

2019 La Jolla Half Marathon

Final Event Instructions | Please Read Carefully

Friday, April 26, 2019

La Jolla Half Marathon Expo..... Noon to 6 p.m.
Hilton San Diego/Del Mar
15575 Jimmy Durante Boulevard, Del Mar, CA 92014

Saturday, April 27, 2019

La Jolla Half Marathon Expo 10 a.m. to 5 p.m.
Hilton San Diego/Del Mar

Please note that the Del Mar Fairgrounds is hosting the Cirque Du Soleil show, Volta which has shows at 4:30 p.m. both Friday and Saturday. Please plan for extra heavy traffic in and around the area on Friday and Saturday beginning at 3:30 p.m.

Sunday, April 28, 2019

NEW START TIME 6:30 a.m.
Del Mar Racetrack
2260 Jimmy Durante Boulevard, Del Mar, CA 92014

LA JOLLA HALF MARATHON EXPO

You must attend the expo to pick up your bib number and shirt. 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.

EXPO PARKING

Free parking is available in the dirt lot south of the Hilton San Diego/Del Mar across from the Del Mar Fairgrounds. Parking at the hotel is limited and available for \$3 for self parking and \$15 for valet.

RACE DAY BIB NUMBER PICKUP

There is a \$20 convenience fee to pick up your bib number on race day at the Del Mar Racetrack near the race start line. Anyone attempting to pick up their bib number on Sunday who hasn't paid the \$20 fee will be required to pay onsite by cash or credit card. Race day bib pickup will open at 5 a.m. and close at 6:15 a.m. Race shirts will be available for pickup at the finish line.

TIMING

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

WAVE START

The race starts at 6:30 a.m. with a series of quick waves. Your bib number will display your wave number. On race day, look for signs directing you to your wave corral. Regardless of your wave number, you must be at the race start line no later than 6:30 a.m.

PRE-EVENT SHUTTLES AT LA JOLLA COVE/FINISH LINE

Complimentary bus service will transport runners from the finish area at La Jolla Cove to the half marathon start area at the Del Mar Racetrack before the race from 4:30 to 5:15 a.m. You must be in line to board the bus by 5 a.m. Perky Beans will be onsite selling coffee and other breakfast items.

LIVE TRACKING

We offer free live tracking so your family and friends can track you during your race. On race day, there will be a link to live tracking located on the [race website's](#) homepage.

COURSE TIME LIMITS

All participants must be able to complete the course in 3.5 hours. This means you must maintain a 16-minute-mile pace or faster throughout the event.

DIRECTIONS TO PRE-EVENT SHUTTLES AT LA JOLLA COVE

From the North: Take Interstate 5 south and exit at La Jolla Village Drive. Proceed west on La Jolla Village Drive to Torrey Pines Road and turn left. Continue to Prospect Place and turn right. Proceed down Prospect, park in La Jolla and walk down to the Cove.

From the South: Take Interstate 5 north and exit at La Jolla Parkway. Proceed west on La Jolla Parkway to Prospect Place and turn right. Proceed down Prospect, park in La Jolla and walk down to the Cove.

Park only in marked spaces and watch for No Parking signs. Vehicles blocking emergency access, double-parked or parked in No Parking areas will be towed.

DIRECTIONS TO THE RACE START

The La Jolla Half Marathon starts at the Del Mar Racetrack, 2260 Jimmy Durante Boulevard, Del Mar, CA 92014. From Interstate 5, exit at Via De La Valle and head west (a left turn from the freeway exit if you are northbound; a right turn if you are southbound). Take Via De La Valle to Jimmy Durante Boulevard and turn left. Follow the direction of parking personnel to the designated race parking located in the dirt lot across from the main Fairground's entrance. Dave's Gourmet Coffee will be onsite selling coffee and other breakfast items.

While there is plenty of free parking at the Del Mar Racetrack, it will be VERY BUSY! Delays getting in are guaranteed. Be sure to give yourself an extra forty-five minutes to 1-hour travel time and plan to arrive to the start line no later than 6 a.m. THERE WILL BE NO ACCESS TO RACE PARKING BETWEEN 6:15 AND 7 A.M. If someone will be dropping you off at the start, they must do so inside the main participant parking area. Follow the direction of parking personnel to the unpaved lot and proceed to the passenger drop-off area located at the entrance to the pedestrian tunnel.

GEAR CHECK DROP-OFF/PICKUP

Gear drop-off will be available at the start line only. All collected gear is transported to the finish line for pickup immediately after your race. There is no gear pick-up at the start line. **All checked gear must fit into one 11" x 16" bag which will be supplied by the race when you check in your gear. NOTE: This gear check bag is not the cinch bag you'll be provided when you pick up your race shirt. You may not check backpacks or duffel bags. Bags deemed too large to fit into an event-supplied bag will not be allowed on the shuttles.** Don't pack valuables. Event is not responsible for lost or stolen items. Items left at the start line, on the course or not claimed on race day from the Gear Pickup tent will be donated. Unattended bags will be removed by security.

HALF MARATHON TRIPLE CROWN

If you've completed the 2019 Tri-City Medical Center Carlsbad Marathon or Half Marathon and are doing the 2019 Half Marathon Triple CrownSM, all you need to do after completion of the La Jolla Half Marathon is register for and complete the [America's Finest City Half Marathon](#) on Sunday, August 18.

MEDICAL

If you experience a medical issue on the course, go to the nearest water station where a medical representative will be called to assist you. If you are unable to finish the race, shuttle transportation back to the finish can also be called from every water station. Race Guards trained in CPR and first aid will also be out on the course. There will be a medical tent in the secure, fenced-in finish chute, just beyond the finish line as well as a self serve ice tent in the finish line festival area.

COURSE SUPPORT

Water stations will be positioned along the course approximately every mile (2, 4, 5.5, 8, 10, and 12) with plenty of water and portable toilets. Ultima Replenisher will also be served at approximately miles 2, 4, 5.5, 8, 10 and 12. Please note that we are not permitted to have a support station inside Torrey Pines State Park, however, there will be one before and one after exiting the park.

Most of the race is run on streets that will also be carrying normal vehicular traffic. The streets are divided with cones and **FOR YOUR SAFETY, YOU MUST STAY WITHIN THE CONED LANE AT ALL TIMES.**

DISCARDED CLOTHING

If you must discard any clothing during the event, we ask that you do so only at water stations. **Note: Clothing discarded at water stations will be donated to local shelters.**

POST-EVENT MASSAGES

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!

PACE GROUPS

Pace groups will be offered compliments of the Road Runner Sports Pace Team for the following target finish times: 1:30, 1:40, 1:50, 2:00, 2:15, 2:30, 2:45. Look for your pace group leader holding up a sign with your target pace sign in your corral.

FINISH LINE

After you cross the finish line you'll receive water, your post-event Nom Nom food bag, TruMoo Chocolate Milk and Harmless Harvest Coconut Water. 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.

AWARDS PRESENTATION

Awards will be presented from the main stage at 9:30 a.m. to the top three overall male and female finishers and top three male and female finishers 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+.

POST-RACE POOL PARTY

Our race host hotel, the [Hilton San Diego/Del Mar](#), is throwing a post-race pool party featuring a live DJ, Caribbean food, tropical drinks and local brews! Don't miss out! Everyone is welcome!

POST-EVENT SHUTTLES

Complimentary buses will transport runners from the finish area back to the half marathon start line at the Del Mar Racetrack as well as the Shores 5K start area near La Jolla Shores Drive and Horizon Way. Shuttles will run from 8:30 to 11 a.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). While in the beer garden, relax and enjoy the DJ provided by Extreme Fun.

RACE RESULTS

Results will be posted in the Finish Line Festival and will also be available on the [race website](#) after the race.

OFFICIAL EVENT PHOTOS

FinisherPix photographers will be stationed on the course to take your picture. You will be able to view your picture(s) by logging on to the [race website](#) after the race. The La Jolla Half Marathon does not guarantee that each and every participant will be photographed.

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. **Also due to steep downhill on both the half marathon and 5K courses, strollers, racing chairs and handcycles are not allowed in either event.**

2020 RACE DATE

Mark your calendar and save Sunday, April 26 for the 2020 La Jolla Half Marathon and Shores 5K! Check your email after the race for super special early pricing.

QUESTIONS

Call 760.692.2900 or email info@inmotionevents.com.



Tag us in your photos! #lajollahalfmarathon #hillsschmills