

Hello -

The Spring Backyard Burn Trail Running Series finishes up this Sunday at Fountainhead Regional Park in Fairfax Station, VA. We LOVE Fountainhead and can't wait for the race! [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. 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 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. The check-in groups are generally organized by pace.

Please arrive at the park about 15 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 at the far end of the main parking lot at Fountainhead. Please warm up and use the portajohns BEFORE you check in and get your bib. **Portajohns are on the opposite end of the parking lot as check-in.** It's not a big place, you'll see them.

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 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 one aid station on the 5-mile course (at about mile 2) and two aid stations on the 10-mile course (at about miles 2, 6ish, and 7.5ish) . At these aid stations are grab and go bottled water only.

Course Conditions and Weather

The forecast for this weekend is looking like rain Saturday evening, but clearing during the day on Sunday with race time temperatures in the 50s. Things can change this far out, so be sure to check the weather the night before the race. We race at Fountainhead rain or shine.

Directions to Race Parking at [Fountainhead Regional Park](#)

10875 Hampton Road, Fairfax Station, VA 22039

From Interstate 95:

Exit onto Rt. 123 North and travel approx. 4 miles

Take a left on Hampton Rd. and travel approx. 3.5 miles

Take a left into Fountainhead Regional Park

Continue down the entrance road until you meet our parking staff/volunteers.

Our parking staff/volunteers will show you where to park.

From Interstate 66:

Exit onto Fairfax County Parkway South (exit 55) and travel approx. 6 miles

Exit onto Rt. 123 South and travel approx. 3 miles

Take a right onto Henderson Rd.

Take a left on Hampton Rd.

Take a right into Fountainhead Regional Park

Continue down the entrance road until you meet our parking staff/volunteers

Our parking staff/volunteers will show you where to park.

From Interstate 495 (Capital Beltway)

Exit onto Braddock Road and travel west for several miles

Pass George Mason University on your right then take a left onto Rt. 123 South (Ox Rd.)

Travel several miles on Ox Rd then take a right onto Henderson Rd.

Take a left on Hampton Rd.

Take a right into Fountainhead Regional Park

Continue down the entrance road until you meet our parking staff/volunteers

Our parking staff/volunteers will show you where to park.

Restrooms

Portajohns are on the opposite side of the parking lot from check-in. Check-in is located on the side closer to the park entrance...and the portajohns are on the side farther away from the park entrance.

Race Course

The Fountainhead 5-mile course (4.7ish miles actual distance) is an EX2 classic!

The 10-mile course was newly designed last fall as I wanted to eliminate the two-loop course for the 10-mile runners. Both courses are the same for the first 4 miles. The race starts up the paved park road for about a half mile and then takes a right on the blue-blazed equestrian trails. You will then do a 1.5 mile awesome lollipop shaped section. The stem of the lollipop is very wide doubletrack. At mile 2, you cross the park road and continue on the blue blazed trail until you reach the white-blazed nature trail at about mile 3.5. You then follow the white-blazed trail until you take the awesome little cutoff down across a creek and then to the intersection of the Bull-Run Occoquan Trail (BROT). This is at about mile 4. At this point, the 5-mile runners go LEFT up a steep hill on the BROT and follow the blue-blazed BROT to the finish. The 10-mile runners go RIGHT, cross two-bridges, and go up, up, up a steep section of the BROT. They then follow the BROT all the way until Wolf Run Shoals Road (aid station). At Wolf Run Shoals, runners cross the road and do a lollipop shaped loop. At the bottom of a hill soon after crossing Wolf Run Shoals, runners take a RIGHT, cross over a creek and then go up the best hill on the entire course. You'll know it when you get there. Then runners intersect with the BROT and follow it all the way back south to the finish.

On both courses, please watch your footing, as there are several sections with

roots, rocks, and steep slopes! Both courses are awesome. You are going to have a blast!!

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 and we'll have a few course marshals at key places. 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.

Trail Etiquette

Some of the singletrack trails at Fountainhead are narrow, but certainly not all of them. Large sections of the BROT are over 6 feet wide. 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 expected to put on their face coverings when passing/being passed. Please give other runners extra room and be extra courteous. Our staggered start procedures will eliminate much of the passing.

Mile Markers

Mile markers will be placed throughout the course. Keep in mind it is very normal for your GPS watch to show a difference distance than the mile markers.

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. Bummer I know. I miss it too.

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 night at 8pm. Information about the ceremony will be sent out after the race to everyone that attended. We will NOT be mailing the top 5 EX2 pint glasses, but you can pick them at any future EX2 race.

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 #RaceWithEX2 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 very grateful for any donations that you made during registration. In the past 2 months alone, EX2 events have generated over \$10,000

for Homestretch.

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 10/19. 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 two 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

#RaceWithEX2. Even better...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 Backyard Burn Trail Running Series. We are looking forward to a fantastic race. See you this weekend!

Andy

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