

Welcome to the 2018 LA BIG 5K! We are excited to have you join us on Saturday, March 17<sup>th</sup> at Dodger Stadium. Please take a moment to read through our final instructions to familiarize yourself with the race.

## RACE WEEKEND SCHEDULE

DATE	TIME	EVENT	LOCATION
Friday, 3/16	10:00 am-7:00 pm	Health & Fitness Expo	LA Convention Center, South Hall
Saturday, 3/17	6:00 am	Dodger Stadium Gates Open	Dodger Stadium, Lot G
Saturday, 3/17	6:30 am	Bib Pickup	Dodger Stadium, Lot G
Saturday, 3/17	8:00 am start	LA BIG 5K	Dodger Stadium, Lot G

## PACKET PICK-UP

**LA BIG 5K participants have two options for packet pick-up:**

Friday, March 16<sup>th</sup> at the Health & Fitness Expo (10 am – 7 pm)

Saturday, March 17<sup>th</sup> at Dodger Stadium (6:30 am)

### A. HEALTH & FITNESS EXPO

The Health & Fitness Expo hosts over 130 exhibitors featuring brand-new designs in running gear and shoes, as well as the latest developments in sports, fitness, and nutrition. LA BIG 5K participants are not required to pick up their packets at the expo.

#### LOCATION

Los Angeles Convention Center, South Hall  
1201 South Figueroa Street  
Los Angeles, CA 90015

#### DATES & HOURS

Friday, March 16<sup>th</sup>: 10:00 am – 7:00 pm

Saturday, March 17<sup>th</sup>: 9:00 am – 5:00 pm

#### PARKING

Convention center parking is available for \$20-25 (rate set by LACC). Additional offsite parking is available in parking lots surrounding the convention center.

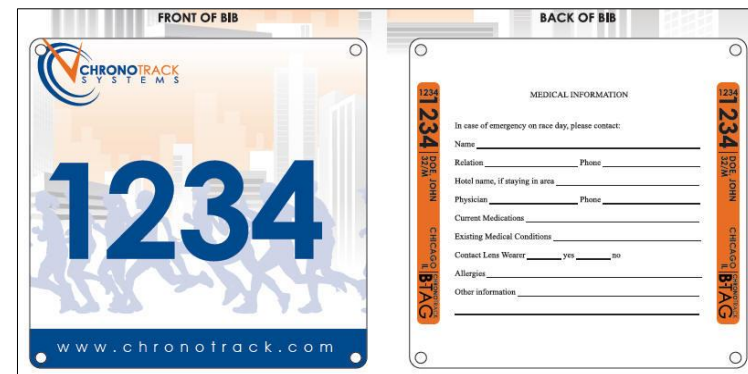
### B. TIMING CHIP – ChronoTrack B-TAG TIMING SYSTEM

The 2018 LA BIG 5K will be timed using the ChronoTrack B-Tag Timing System.

#### ChronoTrack B-TAG TIMING SYSTEM

The ChronoTrack B-Tag Timing System features a disposable RFID tag attached to the back of your race bib (see picture below). Please adhere to the following instructions to receive an accurate time:

1. Wear your bib. Ensure it's visible on the front of your torso.
2. Don't fold/wrinkle your bib or you risk breaking the timing chip.
3. Pin your bib in all four corners so the timing chip stays flat.
4. Do not cover your bib with jackets, water bottles, etc so as not to block the timing chip.
5. Be sure the ID# on your B-Tag matches your race bib# prior to leaving the Expo.



#### RACE BIB

**Please complete the medical information on the back of the bib.** Do not allow anyone else to run with your bib. If somebody other than yourself uses your bib, you both will both be disqualified from the event. To attach, use the four safety pins provided and pin each corner of the bib onto the FRONT of your shirt, making sure the number is clearly visible always.

### GETTING TO THE START LINE

**ARRIVE EARLY, ARRIVE EARLY, ARRIVE EARLY!!!**  
**ALL PARTICIPANTS SHOULD PLAN TO ARRIVE NO LATER THAN**  
**60 MINUTES PRIOR TO THE START OF THE RACE**

Due to street closures, **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, accessible via I-5, will be closed until 10:00 am 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.

### THE COURSE

The 5K course starts and finishes just outside of Dodger Stadium, taking runners on a scenic route through Elysian Park.

View the course map here: [LA BIG 5K Course Map](#)

### FINISH FESTIVAL

Spectators are encouraged to meet their runners at the Finish Festival located south of the finish line. Enjoy live music, entertainment and giveaways from our great partners.

#### TRIPLE 5K TOUR OF LA MEDALS

If you are completing the Triple 5K Tour of LA at the LA BIG 5K, please be sure you have the appropriate "TRIPLE 5K MEDAL" sticker on your bib and proceed to the Triple 5K medal area in the finish festival after the race. If you do not have a sticker and completed both the Santa Monica Classic 5K and Pasadena 5K at the Rose Bowl, please see Conquer staff at the Triple 5K medal redemption area.



ON BEHALF OF CONQR ENDURANCE GROUP

WE WISH YOU THE BEST OF LUCK!