

Big Cedar Endurance Run

November 4-5, 2016

RUNNERS' MANUAL

Welcome to the 3rd year of the Big Cedar Endurance Run – now at beautiful Dinosaur Valley State Park in Glen Rose, Texas. 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's 2 river crossings per race loop, there's lots of gradual up and downhills 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 the hilliest 100 miler in Texas 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.

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 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 have to thank our wonderful volunteers who will be out there taking care of runners for over 32 hours. Everyone you will encounter has given their time to help you succeed. 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
Big Cedar Endurance Run Race Director, *The Active Joe* Owner

Daniel Fleming
The Active Joe Marketing Director

SCHEDULE OF EVENTS

Thursday, November 3 –

- 3 pm – people can begin setting up camping
- Night – camping available
- 10:00 pm - Lights out and all quiet in the camping area so our 100 milers can be fresh for their race in the morning.

Friday, November 4 –

- 7:00 am – Packet pickup, drop bag dropoff, and check-in for the 100 mile race begins.
- 8:45 am – Packet pickup, drop bag dropoff, and check-in for the 100 mile race ends.
- 8:45 am to 9:00 am - Trail briefing
- 9:00 am – 100 miler start
- All Day – packet pickup, drop bag dropoff, and last minute registration for 50 Miler, 50K, and half marathon.
- Night – camping available

Saturday, November 5 –

Overnight - whenever you arrive, be sure you find someone at the start/finish before you park in order to get your car windshield marked by us to allow you into the park with your car later (for family to visit the park, for you to use real bathrooms or the showers behind park gates)

- 3:00 am to 3:30 am – Check-in for 50 mile.
- 3:25 am - Trail briefing
- 3:30 am – 50 mile start
- 7:00 am to 7:50 am – 50K packet pickup and check-in
- 7:00 am to 8:20 am - Half Marathon packet pickup and check-in
- 7:55 am - Trail briefing for 50K
- 8:00 am – 50K start
- 8:25 am - Trail briefing for half marathon
- 8:30 am - Half Marathon start
- 9:00 am - all 100 milers must have started their final loop (mile 75)
- 5:30 pm – last incremental cutoff for all distances (100 mile, 50 mile, and 50K) approximately 3.3 miles from the finish.
- Night – camping available

Sunday, November 6 –

- 12:00 pm – All those who camped must be packed up and gone.

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.
- Safety pins. 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.
- Your entrant shirt (we may not be able to swap sizes if all of another size is allocated to preregistrants, but you can ask)
- Your swag with the race logo (plus special swag for 100 milers)

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 want to miss the trail briefing before we start.

RACE START/FINISH AREA

Location

This year, due to land ownership issues with our usual venue, the race will be 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. There are also two river crossings per race loop. 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.

Parking

To access parking, camping, AND the start/finish, use the following address: 4004 Co Rd 1007, Glen Rose, TX 76043. Since you can't always trust GPS / map software, please use these directions as you approach the area:

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 2.7 Miles)
- There will be a gate on your left.



Parking is FREE. When you arrive, you will need to have your car windshield marked by volunteers before proceeding to park in the Parking Field. This mark will allow your car to go over to the park's main gates before, during, or after the race. This is great for your family to enjoy the parks, your crew to access you at one of the aid stations, and you can use the park's restrooms and campground showers before and after the race!

COURSE

Course Description

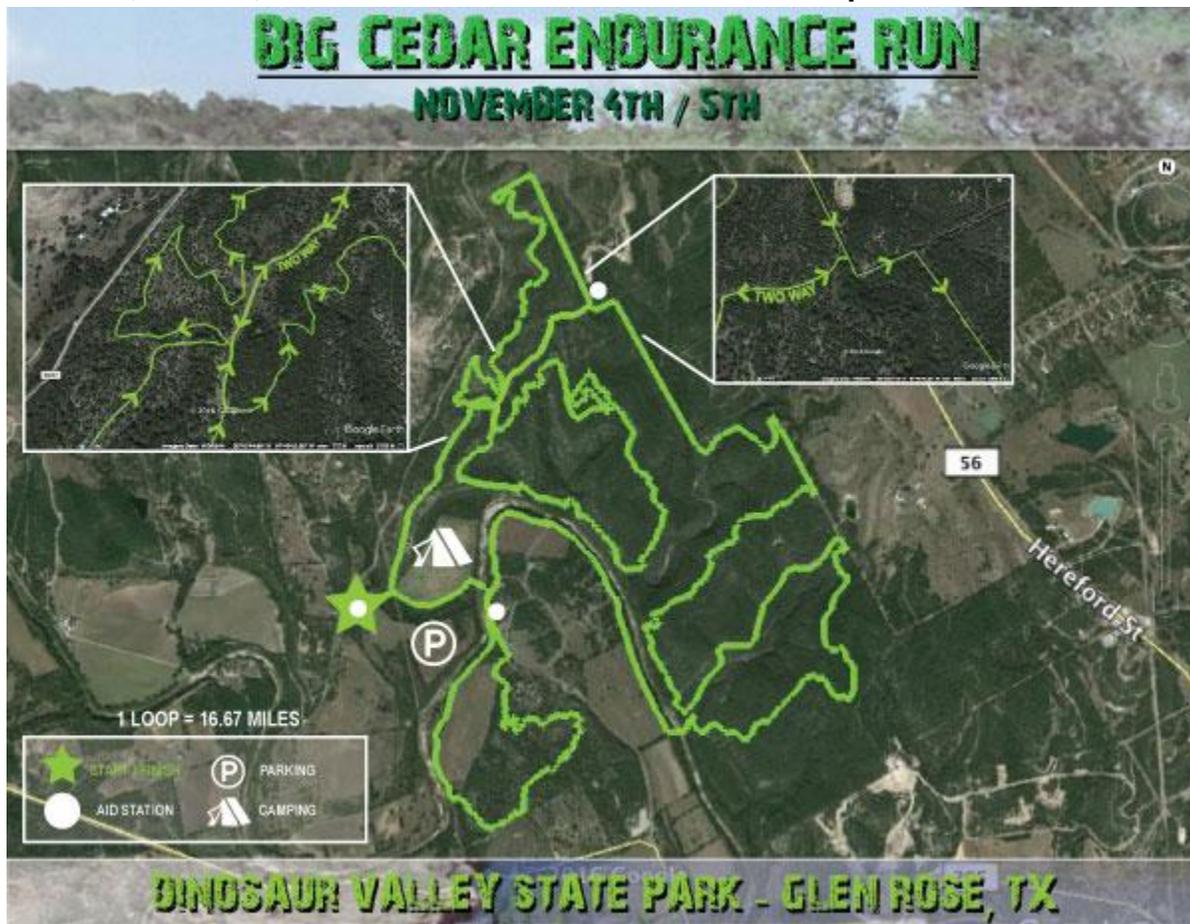
This year, due to land ownership issues with our usual venue, the race will be held at the beautiful Dinosaur Valley State Park in Glen Rose, Texas. This course has rolling and sustained ascents and descents, although none are terribly steep. The loops take you through varied terrain, from double track 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. There are also two river crossings per race loop. 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 course is a one-way traffic 16.67-mile loop.

- 100 Mile: 6x 16.67-mile loops.
- 50 Mile: 3x 16.67-mile loops.
- 50K: 2x 16.67-mile loops.
- Half Marathon: 1x a shortened 13.1-mile loop.

Course Map

100 Mile, 50 Mile, 50K – shown below is 1 16.67-mile loop:



Half Marathon – shown below is the entire course:



Mileage is not for contestation. You will cover at least the distance you signed up for.

Elevation Profile

Here is an elevation profile from data available on Google Earth. This shows the profile for ONE 16.67-mile loop. Therefore, we anticipate the 100 miler will be about 9,600 feet of gain/loss.

100 Mile, 50 Mile, 50K – shown below is 1 16.67-mile loop:



Half Marathon – shown below is the entire course:



Bad Weather

We've been really unlucky two years in a row. The first year, 2014, was a mudfest of constant rain. This resulted in a 20% finish rate in the 100 miler, the 50 miler having to be canceled, and an unusually low finish rate for a 50K.

In 2015, 17 hours into the 100 miler, the entire race had to be cancelled. Storms came through Friday into Friday night, and what wasn't forecasted to happen, they just sat on top of us as we approached midnight. This led to significant flash flooding on the course, which has the highest point in Dallas but also has quite a few valleys and hollows. Runners reported chest deep water. We held the race for an hour to see if the storms would move through and when they didn't and we had more reports of bridges being out and snakes moving out on the trails in the higher elevations to escape drowning, we were forced to cancel all the events.

But third time's a charm! We are hopeful for great weather as catastrophic weather like that is very unusual.

In having to move our venue in 2016 for reasons out of our control, we have chosen a venue that is able to handle rain better than a lot of area trails. However, there are limits that any 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 - we've had a cold snap recently, so we hope they will have headed to hibernate. 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.
- River crossings - there are two per race loop, as well as 750 feet along and through a creek that empties into the river. We think it makes this course even more unique and cool. You will get your feet wet in both crossings. In rainy conditions, it may be calf deep. You need to pick your footing carefully on the rock shelves and rocky river floor. Take caution, especially in the middle of the night.
- 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
- arrow signs (left, right, straight)

In spots where there's an intersection, just follow the flagging for the correct route to take if there are no arrow signs specifically. Flagging will be visible from where you are standing in the intersection.



You may see CAUTION tape quarantining off a place to NOT go. And in other spots where there's an intersection, always look around and then just follow the flagging showing the right route to take. Flagging will be visible from where you are standing in the intersection. 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 half 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. If you become utterly and completely lost, never ever go off trail. Sit down where you are and wait until someone gets to you.

Ultimately, you are responsible for knowing the course.

RACE DETAILS

Aid Stations

For each 16.67-mile loop of the course, below are the aid station details. See the **Cutoffs** section for aid station cutoff details.

FENCE LINE is a double-sided aid station. In the 16.67-mile loop, runners will hit it twice. Follow all signage.

PAVILION is at the nice covered park pavilion by the picnic area, and there are bathrooms 50 feet away. You reach this aid station after the first river crossing of each loop and again just before the end of the loop.

CEDAR BRAKE is accessed at the start/finish of each loop. You hit this aid station a quarter mile after the second river crossing. Because you access the Pavilion aid station heading back to the finish of the loop just 0.4 miles earlier, view Cedar Brake as an unmanned aid station with minimal support but with access to your drop bag.

Here's everything in one big chart:

50K/50 Mile/100 Mile (on 16.67-mile loop):

Aid Station	Aid Station Split	Cumulative Per Loop	Drop Bags?	Pacer Changes? (starting mile 50)	Crew Access?	Portapotties or Bathroom Access?
Fence Line	3.1	3.1	Yes for 50M/100M	NO	NO	NO
Fence Line	4.3	7.4	Yes for 50M/100M	NO	NO	NO
River Crossing - 12.3 miles into the loop						
Pavilion	6.0	13.4	Yes for 50M/100M	Yes	Yes	Yes
Pavilion	2.9	16.3	Yes for 50M/100M	Yes	Yes	Yes
River Crossing - 16.4 miles into the loop						
Cedar Brake (unmanned)	0.4	16.7	Yes	Yes	Yes	Yes

Half Marathon (Reduced loop length):

Aid Station	Aid Station Split	Cumulative Per Loop	Drop Bags?	Pacer Changes? (starting mile 50)	Crew Access?	Portapotties or Bathroom Access?
Fence Line	3.1	3.1	NO	NO	NO	NO
Fence Line	0.7	3.8	NO	NO	NO	NO
River Crossing - 8.7 miles into the loop						
Pavilion	6.0	9.8	NO	Yes	Yes	Yes
Pavilion	2.9	12.7	NO	Yes	Yes	Yes
River Crossing - 12.8 miles into the loop						
Finish	0.4	13.1	Yes	Yes	Yes	Yes

Aid Station details subject to change.

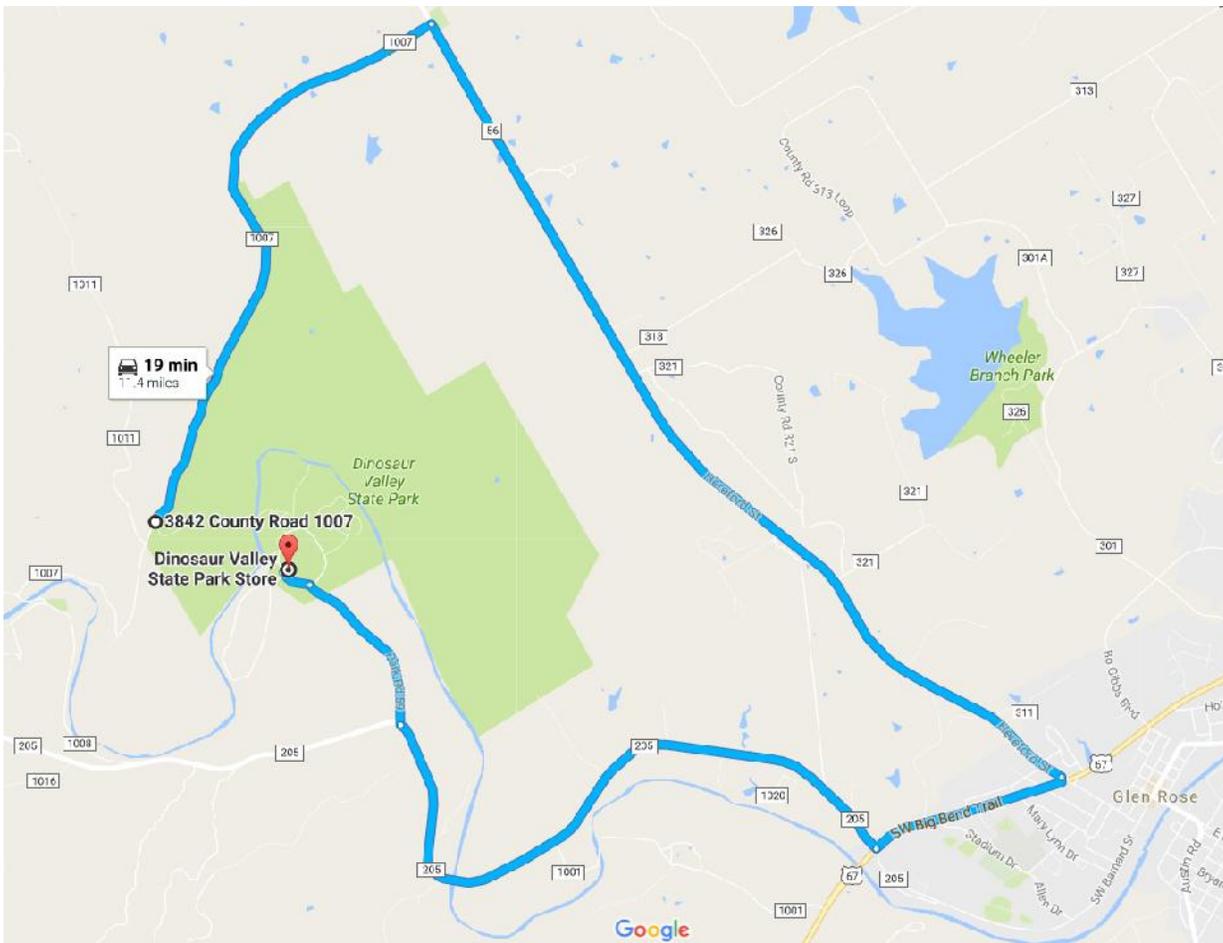
How to get to the Pavilion aid station from the start/finish area:

Do NOT use your GPS to get you to the state park to access the Pavilion aid station! Follow the directions below.

Each runner's car windshield will be marked to allow FREE state park access before, during, and after the race, so pacers, family, spectators, and crew can use that to their benefit. But any other vehicle coming into the state park will need to pay the \$7 per adult entrance fee.

Directions from the start/finish:

- Turn right out of the gate leaving the start/finish area to get back on Co Rd 1007.
- After 2.7 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.
- After being waved into the park by park staff if in the runner's car or paying entry fees at Park Headquarters, drive to the stop sign and take a left.
- You will pass a couple small parking lots on your left and then you will want to park in the parking lot to the left where the small restroom building and dumpsters are. The park pavilion is past all the individual picnic tables which are past the restroom building.



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 paper cups 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. For other drink needs besides water at the aid stations, we recommend the Ultraspire C2 collapsible reusable cup or the Hydrapouch.

WATER: Refreshing H₂O at every aid station!

None of these foods or beverages below 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.

The unmanned Cedar Brake aid station is only guaranteed to have water because you hit the Pavilion aid station only a quarter mile before.

ELECTROLYTE DRINK: The electrolyte drink on the course will be Tailwind Nutrition.

COLD FOODS: Most of the usuals at the minimum. Cookies, candy, peanut butter and jelly sandwiches, chips, pretzels, and more. Energy gels are such an individual item that we will not be providing - bring your own favorite if you want to use these as fuel.

HOT FOODS: At night, for the 100 milers, we will have hot food options of beef ramen and instant potatoes, maybe more options, and we will have coffee also. No hot foods at the unmanned Cedar Brake aid station (runners go by Pavilion aid station a half mile before finishing each loop at Cedar Brake).

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. Those with severe food allergies (like a nut allergy or celiac disease) need to be aware that we can not guarantee against cross-contamination.

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 every 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" and check that someone is recording. This keeps our records accurate.

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.

Drop Bags

No drop bags for half marathon or 50K participants, except they can set out whatever they need at the start/finish area (Cedar Brake aid station).

Only one drop bag per aid station per participant please. Anything loose left on top of a drop bag will not be returned.

Gear Advice When Packing Your Drop Bag: Plan each of your drop bags appropriately with lights and spare batteries as needed. There are two river crossings. Study the course map and decide when you want to have shoe or sock changes. 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 anywhere you will need it. Review the aid station food and beverage lists and pack anything you require to fuel your body during the event.

For drop bags at Fence Line or Pavilion: Drop bags should be no bigger than a 2.5-gallon Ziploc bag or, for visualizing, the size of a standard shoebox in 3-D containers. No coolers. Please put any liquids inside a Ziploc bag within your drop bag as the bags will be somewhat tossed around and you don't want any gear/apparel in your drop bag ruined.

Since we have to get drop bags out to Fence Line by park staff's ATV after the race start, please don't count on accessing this bag your first time through this aid station (at mile 3.1).

For drop bags at Cedar Brake (start/finish): They can be bigger than the size dictated above for Truth Corner 2.0, but exercise reason. The Race Director reserves the right to tell you that you are taking up too much real estate in the Drop Bag area.

Labeling and Drop Off: Bags should be labeled with your name, number, and aid station name. Those to go out to the Fence Line or Pavilion aid stations need to be dropped off by the start of your race.

Getting Your Bag Afterwards: We will bring all bags back after the cutoff for that aid station. Drop bags must be picked up by 6:30 pm Saturday at the finish. You may go get your bag directly from Pavilion Aid Station if you don't want to wait for us to bring it back. Fence Line Aid Station bags will NOT be returned until Saturday evening. Drop bags will NOT be mailed. Anything remaining will be donated.

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.

Here are the cutoffs for all distances for the LAST LOOP. Note the mileages though are based on all distances BUT the half marathon.

Aid Station [LAST LOOP]	Aid Station Split	Cumulative Per Loop	Last Time Thru Aid Station as Time of Day for Half / 50K / 50 Mile	Last Time Thru Aid Station as Time of Day on SATURDAY for 100 Milers	Last Time Thru Aid Station in Elapsed Time for 100 Milers
Cedar Brake (S/F of loop)			No cutoff	11:43 AM	26:43
Fence Line	3.1	3.1			
Fence Line	4.3	7.4	2:05 PM	2:05 PM	29:05
Pavilion (outbound)	6.0	13.4	4:00 PM	4:00 PM	31:00
Pavilion (inbound)	2.9	16.4	No cutoff	No cutoff	No cutoff
Cedar Brake	0.4	16.7	No Final Cutoff	No Final Cutoff	No Final Cutoff

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 5 pm so that we aren't doing all teardown in the dark. Thanks for your understanding.

If you can make the final cutoff and these conditions, we will wait for you with your buckle or medal at the finish, however long you take to make the final 3.3 mile journey, within reasonable limits (up to 3 hours for that final stretch).

Crews

Crews may access their runners at only some of the aid stations. See the aid station section above for details on each location. Since space is limited, we reserve the right to ask multiple crew members taking care of one runner to limit to one to two crew members at that location. Be sure to read the directions carefully on how to get to the Pavilion aid station, located in the Aid Station section above! Crews may only access their runners within 200 yards of the aid station. Crewing a participant outside that area may result in disqualification. Crews may not eat or drink from the aid station at the end of each loop (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

Participants can have a pacer starting at mile 50 (therefore, pacers are for 100 mile runners only). Participants can pick up or change pacers at only some aid stations. See the aid station section above for details on each location. Participants can only be paced by one person at a time. Pacers and crews are responsible for getting the pacer shuttled back and

forth to whatever aid station they are going to start from or end at. Be sure to read the directions carefully on how to get to the Pavilion aid station, located in the Aid Station section above!

No pacers are allowed in the 50 mile or 50K 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 Friday when you won't start pacing until Saturday 2 am, for example. Failure by any pacer to follow the rules set out here may result in disqualification of their runner.

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

The event will be chip timed. The "chip" is actually a tag attached to the back of the race bib. Unlike shoe chip tags, there are no special instructions for the bib tag. They do not have to be looped a specific way, nor is there possible runner mishandling that can compromise RFID timing. Do not take the foam cover off your bib chip. If you do not have a chip on the back of your bib, find the race timer by the start/finish early race day morning to get a new bib.

Some tips that enhance reader sensitivity, all of which are very standard practices:

- Bibs need to be worn to ensure race timing. If they do not wear a bib, they do not receive a time.
- Bibs should be worn on the front of the body.
- Bibs should be worn visible to anyone observing, so on the exterior of clothing. If you wear a jacket and place the bib underneath, it can help if you expose the underlying bib upon mat-crossing to enhance reader sensitivity. This is usually only a precaution.
- Bibs should not be crumpled up and placed inside runner's clothing.

Failure to register on multiple timing mats or incredibly inconsistent timing splits between timing mats may result in investigation and potential disqualification. The same is true for those not registering in the written rosters of check-ins at aid stations or inconsistent or unreasonable splits from one aid station to another.

There may be at least one timing mat besides the one at the start/finish somewhere out on the race course. We will not be announcing the locations of all of these mats.

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.

Those not following the course will risk disqualification.

Dropping Down Distances Before the Race

If you want to switch distances ahead of time, talk to us (or email us), we'll verify we have the swag and finisher gear to support it, and we'll approve it BEFORE your race starts. 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. There is no refund for dropping down in distance before the race starts.

Dropping Down Distances Midrace

If you drop down midrace to a shorter distance than you initially signed up for, then you will not have an official finish in the shorter distance. Dropping midrace will result in a DNF (Did Not Finish). We all have bad days. It's okay.

Awards

In each distance:

- Top 3 Overall male and female
- First place male and female in the following age groups: 00-29, 30-39, 40-49, 50-59, 60-99

There is no prize money.

Awards for *The Active Joe* races are small and will travel well in checked or carryon luggage.

Every finisher in the half marathon, 50K, and 50M gets a medal. Every finisher in the 100 Mile gets a belt buckle – there are special buckles for those who complete the race in 1 one day (sub-24 hours).

Weather and Conditions

Average low temperature is 53. Average high temperature is 74. But it's Texas so the weather is known for being unpredictable. October is historically the rainiest month in fall.

Sunrise: 7:44 am. Sunset: 6:38 pm.

We've been really unlucky two years in a row. The first year, 2014, was a mudfest of constant rain. This resulted in a 20% finish rate in the 100 miler, the 50 miler having to be canceled, and an unusually low finish rate for a 50K.

In 2015, 17 hours into the 100 miler, the entire race had to be cancelled. Storms came through Friday into Friday night, and what wasn't forecasted to happen, they just sat on top of us as we approached midnight. This led to significant flash flooding on the course, which has the highest point in Dallas but also has quite a few valleys and hollows. Runners reported chest deep water. We held the race for an hour to see if the storms would move through and when they didn't and we had more reports of bridges being out and snakes moving out on the trails in the higher elevations to escape drowning, we were forced to cancel all the events.

But third time's a charm! We are hopeful for great weather as catastrophic weather like that is very unusual.

Littering

No, just no. Don't. If we find you littering, you're disqualified. We are here by the permission of the property owners, 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, including in the case of inclement weather.

No refunds will be granted if you downgrade at any time.

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 cancelation.

Event shirts not picked up at packet pickup or race day will not be mailed.

TRAVEL

Trail runners from all over the United States, and all across the great state of Texas, travel to experience this event. Whether you're traveling a short distance or far distance, we encourage you to enjoy the local attractions and make a weekend stay of your race weekend.

Check the TRAVEL section of the website for places to eat and places to have fun! Great options for family who need something to do while you are running your race!

ACCOMMODATIONS - HOTEL

If you're traveling from Dallas or other cities East of Glen Rose:

HOST HOTEL

Holiday Inn Express Glen Rose
113 Paluxy Summit Blvd
Glen Rose, TX 76043

Glen Rose has been incredibly gracious to offer a special rate for all race participants (\$115/night) when they call to reserve. In addition, we have been given an early breakfast on Saturday morning at 6 AM (normally 7AM) to 12 PM to hopefully allow time to enjoy a nutritious breakfast before you head to the start line. And one more thing, check out is at noon to give you a little extra time.

Give them a call to reserve your room(s): (254) 898-9900

If you're traveling from west of Glen Rose:

Hampton Inn Stephenville
910 South Harbin Drive
Stephenville, TX 76401

No discounted rates.

ACCOMMODATIONS - CAMPING

If being one with nature for the weekend is your preference, we have a few options for you.

We will have FREE ground camping in the Longhorn Field (longhorn steer NOT included, it's just the name) next to the Parking Field. Camping can begin to be set up at 3 pm on Thursday, November 3. Everyone must be packed up and gone by noon on Sunday, November 6.

You will be able to drive up to the entrance to the field to unload any tents and gear, and then will need to move your car to the Parking Field.

The park has graciously offered to set out fire rings in this nicely mowed field so that campers can gather around there and enjoy the community aspect of the event! No open fires are allowed otherwise.

RVs and campers can be parking in the Parking Field. However, there are no hookups. With your race entry, your vehicle can access the park itself Thursday through Sunday, and the dump station is \$5. Also, any generators used in the parking field can not be used during Peace and Quiet park hours which is 10 pm to 6 am.

You are welcome to sleep in your car parked in the Parking Field if that works best for you.

Everyone's vehicle will be tagged to allow access inside the park gates, where you can drive to restrooms with indoor plumbing and the campground shower building.

The park's official assigned campsites inside the park gates are already sold out for the weekend.

In town, there is another campground.

Tent camping and RV Sites @ Oakdale Park
1019 NE Barnard Street
Glen Rose, TX 76043
Phone: 254-897-2321

1 tent (up to 4 people) is \$20 per day
RV sites start at \$25 per day and go up to \$35

Campsites include nearby proximity to electricity, restrooms, showers, and water.

Air/Ground Transportation

A car will be needed to get around. There will be no shuttle service arranged, as we expect the vast majority of attendees to be locals or have rented a car for the trip from the airport.

Dallas, Texas is served by two area airports: Dallas-Love Field (DAL) is the smaller one where Southwest Airlines flies out of, and then all other airlines fly through Dallas-Fort Worth International Airport (DFW).

DFW - Dallas-Fort Worth International Airport - 82.8 miles, approx. 1 hr, 25 minutes in good traffic

DAL - Dallas Love Field Airport - 86.0 miles, approx. 1 hr, 30 minutes in good traffic