

17th ANNUAL

SATURDAY, OCTOBER 21, 2017

2017 RUNNER HANDBOOK

TABLE OF CONTENTS

- Welcome..... 3
- Schedule of Events 4
- Lyft Transportation Pick Up Points..... 4
- Places to Stay 5
- Places to Eat..... 6
- Downtown Parking Map..... 8
- Runner Safety Flag System 9
- RaceSafe 10
- 98Rock .05K..... 11
- Expo Parking, Hours and Shuttle 12-13
- Bib Number Email Details..... 15
- Race Shirt Exchange & Policy 16
- Public Transportation..... 17
- Prohibited Items 18
- Runner’s Bag Check..... 19
- Pace Groups..... 21
- Runner Tracking..... 22
- Volunteer Opportunities..... 23
- Virtual Goodie Bag 23
- Headphone Policy 23
- Marathon & Relay Course..... 24
- Marathon & Relay Map, Highlights 25-26
- Half Marathon Map & Route Highlights 27-29
- On-Course Aide Stations 30
- Dropping Out of Races 30
- Finish Line Layout..... 30-32
- Post Race Refreshments..... 32
- Team Relay Transportation & Exchange Details 33-34
- Free Race Day Photos..... 35
- Television Coverage..... 36
- Balti-MORON-a-thon 36
- King Crab & Maryland Double 36
- 5K Map & Details..... 37-38
- Kids Fun Run Map & Details..... 39-40
- Race Results 42
- BGE Home Celebration Village..... 42
- Rental Cars..... 43
- Rental Cars..... 43
- Race Day Parking Directions and Map 43-45



Welcome to the 17th Annual Baltimore Running Festival. We are thrilled that you will be joining us and will be able to experience our new finish line located in the Inner Harbor. We are very excited to showcase the jewel of Charm City and know you will enjoy the waterside amenities and scenery.

The Baltimore Running Festival has grown into one of the most visible and highly anticipated events in the city. The streets of Baltimore will be abuzz on race morning with groups of fans lining up to cheer you on during your foot tour of Charm City.

We'd be remiss if we did not talk about all of the wonderful charities associated with this powerful event and how they help individuals and their families during their personal time of crisis. Since the event's inception, the Baltimore Running Festival has helped charities to raise more than \$12 million. While we all celebrate on a crisp fall Saturday in October, it's evident the festival impacts some lives forever.

If you are running, we ask you to encourage a neighbor or friend from out of town to REGISTER. If you can't run this year, consider VOLUNTEERING or coming to the finish line to CELEBRATE. If you live in the city, organize a group to head out on the course and CHEER as the runners pass. All these actions will help show your BMORE PRIDE!

This packet includes important information that will prepare you for the events and activities surrounding the event. If you have entered the Baltimore Marathon, the CareFirst BlueCross BlueShield Half-Marathon, 4-Person Team Relay, the ShopRite 5K or the Kids Fun Run, **it is extremely important that you read the information in this booklet carefully.**

Remember, **Runner Packets are available for pick-up during the Expo ONLY; there will be NO Registration or Runner Packet Pick-Up on Race Day.**

On-line confirmation of your entry is available on the Baltimore Running Festival website. You can search the database (updated weekly) of all registered runners to find out who is participating in this year's race. For more information and to view your confirmation, visit www.TheBaltimoreMarathon.com.



FOLLOW US ON FACEBOOK OR TWITTER FOR ANY LAST MINUTE UPDATES & IMPORTANT MESSAGES.



EVENT TIMES

THURSDAY, OCTOBER 19, 2017 (BALTIMORE CONVENTION CTR HALL A)

NAVA Health and Vitality Expo/Package Pick-Up 12pm-8pm

THURSDAY, OCTOBER 19, 2017 (POWER PLANT LIVE!)

All Ages Welcome Party @ Power Plant Live! 6pm-9pm

.05K presented by 98Rock 8pm

FRIDAY, OCTOBER 20, 2017 (BALTIMORE CONVENTION CTR HALL A)

NAVA Health and Vitality Expo/Package Pick-Up 12pm-8pm

SATURDAY, OCTOBER 21, 2017 - RACE START TIMES

ARRIVE 90 MINUTES PRIOR TO YOUR RACE START

National Anthem & Presentation of the Colors @ 5k Start 7:25am

ShopRite 5K (*NEW LOCATION IN '17*) 7:30am

National Anthem & Presentation of the Colors @ Full/Relay Start 7:50am

Wheelchair Marathon 7:55am

The 17th Annual Baltimore Marathon 8:00am

4-Person Team Relay 8:00am

98 Rock Bands & DJs throughout the course All Day

ShopRite 5k Awards Ceremony 9:00am

Kids Fun Run (*NEW LOCATION IN '17*) 9:20am

CareFirst BlueCross BlueShield Half-Marathon 9:45am

Race Champions Awards Ceremony (*NEW LOCATION IN '17*) 12:00pm

Awards Ceremonies on Main Stage in Celebration Village. Age group awards will be mailed.

LYFT PICK UP POINTS

The Baltimore Running Festival has partnered with Lyft as the preferred transportation partner for this year's event!



Get to the Baltimore Running Festival with Lyft and take advantage of our designated drop off/pick up locations.

These are located right near the expo entrance on Pratt & Charles Sts. during expo days and at Camden Yards near Dempsey's restaurant on race day.

Ride for \$10 Off- Lyft will get you there and back for less. Simply click the link below and you'll score \$10 in a ride credits for the Baltimore Running Festival. New riders only. Some restrictions apply. See website for details.

<https://www.lyft.com/invite/brf17>

GREAT PLACES TO STAY FOR RACE DAY

OR DURING A RETURN VISIT TO CHARM CITY

We are excited to be partnering with Team Travel Source for hotel accommodations! Team Travel Source has secured the best hotel rooms with the lowest rates for the Baltimore Running Festival.

TO BOOK THESE GREAT ROOMS WHILE THEY LAST –VISIT THIS LINK
<https://aws.passkey.com/g/68832420>

NEED A HOTEL?

Team Travel Source has secured great rooms at discounted rates.



If you have any questions regarding hotels for the event or would like to book your hotel room over the phone, please call Team Travel Source directly at 1-866-567-7075 or email info@teamtravelsource.com.

HERE ARE SOME OF THE GREAT HOTEL OPTIONS YOU WILL FIND WHEN YOU BOOK THROUGH TEAM TRAVEL SOURCE:

MARRIOTT INNER HARBOR AT CAMDEN YARDS

Located on the west side of the Inner Harbor, this contemporary Baltimore hotel provides easy access to all major attractions, highways as well as the BWI Airport.

RENAISSANCE HARBORPLACE HOTEL

Perfectly situated in Baltimore's famed Inner Harbor area, the hotel is truly your personal Gateway to the Harbor - ensuring all guests an enchanting and distinctive stay.

HOLIDAY INN INNER HARBOR

You'll feel right at home, because each non-smoking room is well equipped with free Wi-Fi access, a flat screen television, iPod docking station and a microwave and refrigerator.

DAYS INN INNER HARBOR

Each room in our non-smoking hotel features free Wi-Fi Internet access, a microwave and refrigerator. In the morning, rise and shine with a free USA Today.

RADISON HOTEL BALTIMORE

Head to the rooftop and relax by the pool where you can squeeze in some shut-eye before meeting friends or colleagues for drinks at Balto Tavern & Tap, our on-site bar. Located in the heart of downtown and just a half mile from Inner Harbor,

HYATT HARBOR PLACE

At Hyatt Place we do things differently. We combine style, innovation and 24/7 convenience to create a perfectly seamless stay with every modern comfort you deserve.

OFFICIAL RESTAURANT PARTNERS

PLEASE VISIT THESE RUNNER FRIENDLY RESTAURANTS DURING RACE WEEKEND!

Pickles Pub- Pub, American (Traditional), Sports Bar

Phone: (410) 752-1784

Address: 520 Washington Blvd, Baltimore, MD 21230

Distance from the finish line: 0.6 Miles

McCormick and Schmick's- Seafood

Phone: (410) 234-1300

Address: 711 Eastern Ave, Baltimore, MD 21202

Distance from the finish line: 0.6 Miles

Rusty Scupper- Seafood

Phone: (410) 727-3678

Address: 402 Key Hwy, Baltimore, MD 21230

Distance from the finish line: 0.7 Miles

The Boathouse- American (New), Seafood, Breakfast & Brunch

Phone: (410) 773-9795

Address: 2809 Boston St, Baltimore, MD 21224

Distance from the finish line: 2.5 Miles

Hard Rock Cafe- American (New), Burgers, Music

Phone: (410) 347-7625

Address: 601 E. Pratt Street, Baltimore, MD 21202

Distance from the finish line: 0.3 Miles

Mission BBQ- Barbeque, Salad, Sandwiches

Phone: (443) 955-6807

Address: 3701 Boston St, Baltimore, MD 21224

Distance from the finish line: 3.1 Miles

Dunkin Donuts- Donuts, Breakfast, Coffee & Tea

Phone: (410) 545-0522

Address: 25 Light St, Baltimore, MD 21202

Distance from the finish line: 0.2 Miles

Towson Hot Bagles- Bagels, Breakfast, Sandwiches

Phone: (410) 732-9090

Address: 3301 Boston St., Baltimore, MD 21224

Distance from the finish line: 2.9 Miles

Phillips Seafood- Seafood

Phone: (410) 685-6600

Address: 601 E Pratt St, Baltimore, MD 21202

Distance from the finish line: 0.3 Miles

Dinosaur BBQ- Barbeque, American (Traditional), Chicken Wings

Phone: (443) 708-9070

Address: 1401 Fleet St, Baltimore, MD 21231

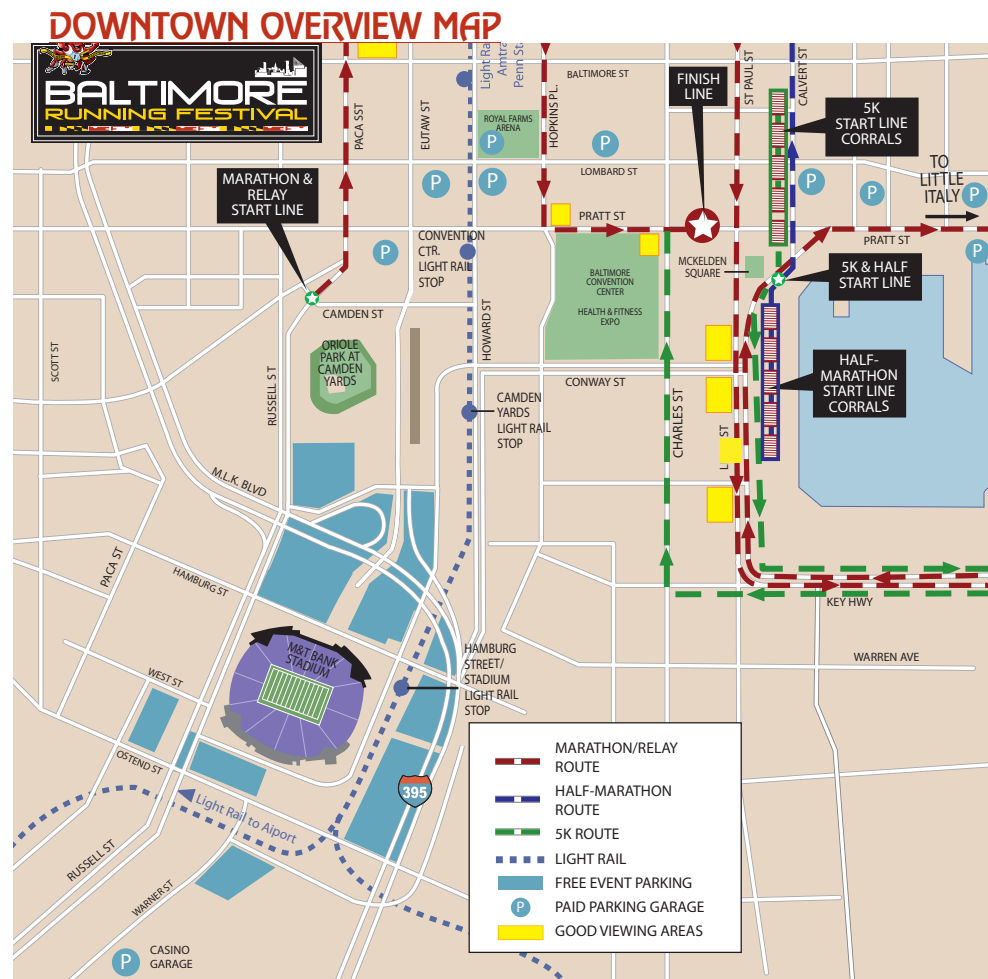
Distance from the finish line: 0.9 Miles



PANDORA congratulates all 2017 Baltimore Running Festival participants.

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Be sure to get your PANDORA 2017 Bmore Run charm, a PANDORA The Gallery at Harborplace exclusive, and help Athletes Serving Athletes! Get your collectible PANDORA 2017 Bmore Run charm at the PANDORA booth at the Baltimore Running Festival Health and Fitness Expo and Celebration Village, while supplies last. Call 410.528.5496 or visit PANDORA in The Gallery at Harborplace to pre-order. A percentage of sales of the 2017 Bmore Run charm will be donated to ATHLETES SERVING ATHLETES.



VISIT <http://bit.ly/2cPuNMh> TO ENLARGE THE ABOVE MAP..

PARKING

We encourage all runners to use the Light Rail on both expo days and on race day. However, we will offer parking in select stadium lots all weekend. Additionally, the above map indicates some alternate locations for paid parking. Please be mindful that some of the lots indicated do fill with local city workers during the week.

ALL BAGS & PERSONS ARE SUBJECT TO SEARCH BY EVENT SECURITY AND THE BALTIMORE CITY POLICE. Please leave all bags at home or in your vehicle during the expo. Runners are asked to use a clear bag if they must check gear on race day. All bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time

WET BULB TEMPERATURE RATINGS

We all have heard that safety is key when running. Weather is probably the one thing nobody can control, but it can really affect your race day. As it gets hotter performance goes down, but at what point do heat and humidity become dangerous?

The sports medicine physicians from MedStar Sports Medicine and the staff from Corrigan Sports want you to have a fun and safe race day. Together, we have developed a plan for race day to monitor the heat and humidity. If the weather gets too hot, plans are in place to ensure everyone stays safe.

The good news is the Baltimore Running Festival is held in mid-October when the majority of the event can be contested under ideal, or low risk, conditions. Since 1974, the temperature in Baltimore in mid-October typically varies from 49°F to 65°F and is rarely below 38°F or above 76°F.

We determine if the race is safe or if conditions are becoming too hot and humid to run by using a wet bulb globe thermistor. This tool measures the heat, humidity and wind to tell us how the weather will affect runners.

Using the wet bulb globe temperature is different than the heat index, and more accurate in predicting if runners will be at risk for over heating or heat stroke.

We also use the American College of Sports Medicine “flag system” to monitor race conditions and determine the risk of heat illness in runners. All major marathons use this system. We measure the wet bulb globe temperature, and then advise the race directors and public safety officials (including the police and fire departments) about the risk for heat illness in runners.

The results are compared to a scale. The lower the wet bulb globe temperature, the less likely there will be heat illness. Runners can review the flag system listed below. So if you feel the weather is heating up, pay attention to the race officials for recommendations for a safe race.

Green Flag = Low Risk - (Risk of heat exhaustion/heat stroke is low, but not 0.)

Yellow Flag = Moderate Risk

Red Flag = High Risk - (Anyone who is particularly sensitive to heat or humidity probably should not run.)

Black Flag = Extreme Risk, If higher consider cancelation or move the race date.



LOG YOUR MEDICAL HISTORY ONLINE

RaceSafe, MedStar Sports Medicine and the Baltimore Running Festival have partnered to create a unique standard of care for our running community.



As you have probably experienced, many things can happen to our bodies during a run. We want to be sure our MedStar Sports Medicine team can properly treat you if anything should happen while you're on the course.

Participants have the option to securely store and share personal medical history in case of emergency for any race using RaceSafe. RaceSafe is secure, private, and takes less than 5 minutes. For your health and safety, please share your information by visiting the link below. RaceSafe respects your privacy and is committed to maintaining your confidentiality.

https://iracesafe.com/registration/participant?race_id=336



KEEP RACE SAFE ON RACE DAY

For your health and safety,
please share your information
by signing up today



SIXTH RACE ADDED TO THE BALTIMORE RUNNING FESTIVAL

For the 3rd year in a row, in partnership with 98Rock and Power Plant Live, we will host a race that is truly open to everyone.

Join us for the .05K on Thursday, Oct. 19 at Power Plant Live. This 98Rock sponsored event will launch the weekend celebration and add a race distance that truly everyone can complete. Festivities at Power Plant will start at 6pm with the race starting at 8pm.

All proceeds from the \$15 entry fee will go to benefit the One Love Foundation as selected by 98 Rock. Prizes will be given for best costumes and other categories so come in style! Race entries are limited!



ONLINE REGISTRATION NOW OPEN FOR THE .05K HERE

<http://www.ticketfly.com/event/1519773>

IMPORTANT: You must register by Sunday Oct. 15 by 11:59pm in order to be guaranteed a t-shirt.

Registered runners will get a T-Shirt, race bib and .05k car magnet before following the 3/100 of a mile course from the start arch to the finish line.

PACKET PICK UP for the .05K will be at Power Plant Live starting at 6pm on race day.

FOR MORE INFORMATION VISIT

<http://www.thebaltimoremarathon.com/race-information-2/05k-presented-by-98rock/>

POWER PLANT
Live!

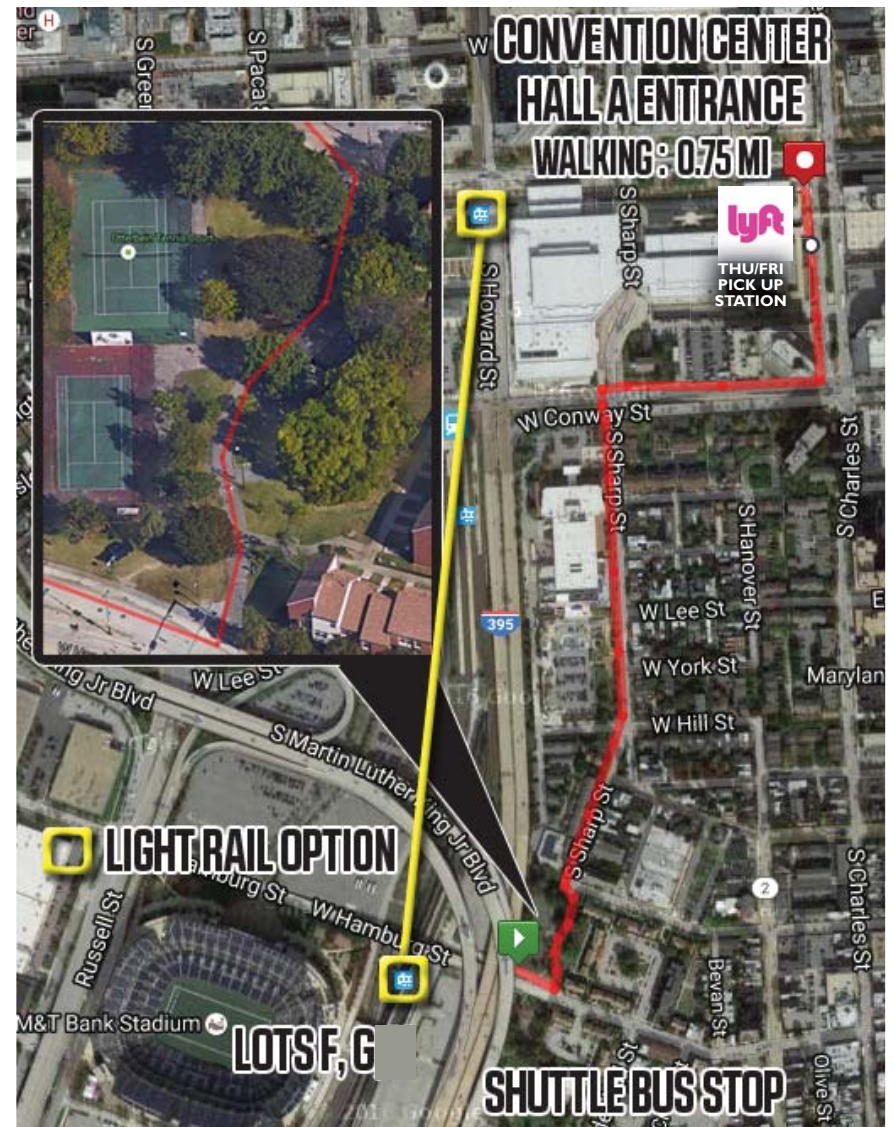
BE SURE TO CHECK OUT ALL THE WAYS 98 ROCK WILL BE BLOWING IT OUT FOR THE RUNNER'S ENTERTAINMENT THIS YEAR.

Bands on the Run, Live Broadcasts on race day, RunFest Tailgate at Patterson Park and much more!

PARKING ON EXPO DAYS

Below is a map of Lots F and G. Discounted parking available in these lots during expo hours. A free shuttle will make the round trip from these lots to the expo from 11:30am until 8:30pm. You can also take the Light Rail two stops from the Hamburg St. station (located Lot G) to the Convention Center stop.

Additional public parking is available throughout the city. Please note the Downtown Overview Map on page 8 in this handbook.



VIIST <http://bit.ly/2cmWNd6> TO ENLARGE THE ABOVE MAP...

NAVA HEALTH AND VITALITY EXPO

Once again this year, the NAVA Health & Vitality Expo will be held in the **Baltimore Convention Center, Hall A**. The entrance is near the corner of Pratt & Charles Sts. and is the same entrance that we utilized last year at the Convention Center. This year we have a larger foot print that has allowed us to expand the layout add a few more vendors for you to visit during packet pick up.



The Maryland Stadium Authority will offer Lots F and G for **DISCOUNTED PARKING** during the expo. These lots are within a walking distance from the convention center-- about .75 mile. There is also the option to take the Light Rail from the Hamburg St. station located Lot G two stops to the Convention Center stop. Several paid lots are located near the Convention Center if you choose to pay to park. (see map on the previous page of this booklet.) There is also a designated **LYFT** drop off/pick up station near the expo entrance.

We will be providing a free courtesy shuttle to the expo from lots F and G. It is about a 15-minute bus ride each way. The shuttle stop will be located on the curbside island between lots G & H (see the adjacent map and look for the shuttle bus flag) during the following times:

SHUTTLE TIMES

11:30am-8:30pm each day of the expo

Hours for the NAVA Health & Vitality Expo, located in **Hall A** of the Baltimore Convention Center, are as follows:

EXPO HOURS

Thu., October 19th	12pm-8pm
Fri., October 20th	12pm-8pm

PLEASE NOTE: We encourage runners who live or work Downtown to attend the expo on Thursday. This is typically the least crowded time and will allow you to better enjoy your expo experience. It will also assist us in accommodating our out-of-town guests who do not have the option of attending early. Thank you in advance for your cooperation.

GET YOUR ID CHECKED AT THE EXPO- In order to take advantage of your free post-race beer/wine YOU MUST have your ID checked at the expo and be issued a wrist band or carry your ID on race day. Look for the ID CHECK tent located near the EXPO EXIT after getting your shirt. This will expedite the process on race day so you can enjoy your post-race beverage.



BIB NUMBER EMAILS (NEW PROCESS IN '17)

We are working with a new timing company this year and the packet pick up process will change slightly. This year check-in is by **bib number only**. That means all you need to know is your bib number BEFORE you arrive. You will receive an email on Monday, Oct. 16 by 2pm with information on how to access your bib number. If you do not get an email by 2pm that day via email DO NOT PANIC. Simply send an email to corrigansportsbib@gmail.com and we will be able to help you troubleshoot your issue.

PLEASE **PRINT your bib number** email and bring it to the expo. You will have to know this when you go to STEP 2 to pick up your Race Bib. We will have look up stations at the expo if you forget your bib number.

RACE PACKET PICK UP OF ALL RACES

Individual runners may pick up the race packet for **ONE other runner** (not counting kids fun run) **ONLY IF** you have a copy of their friend's photo ID. You will need to coordinate getting the ID from the other runners. The race staff WILL NOT provide bibs without an ID. (Children do not need I.D.'s) Relay Members, however, may pick up for their entire team so long as they are a member of that team and have their own ID. (No need for teammate IDs).

You **MUST** pick up your Race Packet at the NAVA Health and Vitality Expo. The Expo is located in the Baltimore Convention Center Hall A You may park in stadium lots F & G while visiting the expo. These lots are a short walk from the expo entrance or you can ride our free shuttle. Light Rail (Camden Yards or Convention Ctr. stop) is also a great option for expo travel.

STEP ONE: You will enter the expo from the entrance on the corner of Pratt St. and Charles St. **MAKE SURE YOU HAVE YOUR BIB NUMBER.** Runners will be provided a clear bag to collect their expo goodies. ***This bag can also be used for bag check on race day if you utilize that service.***

STEP TWO: If you know your bib number you may proceed past the registration area and will be directed to the Race Bib Pick-Up area. Here you will receive your race bib with a "B-Tag" or "D-Tag" timing responder. **BEFORE YOU LEAVE STEP 2, VERIFY THAT THE PERSONAL INFO PRINTED ON YOUR BIB NUMBER IS CORRECT.**

STEP THREE: There will be a separate Shirt Pick-Up station for each race. You must present your bib number to receive your shirt. A volunteer will mark your bib number indicating that you have received your shirt. **DO NOT MARK THIS BOX YOURSELF!** This step **MUST** be performed by the volunteer.

B-TAG TIMING

All adult runners (*except the relay*) will use the B-Tag timing system that utilizes a computer transponder tag that is built into the bib and stays attached to your race number while you run. (Relay Runners will have a detached timing chip so that you may pass your chip along the race route.)

On race day, **runners simply secure the bib to the front of their shirts** and they are ready to run. After crossing the finish, runners (including relay runners) do not need to return the tag and can dispose of it at their convenience.

DO NOT Remove your B-Tag from your bib

DO NOT Forget your B-Tag Race Bib on race day - NO BIB, NO TIME

DO NOT Exchange your B-Tag with any other participant

DO NOT Cross the finish line twice or go back on any part of the course

BALTIMORON-A-THON participants will wear the same bib for BOTH races.

RACE BIBS

- When you pick up your race bib, it will contain your B-Tag timing device. **DO NOT REMOVE IT.** It is designed to stay on your bib for the race.
- You must show your race bib to enter your proper starting area.
- Wear your race number on the front of your body throughout the race.
- Marathon & Relay runners are asked to wear their race designation bib on their backs
- Your bib number must be visible throughout the race so the official course photographers can identify you.
- Do not exchange or transfer your bib to someone else.
- Do not bend, fold or tear your bib. It may damage the B-Tag chip.
- ***In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number with a ball point pen.***

RACE SHIRT POLICY

All runners are guaranteed a race shirt, however, sizes are first come, first serve. Race shirts are ordered nearly a year in advance and it is impossible to estimate the exact number and size of each and every registrant. However, we will have an exchange area set up in the expo for runners to swap shirt sizes. Runners may exchange the shirt they receive for another one of any size or gender for the race they are running-- as long as there is one in the bin. Race shirt exchanges **MAY NOT** be made at any point in time after the expo hours. Runners are responsible for checking the size and gender of their premium before leaving the expo. **SHIRTS WILL NOT BE MAILED.**

PUBLIC TRANSPORTATION TO THE FESTIVAL

The Maryland Transit Administration (MTA) encourages all attendees, particularly half-marathoners, to be mindful of parking and road closures & consider public transportation for getting to the festival on expo days as well as race day.



On race day, roadways around town and near the Inner Harbor will be closed prior to the 7:30am start of the 5K and the 8am for the marathon & relay start. This will be further complicated by the half-marathon start at 9:45am. Light Rail will deliver riders to the festival, and provides free parking where parking is available. The Light Rail system will run every 15 min. beginning at 6 am coming South from Hunt Valley (53 min. ride) to downtown and every 30 minutes beginning at 4:58 am coming North from Cromwell (33 min. ride) to downtown. *Runners should exit from the Camden Yards stop for easy access to the start/finish and the expo.*

Traveling Light Rail on the expo days is a great way to make a trial run as you prepare for race day travel. Eliminate some race day stress as you figure out where to park and estimate the travel time from your door to the Camden Yards or Convention Center stop. Metro Subway may also be an option for some travelers.

Weekday/Weekend North Bound and South Bound Schedules:

<http://mta.maryland.gov/light-rail>

Light Rail Map:

<http://mta.maryland.gov/light-rail>

Light Rail Station and Parking Information:

<http://mta.maryland.gov/light-rail-stationparking-info>

We suggest all runners arrive 90 minutes prior to the start of their race. If you choose not to ride MTA on race day, you will want to arrive by 6:30am regardless of the race you are running.

Schedules and Fares

Day passes: Regular fare \$4.20; senior fare \$2.10.

Day passes are valid for unlimited travel on Light Rail and other MTA services on the date purchased until 3:00am the following day. Fares can be purchased with cash, credit or CharmCard at all Light Rail stations.

CharmCard is a rechargeable smart fare card you can use on Local Bus, Light Rail and Metro Subway. Pre-Purchase CharmCard at Retail Locations like Giant Food Stores and CVS <http://www.mtacharmcard.com/getcharmcard/retail.php>

PROHIBITED ITEMS

For safety and insurance reasons please adhere to the following **on the course**: no dogs, no bicycles, no roller blades, no in-line skates, no strollers, no wheeled vehicles except approved wheelchairs. Violators may be disqualified and removed from the course by a Race Official or security personnel.

PLEASE LEAVE BAGS AT HOME. To provide a safer environment for the public and to significantly expedite fan entry into the area, we strongly encourage runners and fans to leave all bags at home or in your vehicle. On race day, runners should use a clear plastic bag, like the one provided at the expo, if they plan to use bag check. **By order of the Baltimore Police Department, all bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time by security personnel or the Baltimore City Police Department.** *Please allow for extra time in anticipation of these measures..*

CAUTION TO RUNNERS

ALL RUNNERS: Please be mindful that as you cross Light St. and Charles St. as you proceed to the Inner Harbor area you will be crossing the race course. PLEASE adhere to security instructions when crossing.

MARATHON/RELAY: Miles 4-6 in the Druid Hill Park area, runners are advised to make note of several speed humps on the roadways.

Mile 14 of the marathon route contains a small section of cobblestone pavers as you round the circle at the end of President St. Please watch your footing on this section of the course.

USATF SANCTIONING (BOSTON QUALIFIER)

The Baltimore Marathon is a qualifying race for the Boston Marathon. The race certification number for the marathon is ##MD17008LMJ. The race will provide notification to Boston of all finishers and times.

if you
SEE
something
SAY
something™

REPORT ANY SUSPICIOUS BEHAVIOR
OR UNATTENDED BAGS TO
A POLICE OFFICER OR EVENT OFFICIAL



REMEMBER, IF YOU SEE SOMETHING SAY SOMETHING.

RUNNER'S BAG CHECK (NEW IN '17)

All runners are **encouraged to leave bags at home or in their vehicle** to provide a safer environment for the public. However runners (not fans) may check their bag at the Bag Check Area.

Bag Check will be open from 6:30am until 1:30pm. Bags left after this time will be relocated to the Information Tent located at the Inner Harbor Amphitheater.

FULL & RELAY RUNNERS- Beginning at 6:30am, bag check trucks will be available near Camden Yards close to the full/relay start line and will relocate to the Inner Harbor after the start of the race so your bag is available for your pick up after you finish. Prior to the start, bag check trucks will be parked in the Camden Yards service lane parallel to Russel St. and will be labeled with bib ranges. After the start your bag will be transferred and race volunteers will organize your bag in the Bag Check tents near the Baltimore Visitor Center (Conway & Light Sts.) for pick up.

5K & HALF- Bag Check tents will be available near the Baltimore Visitor Center (Conway & Light Sts.). Your bag will remain in this tent while you run and be available for your pick up after you finish.

You MUST use a **CLEAR BAG** like the one provided at the expo. **ALL BAGS ARE SUBJECT TO SEARCH.** Please **allow added time** for the search if you plan to bring a bag. Your race bib will contain a bag label for identification. We will not handle any items not in a clear bag. Your bag will remain at the Runner's Bag Check Area until 1:30pm and will be available when you finish. Do not check valuables as we cannot be responsible for lost or stolen articles. You must have your bib number to claim your items. Items not claimed will be donated to charity. **LOOK FOR THE PURPLE BALLOON!**

MEDICAL INFORMATION

The Baltimore Running Festival's medical team is a dedicated volunteer group of medical professionals provided by our friends from the various departments of Medstar Sports Medicine. There will be medical stations at the start, at or near the following mile markers 4, 6, 10, 14, 16, 20, 25 and at the finish. Medical staff will have the right to withdraw any runners from the race who appear in distress or at risk should they continue running. **To help our Medical Team work more efficiently, please fill out the medical history on the back of your race number with a ball point pen.**



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AUTO CYCLE RV BOAT RENTERS HOME

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MARATHON PACE GROUPS

The Baltimore Marathon Pace Groups will help marathoners not only achieve your goals, but have FUN, whether the goal is a personal record, Boston qualifier, or simply to cross the finish line! Our Pacers are extremely experienced runners, chosen based upon their previous running and/or pacing performances and know what it takes to hold a steady pace and give you a great marathon experience. They are dynamic, personable, and dedicated to making sure you have a great time on the course!

Participation is FREE to all full marathon participants who sign up at the Health & Fitness Expo booth. Registration includes completing a release of liability waiver and in return you will be given a pace bib to wear on your back to help identify you to your pacers and group. In addition, you will be given a temporary pace band (while supplies last) to wear on your forearm which will alert you of your specific mile goals. **THERE WILL BE NO MARATHON DAY SIGN UP FOR PACE GROUPS.**

We will have Pace Groups for the following marathon times: 3:05, 3:15, 3:25, 3:35, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, and 5:15. Unfortunately, we do not offer pace groups for the half-marathon at this time.

The goal is that Pacers will be running “even splits,” which means that every mile will be run at approximately the same pace. Most of the Pace Groups will not be walking during the marathon. (Pace groups from 4:15 and slower will be walking during fluid stations and may use a run-walk modified version of the marathon for that pace.)

On race day, Pace Groups will be holding up large signs with the pace group finishing times printed on them, and wearing FLORESCENT GREEN pace group shirts with BLACK & WHITE INK. Try to meet up with your group twenty minutes before the start (7:40 a.m.).

Before the start, your Pacers will give their final instructions including any adjustments due to course conditions, as well as your Pacers’ method of meeting back up and keeping the group together at the fluid stations.

If you have any questions, please feel free to post them on the [Pace Group Facebook page](#): <http://bit.ly/2ddYE3s> This will allow others to share the questions and answers. Or you may e-mail Anne Lewis, the Pace Group Organizer at anne.ensor.lewis@gmail.com

FREE RUNNER TRACKING

Once again this year, friends and family will be able to track marathon, half-marathon and 5K runners as well as relay teams out on the course. This is a FREE service, courtesy of Verizon.

Register online for the FREE Baltimore Running Festival runner tracking services, beginning Tuesday, Oct. 17 at 12 noon through Saturday, Oct. 21 at 7am (EDT). Use this helpful information to track your favorite runners, and to reunite with loved ones after the race. The message will provide the runner’s time, pace and expected finish time.

You will be able to receive tracking messages on your mobile phone via text messaging, or have posts placed on your Facebook account.

Alerts are triggered when each runner’s individual timing chip crosses a timing mat that is part of the runner tracking system. By tracking a runner, you will receive the following messages:

Full Marathon: Start 5.8, 10.9, 12.5, 18.8, 23.3, Finish
Half-Marathon: Start, 5.7, 10.2, Finish
Relay: Start, each exchange point, Finish
5K: Start, Finish

HOW TO REGISTER: (Tracking registration Opens on Oct. 17 at 12 noon)

1. For web based tracking click here: <http://bit.ly/2xFhZCg>
2. For SMS, Facebook, or email notifications click here: <http://bit.ly/2x09cxT>
3. Click the add notification button. For each athlete you want to track, enter their name or bib number to search, (relay teams can enter the bib number or team captain to track entire team).
4. Select the check box for the type of notification you wish to receive.
5. The notification signup asks for a limited amount of billing information, to generate an order. **THE SERVICE IS FREE.** It will not ask for any credit card data.
6. Be sure to click submit.



BRIGHT IDEA FOR RUNNERS

As a courtesy to all participants, walkers will be required to stay to the right curb and **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

VOLUNTEER OPPORTUNITIES

Individuals like you, your family, friends and colleagues are key to the success of the Baltimore Running Festival. More than 1,500 volunteers are needed to make the Baltimore Running Festival successful. Volunteer opportunities are available at the pre-race Health and Fitness Expo and on race day. All volunteers will receive an Under Armour event t-shirt. For information or to register visit <http://www.thebaltimoremarathon.com/volunteers/>

NOTE: This is a great opportunity for families who are waiting for their runners to cross the finish or for runners who have become injured and cannot participate in a race this year. Please consider this option.

VIRTUAL EVENT BAG

All runners will receive a Virtual Event Bag prior to attending the expo. The Baltimore Running Festival Virtual Event Bag is an interactive, digital “goodie bag” provided electronically to each runner. This replaces a physical gift bag that has been distributed in past years. The virtual bag features rich-media digital gifts, coupons, and more from local and national race sponsors. It will contain race tips, and even ways to get free stuff at the expo.

Check your email inbox for your Virtual Event Bag on Friday, October 13.

HEADPHONE POLICY

Headphones are permitted, however, to enjoy all that our race has to offer and for the safety of all participants, the Baltimore Running Festival encourages a headphone-free environment during the running of all its race distances.

We believe your race experience and those around you will be greatly enhanced by leaving the headphones at home or in the car. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on course cheering you on and providing directions to help get you to the finish line.

Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone. If wearing an iPod or other audio device results in you being unable to hear verbal instructions or commands; approaching vehicles or course marshals on foot or on bicycles, you may be asked to relinquish the device.

THE MARATHON & RELAY COURSE

The 2017 Baltimore Marathon course is very similar to last year with a few a few minor changes to accommodate the new Inner Harbor finish line. The start area will be in the **same location** as past years (Paca & Camden Sts). New this year, Bag Check trucks will be available near the start line that will be relocate your bag to the Inner Harbor for post-race pick up.

The marathon course will once again be running through the Maryland Zoo property as we have done in the past. This has always been a special treat for marathoners who get to run past the penguin exhibit. These cool birds will undoubtedly put on their best tuxedos to greet you on race day.

In addition, the course runs along the shores of the Inner Harbor (miles 9, 13 and finish), past Federal Hill, through Harbor East and Patterson Park, around Lake Montebello, near Johns Hopkins University and Charles Village.

The finish line is located on Pratt St. between Charles and Light Sts. Runners will have a short cool down area and then enter the **RUNNERS ONLY COMPOUND** in McKeldin Square to claim their medals, food and post-race hydration.

We will continue with the 3-mile separation with the Half-Marathon course to alleviate any merge issues that may occur. To further assist with a smooth merge, we will conduct a wave start for the half-marathon. These are described in detail in the Half-Marathon Section of this booklet.

We encourage you to visit our website to find out more detailed information on the course. The course will close at a graduated pace, allowing runners to complete each mile in approximately 16 minutes. Runners who do not reach the 13.1 mile mark in 3 1/2 hours or have not completed the course within 7 hours will be considered citizens and for your own safety be required to use sidewalks adjacent to the course and to obey traffic signals and signs. **The Finish Area facilities will close promptly at 3:00pm.**

MARATHON RUNNER SEEDING

All runners are requested to seed themselves by the Pace Per Mile as described in the *Starting the Marathon & Relay* section of this packet.

All races will start promptly at the designated times. Please allow plenty of time to get to the start area in order to check gear & seed yourself accordingly.

MARATHON & RELAY COURSE MAP



VISIT <http://bit.ly/2yvZr6P> TO ENLARGE THE ABOVE MAP...
TO SEE THE ELEVATION PROFILE VISIT <http://bit.ly/2xEejqF>

PLEASE NOTE: Some of the streets MAY STILL change due to logistical concerns. Please check the website for updates if changes arise.

**Savor the race morning buzz. Drink it in. Take a deep breath.
And race. You are going to do great!**

RACE ROUTE HIGHLIGHTS

- Route visits several scenic parks, runs along the shore of harbors and lakes, runs through the Maryland Zoo and finishes in the famed Inner Harbor.
- The highest point on route is 245 ft. above sea level (Mile 3).
- Our course has been described much like that of the Boston Marathon with hills on miles 16-22. The elevation on this stretch never reaches more than 220 ft. above sea level.
- There will be several bands and DJs along the course and many neighbors will be out to greet you. Be on the lookout for Eye of the Tiger guy!!
- Start and Finish Lines in the same general area.
- Several Neighborhood Associations are planning community events on race day to cheer on runners.
- Dramatic home stretch along Pratt St with a magesitic view of the Inner Harbor.
- Plenty of viewing areas along course. The Inner Harbor along Light St. is a great spot for families to watch. Runners pass this point near mile 9 and again near mile 13 and then return to finish in this location.
- The 5K will start at 7:30 am this year in a New Inner Harbor location.

STARTING MARATHON & RELAY - 8:00AM

The start line is located at the corner of S. Paca & Camden Sts., about a 3-minute walk from parking at M&T Bank Stadium. This is the **same location** as previous years. Once at the start line, please find the signs denoting runner's estimated marathon pace per mile (i.e. 6 minute/mile, 7 minute/mile, etc.). Start in the designated "Pace Per Mile" area according to the pace you expect to run the race. This is for your benefit as well as for other competitors. Remember, your chip time will begin when you cross the timing mat at the start. Pre-Race water will be available near the start line. Restroom facilities will be open inside M&T Bank Stadium, inside Camden Yards and on Camden St. for the full start. This year, Bag Check trucks will be available near the start line that will be relocated to the Inner Harbor for post-race. *Marathon & Relay runners are asked to wear their "FULL" or "RELAY" bibs on their backs.*

RACE DAY WEATHER INFORMATION

In Baltimore, the average temperature in October at start time is 50 degrees and the average temperature at 1pm is 62 degrees. For current weather conditions and forecasts, listen to WBAL 1090-AM, OR WATCH NEWSCASTS ON WBAL-TV.



HALF-MARATHON WAVE START

In order to maintain a comfortable and safe race experience for all participants, the CareFirst BlueCross BlueShield Half-Marathon will utilize a wave start. Bib numbers have been issued based on the expected finish time you provided and will correspond to the wave you have been assigned. There will be approximately 2,000 runners in each wave. The fastest runners will start first with approximately 3 min. between waves. We ask that all participants adhere to this policy and start with their assigned group. **THIS WILL BE ENFORCED.** With the B-Tag system, your time will not start until you cross the start line.

Bib Numbers in the 10,000 range will be in wave #1; bibs in the 20,000 range will be in wave #2; bibs in the 30,000 range will be in wave #3; bibs in the 40,000 range will be in wave #4; and bibs in the 50,000 range will be in wave #5. **Walkers** will be assigned to wave #5 and are asked to start at the back of this wave. Remember, marathon runners will be joining you after 3 miles. As a courtesy to all participants, walkers will be required to **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

Runners who are in Wave #3, #4, or #5 are asked to access their wave area by way of Lee St. We will have volunteers stationed here to help you find your starting area.

IMPORTANT HALF-MARATHON INFORMATION

The half marathon will still start at the 13.1 mark of the full marathon.

Please Note: (1) The 9:45 am start time of the half-marathon will allow more of the competitive marathoners to pass the halfway point prior to the start of the Half-Marathon. (2) We ask that all half-marathoners seed themselves in their assigned wave. This will help to assure a comfortable race day experience for all participants. (3) The half-marathoners will run on a separate course for the first 3 miles of their race. This will give you time to spread out according to your pace. The races will join routes near Patterson Park and run together from that point. (4) **Walkers:** *PLEASE* start at the back of the half-marathon field. You must complete the course in the 5-hour time limit. As a courtesy to all participants, walkers will be required to **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

NEW THIS YEAR- BAG CHECK FOR THE HALF-MARATHON IS LOCATED NEAR THE INTERSECTION OF LIGHT & CONWAY STS. IN FRONT OF THE BALTIMORE VISITOR CENTER.


HALF-MARATHON COURSE MAP



VISIT <http://bit.ly/2yvZGif> TO ENLARGE THE ABOVE MAP.
TO VIEW THE ELEVATION PROFILE VISIT <http://bit.ly/2xEk5m3>.

PLEASE NOTE: Some of the streets *MAY STILL* change due to logistical concerns. Please check the website for updates if changes arise.

STARTING THE HALF-MARATHON - 9:45 AM

The CareFirst BlueCross BlueShield Half-Marathon  starts in the **same location** as previous years, near the corner of Conway and Light Sts. which is the 13.1 mile mark of the marathon course. The start line is approximately 1/2 mile from parking at M&T Bank Stadium. ***NO transportation will be provided to the start line.***

There will be port-a-lets at near the half-marathon start located on the corner of Conway and Charles St. (eastbound lanes) as well as near the Baltimore Visitor Center and throughout the village. ***Remember. NEW THIS YEAR- BAG CHECK IS NOW LOCATED NEAR THE VISITOR CENTER.***

Please be mindful that as you cross Light St (full) and Charles St.(5k) to proceed to the Inner Harbor area you will be crossing the race course. **PLEASE** adhere to security instructions when crossing.

The half-marathon staging area prior to start of the race is the two left northbound lanes of Light St. Marathoners will be running in the far right northbound lane.

Half-Marathon runners will be placed in one of five waves based on the expected finish time they provided. Your bib number will correspond to the pen that you are to start in. The fastest runners will start first with approximately 3 min. between waves. We ask that all participants adhere to this policy and start with their assigned group. **THIS WILL BE ENFORCED.** With the B-Tag system, your time will not start until you cross the start line.

For the first 2/10 mile of the half-marathon, PLEASE follow barricades to Pratt St. and continue on Calvert St. At Light and Pratt, the half-marathon and marathon will split for approximately three miles. At the intersection of Eastern Ave. & Linwood Ave. the two races will merge at the Pandora Jewelry Mile. Half marathoners will stay to the left at the merge onto Linwood Ave. Marathoners will be on the right side. Once at the merge point, half-marathoners PLEASE BE MINDFUL that marathoners will be entering this portion of the route and may be attempting to qualify for other events.

Due to the 9:45am start, half-marathoners are encouraged to ride the MTA light rail since city streets and lots will be closed due to the marathon. If you do drive, please arrive to M&T Bank Stadium before 7am prior to the start of the Shoprite 5K. Traffic, especially on I-395, backs up quickly and while we have added significant spots to the stadium lots with the move of the finish, stadium lots are expected to fill prior the start of the marathon.

ON-COURSE AIDE STATIONS

There are aide stations on the course at or near the following marathon mile marks: Start, 2, 4, 6, 8, 10, 11.5, 13, 14.5, 16, 17.5, 19, 20.5, 22, 23.5, 25 and Finish. Water & lemon-lime Endurance Formula Gatorade will be available at these locations. Gu Energy Gel (vanilla bean, tri-berry, strawberry banana), Gu Energy Chews (strawberry and watermelon) and granola bars will be available near miles 11.5 & 20.5 on the course. UTZ Brand snacks and bananas will be available near miles 8, 14.5, 20.5 & 23.

Port-a-lets will be located at every aide station.

DROPPING OUT OF THE RACES

If you need to drop out of the race for any reason, please report to the nearest medical station or aide station on the course and inform them that you are retiring from the race. We will have a sag wagon provided following the last runner. The sag wagon will take runners to the nearest exchange point to ride the bus to the finish area. **DO NOT CROSS THE FINISH LINE.** The timing B-Tag will record an inaccurate finishing time. There is no need to return your B-Tag as they are disposable.(relay runner do not need to return their bands.)

MARATHON, HALF-MARATHON & RELAY FINISH LINE AREA

All races will finish on Pratt St. between Charles St. and Light St. Race participants will cross the finish line and proceed to the secured Runners Only Compound in McKeldin Square. to receive their finisher's medal, heat sheet, refreshments and water. **YOU MUST show your bib to enter this area.** You will not have to stop to have your timing device removed as the B-Tags are disposable. It is important to proceed through this area as quickly as you can.

RELAY RUNNERS- You are NOT required to return your neoprene band this year.

The exit to this secured Runner Only Compound is on Light St. near the corner of Pratt St. If you are familiar with Baltimore in the wintertime, this is where the ice skating rink is built. The finish line and finish area facilities will **close promptly at 3:00 PM.**

RUNNER REUNION

With the vast number of recognizable landmarks throughout the Inner Harbor Promenade, we will not designate a Reunion Zone this year. We encourage you to discuss a reunion plan with your family and/or friends before the race and select an Inner Harbor landmark to meet near.



FINISH LINE AREA MAP



VISIT <http://bit.ly/2xAnLYi> TO ENLARGE THE ABOVE MAP...

AWARDS & TROPHIES

We will hold a brief awards ceremony on the main stage to recognize the top three overall finishers and masters champions of each race. All Age Group Awards will be mailed after the race to the address provided at registration following the 30-day verification period. (5K @ 9am; full, half & relay @ 12pm)

POST RACE BEER & WINE

Runners who are of drinking age will have the choice of beer or wine at the post-race party this year. **PLEASE NOTE-** we have a new distribution policy. Your bib will have 2 check boxes for your free drinks. **HOWEVER** in order to utilize these **YOU MUST have your ID checked at the expo** or carry your ID on race day.



We **STRONGLY ENCOURAGE** you to have your ID checked at the expo where we will issue you a tyvex wristband that you **19 Crimes** can wear on race day and not have to carry your ID. This will also speed the process on race day for everyone. The ID Check booth will be located near the end of the expo **AFTER** shirt distribution.

POST RACE REFRESHMENT

In 2017, the finish line for all races has been moved to Pratt St. between Charles & Light Sts. This change will allow the post race party to commence on the shores of the scenic and famed Inner Harbor and showcase this jewel of Charm City.

YOU MUST show your bib to enter the ShopRite Runners Only Compound on McKeldin Square. Here you can enjoy fresh fruit such as bananas and oranges as well as Utz Snacks, Gatorade, bagels, granola bars Cow Tales Candy and other snacks. All items are provided courtesy of ShopRite Supermarket and our other great race sponsors. Deer Park bottled water will be available at the finish line.

Please be courteous to the other participants and take only one product from each station. We will have additional food & beverage options in the Runners Only Compound. Runners will not be permitted back into the Runners Only Compound once they leave. We have found that the back flow of traffic into this area creates an unsafe and uncomfortable environment for everyone.

POST-RACE REFRESHMENTS ARE FOR RUNNERS ONLY.

Remember runners will be crossing the finish line until 3pm.

PHILLIPS SEAFOOD CRAB SOUP

This year Phillips is serving 15,000 cups of crab soup to runners post race. This tent will be located across from West Shore Park along the water. Look for the Phillips Seafood tent and get there early! (Must present bib number.)



ENDURANCE



RELAY RACE NUMBERS & TIMING D-TAG

Relay runners **MUST** wear their race number on the front and a relay designation on the back of their shirts. We ask that you write your Division (Male, Female or Mixed) on your back bib as well. These will be provided at packet pick-up.

Each relay team will be issued **ONE** D-Tag and a neoprene strap. Runners are to pass this to their teammates at the exchange points. Be sure each runner holds the D-Tag in their hand as instructed but does not crush the chip or risk not being accurately timed.

RELAY EXCHANGE POINTS

The exchange points are as follows (**SAME AS 2016**):

Leg	Start	Finish	Distance
#1	Russell St.	Wyman Park Dr. (Near Hopkins)	5.8 mi.
#2	Art Museum Dr.	Md. Science Center/Rash Field	6.7 mi.
#3	Science Ctr/Rash	Lake Clifton HS	6.3 mi.
#4	Lake Clifton HS	Pratt St. (Inner Harbor)	7.4 mi.

RELAY TRANSPORTATION

Buses, **FOR RUNNERS ONLY**, will leave from the Russell St. service road on the west side of the M&T Bank Stadium (to the right when facing Gate A.) **THIS IS THE SAME LOCATION AS PREVIOUS YEARS.** You must present your race number to board the bus.

Bus transportation will be provided to participants starting Leg #2 & Leg #4. **THERE WILL BE NO BUS SERVICE TO OR FROM LEG #3 AT THE MARYLAND SCIENCE CENTER/RASH FIELD.** This leg is only 1/2 mile from M&T Bank Stadium and participants are asked to walk to & from this location.

Buses will leave **promptly** according to the following schedule:

Leg/Location	Bus Departs Stadium
#2 Wyman Park Dr. (Near Hopkins Univ.)	7:30am
#4 Lake Clifton HS	8:30am

These buses will also return runners who finish Legs #1 & #3 to the Inner Harbor following that leg of the race.

Runners may provide their own transportation to their exchange point. However, be aware that parking and access at each site and throughout the race route may be limited due to road closures.

RELAY EXCHANGE DETAILS

Each team will be given one timing chip on a velcro neoprene band that should be carried in your hand. The leadoff runner will start at the same time and location as the marathon runners. There is not a separate start for the relay teams. Relay runners of the second, third, and fourth legs will need to be at their respective exchange zones well before the first marathon runners pass by, as roads will be closed.

On the course, signs will designate the locations of the upcoming exchange points. Upon entering the exchange area, incoming runners should make sure their bib number is visible. A volunteer will announce the incoming runner's bib number to the waiting runners via megaphone.

Waiting runners will be stationed in a designated zone according to their team's bib number. Zones are broken down for every 200 runners. (i.e. Bib #9000-9199; 9200-9399; etc.) Incoming runners should know their bib number and look for these zone signs. They are white with blue numbers and stand 4-ft tall. Runners should handoff the band/chip when they meet at the relay exchange points.

EXCHANGE TIPS: It is helpful if waiting runners keep track of the race time and know approximately when their teammate should be entering the exchange zone. It is also suggested that team wear some sort of identifiable outfit or even carry a balloon which can be left with the incoming runner at the exchange. Waiting runners are also encouraged to assist their fellow runners by shouting **all** incoming bib numbers. Do not cross the timing mat more than once with your timing chip.

RELAY ACCESS: After returning to the Inner Harbor, Leg 1, 2, & 3 runners will enter the Runners Only Compound in McKeldin Sq. through the designated relay entry point. Look for the blue tent and yellow RELAY flags. This location is indicated on the Finish Line Area map. Here you can claim your medal and access the post race food. All Runners claim **ONE MEDAL.**

Leg 4 Runners will cross the finish line and enter the Runners Only Compound. **You DO NOT need to return your neoprene band this year.**

PLEASE NOTE: Buses must adhere to the same road closures as the general public. While the drivers do their best to find the most direct route back, sometimes they get caught in traffic as well. Leg 3 runners who are concerned with getting back to the Inner Harbor to see their team finish may want to consider alternate transportation.

FREE RACE PHOTOS

Thanks to CareFirst BlueCross Blue Shield, everyone will get access to Free Race Photos! Participants will have the ability to share all their race photos on Facebook or, if you don't have a Facebook page, download them at no charge after the race. You can also purchase high resolution unbranded individual prints, race album packages or race branded products. Downloadable photos will be available by about 7 days following the race.

We encourage you to opt in early (beginning Oct. 17) and have your Free Race Photos post directly to your Facebook account once they go live. Some photos are posted during the race so your friends and families can keep tabs on your race day experience while you are still running! Others are posted soon after the race. Beginning Oct. 17, you will be able to sign up to take advantage of this great opportunity to share your race experience with your friends and family. Those who opt in to post to Facebook will be entered into drawing to win one of 10 free entries into the 2018 Baltimore Running Festival.

To sign up for **FREE PHOTOS** and learn more visit <http://bit.ly/BRF17>

PHOTO TIPS: Be sure to wear your bib on the front to ensure the photographers capture your bib number in the photos and keep your race bib uncovered and in clear view. We recommend stopping your watch a few seconds after crossing the finish line so it may be possible to identify your photograph.

SCENIC FINISHER PHOTOS: CareFirst BlueCross BlueShield has also made arrangements for photographers to take finisher photos with the Inner Harbor as a backdrop to help make the memories last. Photo stations will be set up along the water near the Inner Harbor Amphitheater where you can get a photo with the FINISHER Tower and the Inner Harbor in the background. Finisher Photos will be available for posting or download with your other race day images when you register for your **FREE PHOTOS**.



BALTIMORON-A-THON PARTICIPANTS

Baltimoron-a-thon participants will receive ONE BIB that they will wear for BOTH the 5K and the half-marathon. After the half-marathon, runners will receive both their half-marathon and Baltimoron-a-thon medals at the finish line. Volunteers are instructed to only give Baltimoron-a-thon medals to those wearing a moron bib. **DON'T LOSE YOUR BIB!**



IMPORTANT NOTE: You will receive your 5K medal after crossing the finish line of the 5K race. Please plan accordingly to have a friend or family member hold your 5K medal or, if necessary, use Bag Check for this purpose.

RACE DAY COVERAGE

WBAL-TV will televise the Festival in its entirety on its NBC-affiliated station. Coverage begins at 6am with live cut-ins during the TODAY Show. Wall-to-wall coverage of the race day activities begins at 8am and goes until 11 am. Be sure to set your DVR and tell your friends to watch.



98Rock and WBAL Radio will both be broadcasting live from the start line as well as the from the BGE Home Celebration Village on race day. Morning Show hosts Justin, Scott and Spiegel will be on site all day along with Keith Mills and other station personalities. Be sure to stop by to say hello and you may get your 15 seconds of fame on the airwaves.



KING CRAB CHALLENGE & MARYLAND DOUBLE

The King Crab Challenge is a test of stamina and bravery over long distances and an extended time period. Runners must have completed the half-marathon at the Frederick Run Fest, the Baltimore 10-Miler and the full or half-marathon at the Baltimore Run Fest AND pre-registered for the challenge prior to Aug. 1, 2017.

If you were brave enough to take on this challenge this year you will receive a huge 7" medal. Members of the Royal Court will collect their added medal on race day **in the booth located in the BGE Home Celebration Village in front of the Maryland Science Center**. You earned that right to wear your medals proudly! Just be sure to do some neck exercises prior to race day!!

This booth is also the place to pick up your **MARYLAND DOUBLE** medal if you are eligible. **LOOK FOR THE GREEN BALLOON!**

SHOPRITE 5K COURSE INFORMATION-NEW START LOCATION

The 5K course is totally new in 2017! The new course runs along the flat and scenic portion of Key Hwy. and finishes at the same Inner Harbor finish line as the other adult races. A street-by-street description of the 5K route is available on the next page.

The 5k will start at 7:30am, *from the Inner Harbor*. Please make note of this change and plan your morning travel appropriately. This early start will give you some additional time to complete the course and give those runners who are completing the Baltimore-a-thon the chance to finish, stash your finisher medal and get back to the start line for the half-marathon.

SHOPRITE 5K SUPPORT AMENITIES

Water and Gatorade will be served on the course and at the finish line. ShopRite and other sponsors will provide fruit, granola bars and other snacks for your post-race recovery. Once again this year, all 5K finishers will receive a finisher's medal courtesy of ShopRite Supermarkets. The finish area will have a fully equipped medical facility staffed by MedStar Sports Medicine.

STARTING THE SHOPRITE 5K

The race will start promptly at 7:30am from the Inner Harbor. Runners are asked to **stage themselves along Pratt St., east of Calvert St.** beginning at 7am. All runners are asked to allow faster runners to move toward the front of the pack for the start. This is for the benefit of all racers. Remember, timing mats will be located at the start & finish lines recording each racers exact time and place.

FINISH LINE AREA

The 5K will finish on Pratt St. between Charles & Light Sts. Race participants will cross the finish line and proceed to the secured Runners Only Compound to receive their refreshments. Runners will not have to stop to remove their timing device as the B-Tag is disposable. It is important to proceed through this area as quickly as you can.

Runners who are of drinking age will have the choice of beer or wine at the post-race party this year. **PLEASE NOTE-** we have a new distribution policy. Your bib will have 2 check boxes for your free drinks. HOWEVER, in order to utilize these YOU MUST **have your ID checked at the expo** or carry your ID on race day. (see page 32)

The exit from the secured Runners Only Compound on Light St. near the Inner Harbor Amphitheater. **The Runners Only Compound will close to 5K racers at 9:30 am.**

5K COURSE MAP



VISIT <http://bit.ly/2fCUwx0> TO ENLARGE THE ABOVE MAP...

5K COURSE TURN-BY-TURN

START Intersection of Light and Pratt Street going south. (McKeldin Square)
Note – Runners will be in the northbound lanes of Light St, running south
Light St to LEFT On Key Highway
Turnaround (Clockwise) on Key Hgwy.at the island just before BP Gas Station
Follow Key Hwy back north, passing Rash Field and the MD Science Center
Continue straight onto Hughes St
RIGHT on Charles St then a RIGHT on Pratt St
FINISH on Pratt St between Charles and Light St (In front of Kona Grill)

KIDS FUN RUN INFORMATION

Kids Fun Run participants should plan to claim their bibs & shirts at the expo. The restriction of picking up one additional packet and ID requirements does not apply for the kids fun run. We do not expect kids to have ID's nor the capability of picking up their own packet.

We do offer Saturday packet pick up in the Kids Fun Zone only for Kids Fun Run participants who do not have an adult also running on Saturday. However some shirt sizes may be limited if you decide to do race morning pick up. We encourage all kids fun run participants to pick up at the expo.

There will be two separate age groups running different distances in the Kids Fun Run. The color code for each age group will coordinate with the race number as well as the start line tape that each age group will use.

Age	Color Code	Distance	Start Time
8-12	Blue	.38 mile	9:20am
7 & Under	Red	.14 mile	9:30am

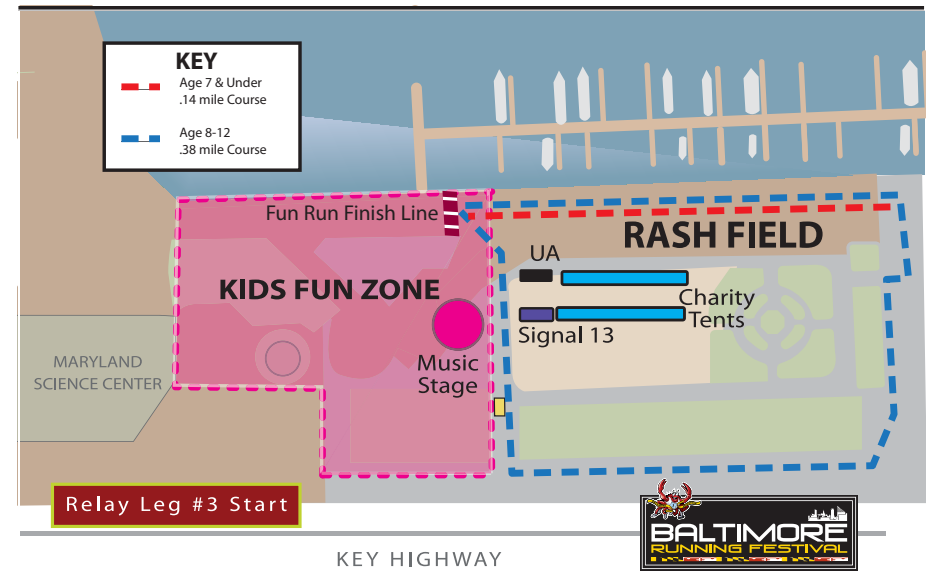
STARTING THE FUN RUN

Prior to the race, ALL participants will meet by 9am at the Kids Fun Run Tent located near the Maryland Science Center (Look for the Red & Blue Flags). The Blue group will start and finish from the same spot. The Red group will run a shorter distance and be escorted to their start line prior to the start of the Blue Group. Race officials will escort the kids to their respective start line at 9:10am.

All participating kids will be provided with a race bib which has a matching numbered stub for parents to tear off and hold on to. We also ask that you fill out the EMERGENCY CONTACT information on the back of the bib with a parent's cell phone in case you get separated. We ask that parents assist their children in getting to the proper location to start the race. **Parents are encouraged to run the course with their child.** All races will start promptly at the time indicated. Strollers are permitted on the kids fun run course.

Upon completion of the race, participants will be corralled in a holding area at the finish. **Parents who do not run are asked to claim their child here & present their numbered stub.** Parents are expected to reunite with their child within 10 minutes or less following the race. AFTER reuniting with their child at the finish line corral, all participants are invited to go directly to the Kids Fun Zone to receive their finisher's medal. In addition, water, Gatorade & snacks will be available in the Fun Zone.

KIDS FUN RUN MAP



IMPORANT FUN RUN HIGHLIGHTS

- Meet by 9am at the Kids Fun Run Tent (Look for the Red & Blue Flags).
- Race officials will escort the kids to their respective start line at 9:10am.
- Parents be sure to tear off your Parent Tab from your child's bib.
- Parents are encouraged to run the course with their child.
- All races will start promptly at the time indicated.
- Parents should claim their child at the finish line corral & present their Parent Tab.
- AFTER reuniting with their child all participants are invited to go directly to the Kids Fun Zone for refreshments and their finisher medal.

KIDS FUN ZONE

Kids of all ages will enjoy the activities at the Kids Fun Zone. As part of the BGE Home Celebration Village, the Fun Zone will have interactive games and activities including a basketball shooting game, football toss, batting cage and much more! Blue the Crab, Poe the Raven's mascot and the Raven's cheerleaders, will also be in this area after the Kids Fun Run. Bring the whole family and enjoy this exciting part of the festival. All activities are FREE.





HOW ABOUT A FREE BEVERAGE?



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*REWARD COUPON REDEEMED IN STORE.
**Offer valid for new members only and expires 12/31/17. Visit DDPerks.com for Reward Program Terms and Conditions. Participation may vary. ©2017 DD IP Holder LLC.

LOST & FOUND FOR ALL RACES

Lost and Found will be located at the Information Tent located at the Inner Harbor Amphitheater close to McKeldin Square.

OFFICIAL MERCHANDISE

The best time to buy your official merchandise is at the expo. However we will have two locations in the BGE Home Celebration Village on race day. One is located at the Inner Harbor Amphitheater and the other near West Shore Park towards the Maryland Science Center.

CLOCK & MILE MARKERS

Digital time clocks will be positioned along the marathon race course indicating your split time at miles 1, 5, 10, 13.1, 15, 20 & 25. In addition, highly visible mile markers will be positioned at every mile. Marathon markers are black and half-marathon markers are blue.

MEDAL ENGRAVING

All of our race medals have been designed with a spot on the back for engraving your name and finishing time. *Fond Memories Graphics* will be in the BGE Home Celebration Village to perform this service on race day while you wait! There is a fee for the engraving. Your Maryland Double medal can be engraved with your Frederick & Baltimore times too. **LOOK FOR THE GREEN BALLOON!**

BRIGHT IDEA FOR RUNNERS

As a courtesy to all participants, walkers will be required to stay to the right curb and **NOT BE MORE THAN TWO ABREAST** so runners can easily pass.

RACE RESULTS

Runners will be able to stop by the Verizon Results tent located in the BGE Home Celebration Village to get a print out of their race results. Simply enter your bib number into the look up computer and your results will be provided. This tent is located near the information tent at the Inner Harbor Amphitheater.

Runners may also visit <http://www.baltimoremrunfest.com> to access their results from our website. Results will be posted in near real-time throughout the day.



RACE DAY COVERAGE

WBAL-TV will televise the Festival live in its entirety on its NBC-affiliated station. Coverage begins at 6am with live cut-ins during the TODAY Show. Wall-to-wall coverage of the race day activities begins at 8am and goes until 11 am. Be sure to set your DVR and tell your friends to watch.



BGE HOME CELEBRATION VILLAGE

Part of the excitement surrounding the Baltimore Running Festival is that it is much more than just a road race. And this year with the move to the Inner Harbor, it will truly be a community event! We will have activities in the BGE Home Celebration Village for people young and old, and for runners and non-runners alike. The party stretches along the entire Inner Harbor Promenade and includes McKeldin Square, West Shore Park and Rash Field.

The BGE Home Celebration Village will have activities throughout the day:

- ✓ Awards Ceremony on the Main Stage (10:00am and 12:00pm)
- ✓ Live Music (9am-3pm)
- ✓ Interactive Games (8am-3pm)
- ✓ Activities for Kids (10am-1pm)
- ✓ Food & Drink Vendors (8am-3pm)
- ✓ Souvenir Shop (8am-3pm)
- ✓ PR Bell Ringing (8:45am-3pm)
- ✓ Expo Booths (8am-3pm)

All finish line activities close at 3pm.



BRIGHT IDEAS FOR RUNNERS

Arrive at least 90 minutes prior to your race start to avoid delays. All bags are subject to search by order of the Baltimore City Police.

RENTAL CARS

Because Corrigan Sports does events all across the nation, we have been able to negotiate special group rates for the participants in all of our events. Take advantage of our deep group savings by using the link below when renting a vehicle. You can choose to rent with Enterprise or National and still get a great low rate.



https://legacy.enterprise.com/car_rental/deeplinkmap.do?bid=028&refId=CORRSPOR

SAFETY FIRST- We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave bags at home and allow extra time all weekend long for any added security measures which will include bag searches and check points for fans and runners. And as always, **IF YOU SEE SOMETHING SAY SOMETHING.**

DIRECTIONS TO STADIUM LOTS

Lots A, B & C- Opens at 5:30am on race day

From the North and South - from I-95 take Exit 53 (I-395) to MLK Blvd./Russell Street (Right Lane). Take the first exit on the right (Russell Street-follow lighted sign). At the bottom of the ramp make a left (onto Lee Street/ Ripken Way) to the entrance of Lot A or B or turn right to the entrance C.

From Downtown - Take Howard Street South; make a right turn at Conway Street (near Camden Warehouse). Proceed down the service road to the entrance to Lot C or turn right to the Entrance of Lot A or B

Lots F, G & H- Opens at 5:30am on race day

From the North - I-95 South to Key Highway exit 55 immediately after the tunnel. At end of ramp proceed straight ahead onto McCommas Street. Turn right at Hanover Street. Lots F&G: Turn Left turn at Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Turn left turn at Ostend Street. Turn right on Sharp Street. Lot H is on your left.

From the South - I-95 North to Hanover Street exit 54. At bottom of ramp proceed south on Hanover Street (stay in the right lane). Make a right onto the access road just before the Cromwell Street light. At Cromwell Street light, make a left onto northbound Hanover Street. LOTS F&G: Left turn at Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Left turn at Ostend Street. Turn right on Sharp Street. Lot on your left.

From Downtown – LOT F&G: Take Charles Street south and turn right on Hamburg Street. Yield right into parking lot entrance just before the bridge. LOT H: Light Street South**. Continue straight on Light St. at Key Hwy turn lanes. Turn right onto Ostend. Turn right on Sharp Street. Parking lot is on your left. . (** Light St. closes to all traffic at 7am)

Lot D & J & N- Opens at 5:30am on race day

From the North- From I-95, take Exit 53 to I-395. Exit right towards M.L. King Jr. Blvd. Take the Russell St exit. Turn left onto Lee St. Turn left onto Russell St. Make slight right onto Service Drive after Hamburg St. LOT N-Turn right onto West St. Lot N is on the left; LOT D-Turn left onto Ostend St. Turn left onto Russell St (Service Drive). Turn right at guard station. Lot D is on the right; LOT J-Turn left onto Ostend St. Turn right onto Warner St. Lot J is on the left after Stockholm St.

From the South- From I-95, take Exit 52 to Russell St North. Turn right onto Worcester St. Turn left onto Warner St. Lot J is on the right. LOT D- Turn left onto Ostend St. Turn right onto Russell St (Service Drive). Turn right at guard station. Lot D is on the right; LOT N- Turn left onto Ostend St. Turn right onto Ridgely St. Turn right onto West St. Lot N is on the right.

From Downtown- Take Lombard St or Pratt St to Greene St which becomes Russell St. Make slight right onto Service Drive after Hamburg St. LOT N- Turn right onto West St. Lot N is on the left; LOT D-Turn left onto Ostend St. Turn left onto Russell St (Service Drive). Turn right at guard station. Lot D is on the right. LOT J- Turn left onto Ostend St. Turn right onto Warner St. Lot J is on the left after Stockholm St.

The Baltimore Running Festival has partnered with Lyft as the preferred transportation partner for this year's event!



PARKING LOTS AVAILABLE

EXPO: DISCOUNTED in lots F and G. Other paid parking in lots throughout the city.

RACE DAY: FREE in lots A, B, C, D, F, G, H, J and N. Paid lots in various locations throughout the city. You can download a map of downtown parking options here: <http://bit.ly/2xUEbKK>

THE STADIUM PARKING LOTS HAVE FILLED UP THE PAST SEVERAL YEARS AND WE EXPECT THE SAME IN 2017. PLEASE ARRIVE EARLY TO ENSURE YOUR PARKING SPOT OR TAKE LYFT OR LIGHT RAIL.

ARRIVE AT LEAST 90 MINUTES PRIOR TO YOUR RACE START

We are working closely with state and local police units to provide the safest possible environment for our runners and fans. Please leave all bags at home or in your vehicle and allow extra time all weekend long for any added security measures. **By order of the Baltimore Police Department, all bags, jackets, coolers, strollers and other bulk items are subject to inspection at any time by security personnel or the Baltimore City Police Department**
And as always, **IF YOU SEE SOMETHING SAY SOMETHING.**

MAP OF M&T BANK STADIUM LOTS



BRIGHT IDEAS FOR RUNNERS

Often after the race, runners cannot recall where they parked. One veteran runner suggests that you write your parking location on your race bib or text the location to someone who will be able to text you back that location once the race is complete.



Good Luck Runners!

Start saving at a ShopRite near you.

Aberdeen
949 Beards Hill Road,
Aberdeen

Cardiff
1606 Dooley Road,
Cardiff

Festival at Bel-Air
5 Bel Air South Pky.,
Bel Air

Forest Hill
2101 Rock Spring Road,
Forest Hill

Glen Burnie
6716 Gov. Ritchie Hwy.,
Glen Burnie

Howard Park
4601 Liberty Heights Ave.,
Baltimore

Jacksonville
14330 Jarrettsville Pike,
Phoenix

Main St. in Bel-Air
223 North Main Street,
Bel-Air

Parkville
Perring Parkway & Parkway
Crossing Shopping Center,
Parkville

Riverside
1321 Riverside Pky., Belcamp

Timonium
37 W. Aylesbury Road,
Timonium

White Oak
12028 Cherry Hill Rd,
Silver Spring

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Limit one time on your ShopRite from Home online order only. Good at any ShopRite from Home service. Not valid in store or at shopritedelivers.com. Cannot be combined with any other offer. Valid thru November 25, 2017.