GRIFFITH PARK TRAIL RACES ATHLETE GUIDE

ARC'TERYX

KEIRA HENNINGER RACES — est. 2010 — **KH** — southern california

GRIFFITH PARK

NOVEMBER 1 2025

We're excited for your adventure all over the iconic Griffith Park, with some great climbs and expansive views of Los Angeles and the Verdugo Mountains! **Please read below for all info regarding the race.**

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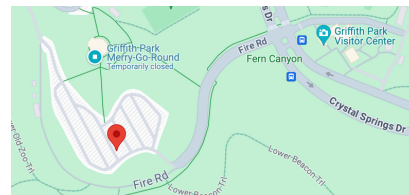
RACE SCHEDULE: SATURDAY NOVEMBER 1

- **5:30am:** Runners can start arriving for bib pickup and check-in.
- **6:25am:** 50k/Marathon DROP BAGS MUST BE IN! (50k & Marathon Only)
- **6:30am:** 50k & Marathon Start
- **7:00am:** 30k, 1/2 Marathon and 10k Start
- **4:00pm:** Runners must be through finish line

START LOCATION

GRIFFITH PARK

Merry-Go-Round Lot 1

GOOGLE MAP

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.
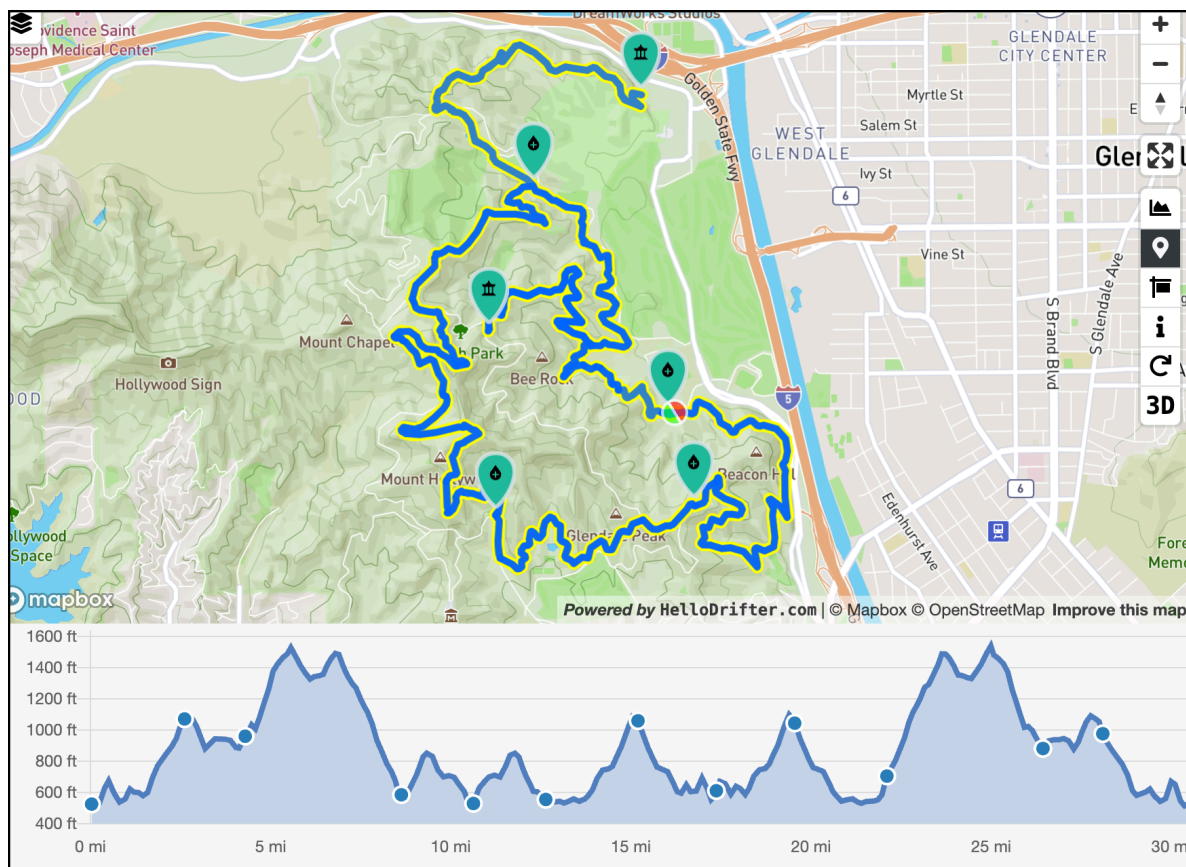
COURSE INFO - 50k

LINK TO GPX FILE, MAP & ELEVATION PROFILE

The course will be marked extremely well, but it's never a bad idea to upload the GPX file to your device, if you plan to wear one. It is each runner's responsibility to familiarize themselves with the course map prior to race day. Race starts at 6:30am and total time to finish is 9.5hrs.

AID STATION	MILE	CUTOFF	DROP BAGS	BATHROOM
Joe Klass #1	2.5	-	-	-
Bird Sanctuary #1	4.3	-	-	✓
Mineral Wells #1	8.5	9:30am dropped to marathon 10am dropped to 1/2 marathon	-	-
50k Turnaround (NO AID)	10.5	-	-	-
Mineral Wells #2	12.6	-	-	-
Merry-Go-Round	17.3	12:30pm dropped to ½ marathon & finished	✓	✓
Mineral Wells #3	22	1:30pm	-	-
Bird Sanctuary #2	26.3	2:45pm	-	✓
Joe Klass #2	28	3:30pm	-	-
Finish Line	30.7	4pm	✓	✓

Aid station mileages are approximate. Course may be changed or modified based on conditions, race director, or park officials
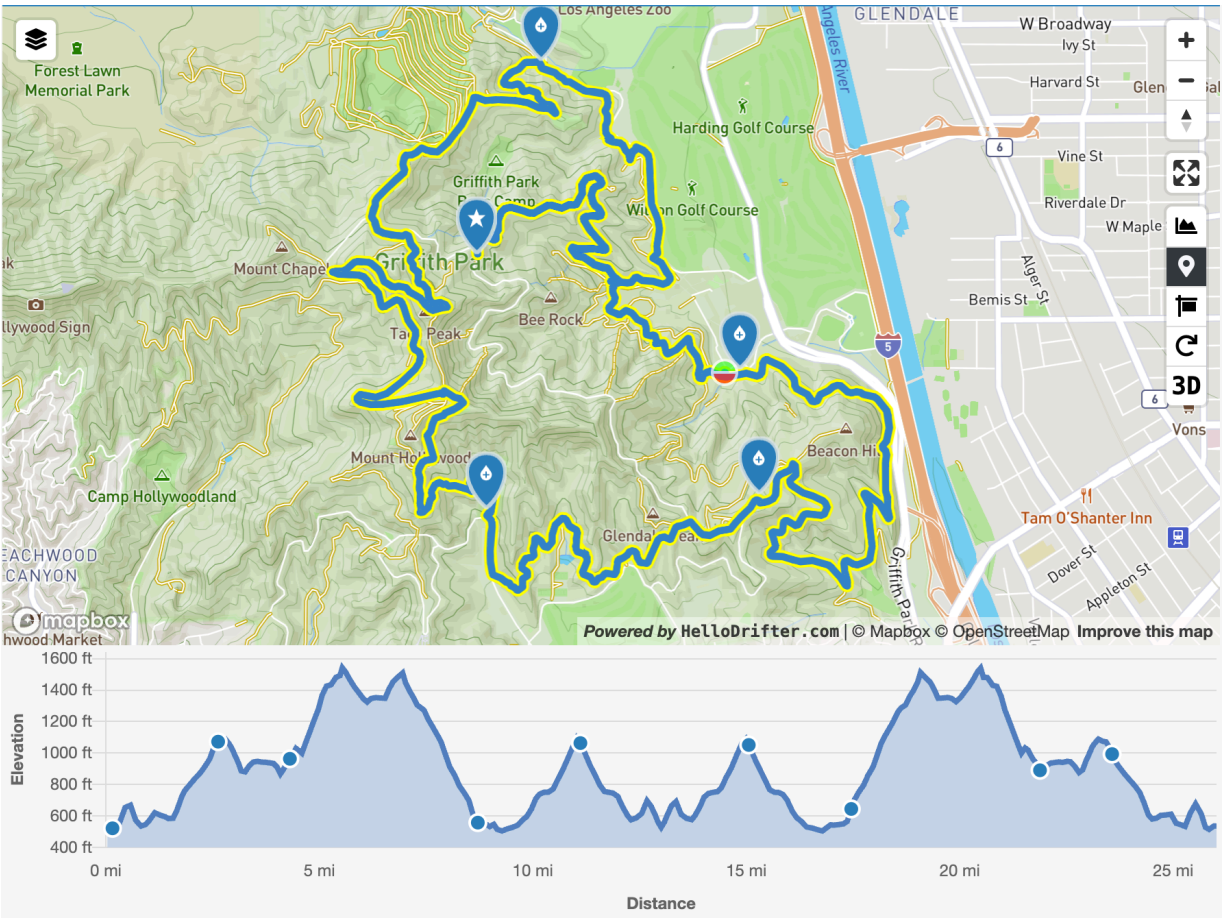
COURSE INFO - MARATHON

CLICK HERE TO VIEW MAP & ELEVATION PROFILE & DOWNLOAD GPX FILE

START TIME: 6:30AM

The course will be marked extremely well, but it's never a bad idea to upload the GPX file to your device, if you plan to wear one. It is each runner's responsibility to familiarize themselves with the course map prior to race day. Race starts at 6:30am.

AID STATION	MILE	CUTOFF	DROP BAGS	BATHROOM
Joe Klass #1	2.5	-	x	x
Bird Sanctuary #1	4.3	-	x	YES
Mineral Wells #1	8.5	10am dropped to 1/2 marathon	x	x
Merry-Go-Round	13	12:30pm dropped to ½ marathon & finished	YES	YES
Mineral Wells #2	17.5	1:30pm	x	x
Bird Sanctuary #2	22	2:45pm	x	YES
Joe Klass #2	23.5	3:30pm	x	x
Finish Line	26.2	4pm	YES	YES

Aid station mileages are approximate. The course may be changed or modified based on conditions, race director, or park officials
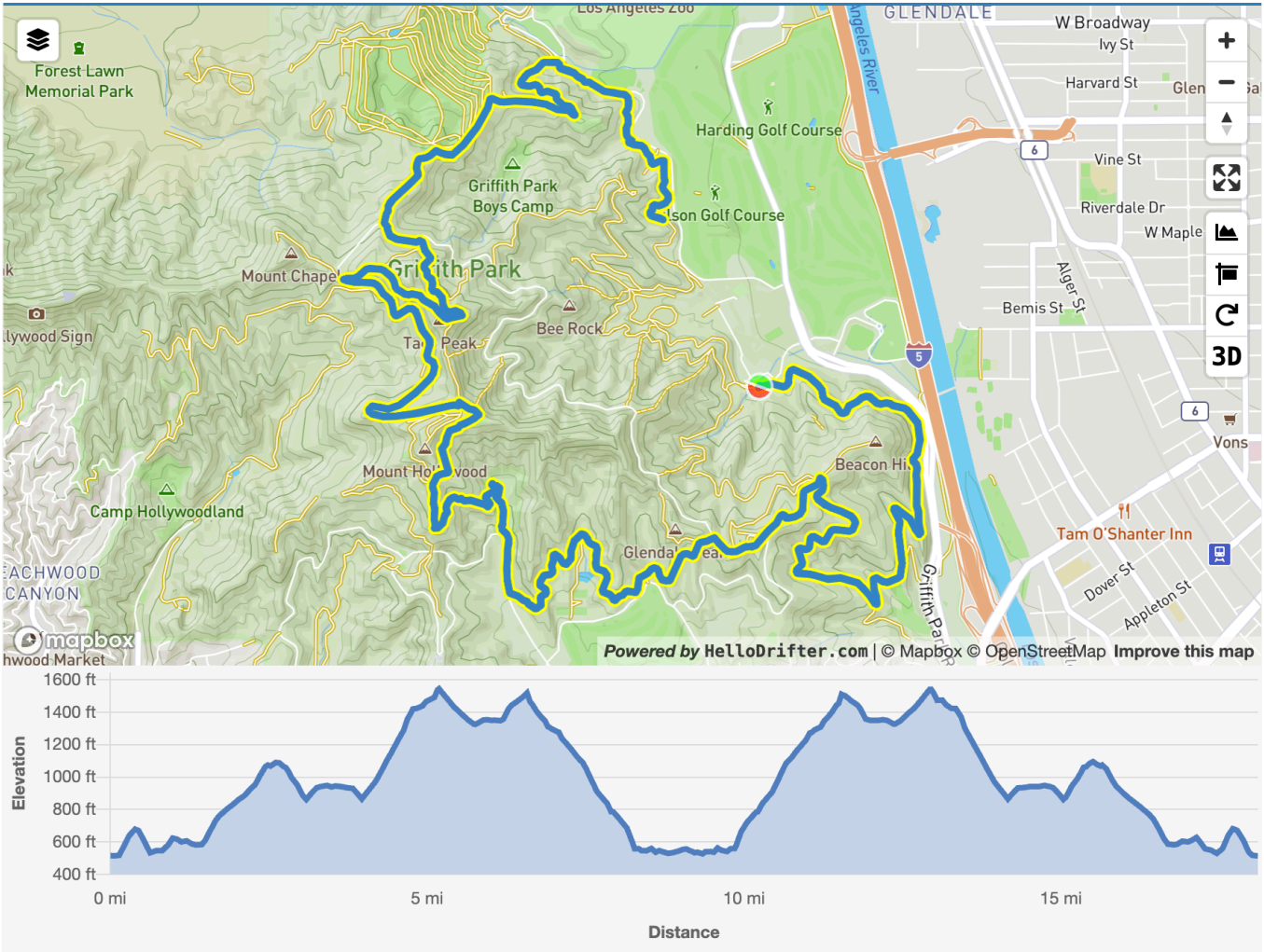
COURSE INFO - 30K

CLICK HERE TO VIEW MAP & ELEVATION PROFILE & DOWNLOAD GPX FILE

START TIME: 7AM

The course will be marked extremely well, but it's never a bad idea to upload the GPX file to your device, if you plan to wear one. It is each runner's responsibility to familiarize themselves with the course map prior to race day. Race starts at 7am.

AID STATION	MILE	BATHROOM
Joe Klass #1	2.5	x
Bird Sanctuary #1	4.3	YES
Mineral Wells #1 (**TURNAROUND HERE**)	8.5	x
Bird Sanctuary #2	13	YES
Joe Klass #2	14.7	x
Finish Line	18.2	YES

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

COURSE INFO - 1/2 MARATHON

START TIME: 7AM

CLICK HERE TO VIEW MAP & ELEVATION PROFILE & DOWNLOAD GPX FILE

The course will be marked extremely well, but it's never a bad idea to upload the GPX file to your device, if you plan to wear one. It is each runner's responsibility to familiarize themselves with the course map prior to race day. Race start time is 7am

AID STATION	MILE	BATHROOM
Joe Klass #1	2.5	X
Bird Sanctuary #1	4.3	YES
Mineral Wells #1	8.5	X
Finish Line	13.3	YES

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

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COURSE INFO - 10K

START TIME: 7AM

CLICK HERE TO VIEW MAP & ELEVATION PROFILE & DOWNLOAD GPX FILE

The course will be marked extremely well, but it's never a bad idea to upload the GPX file to your device, if you plan to wear one. It is each runner's responsibility to familiarize themselves with the course map prior to race day. Race start time is 7am.

AID STATION	MILE	BATHROOM
Joe Klass #1	2.5	X
Turnaround Point (NO AID)	2.75	YES
Joe Klass #2	3.1	X
Finish Line	5.75	YES

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

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

FINISH LINE & POST-RACE INFO

BRING A CHAIR AND HANG OUT! We will have post-race food and snacks. We are trying to reduce our footprint, so please bring your own cup/handheld/pack/reusable water bottle.

RULES + RESPONSIBILITIES

1. **NO LITTERING. DO NOT EVER** drop trash anywhere other than in a trash bag, at an aid station. Besides just not being cool, If trash is seen on the trail, we could lose our permits!

2. **HYDRATION.** You <u>MUST</u> bring a cup/hydration pack/bottle to carry water/hydration between aid stations. This is non-negotiable. There will be random gear checks.

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 <u>does not tolerate</u> 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 is 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 wear headphones, keep the volume low & be aware of guidance from aid station volunteers, other runners & trail users. If you can't hear us, it's too loud.

7. **POLES.** We are OK with poles, just be cautious of other trail users/runners, especially on single track sections.

8. **MAPS.** The course will be very well marked with orange ribbon/flagging and signage at critical turns, but all runners are responsible for familiarizing themselves with the course map.

9. **HAVE FUN!**

LODGING INFO

Griffith Park is about a half–hour away from Los Angeles International Airport (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 your accommodations online using Griffith Park as your landmark.

BRANDS THAT SUPPORT US AND YOU

ARC'TERYX

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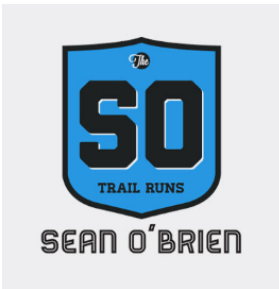
FLEET FEET
LAGUNA NIGUEL

VESPA
vespapower.com

VFE
VISION FOR ENRICHMENT

FLUID

The Southern California UltraRunner's Grand Prix Series
50k | 50mi | 12/24 hr | 100mi
All Runners Merge Ahead

KEIRA HENNINGER RACES
KH
est. 2010
southern california

CAN'T GET ENOUGH?

So much fun to be had! Visit **KHRaces.com** for all details!

RAY MILLER
30K | 50K | 50 MILE
December 6, 2025

PARAMOUNT RANCH
TRAIL RUNS
December 20, 2025

SO TRAIL RUNS
SEAN O'BRIEN
January 31, 2026

GRIFFITH PARK
50K | MARATHON | HALF-MARATHON
March 28 2026

LEONA DIVIDE
100MILE | 100K | 50 MILE | 55K
April 18, 2026

O'NEILL PARK
TRAIL RACES | 10K | HALF | 30K | 50K
May 2026

MALIBU CANYON
TRAIL RACES
100K/50MILE/50K/30K
June 2026

SAMO TRAIL RACES
50M/50K/30K
Stay tuned for updates

CASPERS TRAIL RACES
10K - HALF - 30K
Oct/Nov 2026