

Dear Blue Crab Bolt Competitors:

The 2018 Blue Crab Bolt Trail Running Series continues this Saturday, August 11th, at the beautiful Little Bennett Regional Park in Clarksburg, MD. You and a few hundred amazing trail runners are going to love these 5K and 10K courses that include twisty single-track, fire roads, and yes a few hills. Prepare for a great day of trail running action. I wish you the best of luck!

Schedule for race day, Saturday, August 11, 2018:

- Check-in/ Race Bib Pick-up opens @ 6:30am (we recommend arriving by 7am)
- Pre-Race Brief @ 7:50am
- Race Start @ 8am
- FREE Kids "Race" @ 9:30am (for kids 2-11)
- Awards @ 9:45am

See below for detailed info on course conditions, weather, parking, directions, check-in, course description, course marking, aid stations, post-race food, awards, sponsors, giveaways, etc.

Course Conditions and Weather

The trails are currently in descent shape, with just a few wet spots given all the continued rain. Race day weather is forecasted to be partly sunny, with high temperatures in the 80s, and scattered storms possible. As we get closer to the race, please check the weather again and come prepared for the elements.

Race Day Registration

Online registration closes TONIGHT (Wed, 8/8) at 11:59pm. Registration on-site **WILL BE** available on race day. Invite your family or friends to join in the fun!

Volunteers

We can always use the help of volunteers. Please have any interested volunteers [sign up on our website](#). All volunteers receive a free race t-shirt, free food, a discount coupon code good for \$15 off a future EX2 race or EX2 merchandise, and our sincere thanks.

Race Start and Finish Location

We stage, start, and finish this event in the **NORTHERN SECTION** of the park, near the Little Bennett Golf Course ([25900 Prescott Road, Clarksburg, MD 20871](#)) - Please note the **SPECIAL DIRECTIONS** for race parking. Approximate driving time from Washington, D.C. is 1 hour and 20-30 minutes from Frederick, MD. Please follow the directions below:

Address of Staging Area: [25900 Prescott Road, Clarksburg, MD 20871](#)

Directions from Interstate 270:

- From I270, take Exit 22 - Route 109 toward Hyattstown (North).
- Take a LEFT at the light onto Route 355 North.
- Turn RIGHT onto Route 75.
- Turn RIGHT onto Lewisdale Rd.
- Turn RIGHT onto Prescott Road and drive toward the golf course.
- Instead of turning right into the golf course parking lot, stay straight and follow the gravel road to parking in a grassy field. (follow the race parking signs).
- Park and follow the signs to check-in.

Camping

Little Bennett has a [really nice campground](#) with 91 sites, restrooms, showers, picnic tables, and fire pits.

Parking

We will be parking cars in grassy fields. Please follow the direction of the parking volunteers.

Check-In/Race Bib Pick-Up

Check-in/race bib pick-up opens at 6:30am and is located in the field near the finish line. Once you park, look for EX2 signs guiding you to check-in. At check-in you will receive your race number and t-shirt (one per person for the series). It takes time to park, check-in, use the bathroom, warm up, and attend the pre-race brief. We recommend arriving by 7am.

Restrooms

Porto-johns will be available near check-in.

Race Start

The race will begin at 8am SHARP! Both 5K and 10K racers will start at the same time. The pre-race brief will begin at 7:50am and take place in the field near the start line (green flags).

Race Course

The trails at Little Bennett are awesome! **Both courses have changed from years past because a trail that we have used for many years was permanently closed last year.** The course maps and elevation profiles are [on the race website](#). The terrain consists of twisty single-track and wide fire roads, and definitely some hills. **On the 10K course there are a few wet crossings, so plan on getting your feet wet.** There are plenty of roots and rocks but this is not an overly technical course. At the beginning of the race, there is about .2 miles on a gravel road followed by .2 miles of some singletrack and open field running before you enter the Little Bennett trail system. There are plenty of passing opportunities throughout the course. The actual 5K course distance is 5.9 km or 3.7 miles. The 10K course comes in right around 6.2 miles.

Race Strategy/Trail Etiquette

While there are plenty of passing opportunities on the trails at Little Bennett, some of the single-track trails are narrow and passing may be difficult. So, it is suggested that you factor this into your race strategy. At the beginning of the race, there is about .2 miles on a gravel road followed by .2 miles of some singletrack and open field running before you enter the Little Bennett trail system. So, it is recommended that you place yourself appropriately at the start line, with faster runners near the front, mid pack racers near the middle, and back of pack runners near the rear. Also, proper trail etiquette should be practiced. Overtaking runners should use audible signals such as "passing on your left" or "passing on your right" and, when possible, slower runners should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking runner to pass safely.

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.
3. Community - at EX2 Adventures we strive to build community. Please use your time with EX2 to unleash yourself from your device, enjoy the sounds of nature, talk to people, make some friends, and have fun.

Course Marking

The course will be marked with pink surveying tape and arrows. Yellow caution tape will block off the 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.

Mile Markers

Mile markers will be placed at each aid station.

On-Course Aid Stations

Remember to STAY HYDRATED. On-course aid stations will be stocked with water and Gatorade. The 5K racers will have two opportunities for on-course aid, at mile 1.4 and 2.9. Remember, the 5K course is actually 5.9K or 3.7 miles. For the 10K, aid stations will be positioned at mile 1.4, mile 3.2, mile 4.4, and 5.1. First aid kits and emergency communication will be available at each aid station.

Post-Race Aid Station

The post-race aid station will have water and Gatorade.

Recovery Tent

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

Post Race Beverages/Food

Water, Gatorade, and other drinks will be available after the race. Food includes breakfast burritos, muffins, bagels, peanut butter, bananas, watermelon, yogurt,

trail bars, chips, cookies, trail mix, and M&Ms. FREE food and beverages will be available at the finish line for all racers and volunteers.

Kids Race

At 9:30am, 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 a prize from the Treasure Box!

Awards

The awards ceremony will take place at 9:45am! Awards will be presented to the top 3 overall male and female racers as well as the top five male and female racers in each age group for both the 5K and 10K races.

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. FREE digital downloads will be available to all racers. Wait...what? Yes, FREE downloads for all racers. Please share your photos with your friends and family and tag EX2 Adventures (@ex2adventures) and **hash tag #ex2adventures and #runmoretrails**. Prints can also be purchased directly from the Swim Bike Run website. The photos will go online within 7 days of the event and a link to the gallery will be available from the results webpage. You will also receive an email when the photos are posted.

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!

Baseball Bonanza

Extra, Extra, Get Your Nats Tickets at EX2! How cool is this? All EX2 sponsors chipped in to buy tickets to the Washington Nationals - so we could give them away to you. We have a pair of tickets to randomly give away at every race until October!

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 nineteen (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 his super short forms, and you are eligible to win. Erik is also known for bringing hot coffee on cold mornings and watermelon on warm days!

Drink More Water - Water Bottle 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.

Thanks for participating in the ninth edition of the Blue Crab Bolt Trail Running Series. We are looking forward to a fantastic day. Good luck and see you this Saturday!

Andy Bacon
Race Director
EX2 Adventures