



# HOOD *to* COAST RELAY



## CLACKAMAS COUNTY TEAMS

2013



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## All about the Chafing

This was the first year for its "All About the Chafing!" and since our team was new, I was very surprised when I received the email from Hood to Coast informing me that our team was selected. I researched the race as much as possible but there were still challenges: captaining a new team, first time Hood To Coast team, first time Hood To Coast runners, early dropouts, and late dropouts. Luckily I had a co-captain that had experience from walking the Portland to Coast who had a lot of great advice. The 198-mile journey was completed in 31 hrs, 44 min. Overall, the race went very smoothly: **No missed exchanges, injuries, or penalties.** The day following the race, I wasn't sure about returning for 2014 but after a few days of recuperation, I was ready to commit to running the race again and so were most of my teammates. It was a great experience and we look forward to next year. (Geoff Baur)



*1st time participation!*

**Both Community Corrections Teams**

**Main Street & Work Release**

**31 hours, 44 minutes**



**Bring it on in 2014!!!**

## Team Good Game

Team Good Game is a Hood to Coast team made up of runners from **Clackamas County Sheriff, CCOM, and the District Attorney's Office**. The race is a great combination of fitness and team building for athletes and drivers that work together all year. We finished another successful year running H2C 2013 in 29 hours 57 min, averaging 9 minute miles. This was the first year that Twitter came to play with pictures and updates being shared from Mount Hood to the east side of the Coast Range and then again at the beach.

Training started for me last year about two weeks after the 2012 relay ended. For me it was a yearlong training process of running and doing functional fitness at Cutting Edge Fitness in Molalla. Our team was strong this year, adding **Jesse Ashby, Richard Sheldon and Mindy Woolcock**; the returning members were **Jason Ritter, Dan Kraus, Mike Copenhaver, Lisa Shipley, Marcy Shadrin, Tina Burgess, AJ Ajir, Candice Killinger and Erica Chiotti**. Our great drivers were **Ryan Chiotti and Corey Alexander!**

Hood to Coast is 198 miles of running, sweating, stretching, not sleeping, Porta Potties, cheering and laughing. It is time you can really get to know the people you are running with; you can only imagine what gets shared when you are in a van for 35 hours. Once you get to the beach it is full of music, fun, adult beverages and sore muscles. It is the one thing I look forward to every year and hopefully next year Good Game will knock more time off and arrive at the beach sooner. Thank you Clackamas County Wellness for the sponsorship and we are looking forward to putting in for 2014!  
**Jason Ritter, CCSO**



Mike Copenhaver and Marcy Shadrin



Are we having fun yet?



Jess, Marcy, Mike and Jason  
Waiting to start on Mt. Hood!

One of the best affirmations of Hood to Coast was during the first van exchange at the Safeway in Sandy when one of our newest CrossFit Indomitable coaches, Lisa Shipley, loudly confirmed that my assertion all year that you don't need to run a lot to run fast was in fact true. Of course, you do have to make up the difference with squats, deadlifts, burpees and kettlebell swings. I talked to runners from Europe and Asia that had come to Oregon for this world class event. We are very lucky to be able to participate so close to home. Thanks to Wellness for their support of CrossFit Indomitable and Team Good Game. Also thanks to our amazing drivers and our volunteers. **Dan Kraus, CCSO**

## Good Game Comments

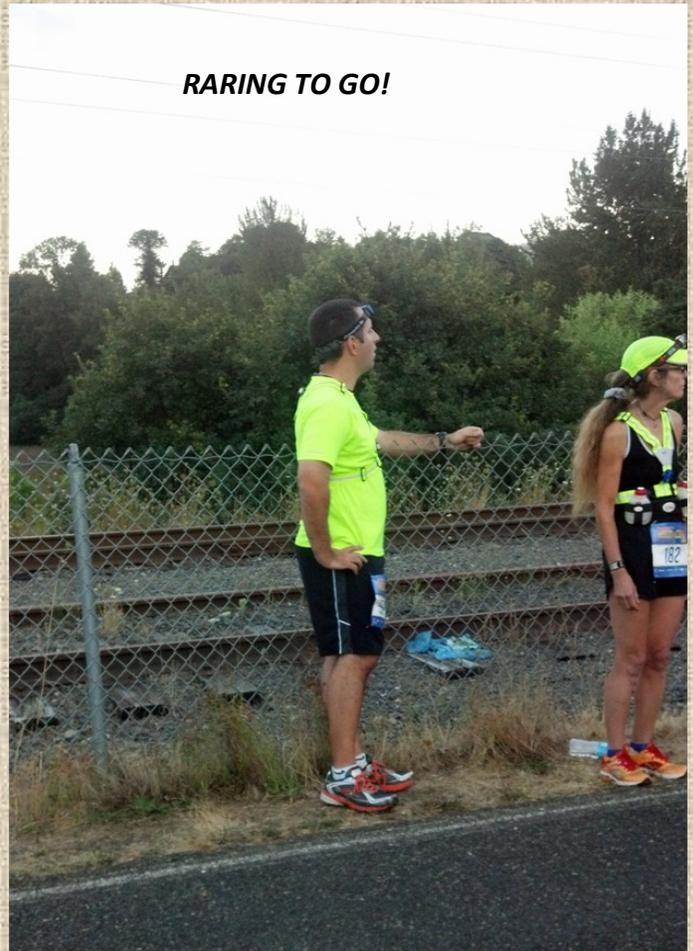


Jesse Ashby handing off to Lisa Shipley

H2C 2013 was the best to date! Throughout the summer, I trained by running short distances at a quicker pace and participated in a marathon. However, completing lots of running cannot ever fully prepare you for running at odd hours with little sleep...all while cramped into tight quarters. Fortunately, cooperative weather, amazing drivers, dynamic teammates, and strong training made this race fun and memorable. I was happy to enjoy the post-race festivities this year and was even able to walk the next day (despite losing a toenail somewhere in the Coast Range). Thank you to our sponsors, we appreciate you! **Erica Chiotti**

I had another awesome experience representing Clackamas County and Team Good Game. The camaraderie of our team is so inspirational. Everyone encouraged each other. I ran my personal best this year. I'm proud to be on this team of motivated people. My training this year consisted of CrossFit training at CCSO's law enforcement affiliate, CrossFit Indomitable, on average, four days a week. Additionally, I trained by running two to three days a week, doing varied distances. **Lisa Shipley, CCSO**

Training for Hood to Coast this year went super fast! This summer I was able to do my training in the mornings to beat the heat. I look forward to Hood to Coast every year. It's always a great time with a great group of people. Over the past few years we have developed friendships, met new people and shared many laughs. Although there are sometimes moments where you ask yourself "why am I doing this?" you are quickly reminded of the hard work, determination and team work involved. It makes the uphill, gravel runs at 3 am seem worth it. **Candace Killinger**



Sgt. Mike Copenhaver, CCSO



## Good Game Comments, continued

I spent several weekends at Malibu Grand Prix, SyKart and Wilsonville's Family Fun Center practicing my driving skills. The 1:10 scale model of the route as well as the 1:12 scale models of the exchanges built in my living room also helped. Weekends of Red Bull and all night Mario Kart races seemed to better prepare me for this year's gauntlet. Also, I didn't do any of the above...but, having done this race 3 times, I knew what to expect. Nobody cares what the driver does to get ready except get a good night's sleep. **Ryan Chiotti, District Attorney's Office**



**Where's my teammate?**



**29 hours 57 minutes later!**

Hood to Coast or as Ritter likes to call it Hood to Vernonia was good this year. For training I continually did CrossFit which puts you into a great shape and all around general fitness. I interspersed this with long runs on the weekend for an "active rest day" on the ramp up for Hood to Coast. I still had fun running with my great teammates despite falling prey to the same injury which surfaced last year. My IT band on my left leg became incredible sore during leg two and rather than hurt the overall time of the team the decision was made for me to sit out my third leg so that we did not miss our mark. I still had fun with everyone and the camaraderie in Van 2 was great. I enjoy the great sportsmanship of the shared pain of Hood to Coast and Team Good Game was again a class act. Thank you to the County and our CCSO partners for another great year. **AJ Ajir, CCSO**

## Jogging for Jess

Team members from the **Juvenile Department** share their quotes:

The Hood to Coast is an experience like no other. You get to start in Timberline Lodge and end in Seaside. The road race is as mentally tough as physically tough. At the end though, everyone is a winner and people talk about next year.

**Dale Kim**

**Hood to Coast is an amazingly exhausting and amazing accomplishment.** It can be summed up as a team of 12 where each person runs three legs totaling somewhere between 15-20+ miles per person, over 30 some hours, with minimal to no sleep, traveling in tight quarters, eating this and that, your body is unsettled and exhausted and you are just hoping to make it through your last leg as quickly as possible. It's harder than anything I've run but the sense of accomplishment at the end and the camaraderie built over those 30 some hours is worth every minute of it! **Michelle Barrera**

It is always harder than I remember and feels better it is over than I remember. **Trent Morrell**

This year we had a great experience. No one got hurt and we made it to every exchange without any major delays. This was the **fifth year** that the Juvenile Department has run the Hood to Coast as a team, and by far the best. **Dan Sprecher**



Gals left to right: Rachel Pearl, Michelle Barrera and Krista Tidwell

Guys left to right: Dale Kim, Dan Sprecher, Bryan Ferguson, Trent Morrell, Simon Austin, Tim Vice, Eric Barrera, Andy Vance

# Jogging for Jess, continued

Amazing accomplishment!

“Great camaraderie”

Fifth year for Juvenile!



Trent Morrill

**NO ONE GOT HURT**



Michelle Barrera, Eric Barrera, Krista Tidwell, Tim Vice, Dan Sprecher, Trent Morrell



Krista Tidwell and Michelle Barrera

## ALL WALKS OF LIFE!



From left to right, back row: Mark Snook-Volunteer, MaryAnn Hard -SSD, Jennifer Snook-SSD, John Filar-Sunnyside Clinic, Caryn Anderson-SSD, Tracy Thompson-Payroll (retired)  
Front row: Janice Raisl-Veterans, Gina Thomas-Veterans, Laurel Kuykendall-Payroll, Sue Aronson-Finance (middle), Kim Gray-SSD, Linda May-CH (retired), Terri Schmelling-SSD  
Volunteers not pictured: Wendy Pollard-SSD and Crescencio Rodriguez-CH

### Diary of a First Time Portland to Coast Walker

Portland to Coast, hmm. Heard about, maybe I will do it, but I am getting much older and this is just for young healthy people. Then I was asked to be on the team and said sure. Then the doubt came into play, but can I really do it. Why not, add it to the bucket list, worse thing could happen some sore muscles and lack of sleep.

I was fortunate to be on the AWOL team, "All Walks of Life." Two vans full of people who have done this race and seemed to thrive on each year in doing it again. The words of wisdom each time I saw one of the team mates, were, "Are you walking? You need to be walking." In fright and not wanting to let the team down, I was walking. Every day, I was going up and down the hills and through the country side of 7 miles in the Canby area.

I was in Van Two, the quiet van compared to Van One with the cow bell. Sitting and anticipating this event, while my stomach was in knots and my brain telling me, "Don't let the team down." We pulled into a field to park and wait for the exchange of the wrist band from Van one team member to one of our team members. To my amazement, I saw all the painted and decorated vans and the costumes people were wearing. Then I was in the game; we decorated the van with "One rooster and 5 chicks," and each of our names on the side of the van.



## ALL WALKS OF LIFE! continued

cows and horses were entranced by those wearing bright pink skirts, bunny tails and the superman capes. The elk and deer looked at us with a gaze of “Why are you out here so early in the morning?” There were some other teams whose members took the wrong turn in the road and found themselves with hunters in the middle of the woods.

After finishing my first leg, I could not eat enough food. I had an alien in my stomach that wanted and consumed as much food as possible, and I did. I could not drink enough water and fortunately every stop we made, there were those little green porta potties. There were lines, but they moved very fast. Everyone was on a mission and had to hurry up to get to the next exchange point.

I was able to have bragging rights of my road kills. That alien came alive again in me while on the road and knocking out the miles under my feet. A young guy by the name of Brian passed me and then the nerve of a young girl also passed me as I was walking up the hill that never ended. My eyes glared at them and evil thoughts crossed my mind. I could not believe the nerve of these two people passing me while I was on my new adventure. Once I got to the top of hill, yep, I saw those two and three others, this old girl had it in her. My brain was determined while the feet were in gear to move faster as the body followed. We did it, passed those ungrateful kids and then there was Brian trying to pass me, again. I kept focus and didn't allow him to pass me again. In the meantime, I was running out of breath while pushing harder than ever. Then I looked back, and with a gleeful smirk saw that he was over a half a mile away from me. I could hardly wait to pass on the wrist band to the next team member. I am finishing this leg of the race and I was already building up anticipation of the final leg into the finish line. Several movies came to mind of the super stars how they finish as the crowd goes wild. Then reality hit, I told myself just finish without tripping or stumbling and doing a face plant in the sand.

Time had come for the final leg; John passed the wrist band to me and off I went in the woods where there were several deer and elk droppings. Runners are passing me, which brought on the rage of anger again. Then I thought about it, they should have a counselor at the

finish line since some of us are very competitive. Finally, I reached a hard paved road that went straight up, and as I got to the top turn and went around the curve it went up again. “What the heck.” I kept telling myself, “It's ok, at some point it will go down to the beach.” Off to the distance I saw the ocean, “Ah almost there.” Several people honked and waved to tell me that I am almost

there. Now when people tell you that you are almost there, keep in mind it's 2 to 3 more miles. Slowly I approached Seaside, then wound through town when a very nice lady told me just go over the bridge and “You are there.” The bridge incline was straight up, I thought, “What the heck, here we go again.” I crossed the bridge and was told again that I was almost there. “Almost there” seemed to take forever and as I was walking on the sidewalk I saw all the people with smiles, families out to watch people like me and so many others accomplish something they might never do again in the future. I came to the last turn to the finish line, and wondered, “Was my family on the side lines?” My daughter had come home from Alaska for the weekend to watch me cross the finish line along with my husband and our other daughter. Then I saw the whole team and my heart was pounding with joy. We started together and we finished together. I heard the announcer call out our name, “*All walks of Life*” and yes we are!



## ALL WALKS OF LIFE! continued



The best memories of this race were seeing 12 individuals come together as a team for 31 hours, 39 minutes and 29 seconds while being encouraged to push ourselves even harder and share some good laughter. Life really doesn't get much better than that. Yes, one final note.... There was much lack of sleep, and a few sore muscles from laughter. My family has taken upon themselves to be my personal trainers with a cow bell. **Gina Thomas, Veterans**

### Other Memories and Photos

This was my third year to walk PTC on Team AWOL. Every year we seem to have a great group of people and this year was no exception. I think the best part of PTC is getting to know your fellow County employee's in a way that you don't get to know most people, especially in a work setting. The main thing I saw and felt from everyone was the support, encouragement and genuine caring for one another. Each team member has two legs to walk during the relay. I was having a hard time on my second leg and wasn't sure if I was going to be able to make it. My team members were very encouraging and checked on me throughout my leg. Terri Schmelling was ready to jump out and finish for me, all I had to do was give her the word. But I wasn't going to let my team down or myself down so I pushed through and made it. They were waiting for me at the finish line, hugs and cheers and cow bells ringing. That made it all worth it. **Sue Aronson**

Memories include cheering on the team and cowbells ringing in my ear at 2 am, moonlight (which wasn't really the moon but the light on my visor), being blinded by a flashlight, pretty much no sleep for 48 hours and trying to figure out why my stomach hurt.....realized laughing non-stop for 31+ hours will do that to you! **Mary Ann Hard/Caryn Anderson**

This was my first time doing Portland to Coast. It was the most rewarding experience I've had in years. I am so grateful for our Wellness program and the opportunities they provide to us. While describing the experience may make it sound unpleasant - 32 hours in a van with five other people, no showers, no (or very little) sleep, 13 miles walking up steep hills and lengthy gravel roads, pushing your body to its physical limits, blackened toenails - it's actually one of the most fun, rewarding, exhilarating experiences one can have. Definitely a bucket list event! I can't wait for next year! **John Filar**

This was my first year participating in Portland to Coast and I had a fabulous time. It was a great physical challenge, as well as a wonderful opportunity to get to know other Clackamas County employees. Everyone was so supportive and encouraging! I may have lost a little bit of my hearing from too much cowbell, but I am already counting down the days until the next year! **Kim Gray**



Janice Raisl passing off to Gina Thomas



Tracy Thompson to John Filar

**ALL WALKS OF LIFE! continued**



**Competitor's van!**



**Terri Schmelling passes the relay wrist band to Tracy Thompson**



**Bucket List**



**2014**



**Seaside**

## **HAZARD-US TEAM ARRIVES IN SEASIDE**

The Hazard-us Portland to Coast Team (PTC) finished strong in Seaside this year sporting a few blisters, one minor fall and aching knees. But, as usual the eight team members had a great time challenging themselves and cheering on teammates as well as other teams.

The Hazard-us team began its journey in Portland at 4:30 am on the morning of August 23rd. This was the fourth year that our team has participated in PTC and the nervous excitement is always present when beginning the 132 mile journey to Seaside. Every year is different and one never knows what obstacle may be faced. Anything and everything can happen from blisters to hating a hill this year that you easily conquered last year to rain, which has not happened to our team until this year. You are always wondering if sleep will come when you have a chance to finally rest, or will you press on with little sleep and pure determination.

PTC is also a time to cheer on other Clackamas County employees that are on teams as well as those that volunteer for us. Thanks to our volunteers who make our journey possible: **Nicholas Coke, Ashley Cooper, and Carol Hopkins**. It is important to know that we are supported by our organization as well as other employees in the endeavor.



*blisters*

*aching knees*

*finished strong!*



*minor falls*

**Front Row: Sarah Ashby, Jamie Hays, Elizabeth Bailey. Back Row: Jennifer Costanzo, Sarah Stegmuller Eckman, Tracy Moreland, Nancy Bush and Brandy Ritter**

## JUST 24 FEET

Just 24 Feet had a great time even though we faced some challenges that we haven't had to face in previous years. Due to our very late start time (7:45 am), we had to navigate through increased traffic and the runners caught up to us which meant major traffic jams in the later exchanges. The late start time also necessitated a complete change in our pre-race and post-race routines. Still, even with these challenges, the team had many positive experiences. Many of us posted our best pace times during this year's relay and it was fun to celebrate these personal victories with one another.

Our team is full already for next year. Most are returning members but we do have a few new people. We are looking forward to representing Clackamas County again in 2014.

We had several new walkers on our team this year. Below are a few words from two of them. **Lianne Kinne, H3S**

This was my first time participating in the Portland to Coast walking relay, and I had a blast! I was the 4<sup>th</sup> walker in Van 2 with my first leg being at 9:00 pm Friday night and my second at noon in the heat of the sun on Saturday. I had done a practice walk of my first leg a couple weeks before the race since it was going to be at night. I was pleasantly surprised that I had beaten my projected time for both my walks.

As this had been my first experience with the Portland to Coast, I had no idea what to expect, but I was well taken care



of by our team captain, Liane, and my van captain, Deena, and her family. Her husband drove the van, and her dad put up everyone's tents at the campsite and boiled hot water for everyone in the morning. While not walking, I had a ton of fun waiting with my teammates at the exchanges and getting to know them, two being from my Tax and Assessment department, but I hadn't had the chance to talk to them too much until then, and the other 3 walkers from other departments. I would definitely do it again next year, even if I couldn't think or move too well the next day...**Alice Tarachow**

My first year participating in the Portland to Coast Relay Walk was exciting and terrifying. I started training from the beginning of the year hoping that it was enough for the relay. It was nerve wracking starting on my first leg but soon after 6 miles, I had completed it. It felt awesome. It was a blast cheering on my team mates, keeping track of road kills, and seeing different decorated vans. Training was well worth it and I hope to join again next year.

**Maikao Yang**

At the start line!



Pictured left to right: Liane Kinne, Tyler Kinne, Miranda Dean, Jeanette Wyman, Emmylou Boyle, Colette Stiff

## SUPER CHUMPS



David Hansen preparing to cross the finish line

This was the second year for the Super Chumps. It was great to see a second team from Community Corrections; having two teams created both a team feeling as well as some healthy competition. This second year we took much more time to do various team building events throughout the year. This allowed us to truly connect with our teammates prior to spending 30 plus hours in a van with them. We are all looking forward to next year.



We truly became a team this year and I had such a blast! **Ofelia McMenamy**

A wild, well-organized way to get to know co-workers and friends way better than you did before! It was a blast and I was tired.

**John Middlesworth**

I had a fantastic and challenging experience...I loved it! **David Hansen**

Organized chaos with a kick of adrenaline and fun. I am sold. **Stacie Martinez**



Both Community Corrections Teams

## SUPER CHUMPS, continued



Left to right: Stephanie Tucker, Stacie Martinez, Elizabeth Baca, Ofelia McMenamy



Stacie Martinez, Ofelia McMenamy, Kelsey Hafner



Dennis Doyle and Ofelia McMenamy



Elizabeth Baca and Ofelia McMenamy

# SUPER CHUMPS, continued



Van 1



Back row: Dennis Doyle and Mike Naber  
Front row: Elizabeth Baca, Stephanie Tucker, Ofelia McMenemy, LeAnn Naber, Stacie Martinez



Van 2



Back row: John Middlesworth  
Front row: David Hansen, Kelsey Hafner, Jaime Zentner, Scott Calhoun, Shauna Kennedy

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

**Hood to Coast Teams**

- **All About the Chafing**, Captains: Geoff Baur and Khara Kerns, Community Corrections Work Release
- **Good Game**, Captains: Jason Ritter and Dan Kraus, CCSO and DA's office
- **Jogging for Jess**, Captains: Dan Sprecher and Simon Austin, Juvenile

**Portland to Coast Teams**

- **All Walks of Life**, Captains: Jennifer Snook and Terri Schmelling, H3S-Social Services
- **Hazard-US**, Captains: Nancy Bush and Sarah Eckman, Emergency Management and C-COM
- **Just 24 Feet**, Captains: Liane Kinne and Colette Stiff, H3S-Business Services
- **Super Chumps**, Captains: Mike Naber and Ofelia McMenamy, Community Corrections Main Street

**Thanks for all you do Wellness Dept! (Tina Burgess)**

