

# She.is.beautiful

## PARTICIPANT GUIDE

We can't wait to see you on May 11th, in Santa Cruz, CA. Please read this guide to help ensure a great morning!

### **First up, YOUR RACE BIB : Bib Pick-Up Dates/Times**

We recommend each participant come to get their bib, but if you can't, YES, you can have a friend pick up your bib for you.

#### **Here are 3 ways to get your race bib:**

**1. Sunday, May 5th**

REI in Sunnyvale from 11am-2pm (130 E El Camino Real, Sunnyvale, CA)

**2. Friday, May 10th**

REI in Santa Cruz from 12pm-6pm (1662 Commercial Way, Santa Cruz, CA)

***Stop by these bib pick ups above to get your bib, race shirt, ask any race day questions, and visit vendors and our SIB Merchandise.***



**3. Race Morning Bib Pick Up—Saturday, May 11th, 7:00am-7:45am at the Start Line on Bay Street (\*\*\*\$10 convenience fee required per bib for race morning bib pick up)**

Notes: Please make sure to pin your race bib to the front of your chest or stomach. Make sure it is visible at all times in order to get your complimentary race photos. If you are pushing a stroller be sure your number is on your chest so your stroller isn't blocking your number ;)

***For those who have paid to have their race bib shipped, you will get your race shirt after the race in our post-race festival. If you would like to get your shirt before the race, you can pick it up at one of our two REI bib pick-ups above.***

### **Pre-Race Parking and Transportation**

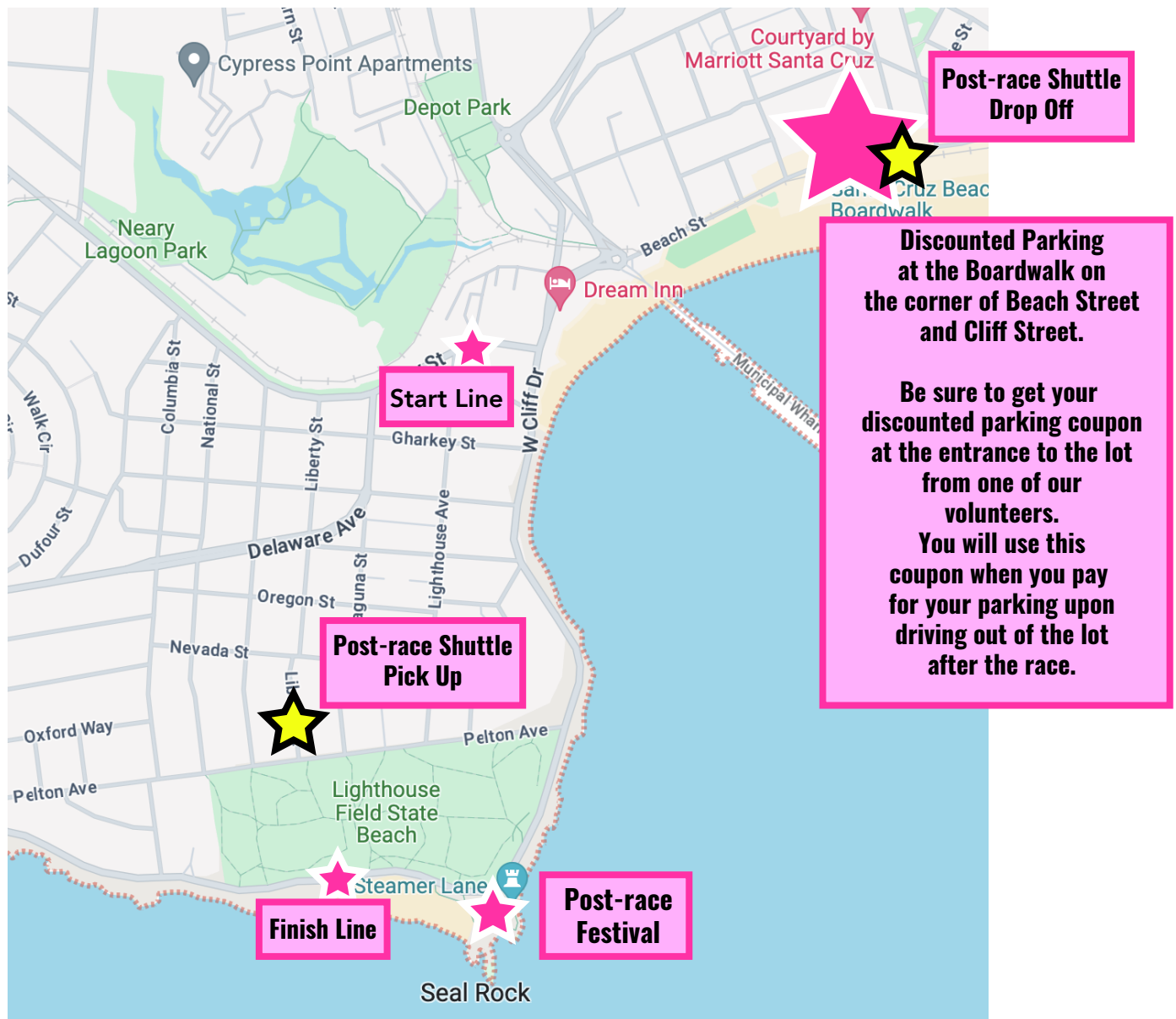
Parking is available at the Main Lot at Santa Cruz Beach Boardwalk at the corner of Beach St. and Cliff Drive. It is a half mile walk to the start line from this lot. We will have a volunteer at the entrance to this lot handing out discount parking tickets.

If you have people drop you off or you Uber/Lyft, we recommend getting dropped off at Bay St and California Street near the road closure, and walking to the start line, OR getting drop off at the Santa Cruz Wharf and walking to the start line.

**BE PREPARED FOR TRAFFIC AND PLAN AHEAD OF TIME.**

If you bike, there is a bike rack located at the Santa Cruz Wharf.

# Parking, Shuttle, and Transportation Map Overview



**The race course will be closed to parking and traffic, but if you get there early you may be able to park on surrounding streets near the start line.**

**Please note, because the start line is only half a mile from the Santa Cruz Boardwalk lot, there will be not PRE race shuttle.**

**After the race, if you park at the Boardwalk, you can walk from the post-race festival back to the Boardwalk by walking along the coast. It's about 1.5 miles.**

**OR you can take the shuttle after the race. You will walk from the post-race festival, through the Lighthouse field to the corner of Pelton Ave and Liberty Street. The shuttle will pick up there and take you back to the Boardwalk lot. The shuttle runs from 9:30am-11:30am.**

## Where should you line up in the starting area?

You will line up at the start line according to your average mile pace. You will see signs along the start line calling out paces (ex. 9 minutes per mile or faster, 12 minutes per mile or faster, etc). Please line up according to your pace. We do not want you to get stuck behind people or get run over so please be honest with your time. Baby Mamas with strollers should also line up according to their average mile pace.

# RACE DAY TIMELINE

**8am > Be at the start line**

**8:15am > Competitive Start**

**8:20am > Warm Up**

**8:30am > General Start**

**9:45am > Awards**

There will be water stations and porta-potties on course. It never hurts to carry your own water if it makes you feel more relaxed!

If you have friends or family coming to cheer you on, have them check out the Spectator's Guide.



Water station is located near Mile 1 and at finish line



Water stations are located near Mile 1, just before mile 3, and at finish line

You will get your goodie bag when you cross the finish line. If you didn't get your race shirt at bib pick up, you can get yours in our finish festival. Our finish festival is filled with 30+ vendors and photo ops!

### Post-Race Transportation

If you parked at the Santa Cruz Boardwalk and decide to run or walk back to your car from the finish festival, it's exactly 1 mile along the coast to get there.

If you are taking the shuttle back to the Santa Cruz Beach Boardwalk, the shuttles after the race run from 9:30am-11:30am and the pick up location is Pelton Avenue and Liberty Street. Note dashed line in map below- these are trails through a field that you can cut through for the shuttle pick-up.







## RACE ETIQUETTE

Please be sure to always stay to the right while on the race course to allow those moving faster than you to easily and safely pass. Please never walk or run with more than 2 people side by side in order to permit a smooth flow of fellow race participants moving around you.

We love having an event that is welcoming to strollers. With that said, those with strollers, please be mindful of those surrounding you. We are all here to have fun and be safe. Let's all do our part!

**Finish Photos and Results:** Your results will be posted on [runsheisbeautiful.com](http://runsheisbeautiful.com) as soon as you cross the finish line. Your complimentary race photos will be sent to you within 72 hours of the event!

Feel free to tag us in your photos leading up to the race and on race day  
**@runsheisbeautiful #runsheisbeautiful**

See you soon!!

*Sweat and Dreams,*  
**SIB Race Squad**

## **Other notes:**

**If you would like to change your race distance (from 5k to 10k or vice versa) you can do so when you get your bib at bib pick up just by letting us know OR you can email us at [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com).**

**There will be a Dignity Health cheer sign station near the finish line. Send your spectators there before the race starts to make a sign for you;) The cheer sign station is open at 7:00am**

**Don't forget to redeem the goodies offered on your race bib. Please note, you can only redeem these items May 8th- May 12th.**

**Keep your eye out for the HOKA scavenger hunt! It's a fun digital game going on during race week.**

**\*\* Strollers! Due to space and safety issue, strollers are not permitted on the shuttle. As moms with young kids iwe love having a stroller divison at our race and we know how much work it is just gettting to the start line with a little one. We suggest parking in the neighborhood surrounding the start line with your stroller.**

**Stroller and Walker Etiquette: Please be mindful of those around you. Please do not walk or stroller push more then 2 people across as more people then this creates a wall that is hard for runners to run around:)**

**This is such a fun event, so soak it up!**

**Any questions, please feel free to email us at [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com)**