

Welcome to the Golden Gate Run! Thanks for registering. Bib and T-Shirt pickup Friday 7 pm at TBD or 7 am to 8 am Saturday at Race Site. The race is chip-timed so you must wear your bib on your front torso. All finishers receive a Golden Gate Finisher Medal. Water, Gatorade, Gel/Gu at the START/FINISH (Pier 39 parking Garage), and every 3 miles on the course. Note we are not allowed to have any equipment on the bridge so there will be no mile marker signs, nor water stations on the Bridge. The turn around for the Half 13.1 as you get off the bridge. There are two orange route arrows turning you around. The other side of the bridge is for cyclists only and the path underneath the bridge is closed. We do have an EMT on site. For emergencies dial 911, for sprained ankle pickup call the race director. There are crisis phones on the bridge. **10k/5k racers:** Your course is out and back 1.55-mile and 3.11-mile and back with gorgeous views of the Golden Gate Bridge. There will be 10k/5k elevated signs and orange route arrows turning you around back to the Start. Must pass through the two orange cones at the finish to get scored. Registration check-in starts at 7 am. There is plenty of Parking at Pier 39 Parking Garage (START/FINISH). Parking is \$10/hour. The course is beautiful on the way out -- you will be hugging the coast (San Francisco Bay). Follow all route arrows. CAUTION: You will be crossing a few park entrances (Cross walks/Green bike path) but be aware of the signal lights. It is an open course. There will be pedestrians, cyclists, and scooters on the course. Follow the orange route arrows and always be aware of your surroundings. We do not allow any dogs on the course per USATF rules. The race is USATF sanctioned. Stay on the bike path the whole way and follow the orange route arrows. You will be treated to oranges, apples, and bananas at the finish and collect your collector item Golden Gate Medallion. Good Luck!