



## BOOK YOUR HOTEL NOW

The deadline for special marathon rates at our partner hotels is approaching and reports are that rooms filling rapidly. Our host hotel- the [Hilton Conference Center Hotel](#) offers is only **STEPS** from the start line and has the most rooms. For details on all of our partners and their contact information, visit the [Hotels & Travel](#) link on our website.

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## NEW COURSE MAP RELEASED!

Due to a construction project in Fort McHenry National Monument Shrine, we will be unable to run that portion of the course this year. (*We do plan to return to that course once the project is complete.*) A map of the revised course is now available online.

The distance lost by not running in the Fort will be made up in the Druid Hill Park area. This stretch is arguably just as scenic as the run around the sea wall and although it may add some elevation, the view of the lake and surrounding area should make up for any negatives.

The course changes will not effect the second half of the marathon course or the half-marathon course at all. It will change location of the first relay exchange point and the distances of the first two



Dear %%First Name%%:

Well, you have managed to do it again! Thanks to you, we have set another event record for registration and numbers are still increasing by the minute! As you all know, we believe in smart growth and set limits for the race weekend. We have set a cap of 20,000 runners and we are on pace to reach it very soon.

Today, all of our sponsor and charity entries were due. With that process behind us, have been able open a few more spots for each of the races. However, with a average of 100 registrations per day, they won't last long!

As of today, here is the skinny:

MARATHON	550 Spots Remain
HALF-MARATHON	200 Spots Remain
TEAM RELAY	SOLD OUT (Waitlist Started)
5K	Filling Fast; Don't Wait!

We have established a waitlist for the Team Relay and will do so for the other races once they sell out. ***If you are registered but know you do not plan to run this year, we ask that you contact us immediately to defer or withdraw so that we may keep our waitlist numbers down.*** The waitlist procedures as well as the process to downgrade, upgrade or defer are described below .

Keep up the solid training. The weather here in the East has been mild all summer but we will continue to pray for dry and cool days for those upcoming long training runs!

Sincerely,

Lee Corrigan  
Corrigan Sports

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legs have changed by 2/10 mile. The First Leg will be 5.8 miles and Leg 2 will be 7.0 miles. Please plan accordingly.

You can view the new [course map](#) and an [elevation chart](#) from our website.



## 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.**

### 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](mailto: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.

### 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.***

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**WAITLIST PROCEDURE**  
**EXCLUSIVELY ONLINE PROCESS IN 2009!**

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.

This year our waitlist will be generated entirely online. We will NOT be accepting faxed or mailed entries for the waitlist.

[VISIT THIS LINK TO VIEW INSTRUCTIONS](#)

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**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 the 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](#).

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## THE OFFICIAL FOOT CARE PROVIDERS OF THE BALTIMORE RUNNING FESTIVAL

[We Treat Feet](#) has signed on as the Official Foot Care Provider of the 2009 Under Armour Baltimore Marathon. They will be providing free injury evaluations and care at the Health And Fitness Expo, as well as in the Celebration Village post-race.



Have a problem today? They have four convenient locations to serve you better, so call them today! WeTreatFeet and the People Attached to Them!

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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, [VISIT THIS LINK](#).

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.

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### OF LOCAL INTEREST...

1. The last supported course run preparing for the Baltimore Marathon will be on Saturday, September 19th. Runners will meet at the Pulaski Monument in Patterson Park at 7:00 AM. The distances range from 12 miles to 20+ miles with options to adjust the mileage to fit your personal training schedule. Please RSVP to [baltimorerunning@yahoo.com](mailto:baltimorerunning@yahoo.com) for logistical planning purposes.
2. Runner's World will present the Under Armour Baltimore Marathon runner's symposium at Falls Road Running Store Tuesday, September 29th, from 6 - 9 PM. Speakers will include medical professionals from MedStar Health, footwear and apparel design professionals from Under Armour, and various coaches and mentors from training groups around the area.
3. The Falls Road 15K will be held in Druid Hill Park Sunday, September 13th, start time 7:30 AM. Details are at [http://www.active.com/event\\_detail.cfm?event\\_id=1769138](http://www.active.com/event_detail.cfm?event_id=1769138)



LAST CHANCE TO ORDER!

[Supplies are Running Out!](#)

Get your Training Shirt  
or other event gear today!

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[↪ FORWARD TO  
A FRIEND](#)