

## **Golden Gate Open**

Golden Gate Park is one of the premier XC sites in the US and many of our nation's best XC runners have raced there. This race is typically the 2<sup>nd</sup> or 3<sup>rd</sup> most competitive race of the year after Championships and maybe the Tamalpa race. It is a 4 mile 2-lap course. The PA Championships are usually held on the same course with an extra lap (6 mile, 3 laps). It is a classic XC course in that it has many momentum and energy sapping features (turns, bad footing, short steep hills, logs, running on slopes, etc). After running across Lindley Meadow you run a short steep hill to exit the meadow and then run downhill on the mostly dirt and gravel path along JFK drive. At about  $\frac{3}{4}$  mile you take two sharp lefts and head into the woods onto a trail that has patches of sand. Just before the mile you leave that trail and are in a 2<sup>nd</sup> meadow. You are now heading up hill past the mile mark (3-mile mark is also in this meadow). At the end of the meadow you exit to the left onto a narrow trail that has a short uphill section until you join the rocky/sandy trail that parallels the polo field. You run this flat trail for about a half mile until you bear left into the woods on a wide uphill trail. You stop running uphill just before you have to take a left back onto the dirt path that parallels JFK drive. After running that for about 100 meters, you go left back into Lindley Meadow. After the first loop you run along the far edge of the meadow and after the 2<sup>nd</sup> loop you turn right at the bottom of the hill and head to the finish.

Many feel it is necessary to get out hard to get onto the narrow trail at about  $\frac{3}{4}$  mile in good position, but I have seen many runners have good races by biding their time until the course opens up around the mile. I suggest arriving early enough so that you can jog the course and learn how you want to race it, or reinforce what you learned in previous years. This is a course that after the first mile you need to pass any runner you feel might be slower than you. That sounds simple, but it is a course where you can easily get comfortable running behind someone slower. If they are better, they will pass you back and then you will know you are running with them rather than at their (slower) pace. You can wear spikes on this course as you only have to cross two small asphalt streets twice each. A course map is below.

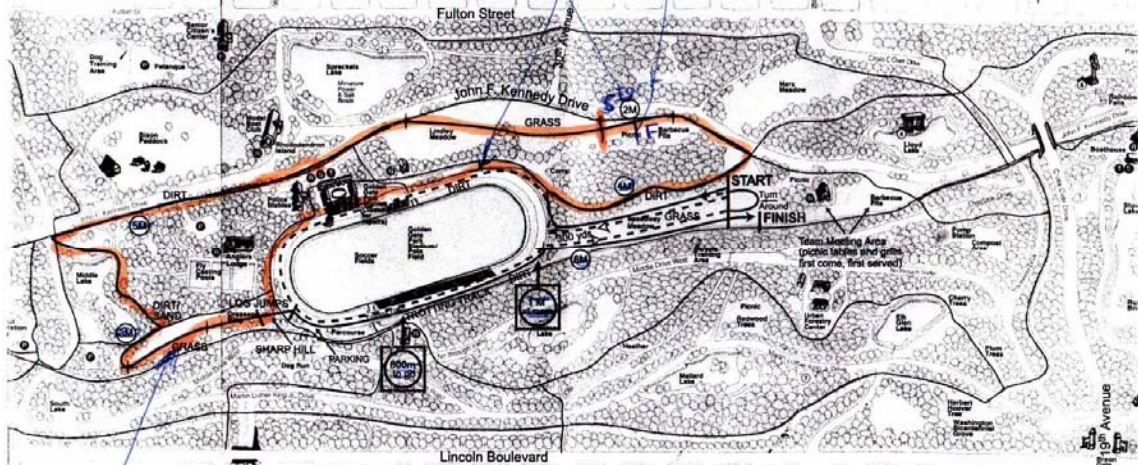
# Typical Golden Gate XC Courses

## SAME COURSE FOR NOV 19 PA/W REG XC

2006 USA Club National Cross Country Championship Course  
 December 9, 2006  
 (course tour - December 8 - afternoon)

This same course will be used for the Western Regional Cross-Country Championships on November 19, 2006 - come and preview! Call SF Running & Walking, 415-348-8254 or go to the Western Regional web site at www.USATF.org

- - - 2K Loop  
 4K Loop  
 \*6K=2K+4K  
 10K=2K+2x4K  
 Mile Markers (mi)  
 Surface between + = DIRT or GRASS



Time	W Reg/PA Nov 19th, Sunday	USATF National Club XC Champs, Sat 12/09/06
9:30 AM	Community 6K	Community 6K
10:30 AM	No race	Master's Women 6K Champs
11:30 AM	Master's Men 10K Champs	Master's Men 10K Champs
12:45 PM	Open & Masters Women 6K Champs	Open Women 6K Champs
1:30 PM	Open Men 10K Champs	Open Men 10K Champs

SF Running and Walking/ML Designs  
06.08.06

1, 3 and 5 mile markers in this field

REGISTER FOR DEC 9 USATF CLUB XC CHAMPS AT [WWW.PAUSATF.ORG](http://WWW.PAUSATF.ORG)

(LINK FROM HOME PAGE)