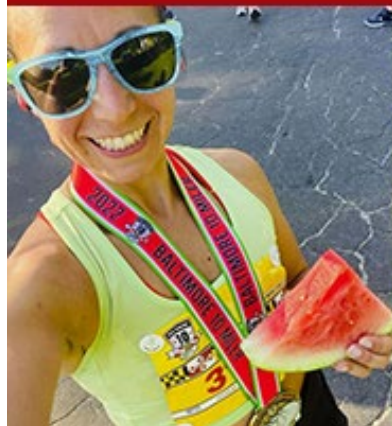


PARTICIPANT HANDBOOK

BALTIMORE 10-MILER JUNE 3, 2023



AN UNDER ARMOUR RACE SHIRT,
A BEACH BAG & A MEDAL
FOR ALL FINISHERS



RUNNER INFORMATION PACKET

2023 BALTIMORE 10-MILER

DATE: June 3, 2023

START TIME: 7:00 am

LOCATION: Druid Hill Park Baltimore, MD 21217

THE BASICS: The Baltimore 10-Miler 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 Guinness beer. We also provide some 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 logoed backpack beach bag (for the *first 3500 registrants.*)

E-REGISTRATION CARDS: On Monday, May 29 by 3pm, you will receive an e-registration via email that will include your personal information as well as a QR code. PLEASE VERIFY ALL PERSONAL INFO. If you find an error please email us immediately at customerservice@corrigan sports.com to make any edits.

If you do not get an e-registration via email DO NOT PANIC. Simply send an email to customerservice@corrigan sports.com and we will be able to help you troubleshoot your issue.

PLEASE bring a copy of the e-registration email with the QR CODE (printed out or on your smart device.) You will use this e-registration email when you pick up your race packet. PLEASE HAVE IT OUT AND READY TO SHOW THE VOLUNTEERS AS YOU APPROACH THE TABLE.

You can pick up for a friend as long as you have their QR Code with you AND a copy of their photo ID, in case there is a problem or error. For the sake of others in line, please limit this to one additional bib.

PACKET PICK 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 packet pick up locations for the Baltimore 10-Miler. You will receive your bib, your Under Armour t-shirt and your beach bag at these locations:

Tues., **May 30** from **4p to 7p** at Road Runner Sports **Rockville**, 1807 Rockville Pike, Rockville, Md.

Wed., **May 31** from **4p to 7p** at Road Runner Sports **Columbia**, 6630-D Marie Curie Drive, Elkridge, Md.

Friday, **June 2** from **12p to 6p** at **Maryland Zoo Entrance**, 1 Safari Place, Baltimore, Md.

There is **NO RACE DAY** packet pick up or premium distribution. Please plan accordingly.

BIB PICK UP ON FRIDAY:** 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

MAIL MY PACKET OPTON: Those who paid to have their packet mailed (and those running virtually) should receive it well in advance of race day. The target ship date is May 24. They are shipped USPS Priority mail. You will get an email with tracking information once it is shipped. If you selected this option and did not get yours, DO NOT PANIC. Simply email customerservice@corrigan sports.com and we will help you troubleshoot your issue. PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET AT THE EXPO IF YOU SELECTED THIS 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. WATCH THIS VIDEO: <https://youtu.be/JmrMQwF6A6Y>
- *Premium*: All participants will pick up their race premiums at packet pick up. No shirts or bags will be distributed on race day. Runners will receive the size that they requested when they registered which is on your e-registration.
- *Beer Check Boxes*: There are two beer check boxes that can be exchanged for your choice of two complimentary Guinness beers

DO NOT FORGET YOUR BIB OR SAFETY PINS ON RACE MORNING! This includes those who paid to have their bibs mailed to them. We did not include pins in the mailed packets because we have had experiences where the pins open and damage the shirts. PLEASE BRING YOUR OWN PINS.

SIZE EXCHANGES: Runners will receive the shirt size they requested when registering which will be pulled when your QR code is scanned. PLEASE DO NOT ask volunteers to provide a different size as they have been instructed not to do so. This will ensure all registrants receive the shirt they ordered. We will have exchange bins on race day if you would like to exchange your size.

HELP US KEEP YOU SAFE ON RACE DAY: RaceSafe is a proud partner of our race, creating a standard of care and safety for our running community! To ensure maximum safety on race day, we strongly recommend that you provide critical health information to our medical team in advance. That will help the MedStar Health medical team to appropriately care for you in the event of an emergency. Please follow the link below to fill out a brief medical form through RaceSafe. **QUICKLY COMPLETE YOUR HEALTH INFO HERE:** https://www.iracesafe.com/registration/participant?race_id=1078

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.

VIEW TURN-BY-TURN DIRECTIONS HERE: <https://bit.ly/3Pp3gmr>
VIEW COURSE MAP HERE: <https://bit.ly/3wvBCeV>

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. WE WILL START THE RACE AT 7:00am.**

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/>

After parking in the Maryland Zoo lots you will be able to walk to the start line through Schaefer Plaza (the zoo's special event lawn). There will be no shuttle bus to the start line this year. **VIEW A WALKING MAP FROM THE PARKING LOTS TO THE START LINE HERE:** <https://bit.ly/3a43gIt>

RUNNER TRACKING: Corrigan Sports will provide free runner tracking and results to runners competing in the 2023 Baltimore 10-Miler.

Runners will be able to receive tracking messages via text messages to their mobile phone. 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. Click below to sign up: <https://register.chronotrack.com/event/tracking/eventID/73927> for more

WAVE START: Based on feedback we received from previous years, we will once again implement a wave start for the 2023 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 2-3 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. (Approximate and *subject to change*).

- Wave 1- expected finish time of <1 hr to 1:35:00
- Wave 2- expected finish time of 1:35:01 to 2:00:00
- Wave 3- expected finish time of 2:01:00 to 3:00:00

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

RELAY INFO: The first member of the team will start at Druid Lake with the individual 10-mile runners and run to Mile 5 at Lake Montebello. The second leg runner will take a bus to the Mile 5 mark.

BUS LEAVE AT 6:45AM The Leg #2 bus leaves from near the start line area at the corner of Beachwood Dr. and Swann Dr. promptly at 6:45am. PLEASE be on time to make the bus. There is limited parking available the relay exchange spot. Leg 1 runners will be bused back to the zoo's Mansion House lawn after all relay runners finish to join their teammate in the celebration village. **There is only 1 relay bus. If you plan to take it, don't be late.**

RELAY MEDALS: Medals will be given to Leg #1 runners after you return to the zoo. Look for the blue Relay tent at the entrance of the Runners Chute; Leg #2 runners will receive their medals as they cross the finish line from the same blue tent.



VISIT THIS LINK FOR A LARGER VIEW OF THIS LEG 2 BUS PICK UP LOCATION MAP:

<https://bit.ly/3FPUyJC>



VISIT THIS LINK FOR A LARGER VIEW OF THIS LEG 2 STAGING AREA MAP:

<https://bit.ly/3LiCitw>

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 two complimentary Guinness beer for of age runners, and live music all held in an awesome site just outside the Maryland Zoo in Baltimore. Pack a towel in your new beach bag and spread it out on the lawn and celebrate your accomplishments!

THE CHARITIES: Our charity beneficiaries include the Frank J. Battaglia Signal 13 Foundation, The Maryland Zoo in Baltimore and The Mark Ragonese Family Trust. Thank you for supporting these great causes.

RESULTS: Post race, you can access your results here:

<https://www.athlinks.com/event/5321/results/Event/1050963/Results>

OFFICIAL PHOTOGRAPHERS: MarathonFoto will take official photographs along the course and at the finish line and produce a whole line of products featuring your photos. Be sure to keep your race number 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. Proofs of your photo with ordering information will be available online a few days following the race. MarathonFoto will send you an email as soon as your photos are ready.

BIG FREAKIN' DEAL (BFD CHALLENGE): Claim your medal at the BFD Tent. More than 200 runners are participating in our Spring Race Challenge. The BFD includes finishing any race distance at the Delaware Running Festival, the Frederick Running Festival and the Baltimore Ten Miler. Runners who do so get an extra medal to add to their collection. In addition, we invite all BFD participants to join us in the CSE Challenge Tent located near the baseball diamond on the Mansion House lawn. This is where you can claim your medal and mingle with your fellow competitors who have completed the challenge. BFD members will have a BLUE STICKER on their bib that will indicate that they are truly a Big Freakin' Deal...

KING CRAB CHALLENGE: Runners who are participating in the Ketel One Botanical King Crab Challenge will have the opportunity once again to hang out with their fellow competitors and enjoy an extra treat in the form of a Ketel One Botanical. A RED STICKER on your bib will grant you access into the CSE Challenge Tent located near the baseball diamond on the Mansion House lawn. Just our way of saying THANK YOU for being part of the Corrigan Sports family!

CHESSIE CHALLENGE: Runners who are participating in the Chessie Challenge will also be invited to hang out with their fellow participants and enjoy some extra treats in the CSE Challenge Tent located near the baseball diamond on the Mansion House lawn. A RED STICKER on your bib will grant you access. Another way Corrigan Sports says THANK YOU for being part of the family!