



# FINAL EVENT INSTRUCTIONS | READ CAREFULLY

We're happy you've chosen to participate in our Carlsbad Marathon Surf Sun Run 5K! Please read the following event details so you're certain to have the best race-day experience.

## 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. You can also pick your 5K bib number race morning beginning at 6 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 NO-NO'S

Cyclists, skaters, unofficial pacers and pets are not allowed anywhere on the course. For safety reasons, we discourage the use of headphones. **Anyone participating with a jogging stroller must stage in the very back of the pack.** 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. These rules are in place for your safety and will be enforced by the Carlsbad Police Department and course officials.

## TIME LIMIT

There is a 1-hour time limit for finishing the 5K and participants must maintain a 19:21-minute-mile pace or faster.

## SOCAL 3x5

The SoCal 3x5 is a trio of 5Ks and starts with Carlsbad. To start your journey just complete the Carlsbad Marathon Surf Sun Run 5K then register and complete both the La Jolla Shores 5K on Sunday, April 28 and the America's Finest City 5K on Sunday, August 18 where you'll receive your special series medal. [Click here](#) to learn more.

## AWARDS

Awards will be offered to the first three finishers, male and female, in the following age groups: 12& under, 13 - 17, 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+. If you're an age group winner, pick up your award at the Information Booth on race day. If you do not pick up your award on race day, you'll receive an email from In Motion within two weeks of the event with instructions for picking up your award from our office in Carlsbad or having it mailed to you for a fee. Note: Awards will be based on net chip time.

## 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

There will be a medical tent and self-serve ice in the Finish Line Festival area. If you experience a medical problem on the course, go to the water station where a medical representative will be called to assist you.

## 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.

## 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.

## DISCARDED CLOTHING AND COURSE TRASH

There will be trash and recycling containers at the water station. If you must discard any clothing items during your race, do so only at the water station where all collected items will be donated to local shelters.

## FINISH LINE

After you cross the finish line you'll receive water, your 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 SUPPORT

Water will be served at approximately Mile 1 and Mile 2.

## 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.

## BALLAST POINT 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

While at the expo be sure to shop our selection of beautiful memorabilia and souvenirs. A variety of quality and stylish apparel, hats and other items will be available.

## RACE DAY RACE RESULTS

Results will be available on race day in the results tent in the Finish Line Festival and will also be available [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.

## 2020 RACE DATE

Mark your calendar and save Sunday, January 19 for the 2020 Tri-City Medical Center Carlsbad Marathon, Half Marathon and Surf Sun Run 5K! Check your email after the race for super special early pricing.

# #surfsunrun #carlsbadmarathon

