



LOCAL AWARD WINNERS PICK UP AT TENT SALE

If you live in the local area and won an age group award or a cash check, your prize will be available for pick up at Falls Road Running beginning at this weekend's tent sale. A list of local winners is [posted here](#). If your name appears on this list, you are asked to go to Falls Road Running to claim your award.

CAN'T ATTEND THE TENT SALE?

By attending the Tent Sale this Saturday, you can save on shipping charges and see further discounts. However, if you cannot make it, most of the gear selection is available in our online store. [VISIT THIS LINK TO PLACE AN ORDER](#). The online store will be temporarily closed during the tent sale so we can track inventory but will reopen on Monday Nov, 9th.

TENT SALE THIS WEEKEND

Sat., Nov. 7 at Falls Road Running Store

Join us this Saturday for our Annual Tent Sale at Falls Road Running Store ([Visit here for directions](#)). The sale will be held from 11am - 3pm on November 7th. We will have all the left over Official Event Merchandise -- shirts, mocks, shorts, mugs, hats, t-shirts -- available at **discount prices**, plus you may purchase a second (or third) **Under Armour Performance Race Shirt** from this year's event for **as little as \$15**.

Falls Road Running Store will also have shoes, accessories and apparel available at discount and closeout prices. The entire store will be "On Sale" as they celebrate the close of the 2009 running season and make room for the arrival of 2010!



Dear Runners:

Once again thank you for your support. On behalf of the City of Baltimore, our title sponsor Under Armour and Corrigan Sports Enterprises we are proud to organize what has become a great event and one that provides so many positives for our city. \$20 Million of economic impact, more than \$900,000 raised for charity and immeasurable long-term great PR for Baltimore is what makes the Running Festival one of the best events that Charm City has to offer.

Race Day was enjoyable for the 20,324 runners as well as the friends, families and supporters that came out to cheer you on during your jaunt around Charm City. Our movement toward making the Running Festival more environmentally friendly was a huge success with our Under Armour Catalyst race shirts made from recycled bottles and our extensive recycling efforts. We collected 3.75 tons of recyclables and 1.1 tons of

compostable items throughout the course and the finish line area.

This year more than 2,300 of you completed the survey and 93% of you reported that you would recommend our event to a friend. We appreciate your vote of confidence. We hope that we have shown you that your opinions and suggestions are a part of our yearly event improvement plan and that we are committed to creating a fun and friendly race for everyone.

After reviewing the survey results and recapping the day's events with pertinent parties within the city of Baltimore, we have come up with the following list of improvements that we are considering for 2010. As you know, we try very hard each year to make this event one of the best on the Fall racing calendar and could not do that without the support and input from each and every one of our participants. Your opinion matters to us. So once again we will endeavor to act upon your thoughts and suggestions and make the following improvements.

1) **Half-Marathon Adjustments** - This year we had five wave starts and the strategy seemed to work in terms of thinning out the herd as you approached Patterson Park at the M&T Bank Merge Mile. We thank you for your compliance in this effort. In 2010 we will add one additional "Walkers Wave" that will start closer to when the marathon walkers arrive at the half way point. Remember that the waves are constructed based on estimated pace times, so please do a good job estimating your time next year during registration.

2) **The Expo** - This year, we moved a portion of the packet pick up process outside the stadium. We experienced some bad lines on Thursday, but after some tent set-up adjustments and a stronger volunteer base, things went much smoother. We are currently working with active.com to allow us to email the registration cards in 2010. This will eliminate STEP 1 all together and should improve the process exponentially. While our venue does present some challenges, there are good reasons to use M&T Bank Stadium for the expo. 1) Its uniqueness to Baltimore, 2) Its prime location with tons of free parking 3) The logistical advantages of allowing runners to have a "dry run" trip to the Start/Finish site a day or two before race day. We have received many comments praising the location and convenience of the expo.

3) **The Runners Village** - This area continues to be a work in progress and for most of the day works very well. However during the 1 ½ hour period in the middle of the day it becomes very crowded. The runners village area is created with two areas- 1) An immediate finish area, designed so the runners could get their medal, heat sheet, water, Gatorade and medical attention, then clear through quickly (Not hang out there or worse swim back up stream against the flow of incoming runners); and 2) a secondary area where runners could take a little more time getting through. That area was stocked with plenty of oranges, apples, bananas, bagels, potato chips and pretzels as well as additional Gatorade and water. In 2010 look for both areas to be bigger and longer with more access points for additional food and beverages. Please remember that runners are encouraged to utilize the Runner Reunion Zone rather than meeting your family at the exit of the Runners Only Compound.

4) **The Celebration Village** - We will be expanding the Celebration Village again in 2010. All Beer stands will be located on the far side of the Celebration Village which should help draw the crowd away from the cross over area. We are considering moving the stage to the opposite side of the Celebration Village as well, further drawing people away from the crowded area near the runners compound.

5) **The Bag Check Tent** - While we would like to locate the Bag Check within the Runners Village, there is simply not enough room to do so. By moving the Bag Check tent under the overpass in the Celebration Village we successfully pull some of crowd away from the already crowded Runners Village. In 2010, we will make the adjustment to allow all runners to re-enter the Runners Village area once they leave to get their bags.

6) **Some Other Important Items:**

a. Volunteers will be instructed to place the medal on runner at the finish - we will be recruiting

- a specific charity group in 2010 to execute this small but very important task.
- b. Keep pushing and look into incentives for riding public transportation - eases the parking situation and is environmentally friendly.
 - c. Keep a strong commitment to the "greening" of the event.
 - d. More Maps: Runners Village Area, Celebrations Village Area and Downtown Baltimore Area maps published on the website, confirmation book, program and email blasts.
 - e. Water stations on back half of the course to be bolstered with more volunteers.

Once again, we thank you for your participation, support and feedback on the Baltimore Running Festival. We hope to see you again next year as we prepare for our 10th Anniversary of the Under Armour Baltimore Running Festival on October 16, 2010! We hope to add a few more bells and whistles to help celebrate this momentous occasion. Registration opens Dec. 12! We anticipate another sellout so reserve your spot early!

Sincerely Yours,



Lee Corrigan

DO THE MARYLAND DOUBLE **Great Savings and Incentives for Participating in Both Races**

If you are looking for a Spring race to complement your running of the Baltimore Running Festival, we encourage you to consider participating in the Frederick Running Festival held May 1-2, 2010. Frederick is Maryland's second largest city and the race is a hidden gem. Race registration is now open and in celebration of the event's **8th Anniversary** runners who register before Nov 8th will save **\$8 off** the entry fee.

Past participants rave about this "Big Time Race with Small Town Charm." Corrigan Sports brings many of the same elements that are enjoyed in Baltimore including a central location for the expo, start and finish lines, a fair but challenging course and a festive post race party,

You may also choose to do the Maryland Double by competing in the full or half marathons in Frederick & Baltimore in the same year. Runners who register for the double online receive an additional \$10 savings and are permitted to sign up for Baltimore 6 weeks before that race opens for registration. We will be creating a new medal for the Double in 2010.

For additional information on the CareFirst BlueCross BlueShield Frederick Running Festival, visit www.frederickmarathon.org.



 Register Online go!



WINNER, WINNER, CHICKEN DINNER!

Throughout the race weekend, there were several contests and drawings where you could win great prizes. Below are some of the winners of some of the contests:

CareFirst BlueCross BlueShield conducted a prize drawing at their booth at the expo. Three great prizes were awarded to these participants

- **James Doohan** of New York, NY won the GRAND PRIZE of a trip to a marathon of his choice (Bermuda) .
- **James Meek** of Baltimore, MD won SECOND PRIZE of a Horizon Fitness Treadmill
- **Peter Kimes** of Ashburn VA won THIRD PRIZE of a \$250 Gift Card to Dick's Sporting Goods.

Based on the results of the runner survey and other race officials, the Legg Mason Spirit Award awarded cash donations through its Educational Outreach Program for school groups that came out to cheer on race day.

FIRST PRIZE:

Federal Hill Preparatory Academy
Sharon Van Dyke, Principal

SECOND PRIZE:

Thomas Johnson Elementary Middle School
James Dendinger, Principal

THIRD PRIZE:

Patterson Park Public Charter School
Charles Kramer, Principal

Winners of a free Individual Baltimore Running Festival race entry in 2010 for completing the survey are:

- James Spoo of Lake Ridge, VA
- Toni Picker of Upperco, MD
- Ali Hollander of Annapolis, MD

We will contact you soon about your entry. CONGRATULATIONS TO ALL OUR WINNERS

VIEW YOUR PERSONALIZED POST-RACE WEBSITE

Through a partnership with MarathonFoto, each marathon and half-marathon runner now has access to a personalized post-race website. This site has a ton of cool features including personalized photos of you on the course, access to the full searchable results, a printable finishers certificate, race videos, course maps, downloadable desktop wallpaper and much, much more.

To access your personal site visit <http://community.marathonfoto.com/1747/> and log in with your last name and bib number (the LOG IN tab is in the upper right hand corner). The site will be easily forwardable and able to be included on all your social media outlets. There will also be a photo contest for some great prizes. We hope you enjoy reviewing your race memories and sharing it with your friends and family.

GET A PERSONALIZED POST RACE REPORT

The Baltimore Running Festival is excited to announce its partnership with Endorphin Report to offer our full and half marathon athletes the opportunity to purchase their personalized race report.

Your Endorphin Race Report provides a unique, in-depth, personalized view of your race including your:

- Personal Race Summary
- Entire Race Broken down into each Interval
- Rank Progression within your Division, Gender and Overall Groups
- Interval Independent Stats
- Charts detailing your strengths and weaknesses along the course
- Overall Race Summary
- Course Map / Elevation Charts
- and More!



We invite you to [VISIT THIS LINK](#) to download a sample marathon race report or visit the website at www.endorphinreport.com. Receiving a report is a flat fee based service of \$9.95 and you will walk away with a valuable, informative report that provides insight into your race performance.

Your report is available now at our partner rate of only \$9.95.

- [VISIT THIS LINK](#) to order your Baltimore Marathon Endorphin Report.
- [VISIT THIS LINK](#) to order your Baltimore Half-Marathon Endorphin Report.

TREAT YOUR FEET IN 2010

Congratulations runners! The Podiatrists and Staff at WeTreatFeet hope you enjoyed your Baltimore Running Festival experience. We are all gearing up for the 10th Anniversary of the Under Armour Baltimore Running Festival in 2010. We are also planning our sponsorship for next year, and look forward to helping you prepare for the event, whichever race distance it may be!

During the year we will be offering clinics for runners of all skill levels, from beginners to advanced, to help you prepare for your next event. We encourage anyone with a foot concern to contact us as your training begins before it becomes a problem. We would like to help correct any issue early enough to prevent training injuries. We offer computerized gait analysis, custom orthotics as well as foot and shoe suggestions. We work with all aspects of foot and ankle care for the whole family!

So call us today for any of your foot and ankle needs at (410) 363-4343. Or check out our updates at <http://www.wetreatfeet.com>. Remember, WeTreatFeet and the people attached to them!

www.WeTreatFeet.com
Podiatrists 410-363-4343
