

25k Tag Team Information

Welcome to the Spokane River Run 25k Tag Team! We've worked hard to make this event as smooth and fun as possible. Thank you for making it a success!

Procedure

Shuttles to and from the transition area are the responsibility of the runners and their team. We suggest carpooling to the race site and using that vehicle to travel to and from the transition area. To make this easier, we've designated a special parking area at the race site for relay teams. Please look for signs and/or a parking coordinator to direct you when you arrive at the race site.

Runner exchanges will be by touch, and we use the honor system, so make the tag and have a good run! We have only one category: fastest team wins. Good luck!

Please read the descriptions of each leg below and pick the order of your runners accordingly.

First Leg: 8.25 miles, the more challenging leg, with a long rocky section of trail.

Second Leg: 7.25 miles, the easier leg, lots of rolling single track and a few moderate hills.

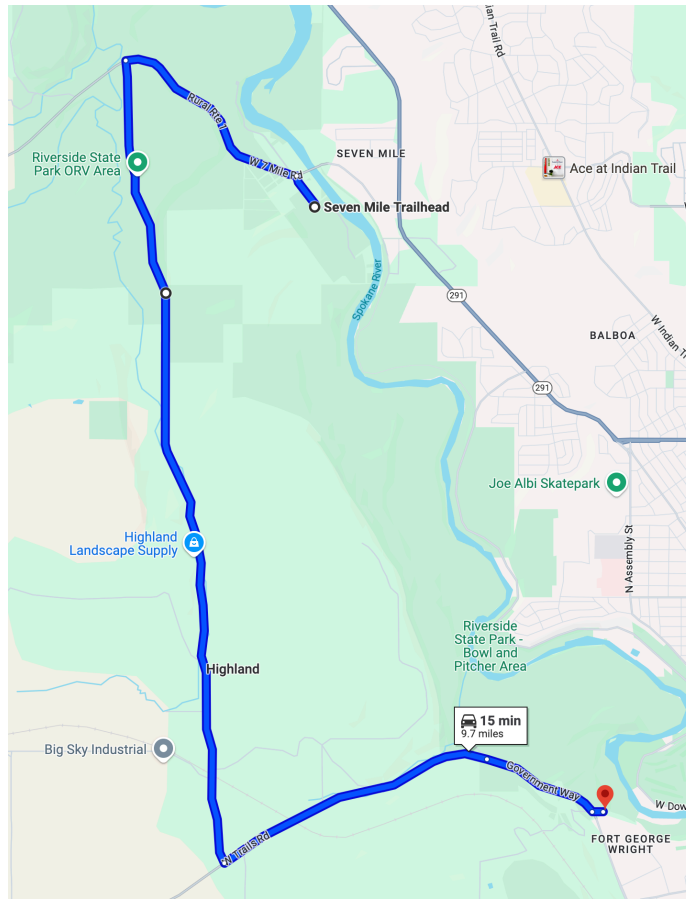
Directions to the Transition Area

From: Race Site (Seven Mile Trailhead)

To: Military Cemetery Trailhead

First By Vehicle (15-20 minutes):

- Exit at the North end of the race site
- Turn left (north) onto Riverside Park Rd, proceed .3 mi
- Turn left (west) onto W Seven Mile Rd, proceed 1.4 mi
- Turn left (south) onto Inland Rd, proceed 5.3 mi (Inland Rd becomes Old Trails Rd after 3.8 mi)
- Turn left (east) onto Trails Rd, proceed 2.6 mi (Trails Rd becomes Government Way after 1.9 mi)
- Turn left (east) onto Houston Rd/Elliott Dr
- Park at trailhead (Discover Pass required)



Then On Foot (10-15 minutes):

- Continue northwest on the paved Centennial Trail, downhill approximately .3 mi
- Make right at the bottom of the hill onto gravel road
- Follow gravel road approximately .4 mi to water station/transition area

