10K COURSE GUIDE

IMPORTANT UPDATES *(08/23/2017)*

- New Course Guides for 2017!
- New Start & Finish Locations
- On-Course Nutrition Information
- Pacer, crew and spectator information

RACE DAY CHECKLIST

PRE-RACE PREPARATION

- Review the shuttle and parking information on the website and make a plan for your transportation to the start area. Allow extra time if you are required or planning to take a shuttle.
- Locate crew- and spectator-accessible Aid Stations on the course map and inform your family/friends where they can see you on-course. Review the crew and spectator information section of this guide for crew rules and transportation options.
- If your distance allows, make a plan with your pacer to meet you at a designated pacer aid station. Review the pacer information section of this guide for pacer rules and transportation options.
- Locate the designated drop bag aid stations and prepare a gear bag for the specific drop bag location(s). Review the drop bag information section of this guide for more information regarding on-course drop bag processes and policies.
- Pick up your bib and timing device at a designated packet pickup location.
- Attend the Pre-Race Panel Discussion for last-minute questions and advice from TNF Athletes and the Race Director.
- Check the weather forecast and plan clothing and extra supplies accordingly for both you and your friends/family attending the race and Finish Festival. It is typically colder at the Start/Finish area than it is in the city.
- Make sure to have a hydration and fuel plan in place to ensure you are properly nourished throughout your race. See the Aid Station Menu for details on the hydration and fuel options available on-course.

WHAT TO BRING

- Directions and/or map to race start, parking location or shuttle pickup location
- Bib, timing device and safety pins
- Bibs should be worn on the front where they will be clearly visible to assist aid station volunteers tracking your progress on the course, and to ensure you will have some great photos of your achievement! Photos will be available a few days after the race, and can be found at www.ultraracephotos.com/tnfec.
- Headlamp or flashlight (mandatory for all 50 Mile participants)
- Change of clothes and shoes for the Finish Festival
- Appropriate clothing based on the weather forecast (jacket, pants, gloves, head cover, rain jacket, etc.)
- Appropriate equipment based on the weather forecast (umbrella, poncho, blanket, etc.)
- Bag to store your belongings at the Finish Festival
- Water bottle or hydration pack
- Required medications, inhalers or EpiPens
- Sunscreen
- Sunglasses or hat
- Anti-chafe gel
- Watch/GPS device (remember to charge the night before)
- Cell phone (limited cellular reception at Start/Finish area) or camera
- Cash for food and beer
- I.D. for beer garden
- Ibuprofen or pain reliever (this will not be distributed to any individual by event staff, volunteers or medical teams)
- Game face

COURSE MAP

COURSE DESCRIPTION

Located in the historic airfield of Crissy Field, The North Face Endurance Challenge Championship course first takes athletes breathe away with views of Alcatraz, San Francisco Bay and the Golden Gate Bridge. The new course makes a quick loop around Crissy Field Pond before heading up Battery East Trail and making your way under the Golden Gate Bridge. Athletes then continue on Coastal trail where they literally pass history but running through the old historic battery locations of WWII before making their way to Baker Beach. Continuous views of the Pacific Ocean awaits the runners as they make their way back under the Golden Gate Bridge and the short but steep descent back down Battery East before returning to the new historic airfield finish of Crissy Field.

COURSE RATING, ELEVATION PROFILE & PACE CHART

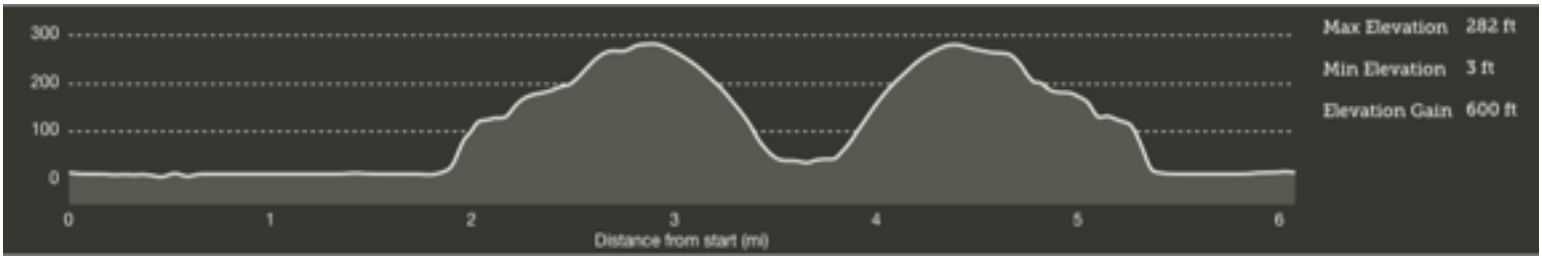
OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★

				Pace	0:06:44		0:13:03		0:19:21	
Aid Station	Name	Mille	Next Aid	Lead Runner		Middle Runner		Last runner		Crew
Start	Crissy Field	0.0	4.1	0:00:00	9:00 AM	0:00:00	9:00 AM	0:00:00	9:00 AM	Yes
Aid #1	Baker Beach	4.1	2.1	0:27:36	9:27 AM	0 53:29	9:53 AM	1:19:21	10:19 AM	No
Finish	Crissy Field	6.2	-	0:41:45	9:41 AM	1:20:52	10:20 AM	2:00:00	11:00 AM	Yes
Hard Cut Off	**Crissy Field**	**All 10K racers need to be through the Finish Line by this time**							**11:00 AM**	



CUTOFF POLICY

In accordance with parameters agreed to by ALL permiting properties and for the safety of all runners, volunteers and race staff, any runner that is off pace to complete their distance by the designated course cutoff may be pulled at any time by the Race Director.

Please be aware that **2 Hours** is considered a hard cutoff time. All runners will be expected to carry the slowest official finishing pace for the entirety of the course.

If the runner fails to do so and is significantly behind pace, the race staff reserves the right to pull ANY runner from the race at ANY time and at ANY point on the course.

Wave start times are accommodated in the cutoff times.

TURN-BY-TURN DIRECTIONS

Start to Aid #1 – Baker Beach (Next Aid 4.1 miles)

- Depart the main event site and head east on Bay Trail (Golden Gate Promenade)
- Runners will be doing a clockwise loop around the Crissy Field Marsh then making a right hand turn on trial that fronts Old Mason Street.
- Athletes will continue on the trial along Old Mason street and merge onto Crissy Field Promenade.
- Here athletes will pass by the Warming Hut and bear left to cross over Long Ave and continue onto the stairs at the bottom of Battery East Trail.
- Head up Battery East Trail. Bear right at the top of the stairs.
- At the Golden Gate Bridge Visitor's Center proceed straight onto Coastal/Bay Trail and head under the Golden Gate Bridge.
- As you come under Golden Gate Bridge you will be now running on Coastal Ridge trail.
- Continue on Coastal. Run through the Batteries to the Baker Beach aid station.

You will start the race and proceed climbing up to the Golden Gate Bridge before running underneath and catching breathtaking views of the Pacific Ocean on your way to Baker Beach aid station.

Baker Beach to Finish (Next Aid 2.1 miles)

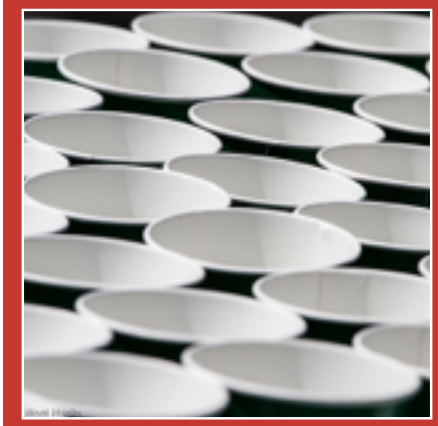
- Reverse your direction and head back along Coastal Trail back to Golden Gate Bridge.
- Run under the Golden Gate Bridge and continue on Coastal/Bay Trail
- Continue onto Battery East Trail and continue heading down Battery East and making your way back to the Warming Hut.
- Go left onto the Battery East Trail stairs.
- Cross Long Ave and make a right to continue onto Crissy Field Promenade.
- Once at Crissy Field continue Left on Crissy Field Promenade, on trail on north side of Crissy Field.
- And continue to the finish line with a hard right-hand turn into the finish chute.

You will be retracing your steps back to the finish. If you missed it the first time, make sure you take in the old historic military battery instillations on your way back to the Golden Gate Bridge and the finish line.

IMPORTANT COURSE INFORMATION

- Your race bib must be worn on the front of your body outside of your clothing so that it is visible.
- If you are unable to finish the course, please notify event staff at the nearest aid station that you will not be continuing on the race course. The race staff will then notify the race director and arrange transportation if needed.
- If you see a potentially injured runner on course, please get the runner's bib number and report the situation to the aid station captain at the following aid station.

AID STATION MENU



Scratch Labs Fruit Drops
Scratch Labs Hydration Mix
Water

GEAR CHECK

FINISH LINE GEAR BAGS

-Runners will be able to leave bags at the Finish in the Gear Check tent.
-Finish Line gear bags must be tagged with the perforated tag located at the bottom of your race bib.
-Race staff will assist with adhering the tag to your bag if needed.
-Gear bags cannot exceed 10 pounds.
-Overweight or bulky bags will not be accepted.
-Coolers will not be accepted.
-Runners may only drop one bag at the Finish.
-Gear bags will not be refrigerated.
-Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
-The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
-Gear bags could be exposed to the elements. Contents should be weatherproofed.
-Gear bags are subject to search by race staff if necessary.
-Gear bags will be available for pickup at the Finish Festival until Sunday at 12:30 p.m. and then at The North Face - San Francisco store for one-week following the race.
-Gear bags WILL NOT be mailed.
-All unclaimed gear bags will be disposed of at the end of the week.

COURSE MARKING

RIBBON MARKINGS

- Each distance will follow a unique color of marking that corresponds to the participant's bib color.
- Any time runners do not see their race color among the ribbons hung on the trails, they should take it as an indication that they are no longer on their race course. They should return to the last place they saw ribbon matching their race.
- For portions of the course that will be impacted before sunrise or after sunset, reflective tape and/or glow sticks will be placed alongside course markings.

FLAG MARKINGS

- As needed, ribbon markings will be replaced by flag markings.

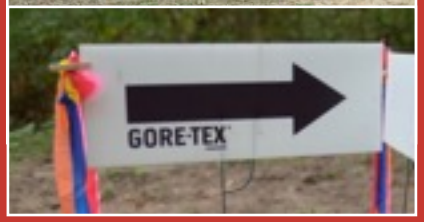
SIGN MARKINGS

- All Endurance Challenge racers will follow the white directional signage arrows on-course.
- In the event that the course is marked with a colored arrow instead of a white arrow, runners should follow the sign color that corresponds to the color of their race bib.
- Locations where this may occur include when the race distances split and at trail intersections.

AID STATION SIGNAGE

- At each aid station, runners will find a sign featuring the current mileage and the distance to the next aid station (see bottom image).

RUNNING WITH GPS WATCHES

We understand that runners will be equipped with a wide variety of GPS watches. These watches should only be used as a guide for measuring your distance throughout your respective trail race. Please be cautioned that satellite reception, tree coverage and other factors will impact the accuracy of the distance displayed on your watch and that the distance of your course will vary depending on the type/ model you wear.

SAMPLE MARKINGS