

Grove Run Update #1

Thank you for registering for the Grove Run! We're working hard to make sure that we all have a great race, a lot of fun, and learn something about sustainability. The information should answer some remaining questions and will help us all have a smooth morning.

- Check-in and Race-Day Registration

Check-in begins at 7:00 am at Spanos Track at UCSD. Please allow about 30 minutes for check-in, and remember that the race will start at 9:00 am. To save time and travel we will not have check in or packet pickup prior to race morning.

- Directions

Our website has detailed information about getting to UCSD with alternative transportation and detailed directions to Spanos Track from I-5. http://ucsdtriathlon.org/grove_run/parking.html

If you are coming by bike here are some of our preferred routes. You can view a map of these routes here: <http://tinyurl.com/qdw5cq>

-From the North: Take the 101 south, up Torrey Pines (you're lucky, your warm is done when you get here!). Hang right at the intersection of Torrey Pines and Genesee so you stay on Torrey Pines. Take the first left at Northpoint Dr. Up the little hill to the top and then the track will be on your left.

-From the South: The preferred route is the bike path from Pacific Beach. Santa Fe Drive turns into a bike path that follows I-5 up to La Jolla Colony. Make a left at the junction between La Jolla Colony, the bike path and Gilman Dr onto Gilman, and follow Gilman up the hill all the way into campus. Navigating through campus can be a bit more complicated, but if you head north you will eventually come across Spanos Track.

-From the East: From Miramar Road make a right on Eastgate to avoid heavy car traffic. See attached map or the link above for directions through the greater campus.

- What to Bring

Apart from the normal running requirements: shoes, self, shorts (not necessarily in that order), other things that you bring can help you win the "Greenest Athlete" Competition. If you have not yet read about this competition on our website, we encourage you to do so: http://ucsdtriathlon.org/grove_run/green.html

Here's a quick briefing: All participants will start with a time of 30 minutes. For every smart, green decision you make, we will deduct time from your 30 min. The person with the fastest time wins a free bike. If, for whatever reason, there is a tie between two or more athletes, the tie will be settled in University fashion - a pop quiz on green trivia! Please note that this is entirely separate from your 5k race time which is based solely on the time that you're out on the course.

Also, please bring a **photo ID**. If you are a student please bring your **student ID**.

If you are **under the age of 18**, please make sure to print a copy of the liability waiver and bring it with the signature of your parent or guardian. You can find the waiver here: http://ucsdtriathlon.org/grove_run/GroveRunWaiver.pdf

- What to Expect Race Morning:

Your first stop should be at race check in. At check in you will receive your race number. In sustainable spirit, we've decided that race numbers create an unnecessary amount of waste and thus we will be writing your race number on your hand and leg. For the triathletes out there this will be completely normal. For the pure runners, here's a small taste of the triathlon world.

At check in you will also have to present your photo ID and sign the race waiver.

If you cycled to UCSD, you can drop off your bike with our bicycle valets, who will place your bike on a rack and mark it with your race number. This way you can pick it up after you're done racing, and nobody will leave with a bike nicer than the one they came on. We will have people watching your bikes the entire time.

If you are competing in the greenest athlete competition, you will next make your way to the "Greenest Athlete Competition" table and record the sustainable choices that you made in order to drop your time. Please provide us with proof of your choices. If you rode the bus, please bring your bus ticket. You can also show us your water bottle, your family members, etc. We will have a list of those who chose to offset their carbon or took alternative transportation to the race. If you brought athletic clothing to donate to under-privileged youth athletes in the Sustainable Exchange program, please present them to us at this table before depositing them in the donation bin so we can record the number of items.

The race will start at 9am. The course is hilly and has been reviewed for hazards. Your safety and health are our top priorities. We'll have volunteers on the course to alert you to tricky sections and to provide aid if needed. You can view the course maps here:

Before and after the race, please feel free to check out the race expo. Instead of having vendors, we will have informational booths set up on topics like water consumption in San Diego, energy management, and bicycling commuting. Also, we will have an 8' by 10' solar panel provided by Sequoia Solar.

- Awards

The awards ceremony will be emceed by local pro-triathlete and coach Jim Vance! Our annual Tritonman Triathlon has become infamous for an upbeat and unpredictable awards ceremony. Prizes include BioGreen water bottles, green running clothing, a free bike for the Greenest Athlete, kayaking and rock climbing trips, wet-suit and surfboard rentals, eco-bandas, pottery as made by the UCSD Arts and Crafts, and much more.

- Service Project

After the awards ceremony we'll be hosting a short service project to clean up any trash or recyclables in the Eucalyptus Grove. We'd be more than happy to have you to join us!

Again, thank you for supporting UCSD Triathlon and sustainable sport. We look forward to seeing you on race day!