

Hello Spring Backyard Burn Competitors!

We are going to give it another go this Sunday and help all the wonderful moms that are running kick off their Mother's Dayright...with a trail race!!

The Spring Backyard Burn Trail Running Series wraps up this Sunday May 12th and we are excited that you are joining us! Situated on beautiful Gunston Cove and adjacent to Mason Neck National Wildlife Refuge, the awesome course at Pohick Bay includes tight singletrack, wide open doubletrack, 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 tonight 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, May 12, 2019**

- 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.

### **Course Conditions and Weather**

The course at Pohick Bay is currently mostly dry, but there are some spots that remain wet most of the year. We will get some some rain between now and race day, but the amounts remain uncertain. It's looking like rain (yes...again) Sunday with temperatures near 70 degrees. Of course, the forecast can always change between now and race day so please check the weather before coming out and come prepared for the elements. I'll also provide an update on course conditions during my pre-race brief Sunday morning. **Unless the forecast takes a turn for the significant worse, we are going to have the race.**

### **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.

**You do NOT have to pay the park entrance fee.**

#### **Parking**

Vehicles will be parked in the asphalt and grass parking 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. If we have you park in the Pirates Cove parking lot, it's a short walk through the woods on a trail to the check-in area. We will have a bag-check if you don't have time to go back to your car.

#### **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 the parking lot and porto-johns.

#### **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 singletrack, wide open doubletrack, challenging climbs, and flowy descents. There are plenty of roots and rocks but this is not an overly technical course...but it is not easy either. 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 singletrack. While passing is possible throughout the course, once you hit the singletrack, 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 singletrack 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 about 5.7 miles and the 10-mile race is 10.1 miles. The [course map and course description](#) are on the racewebsite. Please understand that your GPS may measure the course differently as weather and GPS type impact accuracy.

### **Race Strategy/Trail Etiquette**

As mentioned earlier, many of the singletrack 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 racestrategy. At the beginning of the race, there is .6 miles of wide road running, perfect for passing. You will hit singletrack 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 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 are located at 3 miles, 2 miles, 1 mile, and .5 miles from the finish (3 miles to go, 2 miles to go, etc.). Keep in mind the 10 mile runners will see these signs twice.

### **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:

- 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.
- 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 singletrack 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.
- 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 about 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 about 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**

Professional photographers from Swim Bike Run Photography will be at this event capturing the spirit of adventure and friendly competition. 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. All the photos will be available for FREE download. Please tag @ex2adventures use hashtag #RaceWithEX2 when posting to your social media platform of choice.

### **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. Race or volunteer in any of our events 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 2019, 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 hot coffee on cold mornings!

### **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.

### **Coyote Grille**

The breakfast burritos at EX2 races are almost famous...and well...they come from [Coyote Grille in Fairfax](#)! After the race, we'll be giving away two \$25 gift cards so you can go try out all the other wonderful food at their restaurant in downtown Fairfax!

Additional swag...2 tickets to an upcoming Washington Nationals game, 2 free subscriptions to Trail Runner Magazine, and EX2 swag will all be given away to lucky racers or volunteers.

Thanks for participating in the Spring Backyard Burn Trail Running Series. We are looking forward to a fantastic and adventurous day!! See you this Sunday!

Andy

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