



HIGH NOON
SHOWDOWN

G.O.A.T.

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G.O.A.T.

Mission Statement

At G.O.A.T. (Go Out and Thrive), we believe in the transformative power of trail running to promote both mental and physical well-being. Our mission is to inspire people of all ages to embrace the outdoors, build resilience, and create strong, healthy communities.

As a veteran-owned and operated organization with over 60 years of combined leadership experience, we are deeply committed to service, discipline, and excellence. We're passionate about bringing small communities together, fostering unity, and forging lifelong friendships through the shared challenges of trail running.

But our impact doesn't stop at the trail's edge! We also give back to our communities by supporting local charities, making sure that our efforts extend far beyond the finish line. We're here to make a positive difference, one step at a time.

Join us on this journey and become a part of something bigger. Whether you're a seasoned runner or just starting out, there's a place for you here at G.O.A.T. Together, we can go farther, thrive, and make lasting memories.

Let's go out and thrive, together!



ABOUT THE RACE

Welcome to the High Noon Showdown, where the sun is high, the trails are tough, and the community is unmatched. Hosted by G.O.A.T. Trail Running, this endurance event is designed to push your limits and fuel your spirit-whether you're here to run, ruck, or just thrive in the chaos of a hot day on the trail. You'll be tackling a looped trail course roughly 4-5 miles long-a fun, potentially fast route with a few sneaky hills to keep things interesting. Whether you're chasing distance or building grit, this course has the right blend of flow and challenge.

You've chosen your challenge:

3-Hour Trail Run - Quick, gritty, and full of fire-see how far you can go in a short burst.

6-Hour Trail Run - Settle into your groove and stack those miles.

12-Hour Trail Run - A half-day battle of body and mind-pace smart, dig deep, keep moving.

6-Hour Ruck Challenge - Participants must carry a 25 lb pack (water not included).

24-Hour Trail Run - The ultimate test of endurance-run, recover, repeat (you're insane).

This isn't just a walk in the woods-this is a true test of mental and physical strength, carrying your weight through heat, hills, and heart.

The High Noon Showdown embodies everything we stand for-resilience, connection, grit, and a whole lot of fun in the dirt. Whether you're here to break records or break a sweat, this is your chance to Go Out And Thrive. See you at high noon, bring your hustle, your hydration, and your love for the trail. You will have areas of full tree cover, and others with no cover at all.

From your friends at GTR!

See you on the trail!

Phil, Grant, and Dale



LOCATION/PACKET PICK-UP & PRE-RACE FUN

RACE LOCATION: 1424 Ranch Rd. Laurens, SC 29360

PACKET PICK-UP, GEAR CHECK, AND PRE-RACE BRIEF:

Early Packet Pickup:

Friday May. 29th 2026

Tap & Table

317 N Harper St. Laurens, SC 29360

6PM-8PM Early Packet Pickup

Race Day Packet Pickup:

Saturday May 30th, 2026

Race Location

10AM-1130AM

Race Brief

1145AM

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SWAG & AWARDS

SWAG

If you registered before April 29th, you'll receive a race shirt in your race bag at packet pick-up. Additionally, there will be some race goodies in the bag that have been provided by GTR and other vendors to help you throughout the duration of the race. We will have GTR hats and other apparel for sale during this event as well.

AWARDS:

Top 3 Male and Female overall winners will receive a custom handmade award for their accomplishments!

All finishers will receive a custom race medal!

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PARKING

Follow all parking signs and volunteer directions. If you are setting up your own aid station please be courteous and mindful of those around your parking area.



START/FINISH TIMES & PACERS

START/FINISH TIMES:

The race will begin promptly at 12PM Saturday. The only cutoff you are facing is your own will and determination inside the distance (time) you've chosen!

PACERS

Pacers are welcome for the event. If you do have a pacer, make sure they are well prepared and have everything they need. The aid station volunteers are going to make sure the runners are taken care of first. (Don't worry pacers we love you too!)

ONLY ONE PACER AT A TIME IS ALLOWED.

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Aid Station

G.O.A.T. aid stations are second to none—fully stocked, thoughtfully equipped, and built to keep you moving when it matters most. From real fuel to real support, we take pride in providing the best aid stations in the Upstate. Expect a wide variety of hydration and nutrition options, hot food when you need it most, and the little extras that make a big difference deep into the race. Backed by attentive volunteers who understand endurance racing, our aid stations aren't just a stop along the course—they're a reset point designed to help you recover, refocus, and thrive.



COURSE RULES

- **DO NOT** pet, poke, kick, cuddle, or hold any wild animals....
- If you are running you **MUST** have a light source after dusk.
- All participants **MUST** carry a water source at all times.
- This is a cup less event, we will have community reusable cups if you forget. Find a friend you like
- There will be no unofficial runners (BOGEYS) allowed on the course.
 - Pacers are authorized.
- Each runner's bib must be worn at all times **ON THE FRONT** for timing purposes
- Runners **MUST** follow all course markings, we will find you, but you may not be able to find us if you're lost.
- Each runner must complete each lap under his/her own power.
- Runners are responsible for the actions of their crew members should you decide to bring them.
 - Bring family members, they'll enjoy the entire process!
- Monitoring of individual runners may be required at the discretion of the Race Director. Refusal of the runner to cooperate may result in immediate disqualification.
 - We do not have any EMTs on site, however, the Race Directors are formally combat medic trained for basic medical needs. We are **NOT** medical professionals.
- Littering of any kind is strictly prohibited. If you are seen blatantly disobeying this direction you will be asked to leave the property.
- Runners must refrain from poor sportsmanship.
 - This event is setup to be very social. We encourage fellowship during the race.



MEDICAL WAIVER/SUPPLIES

It is important for each runner to recognize the potential physical and mental stress which may evolve from participating in this type of event in warm/hot conditions. We asked that each of you sign a waiver at registration, thank you for completing this. Race Directors and volunteers will do all they can to ensure “safe passage” for all runners, but ultimately, we are first and foremost looking out for your well-being.

We will have basic first aid kits as well as KT Tape, and ankle tape should it be needed. For liability reasons, GOAT Trail Running Race Directors/Vounteers cannot apply these to runners.



SPONSORS

Thank you to all of our sponsors for making our races possible



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CONTACT INFO

HAVE A QUESTION?

If you have any questions about the race please reach out to us at g.o.a.t.trailruns@gmail.com. We try to make sure these runner guides are comprehensive and have all the info that we think you need. However, each runner is different so please reach out to us if you have any questions. Thank you so much for sharing some miles with us!

Sincerely,

G.O.A.T. Trail Runs

*Phil Martell
Grant Powers
Dale Singleton*

