



**Maryland's BIG TIME Race
with Small Town Charm**

MAY 2 - 3, 2009

Expo and Packet Pick Up for all Adult Races

You **MUST** pick up your Race Packet at the Health and Fitness Expo. The Expo is located in BUILDING 9 at the Fairgrounds. You may park for **FREE** at the Fairgrounds while picking up your Race Packet. The Expo hours are as follows: Saturday, May 2 11am-8:30pm **THERE WILL BE NO REGISTRATION OR PACKET PICK-UP ON RACE DAY.**

STEP ONE: Proceed to the appropriate alphabetical line you will pick up an index card with your personal information as well as your race number.

STEP TWO: Once you have received your index card, please proceed directly to the Race Number Pick-Up area located in the center of the Expo floor. Here you will receive your race number with a "D-Tag" timing responder pre-attached.

STEP THREE: Premium Gear stations are located throughout the Expo floor. You must present your index card to receive your shirt. You will receive the size you requested when registering. There will not be any exchanges of sizes until after the 5K race.

Notes of Caution to Runners

Here are some important things to keep in the back of your mind as you make your way around the course:

- Marathon and relay runners will navigate the scenic Carroll Creek Linear Park. We will have road marshals in this area to help guide you. You will enter the park via a gravel access road. Please watch your footing. To exit the park, runners will cross over the beautiful Iron Bridge and exit onto East Street. Runners must step down off of the curb onto East Street.
- If you haven't reached the Wal Mart parking lot

RUNNERS INSTRUCTION BOOKLET

Runners who registered prior to April 13th will receive a Runner's Instruction booklet in the mail by Saturday. The booklet includes all the important information you need as you prepare for race day. It will answer many of your questions and will describe the Who, What, When and Where for all of the activities related to your event. We ask that you read the **ENTIRE BOOKLET** as it will ease some of your race day anxiety and allow you to focus your attention on running the event. Thank you in advance for your cooperation. If you can't wait for the printed version, [VISIT THIS LINK](#) for a PDF version of the booklet.

WHAT IS NEW AT THE 2009 FREDERICK RUNNING FESTIVAL

Many of you have participated in the Frederick Running Festival in the past but there are some important changes that every runner should know as they prepare for the 2009 event. Here is a quick list of some of the new things you should prepare for:

NEW EXPO VENUE- This year, the expo will be held in BLDG 9, the newly refurbished main exhibit all at the Fairgrounds.

NEW TRAFFIC PATTERNS- The police worked hard to come up with

(MILE 9) by 8:50, or the Spring Ridge Pool House (MILE 21) by 11:30, you will not be allowed to continue on the course, as there is no shoulder on these roads (Gas House Pike, and 144) and they will be reopened to vehicular traffic. Police will strictly adhere to the 14 minute pace for runner's safety along this stretch.

Parking on Race Day

PARKING ON RACE DAY WILL BE AT THE FREDERICK FAIRGROUNDS AND SURROUNDING LOTS. ALL LOTS ARE ADJACENT TO THE FAIRGROUNDS. PLEASE FOLLOW SIGNS AND THE POLICE AND PARKING ATTENDANTS DIRECTIONS TO ASSURE SMOOTH TRAFFIC FLOW.

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 in your confirmation booklet

Please be mindful that area roadways will begin to close at 5:45am for the marathon, 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.

a traffic plan to help ease some of the delays from last year. PLEASE follow the police and parking attendant instructions. ALL LOTS are close to the startline-- even if you think they are sending you away from the grounds, you will end up with Rock Star Parking! [A Parking Map is located on the website](#)

D-TAG TIMING- This new technology is the greatest thing since sliced bread. It will ease the packet pick up and post race process with no chip to return or loose.

NEW START LINE- The race will start on E. Patrick St this year. It will be clearly marked by a giant red start arch so you won't miss it-- unless you head to the 2008 start line. The fairgrounds has five restrooms buildings and we will have Port-A-Johns located near BLDG 7 as well.

ROUTE CHANGES- As recently as last week, minor adjustments were made to the race route. These are noted on the website map and turn-by-turn.

Please read your confirmation booklet once it arrives and refer to the website for up to the minute details.

Withdrawal, Deferment, Downgrade, Relay Substitutions and other Changes to your Race Status

We all know that injuries often arise during training after we have registered for a race. The Frederick Running Festival has different options should this happen to you. We ask that you make your decision as early as you can to avoid issues and possible loss of fees. **The LAST DAY to make any edits to your registration is April 27 at 10am. No changes can be made to the database after this time as bib numbers will be assigned and provided to the timing company.**

WITHDRAWAL

If you choose not to participate in any race this year and would like your entry fee to be donated to charity, we ask that you contact our offices by phone (410.605.9381) or email (ltompson@corriganports.com) so that we will make the change in the system. and open your spot up for another runner. If you do this you will waive your rights to your race premium as well.

DOWNGRADE

If you cannot complete the distance you registered for but would still like to participate in the Frederick Running Festival, you may downgrade to a lesser distance. You will not be given a refund for the difference in entry fee. To do so, please call (410.605.9381) or email (ltompson@corriganports.com) your request and we will make the change in the system. Your new race confirmation will be listed on our online confirmation page. We encourage you to make this decision early as possible as we cannot add runners to an event once its capacity is reached.

REFUNDS AND TRANSFERS

The Frederick Marathon Weekend does not allow for refunds or transfers of entry fee.

DEFERMENTS TO 2010

The Deferment Deadline has passed. All deferment Requests were to have been made by April 20.

UPGRADE

If your training is ahead of schedule and you would like to upgrade from the half-marathon to the full you can easily do this. Simply call or write us with a credit card number and pay the \$15 difference in the entry fee and we can make this change for you as well.

RELAY TEAM MEMBER SUBSTITUTION

We cannot refund registration fees once a relay team has been registered. However, it is possible to substitute team members as needed up until April 27 at 10am. We do ask that only the Team Captain make substitutions to the team. To substitute a member of the Relay Team, have all entry information for the current team member and the new team member available. A printable Substitution Application is available on the event website. The form also includes a waiver that the new entrant MUST sign. The completed form can be mailed to the event office or faxed to us at 410-605-9389. Due to the waiver, we cannot accept emailed substitution requests.