

## HIGH HOPE ENDURANCE RUN

### PARTICIPANT GUIDE

**Event Dates:** May 25, 26, and 27, 2024

**Event Specific Times:** May 25 (7am) through May 27 (7am) Course open 48 Hours

**Location:** High Hope Ranch - 3353 Co Rd 2009 Glen Rose, Tx 76043

**Distances:** 200K, 100K, 50K, 25K, 10K, 5K

**Race Hub:** Main ranch house.

**Start/Finish:** Main ranch house (M'walimu) along driveway leading into circle drive.

**Access:** Complete and full utilization of the main ranch house (M'walimu) and entire trail system of High Hope Ranch. Only ranch and race staff are allowed in the main ranch house. There is a swimming pool for use that will be available for the participant and two guests. Crew access will be available at Start/Finish and Mata'Zamo aid stations.

**Directions to Mata'Zamo aid station:** Exit the main ranch road leaving the ranch and turn right on county road 2009. The next available entry on the right at approximately .25 miles down county road 2009 will lead you to the Mata'Zamo ranch house and aid station. Please drive slowly (5 mph) as runners will be on this road occasionally.

**Parking:** The field or lot adjacent to the main house next to the solar panels will serve as the main parking area. Follow the parking signs and directions from parking attendants. As the main parking lot fills, vehicles will be directed to the overflow parking. If the overflow area fills, vehicles will park along the ranch road leading to the Start/Finish area. No vehicles will be allowed to enter the drive leading into the main ranch house and Start/Finish area. Parking will be directed around the back side of the main parking lot.

**Restrooms:** Port O Johns will be available near the start/finish line area.

**Accommodations:** Two ranch houses are available for rent and blocked for participants over Memorial Day weekend. These can be reserved on a first come first serve basis. Descriptions are available on the High Hope website. Email [highhoperanch@gmail.com](mailto:highhoperanch@gmail.com) for availability and booking.

Camping is available. A one-time camping fee of ten dollars will be collected by ranch staff or race management at time of packet pick up or at runner check in. The Camping area is walk in only and less than 100 yards from parking lot. No cars are allowed in the designated camping area. Recreation vehicles will be directed to an area suitable for their use. No hook-ups. Boondocking only. Sleeping in vehicles is allowed and will not require a camping fee. The city of Glen Rose is approximately 15 minutes from the race site and has multiple hotels to choose from.

**Course Description and Design:** Hill country trail run with a mix of open pasture and hillside climbs. Two main loops (Spirit & Sky) totaling 10.5 miles with the Main House circle drive serving as the staging, start/finish, and main aid station. Spirit loop will be run first and then sky loop. The road in and out of the main ranch house (M'walimu) is a two-way going in and out to start/finish.

**Course Markings:** Spirit loop will be marked with red flagging tape and red arrows. Sky loop will be marked with green flagging tape and green arrows. There will be wrong way signs placed along the course at certain intersections to limit the potential of off course travel.

**Eco Impact:** This is a cup-less event. Bring your own water bottles and hydration packs. Trash receptacles will be located at both aid stations. We adhere to a pack in pack out mentality respecting the environment and land use. Please do not litter on the course.

**Aid Stations:** Two aid stations will be available. Start/Finish (Ranch house Aid) at mile 7 and 10.5. Mata Zamo ranch house will serve as the on-course aid station and will be at mile 3.5. Both aid stations will have hot food choices during the evening hours and all-day Sunday. (Chicken noodle soup, potato soup, quesadillas, breakfast foods in the morning; pancakes and sausage links) These are examples and not guaranteed. Typical aid station options available for the entire event would include Water, Ice, electrolyte beverage, coke, pretzels, pringles, granola bars, bite size candy, peanut butter and jelly sandwich squares, watermelon, and other fruit options.

**Registration Platform:** Run Sign Up

**Timing Company:** Event Data Solutions. This is a chip timed race.

**Combined results:** Race results are combined for the 100K, 50K, 25K, 10K, and 5K events on Saturday and Sunday.

**Awards:** No placement award. Bragging rights only.

**Maps:** Course maps are available on the Mammoth Website.

**Swag:** All participants will receive a T-shirt with registration.

**Finisher Items:** Finisher belt buckles for 200K and 100K finishers. Neck medal for 50K and 25K, 10k and 5K finishers.

**Volunteer Opportunities:** Available through RunSignUp. Go to the event registration page and look for the link. The open positions are staging, parking, packet pick-up, Start/Finish Aid station, course sweep, and tear down on Monday.

**Drop down Options:** Mid race distance drop down available for 200K runners **ONLY**. They may only drop to the 100k distance for a recognized finish.

**Course cut-offs:** The course will remain open for 48 hours for all 200k and 100K participants. 100K participants starting Sunday will have 24 hours to complete the distance. 200K and 100K runners must begin the final 10.5-mile loop (#12 for 200K or #6 for 100K) by 2 am on Monday, May 27<sup>th</sup>.

All other distances have generous daily cut-offs that are the same for both Saturday and Sunday events.

50K: 12 Hour cut off for the Saturday event. 11 Hour cut off for the Sunday event.

25K: 6 Hour cut off.

10K: 3 Hour cut off.

5K: 2 Hour cut off.

## **Elevation Profile**

5K: 305 feet of elevation gain

10K: 610 feet of elevation gain

25K: 1,483 feet of elevation gain

50K: 2,682 feet of elevation gain

100K: 5,364 feet of elevation gain

200K: 10,728 feet of elevation gain

## **MAMMOTH RACE PACER POLICY: RULES & DETAILS**

For participants over the age of 65, pacers are allowed the entire 100K or 200K distance.

The 100K event will allow pacers after the fourth loop (mile 42) or after dark.

The 200K event will allow pacers after the sixth loop (mile 63) or after dark.

No pacers allowed for 50K, 25K, 10K, or 5K.

Pacers may only begin at the Start/Finish line and must check in with R.D. prior to beginning.

Only one pacer at a time for any runner.

Pacers may never mule or carry anything for their runner.

Pacers may not hand anything to their runner out on course that they have been carrying.

Pacers are required to sign up prior to the event and sign a waiver before pacing their runner.

Pacers must get a PACER bib at the event and wear it where it is always visible.

Pacers are allowed to eat and drink from the aid stations but will give 'right of way' to other racers.

Any pacer breaking Mammoth pacer policy or rules will get their runner disqualified from the race.

## Schedule of Events

### Friday, May 24<sup>th</sup>

Gates open to ranch at 3 pm

Packet pick up from 3-6 pm

Course and race briefing at 5 pm at Ranch House

### Saturday, May 25<sup>th</sup>

Packet Pick Up 6-8 am

Pre-race briefing at the start line 5 minutes prior to the start of each event.

200K and 100K start: 7 am

50K start: 7:15 am

25K start: 7:30 am

10K start: 7:45 am

5K start: 8 am

### Sunday, May 26<sup>th</sup>

Packet Pick Up 6-9 am

Pre-race briefing at the start line 5 minutes prior to the start of each event.

100K start 7 am

50K start: 8 am

25K start: 8:30 am

10K start 8:45 am

5K start 9 am

### Monday, May 27<sup>th</sup>

100K and 200K participants must begin their final loop by 2 am.

Course Closes at 7 am

Course Sweep 7-11 am

Tear down/Pack up 7 am to 12 noon.

Off site by 3 pm.

