

Your VentureQuest "On Your Own" edition is almost here!! You are welcome to do the race at any time between **Monday September 21st through Sunday September 27th**. The park is open from sunrise to sunset every day. I mailed your race maps and rules of travel today so keep an eye out for them. If you do NOT get them by Monday, please let me know as there could have been an issue with the address that you provided.

If you happen to get your maps before Sunday...please do not share any information about the course on social media, etc. This is because I'd like to keep the course a secret for as long as possible for the folks racing in person this Sunday. Again...you are welcome to do the race at any time between **Monday September 21st through Sunday September 27th only**.

If you missed my virtual race brief and clinic last week, you can [view it here](#).

See [who is racing](#) in the "on your own" edition.

Directions to Pohick Bay Regional Park

6501 Pohick Bay Drive
Lorton, VA 22079

From Interstate 95 North:

Take exit 161 to Lorton, Rt. 1 N.

Go about 1.8 miles to first stop light and turn right on to Gunston Rd.

Go about 3.2 miles on Gunston Rd to park entrance on left.

Follow the signs to race parking and check-in.

From Interstate 95 South:

From I95 S, take exit 163 to Lorton

Left onto Lorton Rd at the end of exit ramp.

Go under second overpass and turn right onto Lorton Market St. (You will see Shoppers Food Warehouse)

Go about 1.1 mile to traffic light at RT. 1.

Go straight through light (road name changes to Gunston Rd) and go about 3.2 miles to park entrance on left.

Follow the signs to race parking and check-in.

"On Your Own" Event Notes

In your mailed packet there is a course notes document. This document, along with your race maps and rules of travel, covers everything that you need to know

to complete the "On Your Own" edition of VentureQuest. I'll cover a few important items below as well.

Parking and Staging

Parking and the main staging area is in the frisbee golf parking lot at Pohick Bay Regional Park. Once you go through the guard shack, stay straight and the parking lot is on your right after a large open field. If you live outside of Fairfax County, there is a small entrance fee to enter the park. You will stage in the parking lot out of your car for this event.

Maps

The race has 5 maps. The scales of the maps are 1:10000 and 1:24000. 4 maps are 8x11 and one is legal. One of the maps will be satellite imagery. One of the maps is adjusted for magnetic declination, but the others are not. I would not worry about adjusting for declination on the other maps. If you don't know what this means, then please don't worry about it. They are not waterproof so bring a map case or a few ziplock bags to keep them dry.

Race Photography

We encourage you to take a selfie at the start and finish of the race and during the race if you'd like. Post your pictures to social media on the [EX2 Racers and Volunteers Facebook group](#), and/or use hashtag #VentureQuestAdventureRace, and/or email them to info@ex2adventures.com.

Race Tracking

You are responsible to tracking your starting time and ending time. At each checkpoint (CP), there will be a conspicuous letter, number, or word written on the orienteering flag. Write these down as you complete the race. One idea is just to write them on your rules of travel as you go.

After the race, submit your start time, ending time, and what was written at each checkpoint [via this Google form](#).

If you rent a boat (see below), you can tell me the time it took to rent the boat (paying, etc.) and that time will be deducted from your overall time. There are specific instructions on boats in your course notes document.

You are welcome to record your GPS track, but cannot use your GPS device to aid in navigation. Simply start your watch, etc. and put it in your pack. There is a place to submit a link to your GPS track on the Google form. Submitting your GPS track is optional.

Boats

There are specific instructions about the paddle section in your course notes document. Be sure to read those carefully as you plan your race. You are welcome to use your own boat and there are no limitations on the type of craft as long as it is human powered. Boats are also available to rent at Pohick Bay Fridays 10am to 6pm and Saturday/Sunday 8am to 8pm only. The cost of the boat is about \$12 per hour. If you don't have your own boat or don't want to rent one or can't rent one (how is that for a triple negative)...then skip the paddle section. Pohick is a very beautiful place to paddle though.

Bathrooms

There is a bathhouse in the overflow campground that is directly across the park road from the parking lot. There is also a bathroom down by the boat rental area.

Weather

Your VentureQuest Adventure Race can be held rain or shine. However, we ask that you do NOT ride the mountain bike trails if they are wet. Riding the trails when they are wet damages them and is in very bad form. Plan accordingly.

Safety and Medical Emergency

This event is truly an "on your own" event. You are responsible for your own safety. Please carry the mandatory gear as outlined on the race website including a cell phone and whistle.

OTHER HELPFUL INFORMATION:

Team members (if you have them) 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.

Course Details

Total Distance: roughly 20 miles if you do the full course.

Trekking: about 8 miles

Mountain biking: about 10 miles

Paddling: about 2 miles

Navigation: Some fairly easy and some fairly challenging

Disciplines: Biking, trekking, paddling, orienteering

The mountain biking section will include a mix of gravel and dirt roads, pavement, and singletrack.

Point System/Scoring

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 racers must be finished within the 5 hour time limit from their start time. If you finish late then you are penalized 1 CP immediately, and then 1 additional CP for every 5 minutes you are late.

Hydration and Nutrition

Food and hydration are your responsibility. Bring your own water to the park.

Gear

The required gear list is minimal for this event and is listed on the [race website](#).

One cell phone, watch, and whistle are required for all teams to carry. These are for your safety. Your cell phone should be fully charged, turned off, and in a dry bag or a few ziplocks to keep it safe and dry. Absolutely no GPS-enabled devices should be used during the race to aid in navigation. **If you want to track yourself with a GPS watch that is fine, but it must be kept in your pack and away. The use of GPS is against the spirit of adventure racing. If you are caught using a GPS-enabled device (watch or other) to aid in navigation, you will be disqualified.** Please review the gear list on the website and be sure you have everything required.

Awards

The **award ceremony will be virtual this year and will take place on Wednesday September 30th at 8pm.** We'll have lots of fun giveaways and review the results from both the in-person race and the "on your own" edition.

Sponsor Giveaways

Below is a rundown of all our sponsor giveaways that we'll distribute during the virtual awards ceremony.

Baird Automotive

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. You could win \$100, generously furnished by longtime EX2 racer and all around good guy, Joey Baird of Baird Automotive. We'll be selecting one lucky winner during the virtual awards ceremony. Remember...all EX2 racers receive 10% off any service at Baird

Automotive in Arlington, VA.

Integrated Financial Partners

Fellow racer and IFP Financial Advisor, Erik Scudder will give away two \$25 amazon gift cards during the virtual award ceremony. **Fill out this form to enter to win.**

Athletic Brewing

Athletic Brewing makes awesome craft, non-alcoholic beer! It's perfect for athletes to avoid the effect of alcohol, but still enjoy great-tasting craft beer. We'll be giving away eight free 12-packs this race! To enter all you have to do is post a pre or post-race picture on social media and tag @ex2adventures and @athleticbrewing. You can also post it to our [EX2 Racers and Volunteers Facebook group](#). In addition, first-time purchasers save 20% off your first purchase at athleticbrewing.com by using the coupon code "EX2" at checkout. Cool, huh!!

Pacers Running

Our awesome friends at Pacers Running have arranged a pretty awesome giveaway...2 free pairs of New Balance running shoes...and 2 free pairs of Altra running shoes. We'll be selecting the luck winners during the virtual awards ceremony!!! Sweet!! Pacers has 6 awesome locations in the DC metro region and they do both in-store and virtual fittings!

Thanks for participating in this year's VentureQuest "On Your Own" Adventure Race!! We can't wait to hear about your adventure!

If you have any questions, please email or give me a call/text @ 703-338-3965.

Andy

Andy Bacon

Race Director
/Owner
EX2 Adventures
703-338-3965