

Hello -

The 2021 Fall Backyard Burn Trail Running Series kicks off this Sunday at Pohick Bay Regional Park in Lorton, VA! We are so glad you are joining us!! [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.

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.

COVID Precautions

We strongly encourage all racers and spectators to get vaccinated. All volunteers must be fully vaccinated to volunteer at any EX2 event. All members of the EX2 staff are already fully vaccinated.

All participants (irrespective of vaccination status) are asked to bring a mask with you to the race and wear it in common areas when social distancing cannot be maintained. Masks are not required when racing. We will have staggered starts of 50 to 100 people grouped by pace and encourage racers to space out at the start line. Our races are chip timed, so your time does not start until you cross the starting line. There is nothing more important than our health. Let's all continue to take good care of each other; be kind and respect each other; and enjoy the trails together as an EX2 community.

If you have any friends or family that would like to race, please have them sign up via your referral link. You will receive an automatic \$20 refund if 5 people sign up via your link!

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A few more volunteers

We could use a few additional volunteers for this race. If you have any friends or family that would like to volunteer, please have them [sign up via our website](#). Without the support of enthusiastic and caring volunteers, producing our races would not be possible. Volunteers help with check-in, aid stations, course

marshaling, parking, post-race food, and sweeping the course. Volunteering is a fun way to experience our races, play in the outdoors, and spend time with friendly people. All volunteers receive a free race t-shirt, free food, a discount coupon code good for \$15 off a future EX2 race or EX2 merchandise, and our sincere thanks. Shifts typically start between 6:30am and 8:00am and run for 3 to 5 hours.

Race Location

Pohick Bay Regional Park
[6501 Pohick Bay Drive](#)
Lorton, VA 22079

Race Schedule

7:30 – Check-in/bib pick-up opens
8:50 – Pre-race brief
9:00 to 9:04 – Staggered starts by pace (see below)
9:30 – Post-race food available
10:45 – Kids Race (short race at the finish area)
11:00 – Awards (top 5 in each category) and sponsor give-a-ways

Parking

Vehicles will be parked in the asphalt and grass parking lots at the park. Those arriving early will be parked closest to the staging area. Please follow the blue EX2 parking signs and the direction of the parking volunteers. We always advocate carpooling if possible.

Check-in

Check-in will take place in the open field near the main asphalt parking lot (it's on the frisbee golf course). After you park, follow the signs to check-in. Check-in opens at 7:30am. At check-in you will receive your race number and T-shirt. Please ARRIVE EARLY to help alleviate backups. It takes time to park, check-in, use the bathroom, and warm up. We recommend arriving no later than 8am.

Race Start

Based on the feedback I received in a recent survey, we are going to continue to use a few staggered starts for this race. Staggering the starts even by a few minutes will space runners out on the trails a bit more than a single mass start while still having a great "race" feel at the beginning. As of today with the number of participants that we have, we'll have three start groups. We are not separating the start by race distance (5 miles or 10 miles), but rather by pace across both races. This is because the 10 mile course is two loops, and starting the race by distance would cause some ungood strangeness from a passing perspective.

- Group 1 @ 9:00am - 10 min/mile pace or less
- Group 2 @ ~9:02am - Between 10 and 12 min/mile pace
- Group 3 @ ~9:04am - Greater than 12 min/mile pace

At about 8:50am on race morning, I will ask you to start self selecting into these three groups. The race starts on the park road for this course. I will bring group 1 onto the road right before they start. Once group 1 starts...group 2 will come onto the road and start shortly after. Once group 2 starts, then group 3 will come onto the road and start shortly after. If you aren't sure about your pace on this course, just take your best guess. It's not a perfect science :) Our races are chip timed so your start time is when you cross the start mat.

Aid Stations

This race has four on-course aid stations and one post-race aid station. All aid stations will be stocked with water and Gatorade. The aid stations will be spaced about 1 to 1.5 miles from each other. The 5 mile racers will have four opportunities for aid at roughly miles 1, 2, and mile 3.5, and mile 5. The 10 mile racers will have seven opportunities for aid at roughly miles 1, 2, 3.5, 5, 6.25, 7.75, and 9.25. First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The forecast for this weekend is seasonable. Overall, awesome running weather. Things can change this far out, so be sure to check the weather the night before the race and dress accordingly.

Restrooms

There are portajohns near the parking lot and check in. PLEASE arrive and take your restroom break early. We ordered plenty of portajohns for our anticipated numbers, but if everyone tries to use the restroom 15 minutes before the race then there may be long lines. Also, please form individual lines in front of each bathroom, rather than one long single line.

Race Course

The moderately technical course includes awesome singletrack, wide open doubletrack, challenging climbs, and some flowy descents. There are plenty of roots and rocks, but this is not an overly technical course. With 500+ feet of elevation gain on the 5 mile course and well over 800 feet on the 10 mile course, the biggest challenge on this course is the hills. Don't forget to look up when you near the water. The water views are beautiful. To start the race, there is .6 miles of wide asphalt road running before entering the singletrack. While passing is possible throughout the course, once you hit the singletrack, good passing opportunities are sometimes limited. So, it is advisable to find your comfortable pace and placement during that first road section. The course is all singletrack except for the first road section and two sections of dirt road. The 10 mile racers

will complete a full first lap and then a slightly shortened second lap. The 5 mile race has been measured at 5.7 miles and the 10 mile race is 10 miles. **New this year...right before the third aid station at about mile 3.2, I added a short .2 mile out and back section to incorporate one more really awesome water view.**

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 singletrack trails at Pohick are 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 will likely be different than your GPS watch.

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

Water, Gatorade, coke, diet coke, breakfast burritos, chips, bananas, granola bars, cookies and other snacks will be available at the finish.

Kids Race

I will bring the EX2 treasure box to this race and if there are any young kiddos that would like to do a short race then we'll make it happen. The race is a short out and back or loop near the finish line.

Awards

The awards ceremony will take place at 11am (or a bit sooner depending in finishing times). Awards will be given to the top five male and female racers in each age group for both the 5 and 10 mile races. We have lots of great giveaways as well! Stick around and cheer on your fellow racers.

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 grateful for any donations that you made during registration. To date, participants in this race have donated over \$1,400 to

Homestretch...and in the past 18 months EX2 events have generated well over \$50,000 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. We'll be randomly giving away \$100 to a lucky participant during our awards ceremony after the race. 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 awards ceremony, Erik will be giving away two \$25 amazon gift cards.

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 are giving everyone a \$20 off \$100 coupon that you can use in-person at any of their 6 location locations or online (use code **EX2FALL2021**). In addition, I'll give away two \$50 gift cards during the 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! 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 Fall Backyard Burn Trail Running Series. We are looking forward to a fantastic race. See you Sunday!

Andy

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