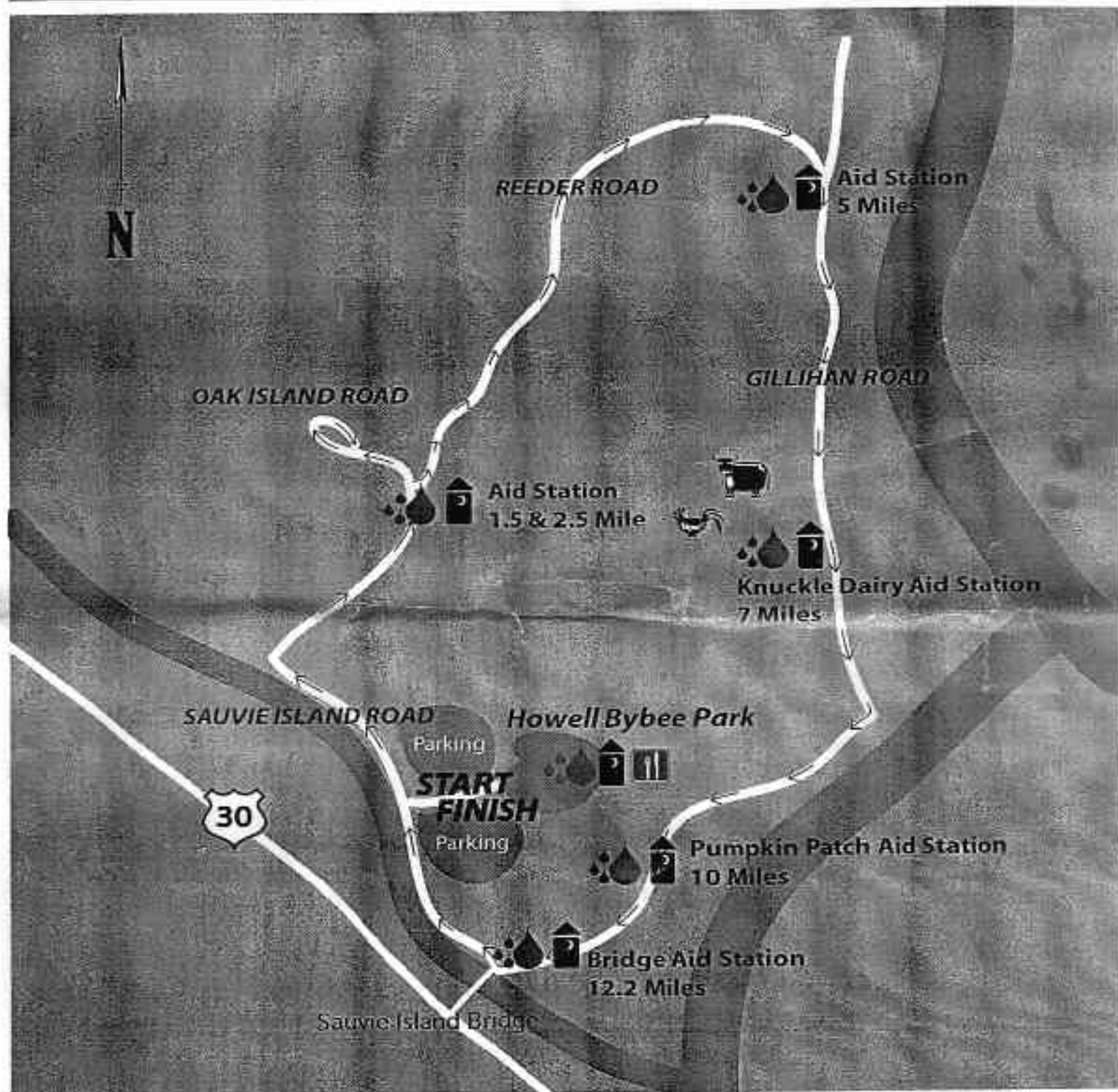


Course Map



The Foot Traffic Flat is the flattest and fastest half and full marathon in the west. No hills, no roll, just flat. The course starts near the entrance to the 1850 vintage Howell Bybee house and proceeds clockwise around Sauvie Island Road, Reeder Road, and Gillihan Road—one loop for the half, two for the full. The surface is asphalt all the way.

Hundreds of cows, thousands of songbirds and majestic bald eagles can be seen along the route. Keep an eye out for clear views of Mount St. Helens and Mount Hood. The historic Sauvie Island Bridge is just one mile from the finish. Back at the finish you can cool down in the shade of a beautiful fir grove, sip refreshing beverages and sample some Island Strawberry Shortcake. We know you will enjoy the event and excel on this flattest of flat courses.

Calories



Hydration Station



Port-a-Potty

