

Dipsea Race Stats

The Dipsea Race, founded in **1905**, is the oldest trail race in the U.S., held annually on the second Sunday of June in **Marin County, California**. The 7.4-mile course begins in Mill Valley, climbs 1,360 feet over Mount Tam via 600+ stairs, and descends into Stinson Beach. It runs through **Mount Tamalpais State Park, Muir Woods National Monument and the Golden Gate National Recreation Area**.

Number of finishers over the years

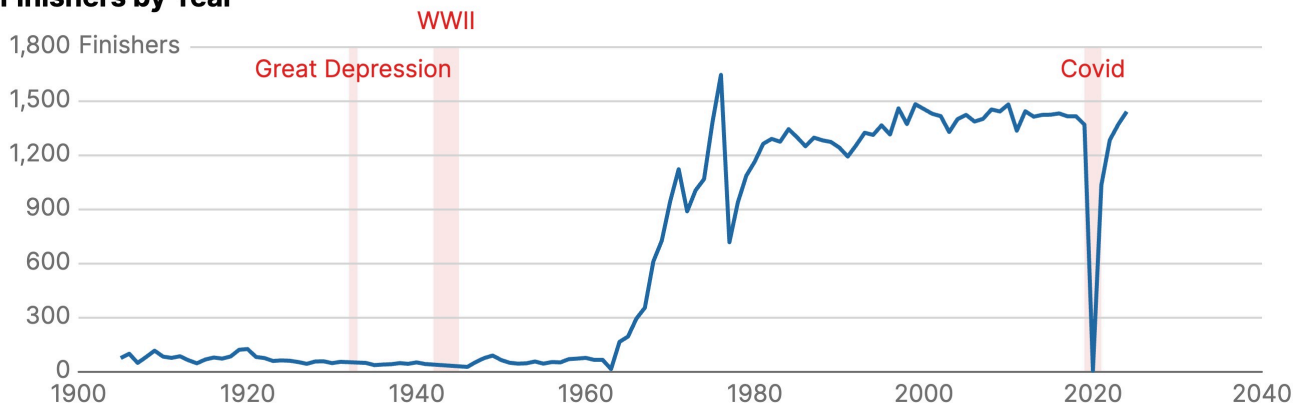
The Dipsea Race has been held every year since 1905 except for 7 years:

1932-1933: Great Depression

1942-1945: World War II

2020: Covid-19 Pandemic

Finishers by Year



Note: The race has a limit of 1,500 participants since 1977 due to safety and environmental concerns

Women Participation in the Dipsea

Some women appeared in results as early as 1951, but it wasn't until 1971 that all women were officially allowed to register and run. In 1973, Mary Boitano became the first woman to win the race.

Finishers by Gender

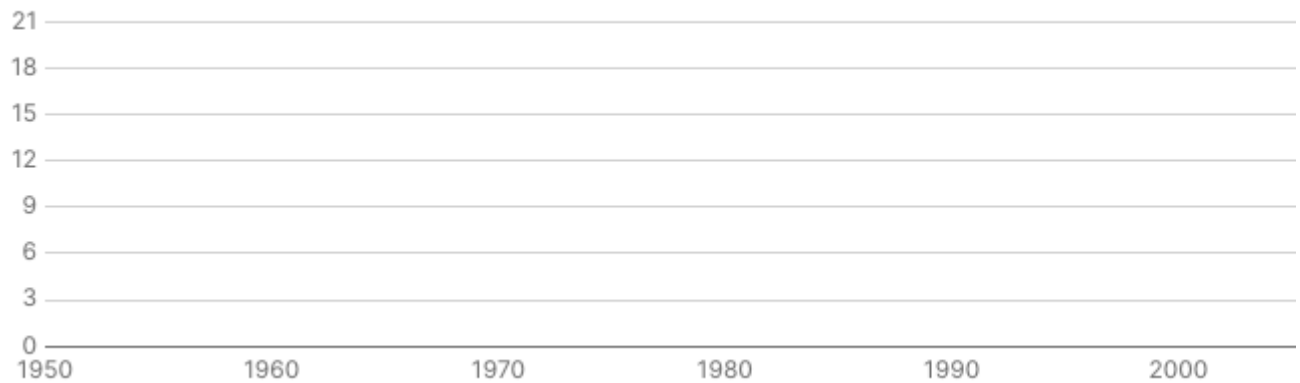
Women in the Top 50

Dipsea Finishers by Gender



Finishers by Gender [Women in the Top 50](#)

Number of Women in the Top 50 Over the Years

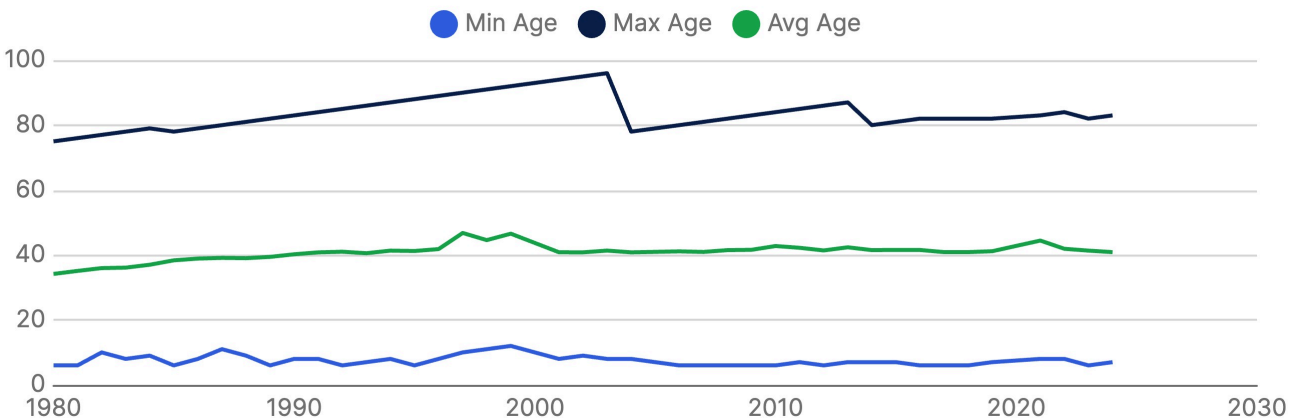


Note: Gender data may be incomplete for some years

Ages in the Dipsea Race

The minimum age to participate in the Dipsea Race has been 7 years old since 2024 (previously 6). There is no maximum age limit, and the oldest finisher was 96 years old. ⓘ

Age Statistics Over Years



Note: Ages have only been recorded since 1980

How headstarts make it fair

The Dipsea Race is known for its headstarts and handicap system that ensures runners of all ages and genders have an equitable chance to win.

How Headstarts work

Runers are divided into 25–26 age and gender-based groups, starting one minute apart. The youngest and oldest runners get the biggest head starts—up to 25 minutes ahead of the fastest runners. Based on decades of data, the race’s handicapper updates the system yearly to keep it fair. Past winners receive a “penalty minute”. This approach ensures runners of all ages and genders have a real shot at winning.

[2025 Headstart table](#)

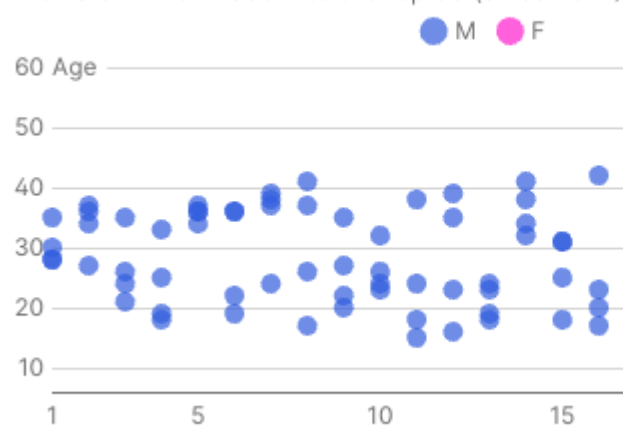
Dipsea's Handicap History:

The system initially relied on subjective evaluations of entrants' abilities but transitioned in 1965 to an age-based model, granting the youngest and oldest participants significant advantages over "scratch" runners in their prime years (ages 19-30). Further refinements in 1971 incorporated gender and historical performance data, allowing winners to emerge from diverse demographics, including children as young as 8 and seniors in their 70s

Gender Age

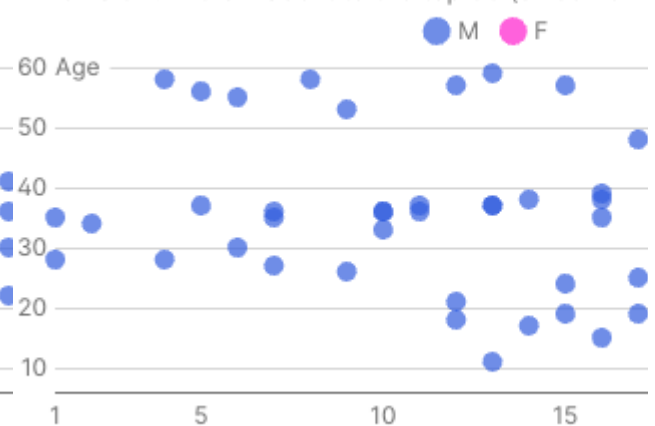
Actual Place (time-based)

1 female runner made it to the top 50 (since 2021)



Place Overall (with headstarts)

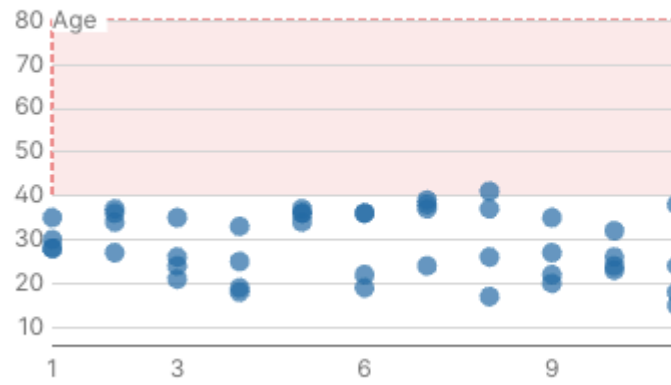
22 female runners made it to the top 50 (since 2021)



Gender Age

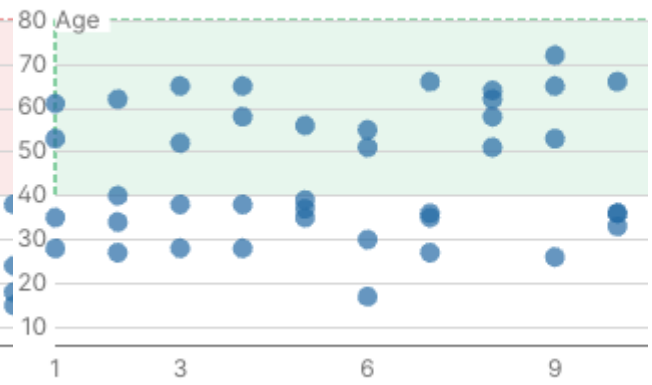
Actual Place (time-based)

2 runners >40 made it to the top 15 (since 2021)



Place Overall (with headstarts)

27 runners >40 made it to the top 15 (since 2021)



References

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