



## Du –TOES (Duathlon-Triathlon of El Sobrante)

### 3.6 Mile Run/Walk

#### **All Racers – Duathletes Triathletes Runners Walkers**

- Registration opens at 6:30 am – always 1 ½ hours prior to the race; we'll take you up to 15 minutes before starting time
- Starting Time is 8:00 am
- Parking fee is free in the “Free Lot” located on your left, prior to the Pay Booth. You can drive your Bike/Kayak in, unload, and then go park in the Free Lot. Otherwise the Pay Booth will charge you for parking.
- Mandatory Boat inspection fee has been waived
- Kayak (boat) launch EBMUD charge is \$3.50 (not the usual \$15.00 Thank you EBMUD)

#### **Parking and Such:**

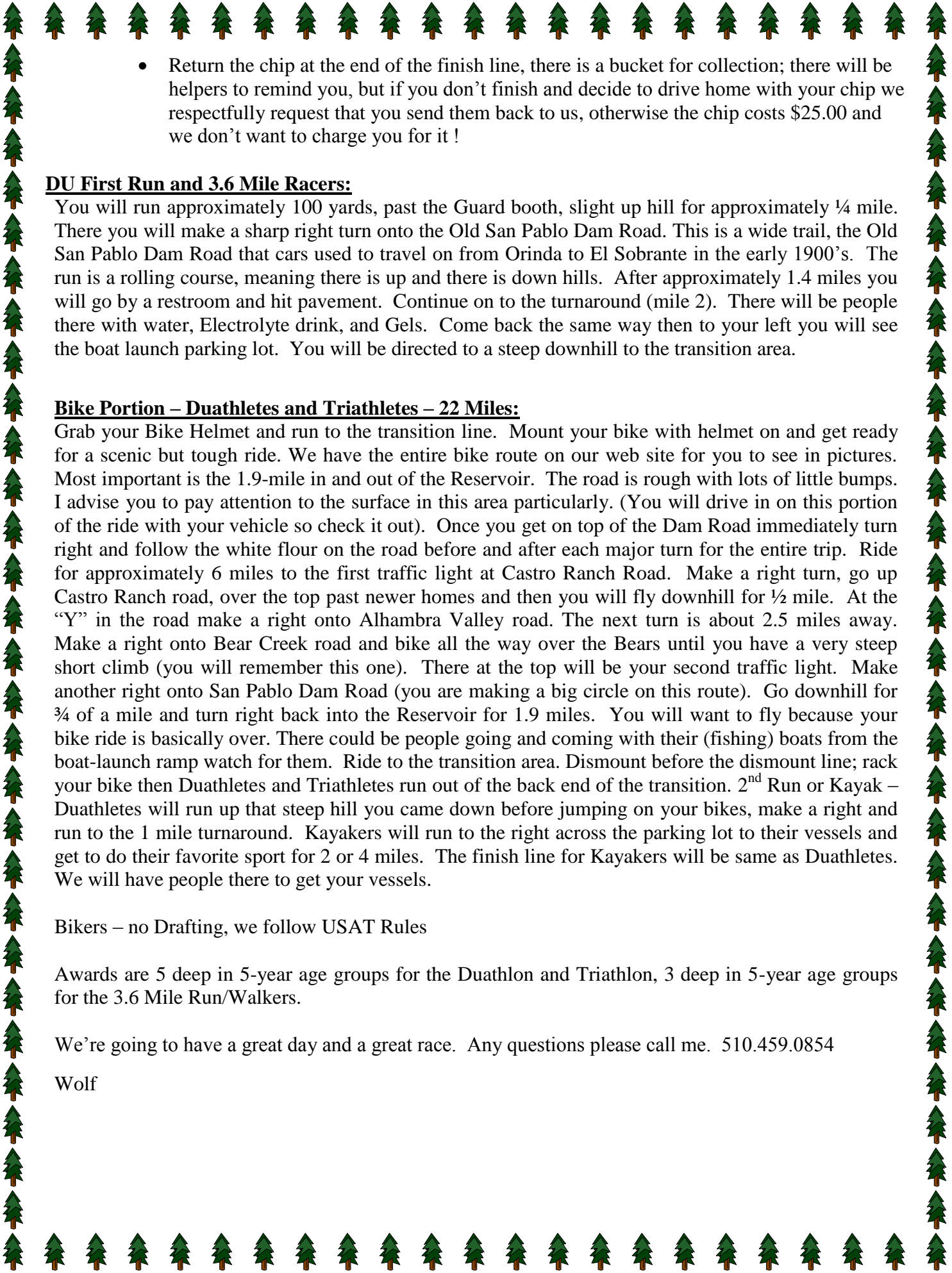
- Entrance for Races at the Orinda side is called the boat launching entrance.
- You will follow the road for approximately 1.6 miles till you are at the huge boat launching parking lot where a flagman will show you where to park.
- If you bring your own Kayak they will have inspection at the pay booth, so get all the sand, dirt, and debris out of the boat before you come (if you roll over in your boat EBMUD can't have you dumping debris into our drinking water !!)
- Registration, route maps, first aid, packet pick up, including timing chips is very convenient. There are 8 Bathrooms there.

#### **Duathletes:**

- There will be a bib number for your chest stapled to your pre-registration bag – TAKE SOME PINS so you can pin it to your shirt.
- There will be a Bike bib in your bag – it is self-adhesive and goes on your bike so it is visible
- Your Race T-Shirt is in your bag
- MOST IMPORTANTLY..... Your Timing **CHIP** is in the bag... It goes on your ANKLE; it will not register on your arm and you will have no race time at the end if you use your wrist instead – it does not matter which ankle – no chip at the end... no time on your race – for TEAMS this means the chip must be passed from player to player... bib doesn't matter, the chip is the only thing registering your times
- Return the chip at the end of the finish line, there is a bucket for collection; there will be helpers to remind you, but if you don't finish and decide to drive home with your chip we respectfully request that you send them back to us, otherwise the chip costs \$25.00 and we don't want to charge you for it !

#### **3.6 Miles Runners/Walkers:**

- There will be a bib number for your chest stapled to your pre-registration bag – TAKE SOME PINS so you can pin it to your shirt.
- Your Race T-Shirt is in your bag
- MOST IMPORTANTLY..... Your Timing **CHIP** is in the bag... It goes on your ANKLE; it will not register on your arm and you will have no race time at the end if you use your wrist instead – it does not matter which ankle – no chip at the end... no time on your race

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**DU First Run and 3.6 Mile Racers:**

You will run approximately 100 yards, past the Guard booth, slight up hill for approximately ¼ mile. There you will make a sharp right turn onto the Old San Pablo Dam Road. This is a wide trail, the Old San Pablo Dam Road that cars used to travel on from Orinda to El Sobrante in the early 1900's. The run is a rolling course, meaning there is up and there is down hills. After approximately 1.4 miles you will go by a restroom and hit pavement. Continue on to the turnaround (mile 2). There will be people there with water, Electrolyte drink, and Gels. Come back the same way then to your left you will see the boat launch parking lot. You will be directed to a steep downhill to the transition area.

**Bike Portion – Duathletes and Triathletes – 22 Miles:**

Grab your Bike Helmet and run to the transition line. Mount your bike with helmet on and get ready for a scenic but tough ride. We have the entire bike route on our web site for you to see in pictures. Most important is the 1.9-mile in and out of the Reservoir. The road is rough with lots of little bumps. I advise you to pay attention to the surface in this area particularly. (You will drive in on this portion of the ride with your vehicle so check it out). Once you get on top of the Dam Road immediately turn right and follow the white flour on the road before and after each major turn for the entire trip. Ride for approximately 6 miles to the first traffic light at Castro Ranch Road. Make a right turn, go up Castro Ranch road, over the top past newer homes and then you will fly downhill for ½ mile. At the “Y” in the road make a right onto Alhambra Valley road. The next turn is about 2.5 miles away. Make a right onto Bear Creek road and bike all the way over the Bears until you have a very steep short climb (you will remember this one). There at the top will be your second traffic light. Make another right onto San Pablo Dam Road (you are making a big circle on this route). Go downhill for ¾ of a mile and turn right back into the Reservoir for 1.9 miles. You will want to fly because your bike ride is basically over. There could be people going and coming with their (fishing) boats from the boat-launch ramp watch for them. Ride to the transition area. Dismount before the dismount line; rack your bike then Duathletes and Triathletes run out of the back end of the transition. 2<sup>nd</sup> Run or Kayak – Duathletes will run up that steep hill you came down before jumping on your bikes, make a right and run to the 1 mile turnaround. Kayakers will run to the right across the parking lot to their vessels and get to do their favorite sport for 2 or 4 miles. The finish line for Kayakers will be same as Duathletes. We will have people there to get your vessels.

Bikers – no Drafting, we follow USAT Rules

Awards are 5 deep in 5-year age groups for the Duathlon and Triathlon, 3 deep in 5-year age groups for the 3.6 Mile Run/Walkers.

We're going to have a great day and a great race. Any questions please call me. 510.459.0854

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