



Final Information

March 16, 2024

RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

HEALTH & FITNESS EXPO | MARCH 14 & 15

WALTER E. WASHINGTON CONVENTION CENTER, HALL D

801 Allen Y. Lew Place *(formerly Mount Vernon Place)*

Washington, DC 20001

Enter the building through the Allen Y. Lew Place doors.

Thursday, March 14 | 12 PM to 7 PM

Friday, March 15 | 10 AM to 7 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 & HALF MARATHON RACE DAY | MARCH 16

5K Race Start: 7:45 AM

Start & Finish Line: Pennsylvania Ave NW (West of 4th Street)

Half Marathon Race Start: 8 AM

Start Line: Constitution Ave & 14th St NW

Finish Line: Pennsylvania Ave NW (West of 4th Street)

Finish Line Festival: 8:15 AM to 1:30 PM

8:15 AM to 9:15 AM: Uncle Jesse

9:15 AM to 9:20 AM: DJ Cable

9:20 AM to 9:30 AM: Lululemon Stretch Demo

9:30 AM to 10:30 AM: Uncle Jesse

10:30 AM to 10:55 AM: DJ Cable

10:55 AM to 11 AM: Lululemon Stretch Demo

11 AM to 12:15 PM: FOOZ FIGHTERS

12:15 PM to 12:30 PM: DJ Cable

12:30 PM to 12:40 PM: Lululemon Stretch Demo

12:40 PM to 1:30 PM: DJ Cable



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PRE-RACE INFORMATION

BIB NUMBER PICK-UP

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.
3. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.



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.

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.



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PRE-RACE INFORMATION

HEALTH & FITNESS EXPO

Walter E. Washington Convention Center (Hall D)
801 Allen Y. Lew Place, Washington, DC 20001

Enter the facility through the Allen Y. Lew Place doors and take the escalators to the second level, then walk north to Hall D. At the Health & Fitness Expo, you will pick up your bib number, gear check bag and technical tee. Official race merchandise is available at the Merchandise Store and a variety of exhibitors will display, sample and sell running apparel, footwear, and health and fitness products.

EXPO PARKING & TRANSPORTATION METRO

We highly recommend using public transportation to get to the Health & Fitness Expo. Take the green or yellow lines to the Mt. Vernon Square station. For Metro pass purchases, please visit their website [HERE](#).

DRIVING & PARKING

Use a ride share service or drive yourself and find thousands of parking spaces in several lots within blocks of the Convention Center. To book convenient and affordable parking, we recommend using SpotHero, the nation's leading parking reservation app to book convenient and affordable parking. [CLICK HERE](#) to reserve your parking spot with rates up to 50% off the drive-up rate.

PACE TEAM

Pacers will be available to help you reach your goal finish time. The Northeast Track Club and DC Brau Roadrunners will be the official pace leaders 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, 1:45, 1:50, 2:00, 2:15 and 2:30.

2025 PRESALE

Stop by the Rock 'n' Roll booth at the Health & Fitness Expo and secure your spot for the 2025 St. Jude Rock 'n' Roll Washington DC event, on March 15, 2025. Score the lowest prices of the year PLUS a FREE t-shirt while supplies last! There will be limited availability at these low prices (fees listed below do not include processing fees).

- Half Marathon: \$79
- 5K: \$49

REMIX CHALLENGE MEDAL

If you are running both the 5k and Half Marathon, pick up your Remix Challenge Medal at the Rock 'n' Roll Heavy Medals tent at 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.

Not signed up for the Remix Challenge? You can still register for the Half Marathon on site at the Health & Fitness Expo on Thursday or Friday. **THE 5K IS SOLD OUT.**

RACE DAY PARKING & TRANSPORTATION

For more details about Parking & Transportation, please refer to the [Travel Page](#) on the website.

METRORAIL

- **5K:** The closest stop to the start and finish line is Archives Metro Station.
- **Half Marathon:** To get to the Start Line, take the Metro to Federal Triangle or Smithsonian Station. The closest station to the Finish Line is Archives Metro Station.
- **Finish Festival:** The closest station to the Finish Festival is L'Enfant Plaza or Federal Center SW Metro Station on the south side of the National Mall.

RACE DAY PARKING WITH SPOTHERO

To book convenient and affordable parking near the start line area, we recommend using SpotHero. [CLICK HERE](#) to visit the St. Jude Rock 'n' Roll Washington DC Half Marathon SpotHero Parking Page to reserve your parking spot today with rates up to 50% off the drive-up rate.

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



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HEALTH & MEDICAL INFORMATION

- Your safety is our primary concern. The medical team will be staffing the medical facilities at the start and finish lines. Medical resources will also be available while you are on course at the following locations:
 - Mile 4.2 and 5.2 – Potomac River Freeway, south of Virginia Avenue
 - Mile 7.7 – Shoreham Drive NW and Cathedral Avenue NW
 - Mile 9.5 – Harvard Street NW and 5th Street NW
 - Mile 11.9 – K Street NW, east of 1st Street NWLook for tents and medical volunteers wearing red t-shirts. There will also be roving gators and bike teams along sections of the course.
- 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.
- **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.

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.

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



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5K RACE DAY | SATURDAY, MARCH 16, 2024

RACE DAY INFORMATION

Start Time: 7:45 AM

Start & Finish Line: Pennsylvania Ave NW (West of 4th Street)

GEAR CHECK

Gear check will be available for anyone wishing to check items during the race. It will be located on 3rd St south of Pennsylvania Ave. 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.

COMPANION GEAR CHECK

With Companion Gear Check, a friend or family member can retrieve your items from gear check while you are still on the course. Rip off the Companion Gear Bag Claim Ticket at the bottom of your bib and give it to your companion before you race. Without the ticket, the gear check crew will only return the bag to the participant.

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. Participants can enter their corrals beginning at 7:15 AM. **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 will be released every two minutes.

There will be a total of six corrals. **All participants must cross the start line no later than 8 AM; participants will not be permitted onto the course after this time.**

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 on N Capitol St NW at L St NW.



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HALF MARATHON RACE DAY | SATURDAY, MARCH 16, 2024

RACE DAY INFORMATION

Start Time: 8 AM

Start Line: Constitution Ave & 14th St NW

Finish Line: Pennsylvania Ave NW (West of 4th Street)

UPS GEAR CHECK



Gear check will be available at Constitution Ave NW between 9th St and 10th St for anyone wishing to check items during the race. Please affix your gear check tag (on your bib) to your bag before you leave it at the table assigned to your last name. DO NOT leave valuables, cash or jewelry. Event staff are not responsible for lost or stolen items. Please note, due to security, there may be lines. After the race starts, UPS trucks will transport the bags to the finish festival to be retrieved at 3rd Street south of Pennsylvania Ave.

COMPANION GEAR CHECK

With Companion Gear Check, a friend or family member can retrieve your items from gear check while you are still on the course. Rip off the Companion Gear Bag Claim Ticket at the bottom of your bib and give it to your companion before you race. Without the ticket, the gear check crew will only return the bag to the participant.

START CORRALS

Signage designating each corral will be displayed race morning, and security will be in place to ensure all runners enter the correct corral. Assigned corrals will be listed on the bottom of your bib. Participants can enter corrals beginning at 7:15 AM. **THERE WILL BE NO CORRAL CHANGES RACE DAY.**

WAVE START

The race will utilize a wave start. When the horn blows, the first corral will be released, and the following will be held at the start line. Corrals will be released every 2 minutes. There will be a total of 20 corrals. Corrals 1-10 will start between 8 AM and 8:20 AM. Corrals 11-20 will start after 8:20 AM. All runners must cross the start line before 8:45 AM. After 8:45 AM, the start line will shut down and participants will not be permitted onto the course.

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 half marathon corral crosses the start line. If a participant's pace falls below the course time limit, they have a few options:

- Increase pace to stay within the event minimum pace.
- 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. This will result in a DNF in the final race results.
- 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. 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. This will result in a DNF in the final race results.

COURSE CUT-OFF

There will be one cut-off on the Half Marathon course. Any participant who does not reach Mile 3.9 (Rock Creek Pkwy and Virginia Ave) by 9:55 AM will be required to continue straight instead of heading to Potomac Pkwy. The cut-off will shorten the course by 1.7 miles, but participants will still have the opportunity to complete the rest of the course and cross the Half Marathon finish line.

COURSE SUPPORT

There will be 7 aid stations along the course (subject to change). Restrooms will be available at each station.

#	MILE	SUPPORT
1	1.4	Water
2	2.9	Water & SiS Go Electrolyte
3	4.3	Water
4	6.4	Water & SiS Go Electrolyte
5	8.5	Water & SiS Isotonic Gels
6	10.5	Water & SiS Go Electrolyte
7	11.7	Water

The Feed.



2024 OFFICIAL ON-COURSE NUTRITION PARTNER

SHOP EVERY RUNNER'S FAVORITE STORE

Get \$20 immediately to spend at The Feed.
Scan QR code or head to thefeed.com/teams/run-rock-n-roll



The Feed.

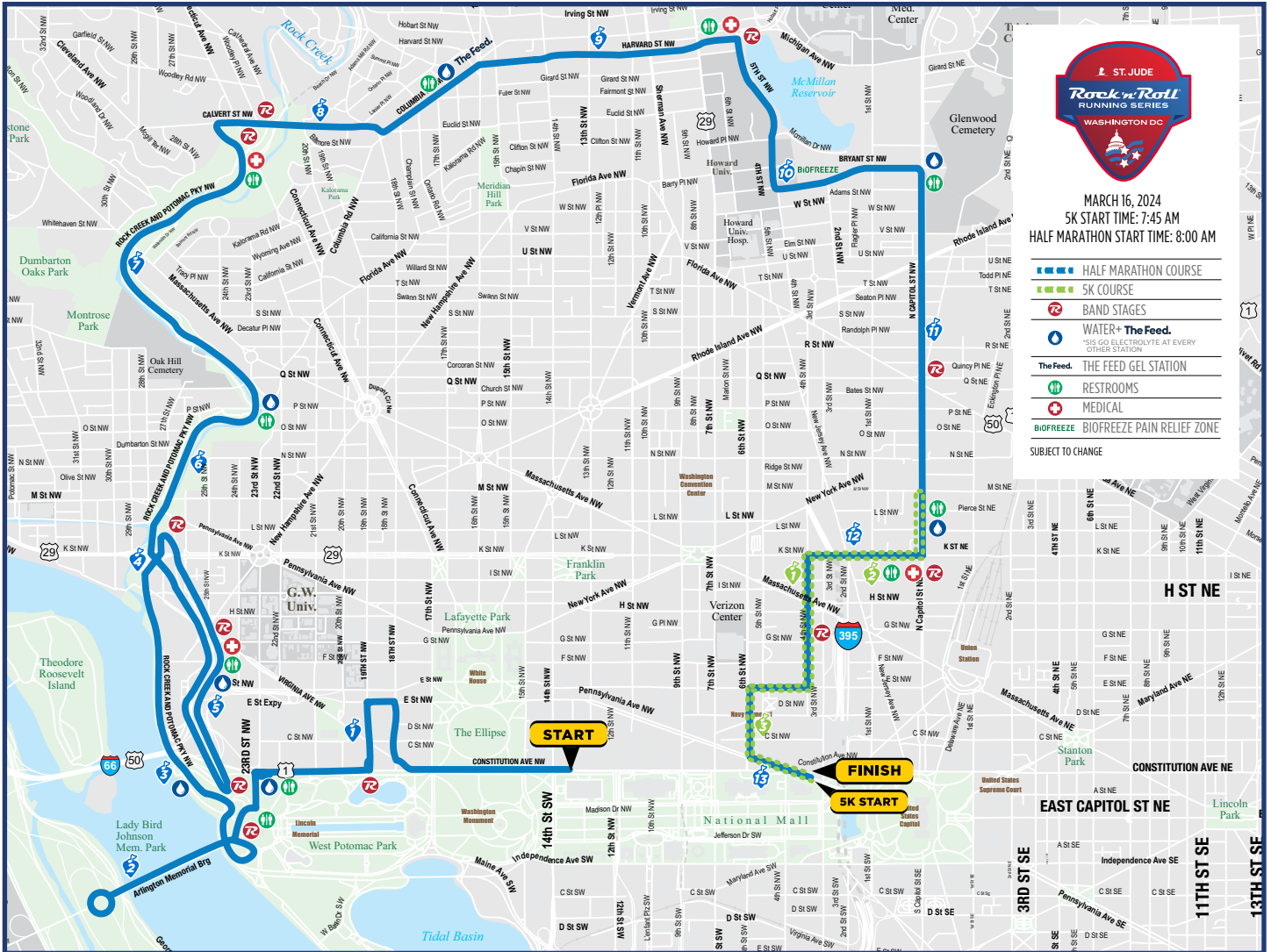
An online marketplace to shop your favorite sports hydration, energy gels, chews, and bars to fuel your runs



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COURSE MAP



FEEL THE COOL
FORGET THE PAIN



BioFREEZE
COOL THE PAIN

USE AS DIRECTED



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FINISH LINE FESTIVAL

CELEBRATE YOUR ACCOMPLISHMENT

You will receive your medal, SmartWater and refreshments within the runner Secure Zone after you finish the race. After you exit the Secure Zone, proceed to the Finish Line Festival to celebrate your achievement, meet up with friends and family, and enjoy good music! There will be SiS Go Electrolyte hydration available for all runners from The Feed, and you can visit the Official Event Merchandise Store. The festival is free and open to the public.



FINISH LINE FESTIVAL SCHEDULE	
8:15 AM to 9:15 AM	Uncle Jesse
9:15 AM to 9:20 AM	DJ Cable
9:20 AM to 9:30 AM	Lululemon Stretch Demo
9:30 AM to 10:30 AM	Uncle Jesse
10:30 AM to 10:55 AM	DJ Cable
10:55 AM to 11 AM	Lululemon Stretch Demo
11 AM to 12:15 PM	FOOZ FIGHTERS
12:15 PM to 12:30 PM	DJ Cable
12:30 PM to 12:40 PM	Lululemon Stretch Demo
12:40 PM to 1:30 PM	DJ Cable

All times are tentative & subject to change.

FAMILY REUNION

It is highly recommended that you designate a meet up location for friends and family before the race. The Family Reunion area will have tall, clearly-marked signs by letter (A – Z) next to the beer garden and concert stage.

FITVINE® WINE CELEBRATION ZONE

FITVINE WINES 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.

FOOD & DRINKS

The Finish Festival will also feature food trucks and beverages for participants and spectators. Participants can sample Old Time Lager from DC Brau using the drink ticket on their bib. Food and beer will be available for purchase to all visitors at the Finish Line Festival.

LOST & FOUND/INFORMATION BOOTH

The Information Booth at the start and finish serves as Lost & Found. Any items NOT claimed at the finish by 1:15 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 DC@RUNROCKNROLL.COM.

FITVINE[®]

W I N E S



ZERO SUGAR
FULL FLAVOR
NO COMPROMISES



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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.

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.

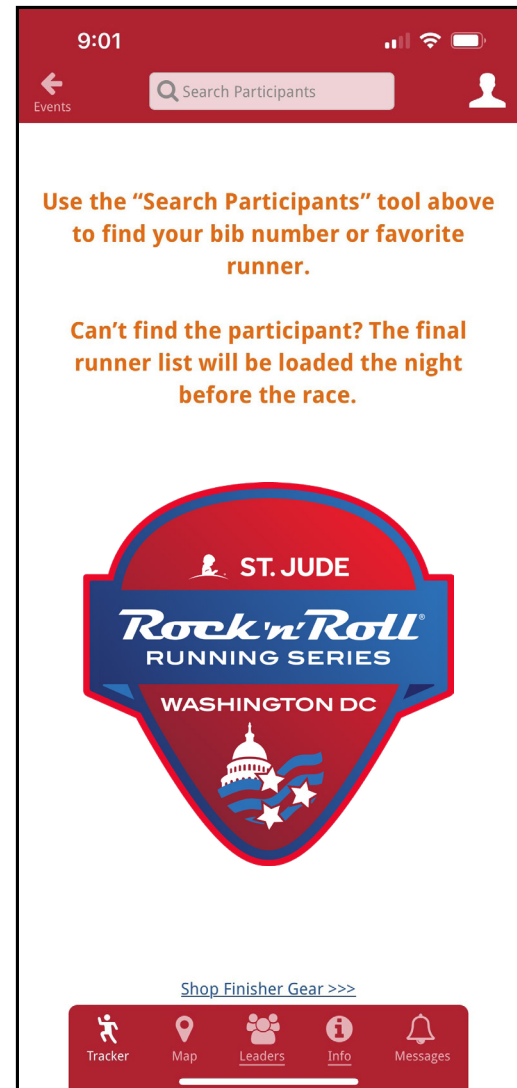
Highlights of the app include:

- 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 CERTIFICATES

Your photos and FREE downloadable finisher certificate will be available online 5 to 7 days after the race at our [WEBSITE](#).

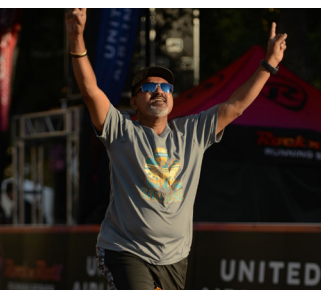
1. Click the Results tab on the event website.
2. Go to your year, then click on the distance you raced.
3. Find your result by searching by your Name or Bib Number, then click your name.
4. Click on Digital Certificate or Photos on the left of the page.





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SPECIAL PROGRAMS

HEAVY MEDAL PROGRAM

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 Festival.

LIMITED EDITION MEDALS

Earn extra bling when you run paired up 2024 Rock 'n' Roll Running Series events, or you run 100 Miles in DC! All 2024 Limited Edition Medals will be available for pick-up on site at the Heavy Medal Pick Up tent at the Finish Line Festival. These medals will not be mailed.

REMIX CHALLENGE MEDAL

If you are running both distances on Saturday, pick up your Remix Challenge medal on race day at the Rock 'n' Roll Heavy Medals tent. You must cross both finish lines in the same day to receive the Remix Challenge medal.



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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.

EARN MORE PERKS WITH A TOURPASS

Whether you're running your favorites, earning all the race bling and perks, or looking to rock the entire series, there's a TourPass just for you. Book your own legendary tour with race destinations across the globe and earn extra perks and benefits for a bundle price. [CLICK HERE](#) to learn more.

RUNNER PERKS

Only our participants can score exclusive deals on some of the BEST places in the district over race weekend by showing proof of their registration with their bib, medal or confirmation email. This year's line up includes discounts at DC Bus Tours, Hard Rock Café, DC Brau, and many more... check them out [HERE](#).



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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.

wahoo

wahoofitness.com/rival