



Final Information

April 27 & 28, 2024

RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

HEALTH & FITNESS EXPO | THURSDAY, APRIL 25 & FRIDAY, APRIL 26

MUSIC CITY CENTER

201 Rep John Lewis Way S
Nashville, TN 37203

Thursday, April 25 | 12 PM to 7 PM

Friday, April 26 | 10 AM to 7 PM

TIP: To expedite your Participant Check-In process, you will receive an email the week prior to the race with a link to search your bib number. Make sure to bring your bib number and photo ID with you to the Health & Fitness Expo to pick up your race materials!

MARATHON, HALF MARATHON, 10K & 5K RACE DAY | SATURDAY, APRIL 27

6:30 AM: 10K & 5K Races Start

Start Line: 8th & Demonbreun

Finish Line: Titans Way at Nissan Stadium

7:20 AM: Marathon & Half Marathon Races Start

Start Line: 8th & Broadway

Finish Line: Titans Way at Nissan Stadium

7 AM to 2 PM: Finish Line Festival Entertainment - Restless Road

Nissan Stadium Lot R

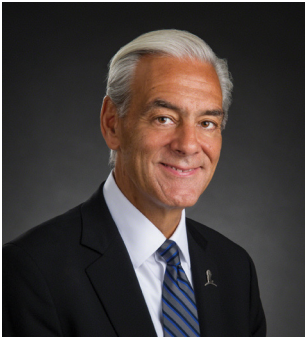
DOGGIE DASH, 1 MILE & KIDS ROCK RACE DAY | SUNDAY, APRIL 28

12 PM: Doggie Dash Race Starts

12:30 PM: 1 Mile Race Starts

1 PM: KIDS ROCK Race Starts

Start & Finish Line: Victory Ave at Nissan Stadium



Dear Friends of St. Jude,

On behalf of everyone at St. Jude Children's Research Hospital®, thank you for joining us for the 2024 St. Jude Rock 'n' Roll Running Series Nashville. It is an incredible honor to be the benefiting charity of this stellar event, and we truly appreciate everyone coming together each year to help support St. Jude in our work to find cures for childhood cancer and other life-threatening diseases.

Thank you also to the Rock 'n' Roll Running Series, which has made St. Jude its Featured Charity Partner, and to the residents of Nashville for your graciousness and hospitality in opening your hearts and city for this event.

Our heartfelt gratitude also goes to everyone who is participating in this year's event as a St. Jude Hero®. Your dedication has helped raise millions of dollars for our lifesaving mission since St. Jude was named the event's benefiting charity in 2013, helping to ensure that no family will ever receive a bill from St. Jude for treatment, travel, housing or food – so they can focus on helping their child live. And your caring commitment means St. Jude can continue the groundbreaking research and treatment that is making a difference in the lives of children here and around the world.

Thank you again for choosing to be a part of the 2024 St. Jude Rock 'n' Roll Running Series Nashville and supporting St. Jude. Together, we can reach the day our founder, Danny Thomas, dreamed of – the day when no child will die in the dawn of life.

With deep appreciation,

Richard C. Shadyac Jr.
President and Chief Executive Officer
ALSAC, the fundraising and awareness organization
for St. Jude Children's Research Hospital

ALSAC/St. Jude Children's Research Hospital | 501 St. Jude Place | Memphis, TN 38105

Make your journey to the finish line **part of something bigger.**



St. Jude patient **Azalea**,
soft tissue cancer

Every year, thousands of St. Jude Heroes® take to the streets for the St. Jude Rock 'n' Roll Running Series Nashville. This team is committed to raising funds for the kids of St. Jude Children's Research Hospital® while they train for race day. As a St. Jude Hero, you can earn great incentives like free race entry, race weekend hospitality access and travel accommodations, but the greatest benefit is knowing you're helping kids like Azalea.

As you make your way through the streets of Nashville on April 27, you will enter the "**St. Jude Mission Mile.**" This stretch of the course showcases just a few of the many lives touched by the lifesaving work at St. Jude. St. Jude Heroes make this work possible so kids everywhere get to be kids. Be sure to visit the St. Jude booth at the Health & Fitness Expo to learn how to be a St. Jude Hero at your next event.



**Give meaning
to your miles.**
stjude.org/heroes





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PRE-RACE INFORMATION

BIB NUMBER PICK-UP

Follow these steps to pick up your number:

1. Search your bib number online.
2. Bring your bib number & Photo ID.
3. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.



CORRAL CHANGES

Corrals will be assigned based on the estimated finish time you entered at the time of registration. If you need to move to a faster corral because you plan to run faster than your original estimated finish time, pick up your bib number and proceed to the Corral Change table in the Bib Pick-Up area.

If you wish to move to a slower corral, you may do so without visiting the Corral Change table by simply starting in that corral on race morning.

There are no corral changes on race day. The last corral for Marathon participants will be Corral 10.

If you pick up your bib and you do not have a corral assignment, make sure you stop by the Corral Change table to be assigned a corral based off of your estimated finish time.

RACE TIMING WITH SPORTSTATS

The race will be timed by Sportstats using a chip on the bib technology. This means you will not have a red d-tag to attach to your shoe. The chip on your bib will automatically record your times at the start, at certain splits along the courses and at the finish. Sportstats will be using disposable tags, glued onto your race bib, which allows you to walk away from the finish without the need to have your tag collected.

PLEASE NOTE: All participants in the race must wear their race bib with the tag intact in order to have their times recorded. No bib = no time! Please make sure the race bib is pinned at torso height at the front and is visible throughout the race.

ROCKSTAR RUN SMART PARTICIPANT SUPPORT

When it comes to race day nutrition and hydration, participants are empowered to determine their individual level of self-reliance. While plenty of aid stations will still be present along the course, participants are welcome to carry their own nutrition and hydration by using items such as hydration vests and belts.



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PRE-RACE INFORMATION

HEALTH & FITNESS EXPO

Pick up your bib number, gear check bag and technical tee at the Health & Fitness Expo. Official race merchandise will be available at the Merchandise Store and a variety of exhibitors will display, sample and sell running apparel, footwear, and health and fitness products. Apple Pay is accepted everywhere at the St. Jude Rock 'n' Roll Nashville. Receive 10% off your official Rock 'n' Roll Running Series merchandise when you use Apple Pay.

ON-SITE REGISTRATION

Registration for this year's event will be available at the on-site registration table near the entrance of the Health & Fitness Expo.

PACE TEAM

Nashville Striders are the official pace team for the 2024 St. Jude Rock 'n' Roll Nashville. Come by the pace team booth at the Health & Fitness Expo for information on running with a pacer.

PACE TIMES OFFERED:

Marathon: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30

Half Marathon: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00

REGISTER FOR 2025

The Health & Fitness Expo is the best place for you to sign up for upcoming Rock 'n' Roll Running Series races. Come by the Rock 'n' Roll booth and secure your spot for the 2025 St. Jude Rock 'n' Roll Nashville events, the 25th year of Rock 'n' Roll Nashville, and receive a FREE t-shirt while supplies last! There will be limited availability at these special prices:

- Marathon: \$89 + \$13.35 fees = \$102.35 all in
- Half Marathon: \$79 + \$11.85 fees = \$90.85 all in
- 10K: \$69 + \$10.35 fees = \$79.35 all in
- 5K: \$49 + \$7.35 fees = \$56.35 all in
- 1 Mile: \$19 + \$2.85 fees = \$21.85 all in
- KiDS ROCK: \$19 + \$2.85 fees = \$21.85 all in
- Doggie Dash: \$19 + \$2.85 fees = \$21.85 all in

EXPO PARKING & TRANSPORTATION

The Health & Fitness Expo is located in Music City Center. Parking is available at Music City Center and in downtown street lots and garages..



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HEALTH & MEDICAL INFORMATION

- Your safety is our primary concern. The medical team will be staffing the medical facilities at the start line and at the finish line. Medical resources will also be available while you are on course at approximately miles 2.8, 4.9, 7.3, 9.7, 11.7, 13.8, 17.1, 18.3, 22.1, 23.1 and 25.3.

Look for tents and medical volunteers wearing red t-shirts. There will also be roving gators and bike teams along sections of the course.

- In order to help the medical team assist you, it is critical that you fill out the medical history information on the back of your bib.
- If you are not feeling well on race morning, we strongly advise you not to start the event.
- If you start to feel unwell at any point during the race, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP!

- If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention.

- **DURING THE RUN:** If you are at a water station or aid station, let someone know you are in need of medical help. If you are not at or near a water station or aid station – STOP – let someone know you need medical help. Anyone can help - another participant, a volunteer, a staff vehicle, event support vehicle, even a spectator. Have them alert the nearest water/aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

- **HELPING ANOTHER PARTICIPANT:** If a fellow participant needs help, please use the same steps listed above to help get the participant medical assistance. Make sure to provide the bib number of the participant in need of help.

- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the post-race area.

MANAGE YOUR HEALTH AND SAFETY ON RACE DAY – RACE HEALTHY, RACE SMART



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RACE DAY PARKING & TRANSPORTATION

PARKING

THERE WILL NOT BE ANY FREE PARKING AT NISSAN STADIUM IN 2024.

We recommend parking in downtown garages, which will be close to the start line. To book convenient and affordable parking, we recommend using SpotHero, the nation's leading parking reservation app to book convenient and affordable parking. [CLICK HERE](#) to reserve your parking spot with rates up to 50% off the drive-up rate.

RIDE SHARE

Participants utilizing ride share for their transportation on race day should be dropped off and picked up in Lot T at Nissan Stadium off of South 1st St.

WeGo STAR TRAIN

Ride the WeGo Star to St. Jude Rock 'n' Roll Nashville on Saturday, April 27. Please see the departure schedule below:

- Lebanon (334 W. Baddour Pkwy) at 5 AM
- Hamilton Springs (1000 Gaston Park Dr) at 5:08 AM
- Martha (65 Martha Circle) at 5:15 AM
- Mt. Juliet (22 E Division St) at 5:25 AM
- Hermitage (4121 Andrew Jackson Pkwy) at 5:35 AM
- Donelson (2705 Lebanon Pike) at 5:45 AM

Participants will arrive at Riverfront Station at 6 AM. The return train will depart from Riverfront Station one hour after the event ends and will stop at all stations. Parking is free at the outlying stations and is not available at Riverfront Station.

Anyone age 5 and older must have a ticket. Children age 4 and younger can ride for free but are required to sit in a parent's lap. [CLICK HERE](#) to view details and purchase round-trip tickets.

OLD TOWN TROLLEY

One of the best ways for participants and spectators to arrive at the 2024 St. Jude Rock 'n' Roll Running Series Nashville is by taking the official Old Town Trolley shuttle.



The shuttle will pick you up from the following stops:

- Opry Mills Mall (North Lot between Gaylord Opryland and Regal Cinema)
- Holiday Inn Vanderbilt
- Airport Center
- Sheraton Music City Airport
- Loews Vanderbilt

The shuttle will then take you to the start of the race, and return you to your original location after the race, all in historic Nashville style! [CLICK HERE](#) to buy tickets.

Pre-purchased shuttle tickets must be redeemed for a shuttle wristband prior to Race Day at the Health & Fitness Expo. All participants and spectators who pre-purchase running series shuttle tickets online **MUST** attend the Health & Fitness Expo to pick up their shuttle wristband to wear race morning.



lululemon



Leave limits behind.



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5K RACE DAY | SATURDAY, APRIL 27

RACE DAY INFORMATION

Start Time: 6:30 AM

Start Line: 8th & Demonbreun

Finish Line: Titans Way at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:10 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 8th Ave & Demonbreun next to the start line.

GEAR CHECK CLOSING AT 6:10 AM. Any gear not dropped off by that time will not make it into the trucks to the finish line.

Pick-Up: Near Lot R at Nissan Stadium.

START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all participants enter their correct corral. Your assigned corral will be listed on the bottom corner of your bib. Participants can enter their corrals beginning at 6 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals will be released every 1-2 minutes. All participants must cross the start line by 6:48 AM.

COURSE TIME LIMIT

The official course time limit for the 5K is 1 hour. This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.

COURSE SUPPORT

There will be 1 water station along the 5K course at Mile 1.2 (subject to change).



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10K RACE DAY | SATURDAY, APRIL 27

RACE DAY INFORMATION

Start Time: 6:30 AM

Start Line: 8th & Demonbreun

Finish Line: Titans Way at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:10 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race in Lot R next to the finish line. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 8th Ave & Demonbreun next to the start line.

GEAR CHECK CLOSING AT 6:10 AM. Any gear not dropped off by that time will not make it into the trucks to the finish line.

Pick-Up: Near Lot R at Nissan Stadium.

START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all participants enter their correct corral. Your assigned corral will be listed on the bottom corner of your bib. Participants can enter their corrals beginning at 6 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals will be released every 1-2 minutes. 10K participants will be in Corrals 1 through 8 and must cross the start line by 6:48 AM.

COURSE TIME LIMIT

The official course time limit for the 10K is 2 hours. This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.

COURSE SUPPORT

There will be 3 water stations along the course at approximately Mile 1.2, Mile 2.9, and Mile 4.3 (subject to change).



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HALF MARATHON RACE DAY | SATURDAY, APRIL 27

RACE DAY INFORMATION

Start Time: 7:20 AM

Start Line: 8th & Broadway

Finish Line: Titans Way at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:50 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium outside of the Secure Zone. **DO NOT** leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 8th Ave near Demonbreun St. **GEAR CHECK CLOSES AT 6:50 AM.** Any gear not dropped off by that time will not make it into the trucks to the finish line.

Pick-Up: Near Lot R at Nissan Stadium.

START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all participants enter their correct corral. Your assigned corral will be listed on the bottom corner of your bib. Participants can enter their corrals beginning at 6:50 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals are released every 1-2 minutes.

COURSE TIME LIMIT

The official course time limit for the Half Marathon is 4 hours. This is timing tag time, not gun time. Course time limit begins when the last Half Marathon corral crosses the start line. If a participant's pace falls below the course time limit, they have a few options:

- Increase their pace to stay within the event minimum.
- Board a "sag wagon" shuttle to move forward on the course, where they may continue to participate in the event, maintaining the minimum pace required. This will result in a DNF in the final race results.
- If the participant cannot continue, they may board a "sag wagon" to be dropped off at the next shuttle location, at a nearby medical station. The participant will be seen by a Medical Team captain to be cleared for the medical shuttle to transport the participant to the finish line. This will result in a DNF in the final race results.

COURSE SUPPORT

There will be 8 aid stations along the Half Marathon course (subject to change). Restrooms will be available at each station.

STATION	MILE	SUPPORT
1	1.4	Water
2	2.7	Water & SiS Go Electrolyte
3	4.2	Water
4	5.8	Water & SiS Go Electrolyte
5	7.4	Water & SiS Isotonic Gels
6	8.6	Water & SiS Go Electrolyte
7	9.9	Water
8	11.4	Water & SiS Go Electrolyte

The Feed.



2024 OFFICIAL ON-COURSE NUTRITION PARTNER

SHOP EVERY RUNNER'S FAVORITE STORE

Get \$20 immediately to spend at The Feed.
Scan QR code or head to thefeed.com/teams/run-rock-n-roll



The Feed.

An online marketplace to shop your favorite sports hydration, energy gels, chews, and bars to fuel your runs



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MARATHON RACE DAY | SATURDAY, APRIL 27

RACE DAY INFORMATION

Start Time: 7:20 AM

Start Line: 8th & Broadway

Finish Line: Titans Way at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:50 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium outside of the Secure Zone. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 8th Ave near Demonbreun St. **GEAR CHECK CLOSSES AT 6:50 AM.** Any gear not dropped off by that time will not make it into the trucks to the finish line.

Pick-Up: Near Lot R at Nissan Stadium.

START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all participants enter their correct corral. Your assigned corral will be listed on the bottom corner of your bib. Participants can enter their corrals beginning at 6:50 AM. The last corral for Marathon participants will be Corral 10

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals are released every 1-2 minutes. All Marathon participants must cross the start line by 7:45 AM.

COURSE TIME LIMIT

The official course time limit for the Marathon is 6 hours. This is timing tag time, not gun time. Course time limit begins when the last Marathon corral crosses the start line. If a participant's pace falls below the course time limit, they have a few options:

- Increase their pace to stay within the event minimum pace.
- Board a "sag wagon" shuttle to move forward on the course, where they may continue to participate in the event, maintaining the minimum pace required. This will result in a DNF in the final race results.
- If the participant cannot continue, they may board a "sag wagon" to be dropped off at the next shuttle location, at a nearby medical station. The participant will be seen by a Medical Team captain to be cleared for the medical shuttle to transport the participant to the finish line. This will result in a DNF in the final race results.

COURSE DIVERSIONS/CUT-OFFS

Various cut-off locations will be enforced on the course to ensure the race stays within the time limit. Participants who do not reach the cut-off locations by the times noted will be diverted and will not run portions of the course. This will result in a DNF in the final results.

- Mile 10.6 at 10:20 AM (eliminates approx. 15.6 miles)
- Mile 17.7 at 11:55 AM (eliminates approx. 8.5 miles)
- Mile 20 at 12:25 PM (eliminates approx. 5.5 miles)



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MARATHON RACE DAY | SATURDAY, APRIL 27

COURSE SUPPORT

There will be 19 aid stations along the Marathon course (subject to change). Restrooms will be available at each station.

STATION	MILE	SUPPORT
1	1.4	Water
2	2.7	Water & SiS Go Electrolyte
3	4.2	Water
4	5.8	Water & SiS Go Electrolyte
5	7.4	Water & SiS Isotonic Gels
6	8.6	Water & SiS Go Electrolyte
7	9.9	Water
8	10.8	Water & SiS Go Electrolyte
9	12	Water
10	13.7	Water & SiS Go Electrolyte
11	15.4	Water & SiS Isotonic Gels
12	16.6	Water & SiS Go Electrolyte
13	18	Water
14	19.4	Water & SiS Go Electrolyte
15	20.6	Water
16	21.6	Water & SiS Go Electrolyte
17	22.2	Water
18	23.6	Water & SiS Go Electrolyte
19	24.4	Water

FINISH LINE

You will receive your medal and refreshments within the Secure Zone. After you receive your items at the finish line, continue with the flow of foot traffic. Once you reunite with friends/family, it is a short walk across the Pedestrian Bridge where you can enjoy Downtown Nashville!

LOST & FOUND/INFORMATION BOOTH

The Information Booth at the start and finish lines serves as the Lost & Found. Any items NOT claimed at the finish line by 3 PM will be held for 30 days and then donated to a local charity. To claim a lost item after the race please email us at NASHVILLE@RUNROCKNROLL.COM.

FINISH LINE FESTIVAL: RESTLESS ROAD

The Finish Line Festival will be from 7 AM to 2 PM at Lot R in Nissan Stadium. For more information, [CLICK HERE](#).

FITVINE® WINE CELEBRATION ZONE



FitVine® offers delicious, low sugar, full alcohol wines designed to fit into an active and balanced lifestyle. As a leader in wellness wine, we believe you shouldn't have to compromise on taste or quality to find a great wine that lets you live your fit, in whatever form that takes.

Get your complimentary serving of FitVine® wine using the FitVine Wine drink ticket on your bib. Please note that all participants must show ID to receive their complimentary wine.

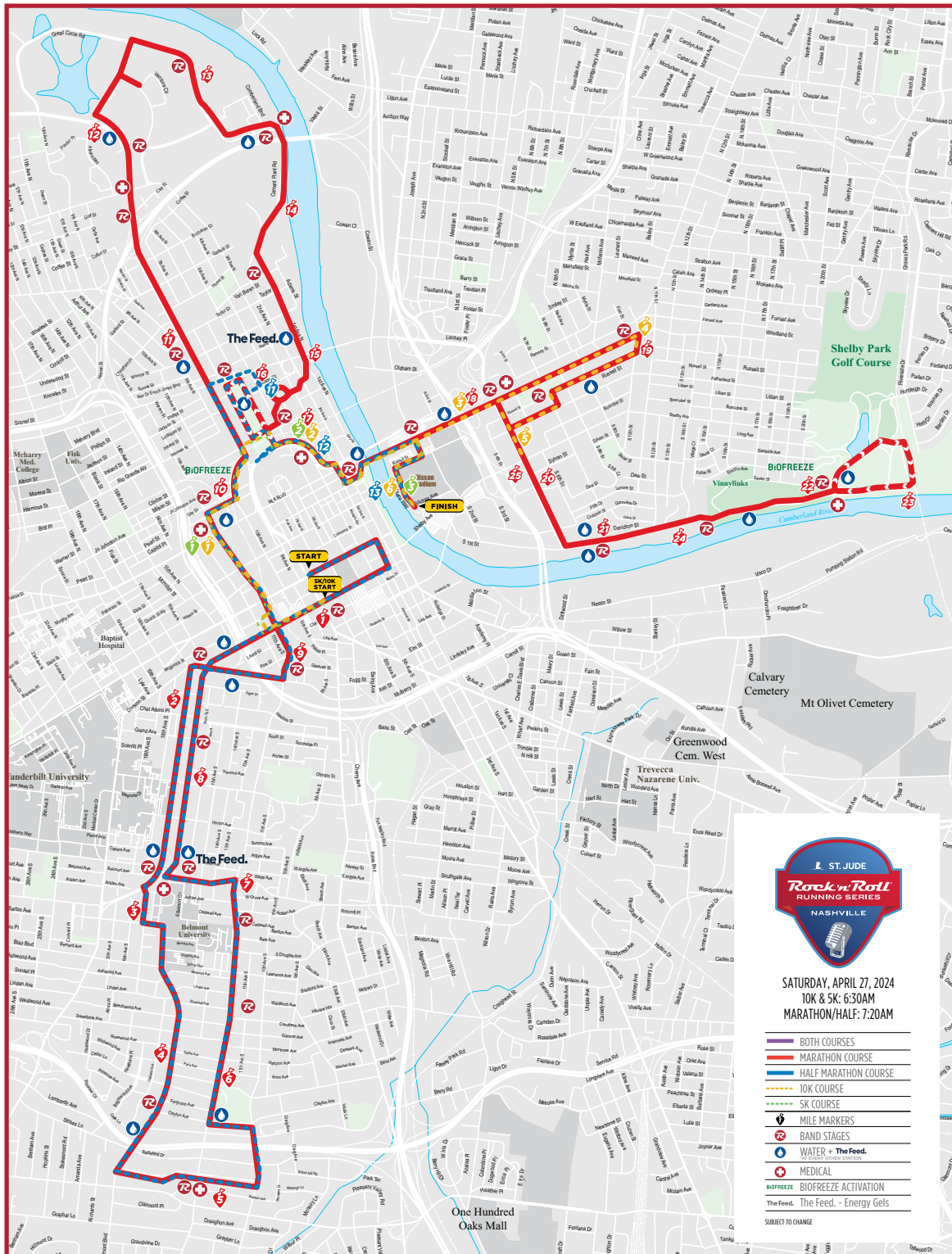


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SATURDAY COURSE MAP

[CLICK HERE](#) to view more information.



FITVINE[®]

W I N E S



ZERO SUGAR
FULL FLAVOR
NO COMPROMISES

ST. JUDE HEROES RUN FOR THE KIDS

Purposefully
Driven.



**St. Jude
Heroes®**

Become a Hero

Register today with a commitment to fundraise, and you can receive entry into some of the world's best events, online training and race-day extras. Join our team at stjude.org/heroes.





Final Information

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Doggie Dash

NASHVILLE



RACE DAY INFORMATION

When: Sunday, April 28 at 12 PM

Where: Nissan Stadium, Lot R

Free parking will be available at Nissan Stadium in lots E and F. When walking to Lot R, please use the crosswalks to cross Woodland St.

DOGGIE DASH EVENT REGULATIONS

- Please come prepared to clean up after your dog during the event (they get nervous too).
- We will allow one human (owner) with their dog with a paid registration to participate in our ½ mile course.
- All dogs must be over 6 months old and up to date on their vaccinations. Please only bring your dog if they are friendly around other dogs and humans, including children.
- Dogs must be on a 6-ft non-retractable leash for the entire event.
- No child or pet strollers are allowed on the ½ mile course. If you have multiple dogs, please make sure that each is registered, and that there will be one human assigned to each dog on the ½ mile course.
- Every human on the ½ mile course must display, on their front, a racing bib (given at packet pick-up).
- All humans must meet a minimum age requirement of 12 years old and must be in control of their dog the entire time. For the ½ mile event, we highly recommend an adult is with their dog as opposed to a child.

REGISTRATION & PACKET PICK-UP

When & Where:

- Thursday, April 25 from 12 PM to 7 PM at the Health & Fitness Expo at Music City Center.
- Friday, April 26 from 10 AM to 7 PM at the Health & Fitness Expo at Music City Center.
- Sunday, April 28 (race day) from 11 AM to 11:30 AM at Nissan Stadium.

Please look for the KiDS ROCK tables to pick up your Doggie Dash items at the Health & Fitness Expo. On race day, We recommend arriving at 11 AM to allow time for parking & packet pick-up in Lot R. Every human and dog will receive a race bib, bandanas, one doggie t-shirt and one goodie bag. These items must be picked up at the Health & Fitness Expo at the times listed above or on race day.

Come join us at our human & pet festival starting at 11 AM, ending after our KiDS ROCK Fun Run. We will have vendors, food trucks, games, pet waste bags and water for your dog. A portion of each registration will be donated to the Middle Tennessee Boxer Rescue.



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1 MILE RACE DAY | SUNDAY, APRIL 28

RACE DAY INFORMATION

Start Time: 12:30 PM

Start Line & Finish Line: Victory Ave at Nissan Stadium

Free parking will be available at Nissan Stadium in lots E and F. When walking to Lot R, please use the crosswalks to cross Woodland St.

GEAR CHECK

Gear Check will be available in Lot R at Nissan Stadium.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals are released every 1-2 minutes.

START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all participants enter their correct corral. Your assigned corral will be listed on the bottom corner of your bib. Participants can enter their corrals beginning at 12:20 PM.

You must start in your assigned corral. There will be no corral changes on race day.

COURSE TIME LIMIT

The official course time limit for the 1 Mile is 30 minutes. This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.



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The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series

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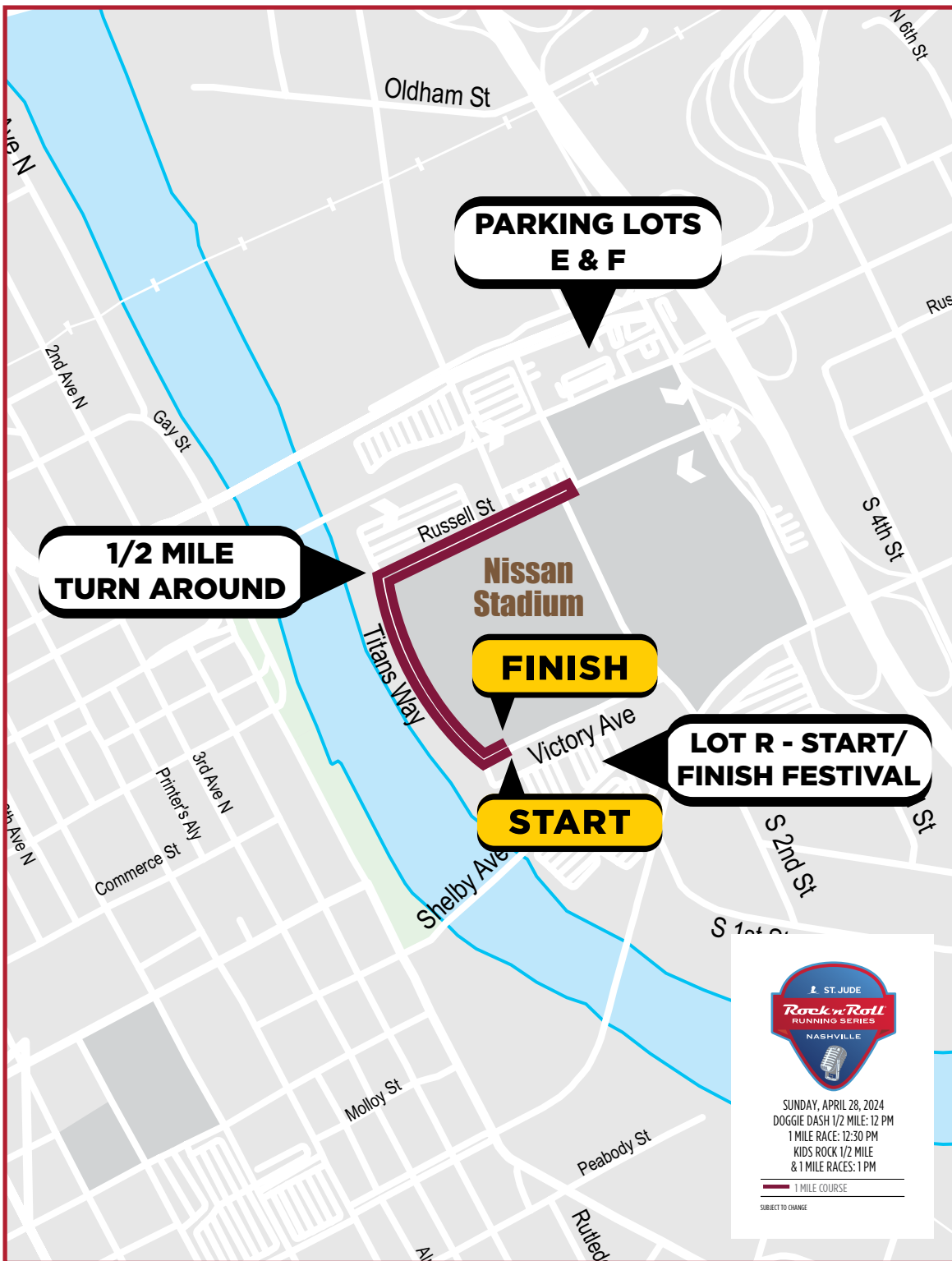


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1-MILE COURSE MAP

[CLICK HERE](#) to view more information.





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KIDS ROCK

NASHVILLE

When: Sunday, April 28 at 1 PM

Where: Lot R at Nissan Stadium

Free parking will be available at Nissan Stadium in lots E and F. When walking to Lot R, please use the crosswalks to cross Woodland St.

RACE DAY SCHEDULE

START TIME	RACE
1 PM	26.2 Feet Diaper Dash (Ages 0-2)
Immediately Following Diaper Dash	100 Feet Toddler Trot (Ages 1-3)
Immediately Following Toddler Trot	1/2-Mile (Ages 3-8) Red bibs, followed by blue then yellow.
Immediately Following 1/2 Mile	1-Mile (Ages 5-17) Green bibs, followed by orange, then pink, then brown, then teal, then purple.

RACE BIB TIPS

- ✓ Race bib must be visible and worn on the front and outside of all clothing during the entire race.
- ✓ Race bibs are non-transferable and may only be worn by the participant to whom it is assigned.
- ✓ Do NOT alter the race bib in any way.
- ✓ Securely fasten the race bib to the front of your child's running outfit with provided safety pins.
- ✓ One parent/guardian must also display the matching bib in the front if you are running with your child.

REGISTRATION & PACKET PICK-UP

When & Where:

- Thursday, April 25 from 12 PM to 7 PM at the Health & Fitness Expo at Music City Center.
- Friday, April 26 from 10 AM to 7 PM at the Health & Fitness Expo at Music City Center.
- Sunday, April 28 (race day) from 11 AM to 12:30 PM at Nissan Stadium.

KiDS ROCK Nashville is a fun run for ages 0-17. We want to encourage every child to cross the finish line with a smile without the pressure of having the race timed.

A parent or guardian should accompany each child to pick up their bib. Please note that strollers and dogs ARE NOT PERMITTED on the course. Every participant will receive a race bib, t-shirt and goodie bag. These items must be picked up at the Health & Fitness Expo at the times listed above or during the KiDS ROCK event. We invite you and your family to explore the Health & Fitness Expo as well.



Final Information

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KIDS ROCK

NASHVILLE

RACE RULES & REGULATIONS

1. It is strongly suggested that two parents, adults or guardians accompany the participant: One adult to see the child off at the start and the other to meet the child at the finish. Only one parent/guardian is permitted to run with their child during the race.
2. No strollers, roller blades, pets, skateboards, bikes or scooters are allowed on the course.
3. Plan ahead. Select a meeting place and time with your child before their race in case you become separated.
4. Children should be able to complete the 1-mile run on their own. The course is safe and secure. Police and trained medical staff will be present. If you do not feel comfortable having your child run alone, you may accompany him or her. For the safety of all children, you must start towards the back of the pack. Please be extremely cautious and aware of your surroundings.
5. The refreshments at the finish line Secure Zone are for children only. If you are accompanying your child, please be sensitive to the needs of the participants and refrain from taking food or drink from this area.

START LINE VILLAGE

The Start Line is located outside of Lot R outside of Nissan Stadium. This will serve as the staging area for all participants prior to the start of the races. On race day, staff will guide participants to their starting areas at the appropriate times. Please plan on arriving at least an hour before your start time. Expect traffic and delays.

Participants will be assigned a color group based on their grade level and distance. This will be printed on each bib. All kids will line up at the corresponding colored sign to their bib color group, and will be corralled to the start line as a group. When the 1/2-mile begins, we will begin with the red group, then the blue group will start, and lastly the yellow group. When we begin the 1-mile, the color groups will go as follows: green, orange, pink, brown, teal, purple.

FINISH LINE | SECURE ZONE

Once a child crosses the Finish Line, they will enter the Secure Zone – a safe, fenced off area for race participants only. There, they will be escorted by volunteers and receive water, healthy post-race refreshments and a colorful finisher's medal. Once they exit the Secure Zone they may not return.

For the safety of the children, a kid check system will be enforced at the secure zone exit for all participants. Each race number will have a duplicate race number for the adult bib. At the secure zone exit, kids will ONLY be released to the parent or guardian who is wearing the matching race number. Parents, please plan to meet your child at the secure zone exit.

Please Note: Parents and spectators will not be permitted to enter the Secure Zone unless they have run the entire course as an escort. This area is fenced off and is for participants only. Parents can watch the finish at the fencing and retrieve their child at the exit of the Secure Zone. Once again, a matching bib number must be shown by the parent/guardian.





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WHAT'S NEXT?

RESULTS & AWARDS

Top three overall male and female awards for all distances will be awarded. Top three male and female age group awards for the Half Marathon and the Marathon will also be awarded. Overall winners are determined by gun time. In accordance with USATF Rules, age group awards will be determined by chip time. All awards will be shipped to participants after the event to the address listed in your Active profile.

Official race results will be posted within 48 hours on our website, or you can download the Rock 'n' Roll Running Series app to see your race results instantly! It's available on your Apple or Android device app store. We highly recommend you downloading this prior to traveling to the event.

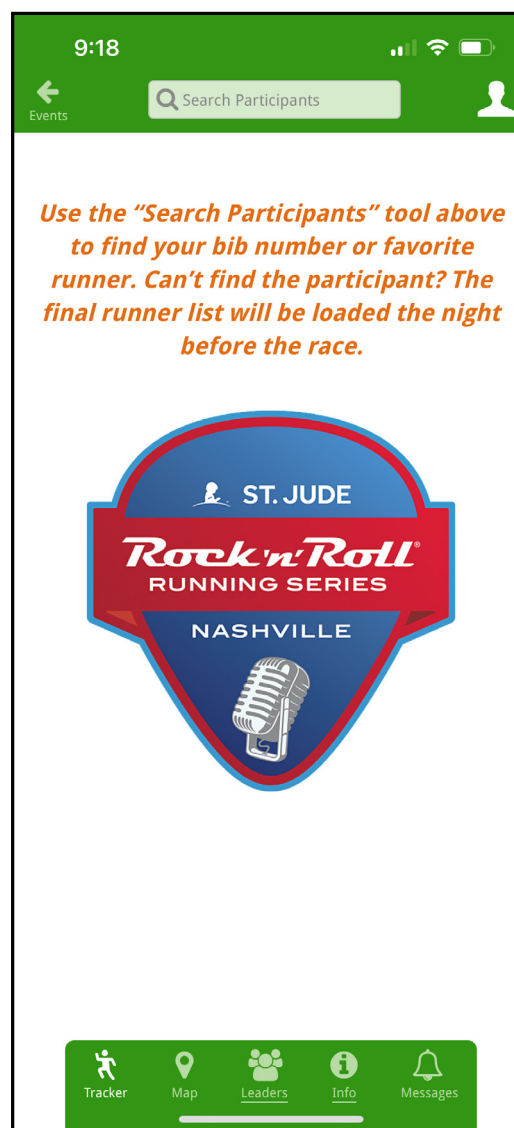
Highlights of the app include:

- Participant times, paces, estimates and places in real-time
- Live participant tracking
- Interactive course maps
- Push notifications as progress is made on course
- Event information and messaging
- Live leader boards
- Social sharing

PHOTOS & FINISHER CERTIFICATE

Your photos and FREE downloadable finisher certificate will be available online 5 to 7 days after the race at our [WEBSITE](#).

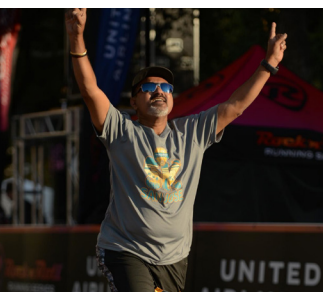
1. Click the results tab on your race's web page.
2. Go to your year then click on the distance you raced.
3. Find your result by searching by your name or bib number, then click your name.
4. Click on Digital Certificate or Photos on the left.





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Final Information

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SPECIAL PROGRAMS

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple Marathon or Half Marathon distances at Rock 'n' Roll Running Series events. Sign up for our official Heavy Medal Program. Participants must be enrolled in the Heavy Medal Program to earn our famous Heavy Medals. [ENROLL NOW.](#)

To Claim Your Medal: Heavy Medals 2-3 will be mailed 8 to 10 weeks after each qualifying event. Heavy Medals 4+ and the World Rocker Medal will be picked up on site at the Heavy Medal Pick-Up Tent in the Finish Line Festival.

Remix Challenge Medal: If you are running both days, pick up your Remix Challenge medal on Sunday at the Rock 'n' Roll Heavy Medals tent. You must cross the finish line on both days to receive the Remix Challenge medal.

EXPERIENCE NASHVILLE & RUNNER PERKS

Check out all of the authentic southern food while you're downtown, listen to live music, and support local business! Check out our runner perks [HERE.](#)

VOLUNTEER

Volunteers are still needed at the Health & Fitness Expo, start line, finish line and on course water stations. If your friends or family are coming out to watch, ask them to support you and join the Race Crew! Volunteers receive an official Race Crew T-Shirt and a Swag Bag! Visit our [WEBSITE](#) to find out more.

Rock 'n' Rollers, You Deserve a Post-Race Reward!

Visit the massage tent near the finish line on Saturday, 4/27/24 between 8:30 am and 12:30 pm to receive a FREE 10-minute race-day massage session.*

Sponsored by these Massage Envy franchised locations:

Cool Springs
West End
Hendersonville-Nashville
Murfreesboro
Mt. Juliet

*Availability is limited. While time slots last. For race participants only. Limit one per person. Each location is an independently owned and operated franchise. ©2024 ME SPE Franchising, LLC.



Massage Envy®
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ELEMNT RIVAL



SIMPLY POWERFUL

With powerful and intelligent running features, ELEMNT RIVAL tracks time and workout data with minimal interaction between you and your watch, letting you concentrate on the task at hand – your training and race-day performance.

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wahoofitness.com/rival

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FORGET THE PAIN



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USE AS DIRECTED