

Hello -

The 2021 Blue Crab Bolt Trail Running Series wraps up this Saturday August 7th at Little Bennett Regional Park in Clarksburg, MD. You and a few hundred hearty 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 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.

We could use a few more volunteers to help with parking, aid stations, and post-race food. If you have any friends or family that can help out, please have them [sign up on our website](#).

This race will determine the final rankings in the series points. The top 5 in the series points in each age group will receive credit towards future EX2 racing! To be eligible, you must race in at least 2 or the 3 series races.

- [5K standings](#)
- [10K standings](#)

Schedule for race day, Saturday, August 7, 2021

Check-in/bib pick-up opens @ 6:45am (we strongly recommend arriving no later than 7:15am)

Wave starts 8:00am to 8:18am

Awards @ 9:30am

Important! We will close Prescott Road and access to race parking at 7:50am. If you aren't at the park by then, you will NOT be able to start the race on time.

At check-in you will receive your race number and safety pins only. We are doing t-shirt pick-up after the race (one per series). **Please arrive early** and give yourself plenty of time to park, check-in, use the bathroom, and warm up.

Start Waves

For this race, we will have three start waves - two for the 10K (8:00am and 8:05am) and one for the 5K (8:18am). The goal of these start waves is to help space out runners on the trails. There is plenty of room at the start line to space out. The race is chip timed.

Below is your wave assignment.

Wave Assignment: see 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 current CDC and state/local guidance. If you are NOT vaccinated, then it is recommended that you wear a mask when around others outside of your household. 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.

Directions

The race STAGING AREA is in the NORTHERN SECTION of the park, near the Little Bennett Golf Course. 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: [26109 Prescott Road, Clarksburg, MD 20871](https://www.google.com/maps/place/26109+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. It's about a 10 minute drive from the campground to our staging area.

Restrooms

Portajohns will be located near check-in.

Race Course

The trails at Little Bennett are awesome! The terrain consists of twisty single-track and wide fire roads, and definitely some hills. 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.

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

Aid Stations

We will have our normal aid stations this race, but 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. 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 about miles 1.5 and 2.8. Remember, the 5K course is actually 5.9K. For the 10K, aid stations will be positioned at about miles 1.5, 3.2, 4.4, and 5.1. 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 awesome!! Weather can change this far out, so be sure to check the weather the night before the race. I will keep you posted if the weather forecast changes significantly.

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

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.

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:

- 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. This is especially true given COVID.
- 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 massage or chiropractic adjustments just yet.

Post Race Beverages/Food

Water, Gatorade, 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.

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. We'll give out the point series awards after the awards for this 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!. Over the past year, EX2 events have generated over \$65,000 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 are offering everyone a \$20 off \$100 coupon that you can use in-person at any of their 6 location locations or online (code is: **BlueCrabBolt2021**). 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 several free 12-packs this race. 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](#) (use code "EX2Runner" for 20% off their chairs!), some healing gel from [Relieveit Gel](#), and awesome hats from [RNNR](#).

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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