



SURF CITY USA® MARATHON

OFFICIAL FINAL INSTRUCTIONS

February 7, 2010

COWABUNGA! It's time to get ready for California's Classic Oceanfront Marathon! You will be part of Surf City's largest field ever, celebrating 20,000 entrants from all 50 states and 12 different countries. **Please read this Final Instructions brochure carefully.** It contains important details and tips that will help make the most of your Southern California weekend.

PACKET PICK UP

You must pick up your packet at the Active Lifestyle Expo on Friday, Feb 5th (3-7 p.m.) or Saturday, Feb 6th (9 am to 5 pm). **There is no race day packet pick up.** To pick up a packet for a family member or friend, you must bring a copy of their ID and a note giving you permission to do so.



RACE BIBS You must wear your race bib at all times during the race. Runners without a bib will NOT be allowed on the course or in the start/finish area.

- Complete all emergency information on the back of your bib.
- Race bib **MUST** be visible and worn on the **FRONT** and outside all clothing during the entire race.
- Your race bib is non-transferable and may only be worn by **YOU**.
- Securely fasten your number to your shirt.

CHRONO TRACK TIMING TAGS - The Marathon, Half Marathon, and 5K will be timed using the Chrono Track Tag Timing system. When you pick up your bib number, your timing device tag will be attached to your bib. The tag will easily detach from your bib number and you'll attach it to your shoe before your race. Chrono Track's tags are disposable which means there is no chip to return and you'll avoid the hassle of removing your chip after the race in the finish line. **PERSONAL TIMING CHIPS WILL NOT WORK WITH THIS TIMING SYSTEM.**

GEAR BAG STORAGE - Turn-in your gear bag before the race in the large white tent in the finish line festival (same location as pre-race expo). You will pick-up your bag in the same place after the race. Do not store anything valuable (keys, wallet, etc.). We are not responsible for lost or stolen items.

START LOCATIONS

Marathon and Half Marathon - Pacific Coast Highway at Huntington Street in front of the Hilton Waterfront Beach Resort. The half marathon starts in the same location at 7:45 a.m.

5K and Kids Run - Main St., ½ mile north on PCH.



WAVE START TIMES

Full Marathon	6:30 AM	2 Waves
5K	6:50 AM	2-3 Waves
Half Marathon	7:45 AM	9 Waves

In a wave start, groups are organized according to their individual predicted finish times. This way you can run with others who are similar in speed. When you registered you entered your expected finish time and your bib was assigned accordingly. A wave start will allow you plenty of space along the course, at the aid stations and at the finish line, without affecting your tag time or the time you have to complete the race. All full and half marathon participants will still have the "6-hour time limit" to complete the course.

OFFICIAL SPORT DRINK - VITALYTE™

We selected Vitalyte™ sport drink for on the course because of its superior nutritional value. Water can dilute the blood; and other sugary sports drinks tend to pull more water from the body to digest all the sucrose. Vitalyte™ on the other hand, has no added sucrose and is the same concentration as blood, so it's absorbed quickly and works to restore the body's natural electrolyte balance. No empty calories, no added sugar, no artificial coloring, just an all-natural electrolyte replacement drink formulated for life - all of it.



ON COURSE AID STATIONS

Please consult the marathon course map for aid station locations and exactly what nutrition products will be at each location. Peanut butter and jelly sandwiches, Larabars, Erin Baker's Cookies, and Sharkies Energy Chews are among the products that will be available.



FINISH LINE - The finish line is a few hundred yards north of the Start Line on Pacific Coast Highway. The Finish Line Expo is in the beach parking lot across from the Hilton, close to the Start Line, in the same area as the pre-race expo. The full marathon, the half marathon, and the 5K all finish at the same place.



FINISH LINE FOOD - Race recovery food for marathon participants will be pre bagged and available for pick up in the finish area chute right after you pick up your medal. Enjoy

bananas, apples, Cascadian Farms nutrition bars, and Clif Quench Sport Drink.

PACE GROUPS - A Snail's Pace Running Club will be providing Pace Group leaders for both the full and half marathon. The Pacers will line up at the start line with a sign indicating their predicted finish time. You will be able to recognize the pace leaders by their Snails Pace Pacer Singlet and hand held pace sign. We recommend that you identify your wave corral at least 30 minutes before the start and be in the corral 15 minutes before your wave starts.



Dozens of Brightroom photographers will be on the course and at the finish line to try to catch a shot of every runner at least once. Check online the week after the race to order your personalized photo and bib memorabilia!

MICHELOB ULTRA BEER GARDEN

In Southern California style, the Michelob Ultra Beach Party will be in the finish area near the expo. Come on in and have a cold one with the Longboard Crew - Huntington Beach's original surfing club! Your race bib and I.D. (21 and over, please) are good for a couple of freebies. Michelob ULTRA is a smart choice for adult consumers living an active lifestyle. With 95 calories, 2.6 grams of carbs and exceptionally smooth taste, it's the superior light beer perfectly balanced for the ULTRA life. Live life to the ULTRA. **Limit 2 beers per participant.**



Greenlayer Sports

OFFICIAL SURF CITY MERCHANDISE - Find everything you need to remember this weekend! Beachy Surf City Marathon sweatshirts and Official logo race apparel by Greenlayer will be available during the expo and on race day.

OFFICIAL RACE CHARITY PARTNER

Congratulations to all who used this race to raise money to help the Free Wheelchair Mission send specially engineered wheelchairs around the world to those in need. Over \$1.6 million has been raised through this powerful partnership to date!



EMERGENCY MEDICAL RESPONSE

The Medical Team, directed by DR. Bassil Aish, is available to assess any race day medical needs and administer acute first aid when necessary. The HB Fire Department teams and medical aid stations will be positioned along the course.



In addition to cyclists patrolling along the course, the Huntington Beach RACES radio personnel will be posted at all AID Stations to assist with rapid response radio communications to support the medical teams. If you need help, look for a RACES member in a bright orange jacket.

MARATHON SPECIFIC PARKING INFORMATION

ARRIVAL & PARKING CLOSE TO START LINE

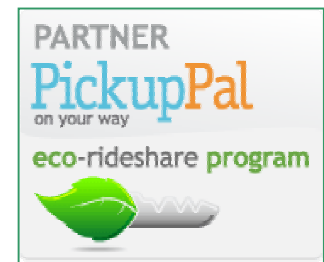
The early start time allows for marathon participants to get to the beach lots closest to the start and finish area (SEE MAP). Marathon runners should plan to be parked by 5:40 a.m. The city lot at Beach Blvd. and Pacific Coast Highway is the closest to the start line. Enter the lot and Beach Blvd. and turn right (north) toward the footbridge that crosses over Pacific Coast Highway near Beach Blvd. See below for detailed instructions.

Parking Fees - The city beach lots north of Beach Blvd on PCH are **free for expo parking on Friday and Saturday ONLY**. On Race Day, these lots and the downtown city lots charge a \$10 fee upon exit. The city beach lot at Beach Blvd. is close to the start line and is well worth the \$10 if you get there early enough to get a spot.

The state beach lots south of Beach Blvd., including Newland, Magnolia, and Brookhurst are all **FREE on RACE DAY ONLY**. Other free areas include much of the street parking between Beach Blvd and Huntington Street, east of Pacific Coast Highway. Look on the map and plan your street parking location while visiting the expo
NOTE: If you park at a metered parking spot, you must pay the parking fees or expect to be ticketed.

CLOSEST TO START LINE - GET DROPPED OFF Convenient drop off areas are located on Pacific View and Atlanta, behind the Hilton Hotel close to the start line.

RIDESHARE with PICKUP PAL - Use this great service to find carpools, share rides, costs, and make it easier to park. Sign up from the web site at www.runsurfcity.com.



BIKE RACKS - Non-monitored bike parking is available on Friday, Saturday and race day. Bike parking is located on the beach path behind the expo (close to the start line) and downtown at 2nd Street and PCH. Local residents are encouraged to ride their bikes. Bring your own lock. We are not responsible for your bike. Please locate them on the parking map.

PRIMARY PARKING FOR ALL MARATHON PARTICIPANTS IS THE CITY BEACH LOT AT BEACH BLVD. AND PACIFIC COAST HWY

DIRECTIONS to BEACH BLVD. City Beach Parking - Closest to Start Line - \$10 on Race Day - Pay as you exit.

TIP: Review the map and drive your race day parking route when you pick-up your race packet so you know where you are going on race morning.

Driving South on 405

Exit at Beach Blvd. Turn right (south) on Beach Blvd (toward the beach). You can follow Beach Blvd. all the way to PCH, cross PCH, and enter the Beach Blvd. city lot. Turn right as you enter the lot. **IMPORTANT:** If you hit traffic on your way down Beach Blvd, you can turn left on Atlanta and take either Magnolia or Brookhurst to PCH into the beach lot.

Driving South on PCH - (PCH will be closed at Warner)

Turn left (inland) at Warner. Follow Warner all the way to Beach Blvd. Turn right (south toward the beach) and follow Beach Blvd. all the way to PCH to the beach lot. Turn right as you enter the lot.

Driving North on 405

Exit at Warner toward the beach. Follow Warner all the way to Beach Blvd. Turn left (south) on Beach Blvd and follow to the beach lot (**recommended**). Turn right as you enter the lot.

Driving North on PCH

Turn left into the beach lot at Newland, before you get to Beach Blvd. You can take a shuttle to the start area. Find the Shuttle Stop on the map.

Shuttles - Free round trip shuttle service will be available from most major parking areas (not right by the start line) as shown on the map. Post race shuttles will pick up in the same location where you are dropped off.