

Tamalpa Challenge at Golden Gate Recreation Area - 4.25 M

Narrow start - 6 to 8 people wide on dirt fire road/trail, rolls but I believe it is gradual down for just under a half mile until you take a hard right and go up a short steep climb to a more gradual uphill. This is on a grassy trail that is rutted. You pass the mile mark on the way to a hairpin turn around. As you get close to that spot you are confined to half the narrow trail due to the lead runners coming back. After the turn around you are running down the gradual trail and despite the narrow track and the ruts, it is fast. Again, you are confined to half the trail. You get back to almost the spot you turned and you go right (basically, you do not go down the short steep hill). At this point you are at the 2 mile mark and heading up what was advertised as a 1 mile hill with a 400 foot climb. In reality it was about 7/8 mile and I am guessing less than 400 feet. This is on a fire road. After a climbing the hill you take a hairpin turn and in about 200 meters of downhill running you reach the 3 mile mark. You continue running downhill until you reach the point that you turned at about a half mile into the race. You have a half mile to go and it rolls. In that half mile there are two small gradual uphills with a straight slightly downhill finish just past the start line. If I am correct that we rolled gradually downhill at the beginning it is rolling net uphill coming in.