



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

MAY 2 - 3, 2009

**RATES INCREASE ON APRIL 1st
Save as Much as \$20!**

If you have not yet registered for the 2009 Frederick Running Festival you may consider doing so TODAY! Rates for all adult races increase by as much as \$20 if you wait until April to register.

Registration is easy using active.com. Simply complete the online application, enter your credit card number and you are signed up! Corrigan Sports will cover half of your service charge and donate the remaining \$3 of it to area charities that provide volunteers for the event.

Race entries are still pacing ahead of last year when we **SOLD OUT** all races prior to the expo. **DON'T BE LEFT OUT!** Sign up today and **SAVE YOUR MONEY** for your post race celebration!

RACE	SPOTS REMAIN	PRICE TODAY	AFTER APRIL 1
Full Marathon	400 Spots	\$70	\$80
Half-Marathon	600 Spots	\$55	\$65
Team Relay	75 Teams	\$180	\$200
Twilight 5K	750 Spots	\$25	\$30
Kids Fun Run	150 Spots	\$10	\$10



NEXT COURSE TRAINING RUN SET FOR APRIL 5

The organizers of the Frederick Running Festival will once again host an on-course training run on April 5. This is our last scheduled run prior to race day and is a great chance to preview the course and to run one of your longest distances with fellow participants. We will offer courses of 10 and 20 miles to accommodate half and full marathon participants.

Details on the start location, time and suggested courses will be posted on our website prior to the run but mark your calendars and plan to join us on this date.

2009 RACE PREMIUMS ANNOUNCED

The CareFirst Frederick Running Festival announced its premium items for the 2009 event today. "We searched high and low to find the best possible item for our participants," said Laura James, Merchandise Manager for Corrigan Sports. "We really worked hard to find quality items that are practical for our runners. I think we accomplished that and hope the runners agree."

Each race will receive a unique item this year. Marathon runners will receive a Micro-Fleece jacket, half marathoners will take home long sleeve performance shirt; relay runners will earn a short sleeve performance shirt and those participating in the Twilight 5K will receive a cotton T-shirt. [Details and Photos are available at the following link.](#)

NOTE: If you need to change your size, **YOU MUST** do so prior to April 1st. To do so, please email customerservice@corrigansports.com with FREDERICK SIZE CHANGE as the subject.



HOTEL PARTNERS OFFER GREAT RATES Early Start Time Prompted May to Opt In Last Year

One negative of running in our historic downtown area on a Sunday is the proximity to many churches. This forces us to start the race at 6:30am. While starting this early is not unique to our race, we did hear that some participants wished they have secured a hotel room. We worked very hard to secure some great rates and all of our hotel partners are within 5 miles of the fairgrounds and offer some special amenities for runners. For more information on our hotel partners, [visit this link](#).

NEED SOME TRAINING ADVICE? Let the Pros Help

As your training stretches into longer runs, the weather gets warmer and race day approaches, you may have some questions that you would like to run past an experienced runner who has been down this road before.

Each week as we approach race day, the experienced staff of IF THE SHOE FITS will provide you with a TIP OF THE WEEK on various topics related to your race day preparation. These will be posted on our website under [Training](#). We encourage you to check back to this page each week to learn something new about your training.

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



COURSE MAP POSTED Relay Distances Adjusted

[The Full and Half-Marathon course map for 2009 has been posted to our website.](#) The course is very similar to the one ran in 2008 with minor adjustments suggested by our participants and the city services that support our race. The most notable edits include the elimination of South Street and Bowman Farm Road from the course and some additional mileage in the well populated Spring Ridge Community.

The changes have adjusted the Team Relay leg distances slightly. This year, Leg One will be 5.8 miles, Leg Two 7.4 miles, Leg Three 7.7 miles and leg Four 5.3 miles. Participants who run Leg Two and Four will be provide bus transportation to their starting point. Leg Three is just outside the fairgrounds within walking distance. (Runners doing Leg One and Leg Three will have a bus return them to the finishline.) [Additional Relay Information is available on our website.](#)

DEFERMENT AND DOWNGRADE PROCEDURES

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.

DEFERMENT

If you become injured and cannot participate in the CareFirst BlueCross BlueShield Frederick Marathon Weekend in any capacity in 2009, you may defer your race entry until 2010. There is a \$25 processing fee to do so. To take advantage of this offer, please mail a note stating your request along with a check payable to the Frederick Marathon to the address listed at the bottom of this message. (This process cannot be completed via email or phone as we need written confirmation and payment to process your request.) Your deferment confirmation will be listed on our online confirmation page. In early 2010, you will receive a customized race application that you must return to the event headquarters to complete the process. **ALL**

DEFERMENT REQUESTS MUST BE RECEIVED WITH PAYMENT BY APRIL 20th.

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 (customerservice@corrigan sports.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.

The Frederick Running Festival does not allow for refunds or transfers of entry fee.



⇨ FORWARD TO
A FRIEND