

O'NEILL PARK TRAIL RACES

Presented by



ARC'TERYX

MAY 16, 2026



ATHLETE GUIDE - TABLE OF CONTENTS

Page 1: Schedule + Parking Info

Page 2: 50k Course Info

Page 3: Marathon Course Info

Page 4: 30k + ½ Marathon + 10k Course Info

Page 5: Aid Station + Post-Race Info + Rules

Page 6: Sponsors & KHRaces Info

OPTIONAL BIB PICKUPS:

THURSDAY MAY 14 3pm - 6pm

ARC'TERYX FASHION ISLAND

1079 Newport Center Dr, Newport Beach

Located across from RH [Google Map Link: Click here](#)

FRIDAY MAY 15 3:30pm - 6pm

FLEET FEET LAGUNA NIGUEL

2341 Golden Lantern E, Laguna Niguel

[Google Map Link: Click Here](#)

SATURDAY MAY 16

- **6:10am:** Runners may begin to arrive to the front gate - **NO EARLIER**. Check-in will start at 6:15am inside the park.
- **7:15am:** 50k drop bags must be in
- **7:30am:** All Distances START
- **4:30pm:** Race Ends

START LOCATION

O'NEILL REGIONAL PARK

30892 Trabuco Canyon Rd.

Trabuco Canyon, CA 92679

GOOGLE MAP

PARKING

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

PARKING IS \$5. PLEASE BRING EXACT CHANGE. All funds go straight to OC Parks!

50K COURSE INFORMATION

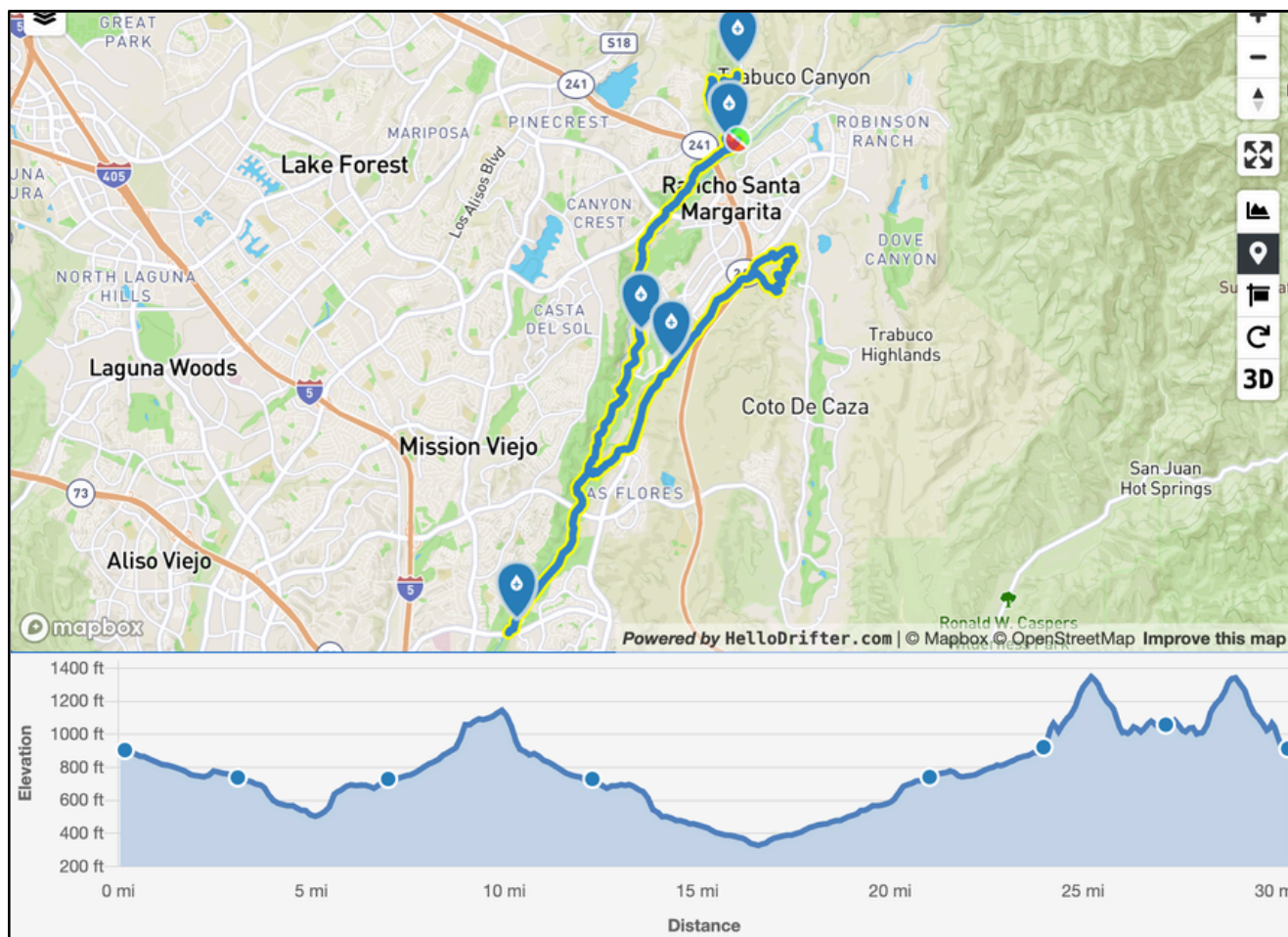
CLICK HERE FOR LINK TO MAP & ELEVATION PROFILE + GPX FILE DOWNLOAD

(9.5hrs to finish)

AID STATION	MILEAGE	CUTOFF	DROP BAGS	BATHROOMS
ARROYO AID STATION #1	3.4	-	-	-
CANADA VISTA AID #1	7	-	-	<i>nearby but not directly at checkpoint</i>
CANADA VISTA AID #2	12.3	-	-	<i>nearby but not directly at checkpoint</i>
COX SPORTS PARK AID	17	-	YES	-
ARROYO AID STATION #2	20.7	-	-	-
O'NEILL AID STATION	24	2:45PM - Continue for marathon, or head to finish line for 30k finish	-	<i>nearby, but not directly at checkpoint</i>
LIVE OAK AID (water/electrolyte only)	28	-	-	-
FINISH LINE	30.7	5pm	YES	YES

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

DROP BAG INFO: Please no large coolers or large, heavy bags. Drop bags should have your bib number prominently displayed & be able to close fully for transport, or you risk losing items in transit. Drop bags need to be picked up when you finish at the start/finish line or they will be discarded.

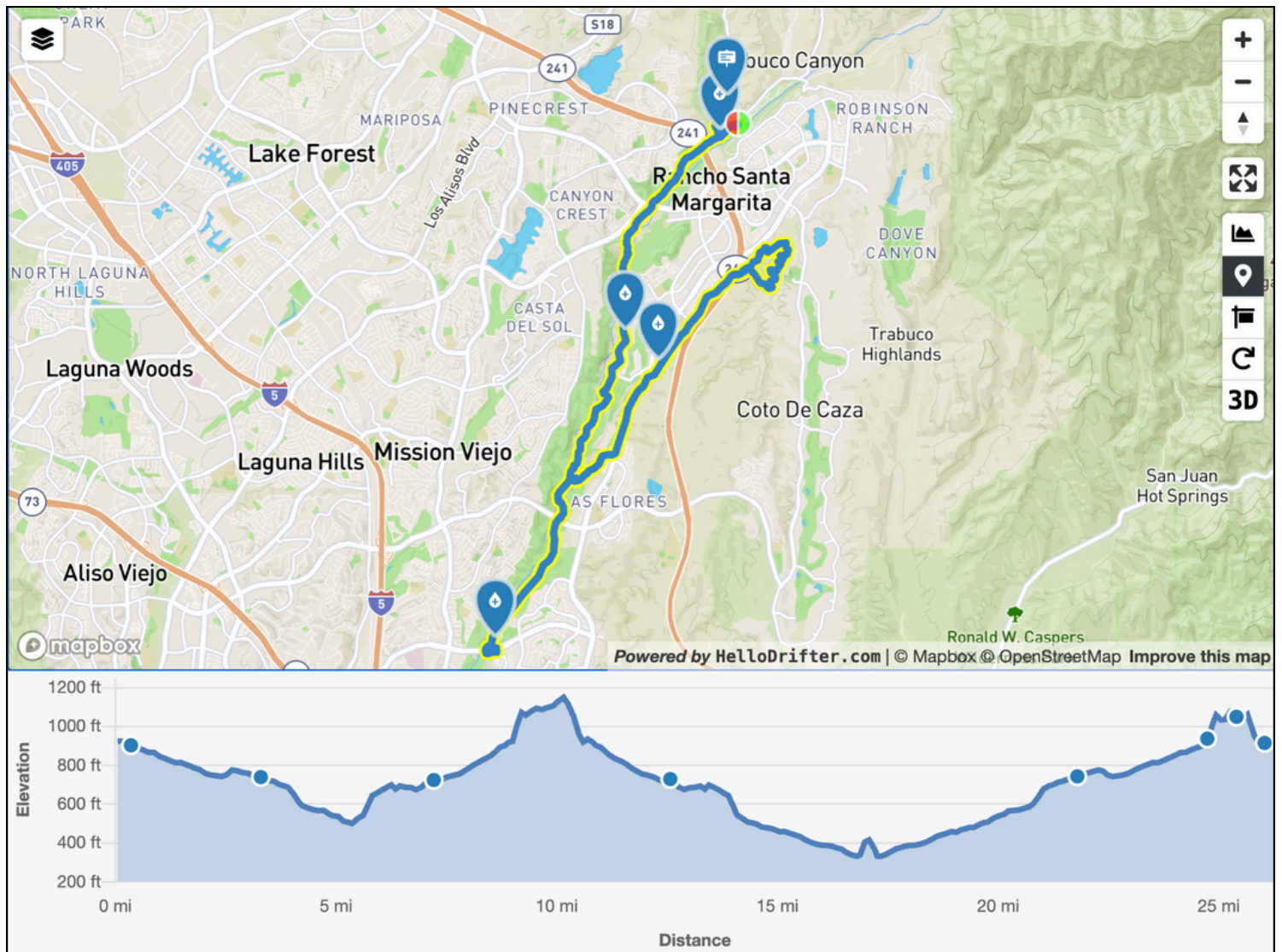


MARATHON COURSE INFORMATION

[CLICK HERE FOR LINK TO MAP & ELEVATION PROFILE & GPX FILE DOWNLOAD](#)

AID STATION	MILEAGE	CUTOFF	BATHROOMS
ARROYO AID STATION #1	3.4	-	-
CANADA VISTA AID #1	7	-	<i>nearby but not directly at checkpoint</i>
CANADA VISTA AID #2	12.3	-	<i>nearby but not directly at checkpoint</i>
COX SPORTS PARK AID	17	-	-
ARROYO AID STATION #2	20.7	-	-
O'NEILL AID STATION	24	2:45PM - head to finish line for 30k finish	<i>nearby, but not directly at checkpoint</i>
FINISH LINE	26.4	5PM	YES

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

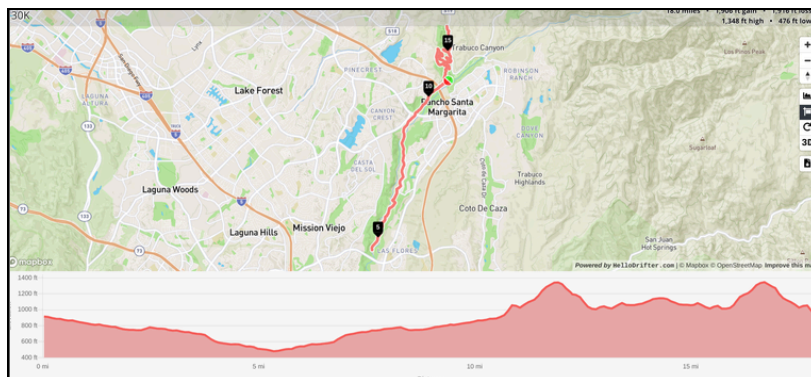


COURSE INFO - 30K

AID STATION	MILEAGE
ARROYO AID STATION #1	3.4
ARROYO AID STATION #2	7.5
O'NEILL AID	10.5
LIVE OAK AID #1*	13.7
LIVE OAK AID #2*	15
FINISH LINE	18

*Live Oak Aid Station is water/electrolyte only

CLICK FOR LINK TO MAP & ELEVATION PROFILE + GPX FILE DOWNLOAD

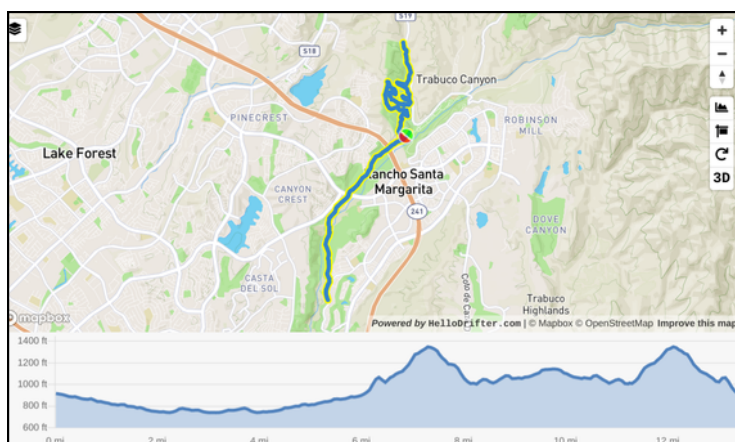


COURSE INFO - Half Marathon

CLICK FOR LINK TO MAP & ELEVATION PROFILE + GPX FILE DOWNLOAD

AID STATION	MILEAGE
ARROYO AID - TURN AROUND!	3.4
O'NEILL AID STATION	7
LIVE OAK AID #1*	9.1
LIVE OAK AID #2*	10.3
FINISH LINE	13.3

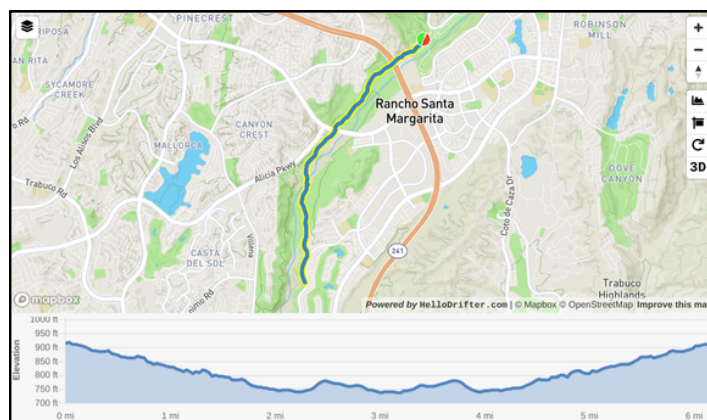
*Live Oak Aid Station is water/electrolyte only



COURSE INFO - 10k

CLICK FOR LINK TO MAP & ELEVATION PROFILE + GPX FILE DOWNLOAD

AID STATION	MILEAGE
ARROYO AID - TURN AROUND!	3.4
FINISH LINE	6.8



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

WHAT'S AT EACH AID STATION

Unless otherwise noted on the aid station charts, all aid stations will have:

- 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 MUST bring a cup/hydration pack/bottle to carry water/hydration between aid stations. This is non-negotiable. There will be random gear checks. You can purchase at [Arc'Teryx](#), Fleet Feet Laguna Niguel or your local running store, [Amazon](#), REI, etc.
 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 (but not early!).** We cannot allow runners to start 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 hydration packs or bottles and volunteers will fill with whatever liquids you need.
 6. **BE AWARE.** While not recommended, if you must listen to music through headphones, keep the volume low & turn off when you are at an aid station or when you see a volunteer on-course. Please be aware of other runners, hikers and mountain bikers. 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. **DRONES.** OC Parks does not allow the flying of drones. Your phones and memories will have to do!
 10. **SPEEDING IN THE PARK.** If runners are found driving over 10mph, you may be pulled over and ticketed. This also jeopardizes our ability to continue holding special events within the park. We will all get to where we need to go!
 11. **HAVE FUN!**
-

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



ARC'TERYX



CAN'T GET ENOUGH?

So much fun to be had! Visit [KHRaces.com](https://www.khraces.com) for all details!



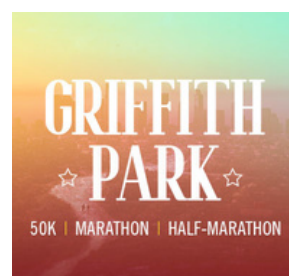
June 6, 2026



Stay tuned for updates



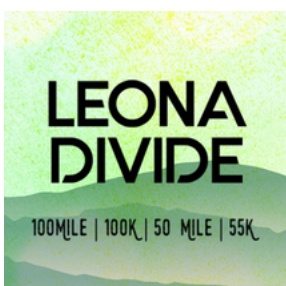
Oct/Nov 2026



November 2026



December 6, 2025



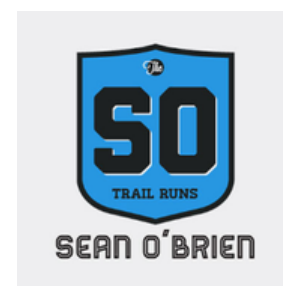
April 2027



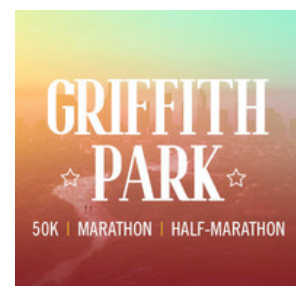
May 2027



December 2027



January 2027



March 2027

Looking for summer races? Check out our partner SoCal races here.