

50k Relay Team Information 2025

Welcome to the Spokane River Run 50k Relay! We've worked hard to make this event as smooth and fun as possible. Thank you for making it a success!

Procedure

The race course is a figure eight pattern with the first transition midway through the first loop, the second transition back at the start/finish site, and the third transition midway through the second loop. Directions to each transition can be found in this packet.

Shuttles to and from the transition area are the responsibility of the runners and their team. Due to limited parking, we strongly suggest carpooling to the race site and using one vehicle to travel to and from the transition areas. 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!

A pre-race meeting will be held at 7:20am. If you have any questions, we'll answer them here.

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

First Leg: 7.25 miles, moderately difficult with several hills and a partial re-route to avoid the State Park closure area.

Second Leg: 8.25 miles, a challenging leg with the bulk of this year's re-route to avoid the State Park closure area.

Third Leg: 8.25 miles, another challenging leg, with a long rocky section of trail.

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

Water Stations

Our water station locations have adjusted slightly due to the need to re-route. The approximate distances are now:

Miles 4, 6.6, 9, 12.1, 15.5 (*start/finish area*), 18, 21.5, 23, 26.5, and 28.5

Directions to the Transition Areas

From: Race Site (Seven Mile Trailhead)

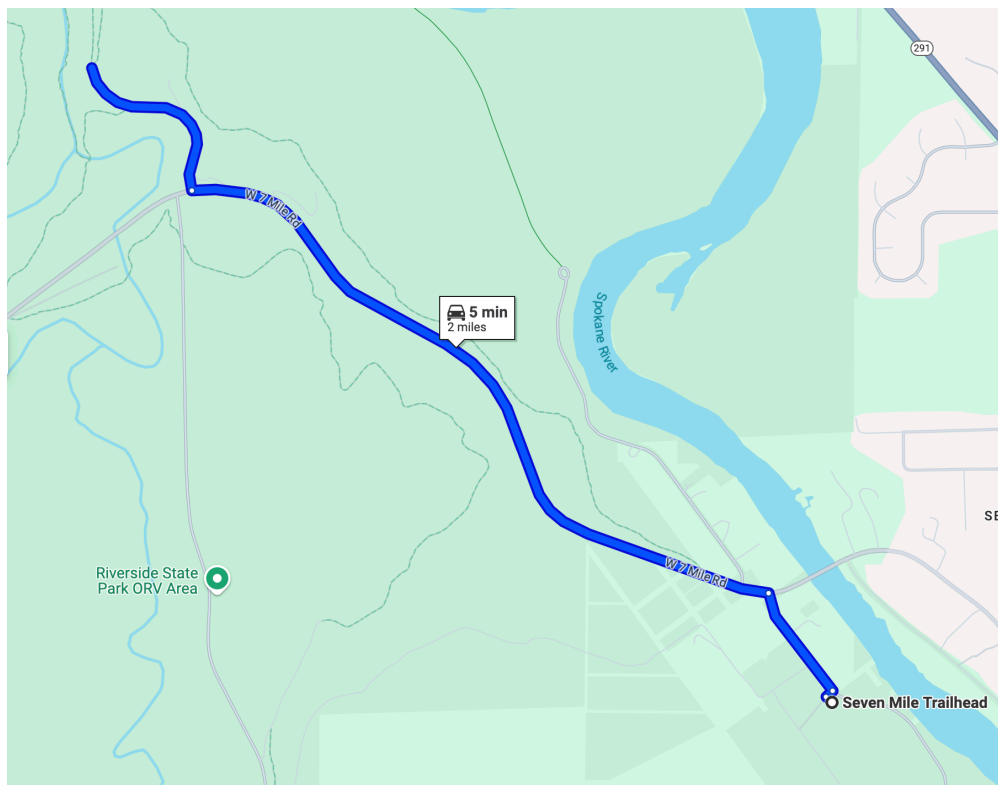
To: Transition One - Deep Creek Trailhead

Note: transition one is not at a water station and will have limited support.

IMPORTANT FOR 2025! The Deep Creek Trailhead is technically closed for Forest Health Treatment, but we have secured special access from the State Park for the 50k Relay transition only. Please be courteous with other teams and use caution when parking as there may be signs of work and heavy equipment in the vicinity.

By Vehicle

- 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 right (north) onto N State Park Dr, proceed .4 mi
- Park at trailhead (Discover Pass required)



From: Transition One - Deep Creek Trailhead

To: Transition Two - Race Site (Seven Mile Trailhead)

Transition two is back at the Start/Finish area. Return the way you came to the designated relay parking area at the race site.

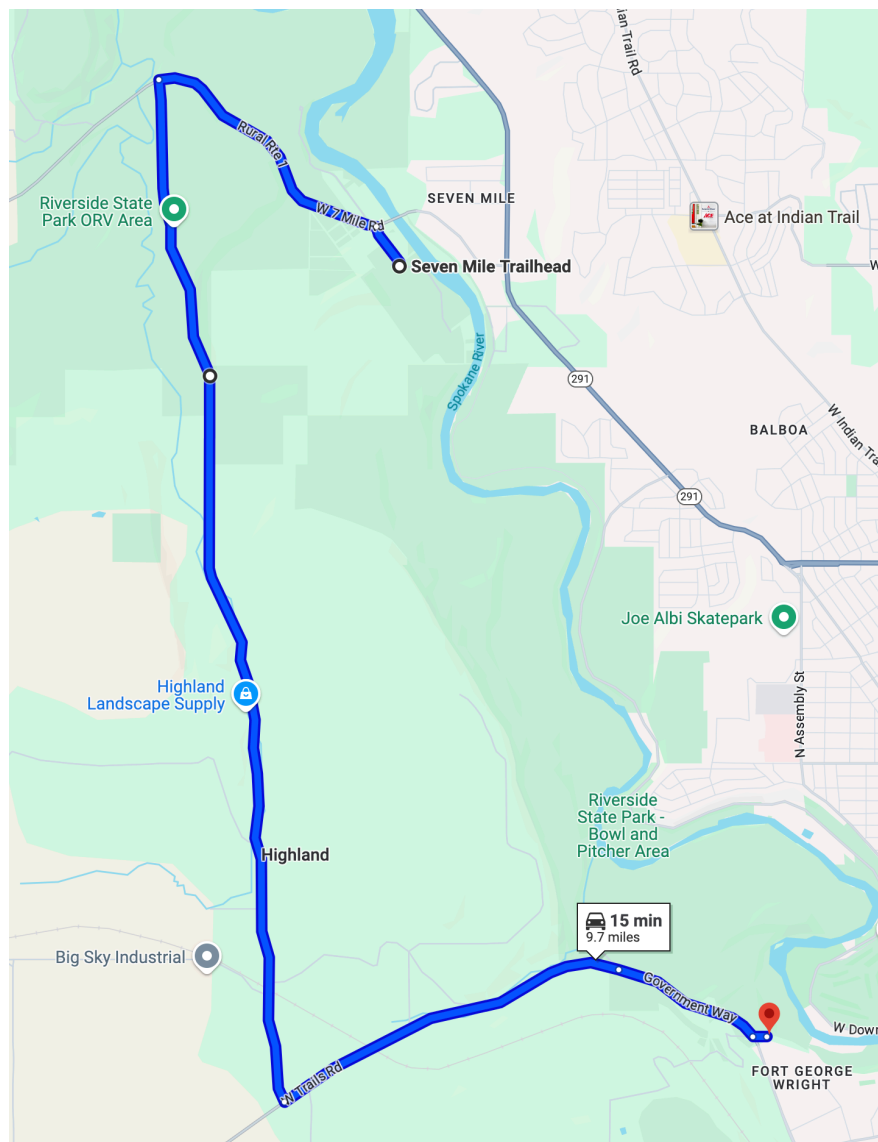
From: Race Site (Seven Mile Trailhead)

To: Transition Three - Military Cemetery Trailhead

Note: the drive and walk to transition three could take 30-35 minutes under good conditions. There is a chance, if your team has an extremely fast runner and traffic/parking slows your shuttle, the runner could get to transition three before you. We think this is unlikely, but we advise you not to delay getting to transition three.

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

