Autumn Harvest Run – Race Day Guide

Welcome to the **Autumn Harvest Marathon, Half Marathon, 12-Hour Endurance Challenge, 10K & 5K**! This guide provides all the essential information for runners to ensure a safe and memorable race experience.

⚲ Venue & Parking

Location: Turkey Bend Recreation Area
Address: 4000 Shaw Dr., Marble Falls, TX 78654
Parking: Available at the event venue (please refer to the race map)

🕐 Event Schedule

- **Packet Pickup (Race Day):** 7:30 AM – 8:30 AM at the Start/Finish Hub
- **All Races Begin:** 9:00 AM sharp
- **12-Hour Endurance Challenge:** Runs continuously until 9:00 PM
- **Night Loop Begins:** 7:00 PM (12-hour runners switch to 3.7-mile loop)

🏃 Course Overview

All races start and finish at the **Turkey Bend Recreation Area hub**. The course uses three trail loops:

- **10.5 Mile Loop** (Main Course)
    - Rolling terrain, approx.. 681 ft elevation gain
    - Mix of single-track and wider trails
    - GPX file can be downloaded here
- **5K Loop** (Add-On Course)
    - 3.15 miles, approx.. 159 ft elevation gain
    - Used as an add-on for the half marathon, marathon, and as an optional short loop for 12-hour participants
- **3.7-Mile Night Loop** (For 12-Hour Runners Only)
    - Begins at **7:00 PM**
    - Shorter loop staying close to Start/Finish hub
    - GPX file can be downloaded here

○   Allows runners to remain within 2 miles of aid and safety support during dark hours

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🏅 Race Distances & Structure

Click the links to view the maps

5K

- **Course:** Single 5K loop

10K

- **Course:** Two laps of the 5K loop

Half Marathon (13.1 mi)

- **Course:** 10.5 mile loop + 5K loop (total ~13.65 mi)

Marathon (26.2 mi)

- **Course:** 2 × (10.5 loop + 5K loop)

12-Hour Endurance Challenge

- **Daytime (9 AM – 7 PM):** Repeated 10.5 mile loops; optional 5K loops for variety
- **Nighttime (7 PM – 9 PM):** Switch to 3.7-mile night loop until cutoff
- **Mileage Goals:**
  - 3 loops (10.5) = 31.5 mi (50K)
  - 4 loops (10.5) = 42 mi
  - Add night loops (3.7 mi each) to reach milestones like 50 miles, 100K, and beyond
- **Aid Stations:**
  - Daytime: Start/Finish + mid-loop
  - Nighttime: Start/Finish hub only

🥤 Aid and Water Stations

- **Daytime:** Every ~3–4 miles on long loops
- **Nighttime:** Start/Finish hub only
- Stocked with water, electrolyte drinks, gels, fruit, and first aid

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🌙 Night Safety (12-Hour Runners)

- **Required:** Headlamp with fresh batteries and flash light

- **Recommended:** Backup light source, reflective vest, hydration pack, cell phone
- **Course Marking:** Reflective markers on all night loops

🦉 Wildlife Awareness

Turkey Bend Recreation Area is home to Central Texas wildlife. Encounters are rare, but runners should stay alert:

- **Commonly Seen (Harmless):** Deer, armadillos, rabbits, squirrels, raccoons, opossums, turkeys
- **Snakes:** Both non-venomous and venomous (rattlesnakes, copperheads). Stay on trail, use headlamp at night
- **Nighttime Activity:** Owls, bats, coyotes (distant howls), frogs and toads near water
- **Occasional:** Wild hogs (avoid if seen, give space), bobcats (rare, avoid contact)

Safety Tips: - **Always use headlamp/reflective gear at night - Make noise — most animals avoid humans - Do not feed or approach wildlife - Do not leave food unattended at aid stations**

🎖️ Finisher Awards

- **All finishers:** Custom medal + Race Austin Series challenge coin
- **12-Hour:** Special recognition for top mileage achieved
- **Race Austin Coin Challenge:** Exchange 3 coins of the same tier from different Fit Foundation races for a free entry of the same tier

GPX File Download Instructions

- **GPX file can be downloaded using the links provided**
- Click the links and save the file to your phone or computer.

🧩 **Using GPX Files on Your Phone**
1. **Trail/Running Apps (RunGo, Strava, Gaia GPS, CalTopo, Komoot, etc.):**
   - Open the app.
   - Look for **"Import" or "Upload GPX"** in the routes section.
   - Select the GPX file you downloaded.
2. **Garmin / Suunto / Coros (GPS watches):**
   - Connect your watch to your phone/computer.

- o Use the brand's app (Garmin Connect, Suunto App, Coros App) to import the GPX.
- o Sync the route to your watch.
3. **CalTopo App:**
   - o Open the CalTopo app.
   - o Tap the "+" → **Import File**.
   - o Select the GPX file. The route will appear on your map.

Tips for Runners
- **Download in advance:** Don't wait until race morning—cell service may be weak.
- **Test it:** Open the route in your chosen app or device to confirm it displays correctly.
- **Offline maps:** If your app supports it (CalTopo, Gaia, Komoot), download offline map tiles so you don't rely on cell coverage.

☁ Weather Contingency

In case of severe weather, the event may be: - Delayed to later start time - Postponed to following weekend - Converted to virtual option

A decision will be communicated 24 hours before start.

☑ Runner Checklist

- Arrive at least 1 hour early for packet pickup
- Bring hydration system, headlamp (12-Hour only), reflective gear
- Drop bag labeled with name and bib number (12-Hour runners)
- Respect nature and leave no trace
- Cheer on your fellow runners — we're all in this together!

We look forward to seeing you at the **Autumn Harvest Run**!