

VentureQuest is almost here - and we are stoked!! On Sunday, September 20th you and almost 200 other adventure racers will compete in an epic journey in and around Pohick Bay Regional Park in Lorton, VA. This email is a bit long, but it is full of scheduling and logistical information...and a few **hints!** So...please read it carefully.

If you missed my virtual race brief and clinic last week, you can [view it here](#).

See the [unofficial start list](#).

### **COVID Precautions**

Adventure racing is a fairly socially distant sport, but to further reduce risk we are using staggered start times and asking all participants to **wear a face covering in all common areas**. This includes during check-in, at the race start, in a transition area, when within 10 feet of other teams on the course, at a manned checkpoint, and at the race finish. **You are REQUIRED to carry a face covering during the event and wear it as I've indicated.** We also ask that you do not congregate after the race. We'll also have no shortage of hand sanitizer around.

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.

### **Schedule for Race Weekend**

#### **Saturday September 19th**

2:00pm to 5:00pm - Optional early check-in where you can pick up your bibs, t-shirts, and maps. Your entire team does NOT need to be present to get maps, etc. on Saturday. We'll be set up in the large field on the frisbee golf course. See the parking and check-in instructions below and look for the EX2 flags (you'll see us). You CANNOT stage your bikes on Saturday.

Note...there is a STRICT rule that you cannot explore any of the areas in or around Pohick Bay **after you receive your maps**. If you want to come early and ride, run, etc. you are welcomed to do so...but once you get your maps everything is off limits. Please note that trails inside Pohick Bay Regional Park are closed to bikes. If anyone sees you on the course Saturday (or even early Sunday morning before your race starts) once you get your maps you will be disqualified. OK...enough of that.

## **Sunday September 20th**

As you know, we are staggering the check-in and start times from 7am to 10am.  
Your check-in time is one hour before your start time.

Your check-in and start times on race day are:

Plan on arriving at the park about 15 minutes prior to your assigned check-in time.  
You can check-in right at your assigned time. That will give you a full hour to rack your bikes and prepare to race. We will start each group exactly at your assigned start time.

### **Directions to Pohick Bay Regional Park**

6501 Pohick Bay Drive  
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 about 3.2 miles on Gunston Rd to park entrance on left.  
Follow the signs to race parking and check-in.

#### **From Interstate 95 South:**

From I95 S, take exit 163 to Lorton  
Left onto Lorton Rd at the end of exit ramp.  
Go under second overpass and turn right onto Lorton Market St. (You will see Shoppers Food Warehouse)  
Go about 1.1 mile to traffic light at RT. 1.  
Go straight through light (road name changes to Gunston Rd) and go about 3.2 miles to park entrance on left.  
Follow the signs to race parking and check-in.

### **Parking and Check-in**

Once you enter the Pohick Bay Regional Park, pass through the ranger station and let them know you are with the EX2 Adventures race. You do NOT pay the entrance fee. Then stay straight and follow signs and volunteer instructions for parking. We will primarily be parking in main upper parking lot adjacent to the frisbee golf course. Check-in will be in pavilions 1 and 2 adjacent to the parking area. Please check-in first and then return to your car to get your bikes. Your bikes will be staged across the parking lot from check-in in a large field on the frisbee golf course. Your entire team must be present to check-in on race day.  
No exceptions.

## **Spectators**

We are trying very hard to minimize any crowds or congregating during the event. Because of that, ***spectators are not allowed this year.***

## **Race Map/Rules of Travel/E-punch Key Pickup**

Race maps and rules of travel will be available on Saturday from 2pm to 5pm....or at your assigned check-in time on Sunday. Each team will receive one set of maps and one rules of travel when they check-in. E-punches will be distributed when you check-in on Sunday morning. The maps and rules of travel are not waterproof so please bring a map case or a few zip lock bags to keep them dry.

## **Maps**

Teams will receive 5 maps. The scales of the maps are 1:10000 and 1:24000. 4 maps are 8x11 and one is legal. One of the maps will be satellite imagery. One of the maps is adjusted for magnetic declination, but the others are not. I would not worry about adjusting for declination on the other maps. If you don't know what this means, then please don't worry about it.

## **Bike Staging and Transition Area At Race Start**

The staging area for your bikes is located across the parking lot from check-in in a large field on the frisbee golf course. Please check-in prior to trying to enter the TA. To protect your gear, volunteers will be staffing the TA throughout the race. Please help them by having your race number with you when you enter the TA. Racers should stage their bikes, helmets, and other bike gear in the TA immediately after you check-in on race day. Your other gear may include items such as bike shoes, water, food, extra shoes, towel, etc. There is limited real estate in the TA so your team's gear should fit into a small bin or on a small towel.

## **Bathrooms**

There will be several portajohns at check-in.

## **Race Start and Final Race Brief**

All members of your team should assemble near the start area 10 minutes before your assigned start time. The start location is in the large field on the frisbee golf course where your bike are staged. The race starts with a short foot section to a paddle. I'll answer any last minute questions before you start.

## **Weather**

The VentureQuest Adventure Race will be held rain or shine. Please check the weather as you pack for the race. The forecast as of today looks good, but we are too far out for the forecast to be reliable. In the event of very wet weather, we

may modify the biking course to not ride some singletrack. If this is the case, an alternate course will be used, but you will still be biking.

## **OTHER HELPFUL INFORMATION:**

### **Course Notes**

Team members must travel together the entire race. VQ is not a relay. That's part of the fun! You're team is as fast as your slowest teammate! The best teams will work together and help each other to go fast as a team.

### **Details**

**Total Distance:** roughly 20 miles if you do the full course.

**Trekking:** about 8 miles

**Mountain biking:** about 10 miles

**Paddling:** about 2 miles

**Navigation:** Some fairly easy and some fairly challenging

**Disciplines:** Biking, trekking, paddling, orienteering

The mountain biking section will include a mix of gravel and dirt roads, pavement, and singletrack.

### **Point System/Scoring**

Each checkpoint is worth one point. The goal of the race is to find as many checkpoints as possible following the rules outlined in your rules of travel. You may skip checkpoints at any time, but once you complete a leg of the race (e.g., the mountain biking leg) you cannot go back and get checkpoints on the leg. For example, there are several checkpoints on the mountain biking section. If you decide to skip one of those points and finish that leg, you cannot go back.

### **Cut-Off Time**

All racers must be finished within the 5 hour time limit from their start time. If you finish late then you are penalized 1 CP immediately, and then 1 additional CP for every 5 minutes you are late.

### **Checking-in at Checkpoints (CPs)**

You will be required to e-punch at every checkpoint. Some checkpoints will be manned and others will not. At the manned checkpoints, we will also record your check-in time. All team members from your team must be present at the checkpoint before you may check-in and e-punch. It is your responsibility to ensure that you check-in and e-punch before continuing to the next checkpoint.

Make sure you read and follow any instructions provided in your rules of travel.

### **E-Punch Timing System**

The E-punch Timing System requires that each team carry a small electronic e-punch key throughout the race. When inserted into the e-punch box at each CP, this electronic e-punch key will store your time/location at each CP. The data on your e-punch key will be downloaded at the finish line to provide results and split times. Losing this e-punch key will result in a very significant penalty. A \$1 million dollar loss fee will also be required if you lose your e-punch key. So, please keep in a very safe place while racing. You will receive your team-specific e-punch key on race day before the race starts. Just kidding about the million dollars...it's only \$500,000...ok...\$40 bucks.

### **Hydration and Nutrition**

This is a completely unsupported race so your hydration and nutrition should be part of your race planning. Determining how much food and water to carry will be easier when you have your race map and rules of travel. You will pass through the main transition area twice during the race. You are welcome to store water or food in the main transition area. **We will NOT have water for you at the race start or during the race.**

### **Gear**

The required gear list is minimal for this event and is listed on the [race website](#). One cell phone, watch, and whistle are required for all teams to carry. These are for your safety. No exceptions and you will be penalized significantly for not having these items. Your cell phone should be fully charged, turned off, and in a dry bag or a few ziplocks to keep it safe and dry. Absolutely no GPS-enabled devices can be used during the race to aid in navigation. **If you want to track yourself with a GPS watch that is fine, but it must be kept in your pack and away. The use of GPS is against the spirit of adventure racing. If you are caught using a GPS-enabled device (watch or other) to aid in navigation, you will be disqualified.** You cannot wear a GPS-enabled watch on your wrist during the race.

Please review the gear list on the website and be sure you have everything required.

### **Boats, Paddles and PFDs (life jackets)**

We provide all the boats, paddles, and PFDs. Soloists will be in a kayak and issued a double-bladed canoe paddle. Teams of 2 or 3 will be in a canoe and issued single-bladed canoe paddles. There is not a third seat in the canoe, so the third teammate should plan on sitting on their pack or the floor of the canoe.

Teams can use their own paddles and PFDs, but they must carry them to and

from the paddle put-in. We will NOT transport any personal paddle gear nor are we responsible for it.

### **Post Race Beverages/Food**

We're not having our typical post-race spread because of COVID, but we will have some yummy food and drinks for you including: chicken burritos from Coyote Grille (main item), bananas, granola bars, cookies, chips, bottled water, and soda.

### **Awards**

The **award ceremony will be virtual this year and will take place on Wednesday September 30th at 8pm.** We'll have lots of fun giveaways and review the results from both the in-person race and the "on your own" edition.

### **Photos**

Professional photographers from Swim Bike Run Photo will be at this event capturing the spirit of adventure and friendly competition. Digital downloads are FREE. Please tag @ex2adventures and use #VentureQuestAdventureRace. 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.

### **Sponsor Giveaways**

Below is a rundown of all our sponsor giveaways that we'll distribute during the virtual awards ceremony.

#### **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. You could win \$100, generously furnished by longtime EX2 racer and all around good guy, Joey Baird of Baird Automotive. We'll be selecting one lucky winner during the virtual awards ceremony. Remember...all EX2 racers receive 10% off any service at Baird Automotive in Arlington, VA.

#### **Integrated Financial Partners**

Fellow racer and IFP Financial Advisor, Erik Scudder will give away two \$25 amazon gift cards during the virtual award ceremony. **Fill out this form to enter to win.**

#### **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! To enter all you have to do is post a

pre or post-race picture on social media and tag @ex2adventures and @athleticbrewing. You can also post it to our [EX2 Racers and Volunteers Facebook group](#). In addition, first-time purchasers save 20% off your first purchase at [athleticbrewing.com](#) by using the coupon code "EX2" at checkout. Cool, huh!!

### **Pacers Running**

Our awesome friends at Pacers Running have arranged a pretty awesome giveaway...2 free pairs of New Balance running shoes...and 2 free pairs of Altra running shoes. We'll be selecting the luck winners during the virtual awards ceremony!!! Sweet!! Pacers has 6 awesome locations in the DC metro region and they do both in-store and virtual fittings!

Thanks for participating in this year's VentureQuest Adventure Race!! We are looking forward to a fantastic day.

If you have any questions before race day, please email or give me a call/text @ 703-338-3965.

Andy

Andy Bacon

Race Director  
/Owner  
EX2 Adventures  
703-338-3965