

SANTA MONICA CLASSIC 5K/10K FINAL RACE INSTRUCTIONS

Greetings and congratulations on signing up for the 2009 Santa Monica Classic which takes place on Sunday, May 3. Here's a game plan for making race day go as smoothly as possible.

I. PACKET PICK-UP & IN-PERSON REGISTRATION**

There are two options for packet pickup (PPU) and in-person registration as follows.

A. Saturday, May 2nd at Sport Chalet



Where: Sport Chalet-West LA: 11801 W. Olympic Blvd, Los Angeles, CA 90025.
(p) 310-235-2847

When: Saturday, May 2 from 10am-3pm

What: Pick up your bib, chip, register for the race (if you haven't already) and get some free stuff!

Parking: There are 3 options: Sport Chalet parking structure—lower level; the lot just East of Sport Chalet on Granville or street parking near the store.

The first 2,000 people who arrive at packet pick-up, who register or are already registered for the race, get a Sport Chalet gift card worth between \$5 and \$100. You won't know the value until you redeem it. Card is valid only May 2nd & 3rd at the West LA location. Festivities will also include massages, iPod engraving, footwear trials and more. See you there!

B. Sunday, May 3rd RACE DAY

Where: At the STARTING LINE at Barnard Way & Sea Colony Drive, about 300 yards South of Ocean Park Blvd. NOTE: no vehicle traffic will be allowed at Barnard Way from 5am through the start of both races.

When: Pre-race registration and PPU opens at 6:30am. It is important to allow PLENTY of time for PPU and registration if you are doing it on race day. The 5K begins promptly at 7:30am!

What: Pick up your bib, chip, register for the race (if you haven't already)

Parking: Please refer to parking in Section II.

**PLEASE NOTE: If you are picking up a bib for a friend or family member, then make sure to bring a copy of their driver's license with a note from them authorizing you to pick up their stuff.*

II. RACE DAY—THE RACE

A. Where to Stay: If you are traveling from out of town, by all means come and stay in either of our host hotels, the Viceroy or the Delfina, (www.korhotelgroup.com) both of which are walking-distance to the start and finish.

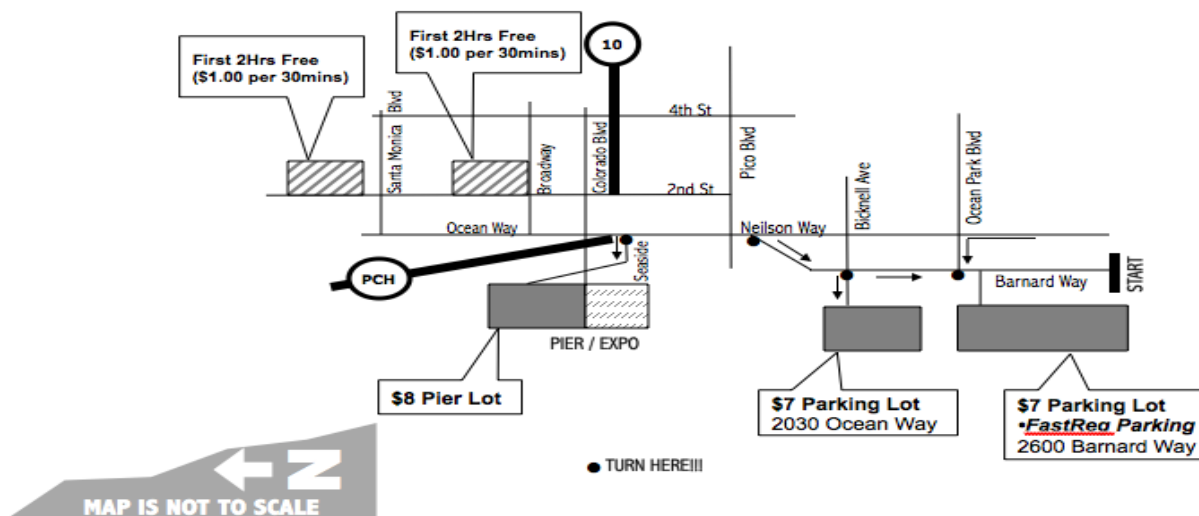
B. Parking: The key is to arrive early no matter where you park, and allow plenty of time to park and get to the start. Once the 5K starts at 7:30, many of the surrounding streets close and it gets a lot more difficult to make your way into the parking lots. We recommend arriving AT LEAST ONE HOUR prior to your event. We have our own **custom ride-sharing site** again this year, which links from the Event Info page on our site. You can search for other runners in your zip code who are also running the Santa Monica Classic. The goal of the Santa Monica Classic is to help Heal the Bay, as a community. That mission doesn't start at the run, it starts in our neighborhoods.

There are a number of different parking options, including a bike valet, listed below.

1. City of Santa Monica parking structures on 2nd Street between Broadway and Wilshire. There are three structures in these three blocks. The first two hours are free, and then \$1 per half hour, with a maximum of \$7.00. These structures are just a few blocks from the finish, and a quick one mile jog down to the start.
2. Park at the start and walk back to your car after the race. This year we'll have two lots open on Barnard Way, which should make things less congested. These lots will be \$7 per car.

3. Park at the finish, in the lot under the Pier, and jog 3/4 mile down to the start. When the race ends you're right back at your car. This lot is \$8 per car.
 4. Complimentary bicycle valet parking at the START (2600 Barnard Way), courtesy of the LA Bicycle Coalition.
 5. **FASTREG PARKING:** For those of you who have signed up for FastReg, here's how it works: We have front row parking reserved for you in the 2600 Barnard Way lot near the start. This is the lot nearest to Ocean Park Blvd. When you arrive, just whip out your prepaid parking pass, and look for the coned-off spaces right up next to the starting line. As mentioned above, especially if you are doing the 10K, you need to allow enough time to arrive before the 5K starts at 7:30. Otherwise you'll be trapped outside the race course waiting for the 5K runners to go by before you can proceed to parking. So plan on arriving for the 10K no later than 7:15 am.
- C. **The Course:** If you are unfamiliar with the route, please refer to the map on the website. Be aware that miles 1-4 are steadily uphill, while the last two miles are a gradual downhill. Pace yourself accordingly. The course is sanctioned & Certified by USA Track & Field. We will have aid stations with water (no drink mix) at 2, 3 and 5 miles on the course. This year also features **Nike Footwear** trials, along with the complete Nike + experience. On race day, bring your driver's license to the start and you can try out Nike+ during the race. Nike will bring your shoes and license to the finish for you.
- D. **Photos:** Brightroom will be on hand to shoot photos of every runner. After the race, check the website for your photo!

Map to Parking- Gates Open at 5:30A



III. RACE DAY—THE EXPO

Once you've finished your race, grab some water at the finish and proceed straight ahead through Palisades Park to the Pier. The Expo is out on the Pier on the other side of the carousel building. In addition to picking up your race t-shirt, there will be lots of activities, samples and more! The exhibitors include: Heal the Bay, Santa Monica Pier Aquarium, Whole Foods, PowerAde and Vitamin Water, Pom Wonderful, Forster Physical Therapy and Y-Water. Other key features of the expo include:

A. Results: Timing is by Prime Time, and we'll put a link up on our site as soon as we have the results. We'll also post results at the awards tent in the Expo immediately following each race.

B. Awards: The top three in each age group will receive medals. Overall male and female winners in the 5K and 10K as well as the Under 21 5K will each get an amazing trophy that we had hand-made out of recycled surfboard resin. These trophies are all unique, and we've got a photo of one of them on the site.

BRING THESE FINAL INSTRUCTIONS TO SPORT CHALET WEST LA FOR A 15% DISCOUNT ON ALL NIKE APPAREL AND NIKE RUNNING FOOTWEAR. THROUGH MAY 3RD.

Please visit the website, santamonicaclassic.com for all of these details, parking and route maps and much more! Thanks again for running in the Santa Monica Classic!