



**BEAVERFOOT**

**PARTICIPANT GUIDE**  
**August 16, 2025**  
**Broken Bow, OK**

**BROUGHT TO YOU BY**



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# WELCOME

**5K, 11 Miler, 22 Miler**

**Aug. 16, 2025**

**Beavers Bend State Park**

**4350 OK-259A, Broken Bow, OK 74728**

Welcome to Beaverfoot! This is an original event crafted by Texas Outlaw Running Company and is a part of our Texas Summer Night Series. This race follows a 11-mile out-and-back course, starting and finishing at Beavers Bend's Nature Center. We are so excited for the amazing weekend on the beautiful rocky, dirt, and single track 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](mailto:TexasOutlawRunning@gmail.com)

## **SATURDAY**

\*Please arrive 60-45 min. before your start time\*

- 6pm-7pm - packet pickup
- 7pm - 22 miler STARTs \*headlamps required for 22 miler\*
- 7:05pm - 5k STARTs \*headlamps recommended for slower 5k'ers\*
- 7pm-7:30pm - 11 miler shuttle starts (11 milers will be shuttled to a different start line after checking in at packet pickup. they will finish where they parked and where the 5k and 22 miler finish)
- 7:30pm - 11 miler starts \*show up early to make shuttle on time\*
- 8pm - sunset
- 8:30pm - twilight

## **SUNDAY**

- 2am - cutoff for all distances (7 hours)

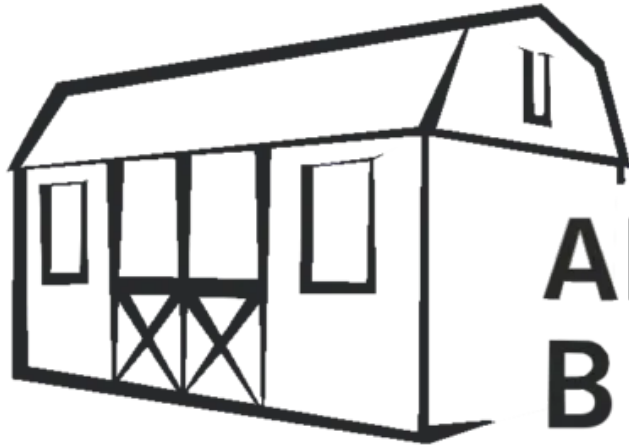
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BEAVERFOOT

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# GENERAL INFO

## DRIVING DIRECTIONS

The start and finish line will be located at the Beavers Bend Nature Center. When driving northeast on Old Park Rd, you will turn right into the parking lot of the nature center. The start/finish line will be to the right of the building.

## RESTROOMS

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

## 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.

## MEDICAL

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

## AID STATIONS

We will have three aid stations and one water station.

### Main Aid Station

(**Start/Finish Line**) includes cold foods, snacks, water, electrolytes (Gatorade) & pickle juice.

### Dogwood Aid Station

(**4.1 mile**) includes cold foods, snacks, water, electrolytes (Gatorade) & pickle juice.

### Dam Aid Station

(**11 mile**) includes cold foods, snacks, water, electrolytes (Gatorade) & pickle juice.

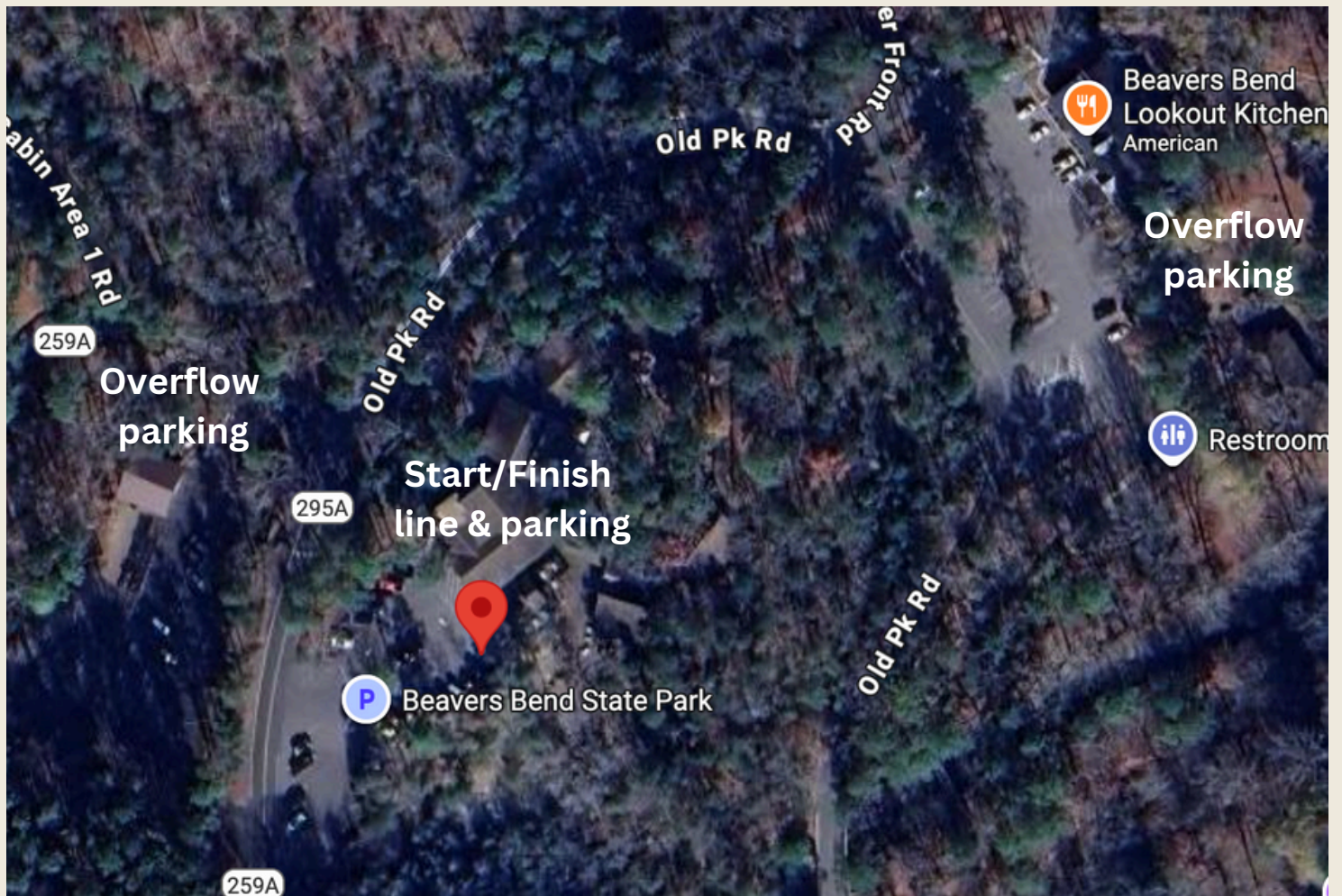
### Hydration Station

(**2.1 mile**) includes water & electrolytes (Gatorade)





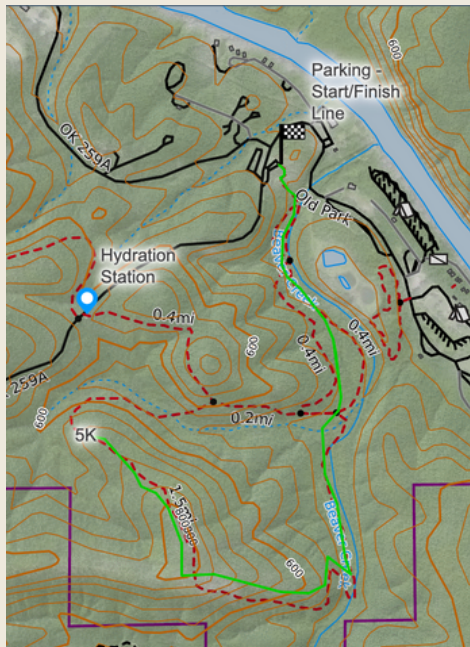
# LOCATING RACE/PARKING



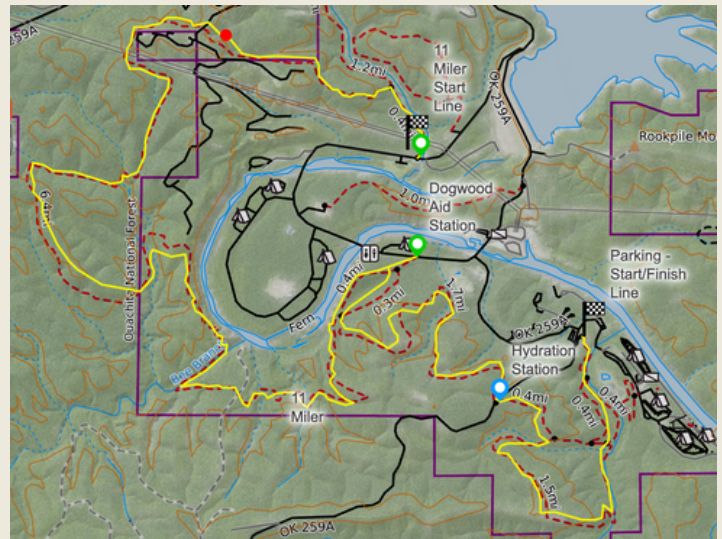


# COURSE MAP

## 5K Course



## 11M Course







# COURSE DETAILS

## COURSE PROFILE

The Beaverfoot is a nighttime trail run featuring a trail 5K, 11 Miler, & 22 Miler in the Ouachita Mountains of Eastern Oklahoma at Beavers Bend State Park. The event follows 11-mile route beginning and ending in Beavers Bend State Park in Broken Bow, Oklahoma.







# 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 visual 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.







# COURSE MARKINGS



The trails will consist of white and orange signage.





# RACE RULES

## TRAIL RUNNING RULES

- No Littering (If caught disqualification will occur.)
- Runners must follow the marked course and no cutting the course.
- 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 08/12/25 for Saturday 6PM - 9PM - 12AM

Temp Forecast: 89° - 83° - 78°

Feels Like: 94° - 85° - 80°

Rain: 20%

Wind: 7mph SSE - 8mph ESE - 10mph E





# SOCIAL MEDIA



## INSTAGRAM

@TexasOutlawRunning

## FACEBOOK

@TexasOutlawRunning

## TWITTER

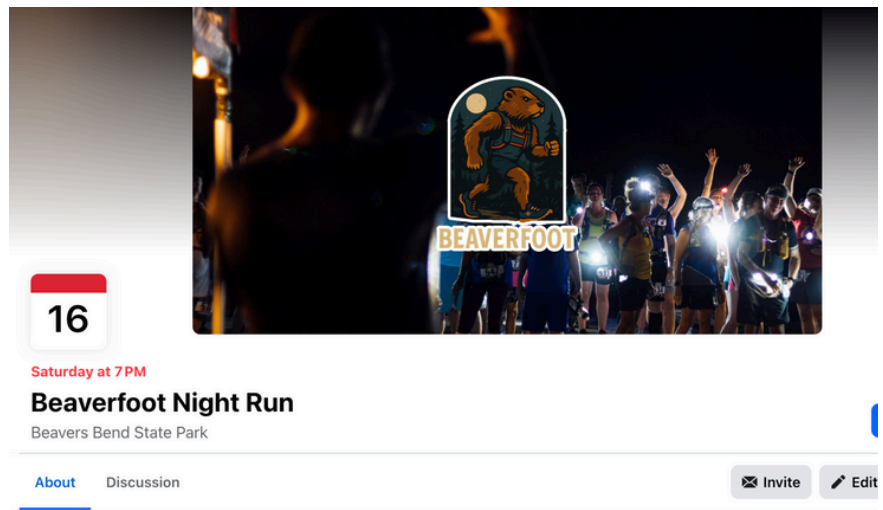
@RunningOutlaw

## 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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