

### 5-Mile Trail Run

The Tillamook Bay Run is an out and back course, which starts and finishes at the Bayocean Spit parking lot. The course is narrow, and with gravel and small rocks over dirt and sand. Friendly volunteers will be on the course to offer water when you need it most.

### 10 - Mile Trail Run

For the ambitious ones, run the course twice. The views are beautiful!

### 5 - Mile Walk

Take it a little slower; enjoy the scenery. Need to complete in 2 hours.

### Awards

Award ceremonies will follow each event.

### Age Divisions

12 - 18  
19 - 35  
36 - 59  
60 +

### Lodging Information:

Please call the Chamber of Commerce at 503-842-7525

### Registration & Entry Fees

Entry fee includes a 100% cotton long-sleeve T-shirt, and refreshments. Additional shirts can be purchased for \$20.00

### Entry Fees - \$30

\$35 after August 1st and shirts will be mailed for additional postage.

### All checks should be made payable to:

Tillamook Area Chamber of Commerce  
3705 Hwy 101 North  
Tillamook, OR 97141

Registration and packet pick-up on race day begins at 9 a.m. at the Bayocean Spit Parking lot. Official race starts at 10 a.m.

### Location

From Portland: Head west on Hwy 26; take Hwy 6 cutoff to Tillamook. Once in Tillamook, follow signs to 3 Capes Loop. Go west of Tillamook to Bayocean Road (approximately 3 miles). Follow signs to Bayocean Spit (approximately 2 miles).

### Need More Information?

Call the Tillamook Area Chamber of Commerce at **503-842-7525**

or e-mail [tillchamber@oregoncoast.com](mailto:tillchamber@oregoncoast.com)

Or check out the Tillamook Bay Run web site at [www.gotillamook.com](http://www.gotillamook.com)

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