

The countdown is on for the 9th annual Rosaryville Half Marathon and 10K this Sunday March 26th. You and over 400 other trail runners will gather at beautiful Rosaryville State Park in Upper Marlboro, MD for an awesome trail running adventure! 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.

The race is now sold out and we will not have race day registration.

Rosaryville State Park

7801 West Marlton Avenue
Upper Marlboro, MD 20772

Follow the signs after **entering the park from route 301 (Crain Highway)**.

**** IMPORTANT...YOU MUST ENTER THE PARK FROM RT 301 CRAIN HIGHWAY

Race Day Schedule

7:30am to 9:45am – Check-in and bib pick-up open

** please arrive at least an hour before your race start time **

8:50am – Half marathon pre-race brief

9:00am – Half marathon starts

9:50am - 10K pre-race brief

10:00am – 10K race starts

10:15am – Post-race food available

11:45am – Free kids race**

12:00pm – Awards (top 3 overall and top 5 in each category) and sponsor giveaways

** 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 EX2 treasure box (little toys like pop-its, etc.). No pre-registration is required.

Parking

We will be parking cars mostly in the large grass field adjacent to the pavilions.

Please follow the direction of the parking volunteers. You **DO NOT** pay the park entrance fee (we take care of that for you). Carpooling is always encouraged!

Check-in

Check-in is open from 7:30am-9:45am and will be held at the pavilion at the pavilions at Rosaryville State Park. Follow the signs after entering the park from route 301 (Crain Highway). 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 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 9:50am. The briefs will take place at the race start, near check-in and the portajohns.

Race Start Times

The **half marathon will begin at 9:00am SHARP** and the **10K will begin at 10:00am 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 portajohn at the aid station located shortly after mile 4 (10K+ course) and about mile 5.7 (half marathon course).

Half Marathon Course Description

This half marathon course is filled with awesome twisty and fun singletrack and few opens fields and is a perfect early season test of endurance! The course will start with about .9 miles of dirt road and horse trails before hitting the singletrack on the perimeter trail. The course follows the perimeter trail until about mile 3.7ish. At this point, the half marathoners will take a right and complete the ~2 mile Tilly trail and then meet up once again on the perimeter trail. Racers will then continue on the perimeter trail towards the start area. At about mile 8 there is a turn towards the finish...but the half marathoners continue straight and continue on the perimeter trail until about mile 11.5ish. From this point, half marathoners head up a tough hill on the power lines and then work their way via some horse trails back over to the perimeter trail. Shortly after mile 13ish, racers will take the turn towards the finish at the power lines. The course distance is slightly longer than a half marathon coming in around 13.4ish miles with about 1,000 feet of elevation gain.

10K+ Course Description

This 10K+ course is filled with awesome twisty and fun singletrack and few opens fields and is a perfect early season test of endurance! The course will start with about .9 miles of dirt road and horse trails before hitting the singletrack on the

perimeter trail. The course then follows the perimeter trail until mile 6.3ish when racers will take the right turn at the power lines. The course distance is **6.4ish miles** with about 500 feet of elevation gain.

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

Aid Stations

All aid stations will be stocked with water and Gatorade. The half marathon course has 9 aid stations spaced 0.9-1.9 miles from each other. Snacks (granola bars, M&Ms, etc.) will be available on the half marathon course at the 5th aid station at about mile 8.7ish. The 10K course has 4 aid stations spaced 0.9-1.9 miles from each other. First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The forecast for Sunday morning is looking nice with sun and race temperatures around 50. The park will get some rain later this week (about a half inch total), but as of now race morning looks dry. Trails may be a little muddy Sunday morning depending on how much rain we get, but nothing crazy. I'll provide an update on conditions with my final reminder email before the race and during my pre-race briefing on race morning.

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 **very light along the rest of the course** as most of the course follows the perimeter trail. Several course marshals will be situated at key intersections and splits along the course. Any splits in the courses will also be marked with (many) signs telling you which way to go.

Race Strategy/Trail Etiquette

Generally, there are plenty of places to pass on the trails at Rosaryville. At the beginning of the race, there is about .4 miles of wide dirt road followed by another .5 miles of wide horse trails and open field running. 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 at all times. 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 both runners to pass safely. Be super nice and communicate and everything will be A OK.

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. Exact milage on twisty trails is difficult for all GPS devices.

NO IN-EAR EARPHONES or LOUD AUDIBLE MUSIC

The use of in-ear 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 singletrack 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!

Changing Race Distances

You can change distances (e.g., HM mile to 10K+) via RunSignUp or by sending me an email. You can also change on race morning by letting our check-in team know. Please remember that the races start at different times - you must start at the correct time...9am for half marathon and 10am for 10K+. If you are registered for the half marathon and decided to run the 10K+ course after the race has started, you will receive a DNF.

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, sparking water, 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 of course 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 and will take place at 11:45am. I will make several announcements before the kids race happens.

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 3 overall and top five racers in each age group for both the half marathon and 10K. We have several 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 Follow EX2 on Social Media

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!

Please follow EX2 Adventures on [Instagram](#), [Facebook](#), and [Twitter](#).

Charity Partner - Capital Area Food Bank

Did you know that 1 out of 10 residents of the metropolitan Washington region is food insecure...and nearly 1/3 of them are children? The [Capital Area Food Bank](#) is the anchor of the hunger relief infrastructure in our region, providing more than 30 million meals to people in communities across D.C., Maryland, and Virginia. We are grateful to all those that made a donation to CAFB during registration and helped us surpass our fundraising goal! Together we raised over \$2,000 and with the EX2 10%+ match, the total donation made to CAFB will be over \$2,200. EX2 events have generated over \$170,000 for our non-profit partners, including over \$13,000 for the food bank. Learn more about our [charity partner program](#).

Our Amazing Sponsors

A huge thank you to our fellow small 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. 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. Joey is the best!

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 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. We'll have free samples at the race so give it a try!

Sheehy Auto Stores

EX2 is thrilled to again 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 32 dealerships and 14 brands 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!

If you are interested in a new or used car, you can let me know and I'll put you in contact with Vince directly (seriously). He'll then personally connect you with the correct sales manager at the right dealership. How is that for personal service? We've done this for several EX2 racers over the past 2 years and all of them have had a wonderful experience.

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

If you have any questions, please give me a shout.

Andy

Andy Bacon
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Securities offered through LPL Financial, member FINRA/SIPC. Investment advice offered through Integrated Financial Partners, a registered investment advisor and separate entity from LPL Financial.

A promotional banner for SHEEHY.com's Spring Sales Event. The background is a bright blue sky with a palm tree and a yellow flower on the left. In the center, the text "SHEEHY.com" is in red, with "It's Easy!" in a smaller font below it. Underneath, "SPRING SALES EVENT" is written in large, white, stylized letters. A row of ten different cars and SUVs is displayed in the middle. At the bottom, there is a red button with the text "VIEW INVENTORY" and a white play button icon.

