



2023 RUNNER INFORMATION PACKET

Thank you for choosing to run with us. Corrigan Sports is excited to help continue the tradition of running a race across the Chesapeake Bay Bridge. Please be sure to read this information packet. This event is not a typical running race and has some unique quirks that make it different from some others you may have participated in. If this is your first race, we look forward to hosting you and hope it will not be your last!

THANK YOU!

THREE IMPORTANT THINGS THAT ALL RUNNERS NEED TO DO:

1. This is a cup-less race. All participants **MUST** carry their own water during the event and bring their bottle to the start line full of water and ready to run. We will have one location on the bridge (near mile 4) to refill your bottle if needed.
2. As directed by the Maryland Transportation Authority, **NO COSTUMES OF ANY KIND** are permitted during the Bay Bridge Run. Please adhere to this policy as safety is our first priority. If you have to ask *"is this considered a costume"* then you should not wear it.
3. PPE masks are not required however if you choose to wear a mask, please make sure it is a PPE style mask and not a costume mask of any kind.

MAILED PACKETS

Those who paid to have their packet mailed should receive it well in advance of race day. The ship date was November 1. They were shipped via USPS Priority mail. You should have received an email with tracking information. If you have selected this option and do not get yours by Nov. 8, **DO NOT PANIC**. Simply email customerservice@corrigansports.com and we will help you troubleshoot your issue.

PLEASE DO NOT ATTEMPT TO CLAIM YOUR PACKET ANY PACKET PICK UP LOCATIONS IF YOU HAVE SELECTED PACKET MAILING.

QR CODE EMAIL FOR PACKET PICK UP

Packet Pick Up will be done by QR CODE. This will be emailed to you **BEFORE** you arrive. You will receive an email on Sunday, Nov 5 by 2pm with information on how to claim your bib. If you do not get an email by 2pm that day in the inbox of the email address that you used when you registered with, **DO NOT PANIC**. Please come prepared with your confirmation email or simply send an email to customerservice@corrigansports.com and we will be able to help you troubleshoot your issue.

RACE PACKET PICK UP INFO

Individual runners who did not opt to have their packet mailed may pick up their race packet as well as a packet for **ONE other friend** **ONLY IF** they have a copy of their friend's photo ID and QR CODE. The race staff WILL NOT provide bibs without the QR Code. The ID will help us troubleshoot if there is an issue.

THERE IS NO RACE DAY PACKET PICK UP.

IMPORTANT NOTE- TO THOSE WHO SELECTED TO HAVE THEIR PACKET MAILED While you are welcome to attend packet pick up to shop merchandise early (at select locations), please do not attempt to claim your packet at the packet pickup locations as it will not be available. Thank you in advance for your assistance.

You can pick up your race packet at one of several locations all over the state. This year we will have 37 hours of packet pick up and a total of 6 locations! Make plans to attend to claim your race bib and race shirt. AGAIN, please be respectful of others in line and plan to pick up for only yourself and one other runner so that we can keep the process moving quickly.

PLEASE PRINT OR SCREENSHOT YOUR QR CODE prior to arriving to packet pickup. This will GREATLY help the volunteers prevent distribution errors and help speed up the process for everyone.

NEW THIS YEAR! You can save your QR Code to your Apple Wallet!

Monday, Nov 6

3 p.m. – 7 p.m. Bib Pick-Up & Shirt Distribution
[Meadowood Regional Park](#), 10650 Falls Rd, Timonium, MD 21093
OUTSIDE IN PARKING LOT. Look for Bay Bridge Tent.

NEW ADDITION IN 2023!

3 p.m. – 7 p.m. Bib Pick-Up & Shirt Distribution
[Frederick Fairgrounds](#), 797 E Patrick St, Frederick, MD 21701 **[BUILDING 8](#)**

Tuesday, Nov 7

1 p.m. – 6 p.m. Bib Pick-Up & Shirt Distribution
[Road Runner Sports- Rockville](#) 1087 Rockville Pike, Rockville, MD 20852

Wednesday, Nov 8

1 p.m. – 6 p.m. Bib Pick-Up & Shirt Distribution
[Road Runner Sports- Columbia](#) 6330-C Marie Curie Drive, Elkridge, MD 21075

Thursday, Nov. 9

11 a.m. – 4 p.m. Bib Pick-Up & Shirt Distribution
[Libbey's Coastal Kitchen](#), 357 Pier 1 Rd, Stevensville, MD 21666
OUTSIDE IN PARKING LOT. Look for Bay Bridge Tent.

Saturday, Nov 11

NEW LOCATION IN 2023!

10 a.m. – 4 p.m. Bib Pick-Up & Shirt Distribution
[Anne Arundel County Fair Grounds](#)
450 General's Highway (Route 178) Crownsville, MD 21032

PARKING & BEER: If you did not pre-purchase parking passes or beer bands, PLEASE do so at any of the packet pick up venues. There will be a location that will allow you to do so at each one.

SATURDAY PACKET PICK UP & GEAR CHECK

The Saturday packet pick up will include gear check as well as official merchandise. This will be held at [Anne Arundel County Fair Grounds](#)- 450 General's Highway (Route 178) Crownsville, MD 21032 from 10am to 4pm.

Everyone is welcome to attend packet pick up on Saturday at Anne Arundel County Fair Grounds. However, if you had your packet mailed to you or picked up at one of the satellite locations, you do not need to attend on Saturday unless:

1. You plan to use gear check
2. You want to shop official merchandise or purchase add-ons (parking passes and beer wristbands)
3. You need to exchange your shirt size.

GEAR CHECK: The Saturday packet pick up is the ONLY location where you can check a bag with a post-race change of clothes. PLEASE DO NOT ATTEND one of the other pick-up locations if you want to utilize bag check. Clear bags will be provided. DETAILS ON THE BOTTOM OF THIS PAGE.

HOW PACKET PICK UP WORKS

Have your QR CODE out and ready (printed or on your phone) and to the Race Bib Pick-Up area. Here you will receive your race bib with a "B-Tag" timing responder, race shirt & any add-ons that you pre-purchased including parking passes and beer bands.

- When you pick up your race bib, it will contain your B-Tag timing device. DO NOT REMOVE IT. It is designed to stay on your bib for the race.
- You must show your race bib to board your shuttle bus.
- Wear your race bib on the front of your body throughout the race.
- Your bib number must be visible throughout the race so race officials and the course photographers can identify you.
- Do not exchange or transfer your bib to someone else.
- Do not bend, fold, or tear your bib. It may damage the B-Tag chip.
- To help our Medical Team work more efficiently, please fill out the medical history information on the back of your bib with a ball point pen.

REMEMBER: There are **No Race Day Sales of Parking Passes**. If you do not have a parking pass and need one, plan to purchase it at packet pick up or make plans to use drop off zones at each of the lots. REMEMBER it is free to ride the shuttle bus, but you need a pass to park.

All runners are guaranteed a race shirt; however, sizes are first come, first serve. We will have an exchange area set up on Saturday for runners to swap shirt sizes. Runners may exchange the shirt they receive for another one of any size or gender if there is one in the bin. Race shirt exchanges MAY NOT be made at any point in time after the Saturday packet pickup hours. Runners are responsible for checking the size and gender of their premium before leaving packet pickup. SHIRTS WILL NOT BE MAILED AFTER THE RACE.

RUNNER'S GEAR CHECK- ONLY AVAILABLE ON SATURDAY

Unique to this event, there is NO Gear Check available on race day. If you want to check gear to change into after the race, it **MUST** be left at packet pickup on Saturday. Participants (not fans) may check items as long as they fit in the clear bags we provide. There will be labels at the table to write your bib number on and affix to the bag handle. We will transport the items to the finish line for pick up on Sunday after you cross the finish line. **THE RACE IS NOT RESPONSIBLE FOR LOST OR DAMAGED ITEMS.** Items on the Do Not Bring list are not allowed to be checked.

WHAT PARTICIPANTS ARE ALLOWED TO BRING

Participants are permitted to bring:

- Fanny Packs
- Hydration Belts or Packs
(please bring it full to the start of the race.)
- Cups or Bike Bottles
(please bring a full bottle to the start of the race.)
- One-Gallon Clear Bags

Participants are NOT ALLOWED to bring:

- Spectators/Friends/Family (on the bus)
- Strollers
- Selfie Sticks
- Back Packs for gear
- Glass Containers
- Weapons of Any Kind
- Costumes of any kind (PPE masks ok)
- Flags larger than 11" x 17"
- Drones

SHUTTLE GUIDELINES
FOR PARTICIPANTS
Race Officials Reserve the Right to Disallow ANY Item

ALLOWED	NOT ALLOWED
Participant (must show bib)	Spectators/Friends/Family
Fanny packs	Strollers
Hydration belt or packs	Selfie Sticks
Cups or bike bottles	Back Packs for gear
One-gallon clear bags	Glass Containers
	Weapons of Any Kind
	Costumes of Any Kind
	Flags larger than 11" x 17"
	Drones

We are not responsible for lost/stolen/damaged items
ALL BAGS ARE SUBJECT TO SEARCH



THESE MASK TYPES ARE PERMITTED



THESE MASK TYPES ARE NOT PERMITTED

CUP-LESS RACING

THIS IS A CUP-LESS RACE. ALL PARTICIPANTS MUST CARRY THEIR OWN WATER DURING THE EVENT AND BRING THEIR BOTTLE TO THE START LINE FULL AND READY TO RUN.

As stewards of the Chesapeake Bay, the Bay Bridge Run is a cup-less race. It's good for our Bay, the environment and safe for runners!

WHAT IS A CUP-LESS RACE?

A cup-less race means that there will be no paper water cups between the start and the finish line like you'd typically see at road races.

WILL THERE BE FLUIDS ON THE COURSE?

There will be water available in the start area. On the course, there will be self-serve refill stations that can also be accessed at two locations along the route. At the finish line, each runner will get a bottled water and 7 oz cups of Gatorade.

HOW DO I GET WATER ON THE COURSE?

There will be one self-serve fluid station on the course (at mile 3) offering numerous valves allowing you to fill a 20-ounce water bottle in just seconds. Participants will be responsible for carrying their own container with them during the event. Handheld containers can include a bike bottle, a hand-held running bottle, Camel-bak, a Hydra-Pouch, or any type of non-glass water bottle of your choosing.

REMEMBER: WALKERS AND SLOWER RUNNERS SHOULD STAY IN THE RIGHT-HAND LANE leaving the left-hand lane for faster participants. Please walk only two abreast so people can pass easily.

RACE DAY PARKING

THERE IS NO DROP OFF OR PARKING FOR RUNNERS AT THE START LINE.

ALL PARTICIPANTS MUST BOARD A SHUTTLE FOR TRANSPORT TO THE STARTING LINE. YOU MUST BE WEARING YOUR RACE BIB TO BOARD A PARTICIPANT SHUTTLE.

IMPORTANT: There are **No Race Day Sales of Parking Passes**. If you have not purchased a parking pass and need one, plan to purchase it at any packet pick up location or make plans to use to drop off zones at each of the parking lots. **REMEMBER** it is free to ride the shuttle bus, but you need a pass to park.

Participant shuttle buses will depart every 15-20 minutes from 6 a.m. until 7:45 a.m. The start time you selected during registration will dictate which of the start waves you are assigned to. **YOU MUST BOARD YOUR BUS 1 HOUR PRIOR TO YOUR START TIME. The last bus is scheduled to leave the lot at 7:45AM. DON'T MISS THE BUS!**

NOTE: There is NO COST to walk or be dropped at any parking lot to catch the shuttles. If you forget to purchase a parking pass, you will need to get dropped off or park somewhere and walk to the shuttle depot to board a shuttle. A pass is required to park in all lots.

PARTICIPANT SHUTTLES | PARKING LOCATIONS

There are several designated event parking lots. Participant parking and shuttles will be available at locations on both shores. Participants can catch a shuttle to the start area from any of the participant parking areas. YOU MUST BOARD YOUR BUS 1 HOUR PRIOR TO YOUR START TIME. Participant Shuttles will pick up from 6:00 am until 7:45 am PLEASE NOTE: MAKE SURE YOU BOARD THE PROPER BUS. DO NOT BOARD A SPECTATOR BUS OR YOU WILL BE STRANDED WITH NO MEANS TO GET TO THE START.

WESTERN SHORE LOCATIONS

Navy Marine Corps Memorial Stadium (BLUE LOT- \$20 at Packet Pickup)

- Spectator & Participant Parking. (3) Gates available
 - Gate 3 1198 Cedar Park Rd, Annapolis, MD 21401
 - Gate 3A: 1040 Cedar Park Rd Annapolis, MD 21401
 - Gate 4: 912 Cedar Park Rd, Annapolis MD 21401
- Map: [Click Here](#)
- For those without a parking pass and being dropped off by friends or family please use the designated Drop Off Location at nearby Phoenix Academy

Anne Arundel Community College (GREEN LOT- \$15 at Packet Pickup)

- Spectator & Participant Parking
- Address: 101 College Parkway in Arnold, Maryland Map: [Click Here](#).
- For those without a parking pass and being dropped off by friends or family please use the designated Drop Off Location at nearby Community College Road (north campus)
- Participant Bus Loading is located on the Western side of campus

EASTERN SHORE LOCATIONS

Chesapeake Community College (RED LOT- \$15 at Packet Pickup)

- Participant Parking Only
- Address: 1000 College Drive, Queenstown, Maryland Map: [Click Here](#).
- For those without a parking pass and being dropped off by friends or family please use the designated Drop Off Location at College Circle along the north side of campus.
- Bus Loading Location: North side of campus by the Eastern Shore Higher Education Center

Kent Narrows Center (GOLD LOT- \$20 at Packet Pickup)

- Participant Parking Only
- Address: Route 50 and Piney Narrows Road, Kent Island, MD Map: [Click Here](#).
- For those without a parking pass and being dropped off by friends or family please use the designated Drop Off Location at the center. Please go through the main entrance and around the shopping center loop. Please do not drop runners off at the entrance to the center as it may cause delays and congestion.
- Bus Loading Location: Along Piney Narrows Road next to the shopping center

Matapeake Elementary and Middle School (PURPLE LOT- \$20 at Packet Pickup)

- Spectator Only Parking
- Address: 671 Romancoke Road, Stevensville, Maryland Map: [Click Here](#)
- Runner Drop Off Location (by friends and family): NONE

ABOUT THE WAVE START

The safety of the participants is our highest concern. The width of the eastbound span of the Chesapeake Bay Bridge is only 26 feet. To ensure the safety of the participants, the Bay Bridge Run will begin in waves of approximately 2,000. The waves will begin on a staggered timeline every 15 minutes beginning at 7:00 a.m. and ending at 8:45 a.m. Your bib will indicate which wave you have selected to start in. **YOU CAN NO LONGER CHANGE WAVES.**

WAVE START TIMES | SCHEDULE

- | | | | | | |
|-------------|--------|-------------|--------|-------------|--------|
| • 7:00 a.m. | Wave A | • 7:45 a.m. | Wave D | • 8:30 a.m. | Wave G |
| • 7:15 a.m. | Wave B | • 8:00 a.m. | Wave E | • 8:45 a.m. | Wave H |
| • 7:30 a.m. | Wave C | • 8:15 a.m. | Wave F | | |

IMPORTANT: You MUST start with your wave. Your shuttle bus departure time is 1 hour PRIOR to your wave start time. Please plan accordingly. **DO NOT BE LATE FOR YOUR WAVE** or you risk not being able to participate.

The safety of the participants is our highest concern. The width of the eastbound span of the Chesapeake Bay Bridge is only 26 feet. To ensure the safety of the participants, the Bay Bridge Run will begin in waves of approximately 2,000 participants each. ***WALKERS SHOULD STAY IN THE RIGHT HAND LANE leaving the left-hand lane for faster participants.*** If you do walk, please remain only 2 abreast to allow others to pass you on the left. The waves will begin on a staggered timeline every 15 minutes beginning at 7:00 a.m. and ending at 8:45 a.m. Start times for the Bay Bridge Run will be selected by the participant during registration.

Waves A & B are for Runners only. As a courtesy to those who wish to run the route, NO WALKERS are permitted waves A or B. The participant bibs will indicate which wave you are assigned to start in.

Those wishing to compete for overall awards are required to be in the 7:00 am WAVE A.

CANCELLATION POLICY

Decision-making authority to proceed or cancel the race based on weather conditions rests almost solely with Maryland Transportation Authority. A cancellation could arise over a "likely" forecast of inclement weather. During Inclement weather, the MDTA does not implement two-way operations on the Bay Bridge's westbound span. As such, the eastbound span cannot close for the event and the race would be cancelled.

Public notification of the decision to cancel can be made as late as 5 am on the day of the race.

If there is a cancellation, this information will be posted on the following sites as soon as we know:

- Website- <https://www.thebaybridgerun.com/>
- Facebook page- <https://www.facebook.com/TheBayBridgeRun/>
- Instagram page- <https://www.instagram.com/thebaybridgerun/>

There are NO REFUNDS if this race is cancelled. You were required to check a box to agree to this policy when registering for this race. The Bay Bridge Run does not allow refunds or transfers of entry fees to other runners.

REMEMBER: WALKERS AND SLOWER RUNNERS SHOULD STAY IN THE RIGHT-HAND LANE leaving the left-hand lane for faster participants. Please walk only two abreast so people can pass easily.

BAY BRIDGE RUN



WATER REFILL & AIDE STATIONS

There is one refill station on the course. It is located on the bridge just after mile 3. Coolers with touch free spouts will allow you to press your bottle against the nozzle to release water into your bottle. If you have a Camel-bak where the spouts don't work, you can pour directly from a gallon jug that the volunteers can help you with. There is also water at the start line as well as the finish line.



BATHROOMS

There are Port-A-Pots at the start line, every half-mile along the bridge, and at the finish line.

MEDICAL

There will be medical personnel stationed along the bridge should you be in need of medical assistance. We will also have a medical tent at the finish line courtesy of University of Maryland Shore Regional Health.



TIME LIMIT

All runners must be off the Bay Bridge by 11:00am (Mile 5) and across the finish line by 11:30am. This is about a 30 minute per mile pace. Those who cannot keep this pace may be picked up by the sag vehicle.

DROPPING OUT OF THE RACE

If you need to drop out of the race for any reason, please report to the nearest medical personnel or water refill station on the course and inform them that you are retiring from the race. We will have a sag wagon following the last runner. **DO NOT CROSS THE FINISH LINE.** The timing B-Tag will record an inaccurate finishing time. There is no need to return your B-Tag as they are disposable.

RUNNER ONLY REFRESHMENT ZONE

The finish line is located on Schooner Parkway near the Chesapeake Business Park.



YOU MUST show your bib to enter the Safeway Supermarket Runners Only Compound. Here you can enjoy fresh fruit such as bananas, apples and oranges, Gatorade, granola bars, Cow Tales Candy and other snacks. All items are provided courtesy of Safeway Supermarket and our other great race sponsors. Bottled water will be available at the finish line. **POST-RACE REFRESHMENTS ARE FOR RUNNERS ONLY.** Remember runners will be crossing the finish line until 12pm.

Please be courteous to the other participants and take only one product from each station. Runners will not be permitted to go back into the Safeway Runners Only Compound once they leave. We have found that the backflow of traffic into this area creates an unsafe and uncomfortable environment for everyone.

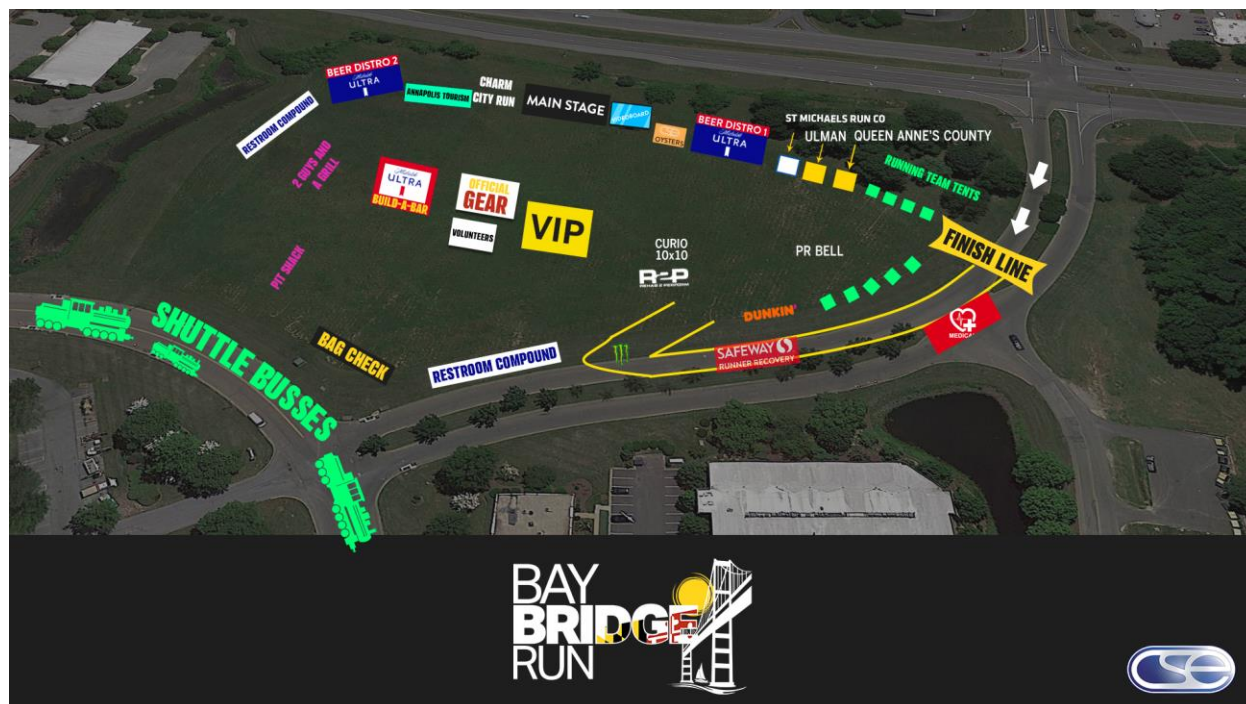
POST RACE PARTY

Following the race, there will be an awesome after-party near the finish line for runners, friends, and family. The celebration includes live music, food trucks, refreshing drinks and family friendly activities. If you are over 21 years old, you may purchase an all you can drink wristband. The wristband is good for cold beer and hard seltzer during the finish line party. All proceeds benefit the First Responders of the Kent Island Volunteer Fire Department who work year-round to make this event safe for all of us!

AWARDS & TROPHIES

We will hold a brief awards ceremony on the main stage to recognize the top three overall finishers and masters champions of each race. **There are no Age Group Awards for this race.** The awards ceremony will be held on the main stage at 10am. You must have participated in WAVE A (7am) to be eligible for any of the awards.

CELEBRATION VILLAGE



RETURNING SHUTTLE BUSES

Shuttle buses will return to the lots starting at 8:30am. Buses will depart when they are full and run until 2:30pm. Please look for the lot designation signs along Log Canoe Circle and board the proper bus.

ALL-YOU-CAN-DRINK WRISTBANDS - \$15 at Packet Pickup

Of age runners can celebrate their post-race success by purchasing an all-you-can-drink wristband to support the First Responders from Queen Anne's County Fire & Rescue. Wristbands are \$15 at packet pick up (cash or charge). **WRISTBANDS PURCHASED ON RACE DAY ARE CASH ONLY.** Wristbands are valid for beer and hard seltzer from any of the beverage stands stationed throughout the celebration village. Purchasers are limited to one beverage at a time. The post-race festivities end promptly at 2 p.m. Last Call will be at 1:30 p.m.

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.

BOOK YOUR HOTEL NIGHT

The Bay Bridge Run is pleased 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 event.

BOOK A GREAT ROOM WHILE THEY LAST – https://www.teamtravelsource.com/sport_lander/bay-bridge-run/

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 1-866-567-7075 or email info@teamtravelsource.com.

THINGS TO DO

ANNE ARUNDEL COUNTY

Whether you're looking for an adventure on the water or a history lesson, our town is sure to fill your day with interesting and exciting fascinations. Explore our historic streets, museums, gardens, and the U.S. Naval Academy to discover over 300 years of history. Take time on the Chesapeake Bay, for an exciting sailboat ride or a leisurely paddle down our creeks and rivers. Pick what speaks to you during your time in Annapolis & Anne Arundel County. [LEARN MORE](#)

QUEEN'S ANNE COUNTY

Located immediately east of the Chesapeake Bay Bridge, serving as a major transportation corridor connecting the Maryland mainland with the Delmarva Peninsula. Queen Anne's County offers a highly sought-after lifestyle, within commuting distance to the Washington DC/Baltimore metro area, and uniquely accessible by land, air, and water. [LEARN MORE](#)

NOTE: IF you have purchased a VIP PACKAGE or are a member of a Charity Group, some of the information in this packet may not pertain to you. VIPs will get a separate email with some added details about your race day requirements. Charity Group members should seek information from your Charity Captain.

REMEMBER: WALKERS AND SLOWER RUNNERS SHOULD STAY IN THE RIGHT-HAND LANE leaving the left-hand lane for faster participants. Please walk only two abreast so people can pass easily.

