

Hello Adventure Racers!

VentureQuest is almost here - and my staff and I are stoked!! On Sunday, September 30th, you and over 170 adventure racers will compete in one of two epic adventures around Fountainhead Regional Park. This email is a bit long, but it is full of scheduling and logistical information...and a few **hints!** So...please read it carefully. A link to this email will also be posted on the EX2 website.

Please review the [preliminary team list](#). There are several teams missing teammate information. Please reply to make corrections ASAP. Thanks!!

This year's VentureQuest Adventure Race includes two different courses - our 4-hour SPORT course and our 8-hour ELITE course. Both include mountain biking, trekking, paddling, and route decision making. Information about each course is included in this email.

Before I get too far into the details, let me address the weather and mountain biking at Fountainhead. As you may or may not know, the mountain bike trails at Fountainhead will close if they are too wet to ride on. The trails were open for a while this weekend, but are closed again because of all the rain we are experiencing. The forecast is calling for more rain through at least Wednesday and probably into Thursday this week. As of now, the weather looks great for later in the week and over the weekend. The decision whether or not to use the mountain biking trails at Fountainhead will be made in close cooperation with the park management at Fountainhead and will very likely be a game time decision made late Saturday or early Sunday morning.

Please come prepared to mountain bike on Sunday, but understand that we will not be using the mountain bike trail system if there is a chance that we'll do damage. If we have to cancel the mountain biking portion of the event we are prepared with awesome alternate course designs (not shorter courses) that do not include mountain biking. Either way - your adventures will be memorable!! We'll keep you posted.

Here are the logistics for the weekend:

Race Schedule

Check out the [race website](#) for a complete list of mandatory and recommended gear, schedules, rules, directions, and information.

Saturday September 29th

4:00pm to 5:00pm - I am hosting a mini adventure racing clinic, including a basic map and compass skills. This is completely optional. I will **NOT** be distributing maps or rules of travel Saturday evening. This clinic will take place at the upper parking lot at Fountainhead.

Sunday September 30th

6:30 - Check-in opens

8:15 - Pre-race briefing (mandatory)

8:50 - Racers assemble at starting line

9:00 - Race starts

9:00 - 6:00 - Music, food for race finishers, etc.

1:30 - Sport Course Awards/Prizes and Giveaways

5:30 - Elite Course Awards/Prizes and Giveaways

Please arrive early so that you have plenty of time to stage your bikes, review the maps and rules of travel, and plan out your route. Seriously - don't arrive at 8:15 - it will stress you out.

Directions to Fountainhead Regional Park

Fountainhead Regional Park

10875 Hampton Rd.

Fairfax Station, VA 22039

From Interstate 66:

Take I-66 to Route 286 (Fairfax County Parkway - formerly Rt 7100).

Exit at 55A SOUTH toward Springfield.

Travel south on Rt. 286 for approx. 6 miles.

Exit onto Rt. 123 SOUTH (Ox Rd.) for approx. 3 miles.

Right onto Henderson Rd.

Left on Hampton Rd.
Right into park.
Continue to the upper parking lot on the right.
Follow the signs to parking and check-in.

From Interstate 95:

Exit I95 and take Rt. 123 NORTH for approx. 4.5 miles.
Left on Hampton Rd. for approx. 3 miles.
Left into park.
Continue to the upper parking lot on the right.
Follow the signs to parking and check-in.

Parking and Check-in

Once you enter the park, please just follow signs and volunteer instructions for parking. We will primarily be parking in the upper parking lot adjacent to the mountain biking trails. 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. **Your entire team must be present to check-in and get your maps and rules of travel. No exceptions.** It will be dark for part of the check-in time - please be careful and patient as you park and check-in.

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

Race maps and rules of travel will be available starting at 6:30 on race day. Each team will receive one set of maps and one rules of travel when they check-in. E-punches will be distributed beginning at approximately 8:30. You will receive one primary map and one supplemental map. The primary map is 1:15,000, 12x18 inch, and adjusted for magnetic declination. The supplemental map is 8x11. 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.

Bike Staging and Transition Area At Race Start

The staging area for your bikes will open at 6:30 on race morning and is located across the parking lot from check-in. Only racers may enter the TA, so please show your bib to the volunteers when entering. 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. **Before the race begins, racers should stage their bikes, helmets, and other bike gear in the TA.** 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.

Race Brief

A mandatory race brief will take place from 8:15am to 8:30am. Important safety, rules, and logistical items will be discussed at this brief so please incorporate this into your plan. We will also answer questions at the pre-race brief. The pre-race briefing will take place in the small field where you check-in.

Race Start

All members of your team should assemble near the start area no later than 8:50 to receive last minute instructions. The start location is adjacent to where you checked in. The race will start at 9am SHARP and will include a short prologue on FOOT.

Weather

The VentureQuest Adventure Race will be held rain or shine. Please check the weather as you pack for the race. Bring a rain coat as the weather can change quickly. The forecast as of today looks nice with sunny conditions and temperatures in the 70s.

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.

Sport (4-hour) Course Details

Total Distance: 11-18 miles

Trekking: 3-5 miles

Mountain biking: 5-8 miles

Paddling: 3-5 miles

Navigation: Beginner to intermediate (some easy and some a little challenging)

Disciplines: Biking, trekking, paddling, orienteering

The 4-hour course will only mountain bike on parts or all of the green and blue (beginner and intermediate) portions of the Fountainhead mountain bike trail system. There are 15 possible checkpoints on the sport course. Plan on being out on the course for the full 4 hours.

Elite (8-hour) Course Details

Total Distance: 22-31 miles

Trekking: 4-6 miles

Mountain biking: 15-20 miles

Paddling: 3-5 miles

Navigation: Intermediate

Disciplines: Biking, trekking, paddling, orienteering

The 8-hour course may mountain bike all or parts of all three loops (green, blue, and black) of the Fountainhead mountain bike trail system - and maybe somewhere else too. There are 29 checkpoints on the elite course. Plan on being out on the course for the full 8 hours.

Point System

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 sport course racers must be finished no later than 1pm. All elite course racers must be finish no later than 5pm. 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.

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 at least once during the race.** You are welcome to store water or food in the main transition area.

Recovery Tent

Dr. Cheryl Lee-Pow and her staff from [Pow-HER High Energy Recovery Chiropractic](#) will be on hand offering up their chiropractic, massage, active release therapy, and first aid services. Stop by the recovery area to take advantage of these FREE services.

Post Race Beverages/Food

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

Awards

The awards ceremony will take place at approximately 1:30 for the sport course and 5:30 for the elite course. Awards will be presented to all members of the top five teams in each division. Stick around to cheer for your fellow athletes as they

climb on the podium!

Photos

Professional photographers from [Swim Bike Run Photography](#) will be at this event capturing the spirit of adventure and friendly competition. Digital downloads are FREE. Please tag @ex2adventures and #venturequest. 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. 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!

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 19 races in 2018 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 hot coffee on cold mornings!

Drink More Water

Hydration System 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.

Beelinebikes and The Bike Lane

Our friends from [Beelinebikes and The Bike Lane](#) will be onsite race morning to help with any last minute mechanical issues. They will also be giving out a FREE tune-up or two after the race.

Volunteers

We welcome volunteers. If any of your friends or family can help out, please have them [sign up on our website](#). Volunteers help make it all happen and have a front seat to all the action! Volunteers help with check-in, checkpoints, transition areas, and food distribution. Times vary from 6:30am until 6pm and shifts are usually around 6 hours. All volunteers receive a free t-shirt, free food, \$15 discount coupon for a future race or EX2 merchandise, and our sincere thanks. Plus, volunteering at our races is fun!

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 @ 703-338-3965.

Andy

Andy Bacon
Race Director
EX2 Adventures