

## Angeles National Forest Trail Race Logistics (50K)

Station	Locations	Distance Between Points	Total Distance	Elev. (ft)	Elev. Gain (ft)	Elev. Loss (ft)	First Run'r Estimate	Cut-off
	<a href="#">Start (Mt. Wilson)</a>	0.00	0.00	5650	0.0	0.0	7:00 AM	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		
	Lower San Gabriel Peak Trail to Mt. Wilson Road	1.30	5.40	4750	0	990.0		
1	<a href="#">Red Box (Aid #1)</a>	0.30	5.70	4640	0	110.0	7:45 AM	8:45 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	<a href="#">Clear Creek (Aid #2)</a>	0.50	10.80	3650	150.0	0	8:30 AM	10:00 AM
	2N64 Fire Road (Josephine Fire Road)	0.10	10.90	3645	0	5.0		
3	<a href="#">Josephine Saddle (Aid #3)</a>	2.40	13.30	4890	1245.0	0	8:50 AM	11:00 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 <a href="#">Red Box (Aid #4)</a>	2.30	21.10	4640	0	560.0	10:00 AM	1:20 PM
	Red Box Road to Valley Forge	2.70	23.80	3480	0	1160.0		
5	<a href="#">West Fork (Aid #5)</a>	2.40	26.20	3050	0	430.0	10:40 AM	3:05 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 <a href="#">Finish Line (Mt. Wilson)</a>	0.10	31.60	5710	60.0	0	11:30 AM	5:00 PM
Totals =			31.60		5655.0	5595.0		

