



**SD50**  
TRAIL MARATHONS  
SD | CA

## **2026 Runners Guide**

*San Diego 50 Miler  
Marathon | Heavy Half | 10M | 5M | Stroller 5k |  
1M Kid's Run*

**January 10th, 2026**



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## WELCOME

Thank you for joining us for the 13th Annual San Diego 50 & Trail Runs proudly brought to you by Elevation Culture Race Series. We can not wait to welcome nearly 500 runners to the beautiful San Pasqual Valley/Lake Hodges trails of San Diego, CA. From our 50 Miler to our 1M Kid's Fun Run we celebrate your hard work, sacrifice, and passion for putting in the work and getting to the start line. As runners ourselves we appreciate more than anyone the culture of our sport and the most amazing community hands down. If this is your first trail race, first ultra race, or your 50th trail race we thank you for choosing Elevation Culture to share your journey with us. This year will be a day to remember and most importantly like you we have put in the hard work to make your experience truly elevated. Each year we listen to your feedback to make your next experience with us that much better.

Please take a few minutes to familiarize yourself with your 2026 Runners Guide. As it will guide you through extremely important race information that can make your day much more enjoyable. If you do not see something that you are looking for in this guide, on our race registration page, or our website please feel free to reach out to [team@elevationculture.com](mailto:team@elevationculture.com) and we can be happy to assist you.

Happy Trails,

Experience Director,

Eric Chrisman

## Resources & Links

We have added a ton of useful information to better assist you in your experience before, during and after the event.

Registration Page: <https://runsignup.com/Race/CA/Escondido/SanDiego50>

Facebook Page: <https://www.facebook.com/elevationculture>



Instagram Page: <https://www.instagram.com/elevationculture/>

## Important Dates

***Last Day to Register Online: January 9th, 2025 \*unless the race is sold out.***

***\*Important Note:*** The last day to guarantee a shirt is January 1st, 2026. If there are race day sign ups/registrations after this date, we will do our best to get you a shirt after all runners have picked up their race day packets. Please see our Race Headquarters tent.

***\*\*There will be no changing of sizes during the packet pickup. If you would like to change out your shirt size, we can help you out after all runners have picked up their race day packets.***

***Drop Downs: \*Race Day only as of January 1st, 2026***

You may drop down to a distance on race morning during check in. As a friendly reminder, there are no partial refunds for drop downs.

***\*Friendly reminder, if you pick up your packet at Milestone Running, you do not need to check in on race morning.***

## Elevation Culture Rules & Policies

Our event rules and policies are meant to provide a safe, fair, and great experience to all those that are involved from runners, to spectators, and volunteers. Let's all have an incredible day on the trails, keeping in mind these important pieces to a great experience for all. If you do witness any major issues by racers or crew/spectators, please inform one of the event staff. All issues should be first directed to the Event Director-Eric Chrisman.

***1. Respect Others:*** We are all humans and deserve respect from others. We all run for different reasons, we all have different paces, different expectations, different hopes. Please be respectful of all runners, staff, volunteers, land managers, and any other trail user.

***2. Pack it Out:*** We understand that your GU top might get lost in the shuffle when you try to tear it off, or that you might not notice when something drops. But any purposeful

littering will not be tolerated at Elevation Culture Events. You could risk disqualification of yourself or of your runner (if you are crew).

**3. Check in at Aid Stations:** Every runner must check in/out at each aid station. Please do your best to make sure that an aid station member acknowledges that you have arrived and that they have your bib number. This is the best way for us to know that you are still on the course.

**4. Bibs:** Must be worn on the outermost layer of your clothing. You must wear your bib at all times for safety purposes.

**5. Drops:** Any Runner that wants to leave the race must immediately inform an aid station volunteer or race director.

**6. Pacers:** There are Pacers allowed for SD50 Miler ONLY. Crew is only allowed at designated areas.(see aid station chart) There will be no crewing or spectating from areas where it is not already marked on the course. Any additional help or spectating from other areas is considered an unfair advantage.

**7. Leave no Trace:** Might sound similar to littering but it also means not cutting the course, not following social trails and only staying on designated trails. If the trails are muddy, do your best to stay in the middle of the trail still so that you are not causing erosion. If you need to step off the trails for any reasons please be aware of your step as there are animals and sensitive habitats along the trail system.

**8. Earbuds:** We use them too, but please for your safety and others keep one of them out so that you can hear other trail users, rattlesnakes, and of course the Lochness monster.

**9. Poles:** We do allow poles. Please be mindful of others on the trail especially on single track sections.

**10. Mountain Bikes:** Although the yield triangle says that you have the right of way, please do your best to accommodate all other trail users including mountain bikes, as when they came out this morning, they were not expecting to encounter an event occurring on the trails.

**11. Yield Etiquette:** Uphill has the right of way, however if you feel like you would not lose your momentum by letting a downhill runner pass you, then by all means hop off trail. There are a few bottlenecks on the course, please keep the uphill etiquette in mind.

**12. Off Course:** If you get lost or get off course please return to where you got off, without aid, and continue along. If you feel that you have short cut the course, please

inform the race director. Carry your cell phone, download the trail maps, utilize gps to assist you if you do get off course. Follow all trail signs and ribbons and do not rely on others to find your way.

**13. Dogs:** We love dogs too. However, we can not have dogs at our event per our issued permit. You may not have dogs within 20 yards of any aid stations or the start/finish line. Your runner may be disqualified if crew or spectators have their dog in any of these areas.

**14. Alcohol/Drugs/Smoking:** You are recreating in a city park and may not have alcohol in or around the aid stations/trails. We have non-alcoholic beer at our finish line for the athletes to enjoy as you finish. Do not smoke or use drugs near or around any of our established event settings.

## Parking Information

***Parking: Is EXTREMELY Limited we need as many friends and family to carpool to this event being further away from the city. Below are several areas just down the road by Lake Hodges that we are using for your convenience to carpool to the event.*** There are several areas that the San Diego 50 Event is allowed to use for parking for both runners and volunteers alike. Please note that some of the area is privately owned and we are not permitted to park in some areas. We are strongly encouraging carpooling to the event.

**Carpool Area to Start/Finish: 17 Minutes**

<https://maps.app.goo.gl/a4a6tbTf6oS9bwrcA>

**Carpool Areas: Piedras Pintadas Trailhead San Diego, CA 92127**

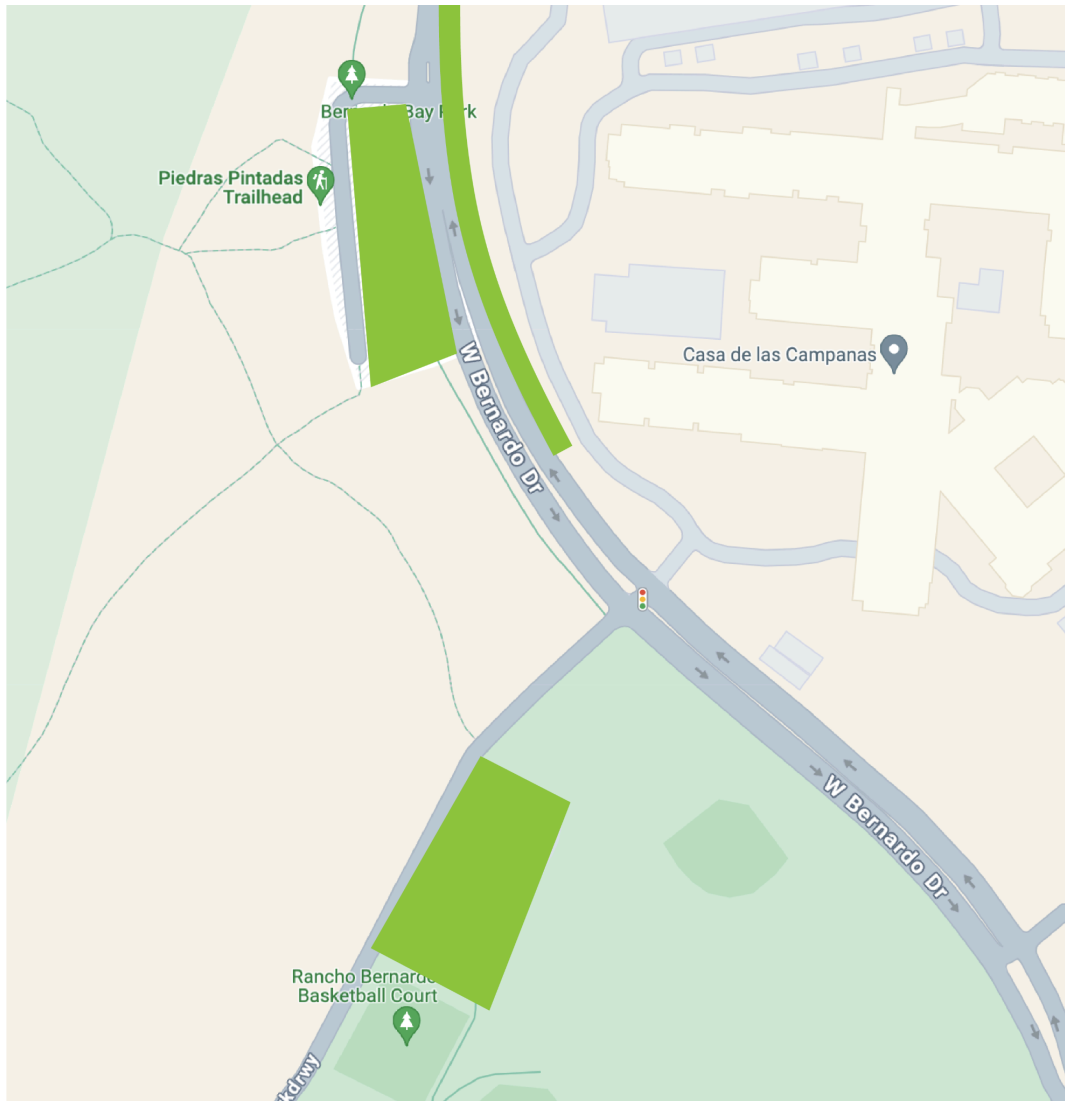
<https://maps.app.goo.gl/qUQKcBL6b1kf7ino7>

**You may park at the trailhead starting at 4:30am or outside along West Bernardo Dr continuing into Rancho Bernardo Community Park near the basketball courts.**

**Rancho Bernardo Community Park: 18448 W Bernardo Dr, San Diego, CA 92127**

<https://maps.app.goo.gl/UnT9NYx5L47rjFFq6>

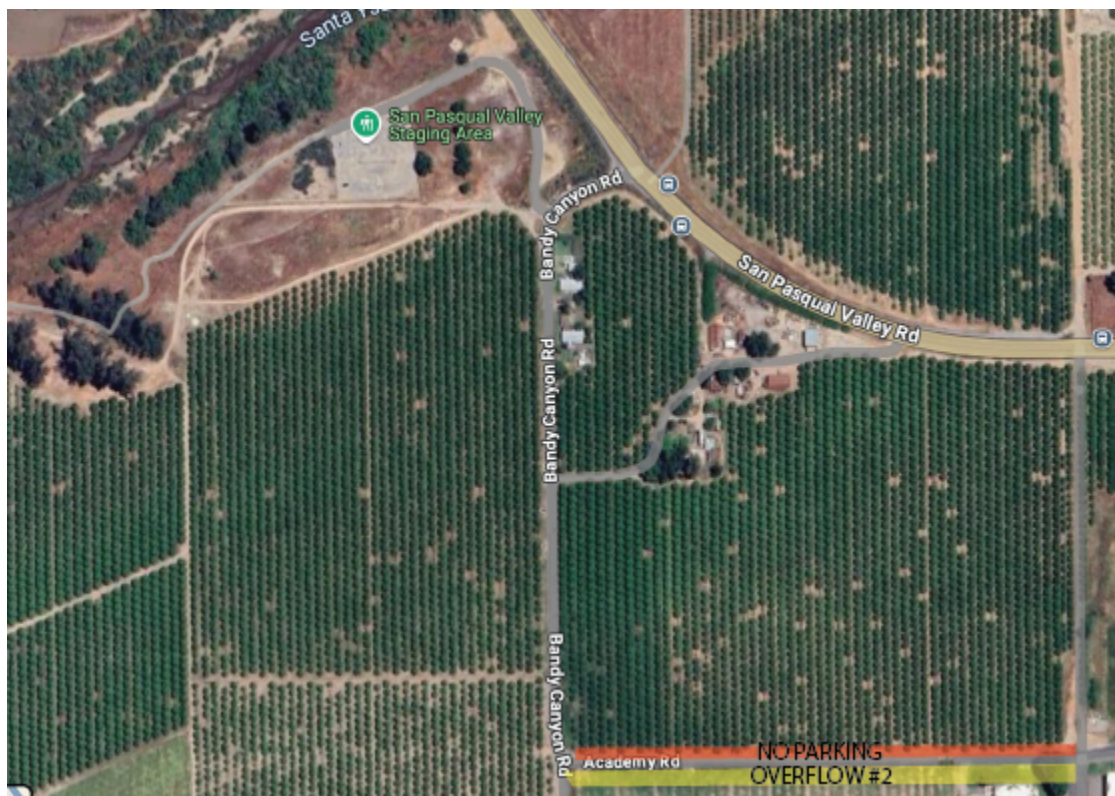
See Carpool area map below: Areas in Green can be used to carpool from.



***Start/Finish Parking Areas designated in Green. (You may park along the fence indicated with a green line) Red indicates no parking zones. Park as close to the car beside you as possible leaving room for people to enter their vehicle.***

***\*There are two overflow lots indicated in Yellow. Please fill up the Green areas first before parking in the Yellow Overflow spots.***





**Parking Area Pin:** <https://goo.gl/maps/joiLJ8nhRL2zmh9T8>

**\*OVERFLOW: For the furthest (Overflow #2) parking spots you will park only on the right side of the road (DO NOT PARK ON THE LEFT SIDE OF THE ROAD) There will be signs directing you where to park. It is a short walk to the start/finish along Bandy Canyon Rd. Walk only off of the road and use a headlamp as cars will be driving down the road.**

**\*IMPORTANT: Do not leave valuables in your vehicle or in sight. This is city managed parking area and a very busy area. We obtain permits to use this area for our event. We are not liable for damages, lost or stolen items.**

## **Packet Pick Up/Check-In**

There will be two different places that you are able to pick up your packet. If you choose to pick them up ahead of time, you will still need to check-in on race day morning so that we know that you are there and ready to start the race.

### **Option 1: Pre- Race Day**

***\*\*\*If you can not pick up your packet pre-race you have to pick it up race morning.***

You will be able to pick up your packet at Milestone Running Store (North Park Location ONLY): 2545 El Cajon Blvd D, San Diego CA 92104 anytime Tuesday-Thursday during normal store hours **12:00 noon - 6:00 pm from Tuesday January 6th to Thursday 8th**. While in store you can enjoy a 15% off of any purchases made at this time.

***Milestone Running Location: 2545 El Cajon Blvd UNIT D, San Diego, CA 92104***

### **Option 2: Race Day Pick Up**

We will be having a same day pick up at the Start/Finish Line from **4:30am - 8:30am**. Please try to pick up your packet no later than 30 minutes before your race starts. \*You do not need to present an ID.

## **RACE DAY PACKET PICK UP TIMES**

**\*PLEASE ASSIST US IN COMING DURING YOUR WINDOW**

**50m**

**4:30AM-5:30AM**

**MARATHON/RELAY**

**5:30AM-6:30AM**

**HEAVY HALF MARATHON**

**6:30AM-7:30AM**

**10M/5M/STROLLER 5K/KID'S**

**7:00AM-8:30AM**

## Check-In

**\*\*\* NEW THIS YEAR: If you picked up your packet at the Running Store Pre-Race Day you do not need to check in race morning. You will be counted as checked in once you cross the starting mat.**

Please check in no more than 30 minutes before your scheduled distance start time. We will not start late if you are not checked in.

## Bib Placement

Your bib must be worn on the front of your body at all times during the race. You can not pin the bib under clothing, under your pack, or on top of your pack as the bib may not read for your finishing time.

**\*DO NOT FOLD OR BIND your bib.**

## Required Gear

***\*HEADLAMPS- 50m Start will be dark for 10-15 minutes as the sun comes up over the mountains. If you believe you will be out past sundown 6:00pm PST you are required to carry a headlamp or light source. (Including Pacers)***

***\*WATER VESSEL-You are required to carry with you a way to carry water. This course can be extremely hot and dry.***

## Course Information

The course runs through San Diego County in the San Dieguito River Park and the San Pasqual Valley Open Space. The following contains information about the course, and other hints that might help you out as a runner.

## Course Description

***\*It is very important that all runners follow your respective distance color ribbons and all trail directional signs. If you forget what ribbon color to follow, refer to your colored***

***rubber bracelet given to you at check in. It is your responsibility to know the course by studying the maps, downloading the printable maps below on your phone or printing them out. If you get off track do not panic, retrace your steps, consult your map and follow the route.***

***Trail Running Course Following Rules to Follow:***

- ***Do not rely on the person in front of you to know the way.***
- ***If you do not see your colored ribbons do not continue to follow them.***
- ***Follow your color ribbon (there may be multiple distances using the same trails)***
- ***Do not enter a “WRONG WAY” sign trail.***
- ***Ribbons are placed every 2 running minutes apart or a quarter mile apart.***
- ***Multiple Ribbons close together mean there is a turn you must make.***
- ***Look for ground Signage directing you on intersections.***
- ***Take a photo of the map, download it to your phone, print out a paper map.***

Our 50M/Marathon/Heavy Half/10M/5M/Kid's 1M Fun Run will all start and finish at the same location. The course is very exposed for the most part, but offers great views of San Pasqual Valley, Lake Hodges, Bernardo Mountain Peak, and the neighboring summits. The 50M/Marathon/Heavy Half/10M/5M/Kid's 1M Fun Run will be exiting the starting line running West out of the San Pasqual Staging Area. Follow the trail as it skirts the farmland staying on the Coast to Crest Trail. The trail runs parallel to Brandy Canyon Rd until getting to the base of Raptor Ridge Mountain.

The Valley 5 Miler follows the same route as all distances as you gain views of San Pasqual Valley. Your turn around is at the Hydration Station approximately 2.7 miles. Turn around and head back the way you came for a total distance slightly over 5 miles.

***\*Note this is approximate mileage as you are running on a trail system.***

The Summit Chase 10 Miler follows the same route as all distances. Runners will reach the Raptor Ridge Summit and collect their Summit Coin and touch the flag. Make your way back down the way you came to the finish line. You will have the Hydration Station at mile 2.7 and 7.3.

The 50M/Marathon/Heavy Half will continue up and over Raptor Ridge running a few miles on flat double track to the end of the trail where you will hit the Raptor Ridge Aid Station. This will be your last aid station on your return for the 50 milers.

The Heavy Half Marathon runners will turn around at the Raptor Ridge Aid Station and head back the same way you came to the Finish.

The 50M/Marathon continues to the next aid station as you run flat and fast double track along the farms and ancient battlefields. You will reach the trail parking lot and the Sunset Aid Station located on your left. Continue on the bike path as it runs under the freeway overpass. The trail runs to the left as you run towards Lake Hodges.



The Marathon ONLY turns left across the bridge following the bike path around. You will turn right onto the single track trail that skirts the lake shore. Follow the lake shore trail around as it takes you to the Piedras Aid Station and parking lot. Retrace your steps back the finish line.

The 50M will NOT cross the bridge at this point and continue straight following the trails and markings to Del Dios Aid Station. Be sure to only follow the markings and not the lower sections of the trail system to this point. You will then follow the shore trail along with the lake on your left. You will then come up to the dam as you continue past the dam taking the trail out to Bing Crosby Aid Station. This is your out and back 4 mile section to your turnaround. You will take the winding trails up the Santa Fe Trails system switch backs to the powerlines where you will see your turnaround sign shortly after. Turn around and make your way back to the Bing Crosby Aid Station. Follow the ribbon and retrace your steps back to Del Dios Aid Station. Stay to your left as you run along the trail parallel to the road. (Same trail you came in on) Continue to follow the ribbon around back towards the Suspension Bridge. Once you reach the Suspension Bridge you will see arrows directing you across the bridge where you will follow the bike path to your right hand turn onto the shoreline trail. Follow the trail around the shoreline making your way to Piedras Aid Station at the corner of the Piedras Trail Head Parking lot. Turn around and retrace your steps around the shoreline back onto the bike path, across the bridge where you will turn right and head back towards Sunset Aid Station, then towards Raptor Ridge Aid Station, up and over Raptor Ridge back to the finish line.

The Stroller 5k event starts and finishes at Base Camp. You will head out approximately 1.55 miles on the trail where you will see a sign to turn around and head back the way you came.

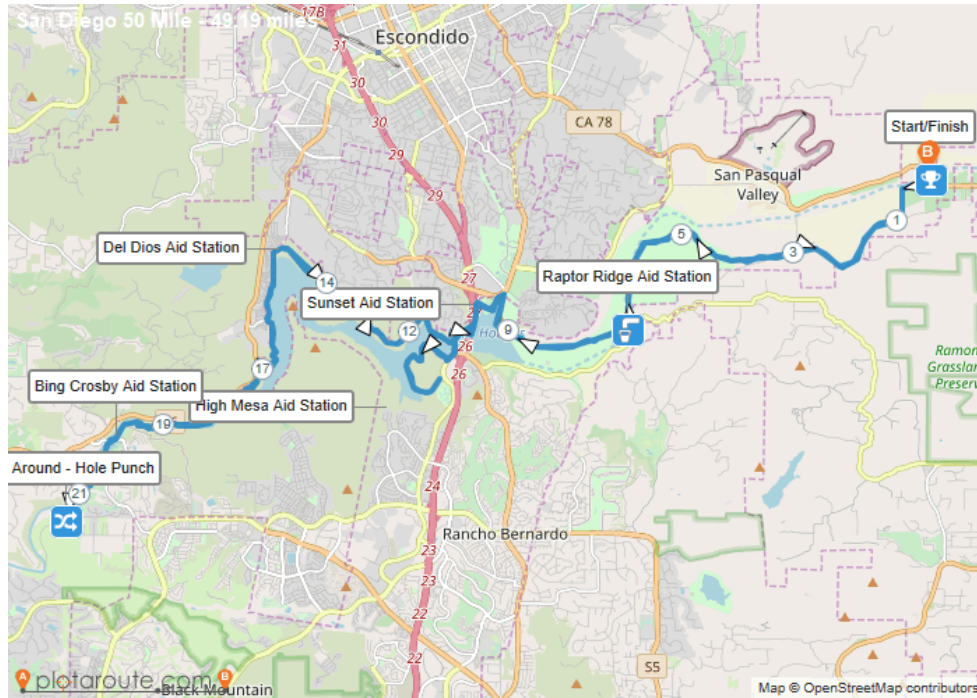
The Kids 1M Fun Run \*This event is a fun run and is not timed. There are bibs for the Kid's to wear throughout the run. You can keep track on your own with our finish line clock. Kid's receive a custom medal, a gift (at the turnaround) Juice Box. The Kid's 1M Fun Run is an out and back course starting and finishing at the same location as all distances. You may run with your kid and experience with them their first trail run.

## Course Map & Profile

50M Course -- <https://www.plotaroute.com/route/1737166?units=km> \*Interactive Map/GPX

### *Printable Version*

[https://drive.google.com/file/d/1dfiiEcar6UcBxxdLVvNytuiFtDcLbz8M/view?usp=share\\_link](https://drive.google.com/file/d/1dfiiEcar6UcBxxdLVvNytuiFtDcLbz8M/view?usp=share_link)

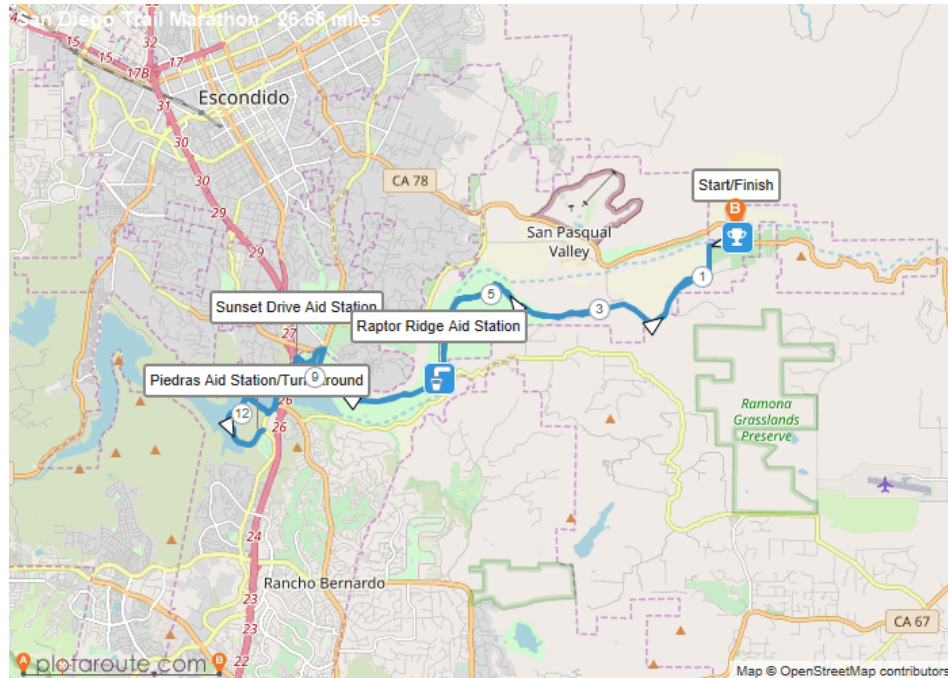


Marathon/Relay Course -- <https://www.plotaroute.com/route/1737223?units=km>  
**\*Interactive Map/GPX**

**\*Marathon Relay please read your transition point in your Marathon Relay section below.**

***Printable Version***

***[https://drive.google.com/file/d/116-YLx4wV\\_rr2ar1fcBGRMwHZjs06ue2/view?usp=share\\_link](https://drive.google.com/file/d/116-YLx4wV_rr2ar1fcBGRMwHZjs06ue2/view?usp=share_link)***

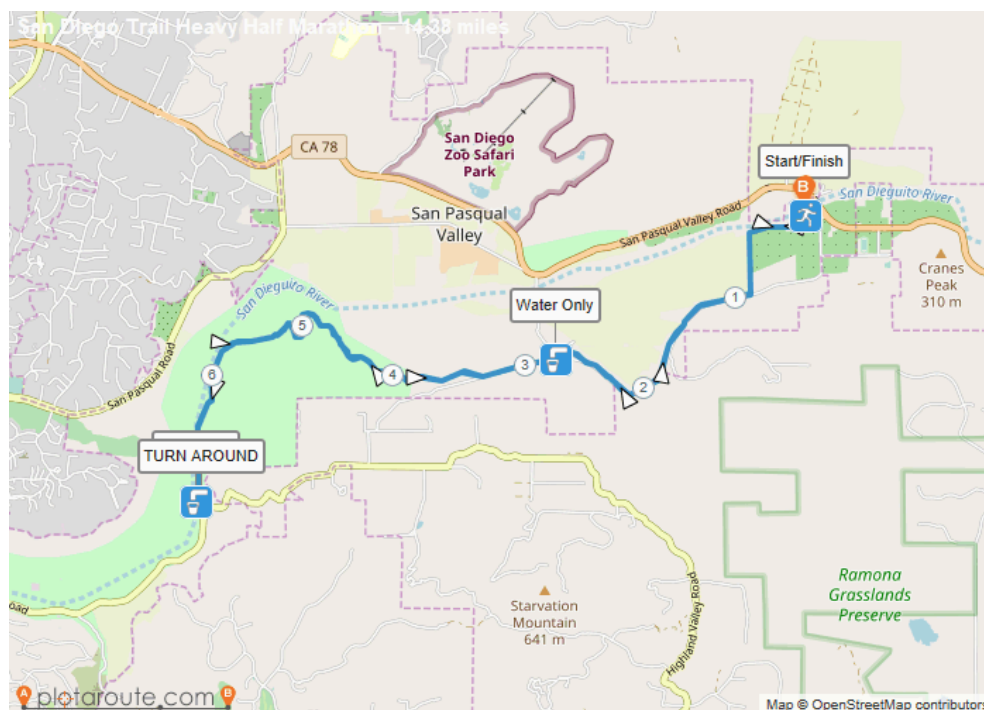


Heavy Half Marathon Course <https://www.plotaroute.com/route/1768429?units=km>

**\*Interactive Map/GPX**

**Printable Version**

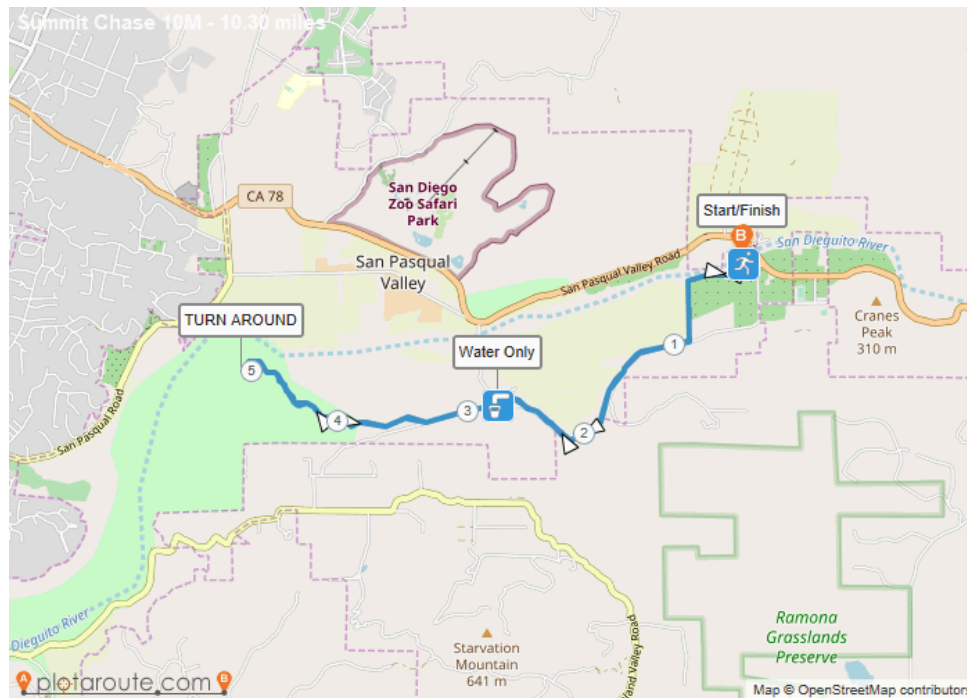
[https://drive.google.com/file/d/12s3hEEwC\\_4426TiML-w7409nLHnLJO75/view?usp=share\\_link](https://drive.google.com/file/d/12s3hEEwC_4426TiML-w7409nLHnLJO75/view?usp=share_link)



10M Course <https://www.plotaroute.com/route/2023679?units=km> \*Interactive Map/GPX

**Printable Version**

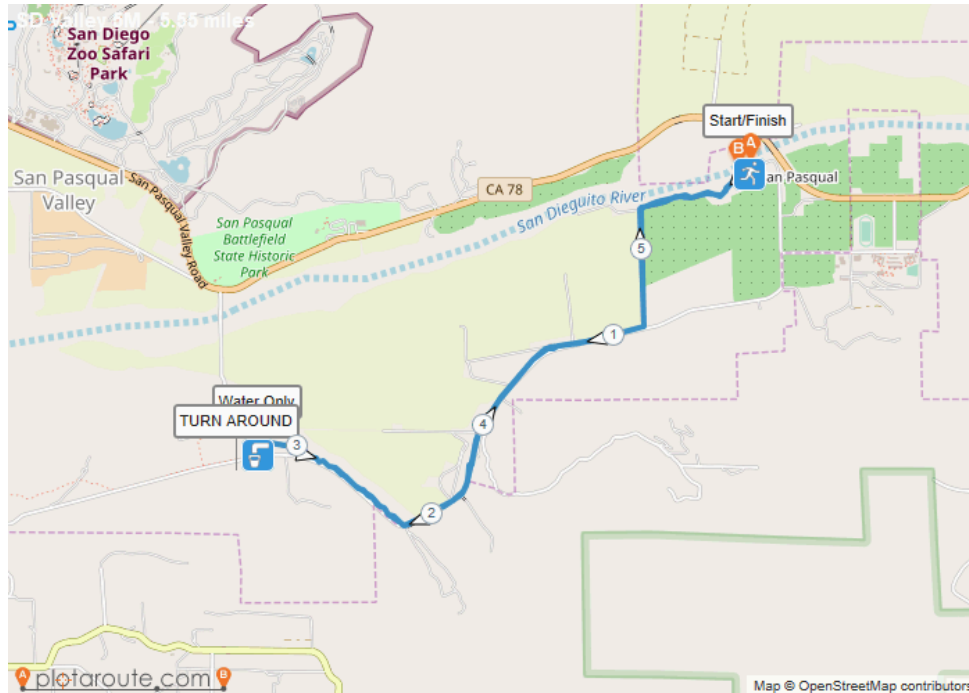
[https://drive.google.com/file/d/1H1tX8EW0ggBCd-PfuUCujZxdHv3kdzEp/view?usp=share\\_link](https://drive.google.com/file/d/1H1tX8EW0ggBCd-PfuUCujZxdHv3kdzEp/view?usp=share_link)



5M Course <https://www.plotaroute.com/route/2099248?units=km>  
\*Interactive Map/GPX

**Printable Version**

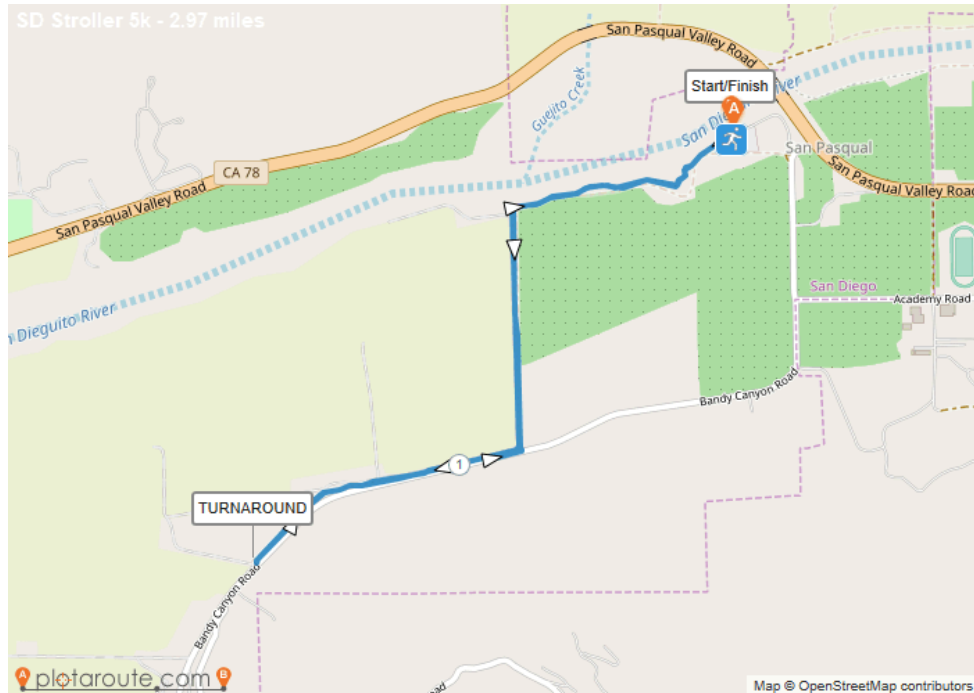
[https://drive.google.com/file/d/1ve1DQ7FnyLIYZ3wBRtRLr-jJ8VrcvQnw/view?usp=share\\_link](https://drive.google.com/file/d/1ve1DQ7FnyLIYZ3wBRtRLr-jJ8VrcvQnw/view?usp=share_link)



Stroller 5k Course <https://www.plotaroute.com/route/2477440?units=km> \*Interactive Map/GPX

**Printable Version**

[https://drive.google.com/file/d/1DTOWtaGzWFKOndQRD4ACuYgXXaXYk9vM/view?usp=drive\\_link](https://drive.google.com/file/d/1DTOWtaGzWFKOndQRD4ACuYgXXaXYk9vM/view?usp=drive_link)



## Live Tracking

### **\*Please communicate to crew:**

There is no live tracking at this event. As we wish we could invest it is quite expensive to have live tracking in a trail event. Here are a few ways that your family and friends can be a part of your journey.

### **How To Use:**

**Strava:** <https://support.strava.com/hc/en-us/articles/224357527-Strava-Beacon>

1. *Open up the app and go to start a new run.*
2. *Tap the Beacon icon in the lower right.*
3. *Pick up to three safety contacts who will receive your location.*
4. *An orange dot will indicate when Beacon is active, letting you know your contacts can see where you're going.*

### **Google Location Sharing:**

<https://support.google.com/maps/answer/7326816?hl=en&co=GENIE.Platform%3DDesktop>

1. *If you haven't already, add their Gmail address to your Google Contacts.*
2. *On your Android phone or tablet, open the Google Maps app and sign in. ...*
3. *Tap your profile picture or initial Location sharing New share .*
4. *Choose how long you want to share your location.*

***Iphone Users Find my Phone:***

***<https://support.apple.com/guide/iphone/share-your-location-iph01954dc44/ios>***

- 1. Open the Find My app and select the People tab.***
- 2. Select Share My Location or Start Sharing Location.***
- 3. Enter the name or phone number of the person you want to share your location with.***
- 4. Select Send.***
- 5. Choose to share your location for One Hour, Until End of Day, or Share Indefinitely.***
- 6. Select OK.***

## **Course Marking**

The course will be marked with colored flags that will appear about every 2 running minutes or quarter mile unless there are turns, or a different direction that you could potentially head in. There will be a different color for each of the different distances, and those colors will be explained on race day before you head out. You will also have new for this year a colored wrist band to remind you of what color ribbons to follow. There will also be signs on the course that show you which way to head at junctions, and that will direct each distance in the direction that they should head. We will do our best to mark additional options with a wrong way sign. Please make sure that even though we are marking the course that you have some idea of where you are heading. Whether you have downloaded the course map, or you have a paper one with you, as vandalism is not uncommon and we will be marking the course on Friday and hoping that regular users leave those flags alone. There will also be a course marshall at the large junction where all the different races come through to help with any confusion.

***\*Courses change year to year and will not be the same as last year, do not follow the way a course used to run.***

## **Runner Timing & Tracking**

This event will be timed at the start/finish. Event timing means that although we know who is still on the course, and whether or not they are missing, we don't know where on the course you are, or when you will be coming into the next aid station.

This means that although we know who is still on the course, and whether or not they are missing, we don't know where on the course you are, or when you will be coming into the next



aid station. If you would be so kind as to let your crew know that the volunteers do not know where their runner is, how many people have come through already, and how fast people are moving. Since we are tracking your progress through each aid station on paper it is very important that you make eye contact with, and ensure that each aid station volunteer that is working the timing station knows what your number is, and they acknowledge that they have heard you. It is also very important that if you want to leave the course for any reason that you report that you are dropping out of the race to the aid station that you are leaving from. **YOU CAN NOT LEAVE THE COURSE ANYWHERE ELSE**, you must leave from an aid station where people will know where you are.

***\*If you do not check in/out or communicate that you have dropped we will be calling your emergency contacts once the course has closed if we do not have you accounted for.***

## Pre-Race Meeting

We will be conducting a pre-race talk 5-10 minutes before the start of each distance. Please be sure to listen for important race information as things can and could have changed.

## Drop Bags

Runners in the 50 Mile ONLY are allowed to have drop bags at the designated locations. Drop bags will be allowed at the **Del Dios Aid Station** which you will see both at mile 15 and again at mile 29 and **Sunset Aid Station** which you will see both at mile 10 and again at mile 40. You are allowed to access your drop bags on both times through this aid station. There will be an area at the start line where you will place your drop bags. It is your responsibility to label them with your name, bib number, and the aid station you would like to see them at. There will be two different piles for each aid station, it is also your responsibility to make sure that your bag makes it in the right pile. The drop bags must be in their respective piles located at the Finish Line area by 5:30am or they are not guaranteed to make it out there.

- **Do NOT** use black trash bags as your drop bag, these can be confused as actual trash
- Make sure that your drop bags are of a durable material and should be waterproof to make sure that they get there in one piece and that everything stays protected
- **NO larger than 10"wide X 8"tall X 20" long and less than 20 pounds. (We reserve the right to refuse any drop bag due to size or weight.)**
- Please no ice chests or coolers
- We are not responsible for anything that is lost, stolen, or dropped out of the bags, so please make sure that there is nothing in them of significant value.
- Drop bags will return to the start finish when the **aid station has closed** and we are able to get them back from the volunteers. If you would like them back sooner you are able to go to the aid station itself and grab them, or your crew can take

them with you when you exit the station for the last time. Please have patience with us in this aspect. Drop Bags left at the Finish Line after the race has ended will **NOT** be mailed out.

## Crew/Pacers/Spectators

Crew and Spectators are allowed at all aid stations this year. We also allow for the first time one pacer for the last 7 miles of the course starting from Raptor Aid Station. Below are the minimum rules they must follow. Be aware of them as this is a condition of our permit.

### Crew & Spectator Policies

Your crew and all those that are watching or cheering you on at the race must follow all Elevation Culture Race Series Policies. We also ask that they follow these additional guidelines as well. These are to make sure that everyone stays safe, that the race is fair for everyone, and that people can still have fun. Some of these might also be in accordance with our permits.

- Crew is only allowed in designated areas.
- Crew must park in a way that follows all road signs, and the race series is not responsible for towing, or tickets associated.
- Crew must park in a way that does not interfere with regular traffic, or runner safety
- Any crew or spectator found in an area or along trails that are not marked as acceptable can risk disqualification of their runner for unfair advantages.

### Pacers

Pacers are only allowed for the 50 Miler only. All Pacers must check in at the Start/Finish Race HQ near the start/finish. There you will sign an event waiver and collect a special PACER bib. The bib must be worn visible at all times by the pacer.

**\*You will not be able to entire the course if you did not check in at the Start/Finish**

- Raptor Aid Station is the only approved Pacer starting point at mile 43.
- Pacers may not carry the runner's fuel or equipment. Each runner must be self-sufficient.
- Pacers are bound by the same race rules as runners.
- Pacers will arrange their own drop off/pick up.
- If you feel your runner will be running after dark you also must wear a headlamp.

### Pacers Parking

If you are pacing the only designated parking is at the Old Coach Staging Area parking lot. You may also get dropped off at the aid station to begin your pacing duties.

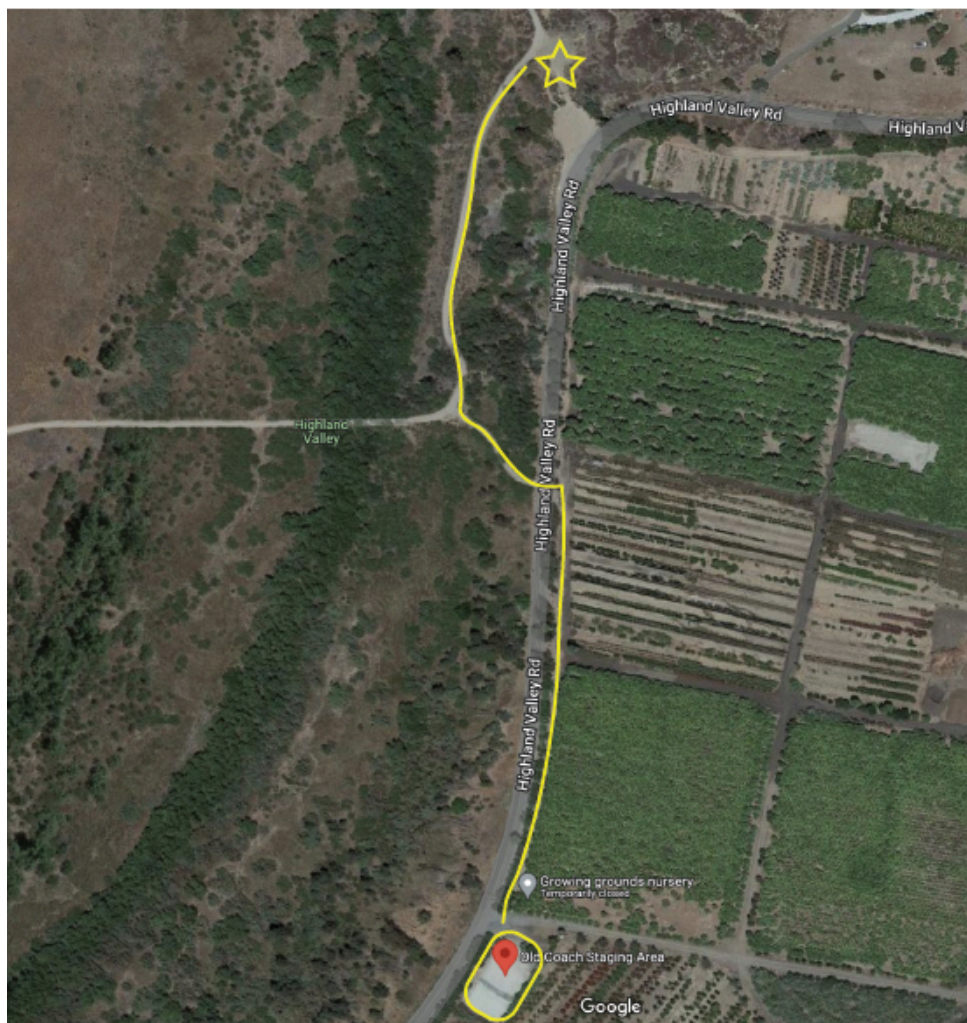
\*There is no pacer parking at the aid station parking spaces. If you park there you will be towed as there are only designated spots for volunteers.

Location: 2760710100, Escondido, CA 92025

Pin to Parking Lot: <https://goo.gl/maps/PENKmaCUdnWyBVdDA>

\*Do not walk along the road to the aid station from the parking lot. Use designated trail path and the cross walk to entire the trail.

See map below:



## Marathon Relay

Each runner will run 13.1 miles during the duration of the event.

- Piedras Aid Station is the only approved transition point.

- Runner A will run from the start/finish to Piedras Aid Station Mile 13.1 following the approved Marathon course.
- Runner B will run from Piedras Aid Station Mile 13.1 to the Finish.
- You may park your vehicle at the Piedras TrailHead for your transition.
- There is no provided drop off/pick up. You must arrange your own transportation from/to Piedras Aid Station.
- Your time is a total combined time for a Marathon Distance.

**\*Runner B does NOT need to check in at the Start/Finish prior to the start of the race. Wait for your runner at the Piedras Aid Station Transition Area.**

## Crew Directions to Aid Stations

Please abide by all traffic and local ordinances laws where posted. We are not responsible for your parked vehicle.

Pin for Start/Finish: <https://goo.gl/maps/S5aZd2RBn975oNkb8>

Pin for Ysabel Creek Aid Station: <https://maps.app.goo.gl/oxZoPmSybsyUBRgK7>

Pin for Raptor Aid Station: <https://goo.gl/maps/3PqYkGUyb4zogxeF6>

Pin for Sunset Aid Station: <https://goo.gl/maps/Hfxyd8C4ch2rqdwu7>

Pin for Del Dios Aid Station: <https://goo.gl/maps/KADuQdvEGgdn8Yfn7>

Pin for Bing Crosby Aid Station <https://goo.gl/maps/YZo852vzNq1uNAyT7>

Pin for Piedras Aid Station: <https://goo.gl/maps/Wnn3xyTu8ccTEAb57>

## Directions from Start/Finish to Ysabel Creek:

**Start/Finish:** San Pasqual Valley Staging Area, 18192 Bandy Canyon Rd, Escondido, CA 92025

**Ysabel Creek Trail Head Aid Station:** 16414 Ysabel Creek Rd, Escondido, CA 92027

5 min (2.9 miles)

via Bandy Canyon Rd

Fastest route now due to traffic conditions

▲ This route has restricted usage or private roads.

**San Pasqual Valley Staging Area**

18192 Bandy Canyon Rd, Escondido, CA 92025

↑ Head east toward Bandy Canyon Rd

▲ Restricted usage road

0.1 mi

↪ Turn right onto Bandy Canyon Rd

2.7 mi

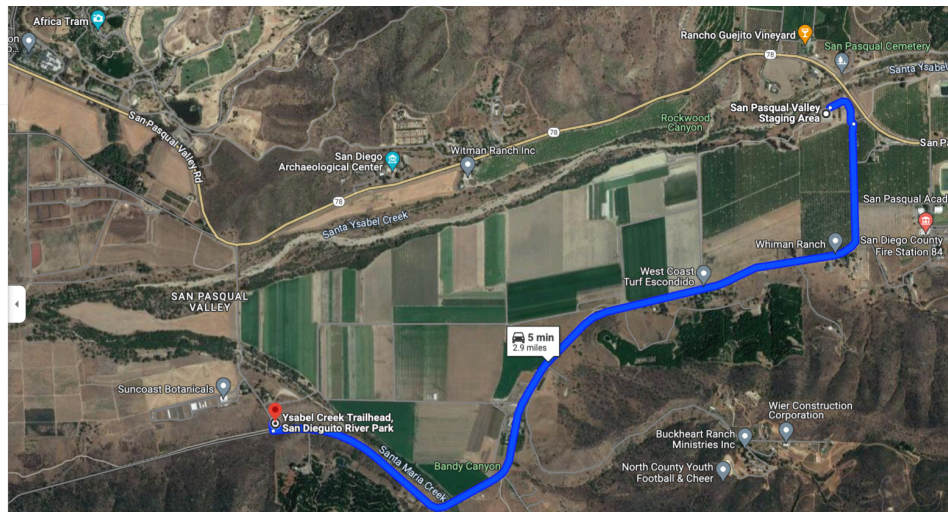
↪ Turn right onto Ysabel Creek Rd

📍 Destination will be on the right

121 ft

**Ysabel Creek Trailhead, San Diegoito River Park**

16414 Ysabel Creek Rd, Escondido, CA 92027

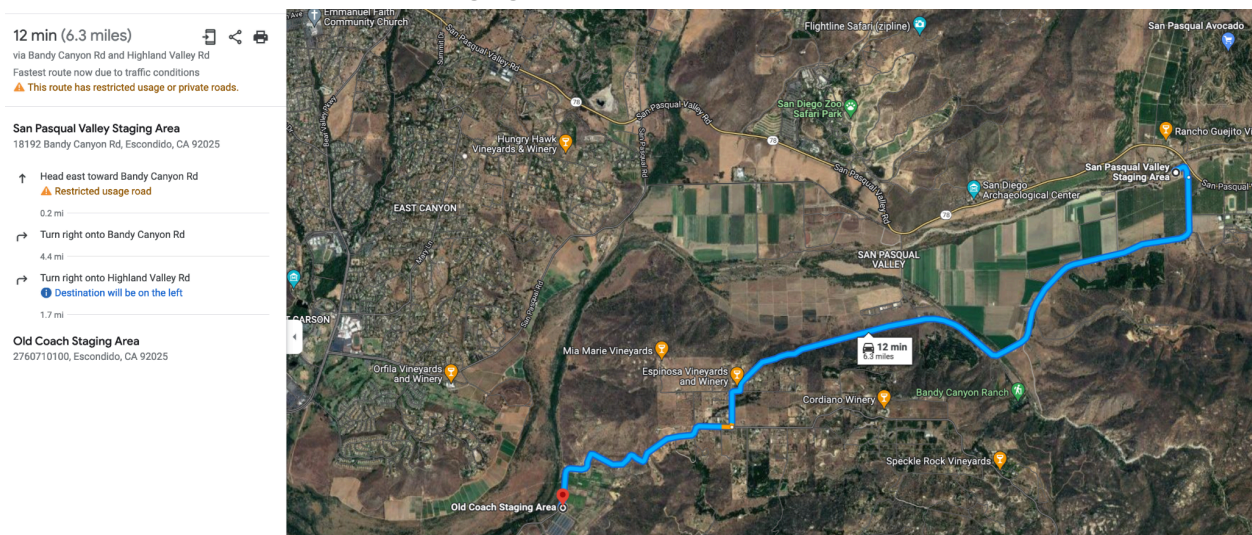




## Directions from Start/Finish to Raptor:

**Start/Finish:**San Pasqual Valley Staging Area, 18192 Bandy Canyon Rd, Escondido, CA 92025

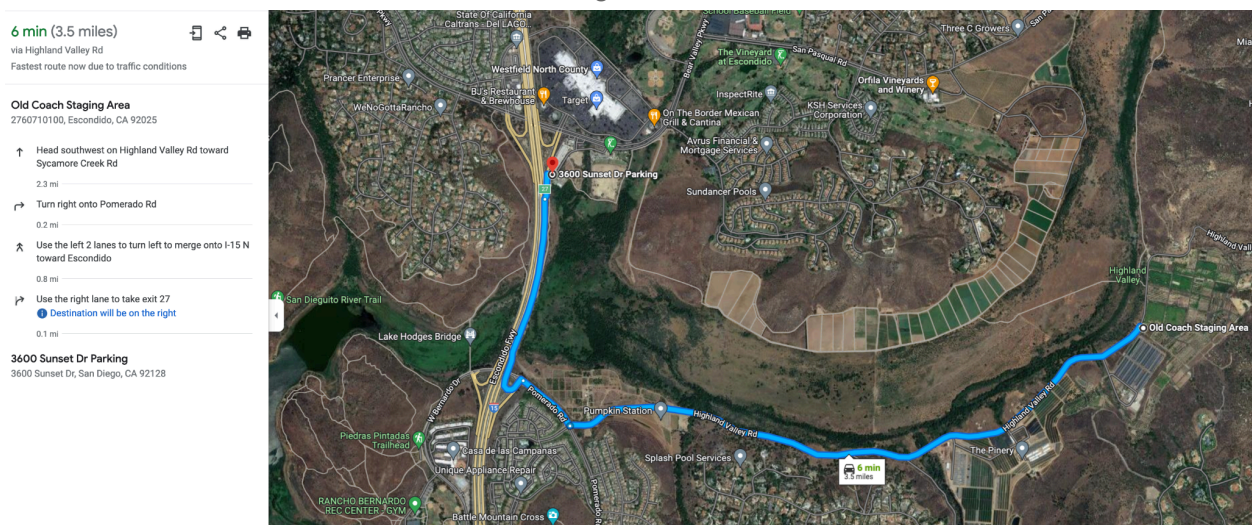
**Raptor Aid Station:** Old Coach Staging Area, 2760710100, Escondido, CA 92025



## Directions from Raptor to Sunset:

**Raptor Aid Station:** Old Coach Staging Area, 2760710100, Escondido, CA 92025

**Sunset Aid Station:**3600 Sunset Dr, San Diego, CA 92128



## Directions from Sunset to Piedras:

**Sunset Aid Station:**3600 Sunset Dr, San Diego, CA 92128

**Piedras Aid Station:** Piedras Pintadas Trailhead San Diego, CA 92127

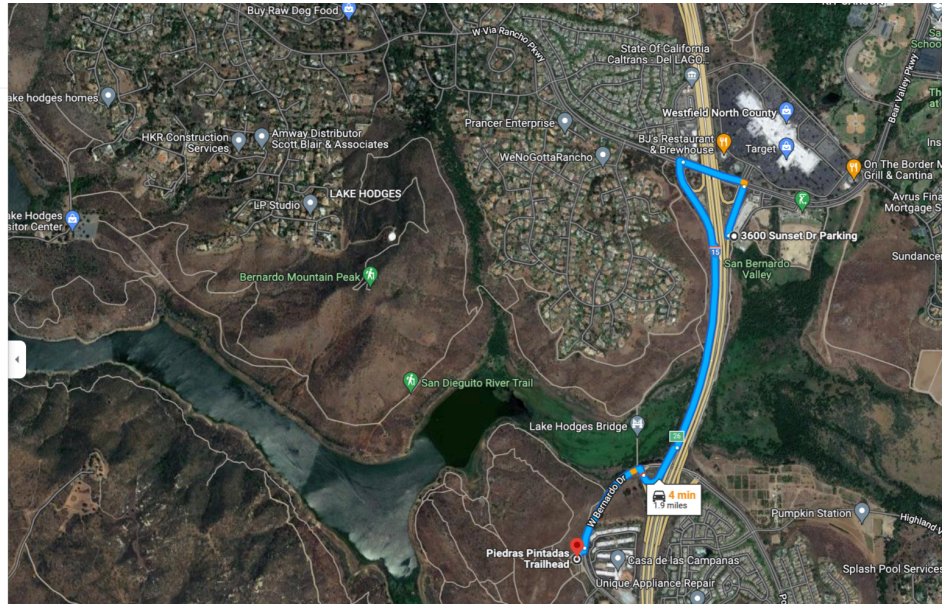


4 min (1.9 miles)  
via I-15 S  
Fastest route now due to traffic conditions

**3600 Sunset Dr Parking**  
3600 Sunset Dr, San Diego, CA 92128

- ↑ Head north toward E Via Rancho Pkwy  
0.2 mi
- ↩ Use the left 2 lanes to turn left onto E Via Rancho Pkwy  
0.2 mi
- ↗ Use the left 2 lanes to turn left to merge onto I-15 S  
1.0 mi
- ↘ Take exit 26 toward W Bernardo Dr  
0.2 mi
- ↩ Turn left onto W Bernardo Dr (signs for West Bernardo Dr)  
0.3 mi
- ↘ Turn right  
Destination will be on the right  
276 ft

**Piedras Pintadas Trailhead**  
San Diego, CA 92127



## Directions from Piedras to Del Dios:

**Piedras Aid Station:** Piedras Pintadas Trailhead San Diego, CA 92127

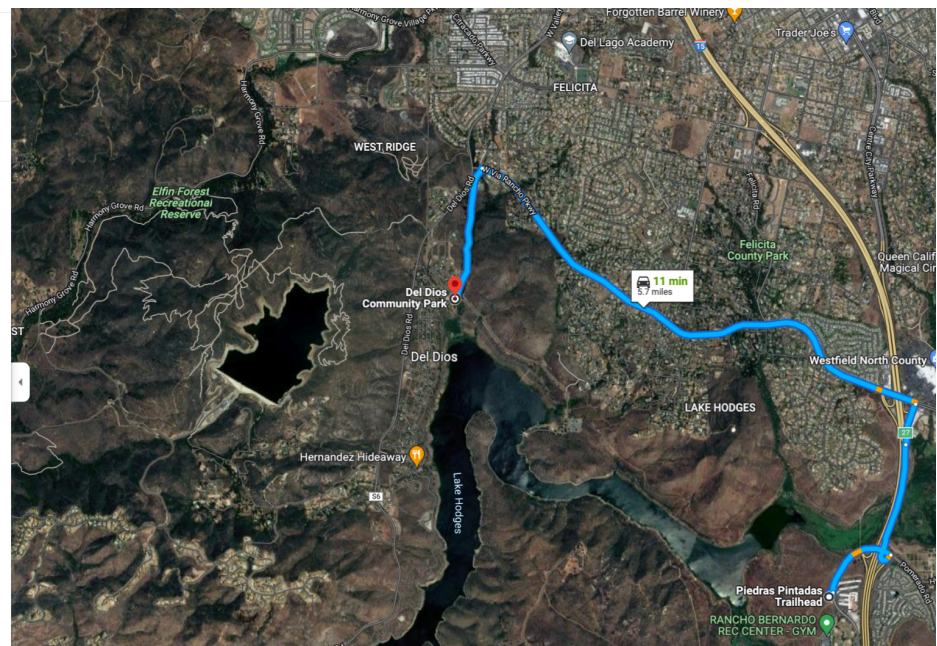
**Del Dios Aid Station:** Del Dios Community Park 20175 Lake Dr, Escondido, CA 92029

11 min (5.7 miles)  
via E Via Rancho Pkwy  
Fastest route now due to traffic conditions

**Piedras Pintadas Trailhead**  
San Diego, CA 92127

- ↑ Head north toward Lake Hodges 15  
217 ft
- ↩ Turn left onto W Bernardo Dr  
0.5 mi
- ↗ Turn right to merge onto I-15 N toward Escondido  
0.8 mi
- ↘ Use the 2nd from the right lane to take exit 27 toward E Via Rancho Pkwy  
0.3 mi
- ↩ Use the left 2 lanes to turn left onto E Via Rancho Pkwy  
3.3 mi
- ↩ Turn left onto Lake Dr  
Destination will be on the left  
0.8 mi

**Del Dios Community Park**  
20175 Lake Dr, Escondido, CA 92029



## Directions from Piedras to Bing Crosby:

**Del Dios Aid Station:** Del Dios Community Park 20175 Lake Dr, Escondido, CA 92029

**Bing Crosby Aid Station:** San Dieguito River Park - Santa Fe Valley Trail

8173 Del Dios Rd, San Diego, CA 92127

8 min (4.6 miles)

via Lake Dr and Del Dios Rd

Fastest route now due to traffic conditions

### Del Dios Community Park

20175 Lake Dr, Escondido, CA 92029

↑ Head southwest on Lake Dr toward Beech Ln

1.2 mi

↑ Continue onto Rancho Dr

0.3 mi

← Turn left onto Del Dios Rd

3.2 mi

← Turn left

▲ Restricted usage road

56 ft

### San Dieguito River Park - Santa Fe Valley Trail

8173 Del Dios Rd, San Diego, CA 92127



## Schedule of Events

**Friday January 9th, 2026:** Your Race Team will be course marking, supply checking and aid station packing

**Saturday January 10th, 2026:** Trail Runs

***Race Check-In starts 4:30am-9:00am  
(Pre-Race 10 Minutes Prior to each start)***

***National Anthem 5:50am***

***50M Race Start 6:00am***

***Marathon/Relay Race Start 7:00am***

***Heavy Half Race Start 8:00am***

***Summit Chase 10M Race Start 8:30am***

***Stroller 5k Start 8:30am***

***Valley 5M Race Start 8:30am***

***Kid's 1M Fun Run Start 9:00am***

***Award Ceremony 12:00pm***

***Course Closes 8:00pm***

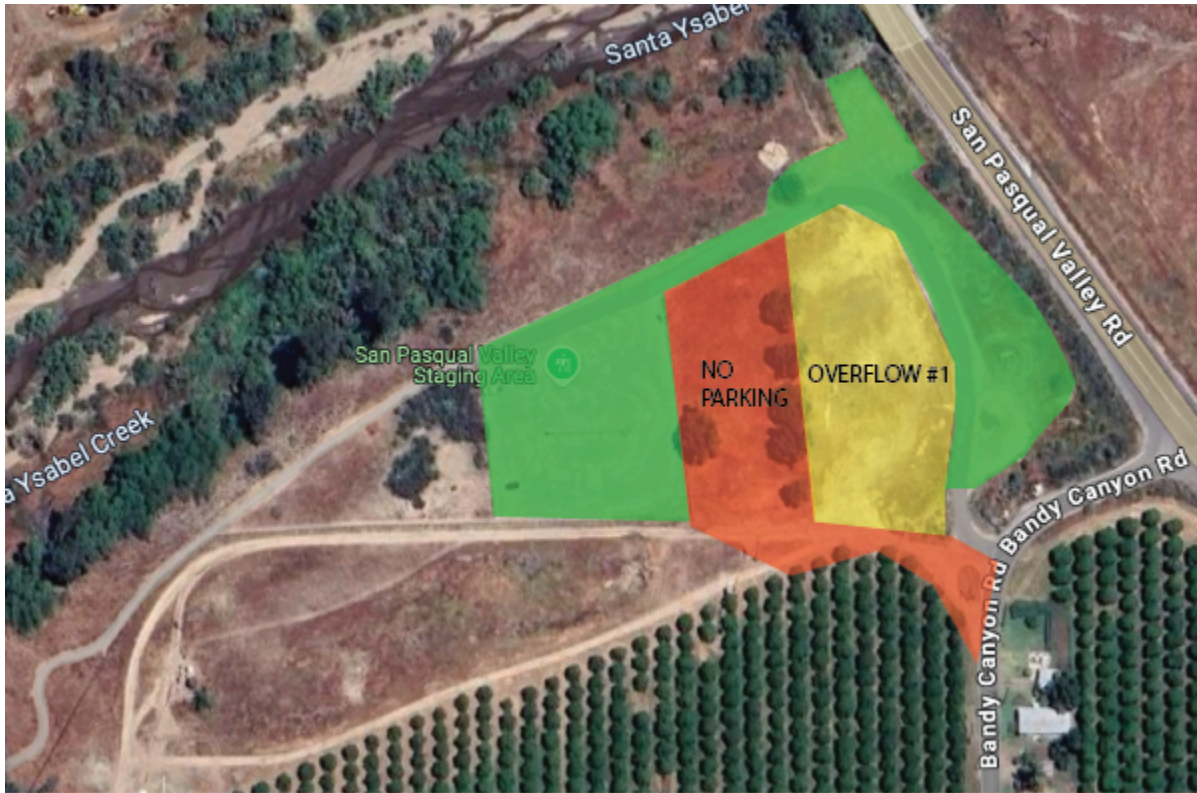


## Race Start

Race Start: <https://goo.gl/maps/joiLJ8nhRL2zmh9T>

Address: 18192 Bandy Canyon Rd, Escondido, CA 92025

**\*All distances will Start and Finish at the same location. You must start with your scheduled distance time. We will not accommodate late starts as this event is timed and tracked by distance.**



## Finish Line Experience

The race finish line will be at the same place as the start. This will also be where we have our ***Elevated Camp Finisher Experience***. At the end of your race there will be a vendor village that will be filled with our sponsors offering you free samples, giveaways, raffle prizes, and other fun. We will have snacks, water, soda at the finish line. To help you Recover this year we will have Protein Recover from our Nutrition Partner Freak Shake, Massage offered by Physical Therapies, Roll Out area with Rawlogy Cork Massage Tools, Life Pro Massage Guns, Recovery Boot tent, Ice Baths. We will also have our Series Partner Best Day Brewing providing post race Non-Alcoholic Beer. Elevation Culture will also have a race store to purchase handcrafted goods, medal hangers, shirts, long sleeves, and etc. There will also be games and activities for the whole family. We would love for you to hang out for a bit and celebrate your accomplishment.

**\*NEW Finish Line Finisher T-Shirt printing experience. Add cool art quotes to your shirt (**  
**\*BRING YOUR RACE SHIRTS, FOR THOSE THAT PICKED THEM UP EARLY! )**

## Race Day Photos

Make sure that you smile while you are out there on the course. We will have a race day photographer out there, as well as a videographer.

You will receive free race photos from the event. Our photographer will attempt to get all runners on the course.

*Please allow 5-10 days for your photos.*

## Results

This is a timed event. Results will be posted in 3-5 days after the event weekend. You will have preliminary live results on site at our Timer Booth TV Result area.

**\*PLEASE DO NOT SEND AN EMAIL ASKING WHEN RESULTS WILL BE POSTED. We are working hard to finish cleaning up the event after race day. A post race email will be sent out along with social media posts announcing the results are posted.**

Post race results will be available here:

<https://runsSignup.com/Race/Results/116123#resultSetId-364669;perpage:100>

***\*The timing company will not change your results based on any reasons. Please see the Event Director. You are responsible for managing your run and bib along the course of the event.***

## Awards

Your award ceremony will begin at 12:00 pm as long as the top 3 runners have finished for each distance.

*Awards will be given for the following places in their respective distances:*

**50M-1st, 2nd, 3rd Male and Female**

**Marathon-1st, 2nd, 3rd Male and Female**

**Heavy Half -1st, 2nd, 3rd Male and Female**

**10M-1st, 2nd, 3rd Male and Female**

**5M-1st, 2nd, 3rd Male and Female**

**Stroller 5k-(No awards for the Fun Run)**

**Kid's- (No awards for the Fun Run)**

***\*NEW Age Group Awards for 1st, 2nd, 3rd Male/Female in each age group category.***

***\*This is subject to change as race day will dictate the time. The race announcer will give reminders throughout the event.***

**\*We will not mail out any awards if you are not present. Please see our race timing tent for your placing.**

## **50/50 CHALLENGE**

If you signed up for the 50/50 Challenge and complete the San Diego 50 course. You can pick up your award at the Race HQ after you finish.

## **Post Race**

Be on the lookout for a post race email you do not want to miss. We will be sending out all your post race information including event photos, final results, and much more. This email will come through runsignup.com so be sure to check your spam folders.

# **Aid Stations**

## **Aid Stations Rules and Guidelines for Runners**

- Runners must announce their bib numbers as they come into an aid station and are responsible for making sure that race staff heard them
- All runners and crew must willingly comply with any guidelines, or rules that are set forth by the race staff or aid station volunteers
- No Crew is allowed at aid stations that are not already designated as such
- Please be polite to the aid stations volunteers, they are giving their time to help you today. And this means that you might have to wait to get served food and water until after the volunteers have made sure that all the runners are checked in on their timing sheets.
- Runner safety will be the first priority at any aid station
- If you are going to choose to leave the race for any reason, whether you are at a crew access aid station or not, you MUST tell a member of the aid station that you are no longer going to continue. Failure to do so may result in a request that you no longer attend Elevation Culture Race Series Events.

- Please note that this is a **CUPLESS** event. There will be no cups on the course or at the start/finish. So please make sure that you have a vessel to store water in, or to take soda and other liquids at the aid stations.

## Aid Station Menus

All full Aid Stations will be serving the following:

- Water
- Freak Shake Electrolytes
- GU Gels
- Pickle Juice Power
- Fruit (Watermelon, oranges, bananas)
- Salty Snacks (Chips, gold fish, pretzels, etc)
- Sweet (cookies, candy, gummies)
- Protein (Wraps, Avocado Waps, PB&J Wraps)

If you have any allergies, it would be best to be careful and make sure that you are more self-sufficient, as it will be difficult for the aid station volunteers to make sure that there is no commingling of items on the tables. If you do not find what you are looking for or train with make sure to carry your own nutrition along your journey.

**\*As a sustainable race series please assist us in re-purpose, re-use, or recycle all items you may use or bring to the event site. There will be trash cans and recycling bins at all aid stations, start, and finish line.**

## Aid Station Locations and Cut-Offs



## SD50 & TRAIL RUNS AID STATIONS

\*approximate mileage

| AID STATION                                                      | 50M   | MARATHON | MARATHON RELAY | HEAVY HALF MARATHON | SUMMIT CHASE 10M | VALLEY 5M | STROLLER 5K | DROP BAGS | CREW | PACER | CUT OFFS |
|------------------------------------------------------------------|-------|----------|----------------|---------------------|------------------|-----------|-------------|-----------|------|-------|----------|
| START                                                            |       |          |                |                     |                  |           |             | YES       | YES  | NO    |          |
| YSABEL CREEK 1<br><small>*5M TURNAROUND</small>                  | 2.7   | 2.7      | 2.7            | 2.7                 | 2.7              | 2.7       |             | NO        | YES  | NO    |          |
| RAPTOR RIDGE 1<br><small>*HEAVY HALF MARATHON TURNAROUND</small> | 7.15  | 7.15     | 7.15           | 7.15                |                  |           |             | NO        | YES  | NO    |          |
| SUNSET 1                                                         | 10    | 10       | 10             |                     |                  |           |             | YES       | YES  | NO    |          |
| DEL DIOS 1                                                       | 15    |          |                |                     |                  |           |             | YES       | YES  | NO    |          |
| BING CROSBY 1                                                    | 20    |          |                |                     |                  |           |             | NO        | YES  | NO    |          |
| BING CROSBY 2                                                    | 24    |          |                |                     |                  |           |             | NO        | YES  | NO    | 12:30 PM |
| DEL DIOS 2                                                       | 29    |          |                |                     |                  |           |             | YES       | YES  | NO    | 1:50 PM  |
| PIEDRAS<br><small>*MARATHON RELAY TRANSITION</small>             | 36.25 | 13.1     | 13.1           |                     |                  |           |             | NO        | YES  | NO    |          |
| SUNSET 2                                                         | 40    | 16.5     | 16.5           |                     |                  |           |             | YES       | YES  | NO    | 4:45 PM  |
| RAPTOR RIDGE 2                                                   | 43.15 | 19.7     | 19.7           |                     |                  |           |             | NO        | YES  | YES   | 6:30 PM  |
| YSABEL CREEK 2                                                   | 47.5  | 23.9     | 23.9           | 11.8                |                  |           |             | NO        | YES  | NO    |          |
| FINISH                                                           | 50    | 26.2     | 26.2           | 14.1                | 10.3             | 5.4       | 3.1         | YES       | YES  | NO    | 8:00 PM  |

\*PACERS ARE ONLY ALLOWED AT RAPTOR RIDGE 4 (50M ONLY)

## Cut-Off, Drops, & DNFs

No one likes to think about it, but there are times when it might be better for us to make the decision to stop running and those all range from physical to mental reasons you are unable or do not want to proceed. There are also times to either comply with our permits, or to ensure that everyone finishes safely that you will not be permitted to continue on the course because of the cut-offs times. In any of these situations, you will be recorded as a DNF (Did not Finish). We know that this is not what was intended when you started out on race day, but it happens to all of us.

### Cut-Offs

Cut-Offs are there to keep you safe and will be enforced by the event. You must be out of the aid station prior to the cut off times. Even if you are one minute late you will not be allowed to continue on. If you are found to be giving the aid station volunteers a difficult time with this or any other issues, you will be disqualified from this race. Please respect all individuals on the course, but above all, those that are volunteering their time for us, and for your experience.



**\*50 milers have 1 more hour for a total of 14 hours to complete the course. All other distances have until 8:00pm to complete their distance.**

## **DNF - Dropping**

**\*\* DO NOT LEAVE THE COURSE WITHOUT MAKING SURE THE AID STATION CAPTAIN KNOWS YOU HAVE DROPPED AND RECORDED YOU AS A DNF \*\***

If you are dropping for non-medical reasons and are at an aid station that does not have a cut-off, or crew access, we ask that you do one of a few options. Continue on to the next aid station where you may have crew, hangout at the aid station (if you don't have crew) until they are able to bring you back to start/finish, or call your crew to come and retrieve you if you are able.

If you are dropping for medical reasons, and are in need of urgent medical attention, each aid station has the ability to communicate to the proper channels and get you out of there as soon as possible.

## **Dropping from a Non-Crew Access Station**

If you are going to be dropping from an aid station that does not have crew access typically. This is not a large problem. Just be aware that once you contact your crew, and they are on their way to pick you up, there is no way that you can return to the race. Keep in mind that these are only to be used if you are in need of assistance, and that your crew is not allowed in these areas.

# **Safety**

## **Medical/First Aid**

We will have trained medical professionals at the Start/Finish only. All aid stations will be equipped with First Aid kits to assist with any minor issues you may encounter on the trails. Aid Station workers are not certified medical professionals and can not give you medical advice.

## **Lost On/Off Course**

If you become lost and unable to backtrack to where you last saw a ribbon. If you are still unable to find your way do not call 911. Call the Event Director- Eric Chrisman (559) 786-3695 and he

will guide you back on course. The only authorized person to call emergency aid is the Event Director.

## Weather

Weather can change at any moment. We do run rain or shine. Please be prepared for any weather situation as we are on trails in some hard to reach areas. No before you go and dress accordingly. We will send out projected weather updates prior to the event to better assist you.

***\*The only reason the event could stop or be canceled due to weather is if there is lightning in the area or fire. If there is lightning in the area the Event Director can make the call to gather all runners to a safe area. Aid Stations will be used as a safe place to wait out the lightning. Stay away from all metal structures and ensure you are standing on solid ground. If you are out in the middle of the trail and unable to get to proper covering do not keep running. Find any covering you can find that is not metal and wait until it is safe to continue on. If a fire was to break out in the area please get off the trail and make your way to a safe place off the trails. Our number one priority is your safety. We will do our best to reschedule the event if these situations occur.***

### RACE WEEK FORECAST

|        |         |                                                                                     |               |       |
|--------|---------|-------------------------------------------------------------------------------------|---------------|-------|
| Mon 05 | 63°/48° |  | Showers       | 💧 62% |
| Tue 06 | 63°/44° |  | Showers       | 💧 59% |
| Wed 07 | 65°/43° |  | AM Showers    | 💧 36% |
| Thu 08 | 64°/43° |  | Partly Cloudy | 💧 24% |
| Fri 09 | 66°/42° |  | Partly Cloudy | 💧 7%  |
| Sat 10 | 66°/42° |  | Partly Cloudy | 💧 8%  |

## Contact Information

Please only use our phone numbers on race day and in case of emergency. If the questions that you have can be answered in the runner manual, or in the pre race meeting, there is a low chance that we will answer on race day, or the few days leading up to them. Please do your best to make sure that you use the knowledge that has been provided for you before reaching out.

As the few days leading up to, and on race day, we will be busy ensuring that you have a great race experience.

|                       |                           |  |
|-----------------------|---------------------------|--|
| <b>Race Directors</b> | Eric Chrisman             |  |
|                       |                           |  |
| <b>Email</b>          | team@elevationculture.com |  |

## Volunteers

To make events like this a successful one, we depend on volunteers in the community to help us with things like aid stations, course marking, and the finish line. We have a very generous volunteer compensation program as well.

| Hours         | Compensation                                                                                                                                               |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0-8 hours     | 1 Free Race Entry into any Elevation Culture Race<br>50% off Elevation Culture Online Store                                                                |
| EC CREW       | 1 Free Race Entry into any Elevation Culture Race<br>50% off Elevation Culture Online Store<br>Sponsor Swag                                                |
| Key Positions | We have several key positions that are paid positions. You will receive \$50.00 a shift and all the EC CREW perks.<br><br>Email: team@elevationculture.com |

- Recruit everyone you know that is not crewing you to come be a part of our volunteer team. Family, friends, coworkers, running clubs, etc. We realize it's a lot to ask people to hang out for long hours in the elements with very little sleep but it's so rewarding to see runners reach their goals.
- Most important....be courteous and thank the volunteers. You're going to have moments during the race when you feel terrible; you're not having a good day, or worse. All we ask

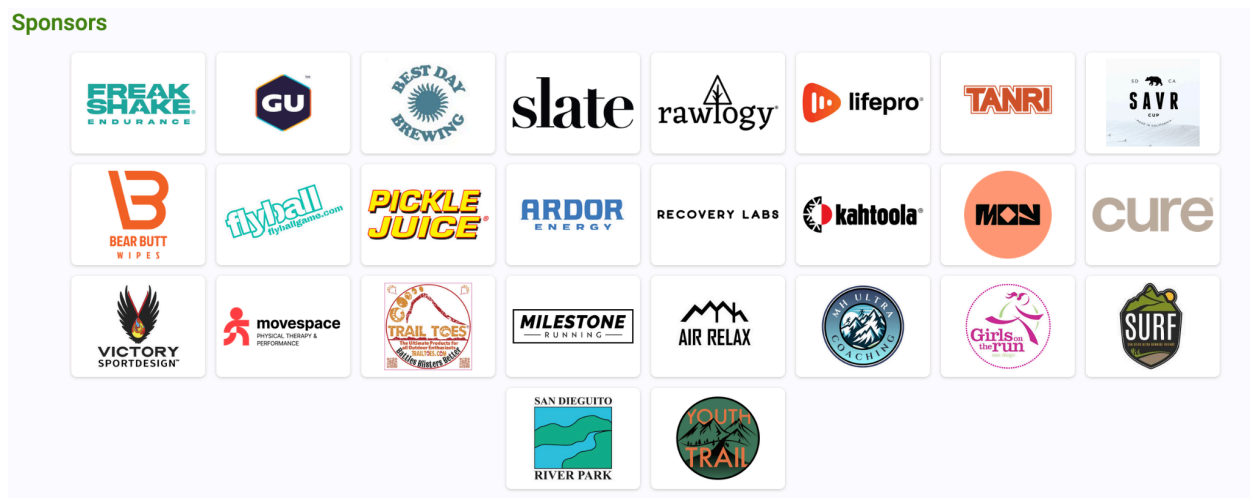
is that you not take it out on the volunteers. Most likely they won't come back if they're treated poorly and feel unappreciated.

## Sponsors

We can't thank our Race Series Partners enough. For providing swag for you on your event day, nutrition, hydration, and a great race day finisher event. Many of them also have given us discount codes for your usage for being participants of the event. Stay for our award ceremony for sponsor giveaways and other perks. Support your local community brands and shop local.

Check out the information below for what our awesome sponsors have to offer you

### Sponsors



## Sponsors Discounts

**MOY SKIN CARE- 15% CODE: ELEVATEWITHMOY**  
[CLICK HERE](#)

**CURE HYDRATION- 20% CODE:SD50**  
[CLICK HERE](#)

**RECOVERY LABS- 25% OFF CODE: ELEVATION25**

[CLICK HERE](#)

**GOODPHYTE- CODE: ElevationCulture**

[CLICK HERE](#)

**VOLTAGE LTD- 50% OFF CODE:ELEVATION50**

[CLICK HERE](#)

**ROWDEE- 20% OFF CODE:ELEVATION20**

[CLICK HERE](#)

**FLYBALL- 10% OFF CODE:LAKEHODGES**

[CLICK HERE](#)

**MH ULTRA COACHING- 20% OFF 4 MONTHS**

**Free Consultation**

[\*\*mhultracoaching@gmail.com\*\*](mailto:mhultracoaching@gmail.com)

## Finish Line Experience

After the event in addition to having our awards ceremony, we will have a hang out space that includes: games, vendors, massages, a stretch and roll out station, and free (Non-Alcoholic) Beer. We encourage you to stay around, enjoy some rest and relaxation on our vendors and cheer your fellow runners on. The finisher event will take place at the finish line in the parking lot.

## Shop

We will have Elevation Culture handcrafted goods and apparel to purchase at our Merch Tent.. Our event Partners will have products for sale including local artists.



## FAQ

**WHAT IF THE RACE GETS POSTPONED DUE TO WEATHER?** We typically see rain this time of year. If there is a storm and the Park of San Dieguito deems the trails we utilize are damaged from the rain we will be forced by the land owners to postpone the event. You are running through a watershed conservation area during the event and we can not damage the trails. If the race is postponed all runners will be automatically entered into the new date. There are no deferrals to another event or next year's event due to weather related occurrences that are out of our control.

**CAN I DROP DOWN A DISTANCE?** Yes, you can drop down in distance on race day during check in.

**CAN I PICK UP A RACE PACKET FOR A FRIEND?** Yes, you can. You do not need an ID.

**HOW LONG DO I HAVE TO COMPLETE THE COURSE?** 50 Mile runners have 14 hours to complete the 50 miles. All other distances have until 8:00pm to complete their distance.

**ARE THERE REFUNDS?** No, there are no refunds. Please refer to our Refund/Deferral Policies on our website.

**IS THIS A CUP LESS RACE?** Yes, cups will not be provided at this sustainably conscious event.

**ARE THERE DROP BAGS?** Yes, 50M only may use a drop bag only at designated locations.

**ARE THERE BATHROOMS ON COURSE?** We provide Port-a-Toilets at the Start Finish. The Park maintains several Port-a-Toilets along the trail and may be available.

**ARE THERE AWARDS?** Yes, awards will be giving out to the top 1st, 2nd, 3rd Male/Female runners in the 50M | HALF MARATHON | HEAVY HALF MARATHON | 10M | 5M. \*No awards in the Stroller 5k or Marathon Relay. \*Awards will not be mailed out

**ARE DOGS ALLOWED?** No, Pets are allowed at this event.

**ARE PACERS ALLOWED?** Yes, new to this year you can run the last 7 miles with one pacer only (50M distance)

**CAN I SIGN UP ON RACE DAY?** Yes, if other wise stated.

**WHEN WILL RESULTS BE POSTED?** Our timing company will have live results to view. Official results will be available 2-4 days post race.

**WILL RESULTS BE POSTED TO ULTRASIGNUP?** No, we can only post results to runsignup as our registration provider.

**WHEN WILL PHOTOS BE POSTED?** Race Day photos will be available for purchase 5-10 days post race.

## THANK YOU!

From the bottom of my heart I can not begin to tell you the level of appreciation I have for reach and everyone of you that have supported me and Elevation Culture. Our mission in life and Elevation Culture is to elevate the lives of our community through running and most importantly your experience means more to me than you can imagine. I hope you enjoy the day that I have worked extremely hard to provide and hope you join us for our next event and our 3 new events in 2026.

Thank you trail family and friends for your support!

*Happy Trails,*

*Eric Chrisman*

*Experience Director*