



# The San Francisco Marathon® Runner's Guide 2011

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July 14, 2011

Dear Fellow Runners:

It is with great pleasure that I welcome you to The 2011 San Francisco Marathon® events! I would also like to welcome your friends, families, and fans to the beautiful City by the Bay. The staff of The San Francisco Marathon® is very excited to see you cross the finish line on race day! We have dedicated this past year to planning another fantastic running and overall weekend experience for all participants.

With over 24,000 runners, this will be the biggest San Francisco Marathon to date! For the seventh year in a row, we will be running on the roadbed of the Golden Gate Bridge—the only race in San Francisco to offer this unbelievable experience. Here are some exciting weekend highlights that you will not want to miss:

- Enjoy expanded First Half Finish and Main Finish food options including fruit, Panera Bread scones, Zico Coconut Water, Metroelectro, California Teas, Irish Coffee, Sierra Nevada, plus numerous vendor samplings.
- Celebrate post-race by grabbing a beer with family and friends at the Sierra Nevada Beer Garden on The Embarcadero and then heading over the live entertainment stage.
- Be sure to check out the 40+ vendors at the Race Expo on Friday and Saturday after picking up your bib.

I want to give a heartfelt thank you to all of our volunteers and staff who make this amazing event happen! Without their hours of manning the course, assisting runner's needs, and keeping everything running smoothly the race would not be possible. Also thank you to all the bands, DJ's, and spectators for waking up before the crack of dawn to provide entertainment and cheer on racers for the throughout the entire 26.2; I know the runners are extremely grateful for your encouragement and support.

Over the years The San Francisco Marathon® has built a reputation for boasting a course that is both breathtakingly beautiful and pushes runners to their limits with the city's famous hills. Embrace the scenery and challenge only found here in San Francisco. Most importantly have fun on race day!

See you at the Finish Line!

Pamela Madigan  
Race Director

## **Welcome to San Francisco!**

Welcome to the beautiful City by the Bay, home of sourdough bread, Alcatraz Island, cable cars, the crooked street in America, and, of course, the Golden Gate Bridge. Running in The 2011 San Francisco Marathon™ will give you a grand tour of many of the city's famous neighborhoods in the best way possible—on foot—we hope that you will get a chance to explore those areas not covered in the race, and check out the attractions in the areas you do run through during your stay.

San Francisco has been inhabited since 3000BC by various native groups; the first attempt by Europeans to colonize the area did not occur until the late 18<sup>th</sup> century by the Spanish. San Francisco remained a small town until the California Gold Rush in 1849, when the population increased from 1,000 inhabitants to 25,000 people. The immigrant nature of the newcomers helped the city become defined in terms of ethnic neighborhoods, many of which remain into the present day. The Golden Gate Bridge was constructed and completed in the midst of the Great Depression in 1937. During World War Two San Francisco's Fort Mason became the primary point from which soldiers entered the Pacific Theater. In latter half of the 20<sup>th</sup> century San Francisco became famous for its Haight-Ashbury district, gay rights movements, and high tech industry, and gourmet food.

Today, there are approximately 15 major neighborhoods in San Francisco, including North Beach, Chinatown, Haight-Ashbury, and the Mission, and over 100 smaller neighborhoods. Each area of the city holds its own character and charm, from the loud streets of Chinatown to the runners and volleyball players on the Marina Green. While only just over 800,000 people live in the city proper, San Francisco is the second most densely populated city in the United States; this fact combined with the fairly mild weather all year around creates a lively atmosphere and a population that embraces cycling and running, among other outdoor adventures.

Other popular destinations in the area include: Mount Tamalpais (the birthplace of mountain biking), Carmel/Monterrey, Santa Cruz, Napa/Sonoma Wine Country, and Lake Tahoe.

Please visit the “Visiting San Francisco” page on our website (<http://www.thesfmarathon.com/visiting-sf/>) for more information.

Remember to set your watches to Pacific Daylight Time (-7 GMT) when you arrive!

Enjoy the weekend!

## **Updates to the 2011 Race**

All race weekend updates will be posted on the homepage ([www.thesfmarathon.com](http://www.thesfmarathon.com)).

### **General Event Updates**

- The San Francisco Marathon® 2-day Expo; Registration; Bib, T-shirt and Goody Bag Pick-Up will be located at the East Concourse Exhibition Center located at 620 7<sup>th</sup> Street. There will be shuttle buses leaving from the Hyatt Regency Embarcadero during Expo hours:
  - Friday, July 29, 2011: 12pm – 7pm
  - Saturday, July 30, 2011: 9am – 5pm
- Live music at the finish on The Embarcadero performed by LoCura
- We have expanded our finish line food offerings this year for all runners! The 1<sup>st</sup> Half Finish will feature fruit, scones from Panera Bread, Zico Coconut Water, Metroelectro, California Teas, plums, bananas, and Irish Coffee. The Full and 2<sup>nd</sup> Half Finish will feature Metroelectro Water, Zico Coconut Water, California Teas, Sierra Nevada Beer, scones from Panera Bread, Organic Experience, Laura Scudder's Peanut Butter, Subway, plums and bananas. The Munchkin Kids Fun Run Area will have Sun Tropics juice, snacks from Pirates Booty, and a Kids Outdoor Club for post-race games led by coaches. You can also decorate your T-shirt with pedal powered paint station.
- Spectators will also be able to enjoy foods and samples at either finish line.
- The San Francisco Marathon® is continuing its Green efforts:
  - We will be recycling and composting the trash during our Expo and during the race (so throw away your trash in the correct container)
  - We will be collecting clothing and running shoes, old or new, at the Expo to donate.
  - Finishers' Certificates are online certificates.
  - Runners can recycle their heatsheets and D-Tag timing chip after completing the race.
  - Electronic results listing
  - We are buying all of our Expo sampling cups and race day cups - over 400,000 - from World Centric, a local compostable products company based in Palo Alto, CA.
  - We are using a bike valet and also using cyclists to lead the runners on the course instead of motorized vehicles.

### **Event Specific Updates-**

- We've added new seminars. Seminars will be held on Friday and Saturday at the Expo.
- We have also added a Tech Center to the Expo to help you get up to date with the latest running technologies.
- The finish line will feature more food and product sampling for hungry runners and spectators.

## The San Francisco Marathon® 2011 Schedule of Events

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Mile Marker Preview Party & Art Party	July 22, 2011	6:30-9:30pm	Secession Art & Design
Taco Night Fundraiser for SF Child Abuse Prevention Center	July 25, 2011	6:30-11 pm	Tacolicious
Pizza Benefit for Shanti or MS Society	July 26- July 31	Dine in Tuesday-Saturday	Goat Hill Pizza
Mash-Up After Hours Party	July 27 <sup>th</sup> , 2011	6:00 pm- 10:00 pm	Conservatory of Flowers
Work Out Nightlife	July 28, 2011	6:00 pm-10:00 pm	California Academy of Science
Race Expo	July 29, 2011 July 30, 2011	12:00pm-7:00pm 9:00am – 5:00pm	East Concourse at the SF Design Center
Expo Seminars	July 29, 2011 July 30, 2011	2:30pm – 6:30 pm 10:30am – 4:30pm	East Concourse at the SF Design Center
Shake-it-out Run hosted by Lululemon	July 30, 2011	8:00 am	Justin Herman Plaza
Pasta Feed	July 30, 2011	4:00pm – 9:00pm	Lafitte Resturant
Marathon	July 31, 2011	Wave Starts 5:30am – 6:45am	Embarcadero at Mission
Half Marathon: 1 <sup>st</sup> Half	July 31, 2011	Wave Starts 5:30am – 6:45am	Embarcadero at Mission
Half Marathon: 2 <sup>nd</sup> Half	July 31, 2011	Wave Starts 8:15am – 8:35am	JFK Drive at 36 <sup>th</sup> Ave
5k Run/Walk	July 31, 2011	7:45am	Embarcadero at Mission
Progressive Marathon	July 31, 2011	7:45am	Embarcadero at Mission
Munchkin Kid Fun Run	July 31, 2011	9:00am	Embarcadero at Mission
Award Ceremonies	July 31, 2011	5K at 9:45am 1 <sup>st</sup> Half at 10:15am Marathon at 10:45am 2 <sup>nd</sup> Half at 11:15am	Embarcadero at Mission

## Loyal Runners Program

Have you run The San Francisco Marathon® 5 times? 10 times? Then you may be considered a Loyal Runner!

- We will honor anyone who has finished The San Francisco Marathon, 1st Half Marathon, 2nd Half Marathon or 5k events 5 or 10 times since 1999. If you have run 4 or 9 events since 1999 and are registered for a 2011 event you are eligible after you complete the 2011 race!
- 5 year Finisher Award – San Francisco Marathon Loyal Runner Water Bottle  
10 year Finisher Award – San Francisco Marathon Loyal Runner Short Sleeve Polo Shirt
- Runner's are only eligible for one 5 year and one 10 year award.
- All awards will be distributed at the Half it All Tent (right next to Information) at Mission and Embarcadero. This is past the finish line chute. All prizes MUST be picked up in person at the race. Awards and prizes WILL NOT be mailed.
- To check if you qualify as a Loyal Runner, check in at the Loyal Runner Booth at the Runner Expo during Race Weekend'
- **You must pick up your 5 year or 10 year prize on the year that you qualify, you will only be eligible on the year that you qualify for the gift.**

Thank you for being loyal to us- See you at the Finish Line!

## Sweats Drop vs. Clothing Drop

The sweats drop will be an option available for all runners. Come to the Expo and get a bag to put any clothing or goods you will have for race day that you don't want to run with. The Sweats drop will be by the start line by all the UPS trucks. Make sure your bib number is clearly labeled on your bag (provided at the Expo). **The San Francisco Marathon is not liable for any lost, damaged or stolen items.** We STRONGLY recommend that you **do not place any valuable items (ie: phones, cameras, car keys, drivers licence) in your bag.** We also recommend that you do not overstuff your bag, place heavy items in the bags or store any breakables in the bag that they may be moved or dropped.

We will also have a clothing drop for charity that will be located at the Expo, near the 5 mile mark of the full and 1<sup>st</sup> half marathon, and at the finish line of the marathon. If you get hot along the course will we have certain stops along the way where you can "drop" a layer that then gets

picked up for a clothing donation. **Only Drop Clothing That You Do Not Want Back. Any Clothing Dropped Along The Course Is Assumed To Be For Clothing Drop Donations.** If you want to take part in this, just wear an old long sleeve that you know you will want to ditch in the middle of your run. The company is USAgain is taking part in this, and the more clothing/shoes we donate, the more money they will give to Committed2Community.

### **Half It All™ Challenge**

We've been hearing for years that it's just too hard to choose whether to run the 1st or 2nd Half Marathon. Rest assured, beginning this year you can Half it All! What does this mean?

Run the 1st Half Marathon and 2nd Half Marathon in 2 consecutive years, and pick up a special Half it All™ Challenge Medal in the tent, at the finish line!

Now you can Run the Golden Gate AND Cruise through the Haight, covering all 26.2 Miles!

#### **Here's the Details:**

- 2010 Half Marathon Runners may use their event to qualify at this year's race.
- Runners may complete the Half Marathons in any order.
- 2011 2nd Half Marathoners will receive \*\*preferred entry into 2012 1st Half Marathon Events.
- Events must be run in consecutive years. No exceptions.
- Runners must check "Half it All Challenge" during registration of their finishing event.
- Already registered? Log in to your account to update eligibility.
- Full Marathoners do not qualify for this challenge.
- Runners may NOT skip a year in between events for any reason.
- Runners who complete the same half marathon event twice do not qualify.
- All eligibility must be approved by The SF Marathon Staff, runners who check the challenge box in registration are not automatically approved.

**All awards** will be distributed at the Half it All Tent (right next to Information) at Mission and Embarcadero. This is past the finish line chute. All prizes **MUST** be picked up in person at the race. Awards and prizes **WILL NOT** be mailed.

*\*2010 Registrants must provide prove completion of their event by entering their 2010 Bib Number.*

*\*\*2011 finishers will be given the first opportunity to register for 1st Half Marathon events when registration opens in the Fall to ensure their completion of the Half it All Challenge in the following year.*

## Hotels

Be sure to ask for The San Francisco Marathon® rates!

### **Official Hotel of The San Francisco Marathon®:**

**Hyatt Regency Embarcadero Center**

**415.788.1234 or 1.800.233.1234**

### **Supporting Hotels:**

<b>Downtown Hotels</b>	<b>Union Square Hotels</b>
Omni Hotels 1.800.543.4300 500 California Street	Parc 55 Hotel 1.800.697.3103 55 Cyril Magnin Street
Le Meridian San Francisco 1.866.837.4184 333 Battery Street	Westin St Francis 1.800.Westin1 335 Powell Street
Intercontinental San Francisco 1.415.616.6500 888 Howard St	Marriott San Francisco (Downtown) 1.800.228.9290 or 1.415.896.1600 55 Fourth Street
Intercontinental Mark Hopkins 1.415.392.3434 No. 1 Nob Hill	King George Hotel 1.800.288.6005 334 Mason Street
	Galleria Park Hotel 1.888.798.3941 191 Sutter St.

## **The San Francisco Marathon® Runner Expo**

The two day Runner Expo is FREE to the public and has a variety of vendors exhibiting great items for all your running needs. The 2011 Expo will take place at the East Concourse Exhibition Center of the SF Design Center. **You must visit the Expo to pick up you bib, t-shirt, gift bag, and timing tag.** Afterwards check out our fabulous 40+ vendors! (See full list below) If you are looking to switch events you may only do so at the Expo, if space allows.

### **Location**

The East Concourse at the SF Design Center  
620 7<sup>th</sup> Street  
San Francisco, CA 94103

The Concourse is located Southeast of I-80 on 7<sup>th</sup> Street between Brannan and Townsend Streets. It is conveniently located near the race start and several nearby hotels.

### **Hours**

Friday July 29, 2011: 12:00 PM - 7:00 PM  
Saturday July 30, 2011: 9:00 AM - 5:00 PM

### **Parking and Public Transportation:**

Nearby parking is available in several parking garages. There is a parking map attached showing the various parking areas around the race.

Save gas and carpool to the Expo! Through a partnership with PickupPal, runners can either offer rides or be a passenger. Sign up by clicking on the link on our homepage at [www.thesfmarathon.com](http://www.thesfmarathon.com).

Visit [www.511.org](http://www.511.org) to plan your trip!

To get to The Concourse via public transportation, use BART, or Muni lines 9, 47, and 10.

### **Registration/ Bib/T-Shirt Pick-Up**

Every participant **MUST** attend the Expo to pick up their Bib Number, Timing Tag, Goody Bag, and Official Race T-Shirt. **You will need a printed and signed copy of your registration confirmation** to receive a bib number and race packet. You may also switch events and/or wave numbers at the Expo for a \$10 service fee based on availability. Please note it is **highly unlikely** you will be able to switch into the First Half Marathon.

There is **NO** Packet Pick-Up after hours or on Race Day (except for the 5K/Progressive Marathon which can pick up on Race Day)

There is **NO** Pre-Race Bib/ Packet Mailing.

### **Wave Switching**

To switch you wave you must come to the Expo, pick up your bib, then head down to the Solutions table and they will be able to switch your wave depending on availability.

## **2011 Expo Vendor List**

Running Skirts	Laura Scudders
Spibelt	Tytenz
Wear your Number	Run Pretty Far
The Stick	BSIM Events
Pinnacle Eyewear	Degree
Organs R Us	Two Cities Marathon and Half
UCSF RunSafe Clinic	SF Child Abuse Prevention Center
Polar Electro	110% (Play Harder)
Team Parkinsons	Sequel Naturals
Aline Insoles	Clif Bar
Snuggbudds	Runner's Wrap
Larabar	Metro Electro
Cascadian Farms	KT Tape
Flex Power	Bart Yasso
American Cancer Society	California International Marathon
Promassagers	Committed 2 Community
Sweaty Bands	GU Energy Labs
Fond Memories Graphics	Nike/ Fleet Feet
National Running Center	SF Parks and Recreation
Wild Veggie	SF Marathon Pace Team
Bolthouse Farms	SF Marathon Training Program
Running Divas	Ultra Lyte Electrolyte
Lombardi Sports	
Lake Tahoe Marathon	

## **Race Merchandise**

Official Race Merchandise, including signature apparel, our official poster and more, will be available for purchase at the Expo.

## **2011 Seminar Schedule**

Seminars will be held on Friday, July 29<sup>th</sup> at 12:30pm-7:00pm, and Saturday July 30<sup>th</sup> at 9:30am - 4:30pm. The Seminars will be held at the Expo at The East Concourse.

Make the most of your marathon with our expert panel of speakers! This year the keynote Seminar Series Speaker and Host will be Bart Yasso, Chief Running Officer of Runner's World Magazine, who will be discussing his book "My Life on the Run." The Speaker Line-Up also includes SF Marathon Medical Director Dr. Anthony Luke, Course Expert David Deigan, Nutritionist Kaley Todd, Meditation Specialist Jon Pratt, Charity Chasers Dane Rauschenberg and Sam Felsenfeld, and more!

**Friday, July 29th**

### **It's All In Your Head**

#### **Friday 12:30-1:30pm**

Professional Endurance Athlete, Ultramarathoner, entrepreneur, health/fitness advocate and speaker, **Sarah Stanley** is an inspiration to many! A passionate advocate for being active, healthy, and happy, Sarah has run marathons, fifty mile and hundred mile races and inspires others toward achieving their goals and to live a healthy life. "If you put your mind to it, you will surprise yourself by what you can accomplish". Sarah values both physical and mental toughness both in her training and in life. Think that crossing the finish line is only about your legs? Think again! Sarah will share 7 ways to cross the finish line strong and with a smile. Learn about pre-race and race day nutrition, hydration and other strategies to make your San Francisco Marathon (or half) spectacular! Sorry, cupcakes not included.

### **Nutrition for the Endurance Athlete**

#### **Friday 2:30-3:30pm**

**Kaley Todd** helps participants improve their eating style and optimize their training through individualized eating plans. Kaley is a registered dietitian with a master's degree in nutrition from Rush University Medical Center in Chicago, Illinois. While in Chicago, Kaley worked with a variety of sports groups and clients as a clinical dietitian aiming to improve the health and well-being of her clients in both inpatient and outpatient settings. Kaley is a member of the Bay Area Dietetic Association and the American Dietetic Association. She is also a member of the Food and Culinary Professionals, Nutrition, Sports Cardiovascular and Wellness Nutritionists, and the Complementary Care Dietetic Practice Groups. Residing in the San Francisco Bay Area, she continues to promote nutritional council to complement active lifestyles while highlighting the unique tastes and flavors of foods. Kaley is a marathon runner who knows through personal experience that, no matter what running goal you may have, what you eat truly plays a critical role in injury prevention and optimal performance.

### **Running with the Mind of Meditation**

#### **Friday 3:30-4:30pm**

**Jon Pratt** ran his first marathon in 1980 and has since run in 20 marathons. He began formal meditation practice in 1992 with Sakyong Mipham Rinpoche. Rinpoche is the head of the Shambhala Buddhist lineage, a marathon runner, and the originator of the Running with the Mind of Meditation program. Jon has been directing Running with the Mind of Meditation weekends since 2008. He can be found running with delight on the trails around his home in

Boulder, CO. This presentation will cover an introduction to meditation, how it can benefit the long distance runner, and techniques for bringing meditation to the road.

### **Charity Chasers Dane Rauschenberg and Sam Felsenfeld**

**Friday 4:30- 5:30pm**

On July 31st, SF Marathon participants be chased by **Sam Felsenfeld** and **Dane Rauschenberg**. Both successful fundraisers and serial marathoners (Sam ran 63 Marathons in 2010 and Dane once ran 52 Marathons in 52 consecutive weeks), these guys will be starting dead last and seeking pledges for every runner they pass, with proceeds going to their respective charities. Sam and Dane will duke it out to see who can pass the most runners and ultimately raise the most money for charity. Sam is racing for the American Institute of Cancer Research, and Dane is racing for Committed 2 Community, an organization geared towards providing grants to volunteer groups at The SF Marathon. Sam and Dane will tell you about their unique record-breaking experiences, their goals for The SF Marathon, and inspire runners to use their talents to give back to the community.

### **Bart Yasso's "My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon"**

**Friday 6:00-7:00pm**

Dubbed the "Mayor of Running," **Bart Yasso** is one of the best-known figures in the sport, but few people know why he started running competitively, how it changed his life, or how his brush with a crippling illness nearly ended his career a decade ago. With insight and humor, "My Life on the Run" chronicles the heatstroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his nearly 30 years with Runner's World Magazine.

**Saturday, July 30th**

### **Tim Borland- 63 Marathons in 63 Days**

**Saturday 9:30-10:30am**

In 2007, **Tim Borland** set out on what proved to be a life-changing journey, traveling across the U.S., as he and his family embarked on the A-T CureTour. His purpose and mission was to help advance the work of the A-T Children's Project, fighting a rare and fatal children's disease called Ataxia Telangiectasia (A-T). Tim ran a full 26.2 miles each day while pushing a mobility-jogging stroller for 63 days in 63 different communities across the U.S. Since completing this incredible feat, Tim has continued to fight for a cure for A-T. He will lead the A-T Cure Team in San Francisco by running the Full Marathon while pushing young patient Cathryn in her wheelchair. In his presentation, Tim will share stories from his remarkable journey and reveal how he's used his running as a vehicle for change.

### **TrainingWell™**

**Saturday 10:30-11:30am**

After reviewing the physiology (normal function) and pathophysiology (deranged function) of muscles and joints during running (and walking), **Dr. Jeff Shapiro** will reveal a common sense running technique proven to reduce injury and improve performance. A discussion of the science of nutrition, pharmaceuticals, and supplements will enhance every athlete's ability to train well.

### **Running on Empty: Marshall Ulrich**

**Saturday 11:30am-12:30pm**

In 2008 at the age of 57, **Marshall Ulrich** ran across the United States, completing the mind-bending and body-breaking equivalent of 117 back-to-back marathons in 52.5 days, running an

average of more than 400 miles a week. Marshall's *Running on Empty* speaking message and the metaphor of the run are universal, whether you're an athlete or not. It's about facing forward and taking the next step. It's about not flinching when the road gets rough or you miss a turn, and about finding another way when the bridge you planned to cross has collapsed. It's about goal setting and doing what you say you'll do and not letting anything or anyone stop your progress. Ultimately, it's about facing the toughest challenges, enduring crushing setbacks, accepting friendship and love, and finding fulfillment.

**Bart Yasso's "My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon"  
Saturday 1:00-2:00pm**

Dubbed the "Mayor of Running," **Bart Yasso** is one of the best-known figures in the sport, but few people know why he started running competitively, how it changed his life, or how his brush with a crippling illness nearly ended his career a decade ago. With insight and humor, "My Life on the Run" chronicles the heatstroke and frostbite, heartache and triumphs he's experienced while competing in more than 1,000 competitive races during his nearly 30 years with *Runner's World Magazine*.

**Running Evolution: What Nature, Science and Medicine Tell Us About Running  
Saturday 3:00pm-4:00pm**

**Dr. Anthony Luke**, from UCSF Sport Medicine will give an update on current concerns for runners, including hyponatremia and fluid management, and discuss the cutting edge information on how to prevent common injuries encountered in running.

**Get the Inside Track on The San Francisco Marathon® Course  
Saturday 2:00 – 3:00pm**

**David Deigan**, a local expert on the San Francisco Marathon course, and a veteran marathoner with nearly 50 years of experience in the sport, will guide you through each mile of your 26.2 mile adventure. Through the use of full digital pictorial of the course, he will provide tips to racing the terrain, alert you to any hazards in the course, and point out any landmarks or vistas you should be sure not to miss!

## **“Marathon Eve” July 30, 2011**

### **Pasta Feed**

Fuel up with a runner tradition: Pre-Race Night Dinner! This year you will need to choose a time to attend based on which speaker you want to see.

#### Available times are:

4:00pm – 5:30pm – Speaker: Biggest Loser Season 10 Contestant, Ada Wong

~~5:30pm – 7:00pm – Speaker: Tim Borland~~ SOLD OUT

7:00pm – 8:30pm – Speaker: Sophia Bush from “One Tree Hill”

Family and friends are invited – be sure to purchase tickets for them as well!

Location: Lafitte Restaurant, Pier 5 The Embarcadero, San Francisco

#### Menu:

- Pork Sugo with Hand Torn Pasta
- Nettles, Fregola, & Poached Egg
- Summer Vegetable Cannelloni
- Polenta Gnocchi- Gluten Free with Calamari Bolognaise
- Whole Wheat Pasta, Fresh Tomato Ragout
- Still and sparkling will be served at each table

### **Hyatt Regency Embarcadero**

The Hyatt Regency Embarcadero will be offering a special pasta dinner at the hotel’s restaurant.

### **North Beach**

North Beach is located within walking distance of downtown San Francisco. Look for a great pasta dinner at any one of the Italian restaurants.

## **The Official San Francisco Marathon Pace Team**

The 2011 Pace Groups for the Marathon and Half Marathon will be paced by The San Francisco Marathon Pace Team comprised of experienced marathoners who will help you stay on pace to achieve your running goals in 2011! We will have a wide variety of pace group times including many of the Boston qualifying standards.

### How to sign up for a Pace Group

To sign up for a Pace Group simply stop by the Pace Team Booth at the 2-day Expo on July 29<sup>th</sup> and 30<sup>th</sup> OR on race day just look for the Pace Team signs that each pacer will be carrying with the Pace Time on the sign. Pace Leaders will be assigned to the appropriate wave based on the pace and you will find them at the back of the assigned wave.

Additionally, Pace Bands will be available to all participants in either half marathon event or the full marathon event whether you choose to run with a Pace Group or not. The Pace Band will note the split mile times so if you should lose the group for some reason (pit stop?) you can help yourself stay on pace. Pace Bands will only be available at our Pace Team Booth at the 2-day Expo.

**PACE TIMES (based on Finish Time)**

<b>MARATHON and 1st HALF MARATHON</b>			
<b>EFT (Full Marathon)</b>	<b>EFT (Half Marathon)</b>	<b>WAVE/START TIME</b>	<b>FULL MARATHON AND FIRST HALF PACERS</b>
3:00	1:30	Wave 2/5:32 AM	TBA
3:10	1:35	Wave 2/5:32 AM	TBA
3:20	1:40	Wave 2/5:32 AM	Simon Multu/ Octavio Gutierrez
3:30	1:45	Wave 2/5:32 AM	Bradley S. Fenner
3:40	1:50	Wave 3/5:42 AM	Philip Shafer/Robert Gustafson
3:50	1:55	Wave 4/5:52 AM	Dan Fabun/Tony Dunnigan
4:00	2:00	Wave 5/6:02 AM	Di Wu/ Hanoch Raviv/ Karl Frieman/ Lihn Nguyen
4:15	2:07:30	Wave 5/6:02 AM	Arnon Amir/Brian Puckett/ Rachael Gannaway
4:30	2:15	Wave 6/6:12 AM	Rajeev Patel
4:45	2:22:30	Wave 7/6:22 AM	Janette Oca
5:00	2:30	Wave 8/6:32 AM	Jennifer Zackroff
5:15	2:37:30	Wave 8/6:32 AM	Roni Kornitz
5:30	2:45	Wave 8/6:32 AM	Mellisa Ownby
5:45	2:52:30	Wave 8/6:32 AM	Pat Fimmy
<b>2<sup>nd</sup> HALF MARATHON</b>		<b>WAVE/START TIME</b>	<b>PACER</b>
	1:30	Wave 1/8:15 AM	Bruce Adams
	1:40	Wave 1/8:15 AM	Patrick Clark
	1:50	Wave 2/8:23 AM	Jon Zingman
	2:00	Wave 3/8:29 AM	Clark Avery
	2:10	Wave 3/8:29 AM	Albert Pham
	2:20	Wave 3/8:29 AM	Karena Kong
	2:30	Wave 4/8:35 AM	Loi Quach
	2:45	Wave 4/8:35 AM	Dan Gold
	3:00	Wave 4/8:35 AM	Simone Adair

**For Pace Team FAQ's, please visit our website at:**  
<http://www.thesfmarathon.com/the-race/pace-groups.php>

## General Course Information

### **Parking**

- Save Gas and Ride your Bike! Bike Valet Services will be provided by the San Francisco Bicycle Coalition. The Bike Valet will be open from 4:30 a.m. to 2:30 p.m. and will be located on the Embarcadero in front of the ferry building.
- Parking will be available for \$10 at the Embarcadero Center. Embarcadero Garages will be open at 4:30AM.
- Street parking will be available, however please read posted signs to avoid parking in a tow zone.

### **Race Day Weather**

The summers in San Francisco are cool. The average Start Line is 56 degrees Fahrenheit. The average Day Time temperature is 64-70 degrees Fahrenheit.

### **Start Line Corrals**

Runners will be placed into starting corrals according to the wave on their bib number. You MAY NOT enter a corral for a wave number lower than the one printed on your bib, however you MAY enter a corral corresponding to a higher wave number than the one printed on your bib. For example, if you are in wave 5 you will not be allowed to start with wave 4, but you may start in wave 6 if you wish.

**Aid Stations:** All Aid Stations will have Water and Medical Staff

<b>Aid Station #</b>	<b>Mile</b>	<b>Open From:</b>
1	2.5	5:40am to 7:15am
2	4.8	5:53am to 7:50am
3	7.4 w/gel	6:07am to 8:25am
4	9.7	6:19am to 9:00am
5	11	6:25am to 9:15am
6	12.6	6:32am to 9:30am
7	14	6:42am to 10:00am
8	16 w/gel	6:50am to 10:25am
9	18.5	7:01am to 10:55am
10	20.7	7:13am to 11:30am
11	22.3	7:22am to 11:50am
12	24	7:30am to 12:15pm

Brought to you by the producers of The San Francisco Marathon®, UltraLyte Electrolyte is the Official Performance Beverage of The San Francisco Marathon®. UltraLyte Electrolyte is laboratory designed for the discriminating endurance athlete and recreational athlete alike. UltraLyte Electrolyte is formulated with easy to digest carbohydrates, electrolytes, vitamin C, amino acids and other nutrients to help fuel long workouts. UltraLyte Electrolyte is made to Quench Your Inner Thirst and replenish nutrients your body uses during endurance training and competition. UltraLyte's Lemon-Lime Ice doesn't contain any artificial colors or flavors and tastes great naturally.

GU Energy gels will be available at two locations along the Marathon course: Aid Station #3 at Mile 7.4 and Aid Station # 8 at Mile 16. An electrolyte will be available at all water stops on the course. Flavors Available:

**GU Gel:** Vanilla Bean, Chocolate Outrage, Jet Blackberry, Mandarin Orange, and Strawberry-Banana.

**GU Roctane:** Blueberry Pomegranate, Vanilla Orange, Cherry Lime, Chocolate Raspberry

Metroelectro will also be available at the Start and Finish Lines of The San Francisco Marathon® and Half Marathons.

More substantial food and drinks will be available at the finish line.

### **Water Stops:**

You'll be thirsty for sure, and our Water Stop Volunteers will be there to help you! They will be working as quickly and efficiently and cheerily as possible. Please be nice to them and keep your distance from their tables (so they can fill more cups and help all the runners). Please deposit your cups in appropriate waste containers, if possible, to help us leave no trace! Energy gel is available at Aid Station #3 and Aid Station #8.

### **Mile Markers**

Keep a piece of the SF Marathon action - Just Zaarly It! Zaarly is a buyer powered marketplace that allows you to buy and sell with the community around you. Simply post what you want, the price you're willing to pay and when you need it. Then let the people around you make it happen!

We're auctioning off custom mile markers designed by local artists. Simply enter the price you are willing to pay for the mile marker of your choice and hit "Zaarly It". Remember, this is a silent auction and the SF Marathon will notify you at the end if you won. Keep checking [www.zaarly.com](http://www.zaarly.com) throughout the auction period to see the highest bids. If you're outbid, just name your price again. Have fun and support the local movement. So what are you waiting for? Get Zaarlying!

## Course Entertainment

Here is a list of music and entertainment locations and suggested spectator viewing locations:

<u>MILE</u>	<u>LOCATION</u>	<u>TYPE</u>	<u>GROUP NAME</u>
1	Start Line	Chorus	SF Boys Chorus
2	Aquatic Park	Cheer Station	Galileo Academy JROTC
3	Fort Mason/ Safeway	Cheer Station	Galileo Academy- Class of 2012
Sports Basement	Sports Basement Presidio	Cheer Station	Sports Basement
5	Crissy Field at bottom of Hill	Cheer Station	American Cancer Society
7.5	Vista Point	3-piece instrumental surf power trio with razor edge	The Gillbillies
9.5	South End of Golden Gate Bridge	Cheer Station	Leukemia & Lymphoma Society
12.6	Spectator Drop Off	Cheer Station	Yelp!
14	GG Park JFK@ Chain of Lakes	Drum Circle	Hosted by Brandon Lee
2 <sup>nd</sup> Half Mile .5	JFK at Bernice	TBD	
Mile 15	MLK at Metson	Cheer Station	SF Hash Hound Harriers
Mile 15.5	Middle Dr. West at West Gate	Live Rock	The Pentacles
½ Marathon Finish (Golden Gate Park)	Golden Gate Park	DJ	Slayers Club DJ Boom LoLo
16	Transverse at JFK	DJ	Alex DeLanda
16	Transverse at JFK	Cheer Station	Zaarly
17	Stow Lake Drive	Cheery Station	TBD
17	Stow Lake Pavilion	Lyrical and Mystical Acoustics	Phoenix Rising
18	JFK at 10 <sup>th</sup>	Cheer Station	TBD
18	JKF at 8 <sup>th</sup> Ave	DJ	Slayers Club DJ Freddie Future

19	Kezar Tunnel in GG Park	Acoustic Accordion	Diana Strong
20	Scott at Waller	Cheer Station	Native Daughter of the Golden West
20	Haight at Divisadero	Cheer Station	Halo Trust
21	14 <sup>th</sup> & Guerrero	Cheer Station	Alpha Chi Omega
22	16 <sup>th</sup> St @ Florida	Live Band- 60s/70s inspired rock/Indie	Fpodbpod
22	16 <sup>th</sup> & Bryant- Sports Basement	Cheer Station	Sports Basement
22.5	17 <sup>th</sup> @ Wisconsin	City Folk Band	Ampersand
23.5	Mariposa @ Pennsylvania	Brazilian Music and Performance	ABADA Capoeira
23.25	19 <sup>th</sup> @ Indiana	Live Band- Jam Band/ Indie/ Electronic	Thrillouette!
23.5	Indiana @ 22 <sup>nd</sup> St.	Cheer Station	Lululemon Athletica
23.5	3 <sup>rd</sup> Ave @ 22 <sup>nd</sup> St.	Live Rock	Tebucky Jones
23.75	20 <sup>th</sup> and Illinois	DJ- House and Techno	Ed Mazur/ House on the Hill
24	19 <sup>th</sup> @ Illinois	Band	David Bowie Cover Band, The Strangers
24.25	Mariposa @ Illinois	Cheer Station	De Anza College Circle K
24.4	Terry Francois Blvd.	Cheer Station	Cheer Leaders
24.5	Terry Francois at Kelly's Mission Rock S. Bound Side	Garage Rock 2- Piece Band	Ferocious Few
24.5	Terry Francois Blvd.	DJ and Art Car- House and Techno	Janky Barge
24.5	Terry Francois Blvd. at 16 <sup>th</sup> St.	TBD	TBD
24.5	Terry Francois Blvd. at 16 <sup>th</sup> St.	DJ & Art Car	Space Cowboys- UniMog
24.5	Terry Francois Blvd. at 16 <sup>th</sup> St.	Cheer Station	Leukemia & Lymphoma Society

24.5	Terry Francois Blvd. at 16 <sup>th</sup> St.	DJ & Art Car	Guerrilla Grub Truck
24.5	Terry Francois Blvd. at South St.	Art Car	Ted Kennedy's Missile
24.5	Terry Francois Blvd. Near Bay Club	Cheer Station	Playapus Corralus
24.6	Terry Francois Blvd. at Mission Bay Blvd.	Cheer Station	Picnic Dash Productions
24.6	Terry Francois at Mission Rock St.	Balkan Brass Band	Fanfare Zambaleta
24.8	Terry Francois Blvd.	DJ and Art Car	Dodo Bus
24.85	Terry Francois Blvd. near Jelly's	Cheer Station	Superfreaks
24.9	Terry Francois (Pier 48)	Cheer Station	Merritt Track Team
25	Barry Bonds Park at Terry Francois	Drum Circle	Drum Circle hosted by Walden House
25	Barry Bonds Park at Terry Francois	Cheer Station	The Nature Conservancy and Sophia Bush
Finish Line		Band	Lo Cura

This year's Finish Line Performer is LoCura. They will be performing at the Main Finish Line at Howard and Embarcadero from 8:30AM-1:00PM. A special thanks to [Rock the Bike](#) for powering our Main Stage Sound! Rock the Bike will also be doing a special aerial bike performance at the start of the race.

The San Francisco Marathon® is proud to present finish line performer LoCura. Direct from San Francisco's fertile music scene, LoCura taps into the diverse sounds that have a rich history in the Bay Area, weaving them together in an uncanny way to reveal their common roots. Mixing Flamenco with Reggae and Cumbia with Ska through contagious rhythms and multiple languages, their music takes you on a ride through a day in the emerging globalized experience where the movement of people and ideas are in constant flux.

The Finish Line Performer at the 1st Half Marathon will be DJs from The Slayers Club, performing from 6:30AM-10:00AM in Golden Gate Park.

## **Transportation Options**

### **Race Day Public Transit**

All Public Transit Systems will be running on a regular Sunday schedule. We encourage all runners to drive, have a friend or family drop them off, or taxi in.

If you are taking a taxi, please call and schedule an appointment in advance and be sure you leave extra travel/waiting time. Drop off at Market St. and Steuart St.

Trip Planner: An easy to use site that allows you to put in your starting point and destination and then gives you the easiest option to arrive at your destination using public transportation.

BART (Bay Area Rapid Transit) – BART operates rail service in San Francisco and the East Bay. BART will be running their normal schedule and will NOT be open until around 8 a.m. Please check their web site for specific times. Justin Herman Plaza is located off of the Embarcadero Stop. Call 510-465-BART.

MUNI (San Francisco Municipal Railway) – MUNI provides bus, streetcar and cable car services in the City of San Francisco. Justin Herman Plaza is located off of the Embarcadero Stop. Call 415-6SF-MUNI

### **Alternative Transportation to San Francisco – All Nighter Bus Service**

Those of you traveling from the East Bay or the South Bay to San Francisco, please note that BART does not run in the very early morning hours. There will be no BART service on Sunday until around 8am.

An alternative is to utilize the All Nighter Service provided by five different transit agencies. In San Mateo and San Francisco counties, service is operated by SamTrans and MUNI.

AC Transit operates service between San Francisco and the East Bay, and in the East Bay along the Richmond and Fremont BART lines.

For a detailed map of routes and bus lines:

<http://transit.511.org/providers/allnighter.pdf>

## Marathon Runners

### Map

A map of the course can be found on our website or you can pick up a copy at the information booth at The Expo.

### Start Times and Start Location

The Marathon Start Line is located at Mission and the Embarcadero. All waves will line up in consecutive order behind the start line between Mission and Folsom Streets. Please check your bib number for your wave assignment.

<b>Estimated Finishing Times</b>	<b>Wave</b>	<b>Start Time</b>
Under 3:00	1	5:30am
3:35 or faster	2	5:32am
3:45 or faster	3	5:42am
4:00 or faster	4	5:52am
4:15 or faster	5	6:02am
4:30 or faster	6	6:12am
4:45 or faster	7	6:22am
6:00 or faster	8	6:32am

**\*NOTE: There is a 6 hour time limit in place for finishing the Full Marathon. If you finish after that time frame you will be asked to move to the sidewalk and you may not be considered an official finisher (13:45 mile pace). The last runner will be allowed to enter the roadbed on the South end of the Golden Gate Bridge at 7:59am. If you arrive at the bridge after that time you will be asked to move to the sidewalk. The last runner will be allowed on the roadbed on the North end of the Golden Gate Bridge at 8:20am.**

### Sweats Check

Marathon runners can drop their sweats at the Start Line of the race (on Embarcadero at Mission St.) and pick them up in the same location when they finish. The sweats check is conveniently located on your way from Justin Herman Plaza to your Start Line and just past your Finish Line on your way to our Family Meet Up at the Awards Stage. If you are checking your sweats, you must put them in a well-marked bag (one will be provided for you at the Expo) with your bib number written legibly on it and securely tied. The San Francisco Marathon® is not liable for any lost, stolen or damaged items. We **STRONGLY** recommend not placing any valuable items in your sweat bag. We also recommend that you do not over stuff your bag, place heavy items in the bags, or store any breakables in the bags as they may be moved or dropped. Sweats Check will be open until 1 pm.

**Warning:**

Only registered first half runners will be allowed to cross the first half marathon finish. As a full marathon registered runner you may only enjoy the amenities at the full marathon finish. If you stop early you need to take the bus to the full marathon finish using your bib as your bus pass; you will not get your medal, and you will be disqualified for not finishing the course.

**Toilets**

Toilets are located at the start and finish areas, and water stops along the course.

## **1<sup>st</sup> Half Marathon Runners**

### **Map**

A map of the course can be found on our website or you can pick up a copy at the information booth at The Expo.

### **Start Times and Locations**

The 1<sup>st</sup> Half Marathon Start Line is the same start line and location as the full marathon. It is located at Mission and the Embarcadero. All waves will line up in consecutive order behind the start line between Mission and Folsom Streets. Please check your bib number for your wave assignment.

<b>Estimated Finishing Times</b>	<b>Wave</b>	<b>Start Time</b>
Under 1:45	2	5:32am
Under 2:00	3	5:42am
Under 2:00	4	5:52am
Under 2:15	5	6:02am
Under 2:30	6	6:12am
Under 2:45	7	6:22am
Under 3:00	8	6:32am

**\*NOTE: There is a 3 hour time limit in place for finishing the First Half Marathon. If you finish after that time frame you will be asked to move to the sidewalk and you may not be considered an official finisher (13:45 mile pace). The last runner will be allowed to enter the roadbed on the South end of the Golden Gate Bridge at 7:59am. If you arrive at the bridge after that time you will be asked to move to the sidewalk. The last runner will be allowed on the roadbed on the North end of the Golden Gate Bridge at 8:20am.**

### **Sweats Check**

Sweats Check- 1<sup>st</sup> Half Marathon runners can drop their sweats at the Start Line of the race (on Embarcadero at Mission St. on the box trucks) and pick them up at the Rose Garden when you finish. The sweats check is conveniently located on your way from Justin Herman Plaza to your Start Line and moved to the 1<sup>st</sup> Half Finish Line. If you are checking your sweats, you must put them in a well-marked bag (one will be provided for you at the Expo) with your bib number written legibly on it and securely tied. The San Francisco Marathon® is not liable for any lost, stolen or damaged items. We **STRONGLY** recommend not placing any valuable items in your sweat bag. We also recommend that you do not over stuff your bag, place heavy items in the bags, or store any breakables in the bags as they may be moved or dropped. Sweat Check will be open until 6:00 am. Sweat Retrieval will be available until 10:00 am.

### **Toilets**

Toilets are located at the start and finish areas, and waters stops along the course.

### **Shuttle Buses**

Free Busing is available for First Half Marathoners at the Finish Line (on Fulton at 12<sup>th</sup> Ave.). Show your bib and buses will take you from your finish back to Mission and Steuart. Last Bus departs at 9:45 am.

## 2<sup>nd</sup> Half Marathon Runners

### Map

A map of the course can be found on our website or you can pick up a copy at the information booth at The Expo.

### Start Times

Estimated Finishing Times	Wave	Start Time
Under 1:45	1	8:15am
Under 2:00	2	8:23am
Under 2:30	3	8:29am
Under 3:30	4	8:35am

**\*NOTE: There is a 3.5 hour time limit in place for finishing the Second Half Marathon. If you finish after that time frame you will be asked to move to the sidewalk and you may not be considered an official finisher. (16:01 mile pace)**

### Location

The 2<sup>nd</sup> Half Marathon Start Line is located in Golden Gate Park on John F. Kennedy Drive at 36<sup>th</sup> Ave., next to Spreckel's Lake.

### Sweats Check

2<sup>nd</sup> Half Marathon runners can drop their sweats at the Start Line of their race (in Golden Gate Park, on JFK at 36<sup>th</sup> Ave.) and pick them up at the Main Finish Line (on The Embarcadero at Mission St.). If you are checking your sweats, you must put them in a well-marked bag (one will be provided for you at the Expo) with your bib number written legibly on it and securely tied. RunSFM is not liable for any lost, stolen or damaged items. We **STRONGLY** recommend not placing any valuable items in your sweat bag. We also recommend that you do not over stuff your bag, place heavy items in the bags, or store any breakables in the bags as they may be moved or dropped. Sweats Check will be available until 8:00 am. Sweats Retrieval will be available until 1:00pm.

### Toilets

Toilets are located at the start, finish and water stops along the course.

### Shuttle Buses

Free busing is available for 2<sup>nd</sup> Half Marathoners from Mission and Steuart to your Start Line in Golden Gate Park. Buses will depart between 6:30am and 7:00am on the corner of Mission St. and Steuart St. Buses are one-way and only available to Half Marathoners with 2<sup>nd</sup> Half Marathon bib numbers.

## **5K/Progressive Marathon**

**Start Time:** 7:45am

**Location:** Intersection of Embarcadero and Mission

### **Progressive Marathon Participants:**

Progressive Marathon participants must complete the Progressive Marathon Interval Sheet and complete the 5K in order to receive their medal. Bring this sheet with you to pick up your 5K Run/Walk bib either at the Expo on Friday, July 29, Saturday, July 30, or Sunday, July 31 at the 5k Booth in the Marathon Village. Please refer to the 5K packet pick-up above for times and directions. You will pick up your medal after you have turned in your Progressive Sheet and finished the 5K.

You can download an Interval Sheet at [www.thesfmarathon.com](http://www.thesfmarathon.com)

## **Munchkin Kids Fun Run**

**Start Time:** 9:00AM

**Location:** Intersection of Embarcadero and Mission

### **Munchkin Kids Fun Run Participants:**

This is the inaugural Munchkin Fun Run! This year the event will support the San Francisco Child Abuse Prevention Center. Kids have the option to run 1 mile, ½ mile or 100 yard dash (or all 3!) There will be race day registration at the 5k Tent on Sunday from 6:30-8:00am. Race entry is \$25.

All kids receive a cotton t-shirt, our signature Dog-Tag medal, bib, and finish line amenities.

## **Friends and Family**

To make it as easy as possible for your friends and family to watch you run here is information specifically for them about viewing locations on the course, transportation, and tracking the race.

### **Athlete Alerts/Online Tracking**

To Track your runner text Text Run to 99731 to download the free iPhone, iPad, and Android app. OR to sign up for Athlete Alerts. Come to our Runner's Expo to meet with MapMyRun and get your smart phone all set for race day!

If you sign up for SMS messaging, you'll get text messages when your runner passes certain mile markers! San Francisco Full Marathon athlete alerts will be sent as runners pass the following distances on the course: 7 miles, 13 miles, 21 miles, and finish. 1st Half Marathon athlete alerts will be sent as runners pass the following distances on the course: 7 miles and finish.

There is a charge to sign up for Athlete Alerts. Standard text messaging rates may also apply from your carrier.

### **Spectator Shuttle**

The Spectator Bus returns for the 2011 San Francisco Marathon. This year, the bus provides **three stops at spectacular locations** for you to watch your participant conquer the streets of San Francisco for only \$25.00 per person (if purchased in advance, or \$30.00 at the Expo).

The Hop-on, Hop-off service stops along the waterfront at Crissy Field (stop #1), in beautiful Golden Gate Park (stop #2), where you will have multiple opportunities watch your runner, and the eclectic Dog Patch area of Potrero Hill (stop #3), friends and family can see their runners in many different parts of the City by the Bay!

Buses leave from the corner of Mission and Stueart Streets (near the Start Line) beginning at 5:45 am and continuing through 11:30 am that day. Tickets must be purchased in advance. To purchase tickets go to: <http://www.runningwell.org>.

### **Suggested Spectator Viewing Locations**

Running a marathon or half marathon is a great accomplishment, and one that is made easier by having friends and family cheering along the route. We have selected five locations on the course that are ideal spectator viewing locations. These locations are outlined below.

#### **#1: Presidio (between miles 4 and 5)**

The steepest hill of the race is between miles 4 and 5 – right around the second water stop. Help support the participants by cheering them on as they go up this hill and enjoy beautiful views of the Golden Gate Bridge. The **Sports Basement** is located at 610 Mason St. in the Presidio, across from Crissy Field. They are hosting an **official cheer station 5:30am-7:30am**. Come cheer on your runner early in the race!

## **#2 Golden Gate Park (intersection of Transverse Dr. and JFK – just before mile 13)**

At this cheering spot you can view the participants at different times in the race. This is a great spot to watch your runner run by twice, and then head to the finish line on the Spectator Shuttle to meet them at the end! This year this official cheer station is hosted by Yelp! Bring your Kazoos, cowbells, pots and pans, and of course your loudest cheer voices to support the Yelp SF Marathon Team.

## **#3 The 1<sup>st</sup> Half Marathon Finish in Golden Gate Park (1<sup>st</sup> Half Mile 13.1)**

Cheer your loved one on at the Half Marathon point of the race! Cheer on the marathon runners, while watching the finish of the 1<sup>st</sup> Half Marathon. This cheer area is located on JFK Drive at 14<sup>th</sup> Ave in Golden Gate Park's Rose Garden.

## **#4 The 2<sup>nd</sup> Half Marathon Start in Golden Gate Park (Mile 13.5)**

Cheer your loved one on at the 2<sup>nd</sup> Half Marathon Start! Cheer on the marathon runners, while watching the start of the 2<sup>nd</sup> Half Marathon. This cheer area is located at the corner of JFK Drive and 36<sup>th</sup> Ave in Golden Gate Park. After cheering at the start, take the Spectator Shuttle to the main Finish Line to watch your runner finish the race!

## **#5 Potrero Hill and the “Dogpatch” (Mile 22)**

Make some noise! Help participants at one of the more difficult parts of the race. Cheer, dance, and support the runners around Mile 22 to help them finish the race! **Sports Basement on Bryant Street will be hosting an official cheer station** from 7:00am to 11:45am just before mile 22. Help the runners through the last few miles!

## **Meet-Up Locations**

If you have friends and family attending the race and want to meet up with them after the race make sure that everyone knows where your meeting place will be. We suggest designating the Post Race Celebration Area as a meeting location, which is at The Embarcadero between Mission and Howard.

For the 1<sup>st</sup> Half Marathon Finish Line (in Golden Gate Park), the friends and family meet-up area is at the end of the finish line chute.

## **Post Race**

Congratulations! You've finished the race!

### **Finish Line Area**

When you arrive to the finish line, you will be greeted with water and heatsheets, and most importantly, your Finisher's Medal. Also, don't forget to pick up your Half it All Challenge medal, or your loyal runners gift.

### **Finish Line Food**

The 1<sup>st</sup> Half Finish will feature Metroelectro Water, Panera Bread scones, plums, bananas, Zico Coconut water, and Irish Coffee. The Full and 2<sup>nd</sup> Half Finish will feature Metroelectro Water, Zico coconut water, plums and bananas, scones from Panera Bread, Jamba Juice, and Sierra Nevada. The Munchkin Kids Fun Run Area will have Sun Tropics juice, snacks from Pirates Booty, Tacolicious, Pretzel Chips, California Raisins, Giddy Snacks, Wild Veggie and a Kids Outdoor Club for post-race games led by coaches. You can also decorate your T-shirt with pedal powered paint station.

Add beer garden from website

## **Post-Race Festivities**

If you are running the 1st Half Marathon, take the shuttle bus from Golden Gate Park (at 14th Ave. and Fulton St.) back to the Ferry Building to join the festivities.

Celebrate your accomplishments at the Beer Garden or by listening to Lo Cura at the live entertainment stage! Purchase Official Race Merchandise in the Marathon Village to remind you of your amazing feat!

### **Awards Ceremony**

Awards Ceremony will be located on the Embarcadero between Mission and Howard from 9:45am-12pm.

Award Plaques will be given for both men and women who finish 1st, 2nd or 3rd in the following divisions:

#### **Full Marathon**

*Open & Age Groups:* 19 and Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

#### **1st and 2nd Half Marathons** (awarded for each half)

*Age Groups:* 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

#### **5K Run/Walk**

*Open*

## **Certificates and Awards**

All Full and Half Marathon runners will receive a commemorative finisher's medal. The Full Marathon medal has won a 'Best Swag' Award from Runner's World. It is a 3.25" Coaster Medal. The Half Marathon medal is similar in style and coloring, but is half the size and is a keychain medal. The 5k and Munchkin runners will receive a "dog tag" style medal. The Progressive Medal can be received at the finish line of the 5k. The Half it All Challenge Medal can be picked up in the Half it All tent located at the finish line.

Certificates will be available online after the event. Awards will be mailed 8-12 weeks after the race.

## **Results**

You can check your results by going to the link from the SF Marathon homepage at [www.thesfmarathon.com](http://www.thesfmarathon.com)

## **Photographs**

Photos will be taken by MarathonFoto along the course and in front of the Cable Car at the finish. Photo proofs will be e-mailed to runners within a few days of the race. Be sure your bib number is secured tightly and worn high on the chest to maximize visibility for camera photos. Find your photos by clicking on the link from the SF Marathon homepage at [www.thesfmarathon.com](http://www.thesfmarathon.com).

## **Memorabilia**

Preserve the memory of your achievement forever with a frame or shadow box personalized with your name and chip time. All products include an ADDITIONAL finisher's medal! To order visit [www.fondmemoriesgraphics.com](http://www.fondmemoriesgraphics.com).

## Visiting San Francisco

**Wax Museum:** From Artists to Zombies, the Wax Museum at Fisherman's Wharf has them all! Visit over 250 wax figures from yesterday to today. Simply mention SF Marathon and receive a \$3.00 discount. 145 Jefferson Street



**Ripley's Believe It or Not Museum:** 171 Jefferson/Jones

Believe this: type in SFMarathon when you buy tickets online, and save 50%! Enter the raffle at our Conservatory of Flowers party 7/27 and you could win tickets!

**SF Sightseeing Gray Line:** Type in "SFMRTN" when you buy tickets online, and save \$10 off any tour (except Cable Car or Evening Tours). Valid through 8/7/11.

**Roxie Theatre** 3117 16th/Valencia: Catch independent films in this historic theatre when you are resting your feet between runs!



**Fleet Feet Sports:** Get your race shoes here! 2076 Chestnut/Steiner

**Secession Art & Design:** Preview some course art, designed by SF artists at this happy hour 6.30-9.30pm 3361 Mission/30<sup>th</sup>. Drink wine **Trincher Family Estates**, and take home your own Mile Marker print!



by  
very

**Conservatory of Flowers:** Visit this beautiful photosynthesis center in Golden Gate Park. Come to our after-hours event 6-10pm Wednesday, July 27<sup>th</sup> for drinks, music, and lots of fun. Make a recycled lei with art-divas



**Trash Mash-Up!** Drink wine by **Trincher Family Estates** and beer by Comrades Brewery.



CALIFORNIA  
ACADEMY OF  
SCIENCES

**CA Academy of Sciences:** Explore this state-of-the-art hand-on museum in Golden Gate Park. You'll take in pre-history, aquatic life, extra-terrestrial info, and more. Mark your calendar for our "Healthy Dose of Nightlife" event on Thursday, July 28<sup>th</sup>. Cocktails, health fairs, mini-boot camp, and more await you.

**City Kayak Pier 40 South Beach Harbor:** Give your legs a rest....use those strong arms to explore the Bay. Mention The SF Marathon when booking your trip and save \$7 from 7/25-8/25. Participate in our costume contest at Nightlife on 7/28 and you could wine a downtown trip for two!



**lululemon athletica:** See them on the course and at Nightlife for yoga demos! Participate in our costume contest at Nightlife on 7/28 and you could win a Fit Session! Don't forget their Shake-Out Run on 7/28 at Justin Herman Plaza at 8AM.

**Goat Hill Pizza 300 Connecticut/18<sup>th</sup> on Potrero Hill :** The run was Worth the Hurt....now get pizza "Worth the Hill" at this local establishment. Enjoy sourdough crust. Order the "SF Marathon Greek Gourmet" pizza during Race Week, and 20% goes to some of our charities!



**Chat's Roasting Company of San Francisco 301 Arkansas/18<sup>th</sup> :** This quaint café is a perfect place to get your breakfast fix before watching the race. Stop by for their amazing flat bagels, and then for some Mitchell's ice cream after the race! Free treats (we'll keep you posted) for the early bird Marathon fans.

**Red's Java House Pier 30 Bryant/Embarcadero**  
Enjoy the patio and view of the Bay during all day happy hour. Open 9am. Official lunch spot of your SF Marathon Lead Bicyclists!



**South Beach Café 800 Embarcadero/Townsend**  
Take your time deciding what to order from this huge menu as you lounge on the patio.

**Ki Sustainable Sushi**  
Great food and happy hour. Unique taste of SF!



## **Marathon Policies**

**Bib Numbers cannot be transferred to another person.**

**Please, no...**

- dogs or any pets or animals on the course
- skates, strollers or bikes on the course

### **Cancellations**

We adhere to the standard marathon running industry policy. All entry fees are non-refundable and non-transferable. You may not give or sell your number to another individual. The entry fee for this year's event will NOT transfer to next year's event, no exceptions. This policy stays in effect whether you are injured, have an unexpected business or family emergency, pregnancy, etc. There are NO exceptions. Any inquiry regarding this policy will be directed back to this page.

## **Volunteers**

A great way to be a part of The San Francisco Marathon® is to be a volunteer. Volunteers are needed on Friday, July 29<sup>th</sup>, Saturday, July 30<sup>th</sup> and Sunday, July 31<sup>th</sup>. If you have a few hours to spare, a full day, or even want to dedicate your weekend to helping other runners, we can use your help! A full list of volunteer shifts and jobs are available online at <http://www.thesfmarathon.com/get-involved/volunteers/>

\*All volunteers receive a cool official race volunteer t-shirt. You can sign-up online or at the volunteer booth at The Expo.

## **Community Programs**

### **The San Francisco Marathon® Charity Program**

The San Francisco Marathon® hosts hundreds of runners who choose to make their marathon experience more personally meaningful by running on behalf of a charity. Our Charity Program is an opportunity for local, national, and international non-profit organizations to utilize our event and mobilize our network of runners to raise funds for their cause. We offer charities a chance to be a part of an already established event, so their efforts can be focused on engaging supporters and raising money instead of event management. The San Francisco Marathon® Partners with over 30 charities every year. We are always looking for new non-profit partners to connect with and support. Please see the following page for a list of our 2011 partners and their causes. If you want to raise money for a charity that isn't listed, please email us ([esheehy@thesfmarathon.com](mailto:esheehy@thesfmarathon.com)) the contact information of that charity and we will get in touch with them to apply for next year's race.

### **Committed2Community**

Committed2Community (C2C) is a non-profit organization based in San Francisco, California. The mission of Committed 2 Community is to support communities by producing local, national, and international participatory events and programs that will raise money for non-profit organizations or by providing needed charitable services and educational programs to the community.

## **2011 Sponsors**

### **About Organs 'R' Us**

Founded in 1996, Organs 'R' Us promotes the need for organ donors. Through walking and running, transplant recipients, candidates, family members, friends and donor families have generated \$25 million of publicity promoting organ donation. Through participation in athletic events selected for maximum publicity and fun, this group showcases their fitness, proving that organ transplantation saves lives.

Pledge your support for 90,000 Americans (including 2,500 children) waiting for organs. Since communicating a desire to donate will allow grieving relatives to make an informed decision, ORU encourages family discussions, not about death, but about offering someone a life saving gift.

### **About GU Energy**

"This stuff just works!" From 1991 to today, athletes the world over have come to the same conclusion: GU works. Our Berkeley-based sports nutrition company was founded with GU Energy Gel, a revolutionary and more effective method to keep athletes fueled during exercise. Since then, GU has continued to improve the recipe, incorporating the latest scientific research into its products and has introduced Roctane Ultra Endurance gel, Chomps Ultra Performance Energy Chews, Electrolyte Brew, Recovery Brew, and our brand new Electrolyte Tablets! Throughout our history we've been striving to do one thing: help athletes go faster and longer than ever before. Learn more about GU and our performance sports nutrition products at [www.guenergy.com](http://www.guenergy.com).

### **Zico Coconut Water**

For Centuries, tropical cultures have revered coconut water as a natural source of nutrition, wellness and hydration, believing it had magical healing powers. Today, Zico has become the choice of endurance athletes as a natural part of hydration. We invite you to take the Naturally Powered Pledge and embrace the ZICO lifestyle at ZICO.com. Zico has 5 essential electrolytes, zero added fat, sugar, color, preservatives, and cholesterol. It has a lower acidity than sports drinks and juices, is all natural, and has 15 times more potassium than sports drinks. It is also gluten free. Zico will be located at all finish lines and is a proud sponsor of this year's 2011 San Francisco Marathon.

### **Sierra Nevada**

Founded in 1980, Sierra Nevada Brewing Co. is one of America's first microbreweries and remains highly regarded for using only whole-cone hops and ingredients of the finest quality. Sierra Nevada has set the standard for artisan brewers worldwide as a winner of numerous awards for their line of beers including the flagship Pale Ale, Torpedo, Porter, Stout, Kellerweis, four seasonal beers, Estate Ale, Harvest Ale series and a host of draft-only specialties.

### **Metroelectro**

Our micronutrient water, Metroelectro, is the perfect refreshment for the racers of The SF Marathon. Metroelectro replenishes athletes with antioxidants, electrolytes, and zinc. And since we're based out of SF, sponsoring The SF Marathon is a natural fit!

## **Contact Information**

### **Contact Us**

No mail, faxes, email or phone calls will be answered during Race Weekend (Wednesday, July 20<sup>th</sup>, 2011 – Tuesday, August 8<sup>th</sup>, 2011).

The San Francisco Marathon®  
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415.276.4179 (fax)  
[www.thesfmarathon.com](http://www.thesfmarathon.com)  
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**2012 Event Date:** July 29, 2012

More information will be available on our webpage, [www.thesfmarathon.com](http://www.thesfmarathon.com) in October 2011. Please check back for registration information and course updates. We look forward to seeing you out there year after year!

