



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

MAY 2 - 3, 2009



FREDERICK MARATHON ONLINE STORE OPEN FOR BUSINESS

If the rain kept you away from the Celebration Village or you did not have any cash with you on race day, you can now purchase these and many more items online. Using the same trusted active.com payment system that you registered with, you can now purchase the remaining items from the 2009 race store.

Simply visit [this link](#) and go directly to the online store. Items will be shipped to you in 5-8 days. All shipping and handling charges are included in the price of the item. The purchase will so as a charge from active.com on your credit card statement.

TENT SALE NEXT WEEKEND SATURDAY, MAY 30 AT IF THE SHOE FITS Age Group Awards Pick Up As Well

Join us on Saturday for our Annual Tent Sale at If the Shoe Fits ([Click here for directions](#)). The sale will be held from 10am - 3pm on Saturday, May 30th. We will have all the left over Official Event Merchandise -- shirts, mocks, shorts, mugs, hats, t-shirts -- available at **discount prices**, plus you may purchase a second (or third) **Race Shirt**.

If The Shoe Fits will also have Spring and Summer apparel 25% off and selected Summer sandals 25% off on Tent Sale Day!

PLEASE NOTE: If you live in the local area and are a group award winner, your trophy will be available during this weekend's tent sale as well as the list of local winners is [posted here](#). If your name appears on this list, you are asked to go to If the Shoe Fits to claim your award. If you are an age group winner and not on this list, please contact customerservice@corrigan sports.com and we can ship it to you for a \$6 postage and handling fee.



ORDER YOUR RACE PHOTOS

It is not too late to order your race photos from this year's event. Show off your accomplishment and capture the memories by choosing race day

THANK YOU!

Dear %%First Name%%:

On behalf of the City of Frederick, our Title Sponsor CareFirst and Corrigan Sports Enterprises, let me once again thank you for your support of the 2009 CareFirst Frederick Running Festival. We try very hard each year to make this event one of the best on the spring racing calendar and could not do that without the support and input from each and every one of our participants.

This year we were NOT blessed with the best of weather. The weekend full of rain definitely put a damper on the race day events. Although the weather was not ideal for a spring race, we would like to thank everyone who participated, volunteered and cheered in the rain.

We have reviewed the survey results and recapped the day events with the pertinent parties within the City of Frederick and have come up with the following list of improvements that we will act on for 2010.

1) **Parking:** This was much improved from 2008 but we still have some work to do. The plan was originated by the local police and city services based on what they do during the Fair. We will continue to work with them to improve both the ingress and egress from all lots.

2) **Improved Expo and Packet Pick-Up Process:** Moving into Building 9 was a big improvement and gave us a lot more room. For the future, we will look at the expo hours and consider making adjustments. There were also requests for better quality vendors. We work hard to get the best quality vendors at our race. The first weekend in May is a big race weekend with major events in Cincinnati, Philadelphia,

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NOTE: This year, our partners from MarathonFoto are creating a fabulous results CD and certificate of completion for our marathon finishers. These items are being created now and should be mailed to you in the coming months. The CD will include complete searchable results, a photo slide show, video segments from race week and many other unique features. **REMEMBER**, these are only delivered to full marathon finishers. Runners of other races do not receive a certificate or CD.

Marathonfoto Customer Service staff is available to assist you:



Phone: 1-800-424-3686 or Outside US 1-641-472-6892 Online: http://www.marathonfoto.com/customer_service.cfm
Mail: MarathonFoto, 2280 West Tyler, Fairfield, IA 52556

DO THE MARYLAND DOUBLE Great Incentives for Participating in Both Races

If you are still looking for a Fall race to complement your Spring running of the Frederick Running Festival, we encourage you to consider participating in the Baltimore Running Festival held October 10, 2000. Baltimore is Maryland's largest running event and features a marathon, half-marathon, team relay, 5K and kids fun run. Corrigan Sports manages this race as well and welcomes your participation in both events.

By registering for the Marathon or Half-Marathon distance in both races, you will receive a special Maryland Double medal to add to your collection.

To take advantage of this special offer, simply register for the Baltimore Running Festival prior to August 1. Then send us a copy of your confirmation and we will add you to the list. As of today over 1000 runners have already signed up to [DO THE DOUBLE!](#) Register today as the rates for Baltimore increase soon.

For additional information on the Baltimore Running Festival, visit www.thebaltimoremarathon.com



Indianapolis, Pittsburgh and others so vendors must choose where to send their staff.

3) **Water Stops:** We will make signs stating which stops have gel, energy bars, and other snacks. Along with that, we also work with our water stop volunteers to make sure they spread the water tables out and that the order of the water and Powerade distribution is consistent from stop to stop.

4) **Clocks on the course:** Due to the bad weather, we were unable to put clocks out on the course. We understand that this was a disappointment to many, but if they were on the course many of them would have malfunctioned and not been accurate.

5) **Race Route & Start Time:** As we do every year, we will evaluate the race route so we can provide the best possible course for our runners while making the least impact on local business, church services and neighborhood activities. We heard from many of you that you enjoy the variety that the current course offers and some even enjoyed the hills. We also heard requests to change the start time. The early start has been mandated by the City of Frederick to lessen the impact on the downtown area but it is something we plan to revisit with them once again.

Once again, we thank you for your participation, support, and feedback on the Frederick Running Festival. Your opinions and suggestions are a valuable part of our event improvement plan. We are committed to creating a fun, friendly, (and hopefully dry!) race for everyone that will continue to get bigger and better every year. Once again, we received high marks as 92% of you who participated in the survey reported that you would recommend our event. We appreciate your vote of confidence.

We hope to see you again next year as we run the 8th Annual CareFirst Frederick Running Festival on May 2,, 2010!!

Sign up today for the Race for Our Kids!



Join us for the fifth annual Race for Our Kids on June 7, 2009. All proceeds benefit pediatric oncology at the Herman & Walter Samuelson Children's Hospital at Sinai. The race features 5K and 10K USATF certified courses as well as a 1 Mile Family Fun Walk and has something for everyone - from the elite runner to the novice weekend warrior. Amenities include \$7,500 in cash prizes, an Under Armour shirt and a post-race party sponsored by The Classic Catering People.

5K/10K - The 5K and 10K courses offer rolling hills and beautiful scenery throughout the Mt. Washington neighborhood in Baltimore. You can run or walk the 5K (3.1 miles) course and it is a great distance for those looking for more than the 1 mile walk distance. The 10K (6.2 miles) is more challenging and features \$7,500 in cash prizes.

1 Mile Family Walk - The 1 Mile Family Walk travels around the Sinai Hospital campus and is great for families with children or those who want to participate in the race without completing the 5K or 10K. The Sinai Hospital Auxiliary hosts an interactive, themed walk with lots of fun surprises!

For more information or to register, visit www.raceforourkids.org or call 410-601-9328. We hope you will join us - together we can make a difference!

Alzheimer's Association Team Unforgettable

5.2 million Americans are living with Alzheimer's disease. Half a million are under the age of 65. Every 71 seconds, someone new is diagnosed. This is **the** health crisis of our time. **Be part of the solution – join Team Unforgettable for the Baltimore Running Festival in 2009.** When you join Team Unforgettable, we will provide you with: your event entry, expert coaching, fundraising support (including your own personal fundraising webpage), a pre-race pasta dinner, race day apparel and a group of runners who will motivate and inspire you. By running with us, you will provide help and hope to the 5 million Americans living with Alzheimer's disease, and support for the families who love and care for them.

Training begins in June, with teams training in Baltimore, **Frederick** (new for 2009) and Salisbury (new for 2009)! Information Meetings will be hosted in May. Call 410.561.9099 or dates / locations near you, or visit www.alz.org/maryland for more information.

RUN FOR RAGS at the Survivor Harbor 7 on June 14, 2009

As many of you know, Corrigan Sports suffered a great tragedy last June when our Vice President of Operations, Mark Ragonese was paralyzed while setting up for the Survivor Harbor 7 race in Baltimore. As the one year anniversary of the accident and the race approach, we invite you to join us as we RUN FOR RAGS on June 14, 2009.

The organizers of the Survivor Harbor 7 have designated the 4-Mile distance in honor of Mark Ragonese and we are putting together a team to participate and run in honor of our fallen hero. Registration for the event is available by [visiting this link](#).

Once you have registered to run, you can create a personalized Fundraising Page that will assist you in soliciting donations to be directed to the Ragonese Family Trust for your participation in the Survivor Harbor 7 in honor of Rags. Visit <http://www.active.com/donate/rags> and click on "BECOME A FUNDRAISER" on the top of the page to create a fundraising page.
