



# ATHLETE GUIDE

So excited to bring back our fun holiday trail race! It'll be a beautiful day on the looped course to make the season merry and bright! We will be running through one of Hollywood's oldest western movie sets. The golden era of movie making started here in 1927, with Paramount Ranch eventually being sold to the National Park Service in 1980. This course features rolling hills through chaparral, riparian and valley oak savannah plant communities. It will be cold on race morning, so plan accordingly!

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## RACE WEEKEND SCHEDULE

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### FRIDAY DECEMBER 17

#### OPTIONAL BIB PICKUP

**3 p.m. – 6:30 p.m.**

[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 so you do not have to wait in line in the morning.

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### SATURDAY, DECEMBER 18

**5am:** Runners can start arriving for bib pickup and check-in.

**6am:** ALL DISTANCES START

## START LOCATION

### PARAMOUNT RANCH

[GOOGLE MAP](#)

[2903 Cornell Rd,  
Agoura Hills, CA 91301](#)

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## PARKING

**Parking is \$15 – please bring exact change. 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.

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# ALL DISTANCES HAVE 9 HOURS TO FINISH

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## AID STATION INFO

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### AID STATIONS - MILEAGE

- Aid station #1: Mile 2 - water & electrolyte only
- Aid station #2: Mile 4.5 - full aid

### WHAT'S AT EACH AID STATION

- Sweet and salty snacks
  - PB&J's (regular & gluten free) & fresh fruit
  - GU gels, GU roctane salt pills, GU roctane electrolyte, and Fluid Electrolyte
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## COURSE INFO - 10K

The 10k course is 1 loop

[LINK TO MAP & ELEVATION PROFILE](#)

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## COURSE INFO - 1/2 MARATHON

The 1/2 marathon course is 2 loops

[LINK TO MAP & ELEVATION PROFILE](#)

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## COURSE INFO - 30k

The 30k course is 3 loops

[LINK TO MAP & ELEVATION PROFILE](#)

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## COURSE INFO - MARATHON

The marathon course is 4 loops

[LINK TO MAP & ELEVATION PROFILE](#)

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## COURSE INFO - 50k

The marathon course is 5 loops

[LINK TO MAP & ELEVATION PROFILE](#)



# FINISH LINE & POST-RACE INFO

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## BRING A CHAIR AND HANG OUT!

I will provide you with turkey & veggie subs, and lots of snacks. We are trying to reduce our footprint, race so I 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 lots of fun, and a beautiful day.

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## RULES + RESPONSIBILITIES

1. **NO LITTERING.** 99% of you would never think of it, but our sport is growing, so 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 your own reusable cup/hydration pack/bottle. You can find them at running stores & REI.
  3. **COVID PRECAUTIONS.** Under no circumstances are runners to touch anything at the aid station tables. 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. Please use your common sense judgement when navigating the trails with other races & users.
  4. **MUSIC/HEADPHONES ARE OK.** Keep the volume low & please be aware of other runners & trail users.
  5. **BE NICE.** Be nice to each other, be nice to the volunteers, be nice to other trail users.
  6. **HAVE FUN!**
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## LODGING INFO

Paramount Ranch Trail Runs take place in the Santa Monica Mountains on NPS land.

Search for your accommodations online using Paramount Ranch as a landmark. Hotels in Agoura Hills, Westlake and Calabases are good bets. Malibu Creek State Park is also a great place to camp nearby.



# RACE SPONSORS

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## CAN'T GET ENOUGH?

Check out our other races!

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