SEAN O'BRIEN 100K + 50 MILE ATHLETE GUIDE

I'm extremely excited to welcome you back to the SOB 50 mile and 100k course for our 2023 race! We're going to have a great day on the trails! Read below for important details and keep an eye to your inbox for any updates as race day approaches.

Absolutely no pacers allowed.

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RACE WEEKEND SCHEDULE

FRIDAY JANUARY 27

3 p.m. – 6 p.m.
OPTIONAL BIB PICKUP
Fleet Feet Running Store
30125 Agoura Rd, Agoura Hills, CA 91301

*If you pick up Friday, please check in again on race morning. We will have a separate table set up just for this, so you do not have to wait in line in the morning.

SATURDAY JANUARY 28

4:15am: 100K RUNNERS start arriving for bib pickup and check-in. *MAKE SURE TO HAVE DROP BAGS TO CHECK-IN BY 4:45AM!

5am: 100k START

5am: 50 MILE RUNNERS start arriving for bib pickup and check-in. *MAKE SURE TO HAVE DROP BAGS TO CHECK-IN BY 5:45AM!

6am: 50 mile START

START LOCATION

MALIBU CREEK STATE PARK
1925 Las Virgenes Road, Calabasas, CA 91302

PARKING

On race morning, DO NOT arrive at the park before your appointed time stated above (4 a.m. and 5 a.m.). Pay special attention to my parking crew. They will have safety vests + orange flags to direct you into a parking spot.

Parking is $15 at the gate – CASH ONLY. Please bring exact change.

COURSE INFO – 100K

GPX MAP LINK

Please download the GPX file on your watch or device.

AID STATIONS

- Corral Canyon #1 – 6.5
- Kanan Road #1 – 13 – DROP BAGS
- Zuma Edison Ridge Motorway #1– 19.2
- Bonsall Drive– Mile 22.7 – DROP BAGS
- Zuma Edison Ridge Motorway #2– 31.3
- Kanan Road #2– Mile 36.3 – DROP BAGS
- Corral Canyon #2 – Mile 42.9
- Bulldog Road – Mile 49.5 – Water Only + Drop Bags (Get your light!)
- Corral Canyon #3 – 56

CUT-OFFS – 17 HOURS (WSER QUALIFIER: 16 HOURS)

You will be pulled from the race if you miss the cutoff times, unless otherwise indicated.

- Bonsall Dr – Mile 22.7 – 11am – drop to 50 mile
- Zuma Edison Ridge Mtwy #2 – Mile 31.3 – 1:35pm – drop to 50 mile
- Kanan Rd #2 – Mile 36.3 – 3pm – drop to 50 mile
- Corral Canyon #2 – Mile 42.9 – 4:30pm
- Bulldog Fire Road – Mile 49.5 – 6pm
- Corral Canyon #3 Mile 56 – 7:45pm
- Piuma Creek Crossing Mile 61 – 9:30pm

CREW ACCESS

Although it is not encouraged, if you must see a crew, you may have crew access at the Zuma Ridge Trailhead on Busch Drive. This is not an aid station, but a pass-through at a trailhead. They must park in the designated lot, or on the street, and not block any driveways. This is located in between the Zuma Edison Ridge Mtwy Aid Station #1 & Bonsall Aid Station around mile 20.

Google Map Link

COURSE INFO – 100K – TURN BY TURN

GPX MAP LINK

TURN-BY-TURN DETAILS

Miles 0-7
Follow the paved road through the campground to Spur trail. This connects to the paved Dorothy Dr. Turn right & follow Dorothy Dr. to a parking lot, and look for a trailhead to the right. Take that trail, which will cross a creekbed & head up the other side. When you get to a small cinder block outhouse, turn right on the trail heading up (the trail will be just before the outhouse. When the trail intersects with the Corral Cyn/Mesa Peak Motorway stay left & continue heading up. At the next intersection with another fire road, stay right. At the next intersection with a single track trail (Backbone Trail), take the trail to the right. Follow the BBT to Corral Canyon.

Mile 7
Intersection with the BBT, turn left onto the BBT heading west.

Mile 13.3
Continue on BBT as it crosses Latigo Cyn. Rd. to Kanan Rd. parking lot

Mile 15.8
Continue on BBT & turn left onto the Zuma Ridge Motorway

Mile 19.2
Follow the Zuma Ridge Motorway up & over the mountain, past Buzzard's Roost, to the intersection with the Zuma-Edison Motorway

Mile 21.8
Continue on the Zuma Ridge Motorway down to the parking lot at the bottom of the mountain.

Mile 22.7
Turn left onto the Ridge Canyon Access trail and turn right onto Bonsall Dr. (dirt) following it to the parking lot. Head out again on Bonsall Dr (dirt).

Mile 23.2
Turn right onto the Canyon View trail

Mile 24.5
Turn left onto the Kanan-Edison fire road

Mile 25.8
Turn left onto the Zuma Canyon Connector trail

Mile 26.5
Turn left onto the Zuma-Edison Fire road

Mile 30.4
Turn right on the Zuma Ridge Motorway

Mile 33.8
Turn right onto the BBT at Kanan Trailhead

Mile 36.3
Turn right at the aid station and head uphill to stay on the BBT

Mile 38.3
Cross the road at Latigo, and head through the aid station and stay on the BBT at the north end of the dirt parking lot

Mile 42.9
At the top of Corral Canyon road stay left on the road, and head uphill towards the towers. You will now be on the Bulldog fire road. Follow bulldog fire road through the old mash sight and on bulldog fire road until you reach the aid station.

Mile 49.4
Water only aid station w/drop bags. Turn around here, and head back up to Corral Canyon aid.

Mile 55.9
Corral Canyon aid station. Run through the aid station and stay to your left to connect up with the BBT, and return the exact same way back to Malibu Creek State Park where you started.

COURSE INFO – 50 MILE

AID STATIONS – MILEAGE

- Corral Canyon #1 – 6.5
- Kanan Road #1 – 13 – Drop Bags
- Zuma Edison Ridge Motorway #1– 19.2
- Bonsall Drive– Mile 22.7 – Drop Bags
- Zuma Edison Ridge Motorway #2– 31.3
- Kanan Road #2– 36.3 Drop Bag – GET YOUR LIGHT!
- Corral Canyon #2– 42.9

CUT-OFFS – 16 HOURS

You will be pulled from the race if you miss any of the below cutoff times.

- Bonsall Drive – Mile 22.7 – 12pm
- Zuma Edison Ridge Mtwy #2 – Mile 31.1 – 2:45pm
- Kanan Rd #2 – Mile 36.3 – 4:30pm
- Piuma Creek – Mile 48 – 9:30pm

GPX MAP LINK

TURN-BY-TURN DETAILS

Miles 0-7
Follow the paved road through the campground to Spur trail. This connects to the paved Dorothy Dr. Turn right & follow Dorothy Dr. to a parking lot, and look for a trailhead to the right. Take that trail, which will cross a creekbed & head up the other side. When you get to a small cinder block outhouse, turn right on the trail heading up (the trail will be just before the outhouse. When the trail intersects with the Corral Cyn/Mesa Peak Motorway stay left & continue heading up. At the next intersection with another fire road, stay right. At the next intersection with a single track trail (Backbone Trail), take the trail to the right. Follow the BBT to Corral Canyon.

Mile 7
the intersection with the BBT, turn left onto the BBT heading west.

Mile 13.3
Continue on the BBT as it crosses Latigo Cyn. Rd. to the parking lot on Kanan Rd.

Mile 15.8
Continue on the BBT and then turn left onto the Zuma Ridge Motorway

Mile 19.2
Follow the Zuma Ridge Motorway up and over the mountain, past Buzzard's Roost, to the intersection with the Zuma-Edison Motorway

Mile 21.8
Continue on the Zuma Ridge Motorway all the way down to the parking lot at the bottom of the mountain.

Mile 22.7
Turn left onto the Ridge Canyon Access trail and then turn right onto Bonsall Dr. (dirt) following it to the parking lot. Your drop bags will be available at this aid station. Head out again on Bonsall Dr (dirt)

Mile 23.2
Turn right onto the Canyon View trail

Mile 24.5
Turn left onto the Kanan-Edison fire road

Return
Turn around and return the exact same way you came back to Malibu Creek SP

WHAT'S AT EACH AID STATION

- TONS of sweet and salty snacks
- PB&J's, potatoes & fresh fruit
- GU gels, GU roctane salt pills, GU roctane electrolyte, and Fluid Electrolyte
- If it's hot, we'll have ice at aid stations

FINISH LINE & POST-RACE INFO

BRING A CHAIR AND HANG OUT!

I will provide you all with post-race food, and lots of yummy snacks. We are trying to be a plastic free race so I will not have individual bottled waters. Please fill up your handhelds or bottle from my gallon jugs. It will be a great day to cheer on runners!

RULES + RESPONSIBILITIES

1. **NO LITTERING.** 99% of you would never think of it, but it must be said. **DO NOT ever** drop trash anywhere other than in a trash bag, at an aid station. If trash is seen on the trail, I could lose my permits!

2. **WE ARE CUP-LESS.** Please bring a reusable cup/hydration pack/bottle. Find them at running stores & REI.

3. **BE NICE, BE KIND, OR BE CUT.** Be nice to each other, be nice to the volunteers, be nice to other trail users – or be disqualified. KHRaces does not tolerate abuse of any kind, to anyone.

4. **BE ON TIME.** We cannot allow runners to start the race late. Please arrive with enough time to get your bib, get settled and get to the start line on time. This is for your safety, and for the safety of our permits.

5. **BE CLEAN.** Volunteers will use tongs to hand out snacks, etc. Runners must open & close their own packs/handhelds and volunteers will fill with whatever liquids you need.

6. **BE AWARE.** Music/headphones are OK, but keep the volume low & be aware of other runners & trail users.

7. **CREWS. While it is not encouraged, 100k runners are allowed crew at the Zuma Ridge Trailhead on Busch Drive only.** Unfortunately the State Parks & NPS will not allow crews at any other location, due to traffic at the trailheads. There are plenty of spots for drop bags, and we have the best volunteers on the planet. They will tend to your every need!

8. **HAVE FUN!**

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The Southern California UltraRunners Grand Prix Series — 50k, 50mi, 12/24 hr, 100mi — All Runners Merge Ahead

CAN'T GET ENOUGH?

Check out the lineup of KHRaces all season!