

Hello,

Welcome to the Virtual Fountainhead Half Marathon and 10K!! We are SO excited and hope you are as well!! This email covers all the basic information that you need to know about the virtual race. Most of this information is also on the race website and it is a good place to reference if you have any questions. You are always welcome to send me an email or call me if you have any questions. My contact information is at the bottom of this email.

Share Your Photos and Join the EX2 Facebook Group

We encourage you to share photos when you run your virtual race! 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! We are encouraging the in-person racers to do the same!

Logging Your Time

Logging your time is not a complicated process and you can submit your time any time through 6pm on Monday May 24th.

To submit your time, do the following:

- Go to the [Results](#) page.
- Click Submit Virtual Results and then search for your registration (searching by first and last name works well).
- Click the Submit Virtual Results link next to your name. If you aren't logged in, you can quickly verify yourself by email or the last 4 digits of your phone number.
- Enter the time.
- Don't forget to hit Submit when you are done!

Where To Run Your Virtual Race?

You are welcome to run the race anywhere you'd like...including trails, pavement, a treadmill. Anything goes. If you are local to the DC area, and would like to run at Fountainhead you are welcome to do so. **Please just do NOT run on the actual in-person race days of May 22nd and 23rd unless it's in the afternoon after 12pm.** The course maps are on the [race website](#) and you can download the GPX tracks via the linked ridewithgps routes. If you don't feel comfortable following the actual route, you can also just run (or do an out and back) on the blue blazed Bull Run Occoquan Trail (BROT), which is pretty easy to follow. **I am leaving the turns marked through Monday May 24th so you can run the actual course if you choose to the Monday after the in-person race.**

Swag

We have some really cool swag for you! The medals came out awesome and the buffs are SWEET!! The shirts are going to look awesome as well. All swag will be mailed by early June. I will notify you when the swag ships. If you happened to have moved, please let me know so I can change your mailing address.

Our Amazing Sponsors

A huge thank you to our fellow local 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. 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 the in-person race. Sanna on the EX2 staff just purchased a new Subaru Forrester from Sheehy and said the experience was awesome!

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.

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 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 to win](#).

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 on Monday evening.

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!!

Enjoy your virtual race!! Thank you for racing (virtually) with EX2 Adventures!!

Andy

Andy Bacon
Race Director/Owner
EX2 Adventures
703-338-3965