



## Athlete Guide

# Parade 5k – Benefitting Midway Shelter of Alameda

July 4<sup>th</sup>, 2023

## 2023 Race Day Schedule of Events

1420 Park St – Lauren’s Closet



### June 30<sup>th</sup>- July 3<sup>rd</sup>, 2023

<u>Start</u>	<u>End</u>	<u>Event</u>	<u>Location</u>
10:00am	5:00pm	Packet Pick-up	Lauren’s Closet: 1420 Park St, Alameda

### Tuesday July 4<sup>th</sup>, 2023

7:30am	9:00am	Packet Pick-up and Race Day Reg	1420 Park st, Alameda
9:00am		5k Start	
9:30am		Expo Experience and Athlete Celebration – Race Finish	Haight and Webster
10:00am		Age Group Awards available	

### Event Contact

- Email: [info@outfrontendurance.com](mailto:info@outfrontendurance.com)
- Phone: (510)205-5905 ~ Steve Ashbaker Owner & Race Director

## Special Thanks to our Sponsors

### Midway Sponsors 2023



**Edward Jones**



### In-Kind and Underwriting - 2023

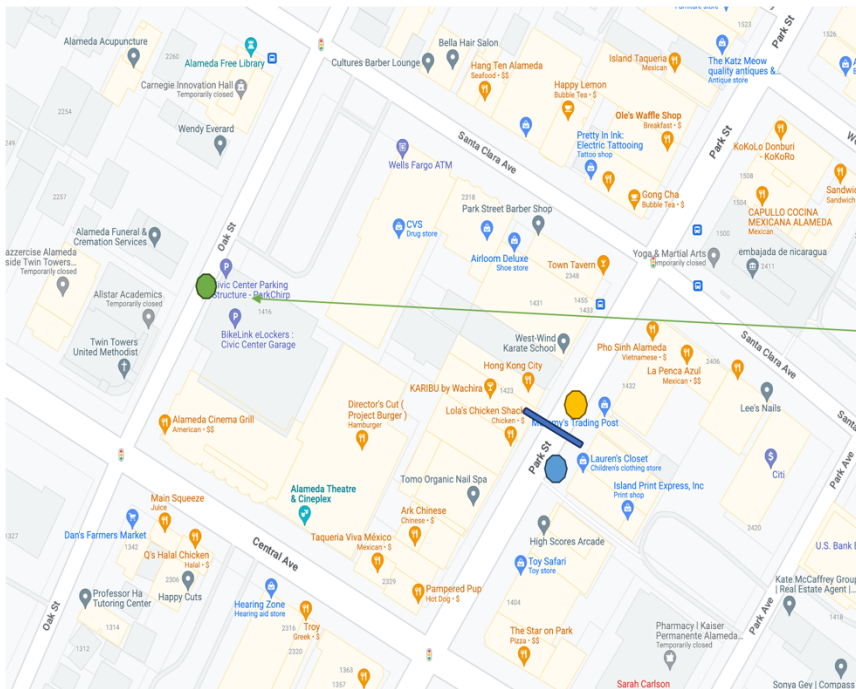


## Venue Location and Specifics

### Directions and Parking

The 4<sup>th</sup> of July run is a point to point 5k so plan accordingly. The run start is between Central and Santa Clara, on park st. directly in front of Lauren's Closet. Address is 1420 Park st.

## Race Start & Parking Layout



The run and packet pick-up will start directly in front of Lauren's Closet. Address is 1420 Park St, between Central and Santa Clara.

There will be (5) porta potties located in the ally way this year

Due to the Parade, there is limited parking around the race start

There is limited parking. Our recommendation is to walk, or get a ride to the race start. But that is not always possible, especially if you are coming from out of town. If you arrive early, you can usually find parking on the side streets on/around Park st

In addition, there is a large parking garage at 1416 Oak st. Access the garage from Oak between Santa Clara and Central.

- Race Start
- Parking Garage
- Race Day Check-In

## 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

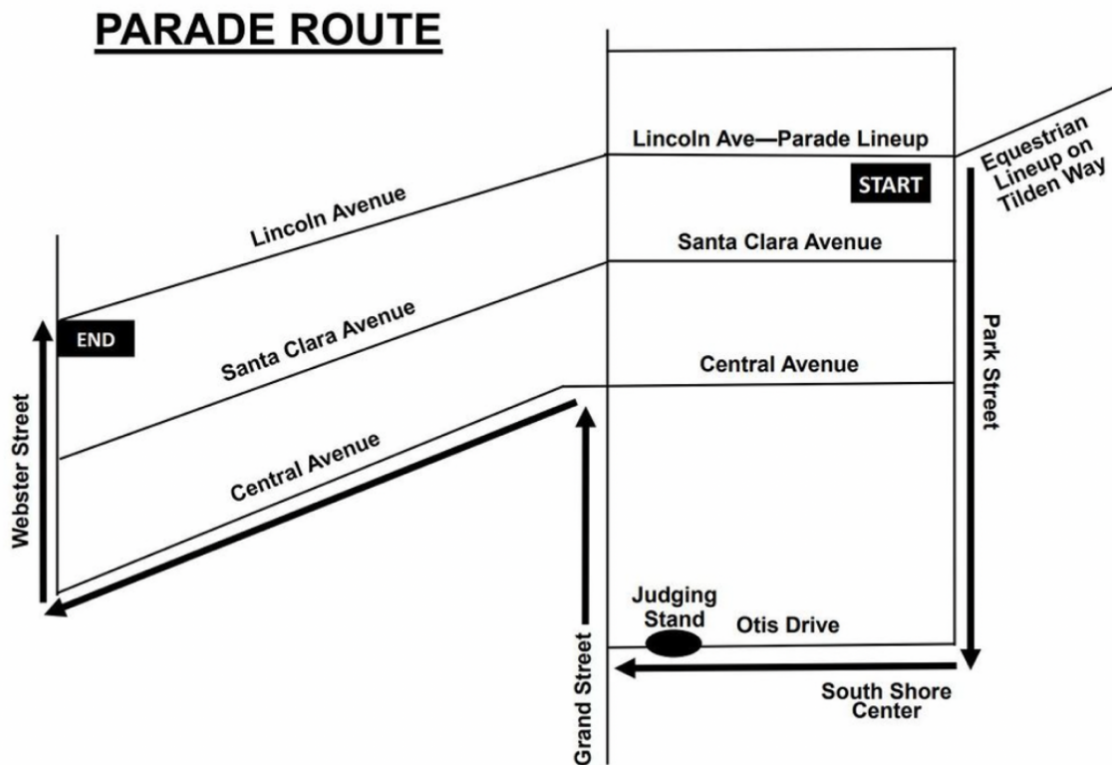
We do not have a dedicated bag drop. Please  
keep valuables in your car or with a friend or  
family member.

### Running Course Overview

The 5k run course is completely closed to traffic.  
We have the benefit of the parade, so runners will  
have full access to the roads from Park to Webster.



## Course Map



### 5k Course

The 5k course (3.1 Miles) will follow the parade route, winding thru Alameda. Runners will start at Park st. and end on the corner of Haight and Webster. There is a slight deviation this year due to construction on Encinal. Runners will pass Encinal from Grand st, and turn left on Central. You will follow Central up to Webster and make the right towards the finish.

### Elevation

The course is flat and fast, with little variation

### Aid Station

Due to the last minute construction change, there will be no Aid station this year. There will be plenty of snacks and drinks at the finish.



## Event Beneficiary

**Midway Shelter** provides 25 beds and a safe and supportive environment for homeless women and children. Services include case management, domestic violence support, and connection to income/benefits, employment, health care, and mental health care. More than half the residents are children. All of our programming is aimed at connecting individuals and families to housing.

First founded in 1989 by the Alameda Homeless Network (AHN) and the City of Alameda, the name “Midway” was chosen to identify the shift in the lives of women and children served, where the cycle of homelessness and domestic violence falls away and a new future can be built. AHN first contracted Building Futures in 2000 to operate the shelter, and the two organizations work closely together. AHN raises funds to keep the Midway Shelter operating 24 hours a day.

Your support of the Midway Shelter helps support new beginnings and changes the lives of women and their children in Alameda.



[midwayshelter.org](http://midwayshelter.org)



[bfwc.org](http://bfwc.org)

**To access shelter space,  
call 211 to be connected  
to a Housing Resource Center.**