

**Believe In Tomorrow's 20<sup>th</sup> Anniversary**

# Port to Fort 6K

*Benefiting critically ill children and their families through  
Believe In Tomorrow's respite and hospital housing programs*



Believe In Tomorrow<sup>®</sup>  
Children's Foundation

**Saturday, April 23<sup>rd</sup>**  
8:30 am Start • Coke Field In Locust Point  
Family friendly run/walk through Fort McHenry

# Runner Handbook



# Get ready for race day!

We are thrilled that you will be joining us for the **2016 Port to Fort 6k** on **Saturday, April 23<sup>rd</sup>!** Please take a few minutes to review the information in the Runner Handbook to make sure you are 100% prepared for race day.

*Please think green and don't print this packet unless absolutely necessary!*



## Thank you to our sponsors!



# Packet Pickup

Packet Pickup is your opportunity to pick up your race shirt, bib number and timing chips prior to race day. By doing so, you can save time and energy on race day. Plus, we've got some great goodies for all who attend packet pickup!

*We strongly encourage attending packet pickup prior to race day.* Individual packet pickup will be available prior to and on race day. We apologize, we cannot provide team packet pickup due to the growing size of our race each year. You **may** pick up another runner's packet or packets for a team. Please bring a list of everyone's names to facilitate this process.

## Location

Join us at **The Greene Turtle in McHenry Row** to pick up your race packet and stay for drinks or dinner with family and friends! Present the attached flyer and The Greene Turtle will donate 20% of the sale to Believe In Tomorrow!

The Green Turtle in McHenry Row  
1606 Whetstone Way  
Baltimore, MD 21230

## Hours

Thursday, April 21<sup>st</sup>: 2pm - 7pm

Friday, April 22<sup>nd</sup>: 2pm - 7pm

**\*\*Anyone registering after 8:00 am on Tuesday, April 19 will NOT be able to pick up their shirt, bib number and timing chip at packet pickup, but rather at the registration tables on Saturday.**

\*Race day packet pickup (at the race) will begin at 7:00am at Coke Field.

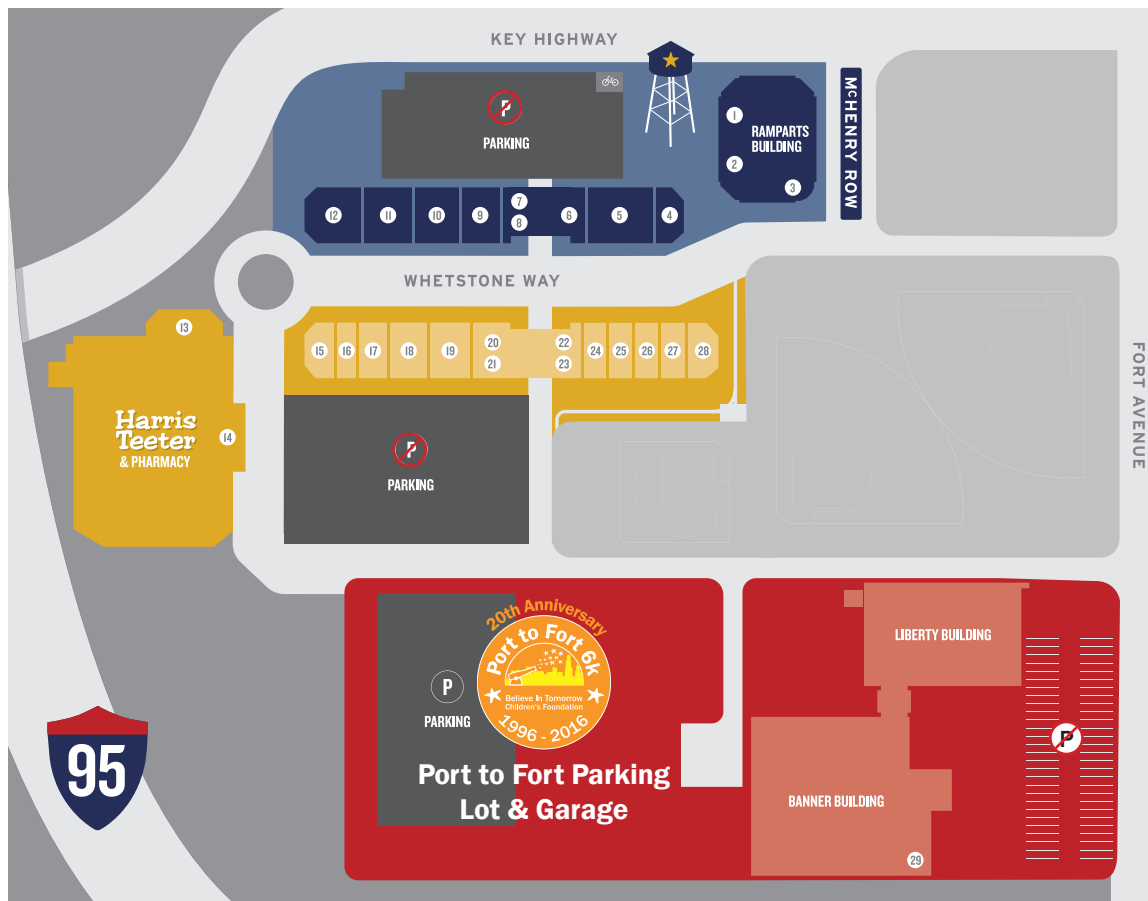
**\*Anyone wishing to register for Port to Fort may do so at packet pickup or on race day, beginning at 7:00 a.m.**



**2016  
Race  
Shirt**

# Directions & Parking

**Port to Fort starts at 8:30am.** Please allow yourself enough time to find parking and prepare for the race prior to the start. Race starts at Coke Field: **1101 E. Fort Avenue, Baltimore, MD 21230**



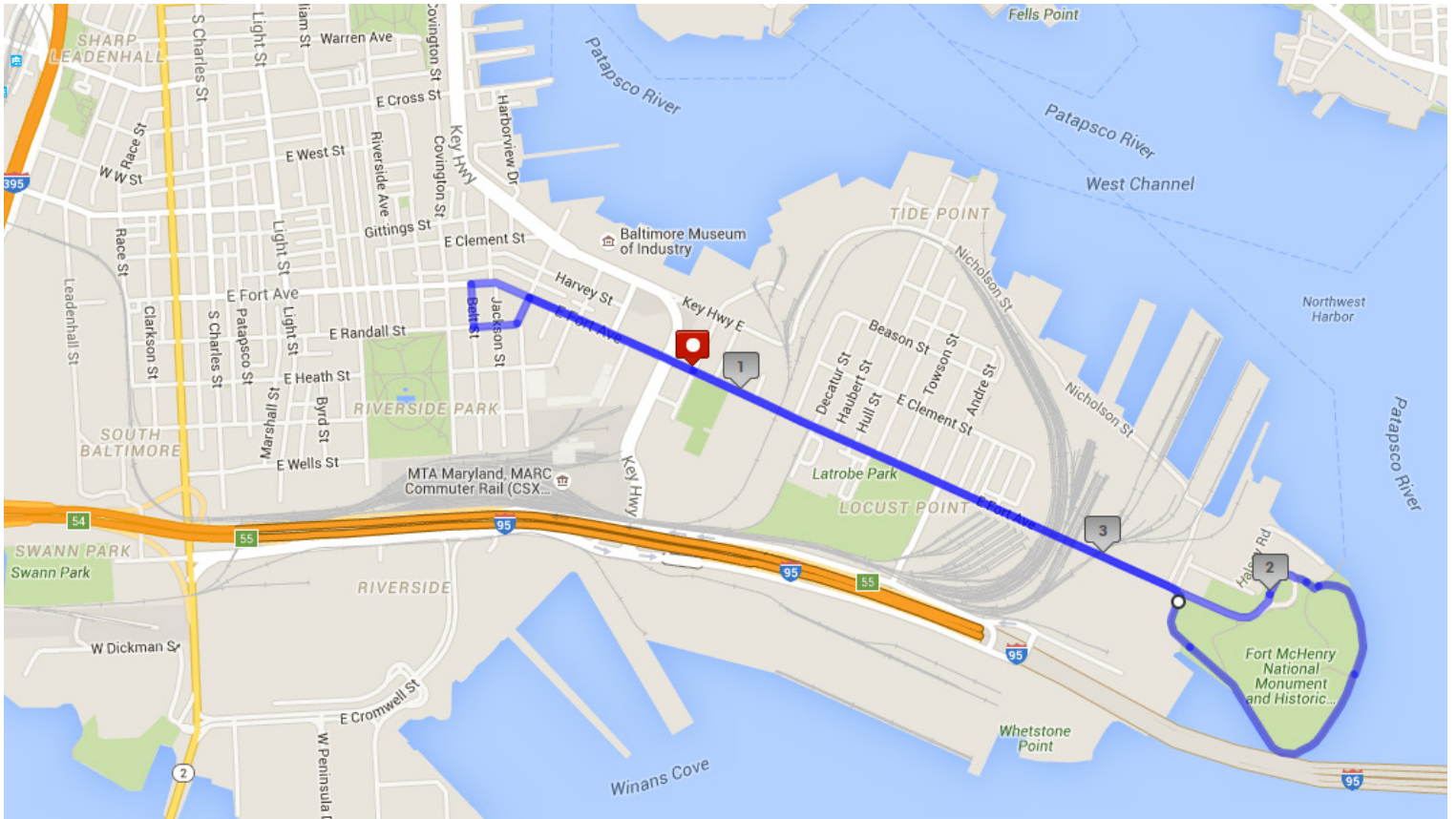
Limited parking will be available to participants in the back lot of Phillip's Seafood(Lot & Garage.) Parking signs and directors will be there to guide you to available lots. Carpooling is greatly encouraged as the lots fill quickly. Parking may also be available on surrounding streets. We ask that you please pay attention to all parking signs and be respectful of the surrounding neighborhood.

Please allow yourself enough time to find parking and prepare for the race prior to the 8:30 AM race start.

**\*Please do not** park in the Southside Market Place Shopping Center or the McHenry Row garages as they have not permitted runners to park there on race day and may tow your vehicle. Please don't use the front "Liberty Building" parking lot as well.



# Race Course



- The race will begin at the intersection of Woodall Street and Fort Avenue.
- Head West on Fort Avenue toward Light Street.
- Left on Belt Street, left on Randall Street. Left on Webster Street.
- Right on Fort Avenue toward Fort McHenry
- Enter Fort McHenry and complete Fort loop, returning to Fort Avenue and heading west.
- Left on Woodall Street to the finish line.

# Bag Check

Bag Check will be provided by our friends at Brother's Services to help stash your belongings while you run!



Look for the Brother's Services trailer directly inside the main gates at Coke Field.

*\*We are not responsible for any lost or misplaced items.*







# FUNDS for FRIENDS

Come out for food, fun and fundraising!  
Present this flyer on the date below and  
The Greene Turtle will donate 20% of the sale.

The Believe in Tomorrow Children's Foundation

ORGANIZATION

April 21<sup>st</sup> and 22<sup>nd</sup> 11am-2am

DATE OF EVENT

1606 Whetstone Way, Baltimore MD 21230  
410-528-8606 | [thegreenturtle.com](http://thegreenturtle.com)



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# Prizes and Awards

## Fundraising Prizes:

All award winners will be recognized at our post-race picnic featuring food, lively music and fun activities to celebrate a job well done!

### Individual Fundraiser Awards:

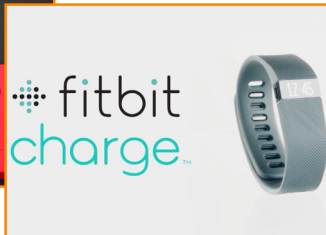
A big **THANK YOU** to all of our fantastic fundraisers! Prizes will be

given to the top 20 fundraisers. The top five fundraiser will get the chance to pick from the top five prizes pictured below. Please submit all final cash and check donations to the fundraising table prior to 8:30 AM on race day.



Under Armour  
Health Box

Fitbit Charge



Charm City Run  
\$175 Gift Card

Plantronics Bluetooth  
Headphones



CamelBak  
Dart Hydration  
Pack

## Team Awards:

### Armed Services Challenge:

Awarded to the largest military team

### Corporate Team Challenges:

Awarded to the largest corporate team and the corporate team with the most money raised!

### Community Team Challenges:

Awarded to the largest community team and the community team with the most money raised!

### Family Team Challenge:

Awarded to the largest Believe In Tomorrow family team and the

Believe In Tomorrow family team with the most money raised!

## Individual Awards:

Home Depot Gift Cards will be presented to the top three male/female finishers overall.

Medals will be presented to top three male/female masters overall and the top three male/female finishers in each age group (10 and under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over).



# Post-Race Activities

After the race, join us for a post-race celebration on Coke Field with food provided by The Greene Turtle at McHenry Row, Turkey Hill, Shoppers Food, UTZ, Bakery Express, Chick-Fil-A, Harris Teeter, Barcelona Nut Company and H&S Bakery!

Enjoy a picnic lunch provided by our food sponsors, listen for your name during the awards ceremony for

fundraisers and runners. On your way out, grab a flower from Bell Nursery as a special thank you for all your hard work!

Before you go, stop by our sponsor tables and thank them for their support!

