



# LA Marathon and 5k

Hey Team!

Race weekend is almost here! You have been training and fundraising for months, and I know it hasn't always been easy. But pretty soon, you'll join your other Team World Vision teammates for an incredible experience that will make all of your hard work worthwhile.

Please read through this packet carefully for race weekend details. Here's what you'll find:

- Race day tips
- Race weekend itinerary
- Packet pickup, pep rally, and post-race info
- Spectator details for your fans
- Maps

It's a good idea to print this packet and keep it with you all weekend.

We are so excited that you are part of Team World Vision and I can't wait to finally meet those of you coming from out of town! Safe travels.

See you soon!

**Andrea Wittig**

Team World Vision West Coast Director

**P.S.** Don't be afraid to e-mail your webpage out again—some people may just need a reminder to donate.

# Be prepared on race day!



# Race day tips

**Race day is exciting! I get chills just thinking about it! But it can also be a little intimidating if you've never participated in something like this before. So here are some things to plan for on race day...**

- Lay out all of your clothes and gear on Saturday night to make sure you have everything you need. It will make your race morning much less stressful.
- At the expo, you'll pick up a packet that includes your bib number and some safety pins. Pin your number to the front of your jersey on Saturday night so it's ready to go. (But don't cover up the World Vision logo!) On the back of your bib number, there is a place to fill in Emergency Contact information. Never a bad idea.
- You'll also have a timing chip in your race packet. There will be instructions about how to attach it to your shoe to get you official race time.
- We'll all meet before the race and walk to the starting line together. You can feel free to run with other people on the team that are your pace, but you don't have to.
- Along the race course, there are lots of aid stations. These stations have Gatorade, water, medical facilities, and toilets. There will always be Gatorade followed by water at these stations. In order to help pace yourself, it can be a good idea to plan to walk through each aid station. Also, you don't have to drink at every station. You'll want to stay hydrated, but it's not necessary to drink at every station.
- Don't do anything on race day that you haven't practiced in training! It could mess with your stomach, so skip the gel if you haven't tried one in training.
- After you cross the finish line, keep walking to give your body a chance to recover. You'll be greeted with a medal, drinks, and food.
- Most of all, ENJOY IT! You've been training hard for months, and race day is the payoff. You'll be running through all kinds of entertainment and cheer stations, And when it starts to get tough, remember why you're running and the kids around the world that will be impacted as a result.

# Race Weekend Itinerary

## Friday, March 19

### **Expo/Package Pickup**

11 am – 8 pm

More information on page 5

## Saturday, March 20

### **5k Pre-race meet-up**

7:15 am (race starts at 8 am)

More information on page 6

### **Expo/Package Pickup**

9 am – 6 pm

More information on page 5

## Sunday, March 21

### **Pre-race pep rally for Team World Vision runners**

Meet at 6:00 am

(Indoor suite opens at 4:30 am for early shuttles)

More information on page 7

### **Official Team World Vision Cheer Station for fans**

Meet at 8:15 am

More information on page 8

### **Post-race Celebration for runners and fans**

Beach party after the race

More information on page 7

# Expo

## MARATHONERS

NO race day packet pick up. All marathoners should check in at the Team World Vision booth at the expo to pick up your ticket to enter the pre-race suite on marathon morning.

## 5K'ERS

You can pick up your packets/bibs on Friday at the expo or on race morning (but we recommend Friday). Also, be sure to stop by the Team World Vision booth to say hello and purchase a "Run for Haiti" t-shirt for \$10.

## Location and Hours

### Dodger Stadium (adjacent to Marathon Starting Line)

1000 Elysian Park Ave  
Los Angeles, CA 90012

### Friday, March 19th

11:00 am – 8:00 pm

### Saturday, March 20th

9:00 am – 6:00 pm

Parking info and directions included in this packet. You can also visit the LA Marathon website for more details.

# Race Day: 5k'ers

## Runners: Meet at 7:15 am

Meet at the Team World Vision tent near the 5k starting line for a pep rally. We'll take a team picture and send you to the start line with a proper Team World Vision rally clap!

## T-Shirts

Purchase a "Run for Haiti" t-shirt for \$10 (\$5 goes to Haiti) before or after the race.

## Parking

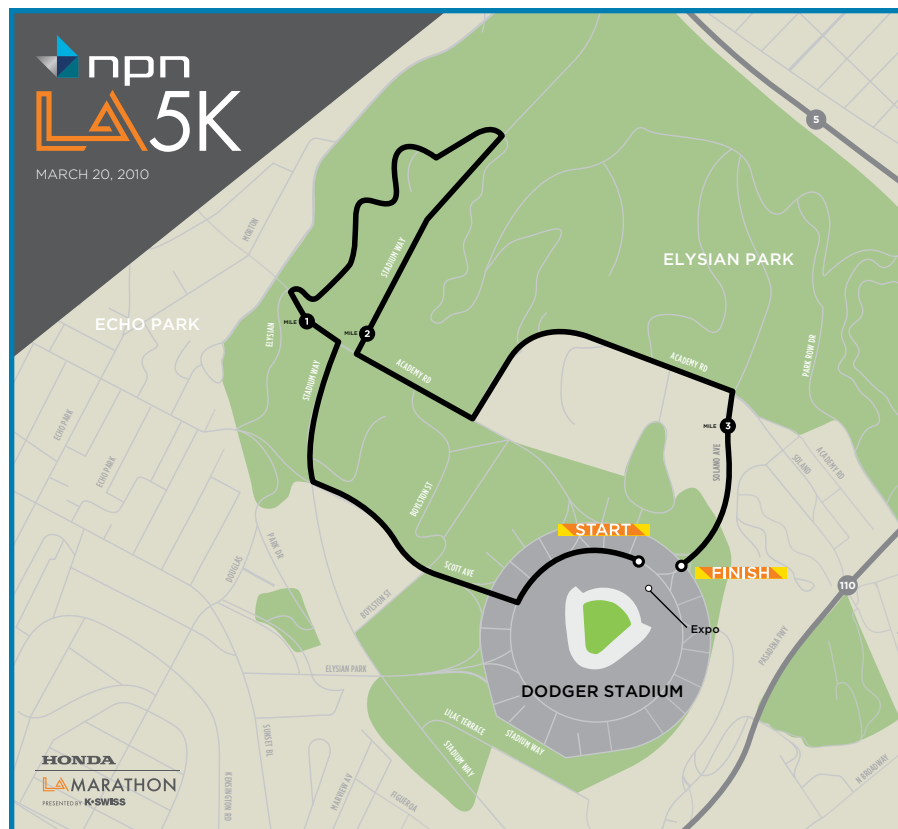
Free Parking at Dodger Stadium

Enter at Sunset Elysian Park Avenue (the Sunset Gate A entrance)

Directions: <http://www.lamarathon.com/event/5k-run/>

## Find Your Fans

Meet up with your fans at the same tent after the race. We want to celebrate your accomplishment with you!



# Race Day: Marathoners

## **Pre-race Pep Rally: Arrive at our meeting point at 6:00 am**

**Be sure to stop our booth at the expo to pick up your ticket into our Dodgers Stadium pre-race suite! They won't let you in without it!**

We'll meet in a special Team World Vision suite at Dodgers Stadium with indoor restrooms, couches, tables & chairs, and most importantly a WARM place for you to rest while you wait for the race to begin. We'll also have bagels, tea, and coffee for you!

**The suite will be open starting at 4:30 am, but you should be there by 6:00.**

We'll do a team picture, and send you to the start line with a proper rally clap!

## **Parking and Shuttles**

**There is NO parking at Dodgers Stadium on marathon morning.** You can be dropped off there only. If you need to park, you can park in Santa Monica and catch the shuttle to the start line.

Info on parking: <http://www.lamarathon.com/runner-info/parking/>

**We suggest you have someone drop you off or catch the shuttle EARLY! The first shuttles leave Santa Monica at 2:30am.**

## **Finish Line Party**

**Meet up with your family after the race and celebrate an awesome accomplishment!**

We'll have light refreshments for you and your fans at the Team World Vision tent at the finish line beach party.

# Race Day: Fans

## Cheer Station Info

We'll be cheering for runners at the intersection of Hollywood Blvd and Wilcox Ave in Hollywood, CA.

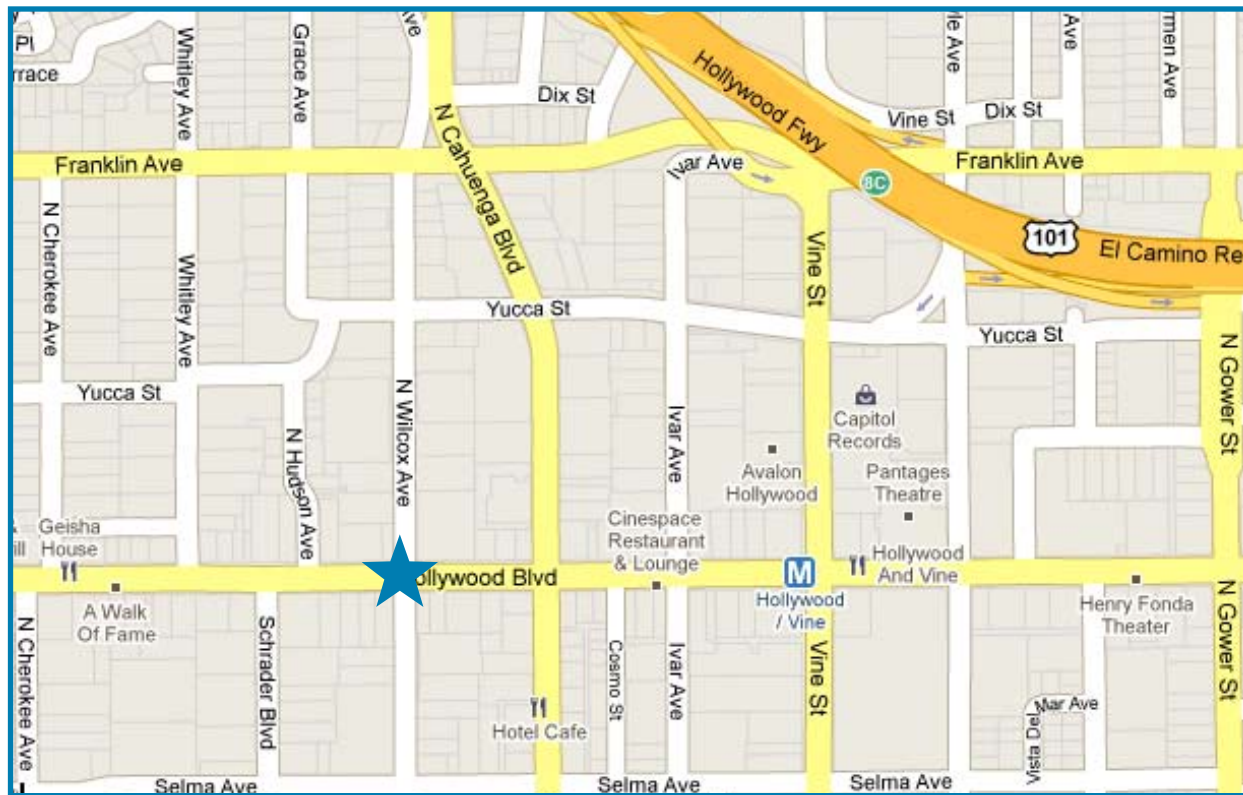
Wear your Orange and bring your cheering voices!!!

### Directions to cheer station:

101 Fwy Exit Sunset Blvd West Right on Wilcox Ave.

### Parking:

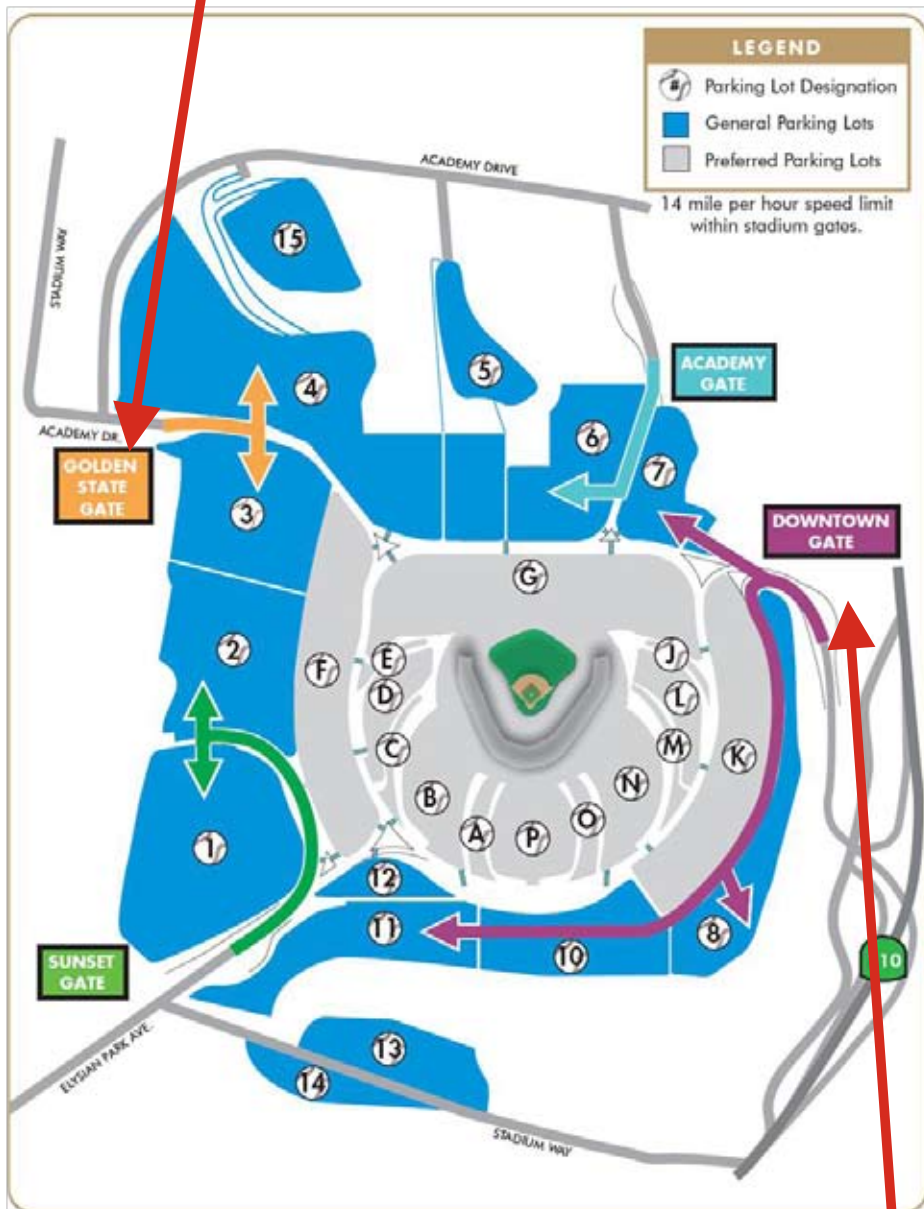
Street Parking on Selma or Wilcox. Metered Parking, Free on Sundays



# Dodgers Stadium Parking

**COMING FROM SAN FERNANDO VALLEY OR BURBANK?  
USE THIS ADDRESS IN YOUR GPS or IN GOOGLE MAPS & DIRECTIONS**

**938 Academy Rd. Los Angeles Ca, 90012**



**To avoid traffic we suggest you try one of these other addresses when you come to Dodger Stadium. You can get your directions from: [www.google.com](http://www.google.com) or simply enter it into your GPS.**

**COMING FROM DOWNTOWN or PASADENA?  
USE THIS ADDRESS IN YOUR GPS or IN GOOGLE MAPS & DIRECTIONS**

**1252 Stadium Way, Los Angeles Ca.**

# Race Courses

