

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



CareFirst. 
**FREDERICK
RUNNING FESTIVAL**



Runner Information Booklet

May 3-4, 2008

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





Welcome to the 6th running of the Frederick Running Festival.

We are thrilled that you will be joining us this year at the event's new home - The Frederick Fairgrounds. As the name suggests, several events are included into the weekend highlighted by the CareFirst BlueCross BlueShield Marathon.

As many of you know, Corrigan Sports Enterprises is in its second year of managing the Frederick Running Festival. We pride ourselves in creating a fun and friendly atmosphere that appeals to a broad spectrum of runners and have built a reputation of listening to our participants. We pledge to continue to do so as we grow in Frederick.

This event is a hidden gem with a ton of potential. It has a great reputation among past participants and it is our plan to continue to grow the event-- both in size and excitement. The addition of CareFirst BlueCross BlueShield as the event's Title Sponsor will certainly enhance our ability to do so. 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.**

If this packet has been received by way of mail, your registration is confirmed. 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 Registration or Runner Packet Pick-Up on Sunday.**

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 our website at www.FrederickMarathon.org.

Schedule of Events

As an added convenience for this year's race weekend, **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 extended the expo hours until 8:30 pm to allow runners to participate in the 5K and still have time to get their goodie bags and numbers following the run. In addition, we will offer a \$5 discount to anyone who runs both days.

We have also added new activities to the fanfare of the weekend schedule including Live Music, Food & Beer Vendors and interactive games. We hope to make this a fun and festive atmosphere for the entire community.

Saturday, May 3, 2008 (The Frederick Fairgrounds)

Health & Fitness Expo/Package Pick-Up	11am-8:30pm
The Gazette Twilight 5K	7pm
5K Awards Ceremony	8pm
Festival Kick Off Party	6pm-8:30pm
Live Music on Main Stage	6pm-8pm

Sunday, May 4, 2008 (The Frederick Fairgrounds)

Race Start Times

Sunrise Service	6:00am
Opening Remarks & Final Instructions	6:15am
CareFirst BlueCross BlueShield Marathon	6:30am
CareFirst BlueCross BlueShield Half-Marathon	6:30am
Team Relay	6:30am
Celebration Village Expo and Activities	8am-2pm
Kid's Fun Run	10:30am
Marathon, Half-Marathon, Relay Awards	12 noon

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:** All properties offer late check out for all runners. However this request must be made at least two weeks prior to arrival so they can plan accordingly.



Holiday Inn Fort Detrick is a full service hotel near all major interchanges. Amenities include J.T.Ashley's Restaurant and Lounge, 24-hour fitness center, outdoor pool, microwave/refrigerator in each room, complementary wireless internet.
DISTANCE FROM STARTLINE & EXPO: 4 miles
RESERVATION GROUP CODE: Frederick Marathon
Call 301-662-5141

Hampton Inn & Suites - Fort Detrick has rooms equipped with microwave, refrigerator, coffee maker and the luxurious "Cloud Nine bedding package." Guests can enjoy indoor pool, spa and fitness room and "On the House" hot breakfast in the morning.
DISTANCE FROM STARTLINE & EXPO: 4 miles
RESERVATION GROUP CODE: Frederick Marathon
Call 301-696-1565.

The Frederick Fairfield Inn by Marriott - SOLD OUT
Proud to be a host hotel of the Frederick Running Festival, our rooms are always fresh and clean and include thoughtful amenities. We offer complimentary continental breakfast, indoor pool, whirlpool and exercise room. Convenient access to Historic Downtown Frederick.

The Frederick Courtyard by Marriott - SOLD OUT
The Frederick Courtyard surrounds travelers with the conveniences that makes business and pleasure travel easy. Relax and get ready for the day in one of our spacious guests rooms featuring a sitting area and other amenities. Convenient access to Historic Downtown Frederick.

Parking at the Fairgrounds

Free parking will be available at The Frederick Fairgrounds for the Health & Fitness Expo and The Gazette Twilight 5K on Sat., May 3rd. There is another event as well that day so we suggest that you enter Gate 2 and park to the left for easiest access to BLDG 7 for the expo.

Free Race Day Parking **WILL** be available on site at The Frederick Fairgrounds on Sunday, May 4th. Attendants will assist you in parking your car. **Please follow their instructions.**

Race Packet Pick Up of All Races

All adult racers **MUST** pick up your Race Packet at the Health and Fitness Expo. The Expo is located in **BUILDING 7** at the Frederick Fairgrounds. The Expo hours are as follows:

Saturday, May 3 11am-8:30pm

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

STEP ONE: From the appropriate alphabetical list you will find your name and race number. Then proceed to the line for your race that you will be completing. You may be asked to provide photo identification in order to pick up your race number. Relay Team Captains may pick up for teammate(s) **ONLY IF** you have a signed letter from the other member(s), and the application waiver has been signed by each participant. (Individuals who did not sign the waiver will be contacted by the race office prior to race day. If you registered online, you have electronically signed the waiver.) A copy of the waiver is posted on the website for you to print out.

STEP TWO: Once you have received your Race number, please proceed directly to the Chip Pick-Up area. Here you will receive your loaner timing chip. All chips must be verified at the Chip Verification Station before leaving this area. Once that is completed, you may proceed to Step Three.

STEP THREE: There will be a separate Shirt Pick-Up inside the tent. You must present your race number 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. There will not be any exchanges of sizes until after the 5K race.**

Chip Timing

ALL ADULT RACES of the CareFirst BlueCross BlueShield Running Festival will use the *Champion Chip* timing system for the race this year. If you have a personal *Champion Chip* timing chip, you **must** bring it to the expo for verification and will not be required to pickup a loaner chip. **All other runners must pick up a chip during the packet pick-up process.**



All loaner chips must be returned on race day before you exit the secured finish area to avoid a \$30 charge. This charge will only occur if you do not return your chip following the race.

- DO NOT** Forget your chip on race day - NO CHIP, NO TIME
- DO NOT** Exchange your chip with any other participant
- DO NOT** Secure your chip to anything other than your SHOE
- DO NOT** Cross the finish line twice
- DO NOT** Go back on any part of the race course

IMPORTANT: If you are running in the Gazette Twilight 5K on Saturday as well as a race on Sunday, **YOU WILL NEED TO PICK UP TWO CHIPS**. Be sure to wear the proper one for each race or you will not get a time.

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.

IMPORTANT: If you are running in the Gazette 5K on Saturday as well as a race on Sunday, **YOU WILL NEED TO PICK UP TWO RACE NUMBERS** and wear the proper one for each race.

Parking on Race Day

PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS FOR FREE. ATTENDANTS WILL ASSIST IN YOUR PARKING. All participants and their cheering sections are asked to arrive prior to 6am 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 roadways around town and near the Fairgrounds will be closed prior to 6:30am for the marathon, half-marathon & relay start. We ask that you inform your cheering sections and other associates to arrive early to avoid traffic delays.

Prohibited Items

For safety reasons, please adhere to the following: no dogs, no strollers, no bicycles, no in-line skates, no roller blades, no musical devices of any kind, no wheeled vehicles (except registered wheelchairs). 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.***

We also ask that all fans stay behind the track rail 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.

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 near the track and finish in front of the grandstand. They will also pass the mid-way point on the west side of the Fairgrounds.
- √ 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

Runner's Gear Check

On Sunday, runners may check their gear at the Gear Check Area located under the grandstands in **BLDG 8** at the Fairgrounds. Gear check will be open from 5:30am until 1:00pm. (We will not have gear check for the 5K.)

You **MUST** provide your own bag. Your race bib will have 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 receipt to claim your items. Items not claimed will be donated to charity.

Course Closures & Runner Pace

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 must use the SAG vehicle. Since there are no shoulders on Gas House Pike (mile 9 to 12), police will strictly enforce this pace. Therefore if you have not passed the Wal-Mart by 8:50am, you will be forced to stop the race. **The Finish Area facilities will close promptly at 1:00pm.**

The half marathon course covers the first half of the marathon route and will close at the same graduated pace. **All races finish the track in front of the grandstands at the Fairgrounds.**

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: 4, 6, 10, 13, 16, 20.5 and at the finish. In addition, we will have a team of EMT's on bicycles throughout the course.

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.**

Sag Wagon

Sage Wagon, provided by Airport Shuttle, Inc. will be following the last runner of the race and will pick up those runners that may need assistance or fall behind the race pace.

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, **GEICO** 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.



The Gecko Says:

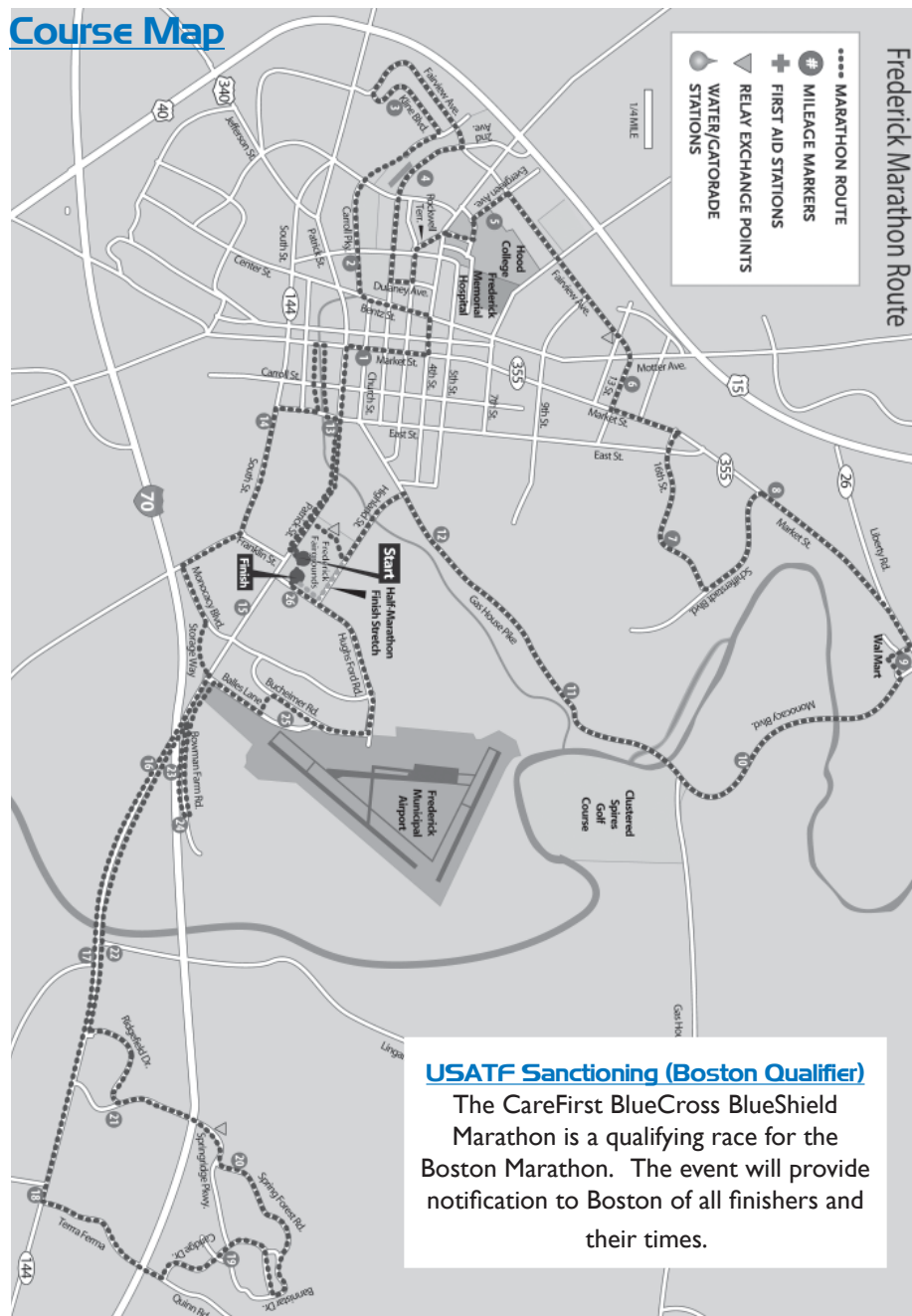
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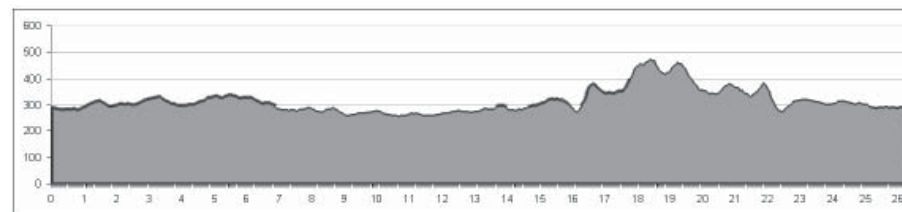
Course Map



Minor Marathon Race Route Changes

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

Marathon Topography Map



PLEASE NOTE: Due to the small scale of the topography map, the hills may appear more dramatic than they actually are.

Deferment Requests

Although we do not provide refunds, you are welcome to defer your entry until the 2009 event with a valid medical reason. There is a \$20 processing fee if you choose to take advantage of this opportunity.

To do so, simply include a letter with your request along with a check made payable to the Frederick Marathon and mail it to the event office address. **THE DEADLINE TO DEFER IS APRIL 24th.**

We will process your request and mail you a deferment entry form early in the 2009 year. You will have to complete a new form and waiver for that race but will have to pay no fees for that year.

Starting Marathon, Half-Marathon & Relay

The start line is located outside the east side of the track at 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.

Race Route Highlights

- Route visits the historic district of old town Frederick
- Start and Finish Lines in same general area.
- Dramatic home stretch on the track at The Frederick Fairgrounds
- Plenty of viewing areas along course.

[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 & Gatorade will be available at these locations. Engery Gel 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 water stops. **PLEASE VIEW WEBSITE FOR EXACT LOCATIONS OF WATER STOPS.**



[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. It is important to return your timing chip to the finish area to avoid the \$30 charge.

[Finish Line Area](#)

All races this year finish in front of the grandstands at the Fairgrounds. Race participants will cross the finish line and receive their finisher's medal and heat sheet. Runners will also have their timing chip removed at this time. It is important to proceed through this area as quickly as you can. 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 Beer Coupons from the Coupon Tent located in the infield Celebration Village. These can be redeemed for complementary beer at the beer stand. You must present your race number to receive your coupons and your beverages.

[Finish Line Runner Refreshments](#)

Fruit, Snacks, Gatorade and 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.

[Northrop Team Home Stretch](#)

Once you enter the fairgrounds, you will finish the race along the Northrop Team Home Stretch where you will be greeted by the friends and family of all the racers. The Creig Northrop Team of Long & Foster Real Estate Inc. invite you to stop by & Enter to Win a FREE iPod Sport Kit that gives you real-time feedback during workouts and lets you track your performance. Or spin the prize wheel and receive FREE running reflectors, water bottle carabineers, sunglass holders, and other runner favorites!



[Massage Tent](#)

Post-race massages for runners will be available in BUILDING 7 under the grandstands. Massages are available on a first come-first serve basis. Massages are FREE, but gratuities are appreciated.

[Race Results](#)

Results for all races will be posted in the Celebration Village as well as uploaded to our website periodically throughout the day. Friends & family can track your finishing position by checking these updates. Remember, it may take you a while to leave the Runners Only Compound so please advise your friends & family to plan accordingly.

Following the race, results will be posted on www.FrederickMarathon.org. Results will also be emailed to each finisher from Kale Running.

[Awards](#)

The Frederick Marathon Weekend features 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. There is a prize purse for the Master's Division of the marathon with \$150 for first-place. In addition, we will award age group trophies for men and women. The Half-Marathon will pay top five male and female finishers. 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.

Trophies will be awarded to the overall winning relay teams (male, female, co-ed). All marathon, half-marathon & relay finishers will receive a commemorative finisher's medal in the finish area. Awards MUST be claimed during the awards ceremony; awards will not be mailed.

Relay Race Numbers & Timing Chip

Relay runners MUST wear a race number on the front and a relay designation on the back of their shirts. These will be provided at packet pick-up.

Each relay team will be issued one (1) timing chip. At the exchange point, you are to pass your timing chip to your teammate to assure proper scoring. Be sure to secure your chip to your shoe as instructed or hold your chip no more than 8 inches from the ground to be properly timed.

Relay Exchange Points

The exchange points are as follows:

Leg	Start	Finish	Distance
#1	The Fairgrounds	N. Frederick Elem. School	6.0 mi.
#2	N. Frederick Elem.	The Fairgrounds	6.7 mi.
#3	The Fairgrounds	Spring Ridge Poolhouse	8.5 mi.
#4	Spring Ridge Poolhouse	The Fairgrounds	5 mi.

PLEASE NOTE: If you are Running Legs #1, #2 or #3, you will receive your medal and finishers shirt when you finish your leg of the race.

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. **Buses are for runners only.** You must present your race number to board the bus. The buses will also return runners to the Fairgrounds 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 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 May 1st. We do ask that only the Team Captain make substitutions to the team.

To substitute a member of the Relay Team, have all entry information for the current team member and the new team member available. 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 mailed to the event office or faxed to us at 410-605-9389. Due to the waiver, we cannot accept emailed substitution requests.

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.

NOTE: The Gazette 5K will be Chip Timed this year. Therefore you must make sure you pick up your timing chip at the Expo and wear it properly on your shoe. **IMPORTANT-** If you are also running a race on Sunday, you will receive **TWO CHIPS** and MUST wear the proper one for each race or risk not receiving your times.

5K Support Amenities

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

Starting the 5K

The race will start promptly at 7pm on Saturday, May 3rd. For the benefit of all racers, runners are asked to allow faster runners to move toward the front of the pack for the start. Remember, this race is chip timed so you must wear your chip on your shoe.

5K Festivities

From 6 to 8:30pm, 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 8pm.

The Gazette

Kids Fun Run Information

All Fun Run participants will pick up their race materials on race day in the MASN Fun Zone. There will be two separate age groups running different distances in the Kid's Fun Run

Age	Color Code	Start Time
7 & Under	Red	10:30am
8-12	Blue	10:40am

The color code for each age group will coordinate with the race number

Starting the Fun Run

Prior to the race, all participants will under 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.

Fun Run Finish Area

Upon completion of the race, participants 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, Gatorade & snacks will be available in the MASN Fun Zone.



MASN Fun Zone - Track Infield

Kids of all ages will enjoy the activities at the Fun Zone. As part of the Celebration Village, the Fun Zone will have interactive games and activities for kids of all ages.

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.

Caution to Runners

ALL: There is no shoulder on Gas House Pike so the police will strictly enforce the 14 Minute Mile pace. If you are not past the Wal-Mart parking lot by 8:50am you will NOT be permitted to continue the race.



The last 200 feet of the course is run on the track at the fairgrounds which is made of tiny pebble like surface. Please use caution.

MARATHON & RELAY: Runners will have to step up over a curb at Mile 13 to enter the scenic Carroll Creek Promenade. We will have a road marshal at this location but please be aware of it. Wheelchair racers and others with concerns can access the sidewalk at the corner of East St. and Patrtick St..

Upon leaving the Carroll Creek Promenade, you will experience 15 yards of gravel roadway before returning to the blacktop service.

Health & Fitness Expo

Upon arrival at the Health & Fitness Expo, runners can find great prices on shoes, apparel, active gear, nutritional supplements and running goodies in addition to exhibits and other information on health care products and programs.

Hours for the Health and Fitness Expo at the Fairgournds is as follows:

Saturday, May 3rd 11am-8:30pm - located in Building 7
Sunday, May 4th 8am-2pm - located in the track infield

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 Fairgroundds. Alphabetical signs will be placed throughout the infield Celebration Village to assist in your reunion. 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. _

It is advised that you discuss a reunion plan with your family and/or friends before the race.

Race Day Weather 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.

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 mile stretch! 3) Make lots of noise- cowbells are great, but pots & pans work too!

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-2pm)
- ✓ Souvenir Shop
- ✓ Expo Booths

All finish line activities close at 1pm.

Souvenir Shop

A variety of merchandise is available at the Expo and or race day in the Celebration Village. Choose from an array of event merchandise to commemorate a great day in Frederick.

Directions to The Frederick Fairgrounds

From Baltimore:

I-70 west to Frederick. Take exit 56 (East Patrick St.). Follow directly to fairgrounds on right just past Monroe St.

From Washington DC:

I-270 North to exit 32, I-70 east to Baltimore. Follow to East South St., exit 55. At the end of the ramp turn right; go to three-way stop, turn right onto Franklin St., at the top of the hill is the fairgrounds.

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., at the top of the hill is the fairgrounds **OR** I-70 east to exit 56 (East Patrick St.). Make a right at the end of the ramp and follow straight, fairgrounds on the right just past Monroe St.

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 three-way stop, turn right on Franklin St., at the top of the hill is the fairgrounds.,

**ALL PARKING WILL BE AT THE FREDERICK FAIR-
GROUNDS AND SURROUNDING LOTS. ATTENDANTS
WILL ASSIST YOU WITH PARKING WHEN YOU ARRIVE.**

Shoe & Clothing Drive

The Frederick Running Festival benefits many local charitable organizations.



FREDERICK RESCUE MISSION

We ask that you bring unwanted shoes and clothing to the expo or on race day to be donated to the Frederick Rescue Mission. To learn more about the Mission and how you can join us in changing lives, please visit www.therescuemission.org or call (301) 695-6633 x 209.

Community Sports Partner

Special Olympics Maryland is the community Sports Partner for the Frederick Running Festival. SOMD will assist Volunteer Coordinator MaryJo Richmond with the efforts of the hundreds of volunteers who will help run the event. If you know of friends or family members who would like to volunteer, visit our website to register.



CareFirst
BlueCross
BlueShield
is proud
to sponsor
the 2008
Frederick
Marathon



CareFirst  
BlueCross BlueShield

More to feel good about.

www.carefirst.com

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