

RACE DAY GUIDE

Turkey Bend Bluebonnet Trail Run

Sunday, March 29, 2026 • Marble Falls, TX

WELCOME & THE MISSION

Welcome to the Turkey Bend Bluebonnet Trail Run!

We are thrilled to have you join us at the Turkey Bend Recreation Area for a day of rugged trails and breathtaking Texas Hill Country scenery. This event is managed by Fit Foundation, and your participation directly supports the Healthy Kids Running Series (HKRS) Cedar Park, helping provide youth running programs and registration assistance for local families.

The Golden Rule: Leave No Trace

We are operating in a sensitive natural area during peak bloom.

STRICT ZERO LITTER POLICY: Any runner caught discarding trash (gel wrappers, salt tabs, cups) on the trail will be disqualified immediately.

STAY ON TRAIL: Do not crush bluebonnet beds for photos or passing. Damaging the blooms ruins the experience for others and violates our park permit.

ARRIVAL & PACKET PICKUP

Pre-Race Logistics

- **Location:** Turkey Bend Recreation Area, 4000 Shaw Dr., Marble Falls, TX 78654.
- **Gate Entry & Park Entrance:** **Please enter Turkey Bend from the main gate.** Visitors accompanying participants must obtain a park pass at the entrance and have it or their entry fee ready if required by the park.
- **Packet Pickup:** Sunday morning starting at 7:00 AM at the Main Tent (follow signs for Campsites 19–29 and head towards the lake).

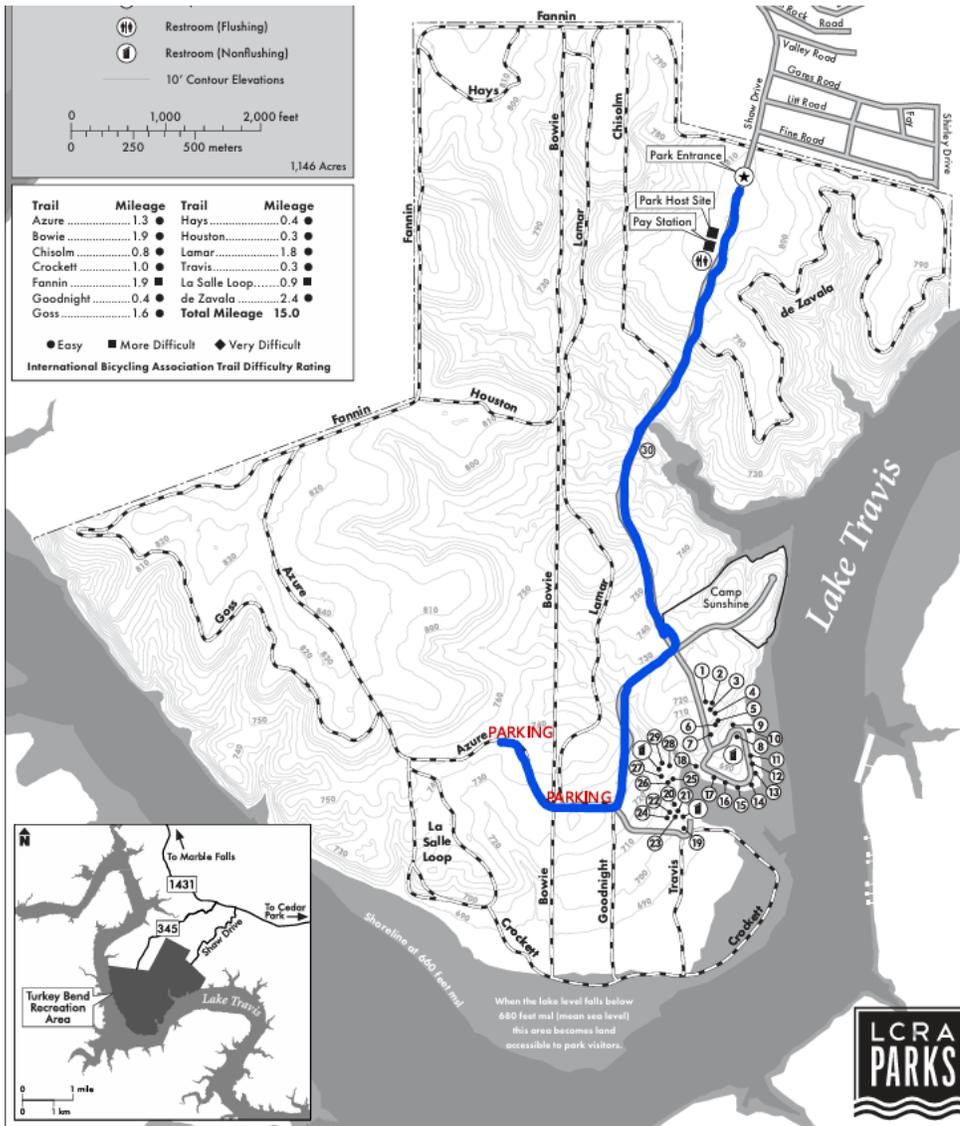
PARKING

We are moving all parking to Azure to protect the sensitive wildflower meadows as requested by the LCRA. Please stay on the marked roads and paths.

Primary Parking: Azure Road (marked blue)

All participant parking is located along **Azure**, which is the first dirt road on your right after you pass the signs for campsites 19-29.

- **Managed Parallel Parking:** Our staff will be stationed at the intersection of **Azure and Goodnight** to direct you. Please park parallel along the road as instructed to ensure we maintain a clear lane for emergency vehicle access at all times.
- **The Scenic Warm-Up:** From your parking spot on Azure, it is a short, beautiful **0.5-mile walk** to reach the main race hub at **Campsites 19–29**. We recommend arriving early to get your legs moving before the start.



To get the best experience, we recommend arriving at least an hour before your scheduled race start.

The following timeline for those starting at 8AM i.e. 50K and 50 Mile runners:

1. **Arrive Early (6:45–7:15 AM):** Head to Campsites 1–18 for the “peak fuller” bluebonnet blooms. Take your photos in the morning light before the crowds arrive.
2. **Check-In (7:15 AM):** Move to the festival area near Campsites 19–29 to grab your bib and timing chip.
3. **Warm-Up:** Use the trail near the start line to stay loose.

Race Events & Start Times

| Event | Start | Ends |
|---------------|---------|---------|
| 50-Mile Ultra | 8:00 AM | 9:00 PM |
| 50K | 8:00 AM | 9:00 PM |
| Marathon | 9:00 AM | 9:00 PM |
| Half Marathon | 9:00 AM | 9:00 PM |
| 10K | 9:00 AM | 5:00 PM |
| 5K | 9:00 AM | 5:00 PM |

COURSE SPECS & LAP COUNTING

The “Trail Tax” Distances

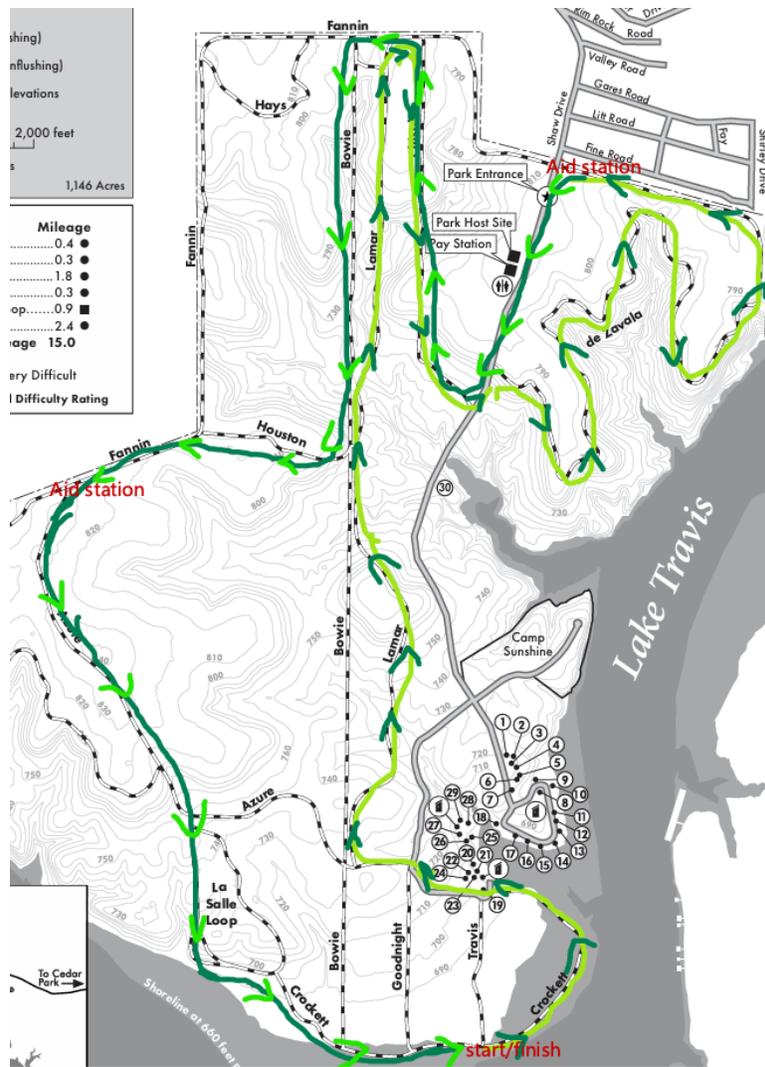
Trail miles are rarely “even.” We have designed these loops to maximize scenery and safety.

| Distance | Format |
|---------------|---|
| 5K | 3 Laps of Peninsula Loop (1.1 mi) |
| 10K | 6 Laps of Peninsula Loop |
| Half Marathon | 1 Big Loop (10.41 mi) + 5K (3 Peninsula Laps) |
| Marathon | 2 Big Loops + 10K (5 Peninsula Laps) |
| 50K | 3 Big Loops (10.41 mi) |
| 50-Miler | 4 Big Loops + 7 Peninsula Laps |

| Distance | Format | Approx. Total |
|----------|--------|---------------|
|----------|--------|---------------|

| | | |
|---------------------------------|---|-----------------------|
| <p>5K</p> | <p>3 Laps of Peninsula Loop (1.14 mi) click link to view https://routes.rungoapp.com/route/app/EKH5aym0UW</p>  | <p>~3.5 Miles</p> |
| <p>10K</p> | <p>6 Laps of Peninsula Loop</p> | |
| <p>Half Marathon</p> | <p>1 Big Loop (10.41 mi) + 5K (3 Peninsula Laps) https://routes.rungoapp.com/route/app/eNAKyDUyYA https://routes.rungoapp.com/route/app/EKH5aym0UW</p> | |
| <p>Marathon</p> | <p>2 Big Loops + 10K (3 Peninsula Laps) https://routes.rungoapp.com/route/app/eNAKyDUyYA https://routes.rungoapp.com/route/app/EKH5aym0UW</p> | |
| <p>50K</p> | <p>3 Big Loops (10.41 mi) https://routes.rungoapp.com/route/app/eNAKyDUyYA</p> | |
| <p>50-Miler</p> | <p>4 Big Loops + 5 Peninsula Laps https://routes.rungoapp.com/route/app/eNAKyDUyYA https://routes.rungoapp.com/route/app/EKH5aym0UW</p> | |

The Big Loop~ 10.41 mi



The Band System

To help you (and our timer) track your laps, pick up a color-coded band at the Main Aid Station at the start of every new lap.

- **5K:** 3 Yellow bands | **10K:** 3 Blue bands | Others: Follow specific lap counts.
- **Finish:** Once you have your required bands, follow signs for the Finish Line near the flag.



Post-Race Plans: Archery & Atlatl!



We are thrilled to partner with **LCRA** to bring some serious adventure to the finish line of the **Million Bluebonnets Run!**

After you crush your miles through the peak bloom, stick around the hub at **Campsites 19–29** to test your aim with traditional archery and the ancient atlatl (spear throwing)! This is the perfect way to celebrate your achievement with your running crew. ❤️

Important Note: These programs are **FREE** for all registered participants and will run from **11:00 AM – 2:00 PM**. This ensures we have the best safe setup in the meadow once the morning campsites have cleared.

Course Highlights

- **5K – The Bluebonnet Triple Crown:** Fast, flat double-track trail and rolling meadow paths. Three laps of a 1.14-mile peninsula circuit alongside the Colorado River.
- **10K – The 2X Triple Bend Challenge:** Six laps of the 1.14-mile peninsula circuit alongside the Colorado River
- **Half Marathon – The Turkey Bend Epic:** One full 10.41-mile Big Loop through rugged backcountry, then three flat peninsula laps to finish.
- **Marathon – The Ultra-Double:** Two massive Big Loops plus five laps of the 1.14-mile peninsula circuit to finish along the waterfront.
- **50K – The Triple Threat:** Three full Big Loops through technical switchbacks and oak and cedar groves. Earn every mile.
- **50-Miler – The Quad-Century:** Four Big Loops plus seven laps of the 1.14-mile peninsula circuit. The ultimate Turkey Bend endurance test.

SAFETY, CUT-OFFS & GEAR

Hard Cut-Off Times

To ensure all runners are off the technical “Big Loop” before dark, the following times are strictly enforced:

| Cut-Off | Milestone | Details |
|---------|------------------------|---|
| 4:30 PM | 50-Mile Final Big Loop | Must start Lap 4 by this time |
| 5:00 PM | 50K Final Big Loop | Must start Lap 3 by this time |
| 6:30 PM | Headlamp Check (ALL) | Must have functional light. No light = No lap |
| 8:00 PM | Exit Big Loop | Must return to Peninsula area |
| 8:15 PM | Marathon Final Lap | Must start final lap |

| | | |
|----------------|-----------------------------|----------------------------------|
| 8:40 PM | Start Final Lap | Ensure finish by 9:00 PM |
| 9:00 PM | Course Closure (ALL) | Timing mat pulled, course closed |

⚠️ MANDATORY HEADLAMP RULE — 6:30 PM

All runners still on the course **MUST** have a functional headlamp or waist light.

Volunteers will be checking for lights at the main aid station. No light = No lap.

Course Terrain & Aid

- **Big Loop:** Technical, rocky switchbacks, and shaded oak and cedar groves.
- **Peninsula Loop:** Fast, flat double-track along the Colorado River.
- **Aid Stations:** We are a “Cup-Less” race. Please carry a reusable bottle or hydration vest. Water and electrolytes available at the Main Hub and one remote station on the Big Loop.

Transition Zone Policy (50-Miler)

When you finish your 4th and final Big Loop, you will enter the Peninsula Transition Zone. Check in with the timer to confirm your 4th loop, then head out for 4 laps of the 2.1-mile Peninsula Circuit. These laps are flat and fast — use this section to find your second wind!

Note: Runners reaching the Big Loop cutoff after 4:30 PM may be offered the option to complete remaining mileage on the Peninsula Circuit for a non-competitive “Finisher” medal.

Race Day Quick Reference

Location: Turkey Bend Recreation Area, 4000 Shaw Dr., Marble Falls, TX 78654

Packet Pickup: 7:00 AM • Race Starts: 8:00 AM (Ultras) / 9:00 AM (Others)

- Course closes at 9:00 PM

Thank you for running with Fit Foundation

and supporting Healthy Kids Running Series!



Note: Due to the seasonal nature of bluebonnets, trail conditions are weather-dependent and routes may be adjusted to protect natural areas.