

# Thank you for being part of the 2024 David's Trail Endurance Run!

**Rocking Chair Resort**  
**278 CR 763**  
**Mountain Home, AR 72653**

## Packet Pickup at Rocking Chair Resort

Using the resort's game room, athletes will enter the newly added double doors, pick up materials, and exit the (older) side door.

### Friday

You can pick up your packet at Rocking Chair Resort on Friday, January 19 from 5:00 to 7:00 p.m.

### Saturday (Race Day!)

You can ALSO pick up your packet Saturday, January 20 (Race Morning) at Rocking Chair Resort between **6:30 and 7:30 a.m.** For the 25K and 7K, you can pick up again between **8:15 and 8:45 a.m.** The 7K runners have one last chance to pick up between **9:15 and 9:45 a.m.**

## Race start

The race start line is practically right in front of the game room. Those looking to PR or seriously compete, toe the line; the race is chip timed. Results will be accurate no matter what time the starting line is crossed.

## Post-race food and beverage

Like packet pickup, food/beverage will be served from the game room. Because of the predicted cold temps, we'll serve from inside the game room. A section of the room will be blocked off and you will walk up to the table and ask the volunteer to be served.

After you have your grub, feel free to use all the open space at Rocking Chair Resort to eat, be merry, and cheer on your fellow runners as they cross the finish line. However, since it'll be cold, we understand if you want to hang out indoors.

In addition to the game room being available, Cabin # 15 will be open as a secondary "warming hut." Runners can use the cabin's restrooms, change out of wet clothes, or use it for a little recovery. You may be asking, "where is this Cabin # 15 you speak of?" Well, it's very close to the game room, but we'll have signage to help you find your way (see tiny map >).



## SCHEDULE

*Races are held rain or shine, sleet or snow. Parking, packet pickup, races, and post-race festivities take place at Rocking Chair Resort.*

### **Rocking Chair Resort**

**278 CR 763**

**Mountain Home, AR 72653**

### **Friday, January 19 @ Rocking Chair Resort**

5:00 to 7:00 p.m. - Packet pickup for all events

### **Saturday, January 20 @ Rocking Chair Resort**

7:00-7:45 a.m. - Packet pickup for all races

7:45 a.m. - Lineup for 50K

7:45 – 7:59 a.m. – National Anthem & last-minute announcements

8:00 a.m. - 50K Start

8:15 to 8:45 a.m. - Packet pickup for 25K & 7K

8:45 a.m. - Lineup for 25K

8:45 to 8:59 a.m. – National Anthem & last-minute announcements

9:00 a.m. - 25K Start

9:15 to 9:45 a.m. - Packet pickup at for 7K

9:45 a.m. - Lineup for 7K

9:45 to 9:59 a.m. – National Anthem & last-minute announcements

10:00 a.m. - 7K Start

12:00 p.m. – Post Race Meal begins

1:00 p.m. – Mellow Mountain Band

Awards: **We're thinking we'll shy away from the big "awards ceremony" as in years past. We will make announcements regarding awards and hand them out as division placements are fulfilled.**

## Shirt Sponsor



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Start / Finish Line Sponsor



Shoe Sponsor



We will draw names for two pairs of shoes for two 25K finishers and two pairs to two 50K finishers!

## WHERE THE....?

### How do I get there?

Rocking Chair Resort

278 CR 763

Mountain Home, AR 72653

Here it is on [Google Maps](#)



### Where do I park?

Rocking Chair Resort will have plenty of room by the game room on Friday night. It could get tight on Saturday since the snow and ice may limit parking, so please pay close attention to the parking attendants as they guide you in, and **CARPOOL** if possible.

Given the **icy conditions**, it is recommended that your vehicle have four-wheel or all-wheel drive, so you can get in and out of the resort successfully. Again, if at all possible, please **CARPOOL**.

### Can I signup onsite?

Friday night: Yes

Saturday: No

## What else should I bring?

Other than good vibes and some cash.....

- **Handheld, bladder, or [HydraPak SpeedCup](#)** – Aid stations are cupless (we do not have paper or plastic cups for your on-course hydration). HydraPak SpeedCups may be purchased onsite for \$5 each. Because of the **icy conditions** and low temps, it is possible that your hydration packs, hoses particularly, could freeze during your run. This may be the day to bring your SpeedCup with you so you can stay hydrated.
- **Post-race drink & dinnerware** - We will be providing pizza and beverage, but we ask all participants to bring their own plates and silverware (if you wish to use them), as well as your own cups and mugs. In an effort to “go green,” we are asking everyone to help out!
- **BYODB** (Bring Your Own Drop Bag) – 25K & 50K athletes can have drop bags brought from the start line to the Panther Bay aid station. We will not provide bags.
- Bring your **old running shoes to be recycled**. Add to the pile of shoes before they are shipped off to [funds2orgs.com](#)
- If you're staying onsite, we plan to keep the party going. There is a possibility that we'll run out of adult **refreshments**, so you may want to bring your own stash for the after-party.

## Can Spectators hang out?

Yes. We welcome friends and family to hang at Rocking Chair Resort for the finish or at the Panther Bay Park Pavilion (25K turnaround and 50K drop bag area). Spectators are welcome to the post-race grub if they have purchased a wrist band. No wrist band, no food. No exceptions.

## Did you say “drop bag”?

Yes. There will be a sign at Rocking Chair Resort for runners to drop a bag. This will be **BYODB** (bring your own drop bag) that we will take to Panther Bay Park Pavilion (25K turnaround and 50K checkpoint). Leave your bag at your own risk and take measures to make it stand out from the rest. Bags will be brought back to Rocking Chair when the last runner comes through. We do not know what time we will bring them back to Rocking Chair, and we do not take responsibility for the safety of the contents. DTER takes no responsibility for drop bags other than their safe transfer from the start to the finish area. It is your responsibility to clearly label your bag with your name and bib number.

## What sort of weather for this time of year?

**As of January 18, they're predicting a start in the low teens, warming up to only the upper 20s and sunny.** The weather for this time of year is very unpredictable. Keep up from the Weather Channel at: <https://weather.com/weather/5day/l/72653:4:US>

## ON THE COURSE:

### Runner Checkpoints

It is the runner's responsibility to be sure he/she has checked-in at the following on-course check points to ensure you are recorded. Failure to check-in may result in DNF status.

- 50K & 25K runners will need to check-in at the Panther Bay aid station (50K twice).
- 50K runners will need to check in at the Take It Easy aid station (twice)
- 50K runners will need to check in at the Seward/Yellow Gate turnaround.

### Is this the same course as last year?

Yes, mostly. The 50K course is a bit long this year! The 50K turnaround is past the yellow gate and will add about two tenths of a mile to your trip. Snow and ice have made getting to the yellow gate in a vehicle unsafe.

### How did the course get so awesome?

Please give a big "Thank you" to Ted, "Friends of David's Trail," Jake Anderson, and the North Central Arkansas Master Naturalists for doing a fantastic job getting the trail ready for this weekend!



### Is there a time limit?

- Overall cut-off time is 5:00 p.m. (9-hour 50K, 8-hour 25K)
- All checkpoint times assume an average pace of 16:40 minute/mile.
- Runners not making it through checkpoints at the noted time will be pulled from the course and escorted to the start/finish at Rocking Chair Resort.
  - Mile 18.25 | 50K turnaround: 1:00 p.m.
  - Mile 26.25 | Panther Bay Pavilion: 3:30 p.m.
  - Finish 31.75 | Rocking Chair Resort: 5:00 p.m.

### Are earbuds / music permitted?

We do not prohibit earbuds, but please take into consideration that there are people around you and you can't hear "on your left" if you're rocking out. Please be considerate.

### What do the aid stations provide?

Well, not cups! (See the "cupless" bullet on the previous page.) There is an aid station approximately every 4-6 miles. Not every aid station is created equally. All will provide Tailwind, water, and at least light snacks. The Panther Bay aid station is fully loaded with Tailwind, water, & munchies, warm food and beverage. 50K turnaround will provide some warm soups, Tailwind, and the other necessities.

### Are there bathrooms on the course?

The Panther Bay aid station will have restrooms open.

### You drop it, you lose it.

A reminder that anything (clothing, gear, etc.) left on-course or scattered around the start/finish should be considered gone and subsequently donated. Other than drop-bags, all items picked up are donated to a local thrift store.

**What is the elevation?**

50K has approximately 5,000 ft. of elevation gain.  
25K has approximately 2,500 ft. of elevation gain.  
7K has at least 750 ft. of elevation gain.

**AFTER THE RACE...**

**Are there finisher medals?**

Yes. All finishers will receive a Finishers Medal!

**What's at the finish line?**

- Plenty of space to spread out
- Food
- Beverages
- Finisher Medals
- Water
- Tailwind
- Results
- Mellow Mountain Band

**What about results?**

- Overall and Division winners will be announced at Rocking Chair
- Unofficial Results will be posted on the website by Sunday evening
- Official Results will be posted as soon as possible, please give us up to a week after the race to sift through any discrepancies.

**Awards and Divisions?**

- 50K, 25K, & 7K
  - Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> overall male/female
  - 1<sup>st</sup> and 2<sup>nd</sup> for age divisions male/female
  - Finisher medals for all finishers

**Divisions**

Age Group	7K		25K		50K	
	M	F	M	F	M	F
13 & Under	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>		
14-19	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
20-29	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
30-39	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
40-49	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
50-59	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
60-69	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>
70+	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>	1 <sup>st</sup> – 2 <sup>nd</sup>



## CHIP TIMING:

### Timing provided by Agee Race Timing

**Agee Race Timing** will be timing all Saturday races. Chips will be handed out at packet pickup. Simply slide the chips down your laces; you'll never know they're there! (See pic below)

Please return your chips at the finish line.



### Is there a penalty for not returning chips?

Yes, we will find you.

# We look forward to seeing you race weekend!

## Community Sponsors & Partnerships



Of Mountain Home



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