

LONGVIEW TRAIL RUNS -FALL-



PARTICIPANT GUIDE
October 26, 2024
Longview, TX

BROUGHT TO YOU BY



TEXAS
OUTLAW
RUNNING



WELCOME

5K | 10K | 15K | 20K

OCT. 26, 2024

Maude Cobb Convention Center

100 Grand Blvd. | Longview, TX 75604

Friday, Oct 25, 2024

6:00 - 8:00 PM - Early Packet Pickup + Texas Outlaw Pop Up Store @ Planet Beach Longview

Saturday, Oct 26, 2024

RACE DAY

7:00 - 8:00 AM - Packet Pickup + Texas Outlaw Pop Up Store

8:00 AM - All races start

Welcome to the Longview Fall Trail Run. This is an original event crafted by Texas Outlaw Running Company. This race is a part of the Longview Trail Run Series and follows a 3 mile course that starts by going through the beautiful Longview Arboretum & Nature Center then connects to the Grace Creek MTB Trail, finishing back through the Arboretum beginning and ending at the Maude Cobb Convention Center. 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



**TEXAS
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RUNNING**





GENERAL INFO

DRIVING DIRECTIONS

The start and finish line will be located at the North East parking lot of the Maude Cobb Convention Center. When driving west on Cotton Street, you will turn left onto Grand Blvd and the parking lot will be the next left (directly in front of the convention center).

RESTROOMS

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



RACE TIMING

iTRI365 will be doing chip timing at the start/finish line. You must wear your bib to receive accurate timing.

MEDICAL

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



AID STATIONS

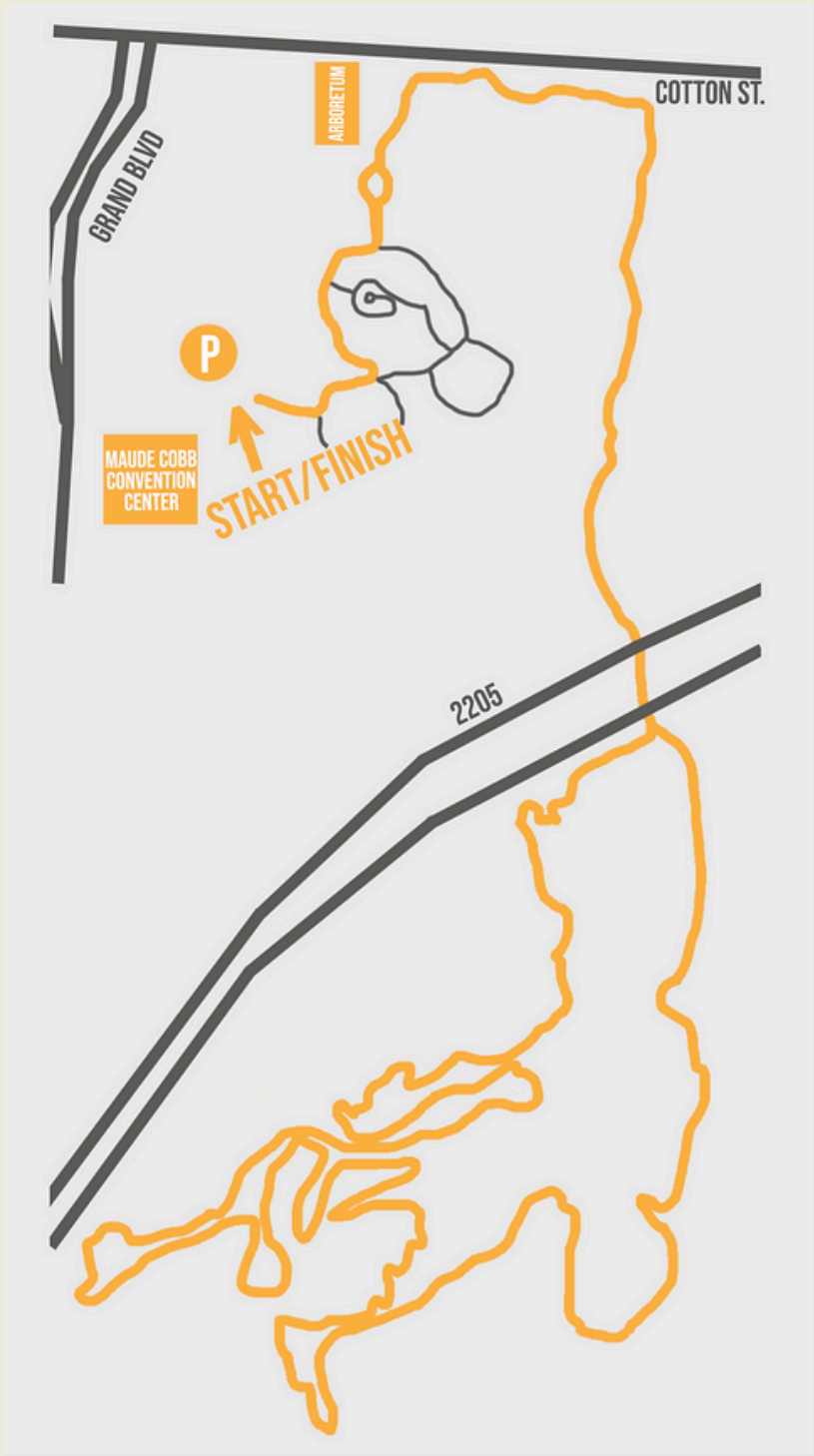
We will have one aid station. The main aid station will be available at the start/finish area between the Arboretum & Nature Center and Maude Cobb Convention Center.

Main Aid Station

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



LOCATING RACE/PARKING COURSE MAP



5K = 1 LOOP
10K = 2 LOOPS
15K = 3 LOOPS
20K = 4 LOOPS



COURSE DETAILS

COURSE PROFILE

The 3 mile course will start by going through the beautiful Longview Arboretum & Nature Center then connect to the Grace Creek MTB Trail, finishing back through the Arboretum. Participants doing distances longer than a 5K will run the loop multiple times. This course will slightly vary for each race season.

The course starts out on an open, wide and paved trail but quickly narrows down to a small dirt single-track track with rocks and roots. It gets technical while on the trail, be prepared!





IMPORTANT

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.





COURSE MARKINGS



MILE 1



MILE 2



MILE 3



FINISH LINE



CHOOSE YOUR DIRECTION!



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 10/26/24 for Saturday 6AM - 9AM - 12PM

Temp Forecast: 63° - 69° - 82°

Feels Like: 62° - 73° - 86°

Rain: 0%

Wind: 8mph SW - 9mph SW - 9mph WSW



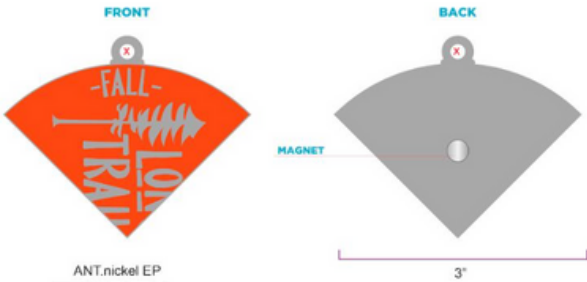


AWARDS

2024 SERIES FINISHERS
- Wooden case medal holder

DISTANCE FINISHER AWARDS

- Finisher Award
- 1st place male and female for each distance
- DFL for each distance



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|-------------------------|-------------------------|
| 1ST PLACE MALE
20K | 1ST PLACE MALE
10K |
| 1ST PLACE FEMALE
20K | 1ST PLACE FEMALE
10K |
| DEAD LAST
20K | DEAD LAST
10K |
| 1ST PLACE MALE
15K | 1ST PLACE MALE
5K |
| 1ST PLACE FEMALE
15K | 1ST PLACE FEMALE
5K |
| DEAD LAST
15K | DEAD LAST
5K |



SUBLIMATED LANYARD 1.5" X 34"

- | | | |
|--------------|---------------------|---------------------|
| 5K - Green | LONGVIEW TRAIL RUNS | LONGVIEW TRAIL RUNS |
| 10K - Yellow | LONGVIEW TRAIL RUNS | LONGVIEW TRAIL RUNS |
| 15K - Orange | LONGVIEW TRAIL RUNS | LONGVIEW TRAIL RUNS |
| 20K - Red | LONGVIEW TRAIL RUNS | LONGVIEW TRAIL RUNS |



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