

RUNNER INFORMATION PACKET

2018 BALTIMORE 10-MILER

DATE: June 2, 2018

START TIME: 7:30 am

LOCATION: Druid Hill Park Baltimore, MD 21217

THE BASICS: Now in its 11th 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 complimentary beer. We also provide one of the coolest race premiums in the industry. This year's finisher's premiums are a Baltimore 10 Miler Under Armour t-shirt AND a super-cool B10 beach towel!

E-REGISTRATION CARDS: On Tuesday, May 29 by 1pm, you will receive an emailed e-registration that will include your personal information as well as your race number. PLEASE VERIFY ALL PERSONAL INFO. If you find an error you will need to make the edits in person when you pick up your bib. (YOU CANNOT DO IT VIA PHONE OR EMAIL.) If you do not get an e-registration 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 bring a copy of the e-registration email (printed out or on your smart device.) You will use this e-registration email when you pick up your Race Number.

You can pick up for a friend as long as you have their e-card with you. For the sake of others in line, please limit this to one additional bib.

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 29	Dick's Sporting Goods White Marsh	4p – 7p
Wednesday, May 30	Dick's Sporting Goods Columbia	4p – 7p
Thursday, May 31	Dick's Sporting Goods Gaithersburg	4p – 7p
Friday, June 1	Maryland Zoo Entrance	12p – 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 gives 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 is limited to the FIRST 200 RUNNERS who Pre-Registered for this privilege.** There are still a few slots left but register soon as it will fill up quickly.

<http://www.baltimoretenmiler.com/race-day-bib-pick-up-request/>

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 shirts or towels 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 complimentary Harpoon Brewery beers.

THE COURSE: The race features a fun, fair yet challenging course that tours North Baltimore from Druid Hill Park to Lake Montebello and back. Below are the Turn-by-Turn directions. Please note this is *slightly* different than last year:

- VIEW TURN-BY-TURN DIRECTIONS HERE: <http://bit.ly/2rV4c7f>
- VIEW COURSE MAP HERE: <http://bit.ly/2qU5f9d>

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 30 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 2018 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 Thursday, 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/38126> 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 2018 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 shirts or towels will be distributed prior to this time. This year, runners will walk (or crawl) away with 2 super awesome premiums! Our UA technical tees are made of an ultra-soft Charged Cotton® tri-blend fabric that dries fast and effortlessly wicks sweat. Anti-odor technology prevents the growth of odor causing microbes to keep you smelling fresh throughout your training for next years' 10 miler! Tees are true red and will be available in gender specific sizing. 55% cotton/34% polyester/11% rayon. Premium #2 is our first ever B10 Beach towel!! The Maryland Flag design is sure to be a crowd pleaser. While you're lounging in the summer sun drinking orange crushes on the beach, this 55" X 27.5" beach towel will be a gentle reminder of all those hills you crushed on June 2nd!!

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 items. Only one (1) shirt and towel will be given per participant. If you would like a different size shirt, we will have a size swap table in the Celebration Village after the race to help with exchanges. Shirt 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 shirts 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 The Unity Reggae Band all held in an awesome site just outside the Maryland Zoo in Baltimore.

THE CHARITIES: Our charity beneficiaries include the Frank J. Battaglia Signal 13 Foundation, Athletes Serving Athletes, Back on My Feet, Maryland Zoo in Baltimore, and Soccer Without Borders. WJZ TV Sports Director Mark Viviano will once again run to raise funds for the Mark Ragonese Family Trust.

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!