

34th Annual  
**Together with Love**  
**10K Run/5K Run/Walk**  
Sunday, February 10, 2019  
Lovers' Point Park in Pacific Grove

**Instructions for Participants**

The 15<sup>th</sup> Annual 1K Kids' Fun Run will be starting at 8:15 am for children ages 10 and under. The course will be cleared by 8:45 am for the 10K and 5K which start at 9:00 am.

Both the 10K and 5K courses were recertified in 2016. Please note on the map below that the entire course is on Ocean View Blvd. and is looped from start to finish.

**Outgoing runners will stay on the left** (landside, **Returning runners will be on the right** (ocean side). Please do not cross over. **NO DOGS OR BIKES WILL PERMITTED ON THE COURSE. Dogs are not permitted in Lovers Point Park.**

**RUNNERS/WHEELCHAIRS** please stay in the **left lane** at all times.

**WALKERS** must stay on the **very far left**, no more than double file. Please be aware this is a competitive race, runners need to pass you easily and quickly.

**BABY JOGGERS** must stay on the far left. Please don't make sudden moves. Warn other participants when passing.

**RACE NUMBERS – Different Colors for 5K and 10K this year. Please do NOT switch events:** If you pre-registered after January 30<sup>th</sup> and did NOT receive your bib number in the mail, or you registered close to race day, please pick up at **WILL CALL**. Your race bib number identifies you as an official race participant. Make sure the information on the label is correct. If there is an error, please come to the **PURPLE TABLE** behind **WILL CALL** on race day. Pin the bib number **on the front** of your shirt. **The timing chip is on the back of the bib number, (no shoe tag). Please DON'T remove it.**

**START LINE:** West of Lovers' Pt. Park on Ocean View Blvd. in front of Borg's Motel.

**Line up: Wheelchairs**, followed by **10K fast runners** (under 38 mins.), then **5K runners**.

**Walkers** please line up to the rear. Thank you!

**THE COURSE:** Both 10K & 5K courses are TAC/USA certified for 2016, a loop, mostly flat, along the beautiful Asilomar coastline. 5K turns around at the golf course. Course closes between 10:45 and 11 a.m.

**Water Stations:** H2O available at 10K midpoint and before the 5K turn around point (one M/F restroom). No portable toilets on course, 1 bathroom at Crespi Pond. The park has port-o-potties and there are bathrooms behind Beach House Restaurant.

**First Aid Stations:** At 10K midpoint and at finish line.

**Splits:** Mile markers and split times each mile for 10K.

**FINISH LINE:** You will be directed into finish chutes. Please do not change chutes, do not exit the chute before the end, and do not pass others who finished ahead of you. DO NOT CROSS THE FINISH LINE TWICE.

**RESULTS:** Finishers' times will be posted during award ceremony, and will be available through [our website](#) or through this year's timing company [Synergyracetiming.com](http://Synergyracetiming.com)

**AWARDS:** Ceremony will be at Lovers' Point Park at about 11 a.m. Medals awarded three deep in each age group, pairs and to top three overall finishers 10K/5K/Pairs

**Age groups:** 10K/5K 8-under, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-above.

10K 2-person teams (any gender) 59-under, 60-79, 80-99, 100-119, 120-over.

**Prize Drawing:** All finishers qualify for a drawing held during the awards ceremony. (You must be present to win.) In the event of rain, the awards ceremony will be held at Meals on Wheels, 700 Jewell Ave. Pacific Grove.

**T-SHIRTS:** Preregistered participants please pick up your t-shirt before the start of the race. For race day registrants, orders will be taken if we run out.

**PRE-RACE ACTIVITIES:** Race-day registration starting at 7:30 a.m., warm-ups at 8:30 a.m., and final instructions at 8:45 a.m.

**AFTER-RACE REFRESHMENTS:** Fresh fruit, cookies, bars, OJ, coffee and water are **for participants only**. Note, please bring your own refillable bottle of water. In an effort to go green, we are not providing bottled water this year.

**DIRECTIONS:** Hwy. 1 to Pebble Beach/Pacific Grove Exit. Make right onto Hwy. 68, which becomes Forest Ave. Stay on Forest Ave. to Ocean View Blvd. Lovers' Point Park is to your right.

**Parking:** On Ocean View and side streets. Streets close to Lovers' Point are 2 hour only from 9:00 am.

**RACE INFORMATION: (831) 373-3955 (9-5, M-F)**