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As we make final preparations for the unexpected course modification to the Kaiser Permanente San Francisco Half Marathon, 10K & 5K tomorrow, we want to thank you for your patience and understanding. The safety of our participants, volunteers and staff is paramount. The risk of falling trees in Golden Gate Park and around the Panhandle specifically will be very high with the impending storm and was the impetus behind the course modification. This was not a decision we came to on our own and not one we took lightly. We plan all year to offer an incredible day of health, fitness, and memories, and while we have had to make changes to race day, we are certain we can still offer all three of those things in a safe manner. We are encouraged by the number of people still committed to run the modified course and we thank you for your support. We will be ready for you and are hard at work putting the final touches on planning your race day experience.

For those of you running virtually, we will be sending out more information Tuesday following the race. We will share information for how you can upload or log your run in haku and provide an update to when you can expect to receive your finisher gear by mail.

The Pamakid Runners are a 501c3 non-profit committed to the Bay Area community and donate proceeds from the race to local charities each year. Since the event's inception in 1984, the Pamakid Runners have partnered with local non-profit organizations whose mission is to support healthy communities and families. In the last ten years alone, the Pamakids have donated over \$1 million back into the Bay

Area community. It takes a village to make a long-time community event like this one continue to thrive. We cannot say thank you enough!

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The modified courses will be on the Great Highway.

The race start line will be located in the south end of the Ocean Beach parking lot, near the Lincoln Way intersection. The finish line is in the same location. All race starts will now take place at 8:00am.

The 5K will run south on the Great Highway, turning at Pacheco and heading back north to finish.

[View 5K Course](#)

The 10K will run two loops south on the Great Highway, turning at Pacheco both times. After the second turn, they will head back north to finish.

[View 10K Course](#)

The half marathon will head south and take the first turn at Pacheco and head back north. It will then run two loops to Sloat and return back north before finishing.

[View Half Marathon Course](#)

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Any athlete who does not want to participate in the modified course will have the option to run this race virtually. Please click on the button below to let us know if you will participate in person on the modified course or virtually. Virtual participants will have 30 days to complete their run and enter their time, and they will receive their finisher gear in a few weeks. In order to help us plan for race day, we ask that you complete your selection by TONIGHT (Saturday) at 6:00 p.m PST.

[Make Your Selection](#)

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We encourage you to continue monitoring your email, as well as follow on [Facebook](#), and [Instagram](#) for the most up-to-date information.

For any additional questions, visit our website <https://sanfranciscohalfmarathon.org/>.

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