



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 20,000 participants, our focus remains on the safety and welfare of your child 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 XXXI Marathon weekend, February 13<sup>th</sup> and 14<sup>th</sup> 2016.

Please feel free to call me with questions or concerns.

Kevin Sarkissian Head Coach / Team Coordinator Marathon Sweep Contact on race day: 661.877.7024	Dave Yurcisin Assistant Coach Contact on race day: 661.803.6123
Beth Townsend Assistant Coach Contact on race day: 626.644.9371	Sandra Bonilla Assistant Coach Contact on race day: 661.607.7265
Wayne Lee Assistant Coach Contact on race day: 818.625.5068	Danielle Marsh Assistant Coach Contact on race day: 818.395.0469
David Smith Assistant Coach Contact on race day: 661.733.7401	Jessica Ruiz Assistant Coach Contact on race day: 661.993.8885

Student movement will be monitored on an individual basis for both the Expo and Marathon as follows:

Sarkissian	Bonilla	Lee	Yurcisin	Ruiz
Vanessa	Carlos	Hannah	Dannah	Dariana
Joel	Jonathan	Sarah	AJ	Joshua
Peter	Marycruz	Mario	Kevin	Katelyn
Jessica	David	Wyatt	Karla	Stacey
Karen	Elizabeth	Alexandra	Brooke	Caroline
Andy	Christian		Victoria	Matthew

## Saturday, February 13<sup>th</sup> 2016 (Marathon Expo)

**10:00 a.m.** – Students will rally at Lowes.

**10:00 – 11:00 a.m.** Depart and arrive at LA Marathon Expo:

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

(See Mapquest attachment for details)

**Parking is \$12**

**11:00 – 1:00 p.m.** Pick up race bibs, timing chips, and goodie bags.  
All student race bibs and chips to be held by their assigned Coach until event day.

**ALL PARTICIPANTS WILL NEED A PHOTO ID FOR BIB PICKUP!**

**1:00 – 2:00 p.m.** Depart Convention Center and arrive in Santa Clarita.

**2:30 – 4:00 p.m.** Team Carbo Load Dinner at Macaroni Grill:

25720 The Old Road  
Stevenson Ranch, CA 91381-1709  
(661) 284-1850

**4:00 – 5:00 p.m.** Student Pickup at Macaroni Grill or Lowes.

## Sunday, February 14<sup>th</sup>, 2016 (LA Marathon XXXI)

**4:00 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!

**4:30 – 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 # 227 inside Dodger Stadium

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

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

**12:30 – 3:00 p.m.** Race Finish – Corner of Ocean Avenue and Santa Monica Blvd, just North of the Santa Monica Pier.

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

Apolinar: 5:35:16	Chavez: 4:18:58	Ford, E: 4:12:22	Ibarra: 5:22:15	Loth: 5:01:00	Spiker, K: 4:42:18
Beckwith: 3:38:02	Delapaz, C: 5:07:59	Fragoza: 4:51:01	Javier, A: 4:43:23	Luna: 5:20:23	Storaker: 4:13:41
Castano: 3:27:30	Delapaz, J: 5:10:35	Green, H: 3:51:31	Javier, D: 5:25:32	Mejia: 5:06:17	Uhrig: 4:41:38
Castro: 4:04:33	Fernandez: 4:51:40	Green, S: 4:35:38	Jonas: 4:23:02	Ortiz: 4:56:04	Ziamba: 4:34:02
Celis: 4:54:31	Ford, D: 4:03:43	Hoglo: 4:13:31	Kuhlman: 3:27:44	Spiker, J: 3:20:38	

**\*\*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 Sarkissian if needed.
- 2) Coach Sarkissian is Team Sweep for 2016, and will have the best information regarding team progress on race day.
- 3) All team members will be instructed to contact SOAR Parent Lisa Storaker (661.607.7461) 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 Sarkissian who will keep the team's master tally. **Post Marathon Team Rally point will be same location as last year - in the grassy area directly across the street from the Pacific Plaza Hotel - 1431 Ocean Avenue, Santa Monica 90401. Closest cross street is Broadway, a short walk from the Finish Line. (See SOAR Post Marathon Rally Map for details).** Mrs. Storaker will act as anchor for the Team Rally Area. All are encouraged to bring snacks, beach chairs, and canopies 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 – BEST TO LEAVE THEM AT HOME!**
- 4) Parking in preferred lots for family members near the finish area in Santa Monica is first come first served and can be made by visiting:  
<https://www.parkme.com/santa-monica-parking>
- 5) Check out the official 2016 LA Marathon Spectators Guide for entertainment information and determining the best spot to try and see the team on the course. Full details at <http://www.lamarathon.com>
- 6) 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.

Good Luck Sunday!

*Students Off And Running*  
**SOAR**  
Santa Clarita















**Directions to LA Convention Center - Marathon Expo**  
**PHOTO ID REQUIRED FOR BIB PICKUP!!!**  
**Packet Pickup Available Friday February 12th 10a-7p and Saturday February 13th 8a-5p**  
**ONLY!!!**  
**\$12.00 Parking Fee at the Convention Center!**

**START** **24113 Del Monte Dr**  
 Valencia, CA 91355-3822, US

**END** **1201 S Figueroa St**  
 Los Angeles, CA 90015-1308, US

**Total Est. Time:**  
 40 minutes

**Total Est. Distance:**  
 37.09 miles

Maneuvers	Distance
 <b>1:</b> Start out going NORTHEAST on DEL MONTE DR toward MCBEAN PKWY.	<0.1 miles
 <b>2:</b> Turn RIGHT onto MCBEAN PKWY.	2.2 miles
 <b>3:</b> Merge onto I-5 S toward LOS ANGELES.	30.2 miles
 <b>4:</b> Merge onto CA-110 S toward LOS ANGELES.	3.7 miles
 <b>5:</b> Take the 8TH ST exit- EXIT 22B- toward 9TH ST.	0.1 miles
 <b>6:</b> Turn SLIGHT LEFT to take the ramp toward 9TH ST / CONVENTION CENTER.	<0.1 miles
 <b>7:</b> Turn SLIGHT LEFT onto W 8TH PL.	<0.1 miles
 <b>8:</b> Stay STRAIGHT to go onto JAMES M WOOD BLVD.	<0.1 miles
 <b>9:</b> Turn RIGHT onto FRANCISCO ST.	0.1 miles
 <b>10:</b> Turn LEFT onto W OLYMPIC BLVD.	0.1 miles
 <b>11:</b> Turn RIGHT onto S FIGUEROA ST.	0.2 miles
 <b>12:</b> End at <b>1201 S Figueroa St</b> Los Angeles, CA 90015-1308, US	

**Total Est. Time:** 40 minutes      **Total Est. Distance:** 37.09 miles



**SKECHERS  
PERFORMANCE  
LOS ANGELES  
MARATHON**



**GOLDEN  
STATE  
GATE  
OPEN**

**ACADEMY  
GATE  
CLOSED**

**SUNSET  
GATE  
CLOSED**

**DOWNTOWN  
GATE  
CLOSED  
BUSES ONLY**

Riverside Dr

Riverside Dr

Stadium Way

Academy Rd

Stadium Way

Sunset Blvd

101

110

5

Runner  
Drop-off  
Area

Race  
Day  
Parking

START

RACE ROUTE

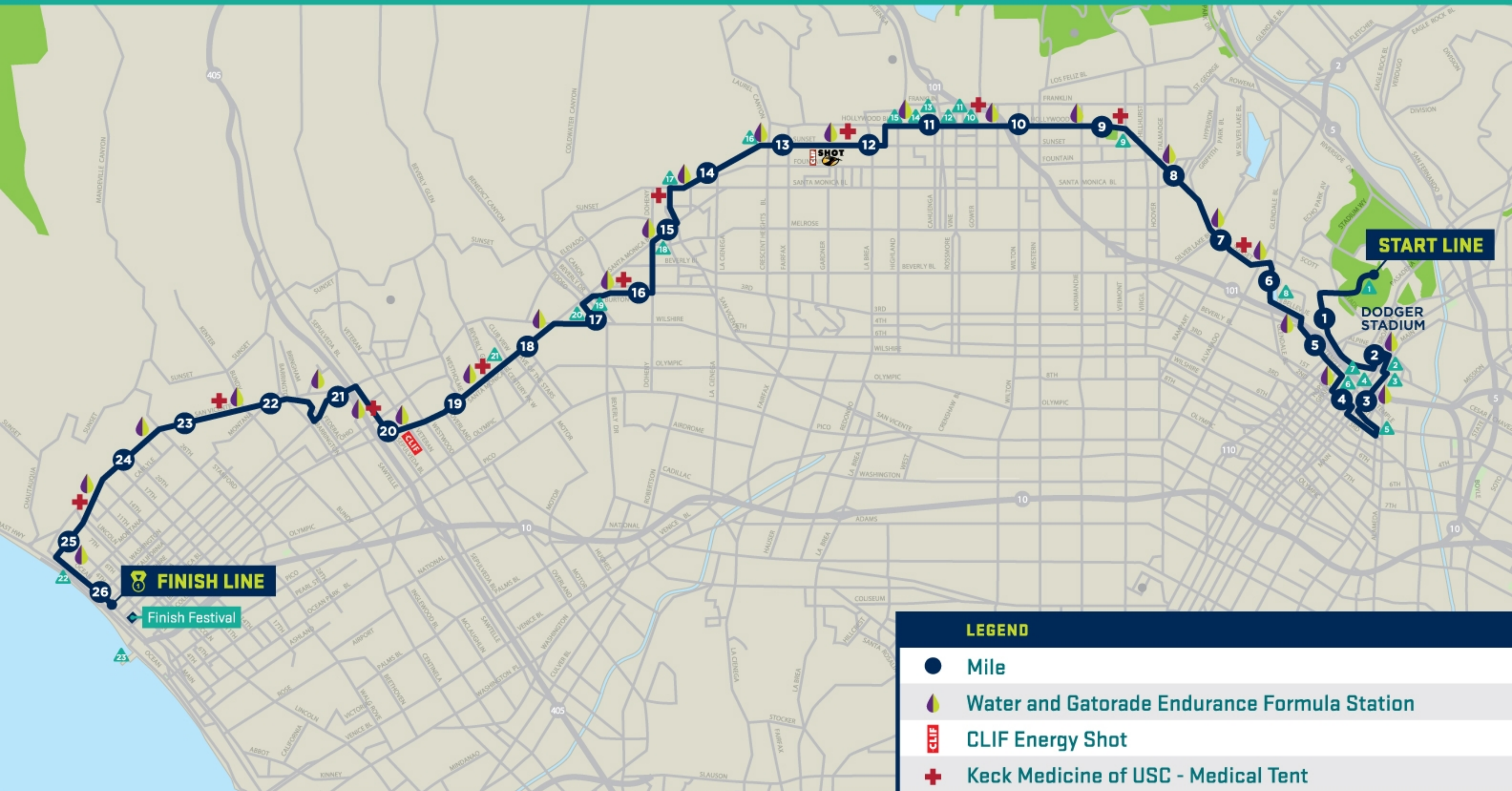
# START LINE



## IMPORTANT RUNNER INFORMATION

- Secured Event Zone
- Security Checkpoint #1 Closes at 6:25AM
- Gear Check Closes at 6:30AM
- Seeded Corrals Close at 6:40AM
- Restrooms Available:
  - In Parking Lot 6, adjacent to Runner Entrance and Shuttle Drop-off
  - In Parking Lot K, adjacent to Gear Check
  - In Dodger Stadium, on Field Level Concourse and right field pavilion
- Wheelchair Athlete Tent
- Handcycle Athlete Tent
- Volunteer Check-in
- Participant Services
- CLIF Energy Zone

# COURSE MAP



### LEGEND

- Mile
- Water and Gatorade Endurance Formula Station
- + CLIF Energy Shot
- + Keck Medicine of USC - Medical Tent

### LANDMARKS

- |  |   |   |
|--|---|---|
| <span style="color: green;">▲</span> 1 Dodger Stadium                  | <span style="color: green;">▲</span> 9 Barnsdall Park             | <span style="color: green;">▲</span> 17 Whisky A Go Go          |
| <span style="color: green;">▲</span> 2 Chinatown Dragon Gate           | <span style="color: green;">▲</span> 10 Pantages Theater          | <span style="color: green;">▲</span> 18 The Troubadour          |
| <span style="color: green;">▲</span> 3 Olvera Street                   | <span style="color: green;">▲</span> 11 Capitol Records Tower     | <span style="color: green;">▲</span> 19 Beverly Hills City Hall |
| <span style="color: green;">▲</span> 4 Los Angeles City Hall           | <span style="color: green;">▲</span> 12 Hollywood & Vine          | <span style="color: green;">▲</span> 20 Rodeo Drive             |
| <span style="color: green;">▲</span> 5 Little Tokyo                    | <span style="color: green;">▲</span> 13 Hollywood Walk of Fame    | <span style="color: green;">▲</span> 21 Historic Route 66       |
| <span style="color: green;">▲</span> 6 Cathedral of our Lady of Angels | <span style="color: green;">▲</span> 14 Musso & Frank Grill       | <span style="color: green;">▲</span> 22 Palisades Park          |
| <span style="color: green;">▲</span> 7 Dorothy Chandler Pavilion       | <span style="color: green;">▲</span> 15 Grauman's Chinese Theater | <span style="color: green;">▲</span> 23 Santa Monica Pier       |
| <span style="color: green;">▲</span> 8 Echo Park Lake                  | <span style="color: green;">▲</span> 16 Chateau Marmont           |   |

### COURSE ELEVATION





**Projected Student Splits**  
**LA Marathon XXXI**  
**February 14, 2016**  
**Official Start Time 6:55am**

<b>Student</b>	<b>YTD Min/Mile</b>	<b>Mile 5</b>	<b>Mile 10</b>	<b>Mile 15</b>	<b>Mile 20</b>	<b>Mile 26.2</b>
Apolinar, Vanessa	0:12:48	1:03:59	2:07:58	3:11:57	4:15:55	5:35:16
Beckwith,Joel	0:08:19	0:41:37	1:23:13	2:04:50	2:46:26	3:38:02
Castano, Peter	0:07:55	0:39:36	1:19:12	1:58:48	2:38:24	3:27:30
Castro, Jessica	0:09:20	0:46:40	1:33:20	2:20:00	3:06:40	4:04:33
Celis, Karen	0:11:14	0:56:12	1:52:25	2:48:37	3:44:49	4:54:31
Chavez, Andy	0:09:53	0:49:25	1:38:51	2:28:16	3:17:41	4:18:58
DeLapaz, Carlos	0:11:45	0:58:46	1:57:33	2:56:19	3:55:06	5:07:59
DeLapaz, Jonathan	0:11:51	0:59:16	1:58:33	2:57:49	3:57:05	5:10:35
Fernandez, Marycruz	0:11:08	0:55:40	1:51:19	2:46:59	3:42:39	4:51:40
Ford, David	0:09:18	0:46:31	1:33:01	2:19:32	3:06:02	4:03:43
Ford, Elizabeth	0:09:38	0:48:10	1:36:19	2:24:29	3:12:39	4:12:22
Fragoza, Christian	0:11:06	0:55:32	1:51:04	2:46:37	3:42:09	4:51:01
Green, Hannah	0:08:50	0:44:11	1:28:22	2:12:33	2:56:44	3:51:31
Green, Sarah	0:10:32	0:52:38	1:45:16	2:37:54	3:30:32	4:35:48
Hoglo, Wyatt	0:09:41	0:48:25	1:36:50	2:25:14	3:13:39	4:13:41
Ibarra, Mario	0:12:18	1:01:30	2:03:00	3:04:30	4:06:00	5:22:15
Javier, Alexandra	0:10:49	0:54:05	1:48:10	2:42:14	3:36:19	4:43:23
Javier, Dannah	0:12:25	1:02:07	2:04:15	3:06:22	4:08:30	5:25:32
Jonas, Angelica	0:10:02	0:50:12	1:40:24	2:30:36	3:20:48	4:23:02
Kuhlman, Kevin	0:07:56	0:39:39	1:19:17	1:58:56	2:38:34	3:27:44
Loth, Brooke	0:11:29	0:57:27	1:54:53	2:52:20	3:49:46	5:01:00
Luna, Karla	0:12:14	1:01:08	2:02:17	3:03:25	4:04:34	5:20:23
Mejia, Victoria	0:11:41	0:58:27	1:56:54	2:55:21	3:53:48	5:06:17
Ortiz, Dariana	0:11:18	0:56:30	1:53:00	2:49:30	3:46:00	4:56:04
Spiker, Joshua	0:07:39	0:38:17	1:16:35	1:54:52	2:33:09	3:20:38
Spiker, Katelyn	0:10:46	0:53:52	1:47:45	2:41:37	3:35:30	4:42:18
Storaker, Stacey	0:09:41	0:48:25	1:36:50	2:25:14	3:13:39	4:13:41
Uhrig, Caroline	0:10:45	0:53:45	1:47:30	2:41:15	3:34:59	4:41:38
Ziamba, Matthew	0:10:28	0:52:18	1:44:36	2:36:53	3:29:11	4:34:02

# FINISH LINE



## LEGEND

- Secured Event Zone
- Restricted Zone
- Runner Secured Event Zone
- Finish Festival
  - Finish Festival Open 9AM-3PM

- Restrooms
- Keck Medicine of USC - Medical Tent
- City of Santa Monica Parking Structure
- Security Checkpoints
- Angel City Brewery Beer Garden
  - Open 10AM-2PM

SOAR

Post Marathon Team Rally Area



## 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!**

# Students Off And Running Field Trip Form 2015-2016

## Students Off And Running 2015-2016 Event Schedule

Tuesday, September 8<sup>th</sup>

Team Trvouts #1

Lowes – Santa Clarita

Wednesday, September 9<sup>th</sup>

Team Trvouts #2

Lowes – Santa Clarita

Thursday, September 10<sup>th</sup>

Team Trvouts #3

Lowes – Santa Clarita

Sunday, October 18<sup>th</sup>

Spooktacular 5K

Los Angeles, CA

Sunday, November 1<sup>st</sup>

Road Runner Sports Team Shoe

Night

Studio City, CA

Saturday, November 7<sup>th</sup>

Hollywood Hard Rock 10K

Hollywood, CA

Sunday, December 13<sup>th</sup>

Santa to the Sea Half Marathon

Oxnard, CA

Saturday, December 19<sup>th</sup>

SOAR – Jingle Bell 10 Miler and

Holiday Breakfast!

Encino, CA

Saturday, January 9<sup>th</sup>

SO Cal Half Marathon

Irvine, CA

Saturday, January 30<sup>th</sup>

SOAR 20 Miler and Team BBQ

Newhall, CA

Saturday, February 13<sup>th</sup>

LA Marathon Expo & Team Carbo

Load Dinner

Los Angeles, CA

Sunday, February 14<sup>th</sup>

LA Marathon XXXI

Los Angeles, CA

Sunday, February 21<sup>st</sup>

Mardi Gras Madness 5K/10K

Support

Valencia, CA

Post Season Events (optional)

Sunday, May 8<sup>th</sup>

Wings for Life World Run

Santa Clarita, CA

SOAR Sports Banquet

TBD

Santa Clarita, CA

## PARENT'S OR GUARDIAN'S PERMISSION FOR A FIELD TRIP AND AUTHORIZATION FOR MEDICAL CARE

To Alan Bingham, President of the Santa Clarita Track Club,

\_\_\_\_\_ has my permission to participate in  
(Student's Name)

the following SOAR event:

**LA Marathon Expo / Team Dinner - Saturday, February 13<sup>th</sup>**

Departure: **Lowes 10:00 AM** Return: **Macaroni Grill 4:00 PM**

Supervising Adult : Kevin Sarkissian, SOAR Head Coach, (661) 877-7024

### METHOD OF TRANSPORTATION

- Bus  Walking  
 Private Auto  Other: \_\_\_\_\_

I agree to direct my child to cooperate with directions and instructions of the personnel in charge of the activity.

\_\_\_\_\_  
Parent's or Guardians permission signature

\_\_\_\_\_  
Date

Authorization for medical care & media coverage  
Should it be necessary for my child to have medical care while participating in a Students Off And Running (SOAR) event, I hereby give SOAR personnel permission to care for my child and I give permission to the physician selected by SOAR personnel to render medical care deemed necessary and appropriate by the physician. I understand that SOAR has minimal insurance coverage for my child while participating in an SOAR activity. Therefore, any additional cost incurred for such treatment shall be my sole responsibility.

I agree to allow my child to be included in any media coverage, group or individual photographs or other related activities portraying SOAR.

\_\_\_\_\_  
Student's name

\_\_\_\_\_  
Home address

\_\_\_\_\_  
City Zip

\_\_\_\_\_  
Home telephone number

\_\_\_\_\_  
Business telephone of parent

\_\_\_\_\_  
Emergency telephone number

\_\_\_\_\_  
Authorization signature of parent

\_\_\_\_\_  
Date

Please check here if student is on any medication or requires special medical treatment

Please explain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Los Angeles, CA

Sunday, February 14<sup>th</sup>  
LA Marathon XXXI  
Los Angeles, CA

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Mardi Gras Madness 5K/10K Support  
Valencia, CA

Post Season Events (optional)

Sunday, May 8<sup>th</sup>  
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SOAR Sports Banquet  
TBD  
Santa Clarita, CA

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Departure: **Whole Foods Market 4:00 AM** Return: **Family Pickup 4:00 PM**

Supervising Adult : Kevin Sarkissian, SOAR Head Coach, (661) 877-7024

### METHOD OF TRANSPORTATION

- Bus  Walking  
 Private Auto  Other: \_\_\_\_\_

I agree to direct my child to cooperate with directions and instructions of the personnel in charge of the activity.

\_\_\_\_\_ Parent's or Guardians permission signature

\_\_\_\_\_ Date

Authorization for medical care & media coverage  
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I agree to allow my child to be included in any media coverage, group or individual photographs or other related activities portraying SOAR.

\_\_\_\_\_ Student's name

\_\_\_\_\_ Home address

\_\_\_\_\_ City \_\_\_\_\_ Zip

\_\_\_\_\_ Home telephone number

\_\_\_\_\_ Business telephone of parent

\_\_\_\_\_ Emergency telephone number

\_\_\_\_\_ Authorization signature of parent

\_\_\_\_\_ Date

Please check here if student is on any medication or requires special medical treatment

Please explain:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_