End of the Road Marathon, Half Marathon & Tunnel 4 Mile

Athlete Guide 2022

END OF THE ROAD
HALF

Race Weekend Schedule

Early Packet Pick Friday, 10/21

- 4:00 pm – 7:00 pm at Holiday Inn Express Breezewood, 16503 Lincoln Highway, Breezewood PA 15533

Early Packet Pickup (Sunday Race0 Saturday 10/22

- 4:45 pm – 6:30 pm (At Race Site!)

Saturday, 10/22:

- Packet pickup (for both Saturday and Sunday races): 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)

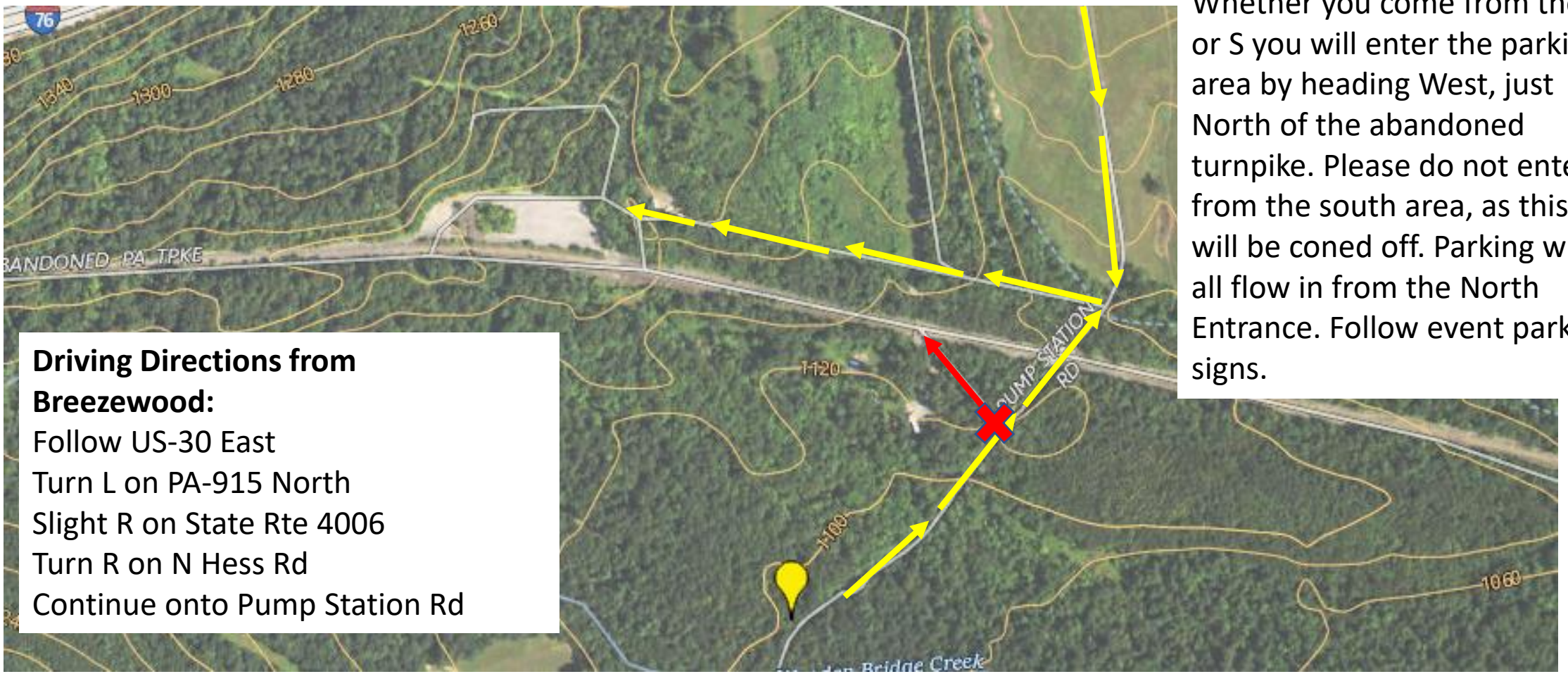
Sunday, 10/23

- Packet pickup: 7:00am – 8:45 am at race site
- Pre-race meeting: 8:50 am
- Half Marathon and 4 mile Starts: 9:00am
- 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

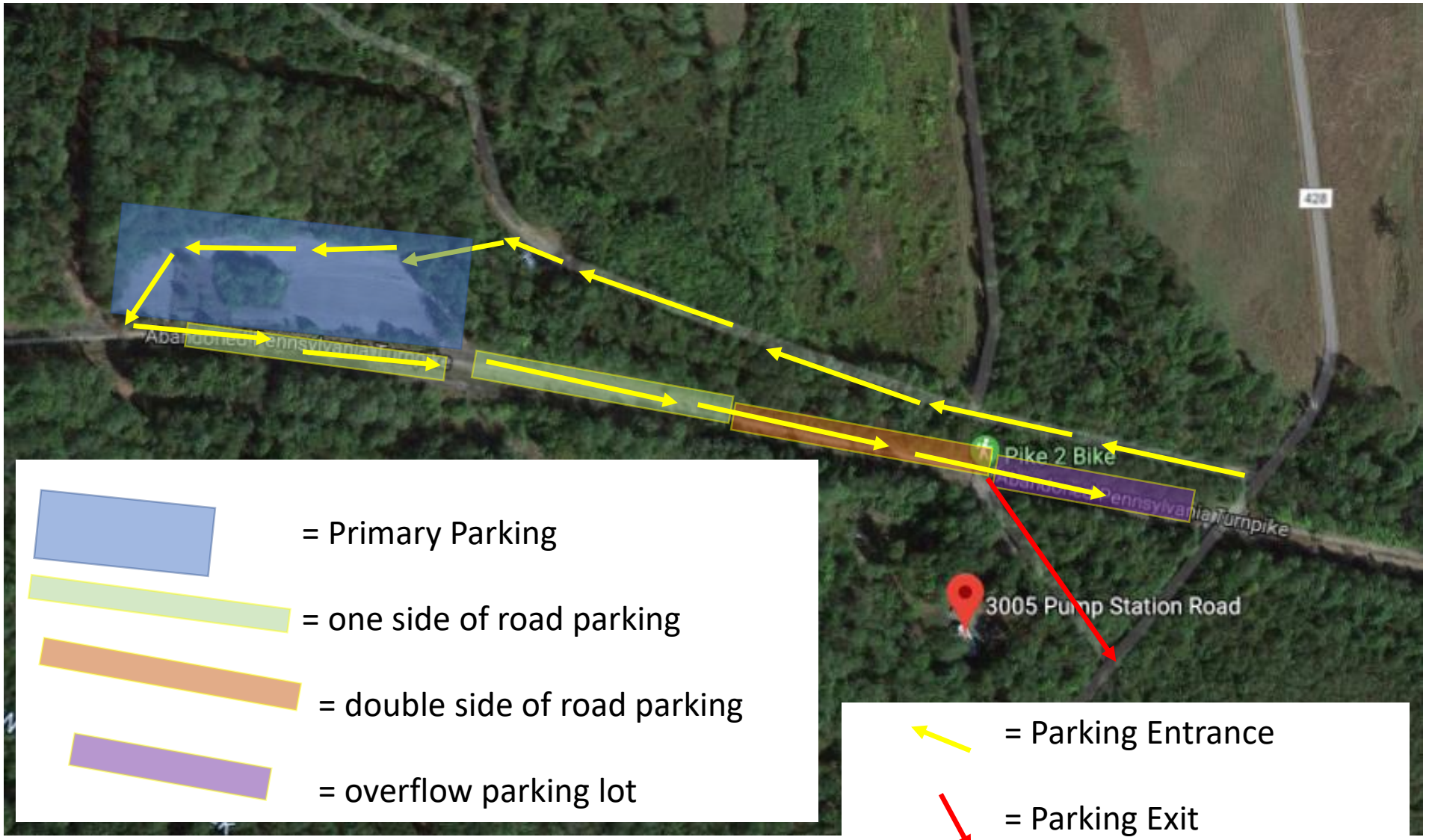
Map to Race Start Line



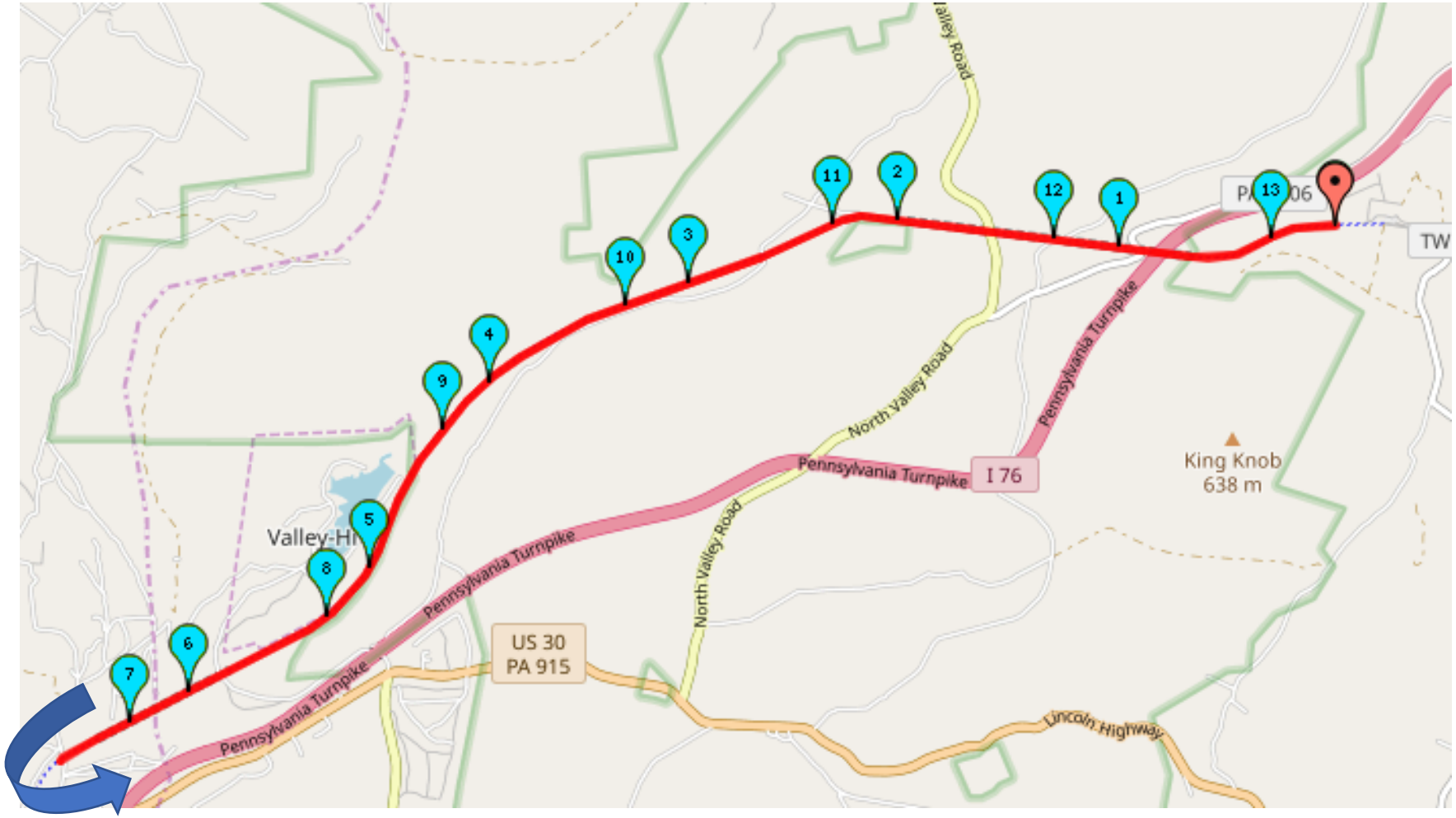
Driving Directions from Breezewood:
Follow US-30 East
Turn L on PA-915 North
Slight R on State Rte 4006
Turn R on N Hess Rd
Continue onto Pump Station Rd

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.

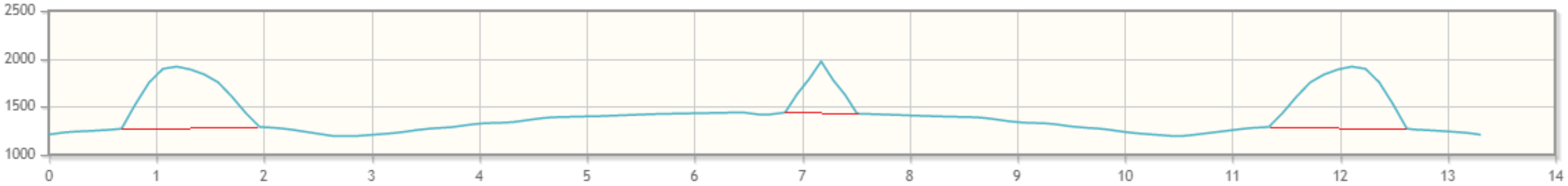
Parking


Pike 2 Bike
3005 Pump Station Road
= Primary Parking
= one side of road parking
= double side of road parking
= overflow parking lot
= Parking Entrance
= Parking Exit

Map of Half Course

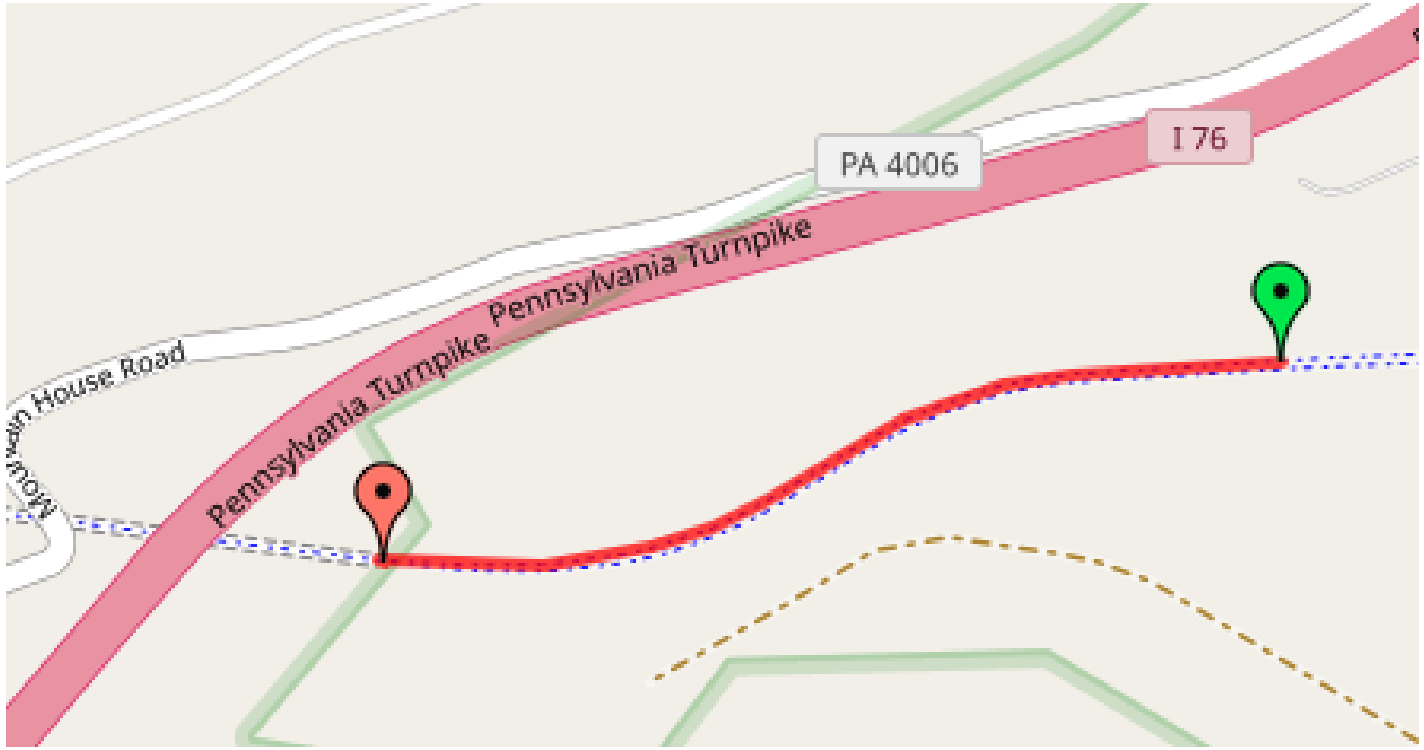


Elevation of the Course

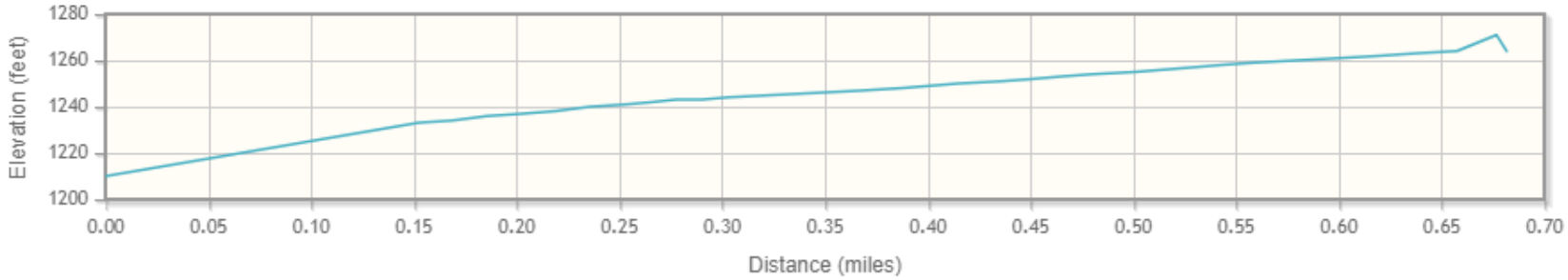


While this is not a “PR” course it is also a lot less hilly than you would think. Please note the red line is a better indicator of the elevation gain. The hills on this elevation graph are showing the tops of the tunnels, not going through them.

Start to first tunnel



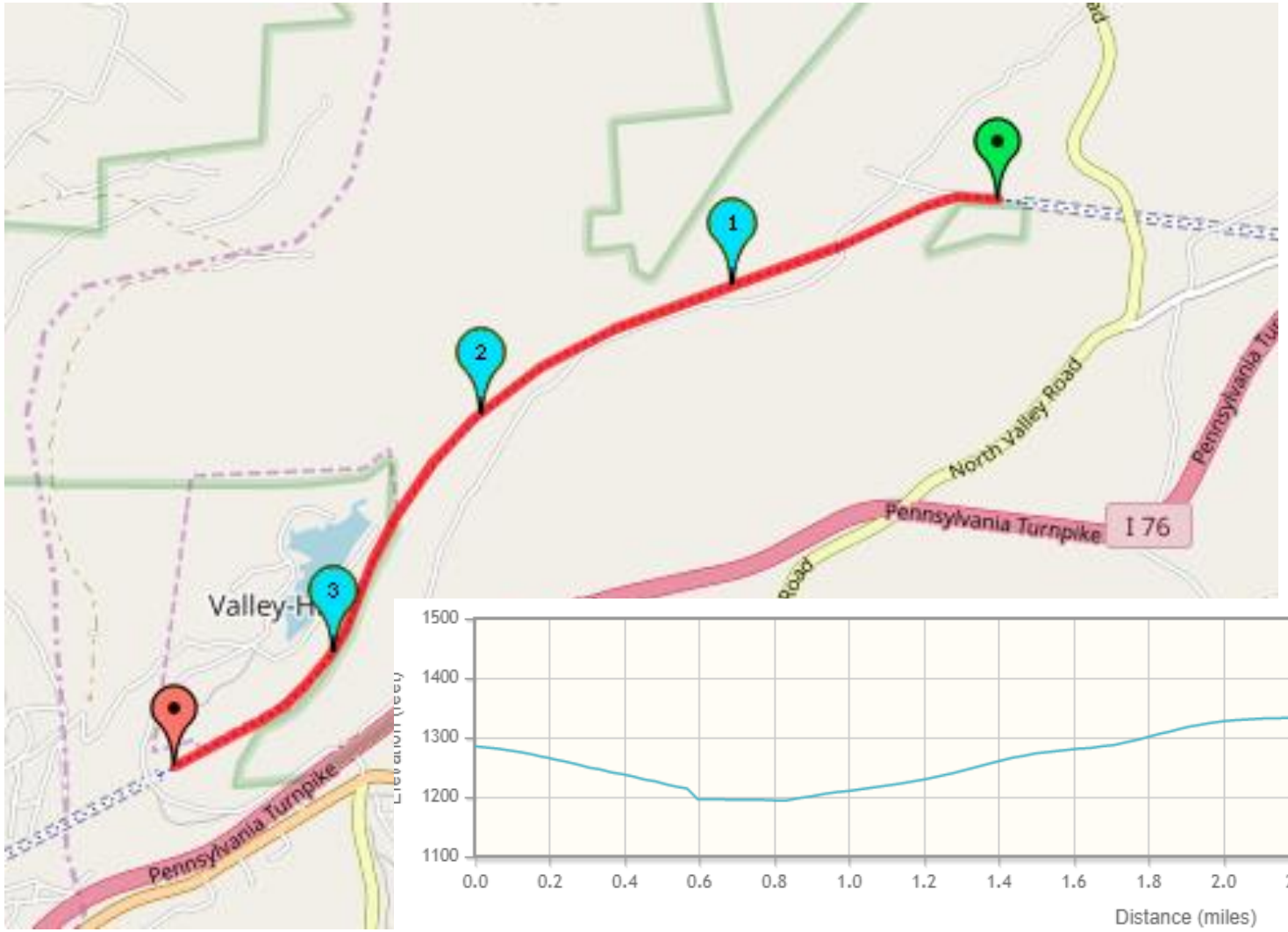
The lead up to the first tunnel is about .7 miles. This is a small climb (about 60 ft of total climb during this .7 miles). It is a good chance to loosen up your legs and get moving before we enter tunnel #1 and begin our underground adventure!

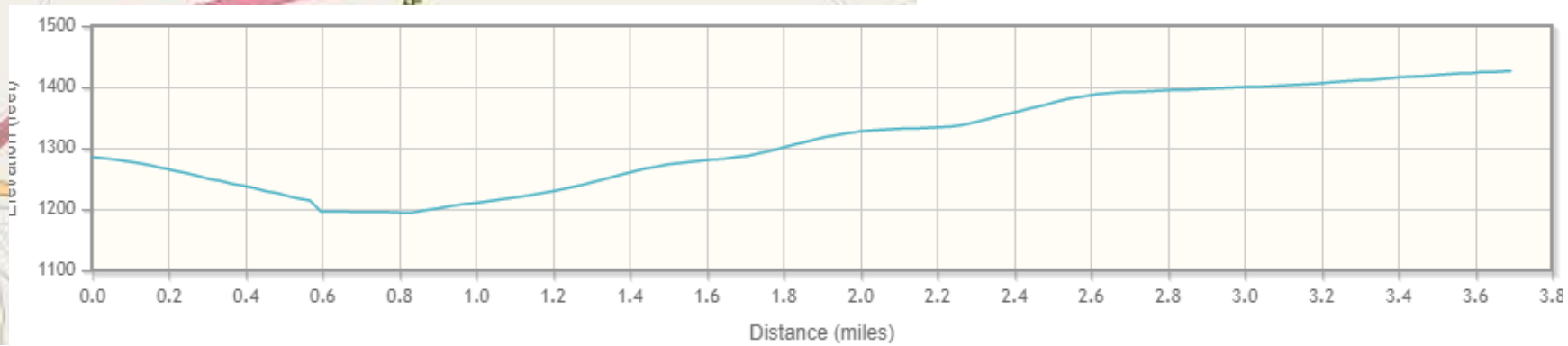


Tunnel #1 Sidling Hill

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 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!

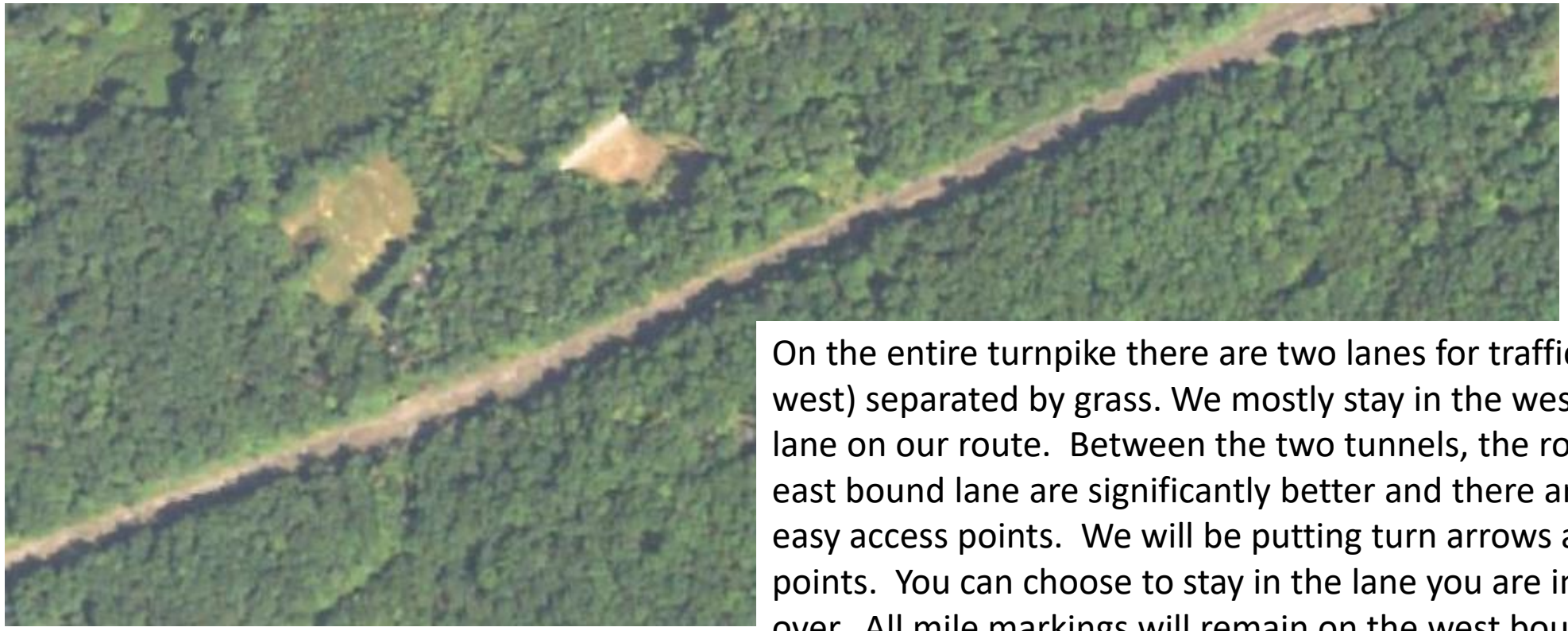
The Between Lands





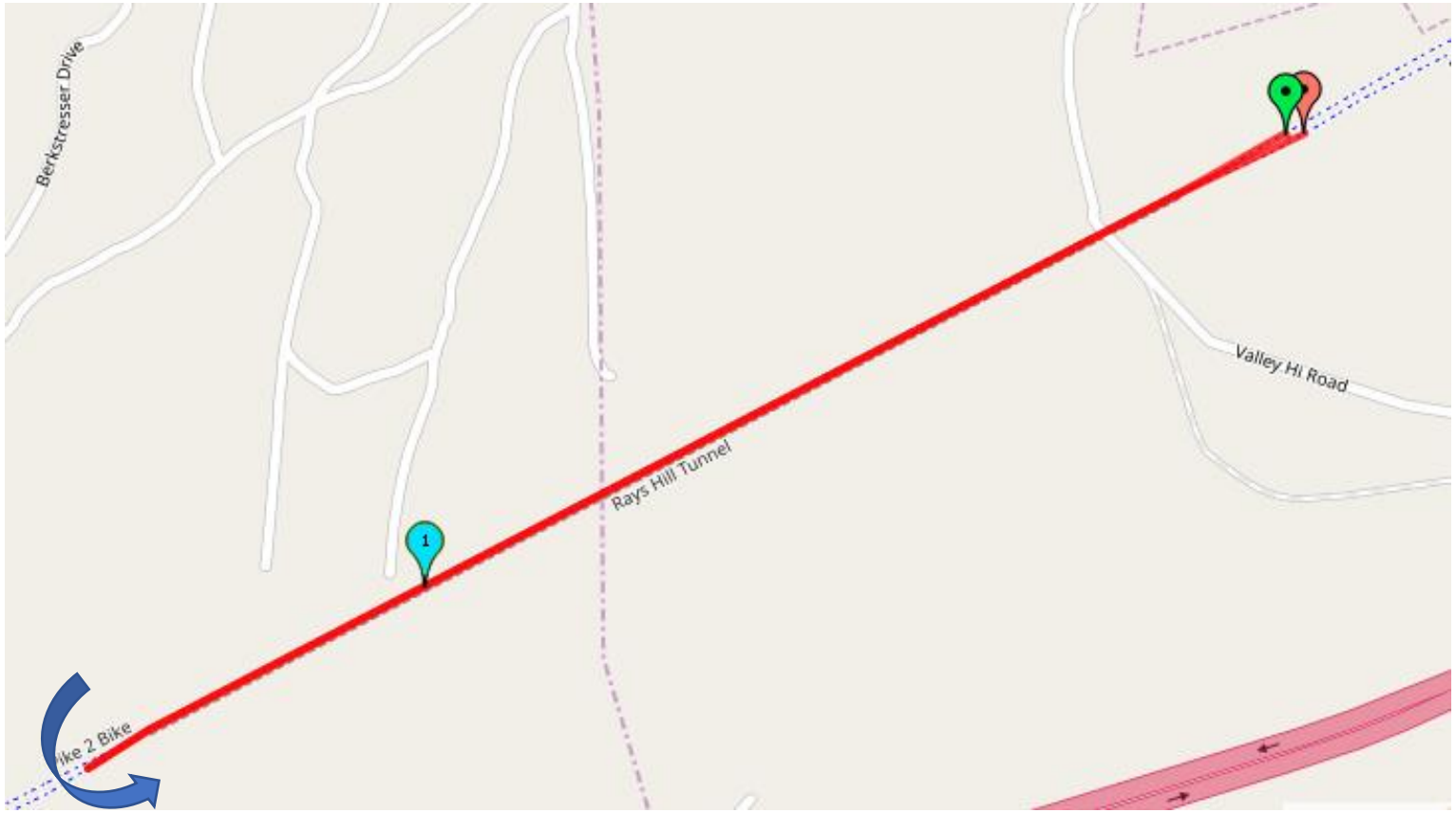
Here is where the elevation starts to really come into play. Athletes will descend quickly for a half a mile coming out of the tunnel and then have a steady gradual climb over the next 3 miles to Ray's Tunnel. This will be a beautiful section of the course with awesome views, and picturesque fall foliage!

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

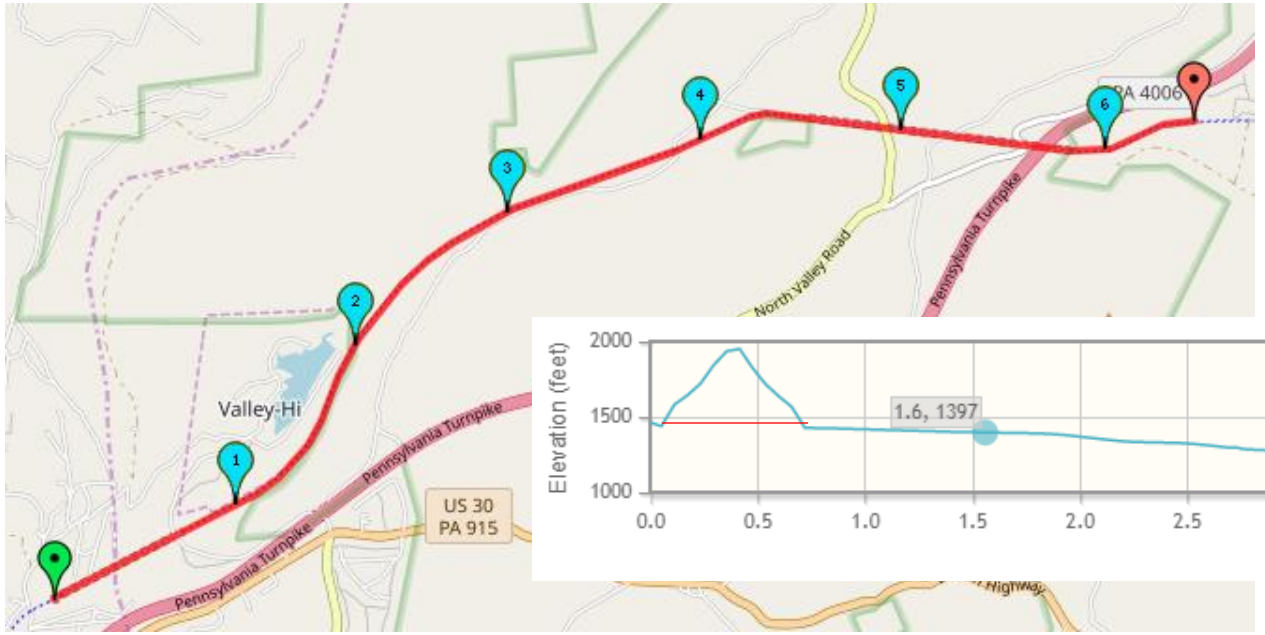
Tunnel #2 (Ray's Hill Tunnel)

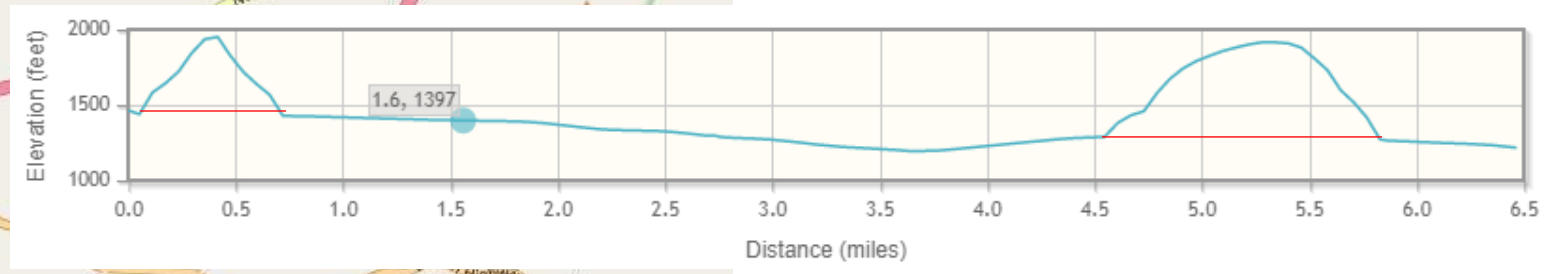


This is the shorter of the two tunnels, but since you will be running out one side, turning around, and running back in, you will be spending close to 1.5 miles underground! Again, tunnels will be warmer than the outside air, and you will need a headlamp! Make sure you are staying on your right as you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

Return

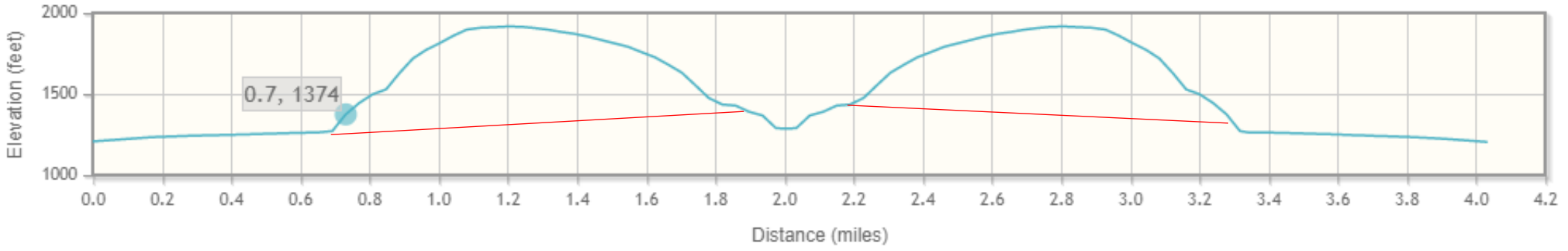
- Athletes will return the direction they came from, running through both Ray's Hill Tunnel and Sidling Hill Tunnel a second time. This will be a net downhill return





Map of 4 Mile Course

4 Mile Elevation Chart



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!

Shine Bright

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!

Aid Stations

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

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HALF MARATHON AND 4 MILER
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HALF MARATHON & 4 MILER
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The Swag!

Movie Night

- In 2022 we are adding a move night Saturday night on the Turnpike! This will be a fun night complete with snacks!!

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SATURDAY MOVIE NIGHT