



**100mi / 50mi / 100mi Relay
Hill Country SNA - Bandera TX**



October 29 - 30

Start @ 5:00am on Saturday

Cutoff @ 5:00pm on Sunday

36 hours



WELCOME... to the Texas Hill Country: where everything Stings, Scratches, or Bites. The name CACTUS ROSE seems so appropriate for this event. Where Pain accompanies Beauty. This race is USAT&F sanctioned. You will receive a tech-T for just registering, and a buckle or medal for finishing. This race is chip timed, a medical staff is on hand, and there are some awesome awards for the top 3 finishers (male and female) in the 100mi & 50mi. Only top 2 in the relay win awards. All in all, a full-grown race with all the amenities... except one. Cactus Rose is a race for veteran trail runners and it seems to me that most veteran runners usually take care of their own nutritional needs. It seems redundant to supply food for a group of people who don't need this type of help. So... there are NO volunteers at ANY aid station and we do NOT provide ANY food. There is one exception to this... and that's Olga. She wanted to cook some hot food during the late hours for those who would be out there all night. So, there will be a hot grill going all night at the equestrian aid station. Also, there will be one going at the Lodge too.

THIS IS HOW IT WORKS... You place your own gear, food, coolers, and chairs at each station. All the stations are a short & easy drive within minutes of the start. They are all directly off the main park road, such that you could drop gear at each of the stations in a very short amount of time. We can show you where each one is or take you there. We put water & ice at each station, and make certain that there is always water and ice at all of them for the duration of the race. A pad and pen will be left at each station for you to write down your name, bib, and time so that we can keep track of where you are at all times. You are expected to write your info at every aid station as you pass by each one. It's ok to make any notes in the books if you wish to pass along info to me or anybody else. But, use only one page for each stop. One exception this year: you do not need to stop and log your bib & time until mile 15. Last year, this created a bottleneck with too many arriving here at one time. So, wait until the crowd thins out, after mile 15 on, you need to write all your times in the books.

AID STATIONS... are roughly 5 miles from one to the next. FOUR of them (Lodge, Equestrian, Nachos, Boyles) are large weatherproof tents. Equestrian is the main hub that you hit twice per loop. We put water & ice at each station on a table with a single light and a notepad with pen. We check the station for water and ice regularly, but also to keep a running checklist on all the runners just so we know where you are at all times. We check at intervals just to make sure nobody is making a mess of the station and to make certain no critters are getting into your food. I would suggest putting everything you own in a container with lid, do not leave out your food or trash, as it will only attract bees, bugs, and other wild beasts.

PACERS... are allowed AFTER 50 miles or AFTER it gets dark. You can have as many as you want but only one at a time. Pacers can only start from any of the Aid Stations. If a runner is over 60, then a pacer is allowed the entire 100 miles. No mulling please. The only way a 50 miler can use a pacer is if they are out after dark. No pacers allowed for the relay.

CREWS... are welcome and they can meet their runner at any aid station, but I would like both Nachos and Boyles to remain as QUIET aid stations. If your crew wants to settle in and hang out someplace, then it is ok to make yourself at home at either Equestrian or Lodge aid stations. Heck they might as well even help anybody else who happens to come in, but keep in mind that as many runners might appreciate your help, as many others don't want it or need it. Please be considerate when rendering aid. Some prefer to do it all themselves. A good crew might be talked into a drive into town for a hot meal to be brought back. That's your business. Relay teams are NOT allowed to crew from any aid station except the Lodge.

DROP BAGS... is what this one is all about... your skill in providing for yourself. You bring it, clean it, and take it home. It's all yours. On Sunday at 5pm, we close down the race and clear the course. If you leave anything behind, its trash... and, we don't want any trash.

COURSE MARKING... is what we excel at. We use large yellow arrows and bright red wrong way signs. As well as ribbons on clothespins for confidence markers and glow-sticks for the night. Every effort is made to make it so obvious that anybody can follow the route, especially a bunch of veteran trail runners.

TRAIL MAPS... will be provided on waterproof paper at packet pickup. It will have the course with distances marked. I'd suggest that you keep the map with you during the race.

AWARDS... will be given to the top 3 finishers (male and female). Also, we usually come up with a few other odd awards. This being Halloween weekend, we will have Best Costume, Most Blood, and other strange award categories that we make up as we go. Top 2 places for the Relays.

CHIP TIMING... will be used for this race. You must pick up your chip and ankle strap at packet pickup. A timing mat will be at the finish. You must cross it after each loop to get a time for all four loops. It doesn't matter if anybody is at the timing tent or not. Just make sure the matt beeps when you cross it. The beep is recognition that your time is collected. Also, I'll have a notebook at the Lodge for final verification.

MEDICAL... will be there.

COURSE... is a 25mi loop that we have made every attempt to avoid what is flat and to find what is nasty. 100 milers run 4 loops. 50 milers run 2 loops. Relay teams are treated like a 100mile solo. Reverse direction each loop: CW/loop1, CCW/loop2, CW/loop3, and CCW/loop4. Simply go back the same way you just came from.

RELAY... is new in 2011: The 100mi relay is a 4-person team, running 25mi each. Start at the lodge & hand off the timing chip & race bib to the next team member at the lodge. 4 shirts & 4 medals. Note* Crewing Only at the Lodge & No Pacers. There will be a team award for 1st and 2nd.

RACE WEEKEND SCHEDULE

Fri	noon	- 5:00 pm	Packet Pickup
	4:00 pm	- 5:00 pm	Trail Briefing
	5:00 pm	- 7:00 pm	- gone to dinner -
	7:00 pm	- 9:00 pm	Packet Pickup
Sat	4:00 am	- 5:00 am	Packet Pickup
	4:00 am	- 5:00 am	Check In
	5:00 am		Start Race
Sun	7:15 am		Final Loop Cutoff
	9:10 am		Boyles closes
	11:05 am		Equestrian-in closes
	1:00 pm		Nachos closes
	3:00 pm		Equestrian closes
	5:00 pm		36-hour cutoff (race closes)

We will hand out all awards as you cross the finish line.

DRIVING DIRECTIONS... to each aid station.

a) **NACHOS...** is just off the road but not easy to see. You will be on the park road leading to Tarpley. A house will be on the left side just before you exit the park. A trail is directly across from the house. If you park here and walk up the trail about 30 yards into the trees, you will find the aid station. It is not visible from the road. It is a very short walk but up a short rocky climb.

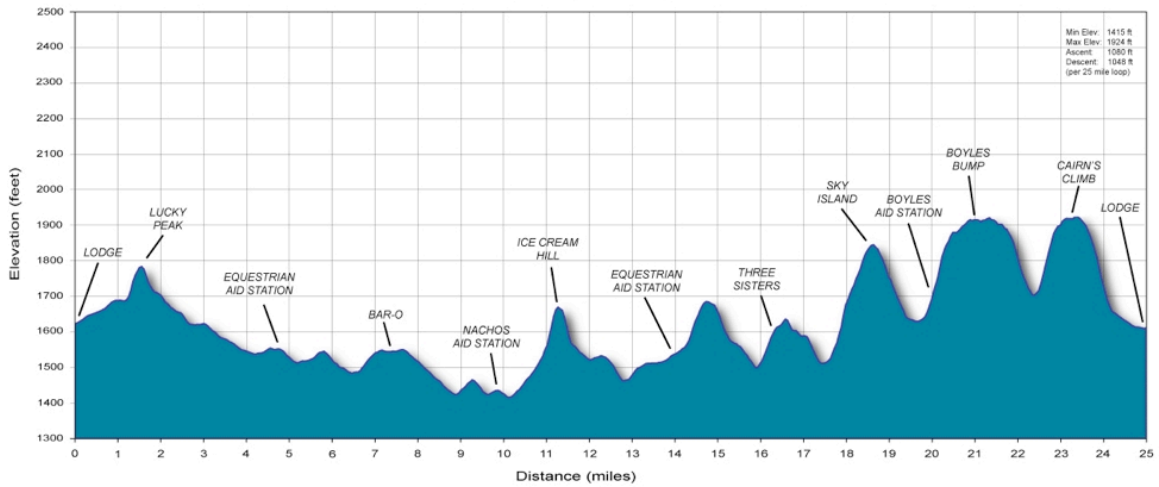
b) **BOYLES...** is a short drive/hike up from the Lodge. In front of the Lodge is a grassy/dirt road that leads out past a corral on the right side (looking out from the house). The road is about 100 yards long and T's into another road. Make a left and drive another 50 yards. An old abandoned house is on the left. The aid station will be just on the other side of the house on the left. If it's dry this is an easy drive. If wet... you will have to walk.

c) **EQUESTRIAN CAMP...** You drove past it coming in to the Lodge. There is a small dirt parking lot on the left side of the road.

d) **LODGE...** aid station will be at the start/finish.

Cactus Rose - (Bandera Texas) - Weather History														
Date	Max Temp	Mean Temp	Min Temp	Dew Point	Max Humidity	Avg Humidity	Min Humidity	Precipitation	Sea Level Pressure	Wind Speed	Max Wind Speed	Max Gust Speed	Visibility	Events
30-Oct-2010	77 °F	56 °F	34 °F	31 °F	88	52	17	0.00 in	30.13 in	s/2 mph	13 mph	17 mph	10 mi	-
31-Oct-2010	83 °F	62 °F	41 °F	45 °F	89	60	28	0.00 in	29.99 in	sse/3 mph	13 mph	16 mph	10 mi	-
31-Oct-2009	71 °F	53 °F	35 °F	34 °F	93	54	15	0.00 in	30.11 in	nw/1 mph	6 mph	-	10 mi	-
1-Nov-2009	71 °F	54 °F	37 °F	39 °F	93	64	25	0.00 in	30.21 in	sse/3 mph	10 mph	16 mph	10 mi	-
1-Nov-2008	80 °F 26 °C	64 °F 17 °C	48 °F 8 °C	51 °F 10 °C	94	69	37	0.00 in 0.00 cm	30.36 in 1028 hPa	sse/0 mph 0 km/h	9 mph 14 km/h	-	10 mi 11 km	-
2-Nov-2008	78 °F 25 °C	62 °F 16 °C	46 °F 7 °C	51 °F 10 °C	94	66	32	0.00 in 0.00 cm	30.27 in 1025 hPa	sse/0 mph 0 km/h	14 mph 23 km/h	17 mph 27 km/h	10 mi 16 km	-
3-Nov-2007	80 °F 26 °C	66 °F 18 °C	51 °F 10 °C	51 °F 10 °C	88	69	51	0.00 in 0.00 cm	30.27 in 1025 hPa	s/1 mph 2 km/h	12 mph 19 km/h	18 mph 29 km/h	7 mi 11 km	Fog
4-Nov-2007	78 °F 25 °C	66 °F 18 °C	53 °F 11 °C	52 °F 11 °C	88	67	53	0.00 in 0.00 cm	30.20 in 1023 hPa	sse/0 mph 0 km/h	8 mph 13 km/h	-	8 mi 13 km	-

Cactus Rose Elevation Profile



aid stations	aid	miles split	miles total	cutoff time	hrs per loop	total run time
Lodge		0.0	0.0			
Equestrian	1	4.65	4.65			
Nachos	2	5.16	9.81			
Equestrian	3	4.78	14.59			
Boyles	4	5.43	20.02			
Lodge	5	4.98	25.00		8:30	8:30
Boyles	6	4.98	29.98			
Equestrian	7	5.43	35.41			
Nachos	8	4.78	40.19			
Equestrian	9	5.16	45.35			
Lodge	10	4.65	50.00		8:30	17:00
Equestrian	11	4.65	54.65			
Nachos	12	5.16	59.81			
Equestrian	13	4.78	64.59			
Boyles	14	5.43	70.02			
Lodge	15	4.98	75.00	7:00 AM	9:00	26:00
Boyles	16	4.98	79.98	9:00 AM		
Equestrian	17	5.43	85.41	11:00 AM		
Nachos	18	4.78	90.19	1:00 PM		
Equestrian	19	5.16	95.35	3:00 PM		
Lodge	20	4.65	100.00	5:00 PM	10:00	36:00

