

Hello -

We are so excited to kick off the summer EX2 race season this Saturday at the Blue Crab Bolt at Seneca Creek!! The beautiful 5K and 10K race courses at Seneca string together some of the best trails in the park offering a fun and challenging run in the woods. 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.

For the past 9 months, we've been using very small group starts for our events (25 people or less). However, with the lifting of all gathering restrictions last month and the high rates of vaccination in our area, we feel comfortable increasing the number of people starting in each group. **For this race, we will have four start waves - two for the 10K and two for the 5K. Each way will be separated by 5 minutes and the number of people in each wave varies from about 70 to 120.** The goal of these start waves is to help space out runners on the trails and is a next step towards returning back to normal in-person racing.

Below is your wave assignment.

Wave Assignment: check website

This goes without saying, but if you are having COVID symptoms or have come into contact with someone known to have COVID, please follow our local, state, and federal guidance and stay home. Remember that not everyone at the race will have your level of comfort with the current COVID situation. Some are more concerned and some are less concerned. The race is going to be a super fun day and it's my hope that it feels a bit like normal for you.

In terms of masks, I ask that you follow CDC and state/local guidance. If you are NOT vaccinated, then it is recommended that you wear a mask. If you are vaccinated and feel more comfortable wearing a mask, then that is of course totally OK as well. I want you to feel comfortable while at the race.

Schedule for race day, Saturday, June 26, 2021

- Check-in/bib pick-up opens @ 6:45am (we recommend arriving no later than 7am)
- Wave starts 7:45am to 8:00am
- Awards @ 9:30am

Your wave assignment is: check website

Volunteers

We would really love a few **more volunteers for this race**. If any of your friends or family can help out (even for just the time you are running), please ask them to sign up on our website. Volunteers help with check-in, aid stations, course marshaling, food distribution, etc. Times vary from 6:15am-10:30am and shifts are usually 2-4 hours. Volunteers receive free food, a cool race T-shirt, \$15 off a future EX2 race, and our sincere appreciation. Plus, volunteering at EX2 races is fun! Volunteer [sign-up is on our website](#).

Parking and Check-in Procedures

We will be parking cars in a grassy field and we will be controlling the flow of traffic to maximize available space. Once you enter the park, look for EX2 signs guiding you to race parking. Please follow the direction of the parking volunteers. **Carpooling is always encouraged!** It is a short walk from parking to our check-in area.

Check-in opens at 6:45am and will be located between a big playground and the lake. Once you are parked, follow the EX2 signs to check-in. At check-in you will receive your race number and safety pins only. *We are doing T-shirt pick-up after the race.* Please arrive early and give yourself plenty of time to park, check-in, use the bathroom, and warm up.

Restrooms

Portajohns and park bathrooms are very close to check-in and the race start.

Aid Stations

While we will have our normal aid stations this race, we encourage you to be as self-sufficient as possible in terms of hydration. Bringing your own water bottle can cut down significantly on waste. The on-course aid stations will be stocked with paper cups, water, and Gatorade. The 5K racers will have one opportunity for on-course aid, at about mile 1.7. For the 10K, aid stations will be positioned at about miles 1.2, 2.4, 3.7, and 4.9. First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The current forecast for this weekend is looking cloudy with race time temperatures in the 70s to low 80s. Things can change this far out, so be sure to check the weather the night before the race.

Directions to Seneca Creek State Park

11950 Clopper Road Gaithersburg, MD 20878

From Points South:

- Take Interstate 270 North toward Frederick, MD.
- Take the MD-117/MD-124 exit toward Clopper Rd/W. Diamond Ave/Mont. Village Ave/Quince Orch. Rd
- Stay LEFT on 270 for a bit and then take exit 12 for Watkins Mill Rd.
- Turn LEFT onto Watkins Mill Rd.
- Turn RIGHT onto Clopper Rd.
- Turn LEFT into park.
- Follow the signs to race parking and check-in.

From Points North:

- Take Interstate 270 toward Washington D.C.
- Take the exit towards W Watkins Mill Rd.
- Keep right at the fork to continue toward W Watkins Mill Rd
- Turn RIGHT onto Watkins Mill Rd.
- Turn RIGHT onto Clopper Rd.
- Turn LEFT into park.
- Follow the signs to race parking and check-in.

Race Course

Both 5K and 10K courses are awesome. The 5K course mainly follows the lakeside loop trail offering beautiful lake views the entire time. There is some elevation gain on the 5K course but nothing too dramatic. The 5K course begins with a short .1 miles of field running before entering the singletrack. The actual course mileage is about 3.2 miles or 5.2 kilometers. The 10K runners will be treated to beautiful lake views, scenic streamside singletrack, and a couple of open meadows. The 10K course includes the entire lakeside loop, many side trails, and has several challenging hill climbs. The 10K course begins with .8 miles of wide field and road running before entering the singletrack. The actual course mileage is about 6.4 miles or 10.3 kilometers. All runners will need to stay focused as there are plenty of roots and rocks along the course.

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

Course Marking

The course will be marked with pink surveyors tape hung on tree branches. Red arrows will also be posted at all trail intersections and we'll have a few course marshals at key places. Yellow caution tape will lay across 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.

Trail Etiquette

Some of the singletrack trails at Seneca Creek are narrow. Passing runners should use audible signals "passing on your left" or "passing on your right" and, when possible and safe to do so, slower runners should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking runner to pass safely. Please give other runners extra room and be extra courteous.

Mile Markers

Mile markers will be placed throughout the course. Keep in mind it is very normal for your GPS watch to show a difference distance than the mile markers.

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!

First Aid

Basic first aid will be available at the aid stations, and more complete first aid is available at the finish. There will not be post-race message or chiropractic adjustments just yet. We will return to those services this fall.

Post Race Beverages/Food

Water, coke, diet coke, breakfast burritos, bananas, chips, several types of granola bars, and cookies will be available at the finish.

Kids Race

Sorry...no kids race just yet. Bummer I know. I miss it too. If there are a few kids there, we might do a little something special for them.

Awards

The awards ceremony will take place at 9:30am. Awards will be presented to the top five male and female racers in each age group for both the 5K and 10K races, as well as top 3 male and female overall in each race.

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 #RaceWithEX2 and #bluecrabbolt and tag @ex2adventures when you post to social media. Please also join the [EX2 Facebook group](#) to share your pictures and support other participants!

Charity Partner - [Interfaith Works](#)

Throughout the Blue Crab Bolt series, we are raising funds and awareness for Interfaith Works. Interfaith Works provides much needed shelter, food, clothing and support for the the homeless and people living in poverty in Montgomery County, MD. IW maintains and operates several shelters, including the 70-bed emergency women's shelter that serves approximately 300 women per year. Case managers work with women to facilitate recovery and stability, as well as connect them with housing, medical, mental health, and social services. Thank you to everyone that donated during registration and helped us reach our fundraising goal (over \$1,600 raised!). Over the past year, EX2 events have generated over \$60,000 for our non-profit partners. EX2 always matches 10% of all donations. I encourage you to learn more about [IW on their website](#).

Our Amazing Sponsors

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

[Sheehy Auto Group](#) and [Sheehy Ford of Gaithersburg](#)

EX2 is thrilled to partner with Sheehy Auto Stores. Vince Sheehy, President of Sheehy Auto Stores, is an EX2 racer and a big supporter of grassroots racing! If you are thinking about purchasing a new or preowned car, definitely checkout Sheehy.com. With 29 dealerships through VA & MD, Sheehy has the largest selection of cars, trucks, and SUVs in the Mid-Atlantic. Plus, with Sheehy Direct, you can complete the entire process from home, and they'll even deliver your new car right to your door! For this race, we are highlighting [Sheehy Ford in Gaithersburg](#), MD. Have you seen the new Ford Bronco....SO COOL!!! Sanna on the EX2 staff just purchased a new car from Sheehy and said the experience was really awesome!

If you are interested in learning more about a Ford from Sheehy, you can [fill out this interest form](#) and someone will get in touch with you. You can also send me a note and I'll connect you directly with Vince, the owner of the Sheehy group. He'll then personally connect you with the right person at the dealer (remember they have 29 dealerships with lots of brands). Seriously. Pretty cool, huh?!?

[**MOSS Building and Design**](#)

MOSS Building and Design is an award winning contractor in Northern Virginia with an established 20-year reputation for outstanding customer care. Their strategy is to build lifelong relationships with their customers and every decision they make is in the best interest of their customers. Whether it's a three story addition or help hanging curtains, they handle every job with exquisite detail and care. MOSS can handle various services including home additions, kitchen remodels, basement remodels, bedrooms and bathroom remodels, and exterior remodels. They also have a wonderful handyman service! MOSS has been voted a 5 time consecutive Angie's List Super Service Award winner. MOSS is giving away a \$100 REI gift card at the race as well as a handyman service for a day...seriously...think of the possibilities!! [Enter to win the handyman service here!](#)

[**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. This race we are excited to return to the in-person \$100 give-a-way...which is always a fun end to our awards ceremony!! One lucky racer will walk away with \$100 cash! 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. Erik will be giving away a few \$25 amazon gift cards!

[**Positively Chiropractic**](#)

Dr. Kathy Coutinho, is the local "chiropractor to the athletes." Stop by Positively Chiropractic in Annandale, VA and you will see for yourself – her office walls are filled with photos from appreciative athletes who she has helped recover from and/or prevent an injury. Dr. Kathy and her accomplished staff offer chiropractic, massage, active release therapy, nutrition, and acupuncture services. Come see how Dr. Kathy can help you "always move forward."

[**Pow-HER Chiropractic**](#)

Dr. Cheryl Lee-Pow, owner of Pow-HER Chiropractic, is a huge sports fan and has a wide array of experience supporting amateur, collegiate, and professional athletes. She has provided chiropractic care to the Buffalo Bandits Professional Lacrosse Team, Division I Track & Field Championships, US National Taekwondo Championships, the Washington DC Divas professional football team, the Dew Tour, and since 2008, athletes that compete in EX2 races. Dr. Cheryl can help you move stronger, faster, and healthier. Her office is in Rockville, MD...and she's very, very awesome.

Coyote Grille

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

Pacers Running

Our friends from Pacers Running will be giving everyone a \$20 off \$100 coupon that you can use in-person at any of their 6 location locations or online. In addition, I'll give away two \$50 gift cards during the awards ceremony!

Athletic Brewing

Athletic Brewing makes awesome craft, non-alcoholic beer! It's perfect for athletes to avoid the effect of alcohol, but still enjoy great-tasting craft beer. We'll be giving away two free 12-packs this race for the best picture posted from the race on social and tagging @ex2adventures. In addition, first-time purchasers save 20% off your first purchase at athleticbrewing.com by using the coupon code "EX2" at checkout. Cool, huh!! Oh...and we'll have some on-hand at the race!

In addition, we have some cool products to highlight as give-a-ways including a few chairs from our friends at [Cliq Chairs](#), some healing gel from [Relieveit Gel](#), and a gift certificate for a free [RISE Coffee!](#)

Thanks for participating in the Blue Crab Bolt Trail Running Series. We are looking forward to a fantastic race. See you this Saturday!

Andy

Andy Bacon
Race Director
EX2 Adventures
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