



## 2024 Golden Gate Trail Classic – 25k

**Start:** Rodeo Beach Parking Lot, [Fort Cronkhite, 11050 Mitchell Rd, Mill Valley, CA 94941](#)

**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:** Sunday, November 24, 8:00am | **Official Finish Time:** Sunday, November 24, 3:00pm

Welcome to the third 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 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

Wednesday, November 20 Time TBD	<b>Virtual Pre-Race Briefing</b>	Briefing details TBD closer to race date.
Friday, November 22 2:00pm-7:00pm	<b>Race Early Packet Pickup</b>	Sports Basement Presidio 610 Old Mason St, San Francisco, CA 94129
Sunday, November 24 6:00am	<b>First Shuttle Bus</b>	Palace of Fine Arts 3399 Lyon St, San Francisco, CA 94123 <a href="#">Google Maps</a>
Sunday, November 24 7:15am	<b>Last Shuttle Bus</b>	
Sunday, November 24 8:00am - 3:00pm	<b>Golden Gate Trail Classic 25k</b>	<b>Start:</b> Rodeo Beach, Parking Lot <a href="#">Fort Cronkhite, 11050 Mitchell Rd, Mill Valley, CA 94941</a>  <b>Finish:</b> Crissy Field, Presidio, San Francisco <a href="#">Google Maps</a>

## 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. The check-in line on race morning will be LONG, and if you do not arrive EARLY you may risk missing your start time.\**

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.
- **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 (**Rodeo Beach**) 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.

## Shuttle To Start

There will be a remote parking lot and shuttles to the start area. All racers are encouraged to use the shuttle to reach the start area, or to arrange to be dropped off in a personal vehicle or taxi/Uber. The parking lot in which the start line is located has extremely limited parking.

The shuttle costs \$10 round trip for both runners and spectators and tickets can be purchased at this link: [25k shuttle tickets](#).

Parking location is at the **Palace of Fine Arts, 3399 Lyon St, San Francisco, CA 94123**. From there it is a 20 minute shuttle ride to the start. Please allow ample time for parking, a short wait for a shuttle, and the ride to the start.

The first shuttle will depart at 6:00am, and the last shuttle will depart at 7:15am. After the start of the race, spectators can ride the same shuttle back to the Palace of Fine Arts.

If using the remote shuttle parking area, we request that racers carpool. Parking will be limited, and later racers may be directed to overflow lots. Parking will be free until the lot fills up, at which point racers will have to use paid overflow lots.

After the race, for those who do not wish to walk just over a mile back to the Palace of Fine Arts, a shuttle will run from the finish area back to the Palace of Fine Arts on a rolling basis. Follow signs to find the shuttle.

## Course Information

Your journey will start at the stunning Pacific Ocean side at Rodeo Beach, moving towards the Golden Gate Bridge, with the iconic city of San Francisco as a backdrop, and the stunning landscape of the Marin Headlands. Breathtaking views will guide your way towards the finish line at Crissy Field. We will be cheering for you every step of the way!

The 25k course includes 2,307 ft. of elevation gain and a maximum elevation of just over 900 ft.

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

## Aid Stations and Cutoffs

There will be three aid stations on this course – at Tennessee Valley (mile 4.4), Gerbode (mile 7.1) and the Golden Gate Bridge (mile 12.2). 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.

The cutoff time is 7 hours for the 25k.

## 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 200 calories of nutrition**

## 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.
- 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
- 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. \*\*\****

## Drop bags

**Drop bags will be transferred directly from the start to the finish on Sunday. Please find the drop bag truck at Rodeo Beach on race morning and give them your labeled bag.**

### RULES

- Drop bags will be transported from the start line to the finish line.
- 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
- 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 not connect with your drop bag post-race, it would not be a showstopper for you.
- 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](mailto:trail@spartan.com).