

Marathon Course Map



MARATHON & RELAY DETAIL | PT. LOBOS | m 22-24



START TIMES

Event	Start Time	Start Location
Marathon	6:15 a.m.	Rio Rd. + Highway 1
Relay	6:15 a.m.	Rio Rd. + Highway 1
21-Miler	6:15 a.m.	Rio Rd. + Highway 1
11-Miler	6:30 a.m.	Grimes Ranch
12K	7:05 a.m.	Rio Rd. + Highway 1
5K	7:05 a.m.	Rio Rd. + Highway 1

All events finish at Rio Rd. + Highway 1

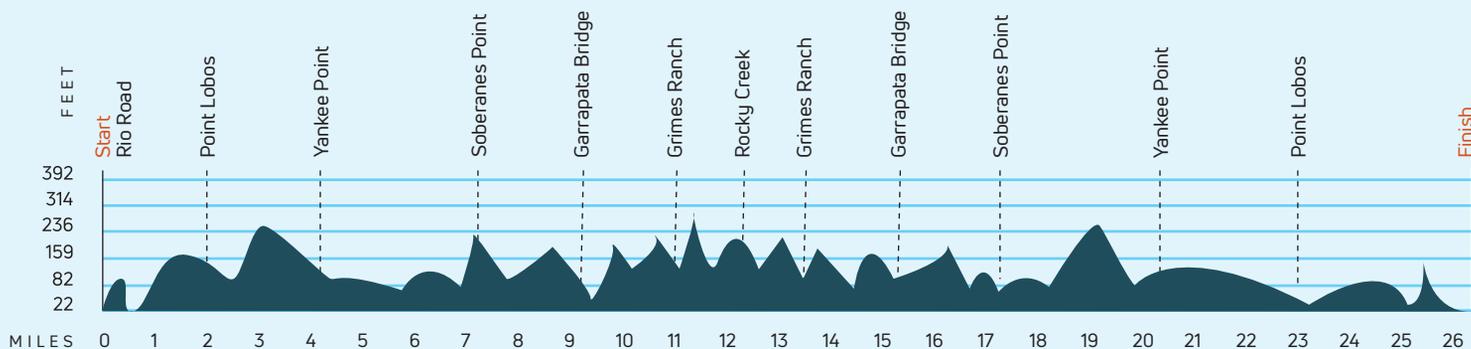


AID STATIONS

There are 12 aid stations on the course. All stations feature **Nuun endurance** first, then water. Refill stations for those with their own bottles are located at the end of every aid station.

Fruit is located at all stations from mile 7.9 on. **GU** is located at the stations at mile 7.9 and mile 16.8. Please be considerate of runners behind you and the environment and drop your energy gel packets and cups in the receptacles provided after each station. Please do not put your energy gel wrappers or other trash inside water cups!

Each station features portable toilets, medical personnel, and minor first aid supplies.



Marathon Profile

This is a beautiful and challenging course. The total elevation gain is +1880 feet. There are numerous rolling hills throughout the course.