

# Du the Bears Long Course

## Run Route and Bike Transition

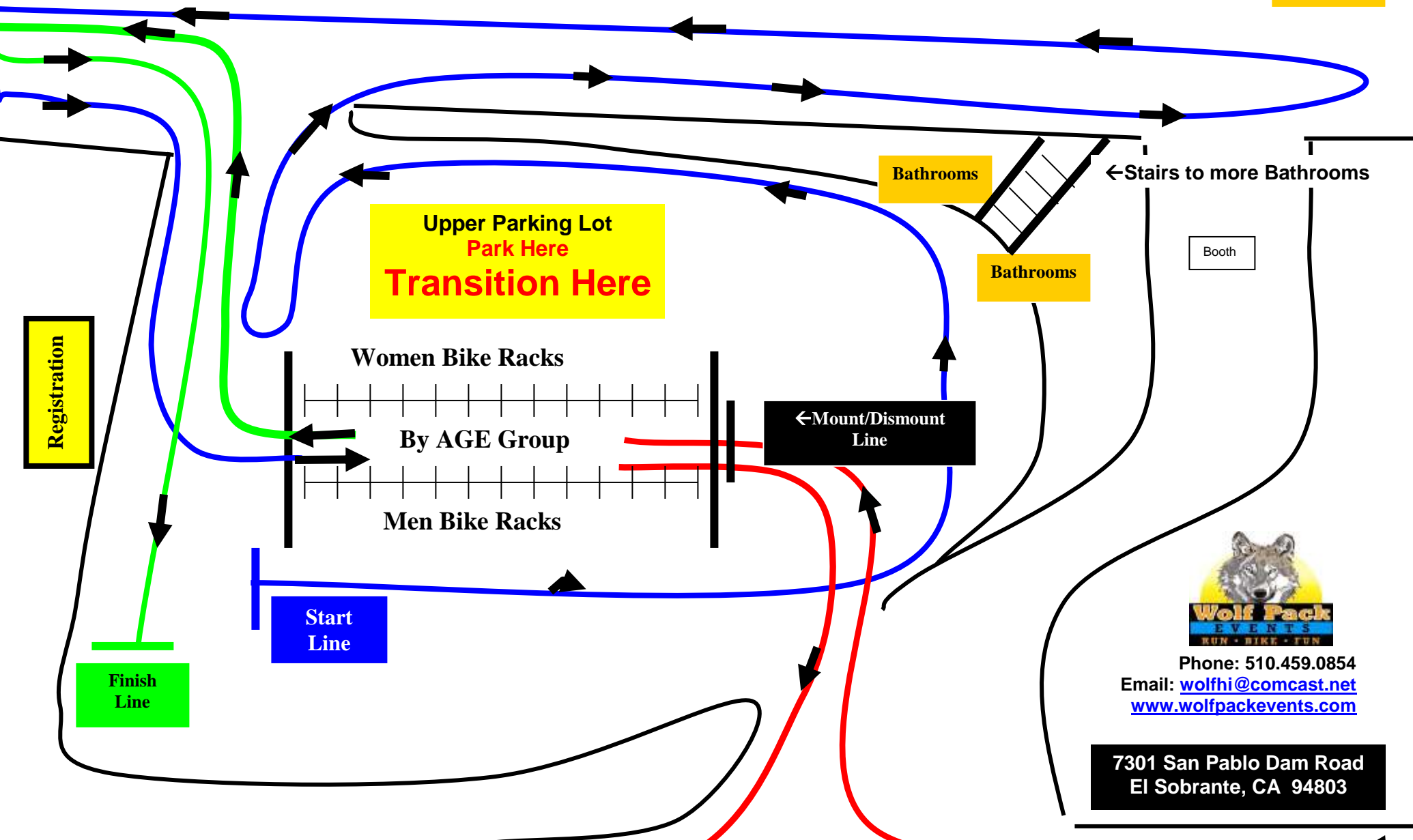
1<sup>st</sup> Run 5.0 Miles —  
 Bike 18.62 Miles —  
 2<sup>nd</sup> Run 2.2 Miles —

**CLUB HOUSE**

Bathrooms

Bathrooms

← To End of Reservoir Over the DAM



Registration

Upper Parking Lot  
 Park Here  
**Transition Here**

Women Bike Racks

By AGE Group

Men Bike Racks

Start Line

Finish Line

Bathrooms

Bathrooms

Booth

← Stairs to more Bathrooms

← Mount/Dismount Line



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← El Sobrante

Bike Out

**EBMUD Entrance  
 San Pablo Dam Road**

Bike In

Orinda →