

**Pacific Crest Trail Marathon (with K.C. Addition)
June 24-28 (with 28-30 K.C. Addition), 2010**

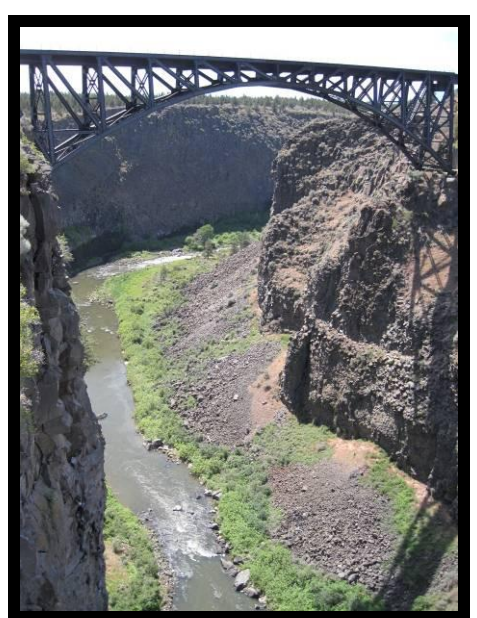
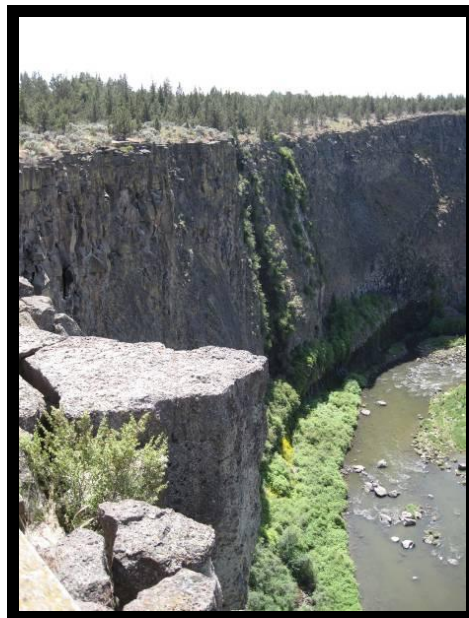
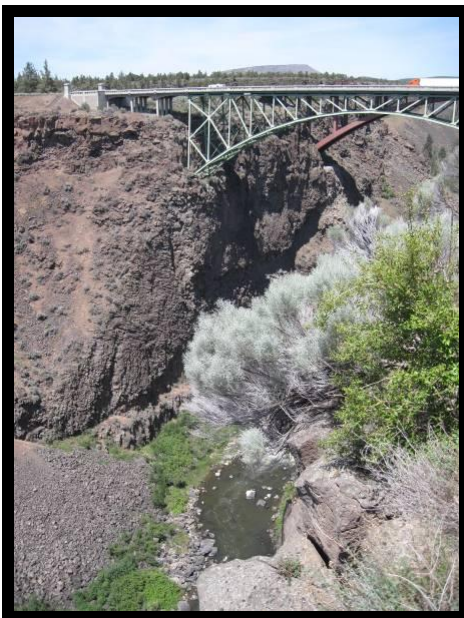
One might wonder why I returned to the area after having been there a week ago. Not if you know the area – you'd return too! And I will look for another excuse to visit the coastal areas sometime soon. I was excited last week to be at the base of Mt Hood; this time driving beyond and south with perfect and gorgeous views of Mt Hood that continuously peeked in and out of the dense forests. When turning southward there came peak after peak of a whole range of "Mt Hoods." Looking at a map it appears that I first saw Mt Jefferson, followed by Three Fingered Jack and Black Butte, followed by Mt Washington. Later when coming out of the forests and into the deep but high desert canyons, Three Sisters, Broken Top and Mt Bachelor came into view. Then once I was at my destination of SunRiver, about 20 minutes south of Bend, it was Mt Bachelor looming out of the forests, across the golf course, out my patio window.



Scenic drives

Last week it was the Historic Columbia River Highway and this week it was Mt. Hood National Scenic Byway with a bit of Barlow Road thrown in, some of the Oregon Trail, and later parts of the Cascade Lakes Highway. It was all awesome scenery and I traveled not only within the Mt Hood National Park but also within the Deschutes National Forest. Apparently Oregon has more than their share of recognized scenic byways.

Here's some of my stopping points and drive into SunRiver just south of Bend.



Volcanoes

Talk about diverse geography, there is Lava Lands and Lava Butte as part of the Newberry Crater National Monument containing one of the world's longest lava tubes (tunnel). Apparently this is a new national park and includes 50,000 acres

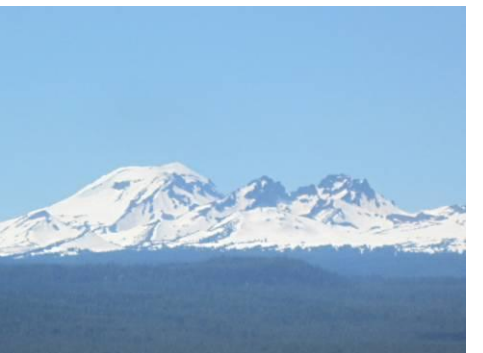
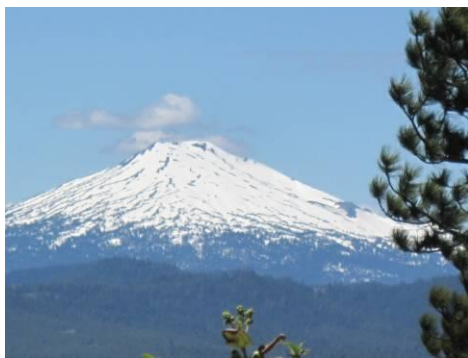




of lakes, lava flows and spectacular geologic features. I went to the summit of Lava Butte, one of the cones, and had goose bumps when I learned that the area remains active, both seismically and geothermally. I'd just sat through a film explaining that the scientists really don't know just when these many Oregon volcanoes will blow -- only that they will eventually. To top it



(pun intended) why I thought I should be hiking up and down and around the edge and through the various trails the day before a marathon I can't imagine but the views were majestic. I didn't hike through the long tunnel however. At well over 5,000 feet, I was huffing and puffing just to keep moving.



The top of the butte, the view from above, two furry fellow hikers, the lava trail and view

High Desert Museum

This deserved a full day of touring which I reluctantly crammed into a half day. AAA gives it GEM status. So did I.



From www.wikipedia.com: . . . it brings regional wildlife, culture, art and natural resources together to promote an understanding of natural and cultural heritage of North America's high desert country. The museum uses indoor and outdoor exhibits, wildlife in natural-like habitats, and living history demonstrations to help people discover and appreciate the high desert environment.

History: The museum was founded by Donald M. Kerr, a native of Portland, Oregon. Kerr had a passion for natural history that inspired a lifelong interest in environmental issues especially the protection of native animals.

Facilities: The High Desert Museum sits on 135 acres of pine covered forest land in Central Oregon. South of Bend, the museum includes various indoor and outdoor exhibits, a library, a desertarium, and a cafe. Portland's GHA Architects designed the original museum building.[That structure contains walls built from volcanic rocks and slate flooring. The outdoor exhibits and various buildings are connected by a half-mile long paved path.

Collections: The museum has in excess of 18,500 artifacts in its collections. Artwork includes works from Edward Curtis, Edward Borein, Charles Marion Russell, Philip Hyde (photographer) and Alfred Jacob Miller among others. Historical artifacts include those of Native American origin and post Euro-American settlement of the region. Many of the Native American items are from the Doris Swayze Bounds Collection of American Indian Art and Artifacts.

Exhibits: Exhibits focus on local culture, natural resources, wildlife, and art. The museum's indoor and outdoor exhibits of Native American, pioneer, and animal life are presented on a massive scale. A visitor can actually walk through an early 1860s town complete with blacksmith shop, Chinese mercantile, and stage coach stop. The Native American exhibit covers life on the land before the white man, life on a reservation, and the present day hot topic of Indian Casinos. There is also an impressive exhibit of Native American horse tack used for the Pendleton Round-Up that is unmatched for its craftsmanship, beauty, and individuality of design.

The High Desert Museum has a 53,000-square-foot main building. Exhibits include a Forest Service fire truck, a stage coach, and a number of Native American history displays. The museum's Hall of Exploration and Settlement has displays highlighting a hundred years of high desert history. Scenes include a trapper's camp, survey party's camp, pioneer wagon train, a mining claim, an early western boomtown, and a high desert buckaroo camp.

Outside the museum building a quarter-mile trail follows a forest stream lines with aspens and ponderosa pines. Along the way visitor can stop at a number of exhibits and animal habitats. There is a total of 32,000 square feet of outdoor exhibits and animal habitats. The popular outdoor exhibits feature a river otter, a porcupine, sheep, mustangs, grey fox, and birds of prey. There is also a Native American encampment, a turn-of-the-century sawmill, logging equipment, homesteaders cabin, and a forestry pavilion.

This is all part of Deschutes National Forest.

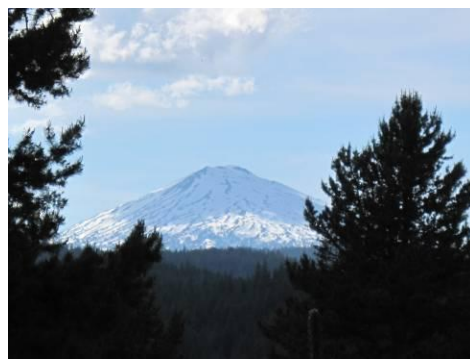
SunRiver Resort

My accommodations probably should be placed among my 'famous lodges' list except it's not on the national historical register. I am surprised however since it was first known as Fort Abbott for the soldiers training during the early parts of WWII. *Panorama picture taken from their website.*



Inside my room and surroundings

Though a web picture, this is my room other than that I'm facing a golf course, with a forest in the background, with Mt Bachelor behind that. See the fireplace? Plus there are two rocking chairs on the private patio. Below are my pictures including my patio, view from the patio, and front of the lodge buildings, one of many swimming pools, public rooms and grounds.



Inside the main lodge



The marathon – the reason for being here

Well, sort of the reason for being there. Clearly I chose the destination first and keep my priorities to being a tourist first. Made clear and evidenced by my not resting the legs the days before. When you're not in the money or in the PR mode, you may as well. But since this is as much about the marathon I'll continue in that mode.

Memo to self: Don't hike the whole of the day before; don't hike the whole of the week prior; don't think you're a young chick that can jet across the country every week without paying a price; don't read until 12:30am the night before getting up at 5am for a marathon; don't take a shortcut to the start through the sticker patch causing numerous stops on the marathon course to fix the socks; don't try to save your hip joints by running along the edge, off course, in the sand and/or prickly brush without making your legs look battle scarred; don't book a marathon the end of June and think it will be anything but record hot which some claimed was high 80s to low 90s; don't try high-desert high-altitude (4200') since you can't breathe even when walking let alone running; don't underestimate the sun's power at this altitude which caused a major sunburn despite reapplying sunscreen during the marathon. All of which just might get you another PW (personal worse) of 6:30.

Why called Pacific Crest Trail Marathon?

I haven't figured this out. It is not on the PCT but the best I can ascertain, the PCT can be accessed near to SunRiver. I had an interest in the West Coast's Appalachian type trail which they call the Pacific Crest Trail. It runs from Canada to Mexico and is hugely more difficult than the Appalachian Trail. I read the most humorous book (since Bill Bryson's "Walk in the Woods" about his hike in Appalachia) called "The Cactus Eaters: How I lost my mind - and almost found myself - on the Pacific Crest Trail" by Dan White which I highly recommend.

From www.half-marathon.net: *With its mix of long, flat stretches and occasional hills, the race a course that unfolds on scenic, wide paved bicycle paths, treating runners to views of the nearby Oregon forests, rivers and beautifully landscaped golf courses and vacation homes. The race route starts near the Sunriver Village and takes runners on a counter-clockwise route around the resort and neighborhoods that surround it. The first couple of miles take runners northward along the bike paths following the roads as they wind up toward North Imnaha Road, and then start heading west along Imnaha and East Cascade Road. Once they're around the northernmost section of the course along East Cascade, runners then start heading south, along the bike trails that follow the path of the winding Deschutes River through the Sunriver community. The course remains on the path through the residential areas and along the edges of the Sunriver Airport, continuing to wind southward and meeting up with the river after participants turn off River Road near the airport and head west to the portion of the trail that skirts along the banks of the Deschutes. This portion of the course takes the field all the way down to the stretch known as Lone Eagle Landing, and then begins heading back inland towards the residential neighborhoods and the Sunriver Meadows Golf Resort, which features four golf courses and a lake that runners pass along the portion of the route through the golf course. The final mile of the race takes runners into the Sunriver Village Mall area, where they're greeted by thousands of spectators, friends and family as well as live music.*

The marathon and area sales pitch

From 50-state friend Barb Damon who we met in Newport RI's marathon and explained it very well: *The 'Pac Crest' weekend is a 'big one' for runners and triathletes in the area. SunRiver tends to be pricey, and add in that it is a pretty big festival (you've no doubt noticed that there are multiple events over the weekend). What's really special about SunRiver is that it is a completely different Oregon from Portland or the Gorge area. It is much more dry (lot's of snow in the winter, where we don't get a lot typically in the Portland area) -- a desert-like area. Crisp, clean air with beautiful bluffs, and snow capped mountains. Thus, the main 'complaints' from people is that it can get pretty hot for the PCT events, and combine that with the altitude, and most won't be setting a PR. That being said, it's pretty popular.*



Entertainment non-stop for three days, the nature center, the river where the course runs by



The observatory, some of the boats and kayaks for rent, one of the many restaurants



There were stables for horse riding, paths, weather perfect for convertibles, and a small airport with single engine planes and gliders. We ran by all of the above and many golf courses.

Finish line

The organizers had declared that there was no finish line closure (the tri-athletes were running after marathoners) and I had barely begun with the marathon until I thought I might test them severely. I set myself into a 7-hour mode with the thought process that this was a very hot trail run since I wasn't sticking to the asphalt bike path. Seven hours? No finish line closure? I didn't disappoint and came pretty darned near at 6:30. Yet in my defense, of only 214 marathoners, there were 16 who came in AFTER me and all those 65 and over were behind me.

Good stuff

- It's a gorgeous setting – but silly to drive that far out of the way unless you stay a few days.
- PCT is a huge 3-day Festival for the family with offerings of 5k, 10k, half and full marathon and tri- and du-athlons.
- Large vendor fair with non-stop entertainment all set next to the SunRiver Village.
- SunRiver is upscale and only 20-minutes south of Bend, the 2nd largest city in Oregon and some people's favorite city in the country.
- The trail lives up to its reputation as being lovely – though Lake Placid might be as nice and also with all the tri-athlete eye candy too.
- Port-a-potties never were seen to have more than a couple people in line. They were needed too – no bushes were suitable.
- Big dinner with entertainment on Friday night for \$8. Big dinner with entertainment on Saturday night for \$8. Big dinner for athletics on Saturday afternoon following the marathon included in entry. But zilch food except GU stuff on the trail.
- Well designed white cotton long sleeve shirt. I guess some folks want cotton?
- Lovely plum colored tech shirts available to finishers for \$20. It says: Sea level is for sissies.
- Cold shower and towel at the finish line.
- If I were just a few days older, I would have won my age group of 3 gals. Smile. Even better and healthier, I really couldn't care and am totally grateful to be able to be out there at all.



This is one of the cutest shirts I can remember. Back with FINISHR also says Sea level is for Sissies.

Trouble stuff

- The only hotel accommodation I found nearby is quite pricey if not overpriced.
- Even if you pay up for the SunRiver Lodge you'll still walk 20-25 minutes to the start line. Stay on the path or you'll be picking stickers from your socks the whole day.
- Zero food on the course – except Cliff gu. I mean they didn't just run out, but there was nothing. Odd with all the tri-athletes involved.
- It was hot and boiling sun. Some claimed it had been near record cold the week before (I was in the area then and can agree) and maybe record hot for the marathon (again, I agree.) Continual reports of high 80s and low 90s were not substantiated by weather.com however it had been my guess. It was also the guess of some of the fluid station workers.
- I was fearful to try anything new -- should I know "Heed" electrolyte replacement drink? Uck. Fortunately I carried my own bottle of Gatorade but I could have used two or three for the dry heat. I didn't catch up with liquids until the next day.

- This became a trail marathon for me since I mostly stayed off the asphalt and walked primarily in the sand, dirt and brush off the edge (however, some of the asphalt was so soft causing me to wonder if I'd stepped in something bad.)

Bend – The Town

Said to be the second largest town in Oregon, but that isn't saying much. It must be spread out for its 80,000 population. Downtown might be akin to our local Red Bank, NJ but it was assisted during my visit by having a major food festival. It has been left old style with most buildings single or two stories.



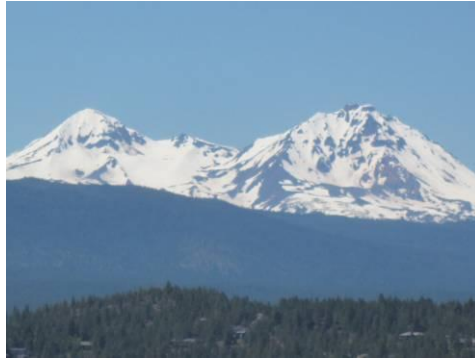
Bend has a series of parks where I walked and took my lunch before driving around the special homes facing the river and lakes of the parks. Mirror Lake Park becomes Drake Park which becomes Pioneer Park. And everywhere you look there are all these snow capped mountains in the background.



My plan was to visit the historical society but only the outside was available. I wonder what prompts such an important museum to only open Wednesday through Saturday half of the day? I did find an old town section of old houses and wandered some there.



Pilot Butte is just on the edge of Bend and is an extinct volcano's cinder cone. From the top of the peak is a great view of downtown Bend.



From www.wikipedia.com: It is a cinder cone which rises nearly 500 feet above the surrounding plains. Bend is one of the very few cities in the U.S. with volcanoes located within their boundaries. Others include Portland, Oregon, which lies within the Boring Lava Field, and Honolulu, Hawaii, which includes several volcanoes such as Diamond Head within its city limits. The 100 acres Pilot Butte State Scenic Viewpoint covers nearly covers the butte. From the top the entire city of Bend is visible as well as several major Cascade peaks. Most prominent are the Three Sisters, Broken Top, and Mount Bachelor which are located about 20 miles to the west. Pilot Butte was named in 1851 by Thomas Clark, leader of the first party of European settlers to camp on the future site of Bend. The Clark wagon train approached the area from the east after recovering from the Clark Massacre. **Here's a web picture from afar.**

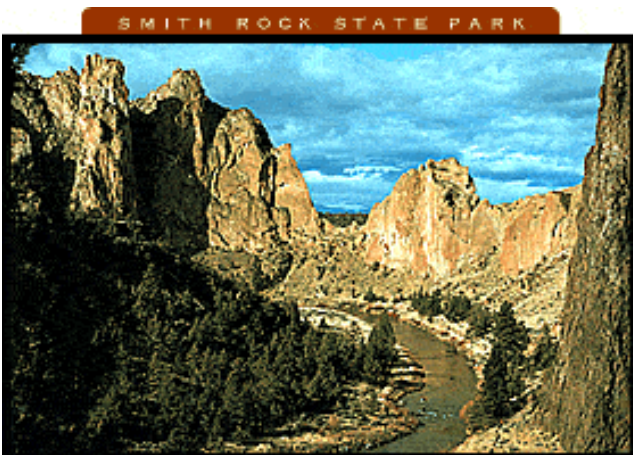


In Oregon they sure love their dogs – here's proof. We also saw numerous dog camps, dog shops, dog grooming, dog babysitting, and always doggy water dishes.



Smith Rock State Park

It was Nola, tour guide from last week's hike, who convinced me to visit Smith Rock. Most unique and worthy of a trip if you're in the area.



From www.smithrock.com: Smith Rock State Park encompasses 651 acres on the Oregon high desert plateau, which hovers around 3000 feet in elevation. Hiking trails offer spectacular views of the surrounding area. You can spend 30 minutes walking along the river or a full day making a loop on trail systems that extend outside of the park to Deschutes Land Trust, USFS and BLM land. The major rock faces are composed of welded tuff (compressed volcanic ash) reaching a height of up to 550 feet. The picnic and campground areas sit on top of the rim rock, which is made up of columnar basalt. There are over 1800 climbing routes in and around the park ranging from some of the best sport climbs in the world to... "Why would anyone want to climb that pile of choss".

I walked around the area for some time and wished I could have hiking time there. The above picture is from the web since it's aerial and obviously impossible for me to take. Here are some of my own pictures:



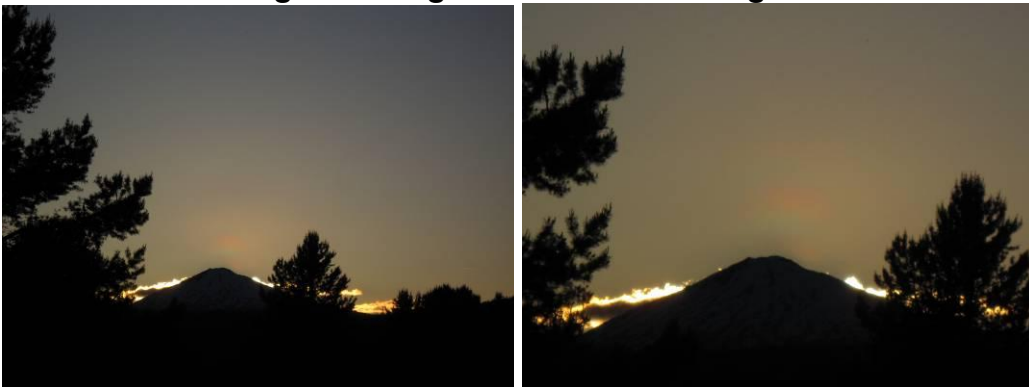
Driving out to the encampment was like going to Camp 4 of Yosemite under El Capitan. Good looking eye candy bodies were scattered around.

Redmond

This town is fairly close but north of Bend and maybe the best choice to fly into. It certainly would be the best choice to live if you wanted the most mountains within view. I found more industry than not. I hadn't tried to fly directly to the area since a rental car was needed anyway and 4 ½ days only cost \$101 and air to Portland is direct and priced reasonably.



And then Good Night to Oregon! Until we meet again



This was out my room and off the porch.

What's next?

I drove back to Portland and had a very pleasant overnight in the new airport area called Cascade Station. The next morning my flight took me to Kansas City to pick up little Marie who will be with me from June 28th through July 12th. Marie's adventure will be from K.C. to NJ, to Washington DC for the Fourth of July Celebrations, back to NJ for a couple days, to Philadelphia, and back to NJ for a 2nd running by Marie, the Third Liberty Lady, in her 5k. It should be an adventure that I can only hope to keep up with.

A day after Marie leaves NJ I pack out for Rio for touring and another marathon. If it's hot there too the 6-hour cut off will be in jeopardy. Then I'm back to NJ for longer than usual but leaving early August to Anchorage for touring, then a 6-day hike in the Kenai Peninsula with www.timbertours.com, followed by a marathon on August 15th in Anchorage. Will the body allow? We'll see. Then it's immediately onto Denali before coming home August 20th.

What's Tom doing? We'll be together in Boulder and Colorado Springs later August and then in Paris, Brugge and Brussels for our annual September sabbatical.

Life is grand!

Itinerary

Thu, Jun 24

6:40am Depart Newark (EWR) via CO#304 (snack)
9:39am Arrive Portland (PDX)

Rental car

Stop in Bend for touring – see AAA sites and highway gem

Hotel Sunriver Resort in Lodge Village and River Lodge – Unit #LORSD
17600 Center Drive, Sunriver, OR 97707
Tele 541 593 1000 or 800 547 3922 or www.sunriver-resort.com

Fri, Jun 25

Participants can pick up their race packets from 9:00 a.m. to 8:00 p.m. at the Athlete Pavilion/Village in Sunriver.

Tourist: Wanderlust offers tours including into caves. Onsite are 37 miles of bike paths, pools, and Deschutes River. And 1 ½ hours to Warm Springs in town of Canida

Sat, Jun 26

7:10am Briefing
7:30am 14th Annual Pacific Crest Trail Marathon at Sunriver Resort, Sunriver, Oregon.
No time limit. In Deschutes National Forest – 4200 altitude
<http://www.racecenter.com/pacificcrest/> - Located 15 miles south of Bend (RDM airport), just off Hwy. 97 in Central Oregon (altitude 4,200 ft) in Deschutes National Forest

Sun, Jun 27

Afternoon Depart to Portland area

Hotel Residence Inn Portland Airport at Cascade Station by Marriott
9301 NE Cascades Parkway, Portland, Oregon 97227 Tele 503 284 1800

Mon, Jun 28

10:31am Depart Portland (PDX) via CO#242 (snack)
4:40pm Arrive Houston for plane change
5:35pm Depart Houston (IAH) via CO#2598
7:28pm Arrive Kansas City (MCI)

Hotel Fairfield Inn & Suites Kansas City Airport for 2 nights
11820 NW Plaza Circle, Kansas City, MO 64153 Tele 816 464 2424

Tue Jun 29

Am Alayna taking off work and will come in for breakfast, touring, shopping, etc. with Marie.

Wed Jun 30 – Diana and Marie

Am Breakfast with Carol Goslin

2:15pm Depart Kansas City (MCI) via CO#3092
6:10pm Arrive Newark

From Barb Damon:

Make sure that you get to the Oregon Coast at some points on one of your trips. It is only an hour+ from Portland, and well worth the journey (recommend: making a loop of some sort, so there isn't any back-tracking; Hwy 30 from Portland to Astoria, down through Gearhart, Cannon Beach then back to Portland via Hwy 26). Or if more time, we can figure out a bit longer trip that takes you through the famous Oregon wine (especially Pinot) area that will take you to the coast...

Pacific Crest Marathon & Half-Marathon, Duathlon, Half Iron Triathlon, 5K, 10K - Sunriver, OR USA

June 27, 2010

Contact Information

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Fax Number:
Email: events@racecenter.com
Official Race Website: <http://www.racecenter.com/pacificcrest>

Runner Comments

I have run this marathon, and I want to [add my comments](#) about it.

Number of comments: **36** [displaying comments **1 to 11**]

More Comments: [< 1 [2](#) [3](#) [4](#) >]

Average Ratings: Course - ★★★★★ Organization - ★★★★★ Fans - ★★★★★

★★★★★ **Beautiful, scenic, small marathon** (about: 2009)

Course: 5 Organization: 5 Fans: 3

R. W. from Birmingham, Alabama (9/8/09)

4-5 previous marathons | 1 Pacific Crest Marathon

This is great little marathon nestled in a pristine valley outside of Bend, Oregon. The distant mountain vistas are a great backdrop for a marathon run. The entire run is on a well-maintained bike path that is well marked. They rang a cowbell to start the race, which is hilarious and what you look for in the smaller marathons. This is an almost entirely flat course, with two average hills (times two because of the double loop), so if you train where there are any hills, this course will be a breeze.

I liked the fact that they started the half-marathon 30 minutes later to keep the traffic down for the full marathoners and vice versa. Half-marathoners get a medal too with a different color ribbon, which is nice for this often overlooked segment of racers.

This is not a closed course, so you will run into recreational bikers and walkers on the path. Most stay out of your way and the race organizers make it clear that in spite of their best efforts to make the resort visitors aware of the events, people still seem oblivious. I had one biker park his bike with his wheel sticking out onto the path, causing me angst at mile 25.5. But hey, most can match that inconvenience to a major marathon, where some spectator decided to dash across the course right in front of you, or a policeman who let a car cross the course at the wrong time. Point is, there will always be something.

Water stops were frequent and well-manned, although some of the volunteers were putting out HEED (which I don't like) in water cups and water in HEED cups. That was quickly solved by asking for my fluid preference when I got to the stop. There were even children offering to spray your face with water, which was nice.

The medal is beautiful and the post-race food was surprisingly good and high quality. Two mild criticisms to race organizers: please, please provide a map of the resort with directions to the packet pickup and race start. This has been a past complaint from previous marathon comments I've read and still appears to be ignored. Due to a flight delay, we couldn't pick up our packets until race morning, and couldn't find the expo. There are a lot of other events going on with staging areas being set up that make it confusing. I then missed the call for all marathoners (there's a walk to the start line) and started jogging around frantically trying to find which direction everyone went. I looked behind me and found that 5-7 people were following me (!), so it's a common problem. I (and my posse) found

it, so it all worked out.

Otherwise, a great marathon experience.

★★★★★ **Beautiful area, wonderful hosts and organization** (about: 2009)

Course: 5 Organization: 5 Fans: 4

J. B. from Rock Hill, South Carolina (7/8/09)

50+ previous marathons

I chose this race for the completion of my 50-state goal, and am so glad that I did. Beautiful course, helpful and plentiful volunteers, great organization, very nice finisher's medal, and good one on one communication with race director and other leaders. It is also a wonderful place to bring the family so that they can experience the race. I highly recommend this race to anyone, from a first-time marathoner to a seasoned finisher.

★★★★★ **Beautiful, shady, scenic run** (about: 2009)

Course: 5 Organization: 5 Fans: 5

d. w. from Mesa, Arizona (6/29/09)

11-50 previous marathons | 1 Pacific Crest Marathon

This is my 24th half-marathon, and my favorite!! There were lots of aid stations, and plenty of water. The event was straightforward, and easy to get to in the morning (we were camping). The post-run food was good. The watermelon ran out though. The medals were great, and the t-shirts were great (a little hard to find after the race).

Overall, it is my favorite half-marathon so far. The whole course, and I mean all of it, is paradise. Made in the shade... cool!

★★★★★ **Great organization, great volunteers, great events** (about: 2009)

Course: 5 Organization: 5 Fans: 3

J. H. from Washington State (6/29/09)

11-50 previous marathons | 1 Pacific Crest Marathon

This was my first Pacific Crest Marathon. I was so pleased with the course and the organization. Everything was very well explained and the course was marked perfectly. The course is very flat, and it is on an all asphalt bike path. It was not too crowded for me at a 4:30 finishing time. The medal was very nice, and the festivities for the whole weekend were entertaining. It's a great destination marathon, as Sunriver has lots of golf, swimming, hiking, bike paths, etc.

★★★★☆ **Beautiful; well organized; great time for everyone** (about: 2009)

Course: 4 Organization: 5 Fans: 3

D. B. from San Francisco, CA (6/28/09)

50+ previous marathons

I just got home from running this marathon and I wanted to add my comments to the list. Even though it is a double loop, the course is good and quite beautiful. The areas along the river are especially scenic, with the water in the foreground and the mountain behind. There were water stops about every mile, and most of the course seemed like it was downhill. Oregon is a beautiful place in general, and Sunriver is one of its crown jewels. If you get an opportunity, run this one. You will not be disappointed!!

★★★★★ **Great 1st Marathon** (about: 2008)

Course: 5 Organization: 5 Fans: 3

[G. T.](#) from Salem, Oregon (8/21/08)

1 previous marathon | 1 Pacific Crest Marathon

I loved the fact that it was run in Sunriver. Aid stations at every mile were great; people staffing them did an outstanding job too. Thanks!

★★★★★ **Beautiful course with GREAT VOLUNTEERS** (about: 2008)

Course: 5 Organization: 4 Fans: 4

N. P. from St Charles County, Missouri (7/22/08)

11-50 previous marathons | 1 Pacific Crest Marathon

I am working on my 50 state marathons and this was state number 10. We - my non-running husband, daughter and I - chose Oregon as our vacation destination this year, so we came when there was a marathon. The course was beautiful. I really liked the bike paths we ran on, and it was very easy for family members to drive around and see runners. It was very warm (record-setting temperatures in much of Oregon that day), but the water stations were plentiful and had cold liquid. The volunteers and spectators were very friendly - like almost everyone we met in Oregon. We did have a little trouble finding athlete village, but no big deal. Very nice expo - even though the marathon field was small, due to all the other races going on. I would highly recommend this race to anyone.

★★★★★ **Beautiful course, great organization, nice folks** (about: 2008)

Course: 5 Organization: 5 Fans: 4

C. M. from California (7/2/08)

11-50 previous marathons | 1 Pacific Crest Marathon

Gosh, I feel like I was at a different race when reading the comment below. I don't know if the half marathon experience was different, but the full marathon experience was great! There's no question that the course was sensational, but I felt that the organization and support were also terrific.

There were a ton of porta-potties at the finish, which is where we were gathered; the start time for the full marathon was right on track; the path was more than adequate in width and the water stops were ESSENTIAL on such a hot day - it might have felt early but if you were doing the full it was actually not early; and the field is so small that it's not that hard to figure out when the "official" start is, even if it's just a "go" - and besides, it's chip-timed, so it's not that critical. It's unfortunate that there wasn't a clock at the finish - something for next year. This is a small, local race and I'm so glad that the organizers were willing to put this on - a huge success, given that it's just one of several events. I'd highly recommend this to anyone who likes a small-town feel, wants to run in beautiful scenery, and enjoys friendly folks. Keep up the good work!!

★★★★★ **El Scorcho! 98 Degrees F!** (about: 2008)

Course: 5 Organization: 5 Fans: 4

[Rob Klein](#) from Aurora, Colorado (6/30/08)

11-50 previous marathons | 1 Pacific Crest Marathon

This weekend in Sunriver was very busy. There were a lot of different races going on, so lots of folks were present. The marathon event (what I am reporting on) was well done. It did not seem like anything was left to chance. It was confusing where to go for packet pickup, but everybody seemed to figure it out. Runners were briefed ahead of time, and directed (actually led) to the starting line, which was perhaps 1/2 a mile from the expo area. The overnight temperature was in the upper 40's.

The course was well marked, and volunteers helped direct traffic in the resort, while other volunteers provided fluids at very frequently spaced aid stations. Some stations had ice to share, if we asked. That was good.

The course did two loops around the resort, on a bike path. A lot of it was shaded, and there was plenty in the meadow areas too, which was direct sunshine. The course was very pleasant and scenic, nestled in the trees, with lakes, rivers, and glaciers all nearby. The neighbors were friendly and encouraging. Fans and spectators were not abundant, except near the finish area, but still all fans are always welcome.

The organizers used Hammer Gel and a sports drink that contained no sugar - then told us, with the temperature expected to be in the upper 90's, not to try anything new on the race course. So I carried my own Clif-Shots and Gatorade, but still used the sports drink provided - and it worked well.

By the way, the Clif-Shot folks were at the expo handing out their stuff free, while others were trying to sell the exact same stuff. I was told that the organizers would not let the Clif-Shot folks hand out their stuff during the race. That was poor decision-making, when runners needed more options and flexibility due to the excessive heat. Anyway, Clif-Shots were handed over the rail to the marathoners passing the expo at the start of the second loop. Hats off to the Clif-Shot personnel.

The heat and altitude took their toll on the runners. I experimented with alternating between run and walk, as encouraged by Jeff Galloway folks, and I still had a consistent finish time.

Thanks to the Sunriver Resort for letting us use their community for our race.

As a final note, I camped for this marathon. There are National Forest Campgrounds quite close to Sunriver, and at \$6.00, it is a reasonable alternative to getting a room with a bed in it (for those so inclined), and free showers were available at the resort.

★★★☆☆ **Great opportunity, poor execution** (about: 2008)

Course: 5 Organization: 1 Fans: 2

[M.L.](#) from Southeastern WA (6/28/08)

6-10 previous marathons | **1** Pacific Crest Marathon

The scenery around Sunriver is highly acclaimed; I wasn't disappointed. The course wandered through trees and meadows and beside lakes framed by snowy mountains: The perfect setting. And when it comes to race settings, I haven't seen better.

But that's where the praise stops, I'm afraid. The race - in fact, the whole weekend - lacked a number of basic features.

1. Though everybody in my party of 7 registered at the same time, only 5 of us received race confirmation packets.
2. There were no signs to the athlete village anywhere: not on the roads leading to the area nor in the resort village itself.

ON RACE DAY:

3. Inadequate bathroom facilities. There were 4 port-a-johns in a parking lot some distance from the starting area, but around the "athlete's village," runners had to find the one or two businesses that had opened the bathrooms to the public.
4. The runners were asked to gather in the village for warm-ups, and were told they would be led to the start by 7:45. We did not start moving toward the start until 8 (start time), and after walking about 1/4 mile, found that many runners had skipped the warm-ups and were already waiting at the start.
5. The race began (and was run entirely) on narrow paths. This could work well if runners were asked to line up according to projected start times. However, many walkers and slower runners crowded to the front and clogged the course. This problem was compounded by water stops very early in the course, I think about mile one. It took a good 4-5 miles for me to reach the pace I had hoped to run throughout.
6. There was no obvious "official" start. I think somebody said, "Go," but I can't imagine many others behind me did. This wouldn't have been as big a problem if we had started on time, but since the race started well after 8, nobody was sure when everything was officially underway.
7. Perhaps the worst transgression was that there was **NO CLOCK AT THE FINISH LINE**. This is bad enough in and of itself - it gives runners a boost to see seconds ticking as they approach the finish - but since the race started late and there was so much backup and clogging, there was no way to know your "gun time."
8. A last minor note is that the website advertised moisture-wicking shirts, but we only received cotton ones.

If you've a hankering to tour Sunriver, I'd recommend a training run rather than this race.