

LA BIG 5K

2023 FINAL INFORMATION



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Welcome to the 2023 Los Angeles Marathon weekend! We are excited to have you join us at the LA Big 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 17	10:00AM – 7:00PM	HEALTH & FITNESS EXPO	DODGER STADIUM, LOT G
SATURDAY, MARCH 18	8:00AM START	LA BIG 5K	DODGER STADIUM, LOT H
SATURDAY, MARCH 18	9:30AM START	LA KIDS RUN	DODGER STADIUM, LOT H
SATURDAY, MARCH 18	9:00AM – 5:00PM	HEALTH & FITNESS EXPO	DODGER STADIUM, LOT G
SUNDAY, MARCH 19	7:00AM START	LOS ANGELES MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 19	8:15AM START	CHARITY HALF MARATHON	DODGER STADIUM, LOT H
SUNDAY, MARCH 19	9:00AM – 3:00PM	FINISH FESTIVAL & HEINEKEN O.O BEER GARDEN	CENTURY PARK, 2000 AVENUE OF THE STARS



ADDRESSES

- LA Big 5K Start Line & Finish Line
 - Dodger Stadium, Lot H
 - Los Angeles Marathon Health & Fitness Expo
 - Dodger Stadium, Lot G
- 1000 Vin Scully Avenue, Los Angeles, CA

SOCIAL MEDIA

Be sure to follow us on social media for the latest news, information, and content!

- **Instagram:** @lamarathon
- **Twitter:** @lamarathon
- **Facebook:** facebook.com/lamarathon
- **Hashtags:** #LAMarathon #TeamTMF

RACE RULES

- 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.
- 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.
- 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.
- Please do not attempt to cross the Finish Line with friends, family (including children), or "pacers."

RACE DAY SCHEDULE

DATE	TIME	EVENT	LOCATION
SATURDAY, MARCH 18	6:00 AM	DODGER STADIUM PARKING LOTS OPEN	DODGER STADIUM, LOT K, 8, & 10
SATURDAY, MARCH 18	6:30 AM	BIB PICK UP OPENS	DODGER STADIUM, LOT G
SATURDAY, MARCH 18	8:00 AM	LA BIG 5K RACE STARTS	DODGER STADIUM
SATURDAY, MARCH 18	9:30 AM	LA KIDS RUN START	DODGER STADIUM

BIB PICK UP

LA Big 5K and LA Kids Run participants may pick up their race packets on Friday, March 17 or race morning, Saturday, March 18.

BIB PICK UP ON RACE DAY

Race day bib pick up is available for the LA Big 5K and LA Kids Run on Saturday, March 18.

LOCATION: Dodger Stadium, Lot H

DATE & HOURS: Saturday, March 18, starting at 6:30 am

PARKING:

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

INSTRUCTIONS

- Bring your ID and Your QR code (found in your confirmation email which you received via email when you registered and again via email in early March).
- Go to the Bib Pick Up area to receive your bib.
- Go to the T-shirt Pick up area to receive your t-shirt.



BIB PICK UP AT THE EXPO

LOCATION: Dodger Stadium, Lot G

DATE & HOURS: Friday, March 17: 10:00 am – 7:00 pm

PARKING:

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

INSTRUCTIONS

Bring your ID and Your QR code (found in your confirmation email which you received via email when you registered and again via email in early March).

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
- Los Angeles Marathon Pick-Up
 - LA Loyal
 - General Marathon
- For anyone participating with Team TMF or one of our Official Charity Partners
 - Team TMF Marathon
 - Team TMF Charity Half
 - Team TMF LA Big 5K
 - Charity Marathon
 - Charity Half Marathon
 - Charity LA Big 5K



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 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.

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 Big 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.



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
- The Downtown Gate, accessible via CA-110

These gates will open at 6:00 am.

Note: The Golden State Gate will be closed and not accessible for the 5K start.

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.

GEAR CHECK

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

START LINE

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 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.
- 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.





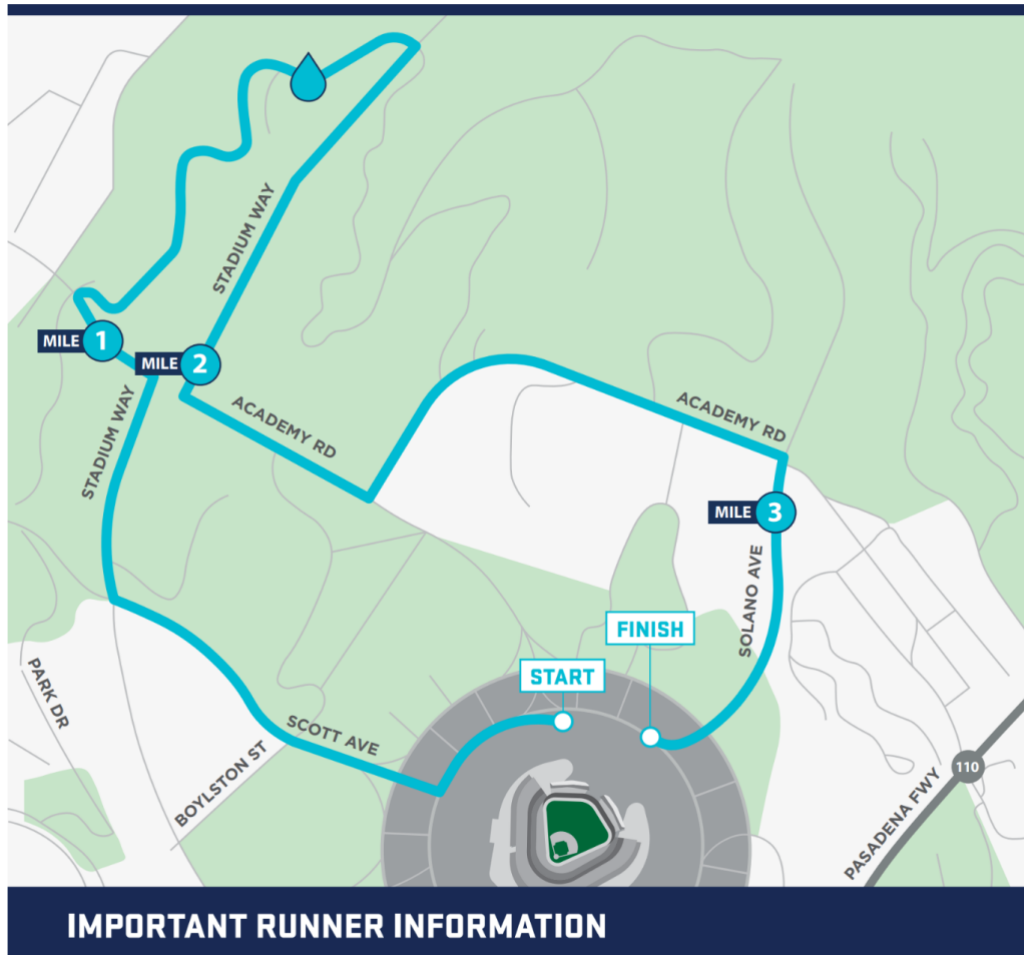
THE COURSE

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

At Dodger Stadium
MARCH 18, 2023



5K Course

Mile Marker

Aid Station (Water only)



AID STATION

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

FINISH LINE

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

- Finisher Medal
- Arrowhead Water and Electrolit
- Over Easy Bars, Craize Crackers, Bear Bites, and other snacks
- Triple 5K Tour of LA Challenge Medal (if qualified)

FINISH FESTIVAL & MARATHON EXPO

After the LA Big 5K, we invite you to celebrate with friends and family in our Finish Festival area and then head over to the Los Angeles Marathon Health & Fitness Expo to explore our over 50+ vendors.

PICKING UP YOUR MARATHON BIB

For those taking the LA Double Play and needing to pick up your Marathon bib, the Expo will have a soft opening of 8:30am, for 5K Finishers to pick up their bibs. Please check your Marathon Final info for all the details.



LA KIDS RUN

The LA Kids Run is a point-to-point course that starts at the Los Angeles Marathon start line and - new this year – ends at the nearby LA Big 5K finish line.

Please pick up your child's bib, t-shirt, and goodie bag provided by Big 5 at the registration area - look for the dedicated KIDS RUN BIB PICK UP tent. To avoid lines and delays, please plan to pick up your child's bib prior to the 5K and no later than 9am on Saturday.

Participants can start lining up at 9:15AM for warm-ups and announcements. The LA Kids Run begins at 9:30AM.

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.

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. Parents are welcome to run alongside their children or wait for them at the finish line – those with children in Wave 3 (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.



THANK YOU TO OUR OFFICIAL RACE PARTNERS

