THE WORLD WATCHES YOU RUN AT 2,850 M

marathon
Rock 'n' Roll
RUNNING SERIES
QUITO
VISA

RACE GUIDE

NOVEMBER

20, 21 & 22

2026

FIRST EDITION

IMPORTANT INFORMATION FOR RUNNERS

20 21 22 NOVEMBER

EXPO
ROCK 'N' ROLL QUITO AND
ATHLETE
CHECK-IN

FRIDAY, NOVEMBER 20 AND SATURDAY, NOVEMBER 21

- **Location:** Parque Bicentenario; we recommend entering through the Monumento del Oso (Bear Monument) on Av. Amazonas.
- **Friday, November 20:** 10:00 a.m. to 6:00 p.m.
- **Saturday, November 21:** 9:00 a.m. to 5:00 p.m.

IMPORTANT: **Race kit pickup is in person** and only the registered runner may enter. Present a photo ID at check-in. **No one else may pick up your kit on your behalf.**

RACE DAY
21.1K AND 10K

SUNDAY, NOVEMBER 22

- **Start line:** Isaac Albéniz & Av. Galo Plaza Lasso.
- **21.1K and 10K start:** 6:30 a.m.
- **Finish line: Plaza San Francisco.**
- **Finish-line concert and awards:** 7:00 a.m. to 11:30 a.m.

HEALTH AND MEDICAL CARE INFORMATION

Your safety is our top priority. The medical team will be on duty at the following points along the 21.1K and 10K courses.

MEDICAL STATION	LOCATION
21.1K and 10K start line	Isaac Albéniz & Av. Galo Plaza Lasso
Station 1	21K turnaround: Av. Galo Plaza Lasso & De Los Arupos
Station 2	Stage 5: Av. Amazonas & Juan de Ascaray
Station 3	Stage 8: Av. Amazonas & Luis Cordero
Station 4	Av. Amazonas & Av. Patria, Arco El Ejido
Station 5	Plaza Grande (Venezuela, between Chile and Eugenio Espejo)
Finish and Concert	Plaza San Francisco

1. For the medical team to be able to assist you, you must be wearing your bib and runner wristband.

2. If you do not feel well on race morning, we recommend that you do not start the race.

3. If you start to feel unwell at any point during the race, seek help. Don't be afraid to ask for help!

4. If during the race you experience chest pain or discomfort, shortness of breath, dizziness, numbness around the mouth or in the hands, difficulty concentrating, or you stop sweating, stop immediately and seek medical attention.

DURING THE RACE

1. If you are at an aid station, tell one of the volunteers that you need medical help. If you are not near one of these stations, STOP and let someone know you need help. Anyone can help: another participant, a volunteer, an event staff or support vehicle, or a spectator. Ask them to alert the nearest aid station or staff member. Give your bib number so that care can begin.

2. If another participant needs help, follow the same steps so that they receive medical attention. Provide their bib number.

3. After finishing the race, do not leave the post-finish area until you can drink without vomiting and stand without feeling dizzy. If you do not feel well, go to the event's medical tent so that the team can assess you before you leave the area.

Take care of your health and safety on race day:

Race Healthy, Race Smart.

SCHEDULE
2026

FRIDAY, NOVEMBER 20

START	END	EVENT	LOCATION
10:00 AM	6:00 PM	ROCK 'N' ROLL QUITO EXPO	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.
10:00 AM	6:00 PM	ATHLETE CHECK-IN AND KIT PICKUP	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.
10:00 AM	6:00 PM	ROCK 'N' ROLL RUNNING SERIES OFFICIAL STORE	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.

SATURDAY, NOVEMBER 21

START	END	EVENT	LOCATION
9:00 AM	5:00 PM	ROCK 'N' ROLL QUITO EXPO	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.
9:00 AM	5:00 PM	ATHLETE CHECK-IN AND KIT PICKUP	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.
9:00 AM	5:00 PM	ROCK 'N' ROLL RUNNING SERIES OFFICIAL STORE	PARQUE BICENTENARIO Plaza de la Bienvenida (Bear Monument), Av. Río Amazonas.

SUNDAY, NOVEMBER 22

START	END	EVENT	LOCATION
5:30 AM		START CORRALS OPEN	ISAAC ALBÉNIZ & AV. GALO PLAZA LASSO
6:30 AM		10K START	ISAAC ALBÉNIZ & AV. GALO PLAZA LASSO
6:30 AM		21K START	ISAAC ALBÉNIZ & AV. GALO PLAZA LASSO
7:00 AM	7:30 AM	DJ MUSIC	PLAZA SAN FRANCISCO
7:30 AM	8:30 AM	FIRST BAND	PLAZA SAN FRANCISCO
8:30 AM	9:00 AM	10K AWARD CEREMONY	PLAZA SAN FRANCISCO
9:00 AM	10:00 AM	SECOND BAND	PLAZA SAN FRANCISCO
10:00 AM	10:30 AM	21K AWARD CEREMONY	PLAZA SAN FRANCISCO
10:30 AM	11:30 AM	LAST DANCE - FINAL BAND	PLAZA SAN FRANCISCO

PRE-RACE INFORMATION

Pick up your bib, bag and official T-shirt at Athlete Check-In, located at Parque Bicentenario.

IMPORTANT: Only registered runners are allowed into Athlete Check-In. **Kit pickup is in person:** present a photo ID. **Your kit will not be handed to anyone else on your behalf.**

Family members and companions may wait at the Expo and visit the official Rock 'n' Roll Running Series Quito store, where they will also find products and services from our partner brands.

- **Friday, November 20:** 10:00 a.m. to 6:00 p.m.
- **Saturday, November 21:** 9:00 a.m. to 5:00 p.m.
- Parque Bicentenario has paid parking.

ATHLETE CHECK-IN

Before you arrive:

To look up your bib number, **CLICK HERE**, and have it ready along with a photo ID.

The check-in area is for registered runners only.



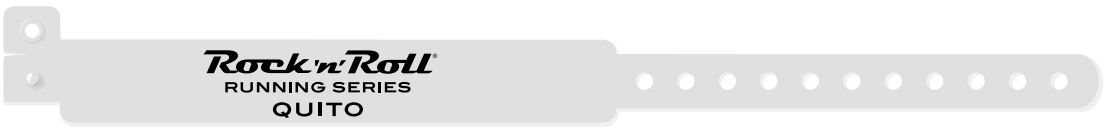
1. BIB NUMBER / IDENTIFICATION
2. ATHLETE SERVICES
3. BIB NUMBERS
4. OFFICIAL T-SHIRT AND KIT

Kit pickup steps:

1. Present a photo ID and the bib number you received by email. If you need to look it up, **CLICK HERE**. At this step you will also receive the waiver documents that you must sign.

2. Hand the signed waiver documents to the volunteers. You will then receive your runner packet, which includes:

Runner wristband: the volunteers will put it on you during check-in. You must wear it throughout the race and keep it on until all activities have ended, including the concert and the awards ceremony. It identifies you as an official participant and is important so that medical staff can identify you if you need care. It also gives you access to the recovery area.



Bib: it includes the chip that will record your time at the start, the checkpoints and the finish. In the lower left corner you will find your start corral. Pin the bib with safety pins to the front of your torso and keep it visible throughout the race. The chip and the bib must remain intact; without a bib, your time will not be recorded.





6017

CORRAL 2 EL MUNDO TE MIRA CORRER A 2.850M

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CORRAL 3 EL MUNDO TE MIRA CORRER A 2.850M

3. Belongings pickup card: If you cannot personally collect your bag from gear check when you reach the finish, give this card to the person who will collect it before the race starts. To collect the bag, they must present this card. Belongings will not be released to anyone else without it.

RUN SAFE!

All registered participants are covered by personal accident insurance on race day, provided by Zurich Seguros.

ZURICH

Remember to always wear your official bib and runner wristband so that the coverage can be activated if you need it.

OFFICIAL STORE

Open to the general public. Find exclusive products and official Rock ‘n’ Roll Running Series Quito merchandise. If you come with your family, they can wait for you here.

EXPO

Explore the Expo, meet our sponsors and partner brands, and share the pre-race atmosphere with your family and other runners.

RACE DAY 10K

- **Date:** Sunday, November 22
- **Start:** 6:30 a.m.
- **Start line:** Isaac Albéniz & Av. Galo Plaza Lasso.
- **Finish line:** Plaza San Francisco.

GEAR CHECK

Use the official bag you received at check-in to store your belongings and drop it off at gear check, located in the start area on Isaac Albéniz, behind the corrals.

Make sure all your belongings fit inside the bag and that it is securely closed. Loose items or items sticking out of the bag will not be accepted. Your bag will be transported to the finish, where you can collect it in the concert area, to the right of the stage.

- **Belongings DROP-OFF:** 5:00 a.m. to 6:10 a.m.
- **Location:** Isaac Albéniz, behind the corrals.

- **Belongings PICKUP:** 7:00 a.m. to 11:30 a.m.
- **Location:** Plaza San Francisco, concert area, to the right of the stage.

If you need someone else to collect your belongings, you will find a card in your kit to authorize the pickup. Give it to them before the race starts. To collect your bag, that person must present the card at gear check. Belongings will only be released to another person if they present this card.

Do not leave valuables, cash or jewelry. Event staff is not responsible for lost or stolen items.

START CORRALS

On race morning there will be signs identifying each corral, as well as security staff, so that everyone enters the correct corral. Your assigned corral appears in a lower corner of your bib. Participants may enter their corrals from 5:30 a.m. You must start from the corral assigned to you. No corral changes will be allowed on race day.

WAVE START

The race will have a wave start. When the horn sounds, the first corral will start and the remaining participants will wait at the start line. Corrals will be released every 3 minutes.

COURSE TIME LIMIT

The official time limit for the 10K is 2 hours. It is calculated based on chip time, not from the starting gun. The limit begins when the last participant crosses the start line.

ROCKSTAR RUN SMART RUNNER SUPPORT

Regarding nutrition and hydration on race day, each participant can decide the level of self-sufficiency they need. There will be numerous aid stations along the course, and you can also carry your own nutrition and hydration, for example in a hydration vest or belt.

AID STATIONS:

There will be 5 stations along the 10K:

STATION	LOCATION	REFRESHMENTS
1	Av. Galo Plaza Lasso & Isaac Albéniz	
2	Av. Amazonas & NNUU	
3	Av. Amazonas & Luis Cordero	
4	José Riofrío & Av. América	
5	Plaza Grande (Venezuela, between Chile and Eugenio Espejo)	

COURSE

10k

10K RACE

SUNDAY, NOVEMBER 22, 2026

START TIME: 6:30 A.M.

10k	course
S	start line
M	finish line
	KILOMETERS
	WATER
	GATORADE
	medical services
	AMBULANCE
	RESTROOMS
	GEAR CHECK
	Entertainment/Music

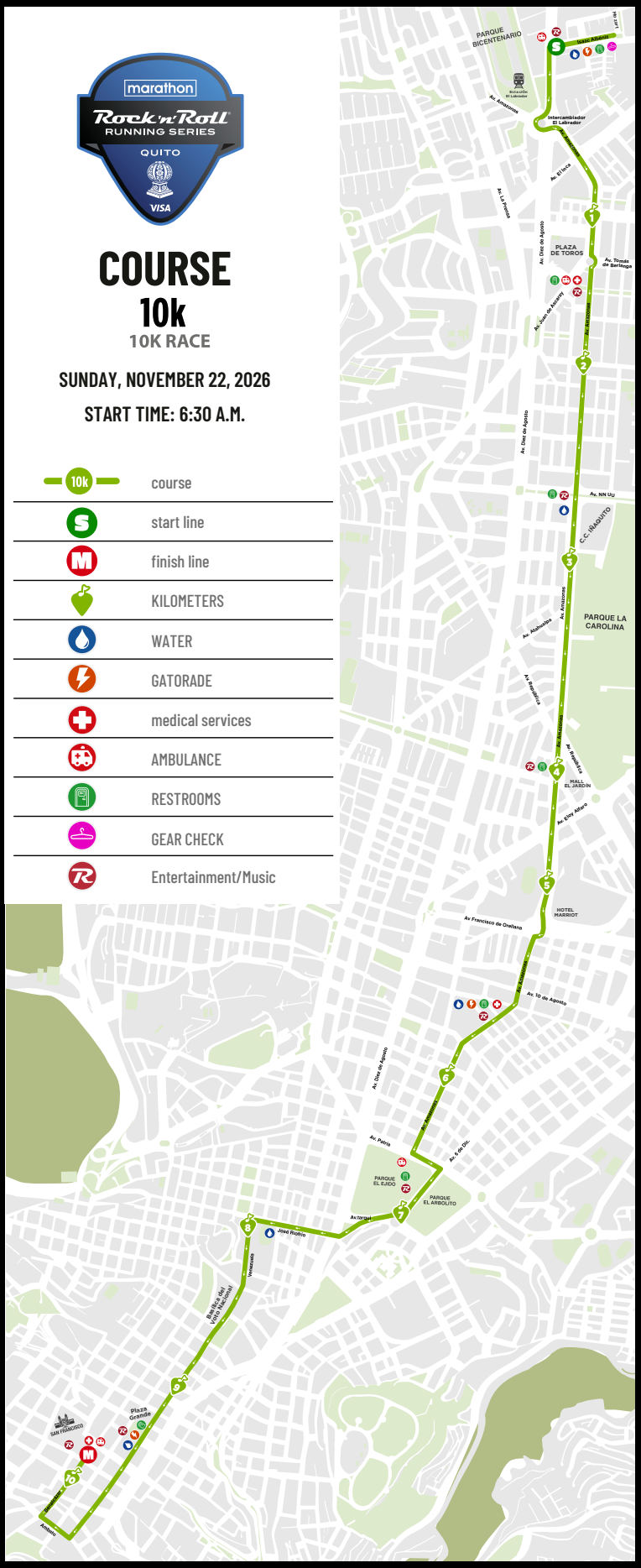
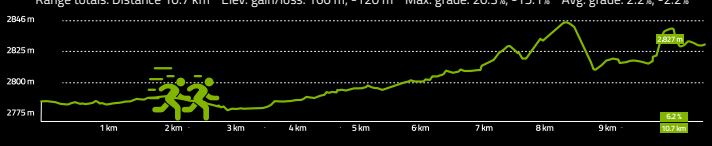


Chart: Min., Avg., Max. Elevation: 2,775 2,799 2,846 m

Range totals: Distance 10.7 km Elev. gain/loss: 166 m, -120 m Max. grade: 20.3%, -15.1% Avg. grade: 2.2%, -2.2%



RACE DAY 21K

- **Date:** Sunday, November 22
- **Start:** 6:30 a.m.
- **Start line:** Isaac Albéniz & Av. Galo Plaza Lasso.
- **Finish line:** Plaza San Francisco.

GEAR CHECK

Use the official bag you received at check-in to store your belongings and drop it off at gear check, located in the start area on Isaac Albéniz, behind the corrals.

Make sure all your belongings fit inside the bag and that it is securely closed. Loose items or items sticking out of the bag will not be accepted. Your bag will be transported to the finish, where you can collect it in the concert area, to the right of the stage.

- **Belongings DROP-OFF:** 5:00 a.m. to 6:10 a.m.
- **Location:** Isaac Albéniz, behind the corrals.

- **Belongings PICKUP:** 7:00 a.m. to 11:30 a.m.
- **Location:** Plaza San Francisco, concert area, to the right of the stage.

If you need someone else to collect your belongings, you will find a card in your kit to authorize the pickup. Give it to them before the race starts. To collect your bag, that person must present the card at gear check. Belongings will only be released to another person if they present this card.

Do not leave valuables, cash or jewelry. Event staff is not responsible for lost or stolen items.

START CORRALS

On race morning there will be signs identifying each corral, as well as security staff, so that everyone enters the correct corral. Your assigned corral appears in a lower corner of your bib. Participants may enter their corrals from 5:30 a.m. You must start from the corral assigned to you. No corral changes will be allowed on race day.

WAVE START

The race will have a wave start. When the horn sounds, the first corral will start and the remaining participants will wait at the start line. Corrals will be released every 3 minutes.

COURSE TIME LIMIT

The official time limit to complete the 21.1K is 4 hours. It is calculated based on chip time, not from the starting gun. The limit begins when the last corral crosses the start line.

ROCKSTAR RUN SMART RUNNER SUPPORT

Regarding nutrition and hydration on race day, each participant can decide the level of self-sufficiency they need. There will be numerous aid stations along the course, and you can also carry your own nutrition and hydration, for example in a hydration vest or belt.

AID STATIONS:

There will be 8 stations along the 21.1K:

STATION	LOCATION	REFRESHMENTS
1	Isaac Albéniz & Av. Galo Plaza Lasso	
2	Av. Galo Plaza Lasso, near the cemetery	
3	Av. Galo Plaza Lasso & Fray Leonardo Murialdo	
4	Av. Galo Plaza Lasso & Isaac Albéniz	
5	Av. Amazonas & NNUU	
6	Av. Amazonas & Luis Cordero	
7	José Riofrío & Av. América	
8	Plaza Grande (Venezuela, between Chile and Eugenio Espejo)	

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COURSE

21.1K

21.1K RACE

SUNDAY, NOVEMBER 22, 2026

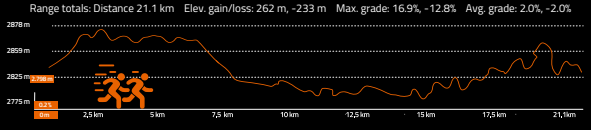
START TIME: 6:30 A.M.

21.1K	course
S	start line
M	finish line
	KILOMETERS
	WATER
	GATORADE
	gels
	medical services
	AMBULANCE
	RESTROOMS
	GEAR CHECK
	Entertainment/Music



Chart: Min., Avg., Max. Elevation: 2.775 · 2.818 · 2.878 m

Range totals: Distance 21.1 km Elev. gain/loss: 262 m, -233 m Max. grade: 16.9%, -12.8% Avg. grade: 2.0%, -2.0%



CORRALS

Estimated start times by corral

10K CORRAL	ESTIMATED TIME	21.1K CORRAL	ESTIMATED TIME
1	6:30:00 a.m.	1	6:45:00 a.m.
2	6:35:00 a.m.	2	6:50:00 a.m.
3	6:38:00 a.m.	3	6:53:00 a.m.
4	6:41:00 a.m.	4	6:56:00 a.m.
		5	6:59:00 a.m.
		6	7:02:00 a.m.

CORRAL CHANGES

Corrals will be assigned based on the estimated finish time you entered when registering.

To move to a faster corral: after picking up your bib, request the change at the Athlete Services desk, located in the Athlete Check-In area. Changes can be made as long as the requested corral has not reached its maximum capacity.

If you do not have an assigned corral: go to the Athlete Services area during Check-In so that they can assign you one based on your estimated finish time.

No corral changes will be made on race day.

PACERS

21k

PACER SIGN	PACERS TIME
Pace Team: 1h20m	Pacer 1 - 1h10m to 1h30m
Pace Team: 1h30m	Pacer 2 - 1h30m to 1h40m
Pace Team: 1h40m	Pacer 3 - 1h40m to 1h50m
Pace Team: 1h50m	Pacer 4 - 1h50m to 2h00m
Pace Team: 2h00m	Pacer 5 - 2h00m to 2h10m
Pace Team: 2h10m	Pacer 6 - 2h10m to 2h20m
Pace Team: 2h20m	Pacer 7 - 2h20m to 2h40m
Pace Team: 2h40m	Pacer 8 - 2h40m to 3h00m
Pace Team: 3h00m	Pacer 9 - 3h00m or more

10k

PACER SIGN	PACERS TIME
Pace Team: 0h50m	Pacer 1 - 0h50m to 0h60m
Pace Team: 1h00m	Pacer 2 - 0h60m to 1h10m
Pace Team: 1h10m	Pacer 3 - 1h10m to 1h20m
Pace Team: 1h20m	Pacer 4 - 1h20m to 1h30m
Pace Team: 1h30m	Pacer 5 - 1h30m to 1h40m
Pace Team: 1h40m	Pacer 6 - 1h40m to 1h50m +

HELPFUL TIPS AND RULES OF ETIQUETTE FOR RUNNERS

1. ARRIVE EARLY at the start area. We recommend arriving between 45 minutes and 1 hour before the start to get ready, warm up and use the restrooms. Corrals will open at 5:30 a.m.

2. PAY ATTENTION to the pre-race announcements. Listen for important recommendations and information. It is called the Rock 'n' Roll Running Series and we love music, but if you run with headphones, stay alert to what is happening around you.

3. RESPECT YOUR ASSIGNED START CORRAL. Your corral, shown on your bib, was assigned based on the estimated time you entered when registering. If it does not appear on your bib or you need to change it, go to the Athlete Services desk at Athlete Check-In.

4. STAY AWARE OF YOUR SURROUNDINGS. If you need to stop or step aside, do so carefully and make sure it is safe.

5. WHEN APPROACHING AN AID STATION, move to the right to receive items from the volunteers. Keep moving and avoid stopping next to the table, to leave the way clear for those coming behind you.

6. RESPECT THE COMMUNITY and dispose of your trash in the bins at the aid stations.

7. DO NOT RUN MORE THAN TWO ABREAST. Enjoy the race with your friends and family, but leave room for other runners to pass.

8. THANK the volunteers along the course and at the finish.

9. AT THE FINISH, DON'T STOP. Run or walk past the timing mat to receive your medal and enter the recovery area. Do not stop to wait for your friends or to take photos.

10. HAVE FUN AND KEEP ENJOYING THE MUSIC!

FINISH

RECOVERY AREA

After crossing the finish line, continue along the finish chute to receive your medal. On the left side of the chute you will find the 21.1K medals and on the right side the 10K medals. Collect your medal and continue to the Recovery Area, where you will find water, Gatorade, fruit and the Toscana truck.

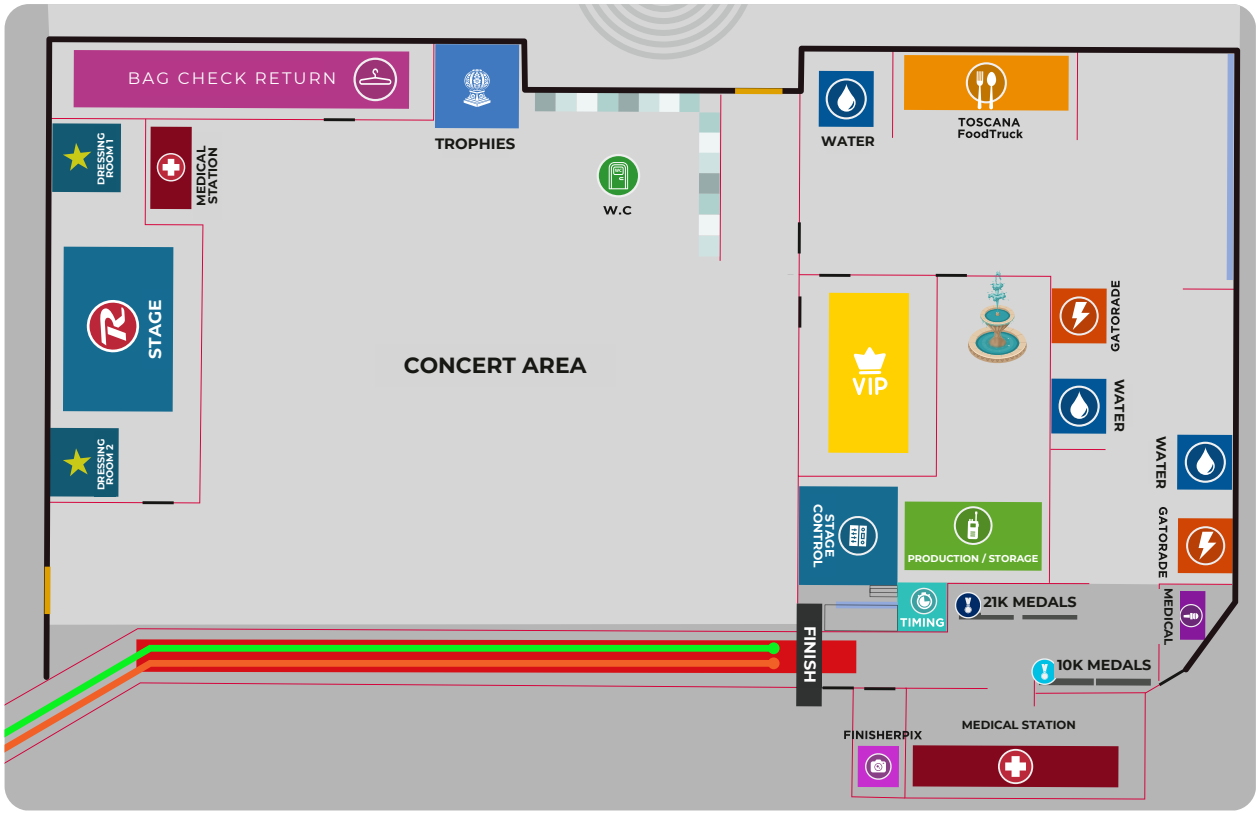
When you leave the Recovery Area, head to the Concert Area to celebrate your achievement, meet up with friends and family and enjoy the music. The concert is free and open to the public.

MEDICAL AREA

The medical area will be available to care for athletes whom the medical staff determines require assistance. Access is for athletes only. Family members must wait outside until the medical staff provides information on the athlete's condition.

GEAR CHECK RETURN

Your items will be returned in the Concert Area, to the right of the stage. Items must be collected between 7:00 a.m. and 11:30 a.m. at the latest. To claim a lost item after the race, write to:
rocknroll@andesportstri.com.



RESULTS AND AWARDS

Overall winners will be determined by gun time. The top three overall finishers in the men's and women's categories of each distance will receive their awards on the main stage, located at the finish.

Trophies will also be awarded to the top three men and women in each age group in the 21.1K and 10K. Check the leaderboard in the Rock 'n' Roll Running Series app and, if you are among the top three in your age group, go to the tent next to gear check, in the Concert Area, to collect your trophy.

Official results will be published on our website within 48 hours after the race.

ROCK 'N' ROLL APP

It is available in the Apple and Android app stores.

The app offers:

- Real-time participant times, paces, projections and positions.
- Live participant tracking.
- Interactive course maps.
- Push notifications as participants progress.
- Event information and messages.
- Live leaderboards.
- Options to share on social media.

PHOTOS - FINISHER PIX

FinisherPix is proud to be the official photography service for this event. Your personal race photos will be available at www.finisherpix.com 48 hours after the event ends, so that you can view, purchase and share them.

FinisherPix® | Powered by Smiles

Help us take the best photos:

- During the race and when crossing the finish line, wear your bib number visible on the front of your body so that we can identify your photos.
- Look for our photo points and smile for the camera, even if you are tired!
- Make sure your bib number is visible at all times.
- Smile and celebrate as you cross the finish line. Don't worry about stopping your watch: the timing company will accurately record your result.

FINISHER CERTIFICATE

Your finisher certificate will be uploaded automatically to your profile once we receive the official results.

RACE DAY VIP

Take your race weekend to the next level with the **Rock 'n' Roll Quito VIP Experience**. It is designed to offer comfort, convenience and an enhanced experience throughout the day. Its exclusive benefits include a VIP area at the start line with snacks and drinks.

After crossing the finish line, continue the celebration in the VIP area, with food, drinks, a massage area, restrooms and a view of the stage.

You can purchase your VIP pass at the Andesports stand at the Expo on Friday the 20th from 10:00 a.m. to 6:00 p.m. and on Saturday the 21st from 9:00 a.m. to 5:00 p.m.



marathon

VISA

ANDESPORTS
OUTDOOR EVENTS

ZURICH

Quito

Medicity

NO ES UN AUTO, ES UN BYD

TOSCANA

pure water

GATORADE

Silvet

CORAL HIPERMERCADOS

BIKE SHOP

226ERS