

# Golden Gate Long Course

## Run Route and Bike Transition

1<sup>st</sup> Run 5.0 Miles  
Bike 18.62 Miles  
2<sup>nd</sup> Run 2.2 Miles

CLUB HOUSE

Bathrooms

Bathrooms

← To End of Reservoir Over the DAM

Upper Parking Lot  
Park Here  
**Transition Here**

Bathrooms

← Stairs to more Bathrooms

Bathrooms

Booth

Registration

Women Bike Racks

By AGE Group

Men Bike Racks

← Mount/Dismount Line

Start Line

Finish Line



Phone: 510.459.0854

Email: [wolfhi@comcast.net](mailto:wolfhi@comcast.net)  
[www.wolfpackevents.com](http://www.wolfpackevents.com)

7301 San Pablo Dam Road  
El Sobrante, CA 94803

EBMUD Entrance  
San Pablo Dam Road

Bike Out

Bike In

← El Sobrante

Orinda →