

Final Information

Half Marathon - Yellow Bibs

November 17, 2019

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 half marathon is **4 HOURS**. This is chip time, not horn 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.

COURSE ENTERTAINMENT

We are the Rock 'n' Roll Marathon Series and we mean MUSIC! 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 and blue lights on course designating toilet locations.

COURSE SUPPORT

There will be 8 aid stations along the Half Marathon course. Restrooms will be available at each station.

*subject to change

STATION	MILE	SUPPORT
1	1.1	Water
2	2.9	Water & Gatorade
3	4.9	Water
4	5.9	Water & Gatorade
5	7.5	Water & SIS Nutrition
6	9.2	Water & Gatorade
7	10.6	Water
8	12.1	Water & Gatorade

Gatorade: Lemon-Lime Endurance Formula

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!

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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

Age Group Awards will be mailed. In accordance with USATF Rules, age group awards will be determined by chip 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

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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.