



LAKE MURRAY ENDURANCE RUN

OCTOBER 28 - 29, 2023

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Thank you to our volunteers who have made this race possible!

Directions to the Race

The start/finish and Friday pre-race brief is at Duke's Forest Campground at Lake Murray State Park. <http://www.lake-murray.org/state-park/>, [Google Map point](#)

From Dallas/Fort Worth and south of Ardmore: Drive north on I-35 into Oklahoma. Take Exit 29 for US-70 East, toward Madill/Ardmore. Drive 2.7 miles to OK-77S South. Turn right. Drive 2 miles until you see the sign for Dukes Forest Road. Turn left into Dukes Forest camping area.

From Oklahoma City and north of Ardmore: Drive south on I-35. Take Exit 29 for US-70 East, toward Madill/Ardmore. Drive 2.7 miles to OK-77S South. Turn right. Drive 2 miles until you see the sign for Dukes Forest Road. Turn left into Dukes Forest camping area.

Ardmore Weather and Sunlight Info

Average high: 68 degrees Average low: 52 degrees

Sunrise 7:43 a.m. (First light, 7:19 a.m.)

Sunset 6:40 p.m.

Race Schedule

Friday Before Race Day

- 3 – 6:30 p.m.** **Packet Pick Up and Registration;** Duke’s Forest Campground
2 – 6 p.m. **Drop Bag Dropoff**—Drop bags for Buzzards Roost must be dropped off no later than 6 p.m.
No exceptions.
5 p.m. Race briefing for 100-mile/100K

Saturday, Race Day

- 5 – 8 a.m.** Same Day Packet Pick Up/Timing chip pick up
6:00 a.m. **100-mile/100K start. NOTE: must have headlamp**
7:15 a.m. 50K Pre-race brief
7:30 a.m. **50K Start**
7:45 a.m. 25K Pre-race brief
8:00 a.m. **25K Start**
8:10 a.m. **5-mile start**

Sunday

- 3:00 a.m.** All runners must have started their final loop (mile 68.2 for 100-mile)
5:59 a.m. Cut off for sub-24 hour 100-mile
6:15 a.m. All runners must have passed through Tucker Tower AS on the final loop (81.9 for 100-mile)
11:10 a.m. All 100-mile/100K runners must start their final 5-mile loop

Lodging/Camping

We have reserved the entire Duke’s Forest Campground. Camping fees should be paid directly to the race organizers through an online form. RV camping is \$25/night, and you must reserve both Friday and Saturday nights. We have limited camping, and we will turn this off once all RV spots are reserved.

Tent or car camping is \$20/night and can be for one or both nights

To Reserve a Campsite:

For RV Camping, follow these TWO steps:

1. [Pay for Camping Here](#)
2. Fill out the Google form so we know what kind of RV (size), so we can assign you to the right campsite: <https://forms.gle/zo9QBQcXPhEGavPf8>

Note: RV sites are limited. We will turn off the form when the campground is full. RVs must be less than 36 feet long. If you have a larger camper, reserve another campsite directly with the park.

For Tent Camping, here is the payment link: <https://buy.stripe.com/6oE8z17gr6u72WY9AC>

If you’re interested in different accommodations, such as lodging, we encourage you to check out what Lake Murray State Park has available. <http://www.lake-murray.org/lodge-and-cabins/>

Ardmore also has several hotels: Hampton Inn & Suites Ardmore, 580.490.9011; Comfort Inn & Suites Ardmore, 580.798.3200; Best Western Plus Ardmore Inn & Suites, 580.223.3200; Days Inn by Wyndham Ardmore, 580.226.1761

Bibs and Timing Chips

This is a chip-timed race. You will not get an official time unless you wear your chip for the entire race. If you go to packet pick up on Friday, you will still pick up your timing chip on Saturday.

Your starting time is gun time. Be sure to arrive on time. Bibs must always be visible so that the race director, volunteers, and other runners know your distance. Each distance will have a different colored bib.

Course Maps and Aid Stations

There are four aid stations on the course: Start/Finish, Cisco Road, Buzzards Roost, and Tucker Tower. Runners will pass through each aid station multiple times and from both directions. 100-milers will hit aid stations 19 times. 100K runners will hit aid stations 13 times. 50K runners will hit aid stations 6 times. 25K runners will hit aid stations 3 times. 5-mile runners will run the race loop with no aid stations.

See the last page of this document for full aid station information and [visit course info on the website](#).

This is a cupless race. Bring your hydration system to carry and consume fluids. Water and Gatorade will be available at all aid stations. In addition, we will provide bananas, peanut butter and jelly sandwiches, potato chips, pretzels, M&M's, fig newton cookies, pickles, candy, soda, SaltStick, basic first aid, sunscreen, bug spray, and more.

Starting in the evening on Saturday, we will have warm food at the start/finish aid station, Buzzards Roost aid station, and Tucker Tower.

Many of our aid station volunteers are also planning special foods!

One item we don't provide is Gels. This is because most people have a specific brand/kind of Gel they prefer. It's also because Gels are easy to carry, whereas real food is much bulkier and hard to carry along the trail.

Drop bags

Runners of the 100-mile, 100K and 50K distances can provide a drop bag for the Buzzards Roost Aid Station. Drop bags for Buzzards Roost must be dropped off at the start/finish on Friday by 6 p.m.

Drop bags from Buzzards Roost will be delivered back to the Start/Finish at Duke's Forest Campground on Sunday after the Buzzards Roost Aid Station closes. We will not ship your drop bag back to you if you do not pick it up.

Drop bags, especially those delivered to Buzzards Roost Aid Station, should be a manageable size and weight for our volunteers. We recommend no larger than a shoe box. Mark the outside with your name, bib number and distance.

Runners of the 100-mile and 100K can also bring a drop bag at the start/finish aid station on Saturday morning.

Crew

We understand that family and friends often like to see you along the course. **Please ensure that your crew follows all laws and rules in the park, demonstrating respect for other park visitors and the land.** If you drive outside of Duke's Forest campground and park at other parts of the park, you must pay parking fees to the park for those locations.

To manage the traffic throughout the park:

- All family and friends are **encouraged to come to Duke's Forest Campground**. We have rented the entire campground, and there is plenty of room for people to hang out and cheer.
- No crew access **at any time** at Cisco Road Aid Station. Parking is limited.
- Crew access is allowed at Buzzard Roost Aid Station.

- Crew access is allowed at Tucker Tower **during the day**. This area is busy with visitors visiting the tower.
 - The road to the Tucker Tower aid station will be closed off to crew after sunset. Note: 25K runners will not go to Tucker Tower.

It's essential to be good citizens so we can continue to hold this event in the future. Follow all posted speed limits and follow all laws. Do not block other traffic or disturb other campers or visitors.

Directions to Aid Stations

Buzzards Roost is less than a 5-mile drive from the start/finish. Leave Duke's Forest campground and turn left onto 77S. Drive 3.8 miles and turn left into Buzzards Roost campground. The aid station will be to the right soon after the turn.

Tucker Tower is four miles from Buzzards Roost. Return to 77S and turn left. Drive approximately 2.6 miles and turn left following signs for Tucker Tower. **This aid station is closed to traffic at night.** During the day, this area will have the most visitors unrelated to the race. Please respect the park visitors.

Pacers

100-mile runners may have a pacer at mile 53 or later, or after dark. 100K runners are only allowed pacers after dark.

For runners who are 60+, you may have a pacer after your first 50K loop.

Pacer exchange points will only be at Duke's Forest or Buzzards Roost aid stations. If you plan to have a pacer meet you at Buzzards Roost aid station, they need to arrange a ride to the aid station. Please do not leave cars parked at Buzzards Roost; parking is limited.

By the Friday before the race, pacers should [complete the online form](#).

All pacers should check into the start/finish area to pick up a pacer bib. The best time to do this is Saturday afternoon, after the shorter distances are complete and before their pacing duties begin.

No Littering

We host the race by special permit from the State Park. Please respect the trail and the wildlife in the park. Intentional littering will not be tolerated and will be grounds for disqualification. Each aid station will have garbage bags. If you have garbage between stations, carry it until the next aid station. This includes wrappers, baggies and food.

Cutting the Course

We depend on the honesty of all runners. Anyone who cuts the course, intentionally or unintentionally, will be disqualified. If a runner cuts the course intentionally, they will also be banned from future Blaze Trails Running events.

Sharing the Trail and Wildlife Info

Share the trail with other runners in the race, hikers, bikers, and other visitors to the State Park. If someone is behind you and ready to pass, please step aside and allow them to pass. Headphones are not recommended, but if used, please use them in only one ear and keep the volume low enough to hear people and animals around you.

Some wildlife that you might hear include coyotes at night. They are often heard but are rarely seen. In addition, some parts of the park have wild hogs. We've avoided trails and areas that are known to have them.

Check Out

When you have finished your race, **turn in your race chip**. If you drop, you must either tell the race director or the rep from the timing company and turn in your timing chip at the start/finish.

100 Mile: <https://blazetrails.com/lake-murray-course-100m/>

Loop	Aid Stations	Dist	Total
1	Cisco Road Aid Station	2.8	2.8
1	Buzzards Roost Aid Station	5.5	8.3
1	Tucker Tower Aid Station	5.4	13.7
1	Buzzards Roost Aid Station	5.4	19.1
1	Cisco Road Aid Station	5.6	24.7
1	Duke's Forest – Start/Finish	4.1	28.8
1	Duke's Forest – Start/Finish	5.3	34.1
2	Cisco Road Aid Station	2.8	36.9
2	Buzzards Roost Aid Station	5.5	42.4
2	Tucker Tower Aid Station	5.4	47.8
2	Buzzards Roost Aid Station	5.4	53.2
2	Cisco Road Aid Station	5.6	58.8
2	Duke's Forest – Start/Finish	4.1	62.9
2	Duke's Forest – Start/Finish	5.3	68.2
3	Cisco Road Aid Station	2.8	71
3	Buzzards Roost Aid Station	5.5	76.5
3	Tucker Tower Aid Station	5.4	81.9
3	Buzzards Roost Aid Station	5.4	87.3
3	Cisco Road Aid Station	5.6	92.9
3	Duke's Forest – Start/Finish	4.1	97
3	Duke's Forest – Start/Finish	5.3	102.3

Loop colors correspond to the loops on the course maps found on the website.

100K: <https://blazetrails.com/lake-murray-course/#course-100k>

Loop	Destination	Dist.	Total
1	Cisco Road Aid Station	2.8	2.8
1	Buzzards Roost Aid Station	5.5	8.3
1	Tucker Tower Aid Station	5.4	13.7
1	Buzzards Roost Aid Station	4.3	18
1	Cisco Road Aid Station	3.6	21.6
1	Duke's Forest – Start/Finish	4.3	25.9
1	Duke's Forest – Start/Finish	5.5	31.4
2	Cisco Road Aid Station	2.8	34.2
2	Buzzards Roost Aid Station	5.5	39.7
2	Tucker Tower Aid Station	5.4	45.1
2	Buzzards Roost Aid Station	4.3	49.4
2	Cisco Road Aid Station	3.6	53

Loop	Destination	Dist.	Total
2	Duke's Forest – Start/Finish	4.3	57.3
2	Duke's Forest – Start/Finish	5.5	62.8

50K: <https://blazetrails.com/lake-murray-course/#course-100k>

Loop	Destination	Dist.	Total
1	Cisco Road Aid Station	2.8	2.8
1	Buzzards Roost Aid Station	5.5	8.3
1	Tucker Tower Aid Station	5.4	13.7
1	Buzzards Roost Aid Station	4.3	18
1	Cisco Road Aid Station	3.6	21.6
1	Duke's Forest – Start/Finish	4.3	25.9
1	Duke's Forest – Start/Finish	5.5	31.4

25K: <https://blazetrails.com/lake-murray-course/#course-100k>

Loop	Destination	Dist.	Total
1	Cisco Road Aid Station	2.8	2.8
1	Buzzards Roost Aid Station	5.5	8.3
1	Cisco Road Aid Station	3.6	11.9
1	Duke's Forest – Start/Finish	4.3	16.2

5-Mile: <https://blazetrails.com/lake-murray-course/#course-100k>

The 5 mile race uses "Race Loop Trail" which starts and finishes at Duke's Forest Campground. Please note, there are NO aid stations along this trail. Please be prepared to carry all water required for your race.