

ROCK N FLY

RUNNERS FAQ SHEET

BEFORE THE RACE

REGISTRATION &, REFUNDS

Can I register on race day?

Maybe depending on if the race has reached 3,000 runners.

What do we do if there is bad weather? If there is inclement weather which could include hurricane, lightning, or any natural disaster the race may be rescheduled or cancelled. Rock N Fly will make every attempt to run the race but the base safety officer and Commanding Officer may delay or cancel the race due to weather for safety reasons. Our intent is to run the race even in bad weather unless deemed unsafe. Please check the website, Facebook, email, and twitter for possible delays and updates if it looks like there could be bad weather.

How will I know if a race is sold out?

When the race gets within 100 entries of selling out, we will post a notice on the webpage and Facebook www.runrocknfly.com The registration capacity this year is set at 3000 registrations. We are anticipating a sell out so register early.

Can I give/sell my number to another runner?

For the safety of our runners, entries are non-transferable. If a runner collapses or is otherwise injured during the race and is running as someone else we do not have any idea who that person is and whom to notify.

Where does my registration fee go?

Your registration fees after paying for the event will go to support the Navy Marine Corps Relief Society and Navy Ball. **There is no individual or business making a profit from the Rock N Fly event it is entirely a non-profit race.**

Why haven't I received an email confirmation?

When registering by Get Me Registered. You should receive a confirmation email. If you register by paper and mail your registration in. You can go to Get Me Registered from www.runrocknfly.com and then click confirm entry and put in information requested. If you registered and are not confirmed then please email the race director at runrocknfly@gmail.com.

PACKET PICK-UP

When is packet pickup?

Packet pick-up will be at Seville Quarter in downtown Pensacola on March 16, 2018 from 3-7 p.m. There will be packet pick up at Radford gym on March 17, 2018 from 6-7:30 a.m.

What do I need to bring with me to pick up my packet?

Bring your photo ID to pick up your packet.

Can I authorize another person to pick up my race packet?

You may designate another person to pick up your packet. Please provide a copy of an ID of you and signature of individual you are allowing to pick up your packet. .

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RACE DAY DETAILS

SECURITY

All vehicles will proceed through either the front or back gate of NAS Pensacola. The back gate will open at 0600 the morning of March 17th. Please have a valid driver's license or military ID out and ready for the gate guards. Vehicles may be asked to pull over for security checks. Please arrive early due to the fact we want a safe and secure race/event. There will be additional security on the course as well as security forces looking for any suspicious activity and bags. If you see anything that you question as suspicious, please notify security or a race volunteer. **YOU WILL NOT BE ALLOWED TO LEAVE AND RETURN BACK ON THE BASE AFTER THE RACE HAS STARTED UNLESS YOU HAVE A VALID DOD ID CARD.**

PARKING

Where should I park on Race Day?

Please review the parking map on the race information tab at www.runrocknfly.com We are suggesting 5K runner's park off of Turner across from Radford gym and half marathon runner's park in the lots on Radford Blvd along the seawall.

GEAR CHECK

Since the start and finish are very close to each other there will not be a gear check. Any individual carrying a suspicious bag may be asked by security to disclose contents for the safety of all runners. We are asking individuals to keep gear in vehicles.

THE START

Where does the race start?

The half marathon & 5K starts on Radford and Fred Bauer Blvd in front of Starbucks. Please be at start line NLT 07:45 am for colors, national anthem, invocation and Rock N Fly kick-off. We will also have a Zumba warm up prior to the race start.

THE COURSE

What is the time limit for the half marathon?

The half marathon should be completed within in a 4-hour time limit. We allow runner s to be on the course for 4 hours.

What can I expect if I am behind the course limits?

If you are behind a 1400-minute pace please realize the event shuts down at noon. The post race bands will be playing until 1200. We will assure you are timed, get a medal and have water and food if you are close to the noon cut-off.

Can I wear headphones?

The base has a no head phone policy for safety while running on the roads. There will not be headphone police on the course but the use of such items is discouraged. Running safety has always been, and will continue to be, the priority for our events. Please be mindful of the other participants and race personnel to ensure a safe and enjoyable race for everyone. Remember we have music every mile playing to keep you pumped. You will be much more motivated by fellow runners. They are fanatics like you.

Are strollers allowed on the course?

Yes but please line up at the back of the start for safety reasons.

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What is not allowed on the course?

Runners going backward, runners not wearing a race number, animals, runners carrying children, roller skates, roller blades, and wheeled vehicles other than push-rim wheelchairs or hand-crank chairs.

How many fluid stations on the course and what is available at fluid stations?

Fluid stations are located approximately every 1.5 miles. There will be a total of 10 fluid stations for the half marathon and one for the 5K. Please review fluid station on the race information tab at www.runrocknfly.com

Where are the medical services on the course?

If medical attention is required on the course, alert any fluid Station, who will contact the nearest medical team. The Fed Fire department will be at the finish line. If an emergency occurs the individual will be transported via ambulance off the base to the closest appropriate emergency room.

What if I can't finish the race?

If you drop out of the race and want transportation back to the finish area, go to any fluid station and request transportation. Our sag vans will provide you with a ride back to the finish. Be prepared to wait up to one hour for transportation.

Where are the portable toilets along the course?

Portable toilets will be at the start and mile 9 as well as at Sherman Cove at mile 4.5/6.

PLEASE DON'T LITTER ALONG THE COURSE – MAKE EVERY ATTEMPT TO DISCARD TRASH AT A FLUID STATION. PLEASE KEEP OUR BASE BEAUTIFUL.

THE FINISH

What can I expect?

When crossing the finish line first listen for your name. We will have an announcer calling out Rock N Fly runners as they cross the finish line.

Half Marathon runners will receive the Rock N Fly medal which can be viewed under race information at www.runrocknfly.com

We will have plenty of food and fluid for a quick recovery.

For runners over 21 beer will be available. You must have an ID or wrist band to assure only individuals 21 and older are authorized to drink. Individuals must drink responsible.

Enjoy the live music! We will have Rocker and All American Costume Contest. Dress up and have fun with the race. We will also be announcing overall race award winners during band sets.

AWARDS

Will I receive an award if I place in my age group?

Overall Awards-Unique specialized awards for overall half marathon & 5k winners for both male and female will be designed by artist **Ironman Ben Bogan**.

Overall Master & Grand Master Awards for both Male and Female **1 deep**

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Age Group Awards for **Half Marathon and 5K runners** for both male and female will be **three deep** in 5 year age groups:

under 10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59,60-64,65-69,70-74, 75-79, 80+

5K Walker awards **3 deep** in 10-year age groups.

Overall, Masters, Grand Masters, Senior Grand Masters

Best All American Costumes Contest

1st, 2nd, and 3rd in each category!

Age group awards will be able to be picked up at the awards table after confirmation of award winners. **NO AWARDS WILL BE MAILED!**

CHIP TIMING

Official time is it gun time or chip time?

Awards will be determined by chip time.

VOLUNTEERS

Do I have to be signed up to volunteer?

Yes. All our volunteers must register on our website at www.runrocknfly.com

What if I can't volunteer on Marathon day?

You can help on Thursday or Friday as we stuff packages and set up the course.

Where do I report Race morning?

All volunteers will report to Radford gym NLT 0530 for assignments.

SPECTATORS

Where is the best place to watch the race?

The best place to watch the half marathon will be on Radford Blvd. Runners will start and come back by after mile 9. The finish is in front of Radford gym. You will see your favorite runner or runners 3X from this location.

