

What events will the 2016 Catalina Eco Marathon offer?

The Catalina Eco Marathon is comprised of a Marathon, Half Marathon, 10k and 1 mile kids run. All events will take place on Saturday 19 November 2016.

Marathon – 8:00 am (There will be an eight hour cut-off time for the marathon)

Half Marathon--8:25 am

10K Run – 8:30 am

Kids Race -- 9:30 am

Are walkers allowed to participate and are there time limits?

All events are walker-friendly including the marathon and half marathon. With a 8:00 a.m. start, the marathon and half marathon courses have a maximum course time of 8 hours or until 4 p.m. The 10k has a 3 hour time limit. Any runner/walker that fails to maintain the minimum pace will be asked to get in the SAG Wagon. The Finish Line will officially close at 4 p.m..

May I use an iPod or other device for music?

iPod or other music devices are allowed but we ask that you stay safe and aware by keeping volumes at a low level in case of emergency. Rule 144.3 of USA Track and Field enables race directors to choose to allow the use of headphones by runners in non-championship races.

Where do I pick up get my bib number and race packet?

Packet Pickup is located at the metropole in Avalon on Catalina Island. Packet Pickup will be from 3:30 PM to 7:00 PM Pacific Time. If you are unable to pick up your packet on Friday, you will be able to pick it up race morning. If you are running the 10k or Half Marathon, you can pick up race morning at the Stage in downtown Avalon. If you are running the Marathon, you can pick up your packet on race morning at the start on Avalon Canyon Road.

Can a friend pick up my Participant Race Packet?

Yes, but they will need to fill out the form that is linked [here] (insert link to document Meaghan created)

Can I register on race weekend?

Absolutely! One can register at Packet Pickup from 3:30 PM to 7:00 PM on Friday the 18th in Avalon or on race morning at the Stage in downtown Avalon.

Can I run in a different race than I registered for?

Yes! We realize that training can go much better than expected, or maybe not quite as expected. There is a change fee to switch and drop to a shorter race (full to half or half to 10K). NOTE: no money will be refunded for changing distances to a shorter event. To switch to a longer event, participants must pay the fee difference between the time of change when changing from a shorter distance to a longer distance. Please email meaghan@spectrumsports.net if you would like to change your race distance.

Can I transfer my registration to someone else?

No. We do not allow transferring of registrations.

What if I am not able to participate, are there refunds or deferrals available?

While there are no refunds, we do allow deferrals in cases of injury or emergency. Simply email meaghan@spectrumsports.net prior to the event taking place notifying her of your intent to defer. When registration opens for the following year, you will need to email her again with a copy of the original email as proof.

Where can I order merchandise?

Official event merchandise will be available for purchase at Packet Pickup or online [here](like to store) prior to and after the event.

What if I can't finish the race?

We'll help you out! There will be a vehicle following the marathon and half marathon. Anyone who cannot finish or cannot keep the minimum pace will enjoy a free ride back to the post-race area.

What type of timing system is the event using?

The Catalina Eco Marathon, Half, and 10k will be using Chronotrak disposable timing tags.

Are there any age minimums?

Participants must be at least 12 years of age on race day to register for the Catalina Eco Half Marathon and 16 years of age to register for the Catalina Eco Marathon Marathon. There are no age minimums for the 10k or 1 mile Kids Run. Additionally, all those under the age of 18 must have a parental waiver signed.

Are baby joggers, strollers, roller blades, dogs or bicycles allowed in any event?

No they are not. The courses are unfriendly to baby joggers/strollers/roller blades. Additionally USATF does not allow dogs on the course. Lastly, bicycles are not allowing on the Trans Catalina Trail per the Catalina Island Conservancy.

May I exchange my event shirt for a different size at Packet Pickup?

Yes! If the shirt you doesn't fit the way you like, you can exchange on the spot at Packet Pickup!

Will there be a gear check?

Yes, if you would like to leave gear behind, you may do so at the Stage in downtown Avalon right by the water. We are not responsible for lost or stolen property.

What is the course elevation and terrain like?

The Marathon and Half Marathon are both primarily off road and extremely hilly. The Half Marathon has roughly 2,750 feet of elevation gain and the Marathon is roughly around 4,000 feet of elevation gain. The 10k is half paved and half off road and roughly 400 feet of elevation gain.

Is there an official race photographer?

There sure is! The Half Marathon and Marathon will have photographs taken by Scott Stolarz Photography. In the days following the race you will receive emails from the photography company with proofs of your photos that one may purchase.

Will there be water stations and medical on the course?

Each water station will contain water, Nuun, Honey Stinger products, a First Aid Kit, and various nutritional supplies ranging from Bananas to Oranges, M & Ms to Pretzels. Click [\[here\]](#) (link to aid station list) for water station locations marked on course maps. Please plan ahead and bring what you have trained with!

Will Gels be offered on the course?

No. Over 85% of Catalina is a protected conservancy. Many users of gels have previously left them scattered all over our courses and throughout the island and thus we refrain from giving them out. We highly encourage you to use the Water, Nuun, Honey Stinger, and various other supplies we offer at all of our aid stations and to leave no waste on the trails.

Will there be Aspirin on the course?

No, there will not be pain reliever medications on the course. For medical liability reasons, we are not allowed to offer them.

What does it mean that Run Catalina races are cupless?

Beginning in 2015, it was decided that it was in the best interest of Catalina Island to reduce the impact our races place on the scarce resources of the Island. Thus for all distances Half Marathon and greater, our participants are required to carry their own cup/bottle throughout the race. We sell reusable and collapsible Solomon 5oz cups which have been received warmly by the vast majority of our participants, other participants opt to carry their own bottles they have used in training. We recognize that carrying your own cup may be a small inconvenience and may not be for everyone, but we firmly believe that this step which allows us to not waste over 20,000 cups a year on Catalina is a step worth taking for the long term health of Catalina Island and the planet.

How do I get to the island and is this included in my entry fee?

The principal means of travel to Catalina Island is via the Catalina Express which serves Long Beach, San Pedro, and Dana Point.

Are the streets in Avalon closed to traffic?

We do not close the streets to traffic but major intersections are patrolled by LA County Sheriffs and there is light traffic in general on the island. There are very few cars in Avalon and most vehicular traffic is in the form of golf carts.

Will there be traffic throughout the interior of the island?

Very few cars exist on Catalina, very few of those are allowed into the interior. However, there will still be some traffic in the form of Catalina Island Conservancy Rangers, Eco Tours, and light traffic to and from the Airport and Two Harbors. Having said that, do not expect to see too

many vehicles throughout your run as only a handful of our miles run on roads where cars have access.