



# THE BEST OF THE BAY – June 19, 2010



START \_ mile North of Orinda BART at Orinda Community Park (next to Library)

Short BOB is without either optional loop.

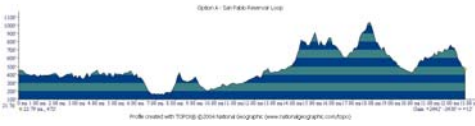
Tall BOB is Short BOB plus Sierra Road loop.

Long BOB is Short BOB plus the Initial loop – a great Century without Sierra.

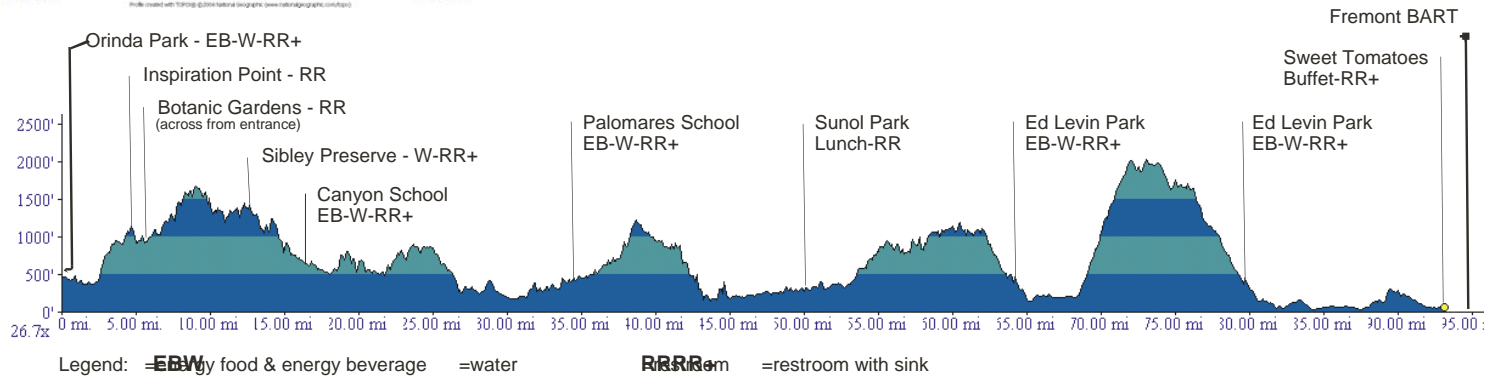
Description	Miles	Climbing
Short BOB	83	6000
Tall BOB	99	8000
Long BOB	106	8000
Super BOB	125	10,300



## ELEVATION DIAGRAMS:



## Initial Loop (optional – good warmup – part of Long BOB and Super BOB)



## REST STOP TIMES:

Stop #	Location	At Mile	Start Time	End Time	Type of Stop
1	Orinda Park	0	6:00	8:00	Registration-Start
1b	Orinda Park	23	7:00	9:00	Rest Stop
2	Canyon School	44	7:15	11:00	Rest Stop
3	Palomares School	61	8:30	12:30	Rest Stop
4	Sunol Park	77	9:30	2:00	Lunch
5	Ed Levin Park	93	10:45	3:30	Rest Stop
5b	Ed Levin Park	(110)	12:00	5:00	Rest Stop
6	Sweet Tomatoes	106 (123)	1:00	6:00	Restaurant--Finish