

The countdown is on for the Schaeffer Half Marathon and 10K this Saturday September 17th! 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 about the race...and don't forget to share your referral link.

**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.

### **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**

6:45am – Check-in and bib pickup opens

7:35am – Half marathon pre-race brief

**7:45am – Half marathon starts**

8:50am – 10K pre-race brief

**9:00am – 10K race starts**

9:45am – Post-race food available

10:30 – FREE kids race\*\*

10:45 – 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. No preregistration is required.

## **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 6:45am 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 7:35am and the 10K pre-race brief will begin at 8:50am. The briefs will take place at the race start, near check-in and the portajohns.

## **Race Start**

The **half marathon will begin at 7:45am SHARP and the 10K will begin at 9:00am 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 composting toilet 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 6.7 miles (luck you bonus distance!!) and the actual half marathon distance is 13.3 miles (a little bonus for the half marathoners as well!!). Our courses are designed to be awesome, not to be an exact distance.

Course maps with elevation profiles 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 just about perfect with race morning temperatures in the 70s. 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.
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.

### **Post Race Beverages/Food**

Water, Gatorade, coke, diet coke, bubbly water, breakfast burritos, pizza, chips, bananas, granola bars, cookies and other snacks will be available at the finish.

### **Kids Race**

Before the awards ceremony, we host a free kid's race for kiddos ages 2ish to 10ish. It's a short out and back or loop race. No preregistration is required and it's super fun.

### **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. You are welcome to bring them to the farm, but they must remain on leash and be supervised during the race.

### **Awards**

The awards ceremony will take place at 10:45am. Awards will be given to the top five in each age group as well as top 3 overall M/F 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 2 years, EX2 events have generated over \$125,000 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!

#### **[Sheehy Auto Group](#)**

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 31 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! Sanna on the EX2 staff purchased a new car from Sheehy last year and said the experience was really awesome!

Check out all the vehicles via the [Sheehy website](#). 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 31dealerships with lots of brands). Seriously. Pretty cool, huh?!? Oh...and Sheehy is giving away two \$50 REI gift card at the race!

#### **[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 \$50 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 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. EX2 racers receive a pretty awesome discount

on [massages](#)!

### **Coyote Grille**

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

### **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. First-time purchasers save 20% off your first purchase at [athleticbrewing.com](http://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