

# INSTRUCTIONS & TIPS: FOLSOM BLUES BREAKOUT HALF MARATHON, 5K

## presented by Mercy Hospital of Folsom and Cash 'n Carter Half-a-Half Relay

### TIMING CHIP INSTRUCTIONS

- **Half Marathoners:** your IPICO timing chip must be worn on your shoe attached by the two zip ties as shown here.
- **Relay Runners:** you must wear your chip on the ankle (never more than 6 inches off the ground) using the velcro band. At the exchange, remove it and hand it to the 2nd leg runner who will wear it the same way.
- If the chip is not worn properly, your time will NOT be recorded!
- **Your chip is NOT disposable.** Just after you finish, a volunteer will remove the chip and save it.
- If you do not plan to run please return the chip at Packet Pick Up (hand the chip to a staff member or volunteer); or place it in a padded envelope and mail to: Folsom Blues Breakout, 120 Ponderosa Ct., Folsom, CA 95630.



### START TIMES & DETAILS

#### KIDS 1K START TIME: 7:00 A.M. SUNDAY, OCT. 21 IN HISTORIC FOLSOM.

HALF MARATHON, RELAY, 5K START: Sunday, Oct. 21 at 7:30 a.m.

START LOCATION: Folsom Lake Crossing Bridge

DROP BAGS: Runners may leave drop bags at the start for pick up at the finish. DO NOT LEAVE VALUABLES IN YOUR DROP BAG, especially cell phones and car keys.

Getting to the start info is on reverse. PLEASE CARPOOL!

### ROAD CLOSURES

- Folsom Lake Crossing Bridge: 5 am - 8:30 am.
- Folsom-Auburn Rd. from the Folsom Lake Crossing to the Rainow Bridge: 7:00 am - 8:30 a.m.

### RACE MORNING PACKET PICK UP

Anyone intending to collect their packet on race morning MUST GO TO DICK'S -- **not** to the start line.

### GETTING TO THE RACE START

#### Taking a Bus to the Start:

- **Bus tickets will be sold at Friday/Saturday Packet Pick Up.**
- **Pre-purchased bus ticket will be noted on the ID label adhered to the runner's bib.**
- **Half Marathoners, 5K and Relay Leg 1 Runners:** buses will leave the select hotels by 6:00 am and from the Folsom Dick's Sporting Goods (1003 E. Bidwell Street) by 6:30 am.
- Buses will stay at the start area until the race starts, and you may stay on the bus.
- **Relay Leg 2 Runners:** buses to the exchange location will leave the selected hotels and Dick's Parking lot at 6:30 am.
- **Relay Leg 1 Runners** will be bused from the exchange point back to the finish area.
- Buses are for runners only - no spectators please.
- For all bus ticket holders, there is free shuttle bus service from the finish area back to all the select Folsom hotels.

#### Getting Dropped Off at the Start

- Runner drop-offs may occur at two locations:
  - ◊ On Folsom-Auburn Road by the Folsom Lake Crossing Bridge (1 mile walk to the start).
  - ◊ On Folsom Lake Crossing near East Natoma Ave. about 0.8 mile from the start.

◊ Arrive at least 1/2 hour before the 7:30 a.m. start time.

Folsom-Auburn Road will be closed at 7:00 am.

- There is no parking at the start area.

#### Running to the Start

- Runners may park at the finish area in Historic Folsom and run the **2.5-mile** distance to the start as a warm-up. Use the scenic bike trail that begins at the Walker Bridge.

### DURING THE RACE

- Those who registered before Oct. 10 will have free access to the RaceJoy runner tracking app. Be sure to check your email for instructions that were sent to you from runsignup.com.
  - Don't go out to fast! You will need that energy for the final miles.
  - Stay hydrated! Gatorade will be the electrolyte replacement beverage provided at the aid stations. Water will also be served.
  - Spectators: see the map handout for spectator locations and directions.
  - Enjoy the bands! If you are wearing your "tunes", be aware of surrounding runners. Run safely and courteously!
- If you anticipate that your finish will take longer than the course permit of 3.5 hours, bring additional nutrition and fluids with you. We will do our best to keep the finish clock going and the finish line arch up to record your finish.

### AFTER THE RACE

- Be sure to have your timing chip clipped off of your shoe before you proceed out of the finish area. If you did not return it, place in a padded mailer and mail to: Folsom Blues Breakout, 120 Ponderosa Court, Folsom, CA 95630. Runners with unreturned timing chips are subject to a \$30 charge.
- Hydrate and refuel with the post-race snacks.
- Pick up your drop bag.
- Enjoy the Finish Line Festival! Savor your accomplishment while you sip on a free beer and rock out to the Cash Prophets, FBB's official Johnny Cash Tribute band! Enjoy a massage courtesy of Monsters of Massage!
- There is no Awards Ceremony; results will be posted after 6pm at folsomblueshalforg. Awards will be mailed approximately 6 weeks following the event.

*See overview map on the reverse.*

**Be sure to post your  
photos and videos  
on the FBBHalf  
Facebook page!  
There is  
no official race day  
photographer.**



Presented by  
**Dignity Health.**  
Mercy Hospital of Folsom  
**RELAY & KIDS' 1K**

## Half Marathon, Relay and 5K races all start at 7:30 am. GETTING TO THE HALF MARATHON, 5K & RELAY START

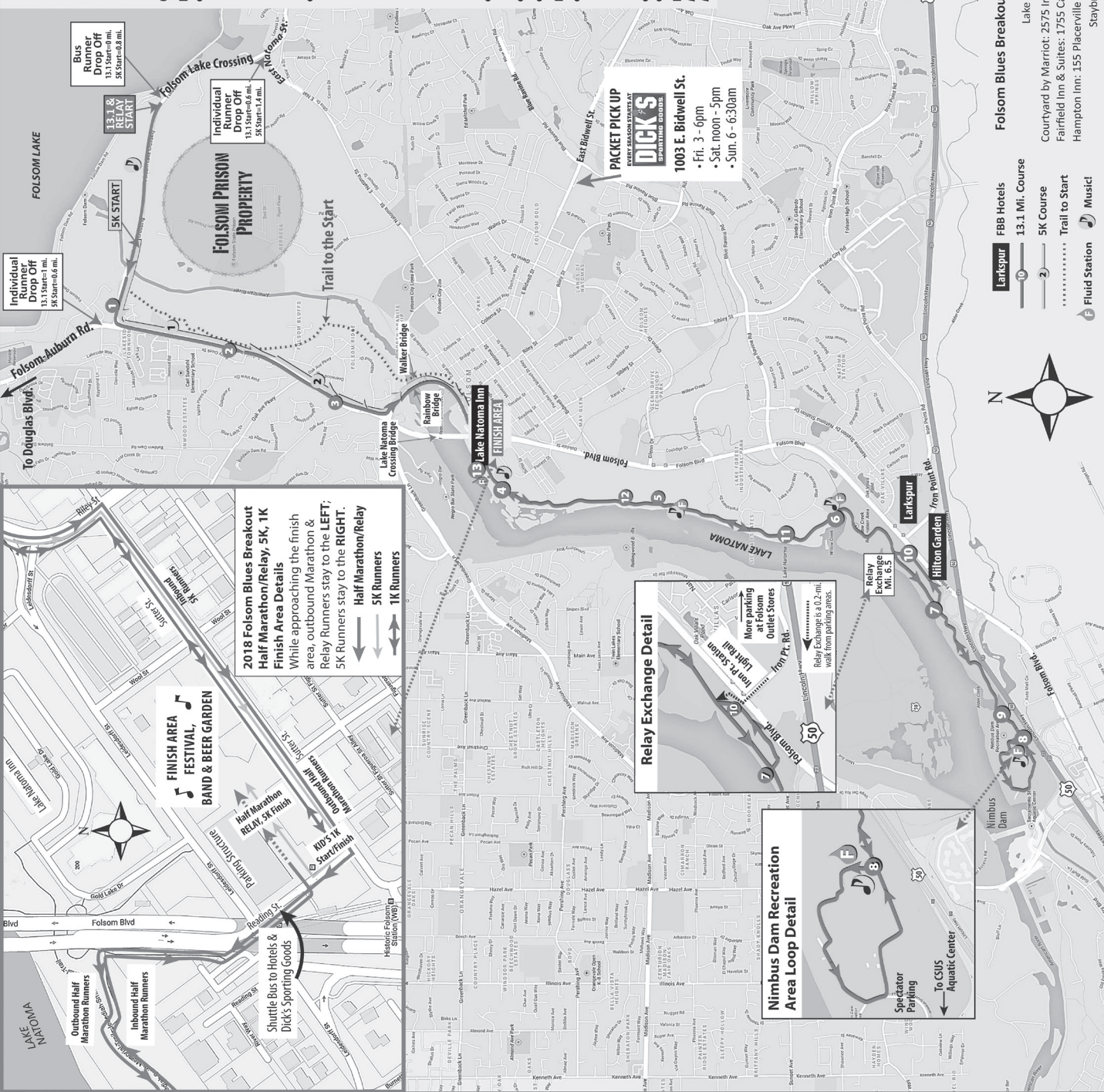
### Buses to the Start

- Buses are **FREE** for runners staying at select Folsom hotels as shown on this map.
- You must have selected the bus ticket option on your registration form by Oct. 14.
- Buses for Half Marathon, 5K and FIRST LEG RELAY runners will depart from your hotel promptly at 6 am.
- Buses will stay at the start area until the race starts, and you may stay on the bus until 15 minutes before the start.
- Buses for the **SECOND LEG RELAY** runners leave at 6:30 am from select Folsom hotels. These runners will return 1 leg relay runners to the finish.
- For **ALL** runners who purchased bus tickets
- Those leaving from hotels: Half Marathon, 5K and FIRST LEG RELAY runners must be parked and ready to board the bus at their chosen hotel location **before 6:00 am** for a prompt 6:00 am departure.
- Those using race day packet pick up at **Dick's Sporting Goods**: Half Marathon, 5K and FIRST LEG RELAY runners be parked by 6 am to pick up their packets and immediately board the buses to the start.
- 13.1/Relay runners are dropped off at the start; 5K runners will be 0.8 miles from the start.
- Buses will stay at the start area until the race starts, and you may stay on the bus until 15 minutes before the start.
- Buses for the **SECOND LEG RELAY** runners leave at 6:30 am from select Folsom Hotels and Dick's Sporting Goods to transport these runners to the exchange location. These same buses will transport **FIRST LEG RELAY** runners back to the finish area.
- If you did not purchase a bus ticket to the start online, you may purchase a ticket at the Folsom Dick's Sporting Goods Packet Pick Up on Friday, Saturday, and Race morning.
- Runners with bus tickets receive transportation back to their hotel or to Dick's Sporting Goods.
- Buses are for runners only. No spectators!

### For Runners getting dropped off at the Start

- Runner drop-offs may occur in the two places described below only and must occur by 7 am.
- Folsom-Auburn Road by the Folsom Lake Crossing Bridge is 1.2 mi. to the 13.1 Start, 0.6 mi. to the 5K Start. Access Folsom-Auburn Road from Douglas Blvd East at 1:30 in Roseville.
- Folsom Lake Crossing East Natoma St. 0.6 mi. to the 13.1 Start, 1.2 mi. to the 5K Start.
- Access Folsom Lake Crossing from East Natoma St. in Folsom.
- There is no parking at the start area.
- Please carpool if at all possible!

Runners may also park at the finish line area and run on a 2.5-mile trail to the Folsom-Auburn Rd/Folsom Lake Crossing intersection as a warm-up prior to the start of the race. Access the trail from Historic Folsom & the Walker Bridge.



- Larkspur FBB Hotels**
- 13.1 Mi. Course**
- 5K Course**
- Trail to Start**
- Fluid Station**
- Music!**

### Folsom Blues Breakout Select Folsom Hotel Addresses

- Lake Natoma Inn: 702 Gold Lake Dr.
- Courtyard by Marriott: 2575 Iron Point Rd.
- Fairfield Inn & Suites: 1755 Cavitt Dr.
- Hampton Inn: 155 Placerville Rd.
- Staybridge Inn: 1745 Cavitt Dr.

