



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

MAY 2 - 3, 2009

NEW TIMING SYSTEM COMES TO FREDERICK IN 2009 D-Tag System Brings Added Convenience to Our Runners

In 2009, the event utilized a new timing technology. The new system will utilize a lightweight disposable timing tag that will come attached to your race number. On race day, runners simply secure the D-Tag through their shoelaces and they are ready to run. It will replace the ChampionChip timing system.

The D-Tag technology offers runners a more streamlined race experience than the traditional chip system. D-Tags are attached to participant bib and clearly marked with the corresponding bib number. This eliminates the need to scan your chip at the expo. In addition, runners do not need to return the tag and can dispose of it at their convenience. This means no more sitting down to undo your shoe lace just after your run and it also means you no longer have to worry about the \$30 charge for a lost chip.

The D-Tag system is quickly replacing ChampionChip as the most widely used timing system and has taken off in the past 12 months due to the convenience it offers both the runners and race organizers. We are excited to bring the latest and greatest technology to Frederick!

COURSE CHANGES APPROVED BY CITY OF FREDERICK Minor Adjustments Should Benefit Runners and Citizens Alike

Last year's Frederick Running Festival course was a welcome improvement over previous years with the elimination of shuttle buses, centralized start & finish lines and ample on-site parking. However new routes create new challenges and issues for runners and citizens like.

The 2009 course was unanimously approved by the board of alderman at a meeting on Feb. 18. While much of the course from 2008 will remain the same, Corrigan Sports took the feedback it received from the runners, the police and the other city service agencies to tweak the route and improve the course for everyone's benefit.

According to the Race Director Rachel Ridgway, "Some perks of the new course include: a start line on Patrick Street (instead of between the cow barns), no funky loop through the Frederick High School parking lot, and no wacky out and back near the MVA in the last 2 miles. To make up for some of the changes, we added some mileage out in Spring Ridge, which you'll hopefully find to have more Spring and less Ridge." In addition, the changes will allow the police to keep the South St. exit off of Route 70 open to vehicular traffic.

To view the turn-by-turn route of the races, [visit this link](#).

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NEW FOR 2009

We have been working hard to build on the success we had in 2008. Being the first year at the new venue, everyone involved learned something about hosting the race at the Frederick Fairgrounds. Corrigan Sports takes great pride in listening to its runners and implementing many of the suggestions we receive in our post-race survey. Here are some of the things we have been working on for 2009.

PARKING: We have also been working with the police to improve our parking plan for this year and think we will have that covered. We have secured additional lots to improve flow in and out of the area and the city services will have a better grasp on ways to handle the volume after doing it once in 2008. As we get closer to race day we will publish suggested routes from all directions.

EXPO VENUE: The Health & Fitness Expo will be held in the newly renovated Building 9 at the Frederick Fairgrounds. Look for more space for vendors and a better flow to the packet pick up.

COURSE: Minor Changes to the course have been implemented for the benefit of our runners and the citizen of Frederick. Read More...

TIMING: We are making the switch to the D-Tag timing system which is more runner friendly than the old ChampionChip system. Learn More...

REGISTRATION FIGURES CONTINUE TO RISE Sell Out Expected in All Races Again This Year

When you watch television news programs, all the stories related to business and travel sound bleak. However, one area which the down-trodden economy has not seemed to impact is running events. Across the region, running events are holding steady and in many cases growing.

Participant numbers for the Frederick Running Festival are up slightly over last year when a record number of 5,400 runners took place in the event. Organizers are anticipating a field of over 6,000 runners. **DON'T MISS YOUR CHANCE TO REGISTER.** We have field limits on all races and expect another SELL OUT.

To Register for any of the five races that make up the CareFirst BlueCross BlueShield Frederick Running Festival, [visit this link](#)

FACEBOOK: Want to stay in the loop on these and other changes? Join the Friends of the Frederick Running Festival on Facebook to keep in contact with other runners and get the inside scoop from Race Director Rachel Ridgway. [JOIN HERE...](#)

TRAINING SHIRT DISCOUNT



2009 Frederick Running Festival Training Shirts are ON SALE at a discounted price. Normally priced at \$30, you can order yours for only \$25!

Printed on authentic UNDER ARMOUR short sleeve shirts with the loose fit cut, these shirts are perfect for those last few long distance runs as you prepare for race day. [ORDER YOURS TODAY!](#)

TRAINING FOR A CONSISTENT RACE DAY PACE!

Mental and physical preparation for your event running pace can be practiced while you train. One of the common errors on marathon day is to go out too fast. Your legs are fresh and the adrenaline is pumping when you cross the start line. Experienced long-distance runners know that you risk early depletion if you start your marathon at too fast of a pace. Whatever time is gained by early fast miles will be paid back during the last 10K with a double or even triple slower time. There are some strategies you can use to both physically and mentally prepare to start your event conservatively and maintain pace over the miles. [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

