

2024 Golden Gate Trail Classic - 50-Mile

Start/Finish: Crissy Field, Presidio, San Francisco [Google Maps](#)

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

Start Time: Saturday, November 23, 4:45am | **Official Finish Time:** Saturday, November 23, 8:00pm

Welcome to the fourth edition of the Golden Gate Trail Classic! 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 as 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

Wednesday, November 20 Time TBD	<i>Virtual Pre-Race Briefing</i>	Briefing details TBD closer to race date.
Friday, November 22 2:00pm-7:00pm	<i>Race Early Packet Pickup</i>	Sports Basement Presidio 610 Old Mason St, San Francisco, CA 94129
Saturday, November 23 3:45am-4:40am	<i>Race Day Packet Pickup (start line)</i>	Crissy Field, Presidio, San Francisco Google Maps
Saturday, November 23 4:45am - 7:15pm	<i>Golden Gate Trail Classic 50-Mile</i>	Crissy Field, Presidio, San Francisco Google Maps

Race Packet Pick-up & Registration

Early packet pickup will be available on Friday before the race from 2:00pm to 7:00pm at Sports Basement Presidio: 610 Old Mason St, San Francisco, CA 94129.

We highly recommend attending the Friday packet pickup to avoid long lines on race morning.

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 at 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 the start/finish on Saturday between 3:45am - 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.

Parking and Shuttles

Public parking is available throughout the Presidio and along Mason Street near Crissy Field. Runners are encouraged to arrive with ample time to find a parking spot and walk to the start line at the northwest corner of Crissy Field. Keep in mind that most of the parking in lots or on the street will require payment.

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, on the shores of the San Francisco Bay underneath the iconic Golden Gate Bridge. Your first step will be to cross the bridge into the Marin Headlands, where you will traverse epic singletrack trails and climb nearly to the summit of Mt. Tamalpais while visiting the trail running landmarks of Muir Beach, Rodeo Beach, and Cardiac Hill. Finally, you will return to the Golden Gate Bridge and cross back into the city, heading for the finish line party right back where you started at Crissy Field. You can expect long climbs on extremely well-maintained trails, brief technical sections, and amazing views throughout the course.

The 50-mile race boasts 7,904 ft. of climbing and descending with a high point of 2,343 ft. at the Mt. Tam Visitor's Center.

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

Aid Stations and Cutoffs

Our goal with our intermediate cutoff times is to allow runners to stay on the course as long as possible. Note that the pace required to make it to the Golden Gate Bridge is faster than the pace required to beat the prior cutoffs.

Aid	Distance (miles)	Time to Beat the Bridge (17:20/mi)	Cutoff	Pacers/Crew
Start	0	4:45 AM		
Golden Gate Bridge	3.0	5:37 AM		No
Tennessee Valley	8.1	7:05 AM		Crew
Deer Park	13.9	8:46 AM		No
Cardiac	16.0	9:22 AM		No
Mt. Tam	20.3	10:36 AM		Crew
				No
Cardiac	24.6	11:51 AM	1:30 PM	
Muir Beach	29.6	1:18 PM	3:00 PM	Pacers/Crew
Rodeo Beach	35.5	3:00 PM	4:00 PM	Pacers/Crew
Tennessee Valley	39.5	4:10 PM	5:00 PM	Pacers/Crew
Gerbode	43.7	5:22 PM	6:00 PM	Crew
Golden Gate Bridge	47.4	6:25 PM	6:25 PM	Crew
Finish	50.4			

Bridge Cutoff

The Golden Gate Bridge has daily operating hours between 5:00am and 6:30pm for all pedestrian foot traffic. Therefore, in order to reach the finish, you must **LEAVE** the final Aid Station (mile 47.6 approx.) by 6:25pm or approximately 13 hours and 40 minutes. Runners who do not LEAVE the Golden Gate Bridge aid station by 6:25pm will not be allowed to proceed and will be transported to the finish line.

Aid Station Offerings

Aid stations will provide a variety of nutrition options, including water, electrolyte drinks, sodas, GU energy gels and stroopwafels, salty snacks (chips), bars, fruit (bananas and oranges), nuts, and candy. Due to park regulations we will not be offering hot items.

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 headlamp** of minimum 300 lumens or better, plus backup batteries or power source. Having adequate lighting is a crucial safety requirement for you and our staff. As such, it will be strictly enforced. Runners must wear a headlamp at the start line for check in, and they must have a headlamp in order to leave any aid station after 4:00pm. During the daytime sections runners may leave their headlamps with crew or in drop bags.
- **Waterproof jacket** - coastal weather can change quickly. In the unlikely event you are lost or injured and must wait for rescue, hypothermia can set in rapidly. Please monitor pre-race communications and Spartan Trail social media accounts – if a waterproof jacket is required, we will make an announcement during race week. If we do not make an announcement, a waterproof jacket is not required.

Recommended Equipment

Some additional gear to consider:

- Water bottle, waist pack, soft flask holder or backpack with hydration system. Participants must carry and dispose of 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 50-mile distance. Pacers may pick up a pacer bib either at packet pickup, or at the aid station where they are meeting their runner.

RULES

- Pacers must wear their bib (visible) at all times while on course.
- Pacer pick-up locations are Muir Beach, Rodeo Beach, and Tennessee Valley (second time only).
- 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, or at the aid station where they are meeting their runner. Pacers will receive a pacer bib once they have filled out the waiver.
- Pacers may NOT mule for the runner.
- Pacers may partake in aid station supplies.
- Pacers are not allowed to push, pull, carry or tow the runner.
- Pacing using a vehicle or bicycle is prohibited.
- Pacers are responsible for their own transportation. There are no shuttles to the aid stations on race day.

Drop bags

Drop bags are allowed for the 50-mile runners only.

Drop off Location/Timeline:

- Start/Finish Area at Crissy Field
- Time: Saturday, November 23, 3:45am-4:30am

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

RULES

- Drop bags will be transported to Cardiac Aid Station (mile 16 and 24.6)
- Drop bag must be securely tied, labeled clearly with the runner's name and bib number
- Drop bag must fit the dimensions of 8" x 10" x 16"
- Drop bag must not exceed 6lbs (3kg)
- One drop bag per runner
- Drop bags will only be transported for runners, not pacers
- Drop bags will not be refrigerated
- Drop bags will not be covered in case of rain. 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.

Drop Bag Return - Start/Finish

- Saturday, November 23, 12:00pm - 8:30pm
- Drop bags will be returned to the start/finish from Cardiac Aid Station several times throughout the day. As runners pass through Cardiac, their bags will be set aside to be returned to the finish as soon as possible. The drive back is long, so please be patient – we will do bag trips as often as possible.
- 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.