

Hello awesome Greenhorn Adventure Racers!

The Greenhorn is a week away! We are excited and we know you are too! On Saturday, May 5th, you and close to 150 adventure racers will compete in an epic adventure at Rocky Gap State Park. If this is your first adventure race, we look forward to welcoming you to this amazing sport.

This email is a bit long, but it is full of scheduling and logistical information...and a few **hints!** So...please read it carefully. A link to this email will also be posted on the EX2 website.

This year's Greenhorn Adventure Race (AR) includes mountain biking, trekking, paddling, and route decision making. The 12-16 mile course will take most teams 2.5 to 4 hours to complete. While it is not easy, we designed the Greenhorn AR course so that it is achievable for the novice adventure racer. The navigation and route finding are not complicated, the paddling is on a beautiful flat water lake, and the overall distance is appropriate for the first time adventure racer. With this said, what would an adventure race be without challenge! Get ready for a wonderful day. I wish you the best of luck!

Below are scheduling and logistics details for race weekend:

Have you seen my little video about the race? You can check it out here:

<https://youtu.be/WCRMLdLcSmQ>

Race Schedule

Check out the [race website](#) for a complete list of mandatory and recommended gear, schedules, rules, directions, and information on accommodations.

Friday May 4th

5:00pm to 7:00pm - Optional early check-in*

6:00pm - Intro to adventure racing and basic map skills clinic

** Maps and rules of travel will not be distributed until Saturday morning at 7:30am*

Saturday May 5th

7:30 - Check-in opens

9:15 - Pre-race briefing (mandatory)

9:50 - Racers assemble at starting line

10:00 - Race starts

12:00 - Post-race food available

1:45 - FREE kids race

2:15 - Awards ceremony and sponsor give-a-ways

Accommodations

If you need a place to stay, camping and hotels are all close by.

- [Camping at Rocky Gap](#)
- [Hotel/Casino at Rocky Gap](#)
- [Sleep Inn and Suites in Cumberland](#) (10 minute drive)

Parking

After the exit from Interstate 68, follow the EX2 signs to race parking. Go through the park kiosk to the large parking lot near the day use area and beaches (don't go to the casino parking...well, unless you want to test your luck before the race). Rocky Gap State Park typically charges a fee for entry, **but your race fee already covers this**. If the kiosk is staffed, tell them you are a racer and they will let you enter free of charge. Follow the signs to check-in.

Check-in

Check-in will take place in our large white tent in the day use area near the beaches. Optional early check-in will be open from 5pm-7pm on Friday, May 4th. You can get your race bibs and make sure all your paperwork is completed on Friday night. **We'll be hosting an adventure racing clinic at 6pm Friday night**. We will NOT be distributing maps or rules of travel on Friday. Normal check-in starts at 7:30 Saturday morning and runs until 9:00am. You'll want to give yourself time to review your map and rules of travel, so please arrive in plenty of time to check-in and get settled.

Race Map/Rules of Travel/E-punch Key Pickup

Race maps, rules of travel, and e-punch keys will be available for pick up **on race day between 7:30am-9am**. Each team will receive one map, one rules of travel, and one e-punch key. Maps, rules of travel, and e-punch keys will only be distributed to those teams that have checked-in. Bring your race number with you to pick up your race map and e-punch key. Not sure what these are...watch our video: <https://youtu.be/WCRMLdLcSmQ>

Bike Staging and Transition Area At Race Start

The staging area for your bikes will open at 7:30am on race day and is located at the race start. Only racers may enter the TA, so please show your bib to the volunteers when entering. Please check-in prior to trying to enter the TA. To protect your gear, volunteers will be staffing the TA throughout the race. Please help them by having your race number with you when you enter the TA. **Before**

the race begins, racers should stage their bikes, helmets, and other gear in the TA. Your other gear may include items such as bike shoes, water, food, extra shoes, towel, etc. There is limited real estate in the TA so your team's gear should fit into a small bin or on a small towel.

Race Brief

A mandatory race brief will take place from 9:15am-9:30am. Important safety, rules, and logistical items will be discussed at this brief so please incorporate this into your plan. We will also answer questions at the pre-race brief.

Race Lineup

All members of your team should assemble at the start area by 9:50am for last minute instructions.

Race Start

The race will start at 10am SHARP!

Weather

The Greenhorn Adventure Race will be held rain or shine. Please check the weather as you pack for the race. Bring a rain coat as the weather can change quickly.

OTHER HELPFUL INFORMATION:

Course Notes

There are 19 possible checkpoints (CPs) spread across Rocky Gap State Park (3 paddling, 6 biking, and 10 trekking). We expect the front-runners to clear the course in about 2.5 hours. **Some helpful hints...**the race will start with a paddle...there will be a bike drop somewhere on the course where you will leave your bikes and go find points on foot and then return to your bikes. If you wear bike specific shoes (e.g., clip-in) you may want to carry your running shoes with you so you don't have to wear your bike shoes on the trekking section. The total distance is 12-16 miles depending on route choice. Depending on your biking route choice, there is roughly 1.5 to 3 miles of intermediate technical single track. If you don't feel comfortable riding your bicycle on this terrain...please don't worry...just walk your bike until you get to terrain that is rideable for you.

Point System

Each checkpoint is worth one point. The goal of the race is to find as many checkpoints as possible following the rules outlined in your rules of travel. **You may skip checkpoints at any time, but once you complete a leg of the race (e.g., the paddling leg) you cannot go back and get checkpoints on the**

leg. For example, the race starts with a paddle and there are 3 checkpoints on it. If you skip one checkpoint on the paddle, you cannot go back later in the race to get that checkpoint.

Cut-Off Time

All teams must e-punch at the FINISH by 2pm (within 4 hours). Those arriving at the FINISH after the 2pm cut-off time will lose one point every minute they are late and we will heckle you. Don't be late :)

Checking-in at Checkpoints (CPs)

You will be required to e-punch at **every checkpoint**. Some checkpoints will be manned and others will not. At the manned checkpoints, we will also record your check-in time. All team members from your team must be present at the checkpoint before you may check-in and e-punch. It is your responsibility to ensure that you check-in and e-punch before continuing to the next checkpoint.

E-punch Timing System

The E-punch Timing System requires that each team carry a small electronic e-punch key throughout the race. When inserted into the e-punch box at each CP, this electronic e-punch key will store your time/location at each CP. The data on your e-punch key will be downloaded at the finish line to provide results and split times. Losing this e-punch key will result in a very significant time penalty and a \$1 million dollar loss fee will also be required if you lose your e-punch key. So, please keep in a very safe place while racing. You will receive your team-specific e-punch key on race day when you pick up your race map. A demonstration of the e-punch system will be provided at this time. Just kidding about the million dollars...it's only \$500,000...ok...\$40 bucks.

Hydration and Nutrition

This is an unsupported race so your hydration and nutrition should be part of your race planning. **Determining how much food and water to carry will be easier when you have your race map and rules of travel. You will pass through the main transition area once early in the race and then won't return until the end of the race.** You are welcome to store water or food in the main transition area.

Recovery Tent

Dr. Cheryl Lee-Pow and her staff from [POW High Energy Recovery Chiropractic](#) will be on hand offering up their chiropractic, massage, active release therapy, and first aid services. Stop by the recovery area to take advantage of these FREE services.

Post Race Beverages/Food

Water, Gatorade, and sodas will be available after the race. Food includes pizza, bananas, apples, carrots, celery, hummus, trail bars, chips, cookies, M&Ms, etc. FREE food and beverages will be available at the finish line for all racers and volunteers.

Kids Race

At about 1:45pm, all kids aged 2-11 are invited to participate in the FREE kids race for treasure. We will match kids in age groups and have them run a short out and back "race." After they run, all kids who participate can grab something from the Treasure Box!

Awards

The awards ceremony will take place at approximately 2:15pm. Awards will be presented to all members of the top five teams in each division. Stick around to cheer for your fellow athletes as they climb on the podium!

Photos

Professional photographers from [Swim Bike Run Photography](#) will be at this event capturing the spirit of adventure and friendly competition. They offer digital downloads and traditional prints. The talented photographers at SBR take thousands of photos at each race and they all go online within 7 days of the event. A link to their website will be available from our results page and you will also be notified via email when the photos are ready for viewing.

Sponsor Giveaways

Below is a rundown of all our sponsor giveaways. We will randomly select winners for the giveaways using a variety of different methods. We have a lot of swag to give away but you must be present at the awards ceremony to win. So, please plan on sticking around to join in the fun!

Baird Automotive \$100 Benjamin Bash

Benjamin, C-note, Hundie, Charlie, 100 Clams, Big One - call it what you will but it all means the same thing? \$100 of cold hard cash. Back by popular demand, race or volunteer in any of our 19 races in 2018 and you could win a crisp \$100 bill, generously furnished by longtime EX2 racer and all around good guy, [Joey Baird of Baird Automotive](#).

Integrated Financial Partners Surprise Swag Raffle

At all races in 2018, fellow racer and [IFP Financial Advisor, Erik Scudder](#) will give away \$50 in swag. He likes to surprise us with what he gives away but it is always nice stuff. Just stop by their table, fill in one of their forms, and you are eligible to win. Erik is also known for bringing hot coffee on cold mornings!

Drink More Water

Hydration System Giveaway: [Drink More Water](#) is committed to help you achieve peak performance by, well, drinking more water. Not only do they supply tons of water to EX2 (literally), but they will randomly give away water bottles at each race of the season. Pretty cool, huh? Racers and volunteers are eligible.

Additional swag...2 tickets to the Washington Nationals game on 5/6, 2 free subscriptions to Trail Runner Magazine, and EX2 swag will all be given away to lucky racers or volunteers.

Volunteers

We welcome volunteers. If any of your friends or family can help out, please have them [sign up on our website](#). Volunteers help make it all happen and have a front seat to all the action! Volunteers help with check-in, checkpoints, transition areas, and food distribution. Times vary from 7am-3pm and shifts are usually 4-6 hours. All volunteers receive a free t-shirt, free food, \$15 discount coupon for a future race or \$5 off EX2 merchandise, and our sincere thanks. Plus, volunteering at our races is fun!

Thanks for participating in this year's Greenhorn Adventure Race!! We are looking forward to a fantastic day. See you on Saturday May 5th!

If you have any questions before race day, please email or give us a call @ 703-338-3965.

Andy

Andy Bacon
Race Director
EX2 Adventures