

# END OF THE ROAD HALF MARATHON & TUNNEL 4 MILE

## ATHLETE GUIDE



# RACE WEEKEND SCHEDULE

## Early Packet Pick Up and Race Expo, Friday, 10/17

- 4:00 pm – 7:00 pm at Holiday Inn Express Breezewood, [16503 Lincoln Highway, Breezewood PA 15533](#)

## Saturday, 10/18:

- Packet pickup: 7:00am – 8:45 am at race site
- Pre-race meeting: 8:50 am
- Half Marathon Start 9:00 am
- Half Marathon awards: approx. 12:15pm
- Course closes: 1:30 pm (4.5 hour limit, about 20:30 min per mile pace)
- Movie night at the Turnpike: 6:30 PM EST (Tickets are \$10 for adults and free for kids under 16)

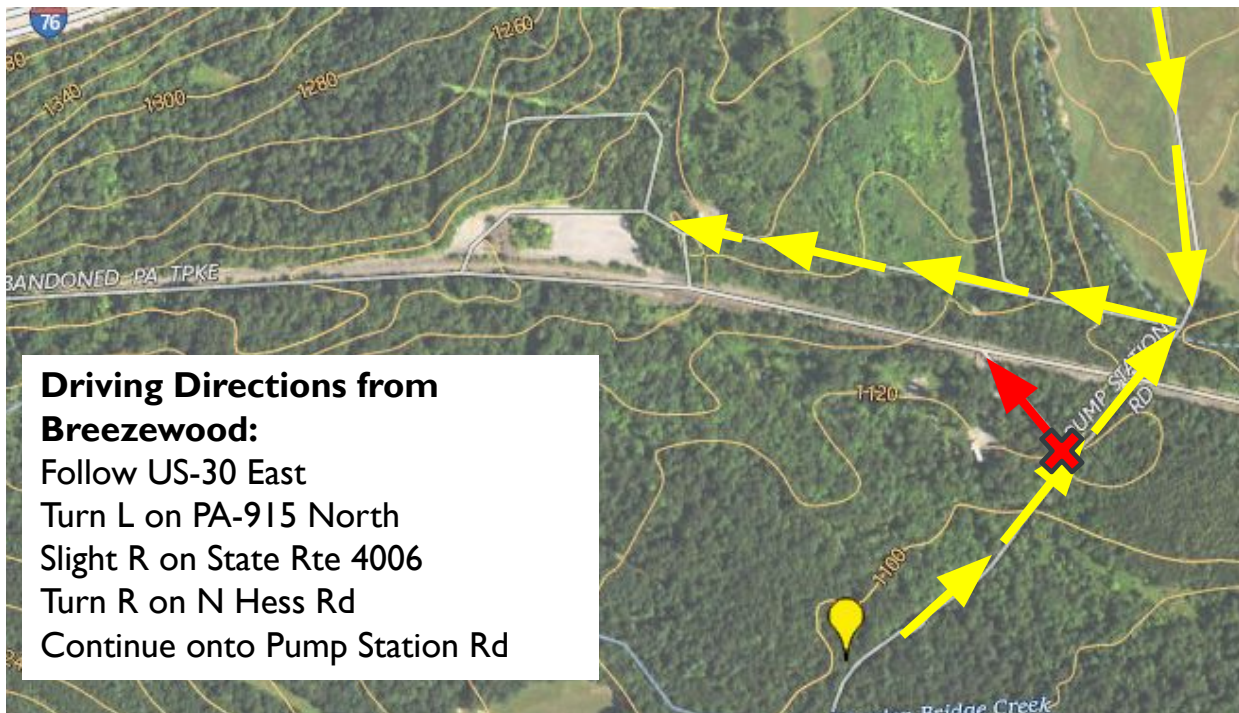
## Sunday, 10/19:

- Packet pickup: 6:00am – 7:45 am at race site
- Pre-race meeting: 7:50 am
- Half Marathon Start: 8:00 am
- 4 Mile Start: 8:20 am
- 4 Mile Awards: Approx. 10:00 am
- Half Marathon awards: approx. 12:00pm
- Course closes: 1:30pm
- Half Marathon: 4.5 hour limit, about 20:30 min per mile pace

# RACE COURSE ADDRESS

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

# MAP TO RACE START LINE

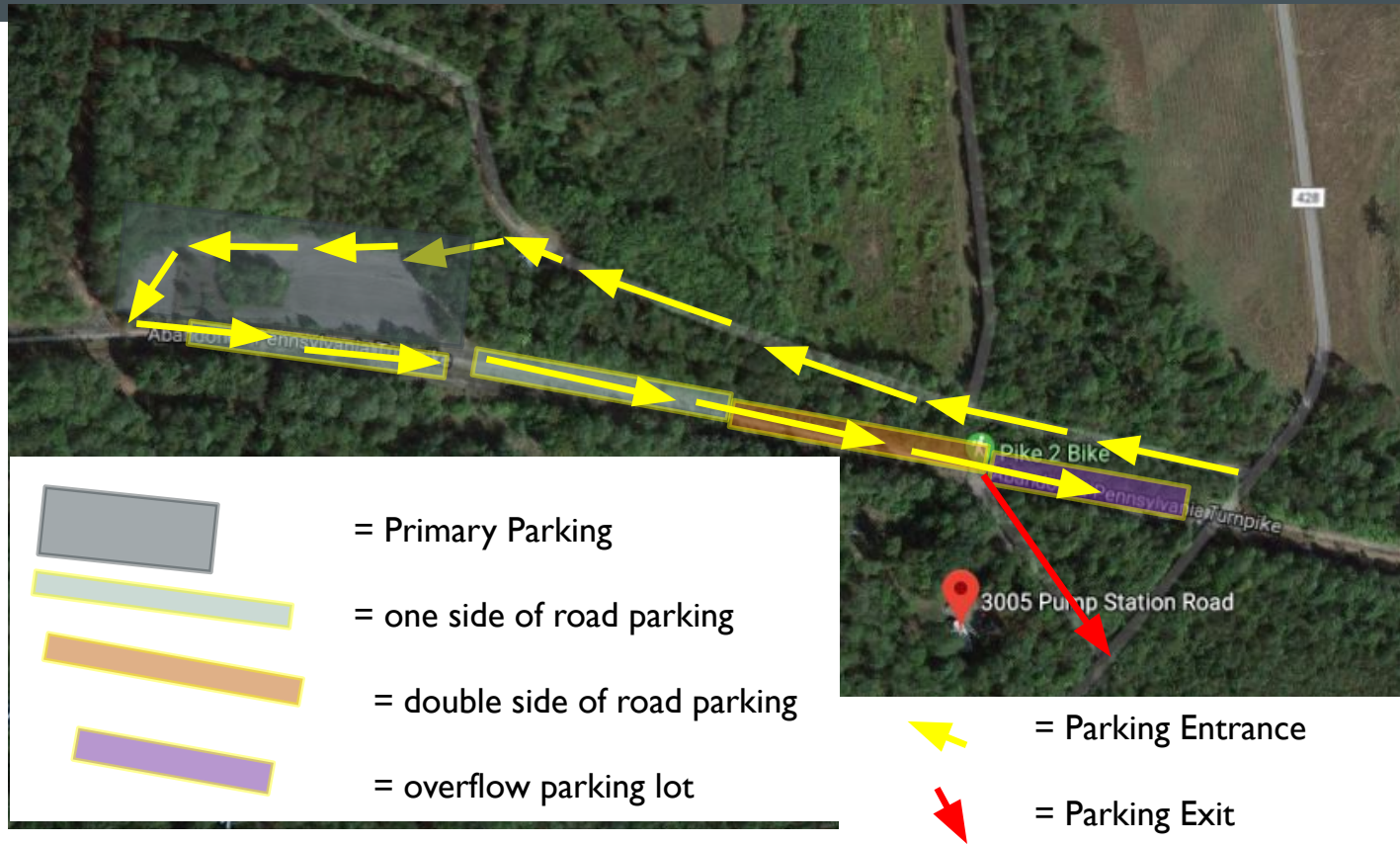


Whether you come from the N or S you will enter the parking area by heading West, just North of the abandoned turnpike. Please do not enter from the south area, as this will be coned off. Parking will all flow in from the North Entrance. Follow event parking signs.

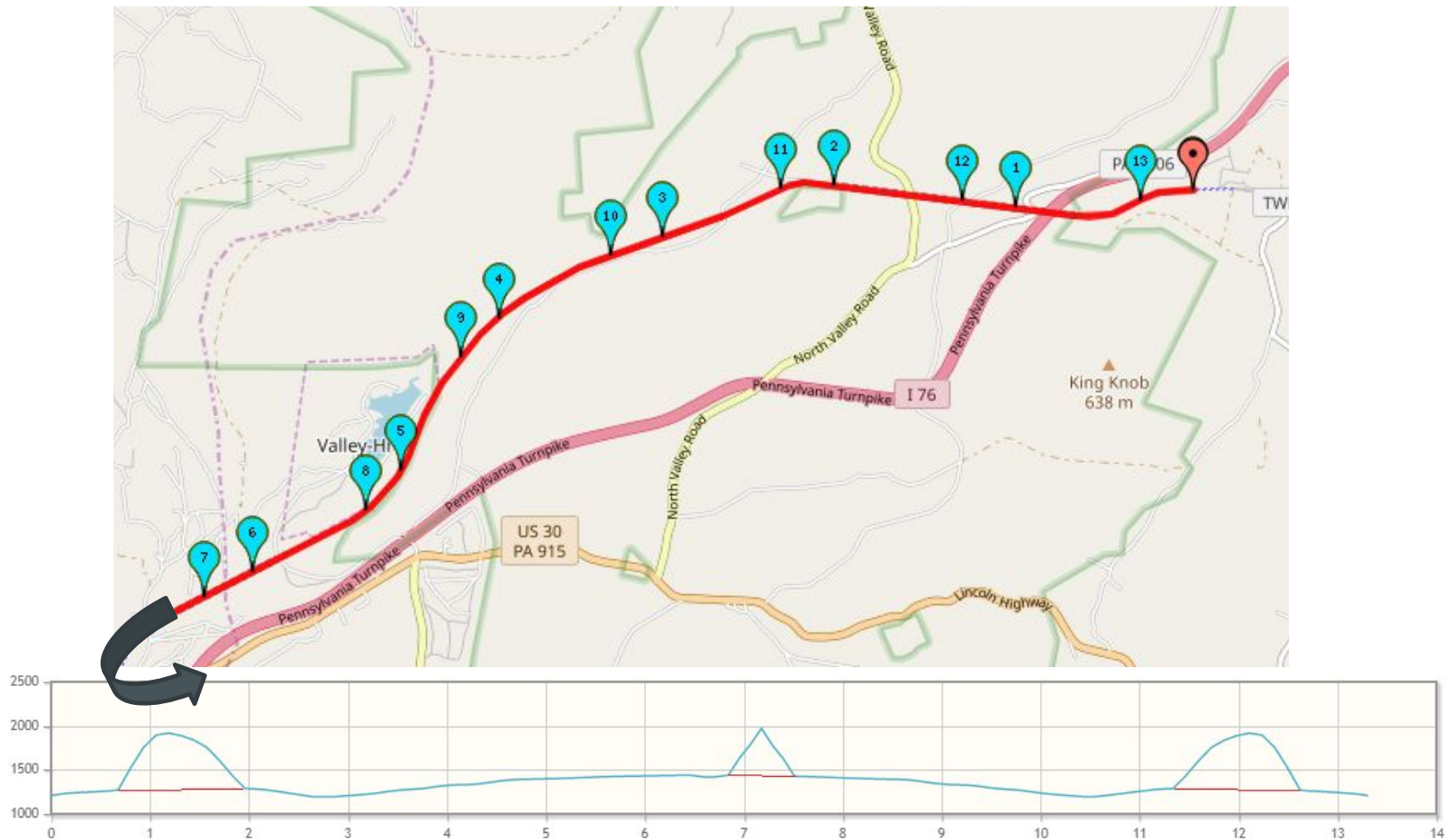
## **Driving Directions from Breezewood:**

Follow US-30 East  
Turn L on PA-915 North  
Slight R on State Rte 4006  
Turn R on N Hess Rd  
Continue onto Pump Station Rd

# PARKING



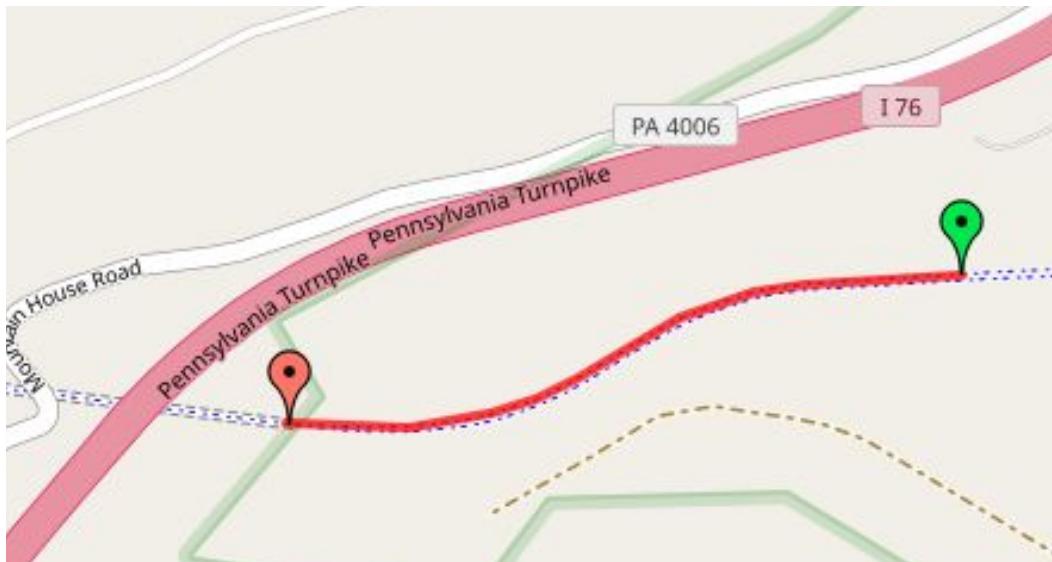
# MAP OF HALF COURSE



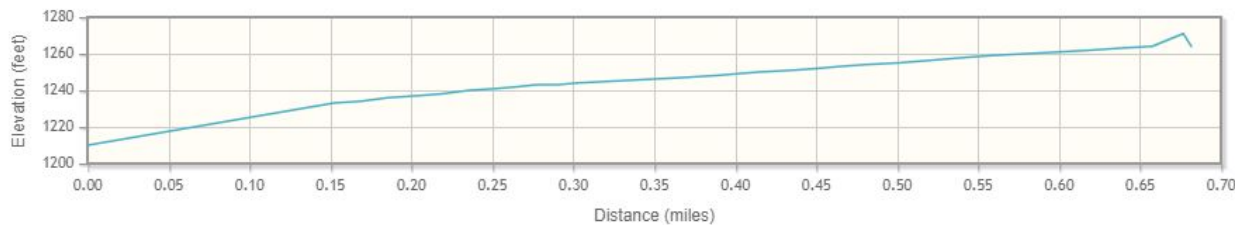
While this is not a “PR” course it is also a lot less hilly than you would think. Please note the red line is a better indicator of the elevation gain. The hills on this elevation graph are showing the tops of the tunnels, not going through them.



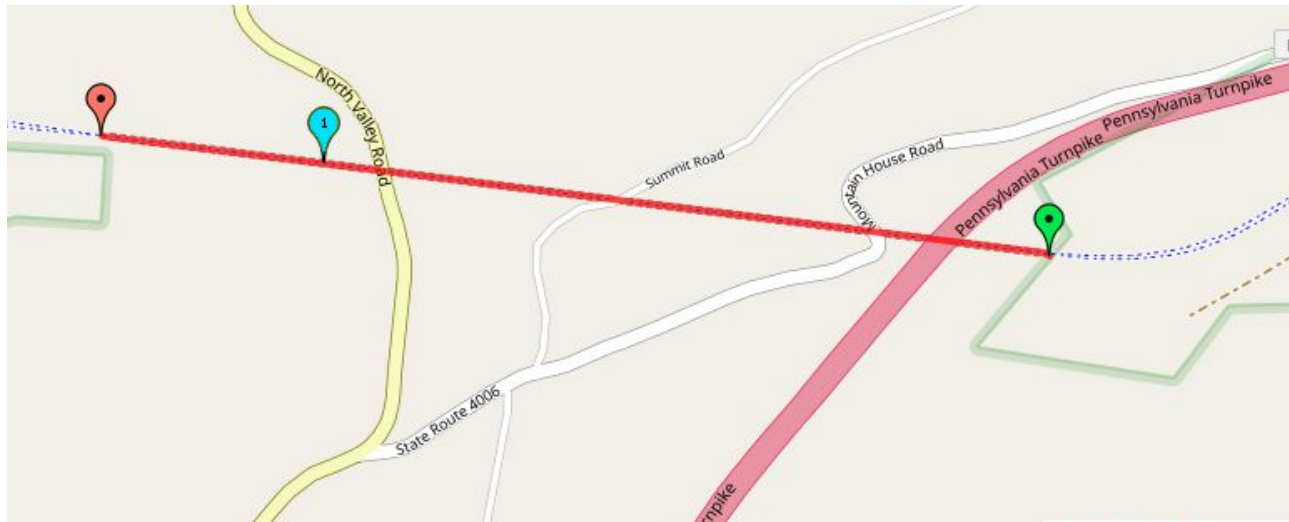
# START TO FIRST TUNNEL



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!



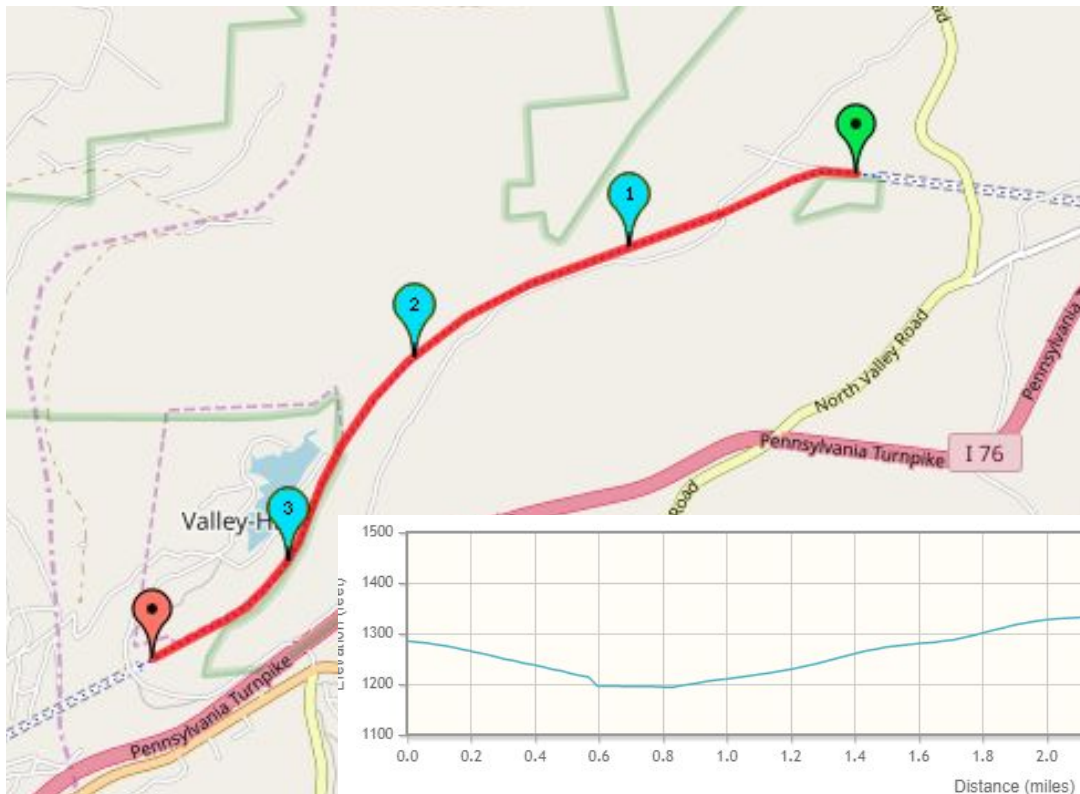
# TUNNEL #1 SIDLING HILL



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 outside temperature. 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!

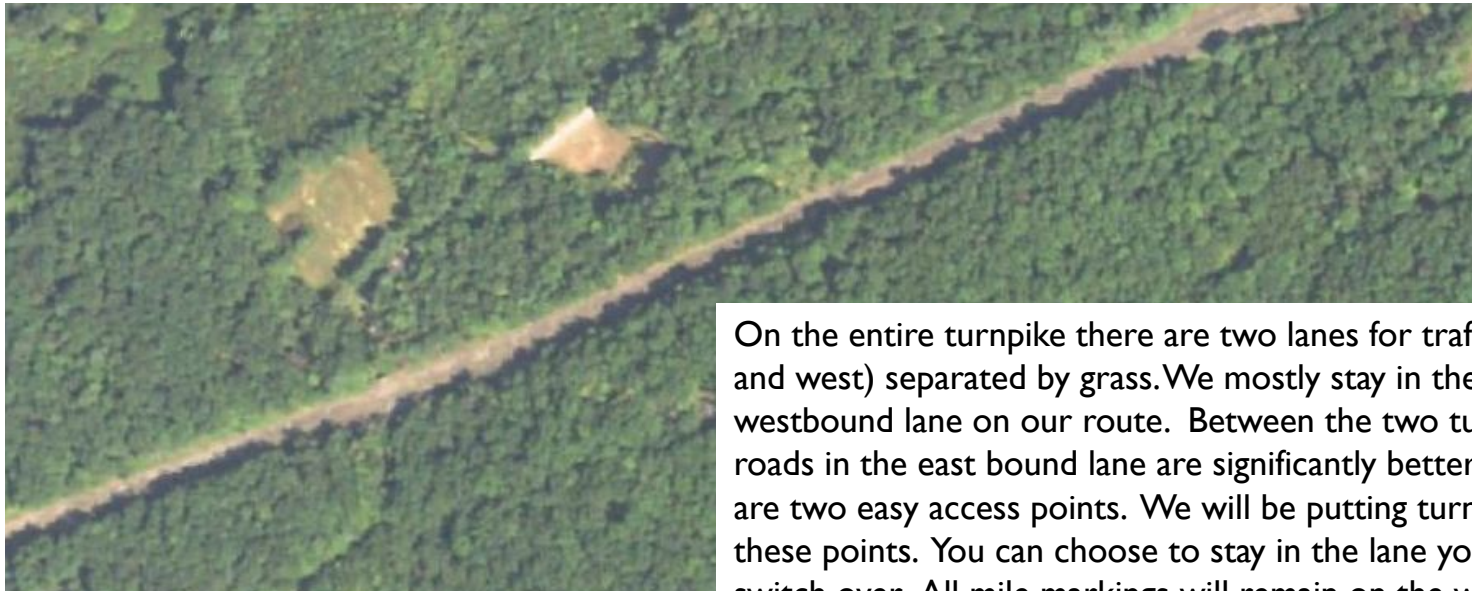


# THE BETWEEN LANDS



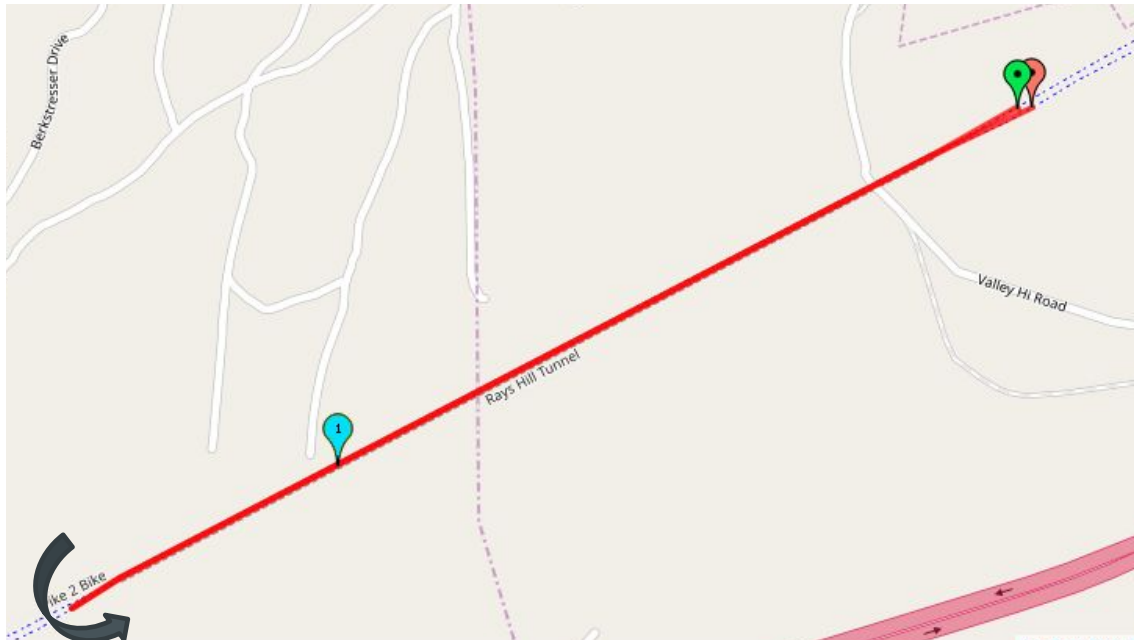
Here is where the elevation starts to really come into play. Athletes will descend quickly for a half a mile coming out of the tunnel and then have a steady gradual climb over the next 3 miles to Ray's Tunnel. This will be a beautiful section of the course with awesome views, and picturesque fall foliage!

# THE BETWEEN LANDS



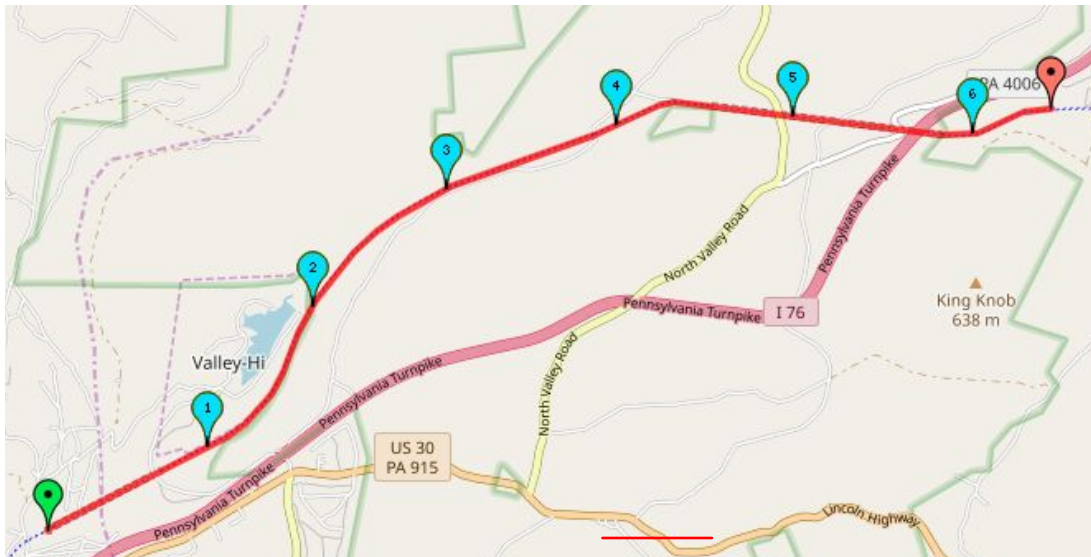
On the entire turnpike there are two lanes for traffic (east and west) separated by grass. We mostly stay in the westbound lane on our route. Between the two tunnels, the roads in the east bound lane are significantly better and there are two easy access points. We will be putting turn arrows at these 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 west-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 to the 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



# MAP OF 4 MILE COURSE



This is not an overly hilly 4 mile. The red line is a better indicator of the actual elevation. Within the tunnel athletes will see a very gradual increase in elevation on the way out, and on the way back a slight downhill.



# 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!





A man with a beard and glasses, wearing a yellow t-shirt and a headlamp, is running on a paved path through a forest. An orange banner with white text is overlaid across the middle of the image.

# PREPARE FOR THE TUNNELS



You will need a light in the tunnels on this race. There are no lights inside, other than the little LED candles that we place out to give you an idea of the course direction, but those are not enough to light the space. Make sure you have a good headlamp or flashlight on race day! Check out some light recommendations here, <https://runsignup.com/Race/EndoftheRoadMarathon/Page-26>.

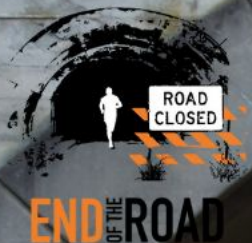


**END** OF THE ROAD

# AID STATIONS

Aid Station	Mile Marker Half Marathon	Mile Marker 4 Mile	Fuel
1	2	2	Water and Tailwind
2	4.4		Water and Huma Gels
3	5.8		Water, Tailwind, Granola Bars, Candy
4	7.3		Water, Tailwind, Granola Bars, Candy
5	8.7		Water and Huma Gels
6	11		Water, Tailwind, Coke





# HOW TO ENTER THE PHOTO CONTEST

Enter the photo contest for a FREE RACE ENTRY into 2024's End of the Road OR any remaining 2023 Trivium Racing event (half marathon or shorter) **by tagging our accounts on Facebook OR Instagram** with your race weekend photos **and using hashtag** **#EndOfTheRoadHalf**

You'll automatically be entered into the raffle when you tag us and use the above hashtag. We'll announce the random winner after race week!

\*Enter by using photos from packet pickup, Move Night on the Turnpike, finish line photos, or photos on the course! Volunteers are also eligible to enter this contest!



[facebook.com/eotrhalf](https://facebook.com/eotrhalf)



[instagram.com/endoftheroadhalf](https://instagram.com/endoftheroadhalf)