

Hi %FIRST_NAME% -

We are just over a week away from the 19th annual XTERRA EX2 at the gorgeous Rocky Gap State Park in Flintstone, MD. Rocky Gap offers a beautiful venue and an awesome course. It's going to be a fantastic weekend and we are excited to see you!

We stage out of the Mountain View Pavilion in the day use area of Rocky Gap State Park. Here is the schedule for race weekend:

Saturday, July 8, 2023

- Run and bike courses marked by 2pm
- XTERRA clinic and discussion with race director Andy Bacon @ 4pm
- Check-in/Package Pick-Up from 4pm-7pm

Sunday, July 9, 2023

- Check-in/Package Pick-Up open from 7am-8am
- Transition area opens at 7am
- Pre-Race brief from 8:15am-8:30am
- Racers assemble at start @ 8:45am
- Races Start @ 9am SHARP (2 wave starts for the triathlon followed by a single duathlon wave start)

Please take a few moments to review the following important details about race weekend.

Start List

[See who is racing!](#)

Registration

Registration will remain open through race weekend, but the **registration fees increase on race weekend**. If you have any friends or family that would like to race, it's not too late to join in the fun and adventure!

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 racing), please ask them to sign via the link below:

[Volunteer signup](#)

Volunteers help with check-in, aid stations, course marshaling, food distribution, and course sweeping. Times vary from 6:45am to 1:00pm and shifts are usually 2-4 hours. Volunteers receive free food, a cool t-shirt, \$15 off a future EX2 race, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

Accommodations

I just checked the Rocky Gap [campground](#) again and there is VERY limited availability with a 2-night minimum. I also checked the [casino](#) and they still have availability, but last year the hotel was sold out on race weekend. Another close-by hotel option is the [Sleep Inn](#).

Directions

Rocky Gap State Park is located in western Maryland, 6 miles east of Cumberland in Allegany County. The park is approximately 2 hours from the Baltimore and Washington metropolitan regions. Coming from the east, there is often a speed trap just before the park on a long downhill section of road, so please drive carefully and control your speed.

[Rocky Gap State Park](#)

12900 Lake Shore Drive
Flintstone, MD 21530

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/Packet Pick-up

Check-in will take place in the Mountain View Pavilion in the day use area near the beaches. Check-in will be open on Saturday, July 8th from 4pm - 7pm and on race day Sunday, July 9th from 7am - 8am. If possible, checking in on Saturday is recommended. If you are checking in on Sunday, please leave plenty of time to get to the park, check-in, and set up your transition gear. **ALL athletes must bring**

their ID to check-in. ALL athletes must check in in person and relay teams must have all team members present to check in.

USAT Sanctioned Event

This is a USA Triathlon (USAT) sanctioned event. ALL athletes (including each person on relay teams) were required to purchase a 1-day license or have an annual license during registration. ALL athletes must have a photo ID at check-in (minors without a drivers license are exempt).

Transition Area (TA)

The TA is located near the Mountain View Pavilion in the day use area near the beaches. The TA will open at 7am on race day. Bike racks will be designated for relay teams and for duathletes. The rest of the racks can be taken by solo triathletes on a first come, first served basis. Each bike rack will accommodate 5-6 bikes so please be courteous and take only the appropriate amount of space when setting up your gear. You must show your body marked number or run number to take your bike/gear out of the transition area. For security and safety, spectators are NOT permitted in the transition area.

Body Marking

Body marking will take place near the transition area. **PLEASE GET BODY MARKED BEFORE APPLYING SUNSCREEN.** Bib numbers will be marked on both shoulders for all swimmers (all solo triathletes and the swimmers on relay teams). Your age group (ex. 25 for 25-29) or Relay (R for relay) will be marked on your right calf. Duathlon competitors will also have a D marked on their calf.

XTERRA Clinic and Course Discussion With Race Director Andy Bacon

Saturday at 4pm we are hosting an XTERRA clinic at the Mountain View pavilion (where check-in is located). It's a great place to ask questions about XTERRA, the XTERRA EX2 course, etc.

Pre-Race Brief

The pre-race brief will be held from 8:15am-8:30am race morning near the transition area. Important course, logistical, and safety information will be presented, so please plan on attending.

Start Line Up

For safety reasons, we physically account for all athletes before entering the water (or starting the first run for duathletes). Please be ready to race and at the line up area by 8:45am.

Race/Wave Start

We will begin the race in three waves. The first two waves will be swim only waves and the third wave will include all the Duathletes. We will start solo tri males 49-Under at 9:00am and at 9:03am we will start all solo tri females, solo tri males 50+, and all tri relays. Finally, at 9:06am we will start all solo and relay team duathletes.

Relay Procedure

Each relay team may be comprised of two or three racers. Each athlete on relay teams must complete at least one FULL segment of the race, either the swim (run#1 for duathlon), bike (both laps), or run (run#2 for duathlon). Racers will "tag" each other at the bike rack where their bike is placed and exchange the timing chip (velcro ankle strap). For two person teams, one racer must complete two FULL segments and the other racer will complete one segment. Relay racers may not race the same segment together.

Course Marking

The bike and run portion of the course will be marked by Saturday at 2pm. **The swim course is ONLY open during the race (please do swim outside the defined beach swim areas before the race...the park rangers will come and get you).** The run course will be marked with red arrows and pink streamers and the bike course will be marked with blue arrows. Blue mile markers are for the bike course and red mile markers are for the run course. Yellow caution tape will block off trails that are not part of the course.

Aid Stations

It will likely be hot on race weekend so please hydrate before and on race day. There will be several aid stations on both the run and bike course. Each aid station will be stocked with water and Gatorade. Emergency communications and first aid kits will also be available at each aid station. See below for details on aid station location on each leg of the race.

Course

This fun and challenging course consists of a 2-lap swim totaling .75 miles, 13.4 miles of semi-technical mountain biking, and 5.5 miles of trail running. The duathlon course will replace the swim portion with a 2.7 mile trail run at the beginning of the race. The rest of the duathlon course is the same as the tri course.

Swim Course (Triathlon Only)

The swim will take place in the clear warm waters of Lake Habeeb and will be staged on the Western sandy beach of the day use area. The water temperature in mid-July is usually 80+ degrees. Athletes will complete two laps of the 600 meter course. Athletes will start knee to waist deep in the water. After the first lap,

athletes will run on the sand approximately 50 meters before jumping back into the water for their second lap. After the second lap of the swim, athletes will run on grass for approximately 100 meters to the transition area.

Wetsuits

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees, but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided however that participants who wear a wetsuit within this temperature range shall not be eligible for prizes or awards. Age group participants shall not wear wet suits in water temperatures equal to or greater than 84 degrees Fahrenheit.

I will take a water temperature Friday afternoon and send an update. Historically, the water temperature has been above 78 degrees for this race.

Trail Run #1 Course (Duathlon Only)

The duathlon competitors will begin near the swim start and run in front of the lodge/casino down the park road for .9 miles. Runners then take a right onto the grass that parallels the access road to the dam and then enters the Canyon Overlook Trail. This trail passes close by a lovely view of the gorge and then meanders back to the dam access road to the aid station on this run (about mile 1.5). Runners take a left on the dam access road and run the road for about .2 miles before taking a right onto the Lakeside Loop Trail and heading back to the staging area. Runners will pass in front of the casino again on their way back. Please use extra caution and listen to volunteer instructions while passing in front of the casino. Total distance is about 2.7 miles.

Course maps are available on the [EX2 website](#).

Mountain Bike Course

After the swim (or run for the duathlon), racers will transition onto the bike and complete two laps of the 6.7 mile mountain bike course. The mountain bike course offers a great mixture of terrain including twisty singletrack trails, wide fire roads, smooth pavement, open fields, several technical rock gardens, and three technical rocky descents. About 5 miles of the mountain bike course skirts the lake, so there is not too much elevation gain or loss. The other 1.5 miles, however, include several tough short hill climbs and fast descents. There is one aid station at about mile 2.5 and another at the end of the lap near the TA. Please ride in control and use EXTREME caution on the rocky descents. I recommend carrying a bottle on the bike course.

The toughest part of the bike course (in my opinion) occurs on each lap between about miles 3.5 and mile 4. There is a tough quick left turn followed by a right turn while ascending a tight singletrack trail on Rocky Trail. In this section in particular, slower riders should yield to faster riders.

If at any time you walk your bike, please walk to the side of the trail and allow riders to pass. Do your very best not to block the trail.

Passing is part of the sport...please be super cool and nice to each other when passing. Don't ruin someone's experience by being a jerk when passing.

Course maps are available on the [EX2 website](#).

Check out this [preview video of the bike course](#).

Trail Run Course

The trail run course takes racers in front of the lodge/casino down the park road for .7 miles to the first aid station, and then takes a left onto some awesome doubletrack that turns to singletrack. This trail climbs for about .5 miles, then descends (sometimes steeply) for about .6 miles, then climbs for about .5 miles to the second aid station. At the second aid station (about mile 2.4), runners take a left onto an old road (Old Hancock Road) and exit the back of the park and take a right onto a paved rural road. After .1 miles on the road, runners take a right onto an old doubletrack/singletrack trail that meanders up towards an overlook and then heads back to Old Hancock Road (dirt) and take a left at the third aid station (about mile 3.6). Runners then follow Old Hancock Road for about .4 miles and then take a left up a grass hill that parallels the access road to the dam and then enters the Canyon Overlook Trail. This trail passes close by a lovely view of the gorge and then meanders back to the dam access road. Runners take a left on the dam access road at the fourth aid station (about mile 4.5) and run the road for about .2 miles before taking a right onto the Lakeside Loop Trail and heading back to the staging area. Runners will pass in front of the casino again on their way back. Please use extra caution and listen to volunteer instructions while passing in front of the casino. Total distance of this run is about 5.5 miles with an elevation change of over 600 feet. There are 4 aid stations positioned along this course as described above.

Course maps are available on the [EX2 website](#).

Check out this [preview video of the run course](#).

Restrooms/Showers

A bathhouse with showers and plenty of toilets is located near check-in and the transition area.

Weather

It will likely be hot on race weekend so please check the forecast before race day and come well hydrated and prepared for the elements. Remember...get body marked BEFORE you apply sunscreen in the morning.

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.
- Community - at EX2 Adventures we strive to build community. Please use your time with EX2 to unleash yourself from your device, enjoy the sounds of nature, talk to people, make some friends, and have fun.

Results

Results will be posted as they become available on race day.

Post-Race Food/Drink

Post race food includes pizza, bananas, cookies, candy, chips, trail bars, water, Gatorade, and soft drinks. Post race food is available free for all racers and volunteers.

Kids "Race"

We'll do a short out and back run near the transition area for any kiddos ages 2-11 before the awards ceremony. Each child can pick a toy from the EX2 treasure box.

Awards

Please stick around for the awards ceremony. The awards ceremony will be held at 1pm. The top five solo tri and du finishers from each age group will receive awards. The top five tri and du relay teams in each division will receive awards.

Sponsor Giveaways

Below is a rundown of all our sponsor giveaways. We will randomly select winners for the giveaways using a variety of different methods. We have a lot of swag to give away but you must be present at the awards ceremony to win. So, please plan on sticking around to join in the fun!

Baird Automotive \$100 Benjamin Bash

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. You could win a crisp \$100 bill, generously furnished by longtime EX2 racer and all around good guy, Joey Baird of Baird Automotive.

Integrated Financial Partners

At all races, fellow racer and IFP Financial Advisor, Erik Scudder will give away some awesome gift cards!

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 32 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 and several EX2 racers have purchased a new car from Sheehy and they all 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 32 dealerships with lots of brands). Seriously. Pretty cool, huh?!?

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 some on-hand at the race!

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. FREE digital downloads will be available to all racers. Wait...what? Yes, FREE downloads for all racers. Please share your photos with your friends and family and tag @ex2dventures and hashtags #XTERRAPlanet and #RaceWithEX2. The photos will go online within 7 days of the event and a link to the gallery will be available from the results webpage. You will also receive an email when the photos are posted.

Contact Information

Race staff will be on-site at Rocky Gap starting on Friday afternoon, July 7th. If you have a question and cannot find the answer on the EX2 website, please call or text me at 703-338-3965.

Thanks for participating in the 19th annual XTERRA EX2. Good luck and see you soon!

Andy

Andy Bacon
EX2 Adventures
703-338-3965