

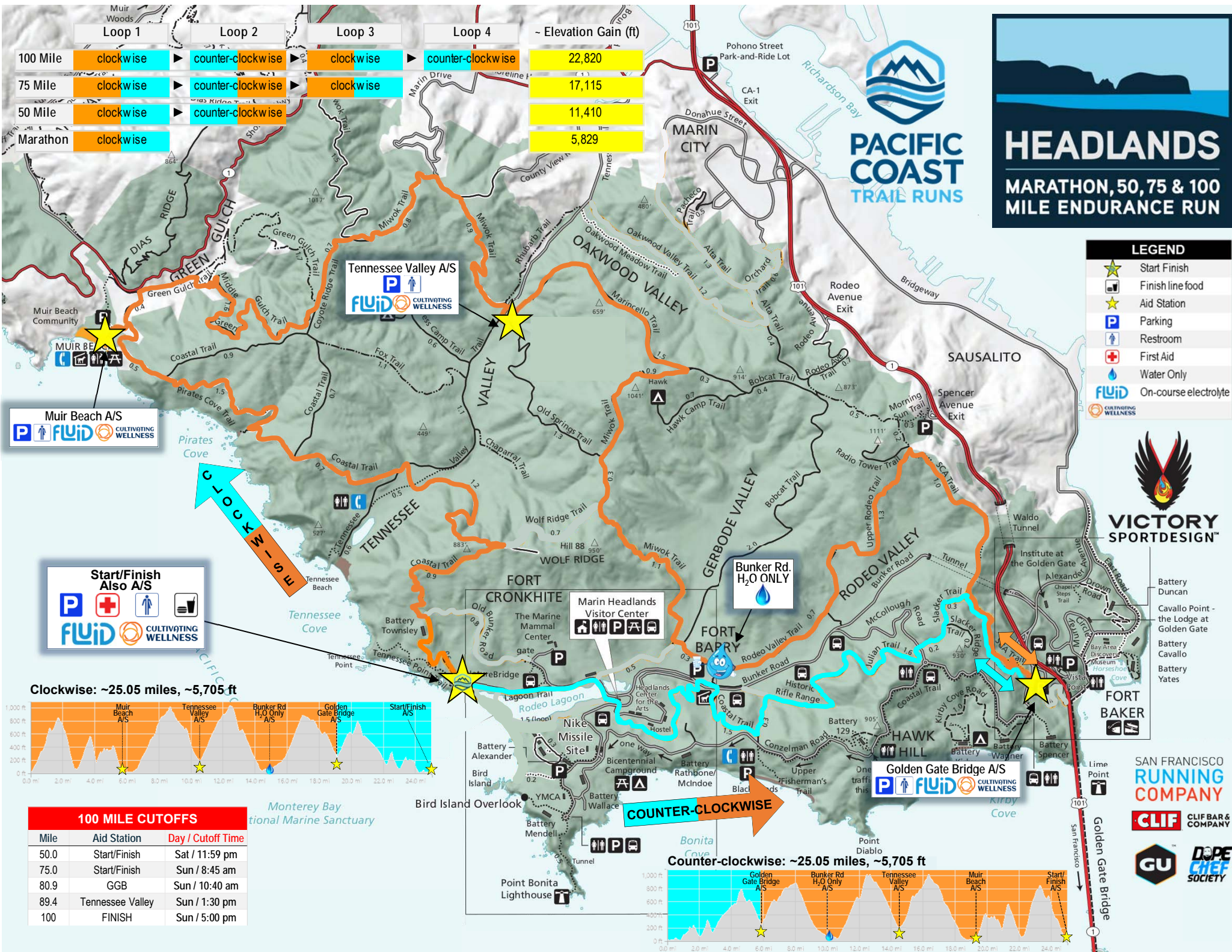
	Loop 1	Loop 2	Loop 3	Loop 4	- Elevation Gain (ft)
100 Mile	clockwise	counter-clockwise	clockwise	counter-clockwise	22,820
75 Mile	clockwise	counter-clockwise	clockwise		17,115
50 Mile	clockwise	counter-clockwise			11,410
Marathon	clockwise				5,829



# HEADLANDS

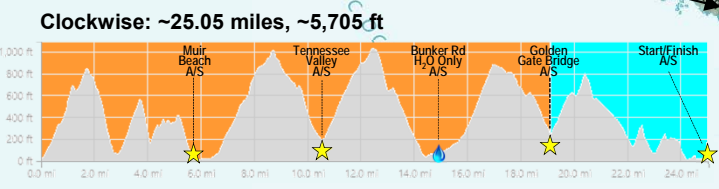
## MARATHON, 50, 75 & 100 MILE ENDURANCE RUN

LEGEND	
	Start Finish
	Finish line food
	Aid Station
	Parking
	Restroom
	First Aid
	Water Only
	On-course electrolyte



Muir Beach A/S

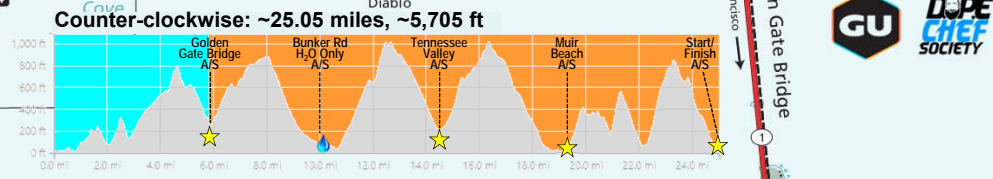
Start/Finish Also A/S



100 MILE CUTOFFS		
Mile	Aid Station	Day / Cutoff Time
50.0	Start/Finish	Sat / 11:59 pm
75.0	Start/Finish	Sun / 8:45 am
80.9	GGB	Sun / 10:40 am
89.4	Tennessee Valley	Sun / 1:30 pm
100	FINISH	Sun / 5:00 pm

Bunker Rd. H<sub>2</sub>O ONLY

**COUNTER-CLOCKWISE**



SAN FRANCISCO RUNNING COMPANY

CLIF CLIF BAR & COMPANY

GU DOPE CHEF SOCIETY

# Turn-by-turn Directions

## Clockwise Loop (Orange + Blue)

Distance (miles)	Description	Ribbon	Aid Station (A/S)
0.00	Start: Rodeo Beach Picnic Area • Right at Mitchell Rd (FOLLOW ORANGE) • Sharp Left at Coastal Trail (Tr) • Cross Over Tennessee Valley Tr • Left at Coastal Tr (longest tr on course) • Cross Bridge To A/S	Orange	
5.80	• Arrive at Muir Beach Aid Station (A/S) • Return over bridge to Coastal Tr • Left at Green Gulch Connector • Right at Middle Gulch Tr • Left at Coyote Ridge Tr • Straight at Miwok Tr • Right at Miwok Tr	Orange	Muir Beach A/S
10.60	• Arrive at Tennessee Valley A/S • Left at Marincello Tr • Right at Miwok Tr • Left at Bobcat Tr w/ Quick Left at Bobcat Tr • Right at Rodeo Valley Tr • Right at Smith Tr over Bridge to H2O Only	Orange	Tennessee Valley A/S
14.80	Arrive at Bunker Road H2O Only A/S • Head back out over Bridge via Smith Tr • Right at Rodeo Valley Tr • Right at SCA Tr • Cross Conzelman Road	Orange	Bunker Road H2O Only A/S
19.10	• Arrive at Golden Gate Bridge (GGB) A/S • Return at SCA Trail (FOLLOW BLUE) • Cross Conzelman Rd • Up SCA Tr • Left at Slacker Tr • Begin Julian/Coastal Tr • Left at Upper Fishermans Tr • Left at Bunker Rd (Do not Cross Rd) • Left at Coastal Tr • Cross over Simmons/Bodsworth/Field Rd • Run Through Parking lot toward left side • Enter Coastal Tr for 50 yards • Right at Lagoon Tr • Continue on Mitchell Rd to Huge Pkg Lot	Blue	GGB A/S
25.05	• Arrive at Start/Finish A/S		Start/Finish A/S

## Counter Clockwise Loop (Blue + Orange)

Distance (miles)	Description	Ribbon	Aid Station (A/S)
0.00	Start: Rodeo Beach Picnic Area • Left at Mitchell Rd (FOLLOW BLUE) • Begin Lagoon Tr • Left at Coastal Tr • Through Pkg lot & Cross Roads • To Coastal Tr • Right at Bunker Rd (Do not Cross Rd) • Right at Julian/Coastal Tr • Cross McCullough Rd • Begin Slacker Tr • Right at SCA Tr • Cross Conzelman Rd • Continue on SCA Tr	Blue	
5.90	• Arrive at Golden Gate Bridge A/S • Return up SCA Trail (FOLLOW ORANGE) • Cross Conzelman Rd • Up SCA Tr • Left at Rodeo Valley Tr • Left at Smith Tr • Cross Bridge to A/S	Orange	GGB A/S
10.20	• Arrive at Bunker Rd H2O Only A/S • Return to Smith Tr • Left at Rodeo Valley Tr • Left at Bobcat Tr w/ 2nd Left at Bobcat Tr • Right at Miwok Tr • Left at Marincello • Right to Aid Station	Orange	Bunker Road H2O Only A/S
14.40	• Arrive at Tennessee Valley A/S • Continue through Pkg Lot to Miwok Tr • Left at Miwok Cutoff Tr • Straight to Coyote Ridge • Right at Middle Green Gulch Tr • Left at Green Gulch Connector • Right at Coastal Tr • Cross Bridge to A/S	Orange	Tennessee Valley A/S
19.20	• Arrive at Muir Beach A/S • Return over Bridge to Coastal Tr • Right at Coastal Tr • Pass over Tennessee My Tr • Continue on Coastal Tr • Hard Right at Coastal/Wolf Int • Take Coastal to Aid Station/Finish Line	Orange	Muir Beach A/S
25.05	• Arrive at Start/Finish A/S		Start/Finish A/S



Go run a trail.

Clockwise: ~25.05 miles, ~5,705 ft



Counter-clockwise: ~25.05 miles, ~5,705 ft

