

Welcome to the Fields of Gold Trail Run

Saturday, October 24, 2026

We're so glad you're joining us. Whether this is your first trail 5K or your fiftieth ultra, you're about to run through golden Hill Country meadows beside the Colorado River, and every mile supports HKRS Cedar Park youth running programs. This guide has everything you need for a smooth, happy race day. Give it a read, and we'll see you at the start.

A few things to pack

Bring your own hydration

This is a **cupless race**, so there are no cups at the aid stations. Please bring a hydration pack or bottles you can refill, and we'll happily top you up. Pack it the night before so it's ready to grab.

Help us keep it beautiful

Please carry a pocket or pouch for wrappers and trash and stay on the marked trail.

Littering is grounds for disqualification, because we want these trails to look just as lovely when we leave.

Getting here and getting settled

Packet pickup

- **Friday, 5:00 to 6:00 PM** at the main camping area.
- **Race day, 7:00 to 8:30 AM** at Shaffer Bend Recreation Area.

Start and finish

The start and finish is at the **main campsites**. From the park entrance, it's slightly over 2.7 miles to drive, so please leave yourself a little extra time.

Camping

Would you like to make a weekend of it? A few camping spots are still open for anyone who wants to camp overnight. You can book one through the [race store](#).

For your cheering section

We love having family, friends, and crew on site. Everyone who is not racing needs a **visitor pass** from the [race store](#). This covers spectators, guests, and crew. Just show your confirmation email or phone receipt at the park entrance.

Start times

Start	Event	Finish by
9:00 AM	Golden 50K	9:00 PM
9:00 AM	Gold Marathon	9:00 PM
8:00 AM	12-Hour Endurance	8:00 PM
9:00 AM	Gold Half Marathon	7:00 PM
9:00 AM	Half Marathon Ruck	7:00 PM
9:00 AM	Gold 10K	7:00 PM
7:40 AM	Golden Hour 5K (Morning)	8:45 AM
5:15 PM	Golden Hour 5K (Night)	6:45 PM

Your course

There are three loops, and you'll be on one or more of them depending on your event.

Loop	Length
Main loop	5.05 miles
5K loop	3.12 miles
Campsite loop	0.76 miles

Route files (GPX): [main loop](#), [5K loop](#), and [campsite loop](#).

Event	What you run
50K	Main loop 6 times, plus the campsite loop
Marathon	Main loop 4 times, plus the 5K loop 2 times
Half Marathon	Main loop 2 times, plus the 5K loop once
10K	5K loop 2 times
5K	5K loop once

Finding your way

The course is marked with **white flags** and directional arrows, and sometimes cones. Mostly it is white flags, so keep an eye out for them.

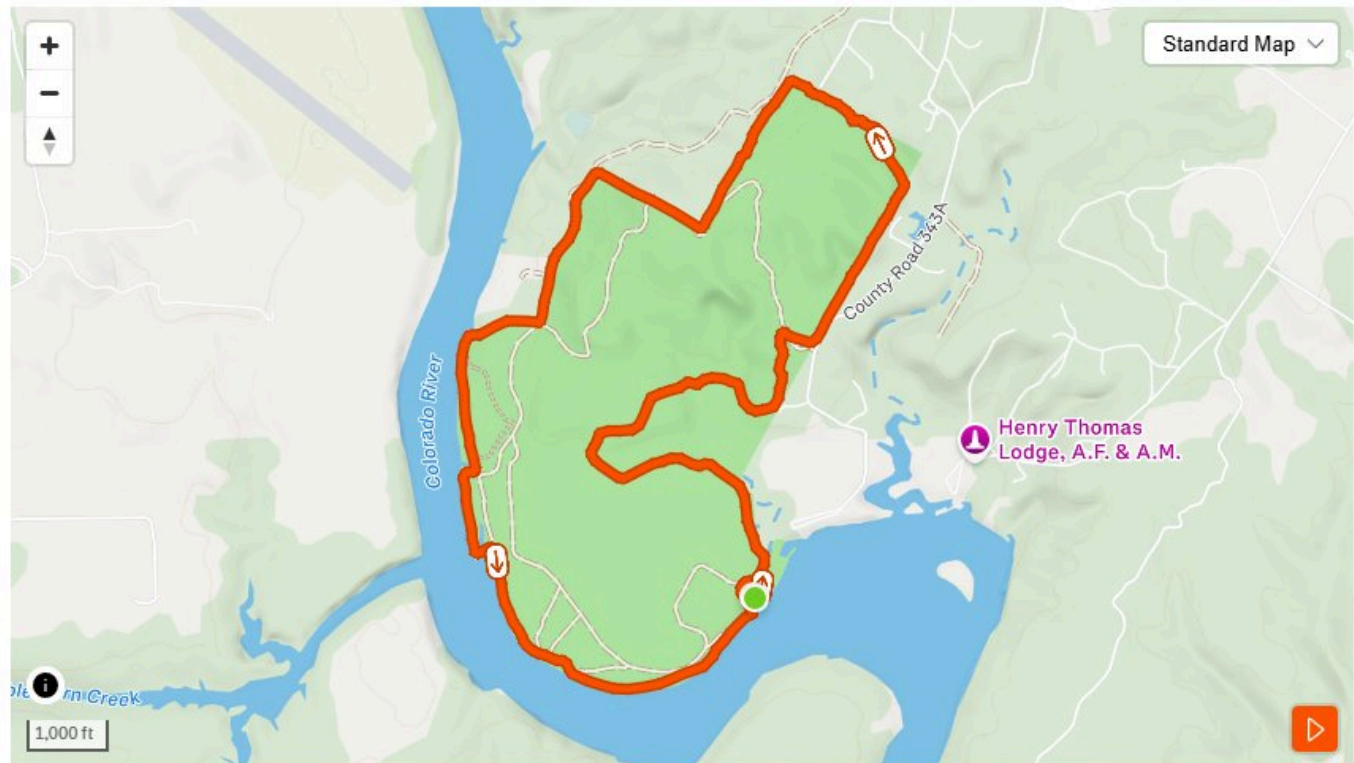
Park restrictions mean we can't block every possible turn. If you reach an intersection that isn't blocked, just follow the path that is lined with white flags.

What to expect underfoot

Rolling hills with moderate climbs and descents. Expect loose rock, compact dirt, and grass, with occasional sandy riverbed crossings.

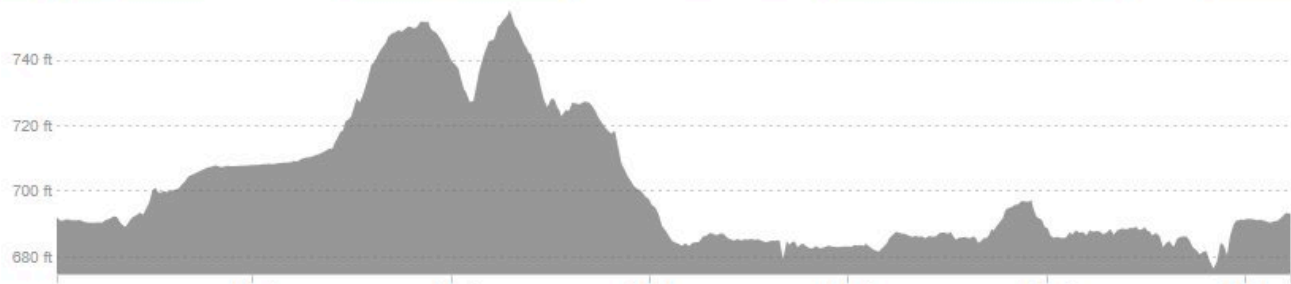
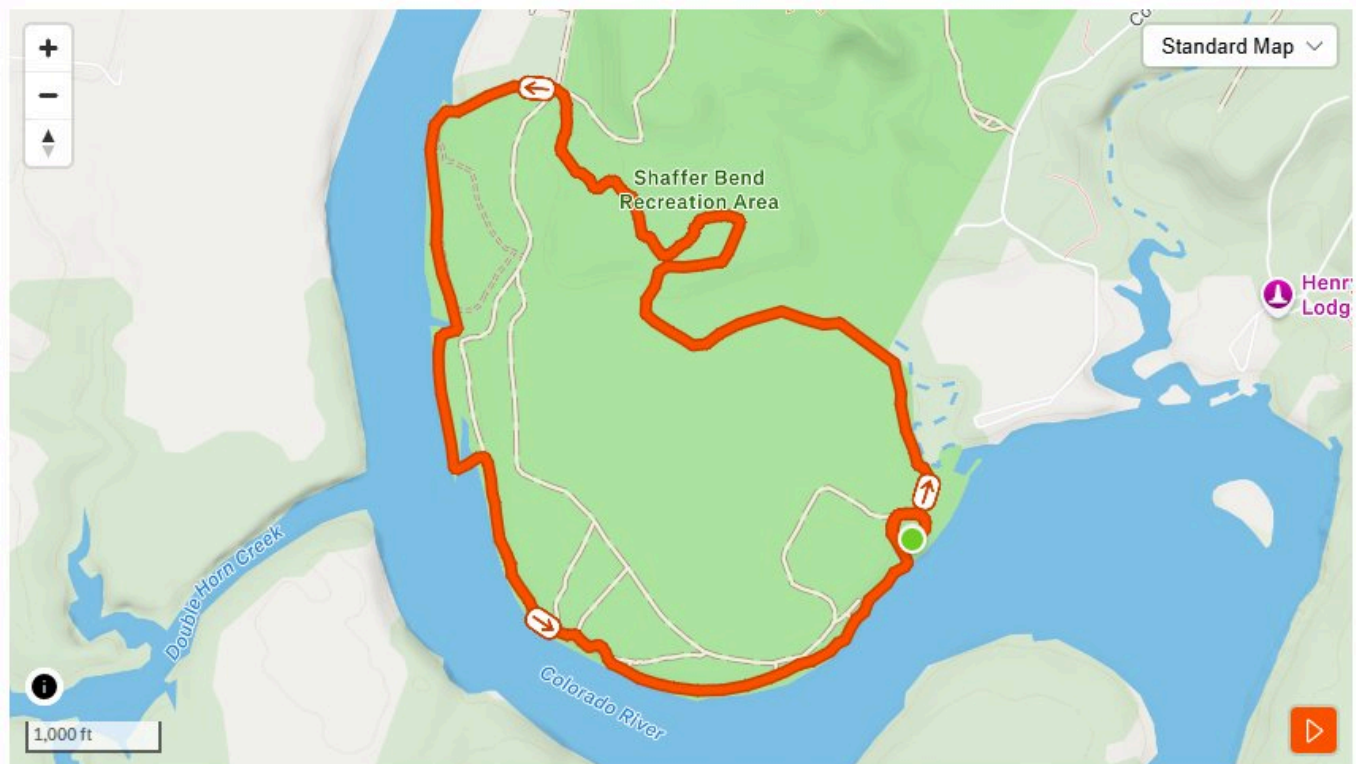
Course maps

Route and Elevation



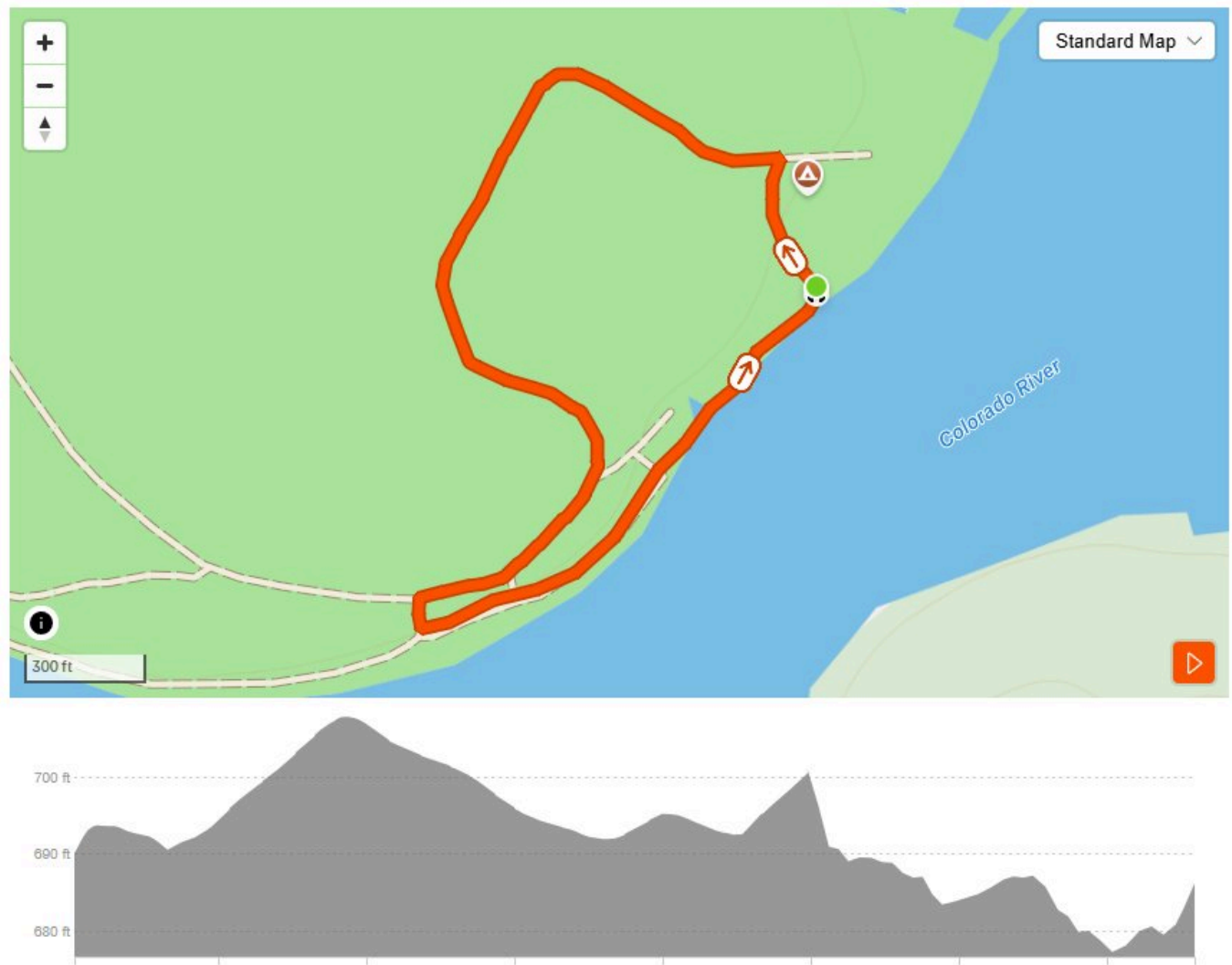
Main loop, 5.05 miles

Route and Elevation

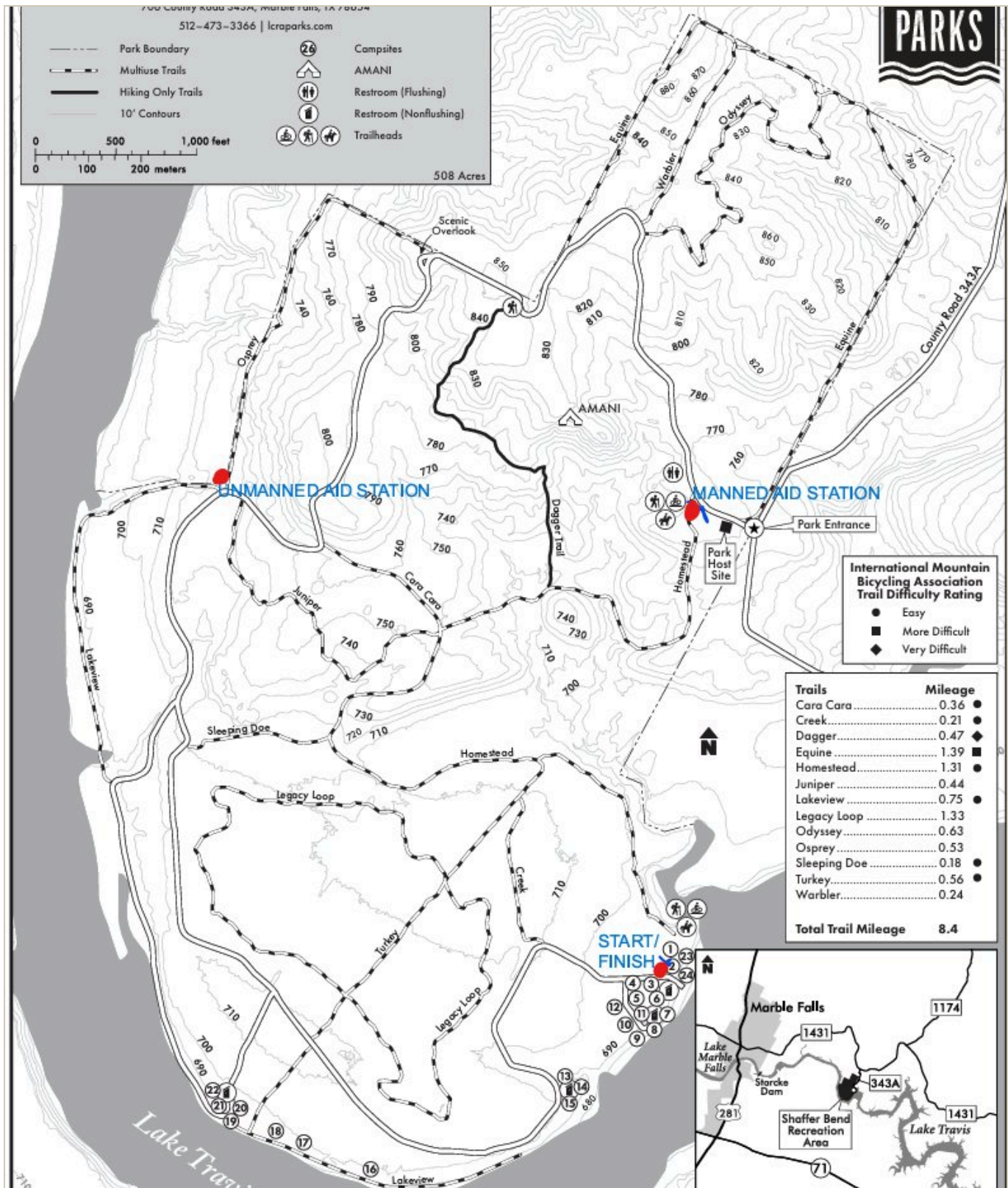


5K loop, 3.12 miles

Route and Elevation



Campsite loop, 0.76 miles



Shaffer Bend trail map (LCRA Parks) with the start/finish and aid stations marked

Aid stations and restrooms

- **Manned aid:** one at the start/finish and one near the park entrance.
- **Unmanned aid:** one at the start of Lakeview Trail.
- **Restrooms:** at the start/finish and near the park entrance.

12-Hour Endurance: the final hour

- **8:00 AM start.** The winner is whoever covers the most miles in 12 hours.
- Run the **main loop** until **7:00 PM**. At 7:00 PM the main loop closes to all 12-Hour runners, and no one goes out on the main course after this.
- **7:00 to 8:00 PM:** move to the **campsite loop** (0.76 miles) and keep adding mileage until the 12 hours are up.
- **8:00 PM hard stop:** cross the finish mat before 8:00 PM for a loop to count. A loop in progress at 8:00 PM is not recorded, so time your last one wisely.

Running after dark

Anyone running in the dark, please have:

- A headlamp with fresh batteries (required)
- A backup light (recommended)
- Reflective clothing or a vest
- A personal hydration system
- A cell phone for emergencies

Half Marathon Ruck

Ruckers, we're glad you're here. You'll run the same course, start, finish line, and cutoff as the half marathon, and you're scored as your own division with your own results and awards.

- **Minimum pack weight:** 20 lb if you weigh under 150 lb. 30 lb if you weigh 150 lb or over. This is dry weight.
- Bring your pack to the start area at least 30 minutes before your start. We'll weigh it and tag it, and then you're on your way.

- Water does not count. Hydration, food, phone, and layers go on top of the minimum.
- Any secure weight is fine: ruck plates, bricks, sand, books, dumbbells. It stays in the pack for the whole course.
- Weight is checked again at the finish. Anything under the minimum moves you out of the ruck division.
- Carry it yourself. No handing your pack off, no dragging, no wheels. Run, walk, or anything in between.

Exceptional Athlete division

Your path, your pace, your run. We're honored to have you with us.

- Choose the adapted course (a 1 to 3 mile accessible loop near the start/finish, repeated to your distance) or the main course.
- Start as early as 7:00 AM, or up to 2 hours before the main field.
- You get an extended cutoff of 50% more time than standard. It never runs past park closing or sunset.
- Check in by bib number at each aid station, and carry a phone with the race director's number saved.
- You are never alone out there. A sweeper or Fitworks buddy stays with athletes on the main course after the standard cutoff if required, and the finish line stays open until every Exceptional Athlete is in.

Safety and emergencies

Life-threatening emergency

For anything severe or life-threatening, **call 911 first**, then **call the Race Director at 737-843-4614**.

Tell 911 you are at Shaffer Bend Recreation Area, 706 County Road 343A, Marble Falls, TX 78654.

Tell us where you are

Tell both 911 and the Race Director your location: the nearest trail name, aid station, or marker. Cell service can be patchy, so the more precisely you can describe where you are, the faster help reaches you.

Hurt or sick, but not in danger

Tell the nearest aid station volunteer about any injury or illness, and they'll take care of you.

If you stop

If you decide to drop out, please tell a volunteer at an aid station or at the finish. That way nobody goes out searching for you by mistake. Please don't just head to your car.

After dark

This applies to the 12-Hour and the night 5K. If a night runner is hurt or overdue, call the Race Director at **737-843-4614**, and call 911 first if it is life-threatening.

If the weather turns

If severe weather threatens, the event may move to a later start time, be postponed to the following weekend, or be converted to a virtual option. We'll make that decision 24 hours before the scheduled start.

See you at the Fields of Gold

Thank you for running with us and for supporting young runners in Cedar Park. Have a wonderful race, and enjoy every golden mile.