
RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

We are very excited to be upping our game in 2018 and that includes more music, better event experience, runner support and more. Please read through this document carefully, even if you are a seasoned Rock 'n' Roll participant.

HEALTH & FITNESS EXPO

New Orleans Morial Convention Center- Hall J

Friday March 2, 2018: 12:00 PM – 6:00 PM

Saturday, March 3, 2018: 9:00 AM – 5:00 PM

TIP: Print out and sign your [CONFIRMATION WAIVER](#) before coming to the Expo. You **MUST** pick up YOUR OWN bib number at the Expo prior to the race!

MARCH 4, 2018: MARATHON RACE DAY

START LINE: Poydras St. at Camp St.

7:30 AM: Race starts

WAVE PLAN: Participants will be split into 23 corrals that will be sent off in waves starting at 7:30 AM. There will be 1-2 minutes between each corral.

FINISH LINE: Roosevelt Mall in City Park

FINISH LINE FESTIVAL: City Park

7:30 AM – 9:15 AM: Jordan Anderson Band

9:45 AM – 11 AM: Soul Rebels

11 AM – 11:15 AM: Awards Ceremony

11:30 AM: Half Marathon Age Group Award Pick-Up

11:30 AM – 12:45 PM: Cowboy Mouth

12:30 PM: Marathon Age Group Award Pick-Up

1:15 PM – 3:45 PM: Corey Ledet & His Zydeco Band

**All times subject to change.*

For details about race day transportation, please refer to the [Parking & Transportation page](#) on the website.

HEALTH & FITNESS EXPO

Pick up your bib number, gear check bag and Brooks technical tee at the Expo. Official race merchandise is available at the Merchandise Stores and a variety of exhibitors will display, sample and sell running apparel, footwear and health and fitness products.

BIB NUMBER PICKUP

Follow these steps to pick up your number:

1. Print out & sign your [Confirmation Waiver](#) at home
2. Bring your Confirmation Sheet & Photo I.D.

YOU MUST PICK UP YOUR OWN BIB NUMBER AT THE EXPO PRIOR TO THE RACE. NO EXCEPTIONS.

CORRAL CHANGES

You are assigned a corral based on your projected finish time – the faster your time, the closer your corral will be to the start line. **Your assigned corral will be listed on your bib. New in 2018, your bib number will no longer correspond to your corral number.** If you need to move to a faster corral because you plan to run faster than your original estimated finish time, pick up your bib number and proceed to the Corral Change table in the Check-In area. If you wish to move back to a slower corral, you may do so without visiting the Corral Change table by simply starting in that corral on race morning. *There are no corral changes on race day.*

BEER GARDEN WRISTBAND

Stop by the Beer Garden Wristband booth at the Expo to receive your wristband for expedited entrance into the Michelob ULTRA Beer Garden on race day! Participants without a wristband will be required to show photo ID on race day.



PACE TEAM

Experienced pacers will help you reach the finish line at your goal time. Visit the Pace Team booth at the Health and Fitness Expo to join. Pace groups for the Marathon are offered in the following times: **3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, and 5:00.**

REGISTER FOR 2019

Stop by the Rock 'n' Roll Booth to check out our 2018/2019 Series Tour Stops as well as register to run #RNRNOLA in 2019. Register at the expo and receive a free t-shirt! **while supplies last, prices are subject to change at any time.*

- Marathon: \$69
- Half Marathon: \$59
- 10K: \$40
- 5K: \$30

**Fees listed above do not include the Active processing fee.*

RACE DAY

TRANSPORTATION

For details about race day transportation, please refer to the [Parking & Transportation page](#) on the website.

START LINE VILLAGE

Upon arrival in Lafayette Square Park, proceed to the Start Line Village for all your pre-race needs. Fuel up on water and pre-race snacks. You will also find a medical tent, Gear Check, portable toilets, and an information booth to answer any questions.



UPS GEAR CHECK

Gear check will be available for anyone wishing to check items during the race. On race day, please affix your gear check tag (on your bib number) to your clear gear bag before you leave it at the table assigned to your last name. DO NOT leave valuables, cash or jewelry in your bag. Please note, due to security for Gear Check, there may be lines. You will pick up your checked items after the race.

UPS Gear Check is located at the Start on **Camp St. between N. and S. Maestri St.** and will be **open from 5:30 AM to 7:15 AM**. After the race, please retrieve your bag **between 8 AM and 3 PM** at the finish pickup, which is located in City Park on Roosevelt Mall St.

START CORRALS ***NEW* CORRAL MARKERS IN 2018!**

You are assigned a corral based on your projected finish time – the faster your time, the closer your corral will be to the start line. 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 your bib. New in 2018, your bib number will no longer correspond to your corral number.**

YOU MUST START IN YOUR CORRESPONDING CORRAL

If you believe you have been assigned the wrong corral, bring your race number to the Corral Change table at the Expo. No Corral Changes on Race day. Runners can enter their corrals beginning at 6:45 AM.

WAVE START

The race will be utilizing a wave start. This will enable a comfortable starting position for runners and walkers of all paces. 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. By using this staggered starting method, the pack will be spread out and allow every runner to settle into a racing rhythm from their first step to the finish line.

RACE TIMING ***NEW* WITH SPORTSTATS IN 2018!**

New in 2018, 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.

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 Half Marathon 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;
- 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; or
- 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.

MARATHON COURSE DIVERSIONS/CUT-OFFS

Various cut-off locations will be enforced on the course (details below) to ensure the race stays within the time limit. Runners or walkers who do not reach the cut-off locations by the times noted will be diverted and will not run portions of the course.

- Mile 12.8 at Esplanade Ave. and Wisner Blvd.
 - 12:01 PM
- Mile 20.5 at Paris Ave. and Lake Shore Dr. heading westbound
 - 2:05 PM

COURSE ENTERTAINMENT *NEW* MORE MUSIC IN 2018!

We are the Rock 'n' Roll Marathon Series and we mean MUSIC! In 2018, we are bringing more music to your 26.2 miles. With local bands stationed approximately every mile along the course to keep your spirits high and your legs moving. In addition, keep your ears open for music to mark each mile of your course with mile markers that rock!

RESTROOMS

Portable toilets will be located near the start and finish and along the course.

COURSE SUPPORT *NEW* MORE SUPPORT IN 2018!

There will be 17 aid stations along the half marathon course. Restrooms will be available at each station.

**subject to change*

STATION	MILE	SEPARATION	SUPPORT
1	1.9	1.9	Water
2	3.7	1.8	Water & Gatorade
3	5.4	1.7	Water & SIS Gel
4	7.2	1.8	Water, Gatorade & Salt
5	8.6	1.4	Water & SIS Gel
6	10	1.4	Water & Gatorade
7	11.5	1.5	Water
8	13	1.5	Water, Gatorade & Salt
9	14	1.7	Water & Bananas
10	16.1	1.4	Water & Gatorade
11	17.5	1.4	Water
12	18.8	1.7	Water & Gatorade
13	20.1	1.6	Water
14	21.1	1.0	Water & Gatorade
15	22	0.9	Water & SIS Gel
16	23.7	1.7	Water & Gatorade
17	25.6	1.9	Water

Gatorade: Lemon-Lime Endurance Formula

SIGN UP FOR FREE RUNNER TRACKING *NEW* ROCK 'N' ROLL APP – DOWNLOAD TODAY!

In 2018 we have an all NEW app that 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 Rock 'n' Roll App include:

- Participant times, paces, estimates and places in real-time
- Push notifications as progress is made on course
- Event information & messaging
- Live runner tracking
- Interactive course maps
- Live leaderboards
- Social sharing

Download our new app by clicking [here](#) or going to your Apple or Android device app store!

MEDICAL INFORMATION

The Medical Team is a dedicated group of medical professionals available to help you. Medical Stations will be located at the Start, every other mile along the course, and at the 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 race number.

FINISH LINE FESTIVAL

You will receive your medal, water 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, have a beer and enjoy good music! The festival is free and open to the public.

MARATHON FINISHER JACKETS

Marathon Finisher Jackets are not being provided in 2018 - we are focusing on enhancing the overall marathon experience, including the all-new **Marathon Finisher Zone** which you can learn more about below! We will have similar jackets available for sale at our merchandise store at the Health & Fitness Expo and Finish Line Festival.

MARATHON FINISHER ZONE *NEW* IN 2018

Running 26.2 miles is one rockin' accomplishment and we want to celebrate marathoners a little extra this year! Once you finish, head over to the Marathon Finisher Zone located just outside the Finish Line. This will be a secured area that you can access by showing your bib number, where you will find NormaTec recovery booths to help your legs recover faster, delicious New Orleans style jambalaya, and more. Please note, beer will still be located inside the normal beer garden area and not in the Marathon Zone.

FINISH LINE FESTIVAL: City Park

7:30 AM – 9:15 AM: Jordan Anderson Band

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FAMILY REUNION

After the race, reunite with family and friends in the Family Reunion area and relish in your post-race accomplishment with refreshments and live music at the finish line stage. With a large number of participants and thousands of excited spectators, it can be difficult to locate friends and family without a plan. It is highly recommended that you designate a meet-up location for friends and family

BEFORE the race in the Family Reunion area. The Family Reunion area will post tall, clearly-marked signs by Letter (A – Z), so be sure to coordinate and plan to meet at a pre-determined letter.

CELEBRATE WITH MICHELOB ULTRA

Every finisher over age 21: Celebrate your accomplishment with **unlimited** well - deserved complimentary Michelob ULTRA beer at the finish line. Beer will also be available for friends and family to purchase. Important note: State law requires your photo ID to be checked on race day, even if you're 99! You can also have your ID checked ahead of time at the Health & Fitness Expo.



LOST & FOUND AND INFORMATION BOOTH

The Information Booth at the start and finish serves as Lost & Found. Any valuable items NOT claimed at the finish by 3:00 PM will be held for 30 days. Items not claimed within 30 days will be donated. To claim a lost item after the event, please email us at rrneworleans@competitorgroup.com.

WHAT'S NEXT?!

RESULTS & AWARDS

Official race results will be posted by 7:00 PM on race day on our [website](#). Top 3 Overall awards will be presented to both male and female categories for the Marathon on race day. **NEW IN 2018: Age group award winners can pick up their award near the main stage at 12:30 PM.** Overall winners are determined by gun time. In accordance with USATF Rules, age group awards will be determined by chip time.

PHOTOS & FINISHER CERTIFICATES

Your photos and FREE downloadable finisher certificate will be available online within 48 hours after the race at our [website](#).

REMIX CHALLENGE MEDAL

If you are running the 5K on Saturday and the 10K/Marathon/Half Marathon on Sunday, pick up your additional Remix Challenge medal on Sunday at the Rock 'n' Roll tent at the Finish Line Festival. You have to cross the finish line on Saturday and Sunday to receive your Remix Challenge medal.

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our 2018 Rock 'n' Roll Marathon Series events. Be sure to enroll as an official [2018 Heavy Medalist](#) to earn our famous Heavy Medals!

RUNNER PERKS

Manning's Sports Bar & Grill at Harrah's Casino New Orleans is hooking you up! Present this [flyer](#) to a server or bartender at Manning's Sports Bar & Grill for a complimentary domestic draft beer with purchase. If you're going to rock, you deserve some rockin' rewards!

HOTELS & TRAVEL

Hilton New Orleans Riverside - (504) 561-0500

GATORADE

The Gatorade Company is proud to be the official On Course Hydration Sponsor of the Humana Rock 'n' Roll New Orleans with Lemon-Lime Gatorade Endurance Formula available at aid stations every 2 miles!



SCIENCE IN SPORT

Science in Sport is proud to be the official On Course Energy Gel partner of the Rock 'n' Roll Marathon Series with a variety of flavors available at aid stations along the course! Science in Sport's Isotonic Energy Gels don't require any additional water for digestion – one of the many reasons they're loved by endurance athletes all over the world!



MARATHON FOTO

Be sure to smile and keep your bib number visible! MarathonFoto will have several photographers on the course & at the expo. Your photos will be available online within 24 - 48 hours after the race at <http://marathonfoto.com/>.

VOLUNTEERS STILL NEEDED

Volunteers are still needed throughout race weekend, so encourage your family and friends to get involved in your incredible race adventure! If your friends or family are coming out to watch, tell them to support you and join the Race Crew! Visit the [website](#) to find out more!



START LINE CORRAL MARKERS

Our new corral markers are larger with tops that light up for you to easily see them and know where you need to be!

MILE MARKERS

New mile markers are larger and more prominent on course, so you can celebrate each mile you complete!



AID STATION IDENTIFIERS

New aid station identifiers so you won't have to guess what's available at each station.



PACER SIGNS

Larger pacer signs to help you see if you need to pick up the pace to meet your PR goal!



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