



APR 29 - MAY 1
2022

RACE WEEK CHECKLIST

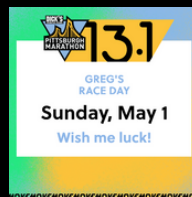
BEFORE RACE WEEKEND:

- Plan your race day outfit and gear and take everything for a trial run**
Seasoned runners always say "never wear something new on race day!" If it's new, you don't know how it will feel (Will it be scratchy? Is it too large and falling off? Is it too small and squeezing where you don't want?). Just don't do it!
 - Shoes
 - Socks
 - Shorts/leggings
 - Shirt
 - Sports bra
 - ID and race belt
 - Running watch
 - Hat/visor
 - Sunglasses
- Look up your bib number.**
 - If you are MOVING in the marathon, half marathon, marathon relay, and/or 5K, you can look up your bib number at the beginning of race week (anticipated April 25). You will need to know your bib number to pick up your race packet at the Health & Fitness Expo (you will also be able to look up your bib number at the expo).
 - If you are MOVING in the kids marathon, toddler trot, or pet walk, your bib will be organized alphabetically by last name, so you will not receive your race number ahead of time.
- Review the Race Guides**
You have questions, we have info. Make sure you review all of the race guides to get all the info you need for a successful race weekend!

REVIEW THE GUIDES

- Share that you're MOVING!**
Tell your friends, family, and social media followers!

SHARE



- Add why you MOVE**
to the digital WHY I MOVE wall presented by UPMC Health Plan!

ADD YOURS



- Send a Cheer Card,**
presented by DICK'S Sporting Goods, to your favorite fellow MOVER!

SEND



AT THE HEALTH & FITNESS EXPO:

- Get your race bib**
Confirm all of your information is correct before you leave the expo — if it's not, please go to Runner Services!
- Get your race shirt**
If you want a different size, go to Booth 215 to swap!
- Get your clear Gear Check Bag**
Pick up at Booth 231.
- Get your DICK'S Sporting Goods Pittsburgh Marathon water bottle**
Pick up at Booth 231 if you're participating in the marathon, half marathon, or marathon relay.
- Take and share photos - there are lots of opportunities!**
Use #MOVEPittsburgh and tag @pghmarathon
- Go to the P3R space (Booth 424)**
To find your name on the name wall and share your reason for MOVING to the WHY I MOVE wall.
- Join your fellow MOVERS**
And contribute to the DICK'S Sporting Goods Pittsburgh Marathon collage! You're invited to bring an item from any Pittsburgh Marathon event to add to the collage — it could be your race bib from 2014, a race shirt from 2009, or your favorite finish line photo! (Please - no medals!)

PLAN YOUR TRIP TO THE EXPO

PLAN YOUR TRANSPORTATION:

- Review our Getting Around Town info**
From our Race Guides — this includes road closure and parking information.

REVIEW THE INFO

- Review the Schedule of Events**
And make sure you're on time for your event.

ON RACE DAY:

- Be sure to give yourself plenty of time**
To park, get your race packet (for Saturday events only if you didn't make it to the expo on Friday), and walk to your event's start line
- Check your gear with FedEx**
Near the Gateway T Station!
- After the race**
 - Take a pic at any or all of the photo opportunities in the Finish Line Festival, powered by Cleveland Brothers:
 - Magee-Women's Research Institute and Foundation PR
 - Bell
 - Giant 26.2 and 13.1 features, presented by DICK'S Sporting Goods
 - Go to the P3R Store in the Finish Line Festival to get your Finisher Gear!
 - Post to social media using #MOVEPittsburgh about your accomplishment!

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