

Golden Gate 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

Upper Parking Lot
Park Here
Transition Here

Bathrooms

Booth

Registration

Women Bike Racks

By AGE Group

← Mount/Dismount Line

Men Bike Racks

Start Line

Finish Line



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7301 San Pablo Dam Road
El Sobrante, CA 94803

EBMUD Entrance
San Pablo Dam Road

Bike Out

Bike In

← El Sobrante

Orinda →