



**Welcome,**

Thank you for entering the Grasslands Trail Run. The LBJ Grasslands is comprised of more than 20,250 acres of open area, with some of the oldest prairie lands in the US. It is a great place to run, as it is as quiet as quiet gets. And, as an added bonus, there are no animals that can eat you whole out on the course.

This race is designed to be a laid back and fun time with fellow runners and friends. Due to its format, Grasslands has always had great participation from 1<sup>st</sup> time trail/Ultra runners, which makes the race unique in that we have many who are out to help first timers in their chosen endeavor.

On that note, it is important to highlight the fact that we have the best volunteers of any race. They are mostly comprised of runners from the local running groups, North Texas Trail Runners (sponsoring club), and the Grapevine Runners and Walkers. Both groups have very experienced runners that are anxious to help fellow racers out on the course. There are also non-runner volunteers, who are out there to have a good time and support the runners.

Again, thank you for entering the race, and please let us know if you have any questions. Please see the following information for race details.

Kevin and Stacie Boudreaux

RD's

The following information has been set up in a Q+A form as they are all real questions or concerns that have been voiced in previous years.

***When is the race?***

The race will be held March 20, 2010. Race times are as follows:

<b>Race</b>	<b>Time</b>
50mile	7am
Marathon	7:15am
Half-Marathon	8:30am

***Where is the race?***

The race will be held at the LBJ Grasslands in Decatur, Texas. Please refer to the map on the website for directions. The LBJ Grasslands trails were made by TADRA, the local horse riders group. Therefore, there will be horses on the trail during the race and around the Start/Finish area. They are very friendly people, and all they ask is that you announce yourself when approaching and do not spook the horse. If you choose to touch the horses, whatever happens to you is your fault, deal with it.

***When is registration?***

The following is the outline for registration:

- March 13<sup>th</sup> is cutoff. Mail-ins need to be postmarked by March 13<sup>th</sup>. They will not be received after this, as we will be at the course. To respect those

that registered on time, we will not allow late entries, no exceptions. Do not email or call after the 13<sup>th</sup> to ask if you can get in.

- No Race-day registration!! No exceptions.
- To be guaranteed a shirt size, you must be registered by February 13<sup>th</sup>. We are doing this so that we can order shirts specific to the entrant.
- To be guaranteed a shirt at all, you must be registered by March 1<sup>st</sup>.
- There are no refunds after February 13<sup>th</sup>, no exceptions.
- Entry fees are as follows:

<b>Race</b>	<b>Before Feb 13<sup>th</sup></b>	<b>After Feb 13<sup>th</sup></b>
50miler (limit 100)	\$60	\$80
Marathon (limit 100)	\$50	\$70
Half-Marathon (limit 300)	\$40	\$60

***How do I register?***

You can register by mail or Active.com. Please see the website for the link to Active.com.

***Where is packet pickup?***

Packet pickup is at the Ramada in Decatur on Friday the 19<sup>th</sup> from 4pm to 7pm. If you do not make it to the Ramada, race day packet pick up is Saturday the 20<sup>th</sup>, starting at 6am.

***Where do I stay?***

You can stay at a local hotel, or you can camp at LBJ. Hotel and camping information is on the website.

***When is race check-in?***

You **must check** in race day prior to the start of your race. It does not matter if you picked up your packet at Ramada, you must check in race day. Check in is at the same table as packet pickup.

***Where do I park?***

Parking will be just after you cross the large dam. Please refer to the map for location. Do not drive up to the packet pick up and start/finish area, as it is very dusty, and you will fog us out. Last year, with the help of some intelligent parking directors, the parking went extremely well, and we are sticking to their plan.

***What is the weather usually like?***

Yes. That is a joke, but it's true. The weather can be anything from cold and rainy, to hot and dry. It is extremely important that you plan for hot, and bring some sort of hydration system such as a handheld bottle or pack, as the aid stations are 5-6 miles apart. There is nothing worse than being thirsty and out of water. **Plan for a minimum of 20oz per hour.**

***Can you describe the course?***

The course is a clover leaf, with a common center point. The course is flat for the most part, with some ups and downs in the ravines. It is not rocky, but there are some sections that have roots. The course is single track and jeep roads.

There are no asphalt or rock roads on the course, so if you are on one, you are lost. The course is sandy when dry, and muddy when wet. There is no concrete. Please refer to the trail maps on the web.

### ***Will there be chip timing?***

To keep the cost of the race down, as well as to keep it a fun atmosphere, there will be no chip timing. There will be finisher cards for the half-marathon and marathon, as described in the half-marathon and marathon sections.

### ***What about trail markings?***

The trail has been very well marked by the TADRA horse people. They have nailed horseshoes to the trees, painted the trees, and attached ribbons where needed. We will also be adding markings where needed to keep you on the course. It is important to pay attention when running, and keep your head up. When in doubt, look for painting on the trees at about head level. We will have some pictures of the trail markings on the web.

### ***How should I prepare for the race?***

Being a trail run, it is imperative, as with every trail run, that you study the map. This is a trail run and there are no mile markers every mile. It is your job not to get lost. We will mark the course as best as possible, but the horse people have already done an excellent job. Using a map, you should never get lost. Print out the map and take it with you.

Train. You must train before this race. Yes the course is relatively easy when compared to other courses, but the weather can take its toll on you out there alone. Be prepared.

Bring your own bottle. With the distance between the aid stations, it is important that you have water on you at all times. This is typical of all trail runs, and we want you to be prepared.

Develop your race strategy. Know how you are going to race, eat, drink, and overcome issues before you get out there.

Know how to eat. Especially you longer distance runners. You are going to be out there a while. Learn what you can drink and eat during training, not race day. Yes the aid stations will have food, but we promise you will perform better if you have your own nutrition; something you can assimilate easily.

### ***Can you describe the races?***

There will be three races, 50mile, Marathon, and Half-Marathon (fun run).

#### *The 50miler-*

The 50mile race covers all four loops, which are arranged in a clover leaf layout. There is a short, approximately 5 miles, out and back correction loop at the very beginning. Please refer to the 50mile map on the web site for loop order, distances, and correction loop information. You must run the loops in the proper order in order to be allowed to complete the race. **Print out a map and take it with you.** You must complete the 3<sup>rd</sup> loop by 5pm (10hours) to be allowed to start the 4<sup>th</sup> loop. This is about a 14:30min pace, which equates to just over a 12 hour cutoff for the entire race. You are allowed to leave a drop bag at the start/finish area, which you will hit after each loop. While the course is relatively flat, depending on the weather, you could face some challenges such as deep sand or mud, so prepare accordingly.

If this is your first 50mile run, make sure you practice your nutrition during training and come prepared. Know what works and what doesn't before race day. **Also, do not forget electrolytes.** We anticipate having them, but be prepared and learn how often you need to take them.

While there will not be chip timing, we will use a time clock and record time manually.

#### *The Marathon-*

The marathon will cover two loops, the white and blue loop, which together equal 26.3 miles. Consider the extra 0.1 miles on the house, as we did not charge you for that one. Please refer to the map on the race website for distances and order. As with the 50mile, you are allowed to put a drop bag at the start finish.

**Print out a map and take it with you.**

We have left it as a marathon as many are working their way up to Ultras, and we do not have many *trail* marathons in the area. Also, marathon times can be used for qualifying times for other races.

While there will be no chip timing, we will use a time clock and record time manually.

### *The Half-Marathon-*

The half-marathon will cover the blue loop, which is 13.5 miles. Yes, it is longer than a true half marathon, you'll live. **Print out a map and take it with you.**

It is important to note that the half marathon has been designed to introduce people to trail running, and hopefully, Ultra Running. It is our goal to introduce you to trail running in the hopes that you will continue onto Ultras, so we would rather you focus on preparations for a trail run with minimum aid, than finishing times.

Timing will be recorded as with all races. This timing is manual, so the results will take more time to receive than with chip timing.

### ***How accurate are the mileages?***

The loops have been GPSed by many, and the distances on the maps are the consensus. When you cross the finish line, don't show us your GPS and say we were wrong. This is a trial race, you are lucky we let you wear a watch.

### ***When is cutoff for the 50miler?***

50milers must complete the third loop by 5:00pm. There are no exceptions to this rule. If you are in at 5:01pm, you will not be allowed to continue. This rule is for the volunteers, and more importantly, the sweep riders who are there to ensure all are off the course.

***Do I need to bring my own water?***

Water will be provided at the aid stations, but the LBJ Grasslands itself does not have any running water. We bring this up because it has been asked in the past. Many have brought their own water, and other types of drinks, for after the race.

***How many aid stations will there be?***

Please see the web for aid station info, as it may change periodically if it means safety and efficiency for the runners.

As a general rule, the aid stations will be 4-6 miles apart.

***Why are the aid stations so far apart?***

This is for a couple of reasons:

First, most trail runs do not have aid stations but every 4-6miles. Some go to well beyond 6 miles. As stated above, these races are an introduction to trail running and Ultras. We want you to use them as a safe, supportive arena to learn and prepare for other races. Therefore, we are modeling the races like other Ultras.

Second, due to the nature of the course, that being it is four loops going all over the place, we have strategically placed the aid stations so they serve a couple of loops at a time. Also, they are located in positions so that they are easily accessible, which means we can serve you quicker and more efficiently.

***What will be at the aid stations?***

At this time, we anticipate having the following:

- Water
- Succeed
- Chips
- Cookies
- M+M's
- Bananas
- Oranges
- Peanut Butter and Jelly
- Pretzels
- Fig Newtons
- Possibly Tripe, not sure yet.

***Will there be food after the race?***

Yes. There will be BBQ served at approximately 11am. One sandwich per racer is included with the entry fee. **You will use your tear-tag as your meal ticket.** Anyone not racing will pay \$5 cash to the BBQ vendor directly.

***What awards are given?***

There will be finisher medals for all finishers in all races. Please see the web for photos.

There will be awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>, male and female, for each race. There will not be age group awards.

***When will the results get posted?***

Some time before next year's race. Relax; it's not the end of the world, and we are pretty good about it.

***What if I want to drop out of a race?***

YOU MUST DROP OUT BY FINDING A RACE DIRECTOR AND TELL THEM YOU ARE DROPPING. IF YOU LEAVE WITHOUT TELLING US, YOU WILL BE HEARING FROM US AT 3am ASKING WHERE YOU ARE. THIS IS CRITICAL, AS KNOWING WHERE OUR RUNNERS ARE AT ALL TIMES IS TOP PRIORITY.

***Can I have a pacer?***

There will be no pacers allowed. The race is cheap, pay the entry fee, and you both run.

***Can I bring my dog?***

Absolutely!! We are very dog friendly. They can race, and they can be in the Start/Finish area. They must be on a leash at all times; even if they graduated top of their class in obedience school. This is for their safety!!! As we said, there are horses in the area at all times, and they will step on a dog.

Important note: If you race with your dog, you must have enough water for the both of you, and we reserve the right to pull you both from the race if we feel the dog is not properly cared for. Again, for the dog's safety. Also, if you register your dog and pay the entry fee, we will give them a finisher medal and bib.

***What can I do to get disqualified?***

- Litter. Oh, we dare you. This is not a road race; we do not have sweeper trucks going behind you. This is a natural environment, let's leave it that way.

- Be mean to the volunteers. They will all have pepper spray, so we don't recommend this.
- Run the race loops in the wrong order. In other words, the races are laid out to run the loops in specific order. Do not run them out of order. There will be no exceptions. If you get lost, go back to the place where you got lost and start over.
- Cut the course. If you cut the course, you must go back to where you got lost and start from there.

***Can I volunteer?***

Absolutely!! These races do not happen without volunteers, and we have been very fortunate in that we have had a great turn out in previous years. If you are interested in volunteering, you can contact us at [grasslands@nttr.org](mailto:grasslands@nttr.org).