

Hello -

The Spring Backyard Burn Trail Running Series continues this Sunday at Lake Fairfax Park in Reston, VA!! See [who is racing](#). I just **opened up a few spots**, so please have any friends or family register soon if they want to race.

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. The race is going to be super fun, but remember 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: See race website**

### **Parking and Check-in 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 generally organized by pace.

Please arrive at the park about 10 minutes prior to your assigned check-in window. This will allow you time to park and not feel rushed. Please follow signs and volunteer instructions when parking.

Check-in will be held in the field in front of Pavilion G, which is **directly on your right when you enter the park** and a short walk from where you will park. There will be portajohns right next to check-in that you can use. Please warm up and use the portajohns 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.

*\*\*\* Please only check in during your assigned check-in time \*\*\**

**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: See race website**

### **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.

### **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 only one aid station on the course at about mile 3 (and 8.5 for the 10 miles). At this aid station will be grab and go bottled water only.

### **Course Conditions and Weather**

The forecast for this weekend is calling for a chance of showers and race morning temperatures in the 60s. Overall, great running weather. Things can change this far out, so be sure to check the weather the night before the race.

### **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 are portojohns at check-in.

### **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.

### **Trail Etiquette**

Some of the single-track trails at Lake Fairfax are tight and narrow. 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. 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, chips, 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 as we're still not out of the COVID woods yet.

### **Kids Race**

Sorry...no kids race during COVID.

### **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.

### **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 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 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 race. See you Sunday!

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?](https://us02web.zoom.us/j/88435953824?pwd=cEg1bTB3RWRJV1ZleHU2SE1MdGVJdz09)  
[pwd=cEg1bTB3RWRJV1ZleHU2SE1MdGVJdz09](https://us02web.zoom.us/j/88435953824?pwd=cEg1bTB3RWRJV1ZleHU2SE1MdGVJdz09)

Meeting ID: 884 3595 3824  
Passcode: ex2  
One tap mobile  
+13126266799,,88435953824#,,,,\*049820# US (Chicago)  
+19292056099,,88435953824#,,,,\*049820# US (New York)

Dial by your location  
+1 312 626 6799 US (Chicago)  
+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Washington DC)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 884 3595 3824

Passcode: 049820

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