



# Final Information

## October 8 & 9, 2022

## RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

### HEALTH & FITNESS EXPO | OCTOBER 7 & 8

**SAN JOSE MCENERY CONVENTION CENTER, SOUTH HALL**

435 S MARKET ST

SAN JOSE, CA 95113

Friday, October 7 | 1 PM to 6 PM

Saturday, October 8 | 9 AM to 5 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! You may also have someone pick up on your behalf via the +1 Bib Pick-Up Program (see details on page 2).

### 5K RACE DAY & KIDS ROCK | OCTOBER 8

**7:30 AM: 5K Race Starts**

Start Line: S Market St at Viola Ave

Finish Line: Plaza de Cesar Chavez Park

**9 AM: KIDS ROCK**

Start & Finish Line: S Market St at Balbach St

### 10K & HALF MARATHON RACE DAY | OCTOBER 9

**8 AM: 10K Race Starts**

Start Line: S Market St at Viola Ave

Finish Line: Plaza de Cesar Chavez Park

**8 AM: Half Marathon Race Starts**

Start Line: S Market St at Viola Ave

Finish Line: Plaza de Cesar Chavez Park

**10 AM to 11:15 AM: Encore Entertainment - Wonder Bread 5**

Plaza de Cesar Chavez Park



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A STAR ALLIANCE MEMBER 



# Final Information

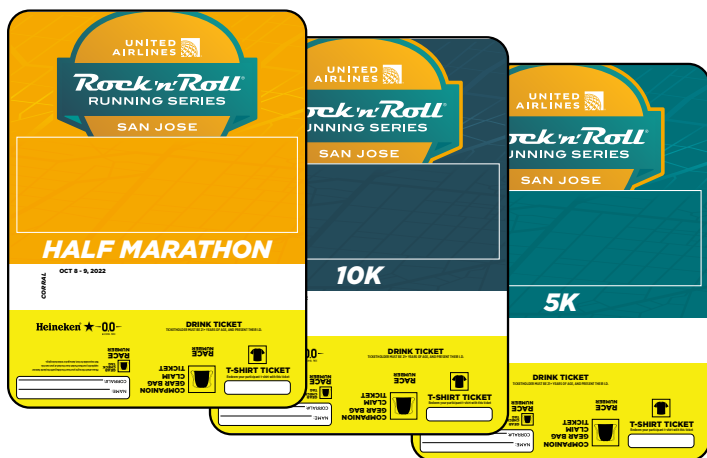
## October 8 & 9, 2022

### PRE-RACE INFORMATION

#### BIB NUMBER PICKUP

Follow these steps to pick up your number:

1. Search your bib number online.
2. Bring your bib number & Photo ID to the Health & Fitness Expo.



#### +1 BIB PICK-UP PROGRAM

Our +1 Bib Pick-Up program allows participants to collect one other participant's bib, t-shirt and gear bag at the Health & Fitness Expo. You must present a copy of valid proof of identification for the participant at the bib pick-up station and our team will assist you. Acceptable identification includes a valid driver's license, state issued ID or passport. The name on the identification must match the registration. Please note, if the participant you would like to pick up for has not signed their waiver, you will not be able to pick up their bib.

#### 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/slower corral because you plan to run faster/slower than your original estimated finish time, pick up your bib number and proceed to the Corral Change Table in the Bib Pick-Up area. **There are no corral changes on race day.**

#### 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.

#### MEDICAL INFORMATION

The Medical Team is a dedicated group of medical professionals available to help you. Medical Stations will be located at the Start and Finish. Look for large tents and medical volunteers wearing **RED** t-shirts. In order to help our medical team help you, it is critical that you fill out the medical history information on the back of your bib.

<b>VERY IMPORTANT MEDICAL INFORMATION</b> <small>Please print with a ball point pen.</small>	
NAME:	_____ <small>(Last) (First)</small>
DOB:	_____ <small>MM/DD/YYYY</small>
HOME ADDRESS:	_____ <small>Street</small>
CITY:	_____ <small>City</small>
STATE:	_____ <small>State</small>
ZIP:	_____ <small>ZIP</small>
EMERGENCY CONTACTS:	_____ <small>Name</small>
ALLERGIES TO MEDICINES:	_____ <small>Medicine</small>
LIST OF CURRENT MEDICATIONS:	_____ <small>Medicine</small>
YOUR MEDICAL HISTORY:	_____ <small>History</small>

#### 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.



# Final Information

## October 8 & 9, 2022

### 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 is available at the Merchandise Store and a variety of exhibitors will display, sample and sell running apparel, footwear and Health & Fitness products.

#### PACE TEAM

Too Legit Fitness will be the official pace team on race day. Come by the booth at the Health & Fitness Expo for information on running with a pacer.

Pace times offered for the Half Marathon: 1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, 2:40, 2:50, 3:00.

#### REGISTER FOR 2023

The Health & Fitness Expo is the best place for you to sign up for upcoming Rock 'n' Roll Running Series events. Come by the Rock 'n' Roll booth and secure your spot for the 2023 United Airlines Rock 'n' Roll San Jose events and receive a free t-shirt while supplies last! There will be limited availability at the special price:

- Half Marathon: \$69
- 10K: \$59
- 5K: \$39
- KIDS ROCK: \$19

*\*Fees listed above do not include the Active.com processing fee.*

#### REMIX CHALLENGE MEDAL

Don't miss out on the chance to take on the Remix Challenge and earn TWO medals when you sign up to run both Saturday and Sunday. Pair the 5K with the 10K or Half Marathon to receive both finisher medals plus a next-level bonus medal! Register online or at the Health & Fitness Expo.

#### PARKING & TRANSPORTATION

##### PARKING

- San Jose McEnery Convention Center: Enter on Almaden near the Hilton Hotel.
- SAP Center: Enter using Julian St and Montgomery St to avoid road closures.
- [CLICK HERE](#) to view downtown parking options.

##### PUBLIC TRANSPORTATION

Ride the VTA Light Rail: Exit Convention Center, Children's Discovery Museum or San Antonio stations.

- Rates: \$2.25/adult, \$1/youth (ages 5-18).
- Park at any of VTA's free Park & Ride lots.
- [CLICK HERE](#) to visit the website for more information.

##### RUNNER DROP-OFF FOR SUNDAY

##### HALF MARATHON & 10K

Drop your runner off on Almaden Blvd between San Carlos and Park. To exit the area after dropping, turn left on Park or u-turn at Park and head south on Almaden Blvd.

Download the free [WAZE APP](#) for point to point directions around road closures on race day.

[CLICK HERE](#) to view more information about parking and transportation on the event website.





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# Final Information

## October 8 & 9, 2022

### 5K RACE DAY | SATURDAY, OCTOBER 8

#### RACE DAY INFORMATION

**7:30 AM: 5K Race Starts**

**Start Line:** S Market St at Viola Ave

**Finish Line:** Plaza de Cesar Chavez Park

#### GEAR CHECK

On race day, please affix your gear check tag (on your bib number) to your gear bag before you leave it at the table assigned to your last name. **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.

**Where:** Tent in the center of Cesar Chavez Park

**When:** From 6:30 AM to 9 AM

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:15 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL. THERE WILL BE NO CORRAL CHANGES 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 5K is 1 hour.** This is timing tag time, not gun time. Course time limit begins when the last runner crosses the start line.

A tail vehicle will follow the last runner at the time limit pace. If at any time a participant drops behind the tail vehicle the participant will be transported to the back of the pack to stay on-pace. A strict time limit will be enforced as roads need to be re-opened to regular traffic.

#### COURSE SUPPORT

There will be 1 water & Gatorade station along the 5K course at Mile 1.5 (*subject to change*). Restrooms will be available at this Aid Station.

#### CELEBRATE YOUR ACCOMPLISHMENT

Join us in Plaza de Cesar Chavez for the Finish Line Festival! You will receive your medal, water, refreshments and snacks within the runner Secure Zone after the race. After you exit the Secure Zone, proceed to the Finish Line Festival to celebrate, and meet up with friends and family! The festival is free and open to the public.

#### BEER GARDEN

Celebrate your accomplishment with complimentary cans of Heineken 0.0 - the latest non-alcoholic malt-beverage from Heineken, the Official Beer and Celebration Partner of the Rock 'n' Roll Running Series. Heineken 0.0 will be sampled throughout the Finish Line Festival on Sunday. Proof of 21+ required by state law. All participants and spectators will need an ID on race day to enter the beer garden. Credit card only - no cash accepted.



# Final Information

## October 8 & 9, 2022

### 5K COURSE MAP | SATURDAY, OCTOBER 8





# Final Information

## October 8 & 9, 2022

### 10K RACE DAY | SUNDAY, OCTOBER 9

#### RACE DAY INFORMATION

**8 AM: 10K Race Starts**

**Start Line:** S Market St at Viola Ave

**Finish Line:** Plaza de Cesar Chavez Park

#### GEAR CHECK

On race day, please affix your gear check tag (on your bib number) to your gear bag before you leave it at the table assigned to your last name. **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.

**Where:** Tent in the center of Cesar Chavez Park

**When:** From 6:30 AM to 1 PM

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:30 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL. THERE WILL BE NO CORRAL CHANGES 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 10K is 2 hours.** This is timing tag time, not gun time. Course time limit begins when the last runner crosses the start line.

A tail vehicle will follow the last runner at the time limit pace. If at any time a participant drops behind the tail vehicle the participant will be transported to the back of the pack to stay on-pace. A strict time limit will be enforced as roads need to be re-opened to regular traffic.

#### COURSE SUPPORT

There will be 2 Aid Stations along the 10K course. Restrooms will be available at this Aid Station. *Aid Stations are subject to change.*

STATION	MILE	SUPPORT
1	2	Water
2	3.9	Water & Gatorade

*Gatorade: Lemon-Lime Endurance Formula*



**G** ENDURANCE

# NO ARTIFICIAL FLAVORS

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# Final Information

## October 8 & 9, 2022

### HALF MARATHON RACE DAY | SUNDAY, OCTOBER 9

#### RACE DAY INFORMATION

**8 AM: 10K Race Starts**

**Start Line:** S Market St at Viola Ave

**Finish Line:** Plaza de Cesar Chavez Park

#### GEAR CHECK

On race day, please affix your gear check tag (on your bib number) to your gear bag before you leave it at the table assigned to your last name. **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.

**Where:** Tent in the center of Cesar Chavez Park

**When:** From 6:30 AM to 1 PM

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:30 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL. THERE WILL BE NO CORRAL CHANGES 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 corral crosses the start line.

All participants **MUST** be heading south on University Ave from The Alameda (shortly after Mile 7.5) by 11:20 AM. Runners who do not reach this point in the course by this time will be diverted to do a U-turn and return east on The Alameda, cutting roughly 3.5 miles from their race.

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 (18:32/mile).
- 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.
- 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. Be advised this will result in a DNF (did not finish) in the final results. 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.

#### COURSE SUPPORT

There will be 7 Aid Stations along the Half Marathon course. Restrooms will be available at this Aid Station. *Aid Stations are subject to change.*

STATION	MILE	SUPPORT
1	2	Water
2	3.9	Water & Gatorade
3	6.1	Water & Gatorade Energy Gel
4	8.2	Water & Gatorade
5	10.5	Water
6	11.4	Water & Gatorade
7	12.1	Water

*Gatorade: Lemon-Lime Endurance Formula*





# Final Information

## October 8 & 9, 2022

### 10K & HALF MARATHON COURSE MAP | SUNDAY, OCTOBER 9





FEEL THE COOL  
FORGET THE PAIN



**BioFREEZE**  
COOL THE PAIN

USE AS DIRECTED





# Final Information

## October 8 & 9, 2022

### FINISH LINE FESTIVAL

#### CELEBRATE YOUR ACCOMPLISHMENT

Join us in Plaza de Cesar Chavez for the Finish Line Festival! You will receive your medal, water, refreshments and snacks within the runner Secure Zone after the race. After you exit the Secure Zone, proceed to the Finish Line Festival to celebrate, meet up with friends and family and enjoy good music! Your 2022 United Airlines Rock 'n' Roll San Jose Encore Entertainment is Wonder Bread 5, who will perform from 10 AM to 11:15 PM. The festival is free and open to the public.

#### FAMILY REUNION

There will be tall poles with letters of the alphabet (A-Z) in the Finish Line Festival. Pick a letter before the race and plan for that to be your meeting location for friends and family. Please do not plan to meet family and friends at the exit of the secure zone. See the Finish Line Festival map for details on where the Family Reunion signs will be located.

#### BEER GARDEN

Celebrate your accomplishment with complimentary cans of Heineken 0.0 - the latest non-alcoholic malt-beverage from Heineken, the Official Beer and Celebration Partner of the Rock 'n' Roll Running Series. Heineken 0.0 will be sampled throughout the Finish Line Festival on Sunday. Proof of 21+ required by state law. All participants and spectators will need an ID on race day to enter the beer garden. Credit card only - no cash accepted.

#### DRINK TICKETS

Use the drink ticket on your bib to claim 1 complimentary alcoholic drink. Drink tickets will not be needed to receive your complimentary Heineken 0.0.

#### LOST & FOUND/INFORMATION BOOTH

The Information Booth at the start and finish areas serves as the Lost & Found. Any items NOT claimed at the finish area by 1 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 [sanjose@runrocknroll.com](mailto:sanjose@runrocknroll.com).



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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 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. However, we will have mock awards at the Solutions Tent at the Finish Line Festival for photo ops!

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 runner 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](#).

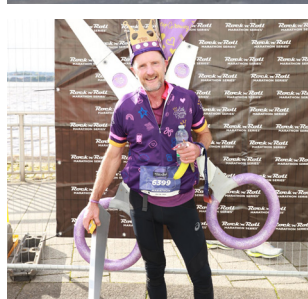
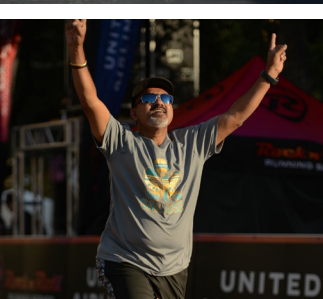
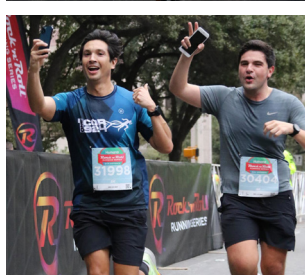
1. Click the results tab on the event web page
2. Go to your year then click on the distance you raced
3. Find your result by searching by your name or bib number, then click your name
4. Click on Digital Certificate or Photos on the left







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## October 8 & 9, 2022

### SPECIAL PROGRAMS

#### DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our 2020-2022 Rock 'n' Roll Running Series events. Be sure to sign up for our official 2020-2022 Heavy Medal Program. Participants must be enrolled in the official 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.

#### PICK UP YOUR REMIX CHALLENGE MEDAL

If you are running two days this weekend, pick up your additional Remix Challenge Medal on Sunday at the Rock 'n' Roll Remix tent in the Finish Line Festival. To claim your medal, be sure to have 'REMIX' written on both of your race bibs. If you do not, please inform us at bib pick-up to add it to your bib.

#### VOLUNTEERS STILL NEEDED

Volunteers are still needed at the Health & Fitness Expo, Start Line and Finish Line. 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 the [website](#) to learn more.





**Earn the limited edition All Roads Lead to Vegas medal when you pair the 2023 Rock 'n' Roll Las Vegas Half Marathon with your marathon or half marathon distance! Are you all in?**

**FEB 25-26, 2023**

**[RunRocknRoll.com/Las-Vegas](https://RunRocknRoll.com/Las-Vegas)**



# Final Information

## October 8 & 9, 2022

### KIDS ROCK

#### SAN JOSE

**WHEN:** Saturday, October 8 at 9 AM

**WHERE:** S Market St at Balbach St

#### RACE DAY SCHEDULE

START TIME	RACE
9 AM	80 Feet Toddler Trot (Ages 1-3)
Immediately Following Toddler Trot Start	1/2 Mile (Ages 3-8)
Immediately Following 1/2 Mile Start Trot	Mile (Ages 5-17)

#### REGISTRATION & PACKET PICK-UP

##### When & Where:

- Friday, October 7 from 1 PM to 6 PM at the Health & Fitness Expo at San Jose McEnery Convention Center, South Hall (435 S Market St)
- Saturday, October 8 (race day) from 7:30 AM to 8:30 AM at S Market St at Balbach St

A parent or guardian should accompany each child to pick up their bib. 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.

#### 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.



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### KIDS ROCK

#### SAN JOSE

#### 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. Rollerblades, 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 one-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 in the race. 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 in the race, please be sensitive to the needs of the participants and refrain from taking food or drink from this area.

#### START LINE VILLAGE

The Start is located at S Market St at Balbach St. 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 and please plan accordingly.

Parking is available in the following locations:

- Convention Center: 150 San Carlos St
- Almaden & Woz Lot: 401 Almaden Blvd
- Valley Title Lot: Corner of San Carlos St & 2nd St
- SAP Center: Enter using Julian St and Montgomery St to avoid road closures

#### 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 has a duplicate race number of the same color. 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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performance,  
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and speed  
recovery



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Give meaning  
to your miles.

# RUN FOR A REASON<sup>®</sup>

St. Jude Children's Research Hospital<sup>®</sup> is the National Featured Charity of the Rock 'n' Roll Running Series. St. Jude Heroes<sup>®</sup> are committed to raising funds for the kids of St. Jude while they train for their race. They can earn great extras like free race entry and hospitality access, but the greatest benefit is knowing they are helping kids battling cancer and other life-threatening diseases.

St. Jude is the proud title partner for both the St. Jude Rock 'n' Roll Running Series Nashville and St. Jude Rock 'n' Roll Running Series Seattle. Runners can also choose to run for a reason or donate to St. Jude in all Rock 'n' Roll Running Series events in the United States. Do more with your miles and become a St. Jude Hero for your next race.



[stjude.org/heroes](http://stjude.org/heroes)







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