



TEAM SAMOA/PASIFIKA RUNNING & FITNESS GROUP

Visit us at <https://www.facebook.com/teamsamoa>

Founded by Jason J.P. Pereira, noted Visual Artist at the Pacific Island Ethnic Art Museum (PIEAM), Team Samoa/Pasifika recognizes that good Physical and Mental Health are key to a happier life, and we encourage Pacific Islander and all people to join us. Runners, joggers and walkers of all ages are welcome!

2025 EVENTS SCHEDULE Weekly Thursday Runs – Any schedule change will be posted

Week	Meet at 6:45 a.m. * = Restroom Available
1	Senator Lara Linear Park: 3850 Fernwood Ave. Lynwood. Meet at the Lunch Area with the yellow, pink and blue box. Plenty of parking. Bike and walking/running trail.
2 and 4	*Liberty Park in Cerritos 19211 Studebaker Rd. Meet at the Liberty Park Fitness Center Parking Lot. You can walk/run on the track or join me for a run on the San Gabriel River Trail, also for cyclists, but it gets crowded.
3	*Dills Park in Paramount 6500 San Juan Street. Meet at the park on San Luis and San Antonio. Parking is limited, try San Juan Steet or near the park on San Luis near San Antonio. We will run in the park and on the LA River Trail. Also good for cyclists, few on the trail.
5	PIEAM (Pacific Island Ethnic Art Museum) in Long Beach 695 Alamitos Ave. Long Beach. Park on 6 th Street, 7 th Street. Parking can be limited. We will run to the Aquarium of the Pacific and back.

Compton Run Club (CRC) on Saturdays

I cannot always make it, but you are welcome to run with the group on Saturdays if we do not have a run or race scheduled. They are a fantastic group of walkers and runners, all ages. Meet at Wilson Park in Compton, 123 North Rose Ave. Park on the Street. Restroom at Patria Coffee.

Week	Time	Notes
1	7:45 a.m.	If we do not have a race or fieldtrip planned, come to CRC
2 & 4	6:45 or 7:45 a.m.	I usually run early at 6:45 a.m. because I must leave early for the Food Pantry. Come early or late or both.
3,5	7:45 a.m.	If we do not have a race or fieldtrip planned, come to CRC

The Races and Team Samoa/Pasifika Field Trips 😊

We will post any schedule changes

Date	Event	Notes
1/6/25	Compton Run Club at 7:45 a.m.	3 mile Run, 2 mile walk
1/25/25	Radiant Futures 5K at Mile Square Park, Fountain Valley at 8:00 a.m.	https://runsignup.com/Race/CA/FountainValley/RadiantFutures5K
2/8/25	Field Trip: Fullerton Loop at 8:00 a.m.	1275 N Berkeley Ave. Fullerton, park near courthouse
2/22/25	Downey TLC 5K at 8:00 a.m.	https://runsignup.com/Race/CA/Downey/HealthyDowney5KforTLC
3/1/25	Lakewood Run at 8:00 a.m. Some are in 5K walk/run	https://www.lakewoodrun.com/
3/29/25	ARC Walk for Independence at 8:00 a.m. Downey Stonewood Center	https://thearclaoc.org/special-events/
4/5/25	Field Trip: Charles Wilson Park in Torrance: Farmers Markey with Malasadas 😊	2200 Crenshaw Blvd. Park in lot north of park or on west side.
5/31/25	Wrigley River Run 5K or 10K 7:30 or 8:30 a.m.	https://wrigleyriverrun.com/
6/21/25	Summer Solstice 5K Long Beach	TBD
7/4/25	Independence Day 5K at Redondo Beach at 8:00 a.m.	https://villagerunner.com/4th-of-july-5k/
8/16/25	Rockin' Summer 5K Long Beach at 7:30 a.m.	https://endurancecui.active.com/new/events/92938014/
9/6/25	Halloween 5K at Disneyland 7:00 a.m.	Race is sold-out, pick a venue for your run today
10/4/25	Aquarium of the Pacific 5K at 8:00 a.m.	https://runlongbeach.com/events/aquarium-of-the-pacific-5k/
11/1/25	Field Trip: James Fo'isia Park at 8:00 a.m.	23410 Catskill Ave. Carson, park in neighborhood
11/27/25	Torrance Turkey Trot 3 mile at 8:00 a.m.	https://www.torranceca.gov/our-city/citywide-special-events/turkeytrot
12/6/25	TBA Looking for a 5K or a Field Trip	