



DIABLO ROAD RUNNERS
July – September 2010 Running Schedule
 SATURDAY RUNS START @ 8:30 AM, WEDNESDAY RUNS START @ 6:45 PM
 For detailed directions, call hotline: 925-906-8880
 Information: www.diabloroadrunners.com Email: diablorunners@hotmail.com
 DRR special events in bold; local races in italics



Date	Day	City	Course	Dining Venue	Meeting Location	Description
July						
21	Wed	Walnut Creek	Castle Rock (No Dogs)	Rocos Pizza	Castle Rock Park end of Castle Rock Rd	6.4 mi/ 4 mi. Scenic packed dirt trail, hilly w/stream crossings
24	Sat	Martinez	Briones Alhambra Creek	RT Pizza Martinez	Taylor Blvd, Rt on Grayson, rt on Reliez Valley Rd, left into Alhambra Creek Staging Area	6 mi loop, rolling hills v. scenic. Shorter loops avail. Run w/ exp mbr
28	Wed	Walnut Creek	South Shell Ridge / White Cliff	Fresh Choice	Rudger Rd, Left on White Cliff, Street parking @ trailhead	4 to 6 mile loop on dirt trail
31	Sat	Orinda	Briones Reservoir	TBD	24 west to Orinda, San Pablo Dam Rd, Rt Bear Creek,	Rolling out & Back up to 7 miles
August						
4	Wed	Walnut Creek	Kings Canyon	TBD	Canyon Rd to Valle Vista Staging Area	4 to 6 mile loop on dirt trail
7	Sat	Lafayette	Lafayette Reservoir	Sunrise Café & Bakery	Lafayette Reservoir west end of Lafayette	2.8 mi paved lakeshore path or 4.7 mi. v. hilly, scenic, dirt trail
11	Wed	Alamo	Hemme	TBD	680S, Stone Valley Rd W, L-Danville Blvd, R-Hemme to end & park	6 mi out & back
14	Sat	Walnut Creek	Hanna Grove	Sunrise Café & Bakery	Ygnacio Vly Rd E, R – Oak Grove to Castle Rock Rd, R- Cornistas Dr	4 to 6 mile loop on dirt trail
18	Wed	Moraga	Briones Alhambra Creek	RT Pizza Martinez	Taylor Blvd, Rt on Grayson, rt on Reliez Valley Rd, left into Alhambra Creek Staging Area	6 mi out/back or 7 mi scenic packed dirt loop EBMUD Trail; permit req.
21	Sat	Clayton	Clayton (no dogs)	Buttercup Grill & Bar (Clayton Rd.)	Marsh Creek Rd x Center St.	6 mi loop 50% paved, 50% dirt trail, rolling hills, scenic
25	Wed	Martinez	Hanna Grove	Rocos Pizza	Taylor Blvd, Rt on Grayson, rt on Reliez Valley Rd, left into Alhambra Creek Staging Area	6 mi loop, rolling hills v. scenic. Shorter loops avail. Run w/ exp mbr
28	Sat	Oakland	Redwood Park Skyline Gate	TBD	24 W to Oakland, 13 S, Redwood Rd E, L on Skyline	Out & back or loop
September						
1	Wed	Walnut Creek	Montecito (no dogs)	Mountain Mikes Pizza	Ygnacio Vly Rd E, R – Cowell Rd, R into trailhead parking	4 to 6 mile loop on dirt trail
4	Sat	Walnut Creek	Borges Ranch	Black Bear	Ygnacio Vly Rd E, R – Oak Grove to Castle Rock Rd, R- Borges Ranch Rd	4 to 6 mile loop on dirt trail
8	Wed	Walnut Creek	Shell Ridge	Hi Tech Burrito	Ygnacio Vly Rd E, R – Homestead, L Marshall to end	6 mi loop rolling hills, scenic
11	Sat	Alamo	Macedo Ranch (no dogs)	Alamo Cafe'	680S, Stone Valley Rd E, L-Greenvalley Rd to end & park	7 mi loop
15	Wed	Walnut Creek	Meet at Sports Basement	Mountain Mikes Pizza	Start at Sports Basement - various surface street routes	3 mi - 5 miles on surface streets
18	Sat	Moraga	Kings Canyon	RanchHouse	Canyon Rd to Valle Vista Staging Area	6 mi out/back or 7 mi scenic packed dirt loop EBMUD Trail; permit req.
22	Wed	Walnut Creek	Meet at Sports Basement	Hi Tech Burrito	Start at Sports Basement - various surface street routes	3 mi - 5 miles on surface streets
25	Sat	Walnut Creek	Montecito (no dogs)	Black Bear	Ygnacio Vly Rd E, R – Cowell Rd, R into trailhead parking	4 to 6 mi loop dirt trail, rolling hills, scenic
29	Wed	Walnut Creek	Meet at Sports Basement	Mountain Mikes Pizza	Start at Sports Basement - various surface street routes	3 mi - 5 miles on surface streets
October						
2	Sat	Alamo	Hemme	Alamo Cafe'	680S, Stone Valley Rd W, L-Danville Blvd, R-Hemme to end & park	6 mi out & back

Some runners may find it more comfortable to have a clean pair of shoes and shirt after the run... Inclement weather may alter a course but **NEVER** cancels a run.