

# Dinosaur Valley Endurance Run

November 18-19, 2023

## RUNNERS' MANUAL

Welcome to the 7<sup>th</sup> year of this race being renamed and held at beautiful Dinosaur Valley State Park in Glen Rose, Texas (previously this race was the Big Cedar Endurance Run). This was the first 100 miler in North Texas, and I'm excited to see how many finishers in all distances that we add this year!

In all these distances, you'll be among other amazing athletes challenging themselves. There are lots of gradual uphill and downhill that add up, and a mix of terrain between soft dirt, rocks, and roots. Some parts are technical while other parts are super runnable. This is a pretty hilly 100 miler by Texas standards, and the terrain can trip you up as you fatigue. Use that first loop through the course to settle into a pace for the race and not go out too fast.

We are expecting another big turnout year. I put the idea out to our trail community that we have a large ultrarunning presence in Dallas-Fort Worth and deserved to have a local Western States qualifier (versus driving 300-400 miles!), and you all embraced the dream and are taking the steps with me to help make this happen. Last year, a high percentage of 100 milers who signed up early but didn't ultimately start, combined with the coldest weather we have ever had at this race (below freezing!), left us with smaller finisher counts than we hoped. But we are looking at this year's signups and feeling really good at the possibility we can all make this happen! And for all other distances, your positive spirit and drive will prove to be infectious, and it will help those 100Kers 100 milers to meet their goals!

**Please be sure to read this entire runners' manual.** Then, send it to your crew and pacers and tell THEM to read it and print it to bring with them (failure for them to follow rules can result in your disqualification). Then, YOU should print it to bring with you too. We are not sympathetic to those who purposefully don't follow rules that are stated within here or are completely oblivious to the schedule and process for the race weekend when we take the time to provide the information. We get it's a lot of information, so we don't expect you to know every detail but you know where to look when you have a question and then reach out if it's still not answered and we'll help because we want you to succeed.

We have to thank our wonderful volunteers who will be out there taking care of runners for over 30 hours. Everyone you will encounter has given their time to help you achieve your goals. Please treat them well and thank everyone you meet along the way to your finish! Valid concerns should be addressed by asking for the aid station captain or the race director – complaints about unrealistic expectations that do not match what is stated explicitly in this manual will fall on a deaf ear and whining at our shift volunteers will accomplish nothing productive.

Now, let's have some fun and run lots of miles!

Libby Jones

Dinosaur Valley Endurance Run Race Director, *The Active Joe* Owner

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## Changes from the 2022 event to the 2023 event

We are always looking to improve the event. Here are the changes for this year:

- **100 Milers will do 5 mile loop last now!** The course itself isn't changing, but the 100 Miler will now have the 5 mile loop moved to the end of their race.
- **Change to Midrace Dropdowns!** There will be no midrace dropdowns.
- **Even 100 Milers will get a 100K finish!** Because we have moved the 100 Miler's last 5 mile loop to the end of the race, both 100K and 100 milers will come through the finish line area at the 100K mark. We have made the decision to record everyone's 100K split, regardless of distance registered for, as an actual 100K finish. 100 milers who drop out of the race before 100K will show as a DNF. 100 milers who drop out of the race before their 100 mile finish but after 100K will not show a DNF because of the 100K recorded finish, and they will receive a 100K buckle. All 100 milers who finish out the full 100 mile distance will get a 100 mile buckle instead of a 100K buckle but will also have a recorded 100K finish! This will be a huge help to our timing guy with this setup!
- **Valley Village is growing!** Our crewing area grew so much last year, filled with canopy tents and lively crews. We're renaming it Valley Village. We plan to put in some more formal marked walkways through the area. And we had to add a "Leave No Trace" reminder. Leave the area as you found it. This includes not digging holes to create a fire pit. Also, no wood burning fires.
- **Dedicated drop bag area at Cedar Brake aid station!** If you don't have a dedicated crew or a bigger allocated space in the Valley Village, there will be a tarp area by the aid station for you to access your drop bag.

## Current State of the Race Because of COVID-19 and Germs in General

It's incredibly important to me to keep the participants, my volunteers, myself, and the local residents all safe and healthy. Please don't attend if you are having any COVID-19, cold, strep throat, or flu symptoms. **I offer partial refunds up through Wednesday night of race week.** Please remember that there are immunocompromised people racing and volunteering (and race directing!) – let's avoid passing something on!

Ways to lower germ spread at the event:

- We'll have hand sanitizer at the start/finish and at the aid stations. Please use it regularly.
- Use utensils provided to get snacks from the containers at the aid stations.
- Avoid getting up in people's faces. Please continue to try to socially distance where possible.

## Land Acknowledgment

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, Nəmənən Sookobitə (Comanche), and Kiiikaapoi (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 to do that too.



# RACE DAY SOCIAL MEDIA INFORMATION

## Getting Race Updates

Leading up to race day, race updates will be posted to the [Facebook event HERE](#).

Be sure to RSVP "Going" to the event to get Facebook notifications when there are updates.

In case of any emergencies race morning that could affect your race, Facebook event posts are the easiest way for me to notify you all while I'm out at the State Park.

## Race Results

Live results will be available [HERE](#), and there is also a link on our race website <http://www.dinosaurvalleytrailrun.com>. The live results will show splits at the end of each loop and at the end of the participant's race. The Fence Line Aid station has a split mat so you will also see that on the live results 2.5 and 8.0 miles into each 10.5-mile loop.

Results will be available throughout the whole weekend on a roughly 15 minute delay, which in our world is still live but we're limited by our internet connectivity out there too. There will be a split mat at the Fence Line aid station. You can click into the name of any participant to see their actual splits.

## Post Your Pics and TAG US!

Please encourage your crews and families to post pictures and updates during your race and tag the race. You can tag us on Instagram at [@TheActiveJoe](#) and the weekend's hashtag is [#DinoValley100](#)

If you , follow us on 

running  
racing  
training



[@theactivejoe](#) 

# SCHEDULE OF EVENTS

## Friday, November 17 –

- 12:00 pm - You can enter the parking field starting at this time. Note that you can only sleep at that location if you are sleeping in your car or staying in an RV (which must be parked back along the edges of the field). Absolutely no tent camping. You will need to hike in approximate 1/3 of a mile with whatever you want to set up in Valley Village. Crew canopies can be set up in the designated Valley Village crewing area. Please stake them down well in case there is bad weather overnight. There will be no supervision in Valley Village so set-up and leave things at your own risk.
- 2:00 pm - Those camping at the state park will be able to get their campsite beginning at this time over at the main entrance to the State Park (not the back entrance where the race is).
- 10:00 pm - Lights out and all quiet in the camping area and start/finish area so our participants can be fresh for their race in the morning.

## Saturday, November 18 –

- 6:00 am – Packet pickup begins for Saturday participants. Your packet has your bib (leave the attached chip alone and don't bend it), parking pass, and your shirt. If you aren't racing until Sunday, you may NOT pick up your packet,
- 6:45 am to 7:00 am - Trail briefing
- 7:00 am – Start of the 100 miler and 100K
- 7:45 am to 8:00 am - Trail briefing
- 8:00 am – 50K / 25K / 5 Mile for all those who want to run that day. Those in the 50K, 25K, and 5 Mile can run on either Saturday or Sunday. For 50Kers doing Sunday, please keep an eye on cutoffs which you must still meet. You can decide up until the last minute, and you don't have to tell us ahead of time which day you will run. Our timing system will start recording you when you start either day! Please only pick up your packet on the day you are running so that you don't accidentally have your timing chip read by the timing system near the start line. Results will be combined after both days of races, and awards mailed out.

## Sunday, November 19 –

- 7:00 am – Packet pickup begins for Sunday participants.
- 7:45 am to 8:00 am - Trail briefing
- 8:00 am – 50K / 25K / 5 Mile for all those who want to run that day. Those in the 50K, 25K, and 5 Mile can run on either Saturday or Sunday. For 50Kers doing Sunday, please keep an eye on cutoffs which you must still meet. You can decide up until the last minute, and you don't have to tell us ahead of time which day you will run. Our timing system will start recording you when you start either day! Please only pick up your packet on the day you are running so that you don't accidentally have your timing chip read by the timing system near the start line. Results will be combined after both days of races, and awards mailed out.
- 2:00 pm – CUTOFF - all 100K participants must have started their final loop (mile 52.5 for 100K).
- 3:00 pm – CUTOFF - all 100K participants must be leaving Fenceline aid station outbound (mile 55 for the 100K).
- 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 Fenceline aid station inbound to the finish (approximately 2.5 miles from the finish).

Note that sunrise is 7:05 am and sunset is 5:27 pm, so plan accordingly to bring a headlamp/flashlight.

# STATE PARK ACCESS

Note that the main park access, in addition to having all the campsites we have reserved, has a playground, dinosaur tracks, access to see the Paluxy River, a park store, restrooms, and showers! Please remember that our start/finish area is only accessible by car through the back gate and you must follow our driving directions to get to the race. The main entrance will not get you to the race site!!

Here is a [link to the State Park map](#).

Here are the rules from the State Park:

1. The parking pass slip provided in your race packet will not work for the family/spectators, ONLY for the race participant. The State Park front gate staff will also have a list of all participants and may be checking that to IDs if they choose to.
2. If family is only coming out to watch the race and NOT camping and will be exploring the Park while the racer is on the course they will still have to pay \$8.00 per day for anyone 13 and over (12 and under is free). State Park staff will provide a normal Window sticker to family/spectators that check in and pay thru the front gate.
3. Family members do not need to make a day-use reservation on-line. They will let the staff at the front gate know that they are family/spectators of one of the entrants in the Endurance Run and even if they are sold out of passes for the day we will get them in.
4. For those camping in RV hookup sites: If entrant has family that will be camping with them each family member that is 13 or over will pay \$8.00 per day that they are camping. Children 12 and under are free. The family will need to know the campsite number that the Entrant will be in. This was sent by the race to all the campers.
5. For those tent-only camping in the two group campsites: the camping fee covers only your camping and the park entry of the person who reserved it. Each person has pay for a spot or pay at the park entrance.
6. TSPP (State Park Passes) FOR CAMPING – Entrants cannot use a TSPP to get a discount on their camping fees as part of our Event Contract with the State Park.
7. TSPP (State Park Passes) FOR PARK ENTRY – if a family has a TSPP, we will accept it at the Park for the family to get in for free each day or for camping.
8. All normal rules apply when anyone is coming thru the front gate of the Park, such as placards/window stickers need to be visible to Park Personnel to make ingress a faster process.

## PACKET PICKUP

**What am I picking up in my packet?** The following things:

- Your bib (write medical concerns we should know about on the back as well as emergency contact numbers). Your chip is attached to your bib. Don't detach and don't bend your chip. You may fold your bib as long as the chip doesn't get folded and as long as we can read your number.
- Safety pins – they are pinned to your bib.
- Parking pass for the State Park (bright yellow slip of paper for your dashboard)
- Your entrant shirt (you cannot swap sizes pre-race. All sizes are preallocated to those already registered. You can swap after you finish. If you registered late and got "No Guaranteed Shirt", please pick up a shirt after your race from any that remain and weren't picked up by participants.)

Pin your bib wherever you want as long as it's on the front of you AND volunteers can clearly read it at each aid station horizontally (do NOT turn it sideways). Your timing chip is attached to your bib. Please do not bend the timing chip, but you may fold your bib as long as you don't bend the chip and we can read the number.

If you want to drop down your distance pre-race, there will be a sheet of paper for you to note that. No mid-race dropdowns.

Please plan to arrive early so you have time to get your packet, run to the bathroom, and gear up for your race start, with enough extra time that you will NOT miss the trail briefing before we start.

Once your race distance starts, you have forfeited all rights to your packet, and the shirt in the packet will be made available to runners who signed up late with a "No Guaranteed Shirt" on their bib.

Wearing your bib is the only check-in needed. It will record your start when you cross the timing mat at the start line.

Bibs are color coded to help volunteers and race personnel easily see what distance people are running. It goes from Red at the longest distance down to Blue for the shortest distance.

DINOSAUR VALLEY ENDURANCE RUN 100 MILES  
5MI-25K-50K-100K-100MI  
100MI-200MI-300MI-400MI-500MI

**11**

→ **OMG WHY?** ←

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY STATE \_\_\_\_\_ NUMBER 11  
 MALE  FEMALE AGE \_\_\_\_\_

DINOSAUR VALLEY ENDURANCE RUN 100K  
5MI-25K-50K-100K-100MI  
100MI-200MI-300MI-400MI-500MI

**521**

→ **FINNEY** ←

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY STATE \_\_\_\_\_ NUMBER 521  
 MALE  FEMALE AGE \_\_\_\_\_

DINOSAUR VALLEY ENDURANCE RUN 50K  
5MI-25K-50K-100K-100MI  
100MI-200MI-300MI-400MI-500MI

**415**

→ **AYAKO** ←

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY STATE \_\_\_\_\_ NUMBER 415  
 MALE  FEMALE AGE \_\_\_\_\_

DINOSAUR VALLEY ENDURANCE RUN 25 K  
5MI-25K-50K-100K-100MI  
100MI-200MI-300MI-400MI-500MI

**357**

→ **RUSTY LIZARD** ←

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY STATE \_\_\_\_\_ NUMBER 357  
 MALE  FEMALE AGE \_\_\_\_\_

DINOSAUR VALLEY ENDURANCE RUN 5 MI  
5MI-25K-50K-100K-100MI  
100MI-200MI-300MI-400MI-500MI

**399**

→ **BEER AND TACOS** ←

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY STATE \_\_\_\_\_ NUMBER 399  
 MALE  FEMALE AGE \_\_\_\_\_

# RACE START/FINISH AREA

## Location

The race will be held at the beautiful Dinosaur Valley State Park in Glen Rose, Texas. The race is accessed from the back of the property, not through the main gate.

## Parking

The parking and start/finish have moved A LITTLE. If you have been to the race before, please pay close attention. You will be coming in one gate further to the south by about 0.3 miles. Note that the start/finish will only move slightly.

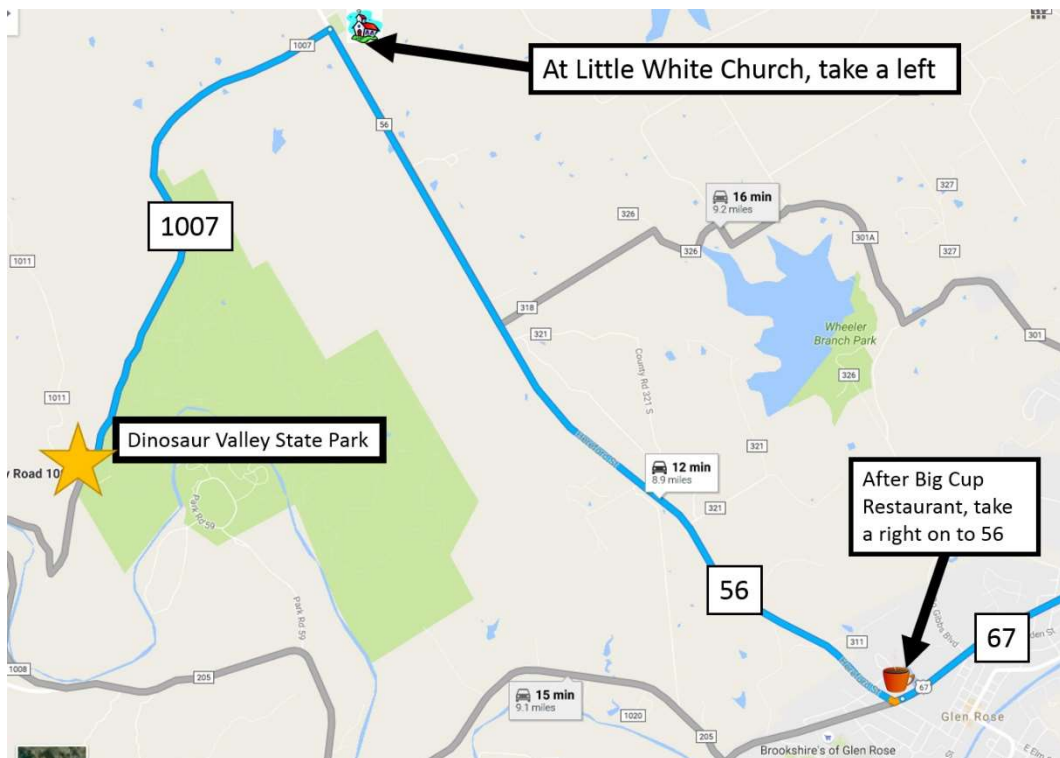
The Parking Field, the Cedar Brake Aid Station, Packet Pickup, AND the Start/Finish Lines are located at a newer back gate called the Styles Gate. To access this, use the following address: 4008 Co Rd 1007, Glen Rose, TX 76043. Since you can't always trust GPS / map software, please use the exact GPS coordinates below alongside these turn-by-turn road directions as you approach the area. YOU ARE NOT GOING TO THE MAIN ENTRANCE OF THE STATE PARK.

Here is the exact GPS location for the gate into the parking area:

32°14'45.8"N 97°49'38.0"W  
32.246056, -97.827222

The back gate to the park is located five miles west of Glen Rose.

- Take U.S. Highway 67 S through Glen Rose
- Turn Right on to Hereford St/56 N (then go 4 Miles)
- Turn Left onto CO RD 1007 (then go 3.0 Miles)
- There will be a gate on your left.





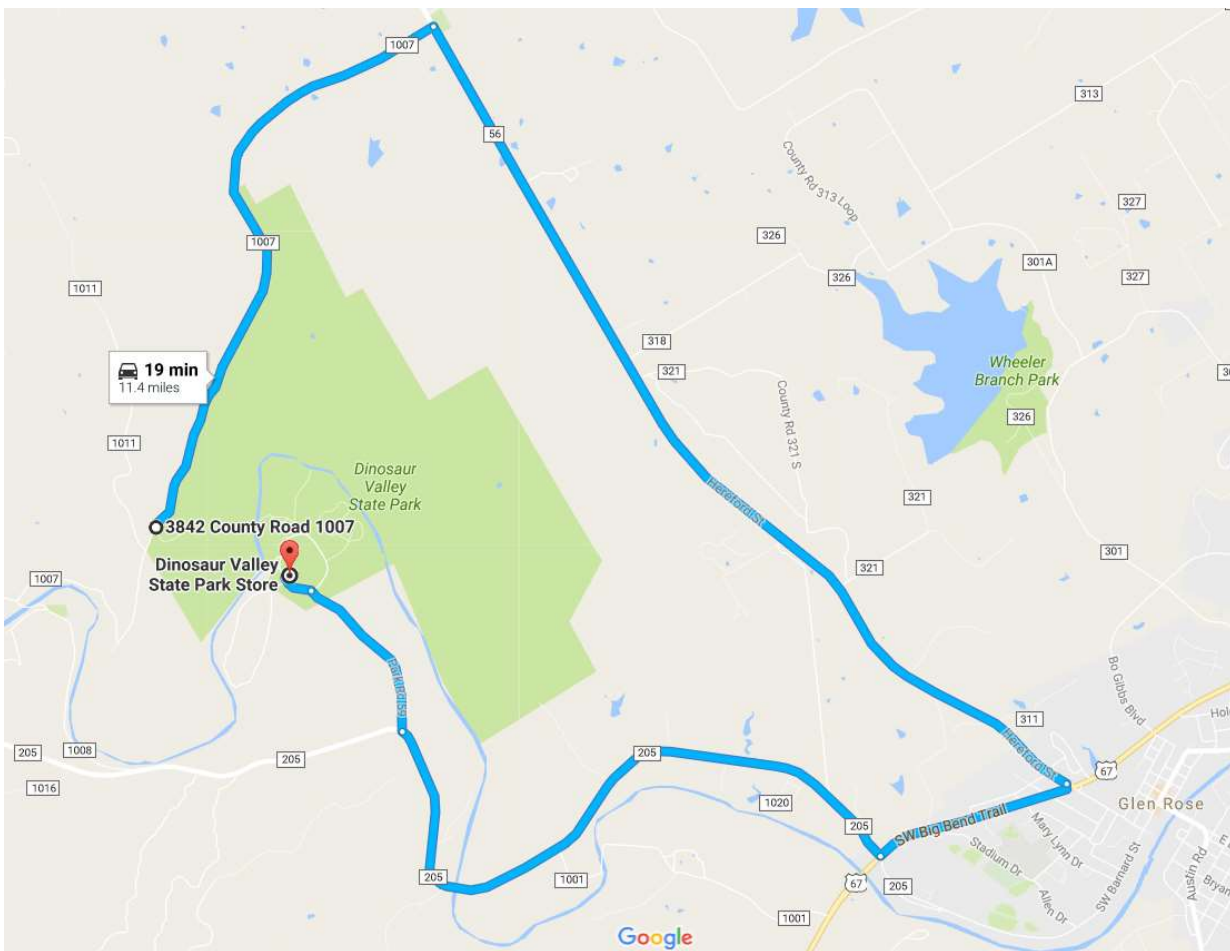
You may want to go over to the main entrance to Dinosaur Valley State Park for access to:

- Official Paid Campsites (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

See the State Park Access section of this manual for more information.

**Directions from the start/finish (Back Gate) over to the main entrance of the State Park:**

- Turn right out of the gate leaving the start/finish area to get back on Co Rd 1007.
- After 3.0 miles, turn right onto Hereford Street.
- After 4.1 miles, turn right onto Hwy 67.
- After just 0.8 miles, turn right onto FM 205 N.
- Go 2.9 miles and then take Park Road 59 to your right (you'll see Dinosaur World across the street).
- Stay on Park Road 59 0.7 miles to the park entrance.

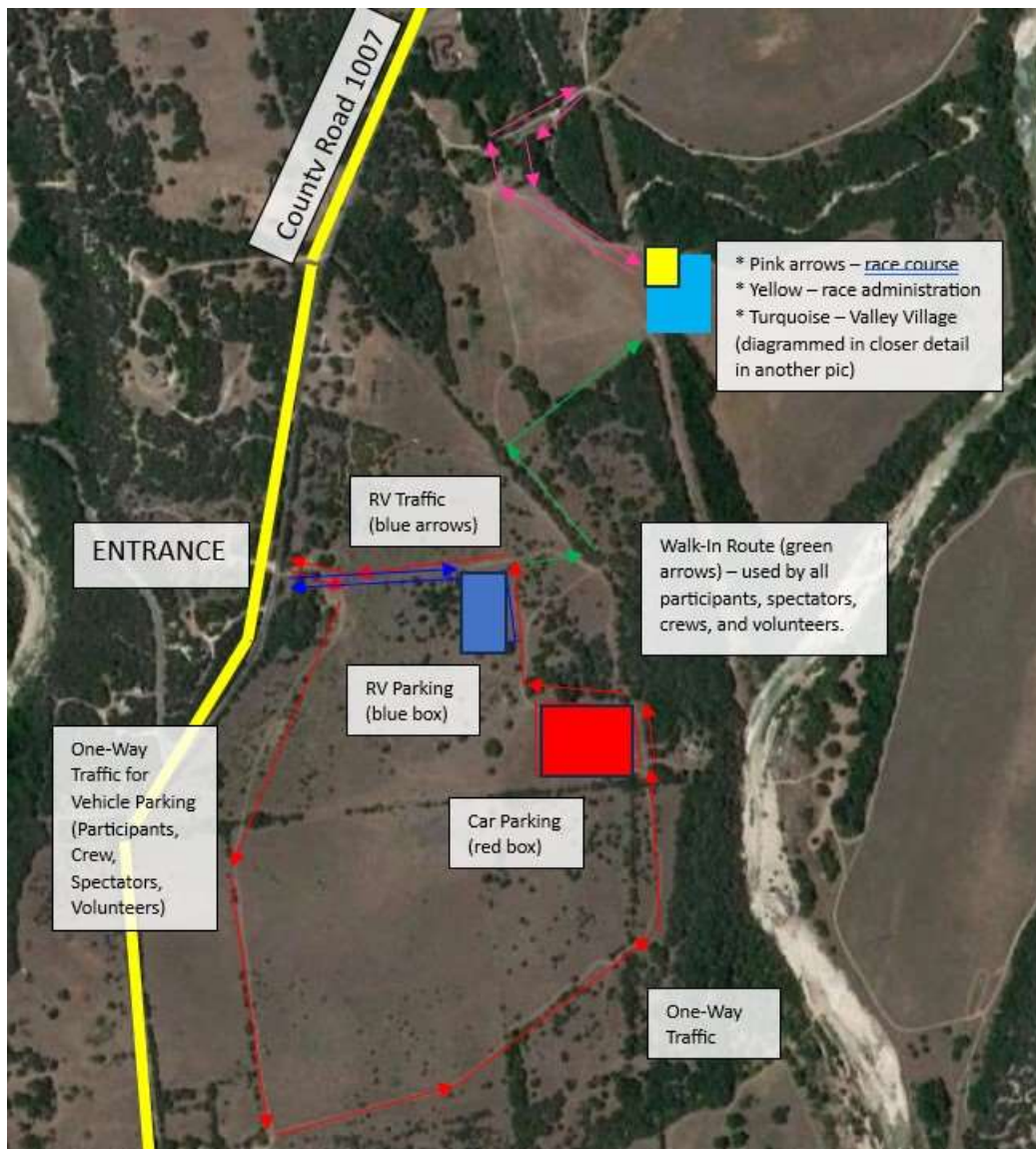


## Start/Finish Area Layout

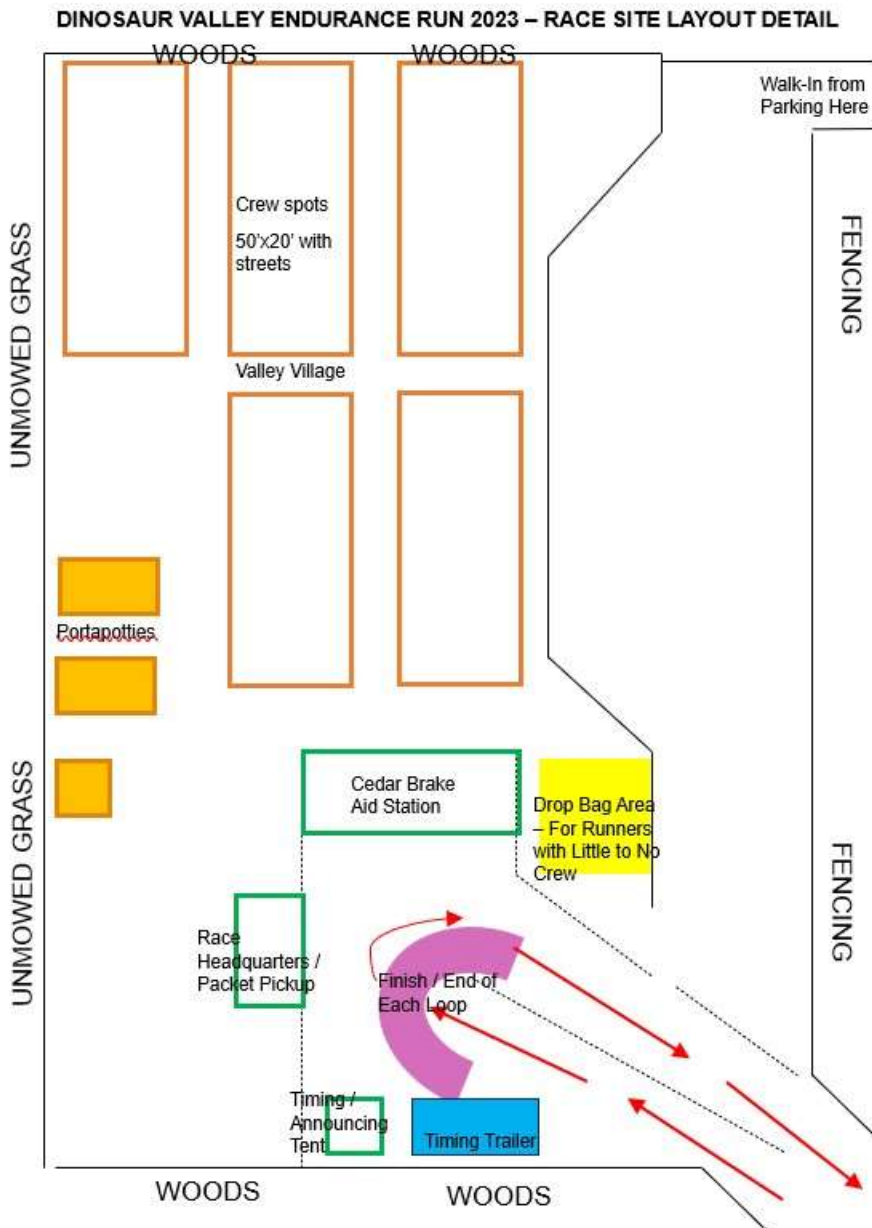
As a reminder, access to the public areas and campsites within the State Park can not be reached from here. It is a 10 minute drive over to the main entrance of the park.

Parking Field can be accessed starting Friday, November 17, at 12 pm. Leave things at your own risk, no overnight supervision.

New this year, you will park in one field, and then walk 0.3 miles along an old dirt road into the race administration and crew area known as Valley Village.



Here is the detail for what the race administration and Valley Village look like:



# COURSE

## Course Description

This race is held at the beautiful Dinosaur Valley State Park in Glen Rose, Texas. This course has rolling and sustained ascents and descents, although none are terribly steep. The loops take you through varied terrain, from double track trails in fields to single track in wooded areas. There is a mix of packed dirt, smaller rocks, larger rocks, slick rock, and some roots. This course really has a little of everything, which includes its views. There are amazing overlooks on this course where you can see for miles.

The 2023 course uses the shortened Alternative Course B first created for and used in 2018 after area flooding. There are no river crossings in this course (in case you've seen old past pictures or videos where there were).

Loop Length: approximately 10.5 miles run repeatedly.

5 Mile – shortened version of the course

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 – 9 loops of the 10.5-mi loop THEN 5 mile course for your last loop **[THIS IS A CHANGE FOR 2023. It allows all 100 milers to get a 100K recorded finish at their 100K split.]**

**There is a sign that will say [ 5 Mile RIGHT, Longer Loop LEFT ]. This sign is at an intersection where those needing a 5 mile loop will turn right and run about a half mile to the finish.**

**The 5 Mile participants need to make this right turn.**

**The 25K need to make a right turn the first loop then do the longer loop for their next loop.**

**The 100 milers will make the right turn for the 5 mile loop at the END of their race.**



# Course Map

## Dinosaur Valley Endurance Run - COURSE MAP

1629 Park Road 59  
Glen Rose TX 76043

### LEGEND

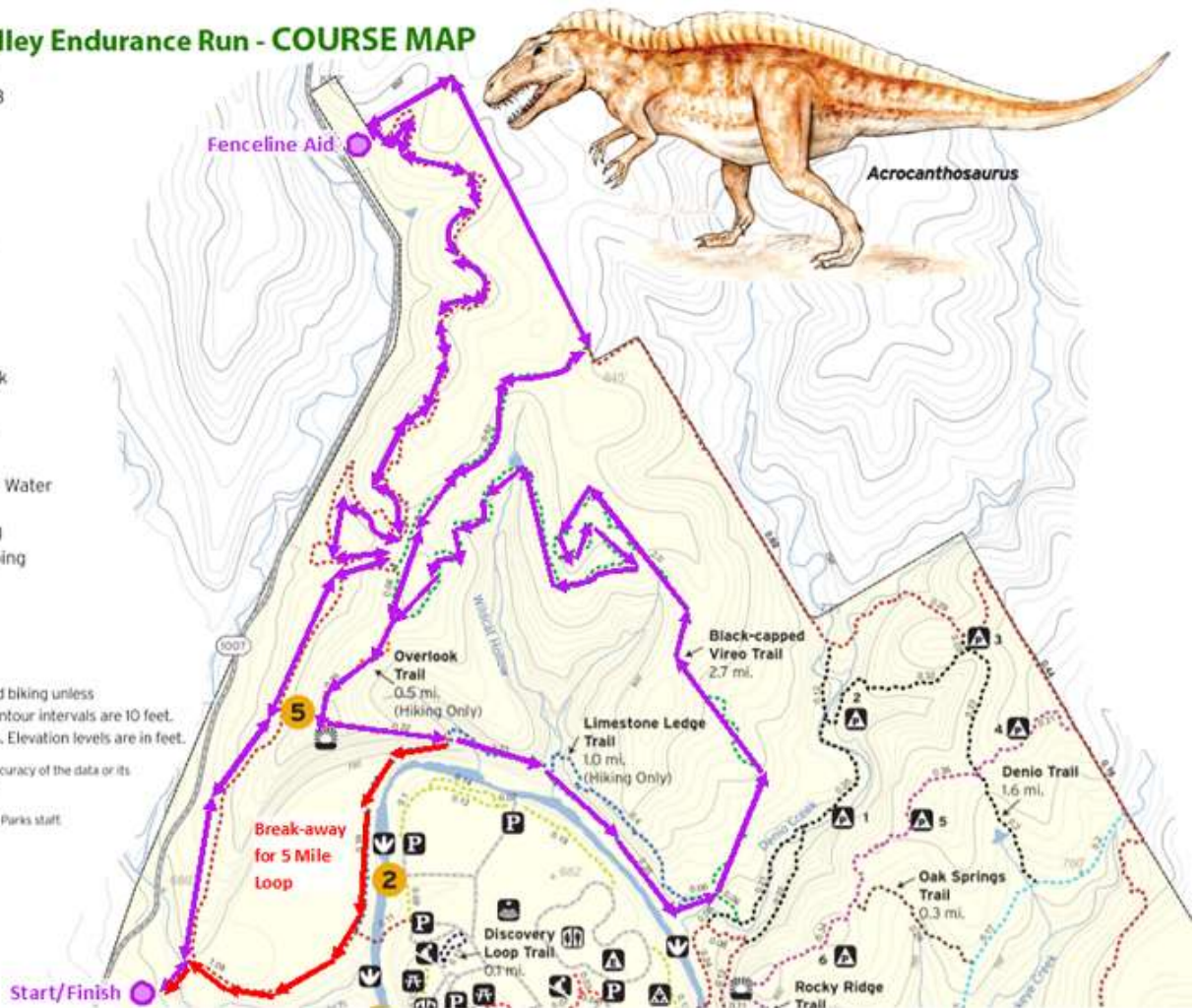
- Headquarters
- Restrooms
- Parking
- Park Store
- Track Site
- Scenic Overlook
- Playground
- Amphitheater
- Picnic Area
- Campsites with Water & Electricity
- Group Camping
- Primitive Camping
- Trailhead

### NOTES:

All trails allow hiking and biking unless otherwise indicated. Contour intervals are 10 feet. Trail lengths are in miles. Elevation levels are in feet.

No claims are made to the accuracy of the data or its suitability to a particular use.

Map compiled by Texas State Parks staff.



Mileage is not up for contestation. You will cover at least the distance you signed up for. Trail distances are rarely exact and sometimes multiple miles longer than the signed-up-for distance implies.

## Elevation Profile

The race course is mostly rolling hills. The 100 mile is estimated to be about 9000 ft of total gain/loss. The 100K is estimated to be about 5700 ft of total gain/loss. The 50K is estimated to be about 2900 ft of total gain/loss. The 25K is about 1400 ft of total gain/loss. The 5 Mile is about 400 ft of total gain/loss

## Weather

For November the average low temperature is 53 and the average high temperature is 74.

**Sunrise: 7:04 am. Sunset: 5:22 pm.**

The weather can be unpredictable, but hey, that's Texas for you!

In the case of extreme weather... There are limits to what a trail can handle. Because this is a State Park, the park personnel have the right to cancel the race before or during the event if they believe everyone's safety will be in jeopardy. We appreciate they are watching out for us, we understand the tough decision, and we hope the weather isn't extreme so they don't have to make that tough decision!

## Trail Hazards

This is not an exhaustive list but some hazards to watch out for on the trail:

- Snakes - there are copperheads spotted in the spring, summer, and fall.
- Bobcats and coyotes - we don't expect them to give anyone any trouble, but they do live in these woods.
- Cactus - Be careful going off trail to use the bathroom.
- Slickrock - it's fine unless it rains and then it lives up to its name. Watch your footing.
- Loose rocky terrain

You are responsible for yourself. Make good choices!

## Course Markings

As a state park, they have established a grid of trails through their land. It is each participant's responsibility to watch carefully for course markings. We will be using a combination of

- bright pink contractor tape flagging, with reflective tape on the ends to capture the light of your headlamp in the dark, that will be clothespinned to tree branches and bushes.
- bright pink stake flags for major field sections that don't have bushes to attach ribbons to. Ground flags won't have reflectors (unlike those in the picture).
- arrow signs (left, right, straight). **Plus a sign that will say [ 5 Mile RIGHT, Longer Loop LEFT ].**  
**See more on that one below.\***



For flags and flagging, we are ONLY using the color PINK. No other color should be followed.

You may see CAUTION tape quarantining off a place to NOT go. Don't step OVER caution tape that's across the ground. We put it at ground level so our crew and state park personnel can drive over it.

And in other spots where there's an intersection, just follow the flagging showing the right route to take. Flagging will be visible from where you are standing in the intersection. Since there is two-way traffic in some parts of the course, we do not adhere to a "keep the flagging on" one side of your body or the other.

**Confidence flagging:** For trail sections where there's no possible logical offshoot of a trail that you could take other than the one you are on, you may go as far as a quarter-mile without flagging.

If you ever get to a spot where you are completely unsure of where you are, backtrack on the path you took until you get to course markers. **REPEAT: If you go more than a ¼ mile without a marker, you need to backtrack until you find where you got off course.**

If you become utterly and completely lost, never ever go off trail. Sit down where you are and wait until someone gets to you.

**\* There is a sign that will say [ 5 Mile RIGHT, Longer Loop LEFT ]. This sign is at an intersection where those needing a 5 mile loop will turn right and run about a half mile to the finish.**

**The 5 Mile participants need to make this right turn.**

**The 25K need to make a right turn the first loop then do the longer loop for their next loop.**

**The 100 milers will make the right turn for the 5 mile loop at the END of their race.**

# AID STATIONS

For each 10.5-mile loop of the course, below are the aid station details. See the **Cutoffs** section for aid station cutoff details.

FENCE LINE is an aid station you hit outbound and inbound in the longer loop so make sure you know which way you're headed or ask the volunteers if you don't know. 5 milers only hit Fence Line once outbound.

CEDAR BRAKE is accessed at the start/finish of each loop. You can access your drop bag here.

Here's everything in one chart:

Aid Station	Aid Station Split	Cumulative Per Loop	Drop Bags?	Pacer Changes? (starting mile 52)	Crew Access?	Portapotty Access?
Fence Line	2.5	2.5	Yes	NO	NO	Yes
Fence Line	5.5	8.0	Yes	NO	NO	Yes
Cedar Brake	2.5	10.5	Yes	Yes	Yes	Yes

For 5 Milers (or the first reduced loop for 25K or 100 milers), you will hit Fence Line at mile 2.5 and then the Finish Line (Cedar Brake) at Mile 5.

Aid Station details subject to change.

## What We'll Be Stocking at the Aid Stations

**WE ARE CUPLESS:** We're a firm believer in the Leave No Trace principles of trail etiquette, so this will be a Cup-Free Event to eliminate the chance of litter. There will be no cups for cold beverages at this event. Everyone must carry some sort of hydration system with them, whether it's a handheld water bottle, a waist fuel belt, or a hydration pack.

If you need a cup, you can [order one of our collapsible cups with our logo online](#) for only \$5, and we will stuff one in your race packet. Cup purchases need to be done by November 15.





**WATER:** Our water has been generously provided by [Crazy Water](#). They create many levels of all-natural mineral water.



Our race will be using "Crazy Water #2" which tastes much like tap or bottled water but still has a low level of mineral content infused.

The image shows a label for Crazy Water #2. At the top left is a blue gear icon with the number 2 inside. To the right of the icon, the text reads "No. 2 is light and crisp. Sip it throughout the day." Below this is a table titled "Mineral Type (mg/l)".

Mineral Type (mg/l)	
Calcium	5
Magnesium	2
Potassium	3
Bicarbonate (HCO <sub>3</sub> )	288
T. Alkalinity (CaCO <sub>3</sub> )	371
Sulfate	170
Zinc	.06
Silica	4
Lithium	.05
pH	8.9
Dissolved Solids	685

[Visit their website](#) to order their water products for delivery or to use their product locator to find a store near you.

**ELECTROLYTE DRINK:** The electrolyte drink on the course will be Tailwind Nutrition (Mandarin Orange).



**COLD FOODS:** Most of the usuals at the minimum: cookies, candy, peanut butter and jelly sandwiches, chips, pretzels, and more. Normally we feel that energy gels are such an individual item that we don't provide any, but we will have Gu energy gels and chews at the aid stations thanks to their generous donation and support in promoting in their social media the inclusive efforts we make with this race! If you need another brand, please bring your own favorite product as fuel.

**HOT FOODS:** Beginning at 5 pm on Saturday through 3 pm Sunday, we will have hot food and beverage options that rotate and vary and may include grilled cheese sandwiches, quesadillas, bacon, vegetable soup, beef ramen, instant potatoes, coffee, breakfast tacos, and more. ***We ask that 25K and 5 mile participants who are running on Sunday not partake from the hot food to make sure we have enough for the 100 milers and 100Kers who are far into their race. 50Kers can eat the hot food on Sunday as well.***

Both of our aid stations are headed up by VEGAN FRIENDLY folks. They will likely have some vegan hot food options throughout the event. Feel free to ask if something isn't labeled – it might be vegan!

None of these foods or beverages are guaranteed at any and all times. We'll stay stocked best we can. Choosing quantities to stock at an aid station is a total guessing game. If you want something certain, be sure to pack it in your drop bag or carry it on you in your hydration pack.

**Note:** Not all foods will be vegetarian friendly, and those with special needs (gluten-free or vegan, for example) and those who are super duper picky should plan to bring their own nutrition, just in case. Those with severe food allergies (like a nut allergy) or celiac disease need to be aware that we can not guarantee against cross-contamination.

### **OTHER SUPPLIES:**

- We will have band-aids for minor cuts.
- All-in-one “pack it in, pack it out” Menstrual Kits: Menstruation is an additional complicating variable for some of our participants. We want to make sure our participants are served while also maintaining a protection of the “leave no trace” environmental trail running principles we hold dear. Therefore, all aid stations at this race and all *The Active Joe* trail races will have multiple menstrual kits that contain a couple wet wipes, an ultra-thin menstrual pad, and a tampon in a Ziploc bag. As tampons do not degrade well in the environment, this kit helps our participants remember to “Pack it in, pack it out” by disposing of used tampons with the wet wipe in the Ziploc bag and saving it on their person or in their pack until they can throw it away in the trash at the next aid station.

**We are a Trail Sisters approved event, which means we are helping advance the sport in trail running by providing inclusive and equitable features that encourage women to participate.**



- Aid stations will not provide Advil, Aspirin, Motrin, or any other pain relievers.
- Aid stations will not have blister kits. If you are concerned about blisters, carry what you will need in your pack or make sure it's in the drop bag at each location you might need to use it.

### **Aid Station Check-In, Check-Out, and Dropping Out of the Race**

At the CEDAR BRAKE Aid Station, if you go to the crewing area, Valley Village, you can just head out on the course and you don't have to check out with the aid station, re-cross the mats, or verbally check out by yelling your number.

At FENCELINE aid station, participants are expected to check OUT when leaving an aid station. If you are bib 482, when you arrive, yell "482 IN." When you leave, you or your pacer (for 100 milers) should yell "482 OUT". We have split mats but if anything goes wrong, volunteers need this to be able to manually record you.

**If you decide to drop out of the race, you must please let the aid station captain know and make sure they note it on their clipboard.** We don't want you to leave with your crew and then we're calling you or your emergency contact a couple hours later looking for you, or searching the expanse of the trail system for you!

Volunteers will work to monitor every participant's ingress to and egress from the aid stations. We reserve the right to disqualify anyone whose times between any check-in or check-out do not grossly align with the paces expected based on their moving times the rest of the race and their racing history.

100 Milers ONLY can drop down midrace to the 100K and take that finish and not have a 100 Mile DNF, but you must check in at the Headquarters at the finish line so it is properly recorded and you receive your finisher items.

# Drop Bags

**At the Start/Finish/Cedar Brake Aid Station:** We will have a tarp set aside for those who don't have anything more than just a drop bag (not for those with camp chair or canopy tent set-ups who should find a spot in the Valley Village. It will be uncovered and exposed to the elements, so plan accordingly.

**For the Fence Line Aid Station:** 100K and 100 milers may put a drop bag out at the Fence Line aid station by dropping it in the designated area at the start line on Saturday morning. ***Bags should be labeled with your name and bib number.*** The drop bags will be collected and transported after the race start so by the time we load, transport, and unload, don't anticipate getting your bag the first time you reach the aid station, only 2.5 miles in! Once they are at Fence Line, they will be spread out on tarps and sorted by bib number if the volunteers have time.

Please exercise reason regarding the size of your drop bag. It should not be bigger than 2 ft by 2 ft by 1 ft. Secure any liquids or fragile items for transport. Assume it will be exposed to the elements and uncovered, and plan accordingly.

## **Collect Your Drop Bag Post-Race**

When your race day is over, you can go to the Fence Line Aid Station to collect your drop bag. Leaving the start/finish, at the road, turn RIGHT, and you will see a sign for Fence Line about a mile later, on your right. Do not linger here – get your bag and go as there is very limited parking.

Here are the GPS coordinates for the location: 32.270095, -97.819675

Here is a link to google maps to that location: <https://goo.gl/maps/QUABt4ZqyQv>

**Gear Advice When Packing Your Drop Bag:** Pack lights, spare batteries, and shoe or sock changes as needed. Bags will not be covered and will be exposed to the elements so plan accordingly. Remember our aid stations do not have blister kits, so pack one if you will need it. Review the aid station food and beverage lists and pack anything you require to fuel your body during the event.

# Valley Village (IMPORTANT INFO for Spectators, Crew, and Pacers)

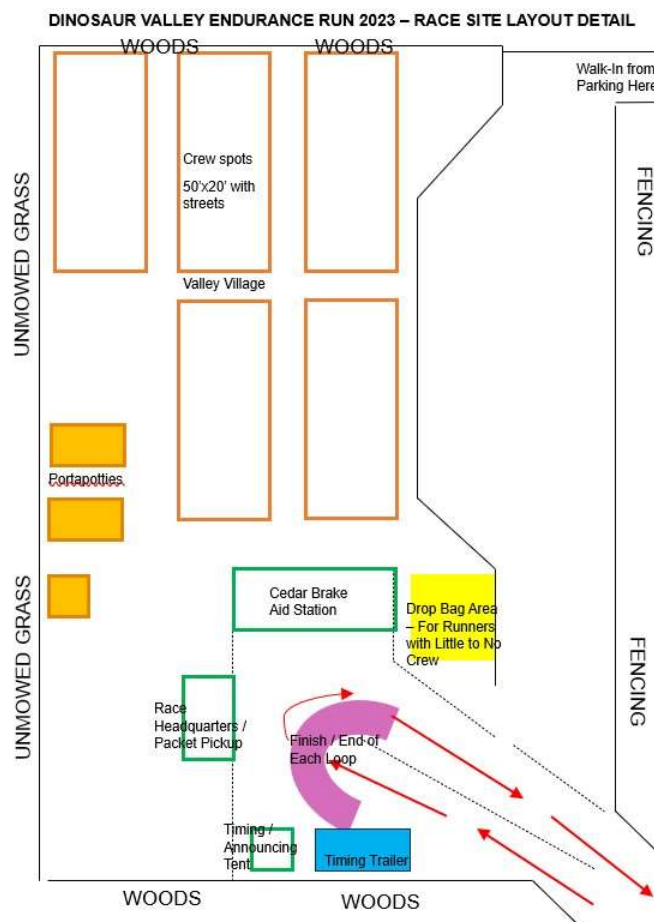
## Valley Village (Crewing Setup at Start/Finish/Cedar Brake Aid Station)

There will be an area marked off for runners to put their supplies. They can space out in this large area and have a camp chair, 10x10 canopy tent (especially helpful if it's raining), and all their food and beverage supplies. It's a place for your crew to hang out too.

Participants are also welcome to visit their car but it is a 1/3 mile each way walk to the parking field, so it is not recommended.

For their safety, children, ages 10 and under, have to be supervised (no more than 30 feet away from their guardian and remaining visible to the guardian at all times). No more than one warning will be given about any unsupervised children before we ask the children and their guardian to leave the site.

Please remember to follow "Leave No Trace" principles. Leave the area as you found it. This includes not digging holes to create a fire pit. Also, no wood burning fires.



## Crew Activities

Every year, during Saturday evening, we host karaoke at the Cedar Brake Aid Station and encourage crews, volunteers, and even runners to participate. Yes, even runners have taken a break between loops to sing their

favorite song. This is a lot of fun, and we hope you will all start thinking about a song you want to sing, or roping your whole crew into performing something!!

There may be another activity or two. Follow the Facebook event for updates, or listen for the announcer on the microphone at the event to tell you more about this!!

## Spectators

Spectators are allowed in the crewing area at the Start/Finish/Cedar Brake Aid Station.

## Crews

Crew can assist their participant in the crewing area at Cedar Brake Aid Station (see my comment in the next paragraph about crewing from your car as an alternative). Only one crew member can approach the food tent to get hot food and drink for their participant to prevent congestion in that area.

Crews may only access their runners within 200 yards of the aid station or at their car. Crewing a participant outside that area may result in disqualification. You CAN visit your car in the parking field, which is 1/3 mile from the Cedar Brake Aid Station, but that big walk will add up each loop, and you need to be sure to restart each loop by the crew area and not return to the course any other way.

There is no parking space for crews at the Fence Line station. If you go to the Fence Line station to crew your runner, your runner will be disqualified.

Crews may not eat or drink from the aid stations (does not apply to pacers).

Failure by any crew member to follow the rules set out here may result in disqualification of their runner.

## Pacers

- All pacers must check-in at the headquarters by the finish line before pacing to get a pacer bib. They need to go [online HERE and sign the event waiver](#).
- Participants can have a pacer starting mile 52.5 (after 5 loops) for 100K and 100 milers.
- Participants age 60 and over in the 100K or 100 miler may have a pacer from the start of the race to the finish with permission ahead of time by the Race Director. [Email us to get approved](#).
- Participants can pick up or change pacers only at the Cedar Brake aid station.
- Participants can only be paced by one person at a time.
- No pacers are allowed in the 50K, 25K, or 5 mile races.
- No muling allowed. This means that a pacer may not carry or deliver anything to their runner unless within 100 yards of an aid station. This includes food and water. Muling may be lead to disqualification.
- Pacers may eat and drink from each aid station just like the participants, but not until shortly before they start pacing. You don't get to nosh all Saturday when you won't start pacing until Sunday 2 am, for example.
- Failure by any pacer to follow the rules set out here may result in disqualification of their runner.

# CUTOFFS AND MEDICAL

## Cutoffs

There will be no FINAL cutoff time (within reasonable limits - read on). There are incremental cutoffs ONLY. You must make each of these cutoffs in order to continue in the race.

50K, 25K, and 5 Mile starting on Saturday means you have ALL DAY so enjoy your time out there without worries about cutoffs.

50K starting on Sunday needs to follow the cutoffs below. 5 Mile and 25K participants on Sunday shouldn't have an issue meeting these cutoffs.

Here are the cutoffs for all distances.

Aid Station [ LAST LOOP is 10.5-mile loop for 100K and 5-mile loop for the 100 Miler ]	Aid Station Split	Cumulative Per Loop	Last Time Thru Aid Station as Time of Day on SUNDAY for all distances	Portapotties or Bathroom Access?
<b>100K and Sunday 50K ( last loop of 10.5 miles)</b>				
Cedar Brake (S/F of loop)			2:00 PM	Yes
Fence Line (outbound)	2.5	2.5	3:00 PM	Yes
Fence Line (inbound)	5.5	8	5:00 PM	Yes
Cedar Brake	2.5	10.5	No Final Cutoff	Yes
<b>100 Mile ( last loop of 5 miles)</b>				
Cedar Brake (S/F of loop)			4:00 PM	Yes
Fence Line (visits once)	2.5	2.5	5:00 PM	Yes
Cedar Brake	2.5	5.0	No Final Cutoff	Yes

These cutoffs represent the time you must be OUT of the aid station by. If a participant chooses to leave an aid station and return to the race course after the time cutoff or after being told by aid station volunteers that they are being pulled from the race, the participant is instantly disqualified and may be banned from future races.

If you leave an aid station before the cutoff but then backtrack and return to that same aid station after the cutoff, you will be pulled from the race.

The finish line will be stripped to bare bones at 2:00 pm but if you can make the final cutoff, we will wait for you at the finish, however long you take to make the final 2.5 mile journey, within reasonable limits (up to 3 hours for that final stretch).

## Medical

Each runner is responsible for their own actions. You need to be prepared both physically and mentally for all of the various stresses of the race. Our hope is to not have to call 911 for any of you. But in the event we have to in a medical emergency, medical expenses incurred are the responsibility of the participants receiving medical attention. Some parts of

this trail are very remote to road access, and there may be a substantial amount of time that passes before medical personnel can arrive to provide aid.

Runners must understand all risks associated with undertaking this event. These physical and mental stresses include, but are not limited to, dehydration, hyponatremia, hypothermia, heat exhaustion, renal failure, seizures, hypoglycemia, disorientation, falls resulting in physical injury, complete physical and mental exhaustion, etc. Every participant is expected to monitor his or herself continually with an understanding of their own personal limitations. YOU, the individual participant, are absolutely responsible for your wellbeing during and after the race.

## TIMING, FINISHER ITEMS, AND AWARDS

### Timing

**NEW FOR 2023:** Even 100 Milers will get a 100K finish! Because we have moved the 100 Miler's last 5 mile loop to the end of the race, both 100K and 100 milers will come through the finish line area at the 100K mark. We have made the decision to record everyone's 100K split, regardless of distance registered for, as an actual 100K finish. 100 milers who drop out of the race before 100K will show as a DNF. 100 milers who drop out of the race before their 100 mile finish but after 100K will not show a DNF because of the 100K recorded finish, and they will receive a 100K buckle. All 100 milers who finish out the full 100 mile distance will get a 100 mile buckle instead of a 100K buckle but will also have a recorded 100K finish! This will be a huge help to our timing guy with this setup!

Your chip is attached to the back of your bib and covered with a piece of foam. Do not remove the foam or the chip. Do not bend the chip. You are free to fold your bib however you want as long as the chip is not bent and as long as we can read the number.

Failure to register on multiple timing mats or incredibly inconsistent timing splits between timing mats may result in investigation and potential disqualification.

If you find you inadvertently go off course or take a wrong turn, you must return to where you left the course before continuing. If you cut a loop short and realize it, immediately notify volunteers to go find the race officials so a determination can be made as to how to help you complete the full distance. We will help you find the correct distance to finish the event, but it will remove you from award considerations since you didn't complete the course in the specified order.

Those not following the course will risk disqualification.

### Medals and Buckles

All medals will be the same across all distances so there's no confusion in picking up the wrong one. 100K and 100 milers will NOT receive a finisher medal since they are getting a belt buckle.

Buckles are guaranteed on race day for any 100K or 100 mile participants signed up by September 1, 2022 who finish their race.

For later entrants in the 100K or 100M: Because buckles are ordered months in advance, there is a possibility that with a high finish rate, you may not be able to take home a buckle ON RACE DAY. One will be made available for pictures, and then a buckle will be mailed to me about a month after the race if this occurs (once more buckles are produced). The race will take on the cost of mailing you your buckle in this instance. No matter what, whether it's race day or later, you will receive a buckle for finishing the 100K or 100 miler.

## Awards

All placement for results on the website and for awards will be based on chip time, not on gun time.

100 Milers will be receiving a 100K finish for their split at the 100K mark, and with a recorded time, they are also eligible for 100K awards.

***100 Miler and 100K -- You need to ask about your placing after the race, or check the race website to see how you did, and collect your award while you are there. There is no formal award ceremony because finishes are so spread out.***

Awards in the 100K and 100 miler will only be mailed after race day at the participant's expense.

For race distances held both days (50K, 25K, and 5 Mile), awards and placement will be determined after all race results are consolidated. Therefore, no awards will be handed out at the race for those distances. I will strive to mail all awards within 15 days of the race finish.

There are the following awards in each distance:

- Top 3 Overall Male, Female, and Non-Binary\*
- 100 Miler age groups: 1<sup>st</sup> and 2<sup>nd</sup> place male and female in the following age groups: 00-29, 30-39, 40-49, 50-59, 60-99.
- Age groups for all other distances: First place male and female in the following age groups: 00-29, 30-39, 40-49, 50-59, 60-99.

\*See the Non-Binary Athlete Entrant Policy for more information.

There is no prize money. Awards for The Active Joe races are small and will travel well in checked or carry-on luggage.



# ADMINISTRATIVE POLICIES

## Changing Distances Ahead of Time

If you want to switch distances before your race starts, email us before Wednesday, November 15 to make it race morning official and have a bib that matches your new distance. PLEASE DON'T WAIT UNTIL RACE MORNING!

If upgrading distances, you will just need to pay the difference between the price you paid for your original distance and the current price at the time of the request for your new distance. The one exception is that you only pay 80% of the entry fee difference if you upgrade to the 100K or 100 miler.

If downgrading distances and the lower distance costs less than you paid, you will not receive a refund.

## Littering

No, just no. Don't. If we find you littering, you're disqualified. We are here by the permission of the State Park, and we want them to invite us to come back. Don't jeopardize that for everyone. If you get all the way out of the aid station with a gel wrapper, paper cup, or anything else, carry it with you to the next aid station.

## General Rules for all *The Active Joe* events

- No dogs or strollers are allowed on the race course for the safety of all, unless a special exception is granted.
- Runners and walkers are both welcome, as long as you can finish by the time limit.
- Entry fees are non-refundable if the event is canceled, including in the case of inclement weather.
- This is a private event, so unregistered participants are not allowed. "Banditting" (as this action is referred to) is frowned upon in the running community and unfair to the runners who paid for the opportunity to participate. Race entry fees go for a lot more than water on a course, medals at the finish line, and a shirt in your race packet. It also exposes an event to serious liability risk. It stresses race resources that were calibrated for the sold-out number of participants and therefore can put other participants', the paid participants, health or safety at risk. Those who bandit any portion of the race may be banned from future events by *The Active Joe*.
- Note that it is never okay to allow someone else to use your bib without a proper bib transfer arranged with the Race Director. This can lead to serious liability and medical risks in the chance of emergency and jeopardize the future of the event for everyone.
- Our primary goal is to provide a safe event for participants, volunteers, and the community alike. If something arises that threatens that safety, then a) the event will be altered as it is reasonably possible without stressing other resources, b) the events may be delayed during the morning, or c) the event may be canceled. The event can not be rescheduled for another date due to resource availability in the event of cancellation.
- Event shirts not picked up at packet pickup or race day will not be mailed. Participants forfeit their packets if not picked up by the start of their race.

## **The Active Joe's Non-Binary Athlete Entrant Policy**

Here at The Active Joe, it is important to me to create an inclusive and welcoming environment for all athletes, free from unfair discrimination and where you can feel that you are celebrated for being yourself. This policy covers 3 areas, Inclusivity, Registration Process, and Timing Process, for athletes whose gender is not male or female, including but not limited to: genderqueer, agender, bigender.

### **Inclusivity and a Welcoming Environment**

I will use They/Them pronouns as a default for any athletes registered in the Non-Binary gender category. Should your pronouns differ from this, please let me know as I always want to endeavor to use the right ones!

Over the last couple years, I have moved away from the industry standard of “men’s” versus “women’s” sizing of race shirts. During registration, you will have the option of “Relaxed Fit” and “Fitted” in all instances where the manufacturer is creating men’s versus women’s sized garments. Because clothing doesn’t have a gender!

Any comment or statement, written or verbal, that marginalizes or denigrates an athlete based upon race, gender, gender identity, or sexuality and occurs on The Active Joe moderated Facebook pages or groups or at The Active Joe events will not be tolerated and may lead to a one year ban from any The Active Joe events.

### **Registration Process**

I helped advise Ultrasignup over the last couple years as they navigated how to upgrade their registration and results software to add more inclusivity in regards to gender identity. The Ultrasignup system now asks you to choose from Male, Female, and Non-Binary for the gender field when you set up your profile! For our road races, Athlete360’s system will also give the same options for selecting your gender.

### **Race Timing Process**

We will use the gender field as provided during the registration process. Athletes in this category will be included in overall results showing a gender of Non-Binary and will be shown in a separate “Non-Binary” division in division results. We will offer equivalent overall podium awards as offered in Male and Female divisions.

If an athlete would like to be included in a division that is eligible for age group awards, please notify me by email, and the options are (and these options are consistent with our Transgender Athlete Entrant Policy as well):

- An entrant can be included in the award divisions as a female provided the athlete was assigned female at birth and has not begun hormone treatment that includes testosterone or any other banned substance, or if an athlete was assigned male at birth but has been undergoing continuous, medically supervised estrogen hormone treatment for at least one year prior to the race. (This matches our Transgender Entrant Policy already in place.)
- An entrant can be included in the award divisions as a male with no restrictions.
- In these instances, you will not be shown as Non-Binary in the overall results unfortunately as the timing system would require your gender to read as the award division you are participating in to make the results show up.

# **The Active Joe's Transgender Athlete Policy**

The Active Joe adopted this policy 2/1/2019 to apply to any future events produced by the company. The majority of the wording came from the policy issued the same date by the [Western States Endurance Run](#). [Their policy is here on their website...](#) The Active Joe has been a [sponsor of WSER since 2014](#) and is proud to see they are really on the forefront of tackling these issues head on in a way that supports all athletes.

I am so appreciative for the hard work the WSER Board of Trustees, along with knowledgeable members of the community, did in order for this policy to be researched, agreed upon, and then so well-worded for sharing. I thank them for their support of me mirroring their efforts so that transgender athletes feel included and supported.

## **Goal**

To establish rules to encourage and facilitate the participation of transgender runners at The Active Joe races with the goal of ensuring fair and inclusive practices that respect the personal rights and dignity of transgender entrants while preserving the integrity of competition for awards and records based on sex.

## **General Rules**

A male-to-female transgender entrant can register for the race as a female provided the runner has been undergoing continuous, medically supervised hormone treatment for gender transition for at least one year prior to the race.

A female-to-male transgender entrant can register and compete as a male with no restrictions. The only exception is female-to-male transgender runners can no longer register to compete as a female if they have begun hormone treatment related to their gender transition that includes testosterone or any other banned substance.

## **Policy Enforcement**

A runner's self-declared gender at registration will be accepted at face value. The sole reason for this policy is to ensure fairness regarding competition for awards and records. Therefore, there shall be no basis for, or tolerance of, any challenge to a runner's self-declared gender unless the following is at stake: a top 3 overall male or female position, or an age group win.

The Active Joe's owner shall have the sole authority to review any challenge regarding the gender status of a top 3 male/female winner or age group winner. Any such challenge must be made directly in person or writing to the Race Director with the utmost discretion and respect for the privacy of all parties involved. The Active Joe's owner has sole discretion in determining whether there is a legitimate basis for the challenge. Challenges that do not seek to respect the privacy of the involved parties will not be reviewed.

## **Gender Status Review**

In the event of a challenge, The Active Joe may ask the runner for documentation from a medical doctor or healthcare provider or other qualified professional certifying that the entrant has undergone continuous, medically supervised hormone treatment for gender transition for at least one year prior to the race. Transgender entrants, at their option, may provide the medical documentation related to their gender transition to the Race Director prior to the race. All information about the runner's gender identity and medical information, including any information provided pursuant to this policy, shall be kept strictly confidential.

The final decision regarding the entrant's gender status shall be within the sole discretion of The Active Joe's owner. If it is determined that the runner is not in compliance with these rules for transgender entrants, the runner will be allowed to keep their finisher's medal or buckle but any awards shall be returned to the race. The Active Joe will attempt to protect the runner's privacy interests to the maximum extent possible.

## **Drug Testing Policy**

None of The Active Joe's races currently include drug testing. Should that change, this section will be amended regarding banned substances taken in connection with the person's medically supervised hormone treatment for gender transition.

## **Hate Speech**

Any comment or statement, written or verbal, that marginalizes or denigrates an athlete based upon race, gender, gender identity, or sexuality and occurs on The Active Joe moderated Facebook pages or groups or at The Active Joe events will not be tolerated and may lead to a one year ban from any The Active Joe events.