# LOS ANGELES MARATHON





Welcome to the 39th running, and a special St. Patrick's Day edition, of the Los Angeles Marathon presented by ASICS <sup>♣</sup>

The Los Angeles Marathon is a 26.2-mile tour of the best of Los Angeles – you'll start at the famed Dodger Stadium, wind through some of the city's most iconic neighborhoods including Chinatown, downtown Los Angeles, Echo Park, Hollywood, West Hollywood, Beverly Hills, Brentwood, and finish in Century City. You'll also pass by historic and cultural landmarks such as the Chinatown Dragon Gate, Olvera Street, Los Angeles City Hall, Little Tokyo, Cathedral of our Lady of Angels, Capitol Records Tower, Hollywood Walk of Fame, Grauman's Chinese Theater, The Troubadour, Rodeo Drive, Route 66, and so much more!

But that's not all our Stadium to the Stars course has to offer. You can expect world class operations including stocked aid stations, medical, and officials on course. And we cannot forget the crowd support and spectators who will bring you all the energy and vibe that only Los Angeles can offer.

We hope you are excited for race weekend – where you and 25,000+ of your new family will accomplish something that only .05% of the US will ever do: FINISH A MARATHON.

Whether this is your first marathon, your tenth or your 39<sup>th</sup>, 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 with the Los Angeles Marathon. Your participation supports the McCourt Foundation mission to cure neurological diseases while empowering communities to build a healthier world. 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.

LOS ANGELES 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
- Los Angeles 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
- Los Angeles Marathon Finish Line
  - o Santa Monica Blvd at the corner of Avenue of the Stars
  - o 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 Los Angeles Marathon 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 <a href="https://www.finisherpix.com">www.finisherpix.com</a>
FinisherPix

## 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	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: <a href="https://www.mccourtfoundation.org/event/los-angeles-marathon/fags/#racerules">https://www.mccourtfoundation.org/event/los-angeles-marathon/fags/#racerules</a>

#### 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





FLIPBELT

TEAM WORLD VISION

PANCAN

#### 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 required for Gear Check
- Official Race Program provided by the Santa Monica Daily Press

#### **IMPORTANT NOTES:**

- All participants must attend the Expo to pick up their bib unless you have Start Line Hospitality.
- There is no race day bib pick-up (unless you pre-purchased Start Line Hospitality).
- You must pick up your own bib.
   No exceptions.
- We do not mail bibs.
- Your bib includes your race number and gear check tag.

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

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

Bring your ID and your QR code (found in your confirmation email which you received via email when you registered). If you do not 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. 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 (general registration)
- Los Angeles Marathon Seeded Corral (General Registration & LA Loyal)
- Los Angeles Marathon Open Corral (General Registration)
- Los Angeles Marathon Open Corral LA Loyal
- Team TMF Marathon, Team TMF Half Marathon, and Team TMF LA Big 5K (part of Team TMF)
- Charity Marathon, Charity Half Marathon, and Charity LA Big 5K (participating with one of our Official Charity Partners)



#### LOS ANGELES MARATHON

If you are unsure if you are in a Seeded or Open Corral (you should have received an email with this information or check our website <a href="here">here</a>), go to the Corral Look Up tent with your QR Code available. If you are participating with one of our Official Charity partners and in a seeded corral, you will still pick up your bib from the Charity Marathon tent. If you're registered for the LA Big 5K and the Marathon or Charity Half Marathon, you must go to both areas.

#### WHAT'S INCLUDED WITH BIB

Race number and timing chip, Gear Check tag: you will tear this off and attach it
with a provided zip tie to your event issued clear plastic bag if you choose to
utilize our race day Gear Check, tear-off ticket for one complimentary hard seltzer,
beer, or non-alcoholic beer courtesy of Truly and Heineken after the race!

#### **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 one, two, or three Challenge Medals after completing the 2024 Los Angeles Marathon?

- LA Double Play: 2024 LA Big 5K and 2024 Los Angeles Marathon or 2024 LA Big 5K and 2024 Charity Half Marathon
- Conquer LA: 2023 Santa Monica Classic 10K, 2024 Rose Bowl Half Marathon, and 2024 Los Angeles Marathon
- Triple 5K Tour of LA: 2023 Santa Monica Classic 5K, 2024 Rose Bowl 5K, and 2024 LA Big 5K
- SF/LA Challenge: 2023 San Francisco Marathon and 2024 Los Angeles Marathon
- LA Kids Run Challenge: 2023 Santa Monica Kids Run, 2024 Rose Bowl Kids Run, 2024 LA Kids Run

All qualified participants will receive one, two, three or four stickers at bib pick-up indicating which additional medal(s) they will receive in the Secure Zone when finishing the Marathon! Congratulations on your accomplishments.

Triple 5K Tour of LA and LA Kids Run Challenge medals will be available at the LA Big 5K Finish Festival.

#### LA LOYAL

The Los Angeles Marathon LA Loyal program recognizes the outstanding achievement of participants who complete the Los Angeles Marathon year after year! If you are LA Loyal, you will pick up your incentives inside the Registration area in the Expo.

- LA Loyal Bib & Pin: All LA Loyal participants will receive their bib and pin together at bib pick-up.
- To pick up additional incentives for years 5, 10, and 11+ please go to the LA Loyal Swag tent.

#### LA LOYAL INCENTIVES

- 2+ consecutive years: Unique LA Loyal bib and the LA Loyal 2024 pin
- 5 consecutive years: LA Loyal bib, commemorative pin and hat, LA Loyal 2024 pin
- 10 consecutive years: LA Loyal bib, commemorative hoodie and medal featuring the original 1986 design, and LA Loyal 2024 pin
- 11+ consecutive years: LA Loyal bib, LA Loyal cooling towel, and LA Loyal 2024 pin



## **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 their wristband for the post-race Heineken 0.0 Beer Garden.

#### LA ROAD RUNNERS

LARR Members have an exclusive meet up area in the Loge of Dodger Stadium on race morning. You must pick up your access wristband at the LARR Booth during the Lifestyle Expo (there will be no race morning wristband pick up).

#### 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! 40th 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 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 5:30am (at least 90 minutes before the start of the race). There will be traffic, lines, and road closures. Make your transportation plan ahead of time.

## SHUTTLES

We offer FREE shuttles from three locations to the Start Line race day.

#### **BOOKING YOUR SHUTTLE**

Shuttle reservations should have been made during the online registration process. If you did not make your reservation or want to change shuttle times, please take the following action:

- Log into myevents.active.com
- Under your marathon registration, click "Purchase Merchandise".
- Select desired shuttle time and location.
- Complete transaction.

#### **SHUTTLE PASS**

- Your bib is your pass to board all shuttles (except the Downtown LA Hotel shuttles).
- Downtown LA Hotel Shuttles need a wristband you will receive at hotel check in.
- Participants with shuttle reservations are to show their scheduled reservation to board a pre-race shuttle.
- Participants may also bring a confirmation email with the reserved shuttle time to board. Only participants with race bibs or confirmation emails can board the shuttles.
- Runners who purchased the Start Line Hospitality package should print their confirmation email and present it at the shuttle entrance.

## **SHUTTLE OPTIONS**

## 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., Century City



#### 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: 4:00am 6:00am
- 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. Non-transparent 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. There will be traffic and lines as early as
 3:30am



#### LOS ANGELES MARATHON

- 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: <a href="https://www.mccourtfoundation.org/pages/la-marathon-hotels-transportation">https://www.mccourtfoundation.org/pages/la-marathon-hotels-transportation</a>

- 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 via Lyft/Uber/or friend/family:

• Enter through the Golden State Gate, accessible via I-5



#### LOS ANGELES MARATHON

- 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 ¾ 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.



# **START LINE**





# **RACE DAY SCHEDULE**

## **SUNDAY, MARCH 17**

TIME	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
6:30AM	GEAR CHECK 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 (TBC)	PRO WOMEN & ELITE AGE GROUP WOMEN
7:00 AM	PRO MEN & FULL FIELD START
8:15 AM	CHARITY HALF MARATHON START



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## **GEAR CHECK**

Participants will have the option to check a bag race morning and pick it up after the race near the Finish Line.

#### Race morning:

- Gear Check is located in parking lot K at Dodger Stadium.
- Gear Check Opens at 4am PT.
- Gear Check closes at 6:30am 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 <a href="mailto:solutions@mccourtfoundation.org">solutions@mccourtfoundation.org</a> 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.

## START LINE HOSPITALITY

Start Line Hospitality is only open to those who pre-purchase access. Start Line Hospitality includes:

- Race day bib pick-up
- Private Gear Check
- Corral D placement
- Access to tent with heaters, porta potties, light breakfast, stretching area, and more!

To add Start line Hospitality to your entry, log into your Active.com account at myevents.active.com, select Los Angeles Marathon, add merchandise, and Start Line Hospitality. This is only open while supplies last.

Start line hospitality opens at 4:45am and is located in Lot K, near the Gear Check trucks.



## SEEDED & OPEN CORRALS

If you received a Corral Placement:

- Seeded Corrals (A, B, C, D and E) will open at 5:00 am and close at 6:40 am
- There are separate entrances for each corral.
- Special race bib designation is required for entrance into the Seeded Corrals.
- Runners may move back to a slower corral, but not forward to a faster corral.
- Seeded corral placement closed on January 31, 2024. Corral changes WILL NOT be made at the Expo.

If you received Open Corral Placement:

- The Open Corral is a self-seeded corral for race participants not already assigned to a Start Corral.
- Upon entering the corral, participants should look for the large "pace per mile" signs and line up per expected race pace.
- Please follow runner etiquette and place yourself accordingly (slower in the back, faster in the front). If you find yourself with those much faster, please stay to the sides and allow faster participants to pass.

Note to all participants: finish time will be the net time from when you cross the starting line, not the gun time.

# **PACE TEAMS**

LA Road Runners Pace Leaders will lead groups with the following finish times: 3:00; 3:10; 3:20; 3:30; 3:40; 3:50; 4:00; 4:10; 4:20; 4:30; 4:40; 4:50; 5:00; 5:15; 5:30; 5:45; 6:00; 6:15; 6:30

• Official Pace Leaders will be spread out in their appropriate seeded corrals, based on finish times, 3:00 (Corral A) to 6:30 (Open Corral). Pace Leaders will also be available in the Open Corrals for 3:30 to 6:30 finish times.

Pace Leaders wear dark blue shirts and carry a red sign with their finish time on it. It will be held above the crowd, in the Start Area and on course.



## **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.

#### LA ROAD RUNNERS

LARR Training Program members are invited to meet up with the coach and pace leaders in the pre-race meet up area located in the Loge Level inside Dodger Stadium.

LARR Members must pick up your access wristband at the LARR Booth during the Lifestyle Expo (there will be no race morning wristband pick up).

#### LARR MEET UP LOCATION

- Loge level of Dodger Stadium
- Access to the Loge is from the Right Field side of the stadium.
- From the Gear Check Tent in Lot K, walk towards the stadium and take the stairs up to the Loge Level.

#### **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.



#### LOS ANGELES MARATHON

#### **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.

#### WHEELCHAIR, HANDCYCLE, & AWD ATHLETES

The Wheelchair participant tent is in Lot H North just north of the Start Line. Wheelchair athletes should plan to arrive no later than 6:00 am to stage properly at the Start Line.

AWD & Handcycle participant tent is in Parking Lot G North just north of the Start Line.

#### STUDENTS RUN LA

We are delighted to welcome Students Run LA participants back to the Los Angeles Marathon. SRLA participants will receive specific instructions from the program and their coaches about bib pick up and race day logistics. Please note that after crossing the Finish Line, all SRLA participants will be directed to a dedicated meeting area at Beverly Hills High School.



# COURSE



To view course map details: https://www.mccourtfoundation.org/event/los-angeles-marathon/distances-courses/

## **AID STATIONS**

There are 20 Aid Stations on course located approximately every mile from Mile 2 to Mile 25.

#### **WATER & ELECTROLIT**

All Aid Stations will feature both Water and Electrolit

 Electrolit flavors are strawberry kiwi, blue raspberry, and coconut.



- 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.
- 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, 18, and in the finish chute. 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.



## MARATHON MILE/KM MARKERS

- Mile Markers will be positioned at every mile to denote the elapsed distance from the start of the race.
- KM Markers will also be positioned to designate each 5-kilometer segment of the racecourse.
- Please note that at Mile 8, 11, & 14, you will also see 5K, 10K, and 15K markers that
  are for the Charity Half Marathon event distance markers. These markers will be
  identified with the Charity Half Marathon logo.

## **RUNNING A 15:00+ 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.
- Participants that maintain a 15:00 minute per mile pace will complete the race under the finish line structure with streets closed.
- Walkers keeping a pace slower than 15:00 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 on the sidewalk, and assume the role of a pedestrian obeying all traffic laws.

## LATE AID STATIONS

• Late Aid Stations will be available for participants who proceed at a pace slower than 15:00 per mile. They will close at the following times: Mile 15 at 3pm; Mile 17 at 3:30pm; Mile 24 at 6pm; Mile 25 open from 1-6pm

# 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.



## **PARTY PACERS**

The Los Angeles Marathon is celebrating that the Party is in the Back with the official Los Angeles Marathon Party Pacers!

- If you're finishing 5h30m or later, you'll be inspired, motivated, and encouraged by our Party Pace Team.
- They're a wealth of information with a solid understanding of the course, including where aid stations are, what landmarks you'll pass, and more.
- Be on the lookout for the Party Pacers in neon orange shirts and hats!

## **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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The Finish Line of the 2024 Los Angeles Marathon presented by ASICS is located on Santa Monica Blvd between Avenue of the Stars and Century Park East.

The main Finish Line on Santa Monica Blvd will remain open and fully operational until 2:30 pm (6 hour and 30-minute finish time).

Those finishing after 6 hours, 30 minutes will be directed to a Finish Line on the East sidewalk of Avenue of the Stars adjacent to the main Finish Line. The late Finish Line will have timing, medal distribution, water, food and EMT's providing medical care.

## CHARITY HALF MARATHON FINISH LINE

Marathoners please be aware that shortly after the 18-mile marker you will see signage for Charity Half Marathon participants advising them to stay left to complete their race at the Finish Line of the Los Angeles Marathon on Santa Monica Blvd.

Marathon participants will continue straight on Santa Monica Boulevard to finish their remaining 8 miles.

## **RUNNER SECURED FINISH ZONE**

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

- Finisher Medal
- Challenge Medals: Conquer LA, LA Double Play, and SF/LA Challenge (all qualified participants will receive one or several stickers, each indicating which of the bonus medals they are eligible to receive)
- Heatsheets
- Post race food and fluid including Electrolit, Arrowhead Water, and Over Easy bars.
- Finisher Pix photo op
- Gear Check is located on Avenue of the Stars and stretches from Century Park East to Constellation.

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



## POST RACE GEAR CHECK

Participants that check gear at Dodger Stadium prior to the race will be able to retrieve their gear at Gear Check:

- Gear Check will be located on Century Park East, north of Constellation.
- Gear Check will be open until 3:00pm
  - 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.

## **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 crossed the finish line, please email <a href="mailto:results@spectrumtiming.com">results@spectrumtiming.com</a> with:

- The subject line reading "2024 LA 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**



**27** 



## 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, other activations from our official race partners, and medal engraving. 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 O.O.

10:00 am - 2:30 pm

All participants 21+ receive one complimentary Heineken or Truly hard seltzer. 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 Los Angeles 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: <a href="https://active.app.link/LAmarathon">https://active.app.link/LAmarathon</a>.
- 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)

## **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 26.2 miles!



## **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 near Ave of the Stars.

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.

## 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



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**VENDORS** 





