



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

### All Racers – Duathletes Triathletes Runners Walkers

- Registration opens at 6:30 am
- Starting Time is 8:00 am
- Parking fee has been waived and is free for all competitors
- Mandatory Boat inspection fee has been waived
- Kayak (boat) launch EBMUD charge is \$3.50 (not the usual \$15.00 Thank you EBMUD)

#### **First Run and 4 Mile Racers:**

You will run 100 yards approximately, 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:**

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 pink arrows and 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. Heads up, BAD, ROUGH, ROAD. 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. 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 4 miles. The finish line for Kayakers will be same as Duathletes. We will have people there to get your vessels.

Awards are 5 deep in 5-year age groups for the Duathlon and Triathlon, 3 deep in 5-year age groups for the 4 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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