

Dear Fall Backyard Burn Competitors:

The Fall Backyard Burn Trail Running Series begins this Sunday September 16th and we are excited that you are joining us! Situated on beautiful Gunston Cove and adjacent to Mason Neck National Wildlife Refuge, the moderately technical course at Pohick Bay includes tight single-track, wide open double-track, challenging climbs, flowy descents, and spectacular water views. It is going to be a great day on the trails and we wish you the best of luck!

Registration closes tomorrow night and we will have race-day sign-up...so if you have any family or friends that wants to race bring them along!

Schedule for race day, Sunday, September 16, 2018

- Check-in/bib pick up opens @ 7:30am (we recommend arriving by 8am)
- Pre-race brief @ 8:50am
- Race start @ 9am
- FREE Kids "Race" @ 10:45am (short out and back fun run for kids 2-11)
- Awards @ 11am

SEE BELOW for detailed info on course conditions, weather, directions, parking, check-in, course description, course marking, aid stations, post-race food, awards, sponsors, giveaways, etc.

Special Weather Announcement

As I'm sure you all have heard Hurricane Florence is headed towards Virginia. The latest local forecasts have the storm staying south of our area with any rain and wind impacts being minimal this weekend. The exact track of the storm has the potential to change, so we will not make a final go/no go decision on the race until Friday. By Friday we will have a solid idea of where the storm will track Saturday and Sunday and be able to assess any associated safety risks.

Your safety is of utmost importance to us and we will not hold the event if dangerous conditions are present. In partnership with Pohick Bay park management, we'll make any postponement call as soon as possible...but no later

than Friday afternoon. The announcement will be communicated via email and our social media outlets. A notice will also be posted on our website.

IF we do have to postpone, then I'll clearly communicate your options via email. One option will be to race on the rain date (currently scheduled for 9/23). The other option will be to receive a 100% race credit that you can use at any other EX2 event this year or next.

Course Conditions

Most of the course is in great shape, but because of all the rain we've received over the past week there will be some wet spots in low lying areas...particularly down by the water. Your shoes will likely get a bit muddy during the race. As I mentioned above, we are watching the track of Hurricane Florence very closely. As it stands now, the forecast is calling for minimal rain in our area both Saturday and Sunday. If this holds, the course will be awesomely fun! Please check the weather on race day to ensure you are dressed appropriately. Bringing a change of clothes is good idea.

Directions to Race Parking at Pohick Bay Regional Park

Pohick Bay Regional Park

6501 Pohick Bay Dr.

Lorton, VA 22079

From Interstate 95 North:

- Take exit 161 to Lorton, Rt. 1 N.
- Go about 1.8 miles to first stop light and turn right on to Gunston Rd.
- Go 3.2 miles to the park entrance on left (THE ENTRANCE IS PAST THE GOLF COURSE).
- Enter the park and follow the signs to race parking and check-in.

From Interstate 95 South:

- From I95 S, exit 163 to Lorton.
- Left onto Lorton Rd at the end of exit ramp.
- Go under the second overpass and turn right onto Lorton Market St. (You will see Shoppers Food)
- Go about 1.1 miles to traffic light at RT. 1.

- Go straight through light (road name changes to Gunston Rd) and go about 3.2 miles to Pohick Bay park entrance on left (THE ENTRANCE IS PAST THE GOLF COURSE).
- Enter the park and follow the signs to race parking and check-in.

Parking

Vehicles will be parked in the asphalt 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 and Staging

Check-in and staging will take place in the open field on the Frisbee golf course near the main asphalt parking lot. 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 (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 recommend arriving by 8am.

Race Start

The race begins at 9am SHARP! Both 5 and 10 mile racers will start at the same time. The pre-race brief will begin at 8:50am and take place in a small field at the race start (green start flags) and near check-in.

Restrooms

Porto-johns will be available near the race start and check-in. **PLEASE arrive and take your restroom break early.** We order enough porto-johns for our anticipated numbers but if everyone tries to use the restroom 15 minutes before the race then there will be long lines.

Race Course

The moderately technical course includes tight single-track, wide open double-track, challenging climbs, and flowy descents. There are plenty of roots and rocks but this is not an overly technical course. There is one small section of the course that is perennially wet...there is even a permanent sign that says "wet ground." With about 600 feet of elevation gain on the 5-mile course and 950 feet on the 10-mile course, the biggest challenge on this course is the hills. Don't forget to look up when you are near the water! The water views are beautiful and

bald eagle and other wildlife sightings are common.

To start the race, there is .6 miles of wide asphalt road running before entering the single-track. While passing is possible throughout the course, once you hit the single-track, good passing opportunities are limited. So, it is advisable to find your comfortable pace and placement during that first road section.

The course is all single-track except for the first road section and two sections of dirt road, from mile 2.1 to mile 2.4 and from mile 3.1 to mile 3.6. 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 10.1 miles. The course map and course description are on the [race website](#).

Race Strategy/Trail Etiquette

As mentioned earlier, many of the single-track trails at Pohick Bay are tight and narrow and passing may be difficult in some areas. So, it is suggested that you factor this into your race strategy. At the beginning of the race, there is .6 miles of wide road running, perfect for passing. You will hit single-track after this section. So, it is recommended that you place yourself appropriately at the start line, with faster runners near the front, mid pack racers near the middle and "back of pack" runners near the rear. Also, proper trail etiquette should be practiced. Overtaking runners should use audible signals "passing on your left" or "passing on your right" and, when possible, slower runners should allow them to pass. Keep in mind, however, that it is the responsibility of the overtaking runner to pass safely.

Course Marking

The course will be marked with pink surveying tape. Red and/or blue arrows will 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.

Mile Markers

Mile markers will be located at each aid station. There will be two distances on each sign...the top distance is for the first lap (5-mile course) and a second distance for the second lap (10-mile course).

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.
3. Community - at EX2 Adventures we strive to build community. Please use your time with EX2 to unleash yourself from your device, enjoy the sounds of nature, talk to people, make some friends, and have fun.

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 1.1 - 1.5 miles from each other. The 5-mile racers will have four opportunities for aid at mile 1.0, mile 2.1, and mile 3.5, and mile 5.0. The 10-mile racers will have seven opportunities for aid at mile 1.0, mile 2.1, mile 3.5, mile 5.0, mile 6.5, mile 7.9, and mile 9.4. First aid kits and emergency communication will be available at each aid station.

Recovery Tent

Dr. Kathy Coutinho, local chiropractor to the athletes, and her staff from [Positively Chiropractic](#) will be on hand offering up their chiropractic, massage, active release therapy, and first aid services to all comers. Stop by the recovery area to take advantage of these FREE services. Come see how Dr. Kathy can help you "always move forward."

Post Race Beverages/Food

Water, Gatorade, and sodas will be available after the race. Food includes pizza, breakfast burritos, bananas, trail bars, chips, cookies, trail mix, celery, hummus, carrots, M&Ms, etc. FREE food and beverages will be available at the finish line for all racers and volunteers.

Kids "Race"

At 10:45am, all kids aged 2-11 are invited to participate in the FREE kids race for treasure. We will match kids in age groups and have them run a short out and back "race." After they run, all kids who participate can grab something from the Treasure Box!

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. Series awards and prizes will also be presented to the top five male and female age group finishers with the most series points.

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. FREE digital downloads will be available to all racers. Wait...what? Yes, FREE downloads for all racers. Please share your photos with your friends and family and tag EX2 Adventures (@ex2adventures) and **hash tag #BackyardBurn and #RunMoreTrails**. Prints can also be purchased directly from the Swim Bike Run website. The photos will go online within 7 days of the event and a link to the gallery will be available from the results webpage. You will also receive an email when the photos are posted.

Sponsor Giveaways

Below is a rundown of all our sponsor giveaways. We will randomly select winners for the giveaways using a variety of different methods. We have a lot of swag to give away but you must be present at the awards ceremony to win. So, please plan on sticking around to join in the fun!

Baseball Bonanza

Extra, Extra, Get Your Nats Tickets at EX2! How cool is this? All EX2 sponsors chipped in to buy tickets to the Washington Nationals - so we could give them away to you. We have a pair of tickets to randomly give away at every race until October this year!

Baird Automotive \$100 Benjamin Bash

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. Back by popular demand, race or volunteer in any of our nineteen (19) races in 2017 and you could win a crisp \$100 bill, generously furnished by longtime EX2 racer and all around good guy, [Joey Baird of Baird Automotive](#).

Integrated Financial Partners Surprise Swag Raffle

At all races in 2018, fellow racer and [IFP Financial Advisor, Erik Scudder](#) will give away \$50 in swag. He likes to surprise us with what he gives away but it is always nice stuff. Just stop by their table, fill in one of their forms, and you are eligible to win. Erik is also known for bringing yummy watermelon on hot days!

Drink More Water - Water Bottle Giveaway

[Drink More Water](#) is committed to help you achieve peak performance by, well, drinking more water. Not only do they supply tons of water to EX2 (literally), but they will randomly give away water bottles at each race of the season. Pretty cool, huh? Racers and volunteers are eligible.

Volunteers

Finally, we can always use the help of volunteers. If any of your friends or family can help out, please ask them to [sign up on our website](#). Volunteers help with check-in, aid stations, course marshaling, timing, food distribution, course sweeping and course demarking. Times vary from 7am-11:30am and shifts are usually 2-4 hours. Volunteers receive free food, a cool race t-shirt, \$15 off a future EX2 race or merchandise, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

Thanks for participating in the Fall Backyard Burn Trail Running Series. We are looking forward to a fantastic day. Please keep an eye out for the race go/no go announcement on Friday.

Andy Bacon
Race Director
EX2 Adventures