



Final Information

March 7, 2026



Welcome to the Ruff Run presented by Paws of Coronado! We are excited to have you join us for this fundraising event for our furry friends. Please take a moment to read through our final instructions to familiarize yourself with important event information and policies.

RACE WEEKEND AT A GLANCE

PACKET PICK-UP ON RACE MORNING

Coronado Tidelands Park

2000 Mullinex Dr

Coronado, CA US 92118

Saturday, March 7

7:00 AM – 7:45 AM

RACE DAY DETAILS *Saturday, March 7*

Start/Finish Line

Coronado Tidelands Park grassy area

Event Day Schedule

7:00am Race Day Registration and Check-in at Coronado Tidelands Park

8:00am 5K & 1.5 Mile Start

8:15am DOGA with Amanda from Joyhealing Co.

9:15am Awards Presentation

9:30am DOGA with Amanda from Joyhealing Co.

10:00am Event Concludes

NOTES FOR PACKET PICK-UP

Photo IDs are required. Walk-up registration (unavailable if the event sells out prior to race time) will be available at packet pick-up on the event day. Participants will receive a race bib, race t-shirt (please pick up the shirt size selected during registration), collapsable dog bowl and extra goodie items will be available at the sponsor tents at the venue.

TRANSPORTATION

PARKING

Participants may park in Tidelands Park parking lot. Parking will also be available on residential streets in Coronado. Please obey all posted parking signs and restrictions and do not block driveways. Please plan accordingly by arriving early. The race will start promptly at 8:00am.



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COURSE MAP



COURSE INFORMATION

Please follow the normal pedestrian rules of the road. All participants must obey traffic laws during the course. **Dogs must be on a non-retractable leash at all times. Please keep in mind that there are tight turns, so please keep your dogs close to you at all times to avoid any potential dog-to-dog introductions on the route.**



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Runners would begin in Tidelands Park, proceeding South toward the Coronado Bridge to approximately 5th St & Glorietta Blvd. At that location, participants will turn around and proceed North back toward the bridge and Tidelands Park. Participants registered for the 1.5-mile course will finish upon returning to Tidelands Park. 5K participants will continue past Tidelands Park, proceeding further North along the bay toward Centennial Park. Turn around prior to Centennial Park, proceeding South back toward Tidelands Park. 5K runners would finish where they started, Tidelands Park.

Water Stations

There will be one water station available along the 1.5-mile route and two water stations available along the 5K route. Water Station #1 will be located along the return toward Tidelands Park, just before participants re-enter the venue area, allowing 1.5-mile participants to access it before finishing. Water Station #2 will be located at the 5K turnaround point near Centennial Park.

Dog water bowls will be available for your furry friends as well (one dog per water bowl). Please stay hydrated.

EVENT DAY IMPORTANT INFO

Post-Race Refreshments

All participants will receive water and a banana at the finish line.

Results/Awards/Medals*

All participants will be timed. All participants will receive a medal for you or your dog.

Overall and age group division awards are open to everyone who runs the 5K.

Team Award: The team with the most registered members will receive a Crystal Trophy.

Age Group Awards: Awards will be presented to the top three female and male runners in the 5K race in 10-year increments (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

Overall Winners: This year's overall Top 3 5K Male and Top 3 Female Finishers will receive an Awards Medal.

All results can be found [HERE!](#)



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*Awards ceremony will be for overall winners. Winners must be present to claim award, prizes will not be mailed. Age group awards will be available for pick-up at PAWS tent once results are finalized.

Ruff Run Expo

Be sure to visit our Vendor Row before and after the race to connect with local businesses, discover great products, and support our community partners!

DOGA (Dog Yoga)

Start your morning with a little movement and mindfulness at **DOGA (Dog Yoga)** led by Amanda from Joyhealing Co. This fun, beginner-friendly session is designed for both humans and their pups to stretch, relax, and connect after the race.

- **Session Times:** 8:15 AM & 9:30 AM
- **Please bring your own yoga mat**
- **Sign up to save your spot [HERE](#)**

Social Media

Don't forget to have fun! Please be sure to share your favorites on **Facebook** [@PAWSofCoronado](#) and [@EasyDaySports](#), and **Instagram** [@pawsofcoronado](#) and [@easydaysports](#).



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