KAISER PERMANENTE®
THRIVE San Diego
HALF MARATHON & 5K

FINAL INFORMATION

SATURDAY, NOVEMBER 14, 2026

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

RACE WEEKEND AT A GLANCE

PACKET PICK-UP

HOURS AND LOCATION

Thursday November 12th, 2026
12:00PM – 6:00PM
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, November 12th, 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 Vacation Isle Park**, 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

Make-A-Wish® SAN DIEGO

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

Vacation Isle Park: 1600 Vacation Road
San Diego CA 92109
**Please note this year the start/finish is at Model Yacht Pond on the west side of Ingraham St.*

RACE DAY SCHEDULE

Saturday, November 14, 2026

5:30am: Race Day Packet Pick-up & Registration Opens
6:00am: Shuttle Service Begins from Crown Point Shores Parking Lot
7:00am: Half Marathon & Half Marathon Relay Start
7:15am: 5K Start
7:20am: 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
9:00am: Awards Ceremony (Overall and Masters winners)
9:15am: Make-A-Wish® San Diego Presentation
9:30am: Live Music – *Serious Guise*
10:45am: Last Shuttle leaves to Crown Point Shores Parking Lot
11:00am: 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 Vacation Isle Park. Parking will be limited in the primary lot as runners will park early for race day. Carpooling is strongly encouraged!

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PARKING

Parking will be **available until 6:30am** on a first come, first served basis at the 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. Complimentary shuttles will be running between the Crown Point Shores lots and Ski Beach between 6:00am and 10:45am.

If arriving after 6:30am, it is HIGHLY RECOMMENDED that you approach from the <u>north side</u> 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.

If you park in the North or South Ski Beach Parking Lots, you will not be able to exit until 8:30am when our 5K race concludes.

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



1,2	Ski Beach/North Ski Beach Parking Lots – closes at 6:30am or once full
NOTE	If you park in 1 or 2 you must wait until the conclusion of the 5K at 8:30am to exit the lot.
3, 4, 5	Crown Point Shores Parking Lots
	Parking ONLY for staff/VIP/volunteers PASS REQUIRED – **Must Park Before 6:15AM**

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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 all 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	1.5
2	Half/5K	Water +DryWater	Corona Oriente & Crown Pt Dr.	3.1
3	Half	Water	N Mission Bay Dr west of De Anza Cove	4.3
4	Half	Water	Tecolote Shores - 1346 East Mission Bay Drive	6.8
5	Half	Water + DryWater	South Shores & Boardwalk	8
6	Half	Water	Sunset Cliffs & SD River Bike Path	9.4
7	Half	Water	Quivira Rd & Sunset Cliffs on-ramp connector	11.7

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 course has a **3-hour and 30-minute time limit**.

Any runners who have not reached **Mile 9 by 9:30 AM** will be detoured to a shortcut direct to mile 11 to ensure roads reopen on schedule. This will shorten the overall course distance by approximately 2 miles.

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

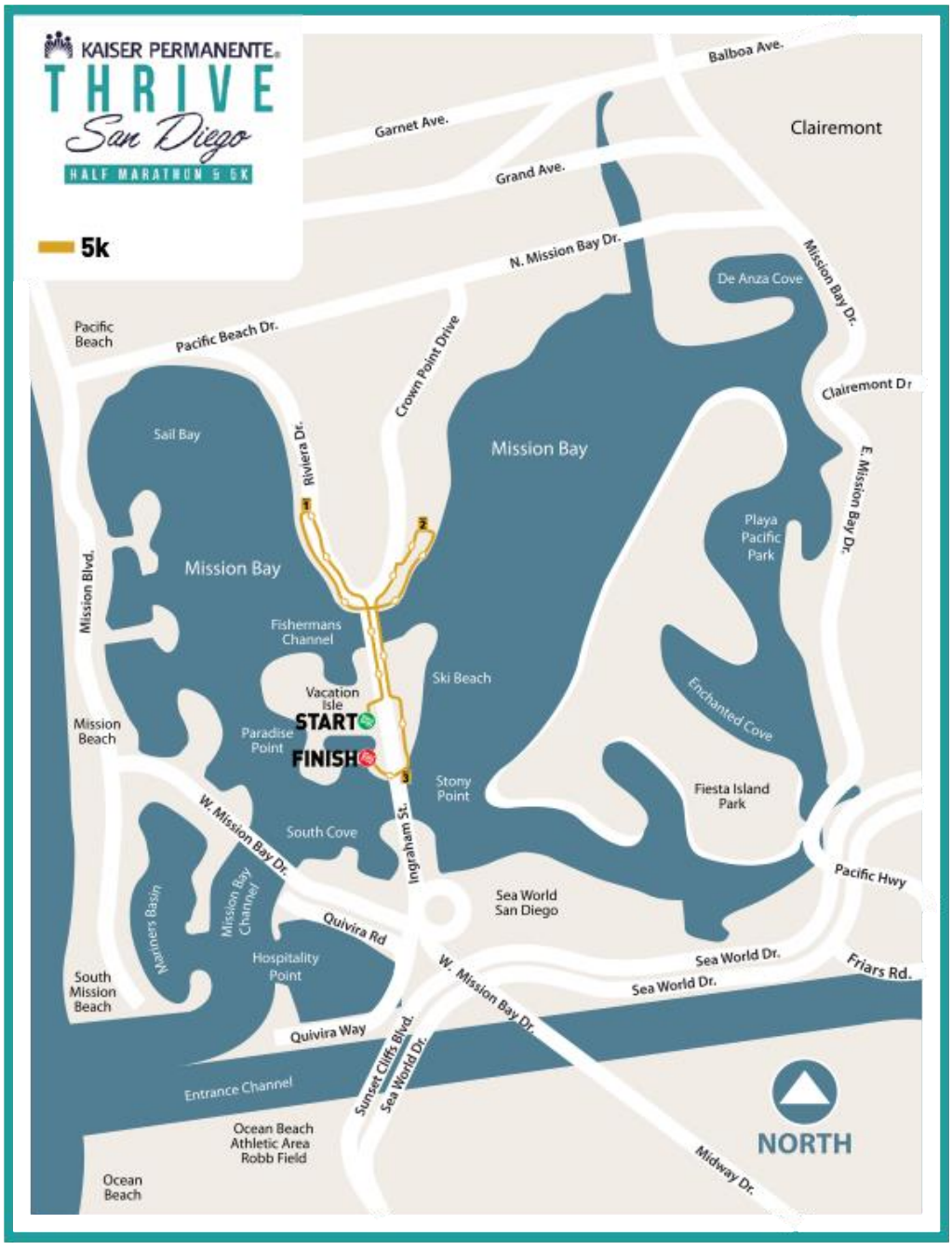


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5K COURSE



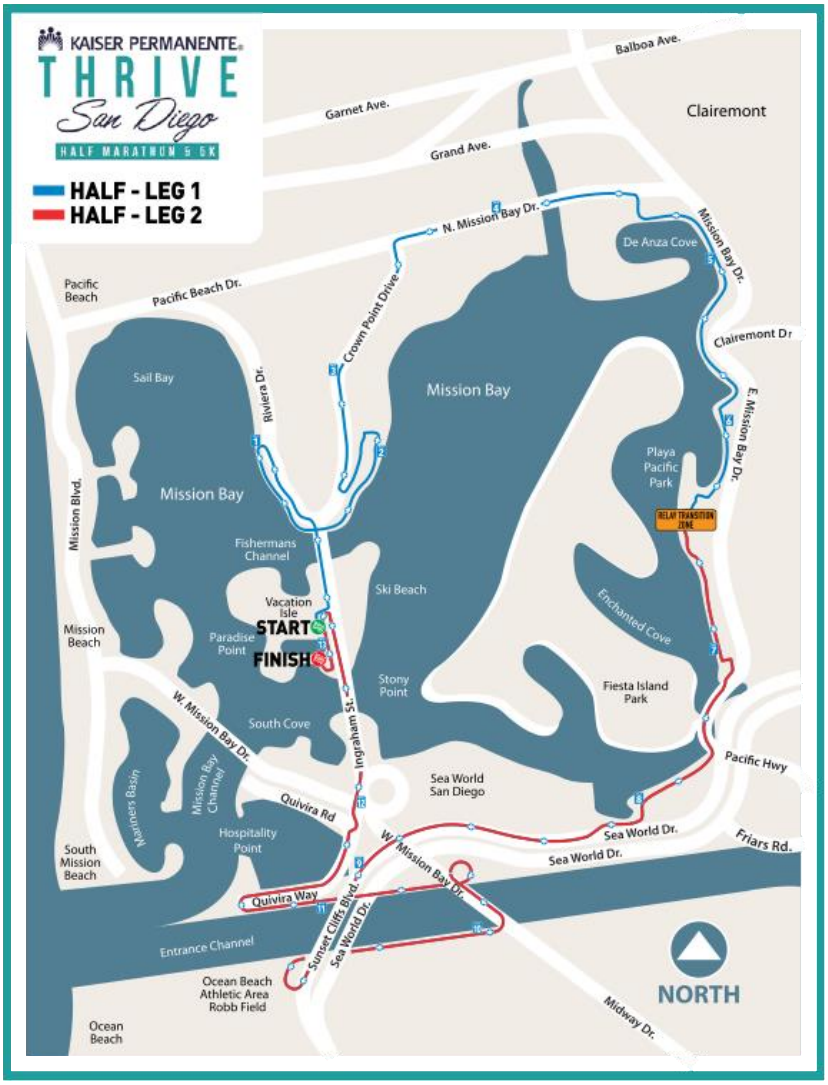
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HALF MARATHON RELAY COURSE

CLICK HERE FOR RELAY SPECIFIC FINAL INSTRUCTIONS



RELAY TRANSITION ZONE:

Location: Tecolote Shores
1346 East Mission Bay Drive

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 prior to when the bus departs at 6:50am**. 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 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.

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.

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WISH WALK START

Wish Walk participants should check in at the Make-A-Wish tent between **5:30 - 7:00 AM** to pick up their charity bib. The Wish Walk will begin at **7:20 AM**, following the 5K start. This is an untimed event, and participants will not receive an event shirt or finisher medal.

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 72 hours of completing your run. Please be sure to share your favorites on Facebook or Instagram and tag @ThriveHalfMarathon.

RESULTS

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

AWARDS

All Half Marathon, Relay, and 5K 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.

THRIVETS

GOVX
SAVINGS FOR THOSE WHO SERVE

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.

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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

EASY DAY 5K SERIES MEDAL

Did you complete all three events in the 2026 Easy Day 5K Series? If you participated in the **Crown City Classic, Margaritaville Run, and Kaiser Permanente Thrive** this year, completing a **5K distance or longer at each event**, you've earned your **Easy Day 5K Series Medal!**

Be sure to stop by the **Awards Tent on race day** to pick up your medal and celebrate completing the series!

PRESALE FOR 2027

Get a Head Start on 2027! Secure your spot early for next year's Kaiser Permanente Thrive Half Marathon & 5K, taking place on **November 13, 2027**. Exclusive presale pricing is available now:

5K -- $30*
Half Marathon -- $88*

*2027 Presale will be open until November 29, 2026!

Please note: *The 2027 event date is tentative and subject to change.*

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THANK YOU TO OUR PARTNERS

KAISER PERMANENTE®

AMN® Healthcare

Make-A-Wish® SAN DIEGO

ROAD RUNNER SPORTS

ATHLETIC BREWING CO®

GOVX SAVINGS FOR THOSE WHO SERVE

DryWater®

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ORGANIC ARTISAN ENERGY BAR JAMBAR®

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