

## 2008 Training Run INFO:

Runners and Volunteers,  
Please READ ALL OF THE FOLLOWING MESSAGE. All of the info is here...I need less e-mails, so please read thoroughly.

PRINT THE "LOOP DIRECTIONS" FOR THE LOOP YOU WISH TO RUN AND BRING A COPY TO THE TRAINING RUNS.

Runners and volunteers are both invited to run. Both runs start at 8:00AM. We meet and pre-run instructions will be at 7:30AM.

THESE RUNS ARE NON-COMPETITIVE!!!! RELAX AND HAVE FUN!!

Both runs start at Red Box Station at Mt Wilson Road & HWY #2 (Angeles Crest Highway).

Training Run #1: July 5, 2008 will be the "Strawberry Loop"  
Training Run #2: July 26, 2008 will be the "Kenyon DeVore Loop"

The training runs are non-official activities with no results. Anyone can run whatever they want, or both...your choice, but I will focus on the 15-mile segment for that day. The loops are both very close to 15 ½ miles each. There are options on other distances, which can be discussed prior to the start. Again, that is your choice.

Both loops will be marked for the training runs with ORANGE ribbon. There will be limited ribbons, but all intersections will be ribboned. If you are planning on running the entire course...it will be your responsibility to know the course. I will have some map copies.

These are just Fun Runs and/or Training runs...they are non-competitive. You should be self-contained. There will be no aid stations, but there is water at about every 5 - 7 miles. You MUST carry a water bottle (2 or MORE).

For the "Strawberry Loop" Training Run, I will put gallons of water at the top of Josephine to help with that section. FILL UP both your packs, bottles, and tummys GOOD AT CLEAR CREEK BEFORE THE CLIMB UP JOSEPHINE!! Use just enough water to get thru the next 7.3 mile section. LEAVE some of the water up there for others!!!

I will NOT put water at the top of Josephine for Training Run #2 (the "Kenyon DeVore Loop").

### Useful Course Water Info:

- 1) Red Box: Go over by the wood and stone buildings/structures. There is a stone fountain with a faucet on the side.
- 2) Clear Creek (junction of HWY #2 and Angeles Forest HWY): On the west side of the little USFS building there is a fountain. ALWAYS fill your bottles and stomachs/tummys BEFORE doing the Strawberry Loop. It is 10.5 miles from Clear Creek to Red Box with two long climbs.
- 3) Westfork: When you first get to Westfork, turn immediately to the right and start up the Gabrielino Trail to get to the Kenyon DeVore Trail. You will see a large round concrete water holding tank. To the left of the tank and spilling into the creek (go to where you hear the water running) is the overflow pipe...it flows year round. As always, avoid any Poison Oak if you wander off trail in any forest.

4) Mt Wilson summit: At the parking lot there is a brown metal trash dispenser. Within 25 feet from the back of it and along the stone wall is a faucet. There are also varying fountains up on the top and at the observatory. These fountains and spigots may be shut off during the winter months.

50-Mile People: There is no training run plan on this segment. If you decide to add this to some part of your Kenyon Devore Loop training, there is NO WATER on this loop except at Westfork. However, you could park or have some water placed at Shortcut Saddle (along HWY #2) to have as you did this segment. The added 50-mile segment is a long and tuff loop (about 19 miles). USE CAUTION AND PLAN AHEAD!!!

**We always need volunteers on Race day. Anyone interested in helping or knowing someone who can help, PLEASE have them or you contact me!**

Some insects seem to bother people, so you should be prepared.

Poison oak exists in the forest. Please take any necessary precautions.

Be prepared for hot weather (in case you haven't come out of the Air Conditioning lately).

Everyone should try to car-pool. Meeting at HWY #2 and 210 FWY, and then driving to Red Box is encouraged. There is a parking fee at Red Box. Forest Passes can be purchased at REI. I will have some one-day passes (\$5.00) with me.

Finally, don't be discouraged by your results or expectations after a training run. For some of you, this is your first ultra and or mountain/adventure type of run. There is plenty of time on race day to finish (11 hours). My advice is to walk the uphill, then run the parts you feel you should run, and KEEP drinking fluids. This is a very scenic and beautiful, but challenging course. Be smart, keep hydrating, be patient, and you will be VERY happy with your results. We want you to have a GREAT San Gabriel Mountain experience.

Gary Hilliard, Race Director

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