

INDIVIDUAL MALE AND FEMALE PLACES

- Tinsel Trot 100-Yard Dash...All Participants
- 1-Mile Run/Walk...1st place Male & Female in all age categories
- 5K Run/Walk...Overall Finishers: Male & Female 1st, 2nd, 3rd in every age category

NEW THIS YEAR: TEAM PLACES

- 5K Run/Walk...Top 3 Finishing Teams
 - Teams must consist of at least three runners or more, including one female
 - Teams will be scored cross country style; running team with the lowest score wins

PARKING

- Gold Lot 1 (\$3) – Open 7:00 a.m.
- General Robinson Parking Garage (\$4) – Open All Hours

For more information on parking, go to www.alcoparking.com.



Saturday, December 3, 2016
Art Rooney Avenue (North Shore)
Pittsburgh, PA 15212

7:30 a.m. Registration and Health & Wellness Fair

9:00 a.m. Tinsel Trot Sponsored By Lunova Group

9:15 a.m. 1-Mile Run/Walk

9:20 a.m. Costume Contest – Dog

9:25 a.m. Opening Remarks

9:40 a.m. Pump Up Warm Up Sponsored By Advil

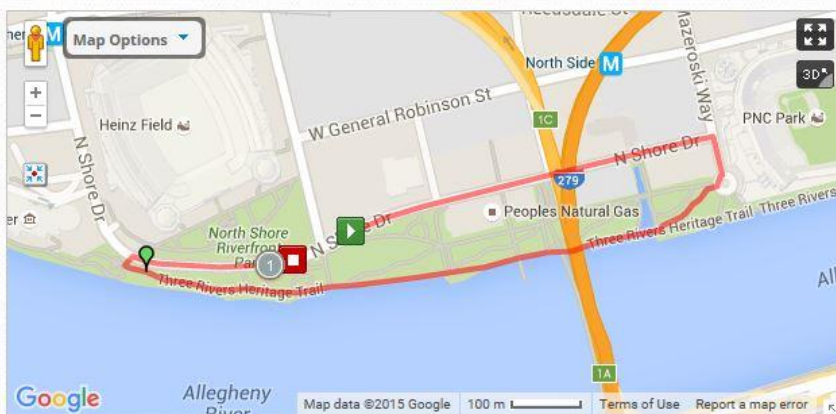
10:00 a.m. 5K Run/Walk

11:00 a.m. Holly Jolly Hour Begins at McFadden's

11:30 a.m. Awards Ceremony Sponsored By elizur at McFadden's

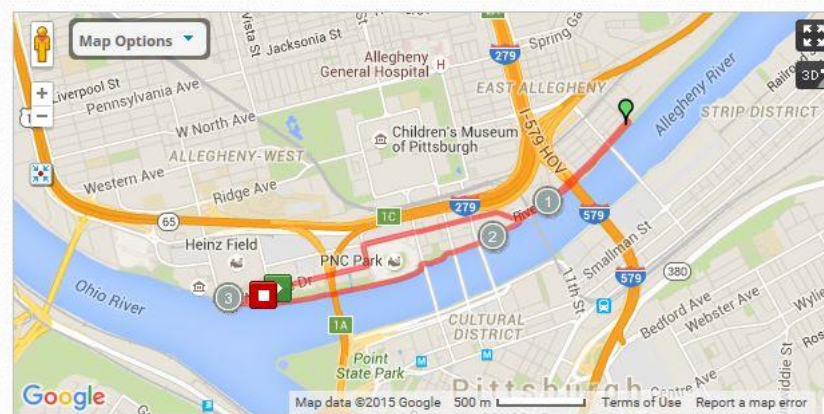
12:00 p.m. Costume Contests – Individual and Group at McFadden's

1-Mile Run/Walk Course Route



- Start on North Shore Drive facing PNC Park
- Right onto Mazeroski Way
- Right at roundabout onto North Shore Trail
- Follow North Shore Trail, which will connect to Three Rivers Heritage Trail
- Run/walk along trail for a while until you come upon ramp to North Shore Drive in between Heinz Field and Carnegie Science Center
- Right onto North Shore Drive
- Continue to finish before the starting line

5K Run/Walk Course Route



- Start on North Shore Drive facing PNC Park
- Left onto Mazeroski Way
- Right onto West General Robinson
- Yield Right onto River Avenue
- Turn right onto trail at Heinz Lofts
- Follow dirt trail and onto concrete walkway along river (Three Rivers Heritage Trail)
- Run/walk along trail for a while until you come upon ramp to North Shore Drive in between Heinz Field and Carnegie Science Center
- Right onto North Shore Drive
- Continue to finish before the starting line