

PARTICIPANT GUIDE JUNE 17, 2023 SPRING BRANCH, TX

BROUGHT TO YOU BY





WELCOME

Welcome to the second annual "Fire Trail Running Festival." This is an original event crafted by Texas Outlaw Running Company. This race takes place during the nighttime at Guadalupe River State Park. The course follows a 5.11 mile trail within the property of the State Park. We are so excited for the amazing weekend at Guadalupe River State Park on the beautiful 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: TexasOutlawRunning@gmail.com

50K|25K|8K **June 17, 2023**

Guadalupe River State Park

3350 Park Rd 31 | Spring Branch, TX

Saturday, June 17, 2023 PACKET PICKUP

Guadalupe River State Park - River Overlook Trailhead 7:00 - 8:00 PM **RACE DAY** Guadalupe River State Park - River Overlook

Trailhead 7:00 - 8:00 PM - Packet Pickup

8:00 PM - 50K, 25K, 8K Starts

8:35 PM - Sunset

5:00 AM - Race Cutoff

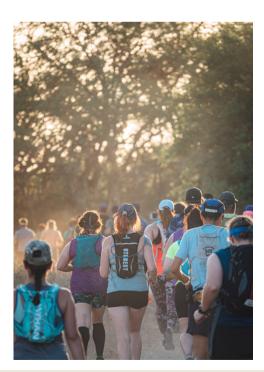




GENERAL INFO

START & FINISH LOCATION

The start and finish line will be located at the Guadalupe River State Park "River Overlook Trailhead." When entering the State Park you will pass by the headquarters. Keep straight. Continue straight to the end of the road then take a left into the parking lot.



PARKING

Day pass fees are to be paid to Guadalupe River State Park. You can pay \$7 online beforehand or pay cash on the day of the event. When arriving to the park please park in the parking lot at the event end of the road.

RACE TIMING

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

AID STATIONS

We will have one aid station. The main aid station will be available at the start/finish area. Main Aid station includes water, Tailwind, Pickle Juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks with a few surprises. We will have our first aid located at the main tent.

RESTROOMS

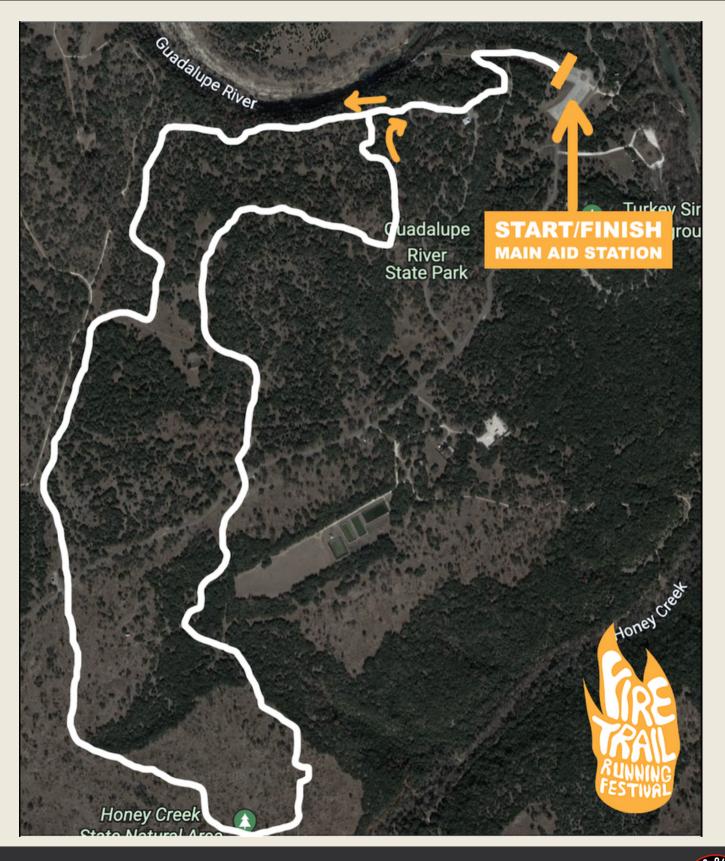
We will have portable restrooms available outside the start/finish area.

MEDICAL

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



COURSE MAP 8K = 1 LOOP | 25K = 3 LOOPS | 50K = 6 LOOPS







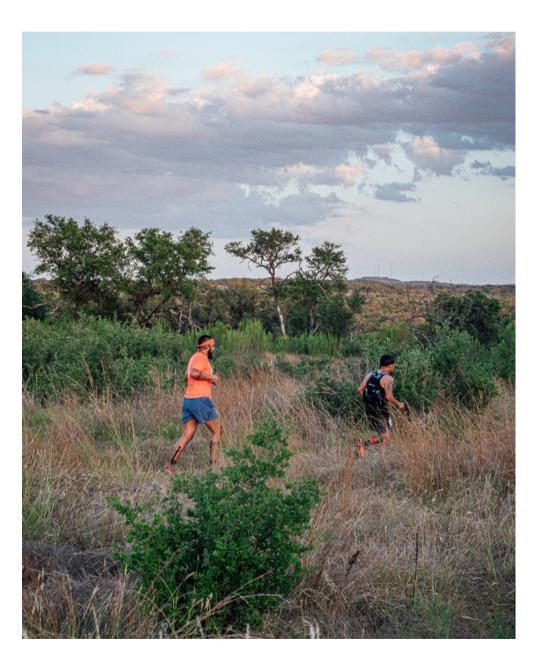
50K, 25K AND 8K

COURSE PROFILE

The 50K race is a 6 loop race, the 25K is a 3 loop race, and the 8k is a 1 loop race. Runners will experience a total of 300ft elevation gain per loop. This course features grass, single track, dirt and rocky trails. The loops will be in the dark starting around 8:45 PM - <u>please bring a</u> <u>headlamp</u>.

COURSE MARKINGS

The course will follow the hiking trails. Directions will be ORANGE signs and ribbons to show which way to go in certain areas. We will also have RED & YELLOW reflective tape on the ORANGE signs and ribbons so runners can see them in the dark.







IMPORTANT

DROP BAGS

We allow drop bags at the start/finish area. Runners are responsible for their own drop bags. We will allow for them to be placed near the main aid station.

BIBS

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

PACERS

Pacers are allowed to run with participants. Please no more than 1 pacer per runner.

DAY PASSES

Make sure to pay the \$7 day pass to Guadalupe River SP.



TRAIL RUNNING

The entire race will be on the hiking trail. Orange ribbons and signs will be used to guide runners in direction.

RUNNING IN THE DARK

Make sure to bring a head lamp - sunset is at 8:45PM

CUPLESS RACE

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.



COURSE MARKINGS





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

WHEN IN DOUBT REMEMBER "ORANGE"





RACE RULES

TRAIL RUNNING RULES

- No Littering (If caught disqualification will occur.)
- Runners must follow the marked course.
- Race cutoff will be enforced.
- Do not listen to music without headphones.
 Keep one ear without a headphone so that you're aware of your surroundings.
- Please be respectful to all volunteers, race staff, and other race personnel.

CUPLESS RACE

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. We will have paper cups available at the main aid station however these cups are for incidents where participants lost/forgot their water carrying system.







AWARDS

50 KILOMETER

- 1st Place Male 1st Place Female 2nd Place Male
- 2nd Place Female
 - 3rd Place Male
- 3rd Place Female
- Dead Freakin Last

25 KILOMETER

- 1st Place Male
- 1st Place Female
- 2nd Place Male
- 2nd Place Female
 - 3rd Place Male
- 3rd Place Female
- Dead Freakin Last

8 KILOMETER

- 1st Place Male
- 1st Place Female
- 2nd Place Male
- 2nd Place Female - 3rd Place Male
- 3rd Place Female
- Dead Freakin Last





ALL DISTANCE FINISHERS

- Finisher Award





TEXAS TRAIL RUNNER SERIES



This race is a part of the Texas Trail Runner Series; **awarding cash** in the series. For more information click the "TTRS" box above.





SOCIAL MEDIA



INSTAGRAM @TexasOutlawRunning

FACEBOOK @TexasOutlawRunning

TWITTER @RunningOutlaw

YOUTUBE Texas Outlaw Running Company

PODCAST Texas Outlaw Running Talk Show



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