



Dear Parent or Legal Guardian,

On behalf of Students Off And Running, we wish to congratulate your student on their amazing accomplishment! As this race promises to host more than 25,000 participants, our focus remains on the safety and welfare of all SOAR participants during the event.

Please note: In spite of the fact, that many of the runners will have family and friends waiting for them at the finish, no team member will be released until the ENTIRE TEAM finishes the race. We appreciate your consideration in this matter.

Enclosed you will find a copy of the Itinerary and Safety plan for LA XXXVII Marathon weekend, March 18th and 19th 2023.

Please feel free to call me with questions or concerns.

Lina Najera Head Coach Contact on race day: 310.994.6806	Hannah Cox Head Coach Marathon Sweep Contact on race day: 661.645.3745
Kevin Sarkissian Director / Assistant Coach Contact on race day: 661.877.7024	Theo Baljet Assistant Coach Contact on race day: 323.574.3542
Patrick Uchino Assistant Coach Contact on race day: 818.523.2417	Karen Celis Assistant Coach Contact on race day: 661.670.7641
Simardeep Gawra Assistant Coach Contact on race day: 818.257.3080	Kim Baljet Parent Finish Line Anchor Contact on race day: 661.803.2845

Student movement will be monitored on an individual basis for both the Expo and Marathon supported Bib E-Tracking as follows:

Coach Lina	Coach Hannah	Coach Kevin	Coach Patrick	Coach Theo
All	All	Bradley	Ethan	Micaela
		Sherilyn	Kavinn	Vincent
		Hector	Deshaun	Tali
		Sebastian	Sophia	Mia
		Megan	Praneel	

Saturday, March 18th 2023 (Marathon Expo)

9:00 a.m. – Students will rally at Lowes. We will cover basic expectations prior to departure. Family members are welcome to attend the expo as well.

9:30 – 11:00 a.m. Depart and arrive at LA Marathon Expo:

Dodger Stadium, Lot G
928 Academy Road.
Los Angeles, CA 90012

(See Dodger Stadium parking map attachment for details)

Free parking is available at Dodger Stadium via Gates A and E.

11:00 – 1:00 p.m. Pick up race bibs, timing chips, and goodie bags. Please note the following important details regarding packet pickup:

- All 2023 Los Angeles Marathon participants must attend the Health & Fitness Expo to pick up their race packets. Participants must bring a valid form of ID and their QR code (found in your confirmation email or myevents.active.com)
- Coach Kevin will provide each student with their Confirmation QR Code for packet pickup. Bib assignment will be dynamic. This means that your bib number will be assigned upon check in and linked to your registration QR Code and timing chip.
- **!!!!IMPORTANT!!! PHOTO ID REQUIRED! Each SOAR participant must report to the Charity Participant Pick-Up section at the Expo to pick up their packet. This includes Charity Challenge Half Marathon participants as well!**
- A legal guardian may be required for packet pickup for students under 18 years of age. If you run into problems picking up your packet while at the expo, contact Coach Kevin and he will assist from 11-1230p Saturday.

- You may be required to prove vaccination status!! This requirement is constantly changing.
- Your race packet includes: Race Bib with Timing Chip Participant Technical Shirt Clear Plastic Event-Issued Participant Bag Official Race Program provided by the Santa Monica Daily Press
- **!!!IMPORTANT!!!! Coach Kevin will secure and hold ALL student race bibs Saturday afternoon to be distributed on race morning.**

1230p.m.-2:00p.m. Team will depart Dodger Stadium to travel back to Santa Clarita.

2:00 – 4:00 p.m. Team Carbo Load Dinner at Buca di Beppo:

Valencia Town Center
26940 Theater Drive
Santa Clarita, CA 91355
(661) 253-1900

PLEASE NOTE!
UNFORTUNATELY, DUE TO THE SIZE OF OUR GROUP, DINNER IS
OPEN ONLY TO SOAR STUDENTS,
COACHES, AND CHARITY RUNNERS.

4:00 – 5:00 p.m. Student Pickup at Buca di Beppo or Lowes.

Sunday, March 19th, 2023 (LA Marathon XXXVIII)

3:00 a.m. – Students rally at Whole Foods Market across the street from SOAR's Facey training location and travel by team bus to Dodger Stadium.

PLEASE NOTE – OUR TEAM CHARTER BUS IS A ONE WAY TRIP TO DODGER STADIUM ONLY! STUDENTS WILL NEED TO BE PICKED UP AT THE FINISH BY A FAMILY MEMBER!

3:30 – 6:00 a.m. – Depart and arrive at Dodger Stadium via Downtown Gate (buses only) drop-off access:

928 Academy Road.
Los Angeles, CA 90012

(See Dodger Stadium parking map attachment for details)

Team will check gear and move to VIP Charity Suite # 231 inside Dodger Stadium

!!PLEASE BE ADVISED. ALL CHARITY PARTICPANTS MUST HAVE A SECURITY WRITSBAND TO ACCESS SOAR'S CHARITY SUITE!!

Contact Coach Kevin to secure your security wristband.

5:00 – 6:25 a.m. – Gear check, bib, chip distribution. Team prayer.

6:55 a.m. – Race Start (See Course Map for details)

!!Runner Tracking Information Coming Race Week!!

12:30 – 3:00 p.m. Race Finish – Century Park - 2000 Avenue of the Stars, Los Angeles, CA 90067.

Projected Student Finish Times
(Official Start -6:55am)

Micaela: 4:51:04	Megan: 5:14:59	Vincent: 4:00:00
Bradley: 3:51:52	Kavinn: 4:53:28	Tali: 4:37:12
Sherilyn: 4:26:45	Deshaun: 4:07:33	Ethan: 3:37:02
Hector: 4:55:52	Sophia: 4:17:46	Mia: 5:13:39
Sebastian: 3:47:54	Praneel: 3:45:18	

****See Additional Insert for Projected Student Splits throughout the Course****

3:00 – 4:00p.m. Students released to family members.

Safety Precautions:

- 1) All students will have an emergency contact sticker attached to the back of their bib during the event, and will be instructed to call Coach Kevin if needed.

- 2) Coach Hannah is Team Sweep for 2023, and will have the best information regarding team progress on race day. That said, Runner Tracking is your best bet
- 3) All team members will be instructed to contact SOAR Parent Kim Baljet (661.803.2845) after they finish the race and remain in the finish area until the team sweep crosses the finish line. All finishers contact to coaches will be relayed to Coach Hannah who will keep the team's master tally. **Post Marathon Team Rally point will be in the finish festival area in Century Park (AKA Centerpiece Park) close to the finish area - 2000 Avenue of the Stars, Los Angeles, CA 90067. Mrs. Baljet will act as anchor for the Team Rally Area.**

**!!!IMPORTANT!!! !!!WE ARE TRACKING STUDENT SAFETY ON RACE DAY!!!
ALL STUDENTS MUST CHECK IN WITH MRS BALJET AFTER THEY FINISH!!!**

(See SOAR Post Marathon Rally Map for details)

- 4) Families are encouraged to bring snacks, beach chairs, and a warm change of clothes to provide a rest area for returning SOAR runners and family members while waiting for the Team to clear the course. PLEASE NOTE: COOLERS MAY BE SUBJECT TO SEARCH AND SEIZURE IN THE FINISH AREA!
- 5) Parking in options for both participants and family members near the finish area in Century City is first come first served and can be made by visiting:
<https://www.lamarathon.com/pages/la-marathon-hotels-transportation>

PLEASE NOTE: Traffic conditions getting out of Century City after the race proved to be a challenge when we ran this course last year. As such, you may want to opt to take the subway from Century City to North Hollywood and either arrange a ride or Uber back to SCV from there after we wrap up.

- 6) Check out the Event Info tab for entertainment information and determining the best spot to try and see the team on the course. Full details at:
<http://www.lamarathon.com>
- 7) Parents, coaches, and SCTC President Alan Bingham will be given a copy of this itinerary. All coaches and support personnel will carry a team roster with emergency contact information on race day.

Best of Luck to All Sunday!



Students Off And Running
SOAR
Santa Clarita

Projected Student Splits
Los Angeles Marathon XXXVIII
March 19, 2023
Official Start Time 6:55am

Student	YTD Tempo Min/Mile	Mile 5	Mile 10	Mile 15	Mile 20	Mile 26.2
Baljet, Micaela	0:11:07	0:55:33	1:51:06	2:46:38	3:42:11	4:51:04
Biedebach, Bradley	0:08:51	0:44:15	1:28:30	2:12:45	2:57:00	3:51:52
Garcia, Sherilyn	0:10:11	0:50:54	1:41:49	2:32:43	3:23:38	4:26:45
Guzman, Hector	0:11:18	0:56:28	1:52:55	2:49:23	3:45:51	4:55:52
Iribe-Loza, Sebastian	0:08:42	0:43:30	1:26:59	2:10:29	2:53:58	3:47:54
Johnson, Megan	0:12:01	1:00:07	2:00:13	3:00:20	4:00:27	5:14:59
Logesh, Kavinn	0:11:12	0:56:00	1:52:01	2:48:01	3:44:01	4:53:28
Morgan, Deshaun	0:09:27	0:47:14	1:34:29	2:21:43	3:08:58	4:07:33
Najera, Sophia	0:09:50	0:49:11	1:38:23	2:27:34	3:16:46	4:17:46
Samal, Praneel	0:08:36	0:43:00	1:25:59	2:08:59	2:51:59	3:45:18
Stella, Vincent	0:09:10	0:45:48	1:31:36	2:17:24	3:03:12	4:00:00
Tucker, Tali	0:10:35	0:52:54	1:45:48	2:38:42	3:31:36	4:37:12
Uchino, Ethan	0:08:17	0:41:25	1:22:50	2:04:15	2:45:41	3:37:02
Vasquez, Mia	0:11:58	0:59:51	1:59:43	2:59:34	3:59:26	5:13:39

EXPO LAYOUT
PHOTO ID AND QR
CONFIRMATION
REQUIRED!!! REPORT TO
OPERA THE CHARITY
PARTICIPANT PICKUP
AREA FOR PACKET
PICKUP!!!

START

SEEDED CORRALS

A B C D E

OPERA

EXPO

Lot F

asics.

Lot G

REGISTRATION

Gate E

HEALTH &
SAFETY CHECK

ENTRANCE

GEAR
CHECK
LOT K

START LINE



IMPORTANT RUNNER INFORMATION

- Marathon Course
- Secured Event Zone
- Security and Health & Safety Checkpoint
- Checkpoint closes at 6:25am
- Seeded Corral Closes at 6:40am
- VIP Restrooms
- Restrooms



LOS ANGELES MARATHON

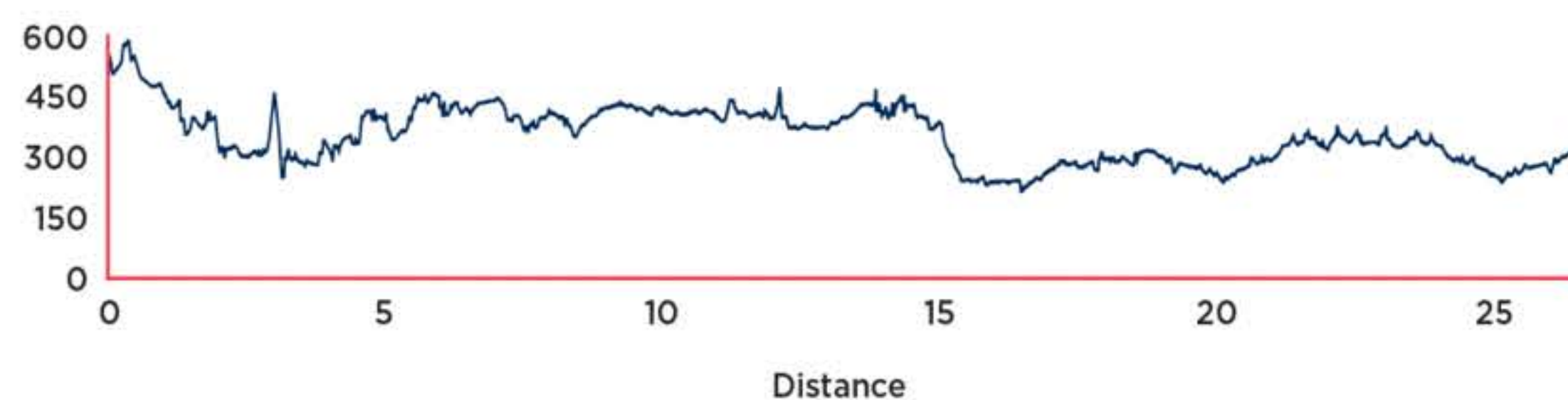
PRESENTED BY **asics**

2021 COURSE MAP

- Run Course
- Nuun Endurance Station & Water
- Mile Mark
- CLIF Energy Shot
- Turn Around
- Keck Medicine of USC Medical Tent
- Finish Line
- Landmark



ELEVATION



LANDMARKS

- | | | |
|-----------------------------------|---------------------------|------------------------------|
| 1 Dodger Stadium | 8 Echo Park Lake | 15 Grauman's Chinese Theater |
| 2 Chinatown Dragon Gate | 9 Barnsdall Park | 16 Chateau Marmont |
| 3 Olvera Street | 10 Pantages Theater | 17 Whisky A Go Go |
| 4 Los Angeles City Hall | 11 Capitol Records Tower | 18 The Troubadour |
| 5 Little Tokyo | 12 Hollywood & Vine | 19 Beverly Hills City Hall |
| 6 Cathedral of our Lady of Angels | 13 Hollywood Walk of Fame | 20 Rodeo Drive |
| 7 Dorothy Chandler Pavillion | 14 Musso & Frank Grill | 21 Historic Route 66 |



CHALLENGE 13.1

2021

COURSE MAP

- Run Course
- Mile Mark
- Finish Line
- Landmark
- Nuun Endurance Station & Water
- CLIF Energy Shot
- Keck Medicine of USC Medical Tent



FINISH LINE



10 Tips for First Time SOAR Marathoners



Tip #1:

Layout your shoes, socks, running shirt and the items you plan to wear at the foot of your bed the night before the race. Get a good night's sleep on both Friday and Saturday before the Marathon!

Tip#2:

Carbo-loading with pasta and other starchy foods is a long established practice for distance runners. Have your last large meal before 7p.m. on Saturday.

Tip #3:

Drink lots of water. Regardless of how much water you take in during training, it is highly advisable to drink plenty of water before, during and after the race.

Tip #4:

Drink Gatorade, Emergen-C, or Gu Energy Gel. Water will keep you hydrated but Gatorade will replenish sorely needed nutrients and electrolytes. Drink Gatorade at least every other water station and more frequently later in the race. GU Energy Gel and Emergen-C will provide a much needed boost at miles 5, 10, 15, 20, and 25.

Tip #5

Protect against chafing. Wear some shorts that you know won't chafe. If you've had problems with this issue, consider purchasing some anti-chafing cream or using **vaseline** for those areas where you might have problems. **Vaseline will also be available along the course.**

Tip # 6

Trash bags make a suitable wind/raincoat and old socks can serve as throw-away mittens. Coach Sarkissian will have bags available on race morning. Use them to stay warm, and chuck 'em after the start! **Watch Out for the ultimate slippery Sea of Trashbags at the start line!**

Tip # 7

Avoid going out too fast. A common mistake amongst runners is the tendency to go out too fast during the early miles. Inevitably, they pay for it later when they cramp or lose steam ("bonk") after the halfway point. By now, you have a good grasp of your sustainable pace. Don't go faster than this during the first few miles. **Use a coach to help you manage your splits!** That's why we're here!

Tip #8:

Have a time goal in mind for each of the first few miles and stick to it.

Tip #9:

Your number one goal for your first marathon is simply to finish safely.

Tip #10

Relax and have fun! Realize that the hard part, the months of training you just endured, is over. The race is a formality, a chance to celebrate! Enjoy the moment!

Good Luck On Sunday!