

MARATHON • HALF-MARATHON • 4-PERSON RELAY • TWILIGHT 5K



CareFirst[®]  
BlueCross BlueShield

Proud Sponsor

**FREDERICK
RUNNING FESTIVAL**

Runner Information Booklet

May 1-2, 2010

Marathon, Half-Marathon, Team Relay,
Kid's Fun Run & Twilight 5K

GEICO[®]

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The Gazette

Welcome to the 8th running of the Frederick Running Festival. We are thrilled that you will be joining us this year at the event. Each year, we hope to grow on the previous year's success with the goal of improving every year. And this year is no exception.

Corrigan Sports Enterprises prides itself in creating a fun and friendly atmosphere that appeals to a broad spectrum of runners. We have built a reputation of listening to our participants and based on feedback from last year, we have made minor adjustments to the course. The expo will once again be held in the recently refurbished Building 9 located at the fairgrounds.

If this is your first time running this race you will soon learn why we consider this event a hidden gem. It has a great reputation among past participants and it is our plan to continue to grow the event--both in size and excitement. We are thrilled to invite CareFirst BlueCross BlueShield back as the event's Title Sponsor. Their commitment to healthy living and general wellness gives them great incentive to be an active partner in growing the event.

This packet includes important information that will prepare you for the events and activities surrounding race day. If you have entered the CareFirst BlueCross BlueShield Marathon, Half-Marathon, Team Relay, The Gazette Twilight 5K or Kid's Fun Run, **it is extremely important that you thoroughly read all of the information in this booklet carefully.**

This year, we will be sending all runners a confirmation email a few days prior to race day. All additional race materials will be available for pick-up at the Health & Fitness Expo at the Frederick Fairgrounds as outlined later in this packet. Remember **Runner Packets are available for pick-up during the Expo ONLY; there will be NO Race Day Registration or Runner Packet Pick-Up.**

On-line confirmation of your entry is also available on the Frederick Marathon website. You can search the database of all registered runners to find out who is participating in this year's race. For more information and to view your confirmation, visit www.FrederickMarathon.org.



Schedule of Events

All events and activities will be held at the Frederick Fairgrounds. We hope this will ease some anxiety and encourage added participation in some of the weekend's festivities.

We encourage all Sunday runners to consider participating in The Gazette Twilight 5K in addition to their Sunday race. We have moved up the start time of the 5K to 6pm. Keep in mind we will offer a \$5 discount to anyone who runs both days.

We have also expanded the activities on the weekend schedule including Live Music, Food & Beer Vendors and interactive games. We hope to make this a fun and festive celebration for the entire community.

NOTE: NEW EXPO HOURS IN 2010!!

Saturday, May 1, 2010 (The Frederick Fairgrounds)

Health & Fitness Expo/Package Pick-Up	10am-6pm
The Gazette Twilight 5K	6pm
5K Awards Ceremony	7pm
Kick Off Party	5pm - 7pm
Live Music on Main Stage	5pm - 7pm

Sunday, May 2, 2010 (The Frederick Fairgrounds)

Celebration Village Expo (track infield)	8am-1pm
Sunrise Service	6:00am
Opening Remarks & Final Instructions	6:15am
CareFirst BlueCross BlueShield Marathon	6:30am
Half-Marathon	6:30am
Team Relay	6:30am
Awards Ceremony	10:30am
Kid's Fun Run	11:00am
Celebration Village Activities	8am-1pm

Awards Ceremonies on Main Stage in Celebration Village

GREAT PLACES TO STAY FOR RACE DAY OR DURING A RETURN VISIT TO FREDERICK

Our Host Hotels offer discounted rates and special benefits for our runners. We encourage all of our out of town guests to stay at one of these locations to take advantage of the great rates. PLEASE NOTE: Some properties offer late check out for all runners. However this request must be made with each property directly so they can plan accordingly.



BEST WESTERN HISTORIC FREDERICK

was recently renovated. Each well-appointed guest room and suite features a refrigerator, cable satellite television and high-speed Internet access. Hotel amenities include a complimentary continental breakfast and an exercise facility. (301)695-6200
GROUP CODE: MAR



HILTON GARDEN INN FREDERICK

is suitably located providing guests easy access to the Historic City of Frederick, with many historic attractions. Room include large work desk with Herman Miller Mira chair, 32 inch LCD HDTV, microwave, refrigerator, coffeemaker, iron/board and hairdryer. (240)566-1500 **CODE: MARATHON**



FREDERICK HOLIDAY INN

is a top rated, newly renovated hotel with beautifully appointed guest rooms with complimentary wireless high speed internet access, complimentary parking and an indoor fitness center with state of the art exercise equipment. (301)694-7500 **CODE: MARATHON**



FREDERICK HOLIDAY INN EXPRESS

All guest rooms feature complimentary wireless high speed Internet, data port, voice mail and satellite television. Guests appreciate the free Express Hot Smart Start Breakfast Bar, 24 hour Business Center, 24-hour coffee service, ample on-site parking and guest laundry. (301)695-2881 **CODE: MARATHON**

Parking at the Fairgrounds for Expo & 5K

FREE Parking will be available at The Frederick Fairgrounds for the Health & Fitness Expo and The Gazette Twilight 5K on Saturday, May 1st.

FREE Race Day Parking WILL be available on site at The Frederick Fairgrounds and surrounding lots on Sunday, May 2nd. Attendants will assist you in parking your car. Details are contained later within this booklet.

Race Packet Pick Up of All Races

You **MUST** pick up your Race Packet at the Health and Fitness Expo. The Expo is located in **BUILDING 9** at the Fairgrounds. **You may park for FREE at the Fairgrounds while picking up your Race Packet.** The Expo hours are as follows:

Saturday, May 1 (**NEWTIMES IN 2010**)..... 10am-6pm

THERE WILL BE NO REGISTRATION OR PACKET PICK-UP ON RACE DAY.

STEP ONE: NEW IN 2010- The week of the race, you will receive an emailed confirmation that will include your personal information as well as your race number. **PLEASE VERIFY ALL PERSONAL INFO.** If you find an error you will need to make the edits at the expo. (YOU CANNOT DO IT PRIOR TO THE EXPO.)

PLEASE, PLEASE, PLEASE print out a copy of the confirmation email and bring it with you to the expo. You will use this print out when you go to **STEP 2** to pick up your Race Number.

Relay Team Captains may pick up the race packets for teammate(s) **ONLY IF** you have a copy of their email confirmation. You will need to coordinate this with the other runners on your team.

STEP TWO: Once at the expo with your printed confirmation email in hand, you can proceed directly to the Race Number Pick-Up area. Here you will receive your race number with a “D-Tag” timing responder pre-attached. Once that is completed, you may proceed to Step Three.

STEP THREE: There will be a separate Shirt Pick-Up station for each race. Shirt stations are located throughout the Expo floor. You must present your printed email confirmation to receive your shirt. A volunteer will mark your race number indicating that you have received your shirt. Only one (1) shirt will be given per participant. **You will receive the size you requested when registering. We will have a size swap table throughout the day to help with exchanges.**

D-TAG Timing



Once again, the event will utilize a new timing technology. The system will utilize a light-weight disposable timing tag that will come attached to your race number.

The D-tag also offers runners a more streamlined race experience than the traditional chip system. D-Tags are attached to participants bibs and clearly marked with the corresponding bib number. On race day, **runners simply secure the D-Tag through their shoelaces** 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.

Detailed instructions on how to attach the D-Tag will be available on our website and again at the expo.

- DO NOT** Forget your D-Tag on race day - **NO D-TAG, NO TIME**
- DO NOT** Exchange your D-Tag with any other participant
- DO NOT** Secure your D-Tag to anything other than your shoelaces.
- DO NOT** Cross the finish line twice
- DO NOT** Go back on any part of the race course

Race Numbers

- You must show your race number to enter the starting area.
- You must wear your race number on the front of your body throughout the race.
- Your race number must be visible throughout the race so the official course photographers can identify you.
- Your race number is also a ticket to all race activities! Please have your race number with you at all times to assure proper access.
- Do not exchange or transfer your number to someone else.
- In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number.

Best Viewing Points

There are some great spots to get to see the runners throughout the course. Here are some of the best locations:

- √ The Frederick Fairgrounds - Runners will start on Patrick Street and finish in front of the grandstand. They will also pass the mid-way point on the east side of the Fairgrounds at Mile 13.
- √ Baker Park - Runners pass here at miles 2 and 4
- √ Hood College - Runners pass here at mile 5
- √ Spring Ridge - Runners will be in area between miles 18 and 21

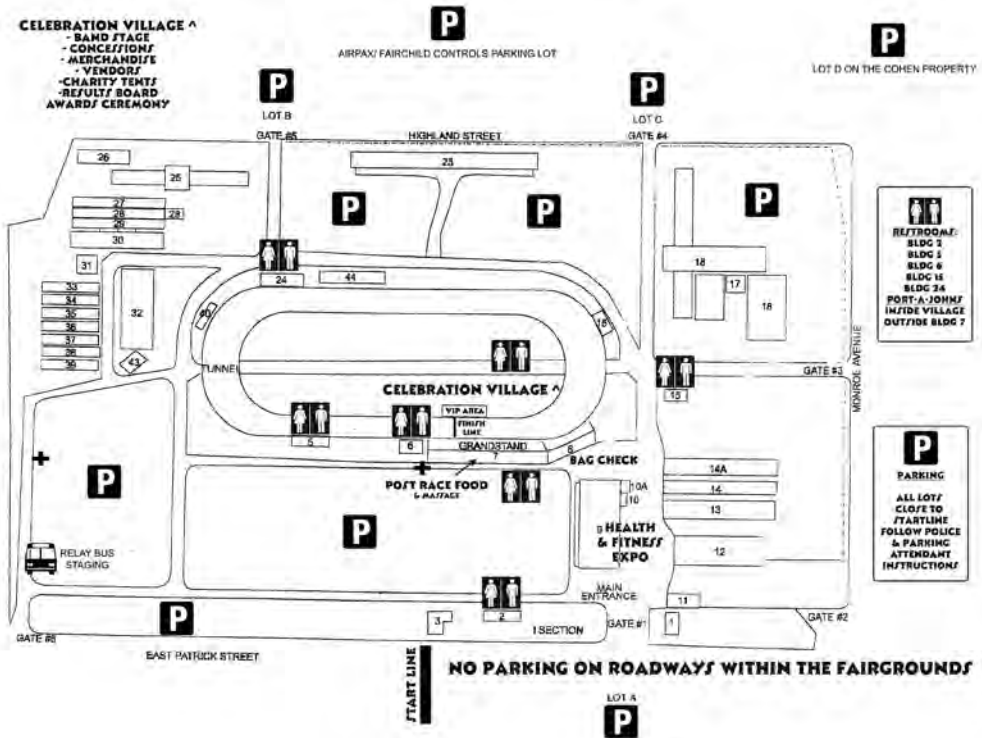
Parking on Race Day

PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS.

ALL LOTS ARE ADJACENT TO THE FAIRGROUNDS. PLEASE FOLLOW SIGNS AND THE POLICE AND PARKING ATTENDANTS DIRECTIONS TO ASSURE SMOOTH TRAFFIC FLOW.

All participants and their cheering sections are asked to arrive prior to 5:45am at the Fairgrounds. Parking is FREE and available at the Fairgrounds as well as surrounding lots. Directions to the Fairgrounds are located on the inside back cover of this booklet.

Please be mindful that area roadways will begin to close at 5:45am for the marathon, half-marathon & relay start. We ask that you and your cheering section arrive early to avoid traffic delays. If you get delayed DON'T PANIC! Access to the fairgrounds will be possible after 5:45 but delays and detours may be required.



Start Line Closes at 6:45 am - Finish Line Closes at 1:00 pm

Runner's Gear Check

All runners may check their gear at the Gear Check Area located in Building 8 at the Fairgrounds. Gear check hours are 5:30am -12:30pm.

You **MUST** provide your own bag. Your bib will contain a bag check receipt for identification. We will not handle oversized luggage. Your bag will remain at Runner's Gear Check Area at all times 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 to claim your items. Items not claimed will be donated to charity.

Prohibited Items

For safety reasons, please adhere to the following: no dogs, no strollers, no bicycles, no in-line skates, no roller blades, , no wheeled vehicles (except pre-registered wheelchairs and medical strollers). Violators may be disqualified and removed from the course by a Race Official. ***This policy has been established by the USATF and is required for insurance purposes and the safety of all runners.***

Headphone Policy

The use of personal music devices is strongly discouraged at this race. To enjoy all that our race has to offer and for the safety of all participants, the Frederick Running Festival encourages a headphone-free environment during the running of all its race distances.

Runner safety has always been, and will continue to be, a top priority for this 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.

IMPORTANT NOTE: Those competing in the Frederick Running Festival for prize money may not use such devices and will not be eligible for any prize money if such device is worn. USA Track & Field Rule 144.3, states that the visible possession or use by athletes of video, audio, or communications devices in the competition area (which includes iPods, MP3 and other musical devices) is considered assistance and is therefore prohibited.

[The Marathon & Relay Course](#)

All races start promptly at 6:30am. If you miss the start, you may still cross the mats until 6:45am. The course will close at a graduated pace, allowing runners to complete each mile in approximately 14 minutes. Runners who do not maintain this pace are encouraged to use the SAG vehicle. If you choose to stay on the road once the course is open to traffic, you're a pedestrian and must abide by all traffic laws. Further, If you haven't reached the Wal Mart parking lot (MILE 9) by 8:50, or the Spring Ridge Pool House (MILE 21) by 11:30, you will not be allowed to continue on the course, as there is no shoulder on these roads (Gas House Pike, and 144) and they will be reopened to vehicular traffic. Police will strictly adhere to the 14 minute pace for runner's safety along this stretch **The Finish Area facilities will close promptly at 1:00pm.**

[The Half-Marathon Course](#)

All races start promptly at 6:30am. If you miss the start, you may still cross the mats until 6:45am. The half marathon course covers the first half of the marathon route and will close at the same graduated pace. Runners must complete each mile in approximately 14 minutes. If you haven't reached the Wal-Mart parking lot by 8:50, you will not be allowed to continue on the course, as there is no shoulder on Gas House Pike and it will be reopened to vehicular traffic. **The finish line will be in front of the grandstands at the Fairgrounds.**

[GEICO Marathon Pace Groups](#)

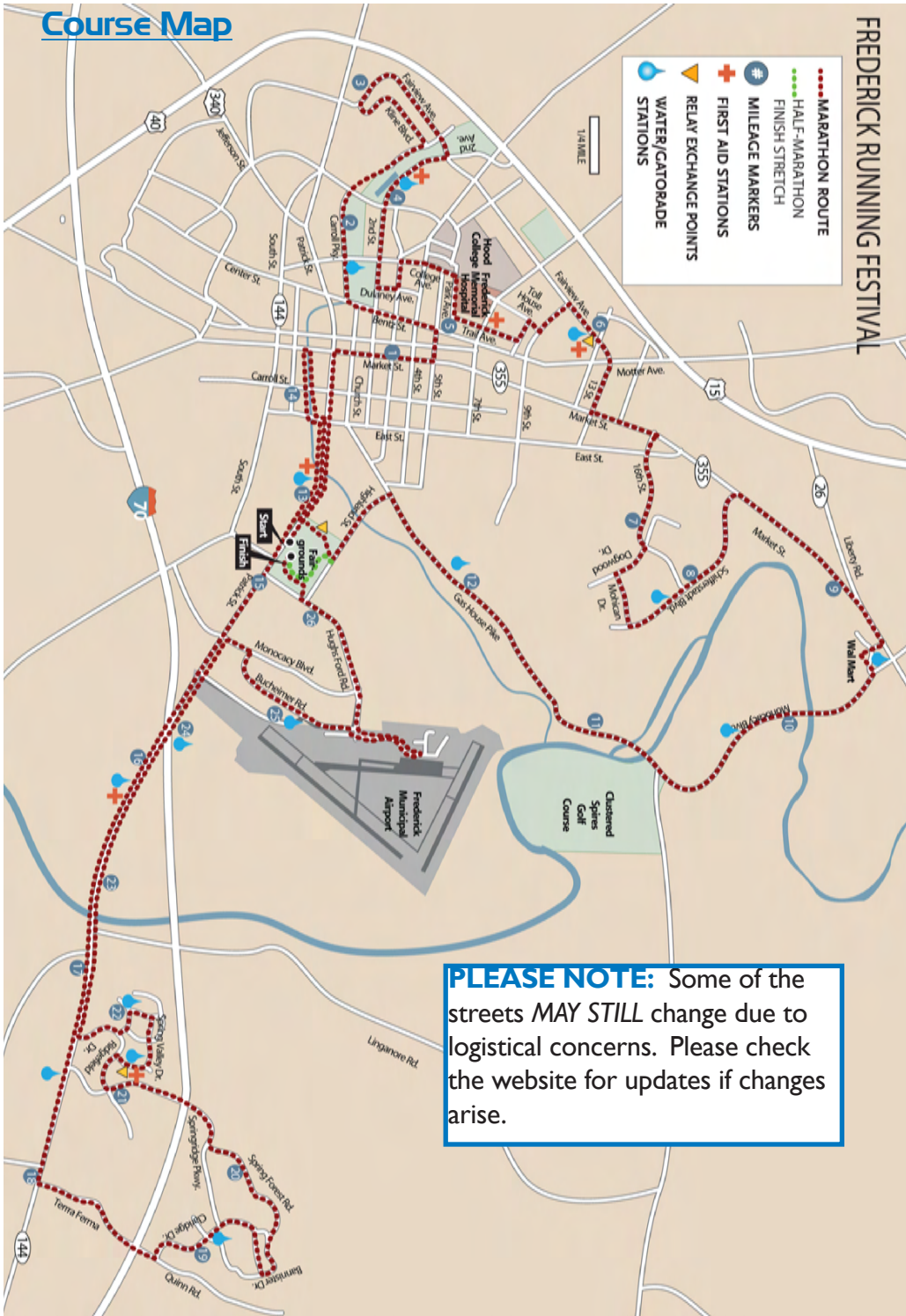


The GEICO Marathon Pace Groups will help you not only achieve your goals, but have FUN, whether the goal is a personal record, Boston qualifier, or simply to cross the finish line! Our pacers are extremely experienced runners, chosen based upon their previous running and/or pacing performances and know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

Participation is free to all marathon participants who sign up at the Health & Fitness Expo booth. You will be given a pace bib to wear on your back during the marathon to help identify you and allow your group to stick together.

We will have Pacers for the following marathon times: 3:10, 3:20, 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 4:45 or 5:00.

Course Map



- ⋯ MARATHON ROUTE
- ⋯ HALF-MARATHON FINISH STRETCH
- MILEAGE MARKERS
- + FIRST AID STATIONS
- + RELAY EXCHANGE POINTS
- + WATER/CATORADE STATIONS

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

Caution to Runners

- Marathon and relay runners will navigate the scenic Carroll Creek Linear Park. We will have road marshals in this area to help guide you. You will enter the park via a gravel access road. Please watch your footing. To exit the park, runners will cross over the beautiful Iron Bridge and exit onto East Street. Runners must step down off of the curb onto East Street.
- If you haven't reached the Wal Mart parking lot (MILE 9) by 8:50, or the Spring Ridge Pool House (MILE 21) by 11:30, you will not be allowed to continue on the course, as there is no shoulder on these roads (Gas House Pike, and 144) and they will be reopened to vehicular traffic. Police will strictly adhere to the 14 minute pace for runner's safety along this stretch.

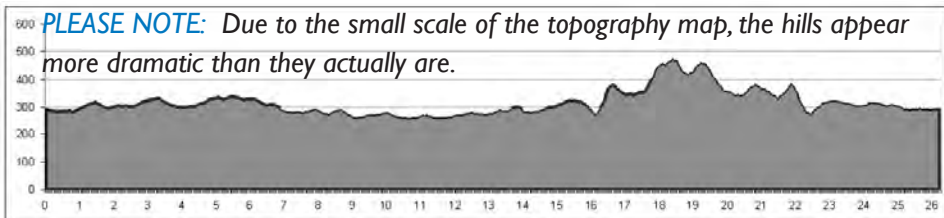
Sag Wagon

Sage Wagon will be following the marathon to pick up those runners that may need assistance or fall behind the race pace. If you need assistance, it is best to stop at an aid station. The sag wagon will take runners to the nearest relay exchange point to ride the bus to the finish area.



FREDERICK RESCUE MISSION

Marathon Topography Map



Starting Marathon, Half-Marathon & Relay

The start line is located on Patrick St, just outside Gate 1 of The Frederick Fairgrounds. Once at the startline, 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. Pre-Race water will be available near the start line. In addition to porta-pots, restroom facilities will be open inside the Fairgrounds. **The Start Area will close promptly at 6:45am. No one may start after this time.**



On-Course Aid Stations

There are aid stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 10, 13, 14.5, 16, 17.5, 19, 20.5, 22, 23.5, 25 and Finish. Water & Powerade will be available at these locations. PowerGel will be available near miles 8, 14.5, 21 on the course. Snacks and fruit will be available near miles 8, 14.5, 21 & 24. Port-a-lets will be located at each aid station.



PLEASE VIEW WEBSITE FOR EXACT LOCATIONS OF EACH AID 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 aid station on the course and inform them that you are retiring from the race. We will have a sag wagon 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 if you did not complete the entire race.** The timing chip will record an inaccurate finishing time. There is no need to return the disposable D-Tag timing chip.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running.

Marathon, Half-Marathon & Relay Finish Line Area

All races will finish in front of the grandstands at the Fairgrounds. Race participants will cross the finish line and receive their finisher's medal, heat sheet & water. With the D-Tag system, there is no need to remove your timing chip at the finish. Additional refreshments for runners only will be located in Building 7 under the grandstands. The finish line facilities will close promptly at 1PM.

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

Clock & Mile Markers

Digital time clocks will be positioned along the race course indicating your split time at miles 5, 10, 20 & 25. In addition, highly visible mile markers will be positioned at every mile.

Finish Line Runner Refreshment

Fruit, Snacks, Powerade and bottled water will be available at the finish line for runners ONLY. Please be courteous to the other participants and take only one product from each station. In order to keep the finish area and the Celebration Village area clean, please dispose of all your waste in the garbage containers provided.

Race Results

Results for all races will be posted in the Celebration Village throughout the day. Remember, it may take you a while to leave the Runners Only Compound and pick up your gear, so please advise your friends & family to plan accordingly.

Following the race, searchable results will be posted on the website www.FrederickMarathon.org. Finisher Certificates will be available for printing on your personalized

Awards

The event offers a total cash prize of \$5,000 for the marathon and half-marathon. Both men & women marathon champions will receive \$500. Cash awards are five (5) deep for the marathon & half marathon. There is a \$150 purse for the Master's Champion of the marathon.

In addition, we will award age group trophies for men and women. *(Age Groups are mailed approximately 2 weeks following the race. We will also have a local pick up at If the Shoe Fits for those that live in the area.)*

Prizes for the 5K will be awarded to the top three overall male & female finishers. Trophies will be given to the top age group finishers for the 5K as well. *(Age Groups are mailed approximately 2 weeks following the race. We will also have a local pick up at If the Shoe Fits for those that live in the area.)*

Trophies will be awarded to the overall winning relay teams (male, female, co-ed).

PLEASE NOTE POLICY ON HEADPHONES AS IT RELATES TO PRIZE PURSE. DETAILS ARE DESCRIBED IN THIS BOOKLET.

Relay Team Member Substitutions

We cannot refund registration fees once a relay team has been registered. However, it is possible to substitute team members as needed up until April 25th. We do ask that only the Team Captain make substitutions to the team.

A printable Substitution Application is available on the event website. The form also includes a waiver that the new entrant **MUST** sign. The completed form can be faxed to us at 410-605-9389 or scanned and emailed to customerservice@corriganports.com.

Relay Exchange Points

The exchange points are as follows:

<u>Leg</u>	<u>Start</u>	<u>Finish</u>	<u>Distance</u>
#1	The Fairgrounds	N. Frederick Elem. School	5.8 mi.
#2	N. Frederick Elem.	The Fairgrounds	7.1 mi.
#3	The Fairgrounds	Spring Ridge Poolhouse	8.1 mi.
#4	Spring Ridge Poolhouse	The Fairgrounds	5.2 mi.

PLEASE NOTE: If you are Running Legs #1, #2 or #3, you will receive your medal at the Relay Tent as you exit your bus at the Fairgrounds.

Relay Transportation

Bus transportation will be provided for relay participants only for runners who will be running Legs #2 & #4. Leg #3 starts at the Fairgrounds. Signs will clearly mark all of the exchange areas.

Buses to relay exchange points will leave from the Fairgrounds near Gate 6. (See *parking area map in this booklet*.) **BUSES ARE FOR RUNNERS ONLY.** You must present your race number to board the bus. The buses will also return runners to the stadium following their leg of the race.

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

Leg/Location	Bus Departs Stadium
#2/N. Frederick Elem. School	6:00am
#4/Spring Ridge Poolhouse	7:00am

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

Relay Timing & Details

Each team will be given one timing chip on a Velcro band that must be worn during the race. Runners should hold the band in their hand while running and dip down to hold your chip no more than 8 inches from the ground when you cross the mats to be properly timed.

The leadoff runner will start at the same time as the other marathon runners at 6:30 a.m. There is not a separate start for the Relay Teams. Relay runners on the second, third, and fourth legs will need to be at their respective exchange zones well before the first marathon runners pass by, as roads will be closed.

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

Waiting runners will be stationed in a designated zone according to their team's bib number. Zones are broken down by bib number (i.e. Bib #9000-9099; 9100-9199; 9200-9299; 9300-9399) Incoming runners should know their bib number and look for these zone signs. They are white with blue numbers and stand 4-ft tall.

Each relay runner will pass the band to the next relay runner at the relay exchange point. Depending on the exchange location, timing mats may be located before or after the exchange area. We suggest the outgoing runner test the strap for security before starting. Do not cross the timing mat more than once with your timing chip.

EXCHANGE TIPS

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

Souvenir Shop

A variety of merchandise is available from the Official Race Store located both at the Expo and or race day in the Celebration Village.

Choose from an array of event merchandise featuring the event logo and other graphics. Items include: Sweatshirts, Under Armour Short Sleeve Tech Ts, pint glasses, coffee mugs, cotton t-shirts and much more. Race shirts from years past will also be available from our Vintage Selection.

Be sure to stop by and check out all we have to offer!

5K Course Information

The Gazette 5K will start and finish on the track at the Fairgrounds. The loop course heads out Monroe St. to Hughes Ford to the airport and heads back to the Fairgrounds. The course map is posted online for review.

You must pick up and wear your bib number and D-Tag for proper timing. **IMPORTANT:** If you are also running on Sunday, you will receive TWO TAGS and MUST wear the proper one for each race or risk not being properly timed. We encourage all Sunday runners to consider participating in The Gazette Twilight 5K in addition to their race. We will offer a \$5 discount to anyone who runs both days.

5K Support Amenities

Water will be served on the course and at the finish line. All 5K participants will receive a commemorative t-shirt.

Starting the 5K

The race will start promptly at 6pm on Saturday, May 1st. For the benefit of all racers, runners are asked to allow faster runners to move toward the front of the pack for the start.

5K Festivities

From 5 to 7pm, join us in the infield at the Fairgrounds for the Twilight Kick-Off Party with music, food and beverages. The Gazette Twilight 5K awards ceremony takes place on the main stage at 7pm.

Age Groups are NOT announced but awards and will be mailed 2 weeks following race day

The Gazette

Kid's Fun Run

This year the Kid's Fun Run. The race will start at 11am on Sunday, May 2nd. Youngsters will run a portion of the track and cross the same finish line as the other races in front of the grandstands. Fun Run is open to youngsters 12 and younger.

Starting the Kid's Fun Run

Prior to the race, all participants will meet in the MASN Fun Zone. All participating kids will be provided with their race bib & shirt. We ask that parents assist their children in getting to the grandstand main entrance to start the race. Parents are encouraged to run the course with their child. All races will start promptly at the time indicated.



Finishing the Kid's Fun Run

Upon completion of the race, participants are corralled in a holding area at the finish. Parents are asked to join their child here and escort them directly to the Kids Zone to receive their finisher's medal. In addition, water, Powerade & snacks will be available in the MASN Fun Zone.

Medical Information

The Frederick Running Festival Medical Team is a dedicated volunteer group of medical professionals from Frederick Memorial Hospital and Frederick County's Volunteer Fire Departments. There will be medical stations at the start, at or near the following mile markers: 5.75, 13, 21 and at the finish. In addition, we will have a team of EMT's on bicycles and ambulances throughout the course.



In addition, each aid station will have a self-aid box with band-aids, vaseline, and feminine hygiene products.

If you choose to stop running for any non-medical emergency, you can take the sag wagon back to the fairgrounds, or go to the nearest relay exchange and take a bus (mile 5.75 and 21).

Medical Staff will have the right to withdraw any runners from the race at their discretion should they 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.

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Shoe & Clothing Drive

The Frederick Running Festival benefits many local charitable organizations. We ask



FREDERICK RESCUE MISSION

that you bring unwanted shoes and clothing to the expo or on race day to be donated to the Frederick Rescue Mission. They will have drop off locations at the entrance of the expo. To learn more about the Mission and how you can join them in changing lives, please visit www.therescusmission.org.

Deferment Requests

Although we do not provide refunds, you are welcome to defer your entry until the 2011 event. This is a \$25 processing fee, if you choose to take advantage of the deferment opportunity.

To do so, simply include a letter (or print a deferment form from our website) with your request along with a check made payable to the Frederick Marathon and mail it to the event office address. All deferment Requests MUST be made by April 23.

We will process your request and mail you a deferment entry form early in the 2011 year. You will have to complete a new form and waiver for that race but will have to pay no fees for that year.

Runner Reunion Zone

The Runner Reunion Zone is a place for friends and family to reunite with runners following the race. It will be located in the grandstands at the Fairgrounds. Alphabetical signs will be placed throughout the Zone to assist in your reunion. It is advised that you discuss a reunion plan with your family and/or friends before the race.

Official Photographers

MarathonFoto will take official photographs along the course and at the finish line and produce a whole line of products featuring your photos. Be sure to keep your race number uncovered and in clear view. We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph. Proofs of your photo with ordering information will be available online a few days following the race. We will have a link from our website to the photo proofs as soon as they become available.

THE COMPLETE SPORTS DRINK OF THE FREDERICK MARATHON

COMPLETE WITH 4 CRITICAL ELECTROLYTES IN
THE SAME RATIO TYPICALLY LOST IN SWEAT

Na SODIUM K POTASSIUM Ca CALCIUM Mg MAGNESIUM



USATF Sanctioning (Boston Qualifier)

The CareFirst BlueCross BlueShield Marathon is a qualifying race for the Boston Marathon. The event will provide notification to Boston of all finishers and times. As a USATF sanctioned event, random drug testing may be required for selected individuals.

Tips for Spectators

We encourage all runners to invite their family and friends to join them at the event. We will have plenty of activities to entertain even the non-runners while they wait for you to finish the race. Here are some tips for a good fan: 1) Wear Comfortable Shoes. There are several excellent viewing points but you may walk further than some runners! 2) Come up with a few things to shout at the runners as they pass. "You're almost there" should not be one of them unless you are within the final 2/10 mile stretch! 3) Make lots of noise-cowbells are great, but pots & pans work too!

We also ask that all fans stay in the grandstand seats or infield at the Fairgrounds during the race. You may not bring children into the finish line area. All too often when approaching the finish line, excited runners bend over to pick up their kids and pass out when standing up, causing injury to both the runner and the child. Strollers can impede the flow of runners and are not allowed in the finish line area.

Finish Line Celebration Village

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

The Celebration Village will have activities throughout the day:

- √ Live music throughout the day
- √ Awards on the Main Stage
- √ Interactive Games
- √ Activities for kids
- √ Food & Drink Vendors (8am-1pm)
- √ Souvenir Shop
- √ Expo Booths

All finish line activities close at 1pm.

Directions to The Frederick Fairgrounds

From Baltimore:

I-70 west to Frederick. Take exit 56 (East Patrick St.). Stay straight and follow signs and police direction to parking.

From Washington DC:

I-270 North to exit 32, I-70 east to Baltimore. Follow I-70E to South St., exit 55. At the end of the ramp turn right; go to three-way stop, turn right onto Franklin St., and follow signs and police direction to parking.

From Hagerstown:

I-70 east to East South St., exit 55. At the end of the ramp turn right; go to three-way stop, turn right onto Franklin St., and follow signs and police direction to parking. **OR** I-70 east to exit 56 (East Patrick St.). Make a right at the end of the ramp and follow straight and follow signs and police direction to parking.

From Gettysburg, PA:

Route 15 South to Frederick, use I-70 east exit. Take to East South St., exit 55. At the end of the ramp turn right; to to three-way stop, turn right on Franklin St. and follow signs and police direction to parking.

**FOLLOWING LAST YEAR'S RACE, AN EXTENSIVE
PARKING PLAN WAS ESTABLISHED.**

**PARKING ON RACE DAY WILL BE AT THE FREDERICK
FAIRGROUNDS AND SURROUNDING LOTS.**

**ALL LOTS ARE ADJACENT TO THE FAIRGROUNDS.
PLEASE FOLLOW SIGNS AND THE POLICE AND
ATTENDANTS DIRECTIONS TO ASSURE SMOOTH
TRAFFIC FLOW.**

Race Day Weather & Traffic Information

In Frederick, the average temperature in May at start time is 54 degrees and the average temperature at 1pm is 72 degrees. Races are held rain or shine. Listen to WFMD 930AM , for the latest weather and traffic info on race day.



If there is lightening in the area, the race may be delayed or canceled. This decision will be made by local safety officials based on the severity of the weather. Safety of our runners is paramount.

Caring For Our Community.

Proud to sponsor

The 2010 Frederick Marathon.



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