

RUN IT. HIKE IT...

# ROCK IT RACING

## Aliso & Wood Canyons 5k & 17k Course Map

17k (817 ft elevation gain)

5k (111 ft elevation gain)

-  Aid Station
-  17k Course
-  17k Mile Marker
-  5k Course
-  5k Mile Marker
-  5k Turnaround

