



### 2009 Training Run Loop Description

- Print this description and bring it with you for the Training Run. Put it into a plastic baggie so it stays dry for your Training Run.
- We will meet at the Mt Wilson Parking lot and have verbal instructions at 7:15 a.m. on Saturday, July 25, 2009. The Training Run will begin at 7:30 a.m.
- Safety is the primary concern of our event. Please wait for the run instructions before you start the Training Run.
- When you leave, run out of the parking lot on the right side of the road past the big antennas.
- You will continue on Mt Wilson Road and go down the mountain for 2.5 miles. ALWAYS STAY ON THE RIGHT SIDE OF THIS ROAD WHEN GOING DOWN THE PAVED MOUNTAIN ROAD!! The rocks fall off the left side and cars cannot see you if you are on the left side of Mt Wilson Road. You will be safe on the Right Side!!
- Follow Mt Wilson Road all the way to Red Box (5+ miles).
- The normal route thru the Mueller Tunnel is closed because of a bad slide. I have applied for a 1 Day Special Use permit for Raceday. I am still waiting on the USFS decision, but for the Training Run the tunnel is closed to ALL forest users.
- OK, so you got to Red Box! Good Job so far! Get water over by the wooden structures at the stone fountain. There is a spigot on the side of the stone fountain.
- After getting water, leave Red Box going down the stone stairs (by the outdoor toilets). Get on the trail to the left when you get to the bottom of the stone stairs.
- Once you are on the trail, follow the trail for about 0.75 mile.

- When you get to the dirt fire road, go straight. Do not go on the trail on the other side of the road and do not go up the hill on the road.
- Follow the road for 4.5 miles. At Valley Forge you will hit a short paved section, continue on the road. Go past Valley Forge. Do not go into Valley Forge. There is NO water there.
- Follow the road all the way to Westfork Camp. Just as you enter the Westfork Campsite Area TURN RIGHT. If you go all the way to the outhouse, you went too far.
- You need to connect to the Gabrielino Trail.
- ONCE ON THE GABRIELINO TRAIL, YOU NEED TO GET WATER!!!! You will see a large round concrete water holding tank. To the left of the tank and spilling into the creek is the overflow pipe...it flows year round. Go to where you hear the water running and fill up your bottles!!!!
- Take the trail for about 1 mile. When you get to the next fork of trails, go up the hill towards Mt. Wilson.
- Follow this trail for another mile or so. When you come to a small clearing were there are some logs and trees cut, go up the Kenyon Devore Trail to the left. Someone has stolen the trail marker. **Pay attention, Kenyon DeVore Trail is very easy to miss.** We will try to monitor the trail intersection with some ribbon.
- You will follow this trail all the way to the top.
- On the way up the mountain, and when you get to the waterfall/creek crossing, FOR YOUR SAFETY, HOLD ON TO THE NEW CHAIN THAT CROSSES THE CREEK!!
- Follow the trail all the way up the mountain until you get within 50 feet of the road at the top, there is a trail to the left. Take the trail to the left. Follow the trail to the end.
- The trail will take you all the way to the Mt. Wilson parking lot. When you come out of the trail onto the parking lot, look straight at the stone wall. There is a water spigot. Get a drink...your run is over...you did good=)