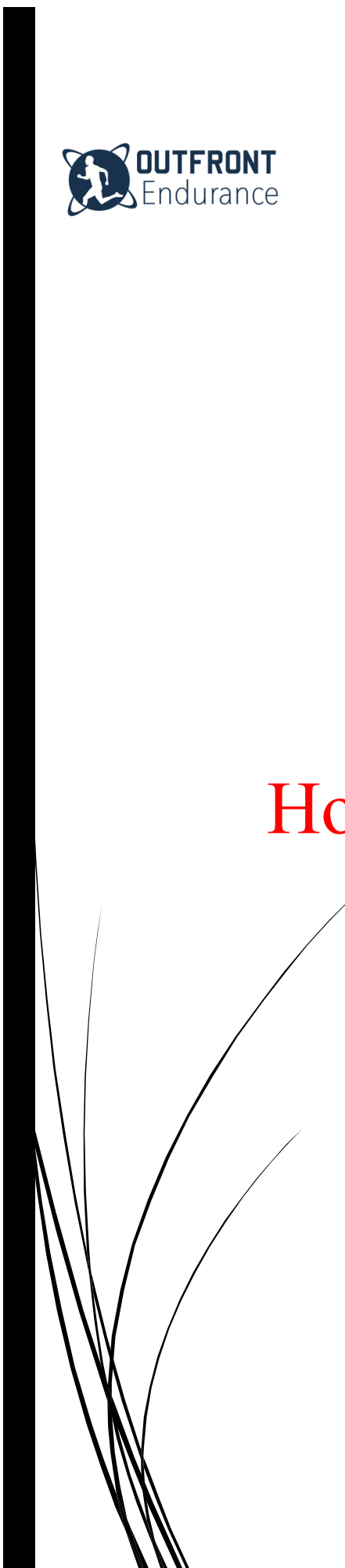




Athlete Guide

Hospital Foundation Spring Run

April 27, 2025



2025 Race Day Schedule of Events

215 Adelpian Way – Harbor Bay Ferry Terminal



Thursday April 24th thru Saturday April 26th , 2025

<u>Start</u>	<u>End</u>	<u>Event</u>	<u>Location</u>
10:00am	6:00pm	Packet Pick-up	Lauren's Closet

Sunday, April 27, 2025

7:30am	9:30am	Packet Pick-up and Race Day Reg	215 Adelpian Way, Ferry Terminal
8:30am		10k Start	
8:45am		5k Start	
9:00am		Expo Experience and Athlete Celebration	
9:45am		½ Mile Kids Fun Run Start	
9:45pm		Age Group Awards available	

Special Thanks to our Sponsors

Hospital Foundation Sponsorship

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Venue Location and Specifics

Directions and Parking

This year's event takes place at the Harbor Bay Ferry Terminal on Bay Farm Island. Tucked away on the West end of Bay Farm, there is plenty of parking and views of the SF skyline.

The physical address is 215 Adelphian way, Alameda. 94502 but you can also search Harbor Bay Ferry Terminal for directions. You can access Bay Farm from Alameda by using Otis drive or Fernside over the Bay Farm Bridge. From the South Bay, exit Hegenberger and utilize Doolittle to Harbor Bay Parkway.

Follow Mecartney Rd until it dead ends and go left into the Ferry Terminal Parking lot.



Hospital Foundation Spring Run Parking Plan 2025 – April 27th

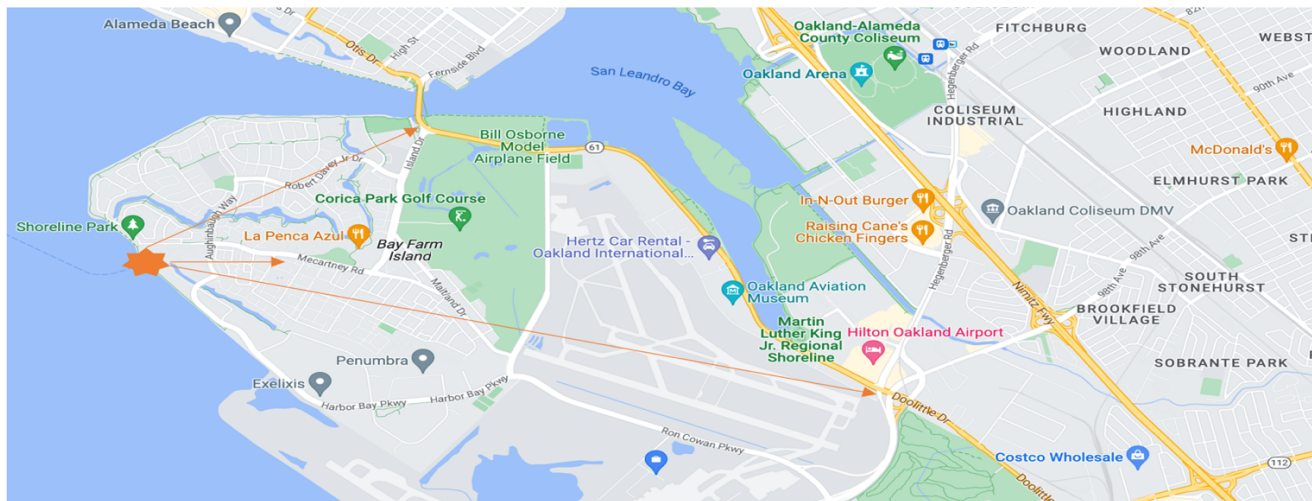
Primary parking will be located at the ferry terminal and race venue. Participants can enter from Mecartney blvd or from Harbor Bay Parkway

If needed - overflow parking will be down Harbor Bay parkway at the McGuire and Hester parking lot

Street parking is also available

New for this year: Harbor Bay Parkway will close for the start of the 10k and 5k for approximately 15 minutes each time. No thru traffic will be allowed in the parking lot during race start

All required approvals will be obtained prior to the event



Important Pre-Race Information

Participant check-In

If you are pre-registered, please bring
The following items with you to packet
Pick-up.

Valid ID

You may pick up friend or family member.
packets with a copy of their ID.

Pets on the running course

We love pets, but for safety reasons, they are
Not permitted on the run course. Please leave
Your furry buddies at home.

Bib Number

You will be provided a BIB at packet pick-up.
Athletes will be responsible for applying their
own bib. You will receive safety pins at check-in.
This race is chip timed, do not lose your BIB

Bag Drop

We do not have a dedicated bag drop. Please
keep valuables in your car or with a friend or
family member.

Running Course Overview

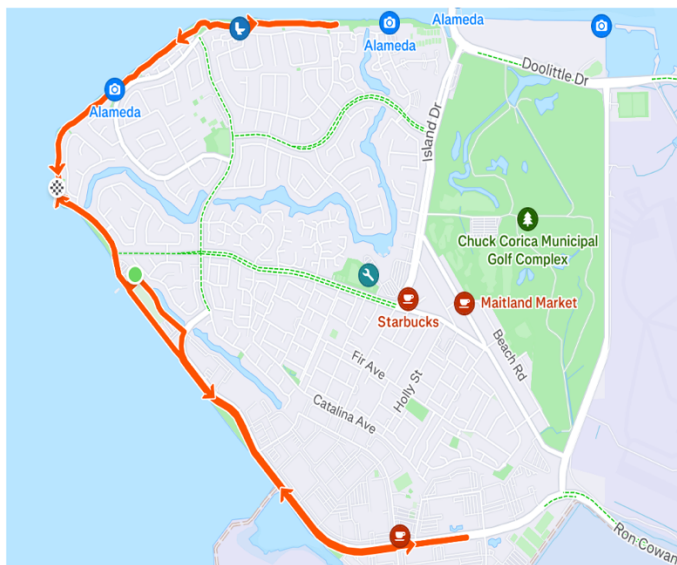
The majority of both the 5k and 10k running
course is on open trails or closed roads. There will
be other pedestrians, so please be mindful and
respect the Other people using the trail



Course Maps

Hospital Spring Run – April 27, 2025 Overview of 5k and 10k Run Course

Out and back along Harbor Bay parkway trail



The 5k loop and first half of the 10k will utilize the #2 lane of HBP and turn around at S. Loop. The 10K will continue along the path almost to the Harbor Bay Club

The Half mile kids run will be a circular loop around the entrance and Exit of HBP Ferry Terminal and the running path



5k Course

The 5k course (3.1 Miles) will utilize the bottom Half of the course. Runners will follow Harbor Bay Parkway past S. Loop about 300 yards to the turn-around And return to the finish via the pedestrian trail on the left

10K Course

The 10K course, follows the same trail for the first 3.1 miles, but will stay left at the 5k finish and continue along the path until you reach the turn-around close to the Harbor Bay Club

Elevation

The course is flat and fast, with little variation

Aid Stations

There is a single Aid Station just past Mile 3 on the first loop. There will be water, Skratch Hydration and cookies

You can view all of our course maps on STRAVA. The links are below: Note. These are general course map reference. Both courses will be certified for 2025

STRAVA 5k course link: <https://www.strava.com/routes/3313612219734920030>

STRAVA 10K course link: <https://www.strava.com/routes/3313614056827283294>

Event Beneficiary



**Alameda Hospital
Foundation**

The Alameda Hospital Foundation was established in 1985. The Board of Directors is dedicated to its mission of raising and managing funds to support the projects and services Alameda Hospital provides to promote quality health care and the well-being of the community.

The Foundation has recently invested in much needed medical technology, such as state-of-the-art surgical equipment for our orthopedic surgery program. Our education fund is specifically designated for enhancing the knowledge and skills of our health care providers by supporting symposiums and clinical training. These types of initiatives directly enhance patient safety and patient and family centered care at Alameda Hospital.

To Learn more: <https://www.ahfgift.org/>