



START, FINISH, PARKING

What: A beach walk to benefit Moores Cancer Center at UC San Diego Health.

Date: January 11th

Start: 12:30 pm at [La Jolla Shores parking lot](#) (north end)

Finish: [Cardiff State Beach](#) (south of the Chart House) – look for the lei handout!

Parking Best Option: Get a ride (friend/Uber/Lyft) to La Jolla Shores then get another ride after finishing. * There is no parking at Tower 13 during the day.

Post Walk Celebration: [Cardiff Beach Bar @ Tower 13](#) near walk's end (see below for who is invited). More info below...

WALK NECESSITIES

1. Wear layers for warmth/sun protection
2. Hat & sunscreen (the sun will be at your back all day, so focus on the back of your neck and legs)
3. Sturdy sneakers - while most of the walk is on firm sand, there are a handful of CHALLENGING spots that require sturdy footwear - basic running shoes are usually fine.
4. Water + electrolytes
5. Snacks
6. Camera
7. Blister tape (you know if you need it!)
8. Light backpack or fanny pack
9. Download our [KTC Route Map](#) to your phone - **red checkmarks** are **restrooms** (*there are NONE for the first 5 miles*)
10. For purposes of safety, there will be an EMT on the course, but if you have an **emergency**, please **call 9-1-1**

TOWER 13 CELEBRATION

1. Due to limited space, only those who donated are invited. You can still [add a donation](#) to your registration.
2. Start time: 5 pm (or whenever you get there) - come as you are!
3. Location: outside patio on north side
4. Live music by **The Sloppy Sixths**
5. For purchase: beer, wine, & limited food items (cash or credit card)
6. Silent auction (cash or Venmo)
7. Parking: Do NOT leave your car in their parking lot while you walk - they will be monitoring and towing