

ZombieRunner Quarry Lakes

Aid Stations

Aid Stations		
	Distance (mi)	Next (mi)
5K		
1. Wood Duck	2.2	0.9
2. Ensenada South Pavilion (Finish)	3.1	
10K		
1. Niles Canyon	2.8	2.1
2. Wood Duck	4.9	0.5
3. Wood Duck	5.4	0.9
4. Ensenada South Pavilion (Finish)	6.2	
Half Marathon		
1. Niles Canyon	2.8	2.1
2. Wood Duck	4.9	4.8
3. Beard Staging	9.6	2.7
4. Wood Duck	12.3	0.8
5. Ensenada South Pavilion (Finish)	13.1	
30K		
1. Niles Canyon	2.8	2.1
2. Wood Duck	4.9	4.8
3. Beard Staging	9.6	2.7
4. Wood Duck	12.3	0.8
5. Ensenada South Pavilion (Pass-through)	13.1	2.8
6. Niles Canyon	15.9	2.1
7. Wood Duck	18.0	0.8
8. Ensenada South Pavilion (Finish)	18.8	
Marathon		
1. Niles Canyon	2.8	2.1
2. Wood Duck	4.9	4.8
3. Beard Staging	9.6	2.7
4. Wood Duck	12.3	0.8
5. Ensenada South Pavilion (Pass-through)	13.1	2.7
6. Niles Canyon	15.8	2.1
7. Wood Duck	17.9	4.8
8. Beard Staging	22.7	2.7
9. Wood Duck	25.4	0.8
10. Ensenada South Pavilion (Finish)	26.2	