

3RD ANNUAL

ALMA EAST LA 5K

RUN & WALK



YOU CAN RUN COMPETITIVELY OR WALK ALONGSIDE YOUR FAMILY AND FRIENDS.

SATURDAY

DECEMBER 7, 2024

START 08.30 AM

**\$35 FOR RUNERS/WALKERS
\$20 CHILDREN RATE**

REGISTER AT WWW.ALMAELA5K2024

CAL STATE LA

5151 STATE UNIVERSITY DR, LOS ANGELES, CA 90032

RESOURCE FAIR

FUN ACTIVITIES

MEDALS FOR FINISHERS

Proceeds will support Youth and Families

EVENT GUIDE | PARTICIPANTS, VENDORS

REGISTRATION INFORMATION

- Registration will be available on-line through Friday December 6 at 5 P.M.
- Same-day registration is located in the main expo area starts 6:30 A.M. - 8:00 A.M.

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CANCELLATION POLICY

All registration fees and ancillary purchases are non-refundable. Participants may be required to show photo ID.

SCHEDULE

DATE	TIME	EVENT	LOCATION
Saturday, December 7th	6:30 AM - 7:45 AM	Same Day Registration	University Jessie Owens Stadium 5151 University Drive, Los Angeles CA 90032
Saturday, December 7th	6:30 AM - 7:45 AM	Vendor Set-Up	California State University LA Jessie Owens Stadium 5151 University Drive, Los Angeles CA 90032
Saturday, December 7th	8:30 A.M.	5K Run/Walk Start	Course on CSULA Campus
Saturday, December 7th	9:30 A.M.	Kids Fun Half Mile	Inside Jessie Owens Stadium
	10:00 A.M.	Family Walkathon	Inside Jessie Owens Stadium

GUEST & VENDOR PARKING

GUEST PARKING

It is recommended that you park at the designated parking structure.

- **Note:** Parking located behind the Stadium

Temporary Vendor Load in and Load Out.

10 - 15 Minutes Temporary parking only.

- Access from the east side of the campus on University Drive, just past the baseball field.
- "Event Parking & Registration" signage will direct you into the designated area, which is located just across from the aquatic center.

LATE REGISTRATION

Available on the same day at the entrance to the stadium starting at 6:30 A.M.

T-SHIRTS

Sponsored t-shirts will be provided from Aztlan Athletics until supplies last.

BIB ASSIGNMENT

Paid or discounted sponsored registration will be available on the same day in the expo area.

EVENT PARKING

Allow plenty of time to get to the registration area and pick up your bib & t-shirt. Arrive early and factor in traffic to ensure you make it to the start line on time.

There is plenty of parking in the structure located behind the stadium in lot K. Follow the directional signs that will be installed by 6:00 A.M.

GENERAL PARKING

1 LOCATION

Parking can be accessed from University Drive off the 10 Fwy. Parking lot 10. Follow Event Parking signage. Staff will also be available to direct guests.

- Staff & Volunteer parking can also be accessed from University Drive.
- **Exhibitors / Vendors:** You can only access the designated parking area by showing the pass provided or being checked in. The staff at the main entrance will have your name on the list for entry. You can temporarily park in drop off zone

Jessie Owens Stadium

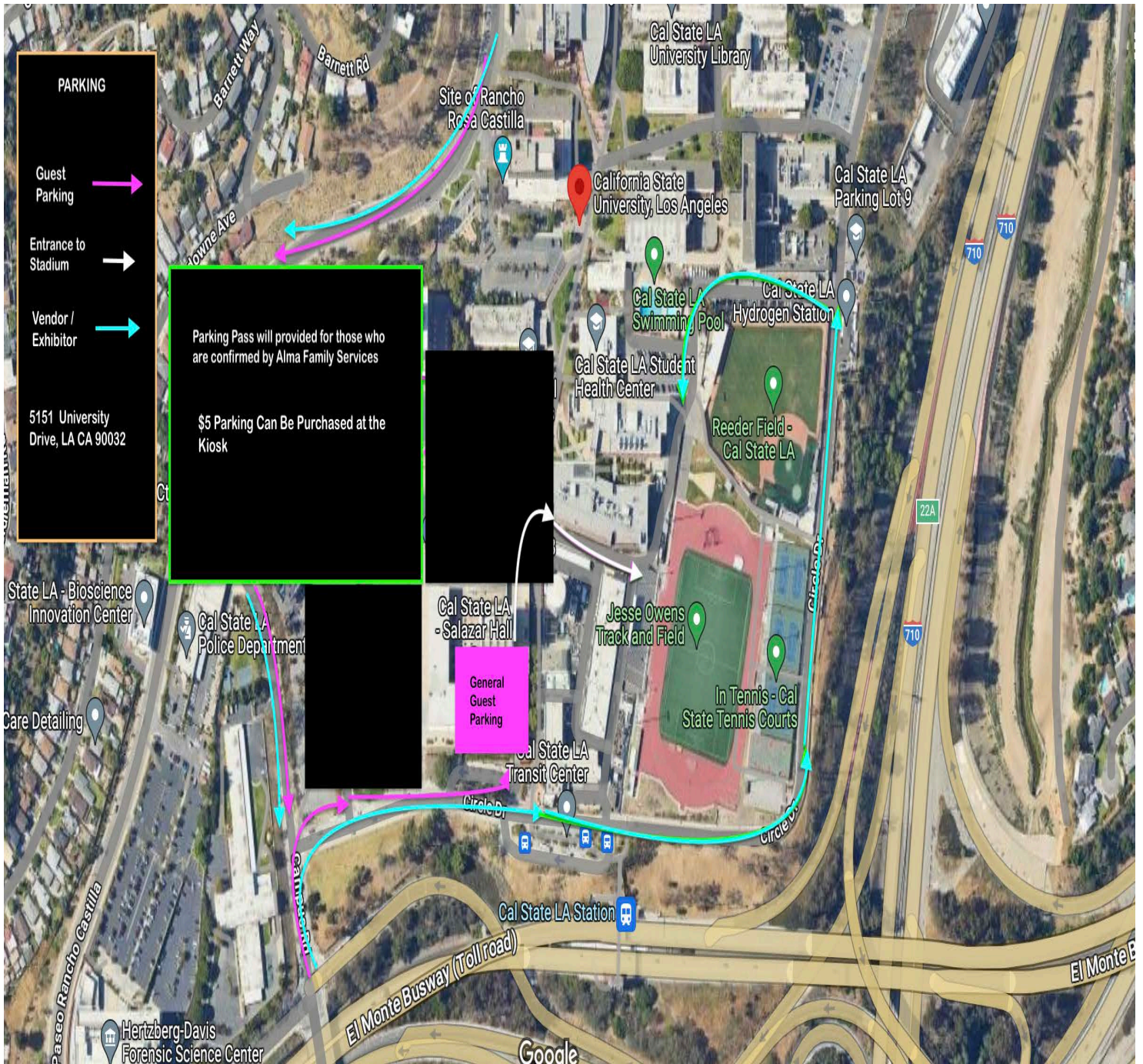
Vendor / Exhibitor Parking

Access by following University Drive along the main campus road. Follow the directions to Jessie Owens Stadium and the Baseball Field area.

Entrance to parking is just past the baseball field on the left hand side.

EXHIBITOR VENDOR STAFF PARKING MAP

EVENT OPENS AT 6:30 A.M.



Course Information

STARTING LINE

Participants are encouraged to begin lining up no later than 15 minutes prior to the start of your event.

5K Run/Walk will be chipped timed through Aztlan Athletics. Results will be available at the event in the registration area just after you cross the finish line.

5K	8:30A.M.
Kids Half Mile	9:30 A.M.
Family Memory Walk	10:00 A.M.

COURSE DETAILS:

Kids Half Mile and Family Memory Walk will take place On the Jessie Owens Track. You will be covering a 400 yard track inside the stadium.

5K Course will cover the CSULA campus through the main boardwalk. Participants will cover historical monuments along the route including Martin Luther King, Ruben Salazar buildings.

RECOVERY WATER STATIONS |

Water and electrolytes will be available on the 5K route and on the track. **Note: snacks and recovery drinks must be consumed off the track in the concourse area**

FIRST AID SUPPORT

We will have a first aid team available on the north side of the track by the entrance and available to rove on the 5K course.

FINISH & START LINE

Finish and Start Line is located inside Jesse Owens Stadium! Join us for the entertainment and sampling booths.

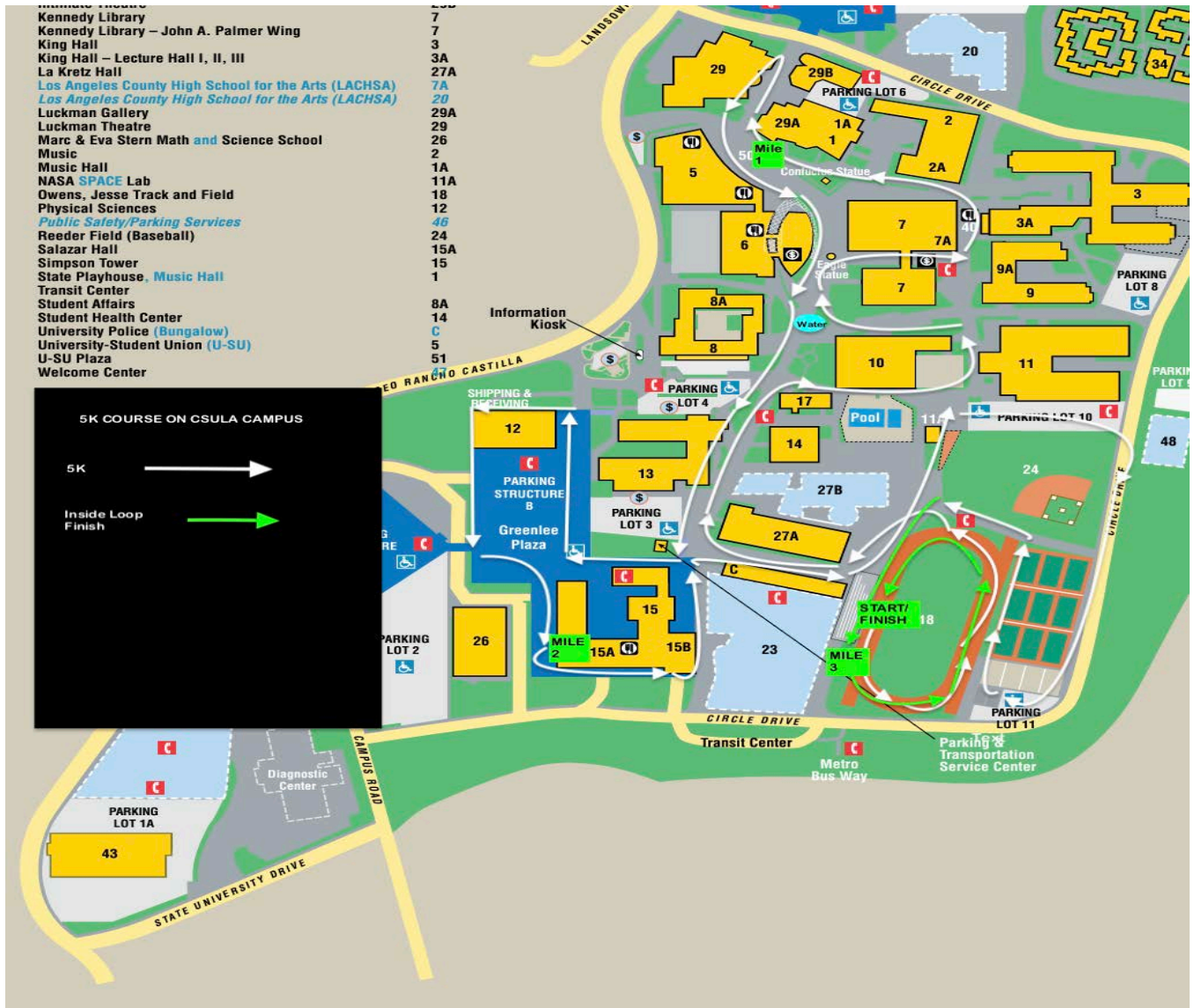
RESOURCE FAIR & CELEBRATION



COURSE MAP

5K on campus.

All of the activities including the Walk-A-Thon Family Memory Walk, Kids Half Mile events will take place exclusively on Jessie Owens Track.



FINISH LINE EXPO

The Finish Line Expo is open to all participants and spectators. Join us ! located next to the finish / start. Featuring sampling booths, music entertainment and awards ceremony.

PHOTOS

Photos before, during and at the expo will be available on the event website in the photo gallery area 72 hours after the completion of event on Sunday.

COVID 19 SAFETY PROTOCOLS

- Please stay home if you feel sick.
- Per county outdoor guidelines, masks are not required but encouraged.
- Participants needing room for social distancing in corral should plan to start in the back.

AWARDS

- **Commemorative Finisher Medals for all events**
- **Division Winner Medals in the 5K event only.**

ALMA FAMILY SERVICES EVENT PARTNERS

Aztlan Athletics, LLC - Official Operating Partner

California State University Los Angeles - Host Partner, Co-Sponsor

EVENT SPONSORS

Los Angeles County Supervisor Hilda Solis, First District

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H A S H T A G S

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