

Venice Beach Run

5K



PARTICIPANT GUIDE

Thank you!

Thank you for joining us at our 3rd Annual Conquer The Pier VBR 5K! This is the only run that covers the entire Venice Beach Pier. All participants will receive a commemorative die-cast VBR 5K finisher medal, premium t-shirt, and access to the sampling and exhibitor booths.

A portion of the proceeds will go directly to the Los Angeles Parks Foundation to support city parks like Venice Beach and other recreation facilities and programs in the West Region. For more information about the LA Parks Foundation visit: www.LAParksFoundation.org

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Registration

Registration Fees

- 5k Run/Walk: \$55
 - T-shirt is guaranteed for pre-registration
 - Same-day registrants will be issued their event shirt after the start of the race
- Benny's Dog Division: \$40

NOTE: Based on this year's registrations, there will be plenty of t-shirts for all registered participants. However, late registration t-shirts will be provided after the start of the run to ensure early registrants receive the size they ordered.

How to Register

- Online registration available thru **Saturday July 18 at 7:45 AM**
- In-Person registration is located at:
 - REI (4655 Admiralty Way, Marina Del Rey) on July 16th from **4:00 P.M. - 8:00 P.M.**
- Same-day registration will be at the main expo area from **6:30 AM- 7:45 AM**

Remember to make sure you are entering your correct date of birth information when you register. There will be division awards provided to both males and females in each age category.

CANCELLATION POLICY

Sale and/or transfer of race entry/ bib is prohibited. All registration fees and ancillary purchases are non-refundable. Participants may be required to show a photo ID.

You are encouraged to purchase registration insurance in the event you are unable to make the race. Although rare, there may be postponements due to situations beyond the control of the event organizer and operating partner Aztlan Athletics, LLC.



SHAKE OUT RUN & BIB PICK-UP

Swing by REI ahead of race day to pick up your bib, connect with fellow runners, and get race-day ready. Join us on July 16 from 4-8pm for bib pickup, plus a vendor fair starting at 5:30pm featuring demos, gear, and community partners. We'll also host a shakeout run along the Marina at 6:30pm to get your legs moving and your race day energy up!

Parking at the store is free with validation for up to 2 hours. **If you plan to join the shakeout run, please park at 13477 Fiji Way.** Spaces are limited and available on a first come, first served basis.

Date: Thursday, July 16
Location: REI Marina Del Rey
4 - 8 PM: Bib Pick-up
6:30 PM: Shake-out Run

More info:

- Runners Hiii Run Club will be leading the 6:30 pm shakeout run
- From 4 to 8 pm, we'll have **Alwrld, Saucony, Puppacker, Ocean Bottle, and Cure Hydration** on site tabling and engaging with participants, along with giveaway items from **Melin**
- The **first 50** people to pick up their bibs will receive a limited-edition REI pint cup (while supplies last).
- REI will also be handing out **REI 23% off coupons** valid in-store through 12/31/26
- Bib pick-up participants will park in the REI lot and receive a 2-hour parking validation with a purchase made during bib pick-up hours
- Run participants and vendors will park at the off-site **Boat Launch Lot #2 (13477 Fiji Way)**, where we've secured 50 first come, first served space

Packet Pick-Up

We strongly encourage participants to collect their race shirt and bib in advance to allow ample time for parking and timely arrival at the start line on race day. If you are not available to pick-up on Thursday, you can get your items on race day.

Time: 6:30 AM - 7:45 AM

Location: Windward Plaza

Please take note of the following:

- Participant bibs will be assigned at packet pick-up using dynamic bib assignment
- T-Shirts Guaranteed to Pre-Registered Participants
- Late registrants will be able to pick up their shirt after the start of the race
- If you do not wear the bib assigned to you, your time may not be accurate when checking your results



Timeline

THURSDAY
JULY 16

4:00 PM BIB PICK-UP OPENS
8:00 PM BIB PICK-UP CLOSES

REI, 4655 Admiralty Way, Marina Del Rey, CA 90292
In-person late registration available at this location

SATURDAY
JULY 19

6:30 AM BIB PICK-UP OPENS
7:45 AM BIB PICK-UP CLOSES
8:00 AM 5K RACE START

1 Windward Ave, Venice, CA 90291, United States
In-person late registration available at this location

Event Parking

Arrive early and factor in traffic to ensure you make it to the start line on time. There is ample paid parking next to Muscle Beach and a second parking lot near the pier. Free public parking available in the neighboring streets. Paid parking is available on a first come first serve basis.

- **General parking:** 2100 Ocean Front Walk, Venice, CA 90291
- **Volunteers:** Drop-off is located near Muscle Beach at 17th Place. You will need to pay for parking if you wish to stay inside the parking lot area.

Course Info

STARTING LINE

Runners are encouraged to begin lining up no later than 15 minutes prior to the start of the race.

To ensure a safe start, please line up according to your expected race pace. Faster runners should be positioned at the front of the chute, while slower runners/walkers/strollers start in the back. Remember you are being chip timed, your race time will not begin until you cross the start line.

There may be several start waves based on the number of registrants.

SAFETY

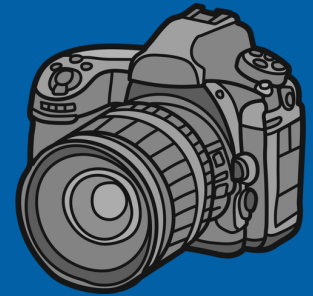
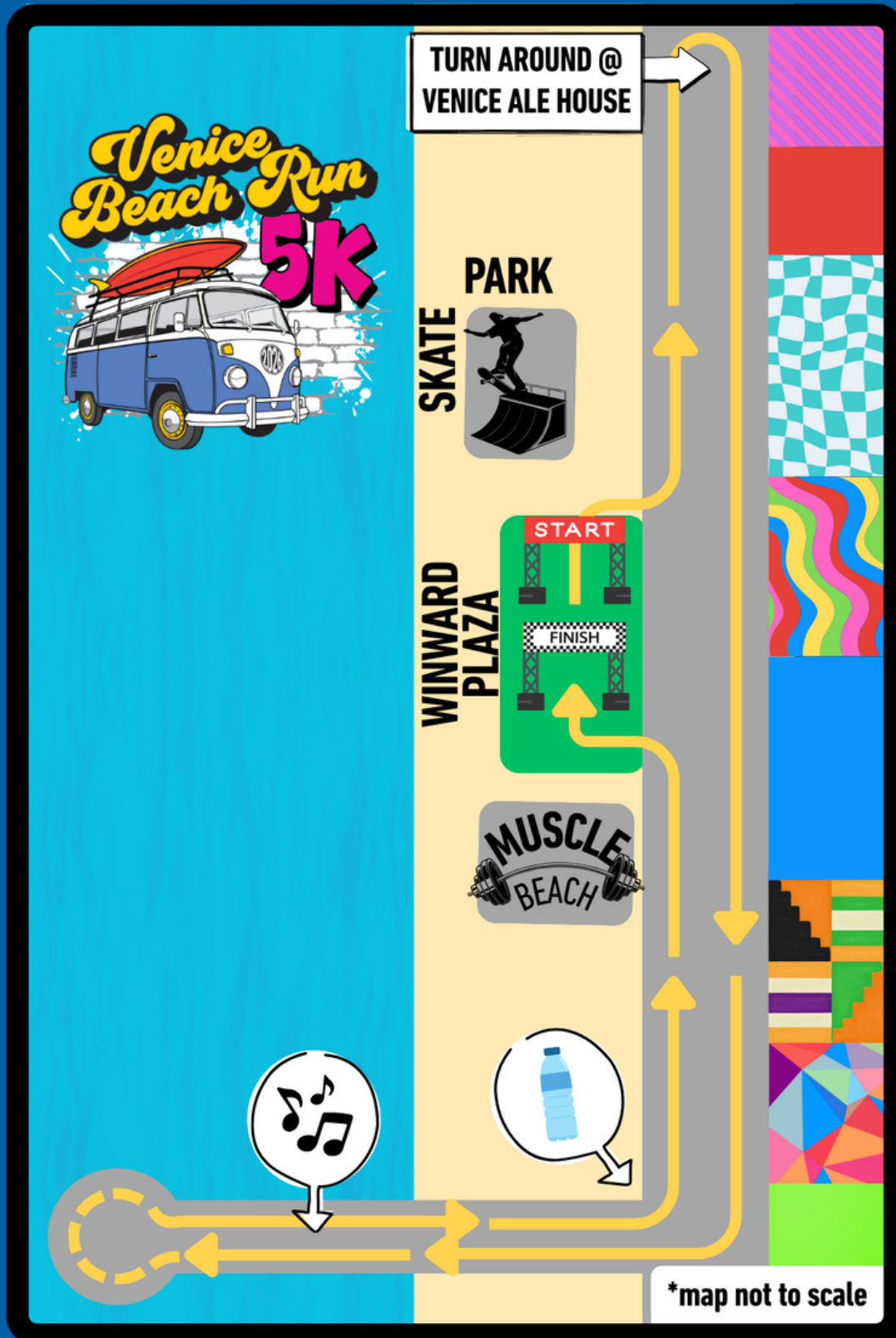
Water & electrolytes will be available at the halfway mark on the 5K route and at the finish

There will be a first aid team available to respond on the course of the 5K. A first aid station also available in the main expo area.

FINISH LINE

Featuring sampling, exhibitor booths, and music entertainment. Awards ceremony will take place in the registration expo area.

Course Map



Keep an eye out
for our course
photographers
located on the pier
and throughout
the course!

Valued Sponsors

