

UPMC Health Plan / UPMC Sports Medicine Pittsburgh 5K Run

UPMC HEALTH PLAN

UPMC | SPORTS MEDICINE

Date: Saturday, April 30, 2022

Time: 8:00 AM

Start Line: In front of PNC Park on West General Robinson Street

Finish Line: Boulevard of the Allies between the blocks of Wood and Market Street (Downtown).

Please adhere to directions provided by event staff and race day security during the event. Their goal is to keep all runners safe and to unite children with their adults in the designated areas.

Packet Pick Up

FRIDAY, APRIL 29 from 11:00 AM – 8:00 PM

- The 2022 Pittsburgh Health & Fitness Expo located at the David L. Lawrence Convention Center
- UPMC Health Plan | UPMC Sports Medicine Pittsburgh 5K Run booth at the Pittsburgh Health and Fitness Expo
- Participants may authorize another individual to retrieve the race packet on their behalf. The individual picking up the packet is required to show (their own) photo ID along with providing the following items:
 - **Packet Pickup Slips** - Slips will also be available onsite at the Expo to complete in person
 - Participant race number - Available for lookup on the website or at the Expo

SATURDAY, APRIL 30 from 6:30 AM - 7:45 AM

- 5K/Kids Marathon Packet Pickup tent in **Red Lot 5** at the corner of West General Robinson Street and Mazeroski Way
- Please arrive early to allow plenty of time to pick up race items. There will be two races picking up at this tent.

Packet Pickup with a Kids of STEEL Team

- Some Kids of STEEL teams may participate in advanced packet pickup at the expo. You will hear from your site coordinator if this is the case.

5K numbers (your bib number) will be organized by race number instead of alphabetical by last name. Please bring the email with your race number for faster service. Race numbers are also available for look-up by visiting the Race Number Look-Up kiosks at the expo.



Race Bibs/Race Numbers

- Runners 13 years and younger will receive a blue bib. Runners over the age of 14 will receive a yellow race bib.
 - A reunion area will be located within the finish line chute area, near the exit on Stanwix and the north side of Blvd of the Allies. This area is available for runners 13 and under to reunite with family members that they ran with and/or those who did not run with them. Volunteers will be available at the chute exit to assist young runners who are waiting for their parents/guardians to meet them.
- Prior to the race, parents of young runners should make a meet-up plan for after the race. Additional recommendations include:
 - Make sure young runner has a parent/guardian cell phone number with them or listed on their race bib.
 - Establish a meeting area ahead of time.
 - Stay in the finish line chute until a parent/guardian approaches the finish chute exit.



Course Details

[Click Here to view the 2022 UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run Course Map](#)

- Animals, bicycles, skateboards, scooters, baby joggers, strollers, roller skates, and roller blades are not permitted on the course.
- City streets, police officers, and support are contracted for specific times and cannot be extended. Participants must meet at least a 16:00 min/mile pace.
- Youth are eligible for prizes that will be awarded to the top three finishers for the 5K in the following age categories for men and women: 9 & Under, 10-14, 15-19. See the [Pittsburgh Marathon Awards Page](#) for a complete list of award categories.
- Visit ParkPGH.org and PittsburghParking.com on race day for parking options



Have Fun! Thank you for moving with us!

Contact: kidsofsteel@P3R.org | Visit thepittsburghmarathon.com

