

Mount Disappointment Endurance Run Logistics - 25K - 2016

Station	Locations	Distance		Elev. (ft)	Elev. Gain (ft)	Elev. Loss (ft)	Cut-off Time	
		Between Points	Total Distance					
	Start (Mt. Wilson)	0.00	0.00	5650	0.0	0.0	7:00 AM	
	Kenyon Devore Trailhead	0.50	0.50	5630	0	20.0		
	Eaton Saddle	2.00	2.50	5090	0	540.0		
	Markum Saddle	0.50	3.00	5270	180.0	0		
	Upper San Gabriel Peak Trail (to Mt. Disappointment)	0.70	3.70	5515	245.0	0		
	Upper San Gabriel Peak Trail to paved road at Mt. Disappointment	0.10	3.80	5750	235.0	0		
	Paved road at Mt. Disappointment to Lower San Gabriel Peak Trail	0.30	4.10	5740	0	10.0		
	San Gabriel Peak Trail to Mt. Wilson Road	1.30	5.40	4750	0	990.0		
1	Red Box (Aid #1)	0.30	5.70	4640	0	110.0		8:30 AM
	Red Box Road to Valley Forge	2.70	8.40	3480	0	1160.0		
2	West Fork (Aid #2)	2.40	10.80	3050	0	430.0	10:00 AM	
	Westfork to Kenyon Devore (Gabrielino Tr)	1.00	11.80	3470	420.0	0		
	To Kenyon Devore (Gabrielino Trail)	0.50	12.30	3720	250.0	0		
	Kenyon Devore to Mt. Wilson Road (Trail)	3.10	15.40	5630	1910.0	0		
	Mt. Wilson Road (Trailhead) to Start Area	0.70	16.10	5650	20.0	0		
3	Start area to the Finish Line (Mt. Wilson)	0.10	16.20	5710	60.0	0	11:35 AM	
Totals =			16.20		3320.0	3260.0		

