



# J&J Race

## and trail running reunion



**100km / 50mi / 50km / 25km / 10km**

**& USATF 100km National Championships**

**Dear J&J Trail Runner,**

Welcome to the J&J and Camp Eagle on the western edge of the Texas Hill Country. Thanks for choosing this annual Endurance Trail Run held at Camp Eagle, near Rocksprings, TX. The trails are rugged and beautiful, the accommodations are convenient, and the location is simply perfect. The goal, as always, was to create a long distance trail race that is difficult, yet runnable... so it isn't easy, and wasn't intended to be. It is our intention to provide the very best Texas hospitality. Our stations are staffed with experienced trail runners, as they will best understand your needs. They will provide more encouragement than sympathy. We intend to take care of you as best we can. Packet-Pickup, Pre-Race Brief, and everything else are all at Camp Eagle.

Our website provides plenty of information to assist you with your travel and run plans. We have an exceptional group working this race who are very much appreciated. If you can't run, I highly recommend you join our team. You won't be disappointed. We have quite a bit of fun just working this event: from the day we start marking the course until the moment we leave. This is the third name this event has held and this is the one that will remain.

The race was originally built by current owner, Chris McWatters when he worked at Camp Eagle. Then he decided he didn't want to be race director any longer as his duties with Camp Eagle had become too much to grow this running event the way he knew it should be done. So he asked around as to who had the best reputation in the region in the trail running race-directing world. He got told about Tejas Trails. Soon after that, Joe and Joyce took the race over. Joe and Joyce grew the event quickly. Then years later in 2015, Joe and Joyce decided they wanted to move toward a well-earned retirement. Krissy and Chris were deemed a valid candidate to carry the reigns. They decided it was too special an offer to turn down, so they left their home at Camp Eagle and moved to the Austin area to take on Tejas Trails and all of it's events.

They soon after transitioned this event into the J&J Race and Trail Reunion Reunion as a gift to their friends, Joe and Joyce. This is their way of saying "thank you"...a bunch of people running trails and hanging out for a few days in beautiful scenery. It's the perfect gift. Chris and company intend on putting on a great event with tons of challenging running...and helping you all persevere...and then hanging out sharing a lot of good laughs. This is undoubtedly the most fun trail running venue in this part of the world. You're gonna love it! Thanks for joining us. We are truly honored to serve you in this way!

Chris & Krissy McWatters and Joe & Joyce Prusaitis & all our wonderful volunteers  
[chris@tejastrails.com](mailto:chris@tejastrails.com)

**Payment Policy:**

See policies link on the website.

**If there is a wait list.**

There is a \$20 holding fee for a place on the wait list.

if you get in, the holding fee will be deducted from the balance owed.

if you do not get in, for any reason, the holding fee is not refunded.

**In case of race cancellation (for any reason):**

There is no refund.

**Check-In:**

Check in is processed as you cross the start-line mat. Simply make sure you cross the mat when you start. That is your check-in.

**Check-Out:**

DNF, DROP, QUIT, LEAVE EARLY, MISSED CUTOFF: All runners who do not finish the race must turn in their timing chip to the Finish Line timer immediately upon your decision. We need to know if you have left the course. Otherwise, we'll be looking for someone who isn't out there.

**Chip Timing:**

This is a chip-timed event. However, your time begins when we start the race, not when you cross the start/finish mat (called "Gun Time"). Please wear your chip on your ankle only. It may not read if it's in your pack or on your wrist or in your car. Also, please remember to turn in your chip if you quit or leave the course for any reason for good. When you finish, we'll swap you your finisher's award for your stinky chip and strap!

**TimeLine:**

Please check the website for up to date [weekend schedule](#).

**Youth Trail Race:**

We will have a kid's one-mile race on Saturday after the longer races have started. If you are interested in your kid running, find one of us in the Pavilion before the race start time. 12 and under only. Entry fee is just \$5 per child. \$20 if you'd like a shirt as well. Either way, every child will receive a finisher medal, bib, and toy of their choice at the finish line. Parents are encouraged to run with their children and are at no extra charge.

**Aid Station Food & Drink:**

The aid stations begin with all the basics: water, Tailwind, Vfuel gels, salt, electrolyte, coke, sprite, ginger ale, salted items in pretzels and chips, sugars in candies, plus cookies, and pb&j sandwiches. Also, we usually find some fresh fruits

such as oranges, bananas, and melons. Depending on the weather, we will put out cold stuff when it's extra hot and hot stuff if it gets cold. Not all aid stations will have the same foods.

**Cupless:** We will NOT provide cups for cold beverages. You must carry your own water bottles, hydration vests, etc. We WILL provide a couple community cups at each aid station if you lost your water bottle and you are desperate and gross enough to use that.

At cold events, we WILL provide Styrofoam cups or bowls and plastic spoons for hot items. We WILL also place some small food items in small serving paper dishes for sanitary reasons. You are required to stay at the Aid Station with all paper and Styrofoam items. No one may enter back onto the trails while still holding that trash. Anyone caught with items on the trail and/or littering will be automatically DQ'ed, and not allowed to return for a future event.

### **Aid Stations:**

**PAVILION - THE AID STATION:** A full service aid for all runners. Also serves as the start and finish for all races.

**SCORPION - THE AID STATION:** A full service aid for all runners except 10km. This station is hit twice by the 100km.

**HUB - THE AID STATION:** A full service aid for all runners. This one is hit twice by everyone aside from 50km/25km.

**LOOKOUT - THE AID STATION:** A water and gels only aid station for all runners aside from the 10km.

### **Post Race Party:**

Supper will be served (for purchase) in the Pavilion all evening. So bring your beverages and stories and greet the final runners in. At 8:00 PM (before the race sees the final cutoff) we will have an awards ceremony. Gather at the Pavilion and/or the Bonfire to the side of the Pavilion to celebrate. Bring your own drinks & we will celebrate the day, exaggerate some trail stories, and have a great time!

### **Race Bibs:**

Race Bibs must be visible so the other runners know which race you are in and also so the cameras can read them at all times.

USATF championship runners will also need to have their regular bib + back tag, which you will receive at PPU.

### **TRANSFERS:**

Please see the "Policies" link on the website.

### **PACKET PICKUP:**

There will be two opportunities to pick up your race packets: Friday evening & Saturday morning. Both are at the race start area at the camp (The Pavilion). Many people due to circumstances cannot get out there early, which is the **ONLY** reason why we have a race morning packet pickup. It helps everyone a lot if you can pick your packet up Friday. 100km runners obviously must pick yours up on Friday.

### **ENTRANT LIST:**

I always post a list online of all registered runners. Please check the list now. If any of your data is incorrect, we need to know. The smallest insignificant errors create big problems later. Data input errors cause major headaches for the timing team and the race staff in general. There are times when I need your correct address to mail a refund or send something. If your gender or age is incorrect, you will be sorted into the wrong category for awards. If your name is off by one character, when I sort your name for recognition for running multiple events, we cannot connect all the races you have done. Packet pickup runs much smoother and faster if there are few issues with any of this data. Please understand that **ANY** errors in your personal data cause major issues somewhere down the line, so help us run smoother and faster by checking online and fixing it from your reg login. If it's a bigger issue let us know... right now. I have never given any email or other data to anyone in all the years I have directed races. Your data is safe with Tejas Trails.

### **SHIRTS:**

We make certain that every person who registers before the shirt cutoff date gets the shirt size that they selected when they registered. **We cannot swap your shirt with a different size at packet pickup.** However, we have a great policy for you. For those who register after the shirt cutoff date, you'll receive a cool swag item such as a hat, arm warmers, beanie, etc. After packet pickup is over, you or a friend or family member can take your item to the reg tables or onsite Tejas Store and ask to swap if you like the other item or another size better. Or if you like both you can pay for the other item too. This is also a great time to get your crew a cool memorabilia gift.

### **Drop Bags:**

You can put anything you want at the PAVILION (start/finish area). Please read these restrictions on what we will haul out for you though.

- ✓ Bags must be labeled. Name, Bib#, & Aid Station name.
- ✓ NO trunks, ice chests, Styrofoam, Tupperware, or cardboard boxes.
- ✓ Only one bag per person at each Aid Station.
- ✓ Bring A.S. bags you want delivered to the Pavilion by 7:30pm on Friday night for the 100km. And by 4:45am Saturday morning for the 50mi, 50km. Look for signs corresponding to the A.S. name you want your bag delivered to. There will be signage, but know that it will be under the covered porch of the Pavilion.
- ✓ These are the only times we are delivering bags to the aid stations.. No Exceptions.

- ✓ You may take your own bags. Wall Aid Station and Zip Aid Station are short hikes/bike rides/drives from the main camp / Pavilion area. Please note, your Drop Bag may not be where you left it though. The volunteers will gather them all up and organize them in numerical order.
- ✓ We return all drop bags by 8:00pm Saturday to the Pavilion. If you must have it before then, then don't send a bag out, or plan on you or your crew going after them.
- ✓ Bring your Pavilion bags to the start line on race morning.
- ✓ There will be a drop bag area. You still must label these bags as well.
- ✓ All abandoned drop bags get donated.
- ✓ 10km/25km: No drop bag Service
- ✓ 100km / 50 mi / 50km: Drop bag Service SCORPION & HUB ONLY
- ✓ Make certain all your bags are weatherproof. Your bags will not be under protective cover.
- ✓ Secure all your items on your bags. Do not just sit a jacket or shoes on your bag and expect it to stay with your bag. This includes the return trip back to you. It's a very bumpy ride.

#### **Runner Crews:**

Do not provide any assistance away from the aid stations. All the aid stations are accessible to crews, but ONLY if you walk or bike to them. Do NOT drive to any of the aid stations.

#### **Pacers:**

Pacers are allowed to start from any aid station anytime after your runner has completed two loops. A runner can have as many pacers as they want, but only one pacer on the trail at a time per runner. No mule-ing: each runner carries their own gear. No pacers for 50km/25km/10km.

#### **Cutoff:**

**9:00pm Saturday.** is the cutoff for all events: for 100km/26 hours, 50mi/16hrs, the other races have less time than the 50mi, but more than most races of this distance. Further, nobody will be allowed to leave for another loop after:

12:20pm for the 100km.

3:40pm for the 50 mile.

1:45pm for the 50km/25km.

This time is simply to save any runner from starting another loop when they are already going too slow to finish before final cutoff. There are additional cutoffs for each station. We like to think of these aid station cutoffs as QUITTING TIME for the volunteers. Nobody is allowed past these cutoff times. These times are final.

Understand: you do not have the option to continue on your own past this time. We are still responsible for you.

#### **Verification of Entry:**

Check out the J&J page. Click on "Registered List".

**Course Marking:**

Large yellow directional arrows will be at every intersection, Ribbons will be leading into and out of each of the same intersections. We also use red Wrong Way signs (at the appropriate places), which are self-explanatory. Occasionally, some brush is stacked in front of a trail to direct you away from it. We do not use glow sticks. Instead, we use reflective tape. The brighter the light, the more visible these are. If you have no light, you won't see them. It is your responsibility to stay on course. If you get off course, go back to where you got off. A good thing to keep in mind is that the person you're following might not know where he is going. Just because he is faster does not mean he is smarter. If you do follow a person off course, you have become a LEMMING and deserve the extra distance for your mental laziness. Remember to tell me when you are done so I can charge you for extra distance you did not pay for.

**Course:**

This course is typical Texas Hill Country fare. Lots of short steep up & down with no switchbacks, seasoned with scrub and cactus that tend to bite, scratch, and sting. It is wild and it is beautiful. Panoramic views on many an overlook and creeks that tend to be dry but likely to change. The weather is temperamental and you should be prepared for as such. The camp will occasionally change a trail: close one, and open another, due to erosion control or other issues. There are sometimes some minor changes. The only way to know what these changes are is to **show up at the pre-race briefing**. The course will have been marked by then and we will know for sure what to tell you.

**100km Course:** 3x 20.7 mile loops. You are either climbing or descending pretty much the whole time. It could be hot back in the "Back Valley" section and on some of the spines (which are jeep roads), so be prepared leaving the SCORPION aid stations before this section. Oh and did I mention the loose rocks. You're gonna' love it!

**50mi Course:** 3x 16.67 mile loops. You will run the same big loop thrice.

**50km Course:** 2x 15.5 mile loops. Pretty much the same big loop as the 50mi, except a shortcut near the beginning to cut loop length from 16.7mi to 15.5mi.

**25km Course:** 1x 15.5 mile loop. The same exact route as the 50km, but only one loop.

**10km Course:** 1x 6.2 mile loop. The same start as everybody else, plus a little extra horseshoe section just for you a little over a mile in. After that, you'll have a couple cuts that will be well-marked. But you need to be paying attention so you don't run the whole long loop on accident.

**Claim Jumpers:**

If you decide to not continue on, you may have a finisher medal commemorating the miles you did finish, but you will show up in the results as a DNF.

**Results:** Results will be posted at regular intervals during the event. Please direct any and all corrections to Kyle Wilkie first and Chris McWatters second. If you feel that any of your data is incorrect after results are posted online, please inform us right away. The sooner we know about errors, the easier it is to correct. This includes your final time & placement. Results will be posted as “Unofficial” immediately after the event (with a link found from the specific page of the website). Then after a few days (typically on Wednesday), Final results will be posted on the website. No changes will be allowed after that moment.

**DNF:** If you do not complete the distance you signed up for, you will show up in the results as a DNF. Your miles may still be used toward the Tejas 400 if you align with the rules for that award.

**Course Records**

100km	14:09:56	Joe Schmal	16:32:19	Julie Koepke
50m	6:26:03	Cody Moat	6:53:25	Michele Yates
50k	3:51:09	Lain Ridgway	4:52:04	Sydney Pitt
25k	1:47:35	Chris McWatters	2:00:27	Megan Kimmel
10k	0:42:26	Rob Van Houten	0:49:39	Codi McCorkle

**Awards:**

(Matching awards for Male & Female) – (No Double Dipping)

Overall                      Top 3 (regardless of age)

Masters                     Top 1 (50 years or older)

Awards will be handed out as you cross the finish line.

Please check results before you leave property. Sometimes the volunteers miss people as they come in to get their awards to them. We try to announce your name over the loudspeaker. But ultimately, it’s your responsibility to check at the finish line if you think you deserve an overall award.

**Dogs:**

Dogs are not allowed at Camp Eagle. We love dogs, but simply... No dogs! No exceptions! It’s the host venue’s policy, not ours. But we need to respect everything they ask and require.

**Water:**

This is a rough and rugged trail race... it usually takes a bit longer than some expect to go from one aid to the next. Some might even attempt to run this race with NO water bottle... which I think is really quite foolish. I encourage you to give it more

thought. I recommend that you carry at least one water bottle. Or a whole backpack full. Oh and I also recommend you get in the water tank at the windmill and in the 65 degree Nueces River everytime you cross over or near that!

**Accommodations:**

(at Camp Eagle): regardless if needing to camp or find a room, contact Camp Eagle: <http://www.campeagle.org/fall-spring/reservations.php>

They have plenty of rooms and/or beds. You can discuss camping as well. They do not have any RV hookups, but you can hook up your generator and enjoy your RV.

**Travel:**

Fly into [San Antonio International Airport](#). It's on the north side of San Antonio. Then... W on 410, N on I-10, W on 41, past 27, 1340, 83, & 336. Left on Hackberry Road (it's an 8-mi dirt road). There is a Camp Eagle sign on the highway. Once across the low water river crossing, you are at Camp Eagle. Check-in will be in the complex on the left. Do not trust Google directions for this one. Use our maps from the web site.

**Rocksprings: the Town:** is 27 miles from Camp Eagle: 8 of that on dirt road. There are a few places to stay there.

**Kerrville: the Town:** is 62 miles from Camp Eagle: 8 of that on dirt road. There are many places to stay:

**Camp Eagle:** Located in the Texas Hill Country at the headwaters of the spring-fed Nueces River. GPS systems and online maps have trouble locating their hidden oasis so please follow the directions on their website for help [www.campeagle.org](http://www.campeagle.org)  
6424 Hackberry Rd. Rocksprings, TX 78880

**Littering:**

We are borrowing the land for this race. We don't own it, but we would like to use it again next year and the year after and forever after that. We have permission from the camp staff to use the trails for this race and it is contingent on how we care for it. If we leave the trails and venue trashed, our contract and this race will be cancelled. So please, do not take this or any trail race for granted. Take care of the trails and the land. Clean up your own mess. Note\*: Runners are responsible for their crews. A runner can be disqualified if their crew is busted for speeding or littering.

**Share the trail:** First off, this race is not a ROAD race. It is primarily run on single-track trail. That being said, we play by a different set of rules than you would on a road or track. If someone is behind you and would pass if there were room, then you must let them pass. It is not acceptable to trap a faster runner behind you simply because you can. It doesn't mean that you must stop and wait for them to get by you. It does mean that you should allow them to pass if they want to. Give them

room and opportunity to do so. You can also talk to a person close behind to ask if they wish to pass. Maybe they do and maybe they don't. Pretty much the same rules you got in kindergarten: play nice with the others & treat them like you would like to be treated. This message is the same for the faster runners: let people know when you want to pass & don't be a jerk about it. This leads to those who are plugged in: make sure you can hear what is going on around you. Also, because we are using the trails of a park, we DO NOT have exclusive rights to the park or to the trails. Be considerate and understanding to the other park users: be they hikers, bike riders, or equestrians.

**Race Staff:**

Race Director is Chris McWatters. And of course... there are a few dozen others who help in so many different ways.

**Mailing Stuff:**

Tejas Trails may seem like a big business at first blush, but it is not. We are still just a mom & pop organization. It is just Chris & Krissy. Our office, warehouse, & meeting room is our home. It is full all year long with all sorts of race stuff mixed in with what we like to call our real life. We have large to-do lists for each race, all of them overlapping from one race to the next, which is a never-ending cycle from year to year. So it may surprise you to know that something that seems so simple as mailing an award or a shirt is not all that simple to us. Each and every request we get from the 5000+ people who run in our races takes a little bit of time and all of it added together consumes quite a bit of time. With our home & our daily calendar full, we have no time left to embrace these extra chores, even if you do offer to pay. The answer is still no. We cannot mail it. We hope you understand.

**Unsportsmanlike Conduct:**

This and every other race out there cannot survive without volunteers. They come and give their time to help you. So, it's pretty simple: be nice to them. Any disrespect or rude behavior to a volunteer will be dealt with harshly. This race cannot exist without runners either. You all play on the same playground, so you have to learn to share the trail and be nice to each other. Same thing as with the volunteers: any disrespect or rude behavior to another runner will be dealt with harshly. Running a good race is NOT just about what I do as a RD. It is also about how all of you treat each other. Lets make this an event every one wants to come back to again.

**Volunteers:**

If you want to volunteer please let me know or just show up and throw in with us. We get to the camp on Tuesday. We always need help marking on Tues, Wed & Thu. We set up tents & haul water on Thu. We set up for packet pickup on Fri. Race day: we need many people at the aid stations. Medical always needs a few qualified professionals. Timing needs help collecting chips. Some people are needed to hand out medals & awards. Tear down begins late Saturday for taking down the markings,

and then aid station tear down and loading the trailer. In between all of that, we have a lot of fun, visit a lot, drink some, eat a lot, and generally have a grand ol time.

**2019 USATF 100km Trail Championships:** If you intend to compete in the USATF 100km Trail Championship, you need a current USATF membership & you need to indicate it on the reg form online. The prize purse is 1st/\$500, 2nd/\$250, 3rd/\$150, & Masters/\$100. Please read the USATF requirements posted on the Bandera site. You will also be expected to wear a Back Tag, which you will get at packet pickup. This is year 5 as the USA 100km Trail Champs.

**USATF 100km Trail Championship Awards:**(Male & Female) – (Yes Double Dipping is allowed)

OPEN	Top 10 medals
40-49	Top 3 medals
50-59	Top 3 medals
60-69	Top 3 medals
70-79	Top 3 medals
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> OPEN	Cash (\$500, \$250, \$150)
1 <sup>st</sup> MASTER	Cash (\$100)