

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!**

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

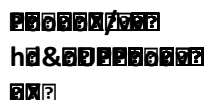
Every finisher over age 21: Celebrate your accomplishment with one well-deserved complimentary Michelob ULTRA beer after the finish in the Secure Zone. PARTICIPANTS MUST show their wristband to receive their complimentary beer. ID Check will be available at the Health & Fitness Expo presented by Intermountain 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



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.