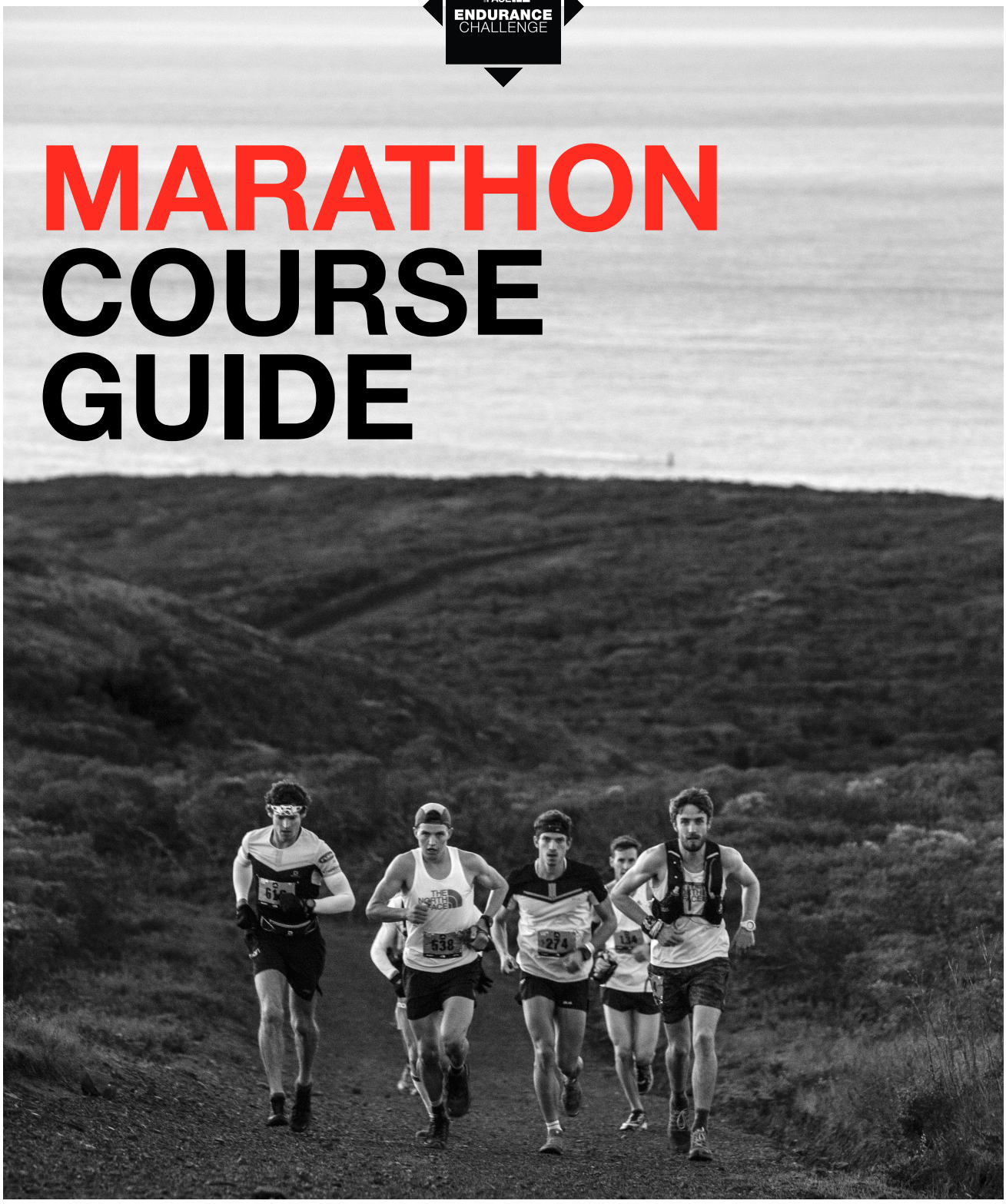
THE NORTH FACE ENDURANCE CHALLENGE

# MARATHON COURSE GUIDE



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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.

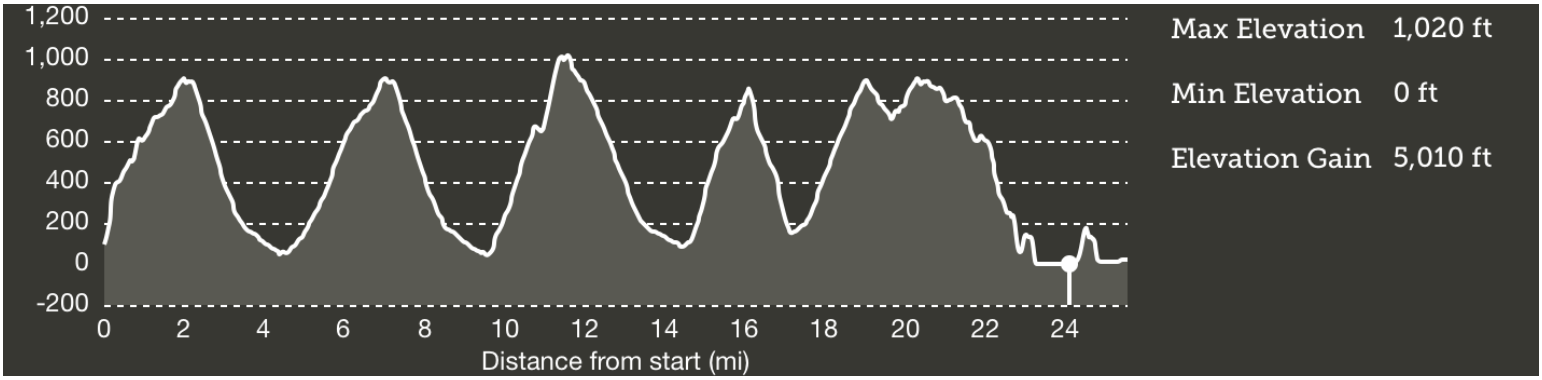
# COURSE RATING, ELEVATION PROFILE & PACE CHART

OVERALL DIFFICULTY: ★★★★★

TECHNICAL TERRAIN: ★★★★★

ELEVATION CHANGE: ★★★★★

SCENERY: ★★★★★




| | | | | Pace | 0:08:10 | | 0:13:15 | | 0:18:21 | |
|---|---|---|---|---|---|---|---|---|---|---|
| Aid Station | Name | mile | Next Aid | Lead Runner | | Middle Runner | | Last runner | | Crew |
| Start | Marin City Ballfield | 0.0 | 4.5 | 0:00:00 | 9:00 AM | 0:00:00 | 9:02 AM | 0:00:00 | 9:04 AM | Yes |
| Aid #1 | Bobcat | 4.5 | 5.0 | 0:36:45 | 9:36 AM | 0:59:40 | 10:01 AM | 1:22:34 | 10:26 AM | No |
| Aid #2 | Bobcat | 9.5 | 3.8 | 1:17:35 | 10:17 AM | 2:05:57 | 11:07 AM | 2:54:19 | 11:58 AM | No |
| Aid #3 | Tennessee Valley | 13.3 | 4.0 | 1:48:37 | 10:48 AM | 2:56:20 | 11:58 AM | 4:04:02 | 1:08 PM | Yes |
| Aid #4 | Tennessee Valley | 17.3 | 2.9 | 2:21:17 | 11:21 AM | 3:49:21 | 12:51 PM | 5:17:26 | 2:21 PM | Yes |
| Aid #5 | Alta | 20.2 | 6.0 | 2:44:38 | 11:44 AM | 4:27:16 | 1:29 PM | 6:09:54 | 3:13 PM | No |
| Finish | Crissy Field | 26.2 | - | 3:33:38 | 12:33 PM | 5:46:49 | 2:48 PM | 8:00:00 | 5:04 PM | Yes |
| **Hard Cut Off** | **Crissy Field** | **All MARATHON racers need to be through the Finish Line by** | | | | | | | **5:04 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 **8 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 – 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.

*This is a nice section within GGNRA that rises in elevation to Marincello and then a quick drop down to the aid station.*

**Tennessee Valley to Aid #4 – Tennessee Valley (Next Aid 4.0 miles)**

- Proceed along a paved walking trail that turns into a fire road.
- Stay right onto Coastal Fire Road and proceed up a 400 foot ascent over the next half mile.
- At the top of the hill, turn right onto Coyote Ridge Fire Road.
- Turn right onto and down the Fox Trail
- Turn left on pavement at the bottom of Fox Trail.
- Return to Tennessee Valley Aid Station

*Enjoy beautiful, sweeping views from the Pacific to the Bay.*

**Tennessee Valley to Aid #5– 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. *No marks will be on the bridge until you exit. Stay to your right while crossing the bridge and note that the 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.
- 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.
- 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:
    - **Alta**
- If you DO NOT have the appropriate markings upon finishing the race, you are not eligible for any awards.
- 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.

Five (5) aid stations are located along the Marathon 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):
  - Salty Snacks:
    - Chips *V GF*
    - Pretzels *V*
    - Saltines
  - Fruit:
    - Oranges & Bananas *V GF*
  - Sweet Snacks:
    - Skittles *V*
    - M&Ms *GF*
  - Peanut Butter & Jelly Sandwiches
  - Potatoes & Salt *V GF*
  - Vegetable Broth *GF*
  - Hammer HEED Electrolyte Hydration *GF*
  - Soda:
    - Cola & Mountain Dew *V 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**
- **Bobcat 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.** 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!***

- **Calories –** 120 to 180 per hour
- **Fluids –** 16 to 28 ounces per hour
- **Electrolytes –** 1-3 Endurolytes Extreme per hour (supplies 300 mg of salt per capsule)

*SOURCE: https://www.hammernutrition.com/less-is-best*

**CALORIC INTAKE:** The goal of caloric intake is to consume the least amount necessary to maintain energy levels where you want them to be hour after hour. For the majority of athletes, this represents an intake of 120-180 calories per hour. You can always add more!

Calories in Hammer fuels at the aid stations:

- Hammer Gel = 90 calories
- HEED = 5 calories per fluid ounce

*SOURCE: https://www.hammernutrition.com/caloric-intake*

**FLUID INTAKE:** Avoid overconsuming! 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.
*SOURCE: https://www.hammernutrition.com/hydration*

**ELECTROLYTE INTAKE:** To maintain the optimal performance of many important bodily functions—including muscular performance—regular dosing with a balanced, full-spectrum blend of electrolytes is required.
*SOURCE: https://www.hammernutrition.com/electrolytes*

**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.

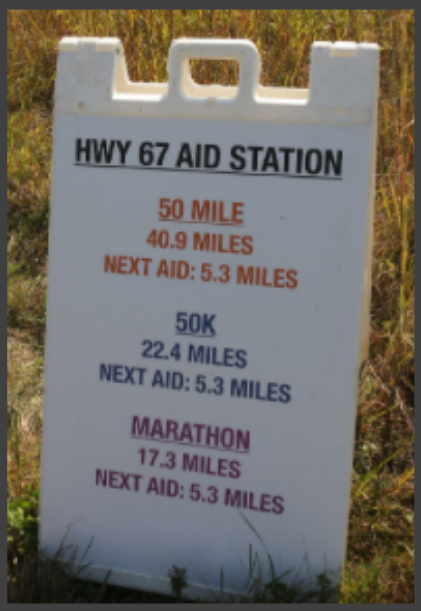
### AID STATION SIGNAGE

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

# 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



# 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 LOCATION (see pace chart for mileage)

Tennessee Valley Aid Station

- First Pass Mileage: 13.3
- Second Pass Mileage: 17.3

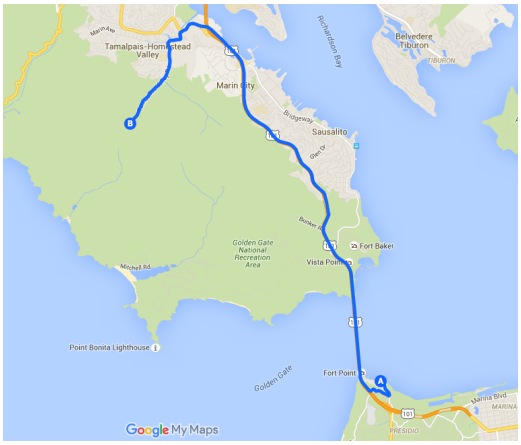
## CREW TRANSPORTATION

- 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 to designated aid stations:**
  - **Continuous shuttle from Start/Finish to Tennessee Valley - 5:30 a.m. until 7:00 p.m.**

**IMPORTANT NOTE FOR AID STATION SHUTTLES: A nominal fee will be charged for spectators and crew to be shuttled to the aid stations. Aid station shuttle passes can be purchased in advance online for $5.00 or at the Start and Finish Festival areas on race day for $10.00. Advance purchase online closes at 6:30pm on Friday prior to race day.**

- **SEE COURES MAP FOR PARKING AVAILABILITY**

| | | **Driving Directions from San Francisco to Tennessee Valley** | |
|---|---|---|---|
| 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 |
| | | 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

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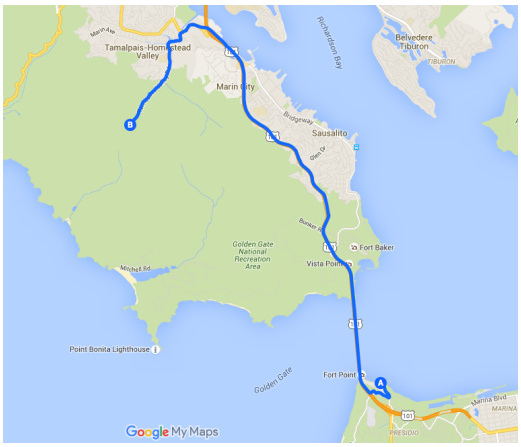
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