

Sycamore Canyon Trail Run

Course Description

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)		
			Segment	Cumm.	Location	Next	
8 Kilometer Trail Run							
	<i>Start: Sycamore Canyon (Campground)</i>						7.6
Go EAST	Sycamore Canyon Fire Road	Yellow	1.6	1.6			
Turn LEFT	Fireline Trail	Yellow	2.1	3.7			
Turn LEFT	Overlook Fire Road	Yellow	2.9	6.6			
Turn RIGHT	Sycamore Canyon Fire Road	Yellow	1	7.6			
Kilometers			7.6			7.6	
Miles			4.7				

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)		
			Segment	Cumm.	Location	Next	
18 Kilometer Trail Run							
	<i>Start: Sycamore Canyon (Campground)</i>						9.1
Go EAST	Sycamore Canyon Fire Road	Pink	1.6	1.6			
Turn LEFT	Fireline Trail	Pink	2.1	3.7			
Turn RIGHT	Overlook Fire Road	Pink	1.1	4.8			
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	9.1	La Jolla Canyon	9.2	
Turnaround	Ray Miller Trail (Backbone)	Pink	4.3	13.3			
Turn RIGHT	Overlook Fire Road	Pink	4	17.3			
Turn RIGHT	Sycamore Canyon Fire Road	Pink	1	18.3			
Kilometers			18.3			18.3	
Miles			11.4				

Direction	Course	Ribbon Color	Distance (Km)		Aid Stations (Km)		
			Segment	Cumm.	Location	Next	
30 Kilometer Trail Run							
	<i>Start: Sycamore Canyon (Campground)</i>						9.1
Go EAST	Sycamore Canyon Fire Road	Pink	1.6	1.6			
Turn LEFT	Fireline Trail	Pink	2.1	3.7			
Turn RIGHT	Overlook Fire Road	Pink	1.1	4.8			
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	9.1	La Jolla Canyon	12.2	
Turn RIGHT	La Jolla Canyon Trail	Orange	1.9	11			
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.3	12.3			
Veer LEFT	Mugu Peak Trail	Orange	3	15.2			
Turn RIGHT	Chumash Trail	Orange	0.9	16.1			
Stay LEFT	La Jolla Valley Loop Trail	Orange	1.1	17.2			
Turn LEFT	La Jolla Valley Fire Road	Orange	0.7	17.9			
Turn RIGHT	La Jolla Valley Loop (pond)	Orange	0.4	18.3			
Stay RIGHT	La Jolla Valley Loop Trail	Orange	1	19.3			
Turn LEFT	La Jolla Canyon Trail	Orange	1.9	21.2	La Jolla Canyon	9.2	
Turn LEFT	Ray Miller Trail (Backbone)	Pink	4.3	25.5			
Turn RIGHT	Overlook Fire Road	Pink	4	29.5			
Turn RIGHT	Sycamore Canyon Fire Road	Pink	1	30.4			
Kilometers			30.4			30.4	
Miles			18.9				

50 Kilometer Trail Run

(Complete 30 Km course 1st & 18 Km course 2nd)

Kilometers	48.7
Miles	30.3