



FRIO TRAIL RUNS

PARTICIPANT GUIDE
Jan 20, 2024
Leahey, TX

BROUGHT TO YOU BY



TEXAS
OUTLAW
RUNNING



WELCOME

10K | 13M | 30K | 26M | 50K

Jan 20, 2024

H.W. Lewis Ranch

NO PHYSICAL ADDRESS

Click [HERE](#) for exact location

Welcome to the inaugural "Frio Trail Runs". This is an original event crafted by Texas Outlaw Running Company. This race takes place at H.W. Lewis Ranch in the Texas Hill Country. The race follows a 10K looped course, beginning and ending at the H.W. Lewis Ranch. 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: TexasOutlawRunning@gmail.com

Friday, Jan 19, 2024

RACE DAY

Start/Finish Area

4-5PM - Early Packet Pickup

5:15PM - Sermon/Church

Saturday, Jan 20, 2024

RACE DAY

Start/Finish Area

6:30-8 AM - Packet Pickup

7:45 AM - 50K, 26M, 30K Start

8:15 AM 13M, 10K Start

8:30 AM 10K Ruck Start

3:00 PM (8 Hours) - cut off

**TEXAS
OUTLAW
RUNNING**





GENERAL INFO

DRIVING DIRECTIONS

The start and finish line will be located on the west side of the ranch ([link to start/finish line](#)). When driving north on 336, it will be on your left. (Note: If you type in H.W. Lewis Ranch, the directions will NOT take you to the start/finish line. Please use the pin above for directions or see map below for more information).

CAMPSITES

Campsites will be near the start/finish line. Here is [the link](#) to reserve a site (\$20/night). NOTE: These campsites are bare minimum:

- Only access to porta-potties
- NO ACCESS to running water or showers.

PARKING PASS

You will park near the start/finish line (see map below). Everyone must pay a \$10 cash parking pass PER PERSON.

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 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)

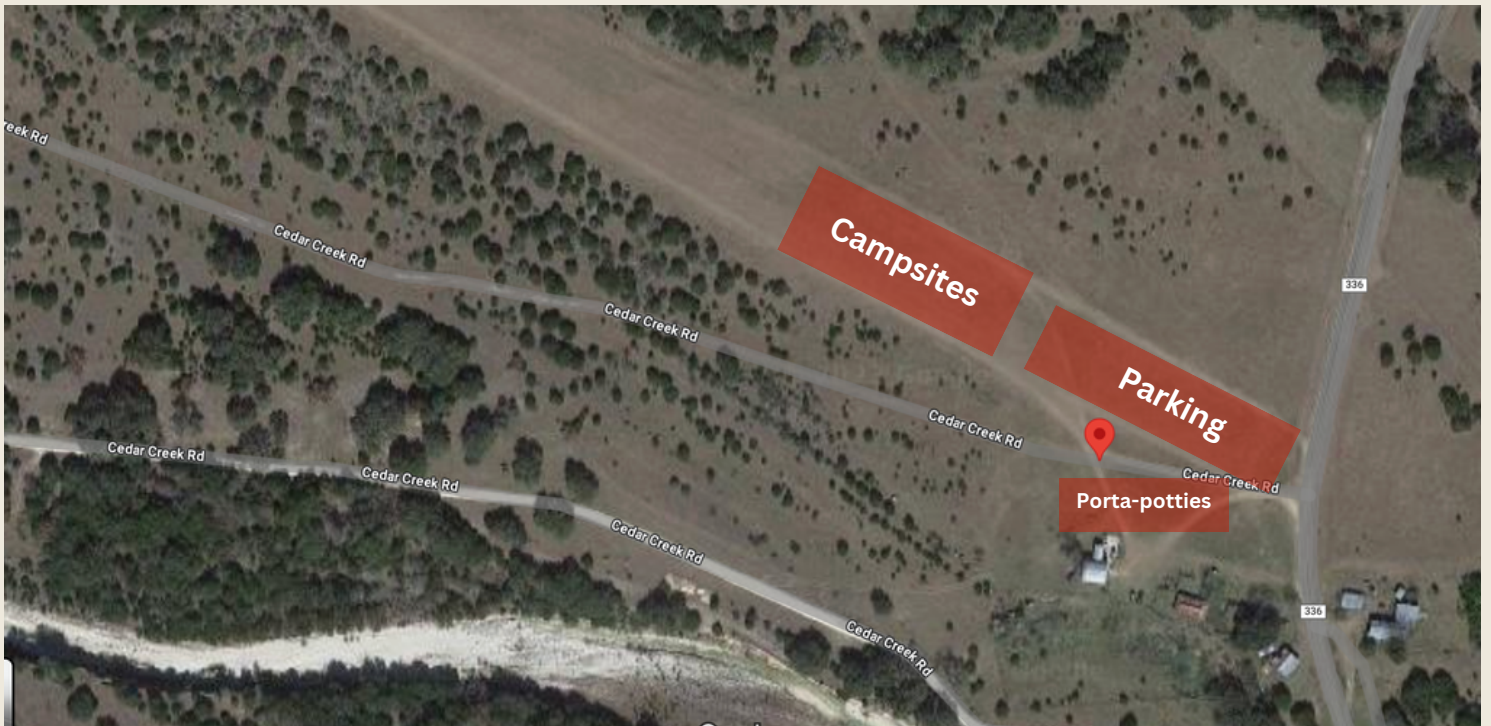
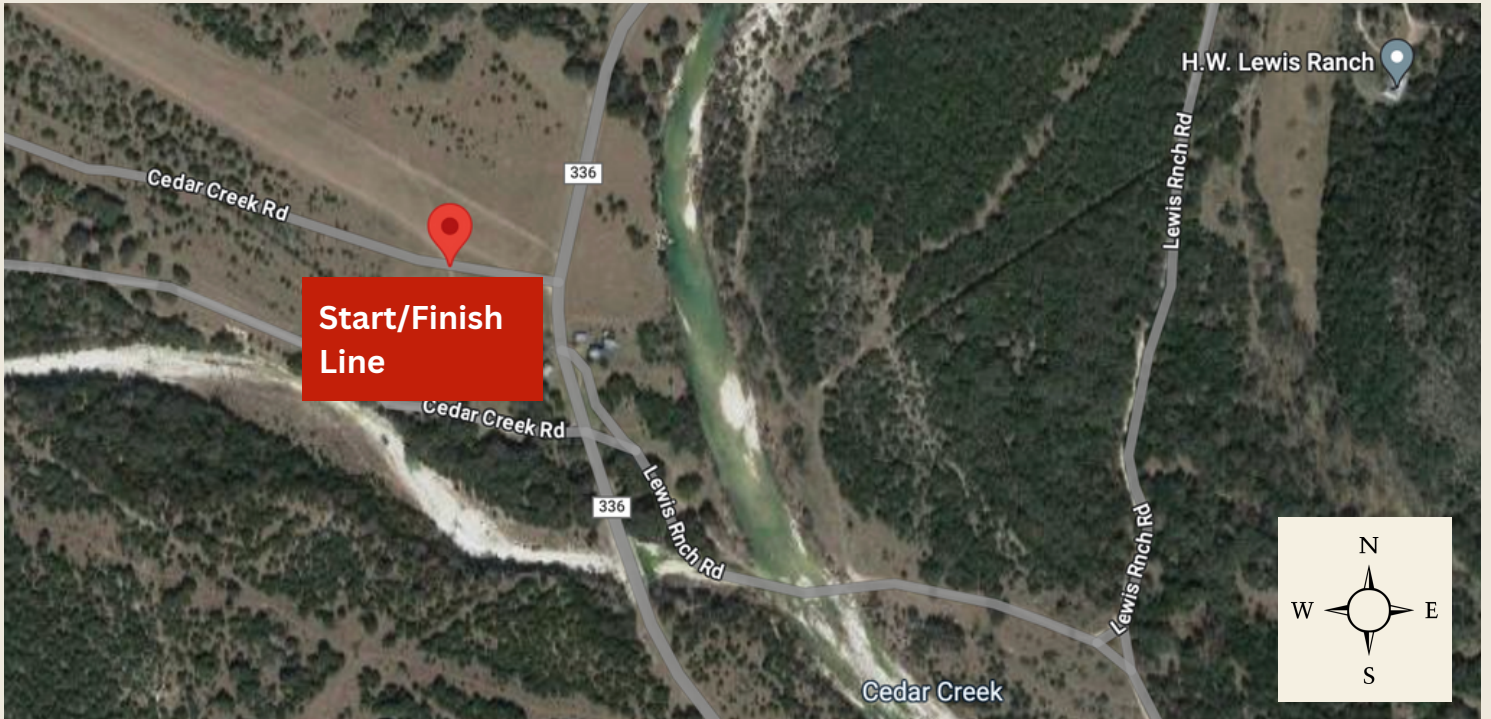
includes water, Gatorade, Tailwind (naked flavor), pickle juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks. We will have our first aid located at the main aid station.

[Lewis Hydration Station \(Mile 5.25/8.41\)](#) will have water, Tailwind (naked flavor), and Gatorade. This station may not be manned.

RESTROOMS

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

LOCATING RACE



COURSE MAP

10K = 1 RED LOOP



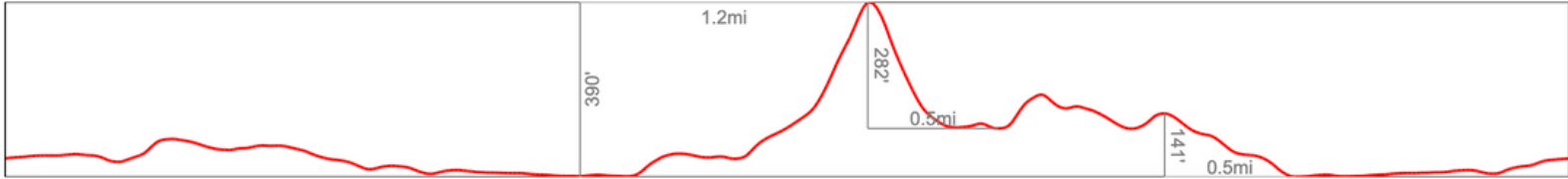
Elevation Chart



Frio Trail Runs Main Loop

distance: 6.59mi range: 1675' to 2065' gross: +673' -673' sampling interval 100' w/ 9.9x vertical exaggeration

cursor:



COURSE PROFILE

The 10K is a 1 full (red) loop race, the 13M is a 2 loops, 32K is 3 loops, 26M is 4 loops and 50K is 5 loops.

The H.W. Lewis Ranch features beautiful scenery and extremely rocky trails that are on horse and ATV trails with over 3365 feet of elevation gain for the 50K event. The race follows a 10K looped course, beginning and ending at the H.W. Lewis Ranch. The aid station is located at the start/finish (or every 6 miles.)

[-> Click here to the course map link.](#)





IMPORTANT

DROP BAGS

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 on the last two loops of the 50K.

DAY PASSES

Make sure to pay the \$10 cash upon arriving to the ranch.



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 32 oz.



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.
- 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

for Saturday 6AM - 12PM - 3PM

Temp Forecast: 24° - 40° - 44°

Feels Like: 17° - 35° - 40°

Humidity: 65% - 41% - 38%

Wind: 6NE 15 mph gust - 6E - 7ESE



AWARDS



- Finisher Medals

- 50K Finisher Medals



- 10K RUCK Token

- 1st Place awards for all distances M & F
- DFL "Dead Freakin' Last" awards for all distances



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.

TEXAS
OUTLAW
RUNNING

