THE NORTH FACE ENDURANCE CHALLENGE

# 50 MILE COURSE GUIDE

## IMPORTANT UPDATES *(11/07/2017)*

- **NEW COURSE MODIFICATION - Old Inn to Muir Beach**
- **New 2017 Start & Finish Locations**
- **On-Course Nutrition Information**
- **UPDATE: STINSON BEACH IS NEW SPECTATOR, CREW & PACER LOCATION**

# 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 visually stunning Marin Headlands The North Face Endurance Challenge Championship course engages runners with both scenic views and drastic elevation change. The new course makes a long ascent out of Sausalito Marin City before making a long loop around Redwood Creek and heading north along Miwok Trail. Runners enjoy ascents through Tennessee Valley, Muir Beach and up to Pantoll Station. A long descent awaits the runners as they enjoy the views of the Pacific Ocean and drop down into Stinson Beach only to re-climb back up famous Dipsea trail. The Dipsea carries runners to the border of Muir Woods National Monument, down through Muir Wood and back to Muir Beach. After a few quick ascents, runners are first treated to dramatic views of the Golden Gate Bridge as they race off the Marin Headlands and then onto the iconic Golden Gate Bridge itself. A short but steep descent off the Golden Gate Bridge is the final push before arriving at the new historic airfield finish of Crissy Field.

# COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

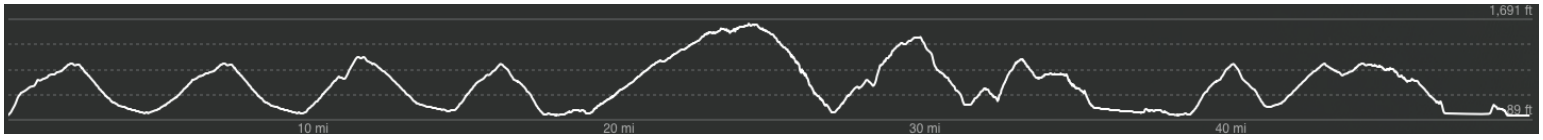
TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★

ELEVATION GAIN
10456 ft

| | | | | Pace | 0:07:35 | | 0:12:04 | | 0:16:34 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Aid Station | Name | Mile | Next Aid | Lead Runner | | Middle Runner | | Last runner | | Crew | Pacer | Drop Bags |
| Start | Marin City Ballfield | 0.0 | 4.5 | 0:00:00 | 5:00 AM | 0:00:00 | 5:05 AM | 0:00:00 | 5:10 AM | Yes | No | Yes |
| Aid #1 | Bobcat | 4.5 | 5.0 | 0:34:26 | 5:34 AM | 0:54:49 | 5:59 AM | 1:15:12 | 6:25 AM | No | No | No |
| Aid #2 | Bobcat | 9.5 | 3.8 | 1:12:07 | 6:12 AM | 1:54:49 | 6:59 AM | 2:37:32 | 7:47 AM | No | No | No |
| Aid #3 | Tennessee Valley | 13.3 | 4.5 | 1:41:05 | 6:41 AM | 2:40:57 | 7:45 AM | 3:40:49 | 8:50 AM | **Yes** | No | **Yes** |
| Aid #4 | Muir Beach | 17.8 | 5.3 | 2:15:04 | 7:15 AM | 3:35:02 | 8:40 AM | 4:55:01 | 10:05 AM | No | No | No |
| Aid #5 | Cardiac | 23.1 | 4.3 | 2:55:15 | 7:55 AM | 4:39:02 | 9:44 AM | 6:22:49 | 11:32 AM | No | No | **Yes** |
| **Hard Cut Off** | **Cardiac** | **All 50M racers need to be through this Aid Station by this time** | | | | | | | **11:32 AM** | | | |
| Aid #6 | Stinson Beach | 27.4 | 2.7 | 3:27:52 | 8:27 AM | 5:30:57 | 10:35 AM | 7:34:02 | 12:44 PM | **Yes** | **Yes** | No |
| Aid #7 | Cardiac | 30.1 | 5.9 | 3:48:20 | 8:48 AM | 6:03:33 | 11:08 AM | 8:18:46 | 1:28 PM | No | No | **Yes** |
| **Hard Cut Off** | **Cardiac** | **All 50M racers need to be through this Aid Station by this time** | | | | | | | **1:28 PM** | | | |
| Aid #8 | Old Inn | 36.0 | 2.8 | 4:33:05 | 9:33 AM | 7:14:47 | 12:19 PM | 9:56:30 | 3:06 PM | No | No | No |
| Aid #9 | Muir Beach | 38.8 | 3.0 | 4:54:19 | 9:54 AM | 7:48:36 | 12:53 PM | 10:42:53 | 3:52 PM | No | No | No |
| Aid #10 | Tennessee Valley | 41.8 | 2.9 | 5:17:04 | 10:17 AM | 8:24:49 | 1:29 PM | 11:32:34 | 4:42 PM | **Yes** | **Yes** | **Yes** |
| **Hard Cut Off** | **Tennessee Valley** | **All 50M racers need to be through this Aid Station by this time** | | | | | | | **4:42 PM** | | | |
| Aid #11 | Alta | 44.7 | 6.0 | 5:39:03 | 10:39 AM | 8:59:50 | 2:04 PM | 12:20:37 | 5:30 PM | No | No | No |
| Finish | Crissy Field | 50.7 | - | 6:24:33 | 11:24 AM | 10:12:17 | 3:17 PM | 14:00:00 | 7:10 PM | Yes | No | Yes |
| **Hard Cut Off** | **Crissy Field** | **All 50M racers need to be through the Finish Line by this time** | | | | | | | **7:10 PM** | | | |




## 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 **14 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 – Bobcat (Next Aid 4.5 miles)**

- Depart the main event site.
- Cross Drake Ave and continue up Pacheco Fire Road.
- Slight right to access trail at the gate and continue up fire road
- Left on Alta trail.
- Left/straight to Alta trail
- To aid station location you will see later in the day
- Right or straight to go down Rodeo Valley Trail.
- At junction of Coastal Trail bear RIGHT to continue to the aid station
- Bear Right onto Bobcat Trail after ½ mile at triangle intersection to the aid station.

*You will start the race in the pre-dawn and proceed through this first section, which is fire roads within GGNRA. Look back to see the other runners behind you snaking up Pecheco Fire Road in the darkness. Enjoy the lights of the Golden Gate on Alta trail before a quick descent into Bobcat Aid station.*

**Bobcat to Aid #2 – Bobcat (Next Aid 5.0 Miles)**

- Bear Right at the aid station to continue up Bobcat Trail
- Turn right at the top of the climb onto Alta and climb back up to the aid station location you passed earlier in the am.
- You will have a mark put on your bib at this second crossing at Alta
- Then you will continue down the 2-1/2 mile descent on a Rodeo Valley Trail that you saw earlier in the am bringing you back to Bobcat aid station.

*This first section will all be new as you climb up Bobcat back to Alta. Upon reaching Alta you will be running on familiar ground as you retrace your steps back to Bobcat aid station.*

**Bobcat to Aid #3 – Tennessee Valley (Next Aid 3.8 miles)**

- Bear Left at Bobcat Trail intersection (do not go right as you did earlier in the race.)
- Cross a footbridge and then Right onto Miwok Fire Road
- Bear Right at the intersection of Old Springs and Miwok to continue up Miwok Fire Rd.
- Wind up the hill to the intersection of Marincello
- Make a Left on Marincello and proceed to run down to Tennessee Valley Aid station.

*For most runners, this portion of the race is still run in the dark.*

**Tennessee Valley to Aid #4 – Muir Beach (Next Aid 4.5 miles)**

- Exit aid station to the Left and proceed along a paved walking trail that turns into a fire road.
- Bear Right onto Coastal Fire Road and proceed up up the hill
- At the top of the hill, bear Right to stay on Coastal Fire Road
- Bear hard Left at intersection with Fox Trail to stay on Coastal Fire Road
- Stay Left at intersection with Coyote Ridge Trail to stay on Coastal Fire Road
- You will continue to drop down to Muir Beach.
- At bottom of hill go Right on Kaasi Road.
- Proceed on Kaasi Road through two hard left hand turns to the Muir Beach Aid Station near the corner of Highway 1 and Pacific Way, near the Pelican Inn.

*This is a beautiful section with a sweeping view of the coast that winds along the Headlands above the Pacific*

**Muir Beach to Aid #5 – Cardiac (Next Aid 5.3 miles)**

- Exit Muir Beach Aid Station right onto Pacific Way.
- Turn Left immediately on Highway 1 by the Pelican Inn.
- Follow Highway 1 on the shoulder for ½ mile, crossing the road and proceeding straight as the road turns.
- Take an immediate Right within 50 yards at the trailhead to the Redwood Creek Trail.
- Proceed along Redwood Creek Trail parallel and above the road.
- Turn hard Left at Heather Cutoff, you turn hard left, then pass down, along a quick switchback.
- Carefully cross the road into the driveway on the other side, then run down to and across a footbridge.
- Pass through a large field to the mouth of a single track trail that begins a long ascent, along switchbacks.
- Turn Right onto Coastal Trail.
- Proceed to Coastal Fire Road to just below Pantoll Ranger Station and Dipsea Trail intersection

*This section starts with one of the only road portions of the course. Stay on the left hand shoulder and avoid traffic to the course marshalls who will guide you across Hwy 1. Enter the trails, cross the road one more time, and you're onto the long, winding trail*

*up to Coastal. Switchbacks lead you to the top of the hill and to views of San Francisco and and the Pacific up into the edge of Muir Woods. At Cardiac take aid and congratulate yourself on having completed 1,500 feet of ascent*

**Cardiac to Aid #6 – Stinson Beach (Next Aid 4.3 miles)**

- Exit the aid station, and continue on fire road
- Bear soft Right onto the Old Mine Trail.
- Exit Old Mine Trail, taking a hard Right and proceed into Pantoll Parking lot
- Cross Panoramic Hwy and bear Left onto the Matt Davis trail.
- Stay Left at intersection with Coastal trail to head down to Stinson beach.
- Descend to Stinson Beach.
- Turn Left at trail exit and proceed down road to Stinson Beach Fire Station.
- Turn Left at Hwy 1, passing the fire station.
- Proceed to the entrance to the Dipsea Trail on the left.
- Proceed up Dipsea Trail to Aid Station on Panoramic Hwy.

*After running along up the ridge to Pan Toll, you'll descend 1,900 feet to the cool ocean air of Stinson Beach.*

**Stinson Beach to Aid #7 – Cardiac (Next Aid 2.7 miles)**

- Exit Aid Station.
- Cross Panoramic Highway.
- Stay on Dipsea Trail.
- Turn right on Dipsea Trail, across footbridge, at Steep Ravine intersection.
- Continue on Dipsea to Cardiac Aid Station.

*Run up the classic Dipsea Trail through the moors. Turn back to see a sweeping view of Stinson Beach and then focus as you continue to climb the Dipsea to the Cardiac Aid Station.*

**Cardiac to Aid #8 – Old Inn (Next Aid 5.9 miles)**

- Exit Cardiac on Dipsea Trail.
- Turn Left where Dipsea Trail meets Deer Park Fire Road.
- Turn Left onto Ben Johnson Trail and wind down the hill through Muir Woods..
- Turn Left on Bootjack Trail at the bottom of the hill, across a wide footbridge where the trail dead-ends.
- Turn hairpin right on Alice Eastwood Cuttoff after ¼ mile.
- Turn left on Camp Eastwood Trail.
- Make soft right onto Plevin Cut. Trail makes sharp right at after a short hill.
- Go straight onto the Fern Trail for .6 miles.
- Turn left onto Lost Trail after footbridge across tree.
- Turn left on Canopy View.
- Turn right on Panoramic Trail as the trail reaches the top.
- Turn right onto the Redwood Trail.
- Jog left across driveway after Tourist Club, then turn onto Sun Trail.
- Turn right on Dispea.
- Cross Muir Woods Road and continue on Dipsea.
- Bear soft left onto Dipsea trail, down wooden stairs to the Aid Station.

*Prepare for a ride! This section has a winding difficult descent, followed by a challenging climb. Enjoy sweeping vistas along the Sun Trail, then rejoin the famous Dipsea Trail for a short time.*

**Old Inn to Aid #9 – Muir Beach (Next Aid 2.8 miles)**

- Exit Aid Station through Muir Woods Parking lot.
- Tear left down stairs and across stream onto Dipsea Trail.
- Turn left at Deer Park Fire Road.
- At Muir Woods road, turn right and continue down Muir Woods Road.
- Turn left on Redwood Creek Trail (CA Highway Patrol will assist).
  **Do NOT cross road toward Heather Cutoff**
- Turn left onto Highway 1.
- Turn right at Pelican Inn onto Pacific Ave to Muir Beach.
- Turn left immediately at Kaasi Road.
- Enter Aid Station.

*This section runs you through the high grasses of the Redwood Creek trail, across two wooden bridges, and back to Muir Beach Aid Station, which you visited earlier in the day.*

**Muir Beach to Aid #10 -- Tennessee Valley (Next Aid 3.0 miles)**

- Exit Aid Station on Kaasi Road.
- Turn left on Coastal Trail and proceed up hill.
- Continue slight right at the top of the hill onto Fox trail.
  **Do NOT return on Coastal Trail towards Pirates Cove, or left on Coyote Ridge.**
- Turn left at the bottom of Fox and return to Tennessee Valley aid station via Tennessee Valley Road.

*Exit Muir Beach, going up a hill you saw earlier in the race. Then, enjoy the amazing vistas as you grind up the Fire Road, and down Fox trail back to the aid station you have seen earlier in the day.*

**Tennessee Valley to Aid #11– Alta (Next Aid 2.9 miles)**

- Follow Marincello to top of the hill, stay left.
- Turn left on Bobcat Trail.
- Turn right on Alta Trail.

*Just when you thought the climbing was over. This section will gradually ascend almost 700 feet over 2 miles of wide fire road.*

**Alta to Finish (Next Aid 6.0 miles)**

- Leaving aid station turn left across the ridge on SCA Trail
- Left on Coastal trail
- Come down off Coastal trail and cross Conzelman Road.
  **Pay attention to NPS Rangers/PD at this intersection.**
- Stay on trail to small parking lot
- Cross under 101 to access east side pedestrian path of Golden Gate Bridge
- Head across the GGB.
  **NOTE: No marks will be on the bridge until you exit. Stay to your right while crossing the bridge.**
  **Pedestrian bridge is OPEN, and you will be sharing this experience with other people. Please be courteous!**
- Upon the city side of the bridge, make a left on Coastal Trail.
- Turn left 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.

*Enjoy the spectacular views of the Golden Gate Bridge as you make your way from the terrain of the Headlands to the jubilation of the finish at Crissy Fields*

## IMPORTANT COURSE INFORMATION

- All runners will be tracked through every aid station. It is crucial that your bib number is recorded by a volunteer for each pass through.
- When entering an aid station, call out your bib number to the volunteers tracking runners.
- 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.
- To ensure that all participants complete the proper course, a volunteer will be marking race numbers bib at the following locations:
  - **Stinson Beach**
  - **Alta (Unofficial Pass)**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.

# GEAR BAG DROP

## ON-COURSE GEAR BAGS

- 50 Mile participants are allowed a gear bag to be placed on-course.
- Only designated aid stations will accommodate gear bags.
- Bag tags for each location are located at the bottom of the race number
- On-course gear bags can be dropped off at packet pickup on Thursday or Friday.
- On race day, bags must be dropped at the Gear Check tent before 4:30 a.m.
- Gear bags cannot exceed 10 pounds.
- Overweight or bulky bags will not be delivered to drop locations.
- Runners may only drop one bag per location.
- Gear bags will not be refrigerated.
- Unmarked bags will be available at the Gear Check Area and can be retrieved with description.
- Once you will no longer need access to it on-course, place the bag in the area designated for gear bags to return to the Festival.
- All reasonable efforts will be made to return gear bags to the Finish Festival as soon as possible.
- All gear bags will be returned to the Finish Festival after the aid station is closed. (see pace chart)
- The earliest guaranteed time that drop bags will be back to the Finish Festival is two hours after the final runner passes through the aid station.
- Participants are permitted to drive to accessible aid stations to retrieve gear bags at their convenience.
- The North Face and Endurance Challenge are not responsible for lost or stolen gear bags or property.
- On-course gear bags are 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.

## GEAR BAG DROP LOCATIONS

Location #1: Tennessee Valley Aid Station
- First Pass Mileage: 13.3
- Second Pass Mileage: 41.8
- Aid station close: 5:30 p.m.
- Expected gear bag return: 7:30 p.m.

*** A free shuttle is offered to this aid station for those who would like to retrieve their bag prior to the return of the bags to the Finish Area.*

Location #2: Cardiac Aid Station
- First Pass Mileage: 23.1
- Second Pass Mileage: 30.1
- Aid station close: 2:15 p.m.
- Expected gear bag return: 4:15 p.m.

## RECOMMENDED GEAR BAG ITEMS

**Extra Race Clothing**
shirts
shorts
socks
shoes
rain gear
gloves
hat or neck gaiter

**Required Fuel**
energy bars
gels
sandwiches
snacks

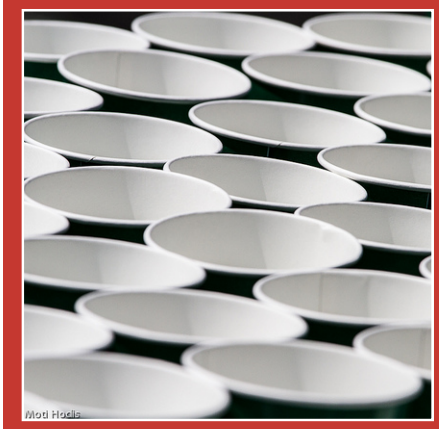
**Required Hydration**
powders
drinks
supplements

**First Aid**
antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment
bandages

# AID STATION MENU

**Salty Snacks:**
**Chips *V GF* | Pretzels *V* | Saltines *V***
**Fruit: Oranges & Bananas *V GF***
**Sweet Snacks: Skittles *V* & M&Ms *GF***
**Peanut Butter & Jelly Sandwiches**
**Potatoes & Salt *V GF***
**Vegetable Broth *GF***
**Energy Chewables**
**Electrolyte Hydration *V GF***
**Soda: Pepsi & Mountain Dew *V GF***
**Water *V GF***

***V* = *VEGAN***
***GF* = *GLUTEN FREE***



# 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.

# HEADLAMP POLICY

**For safety reasons, all 50 Mile participants are required to have operating headlamps at the start of the race until one hour after sunrise. Failure to comply will result in disqualification.**

- Sunrise: 7:10 a.m.
- Sunset: 4:51 p.m.
- Headlamp drop bins will be available at the following locations.
  - **Tennessee Valley Aid Station**
  - **IT IS RECOMMENDED THAT YOU PUT YOUR HEADLAMP IN YOUR DROP BAG.**
- Ziplock bags and sharpies will be available to store and identify.
- Headlamps will be available for pickup at the Gear Check area post race
- It is the responsibility of the runner to label and deliver headlamp to the appropriate location.
- **All runners leaving TENNESSEE VALLEY Aid Station after 3:30 PM**

# 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

# PACER INFORMATION

## PACER INSTRUCTIONS

- A pacer is defined as a trail companion that may accompany a registered participant along designated sections of the Endurance Challenge course.
- Only participants running the 50 Mile race are allowed to use pacers.
- Pacers must follow all rules and regulations set forth by The North Face Endurance Challenge.
- Pacers must comply with all instructions from event staff and volunteers at all points along the trail.
- Failure to comply will result in disqualification of the runner.

## RULES FOR PACERS

- Pacers are not allowed on the course prior to mile 27.0
- Pacers cannot meet runners at locations other than those designated
- Pacers must check-in with the aid station captain and sign a release waiver before joining their runner
- Pacers must wear the provided pacer bib at all times
- Pacer bibs must be visible on the outside and front of clothing
- Runners can be accompanied by only one pacer at a time
- No “muling” (carrying runner’s gear or nutrition/fluids)
- No vehicular or bike pacing

## PACER LOCATIONS

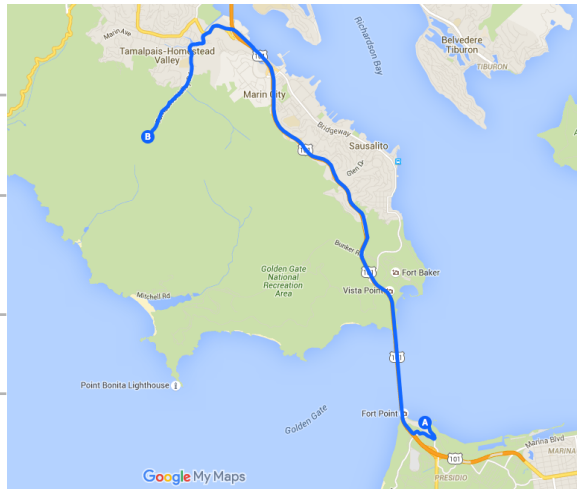
Location #1: Stinson Beach Aid Station (Second Pass ONLY) - Mileage: 27.4

Location #2: Tennessee Valley Aid Station (Second Pass ONLY) - Second Pass Mileage: 41.8

## PACER TRANSPORTATION

- Pacers are encouraged to utilize shuttles if provided by the event; however, pacers are encouraged to arrange for drop off as transportation is not provided to or from the designated aid stations.
- Pacers are encouraged to utilize shuttles if provided by the event.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park or venue officials.
- **Shuttles are provided for Pacers to the designated aid stations:**
  - **Continuous shuttle from Start/Finish to Tennessee Valley 5:30 a.m. until 7:00 p.m.**
  - **Continuous shuttle from Tennessee Valley to STINSON BEACH (NO PARKING AVAILABLE) 8:00 a.m. until 1:00 p.m.**
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

| | | | |
|---|---|---|---|
| A | | **Directions to Tennessee Valley from San Francisco** | |
| 101 | 1 | Head **northwest** on **US-101 N**<br>About 2 mins | go 5.4 mi<br>total 5.4 mi |
| 1 | 2 | Exit 445B onto **CA-1 N** toward **Mill Valley/Stinson Beach**<br>About 1 min | go 0.7 mi<br>total 6.4 mi |
| ↰ | 2 | Turn left onto **Tennessee Valley Rd**<br>About 4 mins | go 1.7 mi<br>total 7.1 mi |
| B | | **Tennessee Valley aid station** | |



# CREW INFORMATION

## CREW INSTRUCTIONS

- A crew member is defined as any individual who provides material support to a runner during The North Face Endurance Challenge event
- Crews must follow all rules and regulations set forth by The North Face Endurance Challenge
- Crew members must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

## RULES FOR CREW

- Crew access is only permitted at designated aid station locations (see pace chart and map)
- Crews must check-in with the aid station captain for direction on where to assist runners
- Crews may only assist runners within a **100 ft** radius of the designated aid stations
- A traffic cone will signify the allowable parameters for crew assistance
- Crews are limited to one vehicle per runner at designated aid stations
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their crew

**IMPORTANT NOTE FOR TENNESSEE VALLEY: Crew must stay in the parking lot. Any crew members on or near the Miwok Stables will be removed from the park immediately by race officials. Excessive cheering or noisemakers is strictly forbidden for the safety of the children and horses in the stables.**

## CREW ACCESSIBLE LOCATIONS (see pace chart for mileage)

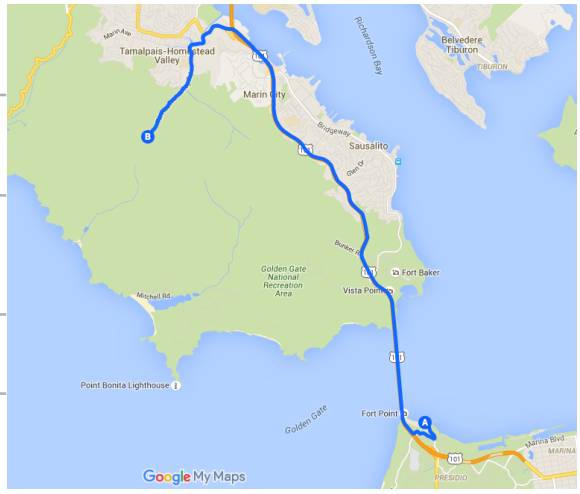
Location #1: Tennessee Valley Aid Station
- First Pass Mileage: 13.3
- Second Pass Mileage: 41.8

Location #2: Stinson Beach Aid Station
- First Pass Mileage: 27.4

## CREW TRANSPORTATION

- Parking is available at designated aid stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park or venue officials.
- **Shuttles are provided for crew to the designated aid stations:**
  - **Continuous shuttle from Start/Finish to Tennessee Valley 5:30 a.m. until 7:00 p.m.**
  - **Continuous shuttle from Tennessee Valley to Stinson Beach (NO PARKING AVAILABLE) 8:00 a.m. until 1:00 p.m.**
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

| | | | |
|---|---|---|---|
| A | | **Directions to Tennessee Valley from San Francisco** | |
| 101 | 1 | Head **northwest** on **US-101 N**<br>About 2 mins | go 5.4 mi<br>total 5.4 mi |
| 1 | 2 | Exit 445B onto **CA-1 N** toward **Mill Valley/Stinson Beach**<br>About 1 min | go 0.7 mi<br>total 6.4 mi |
| ↰ | 2 | Turn left onto **Tennessee Valley Rd**<br>About 4 mins | go 1.7 mi<br>total 7.1 mi |
| B | | **Tennessee Valley aid station** | |



# SPECTATOR INFORMATION

**SPECTATOR INSTRUCTIONS**

- Spectators must follow all rules and regulations set forth by The North Face Endurance Challenge
- Spectators must comply with all instructions from event staff and volunteers at all times
- Failure to comply will result in disqualification of the runner

**RULES FOR SPECTATORS**

- Spectator access is only permitted at designated aid station locations (see pace chart and map)
- No smoking is allowed at any of the aid stations
- Littering of any kind is strictly prohibited
- Runners are responsible for the actions of their spectators

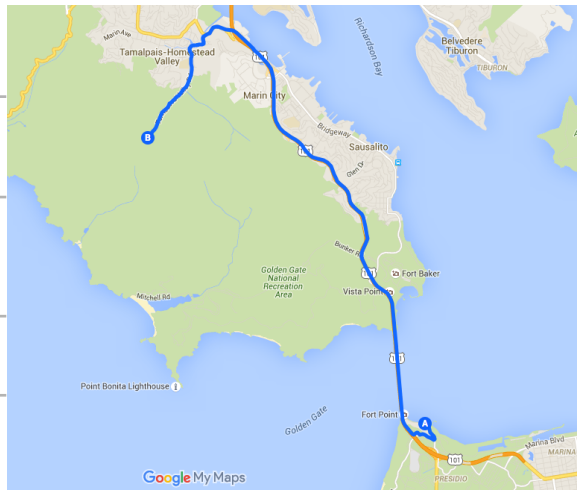
**IMPORTANT NOTE FOR TENNESSEE VALLEY: Spectators must stay in the parking lot. Any spectators on or near the Miwok Stables will be removed from the park immediately by race officials.**
**Excessive cheering or noisemakers is strictly forbidden for the safety of the children and horses in the stables.**

**SPECTATOR ACCESSIBLE LOCATIONS (see pace chart for mileage)**

Location #1: Tennessee Valley Aid Station
- First Pass Mileage: 13.3
- Second Pass Mileage: 41.8

Location #2: Stinson Beach Aid Station
- First Pass Mileage: 27.4

**CREW TRANSPORTATION**

- Parking is available at designated aid stations on the course map.
- Vehicles parked at aid stations not designated as accessible aid stations may be ticketed and/or towed by park or venue officials.
- **Shuttles are provided for crew to the designated aid stations:**
  - **Continuous shuttle from Start/Finish to Tennessee Valley 5:30 a.m. until 7:00 p.m.**
  - **Continuous shuttle from Tennessee Valley to Stinson Beach (NO PARKING AVAILABLE) 8:00 a.m. until 1:00 p.m.**
- **SEE COURSE MAP FOR PARKING AVAILABILITY**

| | | | |
|---|---|---|---|
| A | | **Directions to Tennessee Valley from San Francisco** | |
| 101 | 1 | Head **northwest** on **US-101 N**<br>About 2 mins | go 5.4 mi<br>total 5.4 mi |
| 1 | 2 | Exit 445B onto **CA-1 N** toward **Mill Valley/Stinson Beach**<br>About 1 min | go 0.7 mi<br>total 6.4 mi |
| ↰ | 2 | Turn left onto **Tennessee Valley Rd**<br>About 4 mins | go 1.7 mi<br>total 7.1 mi |
| B | | **Tennessee Valley aid station** | |