



# **SURF CITY USA® SUNRISE 5K**

## **OFFICIAL FINAL INSTRUCTIONS**

### **February 7, 2010**

## **Surf City, Here We Run!**

**COWABUNGA!** It's time to get ready for the Surf City USA® Sunrise 5K! 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 includes important information 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 5<sup>th</sup> (3 p.m. -7 p.m.) or Saturday, Feb 6<sup>th</sup> (9 a.m. 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 race bib will be routed off the course and will NOT be allowed in the start or finish line area.

- Complete all medical and emergency contact 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 with safety pins.



**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.**

### **START TIMES, SUNDAY, FEBRUARY 7**

**MARATHON**                    **6:30 a.m.** (2 Wave Start - this is about 15 minutes **BEFORE** sunrise)

**5K**      (at Main St)    **6:50 a.m.** (2-3 Wave Start - just **AFTER** sunrise - earlier than 2009)

**HALF MARATHON**        **7:45 a.m.** (9 Wave Start)

**KID'S FUN RUN**            **8:35 a.m.** (Start by Age Groups at Main Street)

## START LINES

**5K Start Line Location** - Pacific Coast Highway at Main Street in downtown Huntington Beach. Note that this is ½-mile north of the starting line for the marathon (6:30 a.m.) and the half marathon (7:45 a.m.). The longer races start at PCH at Huntington Street, across from the Hilton.

## **SPECIAL INSTRUCTIONS FOR 5K START**

- The full marathon starts at 6:30 a.m. and will run through the 5K Start area on PCH before the 5K starts.
- All 5K participants are to stage on Main Street until after the last marathon participant passes through.
- After the last marathon participant passes Main Street, 5K participants will move to PCH to prepare for the start.



## **WAVE START INFO - 2-3 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. Please note: there will be 2 - 4 minutes between each wave. The Race Announcer will call you to the start line based on your pace. A wave start will allow you plenty of space along the course and at the finish line, without affecting your tag time.

**OFFICIAL SPORT DRINK - VITALYTE™** - We selected Vitalyte™ sport drink for the finish line 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.



**5K FINISH LINE** - The 5K will finish on Pacific Coast Highway between 1st Street and Huntington Street at the same finish line as the marathon and half marathon. This is about ½-mile south of the 5K starting line. The Finish Line Festival is in the same area as the pre-race expo. It is a short walk from the Finish Line Festival back to the 5K start area. A return shuttle to the 5K parking lots will be available in front of the hotels on Pacific View or at Main and Orange.

**FINISH LINE FOOD** - Race food for participants will be 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.



### **MICHELOB ULTRA BEER GARDEN OPENS AT 7:30**

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.**



### **OFFICIAL SURF CITY MERCHANDISE**

Celebrate your race experience with beachy Surf City Marathon sweatshirts and Official logo race apparel by Greenlayer! Merchandise will be available during the expo and on race day.



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!

### **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!



**5K PARKING INFORMATION NEXT PAGE...**

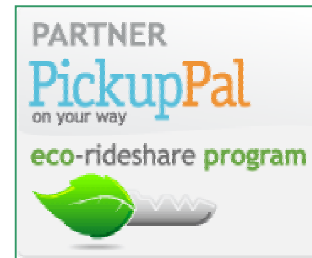
## 5K SPECIFIC PARKING and SHUTTLE INFORMATION

With 20,000 total participants (3,000 in the 5K), expect very heavy traffic race morning. Please allow extra time for parking and walking to the start line. Free 5K shuttles will be available from the 5K parking areas on map. All other shuttles go to the Marathon start. All events will start on time. Download the parking map and drive your race day parking route when you come to the expo. Race morning is a difficult time to find out where to park. Please plan ahead.

**CARPOOLING IS KEY** - If everyone carools at least 4 riders to a car, race morning traffic and parking will be a breeze. Use Pickup Pal to meet other runners ready to carpool. Check the parking map for lots and shuttle locations.

**DROP OFF AREAS** - Convenient drop off areas are located on Acacia, between Main and Orange, very close to the 5K start line.

**RIDESHARE with PICKUP PAL** - Use this great service to find carools, share rides, costs, and make it easier to park. Sign up at [www.runsurfcity.com](http://www.runsurfcity.com).



**BIKE RACKS** - Non-monitored bike parking is available for Friday, Saturday and race day. Bike parking is located on the beach path behind the expo (close to the start line) and downtown at 2<sup>nd</sup> Street and PCH. Local residents are encouraged to bike in!

**ALL 5K, Kids and Spectator Parking Is Downtown  
See Map For Shuttle Stops Highlighted in Green**



### 5 POINTS SHOPPING PLAZA

Located on the corner of Main Street and Beach Boulevard in Huntington Beach  
Free parking and shuttle.

### PARK AT THE STRAND (Shorebreak Hotel) - **ONLY 50 YDS FROM START LINE**

One block north of Main Street at 6<sup>th</sup> and Walnut. Check the map. Parking is \$5 if you show your race bib when you exit.

### CITY PARKING STRUCTURE - BETWEEN FIRST AND MAIN (Jog to Start)

From Beach Blvd. turn right on Main St & left on Walnut. From Atlanta, turn left on Main & right on Walnut. \$10 fee - Pay as you exit.

### CIVIC CENTER - ON MAIN STREET BETWEEN 17<sup>TH</sup> AND YORKTOWN

Driving south down Beach Blvd., turn right on Yorktown. From Warner, turn right on Goldenwest, left on Yorktown. Shuttle from Yorktown South of Main. Free parking and shuttle.

### SCHOOL AND RESIDENTIAL PARKING.

Park in the Smith Elementary and Dwyer Middle School lots off of 17<sup>th</sup> or in the neighborhood and a Shuttle will pick you up at 17<sup>th</sup> or 11<sup>th</sup> and Palm. Some free parking and shuttle.  
**If you park in metered spots, you must pay the meter or you will be ticketed.**

**RETURN SHUTTLE TO 5K PARKING LOTS AVAILABLE IN FRONT OF THE HILTON  
AND HYATT AT TWIN DOLPHIN AND PACIFIC VIEW**