

P.F. Chang Rock 'n' Roll Marathon

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With the new year just around the corner, it means one of two things: The first being related to crafting and perfecting those New Years resolutions that many of us will make, and the second is the P.F. Chang's Rock 'n' Roll Marathon on Sunday, Jan. 20.

Easily considered as Arizona's premier running event, for the past 10 years, Rock 'n' Roll has drawn thousands of participants each year, and 2013 doesn't expect to waver from this trend. More than 25,000 participants are expected to fill the streets and take on the challenge of the marathon and 1/2 marathon. And another 1,000 are expected for this year's twist with the announcement of the Rock 'n' Roll Arizona Bike Tour—a new event.

Riders in the Bike Tour will get the full Rock 'n' Roll experience, since it will taking place prior to both marathons. Similar courses, on-hand entertainment and the post-race concert are just a few components of the event that participants of both sports will be able to enjoy.

As expected, the race will feature two start lines that will allow runners to take in sights and scenic views of our beautiful Arizona landscape, from two different perspectives. The half-marathon starts in Tempe and features a touring of Scottsdale, Skysong and Papago Park. While the full marathon runners and Bike Tour will begin at Cityscape in the Downtown Phoenix area and move along Indian School Road and tour Old Town Scottsdale. Both courses highlight a crossing of the Mill Avenue Bridge, with a well- deserved downhill finish before reaching the finish line at Sun Devil Stadium.

There's also an additional component this that will be featured in the 2013 event that may give people the courage to try a marathon that has been hesitant in the past.

The mini marathon is 5.4 miles in distance and the two-person marathon relay 13.1 miles in distance and, that can be completed with family member, friend, or significant other.

"Offering a Bike Tour and Mini Marathon allows more people to participate and experience the fun and excitement of a Rock 'n' Roll even in a new way. Many athletes love to bike and run, and beginners who aren't ready for 13.1 or 26.2 miles have options to try distance running on a smaller scale and challenge themselves," says Alan Culpepper, Course Designer and U.S. Olympian.



After all, that's the whole point of these events, right? To allow people to challenge themselves and their bodies. To provide an opportunity for people to become more active and set goals, and ultimately become part of a community that celebrates effort and accomplishment. It's what makes P.F. Chang's Rock 'n' Roll Marathon so special and the reason why so many people come back year after year.

Though the bike ride will not be timed, and only allows top speeds of 20 mph and minimum speeds of 10 mph, the Bike Tour registration is limited to just 1,000 participants.

The race weekend will be launched by a free Health & Fitness Expo that will be held at the Phoenix Convention Center on Friday and Saturday, of Jan. 18th and 19th. Included in the Expo, will be over more than 100 vendors and interactive clinics with running experts that will be able to discuss the latest in nutrition, running gear, and training tips.

To conclude the marathon, there will be a post-race concert from Andy Grammer that will spotlight live music to enjoy along with the finish line fest. To learn more information about the marathon or register for all distances, visit: <http://www.competitor.com>.