrera, Kris Tidwell, AJ Gosney, Tim Vice in front

STRANGER DANGER

This is the team's 7th year participating in the Portland to Coast Relay. We started our journey this year at 0400 on August 26th with 12 determined walkers. After some very hot temperatures, some very cold temperatures and a few blisters, we completed the race still smiling! The camaraderie, not only from your own team but other teams that you have seen every year, is astounding, and makes the 32+ hour relay worth it every time. We could not have completed this without the support from Clackamas County and especially our volunteers: Jason Ritter, Tina Burgess and Bill Rowlands. Thank you!



Bottom row l to r: Jamie Hays, Tiffany Druba, Sarah Ashby, Corrin Rowe, Nicole Unck, Brandy Ritter
Top row l to r: Laura Pliska, Jordan Zaitz, Mona Copenhaver, Brenda Moyle, Kelli Newcomb, Hilary Scott



Van 1 before 1st leg



Van 2 waiting for the last walker at the finish line



Once again, we made it to Seaside!

TBD@SEASIDE (Tired, Blistered and Delirious)



Back row l to r: Cassi Cooper, Susan Brookshire, Roxann Fisher, Barb Majhor, Deena Mehdikhan, Geoff Bennett, Jeanette Wyman, Kay Bayot (volunteer), Melissa Foxon, Doretta Kolen, Cherice Flanary (volunteer) Kneeling: Sue Unger (missing Korissa Mehdikhan and Amanda Olsen)

2016 was my first Portland to Coast. While I was thankful for no storm, man it was HOT! I enjoyed being part of such a great team, and loved how encouraging everyone was towards one another. Although PTC was a race, I have never felt so encouraged by members of other teams. It was a faith-in-mankind restoring type of event. Other vans happily misted/sprayed down other walkers/runners to keep from overheating, and other walkers never failed to give you “good job” or “keep it up” to everyone they came across. Even when everyone was clearly running on 2-3 hours of sleep, spirits remained high as everyone had finishing on the mind. I cannot wait to participate in this event again, and look forward to many years of walking to the coast. *Barb Majhor, Assessor’s Office*

I believe this was my sixth time walking PTC and I couldn’t have asked for a better group of people to walk with and get to know better. This year’s walk was really challenging for those walking during the high temps of the day on Friday, but with great team support, we got them through with encouragement and water. As we got into the wee hours of our second walks, our silliness came out, and brought laughter to our group and a reminder of how dedicated we all are in supporting Providence Cancer Center, to find a cure for cancer. *Roxann Fisher, Finance*

It was a great race; everyone was so friendly and polite. This was my 10th year doing the Portland to Coast Relay, and by far the best one I have ever been a part of. I not only was surrounded by my co-workers from the Assessor’s Office, but members of my family as well. My granddaughter, Melissa Foxon, walked with the team, and my daughter, Kay Bayot, and my granddaughter, Cherice Flanary, were volunteers for the team. Our coordinators, Deena Mehdikhan and Doretta Kolen, had everything so well planned and thought out, it was a great pleasure to be part of the excitement of this walk. *Jeanette Wyman, Assessor’s Office*

This was my 8th year representing Clackamas County! I am thankful to the county for the encouragement and my ability to participate in this event. This year’s group of walkers was simply amazing. While we did not have to deal with the monsoon like last year, it was very hot and everyone did great. Through all of the pain, darkness and stinky “Honey Buckets,” you all did a great job!! *Deena Mehdikhan, Assessor’s Office*

VAN 1



L to r: Korissa Mehdikhan, Susan Brookshire, Roxann Fisher, Jeanette Wyman, Sue Unger



L to r: Susan Brookshire, Roxann Fisher, Jeanette Wyman, Sue Unger, Deena Mehdikhan

VAN 2



L to r: Barb Majhor, Amanda Olsen, Geoff Bennett, Doretta Kolen, Melissa Foxon, Cassi Cooper



Oh, thank goodness, the END!



Dick's Tent City



DEVILED LEGS



Top row l to r: Amy Caldwell, Ben Geiger, Cade Hole, Jennifer Joslin Brown, Jason Morrill, Hannah Caldwell, Jason Caldwell, Renee Gierman, Kelly Neumeier - Bottom row l to r: Chris Desiderati, Geoff Baur

This year's Cascade Lakes Relay started on July 29th at Diamond Lake, Oregon. The relay consisted of 216.6 miles that snaked through central Oregon and ended in Bend, Oregon. This year's team had only 2 members that had experience with this relay, Ben and myself. Everyone else was either new to the relay race concept or had relay experience but not with CLR. The race was physically demanding (lots of elevation gains/losses, heat and terrain, blisters), in addition to non-race factors, which included a dog bite to the hand, multiple insect stings and non-existent cell service. *Geoff Baur, Corrections*

Overall, I really enjoyed the opportunity to participate in this year's Cascade Lakes Relay. It is always a fun adventure to pack into a small van full of people and gear. This relay was particularly challenging because of the heat and elevation. My first leg was about 8.4 miles during the hottest time of the hottest day. A mile or two into the leg, I was feeling pretty good and had a good pace going. That was until I was faced with an unexpected stop in the race. As I approached a number of emergency vehicles, a race official asked me to stop and wait. Soon after, a helicopter came flying in to life-flight another participant from the side of the roadway. All in all, I waited about 10 minutes, and then was allowed to go through. However, all of our vehicles had to wait for about another hour. My body thought the break meant that I was done running, so I struggled to get back into a good running rhythm. Also, because of the long delay for the vehicles, there was almost zero water support from the team vans. It was slow going for the rest of that leg, but I fought through and made it to the next checkpoint at a halfway decent pace. *Jason Morrill, DES*

I just want to say that my greatest memory will be sleeping under the stars on the La Pine High School landscaping in my sleeping bag with my van mates. I never could have imagined only 1 hour and 36 minutes of sleep would be so memorable. *Renee Gierman, Planning*

DEVEILED LEGS, continued

Such an adventure! The elevation and the heat lived up to their reputation for sure, but I didn't expect TWO bee stings at back to back exchanges on day 1. At least I always had an ice pack ready to hand to a runner in need! Hot and dusty, beautiful landscapes and great volunteers and team mates! Really didn't expect the temperature to drop so much during the 2 hour nap on the lawn at La Pine High School...hard waking up at 2 am but what a party in the forest at the next exchange. Such a great atmosphere. Really loved running down from Mt Bachelor for the last set of legs into Bend too! I think I was soaked by the "water ambassadors" about every 500' on that stretch. Never had a chance to dry out.

Kelly Neumeier, Technology Services

Thanks again for organizing the most complex competitive events I've ever been a part of. It was an unforgettable experience (and "Lots of FUN!"). The residents of Van 1 were the best teammates I could ask for – it felt great to be so supported and to be surrounded by Jason's family's positivity, Ben's tenacity, your cool confidence, and the periodic visits by Van 2 that helped renew hope that we could all finish the race. Full disclosure: I felt some apprehension joining this solid, tight team so late, but thank you all for making me feel like I was an important part of it. Best wishes that you all are back at 100%! *Chris Desiderati, WES*



Nighttime Party Exchange



L to r: Jason Caldwell, Jason Morrill, Geoff, Chris, Renee

Mt. Bachelor



DEVEILED LEGS, continued



Cade and Renee



Jason



Amy and Jason



Karen

DEVEILED LEGS, continued



Karen, Cade, Jason



Cade, Jason, Jennifer



Cade



Renee and Jennifer



Kelly



THE MISS STEPS

We were a team of 8 strong women. We were bound and determined. We were ready to conquer 129 miles in as few hours as possible. For us that number was 34. Over those 34 hours we accomplished so much. We laughed, sometimes to the point of tears. We cheered, for our team mates and every other team we encountered. We shared each other's pain and did what we could to make it go away. We went without ANY sleep and survived on minimal amounts of food. We hooted, we hollered. We yelled and we screamed. We Facebooked, Snapchatted and hash tagged ourselves every chance we could. And when it was all done we celebrated our victories and bragged to everyone we knew that YES WE DID FIND KEVIN HART! *Jana Wiseman, CSEC Coordinator & Juvenile Counselor II*



Top row l to r: Don Anderson, Karen Anderson, Sara Jasmin, Crystal Kersey
Bottom row l to r: Angie Anderson, Jana Wiseman, Lily Ho, Courtney Shrifter,
Amber Kersey

THE MISS STEPS, continued



Van 1 l to r: Crystal Kersey, Amber Kersey, Karen Anderson, Angie Anderson



L to r: Sara Jasmin, Angie Anderson, Crystal Kersey, Karen Anderson, Jana Wiseman, Courtney Shrifter, Lily Ho



Kevin Hart and Courtney Shrifter

THE SUPER CHUMPS



Top row l to r: Kelsey Hafner, Stacie Martinez, Liz Baca, Patricia Walker, Bev Barnett, Gina Colaneri Bryon Hamilton

Bottom row l to r: Summer Smith, LeAnn Naber, Mike Naber, Erica, Dennis Doyle

2106 and another year of Portland to Coast in the record books. This was the fifth year for Team Super Chumps. Like any other year our team encountered several challenges along the way. We had a team member who ended up being unable to participate due to medical issues. This resulted in a new team member joining our group the week before the race. We also were faced with extreme heat on the first day, followed by much cooler weather the second day. However the one thing which holds true every year was the feeling of accomplishment at the finish line. The team had pulled together and once again left Seaside even closer.

For those who have often tossed the idea of taking part in Portland to Coast, take the plunge and give it a shot. Once you get past the idea of spending 30 plus hours in a van with five other people, living on protein bars and bagels, and getting about 2 -6 hours of sleep in 2 days, all that is left is a great opportunity to build lasting relationships with your fellow county employees.

Mike Naber, Residential Services Coordinator, Clackamas County Community Corrections

SUMPER CHUMPS, continued

LET THE RACE BEGIN!



Van 1 leaving for the race



Patricia Walker



Summer Smith and Liz Baca handing off at an exchange

AT THE FINISH LINE!



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

Hood to Coast Teams

- 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 and Sarah Ashby
- Super Chumps, Captains: Mike Naber and Stacie Martinez
- TBD@Seaside, Captains: Deena Mehdikhan and Doretta Kolen
- The Miss Steps, Captains: Jana Wiseman, Sarah McLeland

Cascade Lakes Relay Teams

- Deviled Legs, Captains: Geoff Baur and Jennifer Joslin Brown

