

2025 Golden Gate Trail Classic - 50-Mile

Start/Finish: Rodeo Beach Coastal Trailhead Parking Lot, Fort Cronkhite, 11050 Mitchell Rd, Mill Valley, CA 94941 [Google Maps](#)

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

Start Time: Saturday, November 22, 5:30am | **Official Finish Time:** Saturday, November 22, 7:30pm

Welcome to the fifth 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 19	<i>Virtual Pre-Race Briefing</i>	Follow the Spartan Trail Instagram page for a runner briefing on race week
Friday, November 21 2:00pm-7:00pm	<i>Early Packet Pickup</i>	Sports Basement Presidio 610 Old Mason St, San Francisco, CA 94129 Google Maps
Saturday, November 22 4:00am	<i>First Shuttle</i>	Palace of Fine Arts 3601 Lyon St, San Francisco, CA 94123 Google Maps
Saturday, November 22 4:45am	<i>Last Shuttle</i>	Palace of Fine Arts 3601 Lyon St, San Francisco, CA 94123 Google Maps
Saturday, November 22 4:30am - 5:20am	<i>Race Day Packet Pickup (start line)</i>	Rodeo Beach Google Maps
Saturday, November 22 5:30am - 7:30pm	<i>Golden Gate Trail Classic 50-Mile</i>	Rodeo Beach 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 Rodeo Beach up to 15 minutes before your start time. Please arrive early to avoid delays and queuing.

All drop bags will also be collected at the start/finish on Saturday between 4:30am - 5:30am. 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

There is no racer or spectator parking at the start/finish. All racers and spectators are required to ride the shuttle to the start or arrange to be dropped off by Uber/taxi. The shuttle costs \$10 round trip for both runners and spectators and tickets can be purchased at this link: [50M shuttle tickets](#).

Parking location is in the parking lot on the west side of the **Palace of Fine Arts, 3601 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 4:00am, and the last shuttle will depart at 4:45am. After the start of the race, spectators can ride the same shuttle back to the Palace of Fine Arts. After the finish, the shuttle will be available to bring racers back to the Palace of Fine Arts.

Please arrive early. If you miss the last shuttle you will miss the start of the race and will not be allowed to start late.

Course Information

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

NEW START/FINISH FOR 2025! This year's race starts on the idyllic shores of Rodeo Beach in the Marin Headlands just north of San Francisco. Racers will traverse epic singletrack trails in the headlands, run out and back across the Golden Gate Bridge, and return to the headlands to visit iconic landmarks like Mt. Tam and Muir Beach before finishing back at Rodeo Beach. 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. To that end, we've minimized the number of locations with cutoffs and instituted cutoffs well behind the pace that racers need to hold in order to meet the overall cutoff of 7:30pm. Meeting an intermediate cutoff does not mean you are on pace to meet the overall cutoff. We've included a column in this chart to show the time at which racers should be at each aid station in order to meet the final cutoff at Muir Beach at 5:30 PM. Runners must LEAVE the aid stations before the cutoff times listed below.

Aid	Distance (miles)	Cutoff Pace (16:10/mi)	Cutoff	Pacers/Crew
Start	0	5:30 AM		
Tennessee Valley	4.0	6:34 AM		Crew
Gerbode	8.5	7:47 AM		Crew
Golden Gate Bridge	11.9	8:42 AM		Crew
Crissy Field	14.8	9:29 AM		Crew
Golden Gate Bridge	17.7	10:16 AM		Crew
Tennessee Valley	22.8	11:53 AM	1:00 PM	Crew/Pacers
Deer Park	28.4	1:09 PM		No
Cardiac	30.6	1:45 PM		No
Mt. Tam	35.0	2:57 PM	3:30 PM	Crew/Pacers
Cardiac	39.5	4:09 PM	4:30 PM	No
Muir Beach	44.5	5:30 PM	5:30 PM	Crew/Pacers
Finish	50.4	7:30 PM	7:30 PM	Crew

Aid Station Offerings

Aid stations will provide a variety of nutrition options, including water, Hyk Electrolyte drink, Chargel Energy Gels, 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 Tennessee Valley (second time only), Mt Tam, and Muir Beach
- 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 Rodeo Beach
- Time: Saturday, November 22, 4:30am-5:30am

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

RULES

- Drop bags will be transported to Cardiac Aid Station (mile 30.6 and 39.5)
- 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 22, 12:00pm - 8:00pm
- 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.