

# ROSE BOWL HALF MARATHON & 5K

**FINAL RACE INSTRUCTIONS**

**JANUARY 19, 2025**



**ROSE BOWL  
HALF MARATHON & 5K**

# Welcome to the 2025 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:

Friday, January 17 – Sunday, January 19

DATE	TIME	LOCATION	ADDRESS
FRIDAY, JAN 17	9AM-4PM	ROSE BOWL STADIUM BIB PICK-UP	ROSE BOWL STADIUM, LOT K
SATURDAY, JAN 18	9AM-4PM	BIG 5 SPORTING GOODS BIB PICK-UP	3121 WILSHIRE BLVD. SANTA MONICA, CA 90403
SATURDAY, JAN 18	9AM-4PM	ROSE BOWL STADIUM BIB PICK-UP	ROSE BOWL STADIUM, LOT K
SUNDAY, JAN 19	7AM	HALF MARATHON 5K START	ROSE BOWL STADIUM
SUNDAY, JAN 19	7AM-12PM	FINISH FESTIVAL	ROSE BOWL STADIUM
SUNDAY, JAN 19	10:45AM	ROSE BOWL KIDS RUN PRESENTED BY CIRCLE K START	ROSE BOWL STADIUM

## REGISTRATION

General entries for the Half Marathon and 5K are sold out. A limited number of Team TMF entries remain while supplies last. A limited number of Kids Run entries still remain.

## RACE DAY APP & RUNNER TRACKING

All new in 2025, The Rose Bowl Half Marathon & 5K is featuring the latest in real-time race tracking.

Features Include:

- **Live Web Tracker** - See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.
- **Live Leaderboard** - See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking** - Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.
- **And so much more!**

PLEASE NOTE: Times posted during the event are unofficial. Official results are posted upon completion of the event.

Download the app now here: [https://rtrt.me/ulink/ RT/TMF-ROSEBOWL-2025](https://rtrt.me/ulink/RT/TMF-ROSEBOWL-2025)

## BIB PICK-UP

- All participants are required to pick up their own bibs with exception of minors. Only parents or legal guardians are permitted to pick up bibs for minors under the age of 18.
- Participants must bring a Photo ID (+18 only) and bib pick up QR code (will be emailed to you on Thursday, January 16)
- Bibs are NOT mailed to participants.
- Please email [solutions@mccourtfoundation.org](mailto:solutions@mccourtfoundation.org) with bib related questions.

## BIB PICK-UP SCHEDULE:

Friday, January 17 and Saturday, January 18

DATE	TIME	LOCATION	ADDRESS
FRIDAY, JAN 17	9AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, LOT K
SATURDAY, JAN 18	9AM-4PM	BIG 5 SPORTING GOODS	3121 WILSHIRE BLVD. SANTA MONICA, CA 90403
SATURDAY, JAN 18	9AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, LOT K

## RACE MORNING BIB PICK-UP: Sunday, January 19

Race morning bib pickup is only available for the Rose Bowl Half Marathon & 5K for a fee. If you do not purchase VIP Hospitality and cannot pick up your bib on Friday or Saturday (as listed above), you can prepay for race morning bib pick-up.

- [Half Marathon](#): \$53.87 (The total price includes a product fee of \$50.00 plus \$3.87 in processing fees.)
- [5K](#): \$11.20 (The total price includes a product fee of \$10.00 plus \$1.20 in processing fees.)

Participants may purchase this option during registration or after registration by clicking the links above.

# ROSE BOWL HALF MARATHON & 5K



## T-SHIRT PICK-UP

Participant t-shirts will be available at all bib pick-up locations. With multiple bib pick-up locations, t-shirt sizes will be on a first come, first served 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 at the Rose Bowl Stadium bib pick-up and 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. Any Team TMF participant wishing to pick up your bib on Friday or Saturday must complete this [form](#) or your customized bib, Team TMF shirt and wristband will not be available prior to race morning.

Team TMF participants receive free access to the VIP Hospitality Tent as well as access to the LARR locker room. You will receive a wristband when you pick up your bib.

## VIP HOSPITALITY

VIP Hospitality includes pre- and post-race amenities including free race morning bib pick-up.

**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:**

- Free 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, beer and mimosas
- Stretching area with foam rollers and yoga mats

**VIP HOSPITALITY IS SOLD OUT.**

## PARKING & TRANSPORTATION

We recommend you carpool, utilize the free shuttles, and plan for traffic race morning. With almost 15,000 people arriving in just a couple hours, there will be traffic and delays as early as 5am.

The race starts promptly at 7am and will not be delayed for late arrivals.

## FREE SHUTTLES

A free shuttle program will be available to and from the Rose Bowl from the Parson's Complex Parking Lot.

- Shuttles will begin at 4:00 am on race day and will conclude 90 minutes following the conclusion of the race.
- Shuttle pick-up will be located at the Parson's Complex Parking Lot ([285 N. Pasadena Ave, Pasadena CA](#))
- Parking at the Parson's Complex Parking Lot is \$10
- There are additional lots in the area near the Memorial Park Metro Station with rates as low as \$5. It is about a 5-minute walk from the Memorial Park Metro Station

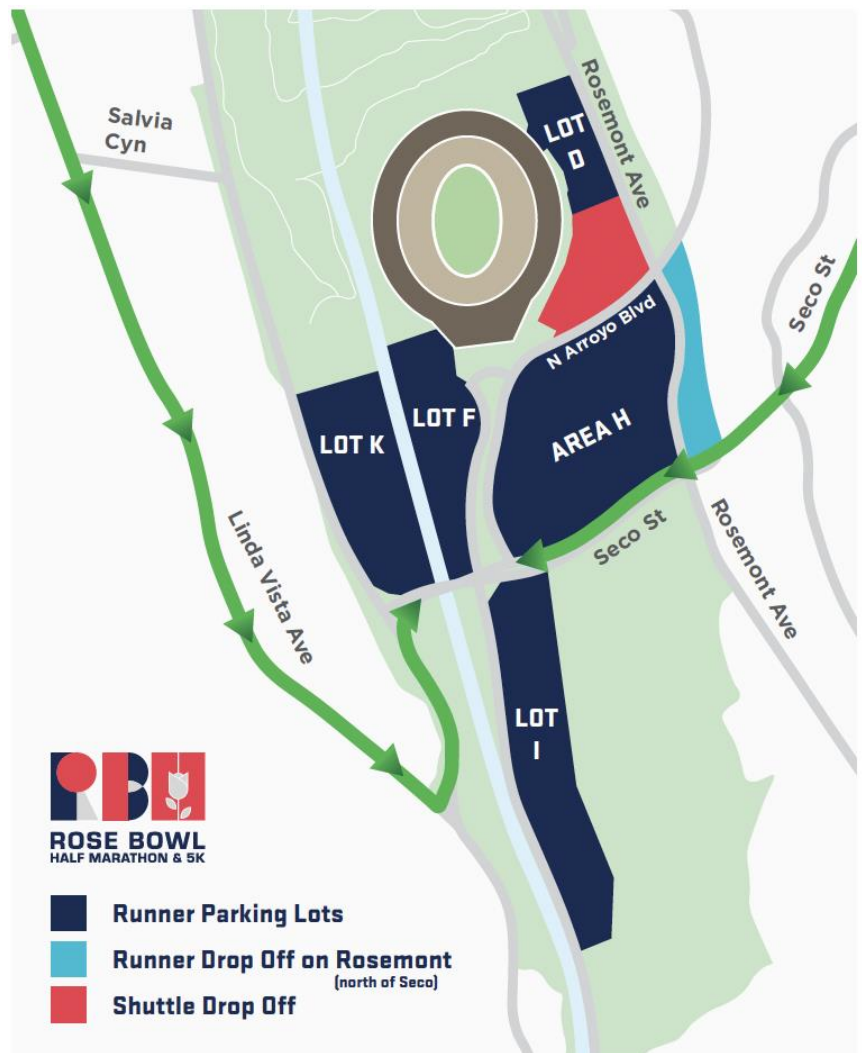
## PARKING & DRIVING DIRECTIONS

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.

Parking is available on a first-come, first served basis.

- Parking at the Rose Bowl is **first come first served, with all cars required to be parked by 6am**. Arrivals after 6am will be turned away and required to park in Pasadena and take the free shuttle.
- When parking at the Rose Bowl, **reference the green routes in the map image here**. **These are the only open routes** to access parking lots at the Rose Bowl. We strongly recommend you use the maps below as your GPS may take you different ways and you may face road closures.





## 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 The McCourt Foundation office for participant pick-up.

## 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

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. Gu flavors will be strawberry kiwi, lemonade, cherry lime, and chocolate coconut.

## UCLA HEALTH MEDICAL STATIONS

There are 5 medical stations on course: Mile 3/8.5, Mile 4.5/7.25, Mile 5.5/6.5, Mile 10.5, and Mile 11.75



Medical stations will be identified by the below branding.



## 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](http://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.



## ELEVATION PROFILE



## 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 hills and will be completely on paved roads.



## ROSE BOWL LOYAL LEGACY GARDEN – ALL NEW!

We're thrilled to celebrate the incredible dedication of the 150 participants who have completed the Rose Bowl Half Marathon every year since its inception in 2017. As a tribute to our Legacy Participants, each of them will have a personalized rose displayed in our **Legacy Rose Garden**, located on the field. Thank you for being part of our history!

## FINISH FESTIVAL

**Finish Festival Hours: 7AM - 12PM**

**Michelob Ultra 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.**

## ROSE BOWL KIDS RUN



### EVENT INFO

- **Start Time: 10:45AM**
- **Where: Main Event Start Line**
- 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 are invited to start lining up starting at 10:20AM. Parent escort leaves promptly at 10:25AM from the start area.

### WAVES

Children will be sent out in waves by age group - oldest in front, youngest in back – starting with Wave 1 at 10:45am and additional waves every 5 minutes. Children should be at the start line 15 minutes prior to their wave start.

10:45am - Wave 1 (7-8 year olds)

11:00am - Wave 4 (4 year olds)

10:50am - Wave 2 (6 year olds)

11:05am - Wave 5 (3 years and under)

10:55am - Wave 3 (5 year olds)

Times are approximate and may vary. By sending the kids in groups by age, we make it a more safe and fun experience. Parents are encouraged to run with children 6 and under.

### 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

The McCourt Foundation is a nonprofit striving to cure neurological diseases while empowering communities to build a healthier world. Since 1992, we've donated more than \$6.7 million to neurology research and generated more than \$72m for our 105+ nonprofit charity partners.

We make a difference by focusing on our three pillars:

- Research: We support and donate to fund neurological research.
- Education: We host free educational forums for those affected by neurological diseases such as ALS, MS, Parkinson's, and Alzheimer's.
- Partnerships: We build strategic partnerships and leverage our mass participation athletic events as platforms to drive broader health and wellness impact. Our events include the Los Angeles Marathon, Rose Bowl Half Marathon & 5K, Santa Monica Classic, LA 5K, Boston Waterfront 5K, and Tour de South Shore.

Within our mission we support youth health and wellness programs for school age kids in the Greater Los Angeles region. These programs include Students Run LA and 26<sup>th</sup> Mile, which is part of the Los Angeles Unified School District's Beyond the Bell Youth Development program. These programs are proven models that have spawned similar programming across the county.

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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