

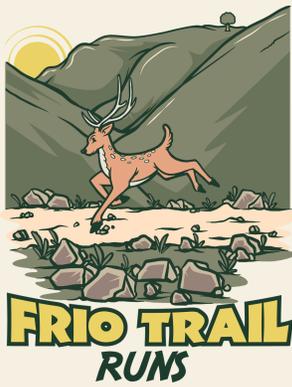
# **FRIO TRAIL** *RUNS*

**PARTICIPANT GUIDE**  
March 7, 2026  
Concan, TX

**BROUGHT TO YOU BY**



**TEXAS  
OUTLAW  
RUNNING**



# WELCOME

5K, 10K, 20K, 30K, 50K + 10K Ruck

**March 7, 2026**

Garner State Park

**234 RR 1050, Concan, TX 78838**

\*DO NOT COME IN THROUGH MAIN PARK  
ENTRANCE, COME THROUGH SPECIAL EVENT  
ENTRANCE [CLICK HERE FOR PIN](#)\*

Welcome to the Frio Trail Runs, an original event crafted by Texas Outlaw Running Company. This race takes place at Garner State Park in the Texas Hill Country. The race follows a 6 mile looped course showing 1400ft elevation gain. We are so excited for the amazing weekend with a memorable atmosphere, beautiful views, and fun on the trails.

We encourage you to take time to carefully read through this participant guide to help better prepare you for your race that's ahead.

If you have any questions after reading through please email us at: [Info@TexasOutlawRunning.com](mailto:Info@TexasOutlawRunning.com)

## **SATURDAY**

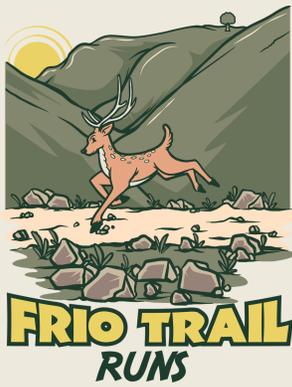
- \*Please arrive 45-60 min. before your start time\*
- 6-8 AM - Packet Pickup + Texas Outlaw pop up store
- 7:00AM - 50K STARTS
- 7:15AM - 10K, 20K, 30K STARTS
- 7:30AM - 5K STARTS
- 7:45AM - 10K RUCK STARTS
- 6:00PM - RACE CUTOFF (11 HOURS)

## **RUCK**

- If you weigh 150lbs or less: 20lb ruck
- If you weigh 150lbs or more: 30lb ruck

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# GENERAL INFO

## DRIVING DIRECTIONS

Enter the race location via US Highway 83. Turn into the [special entrance](#) for the race onto State Park Rd 29. Turn onto Park Rd 29-A to the Shady Meadows Campground and follow to start/finish line.

## RESTROOMS

Portable restrooms will be available outside the start/finish area.

## CAMPSITES

Campsites will be near the start/finish line. [Click Here](#) to reserve a site

- Camping is \$20-\$35/night
- There are restrooms and showers near the sites

## MEDICAL

We will be using nearby public medical personnel 911 in case of an emergency

## AID STATIONS

We will have two aid/water stations. The main aid station will be available at the start/finish.

### Main Aid Station (Mile 0/6)

hot/cold foods, snacks, water, electrolytes, pickle juice & ice  
\* *Feel free to place drop bags at the start/finish line area*

### Baldy Aid Station (Mile 2.82)

hot/cold foods, snacks, water, electrolytes, pickle juice & ice  
\* *NOT on 5k course, ONLY on 10K loop*

## RACE TIMING

We will utilize the UltraSignup timing software (manual time.) We will time you using your bib number so please make sure your bib number is visible on the front of your body.

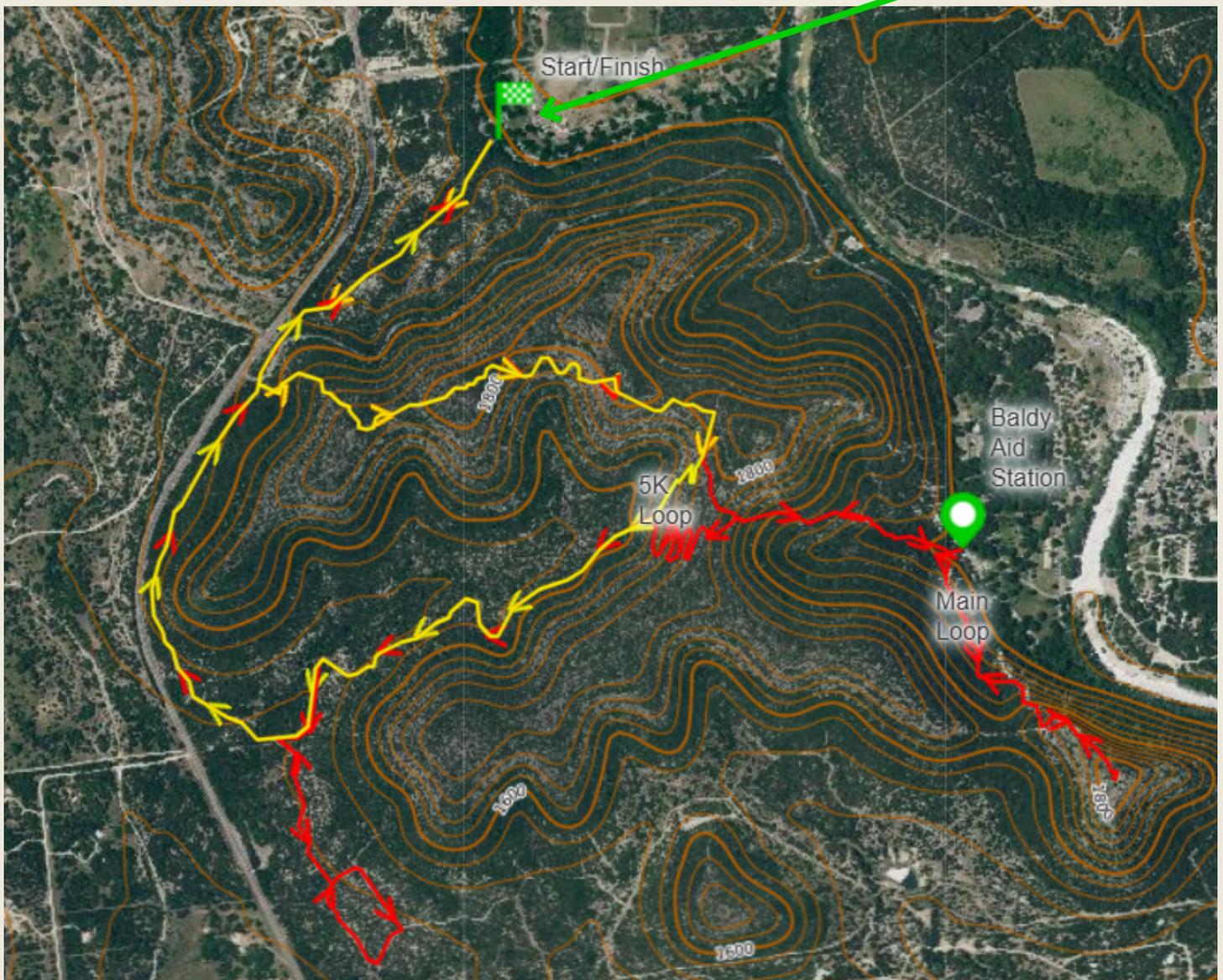


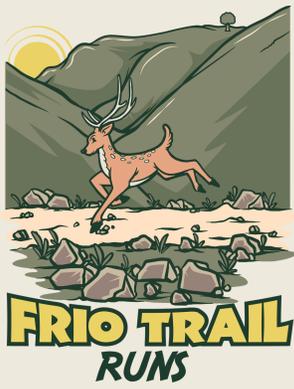
# PARKING / COURSE MAP

5K Loop = Yellow 10K Loop = Red

Using the [special entrance](#), all participants will park at the start/finish line (**PIN**)

Parking & Start/Finish Line



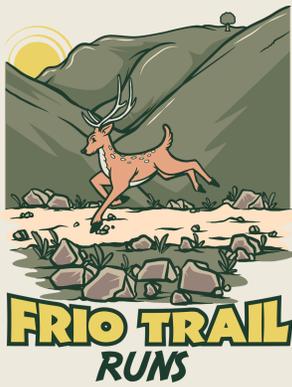


# COURSE DETAILS

## COURSE PROFILE

Garner State Park is a 1,420-acre state park on the Frio River near the community of Concan, in Uvalde County, Texas. The park opened in 1941 and is managed by the Texas Parks and Wildlife Department. The race features beautiful scenery and challenging rocky & dirt single-track trails with 1400 feet of elevation for the 10K loop and 600ft for the 5K loop. The race follows a single-track trail with the start/finish line at the Shady Meadows Campground at Gardner State Park.





# IMPORTANT

## **DROPPING OUT OF THE RACE**

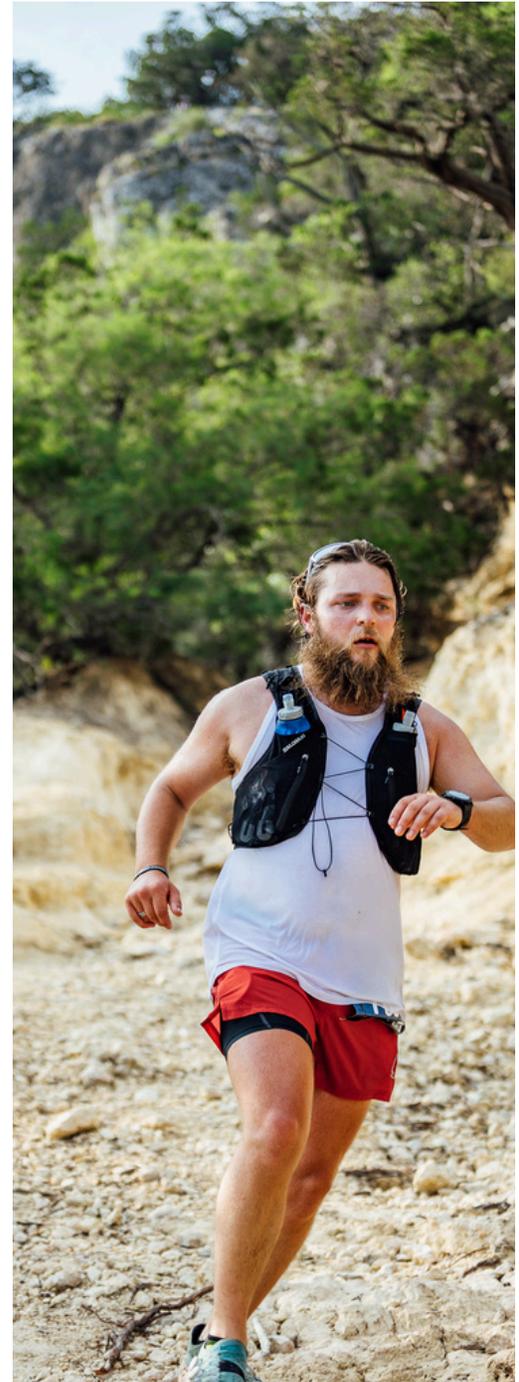
You must notify the race director at the start/finish line BEFORE leaving the race site if you decide to quit or drop out of the race.

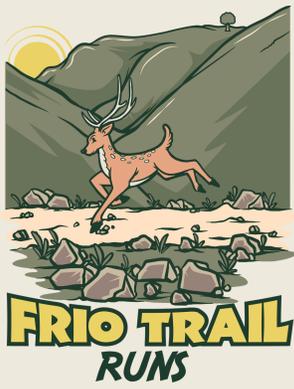
## **BIBS**

Please make sure that the bib number is visible and on the front of your body. We will use your bib number to identify you and record your time.

## **CUPLESS RACE/CARRYING**

To reduce waste out on the trails and in general we follow the cupless race protocol. This means that we will not serve any cups at aid stations for drinks. Please bring your own water carrying system with at least 16 oz (32oz recommended).





# COURSE MARKINGS



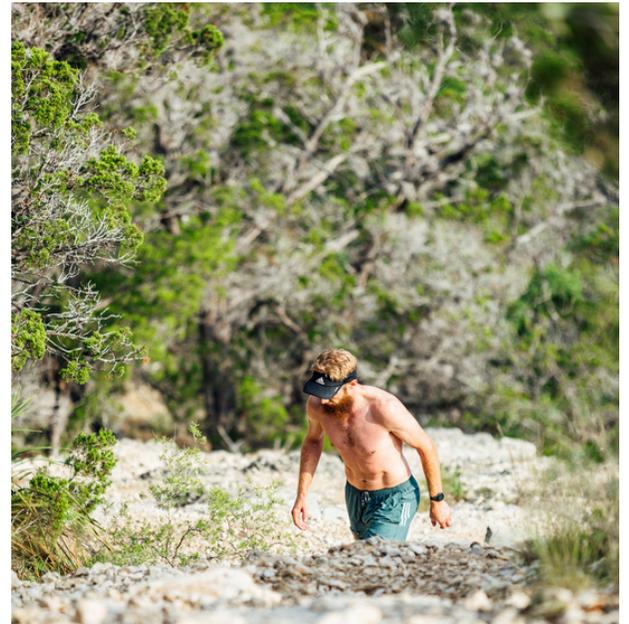
The trails will consist of orange signage, flagging (and yellow red reflective tape on the orange signs) as seen above. The orange signage and flags will also be seen throughout the course at intersections to show you where to go.



# RACE RULES

## TRAIL RUNNING RULES

- No Littering (If caught disqualification will occur.)
- Runners must follow the marked course and no cutting the course.
- Runners must have their phones on them, on, etc during the race.
- Race cutoff will be enforced.
- Be aware of your surroundings. You're partially in the wilderness, there can be wild animals/snakes.
- Please be respectful to all volunteers, race staff, and other race personnel.



## WEATHER FORECAST as of 02/26/26 for Saturday 6AM - 10AM - 2PM - 6PM

Temp Forecast: 64° - 74° - 80° - 75°

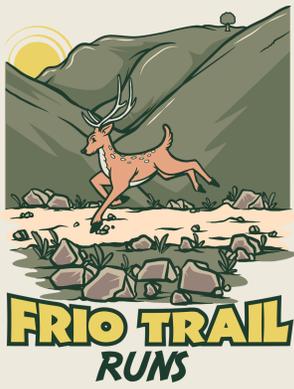
Feels Like: 63° - 71° - 79° - 75°

Rain: 40%

Wind: 7mph SE - 11mph SSW - 11mph SW - 5mph ESE

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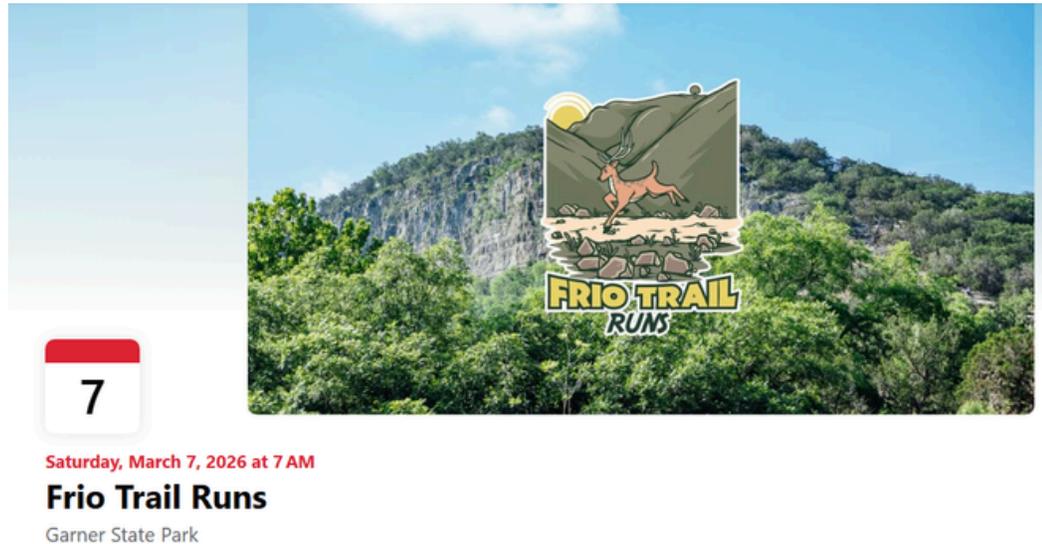
# AWARDS

## AWARDS/RACE GEAR

- Frio Trail Runs Tri-blend T-shirt for ALL DISTANCES
  - Frio Trail Runs Finisher Medal for ALL DISTANCES
  - 1st place Male/Female Trophy for ALL DISTANCES
  - Frio Trail Runs 10k Ruck Patch
- 
- Unique "Toughest 50K in Texas" Medals for 50K Finisher featuring 7000ft elevation gain
  - last place - DFL "Dead Freakin" last trophy for 50K distance



# SOCIAL MEDIA



## INSTAGRAM

@TexasOutlawRunning

## FACEBOOK

@TexasOutlawRunning

## TWITTER

@RunningOutlaw

## YOUTUBE

Texas Outlaw Running Company

## PODCAST

Texas Outlaw Running Talk Show

[Click Here](#) to join the conversation in our Facebook Event.

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