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THE #STRIPATNIGHT AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

HEALTH & FITNESS EXPO PRESENTED BY RESORTS WORLD LAS VEGAS

FEBRUARY 22, 23 & 24

RESORTS WORLD LAS VEGAS EVENTS CENTER

3000 S LAS VEGAS BLVD LAS VEGAS, NV 89109

The Events Center is located on the ground floor of Resorts World, past the gaming and casino floor, just next to the Resorts World Theatre.

Thursday, February 22 | 3 PM to 6 PM Friday, February 23 | 10 AM to 6 PM Saturday, February 24 | 9 AM to 5 PM

EXPO PARKING: Participants may self-park in the Resorts World Las Vegas South Parking Garage from Thursday, February 22 through Saturday, February 24. <u>CLICK HERE</u> to view directions to the South Parking Garage. Participants & hotel guests can sign up for Genting Rewards through the Resorts World app and receive FREE parking. You can download the free app on your mobile device by scanning the QR code or using the following links: <u>Android</u> or <u>iPhone</u>.



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 | FEBRUARY 24

5 PM: 5K Race Starts

- Start Line: 4th Street & Bridger Avenue
- Finish Line: Las Vegas Blvd and Fremont Street Experience

3 PM to 9 PM: Saturday Night Fan Fest in Downtown Las Vegas Events Center

LULULEMON YOGA ON THE STRIP | FEBRUARY 25

11 AM to 11:30 AM: Check-In

• Entrance will be on Park Ave and Las Vegas Blvd.

12 PM to 1 PM: lululemon Yoga on the Strip on Las Vegas Blvd in front of New York-New York

HALF MARATHON & 10K RACE DAY | FEBRUARY 25

4:30 PM: Races Start

- Start Village: Opens at 2 PM at Toshiba Plaza at T-Mobile Arena
- Start Line: Las Vegas Blvd at New York-New York (please refer to participant bib color loading time and zone for start line access)
- Finish Line: Las Vegas Blvd at the Bellagio Fountains



PRE-RACE INFORMATION

BIB PICK-UP

Follow these steps to pick up your bib:

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



5K BIB PICK-UP

5K bibs will not be available at the Health & Fitness Expo on Saturday, February 24 after 2 PM. You must pick up your bib at the Health & Fitness Expo PRIOR to 2 PM.

BIB COLOR LOADING

Participants will be assigned a group color and corresponding start line loading time based on the estimated finish time you entered during registration. Please note that group colors have changed for 2024. Please refer to the updated schedule on the following pages for Sunday & Saturday races.

- <u>CLICK HERE</u> to see the group color loading schedule for the Saturday 5K.
- <u>CLICK HERE</u> to see the group color loading schedule for the Sunday Half Marathon.
- <u>CLICK HERE</u> to see the group color loading schedule for the Sunday 10K.

YOU MUST START WHEN OR AFTER YOUR ASSIGNED GROUP COLOR IS ANNOUNCED. THERE WILL BE NO GROUP COLOR CHANGES.

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.



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.



HEALTH & MEDICAL INFORMATION

- Your safety is our primary concern. The medical team
 will be staffing the medical facilities at the Start
 Village at Toshiba Plaza at T-Mobile Arena, the Start
 Line, and the Finish Line. Medical resources will also
 be available while you are out on course.
- 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 RUNNER: If a fellow runner needs help, please use the same steps listed above to help get the runner medical assistance. Make sure to provide the bib number of the runner 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.

- Vegas during February, while good running weather, can be chilly at night. We've prepared a few tips below to help you stay warm and experience all that Las Vegas has to offer:
 - Consider your clothing layer, layer, layer. Do your best to cover your entire body to protect from cold air and wind.
 - Don't forget your head, hands, and feet most of your body heat is lost through your head. Wear a thin hat and gloves to trap in the heat.
 - Check some warm gear get out of wet clothes immediately after the race. It's important to change the clothing closest to your body to stay warm and dry. For more information on Gear Check, please review the information in the following distance-specific pages.
 - Listen to your body if you don't feel right, stop at a medical station to get checked out, or stop any race official you see on course who can help you seek assistance.

MANAGE YOUR HEALTH AND SAFETY ON RACE DAY –
RACE HEALTHY, RACE SMART



HEALTH & FITNESS EXPO

HEALTH & FITNESS EXPO PRESENTED BY RESORTS WORLD LAS VEGAS

Welcome to your first stop on the #StripAtNight! Pick up your bib, 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. Don't miss our live artist, DJ, signature craft cocktails and larger-than-life photo ops!

REGISTER FOR 2025

The Health & Fitness Expo is the best place for you to sign up for the upcoming Rock 'n' Roll Running Series races. Come by the Rock 'n' Roll booth and secure your spot for the 2025 Rock 'n' Roll Las Vegas events and receive a FREE tank or t-shirt while supplies last! There will be limited availability at these special prices (fees listed below do not include processing fees):

- Half Marathon: \$99
- 10K: \$89
- 5K: \$59

REMIX CHALLENGE MEDAL

If you are running two days this weekend, visit the Rock 'n' Roll Series tent at the Finish Line on Sunday after the Half Marathon/10K to claim your additional medal. 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.

ID CHECK

Participants must get their ID checked at the ID Check booth at the Health & Fitness Expo or Start Village to receive a complimentary adult beverage at the finish line on Saturday and Sunday. Valid proof of 21+ years of age is required by state of law.

RACE DAY PARKING & TRANSPORTATION

<u>CLICK HERE</u> to visit the Travel Page on the event website for more information.

SATURDAY 5K

DROP-OFF AND PARKING IN DOWNTOWN LAS VEGAS:

The 5K Start & Finish Line, and Saturday Night Fan Fest Experience are within walking distances to many Fremont Street Experience hotels. Parking fees will be charged at various locations. <u>CLICK HERE</u> for additional information regarding parking options and fees.

HALF MARATHON & 10K

MONORAIL: The Las Vegas Monorail is offering participants and spectators exclusive fare discounts race week. Buy tickets online to save! Details regarding the Monorail schedule, maps and rates are available <u>HERE</u>. Your destination for arrival at the Half Marathon & 10K Start Line Village is Toshiba Plaza at T-Mobile Arena. The closest Monorail stop is MGM Grand Station, which is a short walk to the Start Village using the pedestrian bridge to New York-New York.

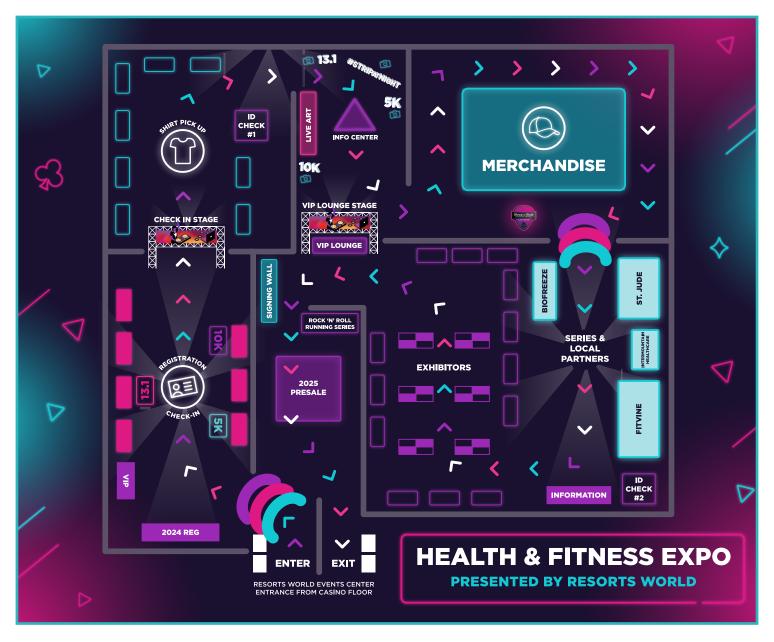
The Las Vegas Monorail offers mobile ticketing to get you there even quicker! Once you arrive in Las Vegas, locate your Monorail ticket on your mobile device. Scan the QR code at any fare gate at one of the seven stations. No need for paper tickets; just Scan and Go!

PARKING: The Start Village and Finish Lines are both within walking distance to many area hotels. Many of the surrounding intersections have pedestrian bridges that should be used to cross the street.

Participant parking is available at Strip hotels near the start and finish. Parking fees will be charged at various locations. Please <u>CLICK HERE</u> for additional information regarding parking options and fees. To be closer to your car after you finish, you can park at any hotel near the finish and take the Monorail to MGM Grand Station to get to the Start Village and Start Line.



EXPO MAP





RESORTS WORLD IS HOME TO THE ROCK 'N' ROLL RUNNING SERIES LAS VEGAS EXPO CELEBRATING YOU!

CLICK HERE FOR EXCLUSIVE OFFERS





5K RACE | SATURDAY, FEBRUARY 24, 2024

RACE DAY INFORMATION

5 PM: 5K Starts

Start Line: 4th St and Bridger Ave, Downtown Las Vegas Finish Line: Fremont Street, Downtown Las Vegas 3 PM to 9 PM: Saturday Night Fan Fest (Downtown Las Vegas Events Center)

RACE DAY BIB PICK-UP

Bibs will not be available at the Health & Fitness Expo on Saturday, February 24 after 2 PM. You must pick up your bib at the Health & Fitness Expo PRIOR to 2 PM.

GEAR CHECK

Stationary Gear Check will be provided for the 5K located outside of the Downtown Events Center in a parking lot on 3rd Street. Gear Check will be open from 3 PM to 9 PM.

BIB COLOR LOADING

Participants will be assigned a group color and corresponding start line loading time based on the estimated finish time entered at the time of registration. Please see the group color loading schedule below for the 5K.

Each group color will load in their color staging areas based on the schedule below. The first group color can enter the start line loading area at 4:30 PM.

Black Group Starts Loading	4:30 PM
Gray Group Starts Loading	4:40 PM
Gold Group Starts Loading	4:45 PM

YOU MUST START AFTER YOUR ASSIGNED GROUP COLOR IS ANNOUNCED. THERE WILL BE NO GROUP COLOR CHANGES.

COURSE TIME LIMIT

The official course time limit for the 5K is 1 hour. This is timing tag time, not start time. Course time limit begins when the last runner crosses the start line.

COURSE CUT-OFF

Participants must pass Las Vegas Blvd and Garces (Mile 0.8) by 6 PM.

COURSE SUPPORT

There will be 1 water station along the 5K course at Mile 1.5, subject to change.

SATURDAY NIGHT FAN FEST

Rock 'n' Roll Las Vegas returns to the Downtown Las Vegas Events Center with music, yard and interactive games, a 40-yard dash, food trucks and more! We're bringing all the action of The Strip to you on a Saturday night right next to Fremont Street Experience!

<u>CLICK HERE</u> to check out the full Saturday night Entertainment Lineup.



SATURDAY COURSE MAP





INFORMATION RACE WEEKEND



You will pick up your wristband at the Health & Fitness Expo. You will also receive a commemorative 'bib' at this time. This bib is not needed for yoga event access.



WHEN

- Thursday, February 22 from 3 PM to 6 PM
- Friday, February 23 from 10 AM to 6 PM
- Saturday, February 24 from 9 AM to 5 PM

WHERE

Resorts World Las Vegas Events Center 3000 S Las Vegas Blvd

The Events Center is located on the ground floor of Resorts World, past the gaming and casino floor, just next to the Resorts World Theatre.

EVENT INFORMATION WHEN

Sunday, February 25

- 11 AM to 11:30 AM: Check-In
- 12 PM to 1 PM: Iululemon Yoga on the Strip

WHERE

Las Vegas Blvd in front of New York-New York. Entrance to the event will be on Park Ave and Las Vegas Blvd.

You will be provided with a lululemon yoga mat, which you can take home after the event! Water will also be provided.

Please note, this limited-edition yoga mat is one of a kind. To keep the integrity of the print quality of your mat, we recommend keeping it away from direct sunlight and heat. Please note, there may be subtle differences between mats.

GEAR CHECK

lululemon Yoga on the Strip will offer Gear Check near the check-in location, where you can check your gear for the duration of the event. Drop-off will be from 11 AM to 12 PM, and pick-up will be from 1 PM to 1:15 PM.

Please note, if you are running the Half Marathon or 10K on Sunday night, yoga mats will not be allowed at the race Gear Check. Please plan to give your mat to a friend or family member, or take the mat to your hotel before the race.

SOCIALIZE WITH FITVINE



Join us after the event for prosecco provided by FitVine. 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.





INFORMATION RACE WEEKEND



RUN FASTER, UF CASTER SWATTING OF COMMENT OF

Pace yourself, Rock 'n' Roll Marathon runners. Because here, you've got to be able to go the distance. Explore everything Las Vegas has to offer at **VisitLasVegas.com**.





10K RACE | SUNDAY, FEBRUARY 25, 2024

RACE DAY INFORMATION

4:30 PM: 10K Starts

Start Village: Opens at 2 PM at Toshiba Plaza at T-Mobile Arena Finish Line: Las Vegas Blvd at the Bellagio Fountains

GEAR CHECK

Rock 'n' Roll Las Vegas has partnered with UPS to provide participant 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:** Before 4:15 PM at the UPS trucks located on the Las Vegas Blvd, outside Park MGM.
- Pick-Up: Las Vegas Blvd at The Cosmopolitan until 10 PM.

BIB COLOR LOADING

Participants will be assigned a group color and corresponding start line loading time based on the estimated finish time entered during registration. Please see the group color loading schedule below for the 10K.

Each group color will be able to load into their color staging area at the time shown. Participants do not need to access the Start Village prior to their color staging area.

Blue Group Starts Loading	3:45 PM
Green Group Starts Loading	3:55 PM
Yellow Group Starts Loading	4:05 PM
Red Group Starts Loading	4:15 PM
Orange Group Starts Loading	4:25 PM
Pink Group Starts Loading	4:35 PM
Purple Group Starts Loading	4:35 PM

YOU MUST START AFTER YOUR ASSIGNED GROUP COLOR IS ANNOUNCED. THERE WILL BE NO GROUP COLOR CHANGES.

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 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 3 water stations along the 10K course (subject to change). Restrooms will be available at each station.

STATION	MILE	SUPPORT
1	1.1	Water
2	2.7	Water & Mortal (Hydration)
3	4.5	Water



HALF MARATHON RACE | SUNDAY, FEBRUARY 25, 2024

RACE DAY INFORMATION

4:30 PM: Half Marathon Starts

Start Village: Opens at 2 PM at Toshiba Plaza at T-Mobile Arena Finish Line: Las Vegas Blvd at the Bellagio Fountains

GEAR CHECK

Rock 'n' Roll Las Vegas has partnered with UPS to provide participant 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:** Before 4:15 PM at the UPS trucks located on the Las Vegas Blvd, outside Park MGM.
- Pick-Up: Las Vegas Blvd at The Cosmopolitan until 10 PM.

BIB COLOR LOADING

Participants will be assigned a group color and corresponding start line loading time based on the estimated finish time entered during registration. See the group color loading schedule below for the Half Marathon.

Each group color will be able to load into their color staging area at the time shown. Participants do not need to access the Start Village prior to their color staging area.

Blue Group Starts Loading	3:45 PM
Green Group Starts Loading	3:55 PM
Yellow Group Starts Loading	4:05 PM
Red Group Starts Loading	4:15 PM
Orange Group Starts Loading	4:25 PM
Pink Group Starts Loading	4:35 PM
Purple Group Starts Loading	4:35 PM

YOU MUST START AFTER YOUR ASSIGNED GROUP COLOR IS ANNOUNCED. THERE WILL BE NO GROUP COLOR CHANGES.

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 CUT-OFF

Participants must pass the following locations by the listed times:

- Las Vegas Blvd and Spring Mountain/Sands (approximately Mile 5.4) by 7:40 PM.
- Las Vegas Blvd and Bridger Ave (approximately Mile 8.7) by 8:40 PM.

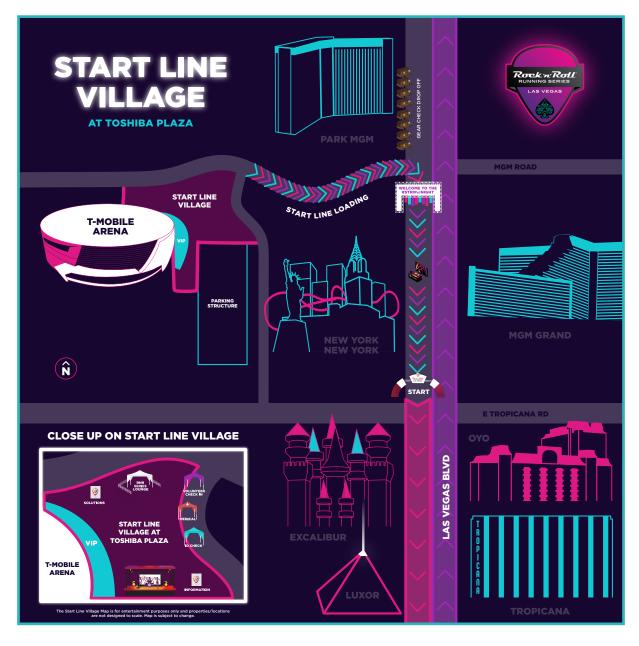
COURSE SUPPORT

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

STATION	MILE	SUPPORT
1	1.1	Water
2	2.7	Water & Mortal (Hydration)
3	4.5	Water
4	5.6	Water & Mortal (Hydration)
5	7.3	Water & SiS Isotonic Gels
6	8.7	Water & Mortal (Hydration)
7	10.3	Water
8	11.8	Water & Mortal (Hydration)

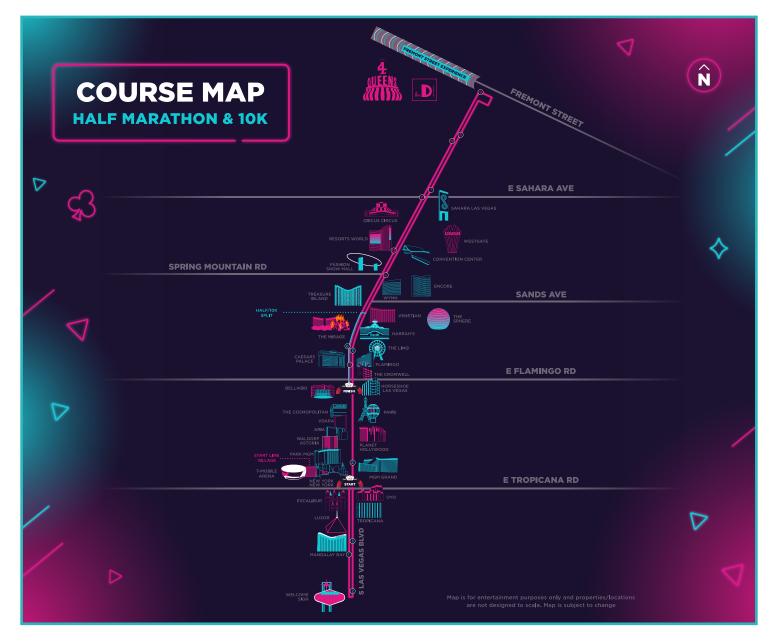


SUNDAY START LINE VILLAGE





SUNDAY COURSE MAP



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.





FINISH LINE

FINISH LINE

You will receive your medal, water, refreshments (including an alcoholic beverage) and snacks within the runner Secure Zone after you finish the race. After you exit the Secure Zone, you can visit our Merchandise & Rock 'n' Roll tent before enjoying your night in the Entertainment Capital of the World. Check out our <u>WEBSITE</u> for Runner Perks & Parties over race weekend.

FITVINE & YOUR FINISH LINE MOMENT

Experience an upgraded Finish Line Party with live music, a larger-than-life dance floor and FitVine® Prosecco.



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.

LOST & FOUND/INFORMATION BOOTH

The Information Booth at the Start and Finish serves as Lost & Found. Any items not claimed 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>LASVEGAS@RUNROCKNROLL.COM</u>.



SUNDAY FINISH LINE



FITVINES



ZERO SUGAR FULL FLAVOR NO COMPROMISES



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 their Active profile.

Official race results will be posted within 48 hours on our website, or you can download the Rock 'n' Roll Running Series <u>APP</u> 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 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.





SPECIAL PROGRAMS

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our Rock 'n' Roll Running Series events. Be sure to sign up for our official 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 area.

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!



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



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

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





FEEL THE COOL FORGET THE PAIN



BIOFREEZE COOL THE PAIN

USE AS DIRECTED





We'll be there for you when you need it most.



Official Medical Partner of Rock 'N' Roll Las Vegas

Intermountain.com/Nevada