



THE FLYING PIG 2019

> MAY 3-5,

Please read these instructions completely and carefully. They contain information about all of our Saturday events, including parking and the race course. Share this with your family and friends who will be waiting for you at the finish line area.

Event Date: Saturday, May 4

[Toyota 10K](#) Start: 8am

[Tri-State Running Company 5K](#) Start: 10am

Stay Connected:

Be sure to download the Flying Pig Marathon app, driven by TQL, available on your [Apple](#) or [Android](#) device. This will be a great tool to use throughout the weekend for information on race schedules, free participant tracking, getting around and more!

[Participant Tracking Instructions, provided by Cincinnati Incorporated](#)

If you do not find a participant in the tracking, please know registrants will be added to the tracking platform throughout the week.

Packet Pickup:

For 5K and 10K participants, we strongly encourage packet pick-up at the expo between noon and 7pm on Friday, May 3rd. However, on-site packet pick-up will be available for Saturday events on-site race morning at the East Plaza level of Paul Brown Stadium beginning at 6:30am. **5K/10K packets will not be available for pickup at the expo on Saturday.**

If you are unable to attend the expo and would like someone else to pick up your packet, please complete the [Packet Pickup Authorization Form](#) and give it to the person picking up your packet.

At the Expo:

The P&G Health and Fitness Expo will again fill all three halls of the Duke Energy Center! When you enter the convention center, you'll be able to pick up your packet, visit our vendors and charity partners and collect your race premium items.

Duke Energy Center
525 Elm St., Cincinnati, OH 45202

Expo Hours:

Friday, May 3 - 12:00p.m-7:00p.m.

Saturday, May 4 - 10 a.m. - 6 p.m. (Saturday event packet pickup not available at the expo on Saturday)

Parking

Please check out our complete [parking guide](#) here. The East Garage will not be open.

Free Carpool Parking, compliments of Lyft

Free parking is available on Saturday morning at Longworth for all those who carpool to the event. The lot will be open beginning at 5:00 a.m. and is a short walk to the start line. Parking in this lot is by permit only. You can pick up your permit at the P&G Health & Fitness Expo in the Carpool Parking Booth (booth number 509). Lyft will also be offering a 50% off code (good for up to \$5 off) to the first 250 people who stop by their booth located in the Green Zone at the Expo.

At the Start

Again this year, we will be implementing corrals at the start line for the Toyota 10K and Tri-State Running Company 5K. Your corral assignment is printed on your bib and is based on the expected finish time you provided while registering. Please line up near the signs indicating the corral assignments along Mehring Way ([Saturday Corral Map](#)). We hope that the corrals will make for a safer, and more enjoyable, experience for all participants.

5K START: To provide a safe and enjoyable participant experience on-course and at the finish line, we'll be starting the race in short pulses. Corrals will be released with short 1-2 minute breaks between each start. Your cooperation with the volunteers at the start line is appreciated. Your race time will not be affected, as timing doesn't start until you cross the start line to begin the race.

Portable Restrooms will be available near packet pickup/race day registration. Additional restroom facilities will be available at Paul Brown Stadium inside Gate D near Freedom Way.

Safety and Security

The Flying Pig staff continues to work with our police and fire departments, EMTs and first responders as safety and security are our priorities for all Flying Pig events. You will see uniformed personnel, including tactical units, and working dogs Friday, Saturday and Sunday. These are all elements of our security plan. We ask for your cooperation to make their jobs as seamless as possible this weekend. Please follow their directions at the event venues and surrounding areas.

There is *no baggage check for any Saturday events*, unless competing in the 3-Way or 4-Way Challenges. Do not plan on stashing an extra shirt under a bench or behind a tree - it will be immediately discarded.

Awards/Prizes: Overall and division awards for the top three men and women will be given for the Toyota 10K and Tri-State Running Company 5K. The awards for the top three men and women will be awarded at the finish line while age group awards will be mailed approximately 3-4 weeks after the race. Overall awards will be determined by gun time, division awards by chip time.

Medical

The Flying Pig Marathon and its medical team care deeply about your safety on race day. We've partnered with RaceSafe to elevate your level of care from start to finish. Please take a few minutes to set up a secure and free online health profile that will maximize your treatment, should the need arise. Only if treated on race day, will medical team members designated by Flying Pig Marathon be granted access to your profile. You will NOT be

solicited by Flying Pig Marathon or RaceSafe for any other purposes. Setup your [profile](#) now!

Thank you and enjoy a safe race!

At the Finish Line: When participants cross the finish line they will be greeted by volunteers who will provide a mylar blanket and the coveted Flying Pig Finisher Medal. Then it's on to the Kroger Recovery Area, where participants will receive refreshments provided by Kroger, Dole and Caruso Produce. Access to the Kroger Recovery Area is limited to participants only.

Green Team volunteers will be on site to assist with our recycling efforts. Finishers may continue through the Kroger Recovery Area and proceed to Smale Riverfront Park to the Family Fun Festival, where friends and family will be waiting to celebrate with food, fun and great music!

Good luck to all participants, we'll see you at the Finish Swine!

PRESENTING SPONSORS



PLATINUM SPONSORS



Home of the Flying Pig Marathon
644 Linn St, Ste 626, Cincinnati, OH 45203
info@flyingpigmarathon.com
513.721.7447

