

CARLSBAD 5000 | APRIL 1-2, 2023

FINAL INFORMATION

WEEKEND SCHEDULE: APRIL 1-2, 2023

SATURDAY, APRIL 1: RACE KIT PICKUP / HEALTH & FITNESS EXPO

10:00 am - 3:00 pm (Carlsbad Village: [Roosevelt St.](#) between Carlsbad Village Dr & Grand Ave)

Runners pick up their bibs, shirts, and goodie bags, plus experience all we have to offer at the Health & Fitness Expo. Check out our Saturday Offers [HERE](#).

* 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.

* If you are not able to pick up your race kit on Saturday, please show up at least 90 minutes before the start of your race to pick up your bib on Sunday.

SUNDAY, APRIL 2: CARLSBAD 5000 RACE DAY

Start Line: Harding Street & Grand Ave.

Finish Line: Carlsbad Village Dr & State St

2023 Schedule: *Updates to the schedule will [be posted online](#) if needed.*

SUNDAY RACE SCHEDULE

Masters Men Age 40 & Over	All Day 20K Race #1	6:55 am
Masters Women Age 40 & Over	All Day 20K Race #2	8:00 am
Open Women Age 39 & Under	All Day 20K Race #3	9:15 am
Open Men Age 39 & Under	All Day 20K Race #4	10:10 am
Junior Carlsbad Kids 1 Mile		11:20 am
Junior Carlsbad Kids 1/2 Mile		11:40 am
People's Race: Non-Competitive, Men & Women, All Ages		12:13 pm
Men's Elite Invitational		1:20 pm
Women's Elite Invitational		1:23 pm

Start times are subject to change based on the train schedule.

Please arrive at the start line at least 10 minutes before your scheduled start time

HEALTH & FITNESS EXPO

We are thrilled to have so many incredible 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 2023 Carlsbad 5000 gear will also be available at our Merchandise Store. Stock up on this year's World's Fastest 5K swag!

SATURDAY EXPO HIGHLIGHTS: 10:00 am - 3:00 pm

- The FIRST 500 runners to pick up their race kit will receive a FREE pair of Knockaround Sunglasses
- FREE VERVE Studios Outdoor Cycle Classes. Four 30-min classes: 10:30am, 11:30am, 12:30pm, & 1:30pm. Limited Spots Available
- CEP BOOTH: Meb will be hosting 2 sessions of book signings throughout the day on Saturday at the CEP booth. 11am and 2pm.

SUNDAY EXPO HIGHLIGHTS:

- 8:00 am - 2:00 pm: Party in the Pizza Port Beer Garden **Last call 1:30pm**
- 9:30 am - 1:30pm – Trey Hill Trio Concert

RACE KIT PICK-UP: Saturday, April 1, 10:00 am - 3:00 pm

Follow these steps to pick up your bib number:

1. Confirm your entry for the 2023 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.

* If you are not able to pick up your race kit on Saturday, please show up at least 90 minutes before the start of your race to pick up your bib on Sunday. Bib Pickup will open at 5:30 am on Sun, April 2nd.

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. Attach your bib with safety pins at 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.

If you want to change your race division, please visit the Solutions Tent on-site on Saturday when you pick up your Race Kit.

Bib transfers 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.

2023 REGISTRATION:

Unless the event sells out beforehand, online registration will end Friday, March 31st at 9:00 pm PDT. On-site registration will be available Saturday and Sunday until the event is sold out.

- 5K: \$65
- Junior Carlsbad: \$39
- All Day 20K: 119

Credit Card payments only (No Phone or Apple Pay).

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 that 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.

Uber/Lyft Drop-Off Location: [3100 Madison St, Carlsbad, CA 92008](#)



ATTENTION:

**PLEASE BE PREPARED TO STOP MID-RACE IN THE
EVENT OF A TRAIN.**

The Carlsbad 5000 race course crosses the train tracks TWICE.

THE TRAINS ARE ACTIVE ALL DAY & MAY CROSS DURING YOUR RACE.

Please follow the guidance of event and city officials in the event that a train passes while you are on the course.

PLEASE BE PREPARED TO STOP MID-RACE IN THE EVENT OF A TRAIN.

RACE SPECIFICS

RACE ASSIGNMENTS & AGE GROUP AWARDS:

During registration, you selected the race you intend to run. Your bib is assigned based on the race category you selected. Please note, participants *must run in the race that matches their age and gender* in order to be eligible for Age Group Awards. If you are assigned to a different race but would like to be eligible for Age Group Awards (top 3 finishers by age divisions), please visit the Solutions tent after you pick up your bib in order to be reassigned.

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, AMR, and the Carlsbad Fire department. 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 2023 Schedule on Page 1*).

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

RESULTS:

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

[Live results for All Day 20K will be posted here.](#)

PHOTOS:

Race Photos will be posted 24-48 hours after the event on carlsbad5000.com.

5K COURSE MAP



ALL DAY 20K

All Day 20K participants have access to the **All Day 20K Recovery Zone**. Simply show your bib to gain entry. The Recovery Zone gives you access to private restrooms, gear check, water, nutrition, & recovery equipment. Enjoy the Recovery Zone before, in between, or after your races!

All Day 20K Recovery Zone is located in the Northeast corner of the Expo site - in the Chase Bank parking lot.
699 Grand Ave, Carlsbad, CA 92008

Your All Day 20K will consist of FOUR separate 5K races. You must be at the start line for the first race (Masters Men) beginning at 6:55 am. 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.

HATS:

You will receive your All Day 20K hat when you check-in at the All Day 20K Recovery Zone. Please show your bib to gain entry.

MEDALS:

All Day 20K finisher medals will NOT be available at the finish line. Please do not take a 5K Finisher Medal in the Secure Zone at the Finish Line. You will receive your 5K Finisher Medal and All Day 20K Medal in the Recovery Zone following the completion of your final race.

The All Day 20K is intended to be run in the first four 5K races of the day. If you are not able to run one of these races for any reason, please take the opportunity to run in the People's Race at 12:13 pm in order to complete the All Day 20K.

JUNIOR CARLSBAD: SUNDAY, APRIL 2

Start Line: 1 Mile (Age 7-12) - Grand Ave & Harding St
½ Mile (Age 4-6) - Grand Ave & Roosevelt St

FINISH LINE: Carlsbad Village Dr & State St

START LINE INSTRUCTIONS:

Races for Ages 5+ will have one smooth start. For Ages 4 and under, we may facilitate several small wave starts. If you are running with your child, please line up at the back of the start line area to allow focus on Junior participants.

RACE NUMBER INFORMATION:

Your child's race number, or bib number, serves as their ticket to the race.

FINISH LINE "KID CHECK" SYSTEM *AGES 6 AND UNDER*

A security system will be enforced for the 4–6 year old age groups. A duplicate bib will be given to guardians of the 4–6 year olds and must be presented by the parent or guardian on race day in order to claim the child at the secure zone exit. Look for designated YELLOW exit signs for bib matching. For children in age groups of 7–12 year olds, parents can meet their children at the exit of the secure zone.

The 'secure zone' is a safe, fenced-in area, for runners only. The kids will be sent through to receive water, snacks, and their finisher medal. Once they reach the exit they may not re-enter. Parents may then receive their child at the secure zone exit.

RACE RULES:

- It is strongly suggested that two adults accompany each participant. One adult can see the child off at the start, and one can meet them at the finish line.
- No strollers, rollerblades, pets, bikes, etc. will be permitted on the course.
- Plan before the race. Select a place and time to meet with your child after their run in case you become separated.
- Children should be able to complete the one-mile run on their own. The course is safe, secure, and medical staff will be present. If you do not feel comfortable having your child run alone, you may accompany him or her in the race.

RACE TIMING:

Junior Carlsbad 5000 races will be timed events this year. Your child's bib number will have a timing tag attached to it. Age group awards are also awarded based on finisher chip results.

JUNIOR CARLSBAD COURSE MAP



POST RACE 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 Post Race 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 – 5K IPA & Finish Line Lager. Please note that your bib and a valid photo ID are REQUIRED for entrance into the beer garden on race day, no exceptions. THE BEER GARDEN IS FOR PARTICIPANTS ONLY (21+). NON-PARTICIPANTS ARE NOT PERMITTED IN THE PIZZA PORT BEER GARDEN.

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 24-48 hours after the race.

2024 PRESALE REGISTRATION | LIMITED TIME SPECIAL PRICING

Join us next year for the 38th Carlsbad 5000 on April 7, 2024

Presale registration will be available Saturday, April 1st for one week only! Sign Up On-Site at the CARLSBAD 5000 PRESALE BOOTH or online at carlsbad5000.com after the race.

- 5K: \$33
- Junior Carlsbad: \$23
- All Day 20K: \$93

CARLSBAD 5000 PARTNERS



National University is proud to be the Presenting Partner of the Carlsbad 5000. At NU, we believe in helping our students go further, faster with four-week courses offered online or on-site. To learn how our 75+ programs and scholarship opportunities can help you reach the finish line, [visit our website!](#)



With over 100 years of footwear innovation under their belt, Brooks Running are passionate about inspiring everyone to run their path by spreading the power of the run and its community. Brooks has shoes for every runner and walker so whether Carlsbad 5000 is the first 5K on your running journey or you're searching for a PR at the 'World's Fastest 5K' on April 2nd, Brooks has you covered. To learn more visit brooksrunning.com.



Pressio – The Official Apparel of Carlsbad 5000. Pressio has an unwavering commitment to creating performance run apparel sustainably. Analyzing the entire supply chain we have engineered world-leading technologies and processes, to revolutionize the run apparel industry. Collection online at pressio.com.



We're lucky to call the beautiful coastal town of Carlsbad, California, our home since 1986, and Visit Carlsbad helps make this event possible! Whether you're here for the day or a long weekend, head to [Visit Carlsbad](#) for helpful tips and info during your time in Carlsbad. [Explore Hotels, Shopping, Dining, and more!](#)



[SAMBAZON](#) is the first Certified Organic and Fair Trade Açaí – just the way nature intended it. Their mission is to share the Delicious Powers of Açaí to fuel healthier people and planet. SAMBAZON supports your health and wellness and helps protect the Amazon Rainforest under a sustainable business philosophy, the Triple Bottom Line. Each time you purchase a SAMBAZON product, you can feel good knowing you are helping the Amazon and its people while nourishing your own body. Together we Açaí!



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, 5K IPA and Finish Line Lager, on race day! Good Beer Brings Good Cheer! pizzaport.com



Feel great, do good. A statement and a mantra. BUBS Naturals produces the highest quality natural supplements that help you feel great, all while giving 10% of profits back to charity. Helping yourself and helping others goes hand in hand, that's how BUBS sees it! bubsnaturals.com



Wahoo Fitness offers a full ecosystem of sensors, devices, and training software for runners, cyclists, and general fitness enthusiasts. Wahoo's award-winning line of products includes the KICKR family of smart indoor riding equipment and accessories, the ELEMNT family of GPS devices and sport watches, the TICKR family of heart rate monitors, as well as POWRLINK ZERO Power Pedals, SPEEDPLAY dual-sided road pedals, and the SYSTM and RGT training apps to help athletes unlock their potential and get the most out of the time they have to train. Learn more at wahoofitness.com.



Prepare, perform, and recover with CEP's Activating Compression Sportswear. CEP Compression is proud to be the Official Sock Partner of the Carlsbad 5000. CEP is backed by science and is proven to maximize your performance, prevent injury, and speed your recovery. To learn more, please visit cepcompression.com.



Fleet Feet San Diego is proud to sponsor the 2023 Carlsbad 5000. At Fleet Feet San Diego, you will find a welcoming environment 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. [Visit our website!](#)



Porsche Carlsbad, part of the Hoehn Family of Dealerships, is proud to support the Carlsbad 5000. For the 8th straight year, Team Hoehn athletes will participate in the World's Fastest 5K with a very special model from our Hoehn lineup leading the way as the official pace car. Be sure to also enjoy a curated selection of available Porsche, Mercedes, and Audi models on display throughout the weekend at the Health & Fitness Expo. We're looking forward to joining our fellow racers & Carlsbad community this weekend! Happy racing! porschecarlsbad.com



[Athletic Brewing Co.](#) is a non-alcoholic beer company dedicated to making great-tasting craft brews, without compromise. Our lineup of styles lets you enjoy the taste and experience of refreshing craft beer without sacrificing your performance, passions, health, or good taste. They're fit for all times, made for all palates, and enjoyed by anyone who loves a great beer.



Personalized, passionate service. Local market expertise. Global representation. That's what you get when you buy or sell your home or property with Engel & Völkers. If you're ready to "live your luxury," connect with a Real Estate Advisor today at carlsbad.evrealstate.com.



Our Official event production partner is Easy Day Sports, a dynamic 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.



PRESENTED BY



Thank you for being part of the 37th 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, enjoy the weekend, and have a great race!