



2020 GAP RELAY





RUN WILD at the 2020 GAP Relay!

150 miles from Pittsburgh, PA to Cumberland, MD

24 relay legs divided however your team chooses

23 exchange zones where your team can MIND THE GAP

THE START LINE (150-Miles)

Pittsburgh, PA
Tentative start times:

2

6 PM

7 PM

We will let each team know its official start time two weeks before the race.

THE START LINE:

6 AM

60-Mile Option
Harnedsville, PA

**We recommend Confluence, PA for a nearby hotel!*







 **steelcityfoxfitness** • Follow

 **steelcityfoxfitness** Friday!!! One of the best running days of my life. The culmination of many months of training came this day as our relay began!!! My first leg (the sunny photos) was 7.3 miles from Deal to Meyersdale. Unfortunately, it was FREEZING and very windy, so I didn't take care of my body between runs. I got about a mile and a half into my night run that evening (11.3 miles from Ohioptyle to Connellsville, kicking off at 9:30) before my hip pain became terrible. I ended up run-walking that leg for the remaining 9ish miles. Still averaged an 11 min/mile pace despite the pain, but I spent the next few hours in a LOT of pain, trying to rest in the van. It was below 40 degrees and raining all night after my





   








 **nervousthread** • Follow

 **nervousthread** I promise I'll get back to stitching soon, but I just ran the INCREDIBLE #gaprelay from Cumberland, MD back to Pittsburgh (150 miles!!!) with 7 other grad students/pals. What a time. Highlights include running across the Mason Dixon line, doing my fastest 6 miles ever because running alone in the woods at 1 am is SCARY, eating many snacks, and FINISHING. Brb, sleeping/foam rolling forever.

20w

 **lerupp**    20w 1 like Reply

 **mpocsai** Soo cool!!!

137 likes

OCTOBER 12, 2019

Add a comment Post



EXCHANGE ZONES



- 21w
michaelaluedke This is awesome!!! 🌟
21w 1 like Reply
- briellevator Way to go! 🎉
21w 1 like Reply
- churley19 Way to go MK 🍷🍷🍷
21w 1 like Reply
- staycalmmamamoon47 Happy to be cheering you on! 😊
21w Reply
- cshowland11 Love this! You go girl 🙌👏
21w 1 like Reply





Some will have snacks
(what's the point of running 150 miles if you don't get yummy snacks along the way?)



Some will have cool photo ops
(do it for the 'gram!)

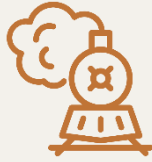


Some will feel like a party in the woods!

EXCHANGE ZONES



Don't Miss Sights



In Cumberland:

- Run past one of the daily trains of the Western Maryland Scenic Railroad



In Meyersdale:

- Run through the Big Savage Tunnel – it's 3,294 feet long!
- The Keystone and Salisbury Viaducts each have incredible views
- Stand at the Eastern Continental Divide – the highest point on the trail at 2,390 feet – it's a great photo op!



In Confluence:

- Visit Mt. Davis, the highest peak in Pennsylvania, which has a tower for 360^o views of the area



In Ohiopyle:

- It's one of the most popular parks in Pennsylvania. If you have a break, you can stop at Frank Lloyd Wright's famous Fallingwater



In Homestead:

- Check out the Historic Pump House – the site of the 1892 Battle of Homestead, part of the Homestead Strike of 1892

The Course

2020 GAP Relay Interac... 1,488 views

SHARE

Relay Legs

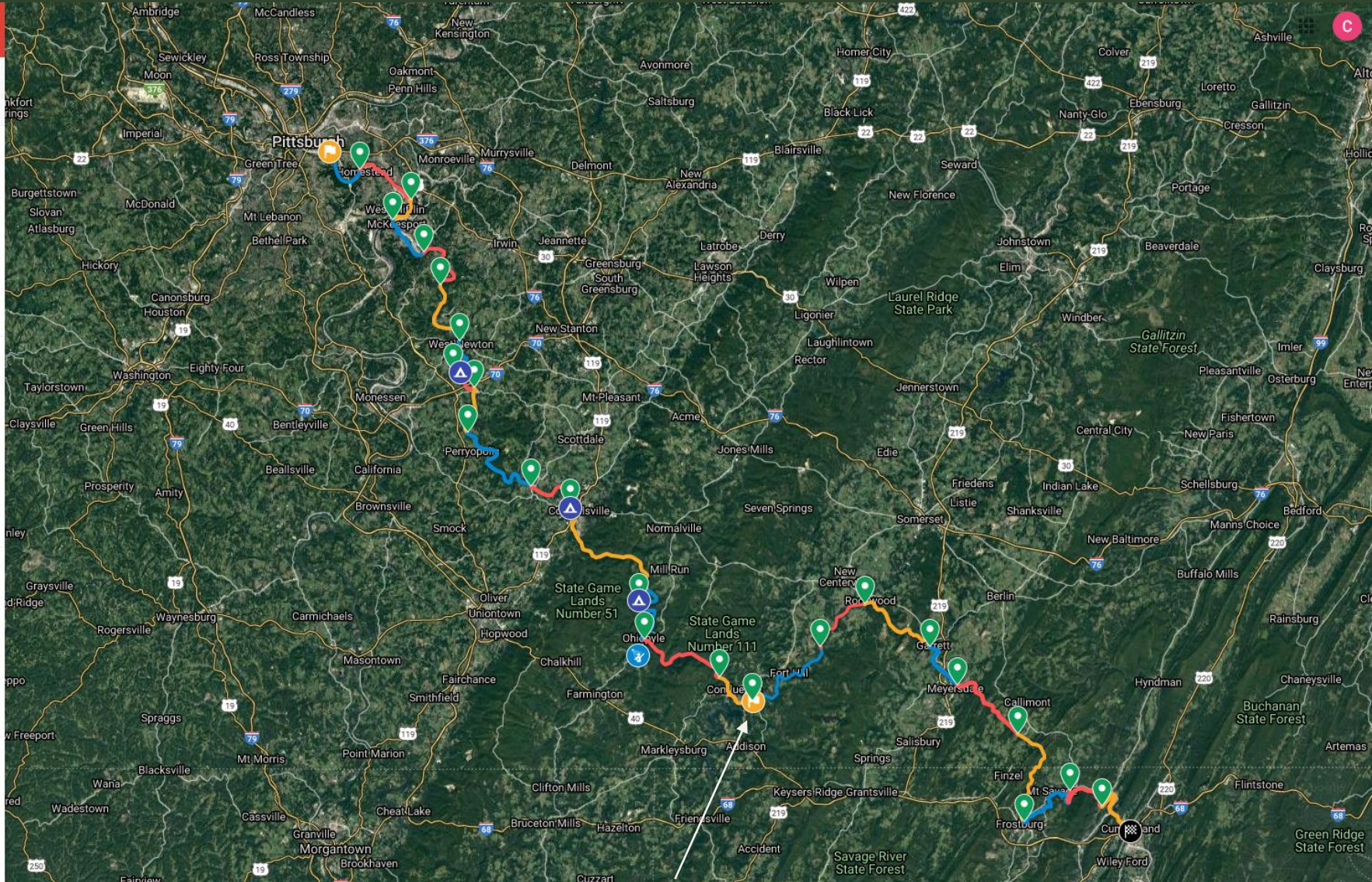
- Start Line - South Shore Riverfront Park
- Leg 1 - Southside to Homestead
- Leg 2 - Homestead to Duquesne
- Leg 3 - Duquesne to McKeesport
- ... 23 more

Exchange Zones/Checkpoints

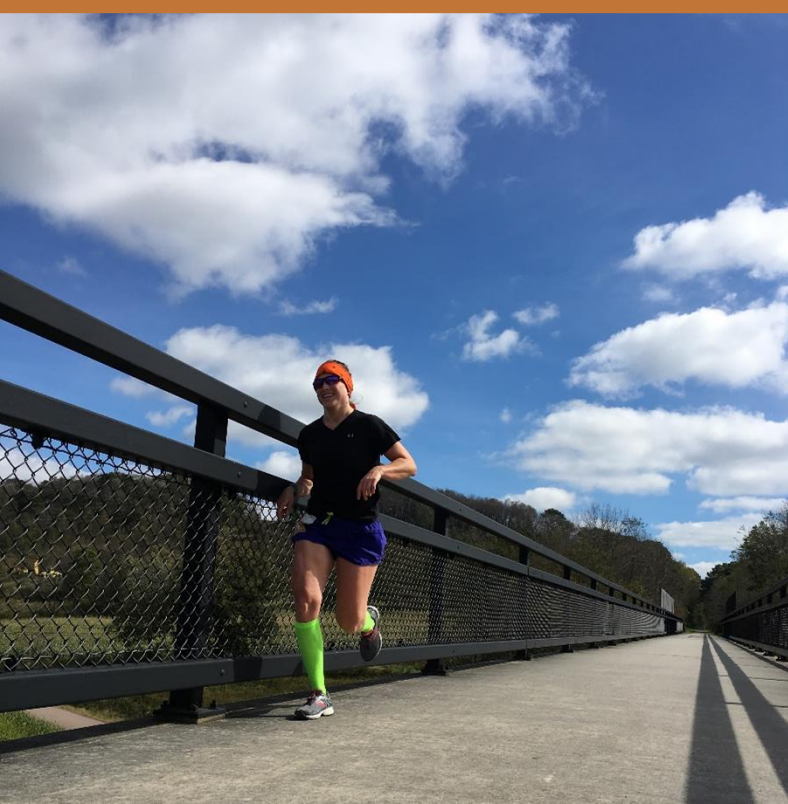
- Exchange 1 - Homestead
- Exchange 2 - Dusquense
- Exchange 3 - McKeesport
- Exchange 4 - Boston
- ... 19 more

Participant Hospitality

- Camping Available
- Camping Available
- Camping Available
- Free Showers Available



The 60-Mile Saturday-only race starts here!



Incredible Adventure

Travel



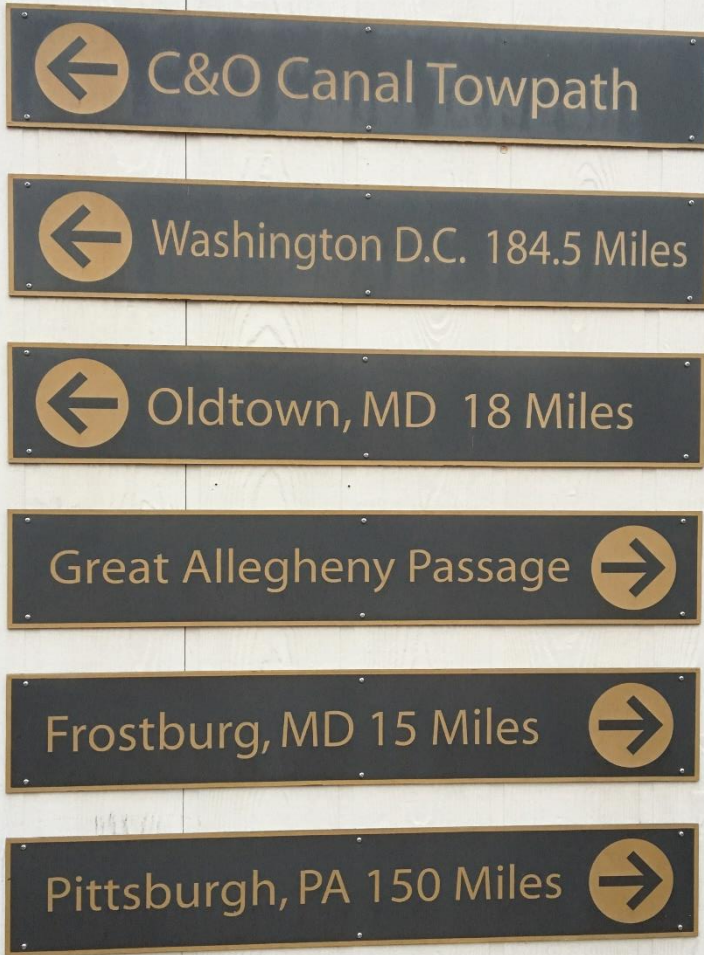
VEHICLES

- *Vans* are recommended
- You and your teammates **WANT** to make sure you have enough room (and maybe a few air fresheners)



HOTELS

- Overnight stays are not required
- Hotel recommendations will be available soon!





WIN ALL THE PRIZES!*



Fastest Teams!

- 8-person teams: Male, Female, and Co-ed
- 6-person teams: Male, Female, and Co-ed
- 4-person Ultra teams: Male, Female, and Co-ed
- 4-person 60-mile team
- 2-person 60-mile team



Coollest Van Decorations!



Best Costumes!



Scavenger Hunt!

**Please note that prizes will not be awarded on race weekend.*

The 2020 GAP Relay will again be a sustainable event!

Together with our partners: the Allegheny Trail Alliance and the Pennsylvania Environmental Council, we estimated carbon emissions from:



Electricity use



Transportation



Water use

And we will purchase carbon offsets that will reduce greenhouse gas emissions equal to the carbon impact of the 2020 GAP Relay!



WE'RE SUSTAINABLE!

The race wouldn't be possible without our partners

Proceeds Benefit the
Allegheny Trail
Alliance:

Presented By:

Run By:



UPMC HEALTH PLAN



Don't Wait!



Prices increase **Tuesday, March 10 at 11:59 PM**



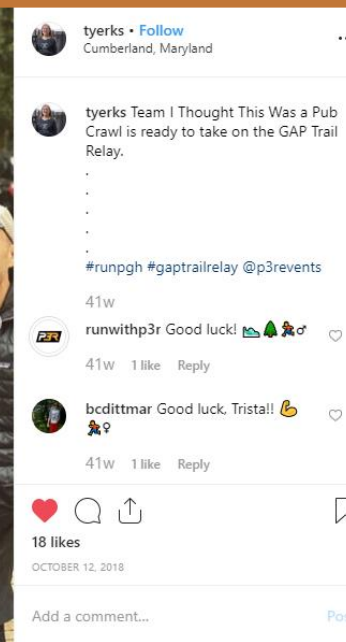
ALL participants will receive a goody bag courtesy of Fleet Feet Pittsburgh




ALL team captains will receive a **FREE** pair of shoes from Brooks Running




AN EPIC ADVENTURE









 **danaasaurus** • Follow
Great Allegheny Rail Trail Cumberland Maryla...

 danaasaurus 7 friends, some old and some new joined a #brookssuperteam and ran 150 miles down the @gap_trail giving out prizes, blasting music, cheering on runners and spreading the #runhappy all the way from Cumberland to Pittsburgh. It was a great 24hrs.

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#brooksrrunning #brookssuperteam #gaprelay #gaprelay2018 #gaptrail #p3r #pittsburgh #cumberland #brooks #runpittsburgh

41w

49 likes

OCTOBER 14, 2018

Add a comment... Post



Q&A