

Hello -

The 18th annual Spring Backyard Burn Trail Running Series kicks off this Sunday at Laurel Hill and the Workhouse Arts Center in Lorton, VA. It's going to be a awesome day...we can't wait to see you!! 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. As you know, due to COVID we are making several changes to our normal race operations to help ensure the safety of every participant, our volunteers, and the EX2 staff. If you've raced with EX2 pre-COVID, you'll see many changes. They are the same protocols that we had in place last fall. The race is going to be SUPER fun, but it will be different than our normal events.

This goes without saying, but if you are having COVID symptoms or have come into contact with someone known to have COVID, please follow our local, state, and federal guidance and stay home. Remember that not everyone at the race will have your level of comfort with the current COVID situation. Some are more concerned and some are less concerned. Please be respectful and courteous to everyone and maintain your social distance. The race is going to be a SUPER fun day and it's my hope that it feels a bit like normal for you.

Below is your check-in time:

Check-in Time: XXXX

Parking, Check-in, and Start Procedures

We are staggering both check-in and start times over two hours. The 5-mile runners are checking-in/starting first and then the 10-mile runners. Since the 10-mile course is two loops, we are starting them second to limit the passing that occurs as runners complete their second lap. The check-in groups are organized by pace.

Please arrive at the Workhouse Arts Center (our staging location) about 10 minutes prior to your assigned check-in window. This will allow you time to park and not feel rushed. There will be signs and volunteers helping you park and know where to go. Check-in will be in the ball field at the southern end of the Workhouse Arts Center property (very close to where you will park)...you'll see it.

You can only check-in during your assigned window.

Please warm up and use the portajohns right BEFORE you check in and get your bib. **After you check-in, you will immediately proceed to the starting queue.** You will get your race shirt AFTER the race. Once you enter the starting queue, you will start your race within a few minutes with a small group of about 15 to 20 runners.

IMPORTANT...NO RACE DAY DISTANCE CHANGES. Because of the staggered start times, changing distances on race morning is NOT permitted.

Remember...this is your check-in time:

Check-in Time: XXXX

Face Coverings

Face coverings are required at all times when checking in, in the starting queue, and in the finish area. Runners MUST also carry a face covering during event and use it when at an aid station or when passing if ample distance is not available on the trail. If a racer doesn't have a face covering, then one will be provided to them during check-in. A buff is acceptable as a face covering.

Bring Your Own Water Bottle

Because of COVID, we are asking that every participant be as self-sufficient as possible in terms of hydration. That means starting with your own water bottle.

There is one aid station on the course that 5-mile racers will pass twice (about mile 1.2 and 4) and 10-mile racers will pass 4 times (about miles 1.2, 4, 6, and 9). At this aid station will be grab and go bottled water only.

Course Conditions and Weather

The forecast for this weekend is good with seasonable temperatures (likely in the 50s at race start). There is a chance for rain showers, but it's still too far out to know the forecast for sure. Please check the weather the night before the race and dress accordingly. The race will take place rain or shine. Laurel Hill drains extremely well in wet weather.

Directions to the [Workhouse Arts Center](#)

9601 Ox Road, Lorton, VA 22079

There are a few different entrances to the Workhouse Arts Center and using any of them will be fine. The two most direct entrances to race parking is the one located off of Ox Road (123) and the one near the intersection of Workhouse Road and Ox Road (123). Look for race parking signs and follow volunteer instructions to park.

Restrooms

There are portojohns at check-in.

Race Course

The courses this year are a modification of our most recent courses that were last used in 2019. The 5-mile course is actually about 5.6 miles and the 10-mile course is actually about 10.6 miles. I say "about" because it's normal for GPS watches to give slightly different measurements. The 5-mile course is a single loop and the 10-mile course is two loops. Both courses start with about .7 miles of pavement (this was a change this year to eliminate some two-way traffic). *The 10-mile course is NOT going across Furnace Road this year to avoid the possibility of confusion since we are staggering the starts.* The terrain on the Laurel Hill trail system is rolling, a mix of dirt and crushed stone, and mix of meadows and forest. There are no extended climbs, but lots of short ups and downs. It's beautiful.

There is only .5 miles of two-way traffic on the course, but it's in a section that has wide grass shoulders. Giving space to other runners will not be an issue.

Course Maps, Elevation Profiles, and GPS tracks are [available on the EX2 website](#).

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 light along the rest of the course. Several course marshals will be situated at key intersections along the course.

Trail Etiquette

Most of the trails are Laurel Hill have wide grass shoulders, but there are some that are narrower where it may be more difficult to pass. Passing runners should use audible signals "passing on your left" or "passing on your right" and, when possible and safe to do so, slower runners should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking runner to pass safely. Remember, both runners are expect to put on their face coverings when passing/ being passed. Please give other runners extra room and be extra courteous.

Mile Markers

Mile markers are located throughout the course. Keep on mind these mile markers were placed accordingly to my GPS and it might be slightly different than yours.

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:

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 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. This is especially true given COVID.
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!

Recovery Tent/First Aid

Basic first aid will be available at the aid station, and more complete first aid is available at the finish. There will not be post-race massage or chiropractic adjustments this year because of COVID.

Post Race Beverages/Food

Bottled water, coke, diet coke, breakfast burritos, bananas, granola bars, and cookies will be available at the finish. This is a paired down version of our normal post-race spread due to COVID, but will still be tasty!! Please do not congregate at the finish. Once you cool down and grab your food and race swag, please head out.

Kids Race

Sorry...no kids race during COVID.

Awards

We will not have an in-person awards ceremony for this race, but we will post results as soon as possible on race day. If you are still at the Workhouse when results are posted, then you are welcome to grab your EX2 pint glass based on your placement (1st through 5th in each age group). **We are also hosting a virtual awards ceremony via zoom on Sunday night at 8pm.** Information about the ceremony is at the bottom of this email. We do NOT mail the pint glasses, but we'll have them at future EX2 races are you are welcome to pick them up later this year if you place in your age group. We'll also have some pint glasses from 2020 if you earned one last year, but did not pick it up yet.

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 Join the EX2 Facebook Group

We also encourage you to share photos on race day! Please use #ex2adventures and tag @ex2adventures when you post to social media. Please also join the [EX2 Racers and Volunteers Facebook](#) group to share your pictures and support other participants!

Charity Partner - [Homestretch](#)

I first came to know Homestretch in 2010 when I volunteered a few times at Homestretch events. It's a wonderful organization based in Fairfax County that breaks the cycle of homelessness and uplifts the lives of their program's graduates and their families. One thing that makes Homestretch so unique is that it exclusively serves homeless families with children. In fact, the average age of someone in Homestretch is only 9 years old. EX2 is thrilled to support Homestretch and we are grateful for any donations that you made during registration. For this race, participants have donated over \$2,600 to Homestretch and EX2 will add 10% to every donation before they go to Homestretch. Since May of 2000, EX2 events have generated over \$25,000 for this amazing organization. There is still time to [make a donation!](#)

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. During our normal in-person events, the \$100 give-a-way is always a fun end to our awards ceremony. For this race, we'll be randomly giving away \$100 to a lucky participant during the virtual awards ceremony on Sunday night. 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.

[Integrated Financial Partners - Erik Scudder](#)

Fellow racer and IFP Financial Advisor, Erik Scudder is the go-to resource for all all your financial, retirement, investment, business owner and estate planning strategies! Give Erik a call at 703-840-4291. At the virtual awards ceremony, Erik will be giving away two \$25 amazon gift cards. [Fill out this form to enter.](#)

Positively Chiropractic

Dr. Kathy Coutinho, is the local “chiropractor to the athletes.” Stop by Positively Chiropractic in Annandale, VA and you will see for yourself – her office walls are filled with photos from appreciative athletes who she has helped recover from and/or prevent an injury. Dr. Kathy and her accomplished staff offer chiropractic, massage, active release therapy, nutrition, and acupuncture services. Come see how Dr. Kathy can help you “always move forward.”

Coyote Grille

Coyote Grille in Fairfax is OPEN and has some awesome outside seating! Give them a call or order online. Eat local!

Pacers Running

Our friends from Pacers Running will be giving everyone a 20% off coupon that you can use in-person at any of their 6 location locations or online. In addition, I'll give away two \$50 gift cards during the virtual awards ceremony!

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 be giving away eight free 12-packs this race! To enter all you have to do is post a picture on social media and tag @ex2adventures and @athleticbrewing and #ex2adventures. You can also post it to our **EX2 Racers and Volunteers Facebook group**. In addition, first-time purchasers save 20% off your first purchase at athleticbrewing.com by using the coupon code “EX2” at checkout. Cool, huh!!

Thanks for participating in the Spring Backyard Burn Trail Running Series. We are looking forward to a fantastic race. See you Sunday!

Andy

Andy Bacon
Race Director
EX2 Adventures
703-338-3965

Awards ceremony Zoom information

Andy Bacon is inviting you to a scheduled Zoom meeting.

Topic: 2021 SBYB Laurel Hill Awards Ceremony
Time: Mar 28, 2021 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/84433949561?
pwd=cEVpbXZtVkNjczVQZUloejVQMcthUT09](https://us02web.zoom.us/j/84433949561?pwd=cEVpbXZtVkNjczVQZUloejVQMcthUT09)

Meeting ID: 844 3394 9561

Passcode: ex2

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+1 253 215 8782 US (Tacoma)

Meeting ID: 844 3394 9561

Passcode: 040524

Find your local number: <https://us02web.zoom.us/j/84433949561?pwd=cEVpbXZtVkNjczVQZUloejVQMcthUT09>