



Final Information

June 1 & 2, 2024

RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!



Bringing the fun to the run since 1998, Rock 'n' Roll Running Series San Diego is the ORIGINAL Rock 'n' Roll race. Our team can't wait to see you on the start line!

HEALTH & FITNESS EXPO | FRIDAY, MAY 31 & SATURDAY, JUNE 1



NEW LOCATION: Waterfront Park

1600 Pacific Hwy, San Diego, CA 92101

Friday, May 31: 12 PM to 7 PM

Saturday, June 1: 9 AM to 5 PM

TIP: To expedite the 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!

5K RACE DAY | SATURDAY, JUNE 1

7 AM: 5K Race Start

Start Line: Presidents Way & Park Blvd

Free participant parking is available at the Inspiration Point Parking Lots.

Finish Line & Finish Line Festival: Balboa Park

HALF MARATHON & MARATHON RACE DAY | SUNDAY, JUNE 2

6:15 AM: Half Marathon & Marathon Race Start

Start Line: Sixth Ave & Quince St at Balboa Park

[CLICK HERE](#) to secure your parking spot through SpotHero.

Finish Line: Ash St & Union St

7:30 AM: Sunday Finish Line Festival at Waterfront Park

9 AM: No Duh – Tribute to Gwen Stefani and No Doubt

11 AM: Saved by the 90's



Final Information

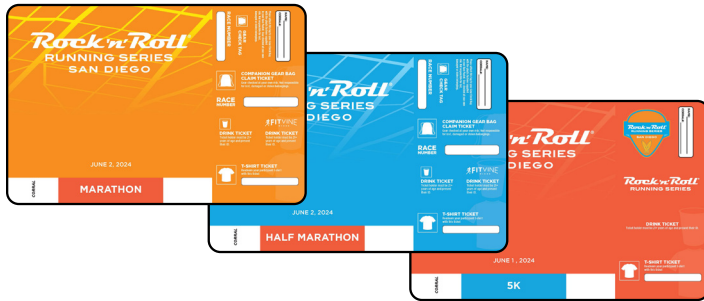
June 1 & 2, 2024

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.



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. **Please note that corral 16 is the last corral for the Marathon.**

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.



Final Information

June 1 & 2, 2024

PRE-RACE INFORMATION

HEALTH & FITNESS EXPO


Pick up your bib number, gear check bag and technical tee at the Health & Fitness Expo, this year in a new location in Waterfront Park! 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.

REGISTER FOR 2025

At the Health & Fitness Expo, come by the Rock 'n' Roll booth to secure your spot for the 2025 Rock 'n' Roll San Diego events 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
- 5K: \$49 + \$7.35 fees = \$56.35 all in

ONE WORLD RUNNING DONATION

 You are invited to bring your no-longer used running shoes and gear to the Health & Fitness Expo on Friday and Saturday at Waterfront Park, where One World Running, a Colorado-based non-profit celebrating its 38th year promoting health, fitness and international understanding around the world, will be on hand to accept your donations. Any type of shoes are accepted, as well as running shorts, socks, singlets, t-shirts and triathlon gear. After sorting and washing, your donations will be distributed within the San Diego area, domestically, and in developing nations to deserving youth and adults. Visit ONEWORLDRUNNING.COM or email ONEWORLDRUNNING@GMAIL.COM for more information.

SILENT DISCO

Want a super fun and exciting way to warm up your weekend and shake off those pre-race jitters? Grab your friends and join us at the Health & Fitness Expo at Waterfront Park on Friday from 12 PM to 5 PM where our friends at Sound Off will be throwing a Silent Disco featuring the electric sounds of DJ Cable. See more about the Sound Off experience [HERE](#). Stop by the Rock 'n' Roll Booth and check out a pair of headphones to join the party!

PACE TEAM

The San Diego Track Club will be the official pace team. Come by the San Diego Track Club booth at the Health & Fitness Expo for information on running with a pacer. Sunday pacers will meet at 5:30 AM near the Kate Sessions Statue at Sixth Ave and the Laurel St Bridge. They'll walk to the corrals shortly after to get ready for the start.

PACE TIMES OFFERED:

Full: 3:30, 3:40, 3:50, 4:00, 4:10, 4:25, 5:00
Half: 1:45, 2:00, 2:15, 2:30, 2:45, 3:00

PARKING & TRANSPORTATION

[CLICK HERE](#) for details about Parking & Transportation.

EXPO: We HIGHLY recommend using ride share or being dropped off. For drop-off/pick-up, request your ride to/from 1600 Pacific Hwy (behind the County Administration Building). There is NO Parking available on N Harbor Dr during Expo hours or on race day. Street/Meter parking is available throughout downtown, Little Italy, and the Embarcadero, and is a short walk to Waterfront Park .

Book convenient and affordable parking in advance through SpotHero, the nation's leading parking reservations app. [CLICK HERE](#) to reserve your spot. We recommend reserving a spot near Waterfront Park.

5K: Free parking will be available at Inspiration Point behind the Veteran's Museum in Balboa Park.

HALF MARATHON & MARATHON: Use ride share services (Lyft & Uber). For the Start Line, we recommend using Fifth Ave between Palm and Quince as your drop-off location. For pick-up from the Finish Line, we recommend requesting your ride from 1600 Pacific Hwy (behind the County Administration Building).

Book convenient and affordable parking in advance through SpotHero, the nation's leading parking reservations app. [CLICK HERE](#) to reserve your spot. We recommend reserving a spot near the finish line at Union St & Ash St, and walk less than a mile to the start line up Sixth Ave.



Final Information

June 1 & 2, 2024

HEALTH & FITNESS EXPO



For transportation to the Health & Fitness Expo, we HIGHLY recommend using ride share or being dropped off. For drop-off/pick-up, request your ride to/from 1600 Pacific Hwy (behind the County Administration Building). There is NO Parking available on N Harbor Dr during Expo hours or on race day. Street/Meter parking is available throughout downtown, Little Italy, and the Embarcadero, and is a short walk to Waterfront Park .

Book convenient and affordable parking in advance through SpotHero, the nation's leading parking reservations app. [CLICK HERE](#) to reserve your spot. We recommend reserving a spot near Waterfront Park.



Final Information

June 1 & 2, 2024

HEALTH & MEDICAL INFORMATION

- Your safety is our primary concern. At the Saturday 5K, medical will be at the finish line as well as monitoring the course throughout the duration of the race.
- On Sunday, the medical team will be staffing the medical facilities at the finish line and in the finish line festival. First aid and ice will be located about halfway through the Secure Zone, and the medical team will also be located as you enter the finish line festival and near the VIP/Beer Garden area. Medical resources will also be available while you are on course:

Start Line	Start Line
Med Tent 1	Half & Full Marathon - Mile 3.6
Med Tent 2	Half & Full Marathon - Mile 5.9
Med Tent 3	Half & Full Marathon - Mile 8.1
Med Tent 4	Half Marathon - Mile 9.9
Med Tent 5	Full Marathon - Mile 11.0
Med Tent 6	Full Marathon - Mile 13.5
Med Tent 7	Full Marathon - Mile 16.0
Med Tent 8	Full Marathon - Mile 19.3
Med Tent 9	Full Marathon - Mile 21.1
Med Tent 10	Full Marathon - Mile 23.5
Med Tent 11	Half Marathon - Mile 12.3 & Full Marathon - Mile 25.4

- 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

 lululemon



Leave limits behind.



Final Information

June 1 & 2, 2024

5K RACE DAY | SATURDAY, JUNE 1

RACE DAY INFORMATION

7 AM: Race Start

Start Line: Presidents Way & Park Blvd

Finish Line & Finish Line Festival: Balboa Park

Free participant parking is available at the Inspiration Point Parking Lots.

GEAR CHECK

THERE WILL BE NO GEAR CHECK FOR THE 5K EVENT.

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 6:45 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 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 1.7 (subject to change).

DRINK TICKETS

Exchange your drink ticket on your bib for a complimentary JuneShine canned cocktail. Beer will be available as well for purchase, no cash accepted. Proof of 21+ is required by state law. **ALL PARTICIPANTS AND SPECTATORS MUST HAVE AN ID TO ENTER THE POST-RACE BAR.**



Final Information

June 1 & 2, 2024

5K COURSE MAP | SATURDAY, JUNE 1

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



Give meaning to your miles. **RUN FOR A REASON**[®]

St. Jude Children's Research Hospital[®] is the National Featured Charity of the Rock 'n' Roll Running Series. St. Jude Heroes[®] are committed to raising funds for the kids of St. Jude while they train for their race. They can earn great benefits 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 of both the St. Jude Rock 'n' Roll Washington DC and St. Jude Rock 'n' Roll Nashville. 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



Final Information

June 1 & 2, 2024

HALF MARATHON RACE DAY | SUNDAY, JUNE 2

RACE DAY INFORMATION

6:15 AM: Race Start

Start Line: Sixth Ave & Quince St at Balboa Park

Finish Line: Ash St & Union St

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.

Drop-Off: Inside Balboa Park on Balboa Dr near the end of the corrals on Laurel St/El Prado from 5 AM until 6:30 AM

Pick-Up: N Harbor Drive & Ash St at Waterfront Park until 3 PM

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 5:45 AM. You must start in your assigned corral. There will be no corral changes on race day.

COURSE BUS BOX/DIVERSION INFO

The Half Marathon has one bus box/diversion on-course that you may experience. A bus box allows traffic to keep moving in a way that does not affect the participant's distance. **Fear not - if you are re-routed, you are still running the same distance!** [CLICK HERE](#) for a short video on how bus boxes work.

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

STATION	MILE	SUPPORT
1	1.2	Water
2	2.7	Water & Mortal Hydration
3	4.0	Water
4	5.9	Water & Mortal Hydration
5	8.1	Water & SiS Isotonic Gels
6	9.0	Water & Mortal Hydration
7	9.8	Water
8	12.1	Water & Mortal Hydration



Final Information

June 1 & 2, 2024

MARATHON RACE DAY | SUNDAY, JUNE 2

RACE DAY INFORMATION

6:15: Race Start

Start Line: Sixth Ave & Quince at Balboa Park

Finish Line: Ash St & Union St

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.

Drop-Off: Inside Balboa Park on Balboa Dr near the end of the corrals on Laurel St/El Prado from 5 AM until 6:30 AM

Pick-Up: N Harbor Drive & Ash St at Waterfront Park until 3 PM

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 5:45 AM. You must start in your assigned corral. There will be no corral changes on race day.

Corral 16 will be the last Marathon corral. All Marathon participants must start in the first 16 corrals. If you begin later than corral 16, you risk not keeping within the Marathon course time limit.

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 Marathon is 7 hours. This is timing tag time, not gun time. Course time limit begins when the last marathon corral crosses the start line. Marathon participants must start within the first 18 corrals to have the entire 7 hours to complete the 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 (16:03/mile).
- Board a "sag wagon" shuttle to move forward on the course, where they may continue to participate in the event.
- 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 DIVERSIONS/CUT-OFFS

The Marathon will have one course cut-off location at Mile 8.3 (University Ave & Grim Ave) to ensure the race stays within the time limit. Participants who do not reach the cut-off location by 9:05 AM will be diverted to the Half Marathon course (13.1 miles cut). This will result in a DNF in the final results. There will be multiple shuttles stationed on Highway 163 to move participants forward as needed.

Participants must reach Mile 8.3 (University Ave & Grim Ave) by 9:05 AM. Marathon participants must start in the first 16 corrals to ensure they remain within the course time limit.

COURSE BUS BOX INFORMATION

The Marathon has three bus boxes/diversions on-course that you may experience. A bus box allows traffic to keep moving in a way that does not affect the participant's distance. **Fear not - if you are re-routed, you are still running the same distance!** [CLICK HERE](#) for a short video on how bus boxes work.



Final Information

June 1 & 2, 2024

MARATHON RACE DAY | SUNDAY, JUNE 2

COURSE SUPPORT

There will be 17 aid stations along the Marathon course. Restrooms will be available at each station (*subject to change*).

STATION	MILE	SUPPORT
1	1.2	Water
2	2.7	Water & Mortal Hydration
3	4.0	Water
4	5.9	Water & Mortal Hydration
5	8.1	Water & SiS Isotonic Gels
6	8.6	Water & Mortal Hydration
7	10.3	Water
8	11.9	Water & Mortal Hydration
9	13.3	Water & SiS Isotonic Gels
10	15.0	Water & Mortal Hydration
11	16.3	Water & Bananas
12	17.6	Water & Mortal Hydration
13	19.3	Water
14	21.1	Water & Mortal Hydration
15	23.4	Water & SiS Isotonic Gels
16	24.2	Water & Mortal Hydration
17	25.3	Water

The Feed.



2024 OFFICIAL ON-COURSE NUTRITION PARTNER

MORTAL HYDRATION



Get \$20 to Shop Mortal Hydration.

The hydration to make sure you don't die in your next workout,
at least not from thirst or flavor boredom.





Final Information

June 1 & 2, 2024

HALF MARATHON & MARATHON COURSE MAP | SUNDAY, JUNE 2

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



ROCK 'N' ROLL RUNNING SERIES

SAN DIEGO

MARATHON + HALF MARATHON COURSE MAP



Final Information

June 1 & 2, 2024

I CONQUERED THE
163 HIGHWAY TO HILL



FINAL TIPS FOR MARATHONERS CONQUERING THE 163 HIGHWAY TO HILL BROUGHT TO YOU BY COACH PAUL GREER OF THE SAN DIEGO TRACK CLUB

- As you start running up the hill, shorten your stride and concentrate on lifting your knees and landing toward the front of your foot. Lean slightly forward but keep your back straight, hips in, chest out and head up. Pump your arms forward and downward, not across your body.
- Breathe from the belly and stay relaxed. The key to uphill running form is to learn to switch naturally into an efficient power gear, the same way you would switch gears when you drive your car up a steep hill.
- Resist the temptation to look all the way to the top of the hill. You might be intimidated by how far away the top appears, so pick a landmark such as a car, house, fire hydrant or telephone pole. Imagine that a rope is tied to that participant or object in front of you, so you can pull yourself up the hill in small manageable pieces. By doing this, you can make even an enormous incline seem relatively easy.
- Do not try to maintain the same pace you were running on the flat as this will exhaust you and leave you depleted later. If necessary, take baby steps and try to keep the same turnover rhythm as on the flat. Your posture should be upright - don't lean forward or back. Head, shoulders and hips should form a straight line over your feet. Keep your feet low to the ground. If your breathing begins to quicken, you're either going too fast, over striding or bounding too far off the ground.
- If the hill is long or the grade increases, keep shortening your stride to maintain a smooth and efficient breathing pattern. It's always recommended you run through the top of the hill. Do not crest the hill and immediately slow down or pull back your effort. Accelerate gradually into the downhill as gravity is now on your side.
- When running uphill, don't worry if you're slowing down. Reduce stride length accordingly, and as you shorten your stride, keep your feet directly under your body.



Final Information

June 1 & 2, 2024

FINISH LINE FESTIVAL

SECURE ZONE

You will receive your medal, water, refreshments and snacks within the participant Secure Zone after the race. After you exit the Secure Zone, proceed to the Finish Line Festival at Waterfront Park to celebrate! The festival is free and open to the public.


FAMILY REUNION

There will be tall poles with letters of the alphabet (A-Z) placed in Waterfront Park. Pick a letter before the race and plan for this to be your meet up location for friends and family. This is the recommended meeting location – please do not plan to meet family and friends at the exit of the secure zone.

LOST & FOUND/INFORMATION BOOTH

The Information Booth serves as Lost & Found. Any items not claimed by 3 PM will be held for 30 days. To claim a lost item after the race please email us at SANDIEGO@RUNROCKNROLL.COM.

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.

DRINK TICKETS

Exchange your drink ticket on your bib for a complimentary JuneShine canned cocktail. Beer will be available as well for purchase, no cash accepted. Proof of 21+ is required by state law. **ALL PARTICIPANTS AND SPECTATORS MUST HAVE AN ID TO ENTER THE POST-RACE BAR.**

FOOD TRUCKS

Make your way down to Waterfront Park and re-charge with many of San Diego's popular food trucks!

FITVINE[®]

W I N E S



ZERO SUGAR
FULL FLAVOR
NO COMPROMISES



Final Information

June 1 & 2, 2024

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](#).

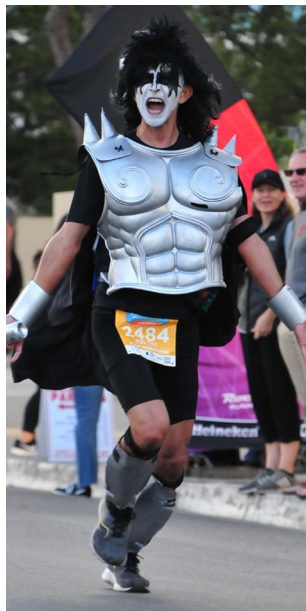
1. Click the results tab on your race's web page.
2. Go to your year then click on the distance you raced.
3. Find your result by searching by your Name or Bib number, then click your name.
4. Click on Digital Certificate or Photos on the left.





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Final Information

June 1 & 2, 2024

SPECIAL PROGRAMS

VOLUNTEERS STILL NEEDED

Volunteers are still needed at the Expo, Start 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 find out more!

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple Marathons or Half Marathons at Rock 'n' Roll Running Series events. Sign up for the Heavy Medal Program to earn our famous Heavy Medals [HERE](#). 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

Don't miss out on the chance to take on the Remix Challenge and earn THREE medals when you run both Saturday and Sunday. Pair the 5K with the Half Marathon or Marathon to receive both finisher medals plus a bonus medal! Register online or at the Health & Fitness Expo. After you race on Sunday, pick up your additional Remix Challenge Medal at the Rock 'n' Roll Remix tent in the Finish Line Festival. To claim your medal, be sure to have 'REMIX' written on both race bibs. If you do not, please inform us at bib pick-up to add it to your bib.

EXPERIENCE SAN DIEGO & RUNNER PERKS:

Check out all that America's Finest City, San Diego, has to offer! While you're in town, check out all your Runner Perks and support local businesses. Check out your Runner Perks [HERE](#).



— MORE THAN JUST MEDALS —
YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS



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

www.AlwaysAdvancing.net | info@alwaysadvancing.net

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

FEEL THE COOL
FORGET THE PAIN



BioFREEZE
COOL THE PAIN

USE AS DIRECTED