



RUNNER HANDBOOK

RACE WEEKEND

MAY 6-7, 2017



frederickrunfest.com

USING THIS HANDBOOK

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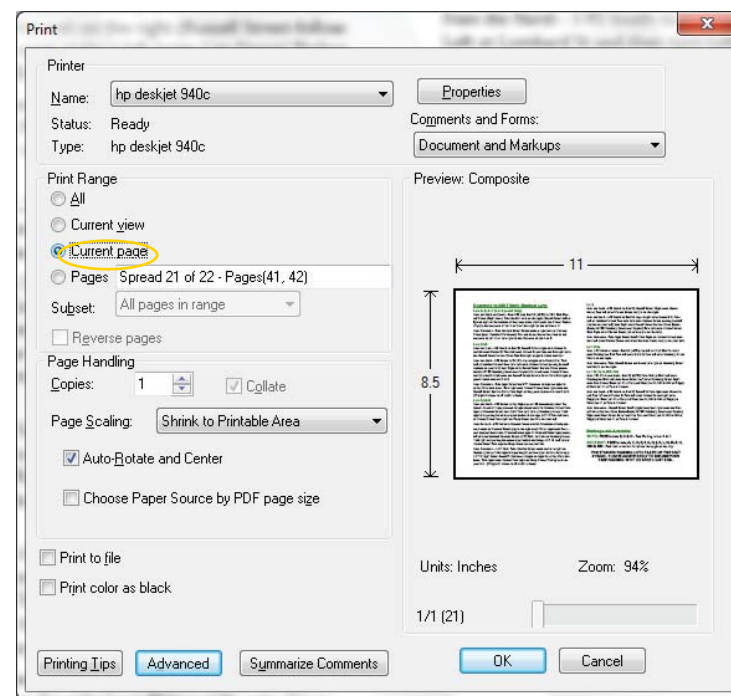
ALL THE LINKS IN THIS DOCUMENT ARE CLICKABLE AND WILL OFTEN TAKE YOU TO LARGER PICTURES OR MAPS AND MORE DETAILED INFORMATION THAN THE TEXT INCLUDED IN THIS BOOKLET.

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Welcome to the 15th running of the Frederick Running Festival.

On behalf of the entire Corrigan Sports staff, we thank you for your support of the Frederick Running Festival.

It is hard to believe that this will be the event's 15th year. We have been through a lot since the first event in 2003. We have endured Mother Nature's snow, rain and heat. We have added, changed and removed race distances. However, one thing that has remained constant is the amazing support our event has received from our participants and the local community alike. For that we are sincerely grateful.

Did you know that since 2003 an estimated total of \$33 million has been pumped into the Frederick economy as a result of the race? And did you know that the Festival has generated nearly \$550,000 for charity?

Local charities such as Athletes Serving Athletes and the Frederick Rescue Mission will benefit from the event.

This handbook includes important information that will prepare you for the events and activities surrounding race day. If you have entered the Half-Marathon, the 2-Person Team Relay, The Frederick Foot & Ankle 5K or the Kids Fun Run, [it is extremely important that you thoroughly read all of the information in this booklet carefully.](#)

We will be sending all runners an e-registration email on Monday, May 1 by 3pm. Race bibs and timing chips will be available for pick-up at several Dick's Sporting Goods locations as well as at the Nava Health & Vitality Expo at the Frederick Fairgrounds as outlined in this packet. Race premiums will be available at the expo on Saturday or in the infield after your race on Sunday. Information on claiming your race materials is described in detail in this handbook.

On-line confirmation of your entry is also available here:

<https://register.racepartner.com/FrederickRunFest/entrants>.

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.FrederickRunFest.com.



**FOLLOW US ON FACEBOOK FOR ANY LAST
MINUTE UPDATES AND IMPORANT MESSAGES.**

A CORRIGAN SPORTS EVENT



Schedule of Events

Tuesday, May 2, 2017

Bib Pick-Up at Dick's Sporting Goods White Marsh 4pm-7pm
5220 Campbell Blvd., Baltimore, MD 21236

Wednesday, May 3, 2017

Bib Pick-Up at Dick's Sporting Goods Columbia 4pm-7pm
6221 Columbia Crossing Cir., Columbia, MD 21045

Thursday, May 4, 2017

Bib Pick-Up at Dick's Sporting Goods Gaithersburg 4pm-7pm
2 Grand Corner Ave., Gaithersburg, MD 20878

PLEASE NOTE: You CANNOT pick up your shirt at the off-site locations. (Small stores and LOTS of shirts in race and gender specific boxes just don't mix!). Runners who come to Dick's Sporting Goods to get their race bibs will pick up their shirts after the race in tents located in the infield. If you would like to receive your shirt prior to race day, you must attend the expo on Saturday.



Saturday, May 6, 2017 (The Frederick Fairgrounds)

Nava Health & Vitality Expo/Package Pick-Up	10am - 5pm
Kick Off Party	4pm - 7pm
Live Music on Main Stage	5pm - 7pm
Kids Fun Run	5pm
The Frederick Foot & Ankle 5K	6pm
5K Awards Ceremony	7pm

Sunday, May 7, 2017 (The Frederick Fairgrounds)

Half/Relay Race Morning Pick-Up	5:30am-6:15am
Bag Check in Building 7	6:00am-11:00am
Sunrise Service (Near Bldg. 2)	6:15am
Opening Remarks & Final Instructions	6:45am
Half-Marathon & Relay Start	7:00am
Half-Marathon/Relay Awards Ceremony	9:15am
Celebration Village Activities (Track Infield)	8am-12pm

Awards Ceremonies on Main Stage in Celebration Village

Beer Service at the Frederick Running Festival

We are pleased to share news that we have continued our partnership with Harpoon Brewery to help you celebrate your accomplishments at the finish of the Frederick Running Festival. Harpoon is a large supporter of the running community, produces two charity races of their own at their breweries, and we are proud to say they are also the Official Beer of the Frederick Running Festival as well!

Harpoon will be serving its flagship Harpoon IPA, a Hoppy, floral and crisp beer, along with its UFO White, a spicy, refreshing, and clean White ale that is Harpoon's fastest growing beer style.

To receive your beers, the number on your beer tabs MUST match your bib number. PLEASE ALLOW the volunteers to pull your 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 do one of the following:



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.)*



Frederick Subaru is proud to be a the Official Pace Car for the 2017 Frederick Running Festival!

Frederick Subaru in Frederick, MD is proud to serve Hagerstown, Gaithersburg and Leesburg with quality Subaru vehicles. Come over and visit us at 1417 W Patrick St. and test drive a new Subaru. Run into Frederick Subaru from now till May 31st 2017 and receive an extra \$300 off your best deal just by providing proof you participated in the race. We have great deals on all of our wonderful Subaru vehicles. From the all new Impreza, to the ever so popular Forester. Good luck and we will see you at the race. Our customers leave our dealership 100% satisfied with our excellent customer service and our friendly salespeople.

Packet Pick-Up for All Races

You have several options for picking up your bib and race premium. Your race distance and personal preference will determine the best method for you.

PRIOR TO PACKET PICK-UP: On Monday, May 1 by 3pm you will receive an email with information on how to obtain your e-registration that will include your personal information as well as your bib number. **PLEASE VERIFY ALL PERSONAL INFO.** If you find an error you can only make the edits when you pick up your bib. (You CANNOT do it prior to picking up your race bib.) **PLEASE, PLEASE, PLEASE** bring a copy of the e-registration email with you to bib pick-up. You can print it out or show it on your smart device. This will greatly speed up the process for everyone.

Individual runners MUST pick up their own bib. *(Relay participants can pick up for entire team.)* We have many pick up options, including on race morning. We require that you utilize one of these for picking up your race bib. More details on this policy are available on our website.

EARLY BIB PICK-UP: With your e-registration card in hand, either printed or on your smart device, you can proceed to any of the three off-site pick-up locations at area Dick's Sporting Goods stores (schedule and locations listed on the previous page of this handbook). Here you will receive your race bib with a timing responder pre-attached. *(NOTE: Nut Jobbers will receive one bib that will be worn for both races.)* **Important:** If you use an off-site pick up and are running the half-marathon or relay, you will pick up your race premium after the race in the infield. 5K and Kids Fun Run participants are not encouraged to use off-site pick up. 5K and Kids Fun Run details are on the next page.

EXPO BIB & PREMIUM PICK-UP: With your e-registration card in hand, either printed or on your smart device, you can come to Bldg. 13 at the Fairgrounds on Saturday, May 6 from 10am to 5pm. Here you will receive your race bib with a "B-Tag" timing responder pre-attached. *(NOTE: Relay runners will use a D-Tag that can be passed among teammates.)* You will **then** go to Bldg. 9 to claim your race premium and visit the expo. (details on the adjacent page.)

LIMITED SUNDAY BIB PICK-UP We ASK! BEG!! PLEAD!!! with you to come to get your bib prior to Sunday if at all possible. We are happy that we are able to offer race morning pick-up to eligible runners but with everyone going to the same spot at the same time, WE know and YOU know that it is going to be hectic. Do us all a favor and get your race bib early if you can! PRE-REGISTRATION IS LIMITED & REQUIRED for this option. Details included in this packet or on our website.

Register Online Until May 5

This year, Online registration will remain open until May 5. If you know someone who still wants to sign up but has not done so, please encourage them to register. They will still need to stop by the Frederick Fairgrounds or satellite locations to pick up the race bib.

E-Registration Cards

On Monday, May 1 by 3pm, you will receive an emailed e-registration 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.) If you do not get an e-registration via email DO NOT PANIC. Simply send an email to corriganSportsbib@gmail.com and we will be able to help you troubleshoot your issue.

PLEASE **bring a copy** of the e-registration email (printed out or on your smart device.) You will use this e-registration email when you go to STEP 2 to pick up your Race Number.

Saturday Expo Race Packet Pick Up

STEP ONE: Start in Building 13 at the Frederick Fairgrounds. **HAVE YOUR E-REGISTRATION CARD READY (printed or on your phone.)** We will also have print stations available but printing it at home will speed the process. In addition, there will be a solutions desk in this building where you can troubleshoot your entry if necessary.

STEP TWO: Once you have your e-registration card, (printed or on your smart device) you may proceed to the Race Number Pick-Up area in Building 13. Here you will receive your race number with a "B-Tag" timing responder pre-attached. BEFORE YOU LEAVE STEP 2, VERIFY THAT YOUR RACE NUMBER MATCHES THE NUMBER ON YOUR E-REGISTRATION CARD.

STEP THREE: There will be a separate Shirt Pick-Up station for each race in Building 9. You must present your race bib to receive your shirt. A volunteer will tear the tab from race bib indicating that you have received your shirt.

We make every effort to give you the size for which you registered, however, sizes are first come, first serve. With that being said, there is an exchange area set up in the expo for runners to swap shirts. Runners may exchange the shirt they received for another one of any size or cut for the race they are running-- as long as there is one in the bin.

5K & Kids Fun Run Packet Pick-Up on Saturday

The Frederick Foot & Ankle 5K (including Nut Jobbers) and Kids Fun Run participants MUST pick up their race shirts at the expo BEFORE their race on Saturday. The expo closes at 5pm prior to the start of your race and 5K and kids run shirts WILL NOT be available for pick up on Sunday.

While 5K (including Nut Jobbers) and 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 the expo since it is held Saturday at the Fairgrounds prior to the start of their race. **PLEASE ARRIVE EARLY ON SATURDAY TO AVOID LONG LINES.**

If you know someone who has yet to register but would like to run the 5K, please encourage them to sign up online by May 5. The registration line can be long prior to the 5K start.

Limited Half/Relay Packet Pick-Up on Race Day

The first 200 half-marathon and relay runners who PRE-REGISTER on our website will be able pick up their race bib and timing chip on the morning of the race. There will be NO CHARGE to do this, however, we do have to limit the numbers so our volunteers do not get overwhelmed prior to the race.

REMEMBER: There are four locations over 19 total hours scattered all throughout the region to get your race bib. We urge you to use them unless you absolutely, positively cannot pick up your packet at one of these locations. FURTHER, don't sign up to pick up on race morning and then show up at one of the alternate locations. This will only screw up the plan and take a spot away from a fellow runner who truly needs to use it.

Here is how it will work:

1. Pre-Register at <http://www.frederickrunfest.com/race-day-packet-pick-up/> as one of the 200 runners granted permission to use race day pick-up
2. Print out your e-registration email (*these will be emailed on May 1*) YOU WILL HAVE TO bring this that day. This is an absolute requirement!
3. Arrive at the fairgrounds NO LATER than 5:30 am on May 7. BE SURE to allow yourself enough time to drive and park. TRAFFIC IS HEAVY on race morning. Whatever time you think you need to leave, leave at least 20 minutes before that!
4. Race bibs and timing chips will be distributed in Building 9 from 5:30 am to 6:15 am-- And Not A Second Longer!

This plan only works if everyone cooperates. We hope this helps the few of you who need to use this option and hope to see the rest of you at one of our five pre-race pick up locations.

B-TAG Timing

Adult participants (except the relay runners) will utilize the B-Tag timing system. This system uses a computer transponder that is built into the bib and stays attached to your race bib while you run.



On race day, runners simply secure the race bib to the FRONT of their shirt 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

NOTE FOR RELAY RUNNERS: You will utilize a D-Tag timing chip with a neoprene band which allows you to pass it between runners. You can learn more about your relay timing tag by watching this short video:

<https://www.youtube.com/watch?v=apdQPe9wKPQ>

Race Bibs

- **Nut Jobbers** will receive one bib that will be worn for both races.
- You must show your race bib to enter the starting area.
- You must wear your race bib on the front of your body throughout the race.
- Your race bib must be visible throughout the race so the official course photographers can identify you.
- Your race bib is also a ticket to all race activities! Please have your race bib 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.
- Your bib contains tabs for your post race beers as well as your race premium. Please allow the volunteer to remove these tabs.

Race Premium Sizing & Exchanges

You must present the tear-tag from your race bib to receive your premium. DO NOT TEAR THE TAG. PLEASE ALLOW THE VOLUNTEER TO DO SO. Only one (1) shirt will be given per participant. **We make every effort to give you the size in which you registered for, however, sizes are first come, first serve. We will have a size swap table in the Expo on Saturday as well as in the infield on Sunday to help with exchanges if you want a different size.**

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. Please do not leave bags unattended. Report any unattended packages, baggage or suspicious behavior anywhere on the event grounds.

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.

Runner's Gear Check

All Sunday runners may check their gear at the Gear Check Area located in Building 7 at the Fairgrounds. Gear check hours on Sunday are 6am-11 am.

There will be no Gear Check for Saturday races.

For safety reasons, we ask that you utilize a transparent bag for gear check. If you do not have one, we will make one available to you. 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.

Shoe & Clothing Drive

The Frederick Running Festival benefits many local charitable organizations. We ask 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 Building 9.

To learn more about the Mission and how you can join them in changing lives, please visit www.therescuemission.org.



Directions to The Frederick Fairgrounds

FROM points East - I-70

Head West on I-70 to Exit 56 - Patrick St.; Follow Patrick St straight to the Fairgrounds. Follow police instruction for parking.

OR Use Exit 55 - South St - Turn left at the end of the ramp then turn Right onto South St. Follow police instructions to parking.

OR Use Exit 54 - East St; Take East St North - you can proceed to the Fairgrounds by turning right onto Church St and right onto Highland St (please follow police directions), **OR** Pay to park at the East All Saint St. Parking Deck - less than 1/4 mile from the Fairgrounds. The Garage is located just off of East St near Carroll Creek.

From points West - I-70

Head East on I-70 to Exit 55 - South St; At the end of the ramp turn right and go to three-way stop, turn right onto Franklin St. Follow signs and police to parking

OR Head East on I-70 to Exit 54 - East St; Take East St North - you can proceed to the Fairgrounds by turning right onto Church St and right onto Highland St (please follow police directions), **OR** Pay to park at the East All Saint St. Parking Deck - less than 1/4 mile from the Fairgrounds. The Garage is located just off of East St near Carroll Creek

From points North - US 15

Head South on US 15 to Exit 13 - W. Patrick St; Follow W. Patrick St to Fairgrounds - follow police instructions to parking

OR Pay to park at the East All Saint Street Parking Deck - less than 1/4 mile from the Fairgrounds. The Garage is located just off of East St near Carroll Creek.

From point South - US 15

Head North on US 15 to Exit 13 - W. Patrick St; Follow W. Patrick St to Fairgrounds - follow police instructions to parking

OR Pay to park at the East All Saint Street Parking Deck - less than 1/4 mile from the Fairgrounds. The Garage is located just off of East St near Carroll Creek.

From MD 26

Follow MD 26 to Monocacy Blvd. Head South on Monocacy Blvd. Monocacy Blvd will turn into Gas House Pike. Follow Gas House Pike and turn Left onto Highland St. Follow police instructions to parking.

From Points South - I-270

Head North on I-270 and exit onto I-70 East; Head East on I-70 to Exit 55 - South St; At the end of the ramp turn right and go to three-way stop, turn right onto Franklin St. Follow signs and police direction to parking

OR Head East on I-70 to Exit 54 - East St; Take East St North - you can proceed to the Fairgrounds by turning right onto Highland St (please follow police directions), **OR** Pay to park at the East All Saint Street Parking Deck - less than 1/4 mile from the Fairgrounds. The Garage is located just off of East St near Carroll Creek.

Parking on Race Day

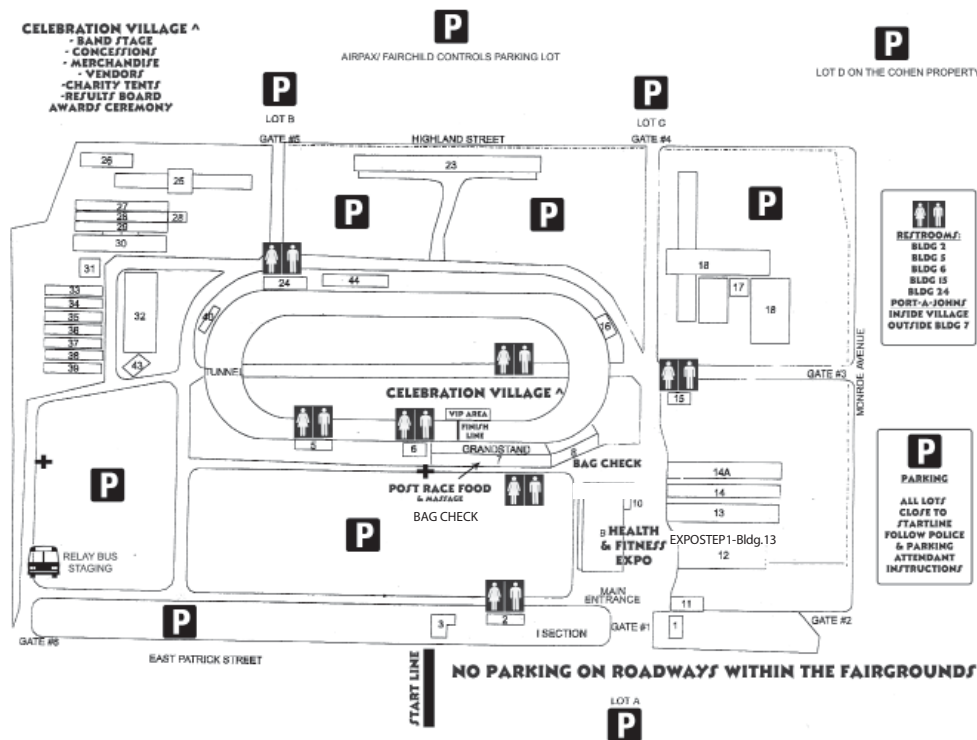
PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS.

Most lots are adjacent to the fairgrounds. Please follow signs and the police and parking attendant's directions to assure smooth traffic flow.

NOTE: The East All Saints Street Parking Deck (400 spaces) provides easy parking and a quick escape. The deck is less than 1/4 mile from the Fairgrounds. (*Walk North on East St. & East on Patrick St. to access fairgrounds.*) Parking in this garage is FREE on Sunday.

All participants (and their cheering sections) are asked to arrive prior to 6:15am at the Fairgrounds. Parking is FREE and available at the Fairgrounds as well as surrounding lots. Directions to the Fairgrounds are located on the previous page of this booklet.

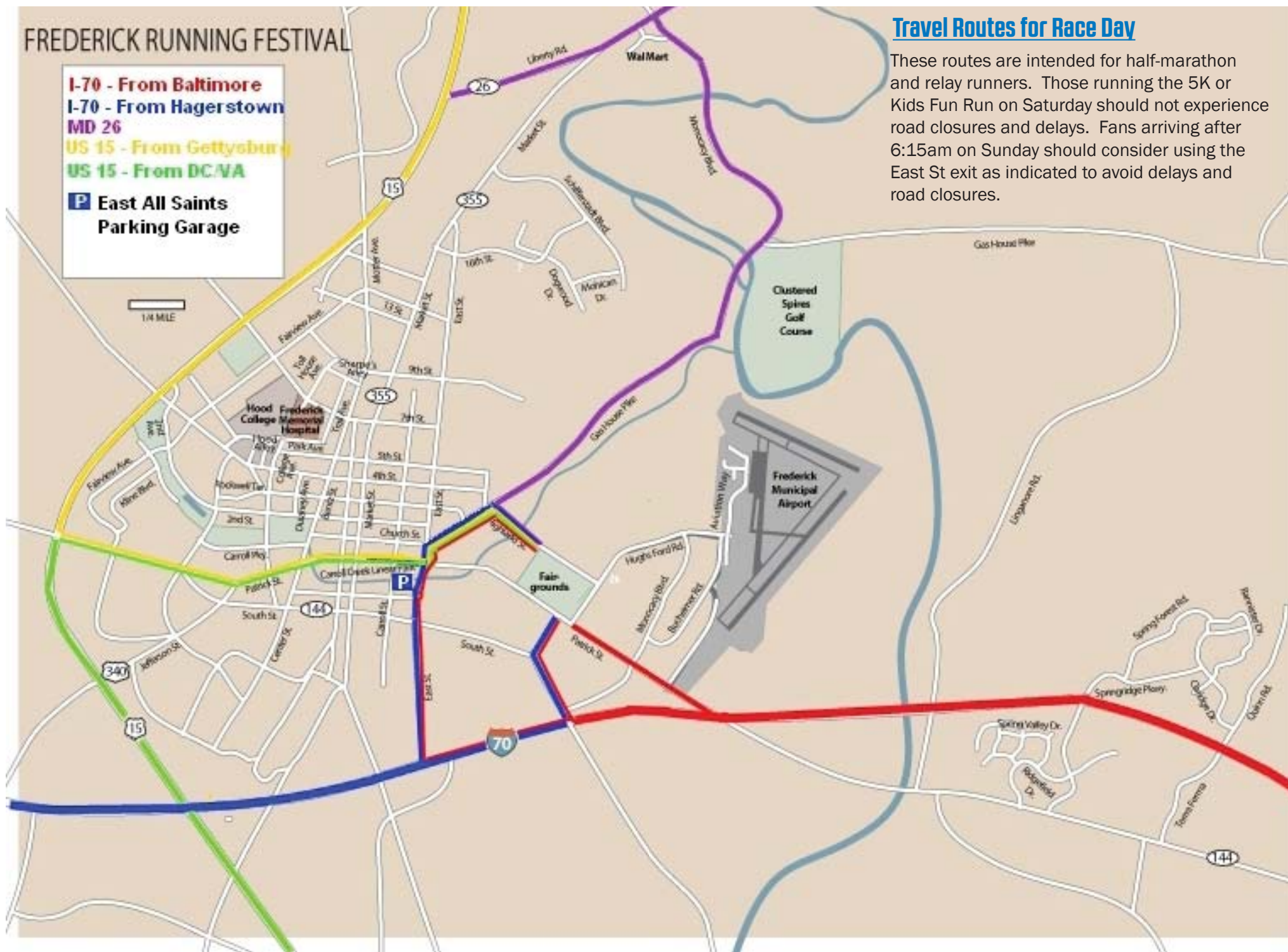
Please be mindful that area roadways will begin to close at 6:15am for the half-marathon & relay start. We ask that you and your cheering section arrive early to avoid traffic delays. If you get delayed DON'T PANIC! Access to the fairgrounds will be possible after 6:15 but delays and detours may be required.



FREDERICK RUNNING FESTIVAL

- I-70 - From Baltimore**
- I-70 - From Hagerstown**
- MD 26**
- US 15 - From Gettysburg**
- US 15 - From DC/VA**
- P East All Saints Parking Garage**

1/4 MILE



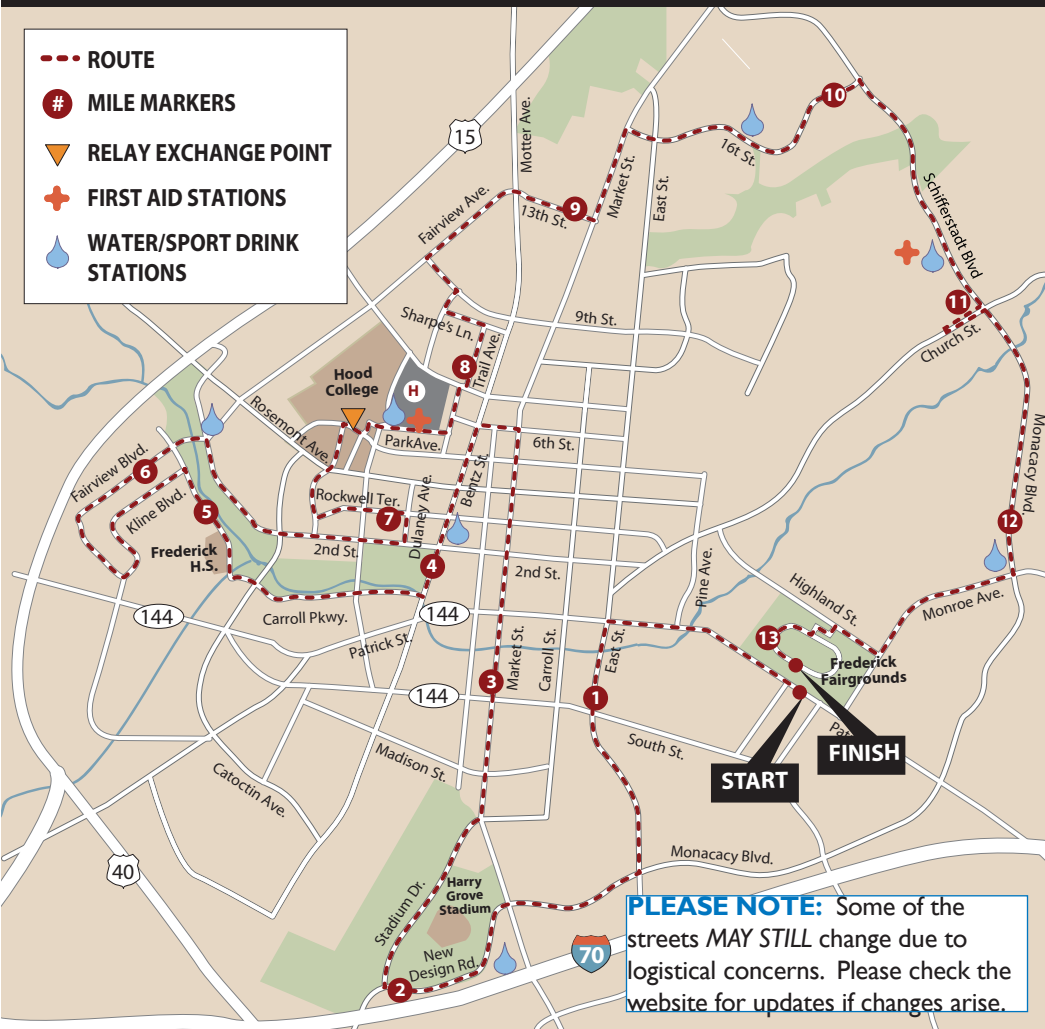
Travel Routes for Race Day

These routes are intended for half-marathon and relay runners. Those running the 5K or Kids Fun Run on Saturday should not experience road closures and delays. Fans arriving after 6:15am on Sunday should consider using the East St exit as indicated to avoid delays and road closures.

FREDERICK HALF-MARATHON COURSE

updated April 2016

- ROUTE
- # MILE MARKERS
- ▼ RELAY EXCHANGE POINT
- + FIRST AID STATIONS
- 💧 WATER/SPORT DRINK STATIONS



Last year we unveiled a course with modifications meant to improve the total running experience. Improvements to the route include running through (instead of around) Hood College's gorgeous campus, where the relay exchange zone will also be staged. In altering the final approach to the fairgrounds, we are able to expand the course width without impairing the flow of traffic, and the dreaded Highland Street Hill becomes a thing of the past. While we will miss the warmth with which the Monocacy Village residents always greeted our runners, we are certain the beauty of the countryside along Monocacy Boulevard will be a welcome sight in the final miles of the race. We trust that these changes will make the 2017 race our best ever!



Half-Marathon & Relay Course

Both races start promptly at 7:00am. 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 considered a pedestrian and must abide by all traffic laws. **The finish facilities for these races will close promptly at 10:30am.**

Pace Groups

The Pace Groups will help you not only achieve your goals, but have FUN, whether the goal is a personal record, 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 race day experience - dynamic and personable, and dedicated to making sure you have a great time on the course!

Participation is free to all half-marathon runners who sign up at the expo. You will not be able to sign up at off-site locations. You will be given a pace bib to wear on your back during the race to help identify you and allow your group to stick together. You will also be provided with a pace band.

We will have Pace Groups for the following half-marathon times:
1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:20, 2:30, 2:40.

To meet up with the Pace Groups on race day, look for them at the start, holding up large signs with the pace group finishing times printed on them, and wearing Pace Group shirts. Try to meet up with your group twenty minutes before the start (6:40 am).

If you have any questions, you can post them on the pace group's facebook page. This will allow others to share the questions and answers. Or you may e-mail Anne Lewis, the Pace Group Organizer at anne.ensor.lewis@gmail.com

Starting the Half-Marathon & Relay

The start line is located on Patrick St. just outside Gate 1 of the Frederick Fairgrounds. Once at the start line please find the signs denoting runner's estimated pace per mile (i.e. 7 minute/mile, 8 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 7:00am.

On-Course Aid Stations

There are aid stations on the course at or near the following half-marathon mile marks: 1.8, 3.8, 6.1, 7.7, 9.5, 11, 12 and Finish. Water & Gatorade will be available at these locations. GU Gel will be available at aid stations at mile 3.8 and mile 9.5 on the course. Snacks and fruit will be available near miles 4 and 9.5 and Finish. Port-a-lets will be located at each aid station.

PLEASE VIEW COURSE MAP ON WEBSITE FOR 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 provided by the Frederick Rescue Mission 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 B-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.

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 (except 5K), heat sheet & water. With the B-Tag system, there is no need to remove your timing chip at the finish. Additional refreshments for runners only will be located in infield behind the stage. The finish line facilities will close promptly at 10:30am.

All of-age runners have drink coupons attached to each race bib. (under age runners will have the tags removed.) These can be redeemed for complementary Michelob Ultra at the beer stand.

The coupons have your race bib printed directly on them. **YOU MUST** present race bib and matching coupons to receive your beverages.

Maryland law requires all those who appear under the age of 30 to present a photo ID to receive your beer. We encourage all those who fall into this category to run with a photo ID on your person, give it to your cheering section to hold at the finish line or utilize bag check on race morning.



Finish Line Runner Refreshment

Fruit, snacks, Gatorade and bottled water will be available at the finish line courtesy of Safeway and [are 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 proper recycling containers provided.

Race Results

Results for all adult races will be available by scanning the QR code on your bib. You can download a QR reader app onto any smart phone. If you do not have one you can visit the event website which will provide finishing times and rankings for completed racers.

You may also sign up for FREE runner tracking courtesy of Corrigan Sports. This will allow you to track specific runners and have messages sent to your computer or mobile device as they cross various timing mats on the course. Details included later in this handbook. Results will also be available on our website in near real time.

Awards

Awards Ceremonies for the top finishers will be held at 7pm on Sat. for the 5K and 9:15am Sunday for the Half & Relay on the main stage.

Half-Marathon

Trophy awards will be given to the top three overall male and female runners, and to the top male and female masters' runners based on GUN time. In addition, we will award age group prizes for 1st place men and women in each 5-year age group 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

(Age Group awards are mailed approximately 30 days following the race.)

2-Person Relay

Trophy awards will be given to the 1st place finisher in the male, female, and coed teams.

The Frederick Foot & Ankle 5K

Trophy awards will be given to the top three overall male and female runners, and to the top male and female masters' runners based on GUN time. Gift certificates will be given to the top male and female finisher in each 5-year age group from 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70 & over.

(Age Group awards are mailed approximately 30 days following the race.)

Nut Job Challenge

Trophy awards will be given to the top male and female overall finishers-combined chip time in the Half & 5k.



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 at the packet pick up locations or at the expo. We do ask that only the Team Captain make substitutions to the team.

A printable relay replacement form is available on the event website. You can print it and fill it out to save some time when making the change. The form also includes a waiver that the new entrant MUST sign.

Relay Legs

The legs of the relay are as follows:

Leg	Start	Finish	Distance
#1	The Fairgrounds	Hood College	7.64 mi.
#2	Hood College	The Fairgrounds	5.46 mi.

PLEASE NOTE: If you are Running Leg #1 you will receive your medal at the blue Relay Tent as you enter the Runners Only Compound.

Relay Runners MUST turn in their neoprene band at the finish line.

Relay Transportation

Bus transportation will be provided for runners who will be running Leg #2. Buses to the relay exchange point will leave from the Fairgrounds near Gate 6 **promptly at 6:45am.** (See *parking area map in this booklet.*)

BUSES ARE FOR RUNNERS ONLY.

You must present your race bib to board the bus. The buses will also return Leg #1 runners to the fairgrounds following their leg of the race.

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. Runners must also return to the fairgrounds to claim their race premium.

The finish line facilities will close promptly at 10:30am for relay runners.

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 teams 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 race bibs.
- Do not cross the timing mat more than once with your timing chip.

2-Person Relay Timing & Details

Each team will be given one timing chip on a neoprene band at pick up 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 18 inches from the ground when you cross the mats to be properly timed.

The leadoff runner will start at the same time as the half-marathon runners at 7:00 a.m. There *is not* a separate start for the Relay Teams. Relay runners on the second leg will need to be at their exchange zones well before the first half-marathon runners pass by as roads will be closed. Buses will be provided to get the Leg #2 runners to their exchange point as described on the previous page.

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

Waiting runners will be stationed in a designated zone according to their team's race bib. Zones are broken down by bib number (i.e. Bib #9000-9050; 9051-9100; 9101-9150; 9151-9200). 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. Timing mats may be located after the exchange area. We suggest the outgoing runner test that D-Tag is securely fastened to the neoprene band before starting. Do not cross the timing mat more than once with your timing chip.

Finishing the Team Relay

Leg #1 runners will board the bus and be dropped off back at the fairgrounds. These buses will leave the relay zone in waves as they fill to capacity with Leg #1 runners. Leg #1 runners can enter the Runners Only Compound through a blue Relay Tent located on the infield near the beer stand. **THIS IS THE ONLY WAY TO ENTER THIS AREA AND ACCESS THE POST RACE FOOD.** Do not try to cross the finish line or enter through the exit of the runners only compound.

Relay Runners MUST turn in their neoprene band at the finish line.

Medals will be given to Leg #1 runners after you get off the bus at the blue Relay Tent at the entrance of the Runners Only Compound in the Fairgrounds infield; Leg #2 runners will receive their medals as they cross the finish line.

Nut Job Participants

Nut Jobbers will receive ONE BIB that they will wear for BOTH the 5K and the half-marathon. After the half-marathon, nut jobbers will receive both their half-marathon and nut job medals at the finish line. Volunteers are instructed to only give Nut Job medals to those wearing a nut job bib. **DON'T LOSE YOUR BIB!**

5K Packet Pick-Up

Frederick Foot & Ankle 5K participants **MUST** pick up their race shirts at the expo **BEFORE** their race on Saturday. The expo closes at 5pm prior to the start of the 5K race and 5K shirts **WILL NOT** be available for pick up on Sunday.

While 5K (including Nut Jobbers) 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. **Please arrive early to avoid lines.**

5K Course Information

The Frederick Foot & Ankle 5K will start & finish on the track at the Fairgrounds. The out & back course heads out Monroe St. to Hughes Ford to Monocacy and then turns & heads back to the Fairgrounds. The course map is posted here: <http://www.frederickrunfest.com/race-information-2/5K/>

You must pick up and wear your race bib and B-Tag for proper timing.

IMPORTANT: If you are a Nut Jobber, you will wear the SAME BIB for both races. If you are running the 5K as well as the relay, you receive a different bib for each of these race distances.

5K Support Amenities

Water and Gatorade will be served on the course and at the finish line. All 5K participants will receive a commemorative short sleeved performance shirt that **MUST** be picked up prior to the race in the Expo located in Bldg. 9.

Starting the 5K

The race will start promptly at 6pm on Saturday, May 6. For the benefit of all racers, runners are asked to allow faster runners to move toward the front of the pack for the start & walkers stay two-abreast on the right.

5K Festivities

After the race, join us in the Safeway Celebration Village, located in the infield at the Fairgrounds. Live music, food and beverages await you. The Frederick Foot & Ankle 5K awards ceremony takes place on the main stage at 7pm. *Age Groups awards will NOT be announced; awards will be mailed 30 days following race day.*

Kids Fun Run Times & Distances

Ages 8 -12	1/4 mile run	5:10 pm start
Ages 7 & U	100 yard dash	5:15 pm start

Prior to the Kids Fun Run

All fun run participants should pick up their race bib first in Bldg. 13 and their shirt in Bldg. 9 on Saturday between 10a and 4p. While Kids Fun Run participants are welcome to come to the Dick's Sporting Goods 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.

Participants should stage with their age group at 4:45p in the Kids Zone located in the infield near the inflatable games. Groups will begin to walk to their respective start line as a group prior to the start of the race. Parents are encouraged to go to the start line with their child(ren).

Each fun run race bib includes a Parent Tear-Tag with your child's race bib 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 and 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

Parents of children 5 years old & under are required to run the course with their child. All parents are encouraged to run with their child, regardless of age. Races will start promptly at the time indicated above.

BGE HOME

Finishing the Kids Fun Run

Upon completion of the race, the kids will receive a finisher's medal as they cross the finish line. All participants are corralled in a holding area at the finish line to meet their parents. Parents are required to pick their child(ren) up here. The children will be released to the person with the tear tag that matches their race bib. Look for the Kids Fun Run sign located near the finish line to meet your child.

Again, prior to the race, kids fun run participants should go to the Expo located in Building 9 to pick up their race shirts.

FREE Race Day Photos

Sign up to get your Frederick Running Festival photos for FREE

That's right, this year everyone will get access to Free Race Photos! Participants will have the ability to share all their race photos on Facebook and/or download them at no charge after the race. You can also purchase high resolution unbranded individual prints, race album packages or race branded products.

We encourage you to opt in and have your Free Race Photos post directly to your Facebook account once they go live after the race. Visit <http://bit.ly/RunFrederick> and sign up to take advantage of this great opportunity to share your race experience with your friends and family. Those who opt in to post to Facebook will be entered into drawing to win one of 10 free entries into the 2018 Frederick Running Festival.

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. Be sure to stop by the finisher's photo station just after you cross the finish line to capture the moment!

Clock & Mile Markers

Digital time clocks will be positioned along the half/relay race course indicating your split time at miles 1, 3, 6, 9 & 12. In addition, highly visible mile markers will be positioned at every mile. *(weather permitting)*

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 930 AM 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.

Virtual Event Bag

All runners will receive a Virtual Event Bag prior to attending the expo. The Virtual Event Bag is an interactive, virtual "goodie bag" provided electronically to each runner. The bag features rich-media digital gifts, coupons, games, 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, May 2.

USATF Certification

The Half-Marathon is a USATF certified race course. See website for certification number.

Medical Information

The Frederick Running Festival Medical Team is a dedicated volunteer group of medical professionals from Frederick



Memorial Hospital, Frederick County's Volunteer Fire Department and the Whitetail Ski Patrol. There will be medical stations at the start, at or near the following mile markers: 7.7, 11 and at the finish. In addition, we will have a team of EMT's on bicycles and ambulances throughout the course. Aid stations at miles 1.8, 3.8, 6.1, 7.7, 9.5, 11 and 12 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 (which follows the last runner), or go to the relay exchange and take a bus (mile 7.6).

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 bib.

Safeway 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 Safeway Celebration Village for people young and old, and for runners and non-runners alike.

The Safeway Celebration Village will have activities throughout the day:

- ✓ Live music by Alter Ego (Sat.) & Naked Nation (Sun.)
- ✓ Awards on the Main Stage
- ✓ Interactive Games
- ✓ Activities for kids
- ✓ Food & Drink (8a-12p)
- ✓ Expo in the infield including Official Souvenirs

All Celebration Village activities close at 12pm.

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 run with a photo ID on your person, give it to your cheering section to hold at the finish line or 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.)*

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 and not on the track where the runner will be running.

DO NOT bring children onto the race course. 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 on the race course.

Meeting Runners After the Race

Cheering sections are encouraged to watch the finish stretch from the grandstands. Fans WILL NOT be permitted onto the track.

After your runner crosses the finish line, you should exit the grandstands on the Patrick St side. Fans will walk in a counter-clockwise direction outside the chain-link fence encircling the track toward the pedestrian entrance to the infield, located at 3 o'clock on the track oval.

By the time you walk this distance, most runners should have time to make it through the Runners Only Compound and be able to reunite with you in the Family Reunion Zone. The Family Reunion Zone will have tall signs with every letter of the alphabet posted. Pick a sign to meet your family near (like the first letter in your last name.)

NOTE: Fans may sign up for FREE runner tracking. This will allow you to track specific runners and have messages sent to your mobile device as they cross various timing mats on the course. Details on runner tracking available on the an upcoming page of this handbook.

Sunday Village Map

This layout is for Sunday Only. Some areas may not be open on Saturday.



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.
- ✓ 2nd St, btwn Bentz and Dulaney. - See runners pass at about miles 4 & 7
- ✓ Frederick High School - Watch runners pass mile 5, then cross the park and see them again at about mile 6.5,

Runner Reunion Zone

Reunion Zone is a place for friends and family to reunite with runners following the race. It will be located in the infield 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.

King Crab Challenge

Presented by Hard Rock Cafe

IT IS BY ORDER OF KING CORRIGAN, THAT THIS DECREE IS PUT FORTH: There is no question that the members of the running kingdom love the challenge of a quest. And the only thing that they love more than a challenge is the SWAG they get for accomplishing thy quest. Corrigan Sports is once again ready to throw down its gauntlet and summon all runners to take THE KING CRAB CHALLENGE in 2017!

Members of the kingdom who finish the Frederick Half-Marathon (May 7, 2017), the Baltimore 10-Miler (June 3, 2017) and the Baltimore Marathon or Half-Marathon (Oct. 21, 2017) will join the Royal Court and be dubbed King Crabs, taking home treasures worthy only of royalty!



Citizens who complete the three tasks as laid out by the King will be granted access to royal events and will be lavished with prizes and awards. YOU ARE A THIRD OF THE WAY THERE! REGISTER FOR THE B10 & BRF TODAY!

<http://www.frederickrunfest.com/race-information-2/king-crab-challenge/>



Runner Tracking

Once again this year, friends and family will be able to track half-marathon and 5K runners as well as relay teams out on the course. This is a FREE service, courtesy of Corrigan Sports.

Register online for the FREE Frederick Running Festival runner tracking services, beginning Monday, May 1. **NOTE:** If you register for a race after May 1, tracking of your race may be delayed or unavailable.

Use this helpful service to track your favorite runners and to reunite with loved ones at the Reunion Zone. The message will provide the runner's time, pace and expected finish time. You will be able to receive tracking messages on your mobile phone via text messaging, have an email sent to your inbox, or have posts placed on your Facebook or Twitter accounts.

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:

Half-Marathon: Mile 8, Mile 10, Finish
Relay: End of each relay leg (Mile 8 and Finish)
5K: 5K Split, Finish

HOW TO REGISTER: (Tracking registration Opens on May 1 at 9am)

1. Visit <http://www.frederickrunfest.com/race-resources/results-and-tracking/>
2. Create a messaging account which will grant the system permission to send messages to your selected personal and/or social media accounts.
3. For each athlete you want to track, enter their name, then click on the tracking options you wish to use via the symbol menu to the left of their name (the symbols represent phone text message, facebook and twitter.)



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AND RACE MEDAL
for every finisher

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17th ANNIVERSARY
**BALTIMORE
RUNNING
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OR DURING A RETURN VISIT TO FREDERICK

Team Travel Source has secured the BEST RATES in the BEST LOCATIONS for this event! Through their site, you can book, modify or cancel your hotel reservation and receive updated information about the event too. 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.

**COUNTRY INN & SUITES BY CARLTON-**

Situated near the intersection of I-70 and I-270, the Country Inn & Suites is an ideal home base for race weekend. Offering a variety of comforts to ensure

that you enjoy a relaxing stay, from free high-speed Internet access and complimentary parking to a well-equipped fitness center, a 24-hour business center and the complimentary, hot Be Our Guest Breakfast buffet.



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 at 1-866-567-7075 or email info@teamtravelsource.com.



