



2023

SATURDAY, OCTOBER 14, 2023

RUNNER HANDBOOK

CareFirst



MedStar Health

CURIO
WELLNESS

PANDORA

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Welcome to the 23rd 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.

The Baltimore Running Festival has grown into one of the most visible and highly anticipated events in the city. This year's event will coincide with the Orioles playoff run which will require a few course changes but will only add to the buzz and excitement around the 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 \$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 the 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, Pandora 10K or the Curio Wellness 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.** If you cannot attend the expo, you may be able to have your packet mailed to you.

Online confirmation of your entry is available on your RunSignUp account. For more information and to view your confirmation, visit our website at: www.TheBaltimoreMarathon.com.



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

A CORRIGAN SPORTS EVENT



EVENT TIMES

Thursday, October 12, 2023 (JIMMY'S FAMOUS SEAFOOD)

.05K presented by 98Rock (NEW LOCATION IN '23) 7pm

Friday, October 13, 2023 (Baltimore Convention Ctr Hall A)

Health and Fitness Expo/Package Pick-Up 11am-8pm

Saturday, October 14, 2023 - race start times

ARRIVE 60 MINUTES PRIOR TO YOUR RACE START

National Anthem & Presentation of the Colors @ 5K Start 7:25am

Curio Wellness 5K 7:30am

National Anthem & Presentation of the Colors @ Full/10K Start 7:50am

Wheelchair Marathon 7:55am

The 23rd Annual Baltimore Marathon 8:00am

Pandora 10K 8:00am

CareFirst BlueCross BlueShield Half-Marathon 9:45am

5K & 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.

DID YOU KNOW

Did you know that last year \$30 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 \$15 million for charity? Nearly a dozen 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 2023:

- Athletes Serving Athletes
- AIMS India
- Francis Scott Key Elementary
- Johns Hopkins Childrens Center
- Johns Hopkins Breast Cancer Program
- Kennedy Krieger
- Roland Park Annual Fund
- Ulman Foundation



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/3Zyodku>

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:

SHERATON INNER HARBOR HOTEL

You'll be centrally located in Baltimore, steps from Baltimore Convention Center and a short walk from the Baltimore Inner Harbor

HYATT REGENCY BALTIMORE INNER HARBOR

The Hyatt Regency Baltimore Inner Harbor offers a range of amenities including a 24-hour health club, a seasonal outdoor pool, and bicycles to rent.

RESIDENCE INN BY MARRIOTT BALTIMORE INNER HARBOR

This hotel offers a variety of amenities including a bar/lounge, gym, restaurant, spa, and complimentary breakfast, making it a convenient and enjoyable stay for guests..

ROYAL SONESTA HARBOR COURT BALTIMORE

Located in the heart of Baltimore, within walking distance of the Baltimore Convention Center and Baltimore Inner Harbor. It offers a range of amenities including an indoor pool, a spa tub, a sauna, and complimentary Wi-Fi.

COMFORT INN & SUITES BALTIMORE INNER HARBOR

The Comfort Inn & Suites Baltimore Inner Harbor offers amenities such as a fitness center, complimentary WiFi, and a complimentary full breakfast.

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

Shake Shack- American, Burgers, Ice Cream
Phone: (443) 973-3630
Address: 400 E. Pratt Street, 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

Towson Hot Bagles- 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

Outback Steakhouse- Steakhouse
Phone: (410) 522-7757
Address: 2400 Boston St, Baltimore, MD
Distance from the finish line: 2 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

Chick-fil-A- Fast Food , Chicken
Phone: (443) 973-3630
Address: 400 E. Pratt Street, Baltimore, MD 21202
Distance from the finish line: 0.2 Miles

Mt. Washington Tavern- American (Traditional), Cocktails
Phone: (410) 367-6903
Address: 5700 Newbury St, Baltimore, MD 21209
Distance from the finish line: 7.5 Miles

SHOW YOUR LOVE FOR BALTIMORE



FRONT

THE 2023 LIMITED EDITION BMORE RUN CHARM IS AVAILABLE EXCLUSIVELY AT THE EXPO.

Visit your nearest Pandora to engrave the back of your BMore Run charm with your race time!



BACK

PANDORA @ HARBOR EAST

1001 Fleet St., Baltimore MD 21202 | 443.884.3144

PANDORA

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DOWNTOWN OVERVIEW MAP



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

PARKING

We encourage all runners to use the Light Rail on 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.

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 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 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 thermometer. 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.

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 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://www.iracesafe.com/registration/participant?race_id=1080



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 '23)

Kick off Race weekend with a race that is truly open to everyone.

Join us for the .05K on Thursday, Oct. 12 at Jimmy's Famous Seafood! (6526 Holabird Ave. Baltimore, 21224)

In partnership with 98ROCK, Jimmy's Famous Seafood and hosted by Justin, Scott, and Spiegel, we are proud to kick off the Baltimore Running Festival



SCHEDULE OF EVENTS

5:30pm – Check In – get your bib and t-shirt and then head inside and grab a bite to eat before the big race.

6:30pm – Warm Up – No one gets you ready for a grueling race better than the JSS guys!

7:00pm – Race Time! When the gun goes off, you know what to do – RUN!!

7:01pm until Closing Time – Hang out at Jimmy's and enjoy the bar, restaurant, sites and sounds until they kick you out!

Registration fee of \$15 will be charged with proceeds benefitting Baltimore City Firefighters Local 734 Widows & Orphans Fund. All registrants will receive a race bib, special edition T-Shirt and a post-race beer. (21+)

If running/walking the .05K is too excruciating and not for you, you are still welcome to attend. Cheer on all the racers, grab a crab cake or other scrumptious delite at Jimmy's bar or restaurant.

ONLINE REGISTRATION NOW OPEN FOR THE .05K HERE

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

IMPORTANT: You must register by Wed, October 4th to guarantee a T-Shirt.

PACKET PICK UP for the .05K will be at Jimmy's Famous Seafood starting at 5:30pm on race day. FOR MORE INFORMATION VISIT

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

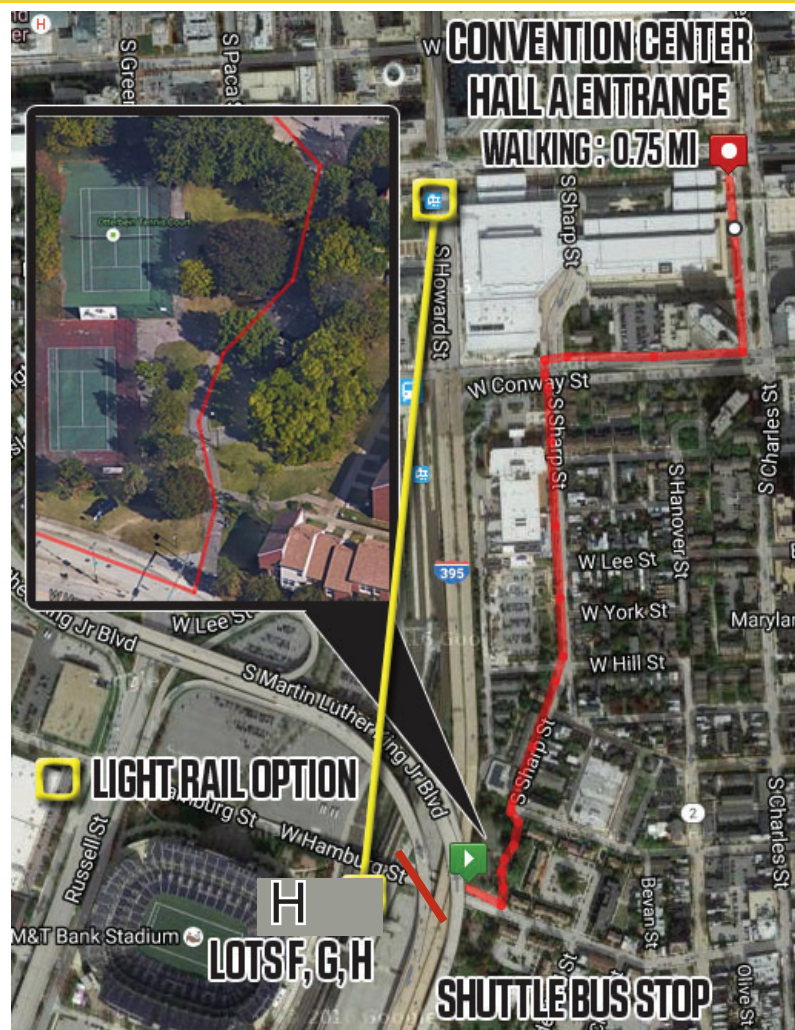


PARKING ON EXPO DAY

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. 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

***IMPORTANT NOTE:** Should the Orioles play a home game on Friday, Oct 13, this lot will close at 3pm for expo parking and will no longer be free, nor will there be a shuttle bus to the Convention Center.



MAIL YOUR PACKET

Those who paid to have their packet mailed should receive it well in advance of race day. The target ship date is Oct. 4. 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@corrigan sports.com and we will help you troubleshoot your issue. PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET AT THE EXPO IF YOU SELECTED THIS OPTION.

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 in past years at the Convention Center.

Corrigan Sports has secured and will offer FREE PARKING & SHUTTLE in Lot H during the expo. This lot is 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 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:

SHUTTLE TIMES

10:30am-8:30pm on Friday

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

EXPO HOURS

Fri., October 13th

11am-8pm

GET YOUR BEER WRISTBAND AT THE EXPO- In order to take advantage of your free post-race adult beverages 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 included with your QR CODE. 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 @ the expo..

FREE RUNNER TRACKING

Register online for the FREE Baltimore Running Festival runner tracking services, beginning no earlier than 6:00 pm Friday, Oct. 13. 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 push messaging or web tracking.

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, 6.8, Finish

10K: Start, Finish

5K: Start, Finish

HOW TO REGISTER: (Tracking opens no earlier than 6:00pm Oct. 13)

For push notifications click here: <https://rtrt.me/ulink/SVEA/SVE-BALT-2023>

1. Download the app and install it.
2. Select Baltimore Marathon.
3. Search for the participant(s) at the top. Select the correct one. That automatically sets you up for push notifications.
4. 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 again pleased to collect your new and gently used shoes. Bring your new or gently used shoes (running, casual, dress, adult, kids) to the Health and Fitness Expo and donate them in the used shoe collection bin near the bib pick up area. Your used shoes will be kept out of our local landfills and shipped to Hungary and Poland to help with the Ukrainian refugee crisis. For each bin of shoes collected a donation will be made to Stand Up 2 Cancer (SU2C.org.)

Thank you for your support in helping the environment and those in need.



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.

QR CODE EMAIL

Check-in is done by QR CODE. This will be emailed to the email address you registered with on Wednesday, Oct. 11 by 3pm. If you do not get an email by 3pm that day via email DO NOT PANIC. Please check your spam folder or simply send an email to customerservice@corriganports.com and we will be able to help you troubleshoot your issue.

PLEASE bring a copy of the QR CODE (printed out or on your smart device. NEW this year you can save your QR code to your Apple Wallet). You will use this QR CODE when you go to STEP 2 to pick up your Race Number.

PICK UP FOR A FRIEND

Individual runners are asked to pick up their own race packet. However a friend or family member is allowed to pick up your packet for you. They will need to bring your QR Code (that you will receive via email the week of the race) AND a copy of your photo ID, in case there is a problem or error.

Please limit yourself to picking up ONE other race packet that is not yours out of courtesy for other participants in line.

RACE PACKET PICK UP OF ALL RACES

PLEASE PLEASE PLEASE pull up your QR code email prior to entering the line at the expo. This will GREATLY help the volunteers speed the process for everyone.

If you did not pay to have your packet mailed to you, 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: MAKE SURE YOU HAVE YOUR QR CODE BEFORE YOU ARRIVE. We will have a designated area in the hall where you can troubleshoot your entry if necessary but you can speed up the process if you have QR Code printed out or pulled up on your smart device prior to arrival.

STEP TWO: With your QR Code, (printed or on your smart device) you may proceed to the Race Bib Number Pick-Up area. Here you will receive your race number with a "B-Tag" timing responder pre-attached. Volunteers will affix a sticker with your shirt size. If you are over 21, you can also obtain your beer wristband before you leave the station. Your size & age is embedded in the QR Code.

STEP THREE: There will be a separate Shirt Pick-Up station for each race in the Expo Hall. You must present your race bib to receive your shirt. A volunteer will mark the tab on race bib indicating that you have received your shirt.

B-TAG TIMING

All runners 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.

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

DO NOT Remove your B-Tag from your bib

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

DO NOT Exchange your B-Tag with any other participant

DO NOT Cross the finish line twice or go back on any part of the course
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 their race designation bib on their backs. This is not a requirement but helps identify you to others in other races. These are provided at the expo.
- 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 on your bib & complete your Race Safe survey (pg. 10)

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 & 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 30 min. beginning at 6:15am coming South from Hunt Valley (53 min. ride) to downtown and every 30 minutes beginning at 4:58am coming North from Glen Burnie (26 min. ride) to downtown. **Runners should exit from the Convention Center or Camden Station stops for easy access to the start/finish and the expo.**

Using Light Rail on the expo day 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 Camden Station 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 60 minutes prior to the start of their race. If you choose NOT to ride MTA on race day, we recommend that you arrive by 7am regardless of the race you are running.

Schedules and Fares

Day passes: Regular fare \$4.60; senior fare \$2.30.

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>

<https://www.mta.maryland.gov/regular-fares>

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., Charles St. and Pratt 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 pending and will be posted on the website. The race will provide notification to Boston of all finishers and times.

if you
SEE
something
SAY
something™

REPORT ANY SUSPICIOUS BEHAVIOR
OR UNATTENDED BAGS TO
A POLICE OFFICER OR EVENT OFFICIAL



CAUTION
WATCH
YOUR STEP

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 in on Lee St near Gate A of Camden Yards 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 are asked to 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. 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, 7, 10, 13.5, 16, 20.5, 24 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 bib with a ball point pen and complete the RaceSafe survey (pg 10).



An advertisement for Under Armour's UA Flow Velociti Elite running shoes. The top half features a large image of a female runner, Sharon Lokedi, in a red and orange Under Armour singlet, running on a city street. In the top left corner is the Under Armour logo. In the top right corner, text reads "SHARON LOKEDI 2022 NYC Marathon Winner UA Mission Run". Below the runner image, the text "UA FLOW VELOCITI ELITE" is written in white, followed by "GO FASTER ON RACE DAY" in large, bold, white letters. The bottom half of the ad shows a side view of a green and white UA Flow Velociti Elite shoe. Three callouts point to specific features: "FEELS ULTRA-LIGHT & FAST" points to the midsole, "LOCKS YOU IN" points to the laces, and "GIVES THAT EXTRA PUSH" points to the forefoot. In the bottom left corner of the shoe image is a small logo for "RUNNER'S CHOICE". In the bottom right corner of the shoe image is a small photo of Sharon Lokedi crossing a finish line with her arms raised. The text "UA.COM" is in the bottom right corner of the entire ad.

Use the code **BMORERUN23** and save **20% OFF** your entire purchase at <https://www.underarmour.com>

Standard product exclusions and other restrictions may apply

(Not valid on gift cards, electronics, Curry basketball shoes, Project Rock training shoes, SlipSpeed training shoes).



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.

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 will be wearing pace group shirts to identify them. 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](https://www.facebook.com/baltimoremarathonpacegroups): <http://bit.ly/2ddYE3s> This will allow others to share the questions and answers. Or you may e-mail Josh Reiter, the Pace Group Organizer at pacerfeedback@gmail.com



SPONSOR PERK:

Runners who use their CFG Bank card when registering save **\$20 OFF** their registration fee.

IT'S A MARATHON, NOT A SPRINT!



GOOD LUCK O's

MARATHON/10K START CHANGE

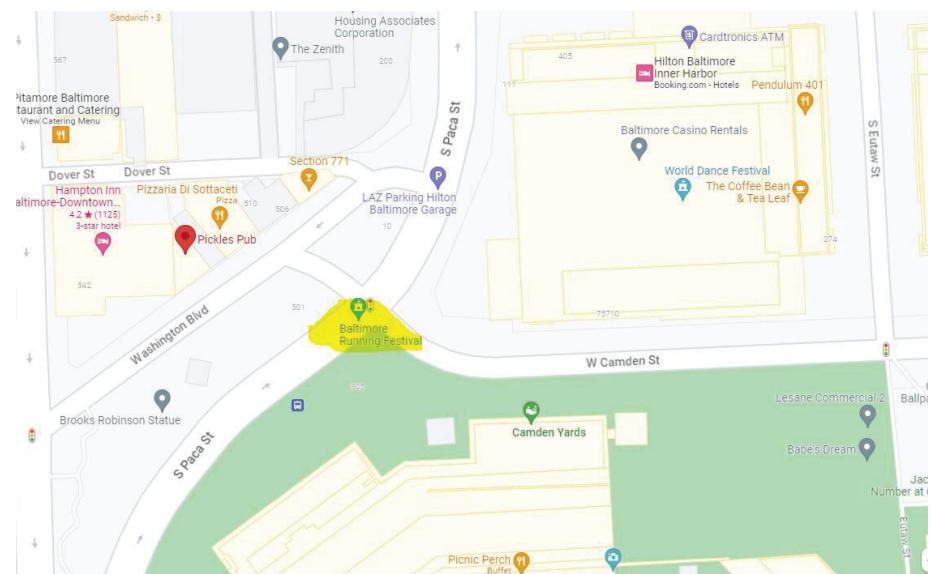
With the Orioles securing the number one seed in the American League, there are some potential logistical challenges with starting the marathon and 10K at Gate A and running down Eutaw St. While there is a chance that no conflict may occur, we have made the decision to make a change and remove any doubt.

The marathon and 10K will start at the corner of Paca St and Camden St., near Pickle's Pub and near the famed Brooks Robinson statue. This is the same startline used for several years and most recently in 2019.

The change may alter a few portions of the race route to accommodate the change in distance. We will update the map and turn by turn and release those as soon as they are available.

While we know many of you look forward to running through Camden Yards, we hope you understand why we have made this change. We feel that it is best to make this change early. This will allow us, the police, city services and you the runners to plan accordingly without any question marks as we approach race day. And what better way to honor Brooks Robinson than running in front of his statue one more time.

IMPORTANT UPDATE: The Marathon and 10K will start at the corner of Paca St and Camden St., near Pickle's Pub and near the famed Brooks Robinson statue.



THE MARATHON COURSE

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.

NOTE: 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 Health 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 & 10K section of this packet.

Your race will start at 8am. 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/48Pkj9> TO ENLARGE THE ABOVE MAP...

TO SEE THE ELEVATION PROFILE VISIT <http://bit.ly/2xEejqf>

VISIT <https://bit.ly/3PF2bb5> TO VIEW THE TURN BY TURN DIRECTIONS

PLEASE NOTE: The startline at Paca & Camden Sts as well as the route adjustment at Lake Montebello, The race route as changed to accommodate the construction near mile 20. We had held out hope that the repair would be completed or navigable but to no avail. This adjustment will not affect those attempting to qualify for the Boston Marathon as the new route will be certified.

MARATHON COURSE ADJUSTMENT FOR 2023

New Section
St. Paul St. to Calvert St.



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

MARATHON ROUTE UPDATE- NEW FOR 2023

With the growth of the 10K since its introduction in 2021, we have decided to make a change to the marathon race route. Previously, runners crossing the finish line after completing the 10K were required to cross the marathon route in order to enter the Runner Only Compound in McKeldin Square. This change eliminates that course crossing and allows race finishers to more easily access the runner food chutes and the MedStar Health Runner Recovery Zone.

This change affects the marathon course near mile 8.8 as runners travel down St. Paul St./Light St. Marathoners will now turn LEFT on Pratt Street and then a quick RIGHT on Light Street, running on the northbound lanes (against traffic). Runners will stay to their runner's right after making the turn onto Light St. staying clear of marathoners on Mile 12 of the course who will be running north on Light St. in the lane closest to the Inner Harbor.

Soon after passing Mile 9, runners will crossover to the southbound lanes of Light St. at Lee St. and continue to a LEFT onto Key Highway where they will run with traffic in the eastbound lanes.

NOTE: Finishers exiting the Runner Only Compound and entering the Celebration Village on the Inner Harbor Promenade will still have to cross the marathon race route but can do so at their leisure without a crowd backing up toward the finish line while they wait. PLEASE USE CAUTION IN THIS AREA.

The marathon route change also affects the staging area for the CareFirst BlueCross BlueShield Half-Marathon. Runners preparing to start the half-marathon which goes off at 9:45 will now stage along Pratt St. in the far lanes closest to the Renaissance Hotel. The marathon course near mile 13 will run east in the lane closest to the Inner Harbor as it makes its way toward the RIGHT turn on President St. PLEASE BE AWARE of half-marathoners crossing the marathon course as they navigate toward their relocated staging area.

In addition, there is a temporary course change mentioned earlier- Due to an ongoing sink hole repair at Lake Montebello, we are adjusting the race route to accommodate the construction near mile 20. Runners will conduct an out-and-back loop approximately halfway around the lake and back. This adjustment will not affect those attempting to qualify for the Boston Marathon as the new route will be certified.

RACE ROUTE HIGHLIGHTS

- The Marathon and 10K start just outside of the Camden Yards ballpark, in the shadow of the famed Brooks Robinson statue near Pickles Pub.
- 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.

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. Also note, 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" bib on their backs. These are not required and are available at the expo only.**

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.



VOLUNTEER OPPORTUNITIES

Individuals like you, your family, friends and colleagues are key to the success of the Baltimore Running Festival. More than 1,000 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. 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. 10, 2023.

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.



Care just the way you like it.

Everyone's needs are different.

That's why we bring you a full range of care options that work with your life—from weight loss to well-being.

With Care,

CareFirst 

Bands on the Run- We have arranged for a number of bands to populate the course and play for the runners as they tour Charm City. There will be as many as 10 acts out on the course playing a wide range of music for your listening pleasure. Know a band that is interested? Get more info and sign up here: <http://www.thebaltimoremarathon.com/band-sign-up/>

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. This is especially important at the merge of the half & full marathon (Half Mile 3).

HALF-MARATHON COURSE MAP



VISIT <https://bit.ly/46gl2k2> TO ENLARGE THE ABOVE MAP.

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

VISIT <https://bit.ly/3EZ7n4D> TO VIEW THE TURN-BY-TURN DIRECTIONS.

PLEASE NOTE: Due to an ongoing sink hole repair at Lake Montebello, we are adjusting the race route to accommodate the construction near mile 7. Runners will complete an out-and-back loop of the lake this year. Additional changes could occur in emergency situations. Please check the website for updates as changes arise.

STARTING THE HALF-MARATHON - 9:45 AM

The CareFirst BlueCross BlueShield Half-Marathon starts near the corner of Pratt and Calvert Sts. to the firing of the USS Constellation cannon. 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 a report-a-lets near the half-marathon start located on the corner of Pratt and Light St. as well as near the Baltimore Visitor Center and throughout the village. Remember: BAG CHECK IS LOCATED NEAR THE VISITOR CENTER.

NEW IN 2023 - The half-marathon staging area prior to the start of the race is the two lanes of Pratt St. closest to the Renaissance Hotel. PLEASE BE AWARE THAT marathoners will be running in the right lane closest to the Harbor. USE CAUTION when crossing the marathon route to your staging area.

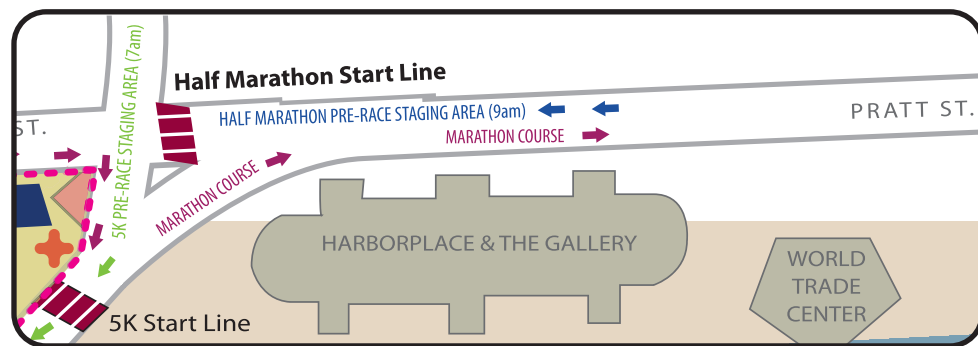
Please use the Inner Harbor Promenade (rather than Light St.) to access your new staging area on Pratt St. PLEASE adhere to security instructions & watch for runners when crossing the marathon route.

The half marathon will still start at about the halfway mark of the full marathon. Please Note: (1) The 9:45 am start time of the half-marathon will allow more of the competitive marathoner to pass the halfway point prior to the start of the Half-Marathon. 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.

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 marathon 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 9:45 am start, half-marathoners are encouraged to ride the MTA light rails since city streets and lots will be closed due to the marathon. If you do drive, please arrive to M&T Bank Stadium before 7 am prior to the start of the Curio Wellness 5K. Traffic, especially on I-395, backs up quickly and stadium lots are expected to fill prior the start of the marathon.

HALF-MARATHON STAGING AREA- NEW IN 2023



The half-marathon staging area prior to the start of the race is now located in the two lanes of Pratt St. closest to the Renaissance Hotel. PLEASE BE AWARE THAT marathoners will be running on Pratt St. in the right lane closest to the Harbor. USE CAUTION when crossing the marathon route to your staging area.

Please use the Inner Harbor Promenade (rather than Light St) to access your new staging area on Pratt St. There will be heavy runner traffic in the southbound lanes of Light St as well as a single lane of runner traffic headed east on Pratt St. PLEASE adhere to security instructions & watch for runners when crossing the marathon route.

Good luck, runners!

We're here for you before, during, and after the race.

As the trusted medical provider for the Baltimore Running Festival, we are here for you throughout your running journey.

Visit us after the race the MedStar Health Recovery Zone.



It's how we
treat people.


MedStar Health

LOOK FOR the MedStar Health Runner Recovery Zone in the Runner Only Compound after you finish your race. We will have massage therapists, stretching areas, injury consultations, and other recovery tools to help you after your race.

ON-COURSE AIDE STATIONS

There are aide stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 9.5, 11, 12.5, 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. 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 cannot leave the race route but can drop you off as close to the finish as they can. **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 Runners Only Compound in McKeldin Square to receive their finisher's medal, refreshments and water and have access to the MedStar Health Runner Recovery Zone. **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 away from the finish line area as quickly as you can.

Prior to 11 am, finishers exiting the Runner Only Compound and entering the Celebration Village on the Inner Harbor Promenade will have to cross the marathon race route. **PLEASE USE CAUTION IN THIS AREA.** 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. 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.

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

FINISH LINE AREA MAP



VISIT <https://bit.ly/3rr4Zkh> 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 a 30-day verification period. (5K & 10K @ 10am; full & half @ 12pm)

POST RACE ADULT BEVERAGES



Runners who are of drinking age will receive two adult beverages at the post-race party. Select from ULTRA / NUTRL Pineapple + Watermelon / Kona Big Wave / a variety of Cutwater canned cocktails. 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 WRISTBAND AT THE EXPO- All of age runners can claim a wristband with your bib based on the age embedded with your QR Code email. Wristbands will be issued based on your age on race day. 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 Safeway Runners Only Compound on McKeldin Square. Here you can enjoy fresh fruit such as bananas and oranges as well as Utz Snacks, Gatorade, granola bars, Cow Tales Candy and other snacks. All items are provided courtesy of Safeway Supermarket and our other great race sponsors.



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.



ALL BAGS AND PERSONS ARE SUBJECT TO SEARCH BY ORDER OF THE MARYLAND STADIUM AUTHORITY AND THE BALTIMORE CITY POLICE.

STARTING THE PANDORA 10K - 8:00AM

NEW FOR 2023- With a potential conflict with the Orioles playoff game, the 2023 10K will start at the corner of Paca St and Camden St., near Pickle's Pub and near the famed Brooks Robinson statue.

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, following the signs.

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 chiptime 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 along Lee St and your bag will be relocated to the Inner Harbor for post-race.

10K 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 Safeway Supermarkets 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: Please be mindful that as you leave the Runners Only Compound to enter the Celebration Village in the Inner Harbor you will be crossing the marathon course. PLEASE adhere to security instructions when crossing.

Runners who are of drinking age will receive two beers 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)

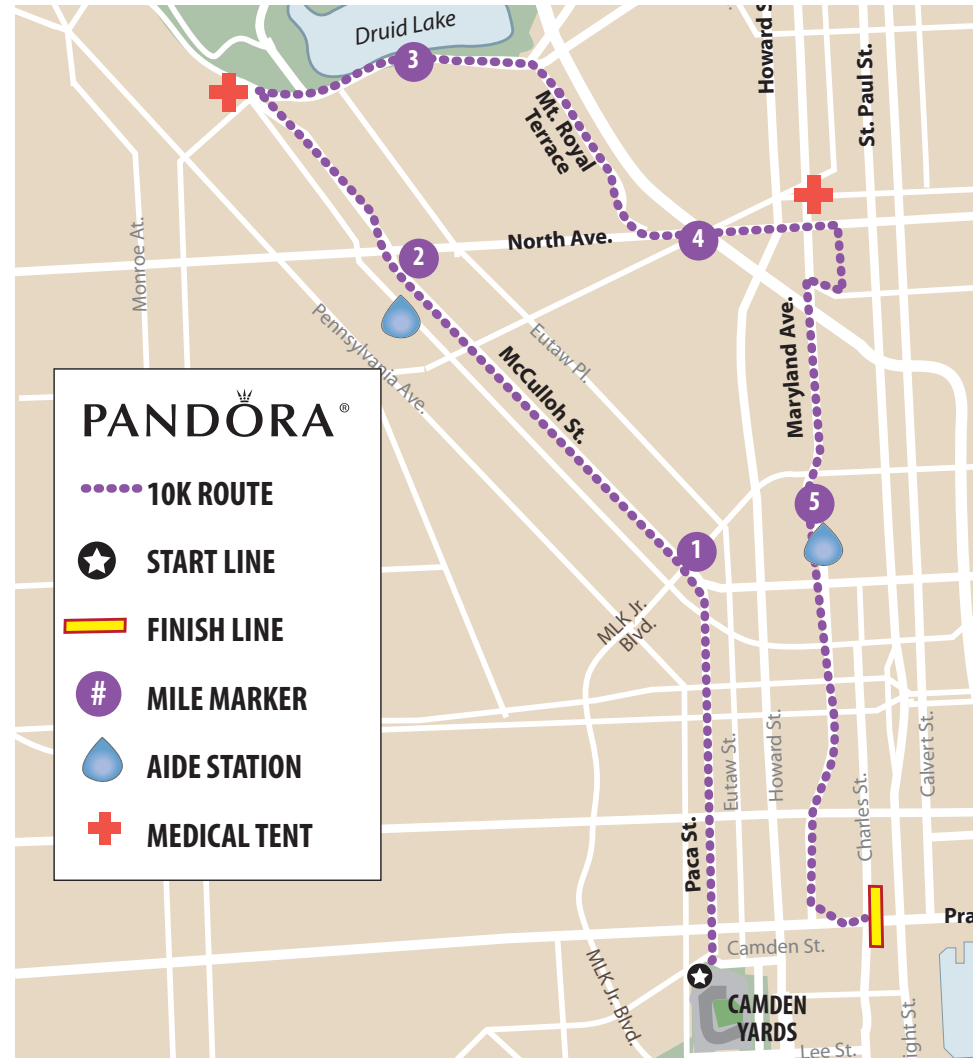
The exit from these secured Runners Only Compound on Light St. near the Inner Harbor Amphitheater, crossing the marathon route. PLEASE USE CAUTION.

The Runners Only Compound will close to 10K racers at 10:30 am.

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.

PANDORA 10K MAP



VISIT <https://bit.ly/3RLKx8f> TO ENLARGE THE ABOVE MAP.

VISIT <https://bit.ly/46bXOeR> TO VIEW THE TURN BY TURN DIRECTIONS

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

PANDORA

RACE PHOTOS

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 have the ability to purchase an assortment of high-resolution digital downloads and customizable photo products.

You will receive an email from MarathonFoto when your photos are ready.
<https://www.marathonfoto.com/Landing/17472023M1/baltimore-marathon-2023>

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



USS CONSTELLATION

The USS Constellation sits in the Inner Harbor near the finish line. The ship is featured inside of your finisher's medal. Be sure to take your photo with the ship and your medal! ALSO NOTE: We will further celebrate the inclusion of this historic ship into race day activities by firing its cannon to start both the 5K & Half-Marathon.



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 Constellation Home Celebration Village on race day. Morning Show hosts Justin and Spiegel will be on site all day along with Amelia 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 & CHESSIE CHALLENGE HOSPITALITY

If you were brave enough to take on a King Crab Challenge or the Chessie Challenge this year you are invited to the Ketel One Botanical Hospitality Tent located near the Information Tent along the water's edge in the Inner Harbor Amphitheater. Each challenger will be rewarded with an extra adult beverage courtesy of Ketel One Botanical and has space to mix and mingle with your fellow competitors as you celebrate the completion of this amazing feat! This is also where King Crabbers will receive your extra medal for you to wear proudly! (the sticker on your bib lets us know) Chessie finishers will have to wait one more race to claim their extra medal.



CURIO WELLNESS 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 CURIO WELLNESS 5K

The race will start promptly at 7:30am. to the firing of the USS Constellation cannon. 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.

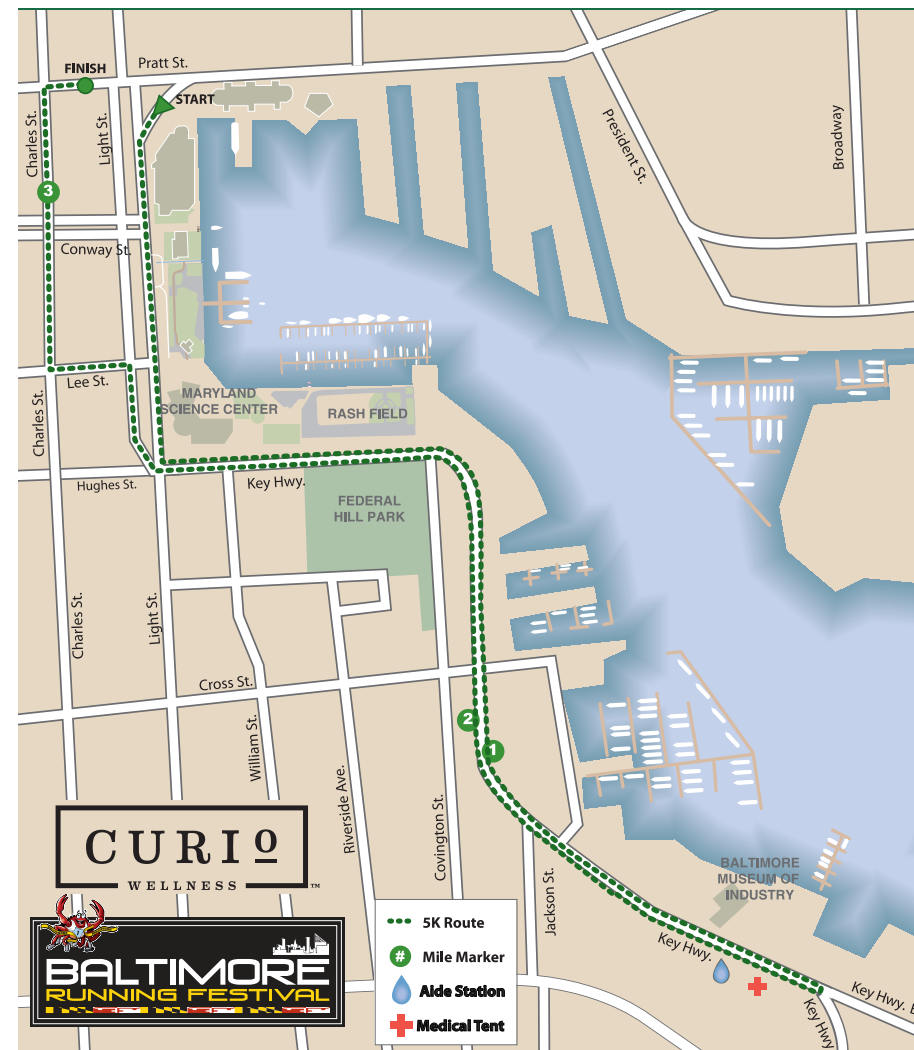
FINISH LINE AREA

The 5K will finish on Pratt St. between Charles & Light Sts. Race participants will cross the finish line and proceed to the secured Safeway Supermarkets 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.** THERE IS NO RE-ENTRY ONCE YOU LEAVE.

5K COURSE MAP



VISIT <https://bit.ly/3y4FvsN> 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)

CURIO

WELLNESS

TM

Cultivating a better way of life.

Medical cannabis is a natural remedy that blooms with possibilities—from providing patients with physical and psychological relief to creating innovative career paths. That's why Curio Wellness™ is dedicated to providing Maryland patients premium medical cannabis that is safe, effective, and reliable.

curiowellness.com

Curio Wellness™ is a medical cannabis brand and trusted healthcare partner. We're dedicated to increasing the accessibility of this therapeutic and medicative plant to a growing population of citizens who seek a transformational solution to their health complications

CANMD
Maryland Wholesale Medical
Cannabis Trade Association



**DUNKIN'
IS HERE
TO KEEP YOU
RUNNIN'**



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OFFICIAL MERCHANDISE

The best time to buy your official merchandise is at the expo. However we will have a location in the Constellation Home Celebration Village on race day, near West Shore Park and 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 have RED numbers, half-marathon markers have BLUE numbers, the 10K has GREEN numbers and the 5K has BLACK & PURPLE numbers.

RACE RESULTS

You will be able to receive tracking messages on your mobile phone via push messaging, by visiting <https://rtrt.me/ulink/SVEA/SVE-BALT-2023> and clicking the add notification button. THE SERVICE IS FREE.

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

BRIGHT IDEAS FOR RUNNERS

Arrive at least 60 minutes prior to your race start to avoid delays. All bags are subject to search by order of the Baltimore City Police.

Proud Supporter of the Baltimore Running Festival



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CONSTELLATION 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 the Inner Harbor location, it will truly be a community event! We will have activities in the Constellation 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 Constellation Home Celebration Village will have activities throughout the day:

- ✓ Awards Ceremony on the Main Stage (10am and 12pm)
- ✓ Live Music (9am-3pm)
- ✓ Rash Field Play Area (10am-1pm)
- ✓ Food & Drink Vendors (8am-3pm)
- ✓ Souvenir Shop (8am-3pm)
- ✓ PR Bell Ringing (8:45am-3pm)
- ✓ Vendor Booths (8am-3pm)

All finish line activities close at 3pm.



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.

BAY BRIDGE RUN

RUN OR WALK ACROSS THE CHESAPEAKE BAY BRIDGE

Your only chance to run or walk across the majestic Chesapeake Bay Bridge which is typically closed to pedestrians.

NOVEMBER 12, 2023

www.thebaybridgerun.com

SAVE THE DATE

December 16, 2023

Celtic Solstice
Five Cities

www.celticsolstice.org



Earn Extra Treasures

Complete the Ocean City RunFest (Oct 28) & the Annapolis RunFest (virtually) to go along with your Baltimore RunFest finish and earn these Chessie Challenge extras.

LEARN MORE @ <https://bit.ly/chessie23>

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 checkpoints 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.baltimore Ravens.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.

Lot 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.

MAP OF M&T BANK STADIUM LOTS



Runners are encouraged to take the Light Rail on race day.

Other paid parking lot options available in the Downtown Area.



2024

RUNNING EVENT CALENDAR

MARK YOUR CALENDARS FOR 2024!

SPRING RACES



ANNAPOLIS RUNNING FESTIVAL - MARCH 9, 2024



DELAWARE RUNNING FESTIVAL - APRIL 21, 2024



FREDERICK RUNNING FESTIVAL - MAY 18, 2024



BALTIMORE 10-MILE - JUNE 1, 2024

FALL RACES



ST. CHARLES RUNNING FESTIVAL - SEP 1, 2024



DELAWARE RUNNING FESTIVAL - OCTOBER 13, 2024



OCEAN CITY RUNNING FESTIVAL - SEP 28, 2024



BAY BRIDGE RUN - OCT 1, 2024



CRESTED BUTTE - NOVEMBER 14, 2024

www.corrigansports.com/events/



EST. 2023

OCTOBER 28, 2023

Complete your foot tour of Maryland with the BRAND NEW Ocean City Running Festival! This event will feature scenic routes all of which include the OC Boardwalk with some courses taking you to Assateague State Park.

REGISTER NOW!

WWW.OCMDRUNFEST.COM