

Marin Ultra Challenge - 50 Mile

Aid Station Distances & Cutoffs

50 MILE - 6:30 AM Start Time						
AS Distances	Next AS	Total Distance	Leader	14.5 Hours	Drop Bags	Restrooms
Start to Conzelman	5.8	5.8	7:15 AM	8:10 AM	No	Yes
Conzelman to Tennessee Valley	4.7	10.5	7:54 AM	9:30 AM	Yes	Yes
Tennessee Valley to Muir Beach	4.2	14.7	8:25 AM	10:45 AM	No	Yes
Muir Beach to Cardiac Hill	5.1	19.8	9:05 AM	11:45 AM	Yes	Yes
Cardiac Hill to Willow Camp	3.6	23.4	9:35 AM	1:15 PM	No	No
Willow Camp to Cardiac Hill	5.9	29.3	10:25 AM	3:00 PM	Yes	Yes
Cardiac Hill to Deer Park	6.6	35.9	11:15 AM	4:55 PM	No	No
Deer Park to Muir Beach	4.9	40.8	11:55 AM	6:20 PM	No	Yes
Muir Beach to Tennessee Valley	5.0	45.8	12:35 PM	7:45 PM	Yes	Yes
Tennessee Valley to Finish	4.2	50.0	1:10 PM	9:00 PM		
Total Mileage		50 MILES				

Denotes firm cutoff

50 KM - 6:30 AM Start Time						
AS Distances	Next AS	Total Distance	Leader	10 Hours	Drop Bags	Restrooms
Start to Conzelman	5.8	5.8	7:10 AM	8:22 AM	No	Yes
Conzelman to Tennessee Valley	4.7	10.5	7:45 AM	9:55 AM	Yes	Yes
Tennessee Valley to Muir Beach	4.2	14.7	8:15 AM	11:15 AM	No	Yes
Muir Beach to Muir Beach	6.9	21.6	8:55 AM	1:30 PM	No	Yes
Muir Beach to Tennessee Valley	5.0	26.6	9:35 AM	3:05 PM	Yes	Yes
Tennessee Valley to Finish	4.2	30.8	10:10 AM	4:30 PM		
Total Mileage		30.8 MILES				

25K - 8:00 AM Start Time					
AS Distances	Next AS	Total Distance	1:40	4.5 Hours	Restrooms
Start to Conzelman	5.8	5.8	8:35 AM	9:38 AM	Yes
Conzelman to Tennessee Valley	4.7	10.5	9:05 AM	11:00 AM	Yes
Tennessee Valley to Finish	5.3	15.8	9:40 AM	12:30 PM	Yes
Total Mileage		15.8 Miles			

