



Rough Creek Trail Run

September 15, 2018

RUNNERS' MANUAL

We're looking forward to a beautiful day on the private trails at Rough Creek Lodge, and we hope you are too! This runners' manual is designed to help get you ready for race day.

Please be sure to read this entire runners' manual. And then print it and put it in your car since it will help you with parking race morning! All the important information is contained here and on the website, but email info@roughcreektrailrun.com if you find any questions not answered.

I have to thank our wonderful volunteers who will be out there taking care of runners for up to 14 hours. That's a long day in the sun for these fellow trail and road runners and our participants' family members who are helping. Please treat them well and thank everyone you meet along the way to your finish! Valid concerns should be addressed by asking for the aid station captain or the race director – whining at my volunteers will accomplish nothing productive.

Now, let's have some fun and run lots of miles!

Libby Jones

Rough Creek Trail Run Race Director

Here are the sections of this manual:

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SCHEDULE OF EVENTS

Race Day – Saturday, September 15 –

- 5:30 am - Packet Pickup opens
- 6:55 am - Trail briefing at start line for 40 miler and marathon
- 7:00 am - 40 miler and marathon start
- 7:25 am - Trail briefing at start line for half marathon and 10K
- 7:30 am - half marathon and 10K start
- 7:35 am - Kids' fun run start (free; 12 and under)

- 4:00 pm - Must start your last loop (Mile 26.9)
- 6:10 pm - Must leave The Bowl aid station (Mile 33.6)
- 7:30 pm - Must leave the Rusty Crown aid station (Mile 37.66 in 12 hours, 30 minutes)
- 8:30 pm - Final Cutoff for the race.

PRE-RACE

Location

The race takes place on the single track trails that are property of the Rough Creek Lodge and Resort in Glen Rose, Texas, located southwest of the Dallas-Fort Worth Metroplex.

We are here by permission from the landowners, the Rough Creek Lodge, which is located onsite, so please, let's all be on our best behavior so they want us to keep coming back! No littering of any kind.

Getting Here

For GPS, use the address 5165 County Road 2013, Glen Rose, Texas 76043 to map to get to the general area. Plan extra time – it will take you 15 minutes or so once you turn off Highway 67. The lodge is set back several miles from the highway, and then once on the grounds of the Rough Creek Lodge, it's a low speed limit on a dirt road and several miles to the start/finish area within the property itself.

Once on the property, DO NOT SPEED! We want to be invited back year after year by the property owners!

IMPORTANT NOTE: Putting the address simply in Google Maps will take you past the turn to the Lodge. Please use the map and directions on this site:

Here are the directions when driving from the city of Glen Rose (Expect 30 minute drive time from Glen Rose to the Resort):

- Drive 10 miles south/west out of Glen Rose on Highway 67.
- You will drive up a big grinder of a hill and will see a Picnic Area sign on your right.
- Slow down now! You will also shortly see a big Rough Creek Lodge sign.
- Take a LEFT on County Road 2013. (There is no stop sign or stop lights) It can sneak up on you.
- Drive 4 miles on County Road 2013.
- You will see a big Rough Creek entrance gate on your right.

- Turn RIGHT onto property and drive 3 miles (slowly) within the property. You will then see the Lodge on your right.
- Parking and race start/finish will be on your left. Shortly after driving by the Lodge, turn LEFT on paved road that leads to the cabins/pavilion/church/start/finish.

Here's the route from once you are on the Lodge property (after you turn off of County Road 2013) and all the way to the parking area:

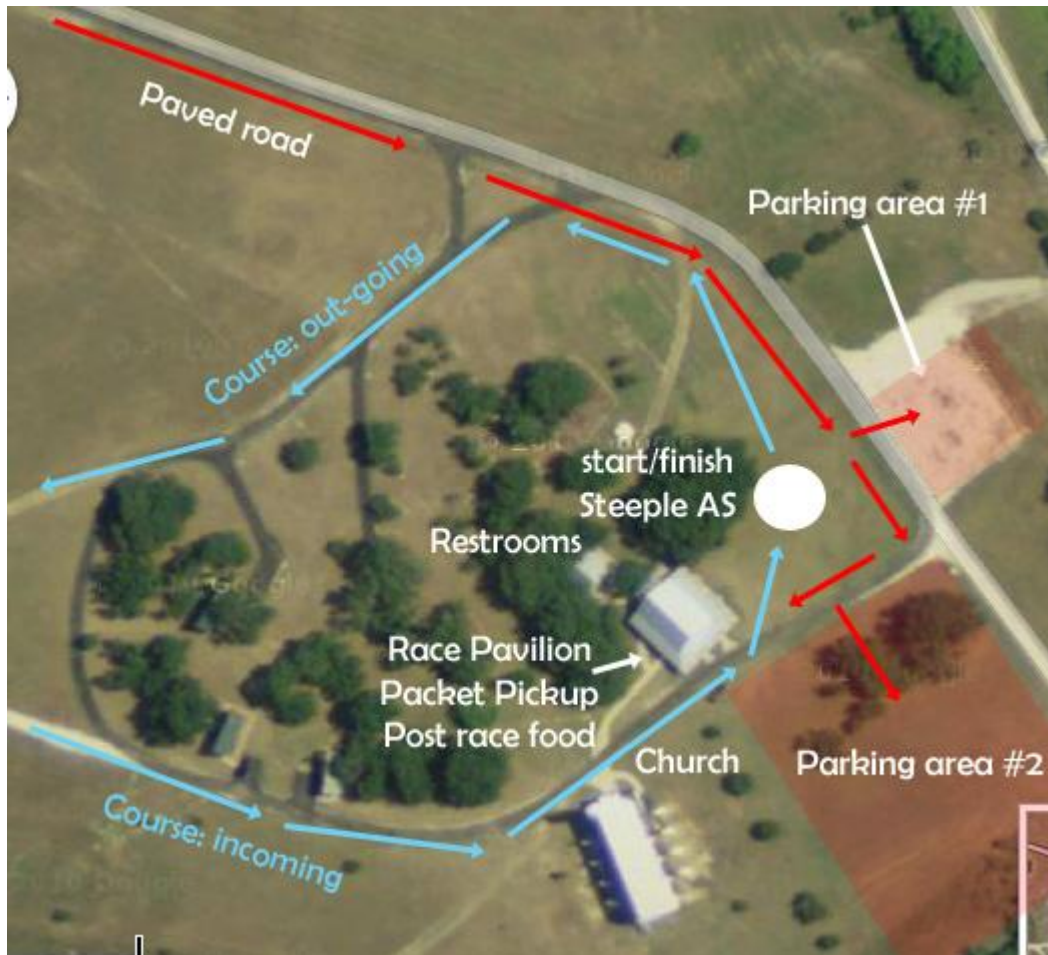


Here's a picture of the sign where you will turn left AFTER you have passed the Lodge:



Parking

If we have people who volunteer for parking duty, then we will have someone directing you to where to park. Please be sure to park close to the car next to you within each parking row so we can fit everyone in. The image below will help you visualize the parking set-up. Follow the directions of any and all volunteers. Anyone not following these directions or parking in areas other than those designated will be towed. It will not be a happy participant who comes back after running a long race to find their car, or the car of their pacer or crew, has been towed away.



Bathrooms

There is a bathroom facility near the start/finish area - two men and two women with semi-private shower stall in each. There also will be **three** portapotties located near the start/finish area. That's 7 potties pre-race, but line up early because no amount of potties can handle 250 people all trying to go at the last minute before the race start. If you don't start your race until 7:30 and can hold it, don't line up right before 7 am when those starting the race then are trying to go.

Packet Pickup

Packet pickup will be race morning starting at 5:30 AM and located in the pavilion near the start/finish area. Bring a light!

What am I picking up in my packet? A single envelope that will contain the following things:

- Your bib (write medical concerns we should know about on the back as well as emergency contact numbers)
- Safety pins. Pin your bib wherever you want as long as it's on the front of you AND my volunteers can clearly read it at each aid station.
- Your entrant shirt (shirts sold out so you may ask for a shirt swap after your race. Those who elected "No Guaranteed Shirt" because their size was sold out may collect a shirt post-race from whatever remains.)

Your timing chip is attached to your bib. Please do not bend the timing chip.

Soles4Souls Donations

Did you know there are 46.5 million people living in poverty right here in the United States? Did you know that 16.1 million of these are children?

We help people living in poverty gain new dignity, courage and hope. When you donate used shoes to Soles4Souls, you are helping finance our distributions of new shoes to people in your own community.

Donating any amount of new or used shoes is easy! Bring your new/used shoes & sneakers to the labeled Soles4Souls boxes at the start/finish area before or after the race.

About Our Beneficiary: The shoes that *The Active Joe* collects will be delivered to Soles4Souls, an international anti-poverty organization that monetizes used shoes and clothing to create sustainable jobs and fund direct relief efforts, including distribution of new shoes and clothing.

For questions e-mail John Shafto at jshafto3@gmail.com.

COURSE

You are ultimately responsible for knowing the course and staying on the course during the race.

Course Description

The main loop will contain a large amount of scenic non-technical trail that will allow you to look around and enjoy the beauty of Texas Hill Country. Expect significant exposure = minimal shade. It will be hot! (Glen Rose avg: high 89F, low 65F)

Approximately three miles of each main loop (13-ish miles) will treat runners to the Rusty Crown. It's rugged. It's steep. It's technical. It's no joke! Watch your footing, and put your head down and just get it done!

The Bowl, is fast, non-technical running that provides some beautiful views of the area and a few fun hills to climb and descend. The Bowl is run clockwise. Don't forget, the remainder of the Rusty Crown still awaits.

- 40 mile – three (3) x main loop
- marathon – two (2) x main loop
- half marathon – one (1) x main loop
- 10 km = one (1) x modified main loop

A few suggestions:

Gaiters – these fabric items fit over your shoes and socks to keep out debris. Between small rocks and grass clippings from clearing the tall grass, gaiters are recommended.

Sunscreen and sunglasses – this course has minimal shade, and it may be a cloudless day. Protect your skin and your eyes by coming prepared!

Water – you must carry a water bottle or water pack of some sort with you.

Cortisone Cream kept in your car for post-race – There will be tall grass brushing your legs as we only clear a footfall width in the grassy field areas. If you have sensitive skin or a known grass allergy, plan accordingly.

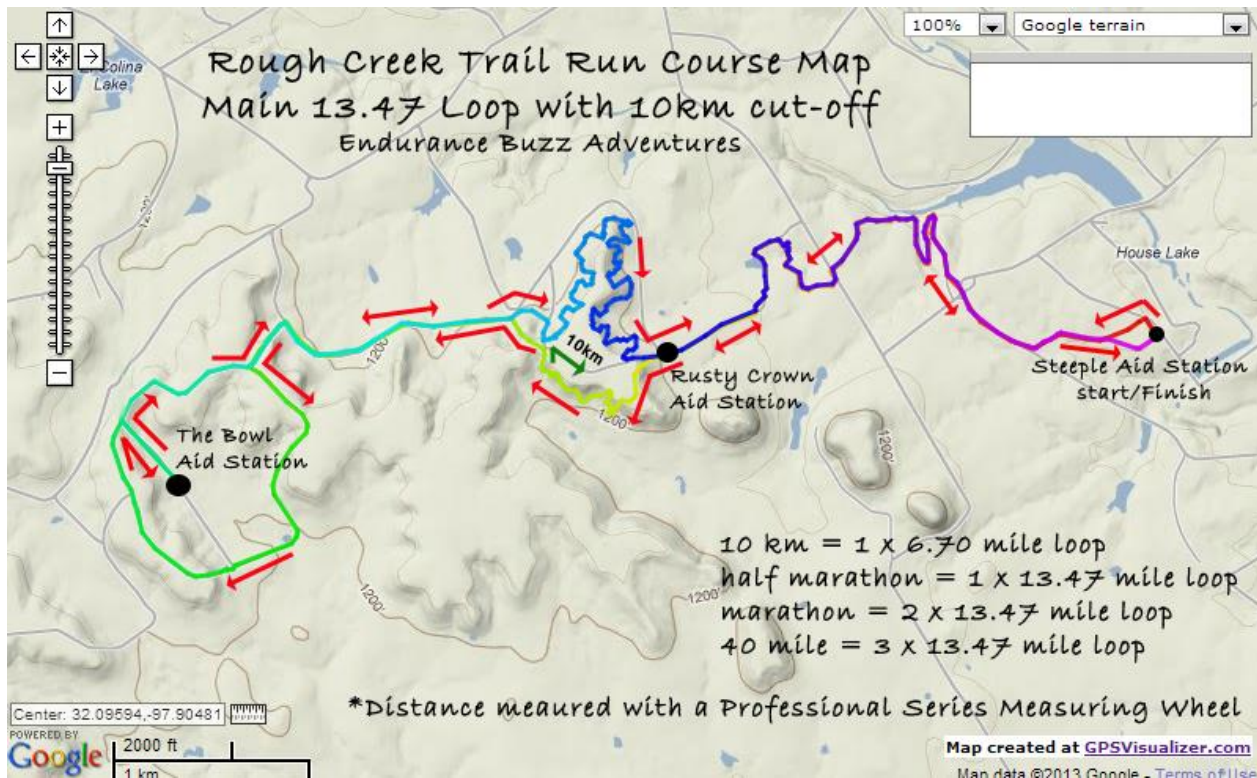
Trail Hazards

This is not an exhaustive list but some hazards to watch out for on the trail:

- Loose rocky terrain
- Sharp descents and steep ascents
- Snakes and wild hogs – both could be found but neither are anticipated to be an issue.

You are responsible for yourself. Make good choices.

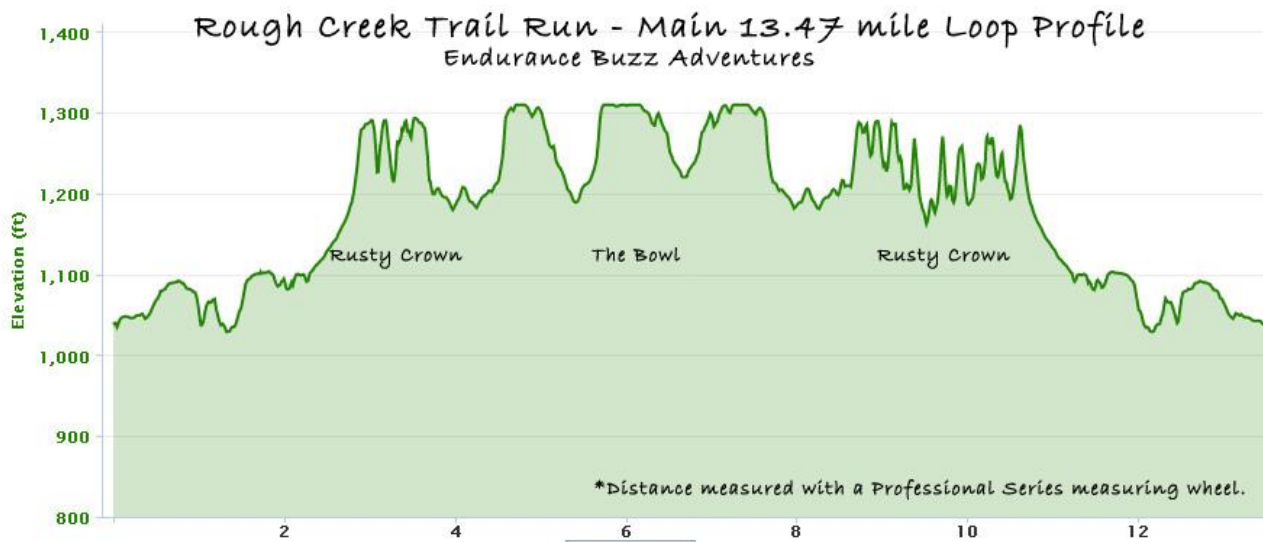
Course Map



Mileage is not for contestation. You will cover at least the distance you signed up for if you follow the course shown in this map.

Elevation Profile

Aid station locations here are approximate.



Course Markings

There are lots of sharp turns and other trails that lead off of our race course. It is important to watch for course markings.

We will be using a combination of

- bright pink contractor tape flagging, with reflective tape on the ends to capture the light of your headlamp in the dark, that will be clothespinned to tree branches and bushes.
- bright pink stake flags for sections that don't have bushes.
- arrow signs (left, right, straight)
- orange traffic cones to point the way of a path at a road junction or going from dirt road to trail or back.



For flags and flagging, we are **ONLY** using the color PINK. No other color should be followed.

You may see CAUTION tape quarantining off a place to NOT go. And in other spots where there's an intersection, just follow the flagging showing the right route to take. Flagging will be visible from where you are standing in the intersection. Since there is two-way traffic in some parts of the course, we do not adhere to a "keep the flagging on" one side of your body or the other.

Confidence flagging: For trail sections where there's no possible logical offshoot of a trail that you could take other than the one you are on, you may go as far as a half mile without flagging.

If you ever get to a spot where you are completely unsure of where you are, backtrack on the path you took until you get to course markers. If you become utterly and completely lost, never ever go off trail. Sit down where you are and wait until someone gets to you.

RACE DETAILS

Aid Stations

10 km Aid Stations		
Aid Station	Segment Distance	Total Distance
Start	0	0
Rusty Crown	2.75	2.75
Rusty Crown	1.20	3.95
Finish!!	2.75	6.70

"Half Marathon" Aid Stations		
Aid Station	Segment Distance	Total Distance
Start	0	0
Rusty Crown	2.75	2.75
The Bowl	3.91	6.66
Rusty Crown	4.06	10.72
Finish!!	2.75	13.47

"Marathon" Aid Stations		
Aid Station	Segment Distance	Total Distance
Start	0	0
Rusty Crown	2.75	2.75
The Bowl	3.91	6.66
Rusty Crown	4.06	10.72
Steeple	2.75	13.47
Rusty Crown	2.75	16.22
The Bowl	3.91	20.13
Rusty Crown	4.06	24.19
Finish!!	2.75	26.94

40 Mile Aid Stations		
Aid Station	Segment Distance	Total Distance
Start	0	0
Rusty Crown	2.75	2.75
The Bowl	3.91	6.66
Rusty Crown	4.06	10.72
Steeple	2.75	13.47
Rusty Crown	2.75	16.22
The Bowl	3.91	20.13
Rusty Crown	4.06	24.19
Steeple	2.75	26.94
Rusty Crown	2.75	29.69
The Bowl	3.91	33.60
Rusty Crown	4.06	37.66
Finish!!	2.75	40.41

WE ARE CUPLESS: We're a firm believer in the Leave No Trace principles of trail etiquette, so this will be a Cup-Free Event to eliminate the chance of litter. There will be no paper cups at this event. Everyone must carry some sort of hydration system with them, whether it's a handheld water bottle, a waist fuel belt, or a hydration pack. For other drink needs besides water at the aid stations, we recommend the Ultraspire C2 collapsible reusable cup or the Hydrapouch.



WATER: Refreshing H2O at every aid station!

None of the following foods or beverages below are guaranteed at any and all times. We'll stay stocked best we can.

ELECTROLYTE DRINK: The electrolyte drink on the course will be Tailwind Nutrition.

FOOD: Most of the usuals at the minimum. Cookies, candy, peanut butter and jelly sandwiches, chips, pretzels, and more. Energy gels are such an individual item that we will not be providing - bring your own favorite if you want to use these as fuel.

NOTE: Not all foods will be vegetarian friendly, and those with special needs (gluten-free or vegan, for example) and those who are super duper picky should plan to bring their own nutrition. Those with severe food allergies (like a nut allergy or celiac disease) need to be aware that we can not guarantee against cross-contamination.

OTHER SUPPLIES:

NEW THIS YEAR – ALL-IN-ONE “PACK IT IN, PACK IT OUT” TAMPON KITS:

Menstruation is an additional complicating variable for some of our participants. We want to make sure our participants are served while also maintaining a protection of the “leave no trace” environmental trailrunning principles we hold dear. Therefore, all aid stations at this race and all The Active Joe trail races will have multiple tampon kits that contain a couple wet wipes and a tampon in a Ziploc bag. As tampons do not degrade well in the environment, this kit helps our participants remember to “Pack it in, pack it out” by disposing of used tampons with the wet wipe in the Ziploc bag and saving it on their person or in their pack until they can throw it away at the next aid station.

We will have band-aids for minor cuts.

Aid stations will not provide Advil, Aspirin, Motrin, or any other pain relievers.

Aid stations will not have blister kits. If you are concerned about blisters, carry what you will need in your pack.

Aid Station Check-In, Check-Out, and Dropping Out of the Race

At every aid station, participants are expected to check OUT when leaving an aid station. If you are bib 482, when you arrive, yell "482 IN." When you leave, you should yell "482 OUT" and check that someone is recording. This keeps our records accurate.

If you decide to drop out of the race, you must please let the aid station captain know and make sure they note it on their clipboard. We don't want you to leave with your crew and then we're calling you or your emergency contact a couple hours later looking for you, or searching the expanse of the trail system for you!

Volunteers will work to monitor every participant's ingress to and egress from the aid stations. We reserve the right to disqualify anyone whose times between any check-in or check-out do not grossly align with the paces expected based on their moving times the rest of the race and their racing history.

Drop Bags

You can set a bag, chair, and even a pop-up tent around the start/finish area in the grassy areas to access post-race or at the end of each loop. No drop bags at any other aid stations.

Cutoffs

4:00 pm - Must start your last loop (Mile 26.9 in 9 hours)

6:10 pm - Must leave The Bowl aid station (Mile 33.6 in 11 hours, 10 minutes)

7:30 pm - Must leave the Rusty Crown aid station (Mile 37.66 in 12 hours, 30 minutes)

8:30 pm - Final Cutoff for the race (Mile 40 in 13 hours, 30 minutes)

These cutoffs represent the time you must be OUT of the aid station by. If a participant chooses to leave an aid station and return to the race course after the time cutoff or after being told by aid station volunteers that they are being pulled from the race, the participant is instantly disqualified and may be banned from future races.

If you leave an aid station before the cutoff but then backtrack and return to that same aid station after the cutoff, you will be pulled from the race.

Crews/Pacers

Crews may only help their runners at the end of each loop (also the start/finish line), not at any other aid stations. Crews may only access their runners within 200 yards of the aid station at the end of each loop. Crewing a participant outside that area may result in disqualification.

Crews may not eat or drink from the aid station at the end of each loop.

Failure by any crew member to follow the rules set out here may result in disqualification of their runner.

No pacers are permitted at this event.

Medical

Each runner is responsible for their own actions. You need to be prepared both physically and mentally for all of the various stresses of the race. Our hope is to not have to call 911 for any of you. But in the event we have to in a medical emergency, medical expenses incurred are the responsibility of the participants receiving medical attention. Some parts of this trail are very remote to road access, and there may be a substantial amount of time that passes before medical personnel can arrive to provide aid.

Runners must understand all risks associated with undertaking this event. These physical and mental stresses include, but are not limited to, dehydration, hyponatremia, hypothermia, heat exhaustion, renal failure, seizures, hypoglycemia, disorientation, falls resulting in physical injury, complete physical and mental exhaustion, etc. Every participant is expected to monitor his or herself continually with an understanding of their own personal limitations. YOU, the individual participant, are absolutely responsible for your wellbeing during and after the race.

Timing

Your chip is attached to the back of your bib and covered with a piece of foam. Do not remove the foam or the chip. Do not bend the chip. You are free to fold your bib however you want as long as the chip is not bent and as long as we can read the number.

Failure to register on multiple timing mats or incredibly inconsistent timing splits between timing mats may result in investigation and potential disqualification.

If you find you inadvertently go off course or take a wrong turn, you must return to where you left the course before continuing. If you cut a loop short and realize it, immediately notify volunteers to go find the race officials so a determination can be made as to how to help you complete the full distance. We will help you find the correct distance to finish the event, but it will remove you from award considerations since you didn't complete the course in the specified order.

Those not following the course will risk disqualification.

Changing Distances Before the Race

If you want to switch distances before your race starts, email us before Monday, September 18th, or come early to packet pickup pre-race, and we'll verify we have the swag and finisher gear to support it, and we'll approve it.

If upgrading distances, you will just need to pay the difference between the price you paid for your original distance and the current price at the time of the request for your new distance. If you upgrade race day, we can not take credit cards!

If downgrading distances, there is no refund of the entry fee difference.

Dropping Down Distances Midrace

If you drop down midrace to a shorter distance than you initially signed up for, then you will not have an official finish in the shorter distance. Dropping midrace will result in a DNF (Did Not Finish). We all have bad days. It's okay. And I would always you take a DNF rather than risk your life or your health!

Awards

In each distance:

- Top 3 Overall male and female
- First place male and female in the following age groups: 00-29, 30-39, 40-49, 50-59, 60-99

There is no prize money.

Every finisher receives a medal.

Awards for *The Active Joe* races are small and will travel well in checked or carryon luggage.

Weather and Conditions

Average low temperature is 65. Average high temperature is 89. It's Texas so the weather is known for being unpredictable.

Sunrise: 7:17 am. Sunset: 7:33 pm.

Littering

No, just no. Don't. If we find you littering, you're disqualified. We are here by the permission of the property owners, and we want them to invite us to come back. Don't jeopardize that for everyone. If you get all the way out of the aid station with a gel wrapper, paper cup, or anything else, carry it with you to the next aid station.

General Rules for all The Active Joe events

No dogs or strollers are allowed on the race course for the safety of all, unless a special exception is granted.

Runners, walkers, and hikers are all welcome, as long as you can finish by the time limit.

Entry fees are non-refundable, including in the case of inclement weather.

This is a private event, so unregistered participants are not allowed. "Banditting" (as this action is referred to) is frowned upon in the running community and unfair to the runners who paid for the opportunity to participate. Race entry fees go for a lot more than water on a course, medals at the finish line, and a shirt in your race packet. It also exposes an event to serious liability risk. It stresses race resources that were calibrated for the sold-out number of participants and therefore can put other participants', the paid participants, health or safety at risk. Those who bandit any portion of the race may be banned from future events by *The Active Joe*.

Note that it is never okay to allow someone else to use your bib without a proper bib transfer arranged with the Race Director. This can lead to serious liability and medical risks in the chance of emergency and jeopardize the future of the event for everyone.

Our primary goal is to provide a safe event for participants, volunteers, and the community alike. If something arises that threatens that safety, then a) the event will be altered as it is reasonably possible without stressing other resources, b) the events may be delayed during the morning, or c) the event may be canceled. The event can not be rescheduled for another date due to resource availability in the event of cancelation.

Event shirts not picked up at packet pickup or race day will not be mailed.

TRAVEL

We list multiple options for camping and hotel rooms on the "Travel" page of the race website. Visit that for up-to-date information. There is NO onsite camping allowed at the race.