# Folsom Lake Trail Run

| 50 KM - 8:00 AM Start Time | | | | |
|---|---|---|---|---|
| **AS Distances** | Distance to Next AS | Total Distance | Leader | Cutoff |
| Folsom Point to Browns Ravine | 3.5 | 3.5 | 8:25 AM | |
| Browns Ravine to Planeta | 3.0 | 6.5 | 8:50 AM | |
| Planeta to NY Creek | 4.3 | 10.8 | 9:20 AM | **11:05 AM** |
| NY Creek to Old Salmon Falls | 4.4 | 15.2 | 9:55 AM | **12:15 PM** |
| Old Salmon Falls to NY Creek | 4.4 | 19.6 | 10:28 AM | **1:25 PM** |
| NY Creek to Planeta | 4.3 | 23.9 | 11:00 AM | **2:35 PM** |
| Planeta to Browns Ravine | 3.0 | 26.9 | 11:23 AM | **3:30 PM** |
| Browns Ravine to Folsom Point | 3.5 | 30.4 | 11:50 AM | **4:30 PM** |
| **Total Mileage** | | **30.4** | | |

| 35 KM - 8:00 AM Start Time | | | | |
|---|---|---|---|---|
| **AS Distances** | Distance to next aid | Total Distance | Leader | Cutoff |
| Folsom Point to Browns Ravine | 3.5 | 3.5 | 8:25 AM | |
| Browns Ravine to Planeta | 3.0 | 6.5 | 8:46 AM | |
| Planeta to NY Creek | 4.3 | 10.8 | 9:18 AM | **1:25 PM** |
| NY Creek to Planeta | 4.3 | 15.1 | 9:48 AM | **2:35 PM** |
| Planeta to Browns Ravine | 3.0 | 18.1 | 10:10 AM | **3:30 PM** |
| Browns Ravine to Folsom Point | 3.5 | 21.6 | 10:35 AM | **4:30 PM** |
| **Total Mileage** | | **21.6** | | |

| Half Marathon - 8:30 AM Start Time | | |
|---|---|---|
| **AS Distances** | Distance to next aid | Total Distance |
| Folsom Point to Browns Ravine | 3.5 | 3.5 |
| Browns Ravine to Planeta | 3.0 | 6.5 |
| Planeta to Browns Ravine | 3.0 | 9.5 |
| Browns Ravine to Folsom Point | 3.5 | 13.0 |
| **Total Mileage** | | **13.0** |

| 10K - 8:45 AM Start Time | | |
|---|---|---|
| **AS Distances** | Distance to next aid | Total Distance |
| Folsom Point to Browns Ravine | 3.5 | 3.5 |
| Browns Ravine to Folsom Point | 3.5 | 7.0 |
| **Total Mileage** | | **7.0** |

**Denotes firm cutoff**