

Hello!

The 2021 Fall Backyard Burn Trail Running Series continues this Sunday at Lake Fairfax in Reston, VA! We are so glad you are joining us!! [See who is racing!](#)

Please consider helping us spread the word about the race. 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!
%REGISTRATION_REFERRAL_CODE_URL%

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. Participants are encouraged to bring a mask with you to the race and wear it in common areas if social distancing cannot be maintained. Our races take place in parks with LOTS of room to space out.

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.

Race Location

Lake Fairfax Regional Park
[1400 Lake Fairfax Drive](#)
Reston, VA 20190

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

We stage out of pavilion G, which is directly on your right as you enter the park.

Parking is in a grass field and gravel parking areas adjacent to our staging area.

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 under a large green and white tent. 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

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. This start format worked well at the first race in the series two weeks ago.

- 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 grass field in front of the tent where you check in (between the tent and the park road). I will bring group 1 to the start line first. Once group 1 starts...group 2 will come to the start line. Once group 2 starts, then group 3 will come to the start line 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 1.7 miles from each other. The 5 mile racers will have three opportunities for aid at roughly miles 1.7, 3, and 4.5. The 10 mile racers will have seven opportunities for aid at roughly miles 1.7, 3, 4.5, 5.5, 7.1, 8.4, and 9.8 miles. First aid kits and emergency communication will be available at each aid station.

Course Conditions and Weather

The forecast for this weekend is looking like fall. Overall, awesome running weather. Race start temperatures look to be in the 50s. 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

This moderately technical course is AWESOME!! I live close to the park so it's near and dear to my heart!! There are definitely roots and rocks, but nothing crazy and TONS of amazing singletrack. There are three stream crossings, but it's possible (maybe?) to keep your feet mostly dry if you are careful. To start the race, there is a .4 miles prologue on a gravel road. 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 section. The 10 mile racers will complete a full first lap and then a slightly modified second lap. The 5 mile race has been measured at 5.2 miles and the 10 mile race is 10.4 miles.

Course maps, elevation profiles, GPS tracks, and a new course preview 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 Lake Fairfax 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 alone have donated over \$1,100 to Homestretch...and over \$2,600 for the 2021 Fall Backyard Burn series. Over the past 18 months EX2 events have generated 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!

[MOSS Building and Design](#)

MOSS Building and Design is an award winning contractor in Northern Virginia with an established 20-year reputation for outstanding customer care. Their strategy is to build lifelong relationships with their customers and every decision they make is in the best interest of their customers. Whether it's a three story addition or help hanging curtains, they handle every job with exquisite detail and care. MOSS can handle various services including home additions, kitchen

remodels, basement remodels, bedrooms and bathroom remodels, and exterior remodels. They also have a wonderful handyman service! MOSS has been voted a 5 time consecutive Angie's List Super Service Award winner.

MOSS is giving away two \$25 REI gift cards at the race as well as a handyman service for a day...seriously...think of the possibilities!! [Enter to win the handyman service here!](#)

[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

Andy Bacon
Race Director
EX2 Adventures
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