

Endurance Buzz Adventures
2015 Whispering Pines Trail Run

The Dirt

Tyler State Park, Tyler, Texas

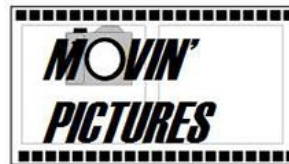
7km, 10 mile, 20 mile, 50 km

Saturday May 16, 2015

Start Time: 7:00 AM (50km / 20mile), 7:30 AM (10mile / 7km)
7:35 AM (Free Trail Tikes Kids Fun Run)



ENDURANCE FUELS
& SUPPLEMENTS



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Trail runners - Welcome to Tyler State Park and the Whispering Pines Trail Run. This east Texas state park lives and breathes the wonders of nature and the joy of trail running.

Our events are as much adventure as run. Embrace the adventure!

Let's get ready to play at the Whispering Pines Trail Run!

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

- EBA 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, EMT, State Park Personnel, and Kids run. It is a team effort, for sure.
- [Tyler State Park](#) – Special thanks to Derin DeParlermo and the entire staff at Tyler State Park. Camping, cabins, lake, and a wonderful trail system.
- [Hammer Nutrition](#) – Clean endurance sports nutrition, supplements, and clothing. They will be supporting this event with HEED, Endurolytes, and a number of Hammer Gels.
- [Nature Nate's](#) – Local and raw honey. Great stuff!
- [RoadID](#) – Great piece-of-mind products that provide identity and emergency contact info.
- [Movin' Pictures](#) – Be ready to smile.
- [Cowbells.com](#) – Bringing the MOEN bell to Texas trail running.

Race Morning

Main Event Page: <http://endurancebuzzadventures.com/events/whispering-pines/>

Tyler State Park Directions

[Tyler State Park \(website\)](#)

789 Park Road 16
Tyler, Texas 75706

Latitude: 32.481326

Longitude: -95.295037

Google maps link: <http://goo.gl/maps/FMtxn>

Basic Direction from I-20:

- Take Exit 562
- Go North on FM14 (Coming from Dallas side (West), this would be a LEFT. Coming from the Louisiana side (East), this would be a RIGHT.)
- Drive 2 miles on FM14. You will see a flashing yellow light. This is the state park intersection.
- Take LEFT into Park.
- Go park your vehicle! (Route in park noted below)

Park Entry:

- All runners and volunteers will have FREE entry into the park on race day.
- All those not running or volunteering will follow standard park entry guidelines. (\$5 per adult. Kids 12-and-under is FREE. FREE for all in vehicle if you have a Texas state park pass.)

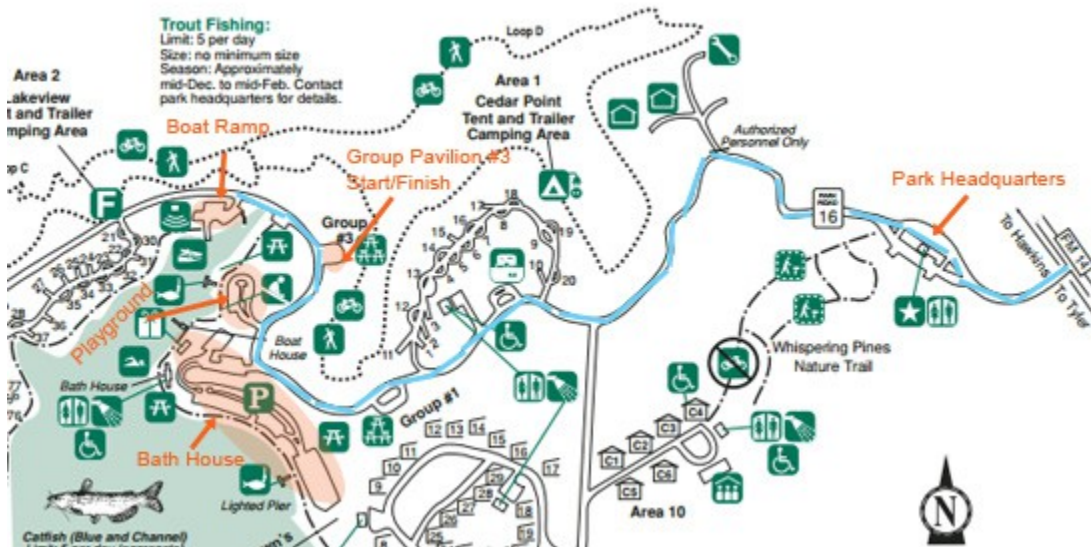
Parking and Race Start/Finish (Group Pavilion #3)

****PLEASE RIDE SHARE:** If possible, please consider ride sharing with friends to help get everyone in quickly and reduce the parking load and magic tricks.

ALL parking areas will be within a short walk from the Start/Finish area (Group Pavilion #3). And the earlier you arrive, the shorter the walk – motivation :) . We will provide some parking support in the early morning.

Listed below is the order you will drive upon the parking areas (starting within 1.25 miles of entering the park – see map below).

- **Bath House** (you will see a Bath House / Picnic Area Sign) – Veer left into lot which flows down along the lake shore. This parking area also has BATHROOMS and SHOWERS. This is the largest parking area. Parking will begin here.
- **Playground** (you will see Playground / day use area sign) – Left turn off of main park road shortly after Bath House turn.
- **Group Pavilion #3** (Race start/finish – small area) – Mainly for volunteers and staff



For additional reference if you are staying at the park, check out the [complete park map](#). The entire park is basically within one main loop around the lake.

Bathrooms / Showers

The closest “real” bathrooms and showers will be at the Bath House parking area (noted above).

The race start/finish area will have five (5) Spiffy Biffs (portable toilets)!

There are also “real” bathrooms and showers throughout the park.

Packet Pickup

Packet pickup will be race morning starting at **5:30 AM** and located in group pavilion #3 at the start/finish area.

You will receive your bib number and event shirt (for those that registered for one).

Bibs 1 - 50 – 7 km

Bibs 101 - 250 – 10 mile

Bibs 401 - 550 – 20 mile

Bibs 801 - 900 – 50 km

Drop Bags

There will be a drop bag location next to the start/finish/Cedar Point Aid Station area. This will not be a covered location but will be on a tarp. This is for those running multiple loops (50k and 20M) and want their own little personal stash of run goodies (food, fluids, gear, body glide, clothes, etc).

Trail Tikes Fun Run Waiver, Bib, Run Info

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

All ages will start at 7:35 AM. It will be a ¼ mile out and ¼ mile back section of singletrack. There will be a volunteer at the turnaround.

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.

Adults are free to run with the kids.

The Race

Start time itinerary

6:45AM – Pre-race announcements for all races under the pavilion.

7:00AM – 50 km / 20 mile start

7:30AM – 10 mile / 7 km start

7:35AM – Free Trail Tikes Fun Run (½ mile)

Medical Support

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

Be self-sufficient for your basic self care needs. (blisters, chaffing, etc)
Be smart. Walk/rest if you need to.

*****Cup-Free Racing*****

This race is a paper cup-free race! **ALL RUNNERS MUST** carry a water bottle or some type of hydration system so you can rehydrate/refuel at (and between) the aid stations. There will be NO paper cups at the aid stations. This is one of the ways we reduce our garbage creation. Thanks so much!

Aid stations will be between **2.98** and **4.29** miles apart.

Course Markings

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

- Wooden clothes pins with pink/orange streamers
- Pink/red ground flagging
- Red Arrow Signs, and various other signage
- Cones

It is trail running, so please 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.

Race Porta-Loos

There will be 5 portable toilets near the start finish area.

There also is a “real” bathroom near Blackjack aid station. You may need to walk/jog 100-200 meters or so to get to it. It may be worth it for some!

Live Race Day Results

We will have updates/results for each runner after each completed loop.

Check out 3 ways you and your friends can follow the action or check out your result after you finish – [Live Results How To](#)

50 km, 20 mile, and 10 mile Runners: Try to Finish What you Start

I believe in taking on the challenge/adventure you chose for yourself at the start of the race. If it's not meant to be on this day, so be it. You will live to run another day.

What this means:

- If you start the 50 km race – there is NO 20 mile, 10 mile, or 7 km finish if you decide or are required to end your day early.
- If you start the 20 mile race – there is NO 10 mile or 7 km finish if you decide or are required to end your day early.
- If you start the 10 mile race – there is NO 7 km finish if you decide or are required to end your day early.

iPods

If you do wear an iPod, please consider only **one** earbud so a fellow runner can announce their presence and make a safe pass. Being a singletrack trail system makes this all the more important. The park is NOT closed so there will likely be other outdoor enthusiasts on the singletrack trail. Be respectful to one another.

Course and Aid Stations

Check out the goodies on the [Course Info and Maps](#) page.

Note, there is one park road crossing at Blackjack aid station. There will be vehicle awareness signs but please pay extra attention.

Aid Station Fluid and Buffet table

All Aid Stations will be fully supported. (Old Road, Blackjack, Cedar Point)

Expect a variety of sugary, salty, fruity, and fluid-y items.

Electrolyte drink is HEED Mandarin Orange.

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 all aid stations. You can assist with this process by stating your bib number as you approach the aid station. This is so you will also be properly entered into our timing software.

Drops, Missed Cutoff, or Not Today

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 start your last loop by **1:45 PM** for all races. All runners must arrive at Blackjack aid station by **4:00 PM** on their last loop.

The entire course closes at **5:00 PM**.

Runners Support/Crew

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

You can cheer on your runner at ALL three aid stations.

See [aid stations map](#) for reference.

Old Road Aid Station Note – You must park near main park road and walk ¼ mile to the aid station. **No** spectator vehicle traffic on this non-public park road.

Trash

Our use of this trail is a privilege, not a right. Please treat it with respect.

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 any of the race distances.

Post Race Yum!

For **RUNNERS** and **VOLUNTEERS**, we will have Fuzzy's Tacos chicken and vegetarian tacos. The soft tacos will arrive around 9:00AM.

So grab one or two tacos, a piece of fruit, then set up your comfy chair and enjoy the rest of the day cheering on fellow members of the tribe getting it done!

Thank You

A huge thank you from the Endurance Buzz Adventures family! We hope you have a fun adventure with the tribe in a beautiful north Texas environment!

Happy Running!

- David Hanenburg and the entire EBA family