



# ATHLETE GUIDE

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**JULY 27, 2024**

# 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

**11:30am:** 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

Pick up your bib early for a stress-free race morning!

## FRIDAY AUGUST 4

3:30pm – 6:30pm

## 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. Sorry, but OC Parks Passes are not valid for this special event permit. **PLEASE BRING EXACT CHANGE.**

# RILEY PARK TRAIL RUNS – 3.3 MILE LOOP

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## 30K RUNNERS – 6 LOOPS

[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 electrolytes.

Stay hydrated and take in electrolytes during the race.

Use the cold water and ice at the aid station!

Don't go out too fast.

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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, Fluid Electrolyte, Skratch Labs Electrolyte Powder, GU Roctane, GU gels and waffles, fresh fruit, sweet and salty snacks. We'll have some post-race food to enjoy after you race.

Bring a chair and hang out!

# 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 options, use THOMAS F. RILEY PARK as your landmark. It is also nearby to the coastal town 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. If trash is seen on the trail, we can lose our permits!
2. **WE ARE CUP-LESS.** Please bring a reusable cup/hydration pack/bottle. Find them at your local running store (including 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. **HAVE FUN!**