



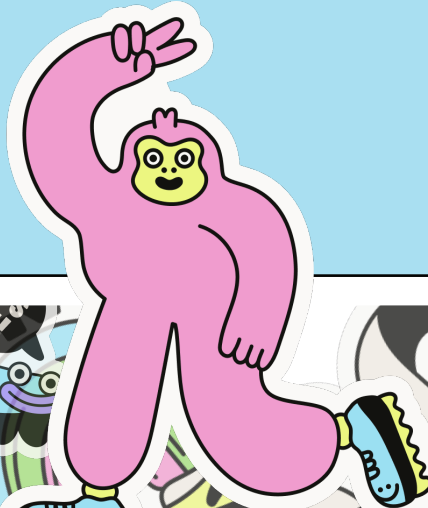
# Zappos! BAY TO BREAKERS

MAY 21,  
2023

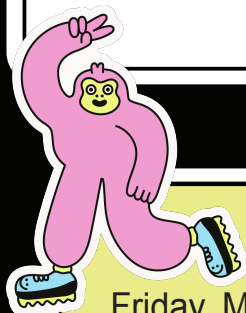
## FINAL RACE INSTRUCTIONS

Thank you for joining us at the 2023 Zappos Bay to Breakers!  
Please read the information below to answer your questions  
about race weekend. We look forward to hosting you at the  
race!

**MAY 21, 2023**  
**SAN FRANCISCO, CA**



# RACE EXPO & PACKET PICK-UP



## DATE:






Friday, May 19, 2023  
12:00 pm - 7:00pm

Saturday, May 20, 2023  
11:00am - 6:00pm

## LOCATION:

Embarcadero Plaza  
Market Street & Steuart Street  
San Francisco, CA 94105



-  Participants are required to pick up their race bib during the Race Expo unless you have pre-purchased mail my packet (deadline to purchase, May 4th, 2023).
-  Bring your bib number email (to be sent Wednesday, May 17th) to expedite the pick-up process.
-  Can someone pick up your bib for you? They'll need your bib number, and a copy of your ID (digital preferred!) Proxies may only pick-up packets for up to 3 people.
-  Can I pick up my race packet on race morning? No.
-  Can I upgrade to the Breakers Bonus 15k? Yes, please visit us at the Solutions Booth at the Event Expo.

## CAN I PARK AT EMBARCADERO PLAZA?

There is no main parking lot around Embarcadero Plaza, and we recommend booking convenient and affordable parking in advance through Spot Hero, the nation's leading parking reservation app.



RUN, JOG,  
OR DANCE TO  
THE FINISH





## OFFICIAL MERCHANDISE

The official 2023 **Bay to Breakers merchandise store** is open! Check out the latest styles and pre-order your favorites for pick-up at the merchandise booth during pre-race packet pick up. The must-have item for the year? Our official bucket hat!



## OFFICIAL SHUTTLE

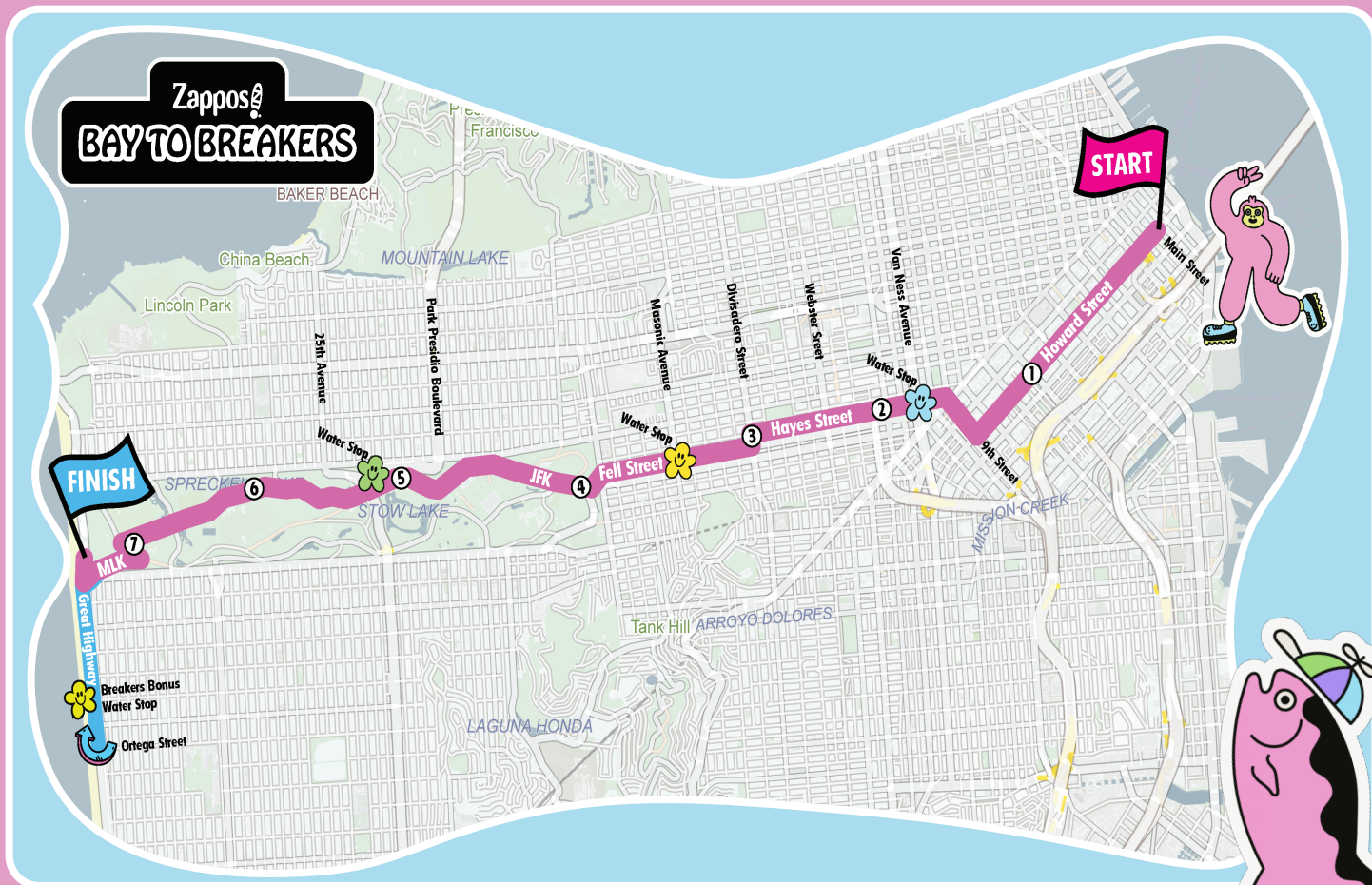
Official event shuttle options will be offered for both round-trip and post-race transfers. All tickets must be purchased online in advance to race Sunday. This is the fastest and most convenient way to get out of the finish line area. Avoid the lines, reserve your individual seat today and leave getting to/from the event to us. **Check out shuttle options – here.**

## REGISTER FOR 2024!

Participants can register for the 2024 Bay to Breakers, scheduled for May 19th, 2024 for the absolute **LOWEST** price at this year's event. Registration for 2024 will **ONLY** be available at the expo and at the finish line festival. After the festival closes, registration will be closed until Halloween weekend 2023.

**B 12K - \$34.99**

**B 15K - \$47.49**



# RACE MORNING

## START LINE

All race distances start at the intersection of Howard St. & Main St. in downtown San Francisco. The first wave will take off at 8:00am and last wave at 8:45am.



### GETTING TO THE START LINE

Plan your arrival to the start line prior to race morning. We recommend our shuttle service and CalTrain.

**CalTrain** – CalTrain will be offering special service for Bay to Breakers! Please plan ahead by reviewing the schedule, here: ***Bay to Breakers 2023 | Caltrain***

**Shuttle** - Official event shuttle will be offered for both round-trip and post-race transfers. All tickets must be purchased online in advance to race Sunday. ***Check out shuttle options – here.***

**Park** - We recommend booking convenient and affordable parking in advance through SpotHero, the nation's leading parking reservation app.

To reserve your parking spot, visit the Bay to Breakers SpotHero Parking Page and book a spot with rates up to 50% off drive-up.

**Other:** Bike, Scooter

**Drop Off** - Many roads surrounding the start line area will be closed, and/or greatly impacted by our presence. We do not recommend being dropped off by a vehicle. If you must be dropped off, use The Embarcadero as a drop off point.



### THE START LINE

The event will operate on a self-seeded corral system. Participants should plan to enter the start chute based on the letter located on their bib. Bib Numbers will be emailed out on Wednesday, May 17th.

Those that plan to take longer to complete the distance should plan to start toward the back of the pack to avoid impeding those that are running at a faster pace.

**The event will utilize a wave start.** This will enable a comfortable starting position for runners and walkers of all paces. When the horn sounds, only the first corral will be released. The rest of the participants will be held at the start line. At predetermined intervals (every few minutes), the next group will begin their race. By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm from their first step to the finish line. This will allow sufficient room along the course and at the finish line without affecting individuals' time or the time participants have to complete the race.

Your cooperation is greatly appreciated so that we can ensure everyone has a great race day experience!



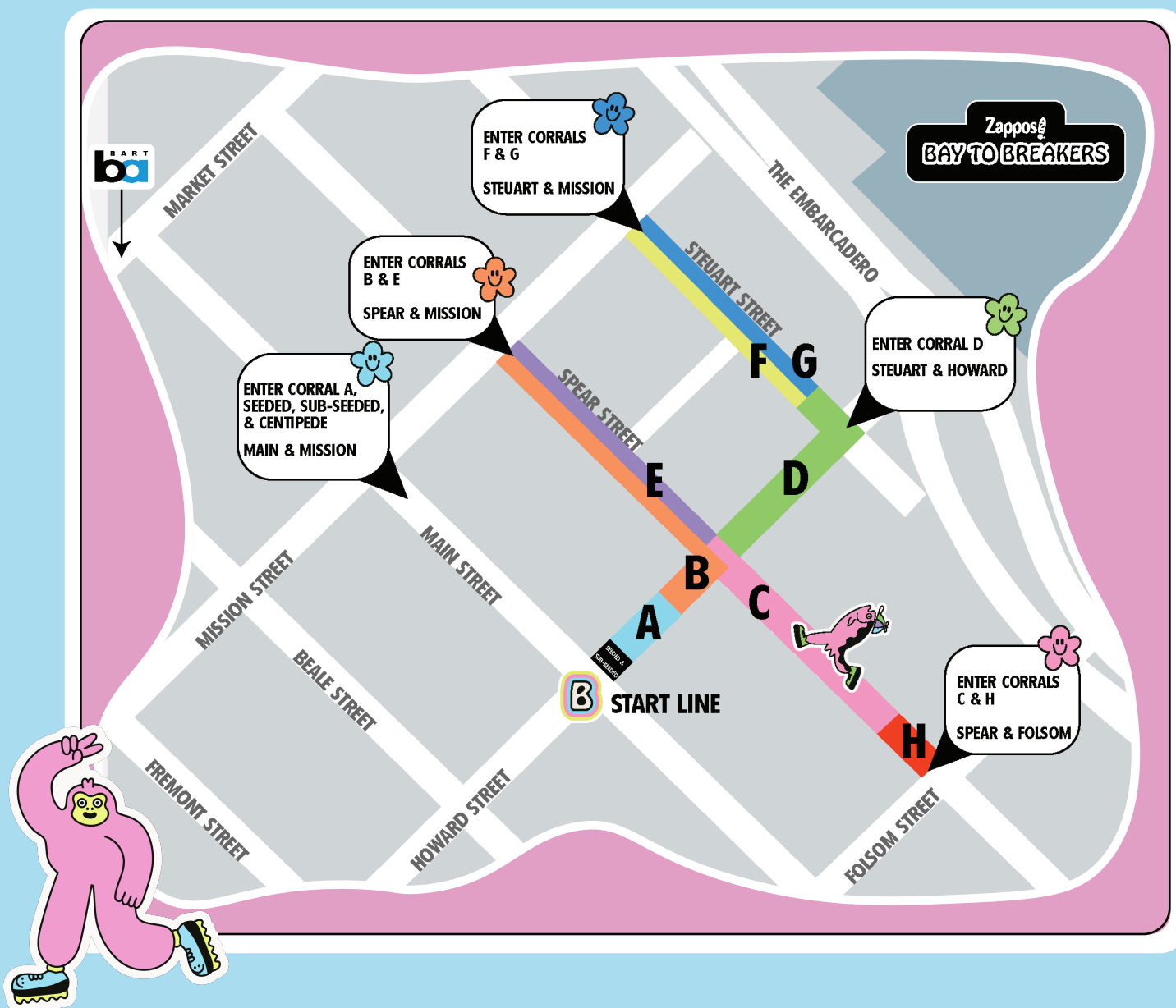
# WHAT CORRAL SHOULD I CHOOSE TO START THE RACE?



We offer 10 different starting corrals for participants. You will be assigned to a corral based on the estimated finish time provided during the registration process. Keep an eye on your email on Wednesday, May 17th for your bib number. Each bib number features a letter, which is your assigned corral. Please review the map below to confirm where your corral entrance is located.

SEED\*<sup>\*</sup>: Sub- 6 minutes per mile pace  
 SUB-SEED\*<sup>\*</sup>: 6-7 minutes per mile pace  
 CORRAL A: 7-8 minutes per mile pace  
 CORRAL B: 8-9 minutes per mile pace  
 CORRAL C: 9-10 minutes per mile pace

CORRAL D: 10-11 minutes per mile pace  
 CORRAL E: 11-12 minutes per mile pace  
 CORRAL F: 12+ minutes per mile pace  
 CORRAL G: Walkers  
 CORRAL H: Family Corral



## COURSE TIME LIMIT

The course will close on race day at 12:30 PM at the intersection of JFK and Chain of Lakes Golden Gate Park. Participants who have not passed this intersection by 12:30 PM will not have the opportunity to cross the Finish Line. The Finish Line closes promptly at 1:00 PM

### TIMING

All runners will be provided with race bibs with timing chips attached to the back. It is very important that the race number be worn on the front of your shirt. In accordance with USATF Rules, overall awards will be determined by gun time while age group awards will be determined by your chip time. Your chip time will not begin until you've crossed the start line.

### ALCOHOL

All alcohol and other illicit substances will be removed from the race course immediately when identified. The person with the item will be ejected from the event and is subject to arrest.

### STROLLERS

Based on USA Track and Field Competition Rules and the Bay to Breakers Rules of Competition, no baby joggers, baby strollers, skate boards, rollerblades, unauthorized bicycles or any other wheeled device will be permitted on the course.

### WHEELCHAIRS

Authorized and registered competitive wheelchair participants are encouraged to participate! For more information on ADA access at the Finish Line Festival please contact [info@baytobreakers.com](mailto:info@baytobreakers.com).

### BICYCLES

No bicycles are allowed on course.

### SECURITY

Participants' safety and security is our #1 priority. We will have police officers and security guards at the start line, throughout the course and at the Finish Line Festival. If participants see any suspicious activity they are encouraged to report it to the nearest staff member or security guard.

### WHICH ROADS WILL BE CLOSED ON RACE DAY?

Please be aware a large number of city and park roads will be closure for the race.

***Please click [HERE](#) to reference all closures and times.***

Important Note: the only north-south crossover points are at the Embarcadero & Howard St in SOMA and Crossover Dr. in Golden Gate Park

### HOW DO I GET HOME FROM THE FINISH FESTIVAL?

Official event shuttle options will be offered for both round-trip and post-race transfers. All tickets must be purchased online in advance to race Sunday. ***Click***

### ON-COURSE SUPPORT

Please find the locations of the aid stations along the course listed below. Water and restrooms will be provided at all aid stations.

|                    |                      |
|--------------------|----------------------|
| Howard & 4th       | JFK & Transverse Dr. |
| Scott & Hayes      | JFK & Spreckels Lake |
| Fell & Baker*      | JFK & Chain of Lakes |
| JFK & Nancy Pelosi | Great Hwy & Noriega  |
| JFK & 8th Ave      | Finish Line*         |

# RACE

## RESULTS

Unofficial race results will be posted live on the **event website** on Sunday morning. You will also receive an email with your official finish time on Sunday evening. Results will not be available for viewing at the event other than via the event website.

## AWARDS

Overall Awards Medals will be available for the top 3 male, female, and non-binary finishers of the 12K, 15K. There will not be an award ceremony. Awards will be available for pick up beginning at approximately 11:00am.

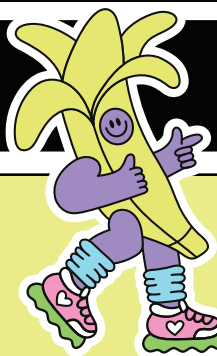
Age groups award medals will be available for the top three male, female, and non-binary finishers of each age group of the 12K. Age groups can be found below:  
19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+



### UNITED AIRLINES HAYES HILL CHALLENGE

The United Airlines Hayes Hill challenge starts just after mile 2 and is a ½ mile hill section of the course. The

fastest participant in each race category will win 2 round trip coach flights to anywhere United Airlines flies. Awards presented at the finish line awards ceremony. ***Terms and conditions apply.***



### CENTIPEDE-DASH TO THE FINISH

Groups of 13 to 15 runners will “Dash to the Finish” of the full 12k course (or full 15k course if you’re doing the Breakers Bonus) together linked by a bungee cord, or any other safe mechanism.

Groups have the option to run the course competitively or just for fun – Top 3 Centipede Teams will win a \$100 DoorDash Gift Card for each team member!



# POST RACE

## BEER GARDEN

\*Join us at the post-race Beer Garden to celebrate your race with a complimentary beer! While enjoying live music, show your race bib in the Beer Garden and enjoy a complimentary Michelob ULTRA or Bud Light Seltzer.

Open: 8:00am - 1:00pm

**\*Participants 21 years of age or older only**



## OFFICIAL PHOTOS

Make sure to wear your bib on the front of your body and bring your best smile to race day! FinisherPix will be on course capturing you in action.

Your photos are available for pre-purchase in our shop!

We know you've been training for a Personal Record, and a great way to celebrate is with an iTAB! Your iTAB will be customized with your name and finish time and will be mailed to you post-race.

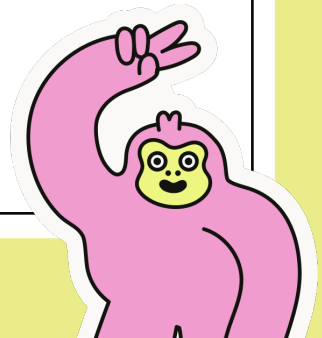
***iTABs are also available for pre-purchase in our shop!***



## MERCHANDISE



The official 2023 ***Bay to Breakers merchandise store*** is open! Check out the latest styles and pre-order your favorites for pick-up at the merchandise booth during pre-race packet pick up. The must-have item for the year? Our official bucket hat!





THANK YOU TO OUR SPONSORS

Zappos!  
com

Knockaround UNITED 



 DOORDASH



UCSF Health  
Sports Medicine