

RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

NOVEMBER 14-16: HUMANA ROCK 'N' ROLL LAS VEGAS HEALTH & FITNESS EXPO PRESENTED BY INTERMOUNTAIN HEALTHCARE

LAS VEGAS CONVENTION CENTER, HALL S1 (3150 PARADISE RD.)

THURSDAY, NOVEMBER 14: 3:00 PM - 6:00 PM

FRIDAY, NOVEMBER 15: 11:00 AM - 7:00 PM

SATURDAY, NOVEMBER 16: 9:00 AM - 6:00 PM

TIP: The 2019 Humana Rock 'n' Roll Las Vegas is going paperless! To expedite your check-in process, [confirm your bib number](#) on the participant bib list prior to arriving to pick up your race materials. Make sure to bring your bib number with you to the Health & Fitness Expo presented by Intermountain Healthcare! **You MUST pick up YOUR OWN bib number at the Health & Fitness Expo presented by Intermountain Healthcare prior to the race!**

SUNDAY, NOVEMBER 17: 10K RACE DAY

START/FINISH: LAS VEGAS FESTIVAL GROUNDS ACROSS FROM SAHARA LAS VEGAS HOTEL & CASINO (formerly SLS)

2:30 PM: Festival Grounds Open

3:00 PM: UPS Gear Check Opens

3:45 PM: UPS Gear Check Closes

3:50 PM: Race Starts

**All times subject to change.*

WAVE PLAN: 10K participants will be split into 10 corrals that will be sent off in waves starting at 3:50 PM. There will be 1-2 minutes between each corral start. Your corral number will be noted on your bib.

FINISH LINE: LAS VEGAS BLVD @ THE MIRAGE

RUNNER EXIT: LAS VEGAS BLVD @ FLAMINGO RD (Between Caesars Palace & Bellagio)

NOTE: The 'Secure Zone', where you receive your medal, refreshments, and post-race Michelob ULTRA, is 0.4 miles long...so save some energy for your "victory lap"!

RACE WEEKEND TRANSPORTATION

For details about Parking & Transportation, please refer to the Parking & Transportation Information on the [Race Weekend Info Center](#). [The Las Vegas Monorail](#) is the recommended mode of transportation for all race weekend activities. **The Sahara Las Vegas station is the best stop for the 10K Start.**

BE PREPARED RACE WEEKEND

Participants can expect to see increased security on race weekend, including bag checks upon entrance into start venues and bib checks at the start lines. If you are checking gear on race day, you **must use the clear bag given to you at the Health & Fitness Expo presented by Intermountain Healthcare** to check items on race day. No other bags will be accepted for UPS gear check.

HEALTH & FITNESS EXPO PRESENTED BY INTERMOUNTAIN HEALTHCARE

Pick up your bib number, [Runner Perks](#) Wristband, gear check bag and t-shirt 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. [Confirm](#) your bib number online.
2. Bring your bib number and Photo I.D.

YOU MUST PICK UP YOUR OWN BIB NUMBER AT THE HEALTH & FITNESS EXPO PRESENTED BY INTERMOUNTAIN HEALTHCARE PRIOR TO THE RACE

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. 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. There are no corral changes to a faster pace on race day. 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 day.

2020 ROCK 'N' ROLL LAS VEGAS PRESALE

Stop by the Rock 'n' Roll Booth at the Health & Fitness Expo presented by Intermountain Healthcare to check out our Series Tour Stops as well as register to run the #STRIPATNIGHT in 2020. Register at the Health & Fitness Expo presented by Intermountain Healthcare and receive a limited edition t-shirt! *while supplies last, prices are subject to change at any time.

- MARATHON: \$99
- HALF MARATHON: \$99
- 10K: \$69
- 5K: \$49

*Fees listed above are limited in supply and do not include the Active processing fee.

RUNNER PERKS

Our partners are hooking you up! Pick up your Runner Perks wristband with your bib number to access exclusive offers throughout race weekend. Explore your Runner Perks [online](#) and check out the booth at the Health & Fitness Expo presented by Intermountain Healthcare under the **RED BALLOON!**

All participants of the Humana Rock 'n' Roll Las Vegas event (any distance) are guaranteed free entry to the Kesha concert as well as free entry for a 'plus one' guest. Participants and their guest must collect a Runner Perks wristband from the Health & Fitness Expo presented by Intermountain Healthcare to be admitted to the Kesha concert (5K participants may also use their 5K bib for admittance.)

If a participant is interested in additional wristbands for friends and family, please check back to the Runner Perks booth at the Health & Fitness Expo presented by Intermountain Healthcare AFTER 1:00 PM on Saturday, November 16. These additional wristbands will be available on a first come, first serve basis and are NOT GUARANTEED.

BEER GARDEN WRISTBAND

Participants will receive their complimentary Michelob ULTRA after the finish before they exit the Secure Zone. PARTICIPANTS MUST show their wristband to receive their free beer. ID Check will be available at the Health & Fitness Expo presented by Intermountain Healthcare - look for the **BLACK BALLOON**. Participants will also have the opportunity to get a wristband at the start line before the race, but it is highly recommended that you get your ID checked at the Expo to save time on race day. **There will be no ID check at the beer garden in the Secure Zone on race day - NO EXCEPTIONS.**



PACE TEAM

Our friends at the Las Vegas Running Company will provide the Official Pace Team for race day. Experienced pacers will help you reach the finish line at your goal time. Visit the Pace Team booth at the Health and Fitness Expo presented by Intermountain Healthcare under the **LIME GREEN BALLOON** to join. Pace groups for the 10K are offered in the following times: **0:50, 0:55, 1:00, 1:05, 1:10.**

RACE DAY

10K START LINE VILLAGE

Permanent restrooms, refreshments, an ID check for beer garden wristbands, and an information tent will all be located inside the Festival Grounds. UPS Gear Check will be located behind the start corrals on Las Vegas Blvd.

GEAR CHECK

UPS 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 truck assigned to your last name. **YOU MUST USE THE CLEAR GEAR BAG GIVEN TO YOU AT THE HEALTH & FITNESS EXPO PRESENTED BY INTERMOUNTAIN HEALTHCARE FOR CHECKING ITEMS ON RACE DAY, ANY OTHER BAGS WILL BE TURNED AWAY ON RACE DAY.** DO NOT leave valuables, cash or jewelry in your bag. You will drop your bag at the truck designated with your last name, and will pick up your bag at the same truck at the Finish. Please note, due to security for Gear Check, there may be lines. UPS Gear Check will be located at the Start behind the corrals on Las Vegas Blvd. and will be **open from 3:00 PM until 3:45 PM**. After the race, please retrieve your bag **by 10:00 PM** at the finish pickup, which is located on Las Vegas Blvd in front of the Bellagio fountains. Please review the start and finish line venue maps on the [Race Weekend Info Center](#) for details on Gear Check locations. **NOTE: 10K Gear Check will remain separate from the Marathon & 1/2 Marathon Gear Check trucks so make sure to find your 10K Gear Check truck after you finish.**



START CORRALS

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 participants enter their correct corral. Your assigned corral will be listed on your bib. You must start in your corresponding corral on race day, or a slower corral.

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 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.

COURSE TIME LIMIT

The official course time limit for the 10K is **1 HOUR 35 MINUTES**. This is chip time, not horn time. Course time limit begins when the last 10K 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.

COURSE ENTERTAINMENT

We will have local bands stationed approximately every mile along the course to keep your spirits high and your legs moving – see the [list](#) here. The Las Vegas local community will also encourage and energize you along course. Leave your music at home and get ready to rock!

RESTROOMS

Portable toilets will be located near the start and finish and along the course. Please review the venue maps on the [Race Weekend Info Center](#) for details on restroom locations at the Start and Finish Lines, and look for signage on course designating toilet locations.

COURSE SUPPORT

There will be [3 aid stations](#) along the 10K course. Restrooms will be available at each station.

*subject to change

THE DOCTOR IS IN

Have an injury question? Need training tips? Come meet our National Medical Director, Dr. P.Z. Pearce, at the Intermountain Healthcare Booth for a free consultation. He will be at the Health & Fitness Expo presented by Intermountain Healthcare on Friday and Saturday from 3 PM to 5 PM. Please stop by with your medical questions or concerns.

LEARN TO SAVE A LIFE

In the same amount of time that it takes you to lace up your running shoes, you can learn to save a life! Join us at the Health & Fitness Expo presented by Intermountain Healthcare for compression only CPR and Stop the Bleed demonstrations. American Medical Response will be providing quick training on the proper techniques to provide chest compressions and apply a tourniquet. It just takes 90 seconds and could save a life!

MEDICAL INFORMATION

The Medical Team is a dedicated group of medical professionals available to help you. Medical Stations will be located at the Start, along the course, and at the Finish. Look for medical 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.** *Thank you to Intermountain Healthcare, the official Medical Partner for the Event!*

FINISH LINE FESTIVAL

Once you cross the finish line, you will enter a "Secure Zone" – a 0.4 mile long fenced off area for participants only. Here you will receive your finisher's medal, refreshments & your one (1) complimentary Michelob ULTRA beer, wristband required!

PLAN AHEAD FOR AFTER THE RACE: The finish line exit is on Las Vegas Blvd. at Flamingo Rd. With the large volume of people in the area, we recommend that you find a designated meeting spot for friends and family somewhere nearby. Due to the Strip closure, taxis will be difficult to access so walking to your destination or taking the Monorail is recommended. There are no post-race shuttles.

CELEBRATE WITH MICHELOB ULTRA

Every finisher over age 21: Celebrate your accomplishment with one well-deserved complimentary Michelob ULTRA beer after the finish in the Secure Zone. PARTICIPANTS MUST show their wristband to receive their complimentary beer. ID Check will be available at the Health & Fitness Expo presented by Intermountain Healthcare. **There will be no ID check at the beer garden in the Secure Zone on race day - NO EXCEPTIONS.**



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 10 PM will be held for 30 days then donated to a local charity. To claim a lost item after the event, please email us at rnrvegas@runrocknroll.com.

RESULTS & AWARDS

Awards will be mailed to Top 3 Overall male and female categories for the 10K within 8-10 weeks after the race. There will be no age group awards for the 10K. Overall winners are determined by gun time.

Official race results will be posted within 48 hours on our [website](#) or you can download the Rock 'n' Roll Marathon [app](#) to see your race results instantly! It's available on your Apple or Android device app store. We highly recommend 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 Leaderboards
- 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 view results link to your race
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

REMIX CHALLENGE MEDAL

If you are running two days this weekend, pick up your additional Remix Challenge medal on your second day of running at the Rock 'n' Roll Heavy Medal tent after you exit the Secure Zone at the finish. To claim your medal, make sure you have 'REMIX' written on your race bib. If you do not, please inform us at bib pick up to add it to your bib. You have to cross the finish line on both days to receive your Remix Challenge Medal.

DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our 2019 Rock 'n' Roll Marathon Series events. Be sure to sign up for our official 2019 Heavy Medal Program. Athletes must be enrolled in the official 2019 Heavy Medal Program to earn our famous Heavy Medals. [Enroll Now](#)

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 after you exit the Secure Zone at the finish.

VOLUNTEERS STILL NEEDED

Volunteers are still needed at the Health & Fitness Expo presented by Intermountain, 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!

GATORADE ENDURANCE FORMULA ON COURSE



ENDURANCE

Gatorade Endurance Formula is a specialized sports drink formulated with nearly 2x the sodium and 3x the potassium of traditional Gatorade. Gatorade Endurance Formula contains no artificial flavors and has a light taste. Endurance Formula will be available at aid stations every two miles on race day.

SIS: 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!

ST. JUDE CHILDREN'S RESEARCH HOSPITAL

Be a Hero! Make your personal journey to the finish line part of something bigger. St. Jude Children's Research Hospital is leading the way the world understands, treats and defeats childhood cancer and other life-threatening diseases. When you sign up as a St. Jude Hero, you'll raise funds for the lifesaving work done at St. Jude while you train for your Rock 'n' Roll Marathon Series race. Plus, you can earn great benefits along the way. Please help by becoming a St. Jude Hero runrocknroll.com/partner/st-jude.



HUMANA



Humana is committed to the health and well-being of the people in the communities we serve, and that's why we're proud to be the title sponsor of the Humana Rock 'n' Roll race weekend. Being healthy goes beyond being physical – it's a state of well-being and encompasses a healthy body and mind. Fun, active weekends like this celebrate active living and social engagement, and promote an environment that addresses physical, mental, social and emotional health. Remember, no matter your age or fitness level, Humana is cheering you on every step of the way.