

Fall Showdown

Registration Packet Pick Up:

Packets will be available race-day morning at the Pre-Registered Runners table beginning 6:30am.

Timing:

Timing chips will be used for all three races 5K, 5 Mile, and Half Marathon and they will be in your Pre-Reg Packet. You must pick up your packet 15 minutes before your race start time

- ½ Marathon 8:00 am Pickup by 7:45 am
- 5 Miler 8:05 am Pickup by 7:50 am
- 5K 8:10 am Pickup by 7:55 am

In order to get accurate times you must have your timing chip on your *ANKLE* and you must go across the timing mat at the end of the race. Pin your bib, stapled to your pre-reg bag, to the front of your shirt.

Parking:

Parking will only be allowed at the entrance to the Reservoir as you enter the EBMUD gates. You will be directed to the parking lot and after you park continue on to the staging and starting area located by the water.

Courses:

All of the runs will be on what is called the Old San Pablo Dam road that used to take horses, mules, and later automobiles from El Sobrante to Orinda, a stagecoach route. It runs parallel with the entire Watershed area known as the San Pablo Reservoir.

(Pictures of each race may be viewed on the website)

The Half Marathon is an out and back course. There will be 30 % pavement and the rest on trails, with loads of scenery. After mile 5 you will have the challenge of running up to and across Briones Reservoir and then back home to the park.

The 5 Miler is the same route as the Half Marathon, out and back course, rolling up and down trails, just not as far!

The 5k starts at the same location, straight out and back, and the course is paved.

Aid Stations:

Aid stations (water and energy drink) will be at mile 2.0, the turnaround spot for the 5k. The next aid station will be at mile 3.0, the turnaround for the 5 Miler. The Half Marathon station will be at mile 3, 5, 6.5, 7.5, 9 and 11.0.

Awards:

Awards for all age groups will be in 5-year groups, see entry blank. There will also be plaques awarded to the Overall Male and Female winner and the Male and Female Winner of each of the "Master" divisions. All other groups will receive custom medals for 1st through 3rd place.

Amenities:

There are plenty of bathrooms for all. Picnic areas with tables, lawn play area, playgrounds, even fishing dock and boat rental. Spend the day at the Reservoir. It is a one of a kind recreation area. Boat Rentals, Fishing Equipment, Hiking Trails, and Beautiful Waterfront Scenery are available at the finish line for a day of fun and pleasure.

Time Limit:

We do have a time limit of 3 hours and 15 minutes for the Half Marathon. If you think you will take longer than the limit, you may start your race up to one hour before the race start time. **YOU MUST TELL THE TIMER** when you start your race and he will adjust your time for the Finish Line.