WBC SRC 2014 DAY HIKE
IRON MOUNTAIN

WHERE? In Google Maps, paste all of the following:

Iron Mountain Trailhead @32.978215,-116.972593

or CLICK ON THIS LINK

I. Purpose of the Day Hike
   a. The WBC Day Hike is a relatively short trail hike to provide feedback regarding the level of conditioning of this year's WBC students.
   b. The time duration of each student's hike will be recorded, then all times will be anonymously plotted to generate a bell curve graph.
   c. Students will be able to easily see where their time falls on the graph and thus gauge their hiking conditioning relative to the other students in the class.
   d. Important: The Day Hike is not a race (see "Pace" below).
      i. There's no 'good' or 'bad' time, you won't be graded or evaluated, it's not a competition - it's not even about competing against yourself. It's about getting useful feedback for you and for this year's WBC.
      ii. If you're a regular cross-country athlete or trail runner, you will probably have a faster time than most students. But remember, this class is not about those sports. There will be fast-paced trips offered, but you will not be running in this class, and your gear will be different.
   e. Also Important
      i. Please do the hike as an individual, even if you are part of a group that is taking the class together. WBC needs individual times that reflect the individual capability of each student. We appreciate your carpooling together with your friends - that's awesome - but do the hike as individuals. You can rejoin your group at the top and all hike back out together, if you wish. 😊
f. The data helps form compatible groups of students on trips.
   i. It helps you identify appropriate outings for your level of fitness
   ii. It helps trip leaders evaluate your compatibility with the demands of their trips
   iii. We do this to so you are not unduly over- or under-taxed physically.

g. Educational benefits:
   i. For many students, this will be your first time considering and gathering your “10 Essentials”
   ii. Whether you are just beginning or have been hiking for many years, every hike can provide useful feedback regarding your gear and clothing selections, nutrition decisions, body condition.
   iii. Feedback regarding your body condition: How did you feel at the end of the hike? Winded? Under-challenged? Sweaty? How much longer could you have hiked at the same pace? This is all useful feedback.

II. Hike Description
   a. Location
      i. Iron Mountain (East of Poway, North of Santee)
      ii. We will use the trailhead at the Park and Ride lot located at the East end of Poway Road where it “T”s into Highway 67. Super easy to get to.
   b. Route
      i. This hike does not go all the way to the summit of Iron Mountain. It ends at the saddle to the North of the peak.
      ii. Length: About 1-3/4 miles from trailhead to end of timed hike
      iii. Elevation Gain/Loss: Net about +600' with some ups and downs
      iv. Take the trailhead entrance from the parking lot
      v. Go over the footbridge to the sign-in table to record your start time
      vi. Proceed Southward to the double row of oak trees
      vii. Turn Eastward (left) and go straight thru the trees
      viii. At about the ½ mile point, there is a well-defined trail intersection. There will be a WBC sign at this point. We are taking this detour to lessen our impact on the main trail. Turn
Southward (right) here to follow the less travelled \( \frac{3}{4} \) mile trail loop to the South/East, then Northeast

ix. Where the loop re-joins the mail trail, go straight (Northeastward/Up)

x. Proceed another \( \frac{1}{2} \) mile to the saddle where the trail “T”s with the trail that goes to the summit.

xi. There is a large trail sign at this intersection.

xii. The end of the hike is at this saddle/T.

xiii. You can clearly see the route on a Mapquest or Google Maps satellite image of the area.

c. Conditions

i. Weather

1. The extended weather is dry with mild temps.
2. RAIN DOES NOT CANCEL!
3. Check online weather updates the day before your hike (Over the course of the class, this will become a good WBC prep habit!)
4. There will be plenty of pre-dawn daylight.
5. On a clear day, at this time of year, the sunshine comes up over the summit into the parking lot around 7:40am
6. Much of the trail will still be in the mountain’s shadow.
7. Temperatures will vary from cold to cool to mild. Your physical exercise will generate some warmth from within.

ii. Trail

1. Dirt trail, maybe dusty or muddy or both, gravel, some loose cobbles, steppable rocks (no scrambling), irregular stairs
2. Varying trail widths
3. Natural habitat: Not likely to encounter poison oak in this ecosystem or rattlesnakes this time of year - but never say never! You might see coyotes running around.

 Charleston

d. Pace

i. “Winded Conversational” - deep breathing
ii. Again, this is not a race.
iii. Keep in mind that at some point on a WBC trip, you will be hiking longer distances. Select a pace that you can sustain for a while.
iv. If you are out of breath, and really need to rest a bit, that’s fine. Or you might stop briefly to take off or put on a layer of clothing if you get warm or cold.

v. Don’t kill yourself, but don’t dawdle either. This hike is not intended to be a casual stroll, so avoid the temptation to pet dogs, stop to chat or take pictures, etc. If you want, you can do this stuff on the way back out after your time has been recorded.

III. Event Organization/Process

a. Everyone does the hike

i. Yes, even returning students. Your conditioning level can change a lot in a few months. We want current data.

ii. Yes, even if you are the supermost fittest athlete in class, you are still required to do the hike. If your data is not represented, the curve will be skewed and you’ll find slower hikers signing up for the kick-ass trips. Think about it.

b. In these two mornings, WBC will be putting 250 students on the trail. This is very impactful on this public resource!

c. Soooo… please do not bring your friends, family, pets, mountain bikes, horses, etc.

d. Please just do the hike, return to tour vehicle, then leave the venue (see “Event Etiquette” below).

e. Start times are at 15 minute intervals from 7am(!) to 8:30 am. Early start times are typical for WBC hikes. This is good opportunity to get used to waking up early on Saturdays! 😊

f. Staff will be there setting up at 6:30 so we will be ready to sign you in at 7.

g. Arrive 15-20 minutes early to find parking and prep for the hike (use restrooms, stretch adjust gear/clothing, hydrate, eat a banana, whatever…). Please do your prep activities in the Park & Ride lot, not on the trail.

h. When you are actually ready to start hiking, proceed to the sign-in table, which will be located a little ways beyond the very conspicuous tall wooden trailhead entrance.

i. DON’T FORGET TO BRING YOUR WBC STUDENT CARD!!!

j. This WBC event officially starts when you sign in.
k. Staff will record your actual start time on the WBC master sheet as well as your student card.

l. Do the hike.

m. There will be WBC staff stationed somewhere along the route to cheer you on or offer aid if you need it. There will be a WBC "ONWARD & UPWARD!" sign here.

n. Most of the WBC staff working this event have some level of basic first aid training. Staff at the bottom, midway and top will have walkie-talkies (cell phone service is spotty along the trail route).

o. Staff might not be wearing our spiffy green vests, but we will be looking for you (we have been known on occasion to cheerfully accost non-WBC hikers who then think we are weird...)

p. Staff will be awaiting your happy arrival at the end point, where another sign "YOU MADE IT!" will greet you.

q. Staff will record your end time and enter it on the WBC master sheet as well as your card. Staff will not do the math.

r. If you have to wait a bit at the end for a staff person to become available to record your time, don't sweat it if it adds a minute to your time. Seriously.

s. Once your end time has been recorded, you are officially done with this WBC event. Note that we will not be checking to make sure you got off the mountain.

IV. Gear

a. BRING YOUR WBC STUDENT CARD!!!

b. Bring your cell phone, but silence it (see "Event Etiquette" below). Reception is spotty along the route, but if you have an emergency, it can come in handy.

c. Clothing
   i. Anticipate possible conditions
   ii. Dress in layers so you can adjust as conditions change
   iii. Boots: See the online lecture notes from the first class

d. Day Pack
   i. Pack your 10 Essentials
   ii. The metric I use when I pack my day pack is: “If I got stuck out here overnight, would I survive?”
   iii. This is NOT a class on ultralight backpacking! That is a very different sport.
iv. Your loaded daypack for this hike should weigh 15-20 pounds (full backpacks will weigh 35+/- pounds)

v. Hop on your scale at home with and without your pack, do the math.

vi. Secure or bury your car keys deep within your pack or pockets so they don’t accidentally fall out when you get something else out. Keys lost along the trail can be very hard to find, and trail conditions can really mess up expensive electronic keys.

V. Event Etiquette
   a. Venue
      i. Public/Private
         1. This is a popular public trail maintained by the City of Poway Parks & Recreation (paid and volunteer staff) and by John Tomlinson, current Chair of WBC North County. These folks have been informed about this event. This is our second time using this trailhead for our WBC Day Hike. Conversations with these folks as well as local hikers have been great – let’s keep it that way!
         2. In some areas, lands adjacent to the parking lot and the trails are privately owned. Do not trespass. Stay in designated public areas and on designated trails. Thanks!
      ii. Parking
         1. Lot capacity is about 100 cars and typically fills up on nice weather weekend mornings by 8am.
         2. We are doubling the load on the parking lot!
         3. Therefore, CARPOOLING is strongly encouraged, though the WBC cannot organize them on your behalf for liability reasons.
         4. Parking can get quite creative. OK, here are some don’ts: Don’t box yourself or anyone else in. Don’t squash the habitat. Don’t park where prohibited by signage (behind the toilets - stinky anyway). If you have a vehicle incident, there are signs posting the appropriate agency to call.
         5. Overflow parking along the shoulder of 67
            a. West side (Northbound traffic) is safer
b. If you park on East side (Southbound traffic), 
cross at the traffic light - please don't run across 
six lanes of highway traffic!

6. Disabled Parking: This is also a Park & Ride lot, not just a 
trailhead. Leave these spaces for people who actually 
need them, even if you have access to a placard and they 
look so very inviting when the rest of the lot is full...

7. Motorcycles, scooters and bicycles are pretty cool ways 
to get to trailheads. Just sayin'...

8. If it's dusty, please drive very slowly out of respect for 
the soil as well as courtesy for pedestrians in the lot.

9. After your end time has been recorded, please come back 
down the trail and vacate your parking space for someone 
else to use. We know it will be tempting to explore these 
lovely trails after your timed hike is done, but the 
mountain will still be there next weekend - we promise!

10. If you want to do some more hiking in the area right away, 
consider relocating your car to the Ellie Lane trailhead 
parking lot ¼ mile North to the right off of Hwy 67. This 
is a really nice, far less travelled trailhead that offers 
access to the same network of trails. Please respect the 
privacy of nearby residences.

iii. Pit toilets
1. Toilet paper is provided, no water.
2. If it didn't go through your body, don't put it in the potty 
   (except for single ply TP only).
3. WBC staff will have extra TP to restock - let us know if 
supplies are running low.
4. Eewww: Shut both lids to control flies and odors.

iv. Do not linger on or block the trail - do your stretching and 
staging in the parking lot. Only proceed to the sign-in table 
when you are completely ready to start.

v. Trail Rights-Of-Way
1. Do not insist on the right-of-way
2. Downhill hikers yield to uphill hikers
3. Bicycles yield to everyone
4. Pedestrians yield to horses - move to downhill side of 
horses if possible
5. Watch out for dogs & their leashes
6. Remember, not all people are familiar with trail right-of-way rules
7. Be courteous
b. Leave No Trace Ethics -
   i. Take only memories, leave only footprints
   ii. Pack it in, pack it out - this includes TP (yes, even biodegradable TP)
   iii. Be mindful of small bits of trash, like those little mylar corners off energy bar wrappers that can fly out of your hands or pockets easily.
   iv. Do not leave food waste, such as fruit peels. No! No! No!
   v. Turn off sounds on any and all types of electronic noise-making devices.
   vi. Do not cut the switchbacks! This is really hard on the mountain, the trails, and the flora and fauna - even the rocks - whose home we are visiting. There’s really only one switchback along this route, and that’s where our staff will be located for the midway station!
   vii. No firearms or illegal substances.
   viii. Do not pee or poop near waterways or drainages (poop talk is next week)
   ix. Leave wild things wild - do not feed or try to pet wildlife.
   x. On your way back to the lot, pick up a few pieces of trash/recyclables you find along the way and pack them out. If each of us doesn’t leave any trash behind, and we carry a little bit out, the world will be a much better place. Dispose of trash in one of the trash dumpsters by the restrooms. Take recyclables home if you have home pick up service, or if not, WBC will have a recycling bin at the sign-in table until 10am.
c. One last note… Each one of us represents the Sierra Club and the WBC when we do these activities. We model a legacy of stewardship and caring for the wilderness by our actions on and off the trail. Thank you for carrying the torch!

HAVE A GREAT HIKE!

Michael G.
info@wildernessbasics.com