



ST. CHARLES RUNNER INFORMATION PACKET

DATE: April 13, 2024 (*rescheduled from Sept 23, 2023*)

START TIME: Both race distances start together at 9am

LOCATION: Regency Furniture Stadium (11765 St Linus Dr. Waldorf, MD US 20602)

EVENT DESCRIPTION: A 10K and 5K course featuring a flat, scenic route through the developments and communities of St. Charles, starting and finishing at the Maryland Blue Crabs' Regency Stadium. Participants and the public will enjoy a post-race party focused around the "Taste of Southern Maryland" food festival, including interactive games, music, vendors, food and drink from around St. Charles. The Taste of Southern Maryland is free and open to the public.



A portion of the proceeds from this event has been donated to the Charles Regional Medical Center Foundation. A check presentation will be held during the awards ceremony.

The Taste of Southern Maryland post-race party is open to the public whether you participate in the St. Charles Running Festival or not. Everyone attending can satisfy all their senses in one event! The Taste will offer a whole host of local restaurants and food trucks waiting to dish out their finest! You can sip a beer while sampling treats from around the region.



HOTEL: We are working with Team Travel Source to secure rooms at the best hotels at the best rates! If traveling from out of the area, we encourage you to come down early and take in all the wonderful sites and restaurants that Charles County has to offer. If you live close by, make it a Staycation and assure yourself of a good night's sleep and an easy commute on race morning.

BOOK YOUR STAY HERE:

https://www.teamtravelsource.com/sport_lander/st-charles-running-festival/

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E-REGISTRATION EMAIL:

On Wednesday, April 10 by 1pm, 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@corriganports.com to make any edits.

If you do not get an e-registration via email DO NOT PANIC. Simply send an email to customerservice@corriganports.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. **(TIMES & LOCATIONS BELOW)** 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.

BIB & RACE SHIRT PICK-UP OPTIONS:

Each participant is required to pick up their race bib (w/ timing chip) and their race shirt at one of the following pick up locations:

April 11 from **11 AM-4 PM** at the CSE Headquarters (6725 Santa Barbra Ct. Suite 114 Elkridge, MD 21075)

April 12 from **4-7 PM** at Regency Furniture Stadium (11765 St Linus Dr. Waldorf, MD US 20602)

April 13 from **7-8 AM**: Race Day Pick Up at the Regency Furniture Stadium.

PLEASE NOTE: *Because this race was rescheduled from 2023, the medals and bibs do have the 2023 date on them. Please do not be alarmed when you see this. Thank you.*

RECOVERY ZONE- Complementary stretching courtesy of UM Charles Regional:

University of Maryland Charles Regional Medical Center in La Plata has been providing outstanding medical services to Charles County residents for than 80 years. They are proud to offer our RECOVERY ZONE where physical therapists from the UM Charles Regional Running Center will be on hand to help you stretch and warm up properly for both races (OPENS AT 8A), and will offer post-race stretching exercises to help you cool down after your run



WALK UP REGISTRATION: If you know someone who still wants to register for the St. Charles running fest, we will be taking registrations at any of the packet pick up locations AND on race morning.

PARKING: All parking will be available for free at the Regency Furniture Stadium. Please arrive early, as the road in front of the stadium is a part of the course and will close before start time.

REMEMBER RACE DAY PACKET PICK UP IS FROM 7A to 8A. PLEASE PLAN ACCORDINGLY.

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TASTE OF SOUTHERN MARYLAND TICKETS: Two free food tickets and one free beer ticket (for those 21 and over) is included on your bib. If you pre-ordered extra taste tickets, they will be stapled to the back of your bib. If you would like to buy extra food tickets you can do so ONLINE up until Wednesday 4/10 at 12pm. To do so please follow these instructions:

1. Visit: <https://runsignup.com/Race/MyRegisteredRaces>
2. Select your race distance
3. Then push "Add ons" in the Gray Bar that runs horizontally near the top of the page.

NOTE: If you are not interested in the early morning hops, feel free to use your beer ticket on any food item. However, food tickets cannot be used for additional beer.

We will have a booth in the celebration village where you can purchase more tickets on site!

EXTRA BEER PURCHASES: One free beer ticket is included on your bib (for those 21 and over). If you wish to purchase more beer, you can do so at the ticket booth in the info tent.

Have a friend/family member that doesn't want to run, but wants to join in the festivities? The Taste of Southern Maryland is free to the public! Bring a friend/family member to enjoy the experience and even participate in the Taste of Southern Maryland by purchasing their own ticket at the food ticket booth.

THE COURSE:

10K: The course will start and finish at Regency Furniture Stadium, home of the Southern Maryland Blue Crabs baseball club. It winds through neighborhood streets, past scenic parks and ends up back at the stadium where the Taste of Southern Maryland food rally awaits you. Runners must be able to complete the course within 2 hours (19:35/mile pace).

Course Map: <https://bit.ly/3qc3QJ3> Turn-by-Turn Directions: <https://bit.ly/3d7IIAx>

5K: The course will start and finish at Regency Furniture Stadium, home of the Southern Maryland Blue Crabs baseball club. It winds through neighborhood streets, past scenic parks and ends up back at the stadium where the Taste of Southern Maryland food rally awaits you. Runners must be able to finish the course within 1 hour (19:35/mile pace).

Course Map: <https://bit.ly/3cX8nvH> Turn-by-Turn Directions: <https://bit.ly/3d7IIAx>

SOCIAL TEAMS: SOCIAL TEAMS as small as 5 people get discounted entry fees for signing up with a team, regardless of when they register. Plus, teams can earn prizes and discounts the bigger their team becomes.

This year, we registered 23 social teams. The largest was **Sloth Running Team** with 37 members. The **Corrigan Challenge Runners** were second with 32 members. **Joggernauts** were third with 25 members followed by **It's a Family Affair**, **Team 9Round** and **Black Girls Run**.

Each of these groups have earned a Social Team Tent in the Celebration Village. Be sure to look for it if you are a member of one of these groups. Team awards will be given during the awards ceremony at 10:30am in the celebration village.

