

Join us for the 10th anniversary running of the DICK'S Sporting Goods Pittsburgh Marathon and the exciting weekend of events! Activities begin on Friday, May 4, 2018 with the GNC Live Well Pittsburgh Health and Fitness Expo.

On Saturday, May 5, 2018, we'll host the UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run, Toyota Pittsburgh Kids Marathon, Sheetz Pittsburgh Toddler Trot and Rachael Ray Nutrish Pittsburgh Pet Walk.

The weekend will culminate on Sunday, May 6, 2018 with the DICK'S Sporting Goods Pittsburgh Marathon, UPMC Health Plan Pittsburgh Half Marathon and FedEx Ground Pittsburgh Marathon Relay.

General Questions & Answers

What is the closest hotel to the Start Line?

The Start and Finish Lines are located on Liberty Avenue in Downtown Pittsburgh. [Click here](#) to book a discounted hotel room through the race's hotel block – right in the heart of the race festivities. [Click here](#) to see a map of the 2017 DICK'S Sporting Goods Pittsburgh Marathon race course.

I need to change/confirm my hotel reservation. I made it through the Marathon room block.

For questions or additional hotel needs, please contact Experient customer service at 800-967-8852 (U.S. & Canada) or 847-996-5832 (International). Reservation specialists are standing by to assist you and provide additional feedback on available hotels.

What are the age restrictions for each race?

Participants must meet the minimum age requirement by race day (May 6, 2018) in order to participate:

- Marathon requires runners to be at least 18 years old
- Half Marathon requires runners to be at least 16 years old
- Marathon Relay requires runners to be at least 14 years old

Age requirements are based on regulations by IMMDA (International Marathon Medical Directors Association). For further information and background, see: IMMDA Advisory Statement on Children and Marathoning.

[Click here](#) to complete an age waiver request form. Each case is reviewed individually by P3R's Medical Director, and you will be notified via email if you have been approved with the steps necessary to participate.

How do I get my race packet?

The GNC Live Well Health and Fitness Expo will take place from 11 a.m. – 8 p.m. on Friday, May 4 and from 9 a.m. – 6 p.m. on Saturday, May 5. You can collect your race packet as well as enjoy vendors, giveaways, and photo ops as you get ready for your race on Sunday. We do not mail any race packets. If you cannot attend the Expo hours, you can send someone else to pick it up for you. Full, Half and Relay participants that can't attend the Expo have the option of purchasing the Will Call service for late packet

pickup. For more information on Will Call, please scroll down to the *Registration Questions & Answers* section below.

Can I wear my headphones?

Headphones (iPods, mp3 players, CDs, tape walkmans, radios, etc.) are discouraged. Please ensure that you are aware of other runners, vehicles, and safety personnel at all times and can quickly respond to any communications from them.

Can my dog run with me?

Only approved service animals are allowed to participate. Please send an email to info@p3r.org with the subject line "Special Accommodation Request." Please note that all requests are due by March 1, 2018.

Can I bring my children in their stroller?

Baby joggers, bicycles, skateboards, scooters, strollers, roller skates and roller blades are not permitted on the course.

Registration Questions & Answers

I can't remember if I registered. How can I confirm my race entry?

[Click here](#) for the searchable "Find a Participant" feature on RunSignUp.

Note -- charity runners fundraising for an official Run for a Reason charity must search for themselves through our Marathon [CrowdRise site](#). Please contact your specific charity for questions on your registration and fundraising status. Need assistance? Email us at runforareason@p3r.org.

Steel Challenge: How do I sign up?

Your Steel Challenge coupon code is located in the confirmation email for your Sunday race registration. [Click here](#) to register for the 5K and use your coupon code during checkout to receive \$10 off your registration and be officially entered into the Steel Challenge. [Click here](#) for more details on the Steel Challenge.

Can I get a refund?

The DICK'S Sporting Goods Pittsburgh Marathon doesn't offer refunds or deferrals. But you may transfer your registration to another runner.

How do I transfer my race entry to another runner?

To transfer to another runner, please follow the steps below:

- Log In to RunSignUp.com
- Click the "Profile" link in the upper right corner
- You should see your Pittsburgh Marathon race listed in the orange "Upcoming Races" section in the middle of the page
- Click on the "Manage Registration" link to the right of your Pittsburgh Marathon listing
- Click the blue "Transfer To Another Runner" button and follow the prompts

A \$15.00 transfer fee applies to all transactions. Participants are responsible for finding a replacement for their race entry. All replacements must be registered before March 31, 2018. Transfer and switch fees will increase race weekend.

Transfer as Gift: If you choose to gift the registration, the new participant will not pay a registration fee for the race, and you will receive no refund through RunSignUp.

Transfer for a Refund: If you choose to transfer for a refund, you will receive your original registration fee minus the \$15 transfer fee. The new participant will pay whatever the current registration cost is.

If you registered via a paper form, the Megaticket, or are on a Running Club Rally or iHeart Radio team, please contact our office prior to transferring your registration.

Pittsburgh Three Rivers Marathon, Inc. does not authorize transfers that are arranged outside of the transfer policy and will withhold entries that are not fully transferred. The transfer policy is in place to verify the validity of the transfer and to ensure that the race entry is transferred into the name of the new runner.

How do I switch to another race event? (i.e. move from the Full to the Half-Marathon)

To switch your race event, please follow the steps below:

- Log In at RunSignUp.com
- Click the "Profile" link in the upper right corner
- You should see your Pittsburgh Marathon race listed in the orange "Upcoming Races" section in the middle of the page
- Click on the "Manage Registration" link to the right of your Pittsburgh Marathon listing
- Click the blue "Transfer Event" button and follow the prompts

A \$20.00 switch fee applies to all transactions, plus any difference in registration costs. Transfer and switch fees will increase race weekend.

If you are on a Running Club Rally or iHeart Radio team, please contact our office prior to switching your event.

Is it possible to receive a special accommodation to participate in a race weekend event?

Yes, please send an email to info@p3r.org, with the subject line "Special Accommodation Request." Please note that all requests are due by March 1, 2018.

How can I purchase the Will Call service (late packet pickup)?

If you cannot attend the normal hours of the GNC Live Well Health and Fitness Expo, you can purchase the Will Call service for \$20. Will Call service is only available for Sunday races (Full, Half and Relay).

We will pack up your race number, participant shirt and goody bag before the Expo begins to ensure you receive all your items. Pickup will be available on Saturday evening and Sunday morning (times and location will be finalized closer to the race).

If you have not yet registered, you can purchase Will Call during the registration process. If you are already registered, please follow the directions below.

- Log In to RunSignUp.com

- Click the “Profile” link in the upper right corner
- You should see your Pittsburgh Marathon race listed in the orange “Upcoming Races” section in the middle of the page
- Click on the “Manage Registration” link to the right of your Pittsburgh Marathon listing
- Click the blue “Add-Ons” button and follow the prompts

Marathon and Half Marathon Questions & Answers

Do you offer training?

Please visit the [Get Running](#) page on our website for various training options.

How long do I have to complete the race?

The Half Marathon course will be open for three hours and the Marathon course will be open for six hours. There are three checkpoints along the course that will require participants to meet at least a 14:00 minute/mile pace – the 16th Street Bridge by 8:20 a.m., the West End Bridge by 9:15 a.m. and the Birmingham Bridge by 10:20 a.m.

If you cannot adhere to the permitted pace per mile, you will be asked to board a sweep vehicle that will take you to relay shuttle drop off area at Centre Avenue and 6th Avenue, which is several blocks from the finish line. If you refuse to get on the vehicle, you must move to the sidewalk, so traffic can resume. If you choose to continue after the course has reopened, there will be no medical support, fluid stations, or course marshals at intersections, and the course will no longer be marked. Participants after that time will not be guaranteed a time or medal.

Do you offer pacers?

Yes, we do offer pacers for the Marathon and Half Marathon. It is not necessary to sign up/join a pace group ahead of time.

What are the requirements to compete in the Clydesdale/Athena division?

The Clydesdale/Athena division is a weight division for male and female runners competing the marathon or half marathon. To be eligible, male and female competitors must weigh-in at the GNC Live Well Health and Fitness Expo during operating hours on race weekend.

The Clydesdale division is open to men over 200 pounds and the Athena division is open to women over 150 pounds. Awards will be given to the top two males and female in both the “Under 40” and “Over 40” categories in the Marathon and Half Marathon events.

FedEx Ground Pittsburgh Marathon Relay Questions & Answers

I forgot my relay team password. What do I do?

Your team captain can update the team's password through their RunSignUp account, or they can email the request to info@p3r.org. Only the team captain can reset the password.

What is the deadline to register for a relay team?

All team members must register on their relay team by 11:59 p.m. ET on April 9. Thereafter, team members will incur a \$50 per person fee to register on a relay team at the GNC Live Well Pittsburgh Health and Fitness Expo during operating hours.

One of our teammates can no longer participate. How do we swap them out?

The registered runner must transfer their registration to the new runner. Please see the Transfer to Another Runner directions above, in the General FAQ section.

Does a relay team need to have five runners?

No, a relay team can function with 2-5 team members. Participants on a team with less than 5 members are required to run consecutive legs.

I am a team captain. Do I still need to register as a team member?

Team captains are automatically registered as a team member when they register, pay and create a relay team. Team Captains do not have to register a second time as a team member. Please do not create a team if you are not participating.

Can I participate in the Marathon/Half Marathon and the Marathon Relay?

Yes, participants who are registered for the Marathon or Half Marathon can also participate on a Relay team. However, the participant must officially register for both events. Runners that will continue on to run the Marathon or Half Marathon must run the first leg of the relay.

On race day, pin your Relay race number over the Marathon/Half Marathon race number on the front of your shirt and the white Relay designation on your back. When you complete the first leg of the relay, volunteers will assist you in removing your Relay race numbers from the front and back of your shirt. You will also need to remove your Relay D-Tag from your shoe so you can continue on as a Marathon or Half Marathon runner. Do not continue running until your Relay D-Tag and Relay race numbers are removed.

How long does our team have to complete the course?

The Marathon Relay course will be open for six hours. There will be two checkpoints along the course that will require participants to meet at least a 14:00 minute/mile pace. Any participants that do not meet these requirements must board a sweep vehicle, which will drop off near the finish line.

Run for a Reason Charity Program

Questions & Answers

I am a registered Charity Runner. Can I participate in the Steel Challenge?

Yes, your charity runner Steel Challenge coupon code was sent in the confirmation email for your Sunday race event. [Click here](#) to register for the 5K race and use your coupon code during checkout to receive \$10 off and be officially entered in the Steel Challenge.

How do I receive a FREE race entry through the charity program?

Registration is now open. [Click here](#) to see the list of official charity partners that you can earn a free race entry from with your commitment to fundraising.

How much do I need to fundraise for a FREE entry?

Each nonprofit organization facilitates their own fundraising efforts. We recommend that runners contact nonprofits for specific answers to fundraising questions. On average, runners can anticipate to raise the following amounts per event:

- Marathon - \$500*
- Half Marathon - \$350*
- Marathon Relay Team - \$200* per person (2-5 person team)
- 5K - \$150*
- Kids Marathon - \$50*

* The above fundraising goals are based on requirements for official Run for a Reason charities. Fundraising minimums for contributing charities are typically lower due to the exclusion of a race entry in exchange for fundraising. We recommend that runners contact their charity of choice directly in regards to specific fundraising related questions.

How do I fundraise for a non-participating charity or cause of my choice?

Anyone can run for a reason, no matter your cause. Please email runforareason@p3r.org and we will help you get started.

What is the difference between a Run for a Reason charity and a contributing charity?

Run for a Reason charities are organizations that have participated with the charity program for at least one year and demonstrated the capability of fundraising a minimum of \$7,500. These organizations pay a participation fee in order to be featured on our website as preferred, promoted nonprofit partners and are able to offer runners an entry into any event with a commitment to fundraising.

Contributing charities are traditionally new or first-time participants in the charity program. They are recognized for their fundraising efforts and are a crucial part of the giving community. There is no cost involved. Race entries are not included and entries must be purchased separately from creating a fundraising page.

[Click here](#) for more details.

How can a nonprofit join the charity community?

Contributing charity applications are now OPEN for the 2018 marathon season. All new, first-year participants are welcome to join us as a contributing charity for 2018. To learn more about the charity program and how to become an official or contributing charity, please contact us at runforareason@p3r.org.

Toyota Pittsburgh Kids Marathon / Kids of STEEL Questions & Answers

Can an adult run with a child?

Yes! Each child is allowed one adult to run with them for FREE. During the registration process, please choose YES when asked if an adult will run with registrant on race day. This allows event staff to anticipate how many adults are expected to run on race day.

If a second adult wants to participate with their child, additional adult entries are available for \$10 at the Toyota Pittsburgh Kids Marathon booth located with the GNC Live Well Pittsburgh Health and Fitness Expo on Friday, May 5 OR at the Packet Pickup booth near the Start Line on the North Shore on Saturday, May 6. Proceeds benefit race registrations for underprivileged children.

How does the Family Reunion Area operate?

Children will be held in our family reunion area at the end of the Finish Line chute. Below are two options for claiming your child:

- **Running with a child** - Accompanying adults are permitted to exit through the "Parent with Child" exit area. Adults accompanying multiple children are required to have a "Kids Claim" tag for each child in order to exit the Family Reunion Area.
- **Not running with a child** - Please be sure to detach the "Kid Claim" tag from the bottom of your child's race number before the start of the race. Adults are required to provide the "Kid Claim" tag to the appropriate race volunteers in order for your child to exit the Family Reunion Area. Adults reuniting with more than one child are required to provide the "Kid Claim" tag for each child in order to exit the Family Reunion Area.

Your child's safety is our priority. Please be patient with our child claim process and follow the directions of the Family Reunion Area volunteers.

What is Kids of STEEL (KOS) and how does the program work?

Kids of STEEL is a youth exercise program that provides training plans based on your child's age and ability. Each plan consists of a physical activity goal and a nutrition goal. Once you register your child for a race (5K, Kids Marathon or Toddler Trot), you'll receive the [Kids of STEEL Program Guide](#) in your confirmation email. Check out the guide to choose the right training plan for your child.

I have at least one child attending a Kids of STEEL site that my other children don't attend. Can we list them at the same site?

Yes! Please let your child's site coordinator know if you list sibling(s) with their site. They may ask our office to remove names of children they don't know.

My children attend different schools. Can they be listed at the same Kids of STEEL site?

Yes! Please contact your child's site coordinator to add a sibling(s) with their site list. Coordinators will remove names of children they do not recognize.

What do I do with my child's completed Kids of STEEL training log?

You must turn in your child's completed training log to receive their finisher prize. If you are attending a race on Saturday, May 5, please bring the completed log to the Kids of STEEL tent in Point State Park. If you are not attending a race, please turn in your child's log to your site coordinator to receive the finisher prize.

Where do I pick up my child's race number, t-shirt and goody bag?

Kids of STEEL sites have the option to receive their students' race numbers and t-shirts prior to race day. If your child attends a Kids of STEEL site, please check with your site coordinator to see if they will be taking advantage of this option.

If your child's Kids of STEEL site is not distributing items, or your child doesn't attend a Kids of STEEL site, you have two options:

- Visit the Toyota Pittsburgh Kids Marathon booth at the GNC Live Well Pittsburgh Health and Fitness Expo on Friday, May 4 between 11:00 a.m. and 8:00 p.m.
- Visit the 5K/Kids Marathon packet pick-up tent in Gold Lot 4 on Saturday, May 5 between 6:30 a.m. and 11 a.m. Gold Lot 4 is at the corner of West General Robinson Street and Mazerowski Way.

When should we arrive on race day?

We suggest you arrive at least 30 minutes before your assigned wave time. If you miss your heat, you can always jump into the next available one. Heat times will be posted 2-3 weeks in advance of the race.

What should we bring on race morning?

- **Race number for you and your child** – Race numbers need to be pinned to the front of a shirt. Please be sure to complete the parent/guardian contact information on the back of your child's race number before race day.
- **Training log** – Bring the completed log to the Kids of STEEL tent at the Chick-Fil-a Finish Line Festival in Point State Park to receive your child's finisher prize.
- **Hydration** – There are no water stops on the Toyota Pittsburgh Kids Marathon course, but we will have water available for runners in the Finish Line area. You are welcome to bring your own hydration for your run.

Is the Toyota Pittsburgh Kids Marathon a timed race?

This is not a timed race. Our race is designed to be a fun-run where everyone's a winner! If your child's

time is important to him/her, please use a watch or a phone app to keep track of your child's running time.

What fun stuff is available after the race?

Join us after the race for the Chick-Fil-a Finish Line Festival in Point State Park. This family-friendly festival features an inflatable obstacle course, sports games, refreshments, special guests and more!

Are strollers, bikes or animals permitted on the course?

For safety reasons, strollers, bikes and animals are not allowed on the course.