

January 19, 2011

Dear Past MWTR Participant:

Happy New (Running) Year! I hope you are getting into your training routine....we are just 18 weeks away from the 2011 Mt. Wilson Trail Race!

Here's some things you should know.....

#### MWTR Entries Taken in February

The entry form should be printed and ready for distribution in the community and up on the Mount Wilson Trail Race website by February 7. Past participants will be allowed to sign up beginning on that date and we will open the race to new people via on-line registration beginning February 21. So get your entry in as soon as you can before you are squeezed out!

#### New! MWTR Tech Shirt Available for Almost Free!

Our good friends and longtime sponsors ASICS and Run With Us/Pasadena will be making a cool tech shirt available for a great price this year. Everyone registering for the race will get an all-cotton T-shirt with our great new logo and artwork. If you also want an ASICS tech shirt, just check off the box on the entry form and add \$9.25 to your registration payment. We will need all tech shirt orders in by April 30 so that you can get yours on race day.

#### Get Ready for the MWTR with Team CrossFit Academy!

The 2011 race will be here before you know it. Coach Eric LeClair and Team CrossFit Academy will be returning for their sixth year to provide free Saturday morning training runs for any interested trail runners. The training is an 18-week program designed with three different ability groups. The first training session will begin Saturday morning, January 29th at 7:00A in Kersting Court. It is recommended that all interested runners begin their training on this date.

Coach LeClair has had hundreds of runners and racers within the ranks of the training team over the past five years. And the training program has resulted in over 15 Top 3 finisher medals!

Make no doubt, the beginning trail runner or experienced veteran racer will be welcomed into this fun group and will be assisted in accomplishing his or her desired goal. To contact Coach Eric LeClair or Team CrossFit Academy directly, please call 626-437-8739 or search for either on Facebook.

And Let's Get that Trail Ready!

When we sent out our MWTR participant survey a few months ago, a majority of you expressed interest in helping work on the Mt. Wilson Trail so that it is ready for the big race. The recent rains (over 14 inches!) have made our trail work more urgent, with grooming, moving rocks and putting up some new retaining walls needed. Thanks to Charlie Bell, John Grace and Gary Hilliard, we are organizing our first Trail Work Day, scheduled for 8:00A on Sunday, January 30. Our group will meet at Lizzie's Trail Inn to sign in and get instructions before going up the mountain..

Please plan on helping until about noon, when many of us will shoot down to lunch and a post-trail work beverage at Lucky Baldwin's Brewery in Kersting Court. We will have tools available for you, but if you happen to own a McLeod or shovel, please bring it with you, along with a pair of gloves, a hat and lots of water.

This is both tremendously important - and extremely rewarding - work. Help pitch in! If you have any questions, email me, John Grace ([fitzgrace@yahoo.com](mailto:fitzgrace@yahoo.com)) or Gary Hilliard ([gary@mtdisappointment50K.com](mailto:gary@mtdisappointment50K.com)).

More to come in the next few weeks. See you on the trail!

Pete Siberell

Chair, Mt. Wilson Trail Race Committee