

DO THE MARYLAND DOUBLE! WE DOUBLE DOG DARE YOU!

If you are looking for a Spring race to complement your Fall running of the Baltimore Running Festival, we encourage you to consider participating in the CareFirst BlueCross BlueShield Frederick Running Festival Weekend held May 2-3, 2009. Frederick is Maryland's second largest city and the race is a hidden gem. Past participants rave about this "Big Time Race with Small Town Charm."

Runners who complete these races in both events in the same calendar year are given a special third medal to add to your collection. These medals were quite a hit this year and serve as a worthy carrot to dangle during your training runs. In addition, you will receive a \$10 discount off the combined entry fee. (this discount is built into the posted prices on active.com).



We have made registering for the Maryland Double easy for you. When you go to register for race day in Frederick, you will notice an option for the Maryland Double. Once you enter this page, you can choose from the full marathon in both, the half-marathon in both or another combination of these two races. PLEASE NOTE: Using this special registration category is the only way that you can receive your \$10 entry fee savings. No other discount offers apply. For additional information or to register visit www.frederickmarathon.org.



Dear %%First Name%%:

One month ago, I attended the Running USA National Conference in San Diego. This is the premiere event for race directors and race related vendors and is attended by just about every major U.S. Marathon. It is always great to get together with your peers and compare notes, trials and tribulations about each others events. Here is some of the things I learned:

The Under Armour Baltimore Running Festival has a great reputation among the running community. We always thought we did a pretty good job with the event, but as with a child, of course you think that way about your own creations. It was flattering to know that other race directors and people in the business think highly of it as well. We have come along way in the past six years and look forward to continuing to build on what we have started.

The economy is down, but running is not. When you watch television news programs, all the stories related to business and travel sound bleak. However, one area which the down-trodden economy has not seemed to impact is running events. Across the region, running events are holding steady and in many cases growing. A half-marathon in Virginia Beach will host 21,000 this month and DC's Cherry Blossom 10-Miler in April is expecting 30,000 runners. The Baltimore Running Festival in October is pacing at a 30% increase over last year.

Most races deal with the same issues and problems that we do. It nice to know that we are not the only ones who battle operational and logistical demons to pull off the race. We traded "war stories" on topics such as how many water stops, finish line logistics, expo timing and flow and many more. We basically came to the conclusion that it is just the nature of the beast and everyone just needs to know that going in.

October 10th is closer than you think so you better register and take advantage of the Early Bird Savings. I actually didn't learn that at the conference, but at least it allows me to bold the text! It will be here soon, at least in terms of planning and training so why wait. Sign up early and save up to \$20 off your entry fee. And as you know many of our races sell out and I would not want you to get shut out.

Thanks for your support and we look forward to hosting you on Oct. 10, 2009.

Sincerely,



Lee Corrigan
Corrigan Sports

TRAINING SHIRTS NOW AVAILABLE



Training shirts are currently available for the 2009 event. Printed on Under Armour's HeatGear fabric with the loose Training cut, these are a must have as you begin piling up mileage during your training. The simple logo will help you keep your eye on the goal and let others know your final destination.

Training shirts can be purchased from our [Official Souvenir Store](#) on our website, or as an added convenience, you can select one while completing your race registration. This will save you time and effort as you will only have to enter your personal data one time. Either way, you will want to purchase yours today!

ALSO ON SALE IN MARCH: Men's and Women's Lightweight Jacket \$55 (orig. \$65)



GREAT DISTANCE. GREAT EVENT.

Another Quality Corrigan Sports Event.

➡ FORWARD TO
A FRIEND