



**DICK'S SPORTING GOODS
PITTSBURGH MARATHON WEEKEND
OF EVENTS PARTICIPANT GUIDE**

TABLE OF CONTENTS

Welcome Letters	3-4
Thank You Partners	5
Events Overview	6-7
Race Weekend Schedule	8
Event Information	9-11
Event Rules	12
Event Safety	13
Transportation	14-17
Pittsburgh Live Well Expo Presented By GNC	18-19
Gear Check Presented By FedEx	20
Peoples Pace Team	21

Saturday Guide

General Information	24
Finish Line Festival Powered By Cleveland Brothers	25
UPMC Health Plan UPMC Sports Medicine Pittsburgh 5k	26
U. S. Steel Champions Mile	28
Chick-fil-A Pittsburgh Kids Marathon	30-35
Sheetz Pittsburgh Toddler Trot	36
Pittsburgh Pet Walk	37

Sunday Guide

Start Line	42
Medical Support	43
Fluid Stations	44-45
Timing	46
Finish Line	47-48
Finish Line Festival	48
DICK'S Sporting Goods Pittsburgh Marathon	50-51
Cheer Zones	52-53
UPMC Health Plan Pittsburgh Half Marathon	54-55
FedEx Pittsburgh Marathon Relay	56-59
UPMC Health Plan Pittsburgh Back Half Marathon	60-63
GNC Pittsburgh 4-Mile Fitness Challenge	64-66

WELCOME LETTER

Dear Participants,

Welcome to the 2026 DICK'S Sporting Goods Pittsburgh Marathon Weekend of Events.

On behalf of all of us at P3R, it's an honor to have you here. Whether you are taking on your first race, chasing a personal best in the marathon, or cheering on a loved one, you are part of something truly special. This year marks our largest Marathon Weekend ever, with more than 50,000 participants expected across all events.

At P3R, our mission is simple: to inspire any and all to move. Marathon Weekend is a powerful reflection of that mission in action. From seasoned runners to first-timers, from young kids just beginning their journey to lifelong athletes, we've worked hard to create an experience where everyone belongs. No matter your age, experience, or fitness level, there is a start line—and a finish line—waiting for you.

This event also showcases the very best of Pittsburgh: grit, determination, and an unmatched sense of community. You'll feel it in every step through the energy of our neighborhoods, the cheers from spectators, and the camaraderie among runners and walkers. Marathon Weekend is a shining example of the Pittsburgh spirit. We are a city that shows up, supports one another, and strives to be the best.

We're especially proud of the impact this weekend has on the next generation. Not only do we host the largest youth running event in the country through the Chick-fil-A Pittsburgh Kids Marathon, but we're also helping keep kids moving as they continue their journey into events like the 5K and beyond.

This growth and success wouldn't be possible without the incredible support of our community. A heartfelt thank you goes out to everyone who makes Marathon Weekend possible—our dedicated event partners, volunteers, event staff, city agencies, public safety officials, and the many neighborhoods that show up in full force to support you on race day.

Marathon Weekend is for everyone. We hope you feel inspired, energized, and proud to be part of this incredible tradition.

See you at the start line.

Sincerely,

Troy Schooley
CEO, P3R



DICK'S SPORTING GOODS WELCOME LETTER

Dear Runners, Walkers and Adaptive Athletes,

Welcome to race weekend—and thank you for being part of the DICK'S Sporting Goods Pittsburgh Marathon.

At DICK'S Sporting Goods, we're proud to stand behind this event and the sense of unity, resilience and pride it brings each year. When the marathon returned in 2009, we saw an opportunity to help rebuild something meaningful for this city—something that could grow into more than a race. Today, it's become one of the premier running events in the country and a defining celebration of Pittsburgh.

What makes this event so special is the range of stories represented at the start line. From first-time participants to experienced runners, from young athletes to lifelong competitors, each of you brings a unique reason for being here. That collective energy is what turns this weekend into something bigger than a single race.

You'll also experience what makes Pittsburgh truly one of a kind. The passion of the spectators, the pride of its neighborhoods, and the resilience woven into the city's identity all come together to create an atmosphere you won't find anywhere else.

We're grateful to be part of this journey with you and proud to support an event that continues to inspire people to get active and pursue their goals.

Have a great race weekend—we'll be cheering you on every step of the way.

Sincerely,

DICK'S Sporting Goods



THANK YOU PARTNERS



EVENTS OVERVIEW

Saturday Events

Event/ Distance	Start	Start Line	Time Limit	Fluid Stations	Finish Line
UPMC Health Plan UPMC Sports Medicine 5K	7:30 AM	West General Robinson Street Next to PNC Park	1 hour	1	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
U. S. Steel Pittsburgh Champions Mile	8:30 AM	West General Robinson Street Next to PNC Park	30 minutes	-	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
Sheetz Pittsburgh- Toddler Trot	8:30 AM <i>Wave 1</i>	Point State Park		-	Point State Park
Chick-fil-A Pittsburgh Kids Marathon	9:30 AM <i>Wave 1</i>	West General Robinson Street Next to PNC Park		-	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
Pittsburgh Pet Walk	12:00 AM	Point State Park		-	Point State Park

EVENTS OVERVIEW

Sunday Events

Event/ Distance	Start	Start Line	Time Limit	Fluid Stations	Finish Line
PNC Handcycle Division	6:50 AM	Liberty Avenue near 10th Street	7 hours	20	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
DICK'S Sporting Goods Pittsburgh Marathon	7:00 AM	Liberty Avenue near 10th Street	7 hours	20	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
UPMC Health Plan Pittsburgh Half Marathon	7:00 AM	Liberty Avenue near 10th Street	4 hours	7	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
FedEx Pittsburgh Marathon Relay Leg 1	7:00 AM	Liberty Avenue near 10th Street	All Legs must be completed within the Marathon Time Limit	2	Exchange Zone 1: North Shore Drive & Tony Dorsett Drive
FedEx Pittsburgh Marathon Relay Leg 2		Exchange Zone 1: North Shore Drive & Tony Dorsett Drive	All Legs must be completed within the Marathon Time Limit	2	Exchange Zone 2: Intersection of East Carson Street and the Smithfield Street Bridge near Station Square
FedEx Pittsburgh Marathon Relay Leg 3		Exchange Zone 2: Intersection of East Carson Street and the Smithfield Street Bridge near Station Square	All Legs must be completed within the Marathon Time Limit	6	Relay Exchange 3: Intersection of Fifth Ave and Beechwood Blvd in Point Breeze
FedEx Pittsburgh Marathon Relay Leg 4		Relay Exchange 3: Intersection of Fifth Ave and Beechwood Blvd in Point Breeze	All Legs must be completed within the Marathon Time Limit	5	Relay Exchange 4: Intersection of Baum Blvd and S. Aiken Ave in Bloomfield
FedEx Pittsburgh Marathon Relay Leg 5		Relay Exchange 4: Intersection of Baum Blvd and S. Aiken Ave in Bloomfield	All Legs must be completed within the Marathon Time Limit	5	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
BACK Half Marathon	9:00 AM	Ellsworth Ave, between Morewood Ave & Devonshire St.	4 hours	12	Boulevard of the Allies near Point State Park, Downtown Pittsburgh
GNC Pittsburgh 4-Mile Fitness Challenge	9:30 AM <i>Wave 1</i>	Intersection of Baum Blvd and Liberty Ave in Bloomfield	16 minutes per mile	5	Boulevard of the Allies near Point State Park, Downtown Pittsburgh

RACE WEEKEND SCHEDULE

Race Weekend Schedule

Friday, May 1

10:00 AM - 11:00 AM VIP Access Pittsburgh Live Well Expo presented by GNC

11:00 AM - 8:00 PM Pittsburgh Live Well Expo presented by GNC

5:30 PM Shakeout Run, Market Square

7:00 PM Post-Shakeout Run Concert, Market Square

Saturday, May 2

7:30 AM UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run Start

8:30 AM U. S. Steel Pittsburgh Champions Mile Start

8:30 AM Sheetz Pittsburgh Toddler Trot Wave One Start

9:30 AM Chick-fil-A Pittsburgh Kids Marathon Wave One Start

12:00 PM Pittsburgh Pet Walk Start

7:00 AM - 2:00 PM Finish Line Festival powered by Cleveland Brothers

9:00 AM - 5:00 PM Pittsburgh Live Well Expo presented by GNC

Sunday, May 3

6:50 AM - PNC Handcycle Division of the DICK'S Sporting Goods Pittsburgh Marathon

7:00 AM - DICK'S Sporting Goods Pittsburgh Marathon

- UPMC Health Plan Pittsburgh Half Marathon Start

- Leg One FedEx Pittsburgh Marathon Relay

9:00 AM UPMC Health Plan Pittsburgh BACK Half Marathon Start

9:30 AM Wave One Pittsburgh GNC 4-Mile Fitness Challenge

7:00 AM - 2:00 PM Finish Line Festival powered by Cleveland Brothers

Average Weather

Average at Start Line Sunday: Low 50s

Average at Noon at Finish Line Sunday: Mid 60s

Please note: Temperatures May 2-3 in Pittsburgh can vary drastically. Please visit thenationalweatherservice.com for the most up-to-date forecast.

EVENT INFORMATION

Official App

The P3R app is the official app of the DICK'S Sporting Goods Pittsburgh Marathon Weekend of Events! Home to Runner Tracking presented by Forvis Mazars, track your participants in real-time. Within the app you can find course maps, see race results, and more all in one place. Download the P3R app in the App and Google Play stores.

Website

Please visit thepittsburghmarathon.com for up-to-date participant, event, and spectator information. If the answers to your questions cannot be found on the website, please contact info@p3r.org

Social Media

Follow @pghmarathon for updates and race news on Instagram and Facebook. Tag @pghmarathon in your content for a chance to be featured on our channels.

MarathonFoto Race Photos

Bibs are required to be worn visibly on the front of your body for many reasons, including making sure the cameras catch you running! Your race photos, captured by MarathonFoto will be available at Marathonfoto.com. Please allow up to one week for photos to be uploaded.

4RUN2 Official Merchandise

Celebrate your accomplishment with 4RUN2, the Official 2026 DICK'S Sporting Goods Pittsburgh Marathon Weekend Merchandise. Finisher jackets will be available in limited quantities at the Pittsburgh Live Well Expo presented by GNC and the Finish Line Festival powered by Cleveland Brothers.

Sustainability/ Environmental Commitment

The DICK'S Sporting Goods Pittsburgh Marathon is proud to be a zero-waste event with 90% waste aversion. Recycle your used sneakers, in partnership with Sneakers4Good, as you enter the Live Well Expo presented by GNC!

Run for a Reason Charitable Impact

The Run for a Reason Charity Program has raised more than \$18,000,000 to support local charitable organizations. In 2026, we are proud to support the mission of 50 local charities. More than 4,000 runners commit to raising funds for the charity of their choice throughout their training. Thank you runners for choosing to make a difference within the Pittsburgh community!

EVENT INFORMATION

Race Results

Race results will be available through the P3R App as soon you cross the finish line.

- Unofficial race results will be available on race day at www.thePittsburghMarathon.com and emailed to all finishers.
- Once race results are deemed official, all official finishers will be emailed a link to their digital finisher's certificate indicating net time, pace per mile and finish place; the certificate also will be available for download at www.thePittsburghMarathon.com.

Spectators

Download the P3R app on the App or Google store. Track your runner with real-time updates within the P3R app. Search runners by bib number or name. Please review all transportation documents for how to navigate the course.

WTAE Media Coverage

Spectators can watch live marathon coverage on WTAE Channel 4, the WTAE app or WTAE.com. Coverage begins at 5 AM on Sunday, May 1st.

2026 Awards Categories

Please visit www.thepittsburghmarathon.com/pages/dsgpm-awards for all information regarding 2026 DICK'S Sporting Goods Pittsburgh Marathon Weekend of Events awards.

Medal Monday

Visit the DICK'S House of Sport for complimentary medal engraving.

Address - 1008 Ross Park Mall Dr, Pittsburgh, PA 15237)

- Sunday, May 3rd from 12pm – 6pm
- Monday, May 4th from 2pm – 8pm

Visit a greater Pittsburgh Area Chick-fil-A on Monday, May 4 and wear your medal to receive:

- Kids: 5-count nugget
- Adults: Chicken Sandwich

EVENT INFORMATION

STEEL Challenge

To complete the STEEL Challenge, participants must participate in the *UPMC Health Plan | UPMC Sports Medicine Pittsburgh 5K* Saturday and one of the following: *DICK'S Sporting Goods Pittsburgh Marathon*, *UPMC Health Plan Pittsburgh Half Marathon*, *UPMC Health Plan Pittsburgh BACK Half Marathon*, *GNC Pittsburgh 4-Mile Fitness Challenge*, or the *FedEx Pittsburgh Marathon Relay* on Sunday.

Your bib will have a STEEL Challenge icon. If the icon is missing from your bib, please visit Runner Services before leaving the Pittsburgh Live Well Expo presented by GNC. After completing your Sunday race, please visit the STEEL Challenge tent at the Finish Line Festival in Point State Park and show the STEEL Challenge icon on your bib to pick up your bonus medal.

STEEL City Series

The STEEL City Series is a year-long challenge that includes: any event during the 2026 DICK'S Sporting Goods Pittsburgh Marathon Weekend, any heat during America's Mile presented by VisitPITTSBURGH, and either event during the EQT Pittsburgh 10 Miler and 10K. Finishers will receive a speciality medal available for pickup at the EQT Pittsburgh 10 Miler and 10K.

Neurun

Visit thepittsburghmarathon.com and use Neurun, a chatbot that answers race-day questions. Runners and spectators can ask about everything from fluid station locations to nearby coffee shops.

Questions

Please direct all other questions to info@p3r.org.

Bib Information

Bibs must be worn visibly on the participant's front.

Please follow instructions for the FedEx Pittsburgh Marathon Relay, and place necessary relay bibs on the front and back.

You are strictly prohibited from running as another person. Do not alter (cut, fold) your bib in any way. Fill out the emergency contact information on the back of your bib. In the event of an emergency, this helps provide participants with help faster.

The Chronotrack B-tag timing device is located on the back of the bib for all timed events. Please do not remove or alter this device in any way as it can increase the risk of your time not being captured.

EVENT RULES

Runner Guidelines

To help ensure a safe race experience, the DICK'S Sporting Goods Pittsburgh Marathon encourages all spectators, volunteers and runners to be aware of their surroundings.

- If you see a suspicious person, object or vehicle along or near the race course, please report the sighting to 9-1-1 or notify nearby law enforcement personnel.
- Do not store, hide or leave any personal items, backpacks, packages or clothes along or near the race route, including the start and finish line areas and Point State Park.
- No backpacks, duffel bags, bags (paper, plastic, etc.), hard or soft coolers or purses larger than 8.5"x 11" will be allowed inside the start line or finish line runner-only areas. Please see "Permitted Runner Items" below for a list of allowable items.
- Runners will NOT be allowed to bring or carry bags into the start line corrals unless previously approved and tagged.
- Only registered runners with official race numbers will be permitted inside the start line corrals .
- Runners must enter the start line corrals through designated entrances.
- Runners may not switch between corrals once they have entered a start line corral.
- Runners must use clear bags provided at Gear Check. Each bag checked must have the proper runner race number attached to the bag. Details will be included with the Gear Check bag at the Expo.
- All bags must be checked into Gear Check prior to the start of the race. Gear Check bags will not be allowed into the start line corrals.

Permitted Runner Items

- Camelbaks and/or fuel belts will be permitted, but will be subject to inspection at the entrances to the start and finish line perimeters.
- Military runners carrying Ruck Sacks must contact the P3R office to register the bag's contents. All bags are subject to inspection.

Event Rules

- Bicycles, skateboards, scooters, baby joggers, strollers, roller skates and roller blades are not permitted on the course.
- Headphones (iPods, mp3 players, CDs, tape walkmans, radios, etc.) are discouraged.
- Participants agree to follow the instructions of race, medical and police officials.
- Participants in violation of these rules will be disqualified and removed from the course.
- Race numbers must be worn on the front of your shirt at all times.

EVENT SAFETY

Event Alert System

- The color-coded Event Alert System (EAS) will communicate the status of course conditions leading up to and on race day. EAS levels range from **Low (Green)** to **Moderate (Yellow)** to **High (Red)** to **Extreme (Black)** based on weather and other conditions.
- During race week, notifications via website, email and social media will inform participants of the current EAS status and provide preparation tips based on advanced weather forecasts. Updates will also be posted throughout the Pittsburgh Live Well Expo presented by GNC via color-coded signs. On race day, flags indicating the current level will be posted at each medical tent.
- Familiarize yourself with the EAS prior to race day; remain alert for directions from race officials, announcers and volunteers; and take precautions to prepare properly for varying weather conditions on race day.
- Please make sure that we have your most up-to-date emergency contact information on hand by filling out the back of your race number prior to entering the start corral.

EVENT ALERT SYSTEM		
ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTION
EXTREME	Event Canceled/Extreme & Dangerous Conditions	Participation Stopped/Follow Event Official Instruction
HIGH	Potentially Dangerous Conditions	Slow Down/Observe Course Changes/Follow Event Instruction/Consider Stopping
MODERATE	Less Than Ideal Conditions	Slow Down/Be Prepared for Worsening Conditions
LOW	Good Conditions	Enjoy the Event/Be Alert

Medical Support

UPMC Sports Medicine will provide medical support along the race course and at the start/finish lines. Medical staff will be available to support participants in need at 19 medical aid stations along the course. Each tent will be equipped with a team of medical personnel, ambulances and emergency and first aid supplies. Participants should familiarize themselves with the locations prior to race day.

TRANSPORTATION

Race Day Parking and Transportation

Road closures in the Downtown area begin on Friday, May 1 at noon and will continue throughout the weekend until Sunday, May 3 in the late afternoon. Participants should use ParkPGH app to find parking. There will be no shuttles to take participants to and from parking garages or lots before or after the race. **Please note: ALCO Lots are cashless.*

Saturday North Shore Parking

- Many of the North Shore lots and garages will be open for participants on Saturday morning. When making your parking plans, please be aware of the road closures that will take place in on the North Shore that morning; West General Robinson Street will close at 5:00 AM and the entire 5K course will close at 6:45 AM. Roads will be closed until 1:00 PM. Plan to arrive early to avoid the road closures and congestion in the Downtown and North Shore areas that morning.

Sunday Downtown Parking

- Since both the start line and finish line are located in the Downtown area, it is very important that all participants plan to arrive at least two hours prior to the start of the race. Although there is an abundance of parking available Downtown, due to the amount of road closures and congestion on Sunday morning, arriving early will help increase the chances of finding available parking. Be aware that on race day Liberty Avenue from Grant Street to Stanwix Street will be closed starting at 1:30 AM. Additionally, Stanwix Street from Penn Avenue to Boulevard of the Allies and Commonwealth Place will close at 4:00 AM.

Sunday North Shore Parking

- Many of the North Shore lots and garages will be open for participants on Sunday morning. If you plan to park in the North Shore on race morning, please be aware that road closures in the North Shore area will start at 6:00 AM. It is recommended that you arrive early.

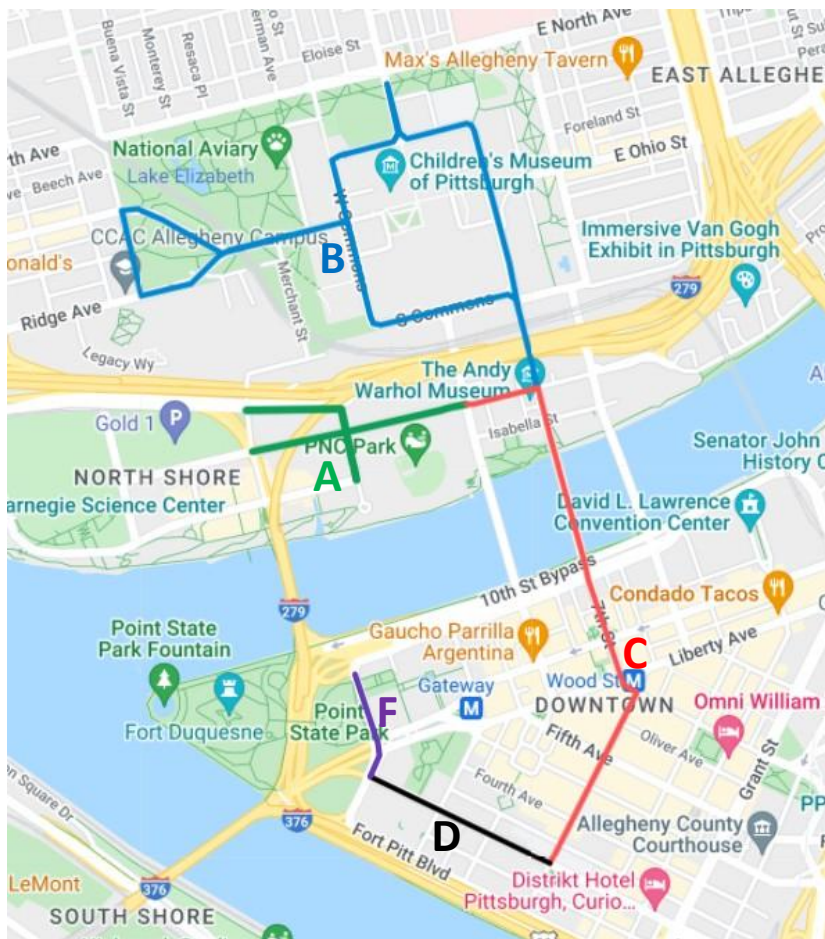
Public Transportation

If you are using public transit on race weekend, please allow additional time for travel. Service is not guaranteed on race weekend, please refer to the Pittsburgh Regional Transit website for all detour information. The Gateway T Station will be open on race weekend for participants parking outside of downtown and looking to take the train too and from their parking spots.

TRANSPORTATION

2026 UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K 2026 Chick-fil-A Kids Marathon Sector/Opening Map

Saturday, May 2nd, 2026



A - Start Line Area Posts

6:30 AM- 1:00 PM

B - 5K Only Posts

6:30 AM- 9:00 AM

C - 5K/Kids Marathon Course Posts

6:30 AM- 1:00 PM

D - Finish Line Area Posts

6:30 AM- 1:15 PM

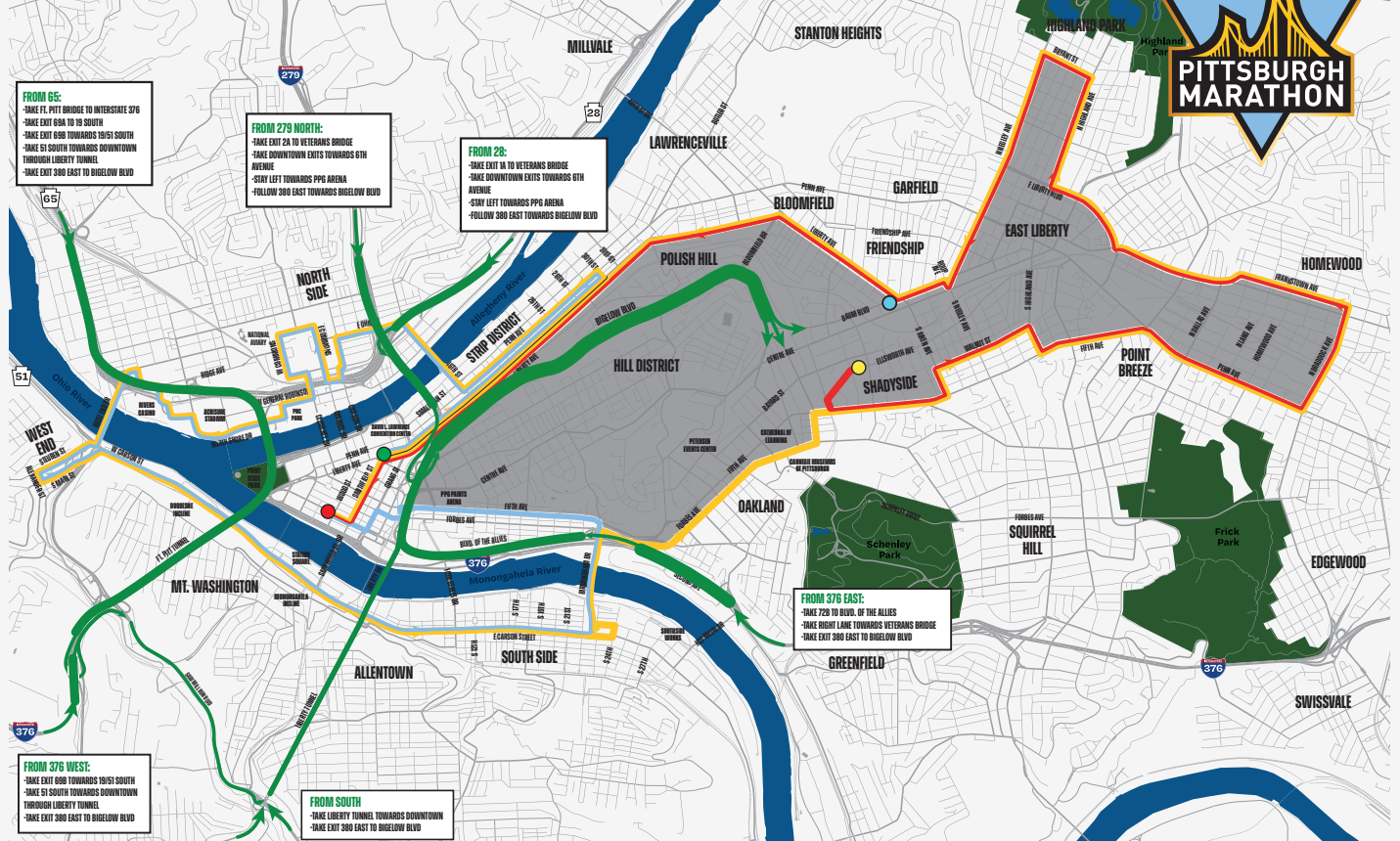
F - Post Race Posts

6:30 AM- 1:15 PM



TRANSPORTATION

GETTING INSIDE THE MARATHON COURSE MAY 3RD, 2026



MARATHON SUNDAY APPROXIMATE ROAD CLOSURE TIMES

- **START- 7:00 AM**
DICK'S SPORTING GOODS PITTSBURGH MARATHON
UPMC HEALTH PLAN PITTSBURGH HALF MARATHON
FEXEB PITTSBURGH MARATHON RELAY
- **START- 9:00 AM**
UPMC HEALTH PLAN BACK HALF MARATHON
- **START- 9:30 AM**
GMC PITTSBURGH 4-MILE FITNESS CHALLENGE
- **FINISH**

- START LINE CORRALS (1:30 AM- 9:30 AM)**
LIBERTY FROM COMMONWEALTH TO SMITHFIELD
- LIBERTY AVENUE IN STRIP DISTRICT (5:30 AM- 2:30 PM)**
- PENN AVE IN STRIP DISTRICT (8:00 AM- 9:45 AM)**
- NORTH SIDE (8:00 AM- 9:45 AM)**
- NORTH SHORE TO WEST END BRIDGE (8:00 AM- 10:30 AM)**
- WEST END (8:00 AM- 10:15 AM)**
- SOUTH SHORE (8:00 AM- 11:00 AM)**

- SOUTH SIDE (8:00 AM- 11:15 AM)**
- UPTOWN (8:15 AM- 11:45 AM)**
- OAKLAND (8:15 AM- 11:45 AM)**
- SHADYSIDE (8:30 AM- 12:00 PM)**
- POINT BREEZE (8:30 AM- 12:15 AM)**
- HOMWOOD (7:00 AM- 12:45 AM)**
- EAST LIBERTY (7:00 AM- 1:00 PM)**

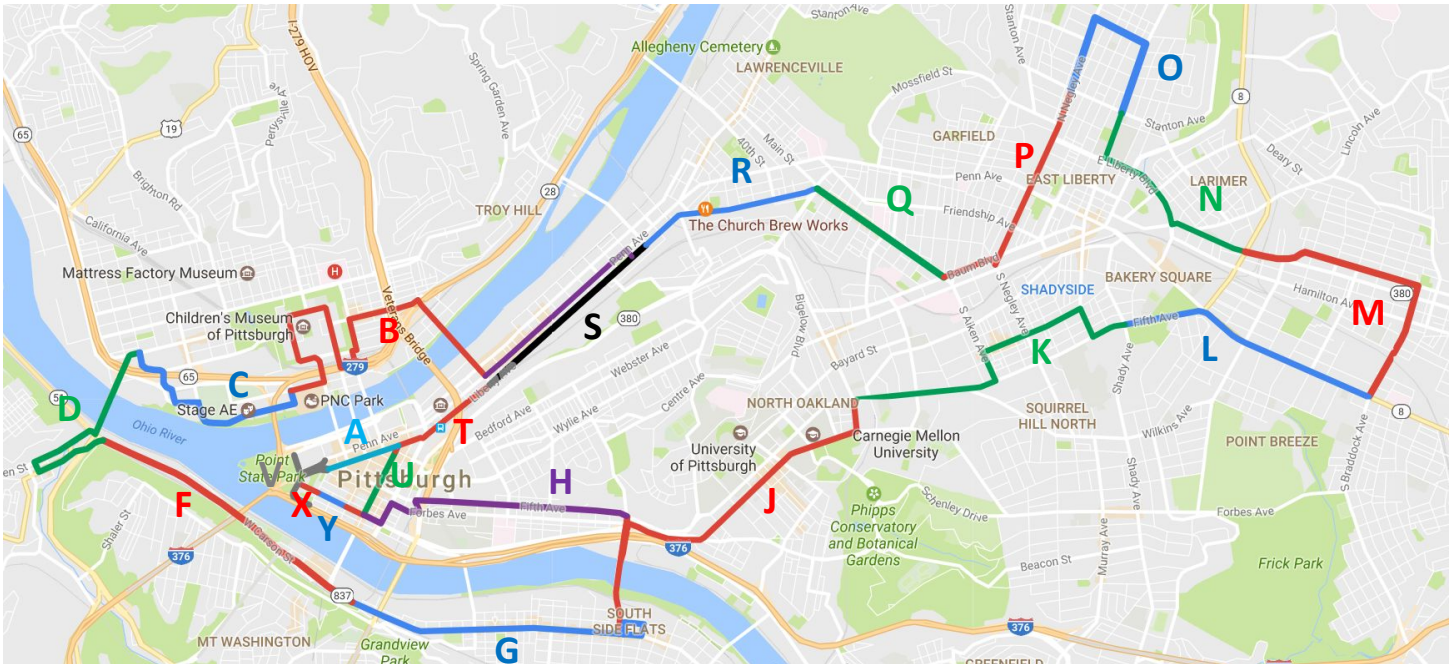
- HIGHLAND PARK (7:00 AM- 1:15 PM)**
- FRIENDSHIP (7:00 AM- 1:30 PM)**
- BLOOMFIELD (7:00 AM- 1:45 PM)**
- LOWER LAWRENCEVILLE (7:00 AM- 2:00 PM)**
- DOWNTOWN (5:30 AM- 2:50 PM)**
- DOWNTOWN: BLVD. OF THE ALLIES (FRIDAY AT NOON- 5:30 PM)**

TRANSPORTATION



2026 DICK'S Sporting Goods Pittsburgh Marathon Sector/Opening Map- Sunday, May 3, 2026

Last updated 12/3/2026



Sector Neighborhoods with Closure and Opening Times –

**Note all times are approximate and subject to change*

Sector A, U,V,X,Y Sergeant

- A – Downtown: Liberty Ave. (1:30 AM – 9:30 AM)
- U – Downtown: Smithfield St. (5:30 AM – 2:50 PM)
- V – Downtown: Commonwealth Pl. (4:30 AM – 4:00 PM)
- X – Downtown: Stanwix St./Wood St. (Saturday – 4:30 PM)
- Y – Downtown: Blvd. of Allies (Friday at Noon – 5:30 PM)

Sector S-T Sergeant

- S – Strip District (5:30 AM – 2:15 PM)
- T – Downtown (5:30 AM – 2:30 PM)

Sector B-C Sergeant

- B – North Side (6:00 AM – 9:45 AM)
- C – North Shore (6:00 AM – 10:00 AM)

Sector D-G Sergeant

- D – West End (6:00 AM – 10:15 AM)
- F – South Shore (6:00 AM – 11:00 AM)
- G – South Side (6:00 AM – 11:15 AM)

Sector H-J Sergeant

- H – Uptown (6:15 AM – 11:45 AM)
- J – Oakland (6:15 AM – 11:45 AM)

Sector K-L Sergeant

- K – Shadyside (6:30 AM – 12:00 PM)
- L – Point Breeze (6:30 AM – 12:15 PM)

Sector M-N Sergeant

- M – Homewood (7:00 AM – 12:45 PM)
- N – East Liberty (7:00 AM – 1:00 PM)

Sector O-P Sergeant

- O – Highland Park (7:00 AM – 1:15 PM)
- P – Friendship (7:00 AM – 1:30 PM)

Sector Q-R Sergeant

- Q – Bloomfield (7:00 AM – 1:45 PM)
- R – Lower Lawrenceville (7:00 AM – 2:00 PM)

PITTSBURGH LIVE WELL EXPO

Pittsburgh Live Well Expo



The 2026 Pittsburgh Live Well Expo presented by GNC kicks off race weekend on Friday, May 1 at 11 AM for the general public at the David L. Lawrence Convention Center

Address: 1000 Fort Duquesne Blvd, Pittsburgh, PA 15222

Expo Hours:

- **Friday, May 1:** 10:00 AM - 11:00 AM ET (VIP ONLY)
- **Friday, May 1:** 11:00 AM - 8:00 PM ET
- **Saturday, May 2:** 9:00 AM - 5:00 PM ET

Packet Pickup at the Expo:

The Expo is where you will pick up your race bib and participant shirt. You will need to provide the following items to claim your race packet:

- Bib number
- Photo ID

Participants may authorize another individual to retrieve their race packet on their behalf. The individual picking up the packet is required to show the following items:

- Their own photo ID
- Completed packet pickup slip (available at thepittsburghmarathon.com/pages/expo)
- Participant's bib number can be found via bib lookup

What's included with your race gear

- Race bib with timing chip
- Official participant shirt
- Clear FedEx Gear Check bag required for gear check

Quick Booth Finder

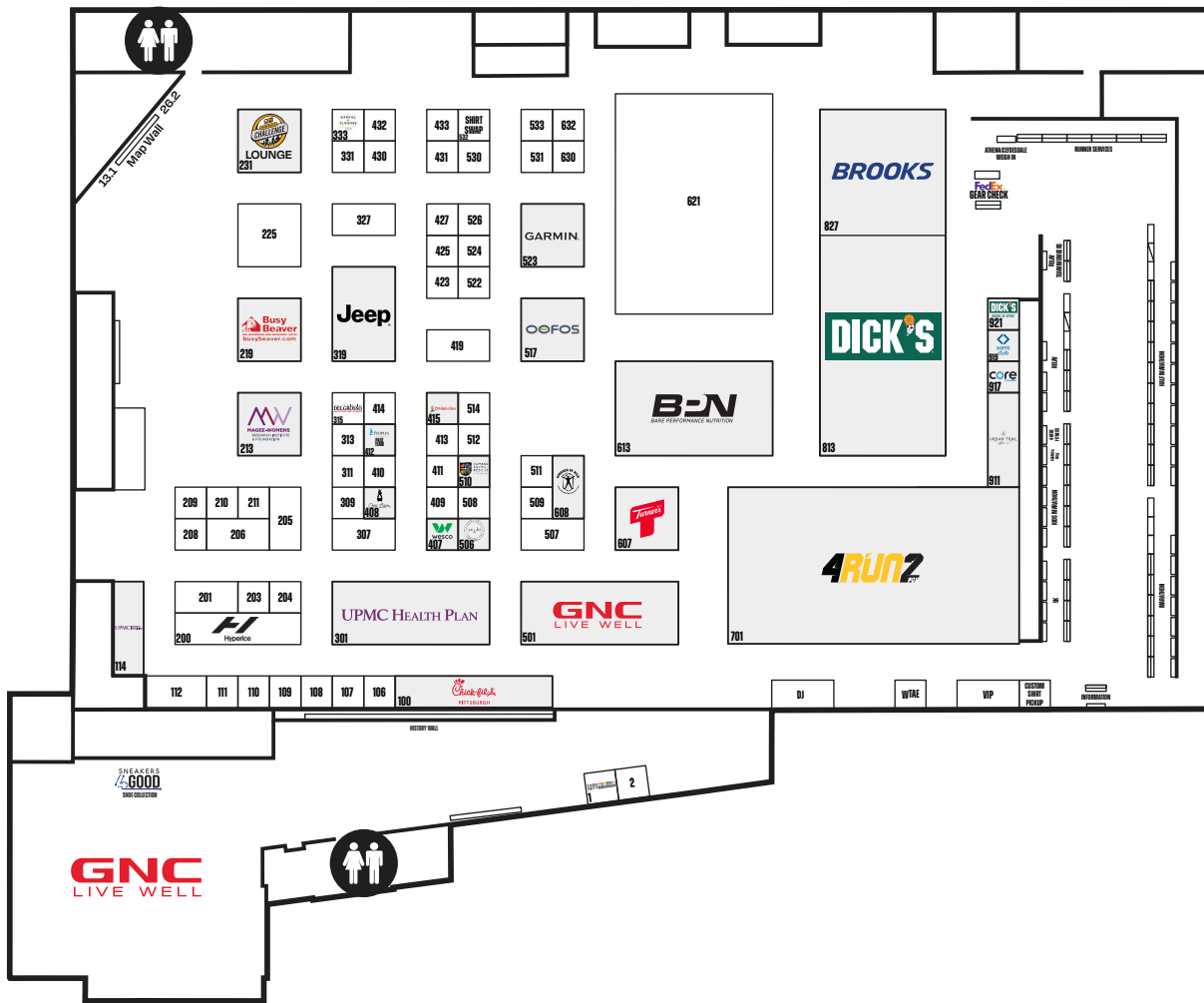
Questions should be directed to the Info Booth - 923.

To change your participant shirt size go to the Shirt Swap Booth - 532

For Pet Walk Packet Pick Up go to Booth - 510

To meet the Pacers go to the Peoples Pace Team Booth - 412

PITTSBURGH LIVE WELL EXPO



- | | | |
|----------------------------------|--|---------------------------------------|
| 4RUN2 - 701 | Honor Your Body Wellness - 307 | Sanctuar Certified Homes - 413 |
| Allied Milk - 608 | HOTWORX Ross Township - 109 | Sarah Lynn Nutrition - 530 |
| Armful of Flowers - 333 | HRT Box, LLC - 210 | Shirt Swap - 532 |
| Army Ten-Miler - 204 | Hyperice - 200 | Shoefly/Appalachian Running Co. - 507 |
| Baird - 514 | Iceland Marathon - 2 | Sneakers4Good - Lobby |
| Black and Gold Beef Jerky - 524 | iCRYO Wexford - 106 | Soliel - 430 |
| Body Alignment Maintenance - 533 | Indianapolis Monumental Marathon - 313 | Sparkly Soul Inc - 419 |
| BPN - 613 | inked n linked - 433 | State Farm - 531 |
| Brooks - 827 | JEEP - 319 | Steel City Duck Derby - 411 |
| Busy Beaver - 219 | Legacy Remodeling - 209 | Stopain - 311 |
| Chez Lapin - 408 | Liver Education Advocates - 410 | T-Mobile - 425 |
| Chick-fil-A - 100 | MADabolic - 508 | The Pet Wellness Coach - 111 |
| Chicken of the Sea - 415 | Magee-Womens Research Institute - 213 | Turner Dairy - 607 |
| Clix Therapy - 522 | Make Voters The Donors - 432 | U.S. Army & Army Reserve - 112 |
| Core Hydration - 917 | National Running Center - 225 | Universal Windows Direct - 632 |
| Corporate Challenge - 231 | OOFOS - 517 | UPMC Health Plan - 301 |
| DelGrosso - 315 | Party Pedaler - 206-207 | UPMC Sports Medicine - 114 |
| DICK'S House of Sport - 921 | People's Pace Team - 412 | Urban Trail Coffee Co. - 911 |
| DNA Hairtools - 201 | Pittsburgh Track Club - 107 | US Air Force |
| Everdry Waterproofing - 512 | Planet Fitness - 630 | US Marines Corps - 427 |
| Fleet Feet - 621 | Precision Metrics Labs - 511 | VisitPITTSBURGH - 1 |
| Flipbelt - 526 | Pretty Hydrated | Wesco - 407 |
| Garmin - 523 | Pro Bike + Run - 205 | Wigle Whiskey - 506 |
| GCXC Racing - 309 | Raw Threads - 327 | Window Nation - 509 |
| GNC - 501 | Reach Cyber Charter School - 409 | |
| h2d socks - 414 | Real Time Pain Relief - 331 | |
| HARP - 510 | Relay Active - 423 | |
| HelloFresh - 108 | Sam's Club - 919 | |

GEAR CHECK PRESENTED BY FEDEX

Gear Check presented by FedEx

Store small personal items or articles of clothing during the race at select Gear Check locations near the start line. You must use the race-issued clear Gear Check bag participants received at the Pittsburgh Live Well Expo presented by GNC. No bags will be allowed in the corral area.

Saturday:

- Drop off your gear at the intersection of West General Robinson Street and Tony Dorsett Drive. Look for the FedEx Trucks.
- The corresponding Gear Check tag is attached to your race bib as a tear tag at the bottom, this is required to retrieve your gear at the end of the race.
- Gear Check trucks will be at the intersection of Liberty and Commonwealth Place after the race for runners to claim their bags. All bags must be picked up by 2:00 p.m. on race day or they will be taken to P3R Headquarters at 810 River Avenue, Suite 120, Pittsburgh, PA 15212.
- Please note, Gear Check is not available for the Chick-fil-A Kids Marathon.

Sunday:

- Drop off your gear at the Gateway T Station at the intersection of Liberty Avenue and Stanwix Street. Look for the FedEx Trucks.
- The corresponding Gear Check tag is attached to your race bib as a tear tag at the bottom, this is required to retrieve your gear at the end of the race.
- Gear Check Opens at 5:30
- All Gear Check trucks will stay at the Gateway T Station after the race for runners to claim their bags. All bags must be picked up by 2:00 p.m. on race day or they will be taken to P3R Headquarters at 810 River Avenue, Suite 120, Pittsburgh, PA 15212.

Back Half Marathon

BACK Half Marathon participants will have their very own gear check truck located outside the PPG Paints Arena. Make sure you drop off your gear before boarding the start line shuttle. Pick up your gear at the Gateway Center T-station after your event!

4-Mile Fitness Challenge

4-Mile Fitness Challenge participants can use Gear Check located at the Gateway Center T-station. Runners for the 4-Mile Fitness Challenge can take shuttles from downtown to the start line in Bloomfield and pickup their gear from FedEx trucks at the finish line.

Marathon Relay Legs

Marathon Relay participants can use Gear Check located at the Gateway Center T-station. Runners for relay exchange three and four can take shuttles from downtown to their exchange stations and pickup their gear from FedEx trucks at the finish line.

PEOPLES PACE TEAM

People Pace Team



For the 5K on Saturday, the Peoples Pace Team will lead groups with expected minute-per-mile pace:

5K: sub 20 min, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 12:00, 13:00, Run/Walk

On Sunday, the Peoples Pace Team will lead groups with expected finish times of:

Marathon

3:00, 3:05, 3:10, 3:15, 3:30, 3:35, 3:40, 3:45, 3:50, 3:55, 4:00, 4:05, 4:10, 4:15, 4:20, 4:30, 4:45, 5:00, 5:30, 6:00, 6:30 Run/Walk and 7:00 Run/Walk.

Half Marathon

1:40, 1:45, 1:50, 2:00, 2:05, 2:10, 2:15, 2:20, 2:30, 2:45, 3:00 Run/Walk, Walking Division.

BACK Half Marathon

1:40, 1:50, 2:00, 2:10, 2:15, 2:30, 3:00 Run/ Walk.

The Peoples Pace Team will wear yellow tank tops and carry a sign with their finish time on it. It will be held above the crowd, in the start area and on course. Please note, The Peoples Pace Team trains to keep their group on pace, however it is not guaranteed so prepare for all scenarios.

SATURDAY GUIDE



GENERAL INFORMATION

Parking

When making your parking plans, please be aware of the road closures that will take place in both areas that morning; West General Robinson Street will close at 5 AM and the entire course will close at 6:45 am. Many of the North Shore lots and garages will be open for participants on Saturday morning.

Expo and Packet Pickup

Bibs are available for pickup at the Pittsburgh Live Well Expo presented by GNC

- Friday, May 1: 10:00 AM - 11:00 AM ET (VIP ONLY)
- Friday, May 1: 11:00 AM - 8:00 PM ET
- Saturday, May 2: 9:00 AM - 5:00 PM ET

Bibs are available for Saturday pickup

- **5K and Champions Mile:** Starting at 6:30 AM in Red Lot 5 at the corner of West General Robinson Street and Mazerowski Way
- **Kids Marathon:** Starting at 8 AM in Red Lot 5 at the corner of West General Robinson Street and Mazerowski Way
- **Toddler Trot:** from 7:30 - 9:30 AM at the Toddler Trot Packet Pick Up tent in Point State Park
- **Pet Walk:** from 10 - 11:45 AM at the Humane Animal Rescue of Pittsburgh tent in Point State Park

Saturday Spectator Spots

Crowd support makes race day FUN! Bring your signs and noise makers to cheer for participants in the 5K, Kids Marathon, and Champions Mile. Great viewing spots:

- West and East General Robinson Street (between Mazerowski Way and Sandusky Street)
- The Andy Warhol Bridge
- 7th Street
- Wood Street from 6th Avenue to Boulevard of the Allies

Bib Regulations

Bibs must be worn visibly on the participant's front.

You are strictly prohibited from running as another person. Do not alter (cut, fold) your bib in any way. Fill out the emergency contact information on the back of your bib. In the event of an emergency, this helps provide participants with help faster.

The Chronotrack B-tag timing device is located on the back of the bib for all timed events. Please do not remove or alter this device in any way as it can increase the risk of your time not being captured.

FINISH LINE FESTIVAL

Finish Line Festival

Cleveland
Brothers



All participants, volunteers and spectators are invited to celebrate at the Finish Line Festival powered by Cleveland Brothers.

Where: Point State Park

When: 7:00 AM to 2:00 PM Saturday, May 2

Chick-fil-A Pittsburgh

Step up and spin the prize wheel for your chance at Chick-fil-A swag and surprises, then treat yourself to a free chicken sandwich from their mobile kitchen (while supplies last).

Sheetz

Stop by the Sheetz for face painting and giveaways.

Busy Beaver

Swing by to score some home improvement swag from the Official Home Improvement Store.

U. S. Steel

Watch the live bald eagle nest camera, and see what Pittsburgh's favorite feathered family is up to!

Armful of Flowers

Participate in free kids' plant potting and pick up your finisher flowers or purchase on-site.

HARP (Humane Animal Rescue of Pittsburgh)

Learn more about HARP's mission and sign up on-site for the Pittsburgh Pet Walk!

Eat'n Park

Nothing says Pittsburgh like a Smiley Cookie! Stop by and decorate your very own cookie.

Brooks Running x Kona Ice

Brooks is offering special discounts on Kona Ice, cool off post-run with sweet, icy refreshment!

Kids of STEEL

A favorite for our youngest festival goers, yard games and playtime activities designed just for kids. Be sure to stop by and pick up your free Kids of STEEL balloon!

OOFOS Recovery Zone

Treat your tired feet to a break in the Recovery Zone, to recharge after your race.

Turner Dairy

Snag your complimentary Turner's Chocolate Milk, and grab a photo at the backdrop.

4RUN2 Official Merchandise

Shop official DICK'S Sporting Goods Pittsburgh Marathon Weekend of Events merchandise.

Variety Circus Act

Performing shows on stage every 45 minutes: 9:30 AM, 10:30 AM, 11:30 AM

UPMC HEALTH PLAN | UPMC SPORTS MEDICINE PITTSBURGH 5K

UPMC Health Plan | UPMC Sports Medicine Pittsburgh 5K



When: 7:30 AM Saturday, May 2

Start Line: West General Robinson Street near Mazeroski Way

Finish Line: Downtown on the Boulevard of the Allies between Wood and Market Street

Distance: 3.1 Miles

Time Limit: 16:00 min per mile pace

Start Line Corral

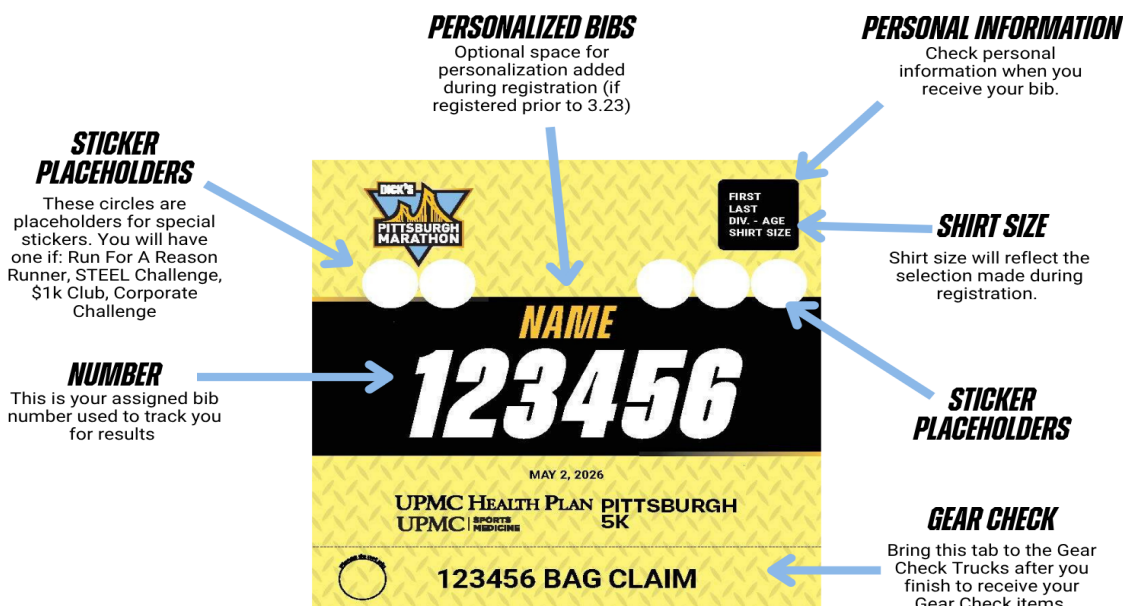
There will be a checkpoint to access the corrals. Security guards have the right to inspect bags prior to entry into the corrals. Only bring what you need that day and consider not carrying any bags which may delay your entry into the corrals. Only participants with a race number will be permitted entry.

Fluid Station

There is one fluid station available on the 5K course at mile 2.2. Participants are encouraged to carry their own water if needed.

Bib Information

Participants under 14 will have white bibs.



GET TO KNOW YOUR BIB
PARTICIPANTS AGE 14+

COURSE MAP



COURSE MAP



CHICK-FIL-A PITTSBURGH KIDS MARATHON

Chick-fil-A Pittsburgh Kids Marathon



When: 9:30 AM Saturday, May 2

Start Line: West General Robinson Street near Mazeroski Way

Finish Line: Downtown on the Boulevard of the Allies between Wood and Market Street

Distance: 1 Mile

Expo and Packet Pickup

Three Options for Bib Pickup:

1. Visit the Pittsburgh Live Well Expo presented by GNC at the David L. Lawrence Convention Center on Friday, May 1 from 11 AM - 8 PM and look for the Chick-fil-A Pittsburgh Kids Marathon booth.
2. Visit the Kids Marathon packet pickup tent on race morning. The packet pickup tent will open at 8:00 AM in Red Lot 5 on race morning (May 2).
3. Kids of STEEL sites have the option to receive their participants' race bibs and t-shirts for the Chick-fil-A Pittsburgh Kids Marathon prior to race day. If your child participates in the Kids of STEEL program at their school or programming site, stay tuned for more information as to whether your coach is participating in site packet drop-off.

Water Stops

There are no water stops on the Kids Marathon course, please carry water with you if you need it. Water will be available after crossing the finish line.

Strollers and Wheelchairs

For the safety of all participants, strollers are not permitted on the course. Waivers for medical strollers and wheelchairs are offered. Please email kidsofsteel@p3r.org for a waiver.

Photo of Child

Have a photo of your child in their race day attire with you on race day. If you and your child become separated, you can show the photo to race officials and it will help them correctly identify and reunite you with your child

Additional Adult Bibs

Each child registration comes with one free adult entry. Adults will have unique bibs and will not be eligible for medals or products at the finish line. Additional adult bibs are available for \$10 and can be purchased at the Pittsburgh Live Well Expo presented by GNC on Friday, May 1, 2026 or on race morning at the Registration Tent in Red Lot 5A (CASH ONLY) - plan additional time for this option.

CHICK-FIL-A PITTSBURGH KIDS MARATHON

Start Line Corral

For the safety of all participants, children and adults who want to be in the race corrals must have a Chick-fil-A Pittsburgh Kids Marathon bib.

If you are waiting with a child who will run by themselves, you must wear the matching adult bib provided with the child's bib to access corrals. If the child is running without an adult, please be sure to detach the 'Child Claim' tag from the bottom of the child's bib BEFORE the start of the race.



BIB INFORMATION

After The Finish Line

As runners proceed through the Finish Line chute, there are two places to reunite with your child:

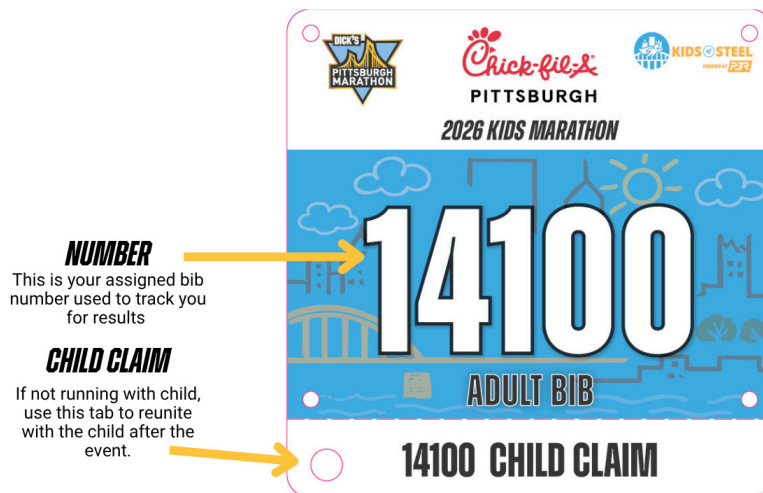
- Waiting Area for children who finish before their accompanying adult
- Family Reunion Area for adults meeting the child after the event

Whether you run with the child OR you plan to meet them at the end, adults will need to show the corresponding bib number either with a parent bib or the 'Child Claim' tag from the bottom of the child's bib to leave the chute with the child

If your child is running without an adult, please be sure to detach the 'Child Claim' tag from the bottom of your child's bib BEFORE the start of the race. Adults are required to provide the 'Child Claim' tag to appropriate race volunteers for their child to exit the finish line Family Reunion Area. Adults reuniting with more than one child are required to provide the 'Child Claim' tag for each child.

Once you exit the finish line chute, you cannot re-enter. Please make a plan to meet your child in the designated Child Waiting Area, which is located on the LEFT side immediately after they cross the Finish Line. Adults should never exit the chute prior to reuniting with their child.

Bib Information



FINISH LINE

DICK'S PITTSBURGH MARATHON MAY 2-3 **2026**

CHICK-FIL-A PITTSBURGH KIDS MARATHON

MAY 2ND, 2026 - 9:30 AM

● - START ● - FINISH
🏠 - FINISH LINE FESTIVAL
POWERED BY CLEVELAND BROTHERS

Map labels include: WESTERN AVE, RIDGE AVE, ALLEGHENY, ACRIASURE STADIUM, NORTH SHORE DR, PEDESTRIAN BRIDGE BETWEEN NORTH SHORE & POINT STATE PARK, POINT STATE PARK, NATIONAL AVIARY, FEDERAL ST, NORTH AVE, E OHIO ST, SANDYBONNS, GENERAL ROBINSON, PNC PARK, FT DUQUESNE BLVD, GATEWAY STATION, STANWYN ST, WOOD ST, FT PITT BLVD, BLVD. OF THE AVENUE, PENN AVE, LIBERTY AVE, WOOD STREET, SMITHFIELD ST, GRANT ST, STEEL PLAZA, PPG PAINTS ARENA, FORBES AVE, FIFTH AVE, CENTRE AVE, SMALLMAN ST, LIBERTY AVE, Allegheny River, 16 ST BR.

Safety

Participant safety is our top priority. Volunteers will make sure children are only released to a parent/guardian with a corresponding bib number or 'Child Claim'. Please be patient with our process and follow the directions of the volunteers.

HEATS

Heats

The first heat of the Chick-fil-A Pittsburgh Kids Marathon starts at 9:30 AM, 23 heats will follow in 5-minute increments until 11:30 AM.

Please plan to arrive 30 minutes prior to your scheduled heat time. Later heats do not need to arrive for the 9:30 AM start time.

Participants are assigned to their heat based on their school district or Kids of STEEL site. Participants NOT running with a Kids of STEEL Site or school district listed may join Heat 5, 10, 18, or 22.

Wave 1

Heat 1 - 9:30 AM

Upper St. Clair, West Jefferson Hills

Heat 2 - 9:35 AM

Franklin Regional

Heat 3 - 9:40 AM

Chartiers Valley, Sarah Heinz House, South Side Area, St. Edmunds Academy

Heat 4 - 9:45 AM

Catalyst Academy, Dragon's Den, South Fayette, Steel Valley

Heat 5 - 9:50 AM

Allegheny Valley, Friends of the Pittsburgh Project, Mother of Sorrows School, Penn Trafford, Shady Side Academy, Temple Emanuel of South Hills

Wave 2

Heat 6 - 10:00 AM

Duquesne City, Mars Area, Pittsburgh Public Schools, South Hills Interfaith Movement, The Ellis School, The Open Door

Heat 7 - 10:05 AM

Connellsville, Cornell, Hopewell, Kentucky Avenue, Propel Charter School, West Allegheny, Winchester Thurston

Heat 8 - 10:10 AM

Aliquippa, Growing in Grace, Hampton, Mt. Pleasant Church of God, Pine Richland, Shaler

Heat 9 - 10:15 AM

Ambridge Area, Carlynton, Deer Lakes, Kiski Area, Sewickley Academy, The Glen Montessori School

Heat 10 - 10:20 AM

Falk School, KidStrong, North Allegheny, North Hills, Sto-Rox

HEATS

Wave 3

Heat 11 - 10:30 AM

Montour, Robinson Township Christian School

Heat 12 - 10:35 AM

Baldwin-Whitehall, Clairton City, Clarion, Guardian Angels, Moon, Rhema Christian School, YMCA BASE Programs

Heat 13 - 10:40 AM

Bethel Park, Brownsville Area, Carmichaels Area, Hillcrest Christian Academy, New Kensington-Arnold, Quaker Valley, Trinity Area, Washington Park

Wave 4

Heat 14- 10:45 AM

Albert Gallatin Area, Burrell, East Allegheny, McKeesport, Mt. Lebanon, South Park, Southmoreland, Young Scholars of Greater Allegheny

Heat 15 - 10:50 AM

Belle Vernon Area, Canon-McMillan, Fox Chapel, Greater Latrobe, Northern York, River Valley, Riverside Beaver County, West Mifflin, Windber Area

Heat 16 - 11:00 AM

Avonworth, Freedom Area, Harrison Hills City Schools, Northgate, Penn Hills, Peters Township, Redeemer Lutheran

Heat 17 - 11:05 AM

Beaver Area, Beaver Valley, Big Beaver Falls, Green Local School, McGuffey, Seneca Valley, Slippery Rock

Heat 18 - 11:10 AM

Ave Maria Academy, Bellwood-Antis, Central Valley, Diocese of Pittsburgh, East Palestine City Schools, Frazier, Gateway, Portersville Christian School, Williamson County

Heat 19 - 11:15 AM

Blair County Christian School, Butler Area, CLE Runs PGH, Elizabeth Forward, Fort Cherry, Freeport Area, Harbor Creek, Monongalia County, Somerset Area

Heat 20 - 11:20 AM

Alpha Eagles, Blackhawk, Eden Christian Academy, Ellwood City, Forest Hills, Girl Scout Troops, Grove City, Kane Area, Keystone Oaks, Monessen City, Provident Charter School

Heat 21 - 11:25 AM

Greensburg Salem, Hempfield, Indiana Area, Jefferson Morgan, Knoch, Mercer Area, New Brighton, Ohio County, Revival Today Church, St. Mary's Area

Heat 22 - 11:30 AM

Charleroi, Chartiers Houston, Greater Works Christian School, Happy Feet, Norwin, Plum, Williamsburg

Sensory Inclusive Heat - 11:35 AM

Pittsburgh Runners and Walkers Power of Yet Youth Division

*The Sensory Inclusive Heat is open to any participants. There will be more personal space, the music volume will be lowered, and activities will be ceased.

SHEETZ PITTSBURGH TODDLER TROT

Sheetz Pittsburgh Toddler Trot



When: 8:30 AM Saturday, May 2
Start Line: Point State Park
Finish Line: Point State Park
Distance: 40-meter Dash

Heats

Heat time was selected during the time of registration. Please refer to your child's bib to see heat time. If you miss your heat, you may join the next one. If you miss all five heats, please go to the Information Tent in Point State Park for assistance.

- Heat 1:** 8:30 AM
- Heat 2:** 8:45 AM
- Heat 3:** 9:00 AM
- Heat 4:** 9:15 AM
- Heat 5:** 9:30 AM

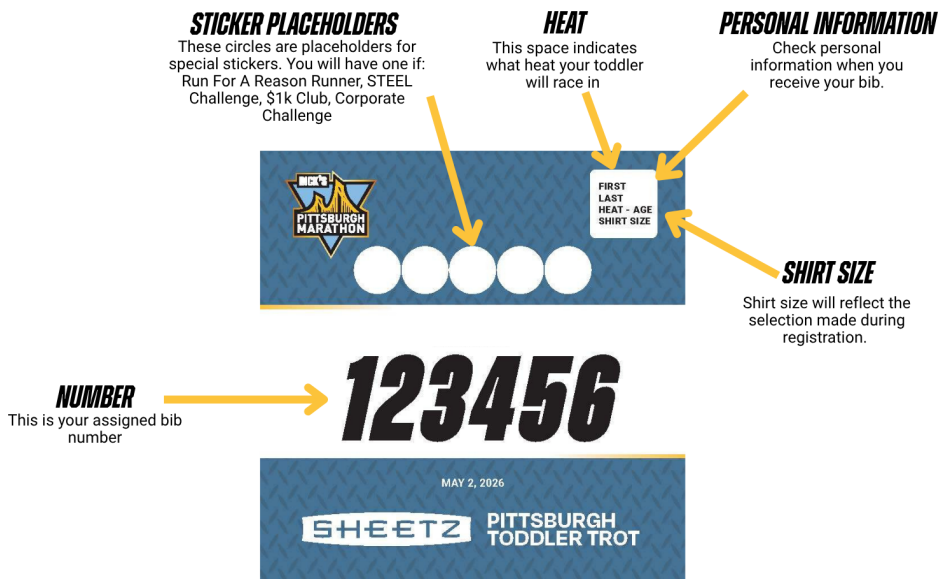
Running With Your Child

Adults should plan to run or follow your child across the course

Strollers

For Safety reasons, strollers are not permitted on the course and can be parked on the side of the course.

Bib Information



GET TO KNOW YOUR BIB

PITTSBURGH PET WALK

Pittsburgh Pet Walk

When: 12:00 PM Saturday, May 2

Start Line: Point State Park

Finish Line: Point State Park

Distance: 1 mile

Fluid Stations

There are no water stops on the Pet Walk course, please carry water with you if you need it.

Bib Information

STICKER PLACEHOLDERS

These circles are placeholders for special stickers. You will have one if:
Run For A Reason Runner, STEEL Challenge, \$1k Club, Corporate Challenge

PERSONAL INFORMATION

Check personal information when you receive your bib.



SHIRT SIZE

Shirt size will reflect the selection made during registration.

NUMBER

This is your assigned bib number

123456

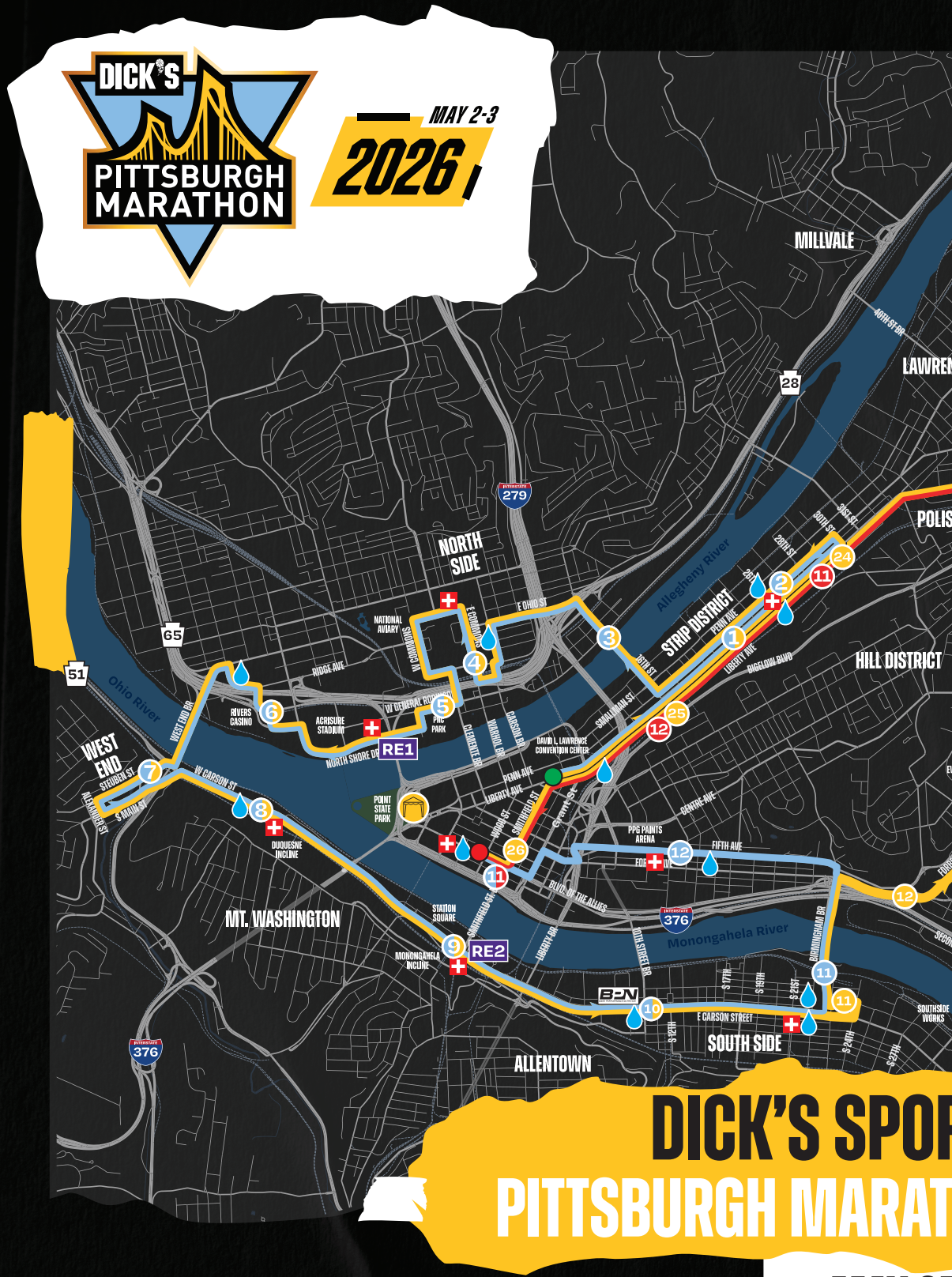


GET TO KNOW YOUR BIB

SUNDAY GUIDE



SUNDAY EVENTS COMBINED MAP



MAY 2-3
2026

DICK'S SPORTING GOODS
PITTSBURGH MARATHON

MAY 3RD



- MARATHON COURSE
- HALF MARATHON COURSE
- START- 7:00 AM
DICK'S SPORTING GOODS PITTSBURGH MARATHON
UPMC HEALTH PLAN PITTSBURGH HALF MARATHON
FEDEX PITTSBURGH MARATHON RELAY
- START- 9:00 AM
UPMC HEALTH PLAN PITTSBURGH HALF MARATHON

SUNDAY EVENTS COMBINED MAP



STARTING GOODS ON SUNDAY EVENTS

RD, 2026

ION COURSE

BACK HALF MARATHON COURSE



FIRST HEAT- 9:30 AM
GNC PITTSBURGH 4-MILE FITNESS CHALLENGE



FINISH



FINISH LINE FESTIVAL
POWERED BY CLEVELAND BROTHERS



MILE
MARKER



FLUID STATION



RELAY EXCHANGE



AID STATION



BPN GO GEL STATION

START LINE

Sunday Start Line

Your start line corral is assigned based on your expected finishing times. If you are in Corrals B-E, you should be prepared to start your race later than the posted race start time. Please note that your official start time does not begin until you cross the timing mat at the start line.

Start line corrals will open at 5:30 AM. on Sunday, May 3. Please make note of the access point to your start corral prior to your arrival on race day.

- Corral A Access Point: 7th Avenue and Smithfield Street OR Penn Avenue and 9th Street
- Corral B Access Point: 6th Avenue and Wood Street OR Penn Avenue and 7th Street
- Corral C Access Point: 5th Avenue and Market Street OR Penn Avenue and 6th Street
- Corral D Access Point: Penn Avenue and 5th Avenue OR Liberty Avenue and Stanwix Street
- Corral E Access Point: Stanwix Street and Liberty Avenue

Bibs correspond with one of five start line corral assignments, and your bib must be visible to gain access to the start line corrals. Only participants will receive access to their assigned start corral; family and friends will not be allowed to accompany participants into the start line area.

The last wave of runners will go off at 7:30 AM. Be sure to arrive at your corral prior to this time.

Runners are able to move back to a slower corral, but are not able to move forward to a faster corral on the morning of the race. (Ex. A runner in Corral B can move back to Corral C)



MEDICAL SUPPORT

Medical Support **UPMC** | **SPORTS MEDICINE**

UPMC Sports Medicine will provide medical support along the race course and at the start/finish lines. Medical staff will be available to support participants in need at 18 medical aid stations along the course. Each tent will be equipped with a team of medical personnel, ambulances and emergency and first aid supplies. Participants should familiarize themselves with the locations prior to race day.

There are aid stations located at these mile markers:

Mile 2.0 - Corner of 26th Street & Penn Avenue

Mile 4.4 - Corner of North Commons & Federal Street

Mile 5.4 - Corner of North Shore Drive & Chuck Noll Way*

Mile 8.1 - 1401 West Carson Street

Mile 9.2 - Carson Street past Smithfield Street*

Mile 10.5 - East Carson Street between 19th & 20th Streets

Mile 12 (HALF ONLY) - Fifth Avenue & Marion Street

Mile 12.5 (FULL ONLY) - Corner of Forbes Avenue & McKee Place

Mile 14 - Corner of Saint James Street and Fifth Avenue

Mile 15.6 - Fifth Avenue at Mellon Park*

Mile 16.5 - 7328 Penn Avenue beside the Evergreen Cafe

Mile 17.8 - Corner of Frankstown Avenue & North Lang Avenue

Mile 19.1 - Corner of East Liberty Boulevard & Negley Run Boulevard

Mile 20.2 - Corner of North Negley Avenue & Bryant Street

Mile 22.0 - Corner of Baum Boulevard & Liberty Avenue*

Mile 23.1 - Corner of Liberty Avenue & 40th Street

Mile 24.4 - Corner of 26th Street & Liberty Avenue

Finish - Boulevard of the Allies & Stanwix Street

***Denotes marathon relay exchange zone**

FLUID STATIONS

Fluid Stations

The 2026 course features 19 fluid stations located throughout the course, approximately one to two miles apart. Each fluid station consists of the following amenities:

- Toilet facilities
- Water
- BPN Lemon Lime Electrolytes

When approaching a fluid Station, electrolytes will be first, then water.

- If the first tables are crowded, continue moving through as there are usually open tables.
- All water and BPN Lemon Lime Electrolytes will be served in single use cups. Please dispose of the cups in the ample garbage cans on-course in and after the fluid stations.



Gel Stations

BPN Go Gels will be available at three fluid stations on race day:

- Mile 9.8 on the DICK'S Sporting Goods Pittsburgh Marathon and UPMC Health Plan Half Marathon Course
- Mile 12.5 on the DICK'S Sporting Goods Pittsburgh Marathon Course
- Mile 20.6 on the DICK'S Sporting Goods Pittsburgh Marathon Course

Gel Nutrition

BPN Go Gel - Mixed Berry Caffeinated

- 100 Calories, 110mg Sodium, 20g Sugar, 24g Carbs, 75mg caffeine

BPN Go Gel - Apple Cinnamon UnCaffeinated

- 100 Calories, 110mg Sodium, 20g Sugar, 24g Carbs

Additional Resources

Salty snacks are provided at miles 25.4. Familiarize yourself with the locations and offerings at each fluid station and prepare for slower traffic in these areas.

Restrooms

Portable restrooms are located at each fluid station along the course.

FLUID STATIONS LOCATIONS

Fluid/Relay Station Locations

- Mile 2 Penn Avenue between 27th & 26th Streets
- Mile 3.7 Cedar Avenue between Avery & Pressley Streets
- Mile 5.3* North Shore Drive at Tony Dorsett Drive
- Mile 6.2 Fulton Street between Ridge & Western Avenues
- Mile 8.0 1625 West Carson Street
- Mile 9.1* Carson Street & Smithfield Street Bridge
- Mile 9.9 East Carson Street between 7th and 9th Streets
- Mile 10.6 East Carson Street between 21st Street and Birmingham Bridge
- Mile 11.81** Fifth Avenue near Old Fifth Avenue
- Mile 12.4*** Forbes Avenue at McKee Place
- Mile 13.5 4802 Fifth Avenue
- Mile 15.1 Fifth Avenue & Emerson Street
- Mile 15.5* Fifth Avenue at Beechwood Boulevard (Mellon Park)
- Mile 16.5 7328 Penn Avenue in front of Evergreen Cafe
- Mile 17.7 7130 Frankstown Road
- Mile 18.8 East Liberty Boulevard after turn from Frankstown Avenue
- Mile 19.8 1035 North Highland Avenue
- Mile 20.6 North Negley Avenue before Stanton Avenue
- Mile 22.0* Morrow Park on Baum Boulevard between South Aiken and Liberty Avenues
- Mile 22.2 5135 Liberty Avenue
- Mile 23.1 Corner of Liberty Avenue & 40th Street
- Mile 24.4 Liberty Avenue between 27th & 26th Streets
- Mile 25.4 Liberty Avenue between 12th & 11th Streets
- Mile 26.2 Boulevard of the Allies and Stanwix Street

* denotes FedEx Pittsburgh Marathon Relay Exchange

** denotes UPMC Pittsburgh Half Marathon Only

*** denotes DICK'S Sporting Goods Pittsburgh Marathon Only

TIMING

Mile Markers and Timing Checkpoints

Mile markers will be positioned at every mile along the Full, Half, and BACK Half course.

Timing checkpoints on the marathon course are positioned at the start line, Mile 4.4, Mile 9.1, Mile 13.1, Mile 15.5, Mile 20 and at the finish line. On the Half Marathon Course, timing checkpoints are positioned at the start line, Mile 4.4, Mile 9.1, and at the finish line. Your Chronotrack B-tag timing device will register split times at each of these checkpoints.

Digital clocks are positioned at the start line, at each mile and at the finish line. Important to note that this is the elapsed event time - not necessarily a runner's current time.

Course Time Limit

Some easy points to remember:

- All participants must be to the 16th Street Bridge by 8:40 AM
- All participants must be to the West End Bridge by 9:40 AM
- All participants must be to the Birmingham Bridge by 10:40 AM

If you cannot adhere to the 20:00 minutes per mile pace for the first half of the marathon course or the 16:00 minutes per mile pace for the second half of the marathon course, you may be asked to board a sweep vehicle that will take you to the relay shuttle drop off area at Centre Avenue and 6th Avenue, which is several blocks from the finish line.

If you choose to not board the sweep vehicle when/if requested, you will need to 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 an official time or medal.

Dropping Out Of The Race and Race Sweep Vehicles

If you need to drop out, please report to the nearest fluid or aid station or amateur radio operator so that your race number can be recorded in the race day database. Buses for participants unable to complete their race distance will be available along the course to shuttle participants to the finish line area.

FINISH LINE

Finish Line Chute

Once participants cross the Finish Line, you will enter the Finish Line Chute. For the convenience and safety of all participants, please continue moving through the finish line area. No stopping, waiting or loitering is allowed. Participants who sit or lie down in the finish area will be transported immediately to the Medical Tent and will not be released until cleared by the medical staff. Volunteers will be positioned just beyond the finish line to distribute medals, refreshments and heat sheets.

The chute will also feature:

- Heatsheets
- Core Water
- Food and Fuel including: BPN Electrolytes, Herr's, Bananas, Eat'n Park Smiley Cookies, Panera Bagels, and more
- Photos ops

Eaton Family Reunion



Reunite with your family and friends after the race at the Eaton Family Reunion located within the Finish Line Festival at Point State Park. Alphabetical markers will be set up by last name to guide families where to meet after the race. When making plans to reunite with your family and friends, consider the time it will take you to navigate through the finish area. Be sure to devise a back-up plan in the event that you cannot locate your party or your cell phone batter is drained. Please note that cell service may be limited due to high congestion.

FINISH LINE FESTIVAL

Finish Line Festival powered by Cleveland Brothers



All participants, volunteers and spectators are invited to celebrate at the Finish Line Festival powered by Cleveland Brothers. Enjoy a variety of fun activities hosted by some of the DICK'S Sporting Goods Pittsburgh Marathon partners.

Where: Point State Park

When: 7:00 AM to 2:00 PM Sunday, May 3

Busy Beaver

Swing by to score some home improvement swag from the Official Home Improvement Store.

Wesco

Snap the perfect post-race photo at the Wesco photo backdrop, and show off your medal.

Armful of Flowers

Congratulate your favorite runner or yourself with the official finisher bouquet!

STEEL Challenge Medal Pickup

Completed the 5K on Saturday and a race on Sunday? Stop by the Festival to claim your hard-earned STEEL Challenge medal.

PNC

Celebrate your journey with a photo at the #RunWithPNC inflatable.

DICK'S Sporting Goods

Free medal engraving for a limited number of runners. If you miss the window, you can still get your medal engraved at the House of Sport on McKnight Road on Sunday or Monday. While you're at the Festival, don't forget to strike a pose with the giant 13.1 and 26.2 signs.

OOFOS Recovery Zone

Post-race recovery never looked so good. Recharge and relax at the OOFOS Recovery Zone.

Magee-Womens PR Bell

Ring the PR Bell loud and proud to celebrate your new personal best with cheers all around.

Run for a Reason Charity Program

Take a photo at the Run for a Reason heart!

Turner's

Grab your complimentary Turner's Chocolate Milk and refuel!

4RUN2 Official Merchandise

Pick up finisher gear, including the Official Finisher Jacket to commemorate your accomplishment.

FINISH LINE FESTIVAL

Eaton

Keep your devices charged with mobile charging stations.

Michelob Ultra

Stop by the beer tent to purchase your finisher beer from 7:30 AM to 2:00 PM. Proceeds benefit Humane Animal Rescue of Pittsburgh.

Forvis Mazars

Score giveaways and surprises from the Official Runner Tracking partner.



Lost and Found

Lost and found will be located at the Information Tent at Point State Park.

Lost Runner

Having difficulty locating your friend or family member who is participating in the race? Visit the Red Cross truck located on Liberty Avenue near the entrance to the Gateway Center Garage. Red Cross volunteers will assist in locating your friend or family member.

DICK'S SPORTING GOODS PITTSBURGH MARATHON

DICK'S Sporting Goods Pittsburgh Marathon



When: 7:00 AM Sunday, May 3
Start Line: Liberty Avenue near 10th Street
Distance: 26.2 Miles
Time Limit: 16:00 min per mile pace

Bib Information

PERSONALIZED BIBS
Optional space for personalization added during registration (if registered prior to 3.23)

CORRAL LETTER
This letter indicates the corral you will start in.

PERSONAL INFORMATION
Check personal information when you receive your bib.

STICKER PLACEHOLDERS
These circles are placeholders for special stickers. You will have one if: Run For A Reason Runner, STEEL Challenge, \$1k Club, Corporate Challenge

SHIRT SIZE
Shirt size will reflect the selection made during registration.

STICKER PLACEHOLDERS

NUMBER
This is your assigned bib number used to track you for results

GEAR CHECK
Bring this tab to the Gear Check Trucks after you finish to receive your Gear Check items.

123456 BAG CLAIM

123456

NAME

C

FIRST LAST DIV. - AGE SHIRT SIZE

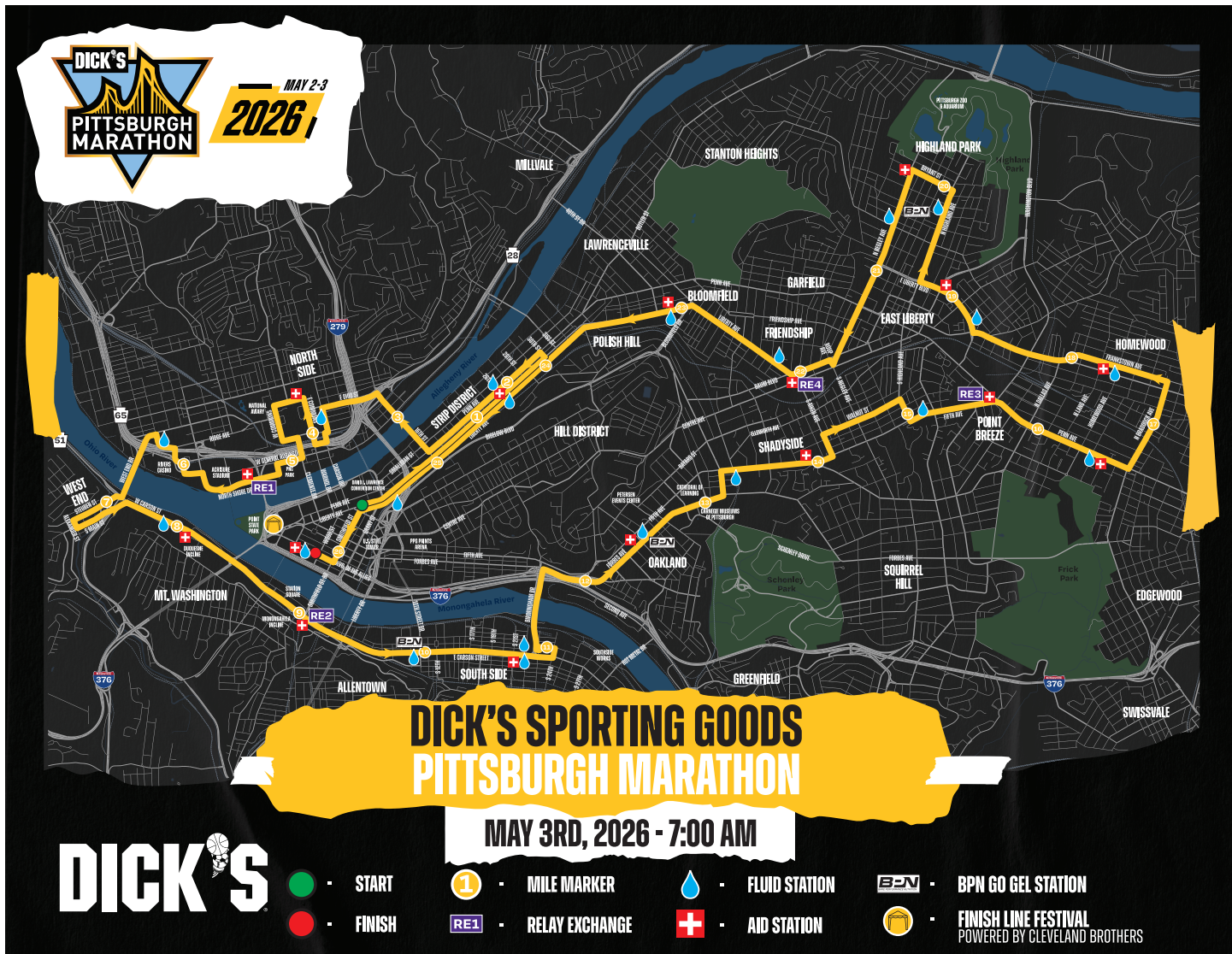
DICK'S PITTSBURGH MARATHON

MAY 3, 2026

DICK'S PITTSBURGH MARATHON

GET TO KNOW YOUR BIB

COURSE MAP



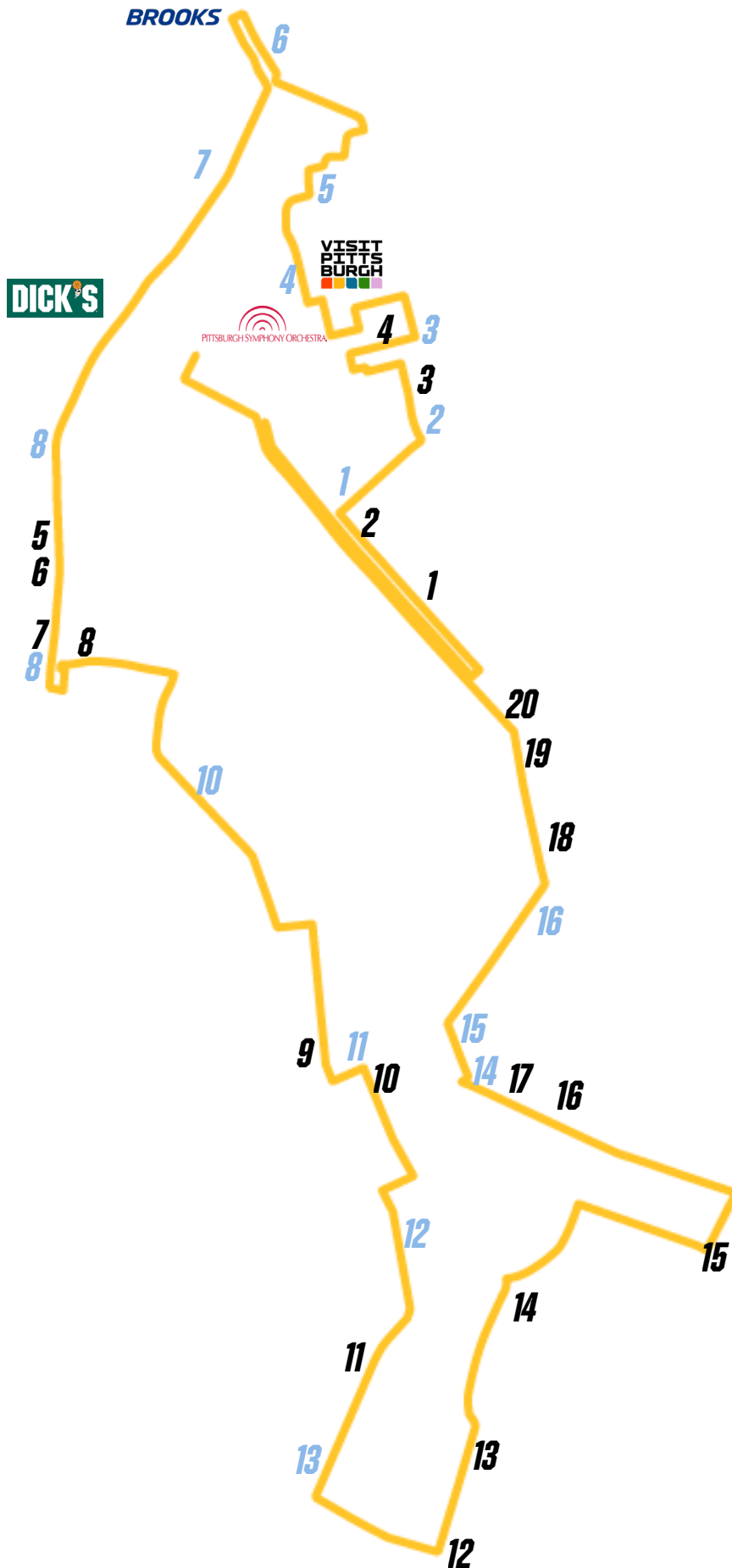
DICK'S SPORTING GOODS PITTSBURGH MARATHON

MAY 3RD, 2026 - 7:00 AM



- - START
- 1 - MILE MARKER
- 💧 - FLUID STATION
- BPN - BPN GO GEL STATION
- - FINISH
- RE1 - RELAY EXCHANGE
- + - AID STATION
- 🎪 - FINISH LINE FESTIVAL
POWERED BY CLEVELAND BROTHERS

CHEER ZONES



CHEER ZONES

Cheer Groups

- 1 *City of Bridges Run Club*
- 2 *Lululemon*
- 3 *Allegheny City Brewing*
- 4 *Allegheny Center Alliance Church*
- 5 *Re/Active Pittsburgh*
- 6 *Southside Chamber of Commerce*
- 7 *Yinz Run Club*
- 8 *The Log Church*
- 9 *ML's Words of Wisdom Comedy*
- 10 *Lululemon South Hills Village*
- 11 *Point Breeze Neighborhood Association*
- 12 *Urban dance connection of Pittsburgh*
- 13 *Operation Better Block*
- 14 *WORK Cheer Group*
- 15 *Highland Park Community Council*
- 16 *Friendship Community Group*
- 17 *Tropical Smoothie Cafe*
- 18 *Bloomfield Citizens Council*
- 19 *Dancing Gnome Run Club*
- 20 *Element Dance Studio*

Course Bands/DJs

- 1 *Just JJ - Acoustic*
- 2 *DJ Willionaire*
- 3 *KC & The Pitt Crew*
- 4 *Neostem*
- 5 *302_Dave*
- 6 *The KOSMIX*
- 7 *Silver Trout Novelty Dot*
- 8 *The Occasionals*
- 9 *64bitt*
- 10 *DJ Sky*
- 11 *Better Think Twice*
- 12 *King Catfish*
- 13 *DJ deepV*
- 14 *The Shock Brothers*
- 15 *The Brass Staff*
- 16 *The Family Joules*

On-Course Partner Activations



UPMC HEALTH PLAN PITTSBURGH HALF MARATHON

UPMC Health Plan Half Marathon



When: 7:00 AM Sunday, May 3
Start Line: Liberty Avenue near 10th Street
Distance: 13.1 Miles
Time Limit: 20:00 min per mile pace

Bib Information

PERSONALIZED BIBS
Optional space for personalization added during registration (if registered prior to 3.23)

CORRAL LETTER
This letter indicates the corral you will start in.

PERSONAL INFORMATION
Check personal information when you receive your bib.

STICKER PLACEHOLDERS
These circles are placeholders for special stickers. You will have one if: Run For A Reason Runner, STEEL Challenge, \$1k Club, Corporate Challenge

SHIRT SIZE
Shirt size will reflect the selection made during registration.

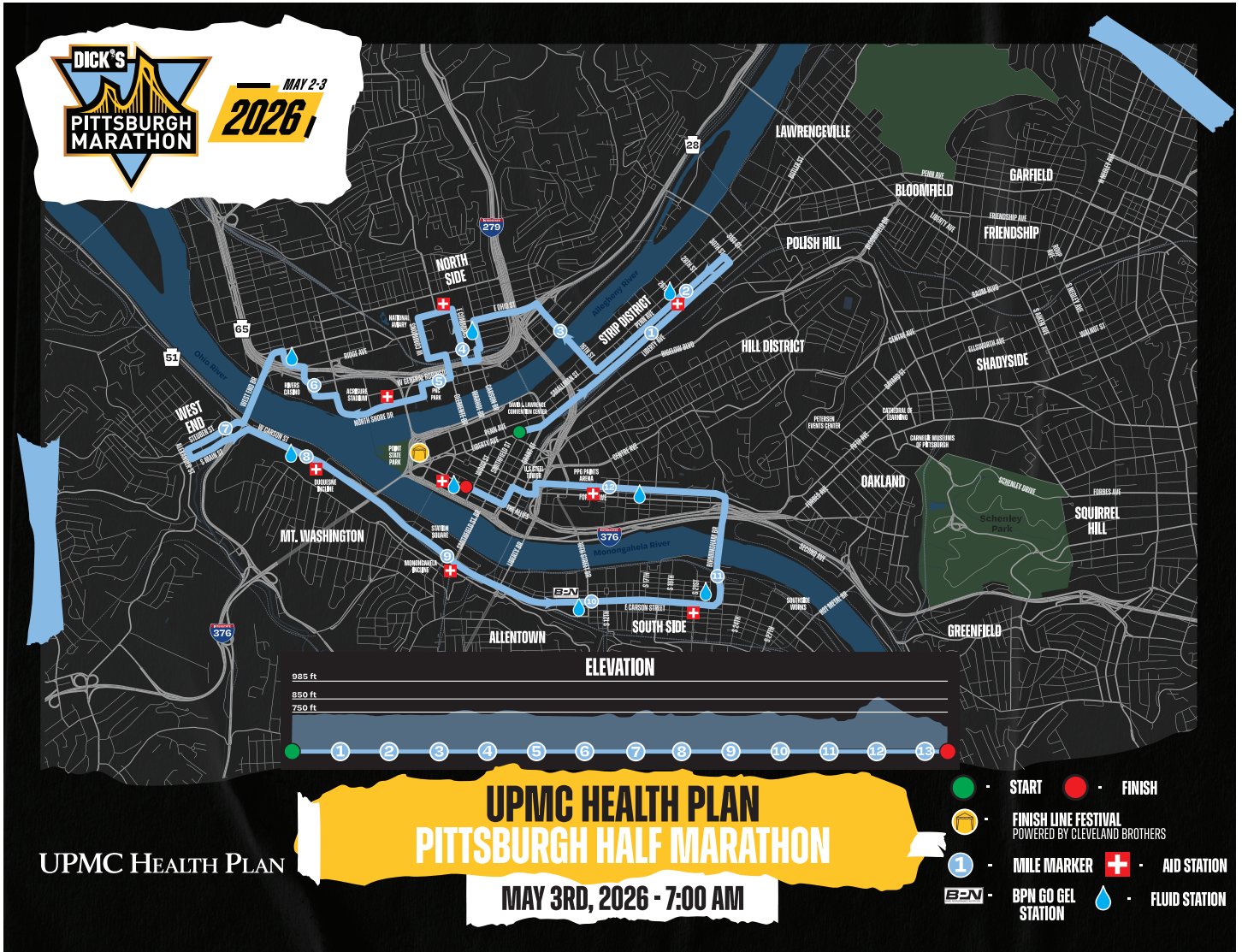
NUMBER
This is your assigned bib number used to track you for results

STICKER PLACEHOLDERS

GEAR CHECK
Bring this tab to the Gear Check Trucks after you finish to receive your Gear Check items.

GET TO KNOW YOUR BIB

COURSE MAP



FEDEX PITTSBURGH MARATHON RELAY

FedEx Pittsburgh Marathon Relay



When: 7:00 AM Sunday, May 3

Distances: Leg 1 - 5.3, Leg 2 - 3.8, Leg 3 - 6.4, Leg 4 - 6.5, Leg 5 - 4.2

Time Limit: Relay teams must comply with the 16:00 min per mile time limit for the full marathon.

Where: Leg One Runner Starts: Liberty Avenue near 10th Street

- Exchange Zone 1: North Shore Drive & Tony Dorsett Drive
- Exchange Zone 2: Intersection of East Carson Street and the Smithfield Street Bridge near Station Square
- Exchange Zone 3: Intersection of Fifth Avenue and Beechwood Boulevard in Point Breeze
- Exchange Zone 4: Intersection of Baum Boulevard and South Aiken Avenue in Bloomfield

Getting to Exchange Zone One:

Option 1: Walking from Point State Park (approximately .5 miles):

- Start on the fountain side of the Portal Bridge
- Cross Ft. Duquesne pedestrian bridge
- Exit onto North Shore Drive and proceed to the exchange zone

Option 2: Walking from the Gateway T Station (approximately 1.1 miles):

- Turn left on Stanwix Street toward Ft. Duquesne Boulevard
- Turn right on Ft. Duquesne Blvd., walk toward 7th Street, and cross the 7th Street Bridge
- After crossing the bridge, turn left on West General Robinson Street and walk until you reach Tony Dorsett Drive
- Turn left on Tony Dorsett Drive and walk until you reach the Exchange Zone

Getting to Exchange Zone Two:

Option 1: Walking from Point State Park (approximately 1.4 miles):

- Walk toward the start line on Liberty Avenue
- Turn right onto Stanwix Street
- Turn left onto Fourth Avenue
- Turn right onto Grant Street
- Cross the Boulevard of the Allies at Grant Street Turn right onto Fort Pitt Boulevard
- Turn left onto the Smithfield Street Bridge; cross the bridge
- After you cross the bridge, Exchange Zone 2 will be on your left on East Carson Street

Option 2: From the Gateway Center T Station:

- Take the T to Station Square Station (fare will apply)
- Exchange Zone 3 will be across the street from the Station Square T Station

Option 3: From the Gateway Center T Station (free option) (approximately .7 miles):

- Take the T to the First Avenue T Station (fare-free zone)
- After exiting the First Avenue T Station, turn left onto First Avenue
- Turn left onto Grant Street
- Turn right onto Ft. Pitt Boulevard
- Turn left onto the Smithfield Street Bridge and cross the bridge
- After you cross the bridge, Exchange Zone 2 will be on your left along East Carson Street

FEDEX PITTSBURGH MARATHON RELAY

Getting to Exchange Zones Three and Four: Shuttles will start running at 6:00 AM race morning. Leg four and five participants can load buses on Centre Avenue in front of the DoubleTree Hotel, Downtown. Participants should plan on at least a 30-minute bus ride each direction. It is highly recommended that participants plan to arrive at their designated relay exchange zone at least 30 minutes prior to their teammate's expected arrival. Please note, shuttles will run from the DoubleTree Hotel, to Relay Exchange 4, to Relay Exchange 3, then they will reverse their route and travel from Relay Exchange 3, to Relay Exchange 4, to the DoubleTree Hotel Downtown.

Exchange Zone 3:

- Shuttles will drop off Leg 4 participants along Penn Avenue across from Bakery Square, near Mellon Park. Participants will walk down Penn Avenue and turn right onto Fifth Avenue. The relay exchange zone corrals will be near the intersection of Fifth Ave and Beechwood Blvd.

Exchange Zone 4:

- Shuttles will drop off leg 5 participants at the intersection of South Aiken Avenue and Centre Avenue. Participants will walk down South Aiken Avenue to Baum Boulevard. The relay exchange zone corrals will be on Baum Boulevard, between South Aiken Avenue and Liberty Avenue.

Relay Exchange Zones and Processes

Those running the first leg of the relay will begin at the official start line, all other team members will start at specific exchange zones. Each relay exchange area has corrals for runners to gather. Volunteers will hold signs with bib numbers aligning with a corral so runners know where to wait for their approaching team member.

As a runner approaches the relay exchange zone, announcers will alert waiting runners by calling out the last three digits of the incoming bib numbers. Team members waiting at the relay exchange should listen and look for their teammate and proceed to the end of their relay corral to await the exchange. The finishing runner will give the baton to the waiting runner minimizing congestion in the relay exchange area.

Because of the limited space within the corral area, please make note of your relay teammate's pace so you will know the approximate time to expect them and enter the corral approximately 30 minutes prior to their expected arrival.

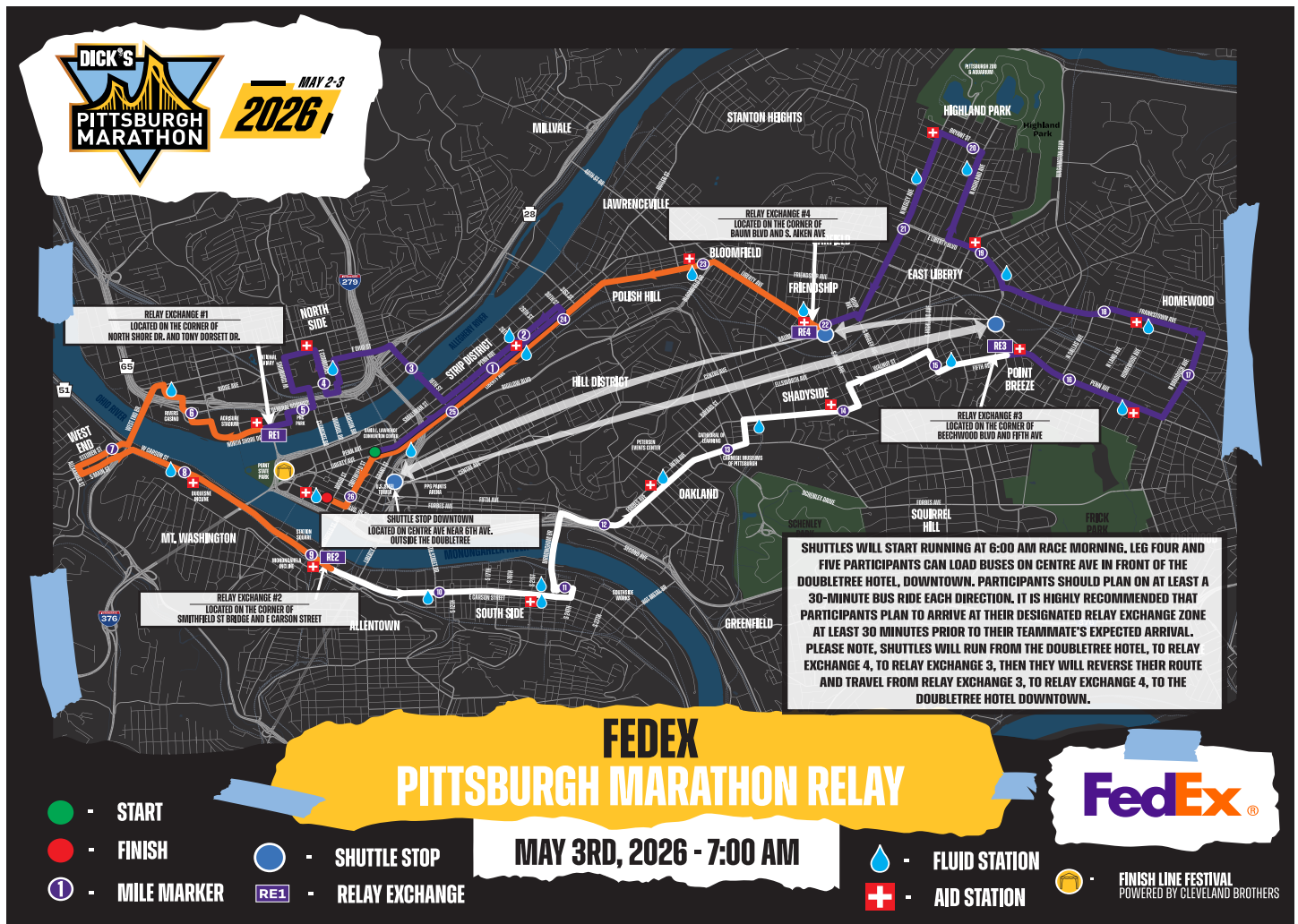
Signage will be placed on the course indicating a ½ mile to the relay exchange. As relay runners approach the relay exchanges, cones and caution tape will line the street directing the runner to move into the relay chute.

All relay exchanges will be equipped with medals, water, bananas, heat sheets and portable restrooms for runners finishing their relay leg. Aid stations will also be positioned near each relay exchange zone.

COURSE MAP

Back Bibs

Back bibs must be worn by all Fedex Pittsburgh Marathon Relay participants at all times.



MAY 3RD, 2026 - 7:00 AM

- - START
- - FINISH
- 1 - MILE MARKER
- RE1 - RELAY EXCHANGE
- - SHUTTLE STOP

- 💧 - FLUID STATION
- + - AID STATION



UPMC HEALTH PLAN BACK HALF MARATHON

BACK Half Marathon



When: 9:00 AM Sunday, May 3

Start Line: Ellsworth Avenue between Morewood Avenue & Devonshire Street

Distance: 13.1 Miles

Time Limit: 16:00 min per mile pace

Shuttle Information

Shuttles to the BACK Half Marathon start line will depart outside PPG Paints Arena (Highmark Gate, Centre Ave) at 8:00 AM. FedEx Gear Check Trucks will be available at the shuttle area.

Bib Information

PERSONALIZED BIBS
Optional space for personalization added during registration (if registered prior to 3.23)

PERSONAL INFORMATION
Check personal information when you receive your bib.

STICKER PLACEHOLDERS
These circles are placeholders for special stickers. You will have one if: Run For A Reason Runner, STEEL Challenge, \$1k Club, Corporate Challenge

SHIRT SIZE
Shirt size will reflect the selection made during registration.

NUMBER
This is your assigned bib number used to track you for results

STICKER PLACEHOLDERS

GEAR CHECK
Bring this tab to the Gear Check Trucks after you finish to receive your Gear Check items.

UPMC HEALTH PLAN PITTSBURGH MARATHON

FIRST LAST DIV. - AGE SHIRT SIZE

NAME

123456

MAY 3, 2026

UPMC HEALTH PLAN PITTSBURGH BACK HALF MARATHON

123456 BAG CLAIM

GET TO KNOW YOUR BIB

FINISH LINE AND MAP



THANK YOU

Dear Runners,

To all the incredible charity participants of the Run For A Reason Charity Program, thank you!

Your dedication, perseverance, and heart go far beyond the miles you conquered. Every step you took represented something bigger; a cause, a community, and a commitment to making a difference. Whether you were running in honor of someone, raising funds for a meaningful mission, or simply striving to give back, your efforts have created a lasting impact.

Training for and completing any of the events during the DICK'S Sporting Goods Pittsburgh Marathon Weekend is no small feat and doing it while supporting charitable causes makes it even more inspiring. You have not only pushed your own limits, but you have also lifted others up along the way.

Because of you, local organizations can continue their work, lives can be changed, and hope can grow stronger.

Thank you for your passion, your resilience, and your generosity. Pittsburgh is stronger because of participants like you.

With gratitude and admiration,

Melissa Cade
Charity Coordinator

2026 OFFICIAL RUN FOR A REASON CHARITIES

Steel Level Charities

Humane Animal Rescue of Pittsburgh

Gold Level Charities

American Cancer Society DetermiNation

Mario Lemieux Foundation

The Pittsburgh Project

Urban Impact Foundation

Breakthrough T1D (formerly JDRF)

The Outlier Fund

UPMC Children's Hospital Foundation

Silver Level Charities

412 Food Rescue

Alliance for Refugee Youth Support and Education

Amputee Aid

Animal Lifeline Pittsburgh

Autism Connection of PA

Casey's Clubhouse

Cystic Fibrosis Foundation

Envision Blind Sports

Girls on the Run Magee-Womens Hospital of UPMC

Homeless Children's Education Fund

Kids of STEEL

Magee Women's Research Institute and Foundation

Open Hand Ministries

Reading Is Fundamental Pittsburgh

Ryan Shazier Fund for Spinal Rehabilitation

Society of St. Vincent de Paul Council of Pittsburgh

The Izzie Fund

Three Rivers Waterkeeper

Veterans Leadership Program

YMCA of Greater Pittsburgh

YouthPlaces

AD99 Foundation

Alzheimer's Association

Animal Friends

Arthritis Foundation Western Pennsylvania

Best Buddies

Crohn's & Colitis Foundation

Emily Whitehead Foundation

Greater Pittsburgh Community Food Bank

Haiti H2O: Hope to Opportunity

Kane Area Children's Museum

Light Of Life Rescue Mission

National MS Society, PA Keystone Chapter

Parkinson Foundation Western Pennsylvania

Rush to Crush Cancer

Special Olympics Pennsylvania

The ALS Association

The Organization for Autism Research

Variety the Children's Charity

WORK

Young Adult Survivors United (YASU)

Zip With Us

GNC PITTSBURGH 4-MILE FITNESS CHALLENGE

GNC Pittsburgh 4-Mile Fitness Challenge



When: 9:30 AM Sunday, May 3 2026

Start Line: Corner of Baum Boulevard and Liberty Avenue in Bloomfield

Distance: 4 Miles

Time Limit: 16:00 min per mile pace

Shuttle Information

Shuttles will start running at 6:00 AM on race morning. You can catch the shuttle on Centre Ave. in front of the DoubleTree Hotel, Downtown (there will also be relay participants on the shuttles). You should plan for at least a 30-minute bus ride. We strongly recommend that you plan your travel to arrive at the start line in Bloomfield at least 30 minutes prior to your wave start time (this will be printed on your bib).

Waves

Waves will start going off at 9:30 AM. Participants will be set off in groups of 18-20 participants every 4 minutes within each wave. All participants must be at the start line by the timeslot they select during registration.

Bib Information

PERSONALIZED BIBS
Optional space for personalization added during registration (if registered prior to 3.23)

WAVE NUMBER
This number indicates the wave you will start in.

PERSONAL INFORMATION
Check personal information when you receive your bib.

STICKER PLACEHOLDERS
These circles are placeholders for special stickers. You will have one if: Run For A Reason Runner, STEEL Challenge, \$1k Club, Corporate Challenge

SHIRT SIZE
Shirt size will reflect the selection made during registration.

NUMBER
This is your assigned bib number used to track you for results

STICKER PLACEHOLDERS

GEAR CHECK
Bring this tab to the Gear Check Trucks after you finish to receive your Gear Check items.

1 (Wave Number)

123456 (Bib Number)

NAME

123456 BAG CLAIM

GNC LIVE WELL PITTSBURGH 4-MILE FITNESS CHALLENGE

MAY 3, 2026

FIRST LAST DIV. - AGE SHIRT SIZE

GET TO KNOW YOUR BIB

GNC PITTSBURGH 4-MILE FITNESS CHALLENGES

Challenge List

Station 1, Buoy Chain Pull and Planks:

Chain weight options:

- Heaviest: Three strands of fifteen foot chain
- Medium: Two strands of fifteen foot chain
- Lightest: One strand of fifteen foot chain

Obstacles and instruction presented by the Coast Guard

Station 2, Weighted Jump Rope:

- Three pound rope, 100 reps

Station 3, Circuit:

- Carry: 40lb kettle bells
- Sled: Push 45 or 90 pounds

Obstacles and instruction presented by the US Army

Station 4, Tire Flips and Burpees

Obstacles and instruction presented by the PA Army National Guard

Station 5, GNC 5x25 Full Body Workout:

- Kettlebell Swing 25x
- Push-Ups 25x
- Jumping Jacks 25x
- Air Squats 25x
- Ab Crunches 25x

Station 6, Pull Ups and Spin Wheel of Exercises:

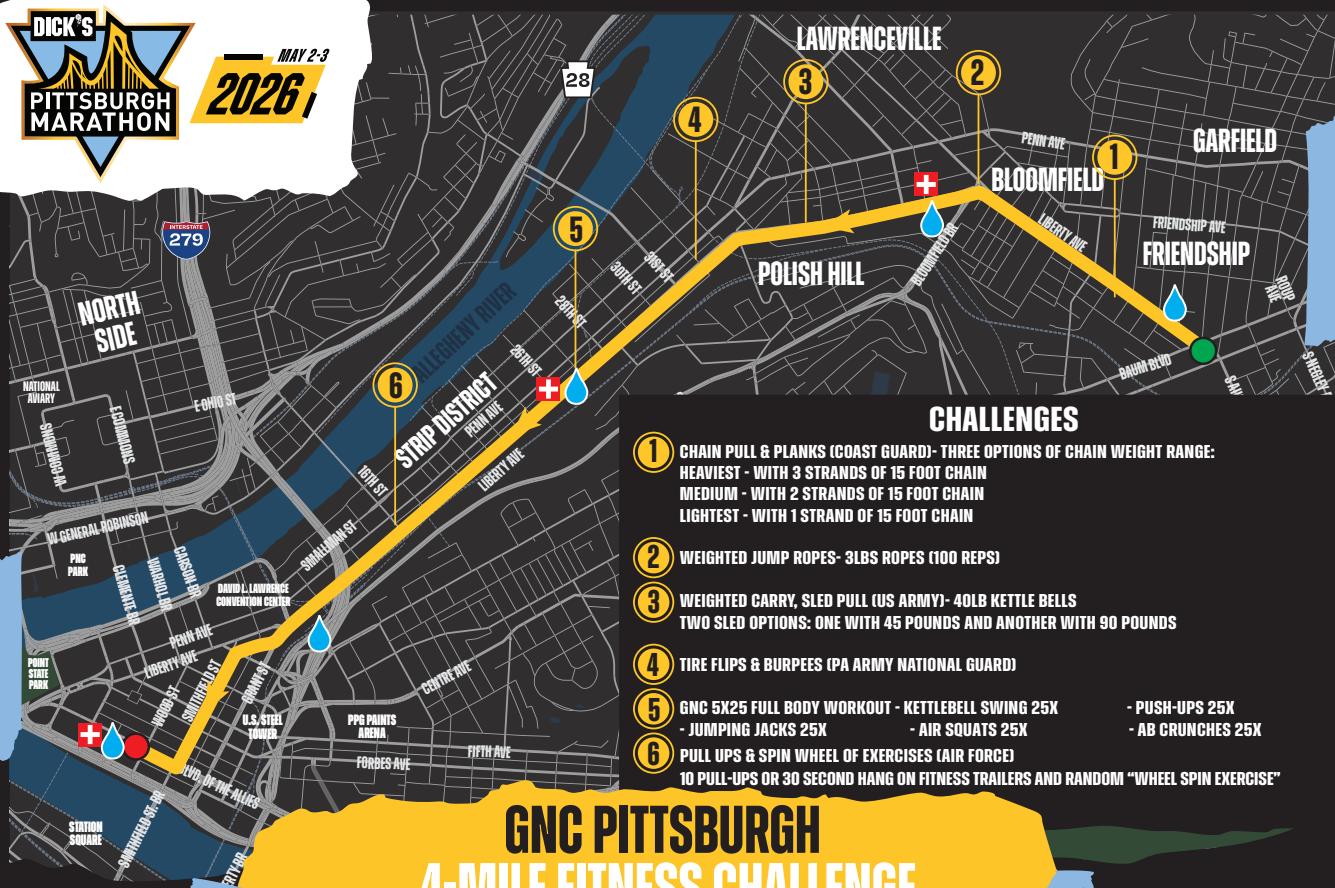
- 10 Pull-Ups or 30-Second Hang on Fitness Trailer
- Random "Wheel Spin Exercise"

Obstacles and instruction presented by the Air Force

COURSE MAP



MAY 2-3
2026



CHALLENGES

- 1** CHAIN PULL & PLANKS (COAST GUARD)- THREE OPTIONS OF CHAIN WEIGHT RANGE:
HEAVIEST - WITH 3 STRANDS OF 15 FOOT CHAIN
MEDIUM - WITH 2 STRANDS OF 15 FOOT CHAIN
LIGHTEST - WITH 1 STRAND OF 15 FOOT CHAIN
- 2** WEIGHTED JUMP ROPES- 3LBS ROPES (100 REPS)
- 3** WEIGHTED CARRY, SLED PULL (US ARMY)- 40LB KETTLE BELLS
TWO SLED OPTIONS: ONE WITH 45 POUNDS AND ANOTHER WITH 90 POUNDS
- 4** TIRE FLIPS & BURPEES (PA ARMY NATIONAL GUARD)
- 5** GNC 5X25 FULL BODY WORKOUT - KETTLEBELL SWING 25X
- JUMPING JACKS 25X
- AIR SQUATS 25X
- PUSH-UPS 25X
- AB CRUNCHES 25X
- 6** PULL UPS & SPIN WHEEL OF EXERCISES (AIR FORCE)
10 PULL-UPS OR 30 SECOND HANG ON FITNESS TRAILERS AND RANDOM "WHEEL SPIN EXERCISE"

GNC PITTSBURGH 4-MILE FITNESS CHALLENGE

MAY 3RD, 2026 - FIRST WAVE - 9:30 AM

- - START
- - FINISH
- + - AID STATION
- 💧 - FLUID STATION

