

PACIFIC COAST TRAIL RUNS

HEADLANDS 100 MILE ENDURANCE RUN

Location	Distance (mi)	Next Aid (mi)	Cut-Off Time	Crew Access	Drop Bags/Sleeping Tent	COLOR
Rodeo Beach (Start)	0	4.2		YES	YES	Yellow
Tennessee Valley	4.2	4.1		YES	YES	Yellow
Muir Beach	8.3	4.3		YES		Pink
Tennessee Valley	12.6	5.9		YES	YES	Pink
Golden Gate	18.5	6.5		YES	YES	Blue
Rodeo Beach (Start/Finish)	25	6.5		YES	YES	Blue
Golden Gate	31.5	5.9		YES	YES	Pink
Tennessee Valley	37.4	4.3		YES	YES	Pink
Muir Beach	41.7	4.1		YES		Yellow
Tennessee Valley	45.8	4.2		YES	YES	Yellow
Rodeo Beach (Start/Finish)	50	4.2	10:00 PM	YES	YES	Yellow
Tennessee Valley	54.2	4.1		YES	YES	Yellow
Muir Beach	58.3	4.3		YES		Pink
Tennessee Valley	62.6	5.9		YES	YES	Pink
Golden Gate	68.5	6.5		YES	YES	Blue
Rodeo Beach (Start/Finish)	75	6.5	7:00 AM	YES	YES	Blue
Golden Gate	81.5	5.9		YES	YES	Pink
Tennessee Valley	87.4	4.3		YES	YES	Pink
Muir Beach	91.7	4.1		YES		Yellow
Tennessee Valley	95.8	4.2		YES	YES	Yellow
Rodeo Beach (Finish)	100		4:00 PM	YES	YES	FINISH