

2020 Tri-City Medical Center Carlsbad Half Marathon

Final Event Instructions | Please Read Carefully

Friday, January 17, 2020

Health & Lifestyle Expo 12 to 5 p.m.

Saturday, January 18, 2020

Kids Marathon Mile at LEGOLAND® 8 a.m.

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

Sunday, January 19, 2020

Marathon Start 6:15 a.m.

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

Half Marathon Start 7:45 a.m.

Surf Sun Run 5K Awards Ceremony 8 a.m.

Half & Full Marathon Awards Ceremony 10:45 a.m.

HEALTH & LIFESTYLE EXPO

The Shoppes at Carlsbad

2525 El Camino Real, Carlsbad, CA 92008

Look for the “big top” tent in the southwest corner of the parking lot.

EXPO PACKET PICKUP

You must attend the expo to pick up your bib number, shirt, 1/4 zip and cinch bag. Please be prepared to show a photo ID to claim your bib number. If you're unable to pick up your bib number, and someone is picking it up for you, they must present a photocopy or electronic copy of your photo ID.

While at the expo, be sure to shop our line of stylish and affordable souvenirs. There will be over 50 vendors offering products and services you'll appreciate.

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 booth just outside the entrance to the expo. Shoes can be donated on race day as well.

RACE DAY PACKET PICKUP

If you're unable to attend 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.

RACE DAY PARKING

Event parking is at The Shoppes at Carlsbad (race site). You may experience delays getting in and leaving after the race so give yourself an extra thirty to forty-five minutes travel time.

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.

OFFICIAL PACE GROUPS

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

IMPORTANT HALF MARATHON COURSE DETAILS

The half marathon shares the same roads as the full marathon. Each race has a designated and marked lane. You must stay in your designated lane. Lanes will be marked with delineators, 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 to 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 that is equal to the half marathon distance.

New this year - All half marathoner participants who have not reached mile 4.5 by 9:30 a.m. will be turned around at Cannon Park and will not be permitted to complete the 3.5 mile loop from Cannon Park to Breakwater Road and back.

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 you finish the half marathon. Just look for the Double Down Medals booth located inside the finish line chute right after water.

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 instructions.

TIMING

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

MEDICAL SUPPORT

A medical tent will be located 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 most water stations.

ASSISTANCE, UNOFFICIAL PACING

Cyclists, skaters, unofficial pacers and unregistered runners/walkers are not allowed anywhere on the course. **Anyone participating with a jogging stroller must stage in the back of their assigned wave.** These rules are in place for safety and will be enforced by the Carlsbad Police Department and course officials.

GEAR CHECK

Check your gear inside the expo tent using your race-provided gray cinch bag. If you forget your cinch bag a small plastic 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. Unclaimed bags will be donated.

FINISH LINE

As you near the finish line, half marathoners stay to the right. After you finish, you'll receive your medal, QURE Alkaline Water, Nom Nom food bag and TruMoo Chocolate Milk in that order. Do not stop, keep moving through the finish line until you have completely exited the fenced-in area.

COURSE NOURISHMENT

Water will be served at approximately every mile beginning with mile 1. Citrus Mango Endurance flavored Nuun electrolyte replacement will be available approximately every other mile starting at mile 2 and Science in Sport energy gel will be available at approximately miles 5, 9, and 12.5.

EVENT MESSAGES

Reserve your finish line massage now! Rehab United will be offering post-event massages in the Finish Line Festival. [Click here](#) to prepay for a massage and for front-of-the-line privileges! The massage area will be open from 7:30 a.m. until 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 OR Boochcraft - high alcohol kombucha (limited to one per person while supplies last).

RACE RESULTS & LIVE RACE TRACKING

Provided by SVE and Presented by Capital One

Friends and family can track you during your race using the live tracking link located on the [Carlsbad Marathon website](#). Results will be available in the results tent in the Finish Line Festival and [online](#) after the race. .

OFFICIAL EVENT PHOTOS

[FinisherPix photographers](#) will be 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.

HALF MARATHON TRIPLE CROWN

The 2020 Half Marathon Triple Crown 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 26 and the America's Finest City Half Marathon on Sunday, August 16. [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 CEREMONY

NEW THIS YEAR - half marathon awards will be presented from the main stage starting at 10:45 a.m.

Awards will be given to the top 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+. Those who do not pick up their award during the ceremony will be emailed instructions for picking up the award from our office in San Marcos or having it mailed for a fee. Awards not claimed within 30 days of the event will no longer be available. Note: Awards will be based on net chip time and prize money (if applicable) will be based on clock time.

INFORMATION

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

CAFE SABROSO

Cafe Sabroso will be offering coffee and espresso drinks for sale before and after your race. Just look for their truck in the Finish Line Festival.

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. All collected items will be donated to local shelters.

2021 RACE DATE

Mark your calendar and save Sunday, January 17 for the 2021 Tri-City Medical Center Carlsbad Marathon. Half Marathon, Surf Sun Run 5K and Double Down!



Tri-City Medical Center

