



# Final Information

## January 14-16, 2022

## RACE WEEKEND AT A GLANCE

PLEASE READ EVERYTHING IN THIS DOCUMENT!

### HEALTH & FITNESS EXPO | JANUARY 14 & 15

**PHOENIX CONVENTION CENTER UPPER NORTH HALLS A-C**

100 N 3RD ST

PHOENIX, AZ 85004

Friday, January 14 | 12 PM to 7 PM

Saturday, January 15 | 9 AM to 5 PM

**NOTE:** All attendees of the Health & Fitness Expo must wear a face covering at all times while inside the Convention Center, regardless of vaccination status or proof of a negative COVID-19 test.

**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! You may also have someone pick up on your behalf via the +1 Bib Pick-Up Program (see details on page 2).

### 5K RACE DAY | JANUARY 15

**8 AM: 5K Start**

Start Line: Mill Avenue Bridge (Northbound)

Finish Line: Mill Avenue Bridge (Southbound)

[CLICK HERE](#) to view course maps.

### 10K, HALF MARATHON & MARATHON RACE DAY | JANUARY 16

**7:20 AM: 10K Race Start**

**7:50 AM: Corrals 1-10 Half Marathon & Marathon Race Start**

**8:05 AM: Corrals 11-20 Half Marathon & Marathon Race Start**

Start Line: Tempe at University and College

Finish Line: Mill Avenue Bridge

[CLICK HERE](#) to view course maps.

**8:30 AM: Encore Entertainment**

Tempe Beach Park



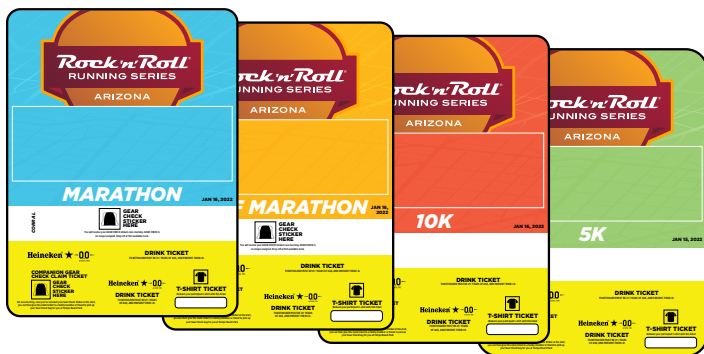
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### BIB NUMBER PICK-UP

Follow these steps to pick up your number:

1. Search your bib number online.
2. Bring your bib number & Photo ID.
3. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.



### +1 BIB PICK-UP PROGRAM

Our +1 Bib Pick-Up program allows participants to collect one other participant's bib, t-shirt and gear bag at the Expo. You must present a copy of valid proof of identification for the participant at the Expo bib pick-up station and our team will assist you. Acceptable identification includes a valid driver's license, state issued ID or passport. The name on the identification must match the registration. Please note, if the participant you would like to pick up for has not signed their waiver, you will not be able to pick up their bib.

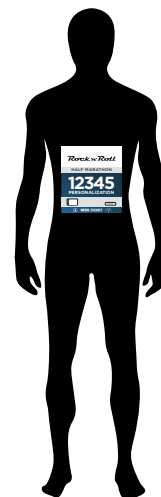
### CORRAL CHANGES

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/slower corral because you plan to run faster/slower than your original estimated finish time, pick up your bib number and proceed to the Corral Change table in the Bib Pick-Up area. **There are no corral changes on race day.**

### 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.



### MEDICAL INFORMATION

The Medical Team is a dedicated group of medical professionals available to help you. Medical Stations will be located at the Start and Finish. Look for large 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 bib.

<b>VERY IMPORTANT MEDICAL INFORMATION</b> Please print with a ball point pen.	
NAME:	_____
DOB:	_____
HOME ADDRESS:	_____
CITY:	STATE: ZIP:
EMERGENCY CONTACTS:	PHONE:
ALLERGIES TO MEDICINE:	
LIST OF CURRENT MEDICATIONS:	
YOUR MEDICAL HISTORY:	

### ROCKSTAR RUN SMART PARTICIPANT SUPPORT

When it comes to race day nutrition and hydration, participants are empowered to determine their individual level of self-reliance to further minimize their interactions and touch points with other participants, volunteers or staff. While plenty of aid stations will still be present along the course, participants are welcome to carry their own nutrition and hydration by using items such as hydration vests and belts.



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### HEALTH & FITNESS EXPO

Pick up your bib number, gear check bag and technical tee at the Health & Fitness Expo. Official race merchandise is available at the Merchandise Store and a variety of exhibitors will display, sample and sell apparel, footwear and Health & Fitness products.

**NOTE:** All attendees of the Health & Fitness Expo must wear a face covering at all times while inside the Convention Center, regardless of vaccination status or proof of a negative COVID-19 test.

### 2022 REGISTRATION

Registration for the 2022 event will be available at the on site registration table at the entrance of the Health & Fitness Expo.

### PACE TEAM

Our friends at Sole Sports will provide the official pace team on race day to help you reach the finish line at your goal time. Come by the booth at the Expo for more information on running with a pacer at the event.

Pace times offered:

Marathon: 3:30, 3:40, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30  
Half Marathon: 1:45, 2:00, 2:15, 2:30, 2:45, 3:00

### REGISTER FOR 2023

The Health & Fitness Expo is the best place for you to sign up for the upcoming Rock 'n' Roll Running Series races. At the Expo, come by the Rock 'n' Roll booth and secure your spot for the 2023 Rock 'n' Roll Arizona events and receive a FREE t-shirt while supplies last! There will be limited availability at these special prices:

- Marathon: \$75
- Half Marathon: \$65
- 10K: \$55
- 5K: \$35
- KIDS ROCK: \$15

*\*Fees listed above do not include the Active.com processing fee.*

### REMIX CHALLENGE MEDAL

If you are running two days this weekend, pick up your Remix Challenge Medal on Sunday at the Rock 'n' Roll Remix tent during the Finish Line Festival. To claim your medal, be sure to have 'REMIX' written on both of your race bibs. If you do not, please inform us at bib pick-up to add it to your bib.

Not signed up for the Remix Challenge? You can still register on site at the Health & Fitness Expo on Friday.

### PARKING & TRANSPORTATION

More details can be found [HERE](#).

#### HEALTH & FITNESS EXPO

Phoenix Convention Center  
100 N 3rd St. Phoenix, Arizona 85004

- Parking at the Convention Center on Friday or Saturday is \$15.
- Alternate lots and parking meters are available in downtown Phoenix.
- Take the Valley Metro Rail to the 3rd St/Washington (westbound) or 3rd St/Jefferson (eastbound) station. The Phoenix Convention Center is north of Jefferson, between Monroe and Washington.

#### 5K

- FREE parking is available at the ASU Football Stadium at the intersection of Rio Salado Pkwy and Packard Dr.
- Participants can take the Valley Metro Rail. An all-day pass is \$4.00 & can be purchased in advance at a rail station fare vending machine or retail locations listed at [valleymetro.org](http://valleymetro.org).
- Runners may be dropped off at ASU Football Stadium. NOTE: Westbound Rio Salado will be closed for the race.

#### 10K, HALF MARATHON & MARATHON

- ASU Lot 20 – University Dr & Mill Ave
- ASU Lot 55 – University Dr & Athletes Pl (parking before 7:30 AM only)
- ASU Lot 59 – Next to Desert Financial Arena and Sun Devil Stadium
- Valley Metro Rail will operate a Sunday schedule with trains running every 20 minutes. An all-day pass is \$4.00 & can be purchased in advance at a rail station fare vending machine or [retail locations](#). The station closest to half marathon start line is University Drive/Rural. The station closest to half marathon finish line is Mill Ave/3rd St.





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### 5K RACE DAY | SATURDAY, JANUARY 15, 2022

#### 8 AM: 5K Starts

Start Line: Mill Avenue Bridge (Northbound)

Finish Line: Mill Avenue Bridge (Southbound)

#### GEAR CHECK

Gear check will be located in Tempe Beach Park leading up to the start line.

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:30 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES 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.

#### 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 runner crosses the start line.

#### COURSE SUPPORT

There will be 1 water station along the 5K course at mile 2.

*\*Subject to change*



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[www.AlwaysAdvancing.net](http://www.AlwaysAdvancing.net) | [info@alwaysadvancing.net](mailto:info@alwaysadvancing.net)



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## 5K COURSE MAP





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### 10K RACE DAY | SUNDAY, JANUARY 16, 2022

#### 7:20 AM: 10K Starts

Start Line: University Dr & College Ave (Tempe)

Finish Line: Mill Avenue Bridge (Northbound)

#### MOBILE LOCKER GEAR CHECK

Gear check will be available for anyone wishing to check items on race day. Trucks will no longer be assigned by last name. Participants can drop their gear at any available Mobile Locker truck where they will then receive two stickers for their bag and bib. DO NOT leave valuables, cash or jewelry in your bag. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.

**Drop-Off:** University Dr between Forest Ave and College Ave from 6:30 AM until 7:50 AM.

**Pick-Up:** Runners will be able to pick up their checked bags west of the festival stage in the Tempe Beach Parking Lot.

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 6:50 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES RACE DAY.**

#### WAVE START

Rock 'n' Roll Arizona will be utilizing a modified wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn blows, we will start to release the first corrals with 8 runners every 2 seconds. There will be 2 minutes allocated for each corral.

#### 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 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 (19:20/mile).
- 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.
- 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. Be advised this will result in a DNF (did not finish) in the final results. 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 SUPPORT

There will be 4 water stations along the 10K course. Restrooms will be available at each station.

*\*Subject to change*

STATION	MILE	SUPPORT
1	1.2	Water
2	2.7	Water & Gatorade Endurance
3	4.0	Water
4	5.9	Water & Gatorade Endurance

Gatorade: Lemon-Lime Endurance Formula

#### FINISH LINE

Please note that, due to safety precautions, spectators will not be allowed on the Mill Avenue Bridge. Friends and family can greet their runners in Tempe Beach Park or at the Family Reunion Zone.





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### HALF MARATHON RACE DAY | SUNDAY, JANUARY 16, 2022

#### Half Marathon Start Times:

**Corrals 1-10: 7:50 AM**

**Corrals 11-20: 8:05 AM**

***Please note that the final starter will begin at 8:20 AM.***

Start Line: Tempe at University and College

Finish Line: Mill Avenue Bridge (Southbound)

#### MOBILE LOCKER GEAR CHECK

Gear check will be available for anyone wishing to check items on race day. Trucks will no longer be assigned by last name. Participants can drop their gear at any available Mobile Locker truck where they will then receive two stickers for their bag and bib. DO NOT leave valuables, cash or jewelry in your bag. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.

**Drop-Off:** University Dr between Forest Ave and College Ave from 6:20 AM until 7:50 AM.

**Pick-Up:** Immediately after the Secure Zone in Tempe Beach Park before 2:30 PM.

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:20 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES RACE DAY.**

#### WAVE START

Rock 'n' Roll Arizona will be utilizing a modified wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn blows, we will start to release the first corrals with 8 runners every 1-2 seconds.

#### FINISH LINE

Please note that, due to safety precautions, spectators will not be allowed on the Mill Avenue Bridge. Friends and family can greet their runners in Tempe Beach Park or at the Family Reunion Zone.

#### 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 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 (18:20/mile).
- 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.
- 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. Be advised this will result in a DNF (did not finish) in the final results. 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 DIVERSIONS/CUT-OFFS

There will be one cut-off location enforced on the course to ensure the race stays within the time limit. Runners or walkers who do not reach the cut-off location by the time noted will be diverted and will not run portions of the course.

- Mile 8.7 (N 64th St & E McDowell Rd) at 11:07 AM

#### COURSE SUPPORT

There will be 7 water stations along the half marathon course. Restrooms will be available at each station.

*\*Subject to change*

STATION	MILE	SUPPORT
1	2.0	Water
2	3.7	Water & Gatorade Endurance
3	4.9	Water
4	7.0	Water & Gatorade Endurance
5	8.8	Water & GU Energy Gel
6	9.9	Water & Gatorade Endurance
7	11.9	Water

Gatorade: Lemon-Lime Endurance Formula



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### MARATHON RACE DAY | SUNDAY, JANUARY 16, 2022

#### Marathon Start Times:

**Corrals 1-10: 7:50 AM**

**Corrals 11-20: 8:05 AM**

***Please note that the final starter will begin at 8:20 AM.***

Start Line: Tempe at University and College

Finish Line: Mill Avenue Bridge (Northbound)

#### MOBILE LOCKER GEAR CHECK

Gear check will be available for anyone wishing to check items on race day. Trucks will no longer be assigned by last name. Participants can drop their gear at any available Mobile Locker truck where they will then receive two stickers for their bag and bib. DO NOT leave valuables, cash or jewelry in your bag. Be sure not to tear off the companion claim ticket until you've received your gear check stickers on race morning.

**Drop-Off:** University Dr between Forest Ave and College Ave from 6:20 AM until 7:50 AM.

**Pick-Up:** Immediately after the Secure Zone in Tempe Beach Park before 2:30 PM.

#### START CORRALS

Signage designating each corral will be displayed on race morning and security will be in place to ensure that all runners enter their correct corral. **Your assigned corral will be listed on the bottom corner of your bib. Runners can enter their corrals beginning at 7:20 AM.**

**YOU MUST START IN YOUR ASSIGNED CORRAL! THERE WILL BE NO CORRAL CHANGES RACE DAY.**

#### WAVE START

Rock 'n' Roll Arizona will be utilizing a modified wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn blows, we will start to release the first corrals with 8 runners every 1-2 seconds.

#### COURSE TIME LIMIT

**The official course time limit for the marathon is 7 hours.** This is timing tag time, not gun time. Course time limit begins when the last 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 (16:00/mile).
- 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.
- 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. Be advised this will result in a DNF (did not finish) in the final results. 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.





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### MARATHON RACE DAY | SUNDAY, JANUARY 16, 2022

#### COURSE DIVERSIONS/CUT-OFFS

Various cut-off locations will be enforced on the course to ensure the race stays within the time limit. Runners or walkers who do not reach the cut-off locations by the times noted will be diverted and will not run portions of the course.

- Mile 7.68 (E Thomas Rd & N 64th St) at 10:46 AM
- Mile 16.93 (Marigold Ln & Crosscut Canal) at 12:55 PM
- Mile 20.4 (N College Ave & E Curry Rd) at 1:51 PM

#### FINISH LINE

Please note that, due to safety precautions, spectators will not be allowed on the Mill Avenue Bridge. Friends and family can greet their runners in Tempe Beach Park or at the Family Reunion Zone.

#### COURSE SUPPORT

There will be 16 water stations along the marathon course. Restrooms will be available at each station.

*\*Subject to change*

STATION	MILE	SUPPORT
1	2.6	Water
2	4.4	Water & Gatorade Endurance
3	6.1	Water
4	7.3	Water & Gatorade Endurance
5	9.0	Water & GU Energy Gel
6	10.4	Water & Gatorade Endurance
7	12.3	Water
8	13.6	Water & Gatorade Endurance
9	15.0	Water
10	16.5	Water & Gatorade Endurance
11	17.7	Water
12	19.0	Water & Gatorade Endurance
13	20.5	Water, GU Energy Gel & Bananas
14	21.8	Water & Gatorade Endurance
15	23.3	Water
16	24.5	Water & Gatorade Endurance

Gatorade: Lemon-Lime Endurance Formula



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### FINISH LINE FESTIVAL

You will receive your medal, water, refreshments and snacks within the runner Secure Zone after you finish the race. After you exit the Secure Zone, proceed to the Finish Line Festival to meet up with friends and family and celebrate your achievement. The festival is free and open to the public. **NOTE: Only registered participants are allowed within the Secure Zone. Due to high volume of people, the exit of the Secure Zone is not recommended for meeting family and friends.**

#### FINISHER CONCERT

After your race on Sunday, stick around Tempe Beach Park for your 2022 Encore Entertainment line-up:

- 8:30 AM – Rock Lobster
- 11:45 AM – Mogollon

#### FAMILY REUNION

It is highly recommended that you designate a meet up location for friends and family BEFORE the race. The Family Reunion area will have tall, clearly-marked signs by letter (A – Z) next to the beer garden and concert stage.

#### CELEBRATE WITH HEINEKEN 0.0

Celebrate your accomplishment with well - deserved complimentary Heineken 0.0 malt-beverages at the finish line. Spectators are also welcome to complimentary Heineken 0.0. Important note: State law requires your photo ID to be checked on race day, even if you're 99! The Heineken 0.0 Beer Garden will open at 8:30 AM in front of the main stage in the Finish Line Festival on both Saturday and Sunday. Heineken Original Beer, Arizona Hard Seltzer and Tecate Alta will also be available for purchase. Please note that cash payments will not be accepted.

#### LOST & FOUND/INFORMATION BOOTH

The Information Booth at the Start and Finish serves as Lost & Found. Any items NOT claimed at the finish 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 [rnraz@runrocknroll.com](mailto:rnraz@runrocknroll.com).



Give meaning  
to your miles.

# RUN FOR A REASON<sup>®</sup>

St. Jude Children's Research Hospital<sup>®</sup> is the National Featured Charity of the Rock 'n' Roll Running Series. St. Jude Heroes<sup>®</sup> are committed to raising funds for the kids of St. Jude while they train for their race. They can earn great extras like free race entry and hospitality access, but the greatest benefit is knowing they are helping kids battling cancer and other life-threatening diseases.

St. Jude is the proud title partner for both the St. Jude Rock 'n' Roll Running Series Nashville and St. Jude Rock 'n' Roll Running Series Seattle. Runners can also choose to run for a reason or donate to St. Jude in all Rock 'n' Roll Running Series events in the United States. Do more with your miles and become a St. Jude Hero for your next race.



[stjude.org/heroes](http://stjude.org/heroes)





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### WHAT'S NEXT?

#### RESULTS & AWARDS

Top three overall male and female awards for all distances will be distributed at the Information Tent. Top three male and female age group awards for the Marathon and Half Marathon distances will also be distributed. Overall winners are determined by gun time. 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 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 runner 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 webpage
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

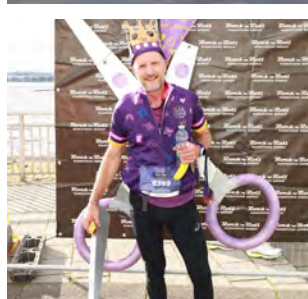
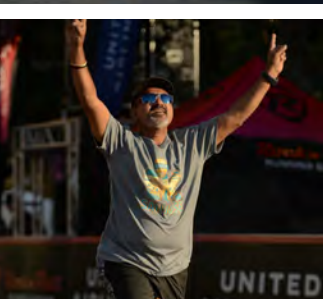
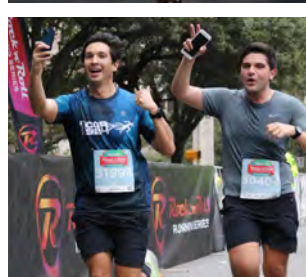






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### SPECIAL PROGRAMS

#### PICK UP YOUR REMIX CHALLENGE MEDAL

If you are running on Saturday and on Sunday pick up your additional Remix Challenge medal on Sunday at the Remix & Limited Edition Pick Up tent. You must cross the finish line on Saturday and Sunday to receive your Remix Challenge medal.

#### DO YOU #RUNFORTHEBLING?

Earn extra medals by completing multiple marathon or half marathon distances at our 2020-2022 Rock 'n' Roll Running Series events. Be sure to sign up for our official 2020-2022 Heavy Medal Program. Participants must be enrolled in the official 2019 Heavy Medal Program to earn our famous Heavy Medals. [Enroll Now.](#)

**To Claim Your Medal:** Heavy Medals 2-3 will be mailed 8 to 10 weeks after each qualifying event. Heavy Medals 4+ and the World Rocker Medal will be picked up on site at the Heavy Medal Pick Up tent at the Finish Line Festival.

### VOLUNTEERS STILL NEEDED

Volunteers are still needed at the Expo, 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!





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*Making Every Step Count*

## Rock 'n' Roll Running Series Official Charity Partner



St. Jude Children's<sup>®</sup>  
Research Hospital

Finding cures. Saving children.

## Rock 'n' Roll Arizona Charity Partner Friendship Circle International



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FEEL THE COOL  
FORGET THE PAIN



**BioFREEZE**  
COOL THE PAIN

USE AS DIRECTED



# EXPERIENCE THE DIFFERENCE

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Maximize your  
performance,  
prevent injury,  
and speed  
recovery



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COMPRESSION  
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