

Hello -

The countdown is on for the Fountainhead Half Marathon and 10K this weekend! This race course is absolutely beautiful...you are going to love Fountainhead!! Prepare for an awesome day of trail running action. I wish you the best of luck!! See [who is racing](#) (you can filter for race day and distance).

Please read this email carefully as it contains detailed information on check-in procedures, course description, course marking, aid stations, post-race food, etc. Although things have improved a great deal over the past few months, we continue to make 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 before, you'll see many changes. 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 race and check-in time:**

Race: **see website**

Check-in Time: **see website**

**Parking and Check-in Procedures**

We are staggering both check-in and start times over about an hour. The half marathon runners are checking-in/starting first and then the 10K runners. The check-in groups are generally organized by pace and we also have time between each small group start to help space out runners.

Please arrive at the park about 15 to 20 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, medal, and buff AFTER the race. Once you enter the starting queue, you will start your race within a few minutes with a small group of about 25 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 race and check-in time:

Race: **see website**

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. They are required for vaccinated and non-vaccinated participants. 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. *I am aware of the new CDC/Virginia guidelines for masks for vaccinated individuals, but I have deliberately chosen to keep our protocols the same for both vaccinated and non-vaccinated racers for now.* Thank you for your cooperation.

### **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. On the 10K course, we will have an aid station at about miles 1.6, 2.8, 3.8, and 5. There will be grab and go bottled water only. On the half marathon course, we will have an aid station at about miles 1.6, 2.8, 6.5, 10.2, and 11.4. At the 6.5 mile aid station on the half marathon course, we'll also have cans of coke and some snacks. First aid kits and emergency communication will be available at each aid station.

### **Course Conditions and Weather**

The forecast for this weekend is looking warm both days. Hydrate, hydrate, hydrate. Things can change this far out, so be sure to check the weather the night before the race. I'll continue to monitor the weather and provide an update should things change significantly.

## **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
- Follow the signs to check-in

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
- Follow the signs to check-in

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
- Follow the signs to check-in

### **Restrooms**

There are portojohns near the start. There is also a portojohn at about mile 6.5 on the half marathon course.

### **Race Course**

Prepare for an adventure and tons of fun on this beautiful, rugged, challenging, and remote feeling trail system. Fountainhead Regional Park is situated along the banks of the Occoquan Reservoir in Western Fairfax County in Northern Virginia. The 10K and half marathon race courses consist mostly of hiking trails, horse trails, and old dirt roads. You'll run along semi-technical terrain, up and down hills, and through several streams (and yes, your feet may get wet!). You will

need to stay focused as there are plenty of roots and roots to negotiate. Both the half marathon and 10K are out and back courses on the Bull-Run Occoquan Trail. The course will extend to just past Wolf Run Shoals Road for the 10K and to Bull Run Marina for the Half Marathon. The northbound direction of the run will feature several fun and challenging singletrack side trails and the southbound direction will be entirely on the Bull Run-Occoquan Trail, which parallels the Occoquan Reservoir. The location of the side trails and the flow of this race significantly limit two-way traffic to just a few short sections. The distance of the half marathon course is right around 13ish miles and the 10K at around 6.5ish miles.

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. There is one road crossing on the course. This is a very quiet road, but PLEASE LOOK BOTH WAYS BEFORE CROSSING.

**\*\*\* There are several key splits onto side trails going north bound (especially on the half marathon course) that will be very well marked with signs, but you'll need to pay attention just a little to not run by them. \*\*\***

### **Mile Markers**

Mile markers are located throughout the course. Please note that for part of the course their will be both 10K mile markers and half marathon mile markers marked accordingly. Also, your GPS is going to be different than mine and different than the person running next to you, so please know the distances are approximate.

### **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 each 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!!

### **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 Monday night. Information about the ceremony will be sent out in advance.

### **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 #fountainheadhalfmarathon 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 for this event, participants have donated over \$3,100 to Homestretch. Thank you! Over the past 12 months, EX2 events have generated more than \$30,000 for Homestretch.

### **Our Amazing Sponsors**

A huge thank you to our fellow small businesses that support EX2. Please show them some love!

#### **Sheehy Auto Stores and Sheehy Subaru of Springfield**

EX2 is thrilled to partner with Sheehy Auto Stores. Vince Sheehy, President of Sheehy Auto Stores, is an EX2 racer and a big supporter of grassroots racing! Vince is running the 10K on Sunday. If you are thinking about purchasing a new or preowned car, definitely checkout [Sheehy.com](http://Sheehy.com). With 29 dealerships through VA & MD, Sheehy has the largest selection of cars, trucks, and SUVs in the Mid-Atlantic. Plus, with Sheehy Direct, you can complete the entire process from home, and they'll even deliver your new car right to your door! For this race, we are highlighting [Sheehy Subaru in Springfield, VA](#). Subarus are a very popular car with our EX2 racers judging by the number of them we see in the parking lot each race! **A new Subaru from Sheehy will be at Fountainhead for you to check out after the race.** Sanna on the EX2 staff just purchased a new Subaru Forrester from Sheehy and said the experience was awesome! She'll be at the race on Saturday and you can ask her about it!

If you are interested in learning more about a Subaru from Sheehy, you can [fill out this interest form](#) and someone will get in touch with you. Morgan from Sheehy will be onsite this weekend to answer any questions as well.

#### **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. 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.](#)

### 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 your virtual race picture on social media and tag @ex2adventures and @athleticbrewing and #fountainheadhalfmarathon. 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 Fountainhead Half Marathon/10K Trail Running Race. We are looking forward to a fantastic race. See you soon!

Andy

Andy Bacon  
Race Director  
EX2 Adventures  
703-338-3965