

Trail Marking Instructions

Arkansas Traveller 100

Arkansas Traveller starts with a figure 8 loop for the first 16.4 miles, followed by a down and back course. This makes the turn around at mile 57.8 miles. The first 8.6 miles follow paved and dirt road with only one left turn that is manned. The next 7.8 miles are on the Ouachita Trail which is blazed with blue blazes and is easy to follow. The first 16.4 miles do not have special course markings with the exception of one place at about mile 14 and at mile 16. This beginning section is easy to follow with only 2 manned turns and 2 marked places as noted. The normal course markings will begin at the Lake Sylvia aid station at mile 16.4.

Course Markings

Blue and white **RIBBON**

A single ribbon is a “**confidence marker**” which indicates you are on trail. These will be on the **left** outbound which means they will be on the **right** after the Turn Around Aid Station (inbound). These will be spaced about $\frac{1}{4}$ to $\frac{1}{3}$ mile apart. So if you are unsure you are on course, look at your watch and go about how long it takes to run $\frac{1}{3}$ mile. You should see a marker in that time. The only time you will ever go more that $\frac{1}{3}$ mile without seeing a marker is the first 16 miles of the race, so there is no reason to do more than $\frac{1}{3}$ mile of bonus miles.



Anytime you see **multiple ribbons**, PAY ATTENTION. This means an intersection or turn is coming up. Usually turns will have at least 3 ribbons in a row both before and after the turns.



Chalk Arrows

Turns will also usually include a white chalk arrow on the ground indicating direction. Please note that these are can be bidirectional since the course is down and back.



Red Signs

Some intersections will also have big, red arrow signs with reflective tape (for nighttime) to help you not miss turns.

Glow Sticks

At dark, glow sticks are added to the course to help you navigate at night. These are in addition to the ribbons. Night time navigation is easier than during the day because of these additional markings.

The course is very well marked and you should have no problem navigating. Remember that even if you take a wrong turn, there are frequent confidence markers so you should not go far without seeing a marker.

PoDog Vogler, Course Director