



FOR IMMEDIATE RELEASE
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2010 GREAT RACE SET FOR SUNDAY, SEPTEMBER 26

register early – cap of 14,000 participants set for 2010

Runners – and walkers – will take to the streets of Pittsburgh on Sunday, September 26, for the 33rd running of the Richard S. Caliguiri City of Pittsburgh Great Race presented by Highmark Blue Cross Blue Shield. The Great Race, established in 1977 as a 10K race by the late Mayor Richard S. Caliguiri, has grown to include the 5K run/walk, running clinic, two-day exposition and children's race.

"The Great Race remains Pennsylvania's largest 10K race – but it isn't just for serious runners," according to Race Director Mike Radley. "The 5K run/walk continues to grow in popularity, and we encourage individuals of all ages and athletic abilities to join us on the last Sunday of September."

"Our number one priority remains making The Great Race a safe and enjoyable experience for our participants," said Radley. "Race organizers have taken into account the geography of our finish line area – as well as an increasing number of runners and walkers registering each year – and will place a cap of 14,000 participants for the 2010 race."

"Recent renovations in beautiful Point State Park have changed the footprint of our finish line area, resulting in all runners, walkers, friends, family and race support staff gathering in the city side of the park," explained Radley. "Our registration numbers continue to increase each year, and last year we realized we were near capacity at approximately 13,000 registered runners and walkers. This year we're announcing a cap in advance to encourage individuals to register early." The 14,000 limit will include combined registrants for the 5K run/walk and 10K run on September 26.

"Our message this year is a simple one: Register early in 2010 since our registration is limited to 14,000 participants," said Radley.

Race highlights for 2010 include:

- **"GREEN" CERTIFICATION** – For a third consecutive year, race organizers are partnering with the Pennsylvania Resources Council (PRC) to expand the event's green initiative. This year The Great Race is seeking local certification through Zero Waste Pittsburgh (a project of PRC) and national certification through the Council for Responsible Sport in recognition of its environmental efforts.
- **ON YOUR MARK WITH HIGHMARK YOUTH CHALLENGE**
This popular fitness program encourages children to take part in Citiparks community footraces...by either running or walking the 5K distance. Each child age 6 to 12 who completes one Citiparks community footrace or each youth age 13 to 18 who completes two Citiparks community footraces receives free registration to The Great Race courtesy of Highmark Blue Cross Blue Shield.

The 2010 Great Race-related activities include:

- **ALLEGHENY GENERAL HOSPITAL RUNNING CLINIC**
Saturday, August 7, 8 a.m. – noon, Federal North Building, 1307 Federal Street, North Side
Runners and walkers of all ages and abilities will learn about injury assessment and prevention, nutrition, training programs and much more. Advance registration is required for this free screening program. Call 1-877-284-2000.
- **DOLLAR BANK JUNIOR GREAT RACE**
Sunday, September 19, noon, Point State Park
Children 12 years and younger will enjoy a One-Mile Fun Run, 50-Yard Tot Trot and Diaper Dash. This popular event features mascots, face painters and refreshments. Registration \$5 in advance; \$7 day of event.
- **HIGHMARK BLUE CROSS BLUE SHIELD GREAT RACE EXPO**
Friday, September 24, 9 a.m. – 8 p.m.
Saturday, September 25, 9 a.m. – 5 p.m.
The Circuit Centre (formerly IBEW Conference Centre), Hot Metal Street, South Side
The Expo will include product sampling, health screenings, demonstrations and discounted sporting goods. The two-day event will provide an opportunity to register for the race and/or pick up packets.
- **GREAT RACE PASTA PARTY**
Saturday, September 25, 3 – 9 p.m.
The Spaghetti Warehouse, 2601 Smallman Steet, Strip District
Gather the evening before the race for a delicious meal of pasta, salad, rolls and beverage for \$12 per person (\$6 per child 10 years and younger). To purchase tickets, visit www.RunGreatRace.com or call The Spaghetti Warehouse at 412-261-6511.
- **DICK'S SPORTING GOODS TEAM COMPETITION**
Great Race Sunday
Groups of three to five runners will compete in the 10K in numerous categories such as running clubs, students, business/industry and civic organizations. Register online or call 412-255-2493 for an application.

"We encourage runners and walkers to take advantage of the convenience of registering online by visiting www.RunGreatRace.com," said Radley.

Individuals returning a print registration form – or registering online at www.RunGreatRace.com – by Friday, **September 3, will pay the early registration fee** of \$18 – or 2 for \$30. All signing up between September 4 and 25 will pay the standard registration fee of \$25 per person.

In addition to presenting sponsor Highmark Blue Cross Blue Shield, 2010 Great Race sponsors are Dollar Bank, Allegheny General Hospital, Dick's Sporting Goods, Del Monte Foods, KDKA-TV, Q92.9, 96.9 BOB FM, Pittsburgh magazine, Port Authority, Spaghetti Warehouse and ARAD.

For more information, visit www.RunGreatRace.com or call 412-255-2493.

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