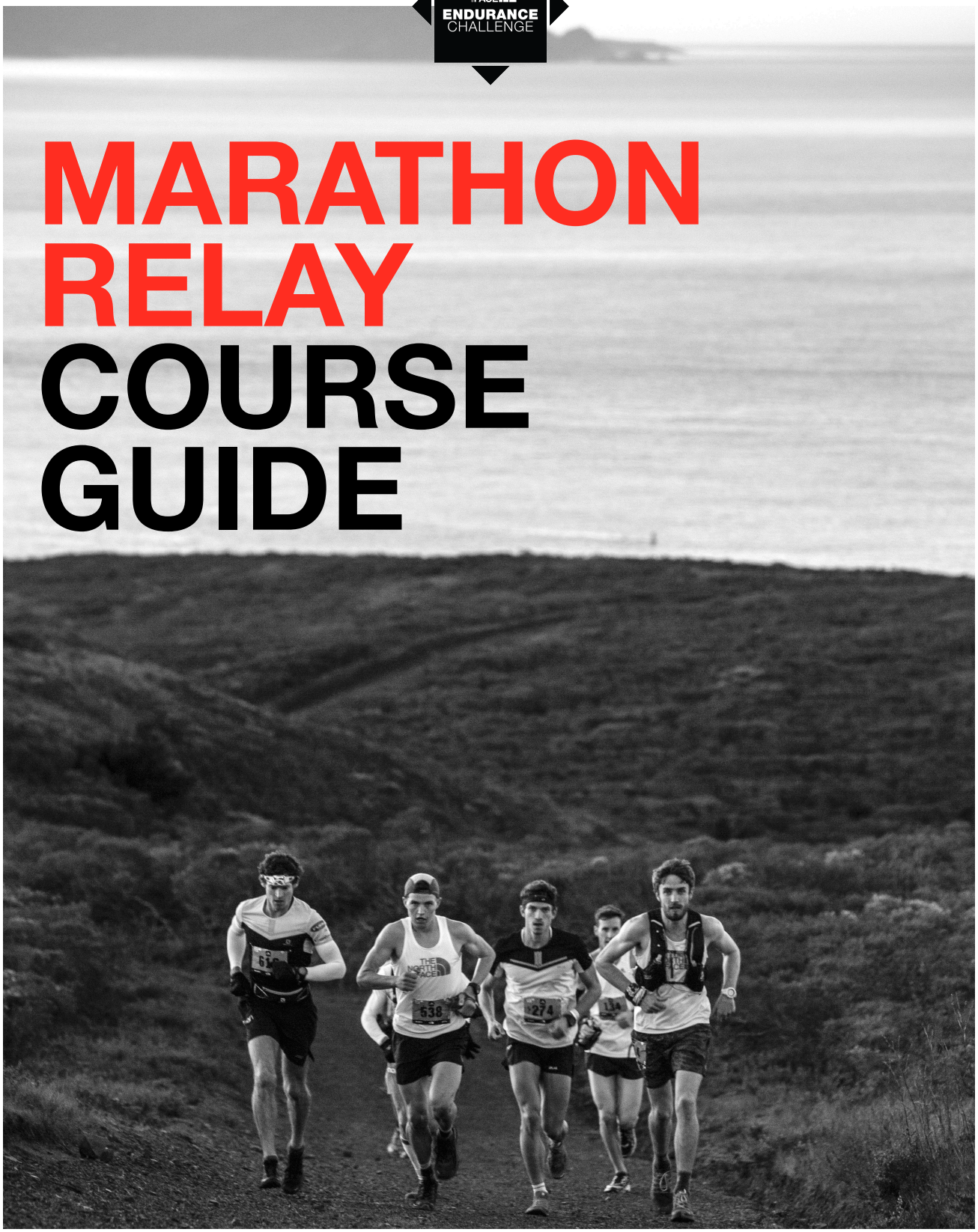
THE NORTH FACE ENDURANCE CHALLENGE

MARATHON RELAY COURSE GUIDE



IMPORTANT UPDATES *(10/12/2018)*

- **New On-Course Nutrition Information**

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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
    - TNF Endurance challenge is cupless at each course aid station and at the start/finish line festival.
- 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 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 and look back towards the Pacific Ocean and Muir Beach before descending back to Tennessee Valley. 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

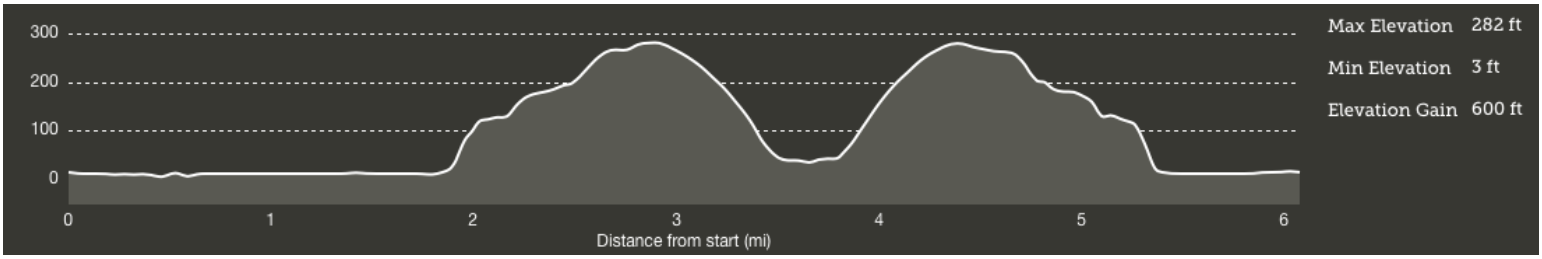
OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★

				Pace	0:06:30		0:10:30		0:14:31	
Aid Station	Name	mile	Next Aid	Lead Runner		Middle Runner		Last runner		Crew
Leg #1	Crissy Field	0.0	4.1	0:00:00	10:00 AM	0:00:00	10:00 AM	0:00:00	10:00 AM	Yes
Aid #1	Baker Beach	4.1	2.1	0:26:39	10:26 AM	0:43:05	10:43 AM	0:59:31	10:59 AM	No
Leg#2	Crissy Field	6.2	4.1	0:13:39	10:40 AM	0:22:04	11:05 AM	0:30:29	11:30 AM	Yes
Aid #1	Baker Beach	10.3	2.1	0:26:39	11:06 AM	0:43:05	11:48 AM	0:59:31	12:29 PM	No
Leg #3	Crissy Field	12.4	4.1	0:13:39	11:20 AM	0:22:04	12:10 PM	0:30:29	1:00 PM	Yes
Aid #1	Baker Beach	16.5	2.1	0:26:39	11:47 AM	0:43:05	12:53 PM	0:59:31	1:59 PM	No
Leg#4	Crissy Field	18.6	4.1	0:13:39	12:00 PM	0:22:04	1:15 PM	0:30:29	2:30 PM	Yes
Aid #1	Baker Beach	22.7	2.1	0:26:39	12:27 PM	0:43:05	1:58 PM	0:59:31	3:29 PM	No
Finish	Crissy Field	24.8	-	0:13:39	12:41 PM	0:22:04	2:20 PM	0:30:29	4:00 PM	Yes
Hard Cut Off	**Crissy Field**	**All Relay racers need to be through the Finish Line by this time**							**4:00 PM**	



CUTOFF POLICY

In accordance with parameters agreed to by ALL permitting 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 6 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.

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

- 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.
- Share the trail! Many of our course sections are run on single-track trails. If a faster runner is approaching you and would like to pass provide the opportunity for the runner to safely pass.
- The Relay Transition zone is located at the Finish Line Festival. Relay runners will be required to remove the timing device from their ankle and hand it off to the next runner on the team. It is crucial that no relay team member crosses the Finish Line until all team members have completed the course.
- The North Face Endurance Challenge is going cupless. Be sure to bring your HydraPak SpeedCup provided at packet pick up or your own bottle/hydration device. Water cups will not be provided.

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.

RECOMMENDED FINISH LINE GEAR BAG ITEMS

POST RACE CLOTHING
shirts
shorts
socks
sandals
rain gear
gloves
warm gear

RECOVERY FUEL
recovery bars
recovery powders
snacks
water bottle / hydration device

FIRST AID
antacids
ibuprofen/aspirin
lip balm
blister protection
analgesics
towels
eye drops
antibiotic ointment

Finish Line Gear Bag Tag

AID STATION INFORMATION

The North Face Endurance Challenge believes that their runners should be fueled with proper nutrition and hydration for a successful day on the trails.

One (1) aid station is located along the Marathon Relay course (see course map for mileage and locations). Each aid station consists of the following amenities and menu:

- Medical Tent with accessible DNF transportation
- Toilet facilities
- Menu (V=Vegan; GF=Gluten Free):
  - Hammer HEED Electrolyte Hydration *GF*
  - Water *V GF*

THE NORTH FACE ENDURANCE CHALLENGE IS GOING CUPLESS

As part of a continuing effort to reduce waste and lessen our race footprint, The North Face Endurance Challenge Series has partnered with HydraPak and is going cupless. Starting this year, cups will NOT be available at aid stations or finish line festival for water or electrolyte drink at any of our events. A very limited number of cups will be available for soda and broth upon request.

Each registered runner will receive a HydraPak SpeedCup for re-use at aid stations throughout their race and at the finish line festival. The lightweight and flexible HydraPak SpeedCup is designed to tuck anywhere and easily fill up on a run. It can be crushed to stuff in your running vest, pocket or held in the palm of your hand and is equipped with an integrated finger loop to provide support when drinking or filling.

AID STATION NOTIFICATION

NATIONAL PARK SERVICE REQUIREMENTS

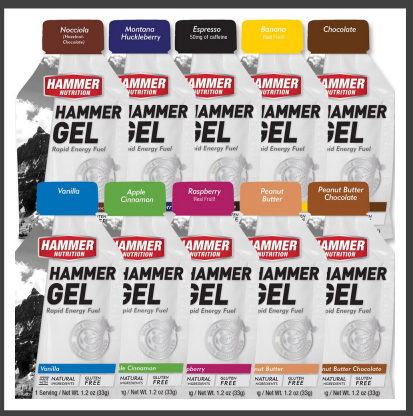
Per our permit with National Park Service, **NO** Energy Gels are allowed at the following Aid Stations:

- **Tennessee Valley Aid Station**
- **Muir Beach Aid Station**
- **Stinson Beach Aid Station**
- **Old Inn Aid Station**
- **Alta Aid Station**
- **Baker Beach Aid Station**

Please note the **ONLY** Aid Station that is permitted to serve Energy Gels is:

- **Cardiac Aid Station**

AID STATION ITEMS



HAMMER NUTRITION®

HydraPak

RACE REFUELING BY HAMMER NUTRITION

DO'S AND DON'TS

- **Don't try to "carbo load" the night before**
- **Don't try to load water or sodium in the days before**
- **Don't worry about not sleeping much on Friday night**
- **DO get a good night's sleep Thursday night**
- **DO maintain normal hydration and caloric intake in the days prior**
- **DO attend the panel discussion on Thursday night**

NIGHT BEFORE RACE:

- **Eat clean, eat until you're satisfied, and then call it a night.** For dinner, consume complex carbohydrates, some high-quality protein, and low-to-no saturated fat. Make sure your meal is low in sodium, and be sure to drink sufficient (but not too much) amounts of water. Skip the alcohol, fatty foods, and dessert… save those "rewards" for after the race.

RACE MORNING:

- **Finish all calorie consumption 3 hours prior to your race start, keeping in mind that this means the start of YOUR individual leg, not the start of the actual race.** This puts your body in the ideal physiological state to use its stores of on-board fuel efficiently, while also utilizing the vast amount of calories from body fat stores more effectively.
- If you don't plan on being up to eat 3 full hours before race start, sleep in and skip breakfast.

Breakfast should consist of 400-500 calories from low fiber carbohydrates, protein and fat.
Read all about pre exercise fueling here: https://www.hammernutrition.com/pre-exercise

DURING THE RACE: ***REMEMBER: Less is Best!***

CALORIC INTAKE: Each leg is approximately 10K/6.2 miles, which should take no more (and most likely less) than 60 minutes to accomplish. As such, minimal-to-no calories will be necessary. If you do choose to have calories, we suggest one of the two options:

- Consume one (1) Hammer Gel 5-10 minutes prior to the start

OR:

- Carry one (1) Hammer Gel and consume halfway through your leg

FLUID INTAKE: Avoid overconsuming! During prolonged exercise, most athletes can assimilate a maximum of 20-25 ounces per hour. Lighter athletes or cooler temperatures require even less—only 12-16 ounces per hour. Heavier athletes or hot temperatures may require up to 28 ounces per hour. During your 10K/6.2-mile leg, you will most likely only need minimal fluids, if any, so don't feel the need to drink at each aid station. A cup of water or HEED at one or two of the aid stations will suffice.
SOURCE: https://www.hammernutrition.com/hydration

ELECTROLYTE INTAKE: You will most likely not require any electrolytic mineral support during your leg; however, if you do find it necessary, sipping on a cup of HEED at one to two of the aid stations will replenish your body with these minerals.

AFTER THE RACE:
"Refill the tank" ASAP with Recoverite. Consumed within the first 30 minutes after the race, Recoverite is the convenient and effective way to resupply your body with complex carbohydrates, whey protein isolate, and a full spectrum electrolyte profile. *SOURCE: https://www.hammernutrition.com/recovery*

For complete articles on these five topics, be sure to download your FREE copy of ***5 Secrets of Success*** at https://www.hammernutrition.com/5sos

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).

SAMPLE MARKINGS

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.