



FROSTY MOSS RELAY

May 15th, 2021

80 Miles – 15 Legs – 2 – 5 Runners

THE MINI MOSS

30 Miles – 8 Legs – 2, 3, or 4 Runners

An all-day run with friends in the greenest corner of the lower 48

WHO

You and your best road and trail running buddies. Form a team of 2 – 5 people (Full Moss) or 2, 3, or 4 people (Mini Moss). Any mix of age, gender, and ability, as long as your team can average a 12-minute pace or faster. Load up your team van with food, drinks, extra layers, tunes, and a fun competitive spirit.

WHEN

Saturday, February 27, 2021. Wave starts based on teams' projected average pace. Team captains are asked to attend the Friday evening packet pickup: 5-9pm at 7 Cedars Resort

WHERE

The Olympic Peninsula in Washington state. Frosty Moss HQ is based in Port Angeles, where the mountains greet the sea. The course follows the Olympic Discovery Trail and the Adventure Route. Mini Moss begins at the end of Ediz Hook in Port Angeles (all pavement; no trail running).



Pavement + Trail = The Best of Both Running Worlds

Finally, you don't have to choose between your roadie and trail friends. Join forces and crush the competition on pavement and dirt!



Frosty Moss Relay = An 80-Mile River of Green

When skies are gray, we head for the trails. There's no better way to spend the day than running through mossy, ferny forests. (Photo: Lindsey Asplund)

THE FROSTY MOSS EXPERIENCE

Frosty Moss Relay runners trace the [Olympic Discovery Trail](#) (paved multiuse path) and [Adventure Route](#) (singletrack trail) from west to east, beginning at the Camp Creek Trailhead along the Sol Duc River and finishing in Blyn at the Jamestown S'Klallam Tribe facilities.

Frosty Moss Relay is about 80 miles and consists of 15 legs in a mix of distances on pavement and trail. Paved legs are mostly on former railroad grade, meaning relatively flat with some rolling hills. The Adventure Route is hilly dirt singletrack, not overly technical, plus a few miles of gravel road at the beginning. Full Moss teams have 2 – 5 runners.

The 30-mile Mini Moss has 8 legs and teams of 2, 3, or 4 runners. It begins at the end of Ediz Hook in Port Angeles and follows the Olympic Discovery Trail to Blyn. All pavement, no trail running.

Teams are welcome to divide the legs among runners as they like, but a runner may not run back-to-back legs. Along the way, you'll experience the best of the Olympic Peninsula:

- Towering evergreens and vivid green moss and ferns
- Sol Duc River, Lake Crescent, and the Strait of Juan de Fuca
- Olympic National Park and the Spruce Railroad Trail
- Views of the Olympic Mountains to the south and Vancouver Island to the north
- The wild and free Elwha River
- Miles of waterfront in Port Angeles
- Bucolic farmland in Sequim
- The restored Dungeness River Railroad Bridge
- The iconic architecture of the Jamestown S'Klallam Tribe

FYI: There are several checkpoints along the course runners go through. We man the one at the Dan Kelly Trailhead. We set up a wall tent with woodstove. We put a big rain fly on tent that extends the front by about 20 feet. Then we have hot and cold drinks, chairs and many goodies, fruit for runners to grab and go with.