

RUNNING COURSES NEAR JPL

August 28, 1993

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Course Name	Length	Difficulty	Best Time	Route	Comments
La Canada 1/4 Mile Track (C)	So. Gate to track 1/2 mi. (WAG)	1	?	To run to the track: Start at South Gate, go on the trail along the fire station perimeter, R-at Tee towards Oak Grove Park, go thru gate, stay right on horse trail, R-at tunnel, R-Foothill, L-drive way to La Canada HS.	Track used for NASA Intercenter runs & interval training
Devils Gate Dam	3 mi. (WAG)	1	?	Start at South Gate, go on the trail along the fire station perimeter, R-at Tee towards Oak Grove Park, stay on road, L- at top of hill, run along Oak Grove, L-On ramp, stay left to tunnel, stay left (do 360), R at dam face (below the road across dam), stay right along horse trail, L at gravel pit road, L-Fire station perimeter to South Gate.	Fun trail, be alert at Oak Grove for cars, part of old 5 km.
Upper Oak Grove Park 1 mi. (C)	2 laps = 2 mi.	1	11:13 WR	Start at Oak Grove Park upper road (at the Tee to lower road). Run parallel with Oak Grove Dr. towards the dam. Stay on road passing a chain across road to fence. Return. Repeat for 2 mi.	One small dip.
Green Dot 2 mi, Handicap & Know Your Pace Run (C)	2 mi.	2	9:58 WR	Start at upper road above East Gate. Run towards forest, cross 2 bridges, pass warning sign (blind corner), run 15 yd past and return, continue past starting point to end of upper road, return to start.	Slight grade
JPL Mall - Arroyo Seco 2 mi. (C)	2 mi.	2	?	Bld 264 to East Gate, up to upper rd, L-up forest road, continue to second wooden bridge, return same route.	Nicer if you go further. Mild grades. Mostly paved.
Arroyo Seco Freako	5 km (C)	4	16:40 JU	Need to run race to understand course. Detailed course maps available.	Trail run, rocks, holes, grudge run for bragging rights. Big race.

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JPL to Brookside Golf Course	5 mi. (WAG)	2	?	Start at South Gate, go on the trail along the fire station perimeter, L-at Tee towards East Parking lot, stay on road, R-at fence, stay on road until oak trees on left, R-at Tee until pump house, L-up horse trail, at dam L- thru tunnel, L- thru Long tunnel down slope, follow road toward golf course, parallel golf course on Rosemont, R-Washington, return same way or, R- along golf course towards dam, ford stream (if river don't try it) to dam, follow trail back via tunnel.	One very steep rocky hill at dam. Don't try water crossing except in summer drought. Snakes and golf balls.
JPL to Rose Bowl	7.5 mi. (WAG)	2	?	Start at South Gate, go on the trail along the fire station perimeter, L-at Tee towards East Parking lot, stay on road, R-at fence, stay on road until oak trees on left, R-at Tee until pump house, L-up horse trail, at dam L- thru tunnel, L- thru Long tunnel down slope, follow road toward golf course, parallel golf course on Rosemont, go pass club house, R-Rose Bowl Dr, pass Rose Bowl, R-Seco, R-West Dr, R-Washington, L-Rosemont, return.	Very hot in summer. Mostly flat. 10 km and marathon training
So. Gate to Elmer Smith Bridge	4.7 mi. (WAG)	3	?	Start at South Gate, go on the trail along the fire station perimeter, L-at Tee towards East Parking lot, stay on road, L-at fence, R-up to forest rd at East Lot, L-up forest road, continue to Smith Bridge, return.	Very pretty, shaded, best place to run if hot. 200 foot gradual climb.
So. Gate to Arroyo Slab	7 mi. (WAG)	3	~42:00 WR	Start at South Gate, go on the trail along the fire station perimeter, L-at Tee towards East Parking lot, stay on road, L-at fence, R-up to forest rd at East Lot, L-up forest road, continue past Smith Bridge, Gould Mesa, Nino, to slab on road. return.	Very pretty, shaded, best place to run if hot. 350 foot gradual climb.

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Course Name	Length	Difficulty	Best Time	Route	Comments
So. Gate to Paul Little	8 mi. (WAG)	3	?	Same as So. Gate to Arroyo Slab but continue to end of good trail.	Very pretty, shaded, best place to run if hot.
So. Gate to Oakwilde	11 mi. (WAG)	5	?	Same as So. Gate to Arroyo Slab but continue to Oakwilde camp ground. Short (left) side trip to dam waterfall just before steep climb.	One very steep section to get to the top of dam
Mall to Arroyo Seco 10 km (C)	10 km	3	?	Same as 2 mi. except start at Mall Visitor Center and ford at Elmer Smith bridge, pass Gould Mesa, Pass Nina picnic area, turn around at wooden bridge past Nina picknic area, return same way.	Very pretty, shaded, best place to run if hot. Do not try to ford stream if water is flowing.
Art Center	6.8 mi. (WAG)	5	44:45 JU	South Gate, Oak Grove Park, L-Oak Grove Dr, R-Berkshire Pl., L-Berkshire Ave, R-Highland, L-Chevy Chase, L-Figueroa, L-Lida, L-Ontario, R-Mt Vernon, L-Linda Vista Ave, R at Fwy Xing, L-Oak Grove Dr., return via Oak Grove Park	Some steep sections. 10 km and marathon training
Art Center plus Rose Bowl	10mi. (WAG)	5	?	South Gate, Oak Grove Park, L-Oak Grove Dr, R-Berkshire Pl., R-Berkshire Ave, L-Dover Rd, R-Highland, L-Chevy Chase, L-Figueroa, L-Lida , R-Linda Vista Ave, L-Salvia Canyon, R-West Dr, L-Seco, L-Rose Bowl Dr, R-Arroyo, L-Oak Grove Dr (Woodbury), return via Oak Grove Park.	Some steep sections. 10 km and marathon training

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Descanso	10 km (WAG)	3	33:00	South Gate, Oak Grove Park, L-Oak Grove Dr, R-Berkshire Pl., R-Berkshire Ave, R-Chevy Chase, L-Descanso Dr., Loop Descanso Garden gate, return via same route	Slow 10 km course because of constant grade and may be a bit long. Watch traffic on Chevy Chase. 10 km and marathon training
Descanso plus Highland	8.2 mi. (WAG)	5		Go to Descanso via Descanso rte. , return to Chevy Chase and Berkshire Ave. Continue So. on Chevy Chase, L-Highland, L-Berkshire Ave, R-Berkshire Pl., return via Oak Grove Park.	Hilly on Highland. Watch Traffic on Chevy Chase. 10 km and marathon training
Descanso plus Highland plus Inverness	9 mi. (WAG)	7	~65:00	Do Descanso plus Highland until Corona. R on Corona, L-Inverness, L-Linda Vista, R at Fwy Xing, L-Oak Grove Dr., return via Oak Grove Park	Killer if out of shape or on a hot day. 10 km and marathon training
Brown Mountain Microwave Tower	4.2 mi. (WAG)	7		South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road to microwave tower. Return same route	Steepest portion of Brown Mountain road. 5 km training
Brown Mountain Power Lines	5.8 mi. (WAG)	7		South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road, pass microwave tower, stop at second power line. Return same route	Complete Sob 1. 10 km training

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Course Name	Length	Difficulty	Best Time	Route	Comments
Brown Mountain Gate	8 mi. (WAG)	7	~57:00 (30:56 up) WR	South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road, pass microwave tower, pass second power line, stop at the gate. Return same route	Choice of going home, Brown Mountain, or Millard Camp Ground . Complete Sob 2. 10 km and marathon training
Brown Mountain Pine Canyon	10.7 mi. (WAG)	7	?	South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road, pass microwave tower, pass second power line, pass the gate, L- up hill to Pine Canyon turn off. Return same route	Very steep past the gate for 1/4 mi.. Complete Sob 3. 10 km and marathon training
Brown Mountain End	13.5 mi. (WAG)	7	~ 1:43:00 ~ (51:00 up) WR	South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road, pass microwave tower, pass second power line, pass the gate, L- up hill pass Pine Canyon turn off, stop at end of road. Return same route	Last portion not to steep 10 km and marathon training
Brown Mountain plus Millard Camp	12.2 mi. (WAG)	8	~ 1:42:00 WR	South Gate, across gravel pit road, East Gate, up to upper rd, L-up forest road, R-at first split in rd, stay on road, pass microwave tower, pass second power line, pass the gate, R- down hill to Millard Canyon camp ground, Return same route	Very difficult 1.5 mi. on return from Millard to the Brown Mountain gate. 10 km and marathon training

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Course Name	Length	Difficulty	Best Time	Route	Comments
Rose Bowl 5 km	10 km 2 Laps (WAG)	2	34:58 WR	Two laps of the Rose Bowl area. Start at Rosemont going South, R- Seco, R-West Dr, R-Washington, R-Rosemont.	Slight but noticeable grade
Mini Character Builder	10.5 mi. (WAG)	5	58:00 WR	South Gate, Oak Grove Park, L-Oak Grove Dr., R-Berkshire Ave, L-Berkshire Pl., C-Linda Vista, L-Colorado Bridge, L-Orange Grove, L-Prospect, L-Prospect Ter., R-Rosemont, R-Arroyo Blvd., L-Oak Grove Dr (Woodbury), return via Oak Grove Park.	First half down hill, second half up hill. 10 km and marathon training
Character Builder	12.2 mi. (WAG)	7	1:14:00 WR	South Gate, Oak Grove Park, L-Oak Grove Dr., R-Berkshire Ave, L-Berkshire Pl., C-Linda Vista, L-San Rafael, L-Laguna, L-Arroyo Blvd., Left on Rosemont, L-Windsor, L-Weimer, R-Arroyo, L-Oak Grove Dr (Woodbury), return via Oak Grove Park.	10 km and marathon training
Spring Ridge	12 mi. (WAG)	7	47:00 to top (WR)	Glendale mountain run	Marathon training
Wheel on Your Nose	12 mi. (WAG)	10	For ever	JPL to Mount Lukens to JPL. Almost 4000 feet of climbing over very steep trails.	Most get lost even after the first try, take a friend
Red Box	18 mi. (WAG)	10	All day	Ultra runners have groups doing the run. Course differs for each group.	For ultra runners, run in a group