



FINAL INFORMATION

SATURDAY, NOVEMBER 1, 2025

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

RACE WEEKEND AT A GLANCE

PACKET PICK-UP

HOURS AND LOCATION

Thursday October 30th, 2025

11:00AM – 7:00PM

[Road Runner Sports](#)

5553 Copley Dr, San Diego, CA 92111

NOTES FOR PACKET PICK-UP

It is highly recommended that participants attend packet pick-up on Thursday, October 30th, 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.

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.





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RACE DAY

START/FINISH LINE

Ski Beach: 1600 Vacation Road
San Diego CA 92109

RACE DAY SCHEDULE

Saturday, November 1, 2025

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!

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 and Vacation Isle 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.

If you park in the North or South Ski Beach Parking Lots, you will not be able to exit until 9am when our 5K race concludes.



1	Ski Beach Parking Lot – 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
	Parking ONLY for staff/VIP/volunteers PASS REQUIRED – Park Before 6:15AM
	NO EVENT PARKING ALLOWED – Will be towed



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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 most water stations. 2 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	Tecolote Shores - 1346 East Mission Bay Drive	6.2
5	Half	Water + DryWater	South Shores & Boardwalk	8
6	Half	Water	Sunset Cliffs & SD River Bike Path	9.6
7*	Half	Water	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

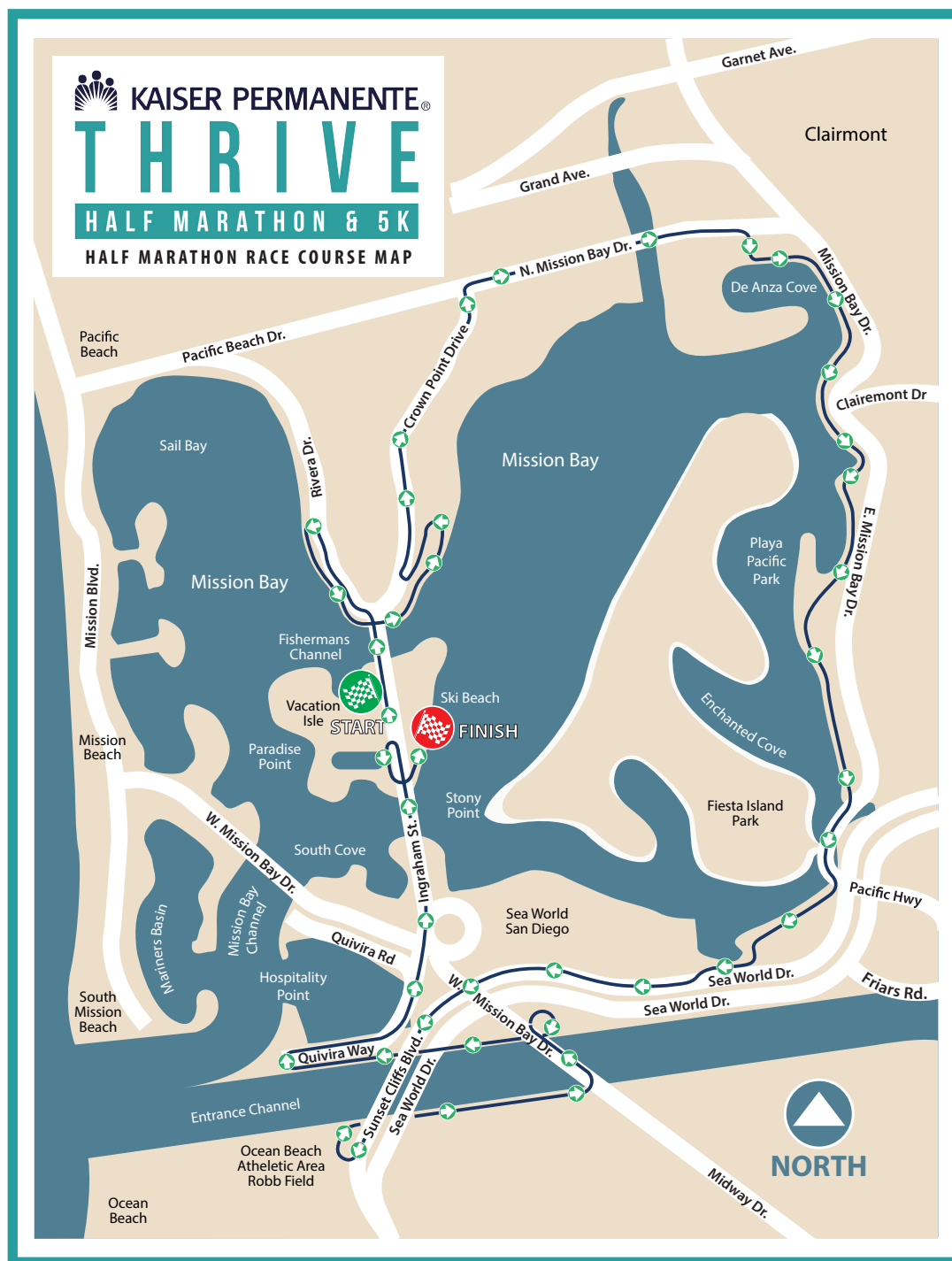
Any runners who have not reached **Mile 9 by 9:45 AM** will be detoured to a shortcut direct to mile 11 to ensure roads reopen on schedule, in accordance with our Special Event road closure permit requirements. This adjustment will shorten the overall course distance by approximately 2 miles for runners who do not make the time cut off.

COURSE MAPS

See the following pages for Half Marathon, Relay, and 5K course maps – or view them online [here](#).

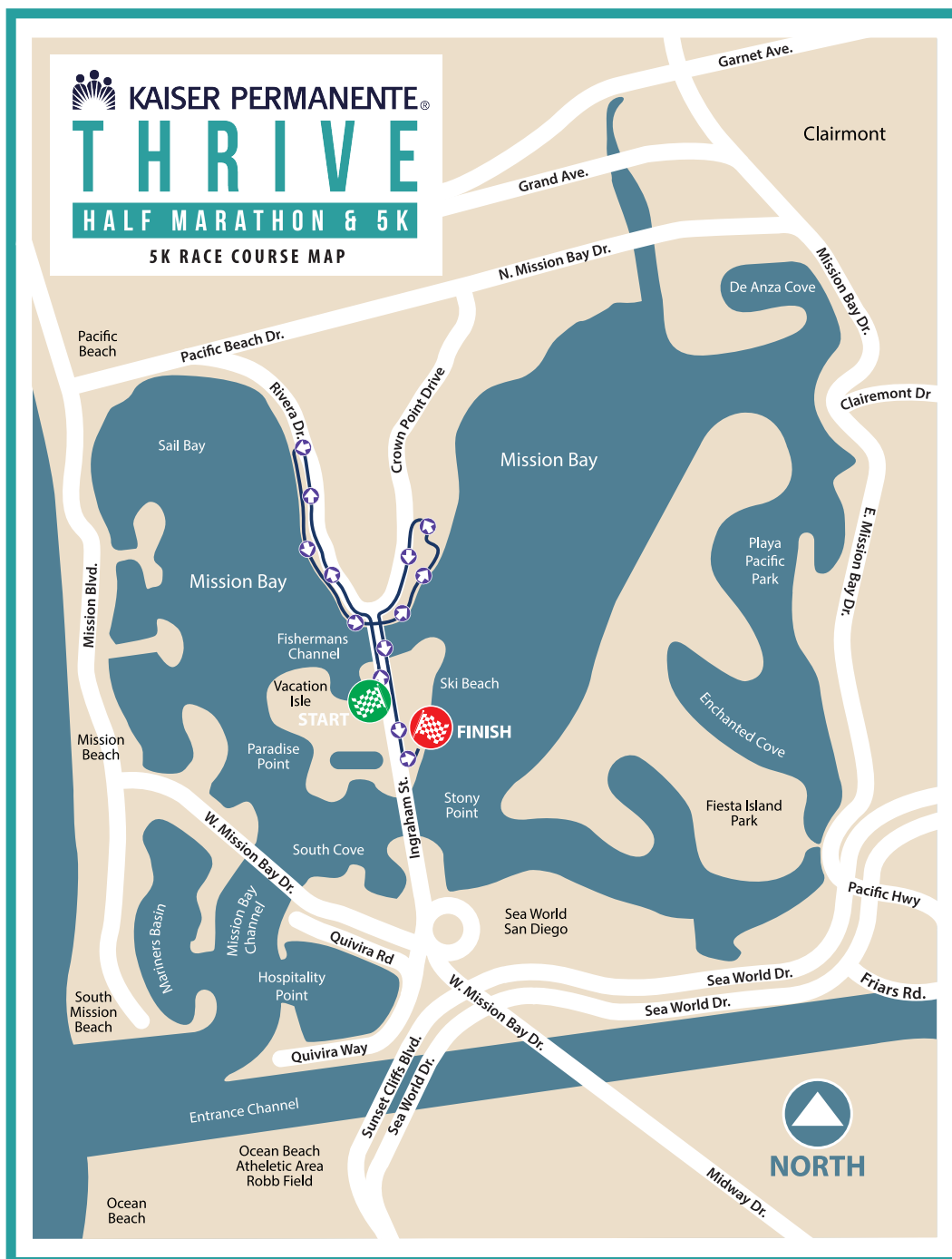
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HALF MARATHON COURSE



SATURDAY, NOVEMBER 1, 2025

5K COURSE



HALF MARATHON RELAY COURSE



RELAY TRANSITION ZONE:

Location: Tecolote Shores

[1346 East Mission Bay Drive](https://www.kaiserpermanente.org/locations/tecolote-shores)

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.



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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.

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

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 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.

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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.

RESULTS

Results will be posted to thrivehalfmarathon.com/results immediately following the event. For any results corrections, please email scott@tmracetiming.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.





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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.



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 2026

Get a Head Start on 2026! [Secure your spot early](#) for next year's Kaiser Permanente Thrive Half Marathon & 5K, taking place on **November 7, 2026**. Exclusive presale pricing is available now:

Half Marathon -- \$88*

5K -- \$34*

*2026 Presale will be open until November 16, 2025!



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THANK YOU TO OUR PARTNERS



KAISER PERMANENTE®



AMN®
Healthcare

Make-A-Wish®
SAN DIEGO



EASYDay
SPORTS



mudroom



DryWater®