

CARLSBAD 5000

April 6-7, 2024

FINAL INFORMATION

Please read this document carefully.

If you have any further questions, please visit carlsbad5000.com/faqs or ask for assistance on-site at the Expo in the Carlsbad 5000 Information Tent.

SATURDAY, APRIL 6: RACE KIT PICKUP / Health & Fitness Expo

Time: 10:00 am – 3:00 pm

Location: **Village Faire - 340 Grand Ave, Carlsbad, CA 92008**

Runners pick up their bibs, shirts, goodie bags, and experience all we have to offer at the Health & Fitness Expo on Saturday, April 6th from 10:00 am – 3:00 pm. The Health & Fitness Expo is held on Grand Ave in between Carlsbad Blvd & Washington St.

Check out the full list of our Saturday Offers [HERE](#)

- 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. Packet Pickup will open at 5:30 am on Sunday, April 7th.
- 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 – **Saturday Only**
- If you need to change your race division or update information about your bib, please visit the Solutions Tent on-site at the Expo.

SUNDAY, APRIL 7: CARLSBAD 5000 RACE DAY

Time: 7:00 am – 1:30 pm

Location: **Village Faire - 340 Grand Ave, Carlsbad, CA 92008**

Start Line: Grand Ave & Carlsbad Blvd

Finish Line: Carlsbad Village Dr & Carlsbad Blvd

2024 Schedule: *Updates to the schedule will [be posted online](#) if needed.*

SUNDAY RACE SCHEDULE

Masters Women Age 40 & Over	<i>All Day 20K Race #1</i>	7:00 am
Masters Men Age 40 & Over	<i>All Day 20K Race #2</i>	7:50 am
Open Women Age 39 & Under	<i>All Day 20K Race #3</i>	8:40 am
Open Men Age 39 & Under	<i>All Day 20K Race #4</i>	9:30 am
Ainsley's Angels People's Race Start		10:25 am
People's Race: Non-Competitive, All Genders, All Ages		10:30 am
Junior Carlsbad Kids 1 Mile		11:45 am
Junior Carlsbad Kids 1/2 Mile		12:00 pm
Men's Elite Invitational		12:30 pm
Women's Elite Invitational		12:35 pm

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 2024 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 300 runners to pick up their race kit will receive a FREE pair of Goodr Sunglasses
- [FREE VERVE Studios Outdoor Cycle Classes](#). Four 30-min classes: Limited Spots Available
- [FREE YogaSix Outdoor Yoga Classes](#). Four 25-min classes: Limited Spots Available

SUNDAY EXPO HIGHLIGHTS:

- 8:00 am - 1:30 pm: **Party in the Pizza Port Beer Garden** *Last call 1:00pm*
- 8:45 am - 12:20pm – **Post Race Concert ft. Toga Party Band**

RACE KIT PICK-UP: Saturday, April 6, 10:00 am - 3:00 pm

Follow these steps to pick up your bib number:

1. Confirm your entry for the 2024 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.
- 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. Packet Pickup will open at 5:30 am on Sunday, April 7th.
 - 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 – Saturday Only
 - If you need to change your race division or update information about your bib, please visit the Solutions Tent on-site at the Expo.

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.

5K Race Shirts:

To guarantee you receive your desired shirt size, please show up on Saturday, April 6, to the Health & Fitness Expo. We cannot guarantee your selected shirt size if you pick up your bib on Sunday, April 7.

2024 REGISTRATION:

Online registration will end Friday, April 5th, at 11:59 pm PDT. On-site registration will be available April 6 & 7 at the Expo until the event is sold out.

- 5K: \$75
- Junior Carlsbad: \$39
- All Day 20K: SOLD OUT

**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 Carlsbad. We encourage participants to carpool and use State St. from the North, or Jefferson from the South. Participants driving toward Village Faire Shops area will need to find available street parking in the surrounding area of the start/finish lines. Please obey all posted no parking signs and restrictions and do not block driveways. Please note, we recommend arriving at least 1 HOUR prior to your race to allow time to find parking and warm up.

ADA PARKING

City of Carlsbad public lot located at 3045 State St, Carlsbad, CA 92008. To access this lot, please use the entrance on State St.



DIRECTIONS:

Take I-5 and exit west on Tamarack, Las Flores, Carlsbad Village Dr., or Vista Way (Highway 78) exits. **If exiting Tamarack, an immediate right turn onto Jefferson northbound is required to avoid event related road closures; detours for local traffic and residents are available on Garfield St.

- **TO THE EXPO AND PACKET PICKUP** – On Grand Avenue between Carlsbad Blvd. & Washington St. We recommend you enter from State St. & Grand Ave. Be very cautious when crossing the railroad tracks.
- **TO THE START LINE ON SUNDAY** – The intersection of Carlsbad Blvd. & Grand Ave. Directly adjacent to the Expo. Enter from Christiansen Way & Carlsbad Blvd.

RIDESHARE:

Uber or Lyft use [600 Grand Ave, Carlsbad, CA 92008](#) as a drop off address. Walk 2 blocks West on Grand to the expo.

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). 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 will be passing through the area all race weekend.

NOTE: *The course and expo venue are near active railroad tracks. Please follow the guidance of event and city officials when crossing the train tracks. Safety first!*

RESTROOMS:

Portable toilets will be located near the start line on Christiansen Way as well as in the Expo.

COURSE SUPPORT:

There is one aid station on course, which you will pass twice - once at Mile 1 and once at Mile 2. 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 2024 Schedule on Page 1).

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

RESULTS:

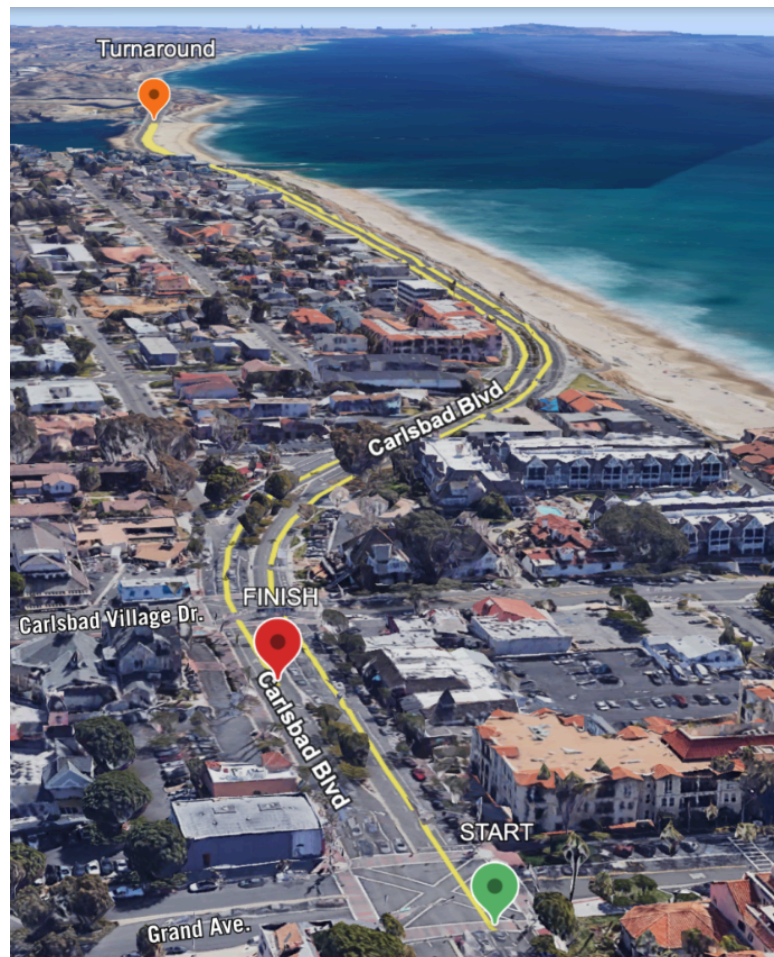
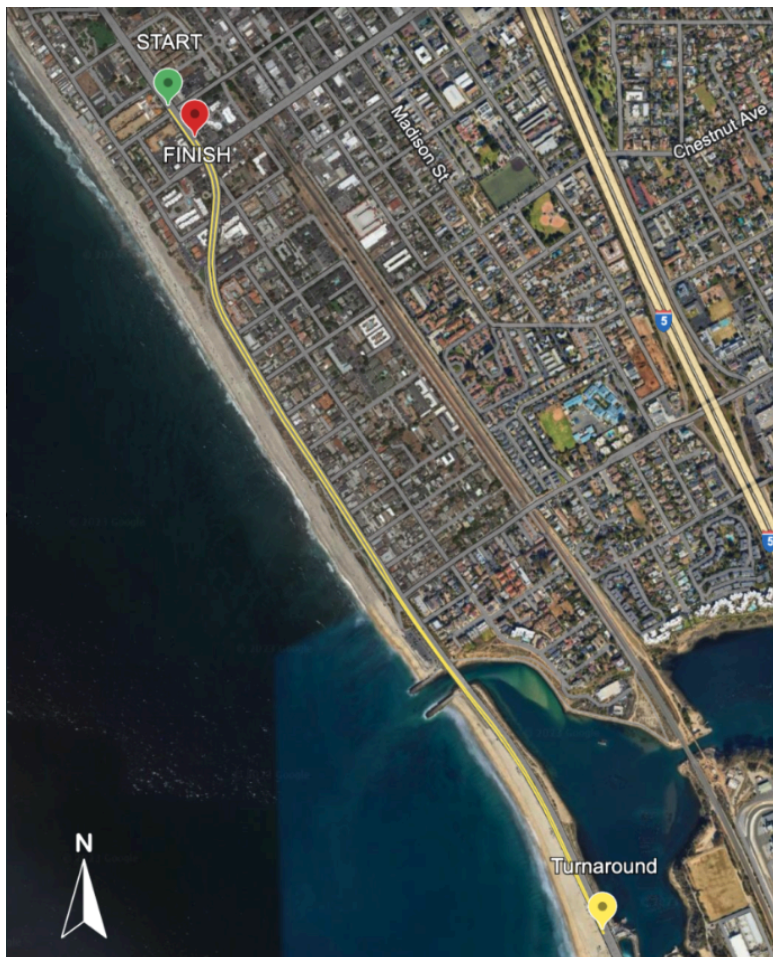
[Live results will be posted here on race day.](#)

[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 - New Course](#)



2024 CARLSBAD 5000 NEW COURSE

New Course, More Ocean Views, Same Iconic Carlsbad

We are bringing you a new and improved Carlsbad 5000 race course in 2024! After 37 legendary years, the World's Fastest 5K is moving entirely on the Coast Highway. Runners will start at the intersection of Grand Ave & Carlsbad Blvd, then head southbound on Carlsbad Blvd. Runners turn around at the Tamarack Volleyball Courts, and return heading northbound on Carlsbad Blvd. Runners will finish under the iconic Carlsbad Sign just past the intersection of Carlsbad Village Dr & Carlsbad Blvd.

[Learn More in this message from Meb!](#)

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, and after your races!

All Day 20K Recovery Zone is located [HERE](#)

Your All Day 20K will consist of FOUR separate 5K races. You must be at the start line for the first race (Masters Women) beginning at 7:00 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.

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 10:30 am in order to complete the All Day 20K.

All Day 20K 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.

All Day 20K 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.

JUNIOR CARLSBAD: SUNDAY, APRIL 7

Start Line:

1 Mile (Age 7-12) - Grand Ave & Carlsbad Blvd

½ Mile (Age 4-6) - Grand Ave & Carlsbad Blvd

FINISH LINE: Carlsbad Village Dr & Carlsbad Blvd

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 "Companion 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 BLUE 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.

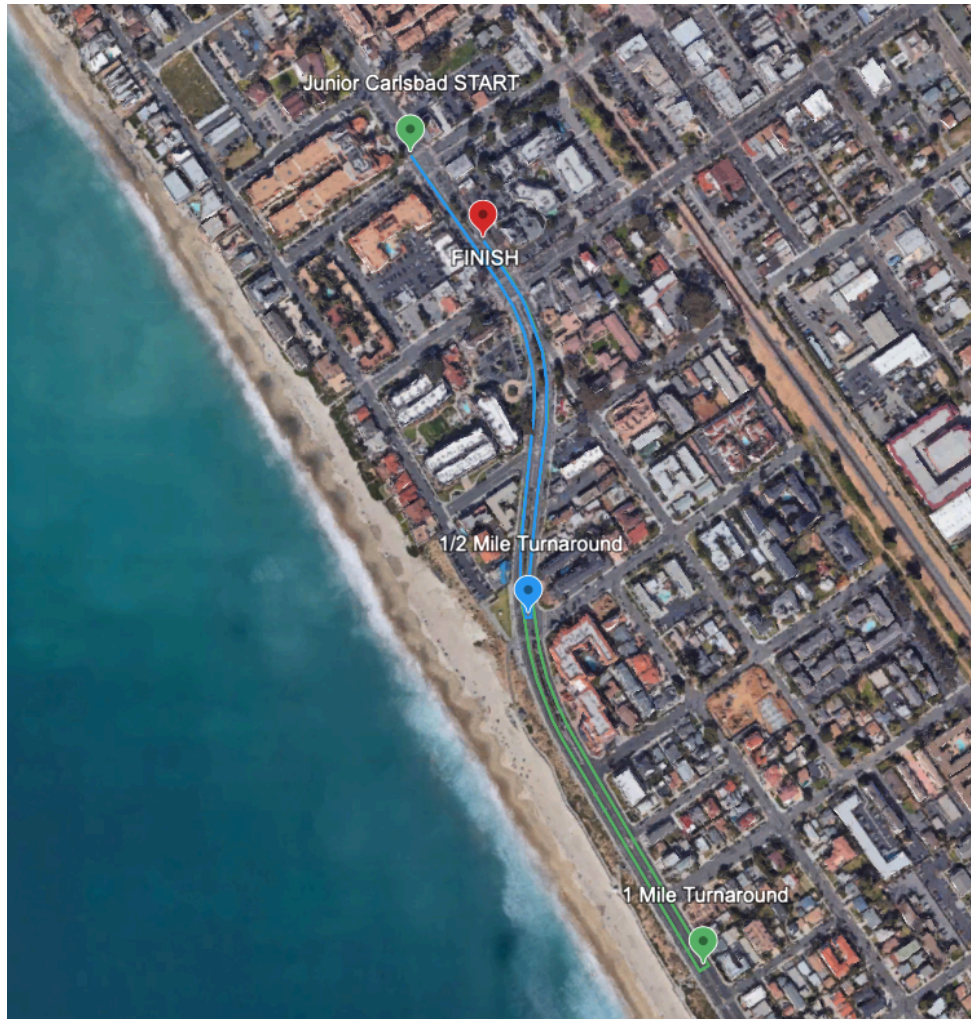
RACE RULES:

- 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 with a "companion bib"

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



KIDS RUN CARLSBAD Presented by Hollandia Dairy

“KIDS RUN CARLSBAD Presented by Hollandia Dairy – Junior Carlsbad and 5K runners 12 and under, who also participated in the Kids Marathon Mile at LEGOLAND® California Resort, are eligible for the KIDS RUN CARLSBAD Presented by Hollandia Dairy commemorative medal. Head to the Hollandia Dairy / In Motion tent at the expo on Sunday after your race from 10:30 to 12:30 to pick up your medal!”

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.** Bibs will be marked for two beer redemptions.

PHOTOS:

Your FREE RACE photos will be available online 24-48 hours after the race.

2025 PRESALE REGISTRATION

LIMITED DISCOUNTED PRICING

Join us next year for the 39th Carlsbad 5000 on April 6, 2025

Presale registration will be available Saturday, April 6th for one week only! Sign Up On-Site at the **CARLSBAD 5000 PRESALE BOOTH** or online at carlsbad5000.com after the race.

- **5K: \$35**
- **Junior Carlsbad: \$20**
- **All Day 20K: \$90**

CARLSBAD 5000 PARTNERS



We're lucky to call the beautiful coastal town of Carlsbad, California, our home since 1986, and Visit Carlsbad helps make this event possible! Consider this your invitation to come enjoy yourself—however you like. With beautiful beaches, an exciting restaurant scene, big-time attractions, and so much more, Carlsbad is all about playing your way. [visitcarlsbad.com](https://www.visitcarlsbad.com)



Ainsley's Angels of America is a national nonprofit, with a presence right here in Southern California, focused on educating, advocating and celebrating inclusive communities while connecting everyone through empowerment and belonging. With values that encourage all members to be transparent and true to oneself, Ainsley's Angels has a hope of creating a world of inclusion without limits.

We at Carlsbad 5000 have purchased a new chair for Ainsley's Angels Southern California chapter. We invite you to help us raise the funds to see how many more chairs we can purchase by race day!

Please consider [donating to this great cause](#) and be sure to gather around the start of the People's Race at 10:25 am on Sunday, April 7th. Twenty runners and riders from Ainsley's Angels will be lining up at the Start Line to race alongside the rest of the field!



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](https://www.pizzaport.com)



We believe in living better, longer. Sustainably sourced natural ingredients with controlled consistency is where BUBS Naturals' products are rooted. Our inclusive collection of clean label goods encompass organic specialty coffees, electrolytes derived from nature, pasture-raised peptides, and vegan-friendly MCT oil powder.

Shop [bubsnaturals.com](https://www.bubsnaturals.com) with code: **15CARLSBAD** for **\$15 off your order. No minimum purchase, offer expires June 30, 2024.**

ASSAULT FITNESS

Our friends at Assault Fitness specialize in top-notch cardio equipment designed to enhance your performance, whether you're prepping for a race or simply aiming to boost your home workouts. Their AssaultRunner is a low-impact manual treadmill designed to facilitate road running with proper form. In addition, they've got everything you need to elevate your training game including the AssaultBike, AssaultRower, and a range of accessories. Their gear is crafted to withstand intense workouts and versatile enough to use for recovery, ensuring you can push your limits and achieve your running goals like never before.

For a limited time, new customers can take 10% off their first order when they sign up for email and SMS. [Learn More](#)



Every Glass has a story...this is ours. For over 70 years we've made it our mission to bring joy to your taste buds. Committed to the health of our customers, community and cows, we're Certified Humane and supply California with fresh, high-quality dairy products from our family-run farm, right to your table. hollandiadairy.com



As you prepare for the Carlsbad 5000, we at CEP are thrilled to support you every step of the way. CEP Compression is a leading compression sportswear brand dedicated to enhancing performance, speeding up recovery, and preventing injuries for athletes like you.

Our innovative compression technology is designed to optimize your blood circulation, reduce muscle fatigue, and improve your overall performance, helping you achieve your personal bests. Whether you're aiming for a new race record or simply aiming to finish strong, CEP Compression is here to support your journey.

As a proud sponsor of the Carlsbad 5000, we are excited to offer all participants an exclusive 15% discount on our website, cepcompression.com. Simply use the code: CARLSBAD15 at checkout to redeem your discount. Offer ends 4/30/2024. One use per customer. Only eligible to ship in the US.

We wish you the best of luck in the Carlsbad 5000 and look forward to seeing you at the finish line!



Carlsbad 5000 Runners - Enjoy 15% off your in-store purchase with proof of 2024 Carlsbad 5000 registration (runs now through 4/21) **in-store only, some exclusions apply [Visit our website!](#)**

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.

Our mission is simple. We strive to inspire, motivate, empower, and improve the quality of life for the community we serve. Our daily focus is on giving you the best possible experience to help fulfill your lifestyle needs and achieve all of your goals regardless of your mode of exercise.

Our fitting process takes footwear selection to the next level by assessing your feet, properly measuring them, performing gait analysis and discussing your fitness goals. With our "one customer at a time" approach, our knowledgeable staff will help guide you to the right products for your individual needs.



**Porsche
Carlsbad**

Be on the lookout for our high-performance Porsche pace car, Porsche expo display, and Hoehn vehicle displays distributed throughout the event.

Porsche Carlsbad is a member of the family-owned and operated Hoehn Family of Dealerships, and has been providing world-class Porsche vehicles, service, and parts to North County San Diego residents since 1985. Visit our state-of-the-art facility off of Avenida Encinas today! porschecarlsbad.com



[Athletic Brewing Company](#) is revolutionizing beer for the modern adult by proudly brewing great-tasting, award-winning craft non-alcoholic beer. Athletic is brewed on both coasts (San Diego, CA & Milford, CT) and has quickly grown to become a Top 15 craft brewery and the #1 non-alcoholic brewery in the US.



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.

Thank you for being part of the 38th 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!