



Redondo Beach

An AVA Sanctioned Year Round Event

This walk offers a 5K and a 10K option and is rated 1.BThe trail travels along the streets of Redondo Beach to the paved beach "strand", traveling north, passing Hermosa Pier to the Manhattan Pier. It goes up a busy street with many eating establishments to a non-paved exercise path back. 5K walk to Hermosa Pier and back. Dogs are not allowed on the piers.

Walk Registration:

Registration takes place online using that AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

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Driving Directions to Start

Carl's Jr-701 N Pacific Coast Hwy, Redondo Beach, CA 90277. From I-405 Fwy, exit at Artesia Blvd. Go West to Aviation Blvd. Turn left on Aviation, 1 mile to Pacific Coast Hwy. Left on PCH 0.7 mi. (just past Herondo/Catalina) to the Carl's Jr on the right. Restrooms are available in the restaurants and along the beach.

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

IN CASE OF EMERGENCY DIAL 911

**FOR EVENT RELATED QUESTIONS CALL Dottie Schwieger (951)
505-9738 or email HiDotWalk@aol.com**

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited

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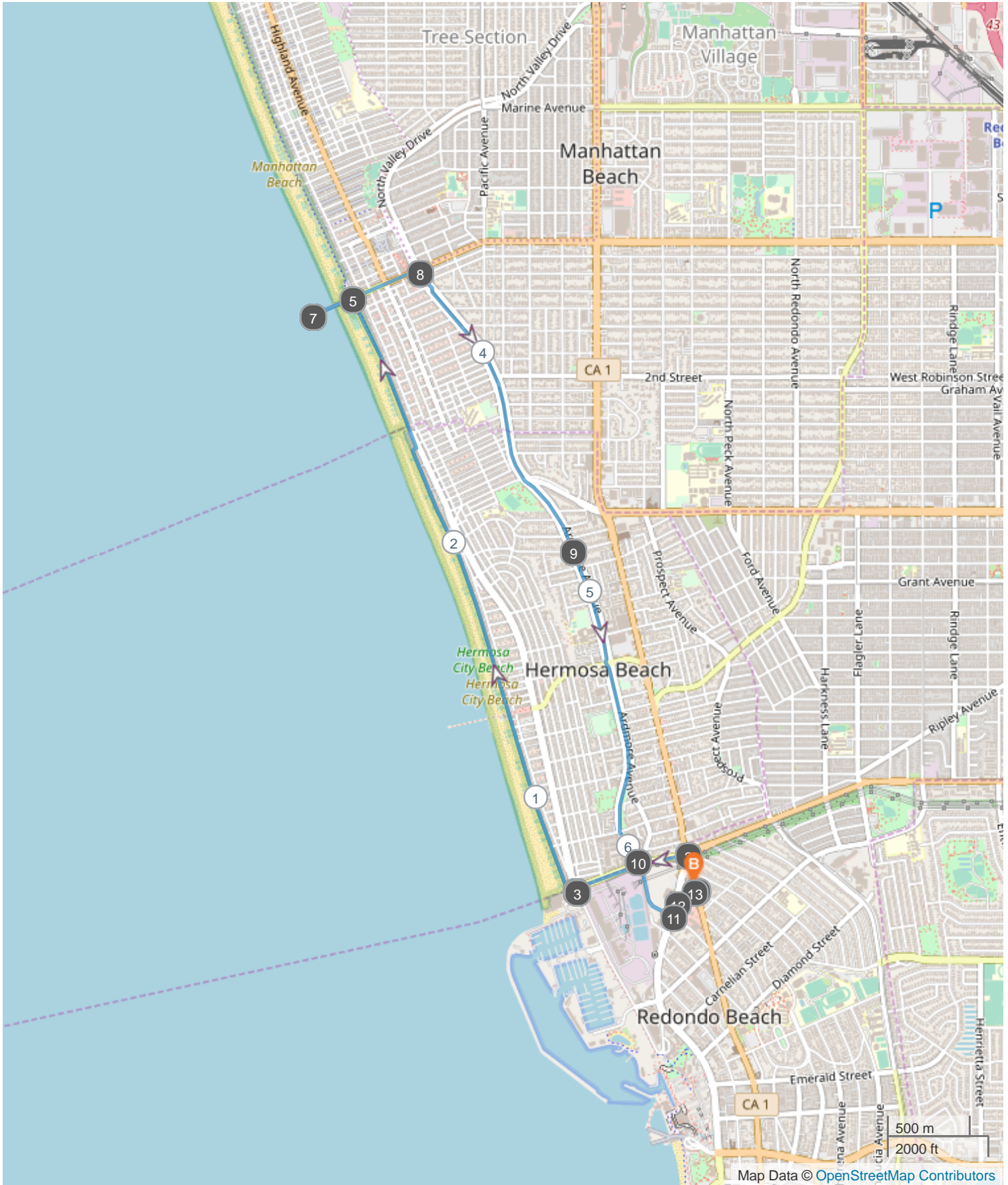
Redondo 5K



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.006	↙	Turn sharp left onto Pacific Coast Highway, CA 1
2	0.143	←	Cross Catalina at the light and turn left onto Herondo Street
3	0.589	→	Cross Harbor at the signal and jog to the right a few steps to the pathway to the beach
4	0.594		Left on the bike path and then right as it continues up the strand. Continue up the strand to the Hermosa Pier
5	1.318	←	Turn left onto end of Hermosa Pier
6	1.418		Turn around at end of Hermosa Beach Pier
7	1.781	→	Turn right onto The Strand
8	2.528	→	Turn right onto Herondo Street
9	2.780	→	Turn right onto Francisca Avenue which becomes Gertruda
10	3.030	←	Turn left onto North Catalina Avenue
11	3.082	→	Turn right into Shopping Center
12	3.121	←	Turn left to return to Carl's Jr
13	3.186		FINISH

Redondo Beach 10K



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.006	↙	Turn sharp left onto Pacific Coast Highway, CA 1
2	0.143	←	Cross Catalina at the light and turn left onto Herondo Street
3	0.589	→	Cross Harbor at the signal and jog to the right a few steps to the pathway to the beach
4	0.594		Left on the bike path and then right as it continues up the strand. Continue up the strand passing the Hermosa Pier
5	2.999	←	Turn left onto Manhattan Beach Boulevard to the Manhattan Pier
6	3.163	→	Turn around at the end of the Pier
7	3.185	←	From the pier, go east, up Manhattan Beach Blvd past Manhattan Ave and Highland Ave. Cross Valley Drive to the island
8	3.621	↘	Turn sharp right onto the island, entering the parking lot and continue through to the exercise path.
9	4.842	←	Continue south on the woodchip path, carefully crossing over many streets until you reach Heronodo
10	6.077	↘	Cross Herondo going straight ahead onto N Francisca
11	6.343	←	Turn left onto North Catalina Avenue
12	6.395	→	Turn right into the shopping center
13	6.506		End at Carl's Jr