



PARTICIPANT GUIDE
October 19, 2024
Muenster, TX

BROUGHT TO YOU BY



**TEXAS
OUTLAW
RUNNING**



WELCOME

5K | 10K | 15K
OCT. 19, 2024

4R Ranch Vineyards and Winery

1473 Co Rd 477 | Muenster, TX 76252

Friday, Oct 18, 2024

5:00 - 6:00 PM - Early Packet Pickup + Texas Outlaw Pop Up Store

Saturday, Oct 12, 2024

RACE DAY

8:00 - 9:00 AM - Packet Pickup + Texas Outlaw Pop Up Store

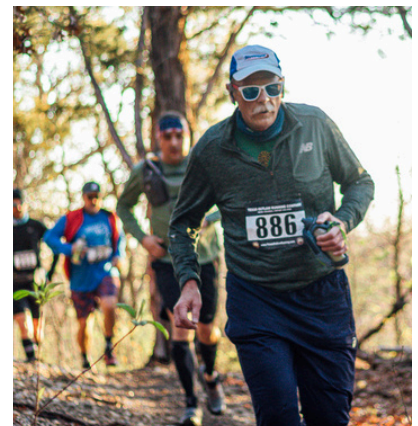
9:00 AM - All races start

11:30 AM - Cutoff (2.5 hours)

Welcome to the 1st Annual "Vineyard Vista" Trail Run. This is an original event crafted by Texas Outlaw Running Company. This race takes place at 4R Ranch. The race follows a 6 mile loop beginning and ending at the 4R Ranch barn near the entrance to the property. We are so excited for the amazing weekend on the beautiful rocky, dirt, and gravel trails.

We encourage you to take time to carefully read through this participant guide to help better prepare you for your race that's ahead.

If you have any questions after reading through please email us at: TexasOutlawRunning@gmail.com



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GENERAL INFO

DRIVING DIRECTIONS

The start and finish line will be located at the 4R Ranch Barn near the ranch entrance ([link to location](#)). When driving north on 477, you will pass the entrance to the ranch on your left.

PARKING PASS FEE

Everyone will park on 4R Ranch and will need to pay a \$10 parking fee per participant. CASH ONLY

RESTROOMS

Portable restrooms will be available outside the start/finish area.

RACE TIMING

We will utilize the UltraSignup timing software (manual time.) We will time you using your bib number so please make sure your bib number is visible on the front of your body.

MEDICAL

We will be using nearby public medical personnel. PLEASE CALL 911 in case of an emergency.



AID STATIONS

We will have two aid stations. The main aid station will be available at the start/finish area on 4R Ranch.

Main Aid Station

(Start/Finish Line) includes hot/cold foods, water, Gatorade, Tailwind, and pickle juice. We will have our first aid located at the main aid station.

Water Station

(Mile 1.5/4.12) will only have water.



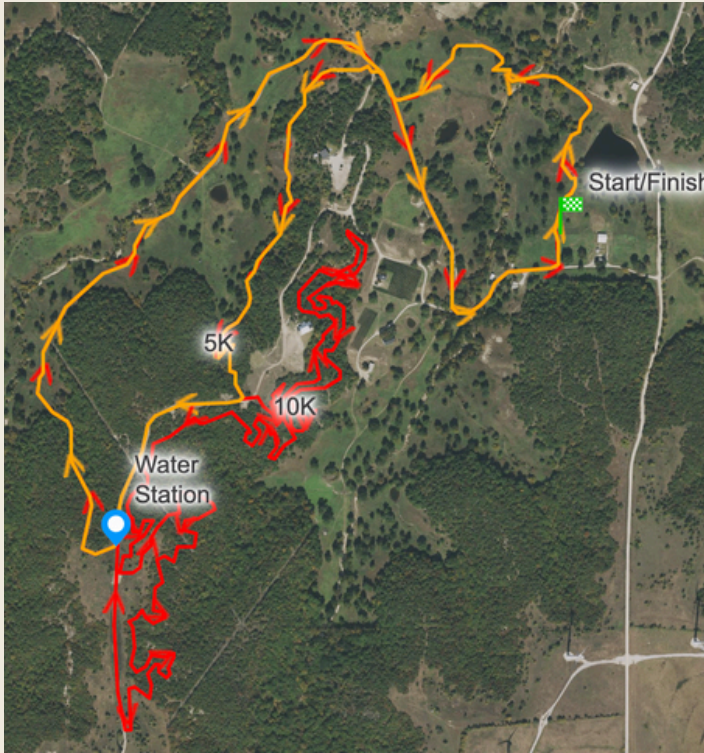
LOCATING RACE/PARKING



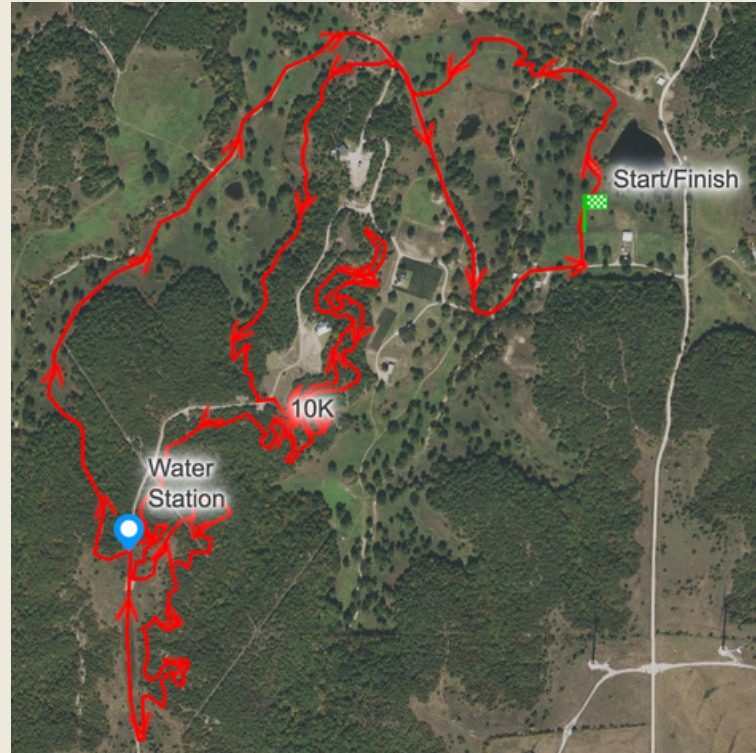
COURSE MAP

15K = 10K LOOP + 5K LOOP | 10K = 10K LOOP |
5K = 5K LOOP

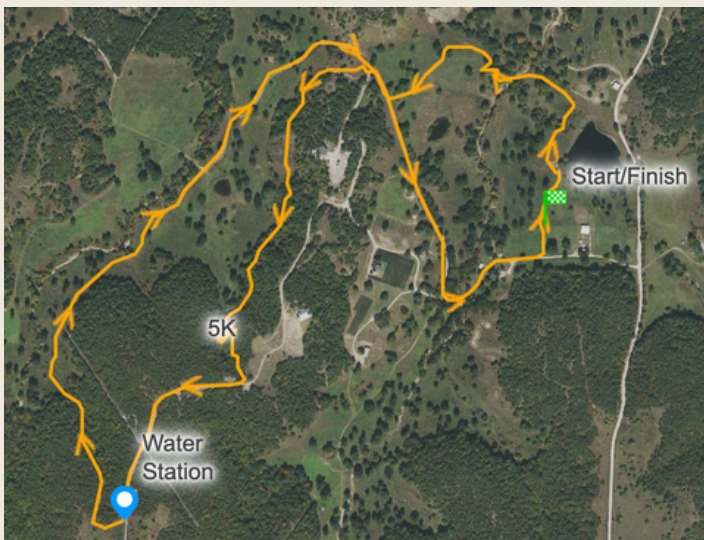
15K Loop



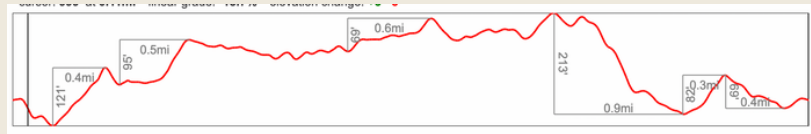
10K Loop



5K Loop



10K Elevation



5K Elevation



15K Elevation is 10K + 5k



COURSE DETAILS

COURSE PROFILE

The 15K Race is the 10K loop + 5K loop, the 10K is a 1 loop race, the 5K is 1 loop race.

The trail is a beautiful rocky, dirt, and gravel trail. Elevation is 382 feet of gain for the 5K loop. There is one Water Station and one Main Aid Station at the start/finish line.

-> [Click here to the course map link.](#)





IMPORTANT

DROPPING OUT OF THE RACE

You must notify the race director at the start/finish line BEFORE leaving the race site if you decide to quit or drop out of the race.

BIBS

Please make sure that the bib number is visual and on the front of your body. We will use your bib number to identify you and record your time.



CUPLESS RACE/CARRYING

To reduce waste out on the trails and in general we follow the cupless race protocol. This means that we will not serve any cups at aid stations for drinks. Please bring your own water carrying system with at least 16 oz.



DAY PASSES

Parking will be \$10 per participating runner.
CASH ONLY





COURSE MARKINGS

5K

10K



TRAIL RUNNERS ONLY

WATER STATION



PACKET PICKUP



The trails will consist of white and orange signage.



RACE RULES

TRAIL RUNNING RULES

- No Littering (If caught disqualification will occur.)
- Runners must follow the marked course and no cutting the course.
- Race cutoff will be enforced.
- Be aware of your surroundings. You're partially in the wilderness, there can be wild animals/snakes.
- Please be respectful to all volunteers, race staff, and other race personnel.

WEATHER FORECAST as of 10/14/24 for Saturday 6AM - 9AM - 12PM

Temp Forecast: 56° - 65° - 72°

Feels Like: 49° - 59° - 71°

Rain: 0%

Wind: 17mph SE - 17mph SE - 21mph SE





AWARDS

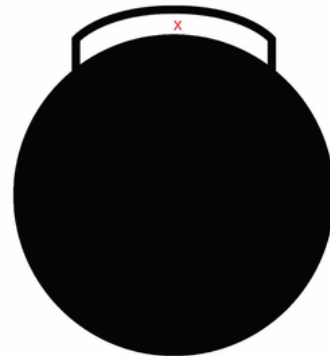
DISTANCE FINISHER AWARDS

- Finisher Award
- 1st Place Male
- 1st Place Female
- 15K Dead Freakin' Last
- 5K Ruck Patch

FRONT



BACK



FRONT



BACK



LEVEL 2



DFL DEAD FREAKIN' LAST 15K



SOCIAL MEDIA



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TWITTER

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YOUTUBE

Texas Outlaw Running Company

PODCAST

Texas Outlaw Running Talk Show



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