



## Overview of the *Full Marathon*

The Full Marathon starts in Downtown Long Beach in the same spot that the Long Beach Grand Prix racecars start. Runners enjoy the sunrise while starting their journey through the 35<sup>th</sup> largest city in the United States. After a slight climb over the Queensway Bridge, runners circle the picturesque Shoreline Park Lighthouse and run around Rainbow Harbor. A slight ocean breeze and cheering spectators greet runners as they pass by the start and finish at mile 6.5. Three miles next to the Pacific Ocean and an energy shot at mile 10 prepare full marathoners for the miles ahead, but not before a visit to the neighborhoods of Belmont Shore. After passing "The Split," runners head to Marine Stadium, pass Blair Field and Wilson High School and around California State University, Long Beach. The campus is alive with cheerleaders, the CSULB band, sports teams, organizations and clubs, sororities and fraternities, faculty and the school mascot, Prospector Pete. A quick 5K and a few minor hills on campus leave runners with only 10K to go. It's a downhill finish on Ocean Boulevard and before the runners know it, they're making a left toward the lively Finish Line Festival where they are presented with their hard-earned medal. The Finish Line Festival features live music, a Michelob Ultra beer garden, and plenty of food.

## Details of the Full Marathon

Miles 1-2: Runners go through downtown Long Beach, passing through The Pike and by the giant Ferris wheel, and then run on the 710 freeway!

Miles 2-3: Traversing the Queensway Bridge takes runners down to the bow of the Queen Mary.

Miles 3-6: Shoreline Village residents and workers cheers for runners while they do a loop around the historic Lighthouse at Rainbow Harbor and then visit Pierpoint Landing. Runners then make their way around Rainbow Harbor and head back through the start/finish line area to be cheered on by spectators and participants who are eagerly waiting to start the half marathon.

6-10: Running a few feet from the Pacific Ocean makes this portion of the course one of the best. Runners enjoy the view while running on the flat beach path.

10-11: The Fuel Crew greets runners at mile 10 and fuels them up for the remaining miles! The full marathon and half marathon split at mile 10.5. Full marathon runners go through the beach community of Belmont Shore and hit a short incline at mile 11.25.

11-12: Runners make their way down Marine Stadium, take a sip of water at the fluid station and then make a u-turn.



12-14: The residents of Alamito Heights come out and greet runners as they make their way around Colorado Lagoon, passing the Long Beach Recreation Golf Course. The Wilson High School cheerleaders and band energize runners as they pass by the school.

14-16: There is a slight downhill on Clark Avenue. A band in Whaley Park pumps runners up for the university loop.

16-20: The 5K loop around California State University, Long Beach is another highlight of the course. Many of the school's 40,000+ students come out on race morning, including the CSULB cheerleaders, pep band, various school clubs and organizations, fraternities and sororities, members of faculty, and of course the mascot, Prospector Pete. The university contains the largest incline of the day (83 feet) located at approximately mile 17.75.

20-24: Runners head back to the finish line on the same streets with another incline on Clark Avenue (53 feet) located at approximately 21.

24-26: Ocean Boulevard is flat and packed with spectators. A band in Bixby Park (mile 25) provides a boost of energy for the last 1.2 miles.

.2: Runners fly downhill to the finish!

### **CSULB Highlights**

Over 5,000 students and supporters including the CSULB cheerleaders, pep band, various school clubs and organizations, fraternities and sororities, members of faculty, and of course the mascot, Prospector Pete, welcome runners as they pass through the campus. The university contains the highest incline of the day (83 feet) located at approximately mile 17.75.

### **Hills**

There are a few short hills and inclines on the course:

Mile 2-3: The Queensway Bridge is a light incline over the Bay (30 feet)

Mile 11.5: On Nieto Street, between Broadway Avenue and Appian Way, there is a slight incline (30 feet)

Mile 15: Heading down Clark Avenue, there is a quarter-mile descent

Mile 17.75: On the CSULB campus (83 feet)

Mile 18.5: Steep, but short downhill on the CSULB campus

Mile 21: Heading up Clark Avenue, there is a quarter-mile climb towards Pacific Coast Highway (53 feet)



### **Course Time Limits**

The time limit is 7.5 hours starting from the 6:00am start time. Streets will begin to re-open at 1:30pm.

### **Pacers**

The A Snail's Pace Running Club Pace Team will be leading the way for the following full marathon times:

3:05  
3:15  
3:25  
3:35  
3:45  
4:00  
4:15  
4:30  
5:00  
5:30

### **2016 Water/Fluid Stations**

Aid stations begin at mile 2 and are located at approximately every mile. Some water stations will include NUUN energy/electrolyte drink.

Gel shots will be located at mile 10 and 21.

### **2016 Medical Aid Stations**

There will be medical personnel at 6 stations on the course and a main medical station at the Finish Line.

Main Medical - Linden and Shoreline Drive (also mile 6.5)

Mile 10/23.5 - Ocean Boulevard/Livingston Avenue

Mile 12/22 - Will Rogers Mini Park - Appian Way/Nieto Avenue

Mile 15/21 - Park Avenue/Anaheim Street

Mile 16/20 - Whaley Park- Atherton Street/San Anselme Avenue

Mile 18 - CSULB - E. Campus Drive/Anaheim Road

Mile 24 - Ocean Boulevard/Loma Avenue

### **Energy Stations:**

Gel shots will be available at miles 10 and 21. The flavors served will be TBD.



NUUN will be our on-course energy drink and will be located at miles 4.5, 6.5, 9, 11/23, 14/22, 16/20, 18 and 24/11.

### **Kool 'N Fit Sport**

As you approach "The wall" between mile 9 and mile 16/20, rejuvenate those tired and aching muscles at the Kool 'N Fit Sport Spray Station. The only all natural muscle condition spray! Since 1984, athletes all over the world have been spraying themselves down before, during and after competition with Kool 'N Fit Sport to "Compete at their peak!"

Volunteers will be ready with Kool 'N Fit Sport Muscle Conditioning Spray to bring welcome relief to cramped, tired, burning muscles as runners close in on their goal... the finish line! Kool 'N Fit Sport Muscle Conditioning Spray is the "Official External Muscle Conditioning Spray" of the Long Beach Marathon. For more information on the product, please visit [www.koolinfitsport.com](http://www.koolinfitsport.com).