

# City of Whittier Sports

## 2026 Youth Running Program

Tuesday, May 5, 2026



### **1. WELCOME STUDENTS RUN WHITTIER!**

**We're excited to welcome returning and new runners! Our Recreation Staff members will work alongside participants to exercise and help improve their skills!**

### **2. City of Whittier Team Members**

- **Nanette Duron: Community Services Supervisor**
- **Arthur Carrasco: Community Services Coordinator**
- **Coach Dallas: Sports & Facilities**
- **Coach Juan: Sports & Facilities**
- **Coach Justin: Sports & Facilities**



### **3. Recreational Youth Running Program**

- a. **Safety and Oversight: Team member backgrounds.**
- b. **Development Outline: Gain comfort and improve skills.**
- c. **Athletes: Contact Information, Medical Background, Uniforms, Etc.**
- d. **Family/Caretaker: Mandatory Presence each week**
- e. **Program Goals & Feedback**
- f. **Webpage: Practice Schedule +**



### **4. Practice Schedule**

- a. **Michigan Park +**
- b. **Tuesdays: 5:30pm–6:30pm (5/12–7/14)**
- c. **Saturdays: 10:00am–11:00am (5/23–7/11)**
- d. **Team Banquet: Tuesday, July 21. 6:00pm @WCC**



### **5. 5K**

- a. **Rockin' Summer 5k, 10k, 15k, Half Marathon**
- b. **Sunday, July 19. 7:30am @Whittier Narrows**
- c. **Registration: QR Code**



### **6. Communication**

- a. **Office Number: (562) 567–9430**

**Rockin' Summer 5k, 10k, 15k, Half Marathon**  
**Whittier Narrows – South El Monte, CA**  
**July 19, 2026 – 7:30AM**



It's time for the Rockin' Summer 5k, 10k, 15k, Half Marathon on Sunday, July 19th, 2026 at Whittier Narrows Recreation Area!

**This is an open course. Please be courteous to other pedestrians, runners, and cyclists on the trail.**

**Course map:** The course is super easy to follow. It will consist of out and back loops on the park trail that will be marked.

\* Aid station is at the turn around at the start/finish has water cups, water bottles, Gatorade cups, Gu gels.

\* 5k out and back route <https://www.mapmyrun.com/routes/view/6623659189/>

\* 10k 2 x 5k loops

\* 15k 3 x 5k loops

\* Half marathon 3 x 4.36 mi out and back <https://www.mapmyrun.com/routes/view/6623659868/>

Included in registration —

- custom finisher medals
- drawstring goodie bags
- free photos
- free videos
- results posted on the website within 12-24 hours of event
- assortment of snacks, samples
- friendly, relaxed, fun, and personal racing experience for all levels and abilities
- affordable cost and fun for the whole family!

## 5K INFO



Group discounts for 5 or more people by emailing us at [abetterworldrunning@gmail.com](mailto:abetterworldrunning@gmail.com) for group registration.

Transfers only by emailing [abetterworldrunning@gmail.com](mailto:abetterworldrunning@gmail.com) requesting a later date or transferring to another participant. There is a NO refund policy.

3:15 time limit for the half marathon. If more time is needed, please email us at [abetterworldrunning@gmail.com](mailto:abetterworldrunning@gmail.com) for early start.

Bib pick up -- 6:45-7:30AM  
Start - 7:30AM

Date - Sunday July 19th, 2026

Race day registration - cash, venmo, zelle or paypal 5k \$35, 10k \$40, 15k \$45, half marathon \$50

Address - Whittier Narrows Area D Parking Lot  
750 Santa Anita Ave, South El Monte, CA 91733

**REGISTRATION**  
**USE CODE CW20 →**

