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Founded by Jason JP Pereira, Team Samoa recognizes that good Physical and Mental Health are key to a happier life. We encourage our Pacific Islander people, who are leaders in underlying health conditions, and ALL our friends and neighbors to join us as we walk, jog, and run. Thank you to Victor & Desma Thompson, who worked in the field of medicine, for introducing me very early to watching my diet and proper exercise. I would ride my bike to school daily, participate in Track practice, ride to work after-school at the market, then ride home, 20 miles roundtrip. I am still moving today because of your teachings!

2024 EVENTS SCHEDULE: Please come walk, jog, or run.

Date	Event - Meet at 8 :00 a.m. Unless noted	Notes
1/6/24	Compton Run Club: Patria Coffee, 108 Alameda Street Meet at Wilson Park next door. 2-mile walk, 3-mile run	7:45 a.m. Group Stretch Compton Run Club Meets every Saturday. Children often come, some in strollers
2/3/24	Fullerton Loop near Fullerton Court House	1275 N Berkeley Ave. Fullerton. Great trail, friendly people.
2/17/23	Compton Run Club	
2/24/24	Downey TLC SK at Apollo Park: 12544 Rives Ave. Great race for walkers	Register https://runsignup.com/Race/CA/Downey/HealthyDowney5KforTLC
3/2/24	Lakewood Run: Clark Ave. in front of City Hall 5K and 10K	Register https://www.lakewoodrun.com/
3/23/24	ARC Walk for Independence, Downey: Register https://thearclaoc.org/	8:00 a.m. Stonewood Center. Walk around the mall, longer run.
3/30/24	Charles Wilson Park in Torrance: Excellent Farmers Market with Hawaiian Malasadas.	2200 Crenshaw Blvd. Torrance. Park in the lot on the west side.
4/6/23	Compton Run Club	
4/20/23	TBA	
5/4/24	Long Beach Waterfront at Shoreline Aquatic Park We will run to the lighthouse	200 Aquarium Way Park at the meters
5/11/24	United Way Home Walk Supports the homeless, at So Fi Stadium	Register https://unitedwayla.org/event/walkunitedla-2024/
6/1/24	Mile Square Park in Fountain Valley or Wrigley Run	More information soon
6/29/24	TBA	
7/4/24	Independence Day 5K Redondo Beach	Register https://villagerunner.com/4th-of-july-5k/
7/6/24	Compton Run Club	
8/3/24	Pacific Island Ethnic Art Museum in Long Beach: We will run to the Long Beach Waterfront	Meet at Museum 695 Alamitos Ave. Long Beach 90802
8/31/24	Compton Run or TBA	
9/7/24	Carson: James Foisia Park 23410 Catskill Ave, Carson	Park on Catskill or in the neighborhood
10/5/24	Compton Run Club	
10/12/24	Aquarium of the Pacific 5K: We run inside the Aquarium!!	Long Beach Marathon weekend Register https://runlongbeach.com/events/aquarium-of-

		the-pacific-5k/
11/2/24	Compton Run Club	
11/28/24	Torrance Turkey Trot: Great community run!	Warm-up at 7:30 a.m. Register https://www.torranceca.gov/our-city/recreation/special-events/turkeytrot
11/30/24	Fullerton Loop	
12/7/24	TBA	
12/21/24	Compton Run Club	
12/28/24	TBA	

Weekly Runs on Thursdays

Week	Meet at 6:45 a.m.
1	Senator Raul Lara Linear Park: 3850 Fernwood Ave, Lynwood. Meet at the Lunch area with the yellow, pink, and blue box. You can park here or close by. This is a bike trail and walking trail.
2	Liberty Park in Cerritos 19211 Studebaker Rd. Meet at the Liberty Park Fitness Center Parking Lot. You can walk on the track or join me for a run on the San Gabriel River trail. Good trail for cyclists.
3	Dills Park in Paramount: 6500 San Juan St. Paramount, CA 90723 We will meet by the exercise equipment near San Juan then run around the park and on the river trail. Park in the neighborhood on San Luis, San Marcus, San Mateo or San Vicente streets.
4	Liberty Park in Cerritos on the track or join me for a run to Rynerson Park and back. We will visit the Equestrian Center.
5	PIEAM (Pacific Island Ethnic Art Museum) in Long Beach: 695 Alamitos Ave. Long Beach, 90802 Park on 7 th , 6 th , in the neighborhood. We will run to the Long Beach Waterfront and back.

Possible Race and Future Runs: The Color Run, TBA We have tried to select areas where our Pacific Islander communities live but let us know if you have other ideas.

Contact Us: Visit Us <https://www.facebook.com/teamsamoa/>

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