Grasslands Trail Run 2015

Hosted by

Saturday, March 21, 2015

LBJ National Grasslands, Near Decatur, TX
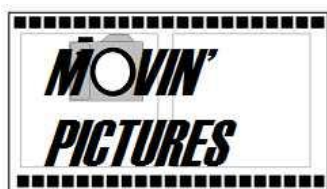
Part of:

Sponsored by:

Dear Grasslands Trail Runner:

Welcome to the LBJ National Grasslands and thank you for choosing to run the annual Grasslands Trail Run. Grasslands Trail Run is hosted by the North Texas Trail Runners (NTTR), a nonprofit organization aimed to encourage and support trail running throughout North Texas. I hope that each of you have a positive trail running experience regardless of your finishing time and race results.

This January, I was presented with the unique opportunity to become the new Grasslands Race Director. The Grasslands Trail Run was created by Suzi Cope in the late 90s. Suzi is the first woman who completed the Grand Slam of Ultrarunning and has been a huge inspiration to me and many others in NTTR. I am excited to announce that Suzi will be joining us for the race this year and will help me greet runners at the finish line.

This race would not be possible without the hard work of a large number of individual volunteers and groups. Along with NTTR, I also thank members of the Lake Grapevine Runners and Walkers Club and the Denton Area Running Club.

A few days after the race, you will receive an e-mail with a survey to provide feedback to me about the race. I look forward to your feedback in my effort to build and improve on this race.

For more than 15 years, the Grasslands Trail Run has provided runners a race that is enjoyable for both the experienced and inexperienced trail runners. Regardless of your background, I hope that you enjoy the day and look forward to your return next year.

Chris Barnwell

grasslandstrailrun@gmail.com

Race Staff

Chris Barnwell, Race Director
Drew Meyer, Volunteer Coordinator
Anne Barnwell, Communications/Social Media
Event Data Solutions, Timing Company
Brad Garrison, Web Master
And of course, countless volunteers!

Supporting Clubs

Grasslands Trail Run is presented by **North Texas Trail Runners** (www.nttr.org).
Lake Grapevine Runners and Walkers (www.lgraw.com) is once again manning an aid station.
Denton Area Running Club (https://www.facebook.com/DentonAreaRC) is a new running club that has joined us this year to volunteer.

Thank you to all running clubs in the area that are working hard to build and support the running community.

Course Records

<u>50 Mile</u>
2013   Kyle Pietari   7:27:39
2014   Sabrina Little   8:06:36
*The original 50 mile course was short. Therefore, times prior to the new course are not counted for the course record.

<u>Marathon</u>
2006   Todd Reynolds 3:01:33
2014   Shaheen Sattar 3:34:51

<u>Half Marathon</u>
2013   Joshua Pauley   1:21:48
2004   Sarah Reardon 1:30:29

Race Schedule

<u>Friday, March 20, 2015</u>
3 – 7 p.m.   Packet Pick Up
Ramada - Decatur 1507 Hwy 287 South; Decatur, TX 76234-2443 | (940) 627-6262

<u>Saturday, March 21, 2015</u>
5:30 a.m.   Same Day Packet Pick Up and Timing Chip Pick Up
6:00 a.m.   50 Mile Start *all 50 Mile participants must have head lamp
7:00 a.m.   Marathon Start
8:30 a.m.   Half Marathon Start
11:30 a.m.   BBQ Food served
4:30 p.m.   50 Mile Cut off—all 50 Milers MUST begin final loop (mile 41.1) no later than
                 4:30 pm. Your timing chip will be removed if you miss this cut off.
5:30 p.m.   50 Mile Cut off—all 50 Milers MUST leave the Windmill Aid Station (mile 44.7) no
                 later than 5:30 p.m. Your timing chip will be removed if you miss this cut off.

Note: We depend on volunteers and a timing company to execute this race successfully. In order to respect their time, all cut off times will be followed, no exceptions.

Parking

Parking at TADRA requires paying a day use fee of $4/day per car. Envelopes will be provided and collected at packet pick up. All fees collected supports the Forest Service and their projects within the LBJ National Grasslands. Thank you in advance for supporting this important work.

On race morning, volunteers will direct you towards the designated parking areas. Please respect the volunteer instructions. We are required to maintain a clear route for emergency vehicles. If you arrive early, please refer to the Parking and Event Area Map at the end of this document.

Lodging/Camping

Visit www.nttr.org/grasslands/ for a listing of hotels in the area.

Camping is available at the TADRA Campground near the start/finish line. Sites are available on a first-come, first-serve basis. TADRA is a fee area with a self-pay station available for all campers. Camping is $4/day per car. Pit toilets are available at the campground, and there is no potable water or electricity. Please do not strike camp in any of the areas we will be using for the event. Please refer to the Parking and Event Area Map at the end of this document.

Race Bibs

Bibs must be visible at all times so that the race director, volunteers, and other runners know what distance you are running.

50 Mile: Bibs 1 – 100
Marathon: Bibs 101 – 249
Half Marathon: Bibs 250 – 550

Chip Timing

This is a chip-timed race. You will not get an official time unless you are wearing your chip for the entire race. Be sure to pick up your chip on Saturday morning before the race. Timing chips are sensitive to angle and proximity with the timing mat so please follow all directions to ensure that the mat reads your chip. We must get the chip from you at the end of the race. If you drop from the race, please ensure that your chip is turned in and the race director is aware that you have left the course.

Pacers

Pacers will be allowed for the 50 mile event only and only on the final loop. No exceptions.

Drop Bags

Drop Bags can be left at a designated area at the start/finish aid station (TADRA) for all 50 Miler and Marathon participants. Drop bags will not be brought to any other aid station.

Aid Stations

This is a cup-less race. Bring your own hydration device to carry and consume fluids. Water and Skratch sports drink will be available at all aid stations in addition to peanut butter and jelly sandwiches, potato chips, M&M's, fig newton cookies, coke, sprite, basic first aid and more. There will also be a limited number of Honey Stinger gels available.

50 Mile Aid Stations

Distance	50 Mile		
Aid Station Name	Loop	Mile	Next Aid
TADRA Main Aid Station	Correction	0	2.4
Douglas Gates	Correction	2.4	2.4
TADRA Main Aid Station	Blue (Clockwise)	4.8	4.1
Outback Gate	Blue (Clockwise)	8.9	6.0
Red Ant Pond	Blue (Clockwise)	14.9	3.4
TADRA Main Aid Station	White (Counter)	18.3	2.0
Drover	White (Counter)	20.3	6.0
FS904	White (Counter)	26.3	4.8
TADRA Main Aid Station	Yellow (Clockwise)	31.1	2.0
Drover	Yellow (Clockwise)	33.1	3.4
Outback Gate	Yellow (Clockwise)	36.5	5.0
TADRA Main Aid Station	Red (Counter)	41.5	3.6
FS904	Red (Counter)	45.1	5.3
TADRA Main Aid Station	Red (Counter)	50.4	Finish

Marathon Aid Stations

Distance	Marathon		
Aid Station Name	Loop	Mile	Next Aid
TADRA Main Aid Station	White (Counter)	0	2.0
Drover	White (Counter)	2	6.0
FS904	White (Counter)	8	4.8
TADRA Main Aid Station	Blue (Clockwise)	12.8	4.1
Outback Gate	Blue (Clockwise)	16.9	6.0
Red Ant Pond	Blue (Clockwise)	22.9	3.4
TADRA Main Aid Station	Blue (Clockwise)	26.3	Finish

Half Marathon Aid Stations

Distance	Half Marathon		
Aid Station Name	Loop	Mile	Next Aid
TADRA Main Aid Station	Blue (Clockwise)	0	4.1
Outback Gate	Blue (Clockwise)	4.1	6.0
Red Ant Pond	Blue (Clockwise)	10.1	3.4
TADRA Main Aid Station	Blue (Clockwise)	13.5	Finish

Medical/First Aid

Wise County EMS will be on-site at the start/finish for any emergencies. Each aid station will have a first aid kit.

Awards

Awards will be given to the top three male and female finishers of each race and the top male and female masters finisher of each race. For the Grasslands Trail Run, masters is defined as 50+ years old.

Top finishers in the 50 Mile and Marathon will receive a cash prize and free entry into 2016 Grasslands Trail Run. Top finishers in the Half Marathon will receive a free entry into 2016 Grasslands Trail Run.

All finishers of the 50 Mile will earn a Grasslands Trail Run belt buckle. All finishers of the Marathon and Half Marathon will receive a medal.

Check Out
When you have finished your race, be sure to turn in your race chip. If you drop, you must let the timing company and/or the race director know that you have left the course. You must also turn in your timing chip. For the safety of all runners, we must know exactly who is still on the course and who has left the course. You cannot tell another volunteer that you have left the course. You must return to TADRA and hand over your chip.

Race Results
Race results will be posted at regular intervals throughout the event and will be available on-line at http://edsresults.com/grasslands15.

Please direct all corrections or questions to the timing company, Kyle Wilkie, Event Data Solutions.

Protect the Course/No Littering
We are able to host the Grasslands Trail Run by special permit from the Forest Service. We are proud to hold this race here, year after year. It is important to respect this beautiful area and the trail that each of you are running on. Therefore, NO LITTERING will be allowed and can be the grounds for disqualification. Each aid station will have garbage bags. If you have garbage between stations, please carry until the next aid station. This includes wrappers from gels, food items, etc. Plan ahead.

Share the Trail
Grasslands is a combination of single-track and equestrian trail. If someone is behind you and ready to pass, please allow them the room to pass. Respect all runners in front of you and behind you. Head phones are allowed but volume should be kept low enough that you can hear people behind you.

Besides other runners, you might come across clusters of horseback riders. When approaching, talk to the rider and let them know that you are coming up. Hearing your voice will prevent a horse from getting spooked as you run up. Give riders time to clear part of the path for you.

No Shows

We cannot give you a refund if you cannot come to the race, no exceptions. All costs have already been incurred. We also will not mail your shirt.

Parking and Event Area Map

GRASSLANDS
TRAIL RUN
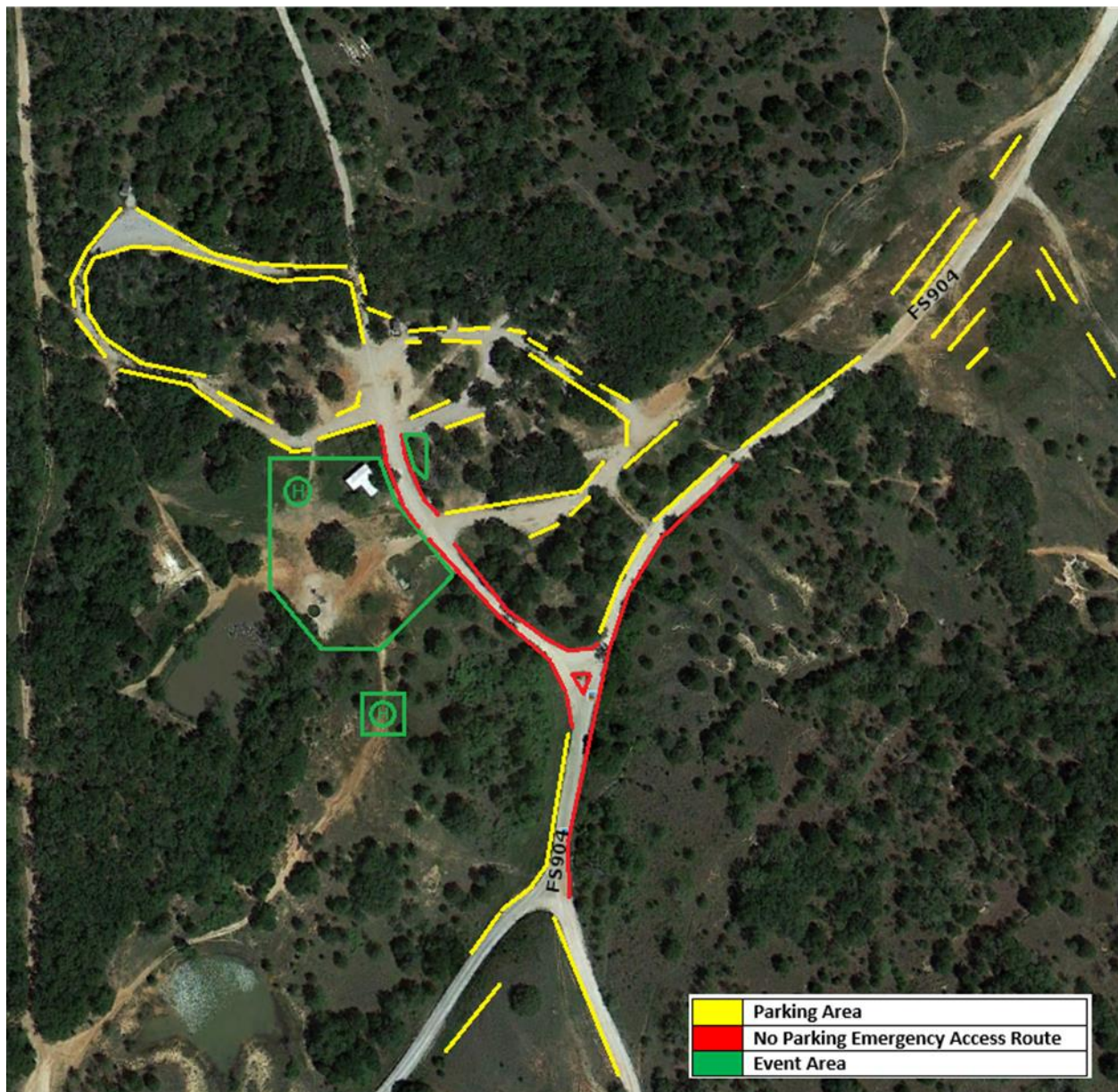
TRAIL OVERVIEW
Blue - 13.5 Miles
Yellow - 10.4 Miles
White - 12.8 Miles
Red - 8.9 Miles
⊕ AID STATION
⊚ START/FINISH
(aid & drop bag location)