



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

MAY 2 - 3, 2009

2009 REGISTRATIONS STILL COMING IN Participation Up From Last Year

If you or someone you know has not yet registered for the CareFirst Frederick Running Festival, now is the time to do so. We are just THREE MONTHS away from race day and spot are filling quickly. All races sold out prior to the expo in 2008 and at this pace, the same will happen in 2009. We encourage all runners to **sign up early**.

We have once again set field limits so that we can assure the comfort of all runners (see below). Although we are still far from those numbers today, if the registration rate continues at the current pace, we will SELL OUT AGAIN! To add to the urgency, rates will increase by as much as \$20 as of April 1st.

To Register Today, [VISIT THIS LINK](#) to go to the Registration site.

Full Marathon	1500 runners permitted
Half-Marathon	2500 runners
4-Person Relay	150 teams
Twilight 5K	1000 runners
Kids Fun Run	250 runners

NEW EXPO BUILDING AT THE FAIRGROUNDS Newly Renovated Building 9 Will Host Health & Fitness Expo

Great news for all participants and expo attendees! In 2009, the Frederick Running Festival Health & Fitness Expo will be held in Building 9 of the Great Frederick Fairgrounds. This is the largest expo hall available at the site and should make for a more enjoyable expo experience for all runners and vendors.

Our expo will be one of the first events held in the newly renovated building that features a temperature- controlled environment (depending on the the day's weather), wide aisles, interior bathrooms, drop ceiling and much more.

This will open the expo area up to allow easier flow for packet pick up, as well as more vendors and other activities, yet still offer the convenience of having all activities related to the Frederick Running Festival in one central location.

[Visit this link](#) to view a map of the fairgrounds. Building 9 is located just below and to the right of the horse track and grandstands.

COURSE TRAINING RUNS SCHEDULED

The CareFirst Frederick Running Festival is excited to announce that it will once again host group training runs on the course. The training runs are free and are a great opportunity to preview portions of the marathon and half-marathon course as well as to get in some long distances with fellow Frederick Running Festival participants.

The dates and distances for the course training runs are as follows:

- **Feb. 22: 6.5 or 13 miles**
- **April 5: 10 or 20 miles**

The run will start at 6am from the Frederick Fairgrounds We will providing water, Gatorade and other energy snacks on the course. We will also provide turn-by-turn maps for the suggested distances.

In addition to these long distance course runs, our training partner [Fundamental Fitness](#) will host weekly Sunday runs for all paces and abilities beginning this Sunday, Feb. 8. There is NO FEE, but a suggested donation of \$2 for water, gatorade, etc. Please contact info@fundamentalfitness.biz for details.

HOST HOTELS FILLING FAST

The Official Host Hotels of the CareFirst Frederick Running Festival still have rooms available but they are filling fast. All facilities offer convenient access to the Fairgrounds and added amenities for runners, such as late checkout on race day upon request.

Book your room today or [READ MORE...](#)

GAZETTE TWILIGHT 5K OPEN FOR EVERYONE

We invite all runners to join us for the Gazette Twilight 5K to be held **Saturday, May 2 starting at 7pm** at the Frederick Fairgrounds. This is the same location as the Health & Fitness Expo and Packet Pick Up, making it a convenient opportunity to pick up your Sunday race packet then join us for a spirited warm up run.



Marathon, Half-Marathon and Relay Participants can register for the 5K during the same transaction as their Sunday race entry. You will notice this question on the entry form and the fee will appear in your cart when you check out. As added incentive, you will receive a \$5 discount off the entry fee if you register for both races during the same transaction. (Offer not valid if registered separately.)

Even if you are not planning to run on Sunday, we encourage you to sign up for the Twilight 5K and be a part of the excitement, just as over 1000 runners did in 2008!

KEEP PACE WITH THE GECKO

Don't forget that the GEICO Pace Groups will be available for the CareFirst BlueCross BlueShield Frederick Marathon. This has been an extremely popular feature of the Corrigan Sports Running Festival's (even featured in Runner's World) and we are excited to be able to offer them to Frederick again this year.



The GEICO Pace Groups will help you not only achieve your goals, but have FUN, whether the goal is a personal record, Boston qualifier, or simply to cross the finish line! You will be able to sign up for your pace group at the expo prior to race day. [READ MORE...](#)

ENERGY REPLENISHMENT AND HYDRATION Nutrition is a component of marathon success!

One of the best pieces of advice regarding marathon training and consistent preparation for a successful marathon is to eat and hydrate intelligently. Having an informed energy replenishment and hydration game plan going into your marathon or half-marathon is only possible if you are practicing and adapting during the training period. You need to train your digestive tract to manage food and fluids while running. [READ MORE...](#)

Each month the expert staff of If The Shoe Fits provides Frederick Running Festival Participants with information on various topics that will help you as you prepare for race day. If The Shoe Fits is the Official Run Specialty Shop of the Frederick Running Festival. For more information on this other running related topics or to purchase your running supplies, visit www.iftheshoefits.biz



WINTER BLUES?

Forward
to a Friend >