



SATURDAY JUNE 12TH 2010

RACE INSTRUCTIONS

HALF MARATHON / PLATE TO PLATE 5K

Bib Pickup & Pre/Post Race Expo

Bibs and packets must be picked up prior to race day at the Pre-Race Expo at AT&T Park on June 10 or June 11. Unless you've opted to have your bib mailed to you, all participants **MUST** attend the Giant Race Expo to pick up their race number, timing tag, tech T-shirt and goodie bag. Race packets will not be given to friends or family members. A photo ID is required to pick up your packet.

Join thousands of sports, health, and fitness enthusiasts at the 2010 AT&T Giant Race Expo! Learn new training tips from the pros, pick up new running gear and possibly even see a few Giants and running celebs! The Expo will take place in the Expo Tent at the Giants County Fair located at McCovey Cove across from AT&T Park.

Show Hours:	Thursday, June 10	-	4:00pm - 8:00pm
	Friday, June 11	-	11:00am - 8:00pm
	Saturday, June 12	-	8:00am - 2:00pm

Runners Night at AT&T Park

Don't miss Runners Night at AT&T Park at the Friday June 11th A's vs. Giants game. Join us out at the Giants County Fair for our Runners' Night Reception featuring special runner promotions, giveaways, and tips for race day. It's a perfect time to pick up your big, socialize with fellow runners and then head over to the park for the game! Festivities start at 5:00pm!

Race Day Information and Timeline

6:00am -	Gear Check Opens
6:30am -	Start line Staging Area Opens
7:00am -	Start line Warm Ups Begin led by Pac West Athletics
7:15am -	Pace Groups Assemble in the Start line Staging Area
8:00am -	Half Marathon and 5k Start
8:30am -	Post-Race Tailgate Begins
9:30am -	Plate-to-Plate 5k Awards in Expo Tent
10:30am -	13.1 Awards Ceremony
1:00pm -	Post-Race Party Ends

Gear Check

Starting at 6:00 am all participants will be offered the opportunity to check their gear near Pier 48 (next to Lot A on Terry Francois). Gear may consist of your small personal items and articles of warm up clothing. Please don't bring your Cartier watch because we will probably just keep it. Also, the gear will be organized by your bib number so please do not lose your bib because we will not be able to find your good luck Barry Bonds Bobblehead.

Timing System

We will be utilizing the latest technology in race timing as the industry has upgraded to disposable "D-Tags". Not only will these tags give you an accurate finish time based on your start and finish line crossing, but they are super easy to use. These tags will be attached to your race number and you will need to remove the adhesive tag and re-attach it to your shoe laces. Done and done. After the race the tags are disposable and thus a vast improvement from the chip timing systems in the past which required you to bend over in exhaustion and wait for a 10 year old volunteer with scissors to ruin your laces. Three cheers for technology.

Starting Line Procedure

Half Marathoners and 5k runners will be starting and running the first two miles together. Participants will be differentiated by the color of their bib. Runners are asked to run the event they signed up for originally. Opportunities to switch your registration will be available at the pre-race expo for a fee.

THE MOST UP TO DATE INFORMATION MAY BE FOUND AT WWW.THEGIANTRACE.COM



SATURDAY JUNE 12TH 2010

RACE INSTRUCTIONS

HALF MARATHON / PLATE TO PLATE 5K

Accessing Your Pace Group

Based on scout's honor, runners are encouraged to line up in the starting gate based on their projected pace. But do not fret, while it may take 5 to 10 minutes to get all of you across the start, the race will be chip timed and your official clock won't start until you cross the starting line. Plus, you'll probably pass all those overconfident runners starting towards the front anyways. It will likely take us 10 minutes.

Finish Line Procedure

After your exciting finish on the field, please try to keep moving! We will be escorting you to homeplate for your finishers' photo, but we need to keep you moving. Runners will be coming fast behind you...beside, we want to get you to the tailgate party! Water and recovery drinks will be offered as runners leave the stadium, but the recovery food will be available at the post-race tailgate.

Post-Race Tailgate Party

After you've raced across home plate it's time celebrate and the AT&T Giant Race takes the post-party just as serious as the race itself. The big top in Lot A will play host to all of the festivities including live music, recovery food and of course beverages for all ages. Cool down from the inside at the Heineken Beer Garden or get yourself a free massage from our friends at the National Health Institute.

Where: Lot A Expo Tent (3rd St. and Terry Francois near the starting line)

When: After you finish until 2:00 p.m.

Why: It's Saturday, you've run a great race and it's time to relax so you won't want to miss the Post AT&T Giant Race Tailgate.

Who: You, your friends, your family, and your groupies.

Lost & Found and Unclaimed Gear

Lost & Found and unclaimed gear from UPS will be collected throughout the day and available at the Lot A Expo tent. Items that remain unclaimed will be taken back to the organizers office where they can be picked up in person. Please send inquiries to info@giantrace.com in order to retrieve your items after race day.

Aid Stations

There will be seven aid stations on the course plus an extra fluid station when you cross the finish line. Every aid station will be equipped with water, Powerade, toilets, and general first aid supplies including Vaseline. Aid Station 4 will be distributing a Clif Shot energy packet around Mile 8. While there will be limited refreshment inside the stadium consisting of water and Powerade, there will be ample food and drink at the post-race tail gate only minutes from the stadium.

Course Time Limits

The half marathon course will be open for three and a half hours. I know, it's totally unfair but this should encourage you to get in great shape and get through that course before we re-open the streets. At 11:30 a.m. all participants that have not finished will be required to use sidewalks adjacent to the course and abide by stoplights and pedestrian traffic laws. After three hours all roads will re-open to vehicle traffic and aid stations will discontinue their provisions. However, we will be waiting for you at the stadium finish line with a high five until noon at which point we're heading to the tail gate, too. Long story short...lets see a little "Humm Baby hustle".

Age Groups and Awards

A mini Lou Seal Bobblehead and medal will be awarded to all finishers. Top-3 Finishers in the half marathon will receive \$1000, \$500, and \$250 respectively. Participants will compete in the following Male and Female age groups: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over. Age Group awards will be given to the top three finishers in the above Age Groups at the Awards table adjacent to the Post-Race Tailgate stage.

THE MOST UP TO DATE INFORMATION MAY BE FOUND AT WWW.THEGIANTRACE.COM



SATURDAY JUNE 12TH 2010

RACE INSTRUCTIONS

HALF MARATHON / PLATE TO PLATE 5K

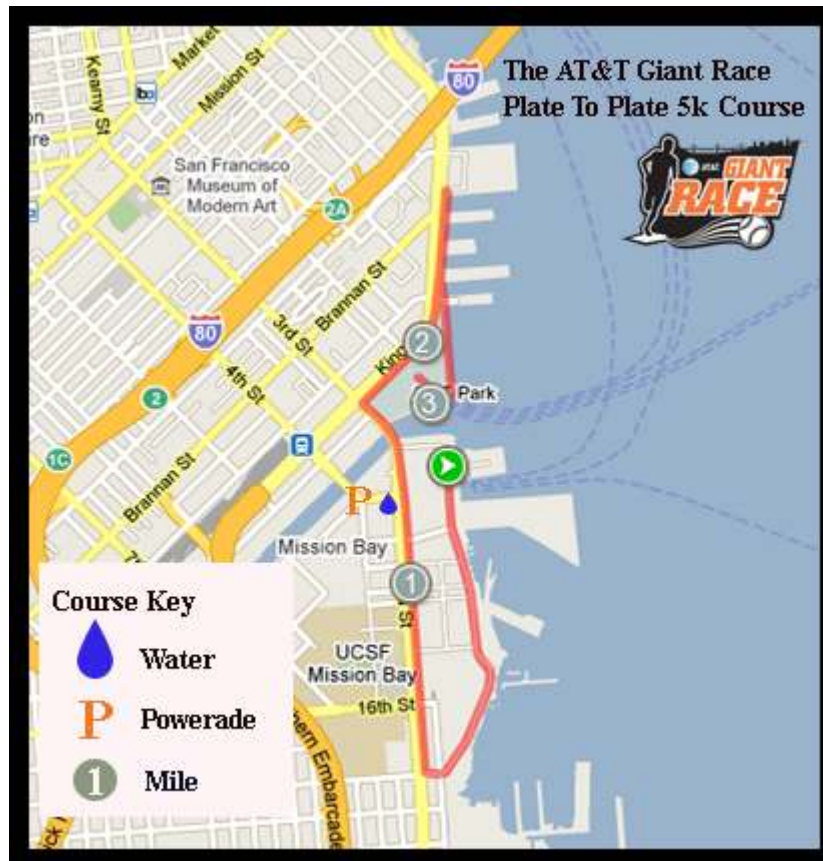
Course Rules and Regulations

The first rule is you have to have fun at some point during the race. The AT&T Giant Race is here to manufacture healthy, yet fun events so don't let us down. Next we do not recommend usage of any audio equipment during the race on either the half or 5k for safety reasons. However, if you feel the need to move and groove then you do so at your risk. Plus, we ask all participants keep their heads on a swivel and to pay attention to all course markings and monitors. Now for the bad news; participants will not be allowed to bring the following: strollers, roller skates, skateboards, parade floats, hula hoops, or motorized vehicles.

Plate to Plate 5K – Turn by Turn

- Start: Corner of Terry Francois and Mission Rock Blvd.
- Runners Start by heading south on Terry Francois to 3rd St.
- Rt on 3rd St to King St.
- Rt. on King St. (King turns into Embarcadero)
- Embarcadero to Bryant St.
- Rt. u-turn onto pedestrian sidewalk
- 5k runners return northbound on sidewalk
- Merge left onto Port walk (at the marina entrance) to AT&T Park centerfield fence
- Rt. into AT&T Park and rt. onto outfield warning track.
- Follow warning track to homeplate finish line.

Plate to Plate 5K – Course Map



THE MOST UP TO DATE INFORMATION MAY BE FOUND AT WWW.THEGIANTTRACE.COM



SATURDAY JUNE 12TH 2010

RACE INSTRUCTIONS

HALF MARATHON / PLATE TO PLATE 5K

Half Marathon – Turn by Turn

- Start: Corner of Terry Francois and Mission Rock Blvd.
- Runners Start by heading south on Terry Francois to 3rd St.
- Rt on 3rd St to King St.
- Rt. on King St. (King turns into Embarcadero)
- Embarcadero to Jefferson St.
- Merge onto westbound Jefferson to Aquatic Park.
- Jefferson ends at pedestrian sidewalk in front of Maritime Museum.
- Runners continue on sidewalk to Van Ness Parking lot
- Rt. on Van Ness to McDowell St. hill
- Lft. up McDowell St. hill into Ft. Mason
- Ft. Mason walkway to Laguna St.
- Lft. on Laguna to Bay St.
- Lft. on Bay to Franklin St.
- Lft. on Franklin St. back into Ft. Mason
- Cont. on Franklin to Pope St.
- Pope St. to Funston St.
- Lft. on Funston St. (in front of Ft. Mason Hostel)
- Rt. on service road behind hostel to McDowell St.
- Rt. on McDowell to Van Ness parking lot
- Rt. into Van Ness St. parking lot
- Lft on southerly pedestrian walkway in front of Maritime Musuem (two-way traffic of runners)
- Merge back onto eastbound Jefferson to Powell St.
- Rt. on Powell St. to Filbert St.
- Lft. on Filbert St. to Grant St.
- Rt. on Grant St. to Columbus.
- Lft on Columbus to Broadway
- Immediate Lft on Broadway to Embarcadero
- Rt. onto northbound Embarcadero (against the direction of traditional traffic)
- Embarcadero merges into King St. to 3rd St.
- Lft. on 3rd St. to Terry Francois
- Lft. on northbound Terry Francois
- Rt. on Illinois
- U-Turn at 19th Street
- Rt on northbound Terry Francois Blvd.
- Rt. on 3rd St to Port Walkway
- Rt onto Port Walkway in front of AT&T Park
- Left into centerfield entrance, stay on outfield warning track to homeplate finish.
- Phew.

Half Marathon – Course Elevation



THE MOST UP TO DATE INFORMATION MAY BE FOUND AT WWW.THEGIANTTRACE.COM



SATURDAY JUNE 12TH 2010

RACE INSTRUCTIONS

HALF MARATHON / PLATE TO PLATE 5K

Half Marathon – Course Map



Parking/Transportation

Parking will be available in all of the 3rd St. parking lots, including Lot A and Lot B. Parking will cost \$15 and all cars must leave the lot by 2:00pm. If you wish to keep your car in either Lot A or Lot B past 2:00pm, you will be required to pay the normal game day rate of \$30. All participants are encouraged to carpool or use public transportation. Cal Train, BART, and MUNI are excellent options to get to the race and avoid both the traffic and parking fees.

THE MOST UP TO DATE INFORMATION MAY BE FOUND AT WWW.THEGIANTTRACE.COM