

Dear **GOLDEN GATE HEADLANDS TRAIL RUN** entrant:

Congratulations on your entry in the 23rd annual **GOLDEN GATE HEADLANDS MARATHON, HALF MARATHON & 7 MILE** scheduled for Saturday, April 3, 2010. This gorgeous trail run loops through the Marin Headlands within Golden Gate National Recreation Area. Be prepared for a challenging run with remarkable views of the Golden Gate, Marin Headlands and the Pacific shoreline as a reward for your effort.

THIS RACE IS SOLD OUT! There will be NO race day registration.

RACEDAY ITINERARY

- **ATHLETE CHECK-IN** will be held from 8 to 8:50 in the picnic area at Rodeo Beach. (If you're pre-registered and have your bib number, there's no need to check in; you're ready to run! We will have safety pins available for you.)
- Pre-race briefing will be held at 8:50 a.m. Anticipated race start time is 9 a.m.
- No formal awards ceremony on raceday. Personalized ribbons will be mailed to top-three finishers in 5-year age groups a few weeks following the event.
- Results will be posted at www.envirosports.com within 24 hrs. after the event.
- Stay and enjoy our spread of post-race snacks.
- Don't forget to pack a picnic to enjoy Rodeo Beach after the race!

COURSE DESCRIPTION

- Course will be marked with orange ribbon.
- The **7 MILE** follows a single loop course.
- The **HALF MARATHON** course is a larger loop.
- The **MARATHON** does the Half Marathon course twice.
- Aid stations will be located at miles 4.5, 7.5 & 10.5 (Marathoners pass these twice).
- We highly recommend that you carry water.
- The course map is available at our website. Printed maps will be available on raceday.
- There is a **6-hr course-wide cutoff**; for Marathoners, this reflects a 13:45-per-mile pace.
- For your safety and Envirotainment, headphones and jogging strollers are **NOT** allowed.
- Sorry, **NO DOGS** allowed on the trails.
- Restrooms and shower facilities are available at Rodeo Beach.

DIRECTIONS

Take the first exit north of the Golden Gate Bridge (southbound Hwy. 101 drivers take the last exit before the bridge). Conzelman Rd. will be the only road going uphill within sight of the freeway. Turn right onto Conzelman. Follow this road until it forks at McCullough Rd. Turn right onto McCullough. At the bottom of the hill, turn left onto Bunker Rd. Follow Bunker Rd. for approx 3 miles. Ignore various forks to the left; always bear to the right to stay on Bunker Rd. Shortly after crossing the lagoon, the road forks and you will see a sign on your right hand side for The Marine Mammal Center. **DO NOT** bear right (uphill) to The Center. Continue straight along the lagoon towards the beach. Park in the dirt parking lot at the end of the paved road.

We look forward to seeing you there!

Sincerely,
Dave & Wendy Horning,
Michelle Ruettinger and the entire
ENVIRO-SPORTS TEAM