



**Saturday, June 14, 2014- www.LT5K.com
Registration begins at 7a.m. – 5K Start time: 8:15a.m.; Kids 1-Mile Fun Run Start time - 9:00a.m.**

Thank you for supporting the Tomlinson's Touching Lives Foundation

The Tomlinson's Touching Lives Foundation engages in a number of programs designed to promote educational, social and cultural awareness and positive self-esteem to enhance the lives of children, families and communities. For more information please visit:

www.ladainiantomlinson.com/foundation.html

Race Location

The LT 5K will take place at NTC Park in Liberty Station (Point Loma). It will be a course around the park and along the water. Strollers are welcome, but must start at the back.

NTC Park at Liberty Station in Point Loma
2455 Cushing Rd
San Diego, CA

Parking Suggestions

Arrive early to ensure you have a place to park. There are plenty of parking lots in NTC Park and empty streets. We ask that you respect our neighbors who live in Liberty Station and avoid parking in front of the residences. When you arrive at Liberty Station in Point Loma, follow the signs which will direct you to the proper location to park for the LT 5K.

Directions to Start

From I-5 North:

Take the Hawthorn St exit, Exit 17, toward San Diego Airport
Take Left onto W Hawthorn St
Turn Right onto N Harbor Drive
Turn Right onto Laning Rd
Turn Right onto Cushing Rd
Follow the signs for parking

From I-5 South:

Take I-8 exit, Exit 20, toward El Centro/ South Rosecrans St
Merge onto CA-209 S toward Rosecrans St
Turn Left onto Womble Rd
Turn Right onto Cushing Rd
Follow the signs for parking

From I-8 West:

Take I-5 S exit, Exit 2B, toward CA-209 S/ Rosecrans St
Merge onto CA-209 S toward Rosecrans St
Turn Left onto Womble Rd
Turn Left onto Cushing Rd
Follow signs for parking

Running Gear

There will be no gear check at the event. Please plan accordingly. We ask that you leave all valuables in your car or at home. The LT 5K staff and Liberty Station officials do not assume responsibility for any lost or stolen items.

Restrooms

Restrooms will be located at the Start and Finish line as well as at NTC Park restrooms.

Water

An ample supply of water is available along the course. There will be a water station along the course. It is your responsibility to remain sufficiently hydrated throughout the race. Additional water will be supplied in the Fun Zone after the race.

Autograph Booth

Local celebrities will be available for autographs following the race. No memorabilia is permitted on the property nor will it be signed. Please note: qualifying paid entrants will receive their hand-signed LaDainian Tomlinson football card part of their packet (LaDainian Tomlinson will be available for a limited time to sign autographs in the autograph booth after the race.)

Pre-Race Packet Pick-Up/ Registration

Pick up your race packet at Road Runner Sports on Friday, June 13, 2014 from Noon – 6pm. Please bring a photo ID. Your race pack includes bib number, t-shirt, and racer gift pack. If you are picking the bib number up for someone other than yourself, please bring a copy of their photo ID along with a letter stating you may pick up their race pack. Bib numbers are non-transferable and are required for complimentary food court access.

Road Runner Sports
5553 Copley Drive
San Diego, CA 92111
(858) 974-4455

Bib Numbers

Bib numbers can be picked up at Road Runner Sports on Friday, June 13, 2014 from Noon – 6pm or on race day beginning at 7am at the race start. Please bring a photo ID.

Race shirts

The official 2014 LT 5K commemorative race shirts will be distributed during packet pickup. Pickup your bib, t-shirt, and other race materials at Road Runner Sports on Friday, June 13, 2014 from Noon – 6pm or at the registration table on race day beginning at 7am.

Timing

The race/bib number will have a disposable timing chip located on the back side of your race number. The timing chip will be covered with a 2mm foam chip protector, it is important that you DO NOT remove the timing chip/ protector nor fold your bib. In order to obtain the most accurate time for your race your race number must be pinned to the front of your shirt and it must be located over your stomach.

Awards Ceremony

The top three overall finishers and top runners in each age category will receive an award at the conclusion of the LT 5K. Winners must be present to accept awards. No awards will be mailed.

Post-Race Festivities

Upon the conclusion of the LT 5K presented by EDCO, a Fun Zone will be provided at the finish line for racers to enjoy. Complete with free food and drinks, music, bounce houses from LB Jumpers, games and activities and much more. It is guaranteed fun for the entire family.