

2020 Tri-City Medical Center

Surf Sun Run 5K

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, 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.

TIMING

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

ASSISTANCE, UNOFFICIAL PACING AND OTHER NO-NO'S

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 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.

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.

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 26 and the America's Finest City 5K on Sunday, August 16 where you'll receive your special series medal. [Click here](#) to learn more.

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.

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.

COURSE SUPPORT

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

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.

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.

AWARDS CEREMONY

NEW THIS YEAR - 5K awards will be presented from the main stage at 8 a.m.

Awards will be given to the top 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+. 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.

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.

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

