

November 12, 2022

BE PREPARED FOR YOUR RACE - PLEASE READ EVERYTHING IN THIS DOCUMENT

RACE WEEKEND AT A GLANCE

PACKET PICK-UP

HOURS AND LOCATION

Thursday, November 10th, 2022

2:00PM – 7:00PM

[Road Runner Sports](#)

5553 Copley Dr, San Diego, CA 92111

Friday November 11th, 2022

11:00AM – 5:00PM

[Road Runner Sports](#)

5553 Copley Dr, San Diego, CA 92111

ROADRUNNERSPORTS®
WORLD'S LARGEST RUNNING & WALKING STORE.

Road Runner Sports Special Race Offer:

Join the VIP family and enjoy \$10 rewards cash to spend at Packet Pick Up! Already a VIP? Earn 2x rewards cash on all purchases during packet pick up! Some exclusions apply. [See store for details.](#)

NOTES FOR PACKET PICK-UP

It is highly recommended that participants attend packet pick-up on Thursday, November 10th or Friday, November 11th; however, packet pick-up will be available on the morning of the race for individuals who cannot pick-up in advance. Race day packet pick-up will open at 5:30am at Ski Beach, but it is discouraged.

Photo IDs are required. 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.

Walk-up registration will be available at packet pick-up and race morning. The more runners, the more we raise for Make-A-Wish®!

RACE DAY SCHEDULE

Saturday, November 12, 2022

Start/Finish Line

Ski Beach: 1600 Vacation Road

San Diego CA 92109

Final Information

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5:30am: Race Day Packet Pick-up & Registration Opens

6:00am: Shuttle Service Begins from Crown Point Shores Parking Lot

7:15am: Half Marathon/5K Start

7:25am: Wish Walk Start*

*This is an untimed event on our 5K course to benefit Make-A-Wish San Diego.

7:45am: Live Music – *Serious Guise*

9:00am: Awards Ceremony

9:15am: Make-A-Wish® San Diego Presentation

9:45am: Live Music – *Serious Guise*

12:00pm: Last Shuttle leaves to Crown Point Shores Parking Lot/Event Concludes

PARKING

Parking will be available until 6:15 am on a first come, first served basis at the Ski Beach Parking Lot (North only). Additional parking lots will be available on Vacation Isle near Model Yacht Pond, and at the Crown Point Shores Parking Lots (approximately ½ mile walk). Carpooling is highly recommended.

Complimentary shuttles will be running between the Crown Point Shores lots and Ski Beach between 6:00am and 12:00pm.

There will be **NO PARKING** on the course portion near Model Yacht Pond (highlighted red).

For runners being dropped off, we recommend the corner Vacation Rd. and Ingraham St. for best access.

1	Ski Beach Parking Lot (North only) – closes at 6:15 am or once full
2	Vacation Isle Parking Lots near Model Yacht Pond
3, 4, 5	Crown Point Shores Parking Lots
	No Parking Available in these lots



Final Information

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DON'T GO HUNGRY

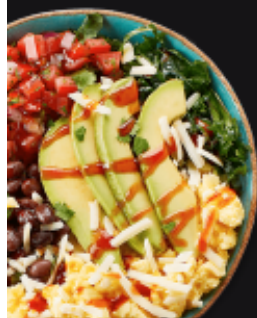
Order a post-run meal from freshii



We're offering free delivery to the

THRIVE HALF MARATHON

November 12th, 2022



ORDERS DUE BY 11/10/22

Scan the code
above to view the
menu and order
now!

REFUEL AFTER YOUR RUN!

Freshii is a local health food
restaurant in Pacific Beach. We
use superfoods like kale, quinoa,
hemp seeds, and a plethora of
freshly chopped vegetables in all
of our dishes and make our
dressings in-house.



www.freshiipb.com

COURSE INFORMATION

WATER AND AID STATIONS

There will be 7 water stations available along the half marathon course and 2 along the 5K course. Each water station is approximately 1.5 - 2.0 miles apart. There will be portable toilets at each water station. 3 of the 7 half marathon water stations will also have Gatorade for participants.

KAISER PERMANENTE THRIVE HALF MARATHON AID STATIONS				
STATION	COURSE	RESOURCES	LOCATION	MILE
1	Half/5K	Water	Rivera & Moorland	1.3
2	Half/5K	Water + G	Corona Oriente & Crown Pt Dr.	2.9
3	Half	Water	N Mission Bay Dr west of De Anza Cove	4.6
4	Half	Water + G	Boardwalk @ Parking 1093 E Mission Bay Dr	6.2
5	Half	Water	South Shores & Boardwalk	8
6	Half	Water	Sunset Cliffs & SD River Bike Path	9.6
7	Half	Water + G	Quivira Rd & Sunset Cliffs on-ramp connector	11.5

TIMING

All runners' bibs will have an official 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.

TIME LIMIT

The half marathon has a course limit of 4 hours. Any participant who has not arrived to water station 7 by 10:30AM will be picked up by the sag wagon in order to comply with San Diego Police Department road closures. Water station 7 is located at mile 11.5, near Quivira Road.

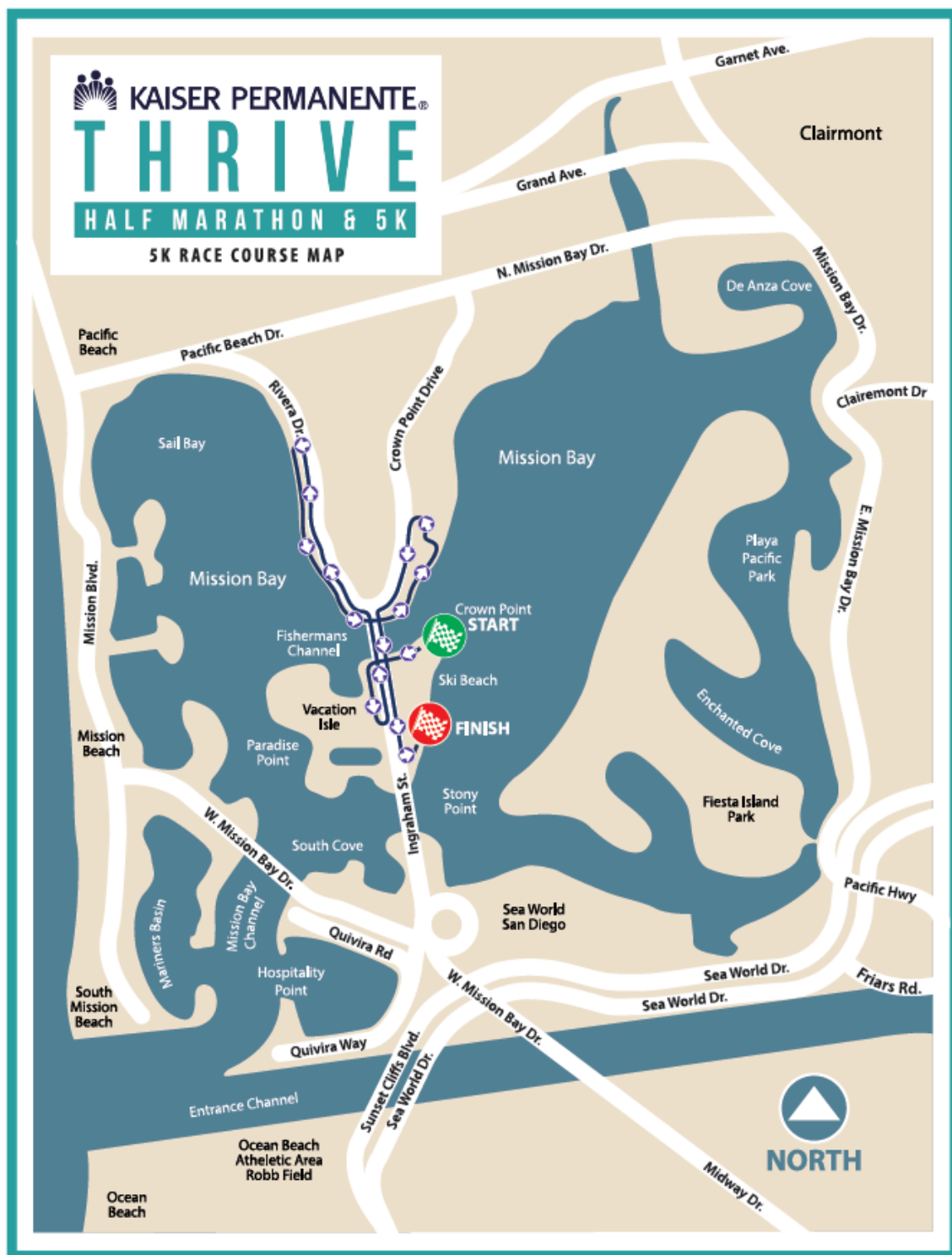
KAISER PERMANENTE®
THRIVE
 HALF MARATHON & 5K
 HALF MARATHON RACE COURSE MAP

START
FINISH

Key locations and streets shown on the map include: Mission Bay, Sail Bay, Vacation Isle, Paradise Point, South Cove, Hospitality Point, Sea World San Diego, Ocean Beach Athletic Area Robb Field, Pacific Beach, Clairmont, and various streets like Pacific Beach Dr., Crown Point Drive, N. Mission Bay Dr., Mission Bay Dr., E. Mission Bay Dr., Pacific Hwy, Friars Rd., Midway Dr., W. Mission Bay Dr., Quivira Rd, Sunset Cliffs Blvd, and Sea World Dr.

NORTH

5K COURSE



OTHER IMPORTANT INFORMATION

GEAR CHECK

Gear check will be available for participants at the start/finish line area for all. Attach your gear check tag to your bag prior to drop off. You must show your bib number to retrieve checked bags. The race is not responsible for any lost or stolen items. Please travel light and leave valuables at home.

HALF MARATHON & 5K WAVE START

We will be utilizing a wave start for a combined half marathon and 5K start to accommodate the number of participants and limit congestion on the course. Your timing tag will activate and start once you cross the start line timing mats. Please line up at the start line in the pace accurate to your half marathon or 5K running pace – fastest to slowest.

“Fast” Pace: 6-8 min. per mile

“Fit” Pace: 8-11 min. per mile

“Fun” Pace: 11-15 min. per mile

Wave/Pace Table*	
Group	Pace/mile
Fast - 1	6-7 minutes
Fast - 2	7-8 minutes
Fit - 1	8-9 minutes
Fit - 2	9-10 minutes
Fit - 3	10-11 minutes
Fun - 1	11-12 minutes
Fun - 2	12-13 minutes
Fun - 3	13-14 minutes

*Wave groups may be adjusted as needed on race morning.

Strollers and walkers are not permitted on the ½ marathon course due to strict road closure re-open times. Walkers & strollers in the 5K should plan on starting behind 5K runners in the back of the corral.

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

PACERS

Look for your desired pace sign at the start line and join the race at your comfortable speed. Look for the Pace Volunteer in orange shirt at the start line.

1:40 (7:35min/mi)	2:10 (9:51min/mi)
1:45 (7:57min/mi)	2:20 (10:36min/mi)
1:50 (8:20min/mi)	2:30 (11:22min/mi)
1:55 (8:43min/mi)	2:45 (12:30min/mi)
2:00 (9:05min/mi)	

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WISH WALK START

The Wish Walk will be starting as the last group of the main start.

RACE PHOTOGRAPHY

All participants will have the opportunity to purchase digital race photos from [Marathon Photos Live](#). Wear bibs on the outermost layer of clothing and smile as you cross the finish line. Bibs should be fully visible throughout the event. Marathon Photos Live will be there to capture the fun throughout race day! You will receive the download/purchase link for your pictures within 24 hours of completing your run. Please be sure to share your favorites on Facebook or Instagram and tag @ThriveHalfMarathon.

RESULTS

Results will be posted to [ThriveHalfMarathon.com](#) immediately following the event. For any results corrections, please email results@timinghq.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.

PRIZE PURSE

This year's race offers more than \$3,000 in prize money for both top overall finishers AND top overall age graded masters athletes.

Masters prize money will be awarded to those runners age 40-99 with the best "age-graded" time. Age-Graded scoring uses [tables](#) of "age factors" and "age standards" to allow all individuals within a race to be "scored" against each other regardless of age on a level playing field.

	OVERALL		MASTERS	
	Men's	Women's	Men's	Women's
1st	\$ 500	\$ 500	\$ 500	\$ 500
2nd	\$250	\$ 250	\$ 250	\$ 250
3rd	\$100	\$ 100	\$ 100	\$ 100

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SPECTATORS

Spectators may watch the finish lines for both the Half Marathon and 5K races from Ski Beach. Parking will be limited in the primary lot as runners will park early for race day. Carpooling is strongly encouraged!

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](#).

OFFICIAL CHARITY

A portion of the proceeds from the Thrive San Diego Half Marathon 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 Wish Walk to benefit Make-A-Wish® San Diego was created to generate additional donations to grant as many wishes as possible.



THANK YOU TO OUR PARTNERS



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