

2023 Golden Gate Trail Classic - 50K

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, 5:00pm

Welcome to the third edition of the Golden Gate Trail Classic 50K! We are excited to have you racing with us and for you to see the stunning course we have installed for you this year.

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 - 5:00pm	<i>Golden Gate Trail Classic 50K</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.
- **Wave tyvek wristband** mandatory for all the race distances.
- **Pacer BIB** – one pacer is allowed per runner. See Pacer section for more details.
- **Swag:** Sponsors discounts, product samples

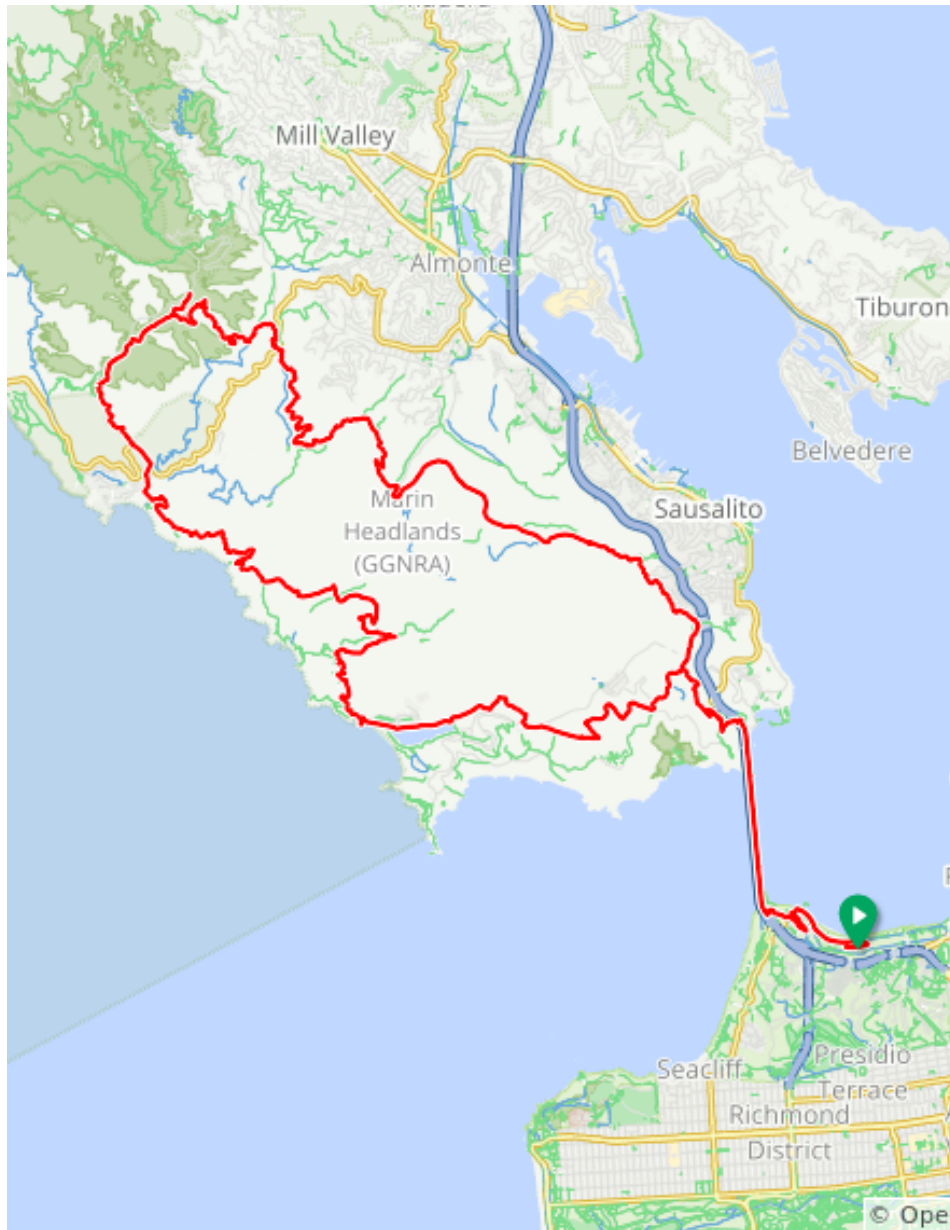
If you are unable to pick up your race packet on Friday, your race packet will be available at the Start Line (**Crissy Field**) up to 15 minutes before your start time. Please consider arriving early to avoid delays and queuing.

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 -

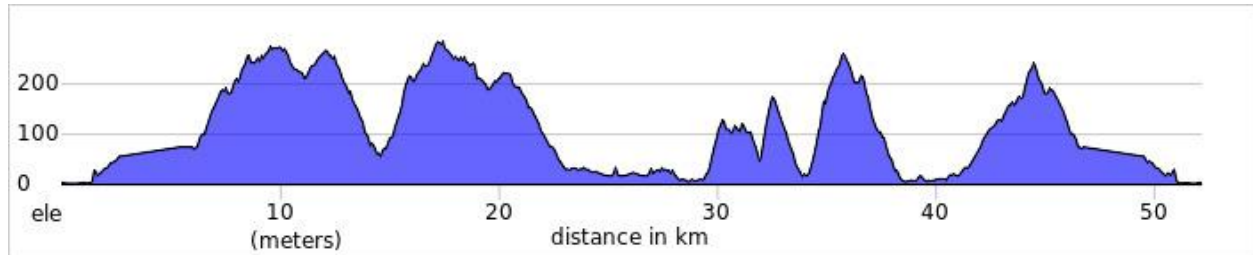
Your journey will start at Crissy Field, home to the 1939 World's Fair. You will traverse northbound on the iconic Golden Gate Bridge to the Marin Headlands. You will finish your 50K journey back at Crissy Field, where we will be cheering for you every step of the way!



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

Elevation Chart

The 50K course will see a net gain of 4,420' and a net loss of 4,418'.



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: Two light sources of at least 300 lumens plus backup batteries for each.** If lights are rechargeable one total power bank is sufficient. After sunrise lights may be passed off to a personal crew member in an official aid station where crew is permitted. In the event that the runner will still be on course after sunset, they must reobtain both light sources plus backup power from their crew at an official aid station where crew is permitted prior to sunset. **Runners on course before sunrise or after sunset without a light source may be disqualified.**
- **Waterproof jacket, and thermal (non-cotton) long-sleeved shirt and pants with a minimum weight of 100g (3.5 oz) each.**
- **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. ******

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.