

Dear Backyard Burn Competitors:

The Fall Backyard Burn Trail Running Series continues this Sunday at Riverbend Park in Great Falls, VA. Prepare for a great day as you and close to 230 trail runners enjoy a beautiful course that includes awesome single and double track trails and beautiful views of the Potomac River! We wish you the best of luck!

**Schedule for race day, Sunday, November 11, 2018**

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

Please read this email carefully for detailed information on course conditions, weather, parking, directions, check-in, course description, course marking, aid stations, post-race food, awards, sponsors, giveaways, etc.

We will have race-day registration so if you have any friends or family that would like to run just bring them along!

**Volunteers**

We could use the help of a few more 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 EX2 merchandise, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

**Course Conditions and Weather**

The trails will be damp and a few muddy spots on race day, but even with some rain Friday things will dry up enough for Sunday. The race day weather forecast is calling for clouds and chilly temperatures with high's in the 40s. Dress warmly and in layers. As we get closer to race day, please check the weather and dress accordingly. Bringing a change in clothes and a nice warm jacket for post race is recommended.

**Directions to Riverbend Park**

8700 Potomac Hill Street Great Falls, VA 22066

**The local roads leading into the park are narrow...please drive very carefully.**

**Directions to Riverbend from Interstate 495 (Capital Beltway):**

- From I495, take the VA-193 / Georgetown Pike exit, EXIT 44, toward Great Falls, VA.
- Travel west on VA-193 / Georgetown Pike for approx. 4.6 miles
- Turn right onto River Bend Rd.
- Travel 2.2 miles on River Bend Rd. to a slight right onto Jeffery Rd.
- Travel on Jeffrey Rd for .8 miles to 1st right onto Potomac Hills St.
- Enter Riverbend Park and follow the signs to race parking and check-in.

**Directions to Riverbend from points West (Leesburg, VA):**

- From points west (Leesburg, VA), take Rt 7 east to VA-193 / Georgetown Pike
- Travel 3.1 miles east on Georgetown Pike to left onto Walker Rd.
- Travel .7 mile on Walker Rd to right onto Arnon Chapel Rd.
- Travel 1.5 miles on Arnon Chapel Rd. to left onto River Bend Rd.
- Travel .1 mile on River Bend Rd. to a slight right onto Jeffrey Rd.
- Travel on Jeffrey Rd for .8 miles to 1st right onto Potomac Hills St.
- Enter Riverbend Park and follow the signs to race parking and check-in.

**Parking**

Parking is a **challenge** at Riverbend so please **ARRIVE EARLY** and be patient with our parking staff as they facilitate our parking plan. Those that arrive early will park closest to the staging area. Please **CARPOOL** if possible. If you have an **SUV or truck**, please drive that vehicle. These higher clearance vehicles may be asked to hop the curb and park in the grassy areas next to the road. Cars will be parked in the asphalt and gravel areas until they are full and then in grassy areas along the side of the roads without curbs. Sections of road without a curb are up to .5 miles from the check-in and staging area. **We will have a key check available at check-in so racers who do not want to walk back to their vehicle after check-in can drop their keys and other small items with us for safekeeping.**

**Check-In**

Check-in opens at 7:30am. Check-in will take place in the field between the Visitor Center and the Potomac River. At check-in you will receive your race number and t-shirt (one shirt per person for the series). Please arrive early to help alleviate backups. It takes time to park, check-in, use the restroom, warm up, and attend the pre-race brief. **We recommend arriving by 7:45am to allow enough time to park and walk to check-in.**

**Key/Bag Check**

With some parking being as much as .5 mile away, we will have an optional key/bag check available. We will safeguard your keys and t-shirt or small bag while

you race. You will need your race number to drop off and retrieve your items. We will have gallon size ziplock bags to hold your keys and shirt, but they won't fit jackets, etc. If you want to leave more stuff with us...then please bring your own bag (a backpack is fine). Please leave extra time to drop it off with us.

### **Restrooms**

Portajohns will be available near check-in. PLEASE arrive and take your restroom break early. We order enough portajohns for our anticipated numbers but if everyone tries to use the restroom 15 minutes before the race then we will have long lines.

### **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 near check-in.

### **Race Course**

This race course includes a mixture of twisty single-track hiking trails, open meadows, and wide dirt roads. There are several challenging hill climbs and amazing views of the Potomac River. The course will start with .55 miles of uphill running along the paved entrance road before diving into the single-track for a short .25 mile section of narrow and open meadow running. After the meadow, you will hit the first aid station and then meander along single and double-track trails to the finish in the field between the Visitor Center and the Potomac River. The 5 mile course measures exactly 5.0 miles (one lap) and the 10 mile course measures exactly 10.0 miles (two laps). To view a course map and course description, visit the [race website](#).

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

Many of the single-track trails at Riverbend 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 .55 miles of paved road, perfect for passing, but 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 and arrows. 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 every aid station and 1/2 mile from the finish. Please note that the mile markers at the aid stations will have two distances on them since the 10 milers will see the aid stations 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 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.

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 three on-course aid stations and one post-race aid station. All aid stations will be stocked with water and Gatorade. The 5 mile racers will have three opportunities for on-course aid (at mile 1.2, mile 2.7, and mile 3.7). The 10 mile racers will have seven opportunities for on-course aid (at mile 1.2, mile 2.7, mile 3.7, mile 5.0, mile 6.2, mile 7.7, and mile 8.7). First aid kits and emergency communication will be available at each aid station.

## **Recovery**

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, 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.

### **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 3 overall male and female and top five male and female racers in each age group for both the 5 and 10 mile races.

### **Photos**

Professional photographers from [Swim Bike Run Photography](#) will be at this event capturing the spirit of adventure and friendly competition. Digital downloads will be available for FREE. 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. Please tag @ex2adventures and use #RaceWithEX2.

### **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.

**Additional swag**...2 free subscriptions to Trail Runner Magazine and EX2 swag will all be given away to lucky racers or volunteers.

Stick around to cheer for your fellow athletes as they climb on the podium!

## **Volunteers**

Finally, again 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 EX2 merchandise, and our sincere appreciation. Plus, volunteering at EX2 races is fun!

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

Andy Bacon  
Race Director  
EX2 Adventures