## **2024 FINAL INFORMATION**







Welcome to the 39th running, and a special St. Patrick's Day edition, of the Los Angeles Marathon presented by ASICS \*

The Charity Half Marathon is the exclusive half marathon within the Los Angeles Marathon where every one of you is giving back – THANK YOU! We hope you enjoy your over 13.1mile race starting at the famed Dodger Stadium, wind through some of the city's most iconic neighborhoods including Echo Park, Hollywood, West Hollywood, Beverly Hills, and finish in Century City. You'll also pass by historic and cultural landmarks such as Capitol Records Tower, Hollywood Walk of Fame, Grauman's Chinese Theater, The Troubadour, Rodeo Drive, and so much more!

Whether this is your first half marathon or your 600<sup>th</sup> half marathon, when you cross the Finish Line, we hope you'll take a few minutes to look back at what you accomplished, what you sacrificed, and what you did. You gave up your weekends to train. You nursed your blisters and ran through the pain. You went out for the long run early in the morning when all you wanted to do was sleep in. You gave up time with friends and family to log your time on your feet. Your dedication is inspiring. Your accomplishments are motivating. We are proud of you. We hope you are proud of you.

Thank you for choosing to participate in the Charity Half Marathon, where everyone participating is fundraising and giving back! We thank you and hope you know that every step you take is making a difference.

Have an unforgettable race experience and we'll see you soon.

Until then, please take a moment to read through our final race instructions to familiarize yourself with the race and our policies for an efficient and easy race weekend.

CHARITY Half Marathon

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## **GENERAL EVENT INFORMATION**

## ADDRESSES

- Bib Pick Up at the Lifestyle Expo:
  - o Dodger Stadium, 1000 Vin Scully Avenue, Los Angeles, CA
- Charity Half Marathon Start Line
  - Dodger Stadium
  - For runner drop off including Uber/Lyft:
    - Enter through the Golden State Gate, accessible via I-5
    - Enter 2000 Academy Rd., Los Angeles CA to navigate via GPS.
    - Drop off at Lot 4 of Dodger Stadium
- Charity Half Marathon Finish Line
  - Santa Monica Blvd at Avenue of the Stars
  - Area landmark: Westfield Century City Mall

#### **AVERAGE WEATHER**

Average Weather (55°F TO 73°F) Average at Start Line: 50°F Average at Noon at Finish Line: 72°F

Please note: The Start Line is outdoors and may be damp and cold. Warm clothing is recommended. Any discarded clothing items at the Start Line will be collected and donated to charity.

## **SOCIAL MEDIA**

Be sure to follow us on social media for the latest news, information, and content!

- Instagram: @lamarathon
- Facebook: facebook.com/lamarathon
- Twitter: @lamarathon
- Hashtags: #LAMarathon #TeamTMF



#### RUNNER PERKS

Enjoy your 2024 Runner Perks! Check out the offerings from partners and local businesses throughout Los Angeles. https://www.mccourtfoundation.org/event/los-angeles-marathon/runner-perks/

## **RACE PHOTOS**

Make sure your bib number is visible at ALL times in front of your body and SMILE when you cross the Finish Line! Your personal race photos provided by FinisherPix will be available at www.finisherpix.com



## **RACE WEEKEND SCHEDULE**

DATE	ТІМЕ	EVENT	LOCATION
FRIDAY, MARCH 15	10:00AM – 7:00PM	LIFESTYLE EXPO	DODGER STADIUM, LOT G
SATURDAY, MARCH 16	8:00AM START	LA BIG 5K	DODGER STADIUM, LOT H
SATURDAY, MARCH 16	9:45AM START	LA KIDS RUN	DODGER STADIUM, LOT H
SATURDAY, MARCH 16	10:00AM – 5:00PM	LIFESTYLE EXPO	DODGER STADIUM, LOT G
SUNDAY, MARCH 17	7:00AM START	LOS ANGELES MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 17	7:30AM – 3:30PM	LOS ANGELES MARATHON FINISH LINE	SANTA MONICA BLVD (BTW. AVE OF THE STARS & CENTURY PARK EAST)
SUNDAY, MARCH 17	8:15AM START	CHARITY HALF MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 17	9:00AM – 3:00PM	FINISH FESTIVAL	CENTURY PARK, 2000 AVENUE OF THE STARS
SUNDAY, MARCH 17	10:00AM – 2:30PM	HEINEKEN O.O BEER GARDEN	CENTURY PARK, 2000 AVENUE OF THE STARS



## **RACE RULES**

Participants are encouraged to read the Los Angeles Marathon race rules which can be found here: <u>https://www.mccourtfoundation.org/event/los-angeles-</u> <u>marathon/faqs/#racerules</u>

#### IMPORTANT RULES TO BE AWARE OF

- Race numbers must be always visible from the front and may not be cut, folded, or altered.
- The use of any wheeled devices including bicycles, strollers, skateboards, inline skates, or roller skates is prohibited.
- Any competitor who has been found to have gained an unfair advantage by receiving assistance or by intentionally shortening the route of the race ("cutting the course") will be disqualified.
- The transfer of bibs to another person is strictly forbidden. Do not allow anyone else to run with your bib. If somebody other than yourself uses your bib, you and the party running with your bib will both be disqualified from the event and possibly banned from future events.
- Runners in their final approach must CLEARLY display their bibs on the front of their body. Any runners that do not have a race bib, "bandits", will be immediately pulled off course prior to crossing the Finish Line.
- Please do not attempt to cross the Finish Line with friends, family (including children), or unofficial "pacers" as they will be immediately pulled off course by security personnel.
- All entry fees are non-refundable and non-transferable.



## LIFESTYLE EXPO



## PARTNERS

#### **EXPO VENDORS**

BIG5	BALEGA	GOOD IDEA	PCLA	THAI COMMUNITY DEV. CENTER
COROS	BARCODE	GT'S LIVING FOODS	PELOTON	THE BEACON HOUSE
ANGEL CITY PIT BULLS	BARRY'S	HIDOW	ΡΟΡ'Ν ΜΑΜΑ	THE DELI DOCTOR
ELECTROLIT	BEST DAY BREWING	IV2	PRO COMPRESSION	TRACKSMITH
GU	BUTTERY POPCORN CO	KALEO MARKETING	RANCHO MELADUCO DATES	TROOMY
HAWAIIAN AIRLINES	CHARGEL	KOOL N' FIT	RNNR	UCAN
HEINEKEN	CLIX THERAPY	KT TAPE	RNWY	WELLNESS MOBILE IV
JOHNSON MATRIX	CORE POWER	LAS VEGAS MARATHON	ROYALE USA	WETZELS PRETZELS
KIA	DADDY'S BEST FROYO TRUCK	LEAF FILTER GUTTER PROTECTION	RUNNA	YAKULT
KTLA	DNA HAIR TOOLS	MOJAWA	SALVI-NATION FOOD TRUCK	
THERABODY	EL CHEF	NATHAN'S	SAN FRANCISCO MARATHON	
	ENDURELITE	OAK BERRY	SHOELY	
	FINDING FIT - CAREN WARE	ONE WORLD RUNNING (SHOE/ CLOTHING DONATION)	SRLA	
	FLEET FEET	OOFOS	STATE OF GRATITUDE	
	FLEX CBD	OTSO SPORT	STRIDES IN RECOVERY	
	FLIPBELT	PANCAN	TEAM WORLD VISION	



#### LOCATION

Dodger Stadium, Lot G

#### **DATES & HOURS**

Friday, March 15: 10:00 am – 7:00 pm Saturday, March 16: 10:00 am – 5:00 pm

#### PARKING

Parking is available at Dodger Stadium via Gates A and E. Parking at the Expo is FREE!

#### WHAT'S IN YOUR RACE PACKET

- Race Bib with Timing Chip
- ASICS Participant Technical Shirt
- Clear Plastic Event-Issued Participant Bag
- Official Race Program provided by the Santa Monica Daily Press

#### **BIB PICK-UP INSTRUCTIONS**

All participants are required to attend the Lifestyle Expo to pick up their race packet.

Bring your ID and your QR code (found in your confirmation email which you received via email when you registered). If you don't have your QR code, please have your ID ready.

When you enter the Expo, the first area you'll walk into is the bib pick-up area.

- If you are running for Team TMF, you will go to the Team TMF Charity Half Marathon bib pick-up tent.
- If you are running for one of our Charity Partners, you will pick up your bib at the Charity Half Marathon bib pick-up tent.

#### WHAT'S INCLUDED WITH BIB

• Race number, timing chip, and tear-off ticket for one complimentary beer or hard seltzer courtesy of Heineken 0.0 and Truly after the race!



#### **IMPORTANT NOTES:**

- All participants must attend the Expo to pick up their bib.
- There is no race day bib pick up
- You must pick up your own bib. No exceptions.
- We do not mail packets.

#### HOW TO WEAR YOUR BIB

• To attach your bib, use four safety pins and pin each corner of the bib onto the FRONT of your shirt, making sure the number is always clearly visible.

#### IMPORTANT NOTES ABOUT YOUR BIB

- Do not allow anyone else to run with your bib. If somebody other than yourself uses your bib, you and the party running with your bib will both be disqualified from the event and possibly banned from future events.
- Do not post pictures of your bib number prior to the race to avoid fraudulent bib duplication. If your bib number is duplicated by another person, you may be disqualified from all future McCourt Foundation events.
- Please complete the medical information on the back of the bib.

#### WHEELCHAIR & AWD ATHLETES BIBS

Wheelchair athletes will be provided with two race bibs. The race bib with the bib tag MUST be affixed to the front of the participant's body so it can be read easily and the second race bib to the front of the chair.

#### CHALLENGE MEDALS

Are you set to earn the LA Double Play?

• Participants earn this medal for completing the 2024 LA Big 5K on Saturday, March 16 and 2024 Charity Half Marathon on Sunday, March 17

All qualified participants will receive their sticker at bib pick-up indicating you're set to earn the LA Double Play challenge medal in the Secure Zone when finishing the Marathon! Congratulations on your accomplishments.

#### **EXPO VENDORS**

#### **ASICS STORE**

Stop by the ASICS store to pick up your official 2024 Los Angeles Marathon Collection gear, the latest ASICS shoes, and more.

#### **BEER GARDEN WRISTBAND**

All participants 21+ may pick up your wristband for the post race Heineken 0.0 Beer Garden.



#### LOS ANGELES MARATHON TENT

Stop by the Los Angeles Marathon tent to check out our oversized course map complete with all the on-course entertainment, spectator zones, cheer zones, aid stations, and so much more!

#### **REGISTER FOR 2025! 40<sup>th</sup> Running of the Los Angeles Marathon!**

Registration for the 40th running of the Los Angeles Marathon will open Friday, March 15, 2024, with exclusive presale pricing valid while supplies last. You will not want to miss this special anniversary year!

#### SHOE & CLOTHING DONATION

Bring your shoes, T-shirts, socks and running clothes to the expo on Friday and Saturday to donate to One World Running, a non-profit organization celebrating its 37th year promoting health and fitness around the world. Cleats also accepted. Any clothing should be washed beforehand.

## **RACE DAY PARKING AND TRANSPORTATION**

All participants should plan to arrive at the Start Line at Dodger Stadium by 7:00 am (at least 75 minutes before the start of the race). There will be traffic, lines, and road closures. Make your transportation plan ahead of time.

#### **CHARITY HALF MARATHON SHUTTLES**

There is a dedicated shuttle for Charity Half Marathon participants from Century City to the Start Line

- 6:00 am and 6:30am
- Shuttle to the Charity Half Marathon Start Line at Dodger Stadium from Century City (Avenue of the Stars south of Olympic).

#### MARATHON SHUTTLES

Marathon shuttles are available to Charity Half Marathon participants if you'd like to arrive early.



#### FINISH LINE SHUTTLES: FROM CENTURY CITY TO THE START LINE

- Shuttles are available from the Finish Line in Century City to the Start Line the morning of the race.
- Times: Shuttles will run continuously from 3:00 am 5:30 am.
- Pick Up Location: Avenue of the Stars, south of Olympic Blvd.

#### UNION STATION SHUTTLES: FROM UNION STATION TO THE START LINE

- Pick up Location: Patsaouras Transit Plaza behind Union Station (801 Vignes St., Los Angeles, CA)
- Times: Shuttles run from 5:00 am 6:00 am.
- Important note: There is no shuttle transportation from the finish line back to Union Station after the race.

#### HOTEL SHUTTLE: FROM OFFICIAL DOWNTOWN LA HOTELS TO THE START LINE

- Participants that booked a Downtown LA hotel through the Official Hotel Reservation Center can board a Downtown LA Hotel Shuttle.
- Times: 4:00 am 6:00 am
- Pick Up Location: 500 S Figueroa Street, Los Angeles, CA
- Wristbands are required for the Hotel shuttle. Guests who are staying at an official Los Angeles Marathon hotel will receive (or request) their wristband at check in.
- Post Race: Participants that booked their Downtown LA hotel through the Los Angeles Marathon Official Hotel Reservation Center can board a Downtown LA Hotel Shuttle to take them back to Downtown LA.
- Post Race Shuttle Times: Shuttles run from 11:00 am 4:00 pm
- Post Race Pick Up location: Avenue of the Stars, south of Olympic on the east side of Avenue of the Stars.
- Post Race Drop Off Location: 500 S Figueroa St, Los Angeles.

#### SECURITY CHECKPOINTS FOR THOSE RIDING SHUTTLES

Participants who are riding a shuttle to Dodger Stadium (Century City, Union Station, and Downtown LA Hotels) will be required to go through a security checkpoint screening prior to boarding the shuttle. All bags will be screened by security personnel. Participants MUST use the clear plastic event-issued Participant Bag for carried gear. Nontransparent bags, backpacks, or suitcases WILL NOT be accepted under any circumstances.



## PARKING AT THE FINISH LINE IN CENTURY CITY

There is ample parking in Century City for participants and spectators alike.

#### IMPORTANT NOTES ABOUT PARKING IN CENTURY CITY

- Allow for extra time to enter parking lots.
- Be aware of and adhere to all posted "No Parking" signs in the neighborhoods surrounding Ave of the Stars. Parking enforcement will be on-site throughout the day, and you will be ticketed and/or towed.
- Make note of your parking garage so as not to forget where you parked post race.

The list of available Finish Line Parking Structures is below. Head to the link here to prepurchase your parking: <u>https://www.mccourtfoundation.org/event/los-angeles-</u> <u>marathon/parking-transportation/</u>

- 1999 Avenue of the Stars, Los Angeles, CA 90067
- 10250 Constellation Blvd, Los Angeles, CA 90067
- 2030 Century Park West, Los Angeles, CA 90067
- 10250 Santa Monica Blvd, Los Angeles CA 90067

## **DRIVING TO DODGER STADIUM**

#### PARKING AT DODGER STADIUM

If you are parking at Dodger Stadium:

- Vehicle access to Dodger Stadium is ONLY permitted through the Golden State Gate accessible via I-5.
- Use 2000 Academy Rd. to navigate via GPS to the Golden State Gate. This will take you directly to the Golden State Gate.
- Use the RIGHT lanes leading into the Golden State Gate and proceed to the Runner Parking Area in Parking Lot 3.

#### IMPORTANT NOTES ABOUT PARKING AT DODGER STADIUM

- The Stadium Way exits from CA-110 (both northbound and southbound) will be closed on race day.
- All other Dodger Stadium parking gates will be closed to vehicular traffic.
- Dodger Stadium gates will open to vehicular traffic on Sunday, March 17 at 3:00 am PT.
- Parking at Dodger Stadium during the Los Angeles Marathon is free.



- There is no shuttle transportation from the Finish Line back to Dodger Stadium after the race.
- The Downtown and Sunset Gates will not be opened to vehicles.
- Retrieve your vehicle by 6 pm on March 17. Vehicles left in the lot after 6 pm are subject to tow at their owner's expense.

#### DROP OFF AT DODGER STADIUM

If you are being dropped off at Dodger Stadium:

- Enter through the Golden State Gate, accessible via I-5
- Enter 2000 Academy Rd., Los Angeles CA to navigate via GPS. This will take you directly to the Golden State Gate.
- Use the LEFT lanes leading into the Golden State Gate and proceed to the Runner Drop-Off Area in Parking Lot 4.

SECURITY CHECKPOINTS FOR THOSE DRIVING OR BEING DROPPED OFF AT DODGER STADIUM

- Participants who park their cars or are dropped off at Dodger Stadium will be required to access the Start Line at Dodger Stadium through one of three Security Checkpoints.
- All participants are subject to search and all bags will be screened by security personnel.
- Participants MUST use the clear plastic event-issued Participant Bag for carried gear.
- Non-transparent bags, backpacks, or suitcases WILL NOT be accepted at Gear Check under any circumstances.

## POST RACE TRANSPORTATION

#### IF YOU PARKED AT THE FINISH LINE... WALK TO YOUR CAR

#### IF YOU NEED AN UBER/LYFT/RIDESHARE TO GET ANYWHERE

• Rideshares will be directed to pick up at Pico and Motor Ave, near the main gate of Fox Studios and the entrance to Rancho Park Golf Course.

#### IF YOU'RE GETTING PICKED UP BY A FRIEND/FAMILY

• Direct your friends/family to pick you up at Pico and Motor Ave, near the main gate of Fox Studios and the entrance to Rancho Park Golf Course.



#### PICK UP AT PICO AND MOTOR AVE

• This is approximately <sup>3</sup>/<sub>4</sub> of a mile walk from the Finish Festival. Exit the Finish Festival to walk south on Avenue of the Stars or Century Park East and turn right/west when you reach Pico Blvd.

#### IF YOU'RE STAYING AT A DTLA HOTEL

Participants that booked their Downtown LA hotel through the Los Angeles Marathon Official Hotel Reservation Center can board a Downtown LA Hotel Shuttle to take them back to Downtown LA.

- Post Race Shuttle Times: shuttles run from 11:00 am 4:00 pm
- Post Race Pick Up location: Avenue of the Stars, south of Olympic on the east side of Avenue of the Stars.
- Post Race Drop Off Location: 500 S Figueroa St, Los Angeles.
- You will need your wristband that you receive from your hotel at Check In to get on the post race shuttle.

## **CHARITY HALF MARATHON START LINE**

Participants should arrive at Dodger Stadium no later than 7:00am.

There will be a Charity Half Marathon meeting spot at the stage in parking Lot H North near the start line.

The Outsider Boxing team will be doing warmups at the Charity Half Marathon stage at 7:45am. Make sure to join us there to warm up for your race! You'll run by the Outsider Boxing Gym on course on Santa Monica Blvd and Doheny. They have a special \$99 membership promotion right now for all our participants if you want to start cross training! Visit theoutsiderboxing.com

Charity Half Marathon participants should head to the Start Line by 8:10am for the National Anthem and Race Start at 8:15am.

Charity Half Marathon participants who start before the authorized start time of 8:15am will be disqualified.

## **CHARITY HALF MARATHON DISTANCE**

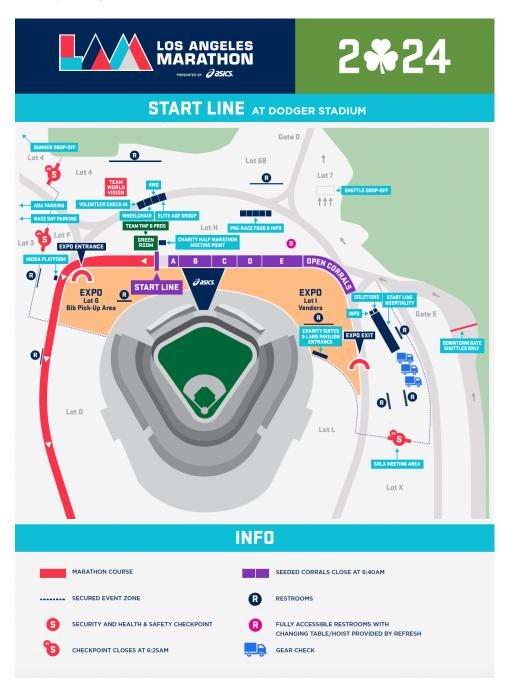
The Charity Half Marathon course is not an official Half Marathon with a distance of approximately 13.7 miles (compared to the official 13.1 miles). There will be a timing mat at 13.1 miles for those looking to get an accurate and comparable Half Marathon time.



## **CHARITY HALF MARATHON COURSE**

Charity Half Marathon participants will exit Dodger Stadium and make a right on Sunset, joining in with the Marathon course after the first mile (just past Mile 6 of the Marathon course).

Charity Half Marathon participants are asked to be mindful of marathon runners on the course when they merge.





## **RACE DAY SCHEDULE**

#### SUNDAY, MARCH 17

ТІМЕ	DESCRIPTION
3:00 AM	DODGER STADIUM PARKING OPEN
3:00 AM	SECURITY CHECKPOINTS OPEN
4:00 AM	GEAR CHECK OPENS
4:45 AM	START LINE HOSPITALITY OPENS
5:00 AM	SEEDED CORRALS OPEN (A, B, C, D, & E)
6:25 AM	SECURITY CHECKPOINT #1 CLOSES
6:30 AM	PRO WHEELCHAIR RACE START
6:35 AM	HAND CRANK RACE START
6:35 AM	ALL OTHER AWD ATHLETES (STARTING BEHIND THE HAND CRANKS)
6:40 AM	SEEDED CORRALS CLOSE (A, B, C, D, & E)
6:40 AM (TBD)	PRO WOMEN & ELITE AGE GROUP WOMEN
7:00 AM	GEAR CHECK CLOSES
7:00 AM	PRO MEN & FULL FIELD START
8:15 AM	CHARITY HALF MARATHON START



## **GEAR CHECK**

There is NO dedicated gear check for the Charity Half Marathon.

Charity Half Marathon participants can utilize the Marathon gear check if you arrive early to Dodger Stadium.

Marathon Gear Check is in Lot K and opens at 4am and closes by 7am.

Participants will have the option to check a bag race morning if you arrive before 7am. Gear Check Trucks will list bib numbers, and the last truck will say "Charity Half Marathon". Look for the Charity Half Marathon sign to check your bag in the correct truck. You will pick your bag up in the finish line chute on the last truck labeled "Charity Half Marathon.

Race morning:

- Gear Check is located in parking lot K at Dodger Stadium.
- Gear Check Opens at 4am PT.
- Gear Check closes at 7am PT (after this time you will not be able to check a bag)

After the race:

- Gear Check will be located on Century Park East north of Constellation.
- Gear Check will be open until 3pm PT.

Gear Check bags not retrieved on race day will be taken back to the Los Angeles Marathon offices where you can pick it up with proper documentation. Please email <u>solutions@mccourtfoundation.org</u> with "GEAR CHECK Bib # [insert your bib number]" to confirm your bag is there and to make arrangements to pick it up.

Gear check rules & policies:

- You must use the clear plastic event-issued bag provided.
- Non-transparent bags, backpacks, or suitcases WILL NOT be allowed through Security Checkpoints.
- CamelBak and similar hydration backpacks will be allowed but must be searched by security personnel.
- Do not check valuables such as keys, phones, and wallets as we are not responsible for loss or damage.



## PRE-RACE FOOD

Water, GU Energy Gels, Arrowhead water, Over Easy Bars and bananas will be available in Parking Lot H North at Dodger Stadium.

## RESTROOMS

Portable toilets will be available for participants race morning in the following locations:

- Parking Lot K adjacent to Gear Check
- Parking Lot 6 adjacent to the Shuttle Drop-Off Area
- Parking Lot F near Security Checkpoint #1
- Parking Lot 4 adjacent to Security Checkpoint #2
- Inside Dodger Stadium

#### UNIVERSALLY DESIGNED CHANGING RESTROOM WITH HOIST BY MOMENTUM REFRESH

Momentum Refresh is the nation's first fully accessible, universally designed, mobile restroom equipped with a full-size adjustable changing table, a ceiling hoist (sling not provided) and other amenities.

These restrooms will be located in Lot H.

Note regarding slings: Slings for the ceiling hoist are specific to the individual and are therefore not provided. Please make sure to bring your own sling. (Any sling with a loop attachment is compatible with the lift in the vehicle.) See the Accessibility Guide link below for more information.

#### PACE TEAMS

LA Road Runners Pace Leaders will lead groups with the following finish times: 1:30; 1:40; 1:50; 2:00; 2:10; 2:20; 2:30; 2:45; 3:00

#### **GROUPS WITH SPECIAL ACCESS**

#### TEAM TMF

Team TMF participants are invited to the Green Room Tent pre-race where there will be heaters, coffee, and pre-race food available along with easy access to the Corrals for the race start.

Team TMF Participants must pick up their wristband at the Expo to access the Green Room Tent.



The Green Room is located in Lot H, near the Corral A Entrance.

#### **CHARITIES WITH CHARITY SUITES ACCESS**

Charity Suites are available for the following Nonprofit Partners: American Cancer Society, Angel City Pit Bulls, Beit T'Shuvah, Children's Hospital Los Angeles, Empowering Leadership in Latina Athletes, Hirshberg Foundation for Pancreatic Cancer Research, Kitten Rescue, Neighborhood Nip Foundation, North Valley Caring Services, Students Off And Running and Students Run LA.

Charity Suites are open to those with the proper wristband only. Contact your Charity Program Manager to receive your wristband.

#### **CHARITY SUITES LOCATION**

- Club level of Dodger Stadium
- Access to the suites is from the Right Field side of the stadium.
- From the Start Line Hospitality Tent in Lot K, walk towards the stadium and take the stairs up to the Club Level.
- Participants may also enter the stadium to walk up to the Club Level from the Right Field Gate entrance.

#### **TEAM WORLD VISION**

Team World Vision participants will have a private tent located in Lot 4. Please check with your Charity Manager for further details.



## COURSE



To view course map details: <u>https://www.mccourtfoundation.org/event/charity-half-marathon/course/</u>

## **AID STATIONS**

There are Aid Stations on course located approximately every mile from Mile 2 to Mile 13.

#### WATER & ELECTROLIT

All Aid Stations will feature both Water and Electrolit

- Electrolit flavors are coconut, strawberry kiwi, and blue raspberry.
- When approaching an Aid Station, Electrolit will be first then water.
- If the first tables are crowded, continue moving through as there are usually open tables.
- All water and Electrolit will be served in single use cups. Please dispose of the cups in the ample garbage cans on-course in and after the aid stations.





Special thank you to LADWP for providing water in WaterMonsters to help reduce plastic waste on-course!



#### GU

- GU Energy Gels will be available to participants at the Aid stations at Miles 12 and 18 of the marathon course (approximately Miles 7 and 13 for the half marathon).
- GU flavors are vanilla bean, strawberry banana, and salted watermelon.

Did you know you can recycle all sports nutrition wrappers through GU and TerraCycle? Help keep the streets of Los Angeles clean and wrappers out of landfills by tossing your wrappers at the designated GU x TerraCycle collection bins at Miles 12 and 18. TerraCycle will then take those wrappers and break them down and transform them into park benches, recycling bins and so much more!

## **MEDICAL STATIONS – KECK MEDICINE OF USC**

• There are 10 Medical Stations on course located at every mile beginning at Mile 6 in addition to Medical at the Finish Line and inside the Finish Festival.



- All Medical Stations are identified by bright red banners with the words MEDICAL and the Keck logo.
- Every medical station is stocked with basic needs such as band aids, Vaseline, salt, Ibuprofen/Tylenol, Kool 'n Fit and more.

#### RESTROOMS

Portable restrooms are located along the course at every water station and are placed after the Aid Stations.



## **CHARITY HALF MARATHON MILE/KM MARKERS**

There will be 4 Charity Half Marathon Markers on the course: Mile 1, 5K, 10K, and 15K.

- Near the Mile 8 Marathon mile marker you will also see a 5K Charity Half Marathon mile marker.
- Near the Mile 11 Marathon mile marker you will see a 10K Charity Half Marathon mile marker.
- Near the Mile 14 Marathon mile marker you will see a 15K Charity Half Marathon mile marker.

Please note these markers are approximate and will be displayed to give general guidance of where you are on the course.



## **RUNNING A 17:00+ MINUTE PER MILE PACE**

The Marathon course will be closed to vehicular traffic for 6 hours, 30 minutes beginning after the last runner has crossed the start line after the 7:00am Start Time and 3 hours, 45 minutes for the Charity Half Marathon Course.

Marathon Participants that maintain a 15:00 minute per mile pace and Charity Half Marathon Participants that maintain a 17:00 minute per mile pace will complete the race under the finish line structure with streets closed.

Charity Half Marathon Participants keeping a pace slower than 17:00 minutes per mile should be aware that the course will reopen to vehicular traffic on a rolling basis. At this point, participants who wish to continue must leave the roadway, run/walk on the sidewalk and assume the role of a pedestrian obeying all traffic laws. If you fall behind the minimum pace and are asked to continue on the sidewalk, you may approach the finish line and see the Charity Half Marathon Finish Line chute is closed. If this happens continue straight ahead on Santa Monica Blvd until you reach Century Park Blvd West (the next light) and cross the street at the crosswalk and re-join the course with the Marathoners. You will continue into the Finish Line cute to complete your race! This will add a little bit of distance to your run.



## LATE AID STATIONS

• Late Aid Stations will be available for participants who proceed at a pace more than 15:00 per mile. They will close at the following times: Mile 15 at 3pm; Mile 17 at 3:30pm.

## **DROPPING OUT OF THE RACE**

If you need to drop out of the Marathon:

- Report to the nearest Aid Station or amateur radio operator (located next to each mile marker) so that your name and bib number can be recorded and transmitted to race officials.
- Shuttle Vans will pick-up runners who are unable to complete the Marathon starting at the Mile 7 Water Station, continuing through Mile 23.
- Shuttle vans will transport them back to the Runner Drop Off location in Century City at the intersection of Century Park West and Constellation.
- Please note that Drop-Downed Runner Vans operate on a loop route and you may be required to wait for the next van to arrive.

## **ENTERTAINMENT AND CHEER ZONES**

The Entertainment along the course will celebrate the diversity and rich cultural communities of Los Angeles. Check out the Spectator Guide in the Official Race Program for more official cheer zone locations.



## **FINISH LINE**





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## **APPROACHING THE CHARITY HALF MARATHON FINISH LINE**

While on course, you will go through the City of Beverly Hills. When you leave Beverly Hills and turn onto Santa Monica Boulevard, start to move to the left-hand side of the course.

AS YOU APPROACH THE MILE 18 MARKER FOR THE MARATHON, THAT IS YOUR SIGNAL TO BE ON THE LEFT SIDE OF THE COURSE.

Starting around Mile 18 of the Marathon, you will see the course split in two and signs that say MARATHON TO THE RIGHT and CHARITY HALF MARATHON TO THE LEFT. STAY TO THE LEFT! Watch for the red double decker buses on your left-hand side along the fence line on Santa Monica Boulevard. The finish line awaits you on the other side. You will do a U-turn after the double decker buses to cross the finish line! If you miss the turn and see Mile 19 – turn around immediately, you have gone too far.

#### **FINISH LINE**

Charity Half Marathon participants will complete their race at the same Finish Line of the Los Angeles Marathon and receive their Challenge Medal(s) and other amenities on Santa Monica Blvd. between Avenue of the Stars and Century Park East.

## **RUNNER SECURED FINISH ZONE**

Once participants cross the Finish Line, you will be directed into the Runner Secured Finish Zone. Inside the Secured Zone, participants will receive the following in this order:

- Finisher Medal
- Heatsheets
- Post race food and fluid including Electrolit, Arrowhead Water, and Over Easy bars.
- FinisherPix photo op

Only participants completing the Charity Half Marathon will be allowed into the Runner Secured Finish Zone. Once you leave the Runner Secured Finish Zone, reentry will not be permitted.



## FAMILY REUNION

Post race, the best place to meet your family will be inside the Finish Festival. The area just outside the Secure Zone exits on Century Park East and Constellation will be extremely congested and not an ideal meeting place. Additionally, with so many people in a small area, cell phone access can be spotty, we encourage you to pick a place ahead of time to meet your family/friends.

Please note the secure zone is about 1/2 of a mile where you will receive your finisher medal, water, Electrolit, bananas, snacks, FinisherPlx Photo op and more.

## **RACE RESULTS**

Official race results will be available online post race.

If you do not see your results posted within 12 hours after you've crossed the finish line, please email <u>results@spectrumtiming.com</u> with:

- The subject line reading "2024 Charity Half Marathon Results"
- Your first and last name matching your event registration.
- Your assigned bib #
- Please ensure the information provided is accurate so the correct official finishing time is assigned to your name and registration.

Note, your finish time will be the net time from when you cross the starting line, not the gun time.



## **FINISH FESTIVAL**





## **FINISH FESTIVAL**

- 2000 Avenue of the Stars
- 9:00 am 3:00 pm

The official post race celebration is happening at Century Park!

Enjoy entertainment, a Beer Garden presented by Heineken 0.0, and other activations from our official race partners. The Finish Festival is open to the public, friends and family are welcome! All participants 21+ receive one complimentary Heineken, Heineken 0.0, or Truly hard seltzer.

## **BEER GARDEN PRESENTED BY HEINEKEN 0.0**

10:00 am – 2:30 pm

All participants 21+ receive one complimentary Heineken. Additional drinks are available for purchase with proceeds benefiting The McCourt Foundation.

IDs are required for entry into the Beer Garden. Pick up your wristband at the expo or bring your ID on race day.



## **TEAM TMF INSIDE THE FINISH FESTIVAL**

Team TMF participants will have a private area within the beer garden to relax and enjoy post race food and beverages, including an extra beer ticket if you're over 21.

## **MASSAGE TENT**

Participants are welcome to indulge in a post race complimentary massage at one of our two massage tents. The Massage tents will be located in front of the South Tower and North Tower, next to the valet.

#### **MEDAL ENGRAVING**

Engrave your finish time on the back of your 2024 Charity Half Marathon finisher medal! Visit our on-site medal engraving tent located within the Finish Festival. Engraving includes your name and finish time for \$15 per medal. Cash and credit card accepted.



Please note, medal engraving is different from iTab, the optional purchase available when registering. Your finisher medal iTab will be mailed to you 2-4 weeks after the race.

## **SPECTATORS**

## **RUNNER TRACKING**

- The Active Experience App will track participants on the course map using GPS.
- Download the Active Experience app: <u>https://active.app.link/LAmarathon</u>.
- All race results will be posted on our website within 24 hours after the race.

## WHERE TO WATCH

Media coverage of the race extends worldwide, on multiple platforms:

- Live local television broadcast on KTLA (Ch. 5 in LA) from 6:00am–11am PT
- Streaming on:
  - Facebook at Facebook.com/LAMarathon (International)
  - KTLA.com (International)
  - KTLA+ which can be viewed on the KTLA+ app on Apple TV, Roku, and Firestick (US Only)
  - YouTube at Youtube.com/KTLA (International)

## ACCESS AT THE FINISH LINE

Spectator access will be limited on Santa Monica Blvd from Avenue of the Stars to Century Park East and Century Park East from Santa Monica Blvd to Constellation. Any spectator wishing to watch their runner cross the Finish Line will need to position themselves on Santa Monica Blvd and Ave of the Stars near/in the bleachers.

Spectators are encouraged to meet their runners in the Finish Festival located at Century Park for live entertainment, the Heineken 0.0 Beer Garden, activations from our sponsors, and merchandise.

Please be aware of and adhere to all posted "No Parking" signs in the neighborhoods surrounding Ave of the Stars. Parking enforcement will be on-site throughout the day.



## FAMILY REUNION

The best place to meet your runners will be inside the Finish Festival after they finish at a predetermined meeting point. The area just outside the Secure Zone Exit on Century Park East and Constellation will be very congested.

Plan for it to take at least 15 minutes from when your participant crosses the finish line to exit the secure zone, and more time to get to your meeting point. Remember - they just completed a half marathon!

## SPECTATOR PARKING AT THE FINISH LINE IN CENTURY CITY

There is ample parking in Century City for participants and spectators alike.

#### IMPORTANT NOTES ABOUT PARKING IN CENTURY CITY

- Allow for extra time to enter parking lots.
- Be aware of and adhere to all posted "No Parking" signs in the neighborhoods surrounding Ave of the Stars. Parking enforcement will be on-site throughout the day, and you will be ticketed and/or towed.
- Make note of your parking garage so as not to forget where you parked post race.

The list of available Finish Line Parking Structures is below.

- 2049 Century Park East/2029 Century Park East (access from Olympic heading west only). \$5 per car
- 1999 Avenue of the Stars, Los Angeles, CA 90067
- 10250 Constellation Blvd, Los Angeles, CA 90067
- 2030 Century Park West, Los Angeles, CA 90067
- 10250 Santa Monica Blvd, Los Angeles CA 90067



## THANK YOU TO OUR OFFICIAL RACE PARTNERS

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