

Event Rules

All participants must be a member of either the Dolphin or South End Clubs and:

Swim

Swimmer must be a member of either club for at least 6 months
Must have a current Pacific Masters Swim (PMS) card
Attend the briefing at the Dolphin Club the morning of the event
Be transported to the start by approved craft
Wear an approved “day glow” orange cap
Enter Aquatic Park at the “opening”
Finish at the Dolphin/South End Beach
Transition to bike at the Dolphin/South End Clubs
You may use a wetsuit or fins, but you will be in a “class of your own”

Bike

Start at the Dolphin/South End Clubs
Wear a hard shell helmet
Obey all traffic rules (this is **not** a closed course!)
Cross the Golden Gate Bridge on the West Side, unless directed otherwise
Finish at Old Mill Park

Run

Check in at all aid stations, Old Mill Park, “Mail Boxes”, Cardiac Hill and Stinson Beach
Know the trail in advance. There will be no additional markings.
Not leave any trash on the course
Finish at Old Mill Park.

Other

Final times for race day briefing, boat loading and jump off will be posted 1 week before the event.

If you are not swimming in club swims or you have been a member for less than 6 months (and want to do the swim), **you must notify the Race Director before October 7**. You will be able to swim an equal to Escape swim in the cove and also be in a “class of your own”.

The Race Director has final discretion over all applications, participants, event course decisions and results.