

Official RUNNER HANDBOOK

SATURDAY, OCTOBER 19, 2019

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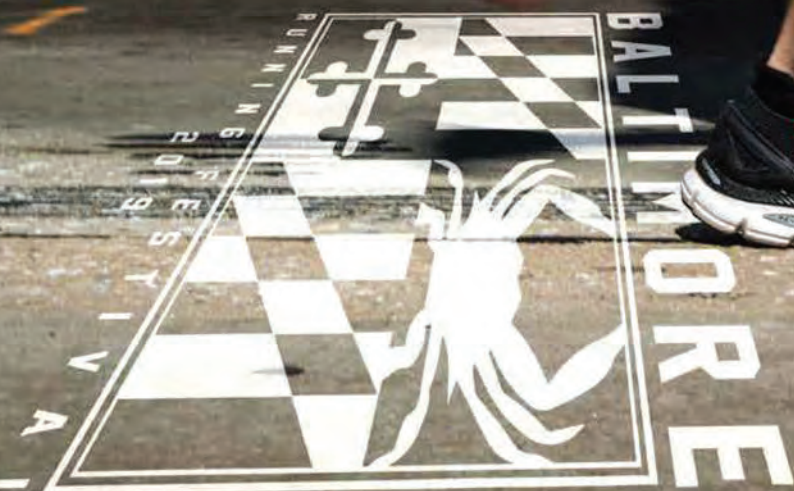
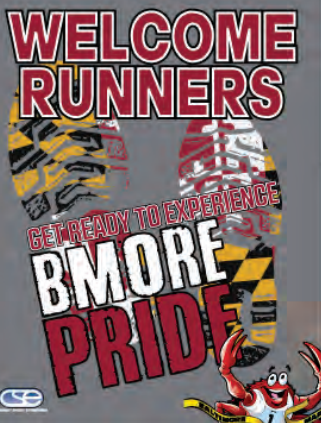


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Welcome to the 19th Annual Baltimore Running Festival. Thank you for selecting our race as we know there are many options out there for you to choose from. We are very excited to once again showcase Baltimore's Inner Harbor where you will enjoy its waterside amenities and scenery after you run.

Now in its 19th year, 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 helped charities to raise more than \$14 million. While we celebrate on a crisp fall Saturday in October, it's evident the festival impacts some lives forever.

As a participant, we ask you to encourage a neighbor or friend from out of town to REGISTER. Or invite them to consider VOLUNTEERING or to come to the finish line to CELEBRATE. If you live in the city, organize a group to head out on the course and CHEER as you and their other runners pass. All these actions will help show our BMORE PRIDE!

This packet includes important information that will prepare you for the events and activities surrounding race weekend. If you have entered the Baltimore Marathon, the CareFirst BlueCross BlueShield Half-Marathon, 4-Person Team Relay or the Belcara Health 5K, **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 & IMPORTANT MESSAGES.



EVENT TIMES

THURSDAY, OCTOBER 17, 2019 (BALTIMORE CONVENTION CTR HALL A)

Health and Fitness Expo/Package Pick-Up 3pm-8pm

THURSDAY, OCTOBER 17, 2019 (HORSESHOE CASINO)

All Ages Welcome Party @ Horseshoe Casino! 6pm-9pm

.05K presented by 98Rock (NEW LOCATION IN '19) 7pm

FRIDAY, OCTOBER 18, 2019 (BALTIMORE CONVENTION CTR HALL A)

Health and Fitness Expo/Package Pick-Up 12pm-8pm

SATURDAY, OCTOBER 19, 2019 - RACE START TIMES

ARRIVE 90 MINUTES PRIOR TO YOUR RACE START

National Anthem & Presentation of the Colors @ 5k Start	7:25am
Belcara Health 5K	7:30am
National Anthem & Presentation of the Colors @ Full/Relay Start	7:50am
Wheelchair Marathon	7:55am
The 19th Annual Baltimore Marathon	8:00am
4-Person Team Relay	8:00am
98 Rock Bands & DJs throughout the course	All Day
Belcara Health 5k Awards Ceremony	9:00am
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.

DID YOU KNOW

Did you know that last year \$40 million was pumped into the Baltimore economy as a result of the race? Did you know that the Festival has also helped generate more than \$14 million for charity? Nearly 15 local and regional charities will participate as OFFICIAL CHARITY PARTNERS of this year's event. Thank you to all the groups who will run with us in 2019:

- AIMS India Foundation
- American Cancer Society DetemiNation
- Athletes Serving Athletes
- Back on My Feet Baltimore
- Cystic Fibrosis Foundation
- Francis Scott Key ES & MS
- John Hopkins Children's Center
- Kennedy Krieger Institute
- Maryland Casa Association
- One Hope
- Pacing for Parkinson's
- Roland Park Elementary School
- The PPROM Foundation
- University of Maryland Medical Center

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
<http://bit.ly/2neDglB>

NEED A HOTEL?

Team Travel Source has secured
great rooms at discounted rates.



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.

RADISON 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.

OFFICIAL RESTAURANT PARTNERS

PLEASE VISIT THESE RUNNER FRIENDLY RESTAURANTS 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: 0.6 Miles

McCormick and Schmick's- Seafood

Phone: (410) 234-1300

Address: 711 Eastern Ave, Baltimore, MD 21202

Distance from the finish line: 0.6 Miles

Sabatino's- Italian

Phone: (410) 727-2667

Address: 901 Fawn Street, Baltimore, MD 21202

Distance from the finish line: 0.9 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: 0.3 Miles

Mission BBQ- Barbeque, Salad, Sandwiches

Phone: (443) 955-6807

Address: 3701 Boston St, Baltimore, MD 21224

Distance from the finish line: 3.1 Miles

Dunkin Donuts- Donuts, Breakfast, Coffee & Tea

Phone: (410) 545-0522

Address: 25 Light St, Baltimore, MD 21202

Distance from the finish line: 0.2 Miles

Towson Hot Bagels- Bagels, Breakfast, Sandwiches

Phone: (410) 732-9090

Address: 3301 Boston St., Baltimore, MD 21224

Distance from the finish line: 2.9 Miles

Phillips Seafood- Seafood

Phone: (410) 685-6600

Address: 601 E Pratt St, Baltimore, MD 21202


Distance from the finish line: 0.3 Miles

Barcocina- Mexican, Tapas/Small Plates

Phone: (410) 563-8800

Address: 1629 Thames St, Baltimore, MD 21231

Distance from the finish line: 1.4 Miles



THE 2019
**Pandora
Bmore Run
Charm**

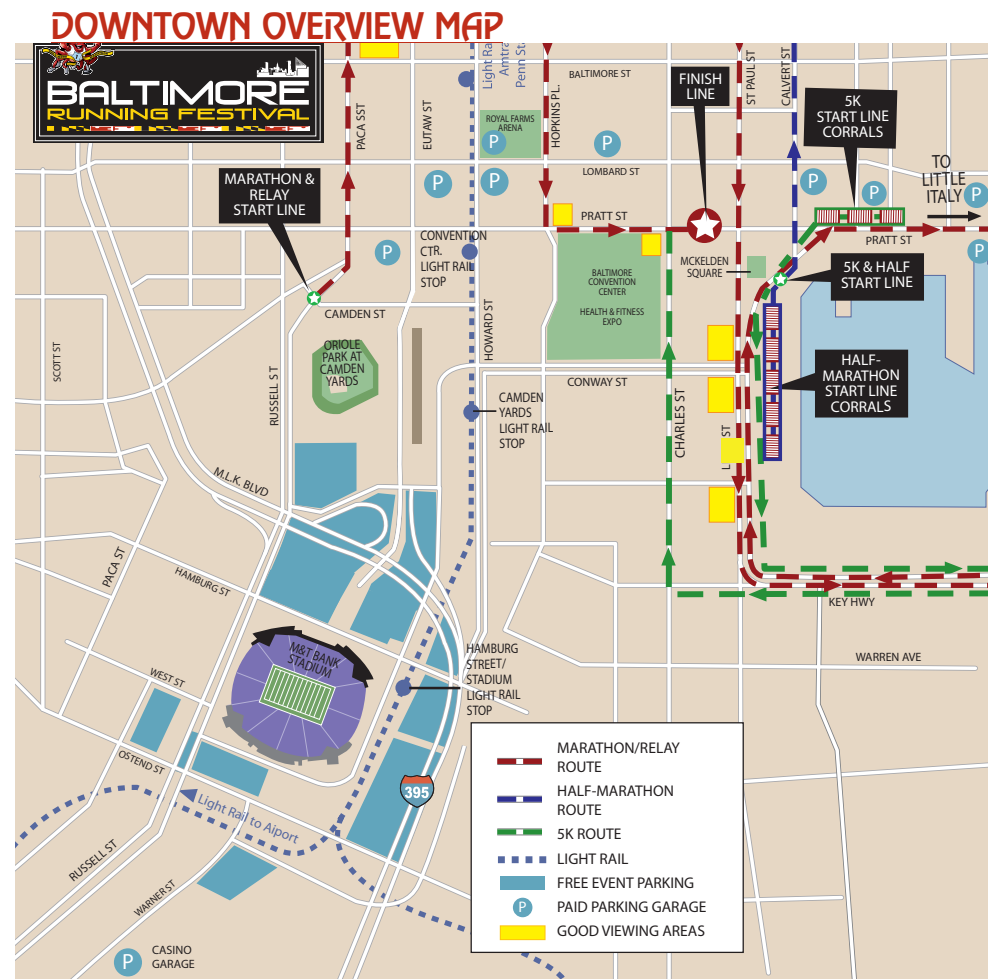
A percentage of sales from the Bmore Run Charm will be donated to Athletes Serving Athletes during the Baltimore Running Festival, October 17-19, 2019.

Available exclusively at

PANDORA
THE GALLERY AT HARBORPLACE

The PANDORA Gallery At Harborplace 2019 Bmore Run Charm. A percentage of sales for each charm sold during the Baltimore Running Festival will be donated to Athletes Serving Athletes.

The 2019 PANDORA Bmore Run charm is available exclusively at PANDORA in The Gallery At Harborplace and the PANDORA booth at the Baltimore Running Festival Health & Fitness Expo and The Celebration Village October 17-19, 2019, while supplies last.



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 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 up with local downtown workers during the week.

ALL BAGS & PERSONS ARE SUBJECT TO SEARCH BY EVENT SECURITY 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. All bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time*

WET BULB TEMPERATURE RATINGS

Weather is the one thing nobody can control, and it can really affect your race day performance. 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 cancellation 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 any experienced runner can attest to, many things 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=438



KEEP RACE SAFE ON RACE DAY

For your health and safety,
please share your information
by signing up today



.05K PRESENTED BY 98 ROCK (NEW LOCATION IN '19)

For the 5th year in a row, in partnership with 98Rock, we will host a race that is truly open to everyone.

Join us for the .05K on **Thursday, Oct. 17 at the Horseshoe Casino.**

(1525 Russell St., 21230) This 98Rock sponsored event will launch the weekend celebration and add a race distance that truly everyone can complete. Festivities at the Horseshoe Casino will start at

6pm, with the race starting at **7pm**. 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.thebaltimoremarathon.com/race-information-2/05k-presented-by-98rock/>

IMPORTANT: You must register by Sunday Oct. 13 by 11:59pm in order to be guaranteed a t-shirt.

Registered runners will receive a t-shirt and race bib prior to 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 **the Horseshoe Casino** starting at 6pm on race day. There is ample free parking in the Horseshoe Casino's parking garage. **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.

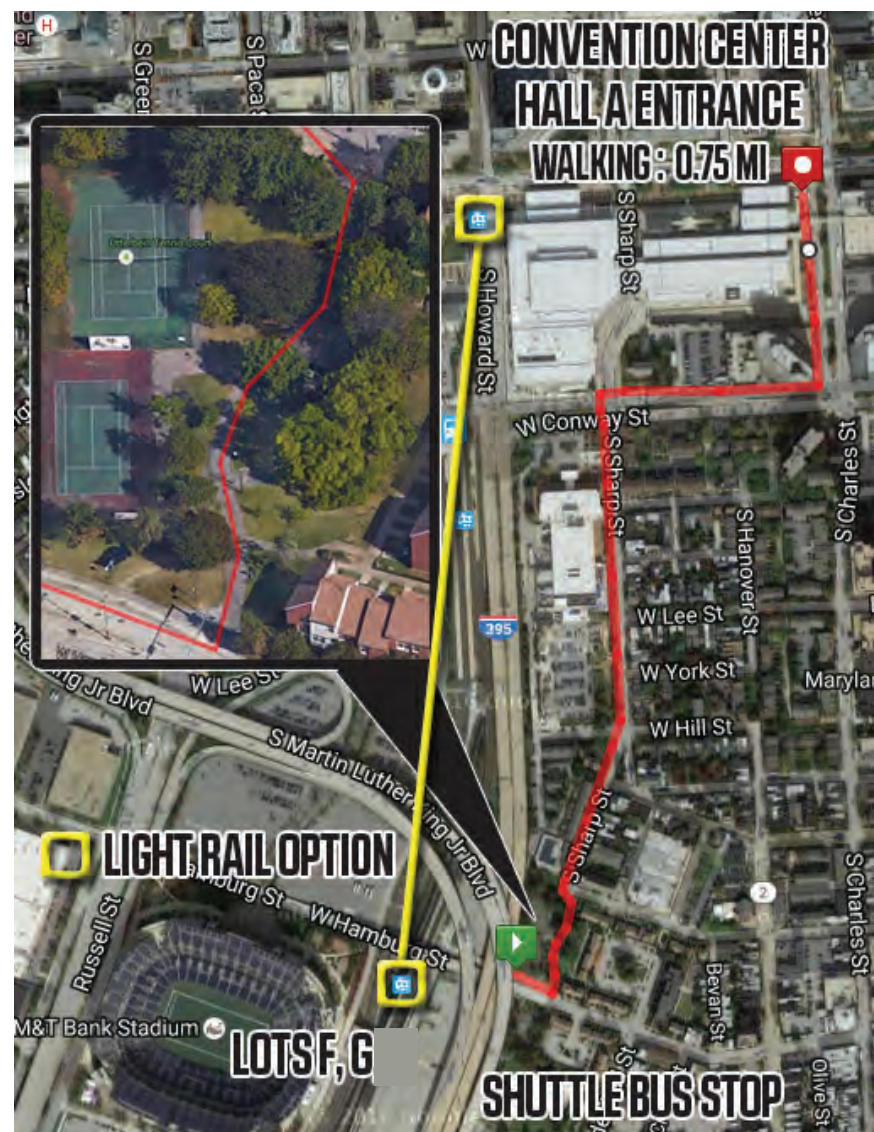
Bands on the Run, Live Broadcasts on race day, RunFest Tailgate at Patterson Park and much more!



PARKING ON EXPO DAYS

Below is a map of Lots F and G. Free parking available in these lots during expo hours. A free shuttle will make the round trip from these lots to the expo during expo hours. You can also take the Light Rail two stops from the Hamburg St. station (located Lot G) to the Pratt Street stop.

Additional public parking is available throughout the city. Please note the Downtown Overview Map on page 8 in this handbook.



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

HEALTH AND FITNESS EXPO

Once again this year, the Health & Fitness Expo will be held in the **Baltimore Convention Center, Hall A**. The entrance is near the corner of Pratt & Charles Sts. and is the same entrance that we utilized last year at the Convention Center. We have a large foot print that has allowed us to expand the layout and add a few more vendors for you to visit during packet pick up.

Corrigan Sports has secured and will offer **FREE PARKING & SHUTTLE** in Lots F and G during the expo. These lots are within a walking distance of the Convention Center during daylight hours-- about .75 mile. There is also the option to take the Light Rail from the Hamburg St. station (located in Lot G) two stops to the Pratt Street 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 from lots F and G. 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 flag*) during the following times:

SHUTTLE TIMES

2:30pm-8:30pm on Thursday

11:30am-8:30pm on Friday

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

EXPO HOURS

Thu., October 17th 3pm-8pm

Fri., October 18th 12pm-8pm

PLEASE NOTE: We encourage runners who live or work Downtown to attend the expo on Thursday, October 17. 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.

GET YOUR BEER WRISTBAND AT THE EXPO- In order to take advantage of your free post-race beer/wine without carrying your ID, **YOU MUST** have a wristband that you will get with your bib. Wristbands will be issued based on your age on race day that will be printed on your bib. This will expedite the process on race day so you can enjoy your post-race beverage. Troubleshooting of wristband issues can be handled at the Registration Help desk.

FREE RUNNER TRACKING

Register online for the **FREE Baltimore Running Festival** runner tracking services, beginning Tuesday, Oct. 15. Use this helpful information to track your favorite runners, and to reunite with loved ones after the race. You will be able to receive tracking messages on your mobile phone via text messaging, or via email.

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: Start, 5.8, 10.9, 12.5, 18.8, 23.3, Finish

Half-Marathon: Start, 5.7, 10.2, Finish

Relay: Start, each exchange point, Finish

5K: Start, Finish

HOW TO REGISTER: (Tracking registration Opens on Oct. 15)

For SMS or email notifications click here: <http://bit.ly/brftext19>

1. Search for a participant and Click Track & Notify (relay teams can enter the bib number to track entire team).
2. Choose options on How to Get Notified
3. Wait for race day to get your notifications! The message will provide the runner's time, pace and expected finish time.

DONATE YOUR OLD SHOES AT THE EXPO

The Baltimore Running Festival is pleased to partner with Community Recycling and Stand Up 2 Cancer (SU2C.org) for our 2019 event. Bring your gently used shoes (running, casual, dress, adult, kids) to the Baltimore Running Festival Health & Fitness Expo on October 17th or 18th to donate. Your used shoes will be distributed to needed communities throughout the world (including USA). For each bin of shoes collected a donation will be made to for Stand Up 2 Cancer. Thank you in advance for your support.



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.

BIB NUMBER EMAILS

Check-in is by **bib number only**. That means all you need to know is your bib number BEFORE you arrive. You will receive an email on Monday, Oct. 14 by 2pm with information on how to access your bib number. If you do not get an email by 2pm 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.

If you are a member of a relay team, you should receive an email if an email address was provided when you registered. However, only 1 member of your team will appear on the bib number image during lookup. DO NOT PANIC. This is normal and simply how it is built in the system. Your team name will be listed in the blue box on the left side of your sample bib and all members of your team will have the SAME bib number.

RACE PACKET PICK UP OF ALL RACES

Individual runners may pick up the race packet for **ONE other friend ONLY IF** they have a copy of their friend's photo ID and know their bib number. You will need to coordinate getting the ID from the other runner. The race staff WILL NOT provide bibs without an ID (Children do not need IDs). Relay Members, however, may pick up for their entire team so long as they are a member of that team and have their bib number. (No need for teammate IDs).

PLEASE PRINT OR WRITE DOWN your bib number prior to arriving at the expo. This will GREATLY help the volunteers prevent distribution errors and help speed the process for everyone. We will have look up stations at the expo if you forget your bib number

You **MUST** pick up your Race Packet at the Health and Fitness Expo. The Expo is located in the Baltimore Convention Center Hall A.

STEP ONE: You will enter the expo from the the corner of Pratt St. and Charles St. Runners will be provided a clear bag to collect their expo goodies. ***This bag can also be used for bag check on race day if you utilize that service.***

STEP TWO: If you have your bib number (printed, written down or on your phone) you may proceed past the registration area and will be directed to the Race Bib Pick-Up area. Here you will receive your race bib with a "B-Tag" or "D-Tag" timing responder & your wristband if over 21. **BEFORE YOU LEAVE STEP 2, VERIFY THAT THE PERSONAL INFO PRINTED ON YOUR BIB NUMBER IS CORRECT.**

STEP THREE: There will be a separate Shirt Pick-Up station for each race. You must present your bib number to receive your shirt. A volunteer will mark your bib indicating that you have received your shirt. **DO NOT MARK THIS BOX YOURSELF!** This step **MUST** be performed by the volunteer.

B-TAG TIMING

All 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 (including relay 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

BALTIMORON-A-THON participants will wear the same bib for BOTH races.

RACE BIBS

- When you pick up your race bib, 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 bib 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 bib number must be visible throughout the race so the official course photographers can identify you.
- Do not exchange or transfer your bib 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 bib 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 & consider public transportation for getting to the festival on expo days as well as race day.



On race day, roadways around town and near the Inner Harbor will be closed prior to the 7:30am start of the 5K and the 8am start 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 30 min. beginning at 6 am coming South from Hunt Valley (53 min. ride) to downtown and every 30 minutes beginning at 5:10 am coming North from Cromwell (33 min. ride) to downtown. *Runners should exit from the Pratt St or Camden stops for easy access to the start/finish and the expo.*

Using 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 Pratt St. stop.

Weekday/Weekend North Bound and South Bound Schedules:

<https://www.mta.maryland.gov/schedule/lightrail>

Light Rail Map:

<https://www.mta.maryland.gov/schedule/stops/lightrail>

Light Rail Station and Parking Information:

<https://data.imap.maryland.gov/datasets/maryland-transit-light-rail-parking/data>

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

Schedules and Fares

Day passes: Regular fare \$4.40; senior fare \$2.20.

Day passes are valid for unlimited travel on Light Rail and other MTA services on the date purchased until 3:00am the following day. The day pass is either issued as a Day Pass, loaded onto a CharmCard, or purchased through the CharmPass mobile transit fare app

<https://www.mta.maryland.gov/charmpass>

PROHIBITED ITEMS

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

Small hydration packs and running belts/fanny packs **ARE permitted** on the course. However, we ask that you remember these items are also subject to search.

PLEASE LEAVE BAGS AT HOME. To provide a safer environment for the public and to significantly expedite fan entry into the area, we strongly encourage runners and fans to leave all bags at home or in your vehicle. On race day, runners should use a clear plastic bag, like the one provided at the expo, if they plan to use bag check. **By order of the Baltimore Police Department, all bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time by security personnel or the Baltimore City Police Department.** *Please allow for extra time in anticipation of these measures.*

CAUTION TO RUNNERS

ALL RUNNERS: Please be mindful that as you cross Light St. and Charles St. as you proceed to the Inner Harbor area you will be crossing the race course. PLEASE adhere to security instructions when crossing.

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.

USATF SANCTIONING (BOSTON QUALIFIER)

The Baltimore Marathon is a qualifying race for the Boston Marathon. The race certification number for the marathon is #MD18008LMJ. The race will provide notification to Boston of all finishers and times.



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 runners (not fans) may check their bag at the Bag Check Area.

Bag Check will be open from 6:30am until 1:30pm. Bags left after this time will be relocated to the Information Tent located at the Inner Harbor Amphitheater.

FULL & RELAY RUNNERS- Beginning at 6:30am, bag check trucks will be available near Camden Yards close to the full/relay start line and will relocate to the Inner Harbor after the start of the race so your bag is available for your pick up after you finish. Prior to the start, bag check trucks will be parked in the Camden Yards service lane parallel to Russell St. and will be labeled with bib ranges. After the start, the trucks will be driven to the Inner Harbor and parked in the lot on the Light St. side of West Shore Park and be available for pick up from the same trucks.

5K & HALF- Bag Check tents will be available near the Baltimore Visitor Center (Conway & Light Sts.). Your bag will remain in this tent while you run and be available for your pick up after you finish.

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 bring a bag. 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!**

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, 23, 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.**



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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: 3:10, 3:20, 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 4:45, 5:00 & 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 fluorescent yellow 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



FEARLESS IS SETTING THE PACE

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Thanks to CareFirst BlueCross Blue Shield, this year everyone will get access to free Live Event Photos from Racetography.com

Faster than ever! Photos will begin processing before you hit the finish line. Take Advantage! Sign up for notifications <http://bit.ly/brfphotos19>

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 Under Armour event t-shirt. For information or to register visit <http://www.thebaltimoremarathon.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.

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 Tuesday Oct 15, 2019.

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 the 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.

THE MARATHON & RELAY COURSE

The 2019 Baltimore Marathon course is very similar to last year with a few a few minor changes to accommodate area construction. The start area will be in the **same location** as past years (Paca & Camden Sts). Bag Check trucks will be available near the start line that will relocate your bag to the Inner Harbor for post-race pick up.

The marathon course will once again be running through the Maryland 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.

In addition, the course runs along the shores of the Inner Harbor (miles 9, 13 and finish), past Federal Hill, through Harbor East and Patterson Park, around Lake Montebello, near Johns Hopkins University and Charles Village.

The finish line is located on Pratt St. between Charles and Light Sts. Runners will have a short cool down area and then enter the RUNNERS ONLY COMPOUND in McKeldin Square to claim their medals, food and post-race hydration and enjoy the MedStar Recovery Zone.

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/2x1kepL> TO ENLARGE THE ABOVE MAP...
TO SEE THE ELEVATION PROFILE VISIT <http://bit.ly/2xEejqF>

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 finishes in 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 and many neighbors will be out to greet you. Be on the lookout for Eye of the Tiger guy!!
- 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 along Pratt St. with a majestic view of the Inner Harbor.
- Plenty of viewing areas along the course. The Inner Harbor along Light St. is a great spot for families to watch. Runners pass this point near mile 9 and again near mile 13 and then return to finish in this location.
- The 5K will start at the Inner Harbor at 7:30 am.

STARTING MARATHON & RELAY - 8:00AM

The start line is located at the corner of S. Paca & Camden Sts., about a 3-minute walk from parking at M&T Bank Stadium. This is the **same 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 Camden Yards and on Camden St. for the full start. Bag Check trucks will be available near the start line that will be relocated to the Inner Harbor for post-race. *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.



STARTING THE HALF-MARATHON - 9:45 AM

The CareFirst BlueCross BlueShield Half-Marathon starts in the **same location** as previous years, 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 parking at M&T Bank Stadium. ***NO transportation will be provided to the start line.***



There will be port-a-lets near the half-marathon start located on the corner of Conway and Charles St. (eastbound lanes) as well as near the Baltimore Visitor Center and throughout the village.

Remember. BAG CHECK IS LOCATED NEAR THE VISITOR CENTER.

Please be mindful that as you cross Light St (full) and Charles St.(5k) to proceed to the Inner Harbor area you will be crossing the race course. **PLEASE** adhere to security instructions when crossing.

The half-marathon staging area prior to the 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 Mile 16. Half marathoners will stay to the left at the merge onto Linwood Ave. Marathoners will be on the right side. 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 7am prior to the start of the Belcara Health 5K. Traffic, especially on I-395, backs up quickly and stadium lots are expected to fill prior the start of the marathon.

ON-COURSE AIDE STATIONS

There are aide stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 9.5, 11, 12, 13.5, 16, 17.5, 19, 20.5, 22, 23.5, 25 and Finish. Water & lemon-lime Endurance Formula Gatorade will be available at these locations. Huma Chia Energy Gel (Black Berry Banana, Chocolate Raspberry, Lemonade, Strawberries, Blueberries, Mangoes), 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, 11, 20.5 & 23.5.

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.(relay runners do not need to return their bands)

MARATHON, HALF-MARATHON & RELAY FINISH LINE AREA

All races will finish on Pratt St. between Charles St. and Light St. Race participants will cross the finish line and proceed to the secured Runners Only Compound in McKeldin Square to receive their finisher's medal, heat sheet, refreshments and water. **YOU MUST show your bib to enter this area.** 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- You are NOT required to return your scrunchie strap after the race.

The exit to this secured Runner Only Compound is on Light St. near the corner of Pratt St. at the top of the Amphitheater between the Harborplace Pavilions. The finish line and finish area facilities will **close promptly at 3:00 PM.**

RUNNER REUNION

With the vast number of recognizable landmarks throughout the Inner Harbor Promenade, we will not designate a Reunion Zone this year. We encourage you to discuss a reunion plan with your family and/or friends before the race and select an Inner Harbor landmark to meet near.

FINISH LINE AREA MAP



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

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)

POST RACE BEER & WINE



19 Crimes.

Runners who are of drinking age will have the choice of beer or wine at the post-race party this year. **PLEASE NOTE-** Your bib will have 2 check boxes for your free drinks. **HOWEVER** in order to utilize these **YOU MUST have your wristband** or carry your ID on race day.

GET YOUR BEER WRISTBAND AT THE EXPO- All of age runners will get a wristband with your bib. Wristbands will be issued based on your age on race day that will be printed on your bib. Troubleshooting of wristband issues can be handled at the Registration Help desk.

POST RACE REFRESHMENT

The finish line for all races is located on Pratt St. between Charles & Light Sts. This allows the post race party to commence on the shores of the scenic and famed Inner Harbor and showcase this jewel of Charm City.

YOU MUST show your bib to enter the Weis Markets Runners Only Compound on McKeldin Square. Here you can enjoy fresh fruit such as bananas and oranges as well as Utz Snacks, Gatorade, bagels, granola bars, Cow Tales Candy and other snacks. All items are provided courtesy of ShopRite Supermarket and our other great race sponsors. Bai 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 Runners Only Compound. Runners will not be permitted back into the Runners Only 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.

PHILLIPS SEAFOOD CRAB SOUP (NEW LOCATION IN '19)

This year Phillips is serving 15,000 cups of crab soup to runners post race. This tent will be located inside the Weis Market Runner Only Compound. Look for the Phillips Seafood tent and get there early! (Must present bib number.)



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 scrunchie strap. Runners are to pass this to their teammates at the exchange points. Be sure each runner holds the D-Tag in their hand or on their wrist 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)	5.7 mi.
#2	Art Museum Dr.	Md. Science Center/Rash Field	6.4 mi.
#3	Science Ctr/Rash	Lake Clifton HS	6.7 mi.
#4	Lake Clifton HS	Pratt St. (Inner Harbor)	7.4 mi.

RELAY TRANSPORTATION

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.) This is the same location as previous years. You must present your race number to board the bus.

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 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

These buses will also return runners who finish Legs #1 & #3 to the Inner Harbor following that leg of the race.

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 scrunchie strap that should be carried in your hand or on your wrist. The leadoff runner will start at the same time and location as the 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 ACCESS: After returning to the Inner Harbor, Leg 1, 2, & 3 runners will enter the Runners Only Compound in McKeldin Sq. through the designated relay entry point. Look for the blue tent and yellow RELAY flags. This location is indicated on the Finish Line Area map. Here you can claim your medal and access the post race food. All Runners claim **ONE MEDAL**.

Leg 4 Runners will cross the finish line and enter the Runners Only Compound. **You DO NOT need to return your scrunchie band after the race.**

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 2 & 3 runners who are concerned with getting back to the Inner Harbor to see their team finish may want to consider alternate transportation.

FREE RACE PHOTOS

Race day is almost here! And thanks to CareFirst BlueCross Blue Shield, this year everyone will get access to free Live Event Photos from Racetography.com

Faster than ever! Photos will begin processing before you hit the finish line. Take Advantage! Sign up for notifications via the options provided at the link below.

Email and SMS: Racetography will send direct messages as the content is loaded into your personal HIGH-RESOLUTION Gallery. From here, you can share your full gallery of #BaltRunFest #Racememories, or pick your favorites and post to your favorite social media channel.

We encourage you to have your branded photos to your Facebook account once they go live after the race and share your race experience with your friends and family. Those who post branded photos to Facebook will be entered into drawing to win one of 10 free entries into the 2020 Baltimore Running Festival.

To sign up for **FREE PHOTO** notifications visit <http://bit.ly/brfphotos19>

PHOTO TIPS: Be sure to wear your bib on the front to ensure the photographers capture your bib number in the photos and keep your race bib 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.

SCENIC FINISHER PHOTOS: CareFirst BlueCross BlueShield has also made arrangements for photographers to take finisher photos with the Inner Harbor as a backdrop to help make the memories last. Photo stations will be set up along the water near the Inner Harbor Amphitheater where you can get a photo with the FINISHER Tower and the Inner Harbor in the background. Finisher Photos will be available for posting or download with your other race day images when you register for your **FREE PHOTOS**.



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.

RACE DAY COVERAGE

WBAL-TV will televise the Festival in its entirety on its NBC-affiliated station. Coverage begins at 5am 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 BGE Home 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.



KING CRAB CHALLENGE & MARYLAND DOUBLE HOSPITALITY

If you were brave enough to take on a CSE challenge this year you are invited to the High Noon Seltzer Hospitality Tent **located on Rash Field in the Charity Village**. Each KKC and Maryland Double finisher will be rewarded with an extra adult beverage courtesy of High Noon and have space to mix and mingle with your fellow competitors as you celebrate the completing of this amazing feat!



This is also where you will receive your extra medal(s) for you to wear proudly! Just be sure to do some neck exercises prior to race day!!

LOOK FOR THE GREEN BALLOON!

BELCARA HEALTH 5K COURSE INFORMATION

The course runs along the flat and scenic portion of Key Hwy. and finishes at the same Inner Harbor finish line as the other races. A street-by-street description of the 5K route is available on the next page.

The 5k will start at 7:30am *from the Inner Harbor*. Please make note of this and plan your morning travel appropriately.

STARTING THE BELCARA HEALTH 5K

The race will start promptly at 7:30am. Runners are asked to **stage themselves along Calvert St.** beginning at 7am. Yellow Flags will mark waves 1-5. We ask that you seed yourself in the appropriate wave according to the following expected finish times:

WAVE 1: Under 30 min.	WAVE 2: 30 min. to 35 min.
WAVE 3: 36 min. to 44 min.	WAVE 4: 45 min. to 59 min
WAVE 5: 60 min. or Longer	

Please do your best to run with the appropriate wave. This will help everyone have the best on-course experience. We will start the waves with a 1-2 minute separation to allow the crowd to spread out. Remember, timing mats will be located at the start & finish lines recording each racers exact time and place.

FINISH LINE AREA

The 5K will finish on Pratt St. between Charles & Light Sts. 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 who are of drinking age will have the choice of beer or wine at the post-race party this year. **PLEASE NOTE-** Your bib will have 2 check boxes for your free drinks. HOWEVER, in order to utilize these YOU MUST **have a wristband that will be distributed at the expo** or carry your ID on race day. (see page 32)

The exit from the secured Runners Only Compound on Light St. near the Inner Harbor Amphitheater. **The Runners Only Compound will close to 5K racers at 9:30 am.**

5K COURSE MAP



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

Course subject to change. Please check website for any last minute updates.

5K COURSE TURN-BY-TURN

START Intersection of Light and Pratt Street going south. (McKeldin Square)

Note – Runners will be in the northbound lanes of Light St, running south

Light St to LEFT On Key Highway

Turnaround (Clockwise) on Key Hwy.at the island just before BP Gas Station

Follow Key Hwy back north, passing Rash Field and the MD Science Center

Turn RIGHT on Light St and then LEFT on Lee St.

RIGHT on Charles St then a RIGHT on Pratt St

FINISH on Pratt St between Charles and Light St (In front of Kona Grill)

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WHO'S UP FOR A DUNKIN' RUN?

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LOST & FOUND FOR ALL RACES

Lost and Found will be located at the Information Tent located at the Inner Harbor Amphitheater close to McKeldin Square.

OFFICIAL MERCHANDISE

The best time to buy your official merchandise is at the expo. However we will have two locations in the BGE Home Celebration Village on race day. One is located at the Inner Harbor Amphitheater and the other near West Shore Park towards the Baltimore Visitor Center.

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.

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 BGE Home 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!**

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.



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RACE RESULTS

You will be able to receive tracking messages on your mobile phone via text messaging, by visiting <http://bit.ly/brftext19> and clicking the add notification button. THE SERVICE IS FREE. It will not ask for any credit card data.

Runners may also visit <http://www.baltimoreunfest.com> to access their results from our website. Results will be posted throughout the day with final results posted after the race is complete.

RACE DAY COVERAGE

WBAL-TV will televise the Festival live in its entirety on its NBC-affiliated station. Coverage begins at 5am 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. With the Inner Harbor location, it will truly be a community event! We will have activities in the BGE Home Celebration Village for people young and old, and for runners and non-runners alike. The party stretches along the entire Inner Harbor Promenade and includes McKeldin Square, West Shore Park and Rash Field.

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

- ✓ Awards Ceremony on the Main Stage (10am and 12pm)
- ✓ 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 Baltimore City Police.

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.

https://legacy.enterprise.com/car_rental/deeplinkmap.do?bid=028&refld=CORRSPOR



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.**

DIRECTIONS TO STADIUM LOTS

The Baltimore Ravens website has detailed directions to each of the stadium lots. We encourage you to visit this site to plan your travel:

<https://www.baltimoreravens.com/stadium/directions-parking>

Lots A, B & C- 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 Lombard St or Pratt St to Greene St which becomes Russell St. Turn left onto Lee St. Entrance of Lot A is on left. Lots B and C are on right

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

From the North - From I-95, take Exit 53 to I-395. Keep left towards Downtown Inner Harbor. Turn right onto Conway St. Turn right onto Light St. Turn right onto Lee St. Turn left onto Charles St. Turn right onto Hamburg St. The ramp to Lots F & G is on the right.

From the South - From I-95, take Exit 52 to Russell St North. Turn right onto Worcester St. Turn left onto Warner St. Turn right onto Stockholm St and continue to Sharp St. Turn right onto Ostend St. Turn left onto Leadenhall St. Turn left onto Hamburg St. The ramp to Lots F & G is on the right.

From Downtown - Take Light St south. Turn right at Lee St. Turn left at Charles St. Turn right at Hamburg St. The ramp to Lots F & G is on the right.

Lot D & N/NN- Opens at 5:30am on race day

From the North- From I-95, take Exit 53 to I-395. Exit right towards M.L. King Jr. Blvd. Take the Russell St exit. Turn left onto Lee St. Turn left onto Russell St. Make slight right onto Service Drive after Hamburg St. LOT D-Turn left onto Ostend St. Turn left onto Russell St (Service Drive). Turn right at guard station. Lots D is on the right. LOT N/NN- Turn right onto West St. Lot N is on the left. Lot NN is on the right.

From the South- From I-95, take Exit 52 to Russell St North. Turn right onto Worcester St. Turn left onto Warner St. Turn left onto Ostend St. LOT D-Turn right onto Russell St (Service Drive). Turn right at guard station. Lots D is on the right. LOTS N/NN-Turn right onto Ridgely St. Turn right onto West St. Lot N is on the right. Lot NN is on the immediate left.

From Downtown- Take Lombard St or Pratt St to Greene St which becomes Russell St. Make slight right onto Service Drive after Hamburg St. LOT D- Turn left onto Ostend St. Turn left onto Russell St (Service Drive). Turn right at guard station. Lot D is on the right..LOTS N/NN-Turn right onto Ridgely St. Turn right onto West St. Lot N is on the right. Lot NN is on the immediate left.

The Baltimore Ravens website has detailed directions to each of the stadium lots. We encourage you to visit this site to plan your travel:

<https://www.baltimoreravens.com/stadium/directions-parking>

PARKING LOTS AVAILABLE

EXPO: FREE PARKING in lots F and G. Other paid parking in lots throughout the city.

RACE DAY: FREE in lots A, B, C, D, F, G, H, N and NN. Paid lots in various locations throughout the city.

View a map of other downtown parking options here: <http://bit.ly/2xUEbKK>

THE STADIUM PARKING LOTS HAVE FILLED UP THE PAST SEVERAL YEARS AND WE EXPECT THE SAME IN 2019. PLEASE ARRIVE EARLY TO ENSURE YOUR PARKING SPOT OR 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. **By order of the Baltimore Police Department, all bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time by security personnel or the Baltimore City Police Department**

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.



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