

# RAY MILLER ATHLETE GUIDE



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## START LOCATION

### RAY MILLER TRAILHEAD

### La Jolla Group Campsite

9000 Pacific Coast Hwy.

Malibu, CA

## SCHEDULE: SATURDAY, DECEMBER 3RD

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### 50 MILE RUNNERS:

**4:45am:** 50 MILE Runners can start arriving for bib pickup and check-in.

\*MAKE SURE TO HAVE DROP BAGS TO CHECK-IN BY/BEFORE 5:30AM!

**6am:** 50 MILE START

### 50K RUNNERS:

**6am:** 50K RUNNERS can start checking in for bib pickup

\*MAKE SURE TO HAVE DROP BAGS IN BY 6:30AM!

**7am:** 50k start

### 30K RUNNERS:

**6:15am:** 30K RUNNERS can start checking in for bib pickup

**7:30am:** 30k start

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## PARKING

**DO NOT ARRIVE BEFORE 4:45AM. 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 along Pacific Coast Highway. Please park closely to the next vehicle so we can accommodate everyone. Parking is free.

# COURSE INFO – 50 MILE

## AID STATIONS – MILEAGE

- Hell Hill #1 – Mile 4.8
- Hell Hill #2 – Mile 11
- Hell Hill #3 – Mile 16
- Danielson Ranch – Mile 23 – Drop Bags
- Yerba Buena – Mile 33 – Drop Bags
- Sycamore Canyon – Mile 45

## CUT-OFFS – 15 HOURS TO FINISH

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

- Danielson Ranch (Mile 23) – 1pm  
Dropped to 50k if you arrive after 1pm
- Yerba Buena (Mile 33) – 3:30pm
- Sycamore Canyon (Mile 44) – 7:30pm

This is a rugged, tough 50 Mile trail race with almost 10,000 feet of gain and loss. with roughly 75% ocean views & tremendous amounts of single track.

## TURN-BY-TURN DIRECTIONS – [Link to Map](#)

### Miles 1 – 4.8

The course starts at the Ray Miller trail. Follow it for 2.8 miles to the top, where it intersects w/ Overlook/Fireline. Go left. Follow until Hell Hill aid station – mile 4.8.

### Miles 4.8 – 11

Go left on La Jolla Valley Fire Road. Make an immediate left on La Jolla Valley Loop Trail. Follow for 1 mile, staying straight at the 1st intersection. Follow for another mile until you reach the intersection of the La Jolla Canyon trail. Go right here. Stay on the La Jolla Valley Loop Trail. Follow this to the Mugu Peak Loop Trail intersection, staying left. DO NOT take the La Jolla Valley connector trails. Follow Mugu Peak all the way around the peak. Stay left at the intersection before running downhill. When you get to the Chumash Trail intersection, stay right and continue on Mugu Peak Trail. At mile 9, stay straight when you come across the La Jolla Valley Loop trail. DO NOT go right. At mile 10 you will encounter the La Jolla Valley Connector Trail intersection. Once again stay straight here. Do not go right. Follow the trail until it turns back into La Jolla Valley Fire Road. You'll head back to Hell Hill aid – mile 11.

### Miles 11 – 16

When you arrive, go left onto the Guadaluco Trail. Follow for a few miles staying right at both intersections. Eventually this will dump out onto Wood Canyon Fireroad. Go right here. Follow 3/4 of a mile until you reach the intersection of Hell Hill. Go right here. Follow all the way back up to the very top. You will now be at mile 16 – your 3rd time hitting Hell Hill aid.

### Miles 16 – 23

At the top, stay left onto Overlook/Fireline. Follow for a 1/4 mile, and then make an immediate left onto the Backbone Trail. Follow this down and to the left for 1.5 miles until it dead ends at Sycamore Canyon Fireroad. Go left here, and stay on the fire road for a short while, making a quick right on Two Foxes Trails. Continue on Two Foxes and make a left to go up Coyote Trail.

You will reach Ranch Center Rd to the junction to the Hidden Pond Trail, cross the paved road at the top of the hill near an old water tank. Take Hidden Pond Trail, to Ranch Center Rd and pick up Sin Nombre trail across the road, continuing to Danielson Ranch aid station – mile 23.

### Miles 23 – 33

Go through Danielson Ranch, following the dirt path to the Chamberlin Trail sign. Follow for 1.8 miles to the top. When you reach the intersection for Boney Mountain, stay straight. Do not go left. Follow another 1.2 miles to the top, where you will reach the intersection of Chamberlin trail. GO LEFT HERE! Follow up and past Butt Rock, and take this all the way to where the Backbone trail passes Sandstone Peak. Follow the signs, especially to turn left at one of the switchbacks that eventually meets the Mishe Mokwa Trailhead at Yerba Buena Road aid station – mile 33. This is your turnaround spot.

### Miles 33 – 44

Retrace your steps on the Backbone Trail, past Sandstone Peak and down Chamberlain trail. Go left at the intersection where the trail dead ends. You will eventually come to the junction of the Old Boney Trail. Turn left here, toward Serrano Canyon. There is a junction where you will head left up a hill that will take you to the Serrano Valley Trail and then Serrano Canyon Trail. Go right here, and follow this through the creek all the way until you exit Serrano Canyon. You will then meet Sycamore Canyon Fire Road where you will find a where you will go left. Follow this road for another mile to your aid station at the bottom of Sycamore Canyon road and Fireline road. This is mile 45.

### Miles 44 – Finish

Go left on Sycamore Canyon to Fireline trail. Take a right on Fireline Trail to the Overlook Trail, take a right on Overlook Trail the Ray Miller.... Take Ray Miller to the Finish line.

# COURSE INFO – 50k

## AID STATIONS

- Hell Hill #1 – Mile 4.8
- Hell Hill #2 – Mile 11
- Hell Hill #3 – Mile 16
- Danielson Ranch – Mile 19 – Drop Bags
- Sycamore Canyon – Mile 26.7

## CUT-OFFS – 14 HOURS TO FINISH

- Hell Hill #3 (Mile 16) – 1pm
- Danielson Ranch (Mile 19) – 2:30pm

This is a rugged and tough 50k trail race with almost 6,000 feet of gain and loss. This course is absolutely stunning, and every climb you will be rewarded with draw dropping views of the ocean and deep valleys.

## TURN-BY-TURN DIRECTIONS – [Link to Map](#)

### Miles 1 – 4.8

This course starts out at the Ray Miller trail, and follows this for 2.8 miles to the very top where it intersects Overlook/Fireline. Go left here. Follow until at the 4.8 mile marker you will come across the hell hill aid station.

### Miles 4.8 – 11

Go left onto La Jolla Valley Fireroad. Make an immediate left onto La Jolla Valley Loop Trail. Follow for one mile, and stay straight at your first intersection. Follow another mile where you will reach the intersection of the La Jolla Canyon trail. Go RIGHT here, and stay on the La Jolla Valley Loop Trail. Follow this to the Mugu Peak Loop Trail intersection staying left here. Do not take the La Jolla Valley connector trails. Follow Mugu Peak all the way around the peak. Stay left at the intersection before running down hill. When you encounter the Chumash Trail intersection stay right here and keep following Mugu Peak Trail. At mile 9 you will come across the La Jolla Valley Loop trail. Stay straight here. Do not go right. At mile 10 you will encounter the intersection of La Jolla Valley Connector Trail. Once again stay straight here, and do not go right. Follow the trail until it turns back into La Jolla Valley Fireroad. This will lead you back to the Hell Hill aid station, and you will now be at mile 11.

### Miles 11 – 16

When you arrive go left onto the Guadalupe Trail. Follow for a few miles staying right and both intersections you encounter. Eventually you will dump out onto Wood Canyon Fireroad. Go right here. Follow 3/4 of a mile until you reach the intersection of Hell Hill. Go right here. Follow all the way back up to the very top. You will now be at mile 16, and this will be your third time hitting Hell Hill aid station.

### Miles 16 – 19

At the top stay left onto Overlook/Fireline. Follow for just a 1/4 mile, and then make an immediate left onto the Backbone Trail. Follow this down and to your left, and take for 1.5 miles all the way until it dead ends at Sycamore Canyon Fire Road. Go left here, and stay on the fire road until you reach Danielson Ranch aid station on your left. You will now be at mile 19.

### Miles 19 – 27.6

Go through Danielson Ranch, and follow the dirt path to the sign for Chamberlin Trail. Get onto this, and follow for 1.8 miles to the top. When you reach the intersection for Boney Mountain stay straight here. Do not go left. Follow another 1.2 miles to the very top where you will reach the intersection of Chamberlin trail. Stay straight here! You will eventually come to the junction of the Old Boney Trail. Make a left turn here, toward Serrano Canyon, There is a junction where you will head left up a hill that will eventually take you to the Serrano Valley Trail and then Serrano Canyon Trail. Go right here, and follow this through the creek all the way until you exit Serrano Canyon. You will then meet Sycamore Canyon Fireroad where you will go left. Follow this road for another mile to your aid station at the bottom of Sycamore Canyon road and Fireline road. This is mile 27.7.

### Miles 26.7 – Finish

Go left on Sycamore Canyon to Fireline trail. Take a right on Fireline Trail to the Overlook Trail, take a right on Overlook Trail the Ray Miller.... Take Ray Miller to the Finish line.

# COURSE INFO – 30k

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## AID STATIONS

- Hell Hill #1 – Mile 4.8
- Hell Hill #2 – Mile 11
- Hell Hill #3 – Mile 16

## CUT-OFFS – 13.5 HOURS TO FINISH

- Hell Hill (Mile 16) – 1pm

This is a rugged and tough 30k trail race with almost 6,000 feet of gain and loss. It's a little long for a 30k – we added the extra mileage to give you a race course that has roughly 75% ocean views, and tremendous amounts of single track.

## TURN-BY-TURN DIRECTIONS – [Link to Map](#)

### Miles 1 – 4.8

This course starts out at the Ray Miller trail, and follows this for 2.8 miles to the very top where it intersects Overlook/Fireline. Go left here. Follow until at the 4.8 mile marker you will come across the hell hill aid station.

### Miles 4.8 – 11

Go left here onto La Jolla Valley Fireroad. Make an immediate left onto La Jolla Valley Loop Trail. Follow for one mile, and stay straight at your first intersection. Follow another mile where you will reach the intersection of the La Jolla Canyon trail. Go RIGHT here, and stay on the La Jolla Valley Loop Trail. Follow this to the Mugu Peak Loop Trail intersection staying left here. Do not take the La Jolla Valley connector trails. Follow Mugu Peak all the way around the peak. Stay left at the intersection before running down hill. When you encounter the Chumash Trail intersection stay right here and keep following Mugu Peak Trail. At mile 9 you will come across the La Jolla Valley Loop trail. Stay straight here. Do not go right. At mile 10 you will encounter the intersection of La Jolla Valley Connector Trail. Once again stay straight here, and do not go right. Follow the trail until it turns back into La Jolla Valley Fireroad. This will lead you back to the Hell Hill aid station, and you will now be at mile 11.

### Miles 11 – 20.7

When you arrive go left onto the Guadalupe Trail. Follow for a few miles staying right and both intersections you encounter. Eventually you will dump out onto Wood Canyon Fireroad. Go right here. Follow 3/4 of a mile until you reach the intersection of Hell Hill. Go right here. Follow all the way back up to the very top. You will now be at mile 16, and this will be your third time hitting Hell Hill aid station. At the top stay left onto Overlook/Fireline. Follow Overlook for 2 miles back to the Ray Miller trail. Go right down Ray Miller, and follow back to the finish. You will now have ran 20.7 miles.

# WHAT'S AT EACH AID STATION

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- 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

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## BRING A CHAIR AND HANG OUT!

I will provide you with turkey & veggie subs, vegetarian minestrone soup, 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.

# RULES + RESPONSIBILITIES

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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, but in the appropriate trash container 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. You can find them at running stores & REI.

3. **COVID/SANITARY PRECAUTIONS.** 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 & 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!**

# LODGING INFO

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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. State Parks releases cancelled campgrounds at 8am daily.

## CAMPING:

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

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

# RACE SPONSORS

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## CAN'T GET ENOUGH?

Check out our other races!

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