

Du 3 Bears Long Course

Run Route and Bike Transition

1st Run 5.0 Miles
Bike 18.62 Miles
2nd Run 2.2 Miles

CLUB HOUSE

Bathrooms

Bathrooms

←To End of Reservoir Over the DAM

Bathrooms

←Stairs to more Bathrooms

Bathrooms

Booth

Upper Parking Lot
Park Here
Transition Here

Registration

Women Bike Racks

By AGE Group

Men Bike Racks

←Mount/Dismount Line

Start Line

Finish Line



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7301 San Pablo Dam Road
El Sobrante, CA 94803

←El Sobrante

Bike Out

EBMUD Entrance
San Pablo Dam Road

Bike In

Orinda →