

LACTATION SUPPORT GUIDE FAQs

For the first time in 2022, the Monterey Bay Half Marathon, in partnership with &Mother, is proud to support and celebrate breast/chestfeeding runners who require lactation amenities at this event. Providing lactation support and accommodations is central to how mothers and lactating runners participate AND feel included in events.

Please review our FAQ section here for all details pertaining to our Lactation Amenities. Contact Julia@andmother.org for further questions.

FAQS:

1. What Lactation Amenities will be available on race day?

Dedicated start line space. There will be a dedicated Lactation Tent located near the start line Elite Tent. The tent will be enclosed for privacy; equipped with tables and chairs; have outlets available for electric pumps; hand sanitizer and paper towels; and a cooler for transporting breast milk. It will be in close proximity to porta potties.

Pumps. You can bring your own pump, which will be stored in a medical device bag and transported to the finish line lactation space. OR you can use FDA-approved multi-user pumps from Babyation. Each user receives their own sterilized pumping kit (flanges tubes, etc.) and Babyation team members will be present to help users.

Dedicated finish line space. There will be a dedicated Lactation Space adjacent to the Finish Festival (in Redwood Room of the Portola Plaza). The space will have your medical device bags with personal pumps; cooler with your pumped milk; Babyation available pumps; tables and chairs; power sources for electric pumps; and close proximity to a restroom. This space is also available for chestfeeding children after the race.

2. Do I need to pre-register to use the lactation tent?

It depends. If you are going to use the Babyation provided pumps, pre-registration is not required. But we encourage you to stop by the &Mother tent at the Health and Fitness Expo to get all the details you need about race day lactation support.

If you are bringing your own pump, please stop by the &Mother booth at the Health and Fitness Expo to retrieve an Approved Medical Device Bag for transporting your pump and accessories. All pumping runners who wish to check their pump at the start line lactation tent and have it transported to the finish will need to place their pump and accessories inside this Approved Medical Device Bag. This can be picked up at the &Mother booth at the expo, or at the start line lactation tent.

3. Will there be pumps available or do I need to bring my own?

You can bring your own - and use the Approved Medical Device Bag for transportation.

OR you can use Babyation's FDA-approved multi-use hospital grade pump at the start line lactation tent and at the finish line lactation tent. Members from Babyation will be present to help pumping runners set up and use the pump for maximum comfort and success.

4. Will I be able to transport my breast milk?

Yes! **IMPORTANT NOTE:** Please bring your own milk storage bags. We will have a cooler with ice located in the start line lactation tent. Milk storage bags should be clearly labeled with the provided Sharpie and placed into the cooler, which will be transported to the finish line lactation space located in the Redwood room at the Portola Plaza Hotel.

5. What time will the start line lactation tent open?

6:00am until the last corral has started

6. Where do I collect my breast pump and milk after the race? And by what time?

The Redwood Room inside the Portola Plaza, adjacent to the Finish Festival. The finish line lactation space will have all checked personal pumps; cooler with stored breastmilk; Babyation provided pumps; tables and chairs; hand sanitizer and paper towels; power sources; and in close proximity to rest rooms. The space will be available for chestfeeding children as well.

IMPORTANT NOTE: All belongings must be collected from this room by 12:00pm.

7. Will someone stay with my pump and/or milk?

Yes - one of our &Mother team members (a mother and runner herself) will remain with all the pumps and pumped milk throughout the race.

8. Do you have a list? I don't want to forget anything.

Absolutely. We love lists.

HEALTH AND FITNESS EXPO

- Stop by the &Mother tent
 - Pick-up your Approved Medical Device Bag and stickers
 - Get final questions answered from the &Mother and Babyation team
 - Use our lactation space for pumping and/or chestfeeding during the expo

HALF MARATHON RACE DAY

PRE-RACE CHECKLIST

- Approved Medical Device Bag
- Stickers (labeled with your name and bib #)
- Your pump
- Milk storage bags (labeled with your name and bib number)

START LINE

- Visit the lactation tent next to the elite tent (immediately adjacent to the start line)
- Pump using your own pump or the Babyation provided pumps
- Store your milk in **your own milk storage bags**
- Drop off your pump in the Approved Medical Device Bag and your milk in the cooler
- Go run a great race!

FINISH LINE

- Go to the Redwood Room in the Portola Plaza hotel
- Pick up your pump or use a Babyation provided pump and pump or bring your child to chestfeed
- Gather all your gear - personal pump and/or pumped milk from the cooler
- Enjoy the Finisher Festival!