

PHILADELPHIA  
**LOVE  
RUN**<sup>™</sup>  
HALF MARATHON

# 2019 ATHLETE GUIDE

MARCH 31, 2019



# WELCOME RUNNERS

It's Time To Kickoff Spring!

We Love To Run.

We Love This City.

## It's Time for the Love Run Philly

We want to thank each and every one of you (and your entire team) for being part of the Love Run Philly family. We are so proud to be part of this running community and even prouder that we are able to change thousands of lives year after year with the Love Run.

This race is our chance to share with you our LOVE of running and our LOVE of Philadelphia in one, epic kickoff to spring weekend.

When you're out there on race day remember to be in the NOW. Don't just run this race...experience it. When the voice in your head starts to tell you you can't, take a deep breath, look at everyone around you, feel the incredible energy and let it carry you across the finish line.

Life is full of give and take.

Give thanks and take nothing for granted.

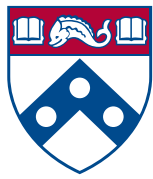
Larry Redrow, Race Director



Michele Redrow, Race Director



# OFFICIAL PARTNERS



Penn Medicine  
Sports Medicine

The Official Medical Team of the 2019 Love Run Philly

**Florastor**  
Daily Probiotic Supplement



**nuun**  
hydration



# PHILLY RUNS FREE

## RUN FREE & HELP US CURE CANCER IN PHILADELPHIA AND ACROSS THE REGION

It's so easy. It's so fulfilling. It's so important.

CGI Racing is proud to donate \$10,000 to Legacy of Hope (the 2019 Official Charity) as well as create the first ever Philly Runs Free platform to raise nearly another \$100,000.

The Love Run Philadelphia Half Marathon is proud to partner with the [Legacy of Hope](#) as the 2019 official charity partner. Together, all money raised in 2019 will not only fight cancer but to cure our region of it for good.

### HOW IT WORKS

Simply Register, Raise \$200 & Your Entire Entry Fee Is Refunded

**REGISTER** - Simply enter the Love Run Philly and choose Legacy of Hope - Run For Free.

**RAISE** - Once you register you'll receive a link to the Legacy of Hope Crowdrise page. Start raising!

**REFUND** - Hit your \$200 fundraising goal and Legacy of Hope will refund your entry and processing fees.

Already Registered? [Simply click here](#) to be directed to the Legacy of Hope fundraising page where you can start your page and start your fundraising now.



### RACE WITH YOUR TEAM/ FUNDRAISE WITH US

You can still race with your team and wear your team jersey even if you decide to fundraise for [Legacy of Hope](#).

# RACE WEEKEND DETAILS

## HEALTH & FITNESS EXPO

**Friday, March 29th & Saturday March 30th**

### WHEN:

Friday, March 29th	3:00 pm - 6:30 pm
Saturday, March 30th	10:00 am - 4:00 pm

### WHERE:

Pennsylvania Convention Center - Hall F  
1101 Arch St., Phila., Pa.

### WHAT TO BRING:

Photo ID  
Race Confirmation  
Copy of PHOTO ID - If picking up a packet for someone else

### ATHLETE CHECK IN STEPS:

1. Bring or look up bib number\*. [Get your bib number now](#)
2. Show Photo Id to volunteer to pick up Athlete Race Packet.
3. Pick up shirt
4. Pick up glass mug
5. Shop at the great vendors for all your last minute needs.

**\*If you registered after 2.20.19 your bib number will be assigned on 3.22.19**

**There is no packet pick up race morning.**

### If You Requested Your Packet to be Mailed

Packets will be mailed on or about 3.13.19. You will receive your bib and finishers shirt. If you have not received by 3.22.19 please email Suzanne at [s.negro@cgiracing.com](mailto:s.negro@cgiracing.com). You can pick up your glass mug at the finish line information booth after the race. Please make sure you bring your bib to get your mug.

## REGISTER FOR 2020 RACE SAVE 50%

Registration for the 2020 Love Run (March 29, 2020) will be open at the expo and for three days after the race at a reduced entry fee of 50% off the final 2019 pricing.

**\$57 for the limited time period.**

# RACE WEEKEND DETAILS

**RACE DAY IS MARCH 31st**  
**START TIME: 7:30 AM (both distances)**

## RACE DAY DETAILS

### START/FINISH LINES

START: 2200 Benjamin Franklin Parkway, Philadelphia, PA

(Note: The 7k and half will start together)

FINISH: Philadelphia Art Museum @ Eakins Oval

There are no vehicles permitted in the Oval at any time from Thursday - Sunday.

The site opens at 6:00 a.m

The start/finish festival is OPEN to spectators.

6:00 am	Gear Check Opens
7:00 am	Corral Line Up 7K lines up with your assigned wave color at the same time and in the same chute as the half marathon.
<b>7:30 am</b>	<b>RACE START -FOR BOTH 7K and HALF</b> Race start is in waves based on your estimated pace. Please line up in the corral indicated by your BIB color.
9:00 - 12:00 PM	Finish Festival
10:30 am	Awards Ceremony (Note: this may occur closer to 10am)
11:00 am	Course Closes

# RACE WEEKEND DETAILS

## 7K VERY IMPORTANT DETAILS

7K starts at 7:30 with the half marathon

Line up in your assigned color wave at the same time as half marathon

## COURSE NOTES

The 7K takes place on the half marathon course and is 4.35 miles long.

NOTE: 7K FINISH/SPLIT: As you return on the Ben Franklin Parkway and pass the start, runners will be directed by overhead signage and volunteers into the coned off RIGHT lane. Here you will head into the finish chute. The 7K has a separate finish from the half marathon.

## GEAR CHECK

Will be available in Eakins Oval at the finish festival. There will about 15 UPS trucks lined up where you will be able to drop your gear.

- You can only use the Love Run designated clear bag.
- Do not check any valuables or liquids.

## FINISH FESTIVAL – SPRING KICKOFF

After your epic finish join us for a super kickoff to spring at the finish party in the Oval.

### Main Stage

8:30 am - 12pm DJ by Silver Sounds

9:00 am - 12pm

Carb up at the Beer Garden featuring Smirnoff  
(you MUST have ID)

Don't Miss the awesome Photo Ops

Oversized 13.1 from Florastor

Course Mile Landmarks

Rocky Statue

# RACE WEEKEND DETAILS

## BEER GARDEN DETAILS

### ALL RUNNERS OVER 21 GET A FREE BEER COURTESY OF CONEY ISLAND BREWING COMPANY

Here's How:

1. You must bring or wear your bib to the beer garden.
2. You must present photo id at the security gate to get your wristband.
3. You'll affix your wristband and head to the bar.
4. You must present your bib and tear off the tag on your wristband, present it to the bartender.
5. BAM! FREE BEER.

NOTE:

No one under 21 is permitted into beer garden.

There are no exceptions to the above rules - no bib/id no beer.

BEER FOR SALE

Beer will be for sale as well. You must be 21 or older to purchase beer and present current photo id.

BEER GARDEN HOURS

9 AM - 11AM





# RACE WEEKEND PARKING

## PARKING INFORMATION

### RACE DAY PARKING

Due to Homeland Security precautions, the Ben Franklin Parkway will be closed from 20th street through the Art Museum. Please plan accordingly and allow extra time for arrival and parking.

There are several parking lots and garages conveniently located on or near Benjamin Franklin Parkway. Discount parking coupons for select Central Parking System locations are available at [www.philadelphia.centralparking.com](http://www.philadelphia.centralparking.com) under the "Attractions" tab. Be sure to call ahead as rates and availability are subject to change.

If you get to the race early enough, you may also find free street parking in and around the race area.

*The Love Run Half Marathon has no direct relationship with any parking companies. Some lots are available for parking without an attendant upon entering, with payment upon exit.*

**SPOT  
HERO**

We recommend booking convenient and affordable parking in advance through SpotHero, the nation's leading parking reservation app.

To reserve your parking spot, visit the [Love Run Philadelphia SpotHero Parking Page](#) and book a spot with rates up to 50% off drive-up.

# GETTING TO START/FINISH

## TRAVEL TIPS

### **RACE DAY START TIME 7:30 AM**

The Love Run Philly will begin on the Ben Franklin Parkway (around 22<sup>nd</sup> St) and end at the iconic (and beautiful might we add) Museum of Art; right at the foot of the famous "Rocky" steps where you and loved ones can capture your unforgettable finish.

Center City is compact and very walk-able. If you don't feel like walking (or running) to the start, we would suggest public transportation.

Philadelphia's mass transit system, SEPTA, offers two subway lines, regional rail service to and from the surrounding suburbs, and bus service throughout the city. Please check with SEPTA at (215) 580-7800 for information about schedules, drop-off and pick-up locations, and route detours. Don't forget to get information on SEPTA's unlimited access one-day pass - you wouldn't want to miss any part of our great City while your here.

To catch a cab in Center City, just head for the nearest street corner and flag one down. Or call the City Cab Company (215) 492-6500 or Quaker City Cab (215) 726-6000.

And of course there is always UBER OR LYFT.

# TEAM UP™ DETAILS

## SHARE WITH ALL YOUR TEAM MEMBERS PLEASE

The Team UP™ area will be located in Eakins Oval on the West Side.

All teams with 20 or more MUST PRE RESERVE your tent or potty by March 7th. You will not get your perk if you have not reserved it!

Email Dee at [dolores@cgiracing.com](mailto:dolores@cgiracing.com) for more information.

## TENTS

### CGI ISSUED TENTS

Tents will be lined up by the main stage next to the Beer Garden and labeled INSIDE with your team name.

### TEAMS BRINGING THEIR OWN TENTS

Teams may bring their own tents. All non race issued tents must be set up on Saturday from 1-4pm or race day you may walk your tent in.

- 1) Please be courteous of your other teams space.
- 2) All teams are responsible for properly securing your tent (**ABSOLUTELY NO STAKING IN THE OVAL**)
- 3) No vehicles are permitted in the Oval on Sunday, per Homeland Security.

**Race Day Setup** From 19th<sup>rd</sup> St up to the Art Museum on the Parkway will be closed to vehicular traffic from 3:00 am - 3:00 pm.

## PORT A POTTIES

Team Port A John - this perk is for any team members who did not get 20 or more and is a port a john used by any teams. It is not private to a specific team.

Team Private Port a Johns - this is for any team with 20 or more members. Your private team throne will be located on the West side of Eakins Oval in a barricaded off area. Each will be labeled with your team name and number.

# RACE DAY SECURITY

## SAFETY MEASURES

Our top priority is always the safety of all event participants, volunteers, staff and attendees. So please help us to ensure a safe environment for everyone in attendance.

Due to Homeland Security precautions Ben Franklin Parkway will be closed from 20th street through the Art Museum. Please plan accordingly and allow extra time for arrival and parking.

### SEE SOMETHING ~ SAY SOMETHING

Please be sure to follow the Department of Homeland Security's SEE SOMETHING SAY SOMETHING campaign. The campaign is a simple and effective program to raise public awareness of indicators of terrorism and terrorism-related crime, and to emphasize the importance of reporting suspicious activity to the proper local law enforcement authorities.

If you see something suspicious (e.g., an unattended backpack in a public place or someone trying to break into a restricted area) taking place then report that behavior or activity to local law enforcement personnel who will be on hand throughout the event. The Philadelphia Fire Department will have a 911 Command Center located on the East side of Eakins Oval.

### PERSONAL ITEMS

Please do not leave personal items (such as backpacks, bags) unattended ANYWHERE in the event area or on the course. Please share this with all spectators.

### HOW DO I ENTER THE START/FINISH AREA?

The site opens at 6:00 a.m.—ARRIVE EARLY. The start/finish festival is NOT closed to spectators.

### WHAT CAN I CARRY?

Only race issued, clear plastic participant bags will be accepted at Gear Check. No other bags will be accepted. You may bring in other bags but please do not leave them unattended at any time.

# ON THE COURSE

## COURSE SUPPORT

There will be 7 aid stations - see map for locations.

Port o Johns will be available near each aid station.

Nuun will be offered at aid stations 2, 3, 4, 5, 6, 7.

Honey Stinger Gel will be offered at aid station #4.

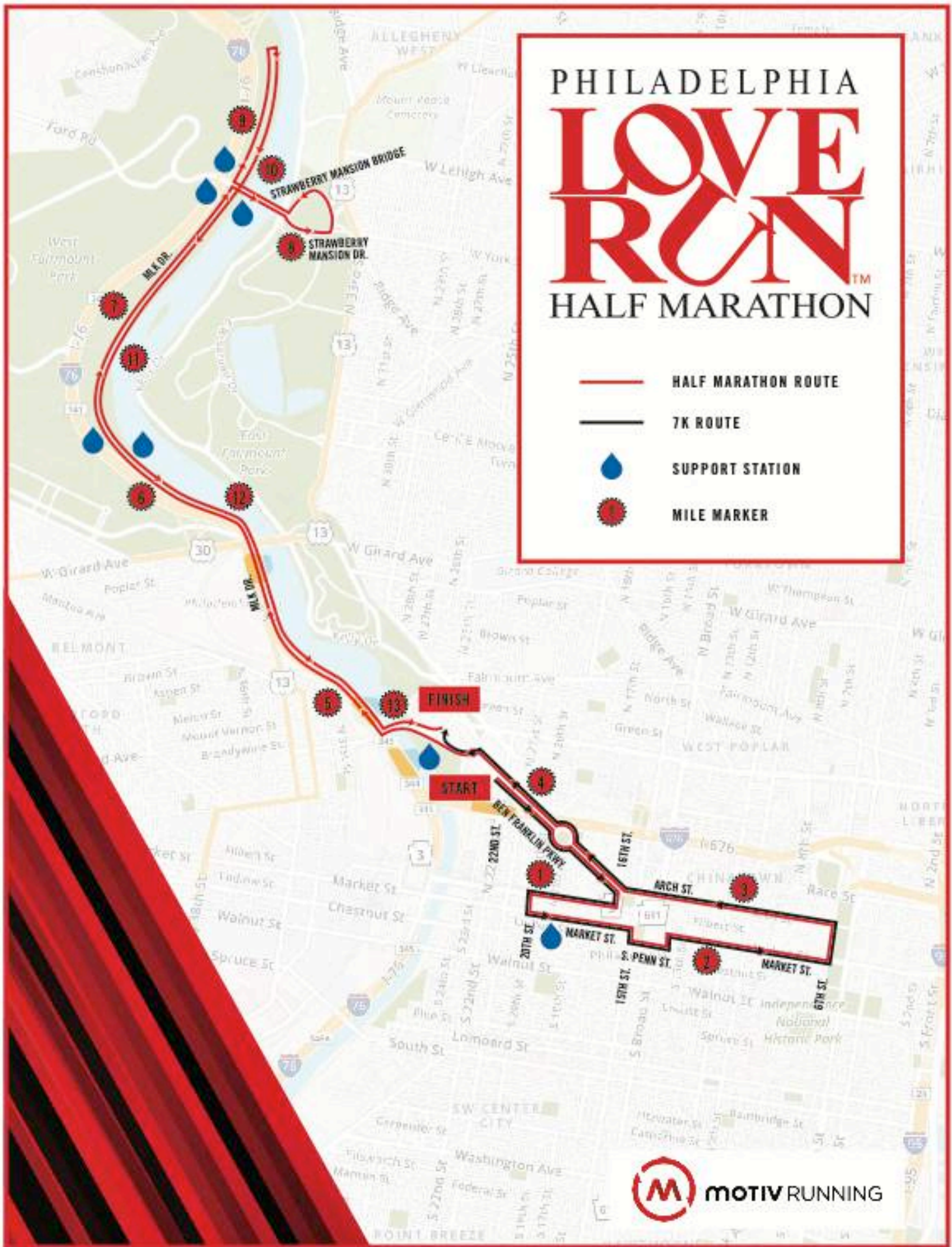
Medical will be positioned on mobile units along the course. The command center will be at the finish line along with a medical spotter tent.

Course Time Limits: The official course time limit is 3:30 hours (16 minute mile pace). If a runner does not make the course time limit they may finish the race but it will be unsupported and they will be asked to move to the sidewalk.



# PHILADELPHIA LOVE RUN™ HALF MARATHON

-  HALF MARATHON ROUTE
-  7K ROUTE
-  SUPPORT STATION
-  MILE MARKER



# RESULTS & RUNNER TRACKING

## RESULTS & RUNNER TRACKING

THERE WILL NOT BE A RESULTS KIOSK AT FINISH SO BE SURE TO PRE REGISTER.

## RUNNER TRACKING

Runner Tracking is now available

Have your results delivered right to you as soon as you cross the finish line. Share this link with your friends and family so they can track your progress on race day and make sure they are there to cheer you to finish!

Sign Up Now <http://results.xacte.com/track?id=2241>

## IF YOU DON'T PRE REGISTER

You can still visit the results page of the Love Run website to get your results.  
<https://bit.ly/2oTty5z>

Preliminary results will be posted online as soon as you cross the finish line with final results posted later on race day.

## DOWNLOAD THE LOVE RUN PHILLY APP NOW

For all race day details at your fingertips!  
Download the app on Google Play or Apple store.

# OFFICIAL MEDICAL TEAM

PHILADELPHIA  
**LOVE  
R&N**  
HALF MARATHON

**13.1 AND BEYOND.**  
**PENN SPORTS MEDICINE**  
WITH YOU THE WHOLE WAY.



Penn Medicine

## MEDICAL AND ATHLETE SAFETY

Please know that athlete safety is our priority and for that reason we ask that all runners and spectators are aware of the following:

1. Only athletes are permitted in the medical tent. Sorry no exceptions.
2. HIPPA laws prevent our medical team from sharing any information about an athlete.
3. Please make sure your friends and family know your bib number, as this is the only way that EMS can verify if your runner is a patient.
4. Make sure your emergency contact information on the back of your bib is up to date.



# FREQUENTLY ASKED ?

## Where is Race Start?

The start line is on **Ben Franklin Parkway at 22<sup>nd</sup> St.** (Not in front of the Art Museum or along Eakin's Oval). Both the 7K and Half start here at 7:30. You must line up in your proper corral according to the color indicated by your BIB and each BIB color will start in separate waves.

## Where is the best place for spectators?

Eakins Oval/Along the Parkway - You'll be able to see your runner start the race come back at Mile 4 then Finish in front of the Art Museum.

## Can I get a refund/deferral?

[See refund policy here](#)

## May I give my bib to someone else to run in my place?

No this is not permitted. It is very unsafe to allow non-registered persons to race under your bib. In the event of an emergency we would have no record of this person or emergency contact information. It also jeopardizes those paid runners from injury by a non insured runner.

## How many people are running?

About 12,000 have registered.

## Is the Love Run walker-friendly?

Yes. The Love Run Half Marathon is open to all competitors, with few restrictions. Please note that all participants must maintain a 16-minute per mile pace throughout the course.

## I do not have a bib number. Can I run the race as an unofficial entrant?

No. Race amenities provided along the course, including medical assistance, fluid replenishment stations and traffic safety concerns are based on the exact number of officially-entered competitors. Any addition to this number by way of unregistered participants will adversely affect the races. Unregistered participants will be removed from the course.

# FREQUENTLY ASKED ?

## What are the locations for the Port-a-johns?

Port-a-johns are located at the start/finish line area. Additionally, Port-a-johns will be located at every water stop on the course.

## What are the types and where are the locations for the replacement fluids?

All hydration stations will have water. Nuun energy drink and water will be at all water stops except WS1. Honey Stinger will be at WS 4.

## Can I use a baby jogger, roller blades, scooter or bike?

No. These items are all strictly prohibited from the race course.

## Are pets allowed to run with me on the course?

No. Please note that it is very dangerous to have animals on the course and we ask that you do not under any circumstance run with them for the safety of all runners.

## How long will the finish festival be open for the Half Marathon?

The finish area will be until 1:00 pm.

## Can I use headphones or earbuds?

The rule prohibiting headphones is no longer enforced by USATF; however, the Love Run Half Marathon recommends you do not wear them during the race. Runners' ability to hear and react to situations and directions given by race officials is very important. Your safety is always our topmost concern.

# POST RACE INFO

## ATHLETE FOOD TENT

Athlete food tent will be open at 8am. The athlete food is for athletes only please be courteous of your fellow runners. There is a no re-entry policy once you've exited.

## RACE PHOTOGRAPHY

FinisherPix will have several photographers along the course.

HOW TO ORDER YOUR PIX: Visit [Results/Photos](#)

Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified. - Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Photo's are ready in about 72 hours of race day.

## LOST AND FOUND

During race week, Lost & Found will be available at the Information Tent in the oval near the UPS gear check trucks. After the conclusion of the event, please contact [info@cgiracing.com](mailto:info@cgiracing.com) to locate any missing items and schedule returns. Shipping fees will apply. We recommend athletes label all personal belongings with a black permanent marker. Labels can fall off and this will ensure that all items get returned to their owner. \*All unclaimed items will be donated within 30 days.

## FINISHER SHIRT EXCHANGE

Athletes can email [INFO@CGIRACING.COM](mailto:INFO@CGIRACING.COM) after the race to exchange their finisher shirt for a different size. Shirt sizes are based on availability and are not guaranteed. .

## VOLUNTEERS

Please remember to thank the Volunteers! There are more than 1,500 volunteers out on the course and the race wouldn't be possible without their assistance.

## **REGISTER FOR 2020 RACE SAVE 50%**

Registration for the 2020 Love Run (March 29, 2020) will be open at the expo and for three days after the race at a reduced entry fee of 50% off the final 2019 pricing.

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