



RUNNER'S GUIDE

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INTRODUCTION

This guide contains important team information for the Great Allegheny Passage (GAP) Relay. Team captains are responsible for being familiar with all information included in this guide and for ensuring all team members are familiar with necessary information.

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The information in this guide is subject to change. Please subscribe to the following race communication channels to stay connected and remain aware of all changes.

- **Facebook:** [RUNwithP3R](https://www.facebook.com/RUNwithP3R)
- **Twitter:** [@RUNwithP3R](https://twitter.com/RUNwithP3R)
- **Instagram:** [@RUNwithP3R](https://www.instagram.com/RUNwithP3R)
- **Website:** p3r.org/races/gap-relay



BEFORE THE RACE

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GETTING STARTED

TO-DO LIST

- Recruit a team of anywhere between 4 and 8 runners for the 150-mile course that begins on Friday, October 15, or a team of between 2 or 4 runners for the 60-mile race that begins the following morning on Saturday, October 16, 2021.
- Register and pay for the team online at p3r.org/races/gap-relay before the deadline.
- Register all team members – including pacers and drivers – online at p3r.org/races/gap-relay before the deadline.
- Register all volunteers online at p3r.org/races/gap-relay by October 10, 2021 or email volunteers@p3r.org.

ORGANIZING A TEAM

There are three team types from which you can choose:

- **8-Person Team (150 Miles | 24 Legs)**
- **6-Person Team (150 Miles | 24 Legs)**
- **4-Person Team (150 Miles | 24 Legs)**
- **4-Person Team (60 Miles | 9 Legs)**
- **2-Person Team (60 Miles | 9 Legs)**

Here are some tips that will make organizing a team easy.

- Start recruiting early.
- Ask those who are running with you to help find additional runners.
- Get your team members registered before July 29 to get in before the price increases.
- Your team needs to have an average pace of at least 12 minutes per mile or faster in order to finish the course in the specified timeline.
 - Please note this is your average *team* pace, not your *individual* pace.
- Once you have a few firm commitments, register your team. If you are looking for additional runners – check out our Facebook page at facebook.com/runwithP3R to join the Find-a-Team group.

GETTING READY

Once your team is complete, we recommend the team meet several times prior to the event to work out logistics. It may be helpful to discuss the following things:

- **Communication.** Ensure each team member has cell phone numbers for all other team members and remind everyone to bring a charger.
 - We also recommend vans communicate with one another as necessary.

- Please note the cell service may not be available in all areas along the course.
- **What to do if runners get to an exchange and the next runner isn't there.** If your next runner is not at the exchange point, be patient. Your team could be running behind. You may also check with the exchange zone race staff to see if your team has arrived.
- **What to do if a runner and/or vehicle gets lost.** Consult the provided turn-by-turn directions or attempt to establish a cellular signal to connect to a GPS. Use the provided list of exchange zone coordinates to find your way to your destination.
- **Where to get gas.** We recommend Sheetz locations so you can take advantage of your complimentary gift card!
- **What types of clothing and equipment to bring.** Weather is uncertain, so be prepared for hot and cold weather extremes, as well as rainy weather.
- **Running at night**, and if anyone is willing to run extra miles as a pacer/companion (or you invite pacers to join your team for free).

START TIMES

Start times are based on accurate pace predictions, so **it is critical that each runner has an accurate pace in his or her profile**. Accurate paces (i.e. 10 min/mile pace) help us schedule start times for teams that minimize congestion on the course, plan for set up and breakdown of each exchange, schedule volunteers, properly place medical staff and safety teams, and plan for all teams to arrive in Cumberland between 12 PM and 6 PM on Saturday, October 16.

Teams participating in the 60-mile 9 leg course will begin their race at exchange zone 15 in Harnedsville at 7:00 a.m. on Saturday, October 16.

It is extremely important that the pace submitted for each runner is accurate. If an individual has not participated in a competitive 10K recently, we strongly encourage him or her to run one before submitting a team pace. **Your team needs to have an average pace of at least a 12 minutes per mile or faster** in order to finish the course in the specified timeline. If your team falls behind the course closure times, P3R staff will work with your team to get you back within the course support limits.

If you have concerns about paces for your team, please contact the P3R offices at info@p3r.org or call **412-586-7785**.

REGISTRATION

TEAM REGISTRATION

[Registration](#) is available online and should be completed by the Team Captain. Simply click the "Register" link on the homepage at p3r.org/races/gap-relay and follow the instructions.

After completing the registration process, the Team Captain will receive an email confirming registration and providing instructions on how to register team members. A **non-refundable entry fee** is due at the time of online registration.

TEAM NAME

When selecting a team name, please remember that the GAP Relay is a family-friendly event. Please respect everyone at the event and the communities through which we run. Consider how people — including children — might respond to your team name when the announcer calls it over the loudspeaker. If we feel your team name is inappropriate, you will receive an email asking you to select another name.

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INDIVIDUAL TEAM MEMBER REGISTRATION

Once the team has registered and paid, team members have until September 1 to register and guarantee their shirt and other race gear.

ONLINE WAIVER

All team members and team supporters (vehicle drivers and night running pacers) *must* sign a waiver; you will not be permitted to participate without a signed waiver.

AGE RESTRICTIONS

Any participant under the age of 18 must have a parent or legal guardian sign a waiver. Participants must be 13 years or older by October 15, 2021.

Any vehicle with one or more participant(s) under the age of 18 must also have at least one adult (25 or older). The individual older than 25 years doesn't need to be a runner but may be. If he/she is not a runner, that individual can register as a driver.

SUBSTITUTIONS/ADDITIONS

If you need to substitute or add team members, the Team Captain must log onto the team page and simply click on the "Invite Runners" button and fill out the new team member's information.

Online substitutions/additions can be made online up until the Sunday prior to race weekend. There is no charge for substitutions or additions made before the substitution/addition deadline.

REFUND AND TRANSFER POLICY

All entry fees are non-refundable.

TEAM SAFETY MEETING

P3R will host an event safety meeting thirty minutes prior to your scheduled start time on Friday, October 15 in Pittsburgh, PA. At least one member of your team is required to attend this meeting.

TEAM CHECK-IN

All payments due on race day will occur at packet pickup for the entire team. And when checking in, each vehicle must present the following items:

1. **One (1) flashlight per person in each vehicle**
2. **One (1) headlamp per person in each vehicle**
3. **One (1) reflective vest per person in each vehicle**
4. **One (1) LED tail-light per person in each vehicle**
5. **Two (2) First Aid Kits per vehicle**

*Active runners and all van drivers *must* have a reflective vest for night time hours

****Every person outside the support vehicle will be required to wear a reflective vest from 6:00 p.m. on Friday through 8:00 a.m. on Saturday. It is mandatory that you have enough vests for every member of your team.**

Teams will not be permitted to start until they show these items.

Upon check-in, captains will receive runner bibs, van number(s), and a slap band to be used as your team's baton.

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COURSE LEGS

There are 24 legs of the 150-mile course and 9 legs of the 60-mile course along the Great Allegheny Passage. Your team is responsible for determining which runner will complete each leg. Runners can run back-to-back legs and do not need to keep a consistent order throughout the race. We require that each team checks in at every exchange zone so that we can be aware of runners' locations for safety purposes. If a team skips an exchange zone, the team will be disqualified.

SUPPORT

Snacks and food will be available at certain points throughout the course, however teams should be prepared and have meals and food options planned. Plan to stop frequently on support legs to give runners plenty of recovery food and drinks.

POST-RACE AWARDS

Awards will be given to the fastest teams. Other prizes will also be awarded for categories like Best Van Decorations, Best Costumes, Scavenger Hunt, etc.

GENERAL RULES

VEHICLES

VEHICLE REQUIREMENTS

Teams will use vans or personal vehicles to transport runners to and from each exchange zone. Teams *must* provide their own vehicles, and teams are not permitted to have more than two vehicles per team.

While we suggest that teams use two vehicles, a single vehicle per team is permitted if there are enough seatbelts for all passengers AND the vehicle adheres to all applicable local vehicle safety laws. Please note that if a team uses only one vehicle, runners will be in the vehicle for the entire race.

VEHICLE RESTRICTIONS

Passenger vans are recommended, but large sedans and SUVs are also permitted.

We do not allow any vehicle wider than 6'6" and/or longer than 20'. Motor-homes, RVs, campers, trailers, buses and limos are not permitted on the course and/or at the exchanges by any team or spectator at any time. Any team seen with a vehicle that does not adhere to these guidelines will be disqualified from the event. For any questions about vehicle types, please contact info@p3r.org.

ONLY TWO VEHICLES PER TEAM

Each team is allowed no more than two team vehicles. The two vehicles will travel separately along the course but may meet up at the following exchange zones: 3, 4, 6, 8, 9, 12, 15, 16, 18, 20, and 21.

Exchange zone parking is for team vehicles and volunteers only, as parking will be very limited. Spectators may park at any legal spots along the race route.

VEHICLE NUMBERS MUST BE CLEARLY DISPLAYED

Teams must clearly display team numbers on both vehicles. Entrance into certain exchanges is dependent on vehicle number visibility.

Vehicle numbers will be distributed at check-in; these are peel and stick numbers that must be placed on the outside rear window of each van. **Do not create a blind spot.** Teams using just one vehicle should post both van numbers in their windows so they are permitted to enter each exchange point.

PARK IN DESIGNATED AREAS

Some exchanges have limited parking; please follow the directions of the parking volunteers to park safely at each exchange. Be cautious when entering/exiting exchange zones, as some may be difficult to see on approach.

RUNNER DROP OFF

Runner drop-offs should be brief. At some exchange zones, parking is very limited. Please plan to enter and exit these exchange zones swiftly.

RESPECT LOCAL RESIDENTS AND COMMUNITIES

Keep in mind that The Great Allegheny Passage will remain open to the general public, including walkers, bikers and other runners who may not be participating in the event. Please remember we are guests when traveling through the local communities, so you should treat all residents with courtesy and respect.

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Please adhere to the following and use common sense while in residential areas:

- Do NOT honk horns or yell out vehicle windows during evening, night and morning hours while in residential areas;
- Do NOT block any residential or business driveways; and
- Do NOT impede traffic by driving too slowly or by not properly pulling your vehicle over to the side of the road when stopping.

Event staff reserves the right to dismiss or disqualify any team based on a lack of respect.

VEHICLE COMMUNICATION

There may be some segments of the race where cell phone coverage will be spotty. All members of the team should bring cell phones and phone chargers. We recommend that participants run with their phones (but not listen to music through headphones).

Make a list of all team member phone numbers and ensure that the batteries are fully charged. Some providers will get better service than others, so try to have a variety of carriers. We also recommend the use of two-way radios as an alternative way to communicate between vans.

VEHICLE DRIVERS

Vehicle drivers do not need to be a member of the team. This can be nice for some teams because it allows all runners to rest between their legs. However, runners are allowed to assume the duty of van drivers, in which case driving assignments would be rotated amongst themselves.

Anyone operating a van between the hours of 6:00 p.m. on Friday and 8:00 a.m. on Saturday is required to wear a reflective vest.

RUNNERS

VISIBLE RACE NUMBER

Team race numbers must be **worn and visible on the front of each runner** at all times while on the course. Bib numbers must be pinned to the outermost layer of clothing, including jackets, shorts and reflective vests.

SLAP BRACELET/BAND

The team's baton (slap bracelet/band) should also be worn at all times while the current runner is on the course. Only runners wearing a slap bracelet/band will be allowed to exit the exchange zone chute to begin a new leg.

NIGHTTIME EQUIPMENT

Each team must present at least one (1) reflective vest per person, one (1) headlamp per person, one (1) flashlight per person, and one (1) LED "tail/butt" light at time of check in. See **Team Check In** in the **Before the Race** section of the Runner's Guide for more information.

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FOLLOW CORRECT ROUTE

Navigation is the responsibility of each team. Teams are responsible for ensuring that their runners stay on the course. Please note that the trail crosses active train tracks and roads. **Runners are to yield to all cars and trains and use caution at all crossings along the course.**

FOLLOW RACE OFFICIAL INSTRUCTIONS

Race officials include staff and volunteers at exchange zones. They have the authority to disqualify a team for abusive behavior or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority could result in disqualification.

INJURED RUNNERS

In the event of an injury, any of the remaining runners can replace the injured runner. Teams can proceed to the next exchange zone and continue the race.

Once a runner drops out of the race, he/she cannot enter back into the race.

PACING DURING THE RACE

Run pacers are allowed at any time during the race; any pacer who is not a member of the team must register as such and sign a waiver. See **Run Pacers** in the **Safety** section of the Runner's Guide for more information.

LITTERING AND PROPERTY DAMAGE

Any runners who are reported to have damaged private or public property, or to have littered, urinated or defecated on private or public property, will be dismissed from the race and not be invited back. Toilets will be provided at all exchange zones.

RUNNER ARRIVALS AND TEAM PACE PROJECTIONS

POLICIES AND PROCEDURES

Getting Ahead of the Set-Up Crew

We understand that it is impossible to perfectly project your team's pace. If a team runs just one minute per mile faster than they projected, the team will be three hours ahead of their projection by the end of the race. For some teams, this could mean that they will be ahead of the set-up crew. If this happens, the team can choose to continue without support or wait for exchange zone staff and volunteers to arrive as scheduled.

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Getting Behind the Clean-Up Crew

If a team gets behind the projection and falls behind the clean-up crew, we will allow the team to stay on the course and finish the race. However, we reserve the right to remove teams from the course if it becomes a safety concern, or we will instruct the team to skip some relay legs. If this happens, the team will be disqualified from winning any time-based awards.

ACCURATELY PREDICTING TIMES

It is very important to accurately predict the times when you will arrive at exchange zones along the course. If you need assistance in projecting your times and paces, please contact info@p3r.org.

SAFETY

There are many potential hazards in a race of this type including, but not limited to, automobile traffic, road and trail conditions, wildlife and weather. We ask that all teams please take appropriate precautions to ensure a fun and safe event. **In the event of a serious emergency, call 911.**

Please help us keep the race safe by focusing on being safe runners and safe support crews. **Safety is our number one priority.** Below are some basic guidelines and rules to help us all have a safe race.

SAFE RUNNER

When you are the "active" runner, following the rules and guidelines will help keep you safe.

RUN AGAINST TRAFFIC AND ON PROPER SURFACES

While most of the race will be on the trail, there are some areas of the course that take place on roadways. Runners should run against traffic on the left shoulder of all roads, using sidewalks when available, unless signs or maps direct otherwise.

BE AWARE OF TRAFFIC AND OBEY TRAFFIC LAWS

Runners are to understand that they do not have exclusive use of the trail or roadway and are required to obey all trail guidelines and traffic laws. This includes stopping at traffic lights.

PERSONAL MUSIC DEVICES AND HEADPHONES

The use of personal music devices with headphones while running is **discouraged due to safety concerns**. If you choose to use a personal music device, you must keep the volume to a minimum in order to ensure that you will hear potential hazards and oncoming vehicles.

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RUNNING IN THE HEAT

Teams must ensure their runners' safety by monitoring the condition of their runners before, during and after each leg. Runners should pre-hydrate before each of their legs, hydrate while running and rehydrate after each of their legs. **Water should be supplemented with electrolytes such as NUUN.**

ON COURSE DURING NIGHTTIME HOURS

The following nighttime rules have been developed to help ensure the safety of ALL participants.

RUNNERS

ALL runners must wear ALL night gear — a reflective vest, headlamp or flashlight, and blinking LED tail light — during the official night time hours between 6:00 p.m. on Friday, October 15 and 8:00 a.m. on Saturday, October 16.

In street clothes at night, you are only visible to drivers up to 200 feet. Most reflective vests make it so runners become visible to drivers up to 1200+ feet. Adding headlamps and flashing LED tail-lights provides increased visibility and safety.

Reflective vests must have **reflective material on the front, back and shoulders**.

PARTICIPANTS

ALL participants must wear reflective vests during the official night time hours between 6:00 p.m. on Friday, October 15 and 8:00 a.m. on Saturday, October 16 if out of the team van and anywhere on the course, including exchange zones.

RACE PACERS

- Pacers DO NOT need to be a member of the team.
- Bike pacers are NOT permitted at any time during the race.
- Run pacers are allowed at any time during the race, day or night.
 - Running pacers can run with the “active” runner.
 - Pacers MUST wear the same night safety gear as the runner (reflective vest, headlamp and LED).

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VEHICLE DRIVERS

If you choose to have a vehicle driver who is not a runner, the driver must also adhere to these safety guidelines.

SAFE SUPPORT

EXITING AND BEING OUTSIDE OF THE VAN

We encourage you to wear bright colored clothing at all times of the day and light/bright clothing at night (dark clothing is very hard to see at night).

Every member of the team (including drivers) *must* have his or her own reflective vest and *must* wear it when outside the vehicle during the official night time hours between 6:00 p.m. on Friday, October 15 and 8:00 a.m. on Saturday, October 16. This includes exchange zones, shoulders, roadways and parking lots adjacent to the course.

ROAD CROSSING

Although the majority of the race occurs along the Great Allegheny Passage, there are some sections of the course where runners will be crossing roads or running on roads. Be sure to always:

- Obey all traffic/pedestrian laws;
- Cross at a crosswalk if there is a crosswalk within sight;
- Use caution when crossing roads and yield to vehicle traffic; and
- Use caution when cross train tracks — do not cross a train crossing when the crossing arms are down and lights are flashing.

VEHICLES

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying speed limits (both minimum and maximum);
- Not stopping in the roadway;
- No illegal U-turns;
- Pulling off the road completely when stopping/parking;
- No parking in non-legal parking areas;
- When parked, please turn off headlights so as not to blind oncoming traffic;
- Leave parking lights on so that the vehicle is visible to regular traffic;

- Please do not stop or slow down in places that will impede traffic or runners, and do not turn your hazard lights on; and
- When approaching exchange zones, please use extreme caution, as many are in rural areas at the trail heads.

BE SAFE, HAVE FUN

Help us keep the race safe by abiding by the following safety rules and helping other teams behave safely.

ALCOHOL

While participating in the race, the consumption of alcohol is not allowed at any point along the course. Alcohol may be responsibly consumed at the finish line festival by participants who are at least 21 years old.

DESIGNATED SLEEPING AREAS

Sleeping or resting must be done inside the support vehicle or inside designated sleeping areas. Camping is available on a first come, first serve basis at exchange zones 7 and 11, as well as a designated resting area at exchange zone 12. **Please note no one is permitted to sleep on the ground in any parking lot.**

IN THE EVENT OF AN EMERGENCY

In the event of serious emergency, call 911. Then notify the nearest race official, as he or she will be able to communicate with nearest medical personnel or call for an ambulance if the emergency is severe enough.

If you are not near any race officials, please text or call Race Command at 412-935-8763. If the emergency is severe, **FIRST** call 911, then notify Race Command or any nearby race staff.

First aid personnel will be stationed at all major exchanges, but they will only be equipped to handle minor sports injuries. Please be aware of this and plan ahead for how you will handle any emergencies. It is the responsibility of each team to be aware of the location of hospitals and other medical facilities.

MANDATORY SAFETY MEETING

Each team is required to have the team captain and/or a member from each van attend the mandatory safety meeting. Safety meetings will be conducted at the pre-race/packet pickup area near the start line prior to your team's designated start time. Please arrive at least 1 hour early to the start line to give yourself enough time to attend the safety meeting.

The safety meeting will last approximately 10-15 minutes. Each van will pick up race materials after training. Along with other items picked up, teams will pick up van bib stickers to be displayed on all team vehicles.

BAD WEATHER

The race will occur rain or shine. However, under certain severe weather conditions in which the safety of runners is in jeopardy or significant damage or alterations to the race course occur, we reserve the right to cancel the event. **There will be no refunds given if the race is canceled due to weather.**

Conditions that may result in a race being canceled or delayed include but are not limited to:

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- Severe heat
- Electrical storm
- Snowfall
- Tornado
- Earthquakes
- Hurricanes
- Flooding
- Fog

Heat

If there is extreme heat during the race, we reserve the right to hold teams until the temperature drops. More information will be provided if heat is a likely scenario.

Lightning

If there is lightning at the start of the race, we reserve the right to delay start until the lightning clears.

If you see lightning on the course after the race has started, get your runner off the course and into the support vehicle. Make a note of the time and the location where you exited the course. If lightning clears within one hour, put your runner back on the course where he or she left and make a note of the time.

If lightning persists longer than an hour, move ahead to the next exchange. Information will be available at each exchange on how to proceed in the event.

Flooding

If a runner encounters flooded areas that are impossible to cross, return to previous exchange zone and notify race officials.

Teams will skip the leg and continue onto the next exchange zone.

WILDLIFE / OPEN RANGE RULES

If a runner encounters any wildlife that is aggressive on the course, remove yourself from the course and into your support vehicle. The vehicle should drive ahead and let the runner out at a safe and reasonable distance ahead of the wildlife to continue his or her leg.

If this is not possible, return to previous exchange and skip current leg. Alert race officials at the exchange of the issue.

REPORT OTHER TEAMS BREAKING SAFETY RULES

We will have Course Marshals out on the course monitoring teams for safety and adherence to all rules. However, with the size of the course, we cannot be everywhere at once. We are asking teams to help us keep the course safe by reporting teams that are violating any of the above safety rules. Notify the runner check in volunteer at the exchange or the finish line official.

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ENFORCEMENT

RULES AND SAFETY ENFORCEMENT

There will be Race Officials and Course Marshals monitoring the course to enforce rules. Rules are enforced based on a "three strikes and you're out" policy.

If a team receives three safety violations, a Course Marshal will meet the team to review the validity of each violation. If the Course Marshal deems that the violations are valid, the team's slap bracelet will be collected and the team must leave the course.

Marshals may also disqualify teams on the spot without prior warning for what they deem to be serious rule violations.

PACKET PICKUP

Packet pickup will be available Friday, October 15 at the start line area.

Friday, October 15

Starting at 4:30 p.m.

UPMC Rooney Sports Complex
3200 S Water St, Pittsburgh, PA 15203.

Each captain can pick up packets for his or her entire team.

Please note: There will be no packet pickup options at any exchange zones.

RACE COMMAND

If you need to contact race officials during the event and are not near an exchange zone, please call or text the following designated Race Command number:

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- 412-935-8763

If the issue is a severe emergency, **FIRST** call 911, then notify Race Command.

HOSPITAL / MEDICAL CARE LOCATIONS

While there will be medical aid at each major exchange zone and general first aid at each minor exchange zone, please use this list of local hospitals and medical care facilities in the event of a serious injury. For any emergency situation, please call 9-11.

Legs	Location	Address	Phone Number
1-2	UPMC Southside Outpatient Care	2000 Mary St. #2500 Pittsburgh, PA 15203	412.488.5706
	UPMC Presbyterian	200 Lothrop St. Pittsburgh, PA 15213	412.647.2345
	Magee-Women's Hospital	300 Halket St. Pittsburgh, PA 15213	412.641.1000
	UPMC Mercy	1400 Locust St. Pittsburgh, PA 15219	412.232.8111
	West Penn Hospital	4800 Friendship Avenue Pittsburgh, PA 15224	412.578.5000
	MedExpress Urgent Care	5201 Baum Blvd. Pittsburgh, PA 15224	412.687.3627
	8th Avenue Medical Center	330 E 8th Ave. Homestead, PA 15120	412.462.6001
	Allegheny Health Network Urgent Care	501 Braddock Ave. Braddock, PA 15104	412.636.5050
3-6	MedExpress Urgent Care	12116 State Route 30 North Huntingdon, PA 15642	724.863.4362
	UPMC McKeesport Trauma / General Surgery	500 Hospital Way McKeesport, PA 15132	412.672.3422
	UPMC McKeesport	1500 5th Ave. McKeesport, PA 15132	412.664.2000

	Jefferson Hospital	565 Coal Valley Rd. Jefferson Hills, PA 15025	412.469.5000
7-9	Excelsa Health Frick Hospital	508 S Church St. Mt. Pleasant, PA 15666	724.547.1500
	Jefferson Regional Hospital	1533 Broad Ave. Belle Vernon, PA 15012	724.929.3206
10-11	Perryo Medical Center	405 Liberty St Perryopolis, PA 15473	724.736.0443
11-13	MedExpress Uniontown	289 McClellandtown Rd. Uniontown, PA 15401	724.439.3627
	Uniontown Hospital	500 W Berkeley St. Uniontown, PA 15401	724.430.5000
	Highlands Hospital	401 E Murphy Avenue Connellsville, PA 15425	724.628.1500
14-20	Somerset Hospital	225 S Center Avenue Somerset, PA 15501	814.443.5000
	Conemaugh Meyersdale Medical Center	200 Hospital Drive Meyersdale, PA 15552	814.634.5911
21-22	Frostburg Medical Center	10701 New Georges Creek Road SW, Suite 4 Frostburg, MD 21532	301.689.3229
23-24	MedExpress Medical Center	1219 National Hwy. La Vale, MD 21502	301.729.0529
	Cumberland Outpatient Clinic	200 Glenn St. Cumberland, MD 21502	301.724.0061
	Western Maryland Regional Medical Center	12500 Willowbrook Road Cumberland, MD 21502	240.964.7000