



USING THIS HANDBOOK

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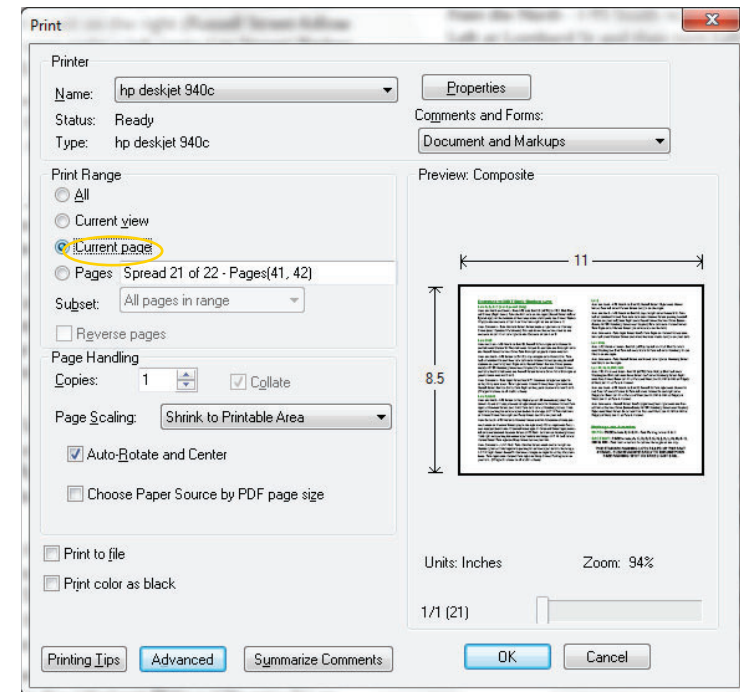
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Welcome to the 23rd running of the Frederick Running Festival.

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 23rd 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!

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, the What Would Stew Dew Fund, the Special Olympics, 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, the 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, April 28 by 3pm. Race bibs and timing chips will be available for pick-up at several Road Runner Sports locations as well as at the Nava Health and Fitness 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://runsignup.com/Race/RegistrationLookup?raceId=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.



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

@Frederick.Running.Festival

A CORRIGAN SPORTS EVENT



Schedule of Events



Tuesday, April 29, 2025

Bib Pick-Up at Road Runner Sports- Rockville 4pm-7pm
1807 Rockville Pike, Rockville, MD 20852

Wednesday, April 30, 2025

Bib Pick-Up at Road Runner Sports- Elkridge 4pm-7pm
6630-C Marie Curie Dr, Elkridge, MD 21075



Saturday, May 3, 2025 (The Frederick Fairgrounds)

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

Sunday, May 4, 2025 (The Frederick Fairgrounds)

Bag Check in Building 8 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 band Stage in Celebration Village



2025 Charity Chasers

This year, we have THREE charity chasers that will be participating in the Frederick Running Festival to raise money for their cause. Each of the below participants will start their race dead last. For every runner they pass, Corrigan Sports Enterprises and the Frederick Running Festival will donate \$2 to their charity of choice.

Athletes Serving Athletes

Judd Serenko will be participating in the twilight 5K on Saturday night to raise money for Athletes Serving Athletes. Last year, \$2,140 were raised. To learn more about Athletes Serving Athletes, visit [HERE](#).



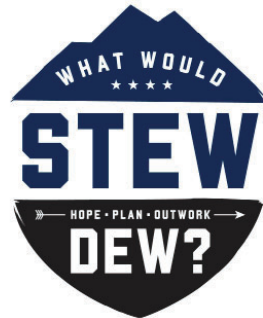
The Special Olympics

For the third year in a row, Officer David Sowers will be running the Half Marathon in an effort to raise funds for the Special Olympics. Last year Office Sowers raised \$4,605. To learn more about the Special Olympics, visit [HERE](#).



What Would Stew Dew Fund

For the fourth year in a row, friend of the Alcorn family, Catherine Scott, will take on the Half Marathon as the official charity chaser for the What Would Stew Dew Fund. Last year, Catherine raised \$4,286. To Learn more about the What Would Stew Dew Fund, visit [HERE](#).



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, April 28 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 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 captains 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 in case of any issues. Please limit to picking up one extra packet out of courtesy to others in line.

Proud Supporter of the Frederick Running Festival

Cooling • Heating
Water Heaters • Plumbing
Electrical & More

SERVICE
SAVE \$60* 
on your next service call.


888-243-HOME
ConstellationHome.com

*Present this coupon to the Constellation Home representative at the time of the repair. Coupon not valid with any other promotion. Excludes previous purchases. Expires 12/31/25. #10605, #13060, #89794, #MP-11256, #72758, #2273



Register Online Until a Sell Out

Online registration will remain open until we sell out. 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, April 28 by 3pm, you will receive an emailed e-registration that will include your personal information as well as your QR code. 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 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 Nava Health & Fitness Expo Race Packet Pick Up

STEP ONE: Start in Building 13 at the Frederick Fairgrounds. **HAVE YOUR QR CODE READY (printed or on your phone.)** 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 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 and your shirt size sticker.

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.

All participants will receive the shirt size they registered for. 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 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 4pm prior to the start of your race and 5K and kids run shirts WILL NOT be available for pick up on Sunday. Shirts will not be available for pick-up after your race or 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 2 and attend packet pick up on Saturday to collect their bib and race shirt.

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



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 mark these tabs.

Race Premium Sizing & Exchanges

You must present the size sticker on your bib to receive your premium.

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

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.

FREDERICK FOOT & ANKLE MYNEWFEET.COM Visit Our Booth & Enter to Win!

WIN One of Two \$150 Gift Cards to Charm City Run

CharmCityRun
the sole of the city

Must have valid race registration to enter
One entry per person

2 Winners will be announced
Wednesday, May 7th

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

May be used at any Charm City Run location, may not be redeemed for cash.

2024 Best of the Best Winner!

Runner's Gear Check

All Sunday runners may check their gear at the Gear Check Area located in Building 8 at the Fairgrounds. Gear check hours on Sunday are 6am-11 am. **There will be no Gear Check for Saturday races.**

You may use your own small bag for bag 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 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.



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.

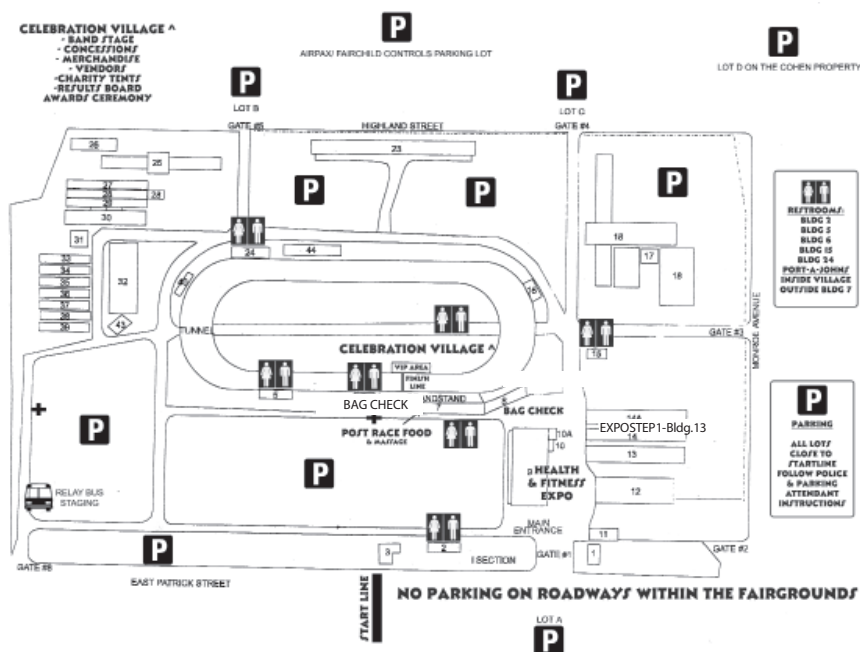
Most lots are adjacent to the fairgrounds. Please follow signs and the police and parking attendant's directions to assure smooth traffic flow.

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.

NOTE: Those who choose to park in the Highland Street lot, may experience delays when exiting the lot until 10:30am due to the course changes.



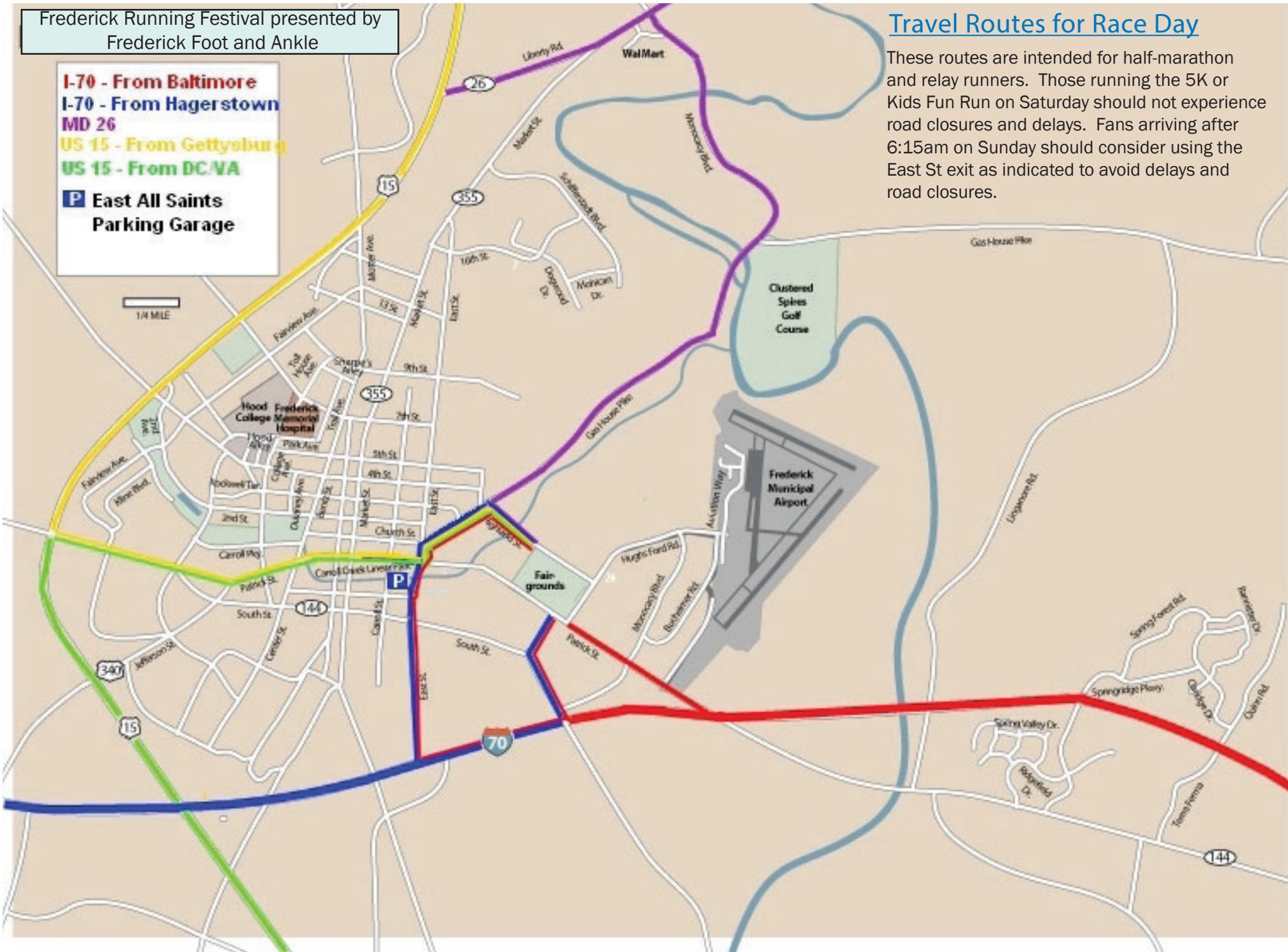
Frederick Running Festival presented by
Frederick Foot and Ankle

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 Feb 2025



To view a larger map, please visit: <https://bit.ly/3YJULbQ>

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.**

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, 4.5, 6.5, 7.9, 9.5, 11, 12 and Finish. Water & Gatorade will be available at these locations. 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 or back 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.



PLEASE NOTE: In 2025, the Half-Marathon route (and Leg #2 of the relay) will be adjusted slightly to accommodate construction on Monroe Ave. near the fairgrounds. To avoid the construction, runners will make the usual right on Church St. but rather than making a U-Turn back to Monocacy Blvd., runners will continue on Church St. to Highland St. and enter the fairgrounds at Gate #4 as they have previously done before making a counter clockwise loop around 1/2 of the infield track.

To adjust for distance, the route will also change near Mile 3.75 where runners will now turn left on 5th St. (rather than 6th St.) and traverse back to Bentz St. by way of Evergreen Pl. Please make note of these changes.

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, water and post race fruit and snacks. Additional refreshments for runners only will be located in infield. The finish line facilities will close promptly at 10:30am.

All of-age runners have drink check boxes on each race bib. (under age runners will have the check boxes crossed out.) 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, Gatorade and bottled water will be available at the finish line courtesy of Giant 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 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

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. Results will also be available on our website in near real time.

Results: <https://www.athlinks.com/event/28522/results/>

Awards

Awards Ceremonies for the top finishers will be held at 6pm on Sat. for the 5K and 9:15am Sunday for the Half & Relay on the band 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. Trophies 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+ *(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	8.1 mi.
#2	Hood College	The Fairgrounds	5.0mi.

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. 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.

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). 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 tag their relay partner at the relay exchange point. Timing mats may be located after the exchange area. 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.

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 Nava Health Expo **BEFORE** their race on Saturday. The expo closes at 4pm prior to the start of the 5K race and 5K shirts **WILL NOT** be available for pick up after the race nor 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

5K Course Information

The 5K will start & finish on the track at the Fairgrounds. The course will run on Monroe to Highland St. and up East Church St. before heading back to the Fairgrounds. The course map is posted here:

<https://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 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 5pm on Saturday, May 3. 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 band stage at 6pm. *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	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. 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).

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.

Finishing the Kids Fun Run

Upon completion of the race, the kids will receive a finisher's medal in the fun zone. 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 through the Expo to pick up their bib and race shirts.

Race Day Photos

FinisherPix 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 you race number uncovered 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 event.

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 friends and family.

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.

Photo Link: <https://www.finisherpix.com/en/event/9033/>



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.

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, 4.5, 6.5, 7.9, 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.



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 Safeway 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: Tunnel's End
 - Sunday: Crashed Chords
- √ Awards on the band 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 8 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.

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.

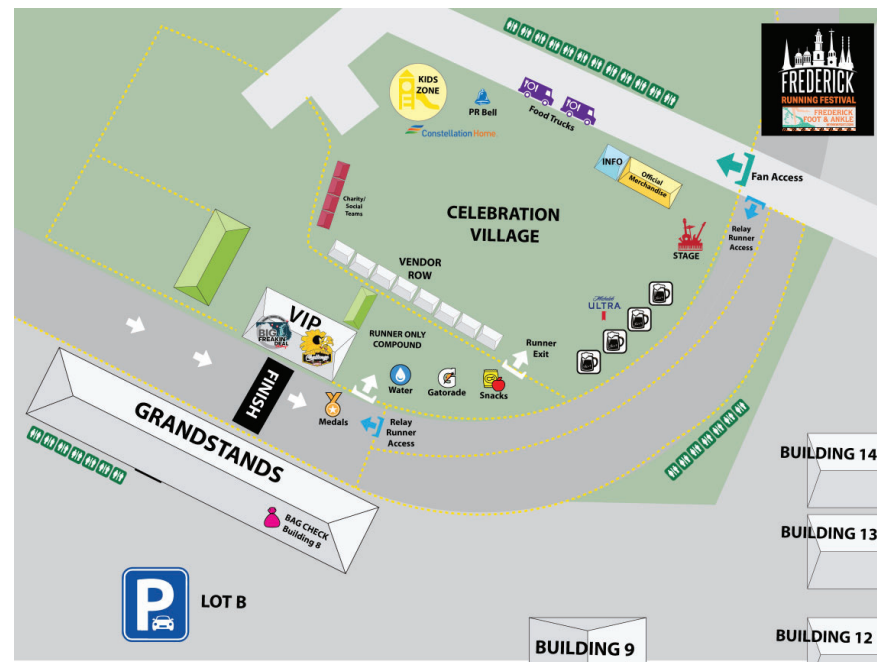
Sign up for runner tracking here:

<https://www.athlinks.com/event/28522/results/Event/1075505/Results>

Sunday Village Map

VISIT
Frederick
CITY & COUNTY
MARYLAND

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/4jl3WaX>

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,



Black Eyed-Susan Challenge

Those who register for the Black Eyed Susan Challenge will receive a medal at the Baltimore 10-Miler in addition to medals earned from each of the two running festivals as well as the new Black Eyed Susan Medal to proudly display. (The Black Eyed Susan medal as well as the I love Maryland beach towel will be awarded at the Baltimore Running Festival.)

Those who complete the Black Eyed Susan Challenge are some of our most loyal runners. We will honor that commitment at each race with a special VIP tent for those in the challenges. NEW IN 2025– Challenge Runners will be invited to the VIP tent overlooking the finish line to take in the 25th Anniversary Celebration at the Baltimore Running Festival! Here you will enjoy complementary Smirnoff Ice Smash beverages as well as have the opportunity to celebrate (and commiserate) with other like minded runners who are also completing the challenge! Our way of saying THANK YOU!



Big Freakin' Deal 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 6, 2025), Frederick Running Festival (May 3 & 4) and the Baltimore 10-Miler (June 7, 2025).

Following the Baltimore Ten Miler, you will receive your BFD medal for completing the 3 races. It points out the 3 cities in the the two states you run in and is glittery and huge– 7" and over 1 lb in size!



The Black Eyed Susan and BFD participants are invited to the VIP tent on the main stage on race day! Show the security guard the red sticker on your bib.

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/85299>

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, April 29.



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.



866-567-7075
info@teamtravelsource.com

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.

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#RunFrederick

