

# 2019 La Jolla Shores 5K

## Final Event Instructions | Please Read Carefully

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### 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 5K START TIME .....6:30 a.m.**  
La Jolla Shores Drive and Horizon Way

### BIB NUMBER AND SHIRT PICKUP

You'll 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 5K bib number race morning beginning at 5:45 a.m. at the 5K start line.

### 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

Race day bib pickup is available near the 5K start line and will open at 5:45 a.m. Race shirts can be picked up 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.

### COURSE TIME LIMITS

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

### COURSE SUPPORT

There will be two support stations with water and portable toilets. Ultima Replenisher will be available at the second station.

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

### PRE-EVENT SHUTTLES AT LA JOLLA COVE/FINISH LINE

Complimentary bus service will transport 5K runners from the finish area at La Jolla Cove to the Shores 5K start area located at La Jolla Shores Drive and Horizon Way from 5:30 to 6:00 a.m. Perky Beans will be onsite at La Jolla Cove selling coffee and other breakfast items.

### 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.**

### DIRECTIONS TO THE RACE START

The La Jolla Shores 5K starts at the corner of La Jolla Shores Drive and Horizon Way (nearest physical address is 9393 La Jolla Shores Drive). Please note that parking is very limited in this area so allow plenty of time to park and walk to the start line.

If being dropped off at the 5K start, do so at the intersection of La Jolla Shores Drive and North Torrey Pines Road (near the west side of UCSD) and walk the short half mile to the start line at La Jolla Shores Drive and Horizon Way.

### GEAR CHECK DROP-OFF/PICKUP

Gear drop-off will be available at the 5K start line. All collected gear is transported to the finish line for pick up immediately after your race. There is no gear pick up at the start. **All checked gear must fit into one 11" x 16" bag which will be supplied by the race when you check in your gear. 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. Race organizers are 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.

### MEDICAL

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.

### POST-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!

### 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 8 a.m. to the top three overall male and female finishers and top three male and female finishers 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+.

### 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.

### POST-EVENT SHUTTLES BACK TO THE 5K START LINE AREA

Complimentary buses will transport runners from the finish area back to the Shores 5K start area near La Jolla Shores Drive and Horizon Way. Shuttles will run from 8:30 to 11 a.m.

### 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!

### 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.

### RACE RESULTS

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

### 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.**

### SOCAL 3x5

If you've completed the 2019 Carlsbad Marathon Surf Sun Run 5K, and are doing the 2019 SoCal 3x5, all you need to do after completion of the La Jolla Shores 5K is register for and complete the [America's Finest City 5K](#) on Sunday, August 18.

### 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](mailto:info@inmotionevents.com).



Tag us in your photos! #lajollahalfmarathon #hillsschmills