



## OREGON DEPARTMENT OF GEOLOGY AND MINERAL INDUSTRIES

*Ian Madin, Interim State Geologist*

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### **CONTACT**

Ali Ryan, Earth Science Information Officer

Office: 971-673-0628 Cell: 503-347-5898

alison.ryan@state.or.us

## **Run, walk or roll to get ready for the big one**

*Race the Wave returns to Cannon Beach as energetic, easy way to prepare for tsunami*

CANNON BEACH, Ore.—Race the Wave, a 5K and 10K tsunami preparedness fun run and walk, is returning to Cannon Beach September 13.

The run begins along the beach, follows a scenic evacuation route through the city, and ends out of the tsunami inundation zone. A post-race free preparedness fair will feature grilled hot dogs, games and giveaways, a photo booth and more.

Registration includes a race t-shirt, timing, swag bag, and shuttle service between the race start, end and preparedness fair. Register before August 13 for \$5 off: [bit.ly/racethewave](http://bit.ly/racethewave)

Knowing – and practicing – tsunami evacuation routes is a simple and important preparedness action, says Tiffany Brown, Clatsop County Emergency Manager.

“Explore evacuation routes while you’re exercising or sightseeing,” she says. “The more routes you’re familiar with, the more prepared you are to reach high ground following an earthquake and tsunami.”

A one-mile preparedness walk/roll along a fully paved evacuation route offers another chance to practice. The free walk/roll is suitable for interested those in walking a shorter distance, as well as people of limited mobility.

Finding nearby evacuation routes is easy, says Ali Ryan of the Oregon Department of Geology and Mineral Industries (DOGAMI), which has mapped tsunami inundation zones for the entire coast, as well as evacuation routes for coastal cities. Evacuation maps are available at [OregonTsunami.org](http://OregonTsunami.org) as PDFs, in a web viewer and as an iPhone app, as well as at local fire stations.

“Make finding the evacuation route part of your travel routine,” Ryan says. “Arrive, unpack, and look at the map.”

Being able to quickly move to high ground is critical. A tsunami caused by a Cascadia Subduction Zone earthquake will hit the Oregon coast in as little as 15 minutes. The earthquake will be the only warning that a tsunami's about to arrive.

Race the Wave is supported by the community of Cannon Beach, Cannon Beach Children's Center, Clatsop County Office of Emergency Management, Oregon Office of Emergency Management, Oregon Office on Disability & Health at Oregon Health & Science University, the Federal Emergency Management Agency (FEMA) Region X office, and DOGAMI.

**ABOUT RACE THE WAVE**

When: Sunday September 13, 2015 at 10 AM

Where: Starting line at NeCus' Park, 268 Beaver Street Cannon Beach, OR 97110. Finish line and preparedness fair near the tsunami supply cache site on Elk Creek Road.

Cost: \$35 registration includes timing and a free t-shirt. \$5 off for groups of 10 or more, \$5 off for registration before August 13. One-mile walk/roll and preparedness fair are open to all and don't require registration.

For more information: Please call 971-673-0628 with questions about the race, the course route or terrain.

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