

2023
THE FOOD MARKET
COLUMBIA



GENERAL INFO

Date: Sunday, October 1, 2023
Time: 7:00 am
Distance: 10K
Location: The Food Market
10480 Little Patuxent Pkwy G150
Columbia, MD 21044

PACKET PICKUP

There is no race day packet pickup, so please plan ahead! Packets can be picked up at Feet First Sports on the dates and times listed. If you are unable to pick up your packet at one of these designated times, a friend or family member may pick it up for you with your registration confirmation.

| Date | Time | Location |
|------------------------|------------------|-----------------------------|
| Friday, Sep 29, 2023 | 3:00pm - 7:00pm | Feet First Sports, Columbia |
| Saturday, Sep 30, 2023 | 10:00am - 4:00pm | Feet First Sports, Columbia |

Support our beneficiary, Johns Hopkins Howard County Medical Center, by purchasing raffle tickets for great prizes donated from Feet First Sports, The Food Market, the Howard County Striders, and OOFOS. Raffle tickets will be available for purchase at packet pickup on Saturday 11am - 3pm and at the post race celebration on Sunday. Raffle winners will be announced on Sunday!

Enjoy 10% off your regular priced footwear and apparel purchase at Feet First Sports during packet pickup and be sure to shop other deals, such as 25% off select carbon-plated shoes and seasonal discounts on footwear and apparel.

PRE-RACE

Porta-pots will be available near the start. Hand sanitizer will be provided inside the porta-pots. See attached Start/Finish Layout.

The race will start on time at 7:00am. Please be in the start line chute at least 5 minutes before the race starts. We will not delay the start.

Westbound Little Patuxent Parkway between Corporate Center Way and Governor Warfield Parkway will be closed by Howard County Police at 6:45am. Plan to be parked no later than 6:45am to avoid the closures. Parking in lots beyond the areas we have highlighted is at your own risk.

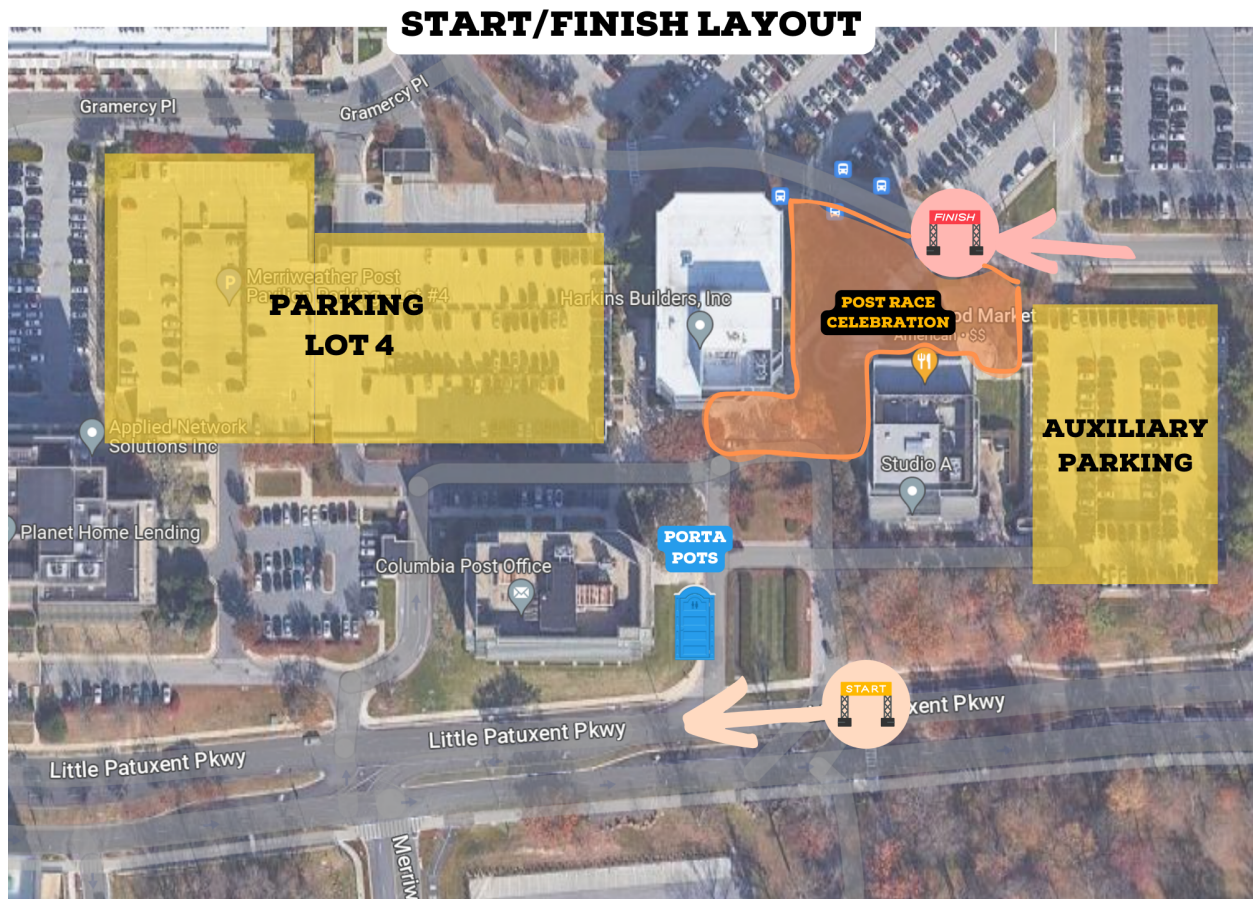
There will be no access to any buildings on race day. Please do not attempt to enter any buildings.

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For your safety, no earbuds or pets are allowed on the course.

Strollers are permitted on the course, but please be advised that there are steep hills and narrow sections. If you are running with a stroller, please be mindful of other runners.

Please be aware that we have lots of police helping keep you safe during this event and a lot of volunteers to help ensure safety and make sure things run smoothly for your enjoyment! Please be considerate of this and if you have the energy, give a wave or say “thanks!” as you make your way past them on the course or during the post race celebration! This event wouldn’t be possible without their support!



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PARKING

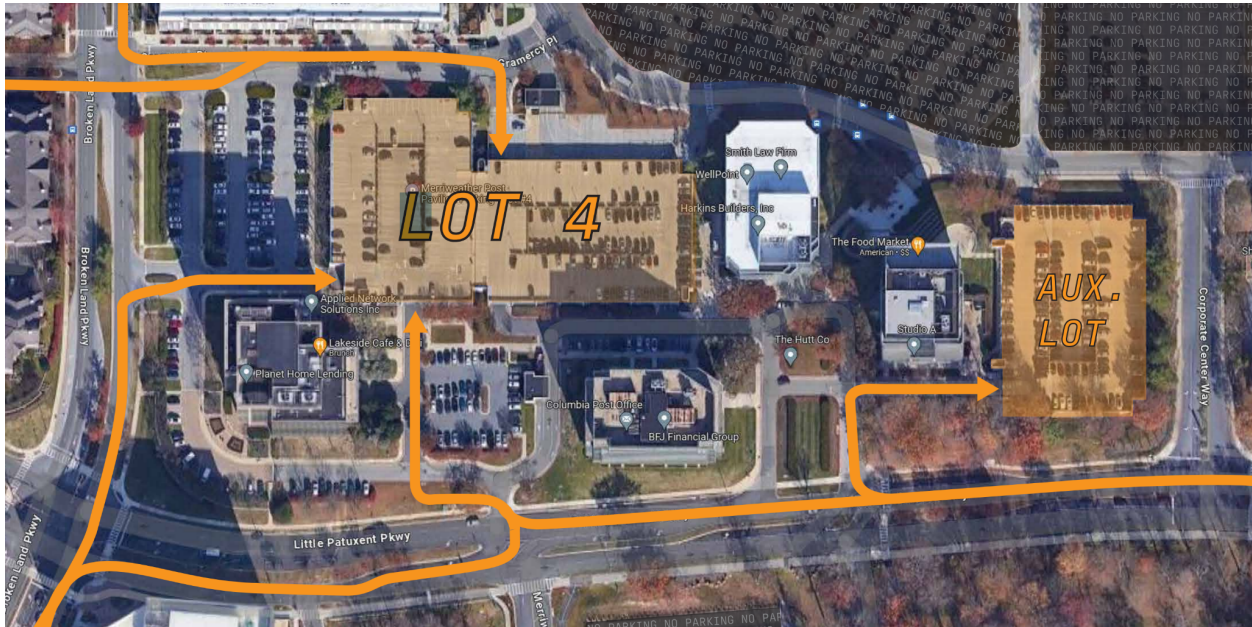
Parking Lot 4 is the largest parking garage, has multiple entry points, and is located at 10475 Little Patuxent Pkwy, Columbia, MD 21044. We encourage you to park here. It is closest to the start and the porta pots!

The Auxiliary Lot is smaller, adjacent to The Food Market, and is located at 10500 Little Patuxent Pkwy, Columbia, MD 21044. It is available for parking as well.

See attached Parking Map and Start/Finish Layout for visual references.

Parking Map

Shows available parking and entry points to garages from Little Patuxent Parkway, as well as Broken Land Parkway.



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2023 THE FOOD MARKET 10K COLUMBIA

COURSE INFORMATION

The Food Market 10K runs around The Mall in Columbia, along Little Patuxent Parkway, and through residential areas, with a stretch along 108. Howard County Police will take control of the course at 6:45 am. There will be cones along various parts of the course and volunteer Course Marshals with yellow vests and flags will also provide direction to runners. See attached course map and turn-by-turn directions.

These can also be found on our website: <https://www.feetfirstsports.net/the-food-market-10k>



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TURN-BY-TURN



DIRECTIONS

Start on Little Patuxent Pkwy West of Corporate Center Way

Right onto Governer Warfield Parkway

Left onto Little Patuxent Parkway running Eastbound

Left onto Columbia Road

Left onto Clarksville Pike running Westbound

Left onto Ten Mills Road

Right onto West Running Brook Road

Right onto Little Patuxent Parkway running Westbound

Left onto Windstream Drive

Left onto Columbia Mall Ring Road

Continue on Mall Ring Road between The Mall and Pine Garage

Right onto Mall Ring Road and continue Westbound

Right onto Mall Driveway between The Mall and Maple Garage

Right onto Mall Ring Road

Finish on Mall Ring Road adjacent to Lidl

Edit: Prior to turning Left onto Windstream Drive, you will be veering right onto Governor Warfield Parkway from Little Patuxent Parkway. This will be well marked and with Course Marshals present.

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WALKERS

Per our agreement with the Howard County Police Department, the police will provide traffic control for runners for a set period (until 9:30 am). Once the police open up the course to traffic, walkers are expected to move to the sidewalk and obey the rules of the road when crossing intersections. The timing mats and finish line chute will remain open to score all participants.

Walkers who fail to move onto the sidewalk or follow the rules of the road may be DISQUALIFIED.

ON COURSE AID STATIONS

There will be two aid stations on the course. The first will be around Mile 2 on Columbia Road and the second one will be around Mile 4 on West Running Brook. Feel free to bring your own hydration, as well. Please see the course map for approximate locations along the course.

AWARDS

The following is a summary of awards and prizes:

- **Overall Male and Female** - *Running Shoes from Diadora*
- **Overall Masters Male and Female** - *Gift Card to The Food Market*
- **Top Male and Female in Age Groups** - *Goodr Sunglasses*
 - Under 21
 - 21-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70+

The awards ceremony will be held at the post-race celebration around 8:30 am. If you believe that you have won an overall or age group award, please stay on-site after you finish to claim your award. There will be no “double dipping” and participants are only eligible for one award.

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10K

RACE PREMIUM

Registered participants will receive a Diadora Technical Long Sleeve shirt featuring extremely breathable light polyester with mesh inserts and custom race design.



POST-RACE CELEBRATION

As you finish, there will be tubs of bottled water available as you cool down in the courtyard.

The post-race celebration will be hosted by The Food Market in their new outdoor area where they will have various breakfast food stations set up. You will need to show your bib at the entrance where you will also receive a drink ticket upon entry. **Bibs must be visible for food and drink!** Your registration includes one drink ticket. Additional drinks are also available for purchase in the bar area of The Food Market. If you choose to stick around for a seated meal as the post-race celebration winds down, the restaurant will be open for seating at 10 am.

Enjoy the chef curated spread, drinks, and music while you lounge in the courtyard or mosey around to visit our sponsor and beneficiary tables. Be sure to purchase your raffle tickets to raise money for our beneficiary, Johns Hopkins Howard County Medical Center, for a chance to win the following prizes:

- A \$50 gift card from Feet First Sports
- A \$50 gift card from The Food Market
- A one-year family membership to the Howard County Striders
- A pair of Oofos recovery slides
- A 32" TV

Raffle tickets will be available for purchase at the JHHCMC table and will be *2 for \$10* and *5 for \$20*. Winners will be announced around 9:15 am at the post race celebration.

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This event is brought to you by the following partners
to benefit Johns Hopkins Howard County Medical Center:

THE FOOD MARKET



RYAN SMETZER
ENTERTAINMENT



THE MALL
IN COLUMBIA



Howard Hughes