

HIGH HOPE ENDURANCE RUN

PARTICIPANT GUIDE

Event Dates: May 22-25

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: Full utilization of the main ranch house (M'walimu) and entire trail system of High Hope Ranch. Only race staff and volunteers are permitted in the main ranch house. There is a swimming pool for use that will be available for the participant and two guests. Runner 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 are 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 are 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. In case of extremely wet conditions that would prevent access to the main lot, participants will park along the main ranch road.

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

Food Vendors on site for events on Saturday and Sunday

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 for availability and booking. Camping is FREE for registered participants plus ONE guest. The Camping area is walk in only and less than 100 yards from parking lot. No cars are allowed in the designated camping area. Recreational vehicles will be directed to an area suitable for their use. NO PLUG-INS, boon docking only. Sleeping in vehicles is allowed. The city of Glen Rose is approximately 15 minutes from the race site and has multiple hotels to choose from.

Runner Crew Area: There will be designated access and space for crews/spectators at the start finish line area. Please only set up shade tents in this designated area. Camping tents should be set up in the designated camping area.

Course Description and Design: Hill country trail run with a mix of open pasture and hillside trails. Two main loops (Spirit & Sky) totaling 10.5 miles with the Main Ranch House circle drive serving as the staging, start/finish, and main aid station. Spirit loop will be run first and then sky loop. Spirit loop is approximately 7 miles with the on-course aid station located at mile 3.5. Sky loop is 3.5 miles with no aid on that loop. The road in and out of the main ranch house (M'walimu) is a two-way going in and out to start/finish.

Sun Exposure: The course is approximately 40% shaded and 60% exposed

Course Markings: **Spirit loop is marked with red flagging tape and red arrows. Sky loop is 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. The aid station at the Start/Finish will serve hot food beginning in the evening on Saturday for our 100k and 200k runners. There will be no hot food options at the on-course aid station. Typical aid station options available for the entire event would include water, ice, Gatorade, HYK electrolyte supplement, coke, mountain dew, sprite, ginger ale, pickle juice, potato chips, pretzels, nutter butters, chips ahoy, Oreos, oranges, bananas, peanut butter and jelly sandwiches, and some candy selections. Cold watermelon and frozen grapes while supplies last.

Runner Safety: Runner safety is our highest priority. Endurance events have inherent risks as most of you are aware. Cuts, scrapes and sprains are common. Be aware of critters of ALL types - including snakes. DEHYDRATION poses the greatest risks. PLEASE PREPARE ACCORDINGLY. We will have ACLS/BLS and First Aid certified medical providers ON-SITE 24/7 throughout the entirety of the event. Our on-site Medical Crew will be able 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 as determined by the medical team and race directors.

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. Combined results and placements will not be available until the last runner has finished in that particular Sunday event.

Awards: No place awards. 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. Finisher medals for 50K and 25K, 10k and 5K finishers.

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.

Dropping Out of a race: 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. A DNF will be placed in the results.

Course cut-offs: The course will remain open for 55 hours for all 200k runners and 48 hours for 100K participants starting on Saturday. 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 27th. **Course closes at 7AM on Monday morning.**

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.

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

Volunteer Opportunities: Available through RunSignUp. Click [HERE](#). The open positions are staging, parking, packet pick-up, fueling station, course sweep, and tear down on Monday. If you are bringing friends or family members, please encourage them to volunteer. Mammoth Race issues race credits for volunteering.

MAMMOTH RACE PACER POLICY: RULES & DETAILS

- For participants over the age of sixty-five, 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 register thru [RUN SIGN UP](#). 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.

Must Haves for the TRAIL

- **Reusable Hydration:** Since this is a cup-less event, you'll need your own water bottles or a hydration pack to stay wet.
- **Sun Protection:** The course is 60% exposed to the Texas sun, so don't forget the hat and sunscreen.
- **Trail Shoes:** You'll be navigating a mix of open pasture and hillside trails—traction is your friend.
- **Timing Chip:** This is a chip-timed race; make sure yours is secure before you cross the start line and when you FINISH.
- **Trash Bag:** We're all about that "pack in, pack out" mentality, so keep a small bag for any personal wrappers.

Safety and Night Vibes

- **Gaiters or Tall Socks:** Keep the critters and brush away from your ankles while you're out in the wild.
- **Headlamp/Waist Light:** If you're tackling the 100K or 200K, you'll definitely be out after dark.
- **Electrolytes:** While the aid stations have Gatorade and HYK, it's always smart to have your preferred salt tabs on hand to fight dehydration.
- **Anti-Chafe:** With the hill country terrain and potentially hot conditions, your skin will thank you later.

Post Race and Camp Life

- **Swimwear:** You and two guests have access to the swimming pool—the ultimate way to cool down those legs.
- **Warm Layers:** If you're camping or running through the night, have a hoodie ready for when the sun goes down.
- **Personal Snacks:** While the aid stations have the classics like PB&J and Oreos, bring your favorite "soul food" for the finish line.
- **Comfortable Camp Chair:** If you're hanging out in the Runner Crew Area, you'll want a spot to kick back.

Schedule of Events

Friday, May 22nd

Gates open to ranch at 3 pm

Packet pick up from 3-6 pm

Course and race briefing at 5 pm at Ranch House

FRIDAY MIDNIGHT: OPEN START FOR 200k RACE ONLY. 200K PARTICIPANTS

OPEN START/CHIP TIMED 200K MAY START RACE BETWEEN 12:00 AM AND 7 AM.

Saturday, May 23rd

Packet Pick Up 6-8 am

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

200K starting window closes at 7am. 200k runners must begin race by 7 am Saturday.

100K start: 7:00 AM

50K start: 7:30 AM

25K start: 8:30 AM

10K start: 9:30 AM

5K start: 10:15 AM

Sunday, May 24th

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: 7:30 AM

25K start: 8:30 AM

10K start 9:30 AM

5K start 10:15 AM

Monday, May 25th

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.

