

# 2017 La Jolla Shores 5K

## Final Event Instructions | Please Read Carefully

### SCHEDULE OF EVENTS

#### Friday, April 21, 2017

La Jolla Half Marathon Expo..... Noon to 6 p.m.  
Hilton San Diego/Del Mar  
15575 Jimmy Durante Boulevard, Del Mar, CA 92014

#### Saturday, April 22, 2017

La Jolla Half Marathon Expo ..... 10 a.m. to 5 p.m.  
Hilton San Diego/Del Mar  
15575 Jimmy Durante Boulevard, Del Mar, CA 92014

#### Sunday, April 23, 2017

5K Start..... 7:30 a.m.  
La Jolla Shores Drive and Horizon Way

### LA JOLLA HALF MARATHON EXPO

You are encouraged to save time on race day by attending the expo on one of the days listed above to pick up your bib number, shirt and cinch bag. While there, be sure to shop our line of stylish and affordable La Jolla Half Marathon souvenir apparel.

#### Important notes about picking up your bib number:

- Bib numbers are not mailed out
- You must show a photo ID to claim your bib number
- If you're unable to pick up your bib number, you may have someone else pick it up for you; however, they must present a photocopy or electronic copy of your photo ID to do so.

Once at the expo, pick up your bib number and present it to claim your shirt and cinch bag. Please note that while we will do all we can to ensure you receive the shirt size you requested, we cannot make any guarantees.

#### Expo Parking

Free parking is available in the dirt lot on the south side of the Hilton San Diego/Del Mar across from the Del Mar Fairgrounds. Parking at the hotel is limited and available for \$3 for self parking and \$15 for valet and there is no discounted rate for expo attendees.

#### RACE DAY BIB NUMBER PICKUP

Race day bib pickup is available near the 5K start line and will open at 6:30 a.m. and close at 7:15 a.m. Race shirts will be available for pickup at the finish line.

#### TIMING

The back of your bib number will have a plastic strip which is your B-tag timing device. Do not remove the tag from your bib - it stays affixed to the back of the number where it is read by radio frequency.

### COURSE TIME LIMITS

All Shores 5K participants must be able to complete the course in 1 hour. This means you must maintain a 19:21-minute-mile pace or faster.

### PRE-EVENT SHUTTLES AT LA JOLLA COVE/FINISH LINE

Complimentary bus service will transport 5K runners from the finish area at La Jolla Cove to the Shores 5K start area located at La Jolla Shores Drive and Horizon Way from 6:30 to 7 a.m. Perky Beans will be onsite at La Jolla Cove selling coffee and other breakfast items.

### DIRECTIONS TO PRE-EVENT SHUTTLES AT LA JOLLA COVE

From the North: Take Interstate 5 south and exit at La Jolla Village Drive. Proceed west on La Jolla Village Drive to Torrey Pines Road and turn left. Continue to Prospect Place and turn right. Proceed down Prospect, park in La Jolla and walk down to the Cove.

From the South: Take Interstate 5 north and exit at La Jolla Parkway. Proceed west on La Jolla Parkway to Prospect Place and turn right. Proceed down Prospect, park in La Jolla and walk down to the Cove.

Park only in marked spaces and watch for No Parking signs. Vehicles blocking emergency access, double-parked or parked in No Parking areas will be towed.

To view nearby parking options visit [www.Parkopedia.com](http://www.Parkopedia.com) and search La Jolla Cove or use this [handy link](#).

### DIRECTIONS TO THE RACE START

The La Jolla Shores 5K starts at the corner of La Jolla Shores Drive and Horizon Way (nearest physical address is 9393 La Jolla Shores Drive). From Interstate 5, take the La Jolla Village Drive exit and head west. Proceed west approximately 2.2 miles on La Jolla Village Drive which will become North Torrey Pines Road. Turn left at La Jolla Shores Drive and look for parking. Please note that parking is very limited in this area so allow plenty of time to park and walk to the start line.

### GEAR CHECK DROP-OFF/PICKUP

Gear drop-off will be available at the 5K start line. All collected gear is transported to the finish line for pickup immediately after your race. **All checked gear must fit into one 11" x 16" bag which will be supplied by the race when you check in your gear. NOTE: This gear check bag is not the cinch bag you'll be provided when you pick up your race shirt. You may not check backpacks or duffle bags. Bags deemed too large to fit into an event-supplied bag will not be allowed on the shuttles.** Don't pack valuables. Race organizers are not responsible for lost or stolen items. Items left at the start line, on the course or not claimed on race day from the Gear Pickup tent will be donated. Unattended bags will be removed by security.

### COURSE SUPPORT

There will be two on-course support stations with water and portable toilets. Ultima Replenisher will also be available at the second support station.

## IMPORTANT COURSE ADVISORIES

NEW THIS YEAR: Because of construction in La Jolla Shores there is a slight detour from the end of the boardwalk to the entrance to the La Jolla Beach and Tennis Club. Be sure to follow the coned lane and direction of course guides.

Most of the race is run on streets that will also be carrying normal vehicular traffic. The streets are divided with cones and **FOR YOUR SAFETY, YOU MUST STAY WITHIN THE CONED LANE AT ALL TIMES.**

## MEDICAL

If you experience a medical problem on the course, go to the nearest water station where a medical representative will be called to assist you. If you are unable to finish the race, shuttle transportation back to the finish can also be called from every water station. Race Guards trained in CPR and first aid will also be out on the course. There will be a medical tent in the secure, fenced-in finish chute, just beyond the finish line as well as a self serve ice tent in the finish line festival area.

## DISCARDED CLOTHING

If you must discard any clothing during the event, we ask that you do so only at water stations. **Note: Clothing discarded at water stations will be donated to local shelters.**

## POST-EVENT MESSAGES

Rehab United will be offering post-event massages at the finish line. [Click here](#) and then click on the Online Store tab to prepay for your massage!

## LIVE TRACKING

We offer free live tracking so your family and friends can track you during your race. On race day, there will be a link to live tracking located on the [race website's](#) homepage.

## FINISH LINE

Once you cross the finish line you'll receive water and your post-event food and beverages (in this order). Keep moving through the finish line until you have completely exited the fenced-in area. For everyone's safety, the finish line chute area is completely closed off to family and friends. You may not wait in the finish line chutes for other participants to finish. Once you've exited the finish line, relax and enjoy the cool ocean breezes, live entertainment, beer garden and booths.

## AWARDS PRESENTATION

Awards will be presented from the main stage to the top three overall male and female finishers in the half marathon and 5K. All age group awards will be mailed approximately one to two weeks after the event to the top three male and female finishers in the following age groups: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

## BEER GARDEN

The finish line beer garden opens at 8 a.m. and is available to registered participants over the age of 21 with their bib number and proper ID. Visit the beer garden to receive a complimentary Ballast Point beer (limited to one per person while supplies last). While in the beer garden, relax and enjoy music provided by a local DJ and chips, salsa and guacamole from Rubio's Coastal Grill.

## RACE RESULTS

Results will be posted at the event and will also be available online after the race at [www.lajollahalfmarathon.com](http://www.lajollahalfmarathon.com).

## OFFICIAL EVENT PHOTOS

MarathonFoto photographers will be stationed on the course to take your picture. You will be able to view your picture(s) by logging on to the [race website](#) after the race. The La Jolla Half Marathon does not guarantee that each and every participant will be photographed.

## RANCHO LA PUERTA GIVEAWAY

Somebody's in for a real treat! The spectacular Rancho La Puerta resort located in San Diego's backyard in Tecate, Mexico will be giving away a 4-day luxury stay for two to one lucky 2017 La Jolla Half Marathon or Shores 5K participant! The resort offers a runner's retreat like no other with miles of trails, thousands of acres filled with mountains and meadows, delicious organic cuisine, pure fun and relaxation. [Learn more](#) and register by Friday, April 28 for your chance to win.

## ASSISTANCE, UNOFFICIAL PACING AND OTHER NO-NO'S

Cyclists, skaters, unofficial pacers, dogs or pets of any kind are not allowed anywhere on the course. For safety reasons, we discourage the use of headphones. **Also due to steep downhills on both the half marathon and 5K courses, strollers, racing chairs and handcycles are not allowed in either event.**

## FAMILY REUNION PLAN

There will be thousands of people at this event. We strongly suggest you make a plan with your friends/family as to where you'll meet them after your race.

## QUESTIONS

Call 760.692.2900 or email [lajollainfo@inmotionevents.com](mailto:lajollainfo@inmotionevents.com).

## THANK YOU SPONSORS



Share your photos!

**#LAJOLLAHALFMARATHON**