



TABLE OF CONTENTS

GENERAL EVENT INFORMATION.....	1
RACE WEEKEND SCHEDULE	1
ADDRESSES	2
SOCIAL MEDIA	2
RACE RULES	2
RACE DAY SCHEDULE.....	3
BIB PICK UP.....	3
ABOUT YOUR BIB	3
YOUR BIB INCLUDES	3
HOW TO WEAR YOUR BIB.....	3
IMPORTANT NOTES ABOUT YOUR BIB.....	3
BIB PICK UP AT THE EXPO	4
BIB PICK UP ON RACE DAY	5
CHALLENGE MEDALS	5
GETTING TO THE RACE	6
RACE DAY PARKING.....	6
GEAR CHECK	6
TEAM TMF & OFFICIAL NONPROFIT PARTNERS	6
START LINE	7
THE COURSE	8
AID STATION	9
FINISH LINE	9
CHALLENGE MEDALS	9
FINISH FESTIVAL & MARATHON EXPO	10
PICKING UP YOUR MARATHON OR CHARITY HALF MARATHON BIB.....	10
LIFESTYLE EXPO	11
LA KIDS RUN.....	12
THANK YOU TO OUR OFFICIAL RACE PARTNERS	14



Welcome to the 2024 Los Angeles Marathon weekend! We are excited to have you join us at the LA Big 5K and LA Kids Run.

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.

GENERAL EVENT INFORMATION

RACE WEEKEND SCHEDULE

DATE	TIME	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	8:15AM START	CHARITY HALF MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 17	9:00AM – 3:00PM	FINISH FESTIVAL & HEINEKEN O.O BEER GARDEN	CENTURY PARK, 2000 AVENUE OF THE STARS

* Expo will open early (8am) for 5K finishers after the race



ADDRESSES

- LA Big 5K and LA Kids Run Start Line & Finish Line
 - Dodger Stadium, Lot H
 - Los Angeles Marathon Lifestyle Expo
 - Dodger Stadium, Lot G
- 1000 Vin Scully Avenue, Los Angeles, CA

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

RACE RULES

- Race numbers must be always visible from the front and may not be cut, folded, or altered.
- 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.
- 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.
- 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.
- Please do not attempt to cross the Finish Line with friends, family (including children), or "pacers."



RACE DAY SCHEDULE

SATURDAY, MARCH 16

TIME	EVENT	LOCATION
5:30 AM	DODGER STADIUM PARKING LOTS OPEN	DODGER STADIUM, LOT K, 8, & 10
6:30 AM	BIB PICK UP OPENS	DODGER STADIUM, LOT G
8:00 AM	LA BIG 5K RACE STARTS	DODGER STADIUM
9:45 AM	LA KIDS RUN START	DODGER STADIUM

BIB PICK UP

LA Big 5K and LA Kids Run participants may pick up their race packets on Friday, March 15 or race morning, Saturday, March 16.

ABOUT YOUR BIB

YOUR BIB INCLUDES

Race number and timing chip.

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 t-shirt, making sure the number is clearly visible always.

IMPORTANT NOTES ABOUT YOUR BIB

- Do not allow anyone else to run with your bib.
- 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.



BIB PICK UP AT THE EXPO

LOCATION: Dodger Stadium, Lot G

DATE & HOURS: Friday, March 15: 10:00 am – 7:00 pm

PARKING:

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

INSTRUCTIONS

Bring your ID and Your QR code (found in your confirmation email which you received via email when you registered).

When you enter the Expo, the first area you'll walk into is the Bib Pick-Up area. The Bib Pick-Up Area is divided into the following groups by tents; please find the group of tents that best applies to you.

- LA Big 5K and LA Kids Run Pick-Up
- Los Angeles Marathon Pick-Up
 - LA Loyal
 - General Marathon
- For anyone participating with Team TMF or one of our Official Charity Partners
 - Team TMF Marathon
 - Team TMF Charity Half
 - Team TMF LA Big 5K
 - Charity Marathon
 - Charity Half Marathon
 - Charity LA Big 5K



BIB PICK UP ON RACE DAY

Race day bib pick up is available for the LA Big 5K and LA Kids Run on race day. Please plan to arrive early and expect traffic and lines to park as early as 6 am.

LOCATION: Dodger Stadium, Lot H

DATE & HOURS: Saturday, March 16. Bib pick up opens at 6:30 am

INSTRUCTIONS

- Bring your ID and Your QR code (found in your confirmation email which you received via email when you registered).
- Go to the Bib Pick Up area to receive your bib.
- Go to the T-shirt Pick Up area to receive your t-shirt.

CHALLENGE MEDALS

Are you set to earn the Triple 5K Tour of LA or LA Double Play Challenge Medal?

All qualified participants will receive the applicable stickers at bib pick-up indicating which additional medal(s) they will receive.

- Triple 5K Tour of LA participants will receive their Challenge Medal in the secure zone of the LA Big 5K after crossing the finish line.
- LA Double Play participants will receive their Challenge Medal in the secure zone of the LA Marathon after crossing the finish line in the secure zone of the Los Angeles Marathon or Charity Half Marathon after crossing the finish line.



GETTING TO THE RACE

Due to street closures for the LA Big 5K, only two entrances will be open to Dodger Stadium for participants:

- The Sunset Gate, accessible via Sunset Blvd
- The Downtown Gate, accessible via CA-110

These gates will open at 6:00 am.

Note: The Golden State Gate will be closed and not accessible for the 5K start.

Please allow plenty of time to get into Dodger Stadium especially if you need to pick up your race bib and t-shirt. Expect traffic and lines to park as early as 6am. Bib pick up opens at 6:30am. The 5K starts promptly at 8am.

RACE DAY PARKING

Parking for the LA Big 5K is FREE at Dodger Stadium and available in Lot K, 8, and 10.

GEAR CHECK

There is no gear check at the LA Big 5K.

TEAM TMF & OFFICIAL NONPROFIT PARTNERS

If you're running for Team TMF or one of our official LA Big 5K Charity Partners, you will see a Charity Row of tents with your organization's name on it. Make sure to visit your tent to meet your team and get any race morning goodies they're providing.



START LINE

The race will begin promptly at 8 am beginning from the same start line as the annual Los Angeles Marathon.

- Participants should begin lining up for the 5K no earlier than 7 am.
- Please seed yourself according to expected race pace — faster runners at the front of the start chute, slower runners, and walkers to the back.
- For those that will be walking with a stroller, please place yourself at the very back of the pack to minimize any disruption of other runners.



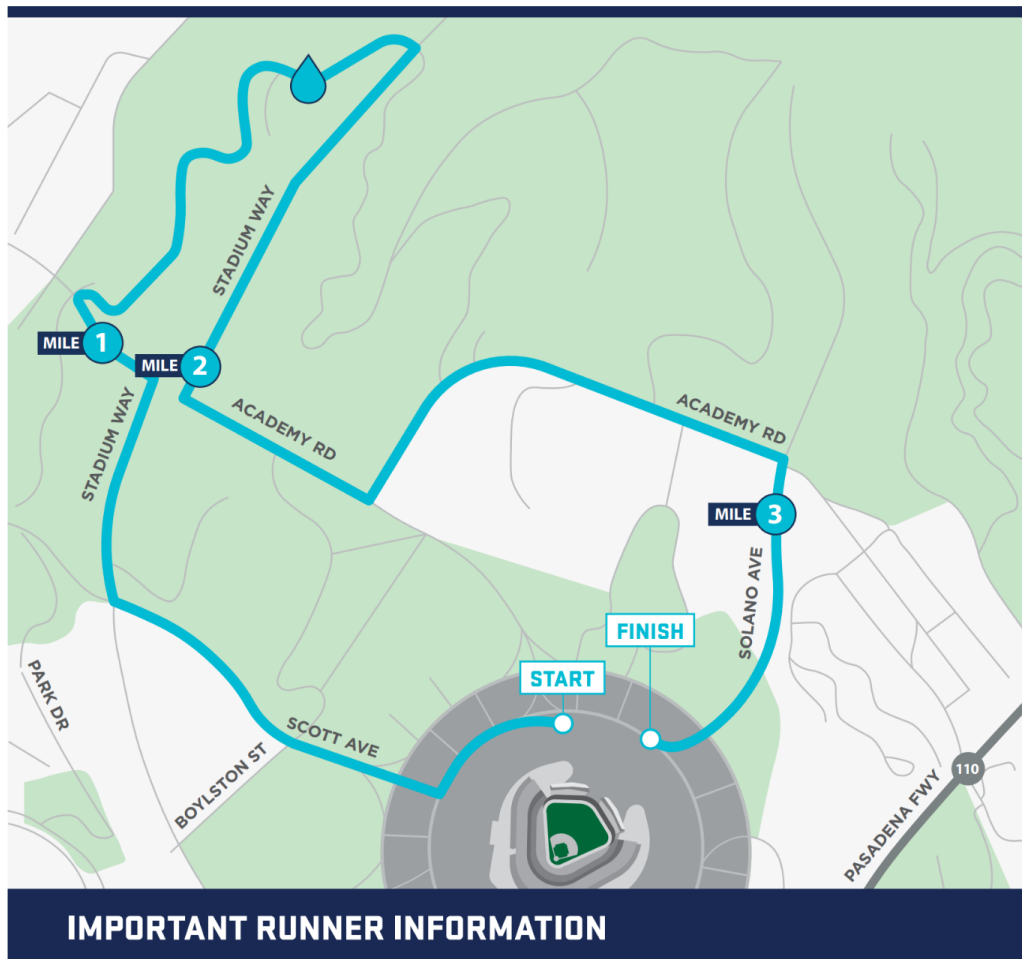
THE COURSE

The LA Big 5K course shares a Start Line with the Los Angeles Marathon and winds through Elysian Park to finish steps from Dodger Stadium.



COURSE MAP

At Dodger Stadium
MARCH 16, 2024



IMPORTANT RUNNER INFORMATION

5K Course

Mile Marker

Aid Station (Water only)

AID STATION

A fully staffed aid station with water is located near the mid-point of the LA Big 5K course.

FINISH LINE

Once participants cross the Finish Line of the LA Big 5K, participant will receive the following in the Secure Zone:

- Finisher Medal
- Arrowhead Water and Electrolit
- Over Easy Bars, Siete Chips, Pocky, and other snacks
- Triple 5K Tour of LA Challenge Medal (if qualified)

CHALLENGE MEDALS

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- LA Double Play participants will receive their Challenge Medal in the secure zone of the LA Marathon after crossing the finish line in the secure zone of the Los Angeles Marathon or Charity Half Marathon after crossing the finish line.



FINISH FESTIVAL & MARATHON EXPO

After the LA Big 5K, we invite you to celebrate with friends and family in our Finish Festival and then head over to the Lifestyle Expo (which will open early for 5K finishers) to explore our over 100 vendors.

PICKING UP YOUR MARATHON OR CHARITY HALF MARATHON BIB

For those taking the LA Double Play Challenge and needing to pick up your Marathon or Charity Half Marathon bib, the Lifestyle Expo will have a soft opening at 8am for 5K finishers. Please check your Marathon or Charity Half Marathon Final Infor for more details on bib pick up.



LIFESTYLE EXPO



LOS ANGELES MARATHON
PRESENTED BY asics

2♣24

LIFESTYLE EXPO FRIDAY, MARCH 15: 10AM - 7PM
SATURDAY, MARCH 16: 10AM - 5PM



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	POP'N MAMA	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	RNWX	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 FOR RECOVERY	
	FLIPBELT	PANCAN	TEAM WORLD VISION	

LA KIDS RUN

The LA Kids Run is a point-to-point course that starts at the Los Angeles Marathon start line and ends at the nearby LA Big 5K finish line.

Please pick up your child's bib and t-shirt at the registration area - look for the dedicated KIDS RUN BIB PICK UP table. To avoid lines and delays, please plan to pick up your child's bib prior to the 5K and no later than 9:15am on Saturday. Participants can start lining up at 9:15AM for warm-ups and announcements or 15 minutes before their wave start. The LA Kids Run begins at 9:45AM.

Waves will start every 5 minutes as follows:

- Wave 1: 7-8 year olds (9:45am)
- Wave 2: 6 year olds (9:50am)
- Wave 3: 5 year olds (9:55am)
- Wave 4: 4 year olds (10am)
- Wave 5: 3 year olds (10:05am)

* Times are approximate and may vary slightly

Children will be sent out in waves by age group - oldest in front, youngest in back – every 5 minutes. Look for the WAVE # signs upon arrival.

Parents are welcome to run alongside their children or wait for them at the finish line – those with children in Wave 4 and 5 (4 and under) are encouraged to accompany their child on the course.

Each child will receive a participant race bib that must be pinned to the front of their clothing. There will be a matching “parent bib” for one parent or guardian to either wear



or hold onto it if they are on the course and when they leave the finish area with their child. Children will receive their medal at the finish line along with water and post-race snacks.

Did your Child Earn a Kids Run LA Challenge Medal by completing all three 2023-2024 Kids Runs? Pick up your child's Challenge Medal at the Kids Registration Table near the finish line.



THANK YOU TO OUR OFFICIAL RACE PARTNERS

