

2007 AC100 Training Runs -Trail Work Schedule (Check AC100.com for any changes)

April 28, 7:00AM (Saturday): Trail Work:

- Meet at Hahamongna Park-Ball Diamond (see directions below) at 7:00AM.
- Carpool to work site.
- Trail work will be on the Manzanita Ridge Bypass, Wintercreek trail.

April 29, 7:00AM (Sunday): Training Run:

- Meet at Chantry Flats Parking Lot 7:00 AM:
- Carpool to Chilao Flats Ckpoint (Start together please)
- Run 22 miles from Chilao Flats ckpoint to Chantry Flats Parking Lot.

May 19, 7:00AM (Saturday): Trail Work:

- Meet at Hahamongna Park-Ball Diamond at 7:00AM.
- Carpool to work site
- Trail Work on Idlehour Trail West Side. (High clearance vehicles only, Mt. Lowe Fire Road)

May 20, 7:00AM (Sunday): Training Run

- Meet at Chilao Flats Visitors Center at 7:00AM,
- Carpool to Islip Saddle. (Start together please.)
- Run 27 miles from Islip Saddle to Chilao Flats Visitor Center.
- Water/Aid at normal Checkpoints between Islip and Chilao Flats.
- Advise rain protection gear (trash bag adequate).

Hal Winton AC100 Co-RD and Training Runs/Trail Work Coord. Not available May 21-29, June 18-July 21 and Aug 22-Aug 31, 2007.

June 16, 7:00AM (Saturday): Trail Work

- Meet at Hahamongna Park-Ball Diamond at 7:00AM
- Trail Work, Idlehour Trail East Side (High Clearance Vehicles Only, Mt Wilson Toll Road top end, to Idlehour Ckpoint)

July 21, 6:00 PM (Saturday): Training Run Flashlite run to the finish area. (This training run will not have aid during the run):

- Meet at the "dirt parking lot" on Windsor above Johnson's Field at 6:00PM
- Carpool to Chantry Flats, need carpool drivers, no cars left at Chantry Flats. (Start together after a short briefing please.)
- Run 26 miles from Chantry Flats to dirt parking lot on Windsor.
- **Must be completely self-contained:**
 - **Water accessibility at Chantry Flats & Millard Campground (private residence hose bib).**
Idlehour Side Stream before Main crossing (Purification tablets).

Aug 18, 7:00AM (Saturday) Trail Work:

- Meet at Hahamongna Park-Ball Diamond at 7:00AM
- Carpool to work site (High Clearance Vehicles Only).
- Trail work will be on the Gabrielino Trail below Newcomb Saddle.

August 19, 8:00AM (Sunday) Training Run

- Meet at Islip Saddle at 8:00AM.
- Out and back from Islip Saddle over Mt. Baden Powell, 24 miles to Vincent Gap and back, 18 to peak and back)
- Water, some aid (more than likely) at Vincent Gap Ckpoint, In a pinch Lamel & Little Jimmy Springs & purification tablets.
- Advise rain protection gear (trash bag adequate).

Directions to Hahamongna Park-Ball Diamond just outside the location previously known as Oak Grove Ranger Station

- Exit at 210 Freeway at Berkshire/Oak Grove Dr. off ramp (in La Canada) to Oak Grove Dr.
- Go North past La Canada High School to Foothill Blvd.
- Turn right at Hahamongna Park sign one block and make left turn downhill then right at bottom to the parking lot behind the Ball Diamond.

General Procedure at all Training Runs and Work Days.

- Sign in and provide emergency phone number on both Training Runs and Work Days
- Bring blank Trail Work Certification Form (Available at AC100 web site)
- Contact Hal Winton at: (310) 534-1704 (return phone calls will be made collect) or
- Contact Hal at: e-mail at [harold1winton \[winton4jesus@juno.com\]](mailto:harold1winton[winton4jesus@juno.com]) or
- Contact Hal by mail at: Hal Winton, 24409 S. Meyler, Harbor City, CA 90710
- Purchase (Sports Chalet, REI, Shell gas etc) and display your Adventure Pass. Required when parking on the forest, except on designated days.
- Adventure Pass is not required at Hahamongna Park public parking lots or at Wrightwood Community Center
- Adventure Pass is required to park at Chilao & Chantry Flats, Islip Saddle, Eagles Roost and most other areas within the forest.