

MALIBU CANYON TRAIL RACES

50K AND 30K

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

5:45am: Runners may start to arrive
for check-in.

7am: Race Starts

START LOCATION

RAY MILLER TRAILHEAD- La Jolla Group Campsite

9000 Pacific Coast Hwy.

Malibu, CA

PARKING

PLEASE DO NOT ARRIVE BEFORE 5:45AM!! 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.**

50K COURSE INFO

LINK TO GPX MAP/FILE

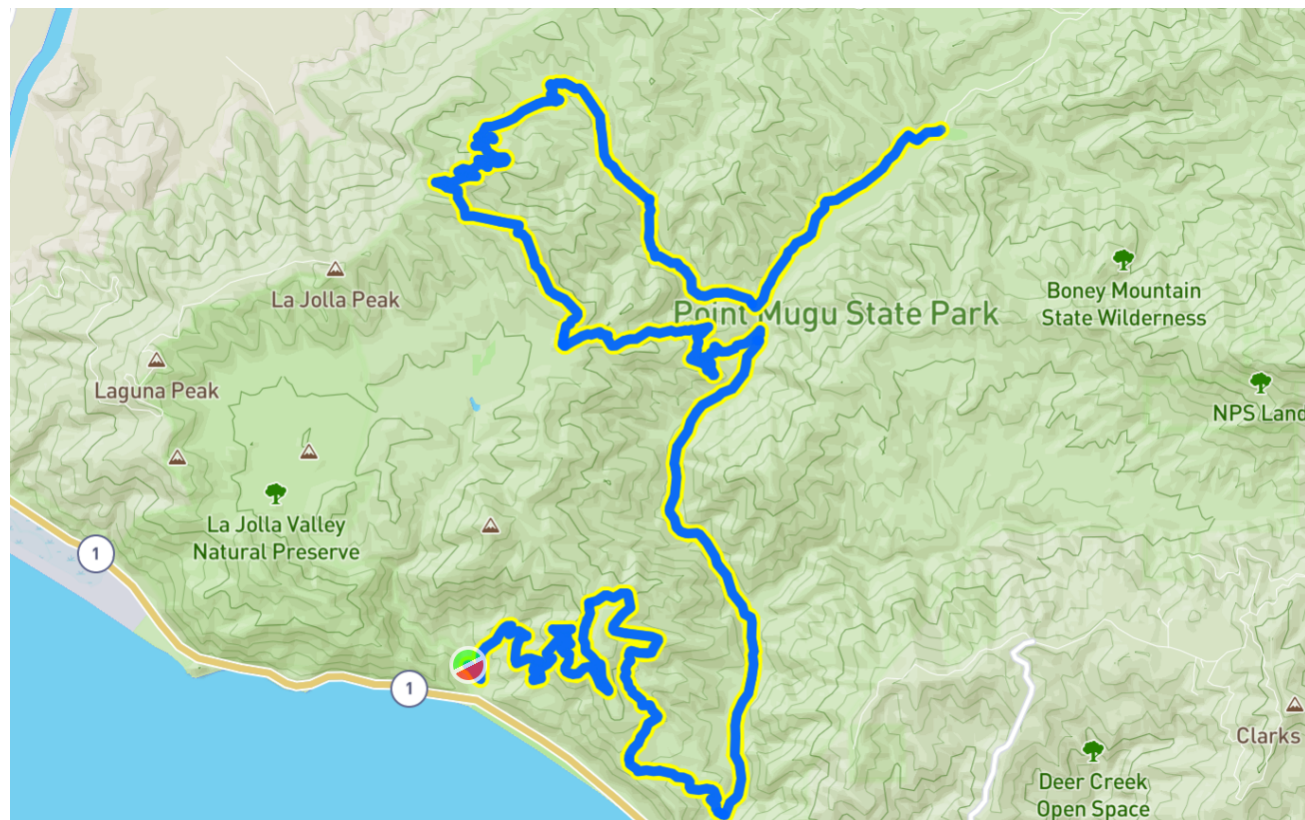
The course will be marked extremely well, but it's always a good idea to have the course uploaded to your device.

Aid Station Location	Mileage
Sycamore Canyon #1	Mile 5
Two Foxes #1	Mile 15
Danielson Ranch #1	Mile 16
Two Foxes #2	Mile 17.3
Sycamore Canyon #2	Mile 26.75
FINISH LINE	Mile 32

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

OVERALL CUT-OFF – 17.5 HOURS

ABSOLUTELY NO CREWS OR PACERS ALLOWED



30K COURSE INFO

LINK TO GPX MAP/FILE

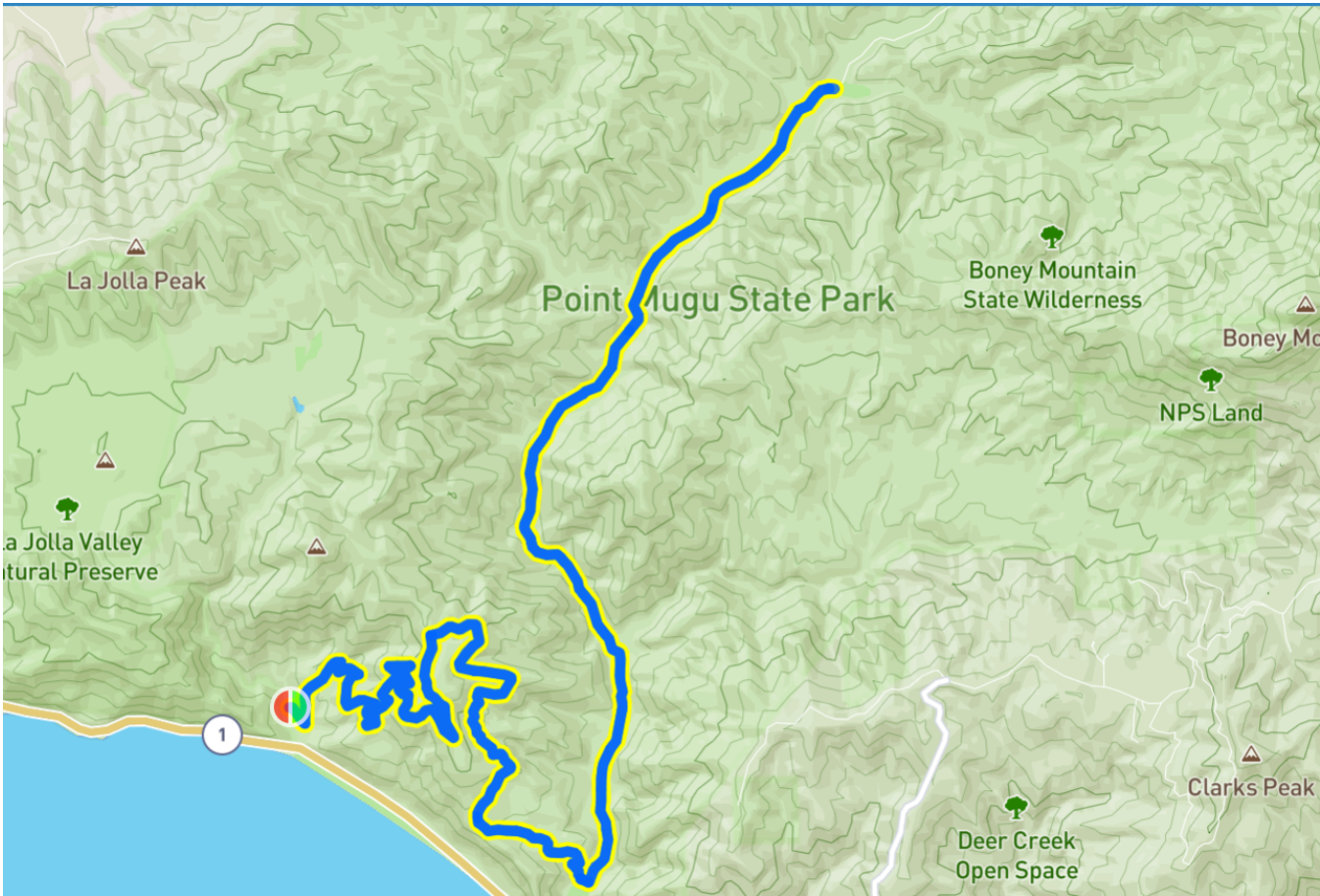
The course will be marked extremely well, but it's always a good idea to have the course uploaded to your device.

Aid Station Location	Mileage
Sycamore Canyon #1	Mile 5
Danielson Ranch #1	Mile 9.25
Sycamore Canyon #2	Mile 13.6
FINISH LINE	Mile 18.7

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

OVERALL CUT-OFF – 17.5 HOURS

ABSOLUTELY NO CREWS OR PACERS ALLOWED



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.
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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.
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.** Absolutely no crews or pacers allowed.
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!

