



# ATHLETE GUIDE

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**AUGUST 2, 2025**

# SCHEDULE

# LOCATION

# PARKING

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## SCHEDULE

**6:05am:** Runners may start arriving for check-in

**6:15am:** Check-in begins

**7am:** All Distances Start

**1:30pm:** Race ends

## START LINE LOCATION

[Google Map Link: Click Here](#)

## START LINE LOCATION

30952 Oso Parkway, Coto de Caza

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## OPTIONAL BIB PICKUP: TWO OPTIONS!

PICK UP YOUR BIB EARLY & PAY FOR YOUR PARKING PASS FOR A STRESS-FREE RACE MORNING!

### THURSDAY JULY 31

3:30pm – 6:30pm

#### ROAD RUNNER SPORTS COSTA MESA

1835 Newport Blvd, Costa Mesa

***Receive a special discount & 2x RRS reward points on purchase when you pick up Thurs!***

[Google Map Link: Click here](#)

### FRIDAY AUGUST 1

3:30pm – 6pm

#### FLEET FEET LAGUNA NIGUEL

2341 Golden Lantern E,  
Laguna Niguel, CA 92677

[Google Map Link: Click Here](#)

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## PARKING

Please pay attention to the parking team in orange vests, they will show you where to park. Parking is \$3. You can pay for parking at either of the two bib pickup options, which will help streamline the morning! If you have an OC Parks Pass, you will pay for parking on race morning at the kiosk. **PLEASE BRING EXACT CHANGE.**

# RILEY PARK TRAIL RUNS – 3.3 MILE LOOP

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## **30K RUNNERS – 6 LOOPS**

*6.5 hours to finish. Cutoff to start last loop is 12:25 p.m.*

[LINK TO GPX FILE/MAP: CLICK HERE](#)

## **1/2 MARATHON RUNNERS – 4 LOOPS**

[LINK TO GPX FILE/MAP: CLICK HERE](#)

## **10 MILE RUNNERS – 3 LOOPS**

[LINK TO GPX FILE/MAP: CLICK HERE](#)

## **10K RUNNERS – 2 LOOPS**

[LINK TO GPX FILE/MAP: CLICK HERE](#)

## **5K RUNNERS – 1 LOOPS**

[LINK TO GPX FILE/MAP: CLICK HERE](#)

### **RUNNING IN THE HEAT**

Make sure you hydrate prior to the race, including pre-loading electrolytes.

Stay hydrated and take in electrolytes during the race.

Use the cold water, ice & otter pops at the aid station!

Don't go out too fast.

**Two handy resources from the sports nutrition team at Nutritional Revolution:**

[Managing Overheating & Hydration](#)  
[How to Avoid the Bonk](#)

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The course will be marked with orange ribbon and flags.

You will hit an aid station at each loop at the start/finish line. You are welcome to bring a finish line drop bag so you can hang out after or access it during the race.

The aid station will be stocked with water, ice, Skratch Labs Electrolyte Powder, Fluid Electrolyte, GU Roctane, GU gels, GU chews, fresh fruit, sweet and salty snacks. We'll have some post-race food to enjoy after you race too!

Feel free to hang out and cheer on runners once you're done with your loop(s)!

# LODGING

Thomas F. Riley Wilderness Park is located in South Orange County. Camping may be available nearby at Casper's Wilderness Park or O'Neill Regional Park, as well as Doheny State Beach Campground (all about 20–30 minutes away). These must be booked in advance, and they sell out quickly. State Parks releases cancellations at 8 a.m. everyday. There is no camping onsite.

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

Doheny SB: [https://www.parks.ca.gov/?page\\_id=645](https://www.parks.ca.gov/?page_id=645)

For hotel/homestay options, use THOMAS F. RILEY PARK as your landmark. It is also nearby to the coastal towns of Dana Point and San Clemente.

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## RULES + RESPONSIBILITIES

1. **NO LITTERING.** DO NOT EVER drop trash anywhere other than in a trash bag, at the aid station or an appropriate trash can. Along with just being gross, it could cost us permits.
2. **WE ARE CUP-LESS.** Please bring a reusable cup/hydration pack/bottle. Find them at a local running store (*including Road Runners & Fleet Feet at bib pickup*), REI, [Amazon](#), 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. We do not tolerate abuse of any kind, to anyone.
4. **BE ON TIME.** We cannot allow runners to start late. Please arrive with enough time to park, get your bib, and get to the start line on time. This 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.** While we do not recommend it, if you must listen to music through 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 fine with the use of poles, as long as you are super careful and mindful of other runners and trail users around you, especially on singletrack.
8. **HAVE FUN!**



# STAY CONNECTED WITH THE SUPPORTERS OF RILEY PARK TRAIL RACES!

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skraitch LABS



KEIRA HENNINGER RACES  
**KH**  
southern california

**FLEET**  **FEET**  
LAGUNA NIGUEL

**HILMA**  
RUNNING

**FLUID**



**DNB**  
COMMERCIAL

  
ROAD RUNNER  
SPORTS

LUGO LUGO FILMS



 **OCparks**



Want to support or get involved with

Riley Park Trail Races, Whiting Ranch Trail Races, and Elder Creek Trail Runs?

Send us an email [rileyparktrailrace@gmail.com](mailto:rileyparktrailrace@gmail.com) or through our contact forms on the website(s).