

FREDERICK RUNNING FESTIVAL FINAL INSTRUCTIONS

IMPORTANT SAFETY MESSAGE

The Frederick Running Festival, Frederick Police and the Frederick Fairgrounds are working closely to help assure the safety of all participants and their cheering sections during race weekend.

- Leave any unnecessary bags/clothing in vehicles
- Do not leave bags/gear unattended
- Respect all areas blocked for no parking or pedestrian access. There will be some restricted areas around the grounds. These will be clearly marked and off limits to vehicles, pedestrians and personal belongings
- Be aware of your surroundings at all times
- "If You See Something, Say Something."
- Report suspicious activity immediately to the nearest police officer, event official or by calling 9-1-1

POST RACE BEER

Complementary Michelob Ultra will be available to all of-age runners following your race on both Saturday and Sunday, regardless of your finish time. To claim your beers, present the tabs from your bib at the beer stand. The number on your bib MUST MATCH the number on your beer tabs to receive your drinks. Please allow the volunteers to pull the tabs from your bib.

Maryland law requires all those who appear under the age of 30 to present a photo ID to drink alcohol. We encourage all those who fall into this category to:

1. run with a photo ID on your person, or
2. give it to your cheering section to hold at the finish line or
3. utilize bag check on race morning. *(please note that bag check is located in Building 7 and is not directly accessible from the exit of the Runner Only Compound. Please plan accordingly.)*

HEALTH & FITNESS EXPO

Bring your e-registration card to the Expo to pick up your race bib/timing tag and premium. You will only be allowed to pick up the race bib/tag for yourself or your relay team. Official race merchandise will be available for sale, and a variety of vendors will display and sell health and fitness products. Visit the premium exchange area if you want to try to swap for a different size.

Watch this for Quick Facts about the Expo

<http://video.corrigansports.com/category/videos/frederick-runfest/video/4209765659001/2015-expo-walkthrough#id/4209765659001>

TIMING

Your race bib must be visible on the front of your body during the entire race. The timing tag is affixed to the back of the bib – do not attempt to fold or remove the strips! Nut Jobbers will receive one bib that must be worn for both the 5k and the Half Marathon. NO BIB=NO TIME!

TWILIGHT 5K

You must pick up your bib and shirt prior to the close of the expo at at 5pm! The course starts and ends on the fairgrounds track. The race starts at 6pm. Please stage in the infield or grandstands and wait for instructions to enter the track following the kids fun run. If you're competing for an overall award, you will need to be in the first corral. There will be no bag check for the 5K.

Weekend at a Glance

Saturday, May 2rd

10am-5pm: Health & Fitness Expo
5pm: Kids Fun Run (two heats)
6pm: Twilight 5k
7pm: Awards ceremony, Twilight 5k

Sunday, May 3rd

6am: Sunrise Service
7am: Start of Half Marathon, Team Relay
8am– 1pm: Celebration Village Open
9:15am: Awards Ceremony, Half Marathon and Team Relay

Watch this for Quick Facts about the 5K

<http://video.corrigansports.com/category/videos/frederick-runfest/video/4202157360001/2015-frederick-5k-quick-facts#id/4202157360001>

SUNDAY RACE DAY

Traffic headed to the fairgrounds on race day will be heavy—review the driving/parking guide online as there are multiple ways to get to the fairgrounds. Plan to arrive no later than 6am to allow ample time for parking, gear check, bathroom break(s), etc. The race starts promptly at 7am. The start line area will be dismantled at 7:15am. LATE ARRIVALS cannot start the race after 7:15am.

Watch this video for important Quick Facts about the Half and Relay

<http://video.corrigansports.com/category/videos/frederick-runfest/video/4203933165001/2015-frf-carefirst-13-1-and-team-relay-overview#id/4203933165001>

GEAR CHECK

You can leave personal items at Gear Check, which will be located in building 7 (under the grandstand) – look for the GEAR CHECK flag. Gear Check will be open from 5:30am – 11am. All runners using bag check are asked to use a CLEAR BAG to check their belongings. If you bring your items in a non-clear bag, you may be asked to empty the entire contents into a bag provided. It is best that you leave any unnecessary bags/clothing in vehicles and do not leave bags/gear unattended. Items unclaimed by 11am will be donated to the Frederick Rescue Mission. All items left at the start line will also be donated.

RELAY

Relay runners will have one timing chip on a neoprene band that will be passed between the runners at the relay exchange zone. Leg #2 runners need to be on the shuttle bus by 6:30am; buses depart promptly at 6:45am. Leg #1 runners will start at 7am with the other half-marathoners. Leg#1 runners will be shuttled back to the fairgrounds, where they will enter the Runner Recovery Zone to get their medals and refreshments. **TO ENTER LOOK FOR THE BLUE TENT WITH THE YELLOW RELAY ZONE FLAG LOCATED NEAR THE BEER DISTRIBUTION AREA.** This is for relay runners only. DO NOT try to enter the Runners Only Compound through the exit. Leg #2 runners will receive their medals at the finish line, after returning the neoprene band.

START LINE

The start line is located on East Patrick Street in front of the Fairgrounds under a large arch (go out the entrance and turn right). Find the sign or pace group that matches your pace and line up near it. Clothing discarded at the start line or along the course will be donated to the Frederick Rescue Mission.

AID STATIONS

There will be nine support stations on the half marathon course: mile 1.5, mile 3.0, mile 4.5, mile 6.0, mile 7.3, mile 9.0, mile 10.5, mile 11.5, and mile 12.1. Each aid station will have water and Gatorade. GU Gel, Gu Chomps and assorted snacks will be distributed from the mile 4.5 and mile 9 aid stations. Aid stations will have port-a-pots and self-help first-aid kits, which contain Vaseline, sunscreen, feminine hygiene products, Band-Aids, etc.

MEDICAL SUPPORT

Medical stations will be at mile 7.2, mile 10.5, and the finish. Two teams of bike paramedics will be roving the course, and ambulances will be staged on the route. In order for our medical team to assist you, it is critical that you fill out the medical history information on the back of your race bib.

There will be a sag wagon following the runners; if you are unable to finish the race but do not need medical attention you can take this shuttle back to the fairgrounds. You can also get on the shuttle bus at the relay exchange area (mile 7.9). Do not cross the finish line if you did not complete the entire race.

COURSE TIME LIMITS

Participants must maintain a 14:00 minute per mile pace, as the course will reopen to vehicular traffic on a rolling basis. If you are unable to maintain this pace, you will be asked to finish the course as a pedestrian, moving to the sidewalks and obeying all traffic laws. This pace allows you to cross the finish line by 10:30am (3.5 hours)

FINISH LINE

All races finish on the track of the Frederick Fairgrounds. After crossing the finish line, you will enter the Runner Recovery Zone—a fenced off area for race participants only. Here you will receive post-race refreshments, your race premium (if you have not already received it) and any special awards (e.g., Nut Job medal). **Once you exit this Zone, you may not re-enter. Family members are NOT allowed in the track or Runner Recovery areas; they should plan to meet you in the Wal*Mart Celebration Village.**

FAMILY REUNION

After exiting the Runner Recovery Zone, reunite with friends and family in the Wal*Mart Celebration Village, located in the Fairgrounds infield. Here you will find race merchandise, live music, concession food, BEER (for those over 21), and a kids fun zone. Plan in advance to meet your family and friends at one of our tall alphabet signs (A-Z). This area will close at 12pm.

AWARDS

Overall awards (based on gun time) will be presented after each race (see schedule) in the Wegmans Celebration Village. Age group awards (based on chip time) will be mailed within 2 weeks of the race results being finalized.

LOST & FOUND and INFORMATION

The Lost & Found and Information Booths will be located near the Merchandise Tent in the Wal*Mart Celebration Village. Any items not claimed by 12pm will be donated to the Frederick Rescue Mission.





Kids Fun Run Times & Distances

Distance	Start Time	Color	Age
1/4 mile run	5:10pm	Blue	8-12
100 yard dash	5:20pm	Red	7 & U

Prior to the Kids Fun Run

All Kids Fun Run participants must pick up their race bib first in Bldg. 13 and their shirt in Bldg. 9 on Saturday between 10am – 4pm. While Kids Fun Run participants are welcome to come to the early pick up sites to claim their bib, it is advised that they wait until Saturday at the Fairgrounds since they **must visit the expo prior to the start of their race to claim their shirt. NO SHIRTS will be distributed at the Sports Authority locations.**

Parent Tear-Tag

Each fun run race number includes a Parent Tear-Tag with your child’s race number on it. Please remove this and give this to the person who will meet your child at the finish-line. They will need to show this to release your child from the finish corral. Further, parents should fill out the medical & emergency contact information on the back of the race bib and include a cell phone number so we may contact you if you become separated from your child.

Starting the Kids Fun Run

All participants should meet in the **Kids Fun Zone, located in the infield near the inflatable games no later than 4:45pm.** All runners will be escorted to their respective start line by event organizers. Parents of the 7 and under group are encouraged to run the course with their child.

Finishing the Kids Fun Run

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

