

# THE SAN FRANCISCO MARATHON

## Race Weekend Information

**It's almost Race Day!**

**You can find everything you need to know for this weekend in the following pages of information.**

## The Expo

### **Location -**

Fort Mason Center Festival Pavilion 2 Marina Boulevard San Francisco, California 94123

### **Time -**

Friday, July 25th 12pm-7pm and Saturday, July 26th 9am-5pm

### **Packet Pick Up -**

All Marathon, 1st Half Marathon, 2nd Half Marathon, Worth The Hurt 52.4, and 5K participants must pick up their bib, timing chip and race shirt at the Race Expo. Race Day pick up will not be available. Runners will receive their bib, timing chip, race shirt and sweats drop off bag at the Race Expo. Please bring the following items to the Race Expo to pick up your packet:

Photo ID

Bib Number Confirmation Email

All participants should pick up their race shirt at the Race Expo. Participants must present their bib number and take the size printed on their bib. Exchanges will not be made until Race Day. Shirt exchange will be located in the Information Tent on Sunday, July 27th, and exchange will be based on availability.

### **Vendors -**

There will be over 50 vendors displaying the best merchandise in the industry. Check them out at the Expo on Friday, July 25th and Saturday, July 26th.

### **Sneaker Drive-**

The San Francisco Marathon and Clothes-Pin have partnered to create the 2014 Race Expo Sneaker Drive. Please help us reach our goal of exceeding 1,000 pairs donated, during this 2-day event. All types of men's, women's, and children's shoes are welcome and all collected footwear will be distributed to the St. Vincent De Paul Society in San Francisco. Clothes-Pin (clothes —for people in need) is a Philadelphia-based, non-profit organization, who focuses on the collection and distribution of clothing to those in need. Thanks to the generosity of the running community nation-wide, clothes-pin has contributed over 150,000 articles of clothing, to shelters, local to each event. See you in front of the Fort Mason Center and thank you in advance for your contribution!

### **Official 2014 Merchandise Store -**

The Official 2014 Merchandise store will be offering over 50 pieces of athletic gear and apparel. Check them out at the Expo and online at [www.revawear.com/pages/the-sf-marathon](http://www.revawear.com/pages/the-sf-marathon)

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### **Sports Basement FREE Shuttle and Runner Appreciation Party-**

Sports Basement will be offering a FREE shuttle to Fort Mason for The SF Marathon Expo. The Shuttle will be departing Sports Basement Presidio every 15 minutes. Shuttles will run from 12 to 6:30pm on Friday and 9 to 4:30pm on Saturday. After the San Francisco Marathon Expo stop by Sports Basement Presidio for the Runner Appreciation Party! The Runner Appreciation Party will include a special discount for the day, as well as FREE snacks and drinks. All runners that attend will be entered into a raffle to win a FREE Gopro, Polar Watch, Saucony Running Shoes, and more! The event will run from 12 to 7pm on Friday and from 9 to 5pm on Saturday.

### **Transportation -**

A Free Shuttle bus will run periodically from the Hyatt Embarcadero to the Race Expo on Friday and Saturday during the Race Expo hours. Shuttle space is available on a first come, first served basis. Please meet the bus on the Market Street Side of the Hyatt. Ride MUNI - Plan your trip with The San Francisco Trip Planner at [www.sfmta.com](http://www.sfmta.com) - 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.

### **Parking -**

Reserve a parking space ahead of time with GottaPark. Parking is a challenge in downtown San Francisco, so purchase a guaranteed parking spot ahead of time and avoid the hassle of finding parking on the day of the expo or race.

### **Driving Directions -**

East Bay: Bay Bridge to Fremont Street Exit; on Fremont (100 yards north) take first right on Howard; left on Embarcadero & go 2 miles; left on Bay, about 2 miles. Right on Buchanan. Cross Marina Blvd. & sharp right into Fort Mason Center. North Bay: Golden Gate Bridge (US 101) to Marina Exit; go 1.5 miles. Turn left at Buchanan & turn right into Fort Mason Center. Peninsula/South Bay: US 101 North to 9th St. Exit; 9th across Market & left on Hayes; right on Franklin; about 2 miles. Turn left on Bay St, right on Buchanan. Cross Marina Blvd. & sharp right into Fort Mason Center.

### **Events -**

#### **The San Francisco Marathon Shakeout Run hosted by Bart Yasso -**

Join Bart Yasso and The SF Marathon Crew for a last minute shake out run to loosen up those muscles and prepare for Race Day. Runners will meet in front of the Festival Pavilion at Fort Mason on Saturday, July 26th at 8:30am. Choose from 1, 2, or 3 slow easy miles.

This run is free and open to the public, so invite your friends, family, and fellow running buddies to come out and shake it with Bart Yasso and The SF Marathon Crew!

#### **lululemon #Runinspired Creation Station -**

lululemon athletica & ArtSpan team up to host the Run Inspired Creation Station at The SF Marathon Expo, giving runners a chance to create community through art. Join them on the 2nd floor of the Festival Pavillion of Fort Mason and choose a canvas to share what it means to run inspired. Watch as the canvases come together to form a mural, and check out the finished product on race day as you race by mile marker 23.5.

#### **Hospitality House -**

Hospitality House is a non-profit organization in San Francisco that helps the community through peer led programs and homeless rights advocacy. They will be displaying a piece of art at the expo by Ronnie Goodman, a homeless artist who will be running the 2nd Half Marathon to raise funds and awareness for Hospitality House's mission. See Ronnie's art and donate to Hospitality House to be entered in a raffle to win the original painting.

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### Schedule of events

<b>Friday, July 25th</b>	<b>Time</b>	<b>Location</b>
Race Expo	12:00 pm - 7:00 pm	Fort Mason Center Festival Pavillion
<b>Saturday, July 26th</b>	<b>Time</b>	<b>Location</b>
Shakeout Run with Bart Yasso	8:30 am	Fort Mason Center Festival Pavillion
Meet up/Tweet Up with Pebble	1:00 pm	Fort Mason Center Festival Pavillion
Race Expo	9:00 am - 5:00 pm	Fort Mason Center Festival Pavillion
52.4 Start	12:00 am	Mission Street and The Embarcadero
<b>Sunday, July 27th</b>	<b>Time</b>	<b>Location</b>
Full Marathon	5:30 am	Mission Street and The Embarcadero
Wave 1	5:30 am	Mission Street and The Embarcadero
Wave 2	5:32 am	Mission Street and The Embarcadero
Wave 3	5:43 am	Mission Street and The Embarcadero
Wave 4	5:52 am	Mission Street and The Embarcadero
Wave 5	6:02 am	Mission Street and The Embarcadero
Wave 6	6:12 am	Mission Street and The Embarcadero
Wave 7	6:22 am	Mission Street and The Embarcadero
Wave 8	6:32 am	Mission Street and The Embarcadero
First Half Marathon	5:32 am	Mission Street and The Embarcadero
Wave 2	5:32 am	Mission Street and The Embarcadero
Wave 3	5:42 am	Mission Street and The Embarcadero
Wave 4	5:52 am	Mission Street and The Embarcadero
Wave 5	6:02 am	Mission Street and The Embarcadero
Wave 6	6:12 am	Mission Street and The Embarcadero
Wave 7	6:22 am	Mission Street and The Embarcadero
Wave 8	6:32 am	Mission Street and The Embarcadero
Second Half Marathon	8:15 am	Spreckel's Lake in Golden Gate Park
Wave 1	8:15 am	Spreckel's Lake in Golden Gate Park
Wave 2	8:17 am	Spreckel's Lake in Golden Gate Park
Wave 3	8:23 am	Spreckel's Lake in Golden Gate Park
Wave 4	8:29	Spreckel's Lake in Golden Gate Park
Wave 5	8:35	Spreckel's Lake in Golden Gate Park
Finish Line Festival	until 12:30 pm	Mission Street and The Embarcadero

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## Race Weekend Information

### Race Day

### General Information -

#### Transportation and Parking-

All public transit systems will be running as regularly scheduled on Race Day. We encourage all runners to drive or carpool, have a friend or family member drop them off, or taxi in to make it to the start on time.

##### Ride MUNI -

Plan your trip with The San Francisco 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.

Those runners traveling from the East Bay or the South Bay, please note that BART does not run in the very early morning hours on Race Day, Sunday, July 27th. There will be no BART service on Sunday until 8:00am.

In San Mateo and San Francisco, bus transportation service is operated by Sam Trans and MUNI. Find more information at [www.samtrans.com](http://www.samtrans.com)

AC Transit operates service between San Francisco and the East Bay along the Richmond and Fremont BART lines. Find more information at [www.actransit.org](http://www.actransit.org)

##### From the East Bay -

Route 800 West, AC Transit, runs from Richmond Bart Station to Market and Van Ness in San Francisco, making stops along the way in Berkeley and Oakland. Transfers from Routes 801, 802, 805, 820, 840, and 851 to Route 800 can be made at 14th Street and Broadway. A Sunday/Holiday timetable for Route 800 West can be found at [www.511.org](http://www.511.org).

##### From the Peninsula -

SamTrans 397 North OWL services the South Bay to San Francisco, beginning at the Palo Alto CalTrain Station and ending at Mission and Transbay in San Francisco, making stops in Redwood City, San Carlos, Belmont, San Mateo, Burlingame, South San Francisco, and San Francisco International Airport. A Sunday timetable for can be found at [www.511.org](http://www.511.org).

##### Parking -

Reserve a parking space ahead of time with GottaPark. Parking is a challenge in downtown San Francisco, so purchase a guaranteed parking spot ahead of time and avoid the hassle of finding parking on the day of the expo or race. Go to [www.gottapark.com/san-francisco-marathon-parking](http://www.gottapark.com/san-francisco-marathon-parking) to reserve a spot.

### Weather -

San Francisco weather in the summertime is cool. The average starting temperature is: 56 degrees fahrenheit. The temperature at the Finish Line ranges from 64 to 70 degrees fahrenheit.

San Francisco is a city with microclimates and sub microclimates. Due to the city's varied topography and influence from the prevailing summer marine layer, weather conditions can vary by as much as 9°F from block to block. Each neighborhood is known to have varying weather patterns. Since The San Francisco Marathon runs through dozens of neighborhoods, you'll want to wear layers. It is typical for Race Day to be cool and foggy in the early miles, and warm up with clearer skies in the later miles. Temperatures may change by about 10-20 degrees Fahrenheit during the run.

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### **Challenges -**

Participating in a Challenge makes running a marathon that much better. If you have signed up for a Challenge and will be pursuing completing it at The San Francisco Marathon, please read the instructions below.

#### **California Dreamin' Racing Cup -**

Medals will be available for pick-up at the Finish Lines.

Note: Medals must be picked up at the Finish Line. Medals will not be mailed for any reason.

#### **SF/Berkeley Challenge -**

Medals will be available for pick-up at the SF/Berkeley Challenge Tents at all Finish Lines.

Note: Medals must be picked up at the Finish Line. Medals will not be mailed for any reason.

#### **Half it All Challenge -**

Medals will be available for pick-up at the Half it All Challenge Tents at both the 1st Half Marathon and 2nd Half Marathon Finish Lines.

Note: Medals must be picked up at the Finish Line. Medals will not be mailed for any reason.

#### **52 Club -**

Hoodies will be available for pick-up at the 52 Club Tent at the Main Finish Line on the Embarcadero – the tent will be located beyond the Main Finisher's Chute in Marathon Village.

Note: Runners must pick up their Hoodies on Race Day. No Hoodies will be mailed.

#### **Loyal Runners -**

All awards will be distributed at the Loyal Runners Booth at the Runner Expo. All Prizes must be picked up in person at the Runner Expo. Awards and Prizes will not be mailed. And you must pick up your 5 year or 10 year prize on the year that you qualify.

### **Race Weekend App -**

This year The Official San Francisco Marathon Race Weekend App will feature runner-tracking capabilities to follow your friends and family on your phone as they run through the world's most beautiful city. Find important cheer stations and entertainment stops along the course. Follow real-time course updates and final results. The app will also feature all the important information you will need to know to navigate the days before the race, including all the info about The San Francisco Marathon Expo and transportation around town. Get the app today and follow all the important information during race weekend and track your favorite runners on race day. To download, search for "The San Francisco Marathon" in your iOS or Android App Store.

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### Runner Information -

#### UPS Sweats Check -

There will be gear check for all events available on race morning. You **MUST** use the clear plastic sweats bag provided at the Expo. No other bags will be accepted. Make sure your bib number is clearly labeled on your bag. 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 license) 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.

##### Full Marathon

UPS trucks will be parked near the Start Line – on The Embarcadero between Mission St. and Howard St. – to accept your bags. Look for the truck that has your event and bib number on the sign in front of the truck. At the end of the race, the trucks will be in the same location for you to pick up your bags. Baggage check is open until 1PM.

##### 1st Half Marathon

UPS trucks will be parked near the Start Line – on The Embarcadero between Howard St. and Folsom St. – to accept your bags. Look for the truck that has your event and bib number on the sign in front of the truck. The trucks will transport your bags and be parked at the 1st Half Finish Line at the end of your race for pick up. Baggage check is open until 10am.

##### 2nd Half Marathon

UPS trucks will be parked next to Spreckels Lake in Golden Gate Park near the Start Line of the 2nd Half Marathon. Look for the truck that has your event bib number on the sign in front of the truck. The trucks will transport your bags and be parked near the Finish Line – on The Embarcadero between Howard St. and Folsom St. - for you to pick up your bags. Baggage check is open until 1PM.

##### 5K

UPS trucks will be parked near the Start Line – at The Embarcadero and Market St. – to accept your bags. Look for the truck that has the 5K sign in front of the truck. At the end of the race you will pick up your bags at the same location. Baggage check is open until 1PM.

#### Lost Baggage

Any bags leftover from the race will be returned to The San Francisco Marathon. You will have five days to claim your bag or contact us about shipping your bag. There is a \$15 shipping charge for returning leftover baggage. All unclaimed bags will be donated to charity.

#### Lost and Found -

Any items found on the course will be brought to the info booth area at the Finish Line Festival. Please see an info booth volunteer if you have lost or found an item. All lost and found clothing not claimed at the end of race day will be donated to charity. For information on lost and found items, please contact The San Francisco Marathon at [customersupport@thesfmarathon.com](mailto:customersupport@thesfmarathon.com)

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### Timing Services and Results -

The race is timed using ChronoTrack tag technology. Your tag must be picked up at our packet pick-up locations, and worn on the shoe during the race. Your results cannot be posted unless the tag is worn on your shoe in the proper manner. Unofficial results will be posted in the Finish Line Festival Area and on the Results page on this website thirty minutes after the first runner crosses the finish line. Friends and family can check the website for up-to-the-minute race results. The timing tag must be worn on the shoe during the entire race. Not wearing the tag will result in missing split times, which may result in disqualification. An official Results Issue with complete Full Marathon, 1st Half Marathon, 2nd Half Marathon, 5K, and 52.4 Ultramarathon results will be available online in August. Any change requests regarding the unofficial results must be submitted within three days after the race by contacting The San Francisco Marathon Office. Failure to contact us within three days may result in your times not being listed in our web results.

### Water and Aid Stations -

Water stations will be throughout all courses and provide both water and electrolyte mixes.

The San Francisco Marathon is excited to announce Nuun Hydration as one of our Official Suppliers for The 2014 San Francisco Marathon! Nuun will be providing delicious Tri-Berry and Lemon-Lime electrolyte along the course to help you get to the finish! We are also excited to announce GU Energy as another supplier for the race. GU will be out on the course with Strawberry and Watermelon Chomps and other GU products to help you run your best race.

### Medical Aid -

Medical Support will be available at the Main Start/Finish Line, 1st Half Finish Line, 2nd Half Start, the 5K, and along the course. Medical Aid Stations are at miles 2.5, 5, 7.5, 9.7, 11, 12.6, 14, 16, 18.5, 20.7, 22.3, and 24. Medical tents are located on the Embarcadero at Folsom for the Full Marathon and 2nd Half Marathon Finishers, and in Golden Gate Park at the Rose Garden for the 1st Half Marathon Finishers. All treatment will be provided by licensed professionals. Volunteers with medical training will assist with basic first aid care and recording.

In case of an emergency on race day, RaceSafe is a service that The San Francisco Marathon recommends you use to securely share your emergency contacts and pertinent medical information with our Race Day medical team. You can sign up here: <https://www.irunsafe.com/sf-marathon-2014/signup>

### Pacers -

Why not enjoy all the beautiful sights that our course has to offer and let someone else worry about your time goal? Run with one of our Pace Groups and enjoy the race, our experienced pacers will deliver you to the Finish Line one time! There will be pacers for the Full Marathon, and both Half Marathons. Find a pacer that suits your needs and more information about pacing at - [www.thesfmarathon.com/race-weekend/2014-pace-team](http://www.thesfmarathon.com/race-weekend/2014-pace-team)

### Gameface Media Race Photography -

The San Francisco Marathon has partnered with Gameface Media, the largest provider of free sporting event photos in the United States, to provide race participants with free photos of themselves running one of the most beautiful urban road races in the country. Gameface Media will deploy a skilled team of professional photographers to shoot memorable images that runners can easily download and share through all major social media platforms within days of crossing the finish line. Be sure to pin your bib number visibly on your front so as to identify your photos at the end of the race.

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### Course Entertainment -

The 2014 San Francisco Marathon will showcase over a dozen different entertainment groups and cheer stations which reflect its unique artistic community. We hope our course entertainment will aid in keeping runner spirits and vigor up during the race! See the below table for a description and location of the entertainers.

Mile Location	Entertainer	Description
Start Line	SF Cable Car Chorus	Barbershop Quartet
Mile 3	Tipping Point	Cheer Station
Mile 4	Sports Basement	Cheer Station
Mile 6	The Gillbillies	Surf Rock Band
Mile 9.5	Team Red White and Blue	Cheer Station
First Half Finish	El Arbol and DJ Izzy Wise	DJ and Bike Tree
Second Half Start	Lindsay Leaver	National Anthem Singer
Mile 14	Drum Circle hosted by Joel Elrod	Drum Circle
Mile 15	Mind Over Distance	Cheer Station
Mile 17	The Joy Drops	Americana Band
Mile 18	San Franpsycho	Cheer Station
Mile 18.2	Freddie Future	DJ
Mile 19	Cello Joe	Beatbox Cello Looping
Mile 21	Mind Over Distance	Cheer Station
Mile 21.5	Nothin' But Fun Band	Blues/Rock'n'roll Band
Mile 22	Sports Basement	Cheer Station
Mile 22.5	Marjikeze	Rock/Funk/Reggae Band
Mile 23	lululemon athletica	Cheer Station
Mile 23.75	Hiwatters	Surf Rock Band
Mile 24.25	Mind Over Distance	Cheer Station
Mile 24.5	Batalá San Francisco	Batalá Drum Ensemble
Finish Line	Con Brio	Finish Line Band

### Finish Line Festival -

Enjoy the perks that come with completing the 37th Running of The San Francisco Marathon! The Finish Line Festival will feature snacks right at the line from Bakers of Paris, Boxed Water is Better, Coast Tropical, and Zico Coconut Water. After you get your medal, proceed to the main event where vendors will be offering giveaways, discounts, swag, and more. Vendors include Advil, Berkeley Half Marathon, Bloom That, Cal Athletics, Hubert's Lemonade, Mahatma, Nesquik, Pebble, Somersaults, The Orange Chef Co., and Vega. Don't forget about the free beer too! Sierra Nevada will be offering a free beer to every finisher over 21. You may get a Beer Garden access wristband in advance at the Expo. If you do not, please bring your photo ID and hand over your beer coupon that is attached to your bib.



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### Awards -

Sports Basement Gift Certificates will be issued to the top 3 Men and Women in each event, the gift certificates will be tiered. Once official results have been finalized, award plaques are created, personalized and mailed.

#### Scoring

Awards will be given to the top three overall women and top three overall men in the Full Marathon, 1st Half Marathon, 2nd Half Marathon, 5K, and 52.4. Age group awards will be given to the top three females and top three males in the Full Marathon, 1st Half Marathon and 2nd Half Marathon in each age division. Age group awards will be mailed after the event.

#### Divisions

##### FULL MARATHON:

Open, Masters and 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 HALF MARATHON:

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

##### 2nd HALF MARATHON:

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

5K: Open

52.4: Open

### Post-race Showers -

The YMCA on the Embarcadero will be offering \$5 day passes to runners with bibs for post race facility use. Access to facilities includes showers, a steam room, and a sauna.. They are open from 9:00AM until 5:45PM on Sunday. For more information, visit their website here: [www.ymcasf.org/embarcadero/](http://www.ymcasf.org/embarcadero/)

## Spectator Information -

### Spectator Buses -

This service takes you along the course and stops along the waterfront at the Marina Green, in beautiful Golden Gate Park, and the eclectic Dog Patch. 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 Spear Streets (near the Start Line) beginning at 5:15 am. You can buy tickets for different time slots at the Expo for \$20. Please note that the time slot you choose indicates your departure time from The Embarcadero. Depending on the time slot you choose, your bus may not go to all spectator locations. Please refer to the schedule below when choosing your time slot.

#### Spectator Shuttle Bus Schedule

5:15am – 6:40am goes to Mile 3, Mile 12.5 and Mile 22

5:45 ONLY – One way shuttle to First Half Finish ONLY, no return service

7:00am – 9:00am only goes to Mile 12.5 and Mile 22

9:20am – 11:00am only goes to Mile 22

### Parking -

Reserve a parking space ahead of time with GottaPark. Parking is a challenge in downtown San Francisco, so purchase a guaranteed parking spot ahead of time and avoid the hassle of finding parking on the day of the expo or race. Find more information at [www.gottapark.com/san-francisco-marathon-parking](http://www.gottapark.com/san-francisco-marathon-parking)

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## Race Weekend Information

### Our Partners

Thank you to all of our event partners who help make this event possible! We encourage our runners to use our partners' services.



pebble



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## Race Weekend Information

### **The San Francisco Marathon**

PO Box 77148  
San Francisco, CA 94107

888.958.6668  
415.276.4179

TheSFMarathon.com  
customersupport@thesfmarathon.com