

Heartbreak Half Pre Race Notes

- Half Marathon (13.1 mile) total distance with a 3:16:30 cut time (15 min mile).
- Course is a 6.55 Mile out and back from Marina Park to entrance to Emma Woods state beach and back.
- Run is made up of a short street run along Pierpoint Avenue before transitioning to a coastal bike trail run along the beach and Ventura River wetlands.
- SOAR 'S' chalk marks your way to Emma Woods.
- Stay on the left hand side of the street (bike lane or sidewalk) when clearing the Pierpoint section. (Yield to bikes if needed)
- Give you a cross fit opportunity at mile 2.5 and 10.5 where the trail meets the Ventura Pier. 😊
- When you get to the pier you'll have to climb stairs and run to the end of the pier and back before going down the stairs on the other side to continue your journey.
- You'll have to clear the pier both on the way out and way back to officially complete the 13.1 distance.
- Be careful on the pier! Uneven boards.
- When heading out to Emma Woods, the bike trail officially ends at mile 6 end you will continue north along the side of PCH for just over ½ mile until you see a Mardi Gras Madness flag and SOAR cooler by the entrance to Emma Woods state beach. Students must sign in there before heading back to the start area.
- When running along PCH, its safe enough, but I want everyone as far away from traffic as possible. Stay away from the white line that marks the edge of the road, and in the dirt shoulder wherever possible.
- I don't want you guys to run in packs.
- 2 max side by side and stay to the far right at all times! This is a high traffic course with lots of bikes, they are moving fast and in large groups, and you will get yelled at if you're in the way.

- Run with a mask or buff and mask up when passing slower traffic, or if you're approaching someone who is wearing a mask. They're wearing it for a reason.
- Aid is laid out at start / finish area, just before the pier at my truck, and at the 6.55 mi turn.
- My truck is set just off the course with aid at mile 2.25/10.75 and marked by a SOAR flag.
- Remember water every 15 mins, carbs (gels or bars) / electrolytes every 45. Fuel by time not by distance.
- Always top off your handheld when you get to an aid station – no matter what!
- I want all students to run with a phone wherever possible.
- Bathrooms – Marina Park, along the beach toward the pier, and on the pier (miles 0-3) After that no more restrooms until you get back to the pier (close to mile 10).
- When you finish, record your finish time, grab your goody bag which has your shirt and finishers award.
- Cool down, hydrate, warm clothes, chill.
- OK to eat. Students – especially the boys - please be considerate to others and don't go crazy on the food.
- Family members and guests can eat at any time.
- Ok to hang out by the water's edge. Nobody leaves until the entire team is in.
- Mr Strang is going to lead the group out to get you guys going in the right direction, and then will drop back into the pack with Ainsley.
- I'll be running sweep.
- A reminder 3:16:30 cut time so let's get 'em done and not mess around.
- If you guys get confused, and can't read the course, WAIT for guidance from Mr Strang or until I get to your location to give you direction.
- Finally, this is a fun run, and what we're doing is allowable under current team sports, outdoor recreation, and social gathering guidelines (groups of 50 or less).
- If anyone has questions about what you're doing, just tell them we're just a close family out for a fun run.
- Questions?
- Hands in!