

GUIDE TO RACE WEEKEND

Welcome to Goodwater!

We are excited to have you out for Goodwater, Saturday, January 21-22, 2023. The forecast looks beautiful, we hope you are ready to run! YAY!



We can't wait to see you all out there tackling the Double Marathon, Marathon, 16-Mile, and 8-Mile. Preparing for this race takes a lot of time and effort, we are excited to support you!

If you have any questions or concerns, feel free to reach out and we will get you all squared away. See you on the trail!

LOCATION

Russell Park is one of several parks and recreation sites along the San Gabriel River Trail, also known as the Goodwater Loop, which is where the Goodwater trail race event gets its name. Russell Park is a Trailhead for the Goodwater Trail as well as a recreation site featuring day use pavilions, a boat launch, a swim beach, and tent and cabin campsites. Russell Park has restroom and shower facilities for day use and overnight guests. The cost of entry for the park can be found on the RECREATION.gov website.

Lake Georgetown, Russell Park Trailhead, 2101 Co Rd 262, Georgetown, TX 78633

The drive from downtown Austin is approx. 45-50 minutes. Before you get to the main gate entrance, you will see a long, narrow parking lot on your right. Park there and follow cones/signs to the start/finish.

PARKING

Parking is limited at the Russell Park trailhead. PLEASE carpool if possible and be sure to follow the below guidelines to the best of your ability.

If you are running the Double-Marathon (solo), please drive into the Start/Finish area to park near the Start/Finish line. We will have room for a dozen cars in there. You will be able to easily access your car, change of shoes, etc. at your halfway point. [CLICK HERE TO VIEW MAP](#)

All others, carpool wherever possible. You will park in the parking lot adjacent to the road that enters Russell Park, just a 2-minute walk from the Start/Finish area.

If you are camping, please leave your car parked at your campsite. DO NOT drive to the Start/Finish area.

SCHEDULE OF EVENTS

Double Marathon

Racer Check-in: 5:00 - 5:20 am

Race Brief: 5:20 am

Race Start: 5:30 am

*** Double Marathoners will be required to start with a headlamp.

Marathon

Racer Check-in: 6:45 - 7:20

Race Brief: 7:20 am

Race Start: 7:30 am

16-Mile

Racer Check-in: 7:45-8:20 am

Race Brief: 8:20 am

Race Start: 8:30 am

8-Mile (Saturday)

Racer Check-in: 8:15-8:50 am

Race Brief: 8:50 am

Race Start: 9:00 am

8-Mile (Sunday)

Racer Check-in: 7:15-7:50 am

Race Brief: 7:50 am

Race Start: 8:00 am

4-Mile (Sunday)

Racer Check-in: 7:45-8:20 am

Race Brief: 8:20 am

Race Start: 8:30 am

STAY WITH US/ CAMPING

Camp with us! We have campsites 1-3 available for shared camping. \$25 per tent, 1 reservation = camp ALL weekend ** Limited Availability [Click HERE to reserve your campsite!](#)

If you would prefer a private campsite, you can reserve your own by visiting Lake Georgetown at recreation.gov to reserve!

WEATHER

Saturday – high 61/ low 38
Sunrise: 7:07AM/ Sunset: 6:21PM

- - -

Sunday - high 58/ low 41

COURSE INFORMATION/ RULES

COURSE DESCRIPTIONS

There are 5 distances in this race, the Double Marathon, Marathon, 16-Mile, 8-Mile, and 4-Mile.

Double Marathon

The start/finish is at Russell Park (the north side of Lake Georgetown). The Double-Marathon makes one clockwise and then one counter-clockwise lap around Lake Georgetown. We will place aid stations on the east and west sides of the lake, along with a full aid station at the start/finish. You'll hit Aid Station EAST (the Dam at Overlook Park) at mile 8. In the 12 miles between the east and west aid stations, there will be a water drop (water/Tailwind) at mile 14.5. You will hit a full aid station, Aid Station WEST, at Tejas Camp at mile 20.7. You will never go more than 8 miles without water. The aid stations will be between 6 and 8 miles apart, so carrying a water bottle or hydration vest is mandatory.

COURSE CUT-OFF: You will have 14 hrs to complete the Double! You must get to the aid station east (for the second time), which is approx mile 44, by 4:30 pm to continue. That will give you two hours to finish the last 8 miles of the course.

[View the Double Marathon & Marathon Loop on Strava](#)

Marathon

The start/finish is at Russell Park (the north side of Lake Georgetown). The Marathon makes one clockwise lap around Lake Georgetown. We will place aid stations on the east and west sides of the lake, along with a full aid station at the start/finish. You'll hit Aid Station EAST (the Dam at Overlook Park) at mile 8. In the 12 miles between the east and west aid stations, there will be a water drop (water/Tailwind) at mile 14.5. You will hit a full aid station, Aid Station WEST, at Tejas Camp at mile 20.7. You will never go more than 8 miles without water. The aid stations will be between 6 and 8 miles apart, so carrying a water bottle or hydration vest is mandatory.

[View the Double Marathon & Marathon Loop on Strava](#)

16-Mile

The start/finish is at Russell Park (the north side of Lake Georgetown). You will take off east. At mile 4, you will hit a water stop, and continue heading towards the Overlook Trailhead/Headquarters, which you will hit at mile 8. There, you will see our full aid station. Then retrace your steps back to the start/finish, hitting the water stop again at mile 12.

[View the 16-Mile Loop on Strava](#)

8-Mile

The start/finish will be at Russell Park (the north side of Lake Georgetown). You will take off east and head towards the Jim Hogg Trailhead, where you will see a water drop at mile 4. Grab some water and turn around to retrace your steps back to the start/finish.

[View the 8-Mile Loop on Strava](#)

4-Mile

The start/finish will be at Russell Park (the north side of Lake Georgetown). You will take off east and head towards the Jim Hogg Trailhead, where you will see a 2-Mile turnaround and retrace your steps back to the start/finish.

[View the 4-Mile Loop on Strava](#)

COURSE INFORMATION/ RULES

AID STATIONS/ DROP BAGS

There will be one aid station at the start/finish line, and it will be well-stocked! Aid stations will have amazing volunteers' fruit, salty and sweet snacks, Tailwind hydration, and water. We are a cup-less course, and will not have cups at the aid station, so bring a handheld bottle or Spectrum your silicone cup.

You are welcome to store your drop bags anywhere near the start/finish area where you can easily access them!

Running clockwise, you will hit aid stations (nutrition, Tailwind hydration, people) + water drops (water/Tailwind coolers), as follows:

Mile 4.0 - water drop (just before Jim Hogg Park)

Mile 8.0 - Aid Station East (the Dam at Overlook Park) ***COURSE CUTOFF: 4:30PM for Double

Mile 14.3 - water drop (just above Cedar Hollow Camp) ***Personal Drop Bag Option, as well, see below

Mile 20.6 - Aid Station West (Tejas Camp)

Mile 26.2 - Start/Finish aid station

We will also be in constant contact with each aid station, in the instance that you need to be extracted due to an injury. Our medical team is top-notch and our response rate is prompt.

All aid stations, with the exception of Mile 4 – near Jim Hogg Park, will have Mandarin Orange Tailwind mixed at a diluted concentration of 100 calories per 24 oz of water. In other words, filling a 24oz water bottle will get you 200 calories of Tailwind Endurance Fuel. You can get additional Tailwind nutrition facts [here](#).

*** Personal Drop Bag Option - You can access this water drop very easily with a 15-minute detour on your drive out to the race. If you wish to drop a bag of nutrition/clothes/etc. here, use the address: 20100 W Lake Pkwy, Georgetown, TX 78628. That address is at the dead-end of a street. Look for the trailhead and from there you will see the table/water drop. Leave your things under the table in the black bins labeled bag drop, marked with your name. Keep in mind this is a public access point, so we can't guarantee that someone won't mess with them, but we hope not. If you're leaving food, make sure it is Raccoon-proof. We will bring the Drop Bag Bins back to the Start/Finish after the cut-off. You must retrieve anything you want to save before you leave after your finish. Items left behind will be donated or discarded.

COURSE INFORMATION/ RULES

RACE RULES

Pacers are allowed only on the second loop of the Double Marathon.

Every Double Marathon Solo racer MUST start with a light, as you will run in the dark for the first two hours of the race.

Every Marathon and Double Marathon racer (solo and team of two) MUST start with a water carrier. You must either have at least one water bottle or a hydration vest/hydration pack.

POST-RACE DETAILS

Food/ Beverage

We will have an assortment of food ready for you when you finish, including but not limited to pizza, sweets, sparkling water and soda! Due to the fact that this event is held on government land, we are not permitted to serve beer, but we encourage you to support Real Ale, our beer sponsor.

Please kindly remember that the aid/station and post-race food are for the runners only, if you are spectating or supporting, please be prepared and bring your own nutrition. We would hate to run out of food for our participants before they finish.

Spectator Support

We encourage everyone to stay and hang out, help us cheer on our Marathoners and Double-Marathoners. Bring chairs, tents, coolers, blankets...whatever makes you comfy! Join in the yard games, listen to music and just chill. We have plenty of room on the lawn for you to spread out!

AWARDS

Awards will be given to the top Overall 3 Male/Female racers in each race.

The awards ceremony will be held for each event when the bracket has been filled.

RESULTS

Results will be available at the results link on our website, post-event. For LIVE results you can find them [HERE](#)

There will also be a QR Code to scan on race day for LIVE Results.

PHOTOS

Be on the lookout for our photographers! Smile big... race photos will be available for download after the event.

Participants will be able to access via our website and social media.

QUESTIONS?

We know that last-minute questions or comments may arise, please do not hesitate to reach out to us with any questions.

Keep in mind that during race week we spend several days out on the trail and our response time will be limited to the evenings.

RACE DIRECTOR

Randi Schooley
phone/ text: 281-639-1862
randi@spectrumtrailracing.com
www.spectrumtrailracing.com

ASSISTANT RACE DIRECTOR

Sarah Carnell
phone/ text: 832-449-2476
sarah@spectrumtrailracing.com
www.spectrumtrailracing.com

VOLUNTEER

Volunteer with us! Join the Crew!

Our events would not happen without the help of our crew! There is something magical about being there to support someone who shows up and leaves it all out there on the trail. There is an amazing bond and connection that grows every time they pass your station or look to you for a kind word. Your support is invaluable to their success, you are invaluable.



We love when you run and we love when you support us! We created a trade opportunity for you! volunteer with us, and earn pts towards free race entries, merch, trail hours, and more!

Please email support@spectrumtrailracing.com for more information.