

## WEEKEND SCHEDULE

### FRIDAY, APRIL 5: **EARLY PACKET PICK-UP**

**Fleet Feet San Diego:** The Village at Pacific Highlands Ranch  
[5980 Village Way](#), San Diego (Hwy 56 & Carmel Valley Rd)  
**Friday, April 5:** 11:00a – 7:00p

### SATURDAY, APRIL 6 & SUNDAY, APRIL 7: **WELLNESS EXPO & PACKET PICK-UP**

**Carlsbad Village:** [Roosevelt St.](#) between Carlsbad Village Dr. & Grand Ave.  
**Saturday, April 6:** 8:00a – 3:00p *\*Packet pick-up priority given to Junior Carlsbad until 10a\**  
**Sunday, April 7:** 6:00a – 1:00p *\*Expo opens at 7a\**

### SATURDAY, APRIL 6: **JUNIOR CARLSBAD RACE DAY**

**Start Line:** Grand Ave.  
**Finish Line:** Carlsbad Village Drive & State Street  
**2019 Schedule:** First race starts at 9:05a. Final race starts at 10:30a.

### SUNDAY, APRIL 7: **CARLSBAD 5000 RACE DAY (5K & All Day 20K)**

**Start Line:** Jefferson Street & Grand Ave.  
**Finish Line:** Carlsbad Village Drive & State Street  
**2019 Schedule:** *\*Updates to the schedule will [be posted online](#), if needed.\**

Masters Men Age 40 & Over   <a href="#">All Day 20K Race 1</a>	6:53a
Masters Women Age 40 & Over   <a href="#">All Day 20K Race 2</a>	7:55a
Men 39 & Under   <a href="#">All Day 20K Race 3</a>	9:04a
Women 39 & Under   <a href="#">All Day 20K Race 4</a>	9:45a
Party People Run & Walk	10:36a
Women’s Elite Invitational	12:00p
Men’s Elite Invitational	12:25p

**Start times are subject to change based on the train schedule.**  
**As an All Day 20K participant, you are running the 4 competitive races as noted above. Please note the transition time between Race 3 & 4 is very tight due to the train schedule – start times may shift on race day in accordance with trains.**

## WELLNESS EXPO

We are thrilled to have over 25 partners joining us this year! Visitors will find a full range of samples, apparel, footwear, goodies, health & fitness products, and more! The expo is open to the public and all ages are welcome.

Official 2019 Carlsbad 5000 gear will also be available at our merchandise store. Stock up on the newly redesigned World's Fastest 5K swag!

### **PACKET PICK-UP:**

Follow these steps to pick up your number:

1. Confirm your entry for the 2019 Carlsbad 5000 by [clicking here](#).
2. Bring your photo ID. Youth runners without ID, show registration confirmation.
3. Pick up your bib w/ timing tag and race shirt.

You may pick up for others and/or others may pick up for you! A copy of the participant's photo ID is required – either printed or a photo on a phone.

### **RACE BIBS:**

Your race bib features a disposable RFID tag attached to the back. Please follow these instructions to receive an accurate time:

1. Wear your bib & ensure it is visible on the front of your torso.
2. Don't fold or wrinkle your bib to avoid damaging the timing chip.
3. Pin your bib on using safety pins on all four corners so the timing chip stays flat.
4. Don't cover your bib with jackets, bags, etc., so as not to block the timing chip.

Bib transfer are not permitted. If somebody other than yourself uses your bib, you and the party running with your bib will both be disqualified from the event.

### **2019 REGISTRATION:**

Online registration ends Friday, April 5 at 11:59P PT. On-site registration will be available Saturday and Sunday, until the event is sold out.

- 5K: \$45
- ALL DAY 20K: \$85

**Credit and debit payments only. No cash or checks will be accepted for payment on-site.**

## **PARKING:**

Various public parking lots and street parking are available throughout the Village of Carlsbad. We encourage participants to carpool and use the Tamarack, Las Flores, Carlsbad Village and Vista Way (Highway 78) exits. Most participants driving into the Village of Carlsbad will need to find available street parking in the surrounding area of the start/finish lines. Please note, we recommend arriving at least 1 HOUR prior to your race to allow time to find parking and warm up.

## DIRECTIONS

Take I-5 and exit west on Tamarack, Las Flores, Carlsbad Village Dr., or Vista Way (Highway 78) exits.

- TO THE EXPO ON SATURDAY OR SUNDAY – Roosevelt St. (between Grand Ave. & Carlsbad Village Drive)
- TO THE START LINE ON SUNDAY – Near Harding St. & Grand Ave. Please enter the start line from Harding St.

Don't feel like trying to find parking? Call on Uber or Lyft to get you into Downtown Carlsbad on race morning!

## **EXPO HIGHLIGHTS:**

### **Saturday, April 6:**

9:30a - 1:00p – **YMCA Camp Experience & Live Kids Entertainment**

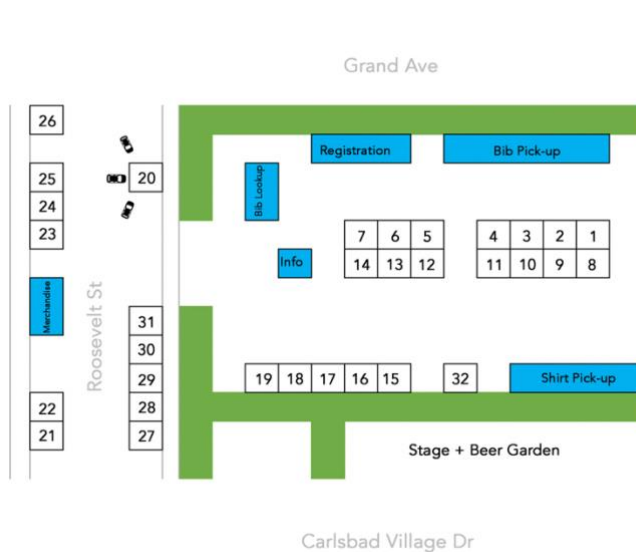
1:00p - 2:00p – **Runner Q&A with Meb Keflezighi & Elite Athletes**

2:00p - 2:30p – **Meet Meb for autographs!**

### **Sunday, April 7:**

8:00a - 1:00p – **Party in the Pizza Port Beer Garden** *\*Last call 12:30p\**

9:30a - 12:30p – **BETAMAXX Concert**



Exhibitor	Booth #
Active Pacific	10
Andy's Hemp Products	15
BFF :: Electric Foam Roller	13
Board & Brew	26
CLIF Bar	18-19
COROS Wearables	31
Crohn's & Colitis Foundation	9
Easy Day Sports	30
Fleet Feet San Diego	31
Porsche Carlsbad	20
Kaleo	7
Camp Kesem	32
Kashi	5
Leucadia Chiropractic	4
Life Bloom Organics	6
Nutztzo	29
PRO Compression	3
Rock 'n' Roll Marathon Series	12
Skechers	11
Snap Nutrition	12
Tarpy Heating & Air	1-2
Leukemia & Lymphoma Society	13
Tough Turtle Turf	8
YMCA of San Diego County	23-25

**\*\*Official Partners\*\***

## RACE SPECIFICS

### **ALL DAY 20K:**

Your All Day 20K will consist of FOUR separate 5K races. You must be at the start line for the first race beginning at approximately 6:53a. While you are running the separate FOUR 5K races, you will only be eligible for age group awards for the race that correlates with your age group.

### **START LINE:**

Participants should line up based on estimated pace per mile (“FAST” 6-7min/mile | “FIT” 8-11min/mile | “FUN” 12-15min/mile). When the horn blows, all runners will be released at once for each race start. There are no ‘corrals’ at the start line. For the safety of all event participants, if you plan to walk please seed yourself towards the back.

**PLEASE NOTE:** All participants must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned at torso height at the front and is visible throughout the race.

**RAILROAD SAFETY INFORMATION:** *\*BE CAREFUL WHEN CROSSING THE TRACKS\**

Please remember to only cross railroad tracks at a designated pedestrian or roadway crossing. Observe and obey all warning signs and signals. NEVER walk down a train track – it is illegal and very dangerous.

**Please take note that the trains traveling through Carlsbad do not follow exact set schedules and may arrive at any time – including during all races.**



**NOTE:** *The course crosses two sets of railroad tracks. The train schedule is **NEVER** final and can be altered at any point. Carlsbad 5000 and Junior Carlsbad 5000 races can be stopped, delayed, and are subject to change at any time (including race day) for the safety of all event participants. Please follow the guidance of event and city officials in the event that a train passes during your race. **Safety first!***

**RESTROOMS:**

Portable toilets will be located near the start and finish lines.

**COURSE SUPPORT:**

There is one aid station at approximately Mile 1.5 on course. It will provide WATER ONLY. If you feel you will need additional electrolytes or nutrition during your race, please plan accordingly.

**RUNNER TRACKING:**

Free tracking is [available here](#).

**MEDICAL INFORMATION:**

Kaiser Permanente is supporting the event with the official Medical Director and AMR and the Carlsbad Fire department, and this team is a dedicated group of medical professionals available to help you. Medical Stations will be located at the Start and at the Finish.

## **AWARDS:**

Age group awards will be presented to the top 3 finishers in female and male categories for the 5K distance. Runners must run in their Age/Gender Division race to earn an award in your category. (e.g., *Male 27 years old is only eligible for awards in the Men 39 & Under race // Woman 53 years old is only eligible for awards in the Masters Women (40+) race*). In accordance with USATF Rules, age group awards will be determined by chip time. To be timed and eligible for age group awards you must wear your timing chip on your bib and you **MUST** run your appropriate age group race (see 2019 Schedule on Page 1).

**AGE GROUP AWARDS MUST BE PICKED UP AT THE AWARDS TENT. Awards will not be mailed after the event.**

## **COURSE:**

You will follow the same route as everyone in the 5K. Once you are finished with each race you will need to make your way back to the start line or to the 20K Lounge, depending on your finish times and the schedule. All Day 20K gear check and refreshments are located inside the All Day 20K lounge in the Chase Bank parking lot, just to the East of the Expo.

## **ALL DAY 20K LOUNGE:**

All Day 20K participants have access to the exclusive 20K lounge. Simply show your bib to gain entry. The lounge gives you access to private restrooms, gear check, additional refreshments, and of course, a place to sit while you wait for your next race. Enjoy the lounge before, in between, or after your races.

## **FINISHER MEDALS:**

All Day 20K finisher medals will NOT be available at the finish line. Please come back to the 20K lounge after you complete your last 5K race to pick up your finisher medal. Because you have earned an exclusive All Day 20K medal, please refrain from taking any finisher medals from the secure zone or at the finish line.

## **RESULTS:**

[Live results will be posted here on race day.](#)

## **PARTY BY THE SEA**

You will receive your medal and refreshments within the runner Secure Zone after you finish the race. After you exit the Secure Zone, proceed to the post-race party to celebrate your achievement, meet up with friends and family, have a beer and enjoy some rockin' live music! The festival is free and open to the public.

### **CELEBRATE AT THE PIZZA PORT BEER GARDEN:**

Come for the run, stay for the fun at the Party by the Sea! Celebrate your accomplishment with not one, but TWO well-deserved complimentary Pizza Port beers at the finish line. Pizza Port has brewed two specialty beers for race day – Full Sprint IPA & Cool Down Lager. **Please note, a valid photo ID is required for entrance into the beer garden on race day, no exceptions.**



ALTHOUGH BEER IS FOR PARTICIPANTS ONLY, NON-PARTICIPANTS (21+) ARE ALLOWED IN THE BEER GARDEN WITH A VALID PHOTO ID.

### **BEER WRISTBANDS:**

Wristbands will be provided to participants for beer redemption. **YOU MUST SHOW YOUR BIB AND PHOTO ID IN ORDER TO RECEIVE A WRISTBAND, no exceptions.** Wristbands will be marked for two beer redemptions.

### **PHOTOS:**

Your FREE RACE photos will be available online the week after the race.

## **2020 PRESALE REGISTRATION | LIMITED TIME SPECIAL PRICING**

### **Join us for the 35<sup>th</sup> Anniversary: March 21-22, 2020**

Presale registration will be available Saturday, April 6 through Sunday, April 14 at 11:59p PT.

- 5K: \$25
- Junior Carlsbad: \$15

## OFFICIAL PARTNERS

### PORSCHE CARLSBAD



Porsche  
Carlsbad

Porsche Carlsbad, a Hoehn Motors Company, is proud to support the 2019 Carlsbad 5000. For the seventh straight year, Team Hoehn athletes will participate in the World's Fastest 5K and our Boxster and 911 models will be leading the way as official pace cars! Plus, we'll have additional Porsche models on display throughout the weekend at the Health & Wellness Expo in Carlsbad Village. Check out the car of your dreams and learn about the brand new Porsche Carlsbad facility that reflects the Porsche DNA at every turn.

### CLIF Bar



CLIF Bar is proud to sponsor the 2019 Carlsbad 5000. What you eat before, during and after your run is an essential part of your training. Clif Bar & Company offers nutrition designed to sustain energy, optimize performance and aid in post work out recovery. To learn more visit [www.clifbar.com](http://www.clifbar.com).

### Fleet Feet San Diego



Fleet Feet San Diego is your locally owned and operated running store where runners, walkers and fitness enthusiasts of all abilities receive unparalleled service and support. Whether you walk, jog, or run, we will take the time to get to know you and your needs. Our experienced staff is trained to make recommendations for the products that best suit each individual. Our mission is simple. We strive to inspire, motivate, empower, and improve the quality of life for the community we serve.

### YMCA of San Diego County



The YMCA of San Diego County is honored to be a sponsor of the 2019 Carlsbad 5000! Stop by our Summer Camp Experience area for organized games, crafts, treats and more! In addition, attendees can pick-up a FREE YMCA guest pass! With endless exercise options, 18 convenient locations in San Diego



and a beginner-friendly community where you'll always feel welcome, there's no better place to spend time as a family.

The Y: We're for youth development, healthy living and social responsibility.

### PIZZA PORT BREWING CO.



Pizza Port Brewing Co. has been a proud sponsor of the Carlsbad 5000 for over 20 years. Stop by the Pizza Port Beer Garden or any of the Pizza Port pubs to enjoy their two specialty brews, Full Sprint IPA and Cool Down Lager, on race day! Good Beer Brings Good Cheer!

### CARLSBAD VILLAGE FAIRE



After the race, stop by the Village Faire Shopping Center to enjoy their 38+ shops, restaurants, and galleries, or just relax in the courtyard. Located on the corner of Carlsbad Village Drive and Pacific Coast Hwy.

### EASY DAY SPORTS



Our Official event production partner is Easy Day Sports, a boutique event production agency that focuses on premier, professionally-managed endurance sports events. Easy Day Sports, headquartered in Coronado, CA, embodies superior event production and a tireless commitment to excellence, inspired by the motto, "The only easy day was yesterday." For more information, visit [easydaysports.com](http://easydaysports.com).

Thank you for being part of the 34<sup>th</sup> Carlsbad 5000. BIG *thank you* to the City of Carlsbad, all City officials and safety personnel, our incredible volunteers, and to each of you for your support!

Good luck and have a great race.