

Dear Headlands 100 Mile Trail Run participants,

Race time is coming up upon us. Hope you are all ready!

We wanted to be sure to cover a few key points and give you the pre-race instructions.

EVENT PARKING

Parking is available 24/7 at the start/finish. Please park in the dirt parking lot behind the bathrooms, as the paved lot will be off limits to race parking on the morning of the race. We need to keep those lots vacant for the general public! You will be directed to the dirt parking lot by a parking volunteer and/or park ranger. There is also parking on the roadside. If you are parking there, be sure to use the crosswalk and watch out for cars going both ways.

AID STATION PARKING

Parking at the Golden Gate aid station and at Tennessee Valley aid station is not limited. Parking is limited at the Muir Beach aid station - the parking lot is locked for the night and you will need to park on the street if you're crewing for your runner. Please be considerate of posted NO PARKING signs along certain stretches of road and in residential areas.

BIB PICK-UP

Please pick up your racing bib along with your goodie bag from Zombie Runner and ClifBar at the start/finish area between 5:30 and 6:30 am on Saturday morning.

BATHROOMS

There are men's and women's bathrooms with running water and sinks right next to the start/finish area. There will also be portable toilets located adjacent to the bathrooms/showers. There will be several portable toilets at the Muir Beach aid station and Golden Gate aid station, and permanent structures at Tennessee Valley aid station.

RACE STARTING TIMES

We will be starting the Headlands 100 Mile Endurance Run at 7:00 am sharp. A short pre-race briefing will be given 10 minutes before the start at the starting area located at the edge of the Rodeo Beach parking lot. Please get to the starting area in enough time for the briefing so you are made aware of any important information for your race.

TRAIL/RACING ETIQUETTE

It is important that all runners know to run single file on the right-hand side of the trail and call out "on your left" when passing someone else. With the out-and-back section of the Golden Gate aid station this is even more crucial. This is one reason we ask anyone using headphones to keep the volume lower and leave one ear open. We also ask that you remove your headphones completely when coming to aid stations. We are not "anti-headphones" but safety comes first. We've also seen runners go off onto the wrong trail oblivious to other runners yelling at them to turn, or need to jump to the side of the trail scared off by the biker coming from behind. Don't let that person be you!

DROP BAG LOCATIONS

Drop bags will be available at Rodeo Beach (start/finish) and Tennessee Valley aid station. At the Rodeo Beach (start/finish) aid station you can leave whatever you'd like while you run. Tennessee Valley drop bags will be transported to the aid station after the start. Tennessee Valley drop bag area will be subdivided into two smaller areas - "Active Drop Bag Area" which will house all drop bags initially and "Return to Finish Drop Bag Area". If you feel that you will not be needing your drop bag any longer and would like it to be transported back to finish, you can relocate your drop bag to the "Return to Finish" area. We'll have someone there to take and return your bags, but we cannot be responsible for any contents, so please leave valuables at home!

WEATHER ALERT

The section of the trail from Tennessee Valley to Golden Gate Bridge is known for its ferocious wind, often coupled with fog and low temperatures at night. To avoid hypothermia, please carry a wind blocking layer with you along this section. Hot soup and broth will be available at the Golden Gate aid station.

AID STATIONS

Runners will hit aid stations at approximately the following mileages:

Tennessee Valley: Miles 4.2, 12.1, 38.1, 46, 54.4, 62.3, 88.3, 96.2

Muir Beach: Miles 8.3, 41.9, 58.5, 92.1

Golden Gate: Miles 17.1, 33.1, 67.3, 87.3

Rodeo Beach: 25.1, 50.2, 75.3

Any runner who thinks they might need water more frequently should carry a water bottle or hydration pack. Aid stations will be stocked with sweet and salty snacks, cookies, boiled potatoes and salt, hot soup and chili at select aid stations, grilled ham and cheese sandwiches, quesadillas, bacon, fruit, Clif electrolyte drink, and Clif Bloks. Clif Shots are not allowed due to the litter problems they create and WILL NOT be available. If you think that you will need gels along the course, bring them with you.

KEEP IT CLEAN!

Leaving trash on the trail is 100% unacceptable. There should be no trace left behind, so please make sure to hold onto any wrappers or other materials when running. Anyone found littering will be immediately disqualified.

COURSE MAPS/COURSE MARKING

Course maps and descriptions will be available for all runners. While we will do our best to keep every runner on course, we have to remind you that this is a trail run and thus much easier to go off course than any road race. Each runner shares the responsibility with us for staying on the published course. We advise all runners to carry their maps with them to avoid getting lost.

Course will be marked with solid colored ribbons every 400 meters in three distinct colors. Each color corresponds to a segment that you need to finish before moving on to a segment of a different color. These colors are:

YELLOW - For the segment from Rodeo Beach to Tennessee Valley to Muir Beach
PINK - For the segment from Muir Beach to Tennessee Valley to Golden Gate
BLUE - For the segment from Golden Gate to Rodeo Beach

This will conclude your FIRST loop. You will reverse directions on the SECOND loop and go back to Golden Gate, then to Tennessee Valley-Muir Beach-Tennessee Valley-Rodeo Beach. THIRD loop will be identical to the first loop, and the FOURTH loop will be identical to the second loop.

Turns will be marked with striped ribbons matching the course color on the same side of the trail as the turn. So, if you are running and see a blue and white striped ribbon on your right, this means a right turn is coming up very shortly. After making the turn, you should see a solid blue ribbon to confirm you are going the right way.

Any time you approach an intersection, be sure to look and see if there are ribbons ahead, or down one of the possible turns. If you don't do this, you may run blindly past your turn and end up off course. Also, if you don't see any ribbons for 5 minutes or more - you're off course. Please backtrack to

where the ribbons are and proceed in the right direction.

At night time, the course will be marked with colored glow sticks that correspond to each section's ribbon color. If it's a pink section - the glow sticks will be pink, and if it's a yellow section - the glow sticks will be yellow.

Additionally, do not make the unfortunately too common mistake of "just following" the runner in front of you. They may have no idea what they're doing and lead you who knows where!

SHARING THE TRAILS

Please be aware the trails are also open to other hikers and mountain bikers. So that we are able to return again and use these parks, we ask everyone to please be courteous and polite to all other trail and park users.

AWARDS

In addition to marble coasters for all finishers, we have special age group mugs for those finishing in the top of their age group (done in 10 year divisions). We will also have very unique awards for top male and female! All marble coasters will be imprinted with your finishing time and sent out the week following the event.

VOLUNTEERS

Dozens of volunteers are giving up their hard-earned free time to help put on this event. Many are arriving at the park before 5:00am just to be sure things are ready for when you arrive and some are staying for the duration of the whole event. Please thank them for coming out to support us all. A race like this would be completely impossible without people like them. We hope you'll express to them your appreciation for their efforts.

INJURIES/EMERGENCIES

All participants must understand that they are running on remote trails where any sort of emergency response can be extremely slow.

We will have an EMT at the finish area for basic first aid. If you should require some special/emergency medical attention, please let the aid station in-charge know or let another runner know to tell them. If you just need to patch up a scrape or blister, the aid station volunteers should be able to

help you.

ANYONE DROPPING OUT OF THE RACE MUST INFORM THE RACE DIRECTOR. PLEASE DO NOT SIMPLY LEAVE.

Anyone who drops out without informing the race director will be charged for any search efforts that have to be taken, so please do not do this. If you drop out of the race, you must return to the finish area to inform the race director.

RACE T-SHIRTS

Patagonia Capilene 1 shirts will be available after the race for all participants.

POST-RACE SNACKS

We will have several different post-race snacks available, from healthy fruit to not-so-healthy sugar-filled (but well-earned) indulgences. Enjoy!

If there is anything you're wondering about that we haven't covered, don't be shy! You can reach us by e-mail at michael@pctrailruns.com

Looking forward to seeing you all on Saturday and GOOD LUCK TO ALL RUNNERS!!!

Best regards,

PCTR Team