



DON'T GET SHUT OUT, SIGN UP TODAY!

There are still room available in all races but spots are filling at a rapid pace. We are currently pacing about 35% ahead of this date of last year. If that continues, the Half-Marathon will sell out in early August and the Marathon, Relay & 5K will fill sometime later that month.

Last year we had over 400 people placed on the waiting list. Avoid this fate for yourself and SIGN UP TODAY! On-line registration is easy using active.com and you will receive a \$15 Same-As-Cash Gift Certificate to Falls Road Running Store just for signing up. What a great way start your training off on the right foot! (*Gift Certificate is included on your confirmation email.*)

Visit www.TheBaltimoreMarathon.com and sign up now!



organizers.

Corrigan Sports has already planned volunteer meetings for August to make sure that our key personnel are on the right path for race day. We have had on going meetings with the police, public transportation and other key city services to assure that we are all on the same page. Although this is the ninth year of the event, new twists and turns arise every year so we make sure we stay on top of all of them. All this pre-planning is geared so that the runners can have a safe and enjoyable course to run on.

Due to a construction project along the Fort McHenry National Monument Shrine sea wall, this portion of the course will not be part of the 2009 race route. However, with the opening of the new Key Highway extension, we are planning to re-route the course in front of **Under Armour's** World Headquarters where they plan some exciting activities for the runners. Also, new sponsor **M&T Bank** is planning *BIG* things for Mile 16 near Patterson Park that will liven up that area for both runners and spectators. Stay tuned for details.

We hope you, too are enjoying your summer training and staying safe while doing so. Please remember to drink plenty of fluids while running on hot days and if you choose to train late in the day when the sun begins to set, wear some reflective material so that cars are able to spot you better.

Keep up the strong efforts and we look forward to seeing you in Baltimore soon!

Sincerely,

Lee Corrigan
Corrigan Sports

Dear %%First Name%%:

As we enter the Dog Days of Summer, many of you have begun your training for Oct. 10, 2009. Although it seems far away now, that date will approach quickly. That holds true for you, the runner, as well as for us, the

TRAINING SHIRTS STILL 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 training 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.

Supplies are limited so you will want to purchase yours today!

GET READY TO RUN BALTIMORE Training Programs, Runs, Races & More!

The Official Marathon/Half-Marathon 12 Week Countdown Training Program will begin with a group run in Druid Hill Park on Saturday July 11. All participants are expected to be comfortable in completing a ten-mile run by that date. Half-marathoners should be able to complete a 5K run. An organizational meeting will be held at Falls Road Running Store on this Wednesday July 8 at 7 PM. Email Coach Jeff with your questions at jeffreygaudette@gmail.com

Falls Road Running will sponsor two **Supported Course Runs** along the Baltimore Marathon and 1/2 marathon courses. The first supported run will meet at the Inner Harbor Visitors Center at 7:30 AM on July 25 and run the first part of this year's course. The planned distance is eight to twelve miles, but runners have been known to go further. The second supported run is a twenty-miler that will meet in Patterson Park on September 19. Half marathoners have a short course options and there are ways to extend or shorten the runs to meet your schedule.

Two new races are being organized targeting the Under Armour Baltimore Running Festival. On *Saturday, August 15* - 24K Relay. Four person relay teams, each leg is 6K, just under 4 miles. *Sunday, September 13* - 15K Run (9.3 miles). Register at Active.com. Details at www.baltimorerunning.com

Track Workouts in preparation for the Under Armour Running Festival start July 7th at JHU Eastern campus track. – Open workouts at 6:30 PM on Tuesday and Thursday, Ladies Night workouts at 6:30 PM Wednesdays. No experience needed, fast and slow, young and old welcome. baltimorerunning@yahoo.com for open, karenmenge@hotmail.com for ladies night.