

MALIBU CANYON TRAIL RACES

100K & 50 MILE

Presented by



New for 2024! We get to run in one of the most special places in all of Southern California! This will be a challenging, but rewarding day in the coastal mountains.



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RACE WEEKEND SCHEDULE

FRIDAY, JUNE 7

3pm-6pm: Optional Bib Pickup &
Drop Bag Drop Off

RAY MILLER TRAILHEAD

La Jolla Group Campsite

9000 Pacific Coast Hwy Malibu, CA

SATURDAY, JUNE 8

4:30am: Runners may start to arrive for
check-in. Please have drop bags in by 5am.

5:30am: Race Starts

11pm: Race Ends

START LOCATION

RAY MILLER TRAILHEAD- La Jolla Group Campsite

9000 Pacific Coast Hwy.

Malibu, CA

PARKING

PLEASE DO NOT ARRIVE BEFORE 4:30AM!! Pay special attention to my parking crew with safety vests + orange flags. They will direct you into a parking spot. You will be parking along PCH. Please park closely to the next vehicle so we can accommodate everyone. **PARKING IS \$5 AND CASH ONLY.**

100K COURSE INFO

LINK TO GPX MAP/FILE

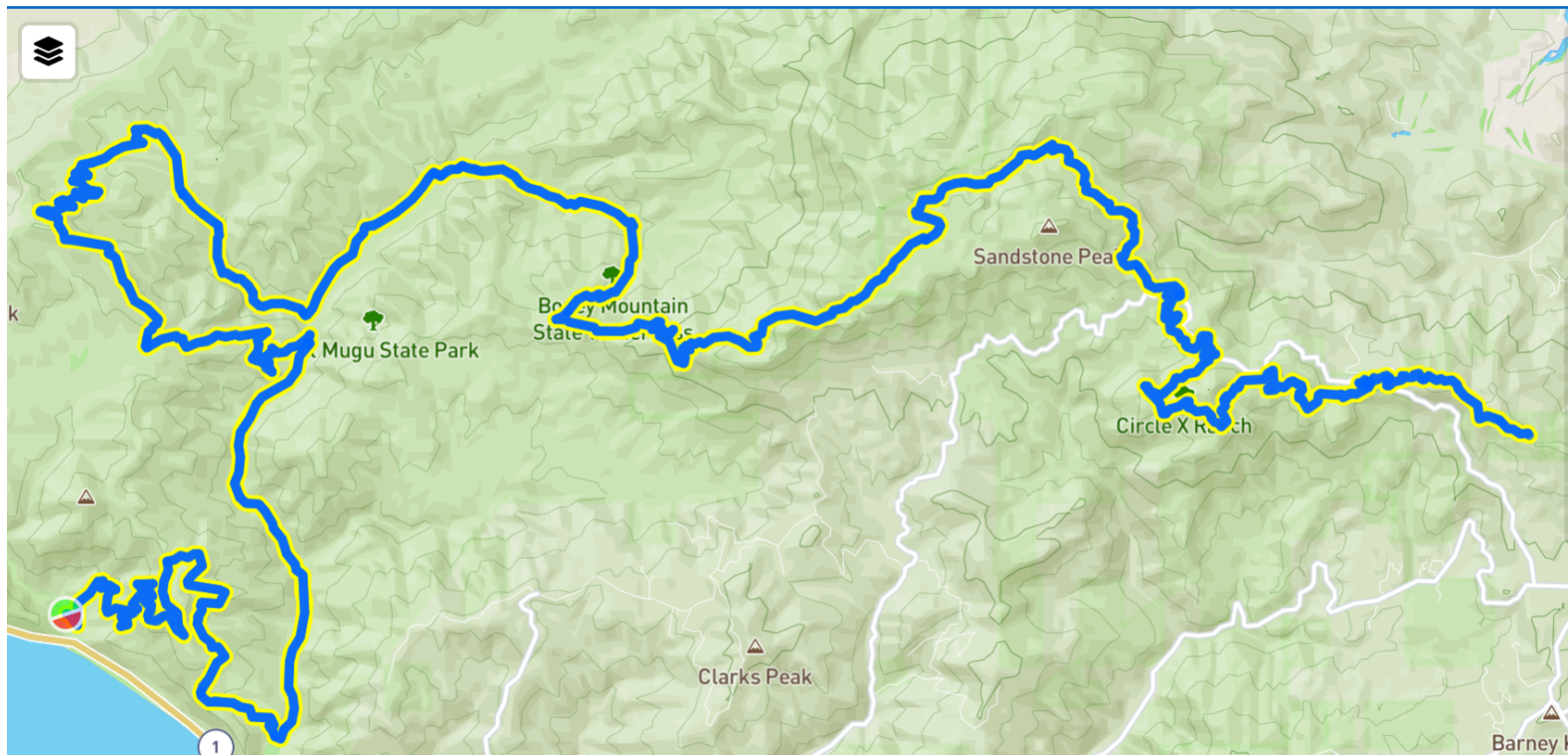
All runners MUST have this GPX file downloaded on their watch or device.

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

Aid Station Location	Mileage	Drop Bags	Crew Access	Pacers	Cutoff
Sycamore Canyon #1	Mile 5	Drop Bags	Crew Access	X	X
Two Foxes #1	Mile 15	X	X	X	X
Danielson Ranch #1 - Fill Up Water!	Mile 16	Drop Bags	X	X	X
Mishe Mokwa	Mile 24.5	Drop Bags	Crew Access	X	1:30 PM - Dropped to 50 Mile
Yerba Buena - Water Only	Mile 29	X	X	X	X
Mishe Mokwa	Mile 36.5	Drop Bags	Crew Access	Pacers	4:30 PM
Danielson Ranch #2	Mile 45	Drop Bags	X	X	7:30 PM
Two Foxes #2 - Water Only After 6:30pm	Mile 46.5	X	X	X	X
Sycamore Canyon #2	Mile 56	Drop Bags	Crew Access	Pacers	10:00 PM
FINISH LINE	Mile 61.2	Drop Bags			11:00 PM

Distances are rounded. Course subject to change due to park service requirements, permits, race director and safety.

OVERALL CUT-OFF - 17.5 HOURS



50 MILE COURSE INFO

LINK TO GPX MAP/FILE

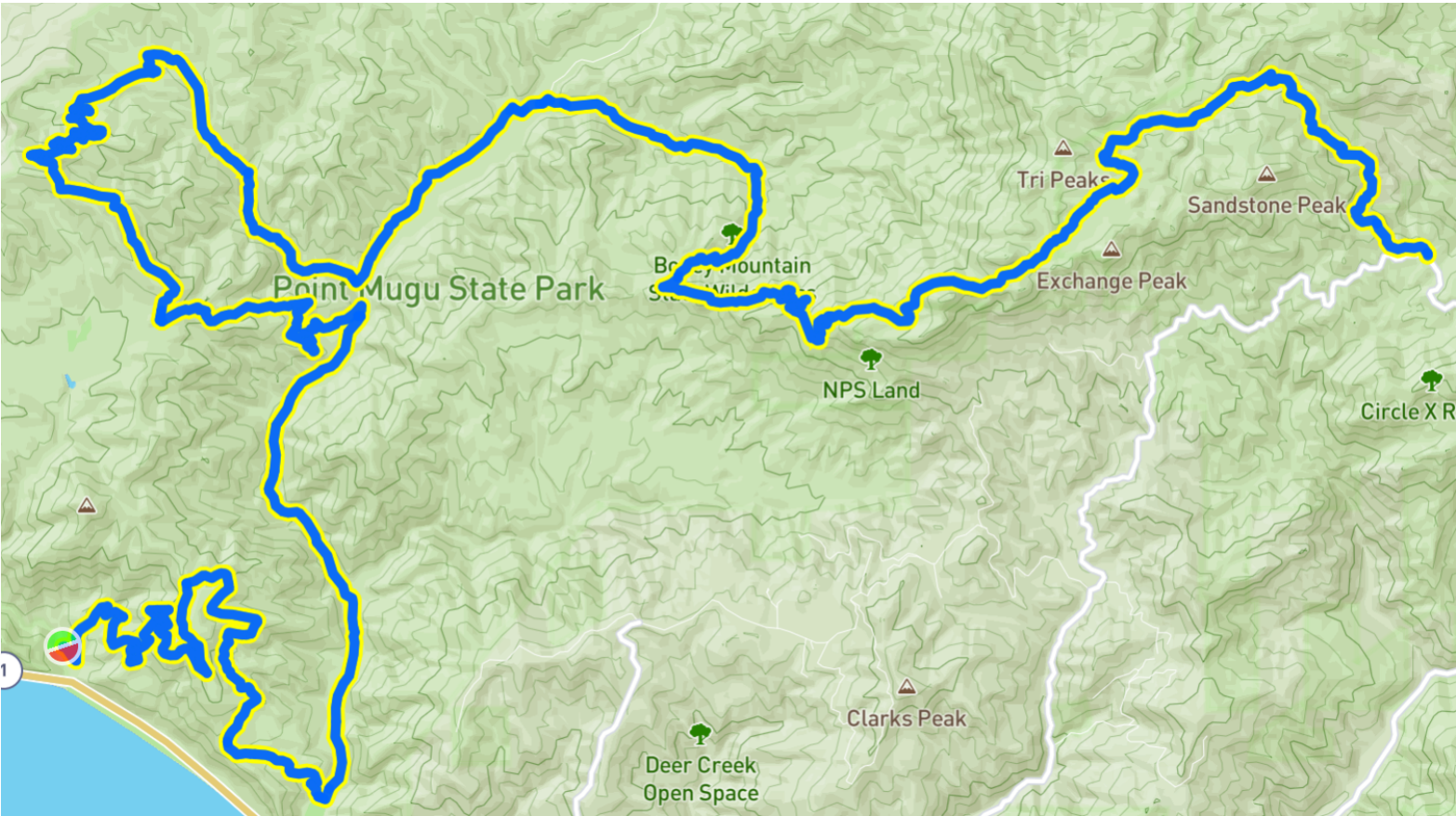
All runners MUST have this GPX file downloaded on their watch or device.

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

Aid Station Location	Mileage	Drop Bags	Crew Access	Pacers	Cutoff
Sycamore Canyon #1	Mile 5	Drop Bags	Crew Access	X	X
Two Foxes #1	Mile 15	X	X	X	X
Danielson Ranch #1 - Fill Up Water!	Mile 16	Drop Bags	X	X	X
Mishe Mokwa	Mile 24.5	Drop Bags	X	X	X
Danielson Ranch #2	Mile 33	Drop Bags	X	X	7:30 PM
Two Foxes #2 - Water Only After 6:30pm	Mile 34.5	X	X	X	X
Sycamore Canyon #2	Mile 44	Drop Bags	Crew Access	Pacers	10:00 PM
FINISH LINE	Mile 49.5	Drop Bags			11:00 PM

Distances are rounded. Course subject to change due to park service requirements, permits, race director and safety.

OVERALL CUT-OFF - 17.5 HOURS



COURSE INFO - CREW INFO & DROP BAG INFO

100K: You may have crew at the following aid stations ONLY:

Sycamore Canyon #1, Mishe Mokwa #1 (crew only)

Mishe Mokwa #2, Sycamore Canyon #2 (crews + pacer)

50 Mile: You may have crew at the following aid station ONLY:

Sycamore Canyon #1, Sycamore Canyon #2 (+ pacer)

Crews can only have ONE CAR at each location, no exceptions.

Any crew with more than one car will be responsible for getting their runner disqualified.

You may not leave any car overnight in lots. Please also listen to any instructions provided by race staff and aid station volunteers during the race. Crews must be kind & considerate, or they will be responsible for getting their runner disqualified.

SYCAMORE CANYON - 50 MILE & 100K

- **100K:** Mile 5 & 56 / **50 Mile:** Mile 5 & 44
 - [Sycamore Canyon Campground & Trailhead - Google Map](#)
 - Crews must park in the day use lot & pay the fee. Upon entering the campground, stay left for the day use lot. Then walk about 1/3 mile to the end of the campground to the gate at the trailhead, where the aid station is.
 - You may pick up a pacer here on the 2nd pass only
-

YERBA BUENA/MISHE MOKWA - 100K ONLY

- **100K:** Mile 24.5 & 36.5
 - [Backbone Trail Access at Mishe Mokwa Google Map Link](#)
 - This is NOT the Sandstone Peak lot, it's about 1/2 mile past that.
 - Pacers can be picked up here.
-

DROP BAGS

All drop bags should have your bib # prominently displayed on the outside. Please no coolers or extra large bags/boxes. You will need separate drop bags for each distinct location. We will have duct tape and sharpies for you to label at bib pickup, but anything you can do before is helpful for race staff and for your own peace of mind race morning.

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. We will have hot soup at Danielson Ranch in the evening.
-

FINISH LINE & POST-RACE INFO

BRING A CHAIR AND HANG OUT! We will have post-race food and lots of snacks. We are trying to be a plastic free race so please fill up your handhelds or own bottle from gallon jugs at the finish.

RULES + RESPONSIBILITIES

1. **NO LITTERING. DO NOT EVER** drop trash anywhere other than in a trash bag, at an aid station. If trash is seen on the trail, we could lose our permits!
2. **WE ARE CUP-LESS.** You absolutely must bring a reusable cup/hydration pack/bottle.
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. This includes crews!
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 is required by our permit.
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 guidance from aid station volunteers, other runners & trail users.
7. **CREWS.** Be sure your crews map out each destination they are allowed to be at. No crews or spectators are allowed anywhere other than those spots we have designated. Crews must follow any directions provided by race staff and aid station captains/volunteers.
8. **HAVE FUN!**

LODGING OPTIONS

This is a remote trail race. Hotels around Oxnard, Channel Islands Harbor, Thousand Oaks and Agoura Hills will be between 20-30 minutes away. There is also camping nearby, if you are able to secure a spot.

CAMPING (State Parks releases cancelled campgrounds at 8am daily)

- [Point Mugu State Park - Thornhill Broome Campground & Sycamore Canyon Campground](#)
- [Leo Carrillo State Park Campground](#)

HOTEL IDEAS ([Google Map with nearby hotels/motels](#)).

AIRBNB IDEAS ([Link to a search in the area](#)).

RACE SPONSORS



CAN'T GET ENOUGH?

So much fun to be had at KHRaces!

