

TEAM GUIDE



FROSTY MOSS OLYMPIC DISCOVERY RELAY

Saturday, February 25, 2023

FrostyMossRelay.com

Peninsula Adventure Sports, Port Angeles, WA
contact@peninsulaadventuresports.com

2023 Title Sponsor: 7 Cedars Casino



GET READY TO RELAY, FROSTY MOSS STYLE!

Welcome to the Green Season.

Frosty Mossers, prepare yourself for a full day of fun running across the North Olympic Peninsula. Frosty Moss Relay is 80-ish miles along the paved Olympic Discovery Trail, the singletrack Adventure Trail, and a small amount of roadway. Expect big trees, ferny forests, mountain and saltwater views, and, of course, moss as far as the eye can see.

Also: Keep an eye out for banana slugs. Sometimes they show up where you least expect them!

This event guide will help your team get ready to relay. Please read it before arriving at the start line AND also have it with you in your Team Vehicle.

We like to think of Frosty Moss as an all-day running party. As your hosts, we want you to have an unforgettable experience. The Olympic Peninsula is a unique region with intense biodiversity and ever-changing microclimates. It's also a really fun place to be outside year-round.

We also value safety—yours and that of the communities we'll be traveling through. All roadways and trails are open to the public during Frosty Moss. Follow all traffic laws, drive safely, and be great examples of relay runner etiquette. Stay aware of your surroundings - don't get "race brain" on us!

If you have any questions, message us via the Frosty Moss Relay Facebook page or email us at contact@peninsulaadventuresports.com.

Lorrie Mittmann and Tim Tucker
Frosty Moss Relay Co-Directors

Peninsula Adventure Sports
PeninsulaAdventureSports.com



TEAM CAPTAIN RESPONSIBILITIES

As the team captain, your job is to make sure your team is prepared for Frosty Moss Relay.

- **Ensure** that each team member is registered on RunSignUp. If they are not signed up by NOON on the day before the race, they cannot participate.
- **Meet as a team** in advance to review the event guide so everyone is aware of the rules, schedule, leg maps, exchange zone procedure, cutoff times, etc.
- **Complete the team roster** and bring it to packet pickup. The Team Roster form is at the end of this guide and on the website.

PACKET PICKUP

Team captains must attend the debrief/packet pickup on **Friday, February 24. Stop anytime between 6 p.m. and 9 p.m. at the Blyn Banquet Room, 7 Cedars Resort, 270756 US-101, Sequim, WA 98382**

IMPORTANT! BRING THESE ITEMS TO PACKET PICKUP & START LINE

Be prepared! Team captains should arrive with these items:

- ❑ **Team Roster:** Included at the end of this guide and downloadable at FrostyMossRelay.com. Complete all roster info in advance.
- ❑ **Required Gear:** Reflective vest, headlamp or flashlight, blinkie light. Minimum one each per team, but it is probably good to have backup lights just in case.

LODGING

7 Cedar Resort is hosting special rates for Frosty Mossers again. The Event rate is only \$159/night QQ (wow!!). You can book directly [online](#) using PROMO Code **Frosty** or you may call and book with the reservation agents at (360) 683-777 Ext. 1 and reference the same code.

How great to be able to go directly from the after-party to your room!

For other options, check out these great resources to find lodging information:

- [Visit Port Angeles](#), VisitPortAngeles.com
- [Olympic Peninsula Visitor Bureau](#), OlympicPeninsula.org

RELAY DAY SCHEDULE & FINISH LINE CELEBRATION

You will be assigned a wave between 6- 9am. Waves will be assigned based on your estimated average team pace. Please be as accurate as possible on your pace estimates. Do NOT pad your time because you are worried about making the cutoffs. **If you run faster than your average pace and beat the exchange zone volunteers, you will be held and made to wait. You do not have anything to gain by padding your average pace!** Don't worry! We will be sure to assign you a start time that will allow you to make the check points based on your ACTUAL average pace. We will assign wave start times in early January for your planning purposes, but in general 11-12 minutes/mile pace will be 6 a.m. start and 7-8 minute/mile pace will be 9 a.m. start. There will be some ability to change team pace later, for example if you swap out team members, if a wave is not yet filled. Please keep us informed if your average team pace changes.

Start Location: Camp Creek Trailhead

Directions from Port Angeles: Hwy 101 west, past Lake Crescent, to approx MP212. Turn left at Cooper Ranch Road (Klahowya Campground is on your right). Volunteers will direct you to park along the road. Do not block road. **Drive time: Approximately 60 minutes.**

Google map: bit.ly/frostystart

Course cut offs:

Teams must reach the **end of Leg 7 by 4:00 p.m.** If your team does not arrive in time, you will be directed by relay staff to skip one more of the following legs and restart at the indicated location.

Teams must reach the **end of Leg 12 by 8:00 p.m.** If your team does not arrive in time, you must go directly to the Finish Line to **check in and advise event staff that you didn't make the last cut off time but you are super excited to party** - then you go directly to the party!

Teams still running prior legs around cutoff time may also be sent to the finish line at the discretion of relay staff.

Do NOT decide on your own to skip any legs or end your running day prior to the finish line without advising the finish line staff or the event director at (360)775-4620. You will be disqualified from winning any awards if you skip a leg or end early, but will be allowed to continue on with the fun of running in the green season for as long as you like, and of course are expected to join the party no matter what! But we need to know what is going on. Please note that volunteers along the course are given certain times to be in place based on estimated paces and distances from the start line. If you pad your pace or skip a leg without telling someone, volunteers may not be in place, or you may cause a lot of stress to volunteers and staff if you show up somewhere when you are not expected. It is very important that you complete the event as intended, and do not make changes without discussing it with race staff.

After-Relay Celebration at Blyn Banquet Room, 7 Cedars Resort

6-10 p.m.: Food, music, and awards at the Blyn Banquet Room at 7 Cedars Resort. Teams arriving before 6:00 can opt to receive a voucher for the casino restaurant, or can wait until 6:00 to join the party.

REQUIRED GEAR

All teams are required to carry the following gear. Runners must use this gear at dark, in low-light conditions, and when running on roadways. Race personnel will check team gear at the start line.

- ☐ Reflective vest
- ☐ Headlamp or flashlight
- ☐ Blinkie light

RULES

Frosty Moss Relay goals: Have fun. Be safe.

Rules in a nutshell: Make good choices. Do no harm. Be cool.

Runners or support crews repeatedly violating rules, creating hazardous situations, or demonstrating unsporting behavior may be DQed and asked to leave the course at race directors' discretion. No refunds will be made to DQed individuals or teams.

Teams must comply with officials from Frosty Moss Relay and those of the jurisdictions the relay travels through, including but not limited to: Clallam County, Olympic National Park, Washington Department of Natural Resources, Cities of Port Angeles/Sequim/Blyn, Jamestown S'Klallam Tribe, all law enforcement agencies (state patrol, tribal police, border patrol, etc.). Frosty Moss Relay officials include race directors, exchange crews, communications team, course marshals, parking monitors, and all other volunteers/staff.

Teams: Consist of 2-5 runners, as registered in advance. Teams of 2 or 3 will be considered one category for timing / awards. Teams of 4 or 5 will be considered one category for timing / awards.

Leave no trace. The Olympic Peninsula is an amazing place. Keep it clean and pristine. Use porta-potties and public restrooms. Carry all your trash with you. Pick up litter if you see it. We strongly encourage teams to carry reusable water bottles and minimize their overall trash footprint. Make it a team challenge to see how little trash you generate during relay day!

Team vehicles: Teams are limited to **ONE on-course vehicle**, ideally a van, minivan, or SUV. No motorhomes, limos, buses, or tow-behind trailers.

Follow all rules of the road. Drivers must obey posted speed limits. Use extreme caution at exchange points: Watch out for people and vehicles. Park well off the roadway. If the exchange is crowded, park a safe distance away and walk to the exchange.

Team vehicle signs: Relay participant signs will be issued to each team vehicle and must be displayed on the dashboard.

Vehicle decorations: Teams are encouraged to decorate their team vehicle! Make sure your decor is family-friendly and does not impede the driver's vision or overall safety. No obscene and/or derogatory vehicle decor (as determined by the race directors) will be allowed. **THE TEAM WITH THE BEST TEAM THEME / BEST DRESSED VEHICLE WILL WIN A PRIZE!** (As determined by race staff)

Race numbers: Must be worn on the runner's front torso while on the course.

Relay baton: Must be carried by the active runner at all times throughout the relay.

DNF Cutoff: Teams must reach the **end of Leg 7 by 4:00 p.m.** If your team does not arrive in time, you are required to skip the next race leg, and start again at the start of Leg 9 at Port Angeles Yacht Club. Teams reaching the **end of Leg 12 (Railroad Bridge Park) after 8:00 p.m.** will be sent directly to the finish line. Teams farther behind will also be sent to the finish line when they reach the end of their leg. In these cases, teams will receive a DNF (no race time for awards) but are encouraged to hit the party time to celebrate your mossy adventure.

Runner Rotation & Dropouts

- ❑ Runners must swap at every exchange zone. **Runners may not run consecutive legs.**
- ❑ Follow the rotation on the roster your team captain submits in advance to the race directors. If a runner drops out for any reason, the next runner in rotation takes over and the remaining runners continue to the finish (without the dropped runner). Teams must notify the next exchange monitor of the dropped runner and change in rotation. Monitors will in turn notify the relay directors.
- ❑ **Do NOT decide on your own to skip any legs or end your running day prior to the finish line without advising the finish line staff or the event director at (360)775-4620.** You will be disqualified from winning any awards if you skip a leg or end early, but will be allowed to continue on with the fun of running in the green season for as long as you like, and of course are expected to join the party no matter what. But we need to know what is happening, and please note that volunteers along the course are given certain times to be in place based on estimated paces and distances from the start line. If you pad your pace or skip a leg without telling someone, volunteers may not be in place, or you may cause a lot of stress to volunteers and staff if you show up somewhere when you are not expected. It is very important that you complete the event as intended, and do not make changes without discussing it ahead of time with race staff.

Exchange Zone Procedure

- ❑ Waiting runner checks in with the exchange monitor, who checks their bib number, marks the team as “ready,” and directs the runner to the designated exchange zone.
- ❑ Returning and departing runners meet inside the exchange zone and swap the baton.
- ❑ Returning runner checks in with the exchange monitor, who checks their bib number and marks the team as “leg complete.”

BEST EXCHANGE ZONE CONTEST! Runners will vote for their favorite exchange zone at the after-relay celebration. Make sure to take notes on your favorites.

Navigation: Runners should review their assigned legs in advance. MapMyRun links for each leg are posted on the Frosty Moss Course Overview page at FrostyMossRelay.com. We encourage you to bookmark AND print your assigned legs from MapMyRun. Download the GPS tracks to use on your favorite app. Cell coverage is unreliable.

If a runner makes a wrong turn, they must return to the course on foot to the point where the error occurred and resume the race. The course will be marked with signs, arrows, and confidence markers (streamers hung at possible wrong turns and other tricky spots). That said, things happen beyond our control, like rain or wind obliterating markings after it is too late to fix, or someone vandalizing our markings without our knowledge. **UPSHOT: YOU are ultimately**

responsible for navigating the course - we have provided you with all of the tools to do so. Team captains, this means you are also responsible to ensure that each of your team members knows their way.

When running on the ODT or Adventure Route, run on the right. Call out your passing (“Passing on your left!”). Walkers and horseback riders have the right of way. Cyclists should give you the right of way but won’t always see/hear you around corners. Pay attention to your surroundings.

On roadways, run on the left. Runners must run along the left shoulder of roadways unless instructed otherwise by a relay official or course marker.

If you encounter a horse and rider:

- STOP and MOVE ASIDE. Horses may view a running person as a predator and rear up or bolt.
- Stand at the downhill side of the trail. Leave ample space for the horse to pass.
- Greet the rider and let them know you will wait till they pass unless they instruct otherwise.
- Quietly wait while the horse passes you.
- When the horse is safely past, continue on your way.

Shadowing runners: Vehicles cannot trail, follow, or shadow. Team vehicles may not stop along the course to provide support (food/drink/verbal encouragement). Runners should be self-sufficient with carry fluids, fuel, layers, reflective gear, and other essentials. Team vehicles may stop only at the designated exchange. Team vehicles MAY NOT stop on the road shoulder.

Pets: Pets are not allowed on the relay course, exchange zones, finish line, or after-race celebration.

Bicycles: Bicycles are not permitted, except for the on-course bike sweeps.

Headphones/earbuds: No headphones may be used when running along roadways. We strongly discourage headphones on the ODT and Adventure Route. If you do use them, the volume must be low enough that you can hear your footsteps and other people or animals around you. Remember: You are running in cougar country!

Inactive runners: Teammates and support crew must remain off the roadway and clear of the exchange zone.

Quiet zones: Be considerate of our communities. All legs and exchange zones during dark hours are designated quiet zones. No audible music outside support vehicles, no shouting or honking of horns, etc.

Cover up! Please be discreet when changing clothing or using the restroom, and pack out your trash, toilet paper, etc.

CELLPHONE, GAS & EMERGENCY INFO

CELL COVERAGE CAN BE SPOTTY TO NONEXISTENT ON THE OLYMPIC PENINSULA. Verizon offers the widest coverage, but you may still find yourself in areas with no cell service, particularly on the western half of the course. Be prepared with printouts of this guide and leg sheets!

Turn off international roaming. We're about 12 miles from our northern neighbors. Your phone may welcome you to Canada, especially in the first half of the course. International data charges add up fast!

Fuel your team vehicle before leaving for the start line. The last reliable gas station between Port Angeles and the start line is the Lower Elwha Food & Fuel on Hwy 101, 4.5 miles from downtown Port Angeles.

In Case of Emergency or Other Assistance

- For true emergencies (vehicle accident, major injury/health issue, etc.), dial 911.
- For other types of assistance on relay day, check in with an exchange zone or on-course volunteer, who will call a race director if necessary.

FOR FUN!! HASHTAG CONTEST

As you make your way across the course on event day, make sure to share your photos on Instagram and tag us at **@frostmossrelay** and **#frostmoss2023**

Include your team name in the post. The team with the most (quality counts) posts will win a HUGE prize basket at the party!

LEG OVERVIEW

Frosty Moss Relay is a certifiably uncertified course. Distances are based on MapMyRun, Strava, and GPS data. Your mileage may vary. Paved surface except where noted. **MapMyRun routes are linked on the Leg Overview page at FrostyMossRelay.com.**

LEG	NAME	DISTANCE (Miles)	CUMULATIVE DISTANCE
1	START! Camp Creek Trailhead	6.2	6.2
2	FS2918 to exchange	2.9	9.1
3	Spruce Railroad Trail, Lake Crescent (pavement, gravel, trail, gravel)	10.8	19.9
4	Adventure Route #1 (gravel, trail)	8.8	28.7
5	Adventure Route #2 (trail)	8.6	37.3
6	Adventure Route #3 (trail)	6.8	44.1
7	Elwha River Crossing (4:00PM CUTOFF)	2.3	46.4

8	West Port Angeles	3.4	49.8
9	Port Angeles Waterfront	6.5	56.3
10	Deer Park to Old Olympic Hwy	4.3	60.6
11	Robin Hill Country Park	3.7	64.3
12	Dungeness River Railroad Bridge 8:00PM CUTOFF	3.8	68.1
13	City of Sequim	4.3	72.4
14	Sequim East	2.9	75.3
15	FINISH LINE IN BLYN!	3.3	78.6

LEG SHEETS: RUNNER MAPS AND DRIVING DIRECTIONS TO EXCHANGES

RUNNERS: The course will be marked, but signs can go missing. Runners should review their legs in advance.

Links to MapMyRun for each leg are on each page and also posted on the Frosty Moss Course Overview page at FrostyMossRelay.com. We encourage runners to bookmark and print their assigned legs from MapMyRun. Download the GPS tracks.

The following leg sheets offer runners a preview of each leg and help teams drive from one exchange to the next.

Leg 1: Start Line! ODT-Camp Creek Trailhead



Distance: 6.2 miles

Elevation Gain: 461 feet

Surface: Paved ODT and 1 mile of shared Forest Service road.

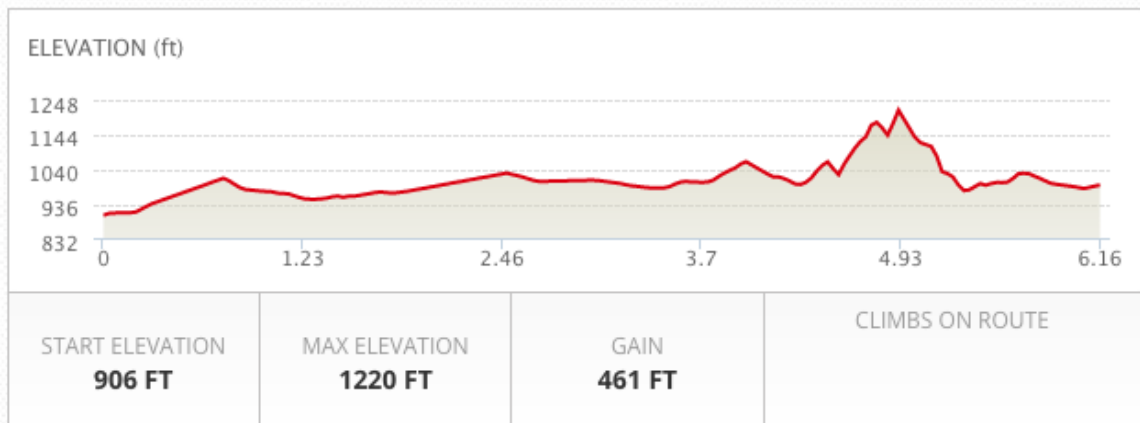
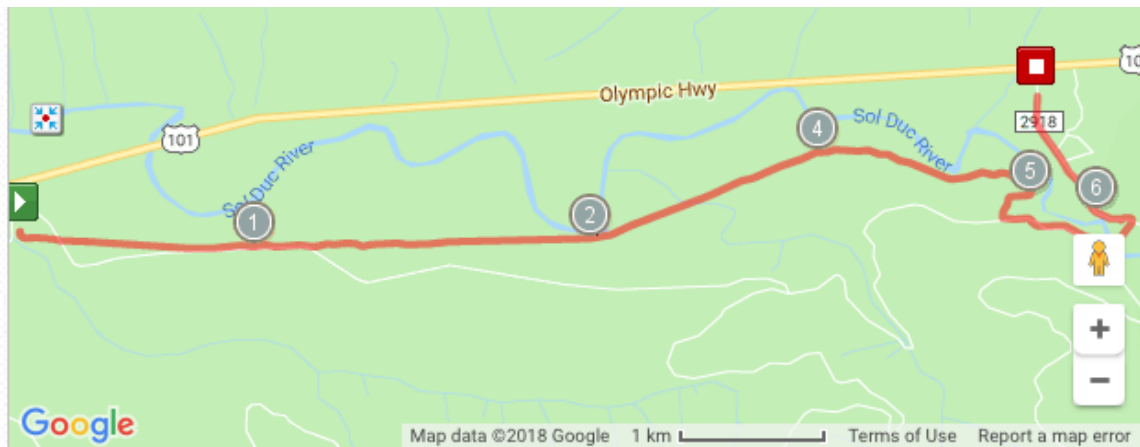
Highlights: Flat and fast. Sol Duc River views. Very, very green. The start line is the very western end of the completed Olympic Discovery Trail.

Traffic Alert: Last mile is on a shared road. Logging trucks have the right of way.

LEG 1 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 1 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From Camp Creek Trailhead, return to Hwy 101.
- Turn right and go east 4.5 miles.
- Turn right onto Forest Service Road 2918.
- You will see the Olympic Discovery Trail on the left, go just past this to park in a pullout & walk to Exchange Zone.



Leg 2: FS2918 to Exchange 2



Distance: 2.85 miles

Elevation Gain: 245 feet

Surface: Paved ODT.

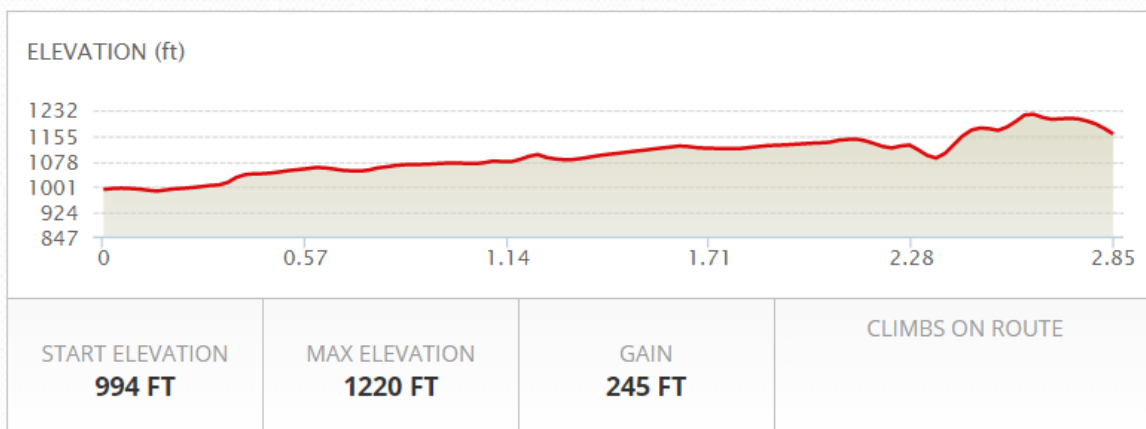
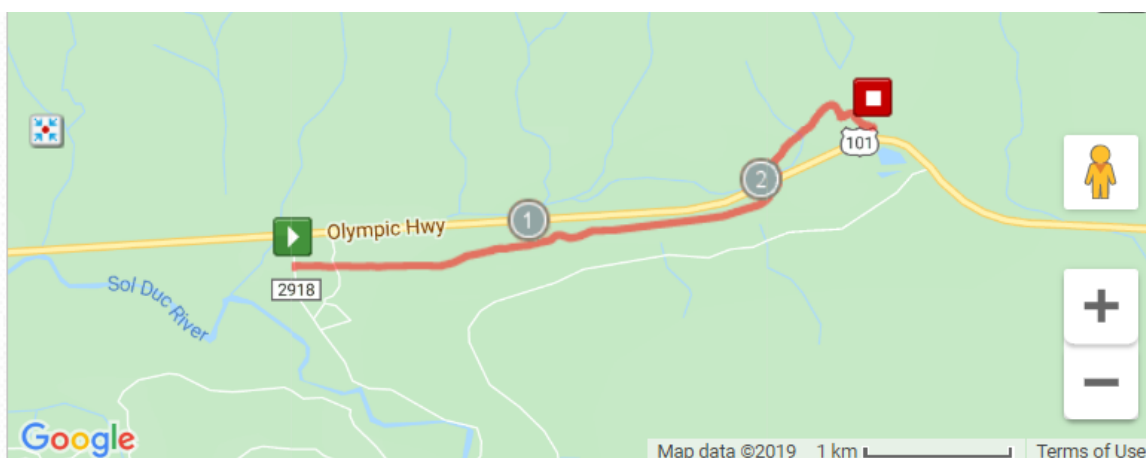
Highlights: Flat and fast. Buttery paved surface amid tall trees.

Traffic Alert: This leg crosses HWY 101. Cars have the right of way. Pay attention and take care of yourself.

LEG 2 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 2 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Return to Hwy 101. Turn right and go east 2.5 miles (if you reach Sol Duc Road you have gone too far)
- Turn left onto nondescript road (watch for sign & volunteer)



Leg 3: Spruce Railroad Trail, Lake Crescent, Olympic National Park



Distance: 10.8 miles

Elevation Gain: 100 feet

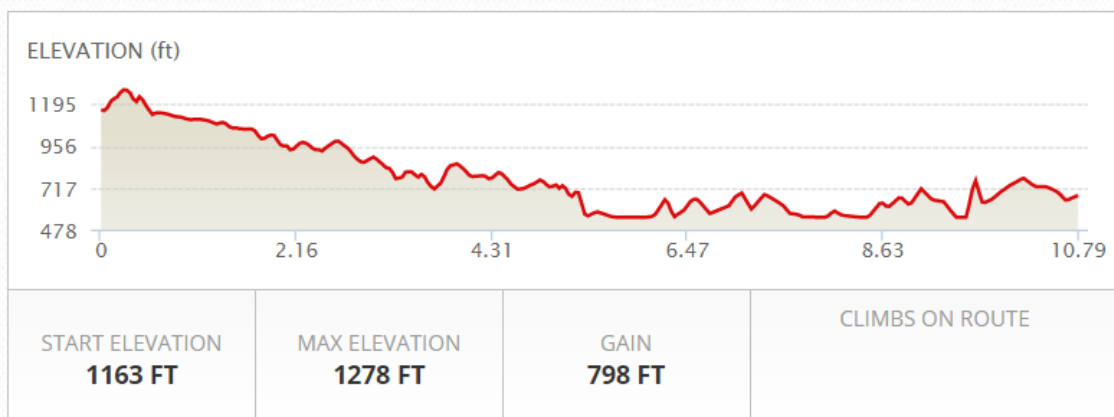
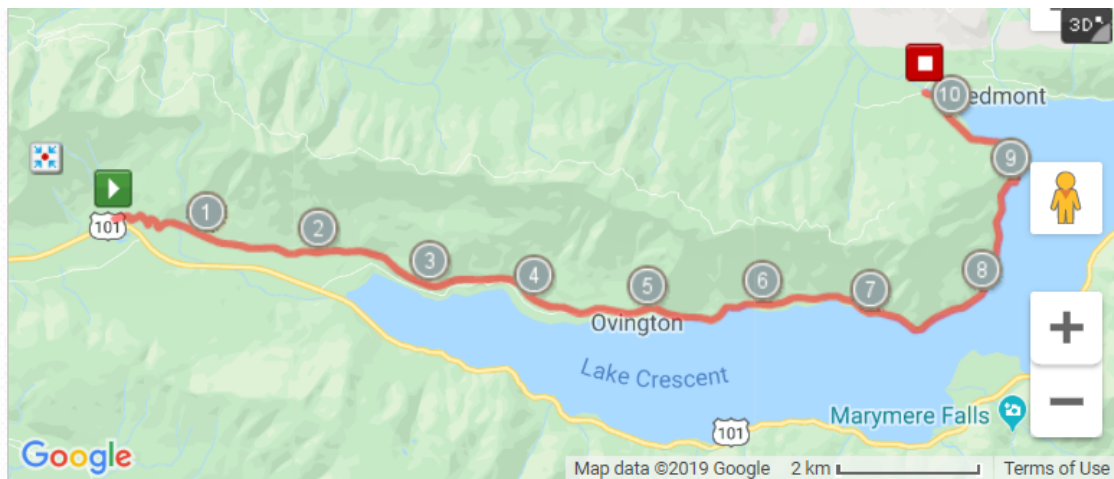
Surface: Mix of paved path, wide gravel regrade, and dirt trail.

Highlights: The entire length of the ODT-Spruce Railroad Trail. Run alongside Lake Crescent and through a restored railroad tunnel.

LEG 3 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 3 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Go east on Hwy 101 for 12.8 miles.
- Turn left onto East Beach Rd. Go 3.2 mi.
- Turn left to stay on E. Beach Rd (sign to Spruce Railroad Trail).
- Go another 0.7 mi to Spruce Railroad Trail parking lot. Just before parking lot you will pass a gravel road just east of Lyre River, the intersection is the transition.



Leg 4: Adventure Route #1 (TRAIL)



Distance: 8.75 miles

Elevation Gain: 1,326 feet

Surface: About 3 miles of gravel road (open to traffic), then singletrack trail.

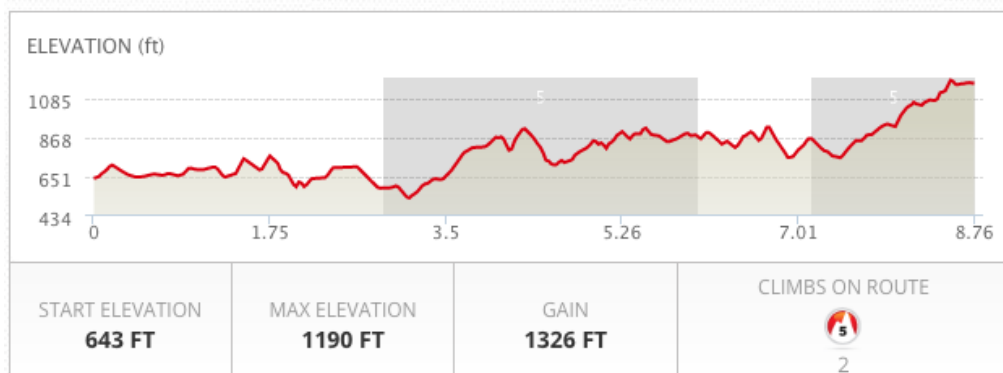
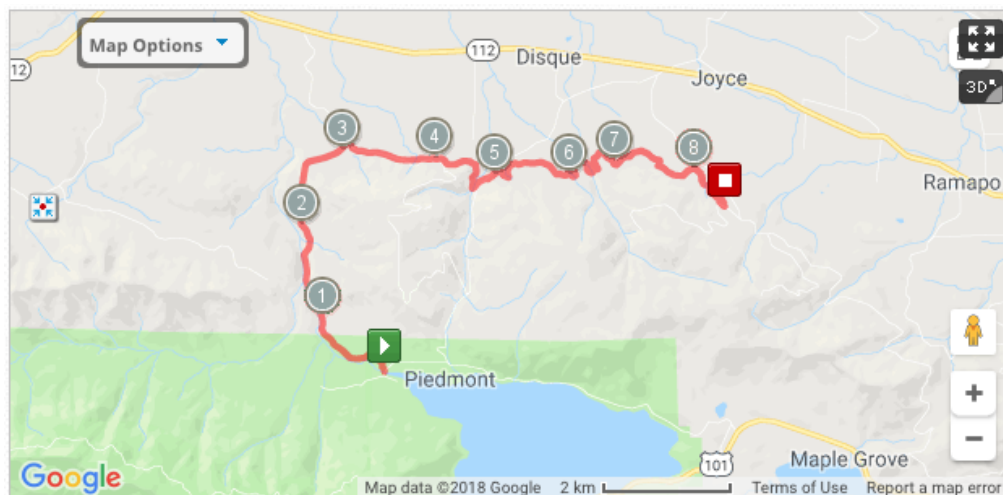
Highlights: East Beach to Joyce Access Rd. First leg of trail running. Lots of uphill on this one.

Traffic Alert: First 3 miles of gravel road is open to traffic. Cross Joyce-Piedmont Rd near MP5 - traffic does not stop.

LEG 4 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 4 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Return east on East Beach Rd for 0.7 mi.; turn left onto Joyce-Piedmont Rd.
- Go 4.2 mi, then take a hard right onto Joyce-Access Rd (gravel logging road) behind the school.
- Go 1.8 mile to a road junction. Park at the junction and walk west on gravel road. Go around the gate for a short walk to hand-off at the trail.



Leg 5: Adventure Route #2 (TRAIL)



Distance: 8.6 miles

Elevation Gain: 1,303 feet

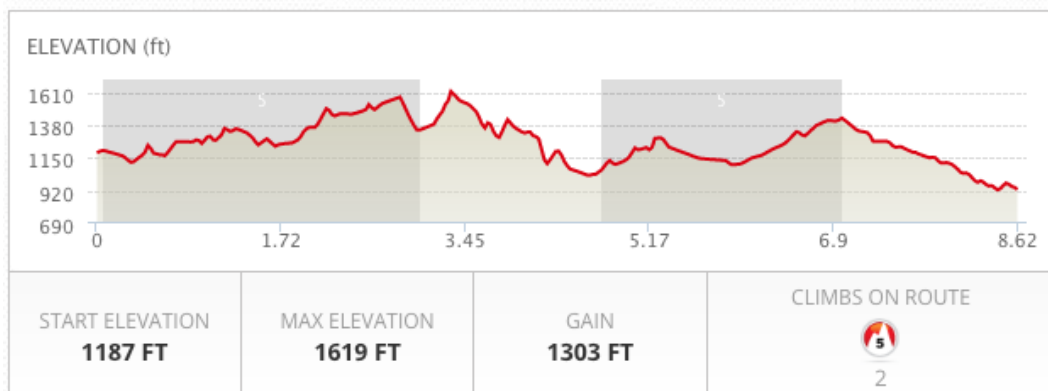
Surface: Singletrack trail

Highlights: Joyce Access to Eden Valley Rd. Dense, moody forest with occasional views to Vancouver Island. Fun-to-run switchbacks and lots of hills.

LEG 5 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 5 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Go back down Joyce-Access Road to Joyce-Piedmont Road.
- Turn right onto Joyce-Piedmont Road, then right onto Hwy 112.
- Go east on Hwy 112 for 7.2 miles, then turn right onto Eden Valley Road.
- In 3.5 miles, just after the county road ends, you will see the Adventure Trail on the right. Go past the trail a bit and park at a pullout on the left and walk back to the trail for the transition.



Leg 6: Adventure Route #3 (TRAIL)



Distance: 6.8 miles

Elevation Gain: 578 feet

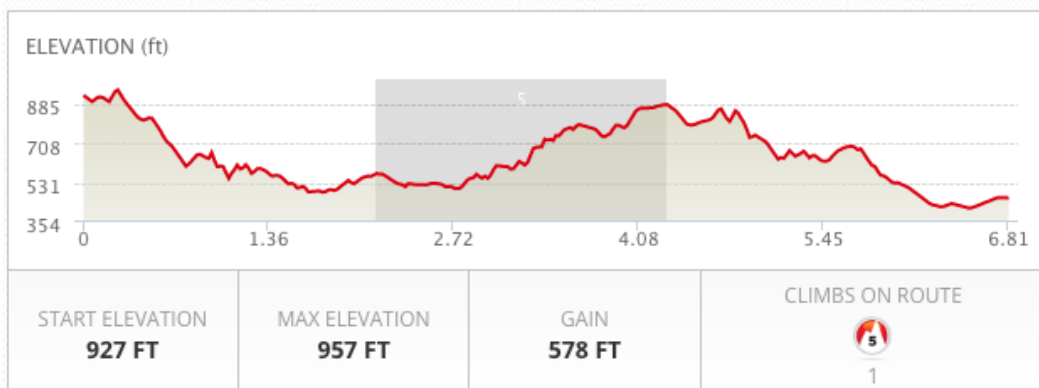
Surface: Singletrack trail

Highlights: Eden Valley to the Dan Kelly Lot, another local favorite. Starts with a lovely long downhill before climbing to the Living Room (see photo, giant benches with views of the Bailey Range) and ends with a fun downhill to the exchange.
PS: Sorry about that last hill

LEG 6 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 6 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Go 1.7 miles back down Eden Valley Road, then veer right onto Dan Kelly Road.
- In 2.4 miles turn right onto Colville Road and then immediately into the Horse Trailer Parking Lot.
- **Follow under the power line to the second lot.**



Leg 7: Elwha River Crossing 4:00pm CUTOFF



Distance: 2.3 miles

Elevation Gain: 280 feet

Surface: Paved ODT (no traffic) at Elwha River.

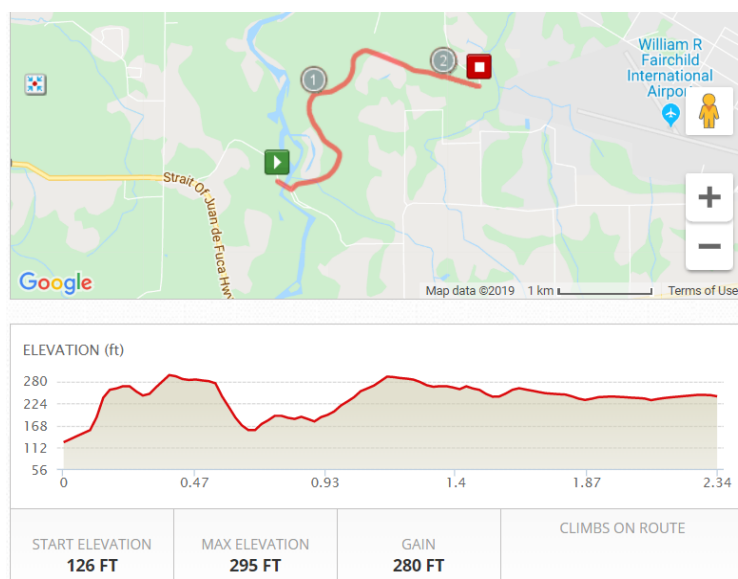
Highlights: After leaving the Adventure Trail, the team will drive their next runner to the start of Leg 7. This is a drop off point only, so have your runner ready to hop out of the car.

Cutoff Alert: Teams finishing this leg after 4:00pm must skip a leg and continue on (but will receive a DNF, no finish time) **Pro Tip:** Get ready for Leg 7 with a viewing party of [Return of the River](#).

LEG 7 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 7 - Google Maps to next exchange [Step 1](#) and then [Step 2](#) ** turn by turn directions:

- Leave the Horse Trailer Lot with ALL your teammates, and drive your Leg 7 runner to the start of their leg at the Elwha River Bridge. You may be stopped briefly as you leave the lot, this is to allow for spacing between cars for the drop off.
- Go north on Dan Kelly Rd. 0.8 miles to Hwy 112. Turn right, then take first left onto Elwha River Rd. Go about 1 mile and drop your runner at the west side of the bridge - follow volunteer instructions. You have 30 seconds to drop off, so make sure your runner is ready to hop out.
- After drop off, continue another mile east on Elwha River Road, then turn left onto Laird Road. You will go around a 90 degree turn, then take the next left onto Lower Elwha Rd and in 0.8 miles you will see the drop off point on the right



Leg 8: West Port Angeles



Distance: 3.4 miles

Elevation Gain: 78 feet

Surface: Paved ODT, neighborhood streets, sidewalk.

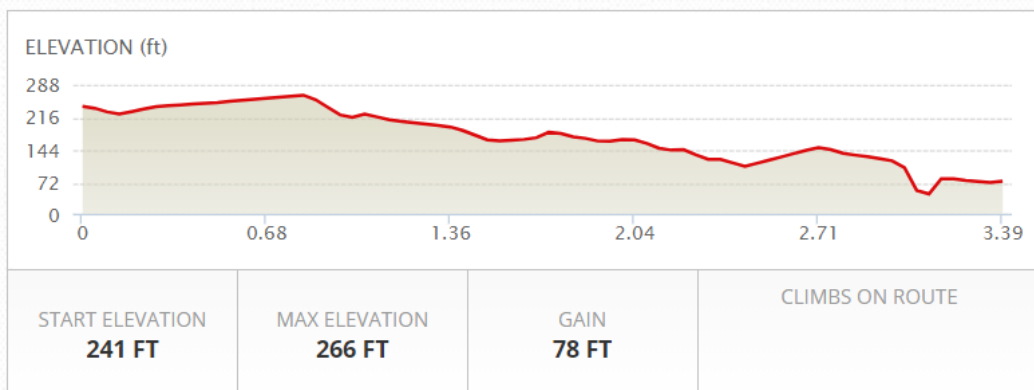
Highlights: Get into a speedy groove with a subtle downhill grade before the big downhill to the waterfront exchange at Port Angeles Yacht Club.

Traffic Alert: After mile 1 you will be on a combination of roadway and sidewalk. There will be traffic on the roads - BE ALERT!! Watch for course markings and watch for cars.

LEG 8 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 8 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From Lower Elwha Road exchange, go back south (the way you came) 0.7 miles to Edgewood Drive.
- Turn left onto Edgewood Drive.
- In 1.7 mi Edgewood Drive turns into Lauridsen Blvd.
- Continue 1.4 mi to Tumwater Truck Route. Turn left and at bottom turn left onto Marine Drive. In 0.7 miles the Yacht Club will be on your right at 1305 Marine Dr.



Leg 9: Port Angeles Waterfront



Distance: 6.5 miles

Elevation Gain: 525 feet

Surface: Paved ODT.

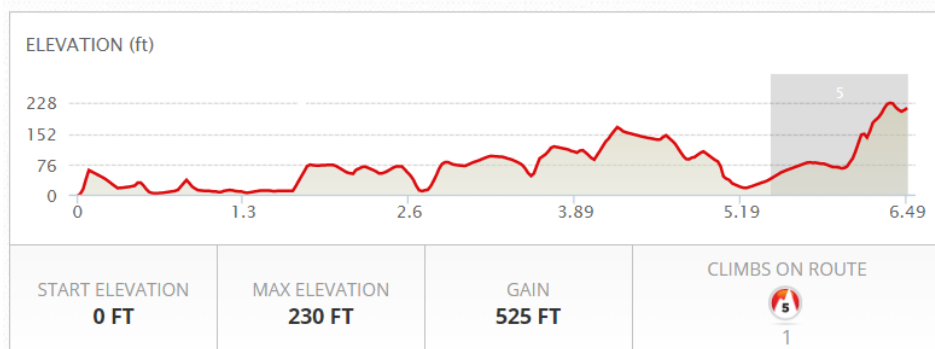
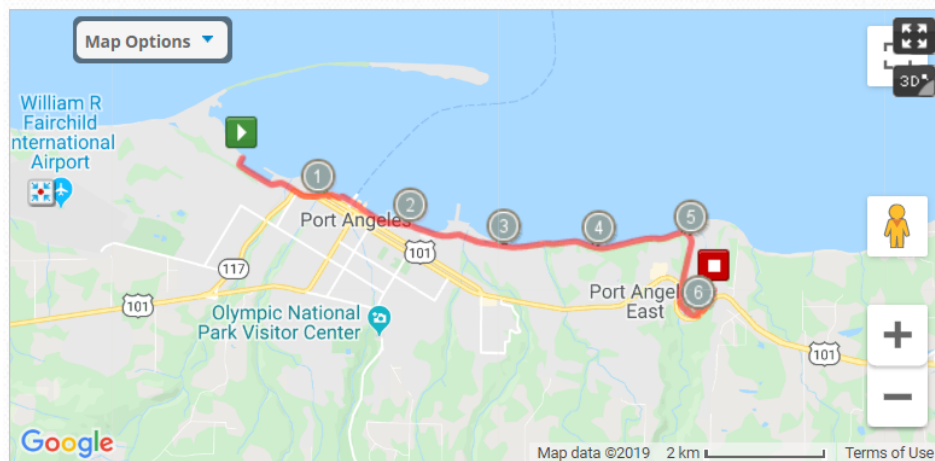
Highlights: Pure Strait of Juan de Fuca goodness. Watch for river otters! Save some energy for the climb at the end!

Traffic Alert: Watch for traffic at the street crossing after the Morse Creek trestle.

LEG 9 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 9 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From Port Angeles Yacht Club, head east on Marine Drive, which turns into First Street for a total of 6.3 miles to Deer Park Road.
- Turn right onto Deer Park Road, then right again after the cinema.
- Follow this through the Hwy 101 underpass.
- Turn left onto Scenic View drive to the Rest Stop. Park in the parking lot then walk north to get to the Olympic Discovery Trail (exchange)



Leg 10: Deer Park to Old Olympic



Distance: 4.3 miles

Elevation Gain: 185 feet

Surface: Paved ODT.

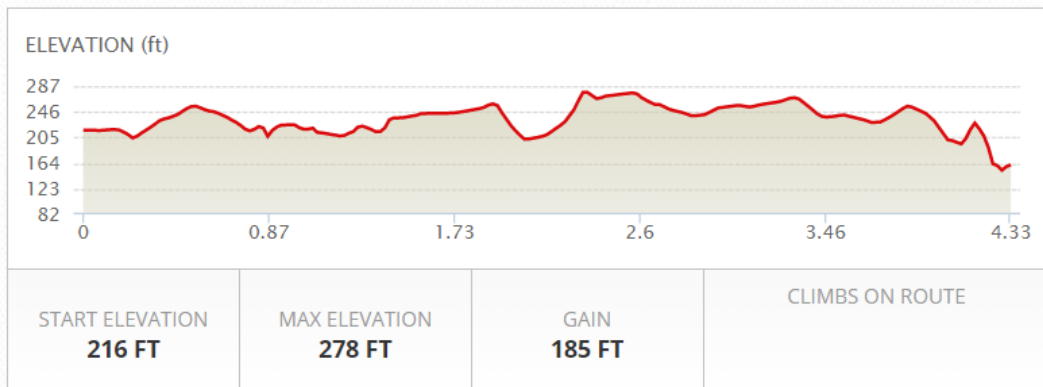
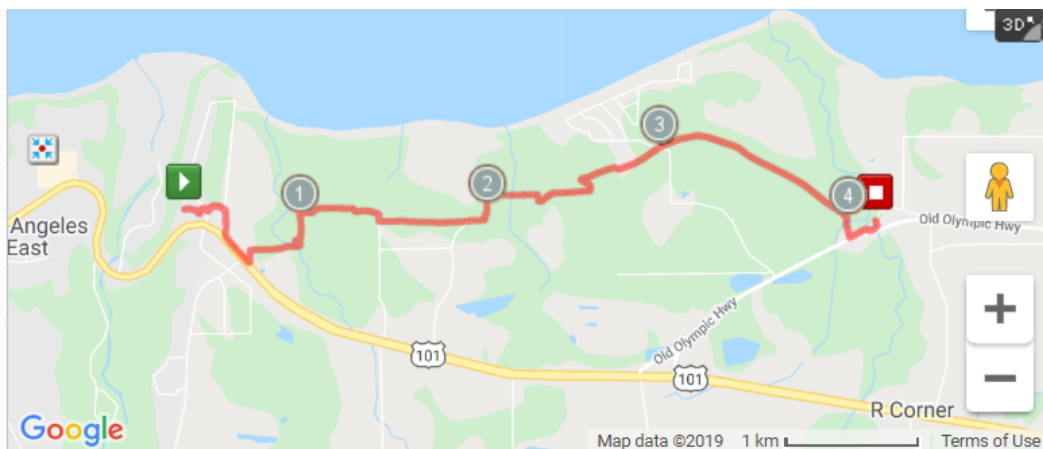
Highlights: In a little bit you will get back away from the highway, and you do so via a big down and up at a covered bridge over Bagley Creek. But after that it's lovely rolling hills through the trees all the way to Old Olympic Hwy at Siebert Creek.

Traffic Alert: Watch for traffic at the road crossings.

LEG 10 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 10 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Go back through the underpass and return to Deer Park Road.
- Turn left onto Deer Park Road to Hwy 101, turn right and go 2.2 mi.
- Turn left onto Old Olympic Hwy, then go 1.5 miles to Wild Current Way. Turn left and go 0.2 to dead end in a parking lot.
- Walk down to the bridge to the exchange.



Leg 11: Robin Hill Country Park



Distance: 3.7 miles

Elevation Gain: 147 feet

Surface: Paved ODT.

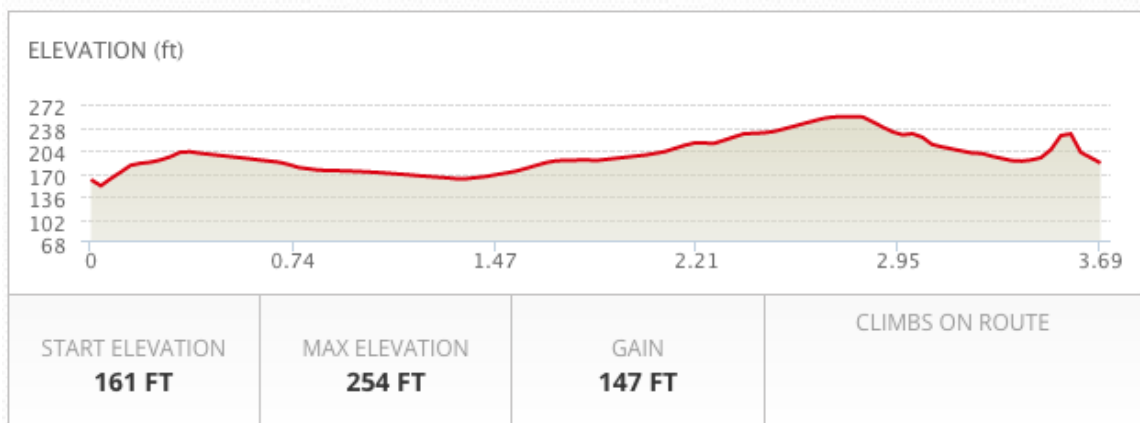
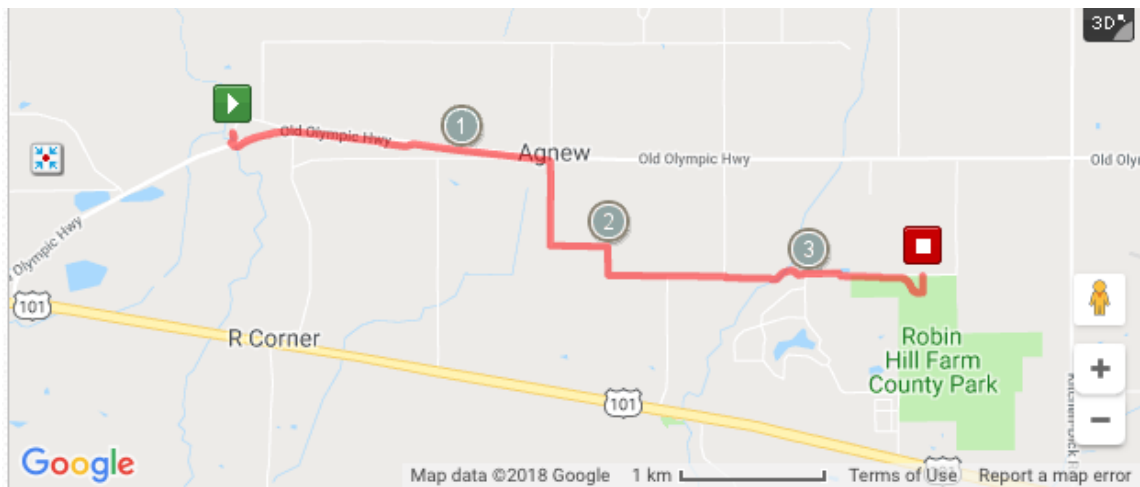
Highlights: Make up for lost time entering the flatlands of Sequim. Forest gives way to working farmland. Say hello to the cows. It's usually warmer and drier out this way, too. Welcome to the rainshadow.

Traffic Alert: Watch for traffic at the road crossings.

LEG 11 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 11 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From Wild Currant Way, return to Old Olympic Highway.
- Turn left and go 2.9 miles.
- Turn right onto Vautier Road and go 0.5 miles.
- Turn right onto Pinnell Road, Robin Hill Park lot is on the left in 0.1 miles.



Leg 12: Dungeness River Railroad Bridge 8:00pm CUTOFF



Distance: 3.8 miles

Elevation Gain: 131 feet

Surface: Paved ODT.

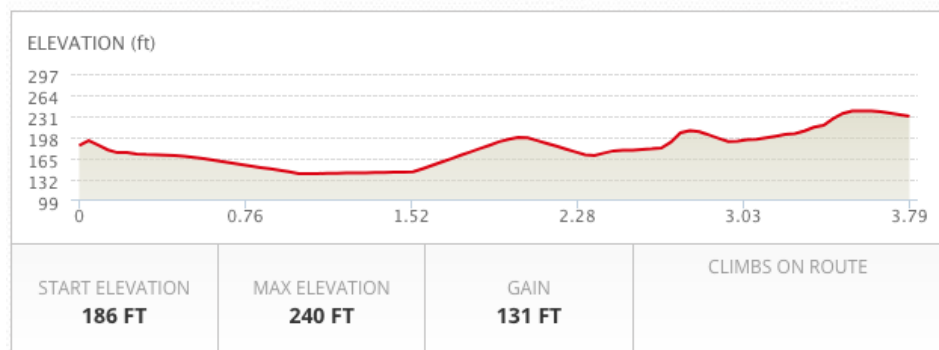
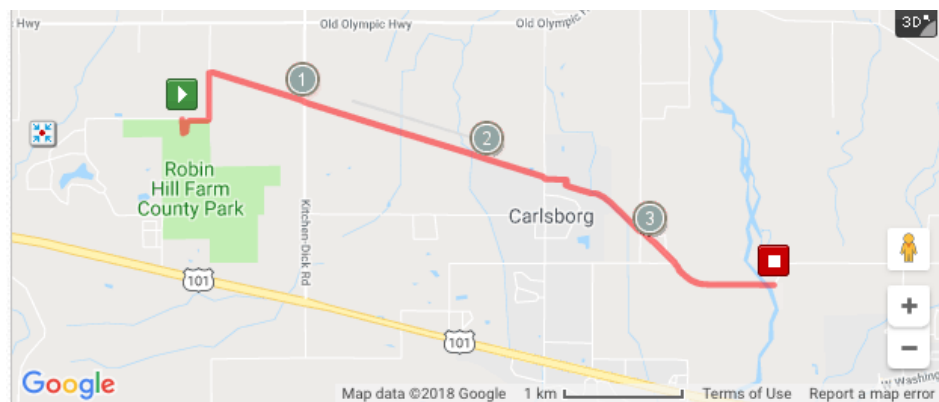
Highlights: In February 2015, a high-water event washed away the Dungeness River trestle. Thanks to the Jamestown S’Klallam Tribe, volunteers with the [Peninsula Trails Coalition](#), and many others, the rebuilt trestle at the end of Leg 12 was ready for action just a year later.

Cutoff Alert: Teams finishing this leg after 8:00pm will be sent directly to the finish line party. **Traffic Alert:** Watch for traffic at the road crossings.

LEG 12 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 12 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Go east out of Robin Hill Park on Pinnell Rd.
- Turn left to onto Vautier Rd. In 0.5 mi, turn right onto Old Olympic Hwy.
- After 2.2 mi, turn right to stay on Old Olympic.
- After 2.5 miles, turn right onto Kendall Rd.
- In 0.5 mi. turn right onto Hendrickson Rd and continue into Railroad Bridge Park.



Leg 13: City of Sequim



Distance: 4.25 miles

Elevation Gain: 50 feet

Surface: Paved ODT, city sidewalks.

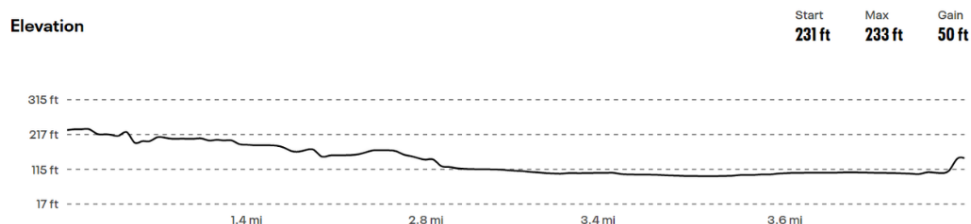
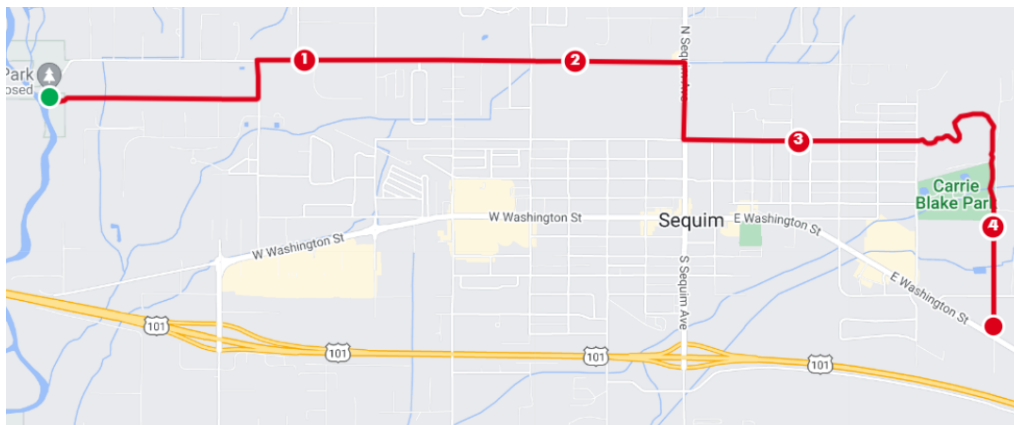
Highlights: A quick jaunt through Sequim (pronounced “Squim”), home to the annual Lavender Festival, Olympic Birdfest, and a retiree mecca, thanks to its location in the rainshadow and its walk/bike-friendly streets.

Traffic Alert: Lots of street crossings. Watch for course markings. Also, you may be running this leg in the DARK - that means the cars can’t see you, so you must take care to watch before crossing all roads.

LEG 13 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 13 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- Leave the park and turn right onto W. Henrickson Road. In 2 miles, turn right onto N. Sequim Avenue.
- In 0.5 miles, turn left onto Washington Street.
- In 1.1 miles turn left onto N Rhodfer Road and the Sequim Chamber of Commerce will be on the left.



Leg 14: Sequim East. Almost There!



Distance: 2.9 miles

Elevation Gain: 125 feet

Surface: Paved ODT, city sidewalks.

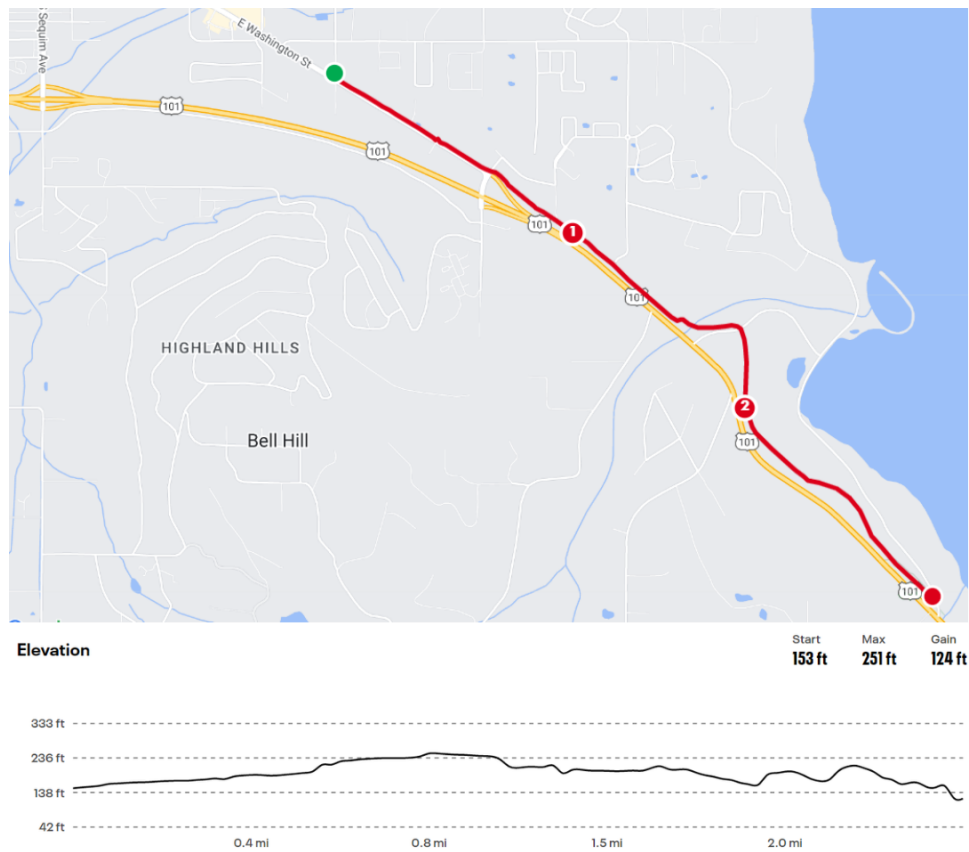
Highlights: Begin at Sequim Chamber of Commerce. If you're lucky (and if it's still light out), the local elk herd will make an appearance along this stretch. Terrain gets a little rolly and the tall trees reappear as you head toward Blyn.

Traffic Alert: Watch for traffic at the road crossings. Also, caution night time running!

LEG 14 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 14 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From the Sequim Chamber of Commerce, return to East Washington Street and turn left
- In 0.6 miles, turn right onto Simdars Road and merge onto Highway 101 East.
- In 2.1 miles, turn left onto West Sequim Bay Road and park at the tribal Human Resources / Training center.



Leg 15: Finish Line in Blyn!

Pro Tip: You can have a team member run with you for this leg, as you will likely be running in the dark. Also, expect to see race volunteers on bicycle out there - they can bike with you to keep you company



Elevation Gain: 123 feet

Surface: Paved ODT.

Highlights: Last leg! Recap the day with tall evergreens, another restored railroad trestle, a dash through Sequim Bay State Park, open prairie, a lovely net downhill grade, and the finish line after-party in Blyn at the Jamestown S'Klallam Tribe facilities!

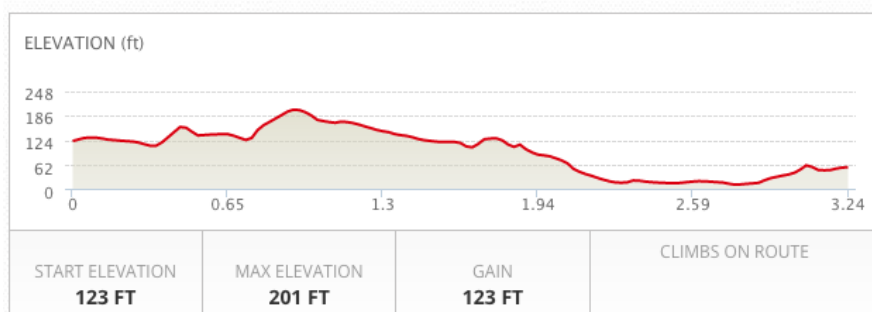
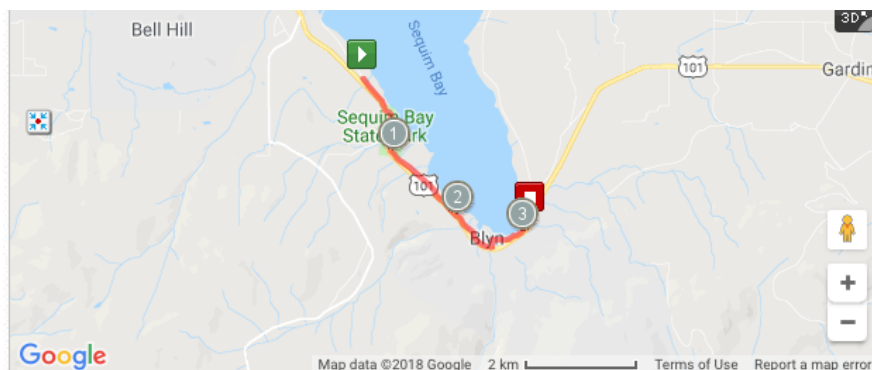
Way to go, Frosty Mossers! You did it!

Distance: 3.25 miles

LEG 15 - [Link to MapMyRun](#) (overview image and elevation profile below)

LEG 15 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- From Jamestown Human Resources, go back to Highway 101.
- Turn left (east) on Hwy 101 and go 2.7 miles.
- Turn left onto Blyn Crossing.
- Turn right onto Old Blyn Highway - in 0.8 miles FINISH LINE!



Frosty Moss Relay Team Roster

Frosty Moss 2-5 members. **BRING COMPLETED FORM TO CHECK-IN**

TEAM NAME: _____

TEAM NUMBER: _____

Team Captain: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 2: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 3: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 4: _____ Cell # _____

Emergency Contact Name & Phone # _____

Team Member 5: _____ Cell # _____

Emergency Contact Name & Phone # _____

Leg Assignments (Frosty Moss 15 Legs)

No team member may run consecutive legs. There must be a runner change at the start of each leg.

Leg 1: _____

Leg 9: _____

Leg 2: _____

Leg 10: _____

Leg 3: _____

Leg 11: _____

Leg 4: _____

Leg 12: _____

Leg 5: _____

Leg 13: _____

Leg 6: _____

Leg 14: _____

Leg 7: _____

Leg 15: _____

Leg 8: _____