



SAN DIEGO PEAKS CLUB

The Club for Adventure Hiking

Issue Number 18

Apr-May 1994

Adventure hiking has been great over the last few months, hasn't it? On the Queen Mountain traverse in Joshua Tree we saw 10 beautiful Bighorn. Ten days later we found a bighorn skull near Rosa and Pyramid in Anza-Borrego, and 21 days later while doing a San Ysidro Mountain traverse in Borrego, we saw three Bighorn who posed for a photo op. Mark Adrian moved to within ten feet of them and shot the photos with a standard 35mm lens. (I wish Carol Murdock would have had her 200mm lens along!)

It disappointed me that more club members didn't join Mary McLain, Wes Shelberg and me for the Joshua Tree traverse, and that only one other hiker was interested in the Grapevine Mountain hike, a moderate 6 hour hike through very beautiful territory. So it was a great pleasure when 13 sturdy backpackers bagged Red Top and Sawtooth with me. I've planned another backpack for April 16-17 up Dawn's Peak; I think it will have equal success.

HIKER OF THE MONTH

New member **MIKE FRY** is the March Hiker of the Month. Mike has managed the Sierra Club's bus trips for about 15 years. In fact, he thought up the idea of doing trips by bus instead of trying to arrange carpools for 45 people. My first activity with the SC, a Grand Canyon bus trip, engaged eight different trip leaders, each starting from a separate trailhead. Talk about organization! Mike is also co-chair of the crosscountry ski section and gets in over 40 days of skiing per year. The Sierra Club awarded him Conservation Activist of the Year in 1983 and Sierra Club Member of the Year in 1989.

BUT that's not why he's getting the HOTM. I'm awarding him the HOTM for his trailbuilding work on the north side of Mt Woodson. (I featured his new Woodson trail in Jan-Feb

94, Issue 16.) It's a pleasure to find someone who will go the extra mile to help others as he does. Mike has put HUNDREDS of hours into the Woodson trail and, as the only person I know who gets the gallon-sized Technu Poison Oak Cleanser, is obviously willing to put up with major discomfort to build a trail for all of us to enjoy. Last November, when several of us hiked the Palm Springs Outlaw Trail (AKA Palms to Pine), he brought along several clippers so that the whole group could service that pathway. Thank you, Mike, for your diligence and leadership.

GARY SUTTLE is the **HOTM** for **April** for his book on the California County Summits. The first guidebook of its kind, it offers to lead the reader to the highest point of each of the 58 counties, from Mt Whitney at 14,492 feet in Inyo and Tulare Counties, to Carpenter Hill in Sacramento County at 828 feet. Quoting from the Wilderness Press bio on him: "Gary and a friend botanized for several years at Torrey Pines State Reserve and found 52 new species to add to the Reserve's extensive plant list. He earned a B.A. from UCSB, and an M.A. from SDSU, both degrees in Geography. He wrote his thesis on "The Freebeach Phenomenon Near La Jolla, California" in part to help block a road planned for a pristine coastal canyon near Torrey Pines. Gary received the San Diego Chapter of the Sierra Club "Conservation Activist of the Year" award in 1992 for his role in helping stop another roadway from slicing through Mission Trails Park. Apart from conservation and natural history pursuits, Gary works with disabled students in the San Diego Unified School District." Gary's story of North Palisade, the last California summit he bagged, is on page 10. It was quite an adventure.

Richard Hughes is the **HOTM** for **May**. Now that the Sierra Club has reinstituted mountaineering insurance, Richard has assumed the duties as chair of the rock climbing section. He spent the last couple of weekends assessing and certifying leaders; he says there are six people who have the skills needed to lead rock trips. Besides organizing the new mountaineering section, Richard also leads great hikes, like the Outlaw Trail on Apr 2-3 and Joshua Tree on Apr 15-17 (Both trips are full with waiting lists). Thank you for leading and organizing!

New Members

Membership now stands at 96!!!! Thank you, everyone, for your support. The newest members are Richard and Patsi Hughes, whom most hikers know through the Sierra Club. Richard leads superb adventure hikes and is hard at work trying to certify SC leaders for rock climbing, now that the SC has its mountaineering insurance back. Richard will lead a hike on the **Outlaw Trail**, which is featured on page 9 of this issue. Member Andy Garner has hiked sections of the Appalachian Trail and has sailed most of his life. Betty Hobert has spent her time hiking with the San Diego Hiking Club.

MEMBERSHIP

DUES ARE DUE

DUES ARE DUE

DUE BE DUE BE DUE.

'Tis approaching June when the club dues are due. For \$12 you will be happy and content until June, 1995! What an incredible deal this is! Where else can you find bliss and tranquility for a mere \$12?

And now it is time for a recital of SDPC philosophy. The SDPC has a list of 112 peaks in all regions of the county. The purpose of the hiking list is not to merely run up and down a mountain, but to explore different areas. The peak not the goal: the adventure is the goal.

TRAIL TREATS (formerly known as "Bits and Pieces")

HELP HELP HELP HELP HELP The HPS, led by Alan Coles, has joined the Forest Service doing trail work on the Cutca Trail in the Agua Tibia Wilderness. The USGS will provide equipment, camping, and possible hot showers on two weekends, **April 23-24 and May 21-22**. Many of you have hiked these trails in the past couple of years and can

testify to their poor quality. I can't tell you how many times I have heard, "Why don't **THEY** do something about this?" Now is the time for **US** to do something. **Gail Hanna (272-5141) and Bert Ton (744-2633)** will be organizing the San Diego contingent. Please send a SASE to Alan Coles, 5637 Keynote St, Long Beach, CA 90808.

VOLCAN MOUNTAIN is now open. You can hike there anytime. For instructions call me or see the newest edition of *Afoot and Afield in San Diego County*, which has Volcan hikes in it. *****

Speaking of *Afoot and Afield*, I would like to thank **Jerry Schad** for allowing me to insert his maps into this, and other issues of this newsletter.

Los Coyotes Indian Reservation reopened its campground, according to **Carol Murdock**. I don't know how much they have increased the fees.

Mark Adrian and Bill Stevens had an interesting event over President's Day weekend. They hiked out of Lodgepole by Mineral King in the Sequoias, and, while setting their tents at 4 pm, it started snowing. The snow stopped at 8 am, 16 hours later, and they spent the next two days retreating to their cars.

I recently contacted **Phillip Ferranti**, founder and president of the **Coachella Valley Hiking Club**. We will try to have joint activities in the future. If anyone is interested in contacting him directly his address is P.O. Box 10750, Palm Desert, CA 92255, 619-345-6234. CVHC dues are \$20 individual, \$25 family.

Since we have added several peaks in the past few months I have printed the updated **Peaks List** on pp. 12-14.

Sandra Johnson is leading a **PCT Survey Team**, according to **Betty Sterrett**. I have combined six pages of information into two pages (pp.15-16) for those who may be interested in helping Sandra on her ambitious project.

Richard Carey informed me of a new **Pine Creek-Hauser Wilderness Area** map for \$3.00. I have enclosed an order form on page 17.

CALPAW volunteers needed! See the "Yes on 180" flyer on page 18.

San Dieguito River Park Trail Run, Sunday, May 1. Hike / run 7 miles of the "Coast to Crest Trail" to help the Park preserve natural open space. See page 19. Thanks to **Gail Hanna** for info.

I got a new hat!! (Same as the old hat.) Here are the details... The last time I washed my hat the top separated from the brim. So I went back to **A-16** to buy a new one, but discovered that it was guaranteed, I wrote the owner a nice note to tell her how much I enjoyed the chapeau. I didn't have to wait long. I received a call from the creator/owner of the piece and she told me that I would receive a 50% credit. That seemed gracious of her and I thanked her; after all, this is a \$38 hat. When **A-16** called to tell me the hat had arrived, I was surprised to learn that the owner/creator had reduced the 50% credit to 20%! **Gail Lancaster**, Customer Service for **A-16**, without knowledge of the renege, proved that **A-16 stands behind their customers** by covering the balance of the cost of the hat. I tip my brim to **A-16**.

Three years ago my friend **Hannah North** started feeling poorly and having digestive problems. It was recently confirmed that she had **giardiasis**. She remembers when she got the protozoan **Giardia**. She was hiking in the Sierras and needed some water. Her stove had stopped working so she scraped off the top of a snow melt. **Hannah** has become an expert on **Giardia** and states that the germ doesn't mind the cold, but is killed almost immediately at a boil.

THE HIKING CALENDAR

- APR 2-3 Weekend, **THE OUTLAW TRAIL**, Palm Springs. Richard Hughes 287-3434 / Doug Hansen 698-2632. Sierra Club hike. This month's feature hike. (See page 6). Sorry, this hike is full, with a waiting list. Richard's hikes fill quickly.
- APR 3 **DAYLIGHT SAVINGS TIME BEGINS**. Spring your clocks ahead one hour so you don't miss tomorrow's hike.
- APR 3 Sunday, **PALM MESA**, Borrego. Paul 583-0266. See page 9 for map. This was written up by Wes in issue 16 as a suggested list addition. I think that we are sure to see some more Bighorn on this strenuous hike. 3900' gain. This is an all-dayhike.
- APR 8-10 **CANOE TRIP**, Lower Colorado, from Walter's Camp to Martinez Lake. Thirty-five miles on the river with El Coyote Pelon. No rapids, just beautiful barren desert mountains, lush river vegetation, national wildlife refuge, isolation and historic mining landmarks. Cost \$85. Sierra Club trip. Carl Johnson 448-8542.
- APR 9-10 **MITCHELL AND EDGAR**, DPS, 5 hours drive, between Barstow and Needles. Dennis Richards 462-3643 / Rob Langsdorf, Sierra Club trip.
- APR 9-10 **PACIFIC CREST TRAIL**, Mojave. Join the two Terri's (Astle 571-0471 / Sutor 278-3518) as they lead a moderately paced hike with carcamp. Sat. walk 15.5 miles from Silverwood Lake reservoir to I-15. Sunday will be 13.6 miles from I-15 to near the Cajon Pass. Section C in PCT guidebook.
- APR 15-17 **JOSHUA TREE Gourmet BBQ carcamp**. Richard Hughes 287-3434 / Doug Hansen 698-2632. Trip is full with waiting list. Sierra Club.
- APR 16-17 **ORIENTEER**, Cuyamaca State Park at Los Vaqueros camp north of Stonewall. Jeff Jacobs organizes. Call Paul 583-0266. Our new course-setters have been working hard on this one. See the result of their effort.
- APR 16-17 **DAWN'S PEAK BACKPACK**, Rockhouse Canyon approach. See page 7. Paul 583-0266. We will drive down to Rockhouse on Saturday and backpack up Rockhouse 3 hours to set up a dry camp at the base of the ridge leading to Dawn's Peak. Paleface Steve Cowen will show us amazing indian incites on Saturday's hike in to camp. Sunday we will dayhike Dawn's and should be back at the cars about 9 hours later. Since Beth Davis promises to be along we will soak in the jacuzzi at Ram's Hill after the hike.
- APR 23-24 **TRAIL WORK**, Cutca Trail. See the lead story in *Trail Treats*, page 2. HPS. Please help Gail Hanna and Bert Ton and other clear this massively overgrown trail.
- APR 23 **THREE SISTERS WATERFALL**, Carl Johnson 448-8542. Sierra Club. Three miles, surprisingly strenuous, moderately paced dayhike to a set of three waterfalls that are the best and "largest bathtub" falls in SD county. Poison oak precautions.
- APR 23-24 **ANNUAL JOHN MUIR carcamp**, McCain Valley. Carol Murdock 463-1279 / Terri Sutor 278-3518. Music and potluck with small (under \$3) gift exchange.
- MAY 1 **HAPPY FIRST ANNIVERSARY, VICKI!!!!!!**

The Hiking Calendar continued

- MAY 7-8** **PCT, Big Bear area.** Terri Astle 571-0471 / Terri Sutor 278-3518. Hike Van Dusem Cyn to Hwy 18 (Baldwin Lake), 8.9 miles on Saturday. On Sunday continue to Onyx Summit, 13.6 miles. Carcamp.
- MAY 14** Saturday, **LIST FINISH FOR CAROL MURDOCK ON VOLCAN MTN.** Join the celebration as Carol finishes the SDPC list of 112 peaks in San Diego county. Carol 463-1279. Potluck and easy peakbag with champagne on top! This is the time to explore the newest addition to SD wilderness. Come join us.
- MAY 21-22** **TRAIL WORK, Cutca trail.** Let's finish the work that we didn't do on Apr 23-24. See *Trail Treats* for more info.
- MAY 21-22** **PCT with Al Holden. Comb's Peak.** Al 273-2494 and Chris Landa will backpack from Hwy 74 to Lost Valley via Comb's Peak, camping at Tule Spring, the midpoint of a 27-mile hike. Beth Davis talked to me about doing this; Al must have overheard us. Good hike!
- MAY 25-30** **CANYON de CHELLY** with Steve Cowen. 4 days/3 night backpack with a Navajo guide. See Anasazi cliff dwellings and ... well, you know what incredible sights lie in store. The trip will center on ancient trails. Three fit and experienced people wanted. Moderate and enjoyable pace of 10 miles per day. Cost= split expenses (approx. \$175 plus food with three people). Steve's office 593-0696.
- MAY 28-30** **THREE DAYS OF ORIENTEERING.** Saturday will feature the Filaree Flat meet in the Lagunas. Donna and Edwin Gookin 286-7958. Sunday Ron Grayson is putting together a Rogaine. Monday, Memorial Day, Bill Gookin is having a special "4th Dimension" orienteer. Call Paul for more details 583-0266.
- MAY 30** **CUYAMACA Memorial Day hike** with Al Holden. Hike a Middle Peak-Cuyamaca- Stonewall loop that is 12+ miles and 6 hours. Al 273-2494.
- JUNE 11** Saturday, **SANTA ROSA MOUNTAIN.** Al Holden 273-2494 / Rheta Schoeneman. Al and Rheta are tackling the mountain from the east side, 13 miles and 4000 feet. Sierra Club.
- JUNE 18-25** **COPPER CANYON** with Carl 448-8542. Sierra Club. Max group size 14 adventurers. \$850.
- JUNE 25** Saturday, **SOUTH RIDGE PEAKBAG SPECIAL** five HPS peaks along the desert divide by Idyllwild. Al Holden 273-2494 / Charles Hummel are hiking up the South Ridge trail to bag Tahquitz, Red Tahquitz, South, Ansell Rock, Apache and Spitler before calling it a day. 14 miles. Strenuous.
- AUG 5-13** **HIGH SIERRA PEAKBAG EXPLORATORY,** Dennis Richards 462-3643 / Rob Langsdorf. Join them for nine days as they venture deep inside Sequoia to visit the spectacularly scenic high country surrounding Nine Lake and Kaweah Basins. They will climb Mts. Kaweah, Triple Divide, and five others. Much of the route is crosscountry over steep terrain with backpacks. Some class 3 rock climbing. Call Dennis between 7-9pm before July 8 for info. Dennis has room for 7 people. Sierra Club.

Wednesday Walkabout International Hikes with Jim Sugg 224-7895

- APR 6 Cuyapaipe and Peak 6299'. Al Holden guides.
 APR 13 Smuggler Cave, Valley of the Moon, and Blue Angels Peak. Evan B. or Jim leads.
 APR 20 Harper Creek and Red Bud hike. A botanic hike with Al.
 APR 27 Poway and Ramona Lake loop hike. Jim guides.
- MAY 4 Palomar Mtn loop. Al guides.
 MAY 11 Corte Madera loop. Jim guides.
 MAY 18 6K Ridge, Lagunas. Al guides.
 MAY 25 Pine Valley Creek loop. Walk under the highest bridge in the US interstate hwy system. Jim guides.
- JUNE 1 Morena Butte Birthday Hike. Al guides. Who's birthday is it... ah hem, well, modesty prevents me from saying. I'll be there. Nothing I like better than one of my favorite hikes on a special day.

JIM, you've done it again. You have made me jealous that I can't go on all of your hikes. People, if you want to go on a wonderful 5-6 hour journey, then this is it.

COACHELLA VALLEY HIKING CLUB PARTIAL SCHEDULE...

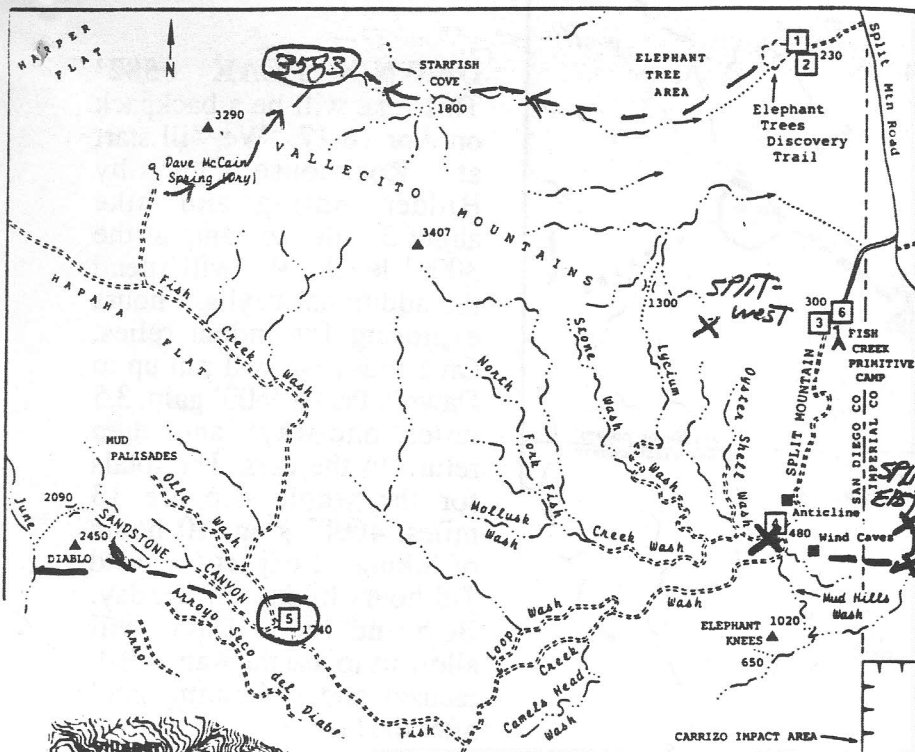
Phillip Ferranti has sent a schedule of the hikes that his Palm Springs club is doing between Apr 2 and June 5 and has circled the hikes that he thinks will be of interest to the SDPC. He has 20 leaders and 45 hikes in this 9 week schedule! Here are the rules he has listed to register:

1. Reserve your place on the hike only during the week of the hike.
2. Cancel at least one day before the hike.
3. Do not call to register for a hike after 8:00 pm.

- APR 9 Sat, PCT Live Oaks Spr North Fork. Strenuous 14 miles, 8:15 am - 5:00pm
 Phillip Ferranti 345-6234.
- APR 23 Sat, Fobes Morris Ranch Road. Strenuous 11 miles, 2000' gain, shuttle,
 8:00 am - 4:00 pm Ken LaMont 568-1015.
- APR 30 Sat, Eureka Peak, Joshua Tree. Strenuous, 10 miles, 2000' gain, 7:30 am -
 5:00 pm, Roger Keezer 346-5482.
- MAY 14 Sat, Zen Center Via Spitler PCT. Strenuous, 12 miles, 1800' gain, shuttle,
 7:30 am - 5:00 pm Ken LaMont 568-1015.
- MAY 15 Sun, Skyline Trail (ed.-AKA Outlaw Trail) to Tram. Super strenuous,
 10 miles, 8000' gain, 5:30 am - 4:00 pm, Hal Summers 564-3076.
- MAY 21 Sat, Zen Center. Strenuous, 12 miles, 8:15 am - 5:00 pm, Phillip 345-6234.
- MAY 22 Sun, Tahquitz Peak Loop via Devil's Slide. 13 miles, 7 am - 5 pm,
 Roger and Maria Keezer 346-5482.
- MAY 28 Sat, San Gorgonio via Camp Angeles to San Bernardino Peak. 16
 miles, 2500' gain, 7 am - 5 pm, Bill Swift 329-6923.
- JUNE 5 Sun, South Ridge Trail, Saddle Junction. Idyllwild. 13 miles, 7:30-5, Phillip
 345-6234. Strenuous.

1986 edition

Split Mountain/Fish Creek

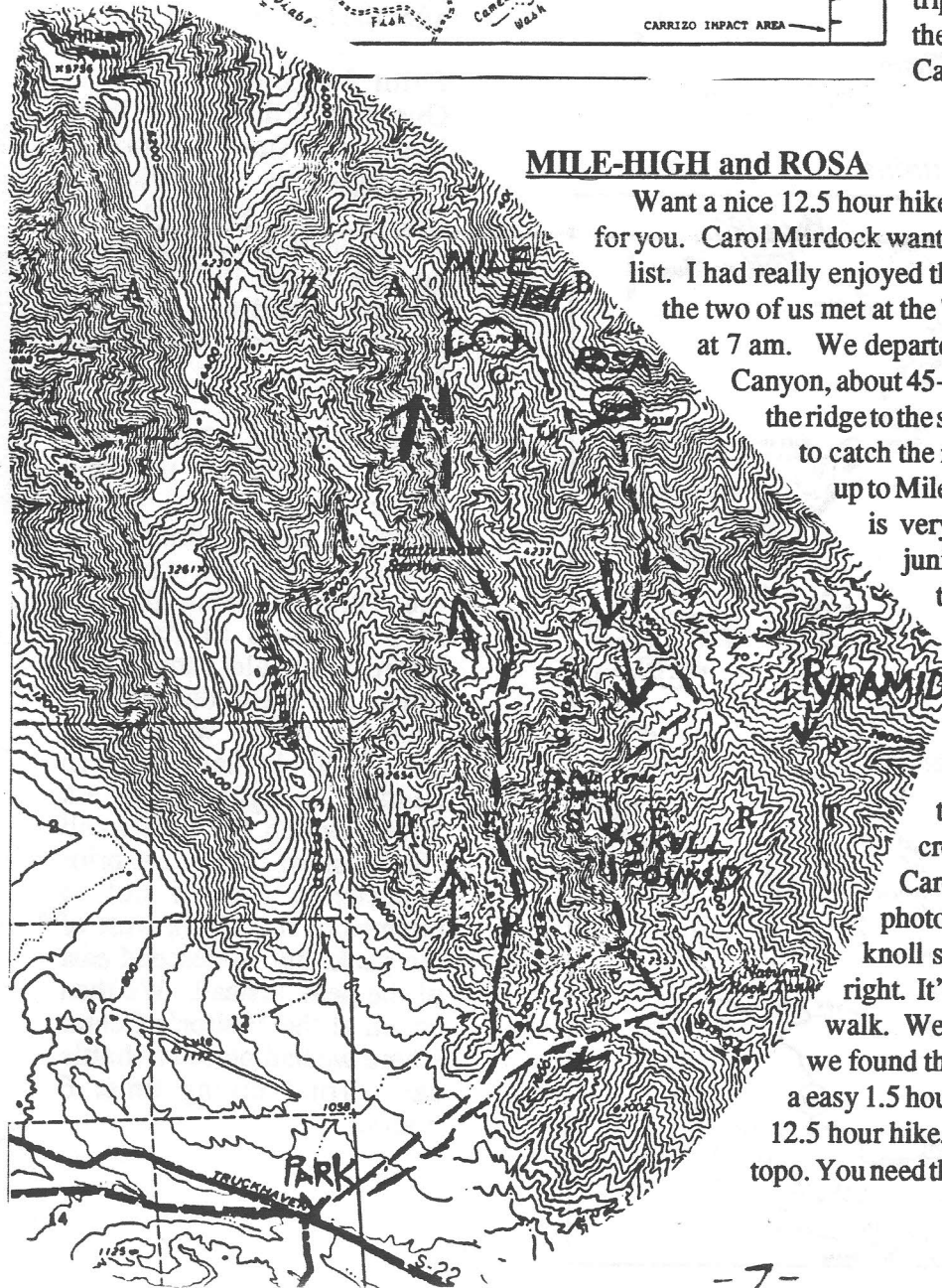


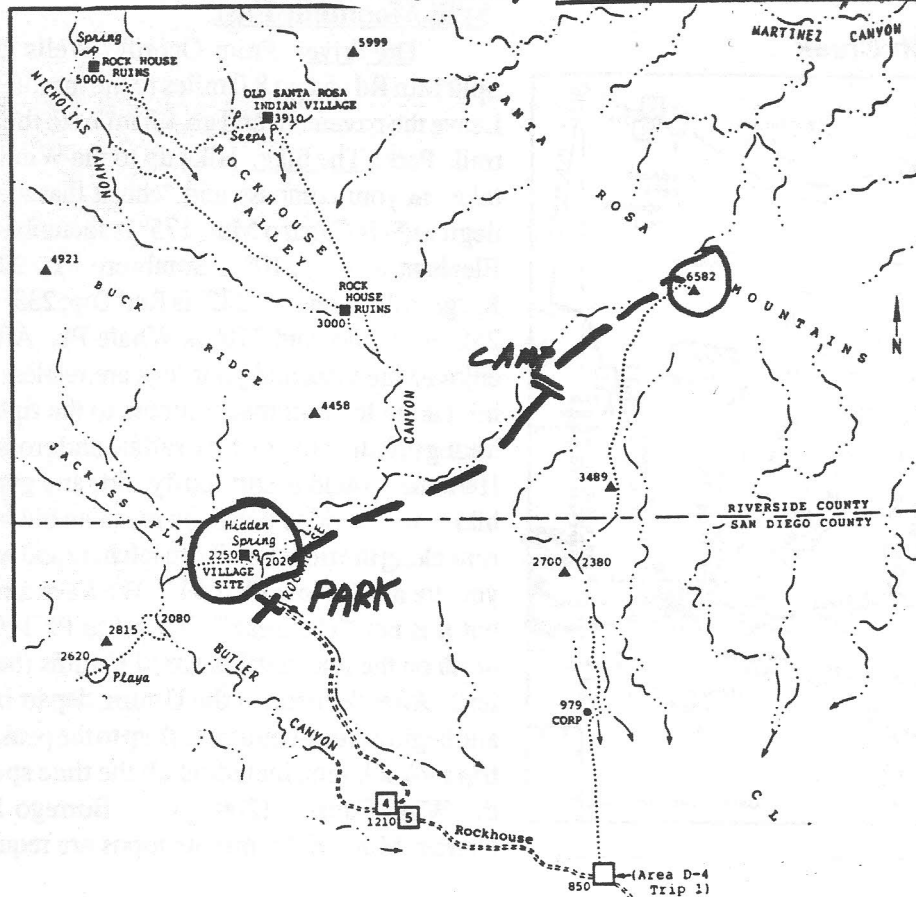
Split Mountain-East

The drive: From Ocotillo Wells turn south on Split Mtn Rd and go 8.0 miles to the turnoff to Split Mtn. Leave the pavement and go 4.8 miles to the Wind Caves trail. **Park.** **The hike:** Hike up to the Wind Caves, then take out your compass and "check that view". At 140 degrees⁽²⁾ is Carrizo Mtn; 175° is Jacumba Mtn; 192° is Elephant Knees; 210° is Sombrero Pk; 224° is the 6K Ridge in the Lagunas; 232° is Red Top; 233° is Sawtooth; 258° is Diablo; and 270° is Whale Pk. After you have enjoyed the vista and your legs are restless, hike up the hill taking the trail that contours to the right. Continue hiking uphill until you hit a saddle and cross an old road. Here the ground is soft, puffy dirt, and gypsum. Keep hiking up the ridge until you reach an old jeep road that runs along the ridgetop. Turn left here and walk 100 feet; you are now below Pk 1691'. We have a register on it, but it is not "The Peak". To get to Pk 1690' continue north on the road until the road U-turns (bending to the left). After the bend of the U-turn, depart from the road and begin a cross-country trek up to the peak. A one-way trip took 2 hours, including all the time spent gazing at the Wind Caves. 1200' gain. Borrego Mtn SE and Carrizo Mtn NE 7.5 minute topos are required.

MILE-HIGH and ROSA

Want a nice 12.5 hour hike? Want to pose with a bighorn? Have I got the hike for you. Carol Murdock wanted to bag Mile-High (see *Schad*), a peak on the SDPC list. I had really enjoyed the dayhike last time and was anxious for a repeat, so the two of us met at the Thimble trailhead (used to hike Villager and Rabbit) at 7 am. We departed at 7:30. We started by hiking over to Palo Verde Canyon, about 45-60 minutes. From here we found the ducked route up the ridge to the spot where HPS and DPSers would normally turn right to catch the ridge to Rosa. We turned left and took another ridge up to Mile-High. The final 200 feet of elevation gain to the peak is very special. The flora introduces Pinyon pines and junipers, manzanita and a lovely variety of nolina. I love the uphill vistas on this hike, but hate the leg-hurtin' downhill on this hike, so I go a different way than most on the return. We walked the gentle, soft dirt ridge down to Rosa, and then headed toward Pyramid (see *Schad* again). It was getting late so we didn't have time to bag Pyramid, but turned right to go over what *Schad* calls "Marble Peak". As we crosscountried over the route I found a bighorn skull. Carol took a photo, but it was too dark at this time and the photo didn't come out. I placed the skull at a prominent knoll so it would greet anyone who came that way. Yea, right. It's going to be a while before anyone repeats this ridge walk. We were about a half hour short on our sunlight before we found the Wonderstone trail, but once we hit the trail it was an easy 1.5 hour walk back to the car. This is a 15 mile, 6000' gain, 12.5 hour hike. The map to the left is the Rabbit 15 minute USGS topo. You need the Font's Point 7.5 minute to go on this adventure.

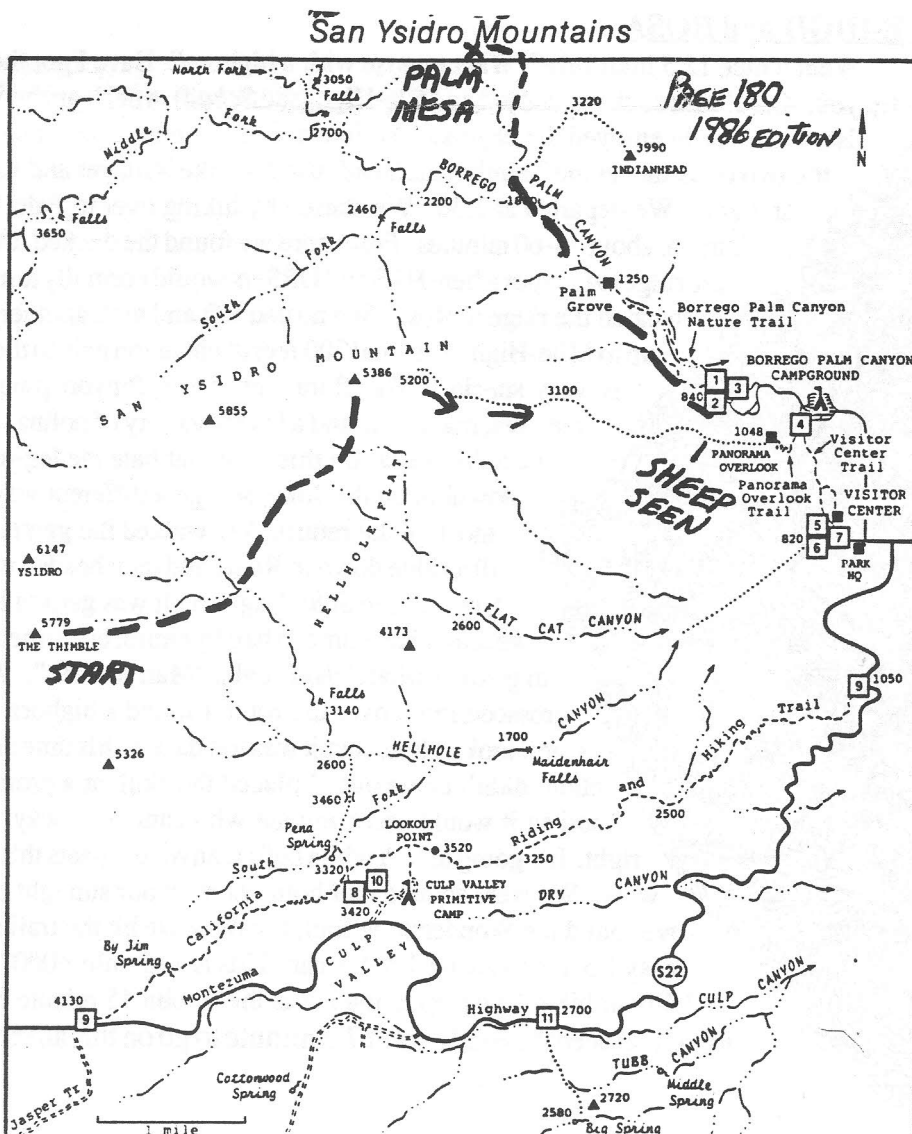




DAWN'S PEAK 6582'
This hike will be a backpack on Apr 16-17. We will start at Rockhouse Cyn by Hidden Spring and hike about 3 miles to camp at the 3000' level. We will spend the additional daylight hours exploring for Indian relics. On Sunday we will run up to Dawn's Peak (3600' gain, 3.5 miles one-way) and then return to the cars. The totals for the whole trip are 13 miles, 4600' gain, 10 hours of hiking. I expect to spend 7-8 hours hiking on Sunday. Beth and Ralph Davis will allow us to use the Ram's Hill jacuzzi and swimming pool after the hike.

Palm Mesa 4660'

Our Apr 3rd hike to Palm Mesa will start at Borrego Campground and hike up Palm Cyn like we were going up Indianhead, but instead we go one ridge further north before heading up the mountain. It will be an all day hike.



San Ysidro Mountain 5386' This is the trip Ranchita Ted, Carol Murdock, Mark Adrian and I did on 3-9-94. We started by the Thimble using the old HPS write-up to drive in. There is an old Indian trail down the wash due east of Thimble which we used to enter Hellhole Flats. We then headed straight up to Pk 5386', which the locals call "San Ysidro Mtn". By prior experience I knew not to attempt to ridgewalk west of the peak, but to descend east of the peak instead. We then ended at the Visitor's Center where we had placed a shuttle car. Total hiking time: 6 hours.

THE OUTLAW TRAIL

Eight years ago, I heard of a trail in Palm Springs that connected to the top of the tram, 8000 feet higher. I have wanted to do the hike since that time and the club's Denali darling, Cindy Outlaw, invited me along with SC stalwart, Mike Fry. Before I start on the write-up I want to address the trail's name. I have heard it called, "Chino trail" (although it doesn't go into Chino Canyon), "Carl Lykken trail" (an easy error to make since you start out on the Lykken trail for the first 45 minutes before you leave the trail to go up the mountain), "Sunrise trail" (by a ranger at the tram), "Cactus to Clouds trail" (by Phillip Ferranti, the founder of the Coachella Valley Hiking Club) and "Palms-to-Pines trail" (in the CVHC newsletter); I prefer "The Outlaw trail" myself.

The Outlaw Trail

The largest gain in a dayhike is on the Outlaw trail. The trail starts in Palm Springs at about 600 feet elevation and ascends to the top of the tram at 8530 feet. 8000 feet, 8 hours. One of the great parts of this trip is that you do not have to walk downhill. You take the tram down. An option is to climb to San Jacinto Peak and make it a 10,000 foot dayhike!

Trailhead: The drive to PS tram station will take about 2.5 hours for 135 miles from Mission Valley to the tram station. From SD take I-15 to the far end of Temecula. Turn right on Winchester Road (Hwy 79) and go to the end at Hemet Rd. Turn right on Hemet Rd (Hwy 74) and go into Hemet. Turn left on Sanderson Rd (there is a Coco's on the left corner). Go north on Sanderson Rd, through smelly cow country and up the

canyon to I-10. Turn right on I-10 and go to Palm Springs (turn off I-10 onto Hwy 111). The first light as you get into town from Hwy 111 takes you to the tram. There is a gas station on the corner, a good place to meet for regrouping. Turn right. After you drop off a car at the tram station turn right on N. Palm Canyon and go 3.2 miles through town to Ramon Rd. Turn right (west) and go to the end of the road. Park.

Hike: Go up the dirt road 25 yards to the trail and turn left up the switchbacks. After 45 minutes you will arrive at a trail junction. Turn left and then another left about 50 yards up the trail. There are two signs painted on the rocks: (1) "Long Valley 8 miles" and (2) "No water for 10 Hrs, 8 miles." Between hours 3-4 the trail is faint at places and you will have trouble, but with a little care you shouldn't have any trouble finding the way. The route is fairly easy to follow after this. A rock is signed "Palm Springs 5 hours" after 4.5 hours of uphill. The trail meets the summit about 0.5 mile south of the tram station. Take this hike when you can expect the weather to be cool all day. Most of the time there is a 40 degree difference between Palm Springs and the tram station so be prepared.

Final comments: It was wonderful. Mike clipped the trail where it was overgrown and we had snow blanketing the route the last 1500 feet of elevation, so we were quite pleased with our time. With no downhill to hurt the legs you feel very good after the hike. I love this hike and will do it yearly. Cindy Outlaw likes the trail so much she hiked it 10 times in 1993!

Another Trail Treat...

There is a group dedicated to recapturing the old California Riding and Hiking Trail. They are having the 9th Annual Trail Days on April 23, 1994 at 8:30 am. Meet at 4815 Dehesa Road in El Cajon to carpool to the work site. Box lunch will be provided. Wear long sleeve shirt, gloves, hat and long pants. Bring water. If you plan to attend call Patricia Riggs 442-4612.

California County Highpoints Competed on North Palisade by Bill "Bighorn" Broeckel

Congratulations are due to Gary Suttle of San Diego. On July 28, 1993, he reached the summit of North Palisade (14,242'). Among other superlatives, North Pal is the highest point in Fresno County. For Gary, this was his 58th and final California county highpoint! Along with Mts. Whitney, Shasta, Ritter, and Lyell, North Pal is the hardest climb required to complete the Ca. county list. Gary saved this one for the last.

He was accompanied by Welden Astle, also of San Diego, and myself. We left South Lake trailhead the previous day, and set up camp at over 12,000', on gravel terraces at Thunderbolt Pass. We carried full gear for mountaineering, including ice axe, crampons, heavy boots, 150' rope, slings, chocks, carabiners, seat harnesses and helmets. We left camp soon after dawn, reached the summit at mid-day, and encountered another group who had climbed up from Palisade Glacier. Weather was mild and perfect for the climb, which was hampered to some extent by residual winter snow.

On the morning of the climb, we left Thunderbolt Pass using crampons to traverse snowfields well above Barrett Lakes. At the base of the "white shields" we began climbing the Le Conte route. Half way to the U-notch, a steep snow slope blocked our path and obscured landmarks. Eventually we were able to climb rocks on the south side of the gully, and chop big steps across the snow up higher, allowing us to reach the beginning of the famous ledge. This ledge is the key to the route.

Some trickles of water were crossing the ledge. We used the rope to protect our climbing along this section. We also protected the steepest portion of the next gully, which was full of rotten snow and ice. After this, the only major obstacle was shortness of breath. A devious scramble through the summit boulders leads to the top.

Our happiness was only exceeded by the dramatic setting afforded by this lofty and precipitous perch. A metal Sirra Club box holds the summit register. Also, a PVC pipe contains a copy of the original North Pal register that includes many legendary names from the early days of the Sierra Club. An injunction is given to please leave the copy in place, to "keep Norman smil'n" with a photocopy of Norman Clyde himself with a big grin on his face.

All too soon we left this place of dreams, and applied ourselves toward a safe descent. With only some headaches and nausea slowing our progress, we returned to the pass without incident. Clouds were beginning to pile in on the Palisades, so we moved camp to a slightly lower elevation northwest of Thunderbolt. The morning dawned fair, and we hiked out feeling weary, but well-satisfied with a wonderful climb.

In theory, North Palisade could be climbed in one massive day-hike. However, this would require a determined effort, optimum conditions, and a high level of ability and fitness. We were thankful to the Good Lord for mild weather on the summit, and on the parts of the route which we found to be difficult and challenging.

Trip report- What a hike!

Ten sturdy hikers met at Agua Caliente Hot Springs on March 12 to backpack via Moonlight Wash to Inner Pasteur. All went according to plan on Saturday as we completed the 3.5 hour hike-in and enjoyed a nice campfire that evening. Sunday had us up at 6 am and off at 7 to climb Red Top, then drop down to the saddle and bag Sawtooth. Red Top was achieved in two hours, according to plan, and we heard the yodel of Ranchita Ted on Sawtooth. Al Holden, Mary McLain and Ted were dayhiking from the Lagunas, down 6K Ridge to Sawtooth. They were making great time. We scurried over the rocks to Sawtooth where we met Mary and Al. Ted had jammed over to Red Top and would meet us back at camp. It seems that Mary and Al had descended the ridge and Ted had parked at A.C. Hot Springs that morning and had raced in to meet us. We could have dropped off of Sawtooth back to the saddle, where we could follow a stream back to camp... or we could take the clear ridge. My experience has taught me that if you follow a creek you get caught in a lot of catclaw, so I optioned for the ridge. Well, after a mile of ridgewalking we ran into rugged area, so we decided to drop back to the streambed. Oh boy! We spent two hours fighting brush and large boulders, got back to camp at 4 pm, and back to Agua Caliente at 8pm. Great hike! Thanks to Mark Adrian, Richard Carey, Steve Cowen, Beth Davis, Terry Flood, Charles Hummel, Carol Murdock, Tom Rotter, and John Strauch.

SAN DIEGO PEAKS CLUB LIST

Original June, 1987 by Hannah North and Russ Weber

Revised 3-91, 3-92, 8-93, 12-93 and 4-94 by Paul Freiman

History of the SDPC List

In June 1987, hikers Hannah North and Russ Weber (aka Amentia Allegro and Rass Webbo respectively) combined their extensive knowledge of San Diego county's terrain with additional information obtained from maps of Cleveland National Forest. The result was a formidable list of peaks and a commitment to bag them all. Life, however, intervened and they moved away, but not before each had climbed about half the peaks. Taking up the cause I climbed every peak and benchmark (BM) on the original register. Then I eliminated insignificant climbs and areas of trespassing. In total I deleted 35 peaks and added 25 new ones. Preparing this list was such an enjoyable exercise that I still get all a-tingle thinking about climbing them again.

Overall the list is challenging, not because the hikes are especially hard (no rock-climbing or class 3 skills required), but because you will need good map reading skills. The 14 peaks preceded by an asterisk (*) are the distinguished Emblem Peaks, winning this designation for the particularly sublime rewards each destination provides to those who are willing to plod and scratch their way to the top.

Speaking of reaching your destination, you may either hike or mountain bike to do so. However, not only are drive-ups and helicopter rides illegal and disqualifying, they will earn you the antithesis of the coveted Hiker of the Month Award which is the Weenie of the Year Award.

Whenever visiting a peak, include as some of your "10 essentials" a pencil, paper, and empty can. The following explains:

Never let them say it
Say it to your shame
That a benchmark went untrodden
And without your date and name!

Wes Shelberg

I want to thank Wes Shelberg, Al Holden, and Jim Sugg for being terrific hiking buddies during the preparation of this list. Also a heartfelt and you-found-me-where-I-live thanks to Terri Sutor for introducing me to adventure hiking. Thanks to my wife Vicki for typing this document.

Maps

Map coordinates are based on Cleveland National Forest (CNF) 1985 map. USGS topos are 7 1/2' unless identified as 15'. Completion of this list is dependent upon your map reading and orienteering skills.

Other Notes

"Pyramid", "Mile High", and "Square Top" are three peaks mentioned in Jerry Schad's Afoot and Afield in San Diego County (1986 edition) and nowhere else. The reference *Schad* is to this book. The following abbreviations found in the list refer to sections of the Angeles (LA) Chapter of the Sierra Club: DPS=Desert Peaks Section; HPS=HundredPeaks Section; LPS=Lower Peaks Section.

GOOD LUCK AND GOOD HIKING!!

The 112 Peaks on the SDPC List

<u>DATE</u>	<u>PEAK</u>	<u>ELEV(')</u>	<u>CNF</u>	<u>USGS</u>	<u>COMMENTS</u>
	1. Pendleton / Temecula				
_____	1. Margarita Peak	3185	D5	Margarita Peak	
_____	2. Margarita Lookout	3065	D5	Margarita Peak	
	2. Rancho Bernardo / Mira Mesa				
_____	1. Bernardo Mtn	1150	G8		Climb from east.
_____	2. Black Mtn	1563	G9		dirt road to top, <i>Schad</i>
_____	3. Mt. Israel	1346	F8		Harmony Grove area
	3. Palomar / Ramona / Julian				
_____	1. Agua Tibia Mtn	4779	H5	Vail Lake	LPS, <i>Schad</i>
_____	2. Eagle Crag	5077	H5	Vail Lake	HPS
_____	3. Palomar High Point	6140	J6	Palomar Observatory	HPS, <i>Schad</i>
_____	4. Boucher Hill Lookout	5438	H6		Enjoy Palomar! HPS, <i>Sci</i>
_____	5. Black Mtn (Ramona)	4051	J7		road to top
_____	6. Mt. Gower	3103	J8	Ramona	
_____	7. Volcan Mountain	5353		Julian	In Preserve, <i>Schad</i>
	4. Central County				
_____	1. Fortuna Mtn	1292	G10	La Mesa	<i>Schad</i>
_____	2. Cowles Mtn	1586	G10	La Mesa	<i>Schad</i>
_____	3. Woodson Mtn Lookout	2894	H8	San Pasqual	<i>Schad</i>
_____	4. Iron Mtn	2696	H9		Ellie Lane trailhead
_____	* 5. El Cajon Mtn	3675	J9	El Cajon Mtn	
_____	6. Eagle Peak	3226	K9	Cuyamaca (15')	
_____	7. Viejas Mtn	4187	K10	Cuyamaca (15')	<i>Schad</i>
	5. Southwest County				
_____	1. Bell Bluff	3409	K10	Cuyamaca (15')	
_____	2. McGinty Mtn	2183	J11	Dulzura	Nature Conservancy
_____	* 3. Lawson Peak	3660	K11	Barrett Lake	<i>Schad</i>
_____	4. Gaskill Peak	3836	K11	Barrett Lake, Potrero (15')	
_____	5. Otay Mtn	3566	J12		Mtn bike road, <i>Schad</i>
_____	6. Tecate Peak Lookout	3885	K12	Potrero (15')	<i>Schad</i>
	6. Southeast County				
_____	1. Long Valley Peak	4909	L10	Cuyamaca (15')	
_____	2. Buckman	4641	L10	Cuyamaca (15')	
_____	* 3. Corte Madera	4657	L10	Cuyamaca (15')	<i>Schad</i>
_____	4. Los Piños Mtn Lookout	4805	L11		active lookout in summer
_____	* 5. Morena Butte	3919	L11	Potrero (15')	
_____	6. Blue Angels Peak	4548		In-ko-pah Gorge	<i>Schad</i>
	7. Cuyamaca State Park				
_____	1. Middle Peak	5883	L9	Cuyamaca Peak	HPS, <i>Schad</i>
_____	2. Cuyamaca Peak	6512	L9	Cuyamaca Peak	HPS, <i>Schad</i>
_____	3. Japacha Peak	5825	L9	Cuyamaca Peak	former HPS
_____	4. Stonewall Peak	5730	L9	Cuyamaca Peak	HPS, <i>Schad</i>

8. Lagunas

1. Chariot Mtn	4680	M8	Cuyamaca Peak	HPS, <i>Schad</i>
2. Roost	4351	M9	Monument Peak	
3. Oriflamme Mtn	4611	L9	Monument Peak	<i>Schad</i>
4. Pine Mtn	5640+	M9	Monument Peak	
5. Garnet Mtn	5669	M9	Monument Peak	HPS
6. Garnet Peak	5880+	M9	Monument Peak	HPS, <i>Schad</i>
7. Monument Peak	6271	M9	Monument Peak	HPS
8. Wooded Hill	6160	M10	Mt. Laguna	nature trail
9. Sheephead Mtn	5783	M10	Mt. Laguna	HPS
10. Manza	5556	M10	Mt. Laguna	
11. Cuyapaibe	6378	M10	Mt. Laguna	HPS
12. Guatay Mtn	4885	L10	Cuyamaca (15')	

9. Warner Springs

1. Comb's Peak	6193	L5	Bucksnort	HPS
2. Hot Springs Mtn	6533	L6	Hot Springs Mtn	HPS; lookout isn't pk
3. Pike	5571	M6	Borrego Palm Cyn	
4. Cody	5586	M6	Borrego Palm Cyn	

10. Sheep Canyon Natural Preserve (Coyote Canyon)

* 1. Collins	4559	L5	Bucksnort, Collins Valley	
2. Knob	3431	L5	Bucksnort Mtn	
3. Elder	3433	M5	Collins Valley, Hot Spr Mtn	
4. Palms	3121	M5	Collins Valley	lovely view
5. "Square Top"	4649	M5	Hot Spr Mtn, Collins Valley	<i>Schad</i>
6. Coyote Mtn	3192		Clark Lake	<i>Schad</i>

11. Around Montezuma Grade (Ranchita to Borrego)

1. San Ysidro Mtn	6147	M6	Borrego Palm Cyn	HPS
* 2. The Thimble	5779	M7	Tubb Cyn	
3. Hob	4853	M6	Borrego Palm Cyn	
4. White	5326	M6	Tubb Cyn	not shown on topo
5. Goat	4232	M6	Tubb Cyn	
6. Bonny	4574	M7	Tubb Cyn	
7. Peak 5386 (San Ysidro Pk)	5386	M6	Borrego Palm Cyn	
8. Kay	3587	M6	Borrego Palm Cyn	
9. Ode	1510	M6	Borrego Palm Cyn	
10. Webo	4173	M6	Tubb Cyn	
11. Ted	2369	M7	Tubb Cyn	
12. Wee	4068	M6	Tubb Cyn	
13. Rass	1877	M6	Tubb Cyn	
* 14. Wilson (Pinyon Ridge)	4573	M6	Tubb Cyn	<i>Schad</i>
15. Pinyon Ridge High Point	4611	M6	Tubb Cyn	
16. Indianhead	3960	M6	Borrego Palm Cyn	DPS, <i>Schad</i>

12. Along S-2 (Scissors Crossing to Ocotillo)

* 1. Grapevine Mtn	3955	M8	Earthquake Valley	
2. Sentenac Mtn	3068	M8	Earthquake Valley	
3. Granite Mtn	5633	M8	Julian, Earthquake Valley	HPS, <i>Schad</i>
4. Sunset Peak (Yak BM)	3657	M8	Whale Peak	<i>Schad</i>
5. Pinyon Mtn	4440	N8	Whale Peak	<i>Schad</i>
6. Whale Peak	5349	N8	Whale Peak	HPS, <i>Schad</i>

Computerization of Pacific Crest Trail Data

Sandra Johnson, leader of the Pacific Crest Trail Survey Team, is preparing to begin a pioneering work in the field of trail documentation and wilderness guiding. To successfully accomplish this not-for-profit project, it is necessary to apply for supplemental funding to assist with the expenses of collecting and documenting trail feature and condition information and trail profile and guide data for the Pacific Crest Trail (PCT).

Sandra achieved her "Ph.D. in Backpacking and Hiking" when she completed the John Muir, the Pacific Crest and the Appalachian Trails, well over 5000 miles, all within a two year period, and unaccompanied.

To this date, a standardized format and computer documentation of trail information has not been conducted by governing agencies because of a lack of funds. However, this information is desperately needed by trail maintenance crews and wilderness travelers. The team will collect the trail feature and condition information and trail profile and guide data for the entire 2638 miles of the PCT and record it in a standardized format on a specialized computer system. This documentation will give the governing agencies instant access to trail condition details and will be far superior to current hand-written methods. This standardization of trail condition information will allow the governing agencies to better manage and successfully organize trail maintenance projects.

The team will be using portable computers, Global Positioning System (GPS) receivers, professional altimeters and distance measuring devices to obtain the trail information. It will then be formatted on computer and made available to the Forest Service, the Park Service, and the Bureau of Land Management (BLM) who are the governing agencies for the trail.

From August 17, 1990 to August 2, 1992 I hiked and backpacked over 5000 miles alone. I hiked the John Muir Trail (270 miles), the Pacific Crest Trail (2638 miles), and the Appalachian Trail (2144 miles) while living out of a backpack for over 12 months. When I finished hiking the Pacific Crest Trail in October 1991, I could not bring myself to return to the fashion design field. It seemed superficial compared to the reality of my experiences in the wilderness. I have always wanted to be involved in outdoor life, but when I was growing up, girls did not go hunting or fishing with their Dads, and they were not allowed in the Forest Service. Now was my chance to continue and to expand my outdoor experiences. In November 1991, I began planning to hike the Appalachian Trail (AT). On March 2, 1992, I began that trek. After about two weeks of hiking the AT and being as frustrated with the guide books as I had been with the John Muir and PCT guides, I decided that hiking the trails and writing new guides to them was clearly needed. There is only one guide book on the market for the John Muir Trail and a set of two books for the PCT, but their data is imprecise and, at points, inaccurate. The AT has three books and maps, but none include all the information needed by hikers.

I wrote, twice, to the author of the John Muir and PCT guide books, offering my suggestions and ideas for revisions. He replied that he had heard such criticisms before, but was not planning to change his books. Next, I joined a work party sponsored by the Mountaineers Club of Washington State. The crew built a new segment of trail in the Winthrop District of the Okanogan National Forest. Jim Hammer, supervisor of trails in the Winthrop District and who has 75 miles of the PCT under his jurisdiction, suggested I also collect data for trail maintenance while I was collecting the data for a new trail guide. To acquire the most accurate information it is necessary to hike the entire trail, collect data and combine that information with the United States Geological Survey topographic maps rather than only taking the information from the maps, as it appeared the author of the earlier trail guide had done.

The proposed trail team's purpose is to work with the governing agencies to standardize the format and document trail information on a computer system. Presently, Trail Feature Inventories are handled differently by each ranger district. There are 17 districts in Washington State alone that are responsible for only 507.1 miles of the Pacific Crest Trail. California has 1668.6 miles. Cam Lockwood is trail coordinator for the Angeles National Forest and has four districts under his jurisdiction which are responsible for 178 miles of the PCT. After completing the last 7.5 mile segment of the trail near Neenach, CA in May of 1993, Mr. Lockwood stated, "Now park officials need to compile detailed information on its twists and turns. We literally don't have a completed map of all the parts of the trail."

THE TRAIL TEAM

Sandra Johnson - Team Leader
PO Box 92528
Pasadena, CA 91101-2528
213-478-1426 Fax: 213-256-7559

The PCT Survey will begin March 12, 1994. The goal of the team is to document data on all 2638 miles of the trail. The information for the NFS includes trail features and maintenance. The data to be published is a Trail Profile and Guide.

The team will hike an average of 10 miles a day. Lower elevation areas will be surveyed in the winter and higher areas in the summer. The projected schedule for 94 is Calif until mid July, Washington until mid Sept then the Calif Sierra until the end of October. The schedule may change as we cannot collect data if there is snow on the trail or if it is raining or snowing.

When you decide to join The Trail Team keep in mind we will be collecting data not hiking the trail. Hiking trails and collecting data about trails are totally different experiences.

The support vehicle driver will drop the team off at the trail head. He will then scout and document the facilities available for the trail hiker. He will measure any transition trails into the PCT. Then he will meet the team at the designated time and place every day. If this is not possible backpacking arrangements will be made.

The team will stop every 10th of a mile and record elevation for the profile.

We will stop at every waypoint and record on computer the description, elevation, distance in 100th between each waypoint and total distance.

We will stop at every trail feature and record on computer the feature, distance in feet between each feature, total distance and maintenance information.

The plan is to hike 10 miles a day. We will start at 7.00AM and expect to average about a mile an hour. All the equipment, packs, food and sleeping gear, if needed, will be provided. The schedule will vary according to the availability of the team members.

As the team moves north I will contact local hiking clubs and groups for team members.

I appreciate any time you can commit to this project. I can use you for a weekend, a week, a month or the entire 13 months. Let me know when you are available.

Please fill out the attached application and waiver and return them to me.

National Forest Maps – Pacific Southwest Region

National Forest Maps	quantity	cost/ map	total cost
Angeles		\$3.00	
Cleveland		\$3.00	
Eldorado		\$3.00	
Inyo		\$3.00	
Klamath		\$3.00	
Lake Tahoe Basin		\$3.00	
Lassen		\$3.00	
Los Padres		\$3.00	
Mendocino		\$3.00	
Modoc		\$3.00	
Plumas		\$3.00	
San Bernardino		\$3.00	
Sequoia		\$3.00	
Shasta-Trinity		\$3.00	
Sierra		\$3.00	
Six Rivers		\$3.00	
Stanislaus		\$3.00	
Tahoe		\$3.00	

Wilderness Area Maps			
Ansel Adams (Inyo, Sierra)		\$3.00	
Bucks Lake (Plumas)		\$3.00	
Carson-Iceberg (Stanislaus, Eldorado, Toiyabe)		\$3.00	
Cucamonga (San Bernardino)		\$3.00	
Desolation (Eldorado)		\$3.00	
Domeland (Sequoia)		\$3.00	
Dick Smith (Los Padres)		\$3.00	
Dinkey Lakes (Sierra)		\$3.00	
Emigrant (Stanislaus)		\$6.00	
Golden Trout/South Sierra (Inyo, Sequoia)		\$3.00	
John Muir/Sequoia-Kings Canyon NP (Inyo, Sierra)		\$6.00	
Kaiser (Sierra)		\$3.00	
Marble Mountain-Russian (Klamath)		\$3.00	
Mokelumne (Eldorado, Stanislaus, Toiyabe)		\$3.00	
Monarch-Jennie Lakes (Sequoia, Sierra)		\$3.00	
Mt. Shasta-Castle Crags (Shasta-Trinity)		\$6.00	
Pine Creek-Hauser (Cleveland) available 2/94	—	\$3.00	—
San Geronio (San Bernardino)		\$3.00	
San Jacinto (San Bernardino)		\$3.00	
Santa Rosa (San Bernardino)		\$3.00	
Snow Mountain (Mendocino)		\$3.00	
South Warner (Modoc)		\$3.00	
Trinity Alps (Shasta-Trinity)		\$3.00	
Ventana (Los Padres)		\$3.00	
Yolla Bolly-Middle Eel (Mendocino)		\$3.00	

To order maps, please send this order form, along with check or money order for exact amount payable to USDA Forest Service to:

USDA Forest Service
Public Affairs Office
630 Sansome Street
San Francisco, CA 94111

Orders may be returned unfilled if payment is not made out correctly or if maps are out of stock. There is no postage, tax, or handling charge. Please allow two weeks for delivery. For large orders (25 maps or more), please allow four weeks for delivery.

For more information, please phone:
 (415) 705-2874

Name _____

Address _____

City, State _____

Zip Code _____

Daytime Phone () _____

Total Enclosed: _____

The policy of the United States Department of Agriculture Forest Service prohibits discrimination on the basis of race, color, national origin, age, religion, sex, or disability, familial status, or political affiliation. Persons believing they have been discriminated against in any Forest Service related activity should write to: Chief, Forest Service, USDA, P.O. Box 96090, Washington, DC 20090-6090.



United States
Department of
Agriculture



Forest Service
Pacific Southwest Region

YES ON 180

5520 Ruffin Road, Suite 203
San Diego 92123
tel (619) 541-1691

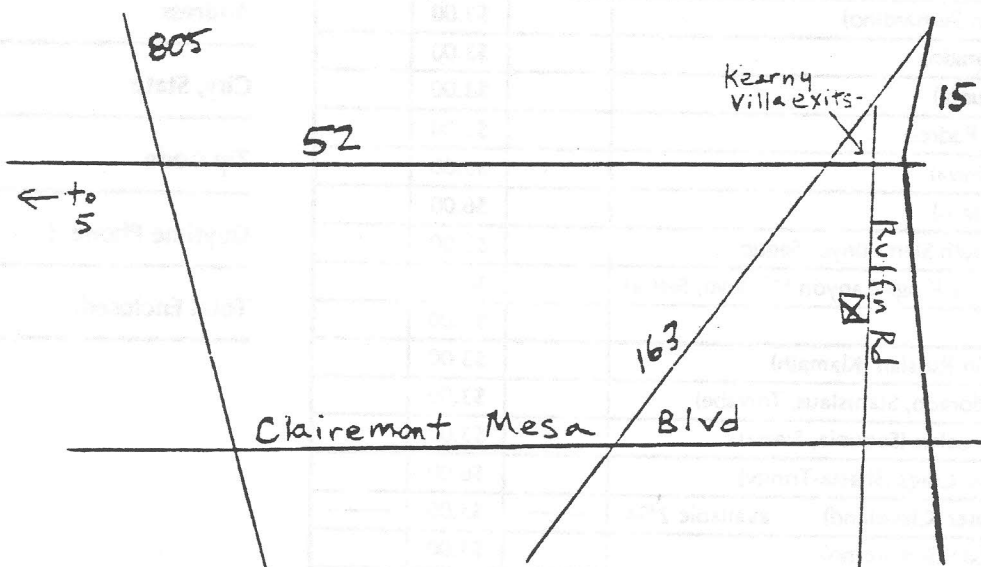
CALLING ALL CALPAW VOLUNTEERS!

Thanks to thousands of volunteers collecting 725,000 signatures, the California Parks & Wildlife Initiative (CalPAW) has qualified for the June ballot. We have a ballot number—Proposition 180-- and a new headquarters for CalPAW San Diego. Now we need your help to get out the vote!

THE YES ON 180 CAMPAIGN will be calling likely supporters to identify Yes on 180 voters and ask them to accept Vote-by-Mail applications. Our goal is to have 200,000 Yes votes "in the bank" by Election Day, June 7th.

TO VOLUNTEER at the CalPAW phone bank, please contact your group coordinator. Or you call CalPAW directly at 541-1691 (Sunday-Thursday evenings) or 434-5874 (24-hour message phone).

THE CALPAW PHONE BANK is located at 5520 Ruffin Road, just north of the County Administration Complex, with quick access to Highways 15, 52, 163, and 805 (see map below). Park and enter at the side or rear of the building and come upstairs to Suite 203.



Calling Hours: Sunday 5 to 8 p.m.

Monday through Thursday 6 to 9 p.m.

Training for first-timers 15 minutes before calling begins.

For more information please call

541-1691 (during calling hours) or 434-5874 (message phone)



SAN DIEGUITO RIVER PARK



7 MILE RUN • HIKE SUNDAY, MAY 1, 1994 • 8 AM

THE TRAIL...

MOST SCENIC RUN IN SAN DIEGO COUNTY!

The run begins at Kit Carson Park behind North County Fair Shopping Center in Escondido. The course will wind through a portion of the San Dieguito River Park "Coast to Crest Trail" along the North Shore of Lake Hodges past streams, under trees, over bridges, and finish at Del Dios Community Park on the shore of beautiful Lake Hodges.

FEATURES

- A bountiful variety of food ranging from organic fruits and veggies, homestyle pancakes, and more...
- Pizza Port Solana Beach Brewery will feature their famous Shark Bite Red Ale.
- Ecological/Environmental Expo featuring a variety of booths focusing on the San Dieguito River Valley, the environment, running gear, hiking, biking, trail information.
- Live music and dancing.



T-SHIRTS

All participants will receive a top quality 100% cotton T-shirt with the San Dieguito River Park Trail Run Logo.

PRE-REGISTRATION PARTY

North County Fair is hosting the Pre-Registration Party, April 29 from 4 to 7 p.m. Stop by and pick up your t-shirt and race number & if you haven't registered yet, this is a great time to do so. North County Fair is located just off I-15 and Via Rancho Parkway in Escondido. The party will be in the Center Court in front of Nordstrom.

REGISTRATION

Register by mail before April 22, 1994, or at the Pre-Registration Party. Day of race registration begins at 6:30 a.m. Please send entries to: SDRP Trail Run, 10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121.

BENEFICIARY

Proceeds from this event will benefit the San Dieguito River Park, a park that is preserving natural open space and creating trails for hikers, bikers, and horseback riders.

INFORMATION

Elite Racing, Inc., (619) 450-6510 or (714) 548-4897.



United Parcel Service

ENTRY FORM (Please Print)

Official Use Only

Mail entry form, fee to: San Dieguito River Park,
10509 Vista Sorrento Pkwy., Ste. 102, San Diego, CA 92121

Name (first) (last)

Address

City State Zip

Phone M F Age Race Day

Waiver (Must be signed)

I hereby release San Dieguito River Park, Elite Racing, Inc., Tim Murphy, TAC, and all municipal agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the San Dieguito River Park Run or Hike. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable. As a participating athlete I certify that all information provided in this form is true and complete. I have read the entry information provided for the event and certify my compliance by signature below.

Signature of athlete Date (Signature of parent if under 18 years) Date

IF ATHLETE IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in the San Dieguito River Park Run or Hike, is in good physical condition, and that race officials have my permission to authorize emergency treatment if necessary.

FEES: (all entry fees include t-shirt)

Entry for 7 Mile Run and Hike		
Early Bird (before 3/31)	\$15.00	\$
After 3/31/94	\$17.00	\$
After 4/22/94	\$19.00	\$
Souvenir Sweatshirt	\$20.00	\$
Size (please circle):	S M L XL	
If you would like your race number mailed to you add \$1.00		\$
TOTAL ENCLOSED		\$

CHECK ONE: ☐ Run ☐ Hike



MAKE CHECK PAYABLE TO:
SAN DIEGUITO RIVER PARK