



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

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

RACE WEEKEND AT A GLANCE

PACKET PICK-UP



HOURS AND LOCATION

Friday November 1st, 2024

11:00AM – 7:00PM

[Road Runner Sports](#)

5553 Copley Dr, San Diego, CA 92111

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 Friday, November 1st, 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 due to potential traffic and long lines.

PREMIUM PARKING PASS holders must pick up their passes on Friday November 1st.

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®

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.





FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

RACE DAY

START/FINISH LINE

Ski Beach: 1600 Vacation Road
San Diego CA 92109

RACE DAY SCHEDULE

Saturday, November 2, 2024

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

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

7:15am: Half Marathon & Half Marathon Relay Start

7:30am: 5K Start

7:35am: Wish Walk Start*

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

7:45am: Live Music and Thrive Expo Opens

9:15am: Awards Ceremony (Overall and Masters winners)

9:30am: Make-A-Wish® San Diego Presentation

9:45am: Live Music – *Serious Guise*

11:00am: Last Shuttle leaves to Crown Point Shores Parking Lot

11:30am: Event Concludes

VOLUNTEERS

It takes a village to “run” a half marathon! Encourage your friends and family to support you and your fellow runners on race day by becoming a volunteer. All volunteers will receive a Thrive volunteer tee, race day refreshments, and community service hours. [VOLUNTEER SIGN UP](#)

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!

FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

PARKING

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

If arriving after 6:15am, it is HIGHLY RECOMMENDED that you approach from the north side of Vacation Isle (from Pacific Beach) and park in the Crown Point Lots. Vehicles approaching from the south will experience significant delays due to event road closures.

Complimentary shuttles will be running between the Crown Point Shores lots and Ski Beach between 6:00am and 11:00am.

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

PREMIUM PARKING: SOLD OUT

You **MUST** be parked before 6:15AM. Runners who purchased the pre-paid premium parking must pick up their parking pass prior to the race at packet pick up at Road Runner Sports on November 1st.



1	Ski Beach Parking Lot (North only) – closes at 6:15 am or once full
2	Relay Parking Vacation Isle Parking Lots near Model Yacht Pond
3, 4, 5	Crown Point Shores Parking Lots
	Parking ONLY for premium/staff/volunteers PASS REQUIRED – Park Before 6:15AM
	NO EVENT PARKING ALLOWED – Will be towed



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

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 DryWater electrolytes for participants.

KAISER PERMANENTE THRIVE HALF MARATHON AID STATIONS				
STATION	COURSE	RESOURCES	LOCATION	MILE
1	Half/5K	Water	Riviera & Moorland	1.3
2	Half/5K	Water +DryWater	Corona Oriente & Crown Pt Dr.	2.9
3	Half	Water	N Mission Bay Dr west of De Anza Cove	4.6
4	Half	Water +DryWater	Tecolote Shores - 1346 East Mission Bay Drive	6.2
5	Half	Water	South Shores & Boardwalk	8
6	Half	Water	Sunset Cliffs & SD River Bike Path	9.6
7*	Half	Water +DryWater	Quivira Rd & Sunset Cliffs on-ramp connector	11.5

*Cutoff time at Water Station 7 at 10:15am due to road closures.

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.

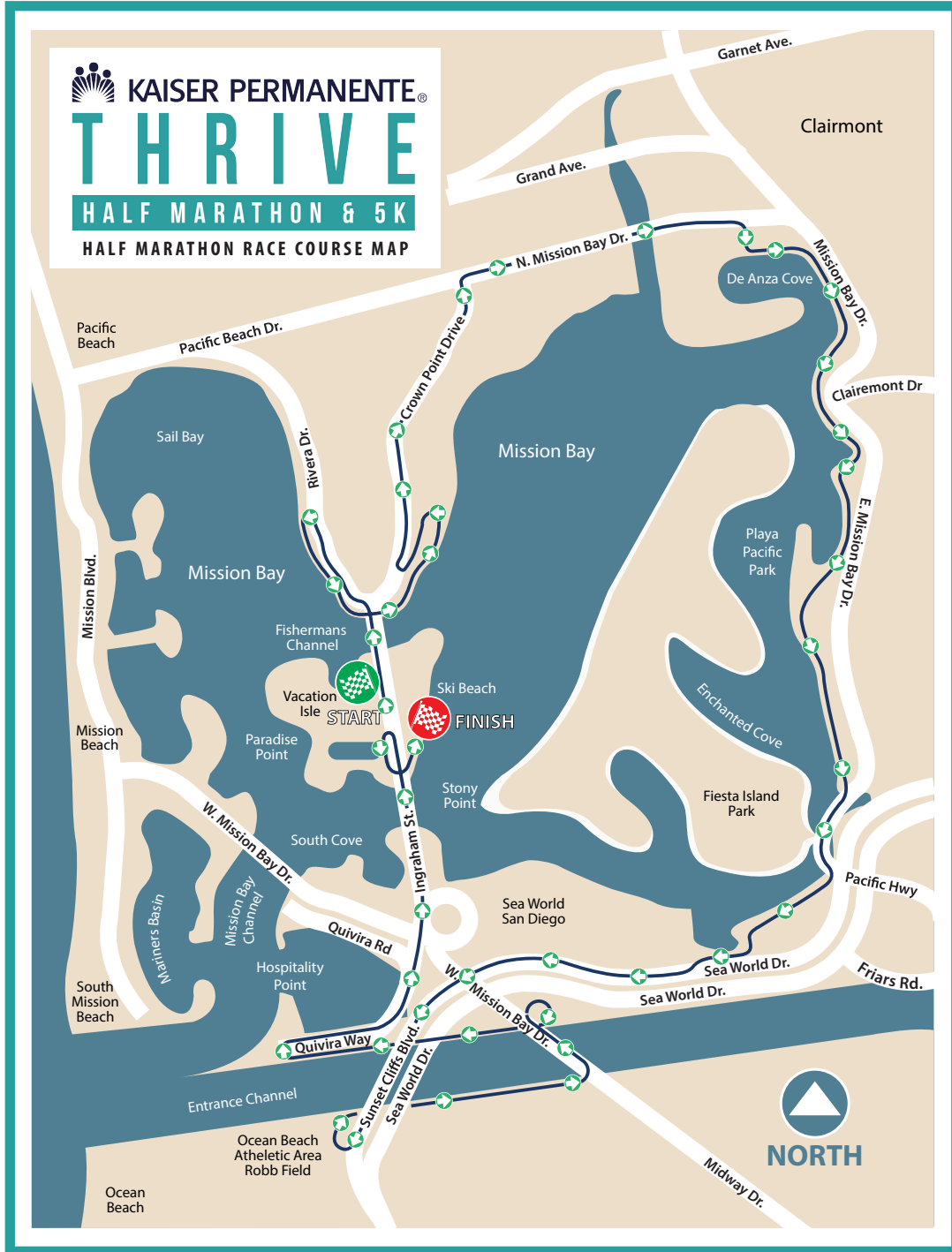
TIME LIMIT

The half marathon and relay have a course limit of 3 hours and 45 minutes. Any participant who has not arrived to Water Station 7 by 10:15AM 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.

COURSE MAPS

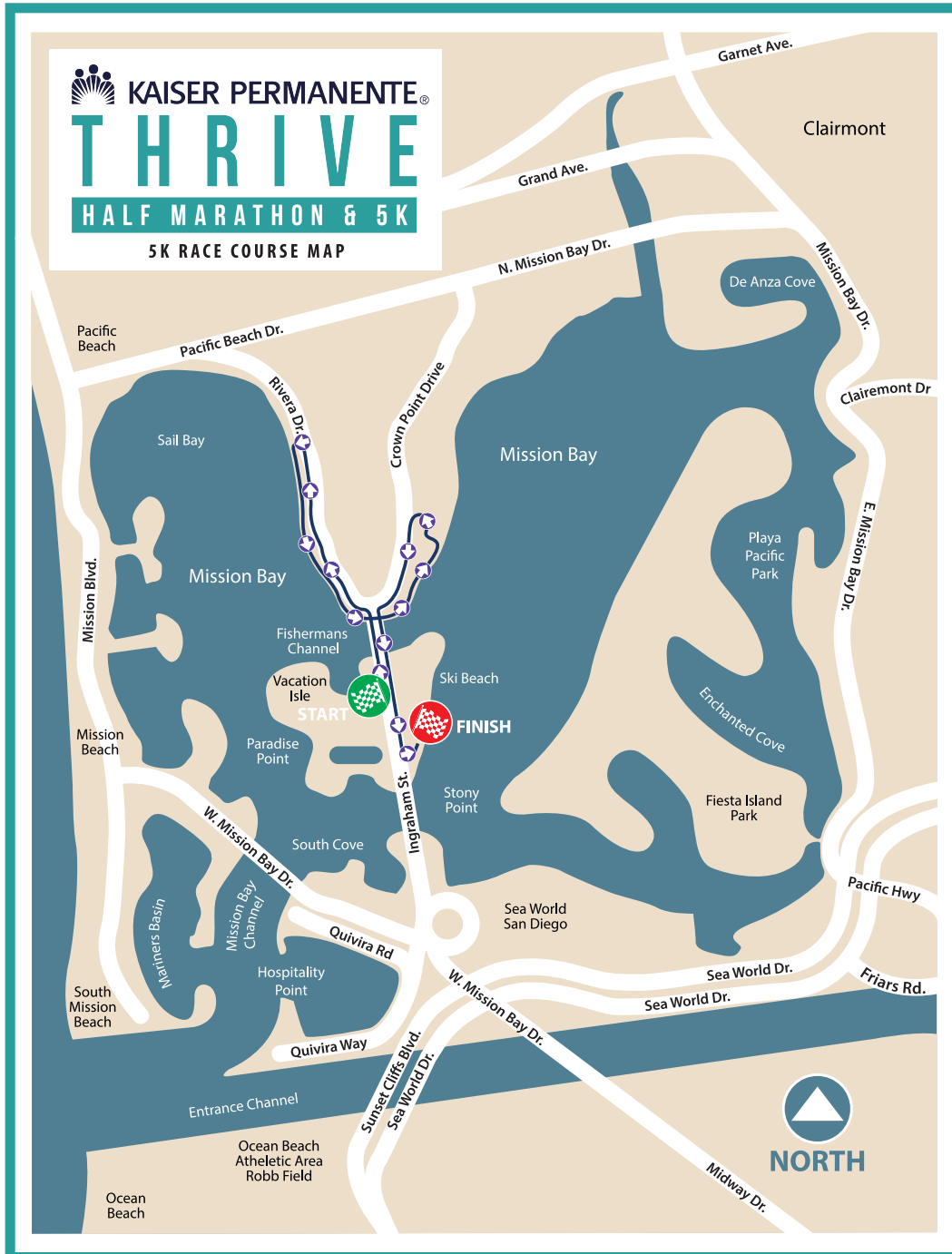
See the following pages for Half Marathon, Relay, and 5K course maps.

HALF MARATHON COURSE

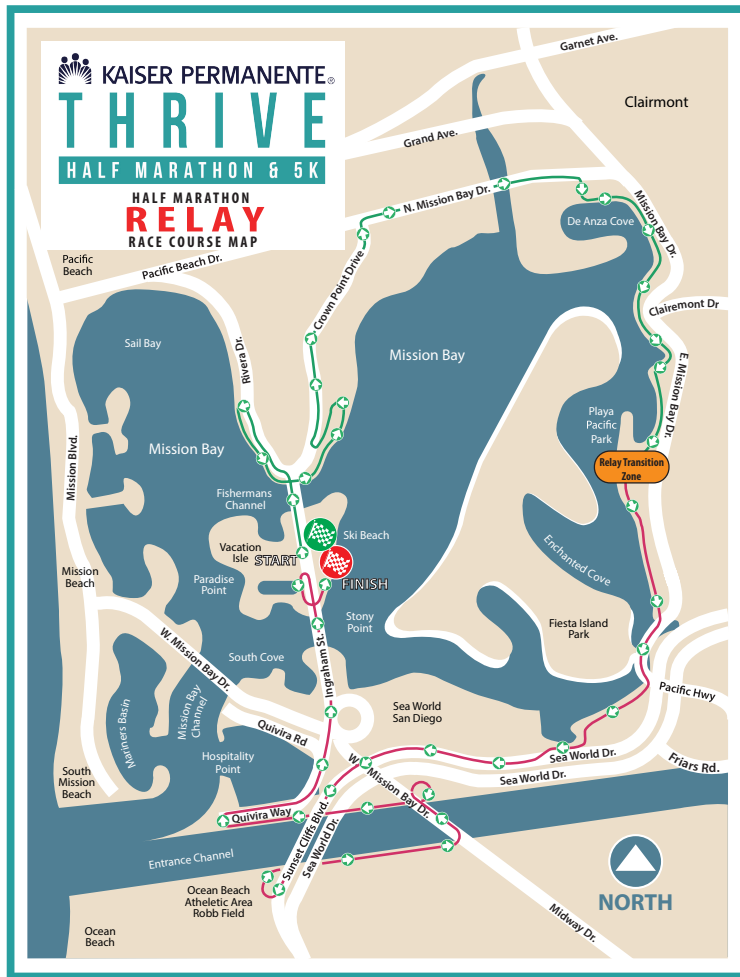


SATURDAY, NOVEMBER 2, 2024

5K COURSE



HALF MARATHON RELAY COURSE



RELAY TRANSITION ZONE:

Location: Tecolote Shores
[1346 East Mission Bay Drive](https://www.google.com/maps/place/1346+East+Mission+Bay+Drive)

Designated Relay Parking

We suggest that relay partners carpool together and park in the lots above Model Yacht Pond. See [parking](#) for more details.

Shuttles to and from the Relay Transition Zone

There will be a designated Relay Shuttle to take team members to and from the Relay Transition Zone at Tecolote Shores. Runner #2 must be at the shuttle pick-up at the entrance of Ski Beach by **no later than 7AM!** This shuttle is for relay runners only!

A high-five handoff is perfect to send off Runner #2 to finish the race. Runner #1 will receive their medal at the Relay Transition.

Runner #1 will be able to ride the Relay shuttle back to the main venue at Ski Beach. This shuttle will wait for the last runner before returning. It is strongly recommended that relay partners use this shuttle system. If self-driving is desired, please see below.

Self-Driving to Relay Transition Zone

We suggest that relay partners carpool and follow these instructions.



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

Runner #2 drops off Runner #1 at the start line **at Ski Beach before 6:30am**. From there, Runner #2 will head to the Relay Transition Zone by traveling south of Vacation Isle onto SeaWorld Drive to Tecolote Shores.

To ensure that Runner #2 is ready at the Relay Transition Zone. Runner #2 will not be able to park and watch the start.

Runner #1 will start the relay race and meet Runner #2 in the transition zone. There is ample parking near the transition zone. Runner #1 will need to have the car keys from Runner #2.

Due to road closures, for the quickest way back to the venue, Runner #1 will want to head north from the Transition Zone to I-5 and take the Camino Del Rio W exit to Sports Arena Blvd. Continue on Sports Area Blvd onto W Mission Bay Dr. Entering Vacation Isle headed north on Ingraham.

Relay participant parking will be at Model Yacht Pond. See parking for more details.

We cannot guarantee that you will be back in time for your partner to finish due to traffic delays. This is the fastest route with the road closures.

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.



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

HALF MARATHON & 5K WAVE START

We will utilize a wave start for both half marathon and 5K starts 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.

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 [Endurance Sports Photos](#). Wear bibs on the outermost layer of clothing and smile as you cross the finish line. Bibs should be fully visible throughout the event. Endurance Sports Photos 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.

FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

RESULTS

Results will be posted to thrivehalfmarathon.com/results 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.

Our top 3 male and female finishers will also receive a [Mudroom Intermodal backpack](#). This versatile bag features a securely stowed rain cover in the carrying handle, along with separated shoe compartments to keep gear organized and dry.



THRIVETS

All registered ThriVets will get an exclusive medal slide-on that can be picked at the awards table after you complete your race. Our top 3 Male and Female Half Marathon Finishers will get a trophy. All registered ThriVets will be entered in a random drawing for a **\$500 GOVX shopping spree** that will be announced in our thank-you email. If you are an active duty military or veteran that has not registered under a ThriVets please email us at contact@easydaysports.com to be included in our awards.

GOVX
SAVINGS FOR THOSE WHO SERVE



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

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

PRESALE FOR 2025

Get a Head Start on 2025! [Secure your spot early](#) for next year's Kaiser Permanente Thrive Half Marathon & 5K, taking place on **November 1, 2025**. Exclusive presale pricing is available now:

Half Marathon -- \$79*

5K -- \$25*

*2025 PreSale will be open until November 17, 2024!



FINAL INFORMATION

SATURDAY, NOVEMBER 2, 2024

THANK YOU TO OUR PARTNERS



KAISER PERMANENTE®



AMN®
Healthcare

Make-A-Wish®
SAN DIEGO



EASYDay
SPORTS

JIMBO'S

ROAD RUNNER
SPORTS

DryWater®

mudroom




Talking Rain



KATE'S
REAL FOOD

Southern Recipe
SMALL BATCH


READYFIT

BLUE LIZARD
AUSTRALIAN SUNSCREEN

