



CITY OF BEVERLY HILLS STAFF REPORT

Meeting Date: May 1, 2012

To: Honorable Mayor and City Council

From: Gisele Grable, Community Services Administrator
Community Services Department

Subject: Honda/LA Marathon 2012 Recap and Request for Future Participation

Attachment:

1. Letter of Request for Future Honda/LA Marathon Involvement
2. Summary of 2012 Media Coverage (*under separate cover*)

The City of Beverly Hills participated for the third year in a row in the Honda/LA Marathon event held on Sunday, March 18, 2012. The "Stadium to the Sea" course was the same as in previous years, traveling from downtown Los Angeles, through the Cities of West Hollywood, Beverly Hills, (including Veteran's Administration), to the ocean in Santa Monica. In previous years, there were concerns and issues related to the length of time of the event due to a late start in the first year, and severe weather/torrential rains during the second year. For 2012 however, City staff was able to provide north/south access starting at 12:30 p.m., open Rodeo Drive by 1:00 p.m. and have all streets open to vehicular traffic by 1:30 p.m.

Key elements for the 2012 Honda/LA Marathon event included:

- All permits, fees, equipment and personnel costs were covered by the Marathon (\$75,498). Approximately 170 employees (and volunteers) assisted with the event.
- North/south access was available to vehicles starting at 12:30 p.m., with Rodeo Drive open by 1:00 p.m. and all streets completely open by 1:30 p.m. *For the first time this year, the City strategically positioned staff, and began cleaning and clearing Beverly Hills streets starting at noon. City staff (Police and Public Works in particular) began moving participants to the sidewalks, immediately cleaning the streets, and were able to open streets more quickly than in previous years.*
- The City's Emergency Operations Center (EOC) was in operation and assisted with the coordination and facilitation of the event within Beverly Hills. WebEOC was also utilized by the Beverly Hills EOC and Multi-Agency Center in Los Angeles to provide information, as well as track and manage the event. Only one emergency transport within Beverly Hills was required. The Police Department was the lead agency for Operations, and the EOC was deactivated by 1:43 p.m.
- The City's Emergency Hotline (310.550.4680) was used to assist with calls; approximately 125 calls were received (primarily seeking directions) compared to 227 calls last year.
- 140 City residents participated in the 2012 Marathon.
- The majority of volunteers (110+) that assisted at the central Water Station #16 which was coordinated by former Recreation & Parks Commissioner Kathi Rothner included a majority of Beverly Hills residents (BHUSD students and staff, PTA members, Boy Scouts, Team Beverly Hills members, City Commissioners, etc.).

Honorable Mayor & City Council
Meeting Date: May 1, 2012

- Notification efforts included:
 - City's Newsletter and Community Services Brochure
 - City's website with interactive GIS map with Marathon route included; parking locations, and other details (and updates) specifically for Beverly Hills.
 - Meetings with groups to provide information and answer questions (Rodeo Drive Committee, Homeowners Associations Meeting, etc.)
 - E-Notices/Social Media (*including to Home Owners Associations groups*)
 - Informational flyers/maps available at public counters (City Hall, Library, Parking Structures, etc.).
 - "Marathon" Notification message relayed to City Mass Mailing Notification List.
- Hotel statistics to date include: 25% of hotel rooms that were blocked for Marathon-related participants were booked (67 rooms booked). The Conference & Visitors Bureau (CVB) also organized shuttle services to the Marathon start/finish lines for those guests staying in Beverly Hills hotels.
- Traffic measures and parking accommodations were provided to help alleviate congestion and assist with local parking. For example, Camden Drive was modified for 2-way traffic (normally a 1-way street), and parking validations were provided to local merchants (Two Rodeo and Bulgari for example) to assist employees who arrived before noon.
- Block Party coordinated by the City and CVB included local merchants: Peet's Coffee; Crate & Barrel; Greenleaf Chop Shop; Kreation Juicery for example (due to the threat of rain the evening before, a few other merchants unfortunately cancelled)
- Local venues were featured on the Marathon's website as well as links to the CVB/Visitors Bureau's, Rodeo Drive Committee's and City's websites. For 2012, promotional materials were distributed to 30+ international tour operators and translated into five languages. The Marathon also partnered with the Beverly Hills CVB and tour operators in an attempt to increase foreign visitor stays within the City. (*Overseas guests tend to traditionally have longer stays at hotels than domestic travelers, therefore generating greater TOT funding.*)
- For the "Shopping" category on the Marathon's website, Rodeo Drive was featured first, and included a link to the Rodeo Drive Committee's website. For 2012, a new sweepstakes element (for registered runners) was added, with one of the top prizes featuring the City with a "\$500 shopping spree in Beverly Hills."
- For 2012, Marathon t-shirts highlighted Rodeo Drive and the Beverly Wilshire Hotel as some of the landmarks along the course.
- A live four-hour race-day television broadcast was on KTLA channel 5 (with a KTLA reporter stationed at the intersection of Rodeo Drive and Wilshire Boulevard). Former Mayor Barry Brucker was featured during the race-day broadcast welcoming participants into the City. KTLA's coverage was also re-broadcast nationally on Universal Sports. The City received local and international coverage, that also included the City's own efforts (i.e. the City's newsletters, cable coverage and website), as well as the Chamber of Commerce's and Visitors Bureau's efforts (newsletters/websites/social media).
- The intersection of Rodeo Drive and Wilshire Boulevard was the location of a new interactive and innovative, large scale video board provided by ASICS, called "Support Your Marathoner" and included an opportunity for friends and family members to send personalized text messages to help motivate the runners.
- The Marathon assisted with local fundraising efforts for local charity groups and organizations (Concern Foundation, Lupus LA, American Cancer Society, American Heart Association, etc.). For example, both the Concern Foundation and Lupus LA Foundation were both official Marathon charities, had cheering zones on Rodeo Drive, and had over 130 runners participating and raising funds for their organizations. Both organizations surpassed their fundraising goals (Lupus LA with assistance from the Beverly Hills Rotary Club, had a donation goal of \$60,000 which was exceeded).

The complaints were dramatically lower this year (less than 7). Although there were still roughly 145 calls prior to and on the day of the race, the majority of inquiries requested directions during the event. The primary complaints included:

- Inability to cross the route (although on most occasions, once staff received additional information as to one's destination and/or the time they were planning to travel, there were many who did not even require to cross the route and were assisted with directions, or were traveling at times that were after the streets were re-opened).
- Required to go out of their way to reach their destination.
- Customer arrived an hour later than their scheduled appointment.

The majority of calls and emails this year were appreciative of the "Beverly Hills-specific" information that was provided and the quick responses by staff. Residents who did provide positive comments included:

- Ability to view the race (and/or support friends/family in the race) by either walking or riding to the route instead of having to travel across town;
- Ability to participate in a community activity of welcoming local visitors and international guests to the City either by providing support along the route.
- Ability to volunteer locally in a community type activity: assisting at Water Station #16 (comprised primarily of BH residents); cheering or assisting at the Block Party on Rodeo Drive; cheering (or running) in support of local charities (in particular Concern Foundation and Lupus LA cheer zones on Rodeo Drive).

To date, the City has received a formal request from the LA Marathon representatives seeking to include Beverly Hills within its regional course from the Stadium to the Sea for the next three years (from 2013 to 2015). See Attachment for additional details.

One new element for future participation, includes the possibility of increasing hotel room bookings in Beverly Hills, that consists of a marketing plan that will target Japanese tourists and runners.

Positive Elements

- Provides opportunity to utilize and test the City's Emergency Operations Center operations and equipment, as well as City staff and volunteers in a regional/multi-jurisdictional scenario in a non-emergency setting.
- Inclusion of City website links on Marathon's website (City of Beverly Hills; Conference & Visitors Bureau; seven Beverly Hills hotels; etc.).
- International media coverage.
- Revenue including Transient Occupancy Tax/TOT monies.
- Provides opportunity for residents and local merchants to participate in community activity.
- Provides residents an opportunity to observe the Marathon without having to travel across town. *Positive comments have included the ability to walk or bike to the event instead of driving across town.*
- Ability for City staff (due to experience from the 2012 event) to open streets to vehicular traffic starting at noon.
- Assists in fundraising efforts for local charitable organizations.
- Potential promotional opportunities for City's Centennial/100th Anniversary programming efforts.
- Community's and staff's familiarity with the route assisted in the facilitation of logistical details as well as addressing any areas of concern. Staff and volunteers were able to deal with issues either during the event or in advance of the race.

Key Issues of Concern

- Restricts City access from 7:00 a.m.-12:30 p.m. (*Sunday mornings are the normally the quietest time within the City, and since the City was able to begin opening the streets by 12:30 p.m., it was not as problematic as it has been in previous years.*)
- The large number of staffing required to conduct the event.
- Potential impacts on local merchants (both pro and con responses have been received)

RECOMMENDATION

Staff respectfully seeks City Council direction regarding the request to extend an agreement with the Honda/LA Marathon for another three years, from 2013 through 2015. A meeting with the City Council Liaison Committee for Special Events (Councilmembers Lili Bosse and Barry Brucker) occurred last week where they reviewed the 2012 Marathon details. They also preliminarily discussed a proposal for 2013 (the formal request had not been received at that time), and they provided both positive and negative feedback (one in favor and one against).

Staff has also had preliminary discussions with the Conference & Visitors Bureau, Rodeo Drive Committee, and Beverly Hills Chamber of Commerce, also with positive and negative responses. The organizations are reviewing the 2012 details with their constituents, and City staff plans to provide additional information at the May 1 study session.

FISCAL IMPACT

All City permits and fees have been the responsibility of LA Marathon and in addition includes full cost recovery of personnel costs, equipment, signage, etc. (for the 2011 event, approximately \$80,000; for 2012 event approximately \$75,000). In addition, General Liability insurance in the amount of \$2 million dollars naming the City of Beverly Hills as an additional insured has also been provided by the LA Marathon.

Howard Sunkin, Senior Vice President with the McCourt Group will be in attendance at the May 1 study session to provide updates regarding the 2012 Honda/LA Marathon event and to answer any questions that the City Council may have regarding the proposal for future City participation.

Gisele Grable

Steve Zoet
Approved By

Attachment 1

April 25, 2012

Ms. Gisele Grable
Community Services Administrator
City of Beverly Hills
455 N. Rexford Drive, Room 200
Beverly Hills, CA 90210

Dear Gisele:

The 2012 Honda LA Marathon – the third running of the Stadium to the Sea course – was a resounding success; nearly 23,000 people registered for the race, record numbers of spectators lined the course, and operationally the event achieved a new standard of excellence.

Cooperation between the four cities and the Veteran's Administration continues to be an important factor in the success of the Honda LA Marathon: the Stadium to the Sea course is not only appealing to runners, but it weaves together the special attributes that make our region such a special place to live and visit. The marathon is quickly becoming one of the marquee events to celebrate our region locally, and to market our best attributes nationally and globally.

As we move forward in planning for the 2013 race, we respectfully request a renewal of our agreement with the City of Beverly Hills and the continuation of our successful partnership for the next three years.

The City of Beverly Hills is a critically important part of the Stadium to the Sea course. By directing runners through Beverly Hills and down Rodeo Drive, the course provides an ideal local, national and international showcase for Beverly Hills' signature style and renowned businesses.

This year, the iconic intersection at Rodeo Drive and Wilshire Boulevard was a dominant source of activity, much of it captured in the live broadcast and in media coverage leading up to the race. Rodeo/Wilshire was the site of one of the innovative ASICS "Support your Marathoner" video boards, a wildly popular addition to the course that motivated runners by delivering personalized messages from friends and family. The high-energy "Eagle Spirit Dancers" and "Cheer Alley" created more excitement, and proved to be a hit for television coverage. The Official Beverly Hills Cheer Zone was another popular location, and we were very pleased that the two official marathon charities located there surpassed their fundraising goals.

The Marathon consistently incorporated information and images from Beverly Hills in its media outreach. As a result, the City of Beverly Hills was highlighted in many pre-race and race-day television segments. As you will see in the voluminous media report (attached), several news segments focused on or took place on Rodeo Drive in Beverly Hills, and KTLA (the race's broadcast partner) ran many segments featuring the city. The City of Beverly Hills was also mentioned in dozens of additional television broadcasts about the marathon's route, with several segments specifically highlighting the famed segment along Rodeo Drive, and local print and online press also covered the Beverly Hills section of the race. These included:

- KTLA's Gayle Anderson reported from the intersection of Brighton Way and Rodeo Drive just days before the race to introduce the area and interview an official Marathon charity, Lupus LA;

- KTLA's Mark Kriski was stationed at the intersection of Rodeo Drive and Wilshire Boulevard on race day to follow the progression of the race through the area;
- City Councilman Barry Brucker (who was then Mayor) was featured during the race-day broadcast as he welcomed participants to the city. His video was also played many times for runners as they came through the city;
- KTLA's coverage was also re-broadcast nationally on Universal Sports

This media coverage and international focus on the Beverly Hills area, combined with the race-day events within the city limits, bring benefits to both the marathon and the city. As a longtime Beverly Hills resident, I am personally committed to enhancing these benefits for 2013 and beyond.

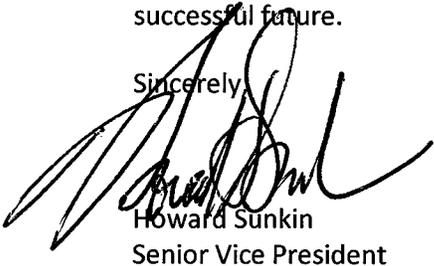
For starters, we believe there is significant potential to increase hotel room-night bookings in Beverly Hills, and to implement new strategies to increase international visibility for the race, making it a destination for runners from across the globe. Our partnership with ASICS is a case-in-point. As part of our partnership with ASICS, we are working to bring as many as 7,000 new runners from Japan to participate in a 5-7 day LA Marathon/Beverly Hills experience in 2013, which will raise additional visibility and generate hotel room-nights in the city. *(The Tokyo Marathon, which takes place in February, uses a lottery system for entry; approximately 90% of those wanting to run the event are not able to participate. From this population of runners, we believe we will be very successful in generating significant overseas interest.)* We are planning a marketing and tourism trip to Japan later this summer, and we hope the City of Beverly Hills can be represented.

We are also heartened by the positive impact the Honda LA Marathon is having on charitable fundraising. I know that the CONCERN Foundation finds the connection to the marathon to be very valuable, and we have visions to significantly increase the philanthropic value of the marathon in coming years.

On a more local note, there were record crowds of Beverly Hills residents cheering the spectators in the city, and I am proud to say that we were able to open the streets in Beverly Hills before 1:00 p.m. – more than two hours earlier than the previous year, and reaching the goal you requested of us. We are committed to minimizing the traffic impacts from the race and reopening the streets as soon as practically possible.

Once again, thank you for your hard work and partnership in making the 2012 Honda LA Marathon so successful. We respectfully request a three-year extension to our operating agreement, through the 2015 race, and look forward to meeting with you and the Beverly Hills team to chart a course for an even more successful future.

Sincerely,



Howard Sunkin
Senior Vice President

Attachment

Cc: Jeff Kolin, City Manager

Attachment 2

Summary of 2012 Media Coverage

Provided Under Separate Cover

HONDA

MARATHON

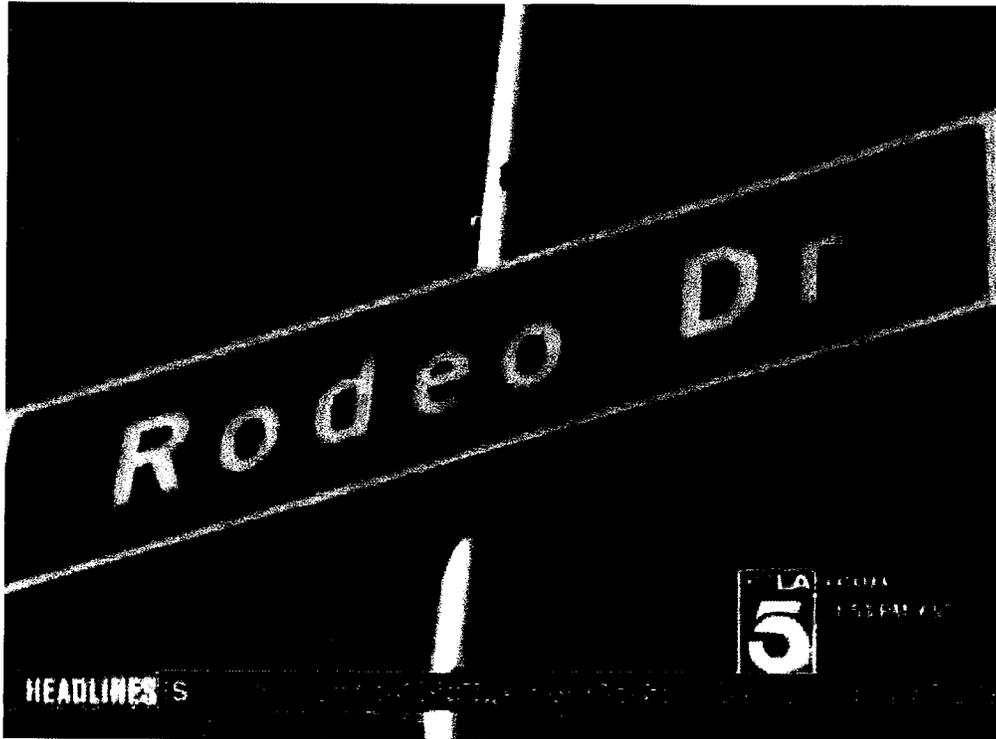


***2012 Honda LA Marathon:
Summary of Media Coverage for the
City of Beverly Hills***

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Television Coverage



Sorted by Date and Time

1. *KTLA 5 Morning News at 7, March 14 7:17 a.m.: Lupus LA*
 - a. In this segment, Gayle Anderson talks with members of the Official Honda LA Marathon charity Lupus LA. The segment is filmed at the intersection of Brighton Way and Rodeo Drive, where Lupus LA hosted a water station during the race. At the beginning of the clip, Gayle Anderson talks about the Rodeo Drive section of the race as a course graphic is displayed.
2. *KTLA 5 Morning News at 7, March 14, 8:15 a.m.: Lupus LA*
 - a. This segment is the next segment in the Lupus LA series from March 14th, and is similar to the previous segment.
3. *KTLA 5 Morning News at 9, March 14, 9:34 a.m.: Lupus LA*
 - a. This segment is the next segment in the Lupus LA series from March 14th, and is similar to the first segment.
4. *KTLA 5 News at 1, March 14, 1:53 p.m.: Lupus LA*
 - a. This is the final segment in the Lupus LA series from March 14th, and is similar to the previous segments. There is a great shot of the Rodeo Drive street sign in the clip (pictured above).
5. *KTTV Fox 11 Morning News at 10 a.m., March 15, 10:10 a.m.: Marathon Prep, Weather*
 - a. The city of Beverly Hills is mentioned as part of the Stadium to the Sea course.

6. *KNBC 4 News, March 16, 4:48 a.m.: Weather Prep, Course Overview*
 - a. The city of Beverly Hills is shown as part of the Marathon route.
7. *KNBC Today in L.A., March 16, 5:39 a.m.: Weather Prep, Course Overview*
 - a. The city of Beverly Hills is shown as part of the Marathon route.
8. *KNBC Today in L.A., March 16, 6:49 a.m.: Weather Prep, Course Overview*
 - a. The city of Beverly Hills is shown as part of the Marathon route.
9. *KTLA 5 Morning News at 7, March 16, 8:14 a.m.: Expo, Course Overview, Relay Medal, Bill Logee Interview*
 - a. As part of this segment, Gayle Anderson interviews Bill Logee of ASICS, who discusses the Support Your Marathoner video boards. While discussing the innovative nature of these boards, Bill mentions that one is located in Beverly Hills.
10. *KABC Eyewitness News 4 p.m., March 16, 4:29 p.m.: On-Site Weather Prep*
 - a. This segment discusses preparations for rainy weather on race day. A graphic is shown of the Marathon route, which shows Beverly Hills.
11. *KABC Eyewitness News 6 p.m., March 16, 6:02 p.m.: On-Site Weather Prep*
 - a. This segment discusses preparations for rainy weather on race day. A graphic is shown of the Marathon route, which shows Beverly Hills.
12. *KTTV Studio 11 LA, March 17, 5:55 p.m.: Course Overview, Street Closures*
 - a. This segment discusses the route of the Marathon as an official course map is shown. The city of Beverly Hills is mentioned by the anchor.
13. *KNBC4 News, March 17, 6:07 p.m.: Street Closures, Course Overview, Expo*
 - a. This segment discusses the route of the Marathon as an official course map is shown. The city of Beverly Hills is mentioned by the anchor.
14. *KABC Eyewitness News 5 a.m., March 18, 5:04 a.m.: Pre-Race On-Site Segment*
 - a. This segment discusses the weather prior to the race. The in-studio anchor shows a course map and mentions the city of Beverly Hills.
15. *KABC Eyewitness News 5 a.m., March 18, 5:38 a.m.: Pre-Race On-Site Segment(weather and street closures)*
 - a. This segment discusses the weather prior to the race. The in-studio anchor shows a course map and mentions the city of Beverly Hills.
16. *KABC Eyewitness News 7 a.m., March 18, 7:01 a.m.: On-Site Start No Rain*
 - a. This segment discusses the weather prior to the race. The reporter shows a course map and mentions the City of Beverly Hills shortly thereafter.
17. *KTLA Race Day Broadcast, March 18, 7:19 a.m.:*
 - a. Mayor Antonio Villaraigosa is interviewed along with Frank McCourt. The segment anchor mentions Beverly Hills and asks the Mayor if he believes that the coming together of the four cities is a sign that the Marathon is becoming a greater Los Angeles event, to which he answers positively.
18. *KCAL 9 News Sunday, March 18, 7:29 a.m.: On-Site Start, Race Overview*
 - a. This segment features KCAL reporter Louisa Hodge broadcasting from the race start. She lists iconic areas of the race, including Rodeo Drive. She also describes the “block parties” to take place, noting that one will be in Beverly Hills.

19. *KNBC Today in L.A. Weekend, March 18, 7:31 a.m.: On-Site Post-Start No Rain Race Overview*
 - a. In this segment, Toni Guinyard describes the Marathon, and lists the cities that the race runs through, including Beverly Hills. She calls the race a “Tour of the Southland.”
20. *KTLA Race Day Broadcast, March 18, 7:32 a.m.:*
 - a. In this segment, the anchor discusses the course route, mentioning both Beverly Hills and Rodeo Drive.
21. *KABC Eyewitness News 7 a.m., March 18, 7:33 a.m.: On-Site Start, Stacy Embretson Interview*
 - a. In this segment, reporter Darsha Philips shows a course map graphic, and mentions that the course runs through Beverly Hills.
22. *KNBC Today in L.A. Weekend, March 18, 7:52 a.m.: Post-Start, No Rain, Course Overview*
 - a. In this segment, Toni Guinyard displays a graphic of the course and mentions that the race runs through Beverly Hills.
23. *KTLA Race Day Broadcast, March 18, 7:57 a.m.:*
 - a. This is one of the first segments in which Mark Kriski is featured at the intersection of Rodeo Drive and Wilshire Boulevard. He followed the progression of the race through this area throughout the day. An ASICS cheer team was on hand for this particular segment, and the camera takes a moment to show the ASICS “Support Your Marathoner” video board.
24. *KCAL 9 News Sunday, March 18, 8:04 a.m.: On-Site, Post-Start, Course Overview*
 - a. In this segment, Louisa Hodge again broadcasts from the race start line just after the runners have left Dodger Stadium. A course map is displayed, and both Rodeo Drive and the “block party” in Beverly Hills are mentioned.
25. *KTLA Race Day Broadcast, March 18, 8:45 a.m.:*
 - a. Another segment with Mark Kriski at the intersection of Rodeo Drive and Wilshire Boulevard, in which some of the great shopping in the area is mentioned. Kriski also discusses some of the runners going by at the time.
26. *KTLA Race Day Broadcast, March 18, 8:52 a.m.:*
 - a. In this segment, the then-Mayor of Beverly Hills Barry Brucker welcomes runners to the city of Beverly Hills.
27. *KABC Eyewitness News 10 a.m., March 18, 10:04 a.m.: On-Site, Post-Race*
 - a. This segment is an overview of the Marathon, with Darsha Philips talking about the race winners. A course map is displayed, and the reporter mentions Beverly Hills.
28. *KCBS CBS 2 News at 5 p.m., March 18, 5:10 p.m.: Post-Race Recap*
 - a. In this post-race recap, the report describes how runners passed world famous landmarks, including Rodeo Drive in Beverly Hills.
29. *KCBS CBS 2 News at 6 p.m., March 18, 6:04 p.m.: Post-Race Recap*
 - a. This report also describes how runners passed world famous landmarks, including Rodeo Drive in Beverly Hills.

Print and Online Articles

Boston Marathon 2012 winner, Louisville's Wesley Korir, is the running man

By Josh Cook

April 16, 2012



Former University of Louisville All-American runner Wesley Korir, a native of Kenya who now calls this city home, is a two-time defending champion — and record-holder — in the Los Angeles Marathon. On March 20, the 28-year-old will go for three in a row on a course that starts at Dodger Stadium and ends two blocks north of the Santa Monica Pier.

In 2009, Korir covered the 26.2-mile course in a record time of 2 hours, 8 minutes and 24 seconds. He also plans to do the Rodes City Run 10K, the second leg of Louisville's Triple Crown of Running, on March 12 and the 2011 Derby Festival miniMarathon on April 30. For the latter, Korir will compete as the race's three-time defending champion.

1 - Honeymoon cruises Korir and wife Tarah — also a former U of L runner — have skipped so he could defend his L.A. Marathon title after the race was moved from May to March.

2 - Six-inch Subway tuna sandwiches he buys before every race — one for his pre-race meal, the other for after he finishes.

3 - Times Korir, a big Chuck Norris fan, has watched a set of Walker, Texas Ranger DVDs, a gift from a

running buddy.

4 - Full marathons he has run, winning L.A. twice and finishing fourth twice in the Chicago Marathon.

5 - Miles he would run, one way, from his village to the nearest school as a boy.

6 - Age in months that his daughter, McKayla, will be at the L.A. Marathon. Her name is a combination of Korir's wife's maiden name and the letters 'l' and 'a,' as in L.A. Marathon.

7 - Kenyan children that he sponsors to go to school as he gets his own charity, the Kenyan Kids Foundation, off the ground.

17 - Mile number when he will run down Rodeo Drive. "One of the fun parts for me is hearing people yell my name in Beverly Hills," he says.

\$9,000 - Money he has helped raise to build a hospital in central Kenya's Rift Valley.

#125 - The maximum number of miles he runs weekly. "I run more miles than I drive," says Korir, who won a Honda CR-V at last year's L.A. Marathon.

#2012 - The Summer Olympics year that he hopes his wife will qualify for the 5,000-meter run for Canada, her native country.

BeverlyHillsPatch

LA Marathon: Running for Charity

By Marie Cunningham

March 20, 2012

Though the Los Angeles Marathon is over in just a few hours, the money raised by the event's affiliated charities lasts much longer.

The Honda LA Marathon's "I Run 4 Something" campaign encourages runners and volunteers to take on the challenge of raising money for charity.

Lupus LA and Concern Foundation are two official LA Marathon charities that raised donations through Sunday's race. Both were stationed on Rodeo Drive in Beverly Hills during the event.



On Rodeo Drive at Brighton Way, Lupus LA was cheering on racers passing through the Golden Triangle shopping district.

"We're a nonprofit that provides lupus services, funds lupus research for better treatments and a cure, and provides outreach to increase awareness about lupus," said Matt Durkan, executive director at Lupus LA. "We are sponsored [at the LA Marathon] by the Beverly Hills Rotary charity and Club Interact from Beverly Hills High

School."

Durkan said the organization had more than 100 runners in the LA Marathon and LA Big 5K, the warm-up run the day before the main race. He said that Lupus LA had a donation goal of \$60,000, which it exceeded.

Former Beverly Hills Mayor Les Bronte, past president and current vice president of the Beverly Hills Rotary Club, serves as the liaison for Club Interact, the Rotary's extension at BHHS.

"They do community projects," Bronte said of Club Interact. "This project happens to be Lupus LA and I'm so proud of what they're doing. We have almost 30 kids here that are involved."

As the president of Club Interact, BHHS senior Max Schwartz said the high school group was not only stationed on Rodeo Drive at mile 17 of the marathon to cheer on race participants, but mile 16 near City Hall as well.

"We feel it's important to get involved," Schwartz said of the club's voluntary efforts. "We are willing to pledge our support and we are happy we're out here today."

Added Schwartz, "I'm very happy it didn't rain."

John Carroll, board member and director of Concern Foundation, was with the group's volunteers on Rodeo Drive at Little Santa Monica Boulevard cheering on race participants and handing out water. He said 30 people were running for the nonprofit, which raises funds to support cancer research.

"We raised \$100,000 this year—and still counting," Carroll said of the organization's charity efforts at the marathon. "We're very happy to be out here to support Concern, support cancer research and to support the LA Marathon."

To donate to Lupus LA, [click here](#).

To donate to Concern Foundation, [click here](#).

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Voice of the Valley for 100 years

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Front-runner collects more delegates.

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Runners head out from Dodger Stadium at the start of the 27th annual L.A. Marathon on Sunday. Temperatures at the start of the race were in the 40s. David Crane Staff Photographer

MARATHON MADNESS



Photo by Gene Moxley

Fatuma Sado, 20, above, of Ethiopia was the women's winner and the first to cross the finish line in Sunday's L.A. Marathon, with a time of 2:25:39. Simon Njoroge, 31, of Kenya won the men's race, finishing in 2:12:12. Spectators dressed for the chilly weather. For a searchable list of marathon results, go to www.lamarathon.com.

More than 23,000 brave chilly weather in stadium-to-sea run

By Susan Abram Staff Writer

Like an ancient biblical passage, gray clouds parted over the City of Angels for Sunday's L.A. Marathon, long enough for more than 23,000 runners to make their journey from the "Stadium to the Sea."

Chilly temperatures and a forecast of rain threatened to make the marathon a soaking repeat of last year's event, when rain and heavy winds caused more than 300 marathon runners to be evaluated for hypothermia.

But most runners came prepared on Sunday, sporting plastic ponchos, wool caps, scarves, and gloves as they stretched out toes and calves at the starting line at Dodger Stadium in the 45-degree morning air.

Many shook off the chilly pre-dawn weather, instead focusing on the 26.2 miles ahead and the glory of crossing the

MARATHON A6



Related story

"The first 13 miles or so seemed to breeze by. The energy out there is amazing." C.J. Lin chronicles running her first marathon. **A6**

DN ONLINE: To view photo galleries of the L.A. Marathon, go to dailynews.com.

MARATHON

FROM PAGE A1

finish line near the Santa Monica Pier.

For some, running or walking a marathon fulfills a personal challenge. It is a test of endurance, a sacrifice in memory of a loved one or a "to do" item on a bucket list.

"I've dedicated my run to my cousin, his wife, and my sister," said Alfonso Briseno, 25, of Rowland Heights.

He was running in his fifth marathon for his sister Ashley Briseno, who is a soldier, his cousin Vieta Salas, who is a Marine, and Salas' wife, Unaloto, who is in the U.S. Navy.

Briseno said he once finished the marathon in 3 hours, 16 minutes and hoped to top that on Sunday. His arm even sported a sleeve tattoo, depicting a runner in the L.A. Marathon.

His friend Rodolfo Esqueda, 19, of Santa Ana was taking on the course for the first time.

"I just want to prove I could do this," Esqueda said. "I'm mostly excited. But nervous too."

There were no records set in the men's or women's division of Sunday's event, but 20-year-old Fatuma Sado of Ethiopia was the women's winner of the overall marathon, her first in Los Angeles. Her time was 2:25:39 — the fourth-fastest time in the 27-year history of the race.

She captured the \$100,000 gender challenge bonus for beating Simon Njoroge of Kenya. Sado took advantage of a 17:31 head start the women's elite runners received over the men to win the prize given to the first runner, male or female, to finish. Njoroge won the men's division



Runners leave the starting line of the 27th L.A. Marathon on Sunday morning.

David Crane Staff Photographer



Men's division winner Simon Njoroge of Kenya heads for the finish line, where he crossed with a 2:12:12 time.

Photo by Gene Blevins

with an unofficial time of 2:12:12.

The marathon has been held annually in Los Angeles since 1986. This year marked the third "Stadium to the Sea" course, which features a famous landmark at every mile as runners make their way from Dodger Stadium toward downtown, through Chinatown, Echo Park, Hollywood, Beverly Hills and Century City.

Participants at Sunday's event said they believed the weather would work in their favor this year. Some said they looked forward to hearing the cheering crowds along the course, as well as greeting loved ones at the end. And spectators, some with signs that read "You kick Asphalt!" said they felt proud of those participating.

Renee Remy, 59, of Santa Monica said she joined a walking group with the American Heart Association after she suffered a heart attack two years ago.

She liked walking so much, she wanted to try a marathon. She persuaded her walking pal Janis Cohen, 51, to join her.

"I didn't know what to do with all those feelings of fear after the heart attack," Remy said. "Now I'm grateful for so many reasons. The marathon seems like a great place to meet people."

Gulf War veteran Matt Hoffman planned to carry the American Flag as he ran the marathon with a group of friends for the Wounded Warrior Project, a nonprofit organization that raises awareness of the needs of injured service members.

"Everyone here knows a veteran, or knows someone who knows a veteran, but people, especially here in L.A., may forget that there's still a war going on," Hoffman, 39, said.

The flag he carried had been with him in marathons across the U.S.

and had seen hundreds of miles, he said.

His buddy, Scott Urner, 38, said the group has raised \$10,000 so far for Wounded Warrior, and local businesses, such as The Village Idiot pub on Melrose Avenue, have helped.

"It's important to give back to the troops," Urner said. "We bring this awareness to everyone to bridge the gap between the troops and the public."

Irina Lopez, 62, is known as a Legacy Runner. She is one of 194 people who have run in all 26 prior L.A. Marathons. She completed her first marathon in 4 hours and 30 minutes. Nowadays, she said, she participates simply for the experience.

"It's a lot of fun," she said. "I like to take my time to appreciate the different places and cultures. It's a spiritual experience."

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Los Angeles Times

SPORTS
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A little less Vinny: Scully will no longer announce games from Colorado. **C4**

Preying on Predators: Kings score three in third period to beat Nashville. **C5**

GOLF C2 :: SOCCER C2-3 :: NHL C5 :: COLLEGE BASKETBALL C6-7 :: NBA C8-9 :: HIGH SCHOOLS C10 :: TENNIS C10 :: BASEBALL C11 :: THE DAY IN SPORTS C12

MARATHON McCOURT

A crowd of 23,000 at Dodger Stadium today will be good news for Frank McCourt — evidence of a Los Angeles success story.

DAVID WHARTON

It is difficult to imagine a less popular figure on the Southern California sports scene.

Over the past two years, Frank McCourt has alienated fans by transforming the once-proud Dodgers into a franchise that can neither make the playoffs nor pay its bills, winding up in Bankruptcy Court.

Even now, with the team up for sale, it seems that he refuses to exit quietly, determined to retain ownership of the Dodger Stadium parking lots.

But on Sunday, an esti-

mated 23,000 people will brave a rainy forecast to gather outside the ballpark, suggesting there might be at least one thing McCourt has done right.

The Los Angeles Marathon.

The annual race was in dire straits when he purchased the operating rights in 2008. Since then, it appears to have stabilized financially while continuing to draw decent numbers and earn more credibility in the racing world.

"This marathon has been a success," said David Carter, executive director of the USC Sports Business Insti-

[See Marathon, C4]

LOS ANGELES MARATHON

‘Making it more scenic, making it more distinctly L.A., all of that has added to the branding of the event.’

— DAVID CARTER, executive director of the USC Sports Business Institute



ROBERT GADTNER/LOS ANGELES TIMES

RUNNERS ON SUNDAY will face weather similar to last year's. Temperatures could be in the 40s at the Dodger Stadium starting line.

L.A. Marathon a McCourt success

[Marathon, from C1] tute. "And I don't think anyone should shy away from saying that."

Now, race operators around the country are watching to see whether McCourt will take the next step: making the commitment necessary to elevate his marathon to the level of a New York, Boston or London.

"I admire what they're doing," said Carey Pinkowski, a veteran race director who turned Chicago's marathon into a world-class event. "They're trying to get better each year."

McCourt, who declined to comment for this report, has divided his assets into separate entities, so the Los Angeles Marathon is not part of the baseball team's bankruptcy.

As recently as November, he considered selling the event, in part because its recent upswing had attracted offers thought to approach \$30 million. His plans have changed since then.

"There is no sale," said Howard Sunkin, senior vice president of the McCourt Group. "Mr. McCourt owns

the race and intends to own it for a long time."

Back in the heady days of the 1984 Summer Olympics, it seemed that a marathon might flourish in a city as big as Los Angeles. The inaugural field of 10,787 in 1986 ranked as the largest for a first-time marathon on U.S. soil.

But for many years after, participation languished below 20,000. Even as the field of runners grew to nearly 26,000 by 2006, the event struggled.

The previous owner, Devine Racing Management, had piled up unpaid bills, and former L.A. City Councilman Greig Smith lamented, "We had a race that was going down."

As soon as McCourt purchased the rights, he set about fixing the marathon's biggest perceived problem — a course that passed through downtown L.A. neighborhoods and lacked sizzle.

Setting a new route was no simple matter, not with streets to be closed and traffic to be diverted. It required negotiations with officials from Los Angeles, West Hol-

lywood, Beverly Hills and Santa Monica to hammer out a deal.

The resulting "Stadium to the Sea" course debuted in 2010, leaving from Chavez Ravine and passing landmarks such as the Walt Disney Concert Hall, Grauman's Chinese Theater and Rodeo Drive before ending at the Pacific Ocean.

Just as important, it traveled mainly downhill and finished in cooler temperatures at the coast, which makes for faster times that appeal to elite runners.

"A marathon is equal parts sporting event and lifestyle event with a tourism component," Carter said. "Making it more scenic, making it more distinctly L.A., all of that has added to the branding of the event."

The McCourt Group also instituted a staggered start that has men's and women's elite runners finishing at roughly the same time, racing each other for a \$100,000 bonus.

Not everything has gone smoothly. A one-time switch to Memorial Day led to an abrupt drop in participation in 2009. An opening loop



BRIAN VAN DER BRUG/Los Angeles Times

FRANK MCCOURT bought the operating rights to the Los Angeles Marathon four years ago and seems to have fixed its finances and boosted its reputation.

around Dodger Stadium, which caused congestion in 2010, had to be nixed.

Last year, things ran more smoothly, even in the rain. As a private entity, LA Marathon LLC does not have to divulge financial information, but officials said the race came close to breaking even on \$5 million in revenues in 2011. They said it also helped affiliated charities raise \$3 million, triple the amount from past years.

Now, for the marathon to continue improving, it must overcome additional obstacles.

More top runners could boost prestige and television viewership, but that would require larger purses. Sunkin offered no specifics on when such an increase might occur.

The March date is another problem, because mara-

thoners run only a few times each year.

"The spring is a very competitive atmosphere," Pinkowski said. "Let's face it — they're going head-to-head with Boston and London, and you have Tokyo that has established itself."

Elite racers notwithstanding, Los Angeles plans to market itself more aggressively abroad, hoping to attract all levels of runners and eventually reach the 30,000 mark.

Making the jump to a top-tier event won't come easily. Pinkowski warned: "It takes a great deal of patience."

It would require the Los Angeles Marathon — and, perhaps, its owner — to forge a different kind of reputation.

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BEVERLY HILLS COURIER

The Newspaper of Record of the World of Beverly Hills

LA Marathon Brings Interruptions

City News Service

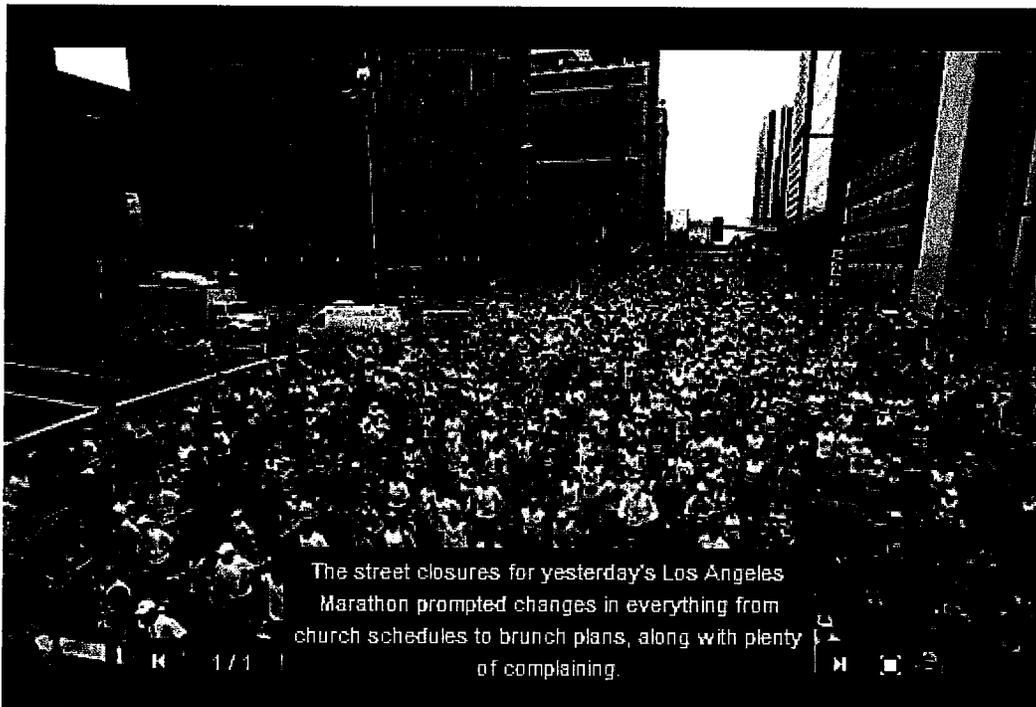
March 19, 2012

The street closures for yesterday's Los Angeles Marathon prompted changes in everything from church schedules to brunch plans, along with plenty of complaining.

First Presbyterian Church of Santa Monica has altered its schedule for Sunday services in different ways each of the three years the race has ended a half-block away, Pastor Bill Wood told City News Service.

"The first year, we worshipped at 5 p.m. on Sunday, but discovered that even though the race ended several hours before that, our parishioners had difficulty getting to the church because of the road closures," Wood said.

The Sunday service was held at 5 p.m. Saturday last year, "which was fine," Wood said.



"This year, we decided upon a mission emphasis for the weekend, consistent with the church's overall mission emphasis, following through on our understanding of God's care and concern for the needy and God's invitation and mandate for his followers to do the same," Wood said.

Following a short service at 10 a.m. Saturday, church members assembled lunches for People Assisting the Homeless and sorted food for the Westside Food Bank, Wood said.

Today, church members painted at Common Ground, a Santa Monica-based organization that bills itself as the only comprehensive HIV agency on the coast from Los Angeles International Airport to the Ventura County line.

West Hollywood resident Alberto Romano wrote on his Facebook page that "I feel like (I'm) in a jail" on marathon day.

"Just because some guys want to run, why don't (they) do it in a park and let other people live without the nightmare of not going anywhere," Romano wrote.

Howard Sunkin, the race's executive director, said it was "somewhat selfish to say you're in jail when you live in a beautiful community like West Hollywood."

"This is a wonderful international event that benefits charity, citizenry and people's personal health and achievement," Sunkin said.

Said West Hollywood Mayor John J. Duran: "People in Greater Los Angeles complain about everything. There are more people I think that understand that we live in a world-class city like Paris, London and Beijing and as such, we have world class events that happen through the course of the year.

"It's more a reason to celebrate than to feel one is inconvenienced."

A leading complaint among West Hollywood residents on marathon day is being unable to get to brunch, Duran said.

"Brunch happens a little later in the day," Duran said.

West Hollywood's inclusion on the marathon course helps remind people that the Sunset Strip, where several other events are held throughout the year, is in the city "and that's good for our brand," Duran said.

Beverly Hills was added to the marathon route, along with Santa Monica and West Hollywood, in 2010 as part of the "Stadium to the Sea" course which took the race outside of the Los Angeles city limits for the first time, there have been letters to the editors of the city's weekly newspapers complaining about the street closures.

Mayor Barry Brucker said "having the L.A. Marathon in Beverly Hills does have benefits to the community in the form of bringing new visitors to Beverly Hills' businesses, national exposure for the

city and community spirit for those who are able to watch the marathon in person or attend the block party on Rodeo Drive.

"However, those benefits must be balanced against the clear inconvenience to residents, churchgoers and businesses whose customers are negatively affected by the road closures."

This is the final year of Beverly Hills' three-year contract with the race and the City Council "will be discussing whether the city wants to continue with the marathon's Beverly Hills route and listening to input from the community at a future City Council meeting," Brucker said.

Sunkin said "I fully expect" the contract with Beverly Hills to be renewed.

"As a Beverly Hills resident, I think it's an outstanding event for the citizens and businesses of Beverly Hills," Sunkin said.

The marathon has agreements with Santa Monica and West Hollywood for the race to go through those cities next year and with Los Angeles through 2015, Sunkin said.

LaMesa-MountHelixPatch

La Mesa, Spring Valley Residents Run in LA Marathon

By Eric Yates

March 19, 2012

An estimated 23,000 people ran, rolled and walked through Beverly Hills on Sunday for miles 16 and 17 of the Los Angeles Marathon. Of those, three were from the local community.

Christopher Young, 36, of La Mesa finished the marathon with a time of 4:25:20, at an average pace of 10:07.

Randy Ronquillo, 30, and Niles Sharif, 48, of Spring Valley, also ran in the marathon. Ronquillo finished with a time of 6:33:33 with an average pace of 15:01.

Results for Sharif were unavailable.

Onlookers cheered as marathon participants headed south on Rodeo Drive before making a right on Wilshire Boulevard, continuing westward towards Century City.

Simon Njoroge, 31 was the top male finisher, with a time of 2:12:11. The top female finisher was Fatuma Sado, 20, with a time of 2:25:39.



Herald.ie

Jedward's energy shows no limits as they finish LA marathon with no training

By Laura Butler

March 19, 2012

JEDWARD'S boundless energy was put to the test when they undertook the Los Angeles marathon with no sleep, food or training.

The Lucan duo stunned organisers of the event by running the 26 miles and even managed to keep smiles on their faces.

Dressed in matching stars and stripes outfits, John and Edward Grimes bounced through the endurance test with their trademark energy.

The course took them past the Dodgers stadium, through Hollywood and Beverly Hills and finished up on Ocean Avenue right on the west coast

"We had no breakfast cuz we ate last night! we where hungry it was like Hunger Games the Movie except with Jedward!

"The swim shorts that we had have now given us baby rash! And we are not babies but now we know what it feels like. We where singing our new songs all the way! finishing the lyrics together and mixing it up.

"We started with a smile and ended with a smile and guess what we didn't cough on any bugs or flies!"

The duo were also interviewed by the LA Times and local TV station KTLA.

It has been revealed that a string of Hollywood heavyweights are set to back Jedward to win the Eurovision.

Their mentor Linda Martin says that the pair has a string of celebrity fans which include Colin Farrell, Joan Rivers and Martin Sheen.

The Eurovision winner said the double act have managed to effortlessly charm some of the biggest stars on the planet.



"Colin Farrell is a big fan. He came in to pantomime to see them at Christmas with his family and his lovely little boy."

She said chatshow legends Graham Norton and Terry Wogan both have a soft spot for the duo and Martin Sheen fell for them when he met them on the Late Late.

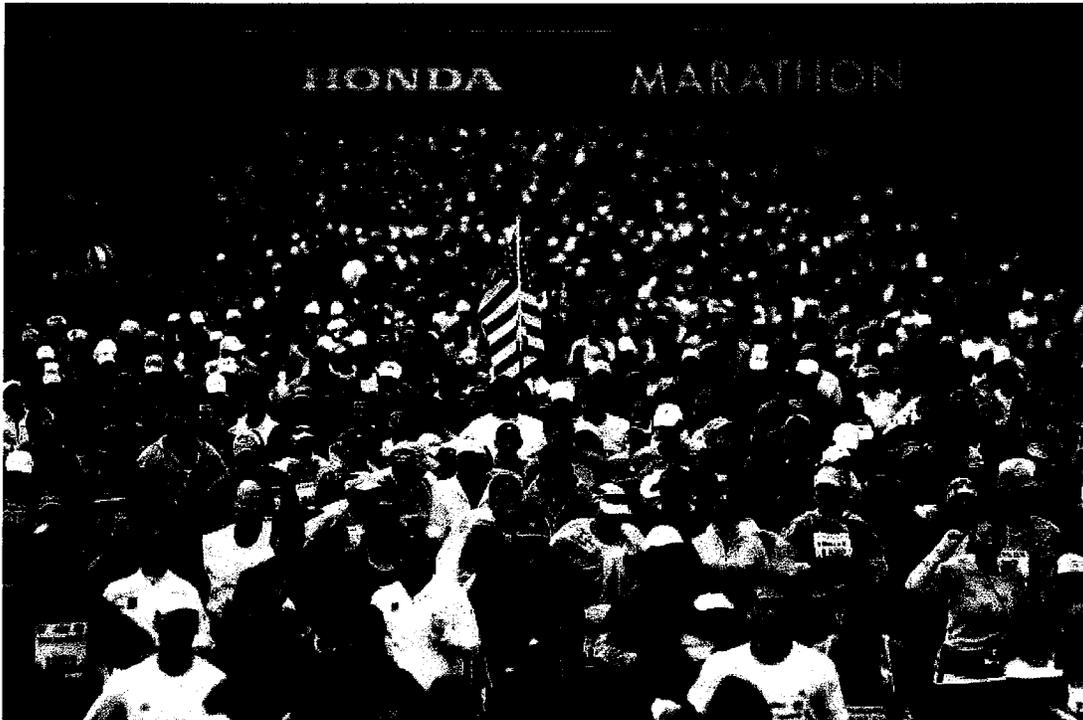
Whittier Daily News

WHITTIER, CALIFORNIA

23,000 run to the sea

By Susan Abram

March 18th, 2012



Runners head out from Dodger Stadium at the start of the 27th Los Angeles Marathon Sunday. Temperatures at the start of the race were in the 40's. (Photo by David Crane/Los Angeles Daily News.)

Like an ancient biblical passage, gray clouds parted over the City of Angels for Sunday's L.A. Marathon, long enough for more than 23,000 runners to make their journey from the "Stadium to the Sea."

Chilly temperatures and a forecast of rain threatened to make the marathon a soaking repeat of last year's event, when rain and heavy winds caused more than 300 marathon runners to be evaluated for hypothermia.

But most runners came prepared on Sunday, sporting plastic ponchos, wool caps, scarves, and gloves as they stretched out toes and calves at the starting line at Dodger Stadium in the 45-degree morning air.

Many shook off the chilly predawn weather, instead focusing on the 26.2 miles ahead and the glory of crossing the finish line near the Santa Monica Pier.

For some, running or walking a marathon fulfills a personal challenge. It is a test of endurance, a sacrifice in memory of a loved one or a "to do" item on a bucket list.

"I've dedicated my run to my cousin, his wife, and my sister," said Alfonso Briseno, 25, of Rowland Heights.

He was running in his fifth marathon for his sister Ashley Briseno, who is a soldier, his cousin Vieto Salas, who is a Marine, and Salas' wife, Unaloto, who is in the U.S. Navy.

Briseno said he once finished the marathon in 3 hours, 16 minutes and hoped to top that on Sunday. His arm even sported a sleeve tattoo, depicting a runner in the L.A. Marathon.

His friend Rodolfo Esqueda, 19, of Santa Ana was taking on the course for the first time.

"I just want to prove I could do this," Esqueda said. "I'm mostly excited. But nervous too."

There were no records set in the men's or women's division of Sunday's event, but 20-year-old Fatuma Sado of Ethiopia was the women's winner of the overall marathon, her first in Los Angeles. Her time was 2:25:39 - the fourth-fastest time in the 27-year history of the race.

She captured the \$100,000 gender challenge bonus for beating Simon Njoroge of Kenya. Sado took advantage of a 17:31 head start the women's elite runners received over the men to win the prize given to the first runner, male or female, to finish. Njoroge won the men's division with an unofficial time of 2:12:12.



Runners head up Sunset towards West Hollywood during the 27th Los Angeles Marathon Sunday. Temperatures at the start of the race were in the 40's. (Photo by David Crane/Los Angeles Daily News.)

The marathon has been held annually in Los Angeles since 1986. This year marked the third "Stadium to the Sea" course, which features a famous landmark at every mile as runners make their way from Dodger Stadium toward downtown, through Chinatown, Echo Park, Hollywood, Beverly Hills and Century City.

Participants at Sunday's event said they believed the weather would work in their favor this year. Some said they looked forward to hearing the cheering crowds along the course, as well as greeting loved ones at the end. And spectators, some with signs that read "You kick Asphalt!" said they felt proud of those participating.

Renee Remeny, 59, of Santa Monica said she joined a walking group with the American Heart Association after she suffered a heart attack two years ago.

She liked walking so much, she wanted to try a marathon. She persuaded her walking pal Janis Cohen, 51, to join her.

"I didn't know what to do with all those feelings of fear after the heart attack," Remeny said. "Now I'm grateful for so many reasons. The marathon seems like a great place to meet people."

Gulf War veteran Matt Hoffman planned to carry the American Flag as he ran the marathon with a group of friends for the Wounded Warriors Project, a nonprofit organization that raises awareness of the needs of injured servicemembers.

"Everyone here knows a veteran, or knows someone who knows a veteran, but people, especially here in L.A., may forget that there's still a war going on," Hoffman, 39, said.

The flag he carried had been with him in marathons across the U.S. and had seen hundreds of miles, he said.

His buddy, Scott Urner, 38, said the group has raised \$10,000 so far for the Wounded Warriors, and local businesses, such as The Village Idiot pub on Melrose Avenue, have helped.

"It's important to give back to the troops," Urner said. "We bring this awareness to everyone to bridge the gap between the troops and the public."

Irma Lopez, 62, is known as a Legacy Runner. She is one of 194 people who have run in all 26 prior L.A. Marathons. She completed her first marathon in 4 hours and 30 minutes. Nowadays, she said, she participates simply for the experience.

"It's a lot of fun," she said. "I like to take my time to appreciate the different places and cultures. It's a spiritual experience."

MailOnline

No food or training but Jedward's energy takes them all the way to the end of the Los Angeles marathon

By Marcus Barnes

March 18, 2012

They're always full of energy which is often wasted on their silly antics.

But today Jedward put their hyperactivity to good use when they completed the Los Angeles marathon.

The duo claimed to have had no training and virtually no sleep before the race, and even claimed they hadn't eaten prior to the race.

But the boys managed to keep on running for the entire 26 mile course.

Dressed in matching stars and stripes outfits, John and Edward Grimes took to the streets of LA in the hope of completing the marathon.

The course took the past the Dodgers stadium, through Hollywood and Beverly Hills and finished up on Ocean Avenue right on the west coast.

After the race the excitable twins hit their Twitter page to tell their army of followers all about their days.

Choice posts include: 'We had no breakfast cuz we ate last night! we where hungry it was like Hunger Games the Movie except with Jedward!'

'It was now time to start and all we could smell was Deep Heat and other crazy things (farts maybe?)'

'The swim shorts that we had have now given us baby rash! And we are not babies but now we know what it feels like'

'We where singing our news songs all the way! finishing the lyrics together and mixing it up (sic)'

'Guys ok we have just discovered that we got



sun burned'

The duo were also interviewed by the LA Times and local TV station KTLA.

The Ethiopian-born Fatuma Sado, 20, won the women's race in 2 hours, 25 minutes, 39 seconds, the fourth-best finish in race history and beating her personal record by more than 2 minutes.

While Simon Njoroge became the 11th Kenyan to win the men's race, finishing in 2:12:12 for his seventh marathon win so far and the sixth in his last nine marathons.

EagleRockPatch

Ethiopian Woman First to Finish Marathon Under Sunny Skies

By Jenna Chandler

March 18, 2012

Fatuma Sado captures \$100,000 for winning the Challenge Title ahead of the fastest man, Simon Njoroge, by an impressive 4 minutes, 4 seconds.



Los Angeles Marathon 2012

The first wheelchair racers cross the finish line on Ocean Avenue in Santa Monica. Credit John Schreiber

A 20-year-old Ethiopian woman was the first runner to cross the finish line of the 2012 Los Angeles Marathon under blue skies.

Wearing red, Fatuma Sado knelt down to kiss the ground after completing the 26-mile, 385-yard course from Dodger Stadium to Santa Monica's Ocean Avenue in 2 hours, 25 minutes and 39 seconds.

She captured a \$100,000 bonus for beating the fastest man in the challenge race, Simon Njoroge, 31, of Iten, Kenya.

Forecasters had predicted on-and-off showers through the day, and hail and thunderstorms. But the course was dry and temperatures were in the mid-40s. Race organizers described the weather as "near perfect."

"The race was good," Sado said, speaking softly through an interpreter at a news conference. "The weather was cold when I started, and at the end it was windy—that is why I did not get so good of a time."

Marathon Press Officer Rich Perelman initially projected Sado might shatter marathon records. With an injury to her left leg, she limped slightly in the beginning and final stretches.

As she rolled downhill toward the ocean, nearing the finish line at the Santa Monica Pier, Sado looked over her shoulder to find the elite men competitors at least four minutes behind.

"Doesn't she just look great?" Perelman said.

Njoroge finished today's race in 2 hours, 12 minutes and 12 seconds, with a pace of 5 miles and 2 second per mile. Last year—in spite of heavy rain—Markos Geneti ran the fastest marathon ever in Los Angeles with a time of 2 hours, 6 minutes and 35 seconds.

Sado and Njoroge each received \$25,000 and a 2012 Honda CR-V, valued at \$29,795. Her prizes totaled \$149,795.

Hers is the fifth best women's time in the race's 27-year history, just shy of the fourth-place record of 2 hours, 25 minutes and 38 seconds set in 2010 by Edna Kiplagat. Sado hasn't placed lower than second in the four marathons she has completed since 2011.

The elite women's field got a 17-minute, 31-second head start, based on a formula involving the lifetime bests of the elite male and female runners.

The bonus has been won by male runners four times and women runners four times.

Clouds loomed, but it was dry at dawn as more than 20,000 runners massed outside Dodger Stadium for start of what is traditionally one of the most grueling athletic events known to man. The starter's gun for the main pack fired about 7:25 a.m.

The clouds parted at the 10th mile. But the elite runners said that's when temperatures dropped and the wind picked up, hurting their times in the final stretch through Santa Monica.

Last year, a drenching 2.42 inches of rain fell over the marathon course, and dozens of runners got dangerously cold. Today, race organizers were equipped with about 5,000 plastic trash bags to keep racers warm and dry at the start. Some 23,000 Mylar blankets were also on hand to help runners guard against hypothermia, according to marathon Chief Operating Officer Nick Curl.

Heating buses were on stand-by at the medical stations and the finish line.

Last year, more than 300 marathon runners were evaluated for hypothermia and 20 were hospitalized. Rain has fallen on the race three other times in addition to last year. Trace amounts of rain fell twice in the 1990s, and 1.6 inches fell on the race in 2000, spokesman Perelman said.

The race has been held annually since 1986. For the third year in a row, the race will be run on the "Stadium to the Sea" course, billed by organizers as having a landmark every mile.

From Dodger Stadium, the course heads toward downtown, passing Chinatown, Olvera Street, City Hall, Little Tokyo, the Walt Disney Concert Hall and the Cathedral of Our Lady of the Angels. After the downtown leg, the course heads west through Echo Park and Silver Lake into Hollywood, passing the Hollywood & Highland Center, home of the Academy Awards, and Grauman's Chinese Theatre.

The field then headed south onto Sunset Boulevard, entering West Hollywood, then Beverly Hills, where the runners swarmed Rodeo Drive. The latter parts of the race, officially known as the Honda LA Marathon, include Century City, the Veterans Administration grounds and Brentwood's broad San Vicente Boulevard, concluding near the Santa Monica Pier.

Changes to the race included allowing two-person relay teams, with each person running half the race, and an expansion of the race's charity program. About 200 relay teams have entered the race, with teams raising funds for the race's official charities. The relay hand-off point was on Sunset Boulevard, just before the Sunset Strip. The expansion of the race's charity fundraising efforts include the "I Run 4 Something" initiative, encouraging all the runners to raise money for their favorite causes.

Race organizers believe runners can raise \$4 million for charitable causes, breaking last year's record. Since Los Angeles Dodgers owner Frank McCourt purchased the operating rights to the race in 2008, the amount of money raised for charity has gone from just over \$1.25 million in 2009 to \$1.95 million in 2010 to just under \$3 million in 2011, according to race officials. A field of about 23,000 runners is expected. The male and female winners will each receive \$25,000 and a Honda CR-V, valued at \$29,795.

— *City News Service contributed to this report.*

Los Angeles Times LOCAL

Streets closed for L.A. Marathon

By Anna Gorman

March 18, 2012

Streets around Los Angeles County were closed off Sunday morning in preparation for the L.A. Marathon.

The marathon begins at Dodger Stadium and ends in Santa Monica, passing through parts of West Hollywood and Beverly Hills along the way. A few freeway ramps along the 101 Freeway will also be closed for part of the day.

The streets closed at about 4 a.m., and nearly all will reopen by about 2 p.m.

A map of the closures is available at www.lamarathon.com.

LA Marathon 2012: Tough Weather Conditions Will Cause Problems

By Justin Welton

March 18, 2012



If running a 26.2-mile Los Angeles Marathon weren't enough, try adding a slick surface and cool temperature to the mix. According to Darsha Philips of KABC, the temperature will be in the 50s with scattered showers on Sunday.

Expect to see some tough conditions for the 2012 Los Angeles Marathon.

This would be the second year in a row when rain impacted the annual event. Last year's marathon saw 2.5 inches of rain and more than 300 racers evaluated for hypothermia; 20 were hospitalized.

Hopefully the conditions lighten up and are better than expected. If there is a chance of a possible situation from last year, then I would say it's not worth it.

These conditions are going to be difficult to perform in. People could slip on the surface, get hypothermia or even worse.

Hopefully the runners take every precautionary measure to make sure they are 100-percent safe during their run.

Safety first.

As for the actual race, the 26.2-mile marathon begins at Dodger Stadium. It then goes through Hollywood, Beverly Hills, West LA and then Santa Monica before finishing on the beaches.

Sounds like a beautiful run.

The only thing that could make it a nasty run is lousy, wet weather.

Oh yeah...

Update:

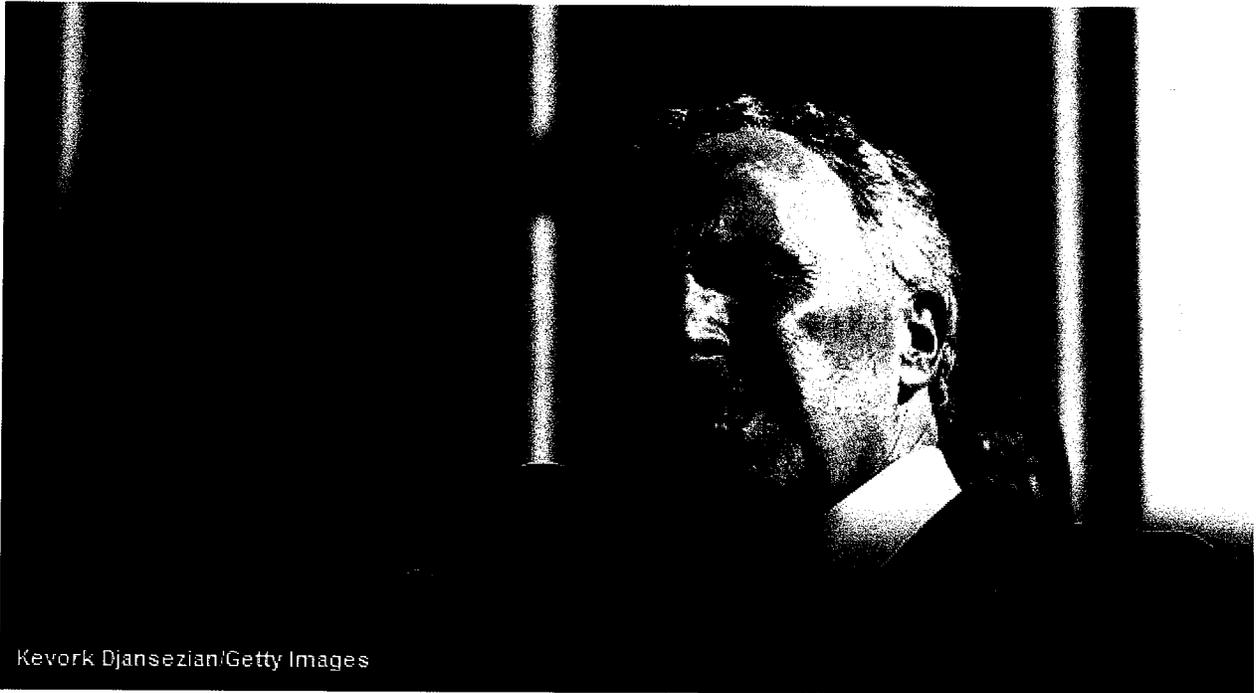
Simon Njoroge won the Los Angeles Marathon with a time of 2:12:11

Fatuma Sado won the women's side with a time of 2:25:39

**L.A. Marathon 2012: Frank McCourt Deserves Credit for Not Ruining Marathon,
Too**

By Timothy Rapp

March 18, 2012



Kevork Djanssezian/Getty Images

Saying anything nice about Frank McCourt while standing in the vicinity of a Los Angeles Dodgers fan would probably be akin to listening to Black Sabbath on your iPod during a church service.

Totally inappropriate, in other words.

But McCourt does deserve some credit in Los Angeles for improving the Los Angeles Marathon since he purchased the operating rights in 2008.

Along with some necessary tweaks like adding a staggered start for the men and women so the elite racers from each sex could race against one another, he also developed a much better route for participants to run.

From David Wharton of the *Los Angeles Times*:

Setting a new route was no simple matter, not with streets to be closed and traffic to be diverted. It required negotiations with officials from Los Angeles, West Hollywood, Beverly Hills and Santa Monica to hammer out a deal.

The resulting "Stadium to the Sea" course debuted in 2010, leaving from Chavez Ravine and passing landmarks such as the Walt Disney Concert Hall, Grauman's Chinese Theater and Rodeo Drive before ending at the Pacific Ocean.

Just as important, it traveled mainly downhill and finished in cooler temperatures at the coast, which makes for faster times that appeal to elite runners.

Sure, McCourt bankrupt the Dodgers and is one of the most loathed figures in Los Angeles sports at the present moment. He's earned that ire.

But he does deserve some credit for making the Los Angeles race a more distinguished event, and one that is set up to eventually compete with some of the more prestigious marathons like the ones held in Boston, London, Berlin, Chicago and New York.

Is this any consolation to Dodgers fans?

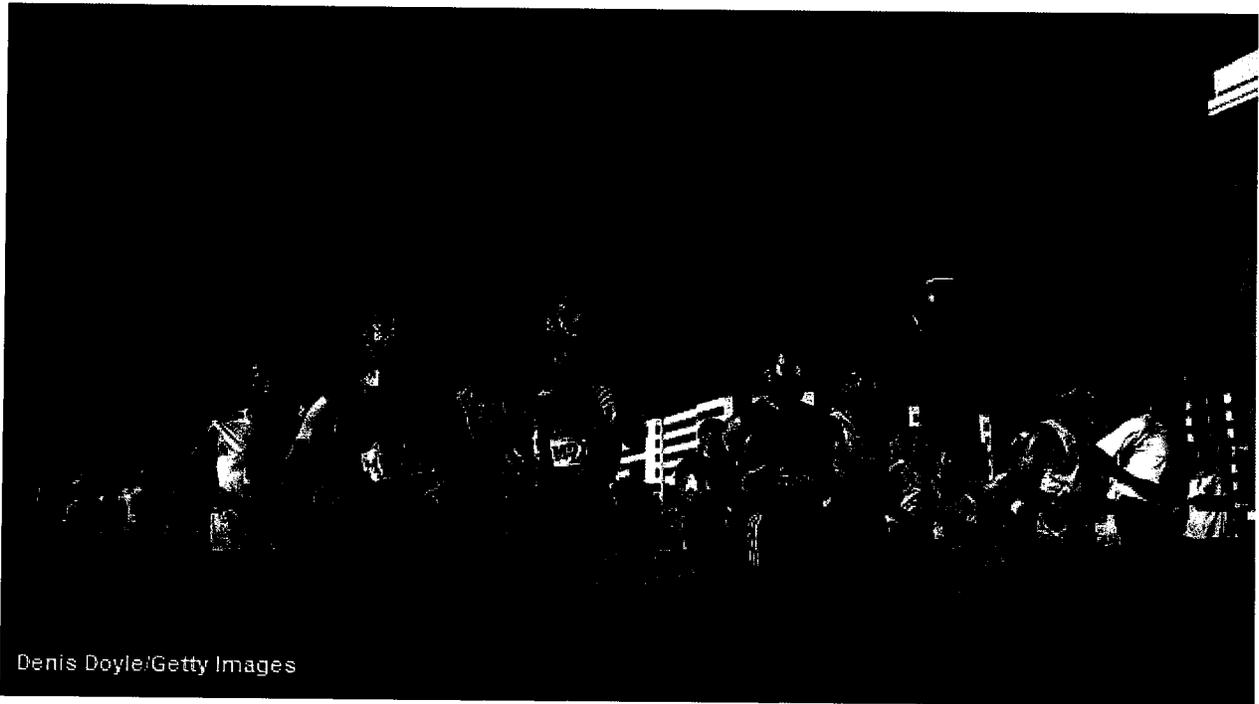
Probably not—I'm not sure how many baseball fans care about the prestige of the local marathon.

But at least for now, he isn't breaking any marathon-running hearts. And with all of the not-so-subtle jabs I've taken at him in this article—and all of the jabs he's received in many baseball circles, I'm sure—he at least deserves some credit for a job well done with the L.A. Marathon.

LA Marathon 2012: Rain Will Be a Major Factor in Today's Race

By Austin Green

March 18, 2012



Mother Nature apparently has no respect for distance runners.

The elements will be harsh during today's Los Angeles Marathon, with rainstorms likely to persist throughout the day. This adds another obstacle to the already grueling 26.2-mile race.

The race begins at 7:24 a.m. PT, with the route starting near Dodger Stadium. From there, racers will head through Hollywood, Beverly Hills, West LA and Santa Monica before finishing on the beach.

Last year, Markos Geneti of Ethiopia shattered the course record with a time of 02:06:35. Given the unfavorable conditions today, I think it's safe to say that his record will stand.

Rain is the kryptonite of distance runners, as slick conditions raise the risk of injury. The rain also has negative effects on the sure-footed, as Fatuma Sado, an Ethiopian runner in the women's race, pointed out.

"When you run dry, the body is more flexible and relaxable. When you run [in] rain, the body contracts and something happens in the race," she said.

David Mandago of Kenya, a favorite in the men's race, is also a little worried about the conditions. His personal best on the course is 02:06:53, just 18 seconds off Geneti's record. Unfortunately, he knows he likely won't approach that number today.

"You can try to push, but the rain is pushing you backward," said Mandago.

That being said, Mandago is as prepared as anyone to handle the elements. He's a world-class runner, and I'd be surprised if the rain slowed him too much. Look for him to take home the crown in the men's division, while the rest of the field struggles in the puddles.

LA Marathon Runners Get Gift of Sun

By The Associated Press

March 18, 2012

More than 20,000 people started the LA Marathon near Dodger Stadium

Fatumo Sado of Ethiopia won the women's division of the Los Angeles Marathon today, with an unofficial time of 2:25:28 -- within one second of the course record.

Sado, 20, also won \$100,000 and a new Honda in the match race against the fastest man, Simon Njoroge.

They were among the more than 20,000 long-distance runners taking part in the annual event.



The 2012 LA Marathon took place under partially sunny skies with more than 20,000 participants on Sunday March 18, 2012.

It was dry at dawn as runners massed outside Dodger Stadium for start of what is traditionally one of the most grueling athletic events known to man.

The starter's gun for the main pack fired about 7:25 a.m.

Ethiopian Markos Geneti won last year with a record-setting time of 2:03:35.

The top woman, Buzanesh Deba of Ethiopian, finished in 2:26:35.

Forecasters had predicted on-and-off showers through the day.

But the dawn broke with bright sunshine and scattered clouds.

The race has been held annually since 1986. For the third year in a row, the race was run on the "Stadium to the Sea" course, billed by organizers as having a landmark every mile.

From Dodger Stadium, the course headed toward downtown, passing Chinatown, Olvera Street, City Hall, Little Tokyo, the Walt Disney Concert Hall and the Cathedral of Our Lady of the Angels.

After the downtown leg, the course headed west through Echo Park and Silver Lake into Hollywood, passing the Hollywood & Highland Center, home of the Academy Awards, and Grauman's Chinese Theatre.

The field jogged south onto Sunset Boulevard, entering West Hollywood, then Beverly Hills, where the runners swarmed Rodeo Drive.

The latter parts of the race, officially known as the Honda LA Marathon, included Century City, the Veterans Administration grounds and Brentwood's broad San Vicente Boulevard, concluding near the Santa Monica Pier.

The elite women's field received a 17-minute, 31-second head start, based on a formula involving the lifetime bests of the elite male and female runners.

The bonus has been won by male runners four times and women runners four times.

Last year, a drenching 2.42 inches of rain fell over the marathon course, and dozens of runners got dangerously cold.

Today, race organizers had about 5,000 plastic trash bags for keeping warm and stay dry at the start, and some 23,000 Mylar blankets to help runners guard against hypothermia were divided among 10 medical stations along the course and at the finish line, according to marathon Chief Operating Officer Nick Curl.

Heating buses stood by at the medical stations and the finish line.

More than 300 marathon runners were evaluated for hypothermia and 20 were hospitalized last year.



LA Marathon runners face rain-soaked pavement

By Darsha Philips

March 18, 2012

LOS ANGELES (KABC) -- Runners faced tough conditions at the 27th Los Angeles Marathon as the wet and cold weather continued through the weekend.

This isn't the first time harsh weather has plagued the annual run. Last year's event saw nearly 2.5 inches of rainfall, according to the National Weather Service, but not nearly as much was expected this time around. In 2011, more than 300 marathon runners were evaluated for hyperthermia and 20 were hospitalized.

Race officials say they're well prepped. Some 23,000 Mylar blankets to help runners guard against hypothermia will be divided among 10 medical stations along the course and at the finish line. Heated buses will also be standing by at the medical stations as well as the finish line.

Despite the chill in the air, more than 20,000 runners battled whatever Mother Nature threw their way and plugged right along. Simon Njoroge of Kenya won the men's division in 2 hours, 12 minutes, 12 seconds. Fatumo Sado of Ethiopia won the women's division in 2:25:39, the fourth-best finish in race history and besting her personal record by more than 2 minutes.

Downtown Los Angeles was at 45 degrees in the early morning hours, making for a chilly start to the day. Things were expected to warm up slightly to the lower 50s through the day with scattered showers across the 26-mile, 385-yard course starting at Dodger Stadium and ending near the Santa Monica Pier.

The "Stadium to the Sea" course takes runners through downtown Los Angeles, hitting Chinatown, Olvera Street, City Hall, Little Tokyo, the Walt Disney Concert Hall and the Cathedral of Our Lady of the Angels.

The course then heads west through Echo Park and Silver Lake into Hollywood, passing the Hollywood & Highland Center, home of the Academy Awards, and Grauman's Chinese Theatre. Runners will then head south onto Sunset Boulevard, entering West Hollywood, and then Beverly Hills, including running on the famed shopping street Rodeo Drive. The latter portion of the race includes Century City, the Veterans Administration grounds and Brentwood's San Vicente Boulevard, and then finally concluding near the Santa Monica Pier.

Street closures for the race began at 4 a.m. Most streets along the marathon route were scheduled to be reopened by noon.

Race officials say rain played a part in three other marathons in addition to last year. There were trace amounts of rain twice in the 1990s and 1.6 inches fell on the race in 2000. The marathon has been held annually since 1986.

City News Service contributed to this report.

BeverlyHillsPatch

LA Marathon Passes Through Beverly Hills [PHOTOS]

By Marie Cunningham and Hans Frederick

March 18, 2012

Participants in the 27th annual LA Marathon run and roll through Beverly Hills on their way to the finish line in Santa Monica.



Runners pass Dayton Way on Rodeo Drive. Credit: Hans Frederick

An estimated 23,000 people ran, rolled and walked through Beverly Hills on Sunday for miles 16 and 17 of the Los Angeles Marathon.

Onlookers cheered as marathon participants headed south on Rodeo Drive before making a right on Wilshire Boulevard, continuing westward towards Century City.

Beverly Hills resident Debby Sayah said she is "very proud" that the marathon comes through town. She brought her three children—7, 5 and 10-months old—to watch the race.

"I think it's definitely something that would inspire them to hopefully run the marathon one year," she said. "This is one of my favorite things about L.A. One of my goals is to be able to run the marathon."

BeverlyHillsPatch

Ethiopian Woman First to Cross LA Marathon Finish Line Under Sunny Skies

March 18, 2012

Fatuma Sado captures \$100,000 for winning "The Challenge" title by finishing before the fastest man, Simon Njoroge of Kenya.

A 20-year-old Ethiopian woman was the first runner to cross the finish line of the 2012 Los Angeles Marathon under blue skies on Ocean Avenue in Santa Monica.

In a red T-shirt, Fatuma Sado kneeled down to kiss the ground after completing the 26-mile, 385-yard course starting at Dodger Stadium, with an official time of 2 hours, 25 minutes and 39 seconds. (Click the accompanying video to see Sado run down Rodeo Drive in Beverly Hills.)

"The race was good," Sado said, speaking softly through an interpreter at a news conference. "The weather was cold when I started and at the end it was windy—that is why I did not get so good of a time."

Her time is the fifth fastest for women in the history of the LA Marathon. She hasn't placed lower than second in the four marathons she has completed since 2011.

Sado captured a \$100,000 bonus as part of "The Challenge" competition for finishing before the fastest man. Simon Njoroge, 31, of Kenya won the men's race with a time of 2 hours, 12 minutes and 11 seconds. Though Njoroge's time was quicker than Sado's, she crossed the finish line 4 minutes and 4 seconds before him.

The elite women's field received a 17-minute, 31-second head start based on a formula involving the lifetime bests of the elite runners of both genders. The female and male winners each receive \$25,000 and a Honda CR-V, valued at \$29,795. The \$100,000 bonus has been won four times by female runners and four times by male runners.

It was dry at dawn as runners massed outside Dodger Stadium. The starter's gun for the main pack fired at about 7:25 a.m.

Forecasters had predicted on-and-off showers throughout the day, as well as hail and thunderstorms. But temperatures were in the mid-40s for the elite runners during most of the race—what organizers described as "perfect conditions."

Last year, a drenching 2.42 inches of rain fell over the marathon course as dozens of runners got dangerously cold. On Sunday, race organizers had about 5,000 plastic trash bags to keep participants warm and dry from the start. Some 23,000 Mylar blankets to help guard runners against hypothermia

were divided among 10 medical stations along the course and at the finish line, according to marathon Chief Operating Officer Nick Curl.

Heating buses were standing by at the course's medical stations and finish line.

"We're confident that by coordinating our efforts with the fire departments in all four jurisdictions [along the course] and Keck Medical Center of USC, we'll have enough equipment and support to keep our runners, volunteers and medical personnel as dry, warm and comfortable as possible on race day," Curl said.

More than 300 marathon runners were evaluated for hypothermia and 20 were hospitalized in 2011. Rain has fallen on the L.A. race three other times in addition to last year. Trace amounts of rain fell twice in the 1990s and 1.6 inches fell on the race in 2000, spokesman Rich Perelman said. The race has been held annually since 1986. For the third year in a row, it was run on the "Stadium to the Sea" course, billed by organizers as having a landmark at every mile.

From Dodger Stadium, the course headed towards downtown L.A., passing Chinatown, Olvera Street, City Hall, Little Tokyo, the Walt Disney Concert Hall and the Cathedral of Our Lady of the Angels. After the downtown leg, the course went westward through Echo Park and Silver Lake into Hollywood, passing the Hollywood & Highland Center, home of the Academy Awards, and Grauman's Chinese Theatre.

The field then went south onto Sunset Boulevard, entering West Hollywood, then Beverly Hills, where the runners hit Rodeo Drive. The latter parts of the race—officially known as the Honda LA Marathon—included Century City, the Veterans Administration grounds and Brentwood's broad San Vicente Boulevard, finally concluding near the Santa Monica Pier.

Changes to the race included allowing two-person relay teams, with each person running half the race, and an expansion of the race's charity program. About 200 relay teams ran the marathon, raising funds for the race's official charities. The relay hand-off point was on Sunset Boulevard, just before the Sunset Strip. The expansion of the race's charity fundraising efforts include the "I Run 4 Something" initiative, encouraging all participants to raise money for their favorite causes.

Race organizers believed runners could raise \$4 million for charitable causes, breaking last year's record. Since Los Angeles Dodgers owner Frank McCourt purchased the operating rights to the race in 2008, the amount of money raised for charity has gone from just over \$1.25 million in 2009 to \$1.95 million in 2010 and just under \$3 million in 2011, according to race officials. A field of about 23,000 runners was expected this time around.

Marathons have a rich history. Phidippides, the legendary Greek herald who ran from the Marathon battlefield to Athens to announce the rout of the Persian army in 450 B.C., is believed to have announced the victory, then collapsed and died on the spot. However, he had to run about 150 miles over two days.

This report was compiled with information from City News Service.

StudioCityPatch

Marathon Organizers Prepare Runners for Rain

City News Service

March 18, 2012

Thousands of mylar blankets and trashbags will be on hand to keep runners dry. Race organizers offer tips to avoid hypothermia.

The weather in Studio City is still expected to be wet and soggy—in case you are seeing off your friends, helping with water or going to cheer them on.

With a large storm system forecast for the weekend, Los Angeles Marathon organizers Thursday cautioned runners to prepare for cold, wet conditions that can cause hypothermia.

Race officials also announced contingency plans to keep runners, volunteers and medical staff as dry as possible at key race areas along the route.

The National Weather Service predicts a 60 percent chance of showers and a high of 57 degrees on Sunday—the second year in a row that race officials have had to prepare for cold, wet weather.

"While we can't control nature, there's a lot runners can do to minimize problems caused by wet weather," said Gene Ault, race medical director and associate dean of the USC Keck School of Medicine.

Ault advised runners to:

- Avoid wearing cotton clothing that absorbs moisture;
- Arrange for a spectator to bring dry clothes and socks part-way through the race;
- Wear a body lubricant to prevent chafing and blistering;
- Avoid slippery surfaces like manhole covers and painted lane markings while running.

Race officials announced plans to have 5,000 plastic trash bags on hand at Dodger Stadium for runners to stay dry before the race gets under way and 200 will go to each of the 25 water stations.

About 23,000 Mylar heating blankets will be divided up among 10 medical stations along the course and the finish line.



The course will also have heating buses at the medical stations and finish line to help runners who need medical attention.

"We're confident that by coordinating our efforts with the fire departments in all four jurisdictions [along the course] and Keck Medical Center of USC, we'll have enough equipment and support to keep our runners, volunteers and medical personnel as dry, warm and comfortable as possible on race day," L.A. Marathon Chief Operating Officer Nick Curl said.

More than 300 runners were evaluated for hypothermia and 20 were hospitalized during last year's race, which saw about three-quarters of an inch of rain fall on the course during the first six hours of the marathon.

The race is scheduled to follow much the same route as last year. Runners will begin at Dodger Stadium in Elysian Park, then head east through Chinatown and downtown, west along Sunset Boulevard through Silverlake, then past Hollywood landmarks like Grauman's Chinese Theater and the Sunset Strip.

The course will meander through a Beverly Hills shopping district before finishing on Ocean Avenue near the Santa Monica Pier.

— *City News Service*

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EL PRODUCTO PARA HOY ES

DEPORTES

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Habrá fiesta multicolor... ¿y lluvia?

Advertencia de chubasco no frena la motivación para que mañana 25 mil atletas corran el Maratón de Los Angeles

JAVIER GIBALDO
jgibaldo@laopinion.com

La expectativa de un día de lluvia que supone cambios en la estrategia y en los planes de carrera para los atletas, tomó ayer un plano de importancia crucial en la conferencia de prensa llevada a cabo con los corredores de élite en las dependencias del Maratón de los Angeles en el Dodger Stadium. Un estimado de aproximadamente 25 mil atletas tomarán mañana la partida en la edición 27 de la carrera ange-

lina que por tercera ocasión se corre con el punto de partida en el estadio de los Dodgers, con la línea meta en el muelle de Santa Mónica y en la que de nuevo los grandes especialistas del esfuerzo en solitario procederán de Kenia y Etiopía vivirán su propio duelo por la supremacía. Confirmada la ausencia del campeón vigente del año anterior, Markos Geneti, la carrera parecería estar suficientemente abierta para esperar una verdadera guerra en los 52K de la competencia. Eso, al menos, quedó planeado ayer en la reunión final

¡A CORRER!
Los 4 categorías establecidos por la organización tienen la siguiente hora de salida:
Competidores en años de edad: 6:55 a.m.
Competidores en años de edad con handicap: 7:30 a.m.
Competidores elite masculino: 7:57 a.m.
Competidores elite femenino: 7:58 a.m.
La ceremonia de premiación será a las 9:30 a.m. en la línea de meta en Santa Mónica.

TOME SUS PRECAUCIONES...
Este es el mapa de la ruta que recorrerá el Maratón de Los Angeles 2012.

INFORME ESPECIAL: MARATÓN DE LOS ANGELES

con los medios de la ciudad.

"Es una gran alegría estar aquí y un gran desafío para nosotros los corredores y todos, por supuesto, vamos a intentar superar el récord de Geneti", dice Gudisa Shentama.

"Será difícil", concluye este nativo de Etiopía que debería ser el líder natural del equipo y

quien tiene 2h 07' 34" como mejor marca en su carrera.

En ausencia de los cinco mejores hombres en la meta del año anterior, las apuestas empiezan a decantarse por el keniano David Mandago, quien tiene un llamativo 2h 08' 58" en el Maratón de París y cuyo guarrismo es el mejor de todos los

que toman la partida en esta ocasión.

Sin embargo, y más allá de las marcas personales y el estado de forma en el que llegan los competidores, la mayor inquietud apunta hacia lo que puede ser una carrera loca, sin un bloque que se haga cargo, debido a la lluvia que se tiene

previsto caerá durante la competencia.

¿De qué manera afecta a los corredores correr en un día lluvioso?

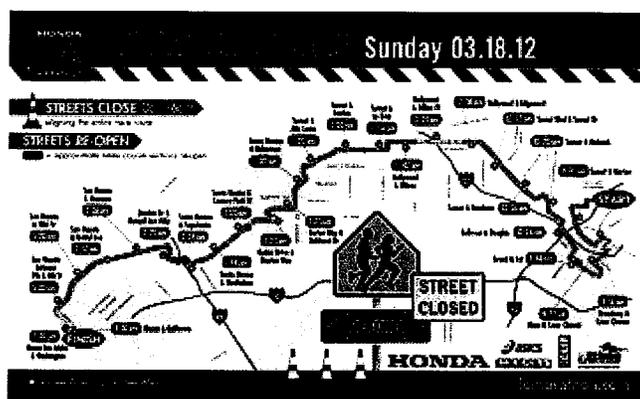
"Para todos es distinto", dice Shentama. "Tiene que ver con el día que puedes tener. Estamos

[FIESTA, Pág. 5C]

Streets Closed and Buses Rescheduled for LA Marathon

By Pablo Pereira

March 17, 2012



The 27th annual Los Angeles Marathon is this Sunday, March 18. The 26.2-mile road race will stretch along mostly the same route as last year, starting at Dodger Stadium in Elysian Park, winding downtown, then heading west through Hollywood and Beverly Hills before ending in Santa Monica.

The race begins at 6:55 a.m. for people in wheelchairs, 7 a.m. for hand cycles and 7:25 a.m. for runners.

Traffic officers will begin closing roads and towing vehicles along the route starting at 3:15 a.m. the day of the race.

KTTV's Google Map outlines the route, road and street closures, and freeway ramp closures.

L.A. Marathon 2012: Full Schedule and Latest Weather Updates

By Richard Langford

March 17, 2012



The 27th annual Los Angeles Marathon is set for Sunday. It should be an exciting race as the tough 26.2 mile course is going to be tread by some of the finest runners in the world.

The course will take runners on a nice tour of the epic city. They will begin by Dodger Stadium and wind their way through Beverly Hills and Santa Monica before finishing on the beach.

Where: Los Angeles, California

When: Sunday, March 15. Wheelchairs start at 6:55 a.m. PT, Hand cycles start at 7:00 a.m. PT, Rest of the field starts at 7:24 a.m. PT.

Weather Forecast

It's not good. Well, unless you are into extreme marathoning. The National Weather Service Forecast Office paints a grim outlook for the runners.

It is expected to be cold, rainy and possibly hailing.

The weather is certainly going to be a factor in this event. With these less than ideal conditions it could lead to an unexpected winner.

It also promises to make this one of the more unforgettable additions of this race that has been held every year since 1986. This race was rushed into existence after the popularity and success of the marathon in the 1984 L.A. Summer Olympics.

SantaMonicaPatch

Organizers, Racers Prep For Another Wet Marathon

Less rain is expected Sunday morning than Saturday as 23,000 runners race from Dodger Stadium to the Santa Monica Pier for the 2012 L.A. Marathon.

City News Service

March 17, 2012

Runners in the Los Angeles Marathon will face rain and cold for a second consecutive year Sunday, but race organizers are confident they are properly prepared.

Scattered showers and temperatures in the lower-50s are forecast for the 26-mile, 385-yard race that begins at 6:55 a.m. in the parking lots outside of Dodger Stadium and ends near the Santa Monica Pier.



Rainfall is expected to be significantly less than the 2.42 inches that fell on downtown Los Angeles on the day of last year's race, said Bonnie Bartling, a weather specialist with the National Weather Service.

There is very slight chance of a thunderstorm in the morning, Bartling told City News Service.

There will be 5,000 plastic trash bags on hand at Dodger Stadium for runners to stay dry before the race begins.

About 23,000 Mylar heating blankets will be divided up

among 10 medical stations along the course and the finish line, according to marathon Chief Operating Officer Nick Curl.

The course will also have heating buses at the medical stations and finish line to help runners who need medical attention.

"We're confident that by coordinating our efforts with the fire departments in all four jurisdictions (along the course) and Keck Medical Center of USC, we'll have enough equipment and support to keep our runners, volunteers and medical personnel as dry, warm and comfortable as possible on race day," Curl said.

More than 300 runners were evaluated for hypothermia and 20 were hospitalized during last year's race. Rain has fallen on the marathon three other times in addition to last year. There were trace amounts of rain twice in the 1990s and 1.6 inches fell on the race in 2000, press officer Rich Perelman.

The race has been held annually since 1986.

For the third consecutive year, the race will be run on the "Stadium to the Sea" course, billed by organizers as having a "landmark every mile." From Dodger Stadium, the course heads toward downtown, passing Chinatown, Olvera Street, City Hall, Little Tokyo, the Walt Disney Concert Hall and the Cathedral of Our Lady of the Angels.

After the downtown portion, the course heads west through Echo Park and Silver Lake into Hollywood, passing the Hollywood & Highland Center, home of the Academy Awards, and Grauman's Chinese Theatre. The field will then head south onto Sunset Boulevard, entering West Hollywood, and then Beverly Hills, including running on the famed shopping street Rodeo Drive. The latter portions of the race officially known as the Honda LA Marathon include Century City, the Veterans Administration grounds and Brentwood's San Vicente Boulevard, concluding near the Santa Monica Pier.

Changes to the race include allowing two-person relay teams with each person running half the race and an expansion of the race's charity program. About 200 relay teams have entered the race, with teams raising funds for the race's official charities. The relay hand-off is located on Sunset Boulevard, just before the Sunset Strip. The expansion of the race's charity fundraising efforts include the "I Run 4 Something" initiative, encouraging all the runners to raise money for their favorite causes. Race organizers believe runners can raise \$4 million for charitable causes, breaking last year's record.

Since Los Angeles Dodgers owner Frank McCourt purchased the operating rights to the race in 2008, the amount of money raised for charity has gone from just over \$1.25 million in 2009 to \$1.95 million in 2010 to just under \$3 million in 2011, according to race officials.

A field of about 23,000 runners is expected. The male and female winners will each receive \$25,000 and a Honda CR-V, valued at \$29,795. The first overall finisher will earn an additional \$100,000 it what organizers have dubbed as "The Challenge."

The elite women's field will receive a 17-minute, 31-second head start, based on a formula involving the lifetime bests of the elite male and female runners. The bonus has been won by male runners four times and women runners four times.

— *City News Service*

BeverlyHillsPatch

Take Part in the Beverly Hills Cheer Zone for the LA Marathon

You don't have to run in the LA Marathon to be a part of the action.

By Marie Cunningham

March 17, 2012

The Concern Foundation, a nonprofit cancer research organization, is seeking volunteers for the Beverly Hills Cheer Zone to support runners as they pass mile 16 of the LA Marathon.

Show up at the corner of North Rodeo Drive and Little Santa Monica Boulevard from 7:30 a.m. to 1 p.m. Sunday. Shake pompoms, hand out water, enjoy music and cheer on the thousands of runners coming through Beverly Hills.

The Concern Foundation suggests that volunteers park in the residential neighborhood north of Santa Monica Boulevard and walk to the Cheer Zone. The nonprofit is also encouraging the community to check out www.teamconcern.org to make a donation to help fight cancer.

Miles 16 and 17 of the LA Marathon go through Beverly Hills. Runners will head south on Doheny Drive out of West Hollywood, make a right at Burton Way into Beverly Hills, cross over to Little Santa Monica Boulevard, make a left to go south on Rodeo Drive and then take a right on Wilshire Boulevard, where they will go on to Century City.

The forecast calls for rain on Sunday, so be sure to dress accordingly!

To see a list of road closures for the LA Marathon, [click here](#).



HollywoodPatch

Hollywood Hills Man Hasn't Missed an L.A. Marathon

At 70, George Good is looking forward to running the annual race on Sunday. He's participated in every one, despite two heart attacks.

By Lindsey Baguio

March 17, 2012

When George Good wakes up Sunday morning to run his 27th L.A. Marathon he may be the only runner heading out the door in slacks and a business jacket.

The Hollywood Hills resident often trains with Holmes, a 7-year-old Labrador and poodle mix, who knows that when the running shorts come out, it's time to hit the trails.

"[On race day] I put on a disguise," Good said. "I don't want to break the poor little guy's heart!"

He admits it sounds a little crazy. "To run 26 miles you got to be a little out there," he joked.

Good, 70, is a "legacy runner," meaning he's one of 195 people registered for Sunday's race who have run in each Los Angeles Marathon since it began in 1986.

"When we started out we didn't know we'd run all the marathons," Good said. "I didn't know I'd do the second one after the first. It sneaks up on you... but then you want to keep up the streak."

It's a streak that took root 35 years ago when Good started racing his then-teenage son.

"He said, 'Dad, let's have a race,' and that little son of a gun beat me. He smoked me!" Good said. "So I started running a bit to see if I could catch up with him. He quit, and I kept on running. He's 50 now."

To prepare for the marathon, Good runs the streets, fire roads and trails near his Mulholland Drive home three to four times a week with Holmes and Holmes' half-brother, Don Julio (who belongs to Good's daughter). On early morning runs he comes across deer, coyotes and the occasional bobcat.

Getting to the starting line each year isn't always a breeze. He suffered a heart attack in 2003 and again in 2009. After the first one, his doctor ran the last six miles of the race with him. Now they're good friends.



This year, at a pace of 12 to 13 minutes a mile, Good estimates it will take him five to six hours to complete the race. In 2011 his finishing time was five hours and 52 minutes.

He'll have his wife, kids and grandchildren cheering him on. "It's encouraging and one of the most fun things to see," he said.

The 26-mile route begins at Dodger Stadium and winds through areas including Downtown, Hollywood, West Hollywood, Beverly Hills, Century City and Santa Monica.

"It's a great city we live in," Good said. "A lot of people don't appreciate it as much, but if you run 26 miles of it, you'll have a whole different outlook."

Understandably, Good says his favorite part of the race is the finish line, but he loves seeing well-wishers and kids ready to give high-fives along the route.

Last year he posed for a photo in West Hollywood's Boystown with a man who was cheering on the runners dressed in drag and sporting a mustache.

"I gave him my address, but he never sent me a copy of the photo," Good recalled.

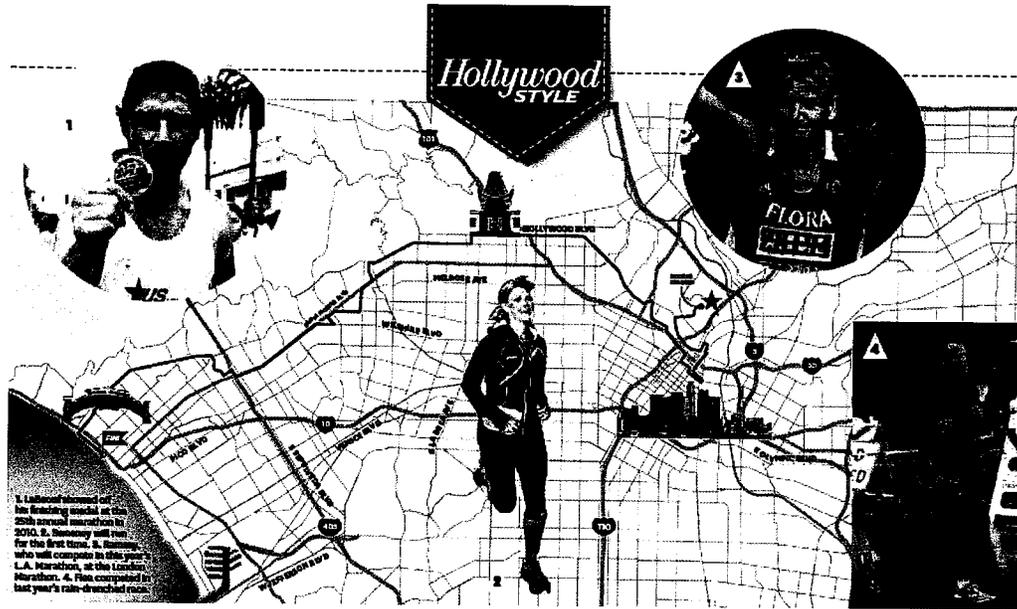
With rain in the forecast, marathon organizers are preparing to have trash bags on hand to keep runners dry at the starting line, and they will distribute Mylar heating blankets at 10 medical stations along the route and finish line.

Good remembered that as he neared the finish of last year's race, making the turn from San Vicente Boulevard onto Ocean Avenue in Santa Monica, he heard the wind whistling and felt its chill.

He has run many other races in all sorts of conditions, including the Boston and New York marathons, so he said he wasn't too concerned about the forecast for rain during Sunday's race.

"It's fun anyway," he said, "no matter the weather."

THE Hollywood REPORTER



WHO'S LACING UP FOR THE L.A. MARATHON

Forget Dodger Stadium and the Santa Monica Pier: Actors, WME agents, Gordon Ramsay and industry execs escaping stress are among the other sights to see during March 18's punishing 26.2-mile tradition *By Gary Baum*

THE MOST COMMITTED MEMBERS of Hollywood's sweat set will be going the distance yet again at the 27th annual Honda L.A. Marathon on March 18. Like Shia LaBeouf, Alanis Morissette and Flea before them, they'll run with a 25,000-strong herd — the fourth-largest such race in the country — for purposes of philanthropy, self-actualization and even just to publicly display that hard body.

From Gordon Ramsay to Maroon 5 guitarist James Valentine, rank-and-file Sony employees to WME agents Mike Esola, David Stone and Scott Seidel, for months it has been all about training for the big race.

"I leave my house in Hancock Park and run like Forrest Gump," says manager-producer Matt Lubber, co-head of Lubber Roldin. "I've got my water belt with two Gatorades, my headband and my iPod Shuffle." He's participating in the marathon for the first time in support of Vanishing Giants, a charity he launched to save rhinoceroses after traveling to South Africa in August to visit client Paul Walker on the Johannesburg set of *Vehicle 19*.

Launched after the success of the 1984 Summer Olympics in L.A., the marathon for many years started and finished outside the

Memorial Coliseum, looping around the wider downtown area. But winning times — of 2 hours, 8 minutes (and slower) for the man — were never competitive with those of other top races, and the inner-city route didn't exactly highlight Los Angeles' best assets.

So in 2010, event organizers, looking to slim down the winning time while boosting the scenic element, introduced a crosstown path with more of a downhill trajectory designed to be much faster. It begins at Dodger Stadium, loops downtown by Walt Disney Concert Hall, runs for a significant stretch along Sunset Boulevard (hello, Chateau Marmont), shoots down Rodeo Drive and ends within blocks of the Santa Monica Pier. (*Voilà*: The 2011 winner, Ethiopia's Markos Geneti, set an L.A. Marathon record with a time of 2:06:35.)

"The new route is awesome," says Sean Astin (*The Lord of the Rings*), running for a third time this year. "You go everywhere now — Olvera Street, City Hall, Hollywood. It's like a big open house for the city." Astin ran in 1998 (4:04) and in 2010 (2:15, slowed by a pulled calf muscle) and is back gunning for 4:14.



MATT LUBBER runs five to eight miles three mornings a week, starting at 6; on weekends, he'll often head from his home in Hancock Park to Brentwood and back.



ERIK FEIG cozes novelist Haruki Murakami's *What I Talk About When I Talk About Running*, a 2008 memoir about his devotion to the sport, as inspiration.

The Biggest Loser host Alison Sweeney will compete in her first marathon this year, along with some of her proudest achievements — eight past show contestants will run with her. Says Sweeney, "It really feels like a celebration of my town to run it."

Running the race is, for some in the business, something they hold dear long after completion. "I ran the 2002 marathon in a little under five hours — I have the exact time at home in my photo-finish picture," says *NCIS*' Michael Weatherly. "It's one of

my proudest accomplishments. The marathon is a lot like doing a TV series: Endurance is one thing, but a positive state of mind is the real factor in finishing alive."

For others, like five-time L.A. Marathon participant Erik Feig, president of production at Lionsgate Motion Picture Group, it's not only the race itself that's so fulfilling but also the lengthy solo training that precedes it, which is perhaps almost as psychological as it is physical. "I spend so much of my day answering to other people's agendas, finding consensus, herding cats, dealing with things out of my control, and here it's all about me," says the Santa Monica resident. "It's unbelievably mentally restorative." **EWZ**

LOS ANGELES **HOY** GRATIS
 hoyesangeles.com
 Una edición de Los Angeles Times
 Viernes 16 de marzo 2012

Un amor maratónico

JUAN RICARDO CASTANEDA y su esposa
 Lina sonríen al recibir el premio al mejor novio de la ciudad de Los Angeles. El premio es un trofeo que se entrega a los novios que han estado casados por más de 50 años.

Un matrimonio latino forma parte del selecto grupo de parejas que corre cada año el maratón de Los Ángeles. ■ Páginas 28 y 29

Sigue la incertidumbre en recortes educativos
 Decenas protestan posibles despidos y eliminación de programas.
 Páginas 4

¡Bravo!
 Pancho López y su familia con Suerte llegan para poner a cantar a los angelinos.
 Página 23

Llega Su Santidad a México
 Dudan que la visita del Papa Benedicto XVI a México traiga cambios.
 Páginas 6 y 7

Deportes Maratón de L.A.



EN 2011 lloró como nunca. LA Times

Esperan lluvia en el Maratón 27 de L.A.

Edward Cauch
213.237.4385/Los Angeles

En un fin de semana que se espera que sea frío y con lluvia, la Vigésima Séptima edición del Maratón de Los Angeles se efectuará este domingo, comenzando de Dodger Stadium hasta el muelle de Santa Mónica.

El recorrido, en el cual unos 23,000 corredores estarán participando, incluirá un paseo por el centro de Los Angeles, el área de Hollywood, West Hollywood y Beverly Hills.

Según los pronósticos del tiempo, se espera que llueva el sábado y el domingo. El año pasado el Maratón se sostuvo bajo una intensa lluvia, la cual causó varios casos de hipotermia entre los participantes.

El Maratón angelino es uno de los cinco más grandes en EE.UU. y uno de los 10 más grandes alrededor del mundo.

El corredor que llegue en primer lugar, sin importar el género, se adjudicará una bolsa de \$100,000 adicional, por lo que el primer atleta que cruce la meta se llevará un total de \$125,000 y un auto nuevo. El grupo élite de mujeres correrá unos siete minutos antes que el grupo élite de hombres.

El Maratón

Inicios

- 6:55 a.m.: Silla de ruedas
- 7:00 a.m.: Silla de ruedas de mano
- 7:07 a.m.: Mujeres élite
- 7:24 a.m.: Hombres élite y el resto
- 9:55 a.m.: Presentación de premios
- Premios: \$125,000 en efectivo y un auto nuevo al primer lugar de la categoría femenil y varonil; \$25,000 al primer lugar; \$15,000 para el segundo; \$10,000 para el tercero; \$5,000 para el cuarto y \$2,500 para el quinto.
- TV: KTLA (de 6 a.m. a 11 a.m.)

Una ultra abuelita

A sus 78 años, Patricia DeVita correrá su Maratón de L.A. número 27. Es la corredora de mayor edad en terminar todos los maratones angelinos

Edward Cauch
213.237.4385/Los Angeles

A Patricia DeVita no siempre le apasionó correr. De hecho, comenzó a hacer ejercicio para bajar de peso, después de tener a sus cinco hijos.

Su pasión por correr comenzó cuando su hermana, una aeromoza, encontró un libro sobre cómo correr que alguien había dejado en un avión y se lo regaló a Patricia. Y así comenzó la aventura.

"Al principio me daba vergüenza porque no se veía en ese tiempo a mujeres corriendo en el vecindario. Así que comencé a ir a la High School que estaba cerca y comencé a correr... luego empecé a correr en la calle y después mi hija comenzó a correr conmigo", dice DeVita, quien forma parte del grupo Legacy Runners, un club designado para los corredores que han terminado las 26 ediciones previas del Maratón de Los Angeles.

A sus 78 años, DeVita será el domingo la corredora de mayor edad en participar consecutivamente en los 26 Maratones previos. DeVita usualmente corre ultra-maratones de 50 millas e inclusive un día corrió 77 millas para acompañar a su hija Vicky en una

competencia de 100 millas de distancia.

Hoy en día, el maratón angelino significa algo especial para ella pues Vicky, su hija y compañera de toda la vida en los maratones, falleció de cáncer en 2011.

"Vicky era una corredora increíble", comenta Patricia al recordar a su hija quien era muy conocida en el ámbito de los ultra-maratones. "Siempre me ganaba al correr".

En 2010, Patricia y Vicky corrieron su último maratón cuando su hija tenía 55 años y tenía que utilizar un tubo respiratorio.

"Nunca se quejaba por tener cáncer, nunca decía '¿por qué yo?'... hasta en su último maratón le decía 've despacio', pero ella no quería", explica DeVita.

"Nuestra última carrera fue en el vecindario en julio de ese año, salimos y corrimos un poco alrededor del vecindario y me dijo al final 'gracias mamá, necesitaba de eso'".

El año pasado fue la primera ocasión que DeVita corrió sin su hija y fue acompañada por varios amigos suyos, quienes corrieron con la foto de Vicky grabada en sus camisas.

"Me quebró mi corazón cuando falleció. Cuando ya estás grande y te tienes que ir, pues mi modo, es hora de irse. Pero cuando pierdes a tu hija es muy difícil", agrega la

POR SU HIJA, DeVita rinde homenaje a Vicky cada vez que corre. HOY



PATRICIA (d) junto a su hija Vicky (l).

Joven entre leyendas del Maratón

Edward Cauch
213.237.4385/Los Angeles

El regiomontano Art González siempre fue un apasionado por correr. Desde sus años en Hollonbeck Middle School de Boyle Heights hasta sus años de preparatoria en Roosevelt High estuvo metido en los equipos de atletismo de su escuela.

Fue hasta que en 1986, en su último año de preparatoria, corrió al Maratón de Los Angeles y desde ese entonces no ha parado. González, de 44 años de edad, es el corredor más joven en terminar los 26 maratones angelinos.

Pue hace 26 años que González corrió su primer maratón en 2:58:20, su mejor



ART en su primera medalla. HOY

tiempo hasta ahorita. Hoy en día corre el Maratón en alrededor de seis horas, aunque su meta siempre es de terminar la competencia "Lo hacemos porque todavía nos sen-

timos que estamos jóvenes", dice González. "Yo siempre he dicho que si cruzo la línea de inicio voy a tener que cruzar la meta, aunque tenga que gatear", afirma el nacido en Monterrey, México.

Según González todos los maratones han sido especiales para él, pues siempre es seguido por su esposa e hijas, Ashley y Vanessa, quienes le echan porras, usualmente entre las millas 14 y 16, sin embargo hubo una edición del maratón que recuerda un poco más. "Hubo un año en el que llovió todo el día y toda la noche... cuando estaba corriendo estaba buscando a mi familia y pensé que no iban a estar, pero allí estaban. Allí estaban mis hijas en la lluvia", recuerda González.

Según el angelino, hay ocasiones en las que

"Recuerdo a alguien que decía, 'yo no corro de milla a milla, yo corro de árbol a árbol. Siempre pienso en el siguiente árbol'"

Patricia DeVita,
Corredora de todos los Maratones de L.A.

abuelita de 11 nietos y 2 bisnietos.
El mejor récord de Patricia en un maratón ha sido de 4:09:00. "Nunca pude correrlo en menos de 4 horas", señala la corredora de maratones de San Francisco, Nueva York, y más de 100 ultra-maratones.

Patricia cuenta que ha tenido varios accidentes durante sus carreras, como fue el fracturarse un dedo durante una caída o perder dos dientes frontales al tropezar.

Esta "ultra abuelita" como ella misma se hace llamar tiene los siguientes mensajes para aquellos que se quieren aventurar en su primer maratón:

"No tienes que hacer tu primer maratón en tres horas... puedes correr y caminar... pueden hacer carreras de 10 kilómetros, un medio maratón es muy bueno también. Una vez que puedas hacer un medio maratón puedes hacer uno entero", señala.

"Lo único que tienes que hacer es poner un pie adelante del otro. Seguir perseverando. Tampoco puedes pensar en 20 millas. Piensa en la siguiente estación... recuerdo a alguien que decía, 'yo no corro de milla a milla, yo corro de árbol a árbol. Siempre pienso en el siguiente árbol'", agregó la residente de Granada Hills.

DeVita está casada con Bob, con el que ya ha cumplido 60 años de matrimonio.

no ha querido correr el Maratón pero cuando el tiempo se acerca sus compañeros del equipo Legacy Runners (corredores que han hecho todos los Maratones de Los Angeles) le llaman para animarlo y termina haciéndolo.

"Hay veces que no tengo ganas de correr pero veo a los otros Legacy Runners que la mitad de ellos están en sus sesentas", reconoce González, quien este año pretende correr el Maratón en menos de seis horas.

En los últimos maratones, González ha comenzado una rutina de tomarse fotos con otros Legacy Runners para guardar el recuerdo, pues según él, nunca sabe cuándo será el último maratón que corra. González dice que ahora se concentra en darle ánimos a los jóvenes corredores, especialmente los niños que están corriendo por primera vez.

Ni las 26.2 millas los separan



LAURA Y JUAN celebraron sus Bodas de Plata en el maratón de 1996. Cortesía



ESTE matrimonio lleva más de 40 años. HOY

"El correr nos ha unido más, no ha habido nada de conflictos entre nosotros"

Juan Castañeda, Corredor de todos los maratones de L.A. junto a su esposa.

Eduard Cauch
20.237.4385/Los Angeles

Juan Ricardo Castañeda recuerda que el día del maratón siempre corría unas cuantas millas más que los otros corredores. Y es que Juan, después de correr alrededor de 26 millas, antes de cruzar la meta, regresaba en sentido contrario en busca de su esposa, Laura, con la que ha corrido el Maratón de L.A. de manera interrumpida desde 1986.

"Siempre regresaba por ella... terminaba corriendo ese día unas 30 millas", comenta Juan, quien este domingo no hará la excepción y correrá la Vigésima Séptima edición del Maratón de L.A. junto a Laura.

Esta pareja lleva 41 años de casados y en los últimos 26 años han terminado todos los maratones angelinos.

Son apenas uno de las cuatro matrimonios en correr todos los maratones angelinos de forma consecutiva y la única pareja latina de Legacy Runners, el grupo de 194 personas que han corrido y terminado cada uno de los maratones.

"El correr nos ha unido más, no ha habido nada de conflictos entre nosotros. Nos ha ayudado a relajarnos", indica Juan, de 66 años y originario del Distrito Federal.

"Nos motiva para nuestra salud y mental-

mente nos hace más fuertes", explica Laura, originaria de la Ciudad de Guatemala.

Juan, un pintor de brocha gruesa en México, llegó a Estados Unidos en 1960, donde conoció a Laura un año después y con la que contrajo matrimonio en 1971.

Fue entonces que Juan, acostumbrado a jugar fútbol toda su vida, estuvo involucrado en un pleito durante un partido de fútbol y decidió tomar su pasatiempo deportivo hasta una nueva dirección, el correr.

A esa aventura se le unió su esposa Laura y desde ese entonces no han parado de correr todos los años.

Tal ha sido la pasión de ambos por el Maratón que celebraron sus Bodas de Plata en la milla 10 del maratón de 1996.

"Nos casamos ese día en la milla 10 y luego seguimos corriendo... la gente nos tomaba muchas fotos", recuerda Laura, de 62 años y ahora retirada, quien dice que en los últimos años han tenido que combatir con diferentes enfermedades e inconvenientes para poder terminar la competencia.

Inclusive este año Laura pensó que no iba a poder participar porque en mayo del año pasado un auto la stropelló cuando entrenaba en Griffith Park. Laura sufrió una lesión de cadera, tobillo y tendones, aunque para su fortuna no tuvo ninguna fractura y le to-

mó dos meses para poder volver a correr.

"Esperemos que esta vez lo terminemos porque hemos tenido lesiones", dijo Juan, un ex chofer de entrega de comida de restaurantes y ahora retirado.

Juan ha sostenido una operación de rodilla que le ha limitado su resistencia con el pasar de los años.

Sin embargo, ni las lesiones ni los accidentes logran que esta pareja deje de entrenar juntos. Laura señala que correr junto a su marido ha sido benéfico, pues hay días que no tienes ganas de entrenar y Juan le da ánimos.

"Hay veces que estoy floja y me dice 'vamos'", agrega Laura, quien agrega que lo que más goza del maratón es la gente que los apoya, especialmente en la milla 10, donde está toda la colonia guatemalteca.

Juan y Laura tienen dos hijos, Ricardo y Roberto, este último un miembro de los Marines de la Fuerza Militar, quien en 1995 corrió el maratón con ellos.

"Nos miraba correr y como estaba en los Marines, un día lo invité para ver si quería hacerlo y corrió con nosotros", indica Juan.

Esta inigualable pareja también disfruta al dar consejos a los corredores jóvenes:

"Les decimos que entrenen para terminarlo, o a tratar de hacer buen tiempo, simplemente a terminarlo y sin lastimarse", dice Juan.



Preparing for LA Marathon: What You Need to Know

Street closures, stormy weather and crashing cyclists: see how your weekend could be affected by the race

By Jonathan Gonzalez, Jesse Gary and Elita Loresca

March 16, 2012

The 27th annual Honda LA Marathon is this Sunday, and whether you're lacing up your shoes or just looking to avoid it altogether, it's important to know how the race and the events surrounding it will affect you.

Rain is expected to hit Los Angeles this weekend, making the race a little more interesting for participants.

With the marathon also comes street closures, and with street closures, come thousands of cyclists looking to ride the empty roads.

More than 23,000 racers of all ages are expected to participate in the marathon's "Stadium to the Sea" course, which runs from Dodger Stadium in Chavez Ravine down to Santa Monica.

The course, which was first raced in 2010, runs through downtown LA and onto Sunset Boulevard, into Hollywood.

Beginning at 6:55 a.m. for wheelchairs and 7:24 a.m. for most of the field, marathoners will make their way through West Hollywood and Beverly Hills before crossing the 405 Freeway, ending the race at the Santa Monica Pier.

But even if you're not planning on partaking in the race, here are some things to look out for this weekend.

Street Closures

Marathons are 26.2-miles long, so it's no surprise that there will be numerous street closures along the course.

All route roads will be closed by 6 a.m. and will reopen on a rolling basis after the last participant has passed.

Some major closures include Temple Street, which will be shut down between Alameda Street to Glendale Boulevard from 4 a.m. to approximately 10:20 a.m.

Expect Hollywood Boulevard to be closed until noon between Hillhurst and La Brea avenues.

Sunset Boulevard will be closed from Highland Avenue to Doheny Drive. Sepulveda Boulevard will also be shut down from South Santa Monica Boulevard to Wilshire Avenue.

Other non-route street closures are expected as well.

Freeways will not be closed for the race, although some ramps will be shut off.

Some major ramp closures include the Hollywood Boulevard and Highland Boulevard ramps on the northbound 101 Freeway until about noon.

The southbound 405 ramps at Santa Monica Boulevard will be closed until about 2:30 p.m.

Race officials also warn drivers to adhere to "No Parking -- Tow Away Zones," as parking rules will "strictly enforced" at the owner's expense.

Winter Storm

Yes it's Los Angeles, but it's also still winter, meaning that marathon participants will have an extra battle ahead of them: rain.

NBC4 meteorologist Elita Loresca predicts "wet and breezy" weather for Sunday, with highs in the upper-50s.

Race organizers are planning for rain and have set up safety precautions and tips for racers.

They have ordered 10,000 plastic trash bags for marathoners to wear, as well as 23,000 mylar blankets or heatsheets at the finish line.

About 6,000 rain ponchos have been ordered as well.

Heaters will be available at the finish line, and warming buses will be stationed at the course's 10 medical stations, set up by the Los Angeles Fire Department.

Organizers recommend that participants wear water-resistant fabrics.

They also suggest that racers have friends or family members bring them dry clothes.

Crashing Cyclists

Six years and counting.

That's how long hundreds of cyclists have managed to "crash" the LA Marathon, and this year is no exception.

The "crash" is organized by Wolfpack Hustle, a local cycling group that famously raced an airplane across Los Angeles County during "Carmageddon."

Cyclists, as many as 1,000, will come together around 4 a.m. Sunday morning to ride the same marathon path just hours before it begins.

"[Twenty-six] miles of LA streets with zero cars – a cyclist's dream will become a reality," a blogger wrote on the Wolfpack Hustle website.

And the cyclists even plan to ride in the event of rain or "earthquakes, or locusts, or nuclear holocaust event."

That's dedication.

BEVERLY HILLS COURIER

The Newspaper of Record of the World of Beverly Hills

LA Marathon To Shut Down City

March 15, 2012

The City of Beverly Hills will be bisected once again as the Honda LA Marathon comes through on Sunday.

Streets will close in Beverly Hills starting around 7 a.m. Runners will enter at Doheny Drive and Santa Monica Boulevard and then run west on Burton Way to Rodeo Drive, south to Wilshire Boulevard and then west to Santa Monica Boulevard.

For full story see the print edition of The Beverly Hills Courier, or download the e-edition.

Los Angeles Marathon 2012: Route, Start Time, Date and TV Info

By Donald Wood

March 14, 2012



When the 27th annual Los Angeles Marathon kicks off this Sunday, the excitement over one of the most prestigious marathons in the world will be palpable.

The 26.2 mile long course is tough enough, but add in poor weather and a packed field full of the world's most gifted athletes and you have the recipe for a wild Sunday you just can't afford to miss.

Where: Los Angeles, California

When: Sunday, March 15, Wheelchairs—6:55 a.m. PT, Hand cycles—7:00 a.m. PT, All other participants—7:24 a.m. PT

Watch: *NBC's Universal Sports*, 12:00 p.m. PT

Listen: AM570 Fox Sports Los Angeles

Weather

According to National Weather Service Forecast Office, the area around the marathon will be facing weather conditions that could put a very different spin on the event.

With tons of rain and snow in some areas, the slick conditions will have race officials and medical staffs on call 24/7 in case something should go wrong.

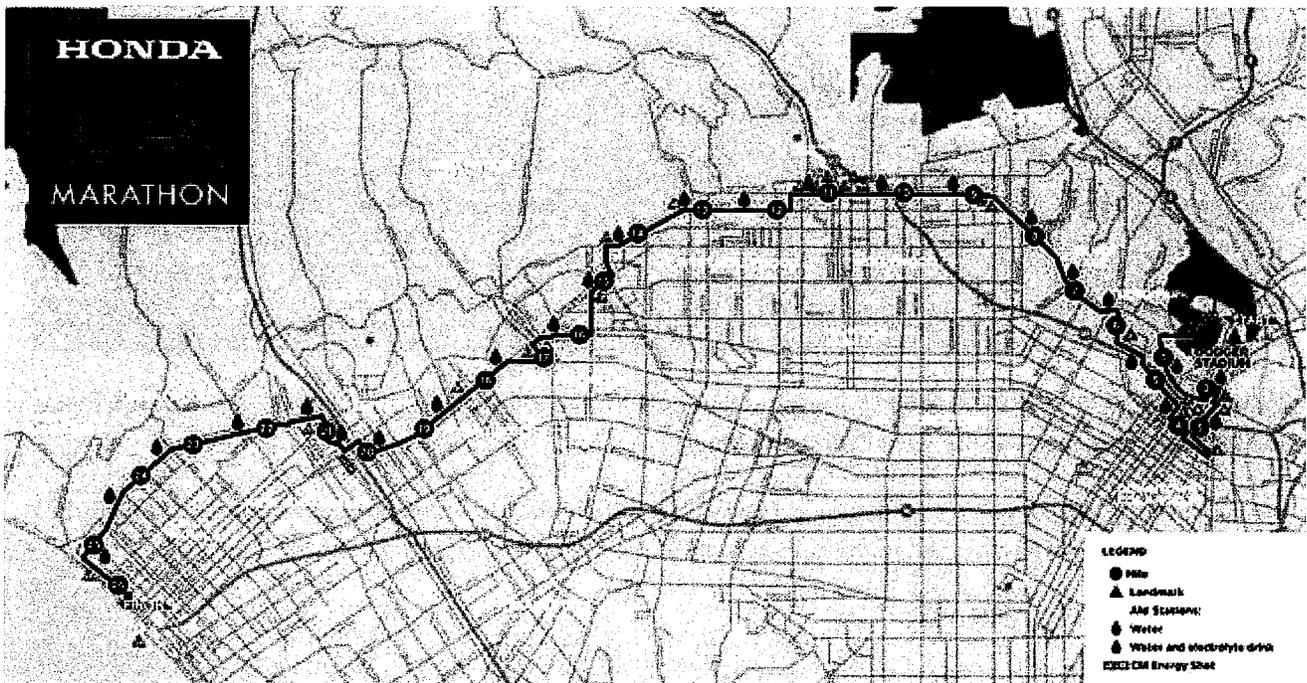
The report officially reads, in all caps no less:

A COLD FRONT LIKELY SPREADING PRECIPITATION ACROSS THE ENTIRE FORECAST AREA. BEHIND THE COLD FRONT...A VERY COLD AND SLIGHTLY UNSTABLE AIR MASS WILL BRING A THREAT OF SHOWERS SATURDAY NIGHT INTO SUNDAY...AND POSSIBLY MONDAY. SOME OF THESE SHOWERS COULD PRODUCE BRIEF HEAVY DOWNPOURS AND SMALL HAIL. CONDITIONS WILL ALSO BE FAVORABLE FOR ISOLATED WATERSPOUTS ACROSS THE COASTAL WATERS.

After you get over the shock of ready the National Weather Service screaming at you, you will realize that while this isn't the ideal conditions for an event of this magnitude, it could cause storyline to unfold that fans had never anticipated.

The weather could actually make it even more interesting.

Route



While LA is known for its traffic, the only thing cluttering the streets of the city on Sunday will be the hundreds of racers running the 26.2-mile course.

The race starts by Dodger stadium, where the race's owner, Frank McCourt, is no longer welcome. AWKWARD!

After going by Dodger Stadium, the race will go through Hollywood, Beverly Hills, West LA and finally through Santa Monica before finishing up on the beaches. For those that make it to the finish, the view of the Pacific will be enough to get their energy back. That and an electrolyte drink.

Cheers to LA Marathon's Cheer Alley

Mile 18 is the runner-supportiest stretch of the LA Marathon.

By Alysia Gray Painter

Mar 13, 2012



LA Marathon

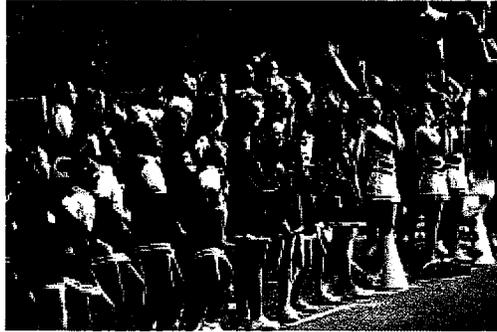
Cheerleaders root for runners at Mile 18 of the LA Marathon.

Just about every marathonist has that one mile that they completely rock -- or rue. It can vary, right runners? People sometimes have a complicated relationship with Mile 25 -- you're nearly there but you've already run a long way -- but Mile 1? Pretty golden. You're fresh. You're limber. You're ready.

But then there's Mile 18. No one would argue that a little support would be just the ticket at about that point (call it just about the midway point of a marathon's second half). With that in mind runners who make Mile 18 in the Honda LA Marathon are greeted by the verve and claps of Cheer Alley.

"(H)undreds of local cheerleaders" will be filling up Cheer Alley on Sunday, March 18. Mile 18 is just after Beverly Hills, if you're trying to picture the course map. Once there, you may well see your own alma mater hues in the crowd: San Dimas High School, Torrance High School, and the Beverly Hills Tigers will all be represented, in addition to several other local squads.

There's also a cheer competition for the cheerleaders of Cheer Alley. Top prize is \$2,500, and the awards will be given on a host of merits, including overall spirit and showmanship.



cr: LA Marathon 2010

And if you're not part of Cheer Alley, but you intend to show up at the marathon to cheer on a friend, remember you've got the happy people near Mile 18 to measure up to, regardless of where you happen to stand on the route. So best show with a pom-pom or a homemade sign or a big thumbs-up for the runners who need it most.

Santa Monica Agency Head Runs for a Meal

March 12, 2012

Although her name is usually associated with wheels, RoseMary Regalbuto will be walking next Sunday to raise money to feed the homebound elderly.

Regalbuto, the president and CEO of Meals on Wheels West, is raising money for the non-profit, which delivers meals and friendship to the homebound, by walking in the March 18th Honda LA Marathon, which winds up in Santa Monica. Regalbuto is asking donors to give \$6 "or any multiples thereof."

"I guarantee you, your donation will provide a hot meal for lunch and a cold sack for supper for one of our homebound, frail and isolated elders," Regalbuto said in an email. "They will be grateful and so will I."

"It does not take much. \$2,190 will pay for two meals a day for 365 days," Regalbuto said. "Much cheaper than one day in the hospital, don't you think?"

At last year's marathon, Regalbuto and a score of volunteers helped raise more than \$20,000 for the agency -- enough to feed one person for 10 years, or 10 for one year, Regalbuto said.

Shortly after last year's marathon, the League of Women Voters recognized Regalbuto for her outstanding contributions to the community and noted that she had walked "every cold, wet and windy mile" of the marathon.

Those who wish to donate should visit

<http://www.crowdrise.com/TeamMeals/fundraiser/rosemaryregalbuto>

Now in its third year, the the LA Marathon's Stadium to the Sea course starts at Dodger Stadium and finishes on Ocean Avenue near the Santa Monica Pier. Along the way, it goes through Chinatown, Little Tokyo, Echo Park and Silver Lake, and passes world-famous landmarks such as the Hollywood Walk of Fame, Grauman's Chinese Theatre, Sunset Strip and Rodeo Drive.

"The energy, enthusiasm and entertainment along the course is unparalleled," marathon officials said.

Runners who want to register for the Honda LA Marathon have one more chance to get into the race, but only by registering in-person on Friday and Saturday at the LA Marathon Expo located at Dodger Stadium.

"We'd like to include everyone who wants to run in this year's race," said Nick Curl, COO of LA MARATHON LLC. "We'll have some spots available for registration at this week's Expo on a first-come, first-served basis."

The Expo will take place from 10 a.m. to 7 p.m. on Friday and from 9 a.m. to 6 p.m. on Saturday with free admission and free parking.

"There will be more than 100 fitness and running exhibitors featuring the brand-new designs in running gear and shoes, as well as the latest developments in sports, fitness and nutrition," Marathon officials said.

This year's marathon is expected to bring some 50,000 visitors to Santa Monica, which has officially declared the March 17 weekend as the Buy Local Weekend with a big expo of its own on the Third Street Promenade.



25,000 runners compete in annual marathon

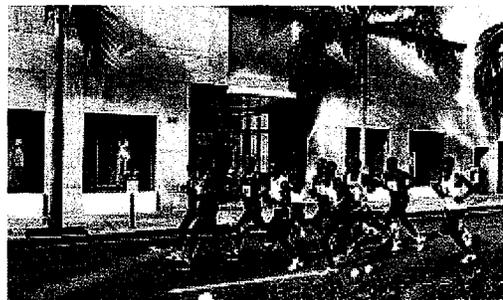
by Chris Owen

March 5, 2012

On Sunday, March 18, over 25,000 runners traveling from all over the planet compete in the 27th annual Honda LA Marathon. Over a million spectators are expected to watch on routes that pass some of LA's most famous landmarks. Starting in Dodger Stadium then following a route to Santa Monica, live bands and cheerleaders will be at mile markers throughout the race to entertain spectators and motivate runners. The event also features a number of events and new features, both before and after.

The Honda LA Marathon Expo, two days before the event, is the home of Participant Packet Pick-Up for all 25,000 marathon runners. The Expo is free, open to the public, and is held at Dodger Stadium.

The LA Big 5K, is a unique marathon experience and the official warm up race for the Honda LA Marathon. The race winds 3.1 miles and draws thousands of participants, many of whom are gearing up for the marathon the next day.



Later that night, runners will gather for the annual Carbo Load Dinner at another landmark along the Stadium to the Sea course: the Hard Rock Cafe Hollywood, located next to Grauman's on Hollywood Boulevard and adjacent to the Hollywood Walk of Fame.

The Honda LA Marathon Finish Line Festival is the final celebration for the 25,000 marathon runners and their families. On hand will be exhibitors showcasing the latest developments in sports, fitness, and nutrition. The festival is home to the post-race massage area as well as the Family Reunion area, ensuring that all marathon finishers and their families pass through after the race.

This year's 26.2 mile-long course, called "The Stadium to the Sea," will pass The Hollywood Walk of Fame, Grauman's Chinese Theatre, Sunset Boulevard and Rodeo Drive, then end at the beach by Santa Monica Pier where spectators will be watching on a huge, seaside bulletin board.

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TRAINING FOR THE L.A. MARATHON

Selecting a charity to benefit from run was late, but not too late

Part of an occasional series about a novice runner training for the L.A. Marathon.

By C.J. Lin Staff Writer

I'm kicking myself for not having done this sooner.

There are 31 official charities represented in the L.A. Marathon, all great causes.

There are the animal rescue groups such as Noah's Wish and Kitten Rescue.

Then there are a variety of charities aimed at finding cures for diseases — cancers, epilepsv, lupus,

Parkinson's, AIDS. And then there are groups focused on helping youths, the disabled, abused women, sexual assault victims.

So many to choose from.

So in an attempt to hopefully help more than one group, I've settled on the Peacock Foundation (peacockfoundation.org), a North Hollywood nonprofit which rescues animals and uses them in pet-assisted therapy for at-risk and traumatized youths, who often come

from low-income, broken or abusive families.

"We utilize the animals so kids can hear the stories and project their stories and kind of get some answers by talking about the animals and process some of the things they're going through," said Lisa Peacock, executive director. "That way, when they're talking about their stories, that'll take away their shame and guilt and some of the negative feelings they have in their past. It's a very safe way for them to process."

Peacock, who started the founda-

tion 10 years ago, found animals to be a spark for dialogue when she was going through tough times herself.

"Animals were really the things that enabled me to get through it without seeking things like drugs and sex," she said. "It was a wonderful outlet."

The organization now has 13 rescued and rehabilitated pets, including lizards, snakes and dogs, and has served more than 1,000 children in the last decade.

Needy animals and needy kids. It's a win-win.

I know I'm a little late picking a charity — there's only three weeks left until the big race — but I'm figuring every little bit helps. With the platform afforded me by this column, how could I not? At least this long, grueling journey will mean something more than just me getting in shape, learning to like running and taking on this huge physical challenge.

But for the first time in its 27-year history, things are about to get a little easier for those running

MARATHON A16

MARATHON

FROM PAGE A3

to support the official charities of the L.A. Marathon. Charitable runners can now run half the race and let a buddy finish the rest.

The relay will mean more runners can participate, such as recreational runners who won't have to run the whole thing, and let them raise more money for charity, according to Nick Curl, chief operating officer of the L.A. Marathon.

"The marathon relay will open the Honda L.A. Marathon to a wider group of people who want to challenge themselves and raise money for some very worthwhile causes," Curl said. "For those who always dreamed of running right down the middle of the Hollywood Walk of Fame, Sunset Strip and Rodeo Drive, but couldn't commit to training for and running the full 26.2 miles, this is a perfect opportunity to experience our world-class Stadium to the Sea course."

The relay handoff will be in Hollywood on Sunset Boulevard before the Sunset Strip.

That's where Ledys Lopez, of Sun Valley, will kick it over to her partner, Alex Yarza, a Hollywood High School student she's been mentoring.

The duo is running for SOSMentor's ShapeUp program. The organization is a Calabasas-based nonprofit that encourages healthy eating and fitness in underprivileged kids to fight obesity.

Lopez, 34, beat adult obesity by training for her first L.A. Marathon in 2010 in a walking group. She was 235 pounds and was a size 12-14. After the marathon, she weighed 180 and had dropped to a size 8-10.

Yarza also battled weight problems. Now,

he's a normal weight, healthy, and will be mentoring high school students of his own.

"Training for the 2010 L.A. Marathon allowed me to focus on my health, improved my self-esteem, and gave me an incredible sense of empowerment," Lopez said. "I am passionate about educating and encouraging young people like Alex to establish healthy habits that will last them a lifetime."

Then there are the unofficial charities such as the Keep A Breast Foundation's Non Toxic Revolution, which advocates prevention-based education for breast cancer by limiting the use of everyday products that may contain carcinogens, such as certain shampoos or cosmetics.

They're trying to raise \$50,000 for a rock climbing wall for their community center that they plan to build somewhere in downtown L.A. The center would serve as a base where newly diagnosed cancer patients and survivors could go get information on treatment, and get physically stronger through rock climbing.

"I think it'd be hard in this day and age to find someone who hasn't been affected by cancer," say Casey Cochran, who's running the 26.2 miles barefoot to raise awareness. "I think it's very, very much so environmental, it's what we're putting in and on our bodies."

So with all these great causes out there, please find a charity and give a little something.

Or if you want to show me and the Peacock Foundation a little love, you can donate at www.crowdrise.com/cjlin. Help me make this something more than just a tough run.

For a list of official charities, visit www.lamarathon.com/charities.

cj.lin@dailynews.com 818-713-3738
twitter.com/cjlindn



ASICS' apparel will be a part of Honda LA Marathon

December 26, 2011

ASICS America Corporation is proud to announce its partnership with the Honda LA Marathon as the official apparel and footwear sponsor. This will be ASICS' first sponsorship of the iconic "Stadium to the Sea" race that will take place Sunday, March 18, 2012.

This marks yet another ASICS' sponsorship of a major marathon worldwide, including the ING New York City Marathon, Tokyo Marathon and Paris Marathon.

The Honda LA Marathon is one of the four largest marathons in the U.S. and one of the ten largest worldwide. The "Stadium to the Sea" course runs through four cities – Los Angeles, West Hollywood, Beverly Hills and Santa Monica – and the federal VA property, taking runners past a highlight reel of sites starting at Dodger Stadium and including landmarks such as Grauman's Chinese Theater (mile 11.5), Sunset Strip (mile 14), Rodeo Drive (mile 17) and finishing at the Santa Monica Pier.

"We are extremely proud that ASICS has added the Honda LA Marathon to its world-class stable of races around the globe, including Tokyo, Paris and New York," says Nick Curl, Chief Operating Officer of the LA MARATHON LLC. "ASICS is a premier company with a tremendous track record in the running community. We look forward to working in partnership with ASICS in the coming years to take the Honda LA Marathon to even greater heights."

As the official apparel and footwear sponsor, ASICS has the opportunity to promote the partnership nationally and locally with media, as well as manufacture and sell co-branded licensed marathon merchandise. In addition, ASICS will integrate its activation marketing campaign into race week festivities.

"We are excited to be part of this growing race," says ASICS Vice President of Marketing, Erik Forsell. "The landscape of a city like Los Angeles will allow us to expand and demonstrate our marketing efforts like we do in New York and enable us to partner with the biggest marathons on the east and west coasts."

The "Stadium to the Sea" course debuted in 2010 with a record total of more than 26,000 participants. In 2011, Ethiopia's Markos Geneti shattered the course record by nearly two minutes, with a world-class time of 2:06:35.

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

Anima Sana In Corpore Sano, meaning "A Sound Mind in a Sound Body," is an old Latin phrase from which ASICS is derived and the fundamental platform on which the brand still stands. The company was founded more than 60 years ago by Kihachiro Onitsuka and is now a leading designer and manufacturer of running shoes, as well as, other athletic footwear, apparel and accessories.



Marathon training program seeking participants

By C.J. Lin

September 11, 2011

Runners, joggers and walkers from the San Fernando Valley planning the 26.2-mile trek for the 2012 L.A. Marathon can now get a leg up on the competition with a new training program that launched Saturday in Westlake Village.

The L.A. Roadrunners, the 20-year-old official training program of the L.A. Marathon, will be pacing and coaching runners - whether veterans or first-timers - every Saturday morning after meeting and setting out from Westlake Village City Hall.

Previously, the program operated out of Venice and Chino Hills.

"The L.A. Roadrunners program is an effective and fun way for all runners to train for the 2012 race, whether it's your first marathon or your 50th," said Coach Rod Dixon, a 1972 Olympic bronze medalist and winner of the 1983 New York City Marathon. "We take thousands of runners from the couch to the finish line, and help keep our trainees on track to meet their goals."

About 98 percent of Roadrunner trainees cross the finish line each year, from runners who can zip through a mile in seven minutes and 30 seconds, to walkers who can still complete the race within its eight-hour time limit, according to the group.

Trainees will be grouped based on their pace, and each week the group will up the running distance by one mile, and max out at 20 miles.

Nutritionists and physical therapists will also be on hand.

"It's easier when you have people here to assist you and to motivate you," said Kurt Garcia, a pace leader from Thousand Oaks.

For Garcia, who started running about three years ago, training for and finishing his first marathon was a life-changing experience.

He dropped 90 pounds, from 325 to 235, started eating healthy (and unhealthy when he feels like it since he can now afford to), met his fiancée through running, and has traveled the U.S. competing in destination marathons.

"Running gives you the confidence to do other things," said Garcia, 37, adding that the program has been a socializing and bonding experience. "You have a support group. People are looking forward to seeing you. It really makes it nice."

The 26-week program leads up to the March 18, 2012, race that will wind from Dodger Stadium to the Santa Monica Pier, taking runners through Chinatown, Little Tokyo, the Sunset Strip, Rodeo Drive and Hollywood.

The program costs \$240, which includes the price of marathon registration. For more information, visit www.laroadrunners.com.



Local training program to help runners prepare for marathon

By Alicia Doyle

September 8, 2011

For years during marathon season, Oxnard resident Rayna Drago would wake up before dawn each Saturday to drive to Venice to train with the LA Roadrunners in preparation for the LA Marathon.

"The Roadrunners program was in Venice and they wanted to find another area where people didn't have to travel so far to train so it made sense to launch a chapter in Westlake Village," said Drago, 38.

For the first time, the 26-week training program — the official training program for the Honda LA Marathon — is coming to the Ventura County area. Drago will lead the program at Westlake Village City Hall starting Saturday.

"LA Roadrunners started about 20 years ago for people to run together and train and it just grew and grew," said Drago, who has been involved with the program for about nine years. "It's structured and you go every week. It's the people who make it so amazing. You learn about the shoes you need, how you need to run, how you need to eat it's just so motivating. It changed my life."

Runners from Ventura County and the San Fernando Valley are expected to join the new Westlake Village chapter in preparation for the March 18, 2012, race. The group will meet for organized training runs at 7 a.m. each Saturday, until race weekend, in front of Westlake Village City Hall, 31200 Oak Crest Drive. An official kickoff will be at 9 a.m. Saturday.

Thousands of runners have already signed up for the 2012 marathon, which will once again feature the "Stadium to the Sea" route that takes runners from Dodger Stadium to the Santa Monica Pier, with sights including Chinatown and Little Tokyo, the Sunset Strip and Rodeo Drive, Walt Disney Concert Hall, Grauman's Chinese Theater and the Capitol Records building.

"The program can train even the most inexperienced runners and walkers to complete the 26.2 mile race, so we strongly encourage first-timers to come out and join us," said Ginger Williams, community relations director for the LA Marathon.

The training program is designed in such a way that everyone can take part — whether they're aiming for a fast sub-four-hour performance or plan to walk the race. Participants also benefit from a comprehensive training manual and calendar, as well as technique and nutrition advice. "We have a lot of beginners — sometimes more beginners than intermediate," Drago said.

The Westlake Village chapter will follow the same training program featured in Venice, but with personal flair, Drago added. "I'm hoping to incorporate some fresh ideas into the program this year, which might include anything from challenging trail runs to new partnerships with local organizations."

Paul Willett, 55, of West Hills ran the marathon last year. "I was interested in the L.A. Roadrunners but I couldn't make the first several meetings because I was out of town. So I just trained on my own, and that didn't work out so well." The location of the new chapter "makes it more convenient for me it's much easier for me to get out to Westlake Village. I'm looking forward to seeing what it can do to help me train."

Los Angeles Times

SPORTS

L.A. Marathon: Registration opens for 2012 race

By Bill Shaikin

August 1, 2011



Photo: Amy Hastings, left, who ultimately finished second, Buzunesh Deba, center, who ultimately finished first, and Mare Dibaba, right, who ultimately finished third, run together during the 2011 LA Marathon. Credit: Katie Falkenberg / Los Angeles Times.

Registration opened Monday for the 2012 Los Angeles Marathon. The race, set for March 18, features a course that starts at Dodger Stadium and finishes at the Santa Monica Pier, with runners passing such landmarks as Disney Hall, Grauman's Chinese Theatre and Rodeo Drive.

Markos Geneti of Ethiopia set a course record when he won this year's race in 2:06.35 -- in a driving rainstorm, no less.

Registration information is available at lamarathon.com. The site also includes information about the LA Roadrunners, a group that offers marathon training programs starting next month. First-time runners are welcome; the group promises to "get runners from the couch to the finish line."



Stadium To Sea: 2012 Honda LA Marathon Registration Is Open

By Lauren Lloyd

August 1, 2011



Start of 2011 Honda LA Marathon. Photo courtesy of Honda LA Marathon.

Runners, take your mark. Registration for the [2012 Honda LA Marathon](#) opened this morning. The 26.2 mile race is slated for Sunday, March 18, 2012.

Over 25,000 participants are expected for the third annual "Stadium to the Sea" route which starts at Dodger Stadium and ends at the Santa Monica Pier. The route boasts ample sightseeing spots like Grauman's Chinese Theater and Rodeo Drive.

"This is a world-class route that is fast and fun, whether you're an elite runner or a first-time marathoner," said LA MARATHON LLC Chief Operating Officer Nick Curl. "There's no better way to see Southern California than running the streets of Los Angeles from Dodger Stadium to Santa Monica, with so many great neighborhoods in between. Building on two years of experience with this fantastic course, the 2012 race is shaping up to be our best yet."

While the registration fee - \$145 - deems pricey, it covers more than just participation in the race. Also included in the fee is admission to a two-day pre-race expo at Dodger Stadium on March 16 and March 17, free runner shuttles to the race's starting point, on-course nourishment and support, access to the finish line festival, a race tee, a collectible finisher's medal and more.

The LA Marathon aims to raise \$4 million for charity in 2012. Runners may choose to race for the "I Run 4 Something" charity campaign.

Beginning on Saturday, September 10, LA Roadrunners, the marathon's official training program, invites participants to lace up and get out.

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MARATHON

For Immediate Release
August 1, 2011

Contact: Emily Heidt or Jason Greenwald
310/974-6680

Runners, Take Your Mark: Honda LA Marathon Kicks Off Registration for 2012 Race

First 1,000 registrants to receive 25 percent off coupon code from K-Swiss

Los Angeles – In Los Angeles, it's 26.2 miles to stardom. And runners can now secure their spots on the starting line by signing up for the 2012 Honda LA Marathon to be held on Sunday, March 18th. The race is expected to draw in excess of 25,000 participants for the third running of the marathon's wildly successful "Stadium to the Sea" route, which takes runners from Dodger Stadium to the Santa Monica Pier, with a highlight reel of sights in between: famous districts such as Chinatown and Little Tokyo; iconic areas including the Sunset Strip and Rodeo Drive; and noteworthy L.A. landmarks Walt Disney Concert Hall, Grauman's Chinese Theater, the Capitol Records Building and many more.

Following a successful 2011 race in which Ethiopia's Markos Geneti set a new race record of 2:06:35 despite wet weather, organizers anticipate an even larger and more diverse field of runners from across California, throughout the United States and around the world. Runners will reach the starting line as spring hits Los Angeles, enjoying an iconic course that takes advantage of Southern California's signature assets: beautiful beaches, palm tree-lined streets and countless sights along the way.

"This is a world-class route that is fast and fun, whether you're an elite runner or a first-time marathoner," said LA MARATHON LLC Chief Operating Officer Nick Curl. "There's no better way to see Southern California than running the streets of Los Angeles from Dodger Stadium to Santa Monica, with so many great neighborhoods in between. Building on two years of experience with this fantastic course, the 2012 race is shaping up to be our best yet."

Registration is open on the Honda LA Marathon's official website – www.lamarathon.com – as of Monday, August 1st at 9:00 a.m. PDT. The event's \$145 registration fee covers participation in the race and related activities, including admission to a two-day pre-race expo at Dodger Stadium (March 16-17), free runner shuttles to the race start, on-course nourishment and support, a spectacular finish line festival, a technical participant t-shirt, a collectible finisher's medal and much more.

As an added bonus, the first 1,000 runners to sign up for the 2012 race will receive 25 percent off Honda LA Marathon-branded gear from marathon sponsor K-Swiss. Details may be found at the marathon's website, and will be emailed to runners after they sign-up.

-more-

2/2/2 – LA Marathon Registration

In a concentrated effort to give back to the community, the marathon actively encourages runners to get involved with this year's "I Run 4 Something" charity campaign. Building on last year's success, the 2012 event anticipates the involvement of 70 official charities, with a collective fundraising goal of \$4 million. Thousands of runners lacing up for a cause will be assisted by actor and activist Edward Norton's Crowdrise.com, an innovative fundraising platform that makes it possible for runners to raise money for any qualified charity of their choosing. Registered runners – and anyone interested in donating – can visit crowdrise.com/HondaLAMarathon2012 to get started.

When runners register for the marathon, they may also sign up for the marathon's official training program, the LA Roadrunners, which begins on Saturday, September 10th. In preparation for the 2011 race, more than 1,500 people took part in LA Roadrunners, which features weekly group training runs, support and information. This year, the LA Roadrunners will add a new location in Westlake Village, building on its successful Venice Beach and Chino Hills programs. Those who sign up for both the race and LA Roadrunners receive a substantial discount on the training program.

The world-class "Stadium to the Sea" course debuted in 2010, and marked the first time the race had extended beyond the City of Los Angeles' boundaries. In so doing, it created a unique partnership among four cities—Los Angeles, West Hollywood, Beverly Hills, and Santa Monica—and the federal government at the Veterans' Administration property in West Los Angeles. Marathon officials intend to build on that partnership to create an ever-better experience in 2012 for participants, spectators, residents, businesses, and the non-profits that benefit from the race.

ABOUT LA MARATHON LLC

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

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MARATHON

For Immediate Release

September 7, 2011

Contact: Emily Heidt or Jason Greenwald

310/974-6680

LA Roadrunners Training Program Sets its Sights on Westlake Village; Hundreds Expected to Join in Anticipation of 2012 Honda LA Marathon

Ventura County, San Fernando Valley runners get comprehensive 26-week training program; designed for both first-time participants and experienced racers

LOS ANGELES – For years, Oxnard resident and marathon enthusiast Rayna Drago would wake up before dawn each Saturday during marathon season to drive all the way to Venice for training runs. As both a participant and then a pace leader for the LA Roadrunners, she would join hundreds of fellow runners preparing for the Honda LA Marathon. Now, for the first time, she doesn't need to leave the area. In fact, she barely needs to leave Ventura County.

Just over the border in Westlake Village, Drago will lead a training program of dozens of runners who together are opening the local chapter of the LA Roadrunners. For the first time, the 26-week training program – the official training program for the Honda LA Marathon – is coming to the area. Runners from Ventura County and the San Fernando Valley are expected to flock to it in preparation for the March 18, 2012 race.

The new Westlake Village chapter of the LA Roadrunners will meet each Saturday until race weekend in front of Westlake Village City Hall at 7:00 a.m. for organized training runs. An official kick-off will be held on September 10 at 9:00 a.m. LA Roadrunners is designed in such a way that everyone can take part – whether they're aiming for a fast sub-four-hour performance or plan to walk the race. Participants also benefit from a comprehensive training manual and calendar, as well as technique and nutrition advice.

"The launch of the new LA Roadrunners chapter here in Westlake Village is great news for local residents aspiring to run next year's marathon," said Drago. "We will be following the same great training program featured in Venice, but with our own personal flair. I'm hoping to incorporate some fresh ideas into the program this year, which might include anything from challenging trail runs to new partnerships with local organizations."

Drago is still solidifying plans for the upcoming training season, but wants to make a significant effort to become involved in the community over the next six months. Local businesses have already been in touch about setting up booths at the LA Roadrunners main meeting area. Drago has also reached out to Westlake Village's YMCA and Boys & Girls Club to begin conversations about volunteer opportunities and partnerships.

"We are going to be running through these streets every Saturday for the next 26 weeks, so I figure it's important for us to show our gratitude and give back to the community," said Drago.

-more-

2/2/2 – LA Roadrunners Launch

With this latest expansion, the LA Roadrunners program now includes programs in three different locations: Chino Hills, Venice and Westlake Village. Runners can sign up for the program at the same time they register for the marathon at www.lamarathon.com.

Registered participants also receive a specially designed LA Roadrunners K-Swiss training shirt. Those who sign up for both the race and LA Roadrunners receive a substantial discount on the training program.

“The LA Roadrunners program can train even the most inexperienced runners and walkers to complete the 26.2 mile race, so we strongly encourage first-timers to come out and join us,” said LA MARATHON LLC Community Relations Director Ginger Williams.

The LA Roadrunners program has successfully trained thousands of runners and walkers who want the satisfaction of completing the Honda LA Marathon. This year, as a result of tremendous interest, the program is expected to serve more participants than ever – more than 2,000 across the three locations. But runners must sign up before the program sells out.

Thousands of runners have already signed up for the 2012 Marathon, which will once again feature the wildly successful “Stadium to the Sea” route that takes runners from Dodger Stadium to the Santa Monica Pier, with a highlight reel of sights in between: famous districts such as Chinatown and Little Tokyo; iconic areas including the Sunset Strip and Rodeo Drive; and noteworthy L.A. landmarks Walt Disney Concert Hall, Grauman’s Chinese Theater, the Capitol Records Building and many more.

ABOUT LA MARATHON LLC

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LA MARATHON

For immediate release
September 7, 2011

Contact: Emily Heidt or Jason Greenwald
310/974-6680

Inland Empire Runners Start Their Journey to the Honda LA Marathon; Local Chapter of LA Roadrunners to Train First-Timers, Experienced Racers

Training program kicks off Sept. 10th as prep for "Stadium to the Sea" race in March

LOS ANGELES – For the past six years, Ken Itahara has joined hundreds of runners in Chino Hills each Saturday morning for long training runs in preparation for significant races. Now he's the program manager for the Inland Empire chapter of LA Roadrunners in Chino Hills, which will train nearly 200 runners for the 2012 Honda LA Marathon. Starting on September 10th, the 26-week training program is designed to get first-time runners from the couch to the finish line, and assist experienced runners in achieving a personal best.

"Our goal is to get every runner and walker to the starting line injury free, and then across the finish line," Itahara said. "This training program is a lot of fun and it works. I recommend it to everyone."

The LA Roadrunners program began in Venice, where more than 1,000 runners meet each weekend for group runs through the community. The Chino Hills location opened as an alternative for those runners who live in the Inland Empire or the Eastern part of Los Angeles County.

Itahara points out another benefit of the Chino Hills program: "We train on hills after two months, which really comes in handy. Hills come early in the race, and runners are so excited that they fly through them. Then it really catches up at about mile 20. Our runners, who are used to hills, tend to maintain their pace as the race goes along."

The course that Itahara is referring to is the world-class "Stadium to the Sea" route that takes runners from Dodger Stadium to the Santa Monica Pier, with a highlight reel of sights in between: famous districts such as Chinatown and Little Tokyo; iconic areas including the Sunset Strip and Rodeo Drive; and noteworthy L.A. landmarks Walt Disney Concert Hall, Grauman's Chinese Theater, the Capitol Records Building and many more.

LA Roadrunners is designed in such a way that everyone can take part – whether they're aiming for a fast sub-four-hour performance or plan to walk the race. As many as 15 pace groups will be formed in Chino Hills to give everyone a chance to find the right way to train. Given that the pace groups tend to be small – no more than 15 to 20 in each – the long training runs also instill a true sense of community.

The LA Roadrunners program now includes programs in three different locations: Chino Hills, Venice and Westlake Village. The LA Roadrunners in Chino Hills will meet at Butterfield Park (17671 Mystic Canyon Drive) at 8:00 a.m. each week. Runners can sign up for the program at the same time they register for the marathon at www.lamarathon.com. Registered participants also receive a specially designed LA Roadrunners K-Swiss training shirt. Those who sign up for both the race and LA Roadrunners receive a substantial discount on the training program.

-more-

The LA Roadrunners is the official six-month training program of the Honda LA Marathon, in which participants take part in weekly group training runs led by experienced pace leaders, and benefit from a comprehensive training manual and calendar, weekly guest speakers, as well as technique and nutrition advice.

“The LA Roadrunners program is an effective and fun way for all runners to train for the 2012 race, whether it’s your first marathon or your 50th,” said LA Roadrunners Coach Rod Dixon, an Olympic medalist and New York City Marathon champion. “We take thousands of runners from the couch to the finish line, and help keep our trainees on track to meet their goals. Each year we see about 99% of LA Roadrunners participants who start the race cross the finish line, many of whom reach a personal best.”

“The LA Roadrunners program can train even the most inexperienced runners and walkers to complete the 26.2 mile race, so we strongly encourage first-timers to come out and join us,” said LA MARATHON LLC Community Relations Director Ginger Williams.

ABOUT LA MARATHON LLC

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

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LA MARATHON

For Immediate Release
September 7, 2011

Contact: Emily Heidt or Jason Greenwald
310/974-6680

From the Couch to the Finish Line: More than 2,000 Expected to Join LA Roadrunners Training Program in Anticipation of 2012 Honda LA Marathon

**99 percent finish rate & choice of three locations for first-time participants & experienced racers;
26 weeks of training in Venice, Chino Hills or Westlake Village**

LOS ANGELES – For those with aspirations of crossing the finish line at the 2012 Honda LA Marathon, it's time to get moving. The LA Roadrunners will kick off their 26-week training schedule on Saturday, September 10, with a program that promises to be bigger and better than ever. A brand-new location in the West Valley is among the changes designed to help more than 2,000 runners get to the starting line – and the finish line – for the March 18 race.

The LA Roadrunners is the official six-month training program of the Honda LA Marathon, designed to serve a variety of runners (and walkers) – from first-time marathoners to veteran racers. During the six months leading up to the race, participants will take part in weekly group training runs led by experienced pace leaders, and benefit from a comprehensive training manual and calendar, weekly guest speakers, and technique & nutrition advice.

“The LA Roadrunners program is an effective and fun way for all runners to train for the 2012 race, whether it's your first marathon or your 50th,” said LA Roadrunners Coach Rod Dixon, an Olympic medalist and New York City Marathon champion. “We take thousands of runners from the couch to the finish line, and help keep our trainees on track to meet their goals. Each year we see about 99% of LA Roadrunners participants who start the race cross the finish line, many of whom reach a personal best.”

This year, the LA Roadrunners is building on its successful Venice Beach and Chino Hills/Inland Empire training programs and expanding into Westlake Village. Each Saturday morning, from September 10 until race weekend on March 18, 2012, runners will congregate at Westminster Avenue Elementary School (1010 Abbot Kinney Boulevard in Venice), Butterfield Park (17671 Mystic Canyon Drive in Chino Hills) and Westlake Village City Hall (31200 Oak Crest Drive in Westlake Village).

On September 10, the Venice program will host an official kick-off event at 8 a.m. in the Westminster Avenue Elementary School parking lot, to introduce participants to LA Roadrunners and cover the week-to-week breakdown of training runs and exercises. The mini-expo will include a line-up of speakers including Coach Dixon, along with a variety of booths for sponsors, local businesses and charities. Organized training runs will begin the second weekend of the program on Saturday, September 17.

The LA Roadrunners caters to participants of all experience levels. At the flagship Venice location, program participants can choose from 18 different pace groups for runners, walkers and run-walkers that range from a blistering 7:30 per mile (in which runners would finish in less than 3 hours, 17 minutes) to a more moderate pace that will enable walkers to complete the race just under the Marathon's time limit of eight hours.

-more-

2/2/2 – LA Roadrunners Launch

Runners can sign up for the LA Roadrunners program at the same time they register for the marathon, at www.lamarathon.com. Those who sign up for both the race and LA Roadrunners receive a substantial discount on the training program.

“The LA Roadrunners program can train even the most inexperienced runners and walkers to complete the 26.2 mile race, so we strongly encourage first-timers to come out and join us,” said LA MARATHON LLC Community Relations Director Ginger Williams. “This is a great opportunity for runners from all across Los Angeles to come together to prepare for one of the most spectacular races in the country, while making new lifelong friends.”

The LA Roadrunners program has successfully trained more than 50,000 runners and walkers who want the satisfaction of completing the Honda LA Marathon. This year, as a result of tremendous interest, the program is expected to serve more participants than ever – more than 2,000. But runners must sign up before the program sells out.

Thousands of runners have already signed up for the 2012 Marathon, which will once again feature the wildly successful “Stadium to the Sea” route that takes runners from Dodger Stadium to the Santa Monica Pier, with a highlight reel of sights in between: famous districts such as Chinatown and Little Tokyo; iconic areas including the Sunset Strip and Rodeo Drive; and noteworthy L.A. landmarks Walt Disney Concert Hall, Grauman’s Chinese Theater, the Capitol Records Building and many more.

ABOUT LA MARATHON LLC

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

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LA MARATHON

For Immediate Release

October 4, 2011

Contact: Emily Heidt or Jason Greenwald

310/974-6680

David Cook to Run the 2012 Honda LA Marathon in Honor of Brother

American Idol winner aims to crowd-source \$100,000 for brain cancer charity on Crowdrise.com

Los Angeles – American Idol champion David Cook announced today he plans to run his first marathon and launch a fundraising campaign to help find a cure for brain cancer, which claimed his brother's life two years ago. Cook says he hopes to raise \$100,000 leading up to the 2012 Honda LA Marathon on behalf of Accelerate Brain Cancer Cure (ABC²).

While the Honda LA Marathon will be Cook's first time completing 26.2 miles on foot, the musician is not new to running or the fundraising scene. Over the past three years, he ran the Race for Hope - DC 5K race to raise funds for ABC², a non-profit that provides researchers with the support they need to make critical breakthroughs, and the National Brain Tumor Society. Cook's older brother's struggle with brain cancer has provided him with the extra motivation to raise charitable funds for the cause while training for the marathon.

"Running a full marathon has always been a goal of mine, and I'm excited to commit to running the Los Angeles race in 2012," said Cook. "I'm looking forward to pushing myself physically, and to using the Marathon as an opportunity to raise money for a cause that is close to my heart. I felt an immediate connection to ABC² and the work that they do in the brain cancer field – I know that my fundraising efforts will give me that extra push I need to get across the finish line next March.

Cook will roll out his ambitious fundraising efforts on Crowdrise.com, the Honda LA Marathon's official fundraising platform launched by actor/activist Edward Norton in 2010. Beginning at 9:30AM PDT today, the first 50 people to donate \$26 to David's run for ABC² will receive an autographed photo. Backstage VIP passes, signed guitars and meet and greets will also be incentives offered during his six-month campaign for ABC².

On October 9th, Cook will embark on a national tour alongside Gavin DeGraw that kicks off at Penn State University. The pair will travel through the Midwest, California, down to Texas and then end their tour on November 11th in Athens, Georgia. Cook's Twitter updates and blog entries throughout his travels will direct concert goers and fans to his Crowdrise page and help raise awareness of his fundraising efforts in connection with the marathon.

Cook will join more than 25,000 other participants on March 18, 2012 for the third running of the marathon's successful "Stadium to the Sea" route, which takes runners from Dodger Stadium to the Santa Monica Pier, with a highlight reel of sights in between: famous districts such as Chinatown and

-- more --

2/2/2 – David Cook to Run Honda LA Marathon

Little Tokyo; iconic areas including the Sunset Strip and Rodeo Drive; and noteworthy L.A. landmarks Walt Disney Concert Hall, Grauman's Chinese Theater, the Capitol Records Building and many more.

To learn more about David Cook's charity campaign, visit:

<http://www.crowdrise.com/TeamABC2LAMarathon2012> or <http://www.crowdrise.com/davidcook>.

ABOUT LA MARATHON LLC

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ABOUT DAVID COOK

David Cook is touring in support of his most recent release ***This Loud Morning*** (19 Recordings / RCA Records), which came out on June 28th. The first single "The Last Goodbye" was met by rave reviews and Cook's second single "Fade Into Me" will be released to coincide with the tour. After winning the Idol crown in season 7, Cook went on to sell over 1 million copies of his self-titled debut album and set out on a yearlong nationwide tour in support of his multiple hit singles. Released on November 18th, 2008, *David Cook* (19 Recordings / RCA Records) entered the Billboard charts at #3 and the digital album charts at #1, marking the best debut from an American Idol winner since 2006. Collectively the songs from *David Cook* have sold over 2 million tracks and ringtones combined. Cook's coronation single, "The Time of My Life" was certified platinum and is not only the biggest single debut but the highest selling coronation single in the show's history.

For ticket information, visit www.davidcookofficial.com or www.davidcoektix.com.

ABOUT CROWDRISE

Crowdrise is a website dedicated to online fundraising, event fundraising, volunteering, and having the most fun in the world while doing it. In 2009, Edward Norton, Shauna Robertson and Robert and Jeff Wolfe created Crowdrise after an experiment with what turned out to be super unique and successful campaign to raise money for the Maasai Wilderness Conservation Trust during the New York City Marathon. They raised \$1.2 million in less than 8 weeks, much of it from small donors who gave more than once, making it one of the top fundraising success stories of the marathon. Crowdrise takes that experiment to a whole new level: an innovative web platform where millions of individuals use the best tools and technology to raise money for over a million different charities, while competing in fun and quirky challenges with unique incentives and prizes. Thousands of charitable organizations make Crowdrise their home for starting events, team fundraisers, and turning their base of grassroots supporters into a base of grassroots fundraisers.

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LA MARATHON

For Immediate Release
November 7, 2011

Contact: Emily Heidt or Jason Greenwald
310-974-6680

Pick a Charity, Pick a Friend & Join the Honda LA Marathon;

'Charity 2-Person Marathon' Makes its Debut

LOS ANGELES –For the first time in the race's history, the Honda LA Marathon is giving people a new way to experience 26.2 miles, in the form of a two-person relay. Runners will have the opportunity to join forces with a teammate to complete the full marathon distance, while raising money for one of the Honda LA Marathon's official charities supporting critical environmental, community and health-related causes.

Along with other participants in the 2012 Honda LA Marathon, the first team member will begin at Dodger Stadium and continue through Chinatown, Little Tokyo, Echo Park and Silverlake, passing landmarks including the Hollywood Walk of Fame, the Pantages Theatre, and Grauman's Chinese Theatre. The second runner will pass by the Sunset Strip, run down Rodeo Drive, and then finish on Ocean Avenue, just a few steps from the Santa Monica Pier.

There are several hundred entries available for the 2012 Charity 2-Person Marathon, and the only way to participate is through registering with one of the Honda LA Marathon's official charities, found online at www.lamarathon.com/charities/2-person-marathon. The combined entry fee of \$250 covers both members of the team, and fundraising minimums will depend on individual charity requirements.

"We are thrilled to launch the Charity 2-Person Marathon for the first time ever, offering a new way for runners to be a part of Marathon weekend," said LA MARATHON LLC Chief Operating Officer Nick Curl. "The Charity 2-Person Marathon will open the Honda LA Marathon to a wider group of people who want to be part of the festivities and raise money for some very important causes."

The inspiration for the Charity 2-Person Marathon came from Ben Fesagaiga, founder of Train 4 Autism, one of the Honda LA Marathon's official charities. Ben wanted to make the race more accessible to the general running community and enable charities to raise more money for important causes. He came to the Honda LA Marathon team with his pitch and it was enthusiastically received. Train 4 Autism brings together athletes committed to raising awareness and funds for autism research.

"My hope is that the creation of the Charity 2-Person Marathon will broaden the appeal of the Honda LA Marathon and show the running community across the country, and the world for that matter, what Los Angeles is all about," Fesagaiga said. "The LA I know and love is passionate about philanthropic causes, supporting charities, and putting others before themselves."

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Participants in the Charity 2-Person Marathon benefit from the Honda LA Marathon's partnership with Crowdrise. Crowdrise, founded by actor and philanthropist Edward Norton, utilizes cutting-edge ideas about crowd sourcing and combines them with the power of social networking to create a fun and captivating environment for fundraising and volunteerism. Every runner will set up a fundraiser on the 2012 Honda LA Marathon page at www.crowdrise.com/hondaLAMarathon2012 so they can reach out to a network of friends, family members and colleagues in a matter of minutes. Even those who are not running can take part – by supporting a friend who is running, or by setting up a fundraising page of their own. Race officials say the goal is to make it easy for runners, volunteers and other passionate supporters to raise money for their favorite causes.

“For those who always dreamed of running right down the middle of the Hollywood Walk of Fame, Sunset Strip and Rodeo Drive, but couldn't commit to training for and running the full 26.2 miles, this is a perfect opportunity to experience our world-class Stadium to the Sea course,” Curl said. “We encourage runners to find a great teammate, contact one of our participating charities and make history with us in 2012.”

ABOUT LA MARATHON LLC

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

ABOUT CROWDRISE

Crowdrise is a website dedicated to online fundraising, event fundraising, volunteering, and having the most fun in the world while doing it. Created by Edward Norton, Shauna Robertson and Robert and Jeff Wolfe, Crowdrise is an innovative web platform where millions of individuals use the best tools and technology to raise money for over a million different charities, while competing in fun and quirky challenges with unique incentives and prizes. Thousands of charitable organizations make Crowdrise their home for starting events, team fundraisers, and turning their base of grassroots supporters into a base of grassroots fundraisers. Learn more at www.crowdrise.com.

LA MARATHON

For Immediate Release

October 24, 2011

Contact: Emily Heidt or Jason Greenwald

310/974-6680

"26.2 Miles To Stardom Sweepstakes" Closes on Friday; Last Four Days to Enter

-- Honda LA Marathon Offers Exciting Prizes to Showcase a World-Class Route --

LOS ANGELES –With five unique prize packages on the line, now may be the most opportune time to lock in your registration for the 2012 Honda LA Marathon. Runners who register for next year's race before 11:59 p.m. on Friday, October 28th will be automatically entered to win star-worthy shopping sprees, hotel stays and meals from establishments along the marathon's "Stadium to the Sea" route.

The world-class "Stadium to the Sea" course debuted in 2010, and marked the first time the race had extended beyond the City of Los Angeles' boundaries. In so doing, it created a unique partnership among four cities—Los Angeles, West Hollywood, Beverly Hills, and Santa Monica—and the federal government at the Veterans' Administration property in West Los Angeles. The course now features a landmark every mile, with noteworthy sites including Walt Disney Concert Hall, Grauman's Chinese Theater and the Capital Records Building.

The "26.2 Miles to Stardom Sweepstakes" will feature prizes from the four cities along the course as well as one grand prize combo package. All runners who have signed up for the March 18, 2012 race since registration opened in July will be included in the sweepstakes. Winners will be notified via e-mail by Wednesday, November 2nd.

"What better way to showcase the highlight reel of landmarks and sights along our four-city course, than to offer our runners the opportunity to experience the finest qualities of these cities," said LA MARATHON LLC Chief Operating Officer Nick Curl. "All runners deserve the star treatment, so we encourage anyone considering participating in next year's race to register by Friday and enter to win."

The Los Angeles prize winner will enjoy a two-night stay at the four-star Millennium Biltmore Hotel located in the heart of Downtown Los Angeles. In addition, he or she will receive two tickets to the Honda LA Marathon's official "Carbo-Load Dinner" the night before the race at the Hard Rock Café Hollywood. The dinner will include guest speakers, entertainment and additional giveaways.

The West Hollywood prize winner will be picked up by a Honda car service and taken to BOA, one of the hottest restaurants in West Hollywood to enjoy dinner for two, valued at \$250. The Beverly Hills prize features a \$500 shopping spree on Rodeo Drive in Beverly Hills and the Santa Monica prize offers a personal shopper experience in the Santa Monica K-Swiss store. The lucky grand prize winner will receive a combination of all four city prizes.

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Registration is currently open on the Honda LA Marathon's official website – www.lamarathon.com .The event's \$145 registration fee covers participation in the race and related activities, including admission to a two-day pre-race expo at Dodger Stadium (March 16-17), free runner shuttles to the race start, on-course nourishment and support, a spectacular finish line festival, a technical participant t-shirt, a collectible finisher's medal and much more.

ABOUT LA MARATHON LLC

We inspire athletes and connect communities. With thousands of volunteers, tens of thousands of participants, and hundreds of thousands of spectators, the Honda LA Marathon is one of the largest organized road races in the country.

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News Release

Irvine, CA | December 22, 2011

ASICS SIGNS MULTI-YEAR PARTNERSHIP WITH HONDA LA MARATHON

ASICS America Corporation is proud to announce its partnership with the Honda LA Marathon as the official apparel and footwear sponsor. This will be ASICS' first sponsorship of the iconic "Stadium to the Sea" race that will take place Sunday, March 18, 2012. This marks yet another ASICS' sponsorship of a major marathon worldwide, including the ING New York City Marathon, Tokyo Marathon and Paris Marathon.

The Honda LA Marathon is one of the four largest marathons in the U.S. and one of the ten largest worldwide. The "Stadium to the Sea" course runs through four cities – Los Angeles, West Hollywood, Beverly Hills and Santa Monica – and the federal VA property, taking runners past a highlight reel of sites starting at Dodger Stadium and including landmarks such as Grauman's Chinese Theater (mile 11.5), Sunset Strip (mile 14), Rodeo Drive (mile 17) and finishing at the Santa Monica Pier.

"We are extremely proud that ASICS has added the Honda LA Marathon to its world-class stable of races around the globe, including Tokyo, Paris and New York," says Nick Curl, Chief Operating Officer of the LA MARATHON LLC. "ASICS is a premier company with a tremendous track record in the running community. We look forward to working in partnership with ASICS in the coming years to take the Honda LA Marathon to even greater heights."

As the official apparel and footwear sponsor, ASICS has the opportunity to promote the partnership nationally and locally with media, as well as manufacture and sell co-branded licensed marathon merchandise. In addition, ASICS will integrate its activation marketing campaign into race week festivities.

"We are excited to be part of this growing race," says ASICS Vice President of Marketing, Erik Forsell. "The landscape of a city like Los Angeles will allow us to expand and demonstrate our marketing efforts like we do in New York and enable us to partner with the biggest marathons on the east and west coasts."

The "Stadium to the Sea" course debuted in 2010 with a record total of more than 26,000 participants. In 2011, Ethiopia's Markos Geneti shattered the course record by nearly two minutes, with a world-class time of 2:06:35.

For more information on the Honda LA Marathon visit www.lamarathon.com.

ABOUT LA MARATHON LLC

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HONDA

MARATHON

For immediate release
January 5, 2012

Contact: Jason Greenwald or Heather Herndon
310/974-6680

Resolve to Run the 2012 Honda LA Marathon: Discount Pricing Ends Jan. 15th

Join Thousands of Runners on Iconic, Fast 'Stadium to the Sea' Course; Low Price Ends in 10 Days

Los Angeles – It's time to make good on those New Year's Resolutions. For a limited time, runners who commit to run the 2012 Honda LA Marathon will save \$10 by registering in time for discount pricing, which ends Jan. 15th. The Honda LA Marathon is expected to draw another great field of runners from throughout Southern California, across the nation and around the world.

The Honda LA Marathon, recently named Best Marathon in the West by the readers of Competitor Magazine, is one of the five largest marathons in the U.S. and one of the 10 largest worldwide. The iconic "Stadium to the Sea" course runs through four cities – Los Angeles, West Hollywood, Beverly Hills and Santa Monica – and the federal VA property, taking runners past a highlight reel of sites starting at Dodger Stadium and including landmarks such as the Hollywood Walk of Fame, Sunset Strip and Rodeo Drive, with the finish line just steps from the Pacific Ocean and the Santa Monica Pier.

Currently priced at \$145, the cost of the race will increase to \$155 on Jan. 16th. That price is in line with other major marathons around the country, such as New York, Boston and Chicago. The 2012 race will be held on Sunday, March 18th.

"Runners still have time to take advantage of discount pricing for another week and a half," said LA MARATHON LLC Chief Operating Officer Nick Curl. "Sign up now, cross it off your to-do list, and we'll see you at the starting line on March 18th."

Jan. 15th is also the deadline for two other perks: seeded corral placement and personalized bibs. Runners who have achieved a marathon finishing time of less than three, four or five hours since July 1, 2010 are eligible for placement into secure start areas that are designed to offer a quicker, smoother start for all runners. Participants must submit information via fax or email to be eligible.

All runners can have their name, nickname or other information printed on their race bib – which makes it easiest for fans to cheer them on during the race. A name or phrase of up to 11 characters can be requested prior to the Jan. 15th deadline. Runners who have already signed up may request corral placement and/or bib personalization until that same date.

"Every year, we strive to make the race-day experience even better," Curl said. "There's nothing better than hearing a crowd of spectators chanting your name as you turn the corner from San Vicente onto Ocean Avenue for the final stretch of the race. And with the corrals, we plan to give runners their best start ever."

-- more --

Honda LA Marathon Early-Bird Price Deadline

Jan. 5th, 2012

Page Two

The "Stadium to the Sea" course debuted in 2010, with a record total of more than 26,000 participants. In 2011, Ethiopia's Markos Geneti shattered the course record by nearly two minutes, with a world-class time of 2:06:35. The race is now the fastest marathon in the Western United States. For more race information, including a full list of landmarks & sights along the way, visit www.lamarathon.com.

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HONDA

MARATHON

FOR IMMEDIATE RELEASE
February 13, 2012

Contact: Jason Greenwald or Heather Herndon
310-974-6680

Brand-New Marathon Relay Draws Big Interest, Generates Compelling Stories Run 13.1 Miles for Charity; Start at Dodger Stadium or Finish on Ocean Avenue

LOS ANGELES, CA – With the Honda LA Marathon fast approaching, interest is running high for a brand-new event: the marathon relay. For the first time ever, two runners can join together in support of their favorite charity, with one person running the first half of the marathon course and the other completing it. Already, hundreds of teams are signing up for what promises to be one of the more memorable ways to experience the iconic Stadium to the Sea race course on race day, March 18th.

Many of those running have compelling stories – like Ledys Lopez. Two years ago, Lopez triumphed over adult obesity by training for her first marathon. This year, she will undertake the relay with Hollywood High School student Alex Yarza, who once suffered from childhood obesity and now speaks to elementary school students to encourage them to get in shape and stay healthy.

“Training for the 2010 Honda LA Marathon allowed me to focus on my health, improved my self-esteem, and has given me an incredible sense of empowerment,” Lopez said. “I am passionate about educating and encouraging young people like Alex to establish healthy habits that will last them a lifetime. And I’m proud to be running for an organization like SOS Mentor that does this work every day.”

SOS Mentor and many other charities are participating in the relay, giving interested runners plenty of good causes from which to choose. (A list of participating charities is available at www.lamarathon.com, and an appendix of stories from selected relay participants is attached.)

“With nearly five weeks left until the marathon, there is still time for recreational runners to increase their training and participate in the relay,” said LA MARATHON LLC Chief Operating Officer Nick Curl. “The marathon relay will open the Honda LA Marathon to a wider group of people who want to challenge themselves and raise money for some very worthwhile causes.”

Each relay runner will register and raise money for one of the Honda LA Marathon’s official charities, found online at www.lamarathon.com/charities/2-person-marathon. The combined entry fee of \$250 covers both members of the team, and fundraising minimums will depend on individual charity requirements. Each partner will receive a specially designed relay medal when they finish.

-- more --

Marathon Relay
February 13, 2012
Page Two

Taking their place at the starting line with other participants in the 2012 Honda LA Marathon, the first team member will begin at Dodger Stadium and continue through Chinatown, Little Tokyo, Echo Park and Silver Lake, passing landmarks including the Hollywood Walk of Fame, the Pantages Theatre, and Grauman's Chinese Theatre. The relay hand-off is located on Sunset Boulevard, just before the Sunset Strip, giving the second runner a scenic route toward Rodeo Drive, through the federal VA property, onto San Vicente Boulevard toward the finish on Ocean Avenue, just steps from the Santa Monica Pier.

"For those who always dreamed of running right down the middle of the Hollywood Walk of Fame, Sunset Strip and Rodeo Drive, but couldn't commit to training for and running the full 26.2 miles, this is a perfect opportunity to experience our world-class Stadium to the Sea course," Curl said. "We encourage runners to find a teammate, contact one of our great charities and make history with us in 2012."

ABOUT LA MARATHON LLC

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HONDA

MARATHON

For Immediate Release
February 29, 2012

Contact: Heather Herndon or Jason Greenwald
310-974-6680

CITY OF BEVERLY HILLS GOES THE DISTANCE TO SUPPORT MARCH 18th HONDA LA MARATHON

Local Activities Include a Cheer Zone, Cheer Alley comprised of over 600 local cheerleaders, Montage Beverly Hills Spa Package Giveaway, and Concern Foundation's Runner Support in this Glamorous Segment of the World-Class Stadium to the Sea Course

LOS ANGELES -- The City of Beverly Hills will pull out all the stops to cheer on and support runners in the Honda LA Marathon on Sunday, March 18. Runners who start the world-class "Stadium to the Sea" course at Dodger Stadium will arrive in Beverly Hills at mile 17 on their way to the finish line near the Santa Monica Pier.

"Beverly Hills is like no other city in the world, and its support for the Honda LA Marathon is a huge lift to the over 20,000 runners who will pass through the streets on March 18th," said LA Marathon LLC Chief Operating Officer Nick Curl. "The City of Beverly Hills, their elected officials, local businesses and residents have been generous and enthusiastic supporters of the Honda LA Marathon, and once again, they are coming through with a series of events that will make Beverly Hills one of the most memorable and energizing segments of the race."

"Beverly Hills is thrilled to partner with the Honda LA Marathon to showcase all that this internationally renowned city has to offer," said Beverly Hills Mayor Barry Brucker.

At the corner of Rodeo Drive and Dayton Way, marathon enthusiasts will line the entire world-famous Rodeo Drive retail corridor as part of the official Beverly Hills Cheer Zone. The cheer zone will not only provide a community gathering place for race spectators, but will also feature a collection of vendors hosting race-related exhibits, activities and giveaways. They will be entertained by local musicians while browsing booths of local businesses and sampling treats throughout the morning.

A little farther down the course, the Concern Foundation, an official marathon charity based in Beverly Hills, will take over both the southeast and southwest corners of Rodeo Drive and Little Santa Monica, welcoming runners with a big balloon arch spanning the street, music, volunteer cheerleaders with cowbells and pompoms, and water. Through their cheer zone participation and Team Concern runners, Concern Foundation is creating awareness of their non-profit organization dedicated to raising funds to support cancer research world-wide. Founded in Beverly Hills 44 years ago, Concern Foundation's fundraising efforts began on Rodeo Drive.

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2-2-2 Beverly Hills Supports the Honda LA Marathon

As runners leave Beverly Hills and head toward Mile 18, they will be greeted by more than 600 local middle and high school cheerleaders. Cheer Alley begins at South Santa Monica and Moreno Drive. The cheerleaders will not only cheer on runners as they head to the finish line, they will also be participating in a cheer competition for a \$2,500 prize, which will be awarded to the top three squads. Hosted by the Honda LA Marathon, the competition is open to teams of all ages and levels. Squads will be judged based on overall spirit, creativity, showmanship, uniform and banner display.

And one lucky Honda LA Marathon runner will be recuperating in style. Crowdrise.com, an online resource for fundraising, volunteering and having fun while supporting critical non-profit organizations, is offering a spa recovery package provided by Montage Beverly Hills as a prize to a Honda LA Marathon runner. The winner will enjoy a one-night stay at Montage Beverly Hills in a luxurious deluxe guestroom, including a 60-minute treatment of their choice at award-winning Spa Montage Beverly Hills.

Other prestigious hotels in Beverly Hills including The Beverly Hilton, Beverly Wilshire, L'Ermitage, Luxe Rodeo Drive, Montage Beverly Hills and The Peninsula are also supporting the marathon by securing blocks of rooms for runners and fans. Free shuttle transportation to and from the race will be available.

This year marks the third consecutive year that the Honda LA Marathon has raced through the City of Beverly Hills – and with the support of the city, its residents and merchants, it is sure to be the best one yet.

ABOUT THE HONDA LA MARATHON

The Honda LA Marathon gives runners and fans a unique way to experience the beauty and diversity of Los Angeles with the race's third year of the iconic Stadium to the Sea course. Runners will begin at Dodger Stadium and continue through Chinatown, Little Tokyo, Echo Park and Silver Lake, passing world-famous landmarks including the Hollywood Walk of Fame, the Pantages Theatre, Grauman's Chinese Theatre, the Sunset Strip and Rodeo Drive. The race ends on Ocean Avenue in Santa Monica, near the Santa Monica Pier. The energy, enthusiasm and entertainment to be found along the course is unparalleled.

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HONDA

MARATHON

FOR IMMEDIATE RELEASE
February 23, 2012

Contact: Jason Greenwald or Heather Herndon
310-974-6680

HONDA LA MARATHON ANNOUNCES IMPROVEMENTS TO CREATE AN EVEN BETTER RACE-DAY EXPERIENCE

Additional Storage Space and Security for Gear, Enhanced Traffic Management at Dodger Stadium, Increased Weather and Traffic Updates Are Among This Year's Enhancements

LOS ANGELES – The Honda LA Marathon's renowned "Stadium to the Sea" athletic experience will become even better this year, thanks to a slew of improvements that will enhance the race for athletes and spectators alike. Working with a range of specialists, the Marathon has enacted cutting-edge improvements in transportation, technology and race logistics to ensure the March 18th event is the best Honda LA Marathon yet.

The new changes will impact several areas of critical importance to participants and observers, from providing greater, more secure storage space for athletes' gear to improving traffic flow into Dodger Stadium for the Marathon's start. The enhancements reflect the ongoing commitment of race organizers to create a top-quality marathon experience for thousands of competitors, as well as hundreds of thousands of fans who will be cheering them on.

For the third consecutive year, Marathon runners will race from Dodger Stadium to the Pacific Ocean, passing many of L.A.'s world-famous landmarks along the way. The scenic and recognizable course makes the Honda LA Marathon one of the most distinctive road races anywhere in the world.

"Each year we have an opportunity to review race day operations and to respond to the needs of our runners. From a logistical standpoint, this is the best year ever to participate in the marathon," said LA MARATHON LLC Chief Operating Officer Nick Curl. "We've improved the organization and security of our gear check operation, worked with the Department of Transportation and Caltrans to ensure smooth traffic flow into Dodger Stadium, increased shuttle locations to the stadium, and we'll have more up-to-the-minute traffic and weather updates on race day. All of this means a more runner-friendly race."

Runners' gear that is checked at Dodger Stadium in the PODS Gear Check Zone before the start of the race will be monitored by security coordinators and then transported to the finish line in Santa Monica, where it will be retrieved in a secure runner-only area. The PODS Gear Check at

- more -

2-2-2 LA MARATHON IMPROVEMENTS

Dodger Stadium will close at 6:45 am to make sure that all belongings arrive at the finish line on time.

As part of an improved traffic system into Dodger Stadium, vehicles will be guided efficiently to a dedicated drop-off area and parking zone to help ensure the race starts on-time promptly at 7:24 am.

“Everyone knows that traffic is always an issue in Los Angeles, but this year the Marathon has taken steps to ensure that vehicles will be moving efficiently into Dodger Stadium for the start of the race,” said Curl. “We’ve been working with Caltrans and the Department of Transportation to ensure a smooth race morning.”

Even more free shuttle buses to the starting line at Dodger Stadium will also be available this year for runners who reserve a shuttle time at registration. The shuttles will be available from 2:30-5:30 am leaving Santa Monica and 5:15-6:15 am from Union Station. Official Marathon hotels located in Downtown L.A. and Beverly Hills will also offer free pre and post-race shuttles for runners who booked a stay with them.

Timely, accurate traffic and weather information are critical on race day. To help keep athletes and spectators informed, there will be more live updates and tweets on the AM 570 KLAC/FOX Sports LA broadcast beginning at 5:00 am, on the pre-race television broadcast on KTLA Channel 5 from 6:00-7:00 am, and during the four-hour KTLA race broadcast from 7:00-11:00 am. In addition, the Marathon’s social media channels will be updated throughout the day to provide key race information, as well as traffic and weather updates. Look for the Honda LA Marathon page on Facebook, or follow @lamarathon on Twitter.

ABOUT THE HONDA LA MARATHON

The Honda LA Marathon gives runners and fans a unique way to experience the beauty and diversity of Los Angeles with the race’s third year of the iconic “Stadium to the Sea” course. Runners will begin at Dodger Stadium and continue through Chinatown, Little Tokyo, Echo Park and Silver Lake, passing world-famous landmarks including the Hollywood Walk of Fame, the Pantages Theatre, Grauman’s Chinese Theatre, the Sunset Strip and Rodeo Drive. The race ends on Ocean Avenue in Santa Monica, near the Santa Monica Pier. The energy, enthusiasm and entertainment to be found along the course is unparalleled.

###

HONDA

MARATHON

FOR IMMEDIATE RELEASE

Contact: Betsy Hoffman and Jason Greenwald

310-974-6693

HOW TO FIND OUT WHICH STREETS WILL BE PACKED WITH RUNNERS—AND CLOSED TO TRAFFIC—DURING THE HONDA LA MARATHON ON MARCH 18th

Streets Closed on Race Course From Dodger Stadium to Finish Line in Santa Monica For Portions of March 18 to Create a Safe and Efficient Environment for the Runners and Spectators

LOS ANGELES – Marathon runners, their friends, families and other spectators will be taking to the streets on Sunday, March 18th for the Honda LA Marathon—and many of those streets will be closed for a portion of the day to create a safe environment in which to run and watch the famous race from Dodger Stadium to the Sea.

The Golden State Gate via the 5 Freeway will be the only entrance to Dodger Stadium for the 7:24 AM start of the race. As the runners race through the 26.2 mile course, spectators who want to follow the race at various points are encouraged to visit <http://www.lamarathon.com/event/course-map/> for a detailed course map and <http://www.lamarathon.com/community/street-closures/> for information on street closures, parking lots and other important race information to help them plan their viewing day. In addition, there will be live tweets about traffic and weather from KLAC-AM's live race day radio broadcast on Twitter @LAMarathonINFO.

“Participating cities have done a great job in ensuring that the course will provide a safe environment for the race, while minimizing the inconvenience to traffic,” said Honda LA MARATHON Chief Operating Officer Nick Curl. “They have compiled key information regarding street closures on their websites so that everyone will have a safe, smooth and fun race day.”

Detailed information for spectators can be found at the following city websites:

West Hollywood: <http://www.weho.org/index.aspx?page=23&recordid=626>

Beverly Hills: <http://www.beverlyhills.org/attractions/marathon/default.asp>

Santa Monica: <http://www.smgov.net/marathon/marathon.aspx>

ABOUT THE RACE: The Honda LA Marathon gives runners and fans a unique way to experience the beauty and diversity of Los Angeles. Now in its third year, the iconic Stadium to the Sea course starts at Dodger Stadium, goes through Chinatown, Little Tokyo, Echo Park and Silver Lake, and passes world-famous landmarks such as the Hollywood Walk of Fame, Grauman's Chinese Theatre, Sunset Strip and Rodeo Drive. The race ends on Ocean Avenue near the Santa Monica Pier. The energy, enthusiasm and entertainment along the course are unparalleled.

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HONDA

MARATHON

IMPORTANT STREET CLOSURE INFORMATION FOR HONDA LA MARATHON

RACE DAY ON MARCH 18

Streets Closed on Race Course From Dodger Stadium to Finish Line in Santa Monica For Portions of March 18 to Create a Safe and Efficient Environment for the Runners

The following are local area street closures:

Street closures near Dodger Stadium: Elysian Park Avenue will be closed from Dodger Stadium to Sunset Blvd. from 4:00 AM to 9:00 AM. Sunset Blvd. will be closed from Innes Avenue to Figueroa Street from 4:00 AM to 9:20 AM.

Street closures near Chinatown: Cesar Chavez Avenue will be closed from Bunker Hill to Alameda Street from 4:00 AM to 9:12 AM. Broadway will be closed from Cesar Chavez Avenue to Alpine Street from 4:00 AM to 9:35 AM.

Street closures in Downtown: Alpine Street will be closed between Hill Street and TBA from 4:00 AM to 9:35 AM. Spring Street will be closed from College Street to 2nd Street from 4:00 AM to 9:35 AM. Main Street will be closed from E. Cesar Chavez Avenue to 3rd Street from 4:00 AM to 9:50 AM. 1st Street will be closed from Hope Street to Alameda Street from 4:00 AM to 9:50 AM. Central Street will be closed from 1st Street to 3rd Street from 4:00 AM to 9:50 AM. 2nd Street will be closed from Alameda Street to Broadway from 4:00 AM to 9:50 AM. Grand Avenue will be closed from Cesar Chavez Avenue to 2nd Street from 4:00 AM to 10:05 AM.

Street closures in Echo Park: Temple Street will be closed from Alameda Street to Broadway from 4:00 AM to 10:20 AM. Edgewood Road will be closed from Temple Street to Boston Street from 4:00 AM to 10:20 AM. Bellevue Avenue will be closed from Sunset Blvd. to Glendale Blvd. from 4:00 AM to 10:20 AM. Glendale Blvd. will be closed from Temple Street to Sunset Blvd. from 4:00 AM to 10:40 AM. Sunset Blvd. will be closed from Echo Park Avenue to Virgil Avenue from 4:00 AM to 11:10 AM.

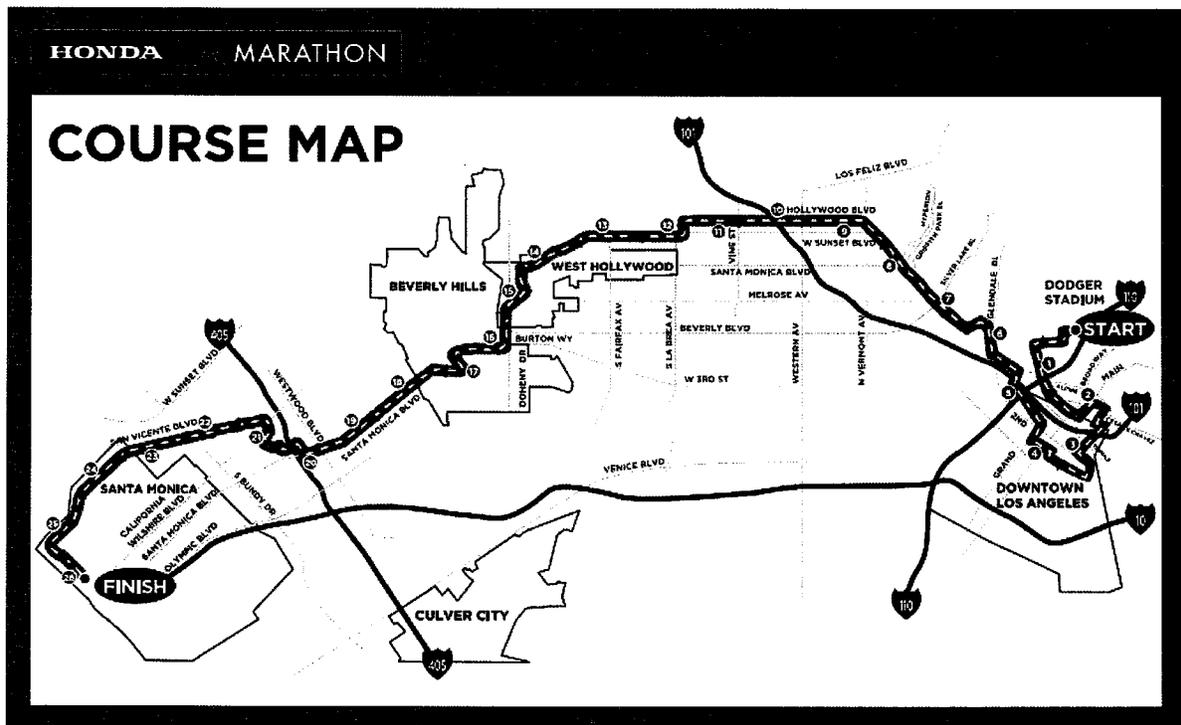
Street closures in Hollywood: Hollywood Blvd. will be closed Hillhurst Avenue will be closed to La Brea from 4:00 AM to 12 Noon. Orange Avenue will be closed from Hollywood Blvd. to Sunset Blvd. from 4:00 AM to 12 Noon.

Street closures in West Hollywood: Sunset Blvd will be closed from the eastern border of West Hollywood, just west of Crescent Heights, to Doheny from 5:00 AM to 12:45 PM; San Vicente Blvd. will be closed from Sunset Blvd. to Melrose Avenue from 5:00 AM to 1:00 PM; Santa Monica Blvd. will be closed from La Cienega Blvd. to the city's western border at Doheny from 5:00 AM to 1:00 PM; and Doheny Drive will be closed from Nemo Street to the city's southern border at Beverly Blvd. from 5:00 AM to 1:00 PM.

Street Closures in Beverly Hills: These streets will be closed from 5:00 AM to 1:00 PM. Doheny Drive will be closed from Beverly Blvd. to Wilshire Blvd. Burton Way will be closed from Robertson Blvd. to Rexford Drive, South Santa Monica Blvd. will be closed from Rexford Street to Sepulveda Blvd., Rodeo Drive will be closed from Santa Monica Blvd. to Wilshire Blvd, and Wilshire Blvd. will be closed from Beverly Drive to Santa Monica Blvd.

Street Closures in Santa Monica on race day include: San Vicente Blvd. is closed from Wilshire Blvd. to Ocean Avenue from 5:00 AM to 5:00 PM; San Vicente and 18th Street opens at 3:08 PM. Ocean Avenue is closed from San Vicente Blvd. to Pico Blvd. from 12:00 AM to 5:00 PM.

For a complete list of Street Closures on Race Day, please copy and paste the following URL into your browser's address bar: <http://www.lamarathon.com/community/street-closures/>



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HONDA

MARATHON

FOR IMMEDIATE RELEASE

Contact: Betsy Hoffman or Jason Greenwald
310-974-6680

MUSIC! CHEERING! FUN! HONDA LA MARATHON TO FEATURE MORE THAN 26 MILES OF ENTERTAINMENT ON MARCH 18

*More than 600 Cheerleaders, 32 Bands, Seven Entertainment Centers and 36 Charities to Line
the Course From the Stadium to the Sea*

LOS ANGELES, March 13, 2012— Runners in the Honda LA Marathon will know they're in the entertainment capital of the world as they encounter 32 bands playing a variety of music, more than 600 cheerleaders, seven entertainment centers and 36 official Marathon charities stationed all along the iconic Stadium to the Sea course on March 18th.

"Runners, spectators and fans of the Honda LA Marathon can count on more than 26 miles of some of the best entertainment this diverse city has to offer," said LA MARATHON LLC Chief Operating Officer Nick Curl. "We've put together an exciting line-up of bands, entertainment centers and cheering sections all along the course from the starting line to the finish line. We invite everyone to come out and experience the music, the energy and of course the excitement of the race itself. "

Some entertainment highlights include:

- **The Pussy Cat Dolls' Melody Thornton** will sing The National Anthem at Dodger Stadium at 7:18 AM, minutes before the race begins.
- When the race begins at Dodger Stadium, the **San Pedro High School Marching Band** will kick off the starting line festivities.
- At Mile 4, (1st and Grand Avenue), one of the most grueling hills of the race, the Japanese **Hongo Taiko Drummers** return to the Marathon for their tenth year to help runners power through this early challenge to the rhythm of their beat.
- At Mile 7, at the corner of Sunset Blvd. and Fountain Avenue, **Earlez Grille** will feature a reggae band and dancers. This marks their 9th year as part of the marathon.

- more -

2-2-2 HONDA LA MARATHON ON-COURSE ENTERTAINMENT

- **The Salvadorean Community** has been a part of the Honda LA Marathon for 15 years. They bring their popular musical entertainment to Mile 8 at Hollywood Blvd. and Prospect Avenue.
- At Mile 9 (Hollywood Blvd. and N. Western Avenue), **UDLA Sound System** will be marking its 22nd year in the Marathon, playing lively Latin music over their sound system.
- Live Christian music of all styles will be played on Sunset Blvd at North Martel Ave in West Hollywood by **Run To Win**, a partnership of local Christian churches and ministries serving Honda LA Marathon runners for the 17th year.
- There will be cheering, music and treats to sample at the official **Beverly Hills Cheer Zone** at the corner of Rodeo Drive and Dayton Way. The world famous Rodeo Drive retail corridor will not only provide a community gathering place for race spectators, but will also feature a collection of vendors hosting race-related exhibits, activities and giveaways. They will be entertained by local musicians while browsing booths of local businesses and sampling treats throughout the morning.
- A big balloon arch spanning the street, music, volunteer cheerleaders with cowbells and pompoms, and water await runners a little farther down the course on both the southeast and southwest corners of Rodeo Drive and Little Santa Monica, courtesy of **Concern Foundation**, a Honda LA Marathon official charity based in Beverly Hills. Through their cheer zone participation and Team Concern runners, Concern Foundation is creating awareness of their non-profit organization dedicated to raising funds to support cancer research world-wide.
- As runners leave Beverly Hills and head toward Mile 18, they will be greeted by more than 600 local middle and high school cheerleaders. **Cheer Alley** begins at South Santa Monica and Moreno Drive. The cheerleaders will not only cheer on runners as they head to the finish line, they will also be participating in a cheer competition for a \$2,500 prize, which will be awarded to the top three squads. Hosted by the Honda LA Marathon, the competition is open to teams of all ages and levels. Squads will be judged based on overall spirit, creativity, showmanship, uniform and banner display.
- The **USO** Stage at Mile 21 is located at Eisenhower Avenue and Dewey Avenue. The USO will feature a dance troop, bands, and a DJ as they return for their 4th year of participation.

- more -

3-3-3 HONDA LA MARATHON ON-COURSE ENTERTAINMENT

- As runners get to San Vicente and 21st Place at Mile 23, they will be re-energized by the sounds of the surf rock band **LA River Swim Team**, playing on the course for the first time. Further down on San Vicente at Ocean Avenue at Mile 24, the rock band **Core** will play for the seventh consecutive year.
- **For a complete list of Honda LA Marathon Entertainment**, please see attachment to this release.

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Final On Course Entertainment

3/12/12

Mile	Times	Intersection 1	Intersection2	Organization
Start	5:30am-8:30am	Dodger Stadium	Parking Area G	San Pedro Marching Band
1	6:30am-8:15am	Elysian Park Ave	Stadium Way	Big Hotel
1	6:55am-8:30am	Sunset Blvd	Everett	DJ Da1Stop
1	6:55am-8:30am	Sunset Blvd	Bellevue Avenue	Radio 100.3 The Sound
2	6:55am-8:45am	Spring St	Ord St	Radio 92.3
2		Broadway	Alpine St	Chinatown
2	6:55am-8:30am	Main St.	New High St	Bliss 53
3	6:55am-8:45am	Main St	1st St	Adam's Attic
4		1st St	Grand Avenue	The Hongo Taiko School
4	6:55am-9:00am	Temple Street	N Figueroa St	Radio KIIS - FM
5	7:00am-9:15am	Temple	Boylston	DJ Rock the Scene
5	7:00am-9:15am	Bellevue Ave	Bellevue Ave	KLVE 107.5
5	7:00am-9:15am	Bellevue Ave	Echo Park Ave	Twisted Gypsy
6	7:00am-9:45am	Glendale Blvd	Montrose Street	Radio 98.7
6	7:00am-9:45am	Sunset Blvd	N Benton Way	Thomas Kellner
7	7:15am-9:45am	Sunset Blvd	N Reno St.	DJ ProdiJay
7	7:15am-9:45am	Sunset Blvd	Santa Monica Blvd	Radio 103.5
7		Sunset Blvd	Fountain Ave	Earlez Grille
8		Hollywood Blvd	Prospect Avenue	Salvadoreans
8	7:15am-10:00am	Hollywood Blvd	N Edgemont St	Mary Lind Recovery Centers Choir
9		Hollywood Blvd	N Western Ave	Sound System-UDLA
10	7:30am-10:40am	Hollywood	Van Ness	Radio Power 106
10	7:30am-10:40am	Hollywood Blvd	Vine St	Flight2DaLight/Rory Seldon
11	7:30am-11:00am	Hollywood Blvd	Whitley Ave	WSS Street Team
12	7:30am-11:00am	Sunset Blvd	N La Brea Ave	Bassment Junkies/Senergy
12	7:45am-11:15am	Sunset Blvd	N Martel Ave	RunToWin
13	7:45am-11:15am	Sunset Blvd	N Crescent Heights Blvd	RunToWin
13	7:45am-11:15am	Sunset Blvd	La Cienega Blvd	RunToWin
14	8:00am-12:00pm	San Vicente Blvd	Hilldale Ave	RunToWin
15	8:00am-12:00pm	Doheny Drive	Melrose Ave	RunToWin
15	8:00am-12:00pm	Doheny Drive	Rosewood Ave	RunToWin
15	8:00am-12:00pm	Doheny Drive	Burton Way	RunToWin
16	8:15am-12:15pm	Burton Way	Elm Drive	RunToWin
17	8:15am-12:15pm	Wilshire Blvd	Roxbury Drive	Eagle Spirit Dancers
17		Rodeo Drive	Dayton Way	Beverly Hills Cheer Zone
16	8:15am-12:15pm	Wilshire Blvd	Little Santa Monica Blvd	FDR Rap Rock Band
18	6:00am-12:00pm	Little Santa Monica	Moreno Drive	Cheer Alley
18	8:30am-12:30pm	Santa Monica Blvd	S Ave of the Stars	The Blues Gypsies/Zen Boogie

Final On Course Entertainment

3/12/12

18	8:30am-12:30pm	Santa Monica Blvd	Holmby Ave	Coalcut Entertainment
19	8:30am-12:45pm	Santa Monica Blvd	Manning Ave	Drum Beats
19	8:30am-12:45pm	Santa Monica Blvd	Westwood Blvd	WTGNRTV1.com
19	8:30am-1:00pm	Santa Monica Blvd	Veteran Ave	Spirit Soul and Friends
19	8:30am-1:00pm	Santa Monica Blvd	Camden	Stunt Road
19	8:30am-1:00pm	Sepulveda Blvd	Ohio Ave	Ronny North/Felis
21		Eisenhower Ave	Dewey Ave	USO
21	8:45am-1:15pm	San Vicente Blvd	Barrington Ave	Ann Likes Red/Tommy Mora
22	9:00am-1:30pm	San Vicente Blvd	S Anita Ave	100 Up
23	9:00am-1:30pm	San Vicente Blvd	21st Pl	LA River Swim Team
23	9:00am-1:30pm	San Vicente Blvd	19th St	Radio 104.3
25	9:00am-2:00pm	San Vicente Blvd	Ocean Ave	Core

2012 Charity Course Support

Mile	Time	Location	Location	Name
2	6:30am-8:30am	Main St	Aliso St	Say No To Drugs*
5	6:45am-9:15am	Temple Street	Bixel	Ashinaga
6	7:00am-9:45am	Sunset Blvd	N Alvarado St	The Dream Center
7	7:15am-9:45am	Sunset Blvd	Silver Lake Blvd	Blind Children's Center
7	7:15am-9:45am	Sunset Blvd	Lucile Ave	Pablove Foundation
7	7:15am-9:45am	Sunset Blvd	Myra Ave	Armenian Relief Society
9	7:15am-10:15am	Hollywood Blvd	N Mariposa Ave	The Peacock Foundation
10	7:30am-10:40am	Hollywood Blvd	N Wilton Pl	CATS
11	7:30am-11:00am	Hollywood Blvd	N Wilcox Ave	St. Jude Children's Research Hospital
11	7:30am-11:00am	Hollywood Blvd	N Las Palmas Ave	MS Society
12	7:30am-11:00am	Sunset Blvd	N Alta Vista Blvd	YWCA Santa Monica-Westside
13	7:45am-11:15am	Sunset Blvd	N Laurel Ave	ARC
15	8:00am-12:00pm	Doheny Drive	Rangely Ave	Team to End Aids (T2)
15	8:00am-12:00pm	Doheny Drive	Alden Dr	Child S.H.A.R.E.
16	8:15am-12:15pm	Little Santa Monica Blvd	N Rodeo Dr	Concern Foundation
17	8:15am-12:15pm	Rodeo Drive	Brighton Way	Lupus LA
17	8:15am-12:15pm	Wilshire Blvd	Camden Drive	Livestrong
18	8:30am-12:30pm	Santa Monica Blvd	S Beverly Glen	Kitten Rescue
19	8:30am-12:45pm	Santa Monica Blvd	Prosser Ave	The Painted Turtle
19	8:30am-12:45pm	Santa Monica Blvd	Selby Ave	Beit T'Shuvah
19	8:30am-1:00pm	Sepulveda Blvd	Kelton Ave	Fulfillment Fund
19	8:30am-1:00pm	Santa Monica Blvd	Camden Ave	
20	8:30am-1:00pm	Ohio Ave	Bonsall Ave	Alliance for Children's Rights
21	8:45am-1:15pm	Dowlen Drive	Bonsall Ave	Rover Rescue
21	8:45am-1:15pm	Bringham Ave	San Vicente Blvd	Hirshberg Foundation
22	9:00am-1:30pm	San Vicente Blvd	Montana Ave (eastbound)	Girls on the Run-LA County
22	9:00am-1:30pm	San Vicente Blvd	S Canyon View Dr	Real Medicine Foundation
23	9:00am-1:30pm	San Vicente Blvd	S Bristol Ave	Connections for Children
23	9:00am-1:30pm	San Vicente Blvd	Moreno Avenue	Rebuilding Together
24	9:00am-1:45pm	San Vicente Blvd	16th St	Counseling 4 Kids
24	9:00am-1:45pm	San Vicente Blvd	Lincoln Blvd	Sojourn
25	9:00am-2:00pm	Ocean Ave	Georgina Ave	Meals on Wheels West
25	9:00am-2:00pm	Ocean Ave	Alta Ave	Team Parkinson

HONDA

MARATHON

FOR IMMEDIATE RELEASE

Contact: Betsy Hoffman or Jason Greenwald
310-974-6680

With Showers in Forecast, Honda LA Marathon Makes Rain Contingency Plans for Race Day & Offers Runners Tips For Wet Weather

Goal for Sunday: Keeping Thousands of Volunteers & Runners as Warm, Dry & Safe as Possible

LOS ANGELES, March 15, 2012 – With weather reports forecasting possible showers for race weekend, the Honda LA Marathon is offering advice for runners and making strategic contingency plans to help runners, volunteers and medical stations stay as dry and warm as possible if it rains on race day this Sunday, March 18.

Glenn Ault, M.D., associate dean of the Keck School of Medicine of USC and medical director for the Honda LA Marathon, offers a number of tips for running in the rain.

"Though the weather forecast changes daily, runners should be prepared for the event of rain to help keep them more comfortable during the race," said Ault. "While we can't control nature, there's a lot runners can do to minimize problems caused by wet weather."

Here are Dr. Ault's tips:

- Wear shirts made of "technical" fabric that wicks away moisture from the body. Avoid cotton, which soaks up moisture and gets heavy, and if you wear layers, choose light layers that you can shed during the race.
- Avoid cotton socks; wear socks of thin fabric that wick away moisture.
- Wear a trash bag or moisture repellent poncho while waiting for the race to begin; discard it when the race starts.
- Have a friend or family member bring dry clothes and dry socks for you to change into halfway through the race, and after the race.
- Wear a body lubricant or Vaseline to reduce blistering and chafing.
- Consider wearing a cap or jacket made of breathable fabric, and gloves if the air is cold.
- When running, avoid metal manhole covers and painted white lines on streets, which can become slick in wet weather.

"By following these simple tips, elite runners and recreational runners alike can ensure they have the best possible race experience no matter what the weather is like," said Ault.

- more -

2-2-2 HONDA LA MARATHON RUNNER TIPS AND RAIN CONTINGENCY PLANS

Race officials have made extensive preparations for the possibility of rain and will update their contingency plans as race preparation continues.

“We’re confident that by coordinating our efforts with the Fire Departments in all four jurisdictions and Keck Medical Center of USC, we’ll have enough equipment and support to keep our runners, volunteers and medical personnel as dry, warm and comfortable as possible on race day,” said LA MARATHON LLC Chief Operating Officer Nick Curl. “Whatever the weather brings on Sunday, we’re working to make this year’s race the best one yet.”

Rain contingency preparation includes the following:

- 10,000 plastic trashbags have been ordered for runners to “wear” if needed. 5,000 will be placed at the start line and 200 will go to each of the 25 water stations.
- In addition to the 23,000 mylar blankets or heatsheets at the finish line for participants, 200 heatsheets will go to each of the 10 medical stations, 500 heatsheets will go to the finish line medical stations and additional heatsheets will be sent to the warming buses in Santa Monica.
- 18 shuttle buses will be on reserve for the finish line in Santa Monica, there will be warming buses located on Colorado with water for each bus and additional buses will follow the last runners to be staged at medical stations along the course as warming buses.
- Runner vans are available for miles 6-23 for runners who do not need medical attention, but want to drop out of the race.
- Warming buses will be stationed at all 10 course medical stations.
- 6,000 rain ponchos have been ordered for volunteers.
- Heaters will be located at the finish line medical stations.
- Buses for the relay exchange at Mile 13 will stay on site so those waiting for the exchange can stay dry.
- 18 EZ Up Tents have been ordered to help shelter the gear check areas.

3-3-3- HONDA LA MARATHON RUNNER TIPS AND RAIN CONTINGENCY PLANS

- Additional areas of Dodger Stadium will be open for shelter and the Expo tents will remain in place on Sunday as additional shelter in Lot 6.

To further plan for wet weather, the Honda LA Marathon is working closely with the Santa Monica Fire Department, which has jurisdiction at the finish and Los Angeles City Fire Department, which has jurisdiction at the start and through much of the course, as well as LA County Fire and the Beverly Hills Fire Department. Keck Medical Center of USC physicians and medical staff will have medical tents at strategic locations along the course, at the finish line, post finish area and family reunion area. Also, the American Red Cross is working with the Santa Monica Fire Department to provide blankets and first aid in Santa Monica.

ABOUT THE RACE: The Honda LA Marathon gives runners and fans a unique way to experience the beauty and diversity of Los Angeles. Now in its third year, the iconic Stadium to the Sea course starts at Dodger Stadium, goes through Chinatown, Little Tokyo, Echo Park and Silver Lake, and passes world-famous landmarks such as the Hollywood Walk of Fame, Grauman's Chinese Theatre, Sunset Strip and Rodeo Drive. The race ends on Ocean Avenue near the Santa Monica Pier. The energy, enthusiasm and entertainment along the course are unparalleled.

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HONDA**MARATHON***Elite Race Results Summary**Sunday, March 18, 2012 • Los Angeles, California*

<i>Top Men:</i>	<i>Age</i>	<i>From</i>	<i>Time</i>	<i>Pace</i>	<i>Prize</i>
1. Simon Njoroge, Kenya	31	Iten	2:12:12	5:02	\$25,000 + Honda CR-V
2. Weldon Kirui, Kenya	23	Kericho	2:13:40	5:06	\$12,500
3. Stephen Muange, Kenya	30	Ngong	2:15:35	5:10	\$10,000
4. Hailu Seifu, Ethiopia	25	Addis Ababa	2:17:49	5:15	\$5,000
5. David Mandago, Kenya	33	Kapsabet	2:18:43	5:17	\$2,500

<i>Top Women:</i>	<i>Age</i>	<i>From</i>	<i>Time</i>	<i>Pace</i>	<i>Prize</i>
1. Fatuma Sado, Ethiopia	20	Addis Ababa	2:25:39	5:33	\$25,000 + Honda CR-V
2. Misiker Mekonnin, Ethiopia	25	Albuquerque, NM	2:28:09	5:39	\$12,500
3. Yeshimebet Tadesse, Ethiopia	23	Addis Ababa	2:30:46	5:45	\$10,000
4. Iwona Lewandowska, Poland	27	Lochocin	2:31:17	5:46	\$5,000
5. Tetyana Mezentseva, Ukraine	40	Donetsk	2:31:20	5:46	\$2,500

Challenge

Starting with a 17:31 advantage, Sado won the Challenge and \$100,000, finishing 4:04 ahead of Njoroge.

Wheelchair

<i>Men:</i>	Krige Schabort	48	Cedartown, GA	1:39:53	3:48	\$2,500
<i>Women:</i>	Shirley Reilly	26	Tuscon, AZ	1:57:09	4:28	\$2,500

HONDA

MARATHON

Men's Elite Field Race in Review
Sunday, March 18, 2012 • Los Angeles, California

<i>Mile</i>	<i>Description</i>
Start	The men's race started on time at 7:29 a.m. The weather was 45 degrees with 84% humidity. Winds were out of the WNW at 2 mph. Nearly 23,000 were running in today's race, the 8 th highest total in Los Angeles Marathon history. Elias Kemboi led the elite pack of 10 runners as they made their way down Elysian Park Avenue onto Sunset Boulevard.
1	Kemboi led the first mile with a time of 5:06. Gudisa Shentema was in second and Teodoro Vega ran in third place as they made their way down Sunset.
2	Moving down Broadway, Kemboi continued to lead with an overall time of 10:06. Vega moved up to second with Shentema close by in third place in the lead pack of eight runners.
3	As they turned onto 1 st Street, Vega took the lead with a time of 14:48. Kemboi fell back into second place and David Mandago moved into third place as the men's group stayed tightly packed in a group of eight runners.
4	Vega continued to lead on Central Avenue with a time of 19:48. Mandago improved to second place and Stephen Muange moved into third place.
5	The pack of eight elite runners moved past The Music Center onto Grand Avenue, with Vega leading the pack with an overall time of 24:59. Mandago continued in second place with Dereje Yadete climbing into third place.
6	After passing the Echo Park Reservoir on Glendale Boulevard, Vega continued to lead pack with a time of 30:03 with Mandago and Yadete running second and third.
7	Moving back onto Sunset Boulevard, Mandago took the lead briefly at the 34:51 mark followed by Vega and Yadete.
8	Continuing down Sunset, Vega took the lead back in the pack of eight with a time of 39:45. Yadete moved up to second place with Mandago slipping to third.
9	As the elite runners entered Hollywood Boulevard, Vega still led the elites with an overall time of 44:53. Muange moved back up into second place and Mandago continued in third, shedding his undershirt during this mile.
10	Continuing on Hollywood Boulevard, Vega continued to lead with a time of 49:57. Yadete moved up to second with Mandago maintaining his third place position.

2012 HONDA LA MARATHON MEN'S RACE IN REVIEW, page 2

<i>Mile</i>	<i>Description</i>
11	Vega remained in the lead with an overall time of 55:02. Mandago moved up into second place and Simon Njoroge climbed into third on Hollywood Boulevard.
12	With the elite pack of eight coming back onto Sunset Boulevard, Vega maintained his lead with a time of 1:00:06 with Yadete in second and Mandago in third. The pack continued their average 5:00 mile pace.
13	At Sunset Boulevard near Fairfax Avenue, Vega continued his lead at 1:05:25. Muange moved up to second place and Kemboi climbed back into third place. At the halfway mark of 13.1 miles, it continued to be Vega, Muange and Kemboi at 1:05:57 continuing their average 5-minute mile pace.
14	On Sunset Boulevard, the lead pack started to string out a bit with Vega falling off the lead pack pace. Njoroge took over the lead with an overall time of 1:10:15 followed by Yadete and Mandago.
15	With the lead pack now at six runners, they moved into West Hollywood with Weldon Kirui taking over the lead with a time of 1:14:36. Kemboi moved up to second place with Mandago maintaining third place. Kirui ran the 15th mile in a reported 4:21.
16	In Beverly Hills on Burton Way, the elite men's race became a two-man contest. Njoroge took over the lead with a time of 1:19:33. Kirui maintained pace in second place with a time of 1:19:34.
17	On Rodeo Drive in Beverly Hills, Njoroge and Kirui were one and two, respectively, with an overall time of 1:24:00. They ran this mile in 4:27.
18	Njoroge continued to lead as they exited Beverly Hills on Santa Monica Boulevard with a time of 1:28:57. Kirui was running right behind Njoroge. The mile pace slowed to 4:57.
19	On Santa Monica Boulevard near Westholme Avenue, Njoroge continued to lead with an overall time of 1:33:45. Kirui continued to keep pace in second place.
20	Moving onto Sepulveda Boulevard, Njoroge and Kirui continued to run one and two, respectively, with a time of 1:38:45.
21	While on the Veteran's Administration property, Njoroge led with a time of 1:44:05. Kirui was in second place, keeping pace with Njoroge.
22	Njoroge looked to break Kirui as they exited the V.A. property and on San Vicente Blvd., he improved his lead with an overall time of 1:49:09. Kirui slipped to second with a time of 1:49:20.
23	Continuing on San Vicente past Bristol Avenue, Njoroge continued to lead with an overall time of 1:54:28. Kirui maintained his second place position with a time of 1:54:50. In third place was Muange with a time of 1:55:15.

2012 HONDA LA MARATHON MEN'S RACE IN REVIEW, page 3

<i>Mile</i>	<i>Description</i>
24	Njoroge ran a 5:22 mile moving into Santa Monica, with a time of 1:59:50. Kirui continued in second place with a time of 2:00:32.
25	In Santa Monica on San Vicente Boulevard, Njoroge maintained his lead with a time of 2:05:15.
26	Moving onto Ocean Avenue, Njoroge was all alone with an overall time of 2:10:54.
Finish	Simon Njoroge won the 27th Honda LA Marathon with a time of 2:12:12.

HONDA

MARATHON

Men's Elite Post-Race Notes & Quotes *Sunday, March 18, 2012 • Los Angeles, California*

Notes:

- (1) Simon Njoroge of Kenya won the 27th Honda LA Marathon in a time of 2:12:12, making him the 11th different Kenyan male to win the race. Kenyan men have won 13 of the last 15 Honda LA Marathons.
- (2) Njoroge, 31 years old, won his 7th marathon in 17 tries, and has won six of the last nine marathons he has entered. Simon has finished every marathon he has entered, never finishing lower than 8th place. He also won the Niagara Falls Marathon in 2006, giving him marathon wins on both coasts.
- (3) Njoroge won the first place prize of \$25,000 and a 2012 Honda CR-V AWD EX-L with an MSRP of \$29,795.
- (4) Weldon Kirui of Kenya came in second place with a time of 2:13:40. He won \$12,500. Stephen Muange of Kenya came in third place with a time of 2:13:50 and won \$10,000. Hailu Seifu of Ethiopia came in fourth place with a time of 2:15:35 and won \$5,000. David Mandago of Kenya came in fifth place with a time of 2:17:49 and won \$2,500.
- (5) The 27th Honda LA Marathon had nearly 23,000 entrants making it the 8th largest field in the history of the event.

Quotes from 1st-place finisher: Simon Njoroge (Kenya)

First, I would like to thank God for giving us this opportunity. I thought that the weather was good, but during the last few kilometers it was very cold. From the first kilometer, we tried to push the pace up to try to catch the girl's leader. When I knew that I could not catch her, I tried to go with Weldon (Kirui). We worked back and forth until the 22-mile mark when I went for the win, because we could not catch the ladies. Thank you.

The weather was not so bad at the start, but at the end, for the last six miles, it was very cold, but I was happy that I won.

For my next race, I will be deciding with my trainer and my manager where I will be running next.

Quotes from 2nd-place finisher: Weldon Kirui (Kenya)

I would like to thank you for the opportunity to come to participate in the Los Angeles Marathon. In fact, the course was very nice, and the weather was very nice. In the last few miles, I was having a problem in my [right] leg. Then I tried to come with my best attempt to stay with my friend (Njoroge), but because of the problem with my leg, I was not able to stay with him.

The last six miles were very cold, which was very hard.

HONDA

MARATHON

Women's Elite Field Race in Review
Sunday, March 18, 2012 · Los Angeles, California

<i>Mile</i>	<i>Description</i>
Start	The women's race began at 7:11.29 a.m. Belainesh Gebre took the early lead followed by remaining elite eight. Gebre was followed closely by Salomie Getnet and Fatuma Sado.
1	Continuing on Sunset Blvd., the runners reached the mile mark lead by Gebre (5:51) followed closely by Sado and Tadesse with the remaining elite runners closely behind.
2	Gebre (11:04, a 5:13 split) picked up the pace on Broadway and continued to lead with Sado and Tadesse closely behind.
3	Gebre led to the 3 rd mile (16:33, 5:32) As they passed the 3 rd mile on 2 nd Street, going up a slight rise, Sado took the lead.
4	As the women got to 1st Street, Mekonjian charged up the hill followed closely by Tadesse, who then passed Mekonjian going up the hill. Tedesse (22:05, 5:30 split) led as the lead continued to change between Tadesse, Sado, Mekonjian, and Gebre with Lewandowska and Lagat closely following.
5	By the 5-mile mark, six women were tightly packed together with Sado leading. In the Silver Lake area, the runners ran in a file and began to separate. Sado (27:57, 5:52) led with Gebre steps behind. As they reached the plateau, Sado continued to open the lead.
6	As they passed the reservoir in Echo Park, Sado continued to lead pulling Gebre and Tadesse to break away from the pack. Sado (33:20, 5:33 split) continued to lead at Glendale Blvd. and Santa Ynez Street followed by Gebre and Tadesse.
7	Sado charged down Sunset, opening the lead. As they closed on Sunset and Silver Lake, Gebre and Tedesse surged to catch Sado, reaching the seven mile mark at 38:42(5:22 split). Gebre retook the lead at the seven-mile mark with Sado and Tadesse staying close.
8	Closing in on the eight-mile mark Sado moved up again to lead and pushed the pace. Continuing on Sunset, and as they passed the eight-mile mark, Sado's pace slowed a little to a 5:40 pace hitting a 44:22 split.
9	Moving down Hollywood Blvd., the pack of Sado, Gebre, and Tadesse ran together, lengthening the lead over the next group of elite runners by 500 to 600 meters. Sado lead Gebre and Tadesse to a 50:01 time and 5:39 split.

2012 HONDA LA MARATHON WOMEN'S RACE IN REVIEW, page 2

<i>Mile</i>	<i>Description</i>
10	The clouds opened and the sun began to shine, and so did Sado, who surged with a 5:26 mile to a 55:27 time for the 10-mile mark. Sado and Gebre began to increase their lead over Tadesse and the rest of the pack.
11	Pushing the pace down Hollywood Blvd., Sado continued to move at a fairly consistent pace crossing the 11-mile mark at 1:00:55 (5:28 split). Gebre stayed close as Tadesse began to fall back.
12	Moving into West Hollywood, heading to Orange Drive, Sado widened her lead over Gebre. As Sabo headed down Sunset Blvd., she continued to open a lead over Gebre and the other elite runners by running a 5:12 mile. Sabo crossed the 12-mile mark at 1:06:07 with Gebre following.
13	Sado continued to open the distance on the rest of the pack. Continuing on Sunset all alone, Sado crossed the 13-mile mark at 1:11:45 (5:38 split). At the half way point, Sado's time was 1:12.24, with about 100-meter lead on Gebre.
14	Passing the 14-mile mark (1:18.57, 5:33 split) and heading down San Vicente Blvd., Sado continued to stretch the lead onto Santa Monica Blvd in West Hollywood. Passing Bristol Farms and heading to Burton Way, Sado continued to look strong.
15	Increasing her pace to a 5:05 split, Sado surged to a 1:22:23 time at the 15-mile mark. Gebre maintained second place about 9/10 of a mile back.
16	Heading down Burton Way in Beverly Hills, Sado continued to look strong and recorded a 1:27:21 time (4:58 split).
17	Continuing down Rodeo Drive in Beverly Hills, Sado came by all alone at 1:33:32 (6:11 split).
18	Sado continued to look strong and steady through Beverly Hills, on to Century City, reaching the 18-mile mark at 1:39.17 (5:42 split).
19	Heading out of Century City down Santa Monica Blvd., Sado continued to run strongly. She maintained a steady pace passing the Mormon Temple, coming up to the 19-mile mark at 1:44.48 (5:34 split).
20	At Veterans Administration on Bonsoll Ave., Sado tackled the rise alone, slowing slightly to take water. As Sado moved onto Eisenhower Ave., she began to pick up her pace again crossing the 20-mile mark at 1:50.30 (5:42 split).
21	Challenged by the incline, Sado exited the Veterans Administration heading down San Vicente in Brentwood and toward the ocean, passing the 21-mile mark at 1:56.35 (6:05 split).

2012 HONDA LA MARATHON WOMEN'S RACE IN REVIEW, page 3

<i>Mile</i>	<i>Description</i>
22	Continuing down San Vicente and under the shade of the trees, Sado picked up her pace, crossing the 22-mile mark at 2:02.25 (5:50 split).
23	Coming down San Vicente all alone, Sado continued to look strong. Crossing into Santa Monica, she came by the 23-mile mark at 2:08.16 (5:51 split).
24	Sado continued to drive down San Vicente with no other runners in sight. Sado looked strong as she passed the 24-mile mark with a time of 2:13.54 (5:38 split).
25	Looking strong, Sado continued down San Vicente, driving downhill to the ocean and mile 25 at 2:19.13. The last mile was a quickened pace and a 5:19 split.
26	Looking back for the men, Sado continued to drive and push the pace. Rolling down Ocean Avenue, she continued to the finish driving past the 26-mile mark at 2:24.33 (5:20 split).
Finish	Flying to the finish, Sado took both the Women's and Challenge titles with a time of 2:25.39. Mekonnin came through finishing a distant second for both the Women's and the Challenge races. Sado won the Challenge by an impressive 4:04.

HONDA

MARATHON

Women's Elite Post-Race Notes & Quotes *Sunday, March 18, 2012 • Los Angeles, California*

Notes:

- (1) Fatuma Sado (1st, 2:25:39), recorded a personal best in achieving the 4th-best performance in the history of the Honda LA Marathon's women's division. Her previous best was 2:28.01 in the 2011 Istanbul Marathon. In the four marathons she has run, she placed no lower than second.
- (2) Sado won a total of \$149,795 in prizes including a 2012 Honda CR-V AWD EX-L and \$100,000 for winning the Honda LA Marathon Challenge.

Quotes from 1st-place finisher: Fatuma Sado

Thank you very much, the race was good. When I started I had a little pain in the front of my left leg. I pushed myself and felt okay but toward the end the pain came back. The weather was cold when I started and at the end it was windy; that is why I did not get so good a time. It was also hard to figure out my time, because I am not used to miles; I train in kilometers.

At the end I was looking back for the men (for the Challenge).

I am successful running marathons because I train with the elite Ethiopian marathoners. I have not decided on my next race. My coach will decide my next race.

Quotes from 2nd-place finisher: Misiker Mekonnin

Thank you LA Marathon. I had a good training period for the race. I tried to go out with the leaders but I had back pain in the first miles. I felt better after 10 miles, and picked up the pace. There was good weather, but windy at the end.

My next race is the New York Marathon.

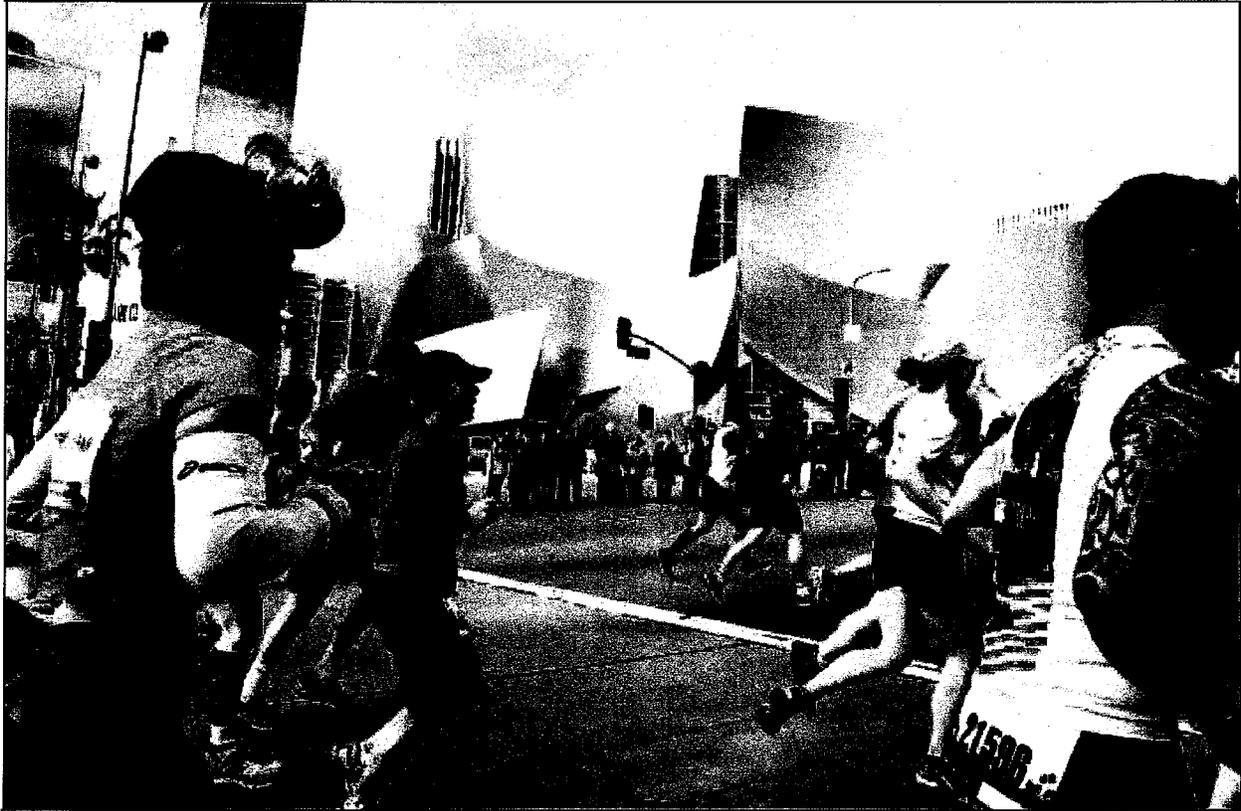
Highlights of 2012 Honda LA Marathon Coverage

Los Angeles Times

\$1.00 DESIGNATED AREAS HIGHER 52 PAGES © 2012 WST

MONDAY, MARCH 19, 2012

latimes.com



WALLY SKALIJ Los Angeles Times

OUT FOR A LONG SUNDAY RUN

Runners pass Walt Disney Concert Hall during the 27th annual Los Angeles Marathon, which began at Dodger Stadium and finished in Santa Monica. Simon Njoroge, a 31-year-old from Kenya, finished first with a time of 2:12:12. Fatuma Sado, 20, of Ethiopia was the women's champion at 2:25:39. **SPORTS**

SPORTS

MONDAY, MARCH 19, 2012 • LATIMES.COM/SPORTS

LOS ANGELES MARATHON

Sado arrives first on dry but blustery run

Ethiopian wins gender challenge, Kenya's Njoroge wins men's race; wind is an issue.

BAXTER HOLMES

At the beginning of her fourth marathon Sunday, 20-year-old Fatuma Sado liked the weather, which was nicer than expected, and her pace, which wouldn't be matched.

The Ethiopia native dominated the 27th annual Los Angeles Marathon, posting a winning time of 2

Inside

Results of top finishers in each group. C10

hours 25 minutes 39 seconds, the fourth-fastest finish in race history and more than two minutes ahead of her personal record.

"I am successful running marathons because I train with elite Ethiopian marathoners," she said through an interpreter after earning her second marathon win, following her debut win in Hamburg, Germany, last [See Marathon, C10]



FRANCINE ORR/LOS ANGELES TIMES

FATUMA SADO celebrates crossing L.A. Marathon finish line at 2:25:39; she won bonus for finishing first after women were given 7-plus-minute head start.

Rain isn't a factor, wind is

[Marathon, from C1] May.

Sato crossed the finish line ahead of Simon Njoroge, the 31-year-old Kenyan who won the men's race in 2:12:12, his seventh marathon win and sixth in his last nine.

Because she was the first runner — male or female — across the line, Sato, who has finished no worse than second in any of her four marathons, won the \$100,000 gender challenge bonus. The women had a 17-minute 31-second head start, a time based on the differences in lifetime finishes among elite male and female runners.

Both runners also won \$25,000 for their respective first-place finishes plus a new car, valued at about \$30,000.

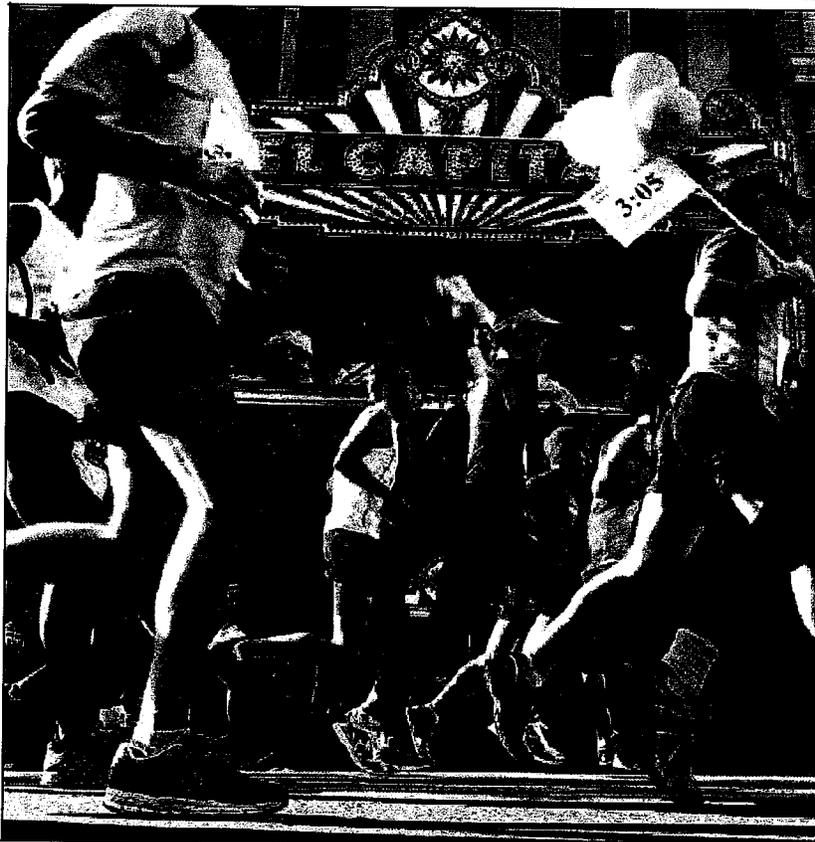
For Sato, the only issues she faced were a little bit of pain in her left leg early on, blustery conditions late and the issue of tabulating how far along she was in the 26.2-mile race from Dodger Stadium to Santa Monica.

She said she does not "know how to count by mileage. All the time [I] go by kilometers," she said.

The nearly 23,000 entrants, who made up the eighth-largest field in the event's history, were spared the rain that had been in the forecast, but they did face cold, windy conditions, especially near the race's end at the ocean.

The sun came out about 8 a.m., about the time Sato began to separate herself from the women's field.

She took a lead in the seventh mile, broke away in the



RUNNERS PASS the El Capitan Theatre on Hollywood Boulevard with a pace leader during the Los Angeles Marathon; the nearly 23,000 entrants made it the eighth-largest field in the event's history.

12th and continued to widen the gap from there.

Sato was on pace to shatter the women's course record of 2:25:10, set by Lidiya Grigoryeva of Russia in 2006.

But she began to slow during an uphill climb in the 21st mile, though not enough for anyone to catch her.

She led the final 20 miles, affected only by wind blowing inland off the Pacific Ocean in Santa Monica.

"That is why I did not get so good of time," she said.

It didn't stop her from finishing first. Misiker Mekonnen, an Ethiopia native who lives in Albuquerque, finished behind her at 2:38:09 and Yeshimebet Tadesse of Ethiopia finished third at 2:30:46.

The women now hold a 5-4 edge in the marathon's gender challenge bonus. Neither gender has won two challenges in a row.

The men's elite runners were on pace to overtake the women early.

"From the first kilometer, we tried to push the pace up to try to catch the girls' leader," Njoroge said.

But in the 22nd mile, Njoroge, who took his first lead in the 15th mile and dueled with fellow Kenyan runner Weldon Kirui for several miles, realized Sato couldn't be caught.

So, he broke away from

Kirui and, as he said, "went for the win."

Kirui finished second in 2:13:40 and Stephen Muange of Kenya finished third in 2:13:50.

Runner-ups were awarded \$12,500, third place \$10,000, fourth place \$5,000, and fifth place earned \$2,500.

Krige Schabott, 48 of Cedartown, Ga., won the men's wheelchair division for the third consecutive year, posting a finishing time of 1:39:53.

Four runners finish what they started

BAXTER HOLMES

Samantha Gutierrez, a runner who was featured in *The Times* last week leading up to Sunday's L.A. Marathon, completed the event, her first ever, in 4 hours 26 minutes and 12 seconds.

"The feeling of crossing the finish line was something I will never forget!" Gutierrez, 33, of Mar Vista wrote in a text message. "Especially when I looked down and saw my shoe drenched in blood ... yay! Bloody blisters, I'm a runner!"

Enadio Mendoza, 65, of Canoga Park, completed his 27th L.A. Marathon in 5:36:09. Four of his daughters and two granddaughters ran with him, according to Connie Mendoza, one of his daughters.

Christian Alvarado, the 26-year-old legally blind runner from Mid-City, completed his 11th marathon in 9:11:39, the same time as his guide, Tania Gongoria, 22, of Van Nuys. It was Gongoria's first marathon.

"The experience, it was out of this world," Gongoria said. "When we first started the race, everyone around us said, 'Hey, it's Christian, from the newspaper!' Runners said, 'You really inspired me,' and they would come over and pat him on the back. And the spectators knew too. Everyone knew who he was. It was just really emotional how they approached Christian and told him about how they felt about his story."

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Shirley Reilly, 36, of Tucson won the women's division for the second consecutive year and third overall, finishing in 1:57:09.

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LOS ANGELES MARATHON RESULTS

TOP MALES

1. Simon Njoroge, Ken, IRI	2:12:12
2. Weldon Kim, Kanto, KEN	2:13:40
3. Stephen Musango, Ngorog, KEN	2:15:35
4. Hake Sefu, Addis Ababa, ETH	2:17:49
5. David Mandago, Kaparbat, KEN	2:18:43
6. Dewja Yabeta, Addis Ababa, ETH	2:19:15
7. William Chumoo, Guatemala, GTM	2:21:08
8. Jeffrey Maczko, Easton, IL	2:25:19
9. Daniel Vasquez-Moreno, San Diego	2:29:52
10. Justin Patamanan, Palmdale	2:31:16
11. Owen Kelly, Redondo Beach	2:32:29
12. Jonathan Garcia, Fort Collins, CO	2:32:28
13. Adam Neuen, Chicago, IL	2:32:35
14. Ryo Ota, Iwata, JPN	2:33:41
15. Theodoros Kofidis, Los Angeles	2:33:43
16. Mario Frank, Del Mar	2:36:21
17. Shovel Oats, Montok, JPN	2:37:41
18. Nicholas Borden, Los Angeles	2:38:20
19. Michael Ray, Denver, CO	2:38:46
20. Bryan Ramos, Monterey	2:40:03
21. Ricardo Ramirez, San Valley	2:40:28
22. Joshua Hinkel, Los Angeles	2:41:14
23. Frank Worklester, Calgary	2:43:33
24. Hector Hernandez, Lynnwood	2:43:55
25. Mike Davies, Santa Monica	2:44:31
26. Armando Estrada, Guaymas, MEX	2:44:36
27. Carlos Vazquez, Los Angeles	2:45:09
28. Ramon Crane, Mountain View	2:45:13
29. Renato Reyes, North Hills	2:45:23
30. Scott Hagelweh, Colorado Springs, CO	2:46:06
31. John Dodge, San Francisco	2:46:50
32. Jay Blazich, Gardena	2:46:50
33. Vicente Cuevas, Irvine	2:46:55
34. Todd Blackard, Dallas	2:47:07
35. Eric Webb, Los Angeles	2:47:54
36. Benjamin Martinez, Santa Monica	2:48:50
37. Rene Dirigolo, Huntington Park	2:48:54
38. Nabeel Ojha, Setagaya, JPN	2:49:04
39. Sean McLean, San Diego	2:49:26
40. Sean Whitsett, Long Beach	2:49:58
41. Justin Neuen, Culver City	2:50:14
42. Ben Reichardt, San Francisco	2:50:48
43. Sam Marks, Glendale	2:51:21
44. Jesse Lopez, Huntington Park	2:51:28
45. Ryo Aoki, Kirishima, JPN	2:52:00
46. Ruben Gonzalez, Anaheim	2:52:08
47. Enrique Ramirez, Tazama	2:52:24
48. Jose L. Acosta, San Fernando	2:52:29
49. Salmei Witsomont, Sherman Oaks	2:52:41
50. Martin Conrad, Monterey	2:52:45

TOP FEMALES

1. Fatuma Sado, Addis Ababa, ETH	2:25:39
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2. Meker Melanata, Abjoopopqa, ETH	2:28:00
3. Yekaterina Indeseva, Addis Ababa, ETH	2:30:48
4. Inessa Lewandowska, Leokoto, POL	2:31:17
5. Inessa Lewandowska, Leokoto, POL	2:31:20
6. Salome Genat, Addis Ababa, ETH	2:41:50
7. Sara Reschlatore, Joshua Tree	2:50:04
8. Myshko Ota, Setagaya, JPN	2:55:53
9. Alanna Bernatchi, Phoenix	2:57:21
10. Petra Miller, Guatemala, GTM	2:58:41
11. Kimberly Mueller, San Diego	2:59:47
12. Melissa Ruzha, Houston, TX	3:00:27
13. Conni Ladd, Santa Monica	3:02:49
14. Lindsey Young, Redondo Beach	3:02:52
15. Stacy Cal, Los Angeles	3:03:18
16. Kate Frazee, Los Angeles	3:04:26
17. Anna Lann, Mexico, MEX	3:05:45
18. Kristen Stobweg, Dana	3:05:48
19. Connie Anderson, Saint Petersburg, FL	3:06:53
20. Angela Walker, Santa Monica	3:07:24
21. Jackie Jansen, Tazama	3:09:07
22. Marisa Linn, Santa Monica	3:09:22
23. Erin Chermack, Ventura	3:09:55
24. Melissa Grode, Santa Barbara	3:10:18
25. Jenny Wilson, Cottage Grove, MN	3:11:47
26. Elena Woodard, Canyon Country	3:12:18
27. Monica Torres, Quetzaco, JPN	3:12:36
28. Samuel Nadjigal, Miramar, FL	3:12:37
29. Nancy Yan, Tazama	3:12:53
30. Elizabeth Dalton, Los Angeles	3:13:25
31. Krista Mastz, Santa Monica	3:13:51
32. Erin Lewis, Los Angeles	3:14:21
33. Ann Belkowitz, Santa Cruz	3:14:29
34. Megan Edelman, Salt Lake	3:14:33
35. Debbie Liana, Rochester, NY	3:14:46
36. Gretchen Lutz, Long Beach	3:14:58
37. Jill Hankin, Sacramento	3:14:58
38. Lisa Balestrini, Sacramento	3:14:59
39. Ashley Lashkar, Los Angeles	3:15:21
40. Miki Higashi, Morristown, NJ	3:15:51
41. Laura Ames, Los Angeles	3:16:30
42. Alfredo Gutierrez, South Gate	3:16:14
43. Joyce Adams, San Diego	3:16:18
44. Dolores Valdes, Citrus Hills	3:16:52
45. Kinsey Tolson, Palm Desert	3:17:01
46. Susan Boygan, Santa Monica	3:17:26
47. Gina Johnson, Sherman Oaks	3:18:02
48. Heidi Hernandez, Van Nuys	3:18:10
49. Laura Irving, El Segundo	3:18:11
50. Nadia Bat, Santa Fe Springs	3:18:17

TOP WHEELCHAIR

1. Wige Schabert, Cedarvale, OH	1:39:53
2. Derek Sherah, Wilton	1:41:14
3. Michel Filaret, St Jean Baptiste	1:44:01



SIMON NJOROGE of Kenya celebrates winning the men's side of the Los Angeles Marathon with a time of 2 hours 12 minutes and 12 seconds.

4. Aaron Gordon, Mexico DE MEX	1:44:18
5. Martin Masco Soto, Mexico City MEX	1:44:23
6. Scott Pearson, San Jose	1:44:53
7. Ian Doc Singleroy, Los Alamitos	1:47:56
8. Bradley Ray, Loveland, CO	1:54:37
9. Gonzalo Valdivia, Lizard, MEX	1:56:28
10. Santiago Suez, Almoriza, ESP	1:58:47
11. Lorenzo Malena, San Jose, CR	2:02:19

TOP WHEELCHAIR CRANK

1. Nathan Derak, Woodstock, MD	1:46:13
2. Eric Stangoff, Davis	1:46:48
3. Colby Yazde, San Diego	1:48:49
4. Chris Feller, Port	1:50:23

2. Dewja Yabeta, Addis Ababa, ETH	2:19:15
3. William Chumoo, Guatemala, GTM	2:21:08
MEN 30 TO 34	
1. Simon Njoroge, Ken, IRI	2:12:12
2. Stephen Musango, Ngorog, KEN	2:15:35
3. David Mandago, Kaparbat, KEN	2:18:43
MEN 35 TO 39	
1. Theodoros Kofidis, Los Angeles	2:33:43
2. Bryan Ramos, Monterey	2:40:03
3. Mike Davies, Santa Monica	2:44:31
MEN 40 TO 44	
1. Nicholas Borden, Los Angeles	2:38:20
2. Ricardo Ramirez, San Valley	2:40:28
3. Vicente Cuevas, Irvine	2:46:55
MEN 45 TO 49	
1. Hector Hernandez, Lynnwood	2:43:55
2. Jesse Lopez, Huntington Park	2:51:28
3. Yekaterina Indeseva, Tazama	2:54:08
MEN 50 TO 54	
1. Goh-Dong(Song) Jeong, Calgary	2:57:21
2. Danny Arango, Citrus Hills	2:58:19
3. Jorge Hernandez Campos, Toluca, CR	3:02:43
MEN 55 TO 59	
1. Arturo Sandoval, Guadalajara, MEX	3:09:01
2. Keith Whitaker, Apple Valley	3:09:01
3. Michael McLaughlin, Downers Grove, IL	3:13:34
MEN 60 TO 64	
1. Carlos Salazar, Culver City	3:04:30
2. Elias Garcia, Huntington Park	3:24:47
3. Jose Martinez, Los Angeles	3:26:32
MEN 65 TO 69	
1. Benjamin Carr, South Gate	3:04:22
2. Jose Hamilton, Van Nuys	3:34:31
3. Dave Marula, Reddy, WA	3:34:54
MEN 70 TO 74	
1. Maehiro Kato, Hachioji-Shi, JPN	3:49:01
2. Hoo Bin Chung, Los Angeles	4:03:51
3. Chang Hoang, Riverside	4:22:26
MEN 75 TO 79	
1. Pedro Cuevas, Los Angeles	3:19:21
2. Mattias Salvador, Los Angeles	4:18:15
3. Martin Bolding, Succulville	4:22:31
MEN 80 TO 84	
1. Victor Altamirano, Los Angeles	3:18:20
2. Walter Gilbrato, Los Angeles	4:26:08
3. Antonio Gonzalez, Los Angeles	4:57:53
MEN 85 TO 89	
1. Dag Forberg, North Hollywood	4:22:33
2. **** MESURE	4:23:35
3. Eusebio Figueroa, Los Angeles	4:54:30
FEMALE AGE GROUP	
WOMEN 17 AND UNDER	
1. Patsy Hudg, Water	3:39:04
2. Atsugi Gomez, Tazama	4:00:16
3. Laura Rodriguez, Tazama	4:04:51
WOMEN 18 TO 24	
1. Fatuma Sado, Addis Ababa, ETH	2:25:39
2. Yekaterina Indeseva, Addis Ababa, ETH	2:30:48
3. Inessa Lewandowska, Leokoto, POL	2:31:17
WOMEN 25 TO 29	
1. Meker Melanata, Abjoopopqa, ETH	2:28:00
2. Salome Genat, Addis Ababa, ETH	2:41:50
3. Myshko Ota, Setagaya, JPN	2:55:53
WOMEN 30 TO 34	
1. Sara Reschlatore, Joshua Tree	2:50:04
2. Myshko Ota, Setagaya, JPN	2:55:53
3. Melissa Ruzha, Houston, TX	3:00:27
WOMEN 35 TO 39	
1. Alanna Bernatchi, Phoenix	2:57:21
2. Petra Miller, Guatemala, GTM	2:58:41
3. Kimberly Mueller, San Diego	2:59:47
WOMEN 40 TO 44	
1. Conni Ladd, Santa Monica	3:02:49
2. Lindsey Young, Redondo Beach	3:02:52
3. Stacy Cal, Los Angeles	3:03:18
WOMEN 45 TO 49	
1. Erin Chermack, Ventura	3:09:55
2. Melissa Grode, Santa Barbara	3:10:18
3. Jenny Wilson, Cottage Grove, MN	3:11:47
WOMEN 50 TO 54	
1. Elena Woodard, Canyon Country	3:12:18
2. Monica Torres, Quetzaco, JPN	3:12:36
3. Samuel Nadjigal, Miramar, FL	3:12:37
WOMEN 55 TO 59	
1. Nancy Yan, Tazama	3:12:53
2. Elizabeth Dalton, Los Angeles	3:13:25
3. Krista Mastz, Santa Monica	3:13:51
WOMEN 60 TO 64	
1. Erin Lewis, Los Angeles	3:14:21
2. Ann Belkowitz, Santa Cruz	3:14:29
3. Megan Edelman, Salt Lake	3:14:33
WOMEN 65 TO 69	
1. Debbie Liana, Rochester, NY	3:14:46
2. Gretchen Lutz, Long Beach	3:14:58
3. Jill Hankin, Sacramento	3:14:58
WOMEN 70 TO 74	
1. Lisa Balestrini, Sacramento	3:14:59
2. Ashley Lashkar, Los Angeles	3:15:21
3. Miki Higashi, Morristown, NJ	3:15:51
WOMEN 75 TO 79	
1. Laura Ames, Los Angeles	3:16:30
2. Alfredo Gutierrez, South Gate	3:16:14
3. Joyce Adams, San Diego	3:16:18
WOMEN 80 TO 84	
1. Dolores Valdes, Citrus Hills	3:16:52
2. Kinsey Tolson, Palm Desert	3:17:01
3. Susan Boygan, Santa Monica	3:17:26
WOMEN 85 TO 89	
1. Gina Johnson, Sherman Oaks	3:18:02
2. Heidi Hernandez, Van Nuys	3:18:10
3. Laura Irving, El Segundo	3:18:11
WOMEN 90 AND OVER	
1. Nadia Bat, Santa Fe Springs	3:18:17
2. Heidi Hernandez, Los Angeles	4:58:06
3. Kimberly Linn, Manhattan Beach	5:22:01

CHÁRTER BUSCA HOGAR

Futuro College Prep. de Boyle Heights está alojada en El Sereno hasta que LAUSD le dé hogar permanente.

>Ciudad



NO HAY QUIEN LO PARE

El éxito no parece tener límites para Román Santos, quien ofrece concierto este miércoles en el Staples Center

>¡Hola! A!!!

La Opinión

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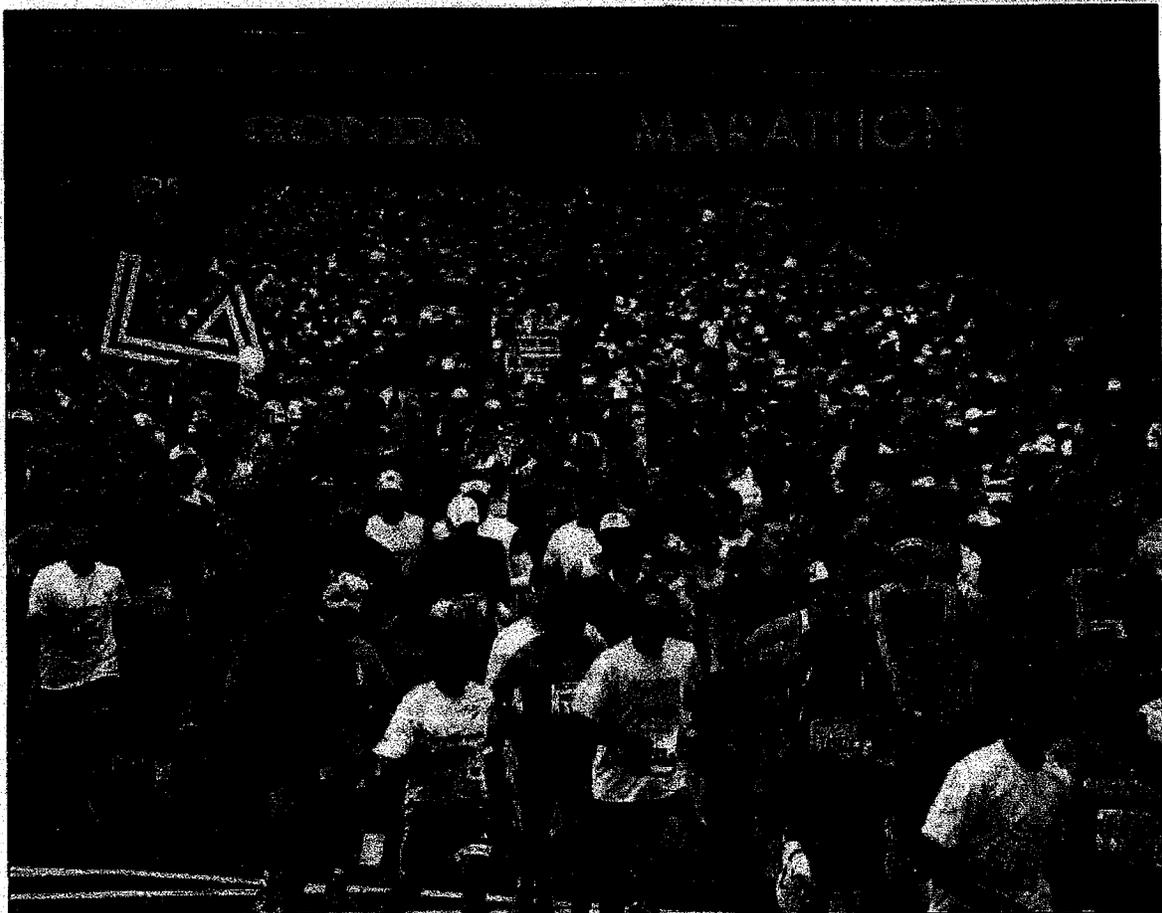
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Momento de la salida del Maratón de Los Ángeles que ganaron los corredores de Etiopía en las categorías varonil y femenil. (Foto: J. Emilio Flores/La Opinión)

¡Fiesta angelina!

Cerca de 25 mil personas desafiaron el frío clima y se lanzaron a las calles para correr el maratón. PÁG. 3A y 1C

Fatuma y Simon: Nuevos reyes en LA

Una etíope de 20 años se 'roba' el show en el Maratón angelino

MARATÓN

JAMBO SIBALDO
jcs@cs.cmu.edu

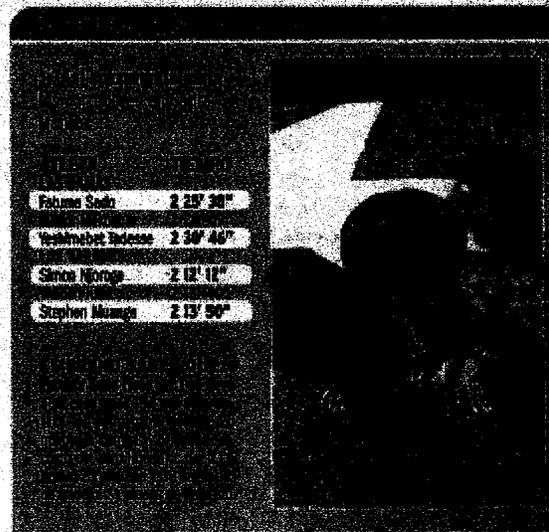
Fatuma Sado una etíope de sólo 20 años brindó ayer un recital de esfuerzo solitario para ganar sin oposición el Maratón de Los Ángeles en la categoría femenina, mientras Simon Njoroge debió apelar a lo mejor de sus fuerzas para ganar su categoría en una carrera disputada de poder a poder en la que doblegó con lo último de sus reservas a Weldon Kirui, su enemigo en cada metro de la competencia.

Sin la anunciada presencia de la lluvia, la carrera se cumplió con un clima de 45-48 grados Fahrenheit, ideal para esta clase de esfuerzos, lo que aprovechó desde temprano Fatuma Sado para dictar la carrera a su antojo.

"Me sentí bien desde un principio. Temía por un dolor



Njoroge cruza la meta del Maratón de LA. Foto: J. TAMO FLORES/AGF



Fatuma Sado	2:25' 30"
Yeshinebet Edessa	2:30' 40"
Simon Njoroge	2:12' 11"
Stephen Mwangi	2:13' 50"

[MARATÓN, Págs. 2C]



Gran cantidad de atletas arriban al estadio de los Dodgers para iniciar su recorrido de 26 millas. Foto: J. Estro Pineda/Olefin

Maratón

Viene de la pág. 1C

en una pierna, luego me sentí mejor y estoy feliz de ganar aquí", dijo la nueva campeona.

Si bien en los primeros compases apareció la favorita Mistikir Mekonnin al frente del grupo, fueron Belainesh Gebre, Yeshimeth Tadesse y Fatuma Sado las encargadas de conducir la carrera con una media de 5' 31" por milla, suficiente para pensarse a distancia de alguna sorpresa.

Para poner de manifiesto cuál era su objetivo, Sado se hizo cargo en la milla 5 y con un paso parsal rompió la carrera, mientras con dificultad sus rivales podían seguirle.

A todo esto en la rama masculina el mexicano Teodoro Vega se mostró en las primeras millas como eje de un grupo de ocho hombres que contaba con David Mandago, Elias Kembol, Simon Njoroge, Hailu Seifu y Wildon Kirui, quienes llegarían a ser los protagonistas.

"Estaba un poco frío y al fuerte ritmo al comienzo nos desgastó, en la parte final había mucho cansancio", dijo Njoroge, el campeón.

ASÍ LO DIJO:

Para mí la carrera fue perfecta. El clima fue un poco frío y con mucho viento al final y por eso no pude hacer un mejor tiempo.

fatigado en el cierre.

"Yo sabía que no alcanzaríamos a las damas y por eso traté de alejarme de mis rivales, pero yo sabía que no la alcanzaríamos", aceptó Njoroge.

Entrando en el jalón final de Ocean Avenue, con 26 millas en sus piernas, la valiente de Addis Abeba mantenía una diferencia de casi cuatro minutos a su favor en la batalla por el gran botín.

"El clima no fue problema, sólo el viento fue incómodo al fi-

En la milla 7, Vega pasó al frente del grupo que marchaba a una media de 4' 58" por milla y que mantendría una composición similar hasta promover la carrera cuando Seifu apuró el paso y dejó el grupo en apenas cuatro hombres.

Ya Fatuma Sado se había despegado de Belainesh Gebre y se marchaba solitaria en busca de la meta en lo que sería un desafío descomunal para enfrentar 12 millas de camino hasta Santa Mónica.

La carrera entre varones fue diferente y encontró su desenlace a partir de la milla 21 cuando Simon Njoroge dejó atrás a Weldon Kirui, su compañero de travesía y se fue en busca de la victoria.

Así las cosas, en la milla 23 y con menos de 20 minutos de ruta, Sado y Njoroge eran virtuales campeonas, pero debían dirimir su muy personal desafío por el "Challenge Bonus" que entregaba cien mil dólares al primero, hombre o mujer, en cruzar la meta.

Habían partido —por disposición de la organización—, con 17' 31" de diferencia a favor las damas y la dominante Sado se encargó de hacer inútil el último esfuerzo de Njoroge, muy

na", agregó la campeona, quien señaló que confiaba en su victoria, pero pensaba en que podía ser alcanzada por el primero de los varones y perder el premio gordo de la carrera.

Imponente y sin mirar atrás, Fatuma Sado encaró la recta final y mientras cosechaba aplausos y voces de admiración se encontró de frente con la línea de meta cuando el reloj se detenía en 2' 25' 38", un guarismo que llega a ser el tercer mejor tiempo en su categoría para el Maratón de Los Ángeles.

Muy atrás Belainesh Gebre pagaba un caro tributo a su esfuerzo y era superada por Mistikir Mekonnin, quien en una reacción poderosa alcanzó el segundo lugar con 2' 28' 09". Yeshimebet Tadesse llegó tercera con 2' 30' 45".

Entonces acomodó a la distancia Simon Njoroge, con paso de ganador pero con el sufrimiento en la cara y la resignación de un reloj que dictaminó un discreto 2' 12' 12", muy lejos del 2' 06' 35" del gran Markos Geneti hace un año sobre este mismo recorrido.

El segundo lugar fue para Weldon Kirui con 2' 18' 40" y Stephen Muange llegó tercero con 2' 13' 50".

Línea directa

» ¿Tiene quejas o problemas en su comunidad que siguen sin solucionarse? ¿Quiere denunciar hechos que debe conocer la comunidad? Llámennos al 213 896-2333 y escucharemos sus sugerencias.

JESSICA KWONG

jessica.kwong@laopinion.com

Uno de los primeros en despegar de la línea de partida del Maratón de Los Ángeles —incluso antes de los corredores profesionales con el objetivo de establecer nuevos récords y los alrededor de 23,000 otros atletas con metas personales—, fue Eduardo Melián, con un casco y su silla de ruedas.

“Soy un viejo gordo”, bromeó Melián, de 51 años y visitante del Sur de Chicago, minutos antes de su comienzo a las 6:55 a.m. “No voy a ser el más rápido, pero venceré a unas cuantas personas. Va a ser divertido”.

Ni él, ni los miles de corredores se veían amenazados por el frío de la mañana y el pronóstico de lluvia para la edición 27 del Maratón de L.A. Un corredor que esperaba que la multitud frente de él se alejara del Estadio Dodger, cargaba un cartel que decía: “Nunca llueve en el Sur de California”. Y así fue.

Sin embargo, muchos de los corredores llegaron preparados con ponchos, y entre ellos, Letty Areola, de 36 años, con algo más típico de México.

“Pan dulce”, reveló la asistente de farmacéutico el contenido de la bolsa que traía amarrada en la cintura. “Es el mejor carbohidrato. El cerebro prefiere azúcar para comer cada hora y media a dos horas”.

Otro corredor veterano de 70 años, Akira Mito de Japón, corrió vestido con un traje de superhéroe que lo hizo popular entre los participantes a su lado.

“El Hombre Araña”, sonrió Moisés Ramón, de 58 años. “Es muy rápido. Voy a intentar correr con él porque me da inspiración”.

A las 8 a.m., cuando hasta los últimos participantes ya estaban en curso, salió el sol fuerte, aunque se veían nubes grises a la distancia en Santa Monica,

Historias de un maratón

Hay tantas razones para correr como hay competidores del evento anual, que ayer celebró su edición 27



Unas 23,000 atletas no profesionales corrieron ayer las 26.2 millas del Maratón de L.A. (Fotografía: J. Emilio Flores/La Opinión)

donde terminaba el maratón sus 26.2 millas de distancia.

"Es extraordinario cuántos angelinos vienen a correr, lluvia o sol. Son corredores de corazón", comentó Tricia Cazaz, una coordinadora de la línea de partida. "No puedes pedir un mejor tiempo, mejores fanáticos".

Muchos en la carrera apreciaron la ruta que los llevó por edificaciones que han hecho a Los Ángeles famoso por todo el mundo. Champy Díaz, de 29 años y vestido con una camisa que representaba a Guatemala, dijo que disfrutó la Placita Olvera con los marfachis porque "te apoyan bastante por ser latino".

Al contrario, Christian Alvarez, de 23 años, admitió al pasar el Pantages Theater en Hollywood, que su parte favorita fue pasar por la milla 7, donde una cantinale dio una cerveza.

"No lo anticipé, pero cuando



Unos pies descalzos se distinguen entre los corredores. La lluvia que amenazaba la carrera no se produjo, pero sí bajó la temperatura.

me dieron que era gratis, dije, 'Eh, bueno, voy a tomar una', relató. "Me dio más ánimo para seguir corriendo".

Horas después, en la meta entre las avenidas Ocean y California en Santa Monica, los participantes no paraban de llegar, algunos corriendo, otros cojeando, pero todos alegres de recibir una medalla sobre el cuello.

Mientras corría los últimos pasos y con un tiempo de 5 ho-

ras y 40 minutos, Luis Antonio, de 16 años, se persignó.

"Estaba dando las gracias a Dios, que me dejó terminar el maratón" explicó el joven que fue parte del grupo Students Run L.A. "A las 18 millas pensé que ahí me iba quedar, pero lo bien que no".

No hubo heridos graves, solo "lo típico: calambres, agotamiento por el calor, y la hipotermia", indicó el Capitán Judah Mitchell, portavoz del De-

partamento de Bomberos de Santa Monica.

Añadió que las condiciones fueron buenas hasta que terminaron los profesionales y empezó a hacer viento. "Tuvi- mos autobuses para calentar a la gente anticipando que iba llover, pero todo sirvió bien al final porque bajó la temperatura", dijo Mitchell.

Aunque fue el quinto maratón en Los Ángeles para Abraham Cisneros, el residente de Anaheim admitió que el día fue especial porque era el 73 cumpleaños de su padre, que hace ocho años le dio tres meses para dejar de fumar y lo inscribió en su primer maratón.

"Acabalo que empezaste: esa es el lema de mi padre, un gran maratonista", dijo Cisneros, de 38 años.

"Un maratón es como la vida", continuó. "Si te rindes, ahí quedas. No es cuántas veces te caes, es si te levantas de nuevo".

SUNDAY EDITION

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DONE TRAINING FOR THE L.A. MARATHON

It's here at last, and ready or not, here I come

Near the finish line in an occasional series on a novice runner training for the L.A. Marathon.

By C.J. Lin Staff Writer

Are you ready? That's what everyone's been asking me for the last few weeks.

Well, ready or not, here it comes. My very first marathon ever, to be run today.

I'm not sure if I'm ready. I've been playing catch-up on L.A. Marathon training since pretty much the beginning. I'm nervous.

I was out injured for two months after starting a month late, and didn't start seriously training until January (For once, I've actually managed to keep my New Year's resolution). The runners training with the L.A. Roadrunners, the official training group of the marathon, have already done 22 miles or 24 miles.

I've only done 19. That leaves another 7.2 miles of uncharted

territory.

I felt pretty good at the time. But then some say that mile 20 is the toughest part of the course. So whether I'm ready or not, it's do or die.

I just wish I could do my dying in some nicer weather. The forecast for today: a high of 55 degrees, with bouts of showers.

Which means that the horror stories from last year's deluge

during the race — streets turning into rivers, runners on the verge of hypothermia — could very well be a reality this year. For my first marathon. Whatever happened to that nice L.A. weather? Running's already hard enough.

Still it's been one hell of a journey for someone who had never run more than a mile before last October.

I hated running. But now I can confidently say: it's not so bad after all.

MARATHON A7

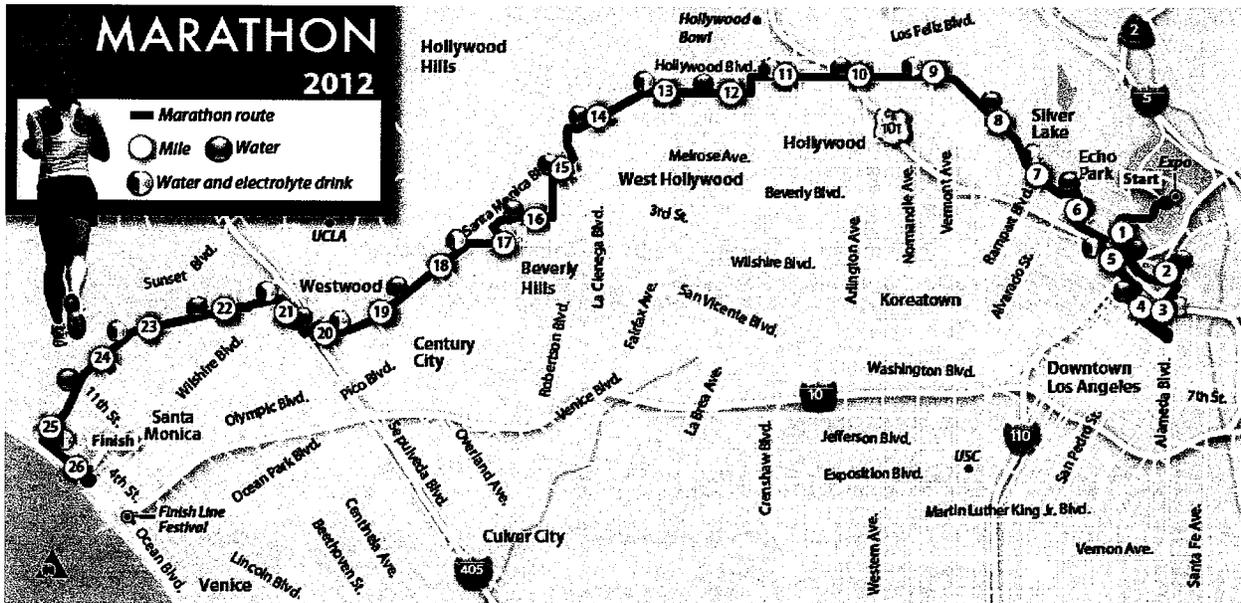
Information

C.J.'s bib number is 5724.

If you want to track her during the race, go to lamarathon.com/runner-info/race-day-tracking.

She's also raising money for charity at www.crowdrise.com/cjlin.

She'll be trying to tweet during the race at twitter.com/cjlin. She apologizes in advance for any profanity and whining.



Paul Penzella Staff Artist

MARATHON

FROM PAGE A3

I've managed to shed the 10 pounds that I couldn't seem to get rid of at the gym, and am back to my college weight. That alone should be motivation to run, right?

But I've also met some of the most inspiring people who appreciate a healthy lifestyle and know how to have good clean fun. You make quite a few friends and learn things about strangers, which is possible just because you're sharing the road together for a long haul. And I've spilled my guts to at least a few runners myself.

I've managed to raise money for a charity — \$469 to date — for the Peacock Foundation, a North Hollywood nonprofit that uses rescued animals to provide pet-assisted therapy for traumatized and at-risk kids. That's at least \$369 more than I ever expected to raise, and without any of it being my own money, either.

It's touching to see that people still care, and even more so to know that they're doing it out of support for me. Thank you.

But most of all, realizing that you've gone through a bit of personal growth is always the best part. I think I'll even keep it up and run a few miles during the week, and maybe even 10 or so on weekends. I've already signed up for the

Warrior Dash — a 3-mile mud run complete with obstacle courses such as crawling under barbed wire and jumping over fire pits.

As if running wasn't hard enough. So by the time you're reading this, I'll probably be somewhere along the 26.2-mile slog that will be the culmination of my becoming a more well-rounded, healthier and happier person.

And since they say that less than 1 percent of the world's population has completed a marathon, hopefully I'll be a part of that elite group, too.

So whether I'm ready or not, it's do or die.

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Los Angeles Times

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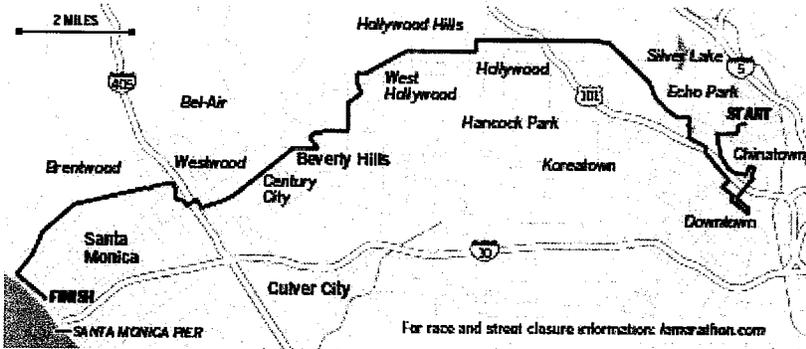
SPORTS

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The 27th Los Angeles Marathon

Sunday's 26.2-mile race starts at Dodger Stadium, passing through Chinatown and Little Tokyo before heading west to the ocean. Streets along the route will be closed by 5 a.m., reopening after the runners pass — about one mile each 13 minutes.

Starting times: Wheelchairs 7 a.m. Elite women 7:07 a.m. The full field 7:24 a.m.



Source: Honda L.A. Marathon

KHANG NGUYEN Los Angeles Times

Rain bears down on marathon runners

BAXTER HOLMES

On Sunday, when select Los Angeles streets will be flooded by thousands of runners in the L.A. Marathon, rain is expected to be their main opponent.

Forecasts call for a 60% chance of showers early in the morning, when the race begins. Rain is expected to diminish as the day goes on.

"I would recommend dressing for wet weather," said Joe Sirard, a meteorologist for the National Weather Service in Oxnard.

Temperatures are also expected to reach highs in the upper 50s, though they'll start in the upper 40s early in the morning.

Rain was an issue for many runners during last year's marathon, when 2.36 inches fell, the wettest L.A. Marathon since it began in 1984.

The weather wasn't enough to stop Ethiopian Markos Geneti from shattering the race record by two minutes with a time of 2 hours 6 minutes 35 seconds. (Geneti isn't competing this year, he made other plans.)

In this year's men's field, Kenyans Elias Kemboi and David Mandago are expected to be top contenders. Elias has a personal best of 2:07:04, posted in the 2010 Frankfurt Marathon, and Mandago has a personal best of 2:06:53, in the 2009 Paris Marathon.

For the women, Ethiopia's Misiker Demissie, who set a personal best of 2:25:21 in the 2011 San Diego Rock 'n' Roll Marathon, is considered a favorite. She'll be challenged by fellow Ethiopians Salomie Gagnet and Beainesh Gebre.

Of the 23,547 entrants last year, 19,902 finished, and more than 1,000 had to be treated for hypothermia, though most were treated after finishing.

Dr. Glenn Ault, the associate dean of USC's Keck School of Medicine and the marathon's medical director, encouraged runners to



NELSON ANTONIO/Associated Press

ELIAS KEMBOI of Kenya is expected to be among the top contenders in the L.A. Marathon.



LAURENRY PIRVET/AP/Wide World Images

MISIKER DEMISSIE of Ethiopia is a favorite in the women's field of Sunday's race.

Sunday's start times

The 26th edition of the Los Angeles Marathon will start at Dodger Stadium (start times a.m.; * approximate):

6:53 Wheelchair	7:11* Elite women
7 Hand-crank wheelchair	7:29* Field

be prepared.

"One of the biggest things that we're prepared to deal with on Sunday is the chance of hypothermia," he said.

Ault said it's not much of a problem during the 26.2-mile race because runners are generating heat with their bodies.

It's once they finish, however, that it can become a problem.

To help combat that, they'll have Mylar blankets ready for runners at the end as well as a fleet of buses to get them out of the weather and shuttle them back to their cars at the starting point, Dodger Stadium.

Among Ault's other tips:

- Wear shirts made of "technical" fabric that wicks away moisture from the body. Avoid cotton, which soaks up water and can become heavy.

- Have a friend or family member bring dry clothes to change into halfway through

the race and after the race.

- Try to stay as dry as possible before the race begins; wearing a rain poncho or a trash bag can help.

- Wear a body lubricant, such as Vaseline, to reduce blistering and chafing.

- Avoid metal manhole covers and painted white lines on streets, which can become slick in wet weather.

Ault had one final piece of advice that is paramount in inclement weather: Listen to your body.

"I know for a lot of runners it's about getting to the finish line, but if your body is telling you that you've got a problem," he said, "then come on in and let us take a look at you in one of the medical facilities throughout the marathon."

There are 10 medical stations set up throughout the course and one at the finish line.

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E6 SATURDAY, MARCH 17, 2012 OC

Los Angeles Times

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MIND & BODY

IN-YOUR-FACE FITNESS

A LONG ROAD TO HUMBLE

A certified fitness trainer finds that preparing for the L.A. Marathon is tougher than expected.

JAMES S. FELL

For a recreational runner, there's no rite of passage as masochistic as running a marathon. We ache for the battle scars: chafing, blisters and psychosis brought on by trying to figure out how to use the GPS watch that's supposed to be a training aid.

I've run several 10Ks but never more than 10 miles in one outing. Just before Christmas, I decided to make the leap to get that marathon monkey off my back.

On Sunday, I'll be one of the 23,000 people running from Dodger Stadium to the Santa Monica Pier in the Los Angeles Marathon.

I fantasized about finishing in under four hours, which runners would consider respectable for a middle-aged guy like me. But since this was just for fun, I didn't stress about the training. There are marathon coaches, running clubs and articles that provide detailed training schedules — for regular folks. As a certified fitness professional, I figured I was fully qualified to put one foot in front of the other. How hard could it be?

Plenty hard, it turns out.

My running schedule was based on two simple ideas: Add distance incrementally and push hard. The goal was to build up to 22 miles by early March, then ease off for the final two weeks before the race to give my body a chance to recover.

To augment the distance training, I planned to keep my conditioning up with a few comparatively short 9- to



ROBERT GAUTIER/Los Angeles Times

AMONG THE THOUSANDS of runners participating in the Los Angeles Marathon this year will be columnist James S. Fell. The course Sunday begins at Dodger Stadium and winds through the city to the Santa Monica Pier. Last year's runners, above, turned out in force.

12-mile runs each week. Weight training would change to boost endurance: lighter loads and higher reps.

But things didn't go according to plan.

Here's how my training *actually* progressed (then regressed):

On the first day of winter, I ran my first half marathon in 1 hour, 41 minutes, 37 seconds and was neither tired nor sore. The rule of thumb for estimating your marathon time is to double your

best — or, in my case, only — half-marathon time and add 10 minutes. That calculation predicted a 3:33 finish.

I felt invincible!

Three weeks later, I ran 16 miles at an 8-minute-per-mile pace. That would have been a 3:30 finish at marathon distance. My thighs were battered, but the invincible feeling remained.

Two weeks after that, I logged another 16 miles at the same pace. My right ankle turned stiff. An 11-mile run

later in the week sealed the ankle's fate: purple, swollen and definitely painful.

Experts at the running injury clinic at a local university did a full work-up, including a treadmill gait analysis. The verdict: Insufficient hip strength was causing my ankles to bend inward upon landing. It wasn't the distances that had done me in, it was the speed, which causes a significantly higher impact. Speed kills.

So in February I traded in

running for hip-strengthening exercises with a resistance band, plus a few hours on my road bike. I also got a little depressed, drank more beer than usual and put on a couple of pounds.

Training resumed this month, but a lackluster race performance is certain. Last week it took me 1:52:44 to go a half-marathon distance. I could have gone faster, but I also could have ended up on IV in a hospital afterward.

I thought I was tough. But

being in great physical condition is not enough. What matters is listening to your body when it's warning you that you're pushing yourself too hard. Don't let arrogance mute that message.

See you at the finish. I hope.

health@latimes.com

Fell is a certified strength and conditioning specialist who has a new appreciation for long-distance runners.

MIND & BODY

How to get on the right track

If you want to prepare for a marathon the right way, check out these online resources:

L.A. Roadrunners
The official Los Angeles Marathon training program features a coaching staff, pace groups, guest speakers and more for newbies to experienced runners.
www.lamarathon.com/roadrunners

Leukemia & Lymphoma Society's Team in Training/Greater Los Angeles
This fundraising group trains men and women for marathons, half marathons and other types of races.
www.teamintraining.org/los

Jeff Galloway Training Program
The well-respected veteran runner offers his training program for marathons and half marathons in various areas, including Los Angeles, Orange County and San Diego.
www.jeffgalloway.com/training/marathon.html

USA Marathon Training
Prepare for any marathon course with this program based in Griffith Park.
usamarathontraining.com

L.A. Leggers
This volunteer-run group offers training and education for those who want to run a full or half marathon.
www.laleggers.org

The Lopers Club
Train for a full or half marathon with this group, which bills itself as one of the largest running and fitness clubs in Southern California. Members meet on the campus of Loma Linda University.
www.lopersclub.org
— JEANNINE STEIN

Upcoming SoCal races

If all the excitement surrounding the Los Angeles Marathon inspires you to lace up your running shoes, check out these upcoming races around Southern California.

OC Marathon
May 6

This race takes runners through Newport Beach, Costa Mesa, Santa Ana and other Orange County locales. There's also a half-marathon.
www.ocmarathon.com

Kaiser Permanente Pasadena Marathon
May 20

The event includes a half-marathon, 10K and 5K runs, a 26.2-mile bike tour and a kids' run that travel through the city's historic districts.
www.pasadenamarathon.org

San Diego Rock 'n' Roll Marathon
June 3

The relatively flat course is known for being one long party, with runners dressed in costume and bands providing entertainment along the route. A half-marathon and a two-person half-marathon relay are also options.
runrocknroll.competitor.com/san-diego

Santa Barbara Pier to Peak Half-Marathon
Sept. 2

Start at Stearns Wharf and climb to 3,996 feet to La Cumbre Peak while catching some great views of Santa Barbara.
www.runsantabarbara.com/pier_to_peak.html

Camp Pendleton Heartbreak Ridge Half Marathon
Sept. 8

This isn't your average race — a good 90% of it takes places on gravel

through the hills of the Marine Corps base. Kids can try the 1K Fun Run.
www.camppendletonraces.com/heartbreakridge.html

Catalina Island Conservancy Half Marathon
Sept. 29

Outstanding views of Catalina Island and the Pacific Ocean are the draw of this race.
www.runcatalina.com/index.php/catalina-island-conservancy-half-marathon

Long Beach International City Bank Marathon and Half-Marathon
Oct. 7

Runners begin and end in downtown Long Beach. In between, they race past the ocean, Marine Stadium, Blair Field and Cal State Long Beach. There's also a half-marathon course.
runlongbeach.com

Los Angeles Rock 'n' Roll Half Marathon
Oct. 28

This loop course begins and ends in downtown L.A. and features live bands.
runrocknroll.competitor.com/los-angeles

City of Santa Clarita Marathon
Nov. 4

Runners in the marathon and half-marathon will navigate newly opened trails by San Francisquito Creek, while shorter races loop through the community.
www.scmrathon.org

Catalina Island Eco Marathon
Nov. 10

Runners traverse the hills and rugged terrain of the island's interior. A 10K race is also an option.
www.catalinaecomarathon.com
— JEANNINE STEIN

Rookie lessons learned

JAMES S. FELL

You only get to run your first marathon once. But if I could do it all again, there are definitely some things I'd do differently.

What I did right

■ I was ambitious. Deciding to run a marathon and find out what you're made of is a good thing, in my book.

■ I decided to write about my mission. By making a public commitment, my motivation level was cranked up several notches.

■ I fueled my training with complex carbohydrates, including lots of whole grains, as advised by sports nutrition consultant Nancy Clark.

■ I listened to medical experts when I got hurt. Despite my eagerness to train, I rested my ankle and followed the prescribed rehabilitation program to reduce the risk of further injury.

What I did wrong

■ I was *too* ambitious. Had I trained at a 9-minute-per-mile pace, it's quite likely I would have avoided injury and still had a fair chance at finishing in under four hours.

■ I failed to seek even basic advice. The mistakes I made were common first-timer errors that were eminently preventable.

■ I let my ego rule. Aching thighs were an early warning that I was going too fast, but I paid no heed. Now I'll be attempting a marathon having never gone further than 16 miles in one outing.



BILLY BRADY

FELL learned to seek advice first, before doing harm.

HAPPY ST. PATRICK'S DAY

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John McCoy Staff Photographer
Irma Garcia checks in Friday for the L.A. Marathon. Garcia, who traveled from Mexico, will likely run in the rain Sunday.

LOS ANGELES MARATHON

RAIN MAY SLOW RUN

By The Associated Press

Wet weather could be as much of a factor as the competitors during Sunday's Los Angeles Marathon.

Rain is not the weather of choice for runners but that's what they could be facing, according to forecasts.

"It's not easy because it affects us," Ethiopian runner Gudisa Shentema said Friday through an interpreter. "It's impossible to run as fast."

The course for the 27th running is a mostly flat 26.2 miles from Dodger Stadium to Santa Monica. It's normally a runner-friendly course, even in inclement weather.

Last year in the rain, Markos Geneti of Kenya set the men's record by winning in 2 hours, 6 minutes, 35 seconds. Lidya Grigoreva set the women's record of 2:25:10 in 2006. Neither is in this year's field. Nor is defending women's champion Buzunesh Deba of Ethiopia, meaning someone new will brave the elements to win the first prize of \$25,000 and a new car.

"There is a big gap between the two weathers," Fatuma Sado, an Ethiopian competitor in the women's race, said through an interpreter. "When you run dry, the body is more flexible and relaxable. When you run rain, the body contracts, and something happens in the race."

That something is injuries, said Yeshimebet Tadesse of Ethiopia, a competitor in the women's race.

"There is a big difference between rainy time race and dry-time race," she said.

Of the seven elite runners who participated in interviews Friday, only Misikir Mekonnin of Ethiopia had been on the course, having raced in 2010. Her best time is 2:25:21 in winning last year's San Diego Marathon.

Storm to close two forest roads

By City News Service

A cold late-season winter storm will reach the Southland today, bringing rain, high surf, strong winds and snow to lower elevations, and officials announced Friday they will close parts of two roads in the Angeles National Forest as a precaution.

Because of expected snow and icy conditions, public access will be closed — beginning at 5 a.m. today — to parts of Angeles Forest Highway and Upper Big Tujunga Canyon Road, said Bob Spencer of the Los Angeles County Department of Public Works.

The Angeles Forest Highway will be closed from Aliso Canyon Road to Upper Big Tujunga Canyon Road, and Upper Big Tujunga Canyon Road will be shut from Angeles Forest Highway to Angeles Crest Highway, also known as State Route 2.

Access will be maintained for emergency vehicles, but local access will not be permitted

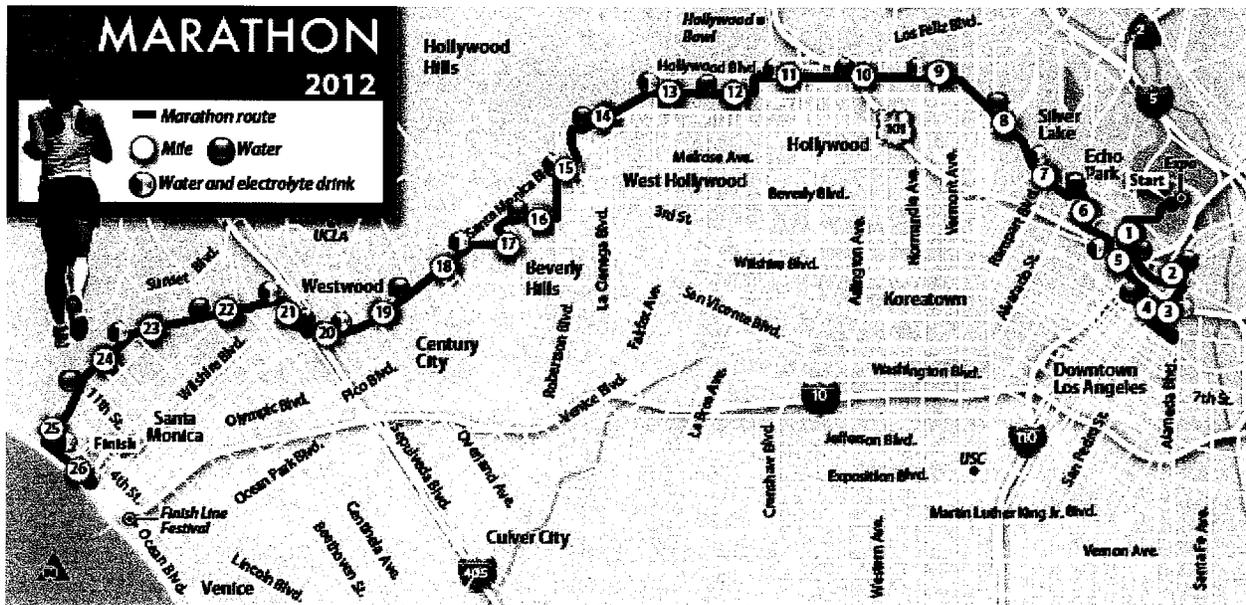
until weather conditions improve and the roads are safe for travel, Spencer said. More information is available online at www.dpwcare.org.

The LADPW will coordinate with Metrolink to inform the public of possible travel restrictions.

Information is available on disaster services is available by calling 211 or via the website www.211la.org.

The storm's cold front was expected to approach the Central Coast by Friday night, then sweep across the southwestern tier of the state, generating "widespread precipitation" for around six hours today and creating "the possibility of thunderstorms with small hail," according to the National Weather Service.

The storm is projected to produce between three-quarters of an inch and 1.5 inches of rain, although between 1.5 and 3 inches is possible in the foothills and mountains, NWS forecasters said.



Paul Penzella Staff Artist

Los Angeles Times

SPORTS

FRIDAY, MARCH 16, 2012 • LATIMES.COM/SPORTS

GOTTA RUN

It's his 27th L.A. Marathon, her first. They run for different reasons, but it fills a need.

BAXTER HOLMES

Eladio Mendoza's pre-dawn run began at 4:45 a.m. as a full moon hung overhead and a rooster just up the street from his Canoga Park apartment was still asleep.

With a red cap pulled tight over a head of thinning black hair, he started his usual route:

West on Valerio Street, north on Topanga Canyon Boulevard, east on Saticoy Street, south on Reseda Boulevard, then along the Orange Line and back home just before 7, when that rooster was crowing and sunlight was glazing the top of his apartment.

He has run that 12-mile route for eight years, and he has run that distance at least once a day since 1966.

Mendoza, 66, has also run in every L.A. Marathon since it began in 1986. This Sunday, the race's 27th edition, may be his last.

For Samantha Gutierrez, 33, of Mar Vista it will be the first.

They don't know each other. They're just two faces among the 20,000 or so who will try to put 26.2 miles behind them.

They sit on opposite ends of a spectrum: an old-timer and a newcomer, tied only by running and their emigration from Mexico to L.A., nearly 30 years apart.

••

Running became part of Mendoza's life when he joined the Mexican military in 1966.

Three days a week from 5 to 8 a.m., his troop would run about 20 miles, he said. And three nights a week, from 5 to 8, they'd run 20 more miles. He loved it. He even ran on his days off.

His legs had grown strong before he joined the military, he grew up on a remote 300-acre ranch in southwestern Mexico, in Mi-



AL HIRN LOS ANGELES TIMES

ELADIO MENDOZA, 66, shows some of the medals from his many Los Angeles Marathon runs.

choacan, with his father, nine brothers (he's the second-oldest) and a sister.

They were a three-day walk from the nearest public road, where they might see a pushcart pass.

"It was very wild," Mendoza said.

In the military, along with running, the Spanish-speaking Mendoza also learned to speak parts of nine other languages: English, Hebrew, Russian, Armenian, Japanese, Arabic, Persian, Punjabi and Vietnamese.

He moved to L.A. in 1973, holding odd jobs while raising a family that has grown to seven children and eight grandchildren.

As the family tree kept branching out, running became catharsis for Mendoza when money was tight.

He ran short races, but not a marathon until the

L.A. Marathon began in 1986 — and he ran that with the intention of winning.

••

Gutierrez had thought about running a marathon for a few years but didn't decide to do it until last year, when she thought she might not have another chance.

She was sitting on the edge of a hotel bed in Mexico in February 2011, next to her father, as he explained the MRI result taken from a test on her brain, a test she took after years of migraines and an irregular menstrual cycle.

Her father was a retired gynecologist, so, very professionally, as if she were a patient, he told her that the cherry-tomato-shaped mass sitting on top of her pituitary gland and just below her optic nerve was a tumor.



DIPAN KHAN LOS ANGELES TIMES

SAMANTHA GUTIERREZ, 33, has been training with LA Roadrunners for her first marathon.

Start times

The 26th edition of the Los Angeles Marathon will start at Dodger Stadium (start times a.m.; * approximate):

6:53 Wheelchair	7:11* Elite women
7 Hand-crank wheelchair	7:29* Field

She didn't want to worry her sister and her mother, who were also in the room. She tried to stay calm. But inside, she was a wreck. She became physically ill.

"I've never gotten that sick," she said.

There was a 10-day period between that diagnosis and her visit to a neurosurgeon at the Ronald Regan UCLA Medical Center to hear more about what the tumor meant.

In those 10 days she thought a lot, and she told herself this:

"You were just totally sailing away. 'Oh, I would love to do this or that,' and then, all of a sudden, it's 'What if I don't have a chance to do anything else?'"

She decided to change, and that included running a marathon.

At UCLA, the neurosurgeon brought good news.

He told her that if she was going to have a tumor anywhere in the brain, it should be exactly where hers was located. He said she had won the "tumor lottery." He said it was benign and could be treated with medication.

"Walking out, I was so happy; so, so happy," she said.

She's taking medication. Her headaches have stopped. Her menstrual cycle is normal again. She expects good news at her next checkup, which she plans to have not long after her first marathon.

••

Mendoza finished his first marathon in 3 hours 58 minutes. The winner did it in nearly half that time. Mendoza decided to not try to win anymore, but just to finish.

He has run every L.A. Marathon since.

"If I had 20 cents a mile, I'd be rich," he said, standing in front of the apartment he shares with his wife, a son and a daughter-in-law. "Plenty for a down payment on a house."

He's retired but still takes on floor contracting jobs once or twice a month. He drives his dark blue 1973 Chevy truck to work.

There's speculation in his family that he might retire from running marathons, that this might be his last. As such, as many as eight family members may run with him this year.

Will he give up? "I don't think so," he said, smiling from beneath a thick, jet-black handlebar mustache. "It's my habit."

••

Gutierrez would like to make marathons her habit.

"I started running with the motivation to do it, but running, it changes something in you," she said. "It's the statement of being alive."

She tries to run every day, getting in her workouts between long shifts at a Manhattan Beach bookstore, where she's a merchandise manager.

She ran the Santa Monica Classic, a 10K, a few months after her MRI exam and last September she joined LA Roadrunners, the marathon's official training group.

She said that a year ago she couldn't even run a mile without falling apart.

Now, she has run more than 20 at a stretch and is more than ready to run 26.2, and she'll do it with what she calls her source of inspiration:

"The best thing that could ever happen to me was to have that tumor in my brain."

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Los Angeles Times

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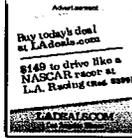
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Photograph by RICK LOOMIS Los Angeles Times

CHRISTIAN ALVARADO and Tania Gongora, linked by a shoelace, train for the L.A. Marathon at the Sepulveda Basin Recreation Area. It will be Alvarado's 11th marathon and the first for Gongora, who will direct him through tugs on the lace.

A ROAD UNSEEN

Christian Alvarado, who runs to prove his blindness doesn't limit him, will rely on his guide, training and instincts in L.A. Marathon

BAXTER HOLMES

At the starting line, some runners will shed their warmup gear and Christian Alvarado will hear the jackets, sweaters and sweat pants hit the ground. The air will be warmed by the combined body heat of so many people clustered together.

In a moment, the first wave of the 20,000 or so runners will start in the 27th annual L.A. Marathon. But just before this happens Sunday, Alvarado will shed his sweater, revealing a light blue T-shirt with two lines centered chest-high on the front, "CHRISTIAN," and below that, "TM BLIND."

Alvarado will notice details many runners might miss: nearby sweat, sour in varying degrees; the dog barking at a fence's edge; the familiar sweetness of a miniature chocolate candy at a refreshment station and its ensuing sugar rush.

But unlike them, he cannot see where he's going.

His dark brown eyes don't give away that he can hardly see. They are healthy. However, the nerves that tell his brain what to see are not, a disorder known as optic nerve atrophy.

For the run, Christian will rely on a guide, Tania Gongora. She'll be alongside, shoulder-to-shoulder, just inches away, tethered to

[See Marathon, C8]



SHOULDER TO SHOULDER, Gongora and Alvarado do training run. Alvarado trained little for his previous marathons because he lacked a guide.

Disability isn't obstacle on his course

[Marathon, from C1]

him by a black shoelace. She'll hold one end, he'll grip the other. If he starts to veer off path, she'll tug on her end to help him correct.

When necessary, she will guide his hands to a cup at water stations. Along the way, she'll advise of every mile marker, every turn and warn of any bump, crack or debris, staying one step ahead to make sure his next one lands safely.

"It's something I want to do right because he deserves it," she says.

This will be their first marathon together and the first ever for Gongora, 22, from Van Nuys. But it will be the 11th for Alvarado, 26, of Mid-City. He's completed seven in L.A., one in Long Beach and two in New York, all despite vision so poor he can see only the faintest of shadows with his left eye and slowly read 3-inch-tall magnified text with his right.

He manages, listening to audio books instead. He's on his sixth about former president Franklin Roosevelt, who was crippled by polio.

"He saved the country," Alvarado says. "He helped get us out of a depression. And back then, a lot of people believed having a disability was really an obstacle."

"He didn't let a disability stop him."

In the late 1980s, Christian and his family left war-torn El Salvador and moved to Los Angeles. Months after he arrived, he was diagnosed with Type 1 diabetes. A few years later, at age 7, his vision began fading.

At Los Angeles High, where at 15 he walked the halls with a cane, he began to accept his disability. But by December 2004 of his senior year, he felt bored, unchallenged. He searched for something new.



BACK LOOKUS Los Angeles Times

STRETCHING COMES FIRST for Christian Alvarado and Tania Gongora before they put miles in to prepare for marathon.

His research led to marathons, and he decided to run in the L.A. Marathon the next March. Though he didn't like running, he wanted to prove a disability couldn't stop him or others like him.

"I don't know if you've noticed or if you knew, but in the blind community, there are so many people that are couch potatoes, who are not doing anything with their life," he said. "There's so much that they can do."

A track club offered 5½ weeks of free professional training, but his trainer later told Christian that he'd need far more.

On Mile 22 of the 26.2-mile run, Alvarado called his trainer and told him he was almost done. He finished in 6 hours 48 minutes 32 seconds. The next day, he wore his medal to class. He wore it to his high school graduation. He ran another marathon that year and was hooked.

Alvarado started giving inspirational speeches on behalf of the Fulfillment Fund, an L.A.-based organization that helps disadvan-

tagged children pursue higher education.

It was through that organization, which helped Alvarado graduate from UC Santa Cruz last June with a bachelor's degree in community studies, that he and Gongora met. She attended one of its events in October 2011. They talked after. He was looking for a new guide after his previous one had given up at Mile 17, leaving him to find a replacement before finishing, which he did.

He asked Gongora, who hadn't run a marathon before. She said yes.

Alvarado is 5 feet 6, a slender 150 pounds with a thick mop of black hair. He has a short stride with a pace somewhere between a run and a light jog.

Gongora guides him during their 10-mile runs at the Sepulveda Basin Recreation Area each weekend. Most other runners don't realize Christian is blind unless they

see the shoelace. If they do spot it, they often understand and respond with a thumbs-up and a smile.

"Christian, this guy just passed by," she'll say. "He's really proud of you."

Their training is new for him. For other marathons, he trained little, as a treadmill wasn't available and he lacked a guide to help him run outside. So, instead, he'd run in place, alone, in his bedroom or a garage for 30 minutes a day. "That was the best I could do," he says.

In past marathons, he often ran the first two miles and power-walked the rest. His fastest finish was his first. He has completed the rest in upward of seven hours and most at more than nine. The barriers are often taken down by that time, allowing traffic to return to the roads, so he has finished most runs on a sidewalk.

But he doesn't give up. In 2007, at Mile 20, a police officer, seeing that Alvarado looked as though he may pass out, pleaded with him to stop.

"We're just trying to help you," he said.

"I'm not going to stop."

He didn't.

In 2010, at Mile 17, Alvarado had to be tended to by paramedics. His blood sugar was too low. A firefighter begged him to quit. They argued.

"My mom came over and asked if I was ready to go home, to give up."

He wasn't. His mother, Maria, power-walked with him to the finish.

Good job, Christian! Keep going! You're almost there!

His shirt informs others of his disability, which leads to widespread encouragement, but it also

acts as an explanation to other runners.

"They'll understand that, 'Oh, he didn't bump into me because he's mean. He bumped into me because it was an accident,'" Alvarado says.

He's fallen a few times, once tripping over a sweeter someone threw in the first mile. Another time, he nearly slipped on a banana peel.

He doesn't mind being blind. If that never changes, he says he'll be OK.

"Sometimes, it's kind of fun," Alvarado says, his nose crinkling in laughter.

He points to Faith, his seeing-eye dog, a black Labrador who sleeps by his bedside, near the dresser where he keeps his 10 marathon medals. In the apartment, Alvarado shares with his mother, an aunt and a cousin.

He notes he can bring Faith into work at the Fulfillment Fund, where he's a development intern, and onto a plane.

But for as much as he relies on Faith and others, he can discern a few things by himself.

For instance, he doesn't need a guide to know when he's reached the halfway point of the marathon. The cheers will tell him that.

But there isn't much else.

The only image to keep him company is that of a countdown clock in his head, ticking off a mile at a time as Gongora tells him they have passed another.

When he nears Santa Monica, where the marathon will end, he'll smell the salty air and feel a cool breeze rolling off the water. And then, after he crosses the finish line, he'll enjoy the sensation he loves most of all.

The weight of a medal around his neck.

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SUNDAY EDITION

GREEN DAY ALBUM COMES TO LIFE IN MUSICAL

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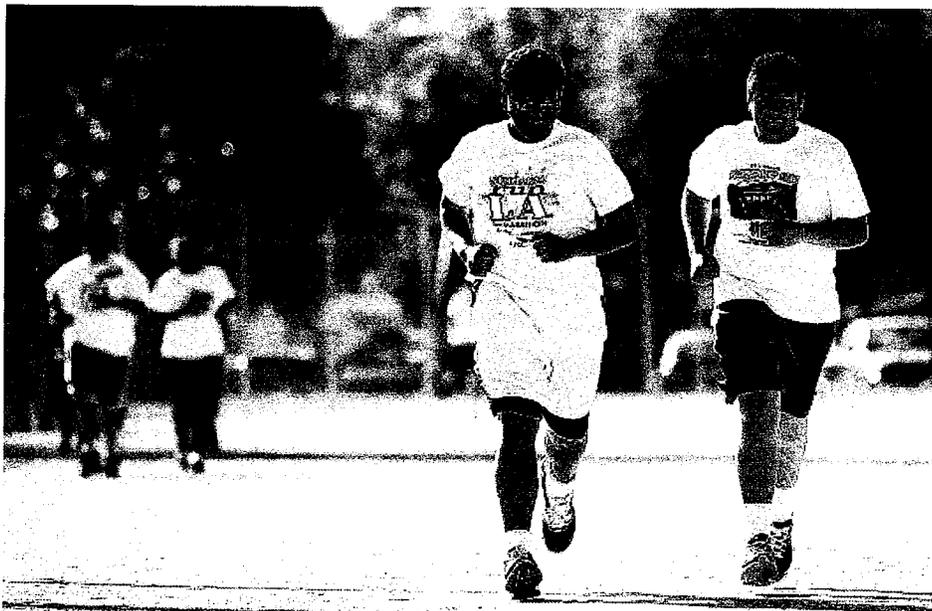
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*Students Run LA not only builds young bodies,
it gives teens the courage to match their dreams*



MARATHON KIDS GO THE DISTANCE

Jonathan Sison, left, and Adrian Prado run a lap together while training for the L.A. Marathon. Both have found the Students Run LA program has made a big difference in their lives.

Andy Holzman
Staff Photographer

By Susan Abram Staff Writer

Jonathan Sison has given in to the asphalt and the concrete. For the last eight months, he has willed his soul to training for the L.A. Marathon because of what running has given him and what it has taken away: muscles where there was once fat; courage to ask a girl out to the prom.

It also has taken away some of the heartache, especially when he remembers he is an 18-year-old who lives in a motel room, and his mom, who breathes through a respirator, is sometimes too ill to see the changes taking place in her boy.

Running gives Jonathan solace. "My mind flows freely when I run," Jonathan said one recent afternoon just before practice around Kennedy High School in Granada Hills. "It's stress relief. The weight lifts off my shoulders."

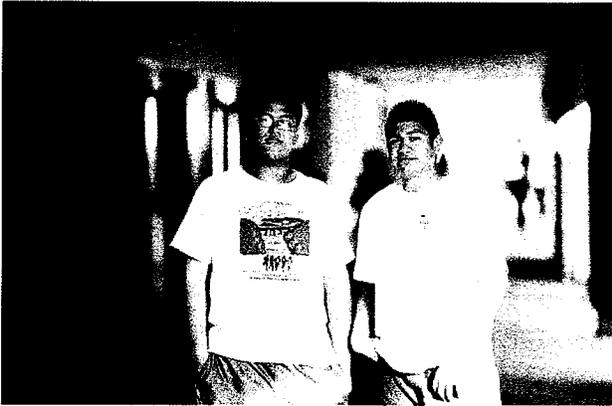
Since September, Jonathan and thousands of other teenagers have laced up their donated sneakers and sacrificed their Saturday mornings and a few hours after school to train for the upcoming marathon. They practice through Students Run LA, a nonprofit program that draws teens from 165 schools, mostly from

MARATHON A6



Hans Gutknecht Staff Photographer

Students Run LA participants Jonathan Sison, left, and Adrian Prado enjoy some teenage fun moments after a session of grueling running practice.



MARATHON

FROM PAGE A1

within the Los Angeles Unified School District.

"The most significant change I see is their confidence and their motivation to do something more," said Paul Trapani, a teacher at the John R. Wooden Continuation High School in Reseda and one of three co-founders of Students Run LA.

"The marathon is the great equalizer," Trapani said. "You can run it in two hours or you can run it in six hours. What's important is if you finish. For that one day, the students are athletes."

The program formally began in 1989, after Trapani joined with two other teachers and a handful of students to train for the marathon.

Since then, Students Run LA has grown to include 3,000 students, many considered to be the most vulnerable youngsters who carry labels such as at-risk, overweight, poor or low achiever on their shoulders.

Realizing a goal

If not lifted, those labels can turn into obstacles to high school graduation, said Marsha Charney,

executive director of Students Run LA, who worked with former LAUSD school board member Roberta Weintraub to expand the program through the district.

"The truth is that there hardly is a kid in public school who isn't at risk for something," Charney said. "This is not a program for athletes. We get kids who have nothing else going on for them."

Students Run LA gives those same kids a chance to realize a goal.

Completing the L.A. Marathon is as good a goal as any, because the process changes a person, Charney said.

More than 90 percent of the 3,000 youths in Students Run LA graduate high school. Scholarships are provided to many of them, but the students must complete the program, which is funded by the Robert Wood Johnson Foundation.

The number of students participating has been capped at 3,000, with 12 schools on a waiting list to join, Charney said. And not every student qualifies to go on to run the marathon. Before they receive their donated sneakers and a bright yellow jersey, they've got to prove they're committed, Charney said.

Negative labels may be with the students when they stand at the starting line of the L.A. Marathon.

But as they run among the world's

elite athletes toward the finish, a transformation occurs: The at-risk girl finds self-esteem. The overweight boy sheds insecurity. The poor become rich with confidence, and the low achiever learns to believe.

That's what completing 26.2 miles can do, said Gabriel Cedillo, a runner and office administrator who brought the program to Kennedy High School.

"We don't run to forget who we are, we run to become who we want to be," Cedillo said.

Friends encouraged participation

Adrian Prado, a senior at Kennedy, said he signed on to the program because his friends kept encouraging him and because he wanted to lose weight.

He began the training in September, when he weighed 210 pounds. He last came in at 190, but that was weeks ago.

But there's more to his story. "I was diagnosed with leukemia when I was a child," Adrian said. "I survived. I was given another chance at life. To finish the L.A. Marathon would be a great accomplishment."

Adrian's mom, Maria Prado, is one of the training leaders at Kennedy High. She will join her son on race day.

"I knew this training was going to be good for him, because he always

had a hard time finishing activities," Maria Prado said. "I already see the changes in him. He's very positive now."

Among the 30 students at Kennedy High who are taking part in Students Run LA, many are going off to colleges, said Patrick Brown, another training leader.

"I see how they change not only physically, but mentally," Brown said. "The self-esteem comes in, then the maturity. All these kids are here because they want to prove something to themselves. I try to remind them, 'We're running for mettle, not a medal.'"

Jonathan, meanwhile, said being involved in the program has helped him make friends, and he is inspired by classmates such as Adrian who survived a childhood illness.

He said he also is proud of some of the goals he already has reached. He has lost 50 pounds. His grades are up. He's doing well in his calculus class, and hopes to get into University of California, Berkeley, or UCLA to study business.

"I used to be a little shy around the ladies," he said, flexing his biceps with a twinkle in his eye. "But if I can do the L.A. Marathon, I can do anything."

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La Opinión

En el nombre del padre...

'May May' Alí, hija mayor del mítico Muhammad, correrá maratón de Los Ángeles como parte de 'Team Parkinson'

POR: Jairo Giraldo

March 5, 2012

"May May" es Maryum. A primera vista sólo una de miles de mujeres de cualquier edad y condición social que por estos días se preparan para competir con distinta motivación en el Maratón de Los Ángeles que se corre en menos de dos semanas.

Pasaría inadvertida si no fuera porque lleva a cuestas un nombre de abolengo con un sitio seguro en las enciclopedias del deporte.

"May May", como le gusta que le digan, es Maryum, la hija mayor de Muhammad Alí y hace parte de la legión de entusiastas comprometidos con las causas que reclaman solidaridad sin condiciones, en apoyo de los más vulnerables.

Autora de varios libros, "May May" Alí fue primero conocida como comediente y autora de textos para comediantes.

Aunque se mantiene en esa actividad como una ejecutiva exitosa, por estos días y puntualmente en el maratón llevará la divisa de "Team Parkinson", una organización sin ánimo de lucro que recauda fondos para atender a las personas que, como a su legendario padre, requieran ayuda para sobrellevar el mal que los ha dejado en la postración.

¿Qué es y quiénes integran el 'Team Parkinson'?

"Team Parkinson es una organización sin ánimo de lucro integrada por centenares de voluntarios, quienes tenemos por objetivo contribuir a la lucha contra el mal de Parkinson. No tenemos unas suntuosas oficinas ni grandes gastos. Todos los aportes, el 100% de lo que recibimos, son para apoyar a otros".

"Team Parkinson" fue creado en el año 2000 y ha logrado tal desarrollo que tiene presencia en San Francisco, Nueva York, Chicago, Orlando, San Diego, Sacramento, Londres, entre otras ciudades.



Foto: CORTESÍA: 'MAY MAY' ALÍ

Esta organización de voluntarios surge de The Parkinson Alliance y desarrolla su actividad por más de una década con un triple objetivo:

- Promover la conciencia sobre el riesgo de esta enfermedad.
- Fortalecer a los pacientes para hacerse cargo de sus vidas, no como si fuera una tragedia, sino como algo que puede sobrellevar con ejercicio y una vida sana.
- Recaudar dinero para buscar una cura.

Por ahora y mientras no se ha encontrado la cura... "Team Parkinson" se ocupa en mantiene la esperanza y motivación.

FUERZA INPIRADORA

Su padre, el legendario Muhammad Alí es una fuerza inspiradora para todos. *¿Cómo consiguen que el nombre de Alí logre tantas cosas para tanta gente?*

"Mi padre fue un hombre que trascendió el mundo del deporte. Fue un gran campeón, un hombre que peleó fuera del ring por reivindicaciones para los menos favorecidos ", dice conmovida, pero firme.

"Por eso con el paso del tiempo lo miran como un líder para aquellos que necesitan apoyo y que alguien hable por ellos. Muchas estrellas no arriesgan su dinero y su fama para hablar por otros. Mi padre sí lo hizo".

"Hoy Muhammad Alí es visto como una especie de César Chávez, el líder de los trabajadores agrícolas, o como Martin Luther King, el defensor de las libertades civiles. A ese nivel", agrega.

¿Cómo es su vínculo con el Maratón de Los Ángeles?

"Todo empezó con John Ball, co-presidente de 'Team Parkinson', y Edna Ball, ambos aportadores y gestores de la organización que inicio en el año 2000".

"El señor Bell ha tenido el mal de Parkinson por 30 años y empezó corriendo maratones en 1995 y ya ha corrido 19 en distintos eventos, a través de los cuales ha inspirado a 15 hombres y mujeres a terminar el maratón y a centenares de ellos a recorrer en bicicleta o caminar por 5 kilómetros".

"Ellos no hablan español, pero si tú conoces a alguien que padece mal de Parkinson, sólo tienes que ir con ellos, que buscarán quién hable español y lo van a atender porque son gente muy buena", dice.

¿Cuántos años lleva corriendo maratones?

He corrido seis maratones y esta vez correré en equipo como un relevo, una modalidad que debuta en esta edición. Así que yo estaré en el punto de partida en el estadio de los Dodgers y correré hasta la zona de Sunset Boulevard y allí serán 13.1 millas, entonces mi compañero de relevo hará el resto del camino hasta el muelle de Santa Mónica".

¿De qué manera la gente que lea esta entrevista puede apoyar a 'Team Parkinson'?

"Pueden entrar a nuestro sitio teamparkinson12.kintera.org y ayudar con dinero, con trabajo, como voluntarios. Nos apoyan todos y muy especialmente personas que padecen la enfermedad y que quieren ayudar".

¿Qué alcance tienen las sumas recaudadas por ustedes?

"Hemos recibido dos millones de dólares desde el 2000 que empezamos y este año llevamos 126,407 dólares recaudados [a falta de dos semanas para el 18 de marzo]".

LA ARTISTA

También contribuye "May May" Alí con su talento como comediente y escritora de comedias a través de shows en Comedy Store, en Hollywood, donde es apoyada por varios grandes artistas de este género.

Su obra "Knock Out Parkinson's" ha sido muy celebrada.

"Es una de las tres cosas que hago para ayudar a combatir el mal de Parkinson. Las otras dos son la caminata de Central Park de Nueva York y correr los maratones".

Faltan apenas dos semanas para el Maratón... *¿En verdad ha entrenado para llegar a la meta?*

"[Ríe]. Yo sólo haré la mitad de la carrera. Haré solo 13.1 millas. ¡Estoy lista! He practicado recientemente con corridas de hasta 10 millas en Marina del Rey. Yo estoy lista", y vuelve a reír como si quedara algún cabo suelto.

¿Qué otros proyectos tiene para este año?

"El 28 de abril estaremos en la caminata del Central Park de Nueva York a donde llegan todas las organizaciones que luchamos contra el Parkinson y también estaremos el 5 de mayo el medio maratón de San Francisco".

¿Qué mensaje le da usted a las personas discapacitadas que se sienten solos y abandonados?

"Mi mensaje es que debes dar tu mejor pelea contra un mal que te hace daño. Tienes que mantener la motivación muy alta y hacerlo por ti. Debes cuidar tu salud".

"Mi padre debido a su enfermedad ha perdido funciones motrices y hay cosas que no puede hacer, pero con las funciones que permanecen bien hace su aporte y es un ejemplo de que no debes rendirte", finalizó "May May" Alí, un ejemplo de lo que es ayudar al prójimo.

La Opinión

Motivos de peso... para correr

Rumbo al maratón de Los Ángeles, dos historias de esfuerzo y disciplina que dejan un mensaje de lucha y logros

POR: Jairo Giraldo

February 27, 2012

Ledys volvió a mirar la báscula y... sí, era cierto? pesaba 289 libras.

Tenía 22 años y una vida que vivir, pero desde hacía mucho tiempo había perdido el control en su alimentación y ahora se ponía cara a cara frente a una encrucijada en la que la única manera de retomar la marcha y darle vuelo a sus sueños era tomar una decisión vital y luego -como quien cambia repentinamente el sentido de la ruta en su camino- dar un golpe de timón a su vida para intentar llegar a otro destino.

Una meta, un reto que cumplir, y la urgencia de ver resultados para rescatar la fortaleza interior perdida.

Ahora se prepara con empeño para atender el desafío del Maratón de Los Ángeles, pero atrás queda una historia llena de traumas personales que hoy hacen parte de su mejor experiencia.

Revertir las falencias y convertir la fragilidad en fortaleza es su mejor premio. Prueba superada.

"Yo era una adolescente con sobrepeso, con espinillas en mi rostro y frenos en mis dientes", dice con una carcajada que denuncia su origen caribeño.

Ledys, ahora de 34 años, es hija de padre cubano y madre costarricense, y llegó a ser una víctima de la sociedad permisiva de estos tiempos que no cuida a sus niños.

"Tener casi 289 libras siendo así de joven es muy traumático. Es algo que sólo si lo vives lo puedes entender".

¿Cómo ese desorden alimenticio llega a crear un desorden personal?

"Porque te sientes solo, aun con tu familia cerca, estás solo. Yo iba por ahí y comía de esa 'fast



Ledys López y Alex Yarza se ejercitan.

Foto: Lucio Villa / Especial para La Opinión

food'. Sin control. Seguro que en la familia algo te dicen, pero casi siempre se toman medidas cuando ya es muy tarde".

Justo cuando ya la batalla está casi perdida, cuando ya se requiere de una voluntad férrea y una decisión suprema para ganar una pelea desigual.

El escenario lucía para el peor diagnóstico, y la autoestima estaba por los suelos, sin embargo, Ledys tenía un plan.

ALEX, SU HISTORIA

Acaso el capítulo uno de la historia de Ledys sea la propia historia de Alex, hijo de mexicanos y con 190 libras antes de cumplir 15 años.

Alex Yarza estudia en la Hollywood High School, ubicada en un colorido paraje en el vecindario de la meca del cine, y otra vez, como si fuera una maldición, la negligencia de una sociedad permisiva que prepara el terreno fértil para el caos.

"Yo comía de todo. Toda esa basura que encuentras en los 'fast food restaurants', y de pronto me di cuenta que eso ya no era normal y que no era lo que yo quería para mi vida".

¿Cómo es que llegas a una situación tan crítica?

"Porque lo ves normal en la escuela, porque son muchos casos, entonces no te preocupas, pero luego, en mi casa, sí era distinto porque yo era el único gordo. Tengo dos hermanos y ellos no son así, ni mi padre ni mi madre. El problema era yo".

Por eso, porque entendió a tiempo la necesidad de enfrentar su drama, Alex tomó una determinación drástica.

CUANDO ERA GORDA

Ledys y una historia para no creérsela, porque ahora ríe con desparpajo mientras muestra las fotos de aquellos años. El antes y el después.

¡Cuando era gorda!

Agobiada por las peores circunstancias, decidió someterse a la cuestionada cirugía del "bypass" gástrico.

"Superé mis nervios y mi propio miedo y me hice la operación, perdí de una sola vez 95 libras". Lo cuenta mientras ríe de una manera como si hubiera pasado por el estilista.

"Ésa era una situación que yo quería y que ya no iba a dejar pasar", añade. Sabía que después del "bypass" gástrico lo más demandante es habituarse a un nuevo régimen de vida con dos ejes: nueva alimentación y ejercicio permanente y riguroso. Y así lo asumió.

"Es hacerlo por tu bien, por tu vida. Es bien simple, sólo debes convencerte de que puedes".

Por eso empezó a correr.

Desde entonces ha cumplido, como una religión, con esta disciplina de correr seis días a la semana. Como quien hace algo decisivo por su vida.

"Mis ropas eran tallas 16 y 18 ahora uso talla 10".

La risa del triunfo y un dejo de jactancia mientras corre, va, viene, salta, y cumple su entrenamiento con una dedicación y agilidad llamativas.

"Peso 185 libras y puedo bajar un poco más", insiste.

Se lo tomó en serio. Participa en carreras del ámbito local, ya ha corrido el maratón de Pasadena y se prepara a tomar la partida para su segundo Maratón de Los Ángeles.

Se lo tomó tan en serio que se conectó con SOS Mentor (organización sin fines de lucro que cumple tareas de cuidar la alimentación y lucha contra la obesidad infantil).

Y allí entre los muchos apurados por el drama del sobrepeso, conoció a Alex Yarza, un adolescente que presumía el logro de haber bajado casi 40 libras en tres meses.

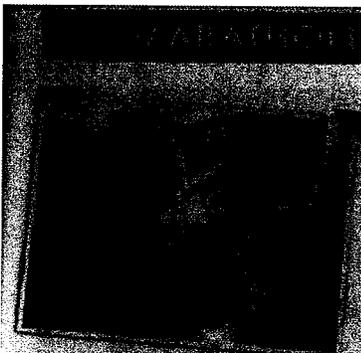
"Ya hace más de un año que lo hice, comiendo sano y con disciplina, y he podido mantener el peso de 155 libras".

Ledys López y Alex Yarza, un cruce de caminos señalados por el drama común del sobrepeso, empeñados en cerrar los detalles finales de su preparación para estar, a nombre de SOS Mentor, en la línea de partida el próximo 18 de marzo entre los más de 30 mil atletas que correrán el Maratón angelino.

Partir de la meta y llegar –o no llegar– luego será sólo una anécdota, ellos de todos modos ganan.

Colaboran: Genoveva Guerrero (@genoveva) y guenther@explosivo.com | Gabriel Ochoa (@gabrielococha)

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EN ESTA SECCIÓN



El maestro Art Rodríguez presiona sus estudiantes durante su maratón en Hawthorne, California.

Correr y vivir en Hawthorne

El profesor Art Rodríguez es una fuerza inspiradora y un ejemplo de supervivencia

ESPECIAL

JUAN BERNALDO
@juanbernaldo

Art Rodríguez está seguro de que sus discípulos de la escuela Dana Middle son el motor de su motivación, al tiempo que ellos creen y afirman convencidos que el maestro es su principal fuerza inspiradora. Una manera de construir puentes de entendimiento que extiende un largo vía de solidaridad con resultados sorprendentes para una comunidad.

Es la historia del profesor Art Rodríguez, cuyo teatro de operaciones en Hawthorne lo tiene por estos días al frente de un grupo de atletas que ya dejaron atrás tres meses de preparación en su alistamiento para cumplir una meta que tienen marcada en su calendario: correr el Maratón de Los Ángeles.

"Es una larga historia de compartir con un grupo de personas que, más que una escuela, ya somos una familia. Sentimos que somos una familia", afirma Rodríguez.

(Una familia! Al menos así lo sintió él cuando debió enfrentar acaso la prueba más dura que le puso la vida en una inesperada curva del camino. Fue el día en que su médico le dejó saber en septiembre pasado de qué manera estaba amenazada su vida.

Si Art Rodríguez sufre de cáncer de la tiroides, y algo que para otro pudo haber sido devastador,

Ejemplo

Viene de la pág. 1C

para él fue una prueba de más rigor que puede sobrellevar sin dramas porque la comparte con toda esta hermandad.

"Eso es lo difícil de este año... que será mi primer maratón en el tiempo en que estoy tratándome la enfermedad", afirma un hombre que con 53 años llega en esta edición de la carrera a cumplir su maratón número 21.

¿Qué tiempo que tenía cáncer? ¿Dejó de correr?"

"No. Absolutamente no. Al contrario, le compartí a mi grupo este gran desafío y nos hicimos unos fuertes para acompañarnos en la carrera".

Hacerse fuerte en la adversidad, una lección de ley de vida a partir de la que se tienen grandes historias que están sobre el efecto de sumar esfuerzos, convocar apoyos y agregar transpiración sin guardarse nada para mirar más de cerca la meta de llegada.

Mathew Andoza tiene 13 años, estudia el octavo grado y es uno de los jóvenes más comprometidos con esta causa de correr por la vida. Para dejar un mensaje de fortaleza interior y solidaridad.

"Me gusta correr, es algo divertido. Este es mi tercer maratón" dice. "Corremos inspira-

dos por Mr. Rodríguez, que para nosotros es un modelo a seguir. Después de que le han detectado cáncer, él no se vence y sigue luchando. Eso es muy inspirador", dijo.

Es un ambiente distendido que suma por igual voluntades y sonrisas, y que en lugar de erosionarse con la crisis de salud de su líder, se solidifica.

VEINTE MARATONES

Mucho antes de que Art Rodríguez fuera una fuerza inspiradora para otros en su vecindario, ya era un líder con vínculos muy sólidos por más de 17 años en Dana Middle School.

Estará acompañando por un grupo de 48 atletas entre alumnos, padres de alumnos y profesores, con actividades ubicadas cada dos millas para atenderlos con agua y comida.

¿Qué es lo diferente este año, profesor Rodríguez?

Se lo piensa y responde con una sonrisa que no se burra nunca de rostro.

"Lo diferente es que tengo cáncer, algo que no cambia mis planes y no me impide juntarme con este grupo de gente maravillosa que me apoya todos los días".

"Son solo 26 millas, dice sonriendo. Pero vivir es solo hacer cuentas sobre todo al tiempo que gastes por ahí manteniendo un control de por mí mismo y por la motivación de cumplir metas".

Cada uno tendrá su historia,

su vida propia y sus sueños, pero todos coinciden en que la fuerza motriz para saber que "puedes hacerlo" es la actitud constructiva, jovial y generosa del profesor Rodríguez.

"Allí estaré, empujado por su apoyo. Todos vamos a correr y todos vamos a llegar a la línea de meta", lo dice como quien promulga una ley.

No es sólo un plan. Es un objetivo a cumplir:

"Cuando llegan a la escuela en septiembre, ya están preguntando: ¿Cuándo empezamos a entrenar para el maratón?"

Son años de contacto con miles de jóvenes atletas y centenares de familias que encuentran productivos para sus familias los vínculos propios de la acción comunitaria.

Atrás queda el coquetto edificio de Dana Middle School, el lugar que acoge un proyecto de acción social lleno de sensibilidad y personas comprometidas con la bondad.

"Cada año querré estar. Yo me siento bien. Cada año hay más gente motivándose y encontrando razones de vida... por su salud por su familia... por amistad... por camaradería".

Desde el fondo del grupo, que con toda atención escucha el diálogo con el reportero, surge una frase que describe el contenido de su misión. Un lema. Una consigna. Una prédica.

"Tengo vida porque estoy corriendo".

SANTA MONICA MIRROR

Inspiring Stories At LA Marathon

Roger Morante, Mirror Contributor

March 23, 2012

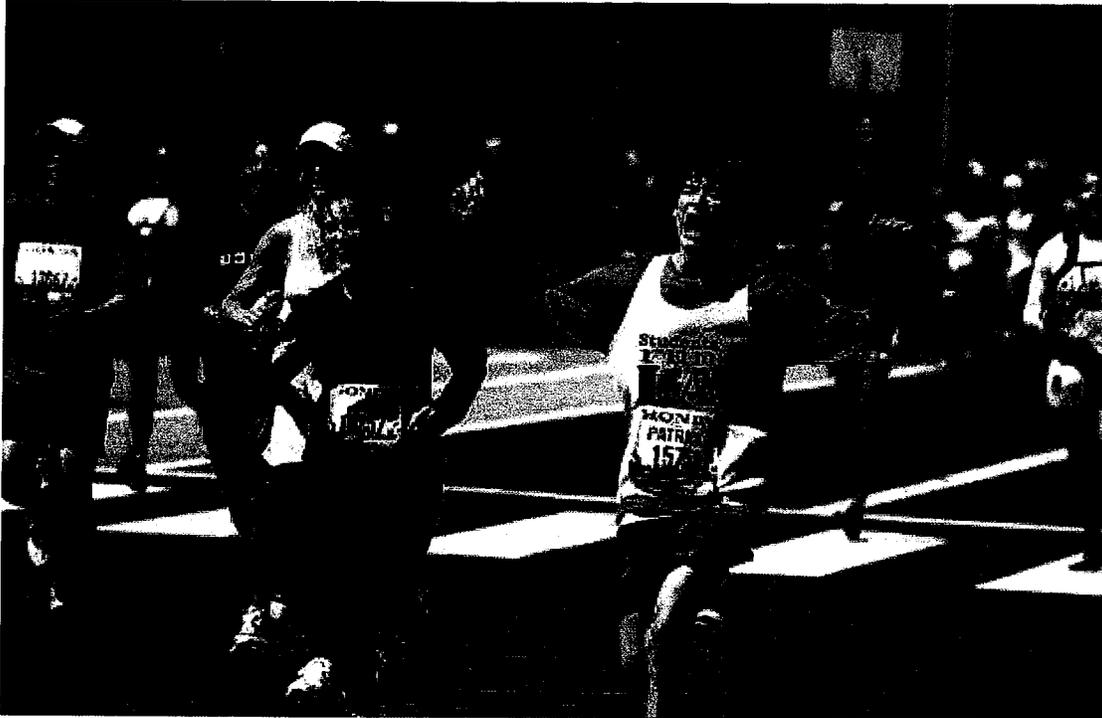


PHOTO BY ROGER MORANTE

A jubilant runner crosses the finish line at last Sunday's LA Marathon, which finished on Ocean Ave. in Santa Monica.

Of the 23,000 LA Marathon starting participants, 18,856 completed the 26.2-mile race that started at 7:29 a.m. on Sunday and wound its way from Dodger Stadium, through Hollywood and the Westside, before ending in Santa Monica to the picturesque backdrop of the Pacific Ocean.

"The ocean is very inspirational for these runners as they come towards the finish line down beautiful San Vicente that is known for its runners and reach Ocean Avenue and then they see the Ocean and the Santa Monica Pier in the background," said Santa Monica Mayor Richard Bloom. "It is truly an emotional site for the runners. Some of them kiss the ground as they reach the

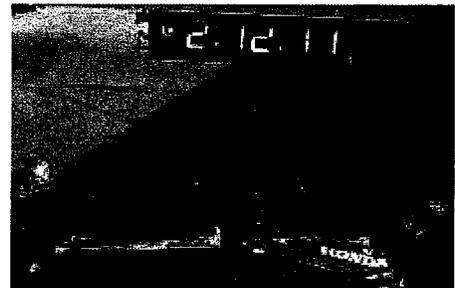


PHOTO BY ROGER MORANTE

Simon Njoroge of Kenya captured the men's title on Sunday.

finish line, and for the third year in a row, we have been able get better at it.”

The annual event provided the thousands of racers with an energizing release as they raced in athletic competition with athletes from all around the world to not only to prove they could compete, but also to gauge their times against the thousands of others who attempted the grueling race.

Thirty-one-year-old Simon Njoroge of Iten, Kenya captured the men’s title with a time of 2:12:12 keeping an average pace of 5:02.62, while 21-year-old Fatuma Sado of Addis Ababa, Ethiopia, won the women’s division achieving the fourth best performer in the Women’s Division of the LA Marathon with an overall time of 2:25:39 clocking a 5:33.42 pace.

Both athletes walked away with a new Honda car, in addition to their check prize, while others who placed in the Los Angeles Marathon took home portions of the \$110,000 allotted to the money pool for crossing the finish line.

Sado was awarded \$125,000 for beating the Honda Challenge while Njoroge received \$25,000.

“This is the right place for the race to finish,” said Santa Monica Mayor Richard Bloom. “It really speaks of all Southern California and Santa Monica as a city really pulls it together and makes sure that the finish line experience for both the racers, the residents, and for all the spectators that come out is a fantastic one.”

Sado also took home the Honda Challenge prize of \$100,000 for arriving before the first man, Njoroge, crossed the finish line.

Hollywood actor and long distance runner Sean Astin, who is famous for his epic roles in “The Goonies” and “Lord of the Rings,” ran the LA Marathon in support of the Achilles Freedom Team (and other charities) and even wore a hat supporting his base organization #Run3rd.

“There is a sense of achievement and community as well as the sexiness when competing in the LA Marathon,” said Astin the day before the race. “Nobody was handing out water in Mordor.”

Heading in to the race, Astin said he was wishing for “a little heat blast from around First street and Grand right near Disney Hall,” even though he admitted to enjoying running in the “cool weather.”

The 41-year-old Astin completed the LA Marathon with a time of 4:26:31 and was 593 in his age division successfully beating his 2010 time of 5:16:02.

Astin competed in two prior LA Marathons, and even limped out his last race “fighting with every heart, nerve, and sinew” to break four hours after injuring his calf muscle training in the week prior to the LA Marathon in 2010.

Astin’s story of completing the race with his leg injury parallels his acting roles of dedication and perseverance found inside of some of the characters he has taken in Hollywood.

“The story in Lord of the Rings is trying to dramatize what it means to be committed to something more important than yourself and to struggle and yet persevere,” Astin said. “There’s 23,000 people who are going to feel the same way whether you are the top Kenyan (Simon Njoroge) who is finishing the race in (2:12:12) or not.”

Mai Mai Ali, daughter of Muhammad Ali who also ran in the Los Angeles Marathon, said it was fun seeing the people participate.

“It’s much easier to do it than to train,” Ali said. “When you are in a marathon, it gives you more energy. There are all these people shouting your name. There are even bands out there cheering you on.”

Cpl. Justin Gaertner, who lost his legs in an IED blast in 2010, placed fifth in the HND division with a time of 2:00:28.

Gaertner reunited with Sgt. Gabriel Martinez (who also lost his legs in the blast) and both used hand-crank wheelchairs along with 25 other wounded Marines as part of the Achilles Freedom Team.

“We’re competitive and like to compete and it’s our way of getting back to where we were,” said Martinez who placed seventh in the HND division with a time of 2:03:11. “Anything that has to do with getting out and being active, we are all about it.”

Barefoot runner Casey Cochrain completed the race in 4:26:32 and blind runner Christian Alvarado completed the race in 9:13:53.

UNIVERSITY OF CALIFORNIA, LOS ANGELES

DAILY BRUIN

Miles of Memories: UCLA coordinator Shamar Jones runs marathons in honor of his father, who died from cancer

By James Barragan

March 19, 2012

He was completely dehydrated, and his entire lower body cramped. It felt as though someone had taken a match and lit his toes on fire.

His body was so worn out that he could no longer carry out a full run.

Barely shuffling his legs to keep going, Shamar Jones finished the ninth mile of the 2004 Los Angeles Marathon.

As he stumbled into mile 10, he saw a medical station where he could sit down, drink water, be attended by professional physicians – even call it quits. He saw the long line of runners who had given up 16 miles away from the finish line.

Like him, the runners were worn out. They took their shoes off to relieve their blistered toes and guzzled down water without worrying about the repercussions for the rest of the race.

But the medical station tent was a siren call for Jones. He remembered why he was running: his father.

Lovell Jones had been battling colon cancer for three years. The cancer had spread to other parts of his body and, plagued by constant blood clots, he had lost the use of his legs.

Shamar Jones watched as his once strong and fun-loving father was limited to his bedroom by the disease. It broke his heart.

So he set out to inspire his father to keep fighting through the pain by running 26.2 miles.

After finishing, he would return to his father's bedside with the medal he won.

Jones had never run more than 3 miles at one time.



REPRINTS

Isaac Arjonilla

Shamar Jones, a career advising coordinator at the UCLA David Geffen School of Medicine, ran the L.A. Marathon on Sunday for the ninth consecutive year. He decided to start running in honor of his father, who died in 2004 after battling cancer for three years.

During the race, as almost every muscle in his lower body began to ache, Jones thought of his father and the pain he had to endure.

“With each step I took, it was as if I was taking my last, but I felt like my dad was walking next to me the whole way, and he refused to let me stop,” Jones said.

Sixteen miles later, Jones crossed the finish line. Exhausted, he sat down on the sidewalk for about 40 minutes before going home. He felt accomplished.

But the next morning, Jones received a phone call with devastating news.

His father had died.

Lovell Jones would never get to see the medal his son had worked so hard to bring him.

Shamar Jones is a career advising coordinator at the UCLA David Geffen School of Medicine. He worked his way up from the residency program at the UCLA neurology department and another advising job at the chemistry department to his current position.

He ran his ninth consecutive Los Angeles Marathon on Sunday.

Coming in at 4 hours, 50 minutes and 5 seconds, this race was a far cry from the grueling pain he suffered in 2004, when the race took him nearly 6 hours to complete. He had to wear medical clogs for almost a month afterward to heal his blistered toes.

Yet after all these years, the reason he runs remains constant.

In the months after his father’s death, Jones returned to work and went about his regular business. He made funeral plans but tried to stay as distracted as possible.

Then, one day, about six months after his father’s death, Jones broke down. The impact finally hit him.

But instead of dwelling on his loss, Jones fully embraced his new hobby.

Jones said he felt running gave him a new sense of life and passion. He signed up for every race he could find.



REPRINTS

Blaine Ohigashi

Runners depart at the beginning of the 27th annual Los Angeles Marathon which was held Sunday. Shamar Jones was one of more than 23,000 runners who participated in the race.

He especially liked charity races, including the Bruin Run/Walk, which raises funds for the Chase Child Life Program at the Mattel Children's Hospital UCLA.

As he ran more events, he began using the races to talk to people about the high risk of colon cancer among men. He linked up with different foundations and raised money for colon cancer at races.

He brought that passion to his work when he convinced several faculty and residents at the UCLA neurology department's residency program to donate their time for causes he was running for, said Tracy Newman, a program coordinator at UCLA Life Sciences Core Curriculum, who hired Jones in 1997.

In 2006, Jones received a sponsorship from the shoe company Saucony. He invested that money into building a site for a charity organization he and his high school friend Derry Smith are working to create.

To share his passion with other runners, Jones started a blog with tips on how to train for races. He writes about everything related to running – from what kinds of shoes and socks to wear for races to proper hydration.

But for David Garnett, a 41-year-old architect and Jones' running partner, the first post on the site is the most inspiring. In the post, Jones talks about his father's battle with cancer.

"Cramps, blisters, heat rash, dehydration tested me all throughout the marathon, but I kept thinking, if my dad had to battle cancer on a daily basis, I could suffer through the pain for one day, and I did," Jones wrote in the post.

Garnett said he returns to that blog post whenever he needs a boost of energy in his day.

"I think everyone can relate to family members' pain and suffering," Garnett said. "You can really see what drives Shamar, and that's just a really emotional thing."

Though Jones started running to inspire his father, it soon became a way for him to inspire others.

Scattered all over the living room of his Culver City apartment is running paraphernalia. A book titled "Born to Run" sits on a table, surrounded by a running article Jones read in that morning's Los Angeles Times. Articles on inspirational runners are taped on his wall, and two pairs of running shoes are placed neatly in front of the television set. His marathon medals are tucked away in a bag next to a sofa.

Since his first marathon, Jones has run about 80 races. His new hobby has taken him to the ING New York Marathon and to a half-marathon in Rio de Janeiro.

Running has also opened up a whole new circle of friends.

"At every race, Shamar has like five new friends either during the race or after," Garnett said.

Starting off as running partners, some of these people have become Jones' closest friends.

Jones is fun-loving and brings energy to any place he walks into, said Cristina Garcia, a 34-year-old professor of mathematics at Los Angeles City College, who met Jones through running.

She said one time during a race, Jones stepped to the side and started dancing to entertain the crowd.

It is those moments and his loyalty as a friend that draw people to Jones, she added.

"I've been here 26 years, and I don't think I've ever met anyone like Shamar," Newman said.

Newman and a couple of co-workers stand on a Westwood street corner every year to cheer Jones as he passes by during the marathon.

Every year, a week before the marathon, Jones visits the cemetery in Inglewood where his father rests to pay his respects.

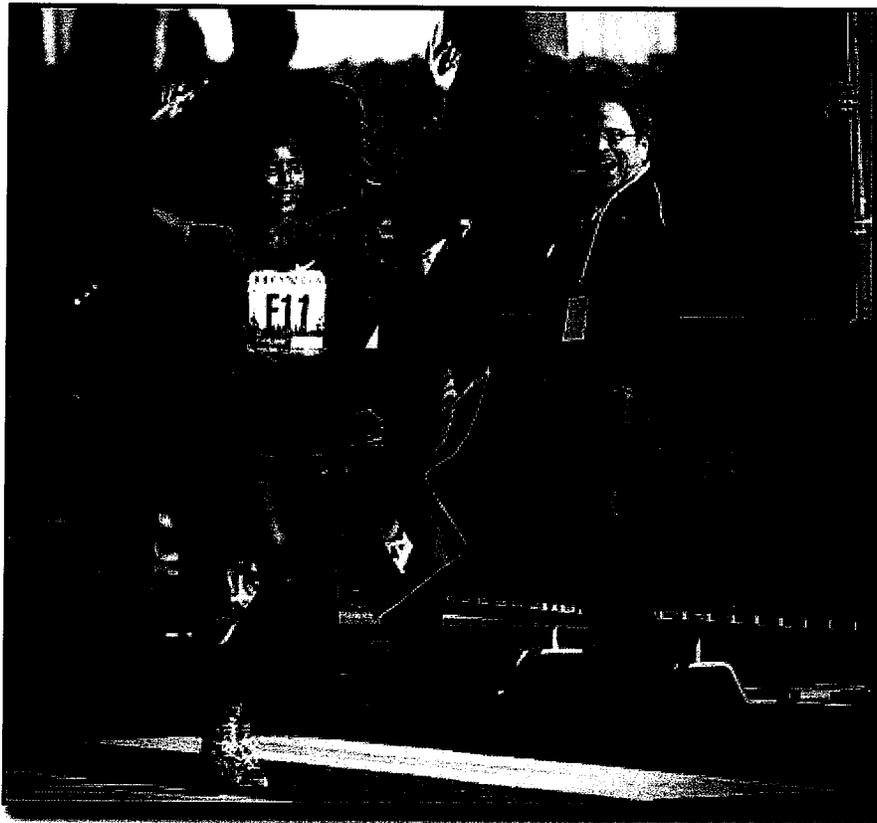
The tattoo on his left arm that reads "Lovell" never lets him forget why he runs.

"Every year I know there's going to be something that's going to test me, that's going to be a gut check," Jones said. "But I always draw that inspiration, that my dad can pull me through it."

L.A. Marathon goes off without a hitch

By Ashley Archibald

March 19, 2012



Fatuma Sado of Ethiopia crosses the finish line of the 2012 L.A. Marathon on Sunday as Mayor Richard Bloom cheers her on. She walked away with \$125,000 and a new car for her efforts.
photo by Brandon Wise.

OCEAN AVE — The sun sat in a picture-perfect blue sky over the finish line of the Honda L.A. Marathon Sunday for the approximately 23,000 participants that pushed through physical limits to conquer the 26.2 mile course.

The good weather came as a welcome surprise after warnings that Sunday might be a repeat of the previous year when more than two inches of rain made watching a misery and left many runners stricken with hypothermia.

"Thank goodness," said Elaine Polachek, the assistant city manager of Santa Monica, observing the beautiful Santa Monica morning from her spot at the finish line. It was the third time that Santa Monica has hosted the end of the race.

City officials prepared to take on the cold and wet, lining Second Street with buses to heat up or cool down exhausted runners. Department heads staffed the Emergency Operations Center, a dry run in the event of a natural disaster and also the site of communication and coordination for first responders in the field.

Dozens of medical volunteers gathered at the finish line, a gauntlet of support for those that completed the race.

The volunteers don't need a great deal of training beyond basic first aid and CPR to make sure participants make it home healthy, said Andrea Fregoso, a three-year volunteer with the Medical Reserve Corps Los Angeles.

"We make sure that they don't go into shock. We keep them walking and moving," Fregoso said.

Hand crank wheel chair racers, men and women who pedal bicycle-like devices with their hands rather than their feet, zipped across the finish line just an hour after their 7 a.m. start.

They were followed by the elite male and female runners, who were competing for pride, their own personal bests and cash prizes of up to \$125,000 and a new car.

Fatuma Sado, 20, of Ethiopia, snagged the grand prize, which included a \$100,000 bonus for being the first runner to finish the race. She knelt down and kissed the ground after streaking through the finish for a time of 2:25:39, a personal best.

It was the young runner's fourth marathon. She won out in the first competitive race she ran in Hamburg, Germany last year.

Simon Njoroge, 31, of Kenya, got the top spot in the men's category, only four minutes behind Sado despite the woman's 17 minute, 31 second head start.

The next wave of runners began trickling across the finish line about 40 minutes later, exhausted but accomplished with their strong three-hour showings.

One such was Airport Commissioner David Goddard, who made it through the course in three hours and 15 minutes.

"It's not my personal best, but it was good for me," Goddard said. He has quite a benchmark — the civil servant ran seven marathons in 2011 alone.

Claudio Martinez, of Koreatown, finished up not long after for a three hour and 27-minute time. It was the best time he's gotten over the past six attempts at the L.A. Marathon, which is the only marathon he's ever run.

He was there in 2011 when the rain and the cold buffeted runners. This year was much better, Martinez said.

Not that everything was perfect.

Later runners had to contend with raucous winds that came in at 20 miles per hour with gusts up to 30-plus miles per hour. By the afternoon, the wind was like a physical force impeding runners. Even the elite runners reported that they felt their times were worsened by the wind.

Runners clutched their Mylar blankets which whipped around like capes in the stiff breeze or hunkered near the sidewalks in an attempt to escape the wind and rest aching muscles.

Last year's rain and wind combination caused a rash of hypothermia, forcing hotels to open their ballrooms to provide shelter and a place for freezing athletes to warm up.

No such emergency measures were needed this year, with most runners just happy to have put the distance behind them, like first-time runner Noah Wagner.

The 12-year-old ran the marathon with his parents, a tradition begun with his older brother, Zach, whose time he beat by four minutes.

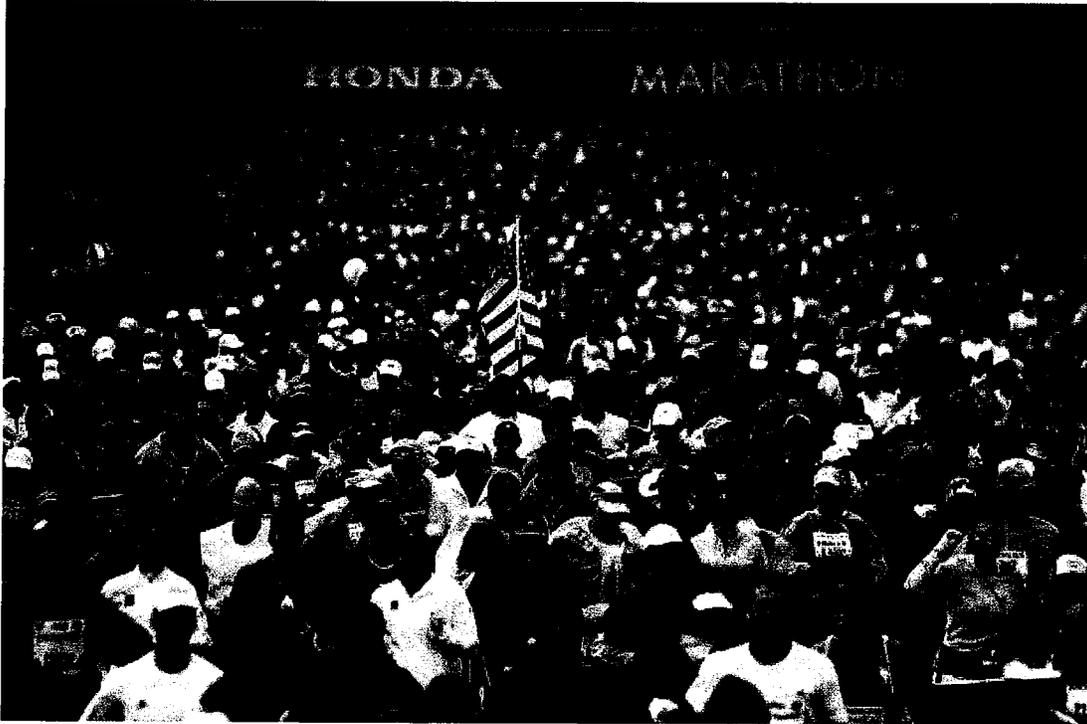
Whittier Daily News

WHITTIER, CALIFORNIA

23,000 run to the sea

By Susan Abram

March 18th, 2012



Runners head out from Dodger Stadium at the start of the 27th Los Angeles Marathon Sunday. Temperatures at the start of the race were in the 40's. (Photo by David Crane/Los Angeles Daily News.)

Like an ancient biblical passage, gray clouds parted over the City of Angels for Sunday's L.A. Marathon, long enough for more than 23,000 runners to make their journey from the "Stadium to the Sea."

Chilly temperatures and a forecast of rain threatened to make the marathon a soaking repeat of last year's event, when rain and heavy winds caused more than 300 marathon runners to be evaluated for hypothermia.

But most runners came prepared on Sunday, sporting plastic ponchos, wool caps, scarves, and gloves as they stretched out toes and calves at the starting line at Dodger Stadium in the 45-degree morning air.

Many shook off the chilly predawn weather, instead focusing on the 26.2 miles ahead and the glory of crossing the finish line near the Santa Monica Pier.

For some, running or walking a marathon fulfills a personal challenge. It is a test of endurance, a sacrifice in memory of a loved one or a "to do" item on a bucket list.

"I've dedicated my run to my cousin, his wife, and my sister," said Alfonso Briseno, 25, of Rowland Heights.

He was running in his fifth marathon for his sister Ashley Briseno, who is a soldier, his cousin Vieto Salas, who is a Marine, and Salas' wife, Unaloto, who is in the U.S. Navy.

Briseno said he once finished the marathon in 3 hours, 16 minutes and hoped to top that on Sunday. His arm even sported a sleeve tattoo, depicting a runner in the L.A. Marathon.

His friend Rodolfo Esqueda, 19, of Santa Ana was taking on the course for the first time.

"I just want to prove I could do this," Esqueda said. "I'm mostly excited. But nervous too."

There were no records set in the men's or women's division of Sunday's event, but 20-year-old Fatuma Sado of Ethiopia was the women's winner of the overall marathon, her first in Los Angeles. Her time was 2:25:39 - the fourth-fastest time in the 27-year history of the race.

She captured the \$100,000 gender challenge bonus for beating Simon Njoroge of Kenya. Sado took advantage of a 17:31 head start the women's elite runners received over the men to win the prize given to the first runner, male or female, to finish. Njoroge won the men's division with an unofficial time of 2:12:12.



Runners head up Sunset towards West Hollywood during the 27th Los Angeles Marathon Sunday. Temperatures at the start of the race were in the 40's. (Photo by David Crane/Los Angeles Daily News.)

The marathon has been held annually in Los Angeles since 1986. This year marked the third "Stadium to the Sea" course, which features a famous landmark at every mile as runners make their way from Dodger Stadium toward downtown, through Chinatown, Echo Park, Hollywood, Beverly Hills and Century City.

Participants at Sunday's event said they believed the weather would work in their favor this year. Some said they looked forward to hearing the cheering crowds along the course, as well as greeting loved ones at the end. And spectators, some with signs that read "You kick Asphalt!" said they felt proud of those participating.

Renee Remeny, 59, of Santa Monica said she joined a walking group with the American Heart Association after she suffered a heart attack two years ago.

She liked walking so much, she wanted to try a marathon. She persuaded her walking pal Janis Cohen, 51, to join her.

"I didn't know what to do with all those feelings of fear after the heart attack," Remeny said. "Now I'm grateful for so many reasons. The marathon seems like a great place to meet people."

Gulf War veteran Matt Hoffman planned to carry the American Flag as he ran the marathon with a group of friends for the Wounded Warriors Project, a nonprofit organization that raises awareness of the needs of injured servicemembers.

"Everyone here knows a veteran, or knows someone who knows a veteran, but people, especially here in L.A., may forget that there's still a war going on," Hoffman, 39, said.

The flag he carried had been with him in marathons across the U.S. and had seen hundreds of miles, he said.

His buddy, Scott Urner, 38, said the group has raised \$10,000 so far for the Wounded Warriors, and local businesses, such as The Village Idiot pub on Melrose Avenue, have helped.

"It's important to give back to the troops," Urner said. "We bring this awareness to everyone to bridge the gap between the troops and the public."

Irma Lopez, 62, is known as a Legacy Runner. She is one of 194 people who have run in all 26 prior L.A. Marathons. She completed her first marathon in 4 hours and 30 minutes. Nowadays, she said, she participates simply for the experience.

"It's a lot of fun," she said. "I like to take my time to appreciate the different places and cultures. It's a spiritual experience."

Glendale News-Press

L.A. Marathon: Glendale man runs to raise charitable funds

He says he'll donate proceeds from the event to Blind Children's Center.

By Megan O'Neil, Los Angeles Times

March 18, 2012



Larry Meyer, of Glendale, in his Glendale office on Wednesday, March 14, 2012. Meyer will run in the Los Angeles Marathon on Sunday to generate money to donate to the Blind Children's Center in Los Angeles where he has donated over \$100,000 that he earned running in marathons all over the world. (Tim Berger/Staff Photographer)

Larry Meyer's marathon pursuits have taken him to some of the most far-flung regions of the world. There was a 20-degree race through snow and ice in Antarctica, and another that had him running across long stretches of the Great Wall of China, up steep slopes and through rural countryside.

"It took me eight hours — I was dying," Meyer, 64, said of the marathon in China. "There were parts of it where you had to go up goat paths that were just trails. Sometimes there were ropes that you had to hold on to."

He hits the pavement today for the Los Angeles Marathon. But whether the longtime Glendale resident is lacing up his sneakers on some distant continent or here in Southern California, he never loses sight of what he is running for.

Each 26.2-mile race he runs is dedicated to raising funds for the Blind Childrens Center in Los Angeles, which provides free comprehensive schooling and social services for visually impaired children.

"It is marvelous," Meyer said of the center, which is near Los Angeles City College and serves clients from infancy through second grade. "What I love about it is it is small enough [that] if I go out and raise \$15,000 by doing a marathon, what I do makes a difference. It is small enough to have an impact."

Two decades of running has generated about \$100,000 in fundraising through donations and pledges from family members, friends and supporters. The more remote the race, the bigger the payback — the Antarctica effort alone generated \$15,000.

"He is constantly thinking about the children and how he can help and what he can do to make it better for them and their families," said the center's executive director, Midge Horton. "He is a wonderful advocate as far as spreading the word about the Blind Childrens Center."

Meyer's marathon running started in the late 1970s, early on in his career as an attorney specializing in probate, trust and estate planning. And it was nearly cut short a decade later when he suffered a serious spinal cord injury in a car accident.

He underwent surgery in 1989 and started a largely self-directed, years-long rehabilitation process.

"At that time they didn't have physical therapy for that," Meyer said. "I started bicycling because I couldn't walk a straight line. I had to build my muscles back up again."

In 1992, he ran his first marathon post-injury. Shortly thereafter, a friend connected him with the Blind Childrens Center, which was looking for some leadership as it launched its planned giving program. Its mission sang to him, and he has been running on behalf of the center — where he also sits on the board of directors — ever since.

"I think he is very compassionate," Horton said. "He understands the disability, and the position a child and a family is in if they have a disability in their family."

His injury means that the right half of his body often goes limp in the final miles of the race. But sitting in his office Wednesday on Brand Boulevard, Meyer said he has no plans to slow down. He would miss it too much, he said, pointing through a window toward his Scholl Canyon neighborhood.

It is a crisp 5-kilometer run from home to work.

Then there are the children, and the staff members who have dedicated their careers to working with them.

"This is just a way of saying 'thank you,' I guess," Meyer said.

LA Marathon Runners Face Cool Temperatures, Showers

By Vickie Frantz

March 18, 2012

The 27th annual Honda LA Marathon is scheduled to begin March 18, 2012, at 7:24 a.m. PDT (10:24 a.m. EDT) in downtown Los Angeles.

Race officials are making preparations to help the runners have a safe and comfortable race in the event of rain.

"There is a chance of showers or even a thunderstorm," said AccuWeather.com Senior Meteorologist Kristina Pydynowski. "With thunderstorms there is also a risk of small hail falling."

In preparation for the possibility of rain, the race officials will be supplying 10,000 plastic trash bags for runners to wear. There will be 5,000 bags available at the starting line and 200 available at each of the water stations along the race route.

The officials are supplying 6,000 rain ponchos for the race volunteers.

Glenn Ault, M.D., associate dean of the Keck School of Medicine of USC and the medical director for the Honda LA Marathon, advised in a press release that

participants in the marathon wear shirts and socks made of "technical" or water-wicking fabrics rather than cotton. Cotton can soak up moisture and get heavy. Other articles of clothing suggested are hats and gloves made of a breathable fabric. Ault also recommends that runners have family members or friends supply dry clothes to change into at the halfway point and the finish line.

Wearing a body lubricant or Vaseline can help prevent blisters or chaffing, according to Ault.

Ault advises runners to avoid painted lines and manhole covers in the event of rain, as they will get slippery when wet.

"The temperature at the start of the race will be in the 50s, warming to a high temperature near 60 degrees F for the day," Pydynowski said. "There will be winds of 10-20 mph or stronger, especially near the coast."



A handbike competitor reacts to cheering fans at the Honda LA Marathon in Santa Monica, Calif., Sunday, March 20, 2011. (AP Photo/Ringo H.W. Chiu)

There will be warming buses at the finish line in Santa Monica and the buses for the relay exchange at mile 13 will stay on site to keep the waiting relay runners dry. Heaters will also be at the finish line medical stations.

Additionally, there will be buses available along the course from mile 6 to mile 23 to transport runners wishing to drop out of the race that do not require medical attention.

LA Marathon LLC Chief Operating Officer Nick Curl stated in the press release, "Whatever the weather brings on Sunday, we're working to make this year's race the best one yet."

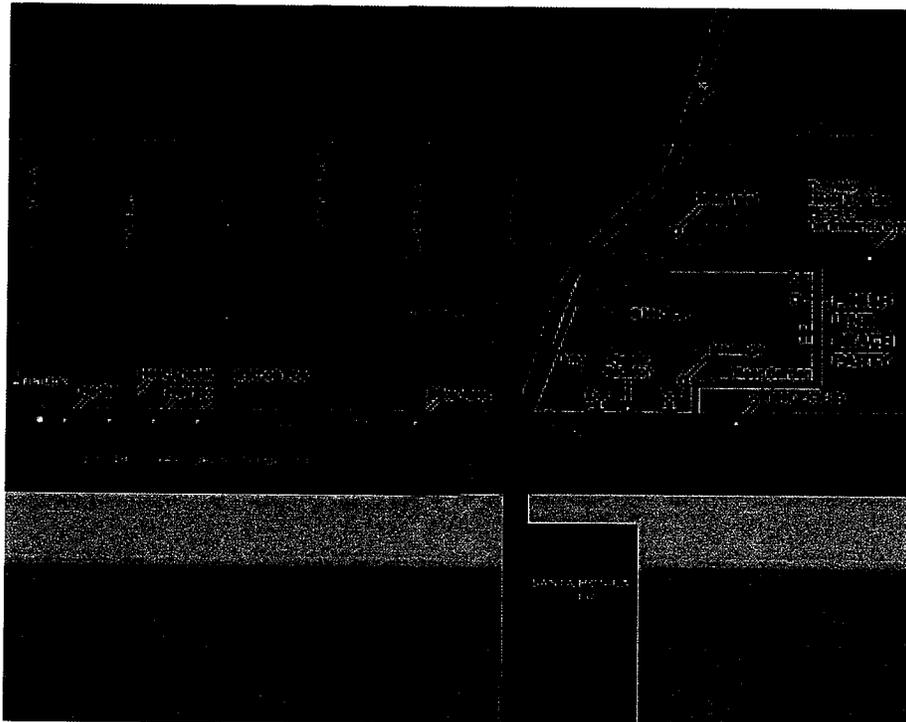
SANTA MONICA MIRROR

What You Need To Know For Sunday

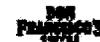
LA Marathon Returns to Santa Monica

By Brenton Garen, Editor-In-Chief

March 16, 2012



HONDA



COURTESY IMAGE

The closing festivities/reunion area for the LA Marathon this Sunday will be on Ocean Avenue south of the finish line. Ocean Avenue will be closed to Moomat Ahiko just south of the Pier.

The Honda LA Marathon will finish in Santa Monica for the third year in a row this Sunday, March 18.

The "Stadium to the Sea" course begins at Dodger Stadium and winds past dozens of iconic Los Angeles landmarks before finishing at California and Ocean Avenues, just steps from the Santa Monica Pier.

Runners will enter Santa Monica just past the 23 mile mark on San Vicente Boulevard at 26th Street.

The route will continue west to Ocean Avenue and then south on Ocean Avenue to the finish line at California Avenue.

As runners get to San Vicente and 21st Place, they will be re-energized by the sounds of the surf rock band “LA River Swim Team,” playing on the course for the first time. Further down on San Vicente at Ocean Avenue, the rock band “Core” will play for the seventh consecutive year.

In addition to the businesses and local bands, three Santa Monica-based Honda LA Marathon charities will support the runners with enthusiastic volunteers along the course to cheer them on as they head toward the finish line.

Sojourn, a nonprofit organization that meets the emergency and long-term needs of thousands of domestic violence victims each year, will provide runner support at San Vicente Blvd. and Lincoln Blvd.

The closing festivities/reunion area will be on Ocean Avenue south of the finish line. Ocean Avenue will be closed to Moomat Ahiko just south of the Pier.

In celebration of the race, many local businesses are offering marathon discounts for pre-race meals, shopping, and dining. Several Santa Monica hotels are also offering special marathon rates. A full list of marathon-friendly offers can be found at: www.santamonica.com/visitors/what-to-do/la-marathon/deals.

Things To Keep In Mind On Race Day:

- Streets along the race route will be closed prior to the race start. All route roads will be closed by 6 a.m. Roads will reopen on a rolling basis starting at the east end of the City around 2:30 p.m. All roads should be reopened by 5p.m. No vehicles will be able to enter/cross the route.
- Pedestrian crossings may be allowed at selected crosswalks as indicated by signs or Traffic Safety Officers.
- Adjust travel time and plan alternate routes as needed.
- Speakers will be directed away from residences to the extent possible.

Bike Valet:

- Free Bike Valet will be available at the Santa Monica Bike Center at 2nd Street and Colorado, and on Washington at Ocean Ave.

Real-Time Race Day Updates:

- Follow real-time Santa Monica updates on Twitter [@santamonicacity](https://twitter.com/santamonicacity)

Real-Time Parking Availability

- Visit www.smgov.net/parkingmaps for real-time parking info and the number of spaces available.

O89.3KPCC

'Runners' elite' gear up for Sunday's LA Marathon

By Corey Moore

March 16, 2012

Thousands of people are gearing up to run in Sunday's L.A. Marathon. It kicks off from Dodger Stadium, rain or shine — and rain is a definite possibility.

Among the "elite" competitors is a champion from Kenya... and he has a previous record of 2:06:35 to beat. To make things even more interesting, there's a \$100,000 up for grabs, for the winner.

Elias Kemboi of Kenya tells me he's the one to watch out for.

"When I run, sometimes there is that tension," says Kemboi, who lives with his wife and three young sons in Kenya.

He doesn't appear tense. At 27, he looks more like a kid, with his small frame, bald head and baby-face smile. A humble guy, but with just enough confidence in his voice to tell you that he wants to win... badly.

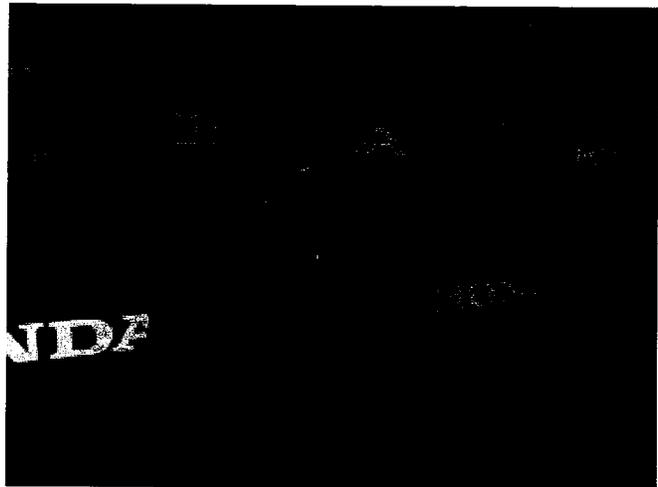
In 2009, Kemboi ran a race in Sao Paulo, Brazil and won in just under two hours and 14 minutes. He went on to beat that record by five minutes when he competed in the Netherlands last year. That was his personal best.

All the while, passport challenges prevented him from running the L.A. Marathon.

"I was supposed to come to this race but I missed [getting] the visa... what I'm expecting, I'm expecting good," Kemboi says.

With his visa and winning spirit intact, Kemboi joined some fellow competitors at a pre-event panel at Dodger Stadium.

He's got some stiff competition.



Corey Moore/KPCC

Elias Kemboi at Dodger's Stadium.

Many of these athletes have set records similar to Kemboi's. They'll all run the Stadium-to-Sea trek through Chinatown, Little Tokyo, Silver Lake and along the Sunset Strip to their final destination on Ocean Avenue near the Santa Monica Pier.

Not too hilly a course - and Kemboi likes that. After this race, he says he may want to start coaching. When I ask how a novice runner like me can get the training - and the nerve - to run that long 26-mile course, he barely hesitates.

"What's difficult for you is the weight. When you train maybe you slim a bit... and make your exercise well."

Right. I'll set my sights on that 5K.



Dodgers welcome Japanese quake survivors

By Quinn Roberts

March 15, 2012

LOS ANGELES -- As tour groups made their way through Dodger Stadium on Thursday, one stood out from the rest.

While the group walked around in Dodgers hats, with wide-eyed smiles, its members took pictures of stadium and walked in the dugout. It may have seemed like every other tour, but it had a story unlike any other.

Visiting from Japan, the non-profit group Ashinaga went to Dodger Stadium around 11 a.m. PT for the tour, bringing a group of student runners who will take part in the LA Marathon on Sunday, including two high schoolers who were orphaned by the earthquake and tsunami on March 11, 2011.



Members of the Ashinaga tour group visit Dodger Stadium on Thursday. (Mark Langill/LA Dodgers)

The Ashinaga group is running the marathon, which begins at Dodger Stadium, to raise funds for construction of an orphanage in Japan and to support its mission of providing financial and emotional support to children who have lost one or both of their parents.

With about 40 people from the Tohoku region taking the tour -- including six Japanese high school runners, eight Japanese college runners, Ashinaga staff members and representatives of the Japan Amateur Athletic Association -- everyone saw the luxury boxes, the press box and even got to touch the grass on the field.

"It was extremely hard, and we have been through a lot, but I do feel a lot of support from all over the world and that makes me feel strong about my future," said Nozomi Uchimura, one of the tsunami survivors.

While Uchimura said she used to be a cheerleader at baseball games in Japan, Daichi Sato, another member of the group, played baseball as a catcher in Japan.

It was Sato's idea to tour Dodger Stadium before the marathon.

"It makes me want to play baseball again," Sato said of seeing the field. "It is much bigger than I expected and the view from the field is very different from a box, so it is very exciting. I have always wanted to visit a stadium where the professionals play."

"I have never actually stepped inside a stadium where you can see the the field and step on the grass, so this was quite exciting," said Uchimura.

Yayoi Sato, the Dodgers' senior manager of Asian operations and tour guide for the day, said she could see the joy in each person's face as the group made its way through the stadium.

"They are so happy to be here and grateful to be alive," Satu said. "You could see them taking everything in and smiling the entire time."

"We have long had a friendship with the Japanese and a strong connection through baseball," Sato said. "Being from Japan, it is also special for me to be here."

Kazuyoshi Kitaoka, the honorary head of the Ashinaga trip, knew each person would appreciate taking a tour of the historic stadium, especially in light of the relationship between the Dodgers and Japan. Several Japanese players, after all, have worn Dodger Blue.

"Everyone here has gone through the hard times from the tsunami and earthquake and its aftermath," Kitaoka said. "But America has been very welcoming to us and encouraging, and the Dodgers are a part of that."

THE ORANGE COUNTY REGISTER NEWS

O.C. kids ready for their marathon moment

Teams from Vista del Mar Middle School in San Clemente, Marco Forster Middle School in San Juan Capistrano, Las Flores Middle School, Niguel Hills Middle School in Laguna Niguel and Katella High School in Anaheim are entered in the March 18 L.A. Marathon, training with help from teachers and a program called Students Run L.A.

By Fred Swegles

March 10, 2012

Each September when school starts, some two dozen students at San Clemente's Vista del Mar Middle School commit to trying something that most kids probably would greet with a roll of the eyes and "Yeah, right" – running a 26.2-mile marathon.

Last fall, students who signed up for Students Run L.A. started by seeing if everyone could run a mile. Then, through a training formula from SRLA, the seventh- and eighth-graders gradually worked their way up to longer distances. Now they are set to take on the L.A. Marathon on March 18 in Los Angeles.

They aren't alone.

SRLA says about 3,000 students from 175 Southern California schools and community programs are participating in the marathon with SRLA training.



Students and teachers at Vista del Mar Middle School in San Clemente are training for the L.A. Marathon on March 18. They train with a program called Students Run L.A.

PAUL BERSEBACH, THE ORANGE COUNTY REGISTER

In Orange County, Marco Forster Middle School in San Juan Capistrano, Las Flores Middle School, Niguel Hills Middle School in Laguna Niguel and Katella High School in Anaheim also are listed as entrants.

Harry Shabazian, a continuation high school teacher in East Los Angeles, founded SRLA in the 1980s. After completing the inaugural L.A. Marathon in 1986, he decided to challenge his students – many of them "either in trouble or headed for it," to train with him for the following year, SRLA says.

"It's a life-changing event," Vista del Mar teacher Mark Yanaura said. Schools in the inner city use

SRLA for goal-setting to help reduce the dropout rate. SRLA says more than 95 percent of those who start the marathon finish it and that a like percentage of high school seniors who run it go on to graduate.

Yanaura is betting that all 25 of his Vista del Mar kids will complete the 26.2 miles from Dodger Stadium to the Santa Monica Pier. In six previous years of sending students to the L.A. Marathon, Vista del Mar has yet to have one fail to finish, Yanaura said. He has run all those marathons with the kids.

One student, Max Wallett, struggled last year. He got sick a month before the marathon and couldn't do the last month of training – the longest runs. The marathon took him more than seven hours, he said, but he stuck it out to finish.

He plans to do better this year. "I was really nervous coming into these runs that I didn't do last year," he said.

Makayla Hall described Vista del Mar's longest training run – 22 miles Feb. 25: "At the end, like the 21st mile, it just felt bad. But I made it through."

Three Vista del Mar teachers train with the kids and will run next Sunday –Yanaura, Chuck Hobbs and Amy Abbott. At least three students – Jonathan Jackson and brothers Dylan and David Lang – will have a marathoner dad running with them.

Last year, Jackson ran a half-marathon with his dad. "I thought I did well for my first time," Jackson said, "even though some people were finishing the full marathon the same time I was finishing the half."

Yanaura said there is no competition among the Orange County middle-school teams. "Just completing a marathon is huge," he said. "We just kind of run it together and support each other."

There are, of course, sibling rivalries. "I want to beat my brother's time," Avery McBride said. "It was 4:58 two years ago."

"My two older brothers have done it," Elena Elliott said. "One of my brothers is at Berkeley and the other is in high school. My high school brother is running it still. He's run it five times."

WHY DO IT?

Kyle Woods: "For college applications ... plus, it's a good conversation starter for my family."

Fiana Pschaidt: "I'm doing something that not everyone does in their lifetime. At times, I've wanted to give up, but the teachers are very motivating."

Trent Richardson: "When we run at school, it was pretty easy for me, so I decided to try a bit harder, longer distances. It's been pretty easy building up. I'm just getting kind of nervous about the marathon."

Dylan Lang: "My dad is a long-distance runner. I thought it would be a good accomplishment, running the L.A. Marathon so me and him would both have a marathon under our belt."

Running for Reid

Local couple will take part in 2012 Los Angeles Marathon in their late son's name

By Stephanie Sumell

March 8, 2012

Losing his 11-year-old son, Reid, five years ago, left a void in Brian Thompson's life.

A void that can never be filled, he says.

"He was such a loving, happy child," Thompson said of Reid, whose cause of death is unknown, but doctors say he probably had a grand mal seizure. "It's not like you ever get over it. You just find a way to get through it."

In honor of Reid, who had autism, Thompson, 46, and his wife of four years, Kristin, will run in the inaugural two-runner relay in the Los Angeles Marathon on March 18. The Newbury Park couple is trying to raise money for autism treatment and research.

Train 4 Autism, a nonprofit organization, allows sponsors to support a participant in the marathon by contributing money online toward that participant's goal.

"Reid was a happy, free soul," said Kristin Thompson, who lives with her husband and his 17-year-old son, Tyler. "We can't do anything to change the situation, but we want to celebrate Reid's life and help others."

Brian Thompson, a computer software salesman at Sunflower Systems, will run the first half of the 26.2-mile course starting at Dodger Stadium and continuing through Chinatown, Little Tokyo, Echo Park and Silver Lake. He will complete his stint on Sunset Boulevard and hand the race off to his wife, who will run the remainder of the course, which ends near the Santa Monica Pier.

Training

Thompson said he started running nine years ago to become a healthier parent for his two sons.

"After Reid was diagnosed I kind of had a pity party and gained a lot of weight," he said. "After a few years, I realized (Reid) was going to need longterm care, and I didn't want to count on the state or burden his brother, Tyler."

Thompson dropped the weight and has been running ever since.

In preparation for the relay, he runs four to five times a week with the Newbury Park Roadrunner Sports running group, a free program that helps runners train for the L.A. Marathon and other athletic events.

“They coach you and keep you accountable,” he said.

Kristin Thompson, an employee for the Corona- based transcription company Steno Solutions, said she began running to control her weight and to deal with the stresses of caring for a special needs child.

“I’m doing Crossfit, short bursts of strength training and cardio,” said the 44-year-old, who is recovering from knee surgery. “It’s pretty kick-butt.”

Helping others

The Thompsons got involved with Train 4 Autism eight months after losing Reid when they participated in a fundraiser called Autism Speaks Walk in Pasadena. There they met Ben Fesagaiga, the founder of Train 4 Autism, who has become a good friend.

The volunteer-run fundraising program, which has 15 chapters nationwide, is unique in that athletic participants choose their sporting event and choose the autism charity they want to support.

“You can raise funds for big charities or those little charities that are doing great work in your neck of the woods,” said Brian Thompson, now the nonprofit’s director of program development.

Eighty-five percent of donated funds go to the charity. General donations can also be given to Train 4 Autism, which to date has raised more than \$400,000, and 2,800 athletes have signed up for the program.

“We were excited because Ben was doing exactly what we wanted to do,” Thompson said. “He’s my brother from another mother.”

How to be a warrior

The Thompsons said learning how to help Reid was challenging.

“There’s no user manual for what you do with a child with autism,” Brian Thompson said. “But as long as everybody is working together, that’s the recipe for success.”

The Thompsons advise parents of autistic children to share information with one another, utilize online resources and obtain an in-depth evaluation that identifies their child’s deficits.

“On top of that, be a warrior,” Brian Thompson said. “Nobody’s going to fight for your child like you are.”



‘WE MISS HIM’—Newbury Park residents Brian and Kristin Thompson hold a picture of son Reid, who died unexpectedly at age 11. The Thompsons will run in the L.A. Marathon relay for Train 4 Autism in honor of their son. Behind them hangs a picture that was that a therapeutic collage of the things Reid liked. RICHARD GILLARD/Acorn Newspapers

Thompson said he and his wife will continue to advocate for people with autism and their families.

“We’re never done being parents,” he said.

To learn more about Train 4 Autism or to make a donation, visit www.train4autism.org.

To learn more about Autism, visit www.autismspeaks.org.

Asics Expands Marathon Sponsorships to West Coast

By Kari Hamanaka

January 9-15, 2012

Irvine-based Asics America Corp. now sponsors marathons on both coasts, thanks to a recent agreement for the upcoming Honda LA Marathon.

Asics, part of Japan-based Asics Corp., will be the official apparel and shoes sponsor at Los Angeles-based LA Marathon LLC's March event. The race is slated to begin at Dodger Stadium and end in Santa Monica.

The marathon gives Asics big brand exposure with some 25,000 runners expected to participate, as well as media coverage.

There's also the two-day Honda LA Marathon Expo, which will have 100 exhibitors, including Asics, marketing their athletic gear and other products. The exposition, held at Dodger Stadium, runs March 16-17 and serves as the check-in point for marathon participants.

Asics has the option to make and sell event merchandise, which would be co-branded with the LA Marathon.

Asics also sponsors the New York City Marathon, along with races in Paris and Tokyo.

Asics ramped up marketing efforts last year as part of a series of strategies intended to help the company reach a \$1 billion sales goal by 2015.

Asics America had sales of \$680 million in 2010.

Asics America Chief Executive Kevin Wulff hired Erik Forsell as marketing vice president in April.

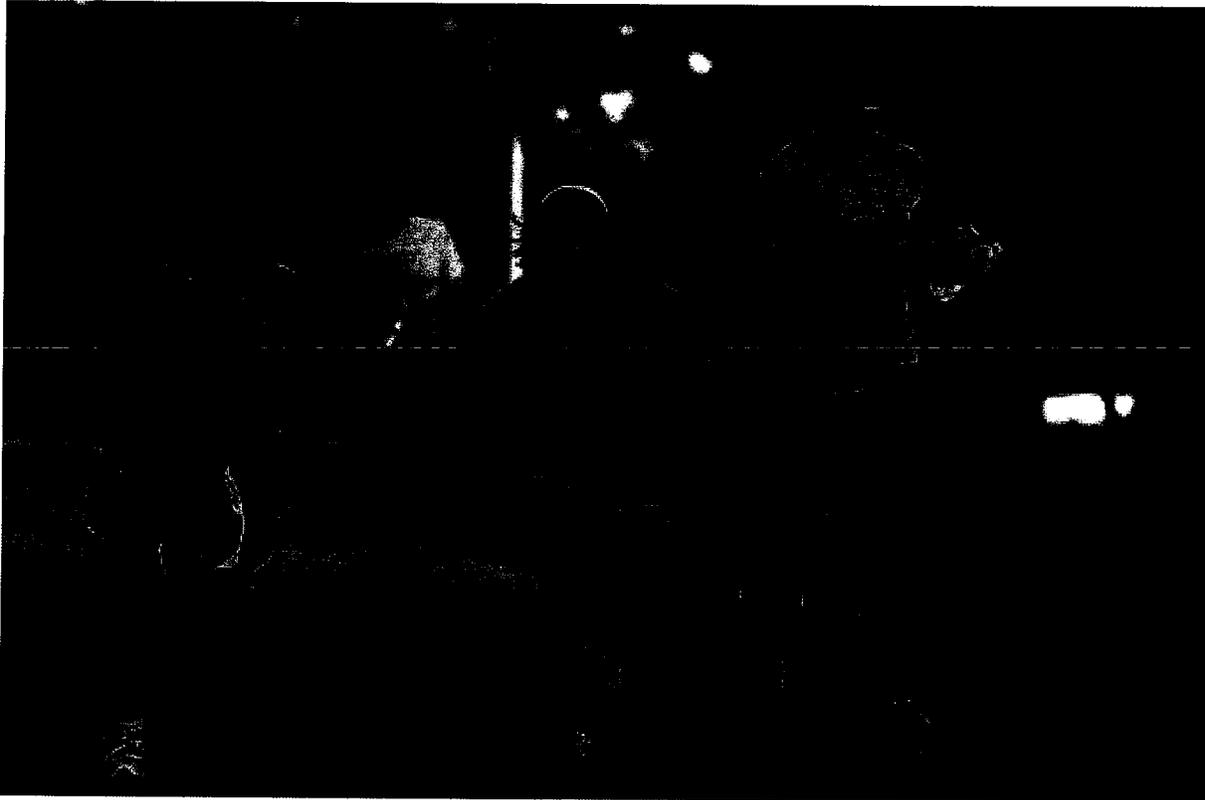
Forsell brought with him experience as a marketing executive at the now-defunct Corona-based retailer Anchor Blue Retail Group Inc. and at Irvine-based action sports apparel licensor La Jolla Group Inc.

Forsell replaced Gary Slayton, who was named vice president of Asics America's emerging business.

Dennis McCarthy: Team with heart training for marathon

By Dennis McCarthy

January 7, 2012



Angela Armenta, center in blue, a special needs young adult and member of ARC runs with ARC activity director Jennifer Davis, right, and Antoinette Mendoza, left, while training at Beeman Park in Studio City for the LA Marathon, Thursday, January 5, 2012. (Michael Owen Baker/Daily News Staff Photographer)

If you're looking for the longest shot in the field at this year's Los Angeles L.A. Marathon in March you'll find it working out three days a week at the track in Beeman Park in Studio City.

Team ARC, it's called. The team with the slowest times, longest odds and biggest hearts.

The team that won't quit no matter how tough and painful it gets out there running and walking 26.2 miles.

Team ARC's carrying the reputations and dreams of too many kids and adults like them on their shoulders to fail.

Kids born with severe mental and physical disabilities who have been told their entire lives to go play with your own, you're not good enough to play - to compete - with us.

Yeah? Sez who?

"C'mon, old men, let's go," 25-year-old Angela Armenta yells, jogging onto the track at Beeman Park late Thursday afternoon for a team workout.

The young woman born with Down syndrome is laughing and rubbing it in a little because her teammates - the old men - have two L.A. Marathons already under their belts and she's the rookie.

When Jennifer Davis, activities director for ARC - Activities for Retarded Children - asked Ralph Adame, 48, and his buddy Tim Sathre, 42, what they thought of a girl joining them for the marathon this year they said sure, why not?

"The guys have been so encouraging to her," Davis says. "They've been pushing and inspiring each other. People don't realize how important health and wellness

is for the disabled community, too."

We realize it. We just don't pay much attention to it. That's why national organizations like Special Olympics are so important to remind us what the physically challenged community is capable of.

Anything, if you give them a chance.

ARC's always been one of my favorite nonprofits in the Valley because it has one of those back stories that make you want to stand up and cheer for them.

It was started in the late 1960s by a small group of local mothers whose children were retarded. Harsh term, but that's what it was called back then.

They'd meet in a little park every Saturday to let their kids play together because nobody else's kids seemed to want to play with them.

The mothers made a pact to watch over and protect each other's "retarded" kids, and they have. Most of the original mothers have passed on, but their kids have stayed together - keeping the old ARC name because if it was good enough for their mothers, it's good enough for them.

Ralph was born with brain damage. Tim was diagnosed as having mild retardation with autistic and Asperger's tendencies.

Angela, born with Down syndrome, has two older brothers, a younger sister and two great parents who love her deeply and include her in all the social activities and sports the family enjoys.

Last September they asked Angela if she'd like to join Team ARC and start training for the L.A. Marathon? Angela gave it a couple of seconds' thought before making up her mind.

"I do it," she said, smiling. "I do it."

So here she is on a late Thursday afternoon in early January with a couple of 5K's and one 10K already under her belt - pushing her older, male teammates and one new member, Antoinette Mendoza, 42, to pick up the pace.

The Los Angeles Marathon is coming up in a couple of months and Team ARC - the longest shot with the biggest heart in the field - has to be ready.

They're representing a couple of thousand kids and young adults in the Valley just like them - labeled since birth.

No way Team ARC is going to let them down.

If you want to support Angela and Team ARC, more information is available online at www.crowdrise.com/teamangela.



Marathon training program seeking participants

By C.J. Lin

September 11, 2011

Runners, joggers and walkers from the San Fernando Valley planning the 26.2-mile trek for the 2012 L.A. Marathon can now get a leg up on the competition with a new training program that launched Saturday in Westlake Village.

The L.A. Roadrunners, the 20-year-old official training program of the L.A. Marathon, will be pacing and coaching runners - whether veterans or first-timers - every Saturday morning after meeting and setting out from Westlake Village City Hall.

Previously, the program operated out of Venice and Chino Hills.

"The L.A. Roadrunners program is an effective and fun way for all runners to train for the 2012 race, whether it's your first marathon or your 50th," said Coach Rod Dixon, a 1972 Olympic bronze medalist and winner of the 1983 New York City Marathon. "We take thousands of runners from the couch to the finish line, and help keep our trainees on track to meet their goals."

About 98 percent of Roadrunner trainees cross the finish line each year, from runners who can zip through a mile in seven minutes and 30 seconds, to walkers who can still complete the race within its eight-hour time limit, according to the group.

Trainees will be grouped based on their pace, and each week the group will up the running distance by one mile, and max out at 20 miles.

Nutritionists and physical therapists will also be on hand.

"It's easier when you have people here to assist you and to motivate you," said Kurt Garcia, a pace leader from Thousand Oaks.

For Garcia, who started running about three years ago, training for and finishing his first marathon was a life-changing experience.

He dropped 90 pounds, from 325 to 235, started eating healthy (and unhealthy when he feels like it since he can now afford to), met his fiancée through running, and has traveled the U.S. competing in destination marathons.

"Running gives you the confidence to do other things," said Garcia, 37, adding that the program has been a socializing and bonding experience. "You have a support group. People are looking forward to seeing you. It really makes it nice."

The 26-week program leads up to the March 18, 2012, race that will wind from Dodger Stadium to the Santa Monica Pier, taking runners through Chinatown, Little Tokyo, the Sunset Strip, Rodeo Drive and Hollywood.

The program costs \$240, which includes the price of marathon registration. For more information, visit www.laroadrunners.com.