

## 2009 AC100 Training Runs -Trail Work Schedule (Check AC100.com for any changes)

**Revised 3-14-09**

### April 25, 7:00AM (Saturday): Trail Work:

- Meet at Hahamongna Park-Ball Diamond (see directions below) at 7:00AM.
- Carpool to work site. (Trucks, SUVs, 4WDs on Mt Wilson Rd . to Harvard Saddle parking).
- Trail work will be on the Manzanita Ridge Bypass, Wintercreek trail.

### April 26, 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 to Chantry Flats Parking Lot

Hal Winton AC100 Co-RD and Training Runs/Trail Work Coord. Not available July 1 - Aug 8, 2009.

### May 30, 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)

### June 27, 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)

### June 28, 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).

### ~~July 18,~~ **June 20** 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 Loma Alta Park parking lot 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 Loma Alta Park.
- **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 29, 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 30, 8:00AM (Sunday) Training Run

- Meet at Islip Saddle at 8:00AM. Carpool to Wrightwood Community Center, if Hwy 2 is open (most likely).
- If not, 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
- No Trail Work Certification Form needed for those who sign in on sign in sheet.
- 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@juno.com)or
- **Send all Trail Maintenance Certification to 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 a very few 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.