



Huntsville State Park @ Huntsville, Texas

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Your Aid Stations presented by:



Your On Course Safety by:



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Dear Rocky 50 Trail Runner,

Welcome to Huntsville, Texas and thanks for choosing the Rocky 50 Trail Run. It is our intention to provide the very best Texas hospitality. We do our very best to take good care of you. Rocky is built for speed & comfort. The aid stations are close together and staffed with experienced trail runners. They will best understand your needs, and will provide more encouragement than sympathy. Our volunteers are the heart and soul of this event; so don't be surprised when they treat you like family. We want you to finish, and will do what we can to help you achieve this goal.

I plan to stick to the posted schedule. Please make your adjustments with airfares and other details. Please read all of the race details. They are designed to accommodate both, the runner and the volunteer. You are not required to attend any of the briefings, but it would be to your advantage to do so. There is no weigh in. If you wish, you can just show up, check in, and run. Also, I hand out finisher's medals and awards when you finish. There is no awards ceremony, but we do NOT mail any awards, so if you think you will receive one, then pick it up before you leave.

I have provided enough information on our website to answer most of your questions. If there is anything I have missed, please send me an email. I want to know what you think. I will repair what I can, adjust what makes sense, add in new ideas, and remove what should be gone. Any compliments you have I'd love to have in email form, so that I can add them to the thank you letter I pass on to my volunteers after the race. This is year 15 for the Rocky 50mi, but year 3 as a stand-alone event.

Have fun...

Chris McWatters

fun@tejatrails.com

www.tejatrails.com/Rocky50

Supporting Clubs & Major Contributors

Rockhoppers, Vantage Point Endurance

Nutrition by Tailwind, Crazy Water, Vfuel, and Saltstick

50 Mile Course Records

5:43:08 Todd Braje

6:59:40 Melanie Fryar

50 KM Course Records

3:56:24 Matt Smith

4:27:32 Caroline Cotsakis

TimeLine

- **Friday**

3:30pm - 6:30pm Packet Pickup (Huntsville State Park: at the Lodge)
 3:00pm - 6:30pm Drop Bag Drop-off (Huntsville State Park: at Raven Lodge)
 5:00pm - 6:00pm Trail Brief (Huntsville State Park: back porch of the Lodge)

• **Saturday**

4:45am – 5:45am Final Packet Pickup (Huntsville State Park: at the Lodge)
 6:00am 50 mi START
 6:45am 13.1 mi START
 7:00am 50 km START
 1:00pm Youth Trail Race (approx. 1 mile) (12 & under) meet at timing tent

 1:30pm Final Loop Cutoff (must be out of the A.S. onto your final loop)
 9:00pm Final Cutoff – Race is over & closed

Aid Station Info:

| ROCKY 50 Mile | | | | | | | |
|----------------------------|---------------|---------------|---------------|------------------|--------------|-------------------------------|--------|
| Aid Station Name | # in Sequence | Split Mileage | Total Mileage | Drop Bags | Crew Allowed | Crew Parking | Cutoff |
| LAP 1 | | | | | | | |
| Dogwood | 1 | 0 | 0 | you can drop off | Yes | Yes | |
| Nature Center | 2 | 3.78 | 3.78 | you can drop off | Yes | Yes (a few, parking lot only) | |
| Gate | 3 | 2.9 | 6.5 | no | Yes | No | |
| Damnation | 4 | 3.01 | 9.5 | we deliver | Yes | No | |
| FarSide (H2O & Gels Only) | 5 | 4.27 | 14 | no | Yes | No | |
| Damnation | 6 | 4.27 | 18.3 | we deliver | Yes | No | |
| Nature Center | 7 | 3 | 21.3 | you can drop off | Yes | Yes (a few, parking lot only) | |
| LAP 2 | | | | | | | |
| Dogwood | 1 | 3.78 | 25.1 | you can drop off | Yes | Yes | 1:30pm |
| Nature Center | 2 | 3.78 | 28.83 | you can drop off | Yes | Yes (a few, parking lot only) | 2:45pm |
| Gate | 3 | 2.9 | 31.6 | no | Yes | No | 3:30pm |
| Damnation | 4 | 3.01 | 34.6 | we deliver | Yes | No | 4:30pm |
| FarSide (H2O & Gels Only) | 5 | 4.27 | 39.1 | no | Yes | No | |
| Damnation | 6 | 4.27 | 43.3 | we deliver | Yes | No | 7:00pm |
| Nature Center | 7 | 3 | 46.3 | you can drop off | Yes | Yes (a few, parking lot only) | 8:00pm |
| Dogwood | 1 | 3.78 | 50.02 | you can drop off | Yes | Yes | 9:00pm |
| ROCKY 50 KM | | | | | | | |
| Aid Station Name | # in Sequence | Split Mileage | Total Mileage | Drop Bags | Crew Allowed | Crew Parking | Cutoff |
| LAP 1 | | | | | | | |
| Dogwood | 1 | 0 | 0 | you can drop off | Yes | Yes | |
| 50KM Turnaround | 2 | 3.05 | 3 | no | Yes | No | |
| Dogwood | 3 | 3.05 | 6 | you can drop off | Yes | Yes | 1:30pm |
| LAP 2 | | | | | | | |
| Nature Center | 2 | 3.78 | 9.78 | you can drop off | Yes | Yes (a few, parking lot only) | 2:45pm |
| Gate | 3 | 2.9 | 13.56 | no | Yes | No | 3:30pm |
| Damnation | 4 | 3.01 | 16.46 | we deliver | Yes | No | 4:30pm |
| FarSide (H2O & Gels Only) | 5 | 4.27 | 19.47 | no | Yes | No | |
| Damnation | 6 | 4.27 | 23.74 | we deliver | Yes | No | 7:00pm |
| Nature Center | 7 | 3 | 28.01 | you can drop off | Yes | Yes (a few, parking lot only) | 8:00pm |
| Dogwood | 1 | 3.78 | 31.11 | you can drop off | Yes | Yes | 9:00pm |
| ROCKY Half Marathon | | | | | | | |
| Aid Station Name | # in Sequence | Split Mileage | Total Mileage | Drop Bags | Crew Allowed | Crew Parking | Cutoff |
| LAP 1 | | | | | | | |
| Dogwood | 1 | 0 | 0 | Yes | Yes | Yes | |
| Nature Center | 2 | 3.78 | 3.78 | No | Yes | Yes (a few, parking lot only) | |
| Gate | 3 | 2.9 | 6.6 | No | Yes | No | |
| Nature Center | 4 | 2.9 | 9.58 | No | Yes | Yes (a few, parking lot only) | |
| Dogwood | 5 | 3.78 | 13.2 | Yes | Yes | Yes | |

| | |
|----------------------|--|
| Dogwood | - crewing, support, and everything else is allowed here. |
| Nature Center | - no cars, you can crew only if you walk or bike here. |
| Damnation | - no cars, you can crew only if you walk or bike here. |
| Gate | - no cars, you can crew only if you walk or bike here. |
| FarSide | - no cars, you can crew only if you walk or bike here. |

Drop Bags:

Please read the restrictions on sizes below. You can place whatever you want at the start/finish/turnaround area, but for Damnation, please read below.

Bag Details:

- Drop bags must be in bags, not plastic totes.
- 5 gallon size – MAX.
- Bags must be labeled. Name, Bib#, & Aid Station.
 - You will get your Bib # at Packet Pickup. We will provide duct tape and sharpies at the Drop Bag Dropoff Location. But feel free to bring your own marking supplies.
- NO trunks, ice chests, styrafoam, Tupperware, or cardboard boxes.
- Only ONE bag per person.

Delivery Details:

- Bring DamNation bags to the Raven Lodge during packet pickup on Friday.
- They will be taken to DamNation on Friday night at 6pm. This is your only chance to get a bag to DamNation. No Exceptions.
- If you are dropping bags at other locations, you can do that anytime Friday. Not on Saturday morning though.

Return Details:

- We will bring the DamNation bags back to the Lodge Sunday at noon.
- We cannot bring back any drop bags from DamNation until Sunday noon. If you must have it before then, then don't send a bag out to DamNation or you / your crew can go get it (ON FOOT OR BIKE ONLY) for you.

Other Details:

- Bring your Dogwood/Start bags to the start line on race morning.
- There will be a drop bag area. You still must label these bags as well.
- Drop bags will be lined up in Bib Number order.
- All abandoned drop bags will be disposed.
- Make certain all your bags are weatherproof. Your bags will not be under protective cover.
- Secure all your items to your bag. Do not lay a jacket or shoes on your bag and expect it to stay with your bag. This includes the return trip back to you.

Aid Station Food & Drink: The aid stations begin with all the basics: Tailwind, Vfuel gels, Saltstick, water, coke, ginger ale, salted items in pretzels and chips, sugars in

candies, plus cookies, ramen, and pb&j sandwiches. Also, we usually find some fresh fruits such as oranges, bananas, and melons. We might also be making hot items at various aid stations later in the race, depending on the weather. 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 weather 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.

Awards (Same for Male & Female)

| | |
|---|---|
| 50 Mile: | 50 KM: |
| Overall – 1 st - 5 th | Overall – 1 st - 5 th |
| Masters (50+) – 1 st - 3 rd | Masters (50+) – 1 st - 3 rd |
| 19&under – 1 st | Medals – All finishers |
| 20-29 – 1 st | |
| 30-39 – 1 st | |
| 40-49 – 1 st | |
| 50-59 – 1 st | |
| 60-69 – 1 st | |
| 70+ – 1 st | |
| Medals – All finishers | |

Pacers: Pacers are allowed to start from any aid station after dark (not in the morning). Only one pacer at a time per runner. No mule-ing. Each runner must carry his or her own gear. Pacers are welcome at all aid stations, same as their runner.

Chip Timing: This is a chip-timed race. You will not get an official time unless you are wearing your chip from start til finish. Make sure you have it on, and have it on correctly every time you cross the mat (after each loop). The timing chips are sensitive to angle and proximity with the timing mat, such that if you do a somersault over the timing mat, it may miss you. If it's in your pack, it will miss you. Best and safest bet is to wear it on your ankle. When you are done, we need the chips back and will trade you a finisher's award for your dirty stinky strap & chip. Some of you don't like to stop when you are done, and keep on running. Please don't make us chase you down. Give us the chip back, then go on and keep running all you want. Note: Chip timing is only for splits and final results. We do not adjust start time based on your offset time. Your start time is gun time: at 6am.

DNF: If you do not complete the distance you signed up for, you will show up in the results as a DNF. You can have a finisher medal if you'd like. Your miles may still be used toward the Tejas 400 if you align with the rules for that award.

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

Check-In: Check in is now processed as you cross the start-line mat. Simply make sure you cross the mat when you start. That is your check-in. However, know that your time will still be recorded from the "gun time" (the time the race officially starts). The "Check-In" is merely for safety sake...so we know who is on the course and who stayed at home.

Check-Out: DNF, DROP, QUIT, LEAVE EARLY, MISSED CUTOFF: All runners who do not finish the race must turn in their race bib to the head timer or Chris McWatters at the Finish Line. We need to know if you have left the course. Otherwise, when you come up missing, I'll think you're lost out there in the park and we will go looking for you. So, every person who enters the course must come to the finish line to report they are no longer in the race. I MUST KNOW WHO IS ON or OFF THE COURSE AT ALL TIMES.

Parking (from the Park Superintendent)

For our events and busy holiday weekends, we rope off the area near the lodge to help with the problem of people parking off road in that area. There will be park staff on site to direct people where to park or not park.

Bottom-line: folks need to park in designated, paved parking spaces unless otherwise directed by park staff. If someone decides to park off pavement without being directed to do so by park staff, then they will probably be ticketed and/or towed.

Parking at Aid Stations: There is no longer enough room for the race support staff & volunteers to park at the aid stations, along with all the runner's crews. You can still support your runner at these aid stations, but your cars are no longer welcome. Simply bring a bike or plan to hike it, and provide support only at the main Dogwood station once every loop. Your cooperation is appreciated.

Runner Crews: Crew support is OK at any station as long as you don't drive to them. You can only support your runner within sight of an aid station and never at a road crossing. The runners cross the road a couple of times near aid stations.

Youth Trail Run: We will have a kid's one-mile race on Saturday at 1pm at the Start/Finish Timing Tent. Register just before the race starts with Jonathan. This will not be handled in the packet pickup area. Announcements will begin about 1 hour before the race. 12 and under only. Entry fee \$5. \$20 gets your young runner a shirt too. No matter which price option you choose, every finisher gets a medal and a prize.

Camping: The park does not allow any sort of camping unless you have a reserved campsite. This includes car camping. You must have a site reserved and be parked at that site. Tents are no longer allowed at the start area. You can setup a canopy or popup for use during the race. If they find you sleeping in your car or unauthorized tent, you be asked to leave immediately, and they do check. There are a lot of campsites at this park, at many beautiful spots. But we do advise you reserving them in advance.

Cutoffs: 15 HOURS. You cannot start another loop after the posted Dogwood Cutoff time. There are also cutoffs for every aid station after this time. Check the Aid Station chart for specifics. 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 and have an agreement with the park that no one will be past that section of trail at that time. If you continue past this cutoff, you will be reported to the park officials and they will deal with you.

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 please inform us right away. The sooner we know about errors, the easier it is to correct. This includes your final time & placement. Final results will be posted within a few days after the race on our site.

Dogs: We love dogs, but dogs are not allowed on the course or at any aid station, even when on a leash.

Refunds, Transfers, Withdraws:
See “Policies” document 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.

Additional Costs: In the past, the park entry fee was built into the race entry fee, but this is no longer possible per the park’s requirements. Huntsville SP now has a policy where they charge us a fee per person to put on the event and they also charge each entrant a fee as you enter the park. The fee to enter the park changes each year, but consider it a donation to a help sustain a really cool place!

In case of race cancellation (for any reason):
There is no refund.

Littering: If you are one of those who are used to having your mom clean up behind you, I need to forewarn you that you are one of the rare few who are not welcome here. The campsites, parking area, and trails all need to be cleaner when we leave as they were

when we got here. This is NOT just about the excess work I and my volunteers have to do, but please understand if we don't keep the park clean, the race will come to an end. We don't own the park. If we leave the trails 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 park. Clean up your own mess. We would like to see our grandkids running this race years from now. Note*: Runners are responsible for their crews. A runner can be disqualified if his or her crew is busted for speeding or littering.

Packet Pickup: There will be two opportunities to pick up your race packets: Friday evening & Saturday morning. Both are at the race start area in the park at Raven Lodge. Many people due to circumstances cannot get out there early, which is the ONLY reason why we have a race morning packet pickup. But if you are able, please get your packet Friday. Also please note that we do not mail out any packets and/or shirts before, during, or after the event.

Course: The single track and jeep road course has minimal elevation gain, but does roll a bit. The park is full of pines and much of the course rides on a bed of pine needles and dirt. Most of the single track is covered with roots. The 50mi course is two 25 mile loops. The 50km course is two loops, with the first being a 6.1 mile out and back. See the "maps" link on the RR50 web page to view these courses in greater detail.

Course Marking: 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 as well. 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 or she is going. Just because he or she is faster does not mean he or she 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.

No Show: 10% of all registered runners never show up for the race. These are what we call did-not-show (DNS). One of our weird expenses is.. we have to pay for all of the no shows the same as for those who do show-up. Why? Because we don't know you are not here until we sort through all the chips and bibs. Actually, it's more of a problem sorting out the No Shows than it is tracking the people who actually show up and run. By the end of each race, we still sometimes have a problem trying to decide if a runner has no chip time because they didn't run or because they didn't finish. This explains how some people end up in the results with DNF vs a DNS. If you let us know before the race, this saves us trouble, which allows us to make this a better race for you and everyone else.

Special Recognition: 500, 1000, and 1500 mile Jackets. I am still combining this award across the Rocky 100 and Rocky 50 mile races. Please let someone at the finish line know if you are to receive one. Your coveted jacket will be at the Timing Tent.

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. 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 letting us know... right now. I have never given any email or other data to anyone in all the years I have directed races. Many have asked, but I have never provided them. Your personal info is safe with us.

Swag: We make certain that every person who registers before late date gets the shirt size that they selected when they registered. We also give really cool swag items to those who register after the shirt cutoff, such as a hat, visor, beanie, arm warmers, etc. We cannot swap your shirt with a different size at packet pickup. If you wish to slow down packet pickup by trying it on and then asking for a different one, the answer will always be the same: NO! After around 11:00am, you can go by the Tejas Trails mobile store and ask to see if there are any leftover shirts available for you to swap or buy additionally. You can also swap for the late reg item if you prefer it.

Race Morning: For all of you who plan to drive in on race morning and hope for a parking spot up close, good luck. This is a big race, so if you come in early you will get the best spots. Otherwise, expect a decently long walk from one of the slots up the park road. There is plenty of parking around the park though. People have been towed in previous years so you have to play by the park's rules. This has nothing to do with Tejas Trails, it's all Huntsville State Park. Please don't talk to us about parking. The park does not make exceptions so don't expect any. Otherwise, you will see and hear the raucous around the starting line even though it's dark. Ask around, look around, pay attention to signage, and you'll find parking, packet pickup/late registration, and the start/finish area.

When you enter the park, pass the ranger entry stations and keep going straight back to the lodge. Packet pickup is in the Raven Lodge. The race start/finish is at Shelter#1 at Dogwood Camping Area, which is the closest shelter to the Raven Lodge across the parking lot and boat ramp. Look for this on the park map you can receive upon entry to the park.

Travel: Nearest airport is Houston International Airport at 2800 North Terminal Rd Houston, TX 77032. According to Google: its about 1hr 1mins or 58mi. From

Austin, its 3hrs 2mins or 166mi. San Antonio is 3hrs 46mins or 254mi. Dallas is 2hrs 38mins or 180mi. Huntsville SP is 9 miles behind Huntsville.

Mailing Stuff: Tejas Trails may seem like a big business at first glance with lots of staff. But it's just me, and hundreds of amazing friends who volunteer on race weekend, but not after. So, I simply can't afford the time to mail you your left behind clothing or medal you left onsite. Even if you do offer to pay. The answer is still "no". As much as we want to take care of everyone. We cannot mail it. We hope you understand. If you let me know before your items get donated, or your award gets recycled, I'm happy to bring it to the next event you are coming to. But only if you get ahold of me in time. We move quick between events! Thanks for your understanding of this one.

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 unacceptable 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 golden rule you got in kindergarten: play nice with the others and 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 and 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. It's not their trail. It's not our trail. It's just a fantastic park we fell in love with, and like seeing as many folks as possible enjoying it.

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. Any disrespect or rude behavior to another runner will be dealt with harshly as well. 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 out in the woods. Keep your emotions in check and communicate if something isn't going well. Most likely you'll find more than one person who wants to help you remedy the situation. Lets make this an event every one wants to come back to again and again and again.

Volunteers: If you want to volunteer please let me know or just show up and throw in with us. A bunch of us gets to the park early in the week. You can ask for Jonathan Thomas and he will let you know where to plug in. He's the Volunteer Coordinator. We always need help marking on 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. We always need help collecting chips. Some people are needed to hand out medals & awards. Teardown begins late Saturday for

taking down the markings, and then aid station tear down gets going around the same time, if you need some miles, and of course we need hands loading the trailer, if you need some strength work! In between all of that, we have a ridiculous amount of fun, visit a lot, drink some good drink, eat a lot of good food, and always make a ton of great memories.

State Park Rules: Tejas Trails appreciates and respects the Texas Parks & Wildlife Department. Our contract with the Huntsville State Park is governed by the laws of the State of Texas, specifically the "State Park Rules and Regulations." Please familiarize yourself with their standards and if you have any questions, contact the park directly for clarification. (Note: It is an offense for any person to consume or display an alcoholic beverage in a public place...)

Photos & Videos: Tejas Trails might possibly use your likeness in an advertising piece or hit on social media. Please let us know if you don't wish to be included with an email (fun@tejastrails.com). Odds aren't that high you'll be "the one" selected. But it could happen. This statement excludes the possibility of you ending up in a photo or video from the general public. We can't control that.