



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 bib numbers with D-Tags 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.

SEMINAR SERIES

Our Official Medical Provider, Medstar Sports Medicine will be "With you every step of the way - - serving you before, during and after the race." With that in mind, they will be hosting live Q&A sessions from their booth at the expo. The discussions will take place each day of the Expo between 5:30p & 7p at on various topics. The seminars are free and open to the public. See our website for details.



Dear %%First Name%%:

We are extremely close to our goal of 20,000 runners. The Half-Marathon is SOLD OUT with a waitlist of over 300. The Team Relay is SOLD OUT with a waitlist of over 50 Teams. The Marathon has less than 150 spots and the 5K, with only 500 spots left, looks like it will sell out prior to the expo. These numbers are tremendous and we certainly appreciate your support of the event!

We know all of you bring a cheering section with you on race day. Why not encourage them to do the United Way 5K or bring the kids out to do the Kids' Fun Run. These two events are always exciting and use the same finish line as the rest of the races. But do not delay, [Register now](#) and assure your spot in the race!

This year, we are excited to have added some extra benefits at the finishline this year. [Aquafina](#) will be providing bottled water for all the finishers and conducting a recycling program of all the plastic bottles. [Dunkin Donuts](#) will provide Munchkin Donut Hole Treats, [Phillips](#) will be offering warm Crab Soup, [Atlanta Bread Company](#) will be providing bagels and [Smart Balance](#) will offer various spreads to sample. As always, we will have [Michelob Ultra](#) on tap for all of our of-age finishers.

Finally, we appreciate those of you who have been on the waitlist for the half-marathon and team relay. We know it has been a nerve-racking experience, and we wish we could admit all of you. Please continue to hang in there with us. We ask that if you are registered but know you will not be participating that you [withdraw or defer](#), so we can give your spot to someone else.

That is all for now. My staff and I are eagerly awaiting your arrival!

Sincerely,

Lee Corrigan
Corrigan Sports

HOST AN ATHLETE

We are looking for hosts for some of our invited elite runners. Hosts will receive complimentary tickets to the VIP tent located right at the finish line where you can cheer on your new friends. Interested parties should email [Clay Shaw](mailto:Clay.Shaw).



HOTELS IN BALTIMORE NEARLY SOLD OUT New Race Hotel Partner Added

We have received word that some of our partner hotels have SOLD OUT for race weekend. With that in mind we have added a fourth property that will offer a preferred rate to festival. The Hampton Inn and Suites Baltimore Inner Harbor is now accepting reservations for the marathon with a two-night minimum.

For details on this and our other partner properties, [VISIT THIS LINK](#)

GETTING DOWNTOWN FROM THE AIRPORT

We have partnered with Airport Shuttle to help you get to the race site from BWI. Reserve your rides between BWI Airport & your hotel with Airport Shuttle. They track your flight & you go directly to our van from baggage claim. Airport Shuttle never puts their customers in a waiting area at the airport! Further, you can pay on board the vehicle by cash or credit card. The vans are 7 & 10 passenger with luggage bay.

To reserve via phone call 1-800-776-0323, press #2 from the automated phone selections & say to our call agent, the profile # is 125102 to receive the race discount.. For additional details, [VISIT THIS LINK](#)

IMPORTANT NOTE 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 start with the half-marathon, you will not receive a time and may not be permitted to register for the race in future years.

That being said, if you register for and start the full marathon but are unable to finish the distance, you can drop out at any time. The 13.1 mile mark of the marathon course is within walking distance of the Celebration Village area and the finish line for all races. However, it is important to note that only race finishers will receive a finishers medal.

Currently we have close to 300 people who have been placed on the waitlist for the CareFirst BlueCross BlueShield Half-Marathon. To date, we have not seen significant movement from downgrades and deferrals to allow us to add

runners from the waitlist. The waitlist process will remain in effect until 8am on Oct. 2nd. This is when the database is due to the timing company for final preparation. At that time, we can no longer make changes to the database of runners.

We still encourage runners who are registered but are injured to please call us to withdraw or defer your entry until 2010 so that we may add runners from the waitlist.

BALTIMORE'S TWIST ON THE CARBO LOAD DINNER

The charm & diversity of Baltimore allows the event to offer a unique twist on the traditional Carbo-Load Dinner. We have teamed up with two great organizations to allow our runners to get a taste and feel of the City as they prepare for the race.

[Phillips Seafood](#), a nationally regarded restaurant & seafood producer headquartered in Baltimore, invites all runners to enjoy some of its specialties at Phillips Harborplace Restaurant. With the runners in mind, they have created a special Shrimp & Penne pasta dish for the evening.



In addition, you may choose to dine in Baltimore's [Little Italy](#), offering a choice of 6 great 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. Certificates for either of these options are available for purchase at the Health & Fitness Expo.

DEFERMENT, DOWNGRADE & UPGRADE PROCEDURES

We all know that injuries often arise during training after we have registered 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 mail a note stating your request along with a check payable to the Baltimore Marathon to the address listed at the bottom of this message. (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.**

WITHDRAW

If you will not be running this year and choose not to defer, we ask that you withdraw from the race. By doing this, you will allow someone from the waitlist to run in your place. It also means that you are NOT permitted to pick up your race shirt or packet. Your registration fee will be donated to charity.

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 (customerservice@corrigansports.com) your request 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. *(At this time, full marathon runners must go on the waitlist of the half-marathon and be admitted via that process. Please email us directly and DO NOT add your name to the waitlist yourself or you will be charged again and no refunds will be granted.)*

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.

THE JIM ADAMS REPORT

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.

It's taper time. A few notes while we count down to marathon day.

Most training schedules call for the last long run either three weeks out or two weeks out from the marathon. If you do your 18+ miles this weekend prepping for the Baltimore Marathon on your training schedule, do not be tempted to join your friend for a twenty-miler next weekend because that schedule is a two-week program. You are done, except for some final fine-tuning, you are as ready as you are going to get on the endurance side.

Do not get trapped into running long with friends who are training for Marine Corps, New York Philadelphia, or the NCR Trail Marathon during the next couple of weeks. Just because they are suddenly lonely on their long runs is no reason for you to blow your training for your target event.

Taper time is a time for the body to heal, to rejuvenate, and to store energy for marathon day. If you taper right, you will find yourself becoming agitated, bursting with pent-up energy because you are not running as much as you are used to running. You may even gain a pound or two. Don't worry, it will be alright.

[Click Here](#) for some other things you should do.

OF LOCAL INTEREST...

Saturday, September 19 is the final supported course run for the Baltimore Marathon. Meet in Patterson Park at the corner of Eastern Avenue and Linwood. The run starts at 7:00 AM.

Falls Road Running will have fluid and nutritional support on the course about every four or five miles. If you need water more often we suggest you bring a hydration system and refill it on occasion as needed. Distance - sixteen to twenty-four miles, with the emphasis on twenty miles. Half-marathoners have an eleven mile option. Those needing to adjust the mileage can add on early, in the middle, or late with extra loops around Patterson Park, Lake Montebello, or Fort McHenry.

The practice run is free, but you are asked to sign a waiver and wear a race number. The race number is for the volunteers to know when the runners stop coming through so that they can pack up. The basic route will use the marathon course Mile Sixteen to Mile Twenty-three, then pick up Mile Four back to Mile Sixteen. Please RSVP to baltimorerunning@yahoo.com for logistical planning.

Tuesday, September 29- Runner's World and Under Armour present the **Baltimore Running Festival Runner's Symposium** at Falls Road Running Store on Tuesday, September 29th, from 6 - 9 PM. The evening will include a run and a presentation by Bart Yasso of Runner's World, known for the "Yasso 800" marathon predictor program, medical professionals from MedStar Health, shoe and clothing designers from Under Armour, official gear from the Baltimore Running Festival, a storewide sale at Falls Road Running, as well as refreshments and a host of other informative opportunities to prepare you for the ultimate running experience at this year's Under Armour Baltimore Running Festival.

➔ FORWARD TO
A FRIEND