



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 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.

The Health & Fitness Expo will be open on Thursday, Oct. 8 from 10am - 9pm and on Friday, Oct. 9 from 10am to 9pm.

TREAT YOUR FEET WELL

We Treat Feet will be providing FREE blister care and foot injury evaluations in the Celebration Village on race day! Runners and spectators will both be able to have any foot, ankle, or lower extremity injury evaluated by We Treat Feet's team of podiatrists and foot care professionals. Look for We Treat Feet's tent in the vendor tents in between the Runner's Village and Celebration Village.



Dear %%First Name%%:

Can you feel the excitement? Here at Race Headquarters, everyone is abuzz. In fact, I would bet many of my staff members will "run" 26.2 miles just around the office before race day!

We hope all of you have taken the time to read your Runner Handbook. If you have not yet done so, we urge you to do it today. This book contains many details and FAQ's that you may have as you prepare for race day. These booklets are available only online so we urge you to [VISIT THIS LINK](#)

As we get closer to race day, we will be sending you more emails with important information. Please bear with us as we are not trying to simply fill your Inbox with junk, but just want to remind you of important details that may be helpful as you prepare for race day. Just like my staff, the event is in constant motion and new issues, details and information arise each day.

In this issue, we have updated information on the [Travel Options](#), [our NEW SMASH Page](#), [Carbo-Load Dinner details](#), [Added excitement on the course](#), and much more. We look forward to hosting you in the coming days and welcome your arrival in Charm City!

Sincerely,

Lee Corrigan
Corrigan Sports





FREINDS & FAMILY CAN FOLLOW THE EVENT ROM AFAR Festival to be Showcased via New Social Media Platform

The 2009 Under Armour Baltimore Running Festival will be presented online through a new social media platform called R2iSMASH. R2iSMASH will feature live streamed video from WBAL-TV's race day coverage, Tweets, texts, Flickr & cell phone photos, and blog feeds—all collected simultaneously into one presentation window.

Fans, friends, and family of runners competing in the festival can now watch the scene unfold from almost anywhere in the world. Features of the R2iSMASH site will include WBAL's live feed from 8am to 11am, race updates from the marathon pace car, public messages posted by runners and fans throughout the course and finish line village and a results button so you can see which point on the course a runner has passed.

The site located here: <http://baltrunfest.r2ismash.com>

We encourage you and your cheering section to be part of the R2iSMASH site on race day. Here are some simple instructions on how to get your messages & photos posted on the site:

- Send text message or emails to baltrunfest@r2ismash.com (*for emails, include no subject line or signature*)
- Include #baltrunfest in your Tweets
- If you are blogging about your race experience, e-mail the link to dave@corriganports to have it featured on the R2iSMASH site.
- Send photos from your mobile device to baltrunfest@r2ismash.com
- Tag photos in Flickr with the tag "baltrunfest"

For more information about R2integrated, visit www.r2integrated.com. Information about the 2009 Under Armour Baltimore Running Festival: www.thebaltimoremarathon.com

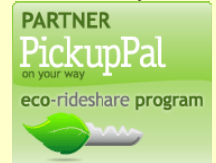


THINK GREEN FOR YOUR RACE WEEKEND TRAVEL . Light Rail and Carpooling

The Maryland Transit Administration (MTA) encourages all attendees, especially half-marathon participants, to be mindful of parking and road closures and make Light Rail and Metro Subway your choice of getting to the festival. Roadways around town and near the stadium will be closed prior to 8 AM for the marathon and team relay start. This will be further complicated by the half-marathon start at 9:45 AM.

Light Rail will deliver riders right to the festival (Camden Yards Stop) and provides free parking at 12 of its 33 stops. The Light Rail will begin service as early as 5:00 am from some stops and will run until 11:00 PM. MTA's Metro Subway is also a good option as runners can get off at Lexington Market or Charles Center and walk to the Stadium.

If you choose not to ride MTA, we suggest you arrive prior to the 8am start of the marathon.



People interested in ride sharing or carpooling to attend the Baltimore Running Festival expo or on race day are invited to sign up for a [PickupPal](#) account and become members of a growing and dynamic community. It is free to join and to use.



WARNING TO ALL RUNNERS

We are asking that runners **ONLY RUN** the race that they are currently registered for. As most of you know, the half-marathon is sold out and has a waitlist of almost 500 people. They have been waiting patiently hoping to earn a spot in the race. Further, we have prepared for a precise number of participants in each race and changes will cause logistical concerns for our water stops, timing company and city services. We have instructed our timing company to **DISQUALIFY AND NOT ISSUE TIMES TO ANYONE WHO RUNS A RACE THAT THEY ARE NOT REGISTERED FOR.** 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. (Obviously, if you start with the marathon, but need to drop out at the halfway point, you will have access to those times.) We thank you in advance for your cooperation.

**EXCITEMENT ADDED OUT ON THE COURSE .
Sponsors Help Us Add to the Festivities**

EXCITEMENT ADDED OUT ON THE COURSE

Sponsors Help Us Add to the Festivities

Thanks to some of our sponsors, there will be plenty of excitement out on the course this year. In addition to our themed mile water stops, several of our corporate partners have stepped up to create additional buzz along the 26.2 mile course.

The **Under Armour Mile**, located near Mile 11 of the Full Marathon course, will take runners past the World Headquarters of our title sponsor. The water stop will be staffed by Under Armour employees and their families will feature a DJ and other themed excitement. They will distribute gummy bears and orange slices to runners and foam fingers and clappers to fans.

The **M&T Mile** will feature loads of excitement for runners and fans alike. Located at Eastern Avenue and Linwood Ave at Patterson Park (Mile Marker 3 for Half-Marathon and Mile Marker 16 for Full Marathon). From 9:00 a.m. through 1:00 p.m. spectators and runners will enjoy the following presented by M&T Bank, the official bank of the Baltimore Running festival:

- * Live Entertainment by Crushing Day
- * 98 Rock Booth
- * Spectacular views of the runners from the park
- * Fan giveaways and runner cheer posters
- * Ravens Autograph Raffle Item
- * And More

Mile 20 in Lake Montebello will feature the **National Steel Drum Band from the island of Tobago**. Runners and fans will be treated to the sounds of the island along with a complementary towel to wipe down with as you begin your decent toward the finish line.

Once again friends 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, up from 120 lbs. in 2005 and 320 lbs. last year, he promises to be there until the least-fastest runner passes.

In addition, Students from the Baltimore City School System will be on hand throughout the course to cheer the runners on. As part of the **Legg Mason School Spirit Award**, Legg Mason will donate a total of \$5,000 to the schools with the biggest, loudest, most creative cheering section on the course. Students And we will ask **YOU** the runners to help us judge. Keep your eyes out for the best student cheering section and help support our students as they support you on race day!

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.

Pre-ordering for your report is available now at our partner rate of only \$9.95.

- [VISIT THIS LINK](#) to pre-order your Baltimore Marathon Endorphin Report.
 - [VISIT THIS LINK](#) to pre-order your Baltimore Half-Marathon Endorphin Report.
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CARBO LOAD DINNER DETAILS

If you pre-ordered Carbo Load Dinner Vouchers you will be able to pick them up at the expo at the designated booth. You will have your choice of two options:



[Phillips Seafood](#), a nationally regarded restaurant & seafood producer headquartered in Baltimore, invites you to their [Phillips Harborplace](#) location prior to the race. They will have all of their scrumptious regular menu offerings plus some added specials with the runner in mind.

In addition, you may choose to dine in Baltimore's [Little Italy](#), offering a choice of one of their member restaurants. You can find exquisite recipes from every one of the 20 regions of Italy prepared to make your taste buds beg for more.

Both groups will offer a food voucher valued at \$20 for only \$15. If you did not pre-purchase your vouchers, you can do so at the expo.

In addition, the **Eden West Restaurant** located inside the [Holiday Inn Inner Harbor Hotel](#) will offer a Runners Pasta Buffet on Friday October 9th. The menu includes: Three Cheese Macaroni with Prosciutto and Fresh Herbs, Grilled Marinated Chicken Breasts tossed with Sun Dried Tomatoes, Penne Pasta with a basil cream sauce, Spaghetti and Meatballs, Caesar Salad and Breadsticks. The price is \$14.95 plus tax.

OF LOCAL INTEREST...

12 Days to Go Clinic- You are invited to come out **TONIGHT, Tuesday, September 29 at 6PM** for Under Armour night at the Falls Road Running Store in Baltimore, MD. The theme of the night's festivities is 12 Days to Go: Your last minute clinic to get ready for the Baltimore Running Festival. Various clinic stations will be set up to help runners with tapering tips and preparation for race day. Please RSVP to jim@baltimorerunning.com

For more info, [VISIT HERE...](#)

➔ FORWARD TO
A FRIEND