

2023 Golden Gate Trail Classic - 100K

Start/Finish: Crissy Field, [610 Old Mason Street, San Francisco CA 94129](https://www.google.com/maps/place/610+Old+Mason+Street,+San+Francisco,+CA+94129)

All times expressed on this guide are shown on local time zone - Pacific Standard Time (PST)

Start Time: Saturday, November 18, 4:45am | **Official Finish Time:** Saturday, November 18, midnight

Welcome to the third edition of the Golden Gate Trail Classic! Our 100k will also host our only stop of the 2023 Spartan Trail World Championship in the United States. We are excited to have you racing with us and for you to see the beautiful course we have traversing some of the most iconic landmarks in the Bay Area and with the majestic city of San Francisco in the backdrop.

Your safety is our first and highest priority. Please review this document in full to ensure your full understanding and compliance to the rules and policies as specified.

Race Week Schedule

Monday, November 13 Time TBD	<i>Virtual Pre-Race Briefing</i>	Briefing details TBD closer to race date.
Friday, November 17 Time TBD	<i>Race Early Packet Pickup</i>	Location TBD closer to race date.
Saturday, November 18 4:45am - 12:00am	<i>Golden Gate Trail Classic 100K</i>	Crissy Field 610 Old Mason Street San Francisco CA 94129

Race Packet Pick-up & Registration

Early packet pick-up will be available on Friday before the race. We highly recommend organizing your trip to get your bib in advance, and also, to evacuate any doubts you may have before the race with our staff.

Requirements:

- ID/ Passport, with name matching your registration
- Race packets must be picked up by the runner

Race packet includes:

- **Runner BIB** is mandatory for all race distances.
- **Chip Timing Tag and holding wristband** mandatory for all race distances.
- **Pacer BIB** – one pacer is allowed per runner. See Pacer section for more details.
- **Swag:** Sponsors discounts, product samples

If you are unable to pick up your race packet on Friday, your race packet will be available at the Start Line (**Crissy Field**) up to 15 minutes before your start time. Please consider arriving early to avoid delays and queuing.

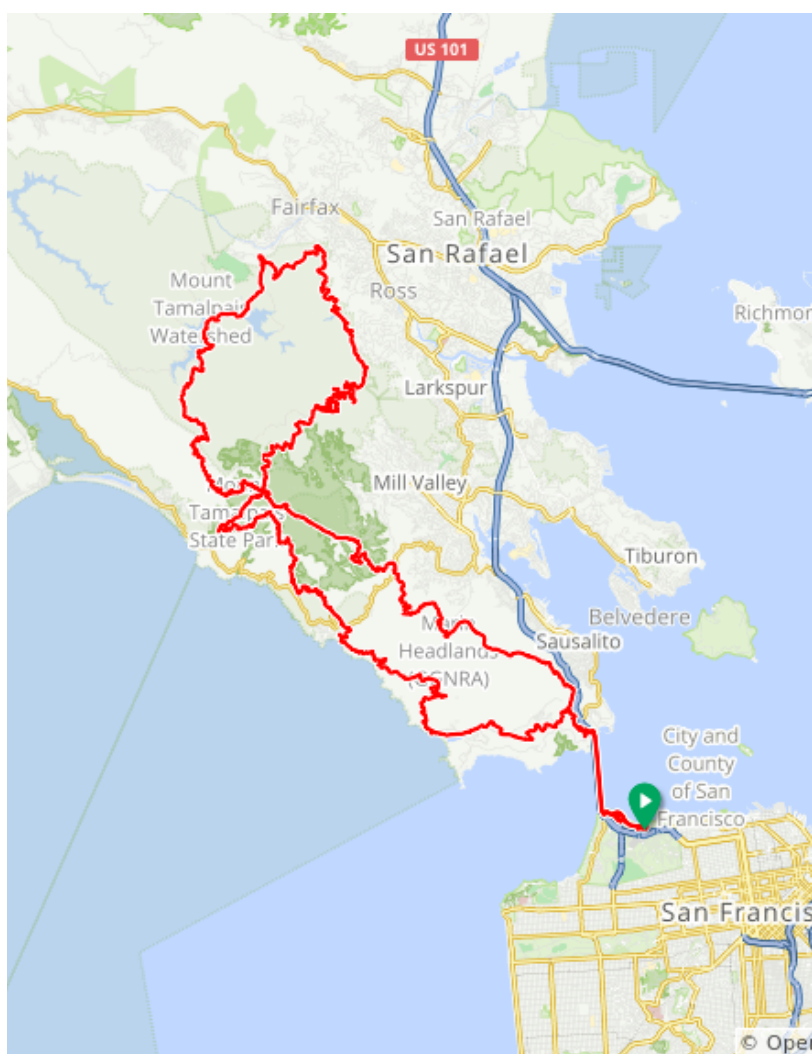
All drop bags will also be collected at Crissy Fields on Saturday between 4:00am - 4:30am. See Drop Bag section for more information.

If there are still spots available, on-site registration is available during Friday's packet pick-up. There will be no race day registration.

Course Information

- COURSE IS SUBJECT TO MODIFICATIONS LEADING TO RACE DATE -
- COURSE IS SUBJECT TO LAND AGENCY PERMIT APPROVAL -

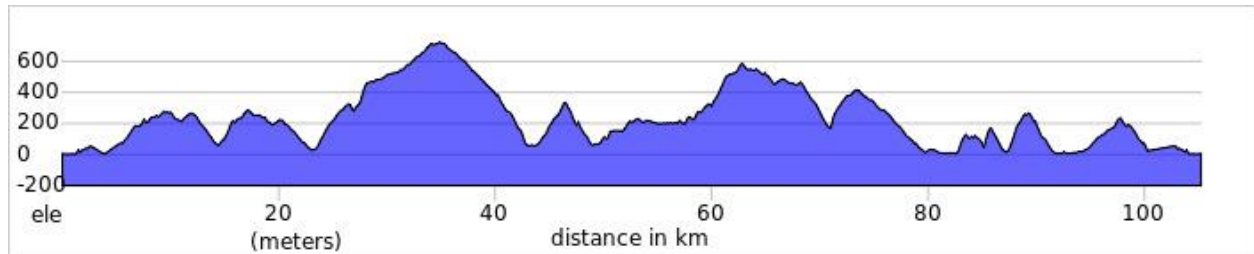
Your journey will start at Crissy Field, home to the 1939 World's Fair. You will traverse northbound on the iconic Golden Gate Bridge to the Marin Headlands. We are working super hard this year to bring you back to some of the lesser-traveled parts across three State Parks - Mt Tam East Peak, Phoenix Lake, Bon Tempe Lake, Alpine Lake and the infamous Cataract Trail. You will finish your 100K journey back at Crissy Field, where we will be cheering for you every step of the way!



You can navigate the interactive race map at our official website [here](#).

Elevation Chart

The 100K course will see a net gain of 9,953' and a net loss of 9,952'. Highest point of the course will be at Mt Tam East Peak at 2,378'.



Finish Lines

The 100K Start/Finish line is located at Crissy Field. The majority of the 100K course will take place north of the Golden Gate Bridge in the Marin Headlands and Mt Tam State Park.

The Golden Gate Bridge has a daily operating hour between 5:00am and 6:30pm for all pedestrian foot traffic. Therefore, in order to finish at Crissy Field, you **MUST** reach the final Aid Station (mile 58 approx.) by 6:00pm or approximately 13hrs.

We realize this might not be sufficient time for some of you. As such, if you arrive at the final aid station **after 6:00pm**, you will complete your race at our secondary finish line located at Gerbode Valley. Transportation will be provided to bring you back to Crissy Field afterwards.

The distance between final aid station and the Gerbode finish line versus the Crissy Field finish line is identical.

Mandatory Equipment

- **Bib number** must be visible from the front during the entire race. Staff along the race course MUST be able to read the number clearly.
- **Chip timing tag** must be worn for the duration of the race.
- **One 500ml (17 oz) water carrying vessel AND 400 calories of nutrition**
- **Headlamp: one primary headlamp and one secondary light source** of minimum 350 lumens or better. Have a sufficient backup light source (and batteries) to power you through the night. Runners must wear a headlamp at the start line for check in. Having adequate lighting is a crucial safety requirement for you and our staff. As such, it will be strictly enforced.
- **Waterproof jacket, pants and breathable thermal layers** - coastal weather can change quickly. In the unlikely event you are lost or injured and must wait for rescue, hypothermia can set in rapidly.
- **Emergency or safety whistle**
- **Face masks** are not currently required. Our event is in full observance of standing federal, state and municipal regulations and so the mask policy may change.

Recommended Equipment

Some additional gear to consider:

- Water bottle, waist pack, soft flask holder or backpack with hydration system. Participants must carry and dispose their trash at aid stations. ***Any runners caught littering will be subject to immediate disqualification.***
- Waterproof breathable warm gloves. Early morning temperatures can reach the low 40s
- Breathable warm jacket to protect you from low temperatures
- Tights with high Lycra content. Aside from protection from the cooler temperatures, tights will keep you free from poison oak along the course.
- Running shoes with rugged traction
- Trekking poles are allowed.
- Short running gaiters to keep debris out is a great way to prevent blisters
- Multifunctional neck gaiter or buff which can double as a head cover during cooler temps
- Sunscreen
- Running hat and/or visor
- Eyewear: keep in mind that the race course goes through dark forest areas and sunny open lands so proper eyewear is recommended
- A spare change of clothing in your drop bags
- Warm and dry clothes at the start/finish bag check

Drop Policy

If it turns out not to be your day and you are unable to complete the race, ***you may drop at the nearest aid station by surrendering your race bib to the aid station captain.*** Transportation will be provided to transfer you back to the finish line.

We have taken extensive measures to account for all runners that are on course and those dropped from the race. Course Marshals or any other staff/volunteer members are ***NOT*** authorized to record any dropped participants.

****** DO NOT exit the course without notifying our staff if you decided to drop. Failure to do so may result in dispatching search and rescue personnel to locate you. You will be responsible for such expenses. ******

Pacers

Pacers are allowed for the 100k distance. Each runner is allotted one pacer bib at packet pickup. If you have multiple pacers, please share the pacer bib among them.

RULES

- Pacers must wear their bib (visible) at all times while on course.
- Pacer pick-up locations will be defined on the upcoming version of this guide.
- A runner may have more than one pacer. However, only one pacer can be pacing at any given time.
- Pacers must fill out a waiver at packet pick-up.
- Pacers may NOT mule for the runner.
- Pacers may partake with aid station supplies.
- Pacers are not allowed to push, pull, carry or tow the runner.
- Pacing using a vehicle or bicycle is prohibited.
- Taking aid from vehicles is prohibited.

Drop bags

Drop bags are allowed for the 100k runners only.

Drop off Location/Deadline:

- Crissy Field Start/Finish Area, next to Bag Check (#5)
- Deadline: Saturday, November 18, 4:30am

***** NO DROP BAG WILL BE ACCEPTED AFTER DEADLINE HOURS INDICATED ABOVE *****

RULES

- Drop bag course location will be defined on the upcoming version of this guide.
- Drop bag must be securely tied, labeled clearly with the runner's name and bib number
- Drop bag must fit the following dimensions W6" X H8" x L16"
- Drop bags must not exceed 6lbs (3kg)
- One drop bag per runner
- Drop bags will only be transported for runners, not pacers. Pacer supplies must fit in the runner drop bag
- Drop bags will not be refrigerated
- Do not use paper bags, shoe boxes, or anything made of paper-like products. These can get wet and tear easily.
- Organizers are not responsible for any lost valuables or damaged items.
- Do not place valuables in drop bags. Use the assumption that should you do not connect with your drop bag post-race, it would not be a showstopper for you.

Drop Bag Return - Crissy Field Start/Finish

- Saturday, November 18, 7:30pm - 8:30pm
- All unclaimed drop bags will be donated or disposed of at the end of the event

- No drop bags will be mailed

Clean Race Policy

Our race will take place in Golden Gate National Park in the Bay Area and surrounding State parks. One of the key factors for success is maintaining the magnificent scenery surrounding the race. Local residents, tourists and all users are responsible for preserving this place. For this reason, ***littering along the race course is grounds for immediate disqualification. NO EXCEPTION.*** It is our responsibility to have a clean race.

Trash and recycling receptacles are available at all aid stations.

Contact Information

Our team is here to ensure you have the best race experience. If you have any questions or concerns, please use our website, <https://www.goldengatetrailclassic.com>, or contact us by email trail@spartan.com.