



Jan. 8th, 2022 • Malibu, CA

SEAN O'BRIEN

30k / 50k / 26M

ATHLETE GUIDE

Let's start the year right by kicking up some dirt out on the Sean O'Brien course! I'm excited to kick off 2022 with all of you!

We are also proud to be a cup-less race.. Please bring your own cup.

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RACE WEEKEND SCHEDULE

SATURDAY, JANUARY 8, 2022

5am: Runners can start arriving for bib pickup and check-in. Please do not arrive at the park before 5am.

5:20am: Check-in and bib pickup starts. There will be restrooms right there.

***50k RUNNERS ONLY – MAKE SURE TO HAVE DROP BAGS TO CHECK-IN BY 6AM!**

6:30am: ALL DISTANCES START

START LOCATION

MALIBU CREEK STATE PARK

1925 Las Virgenes Road, Calabasas, CA 91302

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.

Please do not arrive to the park before 5am. Parking will be \$15 at the gate – CASH ONLY. Please bring exact change.

COURSE INFO – 50K

AID STATIONS – MILEAGE

- Corral Canyon #1 – Mile 7.3
- Kanan Road #1 – Mile 3.5 – Drop Bags
- Kanan Road #2– Mile 18.3 Drop Bags
- Corral Canyon #2– Mile 24.5

CUT-OFFS – 9.5 HOURS

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

- Kanan Road #1 Mile 13.5 – 10am (dropped to marathon)
- Kanan Road #2 Mile 18.3 – 12pm
- Corral Canyon #2 Mile 24.5 – 2:30pm
- Piuma Cutoff Mile 30.1 – 3:30pm

LINK TO GPX MAP/FILE

The course will be extremely well-marked with orange & pink ribbon, but it's always a great idea to download the map so you are aware of the route.

*Course is subject to change. due to weather and trail conditions.

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 (Piuma), turn right on the trail heading up (the trail will be just before the outhouse. Continue heading up. When the trail intersects with the Corral Cyn/Mesa Peak Motorway stay left and continue heading up. At the next intersection with another fire road, stay to the right. At the next intersection with a single track trail, take the trail to the right (this is the Backbone Trail). Follow the BBT to the Corral Canyon parking lot.

Mile 7

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.

Return

Return back to the start/finish line the exact same way you got here.

COURSE INFO – MARATHON

AID STATIONS

- Corral Canyon #1 – Mile 7.3
- Kanan Road – Mile 13.5
- Corral Canyon #2– Mile 19.75

CUT-OFFS – 9.5 HOURS

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

- Kanan Road Mile 13.5 – 12pm
- Corral Canyon #2 Mile 19.75 – 2:30pm
- Pioma Mile 25.2 – 3:30pm

LINK TO GPX MAP/FILE

The course will be extremely well-marked with orange & pink ribbon, but it's always a great idea to download the map so you are aware of the route.

Make sure you turn around at Kanan Aid Station to head back to the finish line!

*Course is subject to change. due to weather and trail conditions.

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.

Return

Return back to the start/finish line the exact same way you got here.

COURSE INFO – 30K

AID STATIONS

- Corral Canyon #1 – Mile 7.3
- Turnaround Spot (NO AID) – 9.7
- Corral Canyon #2 – Mile 12

TURN AROUND SPOT: Make sure and turn around at your "turn around spot" at mile 9.7. Look for my signs that say 30k turn around. The volunteers at Corral will remind you.

THIS IS NOT AN AID STATION. THERE WILL NOT BE ANY WATER HERE.

CUT-OFFS – 9.5 HOURS

You must be into the finish line by 4pm

LINK TO GPX MAP/FILE

The course will be extremely well-marked with orange & pink ribbon, but it's always a great idea to download the map so you are aware of the route.

*Course is subject to change. due to weather and trail conditions.

COURSE INFO – 20K

AID STATIONS

- Tapia #1 – Mile 1.7 – WATER ONLY
- Corral Canyon #1 – Mile 7.3
- Tapia #2 – Mile 13.3 – WATER ONLY

LINK TO GPX MAP/FILE

The course will be extremely well-marked with orange & pink ribbon, but it's always a great idea to download the map so you are aware of the route. Make sure to turn around at Corral Canyon and head back to the finish!

*Course is subject to change. due to weather and trail conditions.

CUT-OFFS – 8.5 HOURS

You must be into the finish line by 4pm



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 turkey or veggie subs, and lots of yummy snacks. We are trying desperately to be a plastic free race so I will not have bottled water. Please fill up your handhelds or own 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.

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 any trash anywhere, but at an aid station. If trash is seen on the trail, I could lose my permits for future years!
2. **WE ARE A CUP-LESS RACE.** We are trying to limit our single-use plastic waste. Please bring your own reusable cup. You can find them at running stores and 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. **NO PACERS OR CREWS.** Unfortunately the State Parks & NPS will not allow this due to traffic at the trailheads. So sorry. 50k runners will have two opportunities to access drop bags, There are and we have the best volunteers on the planet. They will tend to your every need!
5. **MUSIC/HEADPHONES ARE OK.** They must be turned down low. Please just be aware of other runners and trail users! Keep that music low.
6. **BE NICE.** Be nice to each other, be nice to the volunteers, be nice to other trail users.
7. **HAVE FUN!**

RACE SPONSORS



CAN'T GET ENOUGH?

Check out our other races!

