



READ YOUR RUNNER HANDBOOK

The Runner Handbooks is a **MUST READ** for all runners.

This is the guidebook that includes detailed instructions on the Who, What, When, Where and How of packet pick up and race day. We ask that all runners **READ THIS BOOK**. You can access this from our [website here](#)

PACKET PICK UP

Please remember that there is **NO RACE DAY PACKET PICK UP**. We ask that runners pick up their own packets at the expo on Thursday and Friday prior to the race. This assures that there are no issues with your registration and allows the runners to get a "lay of the land" which alleviates some confusion the morning of the race.

However, if you cannot make it to the expo and need to have someone else pick up your race packet, please write them a letter stating that you give them permission to do so. They will bring that letter to packet pick up. They may be asked to present an I.D. so be sure to include their name in your letter.

The Health & Fitness Expo will be open on Thursday, Oct. 8 from 10am - 9pm and on Friday, Oct. 9 from 10am to 9pm. ***If you live or work locally, we encourage you to come to the expo on Thursday morning as many of our out of town***



Dear Runners:

We hope you will join us in making final preparations for Race Day. We are looking forward to a great weekend with tons of excitement and activity starting on Thursday with the Health & Fitness Expo.

We ask that all runners read the Runner Handbook. If you have already read it, **READ IT AGAIN**. If you read it last year, **READ IT AGAIN**, as some things have changed. If you did not get one in the mail, you can print one from our website.

Remember, we have new hours in the expo this year to accommodate the 20,000 runners who have signed up to participate. The expo will be open from 10a to 9p on each of the two days. We ask runners who are local to attend the expo early on Thursday if possible as many of our out of town guests do not have that option.

Many runners who have not attended a large pre-race Expo before assume that the Expo is similar to a large shopping store experience and that all check-out registers are the same. This is not the case at the Baltimore Running Festival. The booths are staffed by numerous small, separate businesses, some local and some from out of town. They each maintain their own check-out register. So, double-check to make sure that you are paying the appropriate vendor for your purchase.

The disposable D-Tag timing devices are attached directly to the bib, which should speed the packet distribution process this year. There will be no verification station this year as the D-Tag has your bib number printed directly on them. **NOTE:** On race day, the tags do need to be removed from your bib and placed on your shoelaces for accurate reading. They are not meant to stay on your bibs. [WATCH THE SHORT INSTRUCTIONAL VIDEO HERE](#)

Half-Marathon runners will have a wave start this year. Bib numbers were assigned by expected finish time and you will start in one of five different holding pens based on that time. This will further help in spreading the field to make for a more enjoyable race for everyone. **THE FIRST NUMBER OF YOUR BIB IS THE WAVE YOU SHOULD START IN. NOTE: Runners in Waaves 3 to 5 should follow signs to Lee St to access your area.**

We have once again expanded the Runners Only Compound to accommodate for the additional runners. It is important to note the Bag Check has been moved to the Celebration Village side to improve the flow of runners. We welcome your feedback on this change in our post race survey.

This is the last time you will hear from us until after race day. Good Luck on Saturday and we will see you at the finish line!

Sincerely,

guests do not have this option.

SEEKING TRANSLATORS

The Baltimore Running Festival features several athletes who speak either Russian or Spanish. The elite athlete coordinator is looking for translators to meet these athletes at the finish line and assist with post-race interviews. Please contact Clay Shaw at sports35_photography@yahoo.com if you can help.

Lee Corrigan
Corrigan Sports

CONFIRM YOUR REGISTRATION & GET YOUR BIB NUMBER NOW. [Visit this link.](#)

[VISIT THIS LINK](#) TO FIND OUT HOW TO VIEW A VIRTUAL RUN OF THE COURSE

TAKE LIGHT RAIL TO THE FESTIVAL

The Maryland Transit Administration (MTA) encourages all attendees, particularly half-marathoners, to be mindful of parking and road closures & make public transportation your choice for getting to the festival.

Roadways around town and near the stadium will be closed prior to 8am for the marathon & relay start. This will be further complicated by the half-marathon start at 9:45am. Light Rail will deliver riders to the festival, and provides free parking where parking is available. The Light Rail system will run every 30 min. beginning at 6:00 am coming South from Hunt Valley (50 min. ride) to the stadium and at 5 am coming North from Cromwell (26 min. ride) to the stadium. Runners should use the Camden Yards stop.

For a list of Light Rail stops, please visit www.mtmaryland.com or call (866) RIDE-MTA. If you choose not to ride MTA, we suggest all runners arrive prior to the start of the marathon at 8am. By race time, stadium parking lots have filled the last three years and you will be on your own to find additional parking in the city garages and lots should this occur.

WAVE START FOR HALF-MARATHON

In order to maintain a comfortable and safe race experience for all participants, the CareFirst BlueCross BlueShield Half-Marathon will implement a wave start at the startline this year. Bib numbers have been issued based on expected finish time and will correspond to the holding pen you have been assigned.

Bib Numbers in the 10,000 range will be in Wave #1, bibs in the 20,000 range will be in Wave #2, bibs in the 30,000 range will be in Wave #3, bibs in the 40,000 range will be in Wave #4 and bibs in the 50,000 range will be in Wave #5. There will be approximately 1,500 runners in each pen. If we did not capture your expected finish time, you have been randomly assigned a pen. **PLEASE DO NOT CALL TO ASK TO CHANGE YOUR BIB NUMBER.** These have already been released to the timing company and cannot be changed.

If you have been assigned to Wave #3, #4 or #5, we ask that you access your start area by following Conway St. to Charles St to Lee St. (Signage and ground stickers will mark your path) This will help us to alleviate a crush at the corner of Conway and Light Sts and facilitate in the safe crossing of the marathon route which runs south on Light Street.

The fastest runners will start first with approximately 3 min. between waves. For the comfort and safety of all participants, we ask that all participants adhere to this policy and start with their assigned group. It is important to note that with the D-Tag system, your time will not start until you cross the startline.

FRIENDS & FAMILY CAN WATCH FROM HOME

Be sure to remind your friends and family who cannot make it to the Celebration Village on race day that they can still



R2i INTEGRATED

watch you on race day.

WBAL-TV will broadcast the event *Live* on Race Day. Baltimore is one of only a handful of marathons across the country who receive live race day coverage. The broadcast will air on Baltimore's NBC affiliate (Channel 11) starting at 5am. There will be wall-to-wall live coverage from 8am until 11am.



In addition, the event will be rebroadcast on their digital subchannel (11.2, Comcast 208, Verizon Fios 460) Here is the schedule: Saturday, 10/10 8-11am (simulcast), 2-5pm & 8-11pm; Sunday, 10/11 2-5pm & 9-Midnight; Monday, 10/12 9-Midnight; Tuesday, 10/13 9-Midnight

If your loved-ones do not live in the Baltimore area, they can still "watch" you on the internet. The event will be presented online through a new social media platform called R2iSMASH Created by R2i, the site combines feeds and will feature live streamed video, Tweets (follow us at www.twitter.com/balrunfest), texts, Flickr and cell phone photos, and blog feeds—all collected simultaneously, yielding a real-time gallery of event content and commentary.

from the R2iSMASH site, you can also access the *Live Results* where folks can track your progress along the course. All they need is your bib number(or name)and they can find your times as you cross the various timing mats on the course.

To get the full race day experience from anywhere visit www.thebaltimoremarathon or <http://balrunfest.r2ismash.com> on race day.

WHAT TO EXPECT OUT ON THE COURSE

On-Course Aid Stations There are aid stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 10, 12, 13, 14.5, 16, 17.5, 19, 20.5, 22, 23.5, 25 and Finish. Water, provided by Deer Park & lemon-lime Endurance Formula Gatorade will be available at these locations.

Vanilla PowerGel & various flavors of Luna Bars will be available near miles 12 & 20.5 on the course. UTZ Brand snacks will be available near miles 8, 14.5, 20.5 & 23. Port-a-lets will be located at every aid station with the exception of mile 2.

Once again friend of the event Stuart Seigler will be manning his [Now Famous Gummy Bear Station](#) at 28th and Guilford, approximately Mile 23. With 400 pounds of Gummy Bears, he promises to be there until the least-fastest runner passes.

On Course entertainment will include bands at Mile 13, Mile 16 and Mile 20 and Mile 26; A DJ at Mile 11; the participants of the Legg Mason School Spirit Contest throughout the course. In years past, we have also had a few "unofficial waterstops (or coffee, smoothies and sometimes beer) pop up from our great residents. You might also catch a glimpse of the Baltimore Hons and the Eye of the Tiger Lady.

If you need to drop out of the race for any reason, please report to the nearest medical station or aid station on the course and inform them that you are retiring from the race. We will have a sag wagon provided by Airport Shuttle, Inc. following the last runner. The sag wagon will take runners to the nearest exchange point to ride the bus to the finish area. We ask that you DO NOT Cross the finishline if you drop out. The timing D-Tag will record an inaccurate finishing time. There is no need to return your D-Tag as they are disposable.

POST RACE SNACKS

Post Race Refreshment offerings have been expanded once again in 2009. Fruit, Utz Snacks, Gatorade, Luna Bars and Aquafina bottled water will be available at the finish line for RUNNERS ONLY. And in what has become tradition at our event, Phillips Seafood Crab Soup will be served following the race.

At the request of our past participants, the menu has been expanded for 2009 to include bagels topped with [Smart Balance](#) spreads. Please be courteous to the other participants and take only one product from each station. In order to keep the finish area and the Celebration Village area clean, please dispose of all your waste in the designated garbage containers provided.

It is also important to note that in a partnership with Aquafina, we will be recycling all plastic water bottles following the race. Please look for the large recycling centers throughout the Finish Line area and assist us by placing your trash in the proper receptacles.

In addition, runners will receive two complementary Michelob Ultra beer tickets (must be over 21).

PLEASE NOTE: We ask that runners only take one bottle of water and only the food items you need for your own replenishment. You will be able to refill your bottles from water stations in the Runner Only Compound. These items are not intended for your cheering section. Concession stands with extensive menus will be available to purchase sandwiches and meal items.

POST, POST- RACE PARTY



After the Celebration Village festivities end at 3pm, you are invited to keep the party going at [Pickles Pub](#), located where the day began near the marathon startline at the corner of Russell St and Camden St.

Runners can show their finisher's medal and receive special offerings from the food & beverage menu. Like 2 for \$5 Michelob Ultra and \$5 16 inch pizzas all day, And can catch up on the day's college football action as your rubber legs try to recover. All courtesy of Pickle's Pub and Michelob Ultra. Pickles pub - just a sprint away'



POST- RACE SHOWERS

The YMCA of Central Maryland has kindly offered their facilities for those of you who are driving in from out of town and would like to clean up before getting back on the road. We recommend two of their facilities that allow for easy access on and off the highway no matter which direction you are headed. Just show your bib number at the front desk for access.

Cantonsville YMCA (if headed South) Weinberg Center (if headed North)
[\(visit here for directions from stadium\)](#) [\(visit here for directions from stadium\)](#)

850 S. Rolling Road
Cantonsville, MD 21228

900 E. 33rd St.
Baltimore, MD 21218

JIM ADAMS REPORT

Jim Adams is a Baltimore area running legend and has been an avid supporter of the Baltimore Running Festival since its inception. Jim owns the Falls Road Running Stores and annually organizes the Official Baltimore Running Festival Training program and the Group Training runs. Each month leading up to the race, Jim will provide you with some pointers as you prepare for race day.

Dressing for the Marathon / 1/2 Marathon

Late fall marathons in the mid-Atlantic can be subject to a wide range of weather conditions. Ideally, an October weekend will produce a cool day with high temperatures in the low fifties and overcast skies. The spectators will want clear skies and mid-70's, but then again they aren't running the race.

As I write the forecast for Saturday is almost perfect - lows in the 40's, high's in the low 60's, and partly cloudy to sunny. Almost perfect marathoning weather. But a front may stall and we could get rain too. Keep watching the forecast! The day may be cold, windy, and raining, or it may be even turn out hot and sultry. So how do you prepare?

Before I go much further, let me just say that cotton is a killer regardless of the temperature. Cotton shirts, shorts, and socks retain moisture, they cause chafing and blistering, and they do not cool well or retain body heat.

Rule number one - except for gloves and possibly tube socks (see below) avoid cotton except as listed below.

First - if it is a hot day. (Let's define a hot day coming as being warm enough to stand around in shorts and T-shirt for an hour before the marathon with out getting chilled.) It is the easiest to dress for because you simply wear shorts and singlet, or perhaps a short sleeve T-shirt. Some men may opt to go shirtless, some women may elect to wear a jogbra in lieu of a shirt. If it is warm in the morning, then you simply show up at the starting line in racing attire. This should consist of synthetic fabrics with wicking properties like UnderArmour produces. A host of other technical running fabrics are on the market also, just don't wear cotton!

Second, let's take the probable and hoped for scenario - cool, crisp autumn days. Mid-thirties, maybe even some frost on the windshield in the early morning, but noontime temperature in the fifties or low sixties.

Step One - go to Falls Road Running Store and buy very expensive cold weather gear.

Step Two - throw it all away at the start

Step Three - go buy some more the next week.

Seriously, if the marathon weather looks to be damp and chilly in the morning, and warming to the seventies at mid-day, here are my suggestions:

Wear a base layer of shorts and singlet,/Tee shirt plus gloves to keep your fingers warm. If you plan to be on the course for an extended period, wear a long-sleeve UnderArmour shirt instead.

Wear a couple of cotton Tee shirts over your base layer to keep you warm before the race starts.

Wear a garbage bag over your Tee shirts to the start. Cut a hole for your head in the bottom, and two holes for your arms in the sides, and you are ready. On occasion I have seen women wearing giant garbage bags use them as portable spot-a-pots before a race, finding a convenient grate in a parking lot or tree .

Maybe, if it is really chilly, wear some throw-a-way sweatpants under the garbage bag.

Just before the race starts, throw away the garbage bag. Once the race starts, begin stripping down incrementally to your base layer as you warm up. Some folks will throw everything away just before the start, others will peel off in layers as the race progresses. If the temps are in the high thirties/low forties at the start, I imagine that everyone will be thoroughly warmed up by the time they get to Druid Hill Park.

If you have expensive clothing , either wrap it around your waist or have some spectator friends ready to take it at a designated drop-off point along the course. I just don't think it will be there if you throw it on the sidewalk while crossing North Avenue and come back for it later in the day.

On your hands, wear some gloves. Cheap cotton gloves from the Expo will work on a dry day, but get a good pair of synthetics or wool if it is wet or you have Raynaud's syndrome.

Several early miles of the course will be run with the rising sun in your face, as well various sections of the last five miles that will be run into the noonday sun. You may want to consider wearing a hat with a brim or sunshades if the sun bothers your eyes.

If it turns out to be a very dry and really cold day, and you want to wear a singlet or short sleeve Tee, go to a department store and buy some cheap cotton tube socks. Cut out the ends and slide them over your arms. When you begin to heat up, you can take them off and throw them away.

Just remember, with just shorts and singlet you will run twenty degrees hotter than the ambient air temperature. Several years ago, a twenty-two year old died of heat exhaustion at the Chicago marathon. His core body temperature was 107 degrees on a course whose temperature was 41 degrees when he collapsed.

The moral? Listen to what your body is telling you!

Let's take a very cold, blustery, rainy, day.

Step number one is your base layer. Depending upon how long you expect to be on the course may also determine the type of clothing that you will wear. A runner trying to break three hours can dress in much less clothing than someone who expects to be on the course for five hours. The breakpoint is probably around 3:30, based on your own metabolic rate.

Your base layer for your torso should probably be a long-sleeve UnderArmour shirt. Depending upon how cold it really is, you may consider a second layer on the top. Finally, a water-resistant, breathable jacket may be in order, especially if you think you will be on the course for a very long time.

Your base layer for your lower body may be just shorts. Again, if you will be on the course for an extended period of time, you may decide to wear tights. In that case your base layer may consist of UnderArmour athletic underwear.

The problem with tights is that if you haven't worn them yet this year, well, you may discover some areas that chafe, and you don't want to find that out in the middle of the marathon.

Speaking of chafing, if you are trying out something new, it is advisable to buy BodyGlide and apply liberally to all areas that may be subject to chafing. In particular these include between the thighs, under the armpits, for women underneath the jogbra, and for men over the nipples.

Body Glide and other lubricants such as Body Lube, Body Slick, etc, are generally superior to vaseline in that they last longer and do not damage or discolor your running attire like petroleum jelly products will. However, if it is a cold day and you are running in shorts, you may want to apply a thin layer of vaseline over your quadriceps and on the exposed portion of your face.

On a wet, cold, day, you may consider wool socks instead of CoolMax socks. And again, you should not be running in anything that you haven't practiced running with before.

On your hands, you should wear gloves made of synthetic materials or wool. On cold, wet, days, cotton gloves will kill your fingers.

And also, a hat with a brim may help keep the rain out of your eyes.

The bottom line is to prepare for the worst, yet hope for the best.