



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 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 XXXV Marathon weekend, March 7th and 8th 2020.

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	Jessica Ayres Assistant Coach Contact on race day: 661.993.8885
Beth Townsend Assistant Coach Contact on race day: 626.644.9371	Sandra Bonilla Assistant Coach Contact on race day: 661.607.7265
Karen Celis Assistant Coach Contact on race day: 661.670.7641	Danielle Marsh Assistant Coach Contact on race day: 818.395.0469
Fidel Garcia Assistant Coach Contact on race day: 661.310.5740	Sarah Gilberts Assistant Coach Contact on race day: 661.373.3421

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

Sarkissian	Bonilla	Garcia	Ayres	
Lottie	Izzy	Edward	Nicole	
Nadia	Thomas	Inderjeet	Natalie	
Brody	Chris	Issac	Abby	
Karl	Hazel	Sofia	Kaia	
Alex	Jazmin	Owen	Ainsley	

Saturday, March 7th 2020 (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:

Los Angeles Convention Center, Halls G&H
 1201 South Figueroa Street
 Los Angeles, CA 90015
 (See Mapquest attachment for details)

Parking is \$12-\$20 Depending on Lot

11:00 – 12:30 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!

12:30 – 2:00 p.m. Team will check in at the Compass Cafe outside Halls G&H at 12:30pm, and Depart Convention Center to travel back to Santa Clarita.

(See LA Convention Center attachment for 12:30pm rally details)

2:30 – 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 8th, 2020 (LA Marathon XXXIV)

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 # 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)

Owen: 4:21:36	Inderjeet: 4:49:03	Sofia: 4:44:27	Ainsley: 4:20:40	
Brody: 4:07:43	Izzy: 5:50:14	Kaia: 5:12:04	Thomas: 3:59:15	
Nadia: 5:44:52	Edward: 5:15:38	Jasmin: 5:23:45	Lottie: 5:56:16	
Karl: 4:27:47	Issac: 4:35:30	Hazel: 5:10:25	Nicole: 4:39:41	
Natalie: 4:40:54	Alex: 4:16:49	Chris: 3:41:52		

****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 2020, and will have the best information regarding team progress on race day.
- 3) All team members will be instructed to contact SOAR Parent **Jennifer Spiker (661.904.0323)** 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. Spiker 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!**
- 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 2020 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 March 6th 10a-7p and Saturday March 7th 9a-5p
ONLY!!!
\$12.00-\$20.00 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
 1: Start out going NORTHEAST on DEL MONTE DR toward MCBEAN PKWY.	<0.1 miles
 2: Turn RIGHT onto MCBEAN PKWY.	2.2 miles
 3: Merge onto I-5 S toward LOS ANGELES.	30.2 miles
 4: Merge onto CA-110 S toward LOS ANGELES.	3.7 miles
 5: Take the 8TH ST exit- EXIT 22B- toward 9TH ST.	0.1 miles
 6: Turn SLIGHT LEFT to take the ramp toward 9TH ST / CONVENTION CENTER.	<0.1 miles
 7: Turn SLIGHT LEFT onto W 8TH PL.	<0.1 miles
 8: Stay STRAIGHT to go onto JAMES M WOOD BLVD.	<0.1 miles
 9: Turn RIGHT onto FRANCISCO ST.	0.1 miles
 10: Turn LEFT onto W OLYMPIC BLVD.	0.1 miles
 11: Turn RIGHT onto S FIGUEROA ST.	0.2 miles
 12: End at 1201 S Figueroa St Los Angeles, CA 90015-1308, US	

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

EXHIBIT HALL LEVEL ONE

Level One - Exhibit Space

- Exhibit Space
- Pre-function/Registration
- Show Offices
- Restaurant/Concessions
- FD** Freight Door
- FE** Freight Elevator
- PE** Passenger Elevator
- M** Men's Restroom
- W** Women's Restroom
- E** Elevator
- G** Groundwork
- ATM
- ⊠ Column



Steps from L.A. LIVE, STAPLES Center and Microsoft Theater, the Los Angeles Convention Center is at the heart of a dynamic urban lifestyle and the city's vibrant commercial center.

SOAR POST EXPO RALLY AREA 12:30PM

M PICO STATION



DIRECTIONS TO DODGER STADIUM ON RACE DAY

If you are driving to Dodger Stadium on race morning for either parking or runner drop off, please use these directions.

Automobiles can only enter at the Golden State Gate, accessible from the 5 Fwy, as all other gates will be closed to vehicular traffic.

Plan on arriving between 3:00 am and 5:45 am on race day. If you want to start the race on time, we recommend that you are inside the gate and parked no later than 6:00 am. Please note that there will be slow traffic as you exit the freeway and you need to allow time to get into the parking lot. Don't get caught in traffic...BE EARLY!



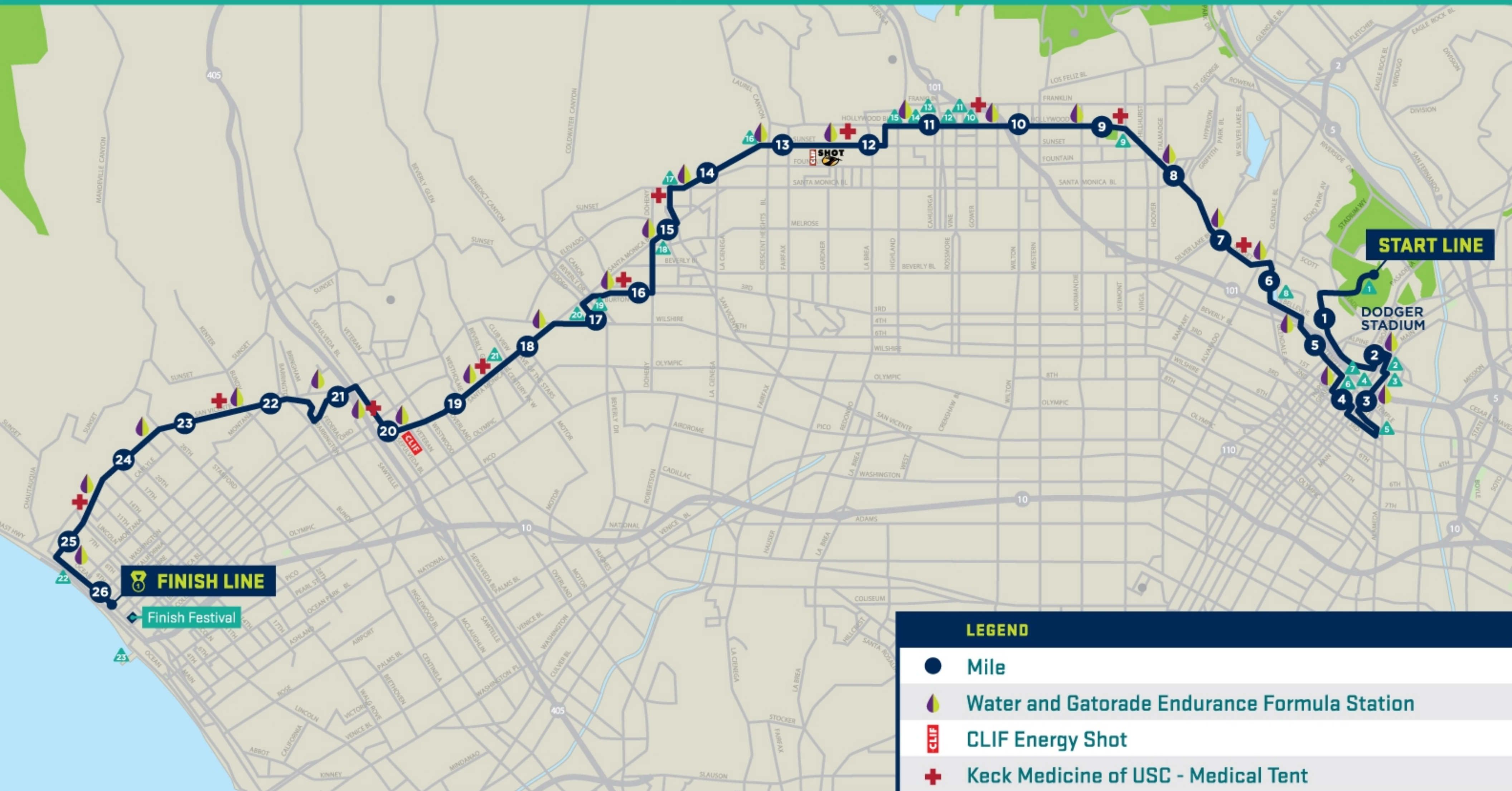
Directions from NORTHBOUND 5 FWY:

- Exit Stadium Way
- Left at the bottom of the ramp onto Riverside Drive
- Stay in the left lane as Riverside Drive crosses under the Freeway
- Left onto Stadium Way
- Follow Stadium Way up the hill into Elysian Park
- Bear left as road curves and turns into Academy Rd.
- AS YOU PASS THROUGH THE GATE INTO STADIUM PARKING, PAY ATTENTION:
 - THE LEFT LANES ARE FOR RUNNER DROP-OFF
 - THE RIGHT LANES ARE FOR PARKING

Directions from SOUTHBOUND 5 FWY:

- Exit Stadium Way
- Left at end of ramp onto Stadium Way
- Follow Stadium Way up the hill into Elysian Park
- Bear left as road curves and turns into Academy Rd.
- AS YOU PASS THROUGH THE GATE INTO STADIUM PARKING, PAY ATTENTION.
 - THE LEFT LANES ARE FOR RUNNER DROP-OFF
 - THE RIGHT LANES ARE FOR PARKING

COURSE MAP



LEGEND

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

LANDMARKS

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

COURSE ELEVATION



Projected Student Splits
LA Marathon XXXV
March 8, 2020
Official Start Time 6:55am

Student	YTD Tempo Min/Mile	Mile 5	Mile 10	Mile 15	Mile 20	Mile 26.2
Chiang, Owen	0:09:59	0:49:56	1:39:51	2:29:47	3:19:42	4:21:36
Chouinard, Brody	0:09:27	0:47:17	1:34:33	2:21:50	3:09:06	4:07:43
Diaz, Nadia	0:13:10	1:05:49	2:11:38	3:17:27	4:23:16	5:44:52
Fitterer, Karl	0:10:13	0:51:06	1:42:13	2:33:19	3:24:25	4:27:47
Flynn, Natalie	0:10:43	0:53:36	1:47:13	2:40:49	3:34:26	4:40:54
Gawra, Inderjeet	0:11:02	0:55:10	1:50:19	2:45:29	3:40:39	4:49:03
Goldstein, Isabella	0:13:22	1:06:50	2:13:41	3:20:31	4:27:21	5:50:14
Guangorena, Edward	0:12:03	1:00:14	2:00:28	3:00:42	4:00:56	5:15:38
Kim, Issac	0:10:31	0:52:35	1:45:09	2:37:44	3:30:18	4:35:30
Mendoza, Alejandro	0:09:48	0:49:01	1:38:01	2:27:02	3:16:02	4:16:49
Paulsen, Abby	0:11:56	0:59:40	1:59:19	2:58:59	3:58:39	5:12:37
Perez, Sofia	0:10:51	0:54:17	1:48:34	2:42:51	3:37:08	4:44:27
Redfern, Kaia	0:11:55	0:59:33	1:59:07	2:58:40	3:58:13	5:12:04
Song, Jasmin	0:12:21	1:01:47	2:03:34	3:05:21	4:07:08	5:23:45
Sorila, Hazel	0:11:51	0:59:14	1:58:29	2:57:43	3:56:58	5:10:25
Spiker, Christopher	0:08:27	0:42:17	1:24:33	2:06:50	2:49:07	3:41:32
Strang, Ainsley	0:09:57	0:49:45	1:39:30	2:29:14	3:18:59	4:20:40
Teague, Thomas	0:09:08	0:45:40	1:31:19	2:16:59	3:02:38	3:59:15
Turpin, Lottie	0:13:36	1:07:59	2:15:59	3:23:58	4:31:58	5:56:16
Yamachika, Nicole	0:10:41	0:53:23	1:46:45	2:40:08	3:33:30	4:39:41

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!