

Mount Disappointment 33-Mile Endurance Race Logistics

Locations	Distance		Elevation (ft)	Elevation Gain (ft)	Elevation Loss (ft)
	Between Points	Cummulative Distance			
Start (Mt. Wilson)	0.00	0.00	5650	0.0	0.0
Kenyon Devore Trailhead	0.50	0.50	5630	0	20.0
Eaton Saddle - Top of Valley Forge Trail	2.00	2.50	5090	0	540.0
Bottom of Valley Forge Trail @ Gabrielino Trail	2.70	5.20	3480	0	1610.0
Gabrielino Trail at Red Box/Westfork Fireroad					
2011 Red Box Aid Station (Aid #1)	1.60	6.80	4160	680.0	0
Valley Forge	2.00	8.80	3480	0	680.0
West Fork (Aid #2)	2.30	11.10	3050	0	430.0
Westfork to Newcomb Saddle (Aid #3)	3.80	14.90	4015	965.0	0
Newcomb Saddle to Fireroad Gate	0.50	15.40	3970	0	45.0
Fireroad Saddle to San Gabriel River	3.00	18.40	2800	0	1170.0
Rincon Road (Clif Bar and Water only) (Aid #4)	3.65	22.05	4050	1250.0	0
Shortcut (Aid #5) (Crew Access)	2.00	24.05	4750	700.0	0
Shortcut to Silver Mocassin Trail Head	0.50	24.55	4640	0	110.0
Siver Moccasin Trail to Westfork (Aid #6)	3.30	27.85	3050	0	1590.0
Westfork to Kenyon Devore (Gabrielino Trail)	1.00	28.85	3470	420.0	0
To Kenyon Devore (Gabrielino Trail)	0.50	29.35	3720	250.0	0
Kenyon Devore to Mt. Wilson	3.10	32.45	5630	1910.0	0
Mt. Wilson Parking Lot	0.45	32.90	5650	20.0	0
Mt Wilson Summit Finish (Aid #7)	0.20	33.10	5710	60.0	0
Totals =		33.10		6195.0	6195.0

