



Dockweiler Beach

Spring Fling Conquest!

5K, 10K, 15K, 20K

Sat. Apr. 25, 2015 7AM

Time: 7AM Conquest Launch; 6:30am Check in for your bibs, stretch with our guest trainer and have fun!

Course Description: Welcome to Conquer Our Run's sweetheart conquest at the iconic Dockweiler State Beach. The beautiful beachfront scenery and conquest friendly running environment is the perfect place to conquer your limits alone or with your sweetheart. Run further or run hugging - Accept the Challenge!

Participation Limit: 100-150

Time Limit: 3 hours

Conquest Distance: 5K, 10K (2 loops), 15k (3 loops) and 20K (4 loops)

Parking: There is plenty of free parking along the street above the beach. For more convenient Conquest parking, for a \$8 FEE enter via the entrance at Vista Del Mar and Imperial Highway (north of the Hyperion Water Plant), but there is a parking fee.

Location: Imperial Highway and Vista del Mar. 8255 Vista del Mar in Playa del Rey.

Fees: 5k - \$21; 10K - \$27; 15K - \$32; 20K - \$37 + a \$5 recommended donation to Rainbow Services, Earthwatch, Lupus LA, or Red Cross. Contact us if you prefer to add your favorite charity. \$5 for tshirts with proceeds from tshirt sales going to Rainbow Services. **Non-refundable.** Register at Active.com or visit www.ConquerourRun.com and click SoCal.

Giveaways: Every runner receives a commemorative dog tag and coupons to Westchester's Yogurland, SmartyPants vitamins, MCT Lean products, Tricalm Gel, Shave Secret, and other local goodies too.