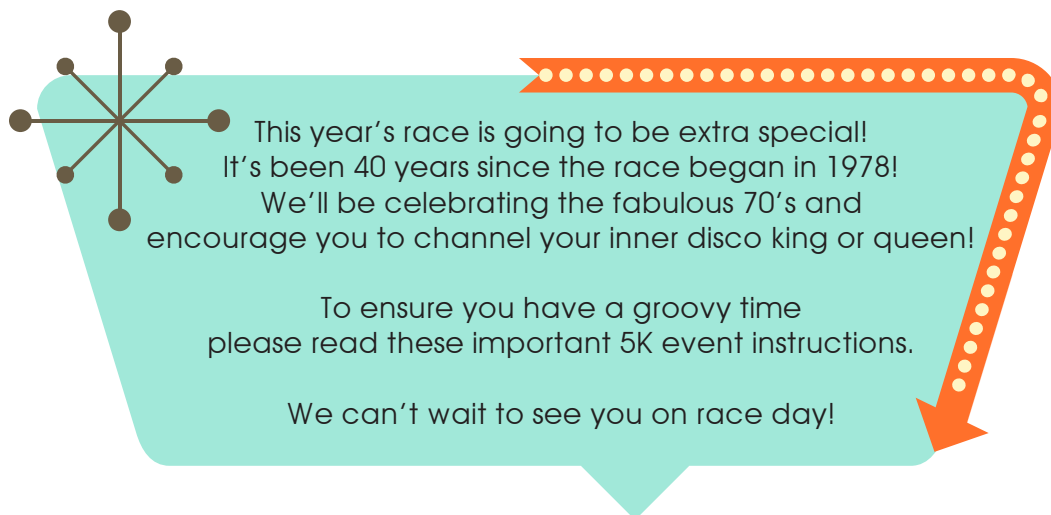


# 40<sup>TH</sup> ANNUAL AMERICA'S FINEST CITY 5K



## 5K START

Balboa Park, in front of the Hall of Champions  
Sunday, August 20, 2017  
6:15 a.m.

## AFC FITNESS EXPO

Sheraton San Diego Hotel & Marina Pavilion | 1380 Harbor Island Drive, San Diego, CA 92101

Free expo parking will be located in the dirt lot just before the hotel entrance on the west side of Harbor Drive. Paid parking will be available in the hotel's main parking lot. **Please note that pets are not allowed at the expo.**

Friday, August 18..... 12 p.m. to 6 p.m.

Saturday, August 19..... 10 a.m. to 5 p.m.

## EXPO BIB NUMBER AND SHIRT PICKUP

To pick up your bib number, you must present a photo ID. If you cannot attend the expo someone else can pick up your items with a copy of your photo ID. While we do all we can to ensure you receive the shirt size you requested, unfortunately we cannot make any guarantees. The back of your bib number will have space for you to list your emergency contact, please be sure to complete this information prior to race day.

## RACE DAY BIB NUMBER AND SHIRT PICKUP

If you're unable to attend the AFC Fitness Expo you can pick up your 5K bib number in the festival area from 5:30 to 6 a.m. Race shirts will be available for pickup in the festival area at the T-shirt tent.

## TIMING

The back of your bib number will have your B-tag timing strip. Don't remove this strip, it stays affixed and is read by radio frequency.

## DIRECTIONS TO THE 5K START/FINISH

**Southbound from I-5:** Take the 10th Avenue exit off I-5. Turn left on A Street and left again on Park Boulevard.

**Northbound from I-5:** Take the Pershing Drive/B Street exit off I-5 to Pershing Drive. Take Pershing and then turn left on Florida Drive. Turn left on Zoo Place and left on Park Boulevard.

**Southbound from Highway 163:** Take the Park Boulevard exit off Highway 163. Turn left on Park Boulevard.

## PARKING

There is no shuttle bus for the 5K\*. Park in any available parking lot in Balboa Park.

\*If you are staying at the host hotel, your room package includes bus transportation from the Sheraton to the 5K start area and returns to the Sheraton after the finish from Balboa Park. This service is only available to registered guests.

## START LINE & COURSE

Slower runners, those with jogging strollers, and ALL WALKERS must line up at the rear of the start line staging area. The race is a fast loop course that starts and finishes in front of the Hall of Champions at Pan American Plaza and Presidents Way. The course winds through beautiful Balboa Park, passing by the Museum of Man, crossing over the Cabrillo Bridge and finishing just past the Spreckels Organ Pavilion. There will be one course water station located on the route and accessible from 3/4-mile and approximately 2.5 miles.

## TIME LIMIT

There is a 1-hour time limit for finishing the 5K. Participants must be able to maintain a 19:21-minute-mile pace or faster.

## GEAR CHECK

Gear check will be available in the finish line festival starting at 6 a.m.

## MEDICAL

There will be a medical tent just beyond the finish line and another one along with self-serve ice in the finish line festival area. If you experience a medical problem on the course, call 911 if necessary or go to the course water station where a medical representative will be called to assist you.

## COURSE REMINDERS

Only registered participants are allowed on the course. For safety reasons, we discourage the use of headphones. You must be at the start line when the race starts - timing mats will be turned off shortly after the gun start and late starters will not be allowed.

## DISCARDED CLOTHING AND COURSE TRASH

Dispose of any trash and recycling in provided containers at the course water station. If you must discard any clothing items along the route, do so only in available trash cans or at the course water station where all collected clothing items will be donated to local shelters.

## OFFICIAL RACE MERCHANDISE

Look for a great lineup of America's Finest City Half Marathon souvenirs available for purchase at the expo and in the post-race festival. Choose from a selection of high-quality, stylish apparel in a variety of colors and styles.

## BEER GARDEN

NEW THIS YEAR! Registered participants over the age of 21 and displaying their bib number and proper ID are invited to visit the beer garden in the finish line festival to receive a complimentary Ballast Point beer (limited to one per person while supplies last).

## RESULTS

Results will be posted in the post-race festival area and will also be available online after the race at [www.afchalf.com](http://www.afchalf.com).

## MASSAGES

Rehab United will be offering post-event massages at the finish line festival. Log on [here](#) to prepay for your massage and receive front-of-the-line privileges on race day.

## FREE TACO OFFER

Rubio's Coastal Grill is offering registered participants a free taco. See your bib number for coupon and additional offer details.

## RANCHO LA PUERTA SWEEPSTAKES

Click [here](#) to register for your chance to win a 4-day luxury stay for two at this spectacular resort!

## OFFICIAL EVENT PHOTOS

MarathonFoto will be stationed on the course and in the finish line area. You'll be able to view pictures by logging on to [www.marathonfoto.com](http://www.marathonfoto.com) after the race. We cannot guarantee every participant will be photographed.

## AWARDS

The top three male and female finishers in the 5K and half marathon in the following age groups will be mailed their award approximately 2 weeks following the event: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

## HEAT ADVISORY

It may be very warm on race day. Be sure to hydrate before, during and after your race.

## PARTICIPATE WITH YOUR FAMILY AND FRIENDS

Encourage your family and friends to join you in this fun event! They can either register for the race or become a volunteer. Remind them that participants receive a groovy, spinning disco ball medal and volunteers receive a cool tie-dyed volunteer shirt for their support. Log on to [www.afchalf.com](http://www.afchalf.com) to learn more and register to race or volunteer.

## GOT QUESTIONS?

We've got answers! Call (760) 692-2900, email [info@inmotionevents.com](mailto:info@inmotionevents.com), or visit the information booth at the expo.

## THANK YOU SPONSORS AND PARTNERS



# #AFC5K