

SANTA MONICA CLASSIC

Weather Advisory

It has been a warm summer in Los Angeles, and we anticipate race day also having warm temperatures. As you prepare for the Santa Monica Classic 5K/10K on Sunday, it is important to take extra precautions to stay safe. If you're not accustomed to running in high temperatures, slow down and enjoy the experience.

Please note that start times for both the 5K and 10K will remain the same as scheduled.

How to prepare for race day:

- Hydrate before, during and after the race. Drink the proper amount of fluids, both water and electrolytes. Carry fluids with you while you run with a handheld bottle or fuel belt.
- Study the race course. Be knowledgeable of where you can get water on course.
- Cover all exposed skin with sweat resistant sunscreen to prevent sunburn.
- Dress appropriately—avoid cotton fabrics, long sleeves and long pants. Wear lightweight, breathable fabrics (“technical” running gear) that will help to keep you cool.
- Consider slowing your pace and listen to your body. If at any time your body gives you signals to slow down or stop, abide by them. If you’re dizzy, lightheaded, nauseous, vomiting or in a lot of pain, go to a water or medical station with staffed medical personnel and get help immediately.

Other helpful tips:

- Medical stations will be on course, at the finish line and at the finish festival on the pier. If you’re dizzy, lightheaded, nauseous, vomiting or in a lot of pain, go to a water or medical station with staffed medical personnel and get help immediately.
- If you see somebody in need of medical attention, please find the nearest volunteer or race official
- Post-race fluids will be in the secure walk-off area once you cross the finish line. Plan to refill your water bottle at a water fountain on the pier, if needed.