



The JPL Bicycle Club
and the JPL Running Club

present



the first annual



SATURDAY • DECEMBER 8, 1990

5K RUN • 7.5K BIKE HILLCLIMB

PRIZES:

MEDALS TO TOP 2 FINISHERS IN 4 CATEGORIES:

MEN: UNDER 35, 35 AND OVER

WOMEN: UNDER 35, 35 AND OVER

COURSE:

Starting from the South Gate of the Jet Propulsion Laboratory, the run course winds through scenic Oak Grove County Park, up to Oak Grove Drive, and back up Oak Grove Drive to the transition area at the South Gate for a total of 5 kilometers.

The bike course starts from the transition area and skirts the south edge of the lab to the Arroyo-Seco Trail and up the Arroyo through the Angeles National Forest to the top of Brown Mountain.

The run is on rolling terrain on both dirt trails and paved streets. The bike course is mostly uphill on dirt trails. Riders can expect a gruelling climb to the top of Brown Mountain.

START TIME:

Sign-in opens at 8:30a.m. Race starts at 9:00a.m. sharp. Ride will be postponed if it rains.

TO ENTER:

Call: Sugi Sorensen (818) 354-1013

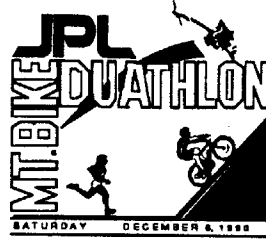
or

Bill Read (818) 354-6773

All participants must pre-register by phone. Course maps and updated race info will be mailed out after you register by phone. The duathlon is open to all JPL employees and contractors, Caltech students, staff and faculty, and family members. The entry fee is \$2.00 (JPL running and bicycle club members free). Hard shell helmets are required for the bike portion. Please bring your own water (and food if you think you need it).

HELP WANTED:

We need volunteers to help make this a successful event. Please call Sugi or Bill for more info.



JPL MOUNTAIN BIKE DUATHLON, SATURDAY DECEMBER 8, 1990



JPL RUNNING CLUB

3 December 1990

Dear Race Participant:

Thank you for registering for the JPL Mountain Bike Duathlon. This is your pre-race packet and confirmation of entry. Enclosed you should find course maps of both the run and bike routes. Listed below is all the information you should need to know before race day. Please note the course changes below. If you have any other questions, please call Sugi Sorensen at 354-1013.

DAY-OF-RACE SIGN-IN: Registration opens at 8:30a.m at the area directly in front of the South Gate (delivery gate) of the Jet Propulsion Laboratory, Oak Grove Facility (i.e. the main lab). To register, you must pay the \$2 entry fee at the sign-in table if you are not a JPL Bike or Running Club member, and you must show your helmet. We will not let anyone participate who does not have a Snell or ANSI approved helmet. Upon showing your helmet and paying the entrance fee (if any) you will be asked to sign a standard waiver form. At this time, you will receive your race number and you can then put your bike and gear in the transition area. The race number is to be pinned to the **FRONT** of your run/bike shirt. If you plan on changing shirts during the transition, affix your race number to your bike jersey. We will not have bike stands, but you will be able to lean your bike up against fences.

TRANSITION AREA: There will be water and first-aid only at the transition area. No food or bike tools, so plan to bring what you need. As mentioned above, you will be able to lean your bike against any of the fences near the South Gate. We will have personnel in the transition area during the entire event to keep an eye on your bike.

START TIME: 9:00a.m. sharp. The start line will be located approximately 200 yards from the sign-in table in the Arroyo area (please see map). Some competitors like to warm up before the start and time it so that they get at the start line at exactly the start time. However, since the start will be a short distance away from the transition area, please plan to be at the start line a few minutes before 9:00a.m. We do not have a public address system, so don't take any chances!

RUN COURSE: Please refer to the run course map. Please note that the course is different than described in the promotional flyer. The course is still approximately 5K.

BIKE COURSE: Please refer to the bike course map. Please note that the bike course ends at the Brown Mountain Road/Millard Campground Road junction, **NOT** at the top of Brown Mountain as described in the flyer. The course is about 7K in length with ~1,350 ft of elevation gain. We will have signs marking ambiguous sections of the course. However, you are advised to ride the course in advance to familiarize yourself with the various turns. There will not be any water or aid stations along the bike course. We will try to provide water at the finish area, and there will be a radio at the top for radio communication with the transition area.

AFTER THE RACE: After finishing, you are free to return to the transition area, but you are required to yield the right of way on the trails to competitors still completing the event. **PLEASE BE CAREFUL COMING DOWN THE MOUNTAIN!!!** We will post race results in the transition area after all competitors have completed the event.

Thank you once again for competing in this inaugural event. We hope you enjoy it. Best wishes to all competitors.

Sincerely,

Sugi Sorensen, Race Director
(354-1013)

JPL MOUNTAIN BIKE DUATHLON COURSE DESCRIPTION

RUN COURSE: (please refer to attached map for numbers)

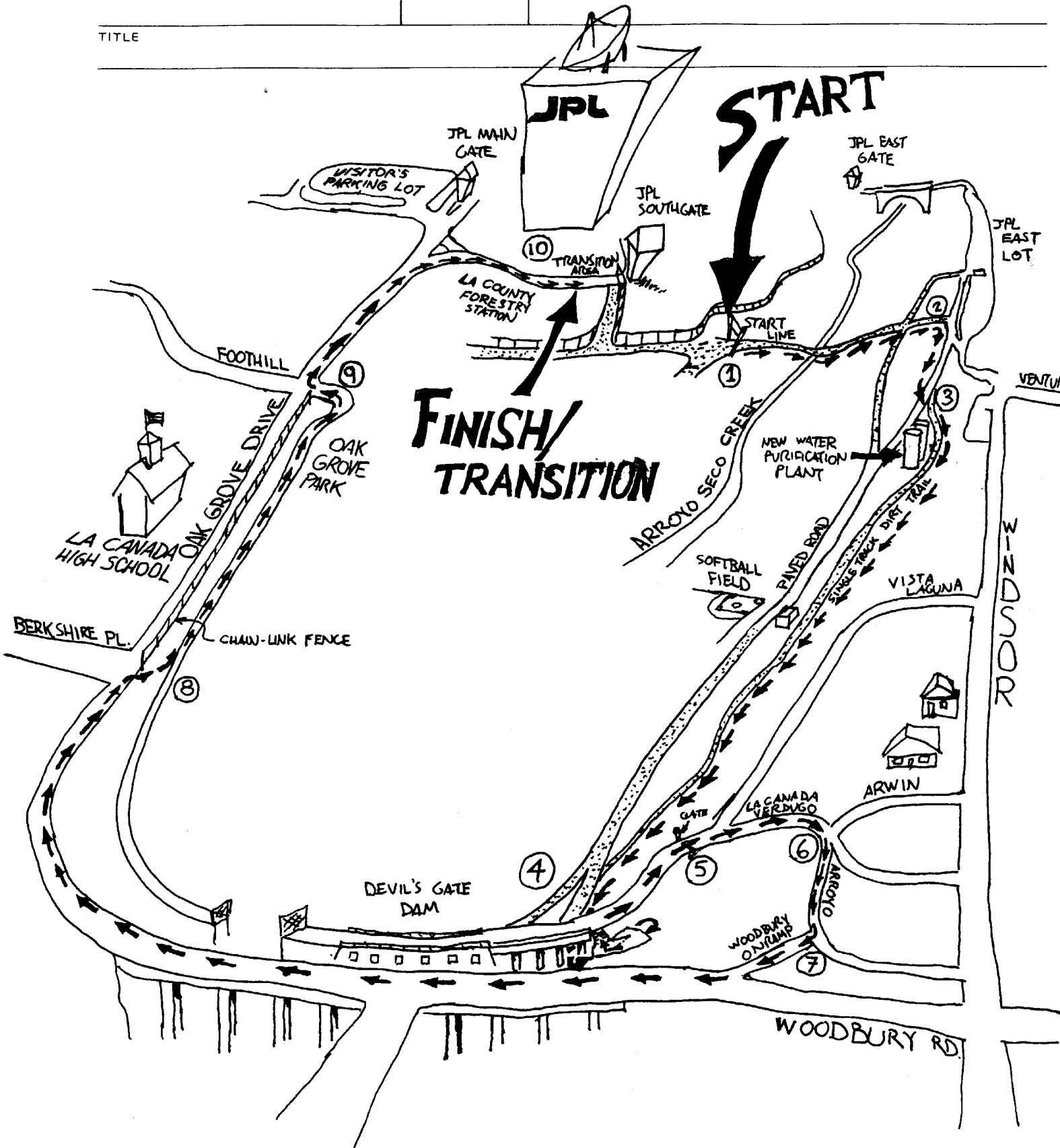
1. Course starts a little ways from the transition area. To get to the start line from the transition area, head south down the dirt trail between the Forestry Station and the south part of JPL. When you reach the T-intersection, turn left and head east along the south edge of the lab to the clearing. The race will start here. The course goes east down the Arroyo across the Arroyo Seco Creek (it should be dried up this time of year). Head up the opposite side of the Arroyo basin following the road towards the JPL East Parking Lot. At the top of the rise there is a dirt road to the right. Keep going straight towards the East Parking Lot.
2. The gravel/dirt road turns right to skirt the chain-link fence bordering the JPL East Parking Lot. Stay on this road as it merges with the East Parking Lot exit road. At the fork in the road, stay to the right and head towards the new Water Purification Plant (look for the tall cylindrical towers).
3. When you reach the Water Purification Plant, head left up the single dirt track. **DO NOT CONTINUE TO THE RIGHT ON THE PAVED ROAD!!!** The dirt track rises uphill a few meters and generally parallels the paved road down below to your right. Continue south along the dirt trail towards the Devil's Gate Dam. Along the way, you will pass the newly constructed softball field on your right.
4. Eventually the dirt track merges with the lower road (which by now is dirt) near the dam. At the dam, the trail turns to gravel. Head right at the intersection towards the bridge which spans the dam. Continue under the bridge between the pillars. When you have passed under the bridge, make a sharp left up the ramp/stairs between the two roadways. The ramp will take you up to the road which parallels Woodbury Road. When you get to the road, turn right and head east towards the residential neighborhood (**DO NOT GO LEFT** or you will wind up at the washed out Flint Canyon Bridge with no place to go).
5. The road passes through a yellow gate and becomes La Canada Verdugo Street when you reach the houses in the residential section. Stay to the right and follow the paved street (La Canada Verdugo) to Arroyo Street.
6. Turn right along Arroyo Street and head towards the T-intersection at Woodbury.
7. Turn right at the T-intersection on the Woodbury on-ramp. This will take you down the on-ramp to Woodbury Road/Oak Grove Drive. It's home free from here. Stay on Oak Grove Drive over the bridge and around the bend to the Berkshire Place intersection.
8. At Berkshire place, head right off of the street (Oak Grove Drive) in towards Oak Grove Park on the dirt path and on to the Park road which parallels Oak Grove Drive. Continue north through the park parallel to Oak Grove Drive. You will pass La Canada High School on your left.
9. At the Park entrance at Foothill Blvd., the park road bends right before circling left into Foothill. Follow this bend back on to Oak Grove Drive and turn right on Oak Grove Drive north towards the lab. Continue up Oak Grove to the final traffic light at the main lab.
10. At the light, turn right down the Forestry Camp Road to the run finish line near the South Gate. The transition area is along Forestry Camp Road immediately west of the South Gate.

BIKE COURSE:

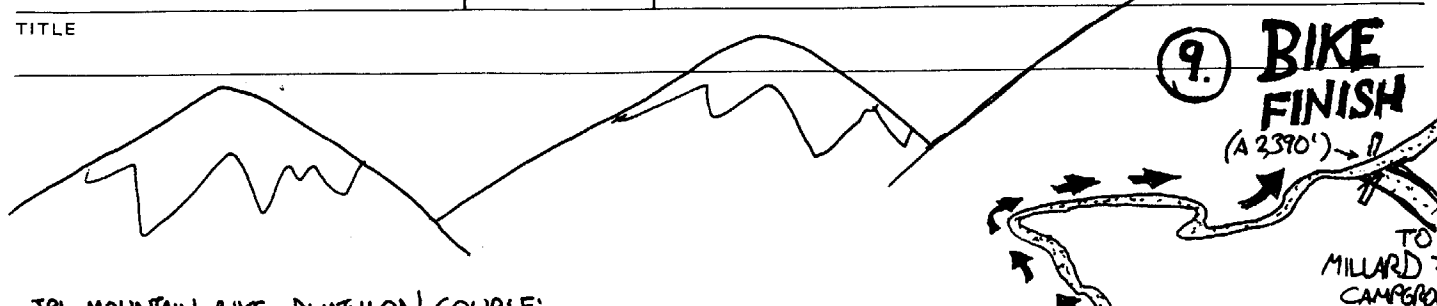
Please see instructions on enclosed map.

JPL MOUNTAIN BIKE DUATHLON RUN COURSE, DECEMBER 8, 1990

(PREPARED BY)	(DATE)	(REPORT NO.)
(CHECKED BY)	(DATE)	(PROJECT)
TITLE		



(PREPARED BY)	(DATE)	(REPORT NO.)
(CHECKED BY)	(DATE)	(PROJECT)
TITLE		



JPL MOUNTAIN BIKE DUATHLON COURSE:

- ① EXIT JPL SOUTH GATE ON DIRT FOOTPATH HEADING SOUTH.
- ② TURN LEFT AT T-INTERSECTION AND GO EAST ALONG JPL SOUTH FENCE.
- ③ PROCEED EAST ACROSS ARROYO BASIN TO TOP OF RISE.
- ④ TURN LEFT AT TOP OF RISE AROUND FIRST YELLOW FIRE ROAD GATE. FOLLOW DIRT ROAD PAST SEVERAL SPREADING PONDS.
- ⑤ ROAD VEERS RIGHT AND CROSSES JPL EAST PARKING LOT.
- ⑥ PROCEED UP STEEP EQUESTRIAN DIRT TRAIL TO PAVED ARROYO FOREST ROAD. HEAD NORTH UP THE ROAD INTO THE MOUNTAINS.
- ⑦ AFTER CROSSING SEVERAL BRIDGES, TURN RIGHT UP LOWER BROWN MOUNTAIN ROAD (PAVED). DO NOT GO LEFT ON DIRT ROAD!!!

TOTAL DISTANCE = ~7.5 km
 ELEV. GAIN = ~1,350 ft.

BIKE START 1.

- ⑧ STAY ON PAVED ROAD UNTIL IT BECOMES A DIRT ROAD. AVOID EL PRIETO CANYON TRAIL BY STAYING TO LEFT OF ROAD. CONTINUE CLIMBING TRAIL UNDER POWER LINES TO
- ⑨ FINISH AT UPPER BROWN MOUNTAIN ROAD/MILLARD CAMPGROUND ROAD JUNCTION.

