American Association for Cancer Research

PHILADELPHIA MARATHON
26.2 ★ 13.1 ★ 8K

OFFICIAL RACE GUIDE

2021
Meat us at the finish line.
# TABLE OF CONTENTS

- 5 Race Weekend Schedule
- 6 Welcome
- 10 Sponsors & Partners
- 11 Health & Fitness Expo
- 20 The Races
- 30 About the AACR Philadelphia Marathon
- 34 Race Day Prep & Info
- 43 After the Races
- 45 For the Love of Running
- 47 Going Green

# CONNECT WITH US!

@Philly_Marathon  
PhiladelphiaMarathon  
@Philly_Marathon

PhiladelphiaMarathon.com
BE WHAT YOU WERE

PROUD PARTNER OF THE ROTHMAN 8K

RothmanOrtho.com
FRIDAY, NOVEMBER 19

Health & Fitness Expo
12:00 p.m. – 9:00 p.m.
Pennsylvania Convention Center Hall F
12th & Arch Streets

SATURDAY, NOVEMBER 20

Dietz & Watson Philadelphia Half Marathon
6:55 a.m. – Wheelchairs/Handcycles
7:00 a.m. – Runners
22nd Street & Benjamin Franklin Parkway

Rothman Orthopaedics 8K
10:55 a.m. – Wheelchairs/Handcycles
11:00 a.m. – Runners
22nd Street & Benjamin Franklin Parkway

Health & Fitness Weekend Expo
9:00 a.m.–5:00 p.m.
Pennsylvania Convention Center Hall F

SUNDAY, NOVEMBER 21

AACR Philadelphia Marathon
6:55 a.m. – Wheelchairs/Handcycles
7:00 a.m. – Runners
22nd Street & Benjamin Franklin Parkway
Dear Philadelphia Marathon Weekend runners, spectators, and sponsors:

On behalf of the City of Philadelphia, I am excited and proud to welcome back the AACR Philadelphia Marathon—now in its 27th year.

In a city booming with history and culture, the AACR Philadelphia Marathon has cemented itself as another rooted tradition in Philadelphia, and we are elated to see the return of this iconic race.

Philadelphia prides itself on our sense of community, and I am so proud of the community of City employees, volunteers, partners, and other organizations who have come together to bring back our city’s only full-length marathon—complete with new public health guidelines to ensure a safe and welcoming Marathon Weekend. It’s just another sign that Philadelphia continues to recover while navigating the ongoing impacts of the pandemic.

I also extend my gratitude to all runners and spectators, both in-person and virtually, for their dedication to this great race and their commitment to the safety of their community of passionate runners, staffers, and volunteers.

I wish all the runners the best of luck and I hope to see you at the finish line.

Sincerely,
Mayor Jim Kenney
City of Philadelphia
Welcome to Philadelphia and the Philadelphia Marathon Race Weekend!

Hello runners, and welcome to the 2021 Philadelphia Marathon Weekend! Whether you are competing in the Rothman Orthopaedics 8K, the Dietz & Watson Philadelphia Half Marathon or the AACR Philadelphia Marathon, know that you are in for a wonderful experience on one of the most historic and scenic road racecourses in the entire country.

We all know that special events deliver significant, measurable economic impact in Philadelphia and the surrounding region. They bring people together, create lasting images, and contribute immeasurably to the diverse tapestry that is the City of Philadelphia. The challenges of the last two years were many, and the COVID-19 pandemic has forced us all to adjust our lives in ways we never thought possible. We thank you for all that you have done, and continue to do, to keep your community safe by following public health guidelines and enjoying events responsibly.

I want to take a moment and recognize those that help make the Philadelphia Marathon Weekend possible. Our sponsors, volunteers and stakeholder community with their contributions and partnership, which was instrumental in getting us back to racing. The City departments and staff of the Office of Special Events who have proven time and time again that they possess the capacity and proficiency to host and produce large, signature events. Lastly, a heartfelt thanks to the Executive Team involved in the planning and execution of race weekend, their competency and passion are without parallel.

We are excited to be in the position to host this year’s race and look forward to safely welcoming over 21,000 athletes back to racing on the streets of Philadelphia.

Sincerely Yours,
David G. Wilson
Deputy Managing Director
General Services, Arts and Events
Welcome Back Philadelphia Marathon Weekend runners, spectators, and sponsors!

For many months, we have been planning and working diligently to produce a safe and successful weekend of events that include the AACR Philadelphia Marathon, Dietz & Watson Philadelphia Half Marathon and Rothman Orthopedics 8K.

This year we will have just over 21,000 runners from 50 states and 36 countries lining up either in-person or virtually. A positive sign Philadelphia is stronger than ever despite ongoing mandates of this pandemic.

I am proud of our city employees, volunteers, partners, running community and other organizations who have come together to support the two-day running events plus our health and wellness expo.

I would like to thank all the runners who chose Philadelphia as their race destination. Words cannot express how elated we are to have you as a part of Marathon weekend in our amazing city.

I wish all the runners the best of luck, and I look forward to seeing you at the finish line!

Sincerely,
Kathleen Titus
2021 AACR Philadelphia Marathon Race Director
Welcome Back Runners!

This is the fifth year that the American Association for Cancer Research (AACR) is the title partner for the AACR Philadelphia Marathon. I want to express my gratitude for the opportunity to partner with the City of Philadelphia to make health and cancer prevention a priority for Philadelphians and for participants and spectators from all over the world. As the running world begins to reemerge, we are looking forward to welcoming back runners and building off the success of prior years.

The COVID-19 pandemic has caused many to pivot how they normally accomplish their goals, including both the running and cancer research communities. Throughout the pandemic, the AACR has continued to accelerate progress in the prevention, diagnosis, and treatment of cancer. We look forward to the continued development of AACR programs, activities, and initiatives that support cancer research worldwide, and ultimately help improve patient treatment and care.

As the first and largest cancer research organization dedicated to accelerating the conquest of cancer, the AACR has been making progress against cancer for nearly 115 years. Our 49,000 members take great joy in knowing that we are enriching and touching the lives of so many. We could not be prouder to be the title partner of the 2021 AACR Philadelphia Marathon. I want to congratulate and thank every runner and volunteer who is participating in Philadelphia Marathon Weekend this year. Your dedication and commitment to raising awareness and critical funding is propelling lifesaving cancer science forward. Your miles mean more grants for scientists, more clinical trials, and more cancer cures.

I’d like to thank the AACR Runners for Research who are participating in this year’s race. Our runners have raised over $338,000 on behalf of the AACR. Comprised of cancer survivors, caregivers, and anyone who is passionate about defeating this disease, our AACR Runners for Research team participates in running events across the United States, raising money to fund lifesaving cancer research. And although a global organization with members in over 128 countries, the AACR is headquartered right here in Philadelphia and works with the broader Philadelphia cancer research community to bring the latest discoveries from the lab to the patient’s bedside. It’s not too late to join the AACR Runners for Research team to help propel the next wave of discoveries to benefit cancer patients and their families everywhere. Visit PhiladelphiaMarathon.com/AACR to learn more about the team.

Thank you for being a valued friend and champion of the AACR.

Mitch Stoller
Chief Philanthropic Officer
American Association for Cancer Research
SPONSORS & PARTNERS

American Association for Cancer Research

PREMIUM MEATS | ARTISAN CHEESES

DIEZT & WATSON

ROTHMAN ORTHOPAEDICS

DUNKIN'

ACME.

Michelob ULTRA

GARMIN

iHeart RADIO

The Philadelphia Inquirer

City of Philadelphia
Bring government-issued photo ID and proof of vaccination with you. If you submitted your proof of vaccination through CrowdPass, be sure to have the proof of vaccination confirmation email (with QR code) on your phone to expedite.

If a representative is picking up your race materials, you must provide him/her with a copy of your bib number, government-issued photo ID and proof of vaccination. He/she will also need to show his/her own government-issued photo ID and proof of vaccination.

There is a limit of 5 packet pick-ups per person.

**FRIDAY, NOVEMBER 19**

12:00 p.m.–9:00 p.m.
Pennsylvania Convention Center,
Hall F
12th & Arch Streets

**SATURDAY, NOVEMBER 20**

9:00 a.m.–5:00 p.m.
Pennsylvania Convention Center,
Hall F
12th & Arch Streets

**TO-DO AT THE HEALTH & FITNESS EXPO:**

- Pick up your participant packet (Vaccination clearance wristband, bib, race shirt, runner’s bag, etc.).
- Purchase your official 2021 Philadelphia Marathon Race Weekend Merchandise.
- Attend informative seminars.
- Get your last-minute questions about the course and race-day activities answered.
- Visit vendors selling running apparel, shoes, and the latest timing and tracking technology, accessories, distributing product samples, and offering wellness tips.
OFFICIAL SUPERMARKET AND WATER OF THE PHILADELPHIA MARATHON WEEKEND
# Health and Fitness Expo Exhibitors

<table>
<thead>
<tr>
<th>Exhibitor</th>
<th>Booth No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>AACR</td>
<td>303</td>
</tr>
<tr>
<td>ACME</td>
<td>701</td>
</tr>
<tr>
<td>Auria</td>
<td>708</td>
</tr>
<tr>
<td>Broad Street Run</td>
<td>609</td>
</tr>
<tr>
<td>ByElnez</td>
<td>507</td>
</tr>
<tr>
<td>CGI - Philadelphia Love Run</td>
<td>516</td>
</tr>
<tr>
<td>Charm City Run</td>
<td>505</td>
</tr>
<tr>
<td>Comcast/Xfinity</td>
<td>706</td>
</tr>
<tr>
<td>Dietz &amp; Watson</td>
<td>300</td>
</tr>
<tr>
<td>Dunkin</td>
<td>204</td>
</tr>
<tr>
<td>GARMIN</td>
<td>805</td>
</tr>
<tr>
<td>Green Mountain Energy</td>
<td>533</td>
</tr>
<tr>
<td>Green Psych Sport Psychology</td>
<td>523</td>
</tr>
<tr>
<td>Gwynedd Mercy</td>
<td>601</td>
</tr>
<tr>
<td>Janef Marketing</td>
<td>808</td>
</tr>
<tr>
<td>Leaf Massager</td>
<td>518</td>
</tr>
<tr>
<td>National Running Center</td>
<td>509</td>
</tr>
<tr>
<td>NRG</td>
<td>532</td>
</tr>
<tr>
<td>NYC RUNS</td>
<td>708</td>
</tr>
<tr>
<td>Ottawa Marathon</td>
<td>807</td>
</tr>
<tr>
<td>Philadelphia Runner</td>
<td>605</td>
</tr>
<tr>
<td>PIT VIPER</td>
<td>608</td>
</tr>
<tr>
<td>Race Dots</td>
<td>521</td>
</tr>
<tr>
<td>Rothman Orthopaedics</td>
<td>503</td>
</tr>
<tr>
<td>Sparkly Soul</td>
<td>508</td>
</tr>
<tr>
<td>Stride For Stride</td>
<td>811</td>
</tr>
<tr>
<td>Ultra</td>
<td>500</td>
</tr>
<tr>
<td>Vermont Rocks</td>
<td>606</td>
</tr>
</tbody>
</table>
FRIDAY, NOVEMBER 19, 2021

1:00–1:30
*Meb Keflezighi and Aliphine Tuliamuk*
Olympians and Professional Elite Marathoners
(Hall F-Rear)

1:00–1:45
**Mitchell Greene, Ph.D.**
Clinical and Sport Psychologist
Mind Over Distance: Winning the Marathon’s Mental Game

2:00–2:45
**Ross Martinson**
Philadelphia Runner Elite Coordinator
Self-Pacing Your Event to Get Your Best Time – 2021 Full & Half Field of Elites

3:00–3:45
**Bart Yasso**
Marathoner, Author, Past Editor – Runner’s World

**Bill Rodgers**
Past Olympic Marathoner, 4x Winner – Boston Marathon & Author
Marathon Running Over the Years

4:00–4:30
**Bart Yasso**
Marathoner, Author, Past Editor – Runner’s World

**Bill Rodgers**
Former Olympic Marathoner 4x Winner – Boston & New York Marathons, Author
(Hall F-Rear)

4:00–4:45
**Mark Sullivan**
Charter Philadelphia Marathon Legacy Member iRun-iCoach
The Course: What You Need to Know

5:00–5:45
*Meb Keflezighi & Aliphine Tuliamuk*
Olympians and Professional Elite Marathoners
Moderator: Bart Yasso
Upfront and Personal with Meb & Aliphine
FRIDAY, NOVEMBER 19, 2021 (continued)

6:00–6:30
Meb Keflezighi and Aliphine Tuliamuk
Olympians and Professional Elite Marathoners
(Hall F-Rear)

6:00–6:45
Mark Sullivan
Charter Philadelphia Marathon Legacy Member iRun-iCoach
The Course: What You Need to Know

6:45–7:30
Rothman Orthopaedics
TBR

SATURDAY, NOVEMBER 20, 2021

10:00–10:45
Meb Keflezighi & Aliphine Tuliamuk
Olympians and Professional Elite Marathoners

Moderator: Bart Yasso
Upfront and Personal with Meb & Aliphine

11:00–11:30
Meb Keflezighi and Aliphine Tuliamuk
Olympians and Professional Elite Marathoners
(Hall F-Rear)

11:00–11:45
Dr. Ira Meyers
Montgomery Podiatry Associates
Stress Fractures & Other Injuries

12:00–12:45
Mitchell Greene, Ph.D.
Clinical & Sport Psychologist
Mind Over Distance: Winning the Marathon’s Mental Game
SATURDAY, NOVEMBER 20, 2021 (continued)

1:30–2:00
Meb Keflezighi and Aliphine Tuliamuk
Olympians and Professional Elite Marathoners
(Hall F-Rear)

2:00–2:30
Bart Yasso
Marathoner, Author, Past Editor – Runner’s World
Bill Rodgers
Former Olympic Marathoner 4x Winner – Boston & New York Marathons, Author
(Hall F-Rear)

2:00-2:45
Mark Sullivan
Charter Philadelphia Marathon Legacy Member iRun-iCoach
The Course: What You Need to Know

3:00-3:45
Bart Yasso
Marathoner, Author, Past Editor – Runner World
Bill Rodgers
Past Olympic Marathoner, 4x Winner – Boston Marathon & Author
Marathon Running Over the Years
MAKE EVERY RUN A DUNKIN’ RUN
HEY PHILLY! CONVERT YOUR MILES TO BEER HERE
SATURDAY, NOVEMBER 20

Rothman Orthopaedics 8K
10:55 a.m. – Wheelchairs/Handcycles
11:00 a.m. – Runners
22nd Street & Benjamin Franklin Parkway

COURSE RECORDS


AGE GROUP AWARDS

The top five male and female finishers in each age group (listed below) will receive awards for their performance.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 to 15</td>
<td>35 to 39</td>
<td>60 to 64</td>
</tr>
<tr>
<td>16 to 19</td>
<td>40 to 44</td>
<td>65 to 69</td>
</tr>
<tr>
<td>20 to 24</td>
<td>45 to 49</td>
<td>70 to 74</td>
</tr>
<tr>
<td>25 to 29</td>
<td>50 to 54</td>
<td>75 to 79</td>
</tr>
<tr>
<td>30 to 34</td>
<td>55 to 59</td>
<td>80+</td>
</tr>
</tbody>
</table>

PRIZES

• 1st Place: .............................................................. $1,000
• 2nd Place: ............................................................... $500
• 3rd Place: ................................................................. $250
• 4th Place: .......................................................... $150
• 5th Place: ................................................................. $100
• 1st Place Master: ................................................... $250
• 1st Place Wheelchair: ............................................ $250
8K COURSE MAP

LEGEND

- COURSE
- MILE MARKERS
- FLUID

START

FINISH

8K COURSE MAP

PHILADELPHIA MARATHON WEEKEND 2021 RACE GUIDE

PHILADELPHIAMARATHON.COM
**SATURDAY, NOVEMBER 20**

*Dietz & Watson Philadelphia Half Marathon*

6:55 a.m. – Wheelchairs/Handcycles  
7:00 a.m. – Runners  
22nd Street & Benjamin Franklin Parkway

**COURSE RECORDS**


**AGE GROUP AWARDS**

The top five male and female finishers in each age group (listed below) will receive awards for their performance.

- 14 to 19  
- 20 to 24  
- 25 to 29  
- 30 to 34  
- 35 to 39  
- 40 to 44  
- 45 to 49  
- 50 to 54  
- 55 to 59  
- 60 to 64  
- 65 to 69  
- 70 to 74  
- 75 to 79  
- 80+

**PRIZES**

- **1st Place:** .............................................................. $2,500  
- **2nd Place:** ............................................................ $1,000  
- **3rd Place:** ................................................................. $500  
- **4th Place:** ................................................................. $250  
- **5th Place:** ................................................................. $100  
- **1st Place Master:** .................................................. $500  
- **1st Place Wheelchair:** ........................................  $500  
- **Course Record Bonus:** ........................................... $1,000
HALF MARATHON COURSE MAP

LEGEND

→ COURSE
1 MILE MARKERS
 água FLUID/GATORADE

PHILADELPHIA MARATHON WEEKEND 2021 RACE GUIDE

PHILADELPHIAMARATHON.COM
FULL MARATHON

SUNDAY, NOVEMBER 21

AACR Philadelphia Marathon
6:55 a.m. - Wheelchairs/Handcycles
7:00 a.m. - Runners
22nd Street & Benjamin Franklin Parkway

COURSE RECORDS


AGE GROUP AWARDS

The top five male and female finishers in each age group (listed below) will receive awards for their performance.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 to 19</td>
<td>50 to 54</td>
<td></td>
</tr>
<tr>
<td>20 to 24</td>
<td>55 to 59</td>
<td></td>
</tr>
<tr>
<td>25 to 29</td>
<td>60 to 64</td>
<td></td>
</tr>
<tr>
<td>30 to 34</td>
<td>65 to 69</td>
<td></td>
</tr>
<tr>
<td>35 to 39</td>
<td>70 to 74</td>
<td></td>
</tr>
<tr>
<td>40 to 44</td>
<td>75 to 79</td>
<td></td>
</tr>
<tr>
<td>45 to 49</td>
<td>80+</td>
<td></td>
</tr>
</tbody>
</table>

PRIZES

- 1st Place: $10,000
- 2nd Place: $5,000
- 3rd Place: $2,500
- 4th Place: $1,500
- 5th Place: $1,000
- 1st Place Master: $1,000
- 1st Place Wheelchair: $1,000
- 1st Philadelphia Male: $1,000 *
- 1st Philadelphia Female: $1,000 *
- Course Record Bonus: $1,500

*Must be a current resident of Philadelphia County, determined by zip code on official government ID.
FULL MARATHON COURSE MAP

LEGEND

1 COURSE
2 MILE MARKERS
3 5K MARKERS
H HALF-MARATHON POINT
G FLUID/GATORADE
C GATORADE GELS
HALF MARATHON ELEVATION MAP

FULL MARATHON ELEVATION MAP
Shuttle Buses

We are happy you chose to visit Philadelphia and participate in the weekend’s events.

The transportation team will help make your arrival to the start area as seamless as possible. Shuttle buses will be available on both Saturday and Sunday for runners and credentialed athletes to take you from the hotel to the start area and back again. If you arrive after the last bus has left, you will have to get to the start area on your own. Also remember, you will need to clear security when you get to the race area.

**Route A pickup point – Aloft Philadelphia**
Hotels: Aloft & Le Meridien

**Route B pickup point – S. Broad St at Walnut**
Hotels: The Bellevue, Cambria Hotel, Ritz Carlton, PATCO

**Route C pickup point – 13th & Filbert Sts**
Hotels: Hilton Garden Inn, Lowes, Marriott, the Notary, Residence Inn, SEPTA El

**Route D pickup point – Sonesta**
Hotels: Sofitel, Sonesta

**Airport Route pickup point – DoubleTree Airport**
Shuttle Bus Pick-Up Times:

**Saturday, November 20th (Race starts at 7:00 a.m.)**
The first bus will leave the meeting point at 5:00 a.m. Buses will leave approximately every 10-15 minutes, or as they fill. The last bus will leave the pickup point at 6:00 a.m.

**Airpor**t Route ONLY - There will be 1 shuttle bus that leaves the hotel lobby at 5:15 a.m.

Return buses will pick-up at 24th Street & Park Towne Place (where you will be dropped off in the morning), beginning at 9:00 a.m. and will run continuously until 3:00 p.m. They will drop all runners back at the pickup point.
TRANSPORTATION

Sunday, November 21st (Race starts at 7:00 a.m.)
The first bus will leave the meeting point at 5:00 a.m. Buses will leave approximately every 10-15 minutes, or as they fill. The last bus will leave the pickup point at 6:00 a.m.

**Airport Route ONLY – There will be 1 shuttle bus that leaves the hotel lobby at 5:15 a.m.

Return buses will pick-up at 24th Street & Park Towne Place (where you will be dropped off in the morning), beginning at 9:30 a.m. and will run continuously until 4:00 p.m. They will drop all runners back at the pickup point.

Bike Valet @ Philadelphia Marathon Race Weekend

Bike Valet will be available at River Field for anyone who wishes to bring their bike to the event. River Field is located at 24th Street & Park Towne Place (440-442 North 24th Street). The Bike Valet area can be accessed on the south side of Eakins Oval and will be accessible from Park Towne Place, Schuylkill Trails, MLK Drive or from West Philadelphia via the Spring Garden Street Bridge.

Bikes will be subject to screening by the Philadelphia Police Department and will be held in a secure area during the events.

BIKE VALET HOURS
Saturday: November 20, 2021
5:00 a.m. – 2:00 p.m.

Sunday: November 21, 2021
5:00 a.m. until 2:00 p.m.
WHY DO YOU RUN?

TIME HEALS ALL WOUNDS

LOVE BREAKS ALL BARRIERS AND SPEED

DOES NOT DISCRIMINATE

GARMIN.

FORERUNNER® FOR RUNNERS

© 2021 Garmin Ltd. or its subsidiaries. SPOTIFY and the Spotify logo are among the registered trademarks of Spotify AB.
The roots of organized competitive marathoning in Philadelphia can be traced back to at least the 1920s, when a race, according to some accounts, took place from Valley Forge to Philadelphia (including South Philly and the Cobbs Creek area).

The Marathon was not credited as a City of Philadelphia-managed event that was held strictly in the city limits until 1994. Prior efforts were largely independent ventures and were promoted under many different names: the Greater Philadelphia Independence Marathon (1981–82) and the Fairmount Park Marathon (1988–89).

The Marathon, as we know it today, was established under the name of the Philadelphia Marathon in 1994 by the City of Philadelphia and a group of dedicated runners and physicians at the Rothman Institute.

In the past, the race was mainly a suburban event, but the new focus under the City of Philadelphia (led by then-Mayor Edward Rendell and Deputy City Representative Kathleen Sullivan) was to shift the race to a course within the city limits and to showcase the many assets of the city.

The Philadelphia Marathon started out modestly with approximately 1,500 participants. In 2021, the race is flourishing with over 20,000 athletes expected to take part across all of our races.

Today, the AACR Philadelphia Marathon remains true to one of its founding goals of promoting health and fitness. Over the years, we have added a half marathon distance (2006), developed a Health & Fitness Expo, and added the noncompetitive Dunkin’ Munchkin Run to enhance the experience. Unfortunately, the Dunkin’ Munchkin Run was cancelled in 2021 due to vaccination requirements.

The AACR Philadelphia Marathon has experienced many enhancements, but one thing remains the same: it is known for going the distance and continues to be the race of choice for many runners.
COURSE INFORMATION

The course is fast, with digital splits at the 10K, 13.1 mile, and 30K marks. Hydration stations are set up throughout the length of the course. Portable toilets will be located at the Start/Finish Area and at each hydration station.

The AACR Philadelphia Marathon, the Dietz & Watson Philadelphia Half Marathon, and the Rothman Orthopaedics 8K are all certified by the USATF and RRTC. The AACR Philadelphia Marathon is a qualifier for the Boston Marathon.

RULES

• All persons entering the secured zone will be required to wear a COVID-19 prevention mask covering both their nose and mouth. Security personnel will deny entry to all persons not wearing this mask. Runners may remove their mask in the corral to warm up and prepare for their race.

• Only runners, event staff/vendors, runner guides, wheelchair handlers and emergency personnel will be permitted to enter the secured zones at the start & finish areas. A limited number of spectators will be permitted inside C/P #E-5 (Kelly Drive).

• Runners should be prepared to show their race bib and vaccination verification wrist band to security personnel. The wristband must be worn continuously throughout race weekend and should not be removed.

• In the event the vaccination verification wrist band is lost or damaged, individuals should be prepared to re-present their proof of full vaccination and ID to the information tent location outside the secure race zone on race day.

• Participants must follow and stay on the course and remain on proper side of roads as directed.

• Unofficial entrants are not permitted on the course.

• Only runners, walkers, and push-rim and handcycle wheelchairs are allowed on the course. All chairs must be equipped with brakes, and wheelchair competitors must wear helmets and attach two fluorescent flags (orange preferred) to the back of their chair, 6 feet high from the ground.
• No participants going backwards, animals, bicycles, baby strollers, baby joggers, roller skates, scooters, or skateboards allowed. All spectator bikers will be removed from the course.

• All participants must maintain at least a 16-minute per mile pace throughout the course.

• Bib numbers must be worn on the front chest of your outermost layer at all times, secured at all four corners.

• The timing device is part of your bib, and must be worn as instructed to ensure accurate results (see page 33).

• SAG Vehicles will rove the course and be located at water stops. Please go to a water stop when you want to board a SAG vehicle.

• 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.

COMPLETING ANOTHER DISTANCE

Registered runners will be officially timed in the event for which they registered OR any shorter distance. You will wear your originally-assigned bib and receive the appropriate shirt for that original event. We will use the times recorded by your score tag as you cross each timing mat in the shorter event to calculate your time. You do not need to notify us of your decision to run a shorter event. Participants who run a distance that is longer than their registered event will NOT be included in the official results.

TIME

The time limit for the AACR Philadelphia Marathon is seven hours (7:00), or a 16 minute-per mile-pace. The time limit for the Dietz & Watson Philadelphia Half Marathon course is three hours and 30 minutes (3:30), or a 16-minute-per-mile pace. For safety purposes, participants not maintaining at least a 16-minute-mile pace will be asked to use sidewalks/paths along the course. The Rothman Orthopaedics 8K also has a 16-minute-per-mile pace.
WEATHER

Race Weekend falls within an especially beautiful time of year, with autumn well underway and temperatures averaging around 45°F/7.2°C at start time and about 54°F/12°C at the finish.

RUNNER TRANSPORTATION (SAG)

SAG will provide a ride to the medical tent in the Start/Finish Area near 24th and Spring Garden Streets, and emergency medical responders will attend to any medical needs.

EMERGENCY CONTACT INFORMATION

Write your full name, emergency contact information, and any allergies or health conditions you have on the back of your race bib. Please be sure to print information clearly.

RACE SCORING & TIMING

This year’s races, the AACR Philadelphia Marathon, the Dietz & Watson Philadelphia Half Marathon, and the Rothman Orthopaedics 8K, will utilize the Chronotrack B-Tag – a single use bib tag - to record each runner’s official time. In order to receive an accurate time, please make sure your bib is:

• Clearly visible on the front of your torso
• Unaltered and unmodified (do not fold or wrinkle)
• Pinned in all four corners
• Not covered (jackets, runner belts, water bottles, etc.)

No activation of the timing device is necessary.

QR CODES

As long as your mobile phone has QR code reader software, you can scan a picture of the code on your runner’s bib and link to the results page for official race timing. Results can also be found on www.PhiladelphiaMarathon.com.
Race day is more than just the race itself. It’s also about what you can do leading up to the start that will allow you to have a great experience throughout the entire 26.2 mile, 13.1 mile, or 8K distance.

BEFORE THE RACE

Pick up your vaccination verification wrist band, bib number, race packet.
There is no race-day bib number pick up. Race packets can be picked up at the Health & Fitness Expo on Friday (Noon-9:00 p.m.) or Saturday (9:00 a.m.-5:00 p.m.).

Visit the start area.
If you are driving, you’ll want to map your route and select a parking location in advance (partial list on Page 37). The 22nd and 23rd Street entrances from Route 676 will be closed, so please plan an alternate route. If you are staying at a hotel in Center City, do a test walk from the hotel to the start line. Your pre-race visit to the start area is also a great time to run the famed “Rocky” steps at the Philadelphia Museum of Art and take a picture with the Rocky statue!

Review your corral placement.
Participants will be started in waves by color corrals (map on page 18) to reduce any bottlenecks. Your wave corral will be walked to the start line, and once the horn for your color sounds, you can take off! Please bring any corral placement issues to the Solution Center at the Health & Fitness Expo.

Choose your course and eat a good meal.
Participants of the Philadelphia Marathon Weekend have an opportunity to experience the city and carbo-load before the big race. For a list of restaurants, go to www.visitphilly.com/food-drink/

Review the security procedures.
Be sure to read over all of the details and view an enhanced Start/Finish Area map on page 18. Only clear bags will be allowed in the secure zone – this applies to runners.
Dress for success.
Race day isn’t for experiments, so wear your tried and trusted gear — not something new. Dress in layers. If you plan on wearing a “throwaway” shirt, toss it into the receptacles marked for clothing to the left of the corrals. All discarded clothing will be donated. If you decide to bring extra clothing, pack it in your runner bag and check it into the UPS gear check trucks in Eakins Oval.

Drop your bags at gear check.
You can check your gear on any truck – trucks will not be loaded by bib number. Look for the brown UPS trucks near the back of the corrals to check your gear. After the race, display your gear check identification wristband to the volunteers, and your items will be returned to you.

Only clear bags will be accepted at gear check. When checking your gear, you will be given two matching wristbands and a sticker. The wristbands and sticker will have your truck number and individual bag number on them.

- Attach one wristband to your bag and give your bag to the gear volunteer.
- Keep the second wristband and sticker with you. You will need these to find your truck and claim your bag at the end of the race.

*There will be male/female changing tents near the UPS gear trucks after the races.

Line up in your color corral.
You have been placed in a color corral based on the expected finish time you provided when you registered. The colored strip on your bib is your corral color. Your corral color is extremely important, so please respect the process and line up accordingly.

Runners may remove their masks upon entering the corrals to warm up and prepare for their race.

Sunrise on race days
Saturday, November 20: 6:52 a.m.
Sunday, November 21: 6:53 a.m.
**Stay hydrated.**
One of the most important steps for runners to take on race day is to properly hydrate, both before and during the race. On Sunday, take advantage of the pre-race water located in Eakins Oval.

Lemon-Lime Gatorade is available at all water stations for the full marathon and half marathon. Look for the green Gatorade cups.

Gatorade Energy Gels® are available for the full marathon (past mile 11, and before mile 18 and past mile 22). (see full list of hydration stations on page 38).

**Enjoy the sights of Philadelphia along the course.**
City Hall, Ben Franklin’s burial site, Independence Hall, China Town’s Friendship Gate, the Liberty Bell, the Philadelphia Zoo, Boathouse Row, many Fairmount Park monuments and more are within the first 13.1 miles. The final half of the Marathon will take you along Kelly Drive, through Fairmount Park, and into Manayunk, before bringing you back along the Schuylkill River to the finish line.

**Recycle and compost.**
Water bottles and plastics are being recycled in blue bins. Cups, as well as banana and orange peels, are compostable in yellow bins. Excess clothing should be discarded on the outside edge of the corral so it can be collected and donated following the race.

**Runner Tracking**
The AACR Philadelphia Marathon, Dietz & Watson Philadelphia Half Marathon and Rothman Orthopaedics 8K offer runner tracking as runners cross timing equipment on the course. Go to www.philadelphiamarathon.com/tracking to sign up.
PARKING INFORMATION

Paid Lots
1. 23rd & Cherry Streets, Patriot Parking, Inc., (215) 751-9696 – Closed on Sundays
2. 22nd & Walden Streets, SP+ Parking, (215) 568-4025
3. 23rd & Arch Streets, Central Parking System, (215) 563-3650

Paid Garages
4. 222 North 20th Street, Standard Parking, (215) 448-1391
5. 1815 Cherry Street, LAZ Parking, (215) 567-3744
6. 16th & Race Streets (Sheraton Hotel), Standard Parking, (215) 196-0293
7. 1815 JFK Boulevard, Patriot Parking, Inc., (215) 405-0790
8. 1901 JFK Boulevard, Central Parking System, (215) 568-4018
9. 1700 Benjamin Franklin Parkway, The Windsor Suites, (215) 569-0899
10. 36 S. 19th Street, Central Parking System, (215) 561-1187 *

The Philadelphia Marathon Weekend has no direct relationship with any of the companies listed. Some lots are available for parking despite no attendant upon entering, with payment upon exit.

* Indicates parking facility not shown on map
FLUID STATION

Fluid Stations will be set up at the race start and finish and throughout the length of the course.

Lemon-lime flavored Gatorade will be offered in green cups, along with water. Additionally, Gatorade Energy Gels will be available after mile 11, before mile 18 and after mile 22 on the marathon course.

Saturday, November 20 – Dietz & Watson Philadelphia Half Marathon
1. Columbus Blvd. & Race Street – Mile 2.3
2. Front Street & Washington Ave. – Mile 4.2
3. Juniper & Walnut Streets – Mile 6.2
4. 33rd & Market Streets – Mile 7.6
5. Reservoir Drive (Smith Memorial Playground) – Mile 10.4
6. Kelly Drive just past Girard Ave. Bridge overhead – Mile 12.0
   (also serves as the Fluid Station for Rothman 8K)

Sunday, November 21 – AACR Philadelphia Marathon
1. Columbus Boulevard & Race Street – Mile 2.8
2. Front Street & Washington Ave. – Mile 3.7
3. 6th & Walnut Streets – Mile 5.1
4. 31st & Walnut Streets – Mile 7.1
5. 34th Street & Fairmount Avenue – Mile 8.5
6. Avenue of the Republic at Carousel House – Mile 10.2
7. Lansdowne Dr. @ Sweetbriar Lane, just after traffic circle – Mile 11.8
8. Edgley Drive @ Power Corps Headquarters Building – Mile 14.4
9. Kelly Drive & Fountain Green – Miles 15.8 & 24.8
10. Kelly Drive & Ferry Street – Miles 17.8 & 22.3
11. Main Street & Ridge Avenue – Miles 18.9 & 21.3
12. Main & Cotton Streets, Winnie’s LeBus – Miles 19.8 & 20.2
Our top priority has always been the safety of all event participants, volunteers, staff, and spectators.

Runners will experience strict security measures. On both Saturday and Sunday, the Start/Finish area along the Benjamin Franklin Parkway and Eakins Oval will be a secure zone.

Everyone, no exceptions, will have to be screened in order to enter the Start/Finish area.

The start of the race will not be delayed due to lines at security checkpoints.

What are the security/entry guidelines for Race Day?
(Runners, event staff/vendors ONLY)
• 22nd St. & Benjamin Franklin Parkway (north and south sides)
  (Volunteers use north side)
• 24th St. & Park Towne Place
• 25th & Kelly Drive
• 23rd St. & Pennsylvania Avenue
• MLK Drive Ramp (inbound) @ Eakins Oval (south side)

The race Start/Finish area between 22nd St. & 25th St. on the Benjamin Franklin Parkway / Eakins Oval will be a secure zone.Everyone will be screened in order to enter the Start/Finish area.
• Arrive early so you have time to get through security entrances
  (Open at 5:00 a.m.)
• Plan ahead, allowing enough time to get through designated entry checkpoints.
• Before entering the security checkpoint, each runner should have their bib visible and fastened on the chest of their attire.
• All bags are subject to inspection.
• Only clear plastic participant bags will be accepted at Gear Check.
• Runners should arrive with the event-issued gear check tag (top of bib tear-off strip) affixed to their bags.
• Runners should take care of personal needs and join your corral before the first wave starts.
**Prohibited items:**

- Weapons and contraband of any kind (regardless of permitting). This will include firearms, knives, pepper spray, etc. **NOTE:** Right-to-Carry permits will not be honored and weapons will not be permitted into the venue.
- Fireworks (includes flammable liquids, fuels or explosives)
- Suitcases
- Bulky items or packages larger than 12”x12”x6”
- Containers (glass, aluminum or otherwise) that can hold more than 1 liter of liquid. (Water bottles are permitted).
- Alcohol
- Illegal drugs or illicit substances of any kind
- Bicycles or scooters (bikes/scooters may be parked outside the venue, in the protected Bike Valet zone on River Field, 24th Street & south side of Eakins Oval - Checkpoint #4)
- Facial costume masks of any kind (except religious headwear).

**NOTE:** All persons entering the secured zone will be required to wear a COVID-19 prevention mask covering both their nose and mouth. Security personnel will deny entry to all persons not wearing this mask.

- Small Unmanned Aircraft Systems (sUAS/Drones)
- Selfie sticks
- Large umbrellas
- Animals or reptiles (dogs and cats are permitted)

**Discouraged items:**

- Large blankets, comforters or sleeping bags
- Backpacks, handbags or shoulder bags of any kind (clear plastic participant bags are permitted)
- Props (includes flagpoles, military or fire gear, sporting equipment or other hard objects)
- Coolers
- Action cameras
**NOTE:** Only runners, event staff/vendors, and emergency personnel will be permitted to enter the secured zones at the start & finish areas. A limited number of spectators will be permitted inside C/P #E-5 (Kelly Drive).

**NOTE:** All runners entering the venue will be screened via walk-through magnetometers, and/or by security agents equipped with hand-held magnetometers.

**NOTE:** All items being carried into the venue will be thoroughly searched by security agents at each checkpoint.

*All items deemed dangerous or inappropriate will be confiscated or denied access at the sole discretion of security personnel.*

**Weather and Safety Alerts**

While the (Philadelphia Marathon Weekend) will be held rain or shine, in the event of severe weather or other occurrences, information will be made available. Sign up for free emergency alerts by texting RunPHL to 888-777, follow @PhilaOEM on Twitter or visit www.phila.gov/ready
GET YOUR 2021 GEAR AT THE OFFICIAL MERCH STORE IMMEDIATELY AFTER BIB & SHIRT PICKUP
FINISH LINE ETIQUETTE
As a courtesy to those finishing behind you, please keep moving once you cross the finish line. Proceed through the chute, where you’ll be given a face mask (if needed), Heatsheet® and medal, then to post-race replenishment, followed by gear retrieval.

MEDALS & FINISHER CERTIFICATES
All AACR Philadelphia Marathon, Dietz & Watson Philadelphia Half Marathon, and Rothman Orthopaedics 8K finishers will receive a medal. Runners who participated in the Independence, Freedom, Patriot or Liberty Bell Challenge will pick their challenge medal up at the Challenge Medal tent located in front of the runner food tent. You will be able to download and print your finisher certificate on our website after the race.

RECOVERY AREA
The post-race recovery area will provide water, refreshments, and medical assistance if necessary. This area is for race participants only, and you must show your bib number for entry.

GEAR PICK UP
Following the race, retrieve your gear at the UPS Gear Trucks on the south side of Eakins Oval. If needed, use the nearby tents to change your clothes. You will need your bib number to pick up your gear.

RUNNER REUNION AREA
The runner reunion area is located between the 2300-2400 block on Pennsylvania Ave. Alphabetical markers will be set up to guide runners on where to meet family/friends after the race. This is outside Eakins Oval.

FINISHER MERCHANDISE
Stop by one of our two official merchandise tents in to pick up your Philadelphia Marathon Weekend finisher gear. One tent will be in Eakins Oval near the Finish area and the second located near the runner reunion area of Pennsylvania Ave in the spectator zone.

LOST & FOUND
For Runners, go to the information booth located inside Eakins Oval. Spectators go to the information tent located on the South East Corner of 22nd Street and Benjamin Franklin Parkway, across from Park Towne Place.
CHEERS TO ALL BEER RUNNERS

AFTER RACE PARTY!
Sunday Nov 21st 11am-1pm

URBAN SALOON
2120 Fairmount Ave.
Philadelphia, PA 19130

First 100 Runners
Enjoy A Complimentary Michelob Ultra
To receive must be 21+ and show proof of Race Bib
There is a special group of runners – known as “LEGacies” – who reflect the history, strength, and staying power of the AACR Philadelphia Marathon. Through grit and grace, these road warriors have been with our marathon every (or nearly every) step of the way, participating in at least 15 of our 24 marathons.

The Philadelphia Marathon LEGacy Runner’s Club officially began in 2012 as a small club of two members, and has expanded over the last five years to include 10 committed Philadelphia Marathoners. This year, the LEGacy program has evolved yet again, establishing tiers of participation beginning with 15-year participants.

Second-tier members include runners who have participated in 20 Philadelphia Marathons, either consecutive or cumulative. The highest distinction, Charter Membership, is reserved for those who have run every edition of the Philadelphia Marathon since 1994.

We recognize our LEGacies who give true meaning to the word marathon!

- **Bob Koen**, Charter LEGacy Member – 25
- **Mark Sullivan**, Charter LEGacy Member – 25
- **David Thomas**, Honorary Charter Member
- **Jesse Robbins** – 24
- **Maria Schaller** – 24
- **Arthur Scott** – 23
- **Joseph “Chip” Bearden** – 22
- **Robert Boyd** – 21
- **Gaeten Domenic** – 21
- **Sharon Hagy** – 18
- **Gary Greenblatt** – 17
- **Karen Stevenson** – 16
- **Lauri Fauerbach** – 16

If you qualify, we encourage you to inquire about our LEGacy Runner’s Program. Celebrate your achievements and connect with the AACR Philadelphia Marathon family. Visit www.PhiladelphiaMarathon.com for details.
GREEN INITIATIVES
It takes a great deal of hard work and planning to produce a sustainable event, but the Philadelphia Marathon Weekend is committed to setting an example for the surrounding community and other races when it comes to environmental responsibility. We continue to make strides to reduce the event’s carbon footprint by implementing green initiatives that reduce waste, reuse resources and recycle materials.

Help make this a more sustainable event by:
• Walking, biking, or taking SEPTA to get around the city
• Asking your hotel to not change your sheets and towels with each cleaning service
• Visiting local businesses to support local production and reduce our carbon footprint
• Depositing your mylar heat sheets on your way out so they can be recycled

Some of the earth-saving steps we are taking behind the scenes:
• Using e-cards instead of paper for discount offers
• Transitioning to a digital runner bag to reduce use of paper and other material
• Encouraging runners to register online
• Offering information on our website encouraging participants to travel around Philadelphia by public transportation
• The Pennsylvania Convention Center, which hosts the Expo, performs single stream recycling to divert waste from landfills.
• The expansion of the Pennsylvania Convention Center achieved LEED® certification in 2011
Here’s what we do on the course to be a more sustainable event:

- Donating all excess food from the race to those in need with the help of Philabundance
- Recycling cardboard and plastics on the race course and at the Finish Line
- Eliminating the use of Styrofoam throughout the event
- Setting up waste stations at the start/finish line and providing volunteers to help with sorting waste for composting and recycling
- Recycling excess runners’ medals
- Recovering runners’ clothing at the race day starting line to donate to local charitable organizations
- Donating excess food products such as water and/or runners’ snacks to local shelters, charitable organizations, recreation programs, school groups and other competitive race organizations
- Monitoring course and emergency functions primarily through the use of bicycles, scooter units, and ATVs, minimizing the carbon footprint as compared to fuel-guzzling vehicles and ambulances
(Title Partner) American Association for Cancer Research (AACR)
Join the American Association for Cancer Research (AACR) Runners for Research team and put more meaning into your miles!

As the first and largest cancer research organization dedicated to accelerating the conquest of cancer, the AACR has been making progress against cancer for nearly 115 years. Without research, there are no treatments or cures for patients, and with more than 49,000 members worldwide, the AACR brings together the greatest minds in cancer science to defeat all types of cancer.

Become part of a community that trains and runs together, all while raising funds for an important cause. AACR Runners for Research team members receive perks such as AACR Runners for Research swag, access to the team tent on race day, and race registration reimbursement.

88 cents of every dollar donated to the AACR supports lifesaving cancer research.

2021 AFFILIATE CHARITIES

Achilles International, Philadelphia Chapter
We enable athletes with disabilities to participate in mainstream athletics.
Contact: Natalie Tine | 215-761-1431 | Website: www.phillyachilles.com

ALS Association Greater Philadelphia Chapter
The mission of The ALS Association Greater Philadelphia Chapter, is to discover treatments and a cure for ALS, and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest.
Contact: Taylor Montgomery | Website: www.alsphiladelphia.org
**Association for Frontotemporal Degeneration (AFTD)**
The Association for Frontotemporal Degeneration (AFTD) is a national nonprofit working to improve the quality of life of people affected by Frontotemporal Degeneration (FTD) and drive research for a cure. FTD is the most common dementia for people under 60. Currently, there are no treatments and there is no cure.

Contact: Bridget Graham | Website: www.theaftd.org

**Back on My Feet**
Back on My Feet, a national organization operating in 12 major cities coast to coast, combats homelessness through the power of running, community support and essential employment and housing resources.

Contact: Marikate Taylor | Website: www.backonmyfeet.org

**Bike & Build**
Through service-oriented cycling trips, Bike & Build benefits affordable housing and empowers young adults for a lifetime of service and civic engagement. We envision future generations who are committed to a lifetime of civic engagement and who inspire individuals and communities to create fair, decent housing for all.

Contact: Lauren Hamilton,
Associate Director of Outreach and Communications / 267-331-8488 | Website: www.bikeandbuild.org

**The Children’s Heart Foundation (Michigan Region)**
We are a group of volunteers that formed in 2010 to support The Children’s Heart Foundation’s mission of funding the most promising research to advance the diagnosis, treatment, and prevention of congenital heart defects (CHDs).

Contact: Don Mayack / 248-252-6639 | Website: www.childrensheartfoundation.org
Cholangiocarcinoma Foundation (CCF)
The mission of the Cholangiocarcinoma Foundation (CCF) is to find a cure and improve the quality of life for those affected by bile duct cancer. CCF provides patient education and advocacy, funds research, and hosts two annual international conferences for patients and healthcare professionals.

Contact: Meredith McGuffage | Website: www.TeamCCF.org

Community Partnership School
Community Partnership School is now in its 15th year of providing a high quality and affordable early childhood and elementary school alternative in Philadelphia.

Contact: Katie Lieberman | Website: www.cpsphilly.org

Delaware Valley Chapter of the National Alzheimer’s Disease and Related Disorders Association
The Delaware Valley Chapter of the National Alzheimer’s Disease and Related Disorders Association serves eight counties in SE Pennsylvania, Southern New Jersey and Delaware.

Our mission: The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision: A world without Alzheimer’s and all other dementia™.

Questions: Maggie Shope / 215-399-9153

Join the team: http://act.alz.org/R2R2021

DetermiNation - The American Cancer Society
DetermiNation is an endurance training program that empowers people to find their extraordinary and complete an endurance race while raising funds to help save lives threatened by every cancer in every community. With access to professional training, an unparalleled community of support, and inspiration every step of the way, DetermiNation will help you cross the finish line of your race.

Contact: Michael Brady / 215-985-5364 | Website: determination.acsevents.org
Emily’s Entourage
Emily’s Entourage accelerates research and drug development for nonsense mutations of Cystic Fibrosis.

By providing critical leadership and coordination, Emily’s Entourage drives high-impact research, cultivates multi-stakeholder collaboration, and facilitates information exchange to speed breakthroughs. Our goal is singular: to expedite life-saving treatments and a cure for those with nonsense mutations of CF who are waiting with bated and fading breath.

Contact: angelamarks39@gmail.com | Website: www.emilysentourage.org

The Emily Whitehead Foundation
The Emily Whitehead Foundation is a non-profit organization committed to raising funds to invest in the most promising pediatric cancer research, providing support to pediatric cancer patients, and promoting awareness through education and sharing inspiring stories.

Contact: vincent@emilywhiteheadfoundation.org | Website: www.emilywhiteheadfoundation.org

Girls on the Run
Girls on the Run is a positive youth development program for girls in 3rd-8th grade. We teach life skills through interactive lessons and running games, culminating with a celebratory 5K. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

Contact: Colleen Howard | Website: www.gotrphiladelphia.org/solemates

IM ABLE
The mission of the IM ABLE Foundation is to remove obstacles that prevent people affected by disabilities from being physically active by providing grants, resources, fitness opportunities and motivation. We change attitudes about the potential of disabled individuals by redefining what is possible

Contact: Kelly Haldeman / 610-914-5515 | Website: www.imablefoundation.org
**Komera**
In Rwanda, “Komera” means “be strong, have courage.”

Komera develops self-confident young women through education, community development, and sport.

At Komera, we believe women are strong, powerful and full of potential. We use a holistic approach to development composed of three pillars, designed to provide opportunities for women to unleash their potential!

Contact: Lauren Mason, Director of Partnerships / 610-914-5515
Website: www.komera.org

**National Multiple Sclerosis Society**
Multiple Sclerosis involves an immune mediated process in which an abnormal response of the body’s immune system is directed against the central nervous system. The Society’s mission is to ensure people affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

Contact: Jennifer Revell / 212-453-3254 | Website: www.FinishMS.com

**Parkinson’s Foundation**
The Parkinson’s Foundation makes life better for people with Parkinson’s by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience, and passion of our global Parkinson’s community.

Contact: Lauren Ullrich / 646-388-7635
Website: www.parkinson.org/get-involved/Parkinsons-Champions/Philadelphia-Marathon
**Special Olympics Pennsylvania’s Philadelphia Program**

Special Olympics Pennsylvania provides year-round sports training and athletic competition for children and adults with intellectual disabilities. Through work in health, education, community building and sports, Special Olympics is addressing inactivity, injustice, intolerance and social isolation by encouraging and empowering people with intellectual disabilities.

Contact: Ckraven@SpecialOlympicsPA.org | Website: www.sopaphilly.org

**Start Giving Local**

At Start Giving Local, we are dedicated to improving community wellness. Our inclusive training & development programs help reduce economic stratification, foster career development, support local business, encourage entrepreneurship, & increase opportunity for underrepresented community members.

Contact: Kelly O’Connell / 415-857-0193 | Website: www.startgivinglocal.org

**Students Run Philly**

Serving 1,200 youth annually, the Students Run Philly Style mentoring model pairs youth grades 6-12 with volunteer mentors; they train alongside each other as they prepare for a full or half marathon. The result is youth who believe anything is possible.

Contact: Danny Burke / 267-730-3456 | Website: www.studentsrunphilly.org
JOIN OUR TEAM TO HELP RAISE AWARENESS AND FUNDS FOR CANCER RESEARCH.

Runners4Research.org