

Santa Monica Mountains Trail Run

Course Description

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
9 Kilometer Trail Run						
	<i>Start: La Jolla Canyon (Picnic Area)</i>					8.5
Go SOUTH	Ray Miller Trail (Backbone)	Yellow	4.3	4.3		
Turnaround	Ray Miller Trail (Backbone)	Yellow	4.3	8.5		
Kilometers			8.5			8.5
Miles			5.3			

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
18 Kilometer Trail Run						
	<i>Start: La Jolla Canyon (Picnic Area)</i>					8.9
Go SOUTH	Ray Miller Trail (Backbone)	Pink	4.3	4.3		
Turn RIGHT	Overlook Fire Road	Pink	4	8.2		
Turn RIGHT	Sycamore Canyon Fire Road	Pink	0.7	8.9	Sycamore Canyon	8.7
Turnaround	Sycamore Canyon Fire Road	Pink	1.3	10.2		
Turn LEFT	Fireline Trail	Pink	2.1	12.3		
Turn RIGHT	Overlook Fire Road	Pink	1.1	13.4		
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	17.7		
Kilometers			17.7			17.7
Miles			11			

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
30 Kilometer Trail Run						
	<i>Start: La Jolla Canyon (Picnic Area)</i>					12.2
Go LEFT (North)	La Jolla Canyon Trail	Orange	1.9	1.9		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.3	3.2		
Veer LEFT	Mugu Peak Trail	Orange	3	6.2		
Turn RIGHT	Chumash Trail	Orange	0.9	7		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.1	8.2		
Turn LEFT	La Jolla Valley Fire Road	Orange	0.7	8.9		
Turn RIGHT	La Jolla Valley Loop (pond)	Orange	0.4	9.3		
Stay RIGHT	La Jolla Valley Loop Trail	Orange	1	10.3		
Turn LEFT	La Jolla Canyon Trail	Orange	1.9	12.2	La Jolla Canyon	8.9
Go LEFT (South)	Ray Miller Trail (Backbone)	Pink	4.3	16.4		
Turn RIGHT	Overlook Fire Road	Pink	4	20.4		
Turn RIGHT	Sycamore Canyon Fire Road	Pink	0.7	21.1	Sycamore Canyon	8.7
Turnaround	Sycamore Canyon Fire Road	Pink	1.3	22.4		
Turn LEFT	Fireline Trail	Pink	2.1	24.5		
Turn RIGHT	Overlook Fire Road	Pink	1.1	25.6		
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	29.8		
			Kilometers			29.8
			Miles			18.5

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
50 Kilometer Trail Run						
	<i>Start: La Jolla Canyon (Picnic Area)</i>					12.2
Go LEFT (North)	La Jolla Canyon Trail	Orange	1.9	1.9		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.3	3.2		
Veer LEFT	Mugu Peak Trail	Orange	3	6.2		
Turn RIGHT	Chumash Trail	Orange	0.9	7		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.1	8.2		
Turn LEFT	La Jolla Valley Fire Road	Orange	0.7	8.9		
Turn RIGHT	La Jolla Valley Loop (pond)	Orange	0.4	9.3		
Stay RIGHT	La Jolla Valley Loop Trail	Orange	1	10.3		
Turn LEFT	La Jolla Canyon Trail	Orange	1.9	12.2	La Jolla Canyon	8.9
Go LEFT (South)	Ray Miller Trail (Backbone)	Pink	4.3	16.4		
Turn RIGHT	Overlook Fire Road	Pink	4	20.4		
Turn RIGHT	Sycamore Canyon Fire Road	Pink	0.7	21.1	Sycamore Canyon	8.7
Turnaround	Sycamore Canyon Fire Road	Pink	1.3	22.4		
Turn LEFT	Fireline Trail	Pink	2.1	24.5		
Turn RIGHT	Overlook Fire Road	Pink	1.1	25.6		
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	29.8	La Jolla Canyon	12.2
Turn RIGHT	La Jolla Canyon Trail	Orange	1.9	31.8		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.3	33		
Veer LEFT	Mugu Peak Trail	Orange	3	36		
Turn RIGHT	Chumash Trail	Orange	0.9	36.9		
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.1	38		
Turn LEFT	La Jolla Valley Fire Road	Orange	0.7	38.7		
Turn RIGHT	La Jolla Valley Loop (pond)	Orange	0.4	39.1		
Stay RIGHT	La Jolla Valley Loop Trail	Orange	1	40.1		
Turn LEFT	La Jolla Canyon Trail	Orange	1.9	42	La Jolla Canyon	8.5
Go LEFT (South)	Ray Miller Trail (Backbone)	Yellow	4.3	46.3		
Turnaround	Ray Miller Trail (Backbone)	Yellow	4.3	50.5		
Kilometers			50.5		50.5	
Miles			31.4			