

Mount Disappointment Endurance Run 50K

Locations	Distance Between Points	Cummulative Distance	Elevation (ft)	Elevation Gain (ft)	Elevation Loss (ft)
Start (Mt. Wilson)	0.0	0.0	5650	0	0
Kenyon Devore Trailhead	0.5	0.5	5630	0	20
Eaton Saddle	2.0	2.5	5090	0	540
Markum Saddle	0.5	3.0	5270	180	0
Mt Disappointment Trail	0.8	3.8	5515	245	0
Begin Lower Mt D. Trailhead	0.2	4.0	5750	235	0
Mt Wilson Road	1.3	5.3	4750	0	1000
Red Box (Aid #1)	0.4	5.7	4640	0	110
Switzer (Gabrielino Trail)	4.2	9.9	3300	0	1340
Clear Creek Trailhead (Paved Road)	0.4	10.3	3500	200	0
Clear Creek (Aid #2)	0.5	10.8	3650	150	0
2N64 Fire Road	0.2	11.0	3640	0	10
End 2N64 (Water Only Aid)	2.4	13.4	4890	1250	0
Josephine Saddle (Colby CYN Trail)	0.5	13.9	4840	0	50
Colby Canyon Trail to Strawberry TR	3.2	17.1	4460	0	380
Strawberry Trail to Lawlor Saddle	1.8	18.9	5200	740	0
Mt. Lawlor Saddle to Red Box (Aid #3)	2.3	21.2	4640	0	560
Gabrielino Trail to Red Box Road	0.7	21.9	4160	0	480
Valley Forge	2.0	23.9	3480	0	680
West Fork (Aid #4)	2.3	26.2	3050	0	430
To Kenyon Devore (Gabrielino)	1.0	27.2	3470	420	0
To Kenyon Devore (Gabrielino)	0.5	27.7	3720	250	0
Kenyon Devore to Mt. Wilson	3.1	30.8	5630	1910	0
Finish (Mt. Wilson)	0.7	31.5	5650	20	0
Totals =		31.5		5600	5600

