

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 (All 5K bibs MUST be picked up 3:30 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! All 5K bibs must be picked up by 3:30 PM on Saturday, no exceptions.**

SATURDAY, NOVEMBER 16: 5K RACE DAY

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

WAVE PLAN: Participants will be split into 24 corrals that will be sent off in waves starting at 6:00 PM. There will be 1-2 minutes between each corral so it will take approximately 45 minutes for all participants to cross the start line. To enable a comfortable starting position for runners and walkers of all paces and ensure all participants are starting in their assigned corral, there will be three (3) sections of different colored corrals on race day. Please report to your assigned start color and designated corral, noted on your bib, before the race.

4:30 PM: Festival Grounds Open & DJ

6:00 PM: Race Starts

7:00 PM: Kesha (Runner plus 1 guest with designated Runner Perks wristband)

8:30 PM: Festival Grounds Close

**All times subject to change.*

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.

BE PREPARED RACE WEEKEND

Participants can expect to see increased security on race weekend, including bag checks upon entrance into the Festival Grounds. All participants must enter the Festival Grounds from Las Vegas Blvd. Only small bags (no larger than 12"x12"x6") will be allowed into the venue and all bags will be checked upon entrance. 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. No other bags will be accepted for 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 Health & Fitness Expo presented by Intermountain Healthcare. ALL 5K BIBS MUST BE PICKED UP NO LATER THAN 3:30 PM ON SATURDAY, NOVEMBER 16. 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.

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 at the Health & Fitness Expo presented by Intermountain Healthcare. There are no corral changes to a faster pace onsite at the 5K. 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.

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

Stop by the Beer Garden Wristband booth at the Health & Fitness Expo presented by Intermountain Healthcare to receive your wristband for expedited service at the Michelob ULTRA Beer Garden on 5K race day - look for the **BLACK BALLOON**. Participants without a wristband will be required to show photo ID 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: \$99

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

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

RACE DAY

Follow these steps to have a flawless race day! Reference maps on the [Race Weekend Info Center](#).

- Read ALL emails regarding your 5K. If you have questions, ask us on [Facebook](#) or at the Health & Fitness Expo presented by Intermountain Healthcare.
- The 5K Start Village opens at 4:30 PM, plan your arrival based on your estimated corral start time.
- Be prepared for security checks upon entrance to the Festival Grounds. **If checking a bag during the race, you MUST use the clear gear bag given to you at the Health & Fitness Expo presented by Intermountain Healthcare**
- Enter the Festival Grounds from Las Vegas Blvd only ([see map](#)). Restrooms, refreshments, and Gear Check will be available before the Start.
- Report to your assigned start color ([see map](#)) and corral number. You must start in your assigned corral or a later corral. Each corral will be released in waves with approximately 1-2 minutes between each corral start time, so it will take approximately 45 minutes for all participants to start. Plan accordingly for your specific corral.
- PLEASE use the restrooms prior to entering your corral. Restrooms are located throughout the Festival Grounds ([see map](#)).

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 station 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 station designated with your last name, and will pick up your bag at the same station after the race. Please note, due to security for Gear Check, there may be lines.

Gear Check will be located in the Festival Grounds between the start and finish lines (look for the large 'GEAR CHECK' balloon), and will be open **from 4:30 pm until 8:00 PM**. Please review the 5K venue map on the [Race Weekend Info Center](#) for details on Gear Check location.

START CORRALS

You are assigned a corral number based on your projected finish time – the faster your time, the closer your corral will be to the start line. To enable a comfortable starting position for runners and walkers of all paces and ensure all participants are starting in their assigned corral, there will be three (3) sections of different colored corrals on race day. Please report to your assigned color and corral, noted on your bib, before the race. Look for the large balloons designating your corral color location and the specific numbered signs for your specific corral on race day. Security will be in place to ensure that all runners enter their correct corral. Your assigned corral will be listed on your bib. Runners can enter their corrals beginning at 5:30 PM. **YOU MUST START IN YOUR CORRESPONDING 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 so it will take approximately 45 minutes for all participants to cross the start line. 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 5K is **1 HOUR**. This is chip time, not horn time. Course time limits begin when the last participant crosses the start line.

COURSE ENTERTAINMENT

Music will be playing along the course to keep your spirits high and your legs moving. Leave your music at home and get ready to rock!

COURSE SUPPORT

There will be 1 aid station along the 5K course at Mile 2.

*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!*

RESTROOMS

Permanent restrooms will be located near the start and finish of the 5K within the Las Vegas Festival Grounds. Please review the 5K venue map on the [Race Weekend Info Center](#) for details restroom locations.

FINISH LINE FESTIVAL

Once you cross the finish line, you will enter a "Secure Zone" – a fenced off area for participants only. Here you will receive your finisher medal and refreshments. 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 the headline concert! The festival is open to all 5K participants with their 5K bib and all other Rock 'n' Roll Las Vegas participants with their Runner Perks Wristband. In addition, each participant may bring a 'plus one' guest to the concert. Guests must also have a Runners Perks Wristband to enter. Runner Perks Wristbands are available at the Health & Fitness Expo presented by Intermountain Healthcare.

Make sure you stay and ROCK at the headline concert with Kesha after your 5K! Food and drinks will be available for purchase.

CELEBRATE WITH MICHELOB ULTRA

Every 5K finisher over age 21: Celebrate your accomplishment with one well-deserved complimentary Michelob ULTRA beer at the finish line festival.

Additional beers and food will be available for 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 presented by Intermountain Healthcare.



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 8 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 5K within 8-10 weeks after the race. There will be no age group awards for the 5K. Overall winners are determined by horn 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 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.