



We Love To Run.

We Love This City.

LOVE. RUN. PHILLY.

It's Time to Kickoff Spring | It's Time for the Love Run Philly

We have never been more grateful to 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 Philly.

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.

Now more than ever, live in this moment. 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

Jan Rh

Michele Redrow, Race Director



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Official Medical Team



Official Charity











PHILLY RUNS FREE



HELP US CURE CANCER IN PHILADELPHIA AND ACROSS THE REGION

Philly Runs Free is a partnership between the Love Run Philly and Legacy of Hope.

Together, our goal is to raise \$250,000 to not only fund the most promising cancer research, but provide emergency financial support for cancer patients and their families.

Because we believe no family should lose their home or go without food because a loved one is fighting cancer and no promising cancer research should go unfunded.

HOW IT WORKS

Simply Register, Raise \$250 & 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 fundraising page.

REFUND - Hit your \$250 fundraising goal and Legacy of Hope will refund your entry fee.

You can donate now or learn more about our charity partner at www.LegacyofHope.life.









HEALTH & FITNESS EXPO



Friday, March 24, 2023

3:00 pm - 6:30 pm

Saturday, March 25, 2023

10:00 am - 4:00 pm

Pennsylvania Convention Center - Hall F Entrance on corner of 12th and Race Sts.

WHAT TO BRING:

Photo ID

Copy of PHOTO ID - If picking up a packet for someone else.

ATHLETE CHECK IN STEPS:

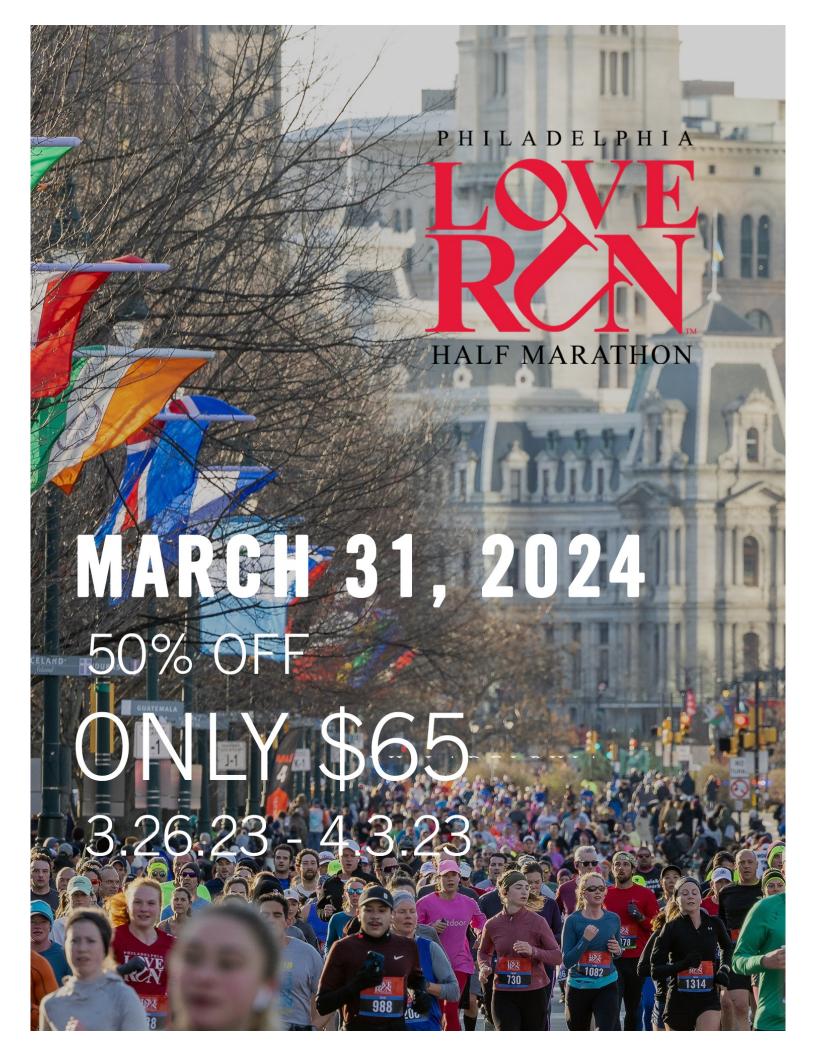
- 1. Bring or look up bib number*. GET YOUR BIB NUMBER NOW
- 2. Show Photo ID to volunteer to pick up Athlete Race Packet.
- 3. Pick up shirt.
- 4. Pick up coffee mug half marathon runners only.
- 5. Shop at the great vendors for all your last minute needs.

*If you registered or transferred to a different category after 3.3.23 your bib number will be assigned on 3.21.23

There is no packet pick up race morning.

If You Requested Your Packet to be Mailed

Packets will be mailed on or about 3.10.23 –in your hands by 3.17.23. You will receive your bib and finishers shirt. If you have not received by 3.21.23 please email dolores@cgiracing.com. You can pick up your coffee mug at the finish line information booth after the race. Please make sure you bring your bib with tear tag to get your mug.





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RACE DAY DETAILS



START/FINISH

START: 2200 Benjamin Franklin Parkway, Philadelphia, PA

(Note: The 7.6k 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 start/finish festival is OPEN to spectators.

6:00 am Race Site and Gear Check Opens

7:00 am Corral Line Up

7.6K lines up with your assigned wave color at the same

time and in the same chute as the half marathon.

7:30 am RACE START -FOR BOTH HALF & 7.6K

Race start is in waves based on your estimated finish time. Please line up in the corral indicated by your BIB color.

9:00 - 12:00 PM Finish Festival & Beer Garden by Wissahickon Brewing Co.

10:00 am Awards Ceremony (Overall Awards Only)

11:00 am Course Closes



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RACE DAY DETAILS



GEAR CHECK GEAR CHECK IS PROVIDED BY UPS

UPS trucks will be located on the west side of Oval (river side) at the end of the Finish Line.



Prior to Race:

- 1. Affix your gear check tear off tag to your Love Run designated clear bag.
- 2. Drop your bag between 6am 7am at the UPS truck that reflects the letters of your last name (ie., If you last name is Smith you drop your bag at the truck labelled RP-SN).
- 3. You can only use the Love Run designated clear bag.
- 4. Do not check any valuables or liquids.

FINISH FESTIVAL

Beer Garden is Back! Presented by Wissahickon Brewing Company 9am - 12pm

All runners (over 21 years of age) will be a free beer when you finish.

Beer Garden Protocols:

You will be asked to show ID before entering - sorry no ID no entry.

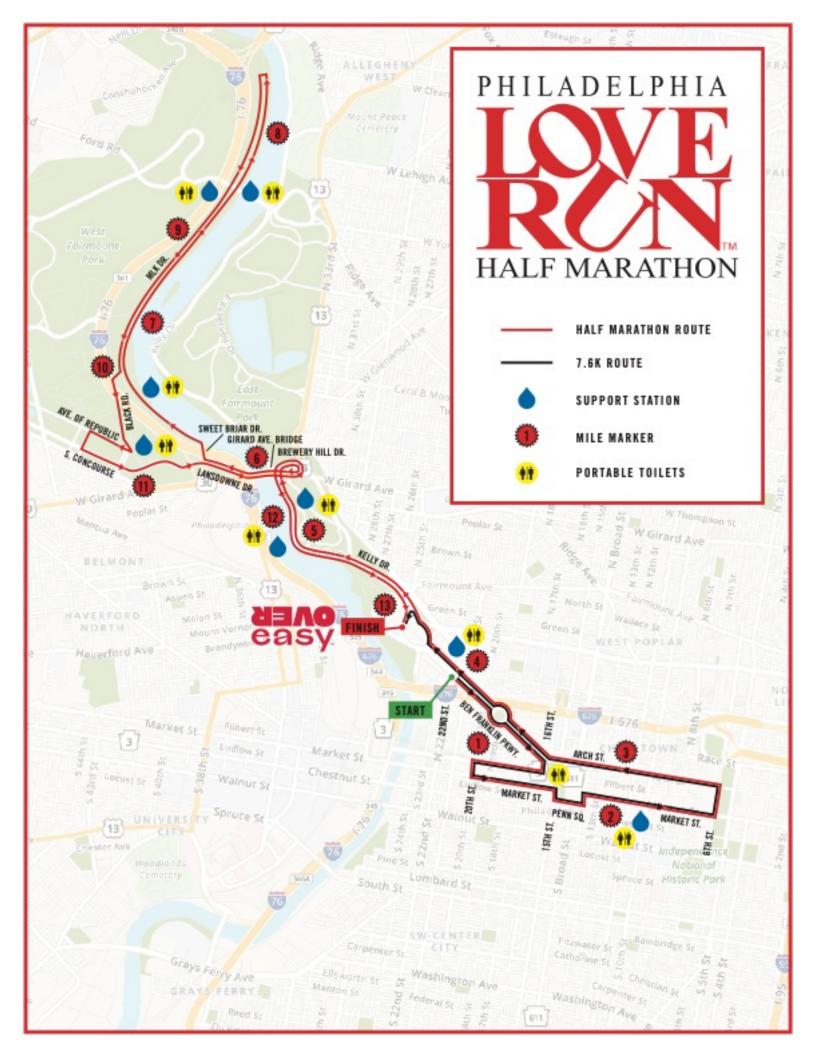
Our team will affix a wristband to your arm.

On your bib is a BEER tear tag - this must be affixed when you present it to redeem your beer.

Tag will be torn once you have been served.

Main Stage

8:30 am - 12pm DJ by Silver Sounds





Turn by Turn Directions

START on Ben Franklin Pkwy before 22nd St. (100' before intersection)

(right inner drive as you face center city)

RIGHT onto 16th St

RIGHT onto JFK

LEFT on 20th ST

LEFT on Market St

RIGHT on 15th St.

LEFT on Penn Square

LEFT on Juniper St

RIGHT on Market St.

LEFT on 6th St.

LEFT on Arch St.

BEAR RIGHT on BF Pkwy

BEAR RIGHT around Eakin's Oval (around Oval counter clockwise)

7.6K and Half **SPLIT** into two lanes

7.6K LEFT LANE around Oval to FINISH

HALF BEAR RIGHT onto Kelly Drive

RIGHT onto Brewery Hill Dr

RIGHT onto Girard Ave

RIGHT onto Landsdowne Dr

RIGHT onto Sweet Briar Dr

LEFT onto MLK

T/A on MLK near Falls Bridge

RIGHT onto Black Rd (Black Rd becomes Lansdowne Dr)

RIGHT at circle onto Avenue of the Republic

LEFT onto Memorial Hill Dr

LEFT onto S. Concourse DR (S. Concourse becomes Lansdowne Dr)

LEFT on Girard Ave

LEFT onto Brewery Hill Dr

LEFT onto Kelly DR

BEAR RIGHT to FINISH- front of Art Museum (dead center of museum, at George Washington Statue)



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TEAM DETAILS



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

All teams with 20 or more must pre-reserve your tent or potty by March 10th. Reserve your perk now

Email Dee with any questions. dolores@cgiracing.com

TENTS

CGI ISSUED TENTS: Tents will be lined up on the east side of the oval 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 1pm-4pm or you may walk your tent in on race day.

- 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 19thrd 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 Private Port a Johns - this is for any team with 20 or more members. Your private team throne will be located on the east side of Eakins Oval in a barricaded off area. Each will be labeled with your team name.

Team Port A John - this perk may be used by any team members who did not get 20 or more. It is not private to a specific team.





RESULTS & RUNNER TRACKING



THERE WILL NOT BE A RESULTS KIOSK AT FINISH

BE SURE TO PRE-REGISTER BY USING ONE OF THE OPTIONS HERE:

RUNNER TRACKING

Runner Tracking is now available <u>Track Your Runner Now</u>

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!

AGE GROUP AWARDS ARE MAILED ABOUT 2 WEEKS AFTER RACE DAY.

IF YOU DON'T PRE-REGISTER

You can still visit the results page of the Love Run Results Page to get your results.

RESULTS AND BIB NUMBER LOOK UP

Look up your bib number now

2023 Results





PARKING INFORMATION



Due to Homeland Security precautions, the Ben Franklin Parkway will be closed from 20th street through the Art Museum from 3am thru 10am. 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.

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.

VERY IMPORTANT:

PLEASE NOTE THE MLK BRIDGE IS CLOSED TO VEHICULAR TRAFFIC.





TRAVEL TIPS



RACE DAY START TIME 7:30 AM

The Love Run Philly will begin on the Ben Franklin Parkway (around 22nd 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 you're 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.





MEDICAL & 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.





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POST RACE



ATHLETE FOOD TENT

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

FINISH LINE WATER

Due to COVID protocols and the request that we limit touch points, we have moved the finish line water station to the catering tent.

RACE PHOTOGRAPHY

FinisherPix will have several photographers along the course. 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. Photo's are ready in about 72 hours after race day.

LOST AND FOUND

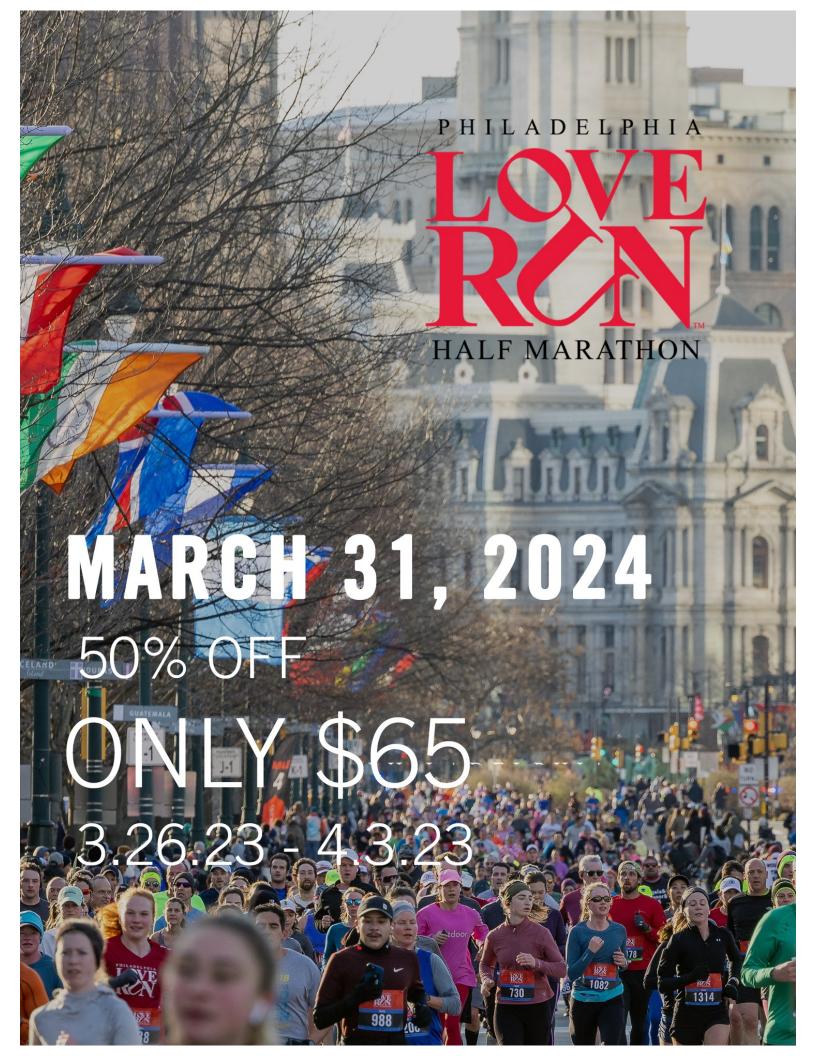
Lost & Found will be available at the Information Tent in the oval. After the conclusion of the event, please contact info@cgiracing.com to locate any missing items and schedule returns. Shipping fees will apply. We recommend athletes label all personal belongings with a black permanent marker. Labels 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 <u>info@cgiracing.com</u> 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.





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FAQ'S



Where is Race Start?

The start line is on <u>Ben Franklin Parkway at 22nd St.</u>. Both the 7.6K and Half start here at 7:30 am. You must line up in your proper corral according to the color indicated on your BIB. 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?

11,000 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.



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FAQ'S



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 and Nuun energy drink. Base Performance Gel will be at WS 5.

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 12:00 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.