

# IMPORTANT RACE INFORMATION

We can't wait to see you at the 12<sup>th</sup> annual Rock 'N Run this Saturday!  
**PLEASE READ** as this includes several important details to know about our race.

## RACE DAY REGISTRATION:

You can register all the way up until race morning at 7:45 am.

*Friendly Reminder: Race Day Registration is ONLY available by QR Code.*

## RACE DAY PARKING:

Parking is available behind Renfro Valley Entertainment Center, located at:

2380 Richmond Street

Mt. Vernon, KY 40456

## START TIME:

Half Marathon: Starts promptly at 8:00 am

5K Run/Walk: Starts at 8:05 am

(5K'ers line up behind Half Marathoners)

## PACKET PICK-UP:

There are two options –

**Option 1:** Pick-Up at Rockcastle Regional Hospital on Friday, October 25, 8:00 am to 3:00 pm.

You will see a sign with a phone number to call and your packet will be delivered to your vehicle outside.

**Address:**

185 Newcomb Avenue

Mt. Vernon, KY 40456

**Option 2:** Pick-up Race Day morning until 7:45 am. Located in the big white tent.

## HYDRATION STATIONS:

We have 4 hydration stations throughout our course that will have water and Gatorade.

For Half Marathoners, this offers 7 chances for water during the race.

**White Cups = Water**

**Purple Cups = Gatorade**

## PORTA POTTYS:

There will be 4 available out on the course (see course map for reference)

All are located with Hydration Stations.

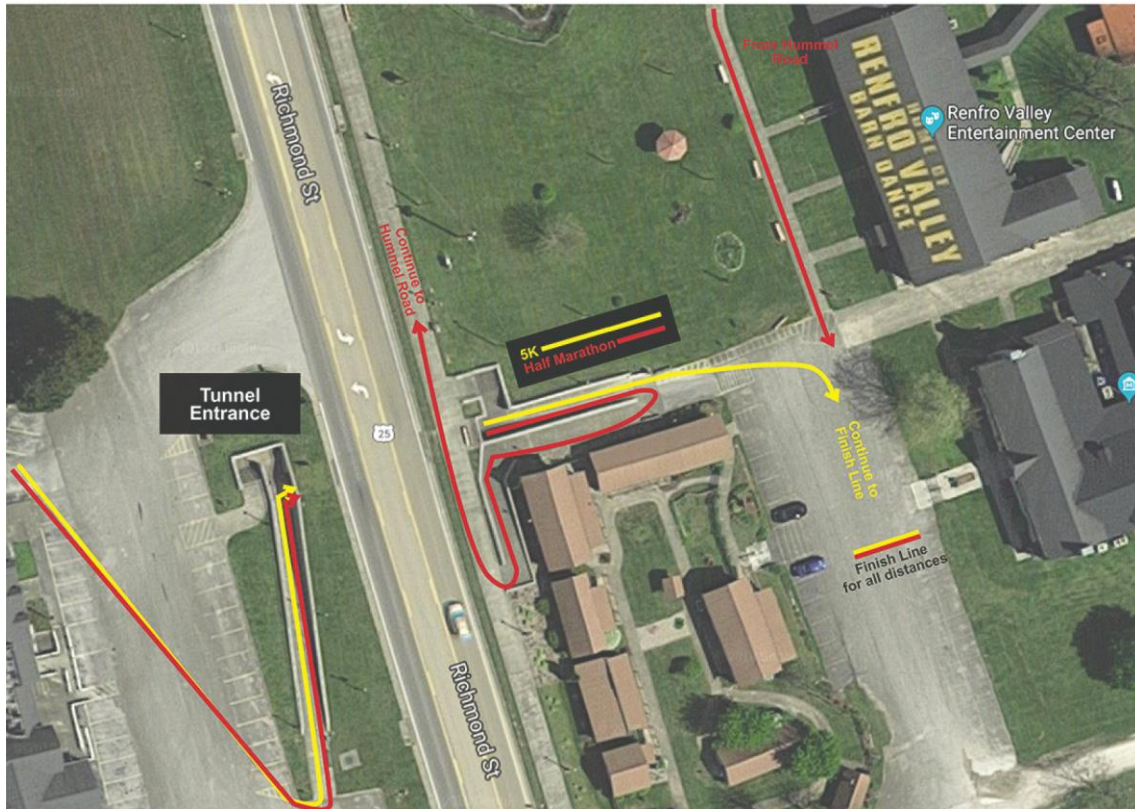
## ABOUT THE TUNNEL:

Our unique course takes you from one side of the valley to the other. Both the 5K'ers and Half Marathoners will run lakeside before returning to the entertainment center, marked by the famous "Renfro Valley Barn Dance" building.

**5K Participants:** When 5K'ers (see yellow arrows in the map below) exit the Hwy. 25 tunnel, the finish line will be right there, just one right turn away.

**Half Marathon Participants:** When Half Marathoner's (see red arrows below) exit the tunnel, they'll make a hairpin right turn and be directed to Hummel Rd. (the other side of the entertainment center, where they'll run another beautiful out-and-back of a little under 6 miles)

## Close-up of the course in the tunnel area



## GEAR DROP BOXES:

Gear drop will be after the tunnel exit for Half Marathoners, on the sidewalk. Sign will be posted. Gear drop will be brought back to the White Tent/staging area. ***We are not responsible for gear dropped elsewhere on the course.***

## SAFETY:

**NO** strollers or dogs permitted for this race.

If you use ear buds, we strongly suggest you only use one, as this is not a closed course (though we do have safety support from local Law Enforcement, Local Fire Department, and our volunteer Motorcycle Course Support). ***Course will be marked with Mile Marker signs and orange taped arrows on the road.***

***Thanks to the Mt. Vernon Police Department, the Mt. Vernon Fire Dept., Rockcastle County CSEPP, and volunteer motorcyclists and side-by-side drivers, the course will be patrolled as always for your safety, but the roads are not closed so be aware you may encounter traffic at any time.***

## COSTUME CONTEST:

We offer a cool chance to win \$100 while adding to the Rock 'N Run fun: Our Costume Contest is open to Half Marathoners and 5K'ers. Musical themed costumes only.

- All costume participants MUST wear their costume for the duration of the race and race bib MUST be visible for time tracking!
- Contestants must check-in at the registration tent and have their picture taken. On race day we will post the pictures on our Facebook page. The one with the most "likes" by Oct. 31 at noon will win \$100.

## SELFIE STATION:

Props will be available to snap the perfect race day selfie. Post on social media with hashtag: **#renfroRNR**

## NEW ~ Kid's Club:

Kids 12 and under run or walk FREE. They will get a special County Wide Stride bracelet each race they complete. Collect 7 silicone bracelets to receive a \$25 gift card and custom Kids Club t-shirt at the end of the series.

## *We have two options available for Rock 'N Run:*

- Option 1: Free Registration (no shirt or age group awards)
- Option 2: Paid discounted registration (includes shirt and age group awards eligibility)

## POST-RACE DRINKS/SNACKS:

### **For All Participants:**

Climax Bottled Spring Water

Bananas

Granola Bars

Coffee & Hot Chocolate from Baxter's

Half Marathoners will receive more nourishment with sausage/ham/bacon biscuits from Backporch Smokehouse Restaurant on Lake Linville.

**Please help us ensure all participants are well-fueled by being mindful of how much post-race drinks and snacks you take. Our Half Marathoners will be arriving later and will need to replenish after their 13.1-mile journey. Thank you for your understanding and support!**

## HALF MARATHON AWARDS:

- \$100 and trophies to overall male and female winner
- Top three male and female runners in each of the following age groups: 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79, 80+
- Top three male and female walkers
- Awards will be presented at 10:30 a.m. near the finish area

## 5K AWARDS:

- 5K awards will be presented at 9:15 near the finish area
- Top three male and female runners in each of the following age groups: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79, 80+
- Top three male and female walkers

For any other information you may need, contact Chelsea Dillingham at (606) 256-7767  
or email [c.dillingham@rhrcc.org](mailto:c.dillingham@rhrcc.org)





# Course Map



-  Mile Marker
-  Port-A Potty
-  Hydration Station

**RENFRO**  
**RA**  
ROCK N' RUN

