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2016 RUNNER HANDBOOK

GREAT PLACES TO STAY FOR RACE DAY

OR DURING A RETURN VISIT TO CHARM CITY

We are excited to be partnering with Team Travel Source for hotel accommodations! Team Travel Source has secured the best hotel rooms with the lowest rates for the Baltimore Running Festival.

TO BOOK THESE GREAT ROOMS WHILE THEY LAST - VISIT THIS LINK
<https://aws.passkey.com/event/14511864/owner/9703962/home>



If you have any questions regarding hotels for the event or would like to book your hotel room over the phone, please call Team Travel Source directly at 1-866-567-7075 or email info@teamtravelsource.com.

HERE ARE SOME OF THE GREAT HOTEL OPTIONS YOU WILL FIND WHEN YOU BOOK THROUGH TEAM TRAVEL SOURCE:

MARRIOTT INNER HARBOR AT CAMDEN YARDS

Located on the west side of the Inner Harbor, this contemporary Baltimore hotel provides easy access to all major attractions, highways as well as the BWI Airport.

RENAISSANCE HARBORPLACE HOTEL

Perfectly situated in Baltimore's famed Inner Harbor area, the hotel is truly your personal Gateway to the Harbor - ensuring all guests an enchanting and distinctive stay.

HOLIDAY INN INNER HARBOR

You'll feel right at home, because each non-smoking room is well equipped with free Wi-Fi access, a flat screen television, iPod docking station and a microwave and refrigerator.

DAYS INN INNER HARBOR

Each room in our non-smoking hotel features free Wi-Fi Internet access, a microwave and refrigerator. In the morning, rise and shine with a free USA Today.

RADDISON HOTEL BALTIMORE

Head to the rooftop and relax by the pool where you can squeeze in some shut-eye before meeting friends or colleagues for drinks at Balto Tavern & Tap, our on-site bar. Located in the heart of downtown and just a half mile from Inner Harbor,

HYATT HARBOR PLACE

At Hyatt Place we do things differently. We combine style, innovation and 24/7 convenience to create a perfectly seamless stay with every modern comfort you deserve.

EVENT TIMES

Thursday, October 13, 2016 (Baltimore Convention Ctr Hall A)

NAVA Health and Vitality Expo/Package Pick-Up 12pm-8pm

Thursday, October 13, 2016 (POWER PLANT LIVE!)

All Ages Welcome Party @ Power Plant Live! 6pm-9pm

.05K presented by 98Rock 8pm

Friday, October 14, 2016 (Baltimore Convention Ctr Hall A)

NAVA Health and Vitality Expo/Package Pick-Up 12pm-8pm

Saturday, October 15, 2016 - race start times

ARRIVE 90 MINUTES PRIOR TO YOUR RACE START

National Anthem & Presentation of the Colors	7:25am
ShopRite 5K	7:30am
Wheelchair Marathon	7:55am
The 16h Annual Baltimore Marathon	8:00am
4-Person Team Relay	8:00am
98 Rock Bands & DJs throughout the course	All Day
ShopRite 5k Awards Ceremony	9:00am
Kids Fun Run	9:20am
CareFirst BlueCross BlueShield Half-Marathon	9:45am
Race Champions Awards Ceremony	12:00pm

Awards Ceremonies on Main Stage in Celebration Village. Age group awards will be mailed.

RENTAL CARS

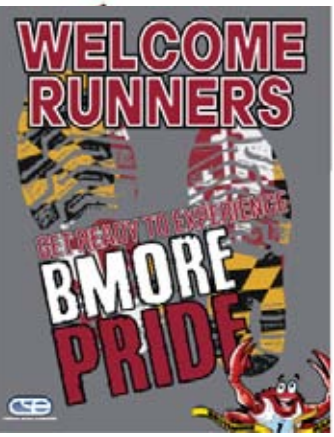
Because Corrigan Sports does events all across the nation, we have been able to negotiate special group rates for the participants in all of our events. Take advantage of our deep group savings by using the link below when renting a vehicle. You can choose to rent with Enterprise or National and still get a great low rate.

http://www.enterprise.com/car_rental/deeplinkmap.do?bid=028&refId=CSE



SAFETY FIRST- We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave bags at home and allow extra time all weekend long for any added security measures which will include bag searches and check points for fans and runners. And as always,

IF YOU SEE SOMETHING SAY SOMETHING.



Welcome to the 16th Anniversary Baltimore Running Festival. We are thrilled that you will be joining us. As we have done since its inception, there will be several event distances running on race day highlighted by the 26.2 mile tour of Baltimore.

The Baltimore Running Festival has grown into one of the most visible and highly anticipated events in the city. The streets of Baltimore will be abuzz on race morning with groups of fans lining up to cheer you on during your foot tour of Charm City.

We'd be remiss if we did not talk about all of the wonderful charities associated with this powerful event and how they help individuals and their families during their personal time of crisis. Since the event's inception, the Baltimore Running Festival has raised more than \$12 million for charities. While we all celebrate on a crisp fall Saturday in October, it's evident the festival impacts some lives forever.

If you are running, we ask you to encourage a neighbor or friend from out of town to REGISTER. If you can't run this year, consider VOLUNTEERING or coming to the finish line to CELEBRATE. If you live in the city, organize a group to head out on the course and CHEER as the runners pass. All these actions will help show your BMORE PRIDE!

This packet includes important information that will prepare you for the events and activities surrounding the event. If you have entered the Baltimore Marathon, the CareFirst BlueCross BlueShield Half-Marathon, 4-Person Team Relay, the ShopRite 5K or the Kids Fun Run, **it is extremely important that you read the information in this booklet carefully.**

Remember, **Runner Packets are available for pick-up during the Expo ONLY; there will be NO Registration or Runner Packet Pick-Up on Race Day.**

On-line confirmation of your entry is available on the Baltimore Running Festival website. You can search the database (updated weekly) of all registered runners to find out who is participating in this year's race. For more information and to view your confirmation, visit www.TheBaltimoreMarathon.com.



FOLLOW US ON FACEBOOK OR TWITTER FOR ANY LAST MINUTE UPDATES AND IMPORANT MESSAGES.



OFFICIAL RESTAURANT PARTNERS

PLEASE VISIT THESE RUNNER FRIENDLY RESTUARNTS DURING RACE WEEKEND!

Pickles Pub- *Pub, American (Traditional), Sports Bar*
Phone: (410) 752-1784
Address: 520 Washington Blvd, Baltimore, MD 21230
Distance from the finish line: 0.7 Miles

McCormick and Schmick's- *Seafood*
Phone: (410) 234-1300
Address: 711 Eastern Ave, Baltimore, MD 21202
Distance from the finish line: 1.9 Miles

Rusty Scupper- *Seafood*
Phone: (410) 727-3678
Address: 402 Key Hwy, Baltimore, MD 21230
Distance from the finish line: 1.4 Miles

The Boathouse- *American (New), Seafood, Breakfast & Brunch*
Phone: (410) 773-9795
Address: 2809 Boston St, Baltimore, MD 21224
Distance from the finish line: 3.4 Miles

Hard Rock Cafe- *American (New), Burgers, Music*
Phone: (410) 347-7625
Address: 601 E. Pratt Street, Baltimore, MD 21202
Distance from the finish line: 1.5 Miles

Dunkin Donuts- *Donuts, Breakfast, Coffee & Tea*
Phone: (410) 545-0522
Address: 1100 Light St, Baltimore, MD 21230
Distance from the finish line: 1.3 Miles

Towson Hot Bagles- *Bagels, Breakfast, Sandwiches*
Phone: (410) 732-9090
Address: 3301 Boston St., Baltimore, MD 21224
Distance from the finish line: 6.4 Miles

Nalley Fresh- *Salad, American (New), Gluten-Free*
Phone: (443) 885-9437
Address: 400 E Pratt St., Baltimore, MD 21202
Distance from the finish line: 1.3 Miles



PANDORA IS A PROUD SPONSOR OF THE 2016 BALTIMORE RUNNING FESTIVAL.

The 2016 Bmore Run Charm is available exclusively at PANDORA in The Gallery at Harborplace. A percentage of sales from the 2016 Bmore Run Charm will be donated to Athletes Serving Athletes during the Baltimore Running Festival, October 13-15, 2016. Visit PANDORA in The Gallery at Harborplace or the PANDORA booth at the NAVA Health & Vitality Expo and Celebration Village to purchase.



DOWNTOWN OVERVIEW MAP



VISIT <http://bit.ly/2cPuNMh> TO ENLARGE THE ABOVE MAP...

PARKING

We encourage all runners to use the Light Rail on both expo days and on race day. However, we will offer free parking in select stadium lots all weekend. Additionally, the above map indicates some alternate locations for paid parking. Please be mindful that some of the lots indicated do fill with local city workers during the week.

ALL BAGS & PERSONS ARE SUBJECT TO SEARCH BY ORDER OF THE MARYLAND STADIUM AUTHORITY AND THE BALTIMORE CITY POLICE. Please leave all bags at home or in your vehicle during the expo. Runners are asked to use a clear bag if they must check gear on race day. And all bags will be searched on race day. Be sure to allow for extra time.

WET BULB TEMPERATURE RATINGS

We all have heard that safety is key when running. Weather is probably the one thing nobody can control, but it can really affect your race day. As it gets hotter performance goes down, but at what point do heat and humidity become dangerous?

The sports medicine physicians from MedStar Sports Medicine and the staff from Corrigan Sports want you to have a fun and safe race day. Together, we have developed a plan for race day to monitor the heat and humidity. If the weather gets too hot, plans are in place to ensure everyone stays safe.

The good news is the Baltimore Running Festival is held in mid-October when the majority of the event can be contested under ideal, or low risk, conditions. Since 1974, the temperature in Baltimore in mid-October typically varies from 49°F to 65°F and is rarely below 38°F or above 76°F.

We determine if the race is safe or if conditions are becoming too hot and humid to run by using a wet bulb globe thermistor. This tool measures the heat, humidity and wind to tell us how the weather will affect runners.

Using the wet bulb globe temperature is different than the heat index, and more accurate in predicting if runners will be at risk for over heating or heat stroke.

We also use the American College of Sports Medicine “flag system” to monitor race conditions and determine the risk of heat illness in runners. All major marathons use this system. We measure the wet bulb globe temperature, and then advise the race directors and public safety officials (including the police and fire departments) about the risk for heat illness in runners.

The results are compared to a scale. The lower the wet bulb globe temperature, the less likely there will be heat illness. Runners can review the flag system listed below. So if you feel the weather is heating up, pay attention to the race officials for recommendations for a safe race.

Green Flag = Low Risk - (Risk of heat exhaustion/heat stroke is low, but not 0.)

Yellow Flag = Moderate Risk

Red Flag = High Risk - (Anyone who is particularly sensitive to heat or humidity probably should not run.)

Black Flag = Extreme Risk, If higher consider cancelation or move the race date.



LOG YOUR MEDICAL HISTORY ONLINE

RaceSafe, MedStar Sports Medicine and the Baltimore Running Festival have partnered to create a unique standard of care for our running community.



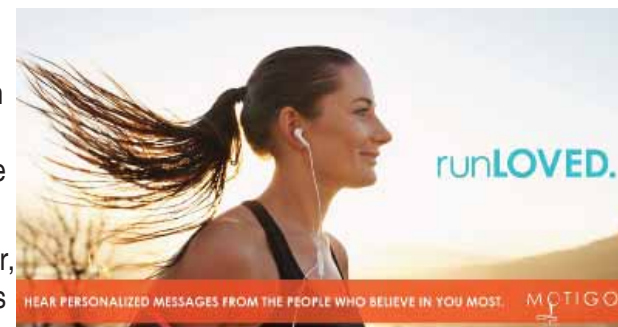
As you have probably experienced, many things can happen to our bodies during a run. We want to be sure our MedStar Sports Medicine team can properly treat you if anything should happen while you're on the course.

Participants have the option to securely store and share personal medical history in case of emergency for any race using RaceSafe. RaceSafe is secure, private, and takes less than 5 minutes. For your health and safety, please share your information by visiting the link below. RaceSafe respects your privacy and is committed to maintaining your confidentiality.

https://iracesafe.com/registration/participant?race_id=315

ENHANCE YOUR RACE DAY EXPERIENCE WITH MOTIGO

The Baltimore Running Festival has a new interactive partner! We are excited to be working with Motigo to deliver a new on-course audio experience. Use the free Motigo app to hear a course specific audio tour during the event, with periodic pre-recorded messages highlighting the race route!



And to make it even better, you can invite your friends and family to pre-record cheers and motivational messages, or record your own mantras and reminders (fuel, hydrate, pace yourself) that keeps you moving! This is a FREE service offered courtesy of Corrigan Sports and Motigo.

Motigo allows you to experience The Baltimore Running Festival — along with its course and the city — in a whole new, unforgettable way!

Download the app and search for the Baltimore Running Festival to get started! Then request cheers from your cheering section in advance, then use the app on race day along with your music or your other favorite running apps simultaneously. Available for iOS and Android. Learn more at <http://www.getmotigo.com> and #runloved at the #baltrunfest!

SIXTH RACE ADDED TO THE BALTIMORE RUNNING FESTIVAL

PLEASE NOTE NEW START TIME. Once again this year, in partnership with 98Rock and Power Plant Live, we will host a race that is truly open to everyone.

Join us for the .05K on Thursday, Oct. 13 at Power Plant Live. This 98Rock sponsored event will launch the weekend celebration and add a race distance that truly everyone can complete. Festivities at Power Plant will start at 6pm with the race starting at 8pm.

All proceeds from the \$15 entry fee will go to benefit the One Love Foundation as selected by 98 Rock. Prizes will be given for best costumes and other categories so come in style! Race entries are limited!

ONLINE REGISTRATION NOW OPEN FOR THE .05K HERE

<http://www.ticketfly.com/event/1130805-2nd-annual-98rock-05k-baltimore>

IMPORTANT: You must register by Sunday Oct. 9 by 11:59pm in order to be guaranteed a t-shirt.

Registered runners will get a T-Shirt, race bib and .05k car magnet before following the 3/100 of a mile course from the start arch to the finish line.

PACKET PICK UP for the .05K will be at Power Plant Live starting at 6pm on race day.

FOR MORE INFORMATION VISIT

<http://www.thebaltimoremarathon.com/race-information-2/05k-presented-by-98rock/>

BE SURE TO CHECK OUT ALL THE WAYS 98 ROCK WILL BE BLOWING IT OUT FOR THE RUNNER'S ENTERTAINMENT THIS YEAR.

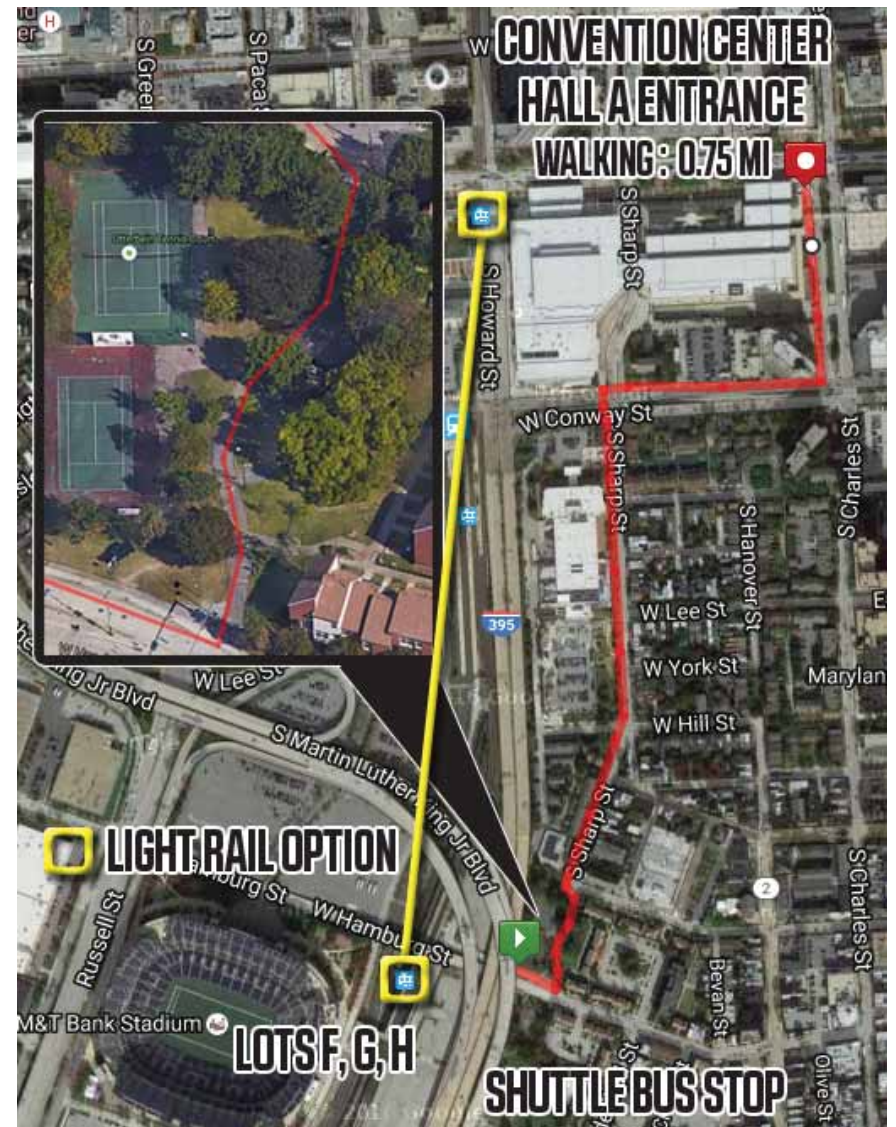
Bands on the Run, Live Broadcasts on race day, RunFest Tailgate at Patterson Park and much more!



PARKING ON EXPO DAYS

Below is a map of Lots F, G & H. Free parking available in these lots during expo hours. A free shuttle will make the round trip from these lots to the expo from 11:30am until 8:30pm. You can also take the Light Rail from the Hamburg St. station located Lot G two stops to the Convention Center stop.

Additional public parking is available throughout the city. Please note the Downtown Overview Map on the previous page in this handbook.



VIIST <http://bit.ly/2cmWNd6> TO ENLARGE THE ABOVE MAP...

NAVA HEALTH AND VITALITY EXPO

This year, we have moved the NAVA Health & Vitality Expo back to the **Baltimore Convention Center, Hall A**. The entrance is near the corner of Pratt & Charles and a different hall than we have utilized in previous years at the Convention Center. This location will provide us with a bigger floor plan and has allowed us to add a few more vendors for you to visit during packet pick up.



We will continue to offer stadium Lots F, G and H for **FREE PARKING** during the expo. These lots are within a walking distance from the convention center-- about .75 mile. There is also the option to take the Light Rail from the Hamburg St. station located Lot G two stops to the Convention Center stop. Several paid lots are located near the Convention Center if you choose to pay to park. (see map on the previous page of this booklet.)

We will be providing a free courtesy shuttle to the expo during the evening from lots F, G, and H. It is about a 15-minute bus ride each way. The shuttle stop will be located on the curbside island between lots G & H (*see the adjacent map and look for the shuttle bus sign*) during the following times:

SHUTTLE TIMES

11:30am-8:30pm each day of the expo

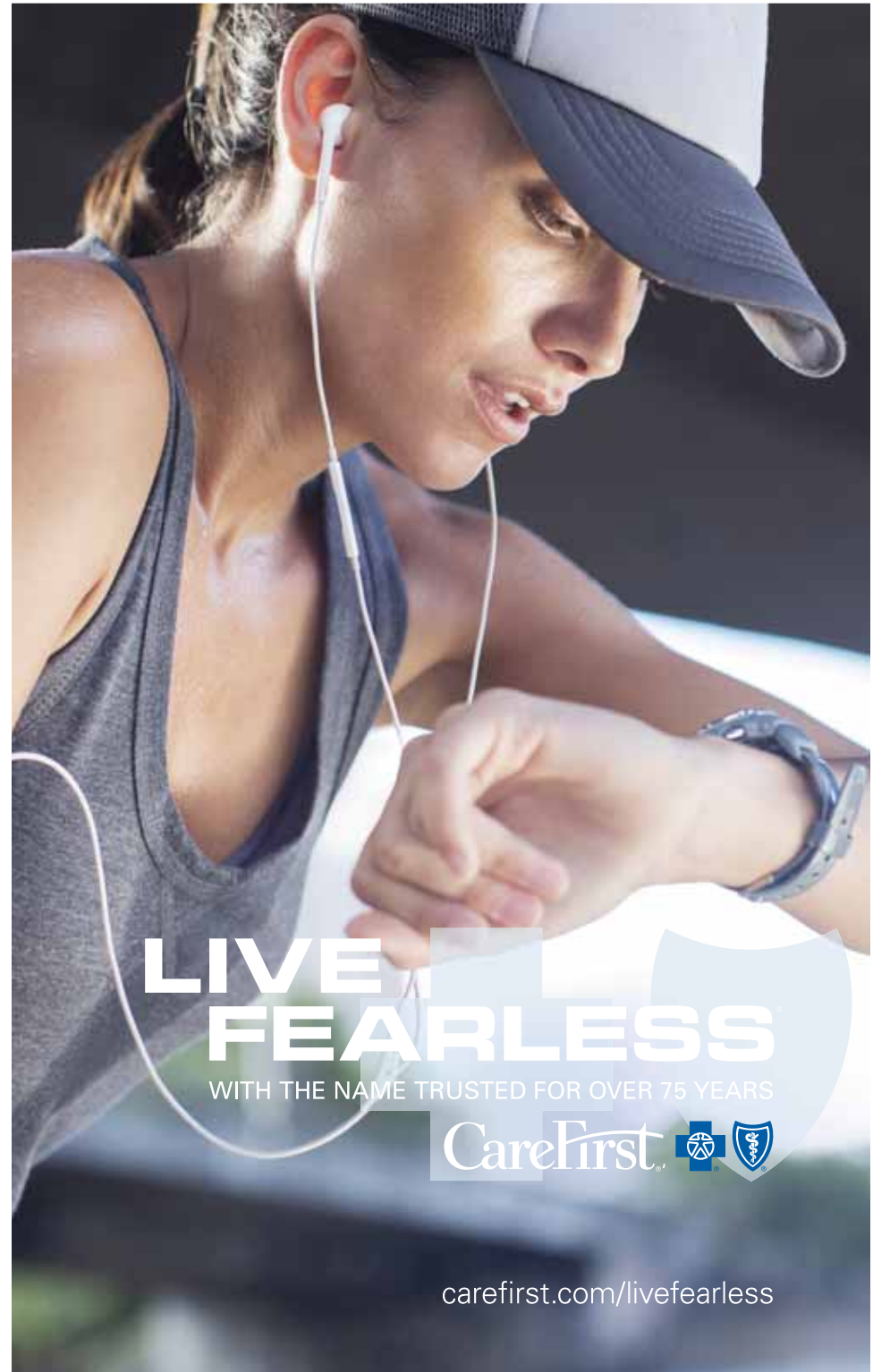
Hours for the NAVA Health & Vitality Expo, located in **Hall A** of the Baltimore Convention Center, are as follows:

EXPO HOURS

Thu., October 13th	12pm-8pm
Fri., October 14th	12pm-8pm

PLEASE NOTE: We encourage runners who live or work Downtown to attend the expo on Thursday. This is typically the least crowded time and will allow you to better enjoy your expo experience. It will also assist us in accommodating our out-of-town guests who do not have the option of attending early. Thank you in advance for your cooperation.

ALL BAGS AND PERSONS ARE SUBJECT TO SEARCH BY ORDER OF THE MARYLAND STADIUM AUTHORITY AND THE BALTIMORE CITY POLICE. *Please leave all bags at home or in your vehicle during the expo. Runners will be provided with a clear bag upon entering the expo. (Bags are for runners only.)*



carefirst.com/livefearless

E-REGISTRATION CARD

On Tuesday, October 11, you will receive an emailed e-registration that will include your personal information as well as your race number. PLEASE VERIFY ALL PERSONAL INFO. If you find an error you will need to make the edits at the expo. (YOU CANNOT DO IT PRIOR TO THE EXPO.) If you do not get an e-registration by 3pm that day via email DO NOT PANIC. Simply send an email to corrigansportsbib@gmail.com and we will be able to help you troubleshoot your issue.

PLEASE, PLEASE, PLEASE bring a copy of the e-registration card & ID with you to the expo (either a hard copy or on your smartphone.) You will have to show your e-registration when you go to STEP 2 to pick up your Race Number.

RACE PACKET PICK UP OF ALL RACES

You may pick up the race packet for **ONE other runner** (not counting kids fun run) **ONLY IF** you have a copy of their e-registration and a copy of their photo ID. Relay Members may pick up for their entire team with proper documentation. You will need to coordinate getting the e-registration & ID from the other runners. The race staff WILL NOT provide access to e-registration card information without an ID. (Children do not need I.D.'s)

You **MUST** pick up your Race Packet at the NAVA Health and Vitality Expo. The Expo is located in the Baltimore Convention Center Hall A You may park for FREE in stadium lots F, G & H while visiting the expo. These lots are a short walk from the expo entrance. Light Rail (Convention Ctr. stop) is also a great option for expo travel.

STEP ONE: You will enter the expo from the entrance on the corner of Pratt St. and Charles St. **MAKE SURE YOU HAVE YOUR E-REGISTRATION CARD.** Runners can select to take a bag to collect their expo goodies. *We ask that you provide your own clear bag for race day bag check but the one provided will work if necessary.*

STEP TWO: If you have your e-registration card, you may proceed past the registration area and will be directed to the Race Number Pick-Up area. Here you will receive your race number with a "B-Tag" or "D-Tag" timing responder. **BEFORE YOU LEAVE STEP 2, VERIFY THAT YOUR RACE NUMBER MATCHES THE NUMBER ON YOUR E-REGISTRATION.**

STEP THREE: There will be a separate Shirt Pick-Up station for each race. You must present your e-registration AND your race number to receive your shirt. A volunteer will take the premium tag from your race number indicating that you have received your shirt. **DO NOT REMOVE THIS TAG YOURSELF!** This step **MUST** be performed by the volunteer.

B-TAG TIMING

All adult runners (*except the relay*) will use the B-Tag timing system that utilizes a computer transponder tag that is built into the bib and stays attached to your race number while you run. (Relay Runners will have a detached timing chip so that you may pass your chip along the race route.)

On race day, **runners simply secure the bib to the front of their shirts** and they are ready to run. After crossing the finish, runners do not need to return the tag and can dispose of it at their convenience.

DO NOT Remove your B-Tag from your bib

DO NOT Forget your B-Tag Race Bib on race day - NO BIB, NO TIME

DO NOT Exchange your B-Tag with any other participant

DO NOT Cross the finish line twice or go back on any part of the course

RACE NUMBERS

- When you pick up your race number, it will contain your B-Tag timing device. **DO NOT REMOVE IT.** It is designed to stay on your bib for the race.
- You must show your race number to enter your proper starting area.
- Wear your race number on the front of your body throughout the race.
- Marathon & Relay runners are asked to wear their race designation bib on their backs
- Your race number must be visible throughout the race so the official course photographers can identify you.
- Do not exchange or transfer your number to someone else.
- Do not bend, fold or tear your bib. It may damage the B-Tag chip.
- *In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number with a ball point pen.*

RACE SHIRT POLICY

All runners are guaranteed a race shirt, however, sizes are first come, first serve. Race shirts are ordered nearly a year in advance and it is impossible to estimate the exact number and size of each and every registrant. However, we will have an exchange area set up in the expo for runners to swap shirt sizes. Runners may exchange the shirt they receive for another one of any size or gender for the race they are running-- as long as there is one in the bin. Race shirt exchanges **MAY NOT** be made at any point in time after the expo hours. Runners are responsible for checking the size and gender of their premium before leaving the expo. **SHIRTS WILL NOT BE MAILED.**

PUBLIC TRANSPORTATION TO THE FESTIVAL

The Maryland Transit Administration (MTA) encourages all attendees, particularly half-marathoners, to be mindful of parking and road closures & make public transportation your choice for getting to the festival on expo days as well as race day.



On race day, roadways around town and near the stadium will be closed prior to the 7:30am start of the 5K and the 8am for the marathon & relay start. This will be further complicated by the half-marathon start at 9:45am. Light Rail will deliver riders to the festival, and provides free parking where parking is available. The Light Rail system will run every 15 min. beginning at 6 am coming South from Hunt Valley (53 min. ride) to the stadium and at 4:52 am coming North from Cromwell (33 min. ride) to the stadiums. *Runners should exit from the Camden Yards stop for easy access to the start/finish and the expo.*

Traveling Light Rail on the expo days is a great way to make a trial run as you prepare for race day travel. Eliminate some race day stress as you figure out where to park and estimate the travel time from your door to the Hamburg St. stop. Metro Subway may also be an option for some travelers.

Weekday/Weekend North Bound and South Bound Schedules:

<http://mta.maryland.gov/light-rail>

Light Rail Map:

<http://mta.maryland.gov/light-rail>

Light Rail Station and Parking Information:

<http://mta.maryland.gov/light-rail-stationparking-info>

We suggest all runners arrive 90 minutes prior to the start of their race. If you choose not to ride MTA on race day, you will want to arrive by 6:30am regardless of the race you are running.

Schedules and Fares

Day passes: Regular fare \$4.00; senior fare \$2.00.

Day passes are valid for unlimited travel on Light Rail and other MTA services on the date purchased until 3:00am the following day. Fares can be purchased with cash, credit or CharmCard at all Light Rail stations.

CharmCard is a rechargeable smart fare card you can use on Local Bus, Light Rail and Metro Subway. Pre-Purchase Charm Card online:

<http://www.mtacharmcard.com/getcharmcard/online.htm>

Pre-Purchase CharmCard at Retail Locations like Giant Food Stores and CVS

<http://www.mtacharmcard.com/getcharmcard/retail.php>

PROHIBITED ITEMS

For safety and insurance reasons please adhere to the following **on the course** and **in the celebration village**: no dogs, no bicycles, no roller blades, no in-line skates, no wheeled vehicles except wheelchairs and strollers (in village only). Violators may be disqualified and removed from the course or parking lot by a Race Official or security personnel.

PLEASE LEAVE BAGS AT HOME. To provide a safer environment for the public and significantly expedite fan entry into the area, we strongly encourage runners and fans to leave all bags at home or in your vehicle. If you must bring a bag, please make sure it is one that is clear plastic, vinyl or PVC and do not exceed 12" x 6" x 12". No coolers, briefcases, backpacks, fanny packs, cinch bags, luggage of any kind, computer bags and camera bags should be brought on race day or to the expo. Hydration packs, spibelts, fanny packs, etc. will be permitted but are subject to search. On race day, runners and fans should use a clear plastic bag if they must bring additional items on race day. **ALL BAGS AND PERSONS ARE SUBJECT TO SEARCH BY ORDER OF THE MARYLAND STADIUM AUTHORITY AND THE BALTIMORE CITY POLICE.** *Please allow for extra time in anticipation of these measures.*

CAUTION TO RUNNERS

ALL: As runners cross Lee St. (approximately 30 yards from the finish line), there are permanent concrete pillars on the race route. These pillars stand three feet tall and cannot be removed. Please be aware of this hazard. We encourage all runners to view this portion of the route prior to race day.



MARATHON/RELAY: Miles 4-6 in the Druid Hill Park area, runners are advised to make note of several speed humps on the roadways.

Mile 14 of the marathon route contains a small section of cobblestone pavers as you round the circle at the end of President St. Please watch your footing on this section of the course.

HALF & RELAY: Runners competing in the half-marathon & team relay (leg 3), please be mindful that you will be crossing the marathon course on Light St. as you proceed to your staging area.

REMEMBER, IF YOU SEE SOMETHING SAY SOMETHING.

RUNNER'S BAG CHECK

All runners are encouraged to leave bags at home or in their vehicle to provide a safer environment for the public. However ONLY runners may check their bag at the Bag Check Area located in the BGE Home Celebration Village in Lot C under the 395 overpass. Bag Check will be open from 6:30am until 1:30pm. Bags left after this time will be relocated to the Information Tent located near the Runner Reunion Zone.

You MUST use a **CLEAR BAG** like the one provided at the expo. *ALL BAGS ARE SUBJECT TO SEARCH.* Please allow added time for the search if you plan to use Bag Check. Your race bib will contain a bag label for identification. We will not handle any items not in a clear bag. Your bag will remain at the Runner's Bag Check Area until 1:30pm and will be available when you finish. Do not check valuables as we cannot be responsible for lost or stolen articles. You must have your bib number to claim your items. Items not claimed will be donated to charity. **LOOK FOR THE PURPLE BALLOON!**

PLEASE NOTE: There is NO bag check at the start line of ANY RACE. Please arrive early to allow time to properly check your bags at the FINISH LINE area which is only a short distance from the start lines.

CLOCK & MILE MARKERS

Digital time clocks will be positioned along the marathon race course indicating your split time at miles 1, 5, 10, 13.1, 15, 20 & 25. In addition, highly visible mile markers will be positioned at every mile. Marathon markers are black and half-marathon markers are blue.

USATF SANCTIONING (BOSTON QUALIFIER)

The Baltimore Marathon is a qualifying race for the Boston Marathon. The race certification number for the marathon is #MD16004LMJ. The race will provide notification to Boston of all finishers and times.

MEDICAL INFORMATION

The Baltimore Running Festival's medical team is a dedicated volunteer group of medical professionals provided by our friends from the various departments of Medstar Sports Medicine. There will be medical stations at the start, at or near the following mile markers 4, 6, 10, 14, 16, 20, 25 and at the finish. Medical staff will have the right to withdraw any runners from the race who appear in distress or at risk should they continue running. To help our Medical Team work more efficiently, please fill out the medical history on the back of your race number with a ball point pen.

PANDORA®


MedStar
Sports Medicine

SAVINGS everywhere you look.



It's true. Get a free quote.
GEICO.

geico.com | 1-800-947-AUTO (2886) | Local Office

AUTO CYCLE RV BOAT RENTERS HOME

Auto insurance, coverage, rates and terms are subject to underwriting. All GEICO products, services and/or coverage are underwritten by GEICO Indemnity Company, Alexandria, Virginia. GEICO is a registered service mark of GEICO Indemnity Company, Alexandria, Virginia. GEICO is a registered trademark of GEICO Indemnity Company, Alexandria, Virginia. © 2014 GEICO

MARATHON PACE GROUPS

The Baltimore Marathon Pace Groups will help marathoners not only achieve your goals, but have FUN, whether the goal is a personal record, Boston qualifier, or simply to cross the finish line! Our Pacers are extremely experienced runners, chosen based upon their previous running and/or pacing performances and know what it takes to hold a steady pace and give you a great marathon experience. They are dynamic, personable, and dedicated to making sure you have a great time on the course!

Participation is FREE to all full marathon participants who sign up at the Health & Fitness Expo booth. Registration includes completing a release of liability waiver and in return you will be given a pace bib to wear on your back to help identify you to your pacers and group. In addition, you will be given a temporary pace band (while supplies last) to wear on your forearm which will alert you of your specific mile goals. **THERE WILL BE NO MARATHON DAY SIGN UP FOR PACE GROUPS.**

We will have Pace Groups for the following marathon times: 3:05, 3:15, 3:25, 3:35, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, and 5:15. Unfortunately, we do not offer pace groups for the half-marathon at this time.

The goal is that Pacers will be running “even splits,” which means that every mile will be run at approximately the same pace. Most of the Pace Groups will not be walking during the marathon. (Pace groups from 4:15 and slower will be walking during fluid stations and may use a run-walk modified version of the marathon for that pace.)

On race day, Pace Groups will be holding up large signs with the pace group finishing times printed on them, and wearing wearing GREY with LIME GREEN INK pace group shirts. Try to meet up with your group twenty minutes before the start (7:40 a.m.).

Before the start, your Pacers will give their final instructions including any adjustments due to course conditions, as well as your Pacers’ method of meeting back up and keeping the group together at the fluid stations.

If you have any questions, please feel free to post them on the [Pace Group Facebook page](#): <http://bit.ly/2ddYE3s> This will allow others to share the questions and answers. Or you may e-mail Anne Lewis, the Pace Group Organizer at anne.ensor.lewis@gmail.com

RUNNER TRACKING

This year, friends and family will be able to track marathon, half-marathon and 5K runners as well as relay teams out on the course. This is a FREE service, courtesy of Verizon.

Register online for the FREE Baltimore Running Festival runner tracking services, beginning Tuesday, Oct. 11 at 12 noon through Saturday, Oct. 15 at 7am (EDT).

Use this helpful information to track your favorite runners, and to reunite with loved ones in the Family Reunion Zone. The message will provide the runner’s time, pace and expected finish time.

You will be able to receive tracking messages on your mobile phone via text messaging, or have posts placed on your facebook or twitter accounts.

Alerts are triggered when each runner’s individual timing chip crosses a timing mat that is part of the runner tracking system. By tracking a runner, you will receive the following messages:

Full Marathon: Mile 13.1, Mile 19.5, Finish
Half-Marathon: Mile 6.5, Finish
Relay: End of each relay leg
5K: Finish

HOW TO REGISTER: (*Tracking registration Opens on Oct. 11 at 12 noon*)

1. Visit <https://register.chronotrack.com/event/tracking/eventID/23608>
2. Create a messaging account which will grant the system permission to send messages to your selected personal and/or social media accounts.
3. For each athlete you want to track, enter their name, (relay teams can enter any of the team members names and track the entire team) then click on the tracking options you wish to use via the symbol menu to the left of their name (the symbols represent phone text message, facebook and twitter.)



Bands on the Run- 98Rock has taken the lead in looking for bands to help populate the course and play for the runners as they tour Charm City. There will be as many as 18 acts out on the course playing a wide range of music for your listening pleasure. Know a band that is interested? Get more info and sign up here: <http://www.thebaltimoremarathon.com/band-sign-up/>

VIRTUAL EVENT BAG

All runners will receive a Virtual Event Bag prior to attending the expo. The Baltimore Running Festival Virtual Event Bag is an interactive, digital “goodie bag” provided electronically to each runner. This replaces a physical gift bag that has been distributed in past years. The virtual bag features rich-media digital gifts, coupons, and more from local and national race sponsors. It will contain race tips, and even ways to get free stuff at the expo.

Check your email inbox for your Virtual Event Bag on Friday, October 7

VOLUNTEER OPPORTUNITIES

Individuals like you, your family, friends and colleagues are key to the success of the Baltimore Running Festival. More than 1,500 volunteers are needed to make the Baltimore Running Festival successful. Volunteer opportunities are available at the pre-race Health and Fitness Expo and on race day. All volunteers will receive an event t-shirt. For information or to register visit <http://www.thebaltimoremарathon.com/volunteers/>

NOTE: This is a great opportunity for families who are waiting for their runners to cross the finish or for runners who have become injured and cannot participate in a race this year. Please consider this option.

HEADPHONE POLICY

Headphones are permitted, however, to enjoy all that our race has to offer and for the safety of all participants, the Baltimore Running Festival encourages a headphone-free environment during the running of all its race distances.

We believe your race experience and those around you will be greatly enhanced by leaving the headphones at home or in the car. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on course cheering you on and providing directions to help get you to the finish line.

Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. If wearing an iPod or other audio device results in you being unable to hear verbal instructions or commands; approaching vehicles or course marshals on foot or on bicycles, you may be asked to relinquish the device.

If you plan to use the Motigo app on race day, we request you set your volume at a level low enough to still hear your surroundings, or run with only 1 headphone in your ear.

THE MARATHON & RELAY COURSE

The 2016 Baltimore Marathon course includes a few minor changes from last year's track. Due to construction on the Johns Hopkins Campus near Wyman Park Dr., we will be running on Remington Ave. and W. 31st St to get back onto campus and Wyman Park Dr. You will be familiar with these route changes if you participated in the Baltimore 10-Miler in June. This is the same detours we took for that event. This distance change also effects the turnaround points at Under Armour headquarters as well as the U-Turn on Sinclair Ln. Both points will be clearly marked on race day (The exact turnarounds will be just before Hull St on Key Highway and at Collington Ave on Sinclair Ln.). The marathon course will once again be running through the zoo property as we have done in the past. This has always been a special treat for marathoners who get to run past the penguin exhibit. These cool birds will undoubtedly put on their best tuxedos to greet you on race day.

The start area will be in the same location as past years (Paca & Camden Sts). This will give our runners and fans alike a comfortable & festive pre-race area. The finish line is located 30-40 yards on the north side of the 395 overpass, on the side nearest to Camden Yards. This will allow runners a greater distance for their post-race cool down and provide a smooth and less cramped end to their run.

We will continue with the 3-mile separation with the Half-Marathon course to alleviate any merge issues that may occur. To further assist with a smooth merge, we will conduct a wave start for the half-marathon. These are described in detail in the Half-Marathon Section of this booklet.

We encourage you to visit our website to find out more detailed information on the course. The course will close at a graduated pace, allowing runners to complete each mile in approximately 16 minutes. Runners who do not reach the 13.1 mile mark in 3 1/2 hours or have not completed the course within 7 hours will be considered citizens and for your own safety be required to use sidewalks adjacent to the course and to obey traffic signals and signs. **The Finish Area facilities will close promptly at 3:00pm.**

MARATHON RUNNER SEEDING

All runners are requested to seed themselves by the Pace Per Mile as described in the *Starting the Marathon & Relay* section of this packet.

All races will start promptly at the designated times. Please allow plenty of time to get to the start area in order to check gear & seed yourself accordingly.

MARATHON & RELAY COURSE MAP



VISIT <http://bit.ly/2cHgHRm> TO ENLARGE THE ABOVE MAP..

PLEASE NOTE: Some of the streets *MAY STILL* change due to logistical concerns. Please check the website for updates if changes arise.

Savor the race morning buzz. Drink it in. Take a deep breath.
 And race. You are going to do great.

RACE ROUTE HIGHLIGHTS

- Route visits several scenic parks, runs along the shore of harbors and lakes, runs through the Maryland Zoo and passes the famed Inner Harbor.
- The highest point on route is 245 ft. above sea level (Mile 3).
- Our course has been described much like that of the Boston Marathon with hills on miles 16-22. The elevation on this stretch never reaches more than 220 ft. above sea level.
- There will be several bands and DJs along the course, including Miles 6, 8, 12, 13, 15, 16, 20 and 26 of the marathon course.
- Start and Finish Lines in the same general area.
- Several Neighborhood Associations are planning community events on race day to cheer on runners.
- Dramatic home stretch through Oriole Park at Camden Yards.
- Plenty of viewing areas along course. The Inner Harbor along Light St. is a great spot for family to watch. Runners pass this point near mile 9 and again near mile 13. It is close enough to walk after the start and still have plenty of time to get a bite to eat and make it to the stadium complex for the finish.
- The 5K will start at 7:30 am this year.

STARTING MARATHON & RELAY - 8:00AM

The start line is located at the corner of S. Paca & Camden Sts., about a 3-minute walk from M&T Bank Stadium. This is the same general location as previous years. Once at the start line, please find the signs denoting runner's estimated marathon pace per mile (i.e. 6 minute/mile, 7 minute/mile, etc.). Start in the designated "Pace Per Mile" area according to the pace you expect to run the race. This is for your benefit as well as for other competitors. Remember, your chip time will begin when you cross the timing mat at the start. Pre-Race water will be available near the start line. Restroom facilities will be open inside M&T Bank Stadium, inside Camden Yards and in the Celebration Village. The field will be lead by MAZDA, official Pace Car of the event. *Marathon & Relay runners are asked to wear their "FULL" or "RELAY" bibs on their backs.*

RACE DAY WEATHER INFORMATION

In Baltimore, the average temperature in October at start time is 50 degrees and the average temperature at 1pm is 62 degrees. For current weather conditions and forecasts, listen to WBAL 1090-AM, OR WATCH NEWSCASTS ON WBAL-TV.



HALF-MARATHON WAVE START

In order to maintain a comfortable and safe race experience for all participants, the CareFirst BlueCross BlueShield Half-Marathon will utilize a wave start. Bib numbers have been issued based on the expected finish time you provided and will correspond to the wave you have been assigned. There will be approximately 2,000 runners in each wave. The fastest runners will start first with approximately 3 min. between waves. We ask that all participants adhere to this policy and start with their assigned group. **THIS WILL BE ENFORCED.** With the B-Tag system, your time will not start until you cross the start line.

Bib Numbers in the 10,000 range will be in wave #1, bibs in the 20,000 range will be in wave #2 and bibs in the 30,000 range will be in wave #3, bibs in the 40,000 range will be in wave #4 and bibs in the 50,000 range will be in wave #5. **Walkers** will be assigned to wave #5 and are asked to start at the back of this wave. Remember, marathon runners will be joining you after 3 miles. As a courtesy to all participants, walkers will be required to **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

Runners who are in Wave #3, #4, or #5 are asked to access their wave area by way of Lee St. We will have volunteers stationed here to help you find your starting area.

IMPORTANT HALF-MARATHON INFORMATION

The half marathon will still start at the 13.1 mark of the full marathon.

Please Note: (1) The 9:45 start time of the half-marathon will allow more of the competitive marathoners to pass the halfway point prior to the start of the Half-Marathon. (2) There is no bag check at the start of the half. We ask that half-marathoners who wish to check a bag do so at the finish line bag check.

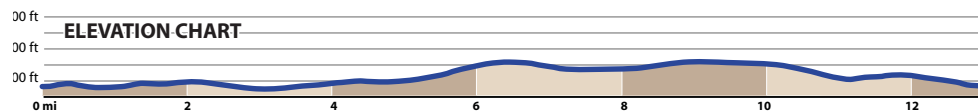
(3) We ask that all half-marathoners seed themselves in their assigned wave. This will help to assure a comfortable race day experience for all participants.

(4) The half-marathoners will run on a separate course for the first 3 miles of their race. This will give you time to spread out according to your pace. The races will join routes near Patterson Park and run together from that point.

(5) **Walkers:** *PLEASE* start at the back of the half-marathon field. You must complete the course in the 5-hour time limit. As a courtesy to all participants, walkers will be required to **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

THERE IS NO BAG CHECK AT THE HALF-START.

HALF-MARATHON COURSE MAP



VISIT <http://bit.ly/2d90e8s> TO ENLARGE THE ABOVE MAP..

PLEASE NOTE: Some of the streets *MAY STILL* change due to logistical concerns. Please check the website for updates if changes arise.

STARTING THE HALF-MARATHON - 9:45 AM

The CareFirst BlueCross BlueShield Half-Marathon starts near the corner of Conway and Light Sts. which is the 13.1 mile mark of the marathon course. The start line is approximately 1/2 mile from M&T Bank Stadium and participants are asked to walk to the start line ***NO transportation will be provided from the Stadium.***

There will be port-a-lets at near the half-marathon start located on the corner of Conway and Charles St. (eastbound lanes) as well as near the Baltimore Visitors Center. ***Remember: THERE IS NO BAG CHECK AT THE HALF START.***

Please be mindful that marathon runners will be heading south on Light St. when you cross to the start line area. The staging area prior to start of the race is the two left northbound lanes of Light St. Marathoners will be running in the far right northbound lane.

Half-Marathon runners will be placed in one of five waves based on the expected finish time they provided. Your bib number will correspond to the pen that you are to start in. The fastest runners will start first with approximately 3 min. between waves. We ask that all participants adhere to this policy and start with their assigned group. **THIS WILL BE ENFORCED.** With the B-Tag system, your time will not start until you cross the start line.

For the first 2/10 mile of the half-marathon, PLEASE follow barricades to Pratt St. and continue on Calvert St. At Light and Pratt, the half-marathon and marathon will split for approximately three miles. At the intersection of Eastern Ave. & Linwood Ave. the two races will merge at the Pandora Jewelry Mile. Once at the merge point, half-marathoners PLEASE BE MINDFUL that marathoners will be entering this portion of the route and may be attempting to qualify for other events.

Due to the 9:45am start, half-marathoners are encouraged to ride the MTA light rail since city streets and lots will be closed due to the marathon. If you do drive, please arrive to M&T Bank Stadium before 8am prior to the start of the full marathon. Traffic, especially on I-395, backs up quickly and lots have been known to fill prior the start of the marathon.

The excitement at the half-marathon start line is tremendous. As a prime viewing location of the marathon course (Miles 8 & 13), joined by the half-marathon runners, an estimated 30,000 people line the Inner Harbor streets at the time of the start. We will once again have a LIVE band playing as you start your race.

ON-COURSE AIDE STATIONS

There are aide stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 10, 11.5, 13, 14.5, 16, 17.5, 19, 20.5, 22, 23.5, 25 and Finish. Water & lemon-lime Endurance Formula Gatorade will be available at these locations. Gu Energy Gel (vanilla, salted watermelon, strawberry banana), Gu Chomps (black cherry) and granola bars will be available near miles 11 & 20.5 on the course. UTZ Brand snacks and bananas will be available near miles 8, 14.5, 20.5 & 23.

Port-a-lets will be located at every aide station.

DROPPING OUT OF THE RACES

If you need to drop out of the race for any reason, please report to the nearest medical station or aide station on the course and inform them that you are retiring from the race. We will have a sag wagon provided following the last runner. The sag wagon will take runners to the nearest exchange point to ride the bus to the finish area. **DO NOT CROSS THE FINISH LINE.** The timing B-Tag will record an inaccurate finishing time. There is no need to return your B-Tag as they are disposable. However if you are dropping out of the relay we do ask that you return your neoprene band to the SAG vehicle driver.

MARATHON, HALF-MARATHON & RELAY FINISH LINE AREA

All races will finish on the spine located between M&T Bank Stadium and Oriole Park. Race participants will cross the finish line and proceed to the secured Runners Only Compound to receive their finisher's medal, heat sheet, refreshments and water. You will not have to stop to have your timing device removed as the B-Tags are disposable. It is important to proceed through this area as quickly as you can.

RELAY RUNNERS- Leg 4 runners please return your neoprene band as you collect your finisher medal.

Runners can also pick up their Drink Coupons from the Coupon Tent that can be redeemed for complimentary beer in the Celebration Village. You must present your race number to receive your coupons and your beverages.

The exit to this secured Runner Only Compound is near the Runner Reunion Zone located in Lot B. The finish line and finish area facilities will **close promptly at 3:00 PM.**



FINISH LINE AREA MAP



VISIT <http://bit.ly/2d2IVFr> TO ENLARGE THE ABOVE MAP...

RUNNER REUNION ZONE

The Runner Reunion Zone is a place for friends and family to reunite with runners following the race. It will be located near M&T Bank Stadium in parking Lot B. Alphabetical signs will be placed throughout the Zone to assist in your reunion. It is advised that you discuss a reunion plan with your family and/or friends before the race. **LOOK FOR THE RED BALLOON!**

AWARDS & TROPHIES

We will hold a brief awards ceremony on the main stage to recognize the top three overall finishers and masters champions of each race. All Age Group Awards will be mailed after the race to the address provided at registration following the 30-day verification period. (5K @ 9am; full, half & relay @ 12pm)

OFFICIAL PHOTOGRAPHERS

MarathonFoto will take official photographs along the course and at the finish line and produce a whole line of products featuring your photos. Be sure to keep your race number uncovered and in clear view. We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph. MarathonFoto will e-mail proofs of your photo with ordering information one week after the race. You will also be able to check out photos on-line at

<http://www.marathonfoto.com/Landing/17472016F2>

RACE DAY COVERAGE

WBAL-TV will televise the Festival in its entirety on its NBC-affiliated station. Coverage begins at 6am with live cut-ins during the TODAY Show. Wall-to-wall coverage of the race day activities begins at 8am and goes until 11 am. Be sure to set your DVR and tell your friends to watch.

98Rock and WBAL Radio will both be broadcasting live from the start line as well as the from the celebration village on race day. Morning Show hosts Justin, Scott and Spiegel will be on site all day along with Keith Mills and other station personalities. Be sure to stop by to say hello and you may get your 15 seconds of fame on the airwaves.



POST RACE REFRESHMENT

The finish line for all races has been moved to the north side of the 395/MLK Blvd. overpass. This change will allow runners a greater distance for their post-race cool down and provide a smoother and less cramped end to their run.

When you enter the ShopRite Runners Village you can enjoy fresh fruit such as bananas and oranges as well as Utz Snacks, Gatorade, bagels, granola bars and other snacks. All items are provided courtesy of ShopRite Supermarket and our other great race sponsors.

Deer Park bottled water will be available at the finish line.

Please be courteous to the other participants and take only one product from each station. We will have additional food & beverage options in the Deer Park Recovery Area. Runners will not be permitted back into the Finish Line Compound once they leave. We have found that the back flow of traffic into this area creates an unsafe and uncomfortable environment for everyone.

POST-RACE REFRESHMENTS ARE FOR RUNNERS ONLY. Remember runners will be crossing the finish line until 3pm.



BRIGHT IDEA FOR RUNNERS

As a courtesy to all participants, walkers will be required to stay to the right curb and **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

RELAY RACE NUMBERS & TIMING D-TAG

Relay runners **MUST** wear their race number on the front and a relay designation on the back of their shirts. We ask that you write your Division (Male, Female or Mixed) on your back bib as well. These will be provided at packet pick-up.

Each relay team will be issued **ONE** D-Tag and a neoprene strap. Runners are to pass this to their teammates at the exchange points. Be sure each runner holds the D-Tag in their hand as instructed but does not crush the chip or risk not being accurately timed.

RELAY EXCHANGE POINTS

The exchange points are as follows:

Leg	Start	Finish	Distance
#1	Russell St.	Wyman Park Dr. (Near Hopkins)	5.9 mi.
#2	Art Museum Dr.	Md. Science Center/Rash Field	6.9 mi.
#3	Science Ctr/Rash	Lake Clifton HS	6.1 mi.
#4	Lake Clifton HS	M&T Bank Stadium	7.3 mi.

Construction on the Hopkins campus caused us to slightly relocate the relay exchange point. The relay exchange will be moved .20 miles onto Wyman Park Dr. at the intersection of Art Museum Dr.

RELAY TRANSPORTATION

Bus transportation will be provided to participants starting Leg #2 & Leg #4. **THERE WILL BE NO BUS SERVICE TO OR FROM LEG #3 AT THE MARYLAND SCIENCE CENTER/RASH FIELD.** This leg is only 1/2 mile from M&T Bank Stadium and participants are asked to walk to & from this location.

Buses, **FOR RUNNERS ONLY**, will leave from the Russell St. service road on the west side of the M&T Bank Stadium (to the right when facing Gate A.) You must present your race number to board the bus. These buses will also return runners who finish Legs #1 & #3 to the stadium following that leg of the race.

Buses will leave **promptly** according to the following schedule:

Leg/Location	Bus Departs	Stadium
#2 Wyman Park Dr. (Near Hopkins Univ.)	7:30am	
#4 Lake Clifton HS	8:30am	

Runners may provide their own transportation to their exchange point. However, be aware that parking and access at each site and throughout the race route may be limited due to road closures.

RELAY EXCHANGE DETAILS

Each team will be given one timing chip on a velcro neoprene band that should be carried in your hand. The leadoff runner will start at the same time and location as the other marathon runners. There is not a separate start for the relay teams. Relay runners of the second, third, and fourth legs will need to be at their respective exchange zones well before the first marathon runners pass by, as roads will be closed.

On the course, signs will designate the locations of the upcoming exchange points. Upon entering the exchange area, incoming runners should make sure their bib number is visible. A volunteer will announce the incoming runner's bib number to the waiting runners via megaphone.

Waiting runners will be stationed in a designated zone according to their team's bib number. Zones are broken down for every 200 runners. (i.e. Bib #9000-9199; 9200-9399; etc.) Incoming runners should know their bib number and look for these zone signs. They are white with blue numbers and stand 4-ft tall. Runners should handoff the band/chip when they meet at the relay exchange points.

EXCHANGE TIPS: It is helpful if waiting runners keep track of the race time and know approximately when their teammate should be entering the exchange zone. It is also suggested that team wear some sort of identifiable outfit or even carry a balloon which can be left with the incoming runner at the exchange. Waiting runners are also encouraged to assist their fellow runners by shouting **all** incoming bib numbers. Do not cross the timing mat more than once with your timing chip.

RELAY MEDALS: After returning to M&T Bank Stadium, Leg 1, 2, & 3 runners will enter the Runners Only Village at the designated relay entry under the blue tent near the Runner Reunion Zone to claim their medals and access the post race food.

Leg 4 runners will claim **ONE MEDAL** when they cross the finish line. **Please return your velcro neoprene band as you collect your finisher medal.**

PLEASE NOTE: *Buses must adhere to the same road closures as the general public. While the drivers do their best to find the most direct route back, sometimes they get caught in traffic as well. Leg 3 runners who are concerned with getting back to the stadium to see their team finish may want to consider alternate transportation.*

Your Throne Awaits You



corrigansports.com



Run in the Frederick Running Festival, Baltimore 10-Miler and the Baltimore Running Festival in 2017 and earn an extra medal and an exclusive end of the year gift. Also get discounts on gear & other races as well as invitations to special events & and rockin' celebration at Hard Rock Cafe!

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& OPERATED BY
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A CORRIGAN HOLDINGS EVENT

MAY 14, 2017
delawaremarathon.org

BALTIMORON-A-THON PARTICIPANTS

Baltimoron-a-thon participants will receive ONE BIB that they will wear for BOTH the 5K and the half-marathon. After the half-marathon, runners will receive both their half-marathon and Baltimoron-a-thon medals at the finish line. Volunteers are instructed to only give Baltimoron-a-thon medals to those wearing a moron bib. **DON'T LOSE YOUR BIB!**



IMPORTANT NOTE: You will receive your 5K medal after crossing the finish line of the 5K race. Please plan accordingly to have a friend or family member hold your 5K medal or, if necessary, use Bag Check for this purpose. There will be no location at the half-marathon startline to check your 5K medal.



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Aberdeen | Glen Burnie
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Glen Burnie | Parkville
Perring Parkway & Parkway
Crossing Shopping Center,
Parkville |
| Cardiff
1606 Dooley Road,
Cardiff | Howard Park
4601 Liberty Heights Ave.,
Baltimore | Riverside
1321 Riverside Pky., Belcamp |
| Festival at Bel-Air
5 Bel Air South Pky.,
Bel Air | Jacksonville
14330 Jarrettsville Pike,
Phoenix | Timonium
37 W. Aylesbury Road,
Timonium |
| Forest Hill
2101 Rock Spring Road,
Forest Hill | Main St. in Bel-Air
223 North Main Street,
Bel-Air | White Oak
12028 Cherry Hill Rd.,
Silver Spring |

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SHOPRITE 5K COURSE INFORMATION-NEW START TIME 7:30AM

The course runs along a portion of the marathon course and finishes at the same finish line as the marathon. A street-by-street description of the 5K route is available on the website.

The 5k has a new start time this year. The race will go off at 7:30am, *before* the full marathon. Please make note of this change and plan your morning travel appropriately. This change will give you some additional time to complete the course and give those runners who are completing the Baltimore-a-thon the chance to finish, stash your finisher medal and get to the half-marathon start line.

SHOPRITE 5K SUPPORT AMENITIES

Water and Gatorade will be served on the course and at the finish line. ShopRite and other sponsors will provide fruit, granola bars and other snacks for your post-race recovery. Once again this year, all 5K finishers will receive a finisher's medal courtesy of ShopRite Supermarkets. The finish area will have a fully equipped medical facility staffed by our friends from MedStar Sports Medicine.

STARTING THE SHOPRITE 5K

The race will start promptly at 7:30am (NEW START TIME IN 2016). All runners are asked to allow faster runners to move toward the front of the pack for the start. This is for the benefit of all racers. Remember, timing mats will be located at the start & finish lines recording each racer's exact time and place.

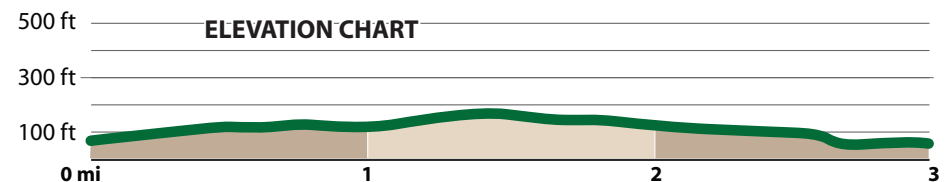
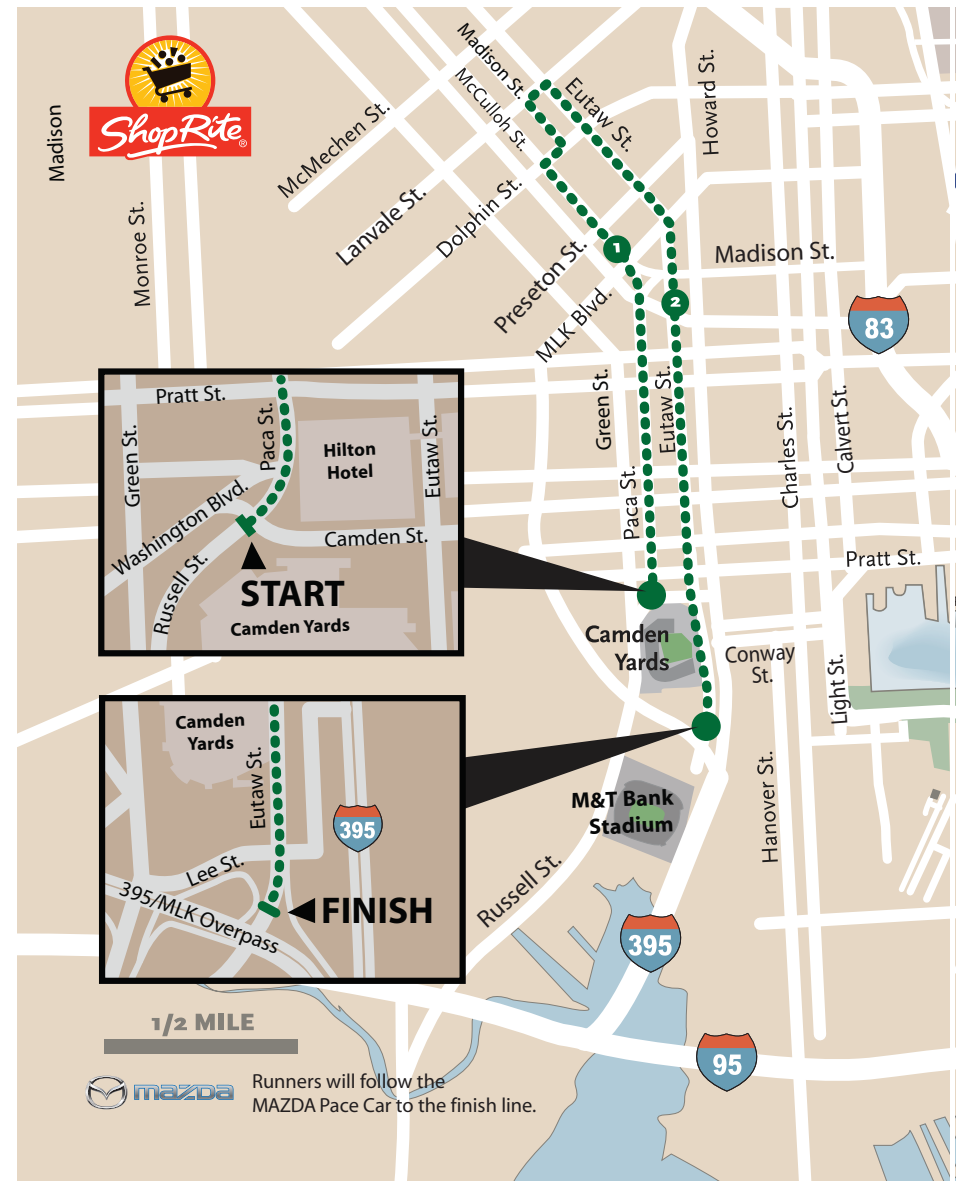
FINISH LINE AREA

The 5K will finish on the spine located between M&T Bank Stadium and Oriole Park. Race participants will cross the finish line and proceed to the secured Runners Only Compound to receive their refreshments. Runners will not have to stop to remove their timing device as the B-Tag is disposable. It is important to proceed through this area as quickly as you can.

Runners can pick up Beer Coupons from the Coupon Tent that can be redeemed for complimentary beer in the Celebration Village. You must be 21 years of age and present your race number to receive your coupons.

The exit from the secured Runner Only Compound is near the Runner Reunion Zone located in Lot B. **The Runners Only Compound will close to 5K racers at 9:30 am.**

5K COURSE MAP



The turn-by-turn course directions are available on the event website.

KIDS FUN RUN INFORMATION

Kids Fun Run participants are required to print out an e-registration to claim their bibs & shirts. The e-registration restriction of picking up one additional packet and ID requirements does not apply for the kids fun run. We do not expect kids to have ID's nor the capability of picking up their own packet.

We do offer Saturday packet pick up in the Kids Fun Zone only for kids fun run participants who do not have an adult also running on Saturday. However some shirt sizes may be limited if you decide to do race morning pick up. We encourage all kids fun runners to pick up at the expo.

There will be two separate age groups running different distances in the Kids Fun Run. The color code for each age group will coordinate with the race number as well as the start line tape that each age group will use.

Age	Color Code	Distance	Start Time
8-12	Blue	3/10 mile	9:20am
7 & Under	Red	1/10 mile	9:30am

STARTING THE FUN RUN

Prior to the race, ALL participants will meet at Babe Ruth statue located just outside Gate H of the baseball stadium at Camden St. and Eutaw St. by 9am. Race officials will show the 7&U kids to their start line from this location at 9:10am.

All participating kids will be provided with a race bib which has a matching numbered stub for parents to tear off and hold on to. We also ask that you fill out the EMERGENCY CONTACT information on the back of the bib with a parent's cell phone in case you get separated. We ask that parents assist their children in getting to the proper location to start the race. **Parents are encouraged to run the course with their child.** All races will start promptly at the time indicated.

FUN RUN FINISH AREA

Participants will cross the same finish line as the adult participants. Upon completion of the race, participants will be corralled in a holding area at the finish (under the 395/MLK Blvd. overpass). **Parents who do not run are asked to claim their child here & present their numbered stub.** Parents are expected to reunite with their child within 10 minutes or less following the race. **AFTER** reuniting with their child at the finish line corral, all participants are invited to go directly to the Kids Fun Zone to receive their finisher's medal. In addition, water, Gatorade & snacks will be available in the Fun Zone.

KIDS FUN RUN MAP

ALL PARTICIPANTS will meet at the Babe Ruth Statue at Gate H of Camden Yards no later than 9am. LOOK FOR TENT WITH FUN RUN FLAGS. Race officials will parade the 7&U group to their start line beginning at 9:10am.

KIDS WILL BE ABLE TO HAVE THEIR PHOTO TAKEN WITH OLYMPIC GOLD MEDAL WINNING WRESTLER AND MARYLAND NATIVE KYLE SNYDER FOLLOWING THE RACE IN THE KIDS FUN ZONE!

8-12 Start Line
Camden Yards
Gate H @ Camden St.
LOOK FOR THIS STATUE

7&U Start Line
Camden Yards
Gate A @ Eutaw St.
LOOK FOR THIS BREEZEWAY

CORRAL AREA
(Under the Overpass)
Please pick up kids up HERE within 10 min. of race finish
PARENTS MUST HAVE A MATCHING BIB TAG TO CLAIM CHILD

KIDS FUN ZONE
Go here after the race to claim medal & snacks.
LOOK FOR THE INFLATABLE GAMES

FINISH LINE

LOST & FOUND FOR ALL RACES

Lost and Found will be located at the Information Tent located near the Runner Reunion Zone.

KIDS FUN ZONE

Kids of all ages will enjoy the activities at the Kids Fun Zone. As part of the Celebration Village, the Fun Zone will have interactive games and activities including a basketball shooting game, football toss, batting cage and much more! Blue the Crab, Poe the Raven's mascot and the Raven's cheerleaders, will also be in this area after the Kids Fun Run. Bring the whole family and enjoy this exciting part of the festival. All activities are FREE.



KING CRAB CHALLENGE & MARYLAND DOUBLE

The King Crab Challenge is a test of stamina and bravery over long distances and an extended time period. Runners must have completed the half-marathon at the Frederick Run Fest, the Baltimore 10-Miler and the full or half-marathon at the Baltimore Run Fest AND pre-registered for the challenge prior to Aug. 1, 2016.

If you were brave enough to take on this challenge you will receive a fleece blanket. Members of the Royal Court will collect their blanket on race day in the booth located in the Celebration Village. Feel free to wear your blanket like a cape that day. You earned that right!

This booth is also the place to pick up your **MARYLAND DOUBLE** medal if you are eligible. **LOOK FOR THE GREEN BALLOON!**

MEDAL ENGRAVING

All of our race medals have been designed with a spot on the back for engraving your name and finishing time. *Fond Memories Graphics* will be in the Celebration Village to perform this service on race day while you wait! There is a fee for the engraving. Your Maryland Double medal can be engraved with your Frederick & Baltimore times too. **LOOK FOR THE GREEN BALLOON!**

RACE RESULTS

Runners will be able to access their personal results using their smartphones. Your bib will contain a QR code that you can scan to get your results soon after crossing the finish line. A QR Code is a two-dimensional bar code that stores web addresses. The one on your bib will take you to your personal results site. Your results should be available 15-20 minutes after crossing the finish line.

To fetch your results immediately you will need a QR Reader on your mobile device. You can learn more and download one [HERE](#):

<http://www.visualead.com/qr-code-tutorials/what-is-the-best-qr-code-reader>

Runners may also visit <http://www.baltimoremrunfest.com> to access their results from our website. Results will be posted in near real-time throughout the day.

RACE DAY COVERAGE

WBAL-TV will televise the Festival live in its entirety on its NBC-affiliated station. Coverage begins at 6am with live cut-ins during the TODAY Show. Wall-to-wall coverage of the race day activities begins at 8am and goes until 11 am. Be sure to set your DVR and tell your friends to watch.



BGE HOME CELEBRATION VILLAGE

Part of the excitement surrounding the Baltimore Running Festival is that it is much more than just a road race. We will have activities in the BGE Home Celebration Village for people young and old, and for runners and non-runners alike.

The BGE Home Celebration Village will have activities throughout the day:

- ✓ Awards Ceremony on the Main Stage (10:00am and 12:00pm)
- ✓ Live Music (9am-3pm)
- ✓ Interactive Games (8am-3pm)
- ✓ Activities for Kids (10am-1pm)
- ✓ Food & Drink Vendors (8am-3pm)
- ✓ Souvenir Shop (8am-3pm)
- ✓ PR Bell Ringing (8:45am-3pm)
- ✓ Expo Booths (8am-3pm)

All finish line activities close at 3pm.

BGE HOME



BRIGHT IDEAS FOR RUNNERS

Arrive at least 90 minutes prior to your race start to avoid delays. All bags are subject to search by order of the Maryland Stadium Authority and City Police.

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DIRECTIONS TO STADIUM LOTS

Lots A & B (Lot B Permit Only) Opens at 5:30am on race day

From the North and South - from I-95 take Exit 53 (I-395) to MLK Blvd./Russell Street (Right Lane). Take the first exit on the right (Russell Street-follow lighted sign). At the bottom of the ramp make a left (onto Lee Street/ Ripken Way) to the entrance of Lot A or B or turn right to the entrance C.

From Downtown - Take Howard Street South; make a right turn at Conway Street (near Camden Warehouse). Proceed down the service road to the entrance to Lot C or turn right to the Entrance of Lot A or B

Lots F,G & H- Opens at 5:30am on race day

From the North - I-95 South to Key Highway exit 55 immediately after the tunnel. At end of ramp proceed straight ahead onto McCommas Street. Turn right at Hanover Street. Lots F&G: Turn Left turn at Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Turn left turn at Ostend Street. Turn right on Sharp Street. Lot H is on your left.

From the South - I-95 North to Hanover Street exit 54. At bottom of ramp proceed south on Hanover Street (stay in the right lane). Make a right onto the access road just before the Cromwell Street light. At Cromwell Street light, make a left onto northbound Hanover Street. LOTS F&G: Left turn at Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Left turn at Ostend Street. Turn right on Sharp Street. Lot on your left.

From Downtown - LOT F&G: Take Charles Street south and turn right on Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Light Street South**. Continue straight on Light St. at Key Hwy turn lanes. Turn right onto Ostend. Turn right on Sharp Street. Parking lot is on your left. . (** Light St. closes to all traffic at 8am)

Lots K&L- Opens at 5:30am on race day

From I-95 North or South - Exit 53 (I-395), stay left on MLK Blvd. Turn left onto Washington Blvd. Turn left onto Scott St. Turn left onto Hamburg St. Lot K&L is on the right.

From Downtown - Take Russell Street south and turn right at Hamburg Street. Lot K&L is on the right.

Lots M, N, O, MM, NN- Opens at 5:30am on race day

From I-95, North and South - Exit 53 (I-395). Take MLK, Jr. Blvd. Left onto Washington Blvd. Left onto Scott Street. Left onto Hamburg Street. Right onto Paca Street. Enter Lot M at Paca and West; Lot N, MM & NN at Ridgely & West; Lot O at Paca & Ostend.

From the South - I-95 North to Exit 52 Russell St. Turn right onto Haines St. and then left onto Warner St. Turn left onto Ostend St. and right onto Ridgely St. Enter Lot M at Paca and West; Lot N, MM & NN at Ridgely & West; Lot O at Paca & Ostend.

From Downtown - Russell Street South (right lane). Veer right onto the Russell Street Service Drive (immediately AFTER Hamburg Street near ABC Rental). Right onto West Street. Enter Lot M at Paca and West; Lot N, MM & NN at Ridgely & West; Lot O at Paca & Ostend.

NOTE: Lot J is closed this year due to construction projects in that area.

PARKING LOTS AVAILABLE

EXPO: FREE in lots F, G & H. Paid Parking in lots throughout the city.

RACE DAY: FREE in lots, A, F, G, H, K, L, M, N, & O, MM & NN. Paid lots in various locations throughout the city. You can view an interactive map of downtown parking options here: <http://baltimore.org/maps>

THE STADIUM PARKING LOTS HAVE FILLED UP THE PAST SEVERAL YEARS. PLEASE ARRIVE EARLY TO ENSURE YOUR PARKING SPOT OR TAKE LIGHT RAIL.

ARRIVE AT LEAST 90 MINUTES PRIOR TO YOUR RACE START

We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave all bags at home or in your vehicle and allow extra time all weekend long for any added security measures which will include bag searches and check points for fans and runners.

And as always,

IF YOU SEE SOMETHING SAY SOMETHING.

MAP OF M&T BANK STADIUM LOTS



BRIGHT IDEAS FOR RUNNERS

Often after the race, runners cannot recall where they parked. One veteran runner suggests that you write your parking location on your race bib or text the location to someone who will be able to text you back that location once the race is complete.



ZOOM-ZOOM

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SPECIAL OFFER FOR MAZDA OWNERS

Like you, when it comes to sweating the details and pushing the limits, Mazda won't do anything less, which is why Mazda is proud to be the official vehicle of the Baltimore Running Festival and the USA Today Sports Active Alliance Marathon Series.

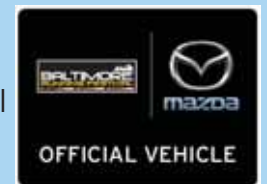
Valued Mazda owners can take advantage of a fast pass bib pick-up by visiting the Active Alliance booth at the NAVA Health and Vitality Expo where your personal bib and race shirt will be waiting for you, no lines.

In order to take advantage of Fast Pass Bib Pick-Up, please register by Tuesday, October, 11 at the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfJKqvW7RYoPWgUzTrOlakScxuz-DbbcqxGq8jlGLJL35goUQ/viewform>

You MUST also bring your Mazda car key for validation in order to claim your bib at the Active Alliance booth near the Mazda display in the main expo hall just past the Official Merchandise store.

On race day, Mazda owners can also take advantage of the special Mazda bag drop adjacent to the main bag check area.



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