DEAR READER,

Pittsburgh Three Rivers Marathon, Inc. (P3R) is proud to inspire lifelong, healthy habits in children through our Kids of STEEL program. This year, we have partnered with more than 120 schools and organizations throughout 10 Pennsylvania counties to encourage kids to log miles and taste new fruits, vegetables, beans and nuts.

An event record of 6,000 children are expected to run the Toyota of Pittsburgh Kids Marathon on May 2, 2015. As one of the 25 largest youth running events in the country, the Toyota of Pittsburgh Kids Marathon has grown 1,170% over a five-year period.

In 2015, we were pleased to be able to expand the reach of the program by launching Project R.U.N. (Reaching Underserved Neighborhoods). Through Project R.U.N., children in three community-based organizations received complimentary race registrations, coaching for this year’s race and nutrition education.

Kids of STEEL and Project R.U.N. would not be possible without the help of our generous supporters. We would like to give a special thank-you to Toyota of Pittsburgh, Giant Eagle, Eat’n Park, The Grable Foundation, Big Burrito Group, 7-Eleven and the Virginia A. McKee Fund for helping us encourage healthy living in our next generation.

SINCERELY,

PATRICE MATAMOROS
P3R CEO

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2015 SCHEDULE OF EVENTS

FRIDAY, MAY 1
11:00 a.m. - 8:00 p.m.
- GNC Live Well Pittsburgh Health and Fitness Expo, David L. Lawrence Convention Center

SATURDAY, MAY 2
8:00 a.m.
- UPMC Health Plan/UPMC Sports Medicine Pittsburgh 5K Run, Intersection of West General Robinson Street and Mazeroski Way

9:00 a.m. – 6:00 p.m.
- GNC Live Well Pittsburgh Health and Fitness Expo, David L. Lawrence Convention Center

9:30 a.m.
- Toyota of Pittsburgh Kids Marathon, West General Robinson street by PNC Park

11:30 A.M.
- Pittsburgh Toddler Trot, Point State Park

12:00 p.m.
- Purina Pro Plan Pittsburgh Pet Walk, Point State Park

9:00 a.m. - 1:00 p.m.
- Eat’n Park Finish Line Festival, Point State Park

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P3R would like to thank all the runners who graciously donated to Kids of STEEL when they registered for the DICK’S Sporting Goods Pittsburgh Marathon weekend of events. With a click of a button and donations of just $1, $5 or $10, they raised more than $18,000 for Kids of STEEL this year!

Pittsburgh Three Rivers Marathon, Inc. (P3R) is a nonprofit organization that is passionate about promoting the love of running and enhancing community access to health & fitness education and activities. Proud organizers of the DICK’S Sporting Goods Pittsburgh Marathon weekend of events, EQT Pittsburgh 10 Miler, GNC Live Well Liberty Mile, Kids of STEEL Program, American Development Program, Run For a Reason charity program and Steel City Road Runners.
**Arrival Time**

We suggest that runners arrive 30 minutes before their assigned wave start time. Race heat times are listed on [www.pittsburghmarathon.com/kids-marathon](http://www.pittsburghmarathon.com/kids-marathon). Find your school’s sign, and wait for volunteers to walk you to the start line!

**Parking**

Information on parking can be found on [www.PittsburghMarathon.com](http://www.PittsburghMarathon.com). Please plan on extra travel time to allow for race day traffic!

**Key**

- **Start**
- **Finish**

**Race Course**

- **Point State Park**
- **Finish Line Festival**

**Toyota of Pittsburgh Kids Marathon**

**Race Day Information**

**When?**

Saturday, May 2, 2015 – First wave starts at 9:30 a.m.

**Where?**

The Toyota of Pittsburgh Kids Marathon is a 1-mile course starting near PNC Park on West General Robinson Street and finishing at the official DICK’S Sporting Goods Pittsburgh Marathon finish line on Boulevard of the Allies!

**Don't Forget...**

Your race number and a water bottle (if you need it). This race is not timed, so please bring a timer if you’d like to track your speed! Kids of STEEL runners also should bring their training logs to the Kids of STEEL tent at the Finish Line Festival in Point State Park to pick up their Kids of STEEL Finisher prize!
In 2011, Kids of Steel participants earned enough miles to make 10 trips around the Earth.

Children earn miles throughout a 4-month training period to run the equivalent of a full marathon! (26.2 miles)

Kids of Steel participants hail from 120 schools and organizations in 10 counties throughout southwestern PA.

4,500 participants ran in the Toyota of Pittsburgh Kids Marathon in 2014. That’s a 1,100% growth since its first year!

Kids of Steel by the numbers

2-3 new healthy foods

As part of the Kids of Steel program, children taste new fruits, vegetables, beans and nuts each week.
### RECIPE

**THE GREAT GRILLED CHEESE**

**PREP TIME 8-10 MINUTES**  
**COOK TIME 5-8 MINUTES**  
**SERVING 1**  
**DATE ANYTIME, ANYWHERE**

**INGREDIENTS**
- 2 slices of whole-wheat bread
- 1/3 cup shredded part-skim low-moisture mozzarella cheese
- 1/4 cup minced onion
- 1-2 slices of tomato
- 1/4 tsp. garlic powder
- 3-6 chopped spinach leaves (or vegetable of your choice)

**DIRECTIONS**
- Preheat oven to 450°F.
- Lay one slice of whole-wheat bread on a baking sheet sprayed with nonstick cooking spray.
- Top bread with tomato slices and sprinkle garlic powder over tomatoes.
- Add spinach (or veggie of your choice), cheese and minced onion.
- Cover with the second slice of bread and bake for 5-8 minutes on each side.

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**LAST YEAR, JEFFREY EGGLESTON, 2011 DICK’S Sporting Goods Pittsburgh Marathon male champion, and Heather Kampf, 2012 and 2013 GNC Live Well Liberty Mile Female champion, had a blast with The Pirate Parrot! Pittsburgh mascots will be out on race day to cheer on Toyota of Pittsburgh Kids Marathon participants. Keep a look out for these mascots on race day:
- Smiley, courtesy of Eat’n Park
- Pirates Pierogies, courtesy of Pittsburgh Pirates
- Kenny the Kangaroo, courtesy of Kennywood
- Steely McBeam, courtesy of Pittsburgh Steelers
- Snickers the Horse, courtesy of What A Character! Mascots**

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**PAYING IT FORWARD**

Since 2011, P3R has given $17,000 back to Kids of STEEL participating schools through physical education grants. Money has been spent on gym equipment, a climbing wall, Xbox Kinect with dance games, pedometers and running club materials.

Congratulations to the 2015 PE grants winners: Pittsburgh Langley K-8 (Pittsburgh Public Schools), Marshall Elementary (North Allegheny), Washington Elementary (Mt. Lebanon), Slippery Rock Elementary (Slippery Rock) and New Brighton Elementary (New Brighton)!

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**RUN FOR A REASON**

The Run For a Reason charity program supports charities in fundraising by utilizing the DICK’S Sporting Goods Pittsburgh Marathon race weekend of events. This year, 25 children have taken on the fundraising challenge to help support a charity while participating in the 2015 Toyota of Pittsburgh Kids Marathon.

From advocating for animals, homeless and children with disabilities, Pittsburgh youth have caught the philanthropy bug and are soaring in their efforts. Last year, kids raised nearly $10,000!

No matter your age or cause, anyone can Run For a Reason.

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No matter your age or cause, anyone can Run For a Reason.
P3R wants to give every child the opportunity to participate in the Kids of STEEL program and run a “marathon,” regardless of health obstacles that stand in the way. On April 22, P3R had the opportunity to work with Children’s Hospital of Pittsburgh of UPMC and The Andy Warhol Museum to bring the Toyota of Pittsburgh Kids Marathon to patients at Children’s Hospital. Participants made 2.62 laps around a course to complete their “marathon” before creating a piece of artwork.

P3R is excited to be part of a team that is refurbishing the Willie Stargell Field in Homewood. The field hosts both baseball and football leagues for more than 300 children from May through November.

During the United Way’s ‘Day of Action’ on June 20, volunteers and city employees will work together to improve the field for the children of Homewood. Some of the projects include reseeding the baseball field, painting railings and the ‘Homewood Bulldogs’ mural, renovating the concession stand and repairing bleachers.

P3R likes to give back and support communities along the DICK’S Sporting Goods Pittsburgh Marathon course. Neighborhoods, like Homewood, contribute to the success and appeal of our race. In 2013, runners voted Homewood as the best neighborhood to run through during the race.

Collaborating partners for this special project include: PitUnited/United Way of Allegheny County, The City of Pittsburgh, Pirates Charities, Homewood Community Sports and Homewood Children’s Village.
THIS YEAR P3R is partnering with several community-based organizations throughout Allegheny County to bring the Kids of STEEL program to underserved communities – creating Project R.U.N. (Reaching Underserved Neighborhoods). The three sites selected to receive enhanced programming this year are: Bethany House Academy in Northview Heights, Homewood Children’s Village in Homewood and Hosanna House in Wilkinsburg.

OLYMPIC HOPEFULS and some of the best runners in the U.S. come to Pittsburgh each year to compete in races as part of P3R’s American Development Program. To inspire the next generation of runners, this year’s American Development Program ambassadors Clara Santucci and Tyler McCandless are corresponding with students at Kids of STEEL schools Ross Elementary and McClellan Elementary this spring.

Clara won the 2014 DICK’S Sporting Goods Pittsburgh Marathon and is returning in 2015 to defend her title and break a course record. Tyler, who is a Pennsylvania native, is headlining the men’s field at this year’s Pittsburgh Marathon and hopes to win Pittsburgh with a time faster than the U.S. Olympic Trials ‘A’ Standard of 2:15:00.

During race week, Clara and Tyler will visit their pen pals at their schools and run with them at the Toyota of Pittsburgh Kids Marathon.

“I’m looking forward to the smile on the kids’ faces when they work hard all spring and finish their ‘marathon’ on Saturday before the marathon,” McCandless said. “The joy and purity that kids have when they compete in their first running event is such a special moment.”

P3R supports American Development Program ambassadors by providing grants, prize money and travel reimbursement.

FOR PROJECT R.U.N. SITES, P3R WILL PROVIDE:

FREE REGISTRATIONS FOR THE TOYOTA OF PITTSBURGH KIDS MARATHON
FREE BUSING TO AND FROM THE KIDS MARATHON
FREE PAIR OF RUNNING SHOES
NUTRITION EDUCATION/FOOD TASTINGS
COACHING

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P3R WOULD LIKE TO WISH EVERYONE PARTICIPATING IN THE TOYOTA OF PITTSBURGH KIDS MARATHON THE BEST OF LUCK ON RACE DAY!

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.”

– Dr. Seuss

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