



DINOSAUR VALLEY ENDURANCE RUN

NOV. 21-22, 2026  GLEN ROSE, TEXAS

**DINOSAUR VALLEY STATE PARK
GLEN ROSE, TX 76043**

2026 Runners' Manual

PRESENTED BY THE ACTIVE JOE

Spanish version available on our website:
<http://www.dinosaurvalleytrailrun.com>

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Welcome to Dinosaur Valley!

We built the Dinosaur Valley Endurance Run to create a welcoming, fun, and inclusive space on the trails. Whether you're hiking 5 miles or tackling 100 miles, everyone belongs here. We're so excited to celebrate another year of big goals, bigger smiles, and a lot of miles.

Please read this entire manual and make sure your crew and pacers do, too. Most race-day confusion can be avoided just by knowing what's in here.

Let's have some fun and run lots of miles!

– Libby Jones, Race Director

@TheActiveJoe · #DinoValley100





Land Acknowledgement

We support the Running on Native Lands Initiative, a program by Rising Hearts. This race takes place on land regions that were the traditional territory of the Jumanos, Wichita, Numunuu Sookobituu (Comanche), and Kiikaapoi (Kickapoo) peoples throughout the land's history. We recognize these lands were stolen from these Indigenous tribes. They protected and cared for these lands, and we need to continue doing so, too.



Know Before You Go

We're continually improving the event based on feedback. If you've been to the event before, you still want to read this manual. Here are key changes for 2026:

- **Park Onsite- No More Shuttles:** We helped fund a more weather-resistant parking solution for events on that side of the State Park, so you can park and walk into the race this year instead of waiting for a shuttle!
- **Walk to the start/finish line from the parking field:** This year, we have a 0.75-mile walk into the race site along a fire road within the State Park, so crews coming and going at night don't have to walk along a country road with no shoulder.
- **Timing & splits:** All 100K and 100-mile runners will record an official 100K finish. 100-mile runners who stop after 100K will receive a 100K buckle.
- **Fewer restrictions on supplies:** Since you can walk in from the parking field, you can bring coolers, camp chairs, canopy tents, and other supplies to make the crewing experience more comfortable.
- **An elevated Valley Village experience:** The crewing areas are set up to help runners get on and off the course, with designated walkways and crew tent zones. Please follow signage and "Leave No Trace" rules: no digging, fire pits, or burning wood.
- **Cup-free race:** Bring your own bottle or collapsible cup.
- **Trail Sisters standards:** Menstrual kits available at every aid station.
- **Professional race photos are free to download!** Available 7-10 days post-race.

You can review all the updates here: theactivejoe.com/dv-changes



Schedule of Events: Friday + Saturday

Friday, November 20, 2026

- **12:00 pm to 5:00 pm** - Packet pickup and supply drop-off for all athletes - pick up your race packet before race morning and set up in the designated crew areas. The race site will be unsupervised overnight, so leave supplies at your own risk, and do not leave any food (wildlife hazard). There is no parking overnight at the event parking lot. Gates will be closed Friday 5 pm until Saturday 4:30 am.
- **2:00 pm** - Those camping at the state park can access their campsite at the main entrance to the State Park.
- **10:00 pm** - Lights out and quiet at all campsites so participants are fresh for the race in the morning.

Saturday, November 21, 2026

MORNING

- 4:30 am - Parking lot will open.
- 6 am - Packet pickup begins at the start/finish for Saturday participants.
- 6:45 am to 7:00 am - Trail briefing
- 7 am - 100 mile and 100K starts.
- 7:45 am to 8:00 am - Trail briefing
- 8 am - 50K, Triassic 25K, Triassic 5 Mile start.

EVENING

- 8 pm - Jurassic 5 Mile start. A great chance on the safest parts of the race course to try out nighttime running or hiking!
- 8 pm to 10 pm - Karaoke at the start/finish/Cedar Brake Aid Station. An annual tradition!



Schedule of Events: Sunday

Sunday, November 22, 2026

- 7 am – Packet pickup begins for Sunday participants.
- 7:45 am to 8:00 am - Trail briefing
- 8 am – Cretaceous 25K and Cretaceous 5 Mile start.
- 12:30 pm - CUTOFF - all 25K, 50K, and 100K participants must have started their final loop (54:00/mi pace for 25K, 33:42/mi pace for 100K). The 100-mile must be through the Cedar Brake aid station at mile 84.
- 2:30 pm – CUTOFF - all 25K, 50K, and 100K participants must be leaving the Fenceline aid station inbound toward the finish (with 2.5 miles to go).
- 3:00 pm – CUTOFF - all 100-mile participants must be leaving the Fenceline aid station inbound at mile 92.
- 4:00 pm – CUTOFF – all 100-mile participants must be starting their last 5-mile loop (mile 95 for the 100 miler).
- 5:00 pm – CUTOFF - last incremental cutoff for all distances – all participants must be leaving the Fenceline aid station inbound to the finish (approximately 2.5 miles from the finish).



Parking

NO SHUTTLES NEEDED! Race Parking is moving back onsite at the State Park in 2026! We worked with the State Park to develop an environmentally-focused solution that lets athletes and their crews park and walk safely to the race site (i.e., not down the shoulder of a dark country road). We funded a new entry and gate into their existing event parking lot to improve resilience in bad weather and allow two-way vehicle traffic in and out of the parking field.

The parking field is in a highly rural area with NO street number assigned, so you can copy and paste these GPS coordinates into your phone to get there, or [use this link](#).

32.243423, -97.829106

Please check the directions your phone gives and make sure they have you getting to County Road 1007 via Hereford Street. The other directions that take you via County Road 1008 are dangerous or impassable in high water or at night.

Parking is NOT at the main entrance to Dinosaur Valley State Park. Race participants can visit the main part of the park pre-race or post-race, as listed in the provided race list. Anyone else will have to pay the day-use fee if they decide to visit the park's central area.

NOTE that, unless you want to cross the river by foot and walk 1/3 of a mile, the race site is also NOT accessible from the main public parts of the State Park.

State Park Access

You may want to go over to the main entrance to Dinosaur Valley State Park for access to:

- Official Paid Campsites - Triceratops and Pachy Group (which you must have previously reserved with the race)
- Dumping Station for RV Waste
- Indoor-Plumbing Restrooms and Camp Showers
- Playground
- Picnic area with picnic tables

You can read more here: <https://www.theactivejoe.com/dv-schedule>

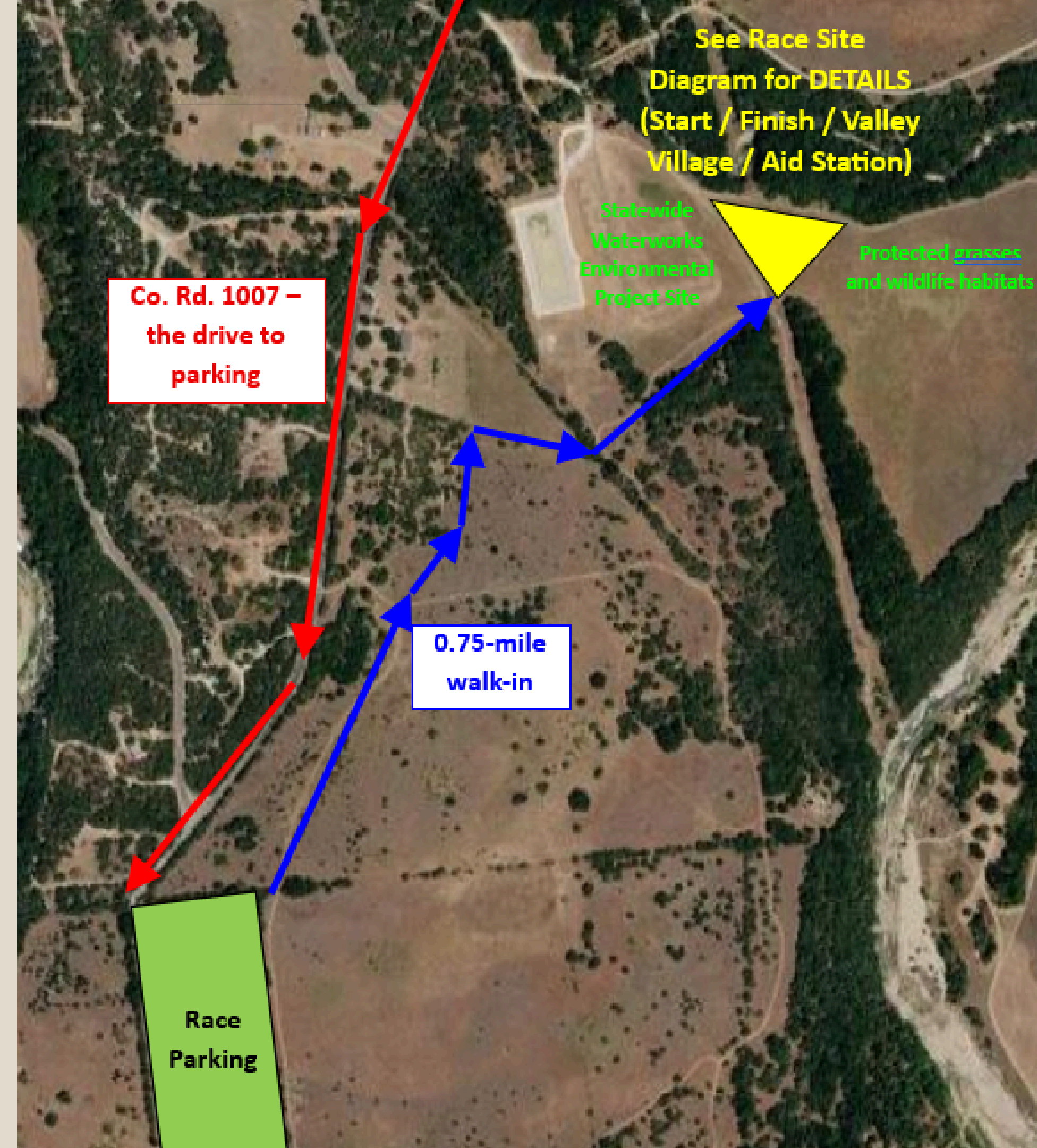
Walking in to the Race Site from Parking

Everyone must park at the Race Parking and follow the signage to walk into the race site along the property's State Park fire roads (not along public roadways with vehicular traffic).

The walk is approximately 0.75 miles one way.

Be prepared to carry your supplies and have a plan to carry them out at the end of the race. Our aid stations are fully stocked, so pack accordingly.

We even have a staffed Foot Care tent!



What You Can Bring to Valley Village

- Pop-up Canopy Tents if you plan to set up in the Brontosaurus Crew Area
- Collapsible camp chairs
- Backpacks and tote bags
- Coolers (we recommend soft-sided tote-style ones for ease of carrying)
- Small 1–2 burner camp stoves
- Jet boil or similar devices that use isobutane or butane canisters
- Isobutane/propane mix or propane bottles (up to 1 lb)
- Small portable batteries

♻️ Used 1 lb propane bottles can be recycled on-site.

Follow Leave No Trace principles. Pack out everything you pack in.

What You Can NOT Bring to Valley Village

- Large grills
- Propane tanks over 1 lb
- Gas generators or gasoline containers



Course Overview

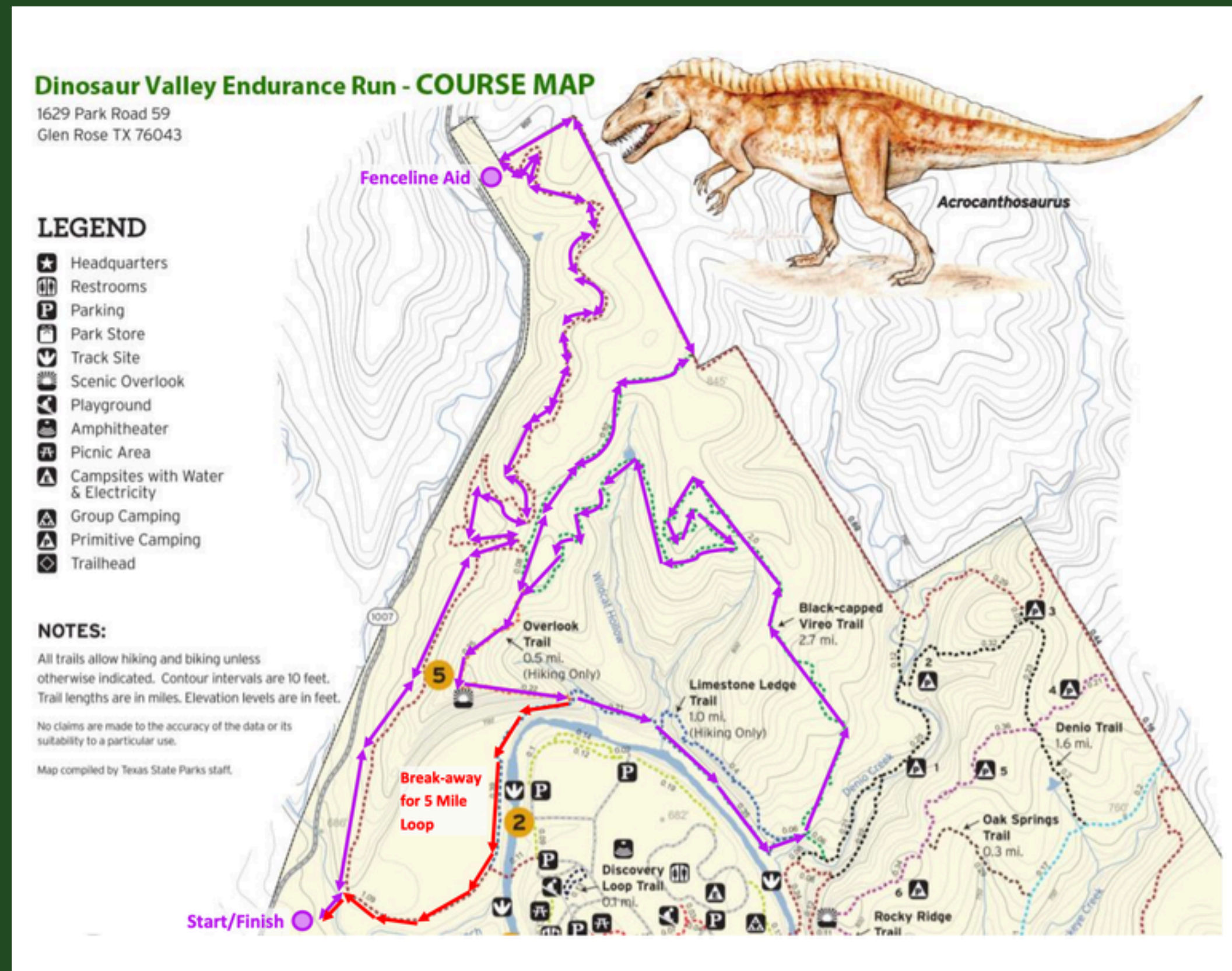
The race takes place at Dinosaur Valley State Park in Glen Rose, Texas. The looped course features rolling terrain with varied surfaces—from packed dirt and rocky sections to wooded single track. There are no river crossings (removed in 2018). Expect a little of everything, plus wide-open views and scenic overlooks that stretch for miles.

Course Layout

- 5 Mile – 5 Mile reduced portion of the main loop.
- 25K – 5-mile course for your first loop, THEN 1 loop of the 10.5-mile loop.
- 50K – 3 loops of the 10.5-mi loop.
- 100K – 6 loops of the 10.5-mi loop.
- 100 Mile – 9 loops of the 10.5-mile loop. THEN, 5-mile course for your final loop. 100K splits will be recorded as 100K finishes for all 100 milers at the end of 6 loops.

You can find more details on the course here:

<https://www.theactivejoe.com/dv-course-information>



Course Markings

We will be using a combination of the following:

- bright pink contractor tape flagging, with reflective tape on the ends to catch your headlamp in the dark, clothespinned to tree branches and bushes
- bright pink stake flags for major field sections that don't have bushes to attach ribbons to
- arrow signs (left, right, straight)
- yellow caution tape - do NOT cross the tape

At intersections, follow the flagging for the correct route if there are no arrow signs. Flagging will be visible from where you are standing in the intersection.

Confidence flagging: For trail sections where there's no logical offshoot you could take other than the one you are on, you may go up to a half mile without flagging.

If you ever get to a spot where you are completely unsure where you are, backtrack along the path you took until you reach course markers. If you become utterly lost, never go off trail. Sit down where you are and wait for someone to get to you.



Aid Stations

Two aid stations are on course, and you'll visit each multiple times depending on your race distance—100-milers will pass through 28 times total.

- Fence Line is on the 10.5-mile loop and is hit outbound and inbound (5-milers hit it once outbound). Ask volunteers if you're unsure which direction you're heading.
- Cedar Brake is at the start/finish and connects to Fence Line via two-way traffic.

Our aid stations will have:

Hydration & Nutrition:

- Water: Crazy Water #2.
- Electrolyte: Tailwind (Mandarin Orange).
- Cold foods: PB&J, chips, pretzels, candy, cookies, and more.
- Hot foods (Sat 5 PM–Sun 3 PM): soups, grilled cheese, breakfast tacos, quesadillas, etc. Offerings change throughout the weekend.

Aid stations are vegan-friendly but not allergen-safe. Bring any specific fuels or items you rely on.

Cup-free event: Bring your own reusable cup or bottle.

For more Aid Station info, check out this page:

<https://www.theactivejoe.com/dv-aid-stations>



Medical and Footcare

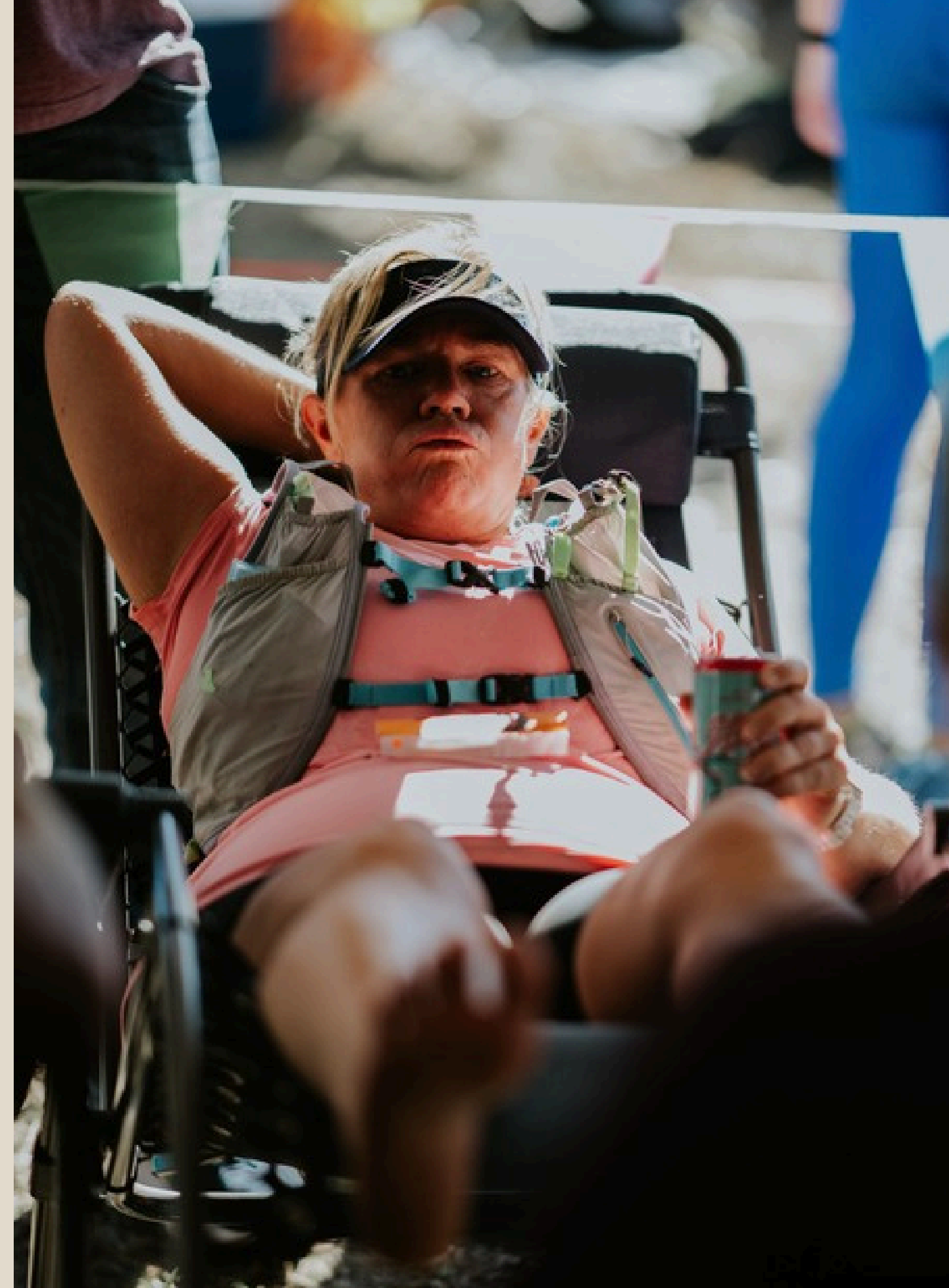
Trail running requires preparation and awareness. Each participant is responsible for their own safety and well-being during the race. Please arrive ready—physically and mentally—for the challenges of the course. While we hope no one needs emergency care, medical expenses are the participant's responsibility. Some sections of the course are remote, and response times may be delayed.

Common issues include dehydration, heat exhaustion, hypothermia, disorientation, and injury. Monitor yourself throughout the race and know your limits.

- Aid stations will not provide Advil, Aspirin, Motrin, or any other pain relievers.

A Footcare Tent will be available at the start/finish to help with blisters, taping, and minor issues.

You are ultimately responsible for your own health and well-being.



Drop Bags

For the Start/Finish/Cedar Brake Aid Station:

- You may set up in one of the Valley Village Crew Areas.

At the Fence Line Aid Station:

- Only 100K and 100 milers may put a drop bag here.
- Leave the bag in the designated area at the start line on Saturday morning.
- Label bag clearly with name & bib number.
- The drop bags will be transported after the race start and will first be available at mile 8.
- Once they are at Fence Line, they will be spread out on tarps. Use a bright, recognizable bag, ribbon, or colored duct tape to help you find your bag.
- Max size: 2ft x 2ft x 1ft. Not covered — pack for weather. Secure any liquids or fragile items for transport.
- On your last loop, ask the Aid Station where to drop your drop bag for return. Bags will be shuttled back to the finish every few hours.
- If you drop out of the race, it may be several hours before your bag is returned to the finish line. If you can not wait several hours, plan to come back by Sunday, 6 pm, when all bags have been returned, or plan items in your bag that you are comfortable not getting back.

Guidance on Drop Bags:

Drop bags are a game-changer for new and experienced ultrarunners alike. Take a few minutes to plan what you really need instead of tossing everything into a bin. Smart packing means faster aid station stops and a smoother race day.



Trekking Poles + Headlamp Courtesy

Trekking poles are allowed. If you plan to use them, practice during training so you're comfortable handling them before race day. Keep pole tips close to you; avoid swinging them outward or behind you, especially if you are trying to take them out of your pack. Please give other participants plenty of room when passing or being passed.

Light your way without dazzling your neighbors. Bright headlamps can temporarily blind other participants. Angle your beam toward the trail and use a brightness setting appropriate for the conditions. When talking to another runner or an aid station volunteer, avoid shining your light directly into their face.



Valley Village: Crews, Spectators and Pacers

Crewing here is easy and fun. With one central spot to cheer every 10.5 miles or less, you'll be part of the action at the finish line and enjoy a beautiful weekend in the park. Please review the following guidelines:

- **Crewing Rules:**

- Crews only within 200 yards of Cedar Brake.
- No crewing at Fence Line Aid Station.
- Crews can not drink or eat aid station foods.
- Children under 10 must remain within 30 feet of a guardian.

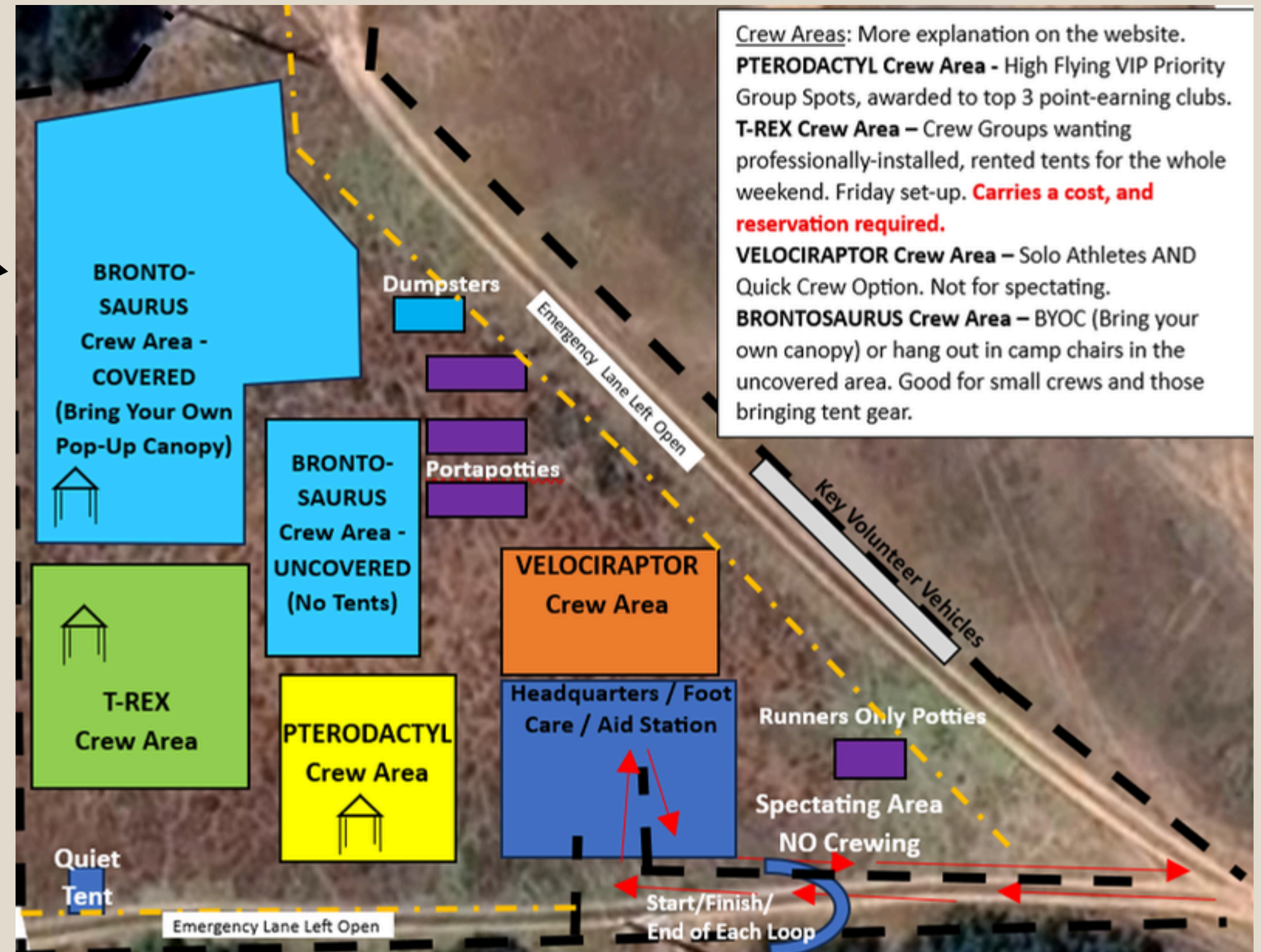
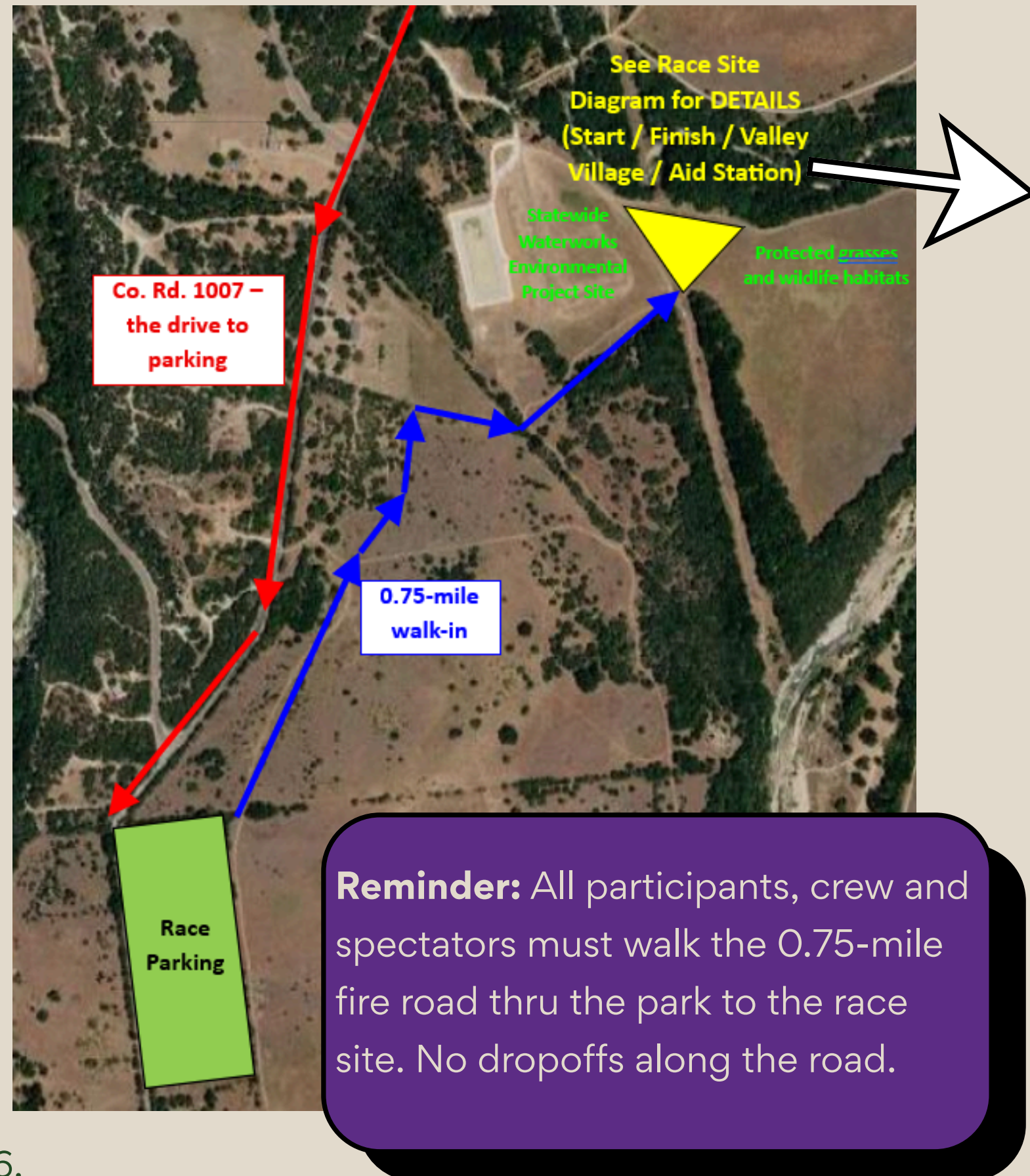
- **Pacers:**

- Allowed for 100K and 100M runners starting at mile 52.5.
- Pacers must first fill out THIS WAIVER online. Then, all pacers must check in at the headquarters by the finish line before pacing to get a pacer bib.
- No muling — runners carry their own supplies.
- Pacers may eat/drink at aid stations during pacing hours.

For more details, please visit: <https://www.theactivejoe.com/crewing-at-dino>



Valley Village: Site Map



Timing and Cutoffs

The race uses chip timing, with your timing tag attached to the back of your bib—no setup required. Just wear your bib visibly on the front of your body. Do NOT alter your bib. The bib can’t be folded or crumpled, and don't remove the foam cover from your bib chip.

- Live tracking will be available during the race so friends and family can follow your progress.
- Chip timing with split mats at the Fence Line and the finish line.
- 100M runners receive an official finish times in the 100K once they complete that distance.

Please note that the cutoffs are incremental only — no final cutoff if you make the last one.

25K / 50K Cutoff Chart for last loop for those running on Sunday

Aid Station	Approximate Mileage	Cutoff Time (Time of Day)	Cutoff Time (Duration of Race)	Pace
Cedar Brake	5 for 25K / 21 for 50K	12:30 PM	4:30:00	54:00/mi for 25K / 12:51/mi for 50K
Fenceline (outbound)	7.5 for 25K / 23.5 for 50K	NONE		
Fenceline (inbound)	13 for 25K / 29 for 50K	2:30 PM	6:30:00	30:00/mi for 25K / 13:26/mi for 50K
Cedar Brake (FINISH)	FINISH	No hard cutoff; just keep moving		

100K Cutoff Chart

Aid Station	Approximate Mileage	Cutoff Time (Time of Day)	Cutoff Time (Duration of Race)	Pace
Cedar Brake	52.5	12:30 PM	29:30:00	33:42/mi
Fenceline (outbound)	55.0	NONE		
Fenceline (inbound)	60.5	2:30 PM	31:30:00	31:14/mi
Cedar Brake (FINISH)	FINISH	No hard cutoff; just keep moving		

100 Mile Cutoff Chart

Aid Station	Approximate Mileage	Cutoff Time (Time of Day)	Cutoff Time (Duration of Race)	Pace
Cedar Brake	84.0	Sunday, 12:30 PM	29:30:00	21:04/mi
Fenceline (outbound)	86.5	None		
Fenceline (inbound)	92.0	Sunday, 3:00 PM	31:30:00	20:52/mi
Cedar Brake	94.5	Sunday, 4:00 PM	33:00:00	20:57/mi
Fenceline	97.0	Sunday, 5:00 PM	34:00:00	21:01/mi
Cedar Brake (FINISH)	FINISH	No hard cutoff; just keep moving		

Western States 100 Qualifier

This year's race is at the beginning of the qualifying period for the 2028 Western States Endurance Run. Those who qualify here can apply in November 2027 for the Western States lottery held in December 2027.

100K and 100 Miler overlap

100K Entrants - Finish in under 22 hours to qualify.

100 Mile Entrants -

- If you do not complete the first 100K, you will be listed in the 100 mile results as a DNF.
- Once you complete the first 100K of the race, you will have a recorded 100K finish time, and if it is under 22 hours, you earn your qualifier.
- You then continue on your quest to complete the 100 miles with us. If you are not able to, your 100K finish stands, you receive a 100K buckle, and you do not show as a 100 Mile DNF in results.
- If you complete the 100 miles, you receive your 100-mile buckle instead of a 100K one, and you have a recorded finish time in both the 100K and the 100 miler. You can also qualify for Western States by finishing the 100 miler in 35 hours.

Learn more here: <https://www.theactivejoe.com/dv-ws-qualifier>



Awards and Finisher Items

- Buckles for 100K and 100M finishers; medals for shorter distances.
- Special buckle for 100 Milers finishing under 24 hours.
- Special medal for Mesozoic Maniac finishers.

Awards:

- Top 3 overall male, female, non-binary
- For the 100 Mile and 100K (larger attendance events): 1st & 2nd place male & female in age groups: 0-29, 30-39, 40-49, 50-59, 60+.
- For the 50K, 25K, 5M (smaller attendance events): 1st place male & female in age groups 00-29, 30-39, 40-49, 50-59, 60-69, & 70-99.
- You are only eligible for an award if you complete the course as it is laid out in the order it is meant to be completed.
- For race distances held multiple times (25K and 5 Mile), awards will be just for that race start and not combined with other race days/times.
- Awards may be mailed later at the athlete's expense. Please check in at Headquarters before you leave if you think you won an award.
- No prize money.

For more information, check out <https://www.theactivejoe.com/finisher-items-awards>



Race Conduct and Inclusivity Policies

We strive to create a welcoming and equitable environment for all our athletes. Please review our race conduct code below:

- No littering — immediate DQ.
- No bandits, dogs, or strollers on the course.
- Bib transfers only with Race Director approval.
- The event may be altered or canceled for safety reasons (no refunds).
- Respect volunteers and fellow runners.

Inclusivity Policies:

We proudly uphold The Active Joe's Non-Binary and Transgender Athlete Policies — ensuring equitable podiums and results for all athletes.

Full text available at <https://www.theactivejoe.com/>



The Active Joe: Who We Are

All are welcome, but the following groups are actively invited.

See how:

[Female Athlete Inclusion](#)

[BIPOC Athlete Inclusion](#)

[LGBTQIA2S+ Athlete Inclusion](#)

[Non-Binary Athlete Inclusion](#)

[Transgender Athlete Inclusion](#)

[Aging Athlete Inclusion](#)

[Inclusion for Athletes with Disabilities or Impairments](#)

[Inclusion for Athletes at the Back-of-the-Pack \(including hikers and walkers\)](#)

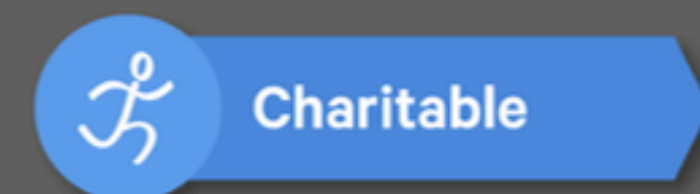
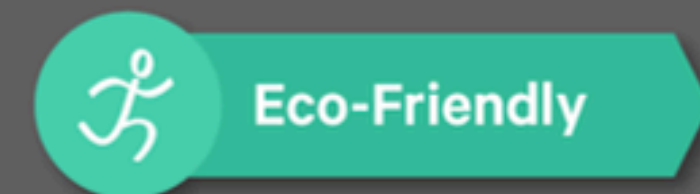
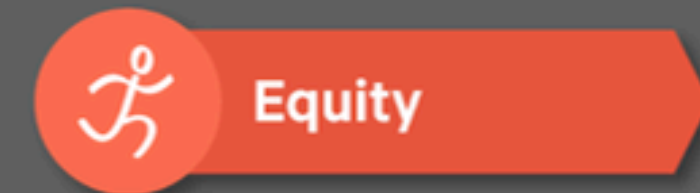
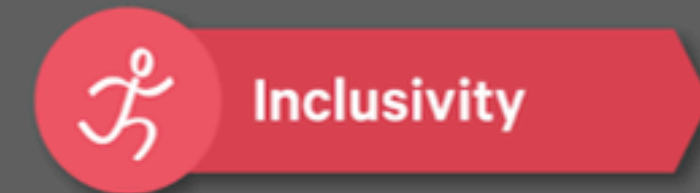
Regardless of your immigration status, know your rights and have a plan if you are detained while traveling. Latinos

Outdoors has a [webpage with resources to help](#).

Find out more here:

<https://www.theactivejoe.com/who-we-are>

Who is The Active Joe?



Contact Us

We are excited to welcome you to the event! Please do not hesitate to reach out with any questions.

- Race Director: Libby Jones
- ✉ info@dinosaurvalleytrailrun.com
- 🌐 www.dinosaurvalleytrailrun.com
- Direct Link to Live Results:
<https://www.allsportstiming.com/2026-dinosaur/>
- Social: @TheActiveJoe · #DinoValley100

