5K | 12K Course Map

– 5K – 12K – Start / Finish – Aid Station m – mile

CARMEL

Monterey
San Francisco

Rio Road

Start
Finish

m 3.0 (5K)

m 7.0

Carmel River
State Beach

SF

LA

N

Ribera Road

m 2.0 (5K)

m 1.0

m 6.0

m 5.9

m 1.5

5K
Turn-Around

POINT LOBOS

Whaler's
Cove

m 3.0

m 2.0

m 5.0

Entrance to
Point Lobos
State Reserve

m 4.0

m 3.7

China Cove

PACIFIC OCEAN

San Luis Obispo / Los Angeles

START TIMES

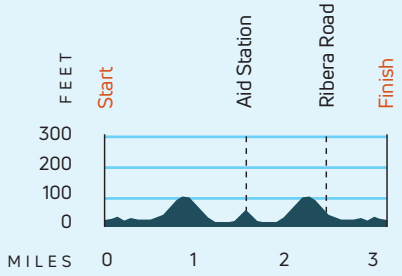
Event	Start Time	Start Location
5K	7:35 a.m.	Rio Road + Highway 1
12K	7:35 a.m.	Rio Road + Highway 1

Both events start at the Marathon finish line.

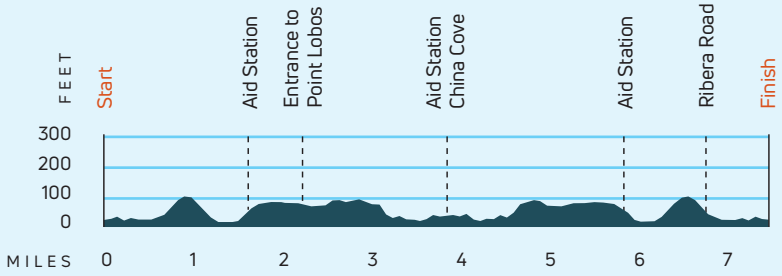
AID STATIONS

There are three aid stations on the 12K course and one on the 5K course. Each station will feature **Gatorade Endurance** first, then water. No fruit or **GU** energy gel are provided at these shorter-distance events. Please be considerate of runners and walkers behind you and the environment and drop your empty cups and other trash at the receptacles provided after each station. Please do not put your trash inside used water cups! There are portable toilets located at each aid station. Each station also features medical personnel with minor first aid supplies.

(Rev. 03-2022)



5K Profile



12K Profile