

Hello -

We are excited to continue the Spring Backyard Burn Trail Running Series with our next race at Lake Fairfax!! **Thank you again for signing up to run this race with us virtually.** All the details for the virtual race are below. If you have any questions, please reply to this email if call/text me at 703-338-3965.

How will the virtual race work?

The virtual race can be run **any time and any place between April 9th and 11th, 2021.** This is the weekend of the in-person race. Simply run your race and enter your time via RunSignUp (see instructions below). I will mail you your race t-shirt (if you didn't participate in the first race of the series). The post-race virtual awards ceremony is Sunday night at 8pm and is for both the in-person and virtual races. The details for the zoom call are at the bottom of this email.

The distance for the virtual race are the same as the in-person race, so 5.2 miles for the 5-mile virtual race and 10.4 miles for the 10-mile virtual race. You know we like "bonus" distance at EX2!

Where can I run my virtual race?

Any where you'd like, but we ask that you do NOT come race morning (Sunday) to run your virtual race. But...you are welcome to come to the park and run the trails on Friday or Saturday of race weekend. From the race website you can see the GPS route of the course. **The course will be marked by 1pm on Saturday** so if you want to run the actual course that is your best bet. Please know that you are on your own if you choose to run it at the park Friday or Saturday. There will not be any safety or medical personnel there.

How do I submit my time for the virtual race?

Go to the [Results page](#) and click Submit Virtual Results. Then search for your registration and click Submit Virtual Results next to your name. If you aren't logged in, you can quickly verify yourself by phone number or email. Simply add in your time and click submit results. Please submit your results by the awards ceremony on Sunday evening.

***** Results should be submitted by 7pm on Sunday evening *****

If you plan to run your virtual race on the actual course at Lake Fairfax, please see the information below.

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 will be around pavilion G, which is on your RIGHT after entering the park. 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 will be portajohns at Pavilion G (on the right as you enter the park). Ours are being delivered on Friday, but I'm not sure when exactly, and there is one that is there all the time. There are also restrooms by the park office.

Race Course

This is a same (new) 5.2 mile course that we used last fall and it is super fun and filled with forested and lakeside single-track dirt trails. Two laps will be completed by the 10 mile racers for a total distance of about 10.4 miles. Most of the single-track sections are moderately technical, but nothing crazy. Please watch your footing, as there are several sections with roots, rocks, and steep slopes! There is NO two-way traffic on this course.

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.

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.

Awards

We will not have an in-person awards ceremony for this race. Rather, we'll host a virtual awards ceremony via zoom on Sunday evening at 8pm. Information about the ceremony is at the bottom of this email and an invite will be sent on Sunday to

all those that raced. We will NOT be mailing the pint glasses, but you can pick them up at any future EX2 event.

Share Your Photos and Join the EX2 Facebook Group

We encourage you to share photos on your race day! Please use #ex2adventures and tag @ex2adventures when you post to social media. Please also join the [EX2 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. To date, participants in this race have donated over \$1,000 to Homestretch...and in the past 12 months EX2 events have generated over \$30,000 for Homestretch. Thank you for your support of this amazing organization.

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 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 \$100 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 *virtual* race!

Andy

Andy Bacon
Race Director
EX2 Adventures
703-338-3965

Andy Bacon is inviting you to a scheduled Zoom meeting.

Topic: SBYB-LakeFairfaxAwards

Time: Apr 11, 2021 08:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/88435953824?>

pwd=cEg1bTB3RWRJV1ZleHU2SE1MdGVJdz09

Meeting ID: 884 3595 3824

Passcode: ex2

One tap mobile

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+1 253 215 8782 US (Tacoma)

Meeting ID: 884 3595 3824

Passcode: 049820

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