

CASPERS TRAIL RACES

ATHLETE GUIDE

Autumn in this wilderness preserve will be incredible with the inaugural 50k added to our 35k, Heavy Half and 10k.

Let's have the best day ever!



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RACE WEEKEND SCHEDULE

FRIDAY, NOVEMBER 10

3:30pm-6:30pm: OPTIONAL BIB PICKUP

Make race morning easier by picking up your bib & parking pass (\$5) at Fleet Feet Laguna Niguel!

BIB PICKUP LOCATION

FLEET FEET LAGUNA NIGUEL

32341 Golden Lantern E, Laguna Niguel, CA 92677

SATURDAY, NOVEMBER 11

50k & Marathon Runners ONLY

You may start arriving to the park entrance at 6:15am. **DO NOT ARRIVE TO THE ENTRANCE BEFORE 6:15!**

35k, 1/2 Marathon, 10k Runners

You may start arriving to the park entrance at 6:30am. **DO NOT ARRIVE TO THE PARK ENTRANCE BEFORE 6:30!**

START LOCATION

OLD CORRAL DAY USE AREA

Caspers Wilderness Park

33401 Ortega Hwy,
San Juan Capistrano, CA
CLICK HERE: GOOGLE MAP

7:30AM: ALL DISTANCES START

PARKING

On race morning pay attention to the parking crew. They will direct you into a spot. We **HIGHLY ENCOURAGE** to come to the bib pickup Friday so we can expedite everyone getting into the park. If you picked up a pass please leave it in your car on your dash. Otherwise, **Parking is \$5. PLEASE BRING EXACT CHANGE. OC PARKS PASS ARE NOT VALID FOR THIS SPECIAL EVENT.** Rest assured all parking fees go straight back to the park so they can be maintained.

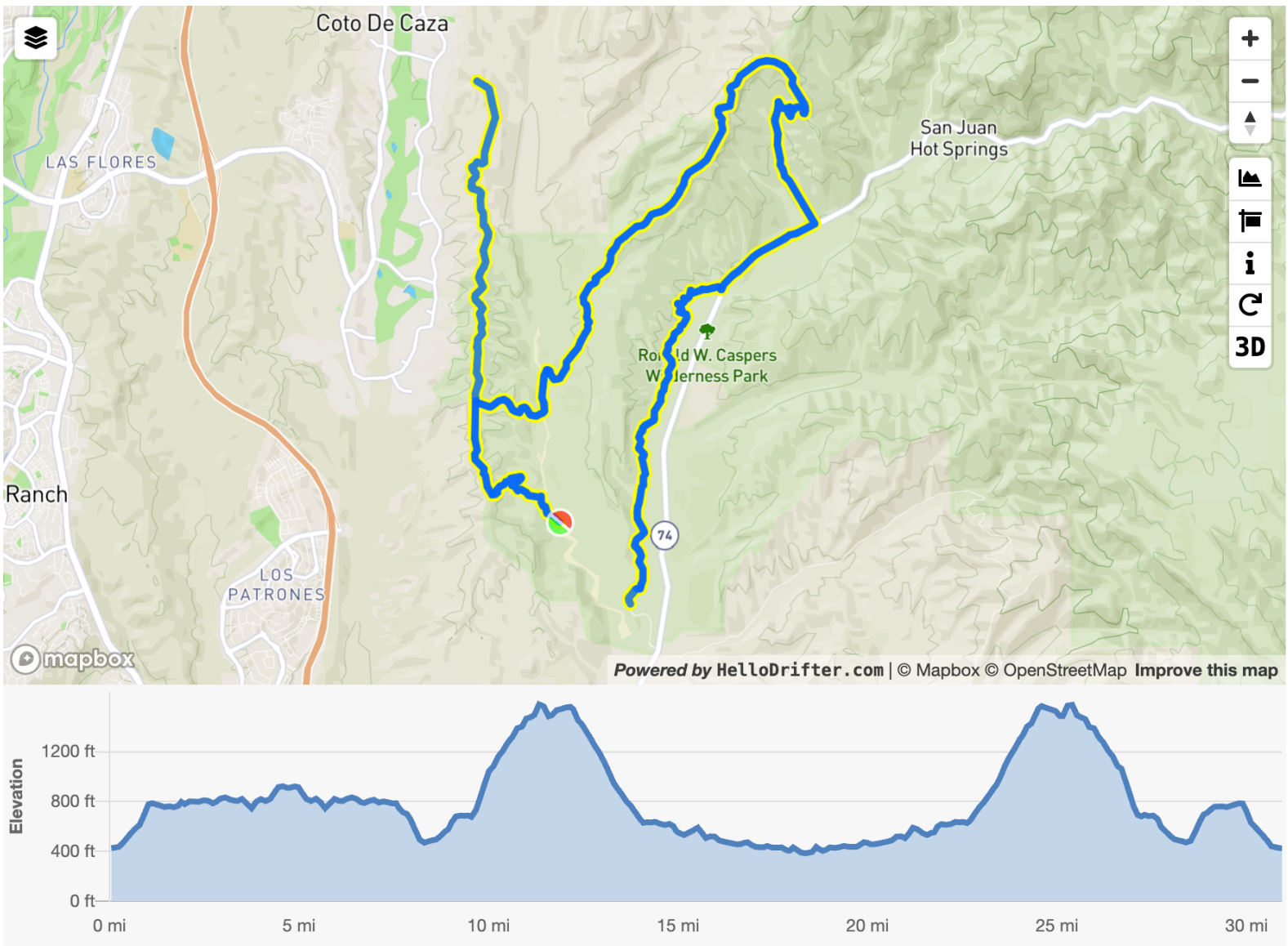
COURSE INFO – 50K

[LINK TO MAP & ELEVATION PROFILE](#)

AID STATIONS – MILEAGE

- West Ridge Aid #1: Mile 1.8
 - West Ridge Aid #2: Mile 7.5
 - Cougar Pass #1: Mile 9.5
 - Ortega Aid #1: Mile 14.8
 - San Juan Aid Station: Mile 18 - **CUTOFF 12:30pm**
 - Ortega Aid #2: Mile 22
 - Cougar Pass #2: Mile 26.5
 - West Ridge Aid #3: Mile 28.6
 - Finish Line: Mile 30.3 - **CUTOFF 5pm**
- **9.5 Hours to Finish**

Course subject to change. Mileages are rounded.



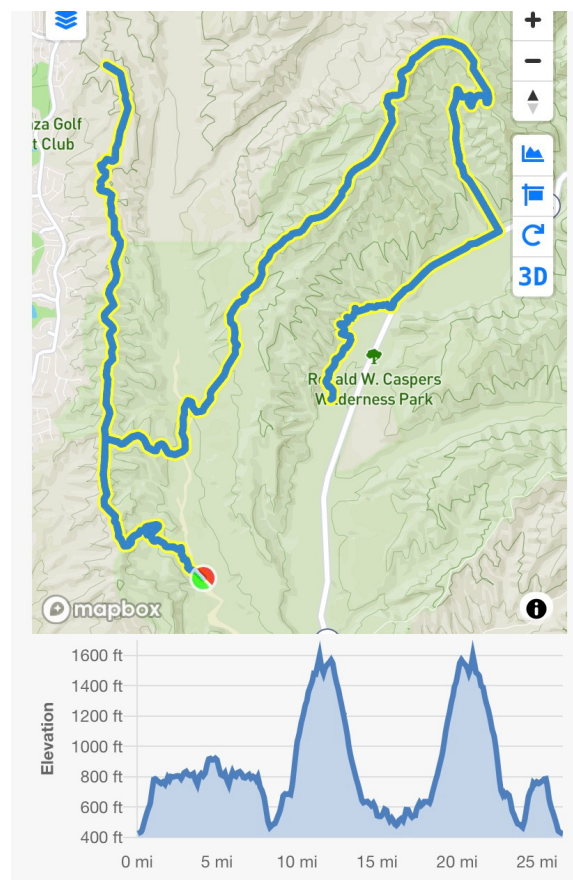
COURSE INFO – MARATHON

LINK TO MAP & ELEVATION PROFILE

AID STATIONS – MILEAGE

- West Ridge Aid #1: Mile 1.8
- West Ridge Aid #2: Mile 7.5
- Cougar Pass #1: Mile 9.5
- Ortega Aid #1: Mile 14.8
- Ortega Aid #2: Mile 17.5
- Cougar Pass #2: Mile 22.7
- West Ridge Aid #3: Mile 24.75
- Finish Line: Mile 26.7

Course subject to change. Mileages are rounded.



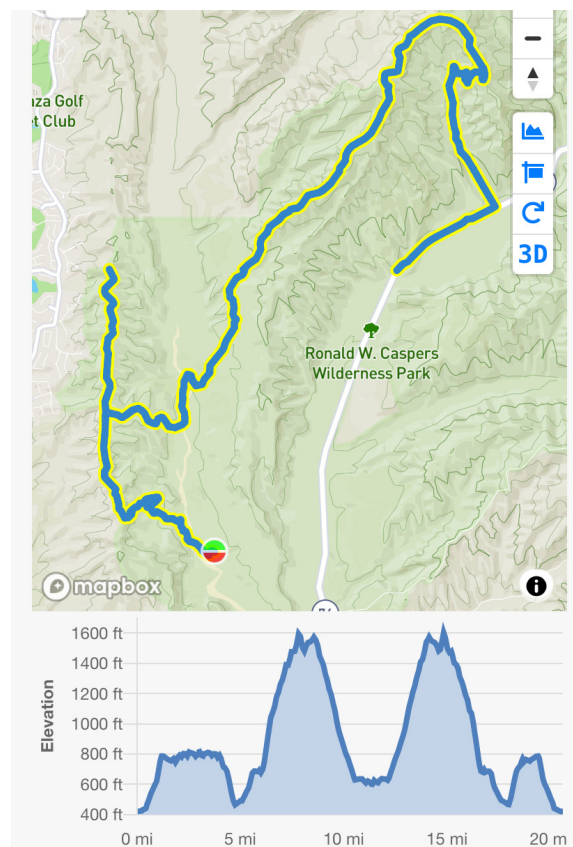
COURSE INFO – 35K

LINK TO MAP & ELEVATION PROFILE

AID STATIONS – MILEAGE

- West Ridge Aid #1: Mile 1.8
- West Ridge Aid #2: Mile 4
- Cougar Pass #1: Mile 6
- Ortega Aid #1: Mile 11.3 (turnaround)
- Cougar Pass #2: Mile 16.5
- West Ridge Aid #3: Mile 18.5
- Finish: Mile 20.7

Course subject to change. Mileages are rounded.



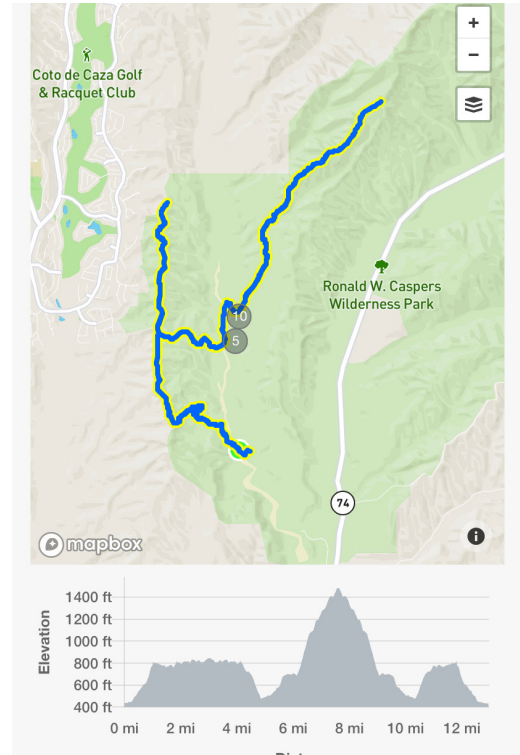
COURSE INFO – 1/2 MARATHON

[LINK TO MAP & ELEVATION PROFILE](#)

AID STATIONS – MILEAGE

- West Ridge #1: Mile 1.8
- West Ridge #2: Mile 4
- Cougar Pass #1: Mile 6.2
- Cougar Pass #2: Mile 9
- West Ridge #3: Mile 11
- Finish: Mile 13

Course subject to change. Mileages are rounded.



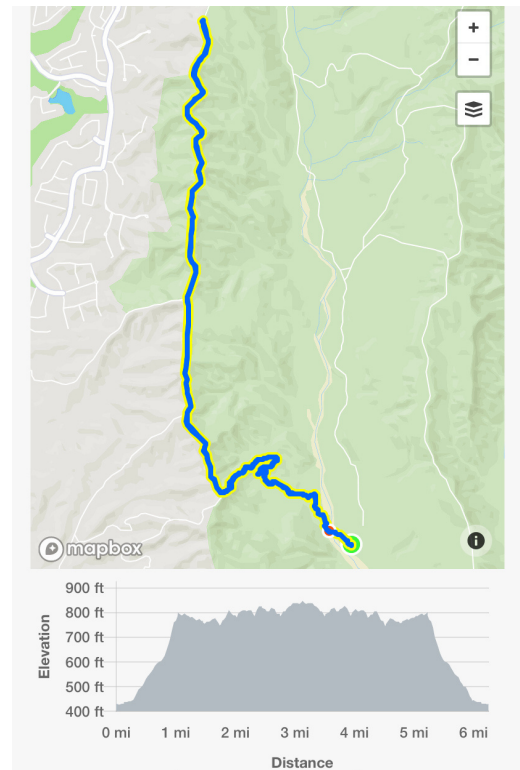
COURSE INFO – 10K

[LINK TO MAP & ELEVATION PROFILE](#)

AID STATIONS – MILEAGE

- West Ridge Aid #1: Mile 1.8
- West Ridge Aid #2: Mile 4.2
- Finish: Mile 6.3

Course subject to change. Mileages are rounded.



WHAT'S AT THE 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
 - If it's hot, we'll have ice at aid stations
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FINISH LINE & POST-RACE INFO

BRING A CHAIR AND HANG OUT!

I will provide you all with post-race food, and lots of yummy snacks. We are trying to be a plastic free race so I will not have individual bottled waters. Please fill up your handhelds or bottle from my gallon jugs. It will be a great day to cheer on runners!

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 running stores (including Fleet Feet where we will have bib pickup) & 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 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.** Music/headphones are OK, but keep the volume low & be aware of guidance from aid station volunteers, other runners & trail users.
 7. **NO PACERS OR CREWS.**
 8. **HAVE FUN!**
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LODGING INFO

Caspers Wilderness Park is located in South Orange County. Camping is available with CASPERS WILDERNESS PARK via OCParks' online registration system:

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

For hotel options, use CASPERS WILDERNESS PARK as your landmark

RACE SPONSORS



CAN'T GET ENOUGH?
So much fun to be had at KHRaces!

