Welcome VolunCHEERS!

sole sisters

13.1 - 10k - 5k

THANK YOU FOR YOUR SUPPORT!

Getting Started

Thank you so much for your willingness to help! This packet includes your placement, supplies needed, and your schedule. We'll be sending out a short training video the week of the race with further instructions.

As a volunteer, you'll play a vital role in supporting our ladies. **Get ready** for an exciting day filled with camaraderie and motivation!

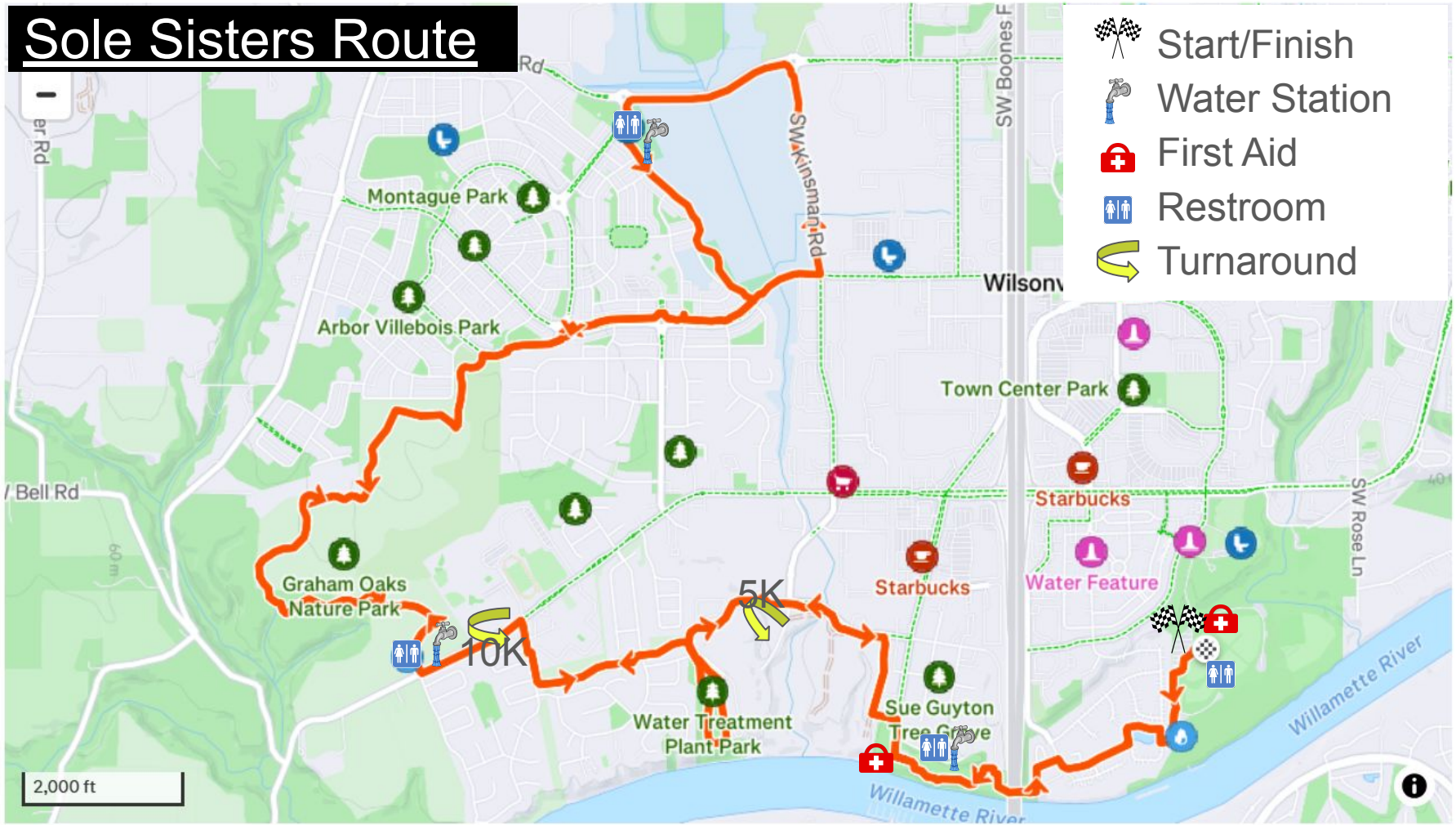



Vendor
#
J. Hill Property Group 1
Therapeutic Associates 2
Nichols Family 6
Pivot & Execute 7
Soul Stretch Yoga 8
BMG Aesthetics 3
WE Elevate 4
Permanent Jewelry 9
Club Pilates / Gear Check 5
Divine Complexions 10
Registration 11
Mae Day BAND 12
Sports Field
Pickleball
Medic
1
2
3
4
5
Lineup
Route
11
6
7
8
9
10
F
12
100
Memorial Park
126-acre park with trails & play fields
Vendors
Start/Finish
Food
F
Bondi Truck
Spectator Path

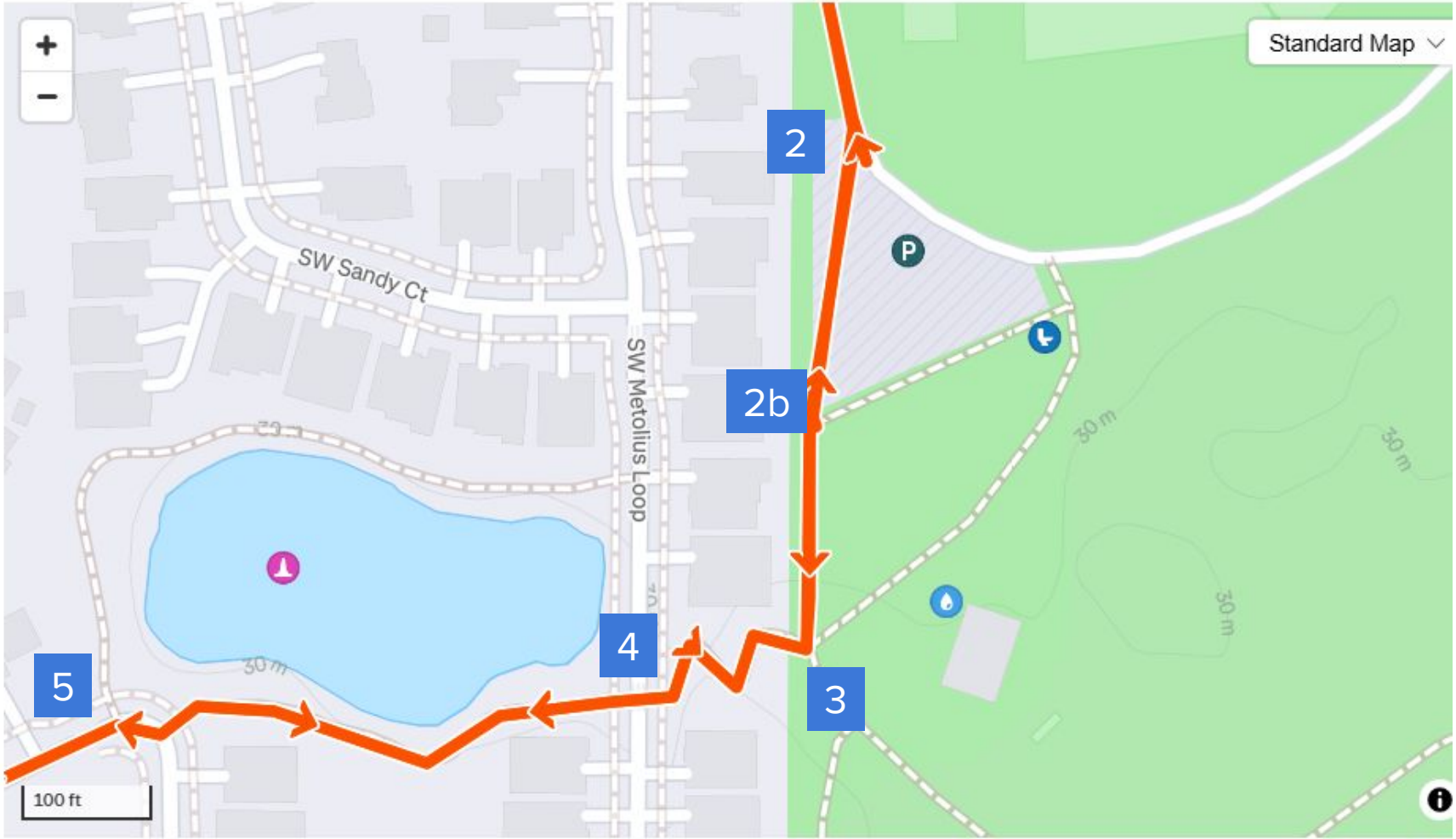
Name	Times	Spot #	Description and Page #	Materials	Phone number
WeElevate	7:30 am - end of race	A	Memorial park, near parking lot		503-351-4969
Rob and John	7am-730am	Parking	Memorial Park	Vests and Sign	949-280-4709
Josh Dalgish	7:30am-8am	Parking/27	Memorial Park	Vests and Sign	5039984016
Kevin Borquist	7:45am - end of race	1	Memorial park, near parking lot	Stop sign and vest	503-686-5044
Miriam Werner	7:45 am - 12:30pm	2	SW 5th St (and SW Nutting Rd) near Coffee Lake Creek	Stop sign and vest	646-872-8409
Jessica Root	7:45-9:45am	2b	SW 5th St (and SW Nutting Rd) near Coffee Lake Creek	Megaphone and Palm tree	503-515-5467
Jen Bruce	9:45am-end	2b	Memorial park, top of the parking lot near River Shelter		503-329-8810
Kat Budiao	7:45am - end of race	3	Memorial park, near river shelter, cross into neighborhood	Stop sign and vest	5038067165
John Budiao	7:45 am - end of race	4	Lake and near 8352SW Metolius loop		503-701-1237
Becky	7:50 am - end of race	5	Lake and near 8399 SW Metolius loop	Stop sign and vest	208-627-8671
Katia	7:50 am - end of race	6	Miami St and SW Metolius Ln	Stop sign and vest	5037522302
Millie Stone	7:50 am - 11am	7	SW Kalyca St and SW Parkway Ave	Stop sign and vest	5039028019
Audra Proctor	10:45am - 12pm	7	SW Kalyca St and SW Parkway Ave	Get sign and vest from Mill	6319875400
Krista Nanton	7:50 am - 11am	8	SW Kalyca and SW Chia Loop		407-4063471
Lynn Hatfield Ferguson	7:50 am - end of race	9	Kalyca entrance to path		5033496898
Young life	7:45 am - end of race	10	Boones Ferry Park	Aid Station Supplies	503-515-8853
Young life	7:45 am - end of race	11	SW Boones Ferry Rd by barricades		503-515-8853
Jared Borland	7:50 am - end of race	12	SW Boones Ferry Rd and SW Fifth St		5038968605
Jenny Reitshtein	7:55 am - done	5K turn	SW 5th St (and SW Nutting Rd) near Coffee Lake Creek	Megaphone and Palm tree	5035392413
Michelle Glynn	7:55 am - done	5K turn	W/ Jenny. May want to move up by Bill with donuts after everyone through	Donuts	503-730-0772
Bill Bagnall	7:45 am - end of race	14	Arrowhead Creek Lane and SW Industrial Way	Stop sign and vest	5623057277
Rob and John	8:00 am - end of race	15&16	Water Treatment Park		949-280-4709
James Howat	8:00 am - end of race	17	near 31419 SW Orchard Drive and Tonquin Trail	Stop sign and vest	5412920362
Christine Jones	8:00 am - 12pm	19	SW Willamette Way E and SW Chantilly	Stop sign and vest	503-547-3698

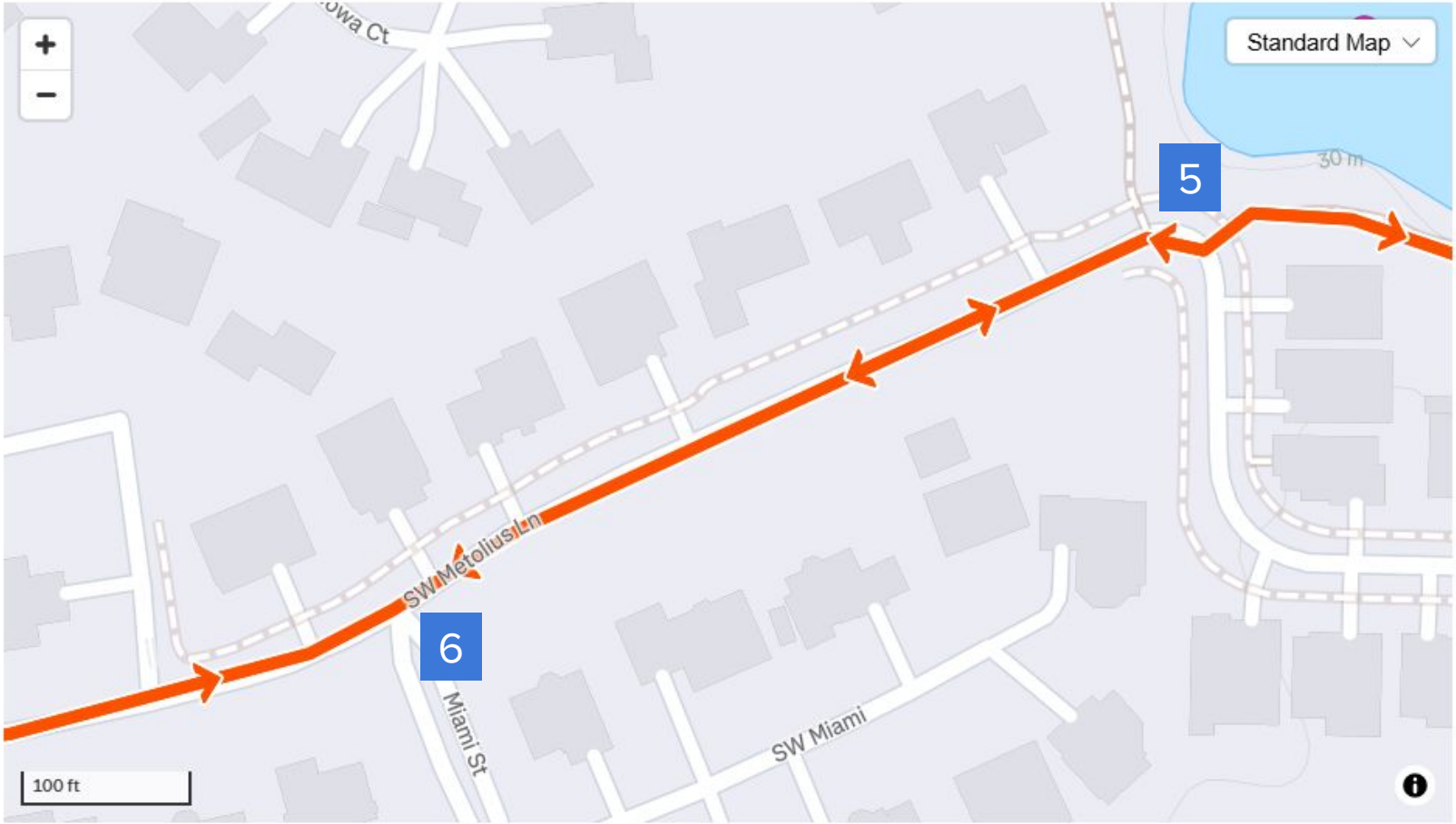
Melanie Anne Cottle	8:00 am - end of race	20	SW Wilsonville Rd and SW Willamette Way E		702-985-8502
Stacy	8:00 am - end of race	10k turn	near SW Wilsonville Rd and SW Willamette Way E	Megaphone and Palm tree	503.701.5395
Tiffany Kerns	8:00 am - end of race	10k turn	near SW Wilsonville Rd and SW Willamette Way E		503-567-7350
Flaggers	7:30 am - end of race	21	SW Wilsonville Rd and SW Willamette Way W (cross to Graham Oaks)	* Dr. M to check in	
Young life	7:30 am - end of race	22	Graham Oaks Shelter	Aid Station Supplies	503-515-8853
Young life	7:30 am - end of race	23	Acorn statue		503-515-8853
Morton Nielsen	8:00 am - end of race	24	Graham Oaks		503-407-3452
Josh Dalglish	8:20 am - end of race	27	Graham Oaks		5039984016
Bethany Quist	8:15 am - end of race	28	Tonquin Trail and near 28677 SW Costa Cir E		971-832-1480
Wade Koehmstedt	8:15 am - end of race	29	SW Costa Cir E and SW Barber St		503-201-8642
Andrew Green	8:15 am - end of race	30	SW Barber St and SW Coffee Lake Dr		3609216097
Alicia Ackerman	8:15 am - end of race	1/2 loop & 31	SW Villebois Dr N and SW Coffee Lake Dr	Aid Station Supplies	360-907-9299
Hilary Langley	11am - 1pm	Clean up	Memorial Park		9714476220
Ana Z	7:00 am - end of race	Food	Memorial Park		503-200-9246
Tiffany Jory	7:00 am - end of race	Food and Reg	Memorial Park		503-310-6878
Ali B	4:30 AM	SetUP	Memorial Park		650-5764369
Amy Williams and Derek	4:30 AM	SetUP	Memorial Park		503-317-2007
Chelsea	11:45am-1pm	clean up	Memorial Park		5037027723
Michelle Chrystal	7:00 am - 11am		Memorial Park		5413509492
Stacie Gerow	8:00 am - 2pm		Memorial Park		503-522-6061

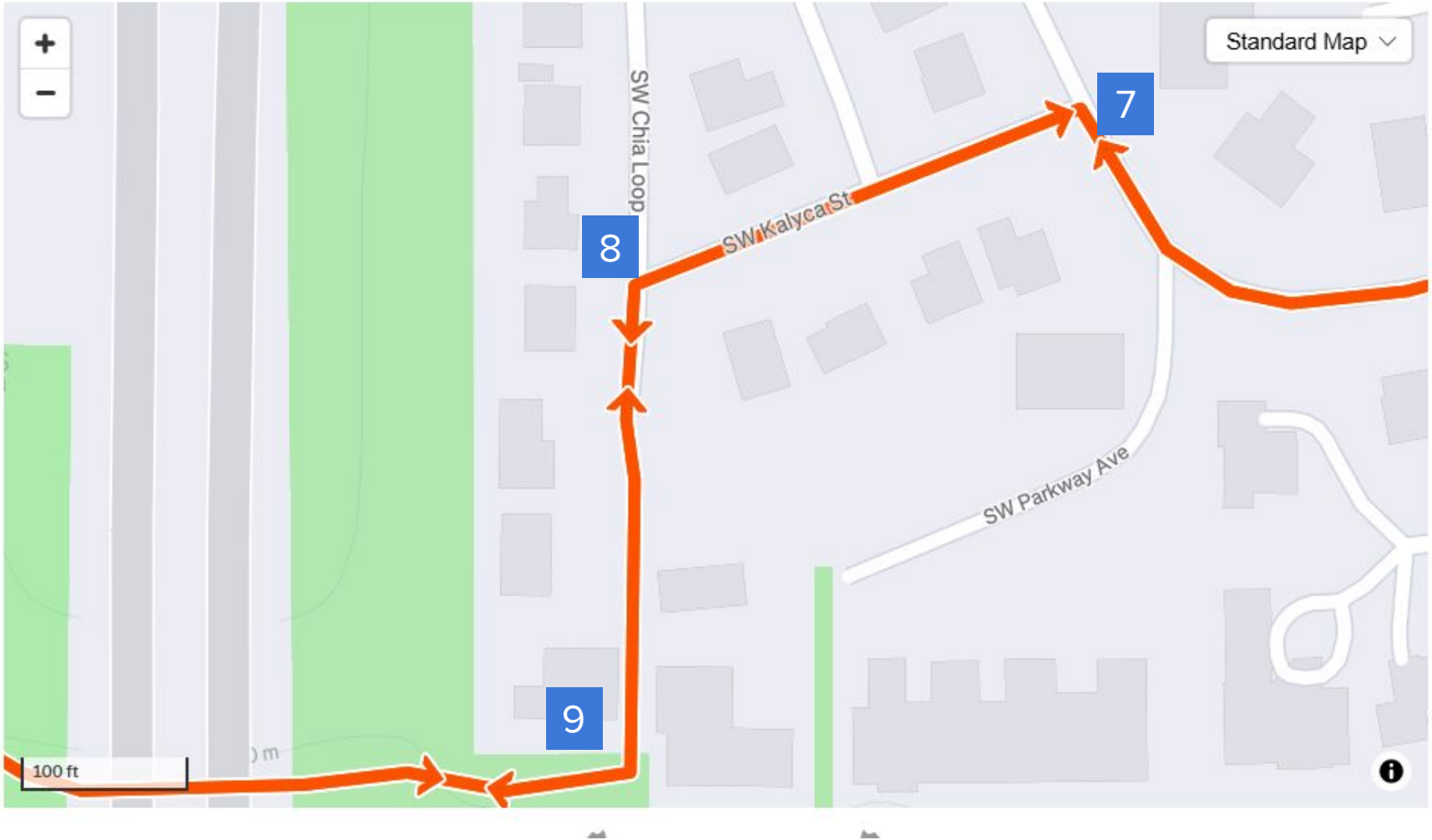
Sole Sisters Route



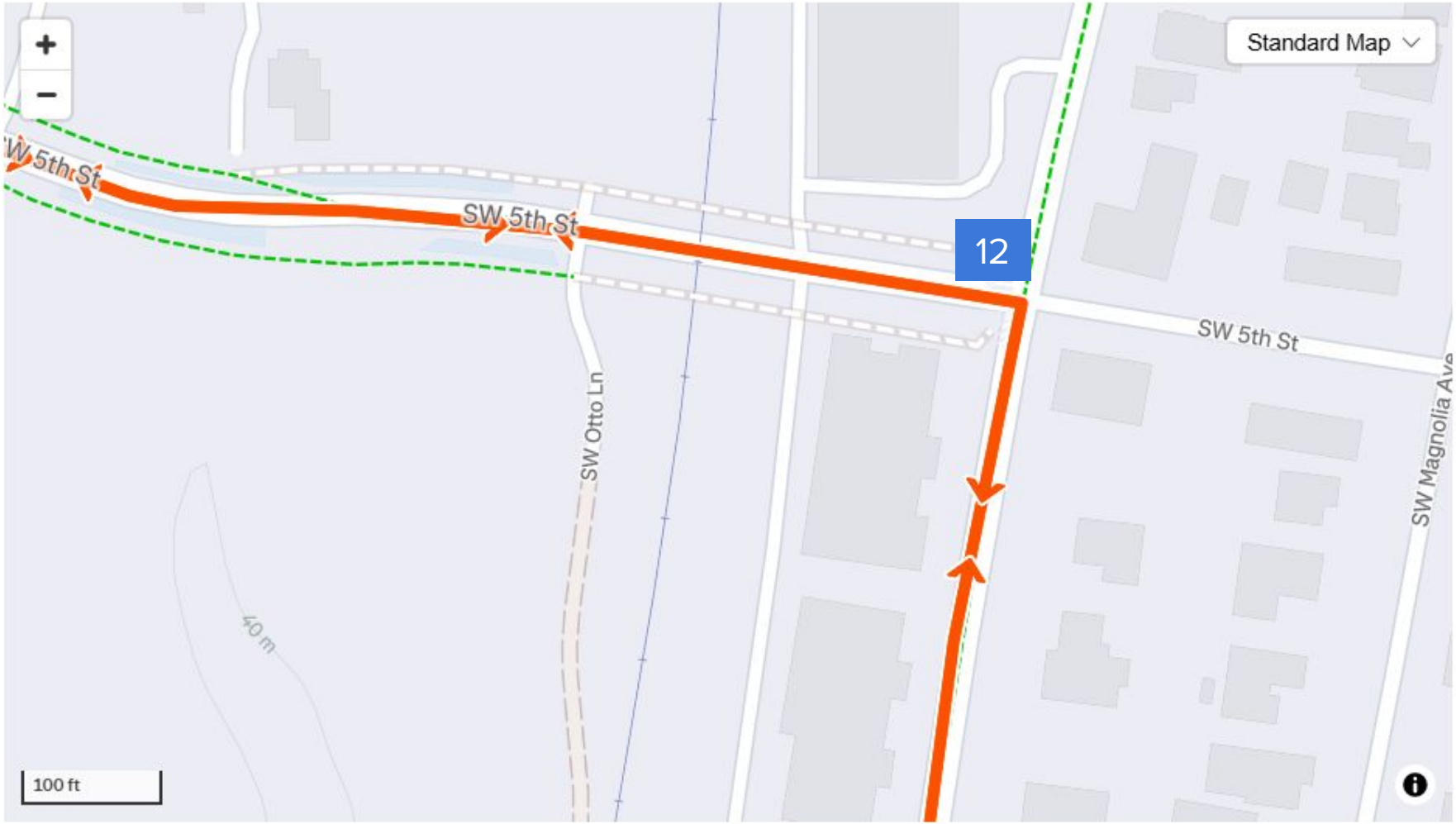

A
1
Standard Map
SW Salmon St
SW Wilson Ln
SW Salmon Ln


Standard Map
SW Sandy Ct
SW Metolius Loop
2
2b
3
4
5
P
30 m
100 ft


Standard Map
5
6
SW Metolius Ln
Miami St
SW Miami
30 m
100 ft

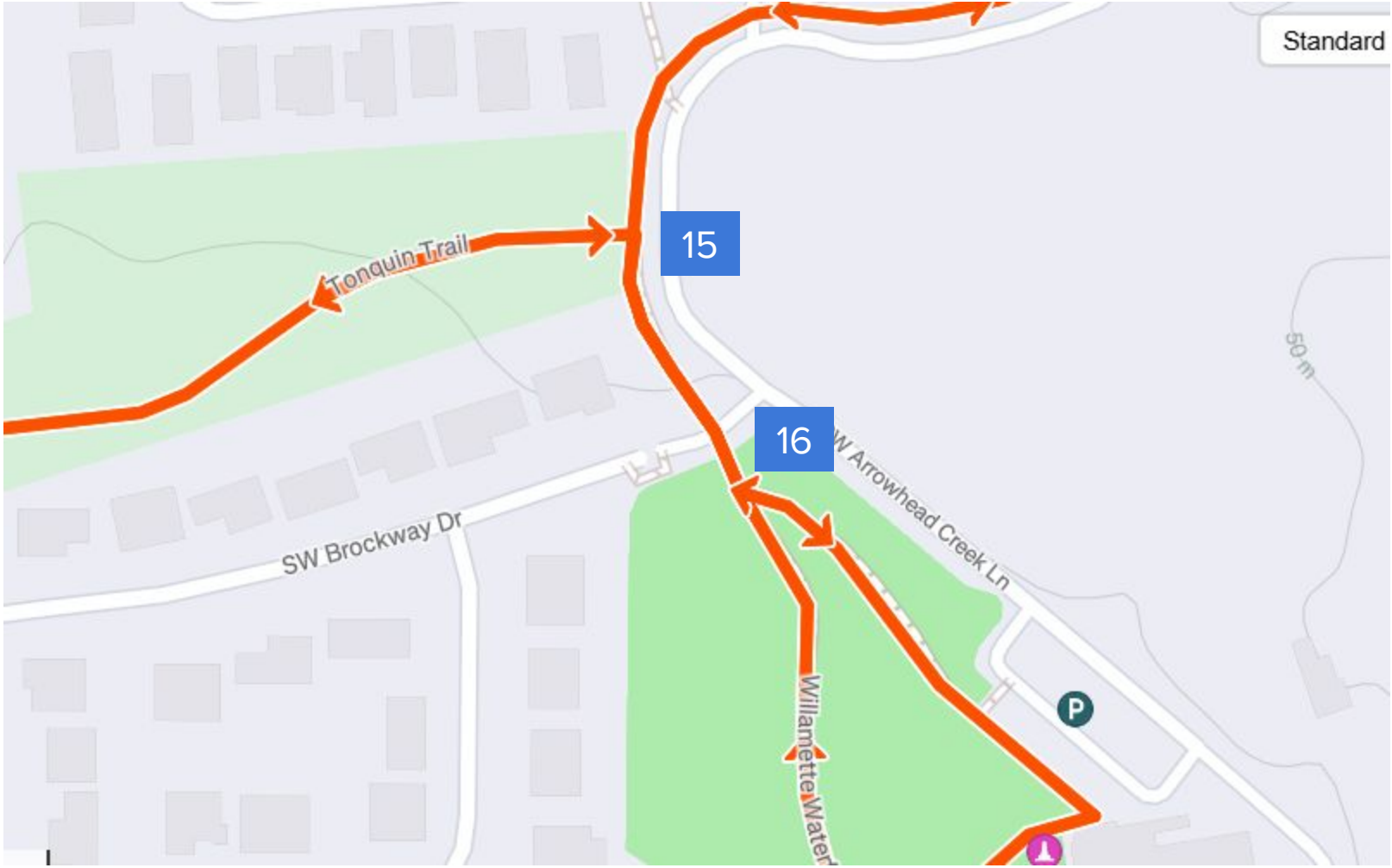

Standard Map
SW Chia Loop
SW Kalyca St
SW Parkway Ave
7
8
9
100 ft

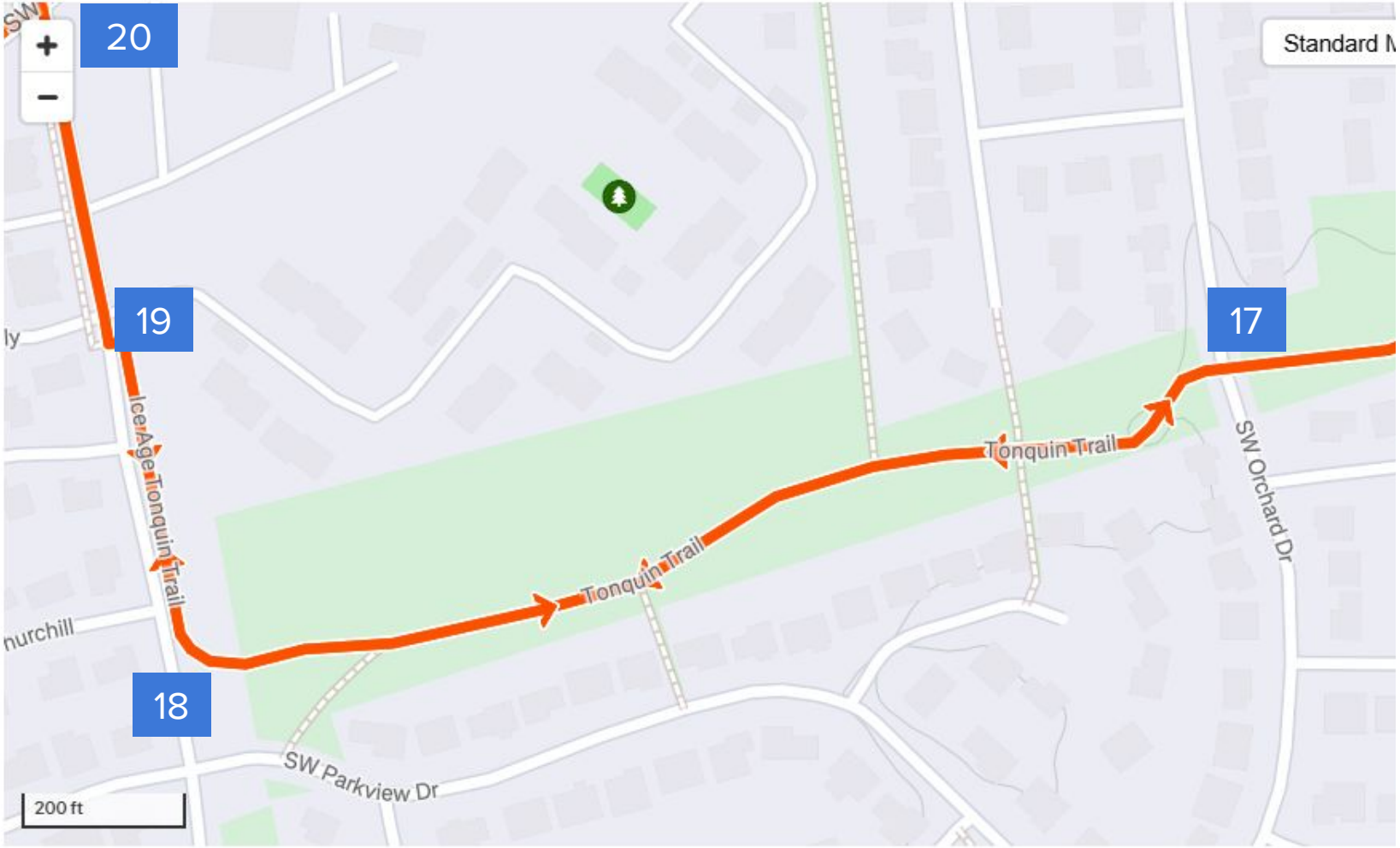

Standard Map
SW Tauchman St
40 m
30 m
11
10
SW Boones Ferry Rd
Boones Ferry Park
100 ft

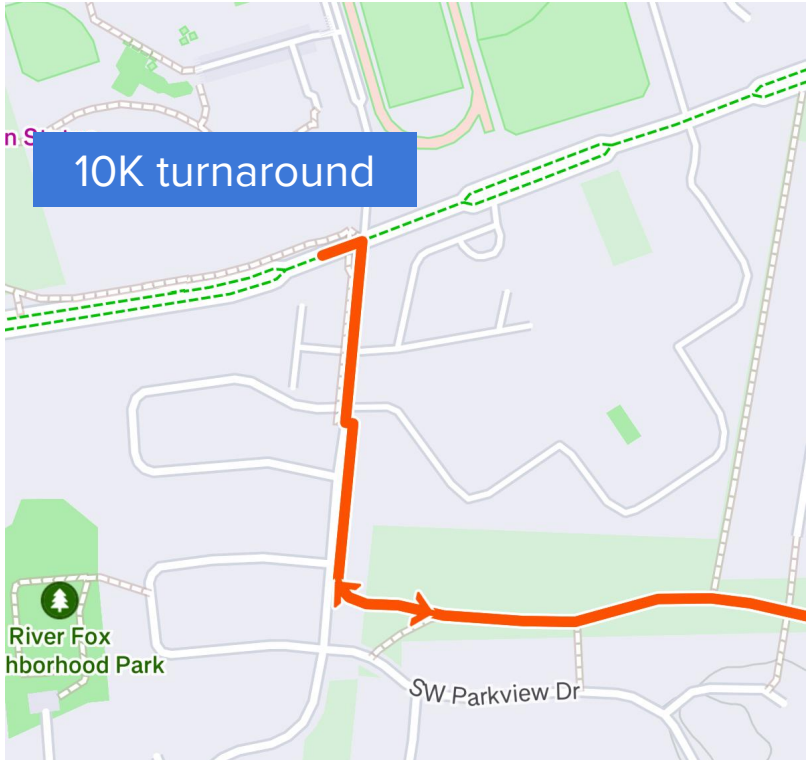

Standard Map
SW 5th St
SW 5th St
12
SW 5th St
SW Otto Ln
SW Magnolia Ave
40 m
100 ft

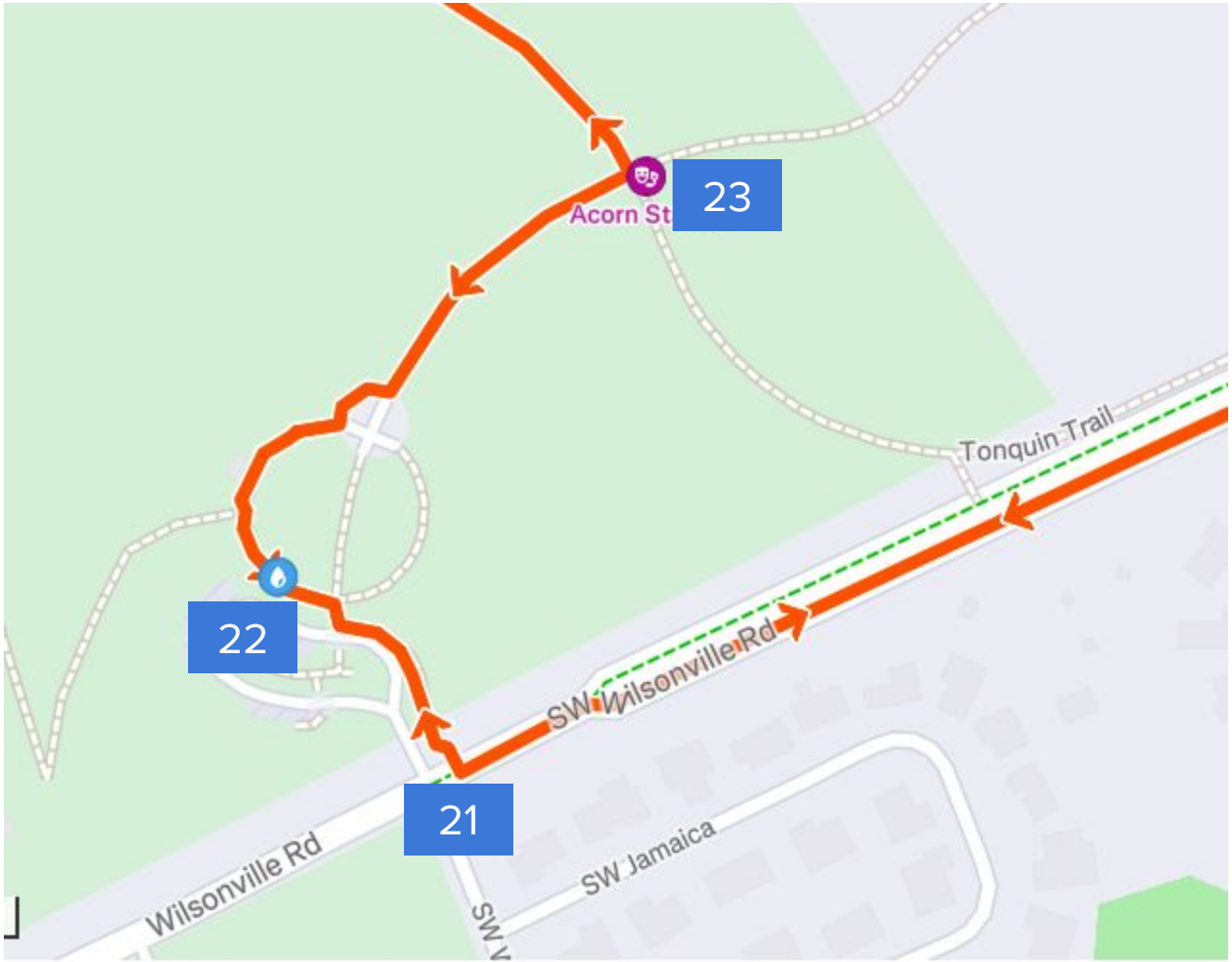

Standard Map
V 5th St
SW 5th St
Coffee Lake Creek
13
5K turnaround
40 m
SW 5th St
Coffee Lake Creek

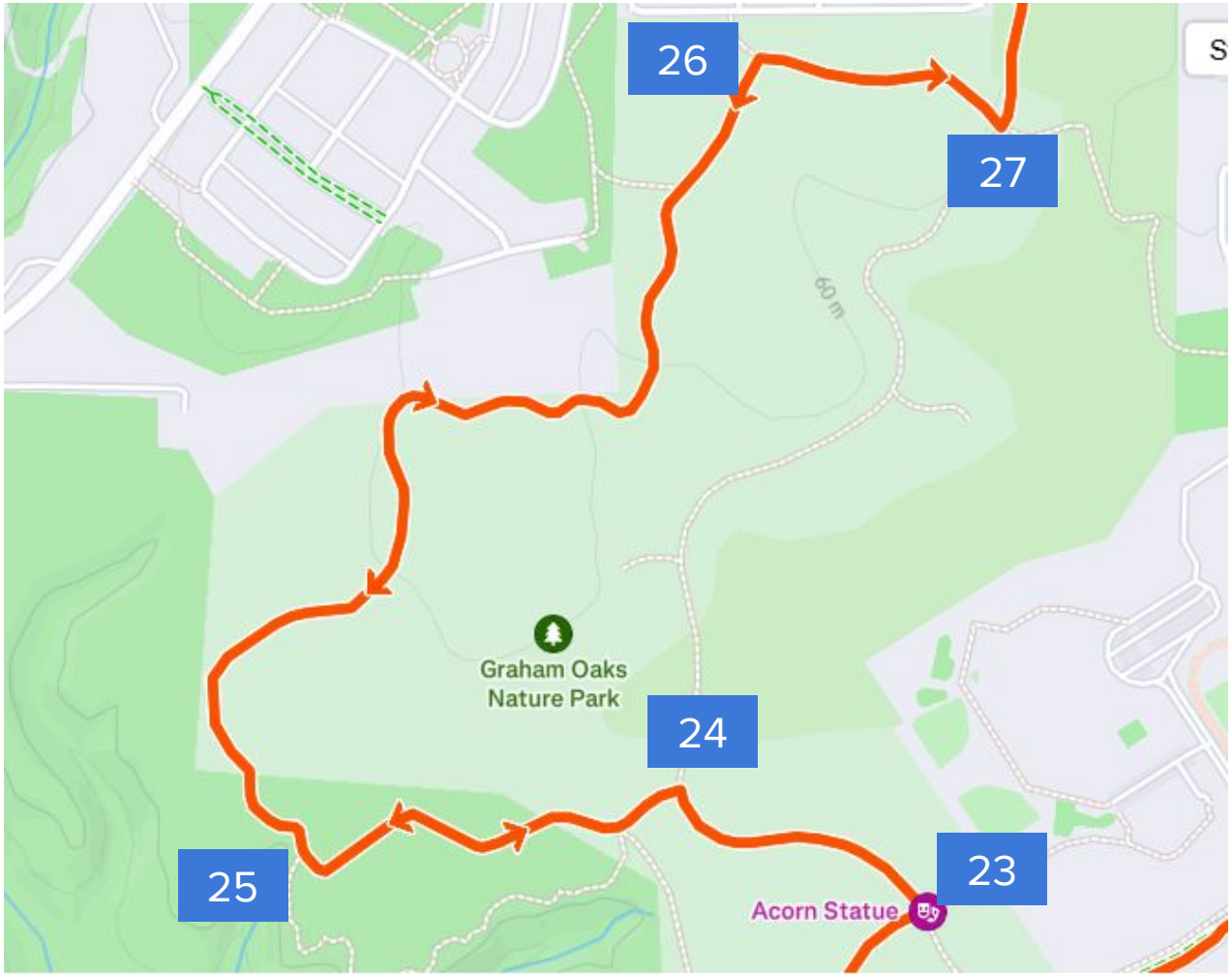

Standard Map
14
13
SW-5th-St
SW Industrial Way
40 m
100 ft

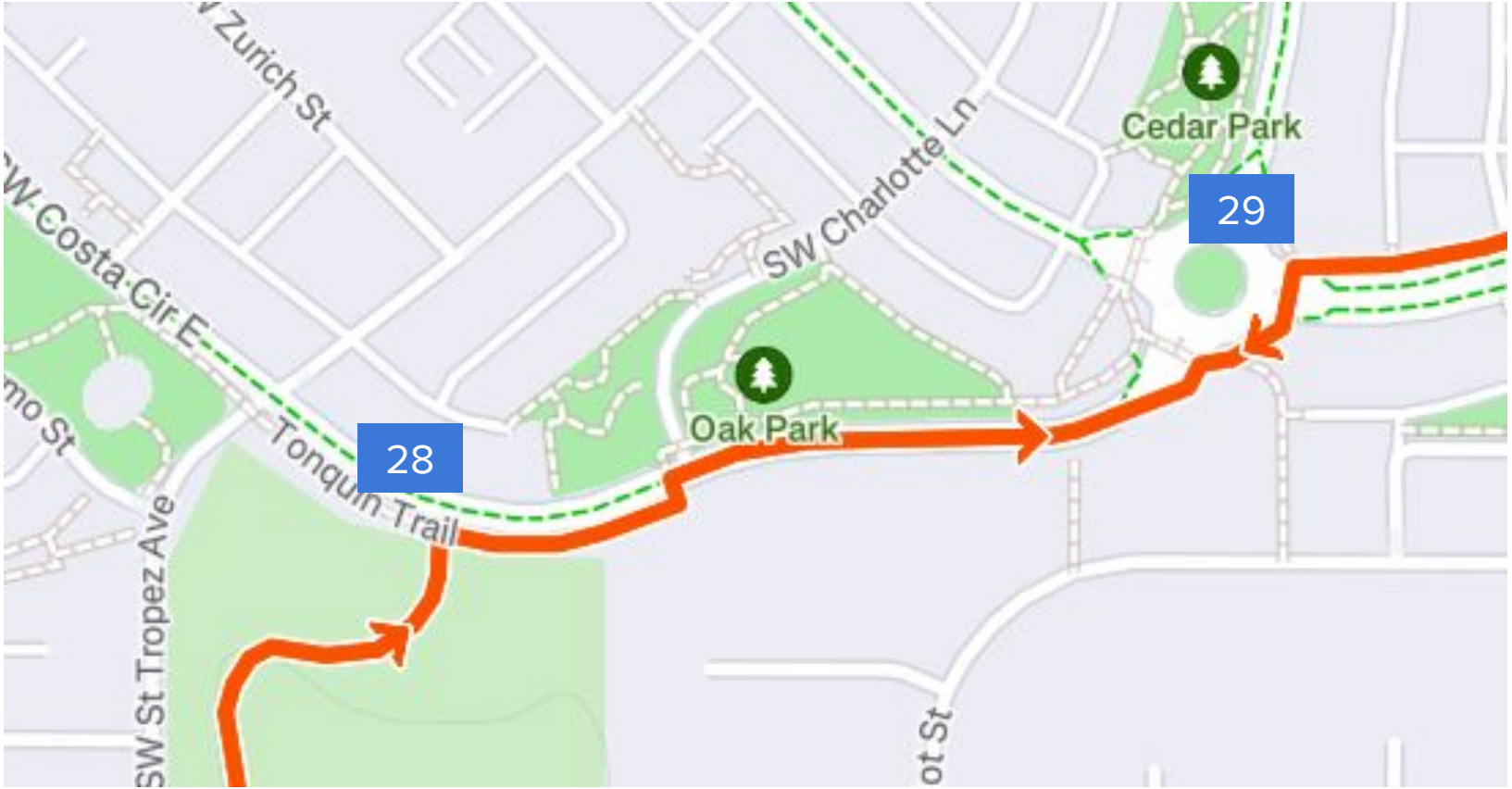

Standard
15
16
Tonquin Trail
SW Brockway Dr
W Arrowhead Creek Ln
50 m
P

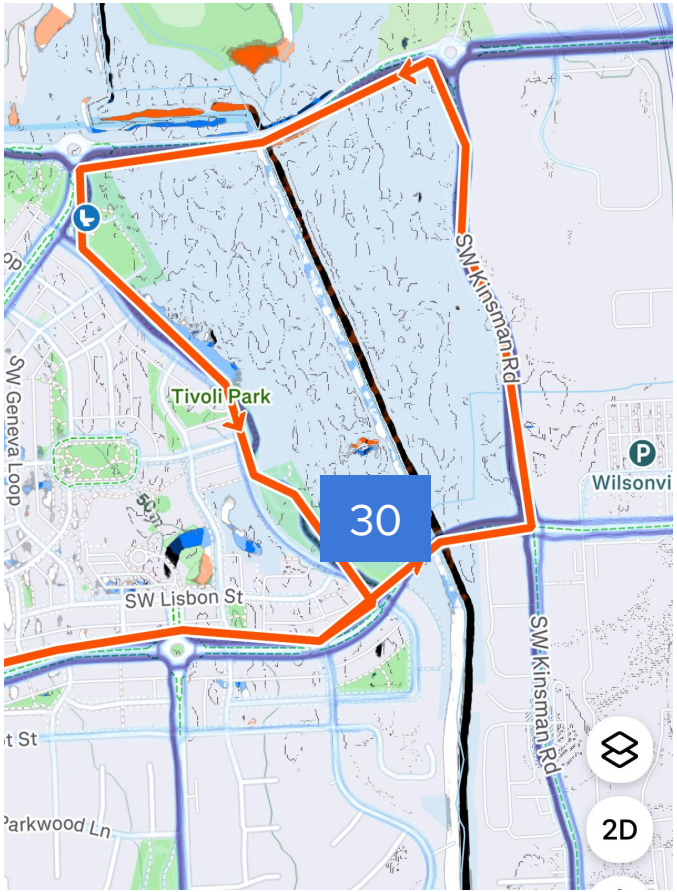

20
19
18
17
Standard M
IceAgeTonquinTrail
Tonquin Trail
Tonquin Trail
SW Orchard Dr
SW Parkview Dr
200 ft

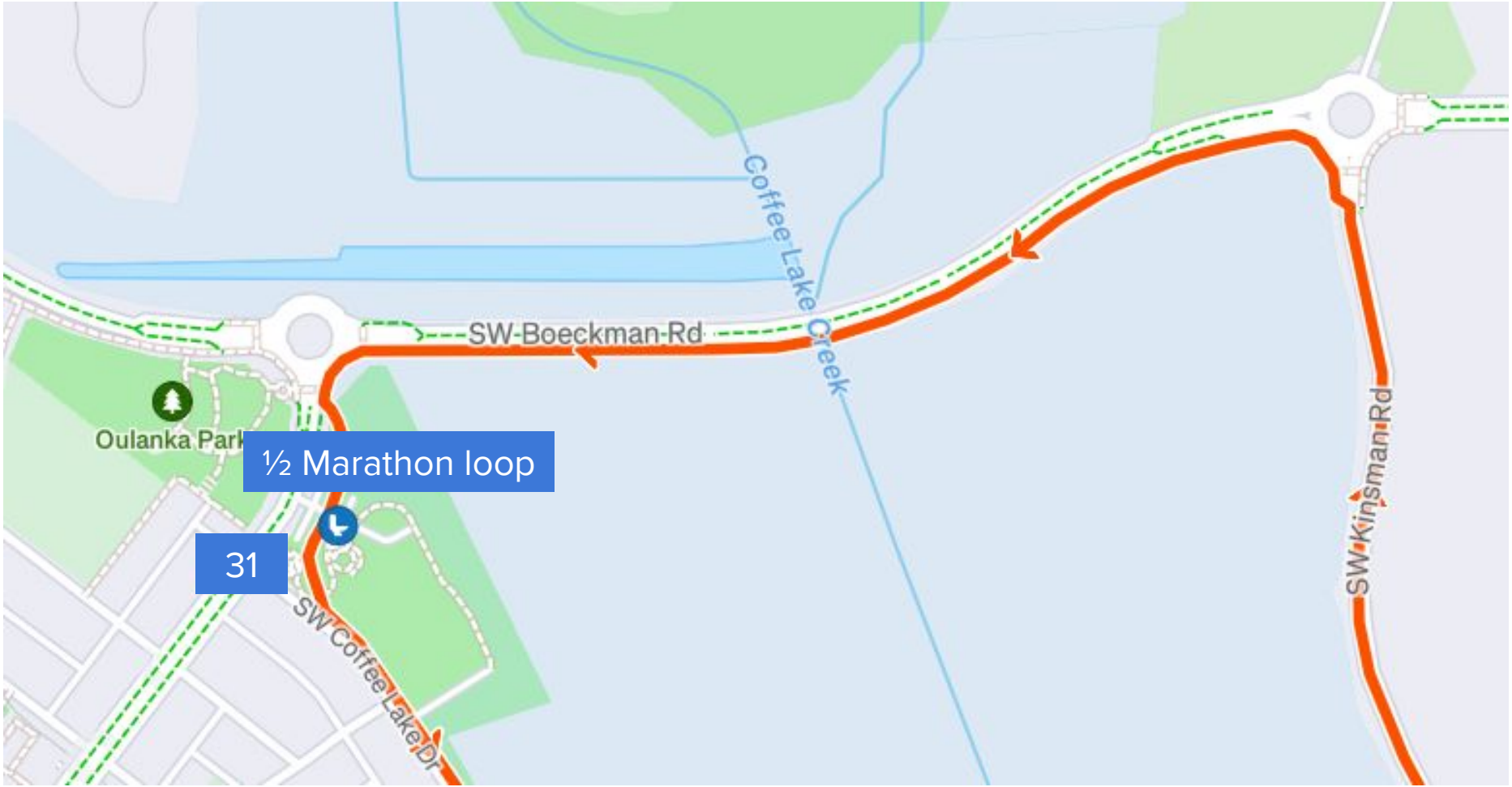

10K turnaround
River Fox
hborhood Park
SW Parkview Dr


23
Acorn St
Tonquin Trail
22
SW Wilsonville Rd
21
Wilsonville Rd
SW Jamaica


26
27
60 m
Graham Oaks
Nature Park
24
25
23
Acorn Statue


Zurich St
W Costa Cir E
SW Charlotte Ln
Cedar Park
29
Oak Park
28
Tonquin Trail
SW St Tropez Ave


Tivoli Park
SW Kinsman Rd
SW Geneva Loop
SW Lisbon St
30
Wilsonvi
2D

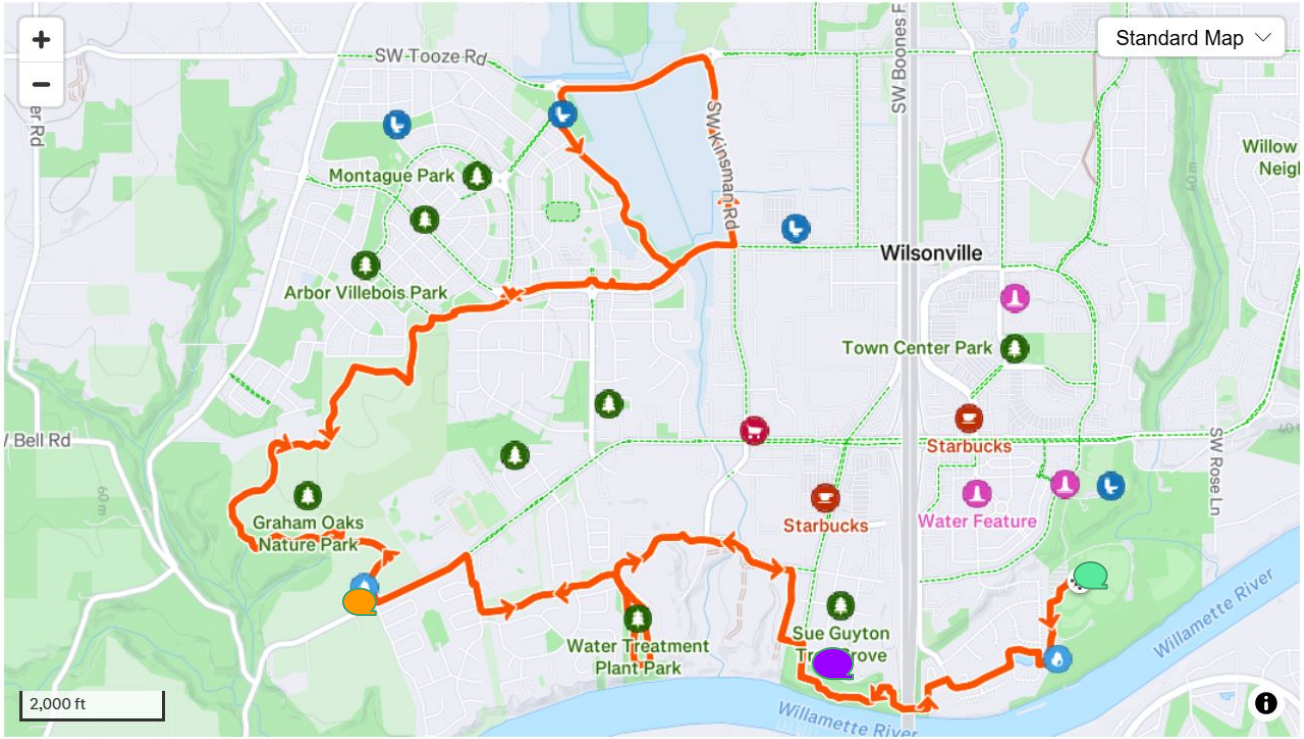

Coffee Lake Creek
SW Boeckman Rd
Oulanka Park
½ Marathon loop
31
SW Coffee Lake Dr
SW Kinsman Rd

Aid Stations

Graham Oaks 4/9

Boones Ferry Park 1.5, 12

Memorial Start/Finish



Contact Info

Please feel free to reach out with any questions.

Race Directors

JESSY LEE

949-307-7125

JENELLE REID

714-724-2555

Race Day Medic

DR. BILL MARTINDALE

971-754-5918



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Sole Sisters

VALID DATES	WHAT TO BRING	LOCATION	HOURS
05/23/2025 - 06/15/2025 VALID FOR YOU + 4 GUESTS	• THIS INVITATION • PHOTO I.D. • PROOF OF AFFILIATION *business card | membership card company email signature | pay stub original email | other form of affiliation*	14100 NW SCIENCE PARK DR PORTLAND OR, 97229	Mon - Fri: 10AM - 8PM Sat - Sun: 9AM - 8PM Open Memorial Day 10A - 8P

YEAR-ROUND ACCESS
MONDAYS: SPORTING LICENSE HOLDERS
TUESDAYS: SENIORS (65+)
EVERY DAY: MILITARY & FIRST RESPONDERS

3726

Questions? Please email: PortlandEmployeeStore@columbia.com

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THRU JUNE 30, 2025

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