



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

RACE WEEKEND PARTICIPANT GUIDE

RACE WEEKEND PARTICIPANT GUIDE

An in-depth guide for a successful race weekend!

WEEKEND AT A GLANCE

HEALTH & FITNESS EXPO

Thursday, November 5th: 1:00PM – 7:00PM
Friday, November 6th: 10:00AM – 7:00PM
Savannah International Trade & Convention Center
Hall A-B
One International Drive; Hutchinson Island
Free Admission: Open to the public

SATURDAY, NOVEMBER 7

Marathon, Half Marathon, 2-Person Relay
Start Time: 7:00AM
Start Line Location: Bay St. & Bull St.
Start Line Village: Emmet Park on Bay St.
Finish Line Festival: 8:00AM – 3:00PM
Location: Forsyth Park, Drayton St. & Park Ave.

SUNDAY, NOVEMBER 8

5K, 1 Mile, KiDS ROCK
5K Start Time: 1:00PM
1 Mile Start Time: 2:30PM
KiDS ROCK: 3:15PM
Location: Daffin Park at Grayson Stadium

**Timeline subject to change*

MORE RUNNING. MORE BLING. MORE ROCK.

Looking for more fun race weekend? Participants who complete a distance on Saturday (Marathon, Half Marathon, or Relay) and a distance on Sunday (5K or 1 Mile) will also earn a special Remix Challenge Medal! Medals will be available for pickup at the Rock 'n' Roll Marathon booth near the finish line on Sunday.

HEALTH & FITNESS EXPO

Pick up your bib number, timing tag (attached to the

front of your bib), gear bag and Brooks t-shirt at the Expo. Official race merchandise is available at the Merchandise Store and a variety of exhibitors will display, sample and sell running apparel, footwear, and health & fitness products. Check the website for the exhibitor list and expo map.

BIB NUMBER PICKUP

Follow these steps to ensure a smooth race number pick-up:

1. Print and sign Confirmation Sheet
2. Bring your Confirmation Sheet and a Photo ID to the Expo to pick up your race number
3. When you receive your race number at the Expo, be sure to complete the Medical Information on the back.

YOU MUST PICK UP YOUR OWN BIB NUMBER AT THE EXPO PRIOR TO THE RACE. NO EXCEPTIONS!

ATTENTION LOCAL PARTICIPANTS

Make Thursday YOUR day! The Health & Fitness Expo will be extremely crowded on Friday when the majority of out-of-town runners arrive. We strongly encourage participants from the Savannah area to visit the Expo on Thursday to avoid long lines and to enjoy first pick at shopping the Official Merchandise Store and vendor booths.

GETTING TO THE EXPO

Savannah International Trade Center
One International Drive, Hutchinson Island
For a map and complete list of driving and transportation options, please visit our website:

runrocknroll.com/savannah/expo

Limited parking will be available in the Convention Center lot. Participants may either drive and park at the Convention Center or park in the downtown area and take the free water ferry to the expo.

YOGA ON THE LAWN AT THE EXPO

Join [Savannah Yoga Center](#) for a complimentary one hour all levels yoga class on the river side lawn of the Convention Center. **Thursday at 4:30-5:30PM and Friday at 12:30-1:30PM.**



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

VIP EXPERIENCE

Upgrade your race day with the VIP Experience! This rock star package includes a private indoor lounge area near the start line, light breakfast refreshments, coffee, private Gear Check, and private potties. The VIP tent at the Finish Line includes a post race lunch buffet, unlimited Michelob Ultra and an exclusive VIP shuttle back to the start line. Purchase your tickets at the VIP booth at the Expo (if still available).

BEER GARDEN WRISTBAND

Stop by the "Beer Garden Wristband" booth at the Expo to receive your wristband for an expedited entrance into the Michelob ULTRA beer garden on race day! Participants without a wristband will be required to show photo ID.



CORRAL CHANGES

If you need to move to a faster corral, simply pick up your bib number and proceed to the 'Corral Change' table in the Check-In area. If you wish to move back 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 morning.*

REGISTER FOR 2016

The Health & Fitness Expo is the best place for you to sign up for upcoming Rock 'n' Roll Series races. At the expo, come by the Rock 'n' Roll booth and secure your spot for the 2016 Rock 'n' Roll Savannah Marathon & 1/2 and receive a **FREE** tee while supplies last!

- Marathon: \$59
- Half Marathon: \$50
- 2-Person Relay: \$99
- 5K: \$30
- 1 Mile: \$25

START LINE VILLAGE

Upon arrival, on either race morning, proceed to the Start Line Village at Emmet Park (Bay Street at Habersham Street) for all of your pre-race needs. Fuel up on light refreshments and water. Drop your gear at Gear Check located on the West side of Emmet Park. You will also find a medical tent, portable toilets and the Information and Solutions booths to answer any questions.

GEAR CHECK: IMPORTANT!

Gear Check will be open at Emmet Park (*Bay St. and Lincoln St.*) from **5:30AM – 6:45AM**. The doors on all UPS Gear Check trucks will close at 6:45 am sharp as the trucks need to be checked and then moved to the finish line venue at Forsyth Park. Gear Check trucks will be arranged alphabetically by last name. You will receive a gear bag at the Expo to use. On race morning, please be sure to affix your gear check tag (*on your race number*) to your Gear Bag before you leave it at Gear Check. Finish Line Gear Check will be open until 2:30pm, and will be located on Drayton St. at Hall St. This location is directly ahead of you, as soon as you exit the Secure Zone.

DO NOT leave valuables or cash in your gear bag. **The event staff and Gear Check personnel are not responsible for lost or stolen items.**

PRE-RACE PRAYER SERVICES PRESENTED BY TEAM 413 - GRACERUNNER MINISTRIES

Location: Reynolds Square, (at the intersection of Abercorn St. and Bryan St.) from the start line on Bay St. at corral 9 turn onto Abercorn St and you will run into Reynolds Square
Service Times: 5:45AM and 6:15AM

As the largest ministry for endurance athletes in the world, TEAM 413 - GRACERUNNER MINISTRIES is excited to be a part of the 5th Year Running of Rock 'n' Roll Savannah Marathon & 1/2 Marathon. TEAM 413 founder, Chris Gillespie is scheduled to present Pre-Race Prayer Services for all participants and spectators interested in attending. Join them on Saturday morning as we give thanks and pause to reflect on the blessings of being a runner!

START CORRALS

You are assigned a race number and corresponding corral based on your projected finish time – the faster your time, the closer your corral will be to the start line. Runners can enter the corrals 30 minutes prior to the start. If you believe you have been assigned the wrong corral, bring your race number to the Corral Change table in the packet



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

pick-up area at the Expo. No corral changes are permitted on race morning.

WAVE START


The start will be a wave start. This will enable a comfortable starting position for runners and walkers of all paces. When the horn blows, the first corral will be released and the rest of the participants will be held at the start line. At pre-determined intervals (every 1- 2 minutes) the next corral will be released. By using this staggered starting method, the pack will be spread out and allow every runner to settle into their racing rhythm from their first step to the finish line.

CHRONO TRACK TIMING

ChronoTrack timing will be used with a disposable tag that will allow you to walk away from the finish without the need to have your tag collected. Your official time begins as you cross the start line and stops when you cross the finish line. Half Marathon Participants will receive a 5K, 10K and 10-mile split. Full Marathon participants will receive a 5K, 10K, 13.1 mile and 20 mile split.

Prior to the race, you must remove the tag from your number and attach it to your shoe. Please watch the instructional video in the packet pick-up area to learn how to attach the tag. If you do not wear your tag on your running shoe during the race, you will not receive an official race time or finisher certificate.

SIGN UP FOR FREE RUNNER TRACKING

Sign up for free Runner Tracking, **TRAVELERS**  compliments of Travelers. Sign up to track a runner, or sign up to be tracked at RunnerTracking.com. Runner tracking is available for the marathon & half marathon distance only.

GETTING TO THE SATURDAY START LINE

There are several different transportation options available to runners and spectators for Saturday morning. **All parking and shuttle passes have to be picked up at the Health & Fitness Expo on November 5th-6th.**

PARKING OPTIONS:

CONVENTION CENTER PARKING – Limited FREE parking is available for **runners only** (first come, first serve) at the

Savannah International Trade & Convention Center. Reservations must be made in advance to park in this lot. All cars must be parked by 5:30AM on Saturday morning. Take the ferry from the Convention center to the start line between 5:00AM – 7:00AM. You can then take the ferry post event to return to your vehicle. **Parking passes will not be mailed and must be picked up at the Health & Fitness Expo on Thursday or Friday.**

DOWNTOWN PARKING – Runners may pre-purchase a parking pass to one of four parking garages in the Historic Downtown area.

- Limited passes will be pre-sold for \$10 through Tuesday 11/3 or until sell out.
- All parking passes must be picked up at the Health & Fitness Expo on November 5th and 6th.
- Garage assignments and directions will be given at the time of pickup.
- Vehicles are required to be parked by 5:30AM on race morning, Saturday.

PARTICIPANT & SPECTATOR SHUTTLE OPTIONS:

Participants and spectators staying on Tybee Island and at Airport Hotels are encouraged to take the race day shuttles. All shuttle tickets must be purchased prior to race morning online (until 11/3) or at the Expo (if still available). **Shuttle tickets must be picked up at the Health & Fitness Expo on November 5th and 6th.**

For detailed information on Shuttles from Tybee Island and the Airport [click here](#).

All parking and shuttle passes will NOT be mailed. All passes must be picked up (*or purchased if still available*) at the Parking & Shuttles Booths at the Health & Fitness Expo on November 5th & 6th. Please refer to the [Parking & Shuttle Guide](#) for further details and instructions.

GETTING TO THE SUNDAY 5K & 1 MILE START LINE

There is limited parking available within Daffin Park and the surrounding area. Please be mindful of all posted city parking regulations on race day.

We will be running roundtrip paid shuttles from historic downtown Savannah to Daffin Park from 12:00pm to 3:30pm on Sunday, November 8th. Tickets cost \$10. All shuttle tickets must be purchased prior to race day either online (until 11/3)



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

or at the expo. See the [Parking & Shuttle Document](#) for full details. **Shuttle tickets will not be mailed and must be picked at the Health & Fitness Expo on November 5th and 6th.**

PACE TEAM

We've partnered with Fleet Feet Savannah to provide the Official Pace Team for the race. Experienced pacers will help you reach the finish line at your goal time. Pace Teams are FREE and open to all participants. Visit the Pace Team booth at the Health & Fitness Expo to join a Pace Team. Pace groups offered include:



Half	Full
1:45	3:15
2:00	3:30
2:15	3:40
2:30	3:50
2:45	4:00
3:00	4:15
	4:30
	4:45
	5:00

ON COURSE

COURSE ENTERTAINMENT

BANDS ALONG COURSE: Local bands will be stationed approximately every mile along the course to keep your spirits high and your legs moving. Leave your music at home and get ready to rock! See the full list of bands at, <http://www.runrocknroll.com/savannah/the-weekend/entertainment/>.

ROCK AROUND THE BLOCK COMPETITION:

Neighborhoods along the course will energize your run while cheering on runners at their designated location.

COURSE SUPPORT

There will be 7 water stations, 3 Gatorade Endurance stations and 1 GU station along the half marathon course. There will be 16 water stations, 7 Gatorade Endurance stations and 2 GU stations along the full marathon course. Gatorade Endurance on course and at the Finish Line will

be Lemon Lime flavor. GU flavors are Salted Watermelon, Vanilla Bean and Strawberry Banana.

PORTO POTTIES

Portable toilets will be located near the start/finish and at every support station along the course. Please see website for full details.

COURSE SPLIT

The half and full marathon courses start together and split at approximately mile 11.5. Please be aware of this split and be sure to follow the correct course signs. Both courses will be clearly marked.

COURSE TIME LIMITS

The official course time limit is 4 hours (18:19/mile pace) for the half marathon and 7 hours (16:02 mile pace) for the marathon. Both races will start together and will utilize a wave start. Your official time will not start until you cross the start line. A tail vehicle will follow the last runner on both courses at a 4 hour pace for the half marathon and a 7 hour pace for the marathon. If at any time a participant drops behind the tail vehicle, the participant will be picked up in the tail vehicle and transported to the back of the pack to stay on-pace. A strict time limit will be enforced as roads need to be reopened to regular traffic.

COURSE CUT-OFFS

To ensure that the roads are reopened on time, the following course cut-off times and locations will be implemented on the Marathon course:

Cut-off 1: Mile 11.5 by 11:00AM (East Anderson St at Bee Rd)

All marathoners who have not completed the first 11.5 miles by 11:00AM will be diverted to complete the Half Marathon course.

Cut-off 2: Mile 21 by 1:01PM (DeLesseps Ave [Truman Parkway Exit Ramp])

Diversion cuts off about 1.5 miles from the course.

DROPPING OUT OF THE RACE

If you need to drop out of the race for any reason, please report to the nearest medical station on the course to let them know that you will not be completing the race. If needed, a shuttle will bring you back to the Finish Line



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

where you can meet your family and friends and pick up your Gear Bag.

MEDICAL INFORMATION

The Medical Team is a dedicated group of medical professionals available to help you. Medical stations will be located at the start, every few miles along the course, and at the 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 race number.**

FINISH LINE FESTIVAL: FORSYTH PARK

The race finishes at Forsyth Park, on Drayton St. at Park Ave. After crossing the finish line, you will enter the Secure Zone and receive a finisher medal, Deer Park Water, Gatorade, and light snacks. Exit the Secure Zone as quickly as possible to reunite with family and friends at Family Reunion, grab a complimentary beer in the Beer Garden and unwind with live music. Once you leave the Secure Zone you cannot re-enter.

FAMILY REUNION

After the race, head to Family Reunion to reunite with friends and family and enjoy the Finish Line Festival. Look for the tall alphabet signs (A – Z) and plan to meet your loved ones at a pre-determined letter.

CELEBRATE WITH MICHELOB ULTRA

Every finisher over age 21: Celebrate your accomplishment with one well-deserved complimentary Michelob ULTRA beer at the finish line. **Additional beers will be available for purchase for \$5.** Photo ID required. **TIP:** Get your ID pre-checked at the Expo “Beer Garden ID Check” booth and receive a wristband.



LOST & FOUND AND INFORMATION BOOTHS

The Information Booth will be located at the Start and Finish, and will serve as race day Lost & Found. Valuable items found at the Start or Finish should be turned in to the Information Booth. Items from the Start will be transported to the Finish; any valuable items NOT claimed at the Finish by 2:00pm will be returned to our San Diego

office. To claim an item after the event, please call 1-800-311-1255.

VOLUNTEERS STILL NEEDED

Volunteers are still needed at the Expo, Start and Finish Line. If your friends or family are coming out to watch, tell them to support you and join the Race Crew! Visit <http://www.runrocknroll.com/savannah/the-weekend/volunteer/>.

SHOW YOUR BIB PROGRAM

Don't forget to add these exclusive [Runner Perks](#) to your weekend plans. It's easy. Simply show your bib, or medal, at any of the participating locations during race weekend to score some special deals. If you're going to rock, you deserve some rockin' rewards!

POST RACE CONCERT

Celebrate your extraordinary accomplishment with friends and family at the post-race concert at the Finish Line Festival in Forsyth Park! You'll be treated to the high-energy tunes of Saturday Toyota Rock 'n' Roll Concert Series headliner, Rascal Flatts, while you relish your achievement.

SATURDAY SCHEDULE:

Kenny George Band (set 1): 8:00AM – 9:00AM
Kenny George Band (Set 2): 9:15AM – 10:15AM
Awards Program: 10:45AM – 11:00AM
Rascal Flatts: 11:00AM – 12:15PM
Nickle Bag of Funk: 12:45PM – 2:30PM

WHATS NEXT?!

AWARDS & RESULTS

Official race results will be posted by 7:00PM (EST) on race day, on the event page at: runrocknroll.com/savannah

Age group awards will be presented 3-deep in all age divisions for both male and female categories for the Half Marathon and Full Marathon. The top three overall male and female 5K finishers will receive an award. Age group awards and 5k awards will be mailed within 6-8 weeks after the event. In accordance with USATF Rules, age group awards will be determined by chip time.



ROCK 'N' ROLL SAVANNAH MARATHON & 1/2 MARATHON

NOVEMBER 7-8, 2015

PHOTOS & FINISHER CERTIFICATES

Your photos and FREE finisher certificate will be available online within 48 hours after the race on the event homepage at <http://www.runrocknroll.com/savannah/>. Please note that your finisher certificate will NOT be mailed.

RUN FOR THE BLING

Do you #RunForTheBling? Complete two or more Rock 'n' Roll Marathon Series events in 2015 to earn ALL NEW Heavy Medals! [Enroll](#) today and start your 2015 Heavy Medal journey. Rock the [Pass](#). Earn the [Bling](#).

SAVANNAH LOW COUNTRY BOIL

What is the quintessential Savannah dish? Well, the Lowcountry Boil of course, with fresh-from-the-sea Wild Georgia Shrimp and all the fixins' grown right here in Georgia. Join and help set a world record with a fantastic party on the river with shrimp, music and more – a great preview to the Savannah Food & Wine Festival! Location: Hutchinson Island, Riverfront Esplanade from 4:30PM-7:00PM on November 7, 2015. It's the perfect way to celebrate – and enjoy some fun "Shrimp Eating Contests" for those who really want to pack some extra protein back on after their long run!

HOTELS & TRAVEL

Savannah is a city full of a variety of activities; from museum and haunted city tours to long walks through the city's beautiful parks, there's something to please everyone.

HEADQUARTER HOTEL:



Hyatt Regency Savannah

Two West Bay Street, Savannah, GA
(888) 421-1442

Visit <http://www.runrocknroll.com/savannah/the-weekend/hotels/> to book your discounted hotel accommodations. Be sure to reference Rock 'n' Roll Savannah when making your reservation.

COMMEMORATE YOUR RACE

Visit the Official Race Souvenir Store for a full range of graphic tees and custom sportswear, mugs, hats and other items produced by Brooks®. For the best selection, visit us at the Health & Fitness Expo or the Finish Line Souvenir Store on race day. A limited variety of merchandise is also available online.

SPORTHOOKS

There's no forgetting the moment when you receive your finisher medal around your neck. Share the pride and display your Rock 'n' Roll finisher medal and others you've earned on a RnR-branded medal display by SportHooks. Available at the Health & Fitness Expo and online, SportHooks provides a custom Rock 'n' Roll medal display with multiple display hooks. @SportHooks



MARATHONFOTO

MarathonFoto will photograph you multiple times before, during and after the race. Smile when you see the photographers in bright yellow vests. View and order your photos at www.marathonfoto.com.



FOND MEMORIES GRAPHICS

Preserve the memory of your achievement forever with a frame or medal engraved with your name and race time. Engraving is available at the Fond Memories Graphics booth at the Finish Line or online at fondmemoriesgraphics.com.

