

2023 RUNNERS INFORMATION GUIDE

V1 uploaded November 17, 2023

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TITLE SPONSOR PRESENTING SPONSOR VENUE HOST PARTNERS **ASICS** AIA Vitality DTCAM OFFICIAL LOGISTICS & COURIER PARTNER OFFICIAL HYDRATION PARTNER Century Frances Music 2GO lightwater ORGANIZED & PRODUCED BY Cignal STAR ~~~~ IRONMAN

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RUN DIRECTOR MESSAGE

Welcome to the 2023 ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality. It's our second year hosting this event, and we're thrilled to have all of you back. We're excited to present a fantastic and classic racecourse that promises to make your run truly unforgettable.

This course will not only take you through the heart of the Philippine capital but also showcase breathtaking historic sites. As you weave your way through the backdrop of the Philippines' rich tradition and heritage, don't forget to immerse yourself in the fantastic music playing along the route.

Stay hydrated at our well-equipped aid stations, and, above all, have fun on this memorable journey. To ensure your race experience is not just memorable but historic, please take a moment to read the athlete's manual.

We're genuinely delighted to see all of you, and on behalf of the City of Manila, our generous sponsors, dedicated staff, and the marshals who support you on the roads, we extend a warm welcome to the ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality. We look forward to seeing you all at the starting line.

Let's rock this race!



WELCOME MESSAGE

A warm greeting from SONAK and ASICS! As we bask in the early morning glow of the sun rising over the vibrant city of Manila, our excitement knows no bounds. We stand ready to welcome you all to a thrilling experience that will see you pounding the pavement with a roar!

In this special event, we invite each and every one of you to channel your inner athlete and let your footsteps resonate like the rhythmic beats of determination. With every stride, you'll not only race through the streets but also delve deep into the heart of our beautiful city.

As you embark on this journey, we encourage you to soak in the energy of the city's bustling streets, taking in the sights and sounds, as well as the incredible diversity of cultures and backgrounds that make Manila so special. Let the vibrant colors, the city's unique aroma, and the rich history that lines these streets be your companions on this exciting adventure.

On November 26, remember, the streets are our arena! It's where we'll create memories and stories to last a lifetime. So, bring your A-game, share the sweat, and let's make this race a legendary jam of passion and energy. We're all in this together, making history and having a blast while doing it!

Get ready to run and have fun! Can't wait to see you out there, making every step count in this fantastic Manila run. Lace up, get set, and let's make it a day to remember!



ANIL BUXANI Chief Executive Officer, Sonak Corporation – ASICS

WELCOME MESSAGE

Nothing brings a community together more effectively than a challenge. That's why we at AIA (formerly Philam Life) are happy to be a part of the Rock 'n' roll Running Series, which is both a challenge and an engaging activity that draws thousands of people with different goals: breaking records, running for sheer enjoyment, trying out something new, and a slew of other reasons whose common denominator is to "get moving." It makes keeping an active lifestyle fun, personal and achievable -- perfectly aligned with AIA Vitality, AIA's Total Wellness Program.

AIA Vitality is AIA's science-backed wellness program that rewards your healthy choices whether it's scheduling a check-up, having enough hours of shut-eye or joining runs like the Rock 'n' roll Running Series. Rewards range from weekly freebies to exclusive discounts from lifestyle partners like Garmin, Seda Hotels, Philippine Airlines, and a whole lot more. What's more is that AIA Vitality gives you additional insurance benefits just by being healthy, ensuring protection against life's uncertainties.

We look forward to joining more exciting activities like this one because at AIA, we are committed to fulfilling our brand promise of helping Filipinos live healthier, longer, better lives.

Can't wait to get my own miles in together with all of you! See you at the finish line!



KATS CAJUCOM Head of Health and Wellness – AIA Philippines

EVENT SCHEDULE

Event Schedule is up to date as November 16, 2023, and is subject to change. View the Event Schedule online for the most up to date version. https://www.runrocknroll.com/manila-participants

TimeEventLocation11:00am to 7:00pmASICS Bib Number Pick UpMidtown Wing Exhibit A Robinsons Place ManAIA Vitality Health & Wellness ExpoRobinsons Place ManFRIDAY 24 NOVEMBER 2023		
11:00am toRobinsons Place Man7:00pmAIA Vitality Health & Wellness Expo		
7:00pm AIA Vitality Health & Wellness Expo	lia	
FRIDAY 24 NOVEMBER 2023		
Time Event Location		
10:00am ASICS Bib Number Pick Up Midtown Wing Exhibi	Midtown Wing Exhibit Area, Robinsons Place Manila	
to 7:00pm		
SATURDAY 25 NOVEMBER 2023		
Time Event Location		
10:00am to ASICS Bib Number Pick Up Midtown Wing Exhibi	it	
3:00pm AIA Vitality Health & Wellness Expo Area, Robinsons Place M	Area, Robinsons Place Manila	
10:00pm Gear Bag Drop Check in Quirino Grandstand	Quirino Grandstand	
11:00pm Marathon Runner's Assembly Time KM 0	KM 0	
SUNDAY 26 NOVEMBER 2023		
Time Event Location		
12:01am to 9:00amAIA Vitality Health & Wellness Expo & Festival Area OpenQuirino Grands	stand	
12:01am Marathon Run Start		
1:00am Half Marathon Runner's Assembly Time		
2:00am Half Marathon Run Start		
4:00am AIA Vitality 10K Runner's Assembly Time		
4:00am to 4:45amENTERTAINMENT: DJ Shai PerformanceKM 0	KM 0	
4:45am to 5:30am ENTERTAINMENT: Kokoi Baldo Performance		
5:00am AIA Vitality 10K Run Start		
5:30am to ENTERTAINMENT: Pourion Lista & The Tripidad Band Performance		
6:15amENTERTAINMENT: Reujen Lista & The Trinidad Band Performance6:00am5K Run Start		

Event Schedule continued over page

EVENT SCHEDULE

SUNDAY 26 NOVEMBER 2023		
Time	Event	Location
6:15am to 7:00am	ENTERTAINMENT: Gracenote Performance	Quirino Grandstand
7:00am to 7:45am	ENTERTAINMENT: Mojofly Performance	
	5K Finish cut off time	Katigbak Parkway
7:30am	AIA Vitality 10K Finish Cut off time	
	Half Marathon Finish Cut off time	
7:50am	Marathon Finish Cut off time	
7:30am to 9:00am	Gear Bag check out	Quirino Grandstand
9:00am	Festival Area Close	

RUNNER'S CHECK LIST

PRE-EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarize yourself with Event Schedule (know all check- in/drop off times).
- □ Pack photo ID in your luggage.
- Familiarize yourself with the course it is your responsibility to know this on run day.
- Check Registration Confirmation. If any details are wrong, contact us via email. - <u>manila@runrocknroll.com</u>

ONCE I ARRIVE (PRE-RUN)

- Familiarize yourself with the event venue and key areas (Check-In, Bag Drop, Start line, finish line, Post race area).
- Familiarize yourself with road closures.
- Check-In and collect race kit.
- Pack items for race day.

RUN DAY

- Ensure you have all items for your run including, bib number, timing chip, food and head light.
- Drop off your bag at bag drop area.
- Start the race be at the start line at least 15 minutes prior.
- □ Finish the race.
- Receive your medal.
- Collect your finisher shirt for Marathon finisher.
- Recover.
- Collect your items gear bag, post race

meal and finisher treats.

POST RACE

Upload your bling photo on your social media.

RUN KIT INCLUSION

Bib Number

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number. NO BIB NUMBER, NO ACCESS.

Black - Marathon

Blue - Half Marathon

Red – AIA Vitality 10K

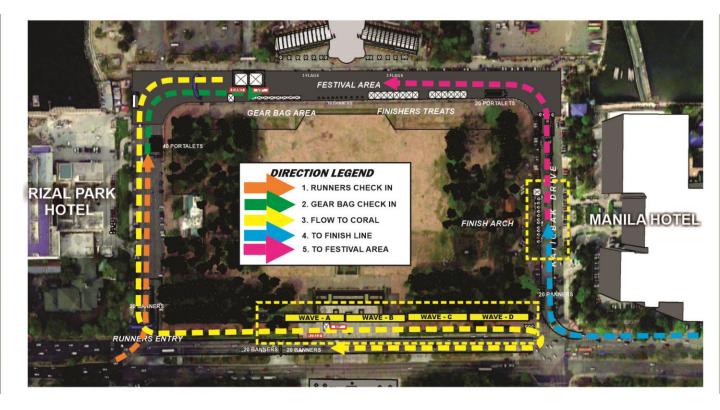
Yellow - 5K



Gear Bag - Place items required for post-race (collected in the recovery area). Drop off run morning. Must use bag supplied.

VENUE MAP

Venue map is up to date as November 16, 2023, and is subject to change. View the venue map online for the most up to date version. https://www.runrocknroll.com/manila-courses



PRE-RUN INFORMATION

ATHLETE CHECK-IN

See page 6-7 for time and location.

All bib number will need to be collected during Athlete Check-In opening hours. If you do not check-in during the designated Athlete check-in hours you will not be permitted to run. **Please note**, <u>no</u> **packs will be posted out prior to the event.**

ALL BIB NUMBER MUST BE PICKED UP BY 3:00pm on November 25 2023 – Saturday.

WHERE:

Midtown Wing Exhibit Area, Robinsons Place Manila, Pedro Gil, Malate.

What you will need to bring:

- · Photo ID (driver's licence or passport).
- Active.com Confirmation email with QR
 Code

Emergency Contact

Runners are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Bib Number pick up will not be available outside the posted times.

To inform Rock 'n' Roll Running Series Manila of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.

+63 960 905 9142 manila@runrocknroll.com

Who can collect?:

You may collect your bib number on the said dates above, In the case, that you are not available on the bib pick up number at Robinson's Place Manila you may authorize a family member, friend or associate to pick up your kit on your behalf. Just have them bring valid ID, letter of authorization, and your registration email (all printed). You may access letter of authorization here.

GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at Recovery. The bag provided to you during bib number pick up must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- Change of clothes
- · Different footwear
- Please refrain from placing any valuables in your bag where possible.

View page 6-7 for times and locations.

Gear Bag check in starts at 10:00pm and Gear Bag check out opens from 7:30am til 9:00am this is to be collected from the Gear Tent at the Festival Area, Quirino Grandstand.

PRE-RUN INFORMATION

PARKING



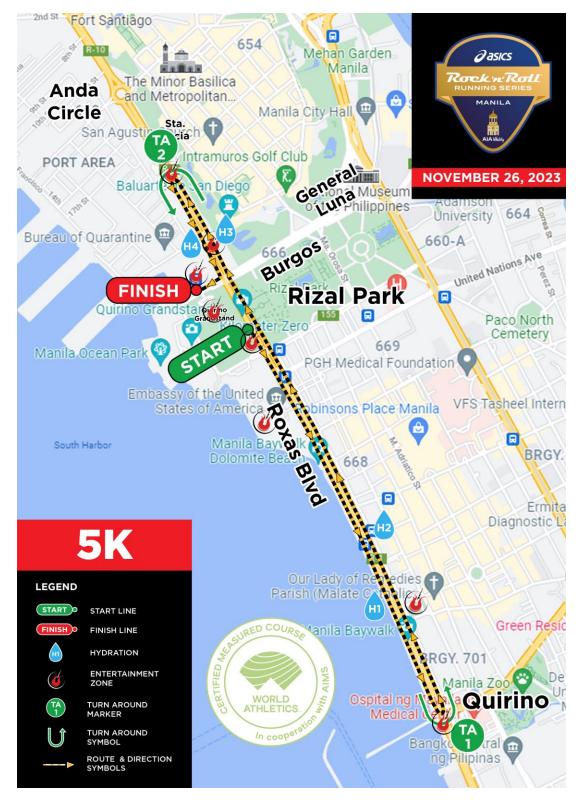
PUBLIC TRANSPORT

There will be motorcycle, jeepneys, tuktuk and local taxi available in the vicinity of Manila.

5K COURSE MAP

COURSE MAP

https://www.runrocknroll.com/manila-courses



5K RUN | NOVEMBER 26, 2023

5:00am – Runner's Assembly

6:00am – 5K Run start

Start Line: KM 0, Roxas Boulevard Finish Line: Quirino Grandstand, Katigbak Parkway (near Manila Hotel entrance)

RUN DAY BIB NUMBER PICK UP

There will be no bib number pick up available on run morning, you must collect your bib from November 23, 11am to 7pm, November 24, 10am to 7pm, November 25, 10am to 3:00pm only.

GEAR BAG CHECK

Participants may leave some items they need post finish at the Gear Bag Check in. Only the bag provided upon Bib Number pick up or delivery will be used. No other bags will be accepted.

Do not leave valuables, cash or jewelry. The event staff and Gear Check Personnel are not responsible for lost or stolen items. Please note, due to security for Gear Check, there may be lines.

Gear Bag check in is located at Independence Road, Quirino Grandstand from 10:00pm onwards.

BIB COLOR CODING

Participants will be assigned with a colored run bib which corresponds to their run category. Only those colors are allowed in the designated corral area and the starting line. 5K Runners will have a vellow run bib and will be asked to gather at the starting line from 5:00am for the 6:00am run start.

COURSE TIME LIMIT

The official course time limit for the 5K run is 1 hour. This is the timing tag time, not start time. Course time limit begins when the last runner crosses the start line. Estimated course cut off time is at 7:30am

COURSE CUT OFF

Participants must reach the finish line by 7:30am

COURSE SUPPORT

There will be 4 water stations along 5k course at every 1-1.25km, All aid station will serve Water and Electrolyte (Hype Pro), Portable Toilets and Medical station. Bananas and Chips are available at H1 and H2.

ENTERTAINMENT ALONG THE COURSE

There will be 5 entertainment stations along 5k course.

SUNDAY MORNING FESTIVAL

The ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality concert experience will feature music and a headline concert from various artists. Participants must have their race bibs to access the festival area located at The Quirino Grandstand. Here's the schedule of performances to watch out for.

4:00am to 4:45am – DJ Shai Performance

4:45am to 5:30am – Kokoi Baldo Performance

5:30am to 6:15am – Reujen Lista & The Trinidad Band Performance

6:15am to 7:00am – Gracenote Performance

7:00am to 7:45am – Mojofly Performance

AIA Vitality 10K COURSE MAP

COURSE MAP

https://www.runrocknroll.com/manila-courses



AIA Vitality 10K RUN | NOVEMBER 26, 2023

4:00am - Runner's Assembly

5:00am – AIA Vitality 10K Run start

Start Line: KM 0, Roxas Boulevard Finish Line: Quirino Grandstand, Katigbak Parkway (near Manila Hotel entrance)

RUN DAY BIB NUMBER PICK UP

There will be no bib number pick up available on run morning, you must collect your bib from November 23, 11am to 7pm, November 24, 10am to 7pm, November 25, 10am to 3:00pm only.

GEAR BAG CHECK

Participants may leave some items they need post finish at the Gear Bag Check in. Only the bag provided upon Bib Number pick up or delivery will be used. No other bags will be accepted.

Do not leave valuables, cash or jewellery. The event staff and Gear Check Personnel are not responsible for lost or stolen items. Please note, due to security for Gear Check, there may be lines.

Gear Bag check in is located at Independence Road, Quirino Grandstand from 10:00pm onwards.

BIB COLOR CODING

Participants will be assigned with a coloured run bib which corresponds to their run category. Only those colors are allowed in the designated corral area and the starting line. AIA Vitality 10K Runners will have a red run bib and will be asked to gather at the starting line from 4:00am for the 5:00am run start.

COURSE TIME LIMIT

The official course time limit for the AIA

Vitality 10K run is 2 hours. This is the timing tag time, not start time. Course time limit begins when the last runner crosses the start line. Estimated course cut off time is at 7:30am

COURSE CUT OFF

Participants must reach the finish line by 7:30am

COURSE SUPPORT

There will be 7 water stations along AIA Vitality 10k course at every 1-1.25km, All aid station will serve Water and Electrolyte (Hype Pro), Portable Toilets and Medical station. Bananas and Chips are available at H1, H3 and H4.

ENTERTAINMENT ALONG THE COURSE

There will be 10 entertainment stations along AIA Vitality 10k course.

SUNDAY MORNING FESTIVAL

The ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality concert experience will feature music and a headline concert from various artists. Participants must have their race bibs to access the festival area located at The Quirino Grandstand. Here's the schedule of performances to watch out for.

4:00am to 4:45am – DJ Shai Performance

4:45am to 5:30am – Kokoi Baldo Performance

5:30am to 6:15am – Reujen Lista & The Trinidad Band Performance

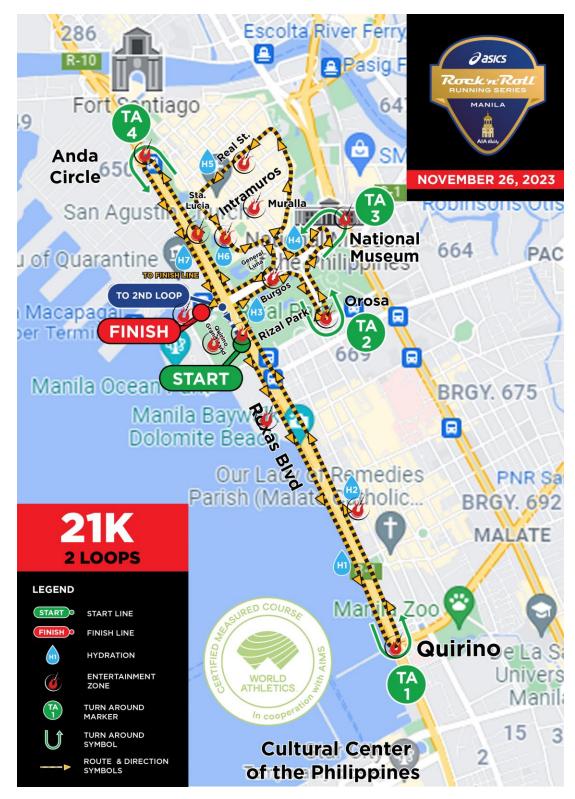
6:15am to 7:00am – Gracenote Performance

7:00am to 7:45am – Mojofly Performance

HALF MARATHON COURSE MAP

COURSE MAP

https://www.runrocknroll.com/manila-courses



1:00am – Runner's Assembly

2:00am – 21K Run start

Start Line: KM 0, Roxas Boulevard Finish Line: Quirino Grandstand, Katigbak Parkway (near Manila Hotel entrance)

RUN DAY BIB NUMBER PICK UP

There will be no bib number pick up available on run morning, you must collect your bib from November 23, 11am to 7pm, November 24, 10am to 7pm, November 25, 10am to 3:00pm only.

GEAR BAG CHECK

Participants may leave some items they need post finish at the Gear Bag Check in. Only the bag provided upon Bib Number pick up or delivery will be used. No other bags will be accepted.

Do not leave valuables, cash or jewellery. The event staff and Gear Check Personnel are not responsible for lost or stolen items. Please note, due to security for Gear Check, there may be lines.

Gear Bag check in is located at Independence Road, Quirino Grandstand from 10:00pm onwards.

BIB COLOR CODING

Participants will be assigned with a colored run bib which corresponds to their run category. Only those colors are allowed in the designated corral area and the starting line. 21K Runners will have a blue run bib and will be asked to gather at the starting line from 1:00am for the 2:00am run start.

COURSE TIME LIMIT

The official course time limit for the 21K run is 5 hours. This is the timing tag time, not start time. Course time limit begins when the last runner crosses the start line. Estimated course cut off time is at 7:30am

COURSE CUT OFF

Intermediate cut off 1: 4:50am - KM 10.5

Participants must reach the finish line by 7:30am

COURSE SUPPORT

There will be 7 hydrations stations per loop along 21k course at every 1-1.25km, All aid station will serve Water and Electrolyte (Hype Pro), Portable Toilets and Medical station. Bananas and Chips are available at H1, H3, H4, and H7.

LAPBAND

On each lap of the course, runners will go through a lap band collection point. At this point runners will collect a different colored lap band based on what number lap they are currently on. The color of lap band you're required to grab will be displayed on a sign.

First lap turn around 1: KM 10.5 = Red

ENTERTAINMENT ALONG THE COURSE

There will be 11 entertainment stations along 21k course.

SUNDAY MORNING FESTIVAL

The ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality concert experience will feature music and a headline concert from various artists. Participants must have their race bibs to access the festival area located at The Quirino Grandstand. Here's the schedule of performances to watch out for.

4:00am to 4:45am - DJ Shai Performance

4:45am to 5:30am - Kokoi Baldo Performance

5:30am to 6:15am – Reujen Lista & The Trinidad Band Performance

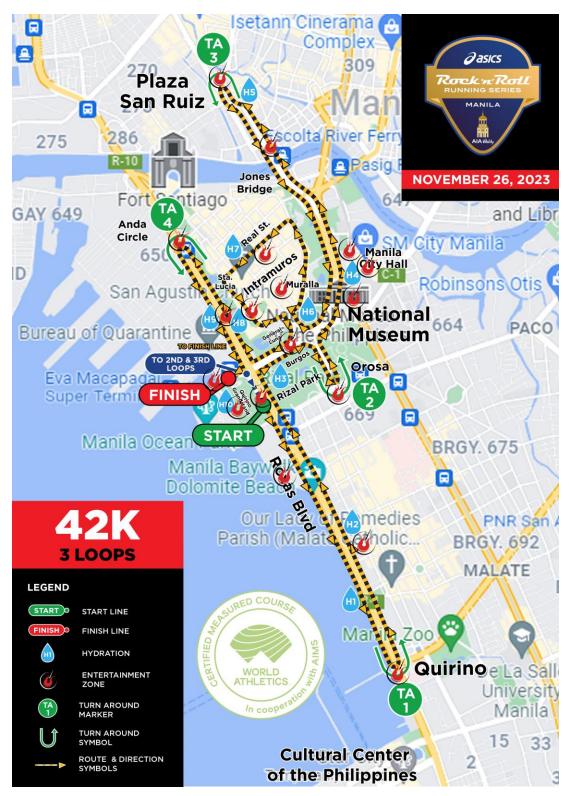
6:15am to 7:00am - Gracenote Performance

7:00am to 7:45am - Mojofly Performance

MARATHON COURSE MAP

COURSE MAP

https://www.runrocknroll.com/manila-courses



11:00pm – Runner's Assembly

12:01am – 42K Run start

Start Line: KM 0, Roxas Boulevard Finish Line: Quirino Grandstand, Katigbak Parkway (near Manila Hotel entrance)

RUN DAY BIB NUMBER PICK UP

There will be no bib number pick up available on run morning, you must collect your bib from November 23, 11am to 7pm, November 24, 10am to 7pm, November 25, 10am to 3:00pm only.

GEAR BAG CHECK

Participants may leave some items they need post finish at the Gear Bag Check in. Only the bag provided upon Bib Number pick up or delivery will be used. No other bags will be accepted.

Do not leave valuables, cash or jewellery. The event staff and Gear Check Personnel are not responsible for lost or stolen items. Please note, due to security for Gear Check, there may be lines.

Gear Bag check in is located at Independence Road, Quirino Grandstand from 10:00pm onwards.

BIB COLOR CODING

Participants will be assigned with a coloured run bib which corresponds to their run category. Only those colors are allowed in the designated corral area and the starting line. 42K Runners will have a black run bib and will be asked to gather at the starting line at 11:00pm for the 12:01am run start.

COURSE TIME LIMIT

The official course time limit for the 42K run is 7 hours and 30 minutes. This is the timing tag time, not start time. Course time limit begins when the last runner crosses the start line. Estimated course cut off time is at 7:50am

COURSE CUT OFF

Intermediate Cut off 1: 3:00am - KM 14, Intermediate Cut off 2: 5:30am - KM 28 Participants must reach the finish line by 7:50am

COURSE SUPPORT

There will be 9 hydrations stations along 42k course at every 1-1.25km, All aid station will serve Water and Electrolyte (Hype Pro), Portable Toilets and Medical station. Bananas and Chips are available at H1, H3, H6, and H9.

LAPBAND

On each lap of the course, runners will go through a lap band collection point. At this point runners will collect a different colored lap band based on what number lap they are currently on. The color of lap band you're required to grab will be displayed on a sign.

First lap turn around 1: KM 14 = Red

Second lap turn around 2: KM 28 = Blue

ENTERTAINMENT ALONG THE COURSE

There will be 15 entertainment stations along 42k course.

SUNDAY MORNING FESTIVAL

The ASICS Rock 'n' Roll Running Series Manila Presented by AIA Vitality concert experience will feature music and a headline concert from various artists. Participants must have their race bibs to access the festival area located at The Quirino Grandstand. Here's the schedule of performances to watch out for.

4:00am to 4:45am - DJ Shai Performance

4:45am to 5:30am - Kokoi Baldo Performance

5:30am to 6:15am – Reujen Lista & The Trinidad Band Performance

6:15am to 7:00am - Gracenote Performance

7:00am to 7:45am - Mojofly Performance



ALWAYS REMEMBER YOUR RACE get your personal pictures on SPORTOGRAF.COM



F O T O SPORTOGRAF.COM F L A T

FINISH LINE AND POST RACE

FINISH LINE POLICY

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

Sportograf is our partner for high-quality athlete photography at this race. They will proudly provide you with their "Foto-Flat" to relive the experience of your Rock 'n' Roll Running Series event. You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

How to Get your Best Photos:

- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Search for your race at

https://www.sportograf.com/en/event/9349_and register your email address to be notified as soon as all photos from your event are online

FINISHER SHIRTS

Finisher shirts will be available to Marathon participants only. Official finishers post-race can collect rom the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal.

You will then follow the recovery process and have the below available to you:

- · Finisher t-shirt collection for Marathon only.
- Recovery food/drink
- Street gear bag collection
- Medical support (if required)

finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Food
- Hype Pro
- Banana
- Chips

Post race meal will be provided at Festival Area, Quirino Grandstand.

POST RACE

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organisers for lost property. All lost property will be held for 30days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact manila@runrocknroll.com

ALL ROADS LEAD TO VEGAS

As a participant of the only Rock 'n' Roll event in Asia, you automatically earn the All Roads Lead to Vegas Limited Edition Medal - a special medal for your combined marathon or half marathon finish after you complete the 2024 Rock 'n' Roll Las Vegas half on February 2024! Other cities to qualify for the Limited Edition Medal within March 1, 2023 to February 24, 2024 are:

Washington DC Nashville Madrid San Diego Salt Lake City Clearwater San Jose

Manila

San Antonio Arizona (2024)

BLINGS



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EVENT PARTNERS

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PRESENTING SPONSOR



VENUE HOST PARTNERS













OFFICIAL LOGISTICS & COURIER PARTNER OFFICIAL HYDRATION PARTNER



SPONSORS









MARKETING PARTNERS







MEDIA PARTNERS



ORGANIZED & PRODUCED BY







AIA Vitality

Make healthy living even more rewarding with AIA Vitality!

Here are some of the benefits you can enjoy:

















25% OFF



*Up to 70% OFF





70% OFF







*Part of special promotion until December 31, 2023. Terms and conditions apply.

PLUS, get an instant PHP100 eGift of your choice for hitting your weekly fitness goals:



AIA Vitality is the only wellness program that can boost your insurance benefits!

Get up to 20% premium discount, 50% additional coverage, 100% loyalty boost, or Vitality double booster by simply living healthy!

> Talk to your AIA life planner or BPI AIA bancassurance sales executive. aia.com.ph | bpi-aia.com.ph







LOVE IS BETTER SAID WITH AIA

vs. no insurance plan

Kathryn and Min Bernardo

Find out more at aia.com.ph