

Rainier to Ruston 2026 – Participant Manual and Race Maps

General Rules and Participant Info:

1. Teams of 2, 3, 4 or 6 runners may participate. Teams with only 5 members are allowed but will compete in the 6-person team category.
2. No team can reach the finish before 2PM or arrive at our exchanges before they are open. Any team arriving at exchanges before they open or at the finish line before 2PM will be disqualified. See chart below for exchange arrival times.
3. All teams must finish the race by 7PM. This includes “Solo” Runners. We will be monitoring the last teams paces and any team that does not appear to be able to finish by 7PM will be notified at the last two exchanges whether or not they can continue running or need to skip the final legs.
4. Teams may utilize their runners in any way they see fit. Runners can run legs in any order, and legs do not need to be distributed evenly across the team.
5. For participants under the age of 18, another runner is permitted to run the leg with them. Otherwise, only one runner per leg please do not double up.
6. Due to exchange congestion, teams are only permitted to have a single vehicle for the event. Please do not bring multiple vehicles to the start line or any exchanges. Vehicles greater than 80” wide and/or 20’ long are prohibited. Buses and RV’s are prohibited as some exchanges have tight parking areas.
7. Teams must provide all their own aid. There is no water or food provided by the event along the course.
8. Participants are responsible for knowing the course. GPX files and course maps are being provided for your use. While the course will be marked, there are instances in these events where course markings have been changed or tampered with. It is strongly suggested to have the course GPX files on your phone or watch to ensure you are following the course. Apps such as CalTopo or Gaia GPS can be used to ensure you are following the course.
9. Alcohol and drug use at the event and along the course are strictly prohibited. The only exception is that alcohol provided by the event may be consumed within the Beer Garden area by participants who are 21+ years old. Any team caught consuming alcohol outside of the beer garden will be disqualified and banned from future events. ID will be required to enter the beer garden.

10. Please do not litter along the course, or leave trash at any course markings. Pack it in and pack it out! Any team caught littering will be disqualified and banned from future events.
11. Runners are required to stop at all road crossings and follow pedestrian crossing signals. The event is not stopping traffic at road crossings. Follow all crossing signals. Any team caught disobeying traffic signals will be disqualified and banned from future events.
12. Runners are required to stop at all railroad crossings! Do not cross railroad track with active railroad traffic even if the trains are stopped, this is dangerous and can result in serious injury or death. Any teams caught disobeying this rule will be disqualified and banned from future events.
13. Note on Leg 9: There is a railroad crossing that has a small chance of being blocked by a train for an extended time. If a train is there for more than 5 minutes, please call your team and have them drive you around using this route: [Leg 9 Driving Bypass \(google.com\)](#). DO NOT CROSS THE TRACK IF THERE IS A TRAIN!! THIS IS ILLEGAL AND DANGEROUS!!
14. There is NO PARKING at the lot adjacent to Cummings Park at the finish line. Please park in the dirt lots along Ruston Way that are located across the street from Duke's Seafood and the Big Red Fireboat (or other public lots if available). The walk to Cummings Park is only a few minutes from there. The lot next to the park is reserved for race personnel and volunteers, and most spots are for the Lobster Shop Restaurant. Any participants parking in this lot risk being towed.

No team may arrive at exchanges before the 9.5 min/mile arrival time listed for WAVE A below:

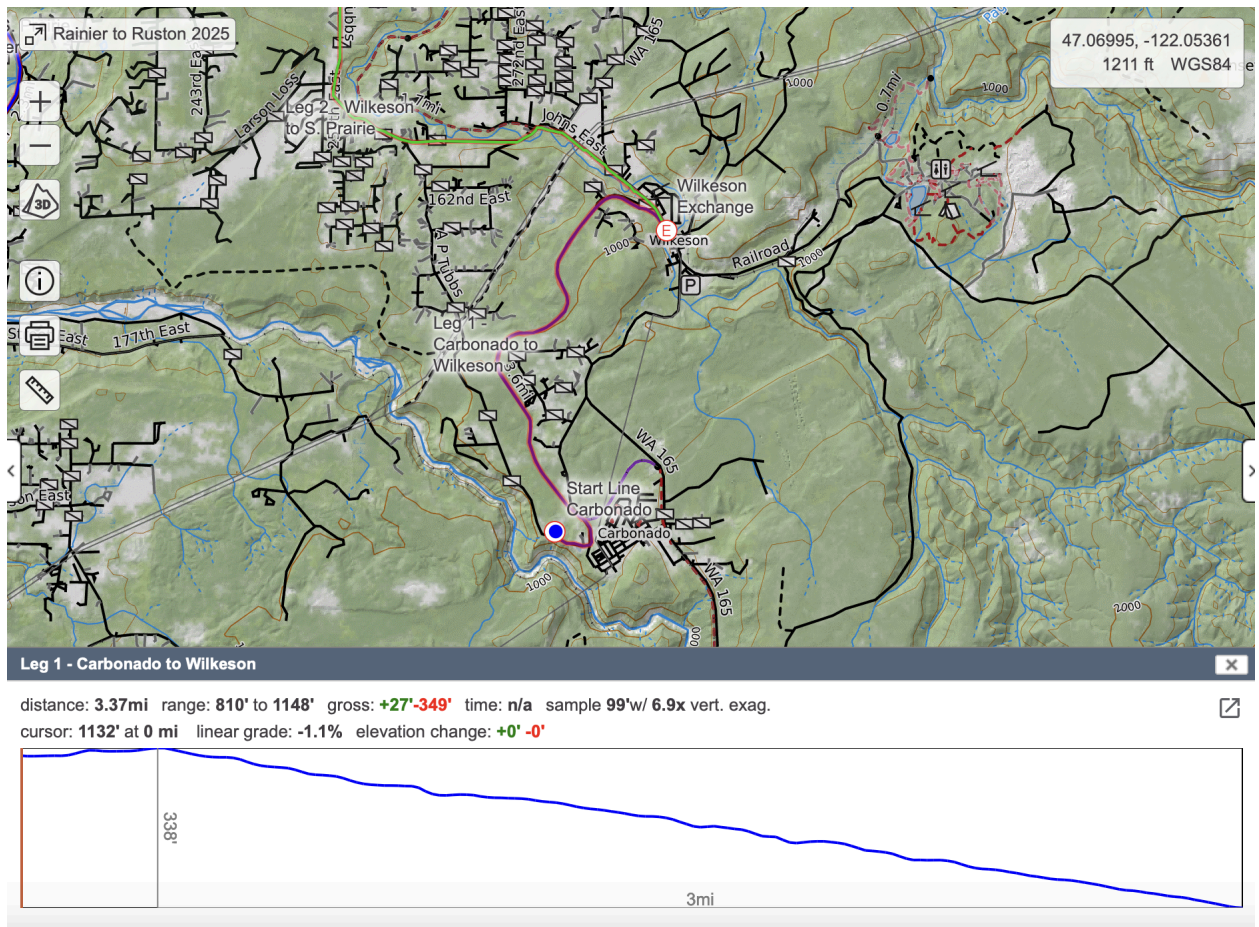
Start Time		Wave A		Wave B		Wave C		Wave D		Wave E	
		Pace min/mi		Pace min/mi		Pace min/mi		Pace min/mi		Pace min/mi	
Start - Carbonado	Distance	9.5	14	8.5	12	7.5	10.5	6.25	9	5.25	7
Arrive Wilkeson	3.4	7:02 AM	7:17 AM	7:43 AM	7:55 AM	8:25 AM	8:35 AM	9:21 AM	9:30 AM	10:02 AM	10:08 AM
Arrive S. Prairie	4.1	7:41 AM	8:15 AM	8:18 AM	8:45 AM	8:56 AM	9:18 AM	9:46 AM	10:07 AM	10:24 AM	10:37 AM
Arrive Crocker	4.6	8:24 AM	9:19 AM	8:57 AM	9:40 AM	9:30 AM	10:07 AM	10:15 AM	10:48 AM	10:48 AM	11:09 AM
Arrive Orting	3.7	9:00 AM	10:11 AM	9:29 AM	10:24 AM	9:58 AM	10:45 AM	10:38 AM	11:22 AM	11:07 AM	11:35 AM
Arrive McMillin	3.4	9:32 AM	10:58 AM	9:58 AM	11:05 AM	10:24 AM	11:21 AM	11:00 AM	11:52 AM	11:25 AM	11:59 AM
Arrive Meeker	4.2	10:12 AM	11:57 AM	10:33 AM	11:55 AM	10:55 AM	12:05 PM	11:26 AM	12:30 PM	11:47 AM	12:28 PM
Arrive Puyallup	4.3	10:53 AM	12:57 PM	11:10 AM	12:47 PM	11:27 AM	12:50 PM	11:53 AM	1:09 PM	12:10 PM	12:58 PM
Arrive Fife	4.7	11:37 AM	2:03 PM	11:50 AM	1:43 PM	12:03 PM	1:40 PM	12:22 PM	1:51 PM	12:35 PM	1:31 PM
Arrive Lincoln Ave	3.2	12:08 PM	2:48 PM	12:17 PM	2:22 PM	12:27 PM	2:13 PM	12:42 PM	2:20 PM	12:51 PM	1:54 PM
Arrive Tacoma	2.7	12:33 PM	3:26 PM	12:40 PM	2:54 PM	12:47 PM	2:42 PM	12:59 PM	2:44 PM	1:06 PM	2:13 PM
Arrive War Memorial	6.5	1:35 PM	4:57 PM	1:35 PM	4:12 PM	1:36 PM	3:50 PM	1:40 PM	3:43 PM	1:40 PM	2:58 PM
Arrive Finish	6.6	2:38 PM	6:29 PM	2:31 PM	5:31 PM	2:25 PM	4:59 PM	2:21 PM	4:42 PM	2:14 PM	3:44 PM

Course Maps and Info

Leg 1 – Carbonado to Wilkeson:

3.4 Miles, +27 Gain, -349 Loss

This is an easier leg with mostly dirt trails and net downhill.



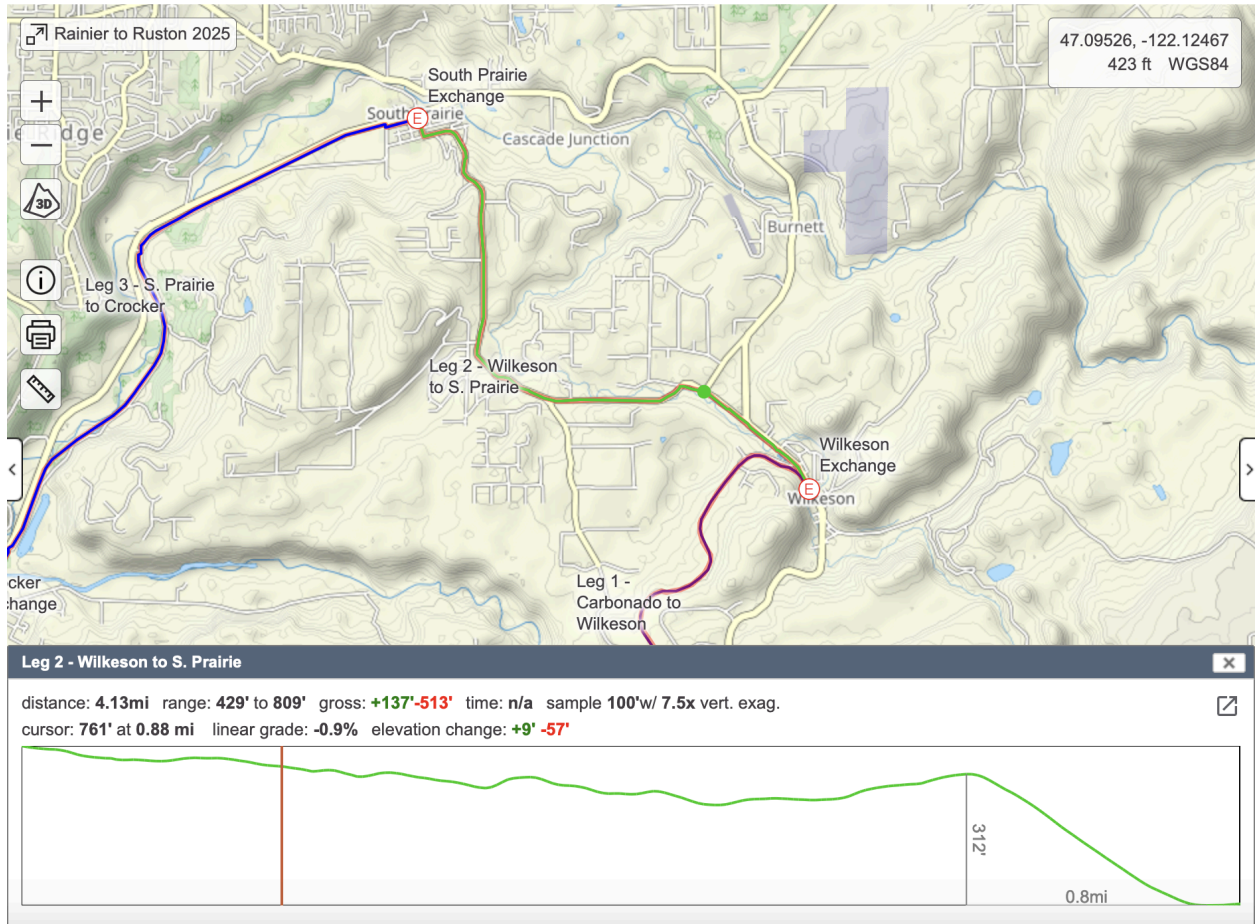
Runner Directions:

From Start, turn left onto A.P. Tubbs road and follow to Hillside East. Make left onto Hillside East and then shortly after turn left onto Wilkeson-Carbonado Trail. Follow trail to Wilkeson Exchange.

Leg 2: Wilkeson to South Prairie

4.1 Miles, +137 Gain / -513 Loss

This is a medium effort leg with a net downhill on paved surfaces.



Runner Directions:

Use caution when running along Johns Road, there is a narrow shoulder and active traffic on this road, run against traffic

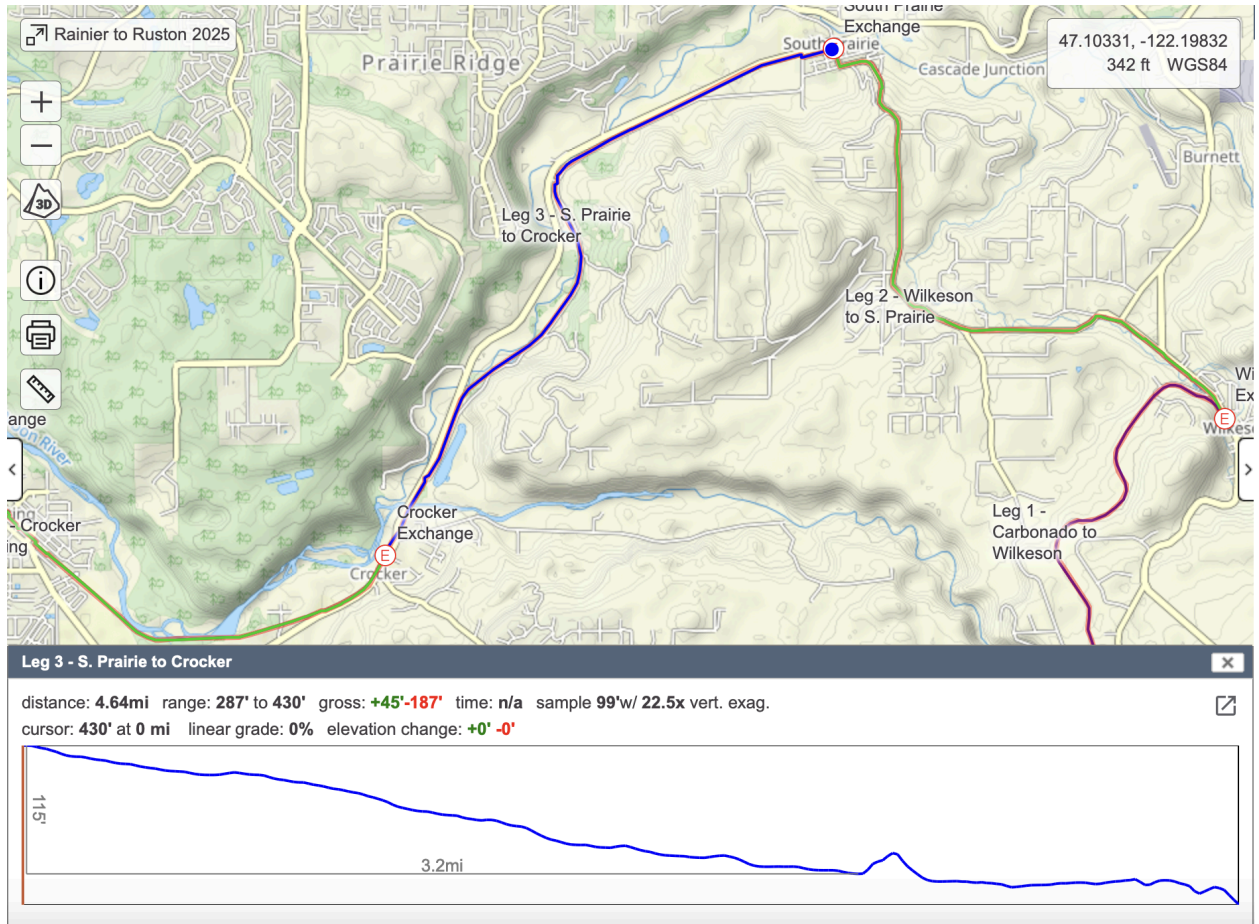
Runners running this leg are required to wear a safety vest or high visibility clothing

From exchange, follow Foothills Trail for approximately 0.2 miles. Turn left onto Johns Road. Follow Johns Road for most of remainder of leg until you arrive in S. Prairie. Turn right onto Emery Road and exchange will be located near Foothills Trail crossing. Make left onto Foothills Trail.

Leg 3: South Prairie to Crocker

4.6 Miles, +45 Gain / -187 Loss

This is a medium effort leg with only slight elevation loss on a paved surface.



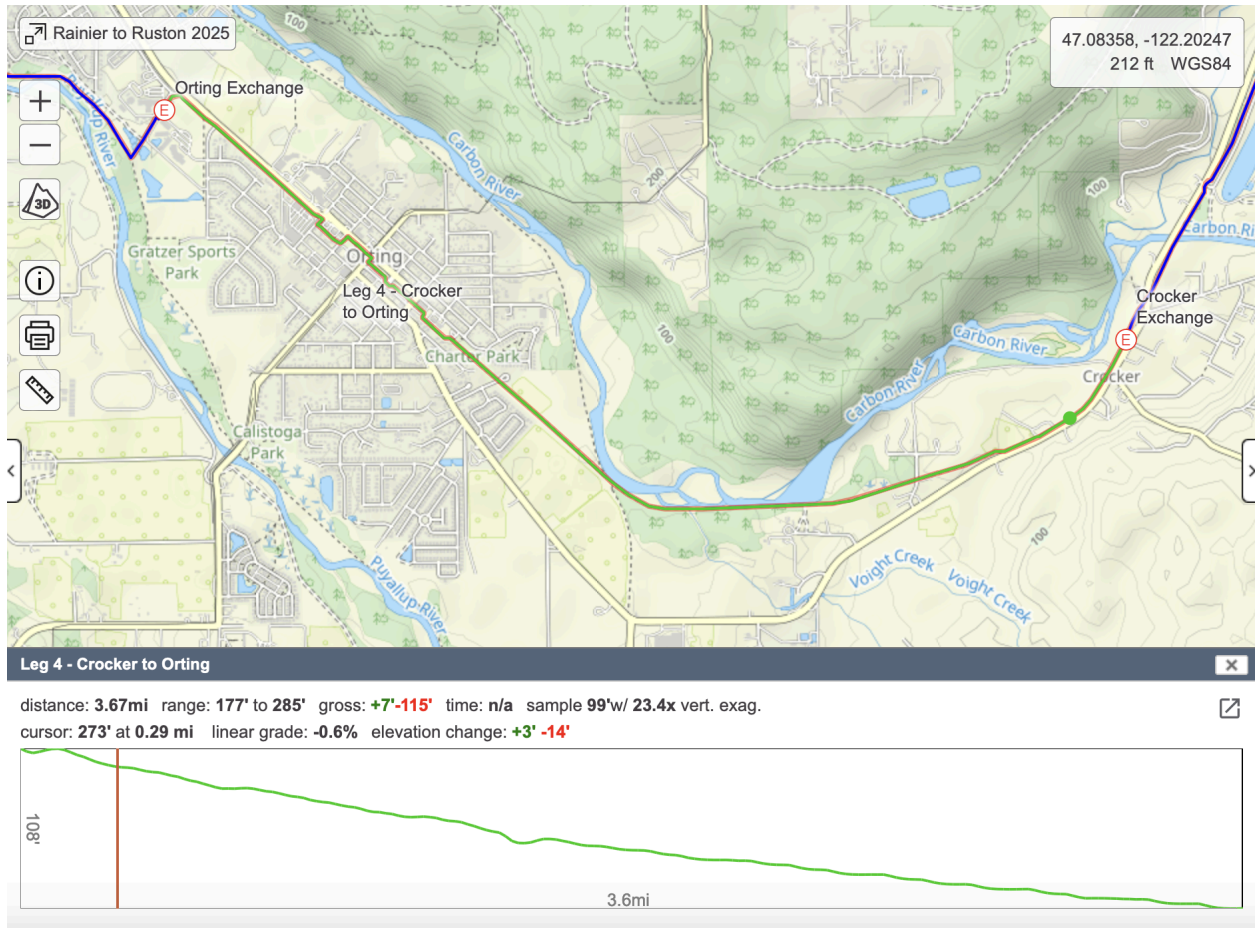
Runner Directions:

This leg entirely follows the Foothills Trail, stay on the trail for 4.6 miles until you reach the Crocker Trailhead. There are a few low traffic road crossings of some side streets.

Leg 4: Crocker to Orting

3.7 Miles, +7 Gain / -115 Loss

This is an easy leg with slight elevation loss on a paved surface.



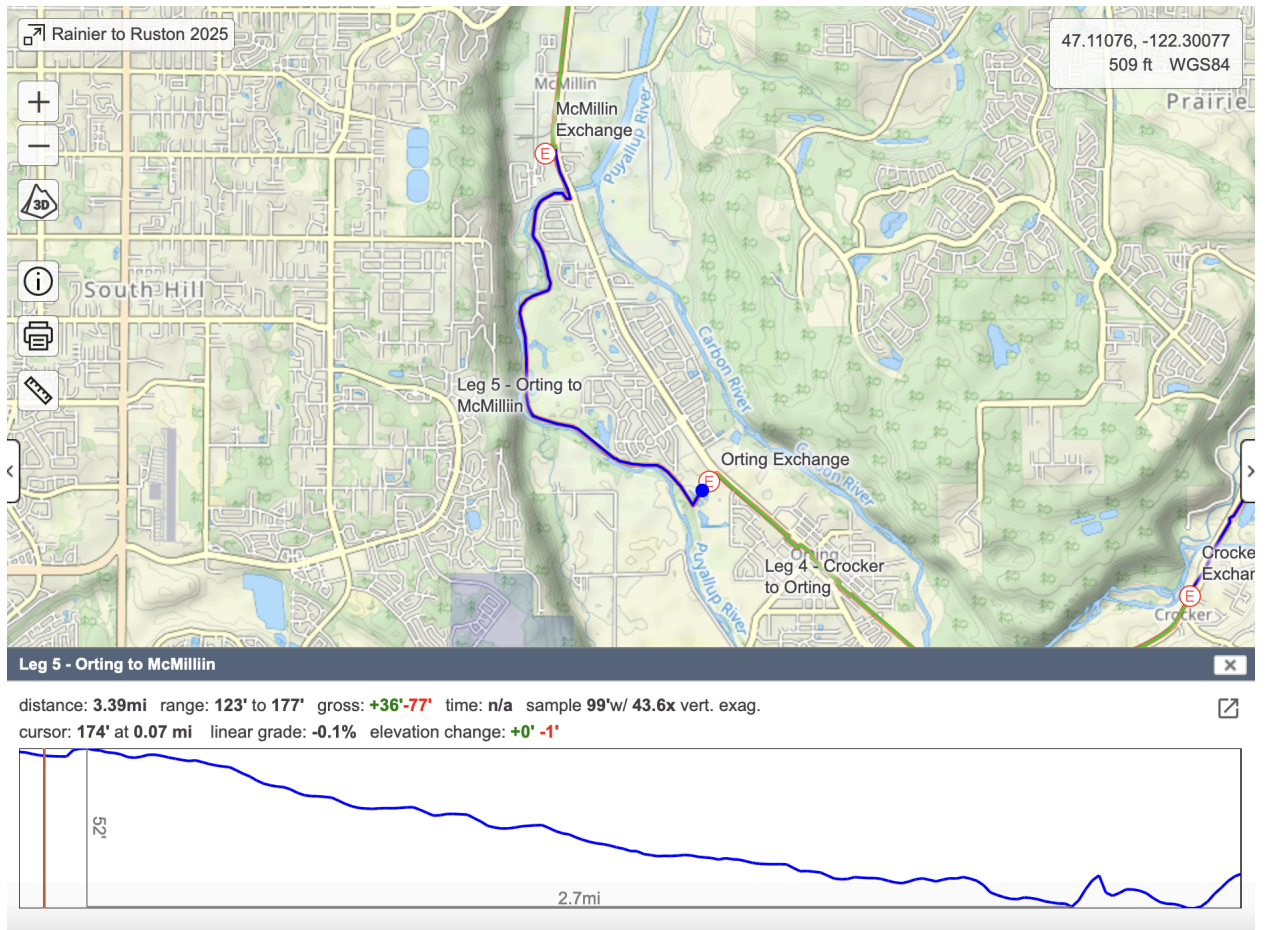
Runner Directions:

This leg follows the Foothills Trail through downtown Orting until it reaches Orting Middle School right near the end of the leg. Obey all traffic crossings along the route. Just past Orting Middle School (on your left) you will make a left turn just past the track to the exchange.

Leg 5: Orting to McMillin

3.4 Miles, +36 Gain / -77 Loss

This is an easy leg with a flat elevation profile along a mixed of paved and dirt/gravel surfaces.



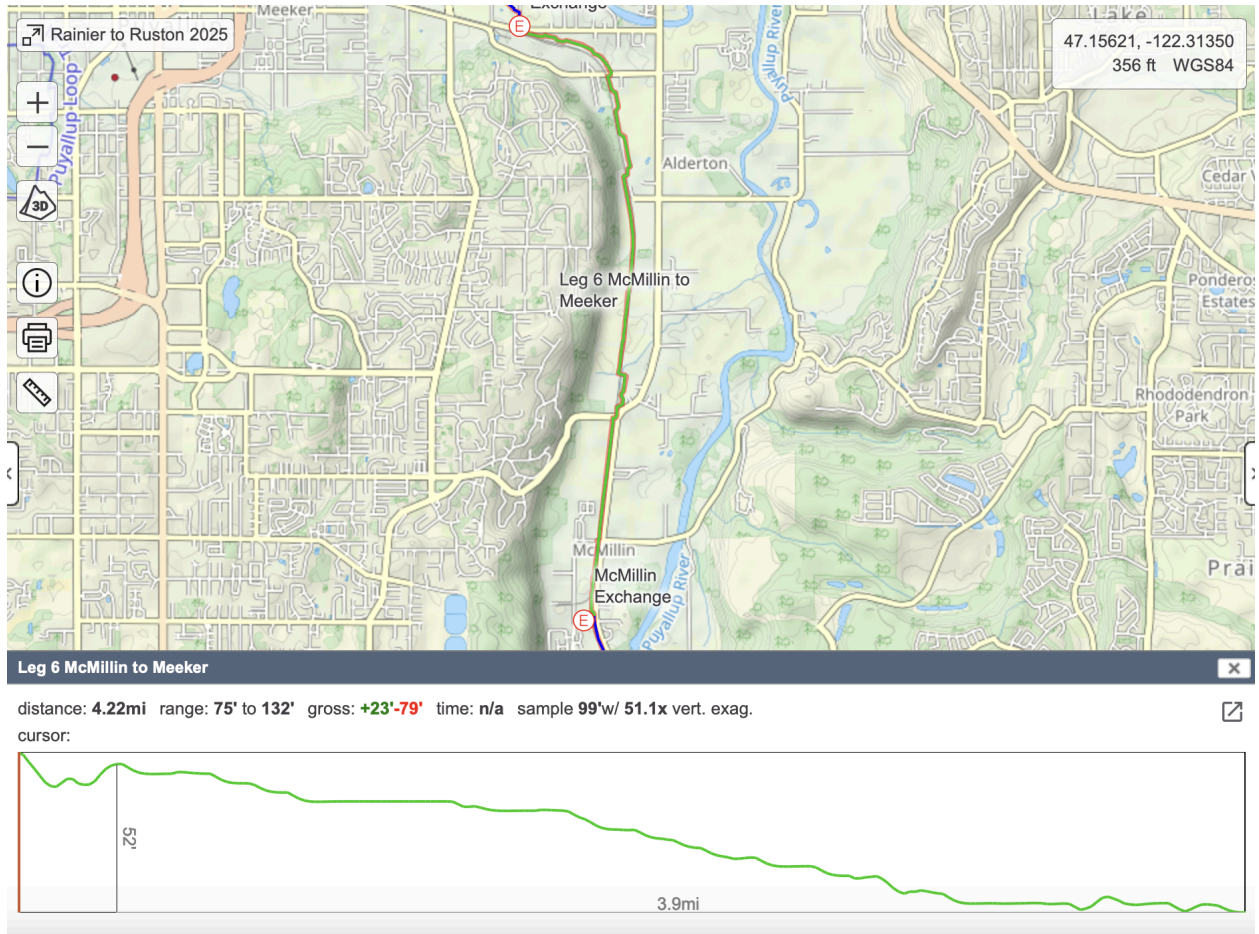
Runner Directions:

Leave Orting Middle School and make a right onto the Puyallup River Walk Trail at the Puyallup River. Follow the River Walk Trail to the McMillin Trailhead and make a left onto the Foothills Trail where it parallels SR-165. Shortly after, turn left onto 136th Ct East where exchange is located.

Leg 6: McMillin to Meeker

4.2 Miles, +23 Gain / -79 Loss

This is a moderate flat leg on a paved surface.



Runner Directions:

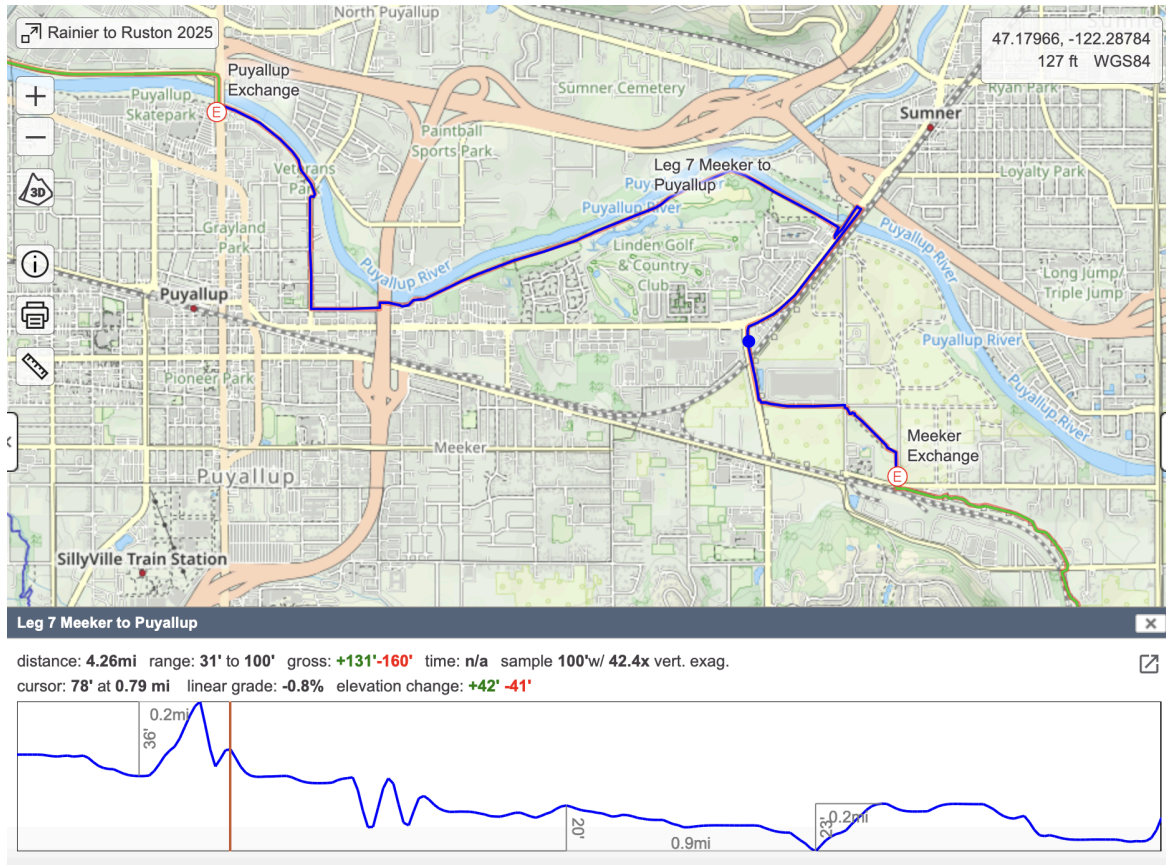
Runners must follow traffic crossing signals at Pioneer East Road. This is a busy road

Leave McMillin exchange and make a quick left onto the Foothills Trail. Follow the Foothills Trail to the Meeker Exchange.

Leg 7: Meeker to Puyallup

4.2 Miles, +131 Gain / -160 Loss

This is a moderate flat leg on a paved surface. There are a few modest ups and downs.



Runner Directions:

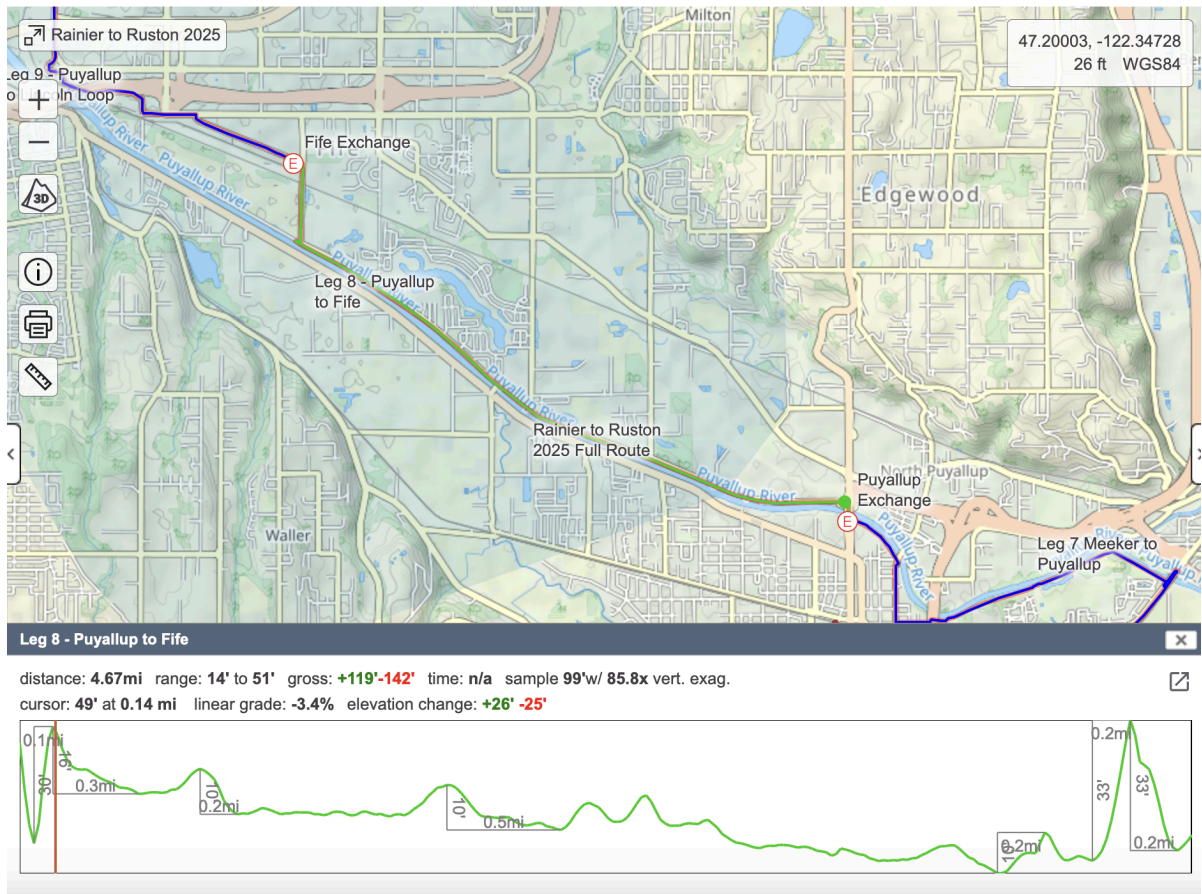
This leg has many turns, street crossings, and running along roads with traffic. Please use caution at all road crossings and along active roadways

Proceed from exchange through the park, then turn left onto 5th St Southeast. Shortly after, make a right onto Shaw Ave following sidewalk. Make a right onto East Main and follow sidewalks. You will cross the bridge across the Puyallup River and utilize the Cross Walk on the north side of the bridge to cross East Main. Obey the traffic signals. Proceed South onto East Main and cross the bridge again and then turn right onto the Puyallup River Walk Train near Mama Stortini's Restaurant. Follow the River Walk trail under SR-161 bridge. After going under the bridge, make a right onto 2nd Ave and follow to 5th St, make a right onto 5th St and follow until end where the River Walk Trail resumes at Veterans Park. Follow the River Walk Trail and once crossing under the SR-167/Meridian Ave Bridge make a left turn to get to the exchange located behind Fred Meyer.

Leg 8: Puyallup to Fife

4.7 Miles, +119 Gain / -142 Loss

This is a difficult leg mostly on sandy loose surface along the Levee Trail. There is also little shade on this trail and this leg should be given to a stronger runner.



Runner Directions:

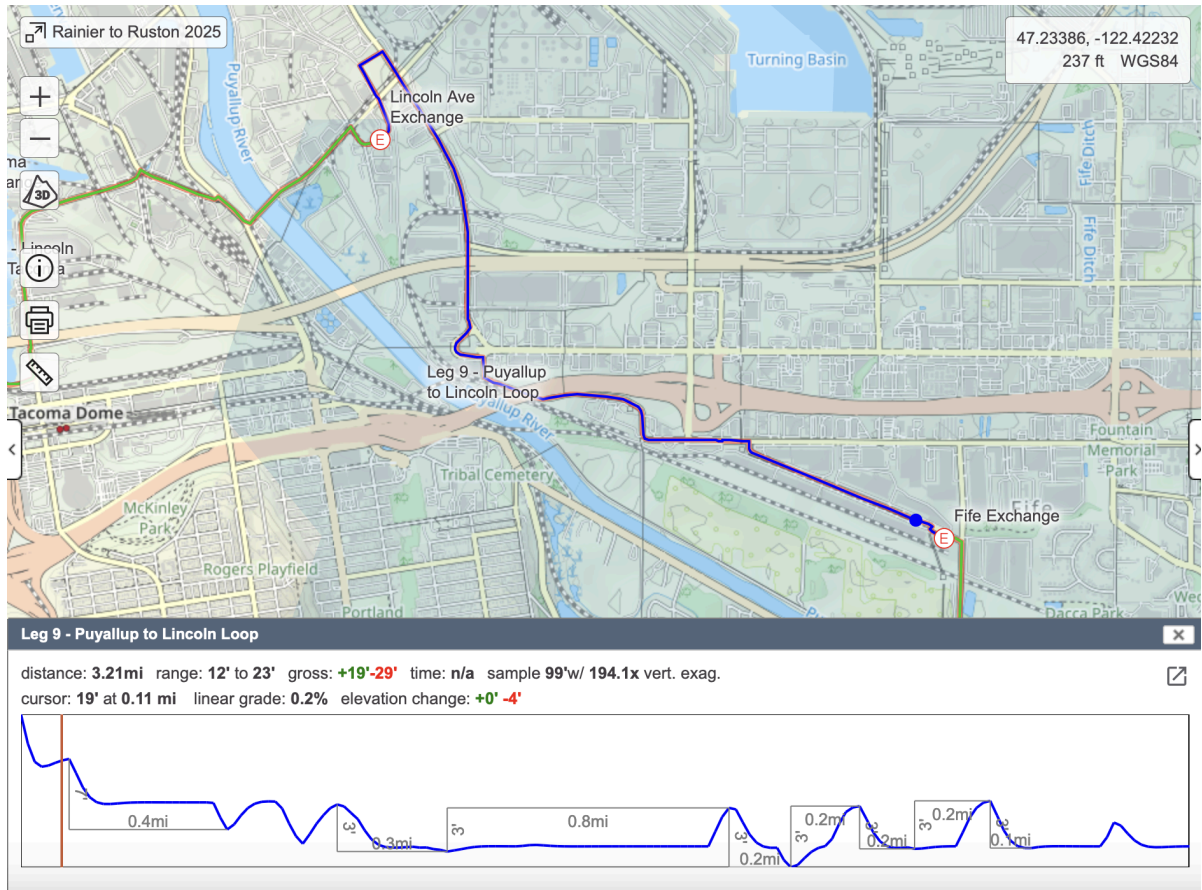
This leg involves road crossings on higher traffic roads. Please do not cross roads until it is safe to do so. Run against traffic on Frank Albert Road

From the exchange proceed to SR-167/Meridian Ave and make left turn and cross the Puyallup River Bridge. After crossing, make a left and follow course markings to the Levee Trail (note this trail runs just to the south adjacent to N Levee Road, DO NOT RUN on the Levee Road). Follow this sandy trail along the river until just past Frank Albert Road. Make a right just past Frank Albert Road to come back up to Levee Road, then make a left turn onto Frank Albert Road. Follow Frank Albert over the bridge across the Railroad Tracks and then make a left onto Industry Drive. The exchange will be located near L&W Supply on Industry Drive.

Leg 9: Fife to Tacoma

3.2 Miles, +19 Gain / -29 Loss

This is an easy leg run on paved surface. ***Note this leg runs through industrial areas with train crossings and truck traffic. We recommend not giving this leg to younger runners and keeping it for adults***



Runner Directions:

This leg involves road crossings and running along more heavily trafficked roads. There are also a number of slow moving train track crossings on this leg. DO NOT CROSS TRAIN TRACKS WITH STOPPED OR SLOWLY MOVING TRAINS!!

Runners running this leg are required to wear a safety vest or high visibility clothing

From exchange, follow Industry Drive to 20th St E. Make a left onto 20th St E and follow 20th St E until it crosses under the I-5 bridge, then make a left and follow the Milwaukee Loop and make a left onto Milwaukee Ave. Follow under the SR-509 bridge and continue under the Lincoln Ave Bridge. After the Lincoln Ave Bridge make a left onto the Lincoln

Ave Loop and make another left shortly after to stay on Lincoln Ave Loop. The exchange will be located on the Lincoln Ave Loop near Dry Box Tacoma.

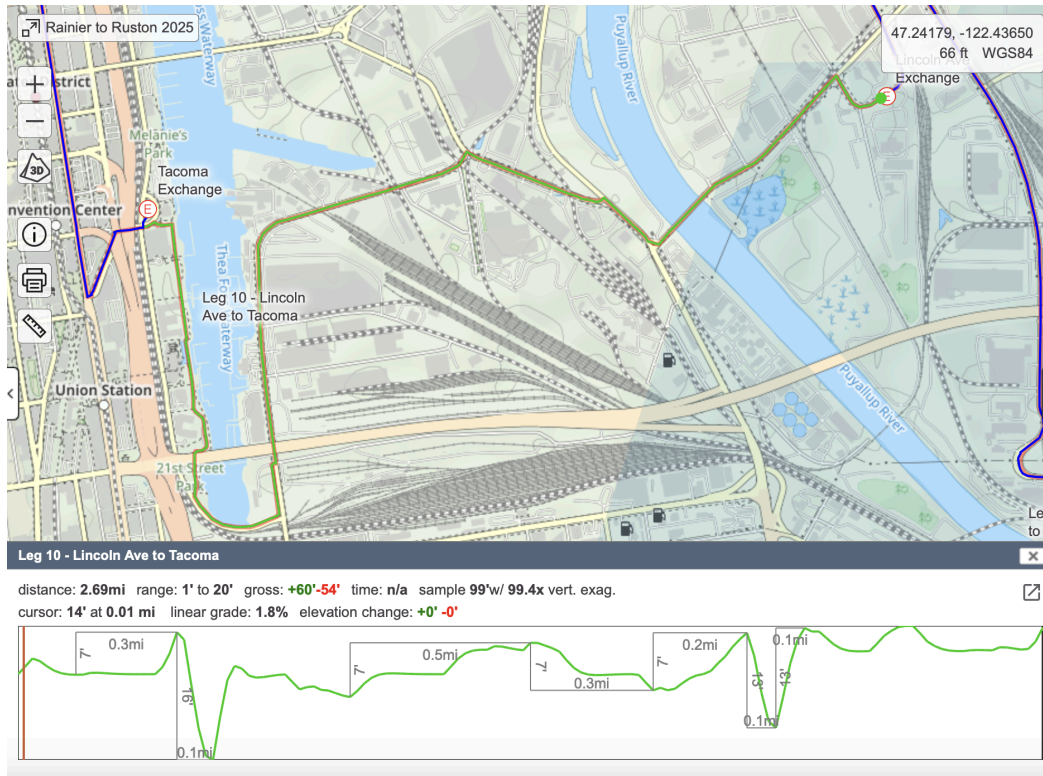
Note - there is no bellstand or volunteers at this exchange. You can park anywhere on the shoulder of Lincoln Loop and make your runner exchange anywhere on the Lincoln Loop (Red Area). See Map Below



Leg 10: Lincoln Ave to Tacoma

2.7 Miles, +60 Gain / -54 Loss

This is an easy leg run on paved surface. ***Note this leg runs through industrial areas with truck traffic. We recommend not giving this leg to younger runners and keeping it for adults***



Runner Directions:

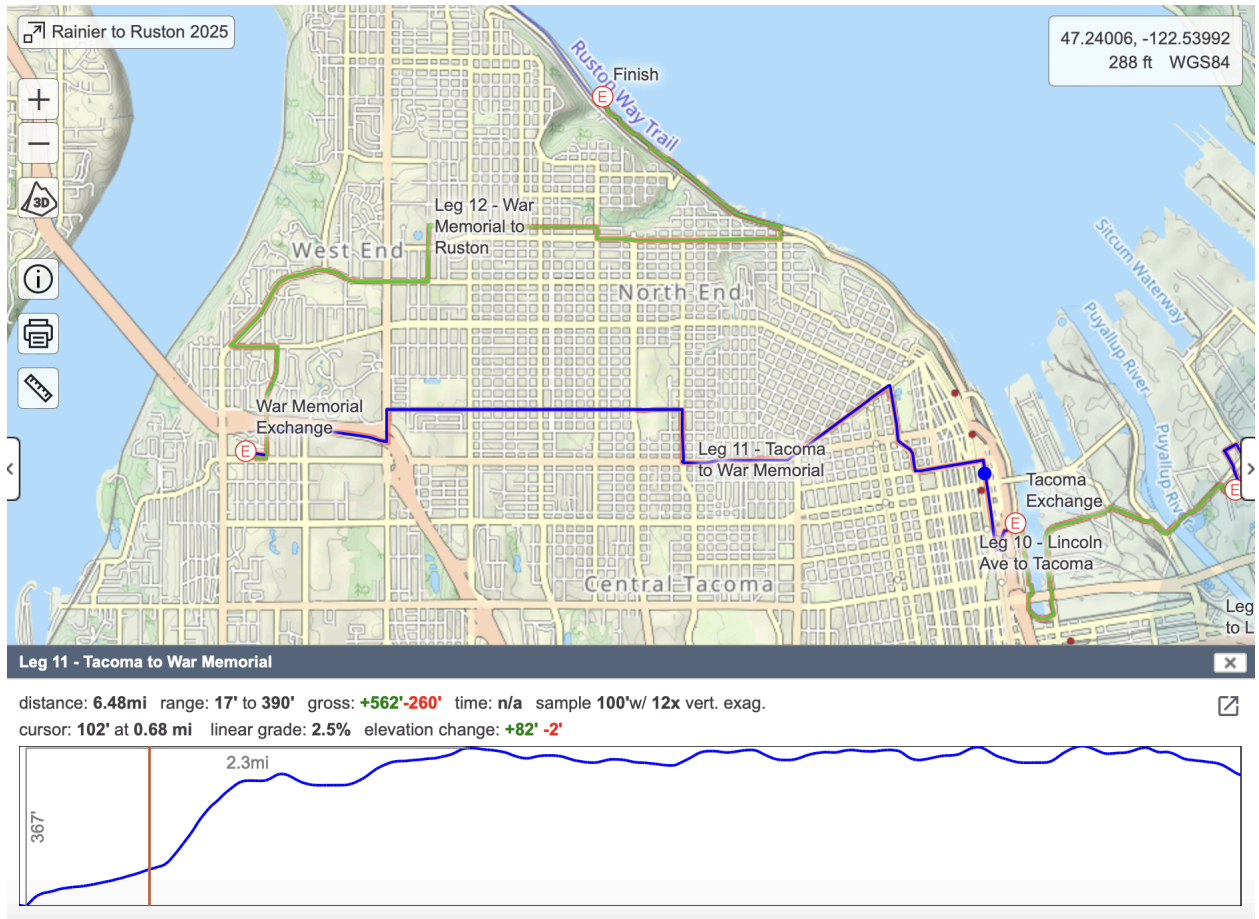
***This leg involves road crossings and running along more heavily trafficked roads. ***

From the exchange continue on the Lincoln Loop and make a quick left onto Lincoln Ave. Follow Lincoln Ave and cross the bridge over the Puyallup River. After crossing the bridge make a right onto Portland Ave, and shortly after make a left onto Saint Paul Ave. Shortly after make a left onto East 15th Street. 15th Curves near the docks and turns into D St. Follow D St under the SR-509 bridge and make a right onto Dock Street at the top of the small hill. After coming down the ramp, make a right to stay along the water following the paved path under the SR-509 bridge to Foss Waterway/Museum of Glass. Follow until just past the Fish Peddler Restaurant. Make a left after the Fish Peddler and follow markings to the exchange located near Dock Street to the south of Melanie's Park.

Leg 11: Tacoma to War Memorial

6.5 Miles, +562 Gain / -260 Loss

This leg has a pretty big uphill in the first few miles and then rolls afterward. This is a probably the hardest leg in the race with decent elevation gain. This leg is run on City Streets, please obey all traffic crossings!



Runner Directions:

***This leg involves city running with street and traffic crossings. Please use caution at all street crossings. ***

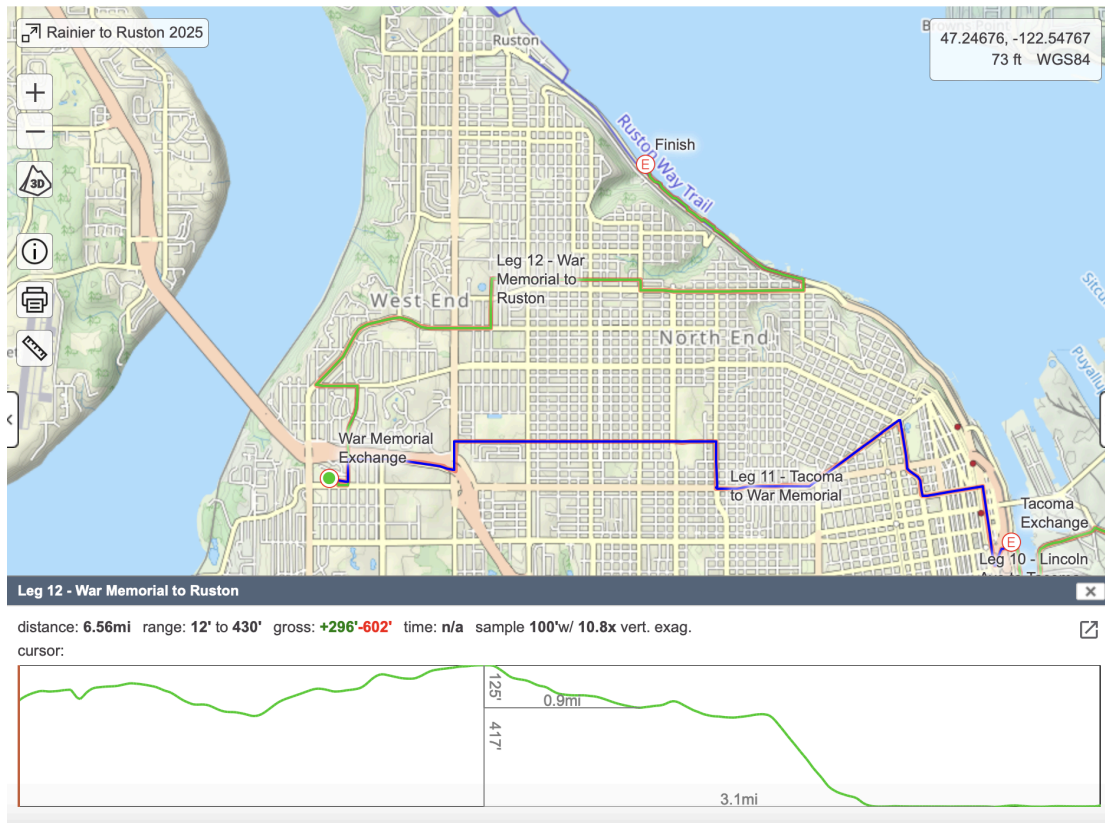
From the exchange cross head south and then immediately up the ramp for E 15th Street and cross under I-705. Shortly after going under freeway follow course markings/E15th St to Pacific Ave. Make a right onto Pacific Ave and run north until you hit S 9th Street. Make a left onto S 9th Street and proceed to make the big climb up the hill. At the top of the hill, make a right onto Yakima Ave and shortly after veer left to follow curve onto I Street. Cross 6th Ave and follow I Street past hospitals and Wright Park. At Division Street, turn left onto Division Street and follow until it turns into 6th Ave just past Hilltop

Heritage Middle School. Follow 6th Ave to North Alder Street and make a right onto North Alder Street. At N 11th Street make a left and proceed through the University of Puget Sound Campus. Stay on N 11th crossing Union, Proctor, Stevens and Orchard (use caution and signals at all these crossings). Proceed past Silas High School until you reach Pearl Street. Make a left onto Pearl and just past McClendon Hardware and under the SR-16 overpass. Just past the overpass, use the signal to cross Pearl and pick up the Scott Pearson Trail which runs along SR-16. Follow the Scott Pearson Trail to N Skyline Drive and make a left onto N Skyline. Shortly after, make a right turn into War Memorial Park to the Exchange in the parking lot.

Leg 12: War Memorial to Finish!!

6.6 Miles, +296 Gain / -602 Loss

This is a hard leg with some rolling hills early before a big downhill leading to Ruston Way and a flat finish. This leg is run on City Streets, please obey all traffic crossings!



Runner Directions:

***This leg involves city running with street and traffic crossings and one railroad crossing. Please use caution at all street crossings. ***

From the exchange follow path to N Skyline Drive and turn left heading north onto N Skyline Drive. Cross the bridge over SR-16 and follow Skyline Drive until N 17th Street, making a left onto N 17th St. Follow N 17th St for a short time to the light then make a right turn onto Narrows Drive and follow sidewalk. Narrows will turn into North 26th after Vassault Drive. Stay on N 26th and cross Pearl Ave. Shortly after Pearl Ave make a left onto North Shirley St. Follow past N 30th St and then make a right onto N 31st St. Follow N 31st St to Proctor St, make a right onto Proctor and then next left onto N 30th Street. Run down the N 30th St Hill and make a left at the bottom onto McCarver St. After crossing the Train Tracks, cross Ruston Way and make a left onto the Ruston Way Path. Follow Ruston Way Path until you reach the finish line at Cummings Park!