

Golden Gate – Aid Stations

	Distance (mile)	Next Aid (mile)
8K		
1. Rodeo Beach (Finish)	4.9	
Half Marathon		
1. Tennessee Valley	4.1	4.5
2. Conzelman Road	8.6	4.5
3. Rodeo Beach (Finish)	13.1	
30K		
1. Tennessee Valley	4.1	5.6
2. Tennessee Valley	9.7	4.5
3. Conzelman Road	14.2	4.5
4. Rodeo Beach (Finish)	18.7	
Marathon		
1. Tennessee Valley	4.1	4.5
2. Conzelman Road	8.6	4.5
3. Rodeo Beach (Start/Finish)	13.1	4.1
4. Tennessee Valley	17.2	4.5
5. Conzelman Road	21.7	4.5
6. Rodeo Beach (Finish)	26.2	
50K		
1. Tennessee Valley	4.1	5.6
2. Tennessee Valley	9.7	4.5
3. Conzelman	14.2	4.5
4. Rodeo Beach (Start/Finish)	18.7	4.1
5. Tennessee Valley	22.8	4.5
6. Conzelman	27.2	4.5
7. Rodeo Beach (Finish)	31.8	