

TEAM GUIDE

*** MINI MOSS ***



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.

Mini Mossers, prepare yourself for some fun running across the North Olympic Peninsula. The Mini Moss of the Frosty Moss Relay is 30-ish miles along the paved Olympic Discovery 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 Mini Moss as a 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 Mini Moss. Follow all traffic laws, drive safely, and be great examples of relay runner etiquette.

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 CAPTAINS RESPONSIBILITIES

As the team captain, your job is to make sure your team is prepared for Mini 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. Ideally every runner will have their own set.

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 1-2pm. Waves will be assigned based on your estimated average team 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 average pace. Please be as accurate as possible on your pace estimates. We will assign waves in early January for your planning purposes. There will be some ability to change team pace later, if a wave is not yet filled.

Location: Ediz Hook, Port Angeles, Washington. Go to the far end of the hook, about 1.5 miles out.

Directions from Port Angeles: From downtown Port Angeles, drive west on Front Street. Front Street will turn into Marine Drive, continue 2 miles. You will drive through the paper mill and continue out onto Ediz Hook. In 1.5 miles you will see the race start. It is just before the entrance to the Coast Guard base.

Course cut offs:

Teams must reach the **end of Leg 5 by 6:30 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 7 at Sequim Chamber of Commerce.

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

Mini 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, 3 or 4 runners, as registered in advance.

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.

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 5 by 6:30 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 7 at Sequim Chamber of Commerce. 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) 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.

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.”

Navigation: Runners should review their assigned legs in advance. MapMyRun links for each leg are posted on the Mini 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 responsible to ensure that each of your team members knows their way.**

When running on the ODT, 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.

Shadowing runners: Vehicles cannot trail, follow, or shadow their runners. 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. 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 & 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. 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!

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 **@frostymossrelay** and **#frostymoss2023**

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

Mini 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 at Ediz Hook to Field Arts & Events Hall	3.75	3.75
2	Port Angeles Waterfront	5.25	9.0
3	Deer Park to Old Olympic Hwy	4.3	13.3
4	Robin Hill Country Park	3.7	17.0
5	Dungeness River Railroad Bridge 6:30PM CUTOFF	3.8	20.8
6	City of Sequim	4.3	25.1
7	Sequim East	2.9	28.0
8	FINISH LINE IN BLYN!	3.3	31.1

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 posted on the Mini 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 sheet map is the runner's route, not the driving route! Driving route narrative is at the bottom of the Leg sheet.

Leg 1: West Port Angeles



Distance: 3.75 miles

Elevation Gain: 114 feet

Surface: Paved ODT, neighborhood streets, sidewalk.

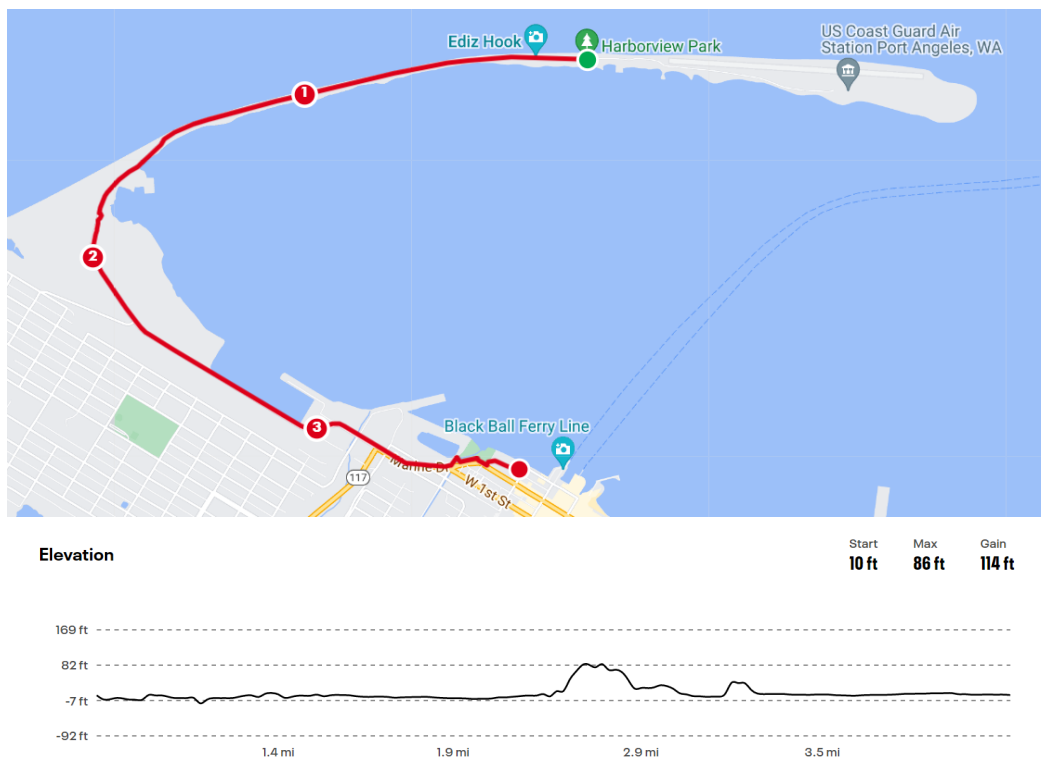
Highlights: Follow the paved path from the end of Ediz Hook, a 3-mile long sand spit into downtown Port Angeles. Big view of the Olympic Mountains and inner Port Angeles harbor lead you to the relay exchange at Field Arts & Events Hall.

Traffic Alert: Mix of shoulder, sidewalk, and ODT. Watch for course markings.

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 the Ediz Hook boat launch Start Line (end of hook, about 1.5 miles after paper mill), backtrack on the hook to Marine Drive.
- Stay on Marine Drive 2 miles until it turns into First Street, then go another 0.1 miles to Oak Street.
- Turn left onto Oak Street. In 0.1 miles Field Arts & Events Hall is on your left. Park on Oak St. between Front St. and Railroad Ave. or on Railroad Ave. in front of Barhop.



Leg 2: Port Angeles Waterfront



Distance: 5.25 miles

Elevation Gain: 462 feet

Surface: Paved ODT.

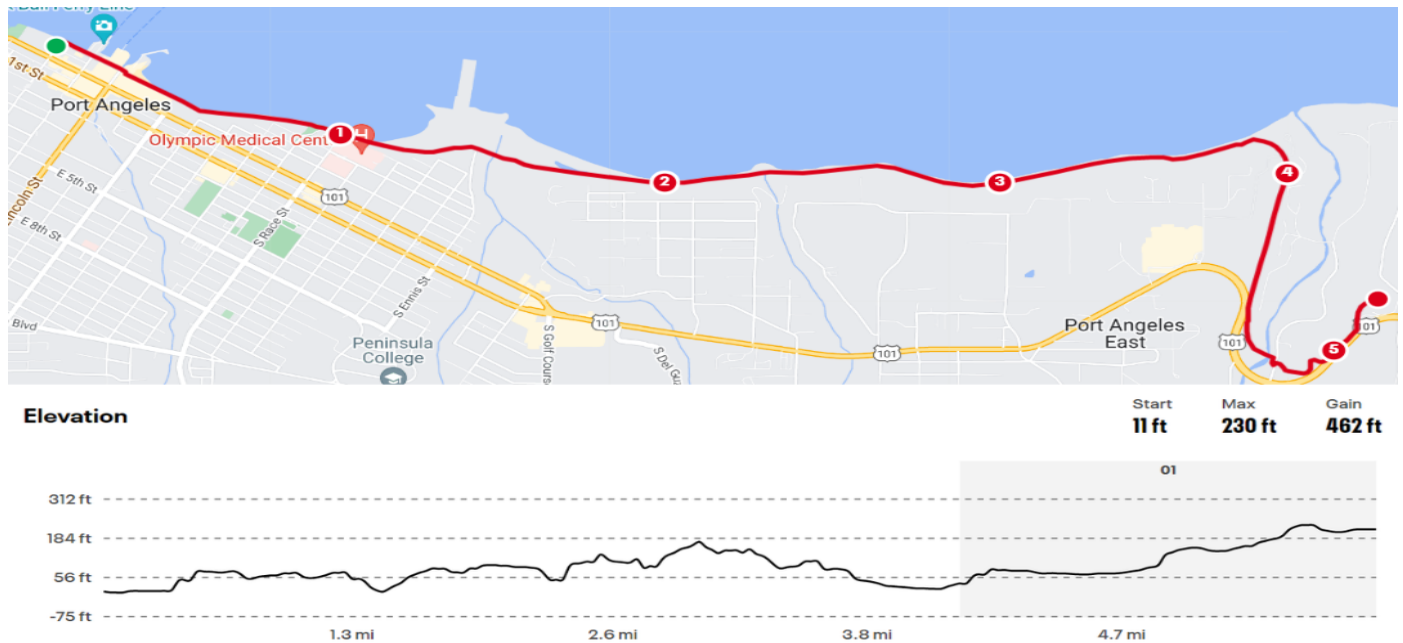
Highlights: Pure Strait of Juan de Fuca goodness. Watch for river otters! Save some energy for the climb at the end!

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

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

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

- Head south on Oak Street.
- Turn left onto First Street, go approx. 5 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 3: Deer Park to Old Olympic



Distance: 4.3 miles

Elevation Gain: 185 feet

Surface: Paved ODT

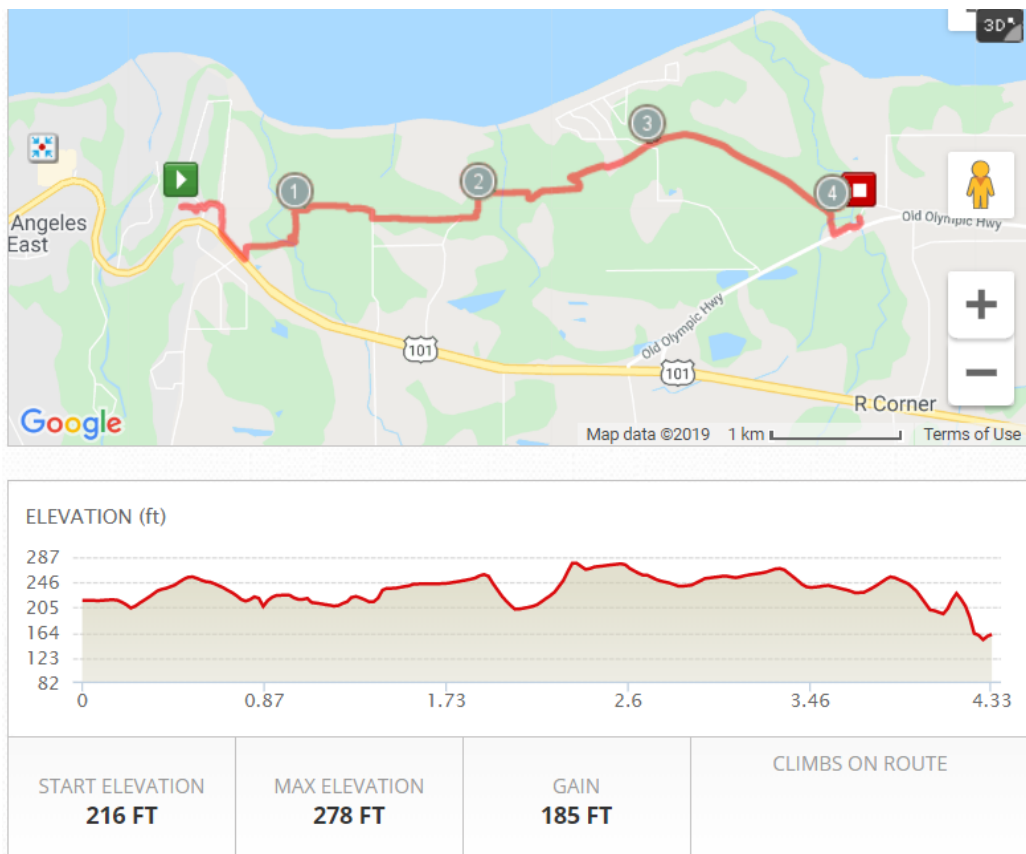
Highlights: In a little bit you will get back away from the highway, and you do so via a big down and up at a covered bridge over Bagley Creek. But after that it's lovely rolling hills through the trees all the way to Old Olympic Hwy at Siebert Creek.

Traffic Alert: Watch for traffic at the road crossings.

LEG 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 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 4: Robin Hill Country Park



Distance: 3.7 miles

Elevation Gain: 147 feet

Surface: Paved ODT.

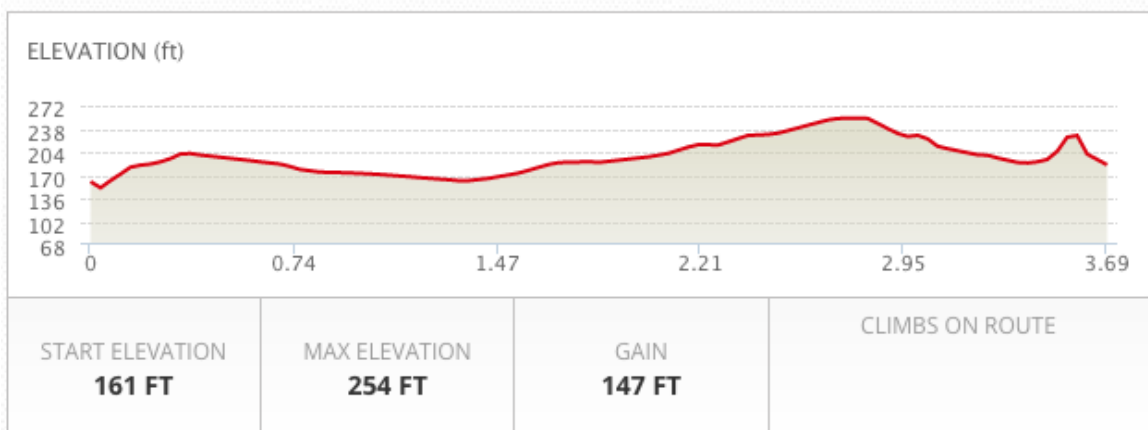
Highlights: Make up for lost time entering the flatlands of Sequim. Forest gives way to working farmland. Say hello to the cows. It's usually warmer and drier out this way, too. Welcome to the rainshadow.

Traffic Alert: Watch for traffic at the road crossings.

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

LEG 4 - [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 5: Dungeness River Railroad Bridge 6:30pm CUTOFF



Distance: 3.8 miles

Elevation Gain: 131 feet

Surface: Paved ODT.

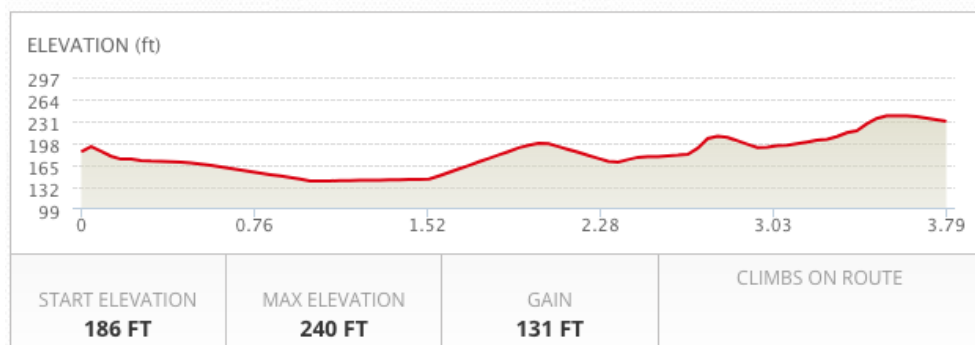
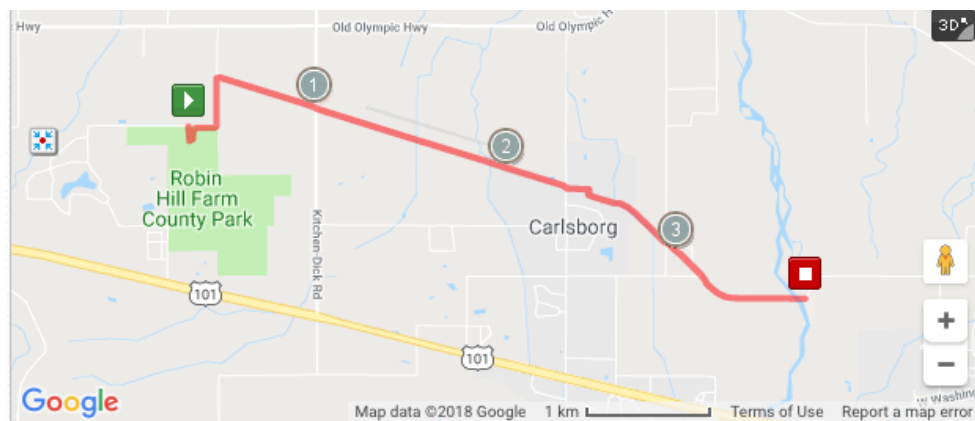
Highlights: In February 2015, a high-water event washed away the Dungeness River trestle. Thanks to the Jamestown S'Klallam Tribe, volunteers with the [Peninsula Trails Coalition](#), and many others, the rebuilt trestle at the end of Leg 12 was ready for action just a year later.

Cutoff Alert: Teams finishing this leg after 6:30pm MUST skip a leg and continue on (but will receive a DNF, no finish time), OR you can opt to go directly to the finish line party. **Traffic Alert:** Watch for traffic at the road crossings.

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 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 6: City of Sequim



Distance: 4.25 miles

Elevation Gain: 50 feet

Surface: Paved ODT, city sidewalks.

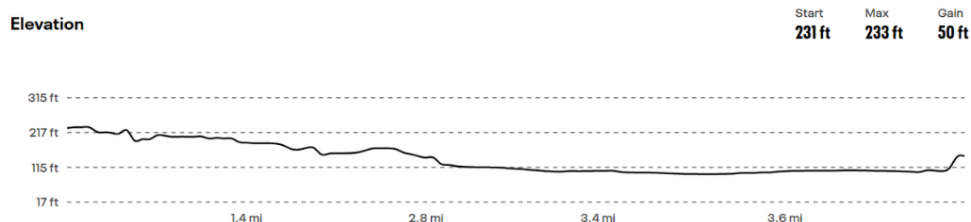
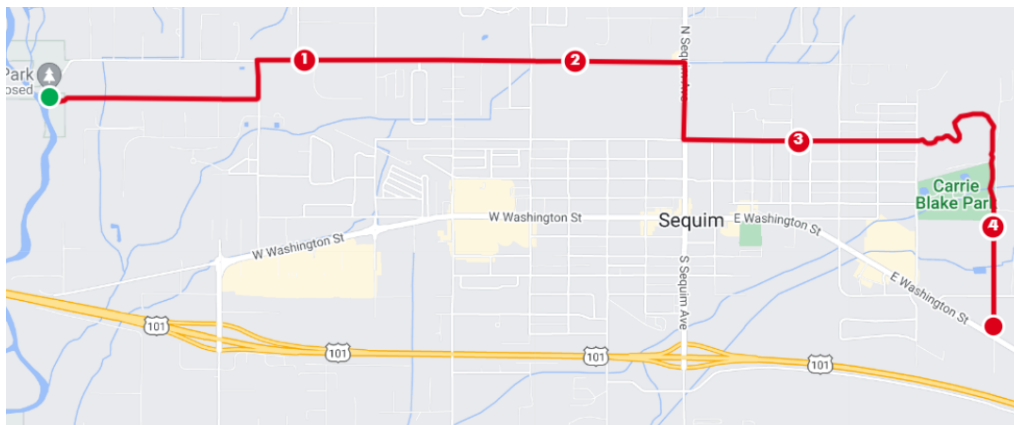
Highlights: A quick jaunt through Sequim (pronounced “Squim”), home to the annual Lavender Festival, Olympic Birdfest, and a retiree mecca, thanks to its location in the rainshadow and its walk/bike-friendly streets.

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

LEG 6 - [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 7: Sequim East. Almost There!



Distance: 2.9 miles

Elevation Gain: 125 feet

Surface: Paved ODT, city sidewalks.

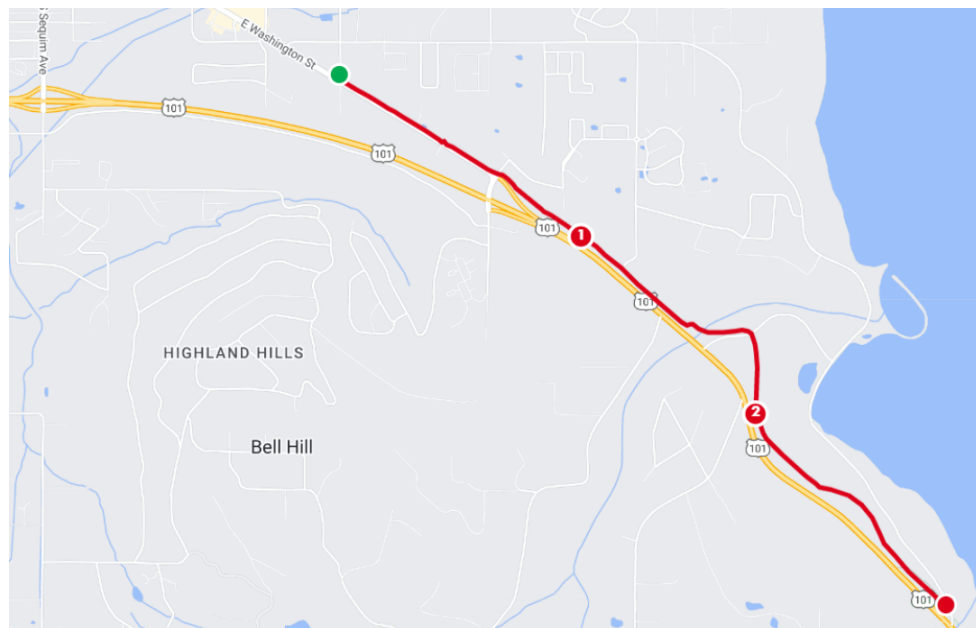
Highlights: Begin at Sequim Chamber of Commerce. If you're lucky (and if it's still light out), the local elk herd will make an appearance along this stretch. Terrain gets a little rolly and the tall trees reappear as you head toward Blyn.

Traffic Alert: Watch for traffic at the road crossings.

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

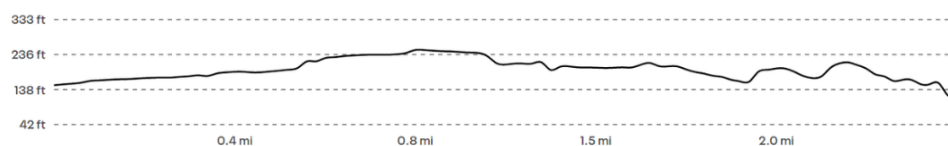
LEG 7 - [Google Maps Driving Directions to next exchange](#) ** turn by turn directions below

- 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.



Elevation

Start 153 ft Max 251 ft Gain 124 ft



Leg 8: 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.

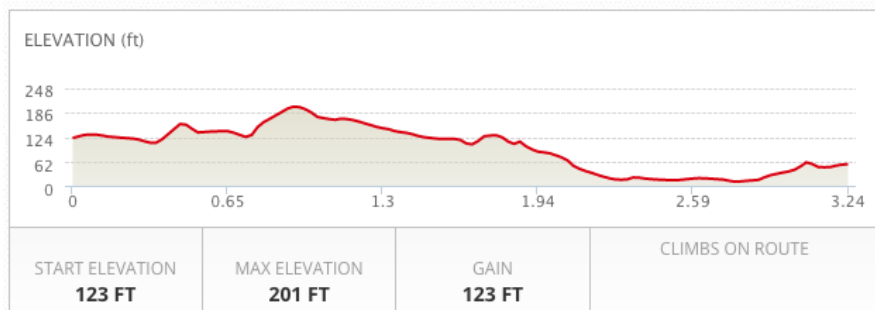
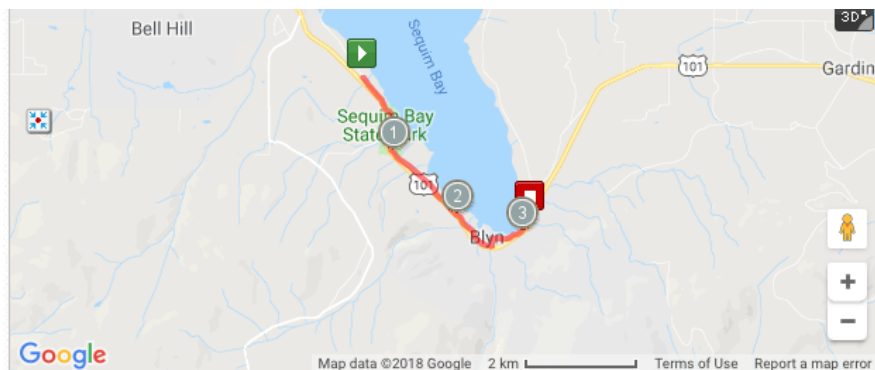
Highlights: Last leg! Recap the day with tall evergreens, another restored railroad trestle, a dash through Sequim Bay State Park, open prairie, a lovely net downhill grade, and the finish line after-party in Blyn at the Jamestown S'Klallam Tribe facilities!

Way to go, Frosty Mossers! You did it!

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 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!



Mini Moss Relay Team Roster

Mini Moss 2-4 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 # _____

Leg Assignments (Mini Moss 8 Legs)

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

Leg 1: _____

Leg 6: _____

Leg 2: _____

Leg 7: _____

Leg 3: _____

Leg 8: _____

Leg 4: _____

Leg 5: _____