



# Final Event Instructions READ CAREFULLY

We're happy you've chosen to participate in our inaugural 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 12, 2018

Health & Lifestyle Expo ..... 12 to 5 p.m.

### Saturday, January 13, 2018

Kids Marathon Mile at LEGOLAND® ..... 8 a.m.

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

### Sunday, January 14, 2018

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 and note that pets are not allowed inside the expo tent.

**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 up your bib number race morning beginning at 6 a.m.

**TIMING** The back of your bib number will have a plastic strip affixed to it which is the B-tag timing device. Don't remove the B-tag, it stays affixed to the bib number. Bib numbers must be worn on the front of your body.

**DIRECTIONS TO THE RACE** The expo, and race start and finish lines all take place at 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 you travel to the race using either Lyft or Uber, please instruct your driver to drop you off at 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 will be **VERY BUSY**. Additional race parking will be available east of El Camino Real on Marron Road and Haymar Drive - look for "Curbside Parking" signs. **Delays getting in and leaving after the race are guaranteed.** Give yourself an extra thirty to forty-five minutes travel time before the race. We also strongly suggest you carpool if possible (see above). When exiting after the race you must exit as advised by parking personnel. **Expect delays and avoid leaving during peak exit times of 10 to 11 a.m.**

**ASSISTANCE, UNOFFICIAL PACING AND OTHER NO-NO'S** Cyclists, skaters, unofficial pacers, dogs or pets of any kind 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. Participants must be able to maintain a 19:21-minute-mile pace or faster.

**SO CAL 3x5** The NEW 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 22 and the America's Finest City 5K on Sunday, August 19 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: 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+. If you're an age group winner, your award will be mailed to you approximately 2 weeks following the event. Note: Awards will be based on net chip time.

**TRI-CITY MEDICAL CENTER RACE DAY MEDICAL SUPPORT** There will be a medical tent in the secure, fenced-in finish line chute and one with self-serve ice and bandages in the middle of 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.

**LIVE TRACKING** Your family and friends can track you during your race. On race day, there will be a link to live tracking located on the [Carlsbad Marathon homepage](#).

**GEAR CHECK** Check your gear inside the expo tent using the BLUE 16.5" x 14.5" CINCH BAG you'll receive with your race shirt. The cinch bag will have a white box to write in your bib number. If you don't want to write your number on the bag, write it on a piece of duct tape and place it over the white box. If you forget your blue cinch bag on race day, a plastic 15" x 12" bag will be provided. Backpacks and duffle bags will not be accepted. Do not check valuables and keep in mind we are not responsible for lost or stolen items. Bags must be claimed after your race. Do not discard gear at the start line. Any items left on the course or not claimed on race day from Gear Check will be donated to local shelters.

Secure lockers will be available for purchase from [Mobile Locker](#) onsite. Locker sizes vary and pricing ranges from \$5 to \$20. Look for the Mobile Locker truck on the west side of the expo tent.

**DISCARDED CLOTHING AND COURSE TRASH** There will be trash and recycling containers at the water station with additional containers on the route 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 the water station where all collected items will be donated to local shelters.

**FINISH LINE** Once you cross the finish line, you'll receive your medal. After your medal, you'll receive a Mylar blanket, water, your post-event Nom Nom bag and TruMoo Chocolate Milk (in this order). 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. This enables us to keep the crowd manageable in the event of a medical emergency. Security and staff will be on hand to keep people moving.

**NOM NOM BAGS** When you cross the finish line, you will be handed a pre-packed Nom Nom bag, filled with lots of love and nutritious and refueling foods - just what your body needs after your race!

**COURSE SUPPORT** Water will be served at approximately Mile 1 and Mile 2.

**EVENT MESSAGES** Rehab United will be offering pre- and post-event massages during the Health & Lifestyle Expo and Finish Line Festival. [Click here](#) to prepay for your massage and for front-of-the-line privileges!

**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). **Per our ABC permit, only registered participants age 21 & older with proper ID are allowed inside the beer garden, no exceptions.**

**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 posted inside the expo tent on race day and will also be available [online](#) after the race.

**SHOE DRIVE** Please bring all your retired shoes which will be collected by the South Oceanside Elementary PTO and donated to [Funds2Orgs](#). Just bring any and all unused and unwanted shoes from your closet 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** MarathonFoto photographers will be stationed on the course, at the finish line and in the festival area. View photos online at [www.marathonfoto.com](http://www.marathonfoto.com). The Carlsbad Marathon does not guarantee that each and every participant will be photographed.

**2019 RACE DATE** Mark your calendar and save Sunday, January 20 for the 2019 Tri-City Medical Center Carlsbad Marathon, Half Marathon and Surf Sun Run 5K! Check your email after the race for super special early pricing.

**KIDS MARATHON MILE** The Kids Marathon Mile takes place the day before the marathon at LEGOLAND® California. Participants can run, walk, skip, or stroll this fun, scenic one-mile course through LEGOLAND®. Each registrant receives an event T-shirt and shiny finisher's medal, plus kids age 3 -12 receive a FREE 1-Day LEGOLAND®/SEA LIFE™ Hopper ticket to LEGOLAND® California and SEA LIFE™ Aquarium (a \$109 value valid 1/13/18 to 1/15/18 only, for children age 3 to 12). Learn more and register [online](#).

