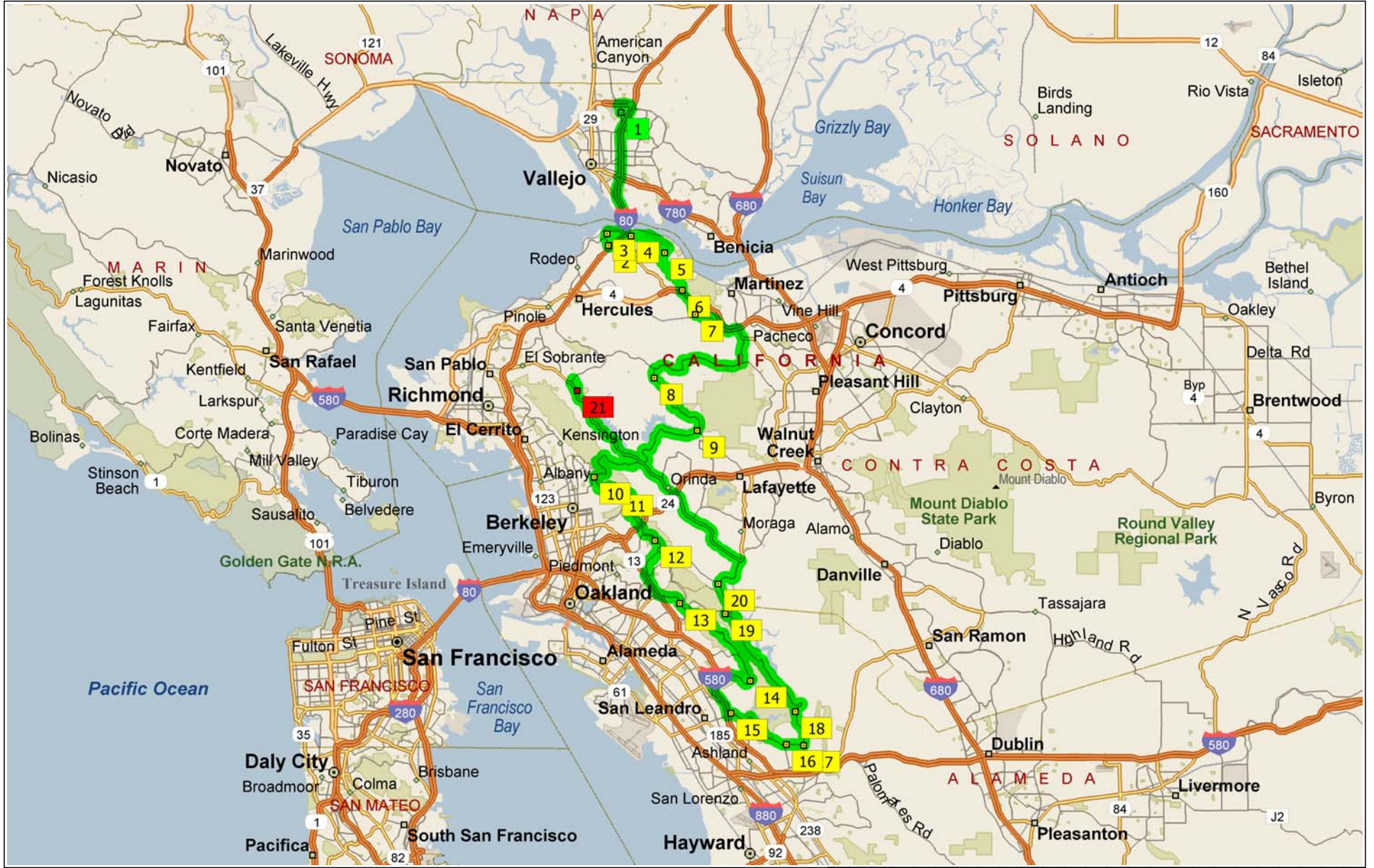
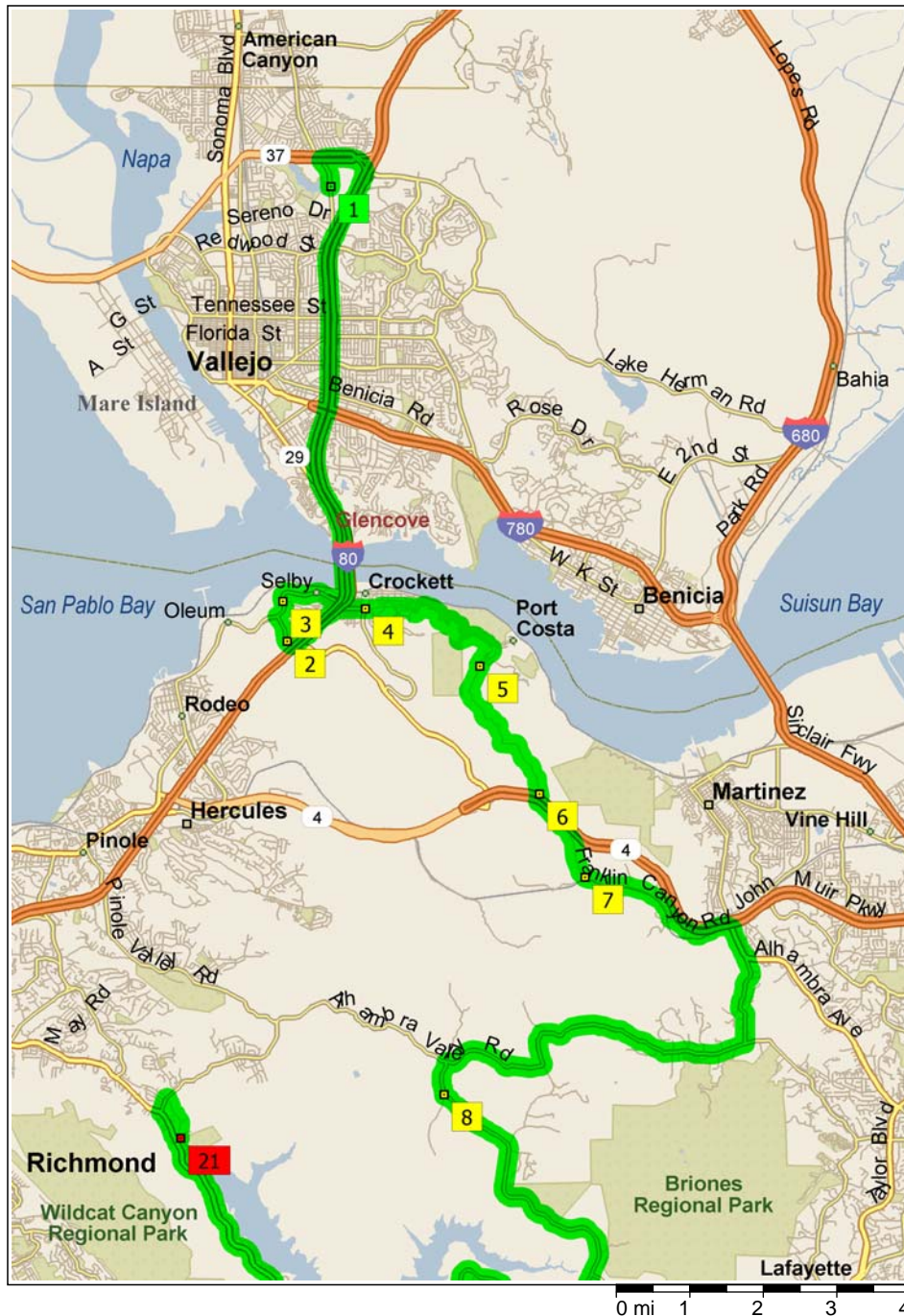


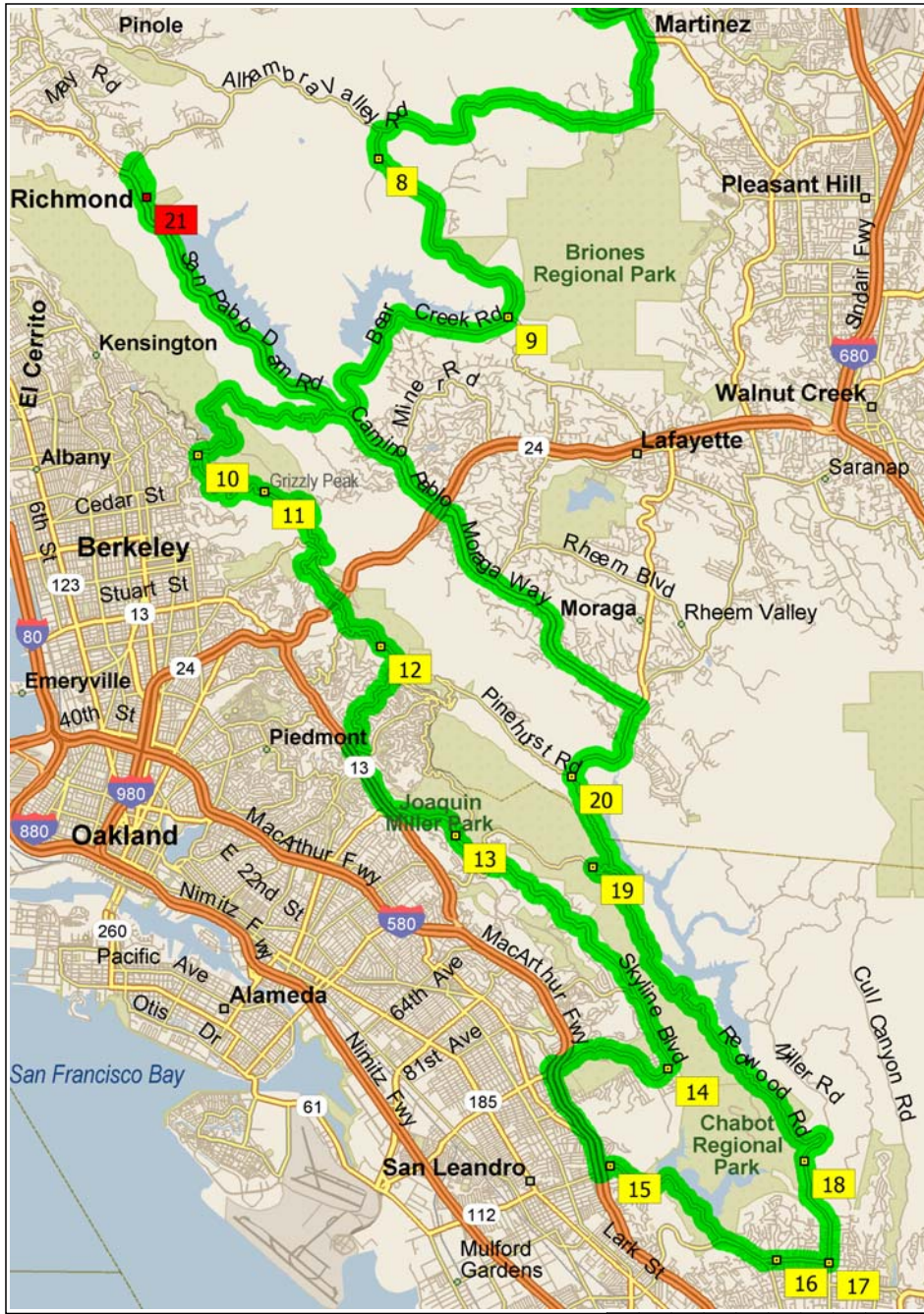
REME Eastbay Run Nov 2008

90.1 miles; 3 hours, 51 minutes



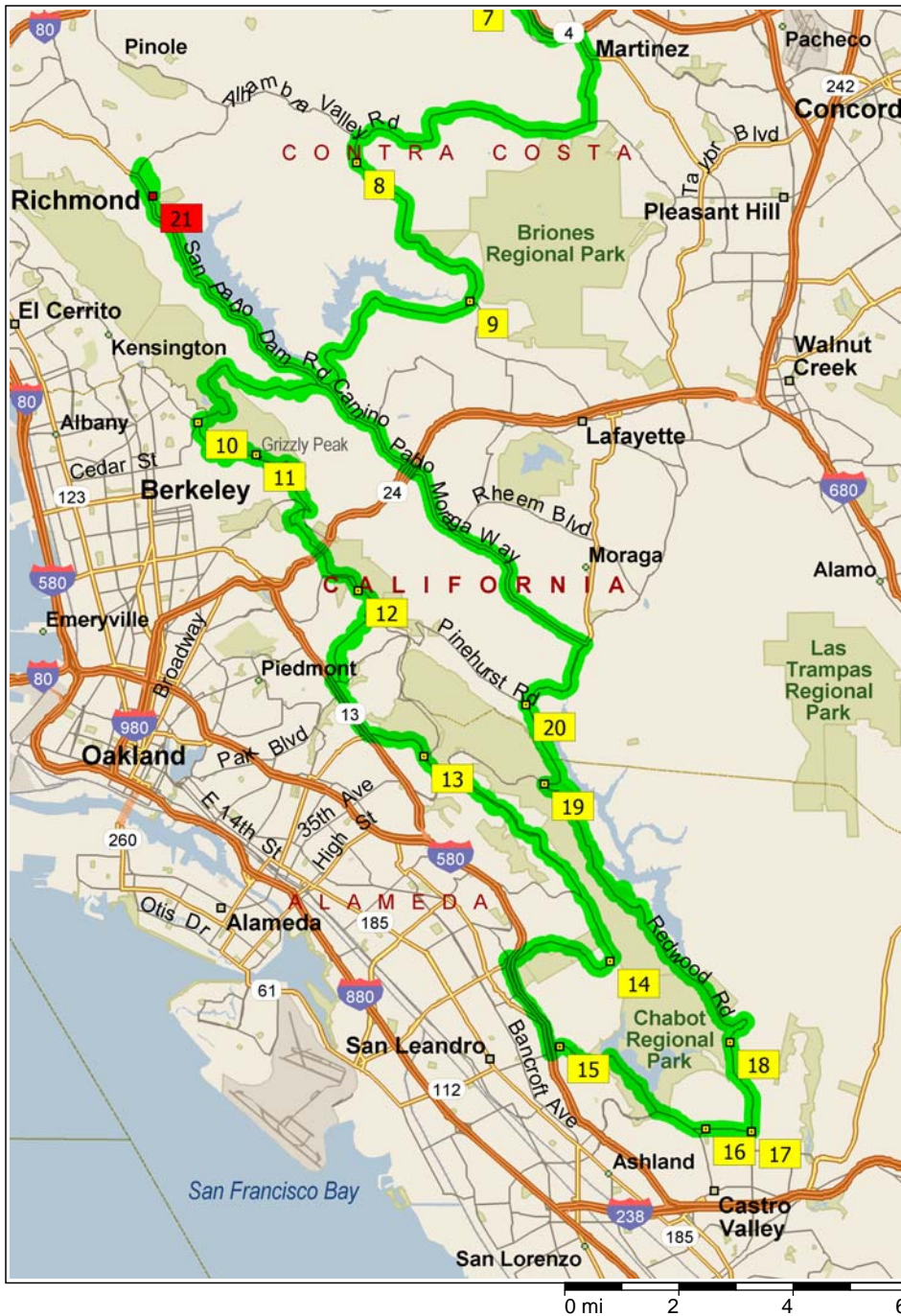


9:00 AM	0.0 mi	1 Depart Solano County Fairgrounds [900 Fairgrounds Dr, Vallejo CA 94589, (707) 644-4401] on Fairgrounds Dr (North) for 0.4 mi
9:00 AM	0.4 mi	Take Ramp (RIGHT) onto SR-37 [Marine World Pkwy] for 0.3 mi towards CA-37 / Sacramento / San Francisco
9:00 AM	0.7 mi	Take Ramp onto I-80 for 7.1 mi towards I-80 / San Francisco
9:07 AM	7.8 mi	Turn RIGHT onto Ramp for 0.3 mi towards Cummings Skyway / CA-4 / Martinez / Concord
9:07 AM	8.1 mi	Turn RIGHT (West) onto Cummings Skyway for 153 yds
9:07 AM	8.2 mi	Keep STRAIGHT to stay on Cummings Skyway for 10 yds
9:07 AM	8.2 mi	2 Arrive Cummings Skyway, Crockett, CA 94525
9:22 AM	8.2 mi	Depart Cummings Skyway, Crockett, CA 94525 on Cummings Skyway (West) for 0.4 mi
9:23 AM	8.5 mi	Turn RIGHT (East) onto San Pablo Ave for 0.2 mi
9:24 AM	8.8 mi	3 At Vista del Rio St & San Pablo Ave, Crockett, CA 94525, stay on San Pablo Ave (North) for 0.7 mi
9:24 AM	9.5 mi	Road name changes to Pomona St for 0.6 mi
9:26 AM	10.1 mi	4 At Pomona St & Crockett Blvd, Crockett, CA 94525, stay on Pomona St (East) for 0.7 mi
9:27 AM	10.8 mi	Road name changes to Carquinez Scenic Dr for 2.1 mi
9:31 AM	12.9 mi	5 At McEwen Rd & Carquinez Scenic Dr, Port Costa, CA 94569, turn RIGHT (South) onto McEwen Rd for 2.3 mi
9:37 AM	15.3 mi	6 At McEwen Rd, Martinez, CA 94553, stay on McEwen Rd (South) for 164 yds
9:37 AM	15.4 mi	Turn LEFT (East) onto Franklin Canyon Rd for 1.3 mi
9:40 AM	16.6 mi	7 At Franklin Canyon Rd & McHarry Ranch Rd, Martinez, CA 94553, stay on Franklin Canyon Rd (East) for 2.3 mi
9:46 AM	18.9 mi	Turn RIGHT (South) onto Alhambra Ave for 0.4 mi
9:47 AM	19.4 mi	Turn RIGHT (South-West) onto Alhambra Valley Rd for 6.1 mi
10:01 AM	25.5 mi	Turn LEFT (South) onto Bear Creek Rd for 0.5 mi



0 mi 1 2 3 4 5

10:02 AM	26.0 mi	8 At Bear Creek Rd & Hampton Rd, Martinez, CA 94553, stay on Bear Creek Rd (South) for 3.8 mi
10:08 AM	29.8 mi	9 At Bear Creek Rd & Happy Valley Rd, Orinda, CA 94563, stay on Bear Creek Rd (South) for 4.1 mi
10:13 AM	33.9 mi	Road name changes to Wildcat Canyon Rd for 3.9 mi
10:23 AM	37.8 mi	Bear LEFT (West) onto Shasta Rd for 0.5 mi
10:25 AM	38.2 mi	10 At Grizzly Peak Blvd & Shasta Rd, Berkeley, CA 94708, bear LEFT (South) onto Grizzly Peak Blvd for 2.0 mi
10:29 AM	40.2 mi	Turn LEFT (North) onto Local road(s) for 98 yds
10:30 AM	40.3 mi	11 Arrive Grizzly Peak
11:15 AM	40.3 mi	Depart Grizzly Peak on Local road(s) (South) for 98 yds
11:15 AM	40.4 mi	Turn LEFT (East) onto Grizzly Peak Blvd for 4.3 mi
11:25 AM	44.7 mi	12 At Grizzly Peak Blvd & Skyline Blvd, Oakland, CA 94611, turn LEFT (East) onto Skyline Blvd for 0.9 mi
11:27 AM	45.5 mi	Road name changes to Snake Rd for 1.7 mi
11:30 AM	47.2 mi	Turn RIGHT to stay on Snake Rd for 0.2 mi
11:30 AM	47.4 mi	Turn LEFT (South) onto Mountain Blvd for 0.5 mi
11:32 AM	47.9 mi	Turn RIGHT to stay on Mountain Blvd for 0.6 mi
11:33 AM	48.5 mi	Road name changes to Joaquin Miller Rd for 1.2 mi
11:37 AM	49.7 mi	13 At Joaquin Miller Rd, Oakland, CA 94602, stay on Joaquin Miller Rd (South) for 32 yds
11:37 AM	49.8 mi	Keep STRAIGHT onto Skyline Blvd for 5.3 mi
11:45 AM	55.0 mi	Bear RIGHT (South-West) onto Grass Valley Rd for 153 yds
11:46 AM	55.1 mi	14 At Grass Valley Rd & Sun Valley Dr, Oakland, CA 94605, stay on Grass Valley Rd (South-West) for 0.3 mi
11:47 AM	55.5 mi	Bear RIGHT (North-West) onto Golf Links Rd for 1.8 mi
11:50 AM	57.3 mi	Turn LEFT (South-West) onto 98th Ave for 142 yds
11:50 AM	57.4 mi	Take Ramp (LEFT) onto I-580 [MacArthur Fwy] for 1.1 mi towards I-580 / Hayward
11:51 AM	58.4 mi	Turn RIGHT onto Ramp for 0.3 mi towards Dutton Ave / Estudillo Ave



11:52 AM	58.8 mi	Keep STRAIGHT onto MacArthur Blvd for 0.4 mi
11:53 AM	59.2 mi	Turn LEFT (East) onto Estudillo Ave for 0.2 mi
11:54 AM	59.4 mi	15 At Estudillo Ave & Graff Ave, San Leandro, CA 94577, stay on Estudillo Ave (East) for 54 yds
11:54 AM	59.5 mi	Keep STRAIGHT onto Lake Chabot Rd for 3.1 mi
11:59 AM	62.6 mi	Turn LEFT (North) onto Seven Hills Rd for 0.2 mi
12:00 PM	62.8 mi	16 At Seven Hills Rd & Quail Ave, Castro Valley, CA 94546, stay on Seven Hills Rd (East) for 0.8 mi
12:02 PM	63.6 mi	17 At Seven Hills Rd & Redwood Rd, Castro Valley, CA 94546, turn LEFT (North) onto Redwood Rd for 1.7 mi
12:05 PM	65.3 mi	18 At Redwood Rd, Castro Valley, CA 94546, stay on Redwood Rd (North) for 7.1 mi
12:21 PM	72.5 mi	19 At Redwood Rd & Pinehurst Rd, Castro Valley, CA 94546, turn RIGHT (East) onto Pinehurst Rd for 2.7 mi
12:26 PM	75.2 mi	20 At Pinehurst Rd & Canyon Rd, Canyon, CA 94516, turn RIGHT (East) onto Canyon Rd for 1.8 mi
12:29 PM	77.0 mi	Turn LEFT (North-West) onto Moraga Way for 4.5 mi
12:37 PM	81.5 mi	Keep STRAIGHT onto Camino Pablo for 2.4 mi
12:41 PM	83.8 mi	Road name changes to San Pablo Dam Rd for 5.4 mi
12:48 PM	89.2 mi	Turn RIGHT (North) onto Castro Ranch Rd for 0.2 mi
12:49 PM	89.5 mi	Turn RIGHT (South) onto Hillside Dr for 0.6 mi
12:51 PM	90.1 mi	21 Arrive 6599 Hillside Dr, El Sobrante, CA 94803