

APRIL 20 2024 LAKE HUGHES

LEONA DIVIDE 100 Mile

PRESENTED BY



ATHLETE GUIDE - TABLE OF CONTENTS

Page 1: Race Weekend Schedule

Page 2: 100 MILE Course Info

Page 3: Pacers/Crew Info

Page 4: Post-Race Info & Rules

Page 5: Sponsors & KHRaces Info

RACE WEEKEND SCHEDULE

FRIDAY APRIL 19

OPTIONAL BIB PICKUP & DROP BAG DROPOFF

3pm-6:30pm

The Lakes Community Center

Google Map Link

17520 Elizabeth Lake Rd

Lake Hughes, CA 93532

*If you pick up Friday and won't be joining us at the start line,
please email leonaracedirector@gmail.com and/or
pennington.amanda@gmail.com to let us know. Thank you!*

SATURDAY APRIL 20

4:30am: Runners can start arriving for
bib pickup and check-in.

*MAKE SURE TO HAVE DROP BAGS TO
CHECK-IN BY/BEFORE 5:15AM!

5:30am: 100 Mile Start

SUNDAY APRIL 21

2:30pm: Final Race Cutoff - 33 hrs

START LOCATION

Lake Hughes Community Center+ Google Map Link

17520 Elizabeth Lake Rd

Lake Hughes, CA 93532

PARKING

On race morning pay special attention to my parking crew. They will have safety vests + big orange flags to direct you into a parking spot.

Parking is free.

COURSE INFO – 100 MILE – 33 Hours to Finish

GPX MAP LINK – CLICK HERE

Aid Station Location	Mileage	Drop Bags	Crew Access	Pacers	Cutoff
San Fran Aid #1	Mile 11	Drop Bags	Crew Access	X	X
Spunky Edison Aid #1	Mile 18	X	X	X	X
Bouquet Aid Station #1	Mile 24	Drop Bags	X	X	X
Agua Dulce	Mile 32.5	Drop Bags	Crew Access	Pacers	2:30 PM
Bouquet Canyon Aid #2	Mile 41.5	Drop Bags	X	X	5:30 PM
Spunky Edison Aid #2	Mile 47.5	X	X	X	7:30 PM - DROPPED TO 100K-HEAD BACK TO THE FINISH
Lincoln Crest Aid: Mile 54.5	Mile 54.5	Drop Bags	X	X	8:30 PM
Spunky Edison Aid #3	Mile 61.5	X	X	X	ABSOLUTELY NO DROPS HERE
San Fran Aid #2	Mile 68	Drop Bags	Crew Access	Pacers	1:45 AM Sunday
Lake Hughes Aid #1	Mil 75.5	Drop Bags	Crew Access	Pacers	3:45 AM Sunday
Sawmill Road Aid	Mile 84	X	X	X	6:45 AM Sunday
Lake Hughes Aid #2	Mile 92	Drop Bags	Crew Access	Pacers	11:15 AM Sunday
Finish Line	Mile 100				2:30 PM Sunday

Distances are approximate. Course is subject to change based on weather and trail conditions, permitting bodies and race director. Please download the map to your watch or mobile device.

Note from race director: This is not a supported through hike. You cannot fake your way through a 100 miles. The cutoffs are fair, but they do cater to someone who is trained for this race. Be prepared for the terrain.

PACERS & CREWS

Pacers and crews are allowed at specific, designated areas. Crews are not to meet you anywhere other than these locations. Detailed driving instructions on page 5.

- San Fran Road Aid: Mile 11 & Mile 68
- Agua Dulce Aid: Mile 32.5 (+ pacers)
- Lake Hughes Aid: Mile 75.5 & Mile 92 (+ pacers)

DROP BAGS

All drop bags should have your bib number prominently displayed on the outside. Please no coolers, glass or extra large bags/boxes. You will have five locations you can access drop bags. You will need one separate drop bag for each location where you'll want to see one. Drop bags will be transported by race staff and volunteers to designated locations. Drop bags must be securely closed for transport to/from the aid station. This is to aid runners who will not see crew. If you have a crew, please consider not having drop bags at those locations so volunteers are not burdened by unnecessary drop bags. We will have duct tape and sharpies for you to label at bib pickup, but anything you can do before is helpful to race staff and for your own peace of mind race morning.

PACERS/CREW INFO

It is a good idea to download maps to your phone and have your route mapped out prior to race day, as cell service in this area is spotty, at best, and nonexistent in most areas.

NO CREWS ALLOWED AT BOUQUET CANYON ROAD, SPUNKY EDISON, LINCOLN CREST OR SAWMILL ROAD AID STATIONS UNDER ANY CIRCUMSTANCES.

THE SAN FRAN ROAD AID STATION (MILE 11 & 68) - CLICK FOR GOOGLE MAP

- This aid station is where the Pacific Crest Trail meets San Francisquito Road.
- DIRECTIONS FROM THE START LINE: Turn right on Elizabeth Lake Road. In 3.8 miles, you'll turn right to remain on Elizabeth Lake Road. In .8 miles, turn right on San Francisquito Canyon Road. In 1.4 miles, the PCT meets the road. This is where the aid station location will be. Look for the portapotty.
- DIRECTIONS FROM 5 NORTH: Take the 5N and exit Newhall Ranch Road. Turn right. Follow this for about a mile until Copper Hill. Go left. Drive about 2 miles until you hit San Francisquito Road. Go left. Drive 19 miles (it's slow and curvy) and continue straight through Spunky Edison Road stop sign. In a mile the Pacific Crest Trail will be on your right, and this is where the aid station will be. Look for the porta potty.

AGUA DULCE AID STATION (MILE 32.5) - CLICK HERE FOR GOOGLE MAP

- This aid station is where the Pacific Crest Trail meets Peterson Road.
- DIRECTIONS FROM THE START LINE VIA 14S: Turn right on Elizabeth Lake Rd. Stay right to remain on Elizabeth Lake Rd. You'll go 15 miles, and continue onto W Palmdale Blvd. Merge onto the 14S. Exit Sierra Hwy and go left, and then you'll turn right to stay on Sierra Hwy. In about 6 miles make a slight right onto Mint Canyon Road - it's easy to miss! Then a slight right onto Peterson Road. The aid station will be by the towers.
- DIRECTIONS FROM THE START LINE VIA BOUQUET CANYON RD: Turn right onto Elizabeth Lake Rd. Turn right to stay on Elizabeth Lake Rd. Turn right onto San Francisquito Rd. Left onto Spunky Canyon Rd. You'll make a right onto Bouquet Canyon Rd. and drive 11.5 miles, then make a left onto Vasquez Canyon Rd. Left on Sierra Hwy. In just over 11 miles, you'll make a sharp left onto Mint Canyon Road - it's easy to miss! In a quarter mile, you'll make a slight right onto Peterson Road. The aid station will be up at the towers.

LAKE HUGHES ROAD AID STATION (MILE 75.5 & 92) CLICK HERE FOR GOOGLE MAP

- This aid station is where the Pacific Crest Trail meets Lake Hughes Road.
- DIRECTIONS FROM THE START LINE: Turn left on Elizabeth Lake Road. In less than a mile, you'll turn left on Lake Hughes Road (Rte 7N09). The aid station will be set up on the right. Please drive carefully and watch for runners and hikers crossing the road.

WHAT TO EXPECT AT AID STATIONS

- TONS of sweet and salty snacks
- PB&J's, potatoes & fresh fruit
- GU gels, GU roctane salt pills, GU roctane electrolyte, and Fluid Electrolyte
- At night all aid stations will have hot food (except Spunky Edison). If it is hot, there will be ice.

FINISH LINE & POST-RACE INFO

BRING A CHAIR AND HANG OUT!

We will have some post-race food - hot food at night and in the morning - plus lots of snacks. We are trying to reduce our footprint, race so we will not have individual, single-use bottled waters. Please fill up your reusable bottle from my gallon jugs at the finish. Please bring a chair, and hang out. It will be a super exciting day and night!

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 permits!
2. **WE ARE CUP-LESS.** Please bring a reusable cup/hydration pack/bottle. Find them at your local running store, Amazon & 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. 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 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.** If you must use headphones, please keep the volume low & be aware of guidance from aid station volunteers, other runners & trail users.
7. **CREWS.** Your crews are only allowed at the designed spots. Please one car per crew only!
8. **HAVE FUN!**

LODGING INFO

There are not any hotels or campsites right near the start/finish, but below are options that are 25-35 minutes away. You can also search hotels in Santa Clarita, Lancaster, Valencia and Palmdale. You can search homestay sites like AirBnb and VRBO for Lake Hughes, there may be limited options available.

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

RACE SPONSORS



CAN'T GET ENOUGH?

So much fun to be had at KHRaces!

