

# LIVE RACING IS BACK!!



# 2021 RUNNER HANDBOOK



## USING THIS HANDBOOK

THIS DOCUMENT IS BEING DELIVERED IN PDF FORMAT SO THAT THE MAJORITY OF YOU CAN READ IT ONLINE NO MATTER WHAT TYPE OF COMPUTER YOU HAVE.

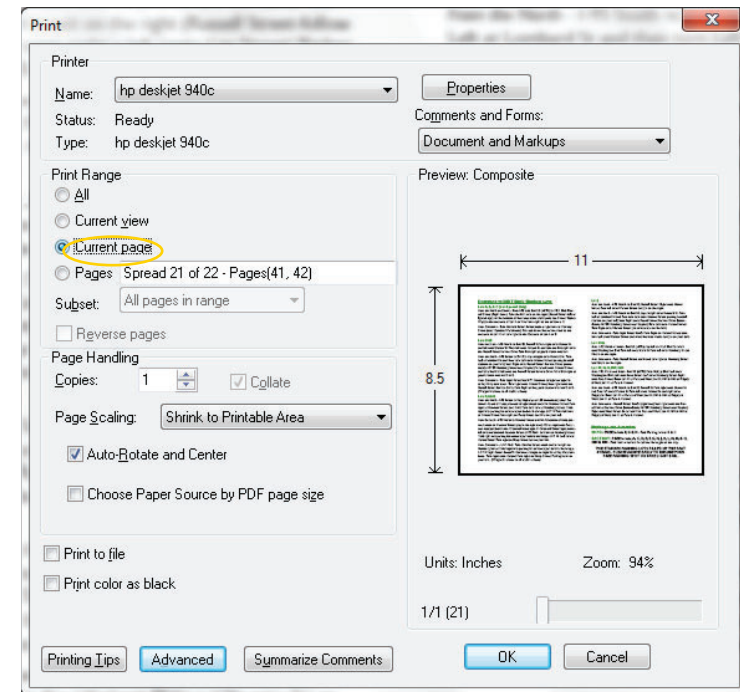
ALL THE LINKS IN THIS DOCUMENT ARE CLICKABLE AND WILL OFTEN TAKE YOU TO LARGER PICTURES OR MAPS AND MORE DETAILED INFORMATION THAN THE TEXT INCLUDED IN THIS BOOKLET.

YOU SHOULD BE ABLE TO READ THE BOOKLET FROM YOUR COMPUTER SCREEN. HOWEVER, MANY OF YOU MAY CHOOSE TO PRINT SOME OF THE PAGES SO THAT YOU HAVE A HARD COPY TO REFERENCE.

PLEASE CONSIDER PRINTING ONLY THE PAGES THAT YOU NEED, RATHER THAN THE WHOLE PUBLICATION.

TO PRINT ONLY SELECT PAGES, FOLLOW THESE STEPS:

1. GO TO THE TWO-PAGE SPREAD YOU WOULD LIKE TO PRINT
2. CLICK File > Print FROM THE TOP TOOL BAR
3. UNDER Page Range, SELECT Current View RADIO BUTTON
4. CLICK PRINT



## Welcome to the 19th 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 presented by Frederick Foot and Ankle.

After a *looong* 14 month hiatus the Frederick Running Festival is BACK in its near natural state. With local restrictions lifted, we are excited to offer a race that closely resembles that of the one we hosted in 2019!

There is a lot to look forward to when taking on the town of Frederick. You will run through the Historic Downtown, pass through Baker Park and return home to the sound of cheering friends and family at the Frederick Fairgrounds!

And here is the BEST PART...Since 2003, an estimated total of \$35 million has been pumped into the Frederick economy as a result of the Frederick Running Festival. And did you know that the Festival has generated nearly \$600,000 for charity? Thrilled to be able to bring this back to this community!

This handbook includes important information that will prepare you for the events and activities surrounding race day. If you have entered the Frederick Foot and Ankle Half-Marathon, the 2-Person Team Relay, 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 e-mail on Wednesday, July 7 by 3pm. Race bibs and premiums will be available for pick-up at CSE Headquarters as well as at the 2-day Health and Fitness Expo at the Frederick Fairgrounds as outlined in this packet. *NEW THIS YEAR:* 1) all registrants will pick up their race shirt during packet pick up. 2) No bag check and 3) runners are required to carry their own water on course. More details are contained in this handbook.

On-line confirmation of your entry is also available here:  
<https://runsignup.com/Race/RegistrationLookup?racelid=56100>.  
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](http://www.FrederickRunFest.com).



**FOLLOW US ON FACEBOOK FOR ANY LAST MINUTE UPDATES AND IMPORTANT MESSAGES.**  
**@Frederick.Running.Festival**

A CORRIGAN SPORTS EVENT



## Schedule of Events



**NEW THIS YEAR:** Runners will claim their race shirt **BEFORE** the race. **NO SHIRTS** will be available after the race as in previous years. Please plan accordingly and make sure you schedule time to attend one of the three packet pick up days.

### Thursday, July 8, 2021

Packet Pick-Up at Corrigan Sports Enterprises 12pm-5pm  
6725 Santa Barbara Court, #114, Elkridge, Md. 20882

### Friday, July 9, 2021 (The Frederick Fairgrounds)

Expo/Packet Pick-Up 4p - 7pm

### Saturday, July 10, 2021 (The Frederick Fairgrounds)

Expo/Packet Pick-Up 10am - 4pm  
Kick Off Party 4pm - 6pm  
Live Music on Main Stage 4pm - 6pm  
Kids Fun Run 4pm  
5K 5pm  
5K Awards Ceremony 6pm

### Sunday, July 11, 2021 (The Frederick Fairgrounds)

Sunrise Service (Near Bldg. 2) 5:45am  
Opening Remarks & Final Instructions 6:15am  
Frederick Foot and Ankle Half-Marathon & Relay Start 6:30am  
Frederick Foot and Ankle Half-Marathon/ Relay Awards Ceremony 8:30am  
Visit Frederick Celebration Village  
Activities (*Track Infield*) 7am-11am

**Awards Ceremonies on Main Stage in Celebration Village**

**IMPORTANT NOTE:** With COVID restrictions lifted in the state of Maryland we are no longer required to conduct wave starts. The wave information on your bib no longer applies. We do ask that you line up according to your predicted pace for the benefit of all participants.

**RUN WITH YOUR OWN WATER:** Due to the late change in policy, we are still requiring that participants run with their own water bottle. You are **REQUIRED** to carry your own fluids and provide your own bottle. We will offer (4) water refill locations. These will feature touchless water coolers which will allow you to refill your personal bottle. Only water will be available. (No Gatorade on the course.) **PLEASE PLAN ACCORDINGLY.**



## Beer Service

We are pleased to continue our partnership with Harpoon Brewery to help you celebrate your accomplishments at the finish of the Frederick Running Festival presented by Frederick Foot and Ankle. 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 the UFO White, a spicy, refreshing, and clean taste, and their light and crushable Harpoon Rec League. They will also have Arctic Chill Hard Seltzer available in various flavors.

In order to receive your adult beverages, you must present a photo ID to receive your beer. Runners are limited to (2) free beers. PLEASE ALLOW the volunteers to mark 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. retrieve it from your car following the race



## 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.

**NEW THIS YEAR:** Runners will claim their race shirt *BEFORE* the race. *NO SHIRTS* will be available after the race as in previous years. Please plan accordingly and make sure you schedule time to attend one of the three packet pick up days.

**PRIOR TO PACKET PICK-UP:** On Wednesday, July 7 by 3pm you will receive an email with your e-registration that will include your personal information as well as your QR Code. **PLEASE VERIFY ALL PERSONAL INFO.** If you find an error please email [customerservice@corriganports.com](mailto:customerservice@corriganports.com) immediately. **PLEASE, PLEASE, PLEASE** bring a copy of the e-registration email with you to packet pick-up. You can print it out or show it on your smart device. This will greatly speed up the process for everyone.

**PICK-UP FOR A FRIEND:** Individual runners are asked to pick up their own packet. (*Relay members can pick up for entire team.*) However a friend or family member is allowed to pick up your packet for you. They will need to bring your e-registration (that you will receive via email the week of the race) AND a copy of your photo ID for trouble shooting purposes.

**EXPO BIB & PREMIUM PICK-UP:** With your e-registration in hand, either printed or on your smart device, you can come to Bldg. 13 at the Fairgrounds on Friday, July 9 from 4p to 7p or Saturday, July 10 from 10am to 4pm. Here you will receive your race bib with a “B-Tag” timing responder pre-attached. You will **then** go to Bldg. 9 to claim your race premium and visit the expo. (details on the adjacent page.)

**NOTE:** **Nut Jobbers** will receive one bib that will be worn for both races.

**NO SUNDAY BIB PICK-UP** There is NO PACKET PICK UP ON SUNDAY. We ask that participants claim their race bib and race premium during the 3 days of scheduled pick up times. If you are unable to attend in person, please make arrangements for a friend or family member to claim your packet. Thank you in advance for your cooperation.

## Wave Start No Longer Applicable

With COVID restrictions lifted in the state of Maryland we are no longer required to conduct wave starts. The wave information on your bib no longer applies. We do ask that you line up according to your predicted pace for the benefit of all participants.

## Friday & Saturday Expo Race Packet Pick Up

**STEP ONE:** Start in Building 13 at the Frederick Fairgrounds. **HAVE YOUR E-REGISTRATION READY (printed or on your phone.)**

**STEP TWO:** Once you have your e-registration, (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. We will affix a size sticker to you bib that matches the premium size you selected when you registered.

**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 mark the 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 gender for the race they are running-- as long as there is one in the bin.

## Special Note for 5K & Kids Fun Run Packet Pick-Up

The 5K (including Nut Jobbers) and Kids Fun Run participants **MUST** pick up their race shirts **BEFORE** their race on Saturday. The expo closes on Saturday at 4pm prior to the start of your race and 5K and kids run shirts **WILL NOT** be available for pick up after the race on Saturday or Sunday.

Further, if you decide to pick up your packet on Saturday, **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 July 8. Registration will be available on expo days, however, the registration line can be long in the hour or two prior to the 5K start.

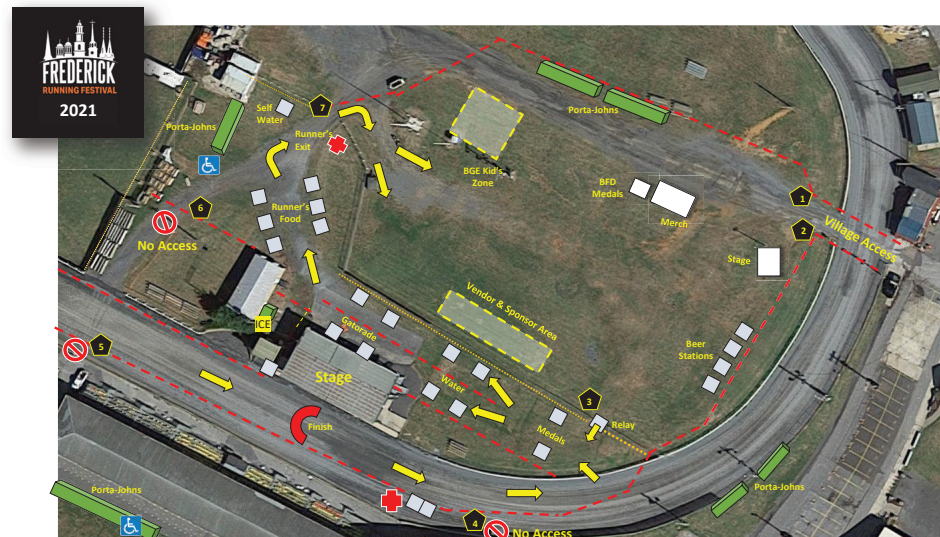
## Register Online Until July 8

Online registration will remain open until July 8. 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 to pick up the race packet.

In person registration will also be available at the Frederick Fairgrounds on Friday and Saturday during expo hours.

## Sunday Village Map

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



To see a bigger version of this map visit the link below:

<https://bit.ly/3hsLPIO>

## THE BFD CHALLENGE

The BFD is a Spring Race Challenge for those who want to prove that they are a Big Freakin' Deal. Runners must complete any race distance at the **D**elaware Running Festival, **F**rederick Running Festival and the **B**altimore 10-Miler.

Runners who complete all 3 races get an extra Big Freakin' Medal to add to their collection. If you are eligible, you can claim your BFD Medal in the BFD Tent located in the Celebration Village.

To learn more about the BFD Challenge, visit here:  
<http://www.delawaremarathon.org/big-freakin-deal/>

## HOTEL PARTNER

Team Travel Source has secured the best hotel rooms with the lowest rates for the Frederick Running Festival.

TO BOOK THESE GREAT ROOMS HERE!

<https://www.teamtravelsource-sport.com/frederick-running-festival>

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](mailto:info@teamtravelsource.com).



## **B-TAG Timing**

Adult participants 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

## **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.

**NOTE:** With COVID restrictions lifted in the state of Maryland we are no longer required to conduct wave starts. The wave information on your bib no longer applies. We do ask that you line up according to your predicted pace for the benefit of all participants.

## **Race Premium Sizing & Exchanges**

You must present your race bib to receive your premium. PLEASE ALLOW THE VOLUNTEER TO MARK YOUR BIB. 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 Friday and Saturday to help with exchanges if you want a different size. NO EXCHANGES ON SUNDAY.**

## **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.

## **No Runner's Gear Check in 2021**

**IMPORTANT NOTE:** Due to the late change in policy, we are unable to offer gear check in 2021. Our permitted COVID plan required us to reduce touch points and personal contact with volunteers. We were unable to secure volunteers once the restrictions were lifted. The good news is that the majority of the parking is close the fairgrounds if you need to leave items there for after the race. We apologize for the inconvenience. Please plan accordingly.

## **Shoe & Clothing Drive**

The Frederick Running Festival presented by Frederick Foot and Ankle 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](http://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

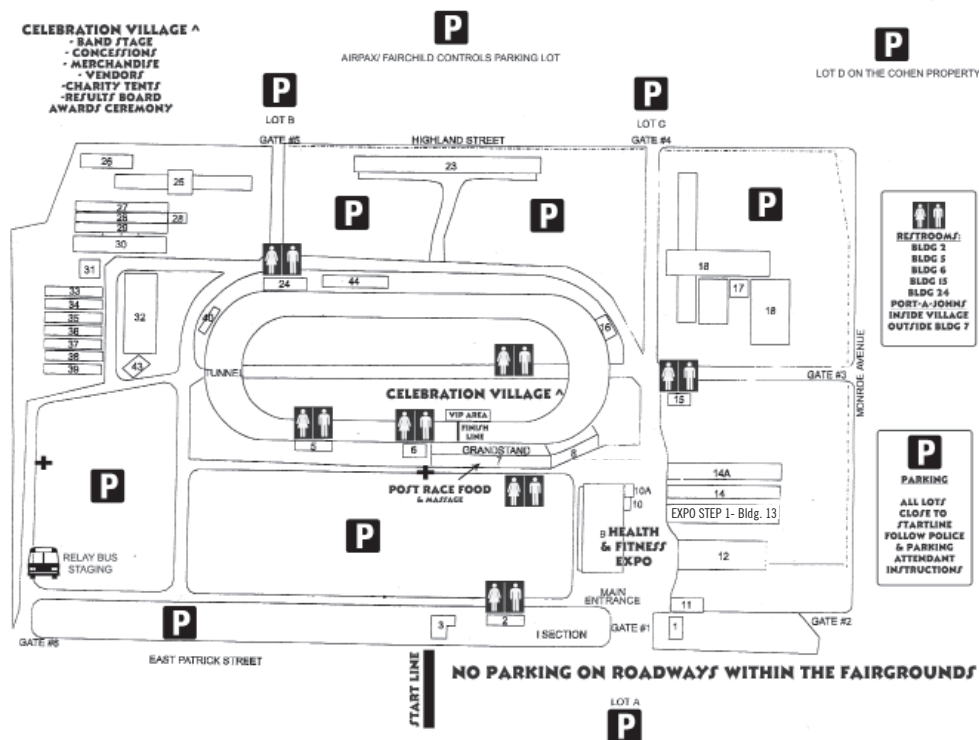
### PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS.

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 5:45am at the Fairgrounds. Parking is FREE and available at the Fairgrounds as well as surrounding lots. Directions to the Fairgrounds are located on the previous page of this booklet.

Please be mindful that area roadways will begin to close at 5:45am 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 5:45 but delays and detours may be required.



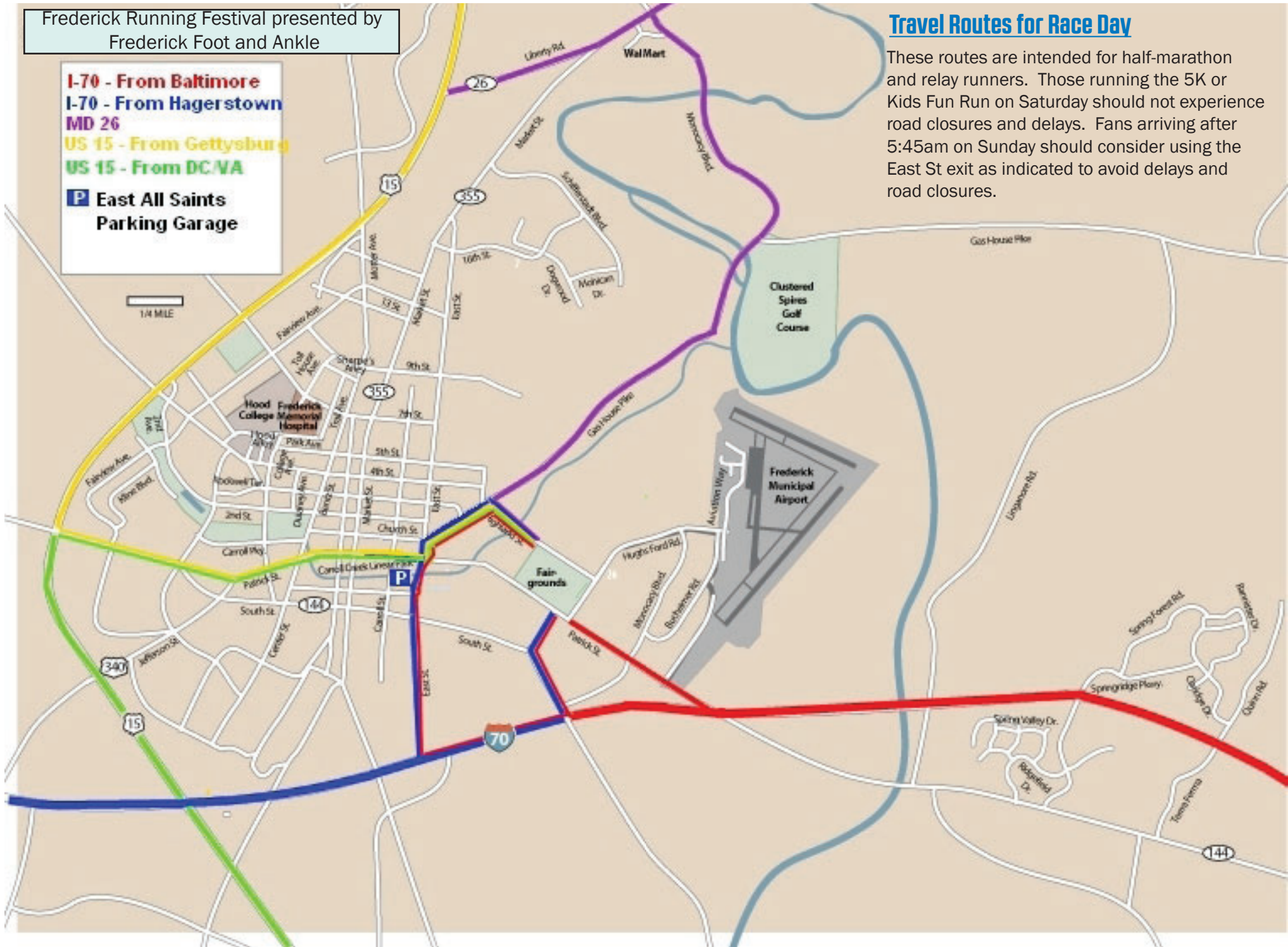
Frederick Running Festival presented by  
Frederick Foot and Ankle

- 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

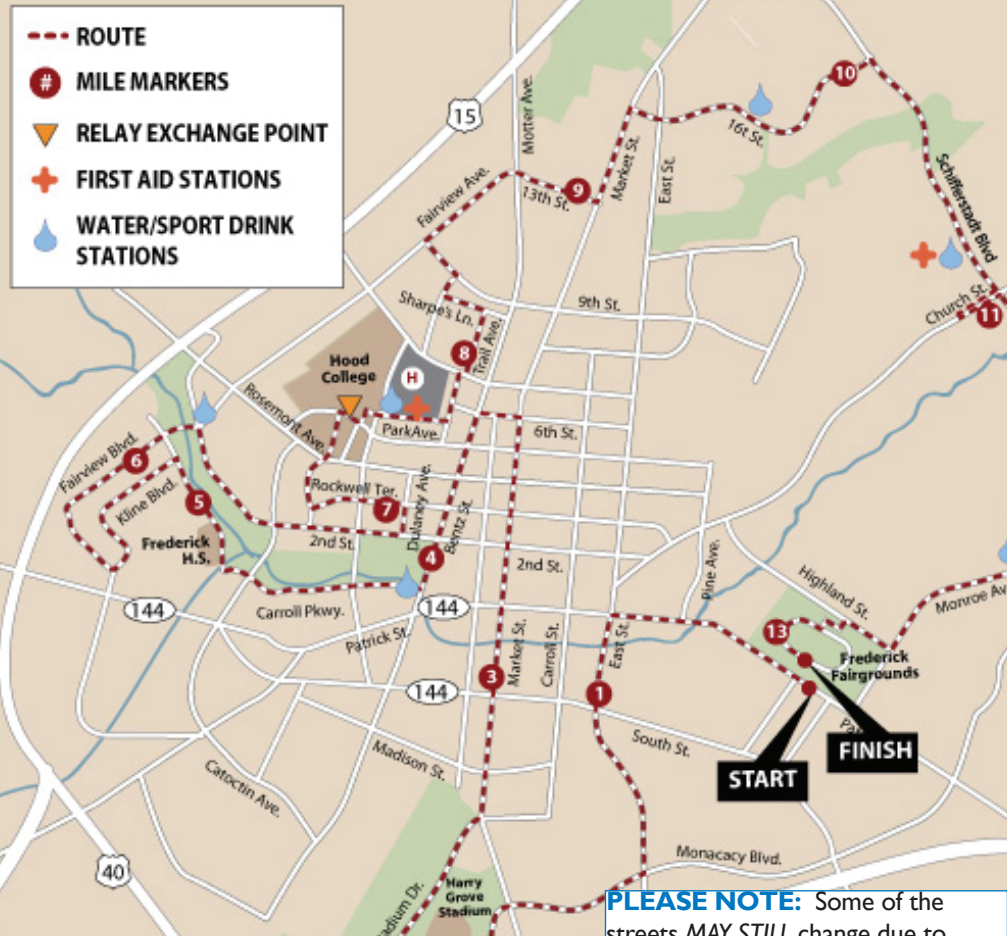
These routes are intended for half-marathon and relay runners. Those running the 5K or Kids Fun Run on Saturday should not experience road closures and delays. Fans arriving after 5:45am on Sunday should consider using the East St exit as indicated to avoid delays and road closures.





# FREDERICK HALF-MARATHON COURSE

updated Apr



## Frederick Foot and Ankle Half-Marathon & Relay Course

Both races start promptly at 6:30am. 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 10:00am.**

## 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 6:30am.

## On-Course Water Refill Stations

This year, runners are **REQUIRED** to carry your own fluids and provide your own bottle. We will offer (4) water refill locations. These will feature touchless water coolers which will allow you to refill your personal bottle. Only water will be available. (No Gatorade on the course.) **PLEASE PLAN ACCORDINGLY.**

**PLEASE ARRIVE AT THE RACE WITH A FULL WATER BOTTLE. There will be limited access to refills at the start of the race.**

## 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.



## USATF Certification

The Half-Marathon is a USATF certified race course: #MD16013NP

**To view a larger version of the course map, visit:**

<http://ow.ly/wtjw50rcala>



## Visit Frederick Finish Line Area

All races will finish in front of the grandstands at the Fairgrounds. Race participants will cross the finish line and receive their finisher's medal, heat sheet & water. With the 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 10:00am.

All of-age runners permitted (2) complimentary Harpoon Beer or Arctic Hard Seltzer at the beer stand. YOU MUST present race bib and photo ID to receive your beverages. Volunteers will mark your bib once you have received your drinks.

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, Cow Tales and 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 Visit Frederick Celebration Village area clean, please dispose of all your waste in the proper recycling containers provided.

## Official Merchandise

Don't forget to visit The Official Frederick Running Festival merchandise store for all your commemorative and performance apparel needs!

Vintage Frederick Running Festival race shirts will be available throughout the expo and on race day while supplies last! Back by popular demand, the Frederick Running Festival official merchandise store has restocked our famous Run Frederick tee and pint glasses!

VISIT  
*Frederick*  
CITY & COUNTY  
MARYLAND



SAFEWAY



## Race Results and Tracking

Runner tracking 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 once one runs across the finish line.

## Awards

Awards Ceremonies for the top finishers will be held at 6pm on Sat. for the 5K and 8:30am Sunday for the Half & Relay on the main stage.

### The Frederick Foot and Ankle Half-Marathon

Trophies 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-3rd 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, 70-74, and 75 & 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 Twilight 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 16 & under, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 & 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.

## No Runner's Gear Check in 2021

**IMPORTANT NOTE:** Due to the late change in policy, we are unable to offer gear check in 2021. Our permitted COVID plan required us to reduce touch points and personal contact with volunteers. We were unable to secure volunteers once the restrictions were lifted. The good news is that the majority of the parking is close the fairgrounds if you need to leave items there for after the race. We apologize for the inconvenience. Please plan accordingly.

## 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. In most cases, this can be completed online by the team captain using the MANAGE MY TEAM options. However if you have problems, please e-mail us at customerservice@corrigansports.com. You can also do this at the packet pick up locations or at the expo.

## Relay Legs

The legs of the relay are as follows:

<u>Leg</u>	<u>Start</u>	<u>Finish</u>	<u>Distance</u>
#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 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 6:15am.** (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 10:00am for relay runners.

### **EXCHANGETIPS**

- 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

The leadoff runner will start at the same time as the half-marathon runners at 6:30 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.

## 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.

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

## On-Course Water Refill Stations

This year, relay runners are **REQUIRED** to carry your own fluids and provide your own bottle. We will offer multiple water refill locations on each leg. These will feature touchless water coolers which will allow you to refill your personal bottle. Only water will be available. (No Gatorade on the course.) **PLEASE PLAN ACCORDINGLY.**

**PLEASE ARRIVE AT THE RACE WITH A FULL WATER BOTTLE. There will be limited access to refills at the start of the race or at the exchange.**

## Wave Start No Longer Applicable

With COVID restrictions lifted in the state of Maryland we are no longer required to conduct wave starts. The wave information on your bib no longer applies. We do ask that you line up according to your predicted pace for the benefit of all participants.



## **5K Packet Pick-Up**

5K (**including Nut Jobbers**) participants **MUST** pick up their race shirts **BEFORE** their race on Saturday. If you decide to pick up your packet on Saturday, **PLEASE ARRIVE EARLY TO AVOID LONG LINES.**

The expo closes on Saturday at 4pm prior to the start of the race. 5K shirts **WILL NOT** be available for pick up after the race on Saturday or Sunday.

Nut Jobbers will receive **ONE BIB** that they will wear for **BOTH** the 5K and the half-marathon. Nut jobbers will receive both their half-marathon and nut job medals at the finish line.

## **5K Course Information**

The 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.

## **Starting the 5K**

The race will start promptly at 5pm on Saturday, July 10. 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. *NOTE: The wave information on your bib no longer applies.*

## **5K Festivities**

After the race, join us in the Visit Frederick Celebration Village, located in the infield at the Fairgrounds. Live music, food and beverages await you. The 5K awards ceremony takes place on the main stage at 6pm. *Age Groups awards will NOT be announced; awards will be mailed 30 days following race day.*

## **On-Course Water Refill Stations**

This year, 5K runners are **REQUIRED** to carry your own fluids and provide your own bottle. We will offer (1) water refill location. These will feature touchless water coolers which will allow you to refill your personal bottle. Only water will be available. (No Gatorade on the course.) **PLEASE PLAN ACCORDINGLY.**

**PLEASE ARRIVE AT THE RACE WITH A FULL WATER BOTTLE. There will limited access to refills at the start of the race.**

## **Kids Fun Run Times & Distances**

Ages 8 -12	1/4 mile run	4:10 pm start
Ages 7 & U	100 yard dash	4:15 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 3p. Kids Fun Run participants are welcome to pick up their bib and race shirt at any of the packet pick up locations.

Participants should stage with their age group at 3:45p 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).

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.

## **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. 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 13 & 9 to pick up their race bib and shirt.

**BGE HOME**



## Race Day Photos

Each runner will enjoy a free web-sized digital download to show off your accomplishment online. MarathonFoto has earned its place as the premier name in race event photography with over 35 years of experience, a staff of over 150 professional photographers, and over 3,000 races and counting. Participants will also have the ability to purchase an assortment of high-resolution digital downloads and customizable photo products.

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!

## Race Day Weather & Traffic Information

In Frederick, the average temperature in July at start time is 67 degrees and the average temperature at 11am is 83 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, July 6.**

### FOLLOW US ON ALL SOCIAL MEDIA



[@Frederick.Running.Festival](https://www.facebook.com/Frederick.Running.Festival)



[@RunFrederick](https://twitter.com/RunFrederick)



[@Frederick\\_Run\\_Fest](https://www.instagram.com/Frederick_Run_Fest)

**#FredRunFest  
#RunFrederick**

## Medical Information

The Frederick Running Festival Medical Team is a dedicated volunteer group of medical professionals from Frederick Health, Frederick County's Volunteer Fire Department and the Whitetail, Liberty and Wisp Ski Patrols. There will be medical stations at the start, at or near the following mile markers: 3.8, 7.7, 11 and 12 at the finish. In addition, we will have a team of EMT's on bicycles and ambulances throughout the course. Water Refill stations 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 7.7).

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.

## The Visit Frederick 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 Visit Frederick Celebration Village for people young and old, and for runners and non-runners alike. The Visit Frederick Celebration Village will have activities throughout the day:

- ✓ Live music
  - Saturday: Fantasm
  - Sunday: Bad With Names
- ✓ Awards on the Main Stage
- ✓ Interactive Games
- ✓ Activities for kids
- ✓ Food & Drink (8a-11a)
- ✓ Expo in the infield including Official Souvenirs



**All Celebration Village activities close at 11am.**

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 retrieve your ID from your car after the race.



## 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 runners 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.

## 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,

## 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 Visit Frederick Celebration Village



Don't let foot or ankle pain  
slow you down

**FREDERICK  
FOOT & ANKLE**  
MYNEWFEET.COM

Podiatrists • Foot & Ankle Surgeons

**FREDERICK  
FOOT & ANKLE**

Three Convenient Locations:  
Frederick, MD      Urbana, MD      Martinsburg, WV

**877-668-0008**

Visit [www.mynewfeet.com](http://www.mynewfeet.com) for current hours

*We Keep You Moving!*