MOUNTAINS 2 BEACH

— MARATHON & HALF —

Athlete Info Packet

Thank you for signing up for the 2021 Touchless or Virtual Mountains 2 Beach Marathon, Half Marathon and 5k. Please review all information in this packet well before race day(s) to make your event experience a smooth and positive one.

- Visit the Mountains 2 Beach Marathon and 1/2 website for up-to-date info!
- Click on Event tab in the top menu and then click on the M2B Touchless and Virtual Edition.
- **Read all information and look at all maps.**
- **There will be strict Covid Protocols in place at packet pickup for the touchless event. Please wear a mask and keep socially distant.**
- Note- If you are participating in the touchless version this year there will be no traffic control or route support of any kind. You must obey rules of the road at all times. That means, use crosswalks and stay to the shoulder/ sidewalk and always be on the lookout for cars, etc. Carry your own water (or have a friend meet you at various locations) and be thoroughly trained for the distance as we will not have any medical staff available. We highly recommend carrying your phone for emergencies.

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We will be shipping out all bibs and all swag on an ongoing basis to those who purchased bib by mail during registration. Anyone registered prior to May 11th, will have their kit mailed out by May 12th.

May 22-31, 2021

Come out at which ever time works best for you to our suggested route and run along the majority of our very popular and very fast routes from Ojai to Ventura. Simply run the route your signed up for in the time window allotted at your convenience.

May 22- June 1, 2021

If you did not use the Race Joy app to keep track of your run, you can submit results between these dates.

Packet Pickup –

Location- Inside Track Running Store- 2437 E Harbor Blvd, Ventura CA 93001

Packet Pick Up Dates and Hours:
Friday May 21st: 10am - 4pm
Saturday May 22nd: 10am - 1pm
Sunday May 23rd: 10am - 1pm
Friday May 28th: 10am - 4pm
Saturday May 29th: 10am - 1pm
Sunday May 30th: 10am - 1pm

Race Day Registration
We may be able to facilitate registrations on site based on available bibs, shirts, and medals. Please bring credit cards for any and all transactions.

Event Merchandise
We will have some select items available for purchase at the touchless pickup. Please bring credit cards for all transactions.

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Bib by Mail

This option will only be available until 5/10 for the touchless event. After that you will have to come to our packet pickup at Inside Track Running Store. If you purchased the option for bib by mail, we will be shipping out by 5/12 and it will contain everything you need from us. Your shirt, bib, medal (no wearing it till after you're done 😊) custom event mask and more. Simply show up to the start line and have fun.

Bib Numbers-

Your bib number will either be mailed to you (if you purchased this option or are in the virtual event) or you can pick it up in person (touchless event only) at packet pickup. You don't need to know your bib number until you go to use RaceJoy. If for some reason you need your bib number before you pick it up or get it in the mail;

- Login to Runsignup.com
- Click on Profile in the white little circle in the upper right-hand corner
- Scroll down to the Upcoming Events section.
- Next to your Touchless or Virtual M2B registration will be your bib number.

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Double Whammy-

If you signed up for either the Half and Full Marathon Double Whammy, or the 5k and Half Marathon Double Whammy, you are essentially registered for both of your chosen distances. Simply do the following;

- Scroll down to the distances you are registered for and read all the information. It tells you how to be tracked, where to go etc…
- Head out and run the events in the order of your choice on the days of your choosing during May 22-31.
  - NOTE- <u>After your first run</u>, if you are using RaceJoy, you will need to reset your profile to track you in the 2nd distance. Do this by;
    - Opening the RaceJoy app
    - Search Mountains 2 Beach Marathon
    - Once on the M2B page within RaceJoy, near the top you will see in BLUE your name along with the BIB number you put in for the first event you ran. Click on your name. (see pic to the right)
    - Then Click " I Want to be Tracked" and keep going through the profile setup again by hitting "Next" or "Yes" appropriately
    - Keep your same Bib Number
    - *Select your 2nd Distance and Deselect your 1st distance and finish setup*
    - Now you are ready to go and run the 2nd distance like you did before
- Your results will be listed under the individual events. (Meaning, there is no Double Whammy category…if you run the 5k and Half Marathon, your results will show up under those individual events)
- Brag to your friends!

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Double Whammy Special Medals

SINGLE EVENT FINISHER

MEDALS COMBINED

DOUBLE WHAMMY FINISHER

Full Marathon-

Start time- **Any time you want during May 22-31.**

Start Location- 122 E Ojai Ave, Ojai CA 93023- (exact location- Start in line with the numbers "122" on the small wall where the red curb ends and The Oaks at Ojai driveway begins)

Course Map- Click Here to view the route map(s).

Course Description- Starting in downtown Ojai, near our traditional starting line, you will head east out of town and run through orchards completely surrounded by mountains. Around mile 6 you make your way back into downtown Ojai and head west to a beautiful overlook of the Ventura River Preserve. After a couple miles you will jump on the Ventura River Bike Path and take it all the way down to Ventura. Try not to trip as you are looking around at how beautiful the area is. Once in Downtown Ventura you will continue down our bike path and run right into the beach, but don't stop, you still have a few miles to go. After running beach front for the next 2 miles, you enter the community of Pierpont and reach your finish right next to Inside Track running store.

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Turn by Turn Directions

- Start in line with the numbers "122" on the small wall where the red curb ends and The Oaks at Ojai driveway begins
- Left turn in just over 2 miles onto Carne Rd.
- Left turn in approx. 1 mile onto Fordyce Rd.
- Left turn in approx. ¾ of a mile to Stay on Fordyce Rd.
- Right Turn in approx. ¼ mile onto Grand Ave
- Left turn in approx. 1.6 miles onto Signal St.
- Right turn in approx. ¼ mile onto E. Ojai Ave/ Hwy 150
- Right turn in about 1 mile onto Del Norte Rd.
- Left turn in about a ¼ mile onto Cuyama Rd.
- Left turn in about 1 mile onto Lomita Ave.
- Follow road to the Right in approx. ½ mile to stay on Lomita Ave.
- Left turn in approx. ¾ of a mile onto Rice Rd.
- Left turn in 1.25 miles onto Baldwin Rd. (CAUTION- blind turn, watch for cars, shoulder will get very wide after the turn)
- Right turn in approx. 300 yards onto the Bike path (use the crosswalk and stay on bike path for next 11 miles approx.)
- Exit bike path and Right turn in 11.25 miles onto Olive St.
- Right turn in 200 yards onto Main St.
- Left turn immediately after going under bridges to rejoin bike path (use crosswalk)
- Stay straight in approx. 1mile and exit the bike path onto Shoreline Dr. Sidewalk (use crosswalk to exit the bike path)
- Right turn in approx. 1/3 mile to rejoin the bike path at the flag pole and then turn immediately left to stay on Promenade and running along the beach.
- Stay straight in approx. 1.5 miles to exit the bike path onto Pierpont Blvd.
- Right turn in approx. 1 mile onto New Bedford Ct. and loop around for ¼ mile.
- Turn Left back onto Pierpont Blvd and use crosswalks ahead to turn Right across Pierpont Blvd. and then cross Peninsula St. to stay against flow of cars.
- Turn left almost immediately onto Bayshore Ave. and follow for ¼ mile.
- Left Turn onto Seaview Ave.
- Finish is the crosswalk just up ahead next to Starbucks.

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Event Timing/Results

There are 2 methods of timing for the event this year.

1. RaceJoy app-see below for more info
2. Self-Timed-see below for more info

RaceJoy

It is highly recommended that you use the Race Joy app. Not only will you get verbal cues on where to turn and mile markers with your pace but it will auto upload your results for you when done, and friends and family can track you and send you cheers along the way. Oh, and it is free.

To use RaceJoy as a Participant-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a participant: Click "I Want To Be Tracked" and follow the prompts carefully and select the event you are registered for. **Be sure to click on "Touchless" 26.2 as your distance**
    - Double whammy participants- *only select one event at a time. You will have to reselect the 2nd event distance before you run again. See "Double Whammy" above for help.*
- Plan to carry your phone; participants must carry their phone during the race in order for RaceJoy to work.
- On race day remember to turn tracking on by clicking the green blinking TrakMe button.
- Just before you start: Click START MY RACE as you cross the START LINE
- Race joy is full of FAQ's. Make sure to read over if you have any questions: https://www.racejoy.net/faq-participants

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Important Notes:

- Check your phone a couple of times in the first few miles or so, to make sure all is working well (i.e. making sure your dot is still on route) You should get verbal cues on where to turn. If you are not, it could just be poor reception which is at its worst in the first few miles.
- Turn OFF Wi-Fi on race day. Interrupted/loss of phone signal can cause tracking to disengage.
- Make sure all your settings are correct to properly receive alerts and cheers.
- We recommend restarting your phone the morning of, or the day before to ensure proper function of the app on race day. ***We noticed a few bugs when sending and receiving phone calls while testing the app. The fix is to restart the app and continue on course (best to limit phone usage while using the app, prolongs battery life and decreases the chances of mishap).

To use RaceJoy as a spectator-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a Spectator: Click "I Want To Track Someone" and follow the prompts carefully.
- As a spectator you will be able to follow your friends/family as they run the course. Send them messages via a "Cheer" and receive progress alerts as they pass mile markers.
- Race joy is full of FAQ's make sure to read over if you have any questions: https://www.racejoy.net/how-to-track-someone

Self-Timing…. Not planning to use RaceJoy

It is highly recommended that you use RaceJoy during the event. There is a litany of benefits that you can read about above. However, not all people want to run with their phone, and we get that.

If you are not planning on using the RaceJoy app, make sure to do the following;

- Study the route (or have someone on a bike that has a map handy) so you know where to go.
- At the very least, wear a watch to keep track of your time while you run. (preferably a GPS watch)
- Then Click Here to submit results- or go to Mountains2beachmarathon.com and click on the "Event" tab in the top menu, then on the "M2B Touchless and Virtual Edition". There is a link on the top of that page to submit results. Just follow the prompts.

- o If you used a GPS watch, you can submit your GPX file on the same page you enter your time. Just click on the "Load Activity from File"
- *Note- We will only try to submit results to Boston that use RaceJoy or provide a GPX file. There is still no guarantee that Boston will accept results of this nature, but we have done everything on our end.*

Aid Stations- There **will not** be any aid stations along the route. Please carry enough water/ electrolytes and food to cover the distance.

There are several great spots to refill on water along route or just off route like McDonalds near mile 11 (across Hwy 33. Use the crosswalk) and Foster Park near Mile 16.5, and there are water fountains near the flagpole at the beach near Mile 23.3 approx.

Shuttles-

There are no shuttles this year due to Covid. You are responsible for getting yourself to and from the start and finish lines.

Start/ Finish line Parking

We recommend getting dropped off at the start line in Ojai or having one car left in Ventura at the Finish line (ample parking at the finish line in the shopping center where Inside Track of Ventura is located) and then driving another car to the start line. There is ample parking near Libbey Park in Downtown Ojai on Signal St. Just be sure to check and make sure you are in a legal spot. Please do not park in front of local businesses.

Getting dropped off or driving yourself?
To get dropped off at the Start line:

Head North on Hwy 33 until Hwy 33 and Hwy 150 branch away from each other. Take slight Right onto Hwy 150. Continue into Downtown Ojai where the start line is located near Signal St and Hwy 150/ E Ojai Ave.

There is ample parking near Libbey Park in Downtown Ojai on Signal St. Just be sure to check and make sure you are in a legal spot. Please do not park in front of local businesses.

Bathrooms

Start line-There is a public restroom located inside Libbey Park approx. 75 yards from the start line.

On route- Once you begin, there are not many bathroom options for the first 12 miles. You go right by the start line at approx. Mi 6. So, you can use the Libbey Park restroom again if you need.

Approx. Mile 11 there is a McDonalds across Hwy 33 (use the crosswalk)

Approx. Mile 16.5 at Foster Park there are restrooms and a water fountain *(may be closed on weekends)*

Approx. Mile 23.3 there are bathrooms and again near Mile 24.75.

Half Marathon-

Start time- Any time you want during May 22-31.

Start Location- 620 Santa Ana Blvd, Oak View, CA 93022- (Exact Location- Beginning of the bike path where it meets Santa Ana Blvd. approx. 10 yards to the West of the address shown.)

Course Map- Click Here to view the route map(s).

Course Description- Starting at our half way point in Oak View, you will literally jump right onto the beautiful Ventura River Bike path and take it all the way to Ventura. Try not to trip as you are looking around at how beautiful the area is. Once in Downtown Ventura you will continue down our bike path and run right into the beach, but don't stop, you still have a few miles to go. After running beach front for the next 2 miles, you enter the community of Pierpont and reach your finish right next to Inside Track.

Event Timing/Results

There are 2 methods of timing for the event this year.

3. RaceJoy app-see below for more info
4. Self-Timed-see below for more info
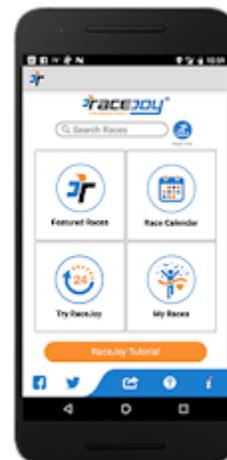
RaceJoy

It is highly recommended that you use the RaceJoy app. Not only will you get verbal cues on where to turn and mile markers with your pace but it will

auto upload your results for you when done, and friends and family can track you and send you cheers along the way. Oh, and it is free.

To use RaceJoy as a Participant-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a participant: Click "I Want To Be Tracked" and follow the prompts carefully and select the event you are registered for. **Be sure to click on "Touchless" 13.1 as your distance**
  - o Double whammy participants- only select one event at a time. You will have to reselect the 2nd event distance before you run again. See "Double Whammy" above for help.
- Plan to carry your phone; participants must carry their phone during the race in order for RaceJoy to work.
- On race day remember to turn tracking on by clicking the green blinking TrakMe button.
- Just before you start: Click START MY RACE as you cross the START LINE
- Race joy is full of FAQ's. Make sure to read over if you have any questions: https://www.racejoy.net/faq-participants

Important Notes:

- Check your phone a couple of times in the first few miles or so, to make sure all is working well (i.e. making sure your dot is still on route) You should get verbal cues on where to turn. If you are not, it could just be poor reception which is at its worst in the first few miles.
- Turn OFF Wi-Fi on race day. Interrupted/loss of phone signal can cause tracking to disengage.
- Make sure all your settings are correct to properly receive alerts and cheers.
- We recommend restarting your phone the morning of, or the day before to ensure proper function of the app on race day. ***We noticed a few bugs when sending and receiving phone calls while testing the app. The fix is to restart the app and continue on course (best to limit phone usage while using the app, prolongs battery life and decreases the chances of mishap).

To use RaceJoy as a spectator-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a Spectator: Click "I Want To Track Someone" and follow the prompts carefully.

- As a spectator you will be able to follow your friends/family as they run the course. Send them messages via a "Cheer" and receive progress alerts as they pass mile markers.
- Race joy is full of FAQ's make sure to read over if you have any questions: https://www.racejoy.net/how-to-track-someone

Self-Timing…. Not planning to use RaceJoy

It is highly recommended that you use RaceJoy during the event. There is a litany of benefits that you can read about above. However, not all people want to run with their phone, and we get that.

If you are not planning on using the RaceJoy app, make sure to do the following;

- Study the route (or have someone on a bike that has a map handy) so you know where to go.
- At the very least, wear a watch to keep track of your time while you run. (preferably a GPS watch)
- Then Click Here to submit results- or go to Mountains2beachmarathon.com and click on the "Event" tab in the top menu, then on the "M2B Touchless and Virtual Edition". There is a link on the top of that page to submit results. Just follow the prompts.
    - If you used a GPS watch, you can submit your GPX file on the same page you enter your time. Just click on the "Load Activity from File"

Turn by Turn Directions
- Start where bike path meets the road on Santa Ana Blvd and head down towards the beach.
- Exit bike path and Right turn in approx. 9 miles onto Olive St.
- Right turn in 200 yards onto Main St.
- Left turn immediately after going under bridges to rejoin bike path (use crosswalk)
- Stay straight in approx. 1mile and exit the bike path onto Shoreline Dr. Sidewalk (use crosswalk to exit the bike path)
- Right turn in approx. 1/3 mile to rejoin the bike path at the flag pole and then turn immediately left to stay on Promenade and running along the beach.
- Stay straight in approx. 1.5 miles to exit the bike path onto Pierpont Blvd.
- Right turn in approx. 1 mile onto New Bedford Ct. and loop around for ¼ mile.
- Turn Left back onto Pierpont Blvd and use crosswalks ahead to turn Right across Pierpont Blvd. and then cross Peninsula St. to stay against flow of cars.
- Turn left almost immediately onto Bayshore Ave. and follow for ¼ mile.
- Left Turn onto Seaview Ave.
- Finish is the crosswalk just up ahead next to Starbucks.

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Aid Stations- There **will not** be any aid stations along the route. Please carry enough water/ electrolytes and food to cover the distance.

There are several great spots to refill on water along route or just off route like and Foster Park near Mile 3.5, and there are water fountains near the flagpole at the beach near Mile 10.3 approx.

Shuttles-
There are no shuttles this year due to Covid. You are responsible for getting yourself to and from the start and finish lines.

Start/ Finish line Parking
We recommend getting dropped off at the start line in Oak View or having one car left in Ventura at the Finish line (ample parking at the finish line in the shopping center where Inside Track of Ventura is located) and then driving another car to the start line. There is ample parking near the start line in the neighborhood with a nice dirt turn out just to the North of the start line off Monte Via. Remember to be courteous to the people who live there and not block their driveways or be loud.

Getting dropped off or driving yourself?
To get dropped off at the Start line:

Head North on Hwy 33 from Ventura until the town of Oak View.

Take Left onto Santa Ana Blvd. The bike path /start line is in approx. 600 yards near Monte Via intersection with Santa Ana Blvd. (PLEASE BE CONSIDERATE OF THE LOCALS)

Bathrooms
Start line-There are no public restrooms near the start line. Be sure to use a restroom before you arrive. (there is a Shell Gas Station at Hwy 33 and Santa Ana Blvd)

On route- Approx. Mile 3.5 at Foster Park there are restrooms and a water fountain *(may be closed on weekends)*

Approx. Mile 10.3 there are bathrooms and again near Mile 11.75.

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5k-

Start time- Any time you want during May 22-31.

Start/Finish Location- 2419 E Harbor Blvd, Ventura, CA 93001- (The exact start is the crosswalk just to the East of Starbucks)

Course Map- Click Here to view the route map(s).

Course Description- Starting and Finishing from Inside Track running store, you will take a 3-mile journey through the community of Pierpont and the Ventura State Beach. This pancake flat route is sure to test your existing PR.

Event Timing/Results
There are 2 methods of timing for the event this year.

5. RaceJoy app-see below for more info
6. Self-Timed-see below for more info
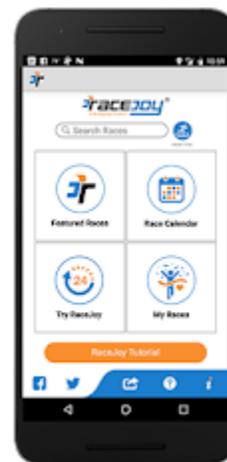
RaceJoy

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To use RaceJoy as a Participant-

• Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.

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- Set up your phone for tracking as a participant: Click "I Want To Be Tracked" and follow the prompts carefully and select the event you are registered for. **Be sure to click on "Touchless" 5k as your distance**
  - o Double whammy participants- only select one event at a time. You will have to reselect the 2nd event distance before you run again. See "Double Whammy" above for help.
- Plan to carry your phone; participants must carry their phone during the race in order for RaceJoy to work.
- On race day remember to turn tracking on by clicking the green blinking TrakMe button.
- Just before you start: Click START MY RACE as you cross the START LINE
- Race joy is full of FAQ's. Make sure to read over if you have any questions: https://www.racejoy.net/faq-participants

Important Notes:

- Check your phone a couple of times in the first mile or so, to make sure all is working well (i.e. making sure your dot is still on route) You should get verbal cues on where to turn. If you are not, it could just be poor reception.
- Turn OFF Wi-Fi on race day. Interrupted/loss of phone signal can cause tracking to disengage.
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- We recommend restarting your phone the morning of, or the day before to ensure proper function of the app on race day. ***We noticed a few bugs when sending and receiving phone calls while testing the app. The fix is to restart the app and continue on course (best to limit phone usage while using the app, prolongs battery life and decreases the chances of mishap).

To use RaceJoy as a spectator-

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- Set up your phone for tracking as a Spectator: Click "I Want To Track Someone" and follow the prompts carefully.
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Self-Timing…. Not planning to use RaceJoy

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If you are not planning on using the RaceJoy app, make sure to do the following;

- Study the route (or have someone on a bike that has a map handy) so you know where to go.
- At the very least, wear a watch to keep track of your time while you run. (preferably a GPS watch)
- Then Click Here to submit results- or go to Mountains2beachmarathon.com and click on the "Event" tab in the top menu, then on the "M2B Touchless and Virtual Edition". There is a link on the top of that page to submit results. Just follow the prompts.
    - If you used a GPS watch, you can submit your GPX file on the same page you enter your time. Just click on the "Load Activity from File"

Turn by Turn Directions
- Start at the crosswalk just outside of Starbucks and head South into the neighborhood.
- Turn Left onto Seahorse Ave.
- Take first Right onto Clearview Ave
- Turn Right onto Peninsula St.
- Turn Right onto Pierpont Blvd.
- At approx. mi 1, use crosswalks to cross San Pedro St and enter the bike path furthest to the left on the state beach. (follow green signs for "Bike Route") You will have sand dunes directly to your left.
- Right Turn in 150 meters to begin loop in State Beach Day use area.
- Left turn in a little less than half a mile to stay on bike path heading towards the sand dunes near the ocean.
- Take your next 2 left turns to rejoin the bike path along the sand dunes. Sand dunes are now on your right.
- Stay straight in approx. 1/4 mile exit the bike path onto Pierpont Blvd.
- Right turn in approx. 1 mile onto New Bedford Ct. and loop around for ¼ mile.
- Turn Left back onto Pierpont Blvd and use crosswalks ahead to turn Right across Pierpont Blvd. and then cross Peninsula St. to stay against flow of cars.
- Turn left almost immediately onto Bayshore Ave. and follow for ¼ mile.
- Left Turn onto Seaview Ave.
- Finish is the crosswalk just up ahead next to Starbucks.

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Aid Stations- There **will not** be any aid stations along the route. Please carry enough water/ electrolytes and food to cover the distance.

There is a great spot to refill on water along route at the State beach. Mile 1.3 approx.

Start/Finish line Parking

There is ample parking located at the shopping center where Inside Track of Ventura is located.

Bathrooms

Start line-There are plenty of businesses with public restrooms near the start/ finish. Starbucks and Inside Track are 2 of them.

On route- approx. Mile 1.3 at the state beach. (they look like cement silos)

Road Closures

- Once again, _no roads will be closed_. If you are participating in the touchless version this year there will be no traffic control or route support of any kind. You must obey rules of the road at all times. That means, use crosswalks and stay to the shoulder/ sidewalk and always be on the lookout for cars, etc. Carry your own water (or have a friend meet you at various locations) and be thoroughly trained for the distance as we will not have any medical staff available. We highly recommend carrying your phone for emergencies.

Weather

Weather in the mountains can be unpredictable. Although extreme weather is not likely, pay attention to the weather forecast for the day(s) you plan to run and be prepared. It can be cold, and it can be hot.

- Typical race start temperature is 55 degrees
- Typical finish line temperature is 72 degrees
- **Wear Sunscreen!!!!**
- **Hydrate properly starting days in advance and during the run**

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Virtual Event Details

Event Schedule

May 11- Event Conclusion

We will be shipping out all bibs and all swag on an ongoing basis. Anyone registered prior to May 11th, will have their kit mailed out by May 12th.

May 22-31, 2021

Head out at which ever time works best for you to your favorite running route.

May 22- June 1, 2021

If you did not use the Race Joy app to keep track of your run, you can submit results between these dates.

Packet Pickup

In person pickup

There will be no in person pickup for the virtual event. See Bib by Mail for info on getting your bib and swag.

Bib by Mail

All persons in the Virtual distances will get their bib via the mail. We will be shipping out the bulk by 5/12 and anyone who signs up after that, we will ship out asap until the event is over. It will contain everything you need from us including; your shirt, bib, medal (no wearing it till after you're done 😊) custom event mask and more. Simply head out to your favorite run location and keep track of your time and distance and have fun. (see pic of packet contents on next page)

Bib Numbers-

Your bib number will be mailed to you. You don't need to know your bib number until you go to use RaceJoy or submit your results, but if for some reason you need your bib number before you get it in the mail;

- Login to Runsignup.com
- Click on Profile in the white little circle in the upper right-hand corner
- Scroll down to the Upcoming Events section.
- Next to your Virtual M2B registration will be your bib number.

Double Whammy-

If you signed up for either the Half and Full Marathon Double Whammy, or the 5k and Half Marathon Double Whammy, you are essentially registered for both of your chosen distances. Simply do the following;

- Scroll down to the RaceJoy section and read all the information, there is also info how to participate without using RaceJoy. It tells you how to be tracked (continues on next page)

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- Head out and run the events in the order of your choice on the days of your choosing during May 22-31.
  - NOTE- <u>After your first run</u>, if you are using RaceJoy, you will need to reset your profile to track you in the 2nd distance. Do this by;
    - Opening the RaceJoy app
    - Search Mountains 2 Beach Marathon
    - Once on the M2B page within RaceJoy, near the top you will see in BLUE your name along with the BIB number you put in for the first event you ran. Click on your name. (see pic to the right)
    - Then Click " I Want to be Tracked" and keep going through the profile setup again by hitting "Next" or "Yes" appropriately
    - Keep your same Bib Number
    - And Select your 2nd "**Virtual**" Distance and Deselect your 1st distance and finish setup
    - Now you are ready to go and run the 2nd distance like you did before
- Your results will be listed under the individual events. (Meaning, there is no Double Whammy category…if you run the 5k and Half Marathon, your results will show up under those individual events)
- Brag to your friends!
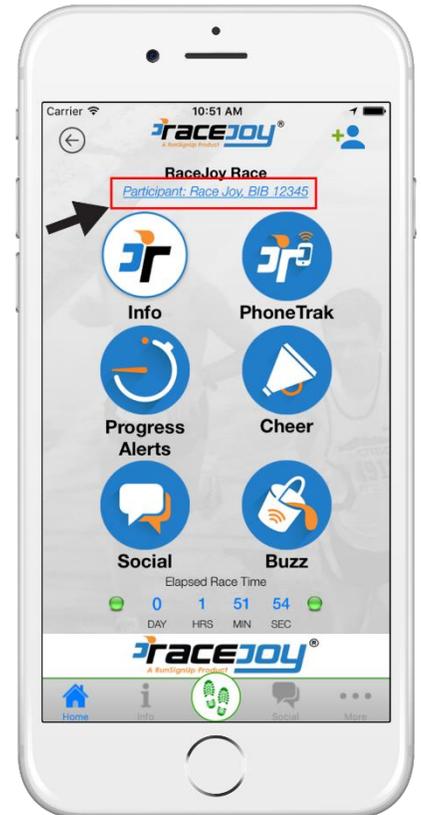
Double Whammy Special Medals

SINGLE EVENT FINISHER

MEDALS COMBINED

DOUBLE WHAMMY FINISHER

MOUNTAINS 2 BEACH
— MARATHON & HALF —

Running your distance- Full Marathon/ Half Marathon/ 5k

Once registered, simply head out and run the distance you signed up for on the route of your choosing during May 22-31. See below for how to keep track of results.

Event Timing/Results

There are 2 methods of timing for the event this year.

1. RaceJoy app-see below for more info
2. Self-Timed-see below for more info
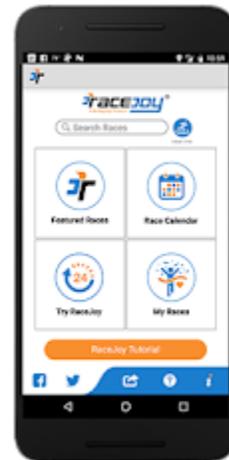
It is highly recommended that you use the RaceJoy app. Not only will you get verbal cues on mile markers with your pace but it will auto upload your results for you when done, and friends and family can track you and send you cheers along the way. Oh, and it is free.

To use RaceJoy as a Participant-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a participant: Click "I Want To Be Tracked" and follow the prompts carefully and select the event you are registered for. **Be sure to click on "Virtual" Distances**
    - Double whammy participants- only select one event at a time. You will have to reselect the 2nd event distance before you run again. See "Double Whammy" above for help.
- Plan to carry your phone; participants must carry their phone during the race in order for RaceJoy to work.
- On race day remember to turn tracking on by clicking the green blinking TrakMe button.
- Just before you start: Click START MY RACE as you cross the START LINE

- Race joy is full of FAQ's. Make sure to read over if you have any questions: https://www.racejoy.net/faq-participants

Important Notes for RaceJoy:

- Turn OFF Wi-Fi on race day. Interrupted/loss of phone signal can cause tracking to disengage.
- Make sure all your settings are correct to properly receive alerts and cheers.
- We recommend restarting your phone the morning of, or the day before to ensure proper function of the app on race day. ***We noticed a few bugs when sending and receiving phone calls while testing the app. The fix is to restart the app and continue on course (best to limit phone usage while using the app, prolongs battery life and decreases the chances of mishap).

To use RaceJoy as a spectator-

- Download the app from your phone's app store. When you open the app search for Mountains 2 Beach then select.
- Set up your phone for tracking as a Spectator: Click "I Want To Track Someone" and follow the prompts carefully.
- As a spectator you will be able to follow your friends/family as they run the course. Send them messages via a "Cheer" and receive progress alerts as they pass mile markers.
- Race joy is full of FAQ's make sure to read over if you have any questions: https://www.racejoy.net/how-to-track-someone

Self-Timing…. Not planning to use RaceJoy

It is highly recommended that you use RaceJoy during the event. There is a litany of benefits that you can read about above. However, not all people want to run with their phone, and we get that.

If you are not planning on using the RaceJoy app, make sure to do the following;

- At the very least, wear a watch to keep track of your time while you run. (preferably a GPS watch)
- Then Click Here to submit results- or go to Mountains2beachmarathon.com and click on the "Event" tab in the top menu, then on the "M2B Touchless and Virtual Edition". There is a link on the top of that page to submit results. Just follow the prompts.
  - If you used a GPS watch, you can submit your GPX file on the same page you enter your time. Just click on the "Load Activity from File"

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Contact Us

For any questions or concerns that haven't been addressed here, please visit our website or email us at info@mountains2beachmarathon.com