

LZ BM MARATHON

PRESENTED BY
PHILIPS
sonicare

MARATHON | HALF MARATHON | BIKE TOUR | 5K

OCTOBER 14 - 15 2023
LONG BEACH

Thank you for joining us at the 2023 Long Beach Marathon presented by Philips Sonicare! Please read the information below to answer your questions about race weekend. Safe travels to Long Beach, CA -we look forward to hosting you at the race!

RACE EXPO & PACKET PICK-UP

DATE:

Friday, October 13th
12:00pm - 6:00pm

Saturday, October 14th
10:00am - 4:00pm

LOCATION:

Marina Green
386 E Shoreline Drive
Long Beach, CA 90803



All Marathon, Half Marathon, and Bike Tour participants are required to pick up their race bib during the Race Expo unless you have pre-purchased race day packet pick-up or upgraded to Race Day VIP. Race day packet pick-up instructions and Race Day VIP instructions will be emailed on Wednesday, October 11th for those that purchased these services.

Aquarium of the Pacific 5K participants are strongly encouraged to join us at the Race Expo on Friday to pick up their race bib and avoid long, race morning lines at the 5K start. All participants, 21+ years old, that pick up their 5K bib on Friday, will receive a ticket to redeem a complimentary beverage in the Michelob ULTRA Beer Garden.

Each 5K participant that picks up their bib in person on Friday will receive a ticket to redeem (1) complimentary Michelob ULTRA or Michelob ULTRA Organic Hard Seltzer on Friday. Tickets will not be given out after 5:15pm. All tickets must be redeemed on Friday, October 13th from 12:00pm - 5:30 pm. Participants must be present to receive a ticket - you can only collect one ticket per person present.

Bring your confirmation email with your bib number (to be sent Wednesday, October 11th) to expedite the pick-up process.

Can someone pick up your bib for you? Yes, click [here](#) to see what that person will need to pick-up your race number on your behalf.

SIMPLIFY YOUR RACE MORNING

PRE-PURCHASE SUNDAY PARKING

Expo attendees will have the opportunity to pre-purchase Sunday, race day parking. Please visit the Parking area at the Expo to pre-purchase your pass

There are two parking options, please have your selection ready prior to arriving at the payment tables.

The Pike Outlets Parking Garage - \$15 - ½ mile walk to the start line 65 Cedar Ave Long Beach, CA 90802

City Place Parking Lot - \$12 - approx. 1 mile walk to the start line 50 E. 6th Street Long Beach, CA 90802

Participants are able to pre-purchase parking passes for the Long Beach Convention Center & Arena Parking Lot online. Click [HERE](#) to purchase parking for this lot ahead of race day. If online passes are sold out, you will be able to pay for parking at the lot race morning.

Long Beach Convention Center & Arena
400 E Seaside Way Long Beach, CA 90802
- ¼ mile walk to the start line

GOLDEN STATE CHALLENGE



Those that are participating in the Golden State Challenge will receive an email with further information regarding the Golden State Challenge Lounge and where to pick up your prizes! You must have completed one or more events below in the 2023 season to be eligible for Golden State Challenge prizes:

2023 Surf City Marathon & Half Marathon
2023 Santa Barbara Wine Country Half Marathon
2023 Bay to Breakers
2023 Napa to Sonoma Wine Country Half Marathon
2023 Surf City 10



OFFICIAL 2023 LBM MERCHANDISE



The official line of 2023 Long Beach Marathon merchandise is here! Our bucket hats, running hats, and official hoodies are sure to sell out! Check out the latest styles and pre-order your favorites for pick-up at the Official Merchandise store in the Race Expo or in the Finish Festival on race day. Secure your size before they're all gone!



SHOE DONATION

The Long Beach Marathon presented by Philips Sonicare invite you to donate your gently used running shoes to benefit local charities. Shoe donations will be accepted at the Race Expo and post-race in the Finish Festival. Look for the Shoe Donation bin at the entrance of the Race Expo to drop off your shoes to be donated to those in need. Additionally, all clothing left behind at the start line AND on course will be donated to local charities.

MICHELOB ULTRA BEER GARDEN

The Michelob ULTRA Beer Garden will be open on Friday and Saturday during Expo hours! Participants 21 years of age or older can make plans to join us in the Michelob ULTRA Beer Garden to enjoy music, great weather and camaraderie. Race Expo attendees can purchase Michelob ULTRA or Michelob ULTRA Organic Hard Seltzer in the Beach Bar for \$5 with proceeds going to the Long Beach Century Club, an organization dedicated to the support of amateur athletics in the city of Long Beach, CA.



BEACH CITIES CHALLENGE

The Beach Cities Challenge is a participation challenge involving the Surf City Marathon, Long Beach Marathon presented by Philips Sonicare, and OC Marathon events. Participants that complete these races consecutively are eligible for to collect an additional medal after finishing their race. Participants must have completed the following races to be eligible to complete the Beach Cities Challenge at this race.

2023 Surf City Marathon presented by 361° – Half Marathon or Marathon
2023 SDCCU OC Marathon – Half Marathon or Marathon

Those completing their third race, and thus, completing the Beach Cities Challenge at the race will have the BCC box on their Sunday race bib denoted with a marking. If you are completing the Beach Cities Challenge at this race, but do not have the BCC designation, please visit the Solutions table in the Bib Pick-Up tent and our team will be able to assist you.

BEACH BUM LOYALTY PROGRAM

Beach Bum Loyalty status is reached after running the marathon or half marathon distance at Long Beach Marathon presented by Philips Sonicare for three consecutive years. Runners can achieve Beach Bum status by running any combination of either distance if they are run consecutively. If the runner misses a year, they default their loyalty status.

Beach Bum loyalty status will be denoted on your race bib. If you're eligible, don't forget to pick up your special-edition Beach Bum shirt in the Beach Bum Loyalty Lounge at the Race Expo. Beach Bums are also eligible to receive a second, complimentary beverage in the Michelob ULTRA Beer Garden after the race on Sunday.



CHEERS TO YEARS OF RUNNING

LONG BEACH COMBO

Participants that complete two races over Long Beach Marathon weekend are eligible to earn a Combo medal. The following combination of events are eligible for the "LBC" medal.

Aquarium of the Pacific 5K + Bike Tour
Aquarium of the Pacific 5K + Half Marathon
Aquarium of the Pacific 5K + Marathon
Bike Tour + Half Marathon

Those participating in two races over race weekend will have the COMBO box on their Sunday race bib denoted with a marking. If you are participating in two races but do not have the "COMBO" designation, please visit the Solutions table in the Bib Pick-Up tent with your bibs and our team will be able to give you a COMBO sticker.



DATE: 10/14/2023

START TIME: 6:50AM

**LOCATION: AQUARIUM OF THE PACIFIC
100 AQUARIUM WAY,
LONG BEACH, CA 90802**

PARKING

The two closest lots for parking at the 5K can be found below. All parking rates are set by parking lot operators, not the race organizers. The race does not validate parking for either lot.

Aquarium of the Pacific Parking Garage
100 Aquarium Way
Long Beach, CA 90802

Pike Outlets Parking Garage
65 Cedar Ave
Long Beach, CA 90802

Please visit the Parking page of our website for additional information including public transportation options.

5K RACE DAY

SATURDAY, OCTOBER 14TH

PACKET PICK-UP

Packet pick-up will be available on race morning in front of the Aquarium of the Pacific from 5:15am – 6:30am.. Please plan to arrive early to avoid long lines.

GEAR CHECK

Gear check is NOT available at this race. The Aquarium of the Pacific and Pike Outlets parking garages are adjacent to the start of the race and a short walk if you need to leave any items in your vehicle. Participants may pick up their race shirt after completing their race.

COURSE TIME LIMIT

The 5K has a course time limit of 1.5 hours, which begins when the last runner crosses the start line. The event will utilize a wave program to alleviate course crowding and ensure a safer running experience. Due to the nature of the event, if a participant falls behind the established pace time, they may be asked to join the sweep vehicle to be moved ahead on course.

ON-COURSE SUPPORT

A water station and portable restrooms will be provided on course at Mile 1.5.



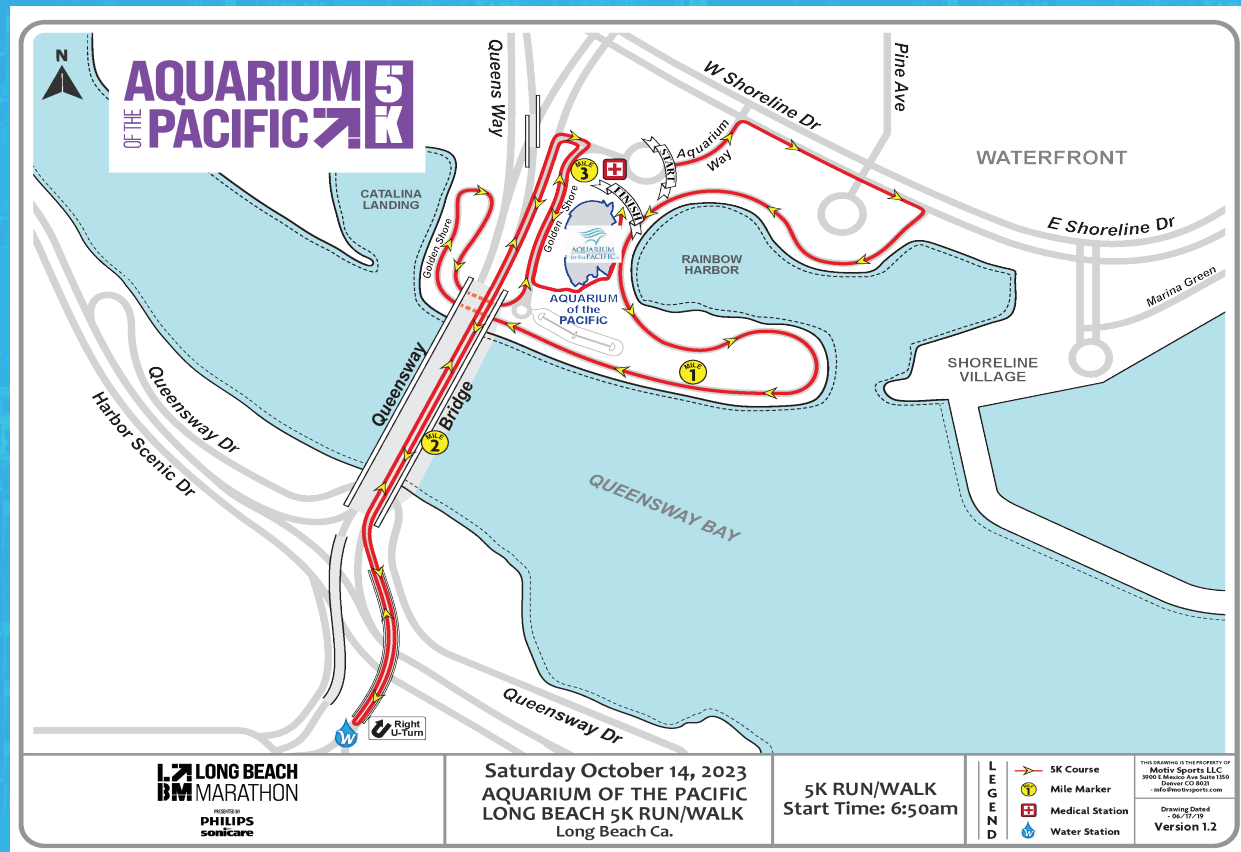
5K RACE DAY CONT'D

AWARDS

The top 3 male and female finishers in the Aquarium of the Pacific 5K will receive a prize. The top 3 male and female finishers in each age group in the 5K will receive an award. Please see the age groups below:

Under 15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Awards must be picked up on-site from the AWARDS table in front of the Aquarium of the Pacific. Awards will not be mailed post-race.



SPECIAL ACCESS TO THE AQUARIUM OF THE PACIFIC

All 5K participants will have special access and pricing to the Aquarium of the Pacific after the race:

- Adult 5K participants will have the opportunity to enter the Aquarium of the Pacific right after their race between the hours of 9:30-12:00pm on October 14, 2023, for just \$29.95.
- Child 5K participants (12 years old and under) will receive complimentary entry into the Aquarium of the Pacific right after their race between the hours of 9:30am-12:00pm. All children must be accompanied by an adult.

To gain entry for at the discounted price, ALL participants must secure their tickets online ahead of time (including for children). Check your 5K final instructions email to access the purchase tickets link.

GETTING TO THE START

MARATHON, HALF MARATHON & BIKE TOUR

SUNDAY, OCTOBER 15

There are multiple ways to get to the start line – parking lots that are walking distance from the start/finish lines, public transportation, or a drop-off zone. Visit the Parking page on our website to review all your options.

PARKING

There are multiple parking options within easy walking distance of the start/finish lines. Three parking lots where you will have the opportunity to purchase parking ahead of race day are listed below. For driving directions to these lots, please visit the Parking page on our website.

The Pike Outlets Parking Garage – \$15 – ½ mile walk to the start line – pre-purchase at Race Expo- 65 Cedar Ave, Long Beach, CA 90802

City Place Parking Lot – \$12 – approx. 1 mile walk to the start line – pre-purchase at Race Expo - 50 E. 6th Street, Long Beach, CA 90802

Long Beach Convention Center & Arena Parking Lot – \$15 – ¼ mile walk to the start line- 400 E Seaside Way, Long Beach, CA 90802

Click [HERE](#) to purchase parking for this lot ahead of race day. If passes to this lot are no longer available online, you will be able to pay for a parking spot at the lot on race day.

ADA parking is available in this lot – show your ADA placard to the parking attendant to be directed toward the ADA parking.

DROP OFF ZONE

The best place to drop off on race morning is near the intersection of Ocean Blvd and Linden Ave (448 E Ocean Blvd, Long Beach, CA).

vParticipants can then walk down Linden Ave and cut through the Long Beach Arena parking lot to access Marina Green and the start line on E Shoreline Dr.

PUBLIC TRANSPORTATION

Take the Los Angeles Metro's "A" Line from Los Angeles to the Downtown Long Beach station (128 W 1st St). There is a bike station at this metro stop.

From Downtown Los Angeles (7th/Metro Station) arriving at Downtown Long Beach: earliest arrival is 4:43am

Regular fare is \$1.75 and is good for 2 hours of unlimited transfers in one direction. Plan your trip by visiting www.metro.net.



HALF AND FULL MARATHON RACE DAY

SUNDAY, OCTOBER 15

RACE DAY VIP

Those that have paid for Race Day VIP access will be able to enjoy a private area on Marina Green beginning at 5:00am on race day. One of the perks of Race Day VIP is race day bib pick-up which means that you can skip the Race Expo and go to the Race Day VIP tent directly on race morning to pick-up your race number. Race Day VIP perks include private gear check, private restrooms, morning refreshments, and a boxed lunch. Those that have paid for Race Day VIP will receive an email on Wednesday, October 11th with additional information about the VIP experience.

GEAR CHECK

Participants in the marathon and half marathon can check gear with us to be held through the duration of their race. Gear Check is located on Marina Green south of the marathon and half marathon start line. Gear Check will remain in the same location throughout the duration of the race.

- Gear check will open at 5:00am and close at 1:30pm
- Clear, gear check bags will be provided at the Race Expo. All items must be placed in this clear bag to check your gear.
- Luggage or large bags will not be accepted.
- Please attach the gear check tag on your bib to your clear plastic bag using the provided cable ties.

Gear check will be sorted by last name. Please pay attention to the posted signs and drop your gear off in the section corresponding to the first letter of your last name. You will be able to pick up your gear check bag from the same section after the race.

DATE: 10/15/2023

MARATHON START: 6:00AM

HALF MARATHON START: 7:30AM

ALL WHEELCHAIR/HANDCYCLE START: 5:55AM

**LOCATION: INTERSECTION OF SHORELINE DR.
AND SHORELINE VILLAGE DR.**



HALF AND FULL MARATHON CONT'D

START LINE

The marathon and half marathon will operate on a self-seeded corral system. Participants should look for the pace-per-mile signs that line the start line to seed themselves accordingly. Those that plan to walk during the race should plan to start toward the back of the pack to avoid impeding those that are running at a faster pace.

The event will utilize a wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn sounds, only the first corral will be released. The rest of the participants will be held at the start line. At predetermined intervals (every 4-5 minutes), the next corral will be released. By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm from their first step to the finish line. This will allow sufficient room along the course for the marathon and half marathon, and at the finish line without affecting individuals' time or the time participants must complete the race. All runners should still plan to arrive at least 60 minutes prior to their race's start time.

Start times were designed with the quality of the course in mind for each distance. Please note start times will be strictly enforced this year. You must start the race with your registered distance. Those attempting to start earlier than their designated time will be asked to leave the starting corrals and/or removed from the course and their time disqualified. Your cooperation is greatly appreciated so that we can ensure everyone has a great race day experience!

WHEELCHAIR/HANDCYCLE START

Athletes participating in the Marathon or Half Marathon in a wheelchair or hand cycle are required to start the race with the Marathon start. The Wheelchair/Handcycle start for both the Marathon and Half Marathon will go off at 5:55am.

Wheelchair/Handcycle athletes should plan to meet at the corner of Linden Ave and Shoreline Dr, closest to the Long Beach Convention Center Arena Parking Lot at 5:15am. This location is a short distance from the ADA parking section. Athletes will be moved to the start line and loaded in from the front for the 5:55am start.

PACE TEAM

Join over 50 pacers from A Snail's Pace running team as they look to lead you to the finish line in your goal time. Look for the A Snail's Pace pacers and their goal finish time signs in the start corral and join them on your way to a great finish!

Half Marathon: 1:30, 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:15, 2:20, 2:30, 2:40, 2:50, 3:00

Marathon: 3:10, 3:25, 3:35, 3:50, 4:05, 4:20, 4:35, 4:50, 5:05, 5:20

HALF AND FULL MARATHON CONT'D

ON-COURSE SUPPORT

Please find the locations of the aid stations along each course listed below. Water is provided at all aid stations. Gatorade will be provided at the stations with asterisks below. A gel will be offered at Mile 10 on the half marathon course and miles 10 and 16.5 on the marathon course.

Half Marathon: Miles 2, 4.5, 6*, 8*, 10*, 12*

Marathon: Miles 2, 4.5, 6*, 8*, 10*, 11.5*, 13, 14.5*, 16.5*, 18*, 19, 20*, 22*, 23.5*, 25*

COURSE TIME LIMITS

Marathon: The marathon has a course time limit of 7.5 hours. Participants will need to maintain a pace of 17 minutes per mile to complete the race. This is based off your chip time when you cross the start line.

Half Marathon: The half marathon course has a course time limit of 6 hours (based on chip time).

Due to the nature of our event permit, if a participant falls behind the established pace time, they may be asked to join the sweep vehicle to be moved ahead on course.





DATE: 10/15/2023

BIKE TOUR START: 6:00AM

**LOCATION: INTERSECTION OF SHORELINE DR.
AND LINDEN AVE.**

RACE DAY VIP

Those that have paid for Race Day VIP access will be able to enjoy a private area on Marina Green beginning at 5:00am on race day. One of the perks of Race Day VIP is race day bib pick-up which means that you can skip the Race Expo and go to the Race Day VIP tent directly on race morning to pick-up your race number. Race Day VIP perks include private gear check, private restrooms, morning refreshments, and a boxed lunch. Those that have paid for Race Day VIP will receive an email on Wednesday, October 11th with additional information about the VIP experience.



BIKE TOUR RACE DAY

SUNDAY, OCTOBER 15TH

BIKE CORRAL

Participants participating in the Bike Tour are eligible to use the Bike Corral to store their gear or belongings during the Bike Tour. Those that are participating in both the Bike Tour and the Half Marathon will be able to store their running gear in the Bike Corral during the Bike Tour and subsequently their bike and bike gear during the Half Marathon. The entrance to the Bike Corral can be found in the Long Beach Arena parking lot. While the bike corral is manned with security during the race, please use discretion when leaving items during your race. Participants are also able to use the Gear Check storage on Marina Green (for more information on gear check, please visit page 8 of this document).

RULES

All Bike Tour participants are to adhere to the following rules when participating in the Bike Tour:

- The use of safety helmets is mandatory – NO EXCEPTIONS
- It is still dark at the start of the Bike Tour and all riders are encouraged to bring a working bike light
- Only one person per bike unless the bike is specifically designed as a tandem
- The use of noise-cancelling headphones is prohibited in the Bike Tour
- Electric bikes of all forms and/or motorized bikes are strictly prohibited

For a full list of FAQs specifically related to the Bike Tour including a list of the type of bikes that are permitted and not permitted, please click [HERE](#).

IMPORTANT NOTE

The Bike Tour course is not supported with aid stations. Please bring your own refreshments to sustain the duration of your ride. The bike tour has a time limit of 2 hours. The Bike Tour is untimed.

SUNDAY POST-RACE MARATHON, HALF, AND BIKE TOUR

AWARDS- MARATHON AND HALF MARATHON

The top 3 male and female finishers in the marathon and half marathon will receive prize money:

1st place – \$1000

2nd place – \$500

3rd place – \$250

The top 3 male and female finishers in each age group in the marathon and half marathon will receive an award. Please see the age groups below:

Under 15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Awards must be picked up on-site from the Age Group Awards tent in Marina Green. Awards will not be mailed post-race.

GOLDEN STATE CHALLENGE

Participants completing the Golden State Challenge will be able to pick-up their GSC medal on Sunday after completing their race on the east side of Marina Green at the Golden State Challenge lounge. Look for the Golden State Medals signs to be directed to the pick-up tent.

MICHELOB ULTRA BEER GARDEN

Participants 21 years of age or older can make plans to join us at the post-race Michelob ULTRA Beer Garden to celebrate their race with a complimentary beer! While enjoying live music, participants can take their pick of Michelob ULTRA or Michelob ULTRA Organic Hard Seltzer after the race. Beach Bum runners – don't forget to claim your second, complimentary beer while relaxing in the Beach Bum Loyalty Lounge.

Additional beer (Michelob ULTRA, Michelob ULTRA Organic Hard Seltzer, or Kona Big Wave*) can be purchased in the Beach Bar for \$5 with proceeds going to the Long Beach Century Club, an organization dedicated to the support of amateur athletics in the city of Long Beach, CA.

COMMEMORATE YOUR RACE

Make sure to wear your bib on the front of your body and bring your best smile to race day! FinisherPix will be on course capturing you in action. Your photos are available for pre-purchase in our shop!

We know you've been training for a Personal Record, and a great way to celebrate is with an iTAB! Your iTAB will be customized with your name and finish time and will be mailed to you post-race.

iTABS are also available for pre-purchase in our shop!

LONG BEACH COMBO

Participants completing the Long Beach Combo challenge will be able to pick-up their Combo medal on Sunday after completing their race on the west side of Marina Green. Look for the Combo Medals signs to be directed to the pick-up tent.

BEACH CITIES CHALLENGE

Participants completing the Beach Cities Challenge will be able to pick-up their BCC medal on Sunday after completing their race on the west side of Marina Green. Look for the Beach Cities Medals signs to be directed to the pick-up tent

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