

2011 Isle du Bois Trail Run

Race Essentials (Race Doc)

Isle du Bois Unit of Ray Roberts Lake State Park

50 km / 10 mile

Saturday December 10, 2011

Start Time: 8:00 AM (50k) / 8:30 AM (10mi)

7:30 AM - 12 and under kids fun run



Trail runners - Welcome to North Texas Horse Country! Your trail scamper will be within an area of the state that has over 350 working farms and ranches used for training and breeding a variety of horses. This amounts to approximately 40,000 horses within the area! The Isle du Bois Unit of Ray Roberts Lake State Park resides in the eastern portion of this region.

Let's get ready to play at the Isle du Bois Trail Run!

But First...A Huge Thanks to our Partners and Support

- [Hydra Pouch](#) – Supporting the cup-free racing movement! They create a great, simple to use product that seamlessly clips to your waist. They also support events with the HydraPour which accelerate the filling process so you can quickly fill and get on down the trail. You will see these at IDB!
- [tasc](#) – This Louisiana crew creates extremely comfortable technical clothing made from bamboo and organic cotton. Great for playing on the trails or when you want to dress comfortably and enjoy a cup of jo at a local coffee house with a good friend.
- [Hammer Nutrition](#) – Clean endurance sports nutrition, supplements, and clothing. I have been a fan for over 10 years.
- [RoadID](#) – Great piece-of-mind products that provide identity and emergency contact info.
- [Francis Batac](#) (LMT) – Got knots? Francis will be providing complementary sports massage post race. Based out of the DFW area. Contact email: fbatac@gmail.com
- Ernesto's Mexican Restaurant – Three short miles from the race (junction of 455 and 377 – East of IDB), Ernesto's has some extremely tasty Mexican fare.
- IDB Support Tribe – Be sure to say thanks to all the great people that allow this all to happen! These areas will include Packet Pickup, Aid Stations, Timing, State Park Personnel, Massage, and Kids run.
- [Ray Roberts Lake State Park \(Isle du Bois Unit\)](#) – Please treat this park with the utmost respect! Our event usage is a privilege, not a right.

Race Morning

Park Entry Time

Park Gates will open at 6:00 AM. Arrive early!

You may want to bring a headlamp or light source, it will be dark till 7:00AM.

[Isle du Bois Unit of Ray Roberts Lake State Park](#)

100 PW 4137

Pilot Point, TX 76258

[Google Maps Link](#)

The park is located on the southern shores of Ray Roberts Lake off of FM 455.

Park Entry Fees (non-runners)

Runner entry will be FREE (included in entry fee). All other people in vehicle will follow standard Texas State Park entry guidelines:

- Texas State Park Pass – All in car are free.
- Children 12-and-under – FREE
- If you don't meet one of the above - \$5.

Race Headquarters (start/finish area) / Parking / Bathrooms

After leaving the park offices / pay booth, drive 2.4 miles on the main park road that will take you down to the lake/beach area. Take a right at the 'T'. The start/finish/race headquarters area will be straight ahead.

[Click to see park drive to Start/Finish area.](#)

Parking can be in any of the three parking lots on your left. If these fill up, you can park in the very large boat ramp parking area.

There will be two park bathrooms within a short walking distance from the start finish area. The bathroom at the beach also has shower facilities.

[Click to see parking area / bathroom map.](#)

Packet Pickup

Packet pickup will be race morning starting at 6:00 AM and located at the start/finish area. Look for the canopy with lights and the smiling faces.

You will receive your bib number and tasc event shirt (assuming you registered by 11/28).

Bibs 101-201 - 10 mile runners

Bibs 501-601 - 50 km runners

50 km Drop Bags

There will be a drop bag location next to the 50 km turnaround aid station (Beach) by the start/finish area. This may not be a covered location so plan accordingly.

All abandoned drop bags at the end of the day will go to Goodwill.

Trail Tikes Fun Run Waiver, Bib, Run Info

If your son or daughter (age 12-and-under) is game for the pre-race fun run, you must sign a waiver for them at packet pickup and receive a lucky bib number.

All ages will start at 7:30AM and will run an out-and-back on the paved park trail system. The age 5-and-under distance will be about 400 meters total. The 6-12 age group will run about 1 km total.

There will be a course monitor at each turnaround point. Parents are welcome to run with their kids if they wish as well.

All Trail Tikes finishers will receive an edible treat. As a paper cup-free event, please bring a water bottle for your child to re-hydrate after the run.

The Race

Start time itinerary

7:30AM – 12-and-under Trail Tikes Run

7:45AM – Short Pre-race Briefing by starting line

8:00AM – 50 km (3 loops)

8:30AM – 10 mile (1 loop)

*I will escort runners out by mountain bike along the paved trail for 1.25 miles and lead you to the singletrack.

Medical Support

There will be an on-site EMT to support any serious medical needs.

Be self-sufficient for your basic self care needs. (blisters, chaffing, etc)

Cup-Free Racing

This race is a paper cup-free race! You **MUST** carry a water bottle, Hydra Pouch, or hydration pack system so you can rehydrate/refuel at (and between) the aid stations. There will be **NO** paper cups at the aid stations.

Aid stations will be separated from 2.5 miles and up to 4.9 miles apart. You will run much slower on these technical trails than what you would on the road. You must have a method to carry water/electrolyte drink!

Have I said it enough?!? ☺

Course Markings

There will be a variety of items marking the course that include:

- Wooden clothes pins with pink streamers
- Bright orange flagging
- Signs
- Cones

It is trail running, so please don't be a Lemming. Personally be aware of the trail and your surroundings, especially at trail intersections. The person in front of you may not know where they are going.

iPods

I do not recommend using iPods for all 10 mile runners and at least the first loop for the 50 km mainly due to individual safety and courtesy to other runners and trail users (such and mountain bikers). Believe me, you want all your attention on the trail. The rocks do bite!

If you do wear an iPod in subsequent loops, please consider only one earbud so a fellow runner or biker can announce their presence and make a safe pass. Please yield to mountain bikers...and big deer.

Course and Aid Stations

The essence of the course is a clockwise loop on varied terrain that will require you to hop, jump, and dodge over periodic sections of rock. The course is extremely fun but I wouldn't consider it fast. Go big on the fun! 😊

The course will use the park trails identified with letters B through E. The trail letter name increases as you move away from the start/finish area and decreases as you return.

10 mile runners and 50 km (loop 1) runners will enter the singletrack on trail D, merge onto E, then work your way back to the start finish area with trail D, C, and B before hopping out on the paved sidewalk to take you back to the finish or 50 km turnaround area.

The 50 km runners on loop 2 and 3 will run out on trail B, C, D, and E, then return on D, C, and B before hopping out on the paved sidewalk to take you back to the finish or 50 km turnaround area.

Note: More trail (and less paved park sidewalk) is included for the 50 km runners on loop 2 and 3 since everyone has spread out at this point.

The 10 milers will have (2) aid stations:

- One fully supported (Fire Road aid station) – mile 4.5
- One non-supported/minimal (Last Call aid station) – mile 7.5

The 50 km runners will have (8) aid stations.

- Five fully supported (Fire Road and Beach aid station multiple times) – mile 4.5, 10.1, 15, 20.6, 25.5
- Three non-supported/minimal (Last Call aid station) – mile 7.5, 17.8, 28.5

[Click to see additional course info on the IDB Course Info page.](#)

[Click to see the course map with aid station locations.](#)

Aid Station Fluid and Buffet table

Fully Supported Aid Stations (Fire Road and Beach aid station)

- Water
- HEED Electrolyte Drink (Melon flavor)
- Endurolytes
- Banana
- Oranges
- M&M / Trail Mix
- Peanut Butter and Jelly Sandwich portions
- Pretzels
- Potato Chips

Non-Supported/minimal Aid Stations (Last Call aid station)

- Water
- HEED Electrolyte Drink (Melon Flavor)
- Endurolytes

At one of the aid stations, my wife will have a special treat – Homemade Magical Pumpkin Chip mini muffins. If you were at the IDB group run in November, you know what I am talking about. 😊

Start/Finish/50km Turnaround Flow

The graphic below highlights the runner flow at the start/finish/50 km turnaround area.

[Click to see the start/finish/50km turnaround runner flow.](#)

Bib Numbers, Timing, and Check Points

You must wear your bib number on the front of your body in a visible location.

We will be noting bib # and time at the Fire Road aid station. You can assist with this process by stating your bib number as you approach the aid station.

The Finish Line and 50km split timing requires your bib to be visible as you approach so you can be properly entered into our timing software.

Results will be posted online within a couple days after the race.

Drops, Leave Early, DNF, Missed Cutoff

If you decide or are required to remove yourself from the race at any point prior to the finish, you **MUST** hand in your bib number to the timing person or me (David Hanenburg) at the finish. I must know who is on the course at all times.

Cut-Off Time

You must check into the Fire Road aid station on your last lap (mile 4.5 (10 mile runner) or mile 25.5 (50 km runner)) by **3:00 PM** for all races. If you do not meet this cut-off, you will be escorted back to the start/finish area and must hand in your bib to the timing person or me (David Hanenburg). You will be listed as a DQFBIP (Didn't Quite Finish But Inspired Plenty). 😊

Runners Support/Crew

Assistance can only be provided at any of the designated aid station locations. Please do not assist outside of these areas.

Trash

Please do not drop any garbage on the trail. Carry it to the next aid station and drop it into the trash bag. Let's leave this trail cleaner than when we arrived.

Pacers

NO pacers are allowed for either the 10 mile or 50 km race.

Fast Feet Gift Awards and Groovy Giveaways

Finisher's Gift - All finishers will receive a tasty finisher's bar by Hammer Nutrition that contains all natural and organic ingredients.

Both the 10 mile and 50 km races will have a Gift trough (in spirit of the Horse Country) containing a variety of run related items.

To receive one of the run related gift items:

- Be one of the Fast Feet finishers.
- Be one of the random giveaway winners.

Fast Feet Finisher Breakdown for both races:

- Top 3 male and female finishers
- Top male and female in age group 40-49
- Top male and female in age group 50-59
- Top male and female in age group 60+

There will be over 40 gifts given to you thanks to Endurance Buzz Adventures and our race partners (tasc, RoadID, Hydra Pouch, and Trail Runner Magazine).

Awards/Gifts will be handed out as you finish or when you hand in your bib.

A max of one gift per person in order to spread the trail love. So if you are first across the line, you can't be a random giveaway winner as well.

Post Race Yum! And Knot Relief

We will have some tasty burritos, chips, and salsa from Ernesto's Mexican Restaurant. The post-race food will start arriving around 10:00AM.

Also, don't forget to visit [Francis Batac](#) (LMT) for some complimentary sore leg relief.

Thank You

A huge thank you from the Endurance Buzz Adventures family!

I am extremely grateful for your interest in this event and hope to see you at future adventures. I will be sending out a feedback form after the event and would appreciate your thoughts.

- David Hanenburg