

Dear Rosaryville Half Marathon and 10K Competitors:

The countdown is on for the Rosaryville Half Marathon/10K this Sunday September 6, 2020. This race course is absolutely beautiful. You are going to love Rosaryville!! Prepare for an awesome day of trail running action. I wish you the best of luck!! See [who is racing!](#)

Please read this email carefully as it contains detailed information on check-in procedures, course description, course marking, aid stations, post-race food, etc. As you know, due to COVID we are making several changes to our normal race operations to help ensure the safety of every participant, our volunteers, and the EX2 staff. If you've raced with EX2 before, you'll see many changes. The race is going to be super fun, but it will be different than our normal events.

Race Day is Sunday, September 6, 2020

Your assigned check-in window (corral) is: varies - see race site

Please arrive at the park about 15 minutes prior to your assigned check-in window. This will allow you time to park and not feel rushed. Check in will be held at the pavilion at the furthest end of the park...just follow the signs once you enter the park. After you check-in and get your bib, **you will proceed directly to the starting queue area.** There are bathrooms you can use right before you check in. You will get your shirt and other swag AFTER the race.

IMPORTANT...NO RACE DAY DISTANCE CHANGES. Because of the staggered start times, changing distances on race morning is NOT permitted.

Remember...your check-in window (corral) is: varies - see race site

Each check-in group is 25 people and we'll start small groups of 10 or less every 5 minutes. This will space people out significantly and I don't anticipate any issues with crowds on the trails.

Face Coverings

Face coverings are required at all times when in the checking in, starting queue, and finish area. Runners MUST also carry a face covering during event and use it when at an aid station or when passing if ample distance is not available on the trail. If a racer doesn't have a face covering, then one will be provided to them during check-in.

Bring Your Own Water Bottle

Because of COVID, we are asking that every participant be as self-sufficient as possible in terms of hydration. That means starting with your own water bottle.

On the 10K course, we will have one aid station at about mile 4. There will be grab and go bottled water only. On the half marathon course, we will have two aid stations. One at about mile 5.7 (bottled water) and another at about mile 9.8 (bottled water, coke, granola bars). First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The forecast for Sunday is looking great as of now with temperatures in the 70s.

Of course, things can change so be sure to check the weather the night before the race. In terms of course conditions, we are getting some rain early this week, but then things are forecasted to dry out. If that holds, then trail conditions should be awesome on race day.

Directions/Parking

Rosaryville State Park is located in Upper Marlboro, MD (7801 West Marlton Ave., Upper Marlboro, MD 20772)

*** the park entrance is off of US-301 ***

- Take the Capital Beltway (I495) to exit 11A, MD-4 South.
- Travel 3.1 miles then take right onto Woodyard Rd./MD-223 South.
- Travel .3 miles then take left onto Marlboro Pike/Osborne Rd. After .5 miles, Marlboro Pike changes to Osborne Rd.
- Travel 2.3 miles on Osborne Rd. to a right onto Crain Hwy/US-301 South.
- Travel .2 miles then take a right into the park, on West Marlton Ave.
- Enter the park and follow signs for Race Parking and Check In.
- DO NOT pay the entrance fee as this was included in your registration fee.

Restrooms

There are portojohns and park bathrooms located near the start. There is also a portojohn at about mile 4 on the 10K course (mile 5.7 on the half marathon course).

Race Course

This course is filled with twisty and fun single-track. It's not nearly as hilly or technical as our other half marathon races so, it's a perfect get back to racing race. But it's not easy! The course will start with .8 miles of dirt road and horse trail running before hitting the single-track where the power lines meet the Perimeter Trail (white blazed). Both 10K and half marathon courses follow the same course to the HM/10K split at about mile 3.5. The half marathoners take a right on Tilly Trail (yellow blazed) and complete the about 2 mile interior trail then meet up once again on the Perimeter Trail. The 10K runners just continue straight

at this split. These intersections will be well marked and volunteers will provide instructions, but please pay attention. All racers will continue on the Perimeter Trail until the area right behind the start area. The 10K race will split off to the right and head across an open field to the finish line. The 10K course distance is about 6.3 miles with about 500 feet of elevation gain. At this split, the half marathoners will continue straight on the Perimeter Trail and make their way around the park back to the power lines. From here, the half marathoners will follow a cut through back the way the race started and work their way back over to the Perimeter Trail. From there, they follow the Perimeter Trail until the split behind the start area again and this time make the right turn and across the field to the finish. The half marathon course comes in at approximately 13.1 miles with about 1,000 feet of elevation gain. Please review the [course maps](#) so that you are familiar with your course and aid station locations.

Course Maps, Elevation Profiles, and GPS tracks are available on the [EX2 website](#).

Course Marking

The course will be marked with red arrows (at all trail intersections and areas of question). Yellow caution tape will be hung low across trails that are not part of the course. Course marking will be heavy before and after all trail intersections but light along the rest of the course. Several course marshals will be situated at key intersections along the course. There are two road crossings on the course.

They are not busy roads at all, but PLEASE LOOK BOTH WAYS BEFORE CROSSING and listen for volunteer instructions. Absolutely no head phones are allowed on this course because of the road crossings. My staff will ask you to take them out if they see you wearing them.

Mile Markers

Mile markers are located throughout the course. Please note that for part of the course there will be both 10K mile markers and half marathon mile markers marked accordingly. Also, your GPS is going to be different than mine and different than the person running next to you, so please know the distances are approximate.

NO EARPHONES or LOUD AUDIBLE MUSIC

The use of EARPHONES or LOUD AUDIBLE MUSIC that restricts hearing is not permitted during any EX2 race. Why, you may ask? Well, for the following three reasons:

1. Safety - we need to look out for each other! Our courses are held on trails in remote areas. If someone gets injured out on the trails, we rely on racers to notify us so we can activate emergency response. So, we need racers to be alert and able to hear calls for help.
2. Courtesy - trail races are very different than road races. Passing is usually not a problem in road races but passing can be a challenge on single-track

hiking trails. To pass safely, trail etiquette suggests using audible signals such as passing on your left. Passing someone who can't hear you is difficult and frustrating. This is especially true given COVID.

3. Community - at EX2 Adventures we strive to build community. Please use your time with EX2 to unleash yourself from your device and have fun!

Recovery Tent/First Aid

Basic first aid will be available at each aid station, and more complete first aid is available at the finish. There will not be post-race massage or chiropractic adjustments this year because of COVID.

Post Race Beverages/Food

Bottled water, coke, diet coke, breakfast burritos, bananas, granola bars, and cookies will be available at the finish. This is a paired down version of our normal post-race spread due to COVID, but will still be tasty!!

Kids Race

Sorry...no kids race during COVID.

Awards

We will not have an in-person awards ceremony for this race. Rather, we'll host a virtual awards ceremony via zoom on Sunday September 13th. Information about the ceremony will be sent out in advance. In addition, everyone on the podium (1st through 5th place) will be mailed a \$25 gift card to Pacers Running stores.

We are also arranging several pickup times this fall to pick up your EX2 pint glass. We will NOT be mailing the pint glasses. Stay tuned for more information about pickup times and locations.

Photos

The best photographers in the business from [Swim Bike Run Photography](#) will be at the race to capture the spirit of adventure and friendly competition. Digital downloads will be available for FREE. 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.

Share Your Photos and Join the EX2 Facebook Group

We also encourage you to share photos on race day! Please use #rosaryvillehalfmarathon and tag @ex2adventures when you post to social media. Please also join the [EX2 Facebook group](#) to share your pictures and support other participants!

Our Amazing Sponsors

A huge thank you to our fellow local small businesses that support EX2. Please show them some love!

Baird Automotive

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. During our normal in-person events, the \$100 give-a-way is always a fun end to our awards ceremony. For this race, we'll be randomly giving away \$100 to a lucky participant during the virtual awards ceremony on 9/13. This is courtesy all around good guy, Joey Baird of Baird Automotive. Joey's shop in Arlington is OPEN...give him a call at 703-527-1770. All EX2 races receive 10% off any service.

Integrated Financial Partners - Erik Scudder

Fellow racer and IFP Financial Advisor, Erik Scudder is the go-to resource for all your financial, retirement, investment, business owner and estate planning strategies! Give Erik a call at 703-840-4291. At the virtual awards ceremony, Erik will be giving away two \$25 amazon gift cards. **Fill out this form to enter to win.**

Pow-HER Chiropractic and Wellness Center

Dr. Cheryl Lee-Pow and her team normally provide support to all our in-person events in Maryland. Dr. Cheryl is the go-to sports chiropractor in Montgomery County. She is the current chiropractor for the DC Divas Women's Professional Football Team and has a wide array of experience supporting amateur, collegiate, and professional athletes, including US Olympic Track & Field Trials, Division 1 Track & Field Championships, US National Taekwondo Championships, Maryland Dew Tour and the Nation's Triathlon just to name a few. She was also chiropractor for the Congressional Football Team, in which the nation's senators and congressmen took on the Capitol Hill Police. Give her office a call at 301-279-9009.

Coyote Grille

Coyote Grille in Fairfax is OPEN and has some awesome outside seating! Give them a call or order online. Eat local!

Thanks for participating in the Rosaryville Half Marathon/10K Trail Running Race. We are looking forward to a fantastic day. Good luck and see you this Sunday...at your specific check-in window :)

Andy

Andy Bacon
Race Director
EX2 Adventures

