

MARATHON STREET-BY-STREET

- Start at Lakeshore Ave @ Eastshore Park
- Continue on Lakeshore Ave which becomes 1st Ave and then Lake Merritt Blvd
- RIGHT on Lakeside Dr, then STRAIGHT onto 19th St
- LEFT onto Broadway, RIGHT on 14th St
- RIGHT on Clay St, RIGHT on 15th St/Frank H Ogawa Plaza
- Continue on San Pablo Ave, RIGHT onto 19th St
- RIGHT onto Telegraph, LEFT 19th St
- LEFT on Broadway, LEFT on Grand Ave
- LEFT on Telegraph Ave
- RIGHT on Thomas Berkeley Way, LEFT on MLK Way
- Turnaround on MLK Way & 10th St.
- RIGHT on 11th St. (Oak Street Tunnel)
- RIGHT on Lake Merritt Blvd, RIGHT on E 12th St
- RIGHT on E 2nd Ave, RIGHT on E 10th St
- LEFT on Webster St, RIGHT on 3rd St
- Follow 3rd St to Mandela Parkway, RIGHT on 7th St
- Turnaround on 7th St and Union St (Crucible Fire Arch)
- RIGHT on Mandela Pkwy, LEFT on 34th St
- Follow Wood to Beach, RIGHT into PARK
- RIGHT onto Hubbard
- RIGHT onto 40th St Shellmound
- Follow Bay Bridge Trail to Treasure Island
- Treasure Island Turn Around
- LEFT onto 40th St Shellmound
- LEFT onto Hubbard, LEFT onto Park
- LEFT onto Beach
- LEFT onto 34th, Right onto Mandela Pkwy
- U-turn at Mandela Pkwy and 10th St, Stay on Mandela
- RIGHT on 28th St, RIGHT onto Chestnut
- LEFT onto 26th, LEFT onto Myrtle
- RIGHT onto 28th
- Quick RIGHT on San Pablo and then LEFT onto 28th St
- LEFT on West St, RIGHT on 29th St
- LEFT on MLK Way, RIGHT on 30th St
- RIGHT on Telegraph Ave, LEFT on 27th St
- RIGHT on Harrison St, LEFT on Grand
- RIGHT on Lake Merritt Path
- Follow through Lake Merritt Bandstand
- Follow marked trail path to Bellevue Ave
- RIGHT on Grand
- Finish on Grand & El Embarcadero at Eastshore Park

Good Viewing Points

From the start line at Eastshore Park (Grand & Lakeshore), spectators can walk west along Grand Ave. to catch stunning views of Lake Merritt. From there spectators can make their way up to Middle Harbor Shoreline Park then park for Miles 6 & 7. Another great viewing spot is Laney College for Mile 19 (Mile 6 for the half) before making it back to Eastshore Park for the finish. Other great viewing locations include Jack London Square and Frank Ogawa Plaza. If driving to particular spots on course, please be mindful of road closures.

Marathon • Half-Marathon • Team Relay • 5K • Health & Fitness Expo

FAN GUIDE

OAKLAND

MARATHON

2010 10th Anniversary 2019



SUNDAY

MARCH 24, 2019

OAKLAND

2010 10th Anniversary 2019

MARATHON

Dear Neighbor,

Mark your calendar – Sunday March 24– the 10th Anniversary of the Oakland Running Festival. We hope you will join us in celebrating 10 years in Oakland.

Oakland is full of residents from all ages and communities that line the streets on race day to cheer and serve as ambassadors, welcoming runners that come from throughout the region and dozens of states from throughout the country.

The runners greatly appreciate the enthusiasm you have shown as they pass through your neighborhoods – the cheering, the candy and fruit, the colorful balloons, the cool mist from a garden hose, the music – all great gestures that make this event so wonderful.

We understand the race impacts your routine for a few hours on a spring Sunday, but we'd like to share with you the positives aspects of the race of which you may not be aware. **Did you know that last year \$12 million was pumped into the Oakland economy as a result of the race? Did you also know that the Festival has also generated more than \$2 million for charity?** Local charities such as Running for a Better Oakland, Asian Health Services, CALICO, and Urban Tilth to name a few, have all benefited from the event.

If you are running, we ask you to encourage a neighbor or friend from out of town to REGISTER. If you can't run this year, consider VOLUNTEERING or coming to the finish line to CELEBRATE. If you live in the city, organize a group to head out on the course and CHEER as the runners pass. All these actions will help show your OAKLAND PRIDE!

As we make plans for this year's race, we would welcome any input from you so that the event has a positive impact on your community. For more information, please visit our website- www.OaklandMarathon.com

Thank you.



A CORRIGAN SPORTS EVENT

For more Information Contact us at:
csewest@corrigansports.com

SCHEDULE OF EVENTS

Friday, March 22nd

5p - 7p @ Oakland Marriott City Center
Drake's Happy Hour- Runners will have the chance to register, pick up their shirt and bibs, browse Oakland Running Festival official merchandise and enjoy free beer from Drake's Brewing Company.

Saturday, March 23rd

9a- 4p @ Oakland Marriott City Center
Kaiser Permanente Expo- You will find great prices and information on apparel, shoes, active gear, nutritional supplements & health care products. The Expo is FREE & open to the public.

Sunday, March 24th

7:00a @ El Embarcadero & Lakeshore Dr.
 Start of the Marathon & Team Relay
7:30a @ El Embarcadero & Lakeshore Dr.
 Start of the Bank of the West 5K
9:30a @ El Embarcadero & Lakeshore Dr.
 Start of the Kaiser Permanente Half-Marathon
8a - 2p @ Eastshore Park
 Celebration Village Finish Line Party. Watch the racers finish and enjoy live music, interactive games, food and drink. All Village activities are FREE & open to the public.

RUNNERS IN YOUR NEIGHBORHOOD

The chart below reflects the times during which runners from all races will cross the mile marks on the marathon course. If you live on Mile 17, you could expect to see the first runner arrive at 8:42a and the last runner to pass at 11:15a (times are approximate. Map located inside.)

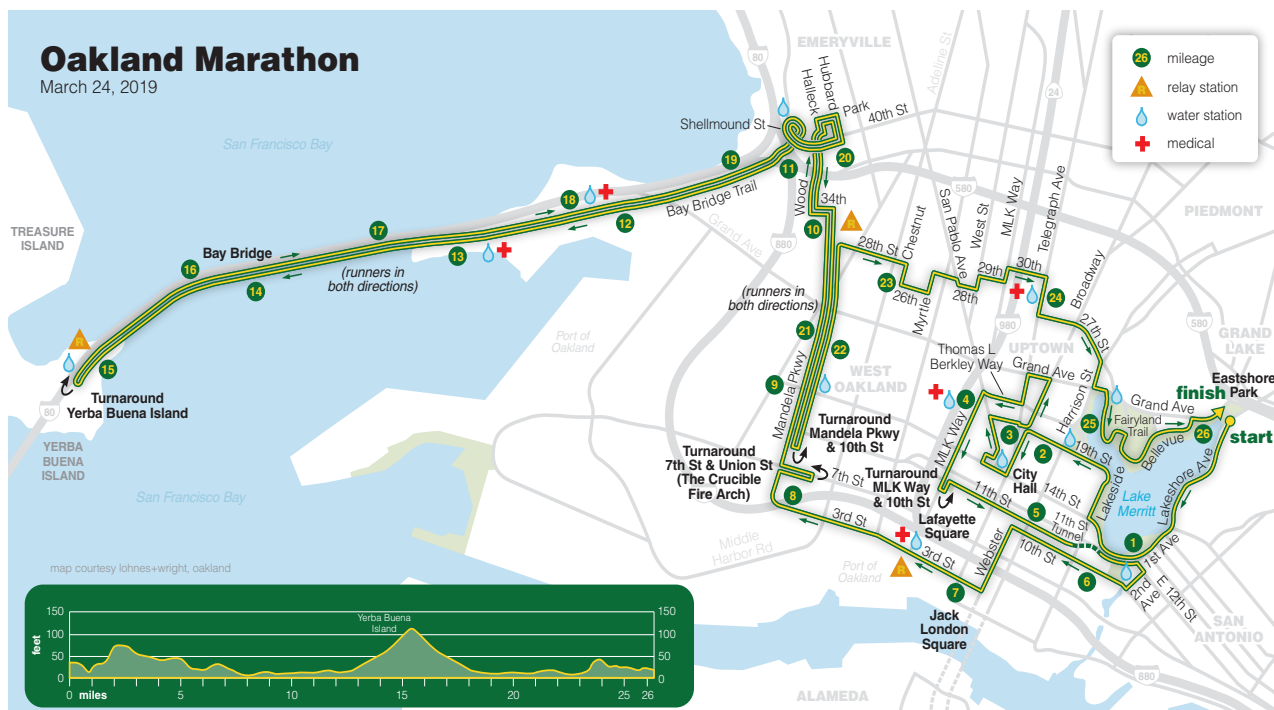
Mile 1	7:06 AM	7:15 AM	Mile 14	8:24 AM	10:30 AM
Mile 2	7:12 AM	7:30 AM	Mile 15	8:30 AM	10:45 AM
Mile 3	7:18 AM	7:45 AM	Mile 16	8:36 AM	11:00 PM
Mile 4	7:24 AM	8:00 AM	Mile 17	8:42 AM	11:15 PM
Mile 5	7:30 AM	8:15 AM	Mile 18	8:48 AM	11:30 PM
Mile 6	7:36 AM	8:30 AM	Mile 19	8:54 AM	11:45 PM
Mile 7	7:42 AM	8:45 AM	Mile 20	9:00 AM	12:00 PM
Mile 8	7:48 AM	9:00 AM	Mile 21	9:06 AM	12:15 PM
Mile 9	7:54 AM	9:15 AM	Mile 22	9:12 AM	12:30 PM
Mile 10	8:00 AM	9:30 AM	Mile 23	9:18 AM	12:45 PM
Mile 11	8:06 AM	9:45 AM	Mile 24	9:24 AM	1:00 PM
Mile 12	8:12 AM	10:00 AM	Mile 25	9:30 AM	1:15 PM
Mile 13	8:18 AM	10:15 AM	Mile 26	9:36 AM	1:30 PM

Visit us at www.OaklandMarathon.com

2019 COURSE MAP

Oakland Marathon

March 24, 2019



- START** Lakeshore Ave at Eastshore Park
 - Continue on Lakeshore Ave which becomes 1st Ave and then Lake Merritt Blvd
 - RIGHT on Lakeside Dr
 - STRAIGHT onto 19th St
 - LEFT onto Broadway
 - RIGHT on 14th St
 - RIGHT on Clay St
 - RIGHT on 15th St/Frank H Ogawa Plaza
 - Continue on San Pablo Ave
 - RIGHT onto 19th
 - RIGHT onto Telegraph
 - LEFT on 19th St
 - LEFT on Broadway
 - LEFT on Grand Ave
 - LEFT on Telegraph Ave
 - RIGHT on Thomas Berkeley Way
 - LEFT on MLK Way
 - Turnaround on MLK Way & 10th St
 - RIGHT on 11th St (Oak Street Tunnel)
 - RIGHT on Lake Merritt Blvd
 - RIGHT on E 12th St
 - RIGHT on E 2nd Ave
 - RIGHT on E 10th St
 - LEFT on Webster St
 - RIGHT on 3rd St
 - Follow 3rd St to Mandela Parkway
 - Right on 7th St
 - Turnaround on 7th St and Union St (Crucible Fire Arch)
 - LEFT on 19th St
 - LEFT on 34th St
 - RIGHT on Wood St
 - Follow Wood St to Beach St
 - LEFT on Myrtle St
 - RIGHT on Park Ave
- RIGHT on Hubbard St
 - RIGHT on Shellmound St flyover
 - RIGHT on Bay Bridge Trail
 - Follow Bay Bridge Trail to Treasure Island
 - Treasure Island turn around
 - LEFT on to Shellmound St flyover
 - LEFT on to Hubbard St
 - LEFT on Park Ave
 - Follow 3rd St to Mandela Parkway
 - RIGHT on 7th St
 - Turnaround on 7th St and Union St (Crucible Fire Arch)
 - RIGHT on Mandela Pkwy
 - U-turn at Mandela Pkwy and 10th St
 - Runners going north on Mandela Pkwy
 - RIGHT on 28th St
 - RIGHT on Chestnut St
 - LEFT on 26th St
 - LEFT on Myrtle St
 - RIGHT on 28th St
- Quick RIGHT on San Pablo and then LEFT onto 28th St
 - LEFT on West St
 - LEFT on MLK Way
 - RIGHT on 30th St
 - RIGHT on Telegraph Ave
 - LEFT on 27th St
 - RIGHT on Harrison St
 - LEFT on Grand
 - RIGHT on Lake Merritt path
 - Follow through Lake Merritt Bandstand
 - Follow marked trail path to Bellevue Ave
 - RIGHT on Grand Ave

FINISH on Grand & El Embarcadero at Eastshore Park

WAYS TO GET INVOLVED IN THE OAKLAND RUNNING FESTIVAL: A GREAT COMMUNITY EVENT

JOIN US ON-SITE

Celebration Village

We encourage the Oakland community to make a “party” out of the day. Join us in the Celebration Village on race day, Sunday, March 24 where we will have live music from 8 AM to 2 PM, interactive games, food and drink. The Village is in Eastshore Park along Lake Merritt - and is FREE and open to the public. Come on down to the Village to cheer your family, friends and neighbors as they cross the finish line. The Awards Ceremony will take place on center stage located in the Village.

Volunteer

The Festival needs about 1,000 volunteers to support the racers. If you or someone you know is interested in volunteering to help with the 10th Annual Oakland Running Festival, it is not too late to sign up.

Volunteers are needed at the Kaiser Permanente Health & Fitness Expo for Packet Pick-Up as well as on race day for a number of different duties. Your support is greatly appreciated.

The Oakland Running Festival has established an online registration form for all volunteers. To access this site visit www.OaklandMarathon.com and click on the Volunteer Link. Or email Colin Tiffey at colin@corrigansports.com

SUPPORT US FROM YOUR HOME

Host a Marathon Yard Party At Home

If you can't make it to the Celebration Village, here are some suggestions for hosting a marathon party at your house:

- 1) Lawn decorations including signs, balloons and banners.
- 2) Play music from a speaker of your choice.
- 3) Knock the cobwebs off the trumpet, sax or drum set and make some noise.
- 4) Create a party cheer to yell as the runners pass.
- 5) Coordinate a team wave.
- 6) Fire-up the barbecue and invite the neighbors.



Unofficial Water Stops

One way to show support for the marathon is to set up an “Unofficial Water Stop” in your neighborhood.

The marathon route provides 14 water & Gatorade stops along the course for runners. The stops are spaced at miles 1.8, 2.5, 4, 5.5, 7, 9, 10.8, 12.9, 15.2, 18.2, 19.5, 21.5, 23.8, 25

Your “unofficial water stop” does not need to provide water ... other suggestions include candy, sliced fruit and granola bars. You'll be surprised by the smiles and appreciation you'll receive from the runners.

Cheer Words

Here are some words of encouragement to offer runners as they pass your Cheering Section onsite or at home:

- | | | | |
|--------------------|--------------------|---------------------|-------------------|
| 1) “Way to Run” | 3) “Awesome” | 5) “Looking Strong” | 7) “Looking Good” |
| 2) “Enjoy Oakland” | 4) “You Can Do It” | 6) “You’re Flying” | 8) “Keep it Up” |

NOTE: Unless you are near the finish line, please DO NOT cheer “Almost there”, “Not far to go” etc. While running 26 miles, “almost there” is a few hundred feet from the finish line.

2019 NEW COURSE

The 2019 Marathon will be the first running event in history to traverse the San Francisco- Oakland Bay Bridge. The marathon and team relay route will cross the Bay Bridge via the pedestrian path across the East Span, turn around at Yerba Buena Island, and return on the pedestrian path back towards Oakland. Full and Half Marathon courses are the flattest and fastest in the Bay Area! The early portion of the Full Marathon course will take runners to West Oakland to Middle Harbor Shoreline Park. After running through Jack London Square a second time, runners will make their way through the Crucible's Flaming Arch before their victory lap around beautiful Lake Merritt and a grand finish on Grand Ave.

IT'S NOT TOO LATE TO GET INVOLVED

RUN - CHEER - VOLUNTEER
www.OaklandMarathon.com



Visit www.OaklandMarathon.com for more info