

Dear Backyard Burn Competitors:

The Spring Backyard Burn Trail Running Series continues this Sunday at Lake Fairfax Park in Reston, VA. Prepare for a great day as you and over 300 trail runners enjoy a beautiful course that includes forested and lakeside single-track, challenging hills, and open fields. We wish you the best of luck!

A few important notes before I get into the details of the race...

1. If you have any friends or family that want to race, please let them know that online registration closes Thursday night and on-site registration will be available. Race day registration does cost \$10 more, so online registration is the way to go.
2. We could use the help of a few more volunteers for this race. 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. 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!
3. We are supporting a MORE trail work day this Saturday from 9am to 1pm at Lake Fairfax. If you have an interest in helping to build a new trail, please **just reply and I'll send you the details**. I'd love to have a few runners out there helping out!

Schedule for race day, Sunday, April 14, 2019

- Check-in/packet pick up opens @ 7:30am (we recommend arriving by 8am)
- 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.

Course Conditions and Weather

The trails are currently in fantastic shape. We may get some rain Friday and the race day weather forecast is calling for high temperatures in the mid-60s with a chance of showers. The rocks and roots could be slick, but I don't think it will be horribly wet. The forecast changes often, so please check the weather and dress accordingly on race morning. It's always a good idea to bring a warm jacket and some dry clothes if you are going to stick around for the awards ceremony. If the course conditions change significantly before Sunday, I'll send out another update.

Directions to Lake Fairfax Park

(1400 Lake Fairfax Dr., Reston, VA 20190)

From the capital beltway, Lake Fairfax Park may be reached by taking Exit 47A which is Route 7 (Leesburg Pike) west for approximately 7-8 miles to a left on Baron Cameron Avenue. Take the second left on Lake Fairfax Drive which will lead you directly into the park. Or just plug in Lake Fairfax Park into Waze or your favorite GPS app. Our staging area will be at the big white and green tent immediately on your RIGHT after entering the park. There will be race parking signs and volunteers helping you park and directing you to check-in.

Parking

We will be parking all vehicles in grassy fields and the Water Mine Parking lot (Lake Fairfax's water park). Both parking areas are close to our staging and start/finish area. There is plenty of parking but we always advocate carpooling.

Check-In

Check-in opens at 7:30am. Check-in will take place in the big tent adjacent to the grassy parking area. 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 8am.

Restrooms

Portojohns 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 one lap 4.9 mile course is super fun and filled with forested and lakeside single-track dirt trails. Two laps will be completed by the 10 mile racers. There is a prologue, which extends the courses to 5.1 miles and 10.0 miles respectively. To separate the field of runners, the race will start with about .7 miles of running on grass and wide trails. Most of the single-track sections are moderately technical. Please watch your footing, as there are several sections with roots, rocks, and steep slopes! To view a course map and course description, visit the [race website](#).

Race Strategy/Trail Etiquette

Many of the single-track trails at Lake Fairfax 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 .7 miles of grass and wide trail, 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 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 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.

***** this rule is VERY important this race as there are 3 road crossings and you need to be aware and follow course marshal instructions *****

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 - 1.4 miles from each other. The 5 mile racers will have three opportunities for aid at about 1.4M, 2.8M, and 4.1M. The 10 mile racers will have seven opportunities for aid at about 1.4M, 2.8M, 4.1M, 5.2, 6.2M, 7.6M, and 9M. 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. 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!

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

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.

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.

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

Thanks for participating in the Spring Backyard Burn Trail Running Series. We are looking forward to a fantastic day. See you this Sunday! And please let me know if you can make the trail work day on Saturday.

Andy Bacon
Race Director

EX2 Adventures