

Welcome to the R2R!

Thank you for registering for the 21st annual Rainier to Ruston Rail-Trail Relay.

The purpose of this event is to raise public awareness of the Foothills Trail, a rail-trail project to develop a non-motorized, public trail from Mt. Rainier National Park to Puget Sound at Ruston Way in Tacoma. The Foothills Rails to Trails Coalition encourages active participation in life through the use of non-motorized, public trails, and we are pleased to see the R2R grow over the years. We will do our best to make sure you have a wonderful experience celebrating National Trails Day with us on our 21st anniversary. Join us in helping compete this beautiful trail!

General Principles

1. Be aware of course markings. We spend a lot of time marking the course, but there is always a chance that markers may get moved or wiped out by vandalism or rain. Part of the challenge of a relay is navigation. Check your leg map before you start each leg. We will help you as much as possible, but it is up to you and your support people to keep you on the course.
2. Prepare for varied surfaces and know the course. Check the **Course Conditions** table below to know what surfaces and distances you will be running on for each leg. Be especially careful on very rough, undeveloped and secluded sections of trail. An injury will ruin both your day and ours. If hurt, stay put, let another runner know, and we will send an emergency response team to help you.
3. Do not defile public or private property; use the garbage cans and the portable and public toilets available at every exchange. Keep off private property. Personally model the image we want trail users to project to local property owners.
4. Some of the course is on roads. Unless otherwise directed by course markings, run on the left side of the road, outside the fog line, facing the vehicle traffic.
5. If you abandon the race please notify a race official before leaving the area. This is very important so we don't send out search parties unnecessarily.
6. Most importantly: Have fun!

Driving Directions to the Start

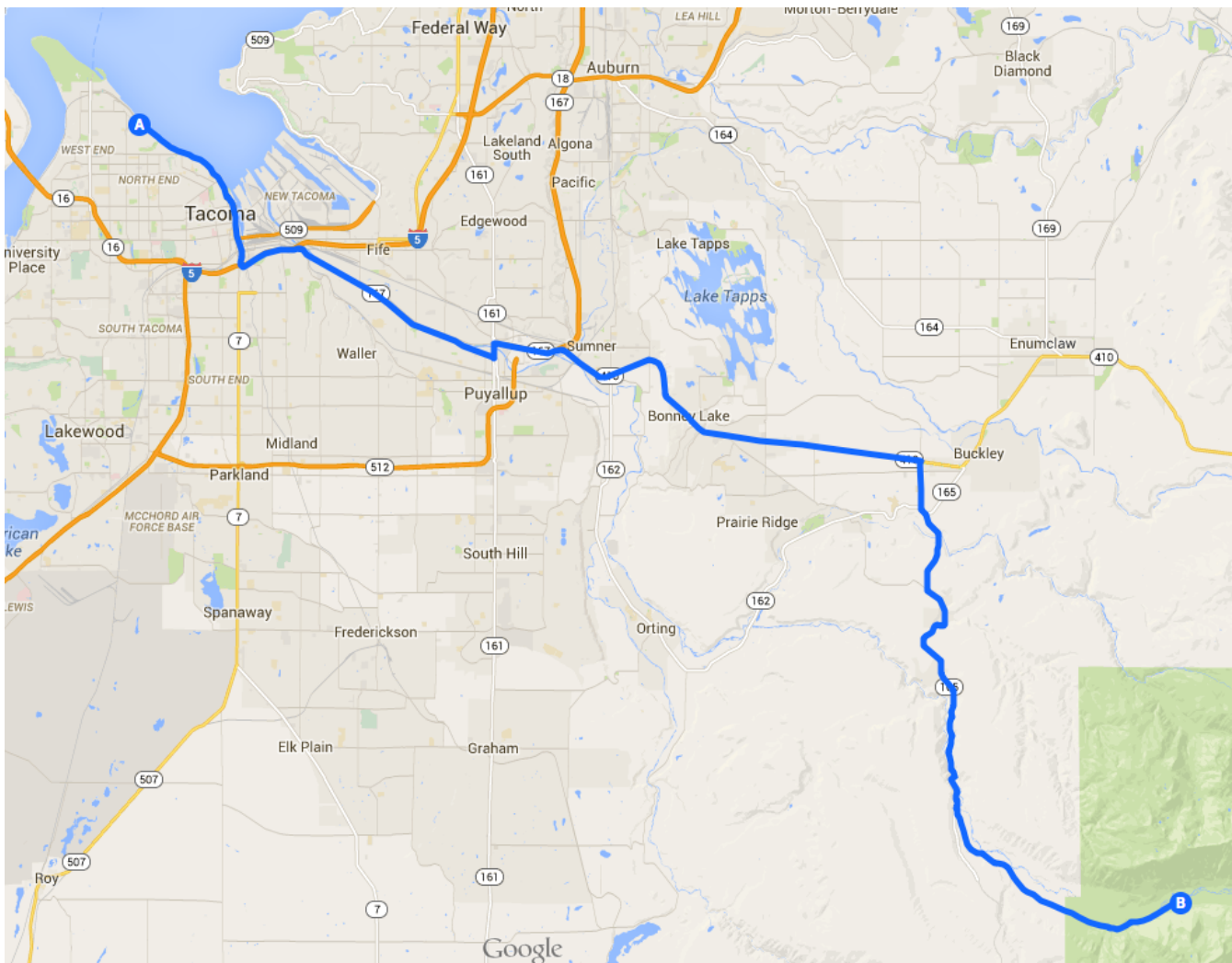
Rendezvous and load team vehicles at Marine Park in Tacoma, so personal cars will be available after the race. Parking is scarce at Ruston Way. Use public parking only. Do not park in the Lobster Shop restaurant lot or your car may be towed. Teams please take only one support vehicle to the start at Rainier. The parking is very congested.

Allow one hour and 25 minutes to drive the 45 miles from the finish area at Marine Park in Tacoma to the start in Mt. Rainier National Park. In order to arrive 20 minutes before your start time to allow for parking, packet pickup and using the Honey Buckets, you should leave the finish area about 1 hour and 45 minutes before your start time.

Course Manual

2023 Rainier to Ruston Rail-Trail Relay

- 0.0 mi Turn left onto Ruston Way from the parking lot at the north end of Marine Park.
- 1.7 mi Continue onto Schuster Parkway.
- 1.4 mi Merge onto I-705 S via the ramp on the left.
- 1.6 mi Keep right at the fork, follow signs for Interstate 5 N/Seattle.
- 0.6 mi Merge onto I-5 N.
- 1.0 mi Take exit 135 to merge onto WA-167 N/E toward Puyallup.
Keep left to follow WA-167, River Road.
- 6.1 mi Turn left at the light onto N Meridian Ave. and get in the right lane.
- 0.3 mi Exit to the right after the Puyallup River bridge onto WA-167 N.
- 1.3 mi Take the exit to the right onto WA-410 E toward Sumner/Yakima.
- 10.7 mi Turn right at the light onto Mundy Loss Rd.
- 1.0 mi Turn left onto WA-165 and follow it through Wilkeson and Carbonado.
- 10.4 mi Take a slight left onto Carbon River Rd at the junction with Mowich Lake Rd.
- 7.2 mi Turn right into start area parking lot.
- 45 mi Allow 1 hour 25 minutes driving time.



Pre-race Preparation

- **Register** each participant online and edit all team info before registration closes on the Wednesday before race day. There is no day-of-race registration.
- **Decorate** your team vehicle as desired.
- Bring your own copies of this **Course Manual** and **leg maps** downloaded from the R2R website. Don't count on the manual or leg maps being in the race packet.
- Bring **food and bottled water** for the team vehicle to supplement the emergency water provided at every exchange. Team support vehicles are responsible for providing water, food, basic first aid, directions, etc. for their runners.
- Bring a change of **socks, shoes, and shirts and plastic bags** for dirty clothes as needed. Legs 2, 3 and 10 can be very muddy.
- Bring **tape** to post required signs in team vehicle windows.
- Bring a **change of clothes** for the finish area.

Race Packet Pickup

Packet pickup will be announced to all registered runners by email and will be scheduled to occur during the week prior to the event. Check the website for final details. Your packet will contain team bibs, safety pins, rules, and two vehicle signs: CAUTION: RUNNER ON ROAD for the rear window and R2R PARTICIPANT for the front window. There will be race staff available to answer questions. Alternatively, race packets may be picked up at the start area on race day, but that can be very congested and busy.

Race Day Information

- **Rendezvous** and load team vehicles at Marine Park so personal cars will be available after the race. See **Driving Directions** above.
- **Tape the signs** CAUTION: RUNNER ON ROAD in the rear window of your team vehicle and R2R PARTICIPANT inside the windshield on the lower passenger side.
- If you have more than one team vehicle, please **drive only one vehicle to the starting area**. Parking is very limited. No vehicles 80" or wider or longer than 20' nor motor homes, buses or limos are allowed on the course by any team or team support.
- Be careful of **trip and slip hazards** especially on secluded and rough sections of undeveloped trail.
- For **medical emergencies**, we will have radio communication and medical staff at exchange stations along the course. If you try to call 911, your cell phones may be unreliable above South Prairie. First notify a race official or course monitor. There will be Backcountry Horsemen with mules and radios on Leg 2 which is rough and isolated. The 4x4 club is

providing ATVs for evacuation. Don't walk out with a sprained ankle; tell a passing runner to notify an official of your location and condition. We will send help to you.

- Review your **leg map** before starting each leg. Critical turns will be marked with chalk and flagging, but teams are responsible for keeping their runner on course. Take your leg map with you if needed.
- On roads, runners should **keep to the left side**, facing traffic, outside the fog line unless otherwise indicated on the leg map, requested by course monitors or indicated by chalk markings.
- **Bibs** must be worn on the front and visible to course monitors.
- **Dogs** are not allowed in the event. Sorry. Our insurance does not allow it.
- Pass through the bell stands and (optionally) ring the bell before **handing off** (touching your teammate's hand).
- The exchanges and Honey Buckets will be removed after the passage of the last runner and course sweeper.

Race Rules (violation can result in disqualification)

- **Obey all traffic laws and signals** at cross walks if no one is directing traffic for you. Running alongside trains is forbidden; if blocked by a train you must wait until it is safe to cross. Be careful in Old Town Tacoma where there are two tracks!
- **Handoffs** must occur within 10 yards after passing through the bell stands. If teammates are running in pairs, all participants must be making the handoff. There are no batons; touching hands is sufficient.
- Participants must rotate through in order and complete each of the legs assigned to them on the registration form. If a **substitution** must be made, the sub must be a registered member of the same team.
- **Challenges** must be brought to the attention of the Race Director within one hour after the challenger's finish time and prior to 4:30 PM.
- No **vehicles** 80" or wider, or longer than 20' nor motor homes, buses or limos are allowed on the course by any team or team support.
- **Do not defile public or private property**; use the garbage cans and the portable and public toilets available at every exchange.
- **No consumption of alcohol or drugs on the course or outside our beer garden at the finish.**

Post-race

- **Wear your T-shirt** and tell all your friends what a great event this was!
- **Help us develop the trail.** If you weren't already a member of the Foothills Rails-to-Trails Coalition, your registration made you one.
- **Patronize our sponsors' businesses** and thank them for sponsoring the event.
- Visit www.rainiertoruston.com, **look at photos and video** of the event.
- Drop us an email and **give us your suggestions** on how we can improve the R2R.
- **Sign up for next year** and make a generous donation to help us complete this beautiful, public, non-motorized trail from the Mt. Rainier to Puget Sound.
- **Help us complete this wonderful trail!**

Leg Maps

Download and print the leg maps from the website. They will not be in your race packet.

Course Conditions

Rainier to Ruston Rail-Trail Relay

| Leg # | Leg Name | Split | Paved Road | Sidewalk | Paved Trail | Unpaved Trail | Distances from Race Start |
|-------|----------------------------------|-------|------------|----------|-------------|---------------|---------------------------|
| # | Description | miles | miles | miles | miles | miles | miles |
| 1 | Rainier to Fairfax | 4.3 | 4.3 | | | | 0.0 |
| 2 | Fairfax to Carbonado (isolated) | 8.0 | 1.0 | 0.6 | | 6.4 | 4.3 |
| 3 | Carbonado to Wilkeson (isolated) | 3.2 | | | 0.7 | 2.5 | 12.3 |
| 4 | Wilkeson to So. Prairie | 4.4 | 3.2 | 0.2 | 0.2 | 0.8 | 15.5 |
| 5 | So. Prairie to Crocker | 4.6 | | | 4.6 | | 19.9 |
| 6 | Crocker to Orting | 2.7 | | | 2.7 | | 24.5 |
| 7 | Orting to McMillin | 3.2 | | | 3.2 | | 27.2 |
| 8 | McMillin to Meeker | 4.2 | | | 4.2 | | 30.4 |
| 9 | Meeker to Puyallup | 4.3 | | 1.8 | 2.5 | | 34.6 |
| 10 | Puyallup to Fife | 4.6 | 0.1 | 0.4 | 0.1 | 4.0 | 38.9 |
| 11 | Fife to Tacoma | 4.1 | 1.0 | 2.4 | 0.7 | | 43.5 |
| 12 | Tacoma to Ruston Way | 3.8 | | 3.8 | | | 47.6 |
| | Finish | | | | | | 51.4 |

| Legs | Relay and Ultra Course | | Paved Road | Sidewalk | Paved Trail | Unpaved Trail | Totals |
|---------|------------------------|-------|------------|----------|-------------|---------------|--------|
| 1 | | miles | 9.6 | 9.2 | 18.9 | 13.7 | 51.4 |
| through | | % | 19% | 18% | 37% | 27% | 100% |
| 12 | | % | 37% | | 63% | | 100% |

Leg Chart

Rainier to Ruston Rail-Trail Relay

| 6-Position Teams | | Relay | |
|------------------|------|-------|--|
| Position # | legs | miles | |
| 1 | 1,7 | 7.5 | |
| 2 | 2,8 | 12.2 | |
| 3 | 3,9 | 7.5 | |
| 4 | 4,10 | 9.0 | |
| 5 | 5,11 | 8.7 | |
| 6 | 6,12 | 6.5 | |
| Total | | 51.4 | |

| 4-Position Teams | | Relay | |
|------------------|--------|-------|--|
| Position # | legs | miles | |
| 1 | 1,5,9 | 13.2 | |
| 2 | 2,6,10 | 15.3 | |
| 3 | 3,7,11 | 10.5 | |
| 4 | 4,8,12 | 12.4 | |
| Total | | 51.4 | |

| 3-Position Teams | | Relay | |
|------------------|----------|-------|--|
| Position # | legs | miles | |
| 1 | 1,4,7,10 | 16.5 | |
| 2 | 2,5,8,11 | 20.9 | |
| 3 | 3,6,9,12 | 14.0 | |
| Total | | 51.4 | |

| 2-Position Teams | | Relay | |
|------------------|---------------|-------|--|
| Position # | legs | miles | |
| 1 | 1,3,5,7,9,11 | 23.7 | |
| 2 | 2,4,6,8,10,12 | 27.7 | |
| Total | | 51.4 | |

Notes:
 Legs 2 and 3 include sections that are secluded and isolated from roads. Leg 2 is very long, rough and particularly challenging as well as isolated and should be assigned to stronger and more experienced runners. Although we consider them to be safe, some people may not feel comfortable alone on isolated legs. Team positions which include isolated legs are marked with yellow.

Course Map

