

# *Angeles Crest* 100 MILE ENDURANCE RUN



2024 RACE GUIDE



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## WELCOME, RUNNER

The Angeles Crest 100 Mile Endurance Run has been run 33 times, and every iteration of the course has pushed competitors to their limits. From the front of the pack to the back, no runner has arrived at the finish without dealing with their fair share of hardship. The same could be said for our mountains, as well. Ongoing trail and road issues from the 2020 Bobcat Fire have kept us from our historic point-to-point course, but the 2024 reroute will get us back to our finish line in Altadena, along a beautiful course through the San Gabriel high country and rugged front country.

The aim of this book is to help racers achieve their best performance on the course, and we've tried to provide all the information to plan a successful race. We've added sections with recommended pacing and race management to help share lessons learned for new runners, but the most valuable information for runners is always found on training runs where lessons in ultrarunning are empirically proven to oneself. Good old-fashioned hard training is ultimately the greatest source of information and development for race day.

The race is much more than just 33 hours of running, and we implore all runners to enjoy the journey in training and preparation for race day. The trail work days provide a hands on opportunity for runners to improve the environment where they will be tested to their limits. The training runs offer supported point-to-point time trials to test race plans and build camaraderie with fellow competitors. Make the most of your time before the race to prepare and develop yourself. Enjoy the process, and find a way to thrive on the high alpine ridges of Baden-Powell, the rocky trails of the high country, and the deep canyons surrounding Mt. Wilson.

There are golden moments wrapped inside the exhaustion; savor them.



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## WHAT'S NEW IN 2024

*Now in it's 34th year, the AC 100 is one of the original five 100-milers in the country. While the challenge of the race is all yours, the challenge to race management is preserving the "old school" nature of the event, while also making necessary adaptations to our changing landscape: both of the land and the sport of ultrarunning. Each year, we work to provide the best experience possible without sacrificing the race's soul.*



### 2024 Course Reroute

After ongoing road closures cancelled the 2023 race, we're happy to be back. Given the substantial damage to the trails past Shortcut Saddle due to the 2020 Bobcat fire and a historically heavy 2022-23 winter, we were grateful to be approved for a course that bypasses the healing Big Santa Anita Canyon and Chantry Flat while still letting us finish in Altadena. Runners will now visit the summit of Mt. Wilson (5,713') and a newly placed aid station utilizing trails out of West Fork and the back side of the mountain. The Mt. Wilson aid will replace the Idlehour aid station that veteran runners may be familiar

### Changed landscape

The Bobcat Fire of September 2020 touched many areas of the race course. Runners will enter the burn scar leaving Windy Gap (mi 23) and go in and out of recently burned areas for the remainder of the distance to Mt. Wilson. Please be advised that Purple Poodle is in bloom through many of these areas and it has really had a surge in growth and density this spring. Particularly sensitive runners might consider protective clothing and a face covering. More about this nasty plant on page 60.

### AC100.com

If you've been around for some time now, you've likely noticed the newly designed website. This was a large undertaking by Jon Hamada and we hope everyone is enjoying the new look and organization.

## THE COURSE MAY HAVE CHANGED, BUT THE CHALLENGE CERTAINLY HASN'T.

### *What's Coming in 2025...*

*Next year's race is already set. The 35th Annual running of the AC100 will be August 2-3, 2025.*





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## RACE WEEKEND SCHEDULE

### WEATHER

It's August in Southern California. The combination of dry heat and altitude can be a real dream killer for the unprepared. Expect the heat. Train for it. Embrace it!



|                    | HIGH | LOW | AVERAGE |
|--------------------|------|-----|---------|
| START / Wrightwood | 81   | 56  | 66      |
| FINISH / Altadena  | 91   | 59  | 75      |

### SCHEDULE OF EVENTS

#### Friday, Aug 2 / WRIGHTWOOD

8:00AM - 12:00PM @ Wrightwood Community Building  
[1275 Park Dr. Wrightwood, CA 92397]

- Race check-in
- Canned food drive benefitting Wrightwood Village Foundation - please bring a donation
- Drop bag collection until 10:30am - **BAGS LEAVE AT 11:00 AM SHARP!**

2:00PM - 4:00PM @ Wrightwood Community Building

- MANDATORY Pre-race meeting
- USFS / Rules / Trails briefing
- Medical and Search & Rescue concerns

5:00PM @ Wrightwood Community Building

- Spaghetti Dinner / Advanced Tickets Only

#### Saturday, Aug 3 / WRIGHTWOOD

4:00AM @ Wrightwood Community Building

- Runner check-in (*you must check in on race morning!*)
- 4:30AM Race day invocation (Co-RD, Gary Hilliard)
- 5:00AM Official start of the 2024 AC100

#### Sunday, Aug 4 / ALTADENA

Finish line @ Loma Alta Park

[3330 Lincoln Ave, Altadena, CA 91001]

- 5:00AM - 24-hour buckle cut-off
- 6:00AM - Second sunrise buckle cut-off
- 2:00PM - Final cutoff / conclusion of the 2024 race
- 2:30PM - Awards ceremony



## RACE RULES + POLICIES

The AC100 Rules and Policies are designed for the safety and well-being of everyone involved in the race; including runners, pacers, crews, volunteers and spectators - as well as the general public who may choose to enjoy the public lands of the Angeles National Forest on race weekend. Failure to comply with these rules may result in disqualification of the runner.

All runners in both the Crewed and Solo divisions must adhere to all of the following rules. An additional set of rules for the Solo runner has been added at the end.



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## *RULES FOR ALL RUNNERS*

### **1) Runner responsibilities**

The runner is responsible for knowing and abiding by all the rules.

### **2) Race packet pick-up**

Runners are required to pick up their own race packet on Friday and may not send anyone else to pick it up for them. ID (i.e., drivers' license) will be required.

### **3) Pack out what you pack in**

Please do not use the USFS brown bear-proof trash containers at aid stations. Runners should throw all of their personal trash away at the aid station provided receptacles, and crews should pack their trash out. This is to avoid over-filling the USFS containers, which often can't even contain a day's worth of weekend trash from the public and creates a hazard for wildlife. The future of the race depends on abiding by this rule.

### **4) Do not litter**

On a related note, (and this should be obvious), but don't throw your trash on the ground. It is full-on illegal. This includes discarding aid cups outside of the checkpoints. This includes your fruit peels and rinds, which you may think are biodegradable but actually take forever to break down. This includes your toilet paper and feminine items (tip: pack a ziplock bag inside of a brown paper bag, throw it in there and discard at the next trash receptacle). USFS pit toilet locations are included in the Course Description, for your convenience. Runners are welcome to use the aid station provided trash bags for any wrappers they collect on the course. Accidents do happen, so we encourage everyone to pick up any errant gel tabs or trash you may find along the trail. The seconds you may lose will be made up in extra runner karma.

### **5) No "muling"**

Runners must carry all of their own fluids, food, clothing and other supplies needed for use between checkpoints. Pacers are not allowed to carry any of this for the runner.

### **6) No unauthorized aid, caches or drops**

Runners are not allowed aid between checkpoints, plain and simple. No one is allowed to cache, drop or store supplies on the course before or during the run. Crews are forbidden to leave aid along the trail during the run, nor can they utilize highway crossings at Kratka Ridge, Pajarito, or Glenwood Springs to provide aid to runners. "Friends out on their own runs" may not offer special treats. (We've seen it. Don't try it.)

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## 7) Aid stations are for registered runners only

Aid (including water, food, ice, etc.) should only be used by the registered runner. The on-duty pacer may also use aid. Any runner who's crew or friends are caught using the aid station for their own personal use or training run may be disqualified.

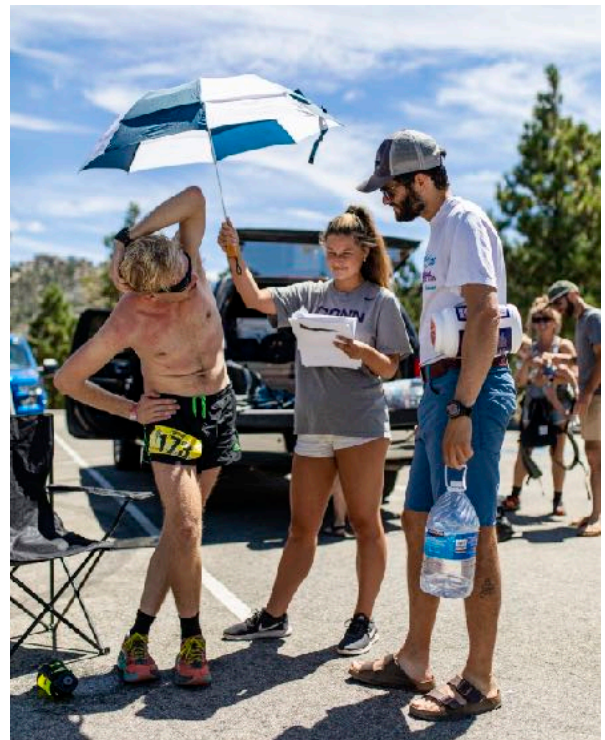
## 8) No course-cutting

Runners must follow the marked course at all times. If he/she inadvertently departs from the marked course, the runner must return to the point of departure under his/her own power (no car rides allowed) and continue on the correct course. Cutting the course is grounds for immediate disqualification.

## 9) Checking in / checking out

The confirmation that you have completed the course relies almost entirely on hand-recording by aid station volunteers and reporting by HAM radio, therefore it is the runner's responsibility to confirm they have reached each aid station/checkpoint by properly checking in and out. Failure to do so could result in being missed at an aid station and disqualification for cutting the course. Since congestion can be a problem, particularly at the early checkpoints, you can help ensure you are recorded by doing the following:

- Keep your bib number visible.
- Make eye contact with the volunteers as you enter and exit the aid station and announce your arrival / departure with a "Runner [XXX] in!" or "Runner [XXX] out!"



**SEE A VOLUNTEER  
THANK A VOLUNTEER**

*The race would not be possible without them!*



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## 10) Pacers

- Runners in the Crewed Division may be aided by a Pacer beginning at the Chilao Aid Station (mile 44.8) through the Finish. Only one pacer may accompany the runner at a time. The rules for pacing are as follows:
- The pacer may begin running with his/her runner only at the aid station.
- The runner may switch pacers only at the following aid stations: Red Box (mile 72.4) and Mt. Wilson (mile 79).
- No pacers may switch at the Shortcut crew checkpoint. No pacers may “run-in” to switch at Newcomb, Sam Merrill or Millard, nor at any unofficial point along the course.
- Pacers may not leave their vehicles parked at Chilao, Red Box, Mt. Wilson or any other aid station on the course. They must accompany a runner’s one crew vehicle or be dropped off. If any pacer is found to have left a vehicle at an aid station, his/her runner will be disqualified.
- Pacers are allowed to accept aid from the aid station, but must do so within the designated checkpoint. If an aid station shortage occurs, please give registered runners priority.

### *Exceptions:*

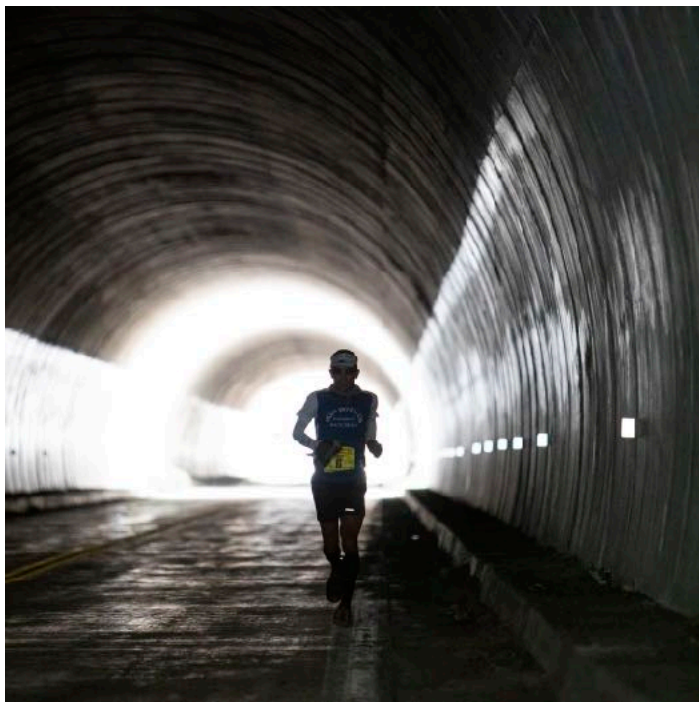
- Any runner 65 and older may have a pacer for the full 100 miles.
- Any male runner 60 and older or female runner 55 and older, with at least 7 finishes, can have a pacer for 100 miles.
- In these special cases, pacers may start with their runner and can switch at any aid station with crew access between the start and Chilao. From Chilao, pacers must follow the same rules for switching out as the general field.

### *Looking to pace / seeking pacer:*

- If anyone attending the race would like to pace a runner, please let the aid station captain know and they will keep a list. (Perhaps your runner has dropped or your crew duties are over and you are looking to get a little run in?) Runners IN THE CREWED DIVISION ONLY may inquire if any extra pacers are available, and if so, pick one up.
- If you are looking to pace or seeking a pacer, you can try to coordinate in advance through the official AC100 Facebook page or by contacting the Chilao, Red Box, or Mt. Wilson aid station captain. Priority will be given to out-of-state runners.

## 11) Cutoff times

For everyone’s safety and well-being, cutoff times will be strictly enforced at each checkpoint by the aid station captain. What this means is that the runner must LEAVE the aid station by the listed cutoff time and must continue forward on the course. They may not return to the aid station, and crew or volunteers may not provide additional aid outside of the aid station. The aid station captain will pull any runner failing to leave the aid station by the cutoff time, and this decision is final. No exceptions. Please familiarize yourself with the cutoff times listed in the AID STATION + CUTOFF CHART on page 55 of this book to avoid any confusion or surprises on race day.



## **12) Checkpoint leader authority**

Checkpoint leaders (aid station captains) have full authority regarding a runner at their station. Arguing or disobeying their decision will cause disqualification of the runner.

## **13) Highway crossings**

There are a few points where the course crosses the busy, Highway 2. In these areas, the main concern is not how fast you can get across, but rather the safe movement of both pedestrian and vehicle traffic. (This is for everyone's safety, as there are multiple accidents and deaths on Highway 2 every weekend.). A run official (flagger) will be placed at the major highway crossings to assist, and the runner is expected to obey this official's directions and all laws pertaining to highway pedestrian crossings. A runner is considered a pedestrian, and vehicles have the right of way at all times... even during a 100 mile race.



## **14) Poles are allowed**

Given the difficult nature of the course and precipitous nature of the ridges and narrow single track at night, the use of trekking poles is allowed. Runners may carry them for the duration of the race or pick/up drop them at aid stations as needed. We recommend using them in training if you're planning on using them in the race. Learning how to use them efficiently takes a little practice and ensures they'll be helpful, not a hindrance on race day.



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## SOLO DIVISION RULES

When accepted into the race in the Solo Division, a runner agrees to follow the above race rules plus an additional set of rules set forth for the separate division. All Solo division runners must sign the Solo Runner Agreement form at race check-in to confirm their knowledge and acceptance of the following rules. Violators will be disqualified from the race and may be banned from future runnings of the AC100. If you have any confusion about which division you are in, please consult the 2024 Entrants List on AC100.com.

### 1) Drop bags and aid stations only

A solo runner may only receive aid from his/her own drop bags, the official AC100 aid stations, and official aid station volunteers. Solo runners may not receive any aid or assistance from other runners' crews or spectators.

### 2) No crew

A solo runner agrees that they will travel the course alone and will not use a crew. Any attempts to subvert this rule by using another runner's crew or "friends that just happen to show up" will not be tolerated. Solo runners will not be penalized from receiving "emotional encouragement" in the form of hugs, high fives or cheers from other runners' crews or spectators.

### 3) No pacers

A solo runner also agrees to run without a pacer. Having someone meet you "unofficially" along the course is considered cheating, just as it would be in the crewed division. A solo runner may, however, run with other registered racers in either division, which may also include a crewed runner's pacer.



### 4) No switching to the crewed race

The solo runner has received special consideration for entry through the lottery, so once a Solo designation is accepted a runner may not switch to being a crewed runner. This includes prior to race day, at race check-in and during the race. To repeat, YOU CANNOT SWITCH FROM SOLO TO CREWED DURING THE RACE.

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## *POLICIES + PROCEDURES*

### WHAT TO DO IF...

#### **1) You get lost**

The course will be clearly marked via surveyor's tape and flour, but if you are unfamiliar with the course, it is always a good idea to carry a copy of the map and written directions or load the GPX files onto your GPS enabled device. Course vandalism is rare, but does occasionally happen.

That said, if you do happen to find yourself lost or injured, never attempt to find your way by traveling cross-country across the forest. **STAY ON THE TRAIL AND WAIT.** If you inadvertently veer off the trail, immediately retrace your steps back rather than continuing forward. Wandering aimlessly, especially at night, will reduce your chances of being found.

#### **2) You decide to drop**

We hope this won't be the case, but let's face it - stuff happens out there. If you find yourself unable to continue the race, you absolutely must notify a race official at the next aid station. Your medical band with your name and bib number will be surrendered, at which point the runners is considered officially dropped from the race. You cannot leave the race without surrendering your medical band!

If you check out of an aid station and fail to check into the next within a reasonable time, run officials will assume you are lost and notify Search and Rescue. This could negatively influence the future of the race, so please take this very seriously. This means that if for some reason you decide to drop between aid stations and have the opportunity to hitch a ride at a highway crossing, **YOU MUST GO TO THE NEXT AID STATION AND NOTIFY AN OFFICIAL.** If you realize you did not do this, find a way to make contact with a race official immediately.

#### **3) You drop (or are cut off) at a remote wilderness checkpoint**

Remote wilderness (Newcomb, Sam Merrill, and Millard) checkpoint leaders that lead checkpoints which are behind locked gates are required to insure the health and safety of all runners. This includes both you, the dropped, and runners who are still in the race. The aid station volunteers will give you a ride out the aid station, but unless there is a medical emergency, this will likely not be until the aid station closes on Sunday morning. For some runners, this could mean many hours of waiting, and we will not allow dropped or cut off runner to leave a wilderness checkpoint on his/her own volition. Please understand that this is for your safety, and we will do everything we can to keep you warm, fed, and comfortable until a way back to civilization is secured.



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#### 4) You have a race dispute

Any concern about another competitor violating race rules (cutting the course, accepting aid, solo runner violations, etc.) must be presented to race management prior to the awards ceremony. We would suggest doing so by discussing with an official at the Finish Line. Once the Race Director presents the runner their award, the results are considered final.

#### 5) You lose your award

AC100 awards are not for sale. If you lose an award (buckle, plaque or bronze award), please understand that we cannot offer replacements, nor will we sell them. The only way you can get an AC100 award is to run the race and cross the finish line.





## SUPPORT CREWS

Any runner not registered as SOLO may use a support crew. While a runner may find this helpful, a crew is not essential to completing the AC100. There is adequate aid station support along the course with water, electrolyte replacement fluids, food and medical aid. In addition, drop bags are allowed at all major checkpoints (see AID STATION + CUTOFF CHART, page 55).

If you do choose to have a crew, these individuals are considered an extension of the runner and must adhere to the following rules. Any violations may result in disqualification of the runner.

- Each runner may only have one crew vehicle on the course, including at the starting line in Wrightwood and finish line at Loma Alta Park. This will be policed via a Vehicle ID Pass, which must be prominently displayed throughout the race for access to the aid stations.
- The Vehicle ID pass does not override the other passes required to park and utilize services within the forest. A **Big Pines Pass** (\$5 day/\$30 annual) is required to use Inspiration Point and Vincent Gap, and a USFS **Adventure Pass** (\$5 day/\$30 annual) is required for all other aid stations. A crew is responsible for purchasing and displaying their own Adventure Pass, which is available at many Wrightwood businesses such as the grocery store, hardware store and gas station. We will also aim to have day passes available for purchase at runner check-in. A National Parks pass may be used in lieu of the Adventure Pass, but not the Big Pines pass.
- Only support crew vehicles are allowed in congested parking areas. Spectators are asked to park in turnouts and walk in to the aid stations.
- Many checkpoints are located directly along busy and dangerous Highway 2. Whether on foot or in vehicles, crews must not impede highway traffic. Crews are encouraged to carpool when possible to prevent traffic problems.
- **DO NOT PARK OVER THE WHITE LINE.** This is illegal, and violations put the race in jeopardy. Please help us ensure the race's future by following all traffic and parking rules and signs.





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- Crews must comply with run officials directing traffic at all times.
  - Crews are NOT allowed at checkpoints marked “NO” in the crew column of the AC100 checkpoint table, nor or they allowed at highway crossings or any unofficial spot on the course. We realize that some aid stations are accessible by vehicle, (Mt. Hilyer, Millard), but due to parking and noise restrictions, crews are not allowed there. Crews also may not hike in to any aid station marked “NO.”
  - Crews must not drive alongside their runner while they complete the road sections of Highway 2. This includes slowing to less than 25 MPH or in any way impeding traffic when they are passing their runner. This is incredibly dangerous for everyone involved.
  - No dogs are allowed at any aid stations or on the course.

#### *Crew Infraction Penalty:*

If a crew is determined to have broken any of the above rules, the runner will be held for one hour at the aid station where the infraction occurs. If the runner has already left, the runner will be notified and held at the next aid station. A second infraction will result in disqualification.





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## DROP BAGS

All runners in both the general (crewed) and Solo divisions are offered drop bag service at major checkpoints. We highly encourage using this service to ensure you have exactly what you need, when you need it, especially for any runners with special dietary restrictions. The use of drop bags instead of a crew also helps the race minimize highway traffic.

### *How to label them:*

To help ensure that your drop bags get to the correct checkpoint, clearly write your name, bib number and checkpoint name on each bag, preferably in black permanent marker.

### *Drop bag deadline:*

Drop bags will be collected on Friday morning between 8:00AM - 10:30AM in front of the Wrightwood Community Building. Be sure that all bags are securely tied and labeled. Drop bags will be picked up at **11:00AM SHARP** and transported to the end of the course for distribution.

### *What to pack:*

While the aid stations are well stocked, you should never expect them to have exactly what you like or might be accustomed to. If it's imperative to your race, pack it in a drop bag! Don't forget extra lights or batteries for the night sections, as well as extra layers in the event it cools off. Do not pack or leave your favorite shirt or expensive piece of gear in a drop bag. While it's rare, the bag could get lost or accidentally opened, and race management will not be responsible for any lost or damaged item.

### *Drop bag retrieval:*

All drop bags will be returned to the finish line area as the aid stations close. All drop bags are expected to have arrived by the end of the awards ceremony.

### *Finish line drop bag:*

Do not place valuables such as wallets, car keys or phones in your finish line drop bag. Solo runners should carry these key items with them during the race or make other arrangements.



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## NO SHUTTLE SERVICE

This is a point-to-point race. No shuttle service is provided by the race to bring runners back to Wrightwood. Runners in all divisions are responsible for making their own arrangements.

If you drop during the race and do not have a crew, you can try to negotiate a ride with another crew or spectator or wait until the aid station volunteers are able to provide a ride. Runners who drop at the first two aid stations, Inspiration Point and Vincent Gap, will be transported back to Wrightwood. A drop at the remainder of the aid stations will result in a ride to the finish line in Altadena.



*If you're concerned about logistics, a really solid option is just to not drop. Take some inspiration from this hearty runner, finishing on fumes with mere minutes to spare.*

## TRAIL MARKING

Trails are marked with **YELLOW** surveyor ribbon and biodegradable powder. Night sections are marked by glow-sticks in difficult areas. Biodegradable powder will be used to mark the trail near campgrounds, since campers have been known to remove ribbons and glow sticks, as well as help add additional marking to intersections. Please note that there could be areas where surveyors have marked trees with other colored ribbon (pink, orange, blue, fun stripes, etc.). You should always follow yellow!



On the approach to the Newcomb Saddle Aid Station, runners will be required to first turn left on Red Box Rincon Rd. and run 2 miles to a turnaround point and 2 miles back to the Edison/Red Box Rincon junction before continuing the half mile to aid. There will be a table with a special hole punch stationed at the turnaround, and all runners will be required to punch their bib. This section and junction will be extremely well marked with ribbons and signage to avoid any confusion.

Runners who enter Newcomb Aid Station without their bib punched will be sent back out on the course to complete

the out-and-back before proceeding to Red Box. Volunteers will make all attempts to check bibs, but it is the runner's responsibility to complete the full course and arrive to the finish line with a properly punched bib.



## AID STATIONS

AC100 has 9 major aid stations and 4 wilderness stations. At each, runners can expect to find water, CarboPro, Ice and an assortment of food items. Each aid station is run by volunteers who supply their own mix of food and supplies, but in general, you can expect a mix of sweet and salty snacks, soda, fruit, and hot soup at night. If there is anything specific you must have during the race, please pack a drop bag. Runners with dietary restrictions are especially encouraged to pack their own food.

## CELL SERVICE ON THE COURSE

There isn't much. Depending on which service provider you have, there are a few tiny pockets along Blue Ridge and the top of Baden-Powell and intermittent service during the last 25 miles as you approach the city. You should not rely on your phone for safety or route finding. Crews will not experience much, if any, service at all along Highway 2 and should not depend on it for driving directions.

## MEDICAL

The race is staffed by an all-volunteer medical team, led by the Medical Coordinator. These volunteers are there to provide guidance and help you make good decisions concerning your health and safety. We no longer weigh runners at aid stations and will not pull runners for excessive weight gain or loss, however a medical volunteer may make recommend either remaining at an aid station or dropping from the race. In particular, they will be looking for signs of dehydration and hypothermia. Full medical service is planned to be stationed at Islip Saddle, Chilao, Mt. Wilson, and the Finish Line.



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## HAM RADIO COMMUNICATION TEAM

HAM radio operators will be tracking runners' progress at each checkpoint. Arrival, departure, and drop information will be distributed among checkpoints and to a database at the finish area using integrated radio communications and computers. This system not only makes it possible to locate runners' positions throughout the race, it also facilitates emergency response.

We ask that crews and spectators please understand that the HAM operators' first priority is accurately and quickly communicating the whereabouts of each and every runner on the course, not to provide you with race updates. Larger aid stations may display runner check-ins and times, but this is at the discretion of the checkpoint volunteers and not required. If they are not overwhelmed with incoming/outgoing runners, they may be happy to provide you with information - just please use your best judgement and be courteous. At the Finish Line, we encourage crews and spectators to use the Live Runner Tracking on their phones to obtain updates on their runner. The link to Live Runner Tracking will appear on [AC100.com](http://AC100.com) closer to race day.



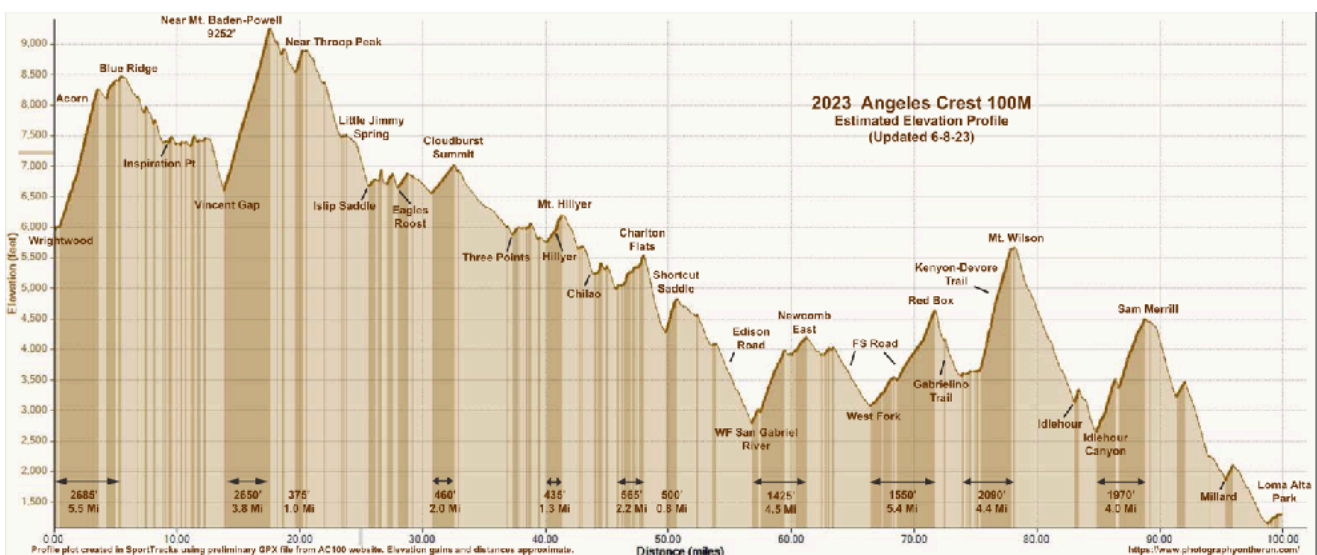
# THE COURSE

## DESCRIPTION + MAPS

### DRIVING DIRECTIONS

This section was created to give runners a general overview of the course, a detailed written description and AC100 Veteran tips for reaching the Finish, as well as driving directions and details for both you and your crew. An interactive version of this map can be found in the [Course Overview](#) section on AC100.com, along with a GPX file, terrain map, and Google Earth map.

|                      |                 |                 |         |
|----------------------|-----------------|-----------------|---------|
| TOTAL RACE DISTANCE: | 100.5 miles     | ELEVATION GAIN: | 19,423' |
| ALTITUDE RANGE:      | 1,135' - 9,300' | ELEVATION LOSS: | 23,723' |

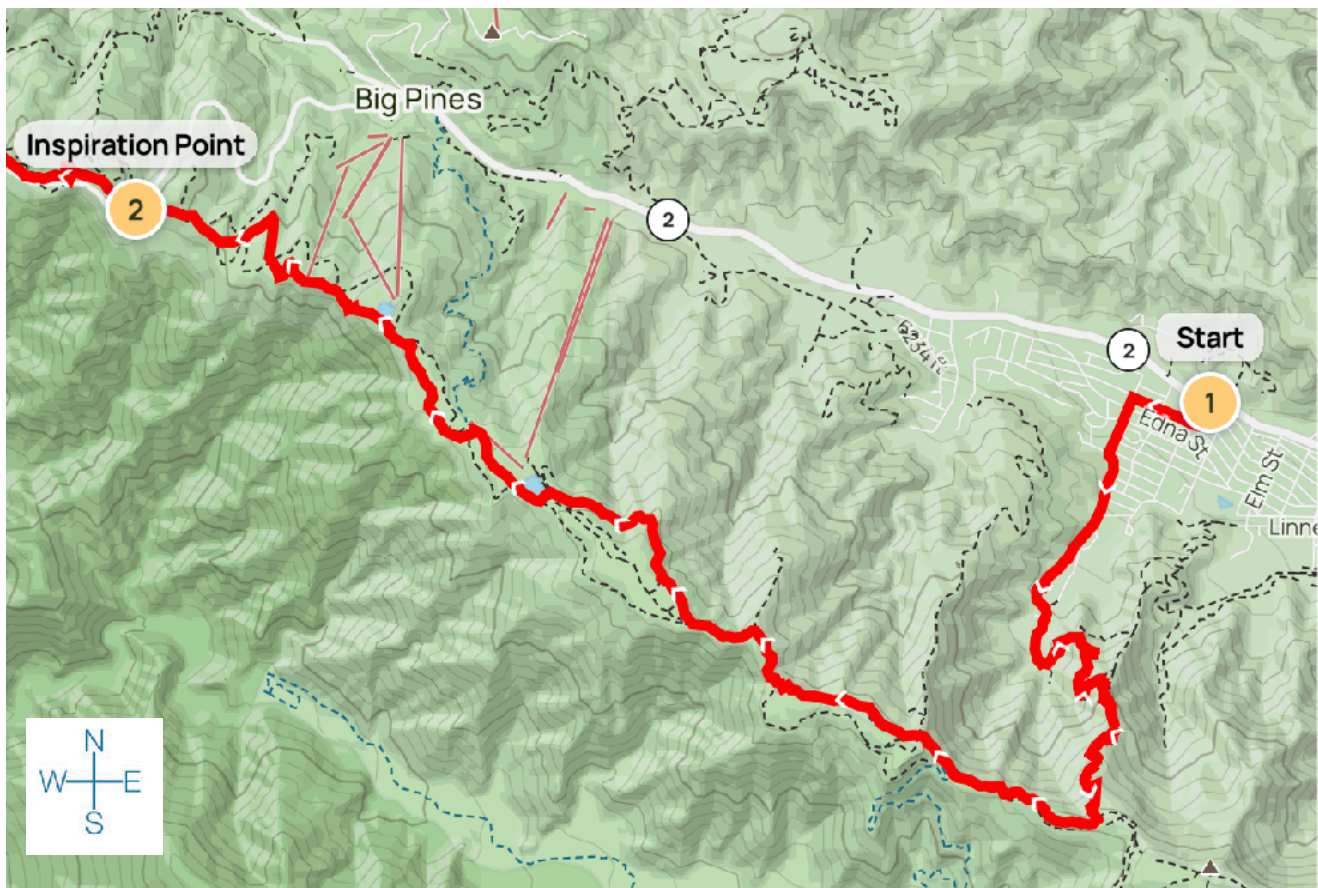




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## WRIGHTWOOD to *INSPIRATION POINT* / miles 0 - 9.3

|                   |                        |            |     |
|-------------------|------------------------|------------|-----|
| Section Length:   | 9.3 miles              | Drop Bags: | NO  |
| Driving Distance: | 5.5 miles / 10 minutes | Crew:      | YES |



Elevation:

|              |                    |
|--------------|--------------------|
| GAIN: 3,230' | HIGH POINT: 8,480' |
| LOSS: 1,770' | LOW POINT: 5,945'  |





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### *COURSE DESCRIPTION:*

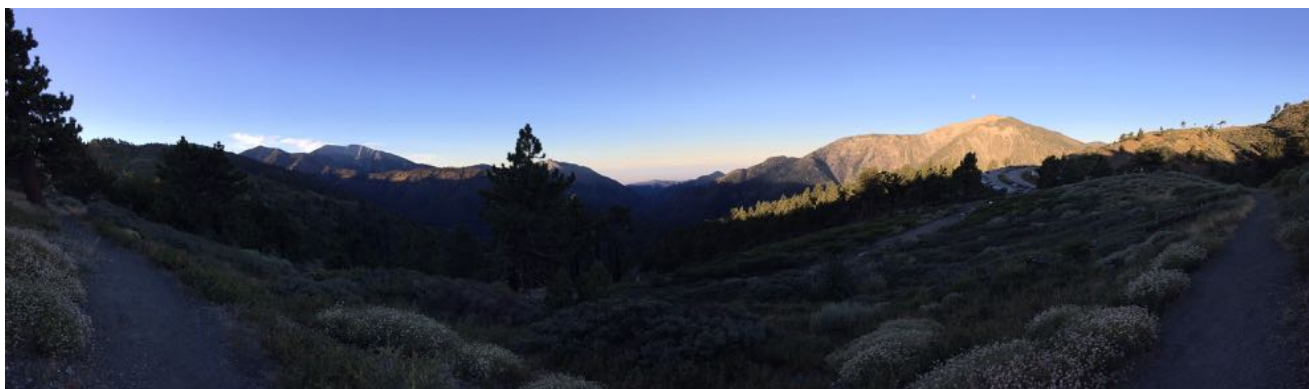
The race begins at 5,945' in the Wrightwood Community Building parking lot. Runners gaze South at Wright Mountain (the landslide), and turn their focus West along 8,400' Blue Ridge, which they'll soon climb and traverse to Inspiration Point. From the start, runners turn right on Park Dr. and head uphill two blocks, turn right on to Apple Ave. for 0.3 miles, and then turn left onto Acorn Dr., following the road uphill past the private road signs\* until the pavement ends 1.4 miles from the start. A signpost at your friendly Asst RDs' cabin informs AC100 runners that Altadena is a mere 98.8 miles away. The paved road transitions to a dirt fire road climbing for 0.2 miles to a signpost denoting the Acorn Trail where runners turn left onto single track climb. Finally, 3.4 miles and 2,200' of climbing from the start, runners turn right on the Pacific Crest Trail, which they will follow towards Canada for the next 22.5 miles.



Runners roll and climb past Guffy Campground\*\* until reaching the high point for the section of 8,480' at 5.7 miles. Winding through a forest of Ponderosa, Jeffery Pine, and Spruce, runners are treated to a golden sunrise with views of the Los Angeles Basin and the Mojave Desert. The peaks visible from Blue Ridge are Pine Mountain and Mt. San Antonio to the South, the antenna-clad Mt. Wilson (mile 79 of the course) to the far West, and Mt. Baden Powell to the Northwest (mile 17). Continuing West past Mountain High Ski Resort and Blue Ridge Campground\*\*, runners roll downhill to Highway 2 and cross the road to the Inspiration Point Aid Station at Mile 9.3, elevation 7,400'.

*\*When training on the course, do not park anywhere past the private road signs- an upset home owner could have your car towed for \$800+.*

*\*\* Excellent high altitude campgrounds that make great training bases for those looking to acclimatize before the race at 8,000+ feet. USFS pit toilets are available at both campgrounds.*



*Blue Ridge in all its early morning glory.*

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### *VET'S ADVICE:*

**24-hr Runner /** Runners seeking the elusive Sterling Silver Buckle should focus on hiking anything on the Acorn climb that strains their breathing or burns their calves. Though taking 50-55 minutes to climb 3.4 miles might seem slow, the initial climb is one of the steepest on the course, and the downhill running that comes next is good terrain that should allow some quick and easy miles to get a runner to Inspiration Point just before 7:00 AM. The average to run 100.3 miles in 24 hours is 14:22/mi, but for this section, 24-hour runners usually average 12:22/mi to reach Inspiration Point by 6:55 AM.

**33-hr Runner /** For those looking to finish, this section's cutoff of 8:15 AM requires runners to average a pace of 20:58/mi, which is slower than the average of 19:45/mi for 33 hours over 100.3 miles. Runners arriving after 7:40 AM are less likely to make following cutoffs, so a pace closer to 17:12/mi is recommended.

### *DRIVING DIRECTIONS + PARKING INFO:*

**\*\*BEFORE LEAVING WRIGHTWOOD, BE SURE YOU HAVE A FULL TANK OF GAS!!!\*\*** Due to the ongoing closure on Hwy 2 between Vincent Gap and Islip Saddle, crews will need to take a significant detour to access aid stations after Vincent Gap. There are no gas stations or EV chargers along the route.

Leaving Park or Pine St., turn left on Highway 2 (completed in 1956), drive 3.5 miles to Big Pines Junction. Follow signs to the left for La Canada-Flintridge/Glendale, and continue 2 miles to the Inspiration Point Aid Station. This is a mountain route, so watch for fallen rocks on the roadway, as well as speeding motorcycles and cars.

Being the first, this aid station will be crowded! There are large parking areas on both sides of the highway at the aid station. There isn't enough room in these lots for everyone, so crews may need to utilize turnouts before or after the aid station. Runners will be crossing the road at the aid station, so please take extra caution when approaching and leaving the aid station. USFS pit toilets are available for use at the aid station. **\*\*All parked vehicles in the lots or within a half mile of the lots need to display a Big Pines parking pass.\*\***

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## INSPIRATION POINT to *VINCENT GAP* / miles 9.3 - 13.8

|                   |                       |            |     |
|-------------------|-----------------------|------------|-----|
| Section Length:   | 4.5 miles             | Drop Bags: | YES |
| Driving Distance: | 3.3 miles / 8 minutes | Crew:      | YES |



Elevation:

|              |                    |
|--------------|--------------------|
| GAIN: 700'   | HIGH POINT: 7,492' |
| LOSS: 1,460' | LOW POINT: 6,590'  |





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### *COURSE DESCRIPTION:*

Leaving an exciting early morning aid station, runners head up the PCT out of the aid station. 1 mile later, the trail passes Grassy Hollow Visitor Center - pit toilets are available off the trail to the left. 3.5 miles past the Inspiration Point aid station (PAS)\*, a picturesque view of the next challenge comes into view - 9,406' Mt. Baden-Powell. Runners then dive downhill another mile to 6,600' Vincent Gap, where they cross Hwy 2 and prepare for the longest climb of the race.

### *VET'S ADVICE:*

**24-hr Runner /** Sterling Silver Buckle hopefuls can improve their chances of a successful Baden-Powell climb by taking time to eat and drink on the way to Vincent Gap. If a runner hikes the short uphill on this section, and runs the rest of the terrain, 50 minutes for 4.5 miles should accommodate an arrival at Vincent before 8:00AM.

**33-hr Runner /** For those looking to finish, this section's cutoff of 9:20 AM only allows 65 minutes or 14:26/mi from the last aid station. This is definitely a section where all flat or downhill terrain must be jogged to lower the average pace after the last net uphill section. Eating and drinking before Vincent Gap is also advised in case of altitude sickness that can upset a runner's stomach. Historically, the last finisher gets to Vincent Gap by 8:40 AM, which is necessary to bank time for the cutoff at Islip, which is one of the tougher splits to make.

### *DRIVING DIRECTIONS + PARKING INFO:*

Leaving Inspiration Point, continue heading west towards Mt. Baden-Powell for 3.3 miles to Vincent Gap Aid Station.

Vincent Gap will also be crowded with crews, as the field is not yet spread out. There is a large parking lot at the aid station, however many crews will need to utilize the large turnout to the right of the road or turnouts before the aid station. (Hwy 2 remains temporarily closed between Vincent Gap and Islip Saddle for ongoing repairs.) Again, runners cross the highway at the aid station, so take caution. USFS pit toilets are available for use. **\*\*All parked vehicles in the lot or within a half mile of the lot will need to display a Big Pines pass at this aid station as well.\*\*** (Then you can put it away and switch to your Adventure Pass. We know having 3 required passes is confusing, so we're trying to be explicit here to help you out!)

*\*PAS = distance past previous aid station*

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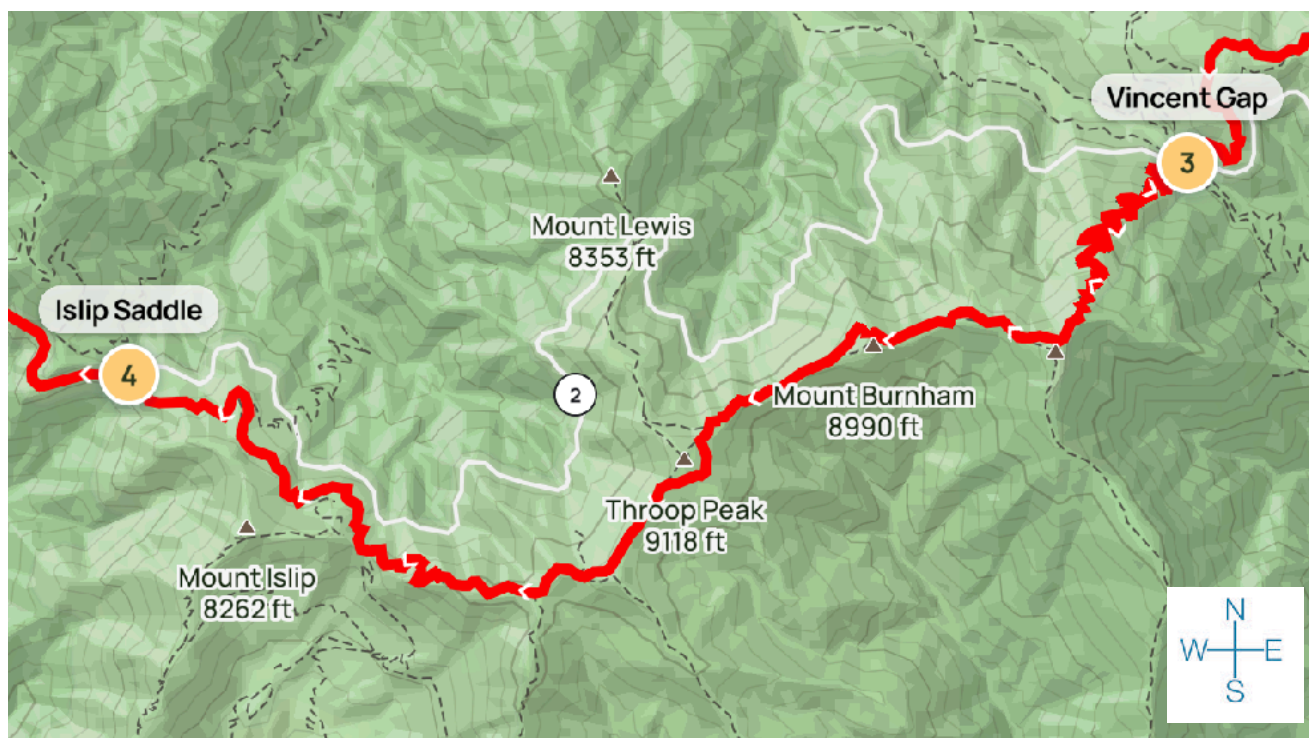
VINCENT GAP to *ISLIP SADDLE* / miles 13.8 - 25.9

Section Length: 12.1 miles

Drop Bags: YES

Driving Distance: 79 miles / 2 hours

Crew: YES



Elevation:

GAIN: 3,610'

HIGH POINT: 9,300'

LOSS: 3,520'

LOW POINT: 6,590'



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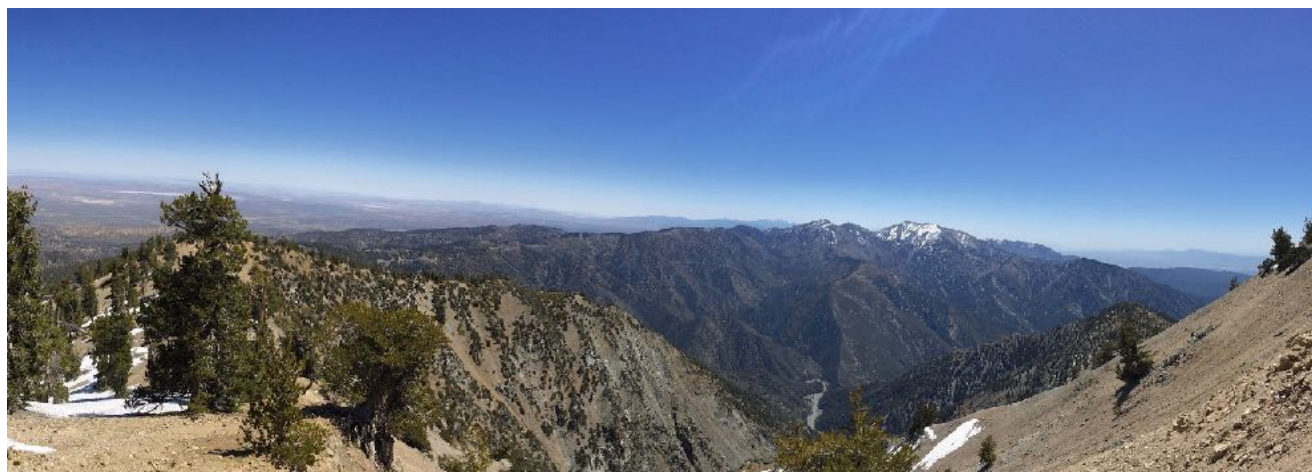
### *COURSE DESCRIPTION:*

Leaving Vincent Gap, runners are advised to carry 80-120 oz of water and 2-4 hours of calories to make the long, high altitude 12.1 mile push to Islip Saddle. (Many runners have found success using liquid calories here, as the combination of heat and altitude can be troublesome on the stomach.) From the parking lot, a venerable 3.6 Mile, 2,650' climb to 9,300' awaits. All runners, from the front to the back of the pack, will feel temperatures rise as the sun begins to seep through the pines. After more than four dozen switchbacks, runners reach a spine at 9300' that affords views of Mt. San Antonio to the Southeast and the East Fork of the San Gabriel river 4,000' below. The PCT nears the summit but veers to the right at the Wally Waldron Tree - an ancient 2,000+ year old limber pine, 150' below the summit. (Runners do not summit Baden-Powell during the race). As the runner passes the peak, Mt. Wilson (mile 79 of the course) appears off in the distance to the Southwest. The trail begins to drop, but runners will face a small climb around Mt. Burnham, and then a 300-foot climb up to the Dawson Saddle Trail Junction, 5.2 PAS. Following signs towards Little Jimmy/ Islip Saddle, head left to continue on the PCT (NOT down the Dawson Saddle Trail to the right).

The trail traverses on the South face of Throop Peak for a half mile and then finally begins a long, sustained downhill to Windy Gap. The PCT heads right at Windy Gap (do NOT follow sign to Crystal Lake to the left) and in a quarter mile offers a junction to Little Jimmy Spring to the right or a direct path to the left. If you do not need water for the last 2 miles to Islip, continue left, but if necessary, the path to the right offers mountain spring water for the price of a small 50' climb out to the North to rejoin the trail. Crossing a fire road 1 mile later, the trail dives a final time to Islip Saddle, mile 25.9, elevation 6,590'. Please be advised, Purple Poodle plant is growing very intensely on the approach to Islip. (See page 60 for more info on this toxic plant.)



*Little Jimmy Spring.*



*The high point of the course - the Mt. Baden-Powell spine - also affords one of the most spectacular views.*



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### *VET'S ADVICE:*

**24-hr Runner /** The longest and toughest section in the course's alpine forces runners to maintain a 15:00/mi pace over the rugged 11.6 mile section to reach Islip Saddle by 11:00 AM. Experience and patience will help runners focus on maintaining caloric intake as the body struggles to make forward progress for several miles above 8,000'. Eating gels or taking down several ounces of sports drink might be the best chance at keeping energy levels up while the digestive system is compromised by altitude and heat. A common sign that nutrition is off is if one feels extremely weak on the 300' climb up to the Dawson Saddle Junction. The body will respond well to oxygen on the decent towards Windy Gap, with most sub-24 runners taking 50-65 minutes to get from the Dawson Saddle Junction to Islip Saddle. However, it is important to not get carried away here with unnecessary exertion and quad-thrashing. Success in the road section to come depends on the runner's ability to eat and run downhill - losing time on the "easy" miles of the course to recover from the fun on Baden-Powell has been the demise of many silver dreams.

**33-hr Runner /** For those looking to finish, if one left Vincent Gap without a time buffer, this section's cutoff of 1:05 PM means that 12.1 miles must be covered in 3:45, requiring a 19:23/mi pace. Historically, the last finisher arrives at Islip by 12:45 PM. As mentioned in the above 24-hour pace recommendations, liquid calories can be helpful at high altitudes. However, runners should also try to consume proteins, fats, and even some fiber near meal times to help the stomach absorb acids from sugars. Runners arriving at Little Jimmy Spring might consider consuming a sandwich or a wrap to ensure an efficient pass through the Islip aid station. In general, runners should never run hungry, and should try to eat whenever/wherever they feel ready to consume calories.



POODLE!



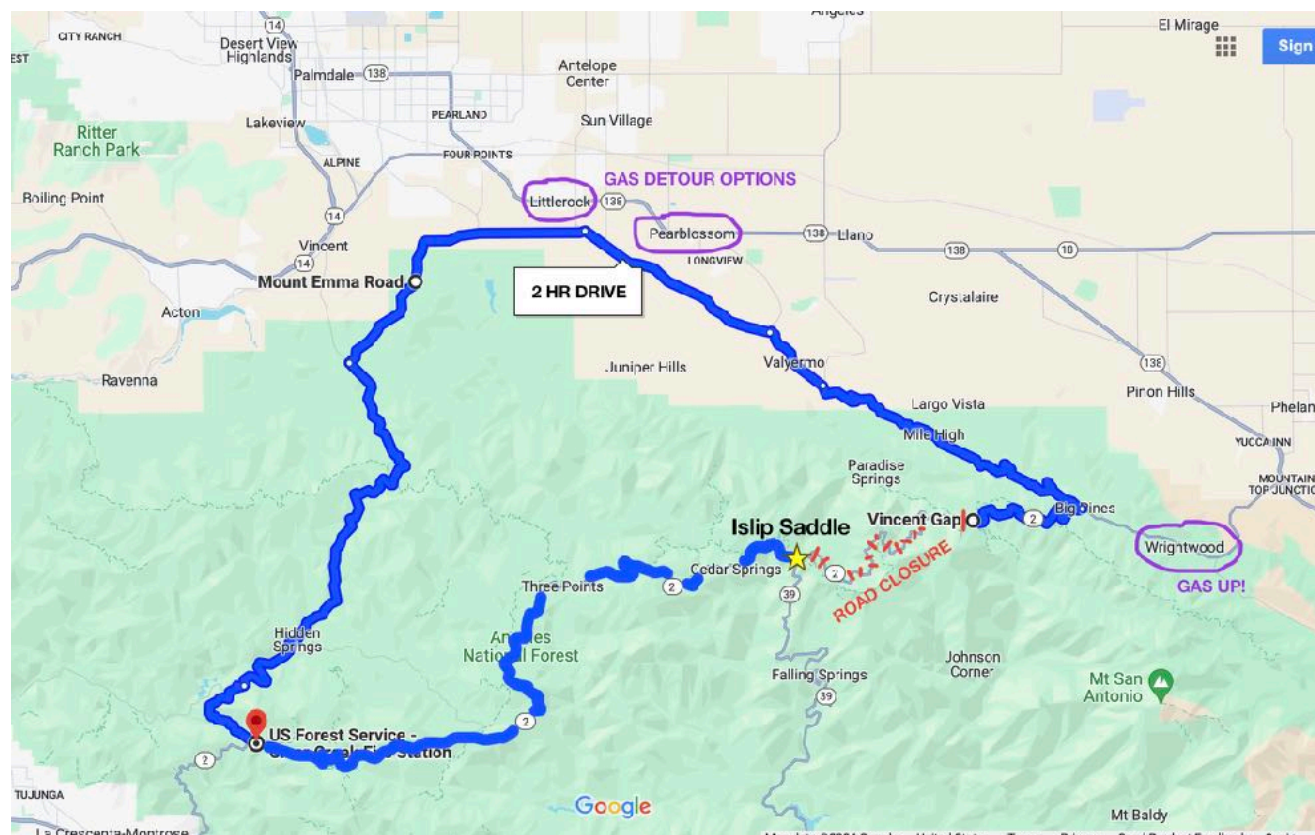
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### DRIVING DIRECTIONS + PARKING INFO:

Leaving Vincent Gap, a significant detour is required due to road washouts on Hwy 2 between Vincent Gap and Islip Saddle. Drive 5 mi. back to Big Pines Hwy, and turn left heading downhill away from Wrightwood. Follow Big Pines Hwy for 14 mi. (If you did not heed the numerous “gas up” warnings, you can detour down to Hwy 138 to find stations. See map below.) From Big Pines Hwy turn left on Pallet Creek Rd., and then a quick right on Fort Tejon Rd. for 6.9 mi. Turn left on Mt. Emma Road and follow for 10 mi. Turn left on Angeles Forest Hwy and continue for 11 mi. before turning left on Upper Big Tujunga Rd. for 9.1 miles. Turn left onto Angeles Crest Hwy (Hwy 2) and follow for 21 mi. up to Islip Saddle.

Parking is located in turnouts along Hwy 2 approaching the aid station - the small lot will be filled. Take extra caution for runners crossing the road at Islip and running on the shoulder of the highway to the next aid station. USFS pit toilets are available. Crewing space is limited, so please share and allow crews with approaching runners priority.

*Hot tip: Depending on your service provider, small pockets of cell service can be obtained standing at the edge of the parking lot, facing the desert, at the Islip Saddle aid station.*



*For extremely detailed maps and driving directions on the course reroute, please see, save, or print [THESE](#).*

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ISLIP SADDLE to *CLOUDBURST SUMMIT* / miles 25.9 - 33.0

Section Length: 7.1 miles

Drop Bags: NO

Driving Distance: 7.1 miles / 12 minutes

Crew: YES



Elevation:

GAIN: 770"

HIGH POINT: 7,018"

LOSS: 420"

LOW POINT: 6,548"





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### *COURSE DESCRIPTION:*

After the San Gabriel Mountains National Monument was established, increased oversight from NPS and USFS required the Angeles National Forest to deny AC100 any special exemptions to passing through wilderness. The Pleasant View Ridge Wilderness is all forestland North of Hwy 2, from Islip Saddle to 3 Points, and while the race works with local congresspersons and the National Forest to re-establish access, the race is prohibited from using all trails in this area. The modified course runs mostly along the paved Hwy 2, utilizing trail sections to the South whenever available. Mileage/climbing lost from the original course is made up in additional course changes later in the race.

Runners leave the Islip Saddle parking lot and run West on the left (South) side of the road, enjoying the scenic view of Bear Creek thousands of feet below. Please exercise caution running through the Williamson Tunnels, as motorcycles are known to rip through at top speeds. 1.6 miles PAS runners turn left onto the PCT and follow the trail up and over Kratka Ridge (the scenic mound) for 0.9 miles to Eagles Roost Picnic Area, mile 28.4 at 6,666'. The course continues on Hwy 2 on the right hand side for another 4.6 miles, The heat picks up on the final 2 mile climb to Cloudburst as the road reflects heat up and the canyons conspire to block wind.



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### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners tend to arrive by 12:15 PM, running the majority of this section. Though an “easy” road, this stretch is notoriously tough on runners, as their systems cope with the combined effects of heat, altitude, and 28 miles on the legs. The 2 mile, 450’ climb to Cloudburst is hotter and longer than it seems, and runners that tackle it cool and fueled up fare better in the race. Ease up if you’re overheating.

### **33-hr Runner /**

33-hour finishers tend to reach Cloudburst before 2:50 PM, despite the 3:30 PM cutoff. Buckle hunters need to jog the road to take advantage of the less technical terrain, but hiking the climb up Kratka Ridge is common and advisable in the heat. The 2 mile, 450’ climb to Cloudburst is hotter and longer than it seems, and it can be brutal on runners later in the day. Always being ready to deal with additional heat and a potentially upset stomach can be the difference between needing 30 minutes to repair at an aid station and an efficient 2-minute pit stop. Remember: race time doesn’t stop in aid stations.

### *DRIVING DIRECTIONS + PARKING INFO:*

Leaving Islip Saddle, continue heading west on Hwy 2 for 7.1 miles to Cloudburst Aid Station. Parking is located in the turnouts before and after the aid station. There are no pit toilets available.

By this time of day, the weekend traffic will be out. Hwy 2 is a popular route for motorcycles and racing enthusiasts, and they have been known to drive quite aggressively. Please use the turnouts and just let them pass. Do not slow down and drive alongside runners on the course, as this creates a very dangerous situation for yourself, the runner, and other motorists.





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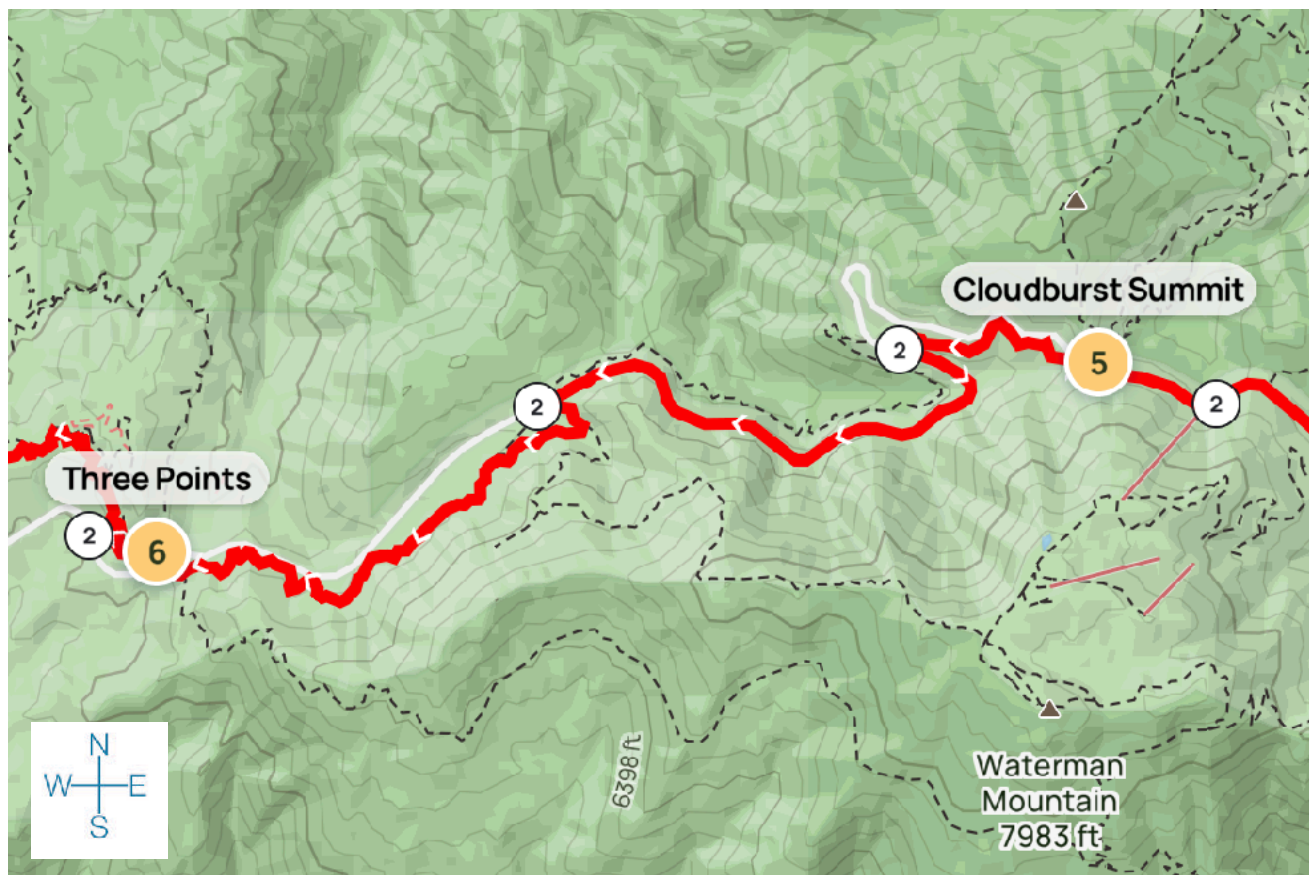
## CLOUDBURST SUMMIT to *THREE POINTS* / miles 33 - 37.8

Section Length: 4.8 miles

Drop Bags: NO

Driving Distance: 4.5 miles / 9 minutes

Crew: YES



Elevation:

GAIN: 220'

HIGH POINT: 7,025'

LOSS: 1,290'

LOW POINT: 5,860'





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### *COURSE DESCRIPTION:*

Leaving Cloudburst, runners join the PCT on the South side of the highway. From there, it's downhill for 0.75 miles to again meet Hwy 2. Runners make a sharp left here, to continue running downhill on the left side of the road (facing traffic). 2.5 miles PAS to the Glenwood turnout on the left side of the road, where a large yellow gate blocks a fire road. This is the route, but feel free to use the USFS pit toilets in the turnout if necessary. Now off the highway, the course continues past the yellow gate and follows a fire road down the South (left) side of the canyon for 2 miles, gradually turning into a single track trail. Runners will encounter additional thick patches of the infamous purple, poodle-dog bush along this stretch and should, again, use caution. At the junction with the Mt. Waterman Trail, runners follow the PCT to the right (go towards the highway) and down to the road crossing where the PCT climbs for 0.1 Miles to Three Points Aid Station, mile 37.8, elevation 5,900'. Flaggers will direct runners at the highway crossing.

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners tend to arrive by 1:10 PM, running almost all sections of this stretch. A light breeze may provide some relief, but the dry heat and the Southern California sun is still baking runners in a largely exposed section. Carrying enough water to douse oneself every few minutes is key as the downhill breaks up near Three Points.

**33-hr Runner /** 33-hour finishers reach Three Points by 4:00 PM, despite the 4:30 PM cutoff. The mix of pavement and trail running can begin to take its toll on runners' knees. The heat might appear to be wearing off with a nice breeze moving through Cloudburst, but there still are warm pockets in the canyons below. Be prepared with plenty of water as you leave the aid station.



### *DRIVING DIRECTIONS + PARKING INFO:*

Leaving Cloudburst, continue heading west for 4.4 miles on Hwy 2 to Sulfur Springs/Santa Clara Divide Road, turn right and the aid station is 200 feet up the road. Parking is located at the aid station, and the field is usually spread out enough to accommodate most crews. If not, you can head back down to the highway to find a turnout - you know the drill by now! USFS pit toilets are located at the aid station.

This section of Highway 2 is often filled with speeding motorcycles (in 2014, one literally flew off the highway and crashed in the middle of the race course). Take caution for runners joining the shoulder of the road 0.75 miles after the aid station.

---

THREE POINTS to [MT. HILYER](#) / miles 37.8 - 41.1

Section Length: 3.3 miles  
Driving Distance: No crew access

Drop Bags: NO  
Crew: NO



Elevation:

|            |                    |
|------------|--------------------|
| GAIN: 570' | HIGH POINT: 6,072' |
| LOSS: 590' | LOW POINT: 5,746'  |



---

### *COURSE DESCRIPTION:*

By Three Points runners will begin to notice signs of the 2009 Station Fire, with a transition to more chaparral and less forested terrain. Leaving the aid station on the same trail they entered on, runners will bid adieu to the PCT and make a quick right on to the Silver Moccasin Trail (roughly 100 feet below the aid station). Rolling through exposed terrain, runners turn right off the trail 2 miles PAS at the Bandido Campground onto a paved road that leads to Santa Clara Divide Road. Runners turn left and follow it for 1.2 miles up to Rosenita Saddle where the Mt. Hilyer Aid Station is located at mile 41.1, elevation 5,900'

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners tend to arrive by 1:55 PM, making quick work of the section, provided their stomachs are still with them. The absence of trees for the first mile is palpable, as the light rocks reflect heat upward. The trail tends to become more technical from this point forward as the pine trees become more sparse. Heat is still very much an issue, and heat management is more important than ever.

**33-hr Runner /** 33-hour finishers reach Three Points by 5:00 PM, despite the 5:30 PM cutoff. Leaving the pine trees, the trail becomes noticeably more technical and requires additional focus. For much of the remainder of the race, attention will be necessary to avoid tripping on rocks and roots as the sun begins to set and legs begin to tire.

### *DRIVING DIRECTIONS + PARKING INFO:*

NO CREW ACCESS AT MT. HILYER.

Crews are prohibited from accessing the Mt. Hilyer Aid Station. Please note: any veterans accustomed to eating at Newcomb's Ranch should be advised that this restaurant is currently closed, awaiting new ownership.



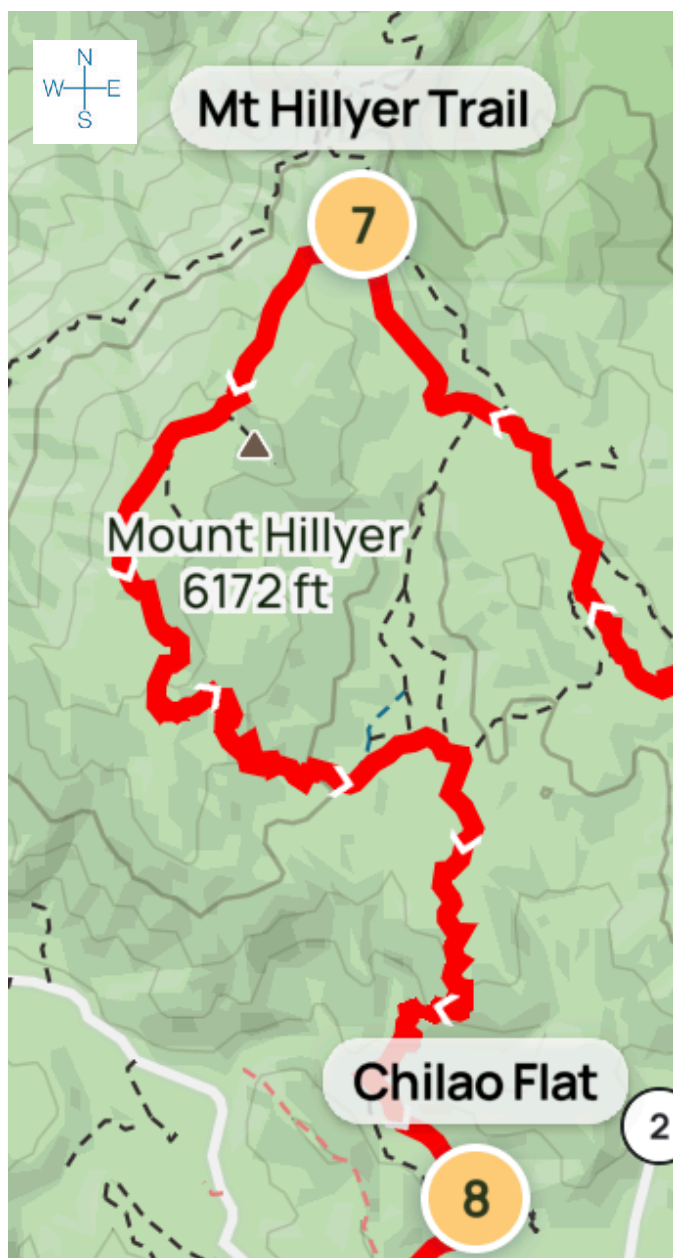


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MT. HILYER to *CHILAO FLAT* / miles 41.1 - 44.8

Section Length: 3.7 miles  
Driving Distance: 4.5 miles / 9 minutes

Drop Bags: YES [PACER MAY  
Crew: YES START AT CHILAO]



Elevation:  
GAIN: 550' HIGH POINT: 6,198'  
LOSS: 1,160' LOW POINT: 5,219'



---

### *COURSE DESCRIPTION:*

Runners depart southwest from the aid station on a trail leading up Mt. Hilyer. The one mile climb tops out at 6,198' before a bobsled-style descent through cabin-sized boulders. The trail has numerous off-shoots worn in by climbers, so the runner must keep their head up to ensure they're on the main trail. (This area was a favorite hideout of horse thief, Tiburcio Vasquez, in the mid-1800's. He was able to hide full grown horses amongst the rocks, so you can see why we'd caution you not to get lost.)

After another mile of downhill, runners eventually bottom out at the right turn on the Silver Moccasin Trail. From there, it's a quarter-mile traverse to another 0.9 mile descent down to a paved road. Turn left at the road and run 0.4 miles to the right turn across the wash, directly into the Chilao Aid Station, mile 44.8, elevation 5,250'.

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners are generally successful because they're resilient on the downhills and can keep their average pace low, enabling a 2:45 Chilao arrival. This section often brings drastic temperature swings: offering a cool breeze atop Mt. Hilyer, and then back to hot and muggy on the approach to the aid station. Hiking up Mt. Hilyer in control and being able to jog the flat sections through the meadow is a good sign of pacing.

**33-hr Runner /** 33-hour finishers reach Chilao as the sun begins to set at 6:15 PM, ahead of the 6:40 PM cutoff. The runner destined to make it to Altadena will have a controlled jog heading down through the boulders and a steady resilience as day turns to night.

### *DRIVING DIRECTIONS + PARKING INFO:*

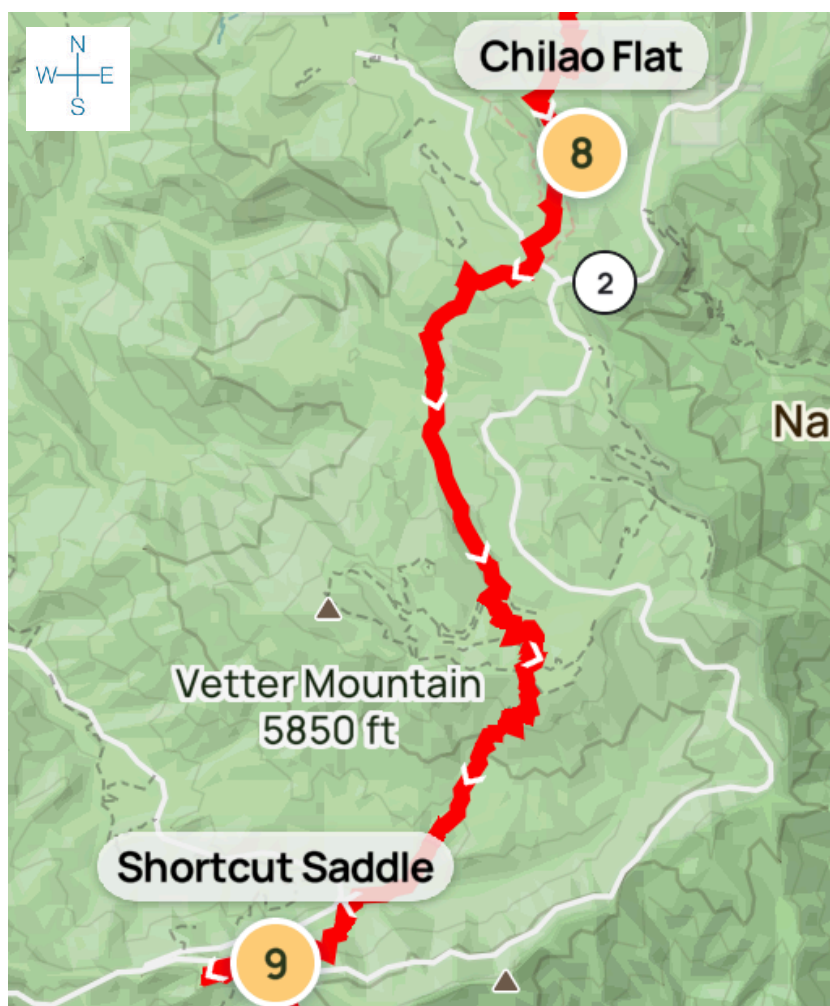
Leaving Three Points, return to Hwy 2, turn right and head 2.2 miles to Chilao Day Use Area. Turn right off the highway, and the aid station is located 0.4 miles down the road. As you approach the aid station, you'll turn left through the wash for parking in a large lot. USFS pit toilets and water spigots are available.

PACERS MAY NOT LEAVE CARS AT THE CHILAO AID STATION, OR AT ANY AID STATION ON THE COURSE.

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CHILAO FLAT to *SHORTCUT SADDLE* / miles 44.8 - 51.3

|                   |                        |            |     |                       |
|-------------------|------------------------|------------|-----|-----------------------|
| Section Length:   | 6.5 miles              | Drop Bags: | NO  | [NO PACER MAY SWITCH  |
| Driving Distance: | 7.7 miles / 13 minutes | Crew:      | YES | OR START AT SHORTCUT] |



Elevation:

GAIN: 1,510'

LOSS: 2,000'

HIGH POINT: 5,537'

LOW POINT: 4,269'





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### *COURSE DESCRIPTION:*

Runners cross the concrete wash and re-join the Silver Moccasin Trail via a left turn uphill. After 0.6 miles, a paved road is crossed, and runners follow single track South for another 0.8 miles, until dumping out on a fire road. You'll turn left on this fire road and continue South for 1.2 miles to a T junction with another fire road. Again, you'll bear left and after only 0.1 mile, turn right to get back on the single track as it crosses a creek bed. After following the single track for 0.3 miles, a hard left is taken at another junction, and runners traverse winding single track for 0.6 miles to a hard right. Runners cross a road after 0.2 miles, and proceed up another 0.2 to a final paved road crossing (Vetter Mountain Road) with views of the Shortcut Aid station 2.8 miles away and Mt. Wilson looming in the distance. From the road, it's 2 miles of technical single track down to cross a creek bed, and then a relatively quick 500', 0.8 mile climb up to the Shortcut Aid Station, mile 51.3, elevation 4,760'. You're over halfway there!

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners are still in the heat of the day, as they reach Shortcut by around 4:15 PM. This section can start to offer gentle breezes, but then punishes runners with a hot and technical descent off Charlton Flat. The creek bed at the bottom is usually dry by July, and the 0.8 mile climb to shortcut can feel hot and muggy - it's total spirit crushing terrain if one runs out of water or begins to overheat. The following segment is one of the longest, so it's in a runner's best interest to not arrive too beat up at Shortcut Saddle.

**33-hr Runner /** 33-hour finishers witness the golden Southern California sunset traversing through Chilao and usually reach Shortcut by 8:45 PM, a bit ahead of the 9:10 PM cutoff. The trail after Vetter Mountain Road is technical and requires focus to keep footing through numerous ruts and wooden step-downs.

### *DRIVING DIRECTIONS + PARKING INFO:*

Leaving Chilao, return to Hwy 2 and turn right. Head 7.3 miles South to the Shortcut Saddle Aid station, which is a large turnout directly next to the road.

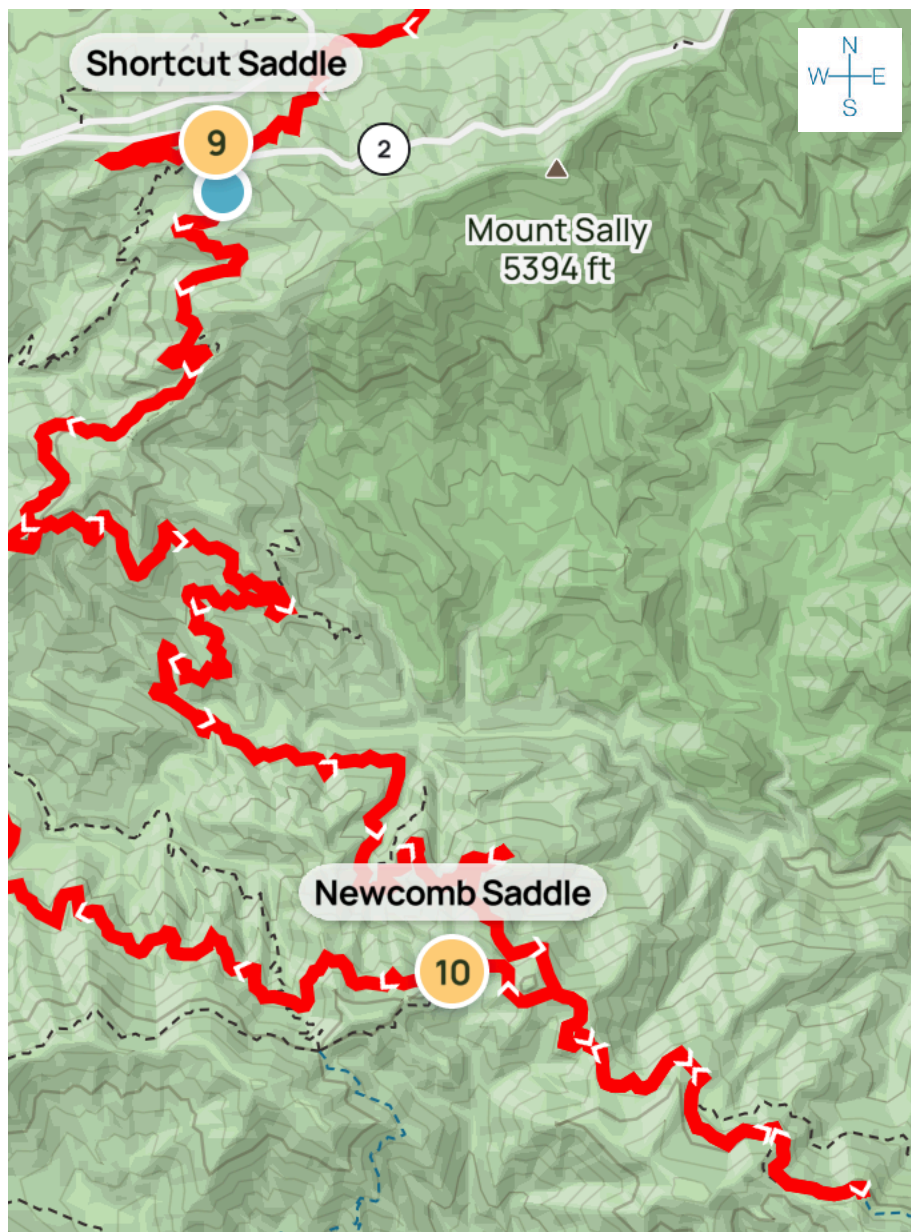
Parking is available in turnouts before and after, but very limited at the actual aid station. Again, runners will cross the highway here, so take caution. There are no toilets available at this aid station.

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SHORTCUT SADDLE to *NEWCOMB SADDLE* / miles 51.3 - 63.5

Section Length: 12.2 miles  
Driving Distance: No crew access

Drop Bags: YES  
Crew: NO



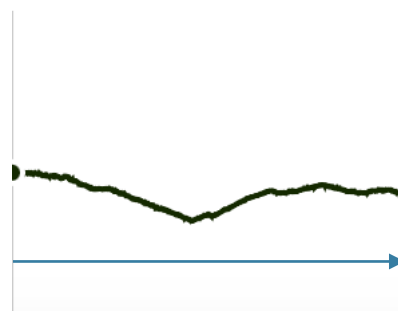
Elevation:

GAIN: 1,215'

LOSS: 2,035'

HIGH POINT: 4,816'

LOW POINT: 2,781'



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### *COURSE DESCRIPTION:*

Runners cross Hwy 2 and descend down a 200 yard stretch of single track to Edison Rd and turn left at the bottom. This dirt road winds down 2000' for 5 miles to the bottom of the canyon where it crosses the West Fork of the San Gabriel River. Then after a 2.7 mile, 1100' climb runners reach Red Box Rincon Fire Rd. In order to ensure the full 100 mile distance, runners turn left and run 2 mi out to a turnaround point where all are required to punch their race bib with a special hole punch. After doing so, runners head back the way they came on Red Box Rincon Fire Rd, 2 miles back to the junction with Edison Rd. Now runners continue straight on Red Box Rincon, another 0.5 miles to the aid station, mile 63.5. This section will be well marked with ribbons and signage on race day, ensuring tired runners earn all their miles.

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners are still charging into the evening. If you're one of these, make sure you leave with plenty of water and sun protection, as the heat is still relentless. It's a good idea to eat on the way down (even though you won't want to) so you're ready for the climb. At the bottom, take a moment to cool off in the water at the river crossing, because the climb out is runnable in certain sections and a good opportunity to make up time. Though it is a very long section, it's a net downhill and all dirt road.

**33-hr Runner /** 33-hour finishers will have their headlamps on and be afforded a good opportunity for runnable miles. Make sure to eat on the downhill, so you don't bonk once the climb starts. Settle in to a nice power hike up to Red Box Rincon and get ready to run along the ridge, enjoying beautiful views of the sprawling Los Angeles basin below. Don't lose faith on this long section - you can bank a lot of time on the dirt roads if you still have your legs about you and can run some.

### *DRIVING DIRECTIONS + PARKING INFO:*

NO CREW ACCESS AT NEWCOMB SADDLE.

Crews are prohibited from accessing Newcomb Saddle. With your runner out tackling two long, challenging segments, it's a great time to rest up for the night. You earned it!



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## NEWCOMB SADDLE to *REDBOX* / miles 63.5 - 72.4

Section Length: 8.9 miles

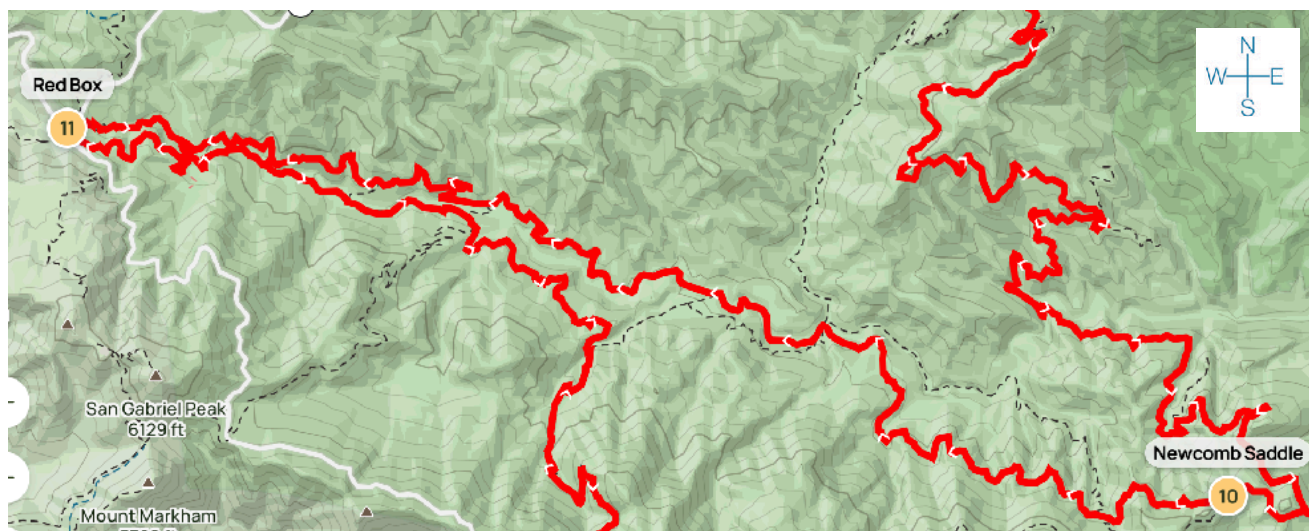
Drop Bags: YES

[PACER MAY SWITCH

Driving Distance: 23 miles / 45 minutes

Crew: YES

OR START AT REDBOX]



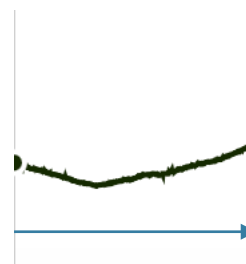
Elevation:

GAIN: 1,595'

HIGH POINT: 4,656'

LOSS: 968'

LOW POINT: 3,061'



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### *COURSE DESCRIPTION:*

Runners head west on Red Box Rincon Rd, descending 1000' in 3 miles to West Fork Trail Camp. From there, they climb 1600' in 6 miles to the Red Box Aid Station at mile 72.4. This segment stays on the dirt road the entire way to Red Box. Do not take the single track.. yet. You'll hit it on the next section from Red Box to Mt. Wilson.

### *VET'S ADVICE:*

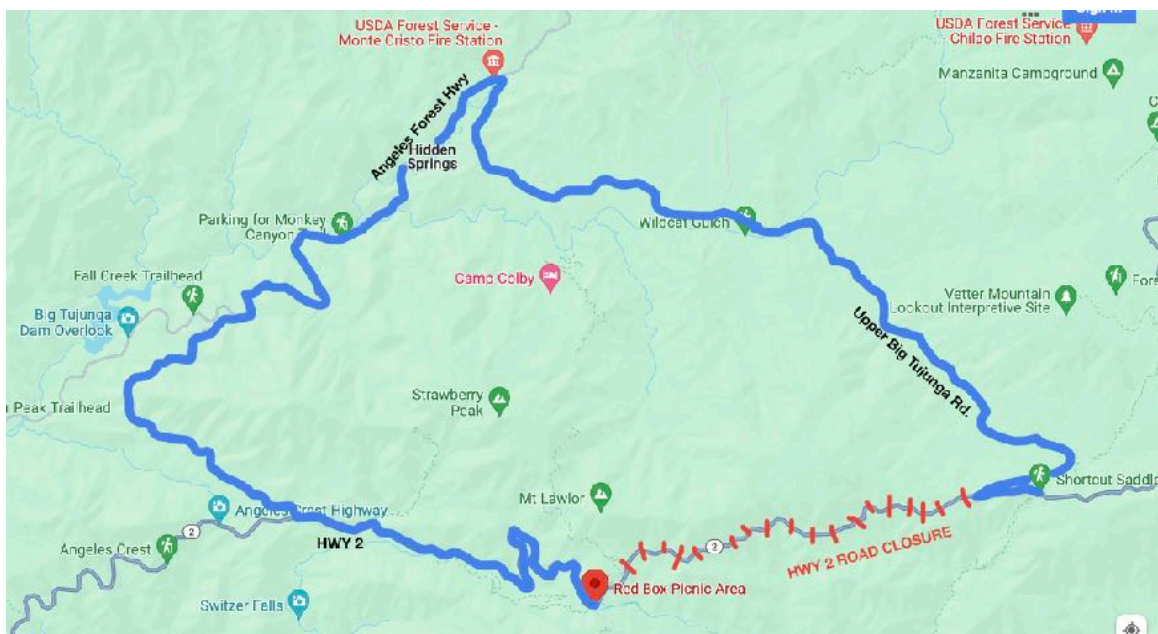
**24-hr Runner /** 24-hour runners are finally getting the reprieve of sunset, but this canyon can hold heat into the evening. It's a great section to run fast if you still have the legs. "Fast" may be a feeling, and it can certainly be derived "jogging" downhill at a leisurely pace. Just make sure not to waste the less technical miles while you've got them!

**33-hr Runner /** 33-hour finishers will be pushing through the witching hours of 1-4 AM. Be sure to stay alert and keep eating when your energy levels inevitably dip. Your crew and the aid station will take care of you if you can hustle through the night and stay ahead of cutoff pace. (And with these "easy" dirt roads, you totally can!)

### *DRIVING DIRECTIONS + PARKING INFO:*

Leaving Shortcut, head west and after less than a mile turn right onto Upper Big Tujunga Road. Follow it for 9 miles to the junction with Angeles Forest Hwy and turn left. Follow Angeles Forest Hwy for 8 miles to the junction with Angeles Crest Hwy and turn left, then head 4.6 miles to the Red Box Picnic Area on the right side of Hwy 2 at the junction of Mt. Wilson Rd and Angeles Crest Hwy.

Parking is available in turnouts before and after, but very limited at the actual aid station. Pit toilets are available. PACERS MAY NOT LEAVE CARS AT THE RED BOX AID STATION, OR ANY AID STATION ON THE COURSE.

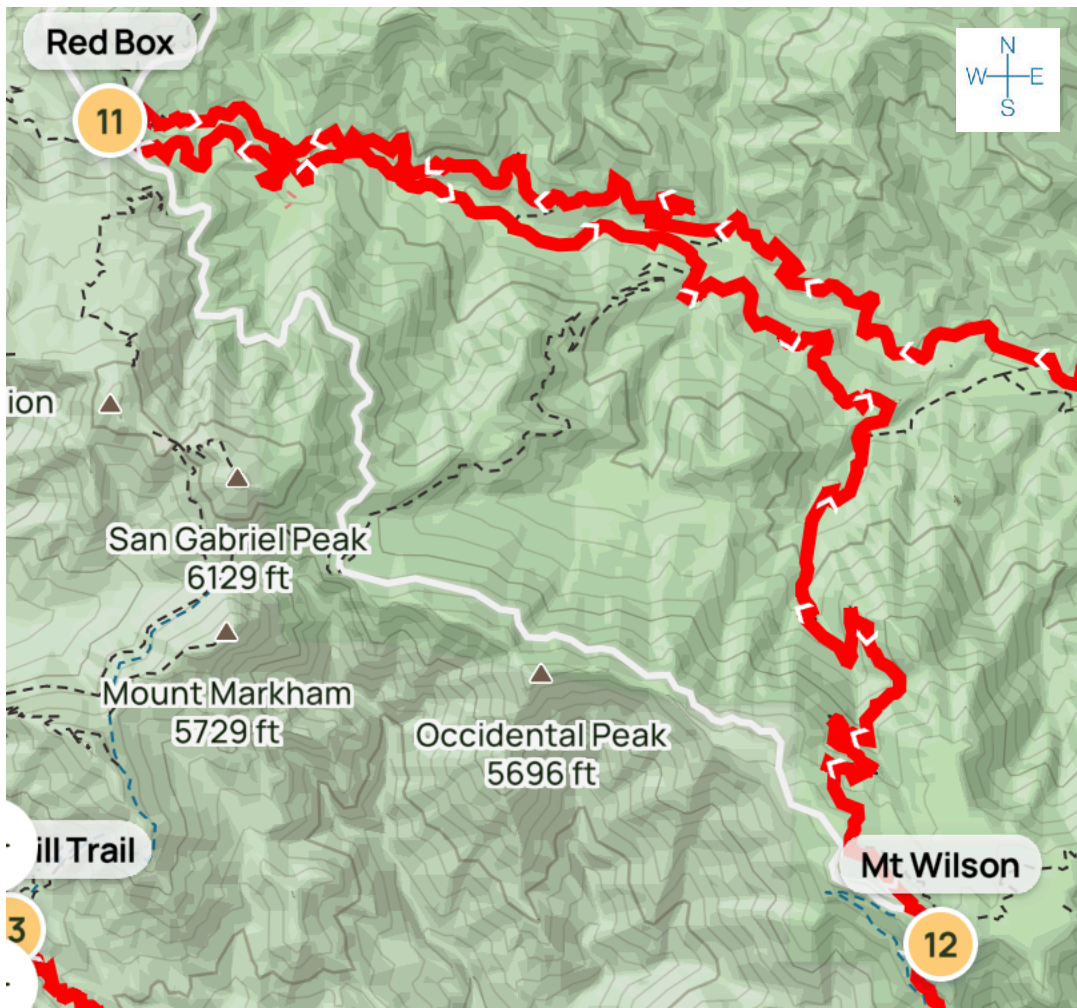


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RED BOX to *MOUNT WILSON* / miles 72.4 - 79.0

Section Length: 6.6 miles  
Driving Distance: 15 min/4.7 miles

Drop Bags: YES [PACER MAY SWITCH  
Crew: YES OR START AT MT. WILSON]



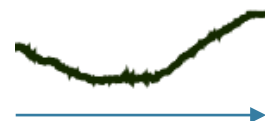
Elevation:

GAIN: 2,139'

HIGH POINT: 5,667'

LOSS: 1,123'

LOW POINT: 3,528'





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### *COURSE DESCRIPTION:*

Runners head 3 miles and 1000' down the Gabrielino Trail from Red Box to the junction of the Kenyon Devore Trail. This right hand turn marks the beginning of the infamous climb up to Mt. Wilson. Runners will enjoy a steep ascent of 2,000' over 3.5 miles to the Mt. Wilson Aid Station on the summit at 5663'.

### *VET'S ADVICE:*

**24-hr Runner /** Things are finally cooling down a bit for the 24-hour runner, but great news - things are also getting harder. The Kenyon Devore climb replaces the old Winter Creek climb out of Chantry, and it is a worthy adversary. This section is largely considered the crux for those chasing a silver buckle and the gateway to the final descents of the race. Be sure to be eating and drinking on the way to Kenyon Devore, because the climb will feel like it goes on forever if you're bonking. You'll know you're near the top when it flattens out.

**33-hr Runner /** 33-hour finishers will be pushing into the second sunrise they witness on the course. It's going to be a tough climb to the top of Mt. Wilson, so be sure to fuel and hydrate on the way to Kenyon Devore. If you can power hike strong to the summit, you'll finish. If you lose faith and start to tank on energy, the final 20 miles will not be easy.

### *DRIVING DIRECTIONS + PARKING INFO:*

From the Red Box Aid Station, drive south on Mt. Wilson Road, 5 miles up to Skyline Park at the top of Mt. Wilson. The gate will be open for the race, and parking is ample in a large lot. This is the last time you'll see your runner before the finish, so make it count!

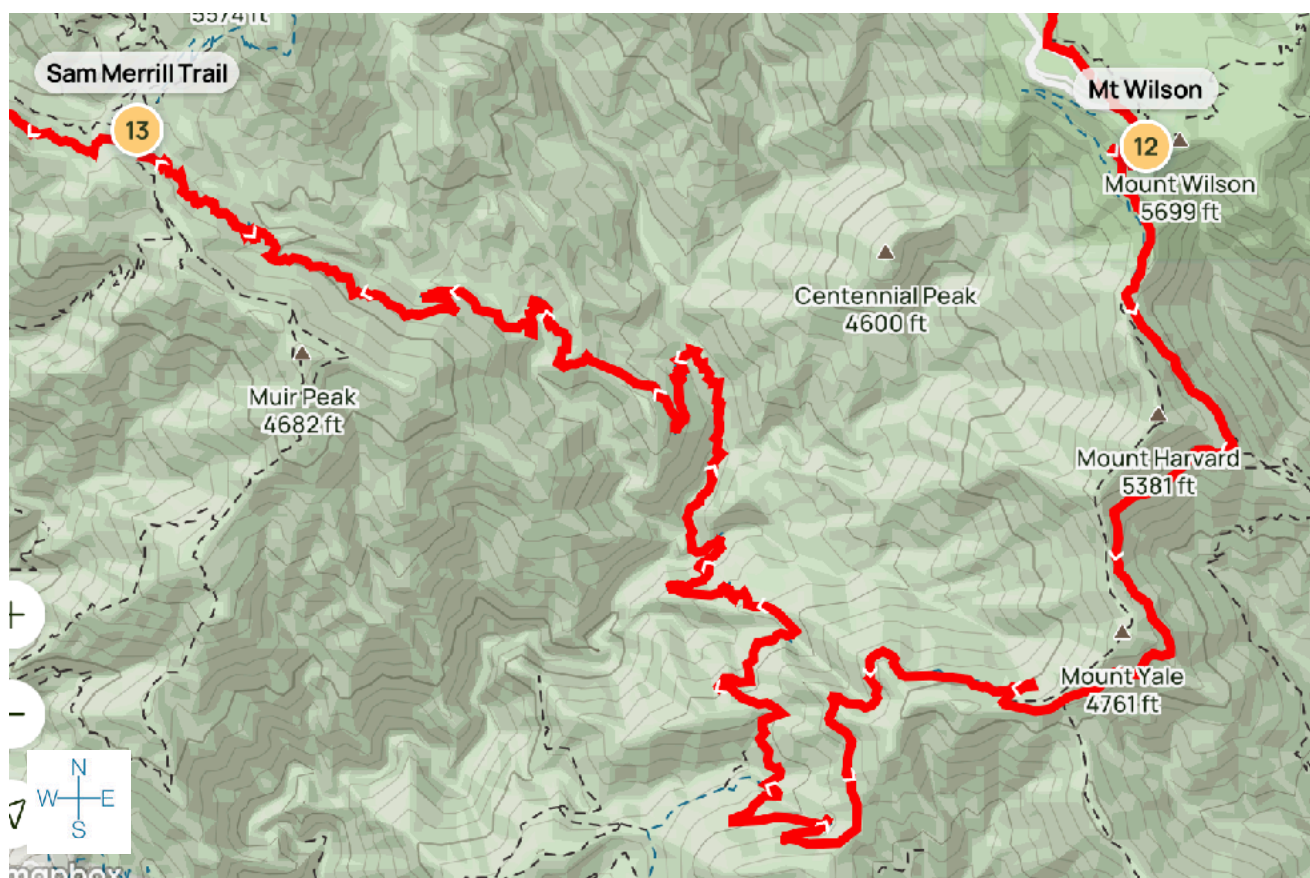


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## MOUNT WILSON to *SAM MERRILL* / miles 79.0 - 89.2

Section Length: 10.2 miles  
Driving Distance: No crew access

Drop Bags: YES  
Crew: NO



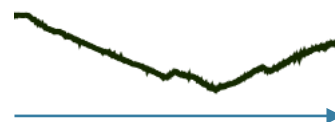
Elevation:

GAIN: 1,888'

LOSS: 1,123'

HIGH POINT: 5,667'

LOW POINT: 3,036'



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### *COURSE DESCRIPTION:*

Diving down the Mt. Wilson Toll Road on a 5-mile descent, runners officially enter the Front Country of the San Gabriels, famous for steep canyons, long climbs, lush pockets of green, and all-too-convenient trail access for millions of people. The great hiking revolution of the 1920's and 30's built many of these trails, leaving the crumbling remnants of wilderness resort hotels seen along the trail.

Runners descend 5 miles and 2500' to the turn off for the Idlehour Trail (site of the former Idlehour Aid Station.) This is the only right hand turn you can take off the dirt road. Runners will immediately cross a small footbridge and ascend for a 1/2 mile up to a ridge before dropping into Idlehour Canyon proper. Poison oak is plentiful here, so take care if stepping off trail. This next stretch of the course traverses two canyons, climbing 2000' up from the low point at Idlehour Trail Camp. Runners will work up and across one canyon heading west, and then encounter a short descent into a another canyon before a long, gradual climb to the Sam Merrill Aid Station.



*The entrance to Idlehour Canyon*

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners face a technical and dark descent that tests their resolve and attention span. It's important to stay alert and aware through this long section. The city lights beckon, but runners need to be ready for the significant push through Idlehour. While the crux may have been Kenyon Devore, the climbing is not over and the effort up to Sam Merrill is significant. The lights of the aid station will come into view with less than 2 miles to go.

**33-hr Runner /** 33-hour finishers face a steep and beautiful descent off Mt. Wilson. It's another long section that requires careful planning of calories and water. Don't underestimate the climbs out of Idlehour in the heat of the front country.



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### *DRIVING DIRECTIONS + PARKING INFO:*

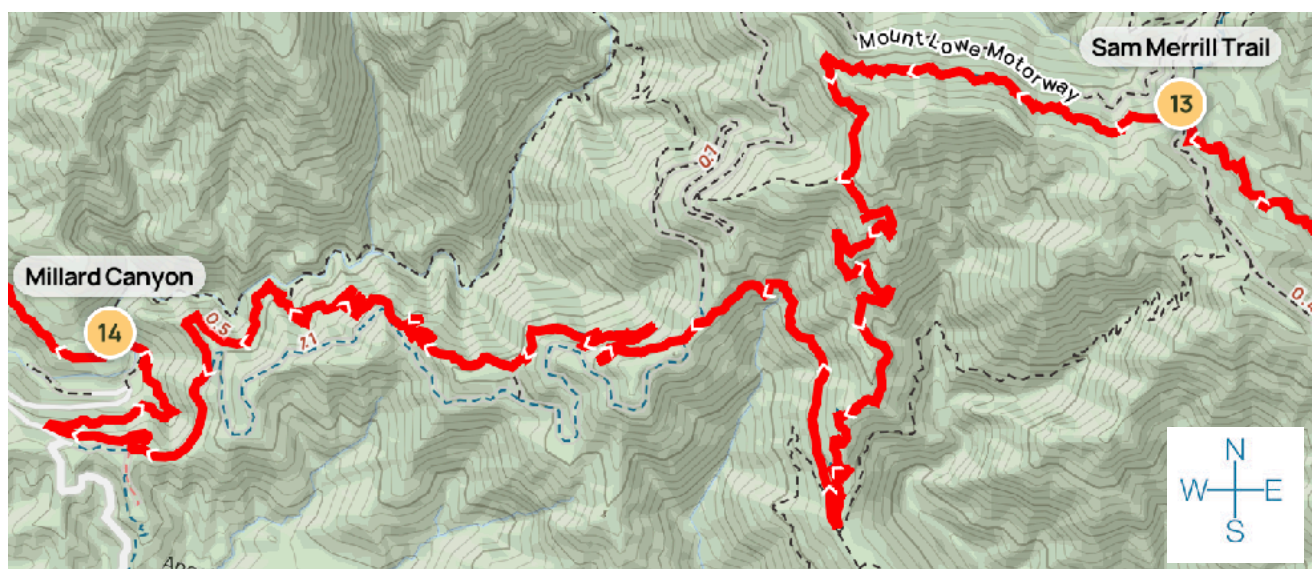
While there is no crew access at Sam Merrill, there *is* a city of open-24-hours luxuries awaiting you. Leaving Mt. Wilson head back down to Red Box, turn left and continue West on Hwy 2 for 14 miles to La Canada. Depending on timing, crews may want to stop for dinner or breakfast and gas at the shopping center on Foothill Blvd before continuing on the 210 East Freeway. Depending on what time you arrive to the city and what happens to be going on (one year it was a Beyonce concert at the Rose Bowl), you could experience a bit of traffic at this point. Do not worry - you still have PLENTY of time to get to Loma Alta, just consult your favorite maps app before settling into a nice meal and missing your runner due to LA being very LA.



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SAM MERRILL to *MILLARD CANYON* / miles 89.9 - 95.8

|                   |                |            |     |                      |
|-------------------|----------------|------------|-----|----------------------|
| Section Length:   | 6.6 miles      | Drop Bags: | YES | [NO PACER MAY SWITCH |
| Driving Distance: | No crew access | Crew:      | NO  | OR START AT MILLARD] |



Elevation:

GAIN: 290'      HIGH POINT: 4,498'

LOSS: 2,890'      LOW POINT: 1,880'



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### *COURSE DESCRIPTION:*

Despite it being “all downhill from here,” the course is still quite technical and demanding in the last 11 miles. Runners follow the single track trail to the south and into the trees towards Echo Mountain/Cobb Estate. Traversing cliffs for a mile, runners pop out to a view of the city and begin a technical 1300’ descent to Echo Mountain, 2.5 miles PAS. Taking one right turn and then another right at the Echo junctions, runners head gradually uphill on the old Mt. Lowe Railway for 200’ and 0.7 miles to the Sunset Trail/Cape of Good Hope. Reaching a paved road, runners turn left and 100’ later make a right turn onto the Sunset Trail following it down into Millard Canyon. After 2 miles and 1300’, the trail levels out for 0.4 miles before joining a paved road. You’ll turn right and run this road for 0.3 miles to re-enter the Sunset Trail - it will be marked, but be on the lookout for this junction. If you’re ever on a road for more than a few minutes, you have missed a turn. Once back on the trail, it’s just a quick 0.7 mile, 300’ descent to the aid station at Millard Campground, mile 96.5, elevation 1,880’.

### *VET’S ADVICE:*

**24-hr Runner /** 24-hour runners are generally targeting 1:45 on this difficult, technical descent. This has them reaching Millard at 3:45 AM with a comfortable cushion to get to the finish by 4:59:59. Parts of the trail are well lit by the city’s glow, but the winding, sandy and rocky nature of the trail requires complete focus to avoid a painful fall or too much walking. Runners can use the gradual climb up to the Sunset Trail to take on calories and water to sustain the long descent to Millard.

**33-hr Runner /** 33-hour finishers face a 2:10 hour push to reach Millard by 12:40 PM. Though the official cutoff is 1:20 PM, rarely does even the race winner finish the last section in 40 minutes. Runners are fighting heat and sore quads, running on adrenaline-laced fumes to reach the finish line.

### *DRIVING DIRECTIONS + PARKING INFO:*

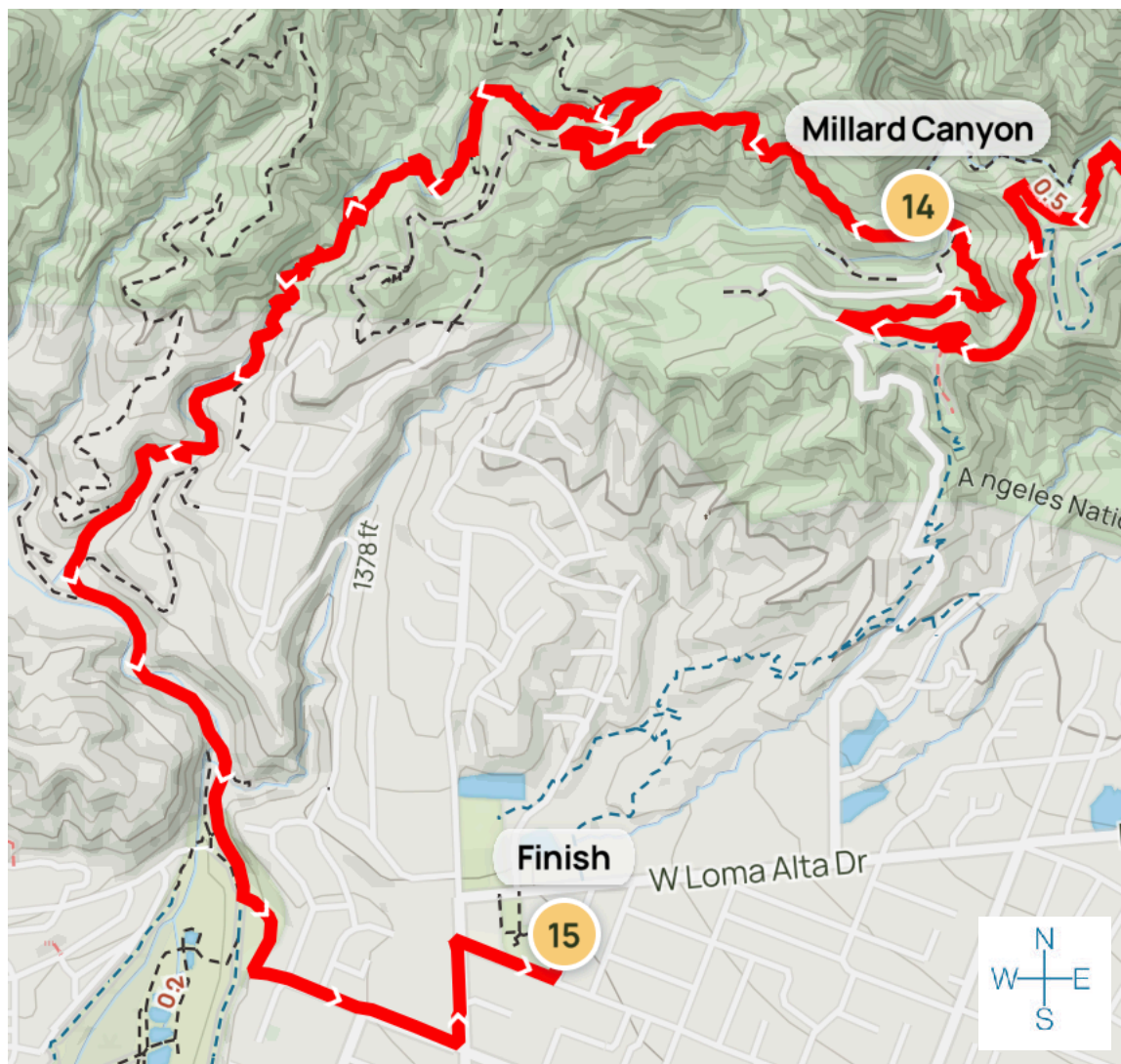
There is no crew access at Millard. If you’re resting up nearby and notice your runner has made it through Millard on the Live Runner Tracking, it would be a good time to get to the finish line to find parking and post up.



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MILLARD to *THE FINISH* / miles 95.8 - 100.5

|                   |                          |            |     |                      |
|-------------------|--------------------------|------------|-----|----------------------|
| Section Length:   | 4.7 miles                | Drop Bags: | YES | [CREW/FAMILY MAY RUN |
| Driving Distance: | 16 miles / 30-45 minutes | Crew:      | YES | THE GRASS/FINISH]    |



Elevation:

|              |                    |
|--------------|--------------------|
| GAIN: 450'   | HIGH POINT: 2,112' |
| LOSS: 1,000' | LOW POINT: 1,135'  |



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### *COURSE DESCRIPTION:*

Heading across the stream and up the dirt Millard Canyon road, runners climb 300' and 0.7 miles to an overlook of the Arroyo. 0.2 miles later, Brown Mountain Road joins to the right at a large dirt berm. Runners take this hard right and dive into the Arroyo where criss-crossing a creek will become the norm for the final 2 miles. Another 0.3 miles into the canyon there is a momentary opening, and the El Prieto single track dives off to the left. Take this trail through the remainder of the Arroyo, always choosing the trail that leads back to the stream and not upwards out of the canyon at junctions.

Finally 2.9 miles PAS, runners leave the single track behind for good and join the dirt Fern Truck Trail for a moment before it spills out onto the paved Arroyo Secco Road. This leads runners over a bridge and south out of the canyon past JPL. 3.7 PAS, runners reach a short connector trail that leads 100' up to Altadena Drive. This is the trail home! Reaching the paved streets of Altadena, runners head east for a half mile, and then turn left on Lincoln Ave. Continuing on Lincoln for two blocks, runners make the right hand turn on Palm Street at the community garden and can now hear the finish line. Approaching the park, runners make a final left-hand turn into the grass and on to glory.

### *VET'S ADVICE:*

**24-hr Runner /** 24-hour runners make their final push up a short climb and technical descent, all under the cover of darkness in the wooded Arroyo. Careful navigation is key, as a few seconds lost to a missed turn could be the difference between a Sterling Silver and Bronze Buckle. Race time is held by the race organization, and a runner or pacer's chronograph can occasionally display an erroneous time compared to the time of day. (This has happened. It is fun for no one.) Upon finishing, the finish line is cooking food through the night, hot showers are available, and medics are on hand to handle most issues, so leave it all out there and get that Silver!

**33-hr Runner /** 33-hour finishers make certain to push all the way through to the Finish Line, and take care to avoid any missed turns. Getting to the finish from Millard in an hour is doable, but will require the buckle hopeful to RUN.

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### *DRIVING DIRECTIONS + PARKING INFO:*

Coming down Hwy 2 into La Canada, take the 210 East towards Pasadena for 2.6 miles. Follow signs for Exit 22B Arroyo Blvd. Exit and head left towards onto N. Arroyo and then make a quick right onto Woodbury Rd for a half mile before taking a left on Lincoln for 1.4 miles. Turn right on W. Palm Street and look for the finish line on the left side in the park.

#### Loma Alta Park

3330 Lincoln Ave.

Altadena, CA. 91001

Please do not park on Palm, Dabney, or any street directly in front of a residence. Do not park in the small parking lot South of the restrooms at the Park. Proceed to Loma Alta Drive where there is ample parking and residents will not become angry and threaten our permits.

Food will be available to runners at the finish line at all hours of the night. Hungry and desperate crews can access a 24-hour McDonald's on Lincoln Ave during the wee-hours.

The Awards Ceremony follows the 2:00 PM conclusion of the race, and typically begins sometime around 2:30 PM.





## 2024 AC100 AID STATION + CUTOFF CHART

| AID STATION       | MILES FROM LAST AID | CUM. MILES | CREW ACCESS | PACER ACCESS | DROP BAG | APPROX. FIRST RUNNER* | ABSOLUTE CUTOFF |
|-------------------|---------------------|------------|-------------|--------------|----------|-----------------------|-----------------|
| Start             |                     |            | YES         |              |          | 5:00AM Sat            |                 |
| Inspiration Point | 9.3                 | 9.3        | YES         |              | NO       | 6:33AM Sat            | 8:15AM Sat      |
| Vincent Gap       | 4.5                 | 13.8       | YES         |              | YES      | 7:12AM Sat            | 9:20AM Sat      |
| Islip Saddle      | 12.1                | 25.9       | YES         |              | YES      | 9:21AM Sat            | 1:05PM Sat      |
| Cloudburst        | 7.1                 | 33         | YES         |              | NO       | 10:30AM Sat           | 3:25PM Sat      |
| Three Points      | 4.8                 | 37.8       | YES         |              | NO       | 11:10AM Sat           | 4:40PM Sat      |
| Mt. Hillyer       | 3.3                 | 41.1       | NO          |              | NO       | 11:40AM Sat           | 5:45PM Sat      |
| Chilao            | 3.7                 | 44.8       | YES         | YES          | YES      | 12:15PM Sat           | 6:50PM Sat      |
| Shortcut          | 6.5                 | 51.3       | YES         | NO           | NO       | 1:25PM Sat            | 9:00PM Sat      |
| Newcomb           | 12.2                | 63.5       | NO          | NO           | YES      | 3:20PM Sat            | 1:00AM Sun      |
| Red Box           | 8.9                 | 72.4       | YES         | YES          | YES      | 4:45PM Sat            | 4:15AM Sun      |
| Mt. Wilson        | 6.6                 | 79         | YES         | YES          | YES      | 6:00PM Sat            | 7:15AM Sun      |
| Sam Merrill       | 10.2                | 89.2       | NO          | NO           | YES      | 8:10PM Sat            | 10:45AM Sun     |
| Millard           | 6.6                 | 95.8       | NO          | NO           | YES      | 9:20PM Sat            | 12:50PM Sun     |
| Finish            | 4.7                 | 100.5      | YES         |              | YES      | 10:00PM Sat           | 2:00PM Sun      |

\*Based on men's 17:35:48 Course Record splits

Splits for various paces from the 2022 out-and-back race can be found [HERE](#) on [AC100.com](#) - this year's course is the same from the start to Shortcut. With all of the course changes in recent times, meaningful averages for various paces are hard to determine, but we'll be working to compile that data for future years. In the meantime, consult the Vet's Advice for each course section for estimates on 24-hour pace and 33-hour pace.

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## *COURSE HISTORY + CHANGES*

The first annual Angeles Crest 100 was held in September of 1986. Over the past 32 years, Race Management has strived to keep the race's original point-to-point course from Wrightwood to Altadena largely in tact, while preserving it's level of difficulty. However, a combination of new wilderness designations and just nature being nature has mandated that a few changes be made over the years.

### **August Date**

For 22 years, the Angeles Crest 100 was held annually in late September/early October. After the devastation of the 2009 Station Fire and years of drought, the decision was made to move the race to the first weekend in August, in the hopes of avoiding fire season. While the race is undoubtedly a bit more challenging in the Southern California summer heat, the race has not been cancelled since.

### **Mt. Williamson / The Tunnels**

With the expansion of the Pleasant View Wilderness (PVW) came a major course update in 2016. No longer allowed to use the PCT section in the PVW from Islip Saddle over Mt. Williamson, the race now utilizes the shoulder of Highway 2 until rejoining the trail over Kratka Ridge, lovingly referred to by local runners as the "scenic mound." The current course between the Islip Saddle and Eagle's Roost picnic area is now a 2.5 mile section of pavement which travels through the Williamson Tunnels.

### **Cooper Canyon**

The original Cooper Canyon section was updated in 2005 when environmental concerns over the endangered Mountain Yellow-legged Frog closed a section of the PCT leaving Eagle's Roost. Runners instead traveled the shoulder of paved Highway 2 to the exit of Buckhorn Campground, which they ran through to join the Burkhart Trail to Cooper Canyon Trail Camp. For a number of years, the course then took a "death march" up a fire road until rejoining the trail for the final ascent up to Cloudburst Summit, but was replaced by a section of the PCT, adding a mile but also a lot more scenery (and maybe even a slight breeze). Awaiting the outcome of an Environmental Impact Report regarding the Mountain Yellow-legged Frog, the intent has always been to return to the original course through the infamous inferno that is Cooper Canyon, however the same Pleasant View Wilderness expansion that disallowed the race to travel over Mt. Williamson has also barred us from entering Cooper Canyon at all. For the foreseeable future, the course must continue for 4.6 miles on the asphalt of Highway 2 all the way to Cloudburst Summit.

### **Sulphur Springs**

Beginning in 2016, a short section of highway paralleling the trail must be traveled to avoid Pleasant View Wilderness. Beginning at the Pajarito Highway Crossing, the course rejoins the original trail at the Glenwood turnout/bathrooms.

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### **Three Points to Mt. Hilyer**

As of 2016, the course now leaves Three Points on a new section of trail to, again, avoid the PVRW. What used to be a rolling section of PCT to join an asphalt grade up to Manzanita Saddle, home of the Three Points Aid station, is now a rolling, exposed section of the Silver Mocassin Trail, joining the asphalt of Santa Clara Divide Road through Bandido Campground and entering Three Points Aid from the opposite direction. While the direction traveled and trails used have changed, the nature of the course here is largely preserved. The 2016 running saw an added out-and-back on an exposed fire road to Pacifico Mountain to regain lost mileage, but this was removed with the 2017 Red Box addition (see below).

### **Red Box Addition**

In 2016, environmental concerns over the endangered Arroyo Toad habitat closed access to the Edison fire road where it crosses the West Fork of the San Gabriel River. Until 2024, runners left the Shortcut Aid Station on the Silver Moccasin Trail down to West Fork, turning on the Gabrielino Trail which ascends to the new aid station and crew access point at Red Box. From there, the course travels back down to West Fork via the unpaved Rincon Red Box forest road, continuing directly up to the aid station Newcomb's Saddle. Adding 8.5 miles and 1,300' of gain, this new section makes up for the elevation lost over the removal of the Mt. Williamson, Cooper Canyon and Mt. Hilyer climbs and the cumulative mileage lost between Islip Saddle and Three Points. With the added climbing, heat and technical nature of the trail, most runners believe this has made the course significantly more difficult, and truer to the spirit of the original 1986 course. \*In 2024, we are allowed to use Edison Rd once again.

### **Mt. Wilson Addition**

Damage from the Bobcat Fire of 2020 and subsequent harsh winters has kept the race out of Big Santa Anita Canyon and the critical aid station in Chantry Flat. In order to preserve the point-to-point nature, a new course has been devised utilizing the back side of Mt. Wilson. Runners now visit Newcomb after Shortcut on the original course, and instead of heading down into Big Santa Anita, head back down into West Fork and up to the Red Box aid station. From there, runners take one last trip into West Fork but this time climb Kenyon Devore to the summit of Mt. Wilson and a new aid station. This climb is comparable to the formidable Winter Creek climb out of Chantry, making for a nice substitute. After Mt. Wilson, runners utilize the toll road to get back on course for the remainder of the race. While the race has a bit less climbing and more dirt roads, it also necessitates longer stretches without aid in the oppressive heat of the front country canyons. It being a faster or slower course than the original remains to be proven this August.

### **The Winton Bypass**

In 1999, the AC100 Trail Volunteers built the "Winton Bypass," lead by (you guessed it), longtime Forest Service volunteer and 30-year Co-Race Director, Hal Winton. The new trail traverses below Manzanita Ridge on Mt. Wilson, replacing a 16% grade section of nasty, crumbling ridge.



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## The Finish Line

The original finish line of the course was at the Rose Bowl, and was replaced by Johnson Field in 1992. This resulted in the course being shortened from 101.9 miles to 100.2 miles.

The current finish line at Loma Alta Park was adopted in 1998, but the overall distance of the course remains the same as the 1992 edition.

### *On Course Changes + Course Records...*

As with many historical races, course changes throughout the years have sometimes made it difficult to accurately compare finishing times for the purposes of records. The original course length was 101.9 miles with 21,500' of elevation change, while the modern course utilizing Red Box is 100.2 miles and 20,085', and contains 7 miles of road running. The 2024 course will be 100.5 miles and 19,423 of climbing, but also replaces many formerly technical single track miles with dirt roads. On paper, it would seem fair to say the original course was most difficult. However, many seasoned AC runners argue that the hotter weather during the August date combined with the degradation of trails, decreased tree cover and the addition of new, technical trails due to fire, drought and wilderness designations have actually made the courses more comparable than one might think based purely on numbers.

The course records on the original course were set at 17:35:48 by Jim O'Brien and 22:36:57 by Kathy Britcliffe, both on a historically cool day in 1989. The modern women's record is held by Pam Smith, who ran 21:04:18 in 2014, and is considered enough of an improvement to make the difference in courses negligible. For the men, O'Brien's record still stands.



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### *The future...*

Continuing the tireless work of Hal Winton, rest assured that we are working year-round to keep the Angeles Crest 100 in business and reduce the amount of mileage this trail race is forced to run on pavement. By fostering relationships with the United States Forest Service through trail service and stewardship, taking an active role in our communities and other special interest groups and lobbying local politicians, we are committed to preserving and restoring the historic Angeles Crest 100 course.

## *HAZARDS: FLORA + FAUNA*



### **Poison Oak (*Toxicodendron diversilobum*)**

#### *How to spot it:*

Poison oak is distinctive by its triple leaf pattern with prominent veins and shiny surface. In the summer, leaves are yellowish-green, pink, or reddish, with small white or tan berries. In the fall, the leaves turn bright red or russet brown.

#### *Where it's found:*

Poison oak is usually first encountered on miles 47-60 of the course. It is particularly prevalent in Idlehour Canyon, especially at the bottom. The next occurrences are on the Sunset Trail going into Millard Campground.

#### *What it does:*

An oil called urushiol on the leaves and twigs of poison oak causes irritation to the skin, resulting in rash or blisters. While a significant percentage of people are not allergic to urushiol, it is important to note that you can develop an allergy at any point, so contact with the plant is best avoided.

#### *How to treat it:*

Wash as soon as possible with cold water and an oil-cutting solvent (Tecnu or Fels Naptha). Particularly sensitive folks have found luck in using alcohol wipes on the course to prevent a major outbreak.

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## Poodle-Dog Bush (*Eriodictyon parryi*)

### *Where it's found:*

Poodle-Dog seeds lie dormant in southern California soils awaiting significant disturbance events such as wildfires and landslides. This plant became abundant within the burn perimeter of the 2009 Station Fire, which burned significant portions of the race course. The 2020 Bobcat Fire added additional areas of growth. You'll encounter your first major patches in the last miles of the decent off Baden-Powell. It is also concentrated on the approach to Three Points through Shortcut saddle, with the largest growth lying in the Charlton Flats area which has burned in both fires. You'll continue to find patches along the rest of the course, with other heavy concentrations approaching and leaving Sam Merrill.

### *What it does:*

The plant is covered in sticky hairs, which can dislodge easily and can be passed on by touching or brushing up against it. On a windy day, it can sometimes get into the air. Poodle Dog Bush causes severe irritation to the skin, akin to poison oak or poison ivy, and can be a lung irritant for the sensitive when in the air. AVOID THIS PLANT. IT IS TERRIBLE.

### *How to treat it:*

Same as you would for poison oak or ivy.



## Rattlesnakes

Rattlesnakes do call the San Gabriel Mountains home, and you may encounter one (or a few) along your 100-mile journey. Pacific Rattlesnake (*Crotalus oreganus helleri*) is the only regularly-encountered rattlesnake species in the San Gabriel Mountains. This species is generally considered docile and prefers to avoid interactions with humans, however, if you startle or step on one, you could get bitten. To reduce this risk, stay on maintained trails. If you do happen to get bitten (very rare) do not panic and do not sit and wait it out. Try to remain calm, call 911 if you have a working phone and walk to the nearest aid station or road so that you can get medical help quicker. Bites on the hand or arm should be held in a heart-neutral position (level with the heart). DO NOT, for any reason, try to catch the angry snake.



## Black Bears

Black Bears (*Ursus americanus*) are occasionally spotted in the San Gabriels. While their colors may range from black and dark brown to cinnamon, light brown, and even yellow and bluish hues, rest assured they are all black bears. The last grizzly in California was memorialized on the state flag. Bears mostly keep to themselves, but can



travel fast and climb trees with ease. If you see a bear, most likely it will run away after seeing you. If it appears curious, you should first speak calmly and wave your arms to help the bear recognize that you are human. Stay calm and do not scream. If you are near other runners, stay in a group and make yourselves look as large as possible to intimidate the bear. Move away slowly and sideways if you can, never taking your eyes off the animal and **DO NOT RUN**. If you can't get around the bear, wait until it moves. Take caution to never place yourself between a female and her cubs. If the bear does attack, do not play dead - this does not work with black bears. Fight back. While you now know what to do, rest assured that a bear attack in the San Gabriels is highly unlikely.

### **Mountain Lions**

A healthy Mountain Lion (*Puma concolor*) population coupled with habitat loss have lead to increased sightings in the local foothills. If this freaks you out, know this: less than forty Americans have been killed by mountain lions, and approximately thirty have been injured. Compare this to an average of 40,000 deaths per year from highway fatalities. A human standing up is not the right shape for a cat's prey. Standing up, facing the mountain lion, not running away, making a lot of noise, and putting on a face, may deter big cat attacks. It is important to note that the vast majority of cat sightings in region, including ones photographed and put on the internet as Mountain Lion sightings, are actually of the smaller Bobcat (*Lynx rufus*). Unless you are a rodent, a Bobcat in the vicinity is nothing for you to worry about.



### **Bighorn Sheep**

Bighorn Sheep (*Ovis canadensis*), like mountain goats and caribou, are a wilderness species intolerant of human disturbance. If you're lucky, you may see a herd in the high country! Bighorn Sheep are docile and are not known to attack humans.



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## TRAVEL + ACCOMMODATIONS

The point-to-point nature of the course makes planning a little more involved, but we promise it's well worth it. Before making travel arrangements, you'll want to decide on whether you'll be ending your journey in the city or returning to Wrightwood after the race.

### GETTING HERE

#### Airports

The closest airport to Wrightwood is Ontario (ONT), which is about a 40-minute drive, and is advantageous because it can help you largely avoid the legendary LA traffic. However, flying in and out of LAX or Burbank is usually a bit cheaper and might be more convenient if you plan to stay in the Pasadena or LA area after the race.



#### Driving to Wrightwood

If you do happen to be coming from the LA-area, there are a few ways your GPS may take you, and honestly, it all depends on what time you leave. Highway 2 remains closed in sections from La Canada to Wrightwood, requiring a detour down Angeles Forest Hwy and around through the High Desert.

*\*Rockfall happens. Always check the Caltrans website (<http://www.dot.ca.gov/hq/roadinfo/display.php?page=sr2>) for the latest road conditions on SR-2 before you head into the mountains.*



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## WHERE TO STAY

### The Start (Wrightwood)

Many of the hotels/motels in Wrightwood are not listed on the usual sites (Priceline, Kayak, etc.) and many don't offer online booking. It's all part of the small-town Wrightwood charm! There is no official "race hotel," but here are a few places and numbers to get you started:

- Grand Pine Cabins - (760) 249-9974
- Canyon Creek Inn - (760) 249-4800  
[canyoncreekinn.com](http://canyoncreekinn.com)
- Mountain View Cabin & Motel - (760) 249-5578
- Cedar Lodge - (760) 249-4673  
[cedarlodgewrightwoodca.com](http://cedarlodgewrightwoodca.com)
- The Rhinestone Rose - (760) 912-3838  
[therhinestoneroserose.com](http://therhinestoneroserose.com)
- Mountain High Cabins - (online only)  
[stayinwrightwood.com](http://stayinwrightwood.com)
- Cajon Pass Inn (15-min drive) - (760) 249-6777
- For maximum mountain charm, a vacation rental through AirBnB or VRBO is a great option. Prices are usually pretty cheap up here in the summer. Keep in mind, however, that many of these rentals have a 2-night minimum.
- Some runners or crews choose to camp before the race. There are a few first-come first-served campgrounds close to Wrightwood off of Big Pines Highway and the unpaved Blue Ridge Road and reservable campgrounds through [Mountain High](#). Dispersed camping is legal in the National Forest, but illegal at trailheads. Grab a spot early, if this is your plan, as it is summer and many Angelenos head to the hills on the weekend.
- If Wrightwood isn't working for you, the closest cities with accommodations are in the high desert area (Victorville/Hesperia - 40-45 min drive) or down the hill near Ontario airport (San Bernardino/Fontana/Rancho Cucamonga - 30-45 min drive). These locations contain hotels, restaurants, stores and the general creature comforts you'd expect in a major city.



### The Finish (Altadena - Greater Pasadena area)

The finish line is located in the greater Los Angeles area, so hotels are plentiful. Again, there is no official race hotel, so have at it with your favorite booking site/rewards points/personal preferences.

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## RESOURCES IN WRIGHTWOOD

Wrightwood lacks a stoplight, but does have your basics: a grocery store, gas station, hardware store, restaurants and a pair of coffee shops. Hot tip: the grocery store (Wrightwood Fine Foods) and the gas station (Wrightwood Market) both close at 9PM, so don't wait until late to pick up anything you need race morning. Race sponsor, Mountain Hardware stocks supplies for hikers and is the place to find a forgotten gear item (performance food, Buff, bandana, water bottle, even trail running shoes!), but closes at 5:30PM.



A few businesses may be open early on race morning for breakfast, coffee and last minute supplies:

- Wrightwood Fine Foods for groceries and a breakfast bar
- The Village Grind for breakfast food and coffee
- Wrightwood Market for gas and drinks/snacks/coffee

*For odd hours gas and needs, there is a 7-11 in Phelan that is open 24-hours (about a 15-min drive from Wrightwood).*

## ALONG THE COURSE

- Wrightwood is your only chance to gas up until you depart Highway 2 for the finish line. This year involves significant driving detours. Make sure you can get there.
- There are no public EV chargers in Wrightwood or along the course.
- There is little to no cell service along the course, so don't rely on this for driving directions or communication with the outside world.

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## SHUTTLING BETWEEN THE START AND FINISH

Throughout the history of this point-to-point race, the logistics of how to organize rides between the start and finish has always been up to you, the runner. Keep in mind that you are only permitted to have one crew vehicle on the course, so you'll need to factor this into your planning. The official AC100 Facebook page is a great resource for connecting with other runners, making carpool plans, and finding a pacer.

Most runners choose to meet their crew members and/or other runners near the Finish Line and carpool or share an Uber/Lyft to Wrightwood. If you do this, DO NOT park in the parking lots at Loma Alta Park or in front of the residences on Palm or Dabney. Homeowners complain, and we risk losing our permit. Instead, please utilize the plentiful street parking off Lincoln and Loma Alta Drive - just be sure to look for any parking restrictions. You do not need an Adventure Pass to park near the Finish Line.

Please make arrangements prior to leaving the Wrightwood Community Center on foot. While you may get lucky and be able to hitch a ride, the reality is that most runners do not return to Wrightwood after the race and those that do often have full vehicles. If you choose to wait, you may find yourself with an expensive Uber/Lyft ride.

Ensure that your crew understands that they are not allowed more than one vehicle on the course, and if they are caught, you, the runner, may be disqualified. In addition, pacers may not leave vehicles parked at any aid station. If your pacer is not crewing you from Wrightwood, they will need to get dropped off at either Chilao, Red Box, or Mt. Wilson.

## SOLO RUNNER TIPS

Being a solo runner means that you are self-sufficient in every way. You have received special consideration in the lottery in return for making all arrangements on your own. The race is happy to provide aid and drop bag service, but traveling the course and to and from the race is up to you.

### *Suggestions:*

#### **Cars and Travel:**

Make arrangements with other runners to shuttle cars between the start and finish lines, as suggested on the previous page. It may be helpful to organize with other Solo division runners, who you can find denoted on the



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entrants list on [ac100.com](http://ac100.com). Again, utilizing the official AC100 Facebook page is a great way to connect and make plans.

### **Getting your belongings to the finish line:**

- You may find it easier to plan to return to Wrightwood after the race so that you can have all your belongings the night before the race and race morning.
- If you are not planning on returning to Wrightwood, your best bet is to leave the bulk of your gear (suitcase, etc.) in your vehicle near the Finish if you're carpooling to Wrightwood.
- You can have a drop bag transported to the Finish Line, but keep in mind, this will be picked up on Friday morning at 11:00AM, so you will not have access to anything in that bag for the remainder of Friday and race morning.
- We'd suggest either keeping minimal items with you on Friday that you can carry in your pack or trying to coordinate with another runner or friend in advance. Do not show up on race morning and expect that someone will take your suitcase, coat, etc. to the Finish Line for you.
- Arranging for another runner's crew to transport your bag to the Finish Line is ok, as long as you do not use that crew or anything from that bag AT ALL during the race. That would be an obvious infraction of the Solo division rules, and you will be disqualified.
- Regardless of your plan, we recommend all Solo runners keep their cash, credit cards/IDs, car keys, phone and any other valuables on their person throughout the race. Being SOLO means being responsible for yourself, so besides not wanting any of those things misplaced or stolen, you'll need them to be flexible and ready for anything.

### **Dropping from the race:**

We certainly hope you won't, but this is a tough race and things happen. If you find yourself needing to drop or are cut off, we will eventually get you out of there, but please understand it will be at the convenience of the race and not your own. With that in mind:

- If you drop, your only guaranteed option is to wait for the aid station to close and a volunteer to drive you to the Finish. This could result in a very long wait for faster runners, and you should be prepared. If you drop at either of the first two aid stations (Inspiration Point or Vincent Gap), the volunteers will take you back to Wrightwood.
- Once you have dropped from the race, hitching a ride with another runner's crew or a spectator is fine and encouraged. After surrendering your medical band, you are considered officially out of the race.
- Do not have "just calling an Uber" as your master plan, as there is no cell service in most of the Angeles National Forest, nor at any of the aid stations.

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## AWARDS

One of the highlights of the AC100 is the Awards Ceremony immediately following the conclusion of the race. Yes, it can get a little long, but this is because every finisher is recognized for their great accomplishment. So bring a cooler of cold beverages and lounge in the shade of the park while you celebrate your fellow compatriots.

All runners finishing before the 33-hour cutoff will receive an official AC100 Finisher's tech t-shirt. Solo runners will receive a special solo version.

In addition, all official finishers receive an engraved plaque, personalized with his/her name and finishing time.

### *The Buckles:*

#### **33 Hour Solid Bronze Ram**

All finishers between 25:00 and 33:00.

#### **33 Hour Solid Bronze Ram - Solo**

All SOLO finishers between 25:00 and 33:00.

#### **Second Sunrise Solid Bronze Ram**

All finishers between 24:00 and 24:59:59

#### **24-Hour Solid Sterling Silver**

All sub-24 hour finishers. Sub-24 is defined as 23:59:59.

#### **24-Hour Solid Sterling Silver - Solo**

All sub-24 hour SOLO finishers. Sub-24 is defined as 23:59:59.

#### **24-Hour Solid Sterling Silver / 14K Gold Rejoice**

Any female runner who breaks the existing female course record of 21:04:18.



#### **The Gold Buckle (Solid Sterling Silver Plated with 14K Gold)**

Any runner who sets the new overall course record. This requires besting Jim O'Brien's stout 17:35:48 run in 1989, a record that has stood for 28 years! The closest anyone has come to this record is within 56 minutes, and only three other runners have ever broken the 19-hour mark. Both men and women are eligible for this award - any person who breaks the time, wins the gold buckle.





### *The Trophies:*

#### **The Ram**

Presented to the Overall Male and Overall Female winners.

#### **The Cougar**

Presented to the First Male Solo and First Female Solo runners.

If the Overall winner also ran in the Solo division, The Cougar will be presented to the next Solo finisher.

#### **The Eagle**

Any runner officially finishing 10 consecutive Angeles Crest 100-mile Endurance Runs. This is a rare one, folks!

#### **The Elk**

Any runner officially finishing 10 AC100 races, over any time period, in any official finishing time.

#### **The Ring**

Any runner officially finishing 30 AC100 races, over any time period. This is a Solid Sterling Silver/18k White Gold plated "Super Bowl style" Ring, embellished with synthetic diamonds. It is cast with the runner's name and accomplishment of 3,000 miles.



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### 2022 Winners: Out-and-Back “High Country” course



#### **RAM**

Wyatt Million, 26 Aguora Hills, CA 21:09:42

Ashley Hall, 40 Reno, NV 25:53:00

#### **COUGAR**

Dominick Layfield, 50 Studio City, CA 23:28:01

Rosalia Guarischi, 43 Rio De Janeiro, BR 27:59:08

### *Related Races and Awards:*

#### **Western United States**

Any runner completing the Western States 100, the Leadville 100, the Wasatch 100 and the Angeles Crest 100 Mile Endurance Runs in the Western United States in the same year will be eligible for a distinctive plaque commemorating the accomplishment.

#### **Last Great Race on Earth**

Any runner finishing the six designated 100-mile endurance runs across the US in the same year will be eligible for a special award plaque. Runners must be an official finisher of all the following:

- Eastern US: Old Dominion 100 and Vermont 100
- Central West: Wasatch Front 100 and Leadville 100
- Western US: Western States 100 and Angeles Crest 100





## THE PEOPLE

### PAST CHAMPIONS

|             |   |                 |                             |             |  |                 |                             |
|-------------|---|-----------------|-----------------------------|-------------|--|-----------------|-----------------------------|
| <b>1986</b> | Richard Provost, 40<br>Sheila Hasham, 44                  | CA<br>CA        | 21:52:00<br>29:15:19        | <b>2003</b> | Jorge Pacheco, 34<br>Diana Finkel, 31        | CA<br>CO        | 18:52:24<br>24:39:06        |
| <b>1987</b> | Jim Gensichen, 38<br>Diane Eastman, 45                    | CA<br>CA        | 19:37:13<br>28:31:04        | <b>2004</b> | Jorge Pacheco, 36<br>Jennifer Johnston, 40   | CA<br>CA        | 19:10:28<br>24:32:24        |
| <b>1988</b> | Jim Gensichen, 39<br>Kathy Britcliffe, 33                 | CA<br>CA        | 20:21:49<br>26:30:55        | <b>2005</b> | Guillermo Medina, 29<br>Julie Fingar, 30     | CA<br>CA        | 19:33:13<br>24:53:24        |
| <b>1989</b> | <b>Jim O'Brien, 36</b><br>Kathy Britcliffe, 34            | <b>CA</b><br>CA | <b>17:35:48</b><br>22:36:57 | <b>2006</b> | Hal Koerner, 30<br>Ashley Idema, 26          | OR<br>OR        | 18:37:29<br>23:29:05        |
| <b>1990</b> | Jussi Hamalainen, 44<br>Susan Gimbel, 4x                  | CA<br>CA        | 19:31:24<br>23:37:05        | <b>2007</b> | Kevin Dean, 36<br>Suzanna Bon, 43            | CA<br>CA        | 19:34:41<br>22:00:15        |
| <b>1991</b> | Jussi Hamalainen, 45<br>Vicki DeVita, 38                  | CA<br>CA        | 20:12:56<br>23:46:56        | <b>2008</b> | Hal Koerner, 32<br>Prudence L'Heureux, 38    | OR<br>OR        | 18:29:18<br>22:13:06        |
| <b>1992</b> | Fred Shufflebarger, 44<br>Joanie Mork, 38/Kathy Welch, 39 | CA<br>CA        | 19:22:16<br>27:44:40        | <b>2010</b> | Jorge Pacheco, 42<br>Keira Henninger, 34     | CA<br>CA        | 19:20:30<br>24:15:12        |
| <b>1993</b> | Fred Shufflebarger, 45<br>Evelyn Marshall, 35             | CA<br>CA        | 19:41:44<br>25:15:09        | <b>2011</b> | Dominic Grossman, 24<br>Paulette Zillmer, 29 | CA<br>AZ        | 20:21:18<br>23:47:12        |
| <b>1994</b> | Ben Hian, 25<br>Evelyn Marshall, 36                       | CA<br>CA        | 18:39:48<br>23:39:37        | <b>2012</b> | Chris Price, 31<br>Keira Henninger, 36       | CA<br>CA        | 19:46:06<br>23:17:12        |
| <b>1995</b> | Ben Hian, 26<br>Evelyn Marshall, 37                       | CA<br>CA        | 19:11:11<br>22:01:16        | <b>2013</b> | Dominic Grossman, 26<br>Angela Shartel, 39   | CA<br>CA        | 19:06:03<br>21:21:13        |
| <b>1996</b> | Ben Hian, 27<br>Jennifer Henderson, 37                    | CA<br>CA        | 18:50:24<br>24:28:27        | <b>2014</b> | Ruperto Romero, 50<br><b>Pam Smith, 39</b>   | CA<br><b>OR</b> | 19:28:01<br><b>21:04:18</b> |
| <b>1997</b> | Cirildo Gonzalez, 43<br>Sherry Kae Johns, 42              | MEX<br>NM       | 19:37:03<br>23:18:00        | <b>2015</b> | Erik Schulte, 26<br>Ashley Nordell, 35       | CA<br>OR        | 19:46:20<br>22:35:38        |
| <b>1998</b> | Ben Hian, 29<br>Jennifer Johnston, 34                     | CA<br>CA        | 19:05:35<br>23:28:43        | <b>2016</b> | Guillaume Calmettes, 32<br>Jenny Welch, 34   | CA<br>CA        | 19:14:24<br>26:51:42        |
| <b>1999</b> | Tom Nielsen, 40<br>Suzanne Brana, 41                      | CA<br>Cc        | 19:07:50<br>23:08:47        | <b>2017</b> | Jerry Garcia, 39<br>Rachel Ragona, 34        | CA<br>CA        | 20:04:12<br>24:32:45        |
| <b>2000</b> | Tom Nielsen, 41<br>Jennifer Johnston, 36                  | CA<br>MI        | 19:09:04<br>25:11:24        | <b>2018</b> | Rene Dorantes, 42<br>Darcy Piceu, 43         | CA<br>CO        | 19:23:04<br>22:17:41        |
| <b>2001</b> | Jorge Pacheco, 33<br>Jennifer Johnston, 37                | CA<br>CA        | 19:05:06<br>25:23:36        | <b>2019</b> | Ruperto Romero, 55<br>Melissa Danehey, 35    | CA<br>CA        | 19:39:09<br>25:26:25        |
| <b>2022</b> | Wyatt Million, 26<br>Ashley Hall, 40                      | CA<br>NV        | 21:09:42<br>25:53:00        |             |  |                 |                             |

## RANKED BY TIME

|    |          |                         |      |          |                                 |      |
|----|----------|-------------------------|------|----------|---------------------------------|------|
| 1  | 17:35:48 | Jim O'Brien, 36         | 1989 | 21:04:18 | Pam Smith, 39                   | 2014 |
| 2  | 18:29:18 | Hal Koerner, 32         | 2008 | 21:21:13 | Angela Shartel, 39              | 2013 |
| 3  | 18:37:29 | Hal Koerner, 30         | 2006 | 22:00:15 | Suzanna Bon, 43                 | 2007 |
| 4  | 18:39:48 | Ben Hian, 25            | 1994 | 22:01:16 | Evelyn Marshall, 37             | 1995 |
| 5  | 18:50:24 | Ben Hian, 27            | 1996 | 22:13:06 | Prudence L'Heureux, 38          | 2008 |
| 6  | 18:52:24 | Jorge Pacheco, 34       | 2003 | 22:17:41 | Darcy Piceu, 43                 | 2018 |
| 7  | 19:05:06 | Jorge Pacheco, 33       | 2001 | 22:35:38 | Ashley Nordell, 35              | 2015 |
| 8  | 19:05:35 | Ben Hian, 29            | 1998 | 22:36:57 | Kathy Britcliffe, 34            | 1989 |
| 9  | 19:06:03 | Dominic Grossman, 26    | 2013 | 23:08:47 | Suzanne Brana, 41               | 1999 |
| 10 | 19:07:50 | Tom Nielsen, 40         | 1999 | 23:17:12 | Keira Henninger, 36             | 2012 |
| 11 | 19:09:04 | Tom Nielsen, 41         | 2000 | 23:18:00 | Sherry Kae Johns, 42            | 1997 |
| 12 | 19:10:28 | Jorge Pacheco, 36       | 2004 | 23:28:43 | Jennifer Johnston, 34           | 1998 |
| 13 | 19:11:11 | Ben Hian, 26            | 1995 | 23:29:05 | Ashley Idema, 26                | 2006 |
| 14 | 19:14:24 | Guillaume Calmettes, 32 | 2016 | 23:37:05 | Susan Gimbel,                   | 1990 |
| 15 | 19:20:30 | Jorge Pacheco, 42       | 2010 | 23:39:37 | Evelyn Marshall, 36             | 1994 |
| 16 | 19:22:16 | Fred Shufflebarger, 44  | 1992 | 23:46:56 | Vicki DeVita, 38                | 1991 |
| 17 | 19:23:04 | Rene Dorantes, 42       | 2018 | 23:47:12 | Paulette Zillmer, 29            | 2011 |
| 18 | 19:28:01 | Ruperto Romero, 50      | 2014 | 24:15:12 | Keira Henninger, 34             | 2010 |
| 19 | 19:31:24 | Jussi Hamalainen, 44    | 1990 | 24:28:27 | Jennifer Henderson, 37          | 1996 |
| 20 | 19:33:13 | Guillermo Medina, 29    | 2005 | 24:32:24 | Jennifer Johnston, 40           | 2004 |
| 21 | 19:34:41 | Kevin Dean, 36          | 2007 | 24:32:45 | Rachel Ragona, 34               | 2017 |
| 22 | 19:37:03 | Cirildo Gonzalez, 43    | 1997 | 24:39:06 | Diana Finkel, 31                | 2003 |
| 23 | 19:37:13 | Jim Gensichen, 38       | 1987 | 24:53:24 | Julie Fingar, 30                | 2005 |
| 24 | 19:39:09 | Ruperto Romero, 55      | 2019 | 25:11:24 | Jennifer Johnston, 36           | 2000 |
| 25 | 19:41:44 | Fred Shufflebarger, 45  | 1993 | 25:15:09 | Evelyn Marshall, 35             | 1993 |
| 26 | 19:46:06 | Chris Price, 31         | 2012 | 25:23:36 | Jennifer Johnston, 37           | 2001 |
| 27 | 19:46:20 | Erik Schulte, 26        | 2015 | 25:26:25 | Melissa Danehey, 35             | 2019 |
| 28 | 20:04:12 | Jerry Garcia, 39        | 2017 | 25:53:00 | Ashley Hall, 40                 | 2022 |
| 29 | 20:12:56 | Jussi Hamalainen, 45    | 1991 | 26:30:55 | Kathy Britcliffe, 33            | 1988 |
| 30 | 20:21:18 | Dominic Grossman, 24    | 2011 | 26:51:42 | Jenny Welch, 34                 | 2016 |
| 31 | 20:21:49 | Jim Gensichen, 39       | 1988 | 27:44:40 | Joanie Mork, 38/Kathy Welch, 39 | 1992 |
| 32 | 21:09:42 | Wyatt Million, 26       | 2022 | 28:31:04 | Diane Eastman, 45               | 1987 |
| 33 | 21:52:00 | Richard Provost, 40     | 1986 | 29:15:19 | Sheila Hasham, 44               | 1986 |

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## FOR UNCLE HAL - A DEDICATION

We've talked a lot in this book about how earnestly we've worked over the years to keep the spirit of the original Angeles Crest 100 Mile Endurance Run in tact. We've also talked about the changes that have arisen in the course, the organization and the process. One man has not only embodied that spirit, but worked harder than anyone to preserve it, which is why the loss of our Co-Race Director and great friend, Hal Winton, in 2017 has been the biggest change of all.

Hal Winton, or "Uncle Hal" as we all knew him, was the Co-Race Director of AC100 for 30 years and a longtime USFS volunteer. He managed the AC100 Trail Maintenance program, leading runners in logging thousands of hours of volunteer work in the Angeles National Forest each year. It was his mission to keep the forest accessible not only to the race, but to all who wanted to enjoy it. As new wilderness boundaries were established, he worked with the Forest Service to maintain AC100's access to the trails, his only losing battle being with the Mountain Yellow-Legged Frog closure at Eagle's Roost. If we are ever successful with regaining access to that area, we know Uncle Hal will be the first one to cheer.



For AC runners, most of our fond memories of Uncle Hal center around these trail work days and the organized training runs. To attend one of either was an opportunity to get an earful of not only the sternly delivered procedures for the day, but also whatever stories he felt inclined to tell. How to properly dig a drainage culvert could seamlessly transition into the merits of eating for one's blood type, and before you knew it, you were back at your cars enjoying a Coke from the endless depths of his Ford Explorer.



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Hal was quite the accomplished runner himself. A high-school cross-country athlete, he didn't pick up ultras until later in life, running his first at the age of 50. He completed many of the toughest races around, including Western States, Leadville, Hardrock, a Grand Slam, and yes - he ran Angeles Crest in 1992 at the age of 61. But perhaps



what Hal is most known for in his racing endeavors is his tenure at the Avalon Benefit 50 miler. Running his first in 1982 at 50-years-young, he racked up 35 consecutive finishes, while consistently being one of the event's top charity fundraisers. Never one to back down from a challenge, Hal had been talked into dropping to the 50k distance for the 2018 race, but he was none too happy about it. In that regard, it seems fitting that his last Avalon was a 50-mile finish at age 85, only a few months before he passed.

Last year was our first race day without Hal out on the course. As we gathered in the Community Center in the final moments before the start, lumps formed in our collective throat, as we realized we'd be missing out on one of the key moments that made AC, AC: Hal's blessing. A profoundly spiritual man, Hal's prayer of thanks to the people and the mountains was a tradition that was deeply appreciated, regardless of one's faith. And though we continued to miss him along the course, goading us to keep going and to announce our numbers clearly at the aid station, his presence was definitely felt.

To all of us, it seemed like Hal was going to live forever. He was still running 50-mile races, wielding a chainsaw, leading trail work and whipping us into shape up until his final moments here on Earth. And for many of us, the AC100 will never be the same without him. But without a doubt, this race is what it is today because of Uncle Hal.

Get out there and make him proud.



**Hal Winton** 1931-2017





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## TRAIL WORK PROGRAM

### ***A word from Trail Boss, Gary Hilliard:***

The Angeles Crest 100-Mile Endurance Run Trail Work Team has been an *Approved* USDA Forest Service Region 5 Angeles National Forest trail maintenance group since 2000. AC100 requires all entrants to perform 8 hours of volunteer trail work or forestry service, which has resulted in over 33,000 hours of forest improvements since the summer of 2000. All Southern California entrants are required to assist during one of the monthly AC100 Trail Work days in the Angeles National Forest (ANF). Race entrants not residing in Southern California are required to perform 8 hours of forestry through a Park Agency where they reside. Unlike other events that allow their volunteering requirement to be met serving at a race, AC100 requires runners to physically work on the trails that they run, giving back to the ANF and the sport of trail running.

The mission of the AC100 Trail Work Team is trail restoration, tree removals, trailhead repairs, and trail camp access for all trail users within the ANF. Race Directors, Ken Hamada and Hal Winton began the AC100 Trail Work Program in 2000 with Hal leading the Trail Work Outings. Gary Hilliard joined Hal in 2004, and together, they led all the AC100 Trail Work outings until Hal's passing in 2017.

The AC100 Trail Work Program requires all volunteers to wear appropriate work clothing and provides all the trail work tools and hard hats for safe outings. We meet at designated trail work locations, then carpool in high-clearance vehicles to the work areas. Once at the locations, safety and proper trail work technique is always reviewed before beginning work.



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While our program concentrates mainly on trails, camps, and Recreational Areas that are part of the AC100-Mile route, we sometimes help other groups as needed in the Angeles National Forest. Some of our work has included: the Gabrielino National Recreational Trail, Silver Moccasin Trail, Red Box Picnic Area, Winter Creek Trail, El Prieto Trail, Kenyon Devore Trail, Idlehour Trail, Sunset Trail, Strawberry Peak Trail, Acorn Trail, and the Pacific Crest Trail.

**As the pictures show, work is always accomplished safely and everyone has a good time while caring for “OUR FOREST”.**

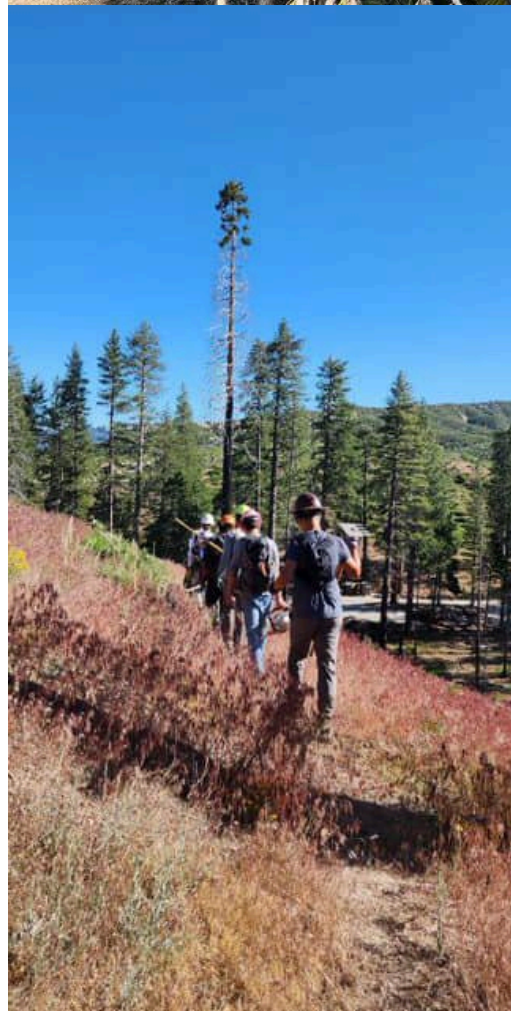
The AC100 Trail Work Program:

- Restores and maintains the Angeles National Forest trail network.
- Provides volunteer opportunities for all Southern California residents.
- Assists other ANF trail groups and Boy Scouts with their projects.
- Builds our forest’s trails using ultrarunners and teamwork.

The AC100 Trail Work Schedule is posted [HERE](#) on AC100.com. Small, last-minute opportunities are occasionally posted on the official AC100 Facebook page,

Anyone is invited to participate in helping *Our Forest*.

For more information or additional trail work outings, contact Gary Hilliard at: [GaryHilliard.RD@gmail.com](mailto:GaryHilliard.RD@gmail.com).



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## RACE ORGANIZATION

### RACE DIRECTORS:

|   |               |   |                  |
|---|---------------|---|------------------|
| Race Director                                 | Ken Hamada    | Ass't Race Director<br><i>Training Coordinator</i>  | Dominic Grossman |
| Website Coordinator                           | Jon Hamada    |   |                  |
| Co-Race Director<br><i>Trail Maintenance</i>  | Gary Hilliard | Ass't Race Director<br><i>Race Book Coordinator</i> | Katie Grossman   |
| Ass't Race Director<br><i>HAM Coordinator</i> | John Minger   | Medical Coordinator                                 | Ken Hamada       |

### HAM RADIO TEAM:

|                       |             |
|-----------------------|-------------|
| HAM Radio Coordinator | Steve Woo   |
| HAM Run Track Program | Gerry Walsh |
| HAM Sweep Manager     | Tom O'Hara  |
|                       | David Seres |

### AID STATION CAPTAINS:

|                   |                    |
|-------------------|--------------------|
| Inspiration Point | Victor Martinez    |
| Vincent Gap       | Brian Hershberger  |
| Islip Saddle      | Angela Holder      |
| Cloudburst        | Brett Terrell      |
| Three Points      | Marshall Yale      |
| Mt. Hillyer       | Brian Provost      |
| Chilao            | Joe Nakamura       |
| Shortcut Saddle   | Kristin Carbajal   |
| Newcomb Saddle    | Jose Llanas        |
| Red Box           | Adan & Ana Benitez |
| Mt. Wilson        | Monte Lewis        |
| Sam Merrill       | Sindi Torres       |
| Millard           | Bob Adjemian       |
| Finish Line       | Bill Kee           |
|                   | Adam Copeland      |
|                   | Ken Hamada         |
|                   | Jon Hamada         |
|                   | Yen Darcy          |

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