

# O'NEILL PARK TRAIL RACES

## ATHLETE GUIDE

Get ready for the ultimate 50k in Orange County! O'Neill Park Trail Races takes place on some of KHRaces' favorite trails in SoCal! Taking place among the park's 4,500 acres in the incredible Trabuco and Live Oak Canyons, you'll run through the iconic coast live oak and sycamore trees of the area and alongside hillsides surrounded filled with cactus, wild buckwheat, sagebrush and chaparral of scrub oak, buckthorn and mountain mahogany. It's going to be a great day!

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## RACE WEEKEND SCHEDULE

### FRI 5/3

#### 3:30pm–6:30pm: OPTIONAL BIB PICKUP

Make race morning easier by picking up your bib & parking pass (\$5) at Fleet Feet Laguna Niguel! You will receive a special promo code for a future race if you pick up Friday!

### BIB PICKUP LOCATION

#### FLEET FEET

#### LAGUNA NIGUEL

32341 Golden Lantern E  
Laguna Niguel, CA 92677

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### SATURDAY 5/4

- **6am:** Runners may begin to arrive – **NO EARLIER.** Check-in will start at 6:05am.
- **6:50am:** 50k drop bags must be in
- **7am:** All Distances START
- **4:30pm:** Race Ends

### START LOCATION

#### O'NEILL REGIONAL PARK

30892 Trabuco Canyon Rd.  
Trabuco Canyon, CA 92679  
GOOGLE MAP

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## PARKING

**On race morning pay special attention to the parking crew.** They will direct you into a spot. After entering the park, stay straight & follow signs to the parking area.

**PARKING IS \$5. PLEASE BRING EXACT CHANGE. OC Parks Passes are not valid** for this special event, but rest assured all money goes directly back to OC Parks!

# COURSE INFO – 50K

## [LINK TO MAP & ELEVATION PROFILE](#)

### AID STATIONS – MILEAGE

- Arroyo Aid Station #1: Mile 3.4
- Canada Vista Aid Station #1: Mile 7
- Canada Vista Aid Station #2: Mile 12.3
- Cox Sports Park Station: Mile 17 (drop bags)
- Arroyo Aid Station #2: Mile 20.7
- O'Neill Aid Station: Mile 24 – **2:30pm CUTOFF\***
- Live Oak – Water/Electrolyte Only Aid: Mile 28

### 9.5 HOURS TO FINISH

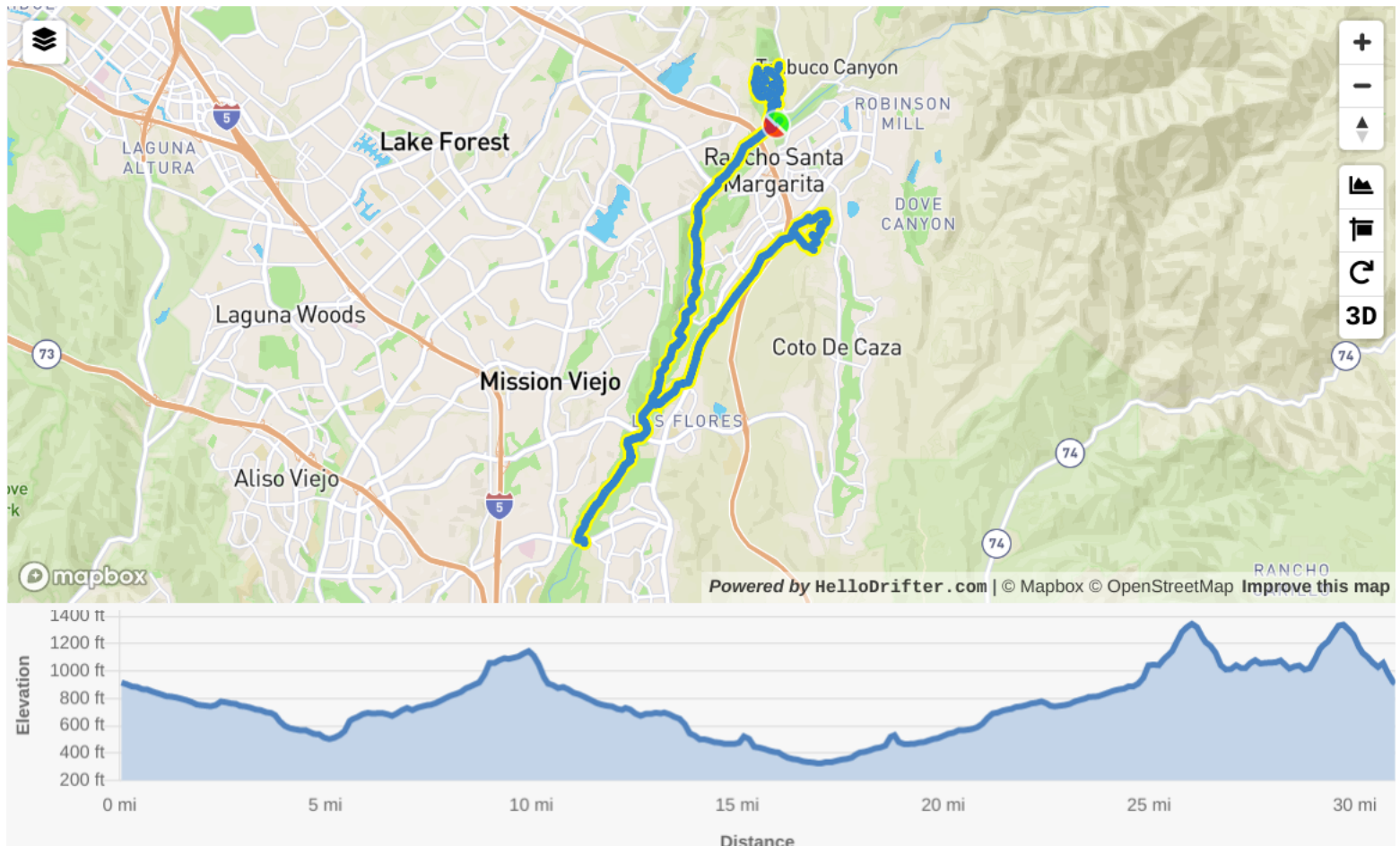
## CUTOFF – MILE 24

### 2:30PM

Runners who arrive after 2:30pm will be sent to the finish line for a 30k finish.

### DROP BAGS – Mile 17

50k Runners may have drop bags at Cox Sports Park Aid Station (Mile 17).



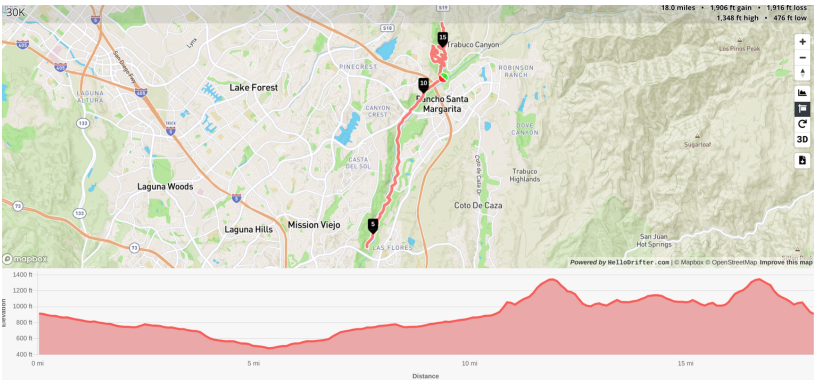
\*courses subject to change due to conditions, safety and park requirements

# COURSE INFO – 30K

## [LINK TO MAP & ELEVATION PROFILE](#)

**AID STATIONS – MILEAGE**

- Arroyo Aid Station #1: Mile 3.4
- Arroyo Aid Station #2: Mile 7.5
- O'Neill Aid Station: Mile 10.5
- Live Oak #1 – Water Only Aid: Mile 13.7
- Live Oak #2 – Water Only Aid: Mile 14.9

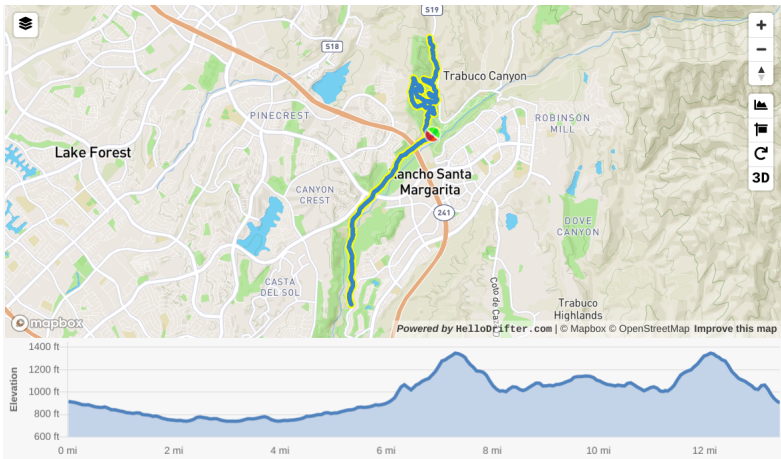


# COURSE INFO – Half Marathon

## [LINK TO MAP & ELEVATION PROFILE](#)

**AID STATIONS – MILEAGE**

- Arroyo Aid Station: Mile 3.4
- O'Neill Aid Station: Mile 6
- Live Oak #1 – Water Only Aid: Mile 9.1
- Live Oak #2 – Water Only Aid: Mile 10.3

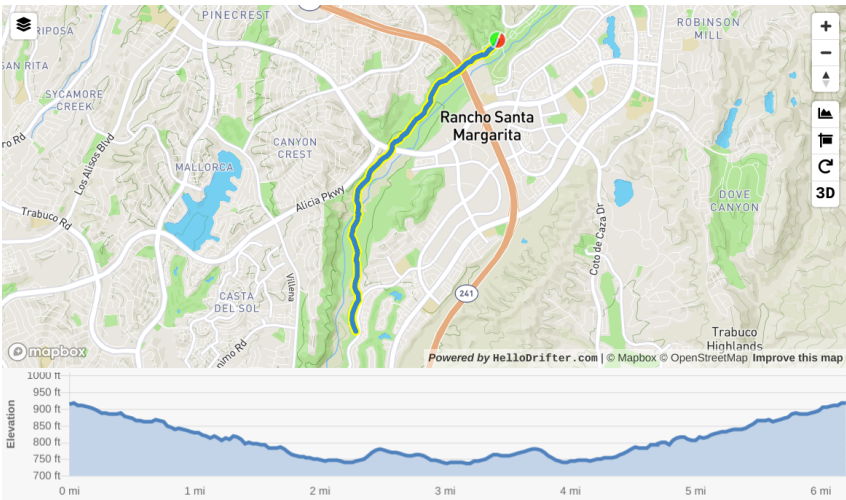


# COURSE INFO – 10k

## [LINK TO MAP & ELEVATION PROFILE](#)

**AID STATIONS – MILEAGE**

- Arroyo Aid Station: Mile 3.4



\*courses subject to change due to conditions, safety and park requirements

# 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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## FINISH LINE & POST-RACE INFO

### BRING A CHAIR AND HANG OUT!

I will provide you with post-race food and snacks. We are trying to reduce our footprint, so I will not have single-use bottled waters. Please fill up your reusable bottle from my gallon jugs at the finish. Please bring a chair and hang out. til the race ends It will be a fun, beautiful day!

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## 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 my permits!
  2. **WE ARE CUP-LESS.** Please bring a reusable cup/hydration pack/bottle. Find them at Fleet Feet Laguna Niguel at bib pickup, your local running store & 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.
  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 for the safety of our permits.
  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 other runners & trail users.
  7. **HAVE FUN!**
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## LODGING INFO

O'Neill Regional Park is located in South Orange County. Camping is available onsite, but reservations must be made well in advance as it fills up quickly.

- <https://www.ocparks.com/reservations-permits/make-reservation>

For hotel options, use O'NEILL REGIONAL PARK as your landmark



# RACE SPONSORS

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# CAN'T GET ENOUGH?

So much fun to be had at KHRaces!

