Du the Bears

Duathlon and 5Mile Run/Walk

WHEN: Saturday- October 22nd Start time for Long Du is **8:00 am**
Registration opens at 6:30 am, it will be dark at that time, but will have our lanterns on!

WHERE: 7301 San Pablo Dam Road, **El Sobrante**, CA 94803
The **El Sobrante entrance** to EBMUD Reservoir (Not Kennedy Grove like the Google map shows) Not
The Orinda entrance where the last Du was held

When you drive into the park you will make an immediate left hand turn to the upper parking lot which is
also the location for Registration, the Duathlon/Run Start and Finish, and the Duathlon Transition area. Park
here because to park elsewhere may cost you $6.00 upon exit.
There are two bathrooms here, plus there are 6 bathrooms down the stairs by the water.

WHAT: Description, course maps of the run, and bike transition are all online, www.wolfpackevents.com
The 5K and the Du 1st run start at the same place and time.
The bike has 4 major right hand turns in the 18.7 mile route. Before each turn there will be white flour on the
road, plus a big red cone with arrows on it after each turn. Major turns, when you are looking at the
pavement, you will see the words DU, THAT MEANS Duathlon and you are going the right way.

There will be White arrows, 3 foot red cones with Blue arrows on the cone and the Letter DU on the asphalt
reassuring you that you are going in the right direction.

When you finally climb Papa Bear and on your way down Papa, you will have approximately 1.5 miles of a fast
downhill. Hang on to your handle bars, there is a lot of waves in the downhill portion of the road. Nothing
serious but just be aware.

WHY: Because you love to race, you love to feel great about your accomplishments, you love to compete, you love
Wolf Pack Events (we hope), and your body, soul, and mind craves the physical challenge.   We love it too.

Most important of all…. To have a great time out there racing!

See ya Saturday!!!