

ROCKY RUN

PARTICIPANT GUIDE 2026

GET READY FOR RACE DAY

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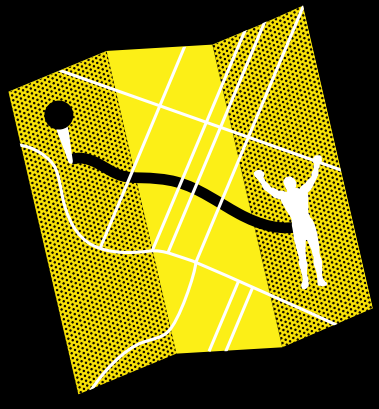
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ROCKYRUN

WELCOME

Welcome to the Rocky Run! We're excited to have you join us for this epic event. Just like Rocky, we know you're ready to tackle the challenge ahead. We recommend reading through all the details in this guide so you can conquer race weekend like a champ!

SCHEDULE OF EVENTS

★ WED ★ NOV 11

Packet Pick-Up
Rivers Casino Event Center
4:00 p.m. – 8:00 p.m.

★ THURS ★ NOV 12

Packet Pick-Up
Rivers Casino Event Center
12:00 p.m. – 8:00 p.m.

★ FRI ★ NOV 13

Packet Pick-Up
Rivers Casino Event Center
12:00 p.m. – 7:00 p.m.

★ SAT ★ NOV 14

Race Day
Philadelphia Museum of Art
5K Start – 7:00 a.m.
10 Mile Start – 8:00 a.m.

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PACKET PICK-UP

Get ready to kick off an unforgettable race weekend by picking up your participant packet at Rivers Casino Event Center. We've set up a convenient and streamlined process to ensure you're fully prepared for race day.

LOCATION

RIVERS CASINO EVENT CENTER
1001 N DELAWARE AVE.
PHILADELPHIA, PA 19125

Entering the Event Center at Rivers Casino

From the North Entrance:

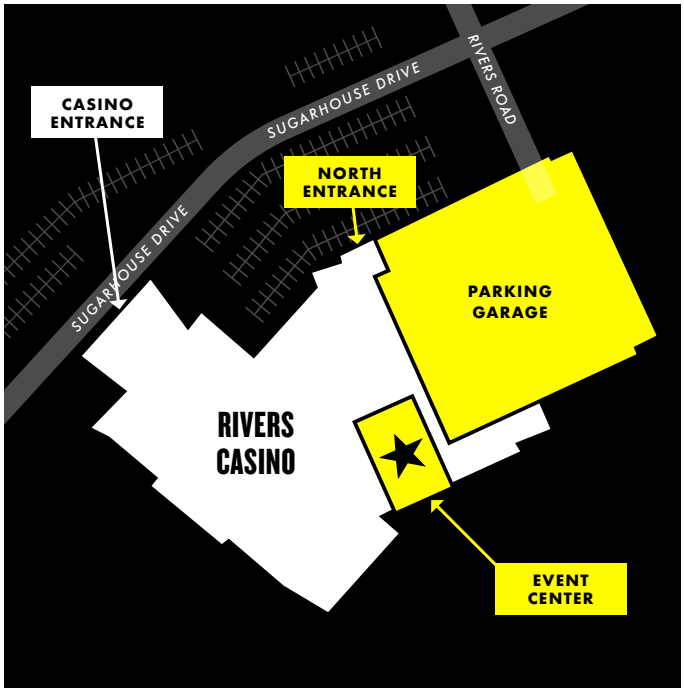
The north entrance is located on the north side of the casino under the WELCOME letters. Park in the lot nearby. There will be security to greet you and from there you can either take the elevators to the left, or the stairs/escalators straight ahead.

From the Parking Garage:

The parking garage is located on the far north side of the casino. Park on the second floor OR park on any floor and take the elevator down to the second floor. The elevator will take you to the Event Center.

All ages are welcome at the Event Center, but only guests 21 and older may enter the Casino.

Parking is complimentary.



HOURS

Wednesday, Nov 11: 4:00 p.m. – 8:00 p.m.
Thursday, Nov 12: 12:00 p.m. – 8:00 p.m.
Friday, Nov 13: 12:00 p.m. – 7:00 p.m.

PACKET PICK-UP

Your confirmation email verifies your entry for the Rocky Run. Please present the unique QR code from the email when collecting your participant packet. The email also includes important details like your shirt size and any additional merchandise or upgrades. You can access your confirmation anytime by signing into your Active.com account.
For your convenience, all confirmation emails will be resent on Tuesday, November 10.

PACKET PICK-UP (CONT.)

PARTICIPANT PACKET

Your participant packet includes:

- Bib number and safety pins
- Official Rocky Run race shirt
- B-Tag ChronoTrack timing chip (attached to bib number)
- Gear Check tag

ADDITIONAL MERCHANDISE

If you purchased additional merchandise, it will be available for pick-up during this time.

PACKET PICK-UP INSTRUCTIONS

All participants must pick up their race packet during the designated time unless they have purchased an upgrade for Race Day Packet Pick-Up. Someone else can pick up your race packet by presenting the QR code from your confirmation email.

- Upon entering, follow the signs for your race distance (5K, 10 Mile or 13.1 Italian Stallion Challenge) and proceed to the corresponding area.
- Present your unique QR code to receive your official bib number.
- After receiving your official bib number, proceed to the Race Shirt area to collect your race shirt. Shirts will be distributed based on the size you selected during registration, which is listed in your confirmation email.

Please Note: Race packets and pre-purchased merchandise must be collected during Packet Pick-Up. We are unable to mail these items or accommodate exceptions.

RACE DAY

Prepare to get the most out of every mile. From Race Day Packet Pick-Up and Gear Check to post-race refreshments and awards, we've laid out the timeline and essential details to ensure you have everything you need for a successful race.

SCHEDULE OF EVENTS

6:00 a.m.	Race Day Packet Pick-Up Opens
6:00 a.m.	Gear Check Opens
6:30 a.m.	5K Corrals Open
7:00 a.m.	5K Start
7:45 a.m.	10 Mile Corrals Open
8:00 a.m.	10 Mile Start
8:30 a.m.	5K Awards Ceremony
9:30 a.m.	10 Mile Awards Ceremony
9:30 a.m.	13.1 Italian Stallion Challenge Awards Ceremony

PRE-RACE

PARKING

All participants are encouraged to carpool or use public transportation to get to the Philadelphia Museum of Art. If you drive, please allow sufficient time for heavy traffic and street closures due to the race.

- **Reserve Discounted Parking**
  We recommend booking convenient parking in advance through SpotHero. To reserve your parking spot, visit www.spothero.com.
- **SEPTA**
  There are two SEPTA subway lines that will bring you within a mile of the Philadelphia Museum of Art. The Market-Frankford Line runs east and west. Take this line to the 15th Street/City Hall stop. The Broad Street Line runs north and south. Take this line to the Race-Vine/Convention Center stop or the City Hall stop. For schedules and fares, visit www.septa.org.
- **Amtrak**
  Amtrak provides extensive service to 30th Street Station, which is about a mile from the Philadelphia Museum of Art. For schedules and fares, visit www.amtrak.com.

GEAR CHECK

Before the event, you can check small personal items. To streamline your race experience, please leave personal belongings at home and only carry essentials with you during the race. If you have items you can't carry, use the Gear Check area. The self-serve Gear Check (monitored by staff) will be open from 6:00 a.m. to 11:30 a.m.

RACE DAY (CONT.)

GEAR CHECK INSTRUCTIONS

- To check your gear, remove your **Gear Check** tag from your bib number and attach it to your bag with a safety pin. This tag matches your bib number and serves as an ID for when you return to pick up your bag.
- With your Gear Check tag attached, enter the Gear Check area and place your bag in the designated spot for your bib number.
- Do not check valuable items such as wallets, money, phones, or jewelry. The Rocky Run is not responsible for lost, damaged, or stolen items.
- To pick up your bag, show your bib number to enter the Gear Check area. Make sure the number on your bag matches your bib number before leaving. When exiting, you'll need to show that your bib number matches the number on your bag.

EVENT ALERT SYSTEM

The color-coded Event Alert System (EAS) will communicate the status of race conditions leading up to and on race day. EAS levels range from LOW (GREEN) to MODERATE (YELLOW) to HIGH (RED) to EXTREME (BLACK) based primarily on weather, as well as other conditions.

- Updates will be made via public announcements and social media.
- On race day, stay tuned to the current EAS level via PA announcements.
- If necessary, additional emergency information will be communicated via social media.

Please familiarize yourself with the Event Alert System prior to race day, remain alert for directions from race officials, announcers and volunteers, and take precautions to prepare properly for varying conditions on race day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	Event Cancelled/Extreme and Dangerous Conditions	Event Cancelled/Extreme and Dangerous Conditions
HIGH	Potentially Dangerous Conditions	Slow Down/Observe Course Changes/Follow Event Official Instruction/Considering Stopping
MODERATE	Less Than Ideal Conditions	Slow Down/Be Prepared For Worsening Conditions
LOW	Good Conditions	Enjoy the Event/ Be Alert

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RACE START

BIB NUMBER

Your Rocky Run bib number is a unique identifier. It must be visible and always worn on your outer layer of clothing on race day.

BIB NUMBER GUIDELINES

- Your bib number must be attached to the front of your outer layer of clothing and clearly visible to access the start corrals.
- Keep your bib visible at all times throughout the race. This is important for identifying you in race photos and ensuring accurate results.
- Do not modify your bib number by cutting, folding or obscuring it in any way.
- Make sure to write your emergency contact and medical information on the back of your bib number.
- Your bib number must only be worn by you, the registered participant.
- Altering or wearing your bib improperly could lead to incorrect scoring or disqualification.

START LINE CORRALS

The start line is located on Benjamin Franklin Parkway between Eakins Oval and 22nd Street. The race start is organized by corrals, and your designated corral will be indicated on your bib number.

START LINE CORRAL GUIDELINES

- Your bib number must be attached to the front of your outer layer of clothing and clearly visible to access the start corrals.
- 5K start corrals will open at 6:30 a.m.
- 10 Mile start corrals will open at 7:45 a.m.

COURSE

COURSE TIME LIMITS

- 5K: 45 minutes
- 10 Mile: 2.5 hours
- To ensure roads reopen to vehicular traffic at the scheduled time set by the City of Philadelphia, a course time limit of 2 hours and 30 minutes will be implemented. All participants must maintain a minimum 15-minute pace per-mile.

RACE DAY (CONT.)

AID STATIONS

Aid stations will be located approximately every 1.5–2 miles on the course. Each aid station will consist of:

- Water
- Portable restrooms
- Gatorade (10 Mile course only)

MEDICAL SUPPORT

Medical tents are available in the main festival area, at the start line and finish line, and along the course.

RACE FINISH

FINISH LINE

For everyone's safety and convenience, please keep moving through the finish area. Stopping or lingering at or beyond the finish line is not permitted. Participants who sit or lie down in the finish area will be promptly taken to the medical tent. Please note that re-entry into the finish area is not allowed once you have exited.

RUNNER REFRESHMENTS

Refreshments will be provided beyond the finish line in the Runner Refreshment area.

RESULTS AND AWARDS

Race results will be posted to rockyrun.com/info after the race. Awards will be given to the top three overall male, female, and non-binary finishers in the 5K, 10 Mile and 13.1 Italian Stallion Challenge (participants must be present to receive an award).

13.1 ITALIAN STALLION CHALLENGE

If you're taking on this legendary challenge, follow the steps below to find where and when to grab your bling. Conquer Mount Drago for a shot at an exclusive medal for top runners!

FINISHER MEDAL INSTRUCTIONS

A streamlined process is in place for retrieving your finisher medals. This way you won't need to manage your medals during the event.

1. **AFTER THE 5K**
   Please DO NOT collect your 5K finisher medal at the finish line. Instead, proceed to the 10 Mile start.

2. **AFTER THE 10 MILE**
   You'll receive your 10 Mile finisher medal at the finish line.

3. **COLLECTING YOUR 5K AND 13.1 ITALIAN STALLION CHALLENGE MEDALS**
   Once you have completed both races, make your way to the 13.1 Italian Stallion Challenge Finisher Medals tent in the main festival area.

   Important: Tear off the Corral tab at the bottom of your bib number before reaching the tent. This step is essential to ensure a smooth and efficient process.

4. **AT THE MEDALS TENT**
   Hand in your Corral tab to receive your 5K and 13.1 Italian Stallion Challenge finisher medals.

MOUNT DRAGO

The iconic hill on the 10 Mile course, known as Mount Drago, will be officially timed. Timing mats will record your ascent from base to summit, and the fastest 100 female and male participants located just after mile 5 will earn the prestigious Mount Drago Finisher Medal. Medals will be sent after the race to the address associated with your registration. Please note that medals can only be mailed to addresses within the U.S.

5K MAP



ROCKYRUN

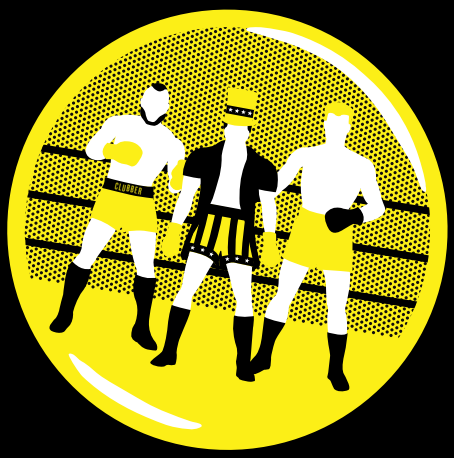
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10 MI MAP

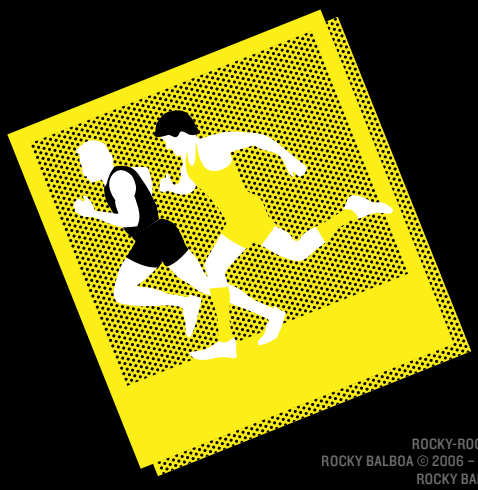


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EVERY CHAMPION WAS ONCE A CONTENDER ★THAT REFUSED★ TO GIVE UP



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