



ANOTHER SELL OUT IS LOOMING Race Entries Up 25%

Race Entries continue to pour in for the 2009 Under Armour Baltimore Running Festival and we are once again on the horizon of another sell out of all of our races. To date we have registered over 12,000 runners, a 25% increase over the same period last year.

We are on pace to SELL OUT all the adult races very soon so if you or someone you know has not signed up, we encourage you to do so now so you do not get left out. As always, we have set field limits on all events so that we can make sure that race day is comfortable and enjoyable for all our participants.

RACE	SPOTS REMAINING
Under Armour Marathon	750 spots
CareFirst BlueCross BlueShield Half-Marathon	500 spots
Legg Mason Team Relay	120 teams
United Way 5K	1500 spots

[Register Online](#) **go!**

Sign up today and don't get left out. Registration is quick and easy on Active.com.

Dear %%First Name%%:



Two months from now, you will be participating in the event that you have been preparing for all summer. The Under Armour Baltimore Running Festival will be taking place on the streets of Charm City and you will be surrounded by friends, family and other well wishers who will be there to help you celebrate your accomplishments. Just picturing that day in your head can give you goosebumps! We are so excited to welcome you to Baltimore and preparations for that day are in full swing.

The staff at Corrigan Sports has been working hard to make the 2009 event the best it yet and knows that you have been doing the same hard work when it comes to your training. We set new registration records in July and had a record 697 runners sign up in one day last month. Once again, a SELL OUT is looming!

As you may know, Fort McHenry is performing some repairs of the seawall that the marathon course usually follows which has forced us to make some course adjustments. We are still waiting on some final approvals from the City on the adjusted route but should have the 2009 course posted by the end of the month. The proposed route runs more streets in the Tide Point area near the World Headquarters of Under Armour and picks up some additional mileage in Druid Hill Park. The Half-Marathon course will remain unchanged.

We have also made some adjustments to the layout of the Celebration Village to help open up some space between the Runners Only Compound and the Celebration Village. The post race festivities will still include all the excitement of past years including live music, food vendors, free beer for runners, Phillips Crab Soup at the finishline, a kids fun zone with interactive activities and much, much more. Plan to stick around after the race and enjoy the fun!

We know August can be hot in much of the country so stay safe and healthy as you continue to train. We truly look forward to your arrival and will continue to prepare for October 10, 2009! See you soon!

DEFERMENT, DOWNGRADE & UPGRADE PROCEDURES

We all know that injuries often arise during training after one registers for a race. The Baltimore Running Festival has some of the most generous policies around should this happen to you. We ask that you make your decision as early as you can to avoid issues and possible loss of fees.

DEFERMENT

If you become injured and cannot participate in the Baltimore Running Festival in any capacity in 2009, you may defer your race entry until 2010. There is a \$25 processing fee to do so. To take advantage of this offer, please [print this deferment](#) form and mail it along with a check payable to the Baltimore Marathon to the address listed on the form. (This process cannot be completed via email or phone as we need written confirmation and payment to process your request.) Your deferment confirmation will be listed on our online confirmation page. In early 2010, you will receive a customized race application that you must return to the event headquarters to complete the process. **ALL DEFERMENT REQUESTS MUST BE RECEIVED WITH PAYMENT BY OCT 1st. NO EXCEPTIONS!**

DOWNGRADE

If you cannot complete the distance you registered for but would still like to participate in the Baltimore Running Festival, you may downgrade to a lesser distance. You will not be given a refund for the difference in entry fee. To do so, please call (410.605.9381) or email your request to customerservice@corrigan sports.com and we will make the change in the system. Your new race confirmation will be listed on our online confirmation page. *We encourage you to make this decision early as possible as we CANNOT add runners to an event once its capacity is reached.*

UPGRADE

If your training is ahead of schedule and you would like to upgrade from the half-marathon to the full you can easily do this. Simply call or write us with a credit card number and pay the \$15 difference in the entry fee and we can make this change for you as well.

The Baltimore Running Festival does not allow for refunds or transfers of entry fee.

TELL US YOUR STORY...

We are looking for several Human Interest Stories to feature in our program and other media coverage of the event. If you have a compelling story to tell that relates to your participation in the 2009 Baltimore Running Festival, let us know by contacting dave@corrigan sports.com. Past story ideas that have come from runners include unique training methods, landmark runs (i.e. 100 marathon) and overcoming great odds to participate. Give us your story and we may be able to include it in the program!

Also, if you host a Blog or have a Twitter or Facebook account tracking your Baltimore Running Festival training trials and tribulations, please let us know. We will be launching a Social Media platform related to the event and may be able to use your content as a feature. Please email dave@corrigan sports.com with any details.

Thanks in advance for your assistance.

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.

1. It's August, and in many parts of the country it is hot and humid out there. You should be wearing some type of hydration system (i.e., water bottle belt) or have pre-planned water stops along your route.
2. PowerBar and PowerGel are the official energy supplements on the Baltimore Marathon Course this year. You should be practicing your long runs with these products to discover how your body adapts. If you need nutritional supplements but don't like these products, then you should be searching for alternatives that work for you now, not in October. Runners have been known to carry everything from jelly beans to peanut butter & jelly sandwiches.
3. If you are chafing visit your local running store and investigate body lubricants. BodyGlide, BlisterShield, SecondSkin, SportSlick and NipGuards are all products that can protect those sensitive areas.
4. Cotton kills...that's why moisture wicking fabrics from Under Armour work so well for runners. Don't wait for the Running Festival to get your shirt, you should be practicing in the shirts, socks, shorts, and shoes that you will wear on Marathon day.
5. Most running shoes have between 300 - 500 miles of useful life. If you have a new pair of shoes today and train 30 miles a week, you may want to consider a new pair of shoes for the marathon. Falls Road Running suggests that you buy your marathon shoe a month out from the marathon, wear them for a few break-in runs and then your last long run. If there are no problems or issues, put them up until your last taper week, and lace up on marathon day with a relatively new pair of shoes that you have already tested.

WE NEED YOUR HELP

If you or someone you know is interested in volunteering to help with the 9th Annual Baltimore Running Festival, there is now an easy way to sign up. Special Olympics Maryland, the community partner of the Baltimore Running Festival, has established an online registration form for all volunteers. To access this site, [CLICK HERE](#).

Help is needed at the Health & Fitness Expo for Packet Pick-Up as well as on race day for a number of different duties. Additional information on duties and times is available at the link above.

Here are some upcoming events from Falls Road Running:

1. Ladies, come to Falls Road this Thursday for an evening of fun, education, and savings! It's Ladies Night Out at Falls Road. We will have Julia with the Saucony Road Show van, plus close-out deals direct from several wholesalers, and networking opportunities with a variety of female business owners in areas such as yoga, triathlon, massage therapy, jogbra discussions and more. Complete with wine and cheese and other refreshments.

Runs from 7 til whenever...leave the guys at home!

2. Mid-week track workouts continue at the Johns Hopkins Track at 900 E 33rd Street, 6:30 PM. Open on Tuesday and Thursday, ladies night on Wednesdays.
 3. Registration for the Falls Road 15K is now open at [active.com](#). If you are marathoning, the distance falls between most long run weekends. If training or CareFirst Half-Marathon, it is the perfect setup distance.
 4. The final twenty mile supported course run will take place on September 19, launching from the Pulaski Monument in Patterson Park at Eastern Ave. and Linwood at 7:00 AM. You can add extra loops for 22+, or cut the course down to about 12 if training for the half.
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