



**PARTICIPANT GUIDE**  
**MAY 21, 2022**  
**PITTSBURG, TX**

**BROUGHT TO YOU BY**





# WELCOME

Welcome to the second annual "East Texas Ultra." This is an original event crafted by Texas Outlaw Running Company. This race takes place at Lake Bob Sandlin State Park where runners run through the pines and the beautiful climate of the east. The course follows a 4.5 mile trail around the property of the State Park. We are so excited for the amazing weekend at Lake Bob Sandlin 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](mailto:TexasOutlawRunning@gmail.com)

7K | 14K | 28K | 50K

**May 21, 2022**

**Lake Bob Sandlin  
State Park**

**341 State Park Road 2117 | Pittsburg, TX 75686**

**Saturday, May 21, 2022**

**RACE DAY**

Lake View Loop Trail Head

6:00 - 7:30 AM - Packet Pickup

7:00 AM - 50K Starts

7:10 AM - 28K Starts

7:20 AM - 14K Starts

7:30 AM - 7K Starts

5:00 PM - Race Cutoff

**TEXAS OUTLAW  
RUNNING COMPANY**







# GENERAL INFO

## START & FINISH LOCATION

The start and finish line will be located at the Lake Bob Sandlin State Park "Lake View Loop Trail Head." When entering the State Park you will enter through a gate. You will continue straight down the road then take a right at the "T". After taking a right the road will take you to the start.



## PARKING

Day pass fees are to be paid to Lake Bob Sandlin State Park. You can pay \$4 online beforehand or pay cash on the day of the event. When arriving to the park please park in the large parking lot. Do not park on the grass.

## 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.

## RESTROOMS

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

## AID STATIONS

We will have one aid station. The main aid station will be available at the start/finish area near the Trailhead. The Main Aid station includes water, electrolytes, gatorade, pickle juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks with a few surprises.

## MEDICAL

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



# COURSE MAP

7K = 1 LOOP | 14K = 2 LOOPS | 28K = 4 LOOPS | 50K = 7 LOOPS



TEXAS OUTLAW  
RUNNING COMPANY







# 50K

## ELEVATION PROFILE

To view the elevation profile please click on this box ->

**ELEVATION  
PROFILE LINK**

## COURSE PROFILE

The 50 Kilometer race is a 7 loop race. Runners will experience a total of 2100ft elevation gain mainly experiencing vert all throughout the loop. This course features single track soft dirt trail, roots, and amazing scenery.

## 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.



**TEXAS OUTLAW  
RUNNING COMPANY**





# IMPORTANT

## **DROP BAGS**

We allow drop bags only 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 \$4 day pass to Lake Bob Sandlin SP.



## **TRAIL RUNNING**

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

## **ROAD CROSSINGS**

Runners will run across the road a total of 4 times. Please look both ways when crossing.

## **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.







**28K, 14K, 17K**

### **COURSE PROFILE**

The 28 Kilometer race is a 4 loop race with a total of 1200ft elevation gain. The 14 Kilometer race is a 2 loop race with a total of 600ft elevation gain. The 7 Kilometer race is a 1 loop race with a total of 300ft elevation gain. Runners will experience elevation gain mainly experiencing vert all throughout the loop. This course features single track soft dirt trail, roots, and amazing scenery.

### **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. .

### **ELEVATION PROFILE**

To view the elevation profile please click on this box ->

**ELEVATION  
PROFILE LINK**



**TEXAS OUTLAW  
RUNNING COMPANY**





# 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.

WHEN IN DOUBT REMEMBER "ORANGE"







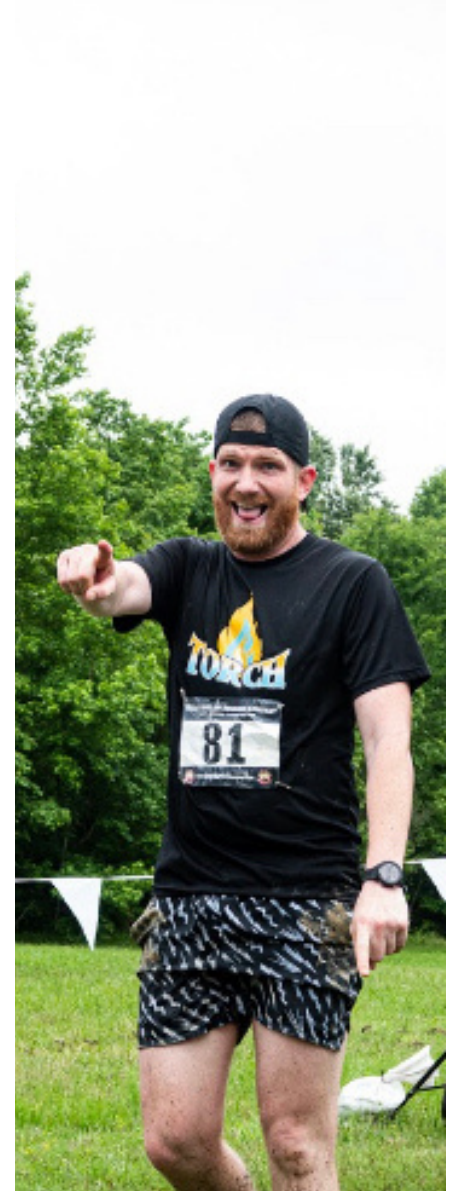
# RACE RULES

## 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
- Dead Freakin Last

## 28 KILOMETER

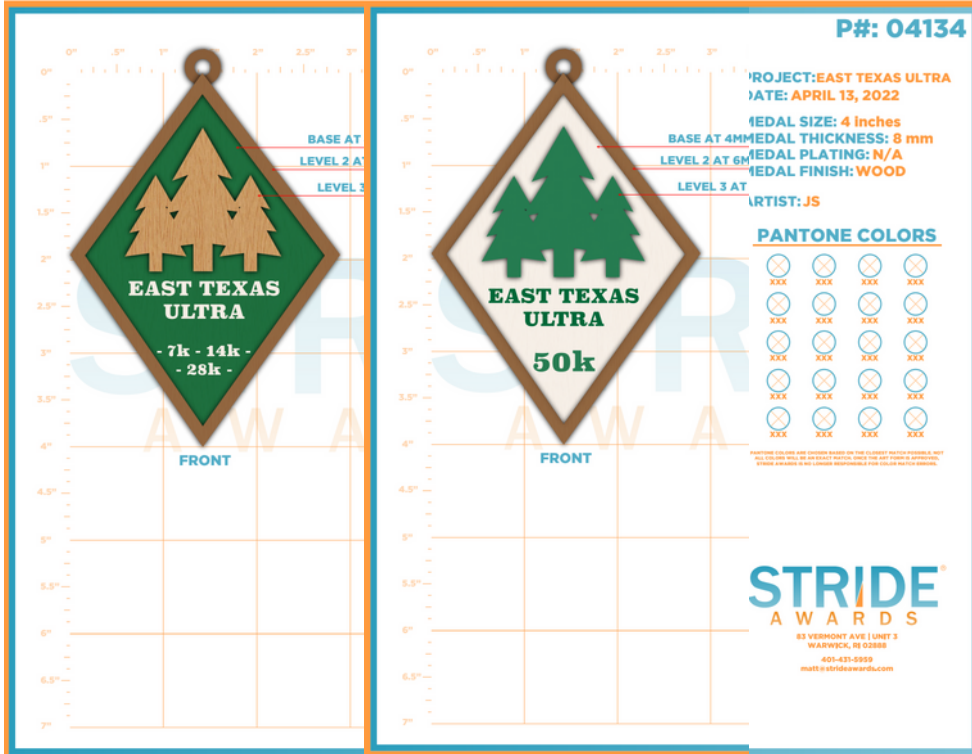
- 1st Place Male
- 1st Place Female
- Dead Freakin Last

## 14 KILOMETER

- 1st Place Male
- 1st Place Female
- Dead Freakin Last

## 7 KILOMETER

- 1st Place Male
- 1st 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 \$1100** total 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



## INSTAGRAM

@TexasTrailRunnerSeries

## TWITTER

@TexasTrailRun

TEXAS OUTLAW  
RUNNING COMPANY

