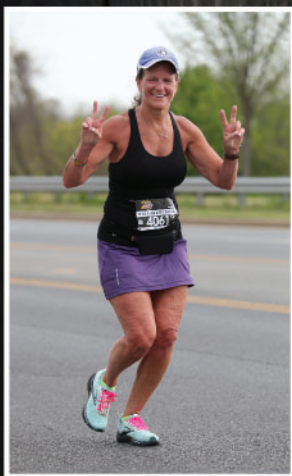


2023 RUNNER HANDBOOK

MAY 6 & 7



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.

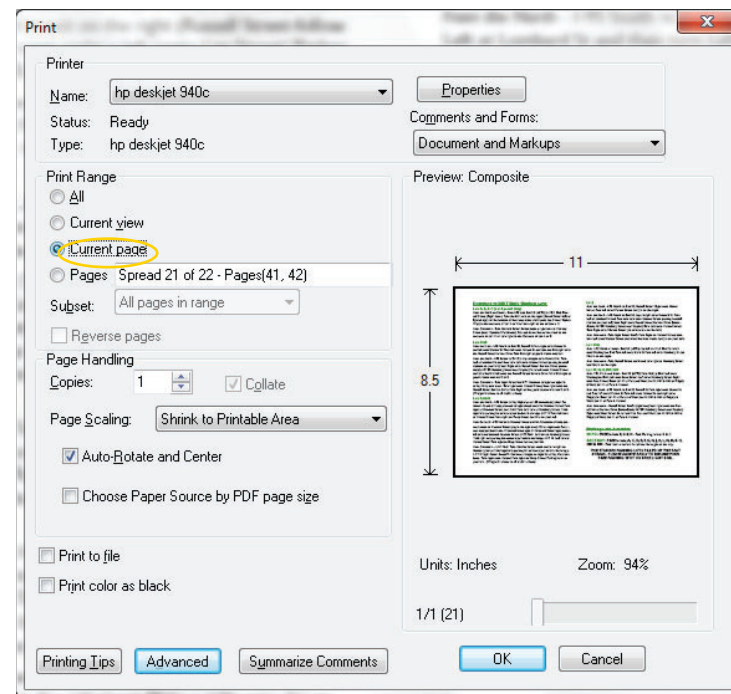
ALL THE LINKS IN THIS DOCUMENT ARE CLICKABLE AND WILL OFTEN TAKE YOU TO LARGER PICTURES OR MAPS AND MORE DETAILED INFORMATION THAN THE TEXT INCLUDED IN THIS BOOKLET.

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.

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Welcome to the 21st 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.



We are excited you have decided to join us for the 21st annual Frederick Running Festival. 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 will return home to the sound of cheering friends and family at the Frederick Fairgrounds!

Since 2003, an estimated total of \$33 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 \$550,000 for charity?

Local charities such as Athletes Serving Athletes, What Would Stew Dew Fund, Special Olympians 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 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 email on Monday, May 1st by 3pm. Race bibs and timing chips will be available for pick-up at two Road Runner Sports locations as well as at the Health and Fitness Expo at the Frederick Fairgrounds as outlined in this packet. Information on claiming your race materials is described in detail 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.



A CORRIGAN SPORTS EVENT

Schedule of Events



Tuesday, May 2, 2023

Bib Pick-Up at Road Runner Sports in Rockville
1807 Rockville Pike, Rockville, MD 20852

4pm-7pm

Wednesday, May 3, 2023

Bib Pick-Up at Road Runner Sports Columbia
6630-C Marie Curie Dr, Elkridge, MD 21075

4pm-7pm



Saturday, May 6, 2023 (The Frederick Fairgrounds)

Expo/Package Pick-Up	10am - 5pm
Kick Off Party	4pm - 7pm
Live Music on Main Stage	5pm - 7pm
Kids Fun Run	5pm
5K	6pm
5K Awards Ceremony	7pm

Sunday, May 7, 2023 (The Frederick Fairgrounds)

Bag Check in Building 7	6:00am-11:00am
Opening Remarks & Final Instructions	6:45am
Frederick Foot and Ankle Half-Marathon & Relay Start	7:00am
Frederick Foot and Ankle Half-Marathon /Relay Awards Ceremony	9:15am
Visit Frederick Celebration Village Activities (Track Infield)	8am-12pm

Awards Ceremonies on Main Stage in Celebration Village

Beer Service at the Frederick Run Fest presented by Frederick Foot and Ankle

Michelob Ultra is the official and exclusive beer partner of the Frederick Foot & Ankle Frederick Running Festival. At the conclusion of each participants race, they'll have the opportunity to enjoy (2) complimentary Michelob Ultra or Cutwater products.



General Manager of Wantz Distributors, Jason Jachowski said "We are really excited to rejoin the Frederick Running Festival as the official beer partner. We look forward to celebrating the hard work of all the participants with a cold Mich Ultra."

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.

Charity Chasers

This year, we will have two charity chasers in the Frederick Running Festival. Officer David Sowers will be running the Half Marathon in effort to raise fund for the Special Olympics. Sergeant Palkovic and Officer Tony Lawson will participate in the 2-person relay to raise funds for the "What Would Stew Dew Fund". Corrigan Sports and the Frederick Running Festival will donate \$1 to the "What Would Stew Dew" fund and the Special Olympics for every person that Officer David Sowers, Sergeant Palkovic and officer Tony Lawson pass during 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.

PRIOR TO PACKET PICK-UP: On Monday, May 1 by 3pm you will receive an email with your e-registration that will include your personal information as well as a QR code. **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.

PICK-UP FOR A FRIEND: Individual runners are asked to pick up their own bib. (*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 QR code (that you will receive via email the week of the race) AND a copy of your photo ID.

EARLY BIB PICK-UP: With your QR code 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 Road Runner Sports 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.**)

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 6th from 10am to 5pm. 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.)



Register Online Until May 5

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.

QR Code Email

On Monday, May 1 by 3pm, you will receive an emailed QR code 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 customerservice@corrigansports.com and we will be able to help you troubleshoot your issue.

PLEASE **bring a copy** of the QR Code email (printed out or on your smart device.) You will use this QR code 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.)** There will be a solutions desk in this building where you can troubleshoot your entry if necessary.

STEP TWO: Once you have your QR code, (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.

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 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 gender 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 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 after the race on Saturday.

While 5K (including Nut Jobbers) and Kids Fun Run participants are welcome to come to the early pick up sites to claim their bib and shirt, 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.

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



FOLLOW US ON SOCIAL MEDIA



@Frederick.Running.Festival



@RunFrederick



@FrederickRunFest

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 check boxes for your post race beers. Please allow the volunteer to mark these tabs.

Race Premium Sizing & Exchanges

You must present the sticker from your race bib to receive your premium. PLEASE ALLOW THE VOLUNTEER TO DO SO. **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 you are using a phone 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.

Restaurant Partner



Frederick Social, Downtown Frederick's first self-serve taphouse offers local craft beer, wine and cocktails, healthy vegan and carnivorous options. With over 3000 square feet indoors and another 1,000 square feet outdoors you are sure to find a spot for any size party!

Enjoy 15% off your dine-in order on Saturday and Sunday when you show your bib or medal!

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

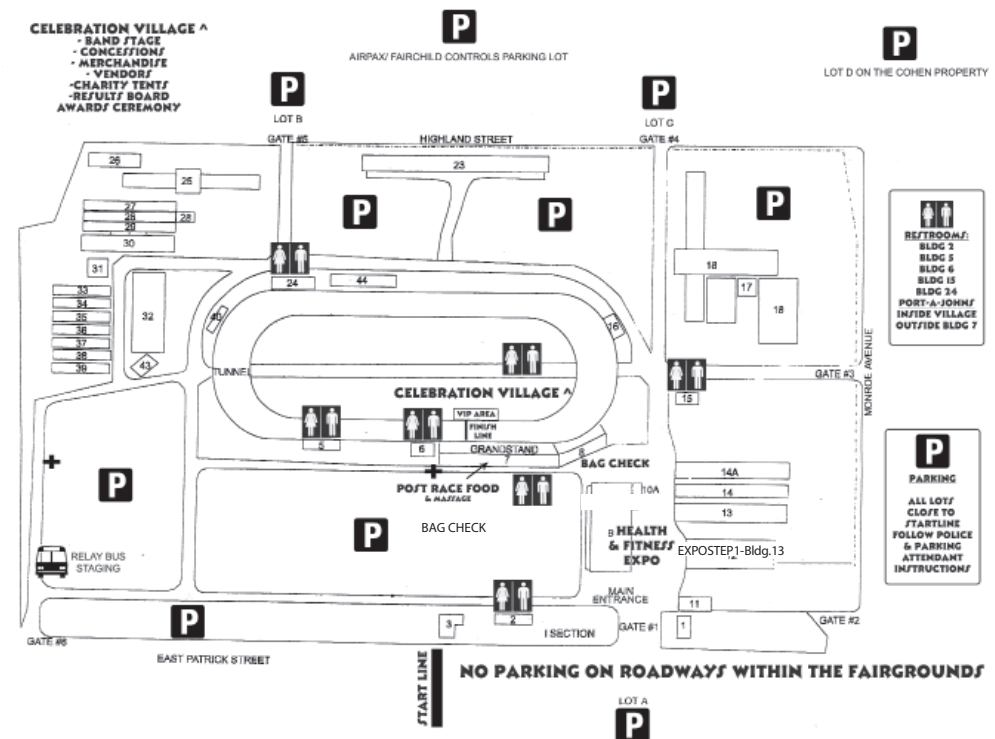
PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS.

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.



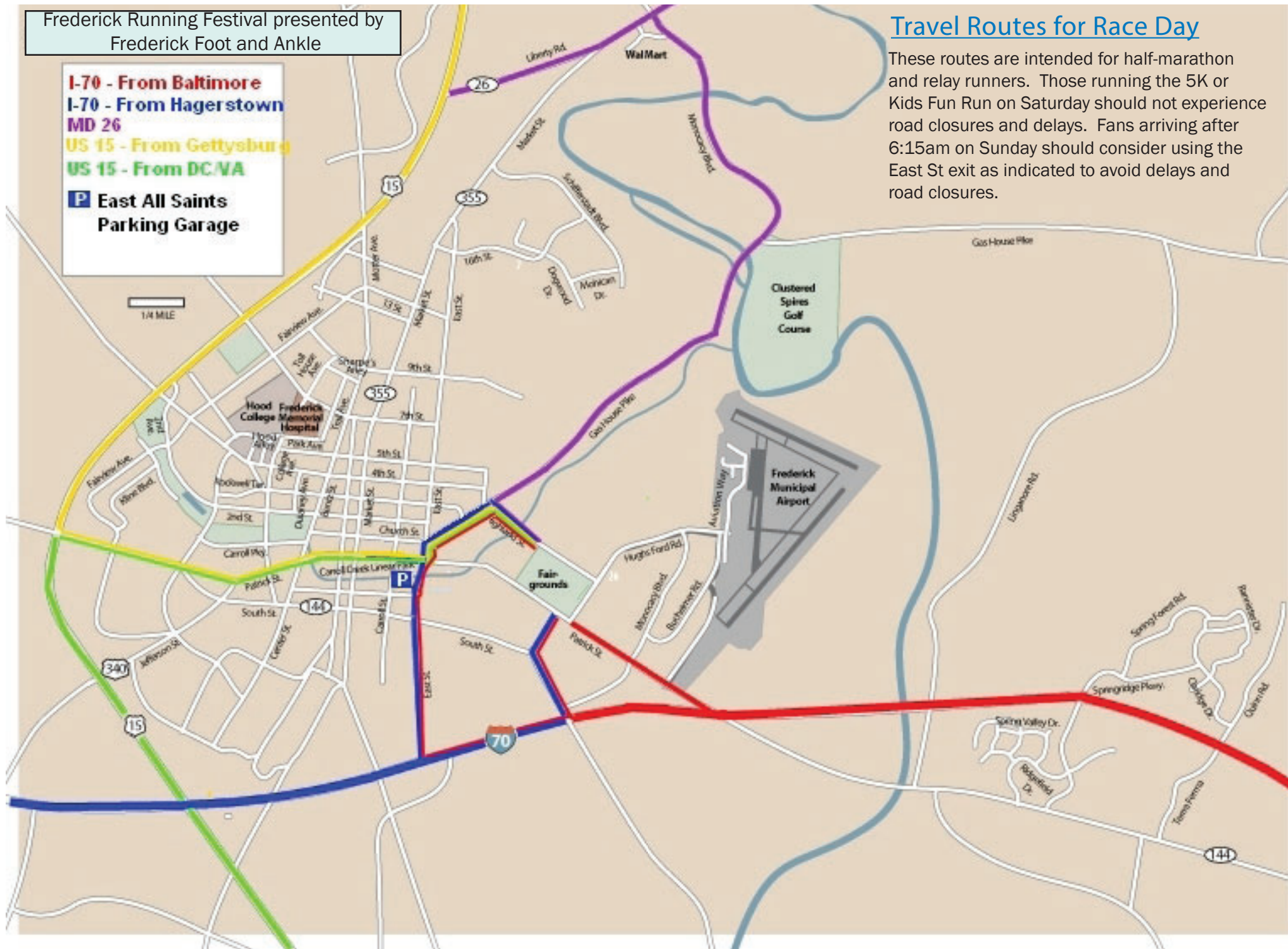
Frederick Running Festival presented by
Frederick Foot and Ankle

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

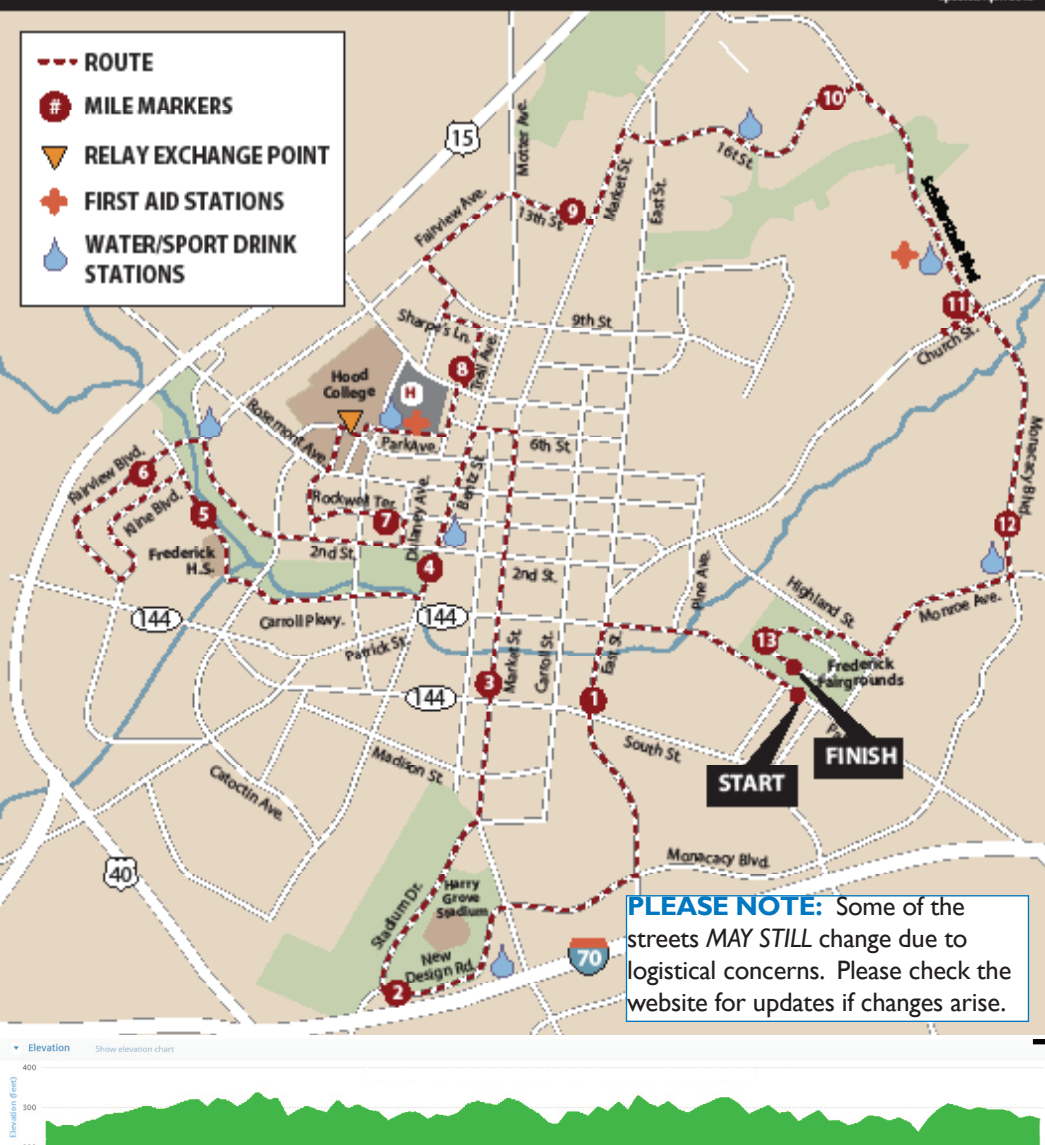
Travel Routes for Race Day

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 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



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>

Frederick Foot and Ankle 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.

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, 4.1, 6.2, 7.7, 9.5, 10.8, 12.1 and Finish. Water & Gatorade will be available at these locations. Fruit and UTZ will be available at aid stations at mile 6.2 and mile 10.8 on the course. 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.



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, and 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 check boxes on the bib. These can be redeemed for complementary Michelob Ultra at the beer stand.



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 Harris Teeter and [are for runners ONLY](#). Please be courteous to the other participants and take only one product from each station.



Harris Teeter
delivery

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!



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.

Tracking link: <https://register.chronotrack.com/event/tracking/eventID/71734>

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.

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. Age Group Awards 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.



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.

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 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

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.

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 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

The 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 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 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 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 Road Runner Sports pick up sites to claim their bib and shirt, 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).

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 9 to pick up their race shirts.

Race Day Photos



MarathonFoto will take official photographs along the course and at the finish line and produce a whole line of products featuring your photos. Be sure to keep your race number uncovered and in clear view.

We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph. Proofs of your photo with ordering information will be available online a few days following the race. MarathonFoto will send you an email as soon as your photos are ready

We encourage you to post your photos to your Facebook and Instagram using the #FrederickRunFest once they go live after the race and share your race experience with your friends and family. You will receive an email from MarathonFoto as soon as your photos are ready.

Photo tip: 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



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, 10.8 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, 4.1, 6.2, 7.7, 9.5, 10.8, 12.1 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.



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 Harriar Teeter 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: The J Paris Band
 - Sunday: The Vertigo Red Band
- ✓ 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 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.

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.

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.



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

<http://ow.ly/5w8N50INu4H>

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,



THE KING CRAB CHALLENGE

The realm is up for grabs and we are looking for new members to try to take down the throne! Anyone daring enough to embark on this journey will be crowned as a lord of the King Crab Challenge.

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 that quest. Corrigan Sports is ready to throw down its latest gauntlet and summon all runners to take on THE KING CRAB CHALLENGE presented by Ketel One Botanical in 2023!



Members of the kingdom who finish the Frederick Running Festival (May 7, 2023), the Baltimore 10-Miler (June 3, 2023) and the Baltimore Running Festival (Oct. 14 2023) will join the small council and be dubbed King Crabs, taking home riches worthy only of royalty!



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 Delaware Running Festival (April 23, 2023), Frederick Running Festival (May 7, 2023) and the Baltimore 10-Miler (June 3, 2023).

Runners who complete all 3 races get an extra Big Freakin' Medal to add to their collection. In addition, those who register for the BFD Challenge as a bundle save up to \$5 per race. That's \$15 off when you sign up as a bundle. Other surprise offers will come throughout the Spring. Didn't participate in the Delaware Running Festival this year? Keep the BFD Challenge in mind for 2024!

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

King Crab and BFD participants are invited to the VIP tent on the main stage on race day! Just show the security guard the blue sticker on your bib to enter.

Runner Tracking

Runner tracking will be available on race day, allowing spectators to follow friends and family by receiving real-time text message updates and splits. You can electronically track multiple runners on the course by searching for the athlete name on the website below. Updates will be received as runners cross the various checkpoints, as well as once they cross the finish line.

Register for tracking here: <https://register.chronotrack.com/event/tracking/eventID/71734>

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.

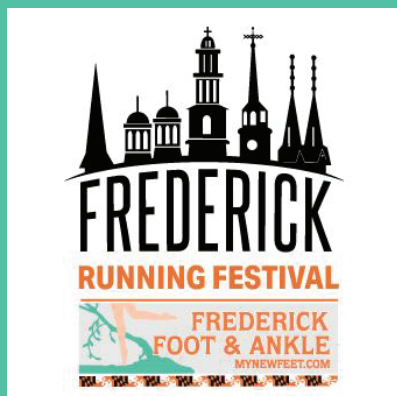
Check your email inbox for your Virtual Event Bag on Tuesday, May 2.





Visit Our Booth & Enter to Win!

WIN a FREE Hyperice Hypervolt Go 2!



Must have valid race registration to enter.
One entry per person.

Winner will pick up the massage gun at our Frederick office, they will have 48 hours to respond.
The 2 winners will be announced on our Facebook page.

**2 Winners will be announced
Wednesday, May 10th**

GREAT PLACES TO STAY FOR RACE DAY 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.





SHOP TODAY!

SAVE On Race-Ready Shoes & Gear



**Join the VIP Family &
ENJOY \$10 INSTANT
REWARDS CASH
To Spend Today!***

Already a VIP?

EARN 2x REWARDS CASH On Today's Purchase*

*Some exclusions may apply. See store for details.