

The Crazy Desert Trail Race 5

Thank you for registering for the Crazy Desert Trail Race 5, sponsored by TXU Energy! Whether you're in for the 10k, half marathon, marathon, or 50k, you can look forward to a great event. The race will be held March 12, 2016, rain or shine.

Please read this entire race document, as it contains important information.

1. How to get here.

The start/finish area is at the pavilion located 1.5 miles from the Equestrian Gate, just west of the North Entrance to the San Angelo State Park, on FM 2288, northwest of San Angelo. Here's a link to a Google Map showing the location of the Equestrian Gate:

<https://maps.google.com/maps/ms?msid=208600038914699197268.0004cbca5157758930983&msa=0&ll=31.542119,-100.556096&spn=0.002046,0.002189>

We'll open the gates at 6:00 a.m. There's plenty of parking. We'll have porta potties at the race start and at each water stop, and there are fixed restrooms about a half mile from the start line.

2. Race times.

Races will start ON TIME as follows:

8:00 a.m.: 50k and marathon

8:30 a.m.: Half marathon

9:00 a.m.: 10k

3. Bib and shirt pickup.

Plan to attend our pre-race meal the night before the race, and you can pick up your bib and shirt then. Or, you can get your bib, race shirt, timing chip, and swag the morning of the race. Please arrive early. We will NOT delay the race for you, and we may have lines. There's plenty of parking, but some of it may be a short distance from the race area.

4. Pre-Race Meal and Guest Speaker.

Meal will start at 6 p.m. at the race site. Dr. Mark Bethune, executive director of race charity Concho Valley Community Action Agency, and his wife, Sherrell, will prepare a pre-race meal. Cost will be \$10 per person. Pasta, salad, light dessert. Our guest speaker will be Dr. Jerry Hollingsworth, professor of sociology at McMurry University in Abilene. Jerry is an accomplished ultrarunner and has traveled

extensively. He'll talk about running with diabetes, running in foreign countries, and perhaps his course on serial killers. Expect him to start his talk about 7:30 or 8 p.m. Friday at the race HQ.

5. Chip timing.

You'll receive a reusable tag to pin to the side of your shorts. Pin the tag on the outside of either hip. If you lose your chip you WILL NOT receive a time. Please, help us hold down costs by returning the chip after you finish.

6. The course.

The main course is a half-marathon loop. Marathoners will run it twice. 50k runners will run a loop, add a 4.9-mile out-and-back, and then run the loop again. 10k runners will start on the main loop, take a short detour, and then rejoin the loop. Each loop and the out-and-back begin and end at the start/finish area.

The half loop is mainly packed-dirt single track, a little dirt road, and some short areas with some rocks, but all very runnable. There's one or two good but very short hills. The 10k course is the same, except there's about a quarter-mile of asphalt.

The course will be well-marked with signs/arrows, yellow warning tape, and lots of ribbon. Ribbons are no more than a half-mile apart. **THE RIBBONS WILL ALWAYS BE ON YOUR LEFT.**

You will never meet another runner head on while running the loop (50k runners will meet other runners on the out-and-back). If you meet another runner head on while running the 10k or the half-marathon loop, one of you is going the wrong way!

7. Water, water stops and course amenities.

There are two water stops on the half-marathon loop, one of which is passed twice. They're approximately at miles 3.5, 6.5, and 9. The 10k shares the mile 3.5 water stop only. So you're never more than four miles from water.

The Crazy Desert is a cup-free event. We will provide bottled water for all runners at the start/finish and at each water stop. Take a water bottle at the start, and grab another if needed at a water stop. Leave us your empties and we'll recycle. If you have a handheld or hydration pack, bring it!

We will NOT have sport drink on the course. We will give each runner one or two (depending on your distance) Gatorade powder "sticks," so you can mix your own. If you want something else, bring it.

Volunteers manning the water stops usually provide some ultra-type foods, but don't count on it. If there's something particular you like, bring it!

8. Trail etiquette.

Walkers and runners taking a walk break should yield to overtaking runners. If you're running, no matter how slow, you never have to yield. It is the responsibility of the overtaking runner to announce herself

and wait until she can pass safely. But it certainly would be courteous if you want to step aside and let a faster runner pass.

The State Park has an active herd of longhorns. They're docile, but they always have the right of way. Try to avoid coming between a parent and its calf.

9. Littering.

Anyone found littering on the course or at the start/finish area will be disqualified and banned from future races. No exceptions. This includes even minor trash like the tops of gel packets, or littering at the start/finish area. Please, don't litter in our Park (or anywhere else, for that matter). And if you see some litter, pick it up and throw it away.

10. Drop bags.

We will have a designated area for drop bags at the start/finish for those running the 50k and marathon. Marathoners will pass it once, 50k runners will pass it twice. Use at your own risk, as we will not monitor the drop bag area.

11. Trail safety.

If you're not used to running trails, there are a few things to keep in mind. First, there are some roots, rocks, and stumps on the course. Pay attention to your footing, and remember to lift your feet.

Second, our course is well marked, but you have to stay aware of your surroundings to avoid missing a turn. Don't just blindly follow the person in front of you. We won't disqualify you if you miss a turn and run some "bonus" miles, but we will DQ you if you cut off mileage (no refunds).

Because the Crazy Desert is run in a State Park, the trails will be open to others not involved in our race. Keep an eye out for bike riders, horses, hikers, etc. We will have our own volunteer bike riders on the course for your safety.

Again this year, members of Echo Company, 2nd Battalion of the Texas State Guard will provide emergency services for us. They will be at approximately mile 10 of the half loop, and mile 3.75 of the 10k loop.

If you need assistance, try to get to a water stop or Echo Company's location, ask another runner to pinpoint your location and send help, or stop one of the bike riders. We also recommend you carry your cell phone. I'll give out my cell number at the race, in case of emergencies.

12. Finish line.

Run to the clock at the finish line! If you have another loop to go, please do NOT go through the finisher's chute. Once you're done, return your timing chip, grab a bottle of water and join us for food, music and fun!

Keep in mind that we are in a State Park, so no visible open containers of alcohol are allowed.

13. Camping.

Camping is available for \$10 per tent (all funds go to the State Park) at the start/finish area the night before the race. Please arrive before 9 p.m. Friday, March 11. You do NOT need to reserve a spot with the Park; just show up at our race area and pitch your tent. If you plan to arrive after 9 p.m. email the race director at jlisson@lissonlaw.com, and we can try to make arrangements for your entry. Park quiet time is from 10 p.m. to 6 a.m.

14. Spectators.

Spectators are welcome. However, they MUST have a Texas State Parks Pass or pay the Park entry fee (runners' entry fee is included in your registration). WE WILL NOT PROVIDE FOOD OR WATER FOR SPECTATORS, so please tell your family not to take any or ask for any. We're a charity event, and we just can't afford to feed everyone.

15. Volunteers.

Unlike the new crop of for-profit events, the Crazy Desert is purely for charity, put on entirely by volunteers. Many of the volunteers are Angelo State University students, Marines, Air Force, or other military members from Goodfellow Air Force Base. Please give them a smile and a thank you. We couldn't put on this race without them.

Don't complain to the volunteers. If you have an issue, talk to the race director, or tell us in the online survey we'll send you after the race is over.

That's it! If you have any questions, please email Jeff Lisson, race director, at jlisson@lissonlaw.com. Also, keep an eye on our Facebook page, www.facebook.com/CrazyDesertTrailRace, for updated information.