

Final Race Instructions 2011

Where do I park? What time does the race start? What will I wear? Ok, we can't help you with the last question but the answers to virtually all of your questions and critical information related to the 26th Honda LA Marathon presented by K-Swiss are detailed below. **We strongly urge you to read all of the instructions below to make sure your race weekend goes as smoothly as possible.** We would like to say thank you to all of our sponsors particularly our title sponsor Honda and presenting sponsor K-Swiss. Without such committed and supportive partners, this race would not be possible. Visit lamarathon.com for more information.

I. RACE WEEKEND SCHEDULE

Date	Time	Event	Location
Friday, March 18	10 am-8 pm	LA Marathon Expo	Dodger Stadium, Lot 6
Saturday, March 19	8:15 am start	LA Big 5K	Dodger Stadium, Lot G
Saturday, March 19	9 am-5 pm	LA Marathon Expo	Dodger Stadium, Lot 6
Saturday, March 19	5 pm-7 pm	Carbo Load Dinner	Hard Rock Café – Hollywood Blvd
Sunday, March 20	7:20 am start	LA Marathon	Dodger Stadium, Lot G

II. PRE-RACE

A. LA Marathon Expo

Where: Dodger Stadium, Lot 6.

When: Friday, March 18 from 10 am-8 pm and Saturday, March 19 from 9 am-5 pm

- All Marathon participants must go to the Expo to claim their T-shirt, bib and timing B-Tag and to join the Clif Bar Pace Team.
- You **MUST** bring a valid form of identification to packet pickup.
- If you are picking up for a friend you must bring their confirmation card, a copy of their driver's license and an authorized note.
- **Please note there will be no picking up of runners' materials on race day.**

See below for important details related to your Bib and B-Tag—we urge everyone to read this carefully

The 2011 Honda LA Marathon will be timed using both your bib number and the new B-Tag Timing System. You **must** wear your Bib on the front of your shirt and leave the B-Tag attached to your bib. If you do not wear the Bib and attached B Tag, your marathon time will not be recorded properly. Please make sure that your name, age, and sex are printed accurately on the bottom of your bib. Also, the ID # on your B-Tag must match the number listed on your Bib number - check this before leaving the Expo.

- **Race Bib:** You must complete the medical information printed on the reverse side using waterproof ink. Do not allow anyone else to run with your bib. If somebody else uses your bib, you, and the party running with your bib, will both be disqualified. Do not cut or fold your bib in any way.
- **B Tag Timing:** The Honda LA Marathon will be using the ChonoTrack timing system this year. The ChronoTrack Timing System uses the disposable B-Tag which is attached to the runner's race bib. You will not need to remove the tag from the bib to put on your shoe. The timing device remains ON YOUR BIB. Runners will not have to return this tag after the race. For instructions and more information please go the following web address: <http://www.chronotrack.com>.

B. Carbo Load Dinner

Where: Hard Rock Café, 6801 Hollywood Blvd #105, Hollywood, CA. Parking is available for \$2 with validation at the Hollywood and Highland complex, just north of Hollywood Blvd. The Hard Rock is also convenient to the Hollywood/Highland Metro Red Line Station. Tickets are still available for \$35 per person. K-Swiss athletes Josh Cox and Miranda Carfrae will be the featured guest speakers.

When: Saturday, March 19, 5 pm to 7 pm

III. RACE DAY

ARRIVE EARLY, ARRIVE EARLY, ARRIVE EARLY!!! Let's face it folks, this is Los Angeles, so even though it is a weekend and you will be leaving your house or hotel before the crack of dawn, you have to factor in traffic, congestion and crowded parking lots. We strongly advise all participants to arrive at the Stadium a minimum of 90 minutes before the race.

A. Shuttle Information

Many, if not most of us, will be driving to the race. Again this year we have a point-to-point course so to help you get to the starting line, we have a shuttle reservation system in place. You were able to reserve your space on one of our pre-race

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shuttles during the registration process. Park your car in Santa Monica and we'll transport you to the start line at Dodger Stadium. The shuttle pick up location is on Main Street between Olympic Dr. and Pico Blvd. in Santa Monica (1700 Main Street, Santa Monica). This is right in front of City Hall and only a few steps from the Santa Monica Civic Auditorium.

B. Parking

Once off the freeway, what next? Well, the City of Santa Monica has secured various parking lots with a total of approximately 8,000 spots. The lots will open at 2am and the City is charging \$20 for race day parking. Honda LA Marathon staff will post directional signage and will be directing marathon participants to the parking lots from the freeways. Pre-paid parking can be booked online through the website, www.thepermitstore.com/sm/event.

Runners can also be dropped off at Dodger Stadium on race day. **Change for 2011 – The only gate open for vehicle access is the Golden State Gate (928 Academy Rd) which is accessed from the 5 Freeway.** Depending on whether you are parking or getting dropped off, you will be directed to a specific parking lot. If you plan to **park** your car, you will enter the Stadium on the right side of the Golden State Gate and proceed to Lots 1, 2, or 3. If you plan to have a loved one **drop you off**, you will enter on the left side of the gate and proceed to the Runner Drop Off area in Lot 4. **The Downtown and Sunset Gates will NOT be open** due to road closures for the marathon. Sunset Blvd from Hollywood Blvd. to Main Street will also be closed starting at 3am on March 20 as it is part of the marathon route. See Appendix B for Dodger Stadium Parking Map.

C. The Start

The Start Line for the Marathon is located at the crosswalk in Lot G at Dodger Stadium and will be set up for a 2-Wave start. Wave 1 will be the Elite/Wheelchair Corral and the lettered Start Corrals A, B, C which are seeded placement of the fastest 10,000 participants based on their recent marathon times. Wave 2 will be the Open Corral and is self-seeded placement of participants by expected net finish time. **Special race bib designations are required for entrance into the seeded corrals.** In the open corral we ask that you situate yourself according to your anticipated minute pace per mile, i.e. ten minute miles. This system is for your safety and the safety of other participants. Pace per mile signs will be hung along the sides of corrals, starting with an 8 - 13 + minute pace per mile. Pre-race water, fruit and bagels will be available in Lot G near the starting corrals. Toilets will be available near the starting line in Lots 6 and K as well as in Dodger Stadium at the field level. No public access will be allowed into the start line. If you want to store anything, there will be a bag check located in Lot K at Dodger Stadium. All gear checked at the Stadium will be transported to the Finish Line Festival for pick up post-race. The Finish Line Festival will be in the parking lot just south of Colorado Ave, between Ocean Ave and Main St, and is just a short walk from the Finish Line. Due to heightened security reasons we will only accept the clear plastic bags of runners' belongings. Non-transparent bags or back packs will not be accepted. Please use the gear bag provided and attach the gear check tag from your race bib. **Do not leave anything valuable or fragile in your bag as we are not liable for its loss or damage.**

The scheduled start will be in the following sequence:

6:55 am: Wheelchairs

7:00 am: Hand Cycles

7:07 am: Elite Woman Only

7:25 am: Elite Men & Full Field (including the Racewalking division)

D. The Race

And you're off! Ok, what next?

Entertainment Along the Course

Running 26.2 miles in and of itself is fun but it might be nice to spice things up a bit. That is why the Honda LA Marathon has stocked the race course with TONS of excitement to keep your energy level up and lots of fun things to look forward to throughout the race. There will be 25 entertainment centers, 3 Hot Spectator Spots, Cheer Alley, and over 50 additional entertainment sites located throughout the course.

Aid Stations

Medical Stations will be located at miles 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, and the Finish Line and Family Reunion areas. Water stations will be stationed at every mile. Gatorade stations will be located at every odd numbered mile, beginning at Mile 3. Salonpas, a topical analgesic, will have a Pain Relief Zone located just past Mile 18, and after the finish line. Late Water stations will be available at miles 15, 17, 19, 21 & 23 for participants who proceed at a pace in excess of 13 minutes per mile.

Race Clocks and Giant Inflatable Mile Markers

There will be race clocks and inflatables located at mile markers 1-25.

For Those Running a 13 Minute+ per Mile Pace

The Marathon course will be closed to vehicular traffic during the event. The entire course will be closed the full width of the

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roadway and cross traffic will be prohibited and strictly enforced. If you maintain a 13 minute per mile pace, you will complete the race in 6 hours and all streets will be closed. For slower participants, be aware that water and medical stations will close down at a 13 minute pace, and the course will re-open to vehicular traffic. At this point, runners who wish to continue must leave the roadway, run on the sidewalk and assume the role of a pedestrian obeying all traffic laws and signals. Sufficient finish line personnel will remain on duty until 4:00 p.m. (**8 hour finish time**) to record times for runners and to provide medical assistance and refreshments.

Downed and Dropped Runners

If you need to drop out, please report to the nearest water station or amateur radio operator (HAM) so that your name and bib number can be recorded and transmitted back to the Family Reunion area. Diversified Paratransit shuttle vans will pickup runners who are unable to complete the Marathon starting at the Mile 7 water station and continuing through mile 23 and transport them back to the Runner Drop Off location on Ocean Avenue, between Moomat Ahiko and Pico Blvd. in Santa Monica.

Wheelchair Athletes

The Wheelchair Division is governed by the rules and regulations of the National Wheelchair Athletic Association (NWAA). Please ensure that both your wheelchair, and the manner in which you operate it, are in compliance with these regulations. Be alert for the lead runner convoy as it approaches from the rear, and pay attention to the instructions that are given. Failure to do so may subject racers to disqualification. Guard against illegal pacing and other infractions that might warrant disqualification. We will provide each participant with two bibs and a helmet number. One bib must be affixed to the front of your body so it can be read easily, the second bib to the front of your chair, and the helmet number on your helmet. **The bib with the B Tag should be the one worn on the front of your body.** We strongly advise that you wear an ANSI or Snell approved helmet when competing.

Don't Do This!!

Please keep in mind that pursuant to rules dictated by USA Track & Field, anyone attempting to participate in the Marathon using bicycles, strollers, skateboards, inline skates or roller skates will be disqualified. Any competitor who has been found, by the referee, to have gained an unfair advantage by receiving assistance or by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified.

E. The Finish

Congratulations—you did it! Whether you ran a 5 minute mile pace or 13 minute mile pace, finishing the Honda LA Marathon is a HUGE accomplishment. Heck, running/walking any part of it is a huge accomplishment and to celebrate the Honda LA Marathon is throwing a rocking party at the Finish Line! Read on for more details!

The Finish Line

The finish line is at Ocean Ave. and California Ave. Runners should disperse across all lanes leading into the finish. **After you cross the finish line, do not stop until you've reached the Finisher Medal Area.** Access to the Finish Line is restricted to runners and race officials only! Families and friends are directed to meet at the Finish Line Festival. Marathon Foto will be taking finish line photos of all participants. The post-race massage area as well as the gear you checked at the start will be at the Finish Line Festival in the Civic Center North parking lot just south of Colorado Ave, between Ocean Ave and Main Street.

The Finish Line Festival

Time to have some fun! The Finish Line Festival will be located in the Civic Center North Lot, just south of Colorado Ave and a short walk from the Finish Line. There will be lots of refreshments, free samples, live music from Clear Channel radio and tons of fun in the Finish Line Festival Area. For more details on who and what will be there, visit our website lamarathon.com.

Family Reunion Area

The Friends and Family Reunion Area will be located inside the Finish Line Festival in the Civic Center North Lot. Please arrange to meet family and friends by the posted alphabetical signs denoting the **first letter of your last name.** Downed or dropped runner information will be available in the Family Reunion area. There will be Medical services available in the Family Reunion Area.

Michelob Ultra Beer Garden

Michelob ULTRA is proud to be the Official Beer of the Marathon. Michelob ULTRA and Michelob ULTRA Amber –light, refreshing beers with fewer calories and carbohydrates – are a perfect fit for adults who live an active lifestyle. Be sure to visit the Michelob ULTRA "Race To The ULTRA" extravaganza in the Finish Line Festival where runners of legal age have the opportunity to sample ice cold ULTRA while supplies last. *An ID check system will be in place, and runners must bring identification to enter this area.

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IV. APPENDICES

Appendix A: Dodger Stadium Start Line Map



Appendix B: Dodger Stadium Parking Map

