

Hello awesome Greenhorn Adventure Racers!

The Greenhorn is almost here!! We are excited and we know you are too! On Saturday, May 11th, you and over 120 adventure racers will compete in an epic adventure in and around Lake Fairfax in Reston, VA. If this is your first adventure race, we look forward to welcoming you to this amazing sport.

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.

This year's Greenhorn Adventure Race (AR) includes mountain biking, trekking, paddling, and route decision making. The roughly 15 mile course will take most teams 2.5 to 4 hours to complete. While it is not easy, we designed the Greenhorn AR course so that it is achievable for the novice adventure racer. The navigation and route finding are not complicated (but it will be new to many of you!!), the paddling is on a small beautiful flat water lake, and the overall distance is appropriate for the first time adventure racer. With this said, what would an adventure race be without challenge! Get ready for a wonderful day. I wish you the best of luck!

Below are scheduling and logistics details for race weekend:

If you haven't seen my video about this year's race, [you can watch it here](#).

Check out the [race website](#) for a complete list of mandatory and recommended gear, schedules, rules, and directions. **Please remember that each team must have a working cell phone with them at all times.** This is for your safety. Please waterproof your phone in a dry bag or wrap it in a few ziplock bags.

Race Location

Lake Fairfax Park

1400 Lake Fairfax Drive

Reston, VA 20190

Race Schedule

Friday May 10th

5:00pm to 7:00pm - Optional early check-in*

6:00pm - Intro to adventure racing and basic map skills clinic

** Maps and rules of travel will not be distributed until Saturday morning at 7:30am*

Saturday May 11th

7:30 - Check-in opens

9:15 - Pre-race briefing (mandatory)

9:50 - Racers assemble at starting line

10:00 - Race starts

12:00 - Post-race food available

1:45 - FREE kids race

2:15 - Awards ceremony and sponsor give-a-ways

Check-in and Parking

Check-in will take place at **Pavilion C at Lake Fairfax**. Follow the EX2 parking signs when you enter the park. Optional early check-in will be open from 5pm-7pm on Friday, May 10th. You can get your race bibs and make sure all your paperwork is completed on Friday night. **We'll be hosting an adventure racing clinic at 6pm Friday night.** We will NOT be distributing maps or rules of travel on Friday. Normal check-in starts at 7:30 Saturday morning and runs until 9:00am. You'll want to give yourself time to review your map and rules of travel, so please arrive in plenty of time to check-in and get settled. **Get there early on Saturday!!** Follow my staff and volunteers directions when parking.

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

Race maps, rules of travel, and e-punch keys will be available for pick up **on race**

morning between 7:30am-9am. Each team will receive three maps, one rules of travel, and one e-punch key. Maps, rules of travel, and e-punch keys will only be distributed to those teams that have checked-in. Bring your race number with you to pick up your race map and e-punch key.

Bike Staging and Transition Area At Race Start

The staging area for your bikes will open at 7:30am on race day and is located at the race start. 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 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 9:15am-9:30am. 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.

Race Start

All members of your team should assemble at the start area by 9:50am for last minute instructions. The race will start at 10am SHARP! There will be short prologue on foot.

Weather

The Greenhorn Adventure Race will be held rain or shine and the current forecast is looking nice with temperatures in the 60s. Please check the weather as you pack for the race. There is a small chance that we'll have to modify the course if we get significant rain Friday night (mountain biking on really wet trails is no

good), but if that's the case I'll let you know when you check-in. I have a fun backup plan in place. Hopefully, we won't have to use it.

OTHER HELPFUL INFORMATION:

Course Notes

There are three sections to the race - a paddle/trek, a bike, and a trek. **I'll be splitting the teams into three groups with each group starting on a different leg of the race.** Here is some additional information about each section:

Paddle/trek - 6 checkpoints (CPs) with a distance of roughly 2 miles depending on route choice

Bike - 8 checkpoints with a distance of roughly 10 miles depending on route choice

Trek - 8 checkpoints with a distance of roughly 3.5 miles depending on route choice

After each leg, your team will pass through the main transition area so you can get more water, snacks, etc. So including the transition areas and finish, there are 25 possible checkpoints. Your rules of travel will provide you specific instructions on the order in which you must find the checkpoints within each leg, but I will tell you that the paddle/trek is mostly in order, the bike is in order, and the trek is in any order. When I say "in order:"...it means that you will find CP 1, then 2, then 3, etc. "In any order" means you can find CP 5, then 2, then 6. The transition area is the large pavilion located on east side of the park closest to Hunter Mill Road.

Managing your time on each leg, but particularly the trekking and biking legs will be very important. In your rules of travel I will include what I think is the maximum amount of time you should spend on these legs if you want to finish the race on time.

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 paddling leg) you cannot go back and get checkpoints on the leg. For example, if you start on the paddle and decided to skip 1 checkpoint...once you finish that leg you cannot go back and get that point later in the race.**

Cut-Off Time

All teams must e-punch at the FINISH by 2pm (within 4 hours). Those arriving at the FINISH after the 2pm cut-off time will result in losing checkpoints. Don't be late :)

Checking-in at Checkpoints (CPs)

You will be required to e-punch at **every checkpoint**. A few checkpoints will be manned, but most 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 time penalty and 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 when you pick up your race map. A demonstration of the e-punch system will be provided at this time. Just kidding about the million dollars...it's only \$500,000...ok...\$40 bucks.

Hydration and Nutrition

This is an 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 several times during the race.** You are welcome to store water or food in the main transition area.

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.

Kids Race

At about 1:45pm, 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 approximately 2:15pm. 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. 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.

Additional swag...2 tickets to the Washington Nationals game, 2 free subscriptions to Trail Runner Magazine, and EX2 swag will all be given away to lucky racers or volunteers.

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

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

Andy

Andy Bacon
Race Director
EX2 Adventures