

ROSE BOWL HALF MARATHON & 5K

FINAL RACE INSTRUCTIONS

JANUARY 21, 2024



**ROSE BOWL
HALF MARATHON & 5K**

Welcome to the 2024 Rose Bowl Half Marathon & 5K!

Please take a moment to read through our final race instructions to familiarize yourself with the race and our policies.

SCHEDULE OF EVENTS – SUNDAY, JANUARY 21

TIME	EVENT	LOCATION
7:00AM	HALF MARATHON & 5K START	ROSE BOWL STADIUM
10:45AM	ROSE BOWL KIDS RUN START	ROSE BOWL STADIUM

REGISTRATION

The Rose Bowl Half Marathon & 5K are 100% sold out! No entries available for the half marathon or 5K.

Kids Run registration is also sold out. No entries available for this race.

BIB PICK-UP: FRIDAY, JAN 19 & SAT, JAN 20 ONLY

All participants must pick up their own bib on Friday, January 19 or Saturday, January 20 at one of our bib pick-up locations. There is no race day bib pick-up unless you have pre-purchased VIP Hospitality or are on Team TMF.

- Participants must bring a Photo ID (+18 only) and QR code. QR code is located inside your Active.com confirmation email and can also be accessed through myevents.active.com.
- All participants are required to pick up their own bibs with exception of minors under the age of 18. Only parents or legal guardians are permitted to pick up bib for minors under the age of 18.
- Bib packets are NOT mailed to participants.
- Race morning bib pick-up is available by pre-purchasing VIP Hospitality only. VIP Hospitality is now sold out.
- Please email solutions@mccourtfoundation.org with bib related questions.

BIB PICK-UP LOCATIONS, DATES & TIMES

DATE	TIME	LOCATION	ADDRESS
FRIDAY, JAN 19	9AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, GATE D (PARK IN LOT D)
SATURDAY, JAN 20	9AM-4PM	BIG 5 SPORTING GOODS	3121 WILSHIRE BLVD. SANTA MONICA, CA 90403
SATURDAY, JAN 20	9AM-4PM	BIG 5 SPORTING GOODS	BIG 5 SPORTING GOODS 3719 E. COLORADO BLVD. PASADENA, CA 91107
SATURDAY, JAN 20	9AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, GATE D (PARK IN LOT D)



T-SHIRT PICK-UP - *ALL NEW THIS YEAR!*

All new this year, t-shirts will be available at bib pick-up on Friday and Saturday before the race! With 3 bib pick-up locations, t-shirt sizes will be on a first come, first serve basis. If you are unable to pick up your size at bib pick-up, we will have a t-shirt exchange on race morning. **Note that Kids Run shirts will be available for pick up on race day only – please visit the Solutions Tent.*

TEAM TMF

Team TMF participants pick up your personalized bib and Team TMF shirt at the “VIP Hospitality & Team TMF Check-In” tent on race morning between 5:30AM – 7:00AM.

VIP HOSPITALITY

VIP Hospitality includes pre- and post-race amenities including race morning bib pick-up. Race day bib pick-up is ONLY available to participants with pre-purchase VIP Hospitality or Team TMF participants. No exceptions.

VIP Hospitality Tent Opens: 5:30AM

VIP Hospitality Tent Closes: 12:00PM

- You must bring a Photo ID.
- You are required to pick up your own bib.
- You may not pick up bibs on behalf of others.

VIP Hospitality amenities include:

- Race day packet pick-up
- Private outdoor tent with heaters
- Private gear check
- Private portable restrooms
- Pre-race continental breakfast and coffee
- Post-race breakfast burritos and beer
- Stretching area with foam rollers, yoga mats, and yoga instruction

VIP HOSPITALITY IS SOLD OUT.

PARKING & TRANSPORTATION

Make a transportation plan for race day! Expect traffic approaching the Rose Bowl as early as 5am. Arrive early, carpool, and take the FREE shuttles from Old Pasadena.

FREE SHUTTLES FROM OLD PASADENA

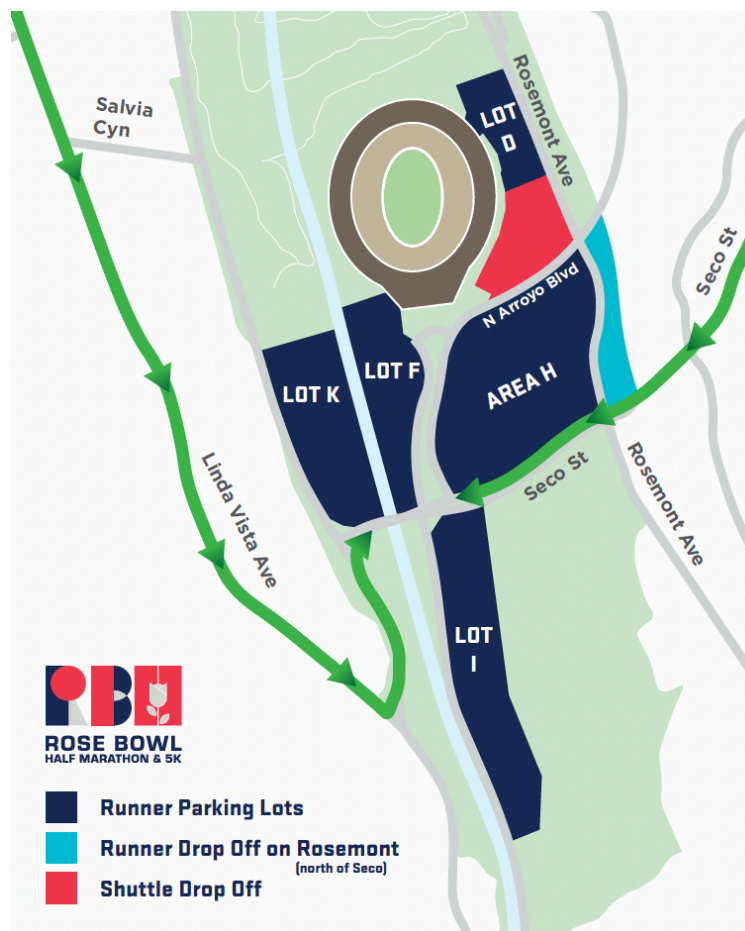
- A free shuttle program will be available to and from Memorial Park Station and the Rose Bowl (Lot B).
- Shuttles will begin at 4:00AM on race day and will conclude 90 minutes from the conclusion of the race.
- Shuttle pick-up will be located on the corner of Holly St. and Raymond Ave.
- Paid parking is available at the Holly Street Garage and the Courtyard Marriott Public parking structure.
- Nominal parking fees may apply.

PARKING & DRIVING DIRECTIONS

The Rose Bowl is located at **1001 Rose Bowl Drive, Pasadena, CA 91103**.

Plan to arrive **NO LATER THAN 6AM** to ensure you make it into the lots prior to the start of the race. Please reference the green routes called out in the map image. These are the only open routes to access the parking lots and start line area. We strongly encourage you to use the map below. Your GPS will lead you towards roads that are closed for the race.

Be prepared for traffic as early as 5AM on race morning to park. Plan ahead and arrive early!



GEAR CHECK

Gear check is available for half marathon and 5K participants. Participants must use the clear plastic bag they received with their bib and the gear check tag must be securely attached to the drawstring. Gear check will open at 5:30AM and remain open until 11:30AM. Any gear remaining after 11:30AM will be taken to the TMF offices.

START LINE & TIMES

The half marathon and the 5K will start simultaneously, side by side at 7AM. This event is self-seeded. Participants should line up so that faster runners are in the front; walkers and slower participants are towards the back. Lining up this way keeps the course safer and less congested for participants. To help you with your pacing, LA Road Runners pace leaders will be positioned throughout the Half Marathon corrals based on their predicted finish time. Find them in their blue Pace Leader shirts carrying red pace signs. Anyone participating in the race is welcome to join them on course.

Portable restrooms will be available to athletes and spectators near the start line with additional restrooms available inside the stadium gates.

STUDENTS RUN LA (SRLA)

All SRLA Parking is in Lot K, which is the easiest way to access the SRLA Staging Area. Personal vehicles should arrive at 5:15AM (busses will arrive by 5:45AM). SRLA participants should go across the small bridge to the SRLA Staging Area in the east side of the parking lot (Lot F). This is where bibs will be distributed before the race and t-shirts will be distributed after the race. SRLA members should remain in this staging area until instructed to move forward to the start line (at approximately 7:15AM) by event officials.

SPECTATORS

Spectators are welcome at the Rose Bowl Half Marathon & 5K for free! Access to the stadium bleachers will open at 7AM and is available in sections 24 through 26, through the tunnels to the north of the Finish Festival. Spectators may access sections 2 through 4 but must enter through the tunnels at sections 24 through 26 for access.

LA ROAD RUNNERS PRESENTED BY VOLVO

LA Road Runners is the official training program of the Los Angeles Marathon. All LARR Training Program members receive locker room access on race morning. Members must pick up their wristband prior to race morning – see the LARR newsletter for details.

Stop by the LARR booth at the Finish Festival to learn more about the LA Road Runners.



PACE LEADERS

Pace leaders will be available on race morning courtesy of the LA Road Runners. Find them in royal blue t-shirts that say, 'PACE LEADER' carrying flags which mark their projected finish time.

Pace leaders will be available for each of the following projected finish times: 1:30, 1:40, 1:50, 2:00, 2:15, 2:30, 2:45 and 3:00.

AID STATIONS

5K participants will have an aid station with water and Electrolit just before the Mile 2 marker.

Half Marathon participants will have hydration stations at or near the following mile markers: 2, 3, 4, 6, 7, 8, 9, and 11.

Electrolit will be available at all half marathon aid stations except Mile 2. GU will be distributed at the Aid Stations near miles 4.5 and 7.5.

TIME LIMIT

Please be aware that there is a four-hour time limit for this event. Any participant who falls behind the four-hour pace (19 minutes per mile) will be asked to move to the sidewalk to finish the event. Additionally, those participants who have not made the turn south onto Wilson Street just before mile 6 by 9:30AM will be turned around on Green Street and will proceed to finish without completing this out and back section.

PET & STROLLER POLICY

No dogs or other forms of pets may participate with their human at the Rose Bowl Half Marathon & 5K. It is against Rose Bowl policy to allow pets to enter the stadium gates.

Strollers will only be permitted in the 5K and the Kids Run and must start at the back of the corrals.

RACE PHOTOS

Get your personal race photos with FinisherPix! Our official photo service takes care of your race memories. Make sure your bib number is always visible in front of your body and SMILE when you cross the finish line!



Your personal race photos will be available at www.finisherpix.com.

COURSE MAP

HALF MARATHON COURSE OVERVIEW & ELEVATION PROFILE

The Rose Bowl Half Marathon course is challenging, but incredibly rewarding. Featuring iconic landmarks and scenic city streets, the course departs from the Rose Bowl, winds through historic residential neighborhoods and ventures across Old Town Pasadena before making its return. Don't miss the breathtaking views of the Rose Bowl from the iconic Colorado Street Bridge just before you make your descent towards the final 5 kilometers, which loop around the Rose Bowl. Your memorable finish line moment will take place on the field of the world-famous Rose Bowl, a fitting reward for an incredible accomplishment.

The first three miles of the half marathon course are the most challenging, with a gradual hill leading towards the first mile marker and the "California Climb" at mile 2. Once you've turned onto Orange Grove Boulevard, it's a mostly flat course until you reach the ninth mile, which features a steady decline as you venture back towards the Rose Bowl for the final few miles. The race finishes with a welcomed decline as you make your way down the tunnel and onto the field for that finish line push.

COURSE MAP



5K COURSE OVERVIEW

The Rose Bowl 5K course shares a start line with the half marathon but will turn and head west shortly after the start, beginning the loop around the Rose Bowl before returning towards the front entrance to the stadium and finishing on the field. The course features a few minor rolling heads and will be completely on paved roads.



FINISH FESTIVAL

Finish Festival Hours: 7AM - 12PM

Beer Garden Hours: 7:30AM – 11:30AM

After you finish on the field, you'll have a chance to hang out on the field, take a photo in our exclusive photo op, and simply take in the iconic Rose Bowl Field. Afterwards, celebrate your accomplishments with family and friends at the Finish Festival, located in the Court of Champions beneath the iconic Rose Bowl sign. Participants 21 & older can enjoy 1 free beer at our finish festival beer garden.

Photo I.D. or picture of Photo I.D. is required to purchase extra beer tickets.

RUNNER PERKS

Celebrate in Pasadena! Enjoy exclusive runner perk discounts on race week, race weekend, and/or race day! Check out our full list of participating stores and restaurants here:

<https://www.rosebowlhalf.com/pages/rbh-runners-perks>

ROSE BOWL KIDS RUN

EVENT INFO

- **Start Time: 10:45AM**
- Age requirement: Recommended for children between 3-8 years old.
- All kids receive a t-shirt and a medal.
- The kids run will start at the half marathon start line and finish on the field of the world-famous Rose Bowl. The distance is approximately 400 meters or .25 miles.
- Children should start lining up at 10:15AM for warmups and announcements. Parent escort leaves promptly at 10:25AM from the start area. The Kids Run starts at 10:45AM with the first wave.



INSTRUCTIONS FOR PARENTS/GUARDIANS

Each child will be given a participant bib that must be pinned to their clothing. There will be a matching “parent bib” for the parent or guardian to either wear or hold onto when they run alongside their child on the course or pick up their child at the finish.

IMPORTANT

This is a point-to-point course, which means the participants start and finish in different locations. Parents with children under 6 years old are encouraged to run with their child along the course.

Due to the layout and accessibility of the Rose Bowl Stadium, family members who prefer to spectate and wait for their child at the finish area, may walk into the stadium with our PARENT ESCORT who will leave the start area promptly at 10:25AM. Anyone arriving after the PARENT ESCORT has left, will need to accompany their child on the course.

ABOUT THE MCCOURT FOUNDATION

Since 1992, The McCourt Foundation (TMF) has been an organization dedicated to enhancing the lives of patients and families affected by health-challenges within the neurology community and beyond. Today, TMF is an organization whose mission is to empower individuals and communities to build a healthier world and make a difference. We do this by supporting neurology research, hosting educational forums, and using our events as a platform to raise funds for charity partners.

All **Team TMF fundraisers** will receive a Team TMF t-shirt, customized race bib, VIP Hospitality, race morning bib pick-up, private gear check and locker room access. Team TMF fundraisers who raise \$1000 get to **kick a field goal** on race morning and free FinisherPix!

Stop by The McCourt Foundation booth to learn more about our mission, Team TMF, and how you are helping to build a healthier world.



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