

We're a week away from the inaugural Rocky Gap 25K, 50K, and Relay! Although this race is new, Rocky Gap is not new to EX2 as we've been hosting races at this amazing park since 2004. It's a special place for us and so many others. We can't wait to show it off to you!!

\*\*\* Please complete this [short racer questionnaire](#) \*\*\*

This email is long, but please do read it as contains detailed information on check-in procedures, course description, course marking, aid stations, post-race food, etc.

Registration is still open, so help us spread the word and invite a friend or two to join you at the race! See [who is racing!!](#)

### **Schedule for race day, Saturday, October 15, 2022**

- 7:00am – check-in opens
- 8:20am – 50K pre-race briefing
- 8:30am – 50K start
- 8:50am – 25K pre-race briefing
- 9:00am – 25K start
- 11:00am – Post-race food available
- 1:00pm – 25K awards
- 4:30pm – 50K awards

### **[Rocky Gap State Park](#)**

12500 Pleasant Valley Road  
Flintstone, MD 21530

Rocky Gap State Park is located in Western Maryland, 6 miles east of Cumberland in Allegany County. The park is approximately 2ish hours from the Baltimore and Washington regions.

### **From Baltimore and Washington DC:**

- Travel to I-70 west.
- Travel west on I-70 past Hagerstown.
- At Hancock, take I-68 west.
- Take exit #50 for Rocky Gap State Park. **There is often a speed trap right before the exit for the park.**
- Once in the park follow signs for race parking.

### **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 6:30am-4:30pm 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**

After the exit from Interstate 68, follow signs to the Rocky Gap Day Use Area. There will also be EX2 race parking signs directing you. Please follow volunteer and park staff instructions when parking. Rocky Gap State Park charges for entry but your race registration already covers this fee. Spectators will be required to pay for entry to the park (\$4 - MD state resident and \$6 - out of state resident).

### **Check-in**

Check-in will take place in the Mountain View Pavilion in the day use area near the beaches. Check-in opens at 7am on Saturday. Relay teams must have all team members present to check in. Please arrive early and give yourself plenty of time to park, check-in, use the bathroom, and warm up.

### **Restrooms**

The park bath house is a short walk from check-in and the race start.

### **Base Camp and Aid Stations**

The "base camp" aid station is the area in front of the pavilion towards the water where you check-in. This is where each lap will start and end. This is also where we'll have food, water, and Gatorade for you during the race. You are welcome to leave things in the field in this area that you can grab during the race.

The on-course aid stations will be stocked with water and Gatorade only (food is only at base camp). Loop A has an aid station at about mile 1 and mile 4.2. Loop B has an aid station at about mile 2. Loop C has an aid station at about mile 1 and 3.

### **Course Conditions and Weather**

The current forecast for race weekend is looking cool and sunny...perfect running weather!

### **Race Course**

The race highlights three different beautiful loops in the park that vary in length between 4.4 miles and 6.5 miles. We are calling these loops simply Loop A, Loop B, and Loop C. The 25K race does each loop once in order (A, B, C) with a total

elevation change of about 1,300 feet. The 50K race does each loop twice in order (A, B, C...then A, B, C again) with a total elevation change of about 2,600 feet.

### **Loop A – Rocky Trail**

Loop A is 6.5 miles with 500+ feet of elevation change and some moderate singletrack sections. The route follows the Lakeside Loop Trail for approximately 1.4 miles until it takes a left turn up a trail that we affectionately call Evitt's Revenge (it's steep). After a really fantastic .2 mile climb, the route takes a right onto Rocky Trail where it continues to climb until about mile 2.7. After topping out, the route heads downhill via the Setters Path trail and the Hickory Loop in the campground to the Lakeside Loop Trail. The route then follows the Lakeside Loop around the lake back to base camp.

### **Loop B – Canyon Overlook**

Loop B is 4.4 miles with about 500 feet of elevation change and highlights some lesser known singletrack in the park. The route follows the Lakeside Loop Trail for approximately 1 mile until it reaches the dam road and then continues straight across the road and up a steep (but short) section of trail to the ridge above the gorge. The route then traverses above the gorge to the left to the Canyon Overlook Trail and then returns back to the dam road to Old Hancock Road. The route then takes a right on Old Hancock Road (doubletrack) and then a left on an awesome 1.5 mile trail that leads back to Lake View Drive. The route then follows the Lake View Drive back to base camp.

### **Loop C – Lakeside Loop**

Loop C is 5.2 miles with about 250 feet of elevation change and follows the complete Lakeside Loop Trail. The route is amazingly beautiful with water views most of the way around.

In terms of anticipated difficulty, Loop A is the hardest followed by Loop B. Loop C is the easiest of the three loops since it is generally flat around the lake.

**Course maps, elevation profiles, and course previews 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.

### **Loop A, B, and C Course Splits**

**There are only 2 places on the entire course where the loops split from each other.** The first is at mile 1 where the Lakeside Loop Trail meets the paved dam road. At this point Loops A and C go right on the dam road and Loop B goes straight across up a steep trail. The next is at mile 1.4 (A and C only) and at this split Loop A goes left up a steep trail and Loop C continues straight. At these two places, there will be signs before and after the intersections telling you which way to go. You are responsible to know which loop you are on.

### **Trail Etiquette**

Passing should not be difficult on this course. 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. It is the responsibility of both runners to pass safely. Please give other runners extra room and be extra courteous.

### **Mile Markers**

Because of the overlap in some of the loops, instead of mile markers, we are going to have signs at 2 miles to go, 1 mile to go, and .5 miles to go *on each loop*.

### **NO LOUD AUDIBLE MUSIC AND RESPONSIBLE HEADPHONE USE**

Runners must remove any headphones at road crossings, on roads, and when approaching aid stations. For the safety of yourself and all the runners, we strongly discourage the use of any in-ear headphones. Racers are prohibited from playing music that is audible to other runners.

### **Relay Team Procedures**

Both the 25K and 50K race are open to teams of 2 or 3 runners. Each runner on a team must run at least one loop. Runners may run unequal numbers of loops, so long as the **team runs the loops in order** (e.g., A, B, C). **Each team will have a single bib (on a provided bib belt) that will be exchanged at the end of each loop.**

The transition between relay runners is AFTER the timing area (EX2 arch) in the base camp area.

### **Example of a 2-person 50K relay team**

Runner #1 – Loop A  
Runner #2 – Loop B  
Runner #1 – Loop C  
Runner #2 – Loop A  
Runner #1 – Loop B  
Runner #2 – Loop C

### **Example of a 3-person 50K relay team**

Runner #1 – Loop A  
Runner #2 – Loop B  
Runner #3 – Loop C  
Runner #2 – Loop A  
Runner #3 – Loop B  
Runner #1 – Loop C

### **Example of a 2-person 25K relay team**

Runner #1 – Loop A  
Runner #2 – Loop B  
Runner #1 – Loop C

### **Example of a 3-person 25K relay team**

Runner #1 – Loop A  
Runner #2 – Loop B  
Runner #3 – Loop C

### **First Aid**

Basic first aid will be available at the aid stations, and more complete first aid is available at the finish.

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

Water, Gatorade, coke, diet coke, bubbly water, pizza, bananas, chips, several types of granola bars, and cookies will be available at the finish.

### **Kids Race**

We'll have a kids race before each awards ceremony. The kid's race is a short and out back race and the kids pick a prize from the EX2 treasure box after. It's super fun, free, and no pre-registration is needed.

### **Awards**

The awards ceremony will take place at 1pm for the 25K race and 4:30pm for the 50K race. Awards will be presented to the top 5 in each category, plus top 3 solo runners 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 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 - Friends of Rocky Gap State Park**

We are thrilled to be able to support the Friends of Rocky Gap State Park (Volunteer Team, Inc) through this event. The Volunteer Team Inc., is a 501(c)3 non-profit group dedicated to assisting the park accomplish its important mission. EX2 always adds 10% to every donation. So far, the event has raised almost \$1,500! Thank you for supporting this wonderful organization! EX2 events have generated over \$125,000 for our non-profit partners since May of 2020.

### **Our Amazing Sponsors**

A huge thank you to these businesses that support EX2. Please show them some love!

#### **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. The \$100 give-a-way is always a fun end to our awards ceremony!! One lucky racer in each race will walk away with \$100 cash! This is courtesy all around good guy, Joey Baird of Baird Automotive. Joey's shop in Arlington, VA 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. Erik will be giving away a few \$25 gift cards!

#### **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 by using the coupon code "EX2" at checkout. Cool, huh!! You can find Athletic Brewing at Total Wine, Whole Foods, and Wegmans just to name a few!

We are looking forward to a fantastic race. See you on Saturday October 15th!

Andy

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