

Tinajas Ultra & Trail Relays



100km / 50km / 13.1mi
100km Relays / 50km Relays

Colorado Bend State Park
Bend, TX

24 Hour Cutoff

7:30am Saturday - 7:30am Sunday



WELCOME

to Bend, TX and Colorado Bend State Park! This park is full of an incredible feature called tinajas. A Tinaja is an incredible natural feature native to this part of the world. After water falls from above for long periods of time, stone is eroded away into shallow bowls. These areas allow water to sit in them long after the water stopped flowing from above. This water has kept wildlife and humans alive for centuries. Just like the Tinajas out in the wild, we hope this event gives you something deeply needed, whatever that is for you. Perhaps a break from life's complexities.

We created this event because we wanted another difficult long distance trail event in Texas. This area is beautiful; the trails are technical and fun; the loop is a big 50km circuit; the awards are really cool and unique; the Tejas Trails volunteers are incredible as always. But one twist, we aren't letting any volunteers to be out serving you at aid stations like usual. In fact, the only thing at the Aid Stations will be water, ice, and shelter.

Like always, we will have medical, restrooms, food, camping, and other amenities around the start/finish area, backyard games around the finish line, and a well-marked course. But you'll have to take care of yourself out there on the course. This is a great practice for Cactus Rose 100mile or 50mile.

MORE DETAILS

Marking is done a few days prior. Each aid station is a large tent with tables, water coolers, and a large cooler full of ice. We make sure there is always water and ice during the run. Before the race, we can show every runner where each station is so that you can put what you want at each. You place your own gear, food, & coolers at each station. Some people set up their own chair, ice chest, food bag, tent, and drop bag at each. Some people use only the main aid station and carry what they want through each loop. The loop is 31 miles to run, but is a very short drive to get to all stations by vehicle. All within the same park. For safety, I leave a pad, with a pen & a watch at each station. Every runner must write down his or her name, bib#, and time passed through at each aid station. This allows us and your crew to keep track of where you are at all times. It's okay to make any notes in the books if you wish to pass along info to me or anybody else. The only exception is: you don't need to stop & write at the first two stations on the first loop. If you need medical help, they will be stationed at the start/finish area the entire race. If you get into an emergency situation out on the course, you just let another runner know what's going on and they will let us know. We can access the entire course fairly quickly.

COURSE

You run the exact same 31+ mile loop each time. This course has a bit of

everything, as well as some really beautiful scenery.

COURSE MARKING

We mark and manage the course, using hundreds of arrows & wrong way signs. There literally must be at least 1000 confidence flags out there with reflective ribbons on every one. It is exactly the same course for the 100km, 50km, & Relays. The Half Marathon will have a split off where they short cut part of the course. Those intersections will be heavily marked. But you will have to take note of those signs. There will be an arrow at every location where there is more than one choice. Every effort is made to make it so that anybody can follow the route without a map... especially a bunch of veteran trail runners. Note that at times, we do use a CHOICE sign which points in both directions. Choice means both routes are equally bad. Think about this: If we select the route, we'd pick the more difficult one. Also, this messes with all those who don't read this document.

AID STATIONS

There are 7 aid stations roughly 3-6 miles from one to the next. Each is a large weatherproof tent that is enclosed with side panel tarps. We put water & ice at each station with notepad, pen, & light. You must write your name, bib, & time at every station so we can track you. We check the station regularly for water, ice, and you.

All stations are an easy drive from the main race hub. You can get a detailed map for all of them from the website. If you can't figure it out, and you arrive on Friday, ask us and we'll help you figure it out. They are all off of main roads though. No complex turns or off roading needed. If you arrive race morning, you're on your own. The race starts early, so I won't have the time on race morning to help you. I would suggest putting everything edible in an airtight container, or it will attract bees, bugs, and other beasts. Also, make sure your trash ends up in the trashcan.

AID STATION NOTES

Set up your own stuff where you want it and nobody will touch it. It remains where you put it. Always clean up your own trash. The only thing that should be left on the tables will be from the race: Water, Ice, Notebook, Pen, and Watch. If anything is left on the table, it is trash. Crews: take out your own trash, and if you really want to be helpful, take out the other trash as well. Also to crews: do not leave anything with a flame (like a lantern) unattended. Please battery operated items only.

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 hot 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.

PACERS

- a) Must wait until AFTER the first loop, or AFTER it gets dark, whichever comes first.
- b) As many as you want, but only one at a time.
- c) Pacers can ONLY start from an Aid Station. Not from anywhere else.
- d) If a runner is 60 or older, a pacer is allowed the entire 100km.
- e) No mule-ing . Carry your own gear, jacket, water, toothbrush, hearing aid, chicken, monkey, gorilla...

THE 50km OPTION

The 50km starts with the 100km. Same start, same course, same rules. Same cutoff for the 50km & 100km runners. You have 24 hours.

RELAYS

This is gonna be a blast! 50km and 100km options. Bring anywhere from 3 to 7 relay members per team for 100km Relay, and 3-7 for 50km Relay. We are awarding one overall winning female team, one male team, one co-ed team, and one masters team (everyone over 50). It doesn't matter who does how many legs or miles. There will not be separate categories per number of teammates. Your Team Members may run any number of legs in any order. We don't need to know your team's plan.

Only rules are as follows:

Relay leg handoffs only allowed at an Aid Station.

Any Relay Team Member seen starting anywhere but at an aid station will get their entire team automatically disqualified.

Your team will have a single Team Bracelet. This will be your "baton". You will each have to remove your bracelet from your arm and pass it to your next teammate at each relay exchange.

Only your Team Captain must check in at Packet Pickup. Only your Team Captain may pick up your team's packet. We will most likely only send info to your Team Captain. He or she must pass along info to your team.

There isn't a lot of parking space at each aid station, therefore, please plan on your relay member also taking your vehicle back to the start/finish area or the

next exchange location after he or she finishes his or her leg.

Also, everyone's vehicle except for ONE designated transport vehicle must stay at the main start/finish area.

Whichever vehicle is designated as your team's Relay Transport Vehicle will need a tag in it. You can pick this up at packet pickup.

Please don't cheat this system. It's the only way we can have this fun option for more than a few people!

See the Map link on the Tinajas page to see all possible Relay Exchange Points.

DROP BAGS

Well this is what this one is all about... your skill in providing for yourself, in your own drop bags at each station. You bring it, you clean it up, you take it home. It's all yours. But on Sunday morning, we start a rolling teardown of the aid stations as we close the course down. If you leave anything behind, it's gone. Our teardown crew cleans up & clears out pretty quick after the race is over. We have it down to a science, such that everything will be gone soon after the race is over. Please note: we do not take home any items left behind. The aid station cutoff times are also the teardown times. We'd prefer that you picked up your own bags. You did put them out there, so you should pick them up as well. We will bring all the bags and gear back to the Lodge when we tear down, but we make our best guess on what is trash. You will have until noon to collect your bags from the start/finish area. After that time, items will be donated or thrown away.

CREWS

Crews can meet their runner at any aid station, but only at an aid station, nowhere else. Please be considerate when rendering aid, as some prefer to do it all themselves. Many crews do pull up and camp at aid stations. Each has become a party of sorts, with lots of activity all day and most of the night. If you do set up and cook at any aid station, make sure you do this OUTSIDE of the official aid station tent. The runners own the tent space. This is not a place for crews to adopt and take over. If you're concerned about rain or cold, bring your own tent. And lastly, please take your trash & your gear with you when you are done.

BATHROOMS

The park does have some permanent bathrooms. We'll rent a few extra to have at the Start/Finish area. But be prepared to do your business in the woods. There are also a couple showers at the Start/Finish area...and a big river.

AWARDS

Top 3 male & females receive awards for 100km & 50km. Top male, female, co-ed, and masters teams receive awards for the Relays. All 100km finishers

receive a buckle. All 50km and ½ marathon finishers receive a medal. We do not allow an **Under-Achiever** who starts as a 100km runner to place in the 50km race. We do allow 50km runners to be an **Over-Achiever** who goes beyond 50km to finish as a 100km. Make sure you have a check or cash ready to present to the RD before you start the 2nd loop. You should know before you start that this might happen, so simply make your arrangements.

CHIP TIMING

We use chip timing for this race. Do not forget to pick up your chip & ankle strap at packet pickup. A timing mat will be at the finish. You must cross it after each loop to get credit for each one. Also, I'll have a notebook at the Start/Finish Aid Station for final verification. Somebody will always be at the finish but you should still make certain to write your time here just the same as every other aid station. Note that chip timing does not apply to offset your start time. Start time is the same for everybody: what we call Gun-Time, when the race starts.

DNF

If you do not complete the distance you signed up for, you will show up in the results as a DNF. No more confusing "claimjumper" category in the results. Your miles may still be used toward the Tejas 400 if you align with the rules for that award.

MEDICAL

Yes, medical will be there. You can duct tape your own wounds, but we will be there if duct tape is not enough.

TRASH

The park expects us to leave the park as clean as we found it. We would hope that you would help us to keep it clean by putting all your trash in the aid stations trashbags. Please do not leave any trash on the course. I hate to talk about "disqualification" but this is one place where it can happen. Only thing worse than TRASHing is CHEATING.

VOLUNTEERS

Of course, some things we cannot do without, and these are what we need help with. Medical, course markers, checkers to make certain every station always has water and ice, and also to cross check names, bibs, and times at every aid station, chip pullers, & someone to hand out medals & awards. And there is always some grunt work. So if you want to help and can... please jump on the website and click on the "Volunteering" link at the top of any page. There's a form there you can quickly fill out. We plan to arrive in the park early on Tuesday or Wednesday to start marking the course. Email: [Brad Quinn](mailto:Brad.Quinn)

MAPPING & COURSE CERTIFICATION

I have worked with a few professionals who know quite a bit about mapping & course certification and they tell me that we have done more than most certified road races to make certain the distance is correct. Still, there is no official organization that will certify a trail race. If somebody tells you their trail race is certified, then they are lying. It just isn't done. Still, we do the best we can. The course is rolled with a 6ft Jones counter wheel (a professional device to measure distance). I have been using this method for many years on all my courses and believe it to be the most accurate method available. The trails do change, some by erosion, some are detoured, and some are closed. So, we have to go and redo entire sections at times and sometimes recheck the entire length. I do use a GPS device to collect a nice picture of the route (a track), but do not use the GPS for distance measurement. We get a nice topo map and accurate measurements for distance by different means. End result: we create a 50km round-a-bout loop that we have made every attempt to avoid what is flat and include what is technical and scenic. If your GPS is not exact to what we profess, consider that we are very very careful with how we measure. I have also run this course with GPS and do not turn it off each time I step into the bushes for other business, or drift around my drop bag when I fetch food and water, or when I accidentally drift down the longer chute on a trail that when I look back to discover there was a slightly shorter route. What we do while measuring is as exact as we can make it. What we run - is not. Also, I have learned the shorter way is also not the fastest way: but we always measure the shortest way. So, know that the course gets constantly tweaked, and we log a bunch of miles to get the distance as dead on to what we advertise as possible!

RACE WEEKEND SCHEDULE

Tuesday

10:00am-5:00pm: Course Marking

Wednesday

8:00am-5:00pm: Course Marking

Thursday

7:00am-5:00pm: Course Marking

Friday

4:00-6:00pm: Packet Pickup

6:00-6:30pm: Race Briefing

7:00-8:00pm: Packet Pickup

Saturday

6:00-9:30am: Packet Pickup

7:30am: Mass Start: 100km, 50km, 100km Relay, 50km Relay
10:00am: Start 1/2 Marathon
11:00am: Youth Trail Run (check in & register at the start/finish line timing tent)

Sunday

?0:00am: Cutoff Start/Finish - No Starting 2nd Loop
?0:00am: Cutoff Lemon 1st
?:00am: Cutoff Windmill
?:00pm: Cutoff Falls
?:00pm: Cutoff Cabin 1st
?:00pm: Cutoff Cabin 2nd
?:00pm: Cutoff Lemon 2nd
7:00pm: Cutoff Start/Finish
CUTOFF TIMES COMING SOON!

DRIVING DIRECTIONS TO AID STATIONS:

See map on website and look for these (in order of leaving the start/finish area):

Lemon Ridge Parking Lot,

Windmill Area Parking Lot,

Gorman Falls Conference Center (you cross through a huge gate and drive down a dirt road for a couple miles off the main park road for this one), and the main start/finish area down where all the campsites along the river are shown on the map.

Lemon Ridge (“Lemon Aid Station” and the Conference Center (“Cabin Aid Station”) are both hit twice.