

10K - 30K - 50K

# FEEL THE BURN

## TRAIL RUNS

PARTICIPANT GUIDE  
MAY 24, 2025  
LITTLE ROCK, AR

BROUGHT TO YOU BY



# TEXAS OUTLAW RUNNING





# WELCOME

**10K, 20K, 30K, 50K + 10K RUCK**  
**May 23-24, 2025**

## **Burns Park Equestrian Trail**

**4700 Joe K. Poch Dr | North Little Rock, AR 72118**

Welcome to the 3rd annual "Feel the Burn Trail Runs." This is an original event crafted by Texas Outlaw Running Company. This race takes place at Burns Park where runners run through the pines and the beautiful climate in Central Arkansas. The course follows a 6 mile trail around the park. We are so excited for the amazing weekend at Burns 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)

### **Equestrian Trail**

#### **Friday, May 23th**

5:00 - 8:00 PM - (early) PACKET PICKUP + Texas Outlaw Pop Up Store

6:00 PM - Kids 1 mile fun run starts (12 & under)

6:30PM - 10k ruck STARTS \*25lb minimum for ruck\*

9:00PM - Ruck cutoff

#### **Saturday, May 24th**

6:00 - 7:00AM - PACKET PICKUP + Texas Outlaw Pop Up Store

7:00 AM - 50K RACE STARTS

7:15AM - 30K & 20K RACE STARTS

7:30AM - 10K RACE STARTS

5:00pm - Cutoff for all races + TAKE DOWN/PICKUP COURSE MARKINGS



# GENERAL INFO

## START & FINISH LOCATION

The start and finish line will be located at the [Equestrian Trail Head](#) inside Burns Park. When driving North East on Military Dr. you will take a left before the Hospitality House. You will continue straight, passing tennis courts and baseball fields to your left. After driving over Hwy 65, parking/Start Finish Line will be to your left.



## 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. We encourage runners to use the restroom prior to arriving to the park.

## PARK GATES

Park gates do not open until 6:00 AM.

## WEATHER

Cloudy throughout the day with a 50% of scattered rain. Low 61F & High 78F. Winds light and variable.

## AID STATIONS

We will have one aid station and one water station.

### [Main Aid Station](#)

**(Mile 0/6.11)**

Available at the start/finish area near the Trailhead. The Main Aid station includes water, Hyperlyte, Gatorade, Pickle Juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks with a few surprises.

### [Water Station](#) (Mile 3.7)

Water and Ice; Road and crew access; no drop bags.

## MEDICAL

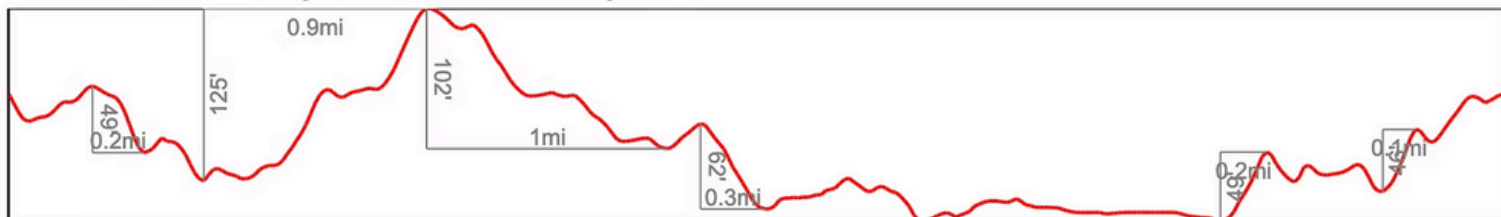
We will be using nearby public medical personnel. PLEASE CALL 911 in case of an emergency.

# COURSE MAP

10K = 1 LOOP | 20K = 2 LOOPS | 30K = 3 LOOPS | 50K = 5 LOOPS



distance: 6.11mi range: 253' to 406' gross: +403' -403' sampling interval 100' w/ 29.7x vertical exaggeration  
cursor: 344' at 0mi linear grade: -6.2% elevation change: +0' -0'







# 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. Please no more than 1 pacer per runner.



## **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 per loop. 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.





# COURSE

The Feel The Burn Trail Runs include 10K, 20K, 30K, and 50K distances through the dense yet scenic forests of Burns Park, located in North Little Rock, Arkansas.

This year we are happy to be including a 10K Ruck on the 23rd as well as a kids 1 mile trail fun run! The fun run is completely free, so be sure to come & get your packet & let your kids get in on the fun!







# 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 05/19/25 for Saturday 6AM - 12PM - 4PM

Temp Forecast: 61° - 72° - 78°

Feels Like: 60° - 70° - 79°

Rain: 50%

Wind: 15mph ENE - 20mph E - 17mph E





# COURSE MARKINGS

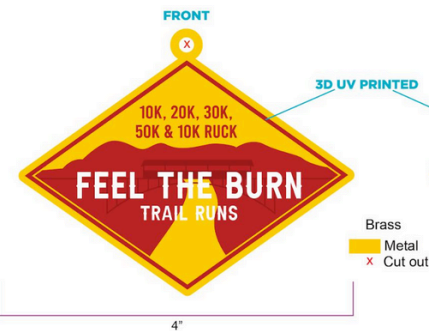
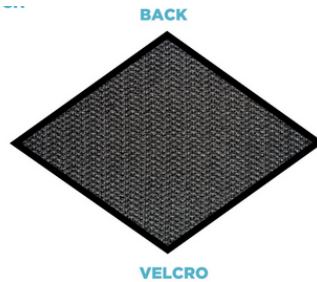
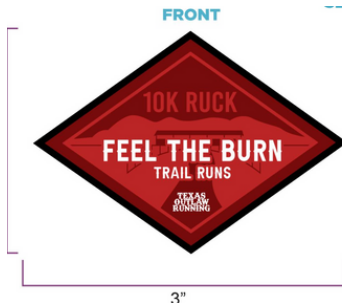


The trails will consist of orange signage, flagging (and yellow red reflective tape on the orange signs) as seen above. The orange signage and flags will also be seen throughout the course at intersections to show you where to go.

WHEN IN DOUBT REMEMBER "ORANGE"



# AWARDS



**10K  
1ST PLACE  
FEMALE**

**10K  
1ST PLACE  
MALE**

**10K RUCK  
1ST PLACE  
FEMALE**

**10K RUCK  
1ST PLACE  
MALE**

**20K  
1ST PLACE  
FEMALE**

**20K  
1ST PLACE  
MALE**

**30K  
1ST PLACE  
FEMALE**

**30K  
1ST PLACE  
MALE**

**50K  
1ST PLACE  
FEMALE**

**50K  
1ST PLACE  
MALE**

**DFL 10K RUCK**

**DFL 50K**

**FEEL THE BURN TRAIL RUN**  
10K, 20K, 30K, 50K & 10K RUCK

**TEXAS  
OUTLAW  
RUNNING**

**FEEL THE BURN TRAIL RUN**  
10K, 20K, 30K, 50K & 10K RUCK

# SOCIAL MEDIA



## INSTAGRAM

@TexasOutlawRunning

## FACEBOOK

@TexasOutlawRunning

## STRAVA

@TexasOutlawRunningClub

## TWITTER

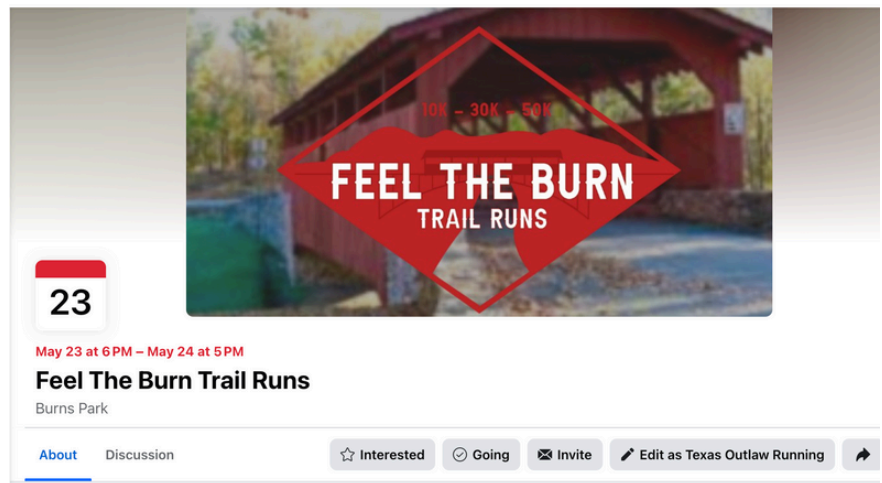
@RunningOutlaw

## YOUTUBE

Texas Outlaw Running Company

## PODCAST

Texas Outlaw Running Talk Show



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