

Mt. Tam Trail Run

50 KM (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	Cutoff
Start to Cardiac Hill	3.7	3.7	8:00 AM	
Cardiac Hill to Deer Park	6.2	9.9	8:45 AM	10:15 AM
Deer Park to Muir Beach	5.5	15.4	9:30 AM	12:00 PM
Muir Beach to Cardiac Hill	5.6	21.0	10:15 AM	1:30 PM
Cardiac Hill to Cardiac Hill	6.4	27.4	11:05 AM	3:10 PM
Cardiac Hill to Finish	3.1	30.5	11:30 AM	4:00 PM
Total Mileage		30.5		

30 KM (7:30 AM Start)				
AS Distances	Next Aid	Total Distance	Leader	6 Hours
Start to Cardiac Hill	3.7	3.7	8:00 AM	8:45 AM
Cardiac Hill to Deer Park	6.2	9.9	8:45 AM	10:45 AM
Deer Park to Cardiac Hill	5.2	15.1	9:30 AM	12:30 PM
Cardiac Hill to Finish	3.1	18.2	9:55 AM	1:30 PM
Total Mileage		18.2		

Half Marathon (8:00 AM Start)		
AS Distances	Next Aid	Total Distance
Start to Cardiac Hill	3.7	3.7
Cardiac Hill to Cardiac Hill	6.4	10.1
Cardiac Hill to Finish	3.1	13.2
Total Mileage		13.0

10 KM (8:00 AM Start)		
AS Distances	Next Aid	Total Distance
Start to Cardiac Hill	3.8	3.8
Cardiac Hill to Finish	3.1	6.8
Total Mileage		6.8

Denotes firm cutoff