



2021 RUNNER HANDBOOK

SATURDAY
OCTOBER 9, 2021



CareFirst



PANDORA

THIS IS A CUPLESS RACE

**RUNNERS ARE
REQUIRED
TO CARRY THEIR
OWN WATER BOTTLE
DURING THE RACE.**

**BRING IT
TO THE START LINE
FILLED & READY
TO GO.**

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Thank you for selecting our race as we know there are many options out there for you to choose from. There's no day in Charm City quite like race day. This year, though, has a very special meaning for a couple reasons; we are finally back to live races in Baltimore *and* we will celebrate the 20th Anniversary of the Baltimore Running Festival!

For the past nineteen months, the world has gone through an unprecedented and extremely tough time in our history and many people have experienced hardships. The world was turned upside down as businesses were shut down and people were unable to do many of the things they love. But there is hope. We are starting to feel a sense of revitalization as our old way of life begins to open back up. Live races are resuming, and the world of running is starting its journey back to normalcy.

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 \$15 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 ther 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, the Belcara Health 5K or the new Pandora 10K, **it is extremely important that you read the information in this booklet carefully.**

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



**FOLLOW US ON FACEBOOK OR
TWITTER FOR ANY LAST MINUTE
UPDATES & IMPORTANT MESSAGES.**



EVENT TIMES

FRIDAY, OCTOBER 8, 2021 (BALTIMORE CONVENTION CTR HALL A)

Health and Fitness Expo/Package Pick-Up

11am-8pm

IMPORTANT: Baltimore City policy states masks are **REQUIRED** indoors, regardless of vaccination status. Please bring your mask to the expo.

SATURDAY, OCTOBER 9, 2021 – 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/10K Start	7:50am
Wheelchair Marathon	7:55am
The 20th Anniversary Baltimore Marathon	8:00am
Pandora 10K	8:00am
CareFirst BlueCross BlueShield Half-Marathon	9:45am
Belcara Health 5K & Pandora 10K Awards Ceremony	10:00am
Full and Half-Marathon Awards Ceremony	12:00pm

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

THE 2021 BALTIMORE RUNNING FESTIVAL IS A CUPLESS RACE. RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED AND READY TO GO DETAILS ON PAGE 20 OF THIS HANDBOOK..

CHARITY PARTNERS

Did you know that in 2019 \$40 million was pumped into the Baltimore economy as a result of the race? Did you know that since 2001, the Festival has helped generate more than \$15 million for charity? The past two years have been really rough on our charity partners. Many have had to drop out due to lack of support or lack of funds and staffing. Please consider supporting them in the future so that they can continue to do the great work they perform for our community. Special shout out to all the groups who are able to run with us in 2021:

- American Cancer Society Determination
- Kennedy Krieger Institute
- Athletes Serving Athletes
- Roland Park Elementary School
- Back on My Feet Baltimore
- The PPRM Foundation
- Francis Scott Key ES & MS
- Shock Trauma Center Running Team
- John Hopkins Children's 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

<https://bit.ly/3CGh8Sg>

NEED A HOTEL?
Team Travel Source has secured great rooms at discounted rates.



866-567-7075
info@teamtravelsource.com

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.

Phillips Seafood- Seafood

Phone: (410) 685-6600
Address: 601 E Pratt St, Baltimore, MD 21202
Distance from the finish line: 0.3 Miles

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

Mt. Washington Tavern- Pub, American (Traditional), Cocktails

Phone: (410) 367-6903
Address: 711 Eastern Ave, Baltimore, MD 21202
Distance from the finish line: 7 Miles

Shake Shack American (New), Burgers, Ice Cream

Phone: (443) 973-3630
Address: 400 E Pratt St Baltimore, MD 21202
Distance from the finish line: 0.2 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

Little Havana- Mexican, Cuban,

Phone: (410) 837-9903
Address: 1325 Key Hwy Baltimore, MD 21230
Distance from the finish line: 1.2 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

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

Barcocina- Mexican, Tapas/Small Plates

Phone: (410) 563-8800
Address: 1629 Thames St, Baltimore, MD 21231
Distance from the finish line: 1.4 Miles

Pure Raw Juice- Juice Bars & Smoothies, Vegan, Acai Bowls

Phone: (410) 659-6928
Address: 1401 Riverside Ave., Baltimore, MD 21230
Distance from the finish line: 1.3 Miles

PANDÖRA

Pandora is a proud sponsor of the Baltimore Running Festival



SHOW YOUR LOVE FOR
BALTIMÖRE

THE GALLERY AT HARBORPLACE

200 East Pratt St. #1005, Baltimore, MD 21202
410.528.5496

THE MALL IN COLUMBIA

10300 Little Patuxent Pkwy #1840 Columbia, MD 21044
410.740.0006

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CHECK IT OUT! Here's a sneak peek at the 2021 Pandora Bmore Run Charm. The 2021 Pandora Bmore Run charm will be available at the PANDORA booth at the Baltimore Running Festival Health & Fitness Expo and Celebration Village October 8-9, 2021 while supplies last.

Available starting September 28 at Pandora in The Gallery At Harborplace

DOWNTOWN OVERVIEW MAP



VISIT <https://bit.ly/3nXiX9e> TO ENLARGE THE ABOVE MAP...

PARKING

We encourage all runners to consider the Light Rail on both expo day 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. Other downtown lots <http://bit.ly/2xUEbKK>

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?



MedStar Health

The sports medicine physicians from MedStar Health 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 in 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. Most 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.

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

LOG YOUR MEDICAL HISTORY ONLINE

RaceSafe, MedStar Health 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 Health 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://bit.ly/3kComAo>



KEEP RACE SAFE ON RACE DAY

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



MOST VALUABLE RUNNERS: 21-TIME PARTICIPANTS

The Baltimore Running Festival is proud to have reached the 20th Anniversary milestone. When the race started, many said it would never last. But in true Charm City fashion, we kept on keepin' on and 20 years later have grown into one of the more popular events on the national race calendar.

We have seen more than 275,000 finishers since the first race on October 15, 2001. However, 51 runners have crossed the finish line every year and 15 of them have run the full marathon every year (listed in red below). We applaud these Most Valuable Runners and hope all the 2021 participants will join us in doing the same.

If you see one of these runners out on the course, be sure to give them the added recognition that they deserve.

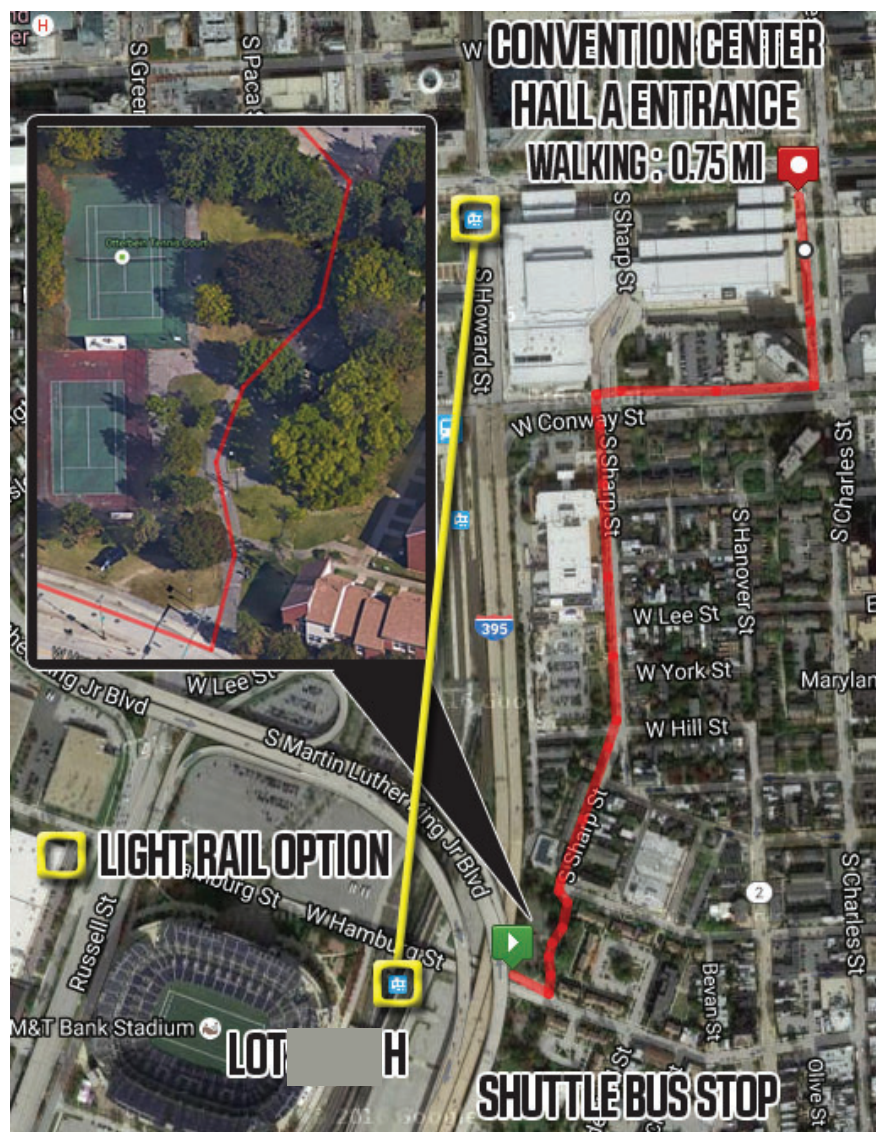
Dave Berardi	Baltimore	MD	Charles Powell II	Bel Air	MD
Daniel Broh-Kahn	Phoenix	MD	Michelle Prieto	Baltimore	MD
Dan Buccino	Baltimore	MD	Joshua Reiter	Baltimore	MD
Marc Burger	Columbia	MD	Thomas Remaley	Reisterstown	MD
Jan Cook	Baltimore	MD	Amy Sachs	Ellicott City	MD
Peter DeMik	Laurel	MD	William Sangtinet	Bel Air	MD
Jim Etchison	Crofton	MD	Bonnie Schaffer	Joppa	MD
Toks Fashola	Halethorpe	MD	Bill Schickler	Chadds Ford	PA
John Finegan	Baltimore	MD	Michael Shilling	Durham	NC
Eugene Fritzel	Lutherville	MD	Michael Smith	Timonium	MD
Lewyn Garrett	Baltimore	MD	Raymond Smith	Hampstead	MD
Joe Goodrick	Baltimore	MD	Robert Smoot	Forest Hill	MD
Frank Grammer	Phoenix	MD	Cory Sorice	Towson	MD
Debbie Grover	Columbia	MD	Kathleen Sulik	Burke	VA
Nina Guise-Gerity	Baltimore	MD	Steven Tiller	Crownsville	MD
Evelyn Hersperger	Baltimore	MD	Mike Trott	Joppa	MD
Stacy Hickey	Frederick	MD	Jeffrey Wagner	Baltimore	MD
Gary Houk	Orwigsburg	PA	Amanda Weeks	Woodbine	MD
Robert Kaufman	Baltimore	MD	John Weldon	Columbia	MD
Gina Keating	Annandale	VA	Laura West	Annapolis	MD
David Koch	Baltimore	MD	Gregory Wilkins	Cockeysville	MD
Gary Kodeck	Owings Mills	MD			
Richard Krummerich	Baltimore	MD			
Lynda Layson	Severn	MD			
Urbane Maust	Bel Air	MD			
Remus Medley	Baltimore	MD			
Kathleen Nadherny	Arlington	VA			
Lori O'Donnell	Owings Mills	MD			
Peter O'Neill	Lutherville	MD			
William Pederson	Wayne	PA			



PARKING ON EXPO DAY

Below is a map of Lot H. Free parking available in this lot during expo hours. A free shuttle will make the round trip from these lots to the expo during expo hours. **MASKS ARE REQUIRED ON THE SHUTTLE BUS.** 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

IMPORTANT: Baltimore City policy states masks are REQUIRED indoors, regardless of vaccination status. Please wear your mask to the expo.

The Health & Fitness Expo will be held in the **Baltimore Convention Center, Hall A.** The entrance is near the corner of Pratt & Charles Sts. Masks are required.

Corrigan Sports has secured and will offer **FREE PARKING & SHUTTLE** in Lot H during the expo. This lot is within 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 Lot 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 flag) during the following times:

FRIDAY, OCT 8 SHUTTLE TIMES

10:30am-8:30pm (**MASK REQUIRED ON SHUTTLE BUS**)

FRIDAY, OCT 8 EXPO HOURS

11am-8pm (**MASK REQUIRED INSIDE EXPO HALL**)

IMPORTANT NOTE- TO THOSE WHO SELECTED TO HAVE THEIR PACKET MAILED: While you are welcome to attend the expo to visit the vendors, please do not attempt to claim your packet at the expo as it will not be available. Thank you in advance for your assistance.

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.)

GET YOUR BEER WRISTBAND AT THE EXPO- In order to take advantage of your free post-race beer/seltzer 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 is part of your QR code email. 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

Tracking registration Opens on Oct. 8 at 6pm

Friends and family will be able to track marathon, half-marathon, 10K and 5K runners out on the course. This is a FREE service courtesy of Corrigan Sports.

NOTE: Runners are not assigned bib numbers until the packet pickup expo and only will be available to setup tracking after 6pm on Oct 8, 2021.

Use this helpful information to track your favorite runners, and to reunite with loved ones after the race. The message will provide the runner's time, pace and expected finish time.

Using the app, you will be able to receive tracking messages on your mobile phone via push notifications, or have posts placed on your Twitter account. 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, 10, 15, 20, Finish
- Half-Marathon: Start, 7, Finish
- 10K: Start, Finish
- 5K: Start, Finish

Using either the app or webpage: (Tracking registration Opens on Oct. 8 at 6pm)

1. Use the search box in the upper right to search for a name or bib number.
2. By clicking on the name, you are all setup to track this person.
3. If you downloaded the app, you would automatically receive push notifications. If using the webpage, you will see your entrant refreshing as they cross locations, you can also sign up for Twitter or email notifications.

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 2021 event. Bring your gently used shoes (running, casual, dress, adult, kids) to the Baltimore Running Festival Health & Fitness Expo on October 8th 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.



MAILED PACKETS

Those who paid to have their packet mailed should receive it well in advance of race day. The target ship date is Sept 29. They are shipped USPS Priority mail. You will get an email with tracking information once it is shipped. If you selected this option and did not get yours, DO NOT PANIC. Simply email customerservice@corrigansports.com and we will help your troubleshoot your issue. **PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET AT THE EXPO IF YOU SELECTED THIS OPTION.**

QR CODE EMAIL

Check-in this year will be done by **QR CODE**. This will be emailed to you BEFORE you arrive. You will receive an email on Wednesday, Oct. 6 by 2pm with information on how to claim your bib. If you do not get an email by 2pm that day via email DO NOT PANIC. Simply send an email to customerservice@corrigansports.com and we will be able to help you troubleshoot your issue.

RACE PACKET PICK UP OF ALL RACES

Individual runners who did not opt to have their packet mailed may pick up their race packet as well as a packet for **ONE other friend ONLY IF** they have a copy of their friend's photo ID and QR CODE. The race staff WILL NOT provide bibs without the QR Code. The ID will help us troubleshoot if it is there is an issue. The Expo is located in the Baltimore Convention Center Hall A.

IMPORTANT: Baltimore City policy states masks are REQUIRED indoors, regardless of vaccination status. Please bring your mask to the expo.

PLEASE PRINT OR SCREENSHOT YOUR QR CODE prior to arriving at the expo. This will GREATLY help the volunteers prevent distribution errors and help speed the process for everyone.

STEP ONE: You will enter the expo hall 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: Have your QR CODE (printed or on your phone) and proceed past the registration area to the Race Bib Pick-Up area. Here you will receive your race bib with a "B-Tag" timing responder & your wristband if over 21.

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 will use the B-Tag timing system that utilizes a computer transponder tag that is affixed to the bib and stays attached to your race number while you run.

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. or keep it as a souvenir.

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 runners are asked to wear a 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 AFTER THE RACE.**

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 day 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 & 10K 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 (120 min. trip) to Falls Rd station. NOTE: there is currently a bus transfer at Falls Rd to downtown which may extend your trip time. Light Rail runs every 30 minutes beginning at 4:58 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.***

For updates, passengers can also call the Transit Information Contact Center at 410-539-5000.

Weekday/Weekend North Bound and South Bound Schedules:

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

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>

Wear a mask before, during and after boarding any MDOT MTA vehicle. Masks are required to be on for the duration of your ride on transit.

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: 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 & 10K RUNNERS- Beginning at 6:30am, bag check trucks will be available near Camden Yards close to the full/10K 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 at Lee St. and Eutaw St near Gate A and will be labeled with bib ranges. After the start, the trucks will be 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 RUNNERS- 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.

We ask that you use a **CLEAR BAG** like the one provided at the expo. (If you do not attend the expo, you can provide your own bag.) **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 oversized items. 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.

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 Health. There will be medical stations at the start, at or near the following mile markers 2.5, 6, 10, 13.5, 16, 20.5, 23.5, 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.**



CUPLESS RACE IN 2021

COVID has forced everyone to look at new and inventive solutions to race day challenges. In order to reduce touch points for our volunteers and participants and to keep disposable cups out of the Baltimore community, we are initiating A CUP FREE POLICY for the 2021 Baltimore Running Festival. We have utilized this program at all of the other Corrigan Sports events and have received solid reviews. Traditional waterstops require lots of volunteer groups that are hard to come by in the current climate. It's also good for our Bay, the environment and safe for runners!

RUNNERS ARE REQUIRED TO CARRY THEIR OWN BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED AND READY TO GO.

WHAT IS A CUP-LESS RACE? A cup-less race means that there will be no paper water cups between the start and the finish line like you'd typically see at road races.

WILL THERE BE FLUIDS ON THE COURSE? There will be water available in the start area. On the course, there will be self-serve refill stations that can be accessed along the route. At the finish line, each runner will get a bottled water and Gatorade.

HOW DO I GET WATER ON THE COURSE? There will be several self-serve fluid stations on the course—depending on the event you are running—offering numerous valves allowing you to fill a 20-ounce water bottle in just seconds. Participants will be responsible for bringing and carrying their own container with them during the event. Handheld containers can include a bike bottle, a hand-held running bottle, Camel-bak, a Hydra-Pouch, or any type of non-glass water bottle of your choosing.

WHERE WILL THE REFILL STATIONS BE LOCATED? In general, they appear about every 4 miles.

Marathon, refill stations near miles 2, 6, **10**, 13.5, 16, **20.5**, 24 and **25**

Half-marathon, refill stations near miles, 3, **7**, 11 and **12**

For the 10k, refill stations are near mile markers 2 and **5**

For the 5k, the refill station will be near mile marker **1.5**

Refill stations near marathon miles 10 (mile 1.5 of the 5k) , 20.5 (mile 7 for the half) and 25 (mile 12 of the half & mile 5 of the 10K) will have self-serve coolers for both Gatorade and water. (MARKED IN BOLD ABOVE)

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 and 5:15. Unfortunately, we do not offer pace groups for the half-marathon at this time.

We want you to run your own race. We are here to help. If you feel great on race day, and you want to go ahead to catch the next pace team, we'll cheer you on. If it's just not your day, slow down and wait for the next Pace Group behind to catch you. And if you want to just fall in and match strides with your Pace team, we sure will appreciate the company!

On race day, Pace Groups will be holding up large signs with the pace group finishing times printed on them, and wearing pace group shirts. (navy blue with gold lettering) Try to meet up with your group twenty minutes before the 8am start.

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 refill stations.

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



**FOR EVERY FIRST,
MAKE YOUR HEALTH FIRST.**



It's not just our name. It's our promise.

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 5, 2021.

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 COURSE

New in 2021, the start area will be at Camden Yards Gate A, near Lee St. You will get the pleasure of running up iconic Eutaw St between the stadium and the warehouse. Bag Check trucks will be available near the start line that will relocate your bag to the Inner Harbor for post-race pick up.

NEW: The marathon and 10k will run together for the first 2.5 miles, then split at Druid Lake Park Drive. Marathon runners will stay to the left at the split.

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* 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 COURSE MAP



VISIT <https://bit.ly/2XHLww7> TO ENLARGE THE ABOVE MAP..
TO SEE THE ELEVATION PROFILE VISIT <http://bit.ly/2xEejqf>

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

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!!
- 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., the marathon and 10K at Camden Yards at 8 am and the half-marathon at 9:45 am in the Inner Harbor

STARTING MARATHON 8:00AM

The start line is located at Gate A of Camden Yards near Lee & Eutaw St., a short walk from parking at M&T Bank Stadium. **NOTE: This is a NEW location.** Also new, the marathon will start with the 10K and split near the 2.5 mile mark. 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. Port-a pot facilities will be available near the start line. Bag Check trucks will be available near the start line that will be relocated to the Inner Harbor for post-race. *Marathon runners are asked to wear their "FULL" 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 1,000 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.

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

Bib Numbers in the 10,000 range will be in wave #1; bibs in the 20,000 range will be in wave #2; 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. Baltimoreans can run in any wave. **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.

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 am 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) 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. (3) 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. (4) **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.

BAG CHECK FOR THE HALF-MARATHON IS LOCATED NEAR THE INTERSECTION OF LIGHT & CONWAY STS. IN FRONT OF THE BALTIMORE VISITOR CENTER.

HALF-MARATHON COURSE MAP



RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

VISIT <https://bit.ly/3Auj53o> TO ENLARGE THE ABOVE MAP.

TO VIEW THE ELEVATION PROFILE VISIT <http://bit.ly/2xEk5m3>.

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

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

REMEMBER, IF YOU SEE SOMETHING SAY SOMETHING.

STARTING THE HALF-MARATHON - 9:45 AM

The CareFirst BlueCross BlueShield Half-Marathon **CareFirst** 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 should consider riding 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 REFILL & AIDE STATIONS

In general, they appear about every 4 miles.

Marathon, refill stations near miles 2, 6, **10**, 13.5, 16, **20.5**, 24 and **25**

Half-marathon, refill stations near miles, 3, **7**, 11 and **12**

For the 10k, refill stations are near mile markers 2 and **5**

For the 5k, the refill station will be near mile marker **1.5**

Refill stations near marathon miles 10 (mile 1.5 of the 5k), 20.5 (mile 7 for the half) and 25 (mile 12 of the half & mile 5 of the 10K) will have self-serve coolers for both Gatorade and water. (MARKED IN BOLD)

These tables will have Gatorade tablecloths to identify them on the course.

Huma Chia Energy Gel (Strawberry Lemonade & Blueberries) will be available near marathon mile 20.5 on the course. UTZ Brand snacks and bananas will be available near marathon miles 13.5 & 20.5.

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



RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

DROPPING OUT OF THE RACES

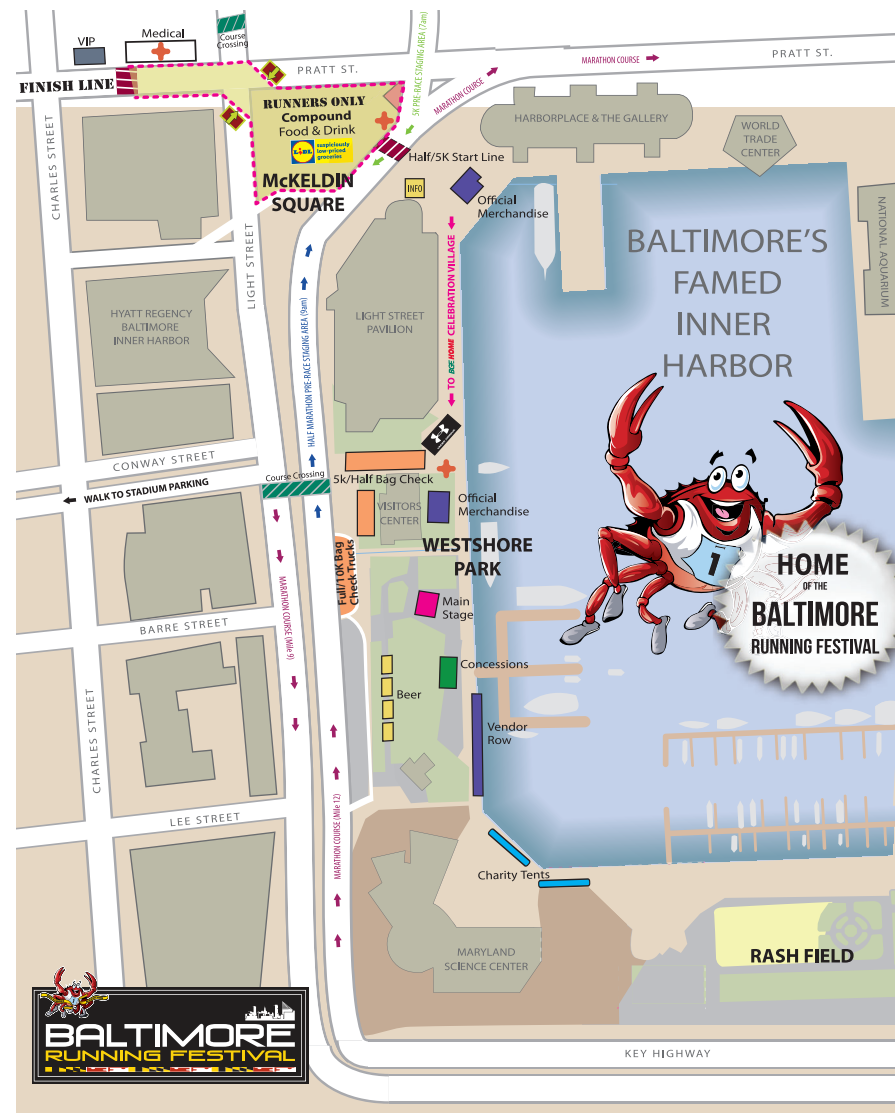
If you need to drop out of the race for any reason, please report to the nearest medical station or aide station on the course and inform them that you are retiring from the race. We will have a sag wagon provided following the last runner. The sag wagon will take runners to the nearest exchange point 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.

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 Lidl Runners Only Compound in McKeldin Square to receive their finisher's medal, 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.

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.**

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/10K @ 10am; full/half @ 12pm)

POST RACE BEER & WINE



Runners who are of drinking age will have the choice of beer or hard seltzer 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 Lidl Supermarket Runners Only Compound on McKeldin Square. Here you can enjoy fresh fruit such as bananas, apples and oranges as well as Utz Snacks, Gatorade, granola bars, Cow Tales Candy and other snacks. All items are provided courtesy of Lidl Supermarket and our other great race sponsors. Bottled gatorade & water will be available at the finish line.

Please be courteous to the other participants and take only one product from each station. Runners will not be permitted back into the Lidl 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.



ENDURANCE



PHILLIPS SEAFOOD CRAB SOUP Once again, Phillips is serving a taste of BMORE in the form of crab soup to runners post race. This tent will be located inside the Lidl Supermarket Runner Only Compound. Look for the Phillips Seafood tent and get there early! (Must present bib number.)

STARTING THE PANDORA 10K - 8:00AM

The start line is located at Gate A of Camden Yards near Lee & Eutaw St., a short walk from parking at M&T Bank Stadium.

IMPORTANT NOTE: The 10K will start at the same time and run with the marathon until the 2.5 mile mark on Druid Lake Park Drive. At this time the courses will split. 10K runners should stay to the RIGHT.

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. Port-a pot facilities will be available near the start line. Bag Check trucks will be available near the start line that will be relocated to the Inner Harbor for post-race.

FINISH LINE AREA

The 10K will finish on Pratt St. between Charles & Light Sts. Race participants will cross the finish line and proceed to the secured Lidl 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.

IMPORTANT: After finishing, please be mindful that as you cross Light St. into the Lidl Runners Only Compound area you will be crossing the marathon course. **PLEASE** adhere to security instructions when crossing.

Runners who are of drinking age will have the choice of beer or seltzer 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 Lidl Runners Only Compound on Light St. near the Inner Harbor Amphitheater. **The Runners Only Compound will close to 10K racers at 10:30 am.**

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

PANDORA 10K MAP



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

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED.

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

PANDORA

FREE RACE PHOTO

Each runner will enjoy a free web-sized digital download to show off your accomplishment online. MarathonFoto has earned its place as the premier name in race event photography with over 35 years of experience, a staff of over 150 professional photographers, and over 3,000 races and counting. Participants will also have the ability to purchase an assortment of high-resolution digital downloads and customizable photo products.



We encourage you to post your 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 2022 Baltimore Running Festival.

You will receive an email from MarathonFoto as soon as your photos are ready.

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: 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 purchase with your other race day images



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 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 Ketel One Botanical Hospitality Tent **located near the Runner Only Compound on top of the Inner Harbor Amphitheater.** Each KKC and Maryland Double finisher will be rewarded with an extra adult beverage courtesy of Ketel One Botanical and have space to mix and mingle with your fellow competitors as you celebrate the completing of this amazing feat!



NEW LOCATION IN '21 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!!

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.

RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE AND BRING IT TO THE START LINE FILLED

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 hard seltzer 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 <https://bit.ly/3zCYe7H> 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?

Proud Partner of the
Baltimore Running Festival



BLT  DUNKIN'

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THE 2021 BALTIMORE RUNNING FESTIVAL IS A CUPLESS RACE. THIS IS A RACE WHERE RUNNERS ARE REQUIRED TO CARRY THEIR OWN WATER BOTTLE DURING THE RACE. BRING IT TO THE START LINE FILLED & READY TO GO. CUPLESS. DETAILS ON PAGE 20 OF THIS HANDBOOK..

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.

BRIGHT IDEA FOR RUNNERS

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



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RACE RESULTS

Using the app, you will be able to receive tracking messages on your mobile phone via push notifications. Download it here: <https://rtrt.me/app/2870> and use the search box in the upper right to search for a name or bib number. THE SERVICE IS FREE.

Runners may also visit <http://www.balimorerunfest.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 and West Shore Park.

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.balimoreravens.com/stadium/directions-parking>

Lots 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- 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- Turn right onto West St. Lot N is on the left.

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. LOT N-Turn right onto Ridgely St. Turn right onto West St. Lot N is on the right.

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..LOT N-Turn right onto Ridgely St. Turn right onto West St. Lot N is on the right

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.baltimore Ravens.com/stadium/directions-parking>

PARKING LOTS AVAILABLE

EXPO: FREE PARKING in Lot H. Other paid parking in lots throughout the City.

RACE DAY: FREE in Lots B, C, D, F, G, H and N. 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 2021. 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. **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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- Bio-Identical Hormone Replacement Therapy
- and more!

Make sure to mention
the Baltimore Running
Festival when booking
your appointment!
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**THIS IS A
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RACE**

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