



2009 GREAT RACE SET FOR SUNDAY, SEPTEMBER 27

Runners – and walkers – will take to the streets of Pittsburgh on Sunday, September 27, for the 32nd running of the Richard S. Caliguiri City of Pittsburgh Great Race presented by Highmark Blue Cross Blue Shield.

“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, so we’re inviting all runners, walkers, families and teams to join us on the last Sunday of September.”

The Great Race, established 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. More than 11,000 individuals take part in these various activities annually.

The 2009 Great Race-related activities include:

- **ALLEGHENY GENERAL HOSPITAL RUNNING CLINIC**
Saturday, August 15, 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 20, 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, refreshments. Registration \$5 in advance; \$7 day or event.
- **HIGHMARK BLUE CROSS BLUE SHIELD GREAT RACE EXPO**
Friday, September 25, 9 a.m. – 8 p.m.
Saturday, September 26, 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 – event returns in 2009**
Saturday, September 26, 4 – 10 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 \$10 per person (\$5 per child 10 years and younger). To purchase tickets, 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.

In addition to the **RETURN OF THE GREAT RACE PASTA PARTY**, other highlights in 2009 include:

- **NEW WEBSITE** – The race's redesigned website – www.RunGreatRace.com – offers expanded content and photos as well as online volunteer registration.
- **GREAT RACE GROWS GREENER** – Last year, Great Race “Green Team” members collected and recycled more than 8,000 plastic water bottles and composted 900 lbs. of orange and banana peels. Other successful “greening” efforts included planting trees along the Eliza Furnace Trail and printing race applications on recycled paper using soy-based ink. Race organizers have again partnered with the Pennsylvania Resources Council to expand the green initiative in 2009.
- **EARLY BIRD DISCOUNT**
Register two runners or walkers for \$30 (a savings of up to \$20/pair). To take advantage of this “early bird discount,” register two individuals together by September 4.
- **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.

“We encourage runners and walkers to visit Dollar Bank branches, Dick Sporting Goods stores and other locations to pick up application forms,” said Radley. “This year we’re once again encouraging people to take advantage of the convenience of registering online by visiting www.RunGreatRace.com.”

Individuals returning the registration form – or registering online at www.RunGreatRace.com – by Friday, **September 4, will pay the early registration fee** of \$18 – or 2 for \$30. All signing up between September 5 and 26 will pay the standard registration fee of \$25 per person.

In addition to presenting sponsor Highmark Blue Cross Blue Shield, 2009 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, Southwest Airlines and ARAD.

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

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