

I am thrilled that you are joining us for the Rails to River XC Mountain Bike Race this Sunday June 5th at Lake Fairfax in Reston, VA. See [who is racing!](#)

We still have spots available and as of now we will have race day registration, so let your friends and know they can still join us!

We could definitely use some more volunteers. If you have any family or friends that would like to help out, **please have them [sign up on the EX2 website.](#)** We have both morning (7:30 to 12:30) and afternoon shifts (12 to 5)...and it's totally OK if they can help for only a few hours during those windows. It's also possible to volunteer before or after your own race.

Please read this email carefully as it contains detailed information on check-in procedures, race start times and procedures, course marking, post-race food, etc.

Parking and Check-in Procedures

As you know, this race is actually three separate races - beginner (1 lap), sport (2 laps), and expert (3 laps). The beginner race starts at 9am, the sport at 11am, and expert at 2pm (see details below). This timing was intentional as we wanted only one race to be going on at any time. In other words, one race ends before the next race starts. This limits the amount of bikes on the trails at any time. The staging area for this race is the Large Pavilion inside Lake Fairfax Park. There will be signs and volunteers helping your park once you enter Lake Fairfax Park.

Check-in begins 90 minutes before your race starts. For example, check-in begins at 7:30am for the beginner race that starts at 9am. Please arrive **at least** 45 minutes before the start of your race. It takes time to park, check-in, use the bathroom, and get ready to race.

IMPORTANT...NO RACE DAY RACE OR CLASS CHANGES...this just really keeps things moving on race morning. If you need to change races or classes, please do so via BikeReg or reply to this email ASAP.

IMPORTANT...THERE IS ABSOLUTELY NO PRE-RIDING ON RACE DAY, but the course will be lightly marked (all the turns) by Friday late afternoon. We will finishing our detailed marking between 3pm and 7pm on Saturday.

Race Start Procedures

We are separating each race into wave starts by class or small groups of classes. Each wave will be separated by 3 minutes, with the exception of the e-bike class.

that is purposefully spaced farther from other classes.

Beginner (1 Lap)

Check-in open from 7:30 to 8:45am

9:00am - Male Open

9:03am - Male 40+, Male SS

9:06am - Male 50+

9:09am - Male Clydesdale, Male 19-U

9:12am - Female Open, Female 40+, Female 50+

Sport (2 Laps)

Check-in open from 9:30 to 10:45am

11:00am - E-Bike

11:03am - Male Open

11:06am - Male 40+, Male SS

11:09am - Male 50+

11:12am - Male Clydesdale, Male 19-U

11:15am - Female Open, Female 40+, Female 50+, Female 19-U, Female SS

Expert (3 Laps)

Check-in open from 12:30 to 1:45pm

2:00pm - E-Bike

2:03pm - Male Open

2:06pm - Male 40+, Male SS

2:09pm - Female Open, Female 50+

2:12pm - Male 50+, Male Clydesdale, Male 19-U

The only exception to these start wave assignments within a race is if there are any parents/family that want to ride with their children.

Aid Station/Hydration

Every participant should be as self-sufficient as possible in terms of hydration.

That means bringing your own water bottles already filled. There will be water and Gatorade at the race start and at the end of each lap if you need to re-fill.

This end of lap area is neutral support. There will also be water and gatorade on course at the soccer fields (about mile 1.5 and 6).

Chip Timing

This race is chip timed. Your bike number plate has the timing chip on the back.

You will attach your bike plate to your handlebars using the supplied twist ties.

Course Conditions and Weather

The forecast is looking fabulous. Race day weather looks to be starting in the 60s

and warming to the low 80s. Thank goodness :)

Lake Fairfax Park

1400 Lake Fairfax Drive

Reston, VA 20190

From the capital beltway, Lake Fairfax Park may be reached by taking Exit 47A which is Route 7 (Leesburg Pike) west for approximately 7-8 miles to a left on Baron Cameron Avenue. Take the second left on Lake Fairfax Drive which will lead you directly into the park. Or just plug in Lake Fairfax Park into your favorite GPS app.

Our staging area is the Large Pavilion. There will be race parking signs and volunteers helping you park and directing you to check-in. Please note that your GPS might take you to the park via the Dulles Toll Road and remember that is a toll road.

Restrooms

There are portojohns and permanent park bathrooms at check-in.

Race Course Notes

The race course is about 7 miles in length with the start and finish of the course at the large pavilion. The elevation change is about 500 feet and there are no significant climbs, although there are numerous shorter ones. The race starts heading up the steep gravel road towards the cricket fields and has **plenty of room for passing in the first half mile** before you reach the singletrack. There are a few technical rock sections on the course, but they are short and can easily be walked if needed.

At about mile 2.7/2.8 there is a section of the course that has an A line and a B line. The A line (left at the split) goes up and over a small rocky outcropping that will prove challenging for many/some riders. The B line (right at the split) is longer and gains elevation, but avoids the rock outcropping. It's up to you which line you choose.

The course is the same as last year, except for some new trail that was built this year. This new section adds a negligible amount of distance. The new trail is right after the big creek crossing at about mile 5.

The [updated course map is on RideWithGPS](#). I've annotated the route in several places with additional information...please take a look at it.

Course Marking

The course will be clearly marked with arrows at all decision points on the

course. Yellow caution tape will block off the trails that are not part of the course. Several course marshals will be situated at key intersections along the course.

Trail Etiquette/Passing

Some parts on the course will be easier to pass on than others. Passing riders should use audible signals "passing on your left" or "passing on your right" and, when possible and safe to do so, slower riders should allow them to pass. Both riders have a responsibility to ensure passing is done safely. Please give other riders extra room and be super super super courteous. **Remember, there are so many more important things in life than this race. Let's remember that on race day. Be kind to each other out there. One bad passing experience can ruin someone's race. It is 100% possible to race hard and be courteous at the same time.**

Mile Markers

Mile markers are located throughout the course. Keep on mind these mile markers were placed accordingly to my GPS and it might (will be) be different than yours.

NO EARPHONES or LOUD AUDIBLE MUSIC

Absolutely no headphones or audible music allowed during the race. This will be strictly enforced and grounds for disqualification. No exceptions.

Recovery Tent/First Aid

Complete first aid will be available in our staging area. We'll have an EMT on site.

Post Race Beverages/Food

Water, Gatorade, coke, diet coke, breakfast burritos, chips, bananas, granola bars, and cookies will be available at the finish for the morning race. The afternoon races will also have mini chicken burritos (and some mini vegetarian burritos) and pizza. The burritos are from our friends at Coyote Grille in Fairfax and they are awesome.

Bike Lane Brewing Beer Garden

The afternoon beer garden (starting around 2pm) will be at the large pavilion at Lake Fairfax. Each riders first beer is on the house, and additional beer is sold for \$7/16oz pour. On tap will be Trail Fund Beer - Session Ale 4.7% and Klunker - Kölsch 5.0%. The Rails to River will highlight the Bike Lane Brewing Trail Fund Beer. This beer was created to help continue to fund the trails in our community. One dollar per pint sold will be donated to MORE, not only at Rails to River, but every time this beer is served. Bike Lane Brewing is very excited to partner with EX2 for this release, and look forward to riding trails built with the help of beer. Cheers!

Mechanical Support

Tom from The Bike Lane will be onsite during the race should you need last minute help getting your bike ready!

Spectators

There are several good spectator spots on the course, including: the large pavilion start/finish area, cricket fields, soccer fields, and campground. I will send out a map that shows spectator areas this week. Please note that spectators can ONLY provide support in the neutral support area at the start/finish.

All **volunteers** have the best spectator spots...[hint, hint](#).

Race T-Shirt

If you purchased a race T-shirt you can pick it up at the race. We'll also have some available for purchase AFTER the race (\$20 cash or credit).

Awards

We will have an awards ceremony for each race and awards go to the top 5 in each class. The top 5 will receive an EX2 pint glass and \$25 gift card to The Bike Lane. We'll also have some awesome give-a-ways during each awards ceremony. The timing of the awards ceremonies is as follows:

- Beginner (1 lap) awards @ 11:30am (following sport race start)
- Sport (2 laps) awards @ 2:30pm (following expert race start)
- Expert (3 laps) awards @ 5:15pm

Photos

The fabulous Abe Landes will be at the race to capture all the action. A link to the pictures 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 #RailsToRiverXC and #RaceWithEX2 when you post to social media. Please also join the **EX2 Facebook group** to share your pictures and support other participants!

Lake Fairfax Trails Fund and MORE

All the trails at Lake Fairfax Park are primarily built and maintained by volunteers organized by the Mid-Atlantic Off-Road Enthusiasts (MORE). Thank you to everyone that made a donation during registration. So far, we have collected over \$1,100 in donations. EX2 will add 10% to everyone's donation before it goes to MORE and our friends at The Bike Lane and Bikenetic are adding in \$250 each. There are some awesome projects in the works at Lake Fairfax and your support will help those plans become reality.

I want to say a special thank you to **Tony Watkins**, the current MORE Trail Liaison at Lake Fairfax. I also want to recognize **Frank Raiti** for his vision and many, many years of support as MORE Trail Liaison. They have both worked tirelessly for years on creating and maintaining the trail system at the park. They are awesome people and this race would not be possible without their help.

Phoenix Bikes

We are hosting a bike/parts drive for Phoenix Bikes at the race!! See the end of this email for more information!!

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. For this race, we'll be randomly giving away \$100 to a lucky participant! 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 each awards ceremony, Erik will be giving away a \$25 REI gift card.

We are proud to partner with two of the BEST bike shops in the area. Anne and Todd Mader from The Bike Lane, and Jan Feuchtner and Helen Huley from Bikenetic, are good friends and amazing, amazing people! We are grateful for their support.

The Bike Lane

The Bike Lane is a family owned and operated bike shop serving northern Virginia. Our mission and passion is to get more people on bikes more often by offering best in class customer service, superior knowledge, and by giving back to the community in which we all ride. We believe in supporting our customers no matter where they are in their journey to becoming lifetime cyclists. When you shop with us, you're not only supporting local small businesses, you'll get personal care for the lifetime of your bike. We offer price matching, free adjustments, and 5% back annually on purchases.

Bikenetic Full Service Bicycle Shop

Gravel, Mountain, Road: OH MY! But it doesn't end there... what about hybrid, bmx, cyclocross, fat bike and cruiser? We take our tires pretty seriously here at Bikenetic which is why we do our best to stock the most popular styles and sizes by the world's leading manufacturers. With over 100 different models in stock, we're pretty confident in our ability to get you set up with the right rubber for your next big adventure. As a sponsor of both the Loudoun County 1725 Gravel Grinder and the Rails to River XC race, now might be the time to stop by to check out our current selection and/or possibly get something on order if you have something more specific in mind. Feel free to call (703) Keg-Ride or email info@bikenetic.com with any questions, or check out most of our selection on our webstore: www.bikenetic.com

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 a \$50 gift card to The Bike Lane during each awards ceremony as well as a handyman service for a day to one lucky participant...seriously...think of the possibilities!!

Sheehy Auto Stores

EX2 is thrilled to again partner with Sheehy Auto Stores. Vince Sheehy, President of Sheehy Auto Stores, is an EX2 racer and a big supporter of grassroots racing! If you are thinking about purchasing a new or preowned car, definitely checkout Sheehy.com. With 32 dealerships and 14 brands 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!

If you are interested in a new or used car, you can let me know and I'll put you in contact with Vince directly (seriously). He'll then personally connect you with the correct sales manager at the right dealership. How is that for personal service? He did that for an EX2 staff member, Sanna, and she had a wonderful and stress-free buying experience.

Sheehy is giving away a \$50 gift card to Bikenetic during each awards ceremony! Awesome!

The ODDC - Old Dude Dirt Clan

The word on the trail is that the ODDC (a group of long-time experienced EX2 racers) will have a gift card for Bike Lane Brewing to give away!

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."

Pow-HER Chiropractic

Dr. Cheryl Lee-Pow, owner of Pow-HER Chiropractic, is a huge sports fan and has a wide array of experience supporting amateur, collegiate, and professional athletes. She has provided chiropractic care to the Buffalo Bandits Professional Lacrosse Team, Division I Track & Field Championships, US National Taekwondo Championships, the Washington DC Divas professional football team, the Dew Tour, and since 2008, athletes that compete in EX2 races. Dr. Cheryl can help you move stronger, faster, and healthier. Her office is in Rockville, MD...and she's very, very awesome.

Coyote Grille

Coyote Grille in Fairfax is OPEN and has some awesome outside seating! Give them a call or order online. Eat local!

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. First-time purchasers save 20% off your first purchase at athleticbrewing.com by using the coupon code "EX2" at checkout. Cool, huh!!

Thank you for your support of this event, of the Lake Fairfax trail system, and of EX2 Adventures. We are excited to see you at Lake Fairfax on Sunday June 5th!

Andy

Andy Bacon
Race Director
EX2 Adventures
703-338-3965

Phoenix Bikes

Phoenix Bikes is an Arlington nonprofit that uniquely combines youth educational programming with a full-service professional bike shop and retail store. Phoenix harnesses the power of bikes to help youth build passion, purpose, and a place in the community.

With an increased need for bikes as vehicles for transportation, exercise, and just good vibes there has been a higher need to repair and maintain bikes as well. Industrywide, consumables and components have been selling out through wholesalers and e-tailers. At Phoenix we refurbish quality used bikes as well as service bikes for customers that may not be able to afford a shiny new component. That said, we are grateful to the cycling community for donating quality used components that we use for such bikes and repairs.

We are hosting a bike parts drive for Phoenix Bikes at the race!! Check out the list of needed items below. If you have any of these laying around the house, please bring them to the race and drop them at the Phoenix tent.

- 700C rim brake (and disc brake) quick release wheels/sets (130mm O.L.D., 135mm O.L.D.) in good used condition=braking surface is not concave, and the freehub does not have severe notching.
- 26" rim brake (and disc brake) quick release wheels/sets in good used condition=braking surface is not concave, and the freehub does not have severe notching.
- Tires (nothing dry rotted/crumbling, with large tears, bare tread, holes, threads coming undone or exposed): 700x25, 28, 32, 35, 38C varieties that are slick to semi slick/small knobs. Nothing super knobby. No need for 29er mountain bike tires please. 26"x1.9-2.1: Slick to semi slick for commuting. No super knobby tires please. And inner tubes in the above sizes:)
- Brakes: In complete (if possible) working condition-Linear pull (V-brakes), "mini-V" brakes, cantilever brakes, cable actuated disc brake systems-such as Avid BB5, BB7. Cables and housing are also welcome:)
- Brake pads (caliper, disc varieties)- threaded post, smooth post, cartridge (for road and mountain).
- Disc brake 6 bolt and centerlock rotors (160mm) in used but good condition with life to spare.
- Saddles: Nothing too racy (less than 135mm in width at the widest portion of the saddle). With no holes, tears, cracked or bent rails.
- Seat posts: Mainly 27.2mm non-suspension
- Stems: 31.8 clamp diameter X 60 to 100mm in length.
- Bars: Flat/riser/alternate with a 31.8 clamp diameter
- Derailleurs, cassettes, chains, cranksets+bottom bracket (170, 172.5, 175- for mtb/commuters): 6, 7, 8, 9, 10, 11 speed in good usable shape. Cables and housing are also welcome:)
- Grips, bar tape in good usable shape- not torn up, degrading or sticky:)

- Accessories we can use: bottle cages, platform pedals, cell phone holders, frame bags, waterproof panniers, front and rear racks, helmets in good useable condition