End of the Road Half Marathon

Athlete Guide 2020

A note from Trivium Racing

- Thank you all for being a part of our 2020 End of the Road Half Marathon. It has been a rough and crazy year and we are excited to see some type of normalcy during these times. It has taken a ton of work to gain approval for this event. We ask everyone to respect the rules that have been established that allow us to have this race. While many of you and your spectators might not agree with these rules, they are the rules that allowed us to even have this event. Beyond that, we want everyone to feel comfortable enough to attend. Most of our rules pertain to situations where you are in close contact with others. Please help everyone feel welcome at The End of the Road 2020, and follow the guidelines put in place.
- Thank you,
- Rich and Libby

Race Changes and Rules

1. Athletes will also get temperature checked at packet pickup. <u>Anyone with a temperature of 100.4 or greater</u> will be turned away from the event. **Please have a MASK on when driving up!**

2. There will be no race day registration. Online registration will close at midnight the night before the race.

3. Results will be available online, there will not be any results Kiosks onsite

4. Awards ceremony will follow each race. We ask athletes to wear their masks and socially distance during this time.

5. Due to event size limitations, **spectators will not be allowed at this year's event**. If you have a spectator that would like to attend, they can volunteer on the course and receive a sweatshirt! [Volunteer Sign Up](#)

6. We will have limited food or drinks after the race for safety and to eliminate the urge to gather. These food will not be our normal fair, but prepackaged options for safety.

Race Changes and Rules Continued

7. Social distancing of at least <u>6ft will be required at all times</u> except with members of the same household.

8. Waterstops will have cups spaced out so athletes can grab them. They will not be handed to athletes individually. This will help keep volunteers and athletes separated. Volunteers and workers will wear masks and gloves while handling aid station food and drink.

9. Athletes will be required to wear a face mask covering their nose and mouth **prior to and following the run**. Athletes not following this rule are subject to being disqualified from the event.

10. All Trivium staff will wear masks

11. Volunteers on course will be limited to allow the maximum number of athletes on the course.

The Goodies

Race Weekend Schedule

- **Early Packet Pick Up and Race Expo, Friday, 10/23**

- 4:00 pm – 8:00 pm at Holiday Inn Express Breezewood, 16503 Lincoln Highway, Breezewood PA 15533

- **Morning Race (10/24):**

- Race Day, Saturday, 10/24 - Morning Race

- Packet pickup starts: 7:30am at race site

- Packet pick up closes: 9:15am

- Pre-race meeting: 9:20am

- Morning Half Marathon Start: 9:30am

- Half Marathon awards: Approx. 12:15am

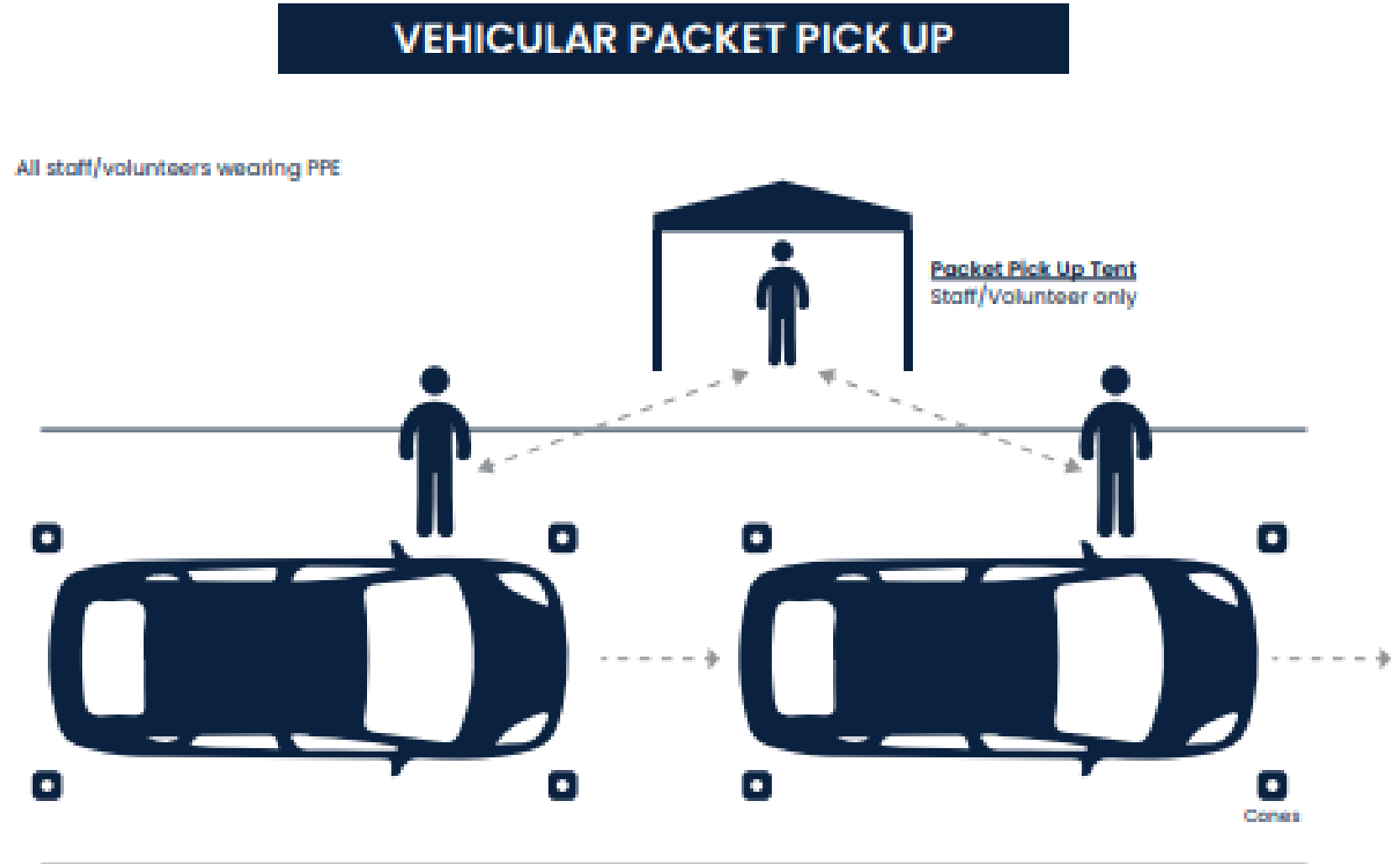- Course Closes: 2:00pm (4.5 hour limit, about 20:30 min per mile pace)

Race Weekend Schedule

- **Afternoon Race (10/24):**

  - Packet pickup starts: 12:30pm at race site

  - Packet pick up closes: 2:00pm

  - Pre-race meeting: 2:05pm

  - Afternoon Half Marathon Start: 2:15pm

  - Half Marathon awards: Approx. 4:00pm

  - Course Closes: 5:15pm (3 hour limit, about 14:00 min per mile pace)
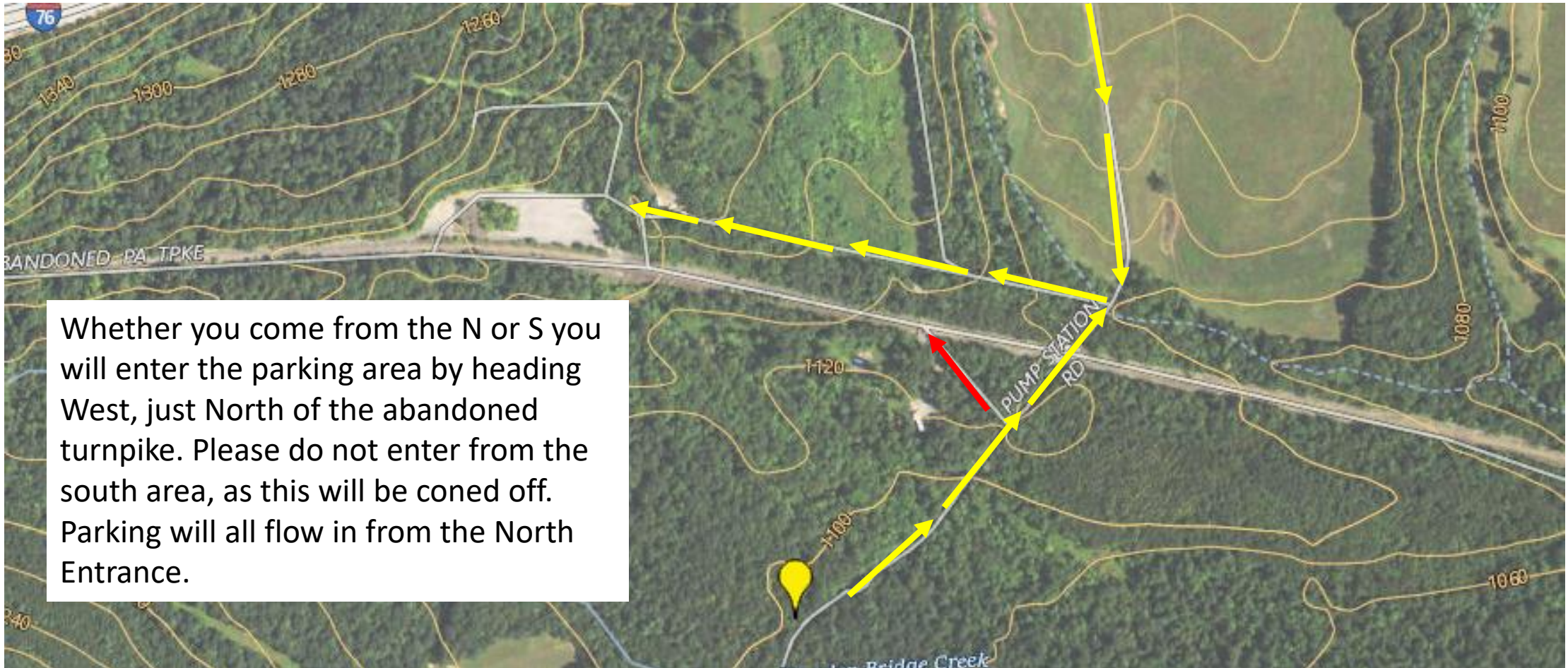
Vehicle Packet Pickup

For End of the Road 2020 we will be doing drive up packet pickup on race day. At packet pickup we will also do temperature checks on all athletes.
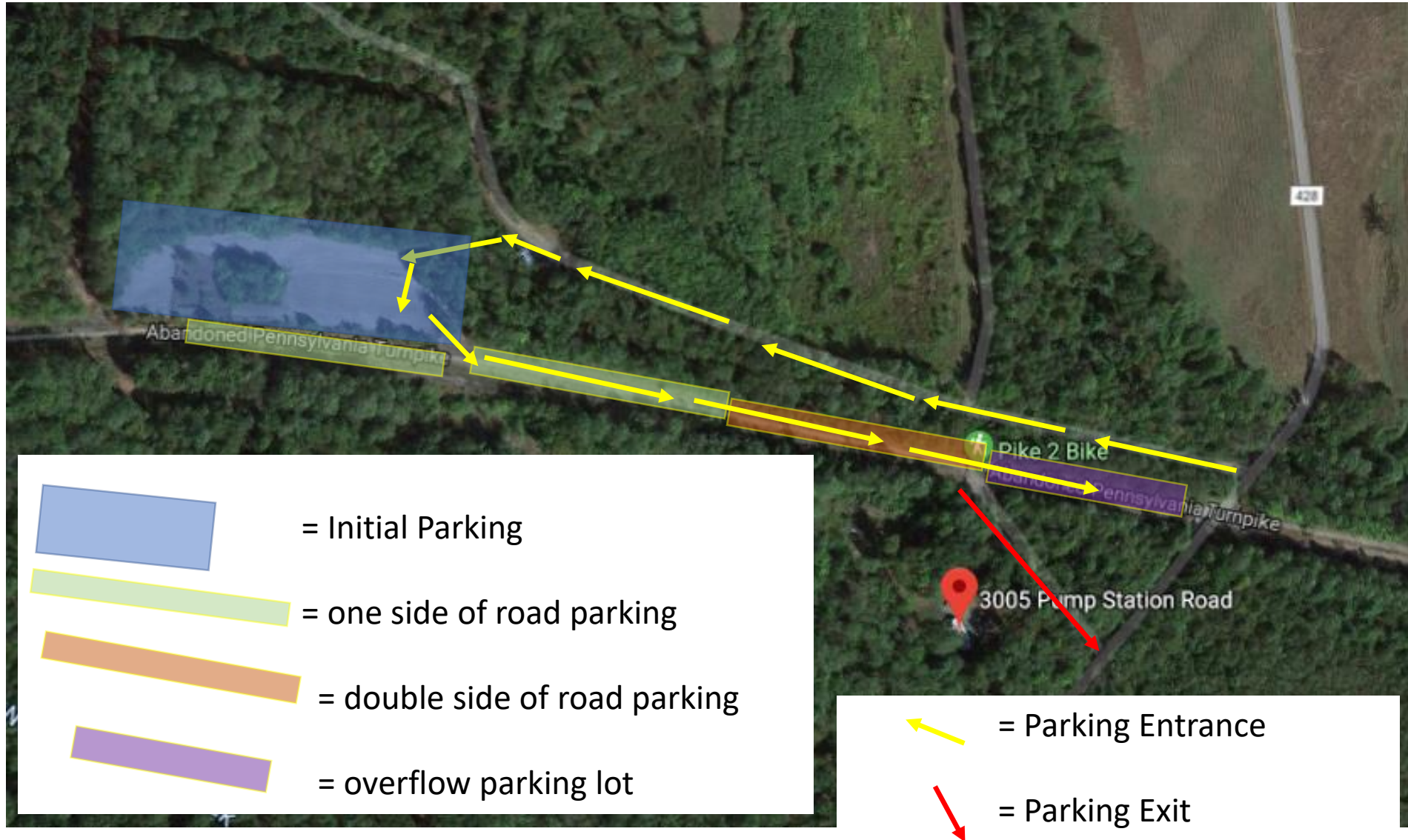
VEHICULAR PACKET PICK UP

All staff/volunteers wearing PPE

Packet Pick Up Tent
Staff/Volunteer only

Cones

Race Course Address

Cove Valley Travel Plaza on Abandoned Turnpike
3005 Pump Station Rd
Waterfall , PA 16689

Map to Race Start Line
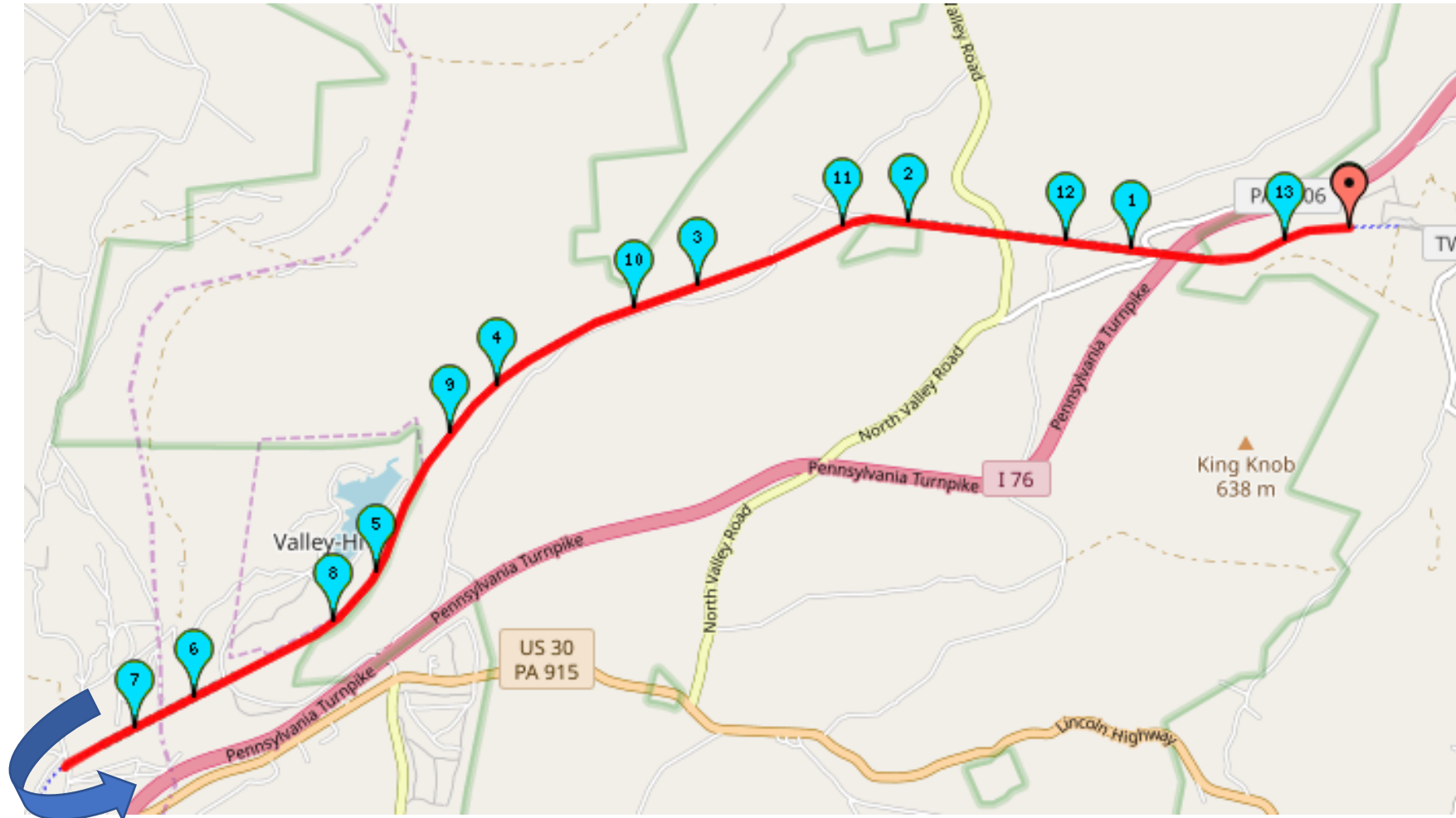

Whether you come from the N or S you will enter the parking area by heading West, just North of the abandoned turnpike. Please do not enter from the south area, as this will be coned off. Parking will all flow in from the North Entrance.

Parking

Legend:
- = Initial Parking
- = one side of road parking
- = double side of road parking
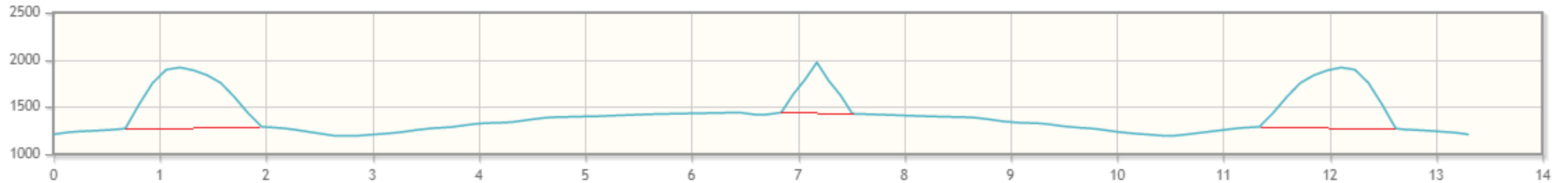- = overflow parking lot
- = Parking Entrance
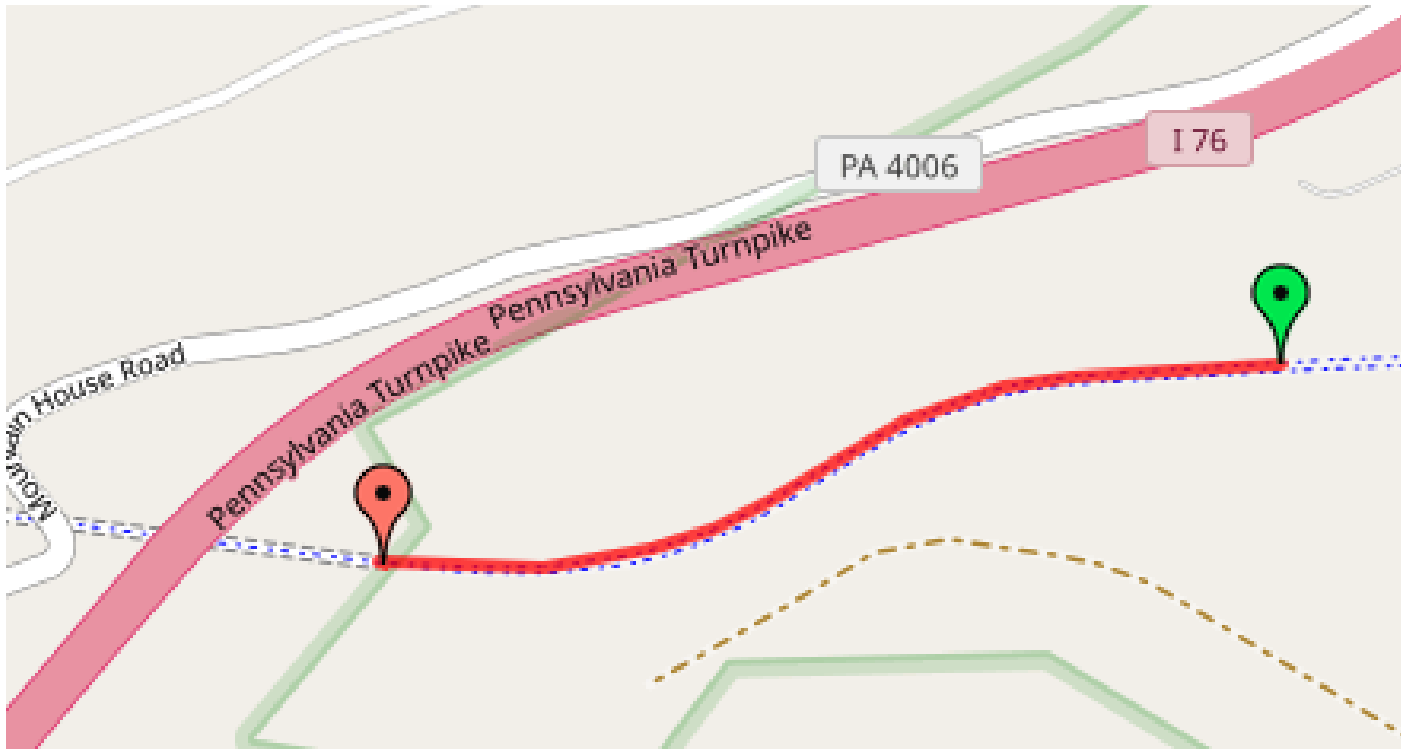- = Parking Exit

# Map of Entire Course

Elevation of the Course

While this is not a "PR" course it is also a lot less hilly than you would think. Please note the red line is a better indicator of the elevation gain. The hills on this elevation graph are showing the tops of the tunnels, not going through them.

Start to first tunnel

The lead up to the first tunnel is about .7 miles. This is a small climb (about 60 ft of total climb during this .7 miles). It is a good chance to loosen up your legs and get moving before we enter tunnel #1 and begin our underground adventure!
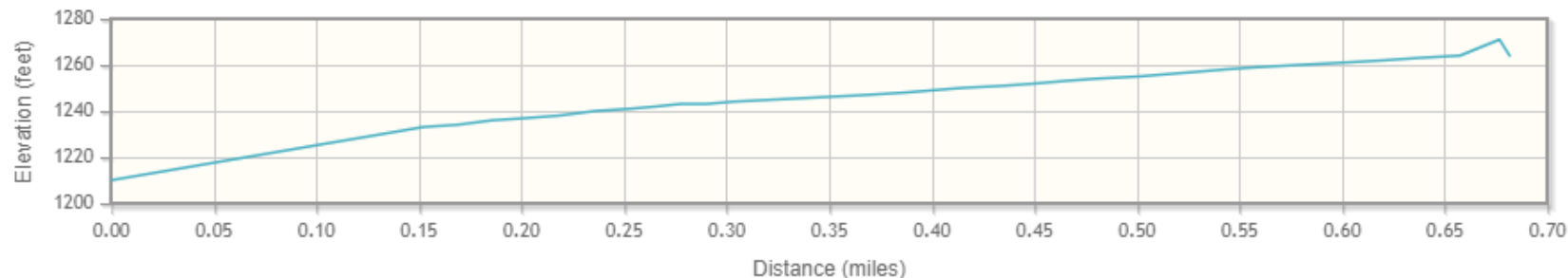
Tunnel #1 Sidling Hill

There is very little elevation change within the tunnel, and the Southern Alleghany Conservancy will be using a street sweeper this week to clean out the tunnels. This will be the warmest portion of the course as you will feel about a 20 degree increase in temperatures from the 40 degrees outside. Remember, in this tunnel you cannot see the other side when entering so lights are mandatory! We will have led candles in the tunnel to give you direction and perspective inside the tunnel!

The Between Lands
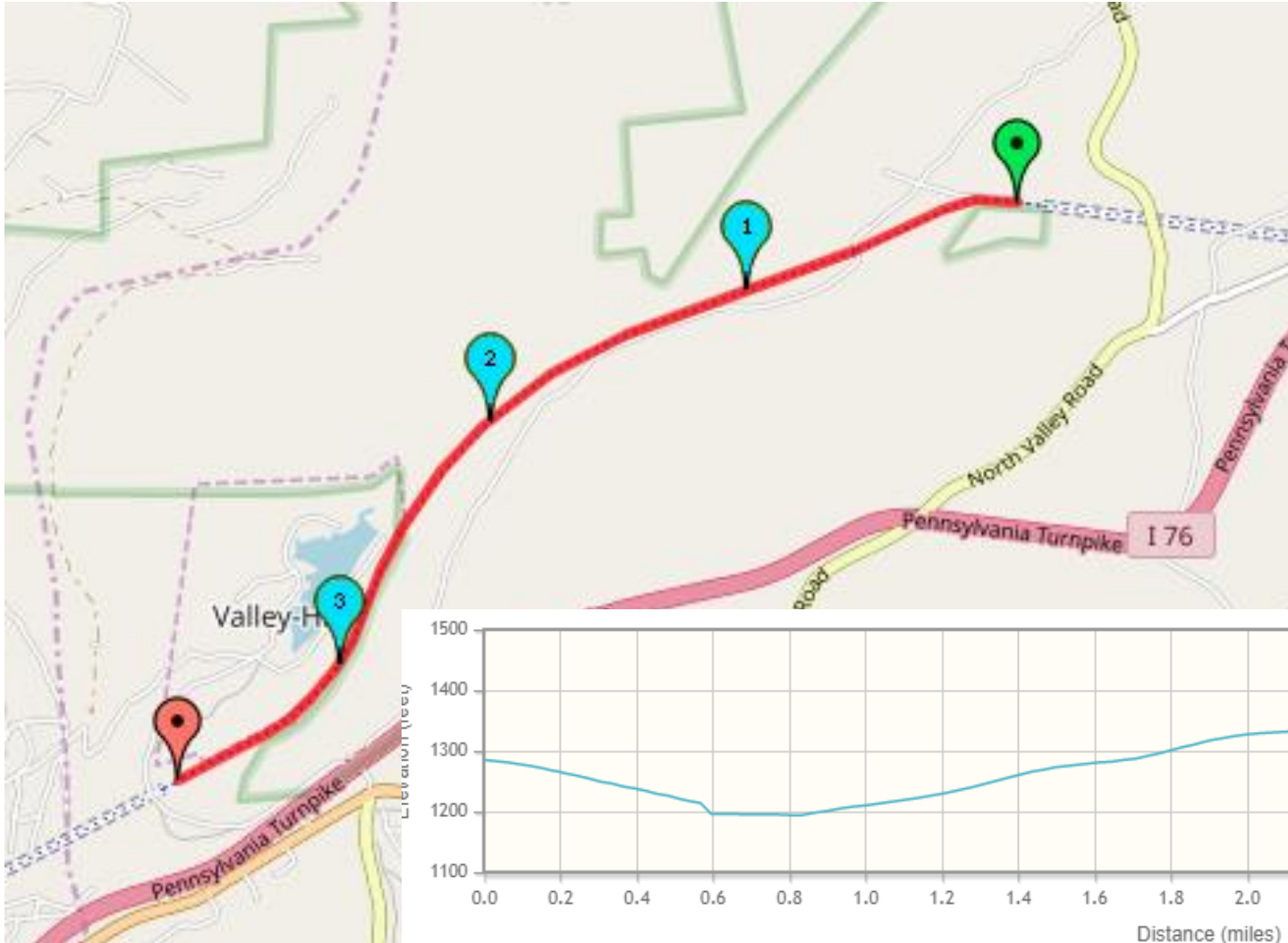
Here is where the elevation starts to really come into play. Athletes will descend quickly for a half a mile coming out of the tunnel and then have a steady gradual climb over the next 3 miles to Ray's Tunnel. This will be a beautiful section of the course with awesome views, and picturesque fall foliage!

The Between Lands

On the entire turnpie there are two lanes for traffic (east and west) separated by grass. We mostly stay in the westbound lane on our route. Between the two tunnels, the roads in the east bound lane are significantly better and there are two easy access points. We will be putting turn arrows at these points. You can choose to stay in the lane you are in, or switch over. All mile markings will remain on the west bound lane and all measuring is done from just the W bound lane

Tunnel #2 (Ray's Hill Tunnel)
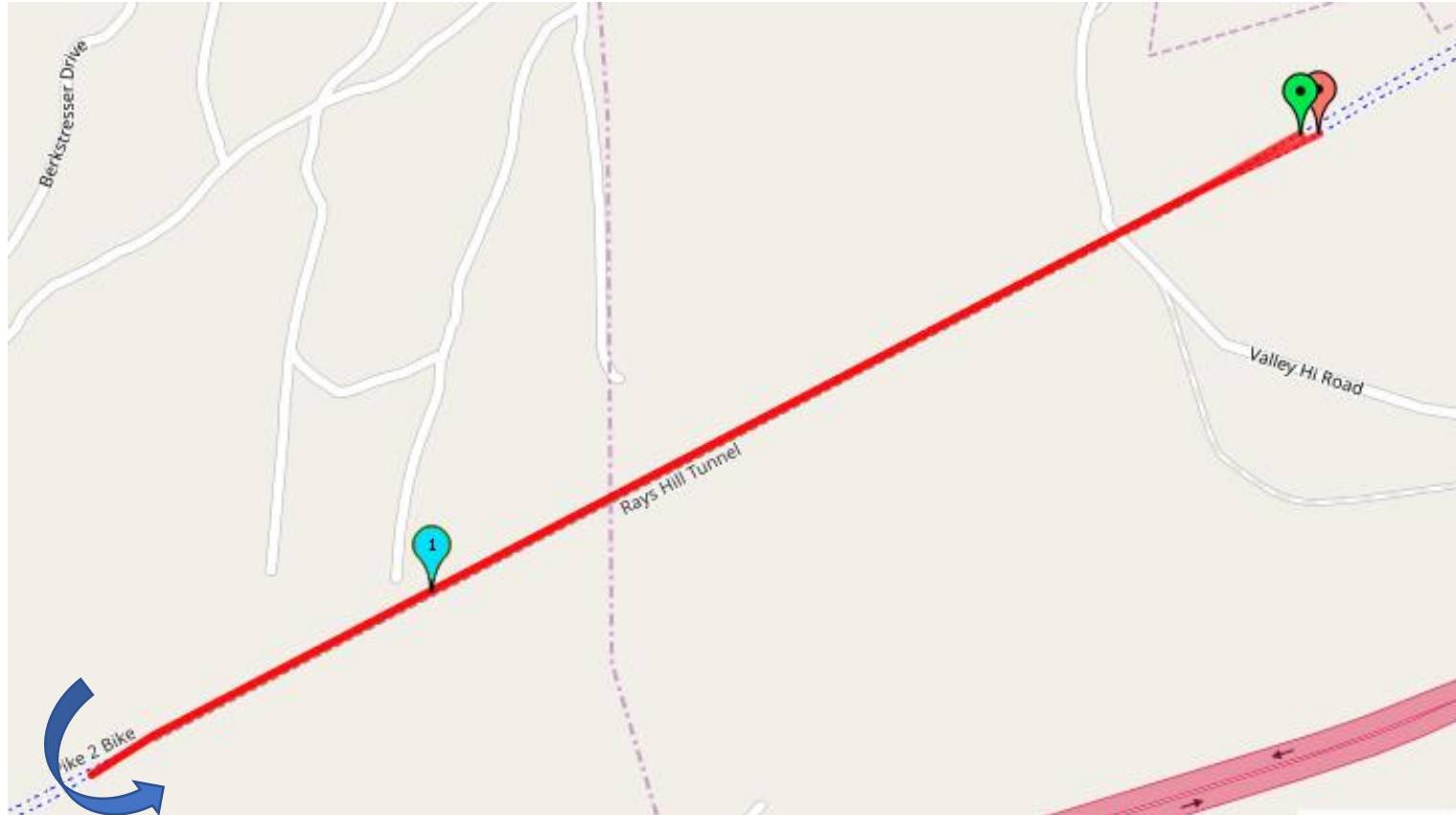
This is the shorter of the two tunnels, but since you will be running out one side, turning around, and running back in, you will be spending close to 1.5 miles underground! Again tunnels will be warmer than the outside air, and you will need a headlamp! Make sure you are staying on your right as you u-turn across our timing mats. When reentering the tunnel make sure you stay on your right.

Return

- Athletes will return the direction they came from running through both Ray's Hill Tunnel and Sidling Hill Tunnel a second time. This will be a net downhill return
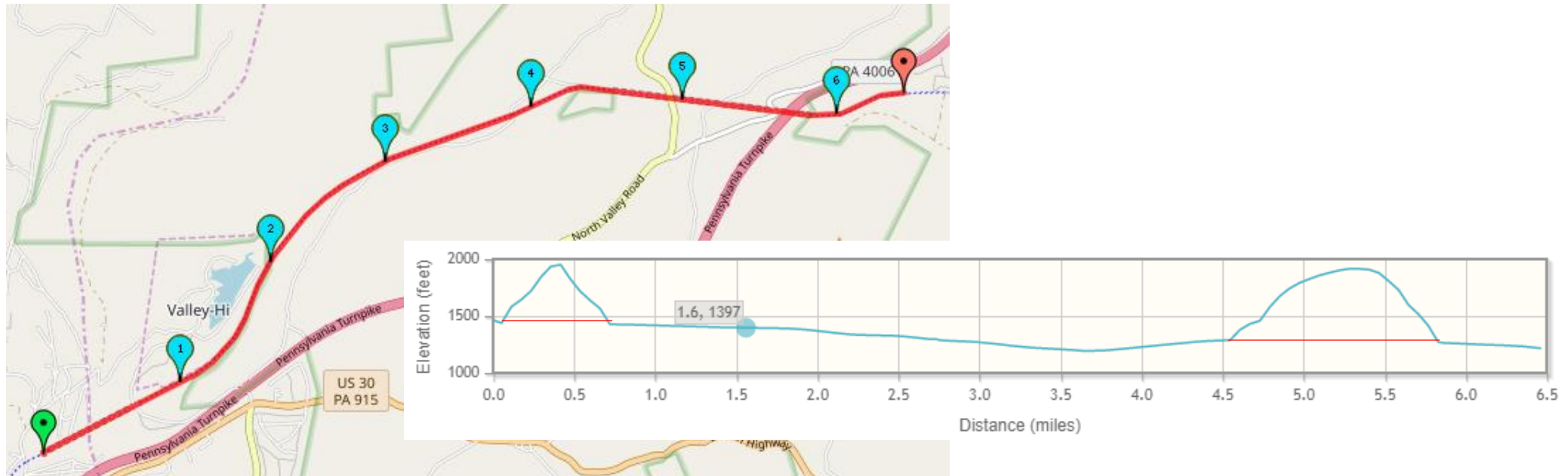
Course Markings

Since this is a simple out and back course, the only time you will see the signs on the right, are on The Land Between the Tunnels, where we give you the option to run in the opposite lane. (see previous slides) All Mile markers and U-Turns will look like the sign on the left!

Aid Stations

Aid Station	Mile Marker	Fuel
1	2.1	Water and Gatorade
2	4.4	Water and Gu
3	5.8	Water, Gatorade, Granola Bars, Candy
4	7.3	Water, Gatorade, Granola Bars, Candy
5	8.7	Water and Gu
6	11	Water, Gatorade, Coke