



Final Information

April 26-27, 2025

RACE WEEKEND AT A GLANCE

HEALTH & FITNESS EXPO | THURSDAY, APRIL 24 & FRIDAY, APRIL 25

MUSIC CITY CENTER

201 Rep John Lewis Way S, Nashville, TN 37203

Thursday, April 24 | 12 PM to 7 PM

Friday, April 25 | 10 AM to 7 PM

TIP: To expedite your Participant Check-In process, you will receive an email the week prior to the race with a link to search your bib number. Make sure to bring your bib number and photo ID with you to the Health & Fitness Expo to pick up your race materials!

MARATHON, HALF MARATHON, 10K & 5K | SATURDAY, APRIL 26

6:30 AM: 10K & 5K Races Start

Start Line: 8th & Demonbreun

Finish Line: Lot H at Nissan Stadium

7:20 AM: Marathon & Half Marathon Races Start

Start Line: 8th & Broadway

Finish Line: Lot H at Nissan Stadium

7 AM to 2 PM: Finish Line Festival Entertainment

Nissan Stadium Lot R

DOGGIE DASH, 1 MILE & KIDS ROCK | SUNDAY, APRIL 27

12 PM: Doggie Dash Race Starts

12:30 PM: 1 Mile Race Starts

1 PM: KIDS ROCK Race Starts

Start & Finish Line: Victory Ave at Nissan Stadium



Dear Friends of St. Jude,

On behalf of everyone at ALSAC and St. Jude Children's Research Hospital®, thank you for joining us for the 2025 St. Jude Rock 'n' Roll Running Series Nashville. We are deeply honored to be the benefiting charity of this amazing event, and we appreciate everyone coming together each year to help St. Jude continue our lifesaving mission: Finding cures. Saving children.®

Thank you also to the Rock 'n' Roll Running Series, which has made St. Jude its Featured Charity Partner, and to the residents of Nashville for your warm hospitality in opening your hearts and city for this event.

We extend our deepest gratitude to everyone who is participating in this year's event as a St. Jude Hero®. Your dedication has helped raise millions of dollars for our lifesaving mission since St. Jude was named the event's benefiting charity in 2013, helping to ensure that no family will ever receive a bill from St. Jude for treatment, travel, housing or food – so they can focus on helping their child live. That's not all. Your caring commitment means St. Jude can continue the groundbreaking research and treatment that is making a difference in the lives of children here and around the world.

Thank you again for choosing to be a part of the 2025 St. Jude Rock 'n' Roll Running Series Nashville and supporting St. Jude. Together, we won't stop until no child – anywhere – dies from cancer.

Ike Anand

Interim Chief Executive Officer

ALSAC, the fundraising and awareness organization for St. Jude Children's Research Hospital®



St. Jude
Heroes®

Make your journey to the finish line **part of something bigger.**



St. Jude patient
Capri

Every year, thousands of St. Jude Heroes® take to the streets for the St. Jude Rock 'n' Roll Running Series Nashville. This team is committed to raising funds for the kids of St. Jude Children's Research Hospital® while they train for race day. As a St. Jude Hero®, you can earn great incentives like free race entry, race weekend hospitality access and travel accommodations – but the greatest benefit is knowing you're helping kids like Capri.

As you make your way through the streets of Nashville on April 26, you will enter the **St. Jude Mission Mile**. This stretch of the course showcases just a few of the many lives touched by the lifesaving work at St. Jude. St. Jude Heroes make this work possible so kids everywhere get to be kids. Be sure to visit the St. Jude booth at the Health & Fitness Expo to learn how to be a St. Jude Hero at your next event.

**Give meaning
to your miles.**

stjude.org/heroes





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PRE-RACE INFORMATION

BIB & T-SHIRT PICK-UP

Follow these steps to pick up your bib & t-shirt:

1. Search your bib number on the Rock 'n' Roll Running Series app.
2. Bring your bib number & Photo ID to the Health & Fitness Expo.
3. Receive your bib and your t-shirt at the same time.
You will not need to go to a separate area to get your technical tee.

CORRAL CHANGES

Corrals will be assigned based on the estimated finish time you entered at the time of registration. If you need to move to a faster corral, pick up your bib number and proceed to the Corral Change Table in the Bib Pick-Up area. If you wish to move 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. The last corral for Marathon participants will be Corral 10.**

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 bib with the tag intact in order to have their times recorded. Please make sure the race bib is pinned at torso height in the front and is visible throughout the race.



Name & Corral

Gear Check Tag & Companion Claim Ticket

Present one of these tickets to claim your gear that you checked before the race.

Post-Race Drink Tickets

One ticket for a complimentary glass of FitVine & a beer from Tennessee Brew Works.

T-Shirt Ticket

Exchange this ticket for your race shirt at the Expo.

Start Corral Assignment

If no Corral is listed on your bib, please visit the Corral Change table in the registration area of the Health & Fitness Expo to get your corral assignment.



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PRE-RACE INFORMATION

HEALTH & FITNESS EXPO

Pick up your bib number, gear check bag and technical tee at the Health & Fitness Expo. Official race merchandise will be available at the Merchandise Store and a variety of exhibitors will display, sample and sell running apparel, footwear, and health and fitness products. Apple Pay is accepted everywhere at the St. Jude Rock 'n' Roll Nashville. Receive 10% off your official Rock 'n' Roll Running Series merchandise when you use Apple Pay.

EXPO PARKING & TRANSPORTATION

The Health & Fitness Expo is located in Music City Center. Parking is available at Music City Center and in downtown street lots and garages.

VIP EXPERIENCE



You've trained hard, now let us take care of all the race weekend details for you! Our VIP packages feature the best amenities for your race. Start your race day with VIP parking at Nissan Stadium, a trolley shuttle to the start line, exclusive pre-race catering by Hattie B's, and private restrooms. Once you're ready to race, check your gear with our VIP gear check and go rock your run. Once you finish your race, it's time to celebrate! Enjoy VIP finish line catering by Hattie B's and toast to your race at the VIP bar with alcoholic and non-alcoholic options. [CLICK HERE](#) to upgrade yourself to VIP and feel like a Rock Star on race day!

PACE TEAM

Nashville Striders are the official pace team for the 2025 St. Jude Rock 'n' Roll Nashville. Come by the pace team booth at the Health & Fitness Expo for information on running with a pacer.

PACE TIMES OFFERED:

Marathon: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30
Half Marathon: 1:30, 1:45, 2:00, 2:15, 2:30, 2:45, 3:00

REGISTER FOR 2026

The Health & Fitness Expo is the best place for you to sign up for upcoming Rock 'n' Roll Running Series races. Come by the Rock 'n' Roll booth and secure your spot for the 2026 St. Jude Rock 'n' Roll Nashville events, and receive a FREE t-shirt while supplies last! There will be limited availability at these special prices:

- Marathon: \$91.30 + \$13.70 proc fee = \$105 all in
- Half: \$82.61 + \$12.39 proc fee = \$95 all in
- 10K: \$73.91 + \$11.09 proc fee = \$85 all in
- 5K: \$52.17 + \$7.83 proc fee = \$60 all in
- 1 Mile: \$19 + \$2.85 proc fees = \$21.85 all in



Financial goals? We've got you every step of the way.

Benefit from banking that feels like the wind at your back and never fails to help you set a course for future goals. That's First Horizon. Where big bank muscle meets small bank hustle so you can find the financial pace that's perfect for you.

First Horizon Bank is a proud sponsor of the St. Jude Rock 'n' Roll Nashville.

firsthorizon.com/getitall



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HEALTH & MEDICAL INFORMATION

- Your safety is our primary concern. The medical team will be staffing the medical facilities at the start line and at the finish line. Medical resources will also be available while you are on course at approximately miles 2.8, 4.9, 7.3, 9.6, 11.6, 12.8, 16.2, 17.4, 21.2, 23.1, and 25.5.

Look for tents and medical volunteers wearing red t-shirts. There will also be roving gators and bike teams along sections of the course.

- In order to help the medical team assist you, it is critical that you fill out the medical history information on the back of your bib.
- If you are not feeling well on race morning, we strongly advise you not to start the event.
- If you start to feel unwell at any point during the race, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP!

- If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention.

- **DURING THE RUN:** If you are at a water station or aid station, let someone know you are in need of medical help. If you are not at or near a water station or aid station – STOP – let someone know you need medical help. Anyone can help - another participant, a volunteer, a staff vehicle, event support vehicle, even a spectator. Have them alert the nearest water/aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.

- **HELPING ANOTHER PARTICIPANT:** If a fellow participant needs help, please use the same steps listed above to help get the participant medical assistance. Make sure to provide the bib number of the participant in need of help.

- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the post-race area.

MANAGE YOUR HEALTH AND SAFETY ON RACE DAY – RACE HEALTHY, RACE SMART



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RACE DAY PARKING & TRANSPORTATION

PARKING

DUE TO THE ONGOING CONSTRUCTION OF THE NEW NISSAN STADIUM, THERE IS NO FREE PARKING AVAILABLE AT THE STADIUM.

We recommend parking in downtown garages, which will be close to the start line. To book convenient and affordable parking, we recommend using SpotHero, the nation's leading parking reservation app to book convenient and affordable parking. [CLICK HERE](#) to reserve your parking spot with rates up to 50% off the drive-up rate.

OTHER PARKING OPTIONS

- **Courthouse Parking Garage** (701 James Robertson Pkwy): \$15 Event Rate
- **TA Parking Lot** (43 S 1st St): \$15 Event Rate
 - Please access the TA lot from the north using S 1st St.

Both of the above locations are within walking distance to Nissan Stadium.

WeGo STAR TRAIN

Ride the WeGo Star to St. Jude Rock 'n' Roll Nashville on Saturday, April 26. Please see the departure schedule below:

- Lebanon (334 W. Baddour Pkwy) at 5 AM
- Hamilton Springs (1000 Gaston Park Dr) at 5:08 AM
- Martha (65 Martha Circle) at 5:15 AM
- Mt. Juliet (22 E Division St) at 5:25 AM
- Hermitage (4121 Andrew Jackson Pkwy) at 5:35 AM
- Donelson (2705 Lebanon Pike) at 5:45 AM

Participants will arrive at Riverfront Station at 6 AM. The return train will depart from Riverfront Station one hour after the event ends and will stop at all stations. Parking is free at the outlying stations and is not available at Riverfront Station.

Anyone age 5 and older must have a ticket. Children age 4 and younger can ride for free but are required to sit in a parent's lap. [CLICK HERE](#) to view details and purchase round-trip tickets.

OLD TOWN TROLLEY

One of the best ways for participants and spectators to arrive at the 2025 St. Jude Rock 'n' Roll Running Series Nashville is by taking the official Old Town Trolley shuttle.



The shuttle will pick you up from the following stops:

- Opry Mills Mall (North Lot between Gaylord Opryland and Regal Cinema)
- Holiday Inn Vanderbilt
- Airport Center
- Sheraton Music City Airport
- Loews Vanderbilt

The shuttle will then take you to the start of the race, and return you to your original location after the race, all in historic Nashville style! [CLICK HERE](#) to buy tickets.

Pre-purchased shuttle tickets must be redeemed for a shuttle wristband prior to Race Day at the Health & Fitness Expo. All participants and spectators who pre-purchase running series shuttle tickets online **MUST** attend the Health & Fitness Expo to pick up their shuttle wristband to wear race morning.

RIDE SHARE

Participants utilizing ride share for their transportation on race day should be dropped off and picked up in Lot T at Nissan Stadium off of South 1st St.



Leave limits behind.



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5K RACE DAY | SATURDAY, APRIL 26

RACE DAY INFORMATION

Start Time: 6:30 AM

Start Line: 8th & Demonbreun

Finish Line: Lot H at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:20 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 6th Ave and Demonbreun. The drop-off location is located at the back of the 5K/10K corrals and is separate from the Marathon and Half Marathon gear check location. **GEAR CHECK CLOSSES AT 6:20 AM.**

Pick-Up: Lot K at Nissan Stadium.

START CORRALS

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 the bottom corner of your bib. Participants can enter their corrals beginning at 6 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals will be released every 1-2 minutes. All participants must cross the start line by 6:50 AM.

COURSE TIME LIMIT

The official course time limit for the 5K is 1 hour. This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.

COURSE SUPPORT

There will be 1 water station along the 5K course at Mile 1.1 (subject to change).



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10K RACE DAY | SATURDAY, APRIL 26

RACE DAY INFORMATION

Start Time: 6:30 AM

Start Line: 8th & Demonbreun

Finish Line: Lot H at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 6:20 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race in Lot R next to the finish line. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: 6th Ave and Demonbreun. The drop-off location is located at the back of the 5K/10K corrals and is separate from the Marathon and Half Marathon gear check location. **GEAR CHECK CLOSSES AT 6:20 AM.**

Pick-Up: Lot K at Nissan Stadium.

START CORRALS

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 the bottom corner of your bib. Participants can enter their corrals beginning at 6 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. When the horn blows, the first corral will be released, and the rest of the participants will be held at the start line. Corrals will be released every 1-2 minutes. 10K participants will be in Corrals 1 through 8 and must cross the start line by 6:48 AM.

COURSE TIME LIMIT

The official course time limit for the 10K is 2 hours. This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.

COURSE SUPPORT

There will be 3 water stations along the course at approximately Mile 1.1, 2.9, and 4.3 (subject to change).

The Feed.



2025 OFFICIAL ON-COURSE NUTRITION PARTNER

\$20 INSTANT FEED CREDIT



Mortal Hydration

One of the few hydrations out there that is optimized to have a bold, refreshing flavor that works perfectly in a 22oz or a 26oz bottle.



\$20 EVERY 90 DAYS (\$80/YEAR) TO SPEND ON
ANYTHING YOU NEED TO FUEL YOUR TRAINING

The Feed is the #1 resource for athletes featuring all the nutrition, fuel, hydration, high-performance products, recovery tools and more.

Claim your \$20 credit →





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HALF MARATHON RACE DAY | SATURDAY, APRIL 26

RACE DAY INFORMATION

Start Time: 7:20 AM

Start Line: 8th & Broadway

Finish Line: Lot H at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 7:20 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium outside of the Secure Zone. **DO NOT** leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: Broadway west of 10th. The UPS Gear trucks will be located behind the Marathon and Half Marathon corrals. **GEAR CHECK CLOSSES AT 7:20 AM.**

Pick-Up: Lot K at Nissan Stadium.

START CORRALS

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 the bottom corner of your bib. Participants can enter their corrals beginning at 6:50 AM.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. 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. All Half Marathon participants must cross the start line by 8:10 AM.

COURSE TIME LIMIT

The official course time limit for the Half Marathon is 4 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.
- 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. This will result in a DNF in the final race results.
- 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. This will result in a DNF in the final race results.

COURSE SUPPORT

There will be 8 aid stations along the Half Marathon course (subject to change). Restrooms will be available at each station.

STATION	MILE	SUPPORT
1	1.4	Water
2	2.7	Water & Mortal Hydration
3	4.2	Water
4	5.8	Water & Mortal Hydration
5	7.4	Water & The Feed Energy Station
6	8.6	Water & Mortal Hydration
7	9.7	Water
8	11.3	Water & Mortal Hydration



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MARATHON RACE DAY | SATURDAY, APRIL 26

RACE DAY INFORMATION

Start Time: 7:20 AM

Start Line: 8th & Broadway

Finish Line: Lot H at Nissan Stadium

GEAR CHECK

Gear Check will be available for anyone wishing to check items during the race. Gear Check will be open at 5:30 AM and will close at 7:20 AM. Before you enter your assigned corral, drop off your pre-race/post-race clothing and belongings. Please make sure to affix your Gear Check tag (located on your bib) to your gear bag before dropping it off.

Please note, due to security, there may be lines. You will pick up your checked items after the race near Lot R at Nissan Stadium outside of the Secure Zone. DO NOT leave valuables, cash or jewelry. The event staff and Gear Check personnel are not responsible for lost or stolen items.

Drop-Off: Broadway west of 10th. The UPS Gear trucks will be located behind the Marathon and Half Marathon corrals. **GEAR CHECK CLOSES AT 7:20 AM.**

Pick-Up: Lot K at Nissan Stadium.

START CORRALS

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 the bottom corner of your bib. Participants can enter their corrals beginning at 6:50 AM. The last corral for Marathon participants will be Corral 12.

You must start in your assigned corral. There will be no corral changes on race day.

WAVE START

The race will be utilizing a wave start. 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 2-3 minutes. **ALL MARATHON PARTICIPANTS MUST CROSS THE START LINE BY 7:50 AM.**

COURSE TIME LIMIT

The official course time limit for the Marathon is 6 hours. This is timing tag time, not gun time. Course time limit begins when the last 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. This will result in a DNF in the final race results.
- 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. This will result in a DNF in the final race results.

COURSE DIVERSIONS/CUT-OFFS

Various cut-off locations will be enforced on the course to ensure the race stays within the time limit. Participants who do not reach the cut-off locations by the times noted will be diverted and will not run portions of the course. This will result in a DNF in the final results.

- Mile 10.5 at 10:15 AM (will divert runners onto the half marathon course to the finish line).
- Mile 16.9 at 11:45 AM (eliminates approx. 8.9 miles. Participants will be diverted to the finish line).
- Mile 19.1 at 12:15 PM (eliminates approx. 6.1 miles).
- Mile 21.5 at 12:45 PM (eliminates approx. 1.7 miles).



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MARATHON RACE DAY | SATURDAY, APRIL 26

COURSE SUPPORT

There will be 19 aid stations along the Marathon course (subject to change). Restrooms will be available at each station. Participants can also use personal water bottles/hydration vests if they prefer.

STATION	MILE	SUPPORT
1	1.4	Water
2	2.7	Water & Mortal Hydration
3	4.2	Water
4	5.8	Water & Mortal Hydration
5	7.4	Water & The Feed Energy Station
6	8.6	Water & Mortal Hydration
7	9.7	Water
8	10.6	Water & Mortal Hydration
9	12	Water
10	13.5	Water & Mortal Hydration
11	14.8	Water
12	15.5	Water & Mortal Hydration
13	17	Water & The Feed Energy Station
14	18.5	Water & Mortal Hydration
15	19.9	Water
16	21.4	Water & Mortal Hydration
17	22.8	Water
18	23.2	Water & Mortal Hydration
19	24.6	Water

FINISH LINE

You will receive your medal and refreshments within the Secure Zone. After you receive your items at the finish line, continue with the flow of foot traffic. Once you reunite with friends/family, it is a short walk across the Pedestrian Bridge where you can enjoy Downtown Nashville!

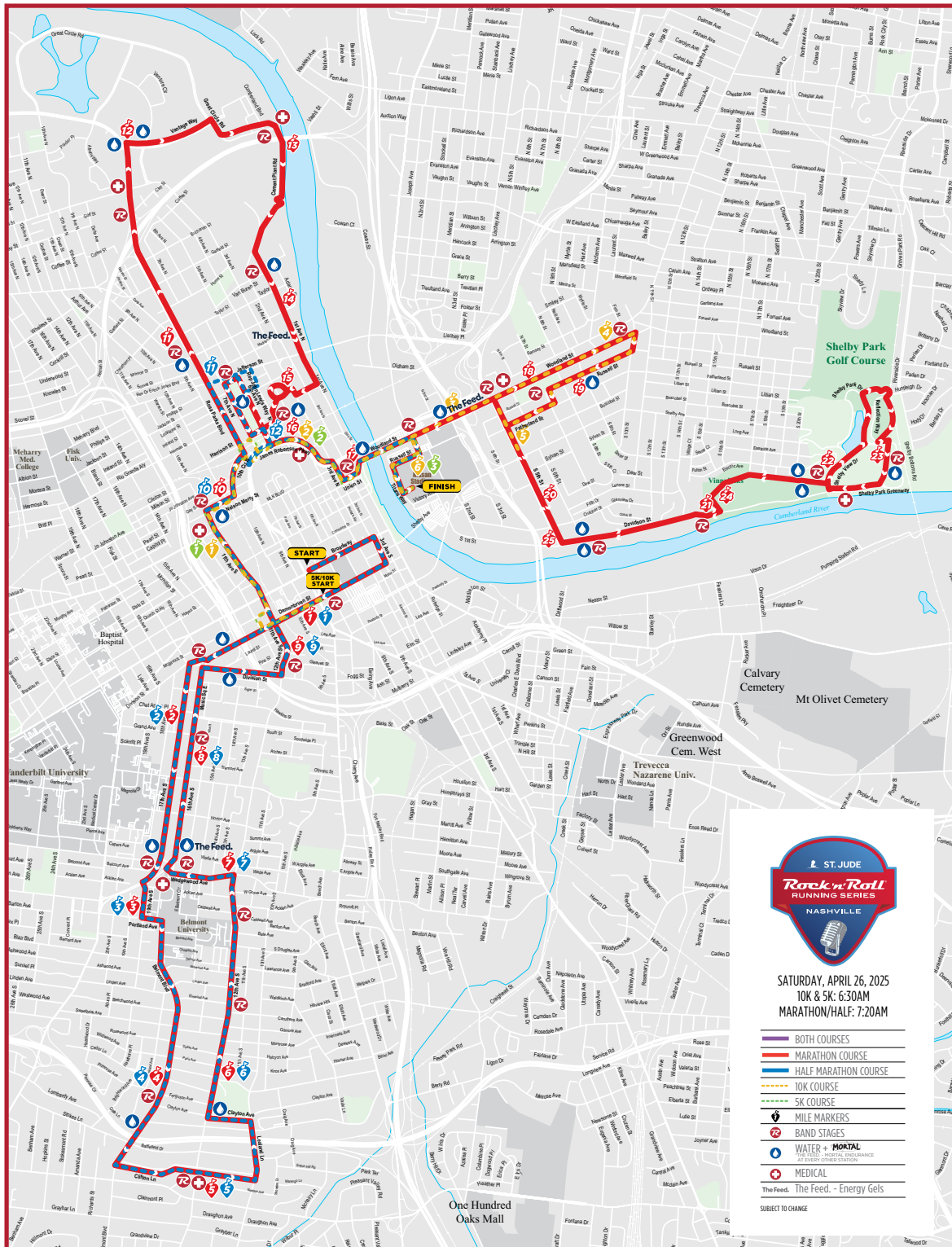



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SATURDAY COURSE MAP

[CLICK HERE](#) to view more information.





REPLACE WHAT ——— YOU LOSE
FROM SWEAT ——— WITH WINNING

425 mg sodium
125 mg magnesium
potassium
calcium



Mortal Hydration is the Official On-Course Nutrition Partner partner of Rock 'n' Roll Running Series North America and available exclusively at The Feed, the #1 resource for athletes featuring all the nutrition, fuel, hydration, high-performance products, recovery tools and more.



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FINISH LINE FESTIVAL | SATURDAY, APRIL 26

LOST & FOUND/INFORMATION BOOTH

The Information Booth at the start and finish lines serves as the Lost & Found. Any items NOT claimed at the finish line by 3 PM will be held for 30 days and then donated to a local charity. To claim a lost item after the race please email us at NASHVILLE@RUNROCKNROLL.COM.


FINISH LINE FESTIVAL

The Finish Line Festival will be from 7 AM to 2 PM at Lot R in Nissan Stadium. For more information, [CLICK HERE](#).

FIRST HORIZON BANK ENCORE ENTERTAINMENT


8:45 AM to 10:45 AM	Landon Parker
11 AM to 12:30 PM	Eaglemaniacs
12:45 PM to 2 PM	Landon Parker

FITVINE® WINE CELEBRATION ZONE

 FitVine® offers delicious, low sugar, full alcohol wines designed to fit into an active and balanced lifestyle. As a leader in wellness wine, we believe you shouldn't have to compromise on taste or quality to find a great wine that lets you live your fit, in whatever form that takes.

Get your complimentary serving of FitVine® wine using the FitVine Wine drink ticket on your bib. Please note that all participants must show ID to receive their complimentary wine.

ATHLETIC BREWING

 Athletic Brewing Company will also be offering free samples to all runners and spectators (21 and over). You do not need to use a drink ticket to receive your sample.

Athletic Brewing Company is re-imagining beer for the modern adult. Their great-tasting Athletic craft brews let you enjoy the refreshing taste of craft beer, without the alcohol or the hangover. You can enjoy them anytime, anywhere and still be healthy, active, and at your best; it's the very reason they started brewing them in the first place.

TENNESSEE BREW WORKS

Tennessee Brew Works will also offer free samples at the Finish Festival. Get your complimentary sample of Rock 'n Roll Tennessee Lager using the Beer Ticket on your bib. Please note that all participants must show ID to receive their sample.

TENNESSEE BREW WORKS
PRESENTS

Rock'n'Roll® RUNNING SERIES



OFFICIAL
**RACE DAY
AFTER PARTY**

LIVE MUSIC FEATURING

**THE MUDBUG
STOMPERS**

&

**TENNESSEE
DEAD**

SAT. APRIL 26TH

OPEN TO
THE PUBLIC

11AM-4PM

**FREE
TO ATTEND**

**RUNNERS WILL RECEIVE A FREE BEER
WHEN THEY BRING IN THEIR RACE NUMBER.**



TENNESSEE BREW WORKS
809 EWING AVE. | NASHVILLE, TN 37203 | TNBREW.COM



FITVINE[®]

W I N E S



**ZERO SUGAR
FULL FLAVOR
NO COMPROMISES**



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WHAT'S NEXT?

RESULTS & AWARDS

Top three overall male and female awards for all distances will be awarded. Top three male and female age group awards for the Half Marathon and the Marathon will also be awarded. Overall winners are determined by gun time. In accordance with USATF Rules, age group awards will be determined by chip time. All awards will be shipped to participants after the event to the address listed in your Rock 'n' Roll profile.

Official race results will be posted within 48 hours on our website, or you can download the Rock 'n' Roll Running Series app to see your race results instantly! It's available on your Apple or Android device app store. We highly recommend you downloading this prior to traveling to the event.

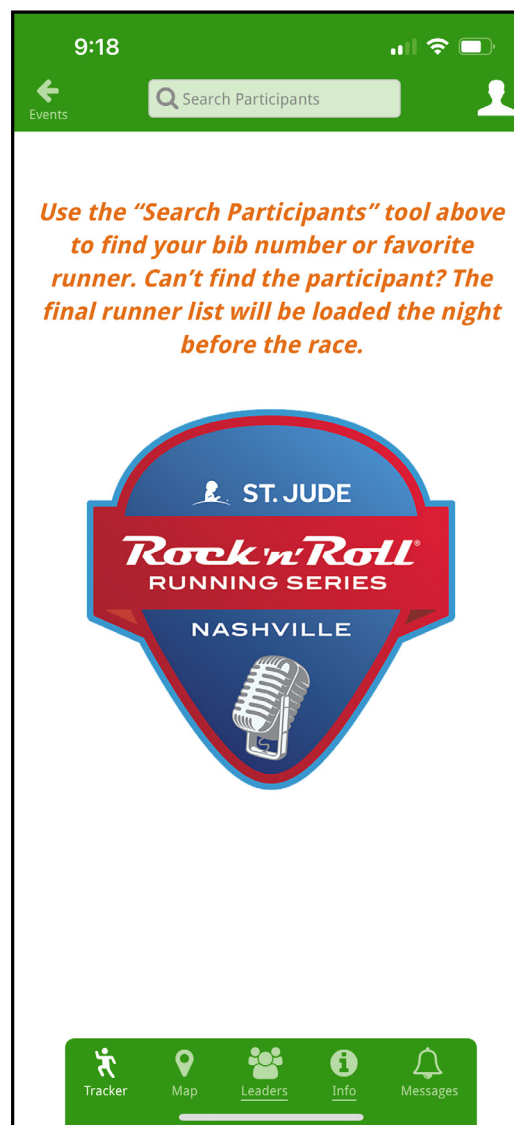
Highlights of the app include:

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

PHOTOS & FINISHER CERTIFICATE

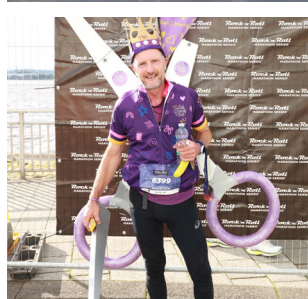
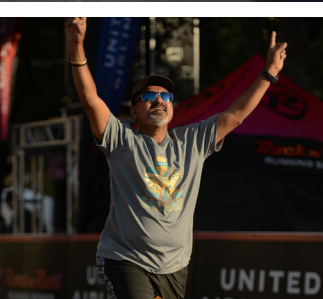
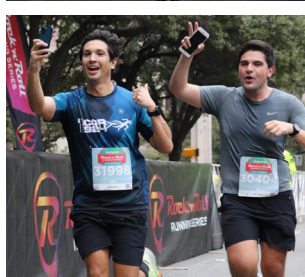
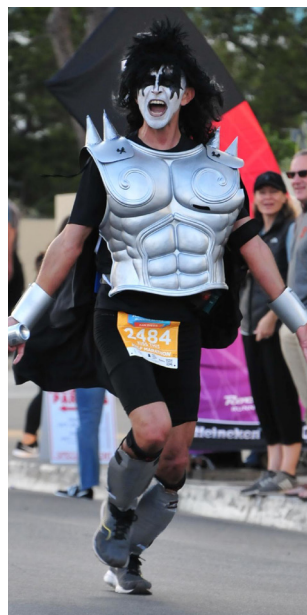
Your photos and FREE downloadable finisher certificate will be available online 5 to 7 days after the race at our [WEBSITE](#).

1. Click the results tab on your race's web page.
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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Final Information

April 26-27, 2025

HELPFUL TIPS & RUNNER ETIQUETTE

- **ARRIVE EARLY** to the start area. We recommend you arrive on site 45 minutes to 1 hour prior to race start to ensure you are settled in and have time to use the restrooms prior to the race. Corrals will open 30 minutes before the start time.
- **PAY ATTENTION** to pre-race announcements over the PA system. Listen to important race tips and information given by the race announcers. It's called the Rock 'n' Roll Running Series, we LOVE music, but if wearing headphones please be sure to remain aware of what's going on around you!
- **RESPECT YOUR ASSIGNED START CORRALS.** During registration you were asked how long it would take you to complete the distance. You were assigned a corral based on that time so you have been placed with people of the same or similar pace. If you need to change your starting corral or do not have a Corral # listed on your bib, please visit the Corral Change table at the Health & Fitness Expo.
- **BE AWARE OF YOUR SURROUNDINGS.** If you need to stop or would like to move off to the side, don't make any sudden movements, and check around you to ensure it is safe to do so.
- **IF YOU MUST SHED LAYERS OF CLOTHING,** tie them around your waist or place them on the side of the road so no one will trip over it. We will donate anything tossed to the side to a local shelter, so it'll find a good home!
- **WHEN APPROACHING AN AID STATION,** move to the right and grab items from the volunteers. Do not stop, please continue moving forward so you don't block the table or volunteers for the participants behind you.
- **PLEASE BE RESPECTFUL** of the community, and throw any trash into the receptacles at the aid stations!
- **DO NOT RUN MORE THAN TWO ACROSS.** We want you to enjoy the race with your friends and family, but please allow people space to pass by you!
- **SAY THANK YOU** to the volunteers on course and in the Finish Line!
- **AT THE FINISH LINE, DON'T STOP MOVING!** Run or walk past the timing mat and into the finishers' area. Please do not stop to wait for friends or take photos. Wait for friends and family outside of the finishers' area to allow others to finish.
- **ONLY TAKE ONE OF EACH ITEM** in the Secure Zone area. After you finish, there will be water, Mortal Hydration, and snacks for you to enjoy. Please be respectful and save some for the people that are still out on the course to enjoy!
- **HAVE FUN AND ROCK ON!**



Final Information

April 26-27, 2025

Doggie Dash

NASHVILLE



RACE DAY INFORMATION

When: Sunday, April 27 at 12 PM

Where: Nissan Stadium, Lot R

Limited Free parking will be available in Lot E. When walking to Lot R, please use the crosswalks to cross Woodland St.

DOGGIE DASH EVENT REGULATIONS

- Please come prepared to clean up after your dog during the event (they get nervous too).
- We will allow one human (owner) with their dog with a paid registration to participate in our ½ mile course.
- All dogs must be over 6 months old and up to date on their vaccinations. Please only bring your dog if they are friendly around other dogs and humans, including children.
- Dogs must be on a 6-ft non-retractable leash for the entire event.
- No child or pet strollers are allowed on the ½ mile course. If you have multiple dogs, please make sure that each is registered, and that there will be one human assigned to each dog on the ½ mile course.
- Every human on the ½ mile course must display, on their front, a racing bib (given at packet pick-up).
- All humans must meet a minimum age requirement of 12 years old and must be in control of their dog the entire time. For the ½ mile event, we highly recommend an adult is with their dog as opposed to a child.

REGISTRATION & PACKET PICK-UP

When & Where:

- Thursday, April 24 from 12 PM to 7 PM at the Health & Fitness Expo at Music City Center.
- Friday, April 25 from 10 AM to 7 PM at the Health & Fitness Expo at Music City Center.
- Sunday, April 27 (race day) from 11 AM to 11:30 AM at Nissan Stadium.

Please look for the KiDS ROCK tables to pick up your Doggie Dash items at the Health & Fitness Expo. On race day, We recommend arriving at 11 AM to allow time for parking & packet pick-up in Lot R. Every human and dog will receive a race bib, bandana, dog tag, and keychain. These items must be picked up at the Health & Fitness Expo at the times listed above or on race day.

Come join us at our human & pet festival starting at 11 AM, ending after our KiDS ROCK Fun Run. We will have vendors, food trucks, games, pet waste bags and water for your dog. A portion of each registration will be donated to the Middle Tennessee Boxer Rescue.



Final Information

April 26-27, 2025

1 MILE RACE DAY | SUNDAY, APRIL 27

RACE DAY INFORMATION

Start Time: 12:30 PM

Start Line & Finish Line: Victory Ave at Nissan Stadium

Limited Free parking will be available in Lot E. When walking to Lot R, please use the crosswalks to cross Woodland St.

GEAR CHECK

Gear Check will be available in Lot R at Nissan Stadium.

WAVE START

The race will be utilizing a wave start. 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.

START CORRALS

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 the bottom corner of your bib. Participants can enter their corrals beginning at 12:20 PM.

You must start in your assigned corral. There will be no corral changes on race day.

COURSE TIME LIMIT

The official course time limit for the 1 Mile is 30 minutes.

This is timing tag time, not gun time. Course time limit begins when the last participant crosses the start line.

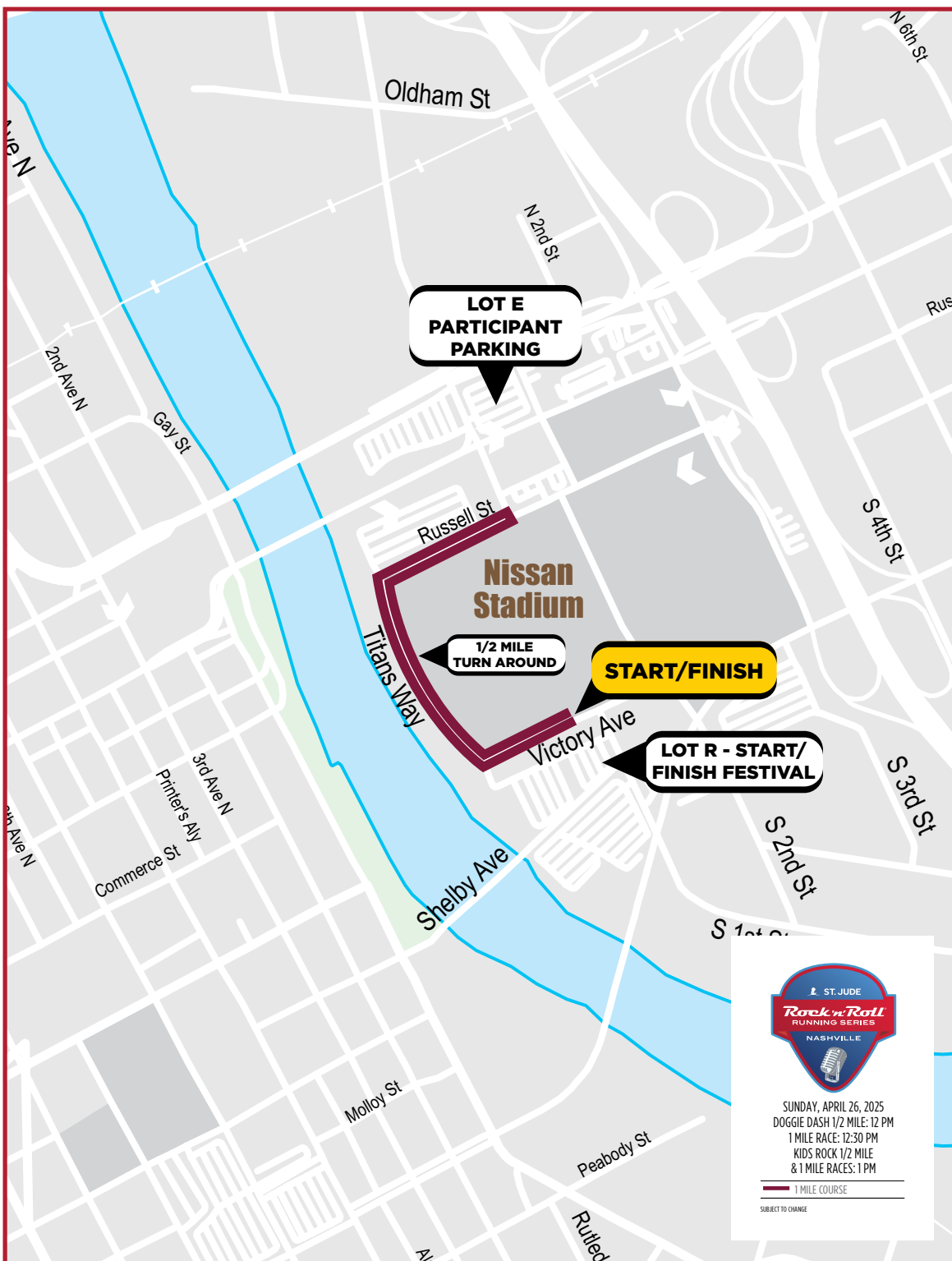


Final Information

April 26-27, 2025

1-MILE COURSE MAP

[CLICK HERE](#) to view more information.



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Final Information

April 26-27, 2025

KIDS ROCK NASHVILLE

When: Sunday, April 27 at 1 PM

Where: Lot R at Nissan Stadium

Limited Free parking will be available in Lot E. When walking to Lot R, please use the crosswalks to cross Woodland St.

RACE DAY SCHEDULE

START TIME	RACE
1 PM	1-Mile (Ages 5-17) Green bibs, followed by orange, then pink, then brown, then teal, then purple.
Immediately after 1-Mile	1/2-Mile (Ages 3-8) Red bibs, followed by blue then yellow.
Immediately after 1/2-Mile	100 Feet Toddler Trot (Ages 1-3)
Immediately after Toddler Trot	26.2 Feet Diaper Dash (Ages 0-2)

RACE BIB TIPS

- ✓ Race bib must be visible and worn on the front and outside of all clothing during the entire race.
- ✓ Race bibs are non-transferable and may only be worn by the participant to whom it is assigned.
- ✓ Do NOT alter the race bib in any way.
- ✓ Securely fasten the race bib to the front of your child's running outfit with provided safety pins.
- ✓ One parent/guardian must also display the matching bib in the front if you are running with your child.

REGISTRATION & PACKET PICK-UP

When & Where:

- Thursday, April 24 from 12 PM to 7 PM at the Health & Fitness Expo at Music City Center.
- Friday, April 25 from 10 AM to 7 PM at the Health & Fitness Expo at Music City Center.
- Sunday, April 27 (race day) from 11 AM to 12:30 PM at Nissan Stadium.

KIDS ROCK Nashville is a fun run for ages 0-17. We want to encourage every child to cross the finish line with a smile without the pressure of having the race timed.

A parent or guardian should accompany each child to pick up their bib. Please note that strollers and dogs ARE NOT PERMITTED on the course. Every participant will receive a race bib, t-shirt and goodie bag. These items must be picked up at the Health & Fitness Expo at the times listed above or during the KIDS ROCK event. We invite you and your family to explore the Health & Fitness Expo as well.





Final Information

April 26-27, 2025

KIDS ROCK NASHVILLE

RACE RULES & REGULATIONS

1. It is strongly suggested that two parents, adults or guardians accompany the participant: One adult to see the child off at the start and the other to meet the child at the finish. Only one parent/guardian is permitted to run with their child during the race.
2. No strollers, roller blades, pets, skateboards, bikes or scooters are allowed on the course.
3. Plan ahead. Select a meeting place and time with your child before their race in case you become separated.
4. Children should be able to complete the 1-mile run on their own. The course is safe and secure. Police and trained medical staff will be present. If you do not feel comfortable having your child run alone, you may accompany him or her. For the safety of all children, you must start towards the back of the pack. Please be extremely cautious and aware of your surroundings.
5. The refreshments at the finish line Secure Zone are for children only. If you are accompanying your child, please be sensitive to the needs of the participants and refrain from taking food or drink from this area.

START LINE VILLAGE

The Start Line is located outside of Lot R outside of Nissan Stadium. This will serve as the staging area for all participants prior to the start of the races. On race day, staff will guide participants to their starting areas at the appropriate times. Please plan on arriving at least an hour before your start time. Expect traffic and delays.

Participants will be assigned a color group based on their grade level and distance. This will be printed on each bib. All kids will line up at the corresponding colored sign to their bib color group, and will be corralled to the start line as a group. When the 1/2-mile begins, we will begin with the red group, then the blue group will start, and lastly the yellow group. When we begin the 1-mile, the color groups will go as follows: green, orange, pink, brown, teal, purple.

FINISH LINE | SECURE ZONE

Once a child crosses the Finish Line, they will enter the Secure Zone – a safe, fenced off area for race participants only. There, they will be escorted by volunteers and receive water, healthy post-race refreshments and a colorful finisher's medal. Once they exit the Secure Zone they may not return.

For the safety of the children, a kid check system will be enforced at the secure zone exit for all participants. Each race number will have a duplicate race number for the adult bib. At the secure zone exit, kids will ONLY be released to the parent or guardian who is wearing the matching race number. Parents, please plan to meet your child at the secure zone exit.

Please Note: Parents and spectators will not be permitted to enter the Secure Zone unless they have run the entire course as an escort. This area is fenced off and is for participants only. Parents can watch the finish at the fencing and retrieve their child at the exit of the Secure Zone. Once again, a matching bib number must be shown by the parent/guardian.



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Athletic Brewing Company LLC, Milford, CT and San Diego, CA. Near Beer <0.5% alc/vol. Average Analysis of Athletic Lite per 12 fl. oz. - Calories 25, Carbohydrates 5g, Protein 0g, Fat 0g. Average Analysis of Upside Dawn per 12 fl. oz. - Calories 45, Carbohydrates 10g, Protein <1g, Fat 0g. Average Analysis of Run Wild per 12 fl. oz. - Calories 65, Carbohydrates 14g, Protein <1g, Fat 0g. Average Analysis of Free Wave per 12 fl. oz. - Calories 70, Carbohydrates 16g, Protein 1g, Fat 0g. Average Analysis of Atlética per 12 fl. oz. - Calories 60, Carbohydrates 14g, Protein 1g, Fat 0g.
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Final Information

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SPECIAL PROGRAMS

HEAVY MEDAL PROGRAM

Earn extra medals by completing multiple Marathons or Half Marathons at Rock 'n' Roll Running Series events. All Heavy Medals #2-#10 will be picked up on site at the Heavy Medal Pick-Up Tent in the Finish Line Festival. These medals will not be mailed.

REMIX CHALLENGE MEDAL

If you are running both on Saturday and on Sunday, pick up your Remix Challenge medal on race day at the Rock 'n' Roll Remix tent at the Finish Line Festival. You must cross both finish lines to receive the Remix Challenge medal. These medals will not be mailed.

VOLUNTEER

Volunteers are still needed at the Health & Fitness Expo, start line, finish line and on course water stations. 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 our [WEBSITE](#) to find out more.

EXPERIENCE NASHVILLE & RUNNER PERKS

Check out all of the authentic southern food while you're downtown, listen to live music, and support local business! Check out our runner perks [HERE](#).

SHAKE SHACK

Shake Shack is offering a free Shackburger with purchase when you show proof of your race registration or bib! Enjoy from April 25-27!

FROTHY MONKEY ROASTING CO.

Frothy Monkey is teaming up with Jackalope Brewing Company to give all participants \$1 off our draft cold brew when you stop by Frothy Monkey as well Jackalope's Taproom during race weekend from April 24-27!

JACKALOPE BREWING CO.

At Jackalope Brewing Company - The Ranch, you'll receive \$1 off any beer when you stop by during race weekend. Come celebrate with a cold brew or a cold-brew from April 25-28!

VISIT MUSIC CITY

With their bib, runners can score a 10% discount at the Visitors Center Music City Shop at the arena tower or at the Fifth and Broadway locations.

BEARDED IRIS BREWING

It's Hoppy Hour all Race Weekend long at at Bearded Iris Brewing! Come down from April 25-27 and enjoy \$2 off any draft beer, cocktails, and wine.

GOO GOO CHOCOLATE CO.

Sweeten up your Race Weekend with 15% off any in-store purchases at Goo Goo Chocolate Co. from April 25-27 with your Runner Perks. Discount doesn't apply to Design-Your-Own Goo Goo kiosks.

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