

**PLEASE USE ALTERNATE ROUTES TO AVOID DELAYS AND ROAD CLOSURES DURING MB10K RUN**

FIRST SATURDAY OF OCTOBER (See [www.MB10K.com](http://www.MB10K.com) to view and enlarge this information)

**Road Closures begin by 7AM and last until approximately 9:15AM**

**RED AVOID = RACE COURSE** you will NOT be able to cross/use these streets during the race without delays

**GREEN = EXIT ROUTE DURING RACE**—South of Rosecrans—best to exit town south on Manhattan Ave to Hermosa Ave  
 North of Rosecrans—exit town to north using Highland to Grand Ave, El Segundo  
 To get to Sepulveda

# MB 10K Run

**RACE STARTS 7:30 AM**

There is a combined START at 3rd & Valley and 3rd & Ardmore. The runners run North on both sides of the green belt (Valley & Ardmore). Runners MERGE at 15th turn Left on 15th to Highland, Left on Highland to MBB, Left on Manhattan Bch Bl to Valley, Right on Valley to 3rd Street, Right on 3rd St. to Morningside. Left on Morningside to 1st Street, Left on 1st Street to Ardmore (crossing Valley). Left on Ardmore to 27th Street, Left at 27th, cross RR tracks, Left on Valley to Blanche, Right on Blanche to Bell, Left on Bell, run THROUGH Sand Dune Park back to Bell and on to Rosecrans, Left on Rosecrans up hill then down to Manhattan Ave, Left on Manhattan Ave to 36th St, Right on 36th to Strand, Left on Strand to FINISH LINE (just past the Pier)



For additional questions: MBPFD Front Desk 310-802-5140 24 HOURS A DAY

The MB10K is a non-profit event and the proceeds are donated to community fitness-related causes and scholarships. Thank you for your cooperation and understanding! The MB 10K Race Committee volunteers: [mb10krun@yahoo.com](mailto:mb10krun@yahoo.com) [www.MB10K.com](http://www.MB10K.com) (424) 260-6548 Race Voicemail