

Mount Disappointment Endurance Run Logistics - 50K - 2016

Station	Locations	Distance Between Points	Total Distance	Elev. (ft)	Elev. Gain (ft)	Elev. Loss (ft)	Cut-off
	Start (Mt. Wilson)	0.00	0.00	5650	0.0	0.0	7:00 AM
	Kenyon Devore Trailhead	0.50	0.50	5630	0	20.0	
	Eaton Saddle	2.00	2.50	5090	0	540.0	
	Markum Saddle	0.50	3.00	5270	180.0	0	
	Upper San Gabriel Peak Trail (to Mt. Disappointment)	0.70	3.70	5515	245.0	0	
	Upper San Gabriel Peak Trail to paved road at Mt. Disappointment	0.10	3.80	5750	235.0	0	
	Paved road at Mt. Disappointment to Lower San Gabriel Peak Trail	0.30	4.10	5740	0	10.0	
	San Gabriel Peak Trail to Mt. Wilson Road	1.30	5.40	4750	0	990.0	
1	Red Box (Aid #1)	0.30	5.70	4640	0	110.0	8:30 AM
	To Switzer Campground (Gabrielino Trail)	4.20	9.90	3300	0	1340.0	
	To Clear Creek Trailhead (on Paved Road)	0.40	10.30	3500	200.0	0	
2	Clear Creek (Aid #2)	0.50	10.80	3650	150.0	0	10:05 AM
	2N64 Fire Road (Josephine Fire Road)	0.10	10.90	3645	0	5.0	
3	Josephine Saddle (Aid #3)	2.40	13.30	4890	1245.0	0	10:55 AM
	Josephine Saddle to Colby CYN Trail	0.50	13.80	4840	0	50.0	
	Colby Canyon Trail to Strawberry TR	3.20	17.00	4460	0	380.0	
	Strawberry Trail to Lawlor Saddle	1.80	18.80	5200	740.0	0	
4	Mt. Lawlor Saddle to Red Box (Aid #4)	2.30	21.10	4640	0	560.0	1:10 PM
	Red Box Road to Valley Forge	2.70	23.80	3480	0	1160.0	
5	West Fork (Aid #5)	2.40	26.20	3050	0	430.0	2:50 PM
	Westfork to Kenyon Devore (Gabrielino Tr)	1.00	27.20	3470	420.0	0	
	To Kenyon Devore (Gabrielino Trail)	0.50	27.70	3720	250.0	0	
	Kenyon Devore to Mt. Wilson Road (Trail)	3.10	30.80	5630	1910.0	0	
	Mt. Wilson Road (Trailhead) to Start Area	0.70	31.50	5650	20.0	0	
6	Start area to the Finish Line (Mt. Wilson)	0.10	31.60	5710	60.0	0	5:00 PM
Totals =			31.60		5655.0	5595.0	

