

Hello -

The countdown is on for the Schaeffer Half Marathon/10K on Saturday, November 13th, when you and an amazing group of trail runners will gather at beautiful Button Farm to run the Schaeffer Farms trails in Germantown, MD! Prepare for an awesome day on the trails and I wish you the best of luck! See [who is racing!](#)

If you have any friends or family that would like to race in the 10K or half marathon, please help us spread the word. Many participants requested a refund for the race when it was postponed, and as a result we have a healthy supply of awesome finisher medals and shirts ready to go!!! Schaeffer is such an awesome trail system...you are going to LOVE IT!!!! Invite your friends to join you!

We could also use a few more volunteers on race day. If you have any friends or family that could help out for a few hours, please have them [sign up on our volunteer website](#). Thanks!

Please read this email carefully as it contains detailed information on check-in procedures, course description, course marking, aid stations, post-race food, etc.

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. Please be respectful and courteous to everyone and maintain your social distance. The race is going to be a super fun day and it's my hope that it feels a bit like normal for you.

Directions

We are staging the race out of a privately managed farm that is adjacent to the trails at Schaeffer Farms. **USE THE ADDRESS BELOW on RACE DAY ONLY...**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

Race Day Schedule

7:30 – Check-in opens

8:50 – Half marathon pre-race brief

9:00 – Half marathon starts

10:20 10K pre-race brief

10:30 – 10K race starts

10:45 – Post-race food available

11:30 – FREE kids race**

12:00 – Awards (top 5 in each category) and sponsor give-a-ways

** Kids race is for ages 2-11. We split into age groups and run short out and back "race.." Kids who participate can pick from the Treasure Box.

Parking

We will be parking cars in the back fields at Button Farm. Please follow the direction of the parking volunteers and drive VERY SLOWLY once you enter the farm.

Check-in

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 portajohns.

Race Start

The half marathon will begin at 9am SHARP and the 10K will begin at 10:30am SHARP.

Restrooms

There are portajohns near parking and check in. PLEASE arrive and take your restroom break early. We ordered plenty of portajohns for our anticipated numbers, but if everyone tries to use the restroom 15 minutes before the race then there may be long lines. There is also a portajohn at the aid station located at about mile 1.7 (10K course) and mile 1.7 and 5 (half marathon course).

Course Description

This moderately technical course is filled with twisty, fast, and fun singletrack, vast open crop fields, stream crossings, and some great hills. There are plenty of

roots and rocks to negotiate. The course will start with .4 miles of wide open field running before entering the singletrack 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 and you can check out the [courses on the race website](#). The half marathon/10K split locations will be staffed with volunteers who will tell racers which way to run and there will be many signs. The actual 10K distance is 6.8 miles (luck you bonus distance!!) and the actual half marathon distance is 13.5 miles (bonus for the half marathoners as well!!). Our courses are designed to be awesome, not to be an exact distance.

Course maps, elevation profiles, GPS tracks, and a new course preview are [available on the EX2 website](#).

Aid Stations

Aid stations will be stocked with water and Gatorade. The half marathon course has 8 aid stations spaced 1 to 2 miles from each other. Chips and granola bars will be available on the half marathon course at aid station #5 (about 8 miles in).

The 10K course has 4 aid stations also spaced 1 to 2 miles from each other. First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The forecast for this weekend is looking seasonable and sunny with race temperatures in the 50s. We will get some rain late Thursday night into Friday morning, but there will be about 24 hours before the race to allow drying of the fields where we park and the trails. Conditions should be excellent on race day!!

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. 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 pretty light along the rest of the course.** Several course marshals will be situated at key intersections along the course. Any splits in the courses will also be marked with signs telling you which way to go.

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.

Mile Markers

Mile markers are located throughout the course. Keep on mind these mile markers were placed accordingly to my GPS and it will likely be different than your GPS watch.

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 the 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

Water, Gatorade, coke, diet coke, non-alcoholic craft beer from Athletic Brewing, breakfast burritos, pizza, chips, bananas, granola bars, cookies and other snacks will be available at the finish.

Kids Race

I will bring the EX2 treasure box to this race and if there are any young kiddos that would like to do a short race then we'll make it happen. The race is a short out and back or loop near the finish line.

Pets Not Allowed On Course

While we love our 4-legged friends, for the safety of the animal and racers, dogs and other pets are not allowed on the race course.

Awards

The awards ceremony will take place at 12pm. Awards will be given to the top five male and female racers in each age group for both the half marathon and 10K.

We have lots of great giveaways as well! Stick around and cheer on your fellow racers.

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 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](#)

For all our events in Montgomery County, MD, 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 18 months, EX2 events have generated over \$70,000 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 small businesses that support EX2. Please show them some love!

[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 two \$25 REI gift cards 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. We'll be randomly giving away \$100 to a lucky participant during our awards ceremony after the race. 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 awards ceremony, Erik will be giving away two \$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 giving everyone a \$20 off \$100 coupon that you can use in-person at any of their 6 location locations or online (use code **EX2FALL2021**). 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 eight 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!!

Thanks for participating in the Schaeffer Half Marathon and 10K. We are looking forward to a fantastic race. See you Saturday!

Andy

Andy Bacon
Race Director
EX2 Adventures
703-338-3965