

LA BIG 5K

2022 FINAL INFORMATION



Welcome to the 2022 Los Angeles Marathon weekend! We are excited to have you join us at the LA Big 5K and LA Big ½ K 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.

RACE WEEKEND SCHEDULE

DATE	TIME	EVENT	LOCATION
FRIDAY, MAR 18	10:00AM - 7:00PM	HEALTH & FITNESS EXPO	DODGER STADIUM, LOT G
SATURDAY, MAR 19	8:00AM START	LA BIG 5K	DODGER STADIUM, LOT H
SATURDAY, MAR 19	9:30AM START	LA BIG ½ K KIDS RUN	DODGER STADIUM, LOT H
SATURDAY, MAR 19	9:00AM - 5:00PM	HEALTH & FITNESS EXPO	DODGER STADIUM, LOT G
SUNDAY, MAR 20	6:55AM START	LOS ANGELES MARATHON	DODGER STADIUM, LOT H
SUNDAY, MAR 20	8:15AM START	CHARITY CHALLENGE 13.1	DODGER STADIUM, LOT H
SUNDAY, MAR 20	9:00AM - 3:00PM	FINISH FESTIVAL & HEINEKEN 0.0 BEER GARDEN	CENTURY PARK, 2000 AVENUE OF THE STARS

EVENT SCHEDULE

DATE	TIME	EVENT
SATURDAY, MAR 19	6:00AM	DODGER STADIUM PARKING LOTS OPEN
SATURDAY, MAR 19	6:30AM	BIB PICK-UP OPENS IN PARKING LOT G
SATURDAY, MAR 19	8:00AM	LA BIG 5K RACE START
SATURDAY, MAR 19	9:30AM	LA BIG ½ K KIDS RUN START

START LINE



- MARATHON COURSE
- SECURED EVENT ZONE
- S SECURITY AND HEALTH & SAFETY CHECKPOINT
- #1 S CHECKPOINT CLOSES AT 6:25AM
- SEEDED CORRALS CLOSE AT 6:40AM
- VIP R VIP RESTROOMS
- R RESTROOMS

HEALTH & FITNESS EXPO

The Los Angeles Marathon Health & Fitness Expo will host over 50 exhibitors featuring brand-new designs in fitness gear and shoes, dynamic photo opportunities, live entertainment, as well as the latest developments in sports, fitness, and nutrition. The 2-day Health & Fitness Expo is FREE and open to the public.

LOCATION

Dodger Stadium, Lot G

DATES & HOURS

Friday, March 18: 10:00 am – 7:00 pm

Saturday, March 19: 9:00 am – 5 :00 pm

BIB PICK UP

LA Big 5K and LA Big ½ K Kids Run participants may pick up their race packets at the Health & Fitness Expo on Friday, March 18 from 10am - 7pm or race morning starting at 6:30am.

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, and the Downtown Gate, accessible via CA-110. These gates will open at 6:00 am PDT. **(Note: the Golden State Gate will be closed and not accessible for the 5K start due to street closures.)**

Please allow yourself plenty of time to get into Dodger Stadium and pick up your race packet before the start at 8:00 am. Race Day Registration and Packet Pick-Up opens at 6:30 am.

RACE DAY PARKING

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

RACE INFORMATION

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 a.m. 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.

GEAR CHECK

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

THE COURSE

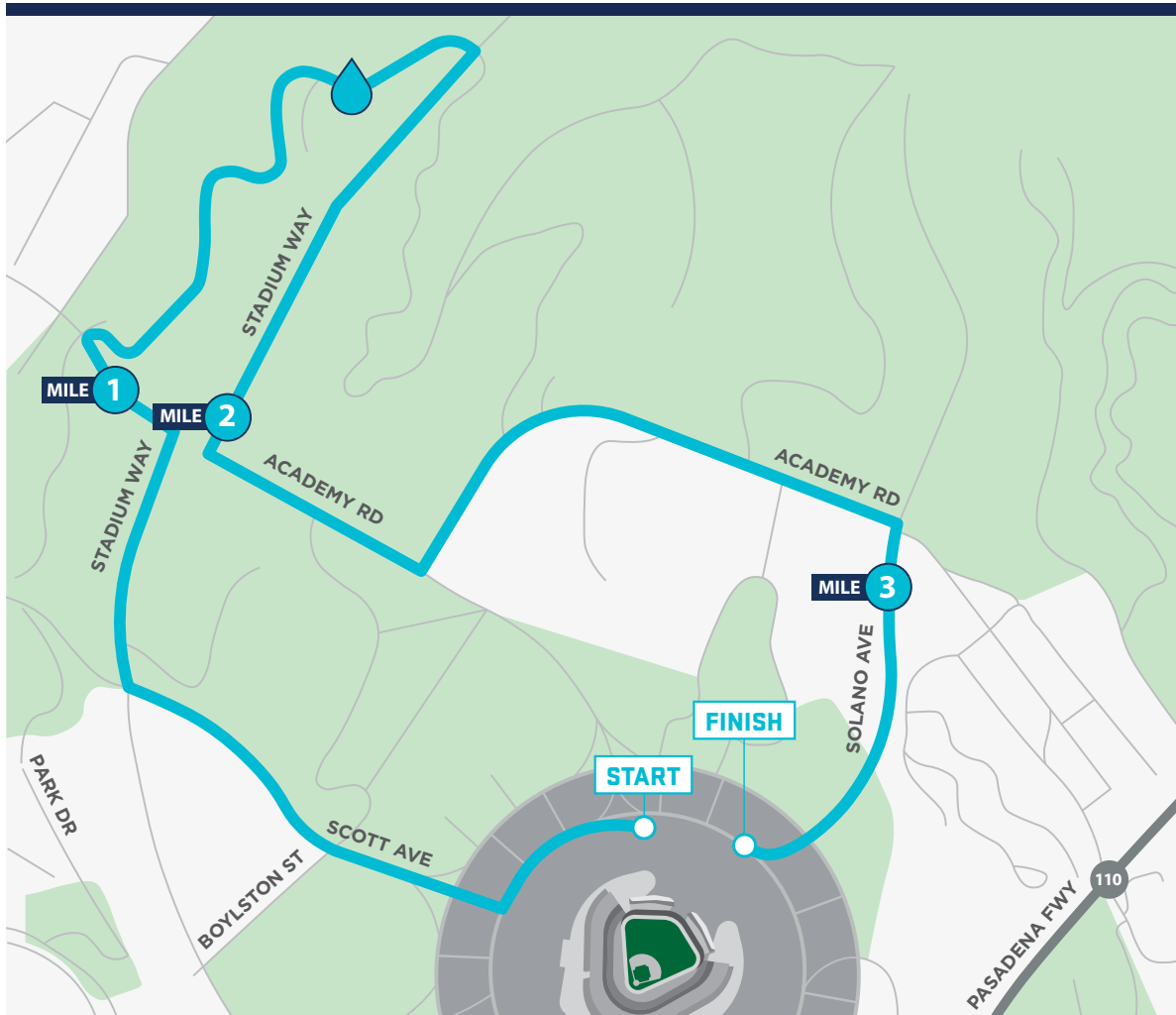
The LA BIG 5K course shares a Start Line with the Los Angeles Marathon and winds through Elysian Park to finish steps from Dodger Stadium.

COURSE MAP



COURSE MAP

At Dodger Stadium
March 19, 2022



IMPORTANT RUNNER INFORMATION

 5K Course

 Mile Marker

 Aid Station (Water only)



AID STATION

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

THE FINISH

Once runners cross the Finish Line of the LA BIG 5K, they will collect their post-race refreshments and other goodies before entering the Finish Festival to be reunited with friends and family.

LA TRIPLE 5K TOUR OF LA

Participants who have earned the Triple 5K Tour of LA Challenge Medal will pick it up in the Secure Zone after they complete the LA Big 5K.

LA BIG 1/2 K KIDS RUN

The LA Big ½ K Kids Run is a ¼ mile out and back course that starts and finishes at the main start line. Please pick up your child's bib, t-shirt, and goodie bag provided by Big 5 at the registration area by 9am on Saturday. Kids can start lining up at 9:15AM for warm ups and announcements. The run begins at 9:30AM.

Children will be sent out in waves by age group - oldest in front, youngest in back - every 5 minutes.

Parents are welcome to run alongside their children and are encouraged to run with those in wave 3 (4 and under).

- Wave 1 is for children 7-8 years old
- ▲ Wave 2 is for children 5-6 years old
- Wave 3 is for children 4 and under.

Each child will be given a participant race bib that must be pinned to the front of their clothing. There will be a matching “parent bib” for one parent to either wear or hold onto if they are on the course and when they leave the finish area with their child.

RACE DAY PHOTOS FROM FINISHERPIX

Get your personal race photos with FinisherPix!
Our official photo service takes care of your race memories. 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 will be available at www.finisherpix.com.

HEALTH AND SAFETY GUIDELINES AND POLICIES

With health and safety of our participants and the community a top priority, the Los Angeles Marathon follows health and safety requirements and guidelines applicable on race day.

Below are the measures that we expect to implement to fully comply with the requirements and guidelines we expect will be in place at the 2022 LA Big 5K but are subject to change pending updates from local and state officials.



HEALTH & FITNESS EXPO: MARCH 18 - 19, DODGER STADIUM

The Expo will be held outdoors at Dodger Stadium and is open to the general public. There are no COVID testing or proof of vaccination requirements to attend the Expo. It is recommended that all attendees of the Expo wear face coverings.

LA BIG 5K: MARCH 19, DODGER STADIUM

- ▲ There are no COVID testing or proof of vaccination requirements to attend or participate in the LA Big 5K
- It is recommended that all attendees and participants of the LA Big 5 wear face coverings before and after the race, it is not required for participants on course

There are no testing or vaccine requirements for the Health & Fitness Expo, LA Big 5K, LA Big 1/2 K Kids Run, or any event area outside of the Secure Start Line area.

WEBSITE & SOCIAL MEDIA

Website: LABig5k.com

Instagram: [@lamarathon](https://www.instagram.com/lamarathon)

Facebook: [facebook.com/lamarathon](https://www.facebook.com/lamarathon)

Twitter: [@lamarathon](https://twitter.com/lamarathon)

Hashtags: #LABig5K #TeamTMF



THANK YOU TO OUR OFFICIAL RACE PARTNERS

