



# Participant Guide

presented by

 Dignity Health.

**RACE DATE: SATURDAY, MAY 9TH 2026**


## She.is.beautiful 5K & 10K Participant Guide

Welcome to the She.is.beautiful 5K & 10K! Check out all the details below to ensure you have a great race day. We can't wait to see you-this is going to be so fun!

### BIB PICK UP

There are **3** different options for in-person bib pick-ups during race week:

**1. Sunday, May 3rd 11:00am-2:00pm at REI Sunnyvale**

 130 E El Camino Real, Sunnyvale

**2. Wednesday, May 6th 4:30pm-7:30pm at the SIB Pop-UP located in the old Sears building at The Capitola Mall**

 4015 Capitola Rd Capitola, Santa Cruz

\*wine, beer, and kombucha tasting 5:00pm-7:30pm (\$10 donation to Walnut Avenue women and family center for those 21 years and up)

complimentary custom wine glasses for the first 100 who come for the tasting

**3. Friday, May 8th 11:30am-6:00pm at the SIB Pop-UP located in the old Sears building at The Capitola Mall**

 4015 Capitola Rd Capitola, Santa Cruz

### WHAT YOU'LL RECEIVE AT BIB PICK UP:

Race bib with timing chip

Official She.is.beautiful race shirt or tank top

**Can Someone Else Pick Up Your Packet?** Yes! They'll need to know your bib number.

**Can't make the bib pick-ups listed above?** If you can't make one of the Bib Pickups above, you can pay to get your bib mailed to you or you can pay \$12/bib on race morning to pick up your bib at the back of the start line on Bay Street.

To pay for bib shipping (\$12+ dollars), you can do so on our post-registration store by April 30th. If you need assistance with this please email Natalie, our participant experience lead, at [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com)

# Race Day Logistics for She.is.beautiful 5k & 10k in Santa Cruz, CA

**Event Date:** Saturday, May 9th

**Competitive Start is at 8:15am**

**General Start is at 8:30am**

 **Start line location:** Bay Street & National Street, Santa Cruz

## ARRIVAL AND PARKING

Please arrive to the start line by 7:30/8:00am—who wants to feel rushed or late on race day?  
Nobody.

There will be porta potties at the back of the start line (on Bay Street near California Street).

Parking is available at the main Santa Cruz Beach Boardwalk lot for a discounted price.  
Discounted parking tickets will be available at the entry to the lot between 7:00am-8:00am.

There is also parking on side streets near the start line. Do not park on the race course or anywhere with restricted parking or you will be towed (and that would be a bummer!).

We encourage carpooling, biking, or using public transportation.

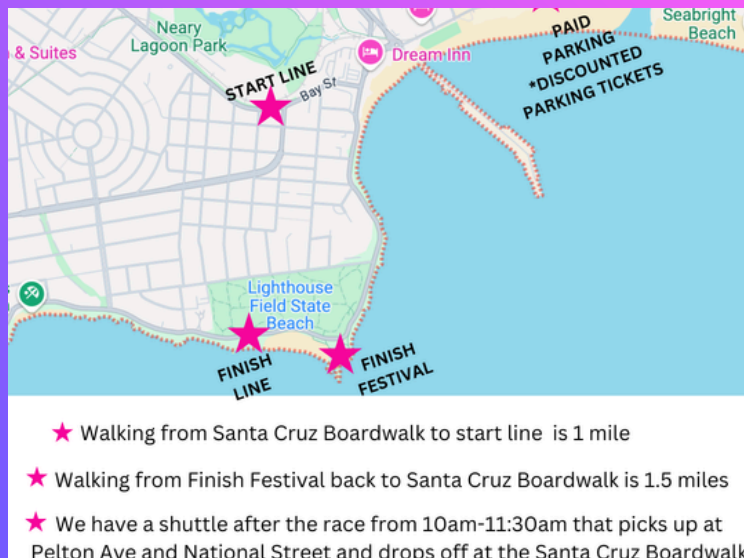
## START LINE INFO

Line up according to your estimated pace. There will be pace signs along the side of the starting chute. For safety, please line up at your correct average mile pace.

Be sure to check out the Dignity Health Glitter, Glam, and Good Vibes station and Shaderayz Sunscreen station near the start line.

We suggest getting to the start line between 7:30am-8:00am

Don't miss the warm up for the general start at 8:20am with Jenny Schatzle.



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## ON THE COURSE

**Water Stations:** It never hurts to carry your own water so you can access it whenever you'd like. For the 5k there will be a water station near Mile 1 and at finish line. For the 10k there will be a water station around Mile 1, around Mile 4.5, and at finish line.

**Restrooms:** Available at the start, on the course, and at the finish.

**Strollers & Walkers:** We have a stroller division and love seeing families and new parents participating. Please line up at the start line according to your mile pace with stroller. If running or walking with stroller please be respectful of other participants.



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\*course maps subject to slight change for various reasons out of our control



# 10K COURSE MAP



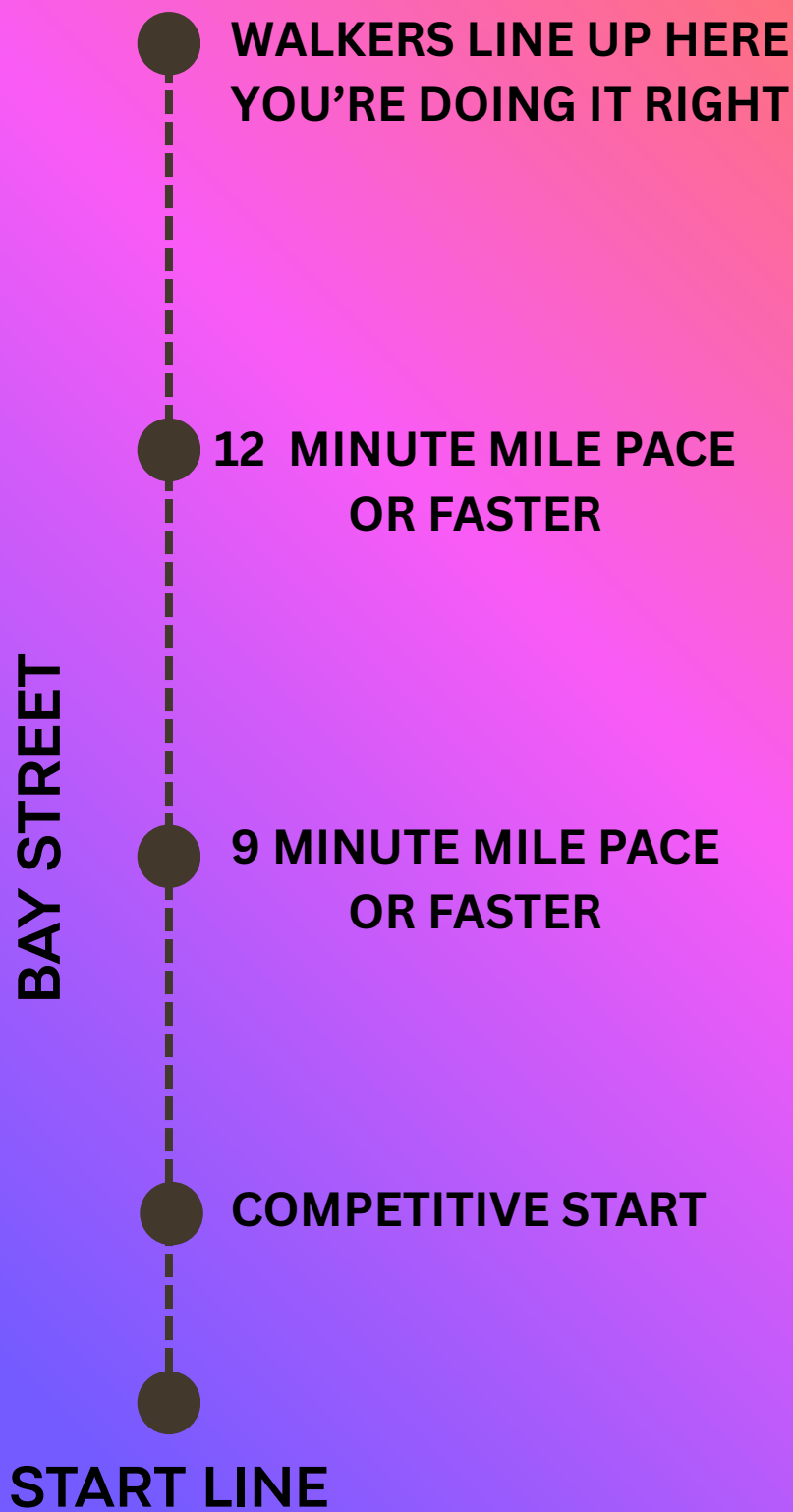
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## START LINE SELF-PLACING CORRALS

Find these pace signs along the starting area and line up according to your average mile pace for your 5k or 10k




**COMPETITIVE  
START IS AT  
8:15AM**

**GENERAL START  
IS AT  
8:30AM**



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## **HOT TIPS for Race Morning:**

- Be sure to be hydrated with water and electrolytes in the days leading up to the race as well as before the race starts
  - Have a great breakfast, like peanut butter toast, allowing yourself plenty of time to digest. No one wants to run on a full stomach.
    - Wear something you feel great in
    - Have proper shoes that fit your body
-  \*\*\*Pin your race bib to your shirt on your upper chest using a safety pin at each of the four corners
- \*\*\* you will get FREE RACE photos from our event if we can identify you with your race number.

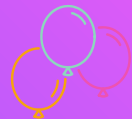
## **SPECTATOR TIPS**

Great locations to share with your spectators and fans are as follows:

- at West Cliff Drive and Pelton Ave (near 1 Mile into both courses)
- 10K on Delaware Ave and Swanton Ave (this is a little over 3 miles into course)
- at the finish line on West Cliff Drive, north of the Lighthouse

## **DIGNITY HEALTH CHEER SIGN MAKING STATION**

We will have cheer signs available for your fans to customize at our Bib Pickups. You can also send your spectators to the Dignity Health Cheer Sign Making Station race morning, located near the finish line, to make a cheer sign for you:)



## **POST-RACE CELEBRATION**

**Goodie bags and water** will be at the finish line. It aligns with our values to offer aluminum canned water/women owned a founded company, Drink Open Water, instead of plastic water bottles at our finish line.

We are proud to have a goodie bag filled with product we love!

**POST-RACE FESTIVAL** Don't miss the 30 vendors in our post-race festival including complimentary coffee by Verve coffee, ice cream by Penny Ice Creamery, Goodles, and more. Please note that these companies are incredibly generous to offer their product with us and share your gratitude with them!

**YOUR RACE SHIRT/TANK TOP:** Race shirt/tank tops can be picked up at our bib pick ups.

If you get your bibs shipped to you it doesn't include our race shirt.

You can pick up your race shirt or tank in our post-race festival.



**PHOTO OPS:** Capture the moment at our She.is.beautiful photo zones.

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## **DELICIOUS GOODIES AVAILABLE WITH YOUR RACE BIB DURING RACE WEEKEND**

Use your race bib over race weekend to claim free goodies around Santa Cruz and Bay Area locations: a free scoop at Penny Ice Creamery, free cup of coffee from Verve Coffee, free cookie from Pacific Cookie Company, and bottle of cider from the Martinelli's Store.

How cool is this?! Please show these local businesses some love!

## **AWARDS**

Overall and age group winners will be recognized at 9:45am at the Lighthouse. Must be present to claim your winnings! Both overall and age group winners will be announced.

## **GIVING BACK**

Walnut Avenue Women & Family Center, helping women and families thrive in our community. Thank you for helping us raise funds to support this amazing organization and all their work that benefits women and families in our community and beyond.

## **YOUR RESULTS AND RACE PHOTOS**

Results will be available on our website (under Race Info>Results) as soon as you cross the finish line.

Your free race photos will be emailed to you on Monday or Tuesday after the event.

## **QUESTIONS**

Visit our website [www.runsheisbeautiful.com](http://www.runsheisbeautiful.com) or email us at [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com)

We can't wait to see you at the start line!

Keep moving, keep inspiring, and most of all—have fun!

## **FAQ:**

**Can I switch from the 5k to the 10k or vice versa?** Yes, email [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com) or check in with us when you pick up your bib at bib pick up!

**I need to transfer my registration to someone else because I can no longer make the event?**  
Email [help@runsheisbeautiful.com](mailto:help@runsheisbeautiful.com) and we can assist you in transferring your registration to your friend OR we can help you move your registration to a virtual race so you can participate virtually.

**Huge thank you to our supporting partners that make this event possible...**



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