



The **Microwave** trail run will be on the last wednesday of August. This is a good trail for hill training. Go all the way up Santa Anita Ave in the mountains to the Chantry Flat Upper Parking lot. The trail goes west up the paved road past the gate and Upper Winter Creek trail head to the Heliport. Take the dirt road to the right (2N41) all the way up to the end. The sunset is about 7:10PM - Walkers should start at 5:30 and runners at 6:00 to make it in time. Distance is 3.6 miles one way. As an alternative, there is a steep single track short cut trail behind the shed at the Heliport. Watch the sunset atop the Starship Enterprise - actually a water collection cistern. Bring a flashlight for the return trip and picnic dinner and drinks for after.