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# High Hope Endurance Run: Participant Guide

Welcome to the High Hope Endurance Run! We are thrilled to host you for an unforgettable weekend on the trails. Please review this guide closely to prepare for race day.

## Event Overview

- **Dates:** May 22-25.
- **Location:** High Hope Ranch, 3353 Co Rd 2009, Glen Rose, TX 76043.
- **Distances:** 200K, 100K, 50K, 25K, 10K, and 5K.
- **Timing:** This is a chip-timed race managed by Event Data Solutions. Make sure your chip is secure before you cross the start line and when you FINISH.

## Course & Aid Stations

- **The Terrain:** Expect a classic hill country trail run featuring a mix of open pasture and hillside trails. The course is approximately 40% shaded and 60% exposed to the Texas sun. Traction shoes are recommended.
- **The Route:** The course features two main loops totaling 10.5 miles. You will run the approximately 7-mile Spirit loop first, which is marked with red flagging tape and red arrows. This is followed by the 3.5-mile Sky loop, marked with green flagging tape and green arrows.
- **Aid Stations:** Two aid stations will be available. The Main Ranch House serves as the Start/Finish line and main aid station at miles 7 and 10.5. The Mata'Zamo ranch house will serve as the on-course aid station at mile 3.5. The Sky loop has no aid on that loop.
- **Hydration & Fuel:** This is a cup-less event, so you'll need your own water bottles or a hydration pack. Typical aid station options available include water, Gatorade, HYK electrolyte supplement, sodas, chips, fruit, and snacks. Hot food will be served at the Start/Finish station beginning in the evening on Saturday for our 100K and 200K runners.
- **Eco Impact:** We adhere to a pack-in, pack-out mentality. Trash receptacles will be located at both aid stations. Please do not litter on the course.

## Basecamp: Parking, Camping & Crew

- **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. If the overflow area fills, vehicles will park along the ranch road leading to the Start/Finish area.
- **Camping:** Camping is FREE for registered participants plus ONE guest. The camping area

is walk-in only and less than 100 yards from the parking lot. Recreational vehicles will be directed to an area suitable for their use for boondocking only, with NO PLUG-INS.

- **Runner Crew:** There will be designated access and space for crews/spectators at the Start/Finish line area to set up shade tents. Runner Crew access will be available at the Start/Finish and Mata'Zamo aid stations.
- **Amenities:** There is a swimming pool available for the participant and two guests. Port-O-Johns will be available at the Start/Finish line area, and food vendors are on-site for events on Saturday and Sunday.

## Runner Safety, Medical & Weather

- **Medical Support & EMS:** Runner safety is our highest priority. We will have ACLS/BLS and First Aid certified medical providers ON-SITE 24/7 throughout the entirety of the event to manage most first aid needs. Triage, communication, and transport protocols with ranch staff and local EMS have been established for any situation that may require a higher level of care.
- **On-Site Recovery Services:** Exalt Recovery and Wellness will be on-site offering their services, including IV Fluid Therapy, to help you bounce back. **Important:** IV Fluid Therapy is for RECOVERY ONLY. Any IV Fluid therapy received *during* your race will result in an automatic DNF. Please wait until you officially cross the finish line to utilize these services.
- **Trail Hazards & Hydration:** Endurance events have inherent risks. Cuts, scrapes, and sprains are common, and you should be aware of critters of all types—including snakes. DEHYDRATION poses the greatest risk, so please prepare accordingly.
- **Communication:** For your peace of mind and coordination with your crew, there is adequate cellular coverage across the ranch and trail system.
- **Night Running:** A headlamp or waist light is mandatory if you are tackling the 100K or 200K, as you will be out after dark.
- **Inclement Weather Policy:** This event is RAIN or SHINE! We embrace the elements as part of the trail experience. However, if weather conditions become severe or unsafe, race directors reserve the right to alter the course, shift or delay the timeline, or cancel the event altogether to protect our runners, volunteers, and staff. Please note that no refunds will be issued in the event of a weather-related cancellation.

## Swag & Awards

- **Race Swag:** All participants will receive a T-shirt with registration.
- **Finisher Items:** We will award finisher belt buckles for 200K and 100K finishers. Finisher medals will be provided for 50K, 25K, 10K, and 5K finishers.
- **Awards:** There are no place awards, offering bragging rights only.

## Post-Race Festivities

- **The Cosmic Dog House:** Keep the energy high after you cross the finish line! Enjoy great music and celebrate your achievement with FREE hot dogs and beverages for all

registered runners at The Cosmic Dog House.

- **HIGH HOPE AFTER DARK:** If you are running with us on Saturday, you are in for a treat! Stick around for a special appearance by DJ Pada to cap off an incredible day on the trails.
- **Cool Down:** You and two guests have access to the swimming pool—the ultimate way to cool down those legs.

## Rules, Pacers & Cut-offs

- **Dropping:** If a participant chooses to drop out of a race, they must notify the race director at the Start/Finish line and turn their chip in for a DNF. Mid-race distance drop-downs are available for 200K runners ONLY, who may drop to the 100K distance for a recognized finish.
- **Pacers:** For participants over the age of 65, pacers are allowed for the entire 100K or 200K distance. The 100K event will allow pacers after the fourth loop (mile 42) or after dark, and the 200K event will allow pacers after the sixth loop (mile 63) or after dark. No pacers are allowed for the 50K, 25K, 10K, or 5K. All pacers must register through RunSignup, sign a waiver, wear a PACER bib where it is always visible, and may never mule or carry anything for their runner.
- **Generous Cut-Offs:**
  - **200K:** 55 hours.
  - **100K (Saturday Start):** 48 hours.
  - **100K (Sunday Start):** 24 hours
  - **NO CUT OFF TIMES for 50K, 25K, 10K, or 5K**

*Note for ultra-runners:* 100K and 200K participants must begin their final loop by 2:00 AM on Monday. The course closes at 7:00 AM.

## Schedule of Events

### Friday, May 22nd

- **3:00 PM:** Gates open to ranch.
- **3:00 PM – 6:00 PM:** Packet pick up.
- **5:00 PM:** Course and race briefing at Ranch House.
- **Midnight (12:00 AM) – 7:00 AM:** OPEN START FOR 200K RACE ONLY.

### Saturday, May 23rd & Sunday, May 24th

- **Packet Pick Up:** 6:00 AM – 8:00 AM on Saturday and 6:00 AM – 9:00 AM on Sunday.
- **Start Times (Both Days):** \* **100K:** 7:00 AM
  - **50K:** 7:30 AM
  - **25K:** 8:30 AM
  - **10K:** 9:30 AM
  - **5K:** 10:15 AM

- *A pre-race briefing will occur at the start line 5 minutes prior to the start of each event.*

### **Monday, May 25th**

- **7:00 AM:** Course Closes.
  - **7:00 AM – 11:00 AM:** Course Sweep.
  - **7:00 AM – 12:00 PM:** Tear down/Pack up.
  - **3:00 PM:** All participants and crews must be off-site.
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### **See You on the Trails!**

We are incredibly excited to share the beauty of High Hope Ranch with you for what promises to be an epic Memorial Day weekend. Whether you are pushing through your first 5K or grinding out the 200K under the Texas stars, remember to run with heart, look out for your fellow runners, and take a moment to enjoy the journey. Safe travels to Glen Rose, and we will see you at the starting line!