

TEXAS ENDURANCE RUNS: 2025 Race Document

Friday 24-Hour: 6:00 pm July 25 to 6:00 pm July 26
Saturday 24-Hour: 6:00 pm July 26 – 6:00 pm July 27
48-Hour: 6:00 pm July 25 – 6:00 pm July 27

**Coleson's F.R.O.G. Camp
1824 Staree Lane
Fort Worth, TX 76159**

The weather looks really good, with lower-than-usual temperatures, and a nice breeze! (Did I just jinx us?) But even though it won't be super hot don't forget sunscreen, and other heat management gear like hats/visors, ice bandanas, long-sleeved wicking shirts, sun sleeves, umbrellas, etc. Your feet will also swell more, so be sure to bring a larger pair of shoes (preferably trail shoes.) And pre-book your recovery from CoolFactor!

This email should cover everything you need to know. There's a lot to cover, so we've alphabetized it. We're sending it via email and we'll also attach it to the RunSignup site, under FAQs. If something is missing, it's probably in the [FAQs](#):

SCHEDULE

Friday:

3:45 pm Gate opens. No access to F.R.O.G. Camp prior to 3:45pm (unless you have a camp rental.)
4:00 pm Packet Pickup begins
4:00 pm Tent and Canopy setup begins
5:30 pm Service hosted by Runner's Church
5:45 pm Pre-Race Briefing
6:00 pm Start time for 48 Hour and Friday 24-Hour

Saturday:

4:00 pm Packet Pickup
5:30 pm Service hosted by Runner's Church
5:45 pm Pre-race Briefing
6:00 pm Friday 24-Hour finishes
6:00 pm Saturday 24-Hour starts

Sunday:

6:00 pm 48 hour and Saturday 24-Hour end
8:00 pm Tents and Canopies should be removed

ABOUT OUR BENEFICIARIES

- Coleson's F.R.O.G.: WRATH Racing donates for each registered runner. Last year, TxER raised \$2,395 before matching!
- Coleson's F.R.O.G Camp: Help out the camp that's hosting us by purchasing something from their [Amazon wish list](#):
- The Snowdrop Foundation: In addition to the Donation link that goes straight to Snowdrop, WRATH Racing also donates 50% of shirt proceeds!

ABOUT THIS RACE

- Why do we run? To have fun while meeting other crazy people while raising money for Pediatric Cancer!
- What is a "Fat-Ass-Style" race? Basically, it's a No-Frills event. True "Fat-Ass" events are basically self-supported group runs, with no medals, no shirts and no aid, and sometimes just a map instead of course markings! TxER provides a marked course, chip-timing, and posted results. We'll also give you finisher medals, some swag, a limited amount of Aid. And we have shirts available for purchase.

AID STATIONS: INSIDE & OUTSIDE

- The Outside Aid Station will have water, sports drink and a little bit of everything else (candy, cookies, chips, soda, etc) It will also have a table where we'll put Breakfast, Dinner and a few surprises.
- The Inside Aid Station will have items that might melt (ie chocolate); items that need hot water (like mashed potatoes, oatmeal and broth) and items that need to be microwaved (like mac-n-cheese, or ramen noodle cups.) We'll have a coffee bar here all race long!
- Ice: There will be an ice chest at the start/finish, and more in the Gathering Place. **Please use the ice scoops.**
- Donations Table: Not going to eat it after all? You can leave pre-packaged items on the Donations table. Or bring something (like chips, granola bars, etc) to share!
- Please thank our wonderful sponsors:
 - THANK YOU to Ginger & Associates Real Estate for donating PIZZA both nights!
 - THANK YOU to Bobos for donating yummy 4 flavors of yummy treats for breakfast both days!

BIB PICKUP: See 'EXPO'

CAMPING & PARKING

- Cars: Yes, you can crew yourself out of your car. Most (but not all) parking areas are near the course
- Map: Please [see the map](#) for Parking and Camping zones. There are designated areas for Volunteer parking, RV parking, car camping and quiet/tent camping

EXPO

- Pick up your packet and bib beginning at 4PM on Friday
- Reserve an appointment for a massage
- Learn more about WRATH Racing and our other races!
- Drop off medals for Bling For Bravery! They will be repurposed for pediatric cancer patients!
- Meet some of our sponsors!
- Swag and/or bibs not picked up prior to the race start will not be made available for pick up after the race. Add-on shirts may be mailed, at our discretion, after payment of a Shipping & Handling fee.

COURSE DESCRIPTION

- Start / Finish: Each loop begins and ends on the gravel in front of the Lodge
- Course Markings: Staree Lane will be marked with cones; the turn-around will have a flag and a special blinker. The grass section will be marked with white light sticks; the turns will blink at night.
- Surface: 1/3 Asphalt, 1/3 gravel, 1/3 grass. **We strongly suggest wearing trail shoes* for this event: the gravel is large and fierce. It might be a bit dusty.
- MANDATORY Reflective Gear: Our agreement with the Sheriff's office requires that every runner needs to wear something reflective. Each runner has a reflective snap bracelet in the goody bag - it can be worn in many ways, such as attached to pack straps, etc.
- Lights: The Asphalt section has street lights, but the rest of the course is unlit. We recommend that runners have a headlamp or flashlight.
- Dam: This will be mWe will run on the dam this year! This year's rocks are smaller.
- Map: On [the event page](#).

FACILITIES

- The Gathering Place:
Private cots inside: Set up your own cot in the air conditioning (cot slots will be given on a 1st-come/ 1st-serve basis, with priority given to 48-hour runners)
Public cots outside: Runners may use one of our 4 public cots on the front porch on an as-needed basis.
- Toilets:
There is a toilet in the Gathering Place with a sink
There are 4 portable toilets on the course with hand-washing stations.

F.R.O.G. CAMP RULES

- No Alcohol: Coleson's does not allow alcohol on the premises.
- Keep it Clean: Coleson's is letting us use F.R.O.G. Camp at no charge, so we ask for your cooperation in leaving the property and Staree Lane as clean as when we got there.
- It's Private Property: Coleson's F.R.O.G. Camp is only available to runners from 3:45 pm Friday 07/26 to 8 pm Sunday 07/28.
- Let The Residents Sleep: Please don't please be quiet at night around the house, Lodge and Barndominium, since they will all be occupied
- Park Only In Designated Areas: Failure to do so could result in a DQ.

HEALTH & SAFETY

- If you are experiencing symptoms of an illness, we ask that you consider not attending: you can transfer to the Virtual Event right up to midnight on the night of your event, and you'll have until 08/13 to complete it!
- Every tent will have hand sanitizer.
- Please hydrate properly, take in enough electrolytes, and use sun protection. Please take advantage of shade when you can.
- Be aware of your body. We have a few volunteers with Medical, First Aid & CPR/AED training, but we do not have continuous coverage..
- Please bring your own basic medical kit. In the event that you need something you don't have, we may be able to assist. THANK YOU to Trail Toes for donating anti-chafing cream and sports tape to our medical kit!

HOTELS & LODGING

Suites at the F.R.O.G. Lodge (Email Julie@colesonsfrog.org):

- Deer Suite \$200 (2 queens, and one set of bunkbeds, with a large bathroom)
- Moose Suite \$150 (1 queen and one set of bunkbeds, with a bathroom)
- Bear Suite \$225 (Two-room suite with 1 queen and two sets of bunkbeds, with a Jack and Jill bathroom)

Area hotels (we suggest checking their reviews):

- Newest: Hampton Inn-Fossil Creek & Fairfield Inn-Fossil Creek (both at I-820/I-35W); LaQuinta-Lake Worth & Comfort Suites-Lake Worth (both at I-820/Quebec Street); Best Western Plus-Lake Worth (I-820/Jacksboro Hwy/Boat Club Road)
- Closest: Holiday Inn Express-Lake Worth at I-820 & Azle Ave
- Budget: Motel 6-Saginaw, Red Roof Inn & Best Western Inn/Suites, all at I-820 & Blue Mound Road.

MEDALS AND AWARDS

- All finishers get a 3" ceramic medal. (Who is a finisher? Anyone who has completed at least 1 loop!)
- If you complete at least 50K, you'll get a distance sticker for the furthest distance completed! We have stickers for 50K, 50 Miles, 100K, 100 Miles, 150K, 150 Miles, 200 & 250K! (THANK YOU to DFW Stickers for donating the distance stickers!)
- Top M/F in each race will receive an award plaque to take home. A few weeks after the event, we'll mail you a metal label with your name, race, mileage and placement.
- Top M/F in each race will receive a pair of athletic socks from TxER sponsor TOYF Socks (Time on Your Feet!)
- Runners who do 100 miles or more in any event will get a hand-painted antique brick!
- Get your medals, distance sticker and any award from the volunteer in The Lodge.
- Swag and/or bibs not picked up prior to the race start, or finisher medals not picked up at the finish line will not be mailed. Medals will be made available for pick up at WolfDog 5K/10K (Ft Worth) and Carrollton Runner's Club Prediction 5K (Carrollton August 17th).

MOTHER NATURE

- **Bugs:** Yes, there will be bugs. (Maybe lots of them.) And some of them will bite. You can pick up a bug band at bib pickup, but you'll also want to bring a good bug spray!
- **Critters:** You may see cats, cattle, ducks, frogs, geese, goats, horses, lizards, mules, rabbits and reptiles.

NON-PARTICIPANTS

- **Crew:** We encourage you to bring crew. But if you don't have crew, you'll be fine - it's such a short loop that you can easily crew yourself.
- **Pacers:** No pacers, please. Your family and friends should not do more than 1 (one) lap with you at a time.
- **Spectators:** Please! The more people that are hanging out in the athlete village, the more fun everyone will have!
- **Race Food:** Race food and bottled beverages are for registered Runners and Volunteers only. (All attendees can drink the water and sportsdrink from the 5-gallon jugs.)
- **Responsibility:** Runners are responsible for the behavior of their family, friends and crew. Your crew can get you disqualified, so make sure they read this document and know the rules

PHOTOGRAPHS

- RD/Photographer John Leighton, will be taking great pictures throughout the weekend!
- Pictures will be posted in the Facebook Group, with the best on our IG @wrathracing and the RunSignup page
- Please tag us in your pictures! #TxER, #WRATHRacing, @wrathracing

RECOVERY

We'll have some great providers to offer you lots of ways to recover mid-race or post-race

- Cool Factor has a lot of different options:
 - Foam Rollers Complimentary
 - Massage Guns Complimentary
 - Cryotherapy Session (3-5 minutes) * \$35
 - Normatec Compression Boot session \$20
 - COMBO Cryotherapy & Compression * \$35
- Cool Factor sessions should be booked online: <https://cool-factor-cryo-dallas.breely.com/form/6975>
- Sports Massage by Carlos
 - Chair Massage or Table Massage (up to 15 minutes) \$15
 - Chair Massage or Table Massage (over 15 minutes) \$2/Min
 - Book in person or text 325-200-1290
- Free Red Light Therapy with purchase of any Cryotherapy session

SHIRTS!

- Our "Type-2" shirts are \$20 each. \$5 from each shirt goes to Snowdrop!
- Purchase for CASH at the race or [buy them through RunSignup with a credit card](#).
- THANK YOU to DFW Stickers for donating their labor and expertise to keep the cost of the shirts manageable!



**DFW
Stickers**

SWAG/GOODY BAG

- Every runner will get a goody bag, featuring your choice of Swag item, samples from Trail Toes and assorted other gear.
- Runners who are running both days (including 48-hour runners) may choose two items!

SPONSORS & PARTNERS

Thank you to the following Sponsors & Partners who help to make this race possible:

- **BOBOS** for providing breakfast both mornings
- **COOL FACTOT CRYO DFW** for keeping our runners moving!
- **CHARLES SEEFELDT** for helping to move our gear
- **DFW STICKERS** for donating their labor for stickers, shirts and other swag!
- **GINGER & ASSOCIATES** for providing pizza both night
- **SPORTS RAGS ETC.** for providing Run Rags
- **TOYF Socks (Time on Your Feet)** for providing socks to the winners
- **TRAIL TOES** for providing anti-chafe products

TIMING

Mike Melton of MCM Timing will be timing TxER 2025! Mike is literally the best in the business for Time-based races!

- Live results on MyRaceResult.com (link TBD)
- Two chips for redundancy: chip on the bib (yours to keep!) & chip on your shoe (please return it after your race.)
- Shoe Chips: zip-tie it somewhere below your knees. Make sure you move it to the new pair when you change shoes!
- Only full laps count towards your final standings. If tied on laps, place will go to runner who finishes first.
- You may leave the course at any time to your tent. Please reenter the course where you left it.
- If leaving the site for an extended duration (hotel, etc.), you should turn in your chip to the Timing Tent for safe-keeping, and get it back when you return.
- If you finish while there is still time on the clock, please tell the timer so he can 'end' your race in the timing system.

VEHICULAR TRAFFIC

- Cones: When there are cars on the road, please stay within the coned area for your safety. Staree Lane residents aren't used to pedestrians on their street.
- Driveway: Runners will be sharing the driveway with vehicle traffic, so please encourage your family and friends to drive slowly!
- Traffic: If you challenge a car, it will win. Please be safe.

VIRTUAL

- An event like this takes lots of training, so don't let it go to waste! We offer a Virtual version if something prevents you from running the actual event.
- The V-Tx Virtual TxEr can be run starting 2 weeks before the in-person event and up to 2 weeks afterwards.
- Emailed requests for transfers to the Virtual must be received by Midnight of the day of your event.

VOLUNTEERS

- We can ALWAYS use volunteers!
- Registered volunteers are welcome to consume any of the food and/or drinks.
- Volunteers earn credit towards other WRATH races!
- If your friends/family wants to come watch, have them volunteer!

<https://runsSignup.com/Race/Volunteer/TX/FortWorth/WRATHEnduranceRuns>

WEATHER

High 95*-96*, low 73*-76* with no rain. Breezy Friday & Saturday, and gusty on Sunday.

We're going to run a lot and sweat a lot. But we're also going to make new friends and have a lot of fun! We'll see you at F.R.O.G. Camp!

John & Kay

Join our [Facebook group](#) for the latest news!
See all of WRATH Racing's [standard policies](#):