

# Athlete Guide

# Cooper Teare Classic Alameda 10 Miler and 8k

## August 9th, 2025



## 2025 Schedule of Events and Race Day Packet Pick Up

#### Wednesday, August 6th, 2025

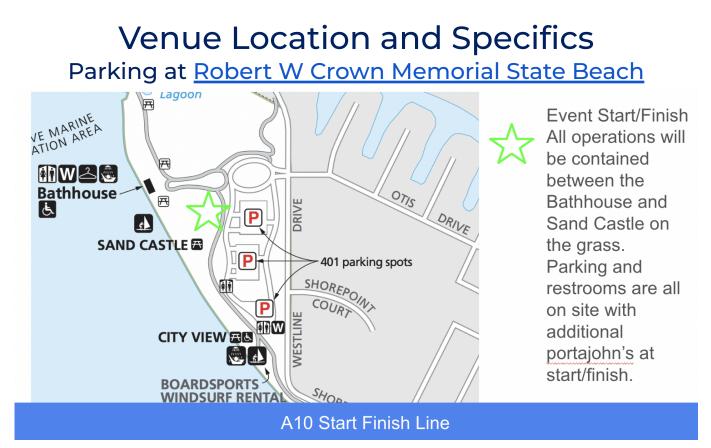
<u>Start</u>	End	Event	Location	
11:00am	6:00pm	Packet Pick-up	KINDRED 1436 Webster St, Alameda, CA 94501	
Thursday, August 7th, 2025				
11:00am	6:00pm	Packet Pick-up	KINDRED 1436 Webster St, Alameda, CA 94501	
Friday, August 8th, 2025				
4:00pm	7:00pm	Packet Pick-up	Corica Park Driving Range	
			1 Clubhouse Memorial Dr Alameda Ca 94501	

Race Day Packet Pick Up must be selected and paid for during registration. If there are any questions or issues please see the HQ tent near the start line.

#### Race Location: <u>Crown Memorial Beach</u> Otis Ave @ 8th St Alameda Ca 94501

#### Saturday, August 9th, 2025

7:00am	8k Start
7:30am	10 Miler Start
8:30am	Top Finishers and Awards
9:00am	Age Group Awards available
9:30am	Course closed



There are 400 spots in the park first come first served. Once the lot is filled street parking is available on Westline, Shoreline, and Otis.

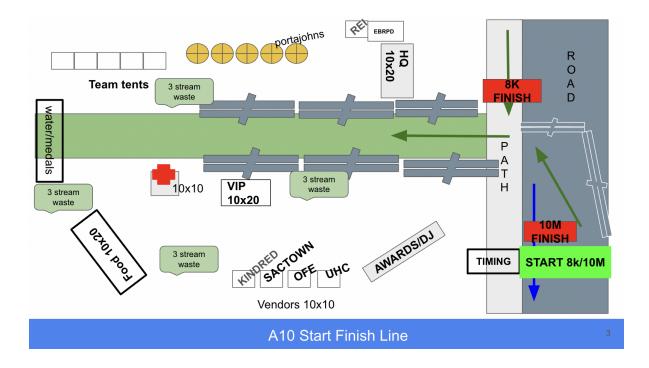
### **Important Pre-Race Information**

Bib Number You will be provided a BIB that serves as your timing chip. You are responsible for attaching your own bib with safety pins that we provide at check-in.

Bag Drop there is not a dedicated bag drop, most parking is directly adjacent to the race.

Postrace please use the finish chute to get your medal and food. Non racers are not prohibited in this area. Enjoy rejoining with friends and family near the vendors, music and team tents.

Shirts You are free to exchange your shirt after the event. Exchanges will be made at the HQ tent near the finish line (limited availability)



#### Race Timing and limits/restrictions

The Alameda 10-Miler and 8k are chip-timed events. Participants must finish the 10 mile course in 3 hours. Participants can run, jog, or walk the entire course. Jogging strollers are not permitted. Wheelchair athletes are permitted but due to safety concerns and street closure restrictions cannot travel faster than the fastest runner. No bikes, scooters, skateboards or other wheeled vehicles are allowed. Dogs are not allowed on our race course or finish line.

Be your best self! We all love racing but safety and FUN are most important. If something needs attention please let a course monitor or staff know – they are wearing bright neon shirts.

High five other runners, share the joy, share the pain, go big!

Thank you for running with us!

**Big Huge Day Events** 

### Race Info

#### 7:00am START

#### <u>8k course</u>

#### 7:30am START

#### 10 Mile Course

#### **Elevation and Course Reminders**

The course is flat and fast, with little variation. For the 10 Miler only there are some surface changes when crossing the Bay Farm Bridge. First, the pedestrian bridge is windy and narrow, please stick to your designated side. Once you enter Bay Farm the course takes a sharp down hill turn to the right and onto a short wooden bridge. Please be aware. After the bridge you will stay on a sidewalk until getting onto the path, the total distance of the bridge and sidewalk are less than 100 meters. Make sure you are following all course signage and listening to course monitors, they are there to keep you safe. Both courses use bike lanes and park paths in addition to roads and bridges. Please be careful and courteous.

Race	Race Location	
8k/10M	Park @ Shoreline	1.5, 8.5
	Park Bathrooms	1.5
8k Park Entrance Cir		4
10M	Harbor Bay Club	3, 7
	Park Bathrooms	MILE 4
10M	Ferry Turn around	5
	Ferry Bathrooms	

#### Aid Stations and Restrooms

**Event Beneficiaries** 

East Bay Regional Park District Oakland Tech Cross Country Oakland Military Institute

**Prizes and Awards** 

Age Group prizes will be awarded to the following gendered winners 20-29, 30-39,40-49, 50-59, 60-69, 70-79 Please pick up your earnings at the HQ tent after the conclusion of

the event. Prizes are OptiGenix consultation and LMNT hydration packs.



"Free 1-on-1 consult with a registered sports dietitian and a personalized supplement pack designed to support your performance and recovery goals."



ROBERT W. CROWN MEMORIAL STATE BEACH · ALAMEDA COOPER TEARE CLASSIC 10-MILER & 8K • Sat., Aug. 9 (7-10am)