

# Muir Woods/Table Rock Trail RUn

## Aid Station Information

<b>30K/18.6 Miles (Start 7:30 AM)</b>					
<b>AS Distances</b>	<b>Distance to Next AS</b>	<b>Total Distance</b>	<b>Leader</b>	<b>3:30 Hours</b>	<b>Cutoff</b>
Start to Stinson AS	6.2	6.2	8:15 AM	8:45 AM	<b>9:45 AM</b>
Stinson AS to Cardiac Hill	3.7	9.9	8:35 AM	9:25 AM	<b>11:00 AM</b>
Cardiac Hill to Cardiac Hill	5.5	15.4	9:15 AM	10:25 AM	<b>12:55 PM</b>
Cardiac Hill to FINISH	3.2	18.6	9:35 AM	11:00 AM	<b>2:00 PM</b>
<b>Total Mileage</b>		<b>18.6 Miles</b>			

<b>Half Marathon/13.1 Miles (Start 7:30 AM)</b>				
<b>AS Distances</b>	<b>Distance to Next AS</b>	<b>Total Distance</b>	<b>1:30 Hours</b>	<b>4:00 Hours</b>
Start to Stinson AS	6.2	6.2	8:15 AM	9:25 AM
Stinson AS to Cardiac Hill	3.7	9.9	8:40 AM	10:35 AM
Cardiac Hill to FINISH	3.2	13.1	9:00 AM	11:30 AM
<b>Total Mileage</b>		<b>13.1</b>		

<b>10K/6.4 Miles (Start 8:00 AM)</b>				
<b>AS Distances</b>	<b>Distance to Next AS</b>	<b>Total Distance</b>	<b>:50 Hours</b>	<b>3:00 Hours</b>
Start to Finish	6.4	6.4	8:50 AM	11:00 AM
<b>Total Mileage</b>		<b>6.4 Miles</b>		

**Denotes Cutoff**