

### 5 k run/walk route –San Pablo Reservoir (New 5-1-2017)

Start and finish are at the same location, at the El Sobrante side of the reservoir by the Pay booth and 4 way intersection (New map is on this web site) "The Old San Pablo Dam road "

You will start heading West app .6 of a mile

Turn back run past the start finish line and continue on the road till

Start and finish are at the same location, at the El Sobrante side of the reservoir by the Pay booth and 4 way intersections (map is on this web site)

"The Old San Pablo Dam road "

You will start heading West app .6 of a mile

Turn back run past the start finish line and continue on the road till you get to the 5 K turnaround sign and head back 1 mile to the finish.

### 5 Mile run/walk route –San Pablo Reservoir (New 5-1-2017)

Start and finish are at the same location, at the El Sobranje side of the reservoir by the Pay booth and 4 way intersections (New map is on this web site)

"The Old San Pablo Dam road "

You will start heading West app .6 of a mile

Turn back run past the start finish line and continue on the road till you run into the trail at approximately mile 2.1 continue on the trail to mile 3

Mile 3 there is an aid station and the turnaround sign for you to turn and go back to the finish.2 miles to go

## Half Marathon 13.1 miles/walk route –San Pablo Reservoir (new 5-4-2017)

Please note there are two major changes on this course because of major trails being eliminated physically by the rains, first one is the trail that we run on after the boat launch ramp, and it cannot be accessed so we run on the road there.

Second change, the trail leading up to the Briones reservoir that is on the right hand side of the spill way is also no more trail, We will run up to Briones reservoir on the LEFT -side of the Dam.

Start and finish are at the same location, at the El Sobrante side of the reservoir by the Pay booth and 4 way intersections (New map is on this web site)

Start of the race: You will start heading west for approximately .6 of a mile

Turn and run past the finish start line and continue on past the 5 k turn and 5 mile turn, on the trail you will go past the boat launch parking lot continue on the trail till you run into the paved road

Road go app 1.4 miles to the EBMUD office. (There are cars, fishermen and people with boats at times on this road)“Heads up around the turns”. Road takes you to the EBMUD office where you will run left to the trail that leads to Briones Dam

At that point you will see a sign, pink small flags, directing you to the trail, there you will go .4 of a mile make a left on a small steep downhill and cross a bridge continue on that trail, through a meadow and when you come out of the meadow you will see up high Briones Dam. You will go up the left side of the Dam (not the right side, like for many years) I, THIS IS WHERE YOU WORK, STEEP AND ABOUT 1/2 MILE LONG, ASPHALT AND TRAIL!! Look for the American flag on top of that hill to guide you straight !Check out the map with the profile .Continue on to the top where there is an aid station,

Make a right at the aid station and run across the Dam Briones then there will marking to turn ;left ,run ¼ of a mile at mile 7 ,to the turn around and back to the Aid station where you will descend and go back to the finish line same way you came