

Texas Trail Runs - Final Race Instructions

Suggested arrival/parking (50k):

5:45am (Note: Upon entering the park race morning, show your race bib to gain free entry to the park.)

Race Day Start Times:

50Km start: 7:30 AM, 12.5-mile start: 8:00 AM

Show up on race day about 1-hour prior to your race's start time to get your timing chip. If you want to be in the results, please check-in at the **Run-Far timing van to get your timing chip**. **Your bib number is your chip number**: If you have your own chip, make sure your personal chip number is affixed to your name in the database in order to be in the results correctly.

Volunteers report to the start/finish area and tell someone that you are here to volunteer. Be patient and they will find something for you to do. If you are going to Volunteer make sure you bring dress for very cold weather, you will get cold just standing around.

Race Bibs:

Please pin your race bib (number) to the **FRONT** of you somewhere, so that they are visible.

Cut-off Time:

In the interest of your safety, there will be **a 1 p.m. cut-off time at the turn-around near start/finish**.

Drop-out:

If you need to drop out of the race, please: do not cross over the timing mats at the finish; go to the Run-Far timing van and turn in your chip, stating you are not finishing (so that later we do not look for you in the dark...).



Aid Stations:

- There will be three staffed aid stations along the course and one at the finish
 - You will travel no more than **3.92 miles between aid stations**. (But keep in mind, that distance on the trail can take much longer than on pavement.)
 - Limited first aid will be available at the stations. The staffed stations will have the following food and drink:
 - There will be porta potties at or around each aid station.
- Water
 - Hammer Products Heed
 - Coke, Mt. Dew
 - Pretzels, Crackers, Cookies, Chips, Trail Mix, Food Bars
 - Fruit, such as bananas,
 - Electrolytes
 - Vasoline and Q-tips

Remember: If you carry a cup or bowl, gel wrapper, etc., out of an aid station, please carry it to the next station. We are guests in the park; no trash on the course, except in receptacles or your pockets, britches...



Drop bags:

Drop bag location at the turn-around near the start/finish. **Write your name, and bib number onto your bag.**

Trail Markings:

This is a trail run and you are responsible for paying attention to the course markings: If you find yourself looking at the tall white statue on 45N, you are off the course... The course is marked with signs that will tell you which way to go.

We will mark the course with ground flags and or ribbons at important intersections or turns.

Care must be taken when crossing roadways!

Pacers:

Friends/Pacers are allowed on the course. Pacers are not allowed to be a "pack mule" for their runner, and should be self-sufficient.

Parking

As you enter the park and get closer to the Start/Finish area you it will be obvious where you are to park. We will start to direct the parking, then it will take on a life of its own, so don't worry. Follow common sense.

Weather

Huntsville State Park shows 38 degrees early Saturday morning warming to 58 with partly cloudy skies. Trails should be mostly dry, but probably moist from recent rain. Be prepared for the weather. If 38 is not cold to you, run shirtless. If not bundle up.

Dogs:

We are dog-friendly, within reason. You can run with your (well-mannered) dog, but it must be on a leash, and you must not let it get entangled with another runner. And please dispose of their droppings properly (off the course). Please provide water and food for your dog. You can refill your dog's water at the aid stations.

Absolutely No Littering!

Littering on the course will not be tolerated and will result in removal from the race and the results.

Post-Race Meal:

Upon completion of the race, participants (and one guest or crew member) can enjoy post-race food near the start/finish area. We will **have pizza and aid station goodies available. If you bring more than one guest or crew member, they are welcome to enjoy post-race food for a \$10 donation per person. The aid station table food is for PARTICIPANTS, ONLY. Thank you.**

Results

Results will be posted approximately every 30-45 minutes as people finish. As awards become official, awards are handed out near the finish area. Results will be available on www.rogersoler.com
www.Scallywampus.com
and www.run-far.com.

Photographer

Endurophoto will be out there taking your pictures on the course and at the start finish.

THANK YOUR VOLUNTEERS!!!! If you would like to volunteer during the race, report to the start/finish area.

THANK YOU FOR PARTICIPATING!!!! Have a great race!

THANK YOU SPONSORS!!!