



## 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 or Friday prior to the race. This assures that there is no confusion or accidental swapping of race bibs 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 at **M&T Bank Stadium** will have extended hours this year and be open on Thursday, Oct. 8 from 10am - 9pm and on Friday, Oct. 9 from 10am to 9pm. We encourage all local runners who live or work downtown to try to attend the expo on Thursday morning as many of our out of town runners will be arriving on Friday.

**NOTE:** We have adjusted the packet pick up procedure slightly this year in hopes of improving the traffic flow. Runners will now be **REQUIRED** to pick up their confirmation card in a tent located beneath Gate A **BEFORE** heading upstairs to claim their bib and shirt. More details will be contained in the Runners Info Booklet that will be available online next week.



Dear %%First Name%%:

We are so excited that the 9th Annual Under Armour Baltimore Running Festival is only 30 days away. Being that we are so close to race day, I need to ask each of you to do a few things for us. Here it goes:

- 1) If you are considering a **Downgrade, Deferment, or Withdrawal**, please make your decision soon. We have **SOLD OUT** our half-marathon and team relay and have started a waitlist for runners who I know would love to get into the event.
- 2) If you or someone you know is considering running this year, **Register Now!** We still have spots in the full marathon, 5K and kids run but they are filling and may not be available at the expo. Save yourself (and us) the added anxiety and sign up today! We don't want you to be shut out!
- 3) If you or someone you know is not running this year, **Encourage Them to Volunteer.** Special Olympics Maryland manages the more than 1,000 volunteers needed for this event and they can always use another pair of able hands. You can find details and register online by [visiting this link](#).

So in addition to your training, add these three things to your to-do list. Doing so will be a huge help to us as we prepare to make October 10, 2009 one of the most memorable days of your life. Thanks in advance for your assistance.

Sincerely,

Lee Corrigan  
Corrigan Sports

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## CONFIRM YOUR REGISTRATION HERE

If you have concerns as to whether you are registered for the event or the correct race, you can VISIT [THIS LINK](#) and confirm your registration.

**NOTE:** The system is extremely sensitive so it is suggested that you only enter your first or last name. Hyphenated Names, Suffixes and nicknames (such as Jim vs James) often makes the search come up empty.

## HALF-MARATHON & TEAM RELAY SOLD OUT WAITLIST PROCEDURE FOR EACH RACE

Although we would love to admit everyone who wants to participate in the Baltimore Running Festival, we feel it is extremely important that we control the number of runners who participate each year. Our "smart growth" plan will allow all parties— the citizens, businesses, civil servants, and most importantly you the runner— to fully enjoy the event and not feel overcrowded or over burdened. Logistics also requires us to limit the field, as we have to pre-order the race bibs, finisher medals and shirts far in advance of race day.

The Legg Mason Team Relay and the CareFirst BlueCross BlueShield Half-Marathon have SOLD OUT for 2009, and the marathon and 5K are not far behind. (NOTE: We were able to admit over 200 runners from our half-marathon waitlist in 2008 due to downgrades, deferments and withdrawals. If you are interested in running, please consider the waitlist option.)

With that in mind, [VISIT THIS LINK TO VIEW](#) our policy and other important information for those runners who are placed on the waitlist.

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## 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 [print this form](#) and mail it 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.**

### 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@corrigan sports.com](mailto:customerservice@corrigan sports.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 email us at [customerservice@corrigan sports.com](mailto:customerservice@corrigan sports.com) 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.***

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## 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.



## TEAM RELAY RUNNERS-- FILL YOUR TEAM TODAY

Teams Need Four Runners to Participate

If you are participating in the Legg Mason Team Relay, we urge you to fill out your 4-person roster immediately. The Relay is SOLD OUT and we have started a waitlist. However, there are still a large number of teams that do not have the required four team members. We ask that you complete these steps to fully secure your spot in the event.

Remember, it is a two step process for registering your team name and your teammates. Team Captains will have to complete both of these steps if they are running as a member of the team they created. Detailed instructions are available [on our website](#).

## EXPO TO FEATURE SEMINAR SERIES

At this year's Expo, the sports medicine specialists from Union Memorial Sports Medicine and Harbor Hospital Sports Medicine (both members of MedStar SportsHealth) will highlight many important areas that need your full attention the final hours prior to, during, and after the marathon. Below is a brief description of one of their scheduled presentations.

### **Dr. John Senatore: Union Memorial Sports Medicine** **"Helpful Tips during the Hours Immediately Before the Marathon"**

With race day finally here, all of your hard training has now been completed. Most runners assume there's nothing more to do except travel to the race site and complete the marathon. However, what you do and/or don't do during this time period can have a tremendous effect on the outcome of your race.

This Seminar is scheduled for Thurs. Oct 8 at 5:30pm and Friday Oct. 9 at 5:30pm at the MedStar SportsHealth Booth in the Expo. Check our [website](#) for other topics.

## 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.*

The Under Armour Baltimore Marathon is less than a month away. Taper time starts for some schedules three weeks out, on others two weeks out. Now is the time to start making last-minute preparations, get one more long run under the belt, and then prepare to go crazy (i.e., "taper-nutty") for several days.

Many runners love the no-show socks to maximize their tan lines. I would suggest getting a pair of your favorite socks in low-cut or quarter length to wear for the marathon. You do not want your heel cup to rub into your Achilles tendon around mile 16 and cause problems.

If you haven't discovered BodyGlide, SportsSlick, BlisterShield, NipGuards, Second Skin, PowerGel, ShotBlocks, JellyBellies, Succeed, or Under Armour performance gear by now, by all means head to your local running store (Falls Road Running) and get acquainted with these products now.

You should have purchased your marathon shoes by now, or very, very soon. You need to get a few runs in them to ensure fit correctly and don't have issues. We recommend you purchase the same model of shoe that you have been training in all summer. You want a running shoe with less than a hundred miles on it entering your target marathon.

And remember, Taper Smart!

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### OF LOCAL INTEREST...

The **Falls Road 15K** is this Sunday, September 13th at 7:30 AM in Druid Hill Park. The 9.3 mile distance is the perfect warm-up for the Baltimore Running Festival half-marathon. Sign up at Falls Road Running Store through Saturday Sept. 12th or raceday morning at 6:45 AM near 3001 East Drive in Druid Hill Park.

The final **supported course run** presented by Falls Road Running will be next Saturday, September 19th. The run begins at the Pulaski Monument in Patterson Park at 7:00 AM--near the intersection of Eastern Avenue and Linwood, mile 16 of the Baltimore Marathon course. Runners have a short course option of 12 miles, a long course option of 20 miles, and the ability to customize the route to fit their training schedule. For logistical planning purposes please RSVP to [baltimorerunning@yahoo.com](mailto:baltimorerunning@yahoo.com)

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.

JOIN MICHELOB ULTRA AT OUR POST, POST-RACE PARTY AT [PICKLES PUB](#).  
JUST SHOW YOUR RACE MEDAL AND RECEIVE SOME GREAT DISCOUNTS  
COURTESY OF PICKLES PUB AND MICHELOB ULTRA!

