

2019 Tri-City Medical Center Carlsbad Half Marathon

FINAL EVENT INSTRUCTIONS | READ CAREFULLY

Carlsbad Marathon Weekend Schedule of Events

Friday, January 18, 2019

Health & Lifestyle Expo 12 to 5 p.m.

Saturday, January 19, 2019

Kids Marathon Mile at LEGOLAND® 8 a.m.

Health & Lifestyle Expo 10 a.m. to 5 p.m.

Sunday, January 20, 2019

Marathon Start 6:15 a.m.

Surf Sun Run 5K 6:45 a.m.

Half Marathon Start 7:45 a.m.

HEALTH & LIFESTYLE EXPO

The expo takes place under a "big top" tent in the southwest parking lot of The Shoppes at Carlsbad, 2525 El Camino Real, Carlsbad, CA 92008. See above for expo hours.

BIB NUMBER AND SHIRT PICKUP

You can pick up your bib number and shirt from the expo. You must present a photo ID to claim your bib, this is for your protection and no exceptions will be made. If you're unable to attend the expo, you may authorize someone to pick up your items for you. This person must come with a photocopy or electronic copy of your photo ID.

RACE DAY BIB NUMBER AND SHIRT PICKUP

If you're unable pick up your bib from the expo, and didn't select the "Race Day Bib Number Pickup Convenience" option during registration, you can pay the \$20 fee and pick up your bib in the expo tent on race day starting at 5:15 a.m.

TIMING

The back of your bib number will have a plastic strip which is your timing device and should not be removed.

DIRECTIONS TO THE RACE

[The Shoppes at Carlsbad](#)

2525 El Camino Real, Carlsbad, CA 92008.

Traveling South on I-5: Take Highway 78 east to El Camino Real exit and turn right. Follow signs and parking personnel instructions.

Traveling North on I-5: Help ease congestion and avoid possible delays on Highway 78 by taking any of the following exits off Interstate 5: La Costa, Poinsettia, Tamarack or Carlsbad Village Drive. Upon exiting the freeway, head east to El Camino Real. At El Camino Real turn left (heading north). At El Camino Real and Marron Road follow the signs and parking personnel instructions.

UBER & LYFT

If using either Lyft or Uber, direct your driver to the runner dropoff area located on Monroe Street just north of Carlsbad Village Drive. Follow the signs and instruction of parking personnel.

RACE DAY PARKING

Parking is available at The Shoppes at Carlsbad (race site); however, it may be busy. Additional race parking will be available east of El Camino Real on Marron Road and Haymar Drive - look for "Curbside Parking" signs. You may experience delays getting in and leaving after the race so give yourself an extra thirty to forty-five minutes travel time before the race and carpool if possible. When exiting after the race you must exit as advised by parking personnel.

ASSISTANCE, UNOFFICIAL PACING AND OTHER REMINDERS

Cyclists, skaters, unofficial pacers and pets are not allowed anywhere on the course. For safety reasons, we discourage the use of headphones. You must be at the starting line when your race starts. Timing mats will be turned off shortly after the gun start and late starters will not be allowed.

RACING CHAIRS AND HANDCYCLES

A limited number of racing chairs and handcycles are allowed to participate in the half marathon only. If you have registered to participate and will be using a handcycle or push rim wheelchair, you must [email us](#) today and include your name and contact information. Upon receipt we'll confirm your entry and forward additional specific important instructions.

HALF MARATHON COURSE NOTE

The half marathon shares the same roads as the full marathon. Each race has a designate and marked lane. You must stay in your designated lane. Lanes will be marked with delineators and barricade tape, signage and cones.

HALF MARATHON COURSE TIME LIMITS

There is a 4.25-hour time limit for the half marathon. All half marathon participants must maintain a 19:27-minute-per-mile pace or faster throughout the event. Participants who are unable to get Carlsbad Boulevard/Hwy 101 and Carlsbad Village Drive by 11:45 a.m. will be redirected to the finish line via an alternate route. Diverted participants will use the sidewalk and be considered pedestrians while following a route marked with orange arrows and that is equal the half marathon distance.

HALF MARATHON WAVE START

For a smooth flow on the course, we use a quick, 11-wave start. The first wave is at 7:45 a.m. and each wave thereafter is started approx. every 1 to 2 minutes. Waves are assigned based on the estimated finish time provided during registration. Your wave number will be printed on your bib. You must start in your assigned wave. **Walkers are not allowed in waves 1 to 5.** Runners with strollers must stage at the back of their designated wave.

DOUBLE DOWN CHALLENGE

If you are registered for the Double Down Challenge (the Surf Sun Run 5K followed by the Carlsbad Half Marathon) you will receive one bib number which you will wear for both races. After you finish the 5K **do not** collect your 5K medal, it along with your Double Down bling will be presented to you after your finish the half marathon. Just look for the Double Down Medals booth located inside the finish line chute right after water.

MEDICAL SUPPORT

A medical tent will be located on the course at Cannon Park, and in the Finish Line Festival. If you experience a medical issue on the course, go to the nearest water station for assistance. Race Guards will also be monitoring the course - flag them down if you need help. If you are unable to finish the race, transportation to the finish line can be called for you from every water station.

OFFICIAL PACE GROUPS

Road Runner Sports will be providing pacers to lead you through the race in your target time. All pacers will carry a sign showing their projected finish time and will be staggered accordingly throughout the start line corrals. Learn more [online here](#).

GEAR CHECK

Check your gear inside the expo tent using your race-provided gray cinch bag. If you forget your cinch bag a plastic 15" x 12" bag will be provided. Backpacks and duffle bags will not be accepted. Do not check valuables. The race is not responsible for lost or stolen items. Bags must be claimed after your race. Unclaimed bags will be donated to local shelters.

FINISH LINE

As you near the finish line, half marathoners stay to the right. After you cross the finish line you'll receive your medal, water, post-event Nom Nom food bag and TruMoo Chocolate Milk. Keep moving through the finish line until you have completely exited the fenced-in area. The fenced-in finish line area is completely closed off to family and friends for the safety of everyone.

COURSE NOURISHMENT

Water will be served at approximately every mile along the course beginning with Mile 1. Grape flavor Ultima®, our official energy replacement drink, will be available at every other station beginning at mile 2. Science in Sport gel will be available at approximately miles 4.5 and 8.5.

COURSE ENTERTAINMENT

From rock-n-roll to blues and jazz and just about everything in between, we've got a great lineup of talented performers who have agreed to get up early on race day to support your race.

EVENT MESSAGES

Reserve your finish line massage now! Rehab United will be offering post-event massages during the Finish Line Festival. [Click here](#) to prepay for your massage and for front-of-the-line privileges! The massage area will be open from 7:30 a.m. til 12:30 p.m.

BEER GARDEN

Registered participants over the age of 21 and displaying their bib number and proper ID are invited to visit the Ballast Point beer garden in the Finish Line Festival to receive a complimentary post-race beer (limited to one per person while supplies last).

OFFICIAL RACE MERCHANDISE

Shop our selection of beautiful Carlsbad Marathon, Half Marathon, Triple Crown, SoCal 3x5 and Double Down memorabilia and souvenirs at the expo and on race day in the Finish Line Festival.

RACE DAY RACE RESULTS

Results will be available on race day in the results tent in the Finish Line Festival and will also [online](#) after the race.

SHOE DRIVE

The South Oceanside Elementary PTO will be collecting your retired running shoes and donating them to [Funds2Orgs](#). Just bring them to the Health & Lifestyle Expo where there will be a collection location just outside the entrance to the expo. Shoes can be donated on race day as well.

OFFICIAL EVENT PHOTOS

[FinisherPix photographers](#) will be stationed on the course, at the finish line and in the festival area. The Carlsbad Marathon does not guarantee that each and every participant will be photographed.

DISCARDED CLOTHING AND COURSE TRASH

Look for trash and recycling containers at every water station with additional containers located between stations for cups, gel packs and anything else you need to dispose of. If you must discard any clothing items during your race, do so only in available trash cans or at water stations where all collected items will be donated to local shelters.

HALF MARATHON TRIPLE CROWNSM

The 2019 Half Marathon Triple CrownSM starts with Carlsbad. To start your journey just complete the Tri-City Medical Center Carlsbad Marathon or Half Marathon. Next register and complete both the La Jolla Half Marathon on Sunday, April 28 and the America's Finest City Half Marathon on Sunday, August 18. [Click here](#) to learn more.

HALF MARATHON TRIPLE TRIPLE CROWN

Participants will be eligible for a TRIPLE Triple Crown medal by completing the Half Marathon Triple Crown in three consecutive years. [Click here](#) to learn more.

AWARDS

Awards will be offered to the first three finishers, male and female, in the following age groups: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+. Awards will be based on net chip time and prize money will be based on clock time.

Age group awards will be available for pickup after your race from the Information Booth. If you do not pick up your award on race day, In Motion will email you within two weeks of the event with instructions for picking up your award or paying a fee and having it mailed to you.

LIVE TRACKING

Family and friends can track your race through our live tracking link located on the [Carlsbad Marathon homepage](#).

DRUG TESTING

Athletes participating in this competition may be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 55. Athletes testing positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility from future competitions. Some prescriptions and over-the-counter medications contain banned substances. Call the USOC Hotline at 800.233.0393 for more information.

INFORMATION

An information tent will be located just outside the expo tent where staff will be on hand to answer your questions.

PERKY BEANS COFFEE

Perky Beans Coffee will be offering coffee and espresso drinks for sale before and after your race. Just look for the Perky Beans Truck in the Finish Line Festival.

2020 RACE DATE

Mark your calendar and save Sunday, January 19 for the 2020 Tri-City Medical Center Carlsbad Marathon & Half! Check your email after the race for special early pricing.

THANK YOU SPONSORS

