

2019 SOCAL River Marathon – 26.2, 13.1, 10K, 5K

Southern California Marathon



26.2 - 13.1 - 10K - 5K

Finishes at Huntington Beach

March 2, 2019

Runner's Guide

Index

Introduction	3
Sponsors.....	4
Race Agenda.....	5
Aid Stations	5
Course Maps.....	6
Full	6
Half	7
10K	8
5K.....	9
Parking	10
More Races	11



Dear SOCAL River Runner,

Welcome to the Inaugural SOCAL River Marathon on March 2, 2019. The course is a fantastic paved trail on the Santa Ana River Trail from Yorba Linda to Huntington Beach State Park. Though the race is primarily flat it does have a few rollers under roads and freeways. The views you can anticipate on this trail include the Santa Ana River (Some areas the Santa Ana Stream), Angeles and Honda Stadium and the grand finish at Huntington Beach State Park in their parking lot. Pay Attention to **Hot Pink Turn Arrows** on the course to aid your most direct path to the finish. These are arrow sticks on the trail.

This race has around 100 Marathon runners, 120 Half Marathon runners and a cluster of 10K and 5K to make it around 300 participants. This being the first year we knew there would be a lot of logistics with aid station access and gates so we decided to keep it small. We hope this becomes a much larger race in the future. The course will have an aid station no less than every 2 miles (starting at mile 3 for the Full). These aid stations will have water, Powerade and some will have GU gels or possibly fruit. The race will start fairly cold with a low of 54 degree high of 64 degrees. They use the words “Perhaps a Shower” during race time. It may have some drizzle during the race. Run dress according to this forecast. If I plan to run a marathon and there is a 10% chance of rain I will put a small garbage bag in my pocket. You can punch out holes for arms and head. It was the only thing that saved me a few years back at the Ogden Marathon.

This race is fully on the trail. This is a Boston Qualifier Certified Course with USATF. Because it is on the trail be aware of tangents. If you see a corner the course is measured to cut the edge of corners. This is a standard practice for all Boston Qualifiers to protect against runners who shorten the distance. If you stay on the right side of the lane the entire race you may add a slight distance to the race. Remember your GPS watch will not be accurate compared to the two USATF Calibrated Bikes road four times on the course.

Spectators – We encourage spectators for the race. The best location for spectating is at the finish line at Huntington Beach State Park. Spectators can view racers on the course on trail heads and park locations along the trail.

Timing is done via timing chips and will have a chip start and finish for the Full and Half. It will be a gun start for the 5K and 10K so be ready to start and not in the bathroom. Though we have a chip start for the Full and Half we ask that everyone try to be ready right when the race starts. Those who wait too long in the bathrooms may miss the chip start because we will be moving the timing system right after the group leaves the start. Do not hang out in the bathroom or you may be part of the gun start.

We are always in need of more volunteers for every race. If you have spectators or others willing to help with the race please have them volunteer on the website for the race. They will get a \$50 credit towards a future race with On Hill Events and these credits are fully transferrable to people like you. You can use them for 2020 SOCAL Marathon. Register to volunteer Here:

<https://www.comevolunteer.com/events/12422-socal-marathon/volunteer>

Good luck during the race!

Sponsors



Race Agenda

Friday March 1, 2019

4-7PM - Packet Pickup at Golds Gym – 10870 Katella Ave Anaheim California

Saturday March 2, 2019

5:00AM – 9:30AM – Last Chance Packet Pickup if you missed Friday Night – Huntington Beach State Park **at the Brookhurst St Entrance**. This is the Southern most entrance to the Huntington Beach. If you are doing the full or half please be there a few minutes prior to bus loading so you are not rushed.

5:00AM – Full Marathon Bus Loading – Huntington Beach State Park **at the Brookhurst St Entrance**. This is the Southern most entrance to Huntington Beach

7:00AM – Half Marathon Bus Loading – Huntington Beach State Park at the Brookhurst St Entrance. This is the Southern most entrance to Huntington Beach. Buses leave right at 7:00AM

7:00AM – Full Marathon starts at Rinks Ice Sheet – 23641 La Palma Ave Yorba Linda CA. If you drive here instead of bus be 45 minutes prior to start. (Remember we do not have your bibs at the starting line. They will be at the bus loading area. If you drop off to the start instead of bus you need to get your bib Friday night.)

8:30AM – Half Marathon starts at Orange County Labor Federation – 309 N Rampart St Orange California. If you drive here instead of bus be 45 minutes prior to start. (Remember we do not have your bibs at the starting line. They will be at the bus loading area. If you drop off to the start instead of bus you need to get your bib Friday night.)

9:30AM – 10K/5K Runners Gather at Huntington Beach State Park – 21601 Pacific Coast Hwy **(Enter at the Brookhurst St Entrance the Southern Most Entrance to the park)**

10:00AM – 10K Starts at Finish in Huntington Beach State Park

10:15AM – 5K Starts at Finish in Huntington Beach State Park

Aid Stations

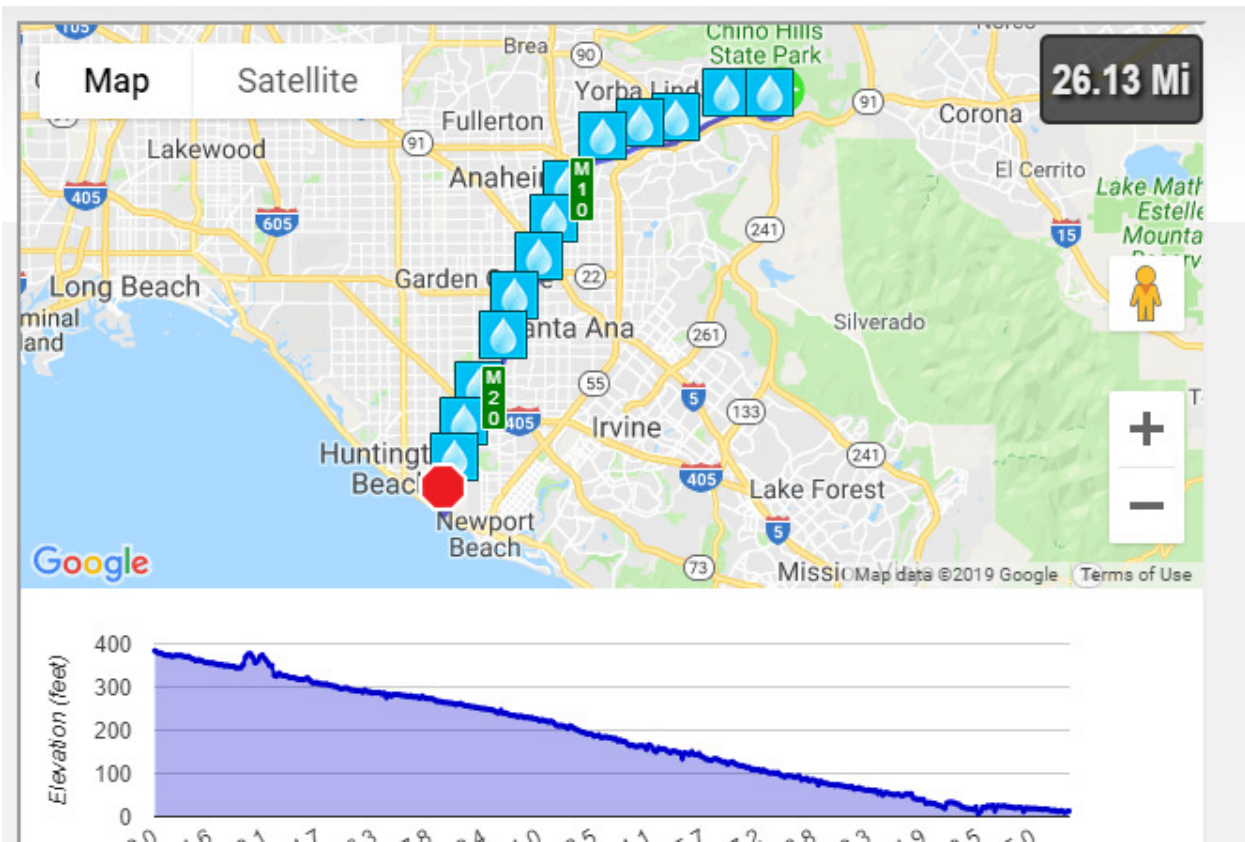
Marathon – Mile 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 24.55, Finish Some of these aid stations are slightly short or long based on trail access points

Half Marathon – Mile 2.9, 5.9, 7.9, 9.9, 11.45, Finish

10K – Mile 1.55, 3.1, 4.65, Finish and 5K – Mile 1.55, Finish

Aid Stations Include: Water, Powerade.(Gels and fruit select stations)

Marathon Course Map:

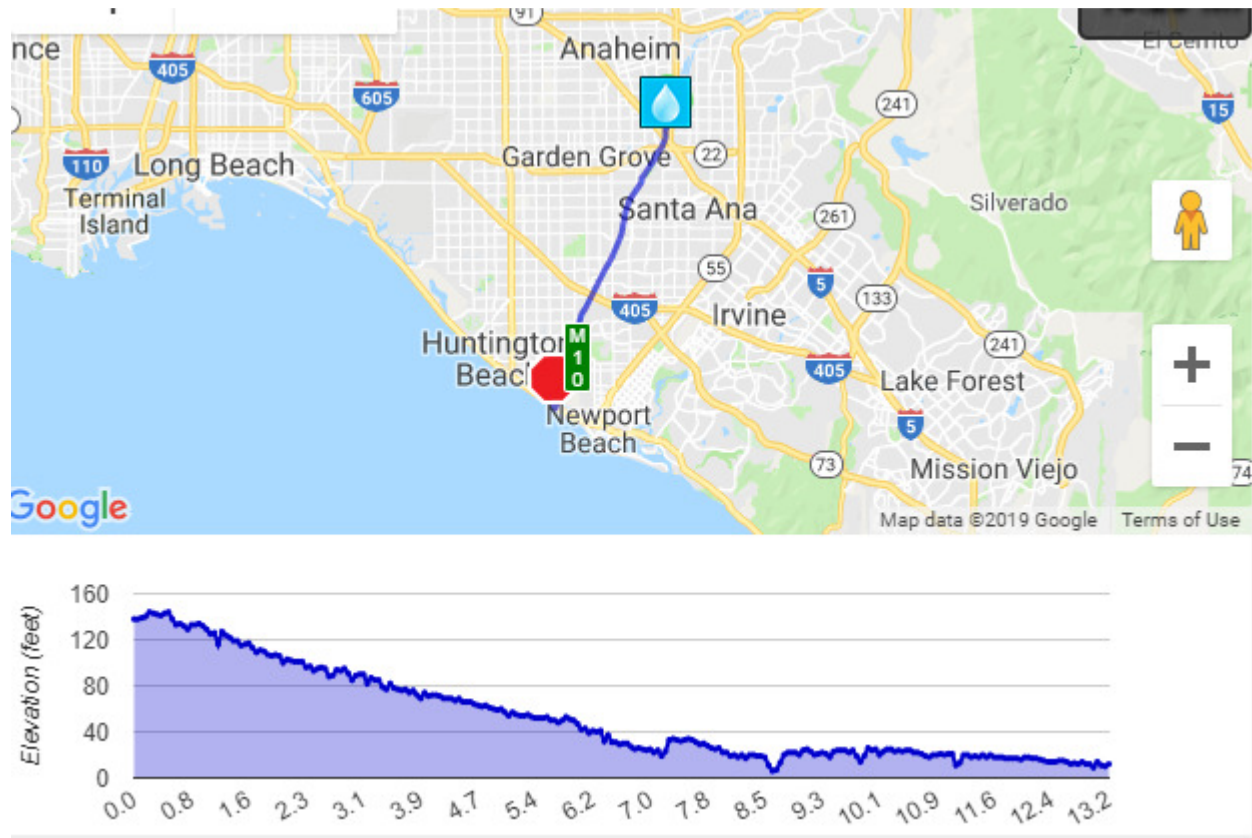


Starts at Rinks Ice Sheet in Yorba Linda. The start will require around 100 yards of northern running to a turn around then the rest of the race is South on the Trail to Huntington Beach. In order to minimize signs on the course runners will use a **Hot Pink Arrow** on the course to aid your turns. You will see them at all turns locations. They are a paper sticker that will be removed after the race. We are trying to use volunteers at key turn locations but you may have to rely on sticker arrow assistance if you are unsure.

To see an interactive turn by turn map check out this link:

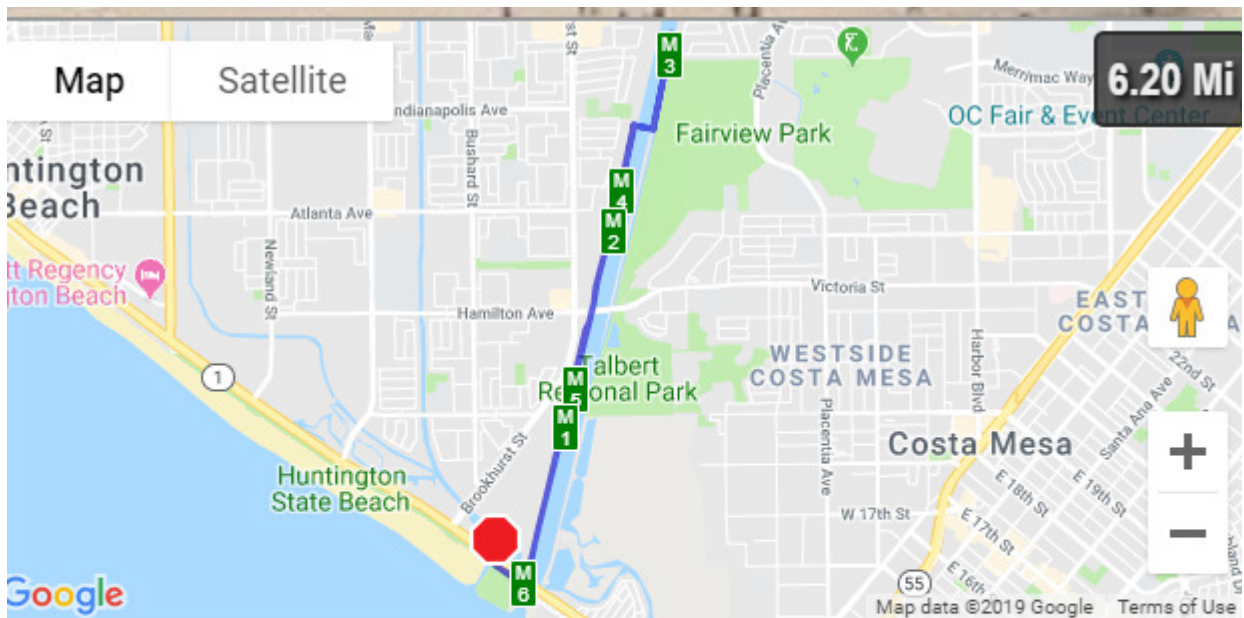
<http://www.socalmarathon.com/full.html>

Half Marathon Course Maps



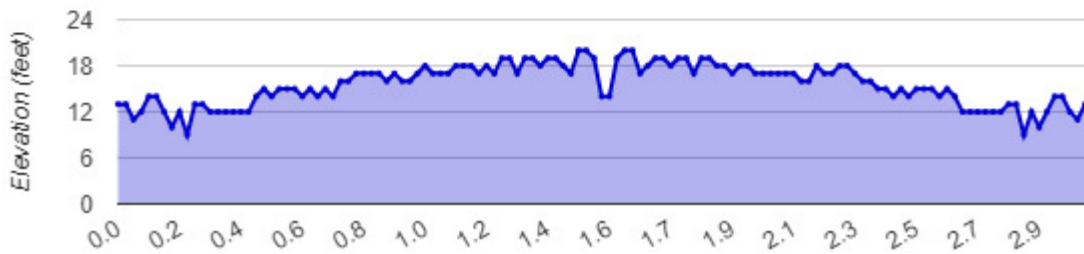
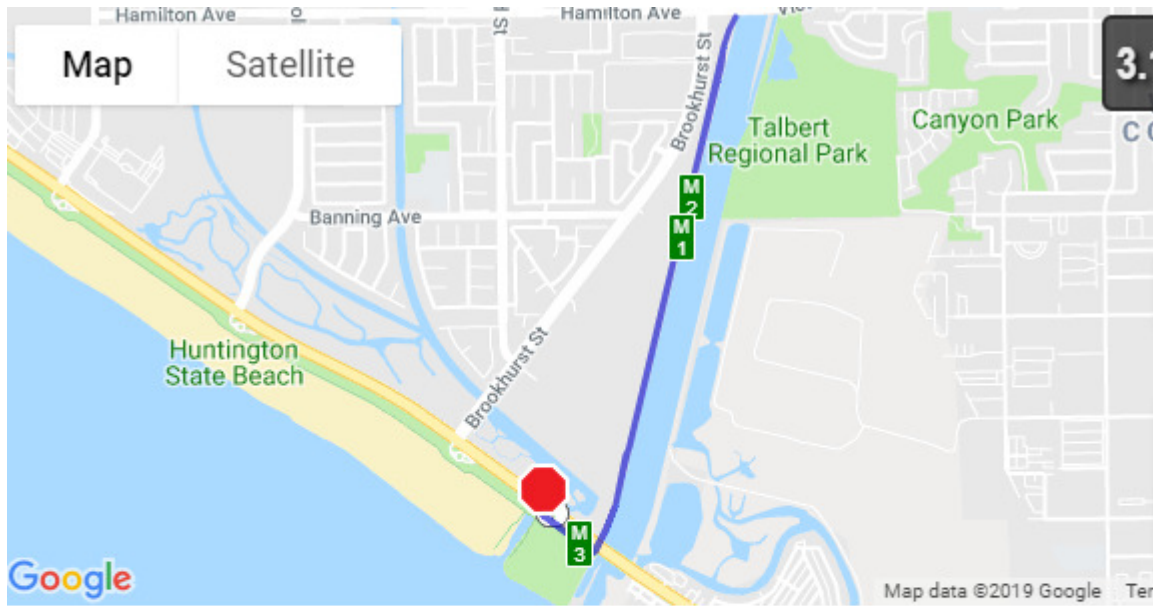
Starts at Orange County Labor Federation in the City of Orange. Runners will run up Rampart Drive to a trail Access Point then run North 100 yards to a turn around. The rest of the course is South on the Trail to Huntington Beach. In order to minimize signs on the course runners will use a **Hot Pink Arrow** on the course to aid your turns. You will see them at all turns locations. They are a paper sticker that will be removed after the race. We are trying to use volunteers at key turn locations but you may have to rely on sticker arrow assistance if you are unsure.

10K Course



This course is out and back. Starting at the Finish line at Huntington Beach State Park racers run the opposite direction of Marathon until they reach 3.1 Miles then they turn around. Remember to follow the **Hot Pink Arrows** reversed on the way out and straight on the way back in.

5K Course



This course is out and back. Starting at the Finish line at Huntington Beach State Park racers run the opposite direction of Marathon until they reach 1.55 Miles then they turn around. Remember to follow the **Hot Pink Arrows** reversed on the way out and straight on the way back in

Parking is at Huntington Beach State Park – 20601 Pacific Coast Hwy Huntington Beach California Access it via Brookhurst St Entrance the Southern most entrance at Huntington Beach State Park.



Full Buses Leave at 5:10AM

Half Buses Leave at 7:00AM

Important: If you plan to drive yourself to the starting line locations please note that packets and bib numbers and timing chips will not be there but at this parking location. If you plan to drop off at the start please pick up your packets or have someone pick them up the night prior or you will not be timed.

2019 On Hill Events Races

Candy Heart Run 5K (Valentines Theme) – West Jordan, Utah February 9

SOCAL Marathon, 13.1, 10K, 5K – Anaheim, Calif March 2

Lucky 13 Half, 10K, 5K (St Patty Theme) - West Jordan, Utah March 16

Legacy Duathlon Sprint, Olympic - North Salt Lake, Utah April 13

Eggs Legs 5K (Easter Theme) – West Jordan, Utah April 20

May the Fourth 13.1, 10K, 5K (Star Theme) – Farmington, Utah May 4

Drop13 Half Marathon, 5K – Big Cottonwood Canyon, Utah June 8

Jurassic Run 5K (Dinosaur Theme) – Ogden Dinosaur Park, Utah June 29

Cache Valley Super Sprint Tri Sprint, Olympic – Logan, Utah July 6

Legacy Midnight Run 13.1, 10K, 5K (Glow Stick Night) – Farmington Utah July 26

PC2PG 13.1, 10K, 5K – Provo Canyon to Pleasant Grove, Utah August 10

East Canyon Marathon 13.1, 10K, 5K – Big Mountain to Morgan, Utah August 31

Bear Lake Brawl Triathlon Full, Half, Olympic, Sprint – St Charles Idaho Sept 14

Witch Run 5K (Witch Fun Theme) – West Jordan, Utah Sept 28

Antelope Island Marathon 13.1, 10K, 5K – Syracuse, Utah October 12

Blood Run 5K (Fun Fear Theme) – Mt Green Utah October 12

Southern Utah Triathlon Sprint, Olympic – Hurricane, Utah October 26

Ogden Santa Run 5K (Santa Theme) – Ogden, Utah November 30

Gardner Village Santa Run (Santa Theme) – West Jordan, Utah December 7

Provo Santa Run (Santa Theme) – Provo, Utah December 7