



33rd Running of the Ouachita Trail 50 Endurance Run April 13, 2024 Race Information

The Basics

Location: Maumelle Park, Little Rock, Arkansas, Pavilion # 8

Start Time: 6:00 AM for the 50 Mile and 50 Km
Runners must check in at the pavilion a minimum of 30 minutes before the start time

Packets: Race packets may be picked up on Friday, April 12th from 3 PM - 6PM at Fleet Feet Little Rock - 11525 Cantrell Road, Little Rock 72212 or at Pavilion #8 on race morning.

Race Detail

Course Description: Starting and ending with two miles of pavement between Maumelle Park and the eastern Ouachita Trail terminus at Pinnacle Mountain State Park, the course features a picturesque climb over and around Pinnacle Mountain followed by an out-and-back along the shore of Lake Maumelle on the Ouachita National Recreation Trail. Most of the Ouachita Trail is a scenic, rocky, single-track foot path. The trail is permanently marked with blue blazes. Turns are marked with two blue blazes. Additional markers (blue and white striped ribbon) will also mark the course. The Pinnacle Mountain trails and loop are utilized on the "out" portion only. 50K participants will be diverted off of the OT around the 16-mile point and will follow a different approach to the Northshore Aid Station. The course involves several highway crossings, and there will likely be no traffic control. Please be responsible and be careful! **NOTE:** If conditions are wet, the course may be rerouted to avoid the top of Pinnacle Mountain. This is due to safety concerns and is mandated by the state park.

Weather: Average temperature on race day: low 52 degrees, high 75 degrees

Aid: Eleven staffed aid stations for 50-mile; seven for 50Km. (See mileage/aid station chart.) Carrying at least one fluid bottle is HIGHLY advised. Aid station fare includes water, Gatorade, Coke, Sprite, Mountain Dew, chips, cookies, crackers, candy, peanuts, beef jerky, PB&J sandwiches, bananas, and oranges. No Advil, Aspirin, or other pain relievers will be supplied at aid stations.

Crew access: Crews can meet runners at East Pinnacle Parking Lot, West Summit Trailhead, Northshore, and the Hwy 10 turnaround only.

Drop Bags: Drop bags will be taken to the Northshore and Hwy 10 (50 mile only) aid stations. Please label drop bags with these names and your name and bib number to avoid confusion. Bags can be dropped off during race check-in. We will try to return bags to the finish area as soon as possible. Please pick up drop bags after the race or make arrangements for them, as they will not be mailed back to you.

Cut-off Times: There is a 13-hour time limit for the 50 Miler, and 7:00 PM cut-off for both races. Runners registered in the 50 Mile have the option to change to the 50Km during the race. To continue in the 50 Mile race, a runner must exit the Northshore aid station (out-bound) by 10:15 AM. Other cut-off times are:

- Hwy 10 Turnaround aid station - 12:50 PM
- Northshore (50 Km turnaround) - 1:20 PM
- Northshore (50 Mile in-bound) - 3:20 PM
- East Pinnacle inbound (50M/50Km) - 6:05 PM

These cut-off times will be strictly enforced.

Awards: Finishing awards to each 50K and 50 Mile finisher. Overall awards to first male and female, open and Masters finishers in the 50K and 50 Mile. Awards will be presented as you finish.

Race Director: Stacey Shaver, e-mail OT50@RunArkansas.com ; phone 501-590-5196

Race Rules and other general information

Absolutely No Littering. Violators will be subject to disqualification.

All runners must wear assigned race numbers. It is the runner's responsibility to ensure his/her race number is recorded at all staffed aid stations.

Runners receiving aid from crews outside the designated crew access points are subject to disqualification.

No trekking poles.

At no time may a runner ride in or on a vehicle of any kind. Violators will be disqualified. If you get off the official course, you must return on foot to the point at which you left the prescribed race route.

Medical personnel, the race director, and aid station captains have the right to pull a runner if they feel they are a danger to himself/herself.

If you have to drop from the race, make sure that a race official at an aid station is notified. Failure to do this could result in search and rescue, which could be at runner's expense.

Showers are available inside Maumelle Park campground for a small fee--check with the park office at the entrance.

Crew Directions

Crews are only allowed to aid their runner(s) at the start/finish, the East Pinnacle parking lot, West Summit Trailhead, Northshore, and the Highway 10 turnaround (for 50-mile only).

East Pinnacle parking lot

This is off of Pinnacle Valley Road, approximately four miles west of Maumelle Park. Going west on Pinnacle Valley Rd, it will be immediately after you cross railroad tracks. Please do not park on the grass or in "No Parking" areas. Overflow parking is available further west of the main parking lot on the right side of Pinnacle Valley Road.

Northshore

This is off of Highway 300, just west of Roland. It is not marked. This is approximately half a mile west of Roland Cut-off road at Hwy 300. There is a small parking area to the left, as the highway turns right. Watch for vehicles.

Hwy 10 park (50 Mile turnaround)

The roadside park is approximately 15 miles west on Highway 10 from Pinnacle Valley Road (or about 11 miles west on Hwy 10 from Highway 300), just before a bridge over Lake Maumelle. It is before the Hwy 113 intersection.

Accommodations

Maumelle Park is a Corps of Engineer park on the bank of the Arkansas River. Tent camping and RV spaces are available for a fee.

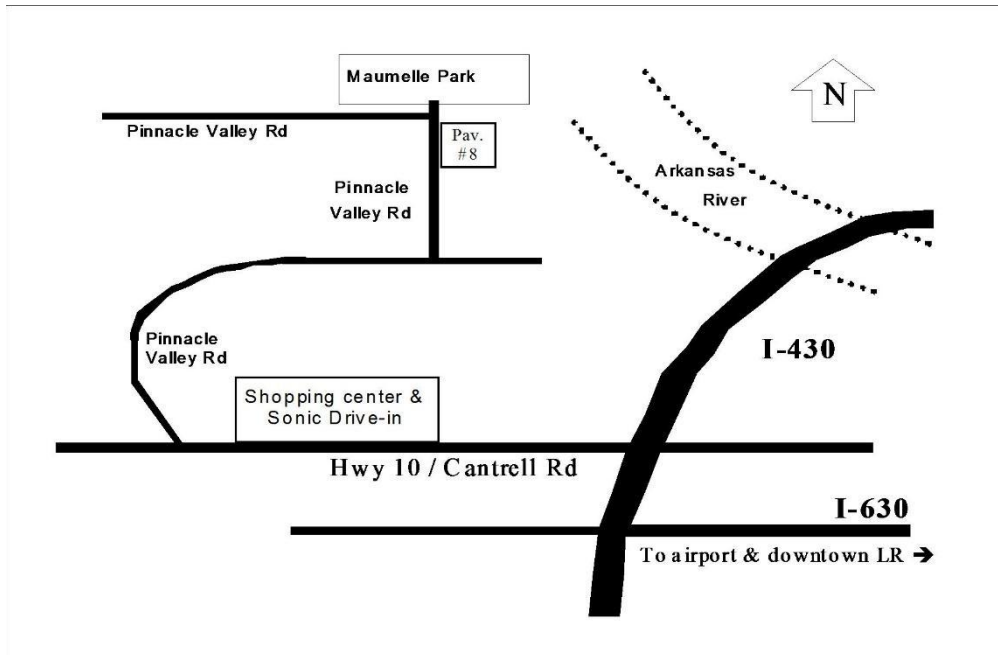
All spaces have water and electricity, and up to two tents are allowed per space. Campsite reservations may be made by visiting www.recreation.gov (search for "Maumelle") or calling 1-877-444-6777.

PLEASE NOTE: No camping is allowed at the pavilions.

There are numerous motels/hotels within about eight miles of the start, near the intersection of I-430 and I-630 in west Little Rock.

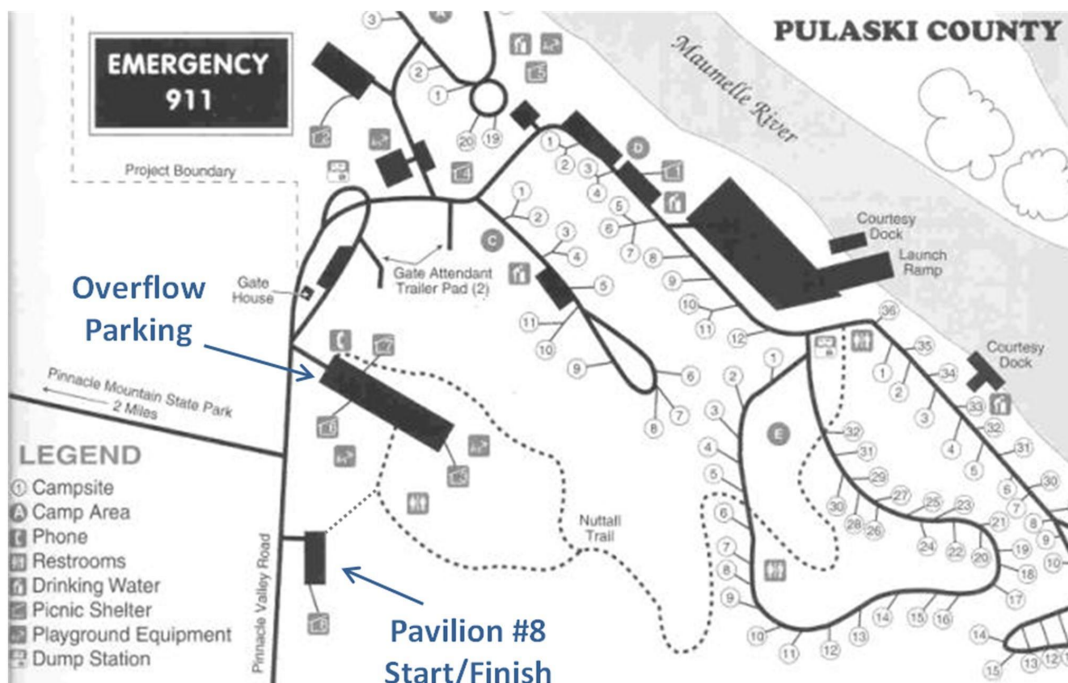
Directions to Race site

From Interstate 430 at Highway 10 in west Little Rock, go West on Hwy 10/Cantrell Rd. Stay on Hwy 10 for approximately 2.7 miles. Make a Right turn onto Pinnacle Valley Rd at the stoplight. (Look for a brown sign indicating Maumelle Park.) Pinnacle Valley Rd makes a left turn about 1.5 miles from Hwy 10 (watch again for a brown Maumelle Park sign). Follow for less than a mile, to get to Maumelle Park. Pavilion #8 is on the right, just BEFORE you enter the park. The address is: 9009 Pinnacle Valley Rd, Little Rock, AR 72223



Race Parking

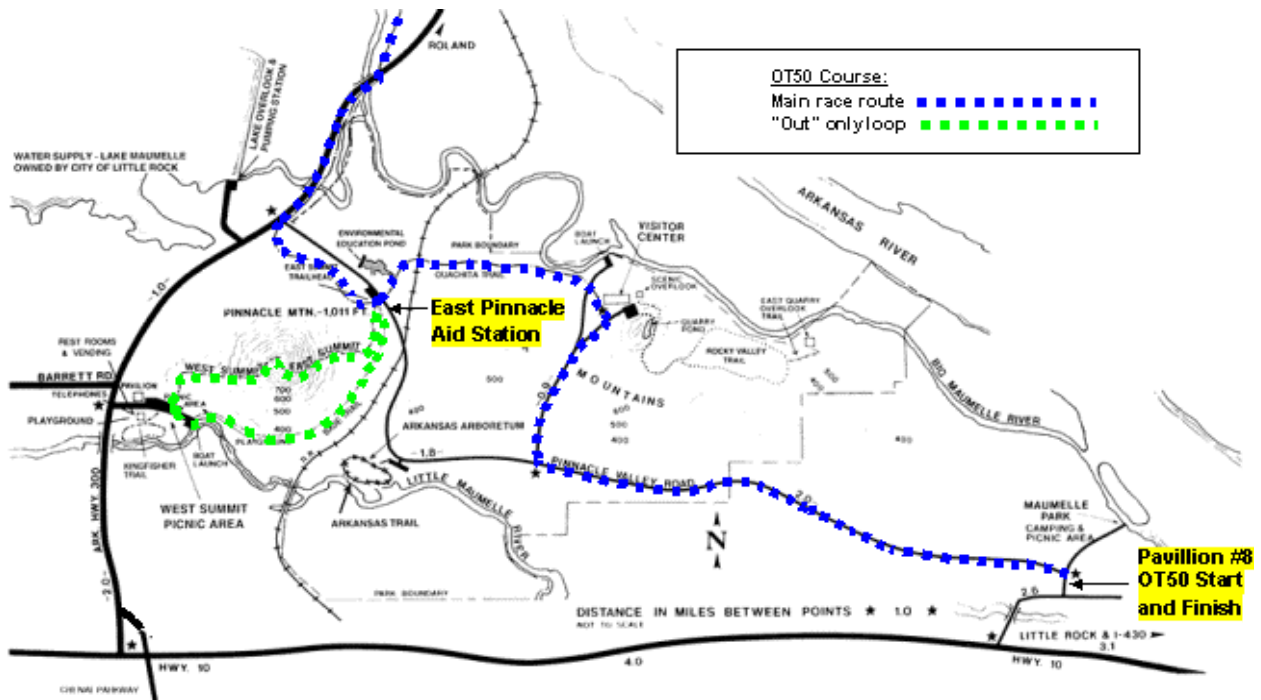
Volunteers will be directing arriving runners on race morning in order to park as many vehicles as possible at pavilion number eight. Your cooperation will help us achieve this. If overflow parking is required, please use the parking lot by the pavilions just inside Maumelle Park (see map below). It is critical that you DO NOT park along Pinnacle Valley Road.



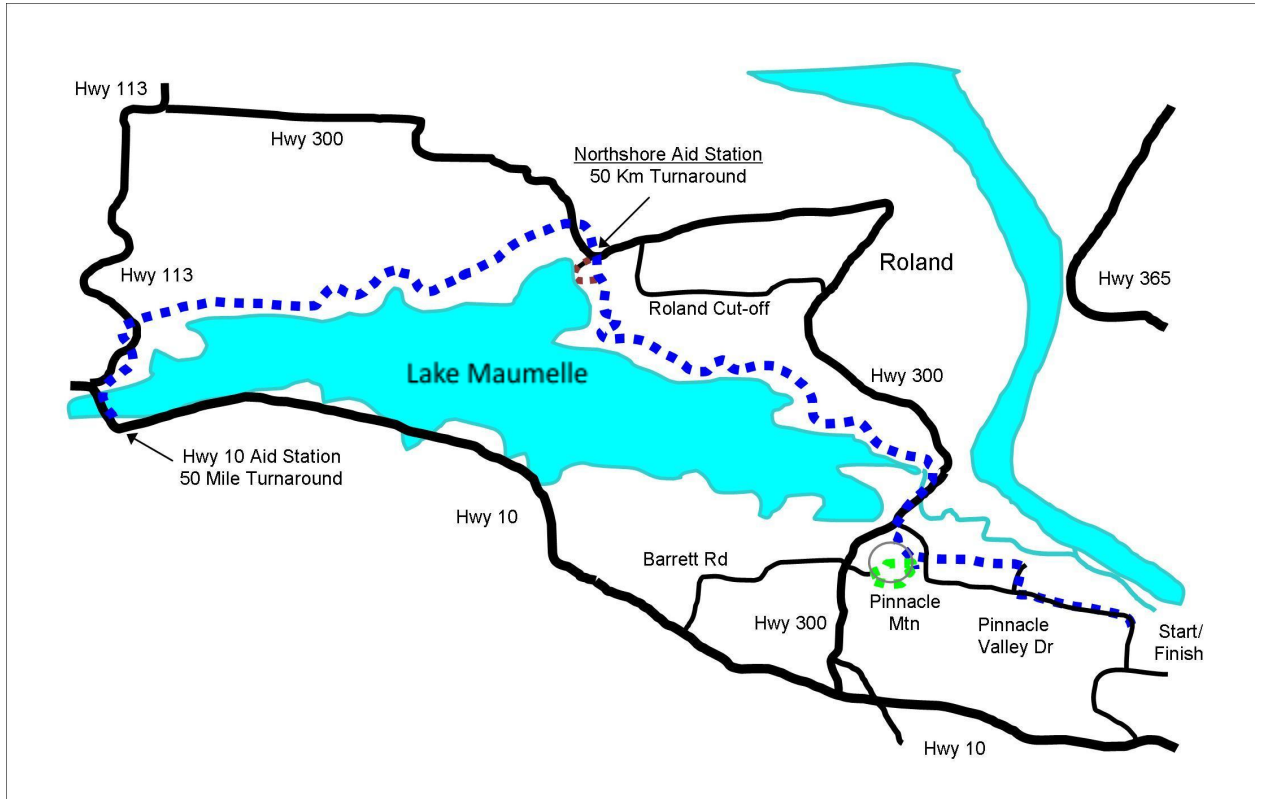
Mileage/Aid Station Chart and Route Description

Instructions	Aid Station / Landmark	Aid	Crew Spot	Drop Bags	50Km Distance	50 Mile Distance
Pavilion #8	Entrance		Yes		0	0
Follow Pinnacle Valley Drive	Entrance to Visitor's Center				2	2
Right turn, follow road uphill to Visitor's Center	Trailhead at Visitor's Center				2.7	2.7
Follow blue OT blazes	East Pinnacle parking lot	Yes	Yes		3.9	3.9
Exit parking lot on OT, then left on East Summit Trail—follow white-on-red blazes	Pinnacle summit				4.6	4.6
Follow yellow blazes—left at sign, down West Summit Trail	West Summit Trail head	Yes	Yes		5.3	5.3
Left, go to end of parking lot; follow green-blazed Base Trail	East Pinnacle	Yes			6.7	6.7
Left, follow blue OT blazes	Pinnacle Valley Drive at Hwy 300				7.4	7.4
Cross Pinnacle Valley Drive, then veer to the right	OT turn-off of Hwy 300				8	8
To cross the old iron bridge, rejoin Hwy 300 and run on THE LEFT SIDE OF THE ROAD						
Left off highway—follow blue OT blazes	Lake Vista road	Yes	NO		10.1	10.1
Follow blue OT blazes	Scenic Vista point				12.9	12.9
50Km ONLY: left on old road; follow signs	(Alternate trail to 50K turnaround)				15.9	15.9
Follow blue OT blazes	Northshore (50K Turnaround)	Yes	Yes	Yes	16.9	16
(50 mi.) Follow blue OT blazes	Unstaffed water drop				N/A	19.2
(50 mi.) Follow blue OT blazes	Hwy 113 Crossing	Yes	NO		N/A	24.2
(50 mi.) Follow blue OT blazes	Hwy 113 2 nd crossing				N/A	24.9
(50 mi.) Follow blue OT blazes	Trail at Hwy 10				N/A	26
(50 mi.) Follow Hwy 10 across bridge; Run On the Left	Hwy 10 park (Turnaround)	Yes	Yes	Yes	N/A	26.3
(50 mi.) Follow Hwy 10 across bridge; Be Careful of Traffic	Trail leaves Hwy 10				N/A	26.7
(50 mi.) Follow blue OT blazes into woods	Hwy 113 2 nd crossing				N/A	27.8
(50 mi.) Follow blue OT blazes	Hwy 113 Crossing	Yes	NO		N/A	28.4
(50 mi.) Follow blue OT blazes	Unstaffed water drop				N/A	33.4
(50 mi.) Follow blue OT blazes	Northshore	Yes	Yes	Yes	N/A	36.6
(50Km only: Alternate trail from turnaround)	50Km route rejoins				17.8	36.7
Follow blue OT blazes	Scenic Vista point				20.9	39.8
Follow blue OT blazes	Lake Vista road	Yes	NO		23.7	42.6
Follow blue OT blazes	OT turn onto Hwy 300				25.8	44.7
Right onto Hwy 300; run on THE LEFT SIDE OF THE ROAD, veer left to cross the old iron bridge	Pinnacle Valley Drive at Hwy 300				26.4	45.3
Cross Pinnacle Valley Drive; follow blue OT blazes into woods	East Pinnacle parking lot	Yes	Yes		27.1	46
Cross Pinnacle Valley Drive and follow blue OT blazes	Trailhead at Visitor's Center				28.3	47.2
Right off of trailhead—follow road downhill to Pinnacle Valley Drive	Entrance to Visitor's Center				29	47.9
Left on, and follow Pinnacle Valley Drive	Pavilion #8 (Finish)	Yes			31.1	50

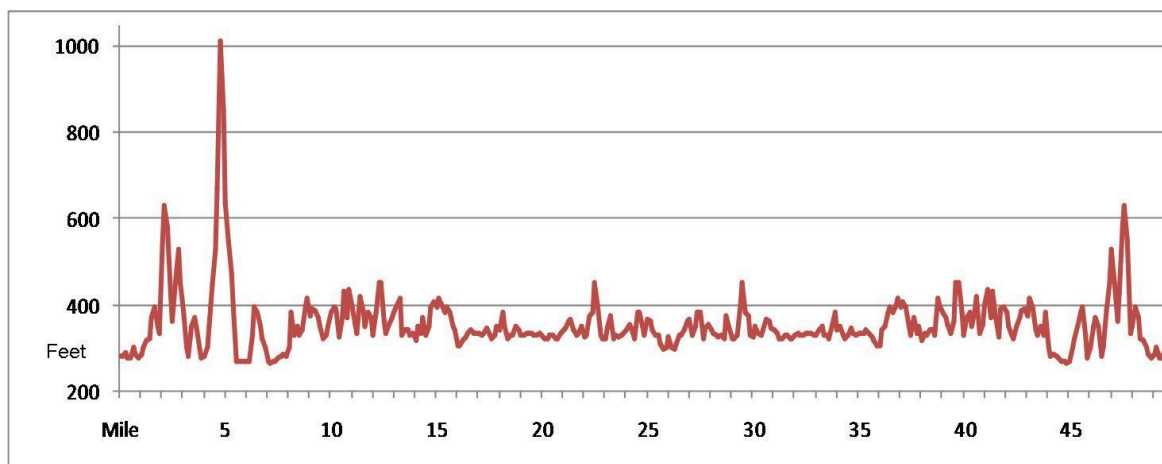
Course View – Maumelle Park and Pinnacle Mountain State Park area



Full Course View



Elevation Chart (50 Mile)



Total cumulative climb: approximately 4600 feet

50 Mile Pace Chart

Aid Station	Mile	7 hr	8 hr	9 hr	10 hr	11 hr	12 hr	13 hr
East Pinnacle	3.9	0:27	0:31	0:35	0:38	0:40	0:43	0:46
West Pinnacle	5.3	0:48	0:55	1:02	1:08	1:14	1:20	1:25
East Pinnacle	6.7	0:58	1:07	1:15	1:22	1:29	1:36	1:43
Lake Vista	10.1	1:23	1:34	1:47	1:58	2:08	2:18	2:27
North Shore	16	2:10	2:28	2:49	3:04	3:20	3:38	3:55
Hwy 113	24.2	3:15	3:43	4:12	4:35	5:01	5:29	5:55
Hwy 10	26.3	3:33	4:03	4:35	5:01	5:29	6:00	6:25
Hwy 113	28.4	3:51	4:25	4:59	5:27	5:58	6:32	7:05
North Shore	36.6	5:00	5:45	6:27	7:06	7:47	8:32	9:10
Lake Vista	42.6	5:57	6:50	7:41	8:30	9:20	10:13	11:04
East Pinnacle	46	6:28	7:24	8:19	9:14	10:09	11:05	12:00
Finish	50	7:00	8:00	9:00	10:00	11:00	12:00	13:00

Course records: Jeremy Provence, 30, AL, 7:01:12 (2021)
Emily Ansick, 27, AL, 8:49:48 (2012)

50 Km Pace Chart

Aid Station	Mile	4:18	5 hr	6 hr	7 hr	8 hr	9 hr	10 hr	11 hr	12 hr
East Pinnacle	3.9	0:29	0:31	0:36	0:41	0:46	0:51	0:56	1:01	1:06
West Pinnacle	5.3	0:50	0:57	1:08	1:19	1:29	1:39	1:50	2:02	2:14
East Pinnacle	6.7	1:01	1:09	1:22	1:35	1:48	2:01	2:14	2:27	2:40
Lake Vista	10.1	1:30	1:40	1:58	2:17	2:35	2:52	3:11	3:32	3:49
North Shore	16.9	2:21	2:42	3:13	3:44	4:15	4:45	5:19	5:52	6:21
Lake Vista	23.7	3:20	3:50	4:36	5:21	6:06	6:51	7:38	8:26	9:06
East Pinnacle	27.1	3:46	4:24	5:18	6:09	7:02	7:54	8:48	9:42	10:30
Finish	31.1	4:18	5:00	6:00	7:00	8:00	9:00	10:00	11:00	12:00

Course records: Matt Pruitt, 28, TN, 4:10:54 (2012)
Ginger Smith, 37, TN, 5:08:55 (2008)

Information packet date: 5/24/2022