RunThrough USA

LONG BEACH 5K, 10K & HLAF MARATHON

SATURDAY 24TH OCTOBER 2026

EVENT GUIDE

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RunThrough USA

WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team

RunThrough USA

TRAVEL

Address: Shoreline Aquatic Park, 200 Aquarium Way.
Long Beach, California 90802

Travel By Car:

There are many parking lots in the area which are available to use. Unfortunately there are no promotional prices we can advertise but we can recommend:

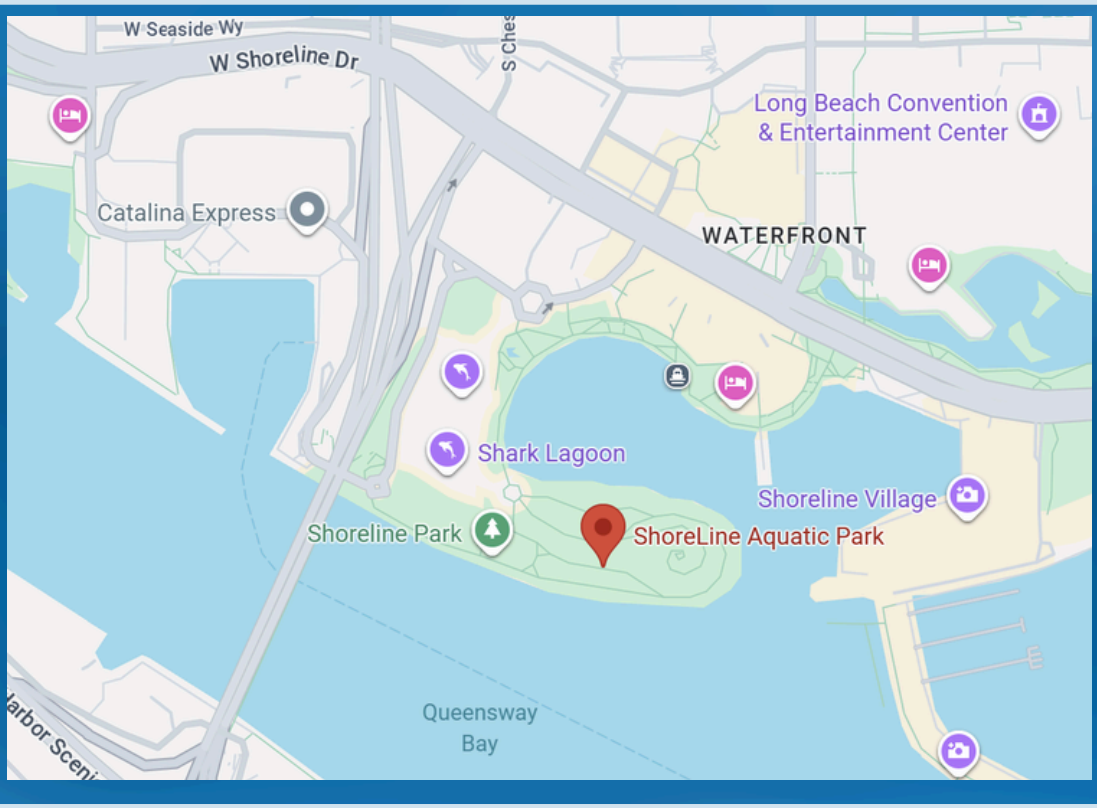
- The Pike Outlets Parking Garage
- Long Beach Convention & Entertainment Center Parking Garage
- Shoreline Village Parking
- Long Beach parking area
- Marina Green Parking

Please plan to arrive no later than 45-60 minutes in advance of race start time. This will give you enough time to grab a coffee, use the restroom, and get lined up in corrals for your race!

Travel By public transport:

Long Beach Transit:
This is the primary public transit service within Long Beach, offering a network of routes connecting various neighborhoods and destinations.

- Routes: You can find a list of routes and schedules on the Long Beach Transit website.



CLICK HERE FOR MAP TO THE EVENT VILLAGE

RACE PACK

PRE- RACE DAY BIB PICKUP

FRIDAY 23RD OCTOBER

Upstairs at The Sports Basement, Long Beach

2100 N Bellflower Blvd, Long Beach, CA 90815, United States

5:00pm - 7:30pm

Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.

This will help us in case of an emergency!

CLICK FOR FORM

- On arrival make your way to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.

Bib number

Tear off Baggage Label

Timing Chip (on back of bib)

START TIMES

HM	8:00am
10K	8:30am
5K	8:45am

EVENT VILLAGE

FACILITIES

Toilets ✓

Refreshments ✓

Parking nearby ✓

Spectators Welcome ✓

Dogs ✗

TOILETS

We will have portable units located in the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included.
In order to achieve this, we have a few simple rules we'd like our runners to follow:

- Be considerate and respectful to other runners, race staff & members of the public.

- Refrain from demeaning, discriminatory or harassing behaviour and speech.

- Be mindful of your surroundings and your fellow participants.

-Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.com.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

START TIMES

HM	8:00am
10K	8:30am
5K	8:45am

WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race.
From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows.

HM Runners will wear black bibs
10k Runners - will wear green bibs
5k Runners - will wear red bibs

The course runs northbound on the LA River Bike Path. The path is not a closed course and is open to the public, so please be mindful while you are racing!

Due to the nature of a lapped course we ask that you remain to the **right** of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only your safety but allow for the best experience throughout the race.

We promise our city and state agencies in pre-planning that we will help give the Park and paths back as clean, if not cleaner, than it was when we arrived. Please help us achieve this goal!

Please drain and discard all litter and bottles within the bins provided. There will be designated areas that you will pass shortly after the water station where you can throw your bottles.

Please note there is 3.5 hours due to venue restrictions, if you take longer than this please email in to discuss your options.

FLUID STATIONS

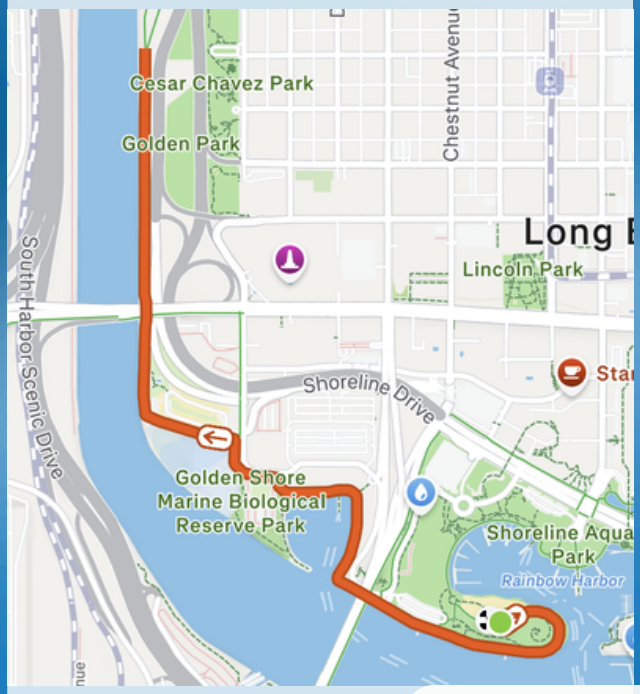
5k runners - 1 x fluid station
10k runners - 2 x fluid stations
HM runners - 6 x fluid stations
Please help yourself to the bottles provided as you pass these stations.

There will also be water waiting for you at the finish line of all of the races.
We recommend bringing your own water to stay hydrated in the lead-up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

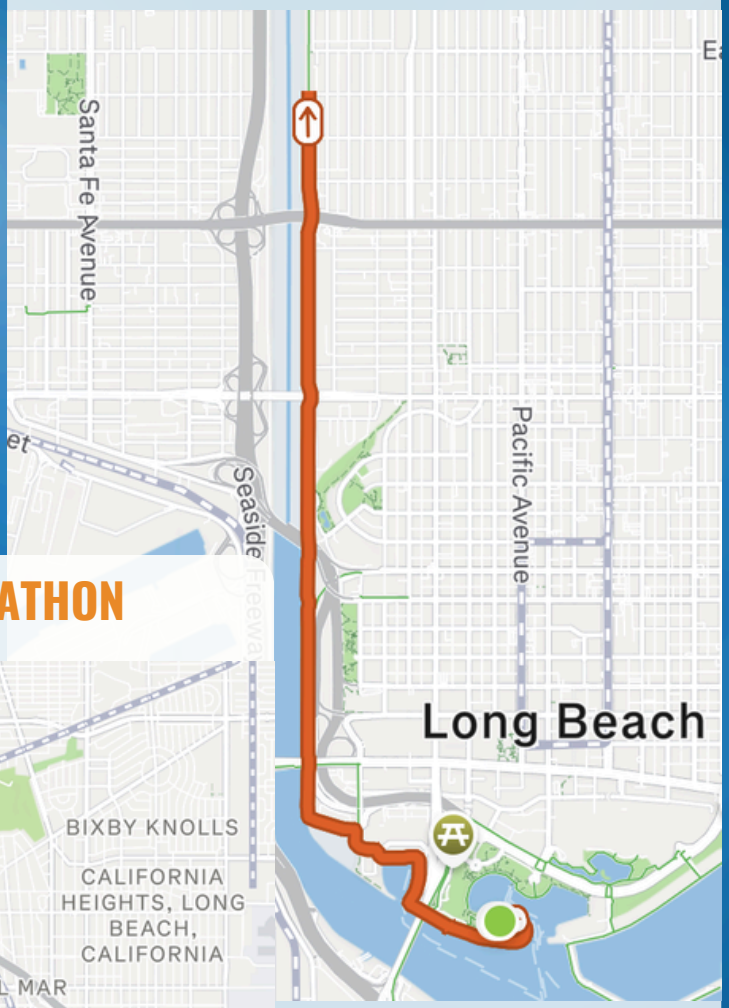
COURSE MAPS

5K



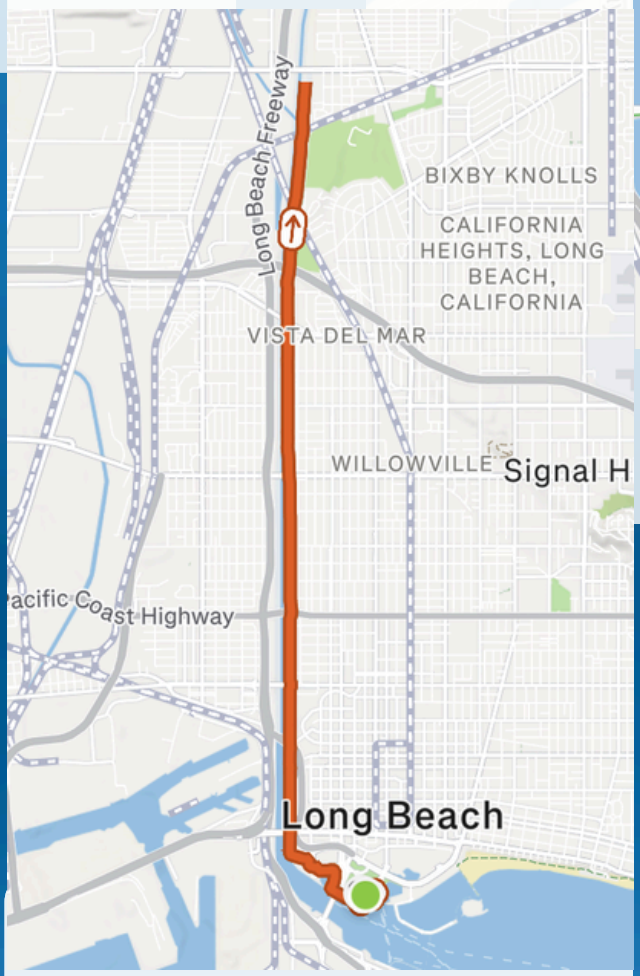
CLICK FOR INTERACTIVE MAP

10K



CLICK FOR INTERACTIVE MAP

HALF MARATHON



CLICK FOR INTERACTIVE MAP

THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.

THE MEDAL

EVENT MERCH

If you have purchased an event t-shirt with your race entry you can collect this either before or after the race within the event village.

Please remember to collect your kit when you collect your bib as we are not able to arrange post event delivery.

There will be a limited number of t-shirts for sale on event day but they will be offered on a first come first saved basis.

RESULTS & PHOTOS

PHOTOS

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

SOCIAL MEDIA

runthroughusa

Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

RESULTS AVAILABLE AT WWW.RUNTHROUGHUSA.COM

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com

STRUCTURE | INSPIRATION | SUPPORT | GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough USA

GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

WWW.RUNTHROUGHUSA.COM