

2019

Runner's Guide



The Biofreeze San Francisco Marathon 2019 Race Weekend is near! Find everything you need to know for race weekend in this Runner's Guide. Be sure to download our Race App for alerts, runner tracking, and up-to-date race weekend info.



Follow & share your race weekend adventure with us!
[@thesfmarathon](#) [#RunThisBay](#) [#BiofreezeSFM](#)

RACE WEEKEND

Race Weekend App

The Biofreeze San Francisco Marathon strives to provide the ultimate experience for our runners, spectators, and volunteers. To make the most of your race weekend, please make sure to check out our race weekend app.

Our race weekend app is provided in partnership with RTRT.me, to deliver a world-class race app for both runners and spectators. Through the app, users have access to:

- **Real-time Race Tracking:** Easily track runners on the course, and follow their results
- **Notifications for Runners and Spectators:** Stay in the know of race weekend events
- **Calendar:** Don't miss any important race weekend events!
- **Interactive Course Map**
- **Social Sharing & Customized Finisher Badges**
- **Custom Cheer Card Creation:** Inspire your 2019 Biofreeze Marathon runner while out on the course.
- **And much more!**



How to create a cheer card:

1. Download the Biofreeze SF Marathon mobile app
2. Click on "Cheer" option in the bottom navigation
3. Search for the runner you want to cheer
4. Create the cheer, can include just words or words and a picture
5. Submit cheer
6. Share cheer

The app is available for free on iOS and Android now! Just Search for Biofreeze SF Marathon or click [here](#)!

Race Packet Pick-Up

All race participants are required to pick up their Race Packet (bib, timing chip and race shirt) at the Expo. Please bring a valid Photo ID. In the event that a runner is unable to pick up their bib, another person will be able to pick it up on their behalf with a copy of their Photo ID and copy of their Confirmation email. For runners 21+



wishing to celebrate their accomplishments with a refreshment from Sufferfest Beer or Golden State Cider at our Cheer Garden post race, you can pick up your wristband at the Expo near the info booth in the upper mezzanine at the back of the expo.

Loyal Runner Items

2 and 3 year loyal runners:

2 Year Loyal Runners, your race day shirt will be pre-printed with your Loyal Runner Years.

3+ Loyal Runners, your shirt will also be pre-printed with your Loyal Runner Years and you will also be able to choose from a customized graphic (your countries flag or a USA state outline) to be added to your shirt at the expo. Shirts can be picked up at each race distance shirt pickup area Friday and Saturday at the expo. Be sure to review your bib number to see if you qualify - look for your loyal runner number printed on the bib. It is a number printed in a box.

5 year plus loyal runners:

Pick up your 5 Year and 10 Year Gifts at the Challenges booth adjacent to the Full Marathon Bib Pickup area. Post race, these items will also be available at the Challenges tent in the Finish Line Festival Area at Market Street and the Embarcadero.

11 year plus runners:

Pick up your Loyal Laurel Club hat at the Challenges booth adjacent to the Full Marathon Bib Pickup area.

Gifts with Registration

If you used a promo code when you registered that entitled you to a free promo item OR you earned a free promo item by referring people to register, you can pick up your Speciality Quarter Zip, beanie, arm warmers or shopping bag at the Challenge Table as well.

Registration Changes & Inquiries

Any registration changes (including race distance and corral) and inquiries will be handled at the Solutions Booth during Expo hours, located in the upper mezzanine at the back of the expo. Changes to registrations will be made based on availability.

Race Weekend Registration

Late registration based on availability for this year's event will be available at the Expo. Registration will take place in the upper mezzanine at the back of the expo at the Solutions table. Early Bird registration for the 2020 event, as well as registration for the Berkeley Half Marathon, will also be available via the



registration terminals at the rear of the expo near the bib pickup. You can also sign up on your mobile device through our websites, www.thesfmarathon.com and www.berkeleyhalfmarathon.com

Race Day Weather

The summers in San Francisco are cool with average morning temperatures of 56F at the starting line, ranging to 76F at the finish. Plan for fog during the first miles of the race and sunshine in the last half of your run. Occasionally weather will be warmer, so be sure to check and plan for fluids accordingly.

RACE WEEKEND SCHEDULE

Thursday July 25	
<p>Thursday Fun Run and Q&A with Alexi Pappas Come run with Olympian and UCAN Athlete Alexi Pappas and then enjoy an hour Q&A RSVP Here</p>	<p>Time: 6:15pm Location: Sports Basement Berkeley 2727 Milvia Street Berkeley, CA 94703</p>
Friday July 26	
<p>Friday Shakeout Run and Q&A with Alexi Pappas Come run with Olympian and UCAN Athlete Alexi Pappas and then enjoy an hour-long Q&A RSVP Here</p>	<p>Time: 6:00 PM Location: 2 Marina Blvd</p>
<p>Health & Fitness Expo Race packet pickup (bib with timing chip, shirt, gear check bag), cheer garden wristbands, Runner Services/Info, Speaker Series, Sufferfest Beer outdoor patio beer garden and more</p>	<p>Time: 12:00 PM - 7:00 PM Location: 2 Marina Blvd, Fort Mason Festival Pavilion</p>
Saturday July 27	
<p>Health & Fitness Expo Race packet pickup (bib with timing chip, shirt, gear check bag), cheer garden wristbands, Runner Services/Info, Speaker</p>	<p>Time: 9:00 AM - 5:00 PM Location: 2 Marina Blvd, Fort Mason Festival Pavilion</p>

Series, Sufferfest Beer outdoor patio beer garden and more	
<p>Speaker Series Spend an hour some of the most talented athletes and influencers in the running community as they share their experiences and wealth of knowledge. Speaker Series Schedule RSVP Here</p>	<p>Time: 9:00 AM - 5:00 PM</p> <p>Location: Firehouse next to the main Expo Building, 2 Marina Blvd, Fort Mason Festival Pavilion</p>
<p>Saturday Pier to Pier 5K Fun Run (Double up Qualifier) - Start and finish in the same location. 3 scenic miles of fun!</p>	<p>Time: 7:00 AM</p> <p>Location: 2 Marina Blvd, Fort Mason Festival Pavilion</p>
<p>Ultra Meetup Location Pre-Race Hyatt Embarcadero, Garden Room Main Lobby Level. We will move out the finish line festival post 2nd loop start.</p>	<p>Start Time: 11:00pm</p> <p>Location: Mission Street and The Embarcadero, in front of the Ferry Building</p>
Sunday July 28	
<p>Race Day! Runners should be in their corrals 30 minutes before start time.</p>	
<p>VIP Party VIP experience tickets required</p>	<p>Time: 4am-1pm Location: MarketBar Restaurant</p>
<p>Full Marathon</p>	<p>Start Time: 5:30 AM</p> <p>Location: Mission Street and The Embarcadero</p>
<p>1st Half Marathon Runner Shuttles from 1st Half Marathon Finish Line to Finish Line Festival, 7:30am to 11:30am. Pickup at Fulton St. and the Golden Gate Park Rose Garden.</p>	<p>Start Time: 6:30 AM</p> <p>Location: Mission Street and The Embarcadero</p>
<p>2nd Half Marathon Runner Shuttles to 2nd Half Marathon Start Line, 5am - 6am. Pickup on Spear between</p>	<p>Start Time: 6:45 AM</p> <p>Location: Golden Gate Park, JFK Drive & 14th Avenue Meadow</p>

<p>Mission and Howard St. from at the Main Start/Finish Line area. Shuttles are available from the main finishline on Spear between Mission and Howard St back to Golden Gate Park from: 9:30am to 11am.</p>	
<p>5K</p>	<p>Start Time: 7:45 AM</p> <p>Location: Mission Street and The Embarcadero</p>

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

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](#).

Neurun App

Are you race day ready? Prepare your mind by visualizing every step of your journey with our partner app, [Neurun!](#)

Visualize the course, clicking through smooth HD footage of the entire route with water, restroom, and aid station markers, and plan out your race day strategy with RUN365 coaching tips throughout the video tour.

Available for our marathon and both half marathon courses.

Download Neurun today!

iOS: <https://apple.co/2vyQz0C>



Android: <http://bit.ly/2VGogvX>

Water and Aid Stations

There will be 16 Aid Stations along the full course providing:

- medical service
- Biofreeze fast acting topical products for pain relief
- UCAN Berry Hydrate electrolyte drink
- Toilets
- Water stops 5 and 10 include GU energy chews

Pacer Groups

Pacer groups are provided for the 1st half, 2nd half and full. Pacer group information can be found [here](#).

Gear Check Provided by UPS

Gear check is available for all registered runners on race morning. Gear check opens at 4:15 am and closes at 1:00pm (1st Half will be open only until 10:15am), you must use the clear bags provided at the expo for your items. Remove the self-adhesive tag from your bib and attach it to the bag on race morning. This will ensure a speedy pickup at the finish of your race. Bags left past 1pm will be moved to the Info tent and at 2pm moved to the corner of Market and Embarcadero in the center Blvd at the Info booth. You have 5 days to claim your items or contact us about shipping them back to you after the race. Any items that are left unclaimed, including any clothing discarded at all Start Lines, will be donated to a local organization.

Locations of sweats gear trucks or tents:

- **Full and 5k participants** can check their gear at tents located adjacent to Embarcadero Plaza on the Embarcadero, just west of the Ferry building.
- **2nd Half participants**, if you are using the shuttle from the Main Start to the 2nd Half Start, take your sweats bag with you on the shuttle and drop at the gear check in Golden Gate Park. If you are not using the shuttle, simply drop your bag at the gear check and we will shuttle your bags to the finish line gear check adjacent to Embarcadero Plaza. **1st Half participants** may drop off their gear at the UPS trucks located adjacent to the main gear check on the Embarcadero. They will be shuttled to Golden Gate Park where you can pick them up post race.

Please Note:

- Drop your bag off securely tied



- The Biofreeze San Francisco 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 overstuff your bag
- Runners must show their bib to pick up their bag at the end of their race. 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. The Info Booth is located near the entrance to the finish line festival directly across the street from the Ferry Building Clock Tower.

All lost and found items and/or gear bags not claimed at the end of race day will be returned to The Biofreeze San Francisco Marathon management. You have five days to claim your items or contact us about shipping them after the race. There is a \$15 domestic shipping charge for bags.

All unclaimed items will be donated to charity after two weeks.

To inquire about a lost item, please [contact us](#).

Medical Information

The Biofreeze San Francisco Marathon, the UCSF Medical Team and [RaceSafe](#) have partnered to provide comprehensive care for our running community.



- Medical support is available at the Main Start/Finish Line, 1st Half Finish Line, 2nd Half Start and 5K Start, in addition to 16 aid stations along the course.
- To ensure our medical team can properly treat you if needed, please complete your emergency contact and medical profile at [RaceSafe](#) (or ensure it's up to date if you've done so in previous years) and fill out the emergency contact information on the back of your bib.

Challenges

For those of you who are eligible to receive an award for completing one (or more!) of our [race challenges](#):

If you are participating in any of these challenges:

- 52 Club
- Loyal Runner Medal

You must pick up your commemorative awards at the Challenge Booth at the Race Expo. Your sweatshirt will not be available to be picked up at the Finish Line on race day and will not be mailed.

If you are participating in any of these challenges:

- Double Up
- Half It All Challenge
- CA Time Travel
- California Dreamin' (with Surf City ONLY)
- SF/Berkeley Challenge

Pick up your bib at our Race Expo and check to make sure the challenge you are participating in is stamped on it. This is the ticket to pick up your medal at the Finish Line. If your bib is not stamped, visit the Solutions Table in the upper mezzanine at the back of the expo.

Medals for these challenges will be available for pickup at the Challenges Tent at the Finish Line Festival on Embarcadero and at the 1st Half Marathon Finish. Medals must be picked up at the Challenges Tent on Race Day and will not be mailed for any reason.

If you are participating in any of these challenges:

- SF Originals
- CA Dreamin' with JetBlue Long Beach Marathon

You will receive your medal at the Finish Line of those races.

You can [check your eligibility to tackle a challenge here](#). Please contact support@emallc.com with any challenge questions before the race.

Athletes with Disabilities

The Athletes with Disabilities Program tent will be located in the Ultra Village within the Embarcadero Center from 4:30am until 1pm, providing a great place for runners to connect with their guides, and have a landing place for race morning.



Runner Services

In the upper mezzanine at the back of the expo, near the Bib and Shirt Pickup, will be our Information Booth, Solutions Booth, Bart Busing and (Sufferfest Beer) ID check tables. You can also request a corral change in this area. Prepare yourself for the sweeping views from this loft area!

POST-RACE FESTIVITIES

Finish Line Festival: 8am - 1:00pm at Embarcadero Plaza at Market St and Steuart St.

Come enjoy refreshments and snacks, and celebrate your accomplishments with your fellow runners!

Cheer Garden: 9:00am - 12:30pm at Main Finish Line Festival

Brought to you by Sufferfest Beer Co and Golden State Cider. Attached to your bib will be a ticket that is good to redeem for one free drink from either Sufferfest Beer Co and Golden State Cider. All additional proceeds will benefit Girls On The Run.

Awards Ceremony: 9:30am to 10:45 at Embarcadero Plaza

Awards for the 2019 Biofreeze San Francisco Marathon will be presented at our Awards Ceremony located at the Finish Line Festival Awards stage.

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, Sunday 5K and Ultramarathon.

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. Age group awards will not be presented on Race Day and will be mailed after the event.

Divisions:

- **Full Marathon, 1st Half Marathon and 2nd Half 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+
- **5K and Ultramarathon:** Open

RUNNER PERKS

Exclusive Runner Deals

All registered participants of The Biofreeze San Francisco Marathon's 2019 events get exclusive access to special deals from our Official Partners and other brands with our [Virtual Race Bag](#). Access your deals through August 15, 2019. Check your email during race week for more details.

Official 2019 Merchandise Store

The Official 2019 Merchandise Store offers more than 70 pieces of athletic gear and apparel. Check out our 2019 designs at the Race Expo. We will have an online shop open after the race.

Vintage Merchandise

Interested in picking up swag from previous year's events? Visit the Expo on Friday or Saturday to stock up! Vintage merchandise will be sold for cash only (1 item for \$10 and 3 items for \$20), this merchandise typically sells out quickly on Friday, get there early to grab some!

RESULTS & RACE PHOTOS

Race Timing Services and Results

Our races are timed by Race Central using Chronotrack D-tag technology. You must pick up your tag (tracking chip) with your bib at our Expo and wear it properly on your shoe. Failure to wear your tag properly throughout the entire race may cause missed split times, unverified or unposted results and disqualification. Learn how to properly wear your tag via [ChronoTrack's instruction video](#) or [PDF instructions](#).

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 support@emailc.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 via our [Race App](#) and on our [Live Runner Tracking page](#). Share the page link and ensure your chip is worn properly for accurate tracking.

Marathon Photos Race Photography

The Biofreeze San Francisco Marathon and [Marathon Photos](#) have partnered to offer runners a free finish line photo with additional race photos available for purchase.

- 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.
- Please keep your bib on the outermost layer of clothing - if you plan to shed layers during the race, we ask that you plan accordingly.
- Photos will be linked to on our [Race Results and Photos page](#) within a week post-race.

THANKS TO OUR OFFICIAL 2019 SPONSORS & PARTNERS

Title Sponsor



After pushing your body to new limits, it's important to recover properly after the race. Make sure to stop by the Biofreeze Recovery Zone at the Post-Race Party for all of your recovery needs.

Presenting Partners



Once you've finished, come on by the Capital One tent at the Finish Line Festival to pick up your free water and snack!



Try UCAN on-course at the Biofreeze San Francisco Marathon! Fuel up before your run with UCAN for steady, long-lasting energy that's easy on the stomach. Prevent cramping and dehydration by grabbing UCAN Hydrate at on-course water stops. Recover at the Finish Festival with UCAN Performance Energy + Protein. #UCANRunSF



Contributing Partners



Official Beer

Sufferfest will be toasting you with a free beer after the race in our Cheer Garden, and will have more beer to purchase. Try our FKT, Pale Ale, Repeat Kolsch or Flyby Pilsner varieties. #willsweatforbeer



Official Energy Chew

GU Energy Labs is thrilled to fuel all Biofreeze San Francisco Marathon runners with GU Energy Chews at water stops 5 and 10 on the marathon and half marathon courses! Aid station volunteers will cut the sleeve of Chews in half so that runners can conveniently fuel with one serving (four Chews) on the go. Each serving delivers 80 delicious calories of complex and simple carbohydrates, electrolytes, and branched chain amino acids - formulated for top performance.



Official Cider

Come to the Cheer Garden for post-race cider compliments of Golden State Cider. Enjoy a crisp, refreshing cider in celebration of your accomplishment! We'll have more cider for sale after you sample the first one. #drinkgoldenstate



Official Logistics Provider

Supporting Partners

- Marathon Photos - Race Photography
- Race Safe - Medical Provider
- Sports Basement - Official Retail Partner
- A Runner's Mind
- Dole



Timing Partner

- Race Central

Training Partners

- RunBetter
- NeuRun

Community Partners

- SFMTA San Francisco Municipal Transportation Agency
- San Francisco Recreation & Parks
- San Francisco Police Department
- The Presidio Trust
- National Park Service
- Port of San Francisco
- Golden Gate Bridge Highway & Transportation District

OFFICIAL 2019 CHARITIES

The Biofreeze San Francisco Marathon is committed to supporting the community we love! We would like to recognize and thank our charity partners for all the good they do in the community.

San Francisco Recreation and Parks Department's Youth Stewardship Program (YSP)

Parkinson's Foundation

Move For Hunger

Children's Brain Tumor Foundation

Back on My Feet

Beads of Courage

Mission 22

Refugee Transitions

Instituto Familiar de la Raza

WAWOS

St. Jude India Childcare Centres USA

The Salvation Army Ray & Joan Kroc Corps Community Center and Railton Place

San Francisco AIDS Foundation

Asha for Education



OUR EXPO EXHIBITORS

Make sure to check out the fantastic array of exhibitors at our Race Expo!

5 Hour Energy	Medsense Massagers
AfterShokz	Miles for Migraine
Apele	Mudroom Backpacks
A Runner's Mind	National Running Center
Atlas GO	Normatec
Big Sur International Marathon	On Running
BioFreeze	Orgain
Bowl'd	PRO Compression
Buff Fitness	QT Medical
Caliloko	Race Dots
Capital One	Real Time Pain Relief
Corrigan Sports	ReBoot Spa
David's Tea	Ripple Foods
Electrolit	SockWise
Fitletic	Sufferfest
Flip Belt	Sunski
Floyd's of Leadville	Suntory All Free
Garmin USA	Trau
Go For It Sports	UCAN
Golden State Cider	Under Armour
GU	Wonderpax
Kevita	Yakult
KT Tape	
Lake Tahoe & Maui Marathon	
Larabar	

Questions

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

The Biofreeze San Francisco Marathon

TheSFMarathon.com

customersupport@thesfmarathon.com



