



ALAMEDA
4TH OF JULY
RUN
2024

Athlete Guide

Parade 5k
Benefits Midway Shelter of
Alameda

July 4th, 2024

2024 Race Day Schedule of Events

1420 Park St – Lauren’s Closet



June 30th - July 3rd, 2024

<u>Start</u>	<u>End</u>	<u>Event</u>	<u>Location</u>
11:00am	5:00pm	Packet Pick-up	Lauren’s Closet: 1420 Park St, Alameda

Thursday July 4th, 2024

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

Event Contact

- Email: info@outfrontendurance.com
- Phone: (510)205-5905 ~ Steve Ashbaker Race Director

Special Thanks to our Sponsors

Midway Shelter Sponsors 2024



First Congregational Church of Alameda



In-Kind and Underwriting - 2024



Venue Location and Specifics

Directions and Parking

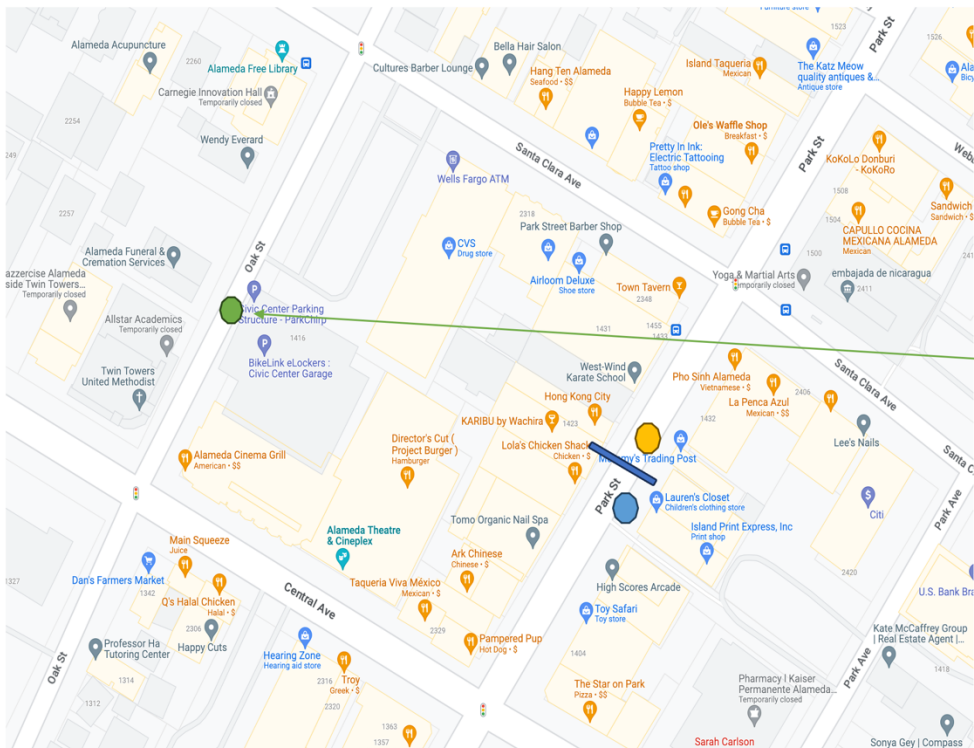
The 4th of July run is a point to point 5k so plan accordingly. The run start is between Central and Santa Clara, on park st. directly in front of Lauren’s Closet. Address is 1420 Park St,




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. 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 Layout



-  Race Start – 1420 park st
-  Parking Garage – 1416 Oak st
-  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

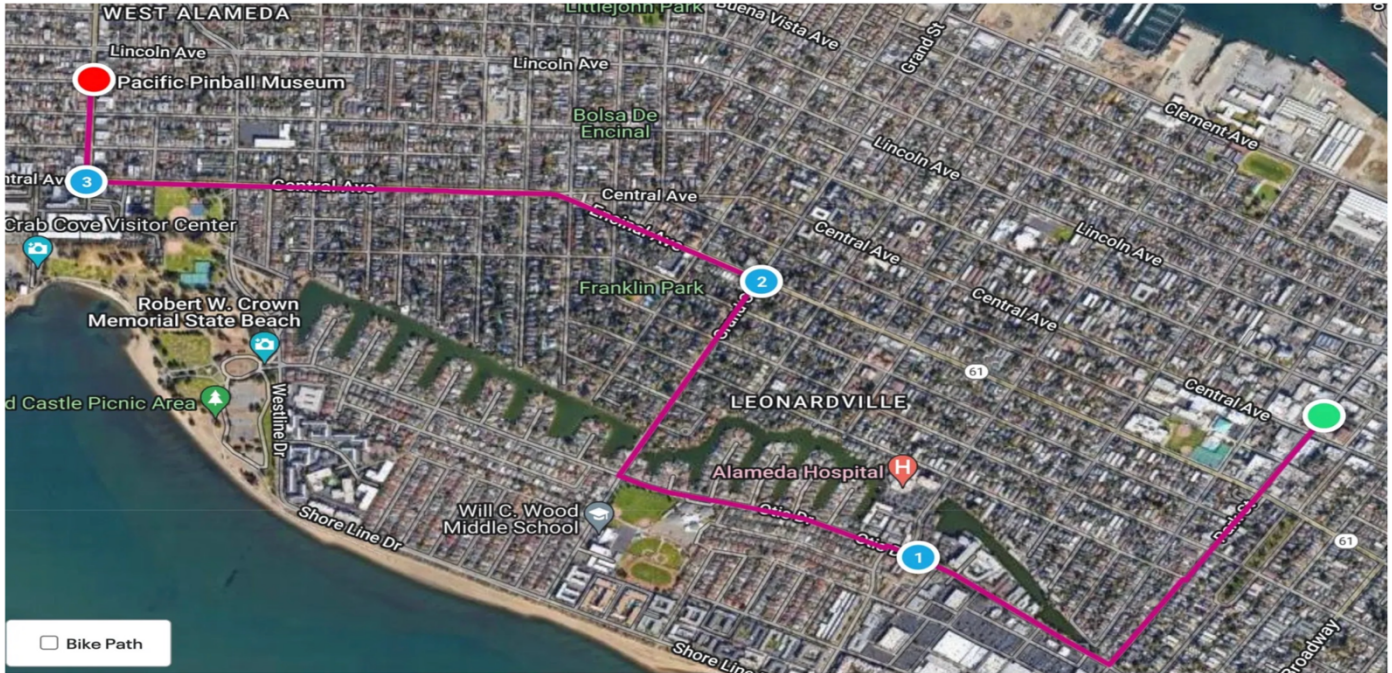
The 5k run course is completely closed to traffic.
We have the benefit of the parade, so runners will
have full access to the roads from Park to Webster.



Course Map



2024 Parade 5k Point to Point Route
 Race Start: Laursen Closet 1420 Park st / Race Finish: 1526 Webster st



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. The course highlights many of the Island landmarks starting on Park, down Otis, thru the Gold Coast and down to the west and Webster business district.

Elevation

The course is flat and fast, with little variation

Aid Station

There will be one aid station supported by the East Bay Triathlon Club at about Mile 2 as you run up Encinal towards Central. There will be Snacks, Gu and Gatorade / Water

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



bffc.org

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