



# RUNNER HANDBOOK

**March 11, 2023**

We are excited to welcome you as part of this is a BRAND NEW race that is now a part of the state capital's running scene. After 20+ years of successful events throughout Maryland as well as in other states, Corrigan Sports is thrilled to bring its compelling "race for everyone" formula to Annapolis for the first time. You can expect a fair yet challenging race route, high quality premiums & medals, and a fun & festive post race party to celebrate your accomplishments in style!

Corrigan Sports takes great pride in listening to our participants in an effort to improve each and every year. We want you to have the same pride in the event so that you plan to come back each Spring with your running crew in tow.

We'd like to share with you the positive aspects of the race of which you may not be aware. The event will include an Annapolis Police Foundation Charity Chaser in which an officer will run the event and earn donations for every runner that they pass along the course and shine a light on the good works that officers and foundation do in the community. In addition, with the half-marathon route covering a 1.5 mile stretch of the B&A Trail, the race will raise funds for the Friends of Anne Arundel County Trails. Other charities that will benefit include: Athletes Serving Athletes, Ainsley's Angels, Healthy Kids Running Series of Greater Annapolis and the Walk the Walk Foundation among others.

This handbook includes important information that will prepare you for the events and activities surrounding race day. If you have entered the Half-Marathon, the 10K or the MedStar Health 5K, it is extremely important that you thoroughly read all of the information in this booklet carefully.

Past attempts have proven that this city can be a great host for a long distance running event. It has plentiful hotels and restaurants, scenic streets and parks, and easy access with ample parking. We intend to create a stable and quality race that everyone involved can be proud of and count on for years to come. Can't wait to host you in 2023 and beyond!



**FOLLOW US ON FACEBOOK FOR ANY LAST MINUTE UPDATES  
AND IMPORANT MESSAGES.**

<https://www.facebook.com/AnnapolisRunFest/>

A CORRIGAN SPORTS EVENT



## Official Hotels

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 Annapolis Running Festival. 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 at 502-354-9103 or their our direct email, marathons@teamtravelsource.com.

## Schedule of Events

### Monday, March 6 (Ryleigh's Oyster Bar in Timonium, Md.)

22 W Padonia Rd, Timonium, MD 21093

Packet Pick Up from 4p to 7p

### \* NEW LOCATION\* Tuesday, March 7 (MedStar Montgomery Medical Ctr)

#### ASSOCIATE SATELLITE PARKING LOT

2801 Olney Sandy Spring Rd, Olney, MD 20832

Packet Pick Up from 4p to 7p

### Wednesday, March 8 (Corrigan Sports HQ in Elkridge, Md.)

6725 Santa Barbara Court, Suite 114, Elkridge, MD 21075

Packet Pick Up from 10a to 7p

### Friday, March 10 (at Navy Marine Corps Stadium in Annapolis, Md.)

1040 Cedar Park Rd, Annapolis, MD 21401

Packet Pick Up and Vendor Village from 3p to 7p

### Saturday, March 11, 2023 (Navy Marine Corps Stadium)

Bag Check	6am-12pm
Opening Remarks & Final Instructions	6:45am
National Anthem	6:55am
Half-Marathon & 10K Start	7:00am
MedStar Health 5k Start	7:10am
Sock Burning Fire Pit	8am- 1pm
5k Awards Ceremony	8:30am
Oyster & Shrimp Cocktail served	8:30am- we run out
Half-Marathon/10K Awards Ceremony	10:00am
Celebration Village Activities	8am-1pm

*Awards Ceremonies on Main Stage in Celebration Village*

## Register Online Until March 10

Online registration will remain open until Friday, March 10 at 6pm. If you know someone who still wants to run but has not registered, please encourage them to do so. They will still need to stop by Navy Stadium or one of the other pick up locations to claim their race bib and shirt.

**PLEASE NOTE:** Shirt sizes will be limited if you wait to register.

## Chessie Challenge

### CALLING ALL DECKHANDS! A NEW VOYAGE AWAITS.

Aye, Aye Matey! If you have been in these parts for a while like I have, then you know the legend of Chessie. Chessie is the mythical sea monster that trolls the Chesapeake Bay and has been part of sailor lore for a lifetime



I have been sailing these waters since I was a wee lad and ne'er set an eye on her. Oh, but I have heard the tales!

My crew and me are setting out on a journey to find this Chessie. We're looking for a few more deckhands if you are up for an adventure. We pay handsomely too—a few shiny medals and other lavish gifts await you. It's a long voyage, about 7 months, but if you have the sea legs for it, we welcome you aboard!

We have a solid navigational plan and think we can track her down with your help. We hope you will come along on our odyssey and be part of the great Chessie Challenge of 2023!

We have more than 150 runners already participating in our newest race challenge. The Chessie Challenge includes finishing any race distance at the **Annapolis Running Festival**, either the **Baltimore Ten Miler** on June 3 or the **Baltimore Running Festival** on October 14 and the **Ocean City Running Festival** on October 28. Runners who do so get an extra medal and a 40 oz stainless steel tumbler to add to their collection in addition to the SWAG they earn from competing in the races they select.

**THERE IS STILL TIME TO JUMP ON BOARD THE VOYAGE.** Learn how:

<https://www.annapolisrunfest.com/Race/AnnapolisRunningFestival/Page-17>



## EARN EXTRA SWAG

*In addition to the items you will receive from each race you complete, those that enter the Chessie Challenge will earn an extra, 5.5" interactive medal as well as a 40oz stainless steel water bottle with a handle, lid and a straw.*



## **Log Your Medical History with Race Safe**

Participants are strongly encouraged 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.

[https://www.iracesafe.com/registration/participant?race\\_id=994](https://www.iracesafe.com/registration/participant?race_id=994)

## **QR Code Email**

Check-in this year will be done by QR CODE. This will be emailed to you BEFORE you arrive. You will receive an email on Monday, March 6 by 11am with information needed to claim your bib. If you do not get an email by 11am that day 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 QR CODE email (printed out or on your smart device.) You will use this QR CODE email when you pick up your race packet.

## **Packet Pick Up**

Corrigan Sports prides itself in being a runner friendly organization and we are thrilled that we will be able to offer off-site packet pick up locations for the Annapolis Running Festival. Out of courtesy for all in line, PLEASE MAKE SURE YOU HAVE YOUR QR CODE CARD BEFORE YOU ARRIVE. We will be able to troubleshoot your entry if necessary but you can speed up the process if you have QR Code printed out or pulled up on your smart device prior to arrival.

Monday, March 6 from 4p to 7p at Ryleigh's Oyster Bar in Timonium  
**\* NEW LOCATION\* Tuesday, March 7 (MedStar Montgomery Medical Ctr)**  
Wednesday, March 8 from 10a to 7p at Corrigan Sports in Elkridge  
Friday, March 10 from 3p to 7p at Navy Stadium in Annapolis

**Please Note:** There is NO RACE MORNING PACKET PICK UP.

You will receive your race bib number (with a disposable timing chip on back) and your Under Armour race shirt at pick up.



**IMPORTANT NOTE:** Runners will receive the shirt size they requested when registering which will be listed on your race number. 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 **after the race** in the HQ Tent if you would like to exchange your size.

## **Mail My Packet Option**

Those who paid to have their packet mailed should receive it well in advance of race day. The target ship date is March 1. 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 your troubleshoot your issue. PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET AT ANY OF THE PICK UP LOCATIONS IF YOU SELECTED THIS OPTION.

## **Pick Up for A Friend**

Individual runners are asked to pick up their own race packet. However a friend or family member is allowed to pick up your packet for you. They will need to bring your bib number (that you will receive via email the week of the race) AND a copy of your photo ID, in case there is a problem or error.

***Please limit yourself to picking up ONE other race packet that is not yours out of courtesy for other participants in line.***

## **ENOUGH WITH WINTER, BRING ON THE SPRING RACE SEASON!**

### **Traditional Sock Burning to be Part of the Annapolis RunFest**

It all began in Annapolis in the Spring of 1978. After a snowy winter, boatbuilder Bob Turner bid his oppressive sock-wearing days farewell by throwing them into a campfire. This annual rite to celebrate the end of winter has persisted on boat docks around the globe.

We will continue this local tradition at the Annapolis Running Festival with a twist! We invite you to mark the beginning of the Spring race season by kicking off your running shoes and throwing your socks into the fire in hopes of bringing PRs and good weather to the rest of your 2023 race calendar.

We will have a fire pit in the Celebration Village stoked for the occasion. Traditionalists frowns upon putting new socks on once you've burned yours so remember to check your flip flops at bag check to wear for the rest post-race celebration!



## **D Tag Timing**

Participants will utilize the D Tag timing system. This system uses a thin computer transponder that is built into the bib and stays attached to your race number while you run. On race day, runners simply secure the race bib to their shirts and they are ready to run. After crossing the finish, runners do not need to return the tag and can dispose of it at their convenience.

DO NOT Remove your D Tag from your bib

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

DO NOT Exchange your D Tag with any other participant

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



## **Race Bib Number**

- You must show your race bib to enter the starting area.
- You must wear your race bib on the front of your body
- Your race bib must be visible throughout the race so the official course photographers can identify you.
- Your race bib is also a ticket to all race activities! Please have your race bib with you at all times to assure proper access.
- Do not exchange or transfer your number to someone else.
- In order to help our Medical Team work more efficiently, please fill out the medical history information on the back of your number.
- Your bib contains check boxes for your post race beers Please allow the volunteer to mark your bib once these items are received.
- Please watch this video if you plan to use the bag check:  
<https://youtu.be/JmrMQwF6A6Y>

## **Course Time Limit**

Our agreement with the City of Annapolis requires that all participants be able to complete the half-marathon in three and a half hours. Runners who are unable to maintain a 16 minute mile pace are encouraged to drop out of the race and report to the nearest medical tent or waterstop to arrange transport back to the Celebration Village. Be aware that the roads will re-open on a rolling basis.

Mile 1	7:06 to 7:16	Mile 8	7:48 to 9:08
Mile 2	7:12 to 7:32	Mile 9	7:54 to 9:24
Mile 3	7:18 to 7:48	Mile 10	8:00 to 9:40
Mile 4	7:24 to 8:04	Mile 11	8:06 to 9:56
Mile 5	7:30 to 8:20	Mile 12	8:12 to 10:12
Mile 6	7:36 to 8:36	Mile 13	8:18 to 10:28
Mile 7	7:42 to 8:52	Finish	8:20 to 10:30

## **Prohibited Items**

For safety reasons, please adhere to the following: no dogs, no strollers, no bicycles, no in-line skates, no roller blades, no wheeled vehicles (except pre-registered wheelchairs and medical strollers). Violators may be disqualified and removed from the course by a Race Official. This policy has been established by the USATF and is required for insurance purposes and the safety of all runners. Please do not leave bags unattended. Report any unattended packages, baggage or suspicious behavior anywhere on the event grounds.

## **Headphone Policy**

Headphones are permitted, however, to enjoy all that our race has to offer and for the safety of all participants, the Annapolis 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 the 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.

## **Runner's Bag Check**

Runners may check their gear at the Bag Check Area located in the Celebration Village at Navy Marine Corps stadium. Look for the yellow BAG CHECK flag.

### **BAG CHECK HOURS ARE AS FOLLOWS: SATURDAY 6AM-12 PM**

For safety reasons, we ask that you utilize a transparent bag for gear check. If you do not have one, we will make one available to you. Your bib will contain a bag check receipt for identification. We will not handle oversized luggage. Your bag will remain at Runner's Gear Check Area at all times 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 to claim your items. Items not claimed will be donated to charity. Please watch this video if you plan to use the bag check:  
<https://youtu.be/JmrMQwF6A6Y>

## Directions to Navy Marine Corps Stadium

On Friday for packet pick up and Saturday for race day all participants will be directed to enter the parking area through Gates 3,3A OR 4. **PLEASE FOLLOW THE PARKING ATTENDANT'S INSTRUCTIONS.**

To find the best route for your personal travel scenerio, please enter the following address into your GPS device:

**1040 Cedar Park Rd  
Annapolis,MD 21401**

or

use GPS Coordinates 38.98315, 76.51067

### **FROM POINTS NORTH:**

From I-95-South exit onto I-695-East and then take the I-97-South exit. Follow I-97 south until it merges into Route 50 East toward Annapolis. Take Exit 24, Rowe Blvd, and bear right (south) at the bottom of the exit ramp. Follow Rowe Blvd and turn right at first light onto Farragut Ave and then left onto Cedar Park Rd. Follow the *parking attendant's instructions to Gates 3, 3A or 4.*

### **FROM POINTS SOUTH:**

Take I-95-North, MD Route 2 North or U.S. Route 301 North to Route 50. Travel east to Annapolis. Take Exit 24, Rowe Blvd, and bear right (south) at the bottom of the exit ramp and then follow Rowe Blvd and turn right at first light onto Farragut Ave and then left onto Cedar Park Rd. Follow the *parking attendant's instructions to Gates 3, 3A or 4.*

### **FROM POINTS WEST:**

Follow Route 50 East from Washington, D.C. towards Annapolis. Take Exit 24, Rowe Blvd, and bear right (south) at the bottom of the exit ramp. Follow Rowe Blvd and turn right at first light onto Farragut Ave and then left onto Cedar Park Rd. Follow the *parking attendant's instructions to Gates 3, 3A or 4.*

### **FROM POINTS EAST:**

Follow Route 50 West toward Annapolis to Exit 24B, Rowe Blvd and follow Rowe Blvd to a right turn at the second stop light on Taylor Ave and right on Cedar Park Rd. Follow the *parking attendant's instructions to Gates 3, 3A or 4.*

### **FROM THE CITY OF ANNAPOLIS**

Follow West St. westbound to a right (1/4 of the way around Westgate Circle in front of the Westin Hotel) onto Taylor Ave north. Cross train tracks and take left onto Cedar Park Rd. Follow the *parking attendant's instructions to Gates 3, 3A or 4.*

### **FROM SOUTHERN POINTS OF ANNE ARUNDEL COUNTY**

Follow West St. eastbound to a left (3/4 of the way around Westgate Circle in front of the Westin Hotel) onto Taylor Ave north. Cross train tracks and take left onto Cedar Park Rd. Follow *parking attendant's instructions to Gates 3, 3A or 4.*

## Benefits of Participating with a Social Team

- TEAMS OF 10 OR MORE CAN SAVE \$10 PER TEAM MEMBER
- TEAMS OF 40 OR MORE GET A SOCIAL TENT AT THE FINISH LINE
- PRIZES FOR THINGS LIKE THE BIGGEST AND MOST FESTIVE TEAMS
- INCREASE THE FUN BY RUNNING TOGETHER
- PICK ANY OR ALL THE RACE DISTANCES!

Having the support of your friends during your training and race is priceless, but we decided to add an extra incentive! Regardless of when your teammates register, the entire group will get a \$10 refund once your team reaches 10 or more members. The refund will go directly back to the card used to pay for registration. PLUS there's potential for teams to win extra prizes such as merchandise deals!

### **HOW DOES IT WORK**

When registering you will have the option to Join a Group/Team. All Members of a SOCIAL TEAM are linked by their team name and password. As your team grows, everyone benefits, even those who register first! The system will automatically refund everyone on the team who has already registered and charge the new team members the new rate. Once you hit 10 members, the first 9 to register will automatically receive a \$10 refund to their card, and the 10th member (and anyone else who registers after that!) will get the discounted rate automatically. Registrants that do not initially register with their group may not be eligible for refunds or discounts.

### **WHY RUN AS A SOCIAL TEAM?**

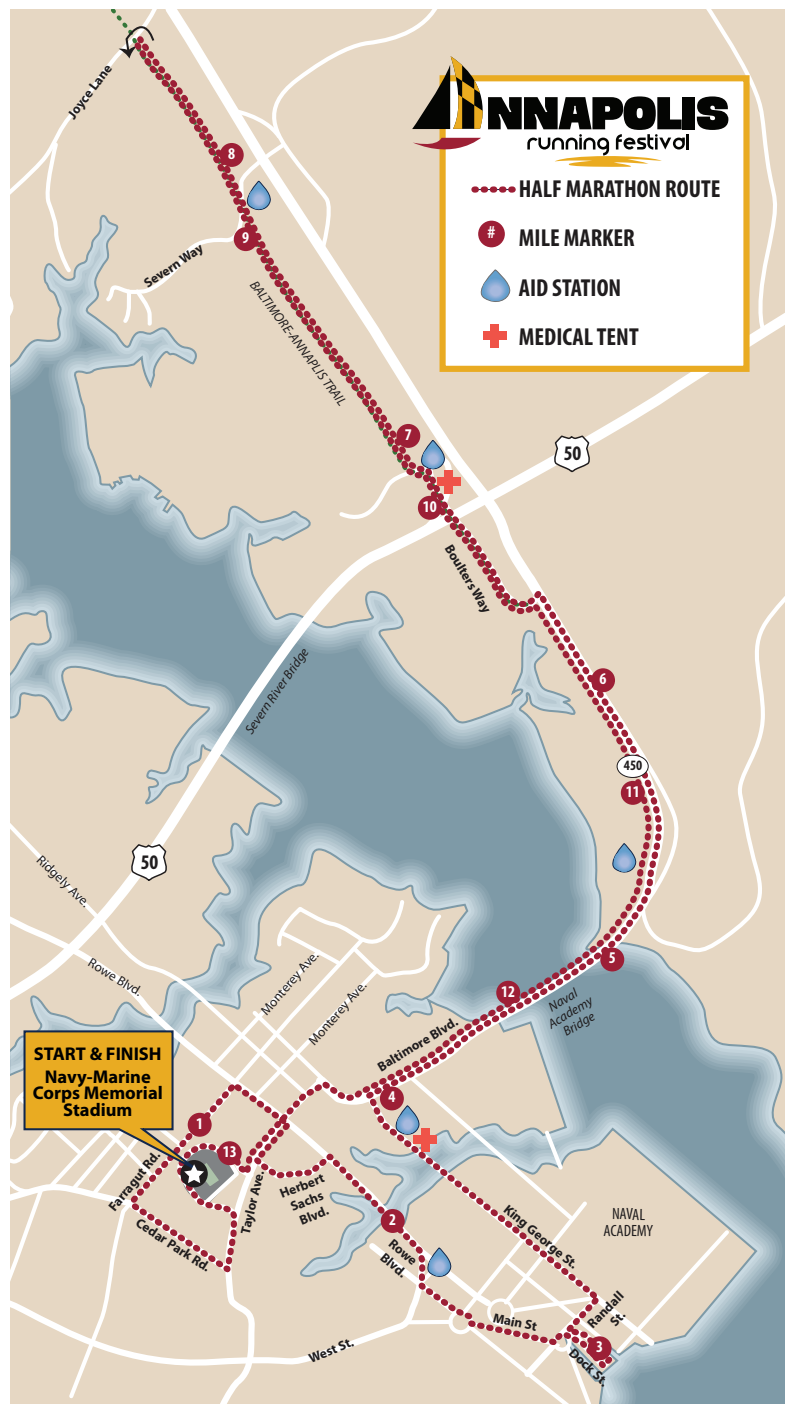
Running with a friend (or a group!) really is so much more fun than running alone. Once the race is over, a team is there to celebrate, and relax after the accomplishments of the day. Plus, they'll keep people going and motivate them to finish strong if they're starting to feel sluggish mid-race. Teams get bonus points if they wear matching team t-shirts or costumes!

Before the race even starts, a team is a built-in training support system. A dedicated team will spend some time running together before the race starts, getting to know each member's quirks and pace. An individual can push off or ignore scheduled training runs, but a team won't let them get away with skipping them! Besides support, team members also make for great accountability partners, and will help members to be completely prepared come race day.

### **WANT TO SEE WHAT OTHER SOCIAL TEAMS HAVE ALREADY SIGNED UP?**

<https://runsignup.com/RaceGroups/56096>

## Half Marathon Course Map- 7:00 AM START TIME



FOR A LARGER MAP VISIT: <https://www.plotaroute.com/route/2135262>

## Half Marathon Turn-By-Turn

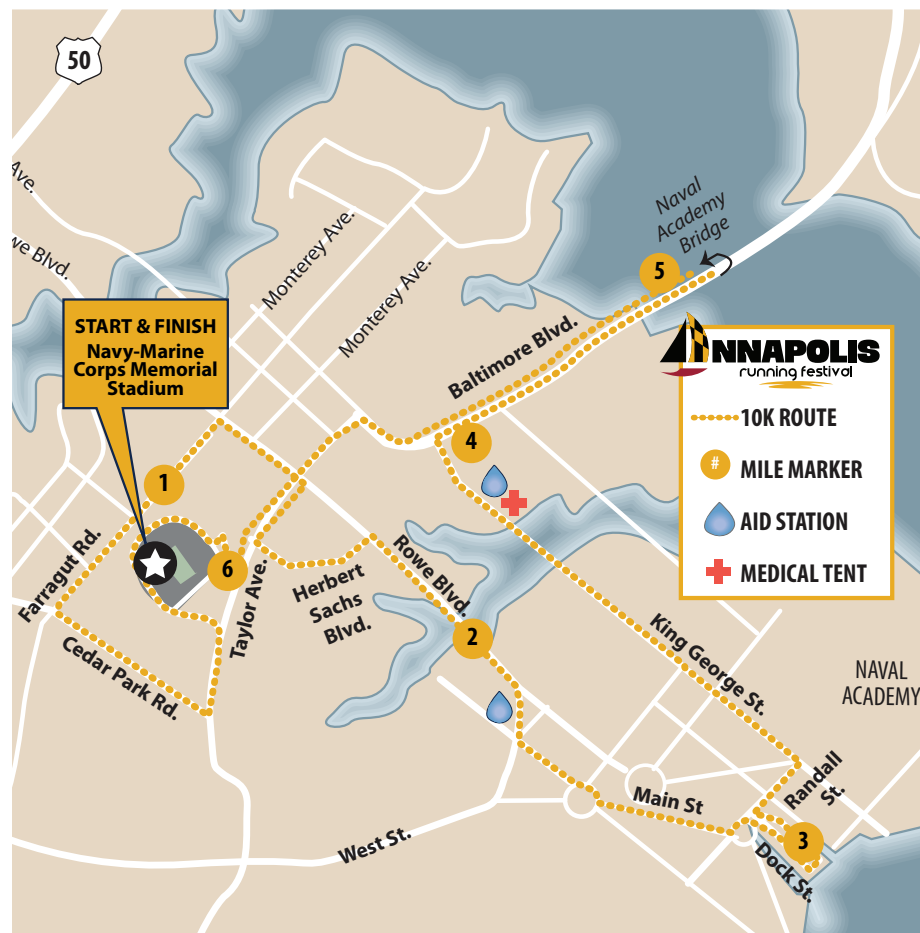
- START: Navy Marine Corps Memorial Stadium
- RIGHT on Taylor Ave.
- RIGHT on Cedar Park Rd.
- RIGHT on Farragut Rd.
- RIGHT on Rowe Blvd.
- RIGHT on Taylor Ave.
- LEFT on Herbert Sachs Blvd.
- RIGHT on Rowe Blvd.
- VEER RIGHT to stay on Rowe Blvd.
- Slight LEFT on Northwest St.
- LEFT onto Church Circle (clockwise)
- LEFT on Main St. (against traffic)
- BEAR LEFT on Randall St.
- RIGHT on Dock St.
- Enter Susan Campbell Park (counter-clockwise back to Dock St.)
- Dock St. to RIGHT on Randall St.
- LEFT on King George St.
- RIGHT on Baltimore Blvd/MD 450 northbound
- Cross over the Naval Academy Bridge
- BEAR LEFT the southbound Ritchie Hwy
- LEFT on Boulters Way
- RIGHT onto the B&A Trail
- Continue on trail for approximately 1.5 miles
- Turnaround COUNTER-CLOCKWISE just before Joyce Lane and head south back to Boulters
- (NOTE: 2-way runner traffic on B&A Trail)
- LEFT on Boulters Way (2-way runner traffic)
- RIGHT on Ritchie Hwy (2-way runner traffic southbound)
- Continue south on Ritchie Hwy.
- Cross into the northbound lane of MD 450 across the bridge
- Continue on MD 450/Baltimore Blvd. in the northbound lane
- LEFT on Taylor Ave.
- Continue on Taylor Ave. crossing Rowe Blvd.
- RIGHT into stadium lot at Gate 6 entrance
- Circle the stadium lot counter-clockwise
- YOU HAVE REACHED THE FINISH LINE!

## USATF Certification

The half marathon course is a USATF certified race course. Certification numbers are available on our website.



## 10K Course Map - 7:00 AM START TIME



FOR A LARGER 10K MAP VISIT: <https://www.plotaroute.com/route/2129299>

- START: Navy Marine Corps Stadium
- RIGHT on Taylor Ave.
- RIGHT on Cedar Park Rd.
- RIGHT on Farragut Rd.
- RIGHT on Rowe Blvd.
- RIGHT on Taylor Ave.
- LEFT on Herbert Sachs Blvd.
- RIGHT on Rowe Blvd.
- Veer RIGHT to stay on Rowe Blvd.
- Slight LEFT on Northwest St.
- LEFT onto Church Circle (clockwise)
- LEFT on Main St. (against traffic)
- Bear LEFT on Randall St.
- RIGHT on Dock St.
- Continue into Susan Campbell Park (counter-clockwise back on to Dock St.)
- Dock St. to RIGHT on Randall St.
- LEFT on King George St.
- RIGHT on Baltimore Blvd/MD 450 north
- Dock St. to RIGHT on Randall St.
- LEFT on King George St.
- RIGHT on MD-450/Baltimore Blvd.
- TURNAROUND (counter-clockwise) at the 14th Light Pole on the bridge.
- Follow back to Taylor Ave.
- LEFT on Taylor Ave.
- Cross Rowe Blvd. to RIGHT into Stadium Gate 6
- Circle the stadium lot counter-clockwise through the FINISH LINE!

## MedStar Health 5K Course Map - 7:10 AM START TIME



FOR A LARGER 5K MAP VISIT: <https://www.plotaroute.com/route/2105359>

- Start: Navy Marine Corps Stadium
- Exit stadium lot LEFT on Taylor Ave.
- RIGHT on Herbert Sachs Dr.
- RIGHT on Rowe Blvd.
- Veer RIGHT to stay on Rowe Blvd.
- Slight LEFT on Northwest St.
- LEFT onto Church Circle (clockwise)
- LEFT on Main St. (against traffic)
- Turnaround the circle Clockwise
- Return back up Main St.
- RIGHT on Church Circle (counter clockwise)
- RIGHT on Northwest St.
- Slight RIGHT on Rowe Blvd.
- LEFT on Taylor Ave.
- RIGHT into Stadium Lot Gate 6 Entrance
- Follow course markings around the stadium and through the Finish Line!



## **Runner Pace Seeding for All Distances**

All runners are requested to seed themselves by the Pace Per Mile signs located along the starting corral. This will allow the faster participants to be in front of slower ones making it a more enjoyable experience for everyone. All races will start promptly at the designated times.

## **On-Course Aid Stations**

There will be several aid stations along your race route. Some of these locations will be used multiple times. Each aid station will be fully stocked with water and Gatorade. Others will have Utz salty snack and bananas. All aid stations will have a medical kit containing emergency supplies for runners.

Each water station will also offer port-a-pots for runner use. On the trail, where you will pass them in each direction we will offer additional units to alleviate congestion.

### **WS #1 - Rowe Blvd. & Bladen St.**

Half & 10K Mile 2

5K Miles 1 & 2.2

### **WS #2 - King George St. (Navy Baseball Stadium)**

Half & 10K Mile 4

MEDICAL TENT

### **WS #3 - Governor Ritchie Hwy/MD 450 (WWII Memorial)**

Half Miles 5.4 & 11.4

### **WS #4 - Boulders Way @ B&A Trail**

Half Miles 6.7 & 10

MEDICAL TENT

SNACKS - Utz Chips & Bananas

### **WS #5 - B&A Trail & Severn Way**

Half Miles 7.75 & 9

## **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 aid station on the course and inform them that you are retiring from the race. From there, we make arrangements to pick you up and return you to the finish area. Do not cross the finish line if you did not complete the entire race. The timing chip will record an inaccurate finishing time. There is no need to return the disposable timing chip.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they appear in distress or at risk should they continue running.

## **Best Viewing Points**

There are some great spots to see the runners throughout the course. Aside from Navy Marine Corps stadium, here are some of the best locations:

- ✓ Church Circle - all three races run here (1 mile walk from start)
- ✓ Susan Campbell Park - views of runners & the water (1.5 mile walk)
- ✓ Baltimore Blvd And King George Streets see 10K & half marathoners
- ✓ B&A Trail and Boulders Way- out and back view of the half-marathoners

## **Official Photographers**

EnduroPhoto 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. EnduroPhoto will send you an email as soon as your photos are ready.

## **Runner Tracking**

Sign ups for Runner Tracking is now open. This allows participants and spectators to follow friends and family by receiving real-time text message updates and splits on race day.

You can electronically track multiple runners on the course by searching for the athlete name at the ink. Updates will be received as runners cross the various checkpoints, as well as once they cross the finish line.

**<https://register.chronotrack.com/event/tracking/eventID/72044>**

## **Splits & Mile Markers**

Timing mats will be positioned along the race course indicating your split time at miles. Each will have a digital clock (*weather permitting*):

5K: Start/Finish

10K: Start/Finish, Mile 3

HALF: Start/Finish, Mile 3, Mile 7.5, Mile 9

In addition, highly visible mile markers will be positioned at every mile.

**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 may include bag searches and checkpoints for fans and runners. And as always, **IF YOU SEE SOMETHING SAY SOMETHING.**



## **Finish Line Runner Refreshment**

Fruit, snacks, Gatorade and bottled water will be available at the finish line courtesy of Green Valley Marketplace and **are for runners ONLY**. Please be courteous to the other participants and take only one product from each station. In order to keep the finish area and the Celebration Village area clean, please dispose of all your waste in the proper containers provided.



## **Volunteer Opportunities**

Individuals like you, your family, friends and colleagues are key to the success of the Annapolis Running Festival. More than 500 volunteers are needed to make the event successful. All volunteers will receive an event t-shirt. For information or to register visit:

<https://runsignup.com/Race/AnnapolisRunningFestival/Page-14>

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.

## **Race Results**

Results for all races will be available online in near real time. As soon as you finish your race, visit this site to see your finisher time and place. PLEASE NOTE: Results are not finalized until as many as 30 days after the race is complete.

<https://www.athlinks.com/event/375541/results/Event/1041438/Results>

## **Awards**

Age Group Awards will be mailed in May once race results become official.

For the half, 10K and MedStar Health 5k, trophies will be awarded to the overall male and female champions as well as to the second and third place finisher in both the male and female divisions.

Age-Group prizes go to the top three male and female age group finishers for the marathon and half-marathon in each of the following divisions: 19& Under, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+. For the 10K & 5k, we will add 16 & under and 17-19 division.

## **Medical Information**

The Annapolis Running Festival Medical Team is a dedicated volunteer group of medical professionals from MedStar Health. There will be a medical station at the start/finish area at Navy Marine Corps Stadium as well as on the course: Half & 10K Mile 4 at King George St. (Navy Baseball Stadium), Half Mile 6.7 at Boulders Way @ B&A Trail and Half Mile 10 at Boulders Way @ B&A.

In addition, we will have a team of EMT's on bicycles and ambulances throughout the course.

Water stops will have a self-aid box with band-aids, Vaseline, and feminine hygiene products.

**IMPORTANT NOTE FOR HALF MARATHON PARTICIPANTS:** Due to limited access points, the water stops on the trail will be further apart from one another. Feel free to bring your own hydration system (such as a camelbak) if you prefer, or to refill your bottle at the other water stations along the trail. Please be sure to dispose of your bottle in a proper trash receptical.

If you choose to stop running for any non-medical emergency, please report to the nearest medical station or aid station on the course. From there, we make arrangements to pick you up and return you to the finish area.

Medical Staff will have the right to withdraw any runners from the race at their discretion should they 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 bib.

## **Race Day Weather & Traffic Information**

In Annapolis, the average temperature in mid March at start time is 36 degrees and the average temperature at 1pm is 47 degrees. Races are held rain or shine.

If there is lightning in the area, the race may be delayed or canceled. This decision will be made by local safety officials based on the severity of the weather. and the safety of our runners.

## **Virtual Event Bag**

All runners will receive a Virtual Event Bag prior to attending the race. The Virtual Event Bag is an interactive, virtual "goodie bag" provided electronically to each runner. The bag features rich-media digital gifts, coupons, games, 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 Tuesday March 7.



## Log Your Medical History Online

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



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

Participants are strongly encouraged 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://www.iracesafe.com/registration/participant?race\\_id=994](https://www.iracesafe.com/registration/participant?race_id=994)



## KEEP RACE SAFE ON RACE DAY

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



## Tips for Spectators

We encourage all runners to invite their family and friends to join them at the event. We will have plenty of activities to entertain even the non-runners while they wait for you to finish the race.

Here are some tips for a good fan:

- 1) Wear Comfortable Shoes. There are several excellent viewing points but you may walk further than some runners!
- 2) Come up with a few things to shout at the runners as they pass. "You're almost there" should not be one of them unless you are within the final 2/10 mile stretch!
- 3) Make lots of noise- cowbells are great, but pots & pans work too!

For your safety and that of the participants, we ask that fans be aware of their surroundings and stay within the stadium boundaries. Runners will be using all the roads and paths that surround the stadium so please avoid those areas.

DO NOT bring children onto the race course. All too often when approaching the finish line, excited runners bend over to pick up their kids and pass out when standing up, causing injury to both the runner and the child. Strollers can impede the flow of runners and are not allowed on the race course.

## Meeting Runners After the Race

Cheering sections are encouraged to watch the finish stretch from the Celebration Village or along the stadium grounds. Fans WILL NOT be permitted onto the course or into the Runners Only Compound.

After your runner crosses the finish line, they will enter the Runners Only Compound where finishers will receive their medal, water, and post-race nourishment as well as have access to bag check

Cheering sections should make plans to meet up with their runner outside of the Runner Only Compound.

**NOTE:** Fans may sign up for FREE runner tracking. This will allow you to track specific runners and have messages sent to your mobile device as they cross various timing mats on the course. This is a great tool that will help you reunite with your runner following the race.

<https://register.chronotrack.com/event/tracking/eventID/72044>



## Post Race Raw Bar- 8:30am

What is an event in Annapolis without seafood? This year we have invited Superior Oyster Shuckers to be on hand to help you celebrate your Annapolis RunFest successes. They will be serving up fresh Maryland oysters as well as shrimp cocktail in the Celebration Village.



There will be some rules for distribution that we ask you to adhere to:

- The Raw Bar is free to participants
- Only registered runners with a bib are eligible to partake
- Volunteers will mark your bib when you enter.
- The Raw Bar will open at 8:30am. They will serve until they run out.
- You are limited one trip through the line
- There will likely be a line since shucking takes time. Please be patient!
- ENJOY!

## Post Race Beer & Spirits

All of-age runners have drink coupons on their race bib number. (under age runners will have the redemption boxes X's out.) These can be redeemed for your two complementary alcoholic beverages at the drink stand. You can choose from Michelob Ultra beer, Cutwater ready-made cocktails or NUTRL hard seltzer.

Your cheering section will be able to purchase alcoholic drinks from the same drink stand.



Maryland law requires all those who appear under the age of 30 to present a photo ID to drink alcohol. We encourage all those who fall into this category to do one of the following:

1. run with a photo ID on your person, OR
2. give it to your cheering section to hold at the finish line OR
3. utilize bag check on race day.

**DON'T FORGET** to plan ahead so you can take part in the sock burning tradition. Local lore encourages the burning of your socks to signal the end of Winter. We will continue this tradition at the Annapolis RunFest to mark the start of the Spring running season. We hope that burning of your socks will lead to PRs and great weather for the remainder of your 2023 race calendar.

## Celebration Village Map



## Celebration Village

Part of the excitement surrounding the Annapolis Running Festival is that it is much more than just a road race. We will have activities in the Celebration Village for people young and old, and for runners and non-runners alike.

The Celebration Village will have activities throughout the day:

- |  |                       |
|--|-----------------------|
| ✓ Live music from <i>Capital Chill</i> | ✓ Activities for kids |
| ✓ Food & Drink (8a-1p)                 | ✓ Vendors & Souvenirs |
| ✓ Awards on the Main Stage             | ✓ Interactive Games   |

All Celebration Village activities close at 1pm. If you are not done celebrating, head to our restaurant partners in downtown Annapolis to continue to festivities!





## **Post-Post Race Festivities**

If you want to keep the celebration going after you party at the stadium, we invite you to head to one of these restaurants in town. Just show your bib or medal for these special offers!

**Armadillos Bar & Grille** - 132 Dock St, Annapolis, MD 21401

\$20 Bucket of Ultra or \$25 Bucket of Nutrl

**McGarvey's Annapolis** - 8 Market Space, Annapolis, MD 21401

\$20 Bucket of Ultra or \$6 Cans of Nutrl

**Acme Bar & Grille** - 163 Main St, Annapolis, MD 21401

\$17.99 Bucket of Ultra or \$23.99 Bucket of Nutrl

**Federal House Bar & Grille** - 22 Market Space, Annapolis, MD 21401

\$20 Bucket of Ultra or \$6 Cans of Nutrl

**Dock Street Bar & Grille** - 136 Dock St, Annapolis, MD 21401

\$20 Bucket of Ultra or \$6 Cans of Nutrl

**Luna Blu Ristorante Italiano** - 36 West St, Annapolis, MD 21401

10% off your bill (food only) Valid Friday thru Sunday

## **A Poem to Get You in The Mood...**

### ***Ode to the Sock Burners***

***By Jefferson Holland, Poet Laureate of Eastport, 1995***

*Them Eastport boys got an odd tradition  
When the sun swings to its Equinoxical position,*

*They build a little fire down along the docks,  
They doff their shoes and they burn their winter socks.*

*Yes, they burn their socks at the Equinox;  
You might think that's peculiar, but I think it's not,*

*See, they're the same socks they put on last fall,  
And they never took 'em off to wash 'em, not at all...*

*So they burn their socks at the Equinox  
In a little ol' fire burning nice and hot.*

*Some think incineration is the only solution,  
'Cause washin' 'em contributes to the Chesapeake's pollution.*

*Through the spring and the summer and into the fall,  
They go around not wearin' any socks at all,*

*Just stinky bare feet stuck in old deck shoes,  
Whether out on the water or sippin' on a brew.*

*So if you sail into the Harbor on the 20th of March,  
And you smell a smell like Limburger sauteed with laundry starch,*

*You'll know you're downwind of the Eastport docks  
Where they're burning their socks for the Equinox.*