

Daily Breeze

Runners, walkers ‘conquer’ the Vincent Thomas Bridge for 15th year



Thousands of runners gather to participate in the 15th annual Conquer the Bridge race in San Pedro, CA on Labor Day, Sept. 2nd, 2024.

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In the 15th year of what has become a waterfront Labor Day tradition, throngs of enthusiastic runners and walkers took off over the Vincent Thomas Bridge on Monday morning, Sept. 2.

The annual Conquer the Bridge challenge sees runners and walkers traverse a 5.3-mile course between San Pedro and Terminal Island — including across the port town’s iconic span.

This year’s event also included an all-star team of past race record setters. Many others walked in groups to enjoy a rare long view of the Los Angeles Harbor from the top of the iconic, 1963 emerald green suspension bridge.

The race raises money for nonprofits and encourages participants to get up early and partake in some vigorous exercise.

It’s all possible because Labor Day is a recognized holiday at the ports of Los Angeles and Long Beach.

The ILWU also held its annual breakfast at the hiring hall. Those who attended the breakfast could then take a shuttle to the 45th Los Angeles/Long Beach Harbor Labor Coalition Parade, which was capped off by a picnic and rally at Banning Park in Wilmington.