

RUNNER INFORMATION PACKET

2016 BALTIMORE 10-MILER

DATE: June 4, 2016

START TIME: 7:30 am

LOCATION: Druid Hill Park Baltimore, MD 21217

THE BASICS: Now in its 9th year, the Baltimore 10-Miler is has become an annual rite of summer for the local running community. The scenic trek starts and ends at the Maryland Zoo and includes run-through visits of Druid Hill Park and around Lake Montebello. We finish with what we think is one of the best post-race parties around with live music, watermelons, cold towels and complementary beer. We also provide one of the coolest race premiums in the industry.

E-REGISTRATION CARDS: An electronic e-registration card (different than the confirmation email you received when you registered) will be sent to the email address you provided when you registered on Friday, May 27 by 3pm. The email contains the link to your e-registration card. After clicking the link, you will need to input the following information to access your e-registration:

- * Your last name
- * Your birth date
- * Your zip code

You **MUST BRING** your e-registration (printed out or on your mobile device) to Bib Pick-up at any of the off-site locations to retrieve your race bib and B-tag timing chip.

If you are registered and do not get an e-registration by 3pm on May 27, ***Don't Panic!*** Simply please email corrigansportsbib@gmail.com for troubleshooting tips.

BIB & CHIP PICK-UP: Corrigan Sports prides itself in being a runner friendly organization and we are thrilled that we will once again be able to offer off-site bib pick up locations for the Baltimore 10-Miler.

Tuesday, May 31	Dick's Sporting Goods White Marsh	4p – 8p
Wednesday, June 1	Dick's Sporting Goods Columbia	4p – 8p
Thursday, June 2	Dick's Sporting Goods Gaithersburg	4p – 8p
Friday, June 3	Maryland Zoo Entrance	12a – 7p

TO FIND DIRECTIONS TO DICK'S VISIT: <http://www.dickssportinggoods.com/storeLocator/index.jsp>

BIB PICK UP AT THE ZOO:** Bib Pick up on Friday at the Maryland Zoo will be at the Main Entrance of the zoo. We will use the pavilion in front of the main entrance to the zoo (where you buy your tickets and enter to see the animals.) This will make it easy for you to park and access the bib pick up. Unfortunately, there is no street address for this location. The zoo website give this information for locating the spot: On google maps or other mapping services, Use the longitude and latitude numbers below into where you would normally type your destination address: 39.322258, -76.650464

PLEASE NOTE: **Race day (Saturday) pick-up was limited to the FIRST 200 RUNNERS who Pre-Registered for this privilege.** This option is currently full and we are no longer accepting race day pick up as an option.

RUNNER BIBS: Your Baltimore 10-Miler bib contains several important elements that are required to participate.

- *B-Tag Timing Chip:* There is a white plastic strip on the back of your bib which is the timing chip used to provide your time. DO NOT bend, fold or remove this. These are disposable after the race.
- *Medical Information:* Please complete the medical information on the back of your bib. This information can be extremely helpful in getting you the proper care should you need medical attention during the race
- *Bag Check Tab:* If you choose to use bag check, you will need to attach this tab to your bag. We ask that you use a clear plastic bag if possible. We cannot accept oversized luggage. Bag check is at your own risk and we are not responsible for lost or stolen items. You must show your bib with matching number to claim your items from bag check.
- *Premium:* All participants will pick up their race premiums AFTER the race. No jackets will be distributed prior to this time. Runners will receive the size that they requested when they registered which is printed on your tab. You must present your race bib to receive your premium. PLEASE ALLOW THE VOLUNTEER TO MARK YOUR BIB ONCE YOU GET A PREMIUM.
- *Beer Tabs:* There are two beer tabs that can be exchanged for two complementary Harpoon Brewery beers.
- *QR Code:* Your bib will contain a QR code that you can scan to get your results soon after crossing the finish line. A QR Code is a two-dimensional bar code that stores web addresses. The one on your bib will take you to your personal results site. Your results should be available 20-30 minutes after crossing the finish line.
- To fetch your results immediately you will need a QR Reader on your mobile device. You can learn more and download iTunes or the Google Play

THE COURSE: The race features a fun, fair yet challenging course that tours North Baltimore from Druid Hill Park to Lake Montebello and back. Due to construction on the Hopkins Campus, there are a few minor route changes. Below are the Turn-by-Turn directions:

- VIEW TURN-BY-TURN DIRECTIONS HERE: <http://bit.ly/1UbYJBk>
- VIEW COURSE MAP HERE: <http://bit.ly/1XuLsqg>

RACE DAY PARKING: The Race will utilize the parking lots on the Maryland Zoo property (LOTS A, B & C.) **PLEASE FOLLOW POLICE AND ATTENDANT DIRECTION!** Runners are asked NOT TO PARK in any other area, unless directed. Runners may enter the parking area from TWO ENTRANCES: 1) Gwynn Falls Pkwy. off of Druid Park Lake Dr. 2) Greenspring Ave. at Beechwood Dr. **THERE WILL BE TRAFFIC RACE MORNING.** **PLEASE BE PATIENT AND ARRIVE EARLY. GIVE YOURSELF PLENTY OF TIME TO PARK AND GET TO THE START LINE. PLAN TO LEAVE 20 MINUTES BEFORE YOU WERE THINKING ABOUT LEAVING. WITH THE LIVE TV COVERAGE, WE WILL START THE RACE AT 7:30am.**

WE ASK RUNNERS TO USE EXIT 7 and EXIT 9 OFF OF I-83 TO SPREAD THE TRAFFIC.

Please visit THE LINK BELOW for directions from all directions:
<http://www.baltimoretenmiler.com/hotel-travel/driving-directions-2/>

We will offer a complementary shuttle bus from the Zoo main entrance beginning at 6am. However many runners choose to walk the short distance to the start line.

RUNNER TRACKING: Corrigan Sports will provide free runner tracking and results to runners competing in the 2016 Baltimore 10-Miler.

Runners will be able to receive tracking messages via: text messages to their mobile phone, and posts to their respective Facebook or Twitter accounts. Families, friends and fans can also register to use this helpful information to follow their favorite runners and reunite with them in Celebration Village on race day.

Alerts will be sent after a runner crosses over mats on the course that trigger the embedded timing chip in their race bib to send a signal to the event's tracking system.

Registration to track a runner is now open. However if you have registered after Friday, May 24 you may not be able to access until a later date. Uploads with new registrants are done every two days. Visit <https://register.chronotrack.com/event/tracking/eventID/21509> for more details on how to sign up.

WAVE START: Based on feedback we received from previous years, we will once again implement a wave start for the 2016 Baltimore 10 Miler. While there are no assigned waves we encourage people to start according to their projected finish time based on the honor system, as it will make for a better race day experience for all runners. Waves will start 3 minutes apart giving runners enough time to stretch out and give everyone a little more room to run. REMEMBER, your finish time will be based on Chip Time so you don't have to worry about not crossing the start line with the first group.

Based on the current expected finish times of all registered runners, the waves will break down as follows. (*subject to change*).

- Wave 1- expected finish time of 1 hr to 1:29:00
- Wave 2- expected finish time of 1:30:00 to 1:40:00
- Wave 3- expected finish time of 1:40:01 to 2:29:00
- Wave 4- expected finish time of 2:30:00 to 3:00:00

Thank you in advance for your assistance on race day in making the wave start smooth for everyone's benefit.

RACE PREMIUM: All participants will pick up their race premiums AFTER the race. No jackets will be distributed prior to this time. This year's CareFirst BlueCross Blue Shield Baltimore 10-Miler premium is a show stopper! The quarter-zip jacket is engineered with smooth, moisture wicking technical material in a vibrant blue color. White textured mesh is strategically placed for ease of movement and breathability. Jackets are available gender specific in XS-XXL for women and SM – XXL for men (size chart below). Both jackets are complete with a lower back pocket and thumb holes for additional comfort and overall snuggability. Best of all, the embroidered left chest design will highlight your Baltimore 10 miler pride!

IMPORTANT- Runners will receive the size that they requested when they registered. You must present your race bib with the size you requested to receive your premium. Only one (1) jacket will be given per participant. If you would like a different size jacket, we will have a size swap table in the Celebration Village after the race to help with exchanges. Jacket exchange is first come, first serve. There is no guarantee we will have your replacement size available. Exchanges will only be allowed at the event. No jackets will be mailed out or available for pick up after the event.

THE POST-RACE PARTY: Runners are greeted at the finish line with Safeway fresh watermelon slices, bananas, apples, oranges, cold washcloths, bottled water, Gatorade, and more. What else could a runner ask for? How about complementary Harpoon beer for of age runners, and live music by Naked Nation all held in an awesome site just outside the Maryland Zoo in Baltimore and brought to you courtesy of Buffalo Wild Wings!

THE CHARITIES: The Baltimore 10-Miler is a race you can truly feel good about running. The event benefits a number of local organizations and much of the funds raised stay right here in the Greater Baltimore area. Look out for the *Men in Blue* wearing special shirts during the CareFirst BlueCross BlueShield Signal 13 Challenge. CareFirst will donate \$4 to the Signal 13 charity for every runner Baltimore Police Commissioner Kevin Davis beats to finish. Signal 13 is the police's own charity that benefits city police personnel in a time of need; The Relay for Rags will benefit the Ragonese Family Trust, to benefit former CSE VP of Operations Mark Ragonese. WJZ's Mark Viviano and Comcast's Brent Harris as well as Paul McMullen who is a former writer with the Baltimore Sun will be running to raise funds for the Trust; And look out for the Charity Chasers! ABC2's own Mallory Sofastii will be starting from the back of the pack and trying to chase you down to raise money for Girls on the Run, helping keep area youth fit and healthy. And defending champion Dave Berdan will be chasing you down as a fundraiser for the Maryland Zoo in Baltimore. All in all, you can feel proud to be part of this very philanthropic event!

WALK UP REGISTRATION: If you know someone who still wants to register for the Baltimore 10-Miler, they can do so at any of the off-site pick up locations. THERE WILL BE NO RACE DAY REGISTRATION.

LIVE TV COVERAGE: Set your DVR and tell your friends and neighbors that WMAR ABC-2 in Baltimore will be broadcasting the event live from 7:00am to 10:00am. And be sure to smile for the camera's while out on the course and crossing the finish line!