



FINAL INFORMATION

5K
23rd October, 2021

After seven years, the curtains are closing on Rock 'n' Roll Liverpool as it will not be coming back for 2022 and beyond! We're sad to say goodbye but come rock with us to the Final Farewell Show! Celebrate Bringing Fun to the Run™ and rock out with the various artists playing on the course and the main stage!

Start Time: 09:30

Start Line: Kings Parade, Adjacent to M&S Bank Arena, Liverpool Waterfront

Finish Line: Kings Parade, Adjacent to Exhibition Centre Liverpool

5K Packet Pick up

Friday 23rd October: 13:00 - 19:00

Saturday 24th October: 08:00 - 09:30

Follow these steps to pick up your bib number:

1. Bring a digital or printed copy of your confirmation email containing your QR code (These will be re-sent during race week).
2. Know your BIB number
3. Bring photo ID

If you did not select to have your race packet posted to you, you must pick up your own bib number at the EXPO prior to the race. No exceptions.

COVID-19 INFORMATION

We aim for Rock 'n' Roll Liverpool to be as normal a racing experience as possible. Some Covid-19 mitigation measures will be in place;

- Runners are requested to maintain distance from others where possible. We recognise that it is not always possible at an event of this scale so face coverings are recommended in highly populated areas such as the registration area, RunFit expo and start pens.
- We encourage all athletes to be double vaccinated or take a lateral flow test before attending.
- All athletes must read the questionnaire [here](#) (Please note, you do not need to bring this on-site) If the answer is 'yes' to any of these questions or you develop symptoms of Covid or have been in contact with someone with Covid in the 14 days leading up to the event, please email us at rnliverpool@runrocknroll.com
- We kindly ask that you don't attend if you feel unwell
- Sanitisation stations will be available around the venues, please use them regularly

T-SHIRT COLLECTION

Those of you who have **pre-ordered** a 5K T-shirt will be able to collect it from the Merchandise Store at the Expo at any time during Expo opening hours.

Please bring your bib number and confirmation email with you to collect your souvenir 5k T-shirt. Additional tees will be available for purchase in the merchandise area while supplies last.

REMIX RUNNERS

Those running both the Saturday 5K and any race on Sunday, will need to collect a wristband from the expo in order to collect your Remix Medal on Sunday. If you received your 5K race number in the post, you will need to collect your wristband **AFTER** the 5K race **inside the RunFit Expo**.

If you qualify for the Remix Challenge Medal, it can be collected after the races on **Sunday** at the Rock 'n' Roll Booth at the Finish Festival.

GETTING TO THE START LINE

Parking near to the Start Line village is very limited. We highly recommend using public transport where possible. The Start Line is approximately a 15-minute walk from Liverpool Lime Street Station.

If you need to drive, recommended car park information is available on the **Travel** page of the event website. Please arrive early as spaces are limited.

The large multi-storey car park next to Exhibition Centre Liverpool is encircled by the course and therefore not possible to leave until the last runner passes around 10:30am. If you plan on running quickly and leaving early please avoid this car park!

Please visit visitliverpool.com for further details on city travel information.

START LINE VILLAGE

Upon arrival to Exhibition Centre Liverpool on race morning, you will find a baggage area to drop off your bag, a first aid point and toilets all inside the Exhibition Centre Liverpool. **Note to all runners:** Please arrive **AT LEAST** one hour before your race start time to allow for any traffic delays, warm up, baggage check, etc.

START CORRALS (PENS)

You are assigned a race number and corresponding corral based on your projected finish time – the faster your time, the closer your corral will be to the front. The corrals will enable a comfortable starting position for runners and walkers of all paces. When the gun fires, the first corral will be released. The rest of the participants will be held at the start line. At pre-determined intervals, the next corral will be released.

If you wish to move to a slower corral, please move back on race day. If you wish to move to a faster corral please visit us at the Solutions desk in the RunFit Expo prior to heading to the start line

COURSE TIME LIMITS & CUT OFF

The official course time limit for the 5K is one hour. The race will utilise a wave start; your official time will start when you cross the start line. A tail runner will follow the last 5K runner at a 1-hour pace. If at any time a participant drops behind the tail runner, they will be asked to move to the footpath. Participants that choose to continue will be informed that they can continue the race as an active pedestrian, and they will not receive a recorded finish time or medal.

OFFICIAL RACE TIMING

Your timing tag is attached to your race number bib. Official time begins as you cross the start line and stops when you cross the finish line. Please take note of the instructions on your race pack envelope explaining how to affix your race number and ensure your finishing time is properly registered.

FIRST AID INFORMATION

Please make sure to fill out the medical history information on the back of your race number.

BAGGAGE AREA – “GEAR CHECK”

A baggage check facility is available at the Exhibition Centre for runners who need to check in a bag during the race. To minimise queuing please arrive early and only drop a bag if essential. You may use a small bag of your own. **The maximum size for bags is 50cm x 30cm x 20cm.** This is smaller than an airline cabin bag – the size of a small backpack – larger bags will not be accepted.

On race morning, please affix your baggage check tag (on the bottom portion of your race number) to your bag, before leaving it at the Baggage Area. Baggage will be open from 08:00 until 11.30. **Please reclaim your bag by 11:30 on race day.** Please DO NOT leave valuables, cash or jewellery in your bag. The event is **NOT** responsible for lost or stolen items.

COURSE ENTERTAINMENT

Bands and performers on the Run: You will pass live music stages three times on your 5k run to keep your spirits high and your legs moving! For a complete list of bands, check the **Entertainment** page of our website.

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COURSE SUPPORT

There are no water stations on course for the 5k. Runners are recommended to bring their own supplies. At the finish line you will receive your medal, water and refreshments

MEDAL ENGRAVING

Medals for the 5k can be engraved straight after by visiting the engraving booth inside the Exhibition Centre Liverpool. Each medal is £15 to engrave.

RUNFIT EXPO, MERCHANDISE AND MORE

At the RunFit Expo there will be a variety of retailers, including the official Rock 'n' Roll Merchandise store and the Rock 'n' Roll Running Series Booth – come say hello!. Keep an eye on the RunFit Expo website for more information.

FINISH LINE

After crossing the finish line, you will collect your medal and refreshments, before picking up your bag (if you deposited one before the race). You can then proceed to the RunFit Expo area.

OFFICIAL RACE PHOTOGRAPHERS

FinisherPix will photograph you multiple times before, during and after the race. Smile when you see the photographers in their bright yellow vests. View and order your photos at www.finisherpix.com

FINISHER ZONE

Collect digital badges, see your results and download your FREE finisher's certificate! Unofficial results will be posted by 17:00. Your finisher's certificate will be available online within 72 hours after the race at www.runrocknroll.com/liverpool

OFFICIAL RACE RESULTS & Tracking App

Official race results will be posted on www.runrocknroll.com/liverpool. If you can't wait that long, sign up for our new Live Tracking App – Search for 'RnR Liverpool' in the app. Top 3 Male & Female Finisher Awards will be presented on the main stage at 11:45 - Half Marathon and 13:30 - Marathon.

Tracking App

Download the [RnR app](#) which includes real time-runner tracking. Share this with your friends, family and fans so they can track your progress on race day.

Additional 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 Leaderboards
- Social sharing

COMMEMORATE YOUR RACE

Visit the Official Race Merchandise Booth in the RunFit Expo and outside at the Finish Line Festival on Sunday for a full range of running gear, including Rock 'n' Roll T-shirts and custom sportswear, hats and other items.

VOLUNTEERS WANTED

Encourage your family and friends to get involved in your race day experience. We need hundreds of extra hands at the Expo, Start and Finish, and on course. Volunteers receive an Official Race Crew T-shirt. Group participation is encouraged. For more information look at: www.runrocknroll.com/liverpool or email Liverpool@RNRRacecrew.com

5K SPECTATOR AREA

The 5k registration, expo, start and finish are all in very close proximity so ideal for spectators. The compact course around Liverpool Waterfront also makes for a spectator friendly course.

The route passes through the Royal Albert Dock, one of the most visited attractions in the UK. The first band performance location is just outside on Gower Street and is a great spot for spectators to cheer you on as you get into your stride.

The course also loops past The Royal Liver Building; one of Liverpool's three graces, which line the city's waterfront. The Royal Liver Building is one of the most recognisable landmarks in the city of Liverpool and is home to two fabled Liver Birds that watch over the city and the sea. This area also has a band performing throughout the race.

Check out the course map here: www.runrocknroll.com/liverpool-courses

Limited entries are still open for you or for friends and family, but book now as they are filling up fast! Don't forget, you can earn a 3rd medal, The Remix Challenge Medal, when you run 2 days! One Weekend, Two Races, Three times the Bling!



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