

Diamond Valley Lake Marathon/Half Marathon and 5k Races

Frequently Asked Questions (FAQ's)

1. What are the course records?

- **Marathon:**
 - i. Male: Thomas Beyer - 2 hrs 51 min 26 (2004)**
 - ii. Female: Polly Crawford - 3 hrs 27 min 22 (2004)**
- **Half Marathon:**
 - i. Male: Joshua Finger - 1 hr 18 min 13 (2004)**
 - ii. Female: Erinas Kaspar - 1 hr 34 min 58 (2007)**
- **5k:**
 - i. Male: Michael Buckoff - 16 min 51 (2007)**
 - ii. Female: Lindsay Keough - 19 min 51 (2007)**

2. What is the weather like in Hemet in January?

Weather figures provided by the N W Service for Hemet:

Average Temperatures for January:

Low = 38F High = 66F

Average Precipitation for January = 2.6"

Average Humidity (PM) = 55%

Average Wind speed = 5.5 mph

Hemet is located in the low desert region of southern

California. January can be wet but the weather is usually

perfect for running at this time of the year. Expect lows in the

low 40's warming up to mid 70's and sometime temperatures in the 80's during the afternoon. Plan your race accordingly!

3. What shall I wear?

Due to the potential temperature fluctuations a layered approach to clothing is best. Prepare for chilly temperatures at the start of the race and warming up as the race progresses. Faster runners will probably not need more than a race singlet and shorts whereas slower runners might require more layers. Gloves, light shell jacket and headgear may be required at any time so be prepared!

4. What type of running shoes shall I wear?

This is a tough one! Due to the variation of the participants this author will not try and answer this one specifically. Most of the marathon and half marathon courses are run on dirt/gravel roads with smooth blacktop on all three dams and some access roads. Racing flats are discouraged due to the uneven nature of the dirt roads. A general purpose trainer such as the Nike Pegasus or Adidas Response have worked well on these roads.

5. Where do we start/finish the runs?

The Start/Finish line for all races is in the gravel parking lot at the north end of the East Marina. All three races utilize the same start/finish line. You will be able to park very close to

the race activities area. However, as parking is limited we do encourage carpooling.

6. Are there bathroom facilities at the start/finish area?

Yes, there will be numerous porta-potties on hand. However, there are no shower facilities currently available at the site.

7. Will there be any food concessions at the race?

Yes, we will have food and beverages for your consumption both pre and post races. You will be responsible for the cost of additional goods and services from independent vendors at the race venue.

8. Are spectators allowed on the race routes?

As a general rule, **NO**. Spectators must stay within the confines of the Marina and the area of the north shore that allows shoreline fishing. Our use permit will not allow any spectators out of these areas. Please obey these rules as it may jeopardize future races/events.

9. Is the marathon course a certified Boston qualifier?

At this time, no, it is not a certified course that can be used to qualify for the Boston Marathon. However, all the race courses are measured to USATF standards.

10. Will there be drinks or aid on the course?

Aid stations are placed every 2 1/2 miles with water and Gatorade. Snacks such as powerbars will be available also.

However, as in any endurance event, we strongly encourage participants to bring their own hydration packs and refueling requirements to provide a measure of self-sufficiency in such a unique event as this.

11. **Course Descriptions:**

- **Marathon course** – Runners will initially run a 2.5 mile out/back segment from the Start/Finish area in the East Marina. This will follow a westerly direction from the paved parking lot along the dirt north shore drive road. Once the marathoners return to the East Marina they will complete 21.2 mile clockwise circumnavigation of Diamond Valley lake on the lake shore drive road.

Approximately six miles of the marathon will be run on smooth asphalt (three dams plus ancillary roads) with the rest on compacted dirt access roads with some loose gravel, sand and rocks. The course is undulating with no major hills.

However, this is not a marathon if you want large crowds or want to run a fast PR...think more of a nice peaceful sojourn around a beautiful gem of a lake with fantastic views of southern California's mountain ranges.

- **Half Marathon course** – The course is an out and back design. Runners will start the same direction as the marathoners. They will run in a westerly direction from the East Marina on the north shore lake access road. This will take runners out along the north shore of Diamond Valley lake for a distance of 6.55 miles and return them in the opposite direction back to the Finish line at the East Marina.

The race is run on compacted dirt roads with some loose gravel, sand and rocks. Approximately 2-3 miles will be run on smooth asphalt across the saddle dam and access roads. The course is undulating with no major hills.

- **5k course** – The course is an out and back design. Runners will start in the East Marina and head in an easterly direction following the dirt lake shore access road around a small headland and joining the Marina access road for a brief spell. Runners will then join the smooth paved East dam access road and run south along the dam until the turnaround at the 1.55 mile mark. Runners will then retrace their steps back to the Finish line in the East Marina. The course is undulating with no major hills.

12. **Is there an official race photographer?**

Yes, we are pleased to announce Kennedy Photo Works will be the exclusive race photographer for the event. This company has been the official photographer for such events as the St. George Marathon and the 24hrs of Adrenaline mountain bike endurance events. They have some great ideas in the works for some different kinds of photographic services for this event. Some examples of their services can be found at www.kennedyphotoworks.com.