

# GRIFFITH PARK TRAIL RACES ATHLETE GUIDE

Are you ready for the 2024 Spring Griffith Park 50k, Marathon, 30k, 1/2 Marathon and 10k? It's going to be an amazing day out on the trails! Please read through this race guide for all information.



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## RACE SCHEDULE, SATURDAY MARCH 23

- **5:30am:** Runners can start arriving for bib pickup and check-in.
- **6:25am:** DROP BAGS MUST BE IN! (50k & Marathon Only)
- **6:30am:** 50k & Marathon Start
- **7am:** 30k, 1/2 Marathon and 10k Start
- **4pm:** Runners must be through finish line

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## START LOCATION

### GRIFFITH PARK

Merry-Go-Round Lot 1

GOOGLE MAP

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## 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. Parking is free.

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## 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

# COURSE INFO - 50k

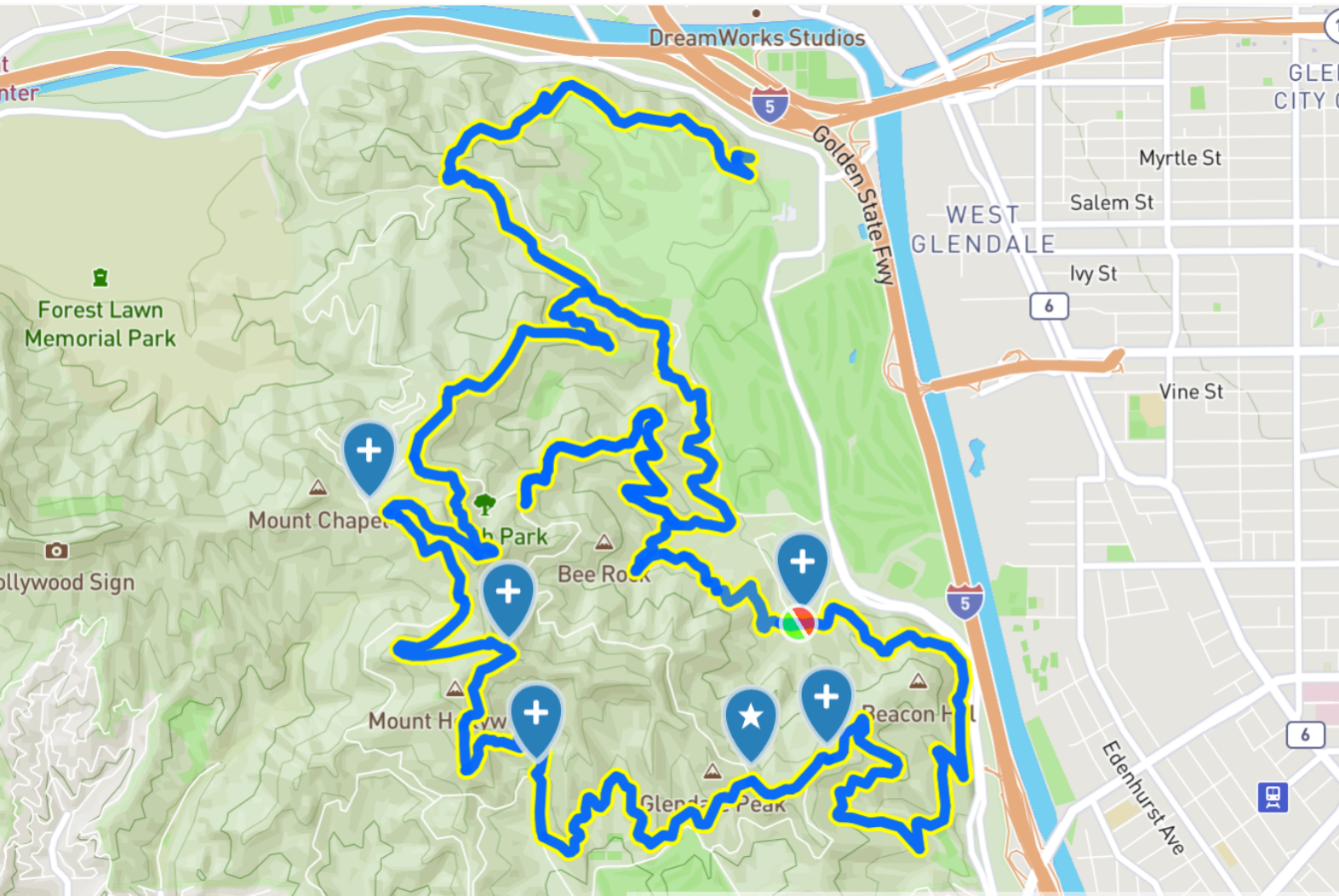
[LINK TO MAP & ELEVATION PROFILE](#)

## AID STATIONS - MILEAGE

Aid Station Location	Mileage	Drop Bags	Cutoff
Joe Klass #1	2.6	X	X
Bird Sanctuary #1	4.3	X	X
Mineral Wells #1	8.6	X	9:30 AM dropped to marathon / 10 AM dropped to half marathon
Mineral Wells #2	12.6	X	X
Merry-Go-Round (start/finish)	17.3	Drop Bags	12:30 PM - 1/2 marathon finish
Mineral Wells #3	22	X	X
Bird Sanctuary #2	26.3	X	2:45 PM
Joe Klass #2	28	X	3:30 PM
Finish Line	30.7	Drop Bags	4:00 PM

Aid station mileages are approximate. The course may be changed or modified based on conditions, race director, or park officials

## CUTOFFS - 9.5 hours to finish



## **COURSE INFO – MARATHON** [LINK TO MAP & ELEVATION PROFILE](#)

### **AID STATIONS - MILEAGE**

- Joe Klass Aid #1: Mile 2.6
- Bird Sanctuary #1: Mile 4.3
- Mineral Wells #1: Mile 8.6
- Start/Finish Aid: Mile 13 - drop bags

- Mineral Wells #2: Mile 17.5
- Bird Sanctuary#2: Mile 21.8
- Joe Klass#2: Mile 23.5

**CUT-OFF - 9.5 HOURS TO FINISH**

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## **COURSE INFO – 30K** [LINK TO MAP & ELEVATION PROFILE](#)

### **AID STATIONS - MILEAGE**

- Joe Klass Aid #1: Mile 2.6
- Bird Sanctuary #1: Mile 4.3
- Mineral Wells: Mile 8.5

- Bird Sanctuary #2: Mile 13
- Joe Klass #2: Mile 14.7

**CUT-OFF - 8.5 HOURS TO FINISH**

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## **COURSE INFO – 1/2 MARATHON** [LINK TO MAP & ELEVATION PROFILE](#)

### **AID STATIONS - MILEAGE**

- Joe Klass Aid: Mile 2.5
- Bird Sanctuary: Mile 5
- Mineral Wells - Mile 8.5

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## **COURSE INFO – 10K** [LINK TO MAP & ELEVATION PROFILE](#)

### **AID STATIONS - MILEAGE**

- Joe Klass Aid: Mile 2.5
- Joe Klass Aid: Mile 3.75

# 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!

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## RULES + RESPONSIBILITIES

1. **NO LITTERING.** 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. You can find them at running stores & 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.** If you must listen to music/headphones, please 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

Griffith Park is about a half-hour away from LAX and even closer to Burbank-Glendale Airport (BUR). It is just minutes away from the funky scene of Hollywood Boulevard, the swanky neighborhood of Silverlake, and the upscale homes on Los Feliz. Search for accommodations online using Griffith Park as the landmark.





# RACE SPONSORS

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## CAN'T GET ENOUGH?

So much fun to be had at KHRaces!

