

# Dinosaur Valley Endurance Run

## Course Details

A lot of people like to train on the specific course they will be racing. To support that goal, this document provides many things:

- Race day parking is only available on race day through a private back entrance to the state park. So there's a section with directions on how to walk to the start line from the public parking.
- There is a link of how to download a GPX file directly to your running watch so you can follow the course as you run.
- I've added written turn-by-turn directions that can be printed and slipped into a hydration vest pocket to follow.

Course maps are here: <https://www.theactivejoe.com/dinosaurvalleyraceguide>

A reminder of the loops for each race distance:

- 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-mi loop.
- 50K – 3 loops of the 10.5-mi loop.
- 100K – 6 loops of the 10.5-mi loop.
- 100 Mile – 5 mile course for your first loop THEN 9 loops of the 10.5-mi loop.

# Dino Valley Endurance Run

## Finding the Start Line

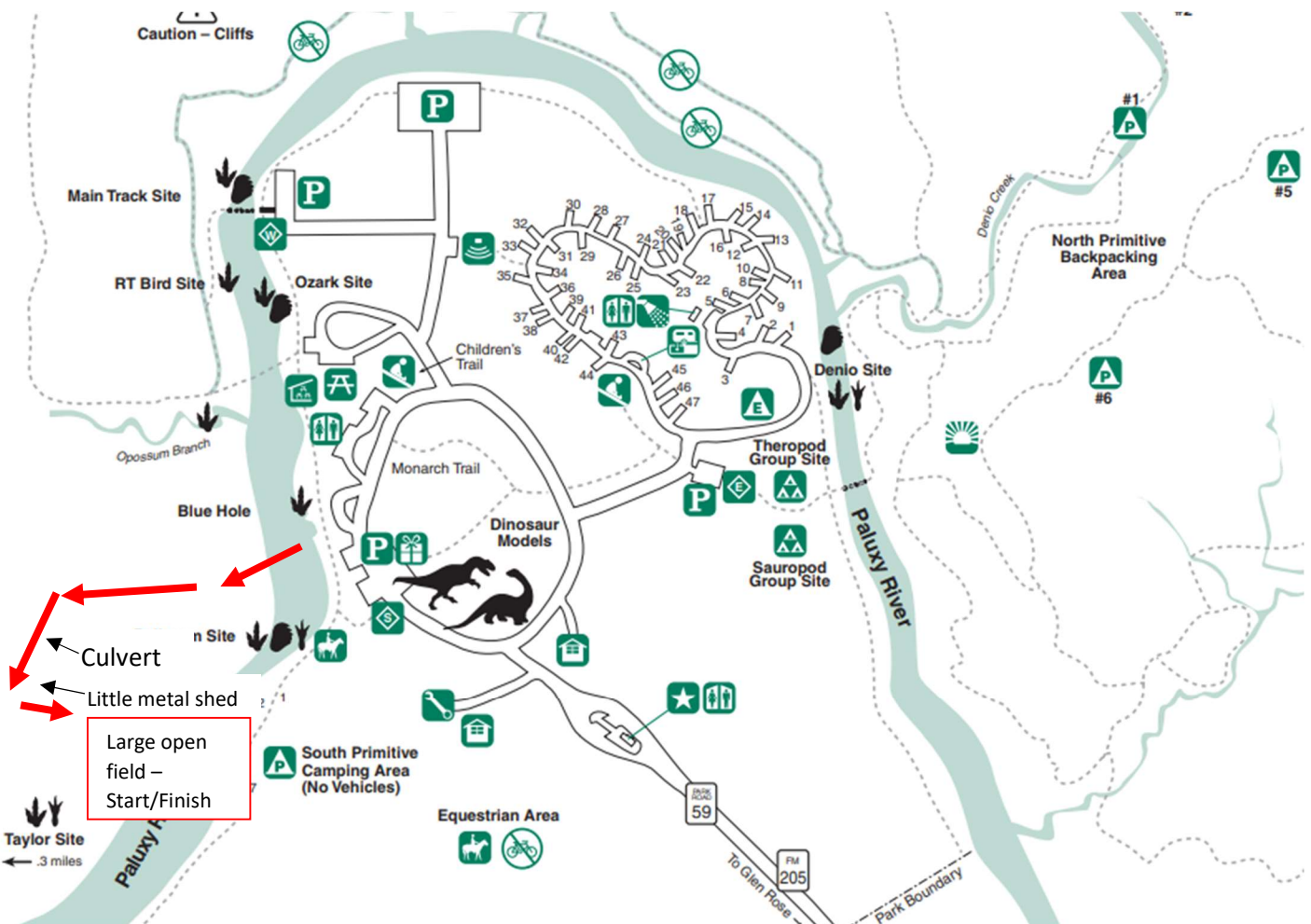
Race day parking is only available on race day through a private back entrance to the state park. When you arrive on any other day, you go through the main park entrance and have to park in regular public parking.

In order to get to the start/finish line, you will need to cross the river. I suggest a change of socks in your pack so you can run the loop in dry socks.

Once you cross the river, head left. You'll be on the Cedar Brake Outer Loop. You'll get to a spot where the CBOL continues with a rocky uphill trail ahead of you, the entrance to a large grassy field is to your right, and the fire road continues if you turn left. TURN LEFT, you will go downhill, across a culvert / small creek crossing, and back up the hill.

When you reach an intersection, you'll see a small metal shed, troughs, and cow pens to your left. TURN LEFT and 20 steps later you will come out to a giant grassy field which is both the start/finish area, crewing area, and race day parking.

Now you can use the course maps, downloadable GPX course map files, or turn-by-turn directions included in this document to run a loop of the course!



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## Downloadable Course for GPS Watches

Garmin Connect course for the 10.5-mile loop: <https://connect.garmin.com/modern/course/105564479>

Garmin Connect course for the 5-mile loop: <https://connect.garmin.com/modern/course/105737092>

When you pull up this link, if you have a Garmin Connect, you can click "Send to Device". For other users, click the three dots to the right of "Send to Device" and you can download a GPX file which can be uploaded to any device.

## Turn-by-Turn Course Description

### 10.5-MILE LOOP

From start line, head east across culvert to Cedar Brake Outer Loop (0.05 mi).

Turn left onto CBOL and go 0.83 mi

At the intersection, turn left and continue on CBOL for 1.6 miles

This is the location of the Fence Line Aid Station.

Continue on CBOL for 0.6 miles

Turn right onto Vireo (looks like fire road) and go 0.5 miles

Take a left at the intersection to continue on Vireo and go 0.08 miles

Continue straight at the intersection to go onto OVERLOOK Trail and go 0.47 miles.

5 Milers - turn RIGHT. Full 10.5-mile loop - turn LEFT onto PALUXY RIVER TRAIL and go 0.21 miles

Continue straight on PALUXY RIVER TRAIL and go another 0.46 mi

Turn LEFT onto VIREO TRAIL and go 2.0 miles.

Turn RIGHT to stay on VIREO TRAIL and go 0.08 miles

Turn RIGHT to stay on VIREO (looks like fire road) for 0.52 miles.

Turn LEFT onto CBOL and go 0.6 miles.

This is the location of the Fence Line Aid Station.

Continue on CBOL for 1.6 miles.

Turn RIGHT to continue on CBOL and go 0.83 miles.

Turn RIGHT to cross the culvert, then veer LEFT into the trees to take you the last 0.05 mi up to the finish.

### 5-MILE LOOP

From the start line, head east across culvert to Cedar Brake Outer Loop (0.05 mi).

Turn left onto CBOL and go 0.83 mi

At the intersection, turn left and continue on CBOL for 1.6 miles

This is the location of the Fence Line Aid Station.

Continue on CBOL for 0.6 miles

Turn right onto Vireo (looks like fire road) and go 0.5 miles

Take a left at the intersection to continue on Vireo and go 0.08 miles

Continue straight at the intersection to go onto OVERLOOK Trail and go 0.47 miles.

5 Milers - turn RIGHT onto PALUXY RIVER TRAIL and go 0.39 mi. Full 10.5-mile loop - turn left.

Continue straight on CBOL for 0.4 mi

Turn LEFT to cross the culvert, then veer LEFT into the trees to take you the last 0.05 mi up to the finish.