

5K and 10K Course Description

Both runs start at the boat launch area. When you drive into the reservoir off San Pablo Dam road, you will drive downhill approximately 100 yards and go by the EMUD office and equipment yard. Right past this area you will see the turnaround 5k sign and will drive the entire course backwards till you get to the parking lot. 1.6 miles.

5K Course Description:

At the starting line you will run west and follow the road for 1.56 miles to the turnaround. Running on the right hand side of the road you will have a few slight ups and downs in elevation, nothing major, with $\frac{1}{4}$ mile to go you will have a slight elevation gain till the turnaround. The turnaround is approximately 200 yards past the only house on the right hand side of the road. Go around the sign, and coming back, once again stay on the right hand side of the road and **fly** to the finish line chute.

10K Course Description: - Check out the pictures and follow these directions:

Run exactly like the 5K run and at the turnaround you will go straight, past the turnaround approximately 75 yards to the trail. (There will be someone there to direct you) You will have soft, maybe wet footing (if we have a lot of rain?!) and at mile 2, you will make a left to a bridge and once again, follow the trail. This is the only portion of the trail that is narrow. For $\frac{1}{3}$ mile you will have to watch for runners coming each way. Run through the meadow and out to the pavement where you will make a left and run upgrade for 2-300 yards. You are now running up to the Briones Reservoir asphalt road. Once up the hill you will be happy to see a long flat road to the turnaround where you will have water and Heed sport drink. Enjoy the view as you ramble home the same way you came. Stay on the right coming home especially in the meadows. We will have cones, arrows and personnel out there. You will not get lost. NOTE!! If we do have heavy rain a day or two before the race the portion between mile 2 and 2.5 from before the Bridge can be standing water and might be muddy. Otherwise, you will **enjoy** the venture. Check out the pictures for the entire run.



GOOD LUCK