

SHE.IS.BEAUTIFUL 5K AND 10K Participant Guide



We can't wait to see you on the start line. Whether you are excited or nervous or a little of both, please know that you belong here and it's going to be a great morning. Below you will find all the information you need to crush your race day and get in the game.

First up, YOUR RACE BIB In-Person 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.

Sunday, March 12th REI in Sunnyvale
10:00am-1:00pm
REI, 130 E El Camino Real, Sunnyvale, CA

Friday, March 17th REI in Santa Cruz
10:00am-6:00pm
REI, 1662 Commercial Way, Santa Cruz, CA



If you or a friend can't pick up your bib at the days/times above you can:

1. Purchase bib shipping on our website

(*must be purchased by March 5th in order to get to you before race day)

OR

**2. Pick up your bib race morning near our start line for a \$10 Convenience Fee charged on site
(this is the same price as bib shipping)**

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 ;)

RACE DAY
Saturday, March 18TH 2023

How are you getting to the start line? Shuttle and Parking Information

We have complimentary shuttles running from the Santa Cruz Boardwalk parking lot on the corner of Beach St. and Cliff Drive that drop you near the back of the starting area and near the porta potties.

You can also run/walk to the start line from the Santa Cruz Boardwalk lot. It's $\frac{3}{4}$ of a mile along the beautiful coast!

If you have people drop you off or you Uber/Lyft, we recommend getting dropped off on Laurent and California St and walking to the start line on Bay Street and National Street.

***Anyone who chooses to park in the Santa Cruz Boardwalk parking lot, be sure you get a coupon for 50% OFF parking (which comes to about \$7) from us at our bib pick-ups, in your bib ship packet (if you purchased this), or at our shuttle pick-up station before the race on Cliff Street.

How to position yourself on the start line:

The 5k and 10k distances will start together (including Baby Mama Division)
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.

Our Competitive Start is for runners focused on goal race time. Be sure you have filled out our Competitive Start Form on our website runsheisbeautiful.com

START LINE ADDRESS:

BAY STREET AND NATIONAL STREET
SANTA CRUZ, CA

RACE DAY TIMELINE

8am > Be at the start line

8:15am > Competitive Start

8:30am > General Start

9:45am > Awards

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

COURSE MAPS

Dignity Health presents



Dignity Health presents



Awards will start at 9:45am in the post-race festival

Cash prizes are given to the top 3 female finishers in the 5k and 10k.

The first place female finisher in the 5k and 10k Bumbleride Baby Mama Division will receive a free Bumbleride stroller!!!

The female to run the last 1k the fastest will win a free pair of HOKA shoes.

Age group awards will be given.

RACE ETIQUETTE

BE MINDFUL OF OTHERS.

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!

RACE SWAG

FINISHER SHIRT:

Race shirts will be handed out at bib pick ups on March 12th and March 17th.

If you are getting your bib shipped to you, you will pick up your shirt in our post-race festival unless you stop by one of our bib pick ups

GOODIE BAG:

Goodie bags will be handed out at the end of the race when you cross the finish line.

Redeemable Goodies with your Race Bib:

Be sure to check out all the goodies you can get around town using your race bib!

Coffee drinks, cookies, ice cream, and Martinelli's Blush Cider!

Finish Photos and Results: Your results will be posted on 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!

Pre-purchased Merchandise:

If you purchased merchandised while registering for the race and didn't have it shipped to you, you can pick up pre-purchased merchandise at our merchandise tent at bib pick ups and on race day-



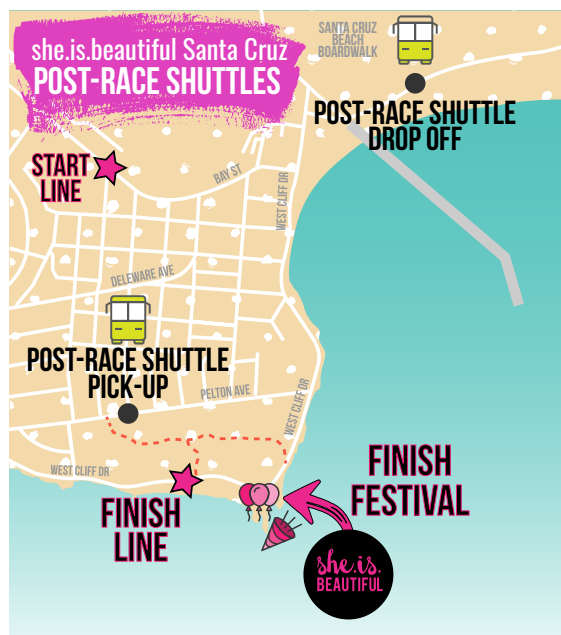
Feel free to tag us in your photos leading up to the race and on race day @runsheisbeautiful #runsheisbeautiful

POST-RACE PARTY



AND MORE!

How are you getting back to where you need to be from the race?



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-11am and the pick up location is noted below on Pelton Avenue. Note dashed line in map to the left- these are trails through a field that you can cut through for the shuttle pick-up.

FREE CHILDCARE RACE MORNING

We are offering free childcare on race morning this year to race participants for ages infants to 12 years old.

If interested, you must pre-register your child before race day. This will be taken on a first come first serve basis so be sure to sign up soon to ensure a spot.

Childcare will be provided by national organization, A Helping Hand, and will take place at the Boys and Girls Club, Downtown Santa Cruz location.

Childcare will be available from 7:15am-11:15am.

1. Visit:

www.ahelpinghandevents.com
and log in or register for a new account.

2. If it's your first time visiting, you will be prompted to fill out a profile with your child(ren)'s information

3. Go to your Event Registration tab and enter our

GROUP ID NUMBER: NWUM




A Helping Hand

A Helping Hand will be providing onsite event childcare for the She Is Beautiful on March 18, 2023! A Helping Hand is asking that everyone "Pre-Register" their children for the event, to ensure a smooth and time-saving check in process. Event Pre-Registration for childcare will close at 11:59pm EST on March 09, 2023, so please be sure to pre-register your children as soon as possible! If you have questions, please feel free to contact A Helping Hand directly.


A Helping Hand



QUICK FAQ'S

What if I want to switch my race distance?

Please email us- help@runsheisbeautiful.com OR you can make the switch in-person at one of our REI bib pick ups.

Can my friend get my race bib and race shirt at bib pick up?

Yes.

What time does the race start?

8:15am for the Competitive Start and 8:30am for the General Start

We are excited about the updated race course this year.

We are so grateful to be able to put this event on in-person.

Please be respectful and encouraging of everyone around you to ensure everyone has a great time!

We'll see you soon!

SIB Race Crew



presented by



Dignity Health®

