



Overview of the Half Marathon

The Half Marathon starts in Downtown Long Beach in the same spot that the Long Beach Grand Prix racecars start. Runners enjoy the sunrise while starting their journey through the 35th largest city in the United States. After a slight climb over the Queensway Bridge, runners circle the picturesque Shoreline Park Lighthouse and run around Rainbow Harbor. A slight ocean breeze and cheering spectators greet runners as they pass by the start and finish at mile 6.5. Three miles next to the Pacific Ocean and an energy shot at mile 10 prepare half marathon runners for the last 5K. It's a downhill finish on Ocean Boulevard and before the runners know it, they're making a left toward the lively Finish Line Festival where they are presented with their hard-earned medal. The Finish Line Festival features live music, a Michelob Ultra beer garden, and plenty of food.

Details of the Half Marathon

Miles 1-2: Runners go through downtown Long Beach, passing through The Pike and by the giant Ferris wheel, and then run on the 710 freeway!

Miles 2-3: Traversing the Queensway Bridge takes runners down to the bow of the Queen Mary

Miles 3-6: Shoreline Village residents and workers cheers for runners while they do a loop around the historic Lighthouse at Rainbow Harbor and then visit Pierpoint Landing. Runners then make their way around Rainbow Harbor and head back through the start/finish line area to be cheered on by spectators and participants.

6-10: Running a few feet from the Pacific Ocean makes this portion of the course one of the best. Runners enjoy the view while running on the flat beach path.

10-11: The Fuel Crew greets runners at mile 10 and fuels them up for the remaining miles! The full marathon and half marathon split at mile 10.5.

11-13: Half marathon runners take Ocean Boulevard to the finish line.

.1: Runners fly downhill to the finish!

Course Time Limits

The time limit is 6 hours for half marathon runners and based on a 7.5 hour course time limit starting from 6:00am. Streets will begin to re-open at 1:30pm. Runners must clear the Queensway Bridge (Mile 2) by 8:30am.



Pacers

The A Snail's Pace Running Club Pace Team will be leading the way for the following half marathon times:

1:30
1:40
1:45
1:50
1:55
2:00
2:10
2:15
2:20
2:30

2016 Water/Fluid Stations

Aid stations begin at mile 2 and are located at approximately every mile. Some water stations will include NUUN energy/electrolyte drink.

Gel shots will be located at mile 10.

2016 Medical Aid Stations

There will be medical personnel at 6 stations on the course and a main medical station at the Finish Line.

Main Medical - Linden and Shoreline Drive (also mile 6.5)

Mile 9 – Next to the Belmont Plaza Pool

Mile 11 - Ocean Boulevard/Loma Avenue

Energy Stations

Gel Shots will be available at mile 10. The flavors served will be TBD.

NUUN will be our on-course energy drink and will be located at miles 4.5, 6.5, 9, 11.

Kool 'N Fit Sport

Rejuvenate those tired and aching muscles at the Kool 'N Fit Sport Spray Station. The only all natural muscle condition spray! Since 1984, athletes all over the world have been spraying themselves down before, during and after competition with Kool 'N Fit Sport to "Compete at their peak!"



Volunteers will be ready with Kool 'N Fit Sport Muscle Conditioning Spray to bring welcome relief to cramped, tired, burning muscles as runners close in on their goal... the finish line!

Check out Kool 'N Fit's website for more info: <http://www.koolnfitsport.com>