

LOVIT

lake ouachita vista trail
endurance runs | 2024

PARTICIPANT GUIDE

weekend schedule + start/finish locations
course & aid station information
safety runner & crew guidelines & prohibitions



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www.runlovit.com

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HERE**



SCAN ME



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CHECK IN

Mountain Harbor Resort
East Cove Pavilion
Start/Finish Area

100 MILE / 100K EARLY

Friday, February 23
2:00-4:30PM

100K

Saturday, February 24
4:45-5:30AM

RACE START

100 MILE

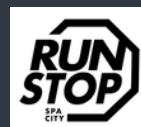
East Cove Pavilion
Friday, February 23
5:00PM

100K

East Cove Pavilion
Saturday, February 24
6:00AM

*Mandatory race meeting will be
30 min prior to each race start.*

Find us on



Driving Directions

Mountain Harbor Resort Lodge

994 Mountain Harbor Road

Mount Ida, AR 71957

(located off of Highway 270 W, approximately 21 miles west of Hot Springs)

Directions to East Cove Pavilion:

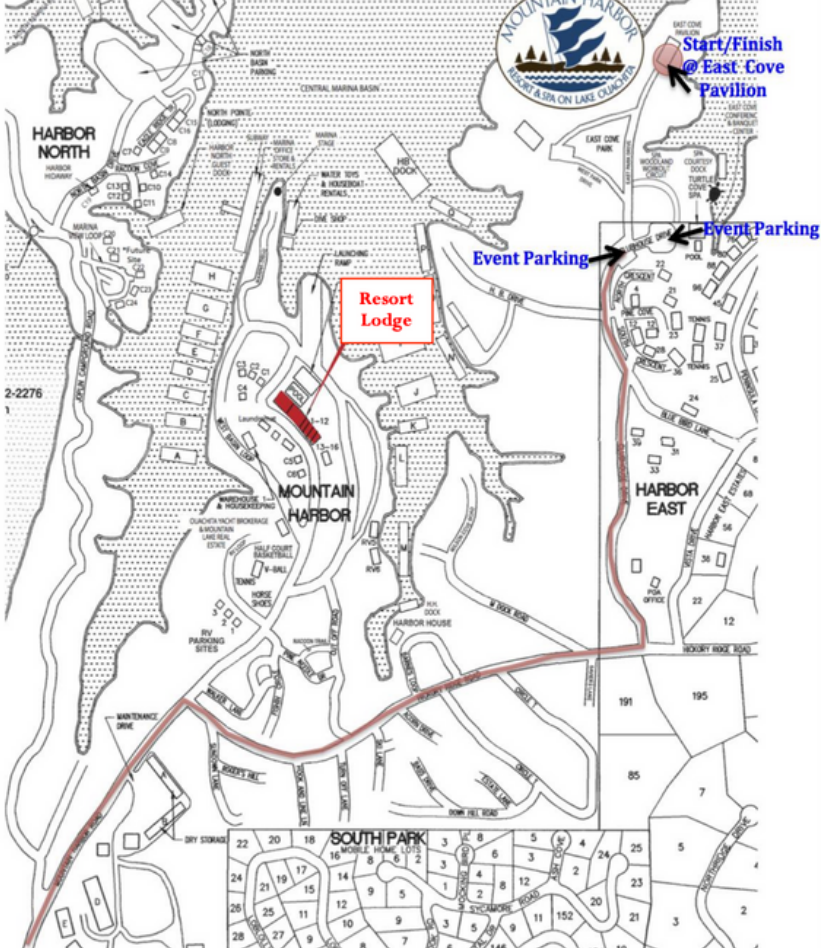
From Little Rock

(85 miles or 1 hr 35 min)

- Take I-30 west toward Hot Springs/Texarkana.
- Take exit 111 for US-70 W towards Hot Springs.
- Take Exit 6 onto Dr. Martin Luther King Jr Expressway (Hwy 270 W).
- Keep left at the fork for Exit 1, Albert Pike/Hwy 270 West and follow 270 West for 21 miles.
- Turn right on Mountain Harbor Road (at the Joplin Store/Valero Gas Station) and stay on the windy Mountain Harbor Rd for about 2 miles.
- Turn right on Hickory Ridge Road and follow for about a ½ mile.
- Turn left on Clubhouse Road and follow Rd for less than ½ mile.
- Turn slightly left to enter the gated area of East Cove Pavilion.

GPS Coordinates: 34.574051, -93.432116

Race day parking will be available at the gravel lots at the top of the hill and just inside the gate to the pavilion. **PLEASE DO NOT PARK PAST THE NO PARKING SIGNS INSIDE THE GATE.** The race course will come out of the gate and follow along Clubhouse Road - Please watch for runners as you enter and exit this area - there are many blind hills and windy roads!



Course Description

The start/finish is located at East Cove Pavilion at Mountain Harbor Resort.

The 100 Mile course will consist of a 100 mile out and back (to Hickory Nut Mountain Overlook) on the west end of the LOViT, an out and back on the Charlton Trail (from Pipe Spring) on both the out and return portions of the route and an out and back to the eastern terminus of the trail (Avery Rec Area).

The 100k course will consist of one single out and back to the eastern terminus (Avery Rec Area).

The course is 90% single-track trail. The total elevation change is approx 34,000 feet for the 100 Mile and 20,000 feet for the 100k.

There are multiple creek crossings, and depending on the wetness of the season, some could be major creek crossings.

Cut-off Times

100 Mile: 34 hour time limit
(20:24 min/mile average pace or 3AM Sunday)

100k: 21 hour time limit
(20:16 min/mile average pace or 3AM Sunday)

Intermediate Cut-off Times:

In addition to meeting the finish line cutoff, participants will be required to meet the following firm intermediate cutoffs:

100 Mile	Time of Day	Race Time
Hickory Nut Mountain (Mile 34)	4:35 AM	11hr 35min
Avery Rec Area (Mile 64.5)	2:55 PM	21hr 55min
Crystal Springs Pavilion (Mile 82.5)	9:00 PM	28hr
Finish (Mile 100)	3:00 AM	34hr

100k	Time of Day	Race Time
Avery Rec Area (Mile 30)	2:55 PM	8hr 55min
Crystal Springs Pavilion (Mile 48)	9:00 PM	15hr
Finish (Mile 62)	3:00 AM	21hr

In the event a runner does not LEAVE the aid station by the stated cut-off time, the runner will be pulled from the race. These are considered HARD cutoff times with no exceptions. In the event a runner should choose to leave an aid station and continue on the trail after being told by aid station personnel that they missed the cutoff and are being pulled from the race, the runner will be disqualified from the race. Because of the remoteness of the section from Crystal Springs to Brady Mountain Road (and vice versa), race officials reserve the right to hold a runner at the aid station at either end of the 11-mile section if the runner is deemed medically incapable of covering this section without unnecessary risk to their health and safety.



Course Marking

The course is well marked with **white rectangular blazes** on the trees. Trail intersections will be marked with additional **red & white striped safety flagging, directional signs, or red survey flags**. There will be some **daybright white reflective tape** on ribbon along sections that participants will encounter in the dark. The 100 Mile course from Hickory Nut Mountain west to Tompkin's Bend is marked with white reflectors on the trees (in the western direction only).

Emergency markings:

benches installed along the trail are marked with a number on the back. Silver mile marker pins have been installed EVERY MILE along the trail at the base of trees. IF YOU FIND YOURSELF IN AN EMERGENCY SITUATION, and you are capable, get to the nearest bench or mile marker. Emergency crews will use this information to assist you as quickly as possible.

If at any time during the course of the event, a runner misses a section of the race course or becomes lost and has to be recovered by race staff, if the runner chooses to continue in the race, they will be returned by race officials to the location where they last left the race course and allowed to continue racing as long as they remain within the stated cutoff times.

Aid Stations

There will be 11 (100 Mile) and 7 (100k) manned aid stations on the course, many you will pass by twice. Crews are allowed ONLY at Joplin Road Crossing (100 Mile ONLY), ADA (100 Mile ONLY), Charlton (100 Mile ONLY), Crystal Springs Pavilion, Brady Mountain Road, and Avery Rec Area Aid Stations. Printable directions to these aid stations are available on our website.

Aid Station Location	Distance Between	100 Mile Cumulative	100K Cumulative	Crew Access?	Drop Bag?	Restrooms?
Start	0	0	0	CREW	BAG	RESTROOM
Hickory Nut Mountain Overlook	4.0	4	4			RESTROOM
Joplin Road Crossing	4.5	9		CREW		
Tompkin's Bend	4.5	13			BAG	
ADA (west end)	6.0	19		CREW		RESTROOM
Tompkin's Bend	6.0	25			BAG	
Joplin Road Crossing	4.5	30		CREW		
Hickory Nut Mountain Overlook	4.5	34				RESTROOM
FS47A	3.5	38	7.5			
Charlton	4.5	42		CREW		
Crystal Springs Pavilion	4.5	47	12.0	CREW	BAG	
Bear Creek*	3.5	50	15.5			
Brady Mountain Rd	7.5	58	23.0	CREW		
Spillway	4.0	62	27.0		BAG	
Avery Rec Area (east end)	3.0	65	30.0	CREW		RESTROOM
Spillway	3.0	68	33.0		BAG	
Brady Mountain Rd	4.0	72	37.0	CREW		
Bear Creek*	7.5	79	44.5			
Crystal Springs Pavilion	3.5	83	48.0	CREW	BAG	
Charlton	4.5	87		CREW		
FS47A	4.5	92	52.5			
Hickory Nut Mountain Overlook	3.5	95	56.0			
Mountain Harbor Resort	4.0	99	60.0	CREW	BAG	RESTROOM

Aid Station Food

Aid stations will have standard ultra food* (bananas, pretzels, potatoes, chips, water, etc.) and Tailwind Sports Nutrition drink.

**Bear Creek Aid Station will have minimal supplies due to remoteness.*



Course Contact

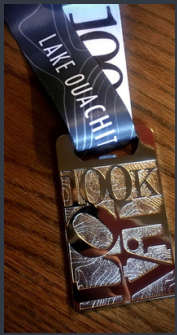
Cell phone coverage is good across the course. We recommend you carry your phone and save the following numbers in case you need assistance.

Race Directors:
Rachel 501-940-0293 & Dustin 501-952-8972

Awards

Overall Male/Female awards, three deep, in the 100 Mile & 100k.

Buckles will be awarded to all finishers of the 100 Mile. Medals will be awarded to all finishers of the 100k.



Drop Bags

You **MUST** place your NAME, RACE NUMBER, and AID STATION NAME on all drop bags. If you mark a drop bag for an aid station that is not designated as a drop bag aid station, that drop bag will not be transported to an aid station. We will have areas designated at the Start/Finish for you to place your drop bags on to be transported to the course.

Drop Bags are allowed at Tompkin's Bend (100 Mile ONLY), Crystal Springs Pavilion, and Spillway ONLY. We recommend drop bags no larger than a 1.5 gallon (6 qt) storage or other waterproof container.

Drop bags will be returned to the finish in the following time frame:

- Tompkin's Bend – as soon as the final runner clears the station.
- Crystal Springs Pavilion – First load 6:30 PM; remaining bags – after the final runner has cleared the station
- Spillway – First load 3:00PM; remaining bags – after the final runner has cleared the station

PLEASE NOTE: All drop bags **MUST** be picked up before leaving the race, even if you drop from the race at an aid station along the course. It is the runner's responsibility to return to the start/finish area after drop bags have been returned to pick up their drop bags.



THIS RUNNER
INFORMATION
PACKET MAY BE
AMENDED PRIOR
TO RACE DAY.

CHECK
RUNLOVIT.COM
FOR UPDATES.

Crews

- Runners' crews are not allowed on the race course.
- Crews are allowed ONLY at Joplin Road Crossing (100 Mile ONLY), ADA (100 Mile ONLY), Charlton (100 Mile ONLY), Crystal Springs Pavilion, Brady Mountain Road, and Avery Rec Area Aid Stations. All other aid stations are off limits due to driving hazards and limited accessibility.
- Runners receiving aid from crews outside the designated crew access points are subject to disqualification. This includes stopping to cheer for and take pictures of your runner. If it is not listed as a crewable point in the official race materials, DO NOT STOP THERE. This is for the safety of the crews as well as the participants and the local residents.
- Crews must park in the designated area at the aid stations.
- If you are forced to park on the road, you must park on one side of the road ONLY as directed by aid station personnel and signage. If crews are asked to move a car by aid station or forest service personnel, they must do so immediately. Please don't make them ask to have a car removed! Smoking is NOT allowed by crews or pacers within 400 feet of any aid station.
- Crews must abide by the instructions of aid station personnel and race directors.
- Food at the aid stations is for the participants and their active pacers (not the crew).
- Do not litter. If you brought it in, take it with you when you leave.
- Runners are responsible for their crews and may be disqualified from the race if their crews refuse to comply with the requests or instructions of aid station personnel or race directors.

Directions to
Crewable Aid Stations



FUEL: Joplin Store, 5402 U.S. 270, Mt Ida, AR

Brady Mountain One Stop, 7214 Albert Pike Road, Royal, AR

FOOD: Mountain Harbor Resort Restaurant, 994 Mountain Harbor Rd, Mount Ida, AR

Shangri La Resort Restaurant, 987 Shangri La Drive, Mount Ida, AR

Burl's Country Smokehouse, 10176 Albert Pike Rd, Royal, AR

Medical

EMERGENCY - DIAL 911

EMERGENCY ROOM (Open 24/7)

CHI St. Vincent
300 Werner Street
Hot Springs, AR

URGENT CARE

(M-F 8AM-8PM
SAT 8AM-4PM / SUN 1-6PM)
Sherwood Urgent Care
201 Airport Road
Hot Springs, AR

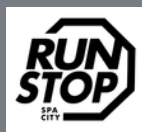
Each runner is responsible for his/her own actions. It is crucial that you are physically and mentally prepared for the stresses of the race. We will utilize the local EMS services in case of a medical emergency. Medical expenses incurred are the responsibility of the runner receiving medical assistance/services. The remoteness of the trail and the distance between trail/road crossings will result in a substantial amount of time before medical personnel arrive to provide assistance.

It is important for runners to recognize the potential physical and mental stresses that may evolve from participation in this race. These include, but are not limited to: extreme temperatures of heat and cold, hypothermia, dehydration, hyponatremia, renal failure, seizures, hypoglycemia, disorientation, total mental and physical exhaustion, etc. Each participant must continuously monitor himself/herself and understand his/her limitations. **Remember that YOU, the runner, are responsible for your own well-being during the race.**

Safety Runners

- Safety Runners must check in, sign a waiver and wear a pacer bib at all times while on course.
- Due to the remote nature of sections of the course, safety runners (pacers) will be allowed during portions of the race. Safety runners can be picked/switched at crewable aid stations in the pacing sections.
- **100k Safety Runners** can be picked up/switched out at the following aid stations: Brady Mountain Road (return trip ONLY – approx mile 37) and Crystal Springs Pavilion (approx mile 48).
- **100 Mile Safety Runners** can be picked up/switched out at the following aid stations: Brady Mountain Road (1st crossing – approx mile 57.5), Avery Recreation Area (east end – approx mile 64.5), Brady Mountain Road (return trip – approx mile 71.5), Crystal Springs Pavilion (approx mile 82.5), Charleton (return trip – approx mile 87).
- Runners 60 years and older may have a safety runner from the start with permission from the Race Director prior to the race.
- Runners are allowed to have only one safety runner at a time but may change safety runners at the aid stations indicated above. (Age 60+ runners can switch safety runners at any crewable aid station).
- Safety runners are not allowed to mule (carry supplies) for their runner.
- In general, runners should run in front of safety runners so that the runner is setting the appropriate pace. If the runner needs a mental break, the safety runner is allowed to lead. The safety runner should not set a pace that drives his/her runner into the ground. Their job is to get the runner to the finish line in one piece.
- No bicycle, equestrian, or canine pacing is allowed anywhere on the course.
- Safety runners or shuttle services for safety runners are not provided by the race organization.
- Runners are responsible for their safety runner's actions.

2024 Lake Ouachita Vista Trail Endurance Run Sponsors



Special thanks to the people who make LOViT a success: Mountain Harbor for hosting us on their property; our sponsors who support us; Our aid station captains, Stacey Shaver, Chris Davis, Bucky Monreal, Bea Mickelson, Billy & Kim Shurley, George Peterka, Chris Baldwin & Ronnie Daniel, Lorena Moody, Susan &

Steve Adkison, Greg & Deanna Bunn; Our volunteers; The Traildogs for developing and maintaining the beautiful beast we call LOViT; the 2024 LOViT Race Board - who wear many hats - Kim & Billy Shurley, Stacey Shaver, Corbett Sanders, Jason Armitage, and Tony & Tammy Melugin. And above all, we give glory to God who gave us such a beautiful playground to play on. Romans 1:20

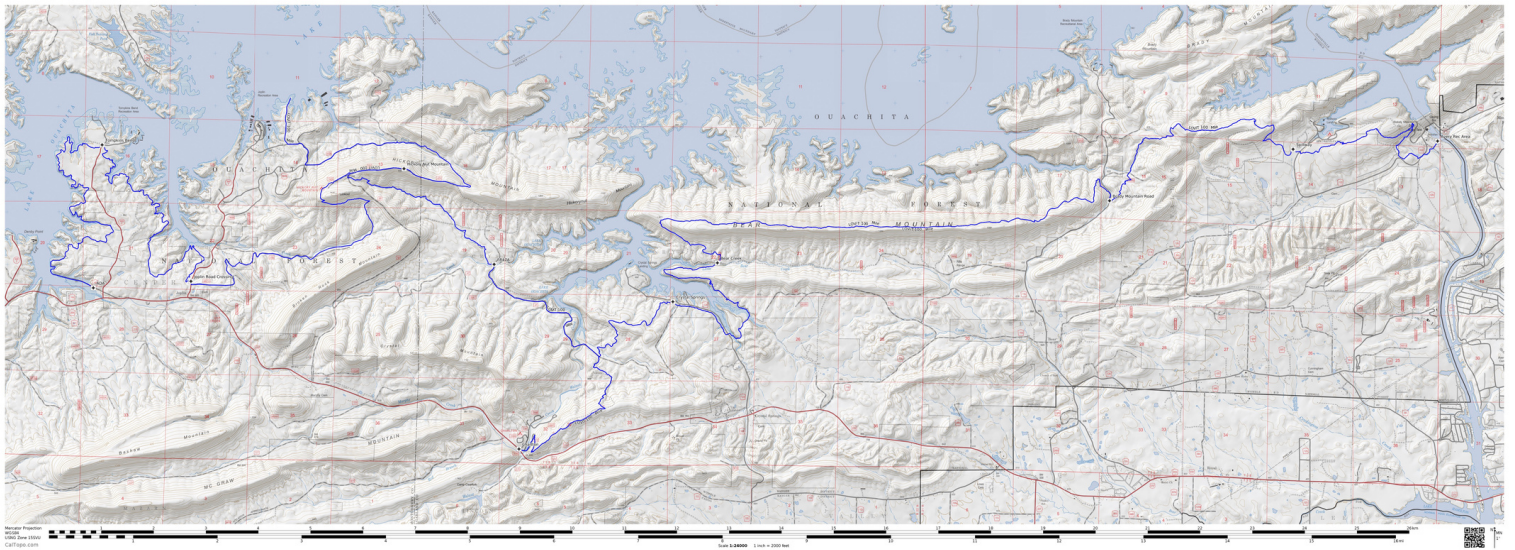
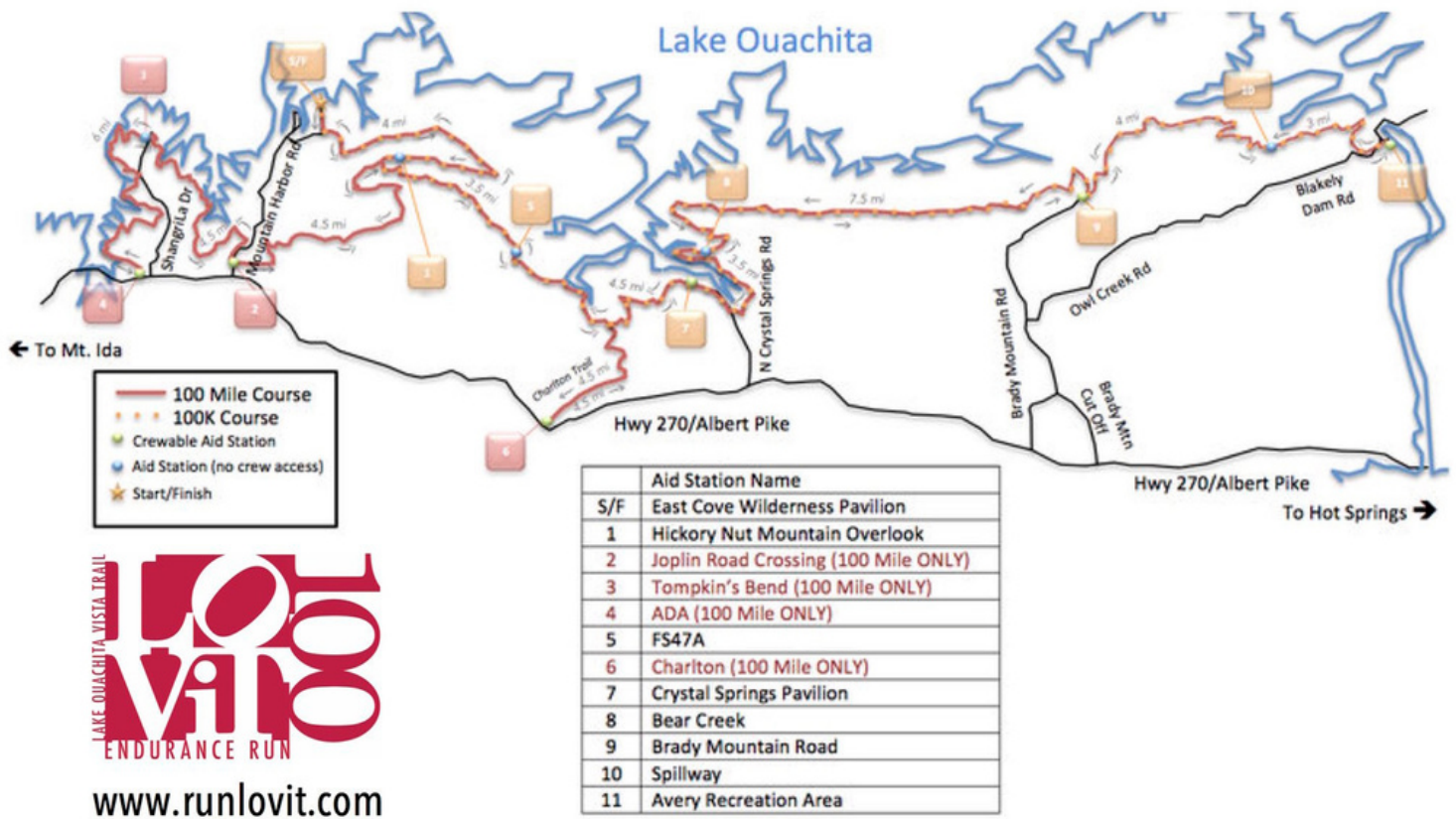
CANCELLATION POLICY: If forces beyond our control lead to the cancellation of this event, it is possible that you will receive no refund of your entry fee. We will, however, endeavor to issue refunds or make other compensation to the extent funds are available to do so. For more information on our standard cancellation policy, please visit www.runlovit.com/cancellation-policy.

Additional Race Rules

- All runners must carry at least one water bottle and one light source (flashlight/headlamp) at all times.
- All runners must wear assigned race numbers. It is the runner's responsibility to ensure his/her race number is recorded at all aid stations, both when the runner checks in and when the runner checks out. If your race number is not recorded at an aid station, you may be disqualified for not completing the entire course.
- At no time may a runner ride in or on a vehicle of any kind. Violators will be disqualified. If you get off course, you must return by foot to the point at which you left the trail.
- Please do not litter on the course. We believe in trail karma. Whether you're running first or last, if you see litter on the course, you pick up the trash and you most certainly don't add to the mess.
- Litter bugs will be subject to disqualification. This applies to you, your safety runner, and your crew.
- If you drop out of the race, make sure that you notify the aid station captain. They will notify race headquarters. Do not drop between two aid stations.
- In the event Search and Rescue is called to search for a runner, YOU, the runner, will be responsible for all costs associated with such search. Please note, because of the remote sections along parts of this trail and the fact that temperatures will likely drop significantly in the dark, if you are unaccounted for what is deemed an unreasonable amount of time, rescue crews will be called in to help locate you. It is likely that Search and Rescue helicopters will be launched in this effort and you will be required to pay for these services. If you plan on sitting on the side of the trail for an extended period of time, please carry your phone and let the race directors know your location.

Leave No Trace ethics apply, even if you're racing for a win. If you need to go #2: Make sure you're 200 feet or 60 meters (about 70 steps) from the trail or any water source. Make sure you're hidden. No one wants to see your rear. Dig a hole. Since you probably won't be carrying a shovel, use the heel of your shoe, a stick, or a rock to excavate a trench that is at least six inches deep and a few inches wide, or as big as you can given the terrain. If the ground is too rocky, unearth a rock and use its hole for your *ahem* deed. Unless land-agency rules apply, it's fine to leave a small amount of toilet paper in the hole. Do not burn your toilet paper. If you don't have toilet paper, use natural materials like smooth stones or vegetation. Be sure you know your plant life. Poison oak/ivy/sumac does not make fun toilet paper. Bury all used material with your waste. Pack out tampons and other non-biodegradable material.

Urine is a different story. It doesn't carry the pathogens or disease that waste can and dries quickly. Do your fellow runners a favor, however, and urinate off the trail.



Online

Printable versions of the course map

Course elevations profiles

Section-by-section course preview

Visit www.runlovit.com/course-map

THANKS FOR
 CHOOSING TO
 RUN LOVIT!

FIND



YOUR



LIMIT





www.runlovit.com