

Hello -

The 2021 Fall Backyard Burn Trail Running Series wraps up this Sunday at Fountainhead Regional Park in Fairfax Station, VA! We are so glad you are joining us!! See [who is racing!](#) The point series will also be decided this race. Check out the standings: [5 Mile](#); [10 Mile](#). Remember, you must race in at least 2 of the 4 races to be eligible for series awards/prizes.

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 100 people or so 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

Fountainhead Regional Park
[10875 Hampton Road](#)
Fairfax Station, VA 22039

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

10:40 – Kids Race (short race at the finish area)

11:00 – Awards (top 5 in each category), sponsor give-a-ways, and series awards

Parking

We park vehicles in the main parking lot at Fountainhead, along the park roads, and in grass fields. We always encourage carpooling if possible. Please follow the parking signs and volunteer instructions.

Check-in

Check-in opens at 7:30am and will take place in the field near the main parking lot at Fountainhead. At check-in you will receive your race number and t-shirt (one/person for the series). Please arrive early to help alleviate backups. It takes time to park, check-in, use the bathroom, warm up, and attend the pre-race brief. We strongly 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. We are not separating the start by race distance (5 miles or 10 miles), but rather by pace across both races. As of today with the number of participants that we have, we'll have three start groups. This start format worked well at the first three races and the first half mile is on rolling pavement, which will also space the groups out.

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 in the park road adjacent to the main parking lot. 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 5 mile racers will have two opportunities for on-course aid (at about miles 2 and 3.7). The 10 mile racers will have six opportunities for on-course aid (at about miles 2, 3.7, 5.3, 6.3, 7.5, and 8.7). 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 40s warming into the 50s.

Things can change this far out, so be sure to check the weather the night before the race and dress accordingly. **Bring a warm jacket, hat, and a change of clothes so you'll be comfy hanging out after the race.**

Restrooms

Portajohns will be available near check-in. PLEASE arrive and take your restroom break early. We order enough portajohns for our anticipated numbers but if everyone tries to use the restroom 15 minutes before the race then we will have long lines.

Race Course

The Fountainhead 5-mile course (4.8ish miles actual distance) is an EX2 classic!

The 10-mile course was new last year as I wanted to eliminate the two-loop course for the 10-mile runners. Neither course is flat. 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. **There will be a little bit of two-way traffic on the stem, so stay to the right.** 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.

Course maps, elevation profiles, GPS tracks, and a new course preview are available on the [EX2 race 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 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.

Please give other runners extra room and be extra courteous. **Absolutely NO headphones!!**

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, non-alcoholic craft beer from Athletic Brewing, pizza, 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. No pre-registration is needed. Just come on up when I make the announcement.

Awards

The awards ceremony will take place at 11am. 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. **After the race awards we'll do the series awards. 5 mile racers...let's cheer on those 10 milers as they finish!!**

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 8 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 \$4,700 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.

Representatives from Homestretch will be at the race. Please say hello and ask them about the important work that they do.

Bring a Gift Card to the Race

We are collecting the following types of gift cards at the race. These cards will be distributed directly to families in Homestretch. Please consider picking one up and dropping it off during check-in or after the race.

- Giant, Safeway, ALDI and Harris Teeter - buys food for families.
- Target - buys food and children's clothing
- CVS - for prescriptions and vitamins
- Gas cards
- Uber Cards for families that don't have cars
- TJ MAXX - for adults to purchase clothing for work

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 series 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 (plus a bonus \$100) to two lucky participants 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 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
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EX2 Adventures
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