



Headlands 100 Trail Run

Race-day Instructions

Dear Headlands 100 Mile Endurance Run participants,

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

We want to be sure to cover a few key points by giving 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.

From US 101, take the Alexander Ave Exit from the South or the "Sausalito Exit" from the North and head North on Sausalito Lateral Rd. for .2 miles. Turn LEFT on Bunker Rd. (through Tunnel) and continue for 3.1 miles. Continue on Mitchell Rd. for .3 miles. Click on the 'View Larger Map' link for detailed driving directions:



[View Larger Map](#)

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.

[Crew Driving Directions](#)

BIB & SHIRT PICK-UP

Please pick up your racing bib along with your goodie bag from PCTR, SaltStick, and Clif Bar at the start/finish area between 5:30 and 6:30 am on Saturday morning. Patagonia Capilene 1 shirts with the H100 logo be distributed at check-in, as well.

BATHROOMS

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

RACE STARTING TIME

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. Also, downhill traffic has the right-of-way. These two rules are particularly crucial in regard to the out-and-back section going to and from the Golden Gate aid station. This is one reason we ask anyone using headphones to keep the volume low 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), Tennessee Valley aid station, and Vista Point aid station. The designated drop bag area for transportation to aid stations will be set-up near check-in tent. At the Rodeo Beach (start/finish) aid station you can leave whatever you'd like while you run. Tennessee Valley and Vista Point drop bags will be transported to the aid stations after the start. We cannot be responsible for any contents, so please leave valuables at home!

WEATHER ALERT

The section of the trail from Tennessee Valley to the Golden Gate Bridge is known for its ferocious wind, often coupled with fog and low temperatures, particularly at night. To avoid hypothermia, please carry a wind blocking layer with you along this section. Hot chicken broth or soup 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, 12.6, 37.4, 45.8, 54.2, 62.6, 87.4, 95.8

Muir Beach: Miles 8.3, 41.7, 58.3, 91.7

Vista Point: Miles 18.5, 31.6, 68.5, 81.5

Rodeo Beach: 25.0, 50.0, 75.0

[Aid Stations/Drop Bags](#)

Runners who think 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, fruit, Clif electrolyte drink, and Clif Bloks. Select aid stations will also have hot soup and chili, grilled cheese sandwiches, quesadillas, and bacon. Clif Shots are not allowed by the permitting agency 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, but be sure not to drop the empty packets.

KEEP IT CLEAN!

Leaving trash on the trail is 100% unacceptable. Our permits are dependent on there being no trash/paper/plastic dropped or left on the trails. Should you leave the aid station with cups, wrappers, or food waste, you MUST carry it with you until you reach a garbage receptacle. Anyone seen or reported littering will be immediately disqualified and banned from PCTR events.

COURSE MAPS/COURSE MARKING

The course map is available online on the H100 page, and we will have course maps available at check-in 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. It is each runner's responsibility to learn/know the course beforehand and stay on course during the race. We advise all runners to carry their maps with them to help avoid getting lost.

The 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 Vista Point to Rodeo Beach

This will conclude your FIRST loop. You will reverse directions on the SECOND loop and go back to Vista Point, then to Tennessee Valley-Muir Beach-Tennessee Valley-Rodeo Beach. The 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, especially at intersections, 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, mountain bikers,

and equestrians. We ask everyone to please be courteous and polite to all other trail and park users.

This is especially important with horses. There are specific guidelines for the Horse-Racer interaction on trail:

- a) HORSES HAVE THE RIGHT OF WAY. They are less safe pulling off trail than you are, especially if it is a line of riders who may not have any experience riding (public guided rides and student rides).
- b) DO NOT SURPRISE A HORSE - they are fright & flight animals with a power instinct to flee at the first sign of anything DIFFERENT, it may not be threatening, like an upside-down bike, which is being repaired. If a horse spooks, it could knock you over, kick out, and/dump it's rider - the risk is grave injury to you and the rider.
- c) GIVE A GENTLE VOICE SALUTATION - let the horse and rider know you are there.
- d) If you are too close, you are the one most likely to be injured.
- e) Understand that horses cannot be trained out of their instinct to flee.
- f) Approach every blind turn as if there will be a horse around the corner.

AWARDS

New this year, we will have buckles for all finishers - silver for those who finish sub-24 hours and bronze for those who finish between 24 and 33 hours. We will have medals for those finishing in the top of their age group (done in 10 year divisions). We will also have mug and coaster awards for top male and female.

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 event. Please thank them for coming out to support you and the race. 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.

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 or your crew must return to the finish area to inform the race director.

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, as well as soup or chili and other hearty options. 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 or sarah@pctrailruns.com.

We are looking forward to seeing you all on Saturday and GOOD LUCK TO ALL RUNNERS!!!

Best regards,

Michael and Sarah