



**COME TO THE EXPO EARLY
IF YOU CAN**

Hours for the Health & Fitness Expo will be on Thursday, Oct. 8 from 10am - 9pm and on Friday, Oct. 9 from 10am to 9pm. **We ask that anyone who works or lives downtown to come to the expo on Thursday morning or afternoon.** This is typically our lightest times which means shorter waits for you. It will in turn make for a better experience for our out-of-town runners who do not have the option to come early.

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 is no confusion or accidental swapping of timing chips 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.

SET YOUR DVR

The Baltimore Running Festival is one of only a handful of marathons *in the Nation* that receive **LIVE T.V.** coverage of the race. WBAL-TV, Channel 11 will be covering the event from 8am until 11am on its



Dear %%First Name%%:

It is time for my yearly plea for assistance. With each day, we set records on the number of people signed up to run. To date we have registered nearly 20,000 runners. With more runners comes more planning and organizing to make sure everyone has a great race experience. It also requires more cooperation from you the runners. Here are some things that you can do to help us make race day the best it can be:

- 1) **READ THE RUNNERS HANDBOOK**- These were e-mailed to you on Monday and posted on our website. We REALLY, REALLY need you to read it, even if you have run in our event before. This book contains many details and FAQ's that you may have as you prepare for race day. To date, we can see that over 7,500 of you have at least opened the link. For that we applaud you. Now we need the other 12,500 of you to read it as well. [Visit this link to view the Handbook](#)
- 2) **REMIND YOUR FRIENDS AND NEIGHBORS** - As runners, you recognize that a major road race created excitement and obstacles for residents and businesses along the route and around town. We invite everyone to come out and be a part of that excitement, either by entering a race, cheering from their neighborhood or joining us at the finishline. We also ask that those who choose not to be involved to remain patient and plan accordingly on race day. Talking up the race at work and in your neighborhood will help us spread the word about race day to runners and non-runners alike. If you know someone who would like to register, encourage them to do so at www.TheBaltimoreMarathon.com
- 3) **BE COURTEOUS WHILE YOU RUN** - Whether it is a personal record or just to cross the finishline, remember that everyone has a goal on race day. Whether you are slow or fast, a marathoner or half-marathoner, a charity walker or an elite racer, we ask that you realize that all participants have a place on race day. Further, we ask that you only take enough water and food at the finish for yourself and not your "cheering section." We ask that you not run a race that you are not registered for. We ask that you be mindful of your surroundings and pay attention to the police officers and the directions of other service personnel. If you do choose to walk, we ask that you walk to the right side of the roadway and not be more than two abreast.

We want everyone to enjoy the Baltimore Running Festival. By following these steps and applying every day common courtesy, we can achieve this for each of you.

Sincerely,

Lee Corrigan
Corrigan Sports

over-the-air channel.

In addition, the event will be re-broadcast 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

CONFIRM YOUR REGISTRATION HERE

If you have concerns as to whether you are registered for the event or the correct race, you can [VISIT THIS LINK](#) and confirm your registration. **NOTE:** The system is extremely sensitive so it is suggested that you only enter your first or last name. Hyphenated Names, Suffixes and nicknames (such as Jim vs James) often makes the search come up empty.

IMPORTANT WARNING TO ALL RUNNERS

Because of the waitlist, we are unable to downgrade runners who originally signed up for the full marathon to run the half-marathon without them getting on the waitlist themselves. For the same reason, in addition to other logistical concerns, we ask that runners **DO NOT** register for the full and simply run the half. We have instructed our timing company to **DISQUALIFY AND NOT ISSUE TIMES TO ANYONE WHO DOES THIS**. If you have a full marathon bib number but only compete in the half-marathon, you will not receive a time and may not be permitted to register for the race in future years. We thank you in advance for your cooperation.

Of course if you register and start the full marathon, you are free to drop out at any point. Airport Shuttle will operate a SAG Vehicle and follow the last runner on the course. Buses at several of the relay exchange points can return you to the Celebration Village and some points of the marathon course (including the 13.1 mile mark) are close enough to walk back to the stadiums. NOTE: Only race finishers will receive a finishers medal.

There is still a few days left to [DEFER OR WITHDRAW](#) from your race if you know you will not be participating. This may open a spot for someone on the waitlist. **This opportunity ends on Oct 1st.**



The above image is a photo of the 2009 Under Armour Baltimore Marathon Premium. All other adult racers will receive a similar shirt in a different color.

VISIT UNDER ARMOUR AT THIS YEAR'S FESTIVAL
Try on a pair of shoes – and you could take them home!

Try on a pair of Under Armour running shoes at the Baltimore Marathon health and fitness expo on October 8 or 9, or at the finish line festival on October 10 and be entered to win a pair. 20 winners will be chosen at 3pm on Saturday after the race. No purchase necessary to win and you don't have to be there when the drawing takes place. All you have to do is try on a pair of shoes and if you're one of the first 500 to try them on, you will also walk away with a free pair of Under Armour running socks.



GETTING DOWNTOWN FROM THE AIRPORT

Okay, you've reserved your airline flight & your hotel room. So what's left? Reserve your rides between BWI Airport & your hotel...and RELAX! Since 1989, The Airport Shuttle, Inc. has been providing rides from BWI airport.

Great Service: We track your flight & you go directly to our van from baggage claim. *We never put our customers in a waiting area at the airport!* Further, you can pay on board the vehicle by cash or credit card. Our vans are 7 & 10 passenger with luggage bay.

Two (2) Great Rate options

1. Traveling **alone**? Enjoy our **\$17** flat rate special To reserve [VISIT HERE](#)

2. Traveling with **others**? enjoy our **\$26** for the 1st person & only **\$8** for each extra person fare. To reserve: [VISIT HERE](#)

Or to reserve via phone: Call 1-800-776-0323, press #2 from our automated phone selections & say to our call agent, the profile # is **125102**



TRAVEL TIPS FOR OUR LOCAL RUNNERS

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 more information, [visit here](#).

GOODIE BAGS FULL OF GOODIES Sponsors Go All In for This Year's Bags

You won't want to toss the Goodie Bag you get from the Under Armour Baltimore Running Festival asdie this year without digging through the booty! Our Sponsors have really stepped up the quality of the items to give some added value to our runners.

You can expect to find such useful items as Gloves, courtesy of CareFirst BlueCross BlueShield, Zipper Wristbands from GEICO, a Magnet Frame from M&T Bank, Aquafor lotion samples, SmartBalance Microwave Popcorn, LunaBar samples, Granola Bar samples, EMusic Downloads, Discount Coupons to various races across the country, Discount Coupons from Aquafina, Dick's Sporting Goods, Smart Balance and much, much more.

We hope you enjoy the Goodie Bags and patronize the sponsors that supplied you these added benefits.



**IMPORTANT INFORMATION
CLICK FOR DETAILS**



**A
MUST READ
FOR
EVERY
PARTICIPANT**

PLEASE CLICK TO VIEW A PDF

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