

Hi -

I am thrilled that you are joining us for the Rails to River XC Mountain Bike Race this Sunday May 2nd at Lake Fairfax in Reston, VA. See [who is racing!](#) The race is sold out. **Please read this email carefully** as it contains detailed information on check-in procedures, race start times and procedures, course marking, post-race food, etc. As with all our events, 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.

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. Some have been vaccinated and others have not. 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.

We could use a few more **volunteers**. If you have any family or friends that would like to help out, please have them [sign up on the EX2 website](#). We have both morning and afternoon shifts.

Parking and Check-in Procedures

As you know, this race is actually three separate races - beginner (1 lap), sport (2 laps), and expert (3 laps). The beginner race starts at 9am, the sport at 11am, and expert at 2pm (see details below). This timing was intentional as we wanted only one race to be going on at any time. In other words, one race ends before the next race starts. This limits the amount of bikes (and people) on the trails at any time and also limits the amount of people around the pavilion at any given time.

The staging area for this race is the Large Pavilion inside Lake Fairfax Park. There will be signs and volunteers helping your park once you enter Lake Fairfax Park.

Check-in begins 90 minutes before your race starts. For example,

check-in begins at 7:30am for the beginner race that starts at 9am. Please arrive at least 45 minutes before the start of your race. It takes time to park, check-in, use the bathroom, and get ready to race.

IMPORTANT...NO RACE DAY RACE OR CLASS CHANGES. If you need to change races or classes, please do so via BikeReg or reply to this email no later than tomorrow end of day.

IMPORTANT...THERE IS ABSOLUTELY NO PRE-RIDING ON RACE DAY, but the course will be marked by 1pm on Saturday if you want to ride the day before the race.

Race Start Procedures

We are separating each race into socially distanced wave starts of approximately 50 to 75 people by class. Each wave will be separated by 8 minutes.

Beginner (1 Lap)

Check-in open from 7:30 to 8:45am

9:00am - Wave 1 - Male Open, Male Masters 40+, Male Masters 50+

9:08am - Wave 2 - All other classes

Sport (2 Laps)

Check-in open from 9:30 to 10:45am

11:00am - Wave 1 - Male Open, Male Masters 40+

11:08am - Wave 2 - Male Masters 50+

11:16am - Wave 3 - All other classes

Expert (3 Laps)

Check-in open from 12:30 to 1:45pm

2:00pm - Wave 1 - Male Open, Male Masters 40+, Male Masters 50+

2:08pm - Wave 2 - All other classes

The only exception to these start wave assignments within a race is if there are any parents that want to ride with their children.

Face Coverings

Face coverings are required at all times when checking in, in the starting queue, and in the finish area. Face coverings are NOT required when riding. I also ask that you carry a face covering with

you (in your shirt pocket, saddle bag, etc.). The reason for this is if you stop to help someone or if someone stops to help you, then you should put a face covering on.

Aid Station/Hydration

Every participant should be as self-sufficient as possible in terms of hydration. That means bringing your own water bottles already filled. There will be self-service bottled water at the race start and at the start of each lap if you need to re-fill. There is no "pit area" that you can stop and have your buddies re-fill your bottles for you.

Chip Timing

This race is chip timed. Your bike number plate has the timing chip on the back. You will attach your bike plate to your handlebars using the supplied twist ties.

Course Conditions and Weather

The forecast for this weekend has been changing a lot over the past few days, but things are looking good as of now. I rode today at the park and things have dried nicely after the rain we had Saturday night. It's going to be hot and sunny these next few days, which will really dry everything out. The forecast is calling for some rain on Friday, which will actually be a good thing to reduce any dust on the course. Race weekend is looking great. Sunny with seasonable temperatures.

Directions to [Lake Fairfax Park](#)

1400 Lake Fairfax Dr., Reston, VA 20190

From the capital beltway, Lake Fairfax Park may be reached by taking Exit 47A which is Route 7 (Leesburg Pike) west for approximately 7-8 miles to a left on Baron Cameron Avenue. Take the second left on Lake Fairfax Drive which will lead you directly into the park. Or just plug in Lake Fairfax Park into your favorite GPS app. Our staging area is the Large Pavilion. There will be race parking signs and volunteers helping you park and directing you to check-in. Please note that your GPS might take you to the park via the Dulles Toll Road and remember that is a toll road.

Restrooms

There are portojohns and permanent park bathrooms at check-in.

Race Course Notes

The race course is about 7 miles in length with the start and finish of the course at the large pavilion. The elevation change is about 500 feet and there are no significant climbs, although there are numerous shorter ones. The race starts heading up the steep gravel road towards the cricket fields and has **plenty of room for passing in the first half mile** before you reach the singletrack. There are a few technical rock sections on the course, but they are short and can easily be walked if needed.

At about mile 2.7/2.8 there is a section of the course that has an A line and a B line. The A line (left at the split) goes up and over a small rocky outcropping that will prove challenging for many/some riders. The B line (right at the split) is longer and gains elevation, but avoids the rock outcropping. It's up to you which line you choose.

The amazing team from MORE build a new trail a few weeks back and we are hoping that it is settled enough to use it in the race. The trail is right after the soccer fields at about mile 1.4. If the trail is not ready, then the race course will parallel the tree line on grass before diving left back into the singletrack. This is the route currently shown in the course map. This new trail may remain closed all week, so please honor any trail closures if you pre-ride.

The [updated course map is on RideWithGPS](#) and I've attached a course map. I've annotated the route in several places with additional information.

Course Marking

The course will be clearly marked with arrows at all decision points on the course. Yellow caution tape will block off the trails that are not part of the course. Several course marshals will be situated at key intersections along the course.

Trail Etiquette/Passing

Some parts on the course will be easier to pass on than others.

Passing riders should use audible signals "passing on your left" or "passing on your right" and, when possible and safe to do so, slower riders should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking rider to pass safely. Please give other riders extra room and be extra courteous. Remember, there

are so many more important things in life than this race. Let's remember that on race day. Be kind to each other out there.

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

Absolutely no headphones or audible music allowed during the race. This will be strictly enforced and grounds for disqualification. No exceptions.

Recovery Tent/First Aid

Complete first aid will be available in our staging area. We'll have two EMTs onsite. There will not be post-race massage or chiropractic adjustments because of COVID.

Post Race Beverages/Food

Bottled water, coke, diet coke, breakfast burritos, chips, bananas, granola bars, and cookies will be available at the finish for the morning race. The afternoon races will also have chicken burritos (and a limited number of vegetarian burritos). The burritos are from our friends at Coyote Grille in Fairfax and they are awesome. Please do not congregate at the finish as we're still not out of the COVID woods yet. Our friends from Athletic Brewing will have some of their tasty non-alcoholic craft beer available as well.

Mechanical Support

Tom from The Bike Lane will be onsite during the race should you need last minute help getting your bike ready!

Spectators

We kindly ask that you do not invite spectators to this race. There is still a lot of COVID out there, and we want to limit the amount of people at the event. With any luck we'll be able to turn up the party next year.

Race T-Shirt

If you purchased a race T-shirt you can pick it up at the race. We'll also have a limited number available for purchase AFTER the race

(\$20 cash or credit).

Awards

We will not have a big formal in-person awards ceremony for this race. Rather, results will be made available as close to realtime as possible. A link to the results will be sent out ahead of time. We will have our podium set up and ask anyone that made the podium (top 5 in each class) to come and grab their EX2 pint glass and \$25 gift card to The Bike Lane! We'll do our best to get some podium pictures as well, but we are going to be very careful to not encourage big groups hanging out around the pavilion.

Photos

The man, the myth, the legend [Bruce Buckley](#) will be at the race to capture all the action. Digital downloads will be available for FREE. A link to the pictures 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 #RailsToRiverXC and #RaceWithEX2 when you post to social media. Please also join the [EX2 Facebook group](#) to share your pictures and support other participants!

Lake Fairfax Trails Fund and [MORE](#)

All the trails at Lake Fairfax Park are primarily built and maintained by volunteers organized by the Mid-Atlantic Off-Road Enthusiasts (MORE). Thank you to everyone that made a donation during registration. So far, we have collected over \$1,200 in donations. EX2 will add 10% to everyone's donation before it goes to MORE and our friends at The Bike Lane are adding in \$250. There are some awesome projects in the works at Lake Fairfax and your support will help those plans become reality.

I want to say a special thank you to **Frank Raiti and Tony Watkins**, the MORE Trail Liaisons at Lake Fairfax. They have both worked tirelessly for years on creating and maintaining the trail system at the park. They are awesome people and this race would not be possible without their help.

Phoenix Bikes

We are hosting a bike/parts drive for Phoenix Bikes at the race!! See the end of this email for more information!!

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! 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.**

The Bike Lane

We are thrilled to have our good friends at The Bike Lane as a sponsor for this race. The shop is owned by the fabulous Anne and Todd Mader and they have supported EX2 since the beginning. The Bike Lane has two convenient locations, Reston and Springfield, and an online store that is always open! And the Reston location is the home of Bike Lane Brewing...yes that is as awesome as it sounds. If you are in the market for a new bike or accessories, or if your current bike needs service...you won't find a finer shop. If you make the podium at the race, you will walk away with a \$25 gift card to The Bike Lane!

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!

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 using the event hashtag #RailsToRiverXC. 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!!

Thank you for your support of this event, of the Lake Fairfax trail system, and of EX2 Adventures. We are excited to see you at Lake Fairfax on Sunday!!

Andy

Andy Bacon
Race Director
EX2 Adventures
703-338-3965

Phoenix Bikes

Phoenix Bikes is an Arlington nonprofit that uniquely combines youth educational programming with a full-service professional bike shop and retail store. Phoenix harnesses the power of bikes to help youth build passion, purpose, and a place in the community. With an increased need for bikes as vehicles for transportation, exercise, and just good vibes there has been a higher need to repair and maintain bikes as well. Industrywide, consumables and components have been selling out through wholesalers and e-tailers. At Phoenix we

refurbish quality used bikes as well as service bikes for customers that may not be able to afford a shiny new component. That said, we are grateful to the cycling community for donating quality used components that we use for such bikes and repairs.

We are hosting a bike parts drive for Phoenix Bikes at the race!! Check out the list of needed items below. If you have any of these laying around the house, please bring them to the race and drop them at the Phoenix tent.

- 700C rim brake (and disc brake) quick release wheels/sets (130mm O.L.D., 135mm O.L.D.) in good used condition=braking surface is not concave, and the freehub does not have severe notching.
- 26" rim brake (and disc brake) quick release wheels/sets in good used condition=braking surface is not concave, and the freehub does not have severe notching.
- Tires (nothing dry rotted/crumbling, with large tears, bare tread, holes, threads coming undone or exposed): 700x25, 28, 32, 35, 38C varieties that are slick to semi slick/small knobs. Nothing super knobby. No need for 29er mountain bike tires please. 26"x1.9-2.1: Slick to semi slick for commuting. No super knobby tires please. And inner tubes in the above sizes:)
- Brakes: In complete (if possible) working condition-Linear pull (V-brakes), "mini-V" brakes, cantilever brakes, cable actuated disc brake systems-such as Avid BB5, BB7. Cables and housing are also welcome:)
- Brake pads (caliper, disc varieties)- threaded post, smooth post, cartridge (for road and mountain).
- Disc brake 6 bolt and centerlock rotors (160mm) in used but good condition with life to spare.
- Saddles: Nothing too racy (less than 135mm in width at the widest portion of the saddle). With no holes, tears, cracked or bent rails.
- Seat posts: Mainly 27.2mm non-suspension
- Stems: 31.8 clamp diameter X 60 to 100mm in length.
- Bars: Flat/riser/alternate with a 31.8 clamp diameter
- Derailleurs, cassettes, chains, cranksets+bottom bracket (170, 172.5, 175- for mtb/commuters): 6, 7, 8, 9, 10, 11 speed in good usable shape. Cables and housing are also welcome:)
- Grips, bar tape in good usable shape- not torn up, degrading or sticky:)

- Accessories we can use: bottle cages, platform pedals, cell phone holders, frame bags, waterproof panniers, front and rear racks, helmets in good useable condition