

HONDA

 MARATHON
PRESENTED BY K-SWISS

Race Fact Sheet

洛杉矶马拉松赛事说明

Come Experience the Stadium to the Sea Race Course

来参与从体育馆到海边的赛事吧!

Race Date: Sunday, March 20, 2011

比赛日期: 周日, 2011年3月20日

Start Times: **Hand Cranks** 手动轮椅组 6:55 a.m.

比赛开始时间 **Wheelchairs** 轮椅组 7:00 a.m.

Elite Women 女子单项组 7:03 a.m.

Elite Men & Full Field 男子单项及团体组 7:20 a.m.

Registration: Fees will not increase. 没有额外收费

注册

Marathon 马拉松 \$145

Marathon (International) 国际马拉松 \$175

LA 5K 5公里 \$35

LA Roadrunners (Training + Marathon)

洛杉矶路跑赛 (培训+马拉松比赛) \$240

LA Roadrunners (Training Only) \$145

洛杉矶路跑赛 (只包括培训)

Distance: **Marathon** 26.2 miles

距离 马拉松 26.2公里

5K Run: The LA 5K run/walk will be held on Saturday, March 19, 2011 at 8:30a.m., with the start & finish lines at Dodger Stadium.

5公里跑 洛杉矶5公里跑步行将于2011年3月19日(周六)上午8点30分进行。起点及终点都是道奇体育场。

Marathon The point to point course starts at world famous Dodger Stadium and finishing at the beach in Santa Monica. The course is referred to as The Stadium to the Sea. It travels through Downtown Los Angeles, Hollywood Boulevard, the Sunset Strip, West Hollywood, Rodeo Drive in Beverly Hills, and Ocean Avenue in Santa Monica.

点对点路线由世界著名的道奇体育场开始,在圣塔莫尼卡海滩结束。整个路线从体育馆到海边,途经洛杉矶市区,好莱坞大道,日落大道,西好莱坞,比弗利罗德里大街和圣塔莫尼卡海滨大道。

The course will be closed for 6 hours, e.g. 13 minutes a mile, and the Finish Line will close at 8 hours. Those runners & walkers who do not maintain a pace of less than 13 minutes/mile will be directed to finish the race on the

HONDA
LA MARATHON
PRESENTED BY **K-SWISS**

sidewalks and must follow the rules of the road. Water stations 15, 17, 19, 21, 23 and 25 will remain open until 3pm for late finishers. Medical support will also remain on the course until this time.

如果以3分钟一英里，线路全程是6个小时，终点将延长到8小时。如果无法保持3分钟一英里的速度，将会被引导到赛道继续进行。供水站15,17,19,21,23和25号还将持续到结束的比赛提供到下午3点。医疗服务也将持续到这个时间。

All participants will receive a technical shirt, finishers' medal & electronic finishers certificate, and must pick up their race packet at the Sponsor Expo during the times listed below.

所以参赛者都会收到一件参赛T恤，完成比赛者会获得证书，还可以在赞助商展位取到一个比赛包裹，
详细时间见下面介绍

Pre-Race Shuttles Transportation from the Finish to the Start will be provided as part of their registration fees. Details on hours, location, etc. will be sent to all registrants.

赛班车 从终点到起点交通费用将包含在报名费当中。具体的时间和集合地点会发给注册报名者。

Start Corrals: Runners who have finished a marathon in under 3, 4 or 5 hours in the previous 12 months will be eligible for seeding in corrals designed for our faster participants. To qualify for these corrals, a copy of a finisher's certificate or official results from a sanctioned and certified marathon must be mailed, emailed or faxed with your application by January 1, 2011 to:

选手如果在一年之内马拉松跑进3,4或者5小时将会被安排进入快速选手区域。为了确保资格，需要与2011年1月1日前邮寄，邮件或传真提交合法的正规马拉松选手证书或者官方结果。地址如下：

Mail: LA Marathon, 9200 Sunset Blvd, Ste. 520, Los Angeles, CA 90069

Email: info@lamarathon.com

Fax: (310) 271-7202

Course Support: Water Stations will be located at the Start and Finish at each mile along the course. Sports drinks will be available at the odd numbered Water Stations starting with mile 3. Port-a-lets are available at the Start and Finish and at every water station on the course.

赛场支持：赛场的起点和终点每隔一英里都设有水站。从三英里开始，奇数编号的水站将提供运动饮料。Port-a-lets在起点、终点和每个水站供应。

Medical: There will be medical support for the 2011 race. Medical stations staffed with physicians, nurses and other medical professionals are located along the race route at miles 6, 8, 10, 12, 14, 16, 18, 20, 22, and 24. The Finish Area will have 2 medical tents also staffed by physicians, podiatrists, nurses and other support personnel. Late medical support will be provided and will patrol the course until the last participant finishes the race.

医疗：2011年的比赛将有医疗支援。医疗站位于比赛路线6, 8, 10, 12, 14, 16, 18, 20, 22和24英里处，有医生、护士及医疗专业人员为您服务。终点处的2个医疗帐篷也将有医生、足科医师、护士和其他辅助人员。会在比赛过程中巡逻，直到最后一个参与者完成比赛。逾期仍可寻求医疗支援。

HONDA

LA MARATHON
PRESENTED BY K-SWISS

Gear Check: Personal item storage will be available to marathon runners prior to the race at Dodger Stadium. Runners should not leave valuable items in their storage bags as the Honda LA Marathon is not liable for lost or stolen items. Your gear bag will be transported to the Finish Line.

用品检查:

马拉松参赛选手可以在道奇体育场起点处存放个人物品。但请不要在您的储物袋中存放贵重物品，对于物品的丢失或被盗，洛杉矶马拉松赛将不予负责。您的储物袋将被运送到终点。

Dropping Out: If you have to drop out for any reason, Down Drop Runner vans will be available at various water stations from miles 7-23. These vans will provide runners transportation back to the central drop area near the Finish area. Runners that have dropped out of the race may not cross the Finish Line as they will be disqualified from the race.

中途退赛: 如果您因任何理由中途放弃比赛 在7-

23英里各个水站处将有迎接车辆。这些车辆运送运动员至比赛终点附近的中心退赛区。中途退赛的运动员将因比赛资格被取消而不能越过终点线。

Finish Area: In the secure finish area marathon finishers will receive their finisher's medal, food, water and heat sheets. Finishers will also have the opportunity to have their photo taken by Marathon Foto. Massage therapists will be on hand for post-race massage

终点区域: 在角力的终点区域完成马拉松比赛的运动员将获得完赛奖章、食品、水和热巾。完赛者也将有机会出现在马拉松比赛照片中。按摩台将在现场提供赛后按摩。

Family Reunion: The Family Reunion area will serve as a meeting place for family and friends to reunite with runners. There will also be a check-in tent for information on runners who dropped out and injured runners.

家庭团聚: 家庭团聚区域是为参赛者与家人、朋友提供服务。也将有登记帐篷是其中途退赛及受伤的运动员名单和信息。

Web site: www.lamarathon.com

网站: www.lamarathon.com

Expo: Sponsor Expo
Location: Dodger Stadium

Friday March 18 11 a.m. to 8 p.m.

Saturday March 19 9 a.m. to 6 p.m.

All participants must pick up their race day packet during these dates and times. Visit the many sponsor booths and listen to special guest speakers. The Sponsor Expo is free and open to the general public. More details are listed at www.lamarathon.com.

HONDA

LA MARATHON
PRESENTED BY K-SWISS

博览会: 赞助商博览会
位置: 道奇体育场

3月18日星期五 上午11时至下午8时
3月19日星期六 上午9时至下午6时

所有参加者必须选择以上的一个时间段。参观众多赞助商展位以及听取特邀嘉宾演讲。赞助商博览会将免费向公众开放。更多详情请参阅www.lamarathon.com。

Volunteers: Over 6,000 people are needed for race weekend. Individuals and groups may register online at www.lamarathon.com.

志愿者: 比赛时需要超过6000人。个人和团体可以在www.lamarathon.com在线登记。

Hotels: If you need a hotel room, we ask that you patronize one of the "OFFICIAL" hotels. These hotels have offered great deals for our marathon participants, friends and family. We have put together a list of hotels that will suit everyone's preference. You can choose from a hotel near the Start, or the Finish, newer or historic, near the beach or downtown and choose from different price ranges. Each hotel has guaranteed lowest rates for all Honda LA Marathon participants. Bring your family and friends and make a weekend out of the 2011 Honda LA Marathon presented by K-Swiss. To reserve a hotel room please visit, <http://resweb.passkey.com/go/lamarathon>.

酒店: 如果您需要入住酒店房间, 请光顾我们的“官方”酒店之一。这些酒店已经为马拉松参赛选手及其朋友和家人提供房间。我们已集中罗列出能够很好适应每一个人不同偏好的酒店目录。您可以轻松选择比赛起点或终点附近的酒店、新式或古典的酒店、靠近海边或市中心的酒店以及不同价格区间的酒店。每家酒店都有保证所有本田洛杉矶马拉松参加者提供最低价格。带上您的家人和朋友, 周末出来参加由KSwiss提出的本田洛杉矶马拉松比赛。预订酒店房间请访问<http://resweb.passkey.com/go/lamarathon>

Charity Partner: The official charity program for the 2011 Honda LA Marathon is an excellent way to make your participation more meaningful and to motivate you when the going gets tough. Through this program, local and national charitable organizations use the Honda LA Marathon events as a platform to raise money for their organization and to increase their profile in the community. Since its inception in 1987, the program has been hailed as "Million Dollar Morning" in recognition of the more than a million dollars raised annually and the more than 17 million dollars that has been raised to date for a number of worthwhile concerns. Runners and cyclists are encouraged to support the charities by raising per-mile pledges from friends, family and co-workers. Among the 6,000 volunteers lining the 26.2 mile course are a large number of people representing the Honda LA Marathon Official Charities. At each of their miles, their energy and inspiration proves highly motivational to the 25,000+ marathoners, particularly those who have been

HONDA

 MARATHON
PRESENTED BY K-SWISS

moved to raise money for any and all of the worthwhile charitable concerns. Visit the Honda LA Marathon website, www.lamarathon.com, for a complete list and description of Official Charities.

慈善合作伙伴:

2011年本田洛杉矶马拉松赛的官方慈善项目将使您的参与更有意义,并在比赛关键时刻更好地激励您。地方和国家慈善机构通过此项目,利用本田洛杉矶马拉松赛事这个平台,来为慈善筹集资金并提高其社会形象。自1987年成立以来,该项目被称为“Million Dollar Morning”,因其每年筹集超过100万美元,至今已有超过1700万美元被筹集用于慈善事业。我们鼓励跑步者和自行车运动员支持本次慈善活动,提高每英里来自您的朋友、家人和同事的人捐。沿26.2英里赛道的6000多名志愿者是代表本田洛杉矶马拉松赛官方慈善的一大批人士。有他们在的每一英里,他们用充沛的精力和鼓舞人心的加油助威,高度激励超过25,000名马拉松选手,特别是那些为慈善事业提供资金支持的人。欲知完整列表及官方慈善描述,请浏览本田洛杉矶马拉松比赛网站www.lamarathon.com