



SATURDAY, JUNE 11, 2016
NTC PARK - POINT LOMA, CA

PRESENTED BY **EDCO**



Saturday, June 11, 2016- www.LT5k.com

Registration begins at 6:45a.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 and wheelchairs 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. LaDainian Tomlinson will be available for a limited time to sign autographs in the autograph booth after the race. Only registered participants, with a 2016 race bib will be permitted to obtain autographs at the autograph booth.

Pre-Race Packet Pick-Up/ Registration

Pick up your race packet at Road Runner Sports on Friday, June 10, 2016 from Noon – 6pm. Please bring a photo ID. Your race pack includes bib number, performance 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. Bib numbers are non-transferable and are required for complimentary food and drinks.

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 10, 2016 from Noon – 6pm or on race day beginning at 6:45am at the race start.

Race shirts

The official 2016 LT 5k commemorative performance shirt will be distributed during packet pickup. Pickup your bib, performance shirt, and other race materials at Road Runner Sports on Friday, June 10, 2016 from Noon – 6pm or at the registration table on race day beginning at 6:45 am.

Finisher Medals

Finisher Medals will be distributed to participants after they finish the race.

Timing

The race/bib number will have a disposable timing chip located on the backside of your race number. The timing chip will be covered with a 2mm foam chip/protector do not 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 performance shirt and it must be located over your stomach.

Awards

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 snacks and drinks, music, bounce houses from LB Jumpers, games and activities and much more. It is guaranteed fun for the entire family.