

Hi everyone!

I am thrilled that you are joining us for the Cranky Monkey Mountain Bike Race this Sunday September 17 at Fountainhead. This race has a very long history dating back to 2004. Thank you for being a part of its return! See [who is racing!](#) We are going to have a BLAST!!!

We 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](#)**. It's also possible to volunteer before or after your own race. Volunteers will help with check-in, parking, course marshaling, sweeping (riding behind the last racers), and post-race food. Volunteer times start at 6:15am and run through about 2pm. Times are flexible and volunteer shifts are generally 2 to 4 hours.

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 - base, sport and expert. The base race starts at 8am, the sport at 9am, and expert at 10am (see details on start timing below).

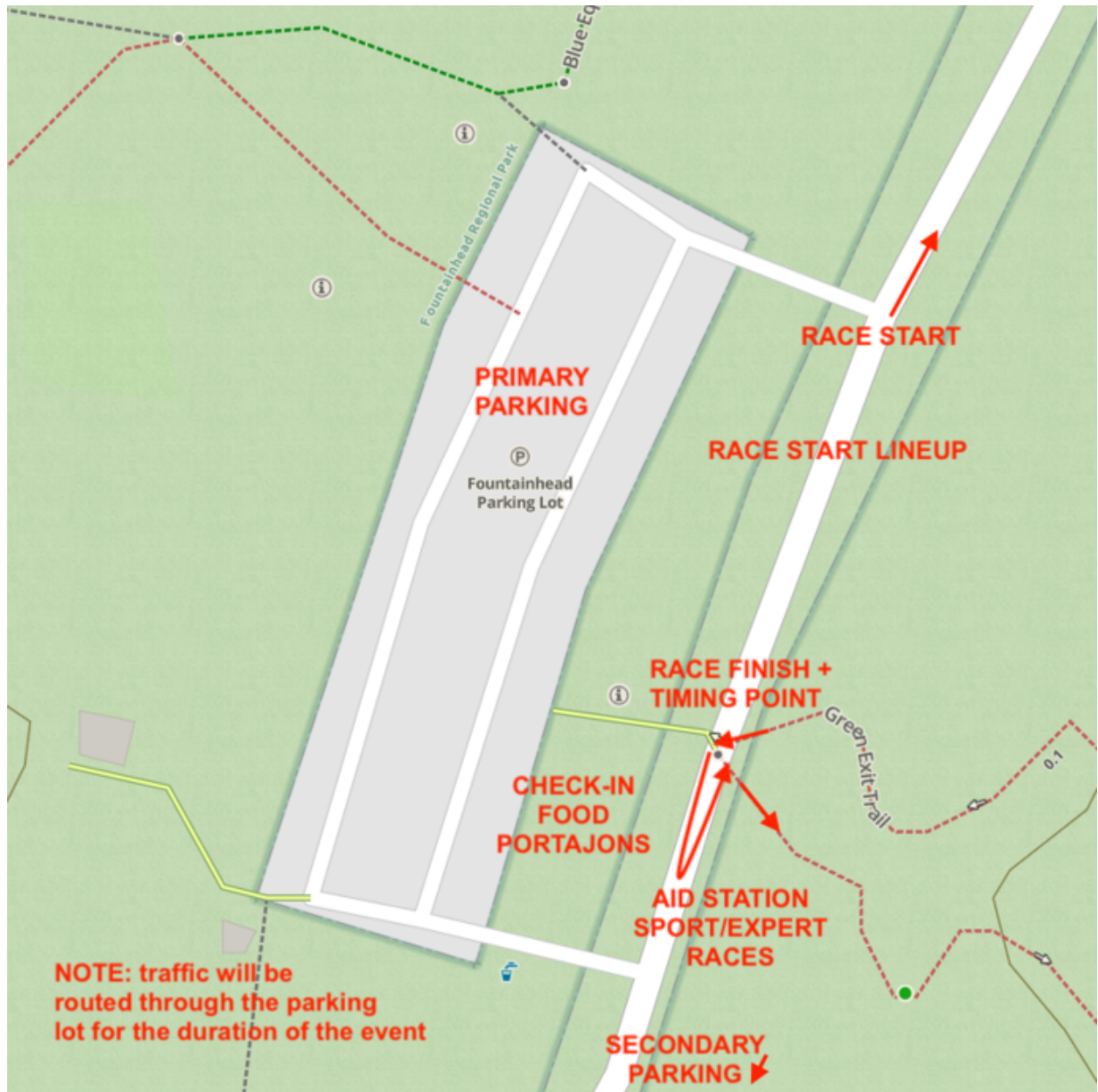
The staging area for this race is in the field across from the bike trail entrance/exit. There will be signs and volunteers helping your park once you enter the park. We will be directing all park traffic through the parking lot, so please drive slowly at all times.

If you are racing the sport or expert races, please know that the race before you may be starting up the park road when you are arriving. We will have it all coned off, but please drive slowly and follow volunteer instructions.

Check-in begins 90 minutes before your race starts. For example, check-in begins at 6:30am for the base race that starts at 8:00am. 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.



Pre-Riding

THERE IS ABSOLUTELY NO PRE-RIDING ON RACE DAY, however, the base course is lightly marked now and we will finish up our detailed marking Saturday morning. We have permission to allow pre-riding on the full course this week as long as the mountain bike trails are open. This includes the hiking trail section in the first 2 miles of the race that leads to the black loop. Please use caution and yield (meaning stop and say hello) to any other trail users on this section.

The trails at Fountainhead are closed when it's too wet to ride. Please check the [park's Facebook page](#) for regular updates on trail status.

Race Start Procedures

We are separating each race into wave starts by class. Each wave will be separated by 1 to 3 minutes to space out the field. The race will start in the road adjacent to the parking lot and the race starts going up the paved park road. One note...I've added male and female 60+ and 70+ classes. If you are 60 or over, I moved you into the appropriate class. No action is required.

Base Course

Check-in open from 6:30 to 7:45am

8:00am - E-Bike
8:02am - Male 19-U
8:04am - Male Open
8:07am - Male 40+
8:08am - Male SS
8:10am - Male 50+
8:12am - Male 60+ and 70+
8:13am - Male Clydesdale
8:14am - Female Open
8:15am - Female 19-U
8:16am - Female 40+
8:17am - Female 50+

Sport Course

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

9:00am - E-Bike
9:01am - Male 19-U
9:02am - Male Open
9:05am - Male 40+
9:08am - Male SS
9:09am - Male 50+
9:11am - Male 60+ and 70+
9:12am - Male Clydesdale
9:13am - Female Open
9:14am - Female 19-U
9:15am - Female SS
9:16am - Female 40+
9:17am - Female 50+

Expert Course

Check-in open from 8:30 to 9:45pm

10:00am - E-Bike
10:01am - Male 19-U
10:03am - Male Open

10:06am - Male 40+
10:07am - Male SS
10:09am - Male 50+
10:10am - Male 60+ and 70+
10:11am - Male Clydesdale,
10:12am - Female Open

Exceptions to these start wave assignments within a race are allowed if there are any parents/family that want to ride with their children. I will also allow exceptions for minors or other racers in the base race if they are true beginners and don't to start up front. You are welcome to start at the back of the last group.

These start times are based on populated classes as of today. I will add start times/classes if we receive registered riders in those classes.

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. We will have an aid station with water and gatorade on course at the picnic tables where the black and blue loops come together and at the exit of the mountain bike trail. This second location is also a place where sport and expert racers can leave a water bottle to grab when they go through. This corresponds to the following aid locations (distances are approximate):

Base course - 5.7 miles
Sport course - 5.7, 9, and 11.7 miles
Expert course - 5.7, 9, 11.7, and 17.9 miles

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 mid-70s.

Fountainhead Regional Park

[10875 Hampton Road](#)

Fairfax Station, VA 22039

Please drive carefully on Hampton Road approaching the park and drive very slowly once you enter the park as there may be racers on the road.

Restrooms

There are portojohns at check-in.

Race Course Notes

The **base course** is 9 miles long and includes about a half mile of pavement, about a half mile of doubletrack, and roughly 8 miles of singletrack. The start of the race utilizes a 1.5 mile stretch of blue-blazed hiker/equestrian singletrack and doubletrack that is normally closed to bikes, but we have special permission to use this for the race. Please review the [RideWithGPS route](#).

This section of trail leads to black loop and enters the black loop just before the three drops (which are all closed during the race), but past the many technical rock gardens in the first section of the black loop. This design creates a base course that includes sections of the black, blue, and green trails, but purposefully avoids the technical rock gardens and technical downhill run on the black trail.

The **sport course** includes the base course and then adds the full green and blue loops (green to blue to green) for a total of 15ish miles. The first bigger drop is closed on the blue, but the second small one is open (there is a ride around available). Please review the [RideWithGPS route](#).

The **expert course** includes the base course and then adds the green, blue, and black loops (green to blue to black to blue to green) for a total of 22ish miles. All drops are CLOSED on back and as noted above on blue. The expert course includes the technical rock gardens that exist in the first section of the black loop. Please review the [RideWithGPS route](#).

Links to the RideWithGPS routes are linked above and on the race website and bikereg page. I'll have PDF maps and GPX files on those websites later this evening.

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

The base course will have miles 1 through 9 signed and also have signs indicating 3 miles to go, 2 miles to go, 1 mile to go, and .5 miles to go. The sport and expert course will see the 3 miles to go, etc. signs twice. Keep in mind that these mile markers were placed accordingly to my GPS and they will likely 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. We'll also have a medical professional out on the course.

Post Race Beverages/Food

Water, Gatorade, coke, diet coke, Athletic Brewing non-alcoholic craft beer, seltzer water, mini breakfast burritos, mini chicken burritos, mini vegetarian burritos, chips, bananas, granola bars, and cookies will be available. We'll also have pizza starting around 11am. Food is free for all racers and volunteers.

Mechanical Support

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

Spectators

Spectator viewing is limited on this course, but there is room to watch the finish and timing point at the exit of the trails. It would be great to have lots of cheering going on here! Please note that spectators can ONLY provide support in the neutral support area at the start/finish/timing point (this is adjacent to checkin... just ask when you check in). 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, credit, paypal, venmo).

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 below, *but please note that the timing of these ceremonies may shift depending on finish times.*

- Base awards @ 10:30am (following expert race start)
- Sport awards @ 11:30am
- Expert awards @ 12:30pm

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 on Social Media

We also encourage you to share photos on race day! Please use #CrankyMonkey (lets re-take this hashtag shall we!) and #RaceWithEX2 when you post to social media. Be sure to follow EX2 on [Instagram](#), [Facebook](#), and [Twitter](#).

Fountainhead Trails Fund and [MORE](#)

All the trails at Fountainhead 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 \$600 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...so that means a minimum total donation amount of \$1,100. We'll also have a bike tune-up raffle that you can buy tickets for at the race. All proceeds from the raffle go to MORE.

I want to say a special thank you to **Jeffrey Ravenhorst**, the current MORE Trail Liaison at Fountainhead. I also want to say thank you to the past trail liaisons and volunteers that have worked tirelessly for years creating and maintaining the trail system at the park. This race would not be possible without their dedication and hard work.

[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 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 the Loudoun County 1725 Gravel Grinder, the Rails to River XC race, and Cranky Monkey, 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

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 gift cards for Bike Lane Brewing to give away!

Thank you for your support of this event, of the Fountainhead trail system, and of EX2 Adventures. We are excited to see you at Fountainhead this Sunday!

- 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 check-in.

- 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