



Bandera Trail Race Guide!

Important Links

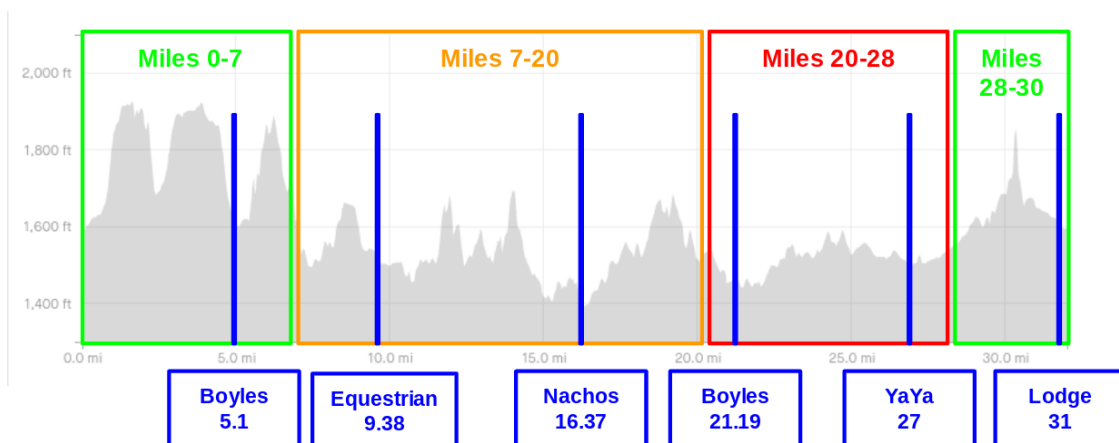
- [Trail Map](#)
- [Aid Stations](#)
- [Tejas Trails Facebook Group](#)
- [Strava Segment](#)
- Race reports to read: [Mountain Peak Fitness](#), [Iron Bull](#), and [Team Run Run](#)

Race Weekend Tips

- Hydrate. Start hydrating and drinking electrolytes the morning before your race and keep hydrating until you start.
- Ask last minute questions in the Tejas Trails FB Group.
- Double check everything before you leave for the race.
- Have a plan for lodging and meals.
- Bring more food than you think you will need.
- Don't try new foods that your body isn't used to having.

Course Highlights

- Miles 0-7 : There are three large climbs that are steep and technical. Go easy on these hills.
- Miles 7-20: The hills are smaller, but still technical and steep in places.
- Miles -28: These miles are fairly smooth with some soft hills. If it is raining, it will be very muddy in this section.
- Miles 28-31: There is one last climb to end the loop.
- The 50k goes through this loop once; the 100k goes through this loop twice.



Things to pack in your Hydration Pack

Hydration Pack Checklist	
	Water
	Snacks
	Electrolytes
	Headlight
	Anti-Chafe stick or cream
	Mini First Aid Kit
	Gloves (Weather Dependent)
	Rain Jacket (Weather Dependent)

Things to pack in your Drop Bag

Drop Back Checklist	
	Back-up Shoes
	Extra socks
	Extra layers
	Rain Jacket
	Towel
	Ibuprofen
	Roller
	KT tape
	Foods you can't carry or get at aid stations
	Wet Wipes
	Handwarmers (Weather Dependent)