



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

MAY 2 - 3, 2009

2009 REGISTRATION FIGURES UP Sign Ups Have Increased Over 15% From Last Year

The past success of the Frederick Running Festival continues as registration figures for the 2009 event are up from last year's record numbers. 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

2009 COURSE TO MIRROR LAST YEARS ROUTE Minor Adjustments May Still Occur for Logistical Reasons

Creating a course that spans 26.2 miles of public streets is not an easy task. Many voices have to be taken into consideration as the affects of such an endeavor are wide spread. The totally revamped course that we ran in 2008 was well received by the runners, fans, residents and the city service entities that are involved. Because of that success, only minor changes to the course will take place as we run the 7th Annual Frederick Running Festival on May 3, 2009.

Once again, all races will start and finish at the Frederick Fairgrounds. This makes the fairgrounds the hub for all of the race weekend activities, thus avoiding the need for shuttle buses (except the Team Relay). All runners will be able to park on site, run their race, enjoy the post race celebration together and jump in their car when they are ready to head home.

All Sunday races will begin simultaneously at 6:30am and the course will leave the fairgrounds and go through downtown, Baker Park, Hood College, and the Rose Hill Park area before heading back towards the fairgrounds where the half marathoners will finish and the full marathoners will begin the second part of their journey. (**NOTE:** We are in discussions with Wal-Mart to make the unique section of the course near their store a little more interesting. Think "Snack Aisle" with an "Express Lane". Details to come.)

The marathon course will run back into the city along the Carroll Creek linear park before turning toward the neighborhood streets in the Spring



TRAINING SHIRTS NOW AVAILABLE

Training shirts are currently available for the 2009 event. Printed on Under Armour's HearGear fabric with the loose Training cut, these are a must have as you begin piling up mileage during your training.

Training shirts can be purchased from our [Official Souvenir Store](#) on our website, or as an added convenience, you can select one while completing your race registration. This will save you time and effort as you will only have to enter your personal data one time. Either way, you will want to purchase yours today!

RUN FREDERICK FOR A CAUSE

Are you ready for the Team In Training Challenge? Under the guidance of certified coaches across the state, Team In Training marathoners, half-marathoners, and team relay participants will once again train for the Frederick Running Festival with a purpose: to find cures for blood cancers and to improve the lives of the patients and families that The Leukemia & Lymphoma Society serves. Join the Team that's saving lives. **Information Meetings begin this week. A full schedule of meetings times and locations is available on their website.** To find out how to have the time of your life while helping The Leukemia & Lymphoma Society save the lives of children and adults touched by cancer, call 1-800-482-TEAM or visit www.teamintraining.org/md

Ridge area. We are looking to expand on the excitement that the residence in Spring Ridge created with more entertainment and activities for runners and residence alike. The route will eventually wind up back at the fairgrounds where a party awaits all finishers!

The course will be certified by the USATF and will serve as Boston Qualifier event. We will keep you abreast of any minor changes that do occur to the course, but rest assured that none of them will involve a bulldozer to take out any hills.

Further, if you are ready to unite your co-workers to get fit while supporting a cause then here is another option for you. Start a team. Choose a cause. Race & raise funds. The Frederick Running Festival's [Wellness and Giving Challenge](#) is a turnkey program that provides you with everything you'll need to prepare for race day. As an Official Corporate Team, you'll receive some great benefits as well as access to an online training program, online fundraising tools, discount race entries and much more.

You have already made the commitment to run, now do so for a great cause!

HOTEL PARTNERS NOW ACCEPTING RESERVATIONS

The CareFirst Frederick Running Festival has selected five area hotel properties to serve as host hotels for the 2009 event. We encourage all out-of-town runners to make their reservations at the featured hotels and take advantage of the discounted rates. Our hotel partners SOLD OUT last year so we urge you to make your reservations early!

All properties are located within a few miles of the Frederick Fairgrounds and offer friendly service and affordable prices.

For additional details or to make a reservation, Visit the [Travel & Lodging page](#) of our website.



IF THE SHOE FITS ONCE AGAIN THE OFFICIAL RUNNING SPECIALTY SHOP

[IF THE SHOE FITS](#) is the Official Running Specialty Store of the Frederick Running Festival. It is located at 1507 W. Patrick St. and carries a great selection of shoes, apparel, socks, accessories, including energy gels. We provide a free gait analysis and personalized fit for your running shoes. Several of the staff at IF THE SHOE FITS have marathon experience. We would be happy to help you as you prepare for the Frederick Running Festival.

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.

 FORWARD TO
A FRIEND