

# RAY MILLER TRAIL RACE

presented by

ARC'TERYX



One of the true gems of the KHRaces circuit, be ready for stunning, jaw-dropping views, incredibly challenging climbs, loads of singletrack & a great time on these rugged, gorgeous trails!

## ATHLETE GUIDE

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### START LOCATION

RAY MILLER TRAILHEAD - La Jolla Group Campsite  
9000 Pacific Coast Hwy  
Malibu, CA

## SCHEDULE: SATURDAY, DECEMBER 6TH

### 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

**7am:** 50k start

### 30K RUNNERS:

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

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

## PARKING

**DO NOT ARRIVE BEFORE 4:45AM.** Please arrive at your designated time listed above. 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 \$5. Please bring exact change.**

# 50 MILE COURSE INFORMATION - Link to Map & GPX File

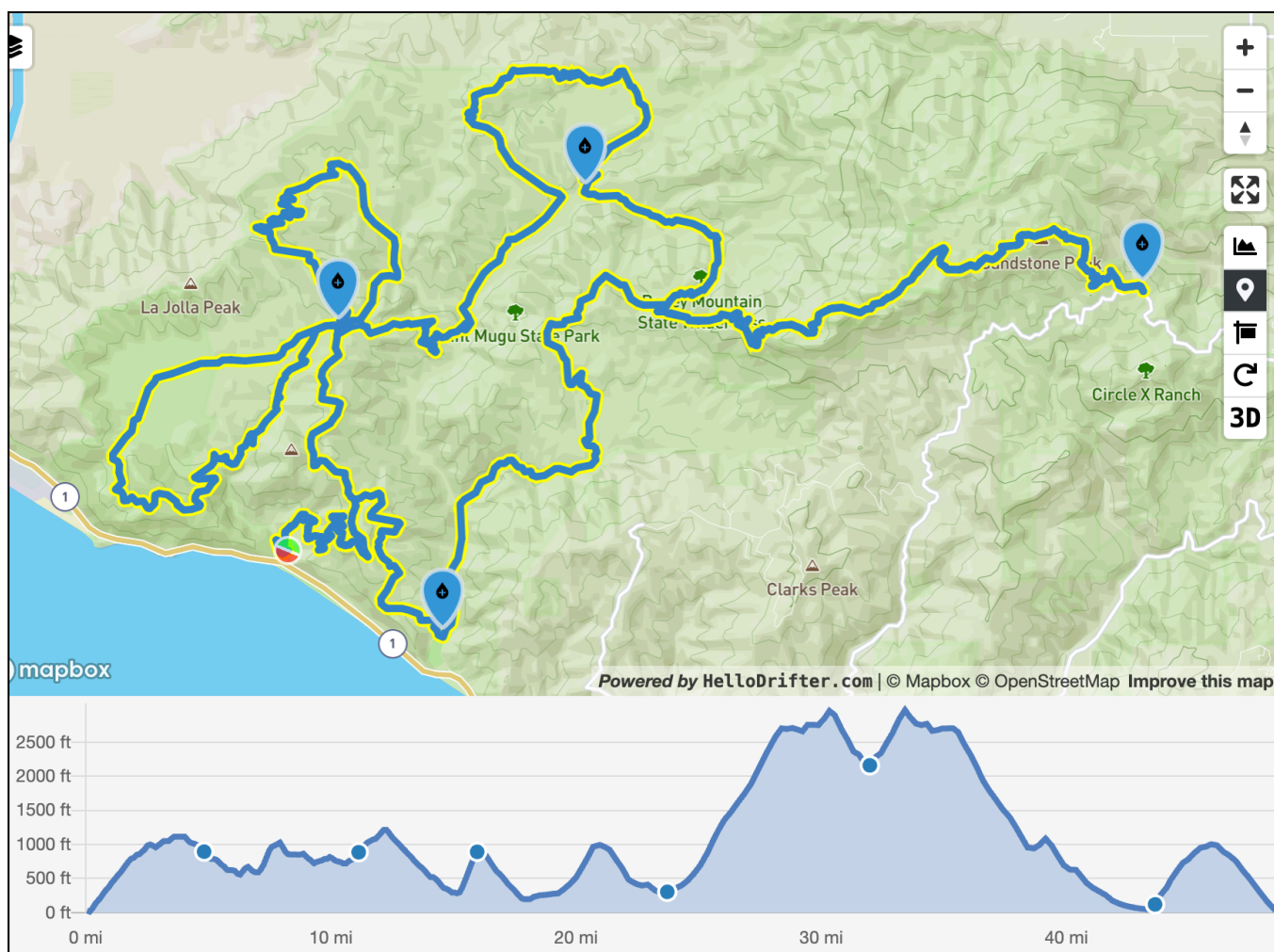
The course will be extremely well marked, but we always suggest to upload the route to your device, if you wear/bring one. It is the runners's responsibility to familiarize themselves with the course route.

6am START TIME | 15hrs to finish

AID STATION	MILEAGE	CUTOFF	DROP BAGS	CREW ACCESS	PACERS
HELL HILL AID #1	4.8	-	-	-	-
HELL HILL AID #2	11	-	-	-	-
HELL HILL AID #3	16	1PM - Dropped to 30k	-	-	-
DANIELSON RANCH AID	23	1PM - Dropped to 50k 2:30pm Pulled from Race	YES	-	-
YERBA BUENA AID	33	3:30pm - Pulled	YES	-	-
SYCAMORE CANYON AID	45	7:30pm - Pulled	-	YES	YES
FINISH LINE	50	9PM	YES		

Course subject to change due to trail conditions, weather, park service, etc. Mileages are rounded and not exact.

**DROP BAGS:** All drop bags should have your bib number prominently displayed on the outside. We will have duct tape & sharpies for you to label them race morning, but you can also do this once bib numbers are assigned on Ultrasignup, which might help your own peace of mind race morning. You can have (1) drop bag per aid station location. Please no big coolers or extra large bags/boxes. Drop bags will be transported to/from the location by race staff. They should be able to securely close for transport.



# 50k COURSE INFORMATION

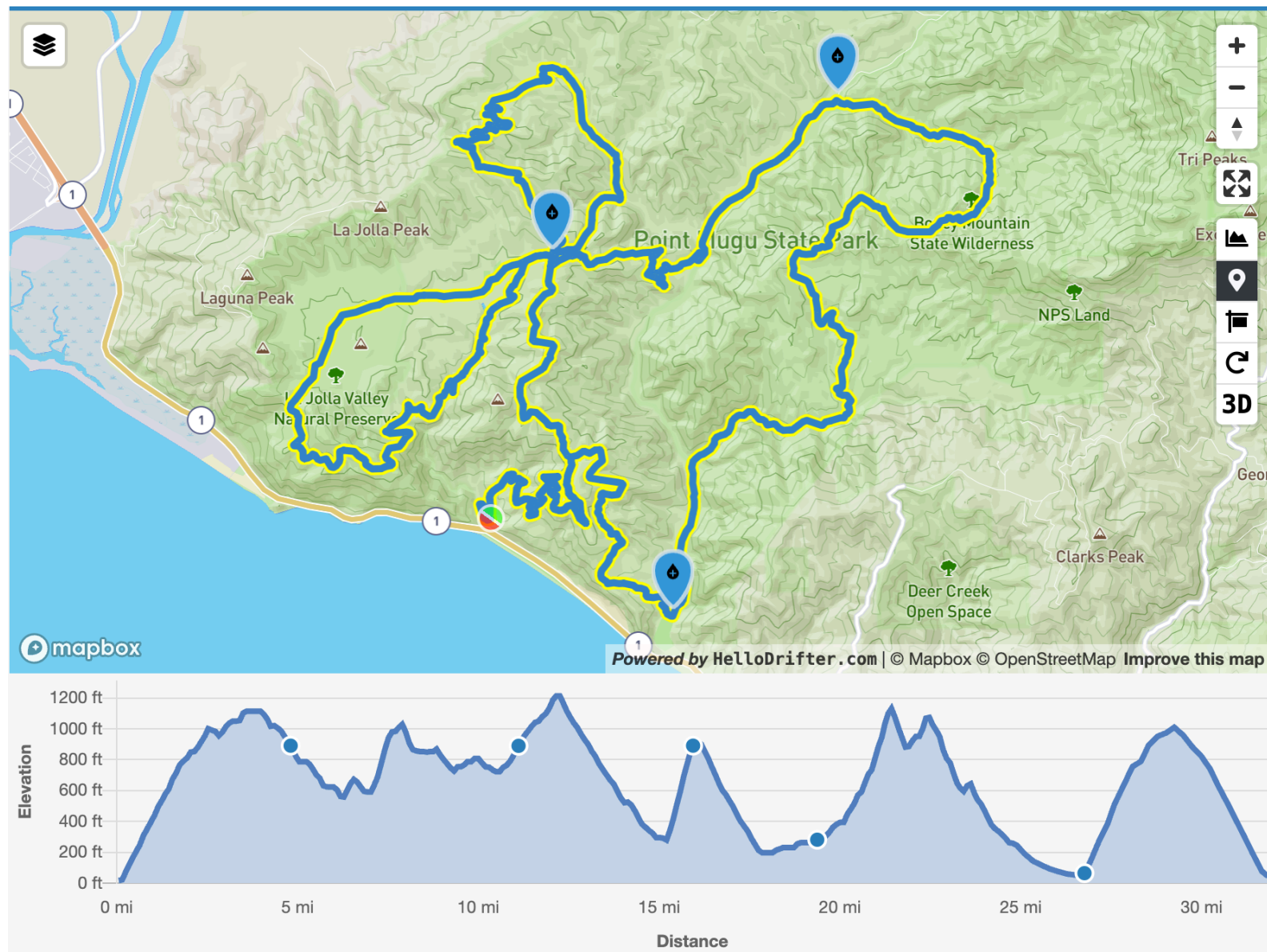
## [CLICK HERE TO VIEW MAP & DOWNLOAD GPX FILE](#)

The course will be extremely well marked, but we always suggest to upload the route to your device, if you wear/bring one. It is the runners's responsibility to familiarize themselves with the course route.

7am START TIME | 14hrs to finish

AID STATION	MILEAGE	CUTOFF
HELL HILL AID #1	4.8	-
HELL HILL AID #2	11	-
HELL HILL AID #3	16	1PM - Dropped to 30k
DANIELSON RANCH AID	19	2:30pm - Pulled from race
SYCAMORE CANYON AID	26.5	-
FINISH LINE	32	9PM

Course subject to change due to trail conditions, weather, park service, etc. Mileages are rounded and not exact.





# 30k COURSE INFORMATION

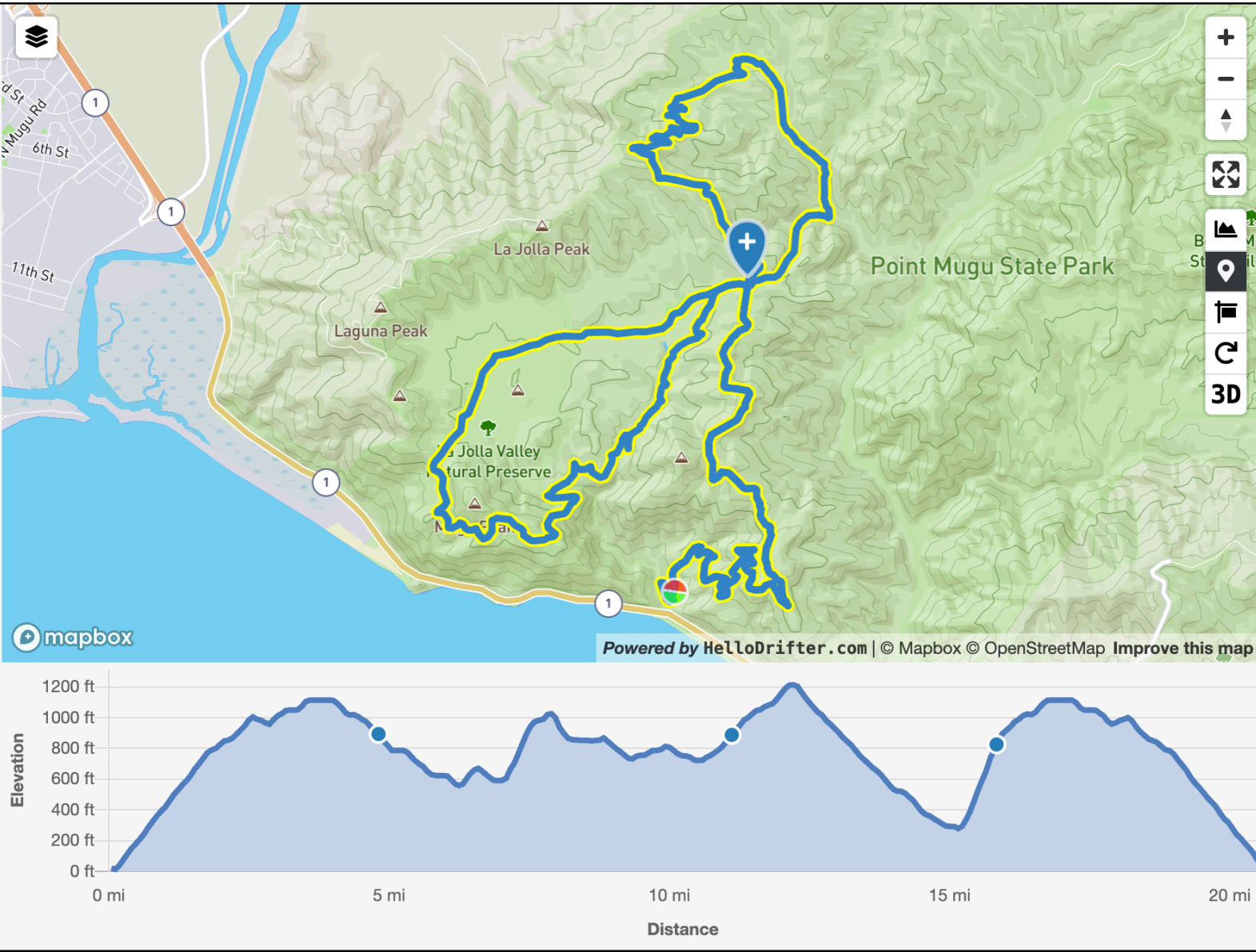
## CLICK HERE TO VIEW MAP & DOWNLOAD GPX FILE

The course will be extremely well marked, but we always suggest to upload the route to your device, if you wear/bring one. It is the runners's responsibility to familiarize themselves with the course route.

7:30am START TIME | 13.5hrs to finish

AID STATION	MILEAGE	CUTOFF
HELL HILL AID #1	4.8	-
HELL HILL AID #2	11	-
HELL HILL AID #3	16	1pm - Pulled from race
FINISH LINE	20.6	

Course subject to change due to trail conditions, weather, park service, etc. Mileages are rounded and not exact.



# WHAT'S AT THE AID STATIONS

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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, water
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## 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.

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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. Besides just not being cool, If trash is seen on the trail, we could lose our permits!
2. **HYDRATION.** You **MUST** 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 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 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

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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

# RACE SPONSORS

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## CAN'T GET ENOUGH?

So much fun to be had at KHRaces!

Visit [KHRaces.com](http://KHRaces.com) for all details!

