

Kaiser Permanente Thrive Half Marathon and 5K to benefit Make-A-Wish San Diego
Final Instructions



PACKET PICK-UP

Saturday, October 28th, 2017 | 12:00noon – 6:00pm

[Road Runner Sports](#)

5553 Copley Dr, San Diego, CA 92111

Notes for Pre-Race Packet Pick-Up

Half Marathoners, 5K Runners:

Photo IDs are required. Walk-up registration is available at packet pick-up if the event is not sold out.

You may only pick up for a friend if you have a copy of their photo ID. NO EXCEPTIONS! Photos of ID shown on cell phones are accepted.

Race Day Pick-Up

Out of towners or those with a scheduling conflict may pick up packets on race morning, but it is discouraged as lines get long on race day. T-shirt sizing is only guaranteed for those who attend pre-race packet pick-up.

- Half Marathon Pick-up: 5:30 – 6:45am at Toby Wells YMCA, 5105 Overland Ave., San Diego CA 92123
- 5K Pick-up: 6:30 – 7:30am at Ski Beach, 1600 Vacation Road, San Diego CA 92109

Ribbon Run Packet Pick-Up

Pick up your t-shirt, bib, and ribbon wand at the Ski Beach event location on Sunday, 10/29 starting at 8:30am. There will be a clearly marked Ribbon Run table.

**Ribbon Run Race Day registration for a \$25 donation will also be available at the Ribbon Run table. The more runners, the more we raise for Make-A-Wish®!



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RACE DAY SCHEDULE

Sunday, October 29th, 2017

5:30am – Half Marathon Race Day Registration / Check-in

6:30am – 5K Race Day Registration / Check-in

6:50am – Half Marathon Start – 9370 Lightwave Ave, San Diego, CA 92123

7:00am – Thrive Expo Opens

7:10am – Warm-up (for 5K) with Nasara from Sirius Fitness

7:30am – 5K Run/Walk Start – 1600 Vacation Rd, San Diego, CA 92109

7:45am – Live Music

8:40am – Mobility Expo Workout 1 – ThriveFit with Tara Nicole

9:00am – Awards Ceremony

9:15am – Make-A-Wish Presentation and Ribbon Run Demo

9:30am – Mobility Expo Workout 2 – ThriveFit with Tara Nicole

10:00am – 1-mile Ribbon Run Start

10:15am – Live Music

11:00am – Event concludes

LOCATIONS

Half Marathon Start

Site: Easting Park/ Toby Wells YMCA

9370 Lightwave Avenue

San Diego, CA 92123

- This is the park adjacent to the Toby Wells YMCA
- Start line is the intersection of Ruffin Rd and Lightwave Avenue.

5K Start

Site: Ski Beach, Vacation Isle

1600 Vacation Road, San Diego, CA 92109

Expo & Ribbon Run

Site: Ski Beach, Vacation Isle

1600 Vacation Road, San Diego, CA 92109



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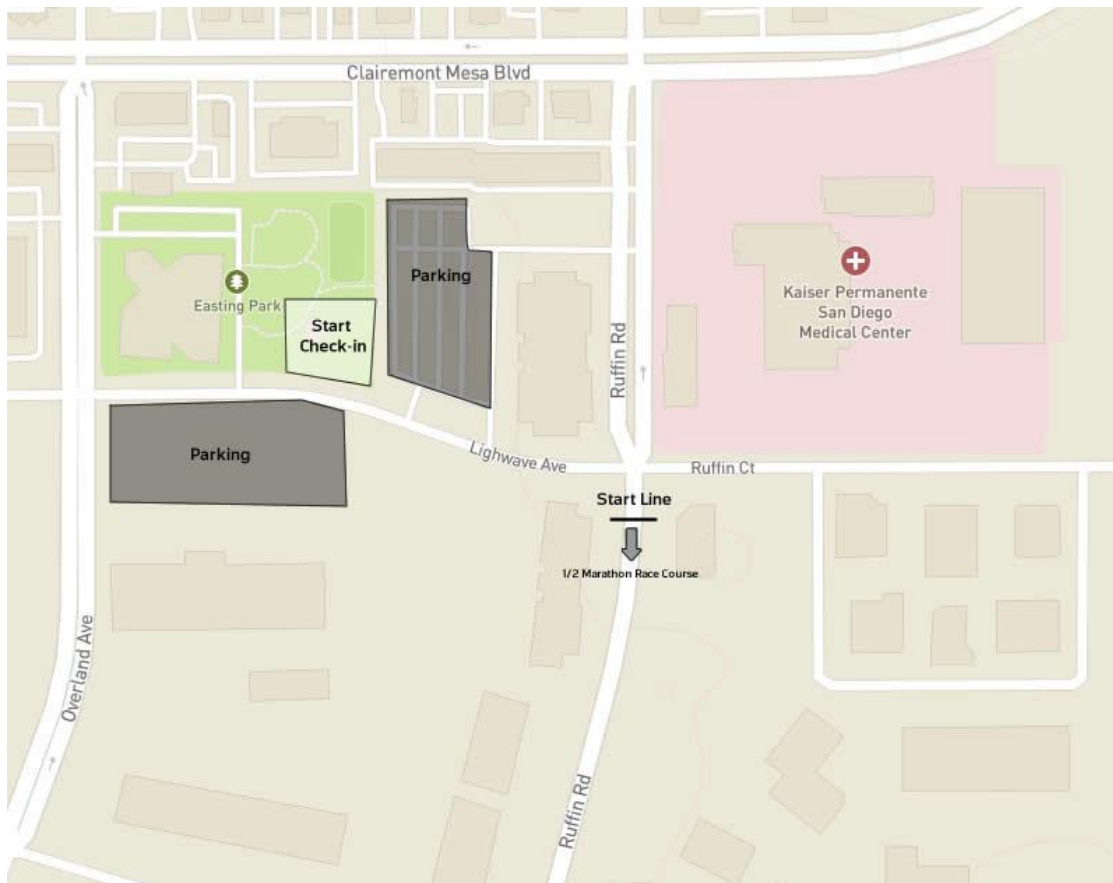
PARKING

Please help us manage traffic and allow for ample parking by carpooling when possible.

Half Marathon Start Line Parking (2 options)

- Park in the available lots near Easting Park and after the race take a complimentary shuttle back.
- Friend or family member drops you off at the Start Line and parks at the finish line.

Directions: Please arrive via Clairemont Mesa Blvd to Overland Ave. Then Left on Lightwave Avenue and follow signs to parking lots. Please do not park in the YMCA Lot.



Half Marathon Shuttles

Shuttles for those who park their vehicles at the Start line will be available after the event. Shuttles will be picking up from Ski Beach Lots and returning to the Toby Wells YMCA beginning at 8:30am and ending at 11:00am.

***Shuttles are FREE of charge.**

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Finish Line, Expo and 5K Start Line Parking

- Primary parking is in the Ski Beach Lots
- Secondary parking will be on Vacation Isle near Model Yacht Pond
- Overflow Parking if needed will be in the Crown Point Park Lots, approx ½ mile walk.



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COURSE INFO



Trolley Crossing

There is a trolley crossing near Mile 9 at Napa Street and Friars Road of the half marathon course. We have made best efforts to time the start of the race around the trolley schedule. Runners averaging faster than 8 minutes per mile should not be impacted. Beginning at approximately 8am there will be an Eastbound and Westbound trolley every 15 minutes.

If impacted, YOU MUST STOP for the trolley. There are timing check points before and after the trolley tracks. Any runner impacted by the trolley will have this delay time subtracted from their overall chip time. For those stopped by a trolley, we anticipate the delay to be approximately 30 seconds to one minute. There is also a water station at this location.

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Water Stations and Bathrooms

There will be 7 water stations available along the half marathon course and 1 along the 5K course. Each water station is approximately 1.5- 2.0 miles apart. There will be portable toilets at each water station. 5 of the 7 half marathon water stations will also have Gatorade or Hyburst electrolyte drink.

Timing

All runners' bibs will have a timing tag attached to the back. Please do not remove this tag from your bib. Your timing tag will activate and start once you cross the start line timing mats.

IMPORTANT INFO

Gear Check- Gear check will be available for participants at both the half marathon start check-in area and in the main venue at Ski Beach. Half marathoner bags will be transported from the half marathon start line to the finish area in main venue. All bags must be picked up at Ski beach main bag check area. The race is not responsible for any lost or stolen items. Please travel light and leave valuables at home.

Half Marathon Pacers- West Coast Runners will be pacers for the Half Marathon. Please line up at the start line in the pace accurate to your half marathon running pace. Pacers will be spaced as follows:

Pacer Table	Finish Time	Pace/mile
Group 1	1:40	07:38
Group 2	1:50	08:24
Group 3	2:00	09:10
Group 4	2:10	09:55
Group 5	2:20	10:41
Group 6	2:30	11:27
Group 7	2:45	12:36
Group 8	3:00	13:44

5K Wave Start- We will be utilizing a wave start to accommodate the number of participants. Your timing tag will activate and start once you cross the start line timing mats. Please line up by your expected finish time – fastest to slowest. For the safety of others, all strollers and walkers please line up in the back. No pets please! Order of start is as follows:

- *"Fast" Pace: 6-7 min. per mile*
- *"Fit" Pace: 8-11 min. per mile*
- *"Fun" Pace: 12-15 min. per mile*



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Walkers & Strollers please start behind 5K runners in the back of the corral. Strollers and walkers are not permitted on the ½ marathon course due to strict road closure re-open times. **Please plan on completing the half marathon in a maximum time of 3 hours and 20 minutes.**

*Please be courteous and yield to faster runners on the course.

Spectators

Spectators may watch the finish lines for both the Half Marathon and 5K races from Ski Beach (1600 Vacation Road, San Diego, CA 92109). Parking may be limited as runners will park in the lot early for race day. Carpooling is strongly encouraged!

Results

Results will be posted to ThriveHalfMarathon.com immediately following the event. *For any results corrections*, please email timemanagement@roadrunner.com

Awards

All finishers will receive a medal!

Awards will be presented to the top three runners overall in each USATF recommended age group (14 and Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, & 90+). Overall winners will be excluded from age group awards.

*Awards ceremony will be for overall winners. Age group awards will be available for pick-up adjacent to the main stage once results are finalized. Awards will NOT be mailed out post-event. Please pick up your awards on Race Day between 9:00-11:00am.

Race Photography

All participants will receive complimentary digital race photos from Sports Photos. These digital photos will be perfect to post on social media. Additional photos will be available for purchase.

Wear bibs on the outermost layer of clothing and smile as you cross the finish line. Bibs should be fully visible throughout the event. Sports Photos will be there to capture the fun throughout race day! We will email you 3-4 days after the race with the downloadable link for your pictures. Please be sure to share your favorites on Facebook or Instagram and tag **@ThriveHalfMarathon**.

Volunteer

Encourage your friends and family to support you and your fellow runners on race day by becoming a volunteer. To sign up to volunteer, fill out our [online form](#).



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Ribbon Run to benefit Make-A-Wish® San Diego

The Ribbon Run to benefit Make-A-Wish® San Diego is a 1-mile course throughout the park at Ski Beach. Come support Make-A-Wish San Diego and run in this one of a kind event! We have scheduled this event so 5K runners and half marathoners can participate with a start time of 10am.

Use Code **Ribbon** and save \$5 on an already low \$25 entry fee that includes a 10' long ribbon wand and commemorative t-shirt.

[Sign up here](#) and the code will automatically be applied.



CONTACT INFORMATION

Phone: 619.996.9002

Email: contact@easydaysports.com

Website: www.ThriveHalfMarathon.com

Race Results: www.ThriveHalfMarathon.com/results

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BENEFICIARY

Proceeds will benefit the Make-A-Wish® Foundation of San Diego. Since 1980, Make-A-Wish has given hope, strength and joy to children with life-threatening medical conditions. The San Diego foundation grants wishes to eligible children in San Diego and Imperial counties. The Ribbon Run to benefit Make-A-Wish® San Diego was created to generate additional donations to grant as many wishes as possible.

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