

## **TRAINING RUN INFO > SATURDAY, JULY 25, 2009:**

Runners and Volunteers,

Please READ THE ENTIRE FOLLOWING MESSAGE. All of the info is here...so please read thoroughly before e-mailing.

PRINT A COPY OF THE "TRAINING RUN DIRECTIONS" AND BRING IT WITH YOU TO THE TRAINING RUN.

Runners and volunteers are both invited to run.

### **Time to Meet – 2009:**

We meet at the top of Mt. Wilson for the 2009 Training Run at 7:00 AM.

We will have pre-run instructions at 7:15 AM.

The Training Run starts at 7:30 AM.

THE TRAINING RUN IS NON-COMPETITIVE!!!! SO RELAX AND HAVE FUN!!

### **Training Run – 2009:**

1. This year's run for July 25<sup>th</sup> will start at the top of Mt Wilson. We will run on Mt Wilson Road to Red Box Station (about 5 miles). We have to run on the road, because the Mueller Tunnel is closed to ALL forest users. I have applied for a One-Day Special Use Permit for Raceday, which I am now waiting on a reply from the Forest Service. There is water at Red Box (see water instructions below).
2. Once we get to Red Box we will run on the trail from Red Box to the Westfork Fire-road. Leave Red Box via the stone stairs in the East Parking Lot. We will follow the trail to the dirt road and then all the way on the dirt road to Westfork (approximately 5 + miles). I am thinking about an aid station at Westfork, but you should be self-contained just in case there is no aid. There is water at Westfork (see water instructions below).
3. We will leave Westfork and follow the same trail as the race course– the Gabrielino Trail to Kenyon DeVore trail. You will follow Kenyon DeVore up the mountain to the Finish at Mt Wilson (5 + miles).

### **Directions to the Training Run:**

The Training Run starts behind the big black iron gate in the Parking Lot at the top of Mt Wilson. Turn RIGHT onto Mt Wilson Road at Red Box Station from Highway #2. Follow Mt. Wilson Road all the way to the top of Mt. Wilson from Highway #2.

The training run is a non-official activity with no results. Anyone can run whatever they want. I am just trying to help runners get familiar with some of the course. It is not easy scheduling and offering free Training Runs, so we hope you enjoy the day. The training loop is 15 - 16 miles.

The loop 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, but you should print a course map from the website.

These are just Fun Runs and/or Training runs...they are non-competitive. You must be self-contained. Be prepared for NO aid stations, but there is water at about every 5 - 7 miles. You MUST carry a water bottle (2 or MORE IS SUGGESTED).

### **If you are training on your own and on the course, here are some Useful Water Locations:**

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 (at the 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. You need to fill up good at Clear Creek when doing the Strawberry loop!!!

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.

Water Note for 50-Mile People:

There is not a training run staged for the additional 19-mile segment. If you decide to add this segment to some part of your training, there is NO WATER on this loop except at Westfork. However, you could park or have some water hidden at Shortcut Saddle (along HWY #2). The added 19-mile segment of the 50-mile course is a long and tuff loop. 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!**

**Safety Notes:**

1. Some insects seem to bother people, so you should be prepared. Have and use the necessary repellent that works for you.
2. Poison oak exists in the forest. Please take any necessary precautions.
3. Be prepared for hot weather (in case you haven't come out of the Air Conditioning lately).
4. Carry band-aids or blister kits if you blister.

**Carpooling:**

Everyone should try to car-pool. Meeting your friends at the bottom of HWY #2 at the 210 FWY, and then driving to Red Box is needed and encouraged. There is a parking fee everywhere in the Angeles Forest. Forest Passes can be purchased at REI. I will have some one-day passes (\$5.00) with me on Training Run Day.

Seriously, we really need people to carpool at both the Training Run and on Race Day. Please plan ahead...We really need your help on this...So *PLEASE* find someone to ride with and let's all carpool!!

Finally, don't be discouraged by your results or expectations after any 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 up-hills, and then run the parts you feel you should run, and KEEP drinking fluids. This is a very scenic and beautiful, but challenging course. If you run smart, keep hydrating, and be patient, 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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