

RUNNER INFORMATION PACKET

2022 CELTIC SOLSTICE

DATE: DECEMBER 17, 2022

START TIME: 8:30 am

LOCATION: Maryland Zoo in Druid Hill Park Baltimore, MD 21217

THE BASICS: THANK YOU for deciding to end the year with one of Baltimore's most iconic races. The Celtic Solstice is back for its 23rd year in Druid Hill Park. The unique 5-mile route takes place entirely within the confines of scenic Druid Hill Park. Race volunteers come from the various running groups around Baltimore. The post-race party features hot soup, hot wassail wine, hot coffee and hot chocolate, bagpipes, Irish Wolfhounds, and plenty of Holiday cheer!

E-REGISTRATION CARDS: On Friday, December 9 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@corriganports.com to make any edits.

If you do not get an e-registration via email by 3:15pm 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. 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. (*ID helps in case there is a problem or error*). For the sake of others in line, please limit this to one additional bib.

MAIL MY PACKET OPTION: Those who paid to have their packet mailed (*as well as those running virtually*) should receive it well in advance of race day. The target ship date is DEC 7. 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@corriganports.com and we will help you troubleshoot your issue. PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET AT A LIVE PICK UP IF YOU SELECTED THIS OPTION.

PREMIUM: All participants will pick up their Brooks Dash half-zip jacket at packet pick up. No jackets will be distributed on race day. Runners will receive the size that they requested when they registered which is on your e-registration. Exchanges will not be done until after the race. If you need to do a size exchange, please email customerservice@corriganports.com for details.

BRING YOUR USED SHOES TO PACKET PICK UP:. Bring your new or gently used shoes (running, casual, dress, adult, kids) to packet pick up and donate for the needy. Your used shoes will be kept out of our local landfills and shipped to those in need through Falls Road Running Store.

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 Celtic Solstice. You will receive your bib and your Brooks Running Dash half-Zip at any one of the locations.

Again, a friend can pick up your packet as long as they have your QR CODE. Please limit this to one additional bib. (QR Code will be emailed prior to race week). We will host race premium and bib pick up at the following locations:

- **Sunday, Dec 11** from **11a to 4p** at FALLS ROAD RUNNING STORE
6247 Falls Rd, Baltimore, MD 21209
- **Monday, Dec 12** from **3p to 6p** at FALLS ROAD RUNNING STORE
6247 Falls Rd, Baltimore, MD 21209
- **Tuesday, Dec 13** from **4p to 7p** at FEET FIRST SPORTS
5305 Village Center Dr #110, Columbia, MD 21044
- **Wednesday, Dec 14** from **10a to 4p** at CORRIGAN SPORTS ENTERPRISES 6725
Santa Barbara Ct, Suite 114, Elkridge, MD 21075
- **Thursday, Dec 15** from **10a to 4p** at CORRIGAN SPORTS ENTERPRISES 6725
Santa Barbara Ct, Suite 114, Elkridge, MD 21075

Race morning pick up can be a challenge for us, for traffic and for the timing company. That said, we will continue this tradition by allowing up to 200 people to pick up on race morning. This is intended for those who are coming in from out of town or have other extenuating circumstances. Sign-ups for this option (if still available) can be done here: <https://www.thebaltimoremarathon.com/celticppu/>

RUNNER BIBS: Your Celtic Solstice bib contains several important elements that are required to participate.

- **B-Tag Timing Chip:** There is a 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.

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. If your packet was mailed, PLEASE BRING YOUR OWN PINS.

BAG CHECK: The parking lots are very close to the Celebration Village so runners are encouraged to leave their post-race change of clothes in their vehicle. However, we will have a limited bag check area for those who need it. PLEASE no oversized bags. We will provide tags to write your bib number and affix to your bag. If you don't have a bag, one can be provided for you.

THE COURSE: The race features a fun, fair yet challenging course that is completely within the confines of Druid Hill Park. Runners must be able to complete the course within 90 minutes hours (18 min./mile pace)

- VIEW TURN-BY-TURN DIRECTIONS HERE: <https://bit.ly/3upRdMr>
- VIEW AN INTERACTIVE COURSE MAP HERE: <http://bit.ly/3iu6Y28>

There is one water stop at the 2.5 mile mark of the route. Gatorade will be available at the finish line only. Participants are welcome to bring their own water on course with them. If you need additional on course nutrition such as gel, please bring your own.

RACE DAY PARKING: The Race will utilize the parking lots on the Maryland Zoo property (LOTS A & B) and surrounding lots. **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 8:30am.**

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

Please visit THE LINK BELOW for directions from all directions:
<https://runsignup.com/Race/CelticSolsticeFiveMiler/Page-4>

After parking in the Maryland Zoo and surrounding lots you will be able to walk to the staging area in LOT C and wait for the procession to the start line that will be led by Race Director Emeritus Jim Adams, bag piper extraordinaire Jim Waller and the pups from the Potomac Valley Irish Wolfhound Club. Race starts promptly at 8:30am.

THE POST-RACE PARTY: Runners are greeted at the finish line with water, Gatorade and snacks. Once you enter the Celebration Village in LOT C you will be treated to live music, wassail wine from Boordy Vineyards, hot homemade soup from Chef Tim Mullen, Dunkin Donuts coffee and hot cocoa, Truly hard seltzer and more. There will be live music and other holiday cheer to warm your hearts and your spirit! NOTE: If your group has earned a social team tent, you will receive additional information race week with details.

POST-POST RACE PARTY: Wear your finisher medal to **James Joyce Irish Pub & Restaurant** www.jamesjoycebaltimore.com after the race to keep the festivities going! Baltimore's Home of Irish Hospitality and Harbor East's ONLY Authentic Irish Pub!

Gertrude's Restaurant www.gertrudesbaltimore.com will open early at 10 am on Dec 17. Reservations can be made from 10 am and on. Between 10 am and 12 noon they will offer three different \$12 pancake specials, which will include coffee and juice. Brunch cocktails will also be specially priced. Additionally, the full regular Brunch Menu will be available too. After 12 noon they will have only the regular menu available.

THE CHARITIES: The Celtic Solstice Five-Miler will continue its long standing tradition of giving back to the community. Over the past 20 years, the Celtic Star Foundation has donated thousands of dollars to a wide range of charitable organizations. This year we have selected the four worthy beneficiaries. If you have not already done so, please consider making an additional donation to a cause that you feel most connect with:

<https://runsignup.com/Race/Donate/MD/Baltimore/CelticSolsticeFiveMiler#>

TurnAround, Inc. is the rape crisis center for Baltimore City and County. They provide free services to survivors of sexual abuse, sexual violence, and human trafficking, including trauma therapy, case management, advocacy, and more.

JHU Huntington's Disease Clinic funds a research team that is currently running numerous clinical studies on Huntington's disease. The studies involve testing new experimental drugs that treat symptoms, all while looking for new targets for therapeutics. HD is characterized by a movement disorder, dementia, and psychiatric disturbances. HD's onset is usually in mid-life, but can occur any time from childhood to old age.

Give Kids the World Village is an 89-acre, whimsical nonprofit resort in Kissimmee, Florida, that provides week-long, cost-free wish vacations to critically ill children and their families from around the world who want to visit Central Florida.

Celtic Star is our general fund for those who want to make a donation but are not sure to which group. After the race we will evaluate these and other charitable causes that made an impact on the race experience and make additional donations of these funds.

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

<http://mdtiming.com/CelticSolticeRace.htm>

RACE AWARDS: We award top three overall (M & F) as well as top Masters (M & F) and top Grand Masters (M & F). Unique to this event, we also recognize the top overall finisher in each individual age (...15, 16, 17, 18... 78, 79, 80, 81...) with a Christmas Ornament award.

SOCIAL TEAMS: If you are on a social team and had 40 or more members you have earned a tent space in the Celebration Village. Your team captain will get a separate email about details on what this means. Once the race is over your team can celebrate and relax together after the accomplishments of the day!

