



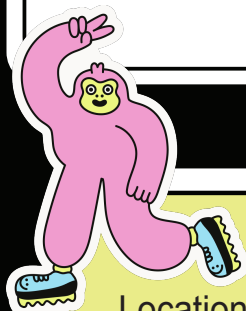
# BAY TO BREAKERS

## FINAL RACE INSTRUCTIONS

Thank you for joining us at the 2024 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 19, 2024**  
**SAN FRANCISCO, CA**

# RACE EXPO & PACKET PICK-UP



## BERKELEY

Location: Sports Basement Berkeley  
2727 Milvia St.  
Berkeley, CA 94703

Schedule:  
Wednesday, May 15th  
3:00pm - 7:30pm

Thursday, May 16th  
3:00pm - 7:30pm

## PRESIDIO

Location: Sports Basement Presidio  
610 Old Mason St.  
San Francisco, CA 94129

Schedule:  
Friday, May 17th  
3:00pm - 7:30pm

Saturday, May 18th  
10:00am - 5:00pm



- Participants are required to pick up their race bib during the Race Expo unless you have pre-purchased mail my packet (deadline to purchase, April 29th) or have purchased VIP
- Bring your Bib QR code email (to be sent Tuesday, May 14th) to expedite the pick-up process.
- Can someone pick up your bib for you? Yes. [Click here](#) for what they need to bring
- Can I pick up my race packet on race morning? No, unless you've pre-purchased VIP
- Can I purchase VIP? Yes, until sold out. Log into your MyEvents.ACTIVE.com account, find your race entry, and click the "Purchase merchandise" button to add VIP to your registration
- Can I change my race distance and add the BREAKER BONUS? Yes, [click here](#) for more info
- Can I switch to a Centipede team if I'm already registration individually? Yes, [click here](#) for more info

## REGISTER FOR 2025!

Participants can register for the 2025 Bay to Breakers, scheduled for May 18th, 2025 for the absolute **LOWEST** price at this year's event. Registration for 2025 will **ONLY** be available at the expo and at the finish line festival.

**12K - \$45**

**15K - \$55**

**RELAY - \$80**



**RUN, JOG,  
DANCE TO**

## OFFICIAL MERCHANDISE

The official 2024 **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, Lets Run Hoodies and tutu!



## 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, and will sell out.** 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.**



## RUNNER'S NIGHT

Mark your calendars for Runner's Night Friday, May 17, right in the heart of Bay to Breakers weekend. Let's come together as a vibrant running community and immerse ourselves in the electric atmosphere of America's favorite pastime. Start a new Base to Breakers tradition with an evening at Oracle Park filled with camaraderie, excitement, and memories to last a lifetime. See you there!

Purchase includes game ticket and exclusive "Base to Breakers RNNR - 5 Panel Commemorative Running Hat"

Please visit [sfgiants.com/specialevents](https://sfgiants.com/specialevents) ahead of the game for item-redemption location. [Get Tickets!](#)

## CAN I PARK AT THE RACE EXPO?

**Berkeley:** The Sports Basement Berkeley location has two parking lots and ample street parking.

**Presidio:** There are limited, metered parking spots at the Sports Basement, Presidio. Please plan on parking at one of the lots listed below to avoid parking congestion at the store while picking up your race packet. Please note that all parking rates are set by lot operators, not the race organizers or Sports Basement.

Main Post Lot- 122 Anza Ave. San Francisco, CA  
Presidio Tunnel Tops- 603 Mason St., San Francisco, CA  
East Beach Lot- 1199 E. Beach, San Francisco, CA  
Girard Lot- 201 Lundeen St., San Francisco, CA  
Palace of the Fine Arts lot- 3381 Lyon St., San Francisco, CA

## PUBLIC TRANSPORTATION

The 30 bus line has a stop in front of Sports Basement Presidio. You can use Trip Planner to find the correct public transportation plan for your trip at the Race Expo.



# RACE MORNING

## START LINE

**Date:** May 19, 2024

**Location:** All race distances start at the intersection of Howard St. & Main St. in downtown San Francisco.

**Time:** 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/BART** – CalTrain and BART will be offering special service for Bay to Breakers! Please plan ahead by reviewing the schedules: [Caltrain Schedule](#) [BART Schedule](#)

**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

**UBER/Lyft/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. Corral assignments will be emailed on Tuesday, May 14th in the QR code email. Participants should enter their assigned corral at the designated entrance as shown on the start corral map on the next page. Participants must start in the corral they are assigned – you may head back and start in a later corral, but not forward to start in an earlier corral.

**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.



# 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 Tuesday, May 14<sup>th</sup> for your QR code email which will include your assigned corral. Please review the map below to confirm where your corral entrance is located.

- SEEDED\*: Sub- 6 minutes per mile pace
- SUB-SEEDED\*: 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 12:30pm 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 1:00pm

### 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?

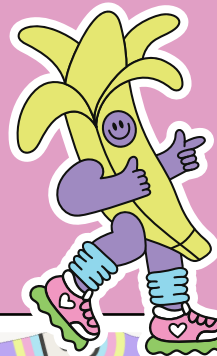
Please be aware a large number of city and park roads will be closure for the race.

[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 Here to see shuttle options.](#)



## WATER STATIONS

Hayes & Polk

Fell & Baker (Water + Ghost Electrolytes + GU Strawberry & Lemonade Flavored Chews)

JFK & E. Stow Lake (Water + Ghost Electrolytes)

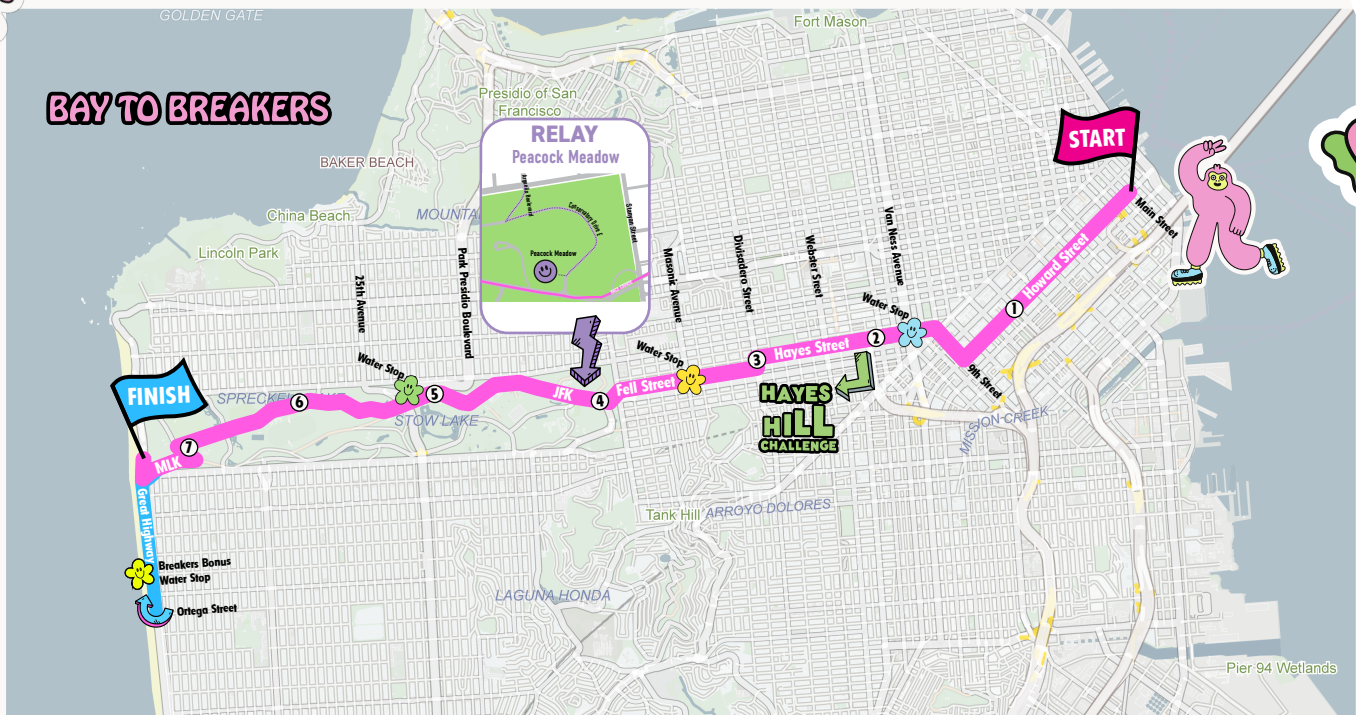
Great Hwy & Noriega

## ON-COURSE SUPPORT

Please find the locations of the aid stations along the course listed below. Medical 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*

## BAY TO BREAKERS



## GEAR CHECK

Unfortunately, there is no Gear Check, unless you've purchased the VIP add-on OR are on a Corporate Silver or Gold Team.

VIP can be selected during registration. If you did not purchase at the time of registration, log into your MyEvents.ACTIVE.com account, find your race entry, and click the "Purchase merchandise" button to add VIP to your registration. VIP available until sold out.



## RELAY RUNNERS SHUTTLE

There will be a shuttle available for the Relay Leg #2 Participants to get to their start line at Peacock Meadow Golden Gate Park. Spectators can accompany participants on shuttles.

Pick-up location:

Shuttle times: First shuttle to Relay Transition Zone at Peacock Meadow Golden Gate Park leaves from Spear Street between Market & Mission at 6:30am and 2nd (and last) shuttle leaves at 7:15am.

\*\*\*There will only be 2 shuttles – Please plan accordingly\*\*\*

Return shuttle times: shuttles leave every 30 minutes from Relay Transition Zone at Peacock Meadow Golden Gate Park to the Finish Line beginning at 8:30am with the last shuttle at 10:00am.

### LEG 1 RUNNERS

Relay Leg #1 participants run 6K up the iconic Hayes Street Hill, along the Panhandle and into Golden Gate Park.

Leg 1 runners will start with the main race start at 8:00am and finish their leg at the Relay Transition Zone in Peacock Meadow Golden Gate Park.

**Start Line:** Leg 1 runners will start at the main start line located at the intersection of Main Street & Howard Street, San Francisco, CA 94105

Finish Line: Leg 1 runners will finish at the Relay Transition Zone. Leg 1 runners should look for the Relay Transition ahead signs on course to denote the Relay Transition Zone. There, leg 1 runners will “hand-off” to their partner. The timing chip on each runner’s bib is the same and will determine the total relay team time. You do not need to hand off your bib.

Shuttles are available to get you to the Finish Line festival after your race. Return shuttle times: first shuttle to return from Relay Transition Zone at Peacock Meadow Golden Gate Park to the Finish Line leaves at 9:00 am, last shuttle leaves at 10:30 am.

You can also be picked up at the Relay Transition Zone (intersection of: Fulton & Arguello).

### LEG 2 RUNNERS

Relay Leg #2 runners run 6K through beautiful Golden Gate Park toward the finish line at Ocean Beach.

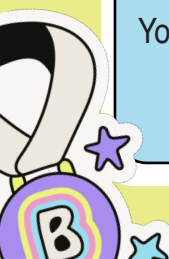
Leg 2 runners will wait for their Leg 1 runners to arrive at the Relay Transition Zone before starting their race and finishing at Ocean Beach.

**Start Line:** Leg 2 runners will start at the Relay Transition Zone in Peacock Meadow Golden Gate Park.

Leg 2 runners have the option to take a shuttle near the Start Line at Spear between Mission and Market to the Relay Transition Zone. Shuttle times: first shuttle to Relay Transition Zone at Peacock Meadow Golden Gate Park leaves at 6:30 am, last shuttle leaves at 7:15 am. \*\*\*There will only be 2 shuttles – Please plan accordingly\*\*\*

You can also be dropped off at the Relay Transition Zone (intersection of: Fulton & Arguello).

Leg 2 runners should look for their relay partner at the Relay Transition Zone and begin their race once the Leg 1 runner arrives. The timing chip on each runner’s bib is the same and will determine the total relay team time. You do not need to hand off your bib.





# RACE DAY

## RESULTS

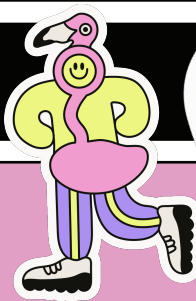
Unofficial race results will be posted live on the **event website** on Sunday morning. You will also receive an email with your official finish time on Sunday evening. Results will not be available for viewing at the event other than via the event website.

## 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.

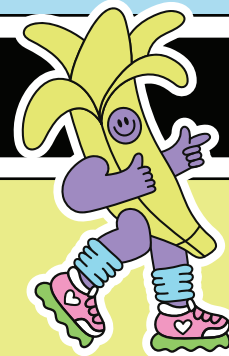
The top (1st place) Centipede team (13-15 members) will receive an award.

Age groups award medals will be available for the top three male, female, and non-binary finishers of each age group of the 12K and 15K. Age groups can be found below:  
19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+



## HAYES HILL CHALLENGE

The Hayes Hill challenge starts just after mile 2 and is a ½ mile hill section of the course. Awards will be available for the top - 1st place - male, female, and non-binary finisher. Awards will be available for pick up beginning at approximately 11:00am from the awards tent.



## 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

# POST RACE

## BEER GARDEN

Participants 21 years of age or older can make plans to join us at the post-race Beer Garden to celebrate their race with a complimentary beer! While enjoying live music, participants can show their race bib in the Beer Garden and enjoy a complimentary Michelob ULTRA, Michelob ULTRA Seltzer, Nutrl Seltzer or Kona Big Wave.



## 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 Here!](#)

## ITABS

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.

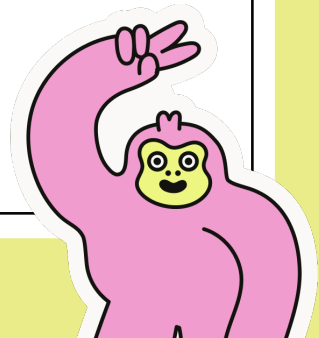
***iTABS are also available for pre-purchase in our shop!***

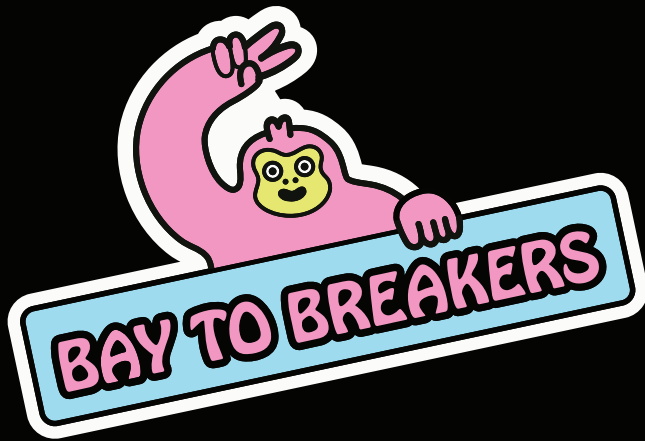


## MERCHANDISE



The official 2024 **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

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