



AACR American Association
for Cancer Research®

★ PHILADELPHIA
MARATHON™

26.2 ★ 13.1 ★ 8K

OFFICIAL RACE GUIDE

★ 2 ★ 0 ★ 2 ★ 3 ★



meat us at the finish line.

PREMIUM MEATS  ARTISAN CHEESES

 **PHILADELPHIA
MARATHON**
26.2 ★ 13.1 ★ 8K



TABLE OF

CONTENTS



5
Race Weekend Schedule

12
Health & Fitness Expo

14-15
Seminar Series

16
Nemours Children's Run

18
Eakins Oval Map/Corral Map

20
Rothman Orthopaedics 8K

22
Dietz & Watson
Philadelphia Half Marathon

24
AACR Philadelphia Marathon

28-29
Transportation

32
Non-Binary Initiatives

34-37
About the AACR Philadelphia
Marathon and Rules

39-42
Race Day Prep & Info

43-44
Cheer Zones

46-48
Safety Procedures

50
After the Race


51
For the Love of Running

53-54
Going Green


56-59
Partners and Affiliates

60-63
Ambassador Guide to
Race Weekend

CONNECT WITH US!

 @Philly_Marathon

 PhiladelphiaMarathon

 @Philly_Marathon

PhiladelphiaMarathon.com

We specialize
in *you*



For more info or to make an appointment,
visit RothmanOrtho.com

SCHEDULE



FRIDAY, NOVEMBER 17

Health & Fitness Expo

12:00 p.m. – 9:00 p.m.

Pennsylvania Convention Center, Hall F
12th & Arch Streets

SATURDAY, NOVEMBER 18

Dietz & Watson Philadelphia Half Marathon

6:55 a.m. – Push rim wheelchairs

7:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

Rothman Orthopaedics 8K

10:55 a.m. – Push rim wheelchairs

11:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

Nemours Children's Run

On-site registration and family activities begin at 9:00 a.m.

Races begin at 12 noon inside Eakins Oval

22nd Street & Benjamin Franklin Parkway

Health & Fitness Weekend Expo

9:00 a.m.–5:00 p.m.

Pennsylvania Convention Center Hall F
12th & Arch Streets

SUNDAY, NOVEMBER 19

AACR Philadelphia Marathon

6:55 a.m. – Push rim wheelchairs

7:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

GREETINGS



Dear Philadelphia Marathon Weekend participants:

On behalf of the City of Philadelphia, I am honored to welcome you all to the 30th running of the AACR Philadelphia Marathon!

Since 1994, participants from around the world have traveled to Philadelphia to embark on 26.2 miles that are encapsulated with rich culture, favorable terrain, and breathtaking vistas of Fairmount Park and City skyline.

This edition of the AACR Philadelphia Marathon is exceptionally meaningful, as we celebrate the 30th anniversary of Philadelphia's racing tradition. Over the years, this race has evolved and grown to become one of the top ten marathons in the country, with a record number of participants in 2023 representing a diverse group from over 50 countries that we are honored to host.

Looking back on the history of this great race, it is evident that our leadership has and will continue to strive to offer an elevated experience for all participants, by making the Philadelphia Marathon Weekend accessible and inclusive to all athletes regardless of physical abilities, race, or gender.

Family, friends, and residents will line the course, eager to cheer you on, because you are all champions, and there's nothing Philadelphians love more than champions.

Months of hard work and preparation have brought you to this moment and I wish you all the best of luck, and I hope you all have a memorable experience in the City of Philadelphia.

***Sincerely,
Mayor Jim Kenney,
City of Philadelphia***



WELCOME



Hello Runners,

Welcome to Philadelphia and welcome to the 2023 Philadelphia Marathon Weekend! This year we celebrate the 30th running of the Philadelphia Marathon. This weekend will be full of exciting events including the Philadelphia Marathon Health & Fitness Expo, the Nemours Children's Run, the Rothman Orthopaedics 8K, the Dietz & Watson Philadelphia Half Marathon, AACR Philadelphia Marathon. We know that you will have a fun, safe, inclusive and quality experience throughout the race weekend.

This year we wanted to highlight that our 30th year also brings the highest registration in race history. We are excited about this growth and will look to continue to grow the race in the future. We would not be able to achieve this growth without the support of our athletes, partners, and stakeholder community. We are excited to announce that we have renewed agreements with our four title sponsors; AACR, Dietz and Watson, Rothman Orthopaedics, and Nemours Children's Health, who are committed to support the future growth of the Philadelphia Marathon Weekend.

We also want to take a moment to acknowledge the dedication and commitment to inclusion that our team has brought to this year's race by expanding our non-binary inclusion practices and policies to create a more gender-expansive framework for this year's race and a roadmap for years to come.

Finally, we'd like to issue a huge thank you to our executive team and our partners who helped to make this race happen, their commitment to creating a quality experience shows through every aspect of this event. We know you have many races to choose from and we humbly thank you for selecting the Philadelphia Marathon Weekend as your race of choice. Good luck and see you all at the start line.

Sincerely Yours,

David G. Wilson

Deputy Managing Director

General Services, Arts and Events

Kathleen Titus

2023 AACR Philadelphia

Marathon Race Director



CANCER RESEARCH SAVES LIVESSM

As the title partner of the Philadelphia Marathon, the American Association for Cancer Research (AACR) is proud to work alongside the City of Philadelphia to promote health, wellness, and cancer research.



**JOIN OUR TEAM TO HELP RAISE
AWARENESS AND FUNDS FOR CANCER RESEARCH.**

AACR.org/Runners

WELCOME



Welcome Back Runners!

The American Association for Cancer Research (AACR) is thrilled to be back for its seventh year as 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 first and largest cancer research organization dedicated to accelerating the conquest of cancer, the AACR has been making progress against cancer for over 115 years. 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. To date, the AACR has awarded over \$545 million in grants, and with your support we can achieve even greater milestones. Your miles and donations mean more grants for scientists, more clinical trials, and more cancer cures.

I'd especially like to thank the AACR Runners for Research who are participating in this year's race. Comprised of cancer survivors, caregivers, and anyone who is passionate about defeating this disease, this year's AACR Runners for Research team has raised over \$475,000 on behalf of the AACR. And although we are a global organization with 54,000 members in over 131 countries, the AACR is headquartered right here in Philadelphia, making this race especially meaningful. We could not be prouder to be the title partner of the 2023 AACR Philadelphia Marathon.

It's not too late to show your support with a donation to help propel the next wave of discoveries to benefit cancer patients and their families everywhere. Go to AACR.org/Marathon to contribute today.

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 and Vice President of Development
American Association for Cancer Research***

SPONSORS & PARTNERS



American Association
for Cancer Research®





We'll keep
you hydrated.

Sincerely,
ACME®

The Official Supermarket and Water
of Philadelphia Marathon Weekend

STOP BY ACME
FLUID STATIONS

Spend more time training and
order your groceries online.

Get delivery or  DriveUp&Go™

Visit [ACMEmarkets.com](https://www.ACMEmarkets.com)

HEALTH AND FITNESS

EXPO



Please be sure to bring government-issued photo ID with you. We require a government-issued ID to verify the athlete's name only, and to make sure that the name on the athlete's ID matches that on the athlete's registration.

If a representative is picking up your race materials, you must provide them with your bib number and a copy of your government-issued photo ID (a copy of your ID is sufficient). They will also need to show their own government-issued photo ID.

FRIDAY, NOVEMBER 17

12:00 p.m.–9:00 p.m.

Pennsylvania Convention Center, Hall F 12th & Arch Streets

SATURDAY, NOVEMBER 18

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 (bib, race shirt, athlete's bag, etc.).
- Purchase your official 2023 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.

NEMOURS CHILDREN'S ZONE AT THE HEALTH & FITNESS EXPO

The Nemours Children's Zone offers an assortment of interactive games and activities for the whole family to enjoy, including face painting and arts and crafts on Friday (12 p.m. to 9 p.m.) and Saturday (9 a.m. to 5 p.m.)

The Philadelphia Marathon Weekend requests that all entrants to the Marathon Expo refrain from bringing any large bags (backpacks, duffel bags, suitcases, etc.) to the Pennsylvania Convention Center. We request that these items remain at your home, place of work or hotel room. All bags that enter the Expo are subject to inspection.

HEALTH AND FITNESS

EXPO EXHIBITORS

OFFICIAL PARTNERS	BOOTH NO.	OFFICIAL PARTNERS	BOOTH NO.
AACR	80	Michelob ULTRA	84
ACME	51	Nemours	59
ASICS/Philadelphia Runner	85	Nuun	87
Clif Bar	53	Rothman Orthopaedics	83
Cohen Produce	50	Runur	86
Dietz & Watson	82	US Cold Storage	60
FORD	89	Yakult	88

EXHIBITORS	BOOTH NO.
AARP	34
Atlantic City Marathon Series	38
Bill Rogers	69
Charm City Run	75
Core Power	45
DNA Hairtools	37
Dynamic Recovery & Restore	63
FALKE	64
FEM Protein Powder	36
Flip Belt	43
Grandma's Marathon	5
h2d Socks	32
Infinity Pax	56
Lasik Plus	6
LOVE RUN PHILLY	35
Medtronic	62
Nathan Sports	39
National Guard Comp. Events Team	9
National Kidney Donation Organization	33
National Running Center	1
NYCRUNS Brooklyn Half Marathon	42
Philadelphia Runner	30
Race Dots	44
Reflect Events Entertainment	66
Renewal by Andersen	7
Rock 'n' Roll Running Series	65
Slow AFRunning Club	55
soundcore by ANKER	46
WonderPax	48
Wyndham Destination	52

SEMINAR SERIES



FRIDAY, NOVEMBER 17, 2023

12:30–1:30 – Speaker Series

Jared Ward, Aliphine Tuliamuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Moderator: Bart Yasso
Upfront and Personal with Jared, Aliphine & Lauren (Rear Center)

1:45–2:45 – Meet & Greet

Jared Ward, Aliphine Tuliamuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Concourse Area (Hall F)

2:15–3:00 – Speaker Series

Ross Martinson & Mark Sullivan

Philadelphia Runner Elite Coordinator

Pacing for your Best Race and Course Overview (Rear Center)

3:15–4:00 – Speaker Series

Bart Yasso **Marathoner, Author, Past Editor – Runner’s World**

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

4:15–4:45 – Meet & Greet

Bart Yasso **Marathoner, Author, Past Editor – Runner’s World**

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

4:15–5:00 – Speaker Series

Chris Koch **Farmer/Adaptive Athlete/Traveler**

“If I Can.” Making the most of what you have, instead of worrying about what you don’t have (Rear Center)

5:15–6:15 – Speaker Series

Jared Ward, Aliphine Tuliamuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Moderator: Bart Yasso
Upfront and Personal with Jared, Aliphine & Lauren (Rear Center)

6:30–7:30 – Meet & Greet

Jared Ward, Aliphine Tuliamuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Concourse Area (Hall F)

7:00–7:45 – Speaker Series

Mark Sullivan **Charter Philadelphia Marathon Legacy Member iRun-iCoach**

The Course: What You Need to Know (Rear Center)

SEMINAR SERIES



SATURDAY, NOVEMBER 18, 2023

10:00–10:45 – Speaker Series

Bart Yasso **Marathoner, Author, Past Editor – Runner’s World**

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

11:00–11:45 – Speaker Series

Chris Koch Farmer/ Adaptive Athlete/Traveler

“If I Can.” Making the most of what you have, instead of worrying about what you don’t have (Rear Center)

12:00–1:00 – Speaker Series

Jared Ward, Aliphine Tuliemuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Moderator: Bart Yasso
Upfront and Personal with Jared, Aliphine & Lauren (Rear Center)

1:15–2:15 – Meet & Greet

Jared Ward, Aliphine Tuliemuk & Lauren Fleshman

Olympians and Professional Elite Marathoners Concourse Area (Hall F)

2:15–3:00 – Speaker Series

Mark Sullivan

Charter Philadelphia Marathon Legacy Member iRun-iCoach

The Course: What You Need to Know (Rear Center)

Bring your new or gently used shoes (running, casual, dress, adult, kids) to the packet pickup/Health and Fitness Expo and donate them in the used shoe collection bin near the bib pick up area. Your used shoes will be kept out of our local landfills and help with the Ukrainian refugee crisis.

Shoes will be shipped to Hungary and Poland to help with the Ukrainian refugee crisis and a donation will be made to Students Run Philly Style for each pair of shoes donated.

Thank you for your support in helping the environment and those in need.



RUN

**SATURDAY, NOVEMBER 19**

12 noon - Races begin (rain or shine) in Eakins Oval.

9:00 a.m. - On-site registration (Nemours Children's Run only!)

9:00 a.m. - Family activities begin 12 noon - Races begin
Eakins Oval, Entry Fee \$15 per participant (cash only)

Join us for the Nemours Children's Run, short distance, and non-competitive events for youngsters five years to 12 years of age. Each age group will enjoy dashes, half mile or full mile distances on the Benjamin Franklin Parkway on

Waivers are required and will be available on site. On-site registration is available for the Nemours Children's Run only (\$15 per participant; cash only).

Because this run is all about fun, athletes will not be timed.

Dashes (children ages 5-12): The Nemours Children's Run activities will include a series of short distance dashes, beginning at noon. Each age group will have a separate race with age-appropriate distances. Participants will receive special goodies and giveaways.

Mile and Half Mile Fun Runs (children ages 6-12): Mile and Half Mile races will begin immediately following the dashes. Participants will get the thrill of running on the AACR Philadelphia Marathon course! Participants will receive a finisher medal and t-shirt.

To join the run, children must have a parent or guardian present. Adults are not allowed to take part in the race.

Please note:

There will be no shuttle service this year from the Health & Fitness Expo.

(For Saturday only) Pre-registered children for the Nemours Children's Run can pick-up their bibs at Eakins Oval. You do NOT need to go to the Health & Fitness Expo for packet pickup for the Nemours Children's Run. This only applies to the Nemours Children's Run event.

**He's already amazing.
And he's just
getting started.**



[Learn More](#)

Proud sponsor of the
Nemours Children's Run during the
Philadelphia Marathon Weekend.

★ EAKINS OVAL MAP ★





2023 Ford Mustang Mach-E® SUV

Official Auto & Pace Car of the Philadelphia Marathon Weekend

Charged Up for Race Day.

Ford

LEARN MORE

ROTHMAN 8K



SATURDAY, NOVEMBER 18

Rothman Orthopaedics 8K

10:55 a.m. – Wheelchairs/Handcycles

11:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

COURSE RECORDS

Men: Isaac Korir, Time: 22:29 (2012)

Women: Gotytom Gebreslase, Time: 25:08 (2017)

Non-binary: Ashley Zenerovitz, Time: 49:11 (2022)

AGE GROUP AWARDS

Age group awards (list below) will be given to the top five finishers in the men's and women's categories and the top three finishers in the non-binary category.

12 to 15	35 to 39	60 to 64
16 to 19	40 to 44	65 to 69
20 to 24	45 to 49	70 to 74
25 to 29	50 to 54	75 to 79
30 to 34	55 to 59	80+



HALF MARATHON



SATURDAY, NOVEMBER 18

Dietz & Watson Philadelphia Half Marathon

6:55 a.m. – Wheelchairs/Handcycles

7:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

COURSE RECORDS

Men: James Ngandu, Time: 1:02:14 (2019)

Women: Vicoty Chepngeno, Time 1:07:21 (2021)

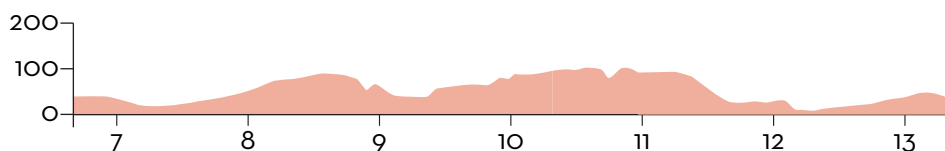
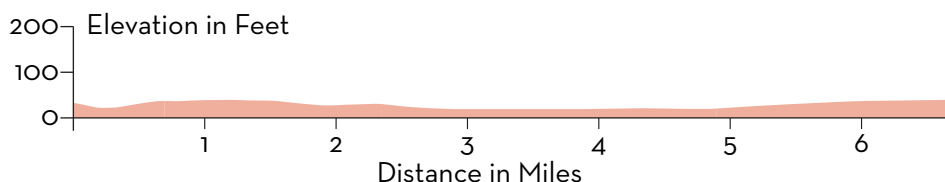
Non-binary: Austin Clime, Time: 1:29:45 (2022)

AGE GROUP AWARDS

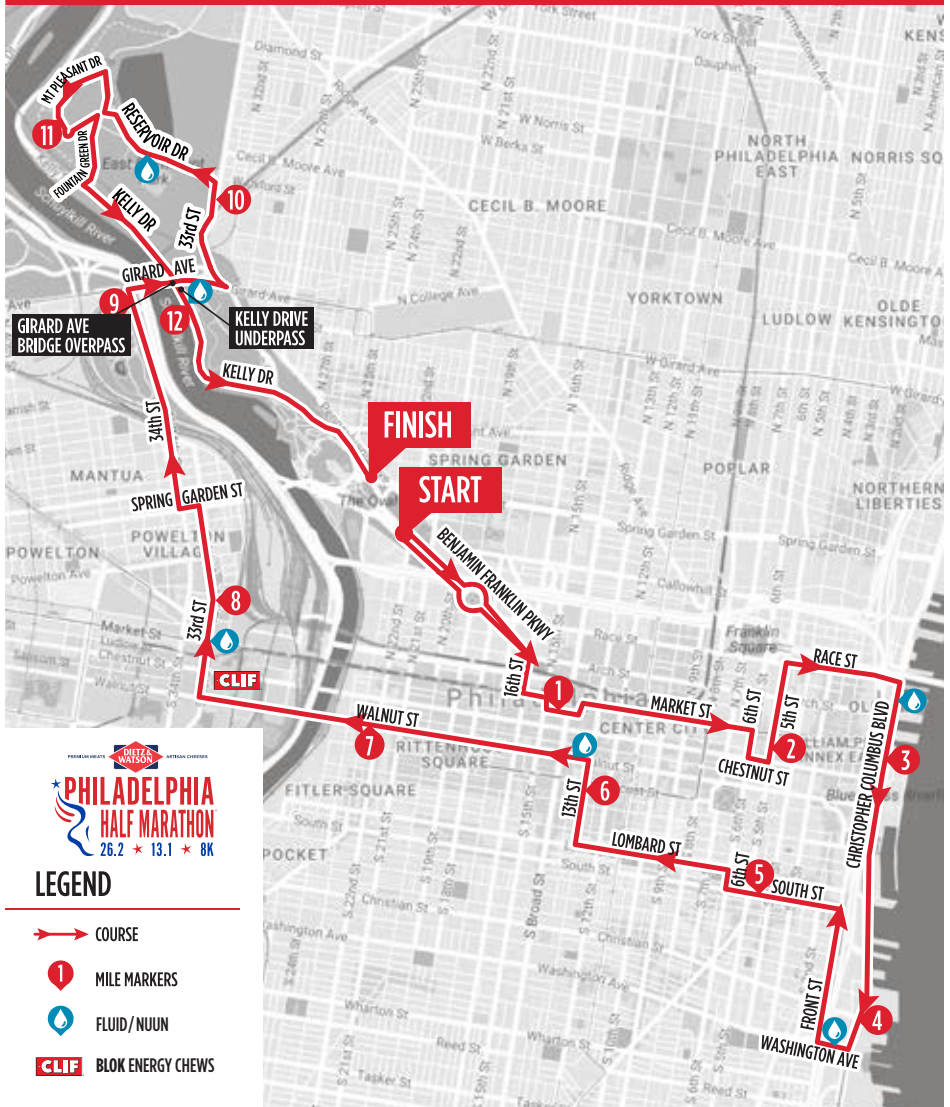
Age group awards (list below) will be given to the top five finishers in the men's and women's categories and the top three finishers in the non-binary category.

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

HALF MARATHON ELEVATION MAP



★ HALF MARATHON COURSE MAP ★



AACR

FULL MARATHON



SUNDAY, NOVEMBER 19

AACR Philadelphia Marathon

6:55 a.m. – Wheelchairs/Handcycles

7:00 a.m. – Athletes

22nd Street & Benjamin Franklin Parkway

COURSE RECORDS

Men: Mike Chesire, Time 2:13:27.48 (2021)

Women: Leslie Sexton, Time 2:28:33 (2021)

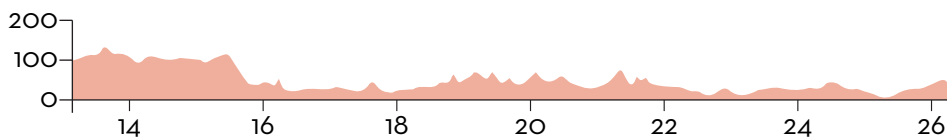
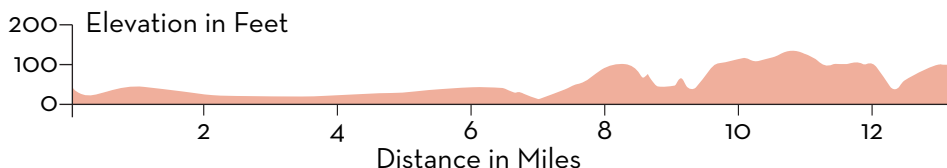
Non-binary: Winter Parts, Time 2:39:53 (2022)

AGE GROUP AWARDS

Age group awards (list below) will be given to the top five finishers in the men's and women's categories and the top three finishers in the non-binary category.

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

FULL MARATHON ELEVATION MAP



★ FULL MARATHON COURSE MAP ★





THE WORLD'S BEST PET PARENTS CHOOSE NULO

LEARN MORE





Emma Bates



GEL-KAYANO® 30

Stability Never felt better.



Makenna Myler

★ TRANSPORTATION ★

2023 SHUTTLE SCHEDULE

Shuttle bus service will be available Saturday and Sunday for race participants and spectators who are staying in or near a host hotel, or are coming in from public transit. Hotels will be grouped together for the morning pick-up as well as the post-race return trips. Race participants will receive priority boarding over spectators (runners – please be sure your bib is clearly visible).

Write your bus loop/route on the back of your bib so that you catch the correct bus post-race.

Only service animals will be allowed on buses.

Saturday & Sunday Pickup (5 a.m. to 6 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.

Route A (on Broad & Arch Sts) and

Route B (13th & Filbert Sts).

Pickup points for the following:

SEPTA Market-Frankford line, Aloft Philadelphia Downtown, Le Meridien Philadelphia, Hilton Garden Inn Philadelphia Center City, Loews Philadelphia Hotel, Philadelphia Marriott Downtown, Notary Hotel-Autograph Collection, Residence Inn Philadelphia City Center

Route C (on Broad & Locust Sts). Pickup points for the following:

PATCO line, Cambria Hotel & Suites Philadelphia, Doubletree Hotel by Hilton Hotel Philadelphia Center City, Ritz Carlton Philadelphia

Route D (at 1800 Market St): Pickup points for the following:

Sofitel Philadelphia at Rittenhouse Square, Sonesta Philadelphia at Rittenhouse Square, Hyatt Centric Philadelphia

NOTE: There is no shuttle service from the Courtyard Philadelphia City Avenue, Logan Philadelphia's Hotel, Sheraton Philadelphia Downtown, The Windsor Suites or the airport.

★ TRANSPORTATION ★

Saturday return loops (8:30 a.m. to 2 p.m.)

Return buses will pick up at 24th Street & Park Towne Place (where you will be dropped off in the morning), beginning at 8:30 a.m. and will run continuously until 2:00 p.m.

A and B Routes - Drop off at Broad & Arch St

C and D Routes - Drop offs at Broad & Sansom Sts and 1800 Market St

Sunday return loops (9:30 a.m. to 3 p.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.

A and B Routes - Drop off at Broad & Arch St

C and D Routes - Drop offs at Broad & Sansom Sts and 1800 Market St

BIKE VALET AT THE PHILADELPHIA MARATHON WEEKEND

Bike Valet at the 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 are:

Saturday: November 18, 2023 - 5:00 a.m. until 2:00 p.m.

Sunday: November 19, 2023 - 5:00 a.m. until 2:00 p.m.



PARKING INFORMATION

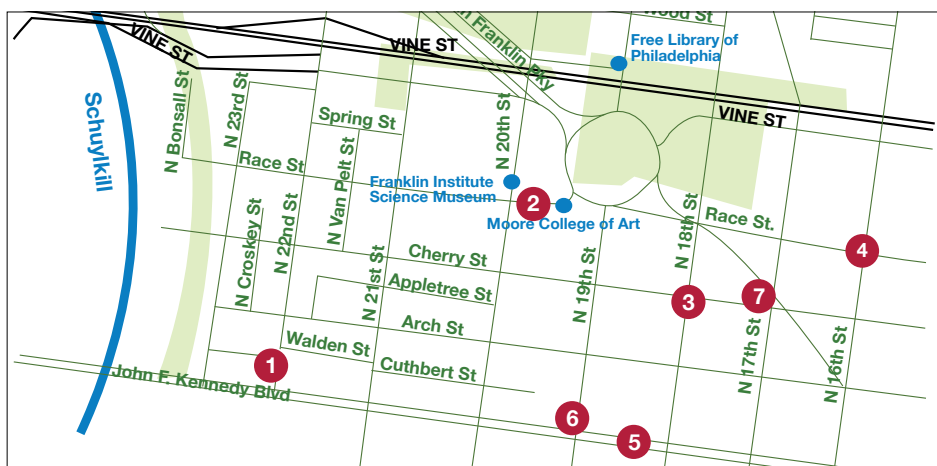
Paid Lots

1. 22nd & Walden Streets, SP+ Parking, (215) 568-4025

Paid Garages

2. 222 North 20th Street, Standard Parking, (215) 448-1391
3. 1815 Cherry Street, LAZ Parking, (215) 567-3744
4. 16th & Race Streets (Sheraton Hotel), Standard Parking, (215) 196-0293
5. 1815 JFK Boulevard, Patriot Parking, Inc., (215) 405-0790
6. 1901 JFK Boulevard, Central Parking System, (215) 568-4018
7. 1700 Benjamin Franklin Parkway, The Windsor Suites, (215) 569-0899
8. 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

PROUD
SPONSOR
OF THE
PHILADELPHIA
MARATHON
WEEKEND



AACR American Association
for Cancer Research[®]
★ PHILADELPHIA
MARATHON[™]
26.2 ★ 13.1 ★ 8K

ENJOY RESPONSIBLY
©2023 Anheuser-Busch, Michelob Ultra[®] Light beer, St. Louis MO
[35 calories, 2.6 carbs, 0.6g protein and 0.0fat, per 12oz.]

★ 2023 NON-BINARY INITIATIVES ★

NON-BINARY PARTICIPATION

The Philadelphia Marathon Weekend has expanded its gender diversity, equity, and inclusivity efforts to include non-binary participation in all races to meet the needs of our growing gender-diverse community and provide access and opportunity for all. We prioritize diversity, equity, and inclusivity to ensure all athletes can thrive and compete in a welcoming and safe environment.

Initiatives for 2023 include:

- Race weekend results display Men, Women, and Non-binary gender identity categories. Participants' race results reflect the gender identity category selected at registration.
- All prizes and awards at the non-elite level for all 2023 Philadelphia Marathon Weekend races will be equally distributed across the three gender categories of competition.
- Non-binary time qualifiers for athletes to gain entry into the Sub-Elite First Corral have been updated.
- Once again, Philadelphia Marathon Weekend will offer all-gender restrooms at both its indoor and outdoor events. All-gender restrooms are available inside the Pennsylvania Convention Center, along the race course and at the finish line for all weekend events.
- All-gender changing areas and the private lactation stations for chestfeeding athletes will be located at the finish line along the race course. These areas will be monitored throughout the race weekend by security who have gone through sensitivity training to ensure that they remain a safe space for all participants.
- For this year, the Philadelphia Marathon Weekend Health and Fitness Expo will reorganize official race merchandise in a more gender-expansive way focusing on product style and fit rather than gender.

Expanding non-binary participation is another step in our ongoing journey to support the needs of our gender-diverse athlete community. As we move forward, we are committed to working with subject matter experts, the community, and industry leaders to continue to enhance our operations to meet evolving industry standards and stay at the forefront of progress.

The City of Philadelphia will launch a community engagement process in 2024 to consider potential Philadelphia-specific changes to future Philadelphia Marathon Weekend Races to insure our continued commitment to inclusion.



**start
hydrated**
with **nuun**

Exclusive Offer!



OUR HISTORY

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 athletes 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 2023, the race is flourishing with over 30,000 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 Nemours Children's Run to enhance the experience.

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 athletes.



FISCAL AGENT AND CHARITABLE IMPACT

The Philadelphia Marathon Weekend is supported by our fiscal agent, the Philadelphia City Fund. PCF provides fiduciary oversight, financial management, technical assistance, and other administrative services to support the success of the Marathon.

The Philadelphia Marathon is the Philadelphia City Fund's only program that generates unrestricted revenue, a portion of which is allocated for grantmaking to support the Philadelphia community each year. Through its Community Fund, PCF invests those proceeds in charitable projects that improve the quality of life for our residents. The Philadelphia Marathon Weekend is proud of its partnership with the Philadelphia City Fund and the impact of PCF's signature community-focused grantmaking initiative.

COURSE INFORMATION

The course is fast, with digital splits at the 5K, 10K, 15K, 13.1 miles, 30K, 40K 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

- Only athletes, event staff/vendors, athlete guides, wheelchair handlers and emergency personnel will be permitted to enter the secured zones at the start & finish areas prior to 8 a.m.

NOTE: Spectators will NOT be permitted into the secure running area until 8:00 a.m. on both Saturday and Sunday. Spectators may enter at any of the following gates: #E-1 & #E-2 (22nd & Benjamin Franklin Parkway), #E-3 (Pennsylvania Avenue at Spring Garden Street), #E-4 (24th Street & Park Towne Place), #E-5 & #E-5-A (25th Street & Kelly Drive) and #E-6 (Spring Garden Street Bridge ramp (east bound at Eakins Oval). See race map for details.



- Athletes should be prepared to show their race bib to security personnel.
- 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 athletes, 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.
- Due to safety concerns, handcrank bikes are not permitted at any of the 2023 Philadelphia Marathon Weekend events.
- 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.
- 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.



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.

ATHLETE 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.

Athlete Tracking

Do you want to follow a friend, family or loved one as they run during the Philadelphia Marathon Weekend? Sign up for athlete tracking at www.philadelphiamarathon.com/tracking



RACE SCORING & TIMING

The AACR Philadelphia Marathon, Dietz & Watson Philadelphia Half Marathon and the Rothman Orthopaedics 8K, will utilize the Chronotrack B-Tag – a single use bib tag – to record each athlete’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, athlete 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 athlete’s bib and link to the results page for official race timing. Results can also be found on www.PhiladelphiaMarathon.com.

Bring your new or gently used shoes (running, casual, dress, adult, kids) to the packet pickup/Health and Fitness Expo and donate them in the used shoe collection bin near the bib pick up area. Your used shoes will be kept out of our local landfills and shipped to Hungary and Poland to help with the Ukrainian refugee crisis.

For each bin of shoes collected a donation will be made to Students Run Philly Style.

Thank you for your support in helping the environment and those in need.



PREP & INFO



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 bib number and 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 30). 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.

Sunrise on race days

Saturday, November 18: 6:49 a.m.

Sunday, November 19: 6:50 a.m.

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 athletes and spectators.



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 to the Salvation Army. If you decide to bring extra clothing, pack it in your athlete's bag and check it into the UPS gear check trucks in Eakins Oval.*

Drop your bags at gear check.

Gear check is provided free of charge located on the southside of Eakins Oval.

Only clear bags (such as the runner bag we are providing) will be accepted at the gear check stations.

You are free to use any of the trucks at gear check (but be sure to write down the truck number on the back of your bib).

Be sure to affix the event-issued gear check tag (top of bib tear-off strip) to your bag. Also be sure to enclose complete contact information inside your race bag in case we need to contact you on where you can pick up your bag after race weekend. The Philadelphia Marathon Weekend is not responsible for any unclaimed, stolen, or lost items.

Gear check hours:

Saturday, November 18

Dietz & Watson Philadelphia Half Marathon and Rothman Orthopaedics 8k
5:00 a.m. to 1:00 p.m.

Sunday, November 19

AACR Philadelphia Marathon
5:00 a.m. to 3:00 p.m.



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.

Stay hydrated.

One of the most important steps for athletes 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 NUUN is available at all water stations for the full marathon and half marathon. Look for the blue NUUN cups.

CLIF BLOK Energy Chews are available for the AACR Philadelphia Marathon (past mile 11, before mile 18 and past mile 22) and the Dietz & Watson Philadelphia Half Marathon (before mile 8).

(see full list of hydration stations on page 42).

Enjoy the sights of Philadelphia along the course.

City Hall, Ben Franklin's burial site, Independence Hall, the Liberty Bell, the Philadelphia Zoo, Boathouse Row, the "Rocky" steps, 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 to the Salvation Army following the race.



HYDRATION STATIONS

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

Nuun Lemon Lime Endurance will be offered in blue & white cups, along with water from ACME Markets. Additionally, there will be CLIF BLOKS energy chews right before the mile 8 water station for the Dietz & Watson Philadelphia Half Marathon and past mile 11, before mile 18 and past mile 22 for the AACR Philadelphia Marathon.

Saturday, November 19 - Dietz & Watson Philadelphia Half Marathon

1. Columbus Boulevard south of Race Street - Mile 2.3
2. Front Street & Washington Avenue - 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 Avenue - Mile 12.0
(also serves as the Hydration Station for Rothman 8K)

Sunday, November 20 - AACR Philadelphia Marathon

1. Columbus Boulevard south of Race Street - Mile 2.8
2. Front Street & Washington Avenue - 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 Belmont Avenue - Mile 10.2
7. Lansdowne Drive @ Sweetbriar Lane, just after traffic circle - Mile 11.8
8. Edgley Drive before 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
13. Finish Line, Benjamin Franklin Parkway - Mile 26.2

CHEER ZONES



Saturday, November 18

ART MUSEUM

Start Line, Benjamin Franklin Parkway

It's officially Race Weekend! Get warmed up and meet us on the course for the start of the half marathon.

Columbus Blvd and Dock Street

Front Street & Washington Avenue

2nd & South Street

6th & Lombard Street

Broad & Walnut Street

17th & Walnut Street

33rd & Walnut Street

33rd and Market Street

34th and Girard Avenue (Philadelphia Zoo)

Reservoir Drive and 33rd Street (Fairmount Park)

Mt. Pleasant Drive (between Mt. Pleasant Mansion and Rockland Mansion)

Fountain Green & Kelly Drive

Girard/Natural Bridge on Kelly Drive

Bring your new or gently used shoes (running, casual, dress, adult, kids) to the packet pickup/Health and Fitness Expo and donate them in the used shoe collection bin near the bib pick up area. Your used shoes will be kept out of our local landfills and help with the Ukrainian refugee crisis.

Shoes will be shipped to Hungary and Poland to help with the Ukrainian refugee crisis and a donation will be made to Students Run Philly Style for each pair of shoes donated.

Thank you for your support in helping the environment and those in need.





Sunday, November 19

Start Line, Benjamin Franklin Parkway

Rise and shine! Meet us at the starting line to help get our runners off on the right foot as they begin their journey!

9th and Arch Street

Columbus Blvd and Dock Street

2nd & South Street

6th and South Street

Broad & Walnut Street

17th & Walnut Street

22nd and Walnut Street

33rd & Walnut Street

34th and Girard Avenue (Philadelphia Zoo)

Lansdowne and 41st Street (Near Memorial Hall)

Front of Memorial Hall/Please Touch Museum/Avenue of the Republic

States Drive and Avenue of the Republic (Mann Music)

Shofuso Japanese House (back end) Lansdowne and Horticultural Drives

Reservoir Drive and 33rd Street (Fairmount Park)

Ridge & Main Street

Diamond & Reservoir Drive

Kelly Drive & Ferry Road

Girard/Natural Bridge on Kelly Drive

Athlete Tracking

Do you want to follow a friend, family or loved one as they run during the Philadelphia Marathon Weekend? Sign up for athlete tracking at www.philadelphiamarathon.com/tracking



THE OFFICIAL STORE OF THE AACR PHILADELPHIA MARATHON

**GET YOUR 2023 GEAR
AT THE OFFICIAL MERCH STORE
IMMEDIATELY AFTER
BIB & SHIRT PICKUP**

**CHECK ONLINE FOR
FINISHER EXCLUSIVES**
store.philadelphiamarathon.com



SAFETY PROCEDURES



Security/Entry guidelines for the 2023 Philadelphia Marathon Race Days (Saturday & Sunday):

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.

Entrances:

- #E-1 (22nd and Benjamin Franklin Parkway - southside)
- #E-2 (22nd and Benjamin Franklin Parkway - northside)
- #E-3 (Pennsylvania Avenue at Spring Garden Street)
- #E-4 (24th Street and Park Towne Place)
- #E-5 & #E-5-A (25th Street and Kelly Drive)
- #E-6 (Spring Garden Bridge ramp at Eakins Oval)

- On both race days, the race Start/Finish area between 22nd Street and 25th Street; Benjamin Franklin Parkway / Eakins Oval / Kelly Drive, will be a secure zone.
- Arrive early so you have time to get through security checkpoint entrances (Open at 5:00 AM).
- 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 to the front 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 the bib, tear off strip) affixed to their bags.
- Runners should take care of personal needs and join your corral before the first wave starts.

NOTE: Spectators will NOT be permitted into the secure running area until 8:00 a.m. on both Saturday and Sunday. Spectators may enter at any of the following gates: #E-1 & #E-2 (22nd & Benjamin Franklin Parkway), #E-3 (Pennsylvania Avenue at Spring Garden Street), #E-4 (24th Street & Park Towne Place), #E-5 & #E-5-A (25th Street & Kelly Drive) and #E-6 (Spring Garden Street Bridge ramp (east bound at Eakins Oval). See race map for details.



2023 Philadelphia Marathon Weekend

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 & baby bottles are permitted). NOTE: Other than baby bottles, NO glass containers of any size 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: Persons entering the secured zone may wear a COVID prevention mask covering both their nose and mouth. Security personnel will NOT deny entry to persons wearing this mask.
- Small Unmanned Aircraft Systems (sUAS/Drones)
- Selfie sticks
- Props (includes flagpoles, military or fire gear, sporting equipment or other hard objects)
- Coolers (hard sided; plastic, metal, etc.). NOTE: Soft sided coolers ARE PERMITTED! Must be hand searched at the entry gate.
- Large umbrellas (i.e., Beach Umbrellas)
- Animals or reptiles (Exception: ADA defined service animals (only dogs; refer to [ADA fact sheet](#) on our website) are permitted for spectators only. No animals are allowed on the race course(s))



Discouraged Items

- Large blankets, comforters or sleeping bags.
- Backpacks, handbags or shoulder bags of any kind (clear plastic participant bags are permitted)
- Action cameras
- Athletes will be permitted to enter the secure zone with a hydration vest. However, the bladders in the vest must be empty (no fluids permitted). The hydration vest must be carried into the venue, not worn. Since security must check the vest, the runner will have to step out of line and remove and/or empty the vest (away from the checkpoint entry point) and then re-enter the line in order to gain admittance to the secure zone. Please carry the empty vest through the security line. After being admitted to the secure zone, athletes will be able to fill the vest at the water station next to the entrance to the Painted Street, near the corrals.

Notes:

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

Runners, event staff/vendors, and emergency personnel will be permitted to enter the secured zones at the start & finish areas. Spectators will not be permitted to enter the secured zone at any entrance, prior to 8:00 AM.

All persons entering this venue will be screened via walk-through magnetometers, and/or by security agents equipped with hand-held magnetometers.

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

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



EverCrisp[®]

**CRUNCHIER.
JUICIER.**
Fresher.
Longer.

**LOOK PAST
THE PEEL**



AFTER THE

RACE



FINISH LINE ETIQUETTE: As a courtesy to those finishing behind you, please keep moving once you cross the finish line. Proceed through the chute, 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.

Athletes 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 athlete's 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.

ATHLETES REUNION AREA: The athletes reunion area is located between the 2300-2400 block on Pennsylvania Ave. Alphabetical markers will be set up to guide athletes on where to meet family/friends after the race.

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 South Viewing Area.

LOST & FOUND: For athletes and spectators, go to the information booth located inside Eakins Oval.

FOR THE LOVE OF

RUNNING



A LOOK AT OUR AACR PHILADELPHIA MARATHON LEGACY RUNNERS

There is a special group of runners – known as “Legacy Runners” – 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 29 marathons.

The Philly Marathon first recognized Mark Sullivan and Bob Koen as charter legacy runners in 2008. Since then, the Legacy Runners Program has expanded by establishing tiers of participation beginning with 15-year participants and now including runners who have completed 20 and 25 Philadelphia Marathons, either consecutive or cumulative. The highest distinction, Charter Membership, is reserved for those two who have run every edition of the Philadelphia Marathon since 1994.

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

- **Mark Sullivan**
- **Bob Koen**
- **Jesse Robbins**
- **Arthur Scott**
- **Joseph ‘Chip’ Bearden**
- **Maria Schaller**
- **Gaeten Dominic**
- **Robert Boyd**
- **Sharon Hagy**
- **Bob Mina**
- **Gary Greenblatt**
- **Scott Quitel**
- **Karen Stevenson**
- **Lauri Fauerbach Adams**
- **Bill Conway**
- **Bill Bosmann**
- **Amy Ehrenzweig**
- **Dave Weiss**
- **Brian Gatens**
- **Britt Miller**
- **Jim Clark**

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.

THE BEST RUNNING GEAR IN PHILLY



RUNUR ATHLETICS





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 athlete's bag to reduce use of paper and other material
- Encouraging athletes 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 racecourse 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 athletes' medals
- Recovering athletes' clothing at the race day starting line to donate to local charitable organizations
- Donating excess food products such as water and/or athletes' 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

Bring your new or gently used shoes (running, casual, dress, adult, kids) to the packet pickup/Health and Fitness Expo and donate them in the used shoe collection bin near the bib pick up area. Your used shoes will be kept out of our local landfills and help with the Ukrainian refugee crisis.

Shoes will be shipped to Hungary and Poland to help with the Ukrainian refugee crisis and a donation will be made to Students Run Philly Style for each pair of shoes donated.

Thank you for your support in helping the environment and those in need.





UNITED STATES COLD STORAGE

PROUD SPONSOR



JOIN THE TEAM

HAVE A COOL JOB

United States Cold Storage is the premiere choice for refrigerated warehousing services, catering to the nation's top food producers.

We continually seek exceptional individuals to join our team. For further details, we invite you to visit our booth at the upcoming race expo or explore opportunities at uscold.com/careers.

Best wishes to all the dedicated runners from the "Best in Cold"!

PARTNERS AND AFFILIATES



(Title Partner) Founded in 1907, the **American Association for Cancer Research (AACR)** is the world's first and largest professional organization dedicated to advancing cancer research and its mission to prevent and cure cancer.

With a fundraising goal of \$600,000, you're invited to join and/or support the AACR Runners for Research team during the 2023 Philadelphia Marathon Weekend. These funds will directly support the AACR's mission to prevent and cure cancer through: Research, Education, Communication, Collaboration, Science Policy and Advocacy, and Funding for Cancer Research.

Become part of a community that puts more meaning in their miles by raising funds for lifesaving cancer research and receive various race weekend perks!

[Learn more about AACR Runners for Research benefits](#)

2023 CHARITY AFFILIATES

Achilles International

Achilles' mission is to enable people with all types of disabilities to participate in mainstream athletics, promote personal achievement, enhance self-esteem, and lower barriers to living a fulfilling life.

The Philadelphia chapter promotes volunteerism within the community by pairing athletes with disabilities with guides that can help them train for and participate in races such as the Philadelphia Marathon Weekend.

Contact: Natalie Tine / 215-761-1431

Website: www.phillyachilles.com

The Alzheimer's Association (Delaware Valley Chapter)

The Alzheimer's Association leads the way to end Alzheimer's and all other dementias by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. The Delaware Valley Chapter of the Alzheimer's Association serves the greater Philadelphia area, the Lehigh Valley, Southern New Jersey, and the full state of Delaware.

Contact: Catherine McCarthy / 908-217-8309

Website: www.alz.org/delval



The Association for Frontotemporal Degeneration

The Association for Frontotemporal Degeneration (AFTD) is the leading national nonprofit working to improve the quality of life of people affected by frontotemporal degeneration (FTD) and to drive research to bring hope for a world with compassionate care, effective support, and a future free of this disease.

Contact: Bridget Graham / 267-758-8649

Website: www.theaftd.org

B Inspired Philadelphia

B Inspired Philadelphia provides after-school programming to Philadelphia's most under-resourced schools and two summer camps in North Philadelphia.

Philadelphia school district students learn important skills and tools to be champions of their own well-being through innovative programs like fitness and finance and enjoy cultural programming through B Inspired partnerships with institutes like the Philadelphia Ballet and The Barnes Foundation.

Contact: Schuyler Nunn / 215-290-4188

Website: www.binspiredphiladelphia.org

Cystic Fibrosis Research Fund Inc. (Emily's Entourage)

Emily's Entourage speeds lifesaving research and drug development for individuals in the final 10% of the cystic fibrosis (CF) community that do not benefit from currently available mutation-targeted therapies, including those with nonsense mutations of CF.

Contact: Laura DiTrapano / 267-261-0707

Website: www.emilysentourage.org

Girls on the Run Philadelphia

Girls on the Run (GOTR) is a transformational physical activity-based positive youth development program for girls in 3rd-8th grade. GOTR teaches life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5K running event.

Since its inception in 2012, GOTR has served over 5,000 girls in Philadelphia, primarily under-resourced.

Contact: Colleen Howard / 202-321-9100

Website: www.gotrphiladelphia.org



Parkinson's Foundation

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

The mid-Atlantic chapter serves Philadelphia by providing both virtual and in-person educational programs. Go to www.Parkinson.org/MidAtlantic and view the regional impact sheet for more info.

Contact: Zach Omer / 763-317-1308

Website: www.parkinson.org

Philadelphia Youth Basketball

Philadelphia Youth Basketball (PYB) is a community-built youth empowerment organization that leverages the iconic game of basketball to help today's urban youth overcome the most urgent and systemic issues facing underserved communities.

PYB has proudly served over 5,000 young people since 2015.

Contact: Julia Silvasy / 215-205-8827

Website: www.phillyyouthbasketball.org

Starfinder Foundation

Starfinder is a sports-based youth development organization using soccer to inspire social change and transform the lives of youth from underserved neighborhoods in Philadelphia.

Through soccer, mentoring, and an environment that challenges and supports, Starfinder helps youth cultivate their athletic, creative, and academic talents and chart a pathway to a bright future.

Contact: Zane Schultz / 321-427-9695

Website: www.starfinderfoundation.org



Students Run Philly Style

Students Run Philly Style transforms students' lives through running and mentorship. We pair volunteer mentors with teams of students to inspire them to push themselves further than they ever imagined. Their goal: the completion of a full or a half marathon. The courage and effort required, the unfailing support of a caring mentor and the thrill of its ultimate achievement results in a student who knows anything is possible.

Contact: Danny Burke / 708-254-1505

Website: www.studentsrunphilly.org

Athlete Tracking

Do you want to follow a friend, family or loved one as they run during the Philadelphia Marathon Weekend? Sign up for athlete tracking at www.philadelphiamarathon.com/tracking



RACE WEEKEND

★ 2 ★ 0 ★ 2 ★ 3 ★

INTRO:

Philadelphia Marathon Weekend Ambassadors have been there, seen it all, and know what they love around this city. Here are some of our Ambassadors top picks when it comes to coffee shops, places to eat, sights to see, and things to do while you're visiting the City of Brotherly Love.

FAVORITE COFFEE SHOP: LA COLOMBE**3 Philly Locations:**

- Rittenhouse Square: 130 South 19th Street, Philadelphia
- Fishtown: 1335 Frankford Ave, Philadelphia
- Dilworth Plaza: 1414 South Penn Square, Philadelphia

"The atmosphere is great and their breakfast items are delicious!"

Recommended by:

Corey Wallace, 2022 & 2023 Ambassador, PA
 Robert Dietz, 2019 & 2022 Ambassador, NJ
 Bennett Brookstein, 2021 Ambassador, Philadelphia, PA
 Josue Manjarrez, 2021 Ambassador, NJ

FAVORITE BREAKFAST SPOT: SABRINA'S CAFE**3 Philly Locations:**

- Art Museum: 1804 Callowhill St, Philadelphia
- University City: 227 N 34th St, Philadelphia
- South Street: 2101 South St, Philadelphia

"Best breakfast around."

Recommended by:

Kristin Stokes, 2021 & 2023 Ambassador, PA
 Bennett Brookstein, 2021 Ambassador, Philadelphia, PA



FAVORITE LUNCH SPOT: READING TERMINAL MARKET

1136 Arch St, Philadelphia

*“They have so many different choices.
You can find almost any there!”*

Recommended by:

Bennett Brookstein, 2021 Ambassador, Philadelphia, PA
Rina Morrissey, 2021 & 2022 Ambassador, MD
Joe Garito, 2021 & 2022 Ambassador, PA

FAVORITE POST RACE MEAL SPOT: MARATHON GRILL

121 S 16th St, Philadelphia

1. *“It has the name marathon in it*
2. *The food is delicious*
3. *You won’t spend hours waiting for a table*
4. *They open early enough post race and offer a wide array of options for whatever you’re in the mood for!”*

Recommended by:

Jamie Rizzo, 2022 Ambassador, PA
Kristen Troy, 2022 Ambassador, DE

FAVORITE PRE RACE DINNER SPOT (NIGHT BEFORE): LA NONNA

214 South St, Philadelphia

*“A great family run restaurant
with delicious homemade pasta.”*

Recommended by:

Jamie Rizzo, 2022 Ambassador, PA
Gina O’Keeffe, 2018 & 2019 Ambassador, CA



FAVORITE SNACK SHOP: READING TERMINAL MARKET

“There are so many options for snacks, sweets, or meals! This is a great stop on expo day since it is next to the convention center where the expo is held!”

Recommended by:

Robert Dietz, 2019 & 2022 Ambassador, NJ
Jamie Rizzo, 2022 Ambassador, PA
Kristen Troy, 2022 Ambassador, DE

FAVORITE GEAR SHOP: PHILADELPHIA RUNNER

3 Philly Locations:

- City Center: 1711 Walnut Street, Philadelphia
- University City: 3621 Walnut Street, Philadelphia
- Manayunk: 4358 Main Street, Philadelphia

“Philadelphia Runner because they have many options and the staff is friendly and helpful.”

Recommended by:

Dustin Gavin, 2022 & 2023 Ambassador, Ottawa, CA
Corey Wallace, 2022 & 2023 Ambassador, PA
Jamie Rizzo, 2022 Ambassador, PA
Bennett Brookstein, 2021 Ambassador, Philadelphia, PA
Rina Morrissey, 2021 & 2022 Ambassador, MD
Joe Garito, 2021 & 2022 Ambassador, PA

FAVORITE SIGHT TO SEE: ROCKY AND THE ART MUSEUM STEPS

2600 Benjamin Franklin Pkwy, Philadelphia

Recommended by:

Corey Wallace, 2022 & 2023 Ambassador, PA
Kristin Stokes, 2021 & 2023 Ambassador, PA
Lisa M Swan, 2018 Ambassador, NY



FAVORITE MEMORY FROM RACE WEEKEND

“Meeting fellow racers and making new friends. Being an Ambassador enhanced my 2022 experience because I felt like I was running with family.”

Dustin Gavin, 2022 & 2023 Ambassador, Ottawa, CA

A MUST DO IN PHILLY

“Visit the Philadelphia Marathon Weekend Professional Ambassadors. Don’t be intimidated to talk to them if you see them at the Expo, finish lines, or just around. They are open to giving advice or suggestions if you tell them about your race. They also are an important part of our running community and, just like you and me, they love seeing every runner succeed!”

Robert Dietz, 2019 & 2022 Ambassador, NJ

THE BEST PART OF YOUR PHILLY MARATHON WEEKEND

Running with the community, how well organized the weekend was, and all of the supportive energy throughout the whole course.

Justin Ferguson, 2018 Ambassador, Canada

Joe Garito, 2021 & 2022 Ambassador, PA

Kristin Stokes, 2021 & 2023 Ambassador, PA



**CONGRATULATIONS
TO 30 YEARS!**

AACR American Association
for Cancer Research

**PHILADELPHIA
MARATHON**
30 YEARS RUNNING