



FINAL RUNNER INSTRUCTIONS

Thank you for joining us at the 2022 Long Beach Marathon weekend! 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!

EVENT SCHEDULE

	Date	Time	Location
Race Expo & Packet Pick-Up (Marathon, Half Marathon, Bike Tour, or 5K)	Friday, October 7 th	12:00pm – 6:00pm	Long Beach Convention Center, Hall C 400 E Seaside Way Long Beach, CA 90802
Aquarium of the Pacific 5K Packet Pick-Up (5K only)	Saturday, October 8 th	5:30am – 6:45am	Aquarium of the Pacific 100 Aquarium Way Long Beach, CA 90802
Aquarium of the Pacific 5K Race Start	Saturday, October 8 th	7:00am	Aquarium of the Pacific 100 Aquarium Way Long Beach, CA 90802
Race Expo & Packet Pick-Up (Marathon, Half Marathon, or Bike Tour)	Saturday, October 8 th	10:00am – 4:00pm	Long Beach Convention Center, Hall C 400 E Seaside Way Long Beach, CA 90802
Marathon Race Start	Sunday, October 9 th	6:00am	Intersection of Shoreline Drive & Shoreline Village Drive Long Beach, CA 90803
Bike Tour Race Start	Sunday, October 9 th	6:00am	Intersection of Shoreline Drive & Linden Ave Long Beach, CA 90803
Half Marathon Race Start	Sunday, October 9 th	7:30am	Intersection of Shoreline Drive & Shoreline Village Drive Long Beach, CA 90803
Beer Garden	Sunday, October 9 th	8:00am – 1:00pm	Marina Green Park 386 E Shoreline Drive Long Beach, CA 90803



PRE-RACE

RACE EXPO & PACKET PICK-UP

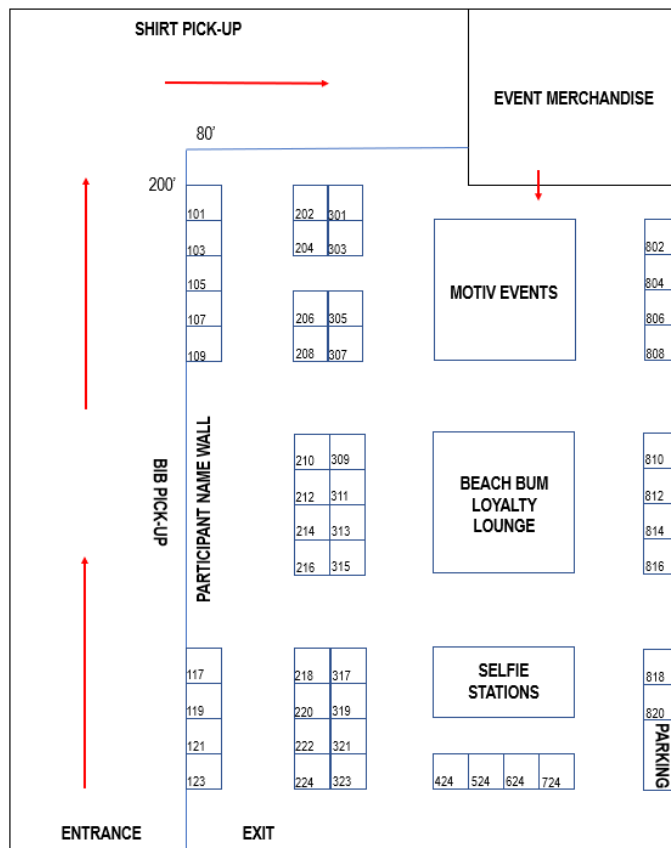
Friday, October 7th
12:00pm – 6:00pm

Saturday, October 8th
10:00am – 4:00pm

Long Beach Convention Center, Hall C
400 E Seaside Way
Long Beach, CA 90802

- Participants are required to pick up their race bib during the Race Expo unless you have pre-purchased race day packet pick-up. Race day packet pick-up instructions will be emailed on Wednesday, October 5th for those that purchased this service.
- Bring your confirmation email with your bib number (to be sent Wednesday, October 5th) to expedite the pick-up process.
- Can someone pick up your bib for you? [Yes, check out what that person will need to pick-up your race number on your behalf.](#)

EXPO MAP





BEACH BUM LOYALTY PROGRAM

Beach Bum Loyalty status is reached after running the marathon or half marathon distance at Long Beach Marathon 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 on loyalty status.

Beach Bum loyalty status will be denoted on your race bib. Those that are eligible will be able to pick up their 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 Beer Garden after the race.

Beach Bums must have their loyalty status denoted on their bib to collect their loyalty perks. If you are a Beach Bum runner, but do not have a legacy designation, please visit the Solutions tables in the Bib Pick-Up tent and our team will be able to assist you.

RACE DAY PARKING

Race day parking at the "The Pike Outlets Parking Garage" and "City Place Parking Lot" will be sold at the Race Expo. Please visit the parking booth at the Race Expo to secure your parking pass and simplify your race morning. All parking lots are walking distance from the start/finish lines but they are sold on a first-come, first-served basis.

The Pike Outlets Parking Garage - \$15
65 Cedar Ave
Long Beach, CA 90802

City Place Parking Lot - \$12
50 E. 6th Street
Long Beach, CA 90802

Long Beach Convention Center & Arena Parking Lot - \$15
400 E Seaside Way
Long Beach, CA 90802

Click [HERE](#) to purchase parking for this lot ahead of race day. (No motorhome parking in this lot.)

OFFICIAL MERCHANDISE

The official line of [2022 Long Beach Marathon merchandise](#) is here! 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!



RACE DAY – AQUARIUM OF THE PACIFIC 5K

START LINE – 5K

Aquarium of the Pacific 5K starts at 7:00am
Located adjacent to the Aquarium of the Pacific
100 Aquarium Way, Long Beach, CA 90802

PARKING – 5K

5K participants can park in the parking garage at the Aquarium of the Pacific (100 Aquarium Way) or across the street at the Pike Outlets Parking Garage (65 Cedar Ave). Please note: the race does not validate parking. All parking rates are set by parking lot operators, not the race organizers.

GEAR CHECK

Gear check is not available at this race. The Aquarium of the Pacific parking garage is adjacent to the start of the race and a short walk if you need to leave any items in your vehicle.

ON-COURSE SUPPORT

A water stations will be provided on course at Mile 1.5

COURSE TIME LIMIT

The 5K has a course time limit of 1.5 hours. 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.

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 Age Group Awards table in front of the Aquarium of the Pacific. Awards will not be mailed post-race.

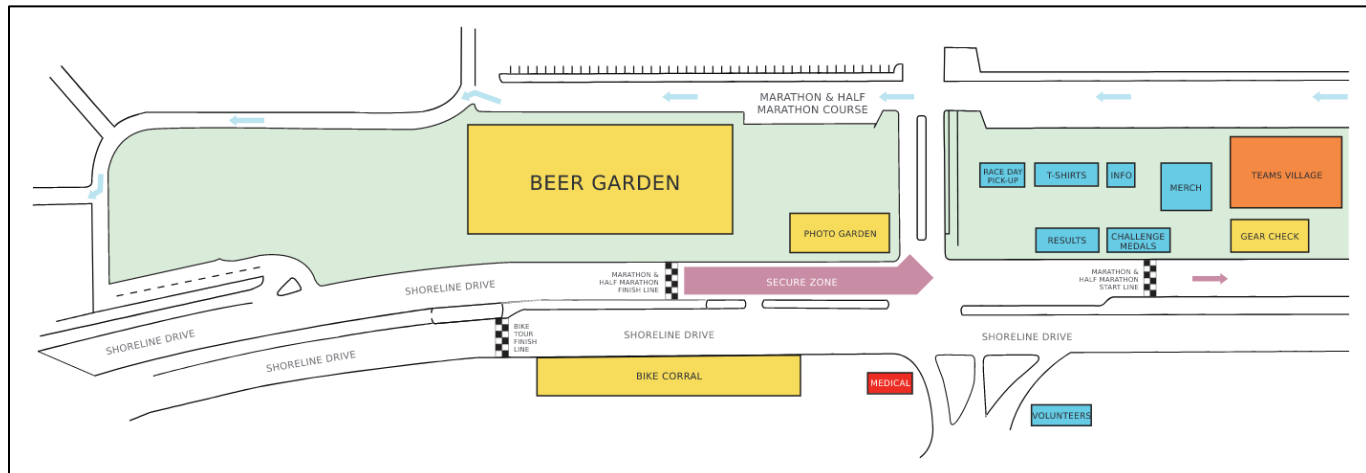
SPECIAL ACCESS TO THE AQUARIUM OF THE PACIFIC

NEW for 2022: 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 during exclusive early access hours (9:00-10:00am) on October 8, 2022, for just \$20.
- Child 5K participants (12 years old and under) will receive complimentary entry into the Aquarium of the Pacific during the early access hours (9:00-10:00am). All children must be accompanied by an adult.
- To gain entry during exclusive early access hours, **ALL participants must secure their tickets online ahead of time.** Check your 5K final instructions email to access the purchase tickets link.



RACE DAY – MARATHON, HALF MARATHON, BIKE TOUR



START LINE – MARATHON

Marathon starts at 6:00am

Wheelchair/Handcycle start at 5:55am

Located at the intersection of Shoreline Drive and Shoreline Village Drive

START LINE – BIKE TOUR

Bike Tour starts at 6:00am

Located at the intersection of Shoreline Drive and Linden Ave

START LINE – HALF MARATHON

Half Marathon starts at 7:30am

ALL Wheelchair/Handcycle athletes must start with the Marathon start at 5:55am

Located at the intersection of Shoreline Drive and Shoreline Village Drive

GETTING TO THE START LINE

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 + Travel](#) page on our website for additional information.

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). Participants 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.



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 + Travel](#) page on our website.

Long Beach Convention Center & Arena Parking

400 E Seaside Way

Click [HERE](#) to purchase parking for this lot ahead of race day.

- ADA parking is available in this lot. After entering the lot, please show your ADA placard to the parking attendants to be directed to the ADA parking adjacent to the Bike Corral.
- There is no motorhome parking in this lot.

The Pike Outlets Parking Garage

65 Cedar Ave

Parking passes for this lot will be available for sale at the Parking booth in the Race Expo.

City Place Shopping Center

50 E 6th Street

Parking passes for this lot will be available for sale at the Parking booth in the Race Expo.

GEAR CHECK

Participants in the marathon, half marathon, and bike tour 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.

- 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

BIKE CORRAL

Participants participating in the Bike Tour and the Half Marathon are eligible to use the Bike Corral to store their running gear during the Bike Tour and subsequently their bike and 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.

All athletes participating in the Bike Tour & Half Marathon must start the Half Marathon no later than 7:50am. Please plan accordingly.



BIKE TOUR – 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](#).

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 Volunteer tent in the Long Beach Arena parking lot at 5:15am. The Volunteer tent 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.

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 few 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* 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 disqualified. Your cooperation is greatly appreciated so that we can ensure everyone has a great race day experience!

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 our pacers and their goal finish time signs in the start chute 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

ON-COURSE SUPPORT

Please find the locations of the aid stations along each course listed below. Water is provided at all aid stations. [Nuun Lemon Lime Endurance](#) will be provided at the stations with asterisks below. [Chargel instant energy gels](#) 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*

The Bike Tour course is not supported with aid stations. Please bring your own refreshments to sustain the duration of your ride.

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 of 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).

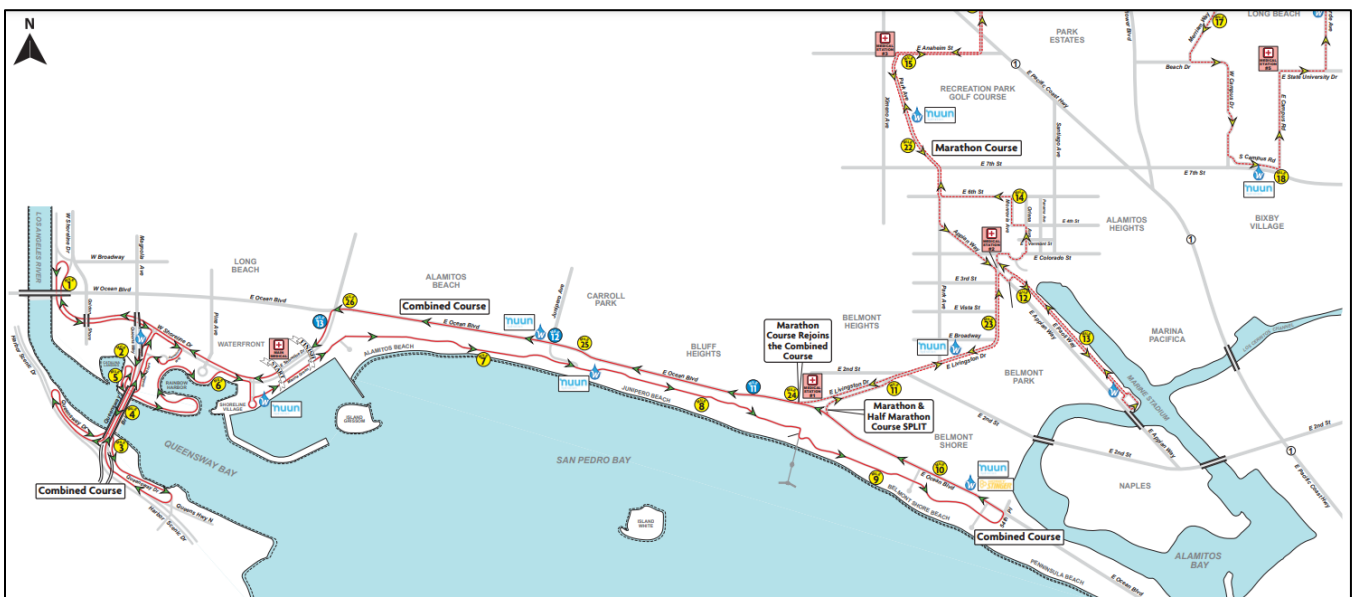
Bike Tour: The bike tour has a time limit of 2 hours (based on chip time).

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.

COURSE MAP

Marathon & Half Marathon: Click [HERE](#) for the course map and elevation chart.

Bike Tour: Click [HERE](#) for the course map.





POST-RACE – MARATHON, HALF MARATHON, BIKE TOUR

AWARDS – MARATHON & 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.

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 (Saturday, 10/8) + Half Marathon (Sunday, 10/9)

Aquarium of the Pacific 5k (Saturday, 10/8) + Marathon (Sunday, 10/9)

Aquarium of the Pacific 5k (Saturday, 10/8) Bike Tour (Sunday, 10/9)

Bike Tour (Sunday, 10/9) + Half Marathon (Sunday, 10/9)

Participants participating in two races over race weekend will have their Sunday race bib denoted with an “LBC” sticker. If you are participating in two races but do not have the “LBC” designation, please visit the Solutions table at the Race Expo with your bibs and our team will be able to give you a sticker.

“LBC” medals can be picked up at the Challenge Medals tent on Marina Green after your Sunday race. Medals must be picked up on race day and will not be mailed after the race.

BEACH CITIES CHALLENGE

The Beach Cities Challenge is a participation challenge involving the Surf City Marathon, Long Beach Marathon, and OC Marathon events. Participants that have already completed the 2022 Surf City Marathon or Half Marathon **AND** OC Marathon or Half Marathon are eligible to pick up a Beach Cities Challenge medal when they complete the Marathon or Half Marathon in Long Beach.

Participants that are eligible to pick up their Beach Cities Challenge medal at the Long Beach Marathon will have their race bib denoted with a “BCC” sticker. If you are eligible to pick up your BCC medal but do not have the “BCC” designation, please visit the Solutions at the Race Expo with your bib and we will be able to give you a sticker.

Beach Cities Challenge medals can be picked up at the Challenge Medals tent on Marina Green after your Sunday race. Medals must be picked up on race day and will not be mailed after the race. For more information on the Beach Cities Challenge, visit the [Challenges](#) page of our website.



POST-RACE BEER GARDEN

Participants 21 years of age or older can make plans to join us at the post-race Beer Garden to celebrate their race with a complimentary beer! While enjoying live music, participants can take their pick of Michelob ULTRA, Michelob ULTRA Organic Seltzer, or Kona Big Wave* 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 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.

*(while supplies last)

SHOE DONATION

Waste Management of Southern California, the City of Long Beach Environmental Services Bureau and Long Beach Marathon invite you to donate your gently used running shoes to benefit local charities. Shoe donations will be accepted at the Race Expo and at the Finish Festival. Additionally, all clothing left behind at the start line AND on course will be donated to local charities through the team at Waste Management.

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!](#)