

LA 5K

2026 FINAL INFORMATION



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Welcome to the 2026 ASICS Los Angeles Marathon weekend! We are excited to have you join us at the LA 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 6	10:00 AM – 7:00 PM	LIFESTYLE EXPO	DODGER STADIUM, LOT G
SATURDAY, MARCH 7	8:00 AM START	LA 5K	DODGER STADIUM, LOT H
SATURDAY, MARCH 7	9:45 AM START	LA KIDS RUN	DODGER STADIUM, LOT H
SATURDAY, MARCH 7	10:00 AM – 5:00 PM	LIFESTYLE EXPO	DODGER STADIUM, LOT G
SUNDAY, MARCH 8	7:00 AM START	ASICS LOS ANGELES MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 8	7:30AM – 3:30 PM	ASICS LOS ANGELES MARATHON FINISH LINE	SANTA MONICA BLVD (AT THE CORNER OF AVE OF THE STARS)
SUNDAY, MARCH 8	8:15 AM START	CHARITY HALF MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 8	9:30 AM – 2:30 PM	MICHELOB ULTRA BEER GARDEN	THE ATRIUM AT WESTFIELD CENTURY CITY MALL

* Expo will open early (8:30AM) for 5K finishers after the race



ADDRESSES

- **LA 5K and LA Kids Run Start Line & Finish Line**
 - Dodger Stadium, Lot H
- **Bib Pick-Up at the Lifestyle Expo**
 - Dodger Stadium, Lot G
 - 1000 Vin Scully Avenue, Los Angeles, CA

ASICS LOS ANGELES MARATHON APP

Download the all-new Los Angeles Marathon & Charity Half Marathon race weekend app by searching for “2026 Los Angeles Marathon” in your phone app store. [Click here](#) to download the app.

The official race weekend app includes:

- Runner tracking: participant times, paces, estimates, and results in real-time within the app and through push notifications
- Interactive course maps complete with aid stations, cheer zones, and entertainment.
- Event information, including addresses, times, and venue maps
- Links to important and helpful information
- Social sharing
- and so much more!

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:** #ASICSLAMarathon #TeamTMF #LA5K



RACE RULES

Participants are encouraged to read the LA 5K race rules which can be found here: <https://www.mccourtfoundation.org/event/la-5k/faqs/#racerules>

IMPORTANT RULES TO BE AWARE OF

- 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.
- 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.
- Do not attempt to cross the finish line with anyone not wearing a bib (including carrying children across).
- All entry fees are non-refundable and non-transferable.

RACE DAY SCHEDULE

SATURDAY, MARCH 7

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 H
8:00 AM	LA 5K RACE STARTS	DODGER STADIUM
9:45 AM	LA KIDS RUN START	DODGER STADIUM



LA 5K & LA KIDS RUN

BIB PICK-UP

LA 5K and LA Kids Run participants may pick up their race packets on Friday, March 6 (10 AM – 7 PM) or race morning, Saturday, March 7 (6:30 AM – 7:45 AM).

*Note that LA Kids Run bibs will be available to pick up until 9:15 AM on Saturday.

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 6: 10:00 AM – 7:00 PM

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



LA 5K & LA KIDS RUN

INSTRUCTIONS

Bring your ID and your Check-In Pass / QR code which will be emailed to you in early March. Search your email for “LA 5K or CHECK IN PASS.”

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 5K and LA Kids Run Pick-Up (General Registration)
- ASICS Los Angeles Marathon Bib Pick-Up - Corrals A, B, C, D, E
- ASICS Los Angeles Marathon Bib Pick-Up - Open Corral
- Team TMF Marathon, Team TMF Half Marathon, and Team TMF LA 5K
- If you registered with Team TMF for the 5K – please go to the Team TMF tent to pick-up your bib
- Charity Marathon, Charity Half Marathon, and Charity LA 5K
- If you registered with a charity for the 5K, you can go to the Charity Bib Pick-Up tent to pick-up your bib

Note: If you're registered for the LA 5K and the Marathon or Charity Half Marathon, you must go to two areas to pick up your bibs for each event.

BIB PICK UP ON RACE DAY

Race day bib pick up is available for the LA 5K and LA Kids Run on race day. Please plan to arrive early and expect traffic and lines to park as early as 5:30 AM.

LOCATION: Dodger Stadium, Lot H

DATE & HOURS: Saturday, March 7 Bib pick up opens at 6:30 AM

INSTRUCTIONS

- Bring your ID and Your QR code / Check-In Pass
- Go to the Bib Pick Up area to receive your bib.
- Go to the T-Shirt Pick Up area to receive your t-shirt.
- LA Kids Run bibs and shirts will have a dedicated tent next to Solutions that will be open from 6:30 AM until 9:15 AM. Arrive early to avoid delays.



RACE PHOTOS

Make sure your bib number is always visible 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



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 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 ASICS Los Angeles Marathon or Charity Half Marathon after crossing the finish line.
- Kids Run LA Challenge participants should visit the KIDS RUN tent to pick up their challenge medal after crossing the finish line.

GETTING TO THE RACE

Due to street closures for the LA 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 5:30 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 5:30 AM. Bib pick-up opens at 6:30 AM. The 5K starts promptly at 8 AM with three waves.

RACE DAY PARKING

Parking for the LA 5K is FREE at Dodger Stadium and available in Lots K, 2, 3, 8, and 10.

GEAR CHECK

There is no gear check at the LA 5K.

OFFICIAL CHARITY PARTNERS

If you're participating with one of our official LA 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.

TEAM TMF

Team TMF participants may check in to receive their bib, participant t-shirt, Team TMF t-shirt and donuts and coffee in the Team TMF Hospitality Tent.

START LINE

The race will begin promptly at 8 AM beginning from the same start line as the annual ASICS 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.

RUNNER ETIQUETTE TIPS

- 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.
- Do not run/walk/jog multiple people across.
- 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.



[Click here to view map details](#)



THE COURSE

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



- 5K Course
- Mile Marker
- Start Line
- Finish Line
- Water Station

AID STATION

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

FINISH LINE

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

- Finisher Medal
- Arrowhead Water and Electrolit
- Chiquita Banana
- Triple 5K Tour of LA Challenge Medal (if qualified)
- That's It Fruit Bars
- Siete Chips
- Trumoo

FINISH FESTIVAL & MARATHON EXPO

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

MARATHON / CHARITY HALF MARATHON BIB PICK-UP

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 8:30AM for 5K finishers. Please check your Marathon or Charity Half Marathon Final Info for more details on bib pick up.

LA 5K & LA KIDS RUN

LIFESTYLE EXPO



LOS ANGELES MARATHON

2026

LIFESTYLE EXPO FRIDAY, MARCH 6: 10AM - 7PM
SATURDAY, MARCH 7: 10AM - 5PM



PARTNERS

EXPO VENDORS

ASICS UCLA HEALTH KIA OPTIMUM NUTRITION ELECTROLIT MICHELOB ULTRA COFFEE BEAN & TEA LEAF GIMME BEAUTY OLE PRECISION FUEL & HYDRATION SHOKZ ZENNI OPTICAL	2XU AIRFORCE ALS NETWORK AMAZFIT ANGEL CITY PIT BULLS BALEGA BAREBELLS CAPILLUS CELSIUS CHIEF NUTRITION COACH'S OATS CORE DESTINY2SPORT FLEET FEET FLIPBELT FORD DEALER GROUP GOOD QUALITY HUMAN HIDRATE ELECTROLYTES HYATT VACATION CLUB HYPERICE INJURY ATTORNEYS	JIMISCAPS JOGGY JOHNBER JUNK HEADBANDS / SWEET ENDURANCE KALEO MARKETING KETONE IQ KOOL FIT AMERICA KT TAPE LA DODGERS FOUNDATION LANGSDOM LAX PD LIFEWAY FOODS MEDSENSE MASSAGERS MOTIVA JUICE BAR NATHAN SPORTS NATIONAL BRAIN TUMOR SOCIETY NEIGHBORHOOD NIP FOUNDATION NEW YORK LIFE NOT DEAD THREADS OXEFIT PASTA GAROFALO	PRIMAL POWER RAINBOW LABS RUN CLUB RALLY: VOICE NOTES AT EVERY MILE RNNR RUN WITH US / GU RYZE COFFEE THE SAN FRANCISCO MARATHON SAPORO ICHIBAN SIETE CHIPS SRLA SUNTORY ALL-FREE SYNERGY KOMBUCHA TANRI SUNSCREEN TASTE SALUD TRACKSMITH USGA USMC VENICE BEACH MARATHON WINNING WAYS YAKULT ZICO ZUMA BEACH TRIATHALON
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[Click here to view map details](#)



LA 5K & LA KIDS RUN

LA KIDS RUN

The LA Kids Run is a point-to-point course that starts at the ASICS Los Angeles Marathon start line and ends at the nearby LA 5K finish line – **the course is about ¼ mile long.**

Please plan to pick up your child's bib and t-shirt on Friday at the Expo or on race morning at the dedicated KIDS RUN tent near main event bib pick up. To avoid lines and delays, please plan to pick up your child's bib prior to the 5K and no later than 9:15 AM on Saturday.

Participants are invited to start lining up at 9:30 AM for warm-ups and announcements

Waves will start every 5 minutes as follows:

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

* 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 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 2025-2026 kids runs? Pick up your child's Challenge Medal at the KIDS RUN tent near the finish line.



LA 5K & LA KIDS RUN

THANK YOU TO OUR OFFICIAL RACE PARTNERS

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