

Dear Schaeffer Half Marathon/10K Competitors,

The countdown is on for the Schaeffer Half Marathon/10K this Saturday, November 3rd, when you and close to 275 other trail runners will gather at beautiful Schaeffer Farms in Germantown, MD for a morning of fun and challenging trail running action. Prepare for an awesome day on the trails and I wish you the best of luck!

Schedule for race day, Saturday, November 3, 2018:

- Check-in @ 7:30am-10:15am (we recommend arriving at least one hour before your race starts)
- Half Marathon Pre-Race Brief @ 8:50am
- **Half Marathon Race Start @ 9am**
- 10K Pre-Race Brief @ 10:20am
- **10K Race Start @ 10:30am**
- Post-Race Food from 10:45am-12:45pm
- FREE Kids "Race" @ 12pm (for kids 2-11)
- Awards @ 12:15pm

### **Race Day Registration On-Site WILL BE AVAILABLE**

Online registration closes at 11:59pm on Wed 10/31 but registration on-site will be available. Invite your family or friends to join in the fun!

### **Volunteers**

We can always use the help of volunteers. If any of your friends or family can help out, please ask them to [sign up on our website](#). Volunteers help with check-in, aid stations, course marshaling, timing, food distribution, course sweeping and course demarking. Times vary from 7am-12:30pm and shifts are usually 4 hours. Volunteers receive free food, a cool race t-shirt, \$15 off a future EX2 race or merchandise, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

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**

We are expected to receive some rain Thursday into Friday, but the exact amounts are still uncertain. The course is likely to be wet on race day. We'll keep you updated on course conditions. Temperatures look perfect for running with highs in the 50s. The forecast can always change between now and race day so please check the weather the day before and come prepared for the conditions. It will be chilly in the morning so bring an extra layer that you can leave in your car before the start.

### **SPECIAL DIRECTIONS TO THE START**

We are staging the race out of a privately managed farm that is adjacent to the trails at Schaeffer Farms. **USE THE ADDRESS/DIRECTIONS BELOW on RACE DAY...**and do NOT just put in Schaeffer Farm into your GPS. Please respect the privacy of the landowners of this privately managed farm and do not visit this site before race day.

### **Button Farm Living History Center**

16820 Black Rock Road  
Germantown, MD 20874

Directions to Race Parking:

From Interstate 270:

- Exit 15B Rt. 118 West. Follow for approx. 3.7 miles.
- Turn RIGHT onto Black Rock Road and follow for approx. 1.3 miles.
- Turn RIGHT into the Button Farm Living History Center.
- Follow the signs to the huge fields behind the farmhouse. This is a working farm with roaming animals, especially around the farmhouse. So, please drive SLOWLY at all times on the farm.

### **Parking**

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

### **Check-In and Staging**

Check-in is open from 7:30am-10:15am on race morning and will be held in the big white tent near parking. At check-in you will receive your race number and t-shirt. Please arrive early to help alleviate backups. It takes time to park, check-in, use the bathroom, warm up, and attend the pre-race brief. **We strongly recommend arriving at least one hour before your race start time.**

### **Pre-Race Brief**

The half marathon pre-race brief will begin at 8:50am and the 10K pre-race brief will begin at 10:20am. The briefs will take place at the race start, near check-in and the porto-johns.

### **Race Start**

The **half marathon will begin at 9am SHARP** and the **10K will begin at 10:30am SHARP!** Please note that in some early communications the 10K was listed to start at 10:00am, but it starts at 10:30am.

### **Restrooms**

Porto-johns will be available near check-in and race start.

### **Course Map**

[View the course information](#), including GPS track, and elevation profile for both the Half Marathon and 10K courses.

### **Course Description**

This moderately technical course is filled with twisty, fast, and fun single-track, vast open fields, stream crossings, log ramps, and several steep hills. There are plenty of roots, rocks, and leaves to negotiate. You will need to watch your footing. The course will start with .4 miles of wide open field running before entering the single-track trails. There are passing opportunities throughout the course (please see the trail etiquette section below). Both the 10K and half marathon courses will follow the same course except the half marathoners will complete one section twice and also run the entire 3 mile back loop. I'll explain this during the race briefing. The half marathon/10K split locations will be staffed with volunteers who will tell racers which way to run and there will be signs. The actual 10K distance is 6.5 miles or 10.6K and the actual half marathon distance is

13.1 miles.

### **Race Strategy/Trail Etiquette**

While there are plenty of passing opportunities on the trails at Schaeffer, many 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 .4 miles of wider terrain before entering the single-track. So, it is recommended that you place yourself appropriately at the start line, with faster racers 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 racers should use audible signals such as passing on your left or passing on your right and, when possible, slower racers should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking racer to pass safely.

### **Course Marking**

The course will be marked with pink surveying tape. Arrows will be posted at all trail intersections. 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. Course marshals will be positioned at key intersections along the course.

### **Mile Markers**

Mile markers will be located at every aid station as well as 1/2 mile from the finish.

### **Aid Stations**

Remember to STAY HYDRATED. Aid stations will be stocked with water and Gatorade. The half marathon course has 8 aid stations spaced 1.0-1.9 miles from each other. Chips and chocolate will be available on the half marathon course at Aid #3 (mile 4.8) and Aid #6 (mile 9.2). The 10K course has 4 aid stations spaced 1.0-1.7 miles from each other. First aid kits and emergency communication will be available at each aid station.

### **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:

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.

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.

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.

### **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 Food**

Water, Gatorade, and soft drinks will be available after the race. Food includes pizza, breakfast burritos, bagels, peanut butter, bananas, 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 for Treasure**

At around 12pm, 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 around 12:15pm. Awards will be given to the top five male and female racers in each age group for both the 10K and Half Marathon. Prizes will also be awarded to the top three overall male and female

finishers for both the 10K and Half Marathon.

### **Photos**

Professional photographers from [Swim Bike Run Photography](#) will be at this event capturing 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. Please tag @ex2adventures and use the hashtag #RaceWithEX2 for your event photos.

### **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](#).

### **Erik Scudder - 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 free subscriptions to Trail Runner Magazine and EX2 swag

will all be given away to lucky racers or volunteers.

Thanks for participating in the Schaeffer Half Marathon/10K. It's going to be a fantastic day. Good luck and see you on Saturday!

Andy

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