



Du The Golden Bears

Location: San Pablo Reservoir, EBMUD
7301 San Pablo Dam Road
El Sobrante, Ca 94803

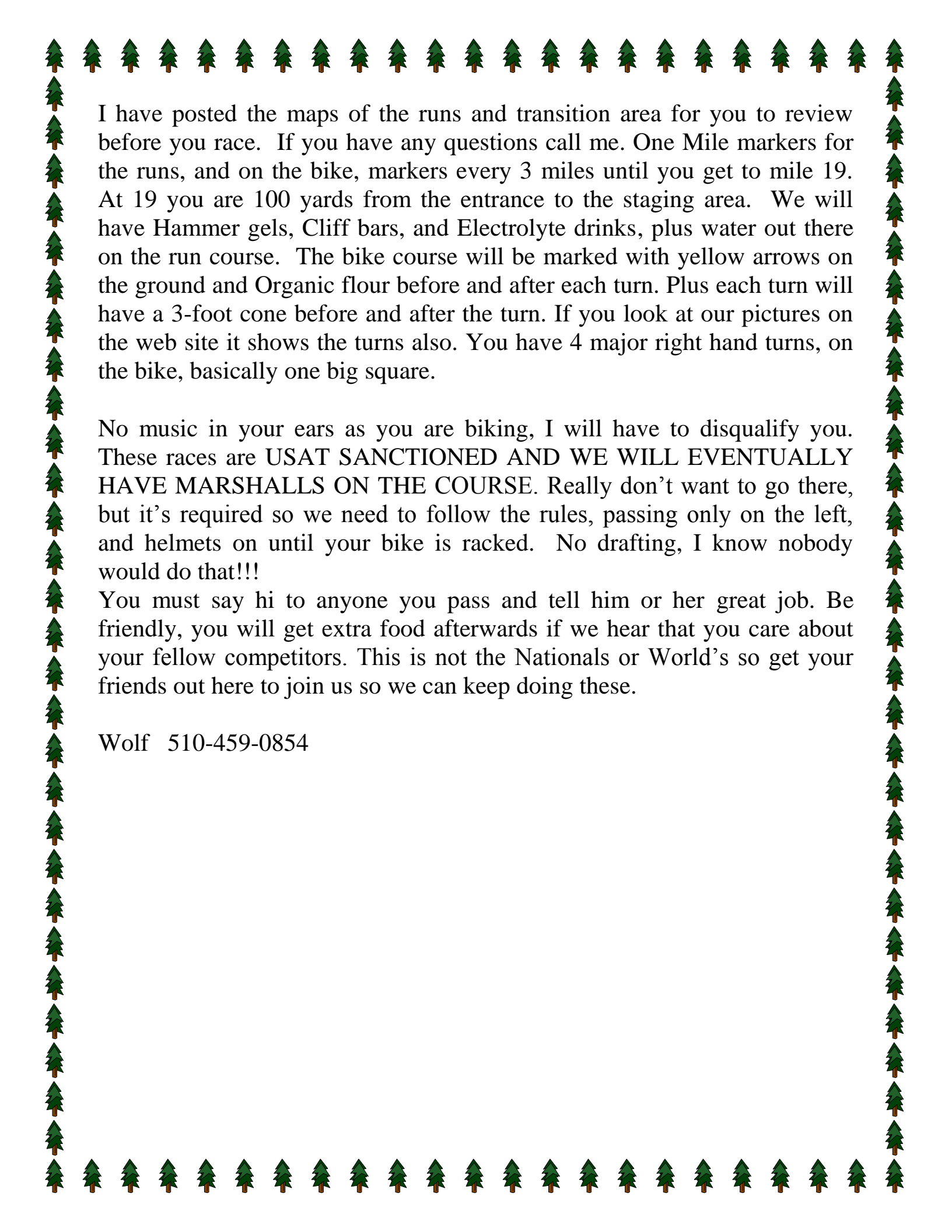
The Upper Parking lot, to the left as soon as you enter the Reservoir, will be used for everything. You will park there and pickup registration or register at the door. The Start and Finish for both the Duathlon and the 5K Run/Walk will be in the parking lot as well as the transition for the Duathlon. Both the Duathlon and 5K races will start at the same time 9:00 am. If surprisingly, we have over 100 competitors we will start in waves. As you come into the park you will be directed in your car to the left and you will park in the designated area. Registration will also be in the upper parking lot along with Bike racks.

We are providing a bike mechanic, and a Sag Wagon that will pick up anyone in distress or with bike problems, if he can't repair it.

He will have a few tires and tubes for those of you that need that, but for people like me that have race wheels with Tubular tires, he will NOT HAVE THEM.

If you want him to bring your tire along with his Sag Wagon trips, please give him your tire or extra wheel prior to the race and he might be able to put it in his truck .

Only you get to cross the DAM. No one has ever done this, but the Wolf Pack Events, to the other side where the turnaround will be and back we go. The run is half asphalt and half trail. Even if it rains the trail will be fine, I run it all the time. You will run up to your bike which will be racked in 10 year age groups 30-39,40-49, etc., and then ride around the Bears, come back in with your bike, then here is the difference on the second run. It will only be 2 miles. But you will appreciate the shorter distance because the runs are rolling hills. Go down the hill make immediate left and run down to the end of the Dam, go around the turnaround and back up to the finish line in the Upper Parking lot.



I have posted the maps of the runs and transition area for you to review before you race. If you have any questions call me. One Mile markers for the runs, and on the bike, markers every 3 miles until you get to mile 19. At 19 you are 100 yards from the entrance to the staging area. We will have Hammer gels, Cliff bars, and Electrolyte drinks, plus water out there on the run course. The bike course will be marked with yellow arrows on the ground and Organic flour before and after each turn. Plus each turn will have a 3-foot cone before and after the turn. If you look at our pictures on the web site it shows the turns also. You have 4 major right hand turns, on the bike, basically one big square.

No music in your ears as you are biking, I will have to disqualify you. These races are **USAT SANCTIONED AND WE WILL EVENTUALLY HAVE MARSHALLS ON THE COURSE**. Really don't want to go there, but it's required so we need to follow the rules, passing only on the left, and helmets on until your bike is racked. No drafting, I know nobody would do that!!!

You must say hi to anyone you pass and tell him or her great job. Be friendly, you will get extra food afterwards if we hear that you care about your fellow competitors. This is not the Nationals or World's so get your friends out here to join us so we can keep doing these.

Wolf 510-459-0854