

ROSE BOWL HALF MARATHON & 5K

FINAL RACE INSTRUCTIONS

JANUARY 18, 2026

ROSE BOWL
HALF MARATHON & 5K

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Welcome to the 2026 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 16 – Sunday, January 18

DATE	TIME	LOCATION	ADDRESS
FRIDAY, JANUARY 16	10AM-4PM	ROSE BOWL STADIUM BIB PICK-UP	ROSE BOWL STADIUM, LOT K
SATURDAY, JANUARY 17	10AM-4PM	SANTA MONICA BIB PICK-UP	3RD STREET PROMENADE BETWEEN ARIZONA & SANTA MONICA BLVD.
SATURDAY, JANUARY 17	10AM-4PM	ROSE BOWL STADIUM BIB PICK-UP	ROSE BOWL STADIUM, LOT K
SUNDAY, JANUARY 18	5AM – 7AM	PREPAID BIB PICK-UP	ROSE BOWL STADIUM
SUNDAY, JANUARY 18	7AM	HALF MARATHON 5K START	ROSE BOWL STADIUM
SUNDAY, JANUARY 18	7AM-12PM	FINISH FESTIVAL	ROSE BOWL STADIUM
SUNDAY, JANUARY 18	10:45AM	ROSE BOWL KIDS RUN	ROSE BOWL STADIUM

REGISTRATION

General entries and Team TMF entries for the Half Marathon and 5K are sold out. Kids Run entries are also sold out.

RACE DAY RUNNER TRACKING

Get real-time runner tracking for the Rose Bowl Half Marathon & 5K. [Click here for more info.](#)

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.

BIB PICK-UP

- New bib pick-up location now available in Santa Monica:
 - 3rd Street Promenade between Arizona & Santa Monica Blvd
- 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 15)
- Bibs are NOT mailed to participants.
- Please email solutions@mccourtfoundation.org with bib related questions.
- Bib pick-up times at both Rose Bowl Stadium and Santa Monica locations have a new start time of 10AM and will end at 4PM.

BIB PICK-UP SCHEDULE

Friday, January 16 and Saturday, January 17

DATE	TIME	LOCATION	ADDRESS
FRIDAY, JANUARY 16	10AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, LOT K
SATURDAY, JANUARY 17	10AM-4PM	SANTA MONICA	3RD STREET PROMENADE BETWEEN ARIZONA & SANTA MONICA BLVD.
SATURDAY, JANUARY 17	10AM-4PM	ROSE BOWL STADIUM	ROSE BOWL STADIUM, LOT K

RACE MORNING BIB PICK-UP

Sunday, January 18

Race morning bib pick-up is only available for the Rose Bowl Half Marathon & 5K for a fee. You can prepay for race morning bib pick-up.

- If you are part of Team TMF – free race morning bib pickup is available at the VIP Hospitality Tent
- If you are picking up a Kids Run bib - free race morning bib pick up is available at the Solutions Tent until 10:15AM. Avoid delays by planning to pick up your child's bib early.

If you would like to purchase race morning bib pick up, it is still available for a fee:

- [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

- ← Runner stadium entrance to Finish
- ← Runner stadium exit after Finish
- 5k Marathon route
- Half Marathon route
- Restrooms



T-SHIRT PICK-UP

Participant ASICS 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 after the race.

**Note that Kids Run t-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 Team TMF VIP Hospitality 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 only be available on race morning.

VIP Hospitality is exclusive to Team TMF participants this year. All Team TMF participants will receive a wristband with access to both the VIP Hospitality tent and Rose Bowl Locker Room.

Team TMF VIP Hospitality Tent Opens: 5:30AM

Team TMF 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 tent with heaters
- Private gear check
- Private portable restrooms
- Pre-race continental breakfast and coffee
- Post-race breakfast burritos, beer and mimosas
- Stretching & recovery zone, with Hyperice Compression boots, guns, foam rollers and yoga mats

VIP HOSPITALITY IS AVAILABLE TO TEAM TMF PARTICIPANTS ONLY.

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 4:00AM 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:
 - 284 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

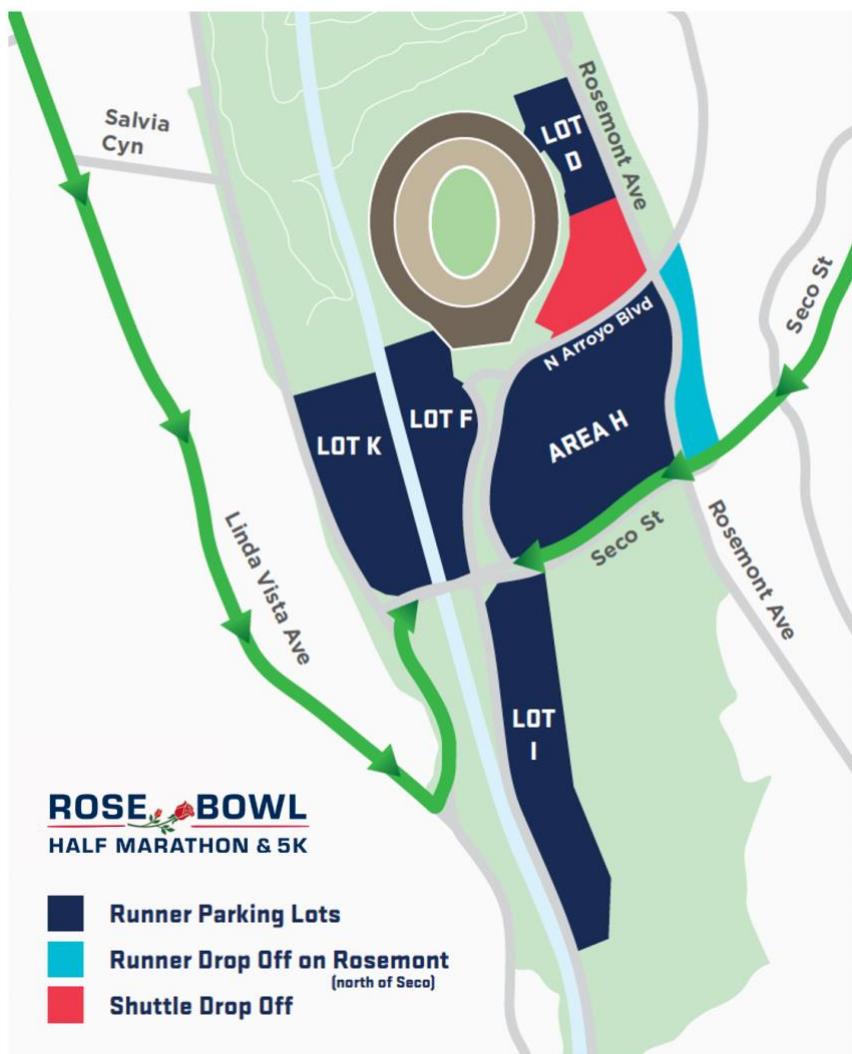
PARKING & DRIVING DIRECTIONS

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 McCourt Foundation office for participant pick-up. **If you are a part of Team TMF – you can utilize the private gear check in the VIP Hospitality tent.**

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.

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 in-person training program of the ASICS 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.

PARTY PACERS

The Party is in the Back! Our Party Pace volunteers are bringing an extra layer of high-5s and cheers to the Rose Bowl Half Marathon. You'll find these energetic, kind-hearted volunteers throughout the course - but with a special focus on the back of the pack. Find them in their signature bright orange shirts and hats – though you may hear them before you see them!

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. Precision Energy gels will be distributed at the Aid Stations near miles 4.5 and 7.5.

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. They 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.

HALF MARATHON COURSE OVERVIEW

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 WALL

We're thrilled to celebrate the incredible dedication of the 140 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 their names added to the Rose Bowl Legacy Wall. 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 to enjoy giveaways from UCLA Health, Optimum Nutrition, Electrolit, ASICS, and Zenni located in the Court of Champions beneath the iconic Rose Bowl sign. Participants 21 & older can enjoy 1 free Michelob Ultra beer at our finish festival beer garden presented by Michelob Ultra.

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

SHOP OFFICIAL MERCHANDISE

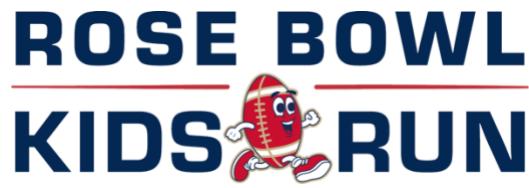
Celebrate your love for running and the iconic Rose Bowl with our exclusive apparel collection! Designed for both seasoned racers and enthusiastic participants, this collection captures the spirit of one of California's most beloved events.

Online store: <https://therunhouse.com/collections/rose-bowl-half-marathon-5k>

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)

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

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

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

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

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 \$7.2 million to neurology research and generated more than \$76m for our 125+ 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 ASICS Los Angeles Marathon, Rose Bowl Half Marathon & 5K, Santa Monica Classic, LA 5K, and Boston Waterfront 5K.

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 26th 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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HASHTAGS

#TeamTMF #RoseBowlHalf

