

Final Race Instructions 2010

Where do I park? What time does the race start? What will I wear? Ok, we can't help you with the last question but the answers to virtually all of your questions and critical information related to the 25th Honda LA Marathon presented by K-Swiss are detailed below. **We strongly urge you to read all of the instructions below to make sure your race weekend goes as smoothly as possible.** We would like to say thank you to all of our sponsors particularly our title sponsor Honda and presenting sponsor K-Swiss. Without such committed and supportive partners, this race would not be possible. Visit lamarathon.com for more information.

I. RACE WEEKEND SCHEDULE

Date	Time	Event	Location
Friday, March 19	11am-8pm	LA Marathon Expo	Dodger Stadium, Lot G
Saturday, March 20	8:00am start	NPN LA 5K	Dodger Stadium, Lot G
Saturday, March 20	9am-5pm	LA Marathon Expo	Dodger Stadium, Lot G
Saturday, March 20	4:45pm-7pm	Inspiration Dinner	Santa Monica Pier Lot
Sunday, March 21	7:20am start	LA Marathon	Dodger Stadium, Lot G

II. PRE-RACE

A. LA Marathon Expo

Where: Dodger Stadium, Lot G.

When: Friday, March 19 from 11 am-8 pm and Saturday, March 20 from 9 am-5 pm

- All Marathon participants must go to the Expo to claim their T-shirt, bib and timing B-Tag and to join the Clif Bar Pace Team.
- You **MUST** bring a valid form of identification to packet pickup.
- If you are picking up for a friend you must bring their confirmation card, a copy of their driver's license and an authorized note.
- **Please note there will be no picking up of runners' materials on race day.**

See below for important details related to your Bib and B-Tag—we urge everyone to read this carefully

The 2010 LA Marathon will be timed using both your bib number and the new B-Tag Timing System. You **must** wear your Bib on the front of your shirt and leave the B-Tag attached to your bib. If you do not wear the Bib and attached B Tag, your marathon time will not be recorded properly. Please make sure that your name, age, and sex are printed accurately on the bottom of your bib. Also, the ID # on your B-Tag must match the number listed on your Bib number - check this before leaving the Expo.

- **Race Bib:** You must complete the medical information printed on the reverse side using waterproof ink. Do not allow anyone else to run with your bib. If somebody else uses your bib, you, and the party running with your bib, will both be disqualified. Do not cut or fold your bib in any way.
- **B Tag Timing:** The LA Marathon will be using the ChonoTrack timing system this year. The ChronoTrack Timing System uses the disposable B-Tag which is attached to the runner's race bib. You will not need to remove the tag from the bib to put on your shoe. The timing device remains ON YOUR BIB. Runners will not have to return this tag after the race. For instructions and more information please go the following web address: <http://www.chronotrack.com>.

B. Pete Carroll Win Forever Inspiration Dinner

Where: Santa Monica Beach, 1550 Pacific Coast Highway, in the lot just north of the Santa Monica Pier. Parking is available in the 1550 lot adjacent to the dinner location. Delicious carb-friendly meal provided by Rubio's Fresh Mexican Grill. Tickets are still available for \$35 per person.

When: Saturday, March 20, Doors open at 4:45pm and Coach Carroll will be speaking at 6:00pm

III. RACE DAY

ARRIVE EARLY, ARRIVE EARLY, ARRIVE EARLY!!! Let's face it folks, this is Los Angeles, so even though it is a weekend and you will be leaving your house or hotel before the crack of dawn, you have to factor in traffic, congestion and crowded parking lots. We strongly advise all participants to arrive at the Stadium a minimum of 60 minutes before the race and 90 minutes is even better!

A. Shuttle Information

Many, if not most of us, will be driving to the race. This year we have a point-to-point course so to help you get to the starting line, we have a shuttle reservation system in place. Simply reserve your space on one of our pre-race shuttles before 3/12 (www.lamarathon.com/runner-info/parking), park your car in Santa Monica and we'll transport you to the start line at Dodger

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Stadium. The shuttle pick up location is on Main Street between Olympic Dr. and Pico Blvd. in Santa Monica (1700 Main Street, Santa Monica). This is right in front of City Hall and only a few steps from the Santa Monica Civic Auditorium. When possible, we strongly recommend that drivers should think about carpooling—the Honda LA Marathon has set up its own carpooling system with PickupPal at www.pickupal.com/pup/welcome/LA-Marathon.

B. Parking

Once off the freeway, what next? Well, the City of Santa Monica has secured various parking lots with a total of approximately 8,000 spots. The lots will open at 2am and the City is charging \$17 for race day parking. Honda LA Marathon staff will post directional signage and will be directing marathon participants to the parking lots from the freeways. Pre-paid parking can be booked online through the website, www.thepermitstore.com/sm/event.

Runners can also be dropped off at Dodger Stadium on race day. **However, Participants will not be allowed to leave their cars at Dodger Stadium.** Vehicle access to the stadium will be for participant drop off only. Cars entering the Stadium are required to stay through the start of the Marathon, and must exit afterwards. Depending on which gate you enter, you will be directed to park in a specific parking lot and specific parking space. Please note that only the **Downtown (1252 Stadium Way)** and **Golden State (938 Academy Rd)** Gates will be open on race day. **The Sunset Gate will NOT be open** due to road closures for the marathon. Sunset Blvd from Hollywood Blvd. to Main Street will also be closed starting at 3am on March 21 as it is part of the marathon route. See Appendix B for Dodger Stadium Map.

C. The Start

The Start Line for the Marathon is located at the crosswalk in Lot G at Dodger Stadium. There will be three starting corrals for the race. One for the wheelchairs, Elites & sub 3-hour runners, one for sub 4-hour runners who have pre-qualified, and the primary corral for runners and walkers. Wristbands are required for entrance into the Sub-3 and Sub-4 hour corrals. Please situate yourself in the start area according to your anticipated minute pace per mile, i.e. ten minute miles. This system is for your safety and the safety of other participants. Pace per mile signs will be hung along the sides of corrals, starting with a 9 minute pace all the way through 13 + minute pace per mile. Pre-race Dasani Water and POWERade will be available near the starting corrals. Toilets will be available near the starting line in Lot 7 as well as in Dodger Stadium at the field level. No public access will be allowed into the start line. If you want to store anything, there will be a bag check located in Lot G at Dodger Stadium. All gear checked at the Stadium will be transported to the Finish Line Festival for pick up post-race. The Finish Line Festival will be in the parking lot immediately north of the Santa Monica Pier and is just a short walk from the Finish Line. Due to heightened security reasons we will only accept the clear plastic bags of runners belongings. Non-transparent bags or back packs will not be accepted. Please use the bag provided with your name and bib # attached. Do not leave anything valuable or fragile in your bag as we are not liable for its loss or damage.

Starting Times

6:55 am: Wheelchairs
7:00 am: Hand Cycles
7:07 am: Elite Woman Only
7:25 am: Elite Men & Full Field (including the racewalking division)

D. The Race

And you're off! Ok, what next?

Entertainment Along the Course

Running 26.2 miles in and of itself is fun but it might be nice to spice things up a bit. That is why the Honda LA Marathon has stocked the race course with TONS of excitement to keep your energy level up and lots of fun things to look forward to throughout the race. There will be 25 entertainment centers, 4 City Block Parties, Cheer Alley, and over 50 additional entertainment sites located throughout the course.

Aid Stations

California Hospital Medical Stations will be located at miles 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, the Finish Line and Family Reunion areas. Dasani Water stations will be stationed at every mile. POWERade stations will be located at every odd numbered mile, beginning at Mile 3. Salonpas, a topical analgesic, will have a Pain Relief Zone located just past Mile 18, and after the finish line. Late Dasani Water & POWERade stations will be available at miles 15, 17, 19, 21 & 23 for participants who proceed at a pace in excess of 13 minutes per mile.

Race Clocks

There will be race clocks located at all mile markers.

For Those Running a 13 Minute+ per Mile Pace

The Marathon course will be closed to vehicular traffic during the event. The entire course will be closed the full width of the roadway and cross traffic will be prohibited and strictly enforced. If you maintain a 13 minute per mile pace, you will

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complete the race in 6 hours and all streets will be closed. For slower participants, be aware that water and medical stations will close down at a 13 minute pace, and the course will re-open to vehicular traffic. At this point, runners who wish to continue must leave the roadway, run on the sidewalk and assume the role of a pedestrian obeying all traffic laws and signals. Sufficient finish line personnel will remain on duty until 4:00 p.m. to record times for runners and to provide medical assistance and refreshments.

Downed and Dropped Runners

If you need to drop out, please report to the nearest water station or amateur radio operator (HAM) so that your name and bib number can be recorded and transmitted back to the Don Francisco's Family Reunion area. Diversified Paratransit shuttle vans will pickup runners who are unable to complete the Marathon starting at the Mile 7 water station and continuing through mile 23 and transport them back to the Runner Drop Off location at 2nd Street and Broadway in Santa Monica.

Wheelchair Athletes

The Wheelchair Division is governed by the rules and regulations of the National Wheelchair Athletic Association (NWAA). Please ensure that both your wheelchair, and the manner in which you operate it, are in compliance with these regulations. Be alert for the lead runner convoy as it approaches from the rear, and pay attention to the instructions that are given. Failure to do so may subject racers to disqualification. Guard against illegal pacing and other infractions that might warrant disqualification. We will provide each participant with two bibs and a helmet number. One bib must be affixed to the front of your body so it can be read easily, the second bib to the front of your chair, and the helmet number on your helmet. **The bib with the B Tag should be the one worn on the front of your body.** We strongly advise that you wear an ANSI or Snell approved helmet when competing.

Don't Do This!!

Please keep in mind that pursuant to rules dictated by USA Track & Field, anyone attempting to participate in the Marathon using bicycles, strollers, skateboards, inline skates or roller skates will be disqualified. Any competitor who has been found, by the referee, to have gained an unfair advantage by receiving assistance or by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified.

E. The Finish

Congratulations—you did it! Whether you ran a 5 minute mile pace or 13 minute mile pace, finishing the Honda LA Marathon presented by K-Swiss is a HUGE accomplishment. Heck, running/walking any part of it is a huge accomplishment and to celebrate the Honda LA Marathon presented by K-Swiss is throwing a rocking party at the Finish Line! Read on for more details!

The Finish Line

The finish line is at Ocean Ave. and Santa Monica Blvd. Runners should disperse across all lanes leading into the finish. **After you cross the finish line, do not stop until you've reached the Finisher Medal Area.** Access to the Finish Line is restricted to runners and race officials only! Families and friends are directed to meet at the Finish Line Beach Party. Marathon Foto will be taking finish line photos of all participants and there will be a post-race massage area at the Finish Line Beach Party in the 1550 parking lot just north of the Santa Monica Pier.

The Finish Line Beach Party

Time to have some fun! The Finish Line Beach Party will be located in the 1550 parking lot just north of the Santa Monica Pier in Santa Monica. There will be lots of refreshments, free samples, live music from Clear Channel radio and tons of fun in the Finish Line Beach Party Area. For more details on who and what will be there, visit our website lamarathon.com.

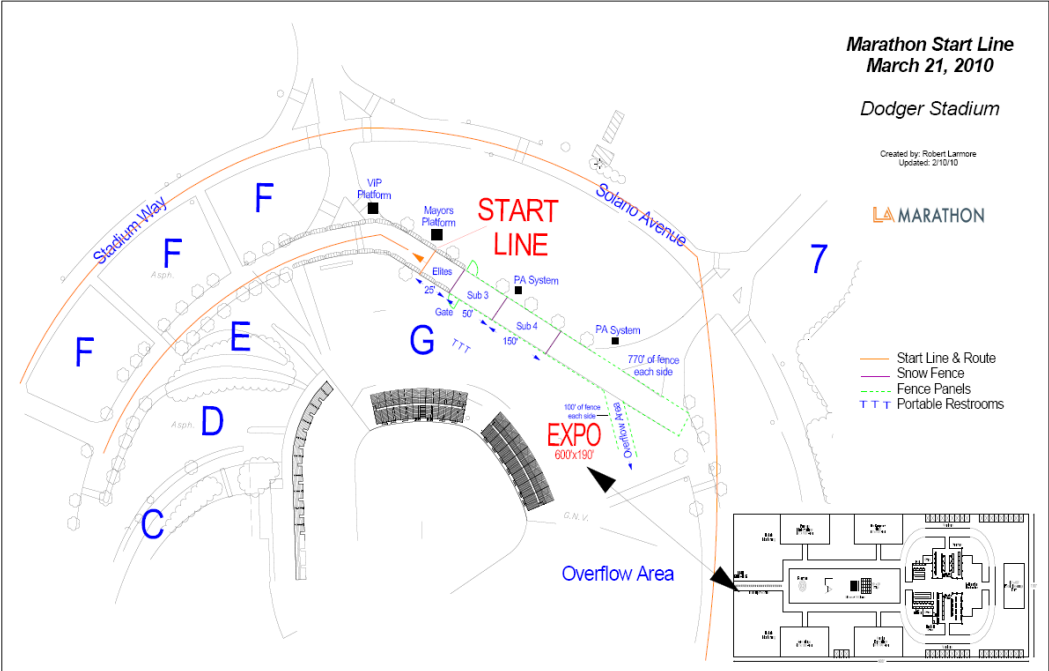
Don Francisco Family Reunion Area

The Friends and Family Reunion Area will be located inside the Finish Line Beach Party in the 1550 lot just north of the Santa Monica Pier. Please arrange to meet family and friends by the posted alphabetical signs denoting the **first letter of your last name.** Downed or dropped runner information will be available in the Family Reunion area. There will be Medical services available in the Family Reunion Area. Don Francisco will be providing coffee throughout the day for spectators and participants.

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IV. APPENDICES

Appendix A: Dodger Stadium Start Line Map



Appendix B: Dodger Stadium Parking Map

