

# Folsom Lake Trail Run

## 50 KM - 8:00 AM Start Time

AS Distances	Distance to Next AS	Total Distance	Leader	Cutoff
Browns Ravine to Planeta	3.7	3.7	8:25 AM	
Planeta to NY Creek	3.8	7.5	8:50 AM	
NY Creek to Old Salmon Falls	4.1	11.6	9:20 AM	<b>11:05 AM</b>
Old Salmon Falls to Sweetwater	3.2	14.8	9:55 AM	<b>12:15 PM</b>
Sweetwater to Old Salmon Falls	3.2	18.0	10:28 AM	<b>1:25 PM</b>
Old Salmon Falls to NY Creek	4.1	22.1	11:00 AM	<b>2:35 PM</b>
NY Creek to Planeta	3.8	25.9	11:23 AM	<b>3:30 PM</b>
Planeta to Browns Ravine	3.7	29.6	11:50 AM	<b>4:30 PM</b>
<b>Total Mileage</b>		<b>29.6</b>		

## 35 KM - 8:00 AM Start Time

AS Distances	Distance to next aid	Total Distance	Leader	Cutoff
Browns Ravine to Planeta	3.2	3.2	8:25 AM	
Planeta to NY Creek	3.8	7.0	8:46 AM	
NY Creek to Old Salmon Falls	4.1	11.1	9:18 AM	<b>1:25 PM</b>
Old Salmon Falls to NY Creek	4.1	15.2	9:48 AM	<b>2:35 PM</b>
NY Creek to Planeta	3.8	19.0	10:10 AM	<b>3:30 PM</b>
Planeta to Browns Ravine	3.2	22.2	10:35 AM	<b>4:30 PM</b>
<b>Total Mileage</b>		<b>22.2</b>		

## Half Marathon - 8:30 AM Start Time

AS Distances	Distance to next aid	Total Distance
Browns Ravine to Planeta	3.2	3.2
Planeta to NY Creek	3.8	7.0
NY Creek to Planeta	3.8	10.8
Planeta to Browns Ravine	3.2	14.0
<b>Total Mileage</b>		<b>14.0</b>

## 10K - 8:45 AM Start Time

AS Distances	Distance to next aid	Total Distance
Browns Ravine to Planeta	3.2	3.2
Planeta to Browns Ravine	3.2	6.4
<b>Total Mileage</b>		<b>6.4</b>

Denotes firm cutoff