



PARTICIPANT GUIDE  
MARCH 25, 2024  
MUENSTER, TX

BROUGHT TO YOU BY



&





# WELCOME

5K | 9M RUCK | 9M | 19M | 29M

## March 23, 2024 4R Ranch Vineyard and Winery

1473 Co Rd 477 | Muenster, TX 76252

Welcome to the 3rd annual Ramble In The Brambles Trail Run. This is an original event crafted together by Texas Outlaw Running Company and Team Dirt & Vert. The race takes place at the 4R Wine Ranch that sets atop the beautiful rolling hills bordering the Red River. The course follows a 9 mile trail around the property of the ranch. We are so excited for the amazing weekend at the 4R Wine Ranch 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)

### Thursday, March 21

#### PACKET PICKUP/GROUP RUN

@Trailhead Running Supply, Flower Mound TX

5:00 PM to 7:00 PM Packet Pickup

7:00 PM Group Shakeout Run starting at store

### Friday, March 22

#### PACKET PICKUP

4R Ranch Vineyard and Winery Barn 4:00 - 6:00 PM

### Saturday, March 23

#### RACE DAY

4R Ranch Vineyard and Winery Barn

5:30 - 7:15 AM - Packet Pickup

6:30 AM - 29M Starts

7:01 AM - Twilight

7:00 AM - 19M Starts

7:25 AM - Sunrise

7:30 AM - 9M Starts

7:35 AM - 5K Starts

7:45 AM 9M RUCK Start

6:00 PM - Race Cutoff

TEXAS  
OUTLAW  
RUNNING





# GENERAL INTO

## START & FINISH LOCATION

The start and finish line will be located at the 4R Ranch Vineyard and Winery "Wine Barn." When entering the ranch property you will enter through a gate. You will continue straight down the road then approach an intersection. Continue straight. Just ahead there will be a T - Take a right at the T. Continue to follow the road and you will approach another T. Take a left at this T and it will take you to the wine barn. We will have signs to help with navigation.

PLEASE SLOW DOWN WHEN ENTERING. RUNNERS MAY BE PASSING BY ON THE ROAD.

## PARKING

\$15 Parking fees are paid for during checkout for the race. When arriving to the wine barn please park in the open fields off the road. For overflow parking, continue past the Wine Barn, then you will pass through a gate, drive 500 meters down a road. You will then park in the next open field available then walk 500 meters up the road to the Wine Barn.

## 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.

## AID STATIONS

We will have two aid stations. The main aid station will be available at the start/finish area near the barn. Main Aid station includes water, gatorade, pickle juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks. We will have our first aid located at the main tent. The Hoggies Aid Station will be located near mile 5.5 and will have water, pickle juice, bananas, oranges, PB&Js, and other various salty, sweet, and savory snacks.

## RESTROOMS

We will have four portable restrooms available outside near the barn.

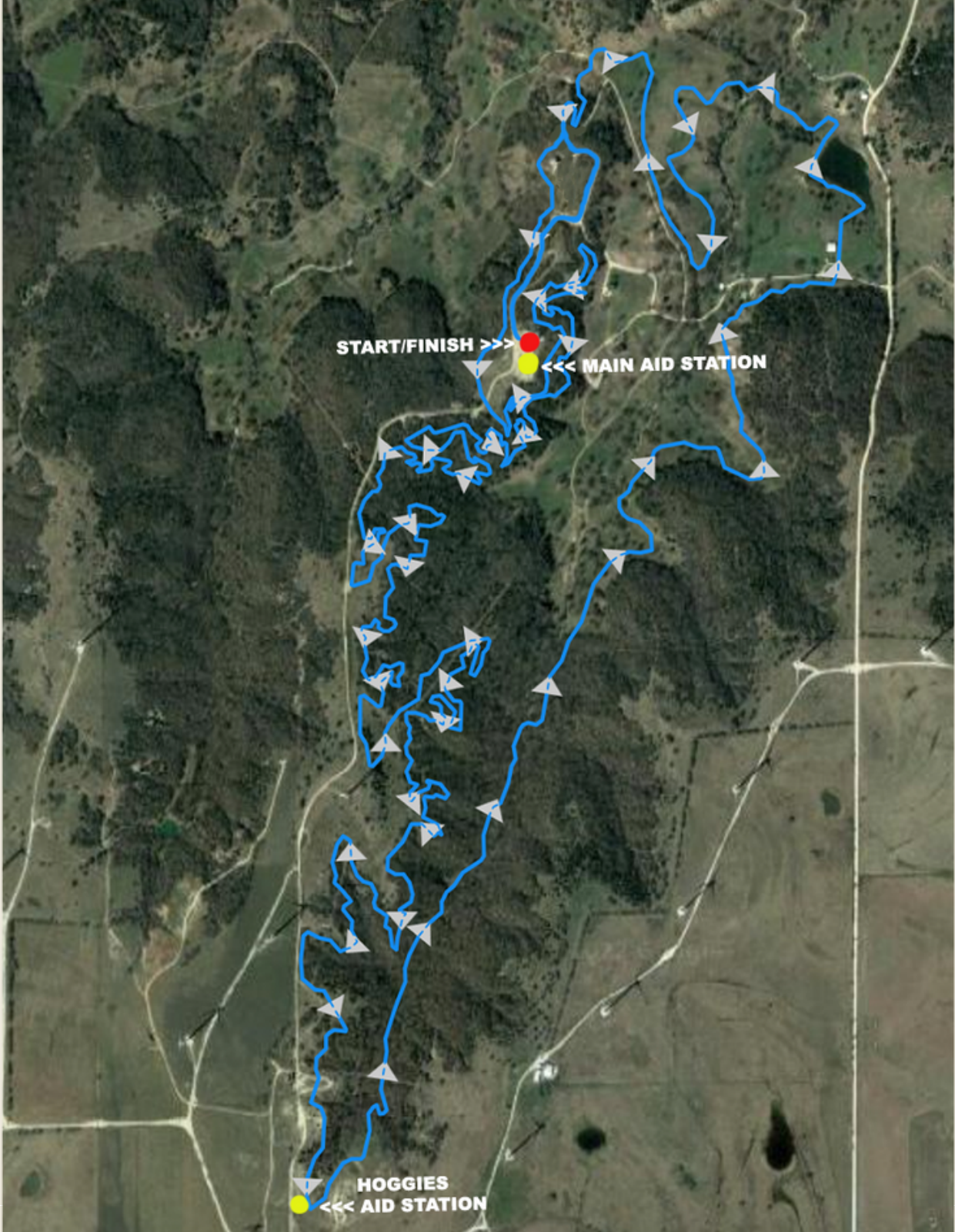
## MEDICAL

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

# COURSE MAP

9M = 1 LOOP | 19M = 2 LOOPS | 29 MILES = 3 LOOPS

Interactive Map



# 5K COURSE MAP

Click map to go to link





# 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.



## **ROAD RUNNING**

For the first and last 0.36 miles runners will run along a gravel road. Orange ribbons and signs will be used to guide runners in direction.

## **RUNNING IN THE DARK**

Make sure to bring a head lamp for the 6:30AM first loop

## **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.



**29M**

### **COURSE PROFILE**

The 29 Mile race is a 3 loop race. Runners will experience a total of 2400ft elevation gain mainly experiencing vert at the beginning and end of each loop. This course features rocky trail, steep climbs, oaks and amazing lookouts. The first loop will be in the dark for the first half of the loop.

### **COURSE MARKINGS**

The course will follow the bike trail. Directions will be in the shape of bike gears. However, we will put up ORANGE signs and ribbons to show which way to go in certain areas. We will also have reflective tape on the ORANGE signs and ribbons so runners can see them in the dark.

### **ELEVATION PROFILE**

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

**ELEVATION  
PROFILE LINK**





**19M**

### **COURSE PROFILE**

The 19 Mile race is a 2 loop race. Runners will experience a total of 1600ft elevation gain mainly experiencing vert at the beginning and end of each loop. This course features rocky trail, steep climbs, oaks and amazing lookouts. The first loop will be slightly dark for the first 10 minutes.

### **COURSE MARKINGS**

The course will follow the bike trail. Directions will be in the shape of bike gears. However, we will put up ORANGE signs and ribbons to show which way to go in certain areas. We will also have reflective tape on the ORANGE signs and ribbons so runners can see them in the dark.

### **ELEVATION PROFILE**

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

**ELEVATION  
PROFILE LINK**







9M

### **COURSE PROFILE**

The 9 Mile race is a 1 loop race. Runners will experience a total of 800ft elevation gain mainly experiencing vert at the beginning and end of each loop. This course features rocky trail, steep climbs, oaks and amazing lookouts.

### **COURSE MARKINGS**

The course will follow the bike trail. Directions will be in the shape of bike gears. However, we will put up ORANGE signs and ribbons to show which way to go in certain areas. We will also have reflective tape on the ORANGE signs and ribbons.

### **ELEVATION PROFILE**

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

**ELEVATION  
PROFILE LINK**





**5K**

### **COURSE PROFILE**

The 5K race is a 1 modified loop race. Runners will experience a total of 300ft elevation gain mainly experiencing vert at the beginning and end of each loop. This course features rocky trail, steep climbs, oaks and amazing lookouts.

### **COURSE MARKINGS**

The course will follow the bike trail. Directions will be in the shape of bike gears. However, we will put up ORANGE signs and ribbons to show which way to go in certain areas. We will also have reflective tape on the ORANGE signs and ribbons. 5K Will have a sign for when they need to split off from the route to the finish.

### **ELEVATION PROFILE**

To view the elevation profile please click on this box then the mountain icon in bottom left corner ->

**ELEVATION  
PROFILE LINK**





# COURSE MARKINGS



The gravel road section 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.



The trail will have yellow bike gears lining the entire trail. In areas where there are multiple ways to go we will put up an orange sign to make it clear on exactly which path to take.

WHEN IN DOUBT REMEMBER "ORANGE AND YELLOW "



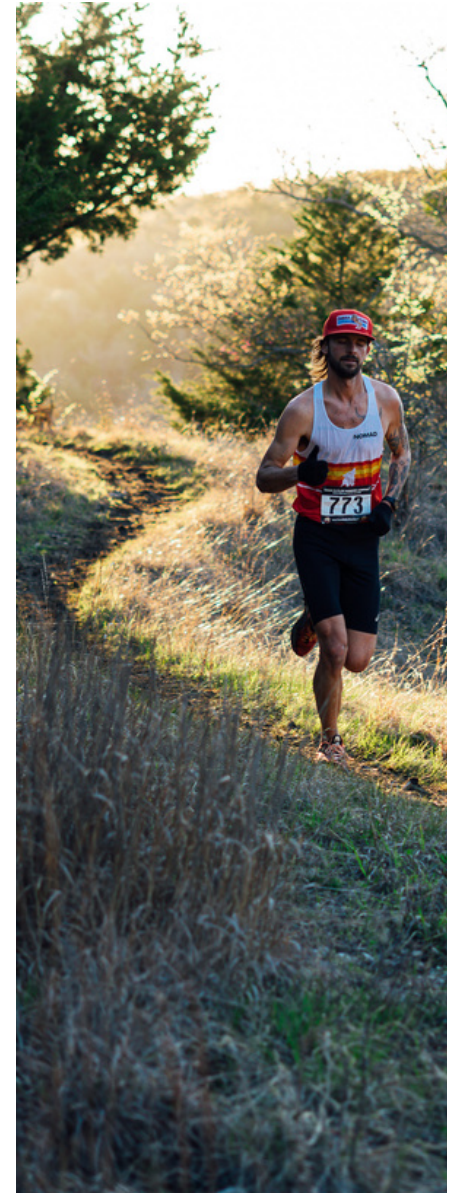
# RACE RULES

## TRAIL RUNNING RULES

- No Littering (If caught disqualification will occur.)
- Runners must follow the marked course.
- Race cutoff at 6PM will be enforced.
- Do not listen to music without headphones.
- 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

## 29 MILER

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

## 19 MILER

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

## 9 MILER

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

## 5K

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

## ALL FINISHERS

- Finisher Medal

## PRIZES



- \$25 Trailhead Running Supply gift card for 1st place male and female of each distance.
- \$50 Trailhead Running Supply gift card for course records (5-course records MAX, TD&V will cover anything above 5.)
- \$50 Spring Energy store credit for M & F Winners of the 29M & 19M
- \$125 Hyperwear gift card for the M & F winner of the 9 Mile RUCK.



# SOCIAL MEDIA



## INSTAGRAM

@TexasOutlawRunning

## FACEBOOK

@TexasOutlawRunning

## TWITTER

@RunningOutlaw

## YOUTUBE

Texas Outlaw Running Company

## PODCAST

Texas Outlaw Running Talk Show



## INSTAGRAM

@TeamDirtAndVert

## FACEBOOK

@TeamDirtAndVert

## TWITTER

@DirtVert

## YOUTUBE

Greg Sisengrath

## PODCAST

TDV Podcast

