

Hello Fountainhead Half Marathon/10K Competitors!

Welcome to the 7th annual Fountainhead Half Marathon/10K Trail Running Race. On Sunday, June 2nd, you and several hundred adventurous trail runners will run over rocks, through streams, and up and down hills as you complete a fun and challenging course along the banks of the beautiful Occoquan Reservoir in Fairfax County, VA. Prepare for an excellent day on the trails and I wish you the best of luck!

Schedule for race day, Sunday, June 2nd, 2019:

- Check-in/race bib pick up opens @ 6:30am (we recommend arriving at least one hour before your race)
- Half marathon pre-race brief @ 7:50am
- Half marathon race start @ 8am
- 10K pre-race brief @ 8:10am
- 10K race start @ 8:20am
- 10K awards @ 10amf
- FREE Kids "Race" @ 10:30am (for kids 2-11)
- Half marathon awards @ 11:15am

See below for detailed info on course condition, weather, parking, directions, check-in, course description, course marking, aid stations, post-race food, awards, sponsors, giveaways, etc.

Course Condition and Weather

I walked most of the course today checking things over and doing some trimming, and the trails are in great shape. There are some spots on the side loops on the half marathon course that may be a little muddy because they don't get much use, but the majority of the course is looking great. The weather on race day is currently predicted to be sunny with a chance for scattered thunderstorms. The high temperature Sunday looks to be around 80 degrees. The forecast will likely change several times between today and race day, so please check the forecast before the race and dress appropriately.

Parking

Parking is limited at Fountainhead so we will be controlling the flow to maximize

available space. You can help by ARRIVING EARLY and CARPOOLING.

Directions to Race Parking @ Fountainhead Regional Park

10875 Hampton Road, Fairfax Station, VA 22039

From Interstate 95:

- Exit onto Rt. 123 North and travel approx. 4 miles
- Take a left on Hampton Rd. and travel approx. 3.5 miles
- Take a left into Fountainhead Regional Park
- Continue down the entrance road until you meet our parking staff/volunteers
- Our parking staff/volunteers will show you where to park
- Follow the signs to check-in

From Interstate 66:

- Exit onto Fairfax County Parkway South (exit 55) and travel approx. 6 miles
- Exit onto Rt. 123 South and travel approx. 3 miles
- Take a right onto Henderson Rd.
- Take a left on Hampton Rd.
- Take a right into Fountainhead Regional Park
- Continue down the entrance road until you meet our parking staff/volunteers
- Our parking staff/volunteers will show you where to park
- Follow the signs to check-in

From Interstate 495 (Capital Beltway)

- Exit onto Braddock Road and travel west for several miles
- Pass George Mason University on your right then take a left onto Rt. 123 South (Ox Rd.)
- Travel several miles on Ox Rd then take a right onto Henderson Rd.
- Take a left on Hampton Rd.
- Take a right into Fountainhead Regional Park
- Continue down the entrance road until you meet our parking staff/volunteers
- Our parking staff/volunteers will show you where to park
- Follow the signs to check-in

Check-in

Check-in **opens at 6:30am** and will take place near the upper parking lot (the mountain bike parking lot). At check-in you will receive your race number and t-shirt. 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 at least one hour** before your race start time.

Pre-Race Brief

The half marathon pre-race brief will begin at 7:50am and the 10K pre-race brief will begin at 8:10am. The brief will take place in the field across the road from the entrance to the mountain biking trail.

Race Start

The half marathon will begin at **8am** SHARP! The 10K will begin at **8:20am** SHARP!

Restrooms

Porto-johns will be available near the starting line and check-in. There is also a porto-john at the half marathon turnaround at mile 7.

Race Course

Prepare for an adventure and tons of fun on this beautiful, rugged, challenging, and remote feeling trail system. Fountainhead Regional Park is situated along the banks of the Occoquan Reservoir in Western Fairfax County in Northern Virginia. The 10K and half marathon race courses consist mostly of hiking trails, horse trails, and old dirt roads. Competitors will run along semi-technical terrain, up and down hills, and through several streams (and yes, your feet may get wet!). You will need to stay focused as there are plenty of roots and roots to negotiate. Both the half marathon and 10K are out and back courses that start with a short .4 mile road section at Fountainhead before heading north along the Bull-Run Occoquan Trail. The course will extend to just past Wolf Run Shoals Rd. for the 10K and to Bull Run Marina for the Half Marathon. The northbound direction of the run will feature several fun and challenging singletrack side trails and the southbound direction will be entirely on the Bull Run-Occoquan Trail, which parallels the Occoquan Reservoir. The location of the side trails and the flow of this race significantly limit two-way traffic to just a few short sections. The distance of the half marathon course was recently measured at around 13.5 miles and the 10K at around 6.9 miles. The bonus miles are free of charge.

Course Maps, Elevation Profiles, and GPS tracks are available on the [EX2 website](#).

Course Marking

The course will be marked with pink surveyors tape hung on tree branches. Red or blue arrows will also 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. Several course marshals will be situated at key intersections along the course. There is one road crossing on the course. This is a very quiet road, but PLEASE LOOK BOTH WAYS BEFORE CROSSING.

Mile Markers

Mile markers will be located at every aid station. Please note that a few aid stations will have difference distances indicated for the half marathon and 10K courses. There are many factors that impact GPS accuracy, so please understand that that your GPS may indicate a slightly different distance than the mile marker signs at the aid stations.

Aid Stations

Remember to STAY HYDRATED. Aid stations will be stocked with water and Gatorade. The half marathon course has 7 aid stations spaced 1.0-2.5 miles from each other. Snacks (chips, M&Ms, Oreos, soda) will be available on the half marathon course at Aid #4 (mile 7). The 10K course has 4 aid stations spaced 0.9-2.0 miles from each other. First aid kits and emergency communication will be available at each aid station.

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:

1. 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.
2. 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.
3. 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.

Recovery Tent

Dr. Cheryl Lee-Pow and her staff from [Pow-HER 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.

Post Race Beverages/Food

Water, Gatorade, and sodas will be available after the race. Food includes pizza, breakfast burritos, bananas, 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 10:30am, 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 run. After they run, all kids who participate can grab a prize from the Treasure Box!

Awards

We will have two awards ceremonies, the 10K awards at 10am and the Half Marathon awards at 11:15am. Awards will be presented to the top five male and female age group finishers for both the 10K and Half Marathon. Prizes will also be awarded to the top three overall male and female finishers for both the 10K and Half Marathon. I encourage everyone to stick around and enjoy both awards ceremonies to cheer on your fellow athletes.

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!

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!

Thank you again for participating in the 7th annual Fountainhead Half Marathon/10K. We are looking forward to a fantastic day. Once again, good luck and see you this Sunday morning!

Andy

Andy Bacon
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