

## RACE INFORMATION

See Jane Run Women's Half Marathon & 5K  
June 5, 2010 – 8:00 am Crown Memorial Beach



### Race Packet Pickup

If you register after Thursday, May 27th you won't be able to pick up your Race Packet before race day. Race packets can be picked up at all stores before the race at the dates and locations below. Packets include technical shirt, bib, coupons, product samples and wristbands for celebration expo. Shirt size is given based on the size selected on your registration. Participants may only pick up their own race packets.

See Jane Run 3480 Blackhawk Plaza	Danville, CA	<b>Saturday, May 29</b> <b>Sunday, May 30</b>	10am - 8pm 11am-6pm
See Jane Run 3910 24th Street	San Francisco, CA	<b>Monday, May 31</b> <b>Tuesday, June 1</b>	11am-7pm 11am-7pm
See Jane Run 5817 College Avenue	Oakland, CA	<b>Wednesday, June 2</b> <b>Thursday, June 3</b> <b>Friday, June 4**</b>	11am-7pm 11am-7pm 11am-9pm

**WEATHER**  
June 5 averages  
Alameda, CA

Hist. Avg  
**67°** Lo 54°



Bring layers, it starts out chilly in the morning.

**Chip pickup** is on race day only. The chip is a timing device that allows the equipment to track each participant as they pass each of the different timing locations. This is attached to the shoe. There will be a \$15 charge for lost chips.

### Pasta Party\*\*

Friday, June 4<sup>th</sup> 7 – 9pm, Oakland See Jane Run  
Join us and bring your friends and family for some pre-race pasta, a trainer pep talk and race day Q&A. Talk begins at 7:30 pm. Please RSVP to [events@seejanerun.com](mailto:events@seejanerun.com) by June 1, 2010.

### Parking and Bike Valet

Participants should arrive by 6:30 am to accommodate for parking and chip pickup. The Crown Beach Parking lot @ Shoreline & Otis is the main parking area closest to the start area. Due to the size of the event, the spaces will fill up quickly. This lot has approximately 300 spots and is 1/4 mile from the start line. **THERE IS A \$5 PARKING FEE.** The lot will be closed from 7:30 am to 9:00 am for the start of all the races. You will not be able to park in this lot after 7:30 a.m. or leave before 9:00 a.m.

There is also plenty of street parking available nearby. Please leave AMPLE time to park. We encourage you to use the See Jane Run Women's Half Marathon & 5K Facebook page to coordinate transportation with other participants  
<http://www.facebook.com/pages/See-Jane-Run-Womens-Half-Marathon-5K-Race-Series/359477928091>.

You can also take public transportation. Plan your trip at Transit 511 Web site ([www.transit.511.org](http://www.transit.511.org)). There will also be a bike valet located at the finish line/Expo.

### Directions:

#### From San Francisco

- 80/Bay Bridge towards Oakland
- Exit 880 S. towards San Jose and Alameda
- Take 2nd exit on Broadway/Alameda
- Turn RT onto 5th. Follow signs.
- Go through 1 light, then bear RT towards Broadway/Alameda. Stay on 5th. Follow signs.
- Go through 5 lights, follow sign for a soft LF to Alameda. Go through the tunnel.
- Follow Rte 61/Webster Street through Alameda (less than 1 mile.)
- LF on Central (continue to follow rte. 61)
- The start line is at Central and Eighth you can look for street parking here
- Or continue on Central
- Turn RT on Grand
- Turn RT at Otis Drive
- Otis leads you directly into Crown Memorial State Beach Parking area

#### From San Jose

- 880 North
- Exit Davis Street, turn LT on
- Turn RT on Doolittle Drive
- Stay on Doolittle for 3.6 miles
- Stay RT to go over the Bay Farm Island Bridge
- Stay on Otis Drive for 2 miles
- Otis leads you directly into Crown Memorial State Beach Parking area

## COURSE INFO



### Start Area

The start area is at Washington Park (on Eighth St. between Central Ave. and Portola) in Alameda, CA. There will be numerous porta-potties at the start area.

### Bag Check in

There will be a securely locked and guarded truck for bag check in. There is a tear off portion of your race bib which you will need to securely attach to the bag you check. The truck will be driven from the start area to the finish line where you may pick up your bag up at any time during the expo. Make sure you bring warm clothes and your wallet as there will be great new items to purchase at the See Jane Run Village.

### Finish Area

The finish is in the Crab Cove area of Crown Memorial Park which is a few hundred yards from the start towards the water.





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### Water and GU Stops

There will be water and POWERade stops at mile 1, 2.5, 4.5, 6.5, 8.5, 10.5 and 12.5. Gu energy Gels will be available at mile 6.5 for the half marathon.

### Race Schedule

- 6:00 a.m. Racers can pick up their bibs and chips
- 7:15 a.m. Pre race 80's warm up with the SuperJanes
- 7:30 a.m. Rules announcement and safety briefing at start line.
- 8:00 a.m. Half Marathon Race Start
- 8:30 a.m. 5K Race Start/Stroller Start (strollers will be at back of pack)
- 9:00 a.m. Post-Race Festivities Start
- 10:30 a.m. Kids' Race
- 11:30 a.m. Award Ceremony



### Spectators

We encourage you to bring many family and friends to support you on the beautiful course and/or at the finish area where there are picnic tables and a fantastic expo to enjoy at no charge. We recommend going to Harbor Bay Pkwy at S Loop Road (there are two intersections as it's a loop but are both great locations for parking and to see runners). This is also a good point to help cheer them on as it's about the half way point.

## POST RACE

### Celebration Expo

Now it's time to celebrate! Race finishers will receive a commemorative medal, champagne from Barefoot Wine & Bubbly, chocolate from The Chocolate Traveler, food and much more. Please bring your wristband with you on race day if you plan to enjoy the champagne celebration.



Be sure to bring warm clothes and some money so you can enjoy shopping as well as massages, food samples and our many exhibitors. Be sure to stop by the See Jane Run Village and get a free bumper sticker and shop for race gear. You can preview the race gear at <http://www.seejanerun.com/t-See-Jane-Run-Half-Marathon-and-5K-race-gear.aspx>.

### Awards

Awards will be given to women for the half marathon & 5K. Awards will include top 3 overall finishers and top 3 winners for 11 age categories.

### Race Results

Eternal Timing is the official timing company for the race. Race results will be posted at the event in the finish area. They will be available online at [www.seejanerun.com](http://www.seejanerun.com) by end of day Sunday, June 6<sup>th</sup>. For timing issues, please complete the form at [http://www.eternaltiming.com/forms/index.cfm/timing\\_questions.htm](http://www.eternaltiming.com/forms/index.cfm/timing_questions.htm).

### Photos

Brightroom, Inc. is the official race day photographer. Photos will be posted within 3 weeks of the event. They can be accessed at <http://www.seejanerun.com/t-See-Jane-Run-Half-Marathon-and-5K-details.aspx> under the photo section.

### Stay Connected

Stay connected to other Janes and See Jane Run through the following communities.

