





2019

Runner's Guide



 /BerkeleyHalfMarathon

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 berkeleyhalfmarathon.com

PACKET PICKUP

Location

Sports Basement Berkeley, 2727 Milvia St, Berkeley, California 94703 ([Map](#))

Date and Time

Friday, November 15th from 11:00 am - 7:00 pm

Saturday, November 16th from 9:00 am - 5:00 pm

Admission

Packet Pickup is free and open to the public.

Packet Pickup

- All Half Marathon, 10K, 5K and 1K participants are required to pick up their bib, timing chip and race shirt at Packet Pickup unless they purchased bib mailing during registration.
- Runners must take the shirt size printed on their bib and exchanges will not be made until Race Day
- If a runner cannot attend packet pickup, a friend or family member may pick up the packet with a copy of the runner's photo ID and bib confirmation email.
- Bib and timing chip pickup will not be available on Race Day.
- *Please note that 2018 bibs are not valid and if you are a 2018 deferred runner you MUST pick up a new bib and timing chip to have an official time for the 2019 race.*

Please bring the following items to Packet Pickup to pickup your race packet:

- Photo ID
- Bib Number Confirmation Email

Bib Mailing

Participants who paid for bib mailing should receive their bib and timing chip at least a week before the race. Gear bags will be available at Gear Check on race morning. **T-shirts will be available at Packet Pickup and at the T-shirt Tent after you finish the race at the Finish Line Festival.**

Need to make changes?

Any event, corral or registration changes must be handled at the Solutions table at Packet Pickup. Shirt exchanges will not be made until after the race at the T-Shirt Tent at the Finish Line Festival and only unworn shirts can be exchanged.

Packet Pickup Exhibitors and Exclusive Perks

Come for your bib but stay for the samples and schwag!

As the official host of the Biofreeze Biofreeze Biofreeze Berkeley Half Marathon 2019 Packet Pickup, [Sports Basement](#) will be offering **20% off all in-store purchases** for registered runners who show their bib at checkout (some exclusions apply). And if you are a Basementers your 10% discount stacks! For a total of 28% off!

For more info, see [our Packet Pickup page](#).

CHALLENGE INFO

Challenge Award Pickup Instructions

Participating in a Race Challenge can make your race day experience that much better. Read the instructions below if you are taking on a Challenge and will be pursuing completing it at this year's race.

If you are eligible to complete the SF/Berkeley Challenge or a 2, 3 or 5 Year Loyal Runner in 2019:

- Pick up your bib at our Packet Pickup and check to make sure the challenge you are participating in is stamped on it and your loyal years if applicable. You need this stamp to pick up your medal and gifts at the Finish Line Festival.
- If your bib is not stamped, visit the Challenge Solutions Table at Packet Pickup.
- Challenge medals and loyal runner gifts must be picked up at the Challenges Tent at the Finish Line Festival on Race Day and will not be mailed for any reason.

Click [here](#) to check your challenge qualifier status and enter your first and last name and email. Confirmation status will show challenge or loyalty program name and YES if eligible. If you believe your eligibility status is not showing correctly, contact support@emallc.com or visit the Challenge Solutions booth at Packet Pickup.



Challenges Overview

- [SF/Berkeley Challenge](#)
- [Berkeley Half Marathon Loyal Runners](#)

SCHEDULE OF EVENTS

Friday, November 15th, 2019	
Packet Pickup	Time: 11:00 am – 7pm Location: Sports Basement Berkeley 2727 Milvia St, Berkeley, CA 94703 View Map Here
Saturday, November 16th, 2019	
Family 1K	Time: 8:00 am Location: Sports Basement Berkeley 2727 Milvia St, Berkeley, CA 94703
Packet Pickup	Time: 9:00 am - 5:00 pm Location: Sports Basement Berkeley 2727 Milvia St, Berkeley, CA 94703 View Map Here
Sunday, November 17th, 2019	
Half Marathon	Time: Race begins at 7:30 am Location: Milvia St at Kittredge St, Berkeley, CA 94704 View Map and Details Here
10K and 5K	Time: Races begin at 8:30 am, Location: Milvia St at Kittredge St, Berkeley, CA 94704
Finish Line Festival/Cheer Garden presented by Capital One	Time: 9:00 am - 1:00 pm
Awards Ceremony	Time: 10:30 am Location: Finish Line Festival Civic Center Park 2151 Martin Luther King Jr Way, Berkeley, CA 94704 View Map

RACE INFORMATION

Transportation to the Start Line

Drive, take a shuttle, BART bus, bike or walk (or run!) to the race – we have multiple options available for race participants. You can buy a [BART/Bus ticket ONLY here](#).

Learn more about [race weekend transportation and lodging here](#).

Parking

The Center Street Parking Garage will open at 6am on race day. Normal parking rates apply. All other city lots will open at the regular times.

Two parking lots near the Berkeley High School campus will be open on race morning, starting at 6:00 am. They are located at [Bancroft Way and Milvia St.](#) and at [Durant Ave. and Milvia St.](#), close to the Main Start Line, and can only be accessed on race morning from Shattuck Ave. The suggested contribution is a minimum of \$20 (cash only). Proceeds are tax deductible and will benefit the Berkeley High School.

Race Day Bike Valet

We encourage locals to bike to the Start Line on Race Day and enjoy our free bike valet service located in the northwest corner of Civic Center Park near the corner of [MLK and Center St.](#) The Bike Valet will be open from 6:00 am - 1:00 pm. Bikes that remain in the bike valet after 12:30 pm will be transported to the Bike Valet vendor's office at the owner's expense.

Race Weekend Public Transportation

All public transit systems will be running as regularly scheduled throughout Race Weekend (please note the race start time is before Bart opens). To get around on time, we encourage runners to avoid driving on Race Weekend and use one of the other methods included in this guide instead. If taking public transportation in the Bay Area, plan your trip in advance with [511.org](#).

Race Traffic Advisory

Thank you to all Berkeley residents for enabling us to stage the Biofreeze Berkeley Half Marathon in this amazing city. To help plan their travel on race day, we invite runners, spectators and the community to refer to [our Race Traffic Advisory page](#) for updated traffic impact information. We especially encourage those driving/being driven to the event to review.

Gear Check

Check your gear at Allston way just across from the High School, at the exit of the Finish Chute. Gear Check will be available starting at 6:30am. You must use the clear bags provided at the Packet Pick Up for your items. Please write your bib number on the gear check bag you receive at the Packet Pickup. This will ensure a speedy pickup at the finish of your race.

Please Note:

- Drop your bag off securely tied
- The Biofreeze Berkeley Half Marathon is not liable for any lost, stolen, or damaged items
- Don't place any valuable or heavy items (such as keys, phones, electronics or money) in your bag
- Don't over-stuff your bag
- Runners must show their bib to pick up their bag at the end of their race. Gear Check closes at 12:30pm. You are not allowed to retrieve a bag for someone else.

Lost and Found

Any items found on the course or after the race will be brought to the Info Booth at the Finish Line Festival. Go to the Info Booth if you have lost or found an item. All lost and found items and/or gear bags not claimed at the end of race day will be returned to The Biofreeze Berkeley Half Marathon management.

Claiming Left Gear Check Bags or Lost Items

You have 5 days to claim your Gear Check Bag and/or lost items or contact us about shipping them back to you after the race. There is a \$15 domestic shipping charge for shipping bags and/or items back to you. All unclaimed items will be donated to charity after two weeks. For questions, please contact us at customersupport@berkeleyhalfmarathon.com

Information Booth

If you have additional questions during race weekend, please visit our Info Booth at Packet Pickup on Friday and Saturday or at the Finish Line Festival on Race Day.

The Courses

All course details, including course and elevation maps, water and aid stations, course time requirements, and more, can be viewed on our [course overview page](#).

Pacers

Run our Half Marathon with one of our pace groups and achieve your race day goals. Our experienced Pacers will deliver you to the finish line on time. Any registered runner can join a pace group for free. Just look for your pacers in your corral (you'll know them by their special race day gear and their sign with pace and EFT) and follow them. For a list of all pace groups, please see [our Pacer Group Info Page](#).

Course Time Requirements

All participants are required to finish their race within the following time frames:

- Half Marathon: finish within 4 hours or an 18:20 minute/mile pace
- 10K: finish within 2 hours or a 19:19 minute/mile pace
- 5K: finish within 1 hour or a 19:21 minute/mile pace

The Main Finish Line (Half Marathon and 10K) closes at 11:45 am and the 5K Finish Line closes at 9:45 am. Runners who come in after this time will not be considered official finishers. If anywhere along the course you fall behind that pace time, it is likely that water stops and aid stations will have shut down as we are required to open streets back up based on that closure. If you do not finish under the course limit, we can not guarantee you a medal or official finisher's time. The Finish Line closes at 11:45 and the Festival closes at 12:30 pm.

Starting Times/Locations and Wave/Corral Start Info

Half Marathon

Start Location: Milvia St. at Kittredge St, Berkeley, California 94704 ([Map](#))

Start Time: 7:30 am All runners should enter the start corrals prior to 7:30 am.

[View Half Marathon overview page](#)

5k and 10K Races

Start Location: Milvia St. at Kittredge St, Berkeley, California 94704 ([Map](#))*

Start Time: 8:30 am - 5k and 10k races start together. All runners should enter the start corrals prior to 8:30 am.

[View 5K overview page](#)

[View 10K overview page](#)

**All 5K Runners with strollers must start at the back of Corral C, regardless of estimated finish time.*

Half Marathon Waves/Corrals

7:30 - Elites

7:32 - Wave/Corral A

7:35 - Wave/Corral B
7:38 - Wave/Corral C
7:41 - Wave/Corral D

5K and 10K Waves/Corrals

8:30 – Wave/Corral A
8:34 – Wave/Corral B
8:38 – Wave/Corral C

*Wave times are approximate and subject to change on race morning, please list for announcements

Water and Aid Stations

There will be **7 Aid Stations** along the **half course** providing:

- Water
- Medical service
- Biofreeze fast-acting topical products for pain relief
- UCAN Berry Hydrate electrolyte drink
- Toilets
- Water stop 3 include GU energy chews

There are **3 water stops** along the **10K course** providing:

- Water
- Medical service
- Biofreeze fast-acting topical products for pain relief
- UCAN Berry Hydrate electrolyte drink
- Toilets

There is **1 water stop** along the **5K course** providing:

- Water
- Medical service
- Biofreeze fast-acting topical products for pain relief
- UCAN Berry Hydrate electrolyte drink
- Toilets

Medical Information

Certified medical volunteers will be on hand at the Start Line and Finish Line and at all Aid Stations along the course.

RaceSafe and the Biofreeze Biofreeze Biofreeze Berkeley Half Marathon have partnered to deliver a high standard of care for our runners. The RaceSafe App



keeps vital medical information secure and puts it at the fingertips of our certified medical team on race day. Please share your information with our team securely and privately by registering. An updated profile ensures we can properly treat you should any medical incidents occur. [Sign up for RaceSafe here.](#)

Course Entertainment and Cheer Stations

The Biofreeze Biofreeze Berkeley Half Marathon will showcase entertainment groups and cheer stations that reflect Berkeley's unique artistic community. We hope this aids in keeping runner spirits and vigor up during the race. You can check our [website](#) for more information on these stations.

POST-RACE FESTIVITIES

Finish Line Chute

The Finish Line chute will provide participants with replenishment after you cross the Finish Line area with bottled water, UCAN bars, and bananas and exit the finish chute.

Finish Line Festival presented by Capital One

Location: Civic Center Park

2151 Martin Luther King Jr Way, Berkeley, CA 94704 ([Map](#))

Finish Line Festival: 9:00 am - 12:30 pm [Learn More](#)

Cheer Garden: 9:00 am - 12:30 pm

Awards Ceremony: 11:00 am [Learn More](#)

Recover, refuel, celebrate!

The Finish Line Festival presented by [Capital One](#) is free and open to participants, their family and friends and the Berkeley community. Reunite with your friends for celebratory photos, enjoy music, free snacks and beverages and your post-race beer.

Since its inaugural year, The Biofreeze Berkeley Half Marathon has supported the [Berkeley Public Schools Fund](#) as our official charity. The Fund invests directly in teachers' ideas and creativity with classroom grants.

Please consider a donation to the Berkeley Public Schools Fund by making a



contribution at their table at Packet Pickup or join them at the Beer Garden. Fund volunteers will be your servers. 100% of proceeds benefit Berkeley Public School kids and teens! You can donate online [here](#).

A selection of Sufferfest beer and Golden State Cider are available within the Beer Garden (in Civic Center Park by the Finish Line Festival). Runners receive one complimentary beverage and can take a seat and enjoy a well-deserved drink! For spectators and friends-of-runners, we will have Sufferfest/Golden State Cider available for purchase. Note: If you would like to drink beer/cider, you MUST have a valid ID. It will be checked and you will receive a stamp. Underage runners and spectators will be allowed into the Beer Garden, but will not be allowed to drink alcohol.

Awards

Awards will be issued to the top three men and women of the Half Marathon, 10K and 5K. Awards will be presented at our Awards Ceremony located at the Finish Line Festival, beginning at 10:30 am. Additionally, the top three men and women will receive a winners medal, flowers, a gift from Biofreeze, a Sports Basement gift card, and a prize pack from UCAN and Sufferfest Beer Co. Official results will be finalized within 30 days.

Age group awards will be given to the top three men and women in the following age divisions in the Half Marathon, 10K and 5K: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ years old. *Age group awards will not be presented on Race Day and will be mailed after the event.*

Runner Perks

Exclusive Runner Deals

All registered participants of The Biofreeze Berkeley Half Marathon 2019 events get exclusive access to special deals from our Official Partners and other brands with our Virtual Race Bag. Access your deals through December 15, 2019. Check your email during race week for more details.

Official 2019 Merchandise Store

The Official 2019 Merchandise Store will offer apparel. Check out our 2019 designs at the Packet Pickup.



RESULTS AND RACE PHOTOS

Race Timing Services and Results

Our races are timed by Race Central using Chronotrack D-tag technology. The tag is on the back of your bib. Failure to wear your tag properly throughout the entire race make cause missed split times, unverified or not posted results and disqualification.

Unofficial results will be posted in the Results Tent of the Finish Line Festival Area and on [our results page](#) within 24 hours after the first runner crosses the finish line and then on a rolling basis.

Any change requests regarding unofficial results must be submitted within 3 days after the race to RCcorrections@rccal.com by filling out the results correction form on the results page. Failure to do so may mean your results will not be listed online or be official.

Live Runner Tracking

During the race, friends and family can track your real-time race progress on course. Live Runner Tracking will be available on [our Live Runner Tracking page](#). Share the page link with your friends and family!

Race Photography

Biofreeze Berkeley Half Marathon and [Marathon Photos](#) have partnered to offer runners one free finish line photo. Additional race photos will be available for purchase on their website.

- Runners will receive an email once photos are available. Be sure to pin your bib number visibly on your front to help identify your photos after the race.
- Photos will be linked to on [our Results and Photos page](#) within one week post-race.

Thanks To Our Official 2019 Sponsors & Partners

Title Sponsor



Be sure to stop by the Biofreeze Relief Zone around mile 9, where the Biofreeze Cooling Crew will be armed with product to help you cool the pain so you limitless all the way through finish line!

Presenting Partners



Training for a race starts with the right nutrition. Fuel & Hydrate with UCAN, the Official Energy Nutrition & Hydration of the Berkeley Half Marathon. We're giving you a special chance to try the products served on race day for FREE! #UCANRunBerkeley

Official Charity



The funds raised by the Biofreeze Berkeley Half Marathon runners have supported much-needed programs, including leadership, gardening, math and science programs and more.



Sustaining Partners



Official Energy Chews



Official Packet Pickup Partner



Official Cider



Official Charity Partner



Official Beer

Supporting Partners



Official Runner Safety App





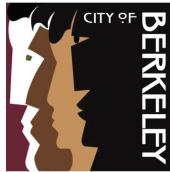
Race Photography



UCSF – Official Medical Provider



Community Partners



QUESTIONS

For additional information, please review the Biofreeze [Berkeley Half Marathon website](#) and our [Frequently Asked Questions page](#). If you have additional questions, contact our customer support team at customersupport@berkeleyhalfmarathon.com. We receive a high volume of inquiries during race week and appreciate your patience in advance.

Get Social

Share your Biofreeze Berkeley Half Marathon 2018 experience all race weekend long with the hashtag #RunBerkeley. Tag us to bring us in on the fun!

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