

Say No To Drugs 5K and SRLA 2013-2014 Season Kick-off

Saturday, September 28, 2013 @ 7:30AM

Event Day Number: 818-926-1147

Bus Registration Deadline: Friday, September 20, 2013

Event Registration Deadline: Tuesday, September 24, 2013

**Dockweiler Beach
9300 Vista del Mar
Playa del Rey, CA 90293**

Directions:

From 405 Freeway:

- Transition onto the **I-105 W** toward **EL SEGUNDO**, when the freeway ends continue straight on **W IMPERIAL HWY**.
- From **W IMPERIAL HWY** cross over Vista del Mar to the parking area entrance.
- Once inside the parking area go left to the second parking lot north of Imperial Hwy, unless directed otherwise.

Parking:

Please follow the directions of any posted signs if attempting to park on the street. Vista del Mar will be marked as no parking for the run and cars may be ticketed or towed. Car parking will be in the first two lots, and the event staging and bus parking will be in the third lot. Cars will be charged a reduced fee of \$5 to park at the beach. Please plan to arrive early, with exact change in hand as the parking entrance will close for the event start.

*Cars and buses parked inside the beach parking areas will be allowed to begin departing at 9:30AM
NOT BEFORE!*

Run Info: The run will start at 7:30am. The race start is on Vista del Mar and will finish inside of the parking lot/event staging area down near the beach. This is an out and back 5K so please encourage your runners to not crowd the start line and to stay to the right on the course (do not cross the center divider) so as not to impede oncoming runners.

Finish Line: All runners will receive a finisher medal, "Truth About Drugs" handout, water, and snack. SRLA training shirts will be available for students and Friends only. Leaders should be wearing or request a yellow leader shirt. Please ask your runners to pay attention at the t-shirt area, as there will be multiple lines available for this distribution. We ask for all runners to be patient as the t-shirt line may be very long especially as the bulk of SRLA runners are finishing at the same time.

Run Results: The results will be posted online at <http://racewire.com> and will also be available on the SRLA website for leaders. Results will not be available at the event. There will be no age group or overall places awarded.

VOLUNTEERS: We will need extra volunteers at this event. We welcome both students and parents to help out with registration, course support, finish line, and t-shirt distribution. Please have any interested volunteers contact nikki@srla.org.