



ATHLETE GUIDE

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JULY 20, 2024

SCHEDULE

LOCATION

PARKING

START LINE LOCATION

[Google Map Link: Click Here](#)

Address for reference

2000 Cahuilla Rd., Anza, CA

(please note this is NOT the race location, the start line is up the road, and you'll follow signs and parking volunteers!)

DRIVING DIRECTIONS

From the Cahuilla Casino Hotel: Turn left onto HWY 371. Drive about 2 miles, and turn left just passed the Cahuilla Indian Health Clinic, you'll see a race sign. Look for signs also at the right turn at the baseball fields, and for the parking volunteers.

From Temecula/15 Freeway: Exit 79 South exit (Temecula Hwy). Head south on HWY 79. Drive about 17 miles, and make a left onto HWY 371. This is a stop sign. Drive 9 miles, and make a right at the Cahuilla Indian Health Clinic. Look for my signs here at the turn.

Once you make the turn, you'll be on a very nice graded dirt road, suitable for all vehicles. Please drive slowly and follow the signs to start line. You'll turn right onto another dirt road, just passed the softball field. Please remember to drive slowly!

SCHEDULE

4pm: Runners may start arriving for check-in

5pm: 50k Starts

6:30pm: 30k Starts

7:30pm: 1/2 Marathon & 9 Miler Start

2am: Race ends

8am: All campers must vacate

PARKING

Please pay attention to parking volunteers, they will show you where to park. Parking is \$10. Camping is \$25. **PLEASE BRING EXACT CHANGE. Please no vehicles >21ft.**

If possible, we ask that you try to arrive with your family/friends if they are coming to cheer you on or crew, so that we avoid having cars coming and going all night. This is for runner safety and for the benefit of those who live around the race location.

ELDER CREEK NIGHT RUN - 4.6 MILE LOOP COURSE

50K RUNNERS - 7 LOOPS

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

30K RUNNERS - 4 LOOPS

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

13 MILE RUNNERS - 3 LOOPS

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

9 MILE RUNNERS - 2 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](#)

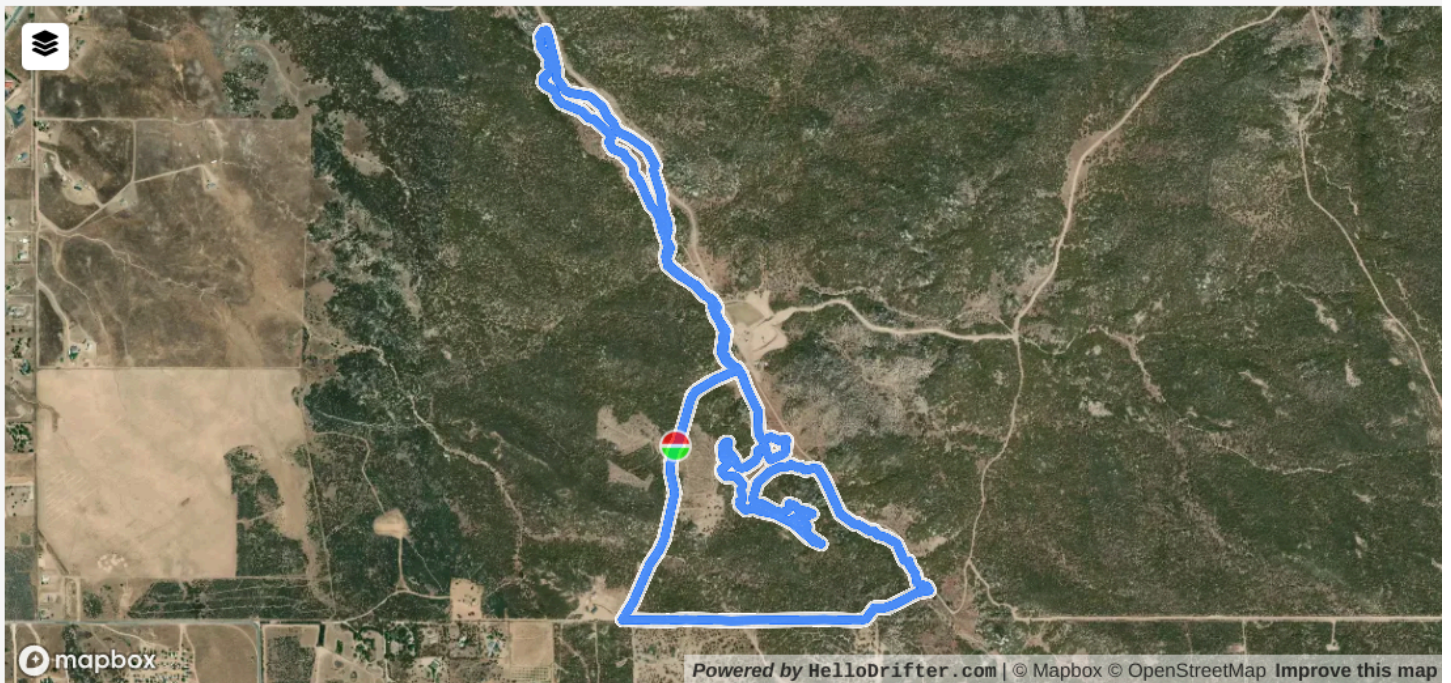
You must wear a headlamp once it's dark. All markings will have reflective tape.

You will hit an aid station at each loop at the start/finish line. You will also run by your car every loop, so please feel free to bring your preferred fuel, cooler and whatever other creature comforts you'd like to have! You can also bring a drop bag to put at the aid station/finish line. Please label with your bib number.

The aid station will be stocked with water, ice, GU Roctane, Skratch Lab Hydration Drink, Fluid Electrolyte, GU chews, GU Gels, fresh fruit, pb/almond butter & Js, sweet and salty snacks and frozen treats (while they last!). There will be gluten free options.

There will be portapotties near the start/finish line.

Course map



LODGING

Cahuilla Casino Hotel (5 min): <https://cahuillacasinohotel.com/>

Vail Lake KOA Campground (20 min): <https://koa.com/campgrounds/temecula/>

Dripping Springs Campground (15 min): First come, first served & a limited number reservable at ReserveAmerica.com

Camping at the race is allowed for \$25. We must vacate the property by 8 a.m. Sunday. Please no generators, fires or elaborate camp setups. Please no vehicles >21 feet.

Temecula: Elder Creek is also situated about 35–45 minutes away from the Temecula Valley Wine Country and about an hour from Palm Desert.

AirBnB List: [Click here](#) for a list of places that are within about 25–35 minutes. This is not an exhaustive list. You can search around Temecula, Aguanga & Sage.

RULES + RESPONSIBILITIES

1. **NO LITTERING.** We have been given the opportunity to run on this land, so let's make sure we do not leave any trash at all.
2. **WE ARE A CUPLESS RACE.** Please bring your own reusable cup, pack, and/or handheld for us to fill. You can find them at running stores and REI.
3. **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.
4. **BE NICE.** Be nice to each other, be nice to the volunteers. And please be respectful of the land we're on, as this is private reservation land.
5. **SPECTATORS.** We welcome friends and family to cheer you on or help crew you as you pass your car, but please be mindful that we are on private land. Please keep noise to a minimum, and make sure everyone drives very slowly. Let them know they can hike on the course, but may not drive or hike anywhere outside the race perimeters.
6. **DRIVING & LEAVING.** When leaving you will exit out the exact way you came in. Be mindful of all signage and volunteer instructions as you leave. You will be exiting out on a road that runners will be running on so please be careful.
7. **HAVE FUN!**

STAY CONNECTED WITH THE SUPPORTERS OF ELDER CREEK NIGHT RUNS!

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Receive \$10 off through the end of July on your new pair of Hilma Running Shoes with code
ELDERCREEKTRAILRUNS-HILMARUNNING-10!

Feeling like getting another race in this month?
Check out Riley Park Trail Races July 27, 2024 in Orange County!

Want to support or get involved with
Elder Creek Trail Runs or Riley Park Trail Races
Send us an email pennington.amanda@gmail.com or through our contact forms on the
website(s) linked above.