

LABOR OF LOVE – RACE DAY **INSTRUCTIONS**

5K • 10K • Kids Dash

 **Labor Day — Monday, September 7, 2026**

 **Shoreline Aquatic Park / Shoreline Village**
200 Aquarium Way, Long Beach, CA 90802

 **PLEASE READ BEFORE RACE DAY**

Please review the Race Day Instructions before arriving. The guide includes parking, schedule, bib pickup, course information, turnaround instructions, awards, results, photos and other important race-day details.

RACE DAY SCHEDULE

6:30 AM – 8:00 AM — Race Day Bib Pickup / Check-In

8:00 AM — 5K & 10K Start

9:00 AM — Age Group Medal Pickup Begins at the Results Kiosk

9:15 AM — Kids Dash

9:30 AM — Overall Winners Awards Ceremony

Please arrive early. Give yourself enough time to park, walk to the race area, pick up your bib, use the restroom and be at the Start Line before **8:00 AM**.

START / FINISH LOCATION

The Start/Finish is located at **Shoreline Aquatic Park near Shoreline Village**.

**200 Aquarium Way
Long Beach, CA 90802**

Please make sure you are navigating to the **Shoreline Aquatic Park location** for this event.

PARKING

Race-day parking is available at the **Aquarium of the Pacific Parking Garage:**

 **99 Aquarium Way, Long Beach, CA 90802**

The garage is a **short walk from the Start/Finish area.**

Parking Rates:

First 30 Minutes — **FREE**

30 Minutes – 1.5 Hours — **\$3**

1.5 – 2.5 Hours — **\$6**

2.5 – 4 Hours — **\$8**

4 – 5 Hours — **\$12**

5 – 8 Hours — **\$15**

 **Please arrive early.** Holiday traffic, parking and the walk to the Start/Finish should all be factored into your race-morning plans.

No Parking will be allowed in the Pier Point Landing Lot. Volunteers will be on site to direct you in the parking structure

BIB PICKUP

Please have a photo of your ID or confirmation email ready to show staff. In person waivers must be signed.

Bib pickup is RACE DAY ONLY from 6:00 AM – 8:00 AM. (Kids Dash May Pick anytime before 9:10 AM)

Head to the **Registration/Bib Pickup Tent near the Start/Finish area.**

There is **no advance or day-before bib pickup** for this event.

Please have your bib on and be ready to race before heading to the Start Line.



COURSE INFORMATION

The 5K and 10K take place on the **paved walking and running path bordering the sand.**

This is an **OPEN COURSE**. The beach path remains open to the public during the event. Please stay aware of your surroundings and be courteous to other runners, walkers, cyclists and beach-path users.



FOLLOW THE COURSE MARKINGS

Please pay attention to all **turnaround signs, flags, course markings and race staff instructions.**

Your GPS watch is a great training tool, but **your watch does not determine the course turnaround.**

Do not turn simply because your Garmin, Apple Watch, Strava or another GPS device displays a particular distance. GPS readings can vary.

Follow the official course markings and designated turnaround signs.



TIMING & RESULTS

Professional timing is provided using **ChronoTrack chip timing.**

Results are generally available within minutes of crossing the Finish Line.

Visit the **Results Kiosk** after your race to check your official placement.

Please make sure you cross all timing mats with your assigned race bib.



AWARDS

Overall Awards

Trophies are awarded to the **Top 3 Overall Male and Top 3 Overall Female finishers** in the 5K and 10K.

Overall placement is determined by GUN TIME.

The **Overall Winners Awards Ceremony** begins at **9:30 AM**.

Age Group Awards

Age Group awards are determined by **CHIP TIME** and awarded in 10-year age divisions.

Beginning at **9:00 AM**, Age Group winners may pick up their medals directly from the **Results Kiosk**.

You do **not** need to attend the Overall Awards Ceremony to collect an Age Group medal.



YOU MUST BE PRESENT TO RECEIVE AN AWARD

All Overall trophies and Age Group medals must be picked up **during the event**.

Awards will not be mailed or distributed after the event. No exceptions.

Please check your results before leaving the race area if you believe you may have placed.



FREE RACE PHOTOS

Our photographers will be out capturing the Start, the course, your finish and all the fun happening around the race.

Race photos are FREE. Always.

No photo packages.

No upsells.

No surprise charges.

Photos will be uploaded following the event. Keep an eye on the race page and CaliFlow Runs social media for updates.

See a camera? Give us a smile! 



WATER & RACE MORNING PREP

Water will be available on course and in the Start/Finish area.

Even with race-provided hydration, we encourage participants to arrive properly hydrated and bring additional hydration if they feel they may need it.

Check the weather before leaving home and dress appropriately for race-morning conditions.



WALKERS, STROLLERS & DOGS

Walkers are welcome!

Strollers and well-behaved dogs are also welcome. Because this is an open public path, please be considerate of other participants and path users.

If you are participating with a stroller or dog, we recommend starting toward the back of the field to allow faster runners a clear start.

Dogs should remain leashed and under control at all times.



DON'T RUSH HOME!

Cross the Finish Line, grab your medal and stick around!

Enjoy the music, take photos, visit our vendors and community partners, cheer on other runners and celebrate your Labor Day morning with us.

Friends and family are welcome to hang out and cheer you on.

ONE LAST THING...

Race morning runs much more smoothly when everyone knows where they're going, where they're turning and what to expect.

Click the Google Earth Course Map Links on the Race info page

Then all that's left to do is:

Show up. Run your race. Have some fun. Cross that Finish Line.  