ROCK'*n'* ROLL RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

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 for the 25th running of the event in San Diego, California!

HEALTH & FITNESS EXPO | JUNE 2 & 3

SAN DIEGO CONVENTION CENTER - EXHIBIT HALLS F, G & H

111 W Harbor Dr San Diego, CA 92101

Friday, June 2 | 12 PM to 7 PM Saturday, June 3 | 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!

5K RACE DAY | JUNE 3

7 AM: 5K Race Starts

Start Line: Presidents Way & Park Blvd Free participant parking is available at the Inspiration Point Parking Lots. Finish Line & Finish Line Festival: Balboa Park

MARATHON & HALF MARATHON RACE DAY | JUNE 4

6:15 AM: Marathon & Half Marathon Race Starts Start Line: Sixth Ave & Quince St <u>CLICK HERE</u> to secure your parking spot through SpotHero.

7:30 AM: Sunday Finish Line Festival at Waterfront Park 9 AM: Red Not Chili Peppers

11 AM: Saved by the 90's

Rock'n' Roll running series san diego

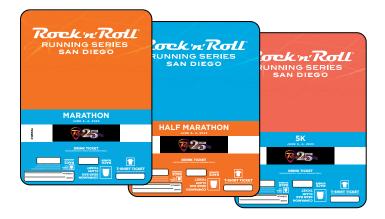
Final Information June 3 & 4, 2023

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.

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 to further minimize their interactions and touch points with other participants, volunteers or staff. 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.

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.

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Rock'n' Roll running series san diego

Final Information June 3 & 4, 2023

PRE-RACE INFORMATION

HEALTH & FITNESS EXPO

Pick up your bib number, gear check bag and technical tee at the 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

The San Diego Track Club will be the official pace team on race day. Come by the San Diego Track Club booth at the Expo for information on running with a pacer. All Sunday pacers will meet at 5:30 AM near the Kate Sessions Statue at Sixth Ave and the Laurel Street 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, and 5:00 Half: 1:45, 2:00, 2:15, 2:30, 2:45 and 3:00

REGISTER FOR 2024

At the Health & Fitness Expo, come by the Rock 'n' Roll booth to secure your spot for the 26th anniversary 2024 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: \$85
- Half Marathon: \$75
- 5K: \$45

*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 THREE medals when you sign up to run both Saturday and Sunday. Pair the 5K with either the Marathon or Half Marathon to receive both finisher medals plus a next-level bonus medal! Register online or at the Health & Fitness Expo.

PARKING & TRANSPORTATION

<u>CLICK HERE</u> for details about Parking & Transportation.

EXPO: For information about parking at the Convention Center, <u>CLICK HERE</u>. For additional parking options near the Convention Center, <u>CLICK HERE</u> to reserve your parking spot on the Health & Fitness page via SpotHero.

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

HALF MARATHON & MARATHON: Book convenient and affordable parking in advance through SpotHero. To reserve your parking spot and book with rates up to 50% off drive-up, please book via SpotHero <u>HERE</u>.





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ROCK'*n'* Roll RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

5K RACE DAY | SATURDAY, JUNE 3, 2023

RACE DAY INFORMATION

7 AM: 5K Race Starts Start Line: Presidents Way & Park Blvd Free participant parking is available at the Inspiration Point Parking Lots. Finish Line & Finish Line Festival: Balboa Park

GEAR CHECK

We will not be offering 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 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 6:45 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.

COURSE SUPPORT

There will be 1 water station along the 5K course at mile 1.7 (subject to change).

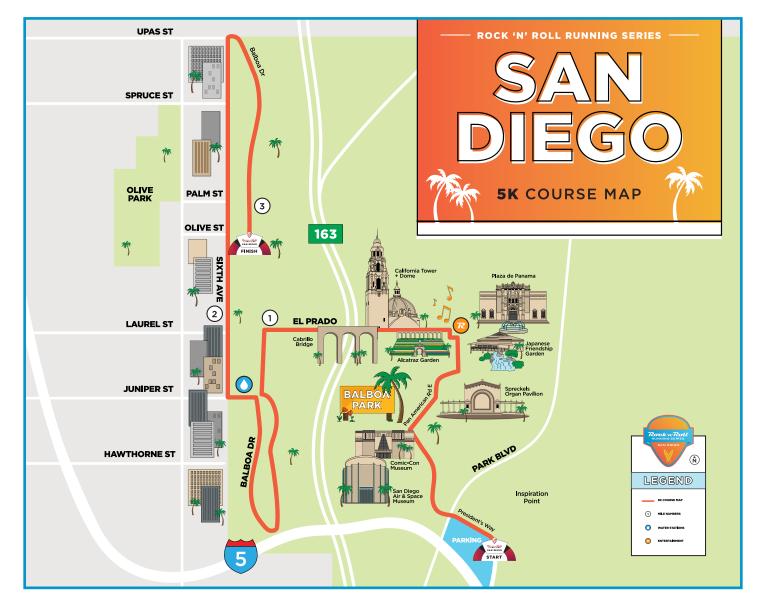
DRINK TICKETS

Use your drink ticket on your bib to claim your complimentary alcoholic beverage. Proof of 21+ is required by state law. **ALL PARTICIPANTS AND SPECTATORS MUST HAVE AN ID TO ENTER THE POST-RACE BAR.**

Rock'n'Roll running series san diego

Final Information June 3 & 4, 2023

5K COURSE MAP | SATURDAY, JUNE 3, 2023



ROCK'n' ROLL RUNNING SERIES

Final Information June 3 & 4, 2023

HALF MARATHON RACE DAY | SUNDAY, JUNE 4, 2023

RACE DAY INFORMATION

6:15 AM: Race Starts

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 Drive 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 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 5:45 AM. **YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES 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 runner's distance. **Fear not - if you are re-routed, you are still running the same distance!** <u>CLICK HERE</u> 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).*

0 :		
STATION	MILE	SUPPORT
1	1.2	Water
2	2.7	Water & Gatorade Endurance
3	4.0	Water
4	5.9	Water & Gatorade Endurance
5	8.1	Water & The Feed *
6	9.0	Water & Gatorade Endurance
7	9.8	Water
8	12.1	Water & Gatorade Endurance

* The Feed will provide Clif Bloks and UnTapped Gel.

S ENDURANCE

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RY, AND WATERMELON



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ROCK'*n'* Roll RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

MARATHON RACE DAY | SUNDAY, JUNE 4, 2023

RACE DAY INFORMATION

6:15: Race Starts 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 Drive 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 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 5:45 AM. **YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES RACE DAY.**

Corral 16 will be the last marathon corral.

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. Runners or walkers who do not reach the cut-off location by 9:05 AM will be diverted to the half marathon course. This will result in a DNF in the final results. There will be multiple shuttles stationed on Freeway 163 to move runners forward as needed.

Mile 8.3 – University Ave & Grim Ave CUT OFF: 9:05 AM – 13.1 Miles Cut

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 runner's distance. **Fear not - if you are re-routed, you are still running the same distance!** <u>CLICK HERE</u> for a short video on how bus boxes work.

Rock'*n*'**Roll**'

Final Information June 3 & 4, 2023

MARATHON RACE DAY | SUNDAY, JUNE 4, 2023

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 & Gatorade Endurance
3	4.0	Water
4	5.9	Water & Gatorade Endurance
5	8.1	Water & The Feed *
6	8.6	Water & Gatorade Endurance
7	10.3	Water
8	11.9	Water & Gatorade Endurance
9	13.3	Water & The Feed *
10	15.0	Water & Gatorade Endurance
11	16.3	Water & Bananas
12	17.6	Water & Gatorade Endurance
13	19.3	Water
14	21.1	Water & Gatorade Endurance
15	23.4	Water & The Feed *
16	24.2	Water & Gatorade Endurance
17	25.3	Water

* The Feed will provide Clif Bloks and UnTapped Gel.



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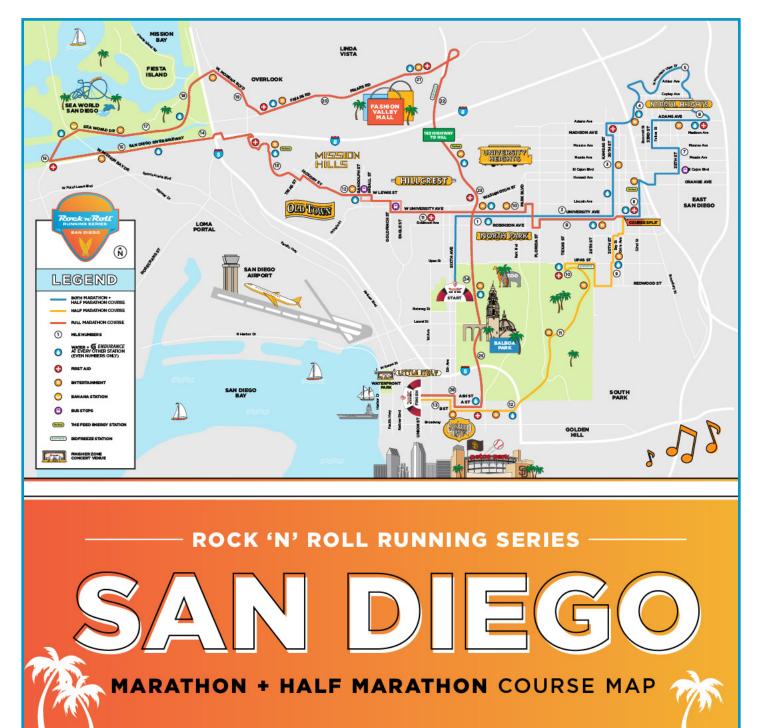
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Rock'n Roll RUNNING SERIES

Final Information June 3 & 4, 2023

HALF MARATHON & MARATHON COURSE MAP | SUNDAY, JUNE 4, 2023



Rock 'n' Roll RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023



FINAL TIPS FOR 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 runner 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.

Rock'n' Roll RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

FINISH LINE FESTIVAL

SECURE ZONE

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 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.

FOOD TRUCKS

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

DRINK TICKETS

Use your drink ticket on your bib to claim your complimentary alcoholic beverage. Proof of 21+ is required by state law. **ALL PARTICIPANTS AND SPECTATORS MUST HAVE AN ID TO ENTER THE POST-RACE BAR.**

LOST & FOUND/INFORMATION BOOTH

The Information Booth serves as Lost & Found. Any items NOT claimed 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 <u>sandiego@runrocknroll.com</u>.



Rock 'n' Roll RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

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 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 <u>website</u>.

- 1. Click the results tab on your race's webpage.
- 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.



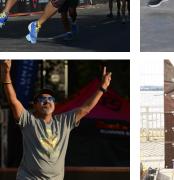
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ROCK 'n' ROLL RUNNING SERIES SAN DIEGO

Final Information June 3 & 4, 2023

SPECIAL PROGRAMS

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 during 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 pickup to add it to your bib.

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our 2023-2024 Rock 'n' Roll Running Series events. Be sure to sign up for our official Heavy Medal Program <u>HERE</u>.

To Claim Your Medal: Heavy Medals 2-4 will be mailed 8 to 10 weeks after each qualifying event. Heavy Medals 5+ and the World Rocker Medal will be picked up on site at the Heavy Medal Pick Up tent at the Finish Line Festival.

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 <u>WEBSITE</u> to find out more!

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NATIONAL FEATURED CHARITY PARTNER



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



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Introducing ELEMNT RIVAL, a new sport watch that will forever redefine how you compete. Designed to create a seamless race-day experience, RIVAL allows you to focus on your performance, not how your equipment is performing.



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 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 the St. Jude Rock 'n' Roll Running Series 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

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INNING SERIES

st. Jude HERO



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