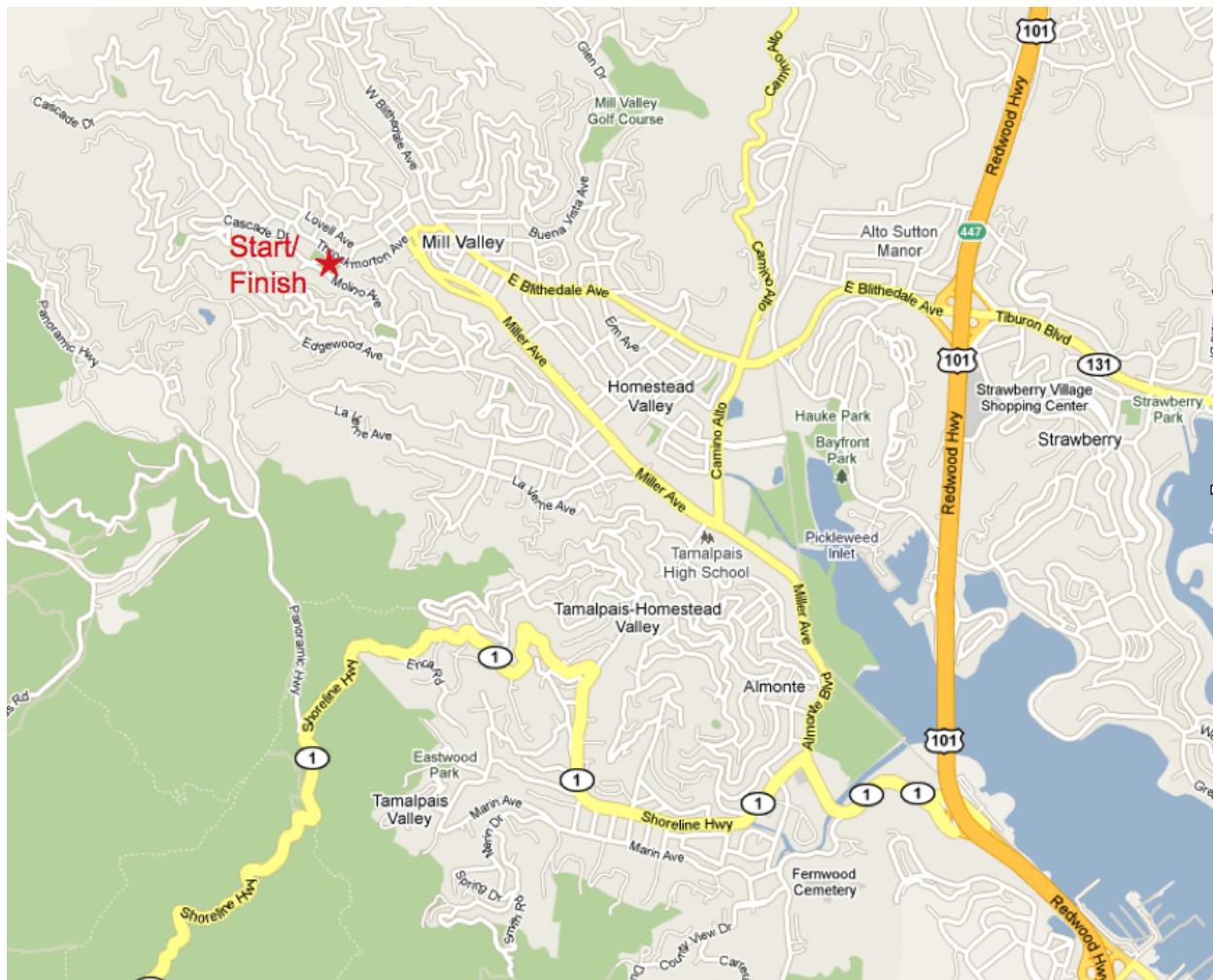


QUAD Dipsea Essential Information



Directions to the start. From Highway 101, take the East Blithedale/Tiburon Blvd. exit. Upon exiting the freeway, head west and follow East Blithedale for 1.8 miles. You will go through several traffic lights and will eventually come to a stop sign. At the stop sign, turn left onto Throckmorton Avenue and follow it for 0.4 miles to the intersection of Cascade Way. Old Mill Park is on your left.

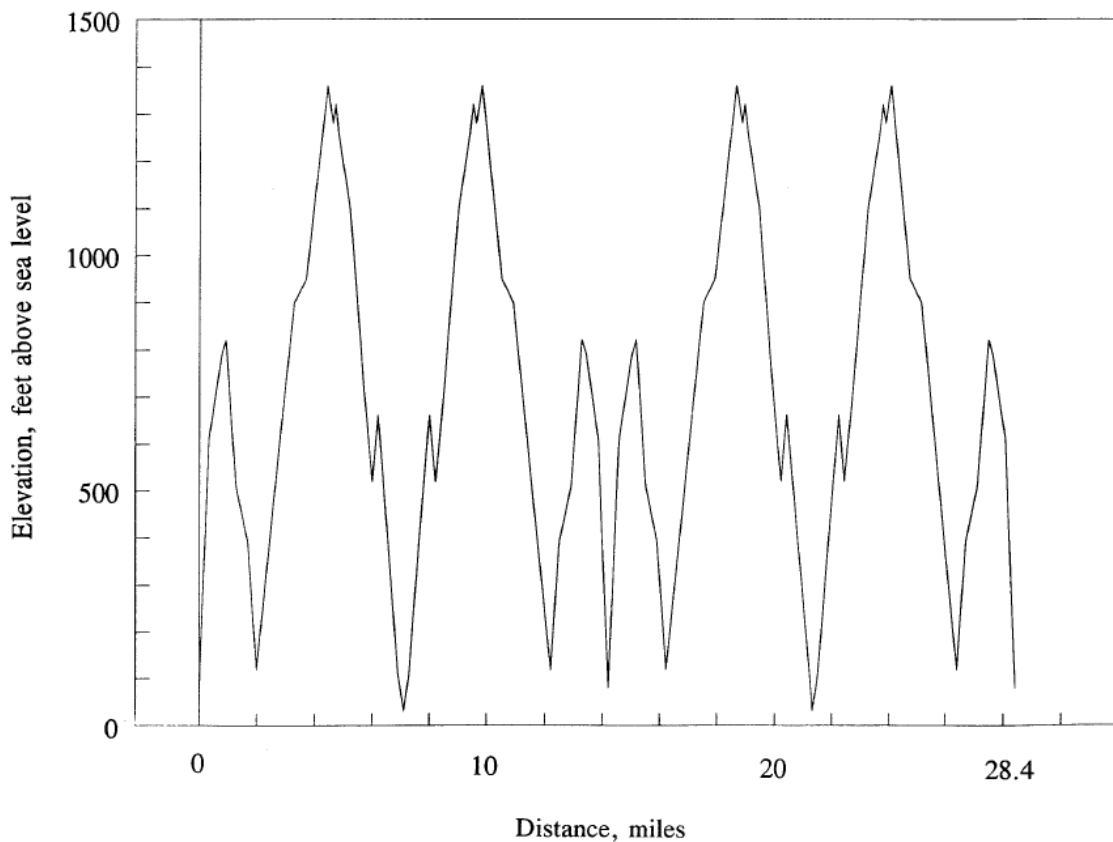


Facilities at Old Mill Park. There are public toilets at Old Mill Park but they are small. There is usually a line before the race; if you dislike waiting, it might be best to stop at a gas station on your way to the start.

Runner Check In. Bib numbers will be issued on race morning from 7:00 to 7:45 a.m. The race will start at 8:00 a.m. sharp!

Course. The course is significantly hilly with many stairs. There are 671 stairs in the first half-mile alone. There is a total of 9276 feet of elevation gain and loss for the four trips across the trail.

Quadruple Dipsea Elevation Profile



Aid Stations. There will be aid stations at the top of Cardiac, Stinson Beach, and Old Mill Park. You will have aid at miles 4.5, 7.1, 9.7, 14.2, 18.7, 21.3, 23.9, and the finish. Aid stations will be fully stocked with GU, PBJs, bananas, potatoes, pretzels, salt, water and GU Brew electrolyte drink. We strongly recommend that all runners carry at least one water bottle.

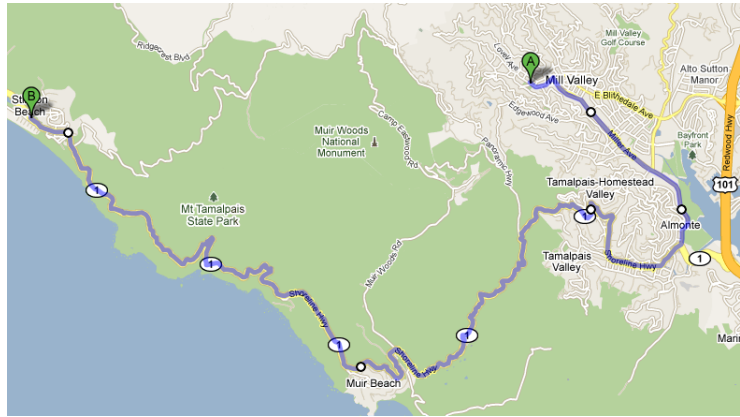
Cut-off Times. The race has an 8.5-hour time limit. There will be a cut-off of 4 hours at the halfway point and 6:15 at Stinson Beach after the third leg. Runners must leave the aid station prior to the cut-off times.

Drop Bags. We will not be able to transport anything for you to Stinson Beach. You may leave a drop bag at the start, which you can access at the halfway point.

Pacers. Due to the relatively crowded nature of this race, pacers are not permitted.

Finish Line. There will be modest post-race facilities. If the weather is an issue, we will provide a large tent for shelter. The finish line party will include our famous black bean soup and soft drinks. Even if it is a nice day, it is usually chilly in the shadow of the large redwoods, so we advise bringing something warm to change into after you finish.

Crews. The easiest way to crew is to go have breakfast and simply wait for your runner to come back to Mill Valley at the halfway point. However, crews are also welcome to drive over to Stinson Beach, which takes about 30 minutes. There are a number of ways to get there, but for those unfamiliar with the area this is the easiest route to follow:



A 324 Throckmorton Ave
Mill Valley, CA 94941

1. Head **southeast on Throckmorton Ave** toward **Old Mill St** 0.3 mi
2. Turn **right at Miller Ave** 1.9 mi
3. Continue straight onto **Almonte Blvd** 0.4 mi
4. Turn **right at CA-1 N** 1.2 mi
5. Turn **left to stay on CA-1 N** 0.5 mi
6. Turn **right at CA-1 N/Shoreline Hwy** 1.3 mi
7. Turn **right to stay on CA-1 N/Shoreline Hwy** 236 ft
8. Take the **1st left to stay on CA-1 N/Shoreline Hwy** 2.2 mi
9. Turn **left to stay on CA-1 N/Shoreline Hwy**
Continue to follow CA-1 N 6.6 mi

B Stinson Beach, CA

Lodging. There are a large number of hotels and motels within 15 minutes of the start. We recommend:

- Larkspur Hotel Mill Valley, 160 Shoreline Highway, 415.332.5700
- The Lodge at Tiburon, 1651 Tiburon Boulevard in Tiburon, 415.435.3133.

See www.larkspurhotels.com for both.

For those on a tight budget who don't mind a hostel, try the Marin Headlands Hostel at Fort Barry, 415.331.2777, www.norcalhostels.org/marin.

Dining. There are also a large number of restaurants in Mill Valley. Among them (Zagat food ratings in parentheses):

Inexpensive (\$15-25 per person)

Joe's Taco Lounge and Salsaria (20), 382 Miller Ave., 415.383.8164

Avatar Punjabi Burritos (25), 15 Madrona St., 415.381.8293

La Ginestra (21), 127 Throckmorton Ave., 415.388.0224

Pizza Antica, (21), 800 Redwood Highway, 415.383.0600

Moderate (\$25-45 per person)

Plaza D'Angelo (20), 22 Miller Ave., 415.388.2000

Balboa Café (19), 38 Miller Ave., 415.381.7321

Buckeye Roadhouse (23), 15 Shoreline Highway, 415.331.2600

Frantoio Ristorante (21), 152 Shoreline Highway, 415.289.5777

Piatti Ristorante (18), 625 Redwood Highway, 415.380.2525

Bungalow 44 (21), 44 East Blithedale Ave., 415.381.2500

Robata Grill & Sushi (21), 591 Redwood Highway, 415.381.8400